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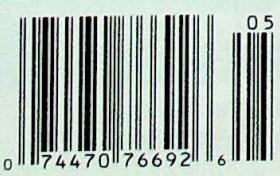
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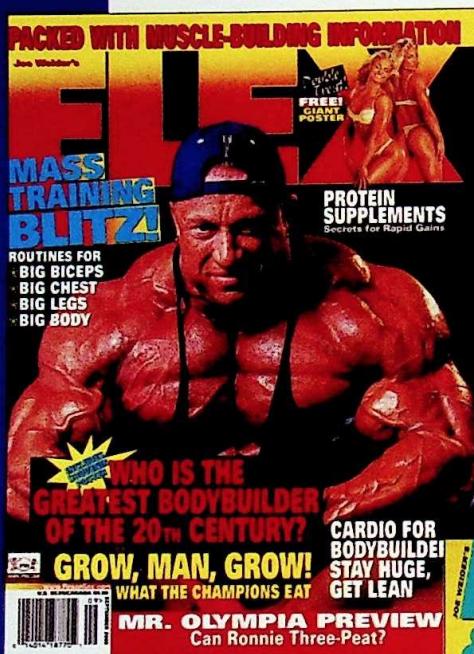
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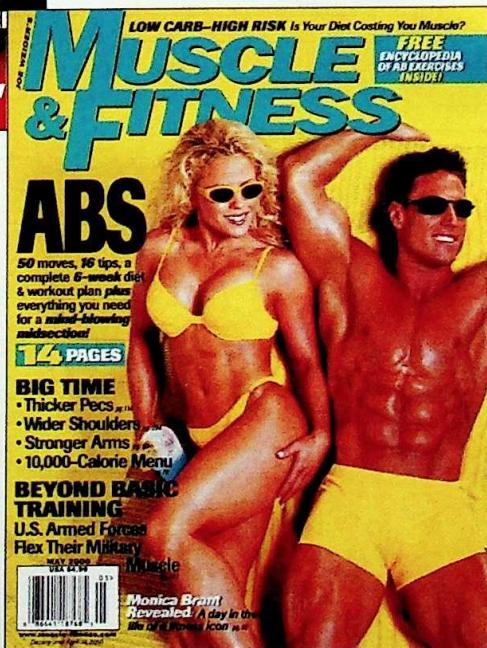


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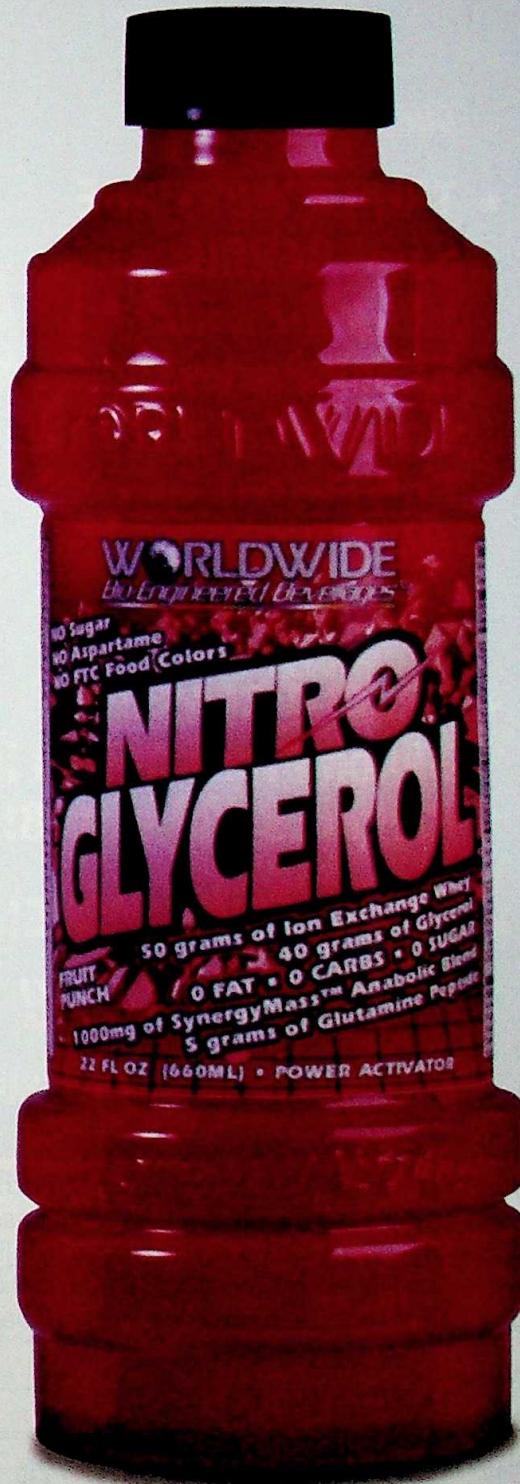
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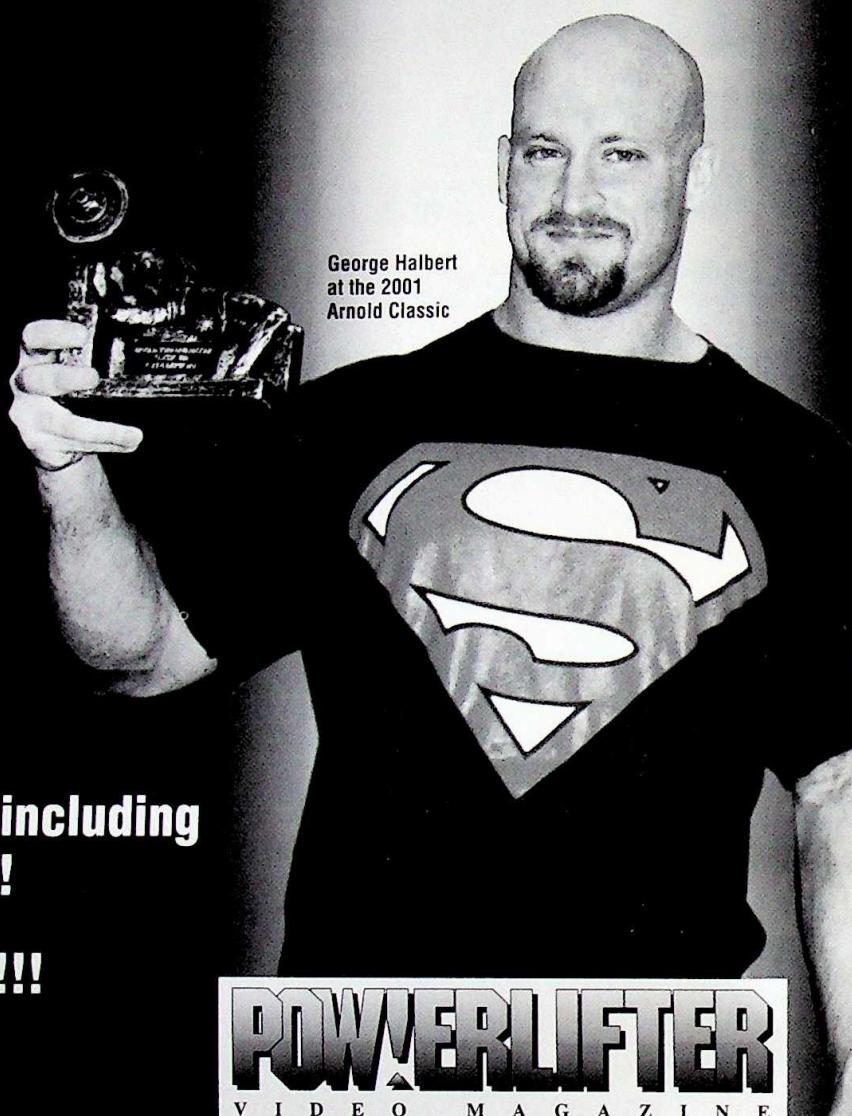
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*ON THE COVER.... Ed Coan is gearing up for his debut in WPO competition at their Semi-Finals, now re-set for August 12th.*

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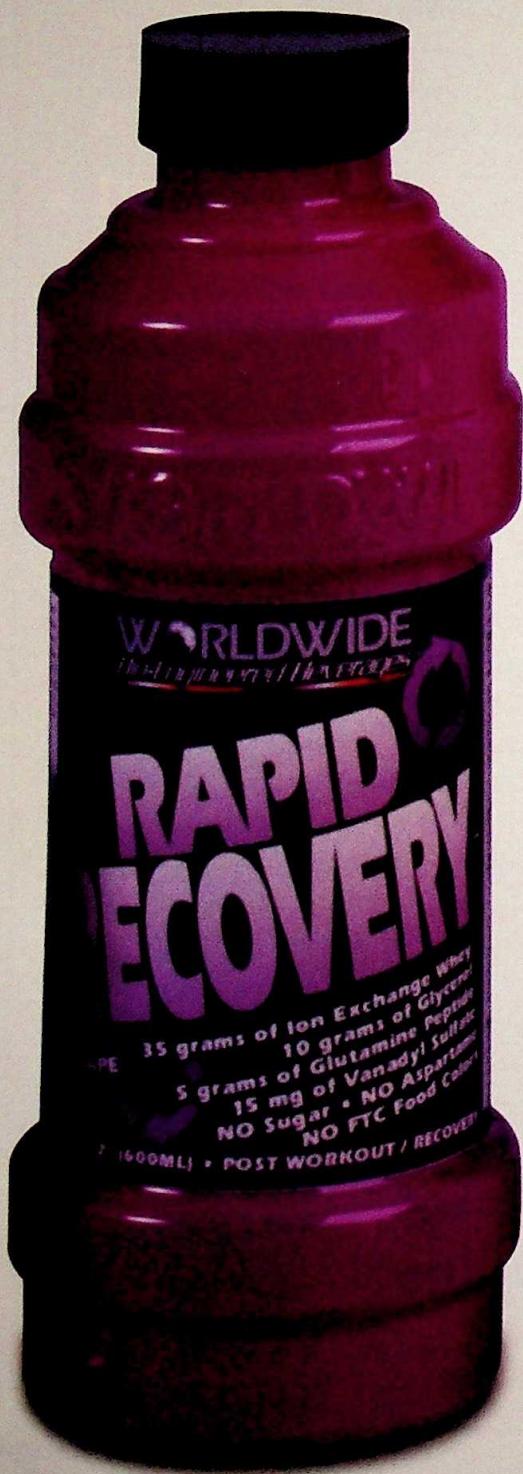
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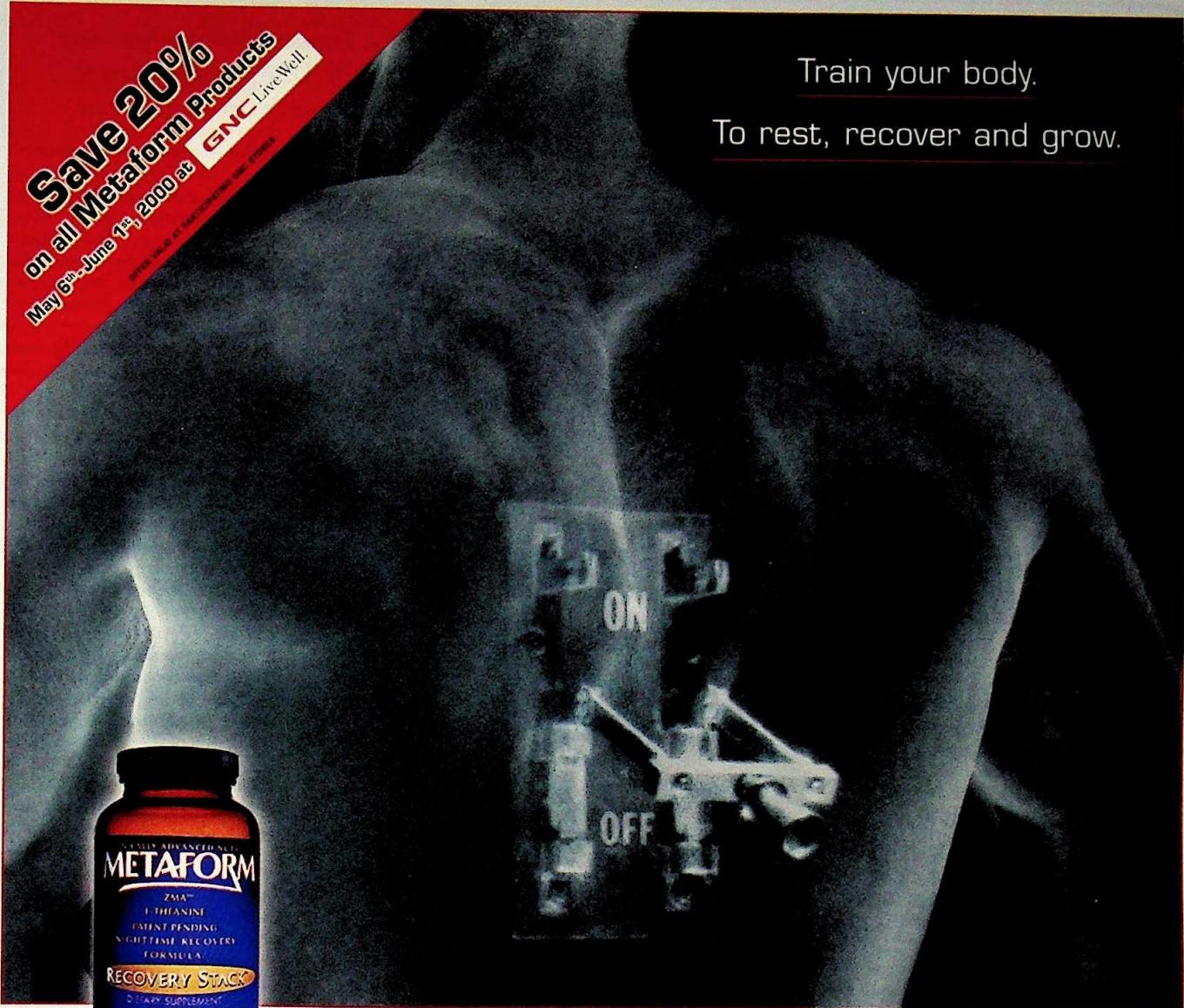
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# INTERVIEW

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

Edward Ignatius Coan needs no introduction to anyone even vaguely interested in the sport of powerlifting. Articles on Michael Jordan rarely rehash his accomplishments, as it is assumed the reader is familiar with both the man and his achievements and, so, we too shall assume that any self-respecting powerlifter knows of Coan and his seemingly never-ending string of power exploits. His is quite simply the greatest powerlifter to ever walk the face of the planet and he sets new standards in longevity and performance with each passing year. Incredibly, at age 37, his best days lie ahead of him, not behind, as like a fine scotch he gets better with age. Ed won his first IPF world championship as a 181 pound lifter in 1984. In 1998 he totaled 2463 at 242, more than any other lifter in the history of powerlifting. Today, seventeen years after winning his first world title, Eddy rolls ever onward like some unstoppable force of nature. Each time he hits the 2400 mark he sets a new record for the most 2400 pound plus totals ever, five and counting. Watching Ed lift makes you realize that you are watching something very special. As long as powerlifting exists in any way shape or form, powerlifters will retell tales of Coan and his legendary feats. We asked the Champ to reminisce and ramble, expand and expound, elaborate and extemporize on a variety of questions. He was more than willing so we took advantage of the situation and grilled him good, talking about every topic under the sun.

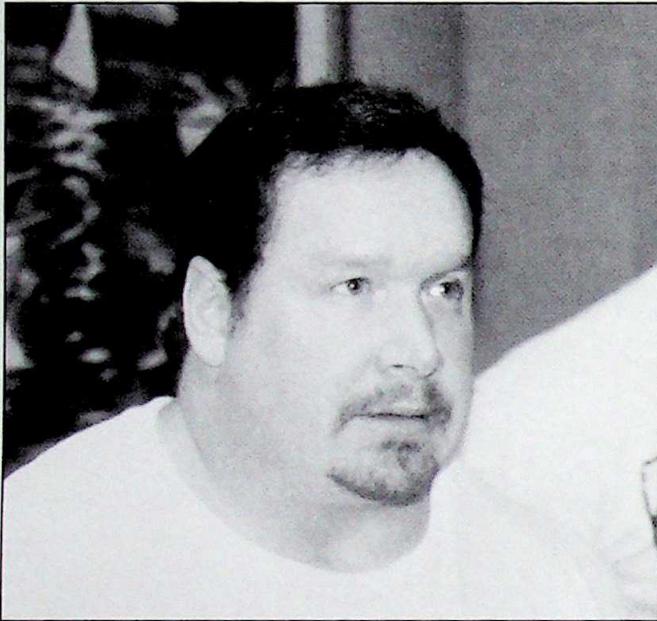
**MG:** When is the next competition and what's the goal?

**EC:** I am feeling good and plan on stepping back onto the platform in late June at Nick Busick's Mountainneer Cup. In addition, I plan on lifting at the WPO Huge Iron meet (now re-set for August 12th) in Orlando. I also plan to head back to Orlando on November 17th of 2001 for the WPO World Professional Powerlifting Championships. I am pretty excited about lifting in the WPO as they seem to be staging some innovative contests. I am already sold on Nick Busick and his approach to powerlifting. I look forward to lifting three times in the coming year. The prospect excites me.

**MG:** Any predictions?

**EC:** Well, at this stage of my

## ED COAN SPEAKS - We Quiz the King - by Marty Gallagher



**ED COAN** ... thick as a brick, and in fierce pursuit of a 2500 lb. total.

career, hitting a 2500 plus total is my overriding goal. A lot depends on the meet conditions and equipment. I felt I had a pretty strong shot at breaking the 2500 pound barrier in my last contest, but the bar used was sub par and this messed me up in the squat. The plates on the end of the barbell were bouncing so much that after my workout that I could not control the bar. Once I went down and started to rise, the whip worked against me, with the weights literally bouncing downward as I was on the way up. I could only manage 992 pounds on my second attempt. I passed my third lift; I pulled a muscle in my back and realized that another try would be futile and dangerous. There was no way I was going to attempt 1030, or thereabouts, which is what I would have needed in order to bust the 2500 barrier. This was too bad, because based on my training I felt I had a real shot at uncorking a big squat, one big enough to position me nicely for 2500. But them's the breaks. After the squat my back was fried and I couldn't keep an arch in the bench. I pulled 848 in the deadlift

and hung it up for the day. My back was shot.

**MG:** How's your preparation going? We're a long way out, right?

**EC:** Yes, we are. I started serious contest preparation this March.

**MG:** Any concessions to age in training?

**EC:** Oh, absolutely. I no longer try and hit the big 5 rep records in training. In the old days I might hit 875x5 or 900x5 in the squat and equally big numbers in the bench press and deadlift, but these days I'm satisfied with fewer reps. This approach leaves me a little fresher at the end of the cycle heading into the actual competition.

**MG:** Could you give us an example?

**EC:** Instead of hitting say 900x5 wearing knee wraps, a belt and suit bottoms as I would in past cycles, in my most recent cycle I hit 920x2 with wraps and a belt and without wearing a suit. I bagged the set despite feeling that I could have squeezed out another rep.

**MG:** So, you purposefully leave a rep or two in the bank?

**EC:** That's one way to put it.

**MG:** No suit at all?

**EC:** That is correct. I wear a suit for my last four squat sessions.

Nowadays, I want to save the bigger jumps for the end. I hit 920x2 with no suit and the following week hit 942x2 wearing suit bottoms, straps down. The following week I hit 964x2, again with suit, straps down. In my final squat session I handled 986x1, straps up. I also did a walkout 1036 in my final session. I think this approach keeps me fresh, explosive and healthy. After years and years of intense rep work, my foundation - my base - is pretty well laid. I stay a little hungrier for the weights throughout the cycle when I limit my 90% efforts to no more than four sessions per cycle.

**MG:** You use this approach in each lift?

**EC:** Yes, I do and as a result I don't have the cumulative fatigue that I began experiencing before I moved from "old style" to "new style". This is a definite concession to age. In the old days I would eat rep training for lunch - and not be bothered in the slightest. I changed my tune when I started getting a few troublesome injuries. Also, as I got older I couldn't seem to shake this overall feeling of fatigue that cropped up towards the end of a cycle. I still squat and deadlift in the same week and by bagging a few reps I seemed a lot more resilient and recovered.

**MG:** Of course, some are going to point to this and use it as an excuse to bag reps in their own training.

**EC:** That would be a mistake unless they are over 35, have a good history of rep training under their belt and have been feeling beat up or are injured. If that's the case, then by all means, crank back. But kids and lifters in their twenties, particularly those without a lot of rep work - particularly the 5-rep sets - should not adopt my current ways just yet; you would be short-changing potential progress. I am not rejecting or turning my back or renouncing the style of training that I used for years and years, but simply realizing that my recuperative ability and susceptibility to injury is greater at 37 than it was at 17 or 27.

**MG:** Are you reducing the workloads in the other lifts? How about your assistance work?

**EC:** I worked up to a heavy deadstop double in the deadlift prior to the competition this past cycle with 870x2, using a belt. I

changed my approach in the bench press a bit. I had been experimenting with deadstop bench pressing for the past few cycles, but felt that my explosiveness was suffering and I had developed some slow habits. I went back to touch-and-go bench pressing and think that this is going to reap some big dividends. I pause my close-grip bench presses and all my inclines - and I also like to pause the last rep on most every bench set.

**MG:** Are you still using single ply equipment?

**EC:** Yes, I use a single ply Inzer bench shirt and a single ply squat suit. No second bench shirt or second squat suit. My knee wraps are standard length. I'm old fashioned, I guess.

**MG:** Well you're certainly leaving some pounds on the platform. There is no doubt that the new equipment adds pounds to your lifts. They're not wearing the stuff cause it looks nice.

**EC:** No doubt about it.

**MG:** How about your assistance work, any new wrinkles?

**EC:** I've really gotten some good results doing close-stance high-bar pause squats. I do these after my regular squats and they really force the quadriceps to work and grow. I love this exercise; my training partner will give me the "up!" command on each rep, but only after I've sat down with the weight for a full second or two.

**MG:** How narrow is narrow?

**EC:** My stance is 12 inches between my heels. I go rock bottom on every rep. It teaches you to explode and builds up the quads. I don't wear any gear when I do these.

**MG:** Do you still do rep chins with 100 pounds strapped around your waist?

**EC:** No, not anymore; I have a little bit of bicep tendonitis and chins aggravate this so I don't do weighted chins anymore. I still do my heavy barbell rowing and did 529x4 last cycle, not letting the bar touch the floor between reps and without using a belt. I also like to do stiff leg deadlifts off a 4-inch block without a belt. This is a real tough exercise that really strengthens the erectors and hamstrings. I concentrate on exercises like narrow stance hi-bar pause squats and stiff-leg deadlifts off a block in the off-season and then I switch into regular squats and deadlifts when the competitive season rolls around. I'm a big believer in working hard on my weak points in the off-season.

**MG:** How much time do you allow between sets?

**EC:** As much time as it takes for me to totally recuperate between

sets. On the minor exercises that could be two or three minutes and on the big exercises I could take ten full minutes before I hit the next set. It's a feel thing, not a time thing.

**MG:** Do you change your assistance exercises much?

**EC:** I like to keep it fresh and challenging. I will do two light sets of curls each week and do a few forearm exercises designed to improve my grip. I still do the press-behind-the-neck, though not as heavy as in years gone by. I would regularly hit 400-pounds in this exercise a few years back, but nowadays I'm content to rep out in the mid-300 pound range. I do also do front presses for variety and usually alternate behind-the-neck presses and front presses on a weekly basis, one week PBN the next week front presses.

**MG:** Do you still break these out and do them on a separate day from the big three lifts?

**EC:** Yes, I squat, bench press and deadlift on separate days and break shoulder work out and perform that on a fourth day. I only go to the gym four days.

Monday: pause squats (no gear), high bar close stance pause (no gear), leg curls, seated calf raises

Tuesday: off

Wednesday: bench press, super-wide grip bench press (paused), dumbbell incline presses (paused), iso-lateral incline bench press, Triceps-lying dumbbell French press, pushdowns

Thursday: off

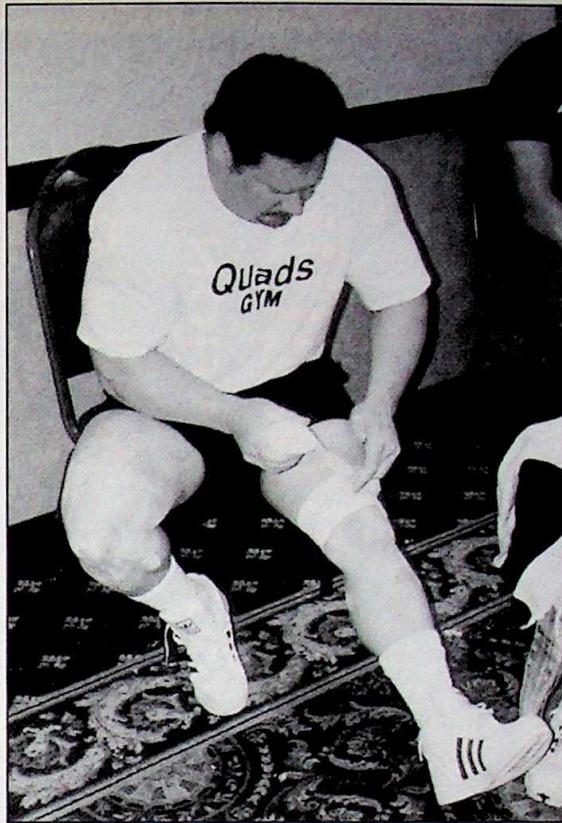
Friday: conventional deadlift (no gear) off a 4-inch block and paused on the floor, stiff-leg deadlift off block also paused. Bent-over barbell rows (overhand grip) Hammer front pull-down, wide-grip chins without weight, bent-over lateral raise 3x15

Saturday: close grip bench press paused, standing one arm lateral raise, standing press-behind-the-neck, curls, forearm work

Sunday: off

**MG:** So you hit the gym four times a week?

**EC:** Yes, I went to the gym five



A Superstar who wraps his own knees. (Mojden photos)

days a week for years, but I've altered the pattern in conjunction with the some other changes. My exercise sequence and basic workout template has stayed pretty much the same for twenty years.

**MG:** What are some of your best training lifts - like best rep set for 5 in the squat - best deadlift double without a belt, chin for reps with weight, incline for reps, bench double without a shirt, best PBN, tri pushdown for reps? That kind of stuff.

**EC:** Oh, let's see. I never really max out in my training lifts, but some of my best weight for reps? Let's see. I've done 900x5 in the squat, and bench pressed 555x2 without wearing a bench shirt. A few years back I rowed with 550x3 in the bent over row. That was without a belt and the bar did not touch the ground between reps. I press-behind-the-neck with 375x3 seated, each rep coming below the ear. I have deadlifted 855x2 conventional and sumo-pulled 900x2 at 220 two weeks before I pulled 902 in Dallas and missed 920.

**MG:** How long do you see yourself competing?

**EC:** I feel good. I feel great occasionally, but not as many times as I feel good. I want to compete for a couple more years. Who can predict the future? I want to hit a 2,500+ total and then I'll re-assess my options.

**MG:** How many 2,400 totals have

you posted in your career?

**EC:** I've posted 2,400 pounds or better on five different occasions.

**MG:** What is the strongest you've ever felt in a competition?

**EC:** Oh, that's an impossible question to answer. How do you compare a good day weighing 181 with a good day weighing 240 or 220? They're all good days. Let me re-phrase the question a bit: at 198 I really felt good in Chicago when I hit 2204 and likewise when I cracked my first 2400 pound total at 220 - topped off with my 900 pound deadlift. I never felt stronger in the squat than when I hit 1,019 and totaled 2,463 at 242. Plus, this mark fulfilled a lifetime goal of posting the highest total ever, regardless of bodyweight. The target is ever shifting, so it seems. There is not a "better or best", just different.

**MG:** How come you can't do sumo style anymore?

**EC:** I tore my right hamstrings and left abductor in 1994 finishing the second rep of an 870 pound deadstop double in the sumo-style deadlift. I twisted slightly at the top locking the weight out. I have never felt right since. Every time since that I've tried the sumo I have this nagging feeling that I am risking major, career-ending injury. It messes with my mind and the easiest way to deal with this is to just lift using the conventional style deadlift and not get caught up in these mind games.

**MG:** Who is the best lifter you ever saw in action?

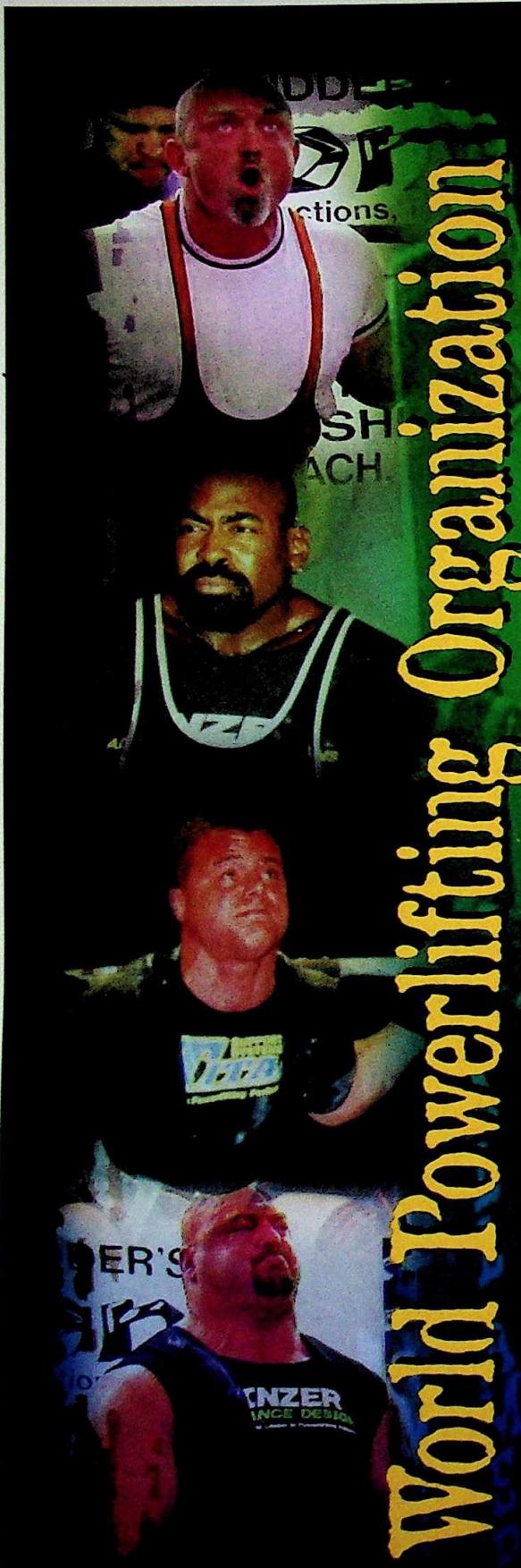
**EC:** Names that jump into my mind immediately are Inaba and lately Siuokon.

**MG:** How about Kaz?

**EC:** When I saw Kaz lift it was after his chest injury and he was not at his best. Doug was the prettiest squatter I ever saw. It was also pretty amazing that he pulled an 826 deadlift. Doug had allergic reactions to chalk and hardly ever did deadlifts. Add a 600 pound bench press and you had a complete, balanced lifter. He could have totaled a whole lot more if he hadn't quit at the peak of his powerlifting career to become a professional wrestler.

**MG:** Thanks, champ!

**EC:** You're welcome, old man!



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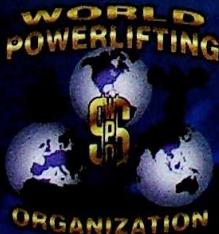
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**WPO NEWS** .... Current WPO members and future members alike, there has been a change of date for the WPO Semi-Finals at Universal Studios Orlando that was originally scheduled for July 21, 2001. The new date is August 12, 2001. The change was beyond my control and was an unforeseen administrative complication. There is a huge security factor that wasn't brought to my attention until recently. All lifters and spectators that are not paying admission for Universal Studios are subject to security clearance at the back entrance of the complex. With the possibility of 75-100 lifters and 500 spectators, it would be an arduous task to say the least, and nearly impossible to oversee. I apologize for any inconvenience this decision might cause lifters and their families. With the date change comes a more conducive setting for Elite powerlifters to thrive and their loved ones to support them. The venue is still within the Universal complex, conveniently located behind the theme park referred to as City Walk, and it charges no admission to enter. City Walk is an adult oriented section of Universal where there is an abundance of high profile restaurants and night clubs. The atmosphere is brimming with activity and teeming with world renowned establishments like Jimmy Buffet's Margaritaville, NASCAR Cafe, NBA City, The Groove Nightclub, Pat O'Brien's Irish Pub, Motown, Bob Marley's, and the Latin Quarter Night Clubs. Oh, by the way, there is still one more location inside City Walk that the moral majority might recognize, and that just happens to be where the August 12, 2001 WPO Semi-Finals are going to be held - The Hardrock Live Studio!!! Hardrock Studio is a state of the art 2800 capacity seating facility connected directly to the internationally acclaimed Hardrock Cafe, smack in the middle of City Walk. In the summertime, 30,000 people a day pass through City Walk and frequent Hardrock and the other attractions. It's very plausible that some of those 30,000 people will have already seen WPO powerlifting on television and will be enticed to buy a ticket so we will have a packed house with 2800 screaming powerlifting fans. Rock and Hip-Hop recording artists like Kid Rock, Creed, Papa Roach, Pantera, and Lynrd Skynyrd have performed there recently. I can't think of a more suitable setting that is exploding with excitement to host cream of the crop Professional Powerlifting than Hardrock Live, because the WPO is going to rock the house with Heavy Metal Mayhem and Huge Iron Madness. There will be more Elite lifters, more Huge Iron Dancers, more gorgeous card girls, more bright lights and smoke, more pyrotechnics, and most of all more \$\$\$MONEY\$\$\$!! Having the contest at Hardrock skyrockets the entertainment value that has been lacking in our sport and facilitates the WPO's master plan. The WPO's prerogative is to televise and showcase nothing but World Class Iron Athletes in the heat of competition, handling Huge Iron for big bucks.

As your WPO President, I will positively reinforce the tenacity it requires to handle 800-900 or 1000 lbs. without getting killed or seriously injured. In addition, I will break down the stereotyping that is common among the general public so powerlifters are perceived as heroes, not criminals. With every great cause, there comes sacrifice. In order for powerlifters to be held in the same regard as other professional athletes, there must be change across the board in all facets of the sport. For entertainment's sake, the lifters who are contenders to win Super Open Titles will have to get acclimated to lifting in the evening. For example, a Heavyweight Title fight starts at 9pm, the Super Bowl starts at 6:30pm. Most sporting events where a championship is on the line transpire in the evening, and the same concept will apply in the WPO. City Walk virtually comes alive at night with people of all ages looking for something to do - something cutting edge, trendy, like in your face entertainment that exudes high energy along with legitimacy. The modern day WPO athlete should mentally prepare himself for dramatic changes in the sport's format. Powerlifting has been its own worst enemy politically and esthetically. My goal is to have the WPO become an annual series of contests that crowns the three Super Open Champions at the end of each year that is filmed for television and is eagerly anticipated by the general public. Are you an elite lifter who is ready for Huge Iron action and envision yourself as a WPO Powerlifting Superstar that the general public will embrace and admire? If you are, you must be willing to bend in any direction in order to perpetuate the WPO's success. I can't emphasize enough how important it is for lifters and spectators to comply with every aspect that will be encountered, because powerlifting has evolved into a legitimate professional sport. Economics are a bigger issue than ever before, due to the value of the entertainment world. Simply, to have a contest at Hardrock Live costs five times what a normal contest in the old format, when there was no television coverage and no entertainment to take into consideration. In order to grasp what I'm saying, I have compiled this short list to get my point across.

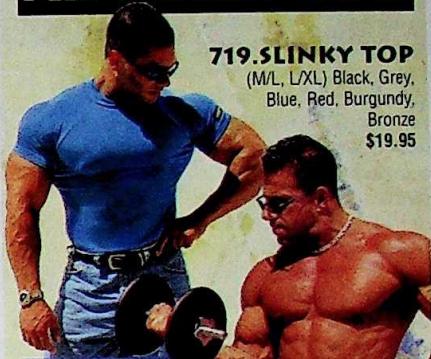
- A. Every lifter must pay a \$99 entry fee.
- B. Coaches and helpers must buy ticket to enter Hardrock Studio!
- C. Spectators must buy ticket to enter Hardrock Studio!
- D. Tickets are to be obtained by calling Ticketmaster or Huge Iron Productions in advance, or at Hardrock Box Office the day of the contest.

I must reiterate the importance of the list mentioned above. Bottom line, the sport's new direction comes at an alarming expenditure. The prize money for the semi-finals alone, distributed accordingly to ten weight classes, 1st-3rd, totals \$160,000, not including cash bonuses for world records or the production cost for television. Hardrock employees will be taking tickets and ushering people, the standard procedure at any Professional Sporting Arena, and they don't want to hear "can my coach come in for free" or "does my cousin have to pay". Everyone that is not lifting has to buy a ticket, period! Anyone who insists on being difficult about having to pay admission will be asked to leave Hardrock. Lifters please keep in mind that if you perform well you might win \$1,000 (3rd), \$5,000 (2nd), or even \$10,000 for coming in first in your class and you could possibly capture one of three prestigious Super Open titles. Whoever the lucky Lwt., Mwt., and Hwt. Super Open winners are will receive at least \$25,000 and proudly display a WPO Championship Title Belt around their waist. Your cooperation will be greatly appreciated and will help powerlifters claim their rightful status as Elite Iron Athletes who will be embraced by the general public and abroad. It will be a great day when society views the Professional Powerlifter in the same fashion as other Professional Athletes who are perceived as heroes and role models. If you have any questions concerning the date change or any particulars about the WPO, call us at 877-HUG-IRON or log on to [hugeiron.com](http://hugeiron.com) or [wpoonline.com](http://wpoonline.com) and ask for Lisa.

Sincerely, your WPO President, Kieran Kidder

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Eight out of the eleven gold medals at the IPF Men's Worlds went home beyond what used to be the Iron Curtain. Wouldn't you like to know how guys like Alexey Sivokon train?

Following is a bench press program designed by the Russian powerlifting mastermind Boris Sheyko. The man used to train the Kazakhstan team and today is the Chief Coach Men's Powerlifting Team Russia. Comrade Sheyko's credentials include Sivokon, Mor, and Podtinniy. 'Nuff said.

Heavily influenced by R. Plukfelder and I. Abajiev, Sheyko believes in some serious volume.

While Western PLers have gradually cut back

to one weekly BP workout the Russian team coach insists on four to eight bench press sessions a week! The arms and shoulder girdle can recover a lot quicker than the legs and back, he says, so why not? Sheyko likes to quote the popular among Russian weightlifters in the fifties and sixties expression: "To press a lot, one must press a lot".

No, it is not a program just for bench specialists like Irina Lugovaya who owes it her European championship title. The following supersystem is every bit as effective for full meet lifters. So enjoy the pain, Comrade!

The matrix is designed for five BP workouts a week and is aimed at an advanced powerlifter, a KMS or an MS in Russian classification. The cycle is divided into preparatory and competition periods. Here is how the prep period gets kicked off:

**Preparatory Week 1 - Monday:**  
1. BP - 50% $\times$ 5, 60% $\times$ 4, 70% $\times$ 3 $\times$ 2, 80% $\times$ 3 $\times$ 5(30) 3. BP - 44% $\times$ 5, 65% $\times$ 5, 75% $\times$ 4 $\times$ 4 (26). Tuesday: 1. Incline BP - x4x6 (24) 2. Parallel bar dips (with weight) - x6x5. Wednesday: 1. BP - 50% $\times$ 6, 60% $\times$ 5, 70% $\times$ 4 $\times$ 2, 75% $\times$ 3 $\times$ 2, 80% $\times$ 2 $\times$ 2, 85% $\times$ 1 $\times$ 2, 80% $\times$ 2 $\times$ 2, 75% $\times$ 3 $\times$ 2, 70% $\times$ 4, 65% $\times$ 5, 60% $\times$ 6, 55% $\times$ 7, 50% $\times$ 8 (71). Friday: 2. BP - 50% $\times$ 5, 60% $\times$ 4, 70% $\times$ 3, 80% $\times$ 2 $\times$ 5 (25). Saturday: 2. PBN - 5x5 (25) 3. Parallel bar dips - x4x6. Total lifts per week: 201. Average intensity: 67.1%

Note the number in brackets following a series; it is the total number of lifts in the series. The number before an exercise denotes its position in a training session. For example, on Monday you bench first, then do some SQ or DL drill and

# INTERNATIONAL TRAINING

## Bench Press Training - Russian National Team Style as told to PL USA by Pavel Tsatsouline, Master of Sports



Alexei Vorobieff of Russia was able to win the 2000 IPF World Bench Press Championship 181 pound class title against USA's McCormick (left) and Cieri. (photograph by Hiro Isagawa)

bench again. On Friday you bench second after another lift.

More often than not Sheyko's charges, including IPF bench press world champions Alexey Sivokon and Fanil Mukhamatyanov, press twice in one training session. There is a curious wrinkle: the two pressing series are always separated by squat or deadlift work.

Boris Sheyko points out how the Monday load was intense and the Wednesday load beats you up with high volume. Note, says the Russian team coach, even though the athlete has worked up to 80-85% 1RM, he has done many lighter lifts and therefore the average intensity is low. If you have a general idea of the Russian approach to strength program design, you should appreciate how this elegant and precise method relies heavily on the calculations of the volume expressed in a number of barbell lifts (NBL) in a given intensity zone or percentage of one rep max. According to Boris Sheyko, tracking

these numbers, as well as the average training weight and total tonnage - or, if you are not up on the metric system, poundage - is mandatory. The Russian coach points out how helpful they are for serving the critical component of any strength training plan, variability, or rotation of heavy, medium, and light training sessions, both in a weekly and in a monthly cycle. Indeed, these calculations have been an integral part of Soviet weightlifting since 1958 when

soon to be famous scientist Leonid Matveyev worked with coach Suren Bogdasarov designing Yuri Vlasov's training programs.

Although Russian Olympic lifters said good-bye to the pyramid even before the clean and press bit the dust in 1972, it lives on in Sheyko's powerlifting program, although only once a week and only in the prep period. The author appropriately calls it a 'marathon'. Because it stuffs up the arms so much, the Wednesday marathon is followed up by an unloading Friday session: there is only one bench series and its reps are cut short.

### Preparatory Week 2 - Monday:

1. BP - 50% $\times$ 5, 60% $\times$ 4, 70% $\times$ 3 $\times$ 2, 80% $\times$ 2 $\times$ 2, 90% $\times$ 1 $\times$ 3 (22) 3. BP - 50% $\times$ 3, 60% $\times$ 3, 70% $\times$ 3, 80% $\times$ 2 $\times$ 5 (19). Tuesday: 2. Parallel bar dips. - x5x5. Wednesday: 2. BP - 55% $\times$ 5, 65% $\times$ 4, 75% $\times$ 3 $\times$ 2, 85% $\times$ 2 $\times$ 4 (23). Friday: 2. 50% $\times$ 5, 60% $\times$ 4, 70% $\times$ 3 $\times$ 2, 80% $\times$ 3 $\times$ 7 (36). Saturday: 2. BP - 55% $\times$ 5, 65% $\times$ 5, 75% $\times$ 4 $\times$ 5 (30) 4. Triceps work. - x10x5. Total lifts per week: 130. Average intensity: 71.5%

Note how the NBL has been cut back from 201 in the first week to 130 in the second. When the volume goes down, the intensity goes up; in week two Sheyko added more 85-90% 1RM lifts and thus upped the average intensity from 67.1% to 71.5%

### Preparatory Week 3

-Monday: 1. BP. - 50% $\times$ 5, 60% $\times$ 4, 70% $\times$ 3 $\times$ 2, 80% $\times$ 3 $\times$ 5 (30) 3. BP. - 50% $\times$ 5, 60% $\times$ 5, 70% $\times$ 5x5 (35). Tuesday: 2. BP. - 55% $\times$ 4, 65% $\times$ 4, 75% $\times$ 3 $\times$ 4 (20). Wednesday: 1. BP. - 50% $\times$ 8, 55% $\times$ 7, 60% $\times$ 6, 65% $\times$ 5, 70% $\times$ 4, 75% $\times$ 3 $\times$ 2, 80% $\times$ 2 $\times$ 2, 75% $\times$ 3 $\times$ 2, 70% $\times$ 4, 65% $\times$ 6, 60% $\times$ 8, 55% $\times$ 10, 50% $\times$ 12 (86). Friday: 2. 50% $\times$ 5, 60% $\times$ 4, 70% $\times$ 3 $\times$ 2, 75% $\times$ 3 $\times$ 6 (33). Saturday: 2. BP. - 50% $\times$ 6, 60% $\times$ 6, 65% $\times$ 6 $\times$ 4 (36). Total lifts per week: 240. Average intensity: 64.7%

In week three Sheyko gives his

Intensity Zones	Preparatory Period Load Distribution				
	Week 1	Week 2	Week 3	Week 4	Per Month
50%	24	13	41	17	95
51-60%	31	21	54	20	126
61-70%	34	24	84	20	162
71-80%	61	61	61	27	210
81-90%	2	11	—	8	21
91-100%	—	—	—	—	—
NBL	152	130	240	92	614
Intensity	67.1%	71.5%	64.7%	67.2%	67.1%

lifters 240 barbell lifts at a 64.7% average intensity. The increased volume in the 65-75% intensity zone has necessitated a drop in intensity. But because there is no one right way to wave the load up and down the coach muses that he might as well has written up something like NBL 170/69.1%.

Note the brutal eighty-six rep Wednesday marathon. Sheyko warns that you will be a hurting unit and will have to have the grit to make it through. By the way, the above numbers are not the limit; Alexey Sivokon has done hundred twenty rep marathons while working up to 90% intensity! Naturally he cut back on intensity the week after.

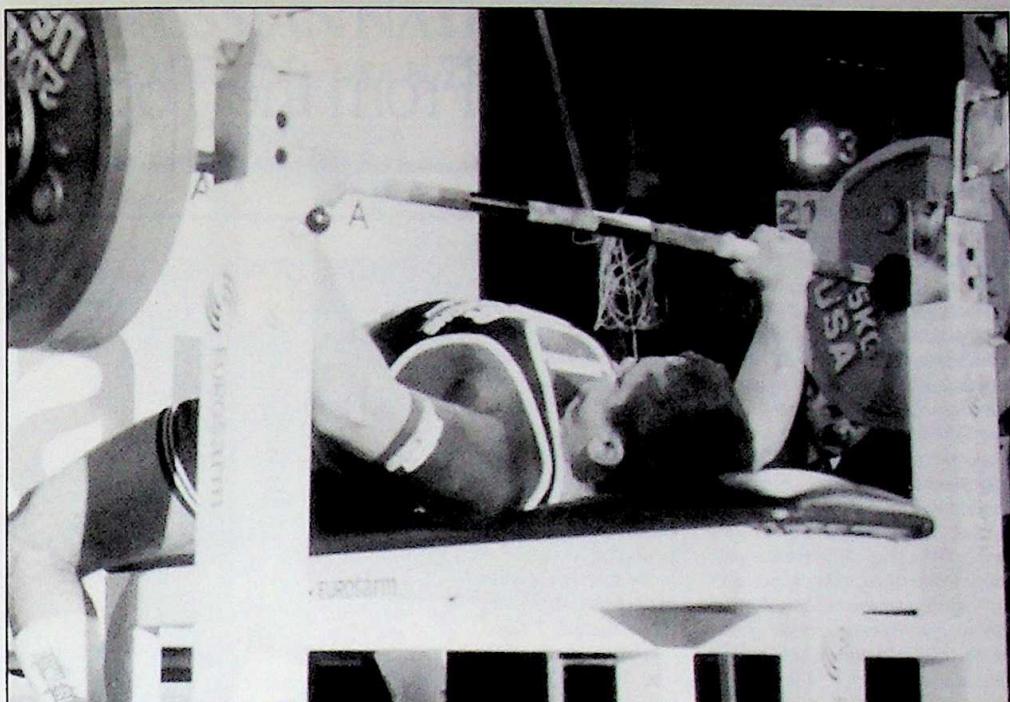
**Preparatory Week 4** - Monday: 2. BP. - 50%x4, 60%x4, 70%x3x2, 80%x2x5 (24). Tuesday: 2. Incline BP. - x3x5 (15) 3. Parallel bar dips. -x6x5. Wednesday: 2. BP. - 50%x5, 60%x4, 70%x3x2, 75%x2x2, 80%x1x3, 75%x2x2, 70%x4, 60%x6, 50%x8 (44). Friday: 2. BP. - 55%x4, 65%x4, 75%x3x2, 85%x2x4 (22). Saturday: 2. PBN. - x4x5 (20) 3. Triceps work. -x10x5. Total lifts per week: 125. Average intensity: 67.2%

The table at right, which should find its way into your training log, illustrates variability of the Russian bench press program.

In the four to six week long competition period the Russian National Team says good-bye to marathons and reduces the reps to the maximum of three per set. NBL with warm-up weights of 50-70% goes down and the number of 75-95% lifts goes up.

**Competition Week 1** - Monday: 2. BP. - 50%x3, 60%x3, 70%x3x2, 80%x3x6 (30). Tuesday: 1. Incline BP. - x3x5 (15). Wednesday: 1. BP. - 50%x3, 60%x3, 70%x3x2, 80%x2x3, 85%x1x3 (21). Friday: 1. BP. - 50%x3, 60%x3, 70%x3x2, 80%x3x5 (27) 3. BP. - 55%x4, 65%x4, 75%x4x4 (24). Saturday: Rest. Total lifts per week: 117. Average intensity: 71.6%

**Competition Week 2** - Monday: 1. BP. - 55%x3, 65%x3, 75%x3x2, 85%x2x4 (20) 3. BP. - 50%x3, 60%x3, 70%x3, 80%x3x6 (27). Tuesday: 1. PBN. - x4x5 (20). Wednesday: 1. BP. - 50%x3, 60%x3,



Alexey Sivokon of Kazakhstan winning the 2000 IPF World Bench Press crown. (photograph by Hiro Isagawa)

70%x3x2, 80%x2x8 (28). Friday: 1. BP. - 50%x3, 60%x3, 70%x3x2, 80%x2x2, 85%x2x3, 80%x2x2 (26). Saturday: 1. BP. - 55%x3, 65%x3x2, 75%x2x4 (14). Total lifts per week: 135. Average intensity: 72.7%

**Competition Week 3** - Monday: 2. BP. - 50%x3, 60%x3, 70%x3x2, 75%x2x4 (20). Tuesday: Rest. Wednesday: 1. BP. - 50%x3, 60%x3, 70%x2x2, 80%x1x2, 90%x1, 95-100%x1x2-3 (16). Friday: 1. BP. - 50%x3, 60%x3, 70%x3x2, 80%x2x5 (22). Saturday: 1. BP. - 55%x3, 65%x3x2, 75%x3x4 (21). Total lifts per week: 81. Average intensity: 71.8%

Approximately twenty days before a meet Sheyko plans a *prikidka*, or a trial run. Experienced Russian National Team members just work up to 90-95% of their max to get a feel for their openers.

During the third week a Russian lifter also cuts back to four bench days a week. Observe how he performs a medium volume/low intensity workout on Monday and rests on Tuesday to taper before the Wednesday trial run.

**Competition Week 4** - Monday: 2. BP. - 50%x3, 60%x3, 70%x3x2, 80%x2x3, 90%x1x2, 80%x2x2 (24). Tuesday: Rest. Wednesday: 1. BP. - 55%x3, 65%x3, 75%x3x2, 85%x2x3, 80%x3x2 (24). Friday: 2. BP. - 50%x3, 60%x3, 70%x3x2, 80%x3x5 (27). Saturday: 1. BP. - 55%x3, 65%x3, 75%x2x5 (16). Total lifts per week: 24. Average intensity: 61.7%

The fourth week is the last week with substantial NBL and heavy, 80-90% 1RM, poundages. It is time to taper before the competition. Next, or fifth, week the athlete will cut back to three training days a week and throttle down on volume and intensity.

**Competition Week 5** - Monday: 2. BP - 50%x3, 60%x3, 70%x3x2, 80%x2x4 (20). Tuesday: Rest. Wednesday: 1. BP. - 50%x3, 60%x3, 70%x2x2, 80%x1x3 (13). Friday: 1. BP - 50%x3, 60%x3, 70%x3x2, 75%x2x4 (20). Saturday: Rest. Total lifts per week: 53. Average intensity: 67.7%

In week five the lifting frequency drops to three times a week and both

the intensity and the tonnage are tapered.

**Competition Week 6**: Monday: 1. BP - 50%x3, 60%x3, 70%x2x2, 75%x1x2 (12). Tuesday: Rest. Wednesday: 1. BP - 50%x3, 60%x3x2, 70%x1x3 (12). Thursday: Rest. Friday: Rest. Saturday: Competition. Total lifts per week: 24. Average intensity: 61.7%

Sheyko points out how the last session before the meet is similar to a pre-competition warm-up. (Note the table below)

If you compare the two tables you shall notice that in the competitive period the Russian coach cut back on the volume while increasing the intensity compared to the preparatory period. In the last two weeks of the competition cycle both the intensity and the tonnage take a dive to enable the athlete to recover well before the meet.

Nothing fancy-trendy about Sheyko's cycle; just the classic Matveyev's formula of progression from volume to intensity and finally the taper. You will not find any exotic assistance exercises in the Team Russia regimen either. "A golden rule is never to use more complex movements than necessary to achieve the desired result," as Bruce Lee once put it. "...To hit a worthy opponent with a complex movement is satisfying and shows one's mastery of technique; to hit the same opponent with a simple movement is a sign of greatness."

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#### Competition Period Load Distribution

Intensity Zones	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Per Month
50%	9	9	9	6	9	6	48
51-60%	13	15	12	12	9	9	70
61-70%	22	21	22	18	16	7	106
71-80%	55	56	32	47	19	2	211
81-90%	3	14	1	8	—	—	26
91-100%	—	—	3	—	—	—	3
NBL	102	115	79	91	53	24	464
Intensity	71.6%	72.7%	68.8%	72.4%	67.7%	61.7%	70.8%

**GP asks:** I am a good squatter, but I do have problems getting down below parallel in competition. I have a wide stance and occasionally have hip pain. I use the Titan Centurian squat suit. What should I do?

**Advice from Wade Hooper:**

First, I would suggest looking at the bar placement, as this will affect the amount of lean that you will have. The more forward lean you have, the higher the hips will be. Of course, from a leverage standpoint, you would want the bar placed in a low position across the back of the shoulders. However, if this is causing you to lean in a good morning style, I would suggest raising the bar across your shoulders to keep you more erect. Second, you need to analyze your stance. Take your wide stance with feet pointed out and see if you can comfortably squat below parallel with no weight on your back. If you can do this with no problem, then your stance is fine. However, if you are having difficulty reaching legal depth without weight on our back, don't expect to reach it on a consistent basis with the weight. Your stance should be one of comfort and not forced by the amount of weight you have loaded. If this is the case, you would definitely want to change your stance to where it is more comfortable to reach legal depth. Any time you change your stance, start your training over to retrain your body to the new style. Unless you are

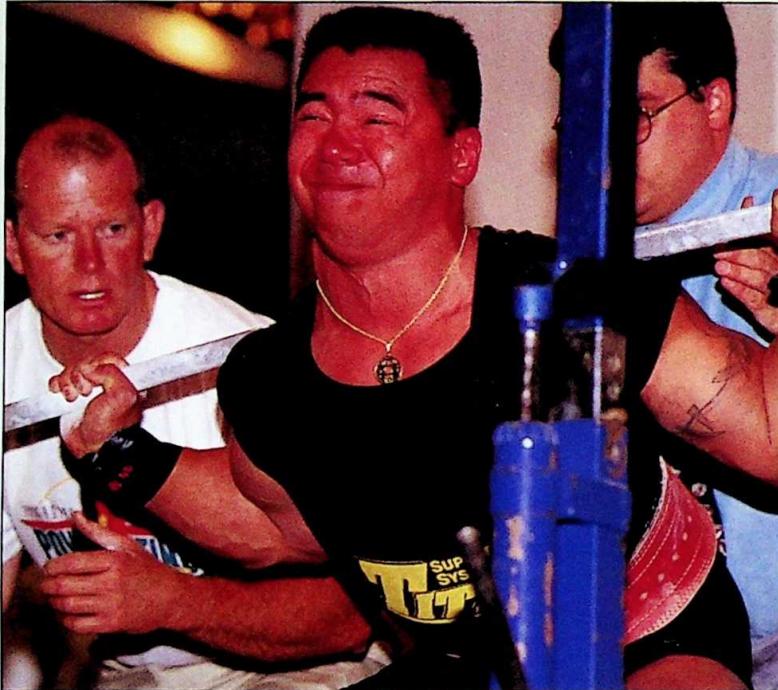
# Tips From the Top

Questions & Answers coordinated by Dr. Larry Miller

training high in the gym, your assistance will not have much bearing on whether or not you will hit legal depth. So, if you feel that box squats best help you develop a big squat, then keep using them. As far as your equipment is concerned, just make sure the straps are loose enough to prevent you from pulling you forward. I hope this helps you develop that big deep squat that every lifter is aspiring for. Good luck and Train hard.

Wade

**DG asks:** I am a fifty year old master powerlifter. How do I change my training program to coincide with my age. How far out from a contest should I begin to cycle?



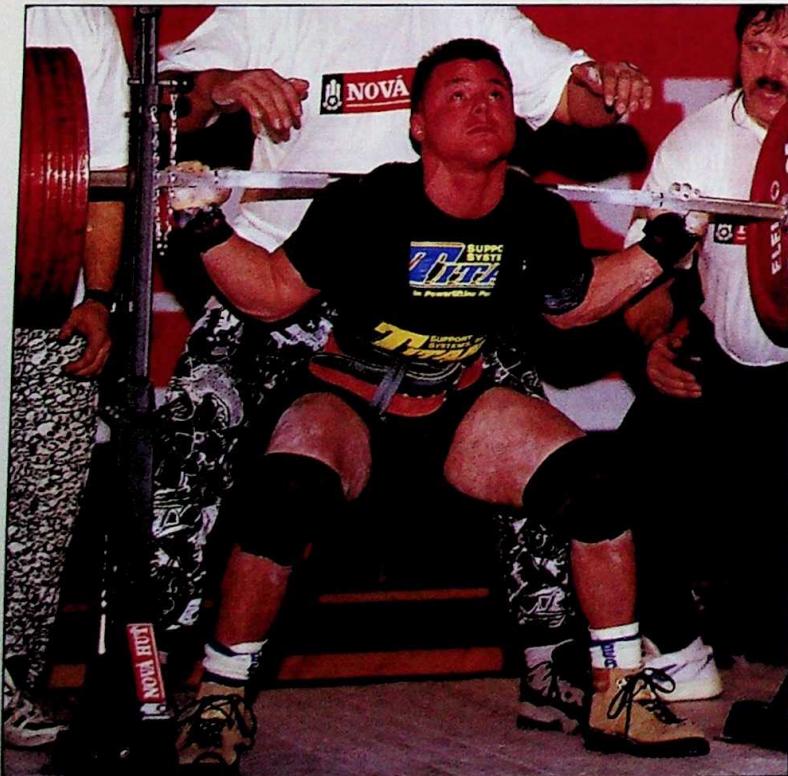
Ray Benemerito has been a very successful competitor within the ADFPA/USAPL

**Advice from Ray Benemerito:** I hope you're not referring old guy questions to me because of my age. OK, since I am closing in on 20 years of powerlifting competition covering 4 weight classes, I'll try and share what has changed during those years.

Cut down training days: I used to train 4 days a week, Monday-Squat, Tuesday - Bench, Thursday - deadlift, Friday - light bench. Nowadays, I train twice a week, Monday-Squat/Bench, Thursday - Deadlift/light bench. By doubling up work outs, you get two full days of rest between work outs. This works really well during injury training cycles and gets you in better shape for meet conditions, not to mention that it is better on the family/work life.

Cut out the in be-

tween numbers: For example instead of ramping up your training weights gradually prior to meets, find the training weight that works best for you, i.e., bench workout: 325 (no shirt) 7x5x3 for 4 weeks along with assistance work. Week 5, put on the shirt and go 415x1, week 6 455x1, 475x1, 485x1.



Wade Hooper has earned many team points for the USA in IPF World competition.

Week 7 rest. Week 8, meet attempts 473, 490, 501-507. By cutting out the weights between 325 and 415, you keep yourself fresh and explosive for the meet and you also save time in training cycles ... fitting more cycles in per year for experimenting (on rep range, new exercises).

Recovery. No longer are the days of staying out all night and going right to the gym OK. Well, maybe once in a while. I definitely need 8 hours per night ... kind of hard with 3 kids, but I try to get it in. As for diet, I try and eat every three hours (5-6 meals a day), mostly protein 20-30 grams and veggies for carbs ... Yes, you can substitute beer and ice, not for chilling the beers, but for icing your joints down, after every workout. I have a set of ice packs for every major joint area, knees, back, hips, elbows, biceps, shoulders ... If you can picture the Michelin man, that is what I look like after a work out. Right now I'm actually researching hyperbaric chambers for overnight therapy, but the prices are a little too steep. Gotta love Powerlifting.

Good Luck and Stay Clean.  
Ray Benemerito

The Russian National Championships were held the 1st through 4th of March in Saint Petersburg. This competition represented the best lifters in Russia, qualified either through past participation in World Championships or from those who participated in the six zone championships held in previous weeks across Russia. 206 lifters participated of the approximately 300 nominated. Distance and travel cost reduced participation in what would of otherwise been an enormous contest. We were informed during our stay that the Powerlifting Federation of Russia is comprised of 89 independent federations. Some are organized through the Ministries of Sport in independent republics, and many are subdivisions of autonomous regional federations.

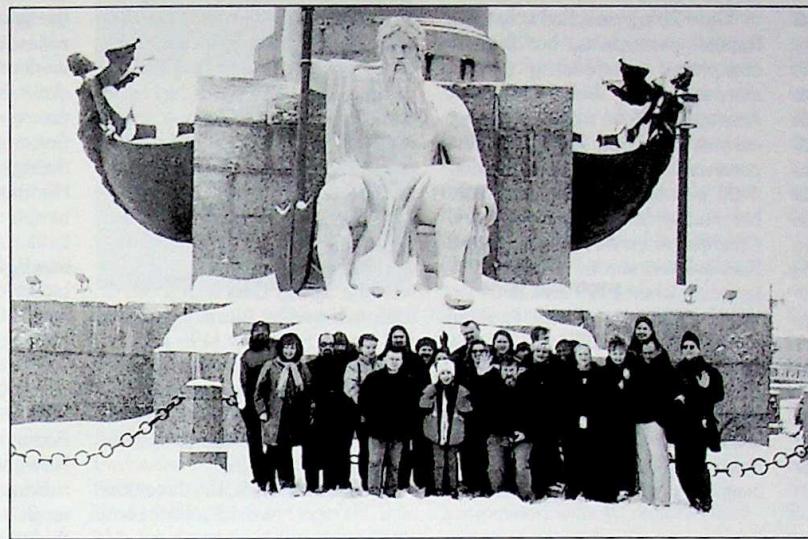
Vladimir Bogachev, President of the Powerlifting Federation of Russia (R.P.F.) invited lifters and representatives of USA Powerlifting to attend and participate in this event during his visit to the U.S. for USA Powerlifting Women's Nationals. Six lifters, and seven coaches and spectators attended. We were met at the airport by Mr. Bogachev, and Julia Zerdeva, his wife and translator for Russian Teams abroad. We took a leisurely bus tour of St. Petersburg on the way to our hotel, and were impressed by the architecture, the number of museums, and the pace of restorations going on in this city. St. Petersburg plays host not only to many cultural events, but to many international sporting events. They have a large, covered stadium and many other modern sports venues.

The meet was held in the LDM Leningradsky Youth Palace Hotel, on the Neva River and two Metro stops from the center of St. Petersburg. It is a large facility with two theaters, four restaurants, a disco, a miniature golf course, a gym, and a sauna. The competition was held in the large theater.

Several perennial European and World Champions were absent. Multi-time World Champions, Svetlana Teslava and Elena Yamskikh, as well as silver medalist at 2000 European and World Championships, Irina Ayugina will be taking the year off for maternity leave. Nicolai Suslov, 1999 and 2000 Men's World Champion will attend the Russian Jr. Championships to be held in Kemerovo (Siberia) 15th through 18th of March, and Maxim Gurianov is writing his boards for Medical School and may not be

# THE RUSSIAN NATIONALS

*as told to Powerlifting USA by Dr. Larry Maile*



Russian and U.S. lifters in front of a statue symbolizing the Volga River. (courtesy Maile)

available during all of 2001. Despite missing these great lifters, the level of competition was very high, with great depth in each class and lifters down many places who would place at their respective World Championships. The Technical Meeting was held in the small theater, which was packed with lifters and coaches. It was a "who's who" in Russian powerlifting. The Americans were introduced to thunderous applause from those attending. I was pleased to see many USA Powerlifting t-shirts and several pairs of warmups from prior U.S. National Teams in the crowd. There were many questions through the weekend about well known U.S. lifters.

On the first day of competition, women from the 44 to 75 kilogram classes competed, in two sessions. The first session included 23 women from 44 to 52 kg. The 44 kg. Class was uncharacteristically small, with the absence of Ms. Teslava and Natalia I, who is still competing as a Junior. This class was won by 19 year old Natalia Krikunova with a 310 kg. total.

The 48 kg. class was won by Natalia Shapovalova, who traveled from the Siberian city of Irkutsk. She squatted 150 kg., benched 80 kg., and deadlifted 160 kg., for a

390 kg. total. Second place was taken by Olga Legotkina, perennial Jr. World's competitor with a 360 kg. total, and third was Natalia Tulina at 335 kg.

The 52 kg. class was won handily by 1998 and 1999 Jr. World and 2000 European Champions at 48 kg. Tatiana Eltsova. She showed flawless technique in squatting 177.5 kg., benching 90 kg., and deadlifting 165 kg. Her 432.5 kg. total outstripped silver medalist Natalia

Ivanova by 30 kg. (402.5 kg.). This class was the debut of the first U.S. lifter, Jennifer Maile, lifting in this weight class for the experience before reducing to the 48 kg. for women's worlds. She squatted 150 kg., stalling with 160 kg. on her third attempt. She had a lapse in concentration on her second attempt bench press (90 kg.), but returned to complete it on her third. This was the best bench press in her class, by virtue of lighter bodyweight. She pulled a personal record of 150 kg., for a 390 kg. total and four teenage American records. Seven other lifters participated in this class; the lowest total (tenth place) was 295 kg., which would have placed third at USAPL Nationals.

Valentina Nelubova won 56 kg. class by five kg. over Jr. World Champion Inna Filimonova, 495 kg. to 490 kg. Nelubova won on the strength a 133 kg. bench press. She is the current World Champion and World Record Holder in the Bench Press, and this margin made up the difference between her relatively weaker squat and deadlift when compared with Filimonova. In third place was 1997 Jr. World Champion Elena Petrunia, with a 460 kg. total. For those of you who think in pounds, the first three lifters in this weight class totaled over 1,000 lbs.

The 60 kg. class provided what was perhaps the greatest battle in the Women's competition, despite the 15 kg. that separated first and second places. Elena Fomina, the 2000 World Bench Press, and 1998 World Champion out totaled 1999 and 2000 Open and 1999 Jr. World Champion Irina Abramova. Fomina stated that it was her goal in 2001 to regain the World Championship. Abramova will be attending, however, and may take some exception to that. They both agreed that it will be a great battle. In this contest, Fomina beat Abramova 540 kg. to 525 kg. Both of these very strong women are very shy, and blushed when being interviewed and required the assistance of trainers and the translator. There is no embarrassment for either of them on the platform, however. Third place was taken by Diana Sidorova, with 490 kg. She was a Jr. World



World Champs ... Konstantin Pavlov & Jennifer Maile

Team member in 1998 where she received the Silver Medal. There were a total of 11 lifters in this category, with 815 lbs. being the lowest total.

14 competitors lifted in the 67.5 kg. class, paced by Tatiana Danilevich, the 2000 World Bench Press Champion. Tatiana won this class on the strength of her bench press, at 130 kg. (surprise) to total 515 kg. over Elena Nikolaeva, who totaled 490 kg. Natalia Magula totaled 487.5 for third. The totals were somewhat lower than expected in this class due to the returning champion, Marina Kudinova moving to 75 kg. for this competition. Despite this, the competition was hard fought, with virtually flawless lifting on the part of all the medalists. The U.S.A.'s Jill Darling, competing at just over the 60 kg. limit totaled 387.5 kg. for 13th place. She benched a personal and Jr. American Record of 110 kg.

As stated above, returning Russian, World Open, and World Jr. Champion Marina Kudinova lifted in the 75 kg. category to give herself a break from making weight. She will return to 67.5 kg. for the Women's World Championships in May in Czechia. Marina put on a squat demonstration comfortably (well, how comfortable can you be with this much weight) squatting 260 kg. She benched 147.5 kg., and deadlifted 230 kg., for a 637.5 kg. total, and the Champion of Champions award. She scored 634

Wilkes points. Second place was taken by Svetlana Miklashevich with a 607.5 kg. total. She out-totalled 2000 World Championships Bronze Medalist, Tatiana Puzanova by 7.5 kg. Christy Newman, from Louisiana placed 8th with a 395 kg. total. Christy has been working on the technical aspects of her form over the past year, and it was flawless. Her performance was described by 8 y.o. Kalysa Maile (team mascot), "Christy did a good job. She showed a lot of determination."

The 82.5 kg. class was won by a relative newcomer from Habarovsk, Olesya Rychkova, with a 600 kg. total. She beat former World Champions Natalia Payousova (595 kg.) and Natalia Rumyantseva (595 kg., heavier lifter). Perhaps this represents a changing of the guard in Russian women's lifting, although it will be interesting to see who represents them in the 82.5 kg. class at the World Championships with this depth and talent.

2000 World Champion, Irina

Lugovaya easily repeated here with a 650 kg. total. In second and third were Jr. Team members, Youlyia Kurina (552.5 kg.) and Elena Yourik (497.5 kg.).

The +90 kg. class had only three Russian participants, but they all completed outstanding performances. 2000 World Champion Anastasia Pavlova squatted 270 kg. enroute to a 660 kg. total. She persevered for many years as a bridesmaid in world competition before her much deserved win at the World Championships in Argentina. Galina Karpova was second with a 627.5 kg. total, while 1999 and 2000 Jr. World Champion Elena Avilkina placed third with 610 kg. Please note, the lightest squat in this category was 252.5 kg. All of these women comfortably handle enormous poundages in the squat. Deborah Ferrell of the U.S. was unable to get a squat in after several

access the training facilities most trainers work in. Most coaches are also employed as professionals by local or State-run "Sports Clubs." These may be supported by Regionals or Republic Ministries of Sport or may be supported by local municipalities or industry. Sport and accomplishment in sport is highly regarded in Russia, and many sports clubs are maintained supported by cities, governmental regions, or large manufacturing conglomerates.

The Men's competition started on the afternoon of the second day, with the light weights. Sergei Juravlev won the 52 kg. class with a 547.5 total, followed by Alexei Romanov, and Sergei Svistunov (495 kg. and 475 kg., respectively). There were 7 lifters in this category, which is significant when you consider that we are lucky to have a single competitor in the U.S. at 114 lbs.

Konstantin Pavlov, the three time

world champion dominated the 56 kg. class with a 252.5 kg. squat, a 172.5 kg. bench press, and a 220 kg. deadlift, for a 645 kg. total. Nicolai Asabin was second with 575 kg., and Yaroslav Chopovsky was third with 555 kg. Yaroslav is the five time Russian Champion. His placing third reflects the growth and improvement in Russian powerlifting. He will visit the U.S. this spring to participate in the Alaska State Championships as he lives not much more than 500 miles from the meet site. There were a total of nine competitors in this category.

Mikhail Andrushin, the 2000 World Champion distanced the competition by the end of the squat with his 260 kg. performance. His bench press of 142.5 was the highest in his class, and he closed the door with a 265 kg. deadlift, for a 667.5 kg. total. Anatoly Prokurnin was a distant second at 625 kg., just edging out Andrei Zvyagintsev, the 2000 Junior World Champion.

The 67.5 kg. World Bronze Medalist, Evgeny Dolgov out totaled Igor Muler 700 kg. to 687.5 kg. Ruslan Araslanov, former Jr. World competitor placed third. The final two U.S. lifters were in this class. Greg Simmons, the current Pan American Champion placed 6th with a 627.5 kg. total. This was Greg's first meet far from home, and he came within 2.5 kg. of his best. He will put this experience to good use

in the coming years. Count on it. Brandon Green, moving up from his traditional 60 kg. competitive weight placed 8th with 610 kg. Brandon had a personal best of 227.5 kg. in the squat, but took three tries to get a deadlift in. Perhaps some more work on the lockout will help. This class also provided an example of courage in that one of the competitors dropped the weight on his chin during his first attempt bench press. He missed the two following attempts while receiving medical attention and returned to deadlift (with bandages and tape on his face and blood soaking through). After each attempt, he returned to the Doctor to have the bandages replaced.

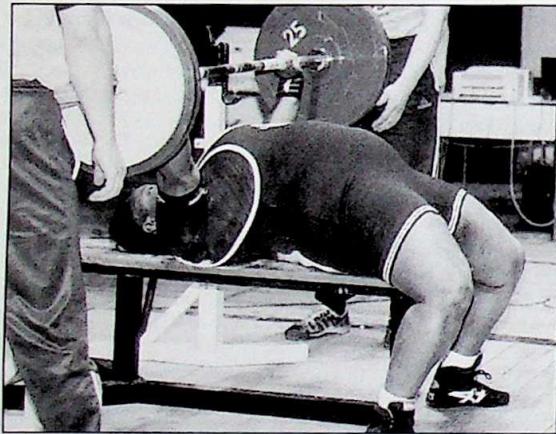
The 75 kg. class was a rematch of the 2000 World Championships, with Victor Furashkin and Victor Baronov going head to head. Furashkin won in Akita City, but fell to Baronov here. They both achieved an 805 kg. total, but Baranov was the lighter lifter. Both are scheduled to lift at the 2001 World Championships, so expect this rivalry to continue. Ruslan Vostrikov placed third with 767.5 kg. There were eleven competitors who completed this the meet, with the lowest total being 650 kg. Two lifters bombed.

The 82.5 kg. class provided a showdown between three time world champion Sergei Mor, and 1999 Jr. World Champion Sergei Gordeev. Mor edged Gordeev after falling behind in the squat. The total after the deadlifts was 842.5 kg. to 832.5. Alexei Harauzov placed third with an 800 kg. total. This class saw the highest number of non-finishers, with 4 bombs, one disqualification due to a rules violation, and one injury.

Andrei Tarasenko, 1999, 2000 and 2001 World Champion, and 1998 World Jr. Champion won this class easily on a comfortable total of 895. He beat Nicolai Kurakin and Konstantin Otavin who both totaled 795. Kurakin edged Otavin on body-weight.

With the absence of Suslov, Victor Smischenko won with a 907.5 total. His relatively greater squat (340 kg.) and bench press (237.5 kg.) overcame the higher deadlifts of the lifters who followed him (322.5 kg., vs. 330 kg. + for the next 3 place winners). Alan Gergiev was second with 887.5, and Yuri Fedorenko was third with 885. This was the largest category in the competition with 20 lifters. There were three who did not complete the competition, but all lifters above 13th place totaled more than 805 kg.

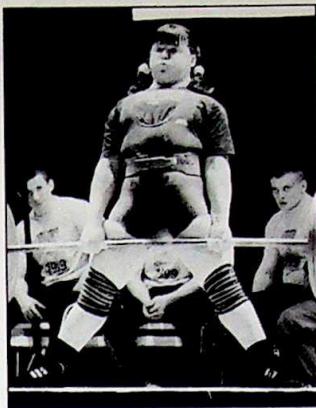
In the 110 kg. class, Alexei Gankov, the 1998 World Champion and 1999 Silver Medalist returned to competition with a first place finish. Gankov showed balanced lifting, with a 350 kg. squat, a 235 kg. deadlift,



Deborah Ferrell's opener with 341 lbs. (courtesy Maile)

and a 357.5 kg. deadlift to pass 2000 Jr. World Champion Valentin Dedulia by 12.5 kg. (930 kg.) Dedulia is a great squatter (365 kg.) who is just a little behind Gankov in the bench press and deadlift. He shows great promise for the future now that he has aged out of the Junior Division. Oleg Demyahin tied Dedulia, but lost on bodyweight. Both the second and third place medalists traveled from Siberia for many days on the train for this competition, and one wonders how they would do when competing near home.

Andrei Malanichev, 2000 World Junior Champion, and Silver Medalist in 1998 and 1999 in the 110 kg. class demolished the competition with a 1000 kg. total. Andrei squatting 400 kg. easily and is well known for his "dive bomb" style. He was good for at least 20 kg. more as the weight didn't even slow down. His bench of 240 kg. was second on bodyweight to Silver Medalist, Igor Gagin, but Andrei comfortably handled just short of 800 lbs. in the deadlift (360 kg.). Gagin totaled 910 kg., and Bronze medalist, Sergei



Irina Lugovaya ... 240 kg. deadlift.

Burmistrov totaled 897.5 kg.

The Men's Unlimited Class was dominated by Alexei Serebryakov, the 2000 World Junior Champion. He totaled 1000 kg. win against Igor Nastynov's 882.5 kg., and 1998 Jr. World Champion Oleg Gagin's 872.5 kg. Serebryakov is the three time bodybuilding champion of Russia and this was evident in his muscle density. His 360 kg. deadlift was

done in a singlet. Alexei also speaks excellent English and was very outgoing after the competition ended. Gagin attended our dinner on Saturday night (before lifting on Sunday) and made what was perhaps the quote of the trip. When asked about drinking the night before the competition, he replied, "it is good for strong men to drink beer." It is hard to disagree with that. Oleg's performance the next day is all the more remarkable when you consider that he blew his only squat suit in the warmups, and squatted in a singlet. He made a very light opener, jumped to 315 kg., and finished with 340 kg. It was obviously a question of not knowing what he could lift without a suit, because his final squat was done as easily as his first.

The Men's competition was won by Bashkortostan, with 52 points, followed by Moscow with 48, and Kemerovskaya with 43; a very tight competition with 40 regions represented.

Following the competition, the U.S. contingent went to dinner in the Chinese restaurant in the hotel with

several of the lifters from Kemerov and one lifter and coach from Yakutia, across the Bering Strait from Alaska. Mr. Bogatchev offered may toasts, and gave coaching medals and other gifts to the U.S. lifters and staff. We managed to drink a little more vodka (purely for ceremonial reasons, of course), and reviewed what was an excellent competition and a great trip. We were seen off the next afternoon by Julia, Vladimir, and our tour guide Ludmilla at the airport.

After talking to the U.S. lifters who participated, this was, perhaps, one of the greatest experiences in lifting we have experienced. The level of competition was extraordinarily high. We met many new friends and renewed old friendships from prior World Championships. We hope to host our Russian Friends here in the U.S. soon, starting with the Alaska State Championship and Russia/Alaska Friendship Cup. If we haven't worn out our welcome, all of us who attended would return to Russia to watch, participate, or assist whenever invited.

### Russian National Championships 1-4 MAR 01 - St. Petersburg (kg)

**WOMEN** SQ BP DL TOT

44 kgs.

Krikunova, N. 120 60 130 310

Kolcsnikova, N. 125 62.5 120 307.5

Golubcova, O. 112.5 60 120 292.5

48 kgs.

Shapovalova 150 80 160 390

Legotkina, O. 140 67.5 152.5 360

Tulina, N. 142.5 67.5 125 335

Vorobieva, E. 122.5 70 140 332.5

Karbyseva, A. 132.5 67.5 130 330

Stepchenko, E. 127.5 70 117.5 315

Mihailova, N. 117.5 65 130 312.5

Chushina, M. 120 55 125 300

Aleksseva, A. 105 55 115 275

Ahmina, M. 102.5 52.5 120 275

52 kgs.

Eltsova, T. 177.5 90 165 432.5

Ivanova, N. 157.5 90 155 402.5

Maile, J. 150 90 150 390

Karpenko, S. 155 95 140 380

Oparina, O. 127.5 72.5 137.5 337.5

Vasilieva, T. 127.5 67.5 142.5 337.5

Gerebtsova, N. 125 72.5 120 317.5

Malyh, E. 135 65 115 315

Ushakova, N. 120 72.5 115 307.5

Dzuba, A. 120 62.5 112.5 295

56 kgs.

Nelubov, V. 185 133 177.5 495

Filimonova, I. 207.5 100 182.5 490

Petrunina, E. 177.5 102.5 180 460

Morozova, V. 170 87.5 180 437.5

Lobanova, A. 165 80 160 405

Paligina, M. 145 70 152.5 367.5

Medvedeva, L. 135 80 145 360

Gubanova, V. 130 65 145 360

Puzanova, O. 130 70 140 340

Valova, N. 105 75 150 330

Pudovkina, A. 135 55 125 315

Bemova, M. 120 55 130 305

60 kgs.

Fomina, E. 212.5 125 202.5 540

Abramova, I. 212.5 107.5 205 525

Sidorova, D. 185 105 200 490

Galimova, A. 180 110 170 460

Kond, A. 155 92.5 160 407.5

Kosareva, M. 170 75 155 400

Mirzoeva, N. 157.5 90 160 397.5

Busarova, N. 157.5 92.5 140 390

Illushko, T. 150 85 135 370

Lebedeva, I. 155 80 135 370

Yourchenko, O. 150 62.5 157.5 370

67.5 kgs.

Danilevich, T. 195 130 190 515

Nikolaeva, E. 195 120 175 490

Magula, N. 192.5 100 195 487.5

Zaharova, I. 197.5 95 170 462.5

Mashenko, D. 190 100 157.5 447.5

Chumicheva, I. 170 100 177.5 447.5

Gross, Y. 165 100 190 445

Bogatova, N. 170 100 162.5 432.5

Kostyleva, E. 180 87.5 160 427.5

Pantina, O. 180 90 145 415

Salukova, O. 170 80 160 410

Prokofieva, O. 160 90 150 400

J. Darting 145 110 132.5 387.5

Mateveva, Y. 137.5 75 135 347.5

75 kgs.

Kudinova, M. 260 147.5 230 637.5

Miklashevich 240 155 212.5 607.5

Puzanova, T. 242.5 135 222.5 600

Terentieva, A. 210 155 200 565

Bochko, S. 170 100 200 470

Youdintseva, A. 175 87.5 167.5 430

Ageeva, O. 165 80 167.5 412.5

Newman, C. 145 97.5 152.5 395

Melinova, E. 140 90 160 390

Schepina, L. 140 90 140 360

Morozova, T. 0 0 0 0

82.5 kgs.

Rychkova, O. 235 135 230 600

Payousova, N. 220 142.5 232.5 595

Rumyantseva 165 120 150 435

Ponomareva, T. 150 90 157.5 397.5

90 kgs.

Lugovaya, I. 250 160 240 650

Kurina, Y. 245 107.5 200 552.5

Yourik, E. 180 137.5 180 497.5

90 kgs.

Pavlova, A. 270 145 245 660

Karpova, G. 252.5 150 225 627.5

Avilkina, E. 260 135 215 610

D. Ferrell 0 165 182.5 —

MEN

52 kgs.

Juravlev, S. 225 112.5 210 547.5

Romanov, A. 215 107.5 172.5 495

Svistunov, S. 185 107.5 182.5 475

Artemiev, I. 165 120 180 465

Skochek, S. 172.5 110 180 462.5

Kazakov, R. 180 110 137.5 427.5

Elkin, Y. 0 0 0 0

56 kgs.

Pavlov, K. 252.5 172.5 220 645

Asabin, N. 230 137.5 207.5 575

Chopovskiy, Y. 225 110 220 555

Malayagov, V. 220 125 192.5 537.5

Chgernikov, P. 202.5 107.5 195 505

Azizov, R. 190 110 190 490

Borisov, V. 180 100 170 450

Panin, D. 205 122.5 — —

Artemiev, O. — — — —

60 kgs.

Aodruchin, M. 260 142.5 265 667.5

Proskurin, A. 245 132.5 247.5 625

Muchmatianov 245 180 195 620

Kokorev, I. 202.5 125 230 557.5

Nurutdinov, M. 235 120 200 555

Kabanov, D. 215 125 200 540

Isupov, A. 175 105 210 490

Zvyagintsev, A. — — — —

67.5 kgs.

Dolgov, E. 275 165 260 700

Muler, I. 277.5 140 270 687.5

Vaslanov, R. 240 175 262.5 677.5

Zvyagintsev, A. 217.5 190 237.5 645

Vasilicov, O. 250 150 240 640

G. Simmons 230 147.5 250 627.5

Glazunov, A. 240 160 220 620

B. Green 227.5 120 262.5 610

Sidorov, A. — — — —

Marenok, A. 250 125 — —

75 kgs.

Baranov, V. 317.5 180 307.5 805

Furagin, V. 315 190 300 805

Vostrikov, R. 300 177.5 290 767.5

A. Sokolov 295 177.5 285 757.5

Kallya I. 252.5 162.5 295 710

Koshkin S. 270 180 250 700

Baev L. 250 180 250 680

Skobelkin S. 240 155 280 675

Yakovlev, A. 250 147.5 270 667.5

Neveikov, A. 255 192.5 220 667.5

Luschay, V. 250 147.5 250 647.5

Ogiendov D. 245 175 220 640

Begdairov, I. 215 140 235 590

Ushakov, S. — — — —

110 kgs.

Gankov, A. 350 235 357.5 942.5

Dedulya, V. 365 225 340 930

Demyanov, O. 362.5 210 357.5 930

Akimov, L. 360 215 345 920

Samchuk, G. 330 205 350 885

Novikov, M. 310 242.5 302.5 855

Rudenko, A. 320 200 335 855

Kurtsev, E. 325 220 300 845

Chevernogenko 330 215 292.5 837.5

Glazunov, M. 325 190 310 825

Sapaton, D. — — — —

Piskunov, V. — — — —

Homyakov, A. — — — —

125 kgs.

Nikitin A. 270 200 260 730

Kusnetsov Y. 270 155 282.5 707.5

Gavrilov A. 240 165 255 660

Shafeev, R. — — — —

Budarin, S. 260 210 — —

Dementiev, R. — — — —

Shestakov, I. — — — —

Zvarykin, A. — — — —

Kokomov A. — — — —

90 kgs.

Tarasenko, A. 345 235 315 895

Kurakin N. 300 195 300 795

Otavin, K. 302.5 202.5 290 795

Bogdanov, A. 300 202.5 290 792.5

Serikov, D. 310 175 295 770

Kanukov, V. 290 197.5 280 767.5

Senko, A. 290 170 300 760

Zverev, P. 270 200 270 740

Iliechev, N. 270 177.5 290 737.5

Kurbanov, D. 280 175 270 725

Champ of Champions Awards - WOMEN'S DIVISION: 1st Kudinova, Marina 634.82, 2nd

Fomina, Elena 602.05, 3rd Nelubova, Valentina 584.89. Champ of Champions

MEN'S DIVISION: 1st Pavlov Konstantin 590.30, 2nd Baranov Viktor 577.91, 3rd

Tarasenko Andrei 571.99.

**LM:** Victor, how old are you?

**VF:** 32 years.

**LM:** Married?

**VF:** Yes, I have two children.

**LM:** How long have you been powerlifting?

**VF:** 6 years.

**LM:** Do you have a job outside powerlifting?

**VF:** Yes, for ten years I have been a fireman in my city of Syktyvkar, in the Komi Republic. (An independent republic northeast of St. Petersburg).

**LM:** Where do you train?

**VF:** At the State Sports Club, operated by the Ministry of Sport, in Syktyvkar.

**LM:** Who is your coach?

**VF:** I don't have a regular coach. I am self-coached, except at major competitions. At national and world championships, I have a senior coach assigned to me to help with my equipment and to assist with my numbers. I also coach several junior lifters who compete at local and regional competitions.

**LM:** What type of equipment do you use?

**VF:** Inzer gear.

**LM:** What titles do you hold?

**VF:** I have been the European Champion three times. I have medaled three times in world championships, all in the 75 kg. class. In 1998, I placed third, in 1999, second, and I was the World Champion in 2000 in Akita City, Japan. I will compete in the World Games in 2001 in Akita City, and the Men's World Championships in Finland.

**LM:** Do you have any sponsors?

**VF:** Yes, I am assisted with time to train by my job, and receive other help from the Ministry of Sport.

**LM:** What are your goals in powerlifting?

**VF:** I would like to break the world squat record. I want to continue coaching junior lifters. None of my lifters have been selected to lift at junior world championships yet, so I will not attend this year.

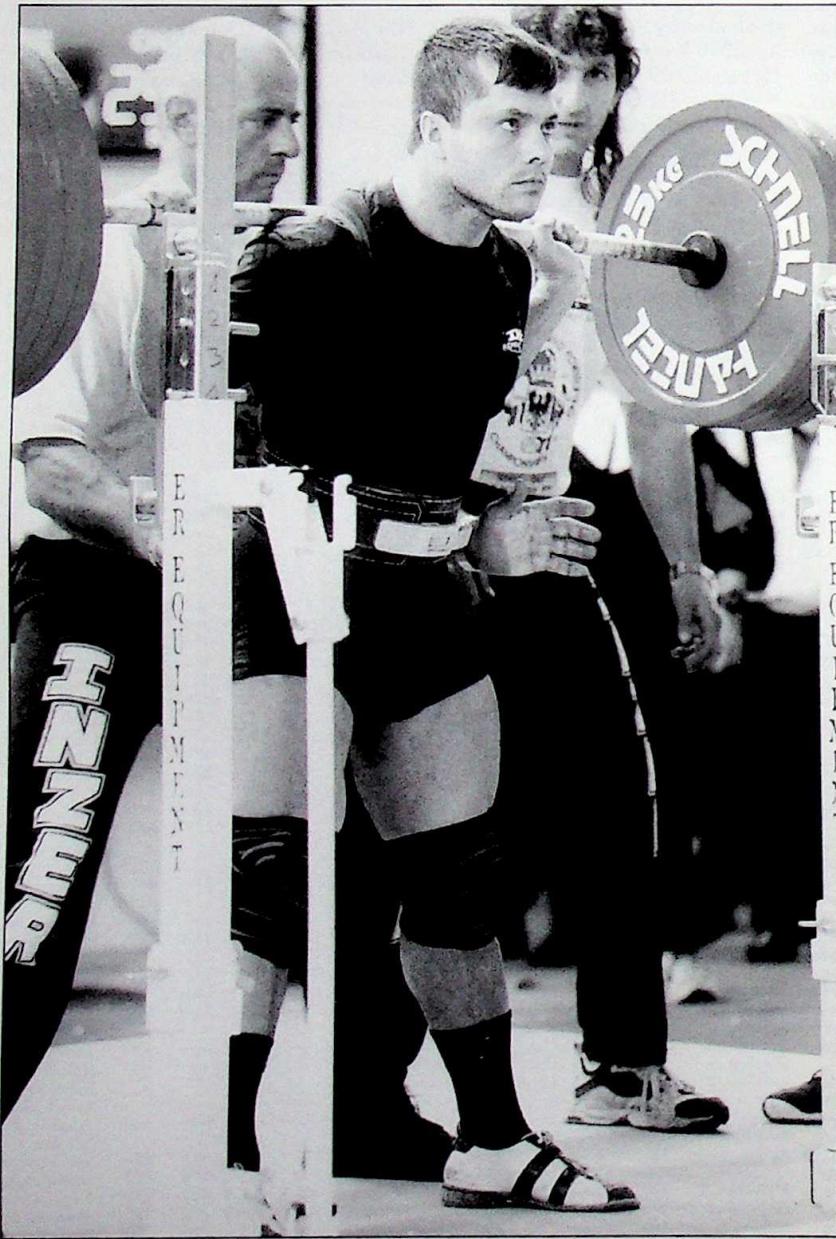
**LM:** How long do you see yourself continuing powerlifting?

**VF:** I plan to continue for at least three more years, and as long as

# INTERNATIONAL INTERVIEW

(Personal dialogue between PL USA Magazine  
and the Sport's Greatest International Lifters)

## 2000 IPF World 165 lb. Champion VICTOR FURASHKIN as interviewed by 2000 IPF World Masters 181 lb. Champion Dr. LARRY MAILE



Victor Furashkin at the 1999 IPF Men's Worlds, where he finished 2nd. (H.Izagawa)

my health allows. (Victor sustained a serious injury starting

out which has affected his back.)

**LM:** What are your best lifts?

**VF:** Squat 315, bench 205, and deadlift 307.5 kgs.

**LM:** What advice do you have for new or beginning lifters?

**VF:** Pay close attention to technique. It is easy to be injured if you are not careful. Beginners should always have a coach present to help with this.

**LM:** How many workouts do you do each week?

**VF:** I train eight times each week. Twice on Monday, Wednesday, and Friday, once on Tuesday and Saturday. I take Thursday and Sunday off.

(Here is a typical training week: Training weights are given as an example so the reader may understand the relationships between lifts. He increases the weight by percentages each week. Victor trains in equipment year round).

**Monday morning:**  
Squats: 150 kgs. - 1 set of 5, 170 kgs. - 1 set of 5, 220 kgs. - 2 sets of 3.  
Bench Press: 100 kgs. 1 set of 5, 120 kgs. 1 set of 5, 140 kgs. 1 set of 5, 165 kgs. 5 sets of 3.  
Dumbbell flies: not sets & reps given.

**Monday night:**  
Squat: 220 kgs. 4 sets of 4 reps. Leg Press: no sets or reps given.

**Tuesday:** Same bench press workout as Monday. Cable rows: no sets & reps given. One arm tricep push-downs 10 sets of 10 at 135 kgs. Abdominal work (weighted sit-ups)

**Wednesday morning:** Deadlift on 5 cm blocks: 150 kgs. 1 set of 4, 170 kgs. 1 set of 4, 220 kgs. 4 sets of 2.

**Wednesday night:**  
Bench Press: 100 kgs. 1 set of 5, 120 kgs. 1 set of 5, 140 kgs. 1 set of 5, 160 kgs. 5 sets of 5. Flyes: no sets or reps given. Weighted dips: no sets or reps given. Deadlift from floor: 200 kgs. 2 sets 3 reps, 200 kgs. 2 sets 3 reps, 220 kgs. 2 sets 3 reps, 250 kgs. 5 sets 3 reps. Incline sit-ups:

**Friday:** Same workout as Monday.

**Saturday:** Deadlift: same as Wednesday. Incline Benches: 110 kgs. 6 sets of 5. Triceps (dips). Rack Pulls: same warm-up as deadlifts, 300 kgs. 4 sets of 2-3 repetitions.

Ah! The return of Spring, and warmer weather and outdoor meets, and the promise of Summer. Even here in California, where you can hit the beach 365 days a year, it gets chilly in Winter, so Spring is very welcome. And once Spring arrives, a lot of events come with it.

L.A. Urban Fitness had a party and expo in front of their store recently, and a lot of the major supplement companies came and exhibited so POW!ER SCENE got to hear what's new and exciting. MetRx brought its Zone Manager for the Western U.S., Craig Jackson, and he had a lot to say about their ADS

# POWER SCENE



**Whitney Olivia Wessels** born November 7th, 21 inches long and 5 lbs. 9 oz. - a future heart breaker. (Photo provided by Ned Low).

Sports Division, and said they'll be launching their Biochem Platinum One, featuring their third generation creatine, designed for better absorption, reduced bloating and digestive problems, and bigger strength increases. Flex Wheeler, recently retired from bodybuilding, was manning the Biochem table with Kenny.

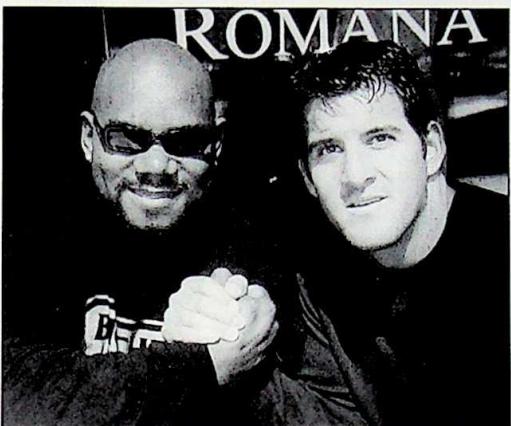
Other companies included

ProLab, which brought fitness competitor Danielle Edwards, and our local outfit, Phil's Power Pancakes, which makes great tasting packaged pancakes, so if you see them, try one.

IronMan Magazine sent out two people, Lonnie Teper and Jerry Fredrick, and

they were interviewing people and snapping pictures, plus posing for a few. We caught them with make-up artist and fitness competitor Hope Zarro, who just moved here from New York. MuscleMag's Steve Neece was also checking out the action.

Owner George Salem opened L.A. Urban Fitness in 1994, and



**Flex Wheeler** (left) and **Kenny Flores** (right) of Biochem.

line of products. ADS standing for Anabolic Drive Series. It was introduced early in 2001, and is not intended for the mass market. It's aimed at performance athletes, and includes RTD (ready to drink) meal replacements, the AfterFx post-workout bar and a glucose accelerator. For more information, check with your local supplement store.

Kenny Flores, who used to help run Gold's Gym in Venice, is now the National Sales Director for Biochem's



**ProLab's Danielle Edwards** at L.A. Urban Fitness. (Photo: Ned Low).



**Jerry Fredrick** (l) and **Lonnie Teper** (r) of Ironman Magazine around **Hope Zarro**. (Photograph provided courtesy of Ned Low to PL USA).

estimates that they carry about 200 different product lines. We always thought there were an awful lot of supplement companies. According to George, at the moment the hottest product areas are growth hor-

mone, creatine, antioxidants, and thermogenic fat burners.

A couple of weeks earlier POWER SCENE was at the Natural Products Expo in Anaheim, which is a huge trade show featuring all sorts of food and supplement companies, and we ran into powerlifter and strongman competitor Chad Coy of Indiana. Chad and two of his strongman training partners are all ranked in the top ten nationally for strongmen, and incorporate a lot of powerlifting training into their workouts. POWERLIFTER VIDEO Magazine will be doing some video shooting with them very soon to capture what they're up to.

Another strongman, and a great powerlifter, is Missouri's Willie Wessels. Along with Rick King and Jim Davis, Willie is putting on the NASS Missouri Strongman Contest

lbs.), flipping a 600 lb. tire, and loading kegs or stones onto platforms four and a half feet high. Sounds like fun!

And congratulations to Willie and his wife, who are the proud parents of Whitney Olivia Wessels (WOW); we're wondering if there's powerlifting in her future. As for Willie's future, we'll be videotaping some of his training soon for an upcoming



**LA Urban Fitness team** (left-right): **Fernando Guzman**, **George Salem**, **Naomi Fukada**. (All photographs provided courtesy of Ned Low).

## Powerlifter Video.

Finally, we got in the mail the USPF list of upcoming California meets, and it seems that no matter what the meet, or who the meet director is, you can download an entry form from the web, at [www.powerliftingca.com](http://www.powerliftingca.com). Hurrah for progress!

And hurrah for training partners, and massages and deep tissue work, and wrist wraps, and all the many things that powerlifters are thankful for. 'Til next month, see you on video (And we do want to mention that we have out an especially good issue of POWERLIFTER VIDEO, featuring the bench training at Westside of George Halbert, Kenny Patterson and Rob Fusner, with explanation by Louie Simmons, plus full coverage of the Arnold Classic with Halbert's 683 bench at 198, plus lots of other great segments. Just call 1-800-BARBELL...) **NED LOW**

# TRAINING

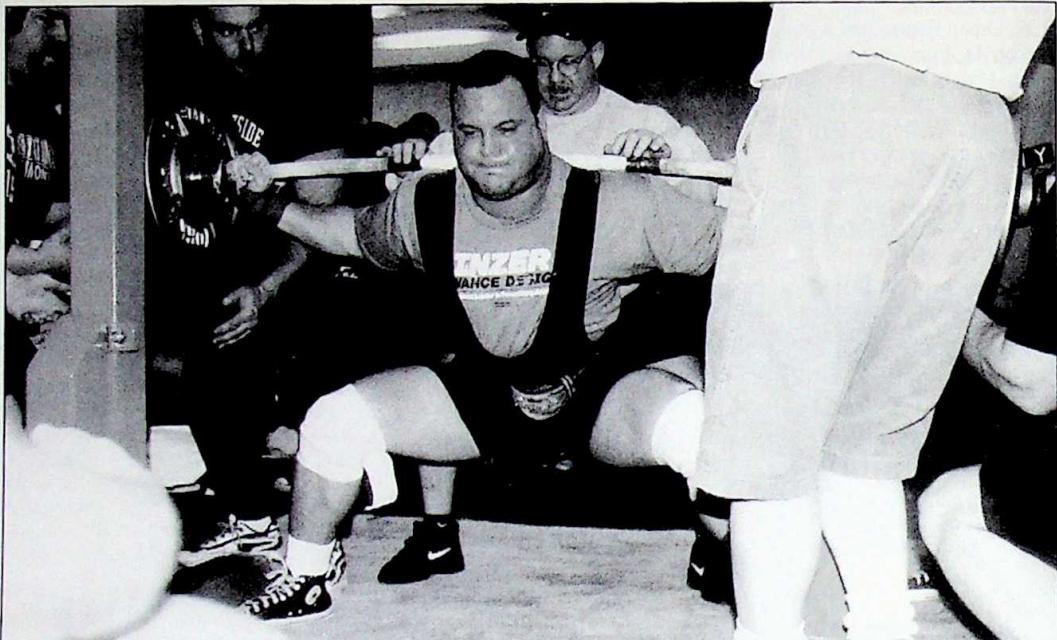
# ROB FUSNER'S TRAINING PROGRAM

as told to Powerlifting USA by Louie Simmons

What is it like to total over Elite in your first meet? Or bench press 570 at 242 and not even know what lift is first at a competition? Or total over 2358 twice in your first 10 meets? Just how does someone do that? Let's ask the guy who did it - Rob Fusner.

Starting with the squat, Rob does a pendulum wave using bands and weights. First he does an eccentric phase for 1 week. He has lowered close to 1200 pounds, coming up with 755. The main goal is to raise the weight faster and faster on each set for a total of 5 sets, consisting of 1 rep each.

The first full wave is for strength speed and lasts 3 weeks. Rob does 3 working sets of 2 reps. He then adds weight or bands or



Rob Fusner has squatted 905 pounds in the 308 lb. class, and Louie Simmons predicts bigger numbers to come

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both for an additional 3 or 4 singles to near failure, with a top tension of 1050.

The second phase of the wave is for speed strength. The band tension as well as the bar weight is lowered considerably. Combined, it is about 625 at the top. It is roughly 60% at the top compared with the strength speed phase.

Next, the circa-max phase is entered. This phase lasts 4 weeks, increasing the weight for 3 weeks and then decreasing to the lowest weight on the fourth week. This represents over 90% to nearly 100% of Rob's best squat weight at the top.

The last 2 weeks are for de-loading. Here the band tension is reduced to a percentage that again will build lots of speed and quickness.

Of course, special exercises are used after squatting, two or three exercises at most per workout. This has Rob squatting 905 at 282. It doesn't hurt that six of his training partners squat in the 900s as well.

On max effort day, Rob does bent-over good mornings, working up to 585 for a triple. He does low box squats, 2 or 3 inches below parallel, with a Safety Power Squat bar, a Buffalo bar, or a special 14-inch cambered bar. He will pull a deadlift off a rack pin or a 2- or 3-inch box. He pulls in the conventional style in meets, but sumo in the gym to work the muscles that are neglected. He does one max effort exercise per week. He deadlifts and does good mornings with bands, and he also does band good mornings by standing on a band and placing the other end over his head. Belt squats also work

well for Rob. After a max effort core lift such as a deadlift, squat, or good morning, he will do two or three special exercises like glute/ham raises, pull-throughs, reverse hypers, or sled work, picking one and concentrating on it. Lats are also worked by doing rows and lat pull-downs.

Rob recently benched 705 in the 308 pound class. For the bench, Rob concentrates on being quicker on speed day, which is Sunday, and always maxes out on special core exercises on max effort day, which is Wednesday.

Rob alternates benching with chains and benching with bands, switching every 3 or 4 weeks. The last 2 weeks before a meet, he will always use chains. This is done to relieve the extra soreness due to

the bands through overspeed eccentrics. Eight sets of 3 reps are done. All sets are done with a close grip to affect the triceps more favorably. The bar is lowered quickly and reversed quickly. The weight is somewhat less than 50% of a no-shirt max bench.

After percent benching, Rob trains his triceps as hard as possible, mostly some kind of extension, always trying for more sets or a heavier weight. Lats are done next and then upper back and side and rear delts. Like most workouts, this one is 50-60 minutes long.

On max effort day, Rob will switch each week from a board press, floor press, overhead band press, chain press, and occasionally dumbbell press of some kind.

After the core exercise, it's triceps; as hard as possible. Normally the triceps work will feel a little off because of the nature of the max effort work. Then lats, upper back, and rear and side delts are done.

I have described the physical part of Rob's training, but I can't tell you how dedicated he is to training and raising his total even higher. He will make a lot of noise in the coming years. Rob has every physical quality needed to succeed, as well as a tremendous drive, good training partners, and a gym full of knowledge.

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# Commentary

## The Smaller Water Buffalo as told to PL USA by Geoffrey M. Adler

I am sitting at my computer thinking about what my trainer Mike Sefko said to me a few months ago. During one of my workouts he said; "if you want increase your bench, you must strengthen your back." He said that the back contributes a significant amount of power to the press, and that without it one simply relies on their chest, triceps, and deltoids. It is the back that acts as a

stimulus to the chest. I thought how interesting it was that an opposing muscle could be so beneficial.

I am truly a novice when it comes to powerlifting, a 'smaller buffalo' if you will. Although I have grown significantly in size and strength within the last year, I still am not the size of even an average lifter. My inspiration came a few years ago. I was sitting in my bed-

If we dwell on personal differences, federation contrasts, and forget the basics, our community will be doomed to crumble and fail.

room with my wife, fumbling through the cable channels when the 1978 "World's Strongest Man Competition" was aired on ESPN2. As I sat and watched Bruce Wilhelm lift sand-filled kegs over his head, I was truly amazed and inspired by his brute might. The commentator referred to him as a "300 Pound

Water Buffalo." It became apparent to me that my new goal would be to strive to become like a World's Strongest Man competitor, a full fledged "water buffalo." Of course, I am nowhere near Bruce Wilhelm's size, nor do I resemble him in any way. As of the date of this writing, I can bench 300, squat 420, and deadlift 350. As a novice these results are acceptable, but I have larger objectives I'm undertaking. My goals are 500 pounds in each of the latter. My motto is: "Motivated by Strength, driven by Testosterone."

As a new subscriber to *PL USA*, and *Milo*, I have read about the discrepancies between certain leagues and the issues of contention between federations. I personally feel that these quibbles are petty and insignificant. We as a strong community must remember what brought us to powerlifting initially ... the quest for strength. We all want to acquire pure, unadulterated power, and that makes us very different than any other sport. Weightlifting and Bodybuilding have varying agendas. They are the sister sports to Powerlifting, and do not bring the same kind of results that powerlifters seek. If we dwell on personal differences, federation contrasts, and forget the basics, our community will be doomed to crumble and fail. We as powerlifters are like the body. Each group, league, society, or federation represent different parts of that mass. As with the bench press analogy, we need to rely on each other for strength. We simply can not afford to have one segment carry the weight of the sport for the rest, for when we do, we are not utilizing our fullest potential. I am proud to be a powerlifter and member of this community I am always excited when the latest edition of *Powerlifting USA* arrives at my doorstep. I enjoy reading about other people's achievements because it sets new standards for me, and motivates me to work harder and more intensely. Isn't this what Powerlifting is all about?

Geoffrey Adler

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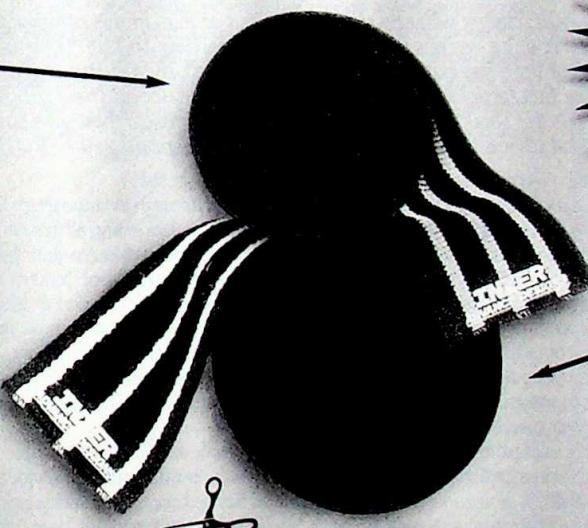
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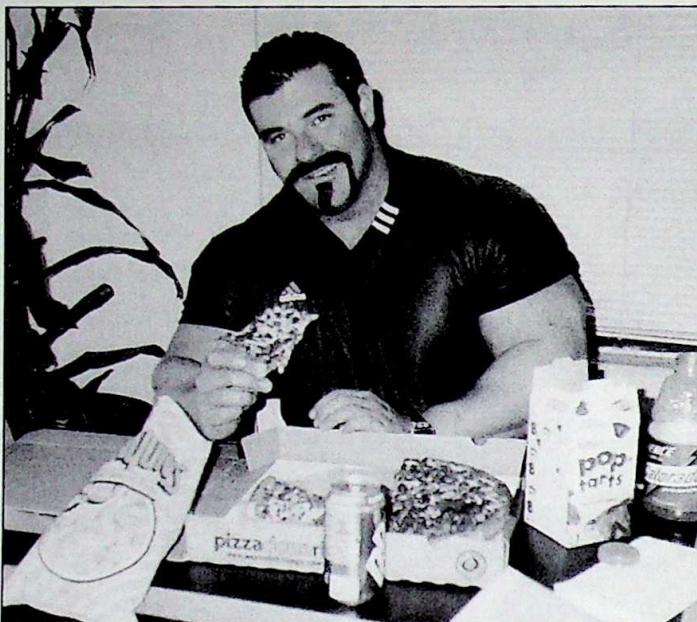
Cold, hard fact number one: If you gain weight, you will get stronger. Everybody already knows that. Even if most of the weight is not "good weight" it will nevertheless have a positive effect on strength. Of course, there is the argument that the weight one gains should be "quality" weight (i.e. muscle, which is preferable), but the truth is that even adipose and water weight can contribute to the lifting of heavier poundages. It is beyond the scope of this article to address the exact physiological mechanisms for this, but tissue leverage is commonly cited as the main reason for the phenomenon. My purpose is not to explain why this happens, but rather to explain how to take advantage of the fact that *it does happen*. Weight moves weight!

If you understand and accept this, you have probably tried to "bulk up" at some point in your training. You also have probably experienced the frustration, first-hand, of just how difficult it can be to gain weight. Anyone can gain 15-20 pounds (and they often do, by accident!) but that's not what I'm talking about. I'm speaking of *training* on 35-40 pounds on purpose with a combination of extra heavy lifting and extra heavy eating! If anyone is confused about what I'm saying here then this article is not for you. I won't waste your time explaining and justifying the need for some lifters to put on weight, but for those of you who have been desperately trying to get your weight up and crack through a plateau, let's get to it. Why can't you seem to gain weight?

#### DO THE MATH

Quite simply, you aren't eating enough! I know, I know, you eat all the time, you eat more than everyone you know, you have a fast metabolism ... yadda, yadda, yadda. I know all the excuses. I have used them all myself. I even believed them, but there are rules in the universe. We are bound by the laws of physics and no one is pardoned. Creating a positive caloric balance is completely defined by the equation: calories in vs. calories out = calories net. That's it. No one escapes it. If you eat more calories than you use it: a day, you will gain weight. Period. There is some fluctuation for metabolic shifts and the efficiency of the body's absorption of calories, granted, but this effect is small and it is the rare person who exhibits a metabolism that could bear the blame for being unable to

## WHY CAN'T I GAIN WEIGHT? as told to Powerlifting USA by J.M. Blakley



J.M. Blakley practicing what he preaches in this article! In this photograph by C. Nawrocki, he weighs in around 285. According to J.M. "Here is an article whose time has come! People are always asking me about gaining weight. The first (article) 1/2 is the 'sizzle', and the second (next month's article) 1/2 is the steak! I start by taking away the excuses, then give some very practical advice. I can't wait to see how people respond to the TRUTH!"

manipulate their weight. More about this later, but for now get it straight - your metabolism is not to be a scapegoat for your lack of discipline. You must eat more. If your metabolism speeds up, then you must eat even more to cover that. There is a limit to how fast your metabolism can run. You must stay ahead of it. And you must learn to control it. Above all, you must accept the inarguable fact that you must put more food into your mouth.

My favorite question to ask those people who think they are eating tons of food but not gaining weight is, "what do you weigh?". Then when they answer (let's say 195 lbs. for example) I respond "and how long have you weighed that?" They almost always answer that they have been at their current weight for over one year and often much longer. To this I quip "then you are eating enough to *maintain* 195 pounds. If you want to weigh 215, you need to eat more than a person who weighs 195. You have to eat like a person who weighs 215! You have proven that you eat only enough to keep your weight steady. You've been 195 for some time now! And what you're eating is enough to hold that.

But it's not enough to drive it up. So if you think you're eating all this extra food, think again. You're eating at the maintenance feed lot. You need a growth feed lot! If you'd been eating like a 215 pounder all last year, you would weigh 215 now! You're not eating any more than any other 195 pounder! Try harder! Eat more!"

The only hole in this example is the energy output of the individual, but all things being equal, and I hope you are getting the point here, you can't gain weight if you don't eat more.

The general principle is this: train as hard as you can to create a stimulus for growth. Then feed the body everything it needs to adapt. You must cover three needs: recovery, repair, and growth. Some trainees only eat enough to recover from the last workout. They will end up over-trained, because they aren't meeting the need for repair and their tissues begin to break down under the strain of heavy lifting.

Other lifters will eat enough to recover and repair, but not enough to cover the expense of growth. These lifters end up on a constant plateau, having hard workouts, recovering from them and not over-

training, but never seeing progress. It's a stalemate (the maintenance feed lot group). They train for years and somehow excuse the lack of results to genetics or some other bogey man.

You have to cover all three aspects of nutrient need - recovery, repair, and growth. First, eat enough to recover from the stress of a training session. Second, eat enough to repair any damage the workout may have caused. (If you are training very heavy, there is always micro-trauma occurring at the cellular level). Third, you must eat even more to cover the cost of your body building itself up. If you don't eat these extra calories, where will the body get the energy to do the building? And what, pray tell, do you suppose it will use for building material ... air? Your body needs stuff (matter) to build with. You can't build something out of nothing. The body needs substance to convert into body mass. That substance is food.

The only way to be absolutely certain that you are getting the most out of your workout is to eat more than you need for recovery, repair, and growth. You will begin to see a bit of bodyfat start to accumulate. Please don't misunderstand me and think I'm telling everyone to get obese fat. I'm only suggesting a light layer of "winter weight" or a "softening". You should never let your bodyfat percentage rise above unhealthy levels, and never put on what you can't get off.

This is what I call bathing the cells in nutrients. You give them all they need and then a little bit extra which you can see usually around your middle. Remember; it's OK to put it on to gain strength if you also plan to take it off later and maintain your new strength level when you diet. Just make sure you get around to dieting sooner or later! This way every workout has the nutrients it needs to give it the chance to be fully effective.

Step one is the realization that you are, in fact, not eating enough. Some trainees will admit this, but then have trouble with the work of eating. To this I say only: DISCIPLINE! You must eat on schedule. You must eat what you are supposed

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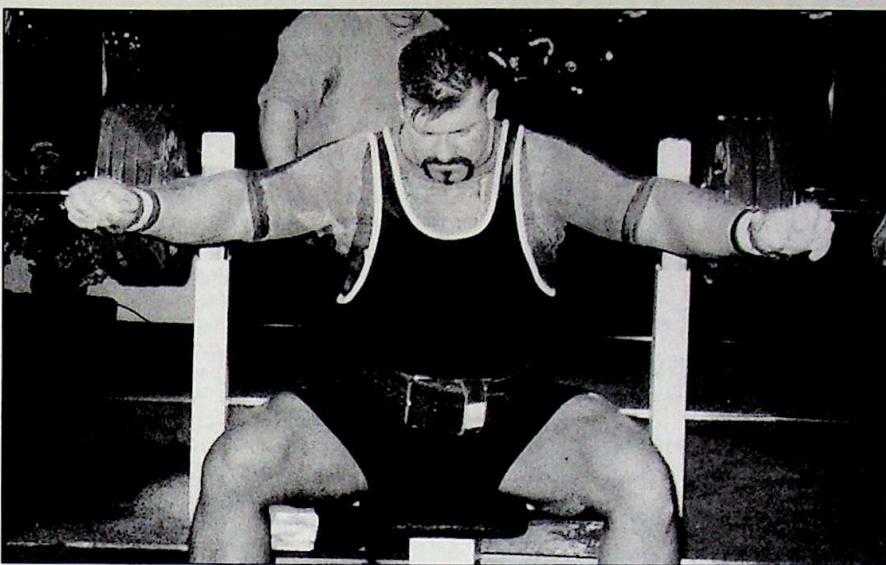
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J.M. Blakley is noted for wide swings in bodyweight, from the 220s to beyond the 275s, even within the same competitive lifting season. Here he is seen at Jari Sjoman's 1998 PowerNight competition held in Helsinki, Finland. (photograph taken by A. Orebau, and supplied by J.M.)

to. You must not excuse yourself from eating what you are supposed to when you are supposed to. This is the self same discipline that everyone recognizes the need for in losing weight. It is no different for you who would choose to gain weight. No one feels sorry for a person who says they are trying to lose a few pounds and then proceeds to attend meetings with Ronald McDonald, Ben and Jerry, and Bud Weiser. And I don't feel sorry for those who lack the discipline to eat more.

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I know how difficult it can be, but I am reminded of the time I was complaining to a friend about how hard I was trying to get my weight up to 300 pounds and how tough it was for me to eat so much, and boo-hoo-hoo. The friend looked at me, clearly fed up with my whining, and remarked "I see several people over 300 lbs. at work (he was a physical therapist) and they really don't seem to be trying all that hard! They weigh 300 and they don't try!"

This puts it in better perspective for me. I even had the advantage of working out with weights to help boost my weight and these guys were out-eating me and my best effort without so much as a second thought. If people can do it on accident, I could certainly do it on purpose! And I did. So can you.

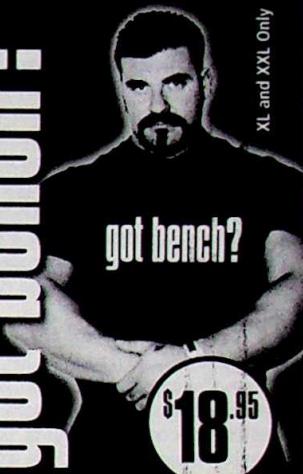
Admit that you are under-eating. Then admit that you are not trying your best. I don't believe you if you tell me you can't eat any more than you are eating now. If you tell me you can't eat any more, I'll tell you that you just can't have what you want then. (I never argue with someone who tells me they can't). That's the universe's law, not mine. If you can't do the work, you can't have the reward. Sorry. Now, do you really mean can't or is it more like won't? If you want it, you can. Ask anybody who has.

Those are the two biggest roadblocks to gaining weight. Admitting that you are not doing the job and that your effort has been less than stellar, and realizing that if others can do it, so can you. Once you accept those responsibilities, instead of complaining and passing the buck, you can get to the business of getting down to it. And that, my friends, is the same in all endeavors ... if you are willing to pay the price, you can have the reward. I will readily admit that it seems to be easier for some than others, but the price is relative. You are not anyone else. You must not compare the ease or difficulty which you are presented with to anyone else's situation. So what if it is easier for your pal to gain weight than you? What does that have to do with you? Nothing. Your task is your task. If you must eat 400 calories more than him to get the same results, then that's the price for you. You decide for yourself whether to pay up or not. Oh yeah, I should mention - life's not fair. He

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got a discount, and you got taxed. So what? You can still both have it. Are you willing to pay or not? If you're not, you're not. But your reason shouldn't be because it cost you more than someone else. When someone wants something bad enough they'll pay double! They don't care - they are just happy to get it.

What I'm telling you is that you can gain weight if you accept the fact that it is possible and that it is going to be hard. I never said it would be easy, I only said it would be worth it. Get rid of any excuse or explanation for not gaining other than "I'm not trying hard enough. I must try harder." Then you're on your way. Blame only yourself for past shortcomings and resolve to bring whatever it takes to the table from now on.

Next time: Tricks of the trade - how to eat like the big boys!

Outside of bombing out or sustaining an injury, the worst thing that can happen to a lifter is to peak prematurely. This is especially true come meet time. We all know that feeling. You register several fantastic workouts in a row where you feel like you could challenge Ed Coan, but soon after you may waver on challenging Ed Norton. This isn't just a one-workout aberration, but it continues for numerous succeeding workouts. You have experienced a premature peak.

Top athletes know they can't maintain top athletic performance for too long a period. Of course, this varies from athlete to athlete. The goal is to peak just when you want to, like at meet time. This goal is impossible to guarantee 100% of the time, but I can provide some tips that can increase the probability of hitting your peak at the right time.

It takes a good deal of experience and a training log is key to accomplishing this. Let's start with defining a training log. Basically, this is a record or diary of your training sessions that include exercises, weights, sets, reps, and general information. During each workout, record this information in the log. An official training logbook is not required. A note pad will definitely work. Don't forget a pencil or pen.

First, you need to record your workouts for about 6-8 months before the log becomes useful. A year with a few meets sprinkled in would be best. What we're looking for are trends as to how long it takes for each lift to peak out. Using a period of less than 6 months doesn't provide a reliable enough time frame. Let's look at a sample squat cycle, only the top work sets will be outlined:

- Week 1 - 400 x 8
- Week 2 - 405 x 8
- Week 3 - 420 x 6
- Week 4 - 425 x 6
- Week 5 - 435 x 5
- Week 6 - 440 x 5
- Week 7 - 445 x 3
- Week 8 - 445 x 3
- Week 9 - 445 x 2
- Week 10 - 430 x 4

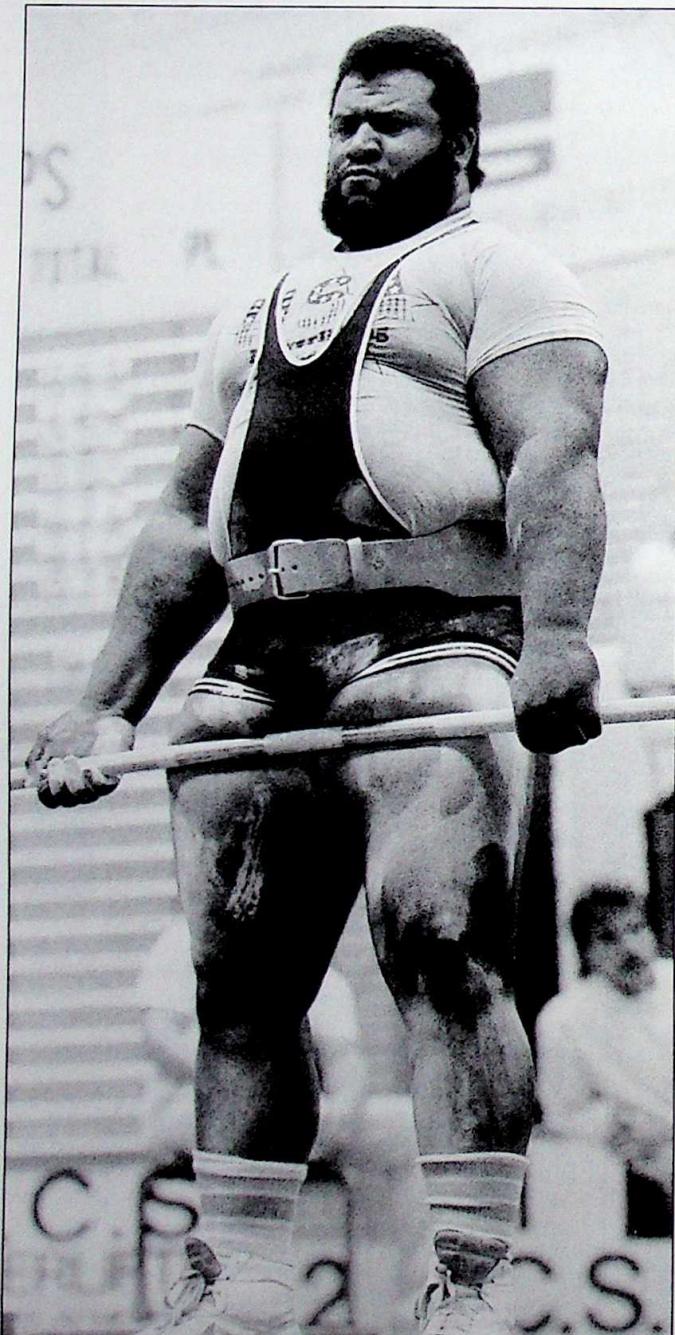
This example indicates the lifter peaked out on weeks 5 and 6 and suffered a drop off at week 7 with a downward spiral afterwards. This one cycle by itself is not meaningful, but if 2-4 cycles showed a similar trend, then the results can be valuable. This would indicate this lifter

# STARTIN' OUT

A special section dedicated to the beginning lifter

## PREMATURE PEAKING

as told to Powerlifting USA by DOUG DANIELS



**Big Mike Hall** ... managed his training program to produce a peak at the right time to win numerous titles in the ADFPA, USPF, and IPF.

should limit his peaking cycle for a meet to 5-6 weeks. If he were to work backwards from an upcoming meet, his hard training would commence 5-6 weeks prior. This would increase, but not guarantee the probability that the lifter would achieve peak strength levels at the optimal time; meet day. Up until the 5-6 weeks prior the meet, the lifter should be training in an off season, sub-maximal mode.

Many times lifters follow standard cycle durations of 8-10 weeks that may not suit their individual tendencies. What complicates matters is each lift may exhibit different tendencies. My bench would peak quickly then tail off, while my squat and deadlift could be contest cycled longer. Training log data trends would be critical in determining this and adjustments should be made to accommodate each lift. By using longer periods of time in your study, you can eliminate the effects of illness, work obligations, and personal matters distorting your findings. A personal computer would also help in your data compilation.

You are ahead of the game if you have been logging your workouts prior to wanting to track these trends. Past workouts are just as valuable in determining your peaking tendencies. This research should be ongoing as weight change, injury, and age can effect your results over time.

Back to the general information I alluded to earlier. That should include your bodyweight and time you worked out. It should also include any supplements you are taking at the time to see if they really make a difference. A blurb on how you felt that day could help explain a bad workout here and there. Illness or lack of sleep or rest can have a major effect on your workout.

In a future article, I will delve into several actions and alternatives you can consider if you experience a downturn in your strength levels during contest training. This is considered a reactive approach, but there are numerous pro-active measures you can take to prevent a peaking out too soon.

Continually monitor and adjust your training. Past tendencies and trends can and will change over time. The use of a training log can be invaluable in tracking these trends and decreasing the chances of premature peaking. Premature peaking can happen to anyone and probably has. Your challenge is to reduce its occurrence, and that's worth peaking at, and it would never be premature to do so.

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

**Press Release: 7th World Games, August 16 - 26, Akita City, Japan.** Competitors from USA Powerlifting will participate in the 7th World Games to be held for ten days in August in Akita City, Japan. The World Games, for the first time, is an affiliate of the International Olympic Committee. This prestigious multi-sport festival provides a venue for several sports which are currently a part of the Olympic Games, for those which are applying for Olympic Recognition, and for those with cultural significance to the International sports community. Representatives of the IOC will be present in Akita City to evaluate each participating sport for consistency with the Olympic ideal, audience appeal, organization, and compliance with International Anti-Doping Agency guidelines. The World Games are held every four years, between Olympic Games. Athletes who best represent their sports are selected for participation. In order for an athlete to receive an invitation to compete, they must be member of an international sports federation that is recognized by the World Games Association, must be members of affiliate National Federations, and must meet the criteria defined by the International Olympic Committee for athletic participation. All regions of the world are represented. There are currently 31 athletic pursuits represented. Powerlifting, by virtue of having been included in prior World Games, is considered a flagship event. Powerlifting enjoys an enormous fan base internationally, and is especially popular in Japan, which hosted the 2000 Men's World Championships. These championships demonstrated the viability and popular appeal of powerlifting, through well organized competition, standing room only crowds for every session, and consistent, fair application of doping control procedures. The Men's World Championships provided an opportunity for the Akita Organizing Committee to

# WORLD GAMES



**Brad Gillingham**, getting ready to pull the winning deadlift at the IPF World Championships in Akita, Japan, and monitored by his father **Gale** (right, background) expect to return to Akita for the World Games this coming August. (Shibuya photograph)

refine procedures to best manage the crowds expected, to organize media coverage of this event, and implement a system to assure this

**"World Games Team Nominations"**  
(From Dr. Larry Maile) Please note that there are combined weight classes for this competition, so the lifters will be listed that way. There are alternates, but they have not been finally determined, so I will just include the team roster for nominated lifters. Women: Less than 52 kg.: Stefanie McMillian, Alexandria, Louisiana; Jennifer Maile, Anchorage, Alaska; Siouxz Hartwig, Laurel, Maryland. 52 to 67.5 kg.: Sandra Mobley, Laurel, Maryland; Angie Overdeer, Columbia City, Indiana. Over 67.5 kg.: Leslie Look, Belgrade, Maine; Liz Willett, Deming, Washington; Harriet Hall, Anchorage, Alaska. Men: Under 67.5 kg.: Ervin Gainer, Indianapolis, Indiana; Tim Taylor, Belville, Illinois; Justin Maile, Camp Lejeune, North Carolina. 67.5 to 100 kg.: Ray Benemerito, New Jersey; Robert Wagner, Pennsylvania. +100 kg.: Tony Harris, Honolulu, Hawaii; Pat McGgettigan, Blue Mounds, Wisconsin; Brad Gillingham, Minneota, Minnesota. Coaching Staff: Larry Maile, Michael Overdeer, Gale Gillingham, James Benemerito, Jerry Daly. Referee: P.J. Couvillion

event reflects the ideals of the Olympic movement. Powerlifting, by virtue of that success, is represented on the opening page of the 7th World Games Web page: <http://www.wg2001.or.jp/engimg/ea0000.htm>. Because of the popularity of powerlifting in Japan, the powerlifting competition will have its own Opening Ceremonies. The World Games Association, and the Akita Organizing Committee have been preparing for this festival for several years. Publicity for this event has been ongoing and includes prominent banners in many communities in Japan, large, prominent signs in each international airport, and frequent articles in the popular press in Japan. As a result of this effort, a majority of the sporting events have been sold out for many months. USA Powerlifting, as the new affiliate of the International Powerlifting Federation, will send athletes to the World Games for the first time this year. As the U.S. leader in drug tested powerlifting competition, competitors from USA Powerlifting are seen as representing the ideals of fair competition and adherence to the dictates of the International Olympic Committee as regards doping control. In addition, a number of U.S. powerlifters have proven successful in international competition while upholding these ideals. As a result, the Champions in USA Powerlifting competition are recognized as ambassadors of our sport worldwide. This was demonstrated this past summer in the invitation of Brad Gillingham, USA Powerlifting National Champion (97-2000) and 2000 Men's World Champion to Akita City to do advance publicity for the World Games. He offered demonstrations of powerlifting, met with members of the Japanese media, toured the sites of the World Games Events. In 2000, a memorandum of agreement was signed by representatives of the International World Games Association, and the International Olympic Committee, acknowledging the importance of the World Games as a showcase of international sporting events. The memorandum is reproduced here as well.

Monaco, 27 October 2000 The International Olympic Committee (IOC) and the International World Games Association (IWGA) today signed the following document: **Memorandum of Understanding between the International Olympic Committee (IOC) and the International World Games Association (IWGA)**

The International Olympic Committee (IOC) and the International World Games Association (IWGA) share the same value of promoting physical and sporting activities for the well-being of society.

The IOC recognises the importance of the World Games as a multi-sport event and agrees to support the IWGA and provide assistance based on the following principles:

The IOC will provide its expertise when needed and will maintain its cooperation with the IWGA through its Department of Sports, Olympic Games Coordination and Relations with International Federations, and will help to promote IWGA's activities within the Olympic Movement.

The IOC agrees to grant its patronage to Organising Committees of the World Games and to provide technical assistance through the transfer of knowledge programme.

The IWGA recognises the importance for athletes and officials in all sports to participate as a national multi-sport delegation at the World Games, and will therefore implement this new concept in future World Games.

The IOC will encourage the National Olympic Committees (NOCs) to support and assist their national multi-sport delegations taking part in the World Games.

The IWGA is willing to review and further develop the sports programme of the World Games with the help and input of the IOC.

The IWGA accepts that disciplines/events of sports that are not on the Olympic Games programme could be included on the programme of the World Games.

The IWGA shall ensure that only sports whose International Sports Federations are recognised by the IOC (ASOIF, AIOWF, ARISF), or are full members of GAISF, or are existing members of the IWGA, will be included in the World Games programme.

The IWGA shall continue to develop a close working relationship with the World Anti-Doping Agency (WADA).

The IOC also agrees to grant funding to the Organising Committees of the World Games for doping control, according to the Olympic Movement Anti-Doping Code.

Done in Monte Carlo, Monaco, on this 27th day of October 2000, in two originals in the English and French language.

Ron Froehlich, President  
International World Games Association

Juan Antonio Samaranch, President  
International Olympic Committee

There is something I have noticed in college football that seems to contradict the very essence of athletics. It is this idea that winning is more important than athletic competition. That may seem like an oxymoron, but it's not. Over the years Nebraska and Florida State have built a reputation of being a winner by beating the stuffing out of weaker teams, while teams like Notre Dame, Alabama, and Stanford have built a reputation by playing ... well, a lot tougher competition. I am not saying that this is Nebraska's or Florida State's fault. Although I suspect that Bobby Bowden knew what he was doing when he lobbied to have his team join the ACC instead of the powerful SEC and Nebraska is notorious for scheduling "woofers" out of conference.

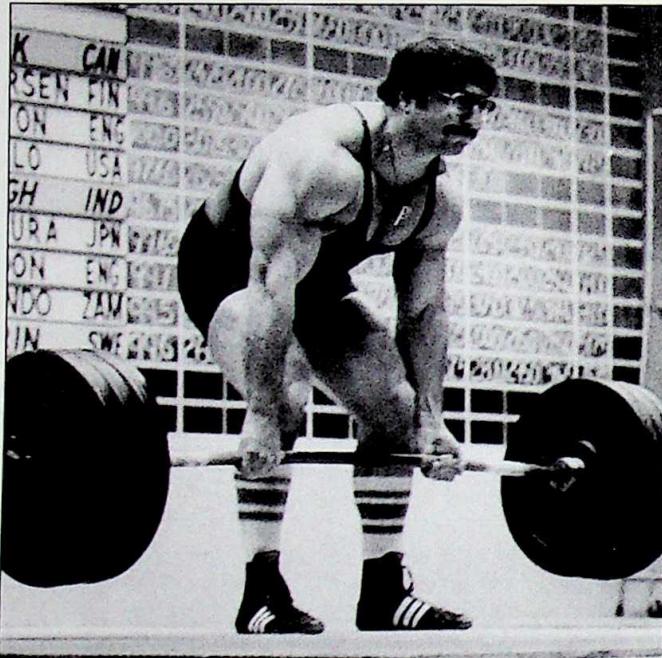
In short, many of the teams that Nebraska and Florida State play every year don't even belong on the same field with them. Let's be honest. These two schools basically field a team of all-stars every year. If you have the best players, you are going to win. If you have an all-star team, you are going to win just about every time you take the field. It doesn't take a brain surgeon to figure that out. Yet a lot of people are absolutely amazed that Florida State and Nebraska are seemingly always ranked in the Top Ten in the nation. In all candor, I would be amazed if they weren't in the Top Ten every year considering the teams they field and the teams they play.

Let's be more honest. There are only a handful of teams in the entire country who are capable of playing Florida State and Nebraska even-up. However, there are a good dozen or more other teams that would give them some trouble. The problem is they never play those teams unless they are forced to play them.

This type of scheduling really pays off in the long run, if the objective is simply winning. First of all, they are not going to get beat up every week playing the likes of Duke and Kansas nor are they going to get upset. Not only that, but with a weak schedule they can practice and experiment in game situations without the fear of being beaten. More importantly though, they can prepare for the one or two really challenging teams they are going to play during the year. If they play a tough schedule or, more notably, one that has parity there is no way they can point towards one team. With a tough schedule you are not going to win all the time either. Do you really believe that Florida State would be 87 and 1 in the SEC? I don't think so! Penn State learned that real quick when they got into the BIG TEN. When they were in the BIG EAST they won the championship like 99 out of 100

# Dr. JUDD

## POINTS TO PONDER - PART III as told to PL USA by Judd Biasiotto Ph.D.



**Larry Pacifico** went up against the best, and earned nine IPF World titles. Above, he pulls at the 1976 World Championships. (Pope)

years. They would annihilate teams like Temple and Rutgers. Naturally, they would go undefeated just about every other year. Just like Florida State does now. Since they have been in the BIGTEN, they are beaten fairly often. See what parity can do.

Unfortunately, it seems like few really want parity. Too many give the impression that they would rather destroy a non-contender than face a real contender. I hate to say this, but I see this same failing in powerlifting where lifters carefully select the easiest competition rather than test themselves against athletes who are their equal. I know lifters who won't even enter a contest if they think they could get beat. What is all that about? That is not the spirit of being an athlete.

Let me ask you a question? What joy can an athlete drive from beating someone who doesn't even belong on the same field? Can there be any satisfaction in annihilating an opponent who is weak? What pleasure can Nebraska get from beating Kansas 5783 to nothing? If a tie in college sports is like kissing your big sister, then pounding someone 77 to zip must be like beating your little sister up. That is not any type of an

accomplishment. Defeating an adversary who is not as capable as you are is no feat, but there is great satisfaction and joy in competing against someone who will force you to go to your breaking point, whether you win or lose. The essence of sports is not about winning, it is about competing, about being your very best. It's about pushing your heart and soul to the furthest reaches of what you are capable of. That is the thrill of competition. You are not going to get that exhilaration by competing against your little sister or entering the all-backyard championships. To get the most out of yourself you have to face competition that will push you right to your limit. Only then will you realize your true greatness.

*Take this challenge: The next time you compete, select a meet in which your competition will be as good or a little better than you are. I promise it will bring out the best in you.*

### LIFE IS NOT EASY...

I hope that your life right now is filled with happiness, wonder, and excitement. I really do! And I hope

that your future will be full of the same. Now I don't want to sound like a fatalist, but I must warn you that sometime, actually at various times through the rest of your life, there are going to be occasions when you're going to experience uncertainty, disappointments, and setbacks. There are going to be times when you may even feel miserable and it may seem like there is no hope. When that happens, don't quit! Remember that each of us can refuse to be defeated - that you can rise from the ashes. That you can go on and be what ever you want to be, provided you are willing to work a little, suffer a little and struggle a little. So be confident! Because no matter where you are, no matter how hard things are, you can turn them around. You can create magic if you have a mind to. Never forget that.

There are a lot of things in this life over which you have no control; natural disasters or what insurance companies call "Acts of God." On the other hand, we're not exactly helpless ... otherwise the notion of "free will" would never have been necessary.

It has been said that the trials of life are far less important than how one deals with them. Sometimes you can't choose what happens to you, but you can choose how you will react to the situation. As Saint Francis suggests, there are two major forces in life, extrinsic and intrinsic. We have little control over extrinsic forces such as illness, injuries, or pain. What really matters is how you handle the intrinsic forces. That's what we have control over.

The real champions of life go forward, despite being afraid or blocked by obstacles. They do what has to be done no matter how hopeless things look or how overwhelming the odds. They are aware that fighting back may not always restore things to normal, but trying always makes things better and provides immense self-satisfaction.

They are disciples of the classic slogan, "When the going gets tough, the tough get going."

People who say that a state of affairs is beyond their control are defeated before they even get started. They are just giving themselves an excuse for giving up too soon. To be successful, you need to look for the circumstance you want, and, if they aren't available, then you manufacture them. Successful people don't look for excuses. They look for opportunities. They know that there is always a way to make things work out. That's the type of mindset you need when dealing with adversity. It's always too soon to quit ... never quit, and nothing is impossible ... nothing.

Dr. Judd Biasiotto



WPO Marshal Chad Curtis horses around with WPO (TM) Super Open Belts

Being consistent with the WPO (TM) philosophy, that is, an organization by lifters for lifters, we realize in order to be successful, the (\$) prize money must be attainable by the rank and file and not just a select few. When you look at other professional organizations, the cash only goes to the top lifters either by total or formula. Thus, the attitude becomes "Why enter? I already know who will win and place." In the WPO (TM) this attitude has been lessened or even eliminated by giving equal prize money in all the major weight classes for first, second and third place as well as the "Super Open" classes (lightweight, Middleweight, heavyweight.) We believe this variety of competition within the contest will create a special interest to both the viewer and the contestants.

Upon request, proof of qualifying total must be submitted to the WPO (TM). Verification may be from meet results showing totals that have been posted or advertised in *Powerlifting USA* magazine or written notification of contest and totals from the meet director. It is the lifter's responsibility to make certain that the secretary of WPO (TM) receives the qualifying information prior to the entry deadline of the upcoming WPO (TM) competition. Beginning January 2002, all qualifying totals must be made at WPO (TM) sanctioned events.

Additionally, the WPO (TM) has created the Super Open.

The three Super Open categories are as follows:

Kilos	Pounds
Lightwt. 0 - 75	132 - 165.5
Middlewt. 75.01 - 90	165.51 - 198.5
Heavywt. 90.01 - SH	198.51 - SH

The lifter who has the highest total in Lightweight Super Open Class will become the Lightweight Powerlifting Champion of the World. The lifter who has the highest total in Middleweight Super Open Class will become the

# World Powerlifting Organization News (TM)

## What's the Difference? #3

### Men's Body Weight categories & Qualifying Totals

Weight Class	(Kilos)	Wt. Class (lbs.)	Qualifying Total
60.0 kg.	0 - 132.5	132	1159
67.5 kg.	132.51 - 148.75	148	1322
75.0 kg.	148.76 - 165.5	165	1450
82.5 kg.	165.51 - 181.75	181	1581
90.0 kg.	181.76 - 198.5	198	1664
100.0 kg.	198.51 - 220.5	220	1752
110.0 kg.	220.51 - 242.5	242	1810
125.0 kg.	242.51 - 275.5	275	1856
140.0 kg.	275.51 - 308.5	308	1898
SHW	308.51 to unlimited	SHW	1912

\*All totals must have been made at one of the major lifting federation world or national event in the last five years.

Middleweight Powerlifting Champion of the World. The lifter who has the highest total in Heavyweight Super Open Class will become the Heavyweight Powerlifting Champion of the World.

Note: Women body weight categories will be initiated in the near future.

How did the WPO (TM) come up with the contest qualifying totals?

I will admit that developing these numbers was not rocket science. Kieran and I took the two most respected organizations in the USA, added their national qualifying totals

together and divided by two. This average became the numbers we use in each weight class to qualify for a WPO (TM) National event.

Kieran and I have nothing but the best interests of the elite lifters all over the world in mind. We do not frown upon criticism. In fact, this how we grow in strength and numbers. If you have any questions about the rules, call Huge Iron at 904-677-4000 and request a WPO (TM) rule book. Remember: Stay Hardcore!

(Russ Barlow, WPO (TM) Technical Director)



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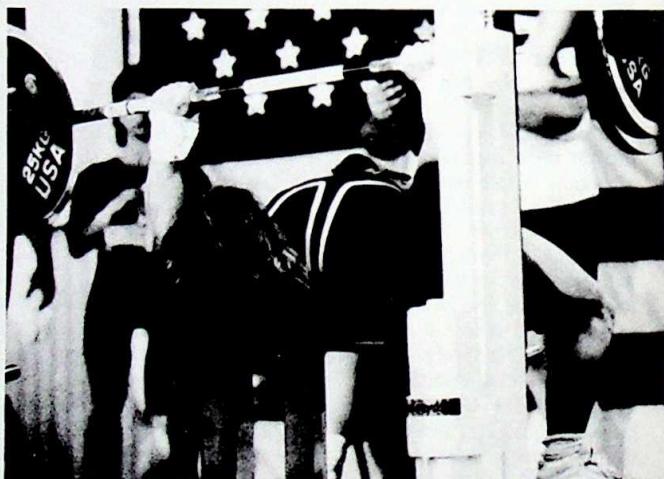
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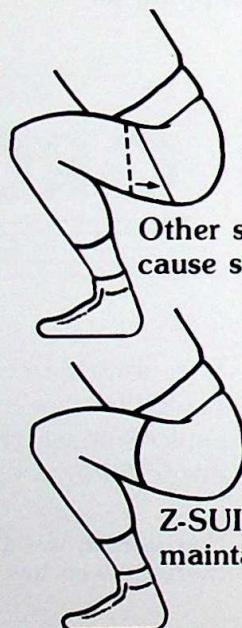
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A black and white photograph showing the upper body and arms of a person from the side. The person is wearing a dark, short-sleeved t-shirt and light-colored, possibly white, shorts. They are standing against a light-colored, possibly white, background. The lighting creates strong shadows on the back and sides of the torso, emphasizing the musculature.

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# Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** Thank you so much for having a look at my blood test results. I am in your debt. Here they are. Thank you so much for your valuable time Mauro. I am really enjoying the diet and am still passing round the word at my gym. I have two brief questions for you if you don't mind.

1. When trying to gain weight you recommend keeping weekday calories the same and increasing calories on weekend carb ups. I find eating all that food in two days very hard to do, due to my having a large maintenance calorie level. Could I, for example, increase calories by 500/800 each day equaling, a pound a week gain roughly?

2. I am really interested in Powerlifting. I know you are a huge fan of the sport as well as being a CHAMPION at it. Due to limited funds what few books or videos do you recommend to get me started.

Thank you again. Kind regards, Rob (England)

P.S. Will you ever have any seminars in the U.K?

**DEAR ROB:** The lab work looks fine although I'd have to have the normal values of that lab to be able to fully evaluate the results. Going by averages, though, it's all OK.

In answer to your questions:

1. You can increase the calories in whatever way that works for you. My recommendations are not fixed in stone. In fact, except for some guiding principles, the whole diet is about finding out what works best for each individual.

2. I'd recommend that you have a look at <http://www.benchgod.com/> as it has a lot of info and links. It should get you going in the right direction.

As far as seminars in the UK, that may be a possibility within the next 12 months or so. I'll be giving a few seminars in Italy.

All the best, Mauro Di Pasquale MD

**DEAR MAURO:** I got some advice about training from you recently. I am hoping to get some diet help from you. I weigh about 250 right now and have about 17% bodyfat. I am going for the world record in the 110 K weight class. I am going to start a low carb diet. My question is, if I do a 5 day low carb and weekend high carb phase, I don't want my Thursday bench workout to suffer. Is there any way around this? Thursday will be my heaviest bench workout, although I will be benching on Monday also based on the program you gave me. I would like to maintain my weight and get down to about 10% bodyfat. I'm only worried about my late in the week workouts suffering. ANY advice would be appreciated!

**DEAR SIR:** The 5 day, 2 day split is not written in stone. There are many variations that would allow you to perform at your Thursday workouts. Have a look at [www.allprotraining.com](http://www.allprotraining.com) at the variations for using carbs. In your case I would do a Wednesday carb up and only carb up on Sunday rather than Saturday and Sunday.

Best of luck, Mauro Di Pasquale MD

**DEAR MAURO:** I started the Metabolic Diet yesterday (Monday). This morning (Tuesday) when I worked out, I was weaker in many of my lifts.

## Metabolic Diet Book

Mauro DiPasquale, M.D.

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Is this normal and expected during the first week of the assessment phase? If so, will my strength return next week? If not, what could I be doing wrong? Also, I bought your MRP. I noticed that it has 7 grams of carbs per packet. It appears, however, that not all of those carbs are absorbable. How many of the carb grams in your MRP count toward the daily carb total of 30 grams? What about the bars? Thanks for your help. Hope all is going well for you. I really enjoyed your book. Mike

**DEAR MIKE:** There are actually only 3 grams of absorbable carbs in the MRP and the bars have 7 grams of absorbable carbs for the chocolate and 8 grams for the peanut crunch. Everyone who tries the Metabolic Diet is going to have to find out just what their optimal carb intake is. If the weakness continues past the second week then you'll have to increase carbs either around your training or on a daily basis.

Check out the troubleshooting chart in my Metabolic Diet book or look it up online at [www.allprotraining.com](http://www.allprotraining.com). Once you get it right your lifting will improve, your lean body mass should go up and your body fat should go down. Let me know how you get along. Best of luck with your lifting.

All the best, Mauro Di Pasquale MD

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# WORKOUT of the Month

My name is Lynne Barlow. I am a 41 year old nurse anesthetist who lives in Turner, Maine with my husband, best friend, and coach, Russ Barlow. I started weightlifting in 1985 to improve my time in the marathon (I had run three by that time) and to spend some quality time with my husband who is an avid lifter.

I adapted quickly to the sport, becoming muscular and quite strong for my size in just a few months. Russ encouraged me to enter a powerlifting meet in 1986 and I was hooked! Competitive running quickly became a thing of the past with powerlifting my new passion. The sport has assisted me physically and emotionally through some difficult circumstances including a bone marrow transplant for leukemia eleven years ago and a major automobile accident five years ago in which I suffered a ruptured spleen, fractured pelvis, and broken ribs.

I won the 105 lb. class at the APF SR Nationals in 1999 and 2000. My best meet lifts are a 343 lb. squat (APF American Record), 210 lb. bench press, 319 lb. deadlift, and 848 lb. total. I currently hold all of the Master WPC World Records in my weight class/age division.

I train three days a week for about an hour and a half per session. I find that three days is optimal as a demanding job with unpredictable hours. Also as a master lifter, I need the additional time to recover. I speed bench on Day 1, squat on day 2, assistance bench on Day 3, and deadlift on Day 4. All of these workouts also include accessory exercises for the major lifts being worked. My basic training principles are based on Louie Simmons' methods with a few modifications.

The following routine is based upon a lifter who has performed a 150 lb. bench max. I find it difficult to predict exactly what an athlete will be able to achieve on the bench press after using my routine as motivational levels, experience, genetics, etc. are so variable. I'm sure that a lifter will make some improvement, however; and a ten to fifteen pound increase would be a realistic goal.

To be successful with this routine an athlete must possess the following equipment: #1. A bench press shirt. (I personally use an Inzer double ply "Blast Shirt". I think that canvas shirts are too restrictive for lifters benching a relatively light weight as there is not enough weight on the bar to lower the bar to the chest). #2. Two jump stretch mini (1/2") pink

## Lynne Barlow's Bench Routine



Lynne Barlow attempting 187 pounds at the 2000 APF Senior Nationals.

rubber bands. #3. Four 5 foot long 3/4" chains. #4. One, two, three, and four boards (2x6) nailed together in two foot lengths (i.e. Louie Simmons).

Remember I train only three days a week, therefore; I hit the same training day (speed bench or assistance bench) every nine to ten days. The 16 workouts converts to approximately five months of training. Put your workout days backwards on a calendar starting with the day of the contest you're training for and try to stick to these days. The last workout (#16) should fall five to six days before the meet.

**Workout (WO) # 1 (Speed Bench)**- Each press is preformed using EXPLOSIVE SPEED (ES!) off the chest. Bench press 10x45, 6x65, 12x2x75

**WO#1 (Assistance Bench)**- Three board press: 10x45 3x65 3x85 3x105 3x115 3x135

**WO#2 (Speed Bench)**- Bench press: 10x45 6x70 12x2x80 (ES!)

**WO#2 (Assistance Bench)**- Two board press: 10x45 3x65 3x85 3x105 3x115 3x125

**WO#3 (Speed Bench)**- Bench press: 10x45 6x75 10x2x85 (ES!)

**WO#3 (Assistance Bench)**- One board press: 10x45 5x65 5x85 1x95 1x105 1x115 1x125

**WO#4 (Speed Bench)**- Bench press with pink bands: 10x55 6x65 8x2x75 (ES!)

**WO#4 (Assistance Bench)**- Four board press: 5x65 5x90 5x110 2x125 2x135 2x145

**WO#5 (Speed Bench)**- Bench press with pink bands: 10x55 6x70 8x2x80 (ES!)

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

quarters of all chains resting on floor:  
10x55 6x65 6x2x75 (ES!)

**WO#12 (Assistance bench)**- Four board press: 5x65 5x80 5x110 2x135 2x150 2x160

**WO#13 (Speed bench)**- Bench press with chains set as in week 12: 10x55 6x70 6x2x80 (ES!)

**WO#13 (Assistance bench)**- Three board press: 10x45 3x65 3x85 3x105 3x115 3x135 3x145

**WO#14 (Speed bench)**- Bench press with chains set as weeks 12 and 13: 10x55 6x70 6x2x85 (ES!)

**WO#14 (Assistance bench)**- Two board press: 10x45 5x65 3x85 3x105 3x125 3x140

**WO#15 (Speed bench)**- 10x55 6x75 2x85 6x2x95 (No bands or chains but using ES!)

**WO#15 (Assistance bench)**- Four board press: 5x65 5x90 5x110 2x135 2x145 2x165 (I like finishing my training cycle with the four board press as my difficulty is at the top of the lift).

**WO#16 (CONTEST)** 1st attempt: 143" 2nd attempt: 159 3rd attempt: 165

\*Using your personal judgement based on weeks 7 and 11, open with a weight you handled easily. Remember "lift # 1 is for the judges and #s 2 and 3 are for you".

**Speed Day Accessory Exercises**- JM Press: 4x8/ Dumbbell Tricep Extensions: 6x7-8/ Lat Pulldown: 3x8/ One Arm Row: 3x8/ Seated Dumbbell Press: 4x6/ Dumbbell Power Clean: 4x10/ E-Z Curls: 4x8-10.

**Assistance Day Accessory Exercises**- French Curl: 4x8/ Tricep Push Downs: 4x8-10/ Pull Ups: 3x8/ Seated Long Pulls: 3x8-10/ Front (Pin) Press: 4x8/ Plate Raise: 3x8/ Dumbbell Curls: 3-4x8. I finish every workout with 6 sets of abds.

If you examine my routine, you will note that the number of reps and sets as well as exercises are often changed. This is because weaknesses in a particular lift change and one must be able to troubleshoot problems that may arise. This is why it is so important to have a positive critical training partner and/or coach. I consider myself lucky to have Russ as my coach because he can critique my technique correcting my problems and enhancing my strengths.

If you have any questions concerning this routine, please email me (Lynne Barlow) at BIKRCHIK@aol.com. (My second greatest passion is riding my Harley!).

# Rubber Bands for All Sports

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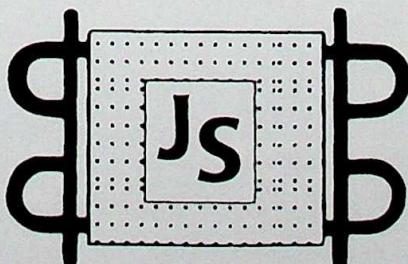
**Packages** are available as follows:

<b>Ultimate Unit</b> (comes w/ 3 prs. of bands, plus standard base)	\$285.00
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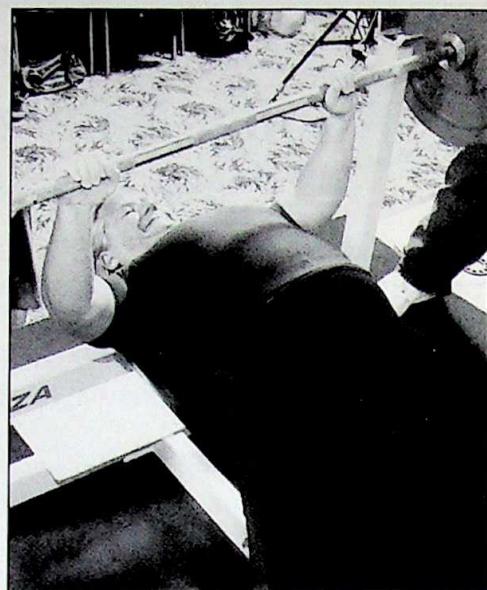
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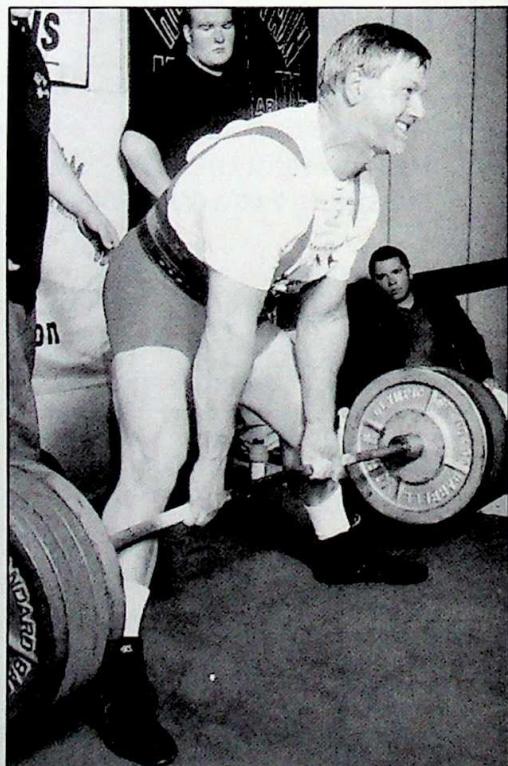
BENCH	198	R. Dunn	303!	220
WOMEN	E. Sim (BL)	Master Law/Fire	J. Birt (BL)	530
Master 40-46	D. Bell	40-47	4th	540*
114	R. Joachim	R. Chisman	242* Junior	529
S. Warner	115* 220	Junior	165	
148	J. Bowers	123	G. Ramos	281
J. Sylvester	99 Junior	J. Wilson	253 181	
165	148	J. Waltenbaugh	165 R. Bren	468
P. Seaman	71.5 T. Deitrick	Open	198	
Master 47-53	165	R. Hunt	303 220	
198	G. Ramos	4th	315* D. Price	529
D. Ivey-Vick	88* D. Clausen	148	242	
Master 68-74	181	S. Gall	358 T. Osborne	573
148	R. Bren	114	Open	
M. Turner (BL)	110 198	K. Reed	260 F. Evangelista	446
4th	115! T. Robinson	4th	270 181	
199+	220	165 L. Woodley (BL)	672	
G. Michell	100 Goldsworthy(BL)446	P. Seaman	192* 198	
4th	104! 242	Master 47-53	D. Bell	540
Open	T. Osborne	132	220	
114	A. Gruber	Pendergast(BL)	E. Leland	677
T. Andrews	77 275	198 S. Edmondson	633	
181	C. Sacher	D. Ivey-Vick	226* 242	
R. Dunn (BL)	225 Open	R. Nelson	551	
4th	231 148	Master 68-74	275	
199+	F. Evangelista	199+ G. Michell	J. Fernandez(BL)	694
R. Malone	176 198	242 104 J. Adams	567	
4th	181* D. Bell (BL)	Teen 13-15 T. Stashin	551	
Junior	242	D. Reece	507	
148	R. Nelson	L. Garcia	132* Submaster	
J. Waltenbaugh	60.5 275	S. Carpenter	82* 165	
199+ J. Adams	380	132 S. Hodge	446	
V. Gruber	104! T. Stashin	K. DeLeon (BL)	203* 198	
Submaster	330	198 D. Bell	540	
181	148	A. Conlee	148* R. Joachim	402
R. Dunn (BL)	225! F. Evangelista	Teen 16-19	220	
4th	358	T. Ellingsworth	209* J. Bowers	540
198	181	MEN	275	
S. Allen	G. Jones	Teen 13-15	J. Fernandez(BL)	694
Teen 13-15	347	97	309+	
97	S. Gall	D. Bradford	165 R. Russell	672
S. Carpenter	358	114	121 Master 40-46	
L. Garcia	45 L. Benner	123	148	
132	60 J. Geraci	B. Huffer	121 L. Woodley (BL)	672!
K. DeLeon	242	132 G. Jones	529*	
198	82* J. Harms	N. Luttrell	115 198	
A. Conlee	D. Benner	148 C. Grier	501	
Teen 16-19	264	E. Souza	203 220	
148	D. Frosland	165 J. Meeks	540	
T. Ellingsworth	K. Sacher	303 L. Benner	501	
199+ M. Ceccarelli	501	D. Borchardt	292 242	
R. Malone (BL)	308	R. Hughes	253 J. Capello (BL)	677
4th	176 R. Arnold	242 4th	694!	
MEN	181* 309+	J. Seath (BL)	424 D. Benner	462
Teen 13-15	A. Ramsey	4th	436 275	
97	R. Young	Teen 16-19	M. Ceccarelli	573
D. Bradford	Master 47-53	105	Master 47-53	
V. Brown	66 242	S. Hudson	176 181	
114	55 R. Nelson	181 A. Hatch	440	
D. Fair	352	R. Ford	347 242	
123	66 D. McCreary	220 R. Nelson	551	
B. Huffer	Master 54-60	C. Ware (BL)	451 B. Anderberg	523
132	55 181	Special Olympian	Master 54-60	
N. Luttrell	K. Scheuer	148	181	
148	347	R. Braae	231 K. Scheuer	407
E. Souza	53! 308	Class I	Master 61-67	
165	J. McCamman	148	275	
D. Borchardt	148 Class I	E. Price	325* K. Nichols	473
J. Meeks	126 148	In Junior (20-25) Bench, 471 all Deitrick w/		
R. Hughes	104 E. Price	148 with 308. In 165, Gabe Ramos beat Derrick		
220	192	Clamson 192 to 165. Don Goldsworthy was best		
J. Davasher	303 J. Bristow	lifter in winning the 220 with a 446 bench. Adam		
4th	320! 198	Gruber put up a 374 at 242 but Travis Osborne beat		
242	Stevenson (BL)	him with 435. Cody Sacher had an off day with 440		
J. Seath	407 4th	at 275. He holds the teenage world record in 308		
4th	413*	with 462. In open men bench, Don Bell was best		
W. Newman	314* B. Carr	lifter with 402 at 198. Roger Nelson won 242 with		
Teen 16-19	187 220	352 and Jonathan Adams put up 380 at 275. In		
105	S. Edmondson	master men bench 40-46 age group, Freddie		
S. Hudson	88 D. Jacobson	Evangelista won at 148 with 358. Gary Jones won		
181	242	at 181 with 347. Steve Gall won at 198 with 352.		
R. Ford	181 Z. Hall	At 220, Larry Benner won with 358. At 242 Joe		
198	396	Harms who looks like a cross between a blacksmith		
J. Loomis (BL)	407 308	and a bodybuilder rammed up 468 for a PR. At 275,		
220	T. Luethe	Kurt Sacher benched 501 - the first time over 500		
C. Ware	264 Special Olympians	for him. Don Frosland Jr. got a PR 512. Don is the		
Submaster Law/Fire	148	former world record holder in the 275 40-46 with		
198	R. Braae	508. At 308, Bob Arnold put up 473. At super, Art		
J. Holloway	473 165	Ramsey "Mr. Powerlifter" set a world record 578		
4th	R. Barrett (BL)	and just missed 589. In master 54-60 181, Ken		
Submaster	110	Scheuer set a world record with 353 - his second		
148	D. Ruffini	world record in the last 4 months. At 220, Bill		
J. Godfrey	93 DEADLIFT	Sekermestrovich set a world record of 457. He also		
165	148	set a world record with 446 on his previous at-		
J. Holloway	369 WOMEN	tempt. Bill has broken the record 5 times in his last		
4th	374* Submaster	two meets. Bill was outstanding lifter. In submaster		
Submaster	123	men, Jim Godfrey set a Washington State record at		
148	R. Hunt	148 with 297 and Ed Sim was outstanding lifter		
J. Godfrey	303	181		
165	297* 4th			
S. Hodge	148			
J. Riley	314 S. Gall			
	358			



**Rhonda Dunn** doing a 225 pound bench press.  
(Photograph provided courtesy of Gus Rethwisch).

with 473. Ed locked out 490 but was turned down. John Bowers did a nice 418 at 220. In teen men 13-14, Dustin Bradford won at 97 lbs. with 66 lbs. At 114, David Fair also did 66. At 165, Darrell Borchardt put up 148. At 220, Jason Davasher set a world record with 320. At 242, Jeff Seath set a Washington State record with 314. In 16-19, 105 Steven Hudson set a Washington State record with 88 lbs. In 181, Ryan Ford did 181. At 198, Jarred Loomis got best lifter with 407. In master men law/fire 40-47 age group 198 lb. Jeff Holloway set an Oregon State record with 374. In class I Bench Michael Stevenson set an Oregon state record at 198 with 413 to beat his workout partner Brad Carr who did 402. At 220, Scott Edmondson set an Oregon state record with 429. At 242, Zach Hall beat Alex Dring 396 to 352. In special olympics ably coached by Rob Peck, Rick Brae did 60 at 148 and Ryan Barrett beat Devin Ruffini 110 to 93. In master women bench, Sharon Warner set an Oregon state record with 115 at 40-46 114 lb. class. In 47-53 198, Dawn Ivey-Vick set a Washington state record with 88. In 68-74 148 lb. class, Marcia Turner set a world record with 115. She's an incredible woman. She's been competing for about 5 years and has improved steadily from 90 lbs. to 115. Seventeen year old Gloria Michell set a world record of 104 at unlimited. In submaster women, Rhonda Dunn set a world record with 231 at 181 and Sharon Allen also set a world record with 220 at 198. In teen women, Katherine De Leon set a Washington state record with 231 at 181 and Sharon Allen also set a world record with 220 at 198. In senior women, Vickie Gruber set a world record in her first meet with 104 at 198+. Now on to the deadlift. In junior men Gabe Ramos hauled in 281 at 165. Gabe is from the Washington School for the Blind. At 181, Tracy Smith was named Best Lifter with a 523. At 198, Ron Lacy pulled 501. At 220, David Price pulled 529 and Travis Osborne pulled 573 at 242. In open men Leamon Woodley was a deadlifting machine. He set a big world record of 672 in the master 40-46

world records in master 61-67 275 ending up with 479. Mario Ceccarelli pulled 573 at 40-46 275 and Roger Nelson pulled 551 at 47-53 242 lbs. and just missed 600. In teen men, Jeff Seath was best lifter in 13-15 with a Washington State record 436 at 242 and Chris Ware was best lifter in 16-19 with 451 at 220. Ryan Ford from the Washington School for the blind pulled 347 at 181 in 16-18 and John Meeks pulled 303 at 165 13-15. In special olympian deadlift, Rick Brae pulled 231 at 148. In class I deadlift, Eric Price set an Oregon state record at 148 with 325. His brother David Price had an Oregon State record on Saturday with 529 at 220 but Joe Birt came back with 530 on Sunday to beat



**Jerry Capello** was best lifter in the Masters 40-46 and in the 242 pound class he did a 694 pound world record.  
(Photographs by Brian Baertlein).

It. In master men law/fire, Jeff Holloway set a world record of 523 at 198. In submaster women's deadlift, Roberta Hurl set a world record of 315 at 123 - that's big weight for a drug free woman who



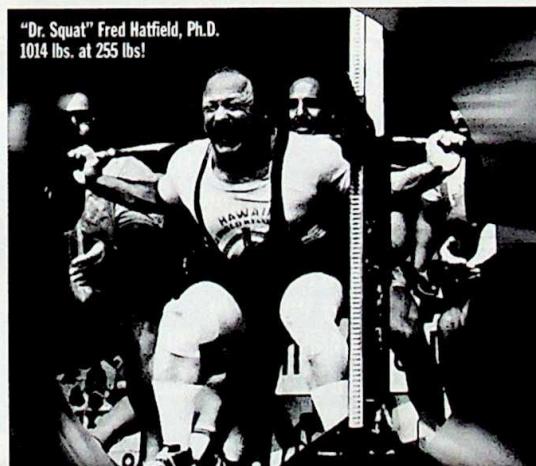
**The Washington State School for the Blind Team:** Top Row: Ed Lukowski; Next row (left-right): Derrick Clausen, Ryan Ford, John Meeks, Gabe Ramos, Ray Hughes, Rick Braae, Stephen Hudson, Elliot Souza; Next row (left-right): Nich Luttrell, Katherine DeLeon, Devin Ruffini, Alyxa Conlee, Ryan Barrett, Julie Waltenbaugh, Darrell Borchardt; Bottom row (left-right): Coach Kandi Lukowski, Dustin Bradford, David Fair, Lisa Garcia, Sara Carpenter, Bryan Huffer, Vaughn Brown, Coach Rob Peck. (All of these photographs were provided courtesy of Brian Baertlein to Powerlifting USA).

weighs 122. At 148, Susan Gall pulled 358. She holds the world record of 364. Rhonda Dunn set a world record of 303 at 181. In master women law/

fire at 132 lbs., Ranell Chisman set a world record of 242. In junior women Jone Wilson pulled 253 at 123 and Julie Waltenbaugh pulled 165 at 148. In

open women Roberta Hunt set an Oregon State record of 315 in 123 and Susan Gall set an Oregon state record of 358 at 148. In master women 40-46

Pepsi Cola and Tim Isaac of Johnston Keay Labs Nutritional Supplements. (Thanks to Gus Rethwisch for providing these meet results to PL USA).



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age group, Karen Reed set an Oregon state record of 270 at 114. Patty Seaman set a Washington state record of 192 at 165 lbs. Patty Pendegast set a world record of 303 in master 47-53 132 lb. In 47-53 198, Dawn Ivey-Vick set a Washington state record of 226 and Gloria Michell set a world record of 104 in 68-74 198+. Patty Pendegast was best lifter. In teenage women Lisa Garcia from the Washington School for the blind set a Washington state record of 132 at 97 lbs. Lisa was featured in an Associated Press Article all over the country about her record setting lifting. In teen 13-15 132, Katherine DeLeon set a Washington state record of 203. In 13-15 198, Alyxa Conlee set a Washington state record of 148 lbs. and Trisha Ellingsworth in 16-19 148 set a Washington state record and a United States Association of Blind Athletes record of 209 lbs. I want to thank Gary Thomas who handled the weigh-ins very efficiently. Elma Thomas who did the scorekeeping and computer work. Chris Erhardt handled the M.C. chair with aplomb. The judges were Gus Rethwisch, Gus Warrington, Donna Dellerie and Dave Cheek. The platform manager was James Parich. The spotters were Justin Alley and James Parich. The platform bench was supplied by Forza and the weights were supplied by York. I would like to thank our sponsors, Rick Brewer of The House of Pain, John Inzer of Inzer Advance Designs, Wesley Kampen of Powerlifting Superstore, Ron Coleman and Steve Blechman of Twin Labs and Muscular Development, Neal Spruce of Apex Fitness and Nutrionalysis, Mike Lambert of Powerlifting USA, Tim Larkin of Powerlifting USA, Tim Larkin of

# PL USA Back Issues

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... TRIPLE SENIORS ISSUE AD-FPA/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 Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s.  
 Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.  
 Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s.  
 Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.  
 Sep/96... USPFSr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.  
 Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Grossbrenner "Responds to the Response", TOP 100 148s

Nov/96... APF Can-Am, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s  
 Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s  
 Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo  
 Apr/97... Clark Benches 800-Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.  
 May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.  
 Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW  
 Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.  
 Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s.  
 Sep/97... USAPL/USPF/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 Lwtls.

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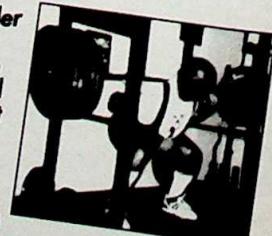
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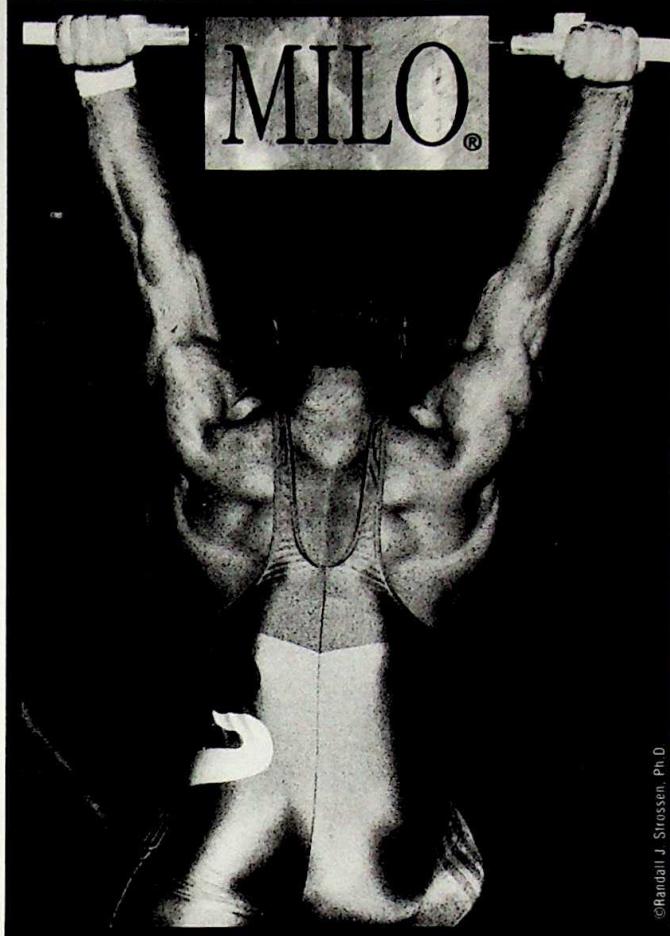
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Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPFBP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

Apr/98... Bill Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.

May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Bench Press, Top 100 275s.

Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, 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, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, TOP 100 Bantams.

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 DLs, Dennis Brady, TOP 100 181s

Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNP Worlds, Jerry Tancil, TOP 100 198s.

Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Mar/99... L.A. Lifting Club, Doyle Kenady Tribute, Stretching Your Limits, Visitors to Westside, Tiny Meeker, Women, Masters, Teenage TOP 20 lists, Partials

Apr/99... The ED COAN Book, Why Whey?, Gordon Sante 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

Jul/99... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s

Aug/99... The Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

Sep/99... USAPL Men's Natl., 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 Duo by Louie Simmons, TOP 100 165s.

Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s

Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s

Mar/00... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons

Apr/00... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methivone, TOP 100 242s

May/00... Dennis Cieri, What is a J.M. Press?, Knee Wraps, The Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00... WPO Pro Championships, The 900 lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.

Aug/00... USAPL Men's, APF Sr. Pt. I, AAPF & APF Natl., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s

Sep/00... USPF Sr., IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s

Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.

Nov/00... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights

Dec/00... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies

Jan/01... IPF Men's Worlds, 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.

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

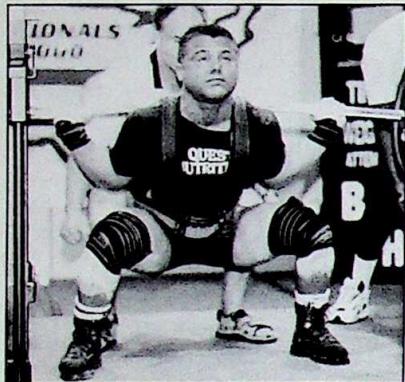
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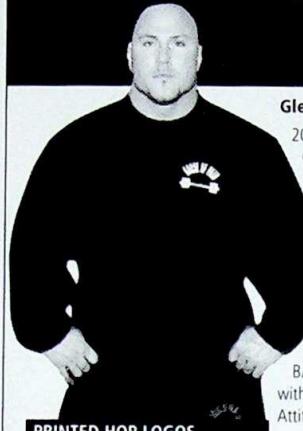
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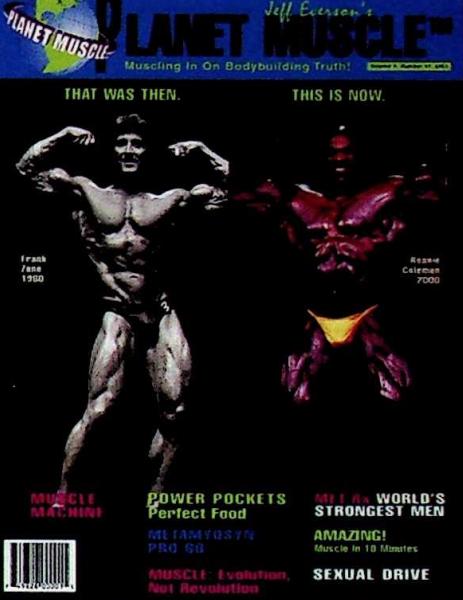
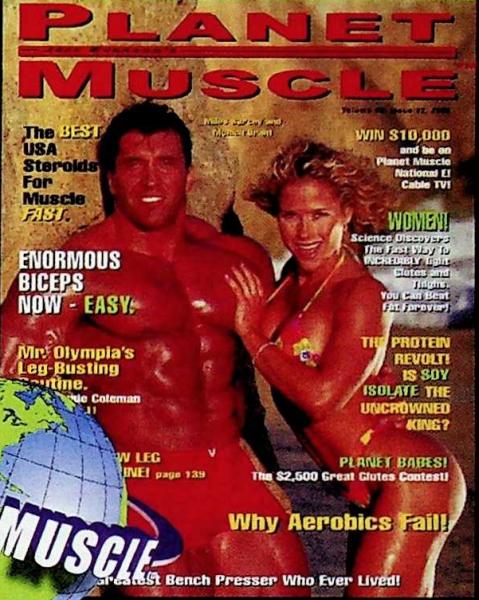
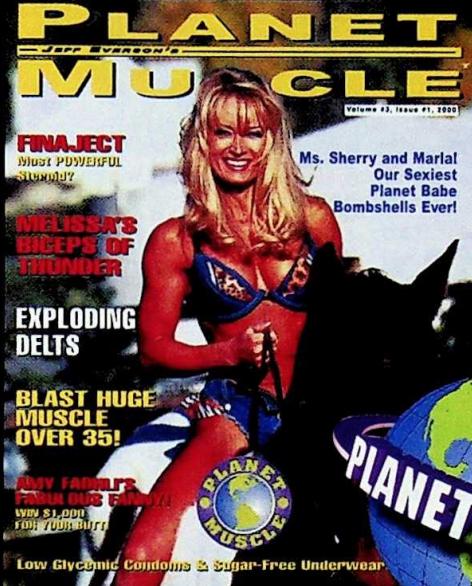
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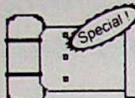
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B. Hutchinson	440*	

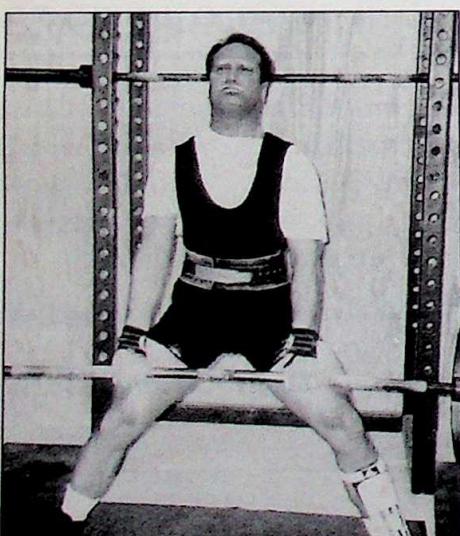
\*-SLP Illinois State Record. Best Lifter BENCH: Dave Newman. Best Lifter Deadlift: Dave Newman. TEAM: Muscle Corporation. The Son Light Power, A cold Day In... Tuscola Bench Press & Deadlift Classic was once again held at the gym. Our turnout was small, but it was

members Ryan Cincoski, David Gan and Donnie Hayes. All are trained by Jeff Welker, a teacher there, who simply donates his time to these students in an effort to allow them to accomplish what might be their first taste of success in school. We commend you Jeff for the fine work you are doing. Anna got all three of her attempts to finish with a strong 95. A fourth attempt with 100 should have gone but slipped just out of the groove. Anna had just been training for the past two weeks, but boy was she excited about the competition afterwards! In the submaster women's class Laura McCune returned to competition after a few years away to post a win and a new personal record with 180. Not bad for 140 lb. lady who came close with 200 for a fourth attempt. In the teenage men's 16-17 age group, Ryan Cincoski posted a new personal record at 181, lifting as a guest lifter, to finish with 270. Ryan weighed in at 171. Matthew Yarnell had some problems getting past his opener of 260, but was good enough for the win at 198. Matt missed 280 twice, but with a better shirt should get 300 with ease. Another guest lifter was David Gan, who also got a new pr at 242 with a strong 245. David came close with 260 twice. Taking the 275 class was Donnie Hayes, making all three of his attempts to finish with a personal record 140. Mike Maxwell was competing for his first time, coached by ANPPC World Cup champion Dave Newman. Mike did well, taking the master 40-44, 198 class with a pr 295. Jeff Welker looked as strong as he is big with his win at master 50-54. Jeff took the 308 class with a strong 340, coming up just short of a 350 fourth attempt. Best lifter of the competition was Dave Newman, who took the open 198 class with an easy 400. In the deadlift competition Jacob Tucker claimed his first title in his very first competition. Jacob won at 132, in the teenage (13-15) division, making all four of his attempts to finish with 300. Zach Lane also got all four of his pulls in, taking the 16-17, 148 class. Zach finished with a strong 390 pr, weighing in at only 146. Both Jacob and Zach are trained by Benny Hutchinson, who also works closely with several young lifters in the Lawrenceville, Illinois area. Ryan Cincoski won at 181, finishing with a strong 420 personal record. At 242 it was David Gan with another big day, finishing with a pr 330, followed with a 355 fourth attempt. Donnie Hayes finished out the teenage group with 265 for the title at 275. Donnie just missed his lockout with a personal best 290. Dave Newman got in three strong lifts to take the master 40-44, 198 title along with the best lifter award here also. Dave finished with a smooth 555 for the win. Dave is still another selfless lifter who trains numerous young lifters for the sport of powerlifting. Last up was Benny Hutchinson who won the open 198 class with 440. Benny looked good for a pr 460

pull, but got out of the groove just off the floor. The team award went to Dave Newman's Muscle Corporation of Springfield, Illinois which included Matt Yarnell, Mike Maxwell and Laura McCune along with himself. Thanks to Joey and Linda for all their help. (Thanks to Dr. Darrell Latch for providing these results).

B. Mears	420	310	480	1210
M. Baker	520	345	540	1405
S. Butor	505	265	550	1320
J. Harman	360	305	455	1120
H. Gutnick	145	145	510	800
M. Scott	405	200	510	1015
O. Rickman	410	255	425	1090
S. Strep	100	90	145	335
Armed Forces				
M. Quatrara	385	250	475	1110
198 lbs. Open				
R. Jones	610	385	630	1625
J. Krauss	500	400	625	1525
G. Leaks	490	315	545	1350
S. Tyler	500	300	550	1350
G. Shoemaker	425	275	450	1150
(18-19)				
R. Atkinson	360	230	350	940
A. Barnette	285	180	440	905
(35-39)				
D. Silveus	450	255	425	1130
A. Ornoski	390	325	375	1090
(45-49)				
T. Henderson	440	260	500	1190
G. Maddox	430	245	480	1135
(70-74)				
G. Jones	290	245	400	1045
(40-44)				
K. Phillips	375	230	400	1970
L. Cardon	360	200	400	980
C. Riggman	215	165	220	1260
Open				
H. Muir	360	220	325	515
D. Hull	410	319 lbs. (35-39)		
P. Bates	480			
G. Ferrell	405			
WOMEN	SQ	BP	DL	TOT
105 lbs. (35-39)				
K. Ryman	220	115	270	605
132 lbs. College				
A. Corbitt	240	130	265	635
(35-39)				
J. Walker	330	185	360	875
(40-44)				
J. Wood	275	130	305	710
(50-54)				
K. Gay	175	105	200	480
148 lbs. (14-15)				
A. Perry	160	80	200	440
(40-44)				
L. Nelson	275	150	345	770
J. Meade	235	125	290	650
165 lbs. Open				
M. Winslade	285	170	340	795
181 lbs. College				
J. Smithson	250	150	325	725
Open				
K. Phillips	325	200	375	910
(35-39)				
J. Jones	340	220	400	960
198 lbs. Open				
K. Roberts	350	250	420	1020
M. Fadely	215	310	135	660
MEN 114 lbs. (14-15)				
R. Green	125	80	160	365
132 lbs. Open				
D. Weiss	405	285	515	1205
148 lbs. 45-49				
J. Marchio	195	225	440	860
165 lbs. 14-15				
J. Brothers	285	205	370	860
(18-19)				
T. Derring	340	235	390	965
Open				
G. Blewins	535	305	600	1440
G. Retz	500	320	560	1380
(35-39)				
K. Clinnevill	470	300	490	1260
(40-44)				
T. Assel	425	310	530	1265
S. Lutz	365	255	405	1025
(55-59)				
L. Cardon	145	360	155	660
181 lbs. Open				
M. Baker	520	345	540	1405
J. Donaldson	460	340	540	1340
S. Debeneditis	405	270	425	1100
R. Mayhew	405	250	430	1085
T. Deladakis	385	240	380	1005
Police & Fire				
C. Riggelman	270	215	270	755
(20-23)				
M. Baglier	430	300	480	1210
S. Chatin	405	305	425	1135
M. Bowes	360	210	505	1075
(35-39)				
E. Smith	750	475	700	1925
N. Minetti	705	445	730	1880
Supers Open				
T. Slaughter	700	475	605	1775
S. Slaughter	630	490	550	1670
(40-44) & Police				
J. Pope	600	400	710	1710

(Thanks to John Shifflett for providing results)



Best Lifter at the Tuscola BP/DL Classic: Dave Newman locks out SLP Illinois State Record 555. (Photograph provided by Dr. Darrell Latch).

good to see some old friends again and meet some new ones. It's always good to welcome new lifters to the sport, especially the younger ones. In the bench press competition, our first lifter of the day was just that, a new lifter to the sport, Anna Drury. Anna is a student at Roxana High School in Roxana, Illinois (near St. Louis) and was joined by fellow students and team

290. Dave Newman got in three strong lifts to take the master 40-44, 198 title along with the best lifter award here also. Dave finished with a smooth 555 for the win. Dave is still another selfless lifter who trains numerous young lifters for the sport of powerlifting. Last up was Benny Hutchinson who won the open 198 class with 440. Benny looked good for a pr 460



**Dr. Darrell Latch (l) with Best Lifter George Lealiifano at the USA Raw meet.** (Photograph provided courtesy of Dr. Darell Latch to PL USA).

#### USA Raw BP Federation 17 Feb 01 - Tuscola, IL

		SHW	
WOMEN		R. Turner	525
Open 242 lbs.			
M. Scott	185*	Master (50-59)	
Novice MEN		181 lbs.	
220 lbs.		H. Ruhser	325
M. Samson	405*	220 lbs.	
Teen 275 lbs.		H. Collins	445*
J. Stewart	435*	Master (60-69)	
4th	455*	198 lbs.	
Junior		J. Huffer	235*
181 lbs.			Master (70-70)
D. Zaworski	385*	220 lbs.	
Submaster		A. Glass	230
198 lbs.		4th	245*
K. Hilsenbeck	370	Open	
Master (40-49)		242 lbs.	
220 lbs.		G. Lealiifano	490*
D. George	330	308 lbs.	
275 lbs.		R. Wilson	465*
M. Wittler	325	4th	475*
Best Lifter BENCH: George Lealiifano. The USA "RAW" Bench Press Federation Winter Nationals was held at Sun Light Power Gym in Tuscola, Illinois on February 17, 2001. We had a smaller turnout than expected but with some great lifters from Indiana, Illinois, Iowa, Wisconsin and Michigan. A special thanks to my son Joey, my wife Susie, Linda Middleton and Paul Kohlbecker for their help loading spotting and judging. In the open women's division, lone competitor Miranda Scott proved why she is one of the top up and coming lady powerlifters in the Midwest. Lifting in the 242 class, Miranda set two new national records with her opener of 165 and third attempt with 185. Novice men's winner at 220, was Mark Samson, who was competing for the first time. Mark got all three of his attempts in, to finish			

with a national record 405. Another great young lifter was nineteen year old John Stewart, who captured the teenage 275 class. This kid's got some kind of potential! John sailed through his attempts, going 350, 405, 435 and a fourth with 455, each one a new national record! Dave Zaworski also set a new national mark in the junior men's division, lifting the 181 class. Dave finished with a strong 385, weighing in at only 179! In the submaster division, taking the 198 class was Ken Hilsenbeck, who had a perfect day of lifting, finishing with 370. In the master men's 40-49 division we had three lifters, all three of which were past or current national champions. Taking the 220 class was Dennis George, finishing with 330 for his second consecutive title. Mark Wittler had to settle with an easy opener of 325 as he seemed to hit a wall with 350 for his last two attempts. Mark captured his third title at 275 in as many tries. Rocky Turner returned to claim another of his many titles, after being away from competition for a while due to injuries. Big Rocky weighed in at 350 and looked "huge". But Rocky struggled with his opener, finally getting 325 on his third attempt. No problem with strength here; he looks good for 600, just problems with the groove due to past shoulder injuries. Great to see you again, Rocky. In the master men's 50-59 division, Harry Ruhser came all the way from Iowa to reclaim his title at 181. Harry, who is the current record holder with 345, had to settle with 325 after missing a final attempt with 350. Hank Collins took the 220 class, breaking his own existing record of 440 with a strong and steady third attempt of 445. Local lifter John Huffer got all three of his attempts in, each one a new national record, as he captured the master men's 60-69 division, 198 class with 235. At 70-79, the legend returned, with a national record 405. Another great young lifter was nineteen year old John Stewart, who captured the teenage 275 class. This kid's got some kind of potential! John sailed through his attempts, going 350, 405, 435 and a fourth with 455, each one a new national record! Dave Zaworski also set a new national mark in the junior men's division, lifting the 181 class. Dave finished with a strong 385, weighing in at only 179! In the submaster division, taking the 198 class was Ken Hilsenbeck, who had a perfect day of lifting, finishing with 370. In the master men's 40-49 division we had three lifters, all three of which were past or current national champions. Taking the 220 class was Dennis George, finishing with 330 for his second consecutive title. Mark Wittler had to settle with an easy opener of 325 as he seemed to hit a wall with 350 for his last two attempts. Mark captured his third title at 275 in as many tries. Rocky Turner returned to claim another of his many titles, after being away from competition for a while due to injuries. Big Rocky weighed in at 350 and looked "huge". But Rocky struggled with his opener, finally getting 325 on his third attempt. No problem with strength here; he looks good for 600, just problems with the groove due to past shoulder injuries. Great to see you again, Rocky. In the master men's 50-59 division, Harry Ruhser came all the way from Iowa to reclaim his title at 181. Harry, who is the current record holder with 345, had to settle with 325 after missing a final attempt with 350. Hank Collins took the 220 class, breaking his own existing record of 440 with a strong and steady third attempt of 445. Local lifter John Huffer got all three of his attempts in, each one a new national record, as he captured the master men's 60-69 division, 198 class with 235. At 70-79, the legend returned,

Allen Glass. A truly inspirational person, Allen will turn 73 March 14. He's in great shape, competing in both powerlifting and bodybuilding with many titles to his name. Well, here he is with another one, taking the title at 220, finishing with a fourth attempt national record 245! In the open division George Lealiifano seemed to be lifting off for everyone, but didn't stop him from taking the title at 220 again and winning the best lifter award as well. George broke his own national record of 470 with his opening lift of 480, followed with a 490 second attempt. Last up was Richard Wilson, who retained his title at 308. Richard seemed to just get stronger as he worked through his attempts of 430, 450 and 465 before establishing a new national record of 475 on his fourth attempt. Thanks to all the lifters and spectators who continue to support the "raw" effort. (Thanks to Dr. Darrell Latch for providing the results).

S. Stinson	463	308	501.5	1273
J. Hill	270	220.5	352	843
P. Prado	198	275	308	782
Open 165 lbs./75 kgs.				
M. Herman	435	319	490.5	1245
R. Fry	424	325	479.5	1229
S. Hill	413	264	440	1118
J. Shipman	—	—	—	—
Open 181 lbs./82.5 kgs.				
N. Waag	556	413	573	1543
T. Rickett	490.5	402	485	1377
R. Guerrero	518	325	501.5	1344
B. Keim	496	281	468.5	1245
R. Coffman	407	275	429	1113
B. Wangard	407	242.5	440	1091
K. Myers	413	237	418	1069
Open 198 lbs./90 kgs.				
R. Clark	589	341	589	1521
B. Bonner	584	319	584	1488
M. Gorecki	429	275	468.5	1173
Open 200 lbs./100 kgs.				
B. Chapman	562	386	628	1576
T. Campbell	501.5	347	661	1510
S. Bennett	628	347	529	1504
T. Ruppert	461	303	562	1317
T. Kelley	368	242.5	451	1052
Open 242 lbs./110 kgs.				
V. Lombardi	628	429	551	1609
E. Macias	556	363	551	1471
R. Meyers	463	347	545	1355
Open 275 lbs./125 kgs.				
B. Collins	551	457.5	501.5	1510
S. Wojahn	501.5	325	617	1444
Open 319 lbs./145 kgs.				
J. Schermerhorn	501.5	501!	501.5	1504
Open 319+145 lbs.				
D. Gaudreau	8371#	5671#	7051#	2110#
I-State Record (!). #=Open division. --Masters division. All-Around Champions: Men's Light - Nate Waag, Men's Heavy - Dan Gaudreau. Teams: 1-Team Loveland. (Thanks to Andrea Sortwell for providing these results).				

#### Norwich Family YMCA BP 10 DEC 00 - Norwich, NY

Teen 198 lbs.	S. Luscomb-39	360	
R. Ingraham-18	225	R. Loiselle-22	335
Open 121 lbs.		275 lbs.	
A. Boyle-33	110	T. Stoddard-26	430
Masters 116 lbs.		T. Rippo-29	370
D. Spataro-42	95	J. Uhlig-30	315
154 lbs.		P. Carroll-43	350
D. Heron	100	HVY Masters	
Open 154 lbs.		T. Brown-44	325
H. Sauer	225	Masters 198 lbs.	
Teen/Open UNL		E. George-47	330
L. Ararismis-19	205	Masters HVY	
Open 132 lbs.		T. Gunthorpe-47	290
C. Byrnes-32	360	Masters 181 lbs.	
148 lbs.		K. Tun-52	260
J. Swift-28	235	198 lbs.	
165 lbs.		B. Lyon-53	355
S. Quaile-26	300	B. Jeffords-52	235
181 lbs.		220 lbs.	
J. Newton-20	275	D. Card-54	315
220 lbs.		J. Lowell-52	305
D. Kuhn-32	420	275 lbs.	
R. Henry-32	375	F. Dini-50	500
242 lbs.		198 lbs.	
D. Brown-30	385	D. Ascenzi-57	325
Open 148 lbs./67.5 kgs.		(Thanks to Tom Revor for providing the results)	

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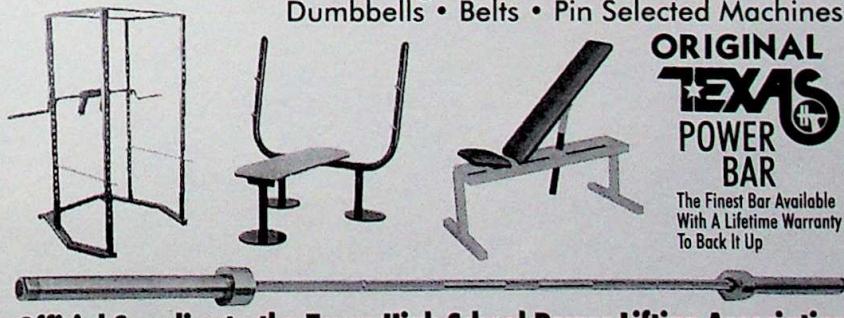
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- Hyper- thermogenic formula
- 20 mg ephedrine
- 100 mg caffeine
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- 240 mcg chromium

#### WHY

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

FLAVORS

- Fruit Punch
- Grape
- Lemon Lime
- Orange
- Pink Grapefruit



## Speed Stack™

### THE PROFILE

#### WHAT

- Power and energy
- Only 5 calories
- 24 mg ephedrine
- 11 mg synephrine
- 200 mg caffeine
- ASPARTAME FREE

#### WHY

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

FLAVORS

- Fruit Punch
- Grape

# REQUIRES IGNITION



## Extreme Ripped Force™

### THE PROFILE

#### WHAT

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

#### WHY

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

FLAVORS

- Fruit Punch
- Grape
- Orange



## Inferno™

### THE PROFILE

#### WHAT

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

#### WHY

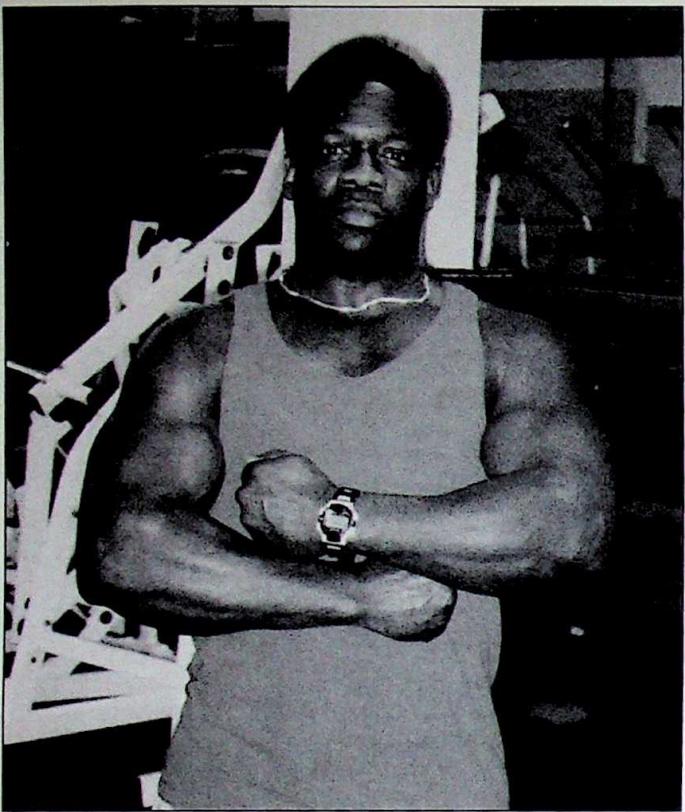
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FLAVORS

- Fruit Punch
- Grape

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**In the photograph seen at left,** Big Willie Cogdell was designated the Best Lifter and winner of the 220 pound class with a 375 pound lift at the Dr. Martin Luther King Memorial Bench Press competition. (Photograph was provided courtesy of Joseph Steele).

**APA Dr. Luther King Memorial BP**  
**23 FEB 01 - Hamden, CT**

<b>WOMEN</b>		<b>55-59</b>
105		S. Cannady
K. Steele	80	165
Men		55-59
148		N. Wellins
S. Cannady	250	40-44
165		D. Olivwas
N. Wellins	200	181
181		45-49
J. Steele	240	J. Steele
220		40-44
W. Cogdell (BL)	375	H. Hill
242		242
M. Hogan	350	45-49
275		M. Hogan
R. Rohmer	329	275
Masters		65-69
148		R. Rohmer (BL)

148 R. Rohmer (BL) 329  
 \* denotes World Record. Meet Director: Joseph Steele; head judge: Joseph Steele, side judges: Mark Hogan and Neal Wellins; Sponsor: World Gym of Hamden. The 10th Annual APA Dr. Martin Luther King Memorial Bench Press Championships went very well with 14 lifters taking part. The contest was held in honor of Dr. King. His speech made at the Lincoln Memorial in 1963 one of the high points of his career. Part of the speech "I have a dream" was read to everybody before the Awards were given out. The Men's best lifter was Big Willie Cogdell lifting in his first meet with a 375 lb. lift. The Master's Best Lifter was 69 year Ron Rohmer who set a New World Record a 329 lb. in the 275 lb. class. (Thanks to Joseph Steele for these results)

**APA Florida Open**  
**11 Feb 01 - Orlando, FL**

<b>BENCH</b>		<b>181 lbs.</b>		
<b>WOMEN</b>		<b>R. Kelly</b>		<b>415</b>
A. Childs-162	<b>160</b>	<b>R. Fraizer</b>		<b>—</b>
<b>MEN</b>		<b>220 lbs.</b>		
I. Anderson-140	<b>270</b>	<b>R. Meyers</b>		<b>500</b>
4th	<b>280*</b>	<b>J. Krause</b>		<b>340</b>
<b>Master (40-49)</b>		<b>S. Roughton</b>		<b>295</b>
<b>Formula</b>		<b>242 lbs.</b>		
M. Francis-241	<b>470</b>	<b>J. Keene</b>		<b>540</b>
A. Ainscoe-238	<b>455</b>	<b>E. Falcone</b>		<b>400</b>
T. Harrier-256	<b>460</b>	<b>T. Harrier</b>		<b>460</b>
<b>Master (50-59)</b>		<b>275 lbs.</b>		
<b>Formula</b>		<b>T. Harrier</b>		<b>460</b>
Baumstein-255	<b>425</b>	<b>308 lbs.</b>		
<b>Open 148 lbs.</b>		<b>D. Rollins</b>		<b>510</b>
I. Anderson	<b>270</b>	<b>SHW</b>		
4th	<b>280</b>	<b>S. LaTour</b>		<b>—</b>
<b>MEN</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>
Goodman-106	<b>200</b>	<b>185</b>	<b>305</b>	<b>715</b>
<b>Teen Formula</b>				
I. Anderson-140	<b>290</b>	<b>270</b>	<b>355</b>	<b>915</b>
4th		<b>280*</b>		
C. Trevorah-147	<b>325</b>	<b>205</b>	<b>350</b>	<b>880</b>
S. Laver-180	<b>365</b>	<b>250</b>	<b>410</b>	<b>1025</b>
<b>Submaster</b>				
McCarthy-204	<b>400</b>	<b>305</b>	<b>500</b>	<b>1205</b>
<b>Master (40-49) Formula</b>				
M. Francis-241	<b>805</b>	<b>470</b>	<b>745</b>	<b>2020</b>
T. Harrier-256	<b>635</b>	<b>460</b>	<b>535</b>	<b>1630</b>
G. Morning-219	<b>525</b>	<b>315</b>	<b>500</b>	<b>1340</b>
F. Sanchez-179	<b>420</b>	<b>335</b>	<b>420</b>	<b>1175</b>
<b>Open 148 lbs.</b>				
I. Anderson	<b>290</b>	<b>270</b>	<b>355</b>	<b>915</b>
4th		<b>280</b>		
<b>220 lbs.</b>				
J. Krause	<b>550</b>	<b>340</b>	<b>615</b>	<b>1805</b>
G. Morning	<b>525</b>	<b>315</b>	<b>500</b>	<b>1340</b>

APA Maryland Open  
18 Feb 01 - Laurel, MD

thanks to all the score keepers, announcers, loaders, spotters and referee's. Judging was strict and tight and the platform had judges certified in three different federations including APA, USAPL, and AAU. You could not find better judging at any meet - anywhere! Lifting quality was great. I'd like to thank Capt. Kirk Karwoski for putting in a long day assisting lifters who were preparing to lift. Kirk contributes a great deal to our sport and is very helpful to all of those around him regardless of lifting level. I'd also like to especially thank Siouxz Hartwig who helped out immensely over the weekend in many ways. Biggest bench of the day was by Sherwin Paktakan at a bodyweight of 266. Best lifter award in the full power meet went to Jeff McVicar who totaled 1665 @ 198. Kelly sports Video Production was on hand to film the event in it's entirely and meet videos are on sale by Kelly Sports. I highly recommend any meet director to have Kelly Sports film your event. They are the most professional outfit in the field. Visit their web site at [www.kellysports.bizland.com](http://www.kellysports.bizland.com) to find out just what they offer. We plan on at least 6 more Maryland events this season. Special thanks to Maryland Chairman Jeff McVicar for doing an excellent job promoting Maryland Powerlifting. (Thanks to Scott Taylor for these results).

APA Mid-Atlanta

AFA Mid-Atlanta  
3 Dec 00 - Glen Burnie MD

3 Dec 00 - Glen Burnie, MD		C. VanDyke-189	243	383	630
BENCH	198 lbs.	Junior			
WOMEN	J. Wawecyniak 360	G. Rozier-163	285	430	740
Open	220 lbs.	181 lbs.			
Barnowich-132	155 J. McVicar-203 460*	C. Martin-176	250	375	625
R. Luccesini-132	145 J. Brown-207 460	Open 220 lbs.			
J. Rhodes-186	175 J. Hepner-208 430	J. McVicar-203 460	530	990	
MEN Teen	A. Rhodes-255 460	G. Petrides-217 350	550	900	
N. Denny-173	340 DEADLIFT				
C. VanDyke-189	245 WOMEN				
Master	Open				
J. Tancilli-292	550* Barnowich-122 260				
S. Dokes-215	390 MEN				
Open 165 lbs.	Open 220 lbs.				
J. Snyder-159	275 J. McVicar-203 530				
Pull/Pull	BP DL TOT				

**APPLICATION FOR REGISTRATION**  
**American Powerlifting Association**

Last Name	First Name	Initial	Date of App.
Street Address	City	State or Province	
Country	Zip Code	Telephone Number	
Date of Birth	Age	Sex	<i>Mail and make checks payable to APA P.O. BOX 27204 EL JOBEAN, FL 33927</i>
Social Security Number			
<b>Registration Fee: \$20 High School Athlete: \$10</b>			
<b>Parents Initial If Under 18 yrs.</b>		<b>I Certify that the above answers are correct</b>	
		<b>X</b>	

**WABDL Texas Louisiana State**  
17 FEB 01 - Houston, TX

BENCH	J. Campbell	187.5
Teen	D. Flunker	162.5
132	T. J. Hobson	147.5
C. Snider	107.5	220
4th	112.5	A. Fortunato
220	242	
F. Thomas	125	K. Malone
308	275	
S. McElroy	137.5	B. Leitz
WOMEN	Open	255
Law/Fire	181	
165	G. Gutierrez	190
L. Blackburn	135	4th
C. Loprete	72.5	J. Marin
Master	198	
132	D. Harvey	185
C. Day	72.5	220
165	T. Derry	205
C. Loprete	72.5	A. Fortunato
Submaster	190	
123	J. Guerra	187.5
S. May	62.5	J. Fullerton
181	M. A. Stanford	225
C. Crossland	110	4th
Open	230	
181	S. Ross	205
C. Crossland	110	F. Silva Jr.
Novice	275	190
148	S. Valdiviez	170
M. Sisneroz	85.5	J. Robinson
MEN	308	215
Novice	S. Latour	
SHW		
148	M. Ned	272.5
J. Geiser	110	198
165	DEADLIFT	
M. Rodriguez	185	Teen
4th	187.5	114
198	H. Tompkins	82.5
R. A. Warriner	182.5	Novice
J. Waters	172.5	148
4th	177.5	M. Sisneroz
K. Kirkland	172.5	Master
A. Rodriguez	97	
220	E. Sirju	80
R. Perez Jr.	182.5	165
N. Hartfield	165	C. Loprete
M. Dorman	137.5	S. Bates
SHW		
G. Koehl	175	Law/Fire
Junior	165	
132	C. Loprete	
S. Mendez	107.5	Submaster
198	S. May	123
C. Matthews	117.5	
220	C. Crossland	
E. Wright	160	
275	MEN	
A. Payne	175	
4th	165	Teen
308	227.5	O. Tillman
M. Sanford	187.5	4th
Law/Fire	148	72.5
198	B. Kees	122.5
J. Waters	177.5	4th
220	R. Cisneros	137.5
J. Guerra	187.5	4th
K. Barbier	147.5	181
242	M. Romero	120
M. A. Stanford	217.5	198
4th	230	T. Malbrough
F. Silva Jr.	190	220
Master	292.5	
148	A. Schlegel	
M. Doucet	308	F. Thomas
S. Weingust	160	175
165	S. McElroy	220
J. Heizelman	77.5	4th
181		227.5
T. R. Smith	155	M. Dorman
D. Bell	142.5	205
G. Johnson	142.5	Junior
198	S. Mendez	162.5
J. Snodgrass	145	4th
D. M. Gomez	115	H. Tompkins
220	137.5	4th
S. Rosenberg	152.5	142.5
F. Silva Sr.	125	J. Ojeda
242	181	210
S. Finegan	202.5	O. Sifuentes
K. Anderson	190	198
4th	192.5	C. Matthews
J. Leitner	152.5	L/F Submaster
G. Waggoner	145	242
H. S. Hudson	110	C. Brown
275	Master	
D. Menchaca	237.5	
308	E. B. Diaz	237.5
M. C. Ivey	200	181
Submaster	J. Christian	220
198	J. DeBoe	217.5



**Team Dallas -1st place:** Front row (r-l): Ken Anderson, Marcos Rodriguez, Joe Ojeda Jimmee Fullerton, Jim Snodgrass, Jose Marin; Middle row: Kevin Kirkland; Back row: Mike Dorman, Anthony Schlegel. (Photograph provided courtesy of Ken Anderson).

standing room only crowd! There were lots of first time lifters along with lifters who were new to WABDL. State records were set by the following: Heather Thompkins, Bruce Kees, Rudy Cisneros, Marcus Romeros, Shawn Bates, Randy Nesuda, Selina May, Stanley Mendez, Joe Ojeda, James Christian, Tom Barth, Hal Hudson, Daniel Flunker, Dodd Adams, Junius Hurt, Don Brosman, Jason Robinson, Chuckle Snider, Sean McElroy, Marcos Rodriguez, Andre Payne, Mac Sanford, Jeffrey Waters, Joe Guerra, Michael Sanford, and Gabe Gullerez. National and World records were set by: Anthony Schlegel, Sean McElroy, Elizabeth Sirju, Cindy Crossland, Tom McCullough, Jack Helzelman, Ken Anderson, and David Menchaca. Bob and Edie Garza prepared handsome 10 1/2" x 13" plaques with clocks that everyone really enjoyed receiving. In the teen men Anthony Schlegel flew in from Colorado Springs where he is attending the U.S. Air Force Academy on a football scholarship to set a world record pull of 643.5 lbs. and almost getting a 671 (2 reds). Anthony also captured best lifter in the teen and open. Fifteen Year old Sean McElroy set a new world record with a pull of 500.5 lbs. Sub master Cindy Crossland pulled an easy 352 lbs. for a world record and best lifter in the deadlift. Watch for her to pull 400 very soon! Masters lifter Tom McCullough pulls big moving his world record up to 753.5! Tom was also best lifter in masters men dead lift. Master woman

State Chairman Ken Anderson with a world record 424.2 lb. bench. Just shows what good training partners can do for your lift!!!! Also, David Menchaca set a new world in the 275 lbs. class with a 526 lb. bench to bring another record back to Texas! In the open division big Mark Ned from Louisiana made his opener at 600.7 lbs. to capture best lifter. Guest lifter Tiny Meeker made a big 661.2 lbs. bench. Anthony Clark took a 700 lbs. opener and couldn't get it to touch. The bar flew up about 6" off his best as did 730 lbs. His speed is incredible! Anthony took 760 lbs. and after a long time almost got it to his chest. Both Anthony and Tiny were very helpful to all the lifters who sought their advice. In the team competition Dallas took 1st with Houston a close 2nd! In the 2nd Annual repetition contest, between Dallas and Houston, the crowd got behind the six competitions. Dallas team captain Ken Anderson challenged Houston captain Darrell Harvey to put up his best 3 lifters against Dallas. Each lifter had to bench press his body weight as many reps as possible. Anderson put together a team that blew Houston away! Darrell said Houston would be ready May 12-13 for the North American Championship in Dallas. Thanks to our sponsors and outstanding support staff of judges, spotters, loaders, and staff. We had a great meet! All records and meet schedules can be found on WABDL web site [www.wabdl.org](http://www.wabdl.org) (Thanks to Jim Snodgrass and Ken Anderson for the meet result!).

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	Today's Date	Card Issued By
Elite Master I II III IV		World National State	Y N		M F		
Registration Fee \$15.00 Make checks payable to and mail to: WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS P.O. Box 5292 Bend, Oregon 97708							
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.				If under 18, have parent initial _____ Signature _____			

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

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The innovative, bio-engineered formula for **Thermo Speed™** has set new boundaries in thermogenic drink technology.

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Available in Fruit Punch, Grape, Orange and our new flavor—Lemon-Lime. So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

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Anything Else is Ancient History.™**



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Bio-Engineered Beverages™

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

Available at select **GNC LiveWell** gyms and healthfood stores nationwide.

## Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at [www.sportnutrition.com](http://www.sportnutrition.com)

# Coming Events

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

**4-6 MAY**, USAPL National Masters (Killeen, TX) Johnny Graham, 254-526-0779, jtrck52@hotmail.com

**5 MAY**, Biggest Bench on the River IV (\$5,000 Cash) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922.

**5 MAY**, Canadian Drug Free National PL & BP (Taber, Alberta, Canada) Randy Sparks, 403-223-2479

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

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

**5 MAY**, Southern States BP (open, women, teen, novice, masters, police & firefighters) Weightlifting Equipment of GA, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633

**5 MAY**, WABDL Busybodies Fitness BP/DL (North Bend, OR - world championship qualifier - drug tested) Dave Cheek, 541-751-9505

**5 MAY**, 2nd Spring Bench Press, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

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

**5 MAY**, Clarion Barbell's Pennsylvania State Open PL/BP, Mark Watts, 105 Crestmont Dr., Shippensburg, PA 16254, 814-227-2041, mwatts53@hotmail.com

**5 MAY**, NASA Missouri State (Carthage) NASA, Box 735, Noble, MO 73068, 405-527-8513

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

**5 MAY**, APA Great Lakes Open BP, DL, Push-Pull & Great Lakes Armed Forces Meet (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

**5 MAY**, WNPF BP/DL & Ironman Nationals (Las Vegas, NV) WNPF, Box 142347, Fayetteville, GA 30214, 770-9-6-3-4-1-8, wnpf@aol.com

**5,6 MAY**, Strongest Man in New York (The Bronx) Marc Seda, 800-322-0766, strongman1nyc@aol.com

**6 MAY**, Hooters Florida State DL, All American Gym, 118S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268

**6 MAY**, SLP Southeast Iowa BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**6 MAY**, G.B.C. Barbell's 8th "No Drugs Allowed BP" (equipped & raw) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

**12 MAY**, Toys R Us Kankakee County Strongest Man (Bradley, IL) Tony Soucie, Box 459, St. Anne, IL 60964

**12 MAY**, Strong Man Contest (Triopia H.S., Concord, IL) Gabriel Stinson, 740 University Dr., 437 Tanner Hall, Macomb, IL 61455, 309-298-8871, www.wiu.edu/users/mutjp4/strongman2001.htm

**12 MAY**, APA Texas Open & Texas Jr. High & High School PL & BP (Houston, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

**12 MAY** (new date), Blue Ridge Strongman/woman, John Shiflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valitling@aol.com

**12 MAY**, NASA Kansas State (Wichita) NASA, Box 735, Noble, OK 73068, 405-527-8513

**12 MAY**, SLP Cross Country Mall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**12 MAY**, APF Venice Beach Strict Curl, Venice Beach Rec. Ctr., 310-399-2775

**12 MAY**, WNPF American PL Championships (Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**12 MAY**, AAPF Florida State PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

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

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

**12,13 MAY**, WABDL Twin Lab North American BP & DL (Holiday Inn Select North, Dallas (Irving) TX) world championship qualifier - drug tested) Gus Retzschwisch, 541-389-0600, fax 541-388-1122

**12,13 MAY**, USPF Master & Submaster Nationals (Las Vegas, NV) Steve Denison, 661-664-7724, email-pwrfrts@msn.com, www.powerliftingca.com, Chris Kostas - 661-245-0115, Kostas@frazmtn.com

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

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

**18-20 MAY**, APF Master, Submaster, Junior, Teenage Nationals, Russ Barlow, 175 Kennebec TR., Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180

**19 MAY**, Kinross Open, Masters, Submasters - no entry fee - guest lifter Tony Kamand, Dave Mastaw, 906-495-2282 ext 4260, Tue-Fri 8AM - 4PM (Kincheloe, MI - 2 wks. notice)

**19 MAY**, 4th Newman Bench Press Competition (open, women, high school) John Ybarra, 612 West 11th St., Sterling, IL 61081, 815-625-0185

**19 MAY**, 1st AAPF W. Michigan PL/BP (Grand Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrienta@iserv.net

**19 MAY**, Tri-State BP & DL (St. Joseph High School, Hammonton, NJ) Paul or Peggy Sacco,

# 2001 WNPF AMERICAN BENCH & DEADLIFT \*NATIONALS\*

Saturday, June 9th; Baltimore, MD  
Best Western Conference Center

Events: Assisted Bench; Raw Bench; Deadlift; Bench+Deadlift (sub-total).

Divisions: Men; Women; Teens; Juniors, Sub-Masters, Masters; Special Olympics; Police/Fireman, & Military.

Contact: Brian Washington, 410-265-8264  
or ecpower@bellatlantic.net

Mastaw, 906-495-2282 ext 4260, Tue-Fri 8AM - 4PM (Kincheloe, MI - 2 wks. notice)

**19 MAY**, IPA S. Carolina State & Open BP (Hilton Head Island High School) Floyd Powe, 103 Afton Ct., Summerville, SC 29485, 843-875-1434, Kyonte13@aol.com

**19 MAY**, USPF Spartan BP, Kevin Meskew, 9235 Woodale Ave., Arleta, CA 91331, 818-899-7555, warrior01@earthlink.net

**19 MAY**, WABDL Riverfest BP & DL Championships (Gadsden, AL - Musical Guests include Credence Clearwater Revival, Vince Gill, Sister Sledge - world championship qualifier - drug tested) Rick Hagedorn, 256-441-0143, (fax) 256-441-7283

**19 MAY**, USAPL Steeler High School (Granite City, IL) Rick Fowler, 118-451-4-7-3-7 , www.usapnationals.com

**19 MAY**, 5th Baddest of the Bad BP, Mike Farmer, 21 W. Clark Ave., BOX 199, Milford, DE 19963, 302-430-5632 12pm - 8pm

**19 MAY**, Canadian PL/BP Championship (LCC Barn, Lethbridge Community College, Lethbridge, Alberta, Bruce Greig, 403-938-3067, FAX 403-938-0489

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

**19 MAY**, 2nd Firehouse Strongman contest, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahamb@libertybay.com

**19 MAY**, 10th USAPL Rocky Mountain States PL & Big Cat BP, Fitness Inc., 1800 Garrett Way #19,



## 2001 AAU Junior Olympic Games Powerlifting



July 25-29 2001

Norcum High School, Portsmouth, VA

This is both a RAW and an ASSISTED Event. NO CROSSOVERS ALLOWED!!

ALL TEENAGE AND YOUTH AGE GROUPS 5U THROUGH 18-19

ALL TEENAGE AND YOUTH WEIGHT CLASSES 44 POUND THROUGH SHWT

MEET DIRECTOR: RUDY GARCIA/ rleegarcia@hotmail.com

PHONE NUMBER: 404-441-7120

All questions should be directed to the meet director.

ENTRY FEE: \$50.00 per athlete.

(Money orders or certified checks only!!/NO PERSONAL CHECKS ACCEPTED!!)

ENTRY DEADLINE: Wednesday, July 11, 2001

ATHLETES and COACHES send entry forms and fees to the following address:

Mailing Address:

2001 AAU Junior Olympic Games  
P.O. Box 3067  
Norfolk, VA 23514-3067

Overnight Delivery Only:

2001 AAU Junior Olympic Games  
420 Bank St.  
Norfolk, VA 23510

Pocatello, ID 83201, 208-233-8035  
**19 MAY**, NASA New Mexico State (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**19 MAY**, Lifetime Natural Powerlifting Society Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**19 MAY**, WNPF Mid-NY State BP/DL & Iron Man (Binghamton, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
**19,20 MAY**, AAU National Powerlifting Combined Championships - Raw AAU - North American Raw, Bench Press AAU - North American Bench Press (teen, open, submaster, master, youth - equipment & raw) Larry Kye, 114 Chickasaw Pl., Jacksonville, AR 72076, 501-982-7668  
**19,20 MAY**, Strongest Man in New York (Manhattan) Marc Seda, 800-322-0766, strongman1nyc@aol.com  
**20 MAY**, Best of the Southwest IV (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Siwiak, 724-941-7270  
**20 MAY**, World Gym Spring Push/Pull, Jeff Butler, 2500 Miracle Ln., Mishikawa, IN 46545, 219-254-0460.  
**20 MAY**, 19th USAPL Viking Open (men, women, teen, jr., master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692  
**20 MAY**, SLP Hard Core Gym BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**20 MAY**, WNPF Lifetime Drug Free National BP/DL & Ironman & New England States BP/DL/Ironman (Danbury, CT) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
**23-27 MAY**, IPF Women's Worlds (Usti Nad Labem, CZ)  
**24 MAY**, Strongest Bench Press in Tallahassee (Premier Health & Fitness, 6-9PM) Rich Marsala, 1964 FL-GA Hwy, Havana, FL 32333, 850-539-3171  
**26 MAY**, IPA Virginia State Open BP, The Gym, 5001 Jefferson Davis Hwy., Fredericksburg, VA 22408, 540-710-9500  
**26 MAY**, APA Arizona Open BP/DL (Tucson, AZ) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com  
**26 MAY**, CAN AM Bench Press (\$3000 in prizes) Paul Roy, 1381 St. Paul, St. Casse, Quebec, J0L 1T0, Canada, Tel/Fax 450-469-0808.  
**26 MAY**, NASA East Texas State (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**26,27 MAY**, ADAU (Anti-Drug Athletes

United) Nationals (Pittsburgh, PA - Men & Women - Open, Teen, Junior, Submaster, Master) Mike Mastrean, 428 Justus St., Carnegie, PA 15106, 412-429-3521.  
**26,27 MAY**, Strongest Man in New York (Brooklyn) Marc Seda, 800-322-0766, strongman1nyc@aol.com  
**27 MAY**, Double Masters Power/BP Meet (Gr. Rapids, MI) Jon Smoker, 30907 CR 16 W Elkhart, IN 46516, 219-674-6683  
**MAY**, NASA Pennsylvania State PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirfire.com  
**2 JUN**, Fitness Zone Bench Press, Lynn Smith, 4500 Carr Dr., Fredericksburg, VA 22408, 540-898-1252, lynn@TheFitnessZone.com  
**2 JUN**, APA Los Banos Open BP/DL (Los Banos, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com  
**2 JUN** (new date), WABDL Capitol City BP & DL (Gold's Gym - Sacramento, CA - world championship qualifier - drug tested) Jody Woods, 916-431-5503  
**2 JUN**, Extreme Gym & Fitness Extreme Bench Press Meet, Bob or Jack, 15767 Jefferson Hwy. (Rt. 33), Bumpas, VA 23024, 540-872-5416  
**2 JUN**, Minnesota St. BP/DL (open, teen 915 & under, 16-17, 18-19), masters (40-49, 50-59, 60+) men & women - non-residents allowed, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison (D) 763-441-4232, Jerry Gneere (E) 763-753-6064  
**2 JUN**, WNPF Teen, Jr., Submaster, Masters Nationals & Texas State PL (Dallas, TX) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
**2 JUN**, APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000  
**2,3 JUN**, Strongest Man in New York (Staten Island) Marc Seda, 800-322-0766, strongman1nyc@aol.com  
**2,3 JUN**, NASA Masters & Submasters, BP only & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**3 JUN**, Curwood Day BP (men, women, master, teen) Justin, 515 Main St., Owosso, MI 48867, 517-725-8136  
**3 JUN**, SLP Indiana Summer BP/DL (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**6,7 JUN**, AAPF National Championship (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, [www.hugeiron.com](http://www.hugeiron.com)  
**8,9 JUN**, WNPF American BP & DL (men, women, masters, junior, teen) Brian Wash-

## 2001 A.A.U Raw National Powerlifting and North American Bench August 25-26 2001 Radisson Hotel Grand Ballroom San Bernardino, CA

**Powerlifting**  
**Men and Women**  
**Open, Lifetime, Masters, Life Masters, Jr., Submasters, Law/Mil**  
**Bench Meet (separate platform)**  
**Men and Women**  
**Open, Lifetime, Masters, Life Masters, Jr., Submasters, Law/Mil, Physically Challenged. All classes for Raw and Equipped, except Youth and Teen -- Raw Only**

Entry Deadline 7/27/01



**Martin Drake**  
**Natural Power**  
**PO Box 108**  
**Nuevo, CA 92567**  
**909-928-4797**

**NTRLPWR@PE.NET**

ington, BOX 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net  
**8-16 JUN**, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001.wpf.org.  
**9 JUN**, MDSA Open/Closed "Scoot to the Loot" North American Games (Esko), Darwin Jacobson, Box 1031, Willmar, MN 56201 or Dayold Gilllogly 218-879-8180  
**9 JUN**, APA Southern States (Montgomery, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com  
**9 JUN**, Best on the Bench (Northern H.S. - Durham, NC) Gloria Knight, 8502 Polaris Dr., Bahama, NC 27503, 919-477-9467 or Willie Lynch 252-478-8191  
**9 JUN**, Shenandoah Valley Strongman/woman, Tony Walters, 5749 Wengers Miller Rd., Linville, VA 22834, 540-896-3332 before 9PM, Rottshih@aol.com  
**9 JUN**, 8th Miller's Ironhouse Natural Bench Press (teenage, raw, women, open, 3 masters divs., sculptured awards) Brian Miller, 218 Williams St., Cumberland, MD 21502, 301-777-0644, benniller@hereintown.net  
**9 JUN**, USPFT Region III (open, class II, women and masters divisions) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575, e.leverett@att.net  
**9 JUN**, WABDL Arizona Regional BP/DL (Holiday Inn, Mesa - world championship qualifier - drug tested) Steve Farmworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037  
**9 JUN**, USPF S. Texas (Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. increments to 70+) Bench, Police/Fire, awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin TX 78155, 800-378-4640, [www.seguinfitness.com](http://www.seguinfitness.com)  
**9 JUN**, NASS Tennessee State Strongman (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com  
**9 JUN**, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**9 JUN**, APF Venice Open BP, Venice Beach Rec. Ctr., 310-399-2775  
**9 JUN**, WNPF Tennessee State/Open PL (Nashville, TN) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
**10 JUN** (new date), Midwest open (PL, BP, DL - drug tested) Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292  
**10 JUN**, APA CT Open BP & DL, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com  
**10 JUN**, AAUMo-Kan BP/DL (raw & equipped @ Extreme Fitness, Union, MO, 9 June - Jeff Lewis Seminar) Darin Gilley, 2820 Grey Summit Rd., Pacific, MO 63039, 636-742-4537  
**10 JUN**, SLP Wisconsin Open BP/DL (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**15-16 JUN**, York Barbell Strength Spectacular & IPA Worlds, Ellen or Mark Challen, York Barbell, 3300 Board Rd., York, PA 17402, 800-358-9675, emchallen@yorkbarbell.com  
**16 JUN**, APA Old Line State PL & BP (Laurel, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com  
**16 JUN**, 5th Pasco Power Team King of the Bench (\$1000 in prizes - sculptured trophies) Rick Lawrence, Box 3089, Holiday, FL 346690, 727-942-7894 or Mike (863-2228)  
**16 JUN**, I.S.A. Clear Fly DL & State BP (Douglas, GA) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 666-Push-Pull, [www.isapower.tu](http://www.isapower.tu)  
**16 JUN**, USPFLA East Fitness BP/DL (Beckley, WV) Kevin Deiss, 304-252-7000

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July 14 Westside Seminar  
July 15 Mastering the Bench  
Aug. 25 Westside Seminar  
Aug. 26 Mastering the Squat  
Oct. 6 Westside Seminar  
Oct. 7 Mastering the Bench  
Dec. 8 Westside Seminar  
Dec. 9 Mastering the Bench

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### NOVA WORLD CHAMPIONSHIP

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The INSA is looking for meet promoters to host events.

**16 JUN**, Big Bench Shootout III (men, women, teen, junior, submaster, master, novice - deadline 6/20/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**16 JUN**, 2nd annual USAPL "Thunder at the Beach" Power Meet, Body Image, Betty Milby / Art Margulies, 457 Route 9S, Little Egg Harbor, NJ 08087, 609-294-3600, Ascent2me@aol.com

**16 JUN (NEW DATE)**, 6th AAU Suburban North YMCA BP/DL Classic (Catasauqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-8714, Snace@hotmail.com or Nick Theodorou (610-258-1894)

**16 JUN**, Summer Push/Pull Meet, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683

**16 JUN**, WABDL N. Dakota & Minnesota State BP & DL (world championship qualifier - drug tested), Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764, 361-1141

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

**16 JUN**, 2nd Raw Summertime DL, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahamb@libertybay.com

**16 JUN**, USA "RAW" Bench Press Federation Summer Nationals (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**16 JUN**, USAPL Eastern USA Open BP, USAPL National Squat, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valfitting@aol.com

**22-24 JUN**, Mountainer Cup III & 37th USPF Men & Women's Sr. Nationals, Nick Busick 304-387-8186 (Mountainer Cup) or Dave Jeffrey (USPF Nationals) 304-489-2428

**23 JUN**, SLP Iron House Open PL/BP/DL Classic (Hoopeston, IL) Son Light Power Gym, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**23 JUN**, Illinois Strongest Man (Bourbonnais, IL) Tony Soucie, Box 459, St. Anne, IL 60964

**23 JUN**, LSTA 5th Grant A Wish Charity BP (NSA Westbank Fitness Center - New Orleans, LA - men & women open, police/fire, 14-16, 17-19, 40-49, 50+, special olympics - Anderson Art Sculptured Trophies) Tpr. Armid C. Hansell, 504-471-2775, 504-365-6382 (pager), Herqueles@aol.com

**23 JUN**, NASA WV Open PL, BP, PS (Buckhannon, WV) Greg Van Hoose, RL 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wifire.com

**23 JUN**, APF Central California Open & Novice PL/BP (Fresno, CA) Bob Packer, 559-439-4394

**23 JUN**, WNPf Roanoke Open PL (Roanoke, VA) WNPf, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**23,24 JUN**, USAPL Men's Teen & Jr. Nationals B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

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

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

**23,24 JUN**, WNPf Lifetime Nationals, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm

**23,24 JUN**, West Coast Open (Ocean Front Hallmark Resort) Big Bears Gym, 136 SE 1st, Newport, OR 97498, 541-574-4507, dozer2000@hotmail.com

**24 JUN**, APA Iron Barberian PL, BP, DL (Orlando, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, aparesident@angelfire.com

**24 JUN**, SLP Muscle Corporation Summer Sizzle BP/DL Classic (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**24 JUN**, NASS Thick Bar Worlds (open, teen, masters, men & women - Hurst, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wvlyh@swbell.net

**24 JUN**, WNPf Ralph Peace Memorial BP/DL & IronMan, WNPf, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**30 JUN**, Int'l Bavaric Cup DL (women, men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575, greka@t-online.de

**JUN**, I.S.A. Ind. Strength Challenge Power Clean/BP/DI & State BP, I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith

770-949-9299

**3 JUL**, Iowa/Midwest Open Touch and Go BP (Sigourney, IA - Open, Novice, Team, Submaster, Master, Women) Wayne Hammes, BOX 433, Oskaloosa, IA 52577, 575-673-5240.

**7 JUL**, APA House of Pain Bench Press Open Challenge to the Biggest Benchers in the World (cash prizes: below 198, 198 plus - Mon Valley

## HUGE IRON Powerlifting Schedule YEAR 2001

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

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

**Aug 12, 2001** - WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, Florida)

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

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

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

Fitness Center, PA) 724-483-2438

**7 JUL**, APA Tennessee Open BP/DL (Nashville, TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, aparesident@angelfire.com

**7 JUL**, NASA Tennessee Classic (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

Allowed\* (Pennsylvania - women's men submaster, men master state PL meet - residents only, plus open meet - same categories) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

**14 JUL**, I.S.A. Limestone Classic BP/DL (Bedford, IN) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull, www.isapower.tv

**14 JUL**, Allentown Sportsfest V BP/DL (men, women, masters) Fred Glass, 811 N. Jordan, Allentown, PA 18102, 610-770-9333

**14 JUL**, 2nd New England's Strongest Man - Woman (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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

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

**14 JUL**, ANPPC World Cup (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**14 JUL**, APF Venice Beach Open DL, Venice Beach Rec. Ctr., 310-399-2775

**14,15 JUL**, Georgia Games PL/BP, George Games, 1415 Barclay Circle Suite F, Marietta, GA 30060, 770-528-3580 or David Hall, 678-290-1882

**15 JUL**, New York State Strongman-woman (Kingston, NY) Brad Klinger, 845-339-4865, Pat Carroll 845-339-6381

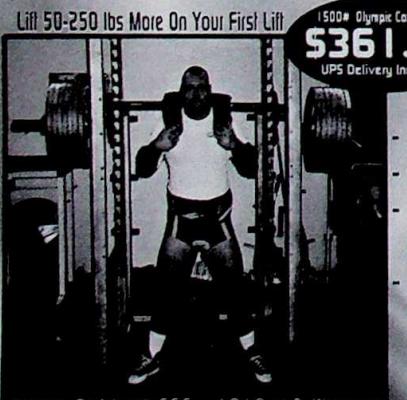
**15 JUL (new date)**, WNPf USA PL Championships Youth, Teen, Jr., Subs, Masters & Sr. Open Nationals (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPf, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**21 JUL**, USPF Eastern BP Nationals, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260, USPFehorton@aol.com

**21 JUL**, Georgia State Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

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**21 JUL**, The Training Center's 2nd annual Bench Press (open men & women - New Castle, Delaware 302-328-5438  
**21 JUL**, USPF California State PL/BP, Kevin Fisher, 151 S. Ontario, Santa Barbara, CA 93105, 805-963-3439, [kfisher54@aol.com](mailto:kfisher54@aol.com)  
**21 JUL**, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183  
**21 JUL**, NASA Tri-State Natural (Monolift for squats, no entry fee for special olympians, PL, BP, PS) Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-3413 1-8pm CST  
**21 JUL**, USAPL 4th BP & DL Battle on the Beach (BP, DL, IronMan - Metro Beach, Mt. Clemens, MI) Mike Lawrence, 248-813-9866  
**21 JUL**, NASA Grand Nationals (Hickory, NC) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**25-29 JUL**, AAU Jr. Olympics (Portsmouth, VA) Rudy Garcia, 404-441-7120, [rleegarcia@hotmail.com](mailto:rleegarcia@hotmail.com)  
**27-29 JUL**, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tahontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528  
**28 JUL**, Northeast Canadian Championships BP/DL (Matane) Roberto St. Pierre, 418-562-9176  
**28 JUL**, USPF Gulf Coast (Orange, TX) - Men/Women: Open, Below 1, 13-23 in 2 yr. age groups, submaster, master in 5 yr. groups to 70+ BP, Police/Fire - awards to all lifters Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, [www.segufitness.com](http://www.segufitness.com)  
**28 JUL**, NASS Minnesota State Strongman (open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-9594, [Jackie\\_jeff1@msn.com](mailto:Jackie_jeff1@msn.com)  
**28 JUL**, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**28 JUL**, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Motisinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881  
**28 JUL**, WNPF Raw Nationals & North American Championships (Anaheim, CA) WNPF, Box 142347, Fayetteville, GA

30214, 770-996-3418, [wnpf@aol.com](mailto:wnpf@aol.com)  
**28,29 JUL**, Twin Lab WABDL National BP & DL (Sheraton Hotel, Birmingham, AL - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122  
**29 JUL**, Lake Country Fair Iron Man BP/DL (Gray's Lake, IL - 15 lifter limit - entry deadline 7/2/01) Preston Olsen, 847-948-9111 ext. 330 or [polsen@bannockburn.com](mailto:polsen@bannockburn.com)  
**JUL**, Muscle Bound Fitness "Summer Heat" BP and/or DL (men, women, master, submaster, teen & raw) John or Kayleen Blackstone, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840  
**JUL**, I.S.A. 3rd Limestone Classic BP/DL (Bedford [IN] Boys Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or [IronAthletics@aol.com](http://IronAthletics@aol.com) or Steve 812-279-3187  
**JUL**, Madison Co. Fair Strongman/woman, John Shiflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, [valifting@aol.com](mailto:valifting@aol.com)  
**4 AUG**, 4th Horseheads Pre-Season PL, Bert Conklin, 643 Terry Hill Rd., Horseheads, NY 14845, 315-727-5970 or Ed Patten 607-733-4997  
**4 AUG**, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**4 AUG**, WNPF New Jersey State/Open PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, [wnpf@aol.com](mailto:wnpf@aol.com)  
**5 AUG**, KPO Show-Me Push Pull (BP & DL) Jim King, 3229 Queen Ridge Dr., Independence, MO 64055, 816-985-3196, [BIGBENCH2001@aol.com](mailto:BIGBENCH2001@aol.com)  
**5 AUG**, WNPF Newark Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, [wnpf@aol.com](mailto:wnpf@aol.com)  
**6 AUG**, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, [www.hugelron.com](http://www.hugelron.com)  
**11 AUG**, APA Midwest Regional BP/DL/Push Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, [apapresident@angelfire.com](mailto:apapresident@angelfire.com)

**11 AUG (new date)**, APF Vench Beach Push/Pull PL, Venice Beach Rec. Ctr., 310-399-2775  
**11 AUG**, 6th APF Granite State Open BP \$4th Granite State Open DL (men, women, teen, jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590  
**11 AUG**, 2nd APF USS Escanaba Memorial PL/BP Classic (Grand Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, [obrienta@iserv.net](mailto:obrienta@iserv.net), [www.apfmichigan.com](http://www.apfmichigan.com)  
**11 AUG**, USAPL Mississippi State, Rhodes Fitness, Hardy Court Shopping Center, Gulfport, MS 39050, 228-868-0190 or 896-3277  
**11 AUG**, INSA North American Championships (Mesa, AZ - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness 817-268-3488  
**11 AUG**, WABDL All Beach BP & DL & Strongman Contest (world championship qualifier - drug tested), Bull Stewart, 206-723-4696  
**11 AUG**, USAPL NJ. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, [www.profitness.com](http://www.profitness.com)  
**11 AUG**, SLP Wisconsin State Fair BP/DL (West Allis, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**11 AUG**, Green County Strongman/woman, John Shiflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, [valifting@aol.com](mailto:valifting@aol.com)  
**11,12 AUG**, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**12 AUG (new date)**, WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000  
**12 AUG**, SLP Missouri State Fair BP/DL (Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**17-21 AUG**, IPF World Games PL (Akita, Japan)  
**18 AUG**, 5th King Fitness Pound for Pound (Most reps/total tonnage - open & 20 and under) Matt Kelly or Ralph Lara, 3253 Hwy 35 N., Hazlet, NJ 07730, 732-335-0911  
**18 AUG (new date)**, APA Bench Press

**Nationals (St. Petersburg, FL) APA, Box 27204, El Jockey, FL 33927, 941-697-7962, [apapresident@angelfire.com](mailto:apapresident@angelfire.com)  
**18 AUG**, USAPL Power Surge 2001 PL & BP, Michelle James, 1239 Duncan, Alliance, NE 69301, 308-762-7043, [Michelle@bbc.net](mailto:Michelle@bbc.net)  
**18 AUG (new date)**, WABDL Utah State (Holiday Inn, SLC - world championship qualifier - drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037  
**18 AUG**, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**18 AUG**, WNPF Central SC Open BP/DL & IM (Columbia, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, [wnpf@aol.com](mailto:wnpf@aol.com)  
**18,19 AUG**, 8th AAPF/APF Snake River PL & BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Ave., Idaho Falls, ID 83404, MWF 5-7, 208-523-0600, [apf\\_id\\_mhiggins@yahoo.com](mailto:apf_id_mhiggins@yahoo.com)  
**19 AUG**, SLP Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**19 AUG**, WNPF Tarheel Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, [wnpf@aol.com](mailto:wnpf@aol.com)  
**25 AUG**, Body Factory Power Challenge/BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090  
**25 AUG**, WABDL Budweiser Summer Strength Festival (Bend Riverside Motel) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600  
**25 AUG**, 11th Endless Summer BP & DL Classic (Elkhart, IN) Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471  
**25 AUG**, SLP Kentucky State Fair BP/DL (Louisville, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**25 AUG (modified date)**, USAPL Lifetime Nationals, John Shiflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, [valifting@aol.com](mailto:valifting@aol.com)  
**25,26 AUG**, AAU Raw Nationals & North American BP (Radisson Hotel) (San Bernardino, CA) Open, Lifetime, Masters, Life masters, junior, youth, teen, sub-**

**Titan** SUPPLY SYSTEMS INC.

# 2001 Men's Nationals, Omaha

Open to all USAPL Men who have qualified



Be part of one of  
the BIGGEST events  
of the year!

July 13-15 at the Double Tree  
Downtown, 1616 Dodge St

Call 402-346-7600 for hotel reservations

For more information contact Jim Hart at [JMSHRT@aol.com](mailto:JMSHRT@aol.com) or call  
**402-470-3672** The deadline for entry is June 12th. The NGB meeting  
 will be held on Thursday July 12th at 1:00 PM central time.

**masters, law/mil, physically challenged for men and women** Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpur@pe.net

**26 AUG (new date), USAPL National Police & Fire PL/BP**, John Shifflett, Box 941, Stanardville, VA 22973, 804-985-3932 before 9pm, valifiting@aol.com

**26 AUG, WNPF Grand Canyon Open BP/DL & Ironman (Phoenix, AZ) WNPF**, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**AUG, USP/NY New York Bench Press (open, law enforcement, fire & military)**, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspny.com

**AUG, NASS Dino Day VIII - Ohio Valley Strongman (Columbus, OH)** Nick Osborne, 614-481-9839, nick@phostraining.com

**AUG, AAU Nevada/California & Utah High School PL & BP Regionals** on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)), Mike Grajek, 702-498-9867, grajek@sina.com

**2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL)** Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**8 SEP, ADAU Single Lift Nationals SQ, BP, DL - Open & All age groups both men & women, lift in 1, 2, or 3 events - no total**, Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 or al@pikitup.com

**8 SEP, WABDL N. California BP & DL (San Francisco, CA)** (world championship qualifier - drug tested) John Ford, 650-757-9506

**8 SEP, USAPL Deadlift Nationals (Holiday Inn North, Newark, NJ)** Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

**8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN)** Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**8 SEP, APF Venice Beach W. Coast Open BP, Venice Beach Rec. Ctr.**, 310-399-2775

**8 SEP, WPO (TM) Bench Bash for Cash, Huge Iron**, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

**8,9 SEP, APA Powerlifting Nationals (Lau-**

**rel, MD)** APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

**12-16 SEP, IPF World Juniors (Sofia, Bulgaria)**

**15 SEP, APA Colorado State (PL, BP, DL - Denver, CO)** Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

**15 SEP, WABDL Louisiana State BP/DL (New Orleans)** Armid Hansell, 504-491-5061, 392-9743

**15 SEP, 3rd Annual Deadlift on the River, Jon Smoker**, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683

**15 SEP, USAPL Michigan Hall of Fame (BP, DL, PL)** Dick Van Eck, 616-521-4031

**15 SEP, NASA Indiana Regional (Indianapolis)** NASA, Box 735, Noble, OK 73068, 405-527-8513

**15 SEP, SLP Village Square BP/DL (Effingham, IL)** Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**16 SEP, ADAU Seneca Nation of Indians Allegany/Reservation Bench Press (men & women, native, youth, teen, junior, submaster, master)** Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, Jay.Toth@fredonia.edu

**16 SEP, SLP Iowa State BP/DL (Coralville, IA)** Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**21-22 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes)** Dave Lhota, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306

**22 SEP, 1st Fall Strongman Challenge**, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

**22 SEP, NASA New Mexico Regional (Albuquerque)** NASA, Box 735, Noble, OK 73068, 405-527-8513

**22 SEP, SLP OPEN NATIONAL POWER-LIFTING CHAMPIONSHIPS**, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464**

**23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI)** Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**24 SEP, AAU Virginia State Drug Free PL & BP (raw & assisted, youth, teen, men & women, masters, deadline 9/15/01)** Barbara Beasley, AAU State Chair, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570 or Roger Ernst, 804-320-1456, rleinst@aol.com

**29 SEP, WABDL Washington State BP & DL (Hoquian, WA - world championship qualifier - drug tested)** Don Bell, 360-533-5711

**29 SEP, NASA West Texas Regional (Lubbock)** NASA, Box 735, Noble, OK 73068, 405-527-8513

**30 SEP, SLP NATIONAL 'RAW' POWER-LIFTING CHAMPIONSHIPS (Fredricktown, MO)** Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**SEP, ISA Regional BP & BP for reps (Douglasville, GA)** ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tu

**SEP, I.S.A. Regional BP & BP bodyweight for reps (Douglasville [GA] Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299**

**SEPP???, NASA Kentucky Regional (Lexington)** NASA, Box 735, Noble, OK 73068, 405-527-8513

**SEPP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513**

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

**6 OCT, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158**

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

**6 OCT, SLP Fall BP/DL Classic (Mattoon, IL)** Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL)** Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**7 OCT, APA Bay State Open BP & DL (Worcester, MA)** APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

**13 OCT, NASA Big River Classic PL/BP (Blytheville, AR)** NASA, Box 735, Noble, OK 73068, 405-527-8513

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

**13 OCT, SLP Arkansas State BP/DL (Rector, AR)** Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**16-21 OCT, IPF World Masters (Moose Jaw, Canada)** Wayne Cormier, 10929 Scott Dr., N. Battleford, Saskatchewan, Canada S9A 3N2, 306-446-1330 or fax 306-445-2829

**20 OCT, 10th Muscle Beach Special Olympics Lift-Off (Muscle Beach - Venice, CA)** 310-399-2775

**20 OCT, 19th ADAU Raw Drug Free "Central PA Open" (open, teen, jr., submaster, master)** Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

**20 OCT, NASA East Texas Regional (Longview)** NASA, Box 735, Noble, OK 73068, 405-527-8513

**20 OCT, SLP Fall BP/DL Classic (Richmond, IN)** Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

**21 OCT (specified date), 1st Southeastern Drug Free (BP, DL, PL) PPL**, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

**21 OCT, CAN AM BP & DL & Push/Pull (Montreal)** Marcel St. Laurent, 457 7ieme Ave. Nord, #1, Sherbrooke, Quebec, J1E 2S2, Canada, 819-346-9466, Fax 819-346-6104.

**26-28 OCT 2001, AAU Worlds (Mayaguez, PR)** Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

**27 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527**

**27 OCT, INSA World Championship (Plano, TX)**

## A.A.U. Combined Nationals - Raw AAU - North American Raw, AAU Bench Press, North American BP

**Event Date: May 19-20, 2001**

**Site: Little Rock Air Force Base, 6th Street Building 1220, Jacksonville, Arkansas**

**Meet Director: Larry Kye (501) 982-7668**

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

**Entry Deadline: Postmarked by May 10, 2001 (\$15.00 fee for late entries)**

**Mail Entry: ATT: Larry Kye, 114 Chickasaw Place, Jacksonville, AR 72076**

**Eligibility: AAU Lifters - Teens, Open, Submas-**

**ters, Masters, Youth**

**Weigh-in: 6:00PM to 7:00 PM Fri., May 18; 7:00AM to 8:00AM Sat., May 19; 6:00PM to 7:00PM Sat., May 19; 7:00AM to 8:00AM Sun., May 20**

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

**8:30AM Sunday, May 20, 2001**

**Starting Time: 9:00AM - Saturday (Wt. 97-198.4) and Sunday (Wt. 220.5-319.7)**

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

### Little Rock Airport to Meet Site

Distance approximately 23 miles Approximate Travel Time 33 minutes

		Miles		Miles
1)	Turn right onto Airport Road	.1	8)	Take US-67 N/US-167 N
2)	Take the I-440 West ramp	.8	9)	Take exit 11. towards AIR FORCE BASE
3)	Merge onto I-440 W.	2	10)	Merge onto TP White Drive
4)	Take the I-30 EAST/US-65 NORTH/US-167 NORTH exit number 138A towards DOWNTOWN	.4	11)	Turn Left
5)	Merge onto I-30 E	4.1	12)	Turn slight left onto Evans St/Vandenberg Blvd.
6)	Take the US-67 N/US-167 N/I-40 exit, exit number 143B, towards MEMPHIS	.4	13)	Stay straight to go onto Vandenberg Blvd.
7)	Merge onto I-40 E/US-67 N/US-167 N.	1.1	13)	Turn Left onto Arnold Drive
<b>Recommended Hotel:</b> CRANBURY INN 2110 JOHN HARDIN DR. JACKSONVILLE, AR (501)985-7666 \$48.88 plus tax				

# AAU WORLD POWERLIFTING CHAMPIONSHIPS

## 2001 Mayagüez, P.R.



All Athlete Will Have Free Lodging

### AAU POWERLIFTING WORLDS RAW AND ASSISTED

Date/Location: **Friday, Saturday and Sunday, OCTOBER 26, 27 and 28, 2001. On the Palace of Sports in Mayagüez, Puerto Rico.**

Eligibility:

Contests is open to all A.A.U. PC of all ages registered who have place 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> in the 1998, 1999, 2000 National Masters or the North American and Hawaii States. All world foreign athletes, those in good standing with their respective Federation or Associations who are drug Free. A.A.U. card will be sold at the meet. The registration Fee is \$10 for youth (under 19) and \$30 for adults.

Schedule:

26/10/2001 Friday: 5:00 to 6:30 P.M. weight in 97/105 classes women plus men – competition 8:00 P.M. same night. 5:00 to 6:30 P.M. weight in from 114/181 all women plus men that are going to compete on Saturday at 8:00 A.M.

27/10/2001 Saturday weight in from 5:00 to 6:30 P.M. for all women plus men from 198 above that are going to compete Sunday 28/10/2001 at 8:00 A.M.

Awards:

Award will given to the top 5 places in the following classes: (w=women, m=men) w-97, w-105.75, m/w-114.5, m/w-123.5, m/w-132.25, m/w-148.75, m/w-165.25, m/w-181.75, m/w-198.25, w-shw- m220, m242, m275, m 319.5 mshw Best lifter awards and Team award will also be given. You must have club sanction or country Federation sanction to enter as a team this can be done the day of the meet. (Only one team for each club or Federation).

Divisions:

Open (to all). Youth, Teen, Junior 20-23, sub-master 35-39, masters (40-44, 45-49, 50-54, etc.). Law & Fire. Proof of age is required for Masters and Teens. This proof must be supplied with your entry.

Applications:

Send all entries to Néstor Gregory, Las Villas, Park Rd. 142, Ramey, Aguadilla, Puerto Rico 00603 or to Carlos Fernández, La Esperanza S-38, St. 16, Vega Alta, Puerto Rico 00692. [gregory\\_nestor@hotmail.com](mailto:gregory_nestor@hotmail.com)

Make all checks payable to Puerto Rico Powerlifting Federation.

**Dead Line** – Friday, September 26, 2001.

#### **NO EXCEPTIONS!**

Note:

- Flight systems to be used – with two platforms
- A one piece lifting suit is mandatory
- Spectator Admission \$2 Kid 12 and under are Free
- If you have any question contact Néstor Gregory Tel. 787-890-4636 or Carlos Fernández 787-883-1073

Directions:

You can fly direct to Aguadilla in TWA from any place from de USA or you can fly to San Juan and from San Juan P.R. you must go by car 2 hour ride to Aguadilla and to Airport Rafael Hernández in (Ramey) Punta Borinquen. All Athletes will have free lodging, one breakfast each morning and one dinner starting the 24/10/2001 to 28/10/2001 in a Government place known as CABA. This place is located in front of the airport Rafael Hernández in Aguadilla (you can go walking) and another place is call CEDECAR two minute by car from this airport. All will have free transportation to the place of the competition that is 30 minute ride from both side from were you are going to stay.

Note:

For privacy stay at your expenses there are the following Hotel in the area:

Mayagüez Area

Best Western Mayagüez 787-833-3030  
Holiday Inn 787-833-1300 or 787-833-1100  
Hotel El Sol 787-834-0303  
3 minute walk from site of competition  
Hotel Plaza 787-832-9191 3 minute walk from site of comp.

Aguadilla Area (30 minute ride to site of competition)

Hotel Cielo Mar 787-882-5959  
Hotel El faro 787-882-7225  
Hotel La Cima 787-890-2016  
Hotel Villa Forin 787-882-8341

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### A.P.F.

Senior

### Nationals

**23,24 June 2001**

**Daytona Beach,**

**Florida**

**904-677-4000**

**www.hugeiron.com**

**TX - PL(60), BP(100), DL(100), 16 Tug of War Teams** INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness, 817-268-3488  
**27 OCT**, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com  
**27,28 OCT**, NASA North Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**27,28 OCT**, ANPPC NATIONALS (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**28 OCT**, Best of the Southwest V (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Siwiak, 724-941-7270  
**OCT**, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillhy@swbell.net  
**OCT???**, NASA W.V. Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513  
**OCT???**, NASA PA Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513  
**3 NOV**, USPF Texas Cup (Austin-Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. age increments to 70+), BP, Police/Fire - awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguintness.com

**3 NOV**, USAPL State of Michigan Championships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031  
**3 NOV**, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**3 NOV**, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**3 NOV**, WNPF Eastern Regional & Maryland State BP & USPC Eastern Regional Curl, Brian Washington, Box 20042, Baltimore, MD 21284, Ecpower@belatlantic.net  
**3 NOV**, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000  
**4 NOV**, USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**10 NOV**, NASA Wisconsin Regional (Marshallfield) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**10 NOV**, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**10,11 NOV**, USAPL NJ State PL, Pro Fitness, 350 Rue 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com  
**11 NOV**, ISA Gold's BP Challenge & Texas State BP (Gold's Gym - Amarillo, TX) Teresa @ 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-Push-Pull, www.isapower.tu  
**11 NOV**, Quebec Championships PL/BP, Marcel St. Laurent, 457 7ieme Ave. Nord, #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466, or fax 819-346-6104  
**11 NOV**, I.S.A. Gold's Gym BP Challenge BP Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299  
**11 NOV**, USAPL Ohio PL & BP State Championships (open men & women, men teen & masters & police & fire, raw men & women, raw masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King

**13-18 NOV**, IPF World Mens (Sotkamo, Finland)  
**15-19 NOV**, 24 Hr. Fitness WABDL World BP & DL Championships (Pepper Mill Hotel, Reno, NV) Gus Rethwisch, 541-389-0600, fax 541-388-1122  
**17 NOV**, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**17 NOV**, SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**17 NOV**, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000  
**17 NOV**, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
**24 NOV**, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**NOV**, USPF Greater Buffalo BP Classic, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.usfny.com  
**1 DEC**, USPF Winter Classic BP/DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, Kostas@frazmtn.com or Steve Denison, 661-664-7724  
**1 DEC**, Estrien Championships (PL & BP - Granby, Canada) Benoit Brodeur, 450-378-7666 or 372-0087 (Fax).  
**1 DEC**, "Miller Chev" Christmas BP Classic (open, teen, women, masters) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gneere (E) 763-753-6064  
**1 DEC**, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillhy@swbell.net  
**1 DEC**, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**1 DEC**, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000  
**1,2 DEC**, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-527-8513  
**2 DEC**, SLP Rhinos Fitness BP/DL Classic (Roscoe, IL) Son Light Power, 122 S. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**6-9 DEC**, IFP World Bench Press (Taupo, New Zealand)  
**8 DEC**, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**8 DEC**, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394  
**8,9 DEC**, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com  
**9 DEC**, ADAU 9th Raw Drug Free "Coal Country" BP & DL Classic (separate meets - no total - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com  
**12-16 DEC** (new date), 100% Raw World Championships (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528  
**15 DEC**, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com  
**30 DEC**, SLP The Last One! BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**DEC**, I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299  
**JAN**, Augusta Open Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com  
**2 FEB**, USPF New York State PL/BP Championships, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.usfny.com  
**9 FEB**, ADAU 14th Drug Free East Coast 2 lift raw and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
**2 MAR**, All Church Powerlifting Contest (Open to all church members & church sponsored teams) Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net  
**2 MAR**, 11th Annual Larry Frederick Jr. Memorial Bench Press Challenge, North Penn YMCA, 608 E. Main St., Lansdale, PA 19446, Steve Unrath, 215-369-1601 ext. 230  
**8 APR**, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com  
**14 APR**, 16th Olympic Bench Press Championship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527  
**APR**, PPL Drug Free Georgia State, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com  
**4 MAY**, ADAU NJ State Drug Free Raw 2 lift and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
**29 MAY-2 JUN 02**, IPF Women's Worlds (Riesa, Germany)  
**JUL**, PPL Drug Free Southeastern PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com  
**JUL**, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692  
**10-15 SEP 02**, IPF World Juniors (Venezuela)  
**9-13 OCT 02**, IPF World Masters (Cordoba, Argentina)  
**13 OCT**, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527  
**OCT**, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com  
**12-17 NOV 02**, IPF World Men's (Bratislava, Slovakia)  
**5-8 DEC 02**, IPF World Bench Press (Luxembourg)

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.

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**Iron House Open**  
4 Feb 01 - Hoopeston, IL

BENCH	181 lbs.	R. Espinoza	255
Teen (18-19)	Master (45-49)		
148 lbs.	181 lbs.		
J. Brachmann	200	E. Teran	315
Master (40-44)	SQ	BP	DL
Master (45-49)	148 lbs.		TOT
B. Blackwell	210	95	235
(50-54) 123 lbs.			535
D. Catron	215	135	235
MEN Teen (13-15)	220 lbs.		585
C. Russell	180	95	195
4th			470
Teen (16-17)	132 lbs.		485
C. Helregel	250	190	355
198 lbs.			795
R. Brennan	225	240	405
(18-19) 165 lbs.			870
R. Catron	350	240	350
198 lbs.			940
T. Acosta	295	295	390
4th			980
Open 181 lbs.		305	405
J. Sturtevant	315	325	425
C. Blackwell	340	220	425
242 lbs.			985
G. Martin	300	275	385
4th			960
	315		400
			990

**Best Lifter Powerlifting:** Cassidy Helregel, Best Lifter BENCH: Ed Teran. The Iron House Open Powerlifting Championships were held at Iron House Gym in Hoopeston, Illinois. Just a few days before the meet I had shoulder surgery, so my wife Susie went to run the meet. On the way there she was struck by a drunk driver, which totaled my truck. Thankfully she was only banged up a little, but she was unable to make it to the competition, so the responsibility fell upon Iron House owner Gary Catron to conduct the meet, of which he did a great job. Many thanks to Gary and Susie Blackwell for all their help. In the powerlifting competition we had two up and coming lady lifters who were both competing in their second full meet. Taking the master women 45-49, 148 class was Barb Blackwell. Barb had a great day of lifting, starting with a national record 210 squat. She followed that with a 95 bench and another national record in the deadlift with 235 for a 540 NR total. Co-gym owner Donna Catron also had a good day, lifting in the master women 50-54, 123 class. Donna broke her own national record in the squat with a strong 215, tying her record in the bench with 135. Another national mark at 235 in the deadlift gave Donna another new total record of 585. Great lifting, girls! In the teenage men's division all five of the competitors established new national records in their respective classes. In the 13-15, 220 class Callahan Russell got all three of his squats in, finishing with 180, before getting 185 on a fourth attempt. Getting just his opener of 95 on the bench, Cal came back strong on the deadlift with four great pulls, ending with 205 for a 485 total. Cassidy Helregel was strong at 132 taking not only that class, but the best lifter title for the meet as well. Cassidy went 250-190-355-795 all at a 130 bwt! His deadlift was within 35 lbs. of triple bwt; not bad for a 16 year old! Our other sixteen year old lifter was Ryan Brennan, who though he placed second in his weight class, actually posted all new national records in the 16-17 age group. Ryan, who weighed in at 191, finished with a 225 squat, a 240 bench, and a 405 pull for an 870 total. In the 18-19 division Robert Catron did a great job at 165, ending with a 350 squat, a 240 bench and a 350 deadlift for a 940 total. Great squats and pulls for this first time competitor! Our final teenage competitor was eighteen year old Tony Acosta, who won at 198. Tony had the highest total among the teenagers with 980, via 295 squat, 295 bench and a 390 deadlift. Successful fourth attempts with a 305 squat and a 405 deadlift upped his total to 1005. Jason Sturtevant had the highest total of the competition with 1045 for the open win at 181. Jason got all three of his squats to finish with a strong 340, followed with a solid 220 bench. Pulling 405 on his final attempt, after missing that weight for his second attempt, Jason finished out his pr total. Second place at 181 went to Craig Blackwell who finished with 985. Craig had a strong squat with 340, but fell behind Jason with his 220 bench. Coming back with the biggest pull of the day for 425 left him short of the title; but still a great first-time effort! Greg Martin won at 242 with 300 (315)-275-385 (400)-960 (990). Good solid lifting by Greg as he showed great pulling potential. In



**Best Lifters at the Iron House Open (l-r):** Ed Teran - BP; Cassidy Helregel - PL. (Photo provided courtesy of Dr. Darrell Latch to PL USA).

the bench press competition Josh Brachmann set a new Illinois state record in the teenage 18-19, 148 class with 200. Josh was only able to get his opener in, missing a big jump to 245 twice. Rick Espinoza got his new record in the master 40-44, 181 class with 255. Rick had missed that same weight on his second attempt before coming back on it for his third. Our final bencher was master 45-49, 181 winner Ed Teran. Ed also set a new Illinois state record with a strong 315 second attempt. Weighing in at 180, Ed was awarded the best lifter trophy for the bench press competition. Thanks again to the lifters, helpers, Gary and Donna Catron for keeping the competition alive. (Thanks to Dr. Darrell Latch for providing these competition results to PL USA).

**Championnat Estrien Ouvert**  
2 DEC 00 - Granby, Quebec, CAN

BENCH	Open			
MEN	R. Boulay	460		
132 lbs.	M (40-44)			
T (16-17)	R. Boulay	460		
P. Lussier	170	198 lbs.		
Open	T (18-19)			
D. Veillette	215	Y. Brousseau	320	
D. Veillette	215	Sub		
148 lbs.	R. Legare	300		
T (18-19)	M (50-54)			
D. McQuillen	235	S. Daigle	325	
Junior	M (60-64)			
P. Normandin	240	J. Marchand	300	
165 lbs.	220 lbs. Junior			
T (16-17)	T. Comeau	400		
P. Vincent	—	Open		
M. Richer	225	E. Leitner	430	
M. Richer	225	J. Perdikis	—	
181 lbs.	242 lbs. Open			
T (13-15)	E. Ouellet	380		
D. Mitchell	185	275 lbs.		
T (18-19)	Submaster			
N. Faucher	200	A. Bazinet	380	
Junior	308 lbs. Open			
O. Fontaine	275	M. Lapointe	440	
WOMEN	SQ	BP	DL	TOT
123 lbs. T (16-17)				
C. Jodoir	140	70	205	415
J. Ostiviy	110	60	200	370
132 lbs. (18-19)				
M. Anglade	125	90	225	440
Junior				
N. Cicerre	225	140	255	620
148 lbs. (16-17)				
Charbonneau	—	—	—	—
MEN 132 lbs. T (16-17)				
P. Lussier	—	—	—	—
M. Lepage	—	—	—	—
165 lbs. T (16-17)				
D. Lussier	—	—	—	—
B. Eshier	250	200	350	800
(18-19)				
M. Climon	250	240	385	875
Open				
C. Dallaire	540	320	615	1475
M (40-44)				
C. Dallaire	540	320	615	1475
181 lbs. Junior				
Y. Lamontagne	415	285	475	1175
Sub				

**USPF Alabama State BP**  
3 Feb 01 - Birmingham, AL

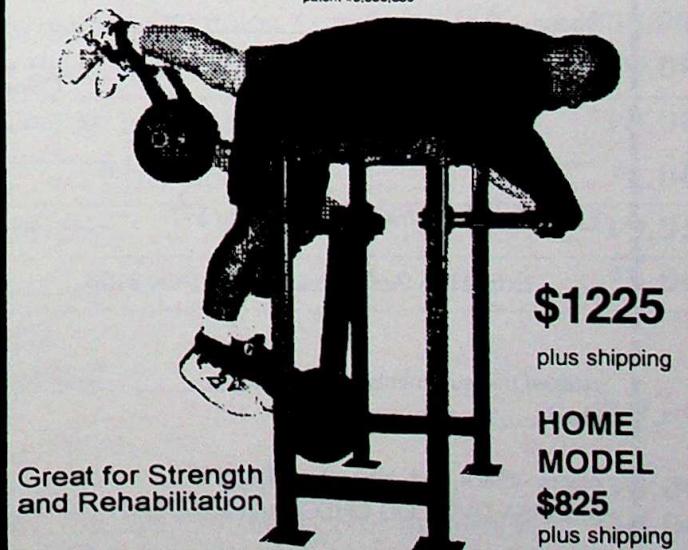
WOMEN	Whittington, B.	290
148 lbs.	308 lbs.	
Amos, D.	150	400
Teen SHW	Woodlee, D.	385
Gardiner, D.	385	Open 198 lbs.
Masters	Richardson, D.	375
Shoaf, I-58	300	220 lbs.
Gonnering, T.	390	Harrell, R.
Sullivan, T.	465	Geddis, H.
Sylvester, B.	370	465
Novice 165 lbs.	242 lbs.	Taunton, B.
Gibbs, J.	225	400
220 lbs.	220 lbs.	Burnett, J.
Woods, H.	385	410
242 lbs.	242 lbs.	Pelt, J.
		300
Sullivan, T.	465	

I-Overall trophy (five-foot two-handed broadsword). This was a fantastic turnout with regard to competitors and spectator numbers. I really want to thank Chris and Katherine Key for the use of their facilities, and Chad Lancaster, Glenn Bright, Trey Beasley, Blake Gettinger, Micheal Lombardo and the great Sandy Ellis for their inexhaustible help during the day's production of the meet. I also want to thank all our generous sponsors: Bill Cross at Fitness Express/American Bodybuilding Products, Chris Groom /Planet Smoothie, Jason at Total Health/Worldwide Nutrition, Mark Phillips with Inzer Advance Designs for their donations and time for the PKU Foundation. Without our fantastic sponsors, none of this would have been possible. The excitement and enthusiasm from spectator and competitor alike was unmatched at any contest around. The highlight of the whole contest was when Jim Shoaf, our masters winner gave up his master overall trophy to his successor, Thomas Gonnering, for bending twice his bodyweight in the meet. What a magnanimous offer! The meet went off without a hitch with all competitors prepared and committed to performing at the highest level possible. We are eagerly anticipating next year's championships. Thanks to PL USA for posting the contest and supporting our meet. Thank you for all your support and see ya April 21, '01 in Birmingham for the Alabama State and Southeastern Regional PL. (Results by Jeff Green MS, CSCS, CPFT, USPF Alabama St Chairman).

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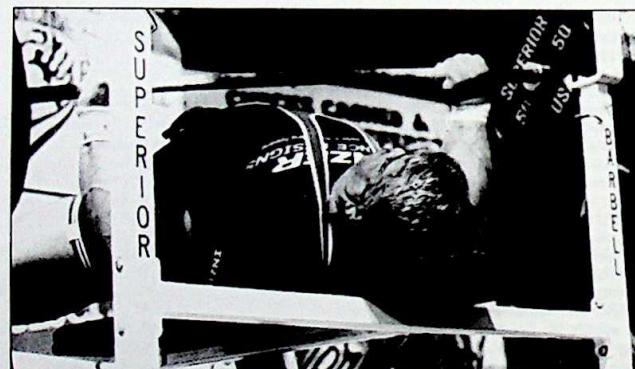
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**Ozark Open**  
9 Dec 00 - Beatonville, AR

	BENCH	D. Lee-33	370
WOMEN		220 lbs.	
181 lbs.	A. Keck-28	300	
J. Miller-34	90*	198 lbs.	
Teen 165 lbs.	J. Loudermilk-32	350	
B. Drain-14	165 Submasters		
181 lbs.	242 lbs.		
J. Biernacki-19	245 T. Ward-39	435	
Junior 148 lbs.	Masters (60-69)		
J. Cheshire-23	290 165 lbs.		
165 lbs.	H. Hager-67	170	
D. Woodring-20	275 198 lbs.		
T. Lindsey-20	240 T. Lewis-66	250	
198 lbs.	Masters (50-59)		
K. Disherpoon-23	325 242		
Open 132 lbs.	K. Counts-51	300	
D. Stidham-27	90! 198		
148 lbs.	Ken Jordan - 57	200	
D. Bishop-27	210 Masters (40-49)		
181 lbs.	319 lbs.		
WOMEN	E. Finnell-47	405	
132 lbs.			
T. Collins-34	205 105 285*	588	
P. Rasmussen-38	90 105	275	
Teen 198+ lbs.			
J. Norton-18	380 125 350	855	
242 lbs.	J. Anderson-56	500 0 0	500
Fitzsimmons-16	415 0 0	415	
	*-State Record, !-Special Olympics. (Thanks to Casey Fant for providing the results of this meet to Powerlifting USA).		

**USAPL Michiana Powerlifting**  
10 Feb 01 - Niles, MI

	Teen	SQ	BP	DL	TOT		A. Davis	410	280	455	1145				
R. Baikosi-17	340	190	335	865			M. Sanchez	505	315	505	1325				
165 lbs.	320	205	450	975			M. Merrick	275	205	350	830				
D. Smith-17	455	185	405	1045			D. Cornwell	255	185	350	750				
Junior 165 lbs.	190	90	250	530			R. Schuelke	270	180	300	715				
R. Skelton-21	146 lbs.	240	270	340	850		C. Fleming	250	165	300	715				
D. Stidham-27	148 lbs.	185	155	285	6251		D. Bates	235	160	305	700				
146 lbs.	165 lbs.	275	195	310	780		D. Hill	210	185	280	675				
M. Cothorn-27	181 lbs.	330	200	390	920		M. Winnell	185	165	240	590				
148 lbs.	M. Wilkins-25	185	155	285	6251		Open								
165 lbs.	B. Thomas-27	325	240	410	975		D. Nelson	515	290	510	1315				
181 lbs.	A. Perez-32	275	195	310	780		Master								
J. Miller-34	A. Hollinger-26	240	200	390	920		K. Mulholland	375	275	425	1075				
90*	E. Henry-24	500	230	450	1180		Teen								
198 lbs.	220 lbs.	500	230	450	1180		220 lbs.								
J. Loudermilk-32	S. Griggs-24	395	349	370	1105		J. Anderson	315	215	300	830				
350	J. Woods-34	235	250	385	8701		242 lbs.								
242 lbs.	D. Kenne-44	550	295	600	1445		B. Geibe	325	230	425	980				
242 lbs.	J. Shoup-20	530	290	560	1380		C. Clingenreel	290	200	400	890				
242 lbs.	242 lbs.	242 lbs.	242 lbs.	242 lbs.	242 lbs.		D. Stevens	235	220	285	740				
242 lbs.	W. Edwards-26	275	260	415	950		M. Ford	250	185	300	735				
242 lbs.	E. Watson-30	580	405	585	1570		S. Carnady	160	155	275	590				
242 lbs.	G. Powell-39	405	285	505	1195		T. Arterburn	580	440	580	1500*				
242 lbs.	318 lbs.	318 lbs.	318 lbs.	318 lbs.	318 lbs.		J. Alexander	230	200	350	780				
242 lbs.	H. Hager-67	170	650	460	600		Teen								
242 lbs.	S. Robbins-27	285	210	425	920		319 lbs.								
242 lbs.	Submasters 198 lbs.	280	200	335	815		J. Pletcher	425	260	415	1100				
242 lbs.	R. Woods-35	410	305	450	1165		T. Buttin	680	410	580	1670				
242 lbs.	242 lbs.	242 lbs.	242 lbs.	242 lbs.	242 lbs.		319+ lbs.								
242 lbs.	D. Kenne-44	550	295	600	1445		N. Berger	335	225	440	1000				
242 lbs.	G. McManus-44	385	250	405	1040		-All three lifts State records. SPECIAL AWARDS: Best Lifter Heavy: Travis Button. Best Lifter Light: Jeremy Welu, and Erica Schuelke. Best Lifter Overall: Travis Buttin, and Erica Schuelke. Best Squat: Travis Buttin, and Joleen Kelch. Best Bench Press: Tony Arterburn, and Erica Schuelke. Best Deadlift: Tony Arterburn, and Erica Schuelke. Best Teenager: Mike Sanchez, and Erica Schuelke. Best Master Lifter: Darryl Nelson. TEAMS: 1st Niles High, 28 pts. 2ndEdwardsburg, 27 pts. 3rd Watervliet, 26 pts. 4th Horlick, 23 pts. Outstanding Male Lifter: Travis Buttin. Outstanding Female Lifter: Erica Schuelke. (Thanks to USAPL for providing these contest results).								
242 lbs.	Master (40-49)	255	165	305	725										
242 lbs.	D. Lacey	245	180	285	710										
242 lbs.	J. Hartman	215	155	290	660										
242 lbs.	R. Lacey	250	225	135	610										
242 lbs.	A. Smith	205	155	225	585										
242 lbs.	J. Williams	370	310	395	1075										
242 lbs.	J. Yeats	340	230	450	1020										
242 lbs.	D. Teter	280	240	400	920										
242 lbs.	J. Mendenhal	250	200	365	815										
242 lbs.	B. Paturski	250	215	340	805										
242 lbs.	Z. Pegura	235	205	325	765										
242 lbs.	L. Smith	205	175	230	610										
242 lbs.	Junior														
242 lbs.	J. Welu	390	270	500	1160										

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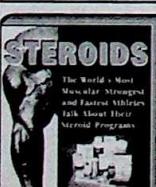
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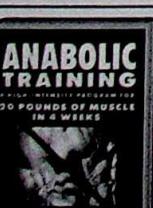
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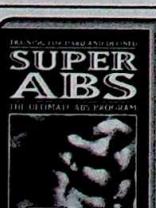
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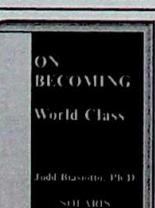
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**Best Lifters at the Last One BP/DL Classic (l-r): Doug Peterson (BP); Johnny Hill (DL).** (Photograph provided courtesy of Dr. Darrell Latch).

### The Last One! BP/DL 31 Dec 00 - Tuscola, IL

BENCH	Master (60-69)	
WOMEN	L. Drake	325*
Master (50-54)	181 lbs.	
L. Middleton	140	280*
Open	198 lbs.	
T. Mayer	125	J. Hill
MEN	220 lbs.	
Teen (16-17)	S. Zelmer	365*
148 lbs.	K. Waddle	205*
J. Sage	230*	242 lbs.
165 lbs.	D. Peterson	425
D. Peterson, Jr.	275*	M. Peterzak
181 lbs.	SHW	425
J. Mayer	205*	C. Lynch
198 lbs.	DEADLIFT	245*
N. Adams	350	Youth
220 lbs.	A. Munoz	135*
V. Munoz	300	Teen (18-19) 181 lbs.
Teen (18-19)	M. McKibben	460*
181 lbs.	J. Montoya	350*
J. Montoya	300	242 lbs.
M. McKibben	270*	J. Hisaw
242 lbs.	4th	400*
J. Hisaw	300	Master (40-49)
Submaster	D. Silver	525*
P. Minarick	195*	Master (60-69)
Master (40-49)	L. Drake	335*
M. Peterzak	425	198 lbs.
M. Wittler	335	J. Hill
D. Silver	290*	220 lbs.
	S. Zelmer	500*

\*=Personal record. Best Lifter BENCH: Doug Peterson. Best Lifter DEADLIFT: Johnny Hill. The Last One! Bench Press/Deadlift Classic was held again at Son Light Power Gym. Even with it being New Year's Eve we had a good turnout with thirty entries. Thanks to my son Joey, Jeff Welker and Linda Middleton for all their help. In the bench press competition Linda Middleton took the master women's 50-54 class with a strong 140, which she got on her second attempt. A final attempt with 150 failed to lockout. Ladie's open winner Tammy Mayer also had a good day, finishing with 125. Lifting in his first competition, John Sage set a personal record with 230, taking the teenage 16-17 age group at 148. Doug Peterson, Jr. won at 165 with a strong pr 275, this being his first competition also. Another first-timer, Joshua Mayer, won at 181 with a personal best 205. Nate Adams looked strong at 198, winning with an easy 350. Victor Munoz only got his opener of 300, but that was good enough for the win at 220. In the teenage 18-19 division, Jason Montoya won at 181 over Marcus McKibben 300 to 270. Marcus' lift was a personal best for him. Joe Hisaw won at 242 with a strong 300. Patrick Minarick got a personal best 195 for his submaster win. This was Pat's first competition. Mike Peterzak took the master men's 40-49 class, making just his opener with 425. Mark Wittler was second with 335, just missing a pr 350 on his final attempt. Darryl Silver got two new pr's with his last two attempts, finishing with 290 for third place. Larry Drake had a great day, for his first competition, finishing with a pr 310 third attempt, followed with a successful 325 fourth for the

win at master 60-69. In the open competition, Brian Moore finished with a pr 280 and the title at 181. Johnny Hill, nursing a shoulder injury, stopped with an easy opener of 225 for the win at 198. Steven Zelmer set a new personal record in his win at 220 with a strong 365 effort. Keith Waddle was second at 220 with a personal best 205. It was a close one at 242, with both Mike Peterzak and Doug Peterson finishing with 425. Doug came away the winner by weighing six pounds less than Mike. Carl Lynch finally got to use the 100's, as he finished with a pr 245 for the shw title. The best lifter award went to Doug Peterson. In the deadlift competition we had a great little lifter ten years of age, Alfonzo Munoz. In his first competition this kid lifted like a pro, getting all three of his attempts to finish with a personal best 135! Just think what he might be pulling in another

twenty years! In the teenage 18-19 division Marcus McKibben had a great day with his win at 181, pulling a pr 460 on his final attempt. All this at a bodyweight of only 169! Second place at 181 went to Jason Montoya who got a personal, best 350, also on his final attempt. This was Jason's first competition. Another first timer was Joe Hisaw, winner of the 242 class, who got all four of his attempts, finishing with a pr 400. Darryl Silver also had a great day of lifting, taking the 40-49 master's class with a pr 525, weighing in at 220. Larry Drake took his second master 60-69 title of the day with a great 335 @ 205 pull. Best lifter honors went to Johnny Hill who won at 198 open, pulling a strong 525 at a 185 bodyweight. It was great to have Johnny competing again. Our final competitor was Steven Zelmer, who took the title at 220. Steven continues to get stronger with each new competition, finishing here with his first 500 pull! Noticeably absent from the competition was last year's overall team champion, Wally Strosnider. (Wally was the only one on the team!) Missed you Wally and Nancy! (Thanks to Dr. Darrell Latch for providing the results of this competition to PL USA).

### APF/AAPF OK State 25 MAR 00 - Tulsa, OK (kg)

BENCH	C. Kinney	140
WOMEN	198 lbs.	
Submaster	Master	
165 lbs.	D. Steele	182.5
C. Crossland	105 242 lbs. Open	
SHW	J. Vanwinkle	240
Master	SHW	
M. Clonce	55 Master	
MEN	B. Potts	192.5
165 lbs. Open		
WOMEN	SQ BP DL TOT	
148 lbs.	K. Demarest	160 82.5 160 402.5
J. Kirin	107.5 47.5	122.5 277.5
181 lbs.	M. Carey	125 65 142.5 332.5
MEN Open 148 lbs.		
J. Stone	107.5 92.5	165 365
Master		

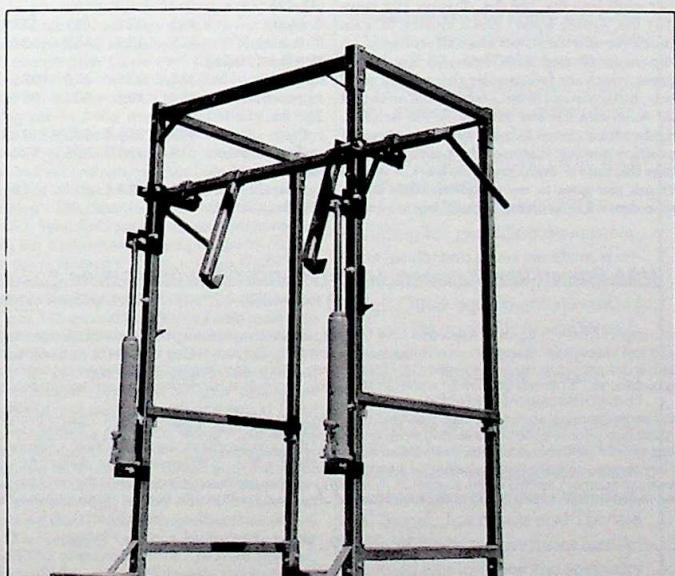
J. Johnson	137.5	80	160	377.5
165 lbs. Open	255	110	230	595
C. Wodraska	175	120	215	510
B. Martinez				
Master				
J. Jenkins	170	102.5	160	432.5
Teen (14-15)				
J. Lear	145	92.5	172.5	410
181 lbs. Open				
N. Digiocomo	237.5	172.5	227.5	637.5
S. Baker	265	170	220	655
Master-2				
L. Lynch	240	147.5	262.5	650
198 lbs. Open				
T. Keeler	257.5	147.5	255	660
R. Richardson	227.5	125	252.5	605
Master				
D. Steele	227.5	182.5	215	625
Open				
S. Vineyard	327.5	185	287.5	800
220 lbs. Open				
K. Foster	240	177.5	230	647.5
M. Bearden	265	142.5	240	647.5
Master				
C. Caputo	227.5	170.2	255	652.5
Open				
D. Whittle	287.5	225	295	807.5
J. Griggs	292.5	185	282.5	760
242 lbs. Open				
S. Rodenburg	292.5	182.5	272.5	747.5
S. Mathewson	275	185	230	690
K. Melton	207.5	145	227.5	580
J. Gorrell	350	210	282.5	842.5
J. Cox	272.5	157.5	267.5	697.5
308 lbs. Master				
C. Clonce	280	145	237.5	662.5
SHW Teen				
R. Rose	150	112.5	142.5	427.5
Open				
T. Guiney	265	177.5	282.5	725
Master				
B. Smith	255	152.5	220	627.5

(Thanks to Eddie Vaughn for the meet results)

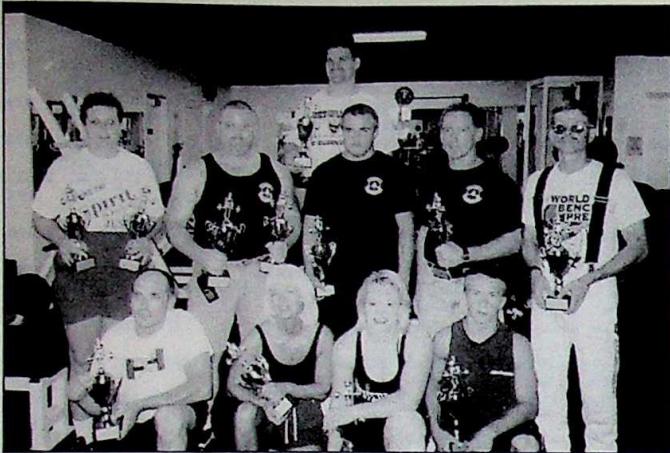
### Waymart In House Meet 14 Jan 01 - Waymart, PA

123 lbs.	SQ	BP	DL	TOT
Reeves!	285	180	330	795
Toro	245	190	310	745
132 lbs.				
Semidey	370	230	425	1025
Decker!	325	220	385	930
148 lbs.				
Gomez	500	285	515	1300
Weand	425	240	450	1115
Esgrol	365	245	400	1010
165 lbs.				
Peterson	500	315	520	1335
Vasquez	375	290	450	1115
Mineo!	385	240	420	1045
Tripodil	315	235	415	965
Hamilton	415	350	475	1240
4th				
181 lbs.				
Rivas	475	290	460	1225
Dale	425	315	—	—
198 lbs.				
James	625	370	580	1575
220 lbs.				
Fitten	570	400	600	1570
Thompson	500	355	500	1355
Dixon	500	350	500	1350
Hedglin!	450	270	510	1230
242 lbs.				
Shiffer!	630	430	680	1740
Eisenhour	555	400	575	1530
Pernsley	450	350	550	1350
275 lbs.				
Tenant	650	325	700	1675
Moore	440	295	540	1275
J. WARREN	400	335	540	1275

\*=New Waymart Record. !=Outside Community Lifter. BEST HEAVYWEIGHT LIFTER: Darryl "Hassan" James. BEST LIGHTWEIGHT LIFTER: Victor Gomez. ACTIVITIES MANAGER Jerry Matous and Activities Specialist Robert Pegula would like to thank the following people for their help in making this a big success. REFEREES: Mike Welcome, Scott Pentaglio, Claude Welcome & Dan Soliman. ANNOUNCER: Wilson Harvey, Jr. SPOTTERS/LOADERS: Frank "Cheech" Sanfilippo, John Dillabough, Angel Maldanado, Ralph Williams, Charles Broadnax & John J. Hunt. VIDEO Camera: Andres "Andy" Pabon & Jose Cruz. SCORE KEEPER: Hector Maldanado & John Donato. ROAD CREW: Nicholas "Big Duke" Duca, Mike Irish, Victor "Pop" Ferree. Thanks to all the lifters who participated. (Thanks to Robert Pegula for the meet results.)



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**The AAU Midwest Regional Champions:** Very rear: Darin Gilly; Rear row (l-r): Carolee Engel, Dave Fisher, Aaron King, Keven Hamman, Gary Landess; Front row (l-r): Karo Stiglar, Amber Nollen, Shane Olson. (Photograph provided courtesy of Roger Broeg to Powerlifting USA).

**AAU Planet Fitness  
Midwest Regionals  
2 SEP 00 - Burlington, IA**

	SQ	BP	DL	TOT
105 lbs. Raw Master (55-59)				
K. Stigler	—	80*	—	80*
Open 181 lbs.				
C. Engle	—	180*	305	485
198+ lbs. LM (40-44)				
K. Samberg	—	135	—	135
114 lbs. LT (16-17)				
S. Olson	225	120	240	585
132 lbs. Raw M(45-49)				
G. Landess	205	165	320	690
Equip. M (45-49)				
G. Landess	205	165	320	690
148 lbs. Equip. LM (40-44)				
R. Broeg	325	245	365	935
165 lbs. RAW Open				
D. Gilly	425	280	510	1215
RAW LM (40-44)				
K. Hamman	420*	275	510*	1205
181 lbs. Raw LT (16-17)				
A. King	320	245	370	935
Raw W Open				
C. Engle	135	180*	305	620
242 lbs. Raw L Sub M				
D. Fisher	405	135	515	1055
148+ lbs. Raw LW Open				
A. Nollen	—	160	300	460

\*—American Record. What the AAU Midwest Planet Fitness Regionals lacked in numbers it made up in quality of lifting, and good times. We had several American Records set. Begin-

ning with Karo (how does she look like that at 55!) Stigler. Karo weighed in at 98 lbs., and benched an awesome AR 80 lbs. Unfortunately 90 just wasn't there... but she sure gave it one heck of a ride. Next we had the amazing Carolee Engle in the 181s. Carolee opened with 170 to match the current 3 lift American Record in the RAW Women's open Powerlifting, and break the current single lift record in the Women's RAW open bench press. Carolee then went on to OWN both of these records with a very strong 180 lbs. press. Carolee attempted 190 but it was not to be... Carolee then went on to pull a single lift American Record 300 lbs. deadlift. Nice going Carolee! Kevin Hamman lifting in the Lifetime Raw Masters 40-44 165s did a nice 420 squat, very deep and very strong for an American Record there. Kevin went on to finish his day with an awesome 5 10 pull, which weighed out to be 515.5 lbs. Amber Nollen made a strong showing in the Lifetime Women's Open class. Amber went into the 148 lbs. division at a mere 141 lbs. Amber hadn't had a chance to train much for this meet, yet she still managed an American Record STRONG 160 lbs. bench press, which she followed by giving 180 a good ride, but it was not to be. Amber went on to pull an American Record 300 lbs. in the deadlift. Amber then gave 335 a big ride but got out of position and lost it around the knees. I want to take this time to thank my volunteers. A special Thank you goes to my daughter Misty Broeg who drove 6 hours from Topeka just to run the

computer for this meet. My wife Penny who kept track of the cards, Mike Deen, Dick Wyatt, and Doug Edwards who worked so hard as spotter/loaders for this meet. And, of course, Paul Armstrong and Holly Banks of Planet Fitness for sponsoring the event. (Thanks to Roger Broeg for providing these meet results).

**USAPL Maryland State  
2 DEC 00 - Edgemead, MD**

MEN	SQ	BP	DL	TOT	C. Erickson	462	319	517	1299	
132 lbs. Open					HWT					
J. Cooke	357.5	253	429	1040	J. Sampson	633	401.5	561	1596	
Guest Lifter 148 lbs.					165 lbs. Master (40-44)					
T. Pinkett	143	390.5	225.5	759	O. Singh	379.5	280.5	462	1123	
V. Aybar	407	281	462	1151	4th				286	
E. Holmes	600	335.5	677	1612	181 lbs. (55-59)					
O. Sing	379.5	280.5	462	1122	N. Singh	335.5	269.5	423.5	1029	
4th	286				198 lbs. (45-49)					
H. Kramer	176	236.5	225.5	638	W. Simmons	313.5	275	451	1040	
L. Bermudez	—	—	—	—	220 lbs. (40-44)					
181 lbs.					R. Pope	418	313.5	528	1260	
J. Russo	478.5	346.5	572	1392	242 lbs. (55-59)					
V. Dileonardi	462	319	456	1237	J. Payne	242	275	418	936	
M. Dileonardi	401.5	308	412.5	1123	WOMEN Open 105.5 lbs.					
B. Krawiec	407	275	434.5	1117	Ramiriz-Bernudz	187	82.5	214.5	484	
J. Moshman	341	258.5	462	1062	132 lbs.					
T. Reumont	484	368.5	522.5	1276	S. Allison	324.5	159.5	363	848	
T. Getsinger	429	401.5	528	1359	148 lbs.					
S. Edelen	500.5	324.5	500.5	1326	L. Highsmith	198	88	220	506	
T. Ruszala	633	418	633	1684	181 lbs.					
G. Neal	600	341	649	14590	M. McLean	253	1221	313.5	687.5	
W. Dougherty	511.5	374	561	1447	Master (40-44)					
L. Desi	429	368.5	500.5	1299	M. McLean	253	121	313.5	687.5	
R. Pope	418	313.5	528	1260	Best Lifters: Men Open - Eri Holmes; Women Open - Eve Allison; Junior Men - Thomas Ruszala; Men Master - Oswald Singh; Master Women - Margaret McLean. Team Champs - BILT. Thanks to many, especially Matt Holt, Chris Booke, Marsha Serre, Mike Uhlman, Dave Daniel, Rob Panizzi St, Bill Chase, Souixie and Kirk, the great refs, Mogie, Dennis R., Edgemead School, Mr. Van Hoy, My "munchkins", and all who helped, especially my mom and her food suppliers. (from USAPL)					
220 lbs.										
B. Weston	677	456.5	627	1777						
D. Cooper	544.5	379.5	710	1634						
4th										
M. Gary	572	346.5	600	1519						
G. Durham	434.5	319	539	1293						
A. Argentiere	137.5	203.5	225.5	566.5						
S. Vickery	—	—	—	—						
148 lbs. Junior (14-15)										
A. Buckingham	77	93.5	159.5	330						
165 lbs. (20-23)										
K. Haley	324.5	247.5	401.5	937.5						
181 lbs.										
D. Chesno	—	—	—	—						
(16-17)										
B. Holt	429	231	451	1112						
R. Panizari	319	159	352	831						
198 lbs. (20-23)										
K. Maday	335.5	231	418	985						
A. Jaworski	308	209	401.5	919						
220 lbs. (18-19)										
L. Desi	429	368.5	500.5	1299						
J. Fлемембаум	418	280.5	506	1211						
(20-23)										
T. Ruszala	633	418	633	1684						
275 lbs. (20-23)										

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

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

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High School			
Special Olympian	\$ _____		

**SLP Mason Dixon BP/DL**  
**10 Feb 01 - Paducah, KY**

BENCH	Master (50-54)
WOMEN	148 lbs.
Master (50-54)	G. Paff 200*
148 lbs.	4th 210*
G. Paff	70* Junior
4th	75* 123 lbs.
Open 97 lbs.	B. Book 260
W. Cross	85* Open 97 lbs. 220*
MEN	W. Cross
Police/Fire	MEN
198 lbs.	Teen (13-15)
B. McDonald	370* 105 lbs.
308 lbs.	B. Guffy 200*
B. McDonough	520* 148 lbs.
Open 198 lbs.	J. Barnes 335*
D. Nealy	550* 165 lbs.
B. Rose	405 B. Guffy 330*
4th	415 Teen (16-17)
K. Garrett	375 181 lbs.
220 lbs.	J. Robertson 320*
K. Waddle	250* 220 lbs.
P. Minarick	235 J. Cornwell 300*
242 lbs.	Teen (18-19)
S. Jones	385 198 lbs.
E. Cross	340 R. Gourdin 395*
275 lbs.	275 lbs.
J. Jesse	435 J. McCann 435*
308 lbs.	Master (40-44)
P. Stephenson	410* 148 lbs.
Teen (13-15)	H. Lee 320*
148 lbs.	4th 335*
J. Barnes	170* 198 lbs.
(16-17)	K. Adkins 365*
181 lbs.	4th 375*
J. Robertson	235* Master (45-49)
220 lbs.	242 lbs.
J. Cornwell	205* J. Thomas 405*
(18-19)	(50-54)
123 lbs.	275 lbs.
S. Ngo	195* B. Adams 440
198 lbs.	Open 181 lbs.
T. Williams	350* J. Sikes 375*
275 lbs.	198 lbs.
J. McCann	335* K. Garrett 640*
P. Paff	265 J. Greenwell 475
Junior	B. Rose 385
165 lbs.	220 lbs.
C. Whitaker	265* D. Anguish 665*
4th	280* Junior
181 lbs.	181 lbs.
D. Mascoe	355* D. Mascoe 425*
220 lbs.	220 lbs.
J. Velez	315* J. Gaddis 430*
Master (40-44)	Submaster
148 lbs.	148 lbs.
H. Lee	300* R. Guffy 325*
198 lbs.	4th 335*
K. McDonald	325* 220 lbs.
Master (45-49)	D. Anguish 665
198 lbs.	242 lbs.
W. Strosnider	360* E. Cross 450*
(50-54)	275 lbs.
275 lbs.	R. Richey 550*
B. Adams	410* Police/Fire
DEADLIFT	308 lbs.
WOMEN	B. McDonough 600*
-SLR Kentucky State Record, Best Lifter	
BENCH: Dewayne Nealy, Best Lifter DEADLIFT: Kenny Garrett. In the open division Dewayne Nealy set the state record with 550 @ 198 for the win there. Weighing in at 197, Dewayne came close with a pr 600 third attempt! Dewayne was awarded the best lifter trophy for the bench competition. Second place at 198 went to Brandon Rose, who finished with 405 before coming back on a fourth attempt with a personal best 415. Kenny Garrett was third with 375, a new personal mark for him. Keith Waddle established a new record with his win at 220, finishing with a pr 250. Second place at 220 was Keith's training partner Pat Minarick, who also ended with a pr at 235. Shawn Jones took the open 242 class with an easy 385 over Earl Cross, who finished with 340. Earl looked a little tired, having just competed in the NASA Raw Nationals the week before. Jack Jesse retained his title at 275 with a strong 435 showing. At 308 it was Pat Stephenson with a new Kentucky state record 410 for the win. In the teenage 13-15 division, Josh Barnes only got his opener of 170, but was good enough for the win and a new state record at 148. Lifting in the teenage 16-17 division, Justin Robertson got a new record at 181 with 235, just missing a pr third attempt with 250. Also at 16-17 was Jesse Cornwell who set a record at 220 with an easy 205. In the teenage 18-19 division we had four lifters and three new state records! Up first was Son Ngo, winner of the 123 class with 195. Terrance	



**Gayle Paff locks out PR & SLP Kentucky State record 210 at masters 50-54, 148 at the Mason-Dixon BP/DL (Photo by Dr. Darrell Latch).**

Williams took the 198 class with a strong 350. At 275 it was John McCann, finishing with 335 for the win. Second at 275 was P. J. Paff, who got a new personal record of 265. In the junior men's division Carlton Whitaker won at 165 with a SR 265 third attempt, followed by a strong 280 fourth. Davian Mascoe took the 181 class with another state record of 355, which was also a new pr for him. Our final junior competitor was Jesse Velez, who won at 220 with a Kentucky state record 315. At master 40-44 it was Haywood Lee for the win at 148 with a strong 300 for another state record. Kevin McDonald won at 198 with a new SR 325. In the master 45-49 division, 198 winner Wally Strosnider set the record there at 360. Looking strong, Wally! Butch Adams got a new personal best as well as a new Kentucky state record in the master 50-54, 275 class by locking out 410. Butch finally got that elusive 400 bench he had been shooting for the past two years! Congratulations, Butch! In the deadlift competition Gayle Paff finished her best day of lifting to date as she pulled her first 200 deadlift! But she wasn't done yet. With everything she had she went onto lockout a state record 210 fourth attempt to take the master 50-54, 148 class. Beth Book looked strong with her 260 second attempt but failed to lock out with a pr 275 for her third. Beth won the junior women's 123 class where she holds the record at 265. Wendy Cross got another state record with her 220 pull, winning again the 97 class in the open women's division. Brian Guffy won the teenage 13-15, 105 class with a state record 200. Not bad for his first time out. Also at 13-15 was 148 winner Josh Barnes who pulled his state record 335 on his final attempt. Our last 13-15 division lifter was Brandon Guffy, who took the 165 title with a strong 330; another state record! Justin Robertson and Jesse Cornwell won their respective classes at 16-17 in the deadlift, again setting new Kentucky state marks in the process. Justin won at 181 with 320 while Jesse Cornwell took the 220's with 300. At 18-19 Richard Gourdin won the 198's with a strong 395 SR while John McCann captured the 275 title with another state record at 435. Haywood Lee took his second master 40-44 title of the day with a 320 third attempt, followed with a SR 335 fourth attempt. Ken Adkins won at 198 with 365 and a 375 fourth attempt SR. John Thomas set the record at master 45-49, 242 with a strong 405. Butch Adams got his second title of the day with his 440 opener at master 50-54, 275. In the open division Jay Sikes captured the open 220's with a new state record of 375. Kenny Garrett blew away the open 198 class with his SR 640 opener. Kenny looked good for much more, but missed 680 twice up near lockout. Second place went to Joey Greenwell who finished with a personal best 475. Brandon Rose was third with 385. David Anguish, who always puts on quite a "show", pulled a strong 665 for the win at 220 open and submaster 220. I must apologize here to David, who came to me

to find out what it would take for best lifter, which I had figured would be 665. Well, my formula was missing so I kind of "guessed", but was wrong: it would have taken 680. Even though I awarded the best lifter trophy to David, it should have been awarded to Kenny Garrett. David was very gracious about it all, as was Kenny and so I corrected the mistake. (Maybe I can blame it on my son Joey, he was there, or better yet my wife Susie. Yea, that's work, it's not my fault, it's Susie's! There, I feel better.) In the junior men's division Darnion Mascoe got a new SR at 181 with 425. Thanks again to all the lifters and spectators who came to support this sport and especially my son Joey, Carl Lynch, Pat Stephenson and Kevin McDonald for their help loading and spotting. I want to again thank Butch Adams for all the hard work he has done in the past year to promote the sport of powerlifting in the Southern Illinois Kentucky area. I want to also commend David Anguish of Showtime's Gym for all the efforts he puts forth with his team; I'm sure they all appreciate it so much. Also to Leon Crowe and the other coaches at the Earle C. Clements Job Center in Morganfield, Kentucky for bringing their team and the work they are doing there. Last I would like to mention the great works Randy Richey and the Omega Force Christian Strength Team are doing for everyone whose lives they touch. You see, powerlifting is much more than just lifting heavy weights. But you all know that! (Thanks to Dr. Darrell Latch for providing the results).

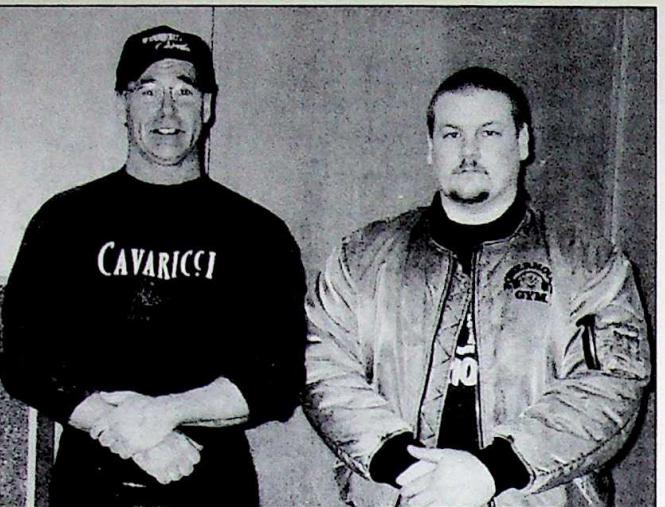
**USAPL Pennsylvania State  
24-25 Feb 01 - PA (kg)**

	WOMEN	SQ	BP	DL	TOT
97 lbs. Open	R. Snyder	67.5	57.5	85	210
123 lbs. Master	C. Winkelblech	82.5	37.5	130*	250*
132 lbs. Open	A. Dean	115	57.5	137.5	310
Collegiate	J. Kirker	97.5*	47.5	110*	255*
148 lbs. Collegiate	C. Rezk	82.5	42.5	105	230
Out of State	M. Lavin	97.5	60	117.5	275
The 2001 USAPL PA State Championships - Feb. 24-25th					
The Penn State Powerlifting Club sponsored the event right on the campus of Penn State University. It was great 2-day where many records were broke and it also marked the day lifting came back in Pennsylvania.					
I would like to thank PSU Powerlifting for providing equipment, the facility and some excellent spotters and loaders. They were amazing!! Other equipment sponsors I would like to thank Al and Brenda Siegel from Siegel Engraving, Claude Welcome coach of Abington Height Powerlifting and Frank Panaro who helped me out with warm-up racks. I would also like to thank the judges who came out to judge this contest Fred Glass, Al Siegel, Joe Nealis and Theresa Neals. Your support was terrific! I would like to thank the sponsors Crain's Muscle World Ltd., Quest Nutrition, Max Supplements and House of Pain Iron-Wear. I would also like to congratulate and thank all the lifters, who if it weren't for your hard work this contest wouldn't have ever been as successful as it was.					
Steve Mann					
USAPL PA State Chair					
198 lbs. Collegiate	C. Fleming	90	40	102.5	232.5
MEN 123 lbs. Open	S. Snyder	—	—	—	—
148 lbs. Open Teen	L. Mangino	—	—	—	—
Out of State	A. Critelli	—	—	—	—
165 lbs. Open	M. Cagliola	242.5	165	215	622.5
Master	J. Haines	175	147.5	227	549.5
Collegiate	K. Haley	147.5	120	197.5	465
Out of State	H. Kramer	157.5	100	182.5	440
W. Eichhorn	100	97.5	157.5	355	
181 lbs. Open	A. Halko	220	167.5	265*	652.5*
Collegiate	N. Piazza	227.5	150	240	617.5
Open	T. Wagerle	220	152.5	235	607.5
Master	D. Pride	217.5	120	227.5	565
Teen	S. Biro	237.5	142.5	182.5	562.5
Open	T. Hess	182.5	125	255	562.5
Collegiate	J. Moshman	165	115	227.5	507.5
Out of State	C. Mayorga	117.5	125	152.5	395
198 lbs. Open	M. Mastrean	342.5	215	295	852.5
Master/Open	A. Poulich	280*	210*	282.5	772.5*
Master/Open	R. Jennes	270	190	265	725
Open	B. Brown	250	170	245	665
Out of State	T. Whitton	252.5	165	240	657.5
Open	M. Malozi	250	145	227.5	622.5
Out of State	J. Lombardo	187.5	157.5	215	560
Teen	J. Kerr Jr.	195	137.5	212.5	545
Open	M. Yanocha	215	125	202.5	542.5
Collegiate	M. Berger	175	140	195	510
Master	B. Krawier	190	120	200	510
Teen	J. Nealis	25	155	180	215
Open	C. Wargo	—	—	—	—
220 lbs. Open	D. Teets	317.5	192.5	285	795
Out of State	N. Williams	247.5	210	287.5	745
Collegiate	M. Shirey	277.5	160	287.5	725
Open	L. Cohen	260	185	260	705
Out of State	D. Bellomo	250	197.5	247.5	695
Open	S. Pyle	230	172.5	282.5	685
Out of State	T. Mankamer	277.5	145	252.5	675
Open	P. Hakola	255	160	250	665
Collegiate	K. Hanson	212.5	162.5	200	575
Master	M. Mullen	200	165	205	557
Out of State	R. Hedic	200	170	182	552
Collegiate	K. Maday	165	115	210	490
Out of State	S. Glover Sr.	192.5	122.5	175	490
Open	M. Walter	165	125	180	470
242 lbs. Open	P. Johnson	320	232.5	282.5	835
Out of State	J. McKenzie	265	192.5	277.5	735
Open	T. Skelly	227.5	172.5	240	640
Out of State	J. Gardner	237.5	160	227.5	625
Out of State	T. Cille	207	137.5	237.5	582
Open	S. Jan Jr.	215	125	220	560
275 lbs. Open	W. Droeffer	320	240	302.5	862.5
Out of State	M. Giffin	297	252.5	272.5	822
Out of State	D. Schneider	305	182.5	300	787.5
Collegiate	C. Rideout	262.5	157.5	292.5	712.5
Open	R. Scandie	250	195	250	695
SHW Open	S. Glover Jr.	230	160	187.5	577.5
Out of State	D. Huislander	327.5*255	322.5	905	
Out of State	D. Gratton	335	235	265	835
Out of State	M. D'Amore	265	190	240	695

\*Records. (Thanks to USAPL for the results).

**SLP Maroscher/Carnaghi IL Open**  
27 Jan 01 - Park Forest, IL

<b>BENCH</b>		181 lbs.
<b>MEN</b>	T. Gentry	365
Teen (13-15)	198 lbs.	
165 lbs.	C. Hansen	440
M. Collins	245*	220 lbs.
Submaster	A. Barnhart	425*
165 lbs.	G. Walsh	315
W. Phillips	390*	R. Pasquini
220 lbs.	242 lbs.	230
M. Debenedetti	390	P. Thomason
308 lbs.	275 lbs.	
G. Presley	385*	R. Martens
Master (40-44)	DEADLIFT	515*
198 lbs.	MEN	
A. Kennedy	350*	Teen (16-17)
220 lbs.	165 lbs.	
P. Diercks	365	R. Booker
242 lbs.	220 lbs.	400*
T. Widner	405*	A. Epps
Master (45-49)	SHW	400*
220 lbs.	J. Jackson	445*
M. Byrnes	335*	4th
275 lbs.	Submaster	475*
B. Blackmon	380*	220 lbs.
Master (50-54)	M. Debenedetti	500
220 lbs.	Master (45-49)	
H. Collins	435*	198 lbs.
S. Mahalik	225	J. Metzger
Police/Fire	530*	
198 lbs.	220 lbs.	
B. Ferro	580*	
A. Kennedy	350*	Master (50-54)
220 lbs.	S. Mahalik	520*
T. Harrison	410*	242 lbs.
Open 148 lbs.	C. Kuester	500*
O. Anderson	200*	Open 220 lbs.
165 lbs.	R. Pasquini	380
N. Deluise	340*	275 lbs.
K. Brown	275	P. Kletz
*Illinois State Record. Team Champions: The Gladiators. Best Lifters: (BP) Rick Martens, (DL) Bernie Ferro. The first annual Maroscher/Carnaghi Illinois Open Bench Press/Deadlift Championships was held at Rich East High School in Park Forest, Illinois. Eric Maroscher and Tom Carnaghi, both ANPPC and APF national and world powerlifting champions, did a great job organizing this event, with a great platform setup, large warm-up room and ample seating for all the spectators. Sponsored by Sun Light Power we saw a number of new Illinois state records set in both events. In the BENCH PRESS competition, lone teenager Marell Collins got a new personal and Illinois state record with his win at 165. The fifteen year old finished with 245, just missing his final attempt with 250 due to a little dipping motion of the bar on the way up. In the Submaster division, Wade Phillips finished with a 390 state record at 165, missing only his final attempt with a pr 400. Mario Debenedetti missed 390 on his second attempt, but came back on his third to get that same 390 for the win at 220. Our last competitor in the submaster division was 308 winner Gerry Presley. Gerry was only able to get his opener of 385, but that was still good enough for a new state record here. Moving to the master's division, it was Al Kennedy for the victory at 198 in the 40-44 class. Al missed his opener of 350, but came back strong for his second attempt with a successful lift. Al also competed and won the police & fire 198 class, setting new records in both divisions. At 220 it was Pat Diercks, who was lifting in his first competition. Pat lifted well, getting all three of his attempts to finish with a strong 365. Tim Widner moved up to the 242 class to post his second Illinois state record (Tim also holds the record at 220, finishing here with 405. In the 45-49 division Michael Byrnes got a state record 335 with his win at 220. Barry Blackmon set the state record at 275 with 380. Barry had some problems with uneven extension on his opener, but came back strong on his second attempt for that weight. At 50-54 it was Henry Collins with a strong 435 for the win at 220. Another state record! It's great to see Hank looking strong and healthy again, after having hip replacement surgery less than two years ago. Second place at 220 went to Dr. Steven Mahalik, who finished with just his opener of 225. Also in the police & fire division was Tommy Harrison who took the 220 class with a great new state record of 410. In the open division Otis Anderson took the 148 class with 200. "Baby Oil" was a good-hearted competitor who gave me plenty of reasons to pick on him, even when he wasn't lifting. Nick Deluise took the open 165 class with a strong 340 third attempt. Both Otis and Nick set new state records in their respective classes. Kenneth Brown placed second in the 165 class on the strength of his 275 second attempt. Tommie Gentry only got his opener of 365 in, missing 405 twice, for the win at 181. Craig Hansen looked strong in his win at 198, getting and easy 440 on his second attempt. Craig then called for a state record 455, coming up just short of lockout. Taking the 220 class was Aaron Barnhart with a strong 425 showing. This gave Aaron a new state record in his first competition. Second place at 220 went to George Walsh who finished with his opener of 315. This was George's first competition also. Another first-timer, Rick Pasquini, got all three of his attempt to finish with 230 for third place. At 242 Phil Thomason failed to get his opener of 450, as well as his final two attempts with 475. I always hate to see a great lifter bomb out, but he'll be back! Our last lifter in the bench competition also had the biggest lift of the meet with a great 515. Rick Martens got his first 500 bench on his second attempt before upping that to a pr 515 for his final attempt. Rick also earned best lifter honors for the competition. Congratulations Rick! In the DEADLIFT competition we had three tough teenagers from Rich East's sister school, Rich Central High School. Up first was the 165 winner Roosevelt Booker who finished with a great 400 pull. At 220 it was sixteen year old Andre Epps who also pulled 400. Our third teenage competitor was Joe Jackson, who just ripped up a 445 third attempt, followed by a 475 fourth. This kid was big, at least 6'5", weighing in at 339. How'd you like to feed that young fell'er! All three of these youngsters		



*At the Illinois Open BP/DL, the Best Lifters (l-r) are Bernie Ferro (DL) and Rick Martens (BP). (Photograph provided by Dr. Darrell Latch).*

were lifting in their first competition with all setting new state records in the process. Taking the Submaster 220 class was Mario Debenedetti with a solid 500 pull. This was Mario's second title of the day. Jim Metzger left with a new state record, a new personal record, the title at master 44-49 and no trophy. (I ran short of first place trophies!) Jim got a strong 530 with perfect form for the win. Another of my buddies who I had to steal a trophy from was Bernie Ferro. Bernie is a great guy (well, just so-so) but an even greater bodybuilder and powerlifter. Bernie is an inspiration to many people (he made me say that or I couldn't use his trophy) with numerous national and world titles to his credit. Enough of that, I'm beginning to sound like the president of the Bernie Ferro's fan club. Bernie won the title at 220, posting a new state record with 580 and winning the best lifter award in the process. We had two more records set in the master division, this time at 50-54. First up was Dr. Steven Mahalik who captured the 220 title with a personal best 520. This fifty-two year old just started competing a few months ago, pull lifter to me! (Well, Pete is a 600 bench'er). Hey, thanks to all the Maroscher/Carnaghi team members who helped judge, spot and load, as well as the members of the Park Forest Police Department who helped out. Thanks to my son Joey and to Tom Carnaghi, Eric Maroscher and to Rich East High School who allowed us to hold the meet there. See you all back here in July for the ANPPC World Cup! (Thanks to Dr. Darrell Latch for providing the results of this meet to Powerlifting USA).

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## Rock Hard Gym BP/DL 9 DEC 00 - Council Bluff, OK

<b>BENCH</b>	T. Jackson	260
<b>WOMEN</b>	220 lbs.	
Junior	J. Jackson	560
123 lbs.	275 lbs.	
C. McKeever	100	M. Hanby
Open 181 lbs.	Master (40-46)	
C. Crossland	250	198 lbs.
Submaster		B. Bersche
181 lbs.		220 lbs.
T. Frizzell	186	B. Whited
<b>MEN</b>	Master (61-67)	
Teen (13-15)	275 lbs.	
123 lbs.	J. Schulz	280
C. Pinson	130	Law/Fire
148 lbs.	Submaster	165 lbs.
T. Amason	155	B. Lee
220 lbs.	DEADLIFT	
J. Quickle	215	WOMEN
(16-19)	Junior 123 lbs.	
132 lbs.	C. McKeever	250
J. Forehand	275	Open 123 lbs.
148 lbs.	C. McKeever	250
K. Hamby	230	181 lbs.
165 lbs.	C. Crossland	340
A. Bongiovanni	300	MEN
198 lbs.	Teen (13-15)	
M. McLaughlin	325	123 lbs.
E. Valdovinos	265	C. Pinson
Junior	Teen (16-19)	210
165 lbs.	165 lbs.	
J. Carter	350	A. Bongiovanni 405
M. Bivin	240	198 lbs.
181 lbs.	M. McLaughlin	405
R. McKeever	355	Junior
242 lbs.	242 lbs.	
R. Myers	500	R. Myers 550
275 lbs.	Open 220 lbs.	
T. Sisson	500	C. Bogart 620
C. Stevenson	255	Submaster
SHW	460	148 lbs.
R. Colson	220 lbs.	T. Jackson 450
Open 132 lbs.	220 lbs.	
J. Forehand	275	J. Jackson 560
198 lbs.	275 lbs.	
W. Thacker	405	M. Hamby 550
C. Bogart	440	Master (47-53)
K. West	450	198 lbs.
SHW	450	T. Barth 410
T. Dodd	420	Pre-Teen
Submaster	70 lbs.	
148 lbs.	W. Jackson-B 150	

This meet was one of the most enjoyable competitions I have seen in the last few years. The camaraderie was excellent. Oklahoma now has two new 500 lbs. benchers in Ryan Myers and Todd Sisson. I have always said and still believe our great state has the finest drug-free benchers going today. I would like to thank Richard and Carie McKeever for their great support over the years. (Thanks to Kim Brownfield for providing results of this meet).



**At the Holiday Invitational Meet, Mike Hill ... WV Powerlifters Hall of Fame inductee; 1930 total @ 220 lb. class, Elite +. (Photo provided courtesy of Ken Samples).**

### Holiday Invitational Bench 16 Dec 00 - Bluefield, WV

Open 275 lbs.  
165 lbs. C. Hornsby 360  
D. Williams 275 High School  
K. Samples 245 242 lbs.  
181 lbs. S. Knighton 325  
D. Robbins, Jr. 555\* Master (40-49)  
C. Helton 275 D. Callahan 450  
D. Robbins, Sr. 245 G. Hale 385  
198 lbs.  
B. Bostic 265 165 lbs.  
220 lbs. K. Samples 245\*  
M. Horton 370 181 lbs.  
J. Gibson 255 D. Robbins, Sr. 245  
242 lbs. 198 lbs.  
D. Callahan 450 B. Bostic 265  
G. Hale 385 220 lbs.  
S. Knighton 325 J. Gibson 255  
Outstanding Lifter OPEN: Donald Robbins, Jr. of Bluefield, WV, benching triple-bodyweight @ 181! - All-Time WV State Bench Press Record. Guest Lifters: Chad Miller and Lee Angle both @ 242. This meet was held at the Greater Bluefield Community Center. HIGHLIGHTS & CONTEST REPORT: The 2000 HOLIDAY INVITATIONAL BENCH PRESS CHAMPIONSHIPS was a great success with 14 lifters chosen to exhibit their talents witnessed by an enthusiastic group of spectators within the greatest of facilities! The following represents the detailed recording of the lifting events of today as another chapter in the book of West Virginia Bench Press and Powerlifting history. THE WEST VIRGINIA POWERLIFTER'S HALL OF FAME recognized the first inductees on September 9th, 2000 @ the APF WV POWERLIFTING CHAMPIONSHIPS held in South Charleston, WV. The athletes chosen must have achieved an Elite Total or an unrivaled feat in the history of West Virginia Powerlifting. (In the case of DONALD ROBBINS, a triple-bodyweight Bench Press). The CEREMONIES for the First Inductees to the WEST VIRGINIA POWERLIFTING HALL OF FAME that immediately followed the lifting of today (12/10/00) included the addition of MIKE HILL of Charleston, West Virginia. Mike has the highest Total on record for any West Virginian in the 220 lb. class 1930 which exceeds ELITE standards by a sizeable poundage margin! Congratulations to Mike Hill as this is an honor that will be ever present with the achievements that have been and are yet to come! For today's lifting ...DONALD ROBBINS (bwt, 181) went 2 for 3 on the Bench Press with an easy 1st attempt of 525, a PR and WV All-Time Record of 555 on the 2nd, then another PR Record 3rd and final of 560 that stopped just a couple of inches short! Again, Donald BP'd 3 x bdywt; 2001 Arnold Classic far DONALD! There is an old saying that records are made to be broken and there were 4 (four) All-Time WV Bench Press Records

broken here in Bluefield, WV today. KEN SAMPLES of Charleston Benched 245 for a new record @ 165 in the 60-64 age group. SHAWN KNIGHTON BP'd a 325 for a new record @ 242 in the 16-17 age group, DAVID CALLAHAN of Wilco BP'd a new WV record @ 242 in the 45-49 age group with a lift of 450, and DONALD ROBBINS Benched a new PR @ 555 in the 181 lbs. class. What we have in Bluefield is a haven for those who are over 60 and want to stay fit on the Bench. DONALD ROBBINS, SR., at the age of 67, lifted 245 for another first place @ 181 along with 165's KEN SAMPLES (age 60) also was a winner. Bluefield Virginian BILL BOSTIC (age 62) won the Master's @ 198 with a lift of 265. Finally, 205 pounder JOE GIBSON of Pocahontas, Va. Benched 255 for a win in the Master's Division @ 220 at the age of 62. A salute to the men over 60! On 12/28/00, 12 days following the meet, I received the following letter: Paul, I wanted to say thanks for the well organized, well run, professional, quality meet recently in Bluefield. Everyone was very cordial and a lot of good heavy lifting was exhibited. The facility was very professional, clean and organized. I enjoyed the family atmosphere as well as the lifters encouraging each other. Here are some photographs and I also included the negatives; Donnie Robbins ... what an individual effort, all the spotters, Mike, helping to spot and the judges: fair and also strict in their judgements. Good lifters in all ages from high school to over 60 Seniors. Thanks Paul, "Keep up the good work". Keep the faith and good lifting Signed: Ken Samples, Charleston, WV. Many thanks to George Simons and the staff of the Greater Bluefield Community Center. We also thank T&N Trophies for their support and sponsorship. Special thanks to John Phillips, Chad Miller, and Guy Greene. We look forward to seeing all of you back in May at the Mountain Festival event. (Results provided by J. Paul Sutphin, WV Powerlifting Chairman).

**"The FIRST ever Women's Strength & Fitness Challenge (tm) .... The 24 Hour Fitness (R) Beauty & the Beast 2001 is introducing the first Women's Strength & Fitness Challenge (tm) in addition to the World Strongman Challenge. The Women's Strength & Fitness Challenge (tm) takes the place of the bikini fitness challenge of the past three years. The Women's Strength & Fitness Challenge (tm) will exemplify the beauty of strong and fit women. This challenge will incorporate classic strength athletic events (such as farmers carry, conan wheel and dead lift) and a boot camp type rigorous obstacle course that tests optimal strength, conditioning and agility. The 24 Hour Fitness (R) Beauty & the Beast will be held on June 2 at Andrew's Amphitheater at University of Hawaii Manoa Campus and will feature some of the strongest men in the World, as well. The Women's Strength & Fitness Challenge being a NEW sport, will attract female athletes who will see this challenge as a unique test of their abilities. The competitors will come from various sports and backgrounds including strength athletics (such as powerlifting, bodybuilding and weight-lifting), fitness, track & field, and highland games, as well as the average GI Jane who wants a good physical challenge. The overall winner of this challenge will have exhibited not only strength, but a high level of conditioning, speed and agility, and will win cash and prizes totaling in excess of \$3,000.00. The size or cosmetic beauty of the competitors will not have a bearing on the outcome, the obstacle course is the size EQUALIZER. More details will be available at [www.samson-power.com](http://www.samson-power.com) The World Strongman Challenge itself will pit 24 of the strongest men in the world against each other in an eight event battle, and it will be aired in prime time on EuroSport in 52 countries on June 22nd. (POWER HOTLINE 3/15/01)**

### USAPL Bill Beckwith's BP/DL & Qualifier 10 Feb 01 - Wayland, MI

	WOMEN	SQ	BP	DL	Total
105 lbs. T-2	J. Kohler	90	75*	185	350
114 lbs. SM	C. Keenan	—	105*	230*	335
M-10	A. Kowalski	—	35*	55	90*
123 lbs. M-10	J. Merrell	—	50*	100	150*
132 lbs. T-3	F. Gross	—	170*	320	490*
M-1	M. Crawford	—	120*	255*	375*
148 lbs. Open	D. Steele	—	175*	300	475*
165 lbs. M-2	D. Cairns	—	65*	135	200*
198 lbs. M-6	A. Collins	—	80*	175	255*
123 lbs. T-2	S. Swagerty	—	135*	—	—
MEN					
132 lbs. T-1	T. Kibler	270	140	345	755
M-1	G. Rorex	—	—	520*	—
148 lbs. S/M	T. Geyer	—	330*	440	770*
165 lbs. T-1	J. Hoffman	—	220*	335*	555*
148 lbs. T-2	C. Perdaris	—	210	390	600*
M-9 Open	R. Merrell	—	65*	155	220*
M-3	J. Loftus	—	345*	—	—
P/F T-3	J. Barrett	—	235*	—	—
165 lbs. Open	D. Pierce	—	315	405	720*
B. Gallagher	—	230	400	630*	
D. Harrless	—	300*	410	710*	
T-1	R. Meninga	410	225	415	640*
M-2	S. Bartholomew	—	195	315	510*
M-5	D. Steele	—	125	270	395*
181 lbs. M-7	B. Creech	—	110	240	350*
165 lbs. SM	L. Sanchez	—	—	500*	—
R. Boogaard	—	—	—	—	—

JR	J. Kingley	—	—	315*	—	B. Widdows	290*	420*	710*	
	Qualifier	BP	DL	TOT		C. Cadotto	445	685	1130*	
Open						R. Lipinski	365	545	910*	
165 lbs.	J. Smith	315*	—	—		J. Gibson	285	485	770*	
S/M Open	T. Benton	305*	—	—		E. Reid	275	440	715*	
M-1	E. Bargar	340	—	—		J. Johnston	335	425	760*	
M-2	E. Clup	275*	—	—		S/M				
181 lbs. S/M	B. Daig	305	500	805*		T. Miller	360	510	870*	
Open	V. Mahaffey	390*	—	—		M-4				
	M. Coleman	440*	—	—		M. King	270*	450*	—	
	S/M					Open				
	F. Storgs	325*	—	—		E. Moreno	405*			
	M. Bergsma	280*	—	—		M-1				
	C. Brocco	310*	500*	810*		M. Mellinger	380*			
	Open M-1					M-3				
	J. Marentelle	375*	605*	980*		B. Keller	340*			
	B. Fabinano	385*	520	905*		M-8				
JR	J. Decker	370	605	975*		L. Coon	200*			
	Open					Open				
	R. Rynbrandt	265	400	665*		M. Lawrence	—	565*		
M-1						242 lbs. M-3 PF				
	M. Lindsey	310	435	745*		G. Washington	340*			
M-6	R. Ringewold	215	480	695*		J. Stearns	450*			
	Open 198 lbs.					M-1				
	C. Marlow	345	440	785*		R. Strong	330*	600*	930*	
	J. Soule	430	580	1010*		M. Maresh	385*			
	D. Bolton	350	605	955*		B. McIntyre	465	600	1065*	
M-1						M-3				
	J. Perdaris	260	315	575*		S. Cole	325	510	835*	
M-2						Open				
	T. Keller	240*	365*	605*		W. Bahna	475	530	1005*	
M-3						J. Wagner	325	520	845*	
	W. Blyly	405*	—	—		275 lbs. Open				
	D. Hankins	380*	—	—		C. Horton	375	600*	975*	
	B. Whalley	305*	—	—		S. Shafley	350	535	885*	
	M. Poirier	335*	—	—		K. Miller	435	620	1055*	
	S/M					M-1				
	J. Hemenway	305*	—	—		B. Martin	525			
M-1						M-5				
	D. Horen	300*	—	—		R. Soffredine	275*			
M-2	R. Hemenway	315*	—	—		M-2 Open				
M-5						T. Knatian	350*			
	J. Hemenway	319 lbs. Open				319 lbs. Open				
						V. DeFonzo	380*			
						M-1				
						B. Edwards	500*			
						M-3 Open				
						G. Krueger	375*	500*	875*	
						JR	SQ	BP	DL	
						J. Bainbridge	385	590	450	1425
						M-4				
						R. VanEck	250*	275*	525*	670

(Thanks to USAPL for providing these results).

Battle of the Benches I		
20 JAN 01 - Elizabeth City, NC	A. Brooks	165
OVERALL	(14-15)	
MEN	97 lbs.	
114 lbs.	97 lbs.	75
K. Holroyd	115 R. Lang	75
A. Adams	95 114 lbs.	95
R. Lang	75 A. Adams	95
J. Roldan	70 148 lbs.	
I. Wallace	70 M. Franklin	160
J. Reeves	60 165 lbs.	195
123 lbs.	C. Ballance	195
M. Smith	70 181 lbs.	205
132 lbs.	D. Williams	200
B. Thomas	100 J. Riddick	200
J. Goodman	75 220 lbs.	
148 lbs.	J. Pierce	275
M. Franklin	160 319 lbs.	275
165 lbs.	T. Gibson	200
C. Baggett	340* (16-17)	
B. Zak	240 181 lbs.	
J. Moore	230 J. Lee	225
C. Balance	195 J. Weeks	200
181 lbs.	319 lbs.	
L. Lamb	315 W. Riddick	385
M. Thomas	300 J. Pendleton	320
J. Sanders III	295 (18-19)	
R. Young	250 220 lbs.	
J. Lee	225 A. Bailey	380
D. Williams	205 242 lbs.	340
J. Riddick	200 T. Bunch	
J. Weeks	200 A. Williams	—
A. Felton	175 319 lbs.	
198 lbs.	J. Ford	380
W. Crawford	380 R. Spencer	375
K. Turner	355 (20-23)	
H. Williams	350 181 lbs.	
A. Cabarrus	330 L. Lamb	315
J. Jones	215 198 lbs.	
220 lbs.	K. Turner	355
S. Freeman	385 Open	
A. Bailey	380 165 lbs.	
D. Young	380 J. Moore	230
V. Armstrong	350 181 lbs.	
M. Leibacher	305 M. Thomas	300
J. Pierce	75 198 lbs.	
T. Bell	240 W. Crawford	380
S. Young	175 A. Cabarrus	330
A. Brooks	165 J. Jones	255
242 lbs.	242 lbs.	
A. Proctor	465 A. Proctor	465
K. Mallory	390 K. Mallory	390
T. Bunch	340 K. Howell	270
K. Williams	270 275 lbs.	
W. Bully	185 J. Myles	375
A. Williams	— SHW	
275 lbs.	M. Dixon	540
C. Elliott	500 Road Block	405
J. Myles	375 Novice	
B. Mitchell	80 242 lbs.	
319 lbs.	W. Bully	185
E. James	420 Master (35-39)	
W. Riddick	385 181 lbs.	
J. Ford	380 R. Young	250
R. Spencer	375 220 lbs.	
J. Pendleton	320 S. Freeman	385
T. Gibson	200 V. Armstrong	350
SHW	242 lbs.	
M. Dixon	540* A. Proctor	465
Road Block	405 Master (40-44)	
M. Ange	385 165 lbs.	
WOMEN	C. Baggett	340
114 lbs.	J. Moore	230
J. Burkett-45	95* 198 lbs.	
132 lbs.	H. Willias	350
A. Stallings-12	85 220 lbs.	
S. Glasper-16	70 D. Young	380
148 lbs.	T. Bell	240
L. Bauer-35	155* Master (45-49)	
J. Zak-24	135 220 lbs.	
R. Stafolli-12	115 M. Leibacher	305
165 lbs.	319 lbs.	
S. Williams-12	100 E. James	420
L. Glass-14	105 Master (55-59)	
D. Luff-12	90 181 lbs.	
SHW	J. Sanders III	295
E. Owens-14	165* Police/Fire	
RAW MEN	242 lbs.	
Teen (8-9)	A. Proctor	465
J. Reeves (12-13)	60 Special	
J. Roland	Olympian	
I. Wallace	70 275 lbs.	80
114 lbs.	J. B. Mitchell	
K. Holroyd	125 Assisted	
123 lbs.	Open	
M. Smith	242 lbs.	
132 lbs.	C. Elliott	
B. Thomas	319 lbs.	
J. Goodman	100 M. Dixon	540
220 lbs.	75 M. Ange	385
S. Young	175 Master (40-44)	
165		
175 C. Baggett	340	

m denotes Meet record. On January 20th sixty five lifters descended upon Pasquotank High School to compete in the Battle of the Benches. It's always fun arriving at a meet, as we see so many familiar faces that have competed with us for the last four years, and, of course, we always see a lot of new faces, including a team for Elizabeth City State University. We were very fortunate to have Ricky Young, Jennifer Zak, Victor Armstrong, Tom Holroyd, Josh Tiller, Carol Elliott, and Dave Balduff judging. Our meet director was Paul Bossi who by the way holds more meets than anyone in NC (BY FAR), and does a great job of cultivating fresh young talent each year. Our table help was made up of Linda Holroyd and Diane Perry. The meet was broken into many age groups and weight classes, but in the interest of space I will mention the top three class regardless of which division they entered. At 114 we have seen the future as Kevin "Bam Bam" Holroyd benched 125 for first and was named best lifter in the middle school division. This was the second best lifter award Kevin has won this month, and he is the man to beat at the teen state championships. In second Antonio Adams benched 95. Ronnie Lang would edge out two lifters by a mere five pounds to finish in third. At 123 Mathew Smith benched 70 for first

place, and at 132 Ben Thomas bench 100 for first, and John Goodman hit 75 for second. Mark Franklin would capture the 148 class with 160. 1999 Regional champion "Corky" Baggett returned to the 165 class with a meet record RAW 340 bench. "Corky" was the MAN in the light weight classes. Ben Zal would move up a weight class and bench 240 for second, edging out the always popular Jack More who hit 230. The 181 class was the biggest of the day, and it was Samuel Lamb's 315 that would rule the day. Maurice Thomas finished in second with 300, but could have won first on bodyweight if he had hit his third attempt. Finishing in third was Joe Sanders III who was competing in the 55-59 age group. Paul and my good friend Ricky Young finished in fourth, and we fully expect him to get 260-265 in April OR ELSE. In the 198 class it would hit all three on his place finish. Finishing in second overall with 355 was a very strong Kevin Turner, and trailing by a meager five pounds, was Howard Williams finishing third. The 220 class was the biggest of the day, and it held 2000 state champion Victor Armstrong, as well as 2000 198 runner up Victor Armstrong. Victor had a bad day, and ended in fourth with his opener of 350. Three others lifters fought hard, and in the end five pounds separated them.

Sylvester Freemans 185 second attempt would end up being the best bench of the class. High school student Alex Bailey was the surprise of the class as he would pull from twenty pounds down to finish in second by bodyweight. Finishing in third was state champion David Young, but again remember he was only five pounds from tying for first. At 242 2000 regional champion Albert Proctor had little trouble in winning his class with a 465 as well as winning the award for the best master lifter. Albert is starting to put a nice string of wins together. Young Kinta Mallory missed the 220 class by two pounds, which is unfortunate as his 390 bench would have won it. Kinta was still able to finish in second place. Terrell Bunch would bench 340 for third... and he's still in the teen age group. At 275 Carl Elliott and winning go hand in hand, and his 500 opener was all he needed. Finishing in second was James Myles, and in Branded Mitchell finished in third. At 139 master lifter and ECSU coach Elvin James had no mercy on the "young bucks" as his 420 bench dominated the class. Slow and steady worked for William Riddick as he would bench 385 on his third attempt to jump from fourth to second overall. Rashawn Spencer and Justin Ford both had chance of moving into second, but both failed at 405. In the end Justin Ford

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place, and at 132 Ben Thomas bench 100 for first, and John Goodman hit 75 for second. Mark Franklin would capture the 148 class with 160. 1999 Regional champion "Corky" Baggett returned to the 165 class with a meet record RAW 340 bench. "Corky" was the MAN in the light weight classes. Ben Zal would move up a weight class and bench 240 for second, edging out the always popular Jack More who hit 230. The 181 class was the biggest of the day, and it was Samuel Lamb's 315 that would rule the day. Maurice Thomas finished in second with 300, but could have won first on bodyweight if he had hit his third attempt. Finishing in third was Joe Sanders III who was competing in the 55-59 age group. Paul and my good friend Ricky Young finished in fourth, and we fully expect him to get 260-265 in April OR ELSE. In the 198 class it would hit all three on his place finish. Finishing in second overall with 355 was a very strong Kevin Turner, and trailing by a meager five pounds, was Howard Williams finishing third. The 220 class was the biggest of the day, and it held 2000 state champion Victor Armstrong, as well as 2000 198 runner up Victor Armstrong. Victor had a bad day, and ended in fourth with his opener of 350. Three others lifters fought hard, and in the end five pounds separated them.

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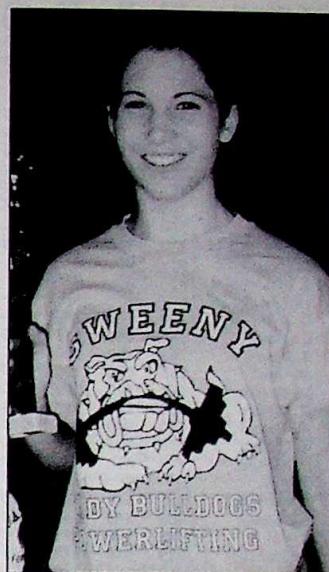
would finish second with 380, and Rash Spencer would finish in third with 375. The amazing thing about this class is it's rare to see a teen bench over 350, but William Rashawn and Justin were all three teens and all benched 375 truly hope we see these guys at the teen state championships for a rematch. In the heavy weight class it was Miguel Dixon's 540 that would be the biggest bench of the day would earn him a meet best lifter heavy and first place over all. In second we had "Road Block" who benched 315, 405, and buried 500 on his third attempt.. except he missed every command on his final attempt. Finishing in third was Mike Ange. If Mike could have locked out his third attempt he would have moved into second. We were pleasantly surprised to have a record ten women competing. The top lifter of the day was Lisa Bauer who set a meet record 155 at 148, and was named best lifter. In the 114 class Jackie Burkett benched 95, and in the show class Erin Owens benched 165 to both set meet records. I hope we continue to see a rise in the number of women lifters. In the team division we had six teams competing. In the college division it was ECSU taking first place. ECSU is tremendously talented, and could have made a serious run at the open trophy had that division. 10-0, three time state

champions, River-Roads Middle school defeated ECMS 59-52 for the title. Every year ECMS cuts the margin of victory by about ten points, which means that the state champions in March we may see an upset Pasquotank won the high school division, running its record 2-0, and has to be heavily favored to win this year. In the open division Coastal Carolina Powerlifters defeated NC bench warriors 62-36. Both teams are extremely talented, so don't be surprised if we see a complete score reversal the next time they meet. We are currently finishing a web site that has all the AAU records, and team titles posted upon it, as well as meet dates. On this web site you will also find a top 10 ranking for open, master, teen and women lifters, regardless of organization, and regardless of year that it's set. ([Http://community.msn.com/ncpowerlifting](http://community.msn.com/ncpowerlifting)) Please remember that the bottom line is it doesn't matter what organization you belong to, we are ALL POWERLIFTERS. (Thanks to Ben Zak for providing the meet results to PL USA).

### 23rd Louisiana Tech Invitational 26,27 Jan 01 - Ruston, LA

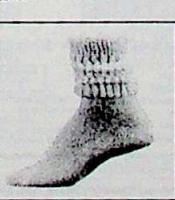
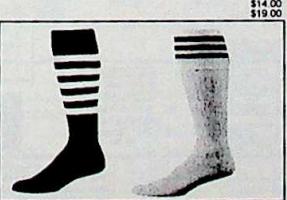
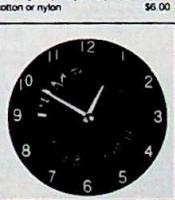
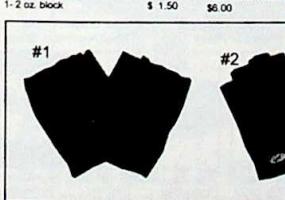
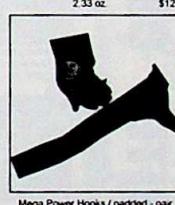
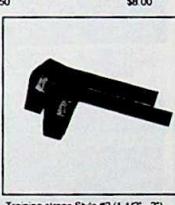
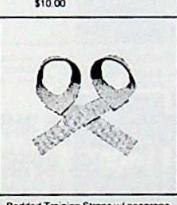
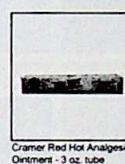
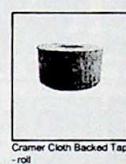
WOMEN SQ BP DL TOT  
97 lbs.

L. McMillian	170	80	210	460
C. Hodges	125	70	180	375
D. Thomas	120	60	155	335
C. Lacombe	—	—	—	—
105 lbs.	—	—	—	—
D. Jackson	220	95	220	535
A. Warren	205	75	235	515
S. Descant	185	85	235	505
S. Littleton	185	100	190	475
M. Roak	155	80	230	465
L. Harris	175	65	180	420
T. Coon	160	75	150	385
T. Knight	145	70	160	375
J. Smith	—	—	—	—
114 lbs.	—	—	—	—
C. Grubbs	250	125	225	600
A. Tyler	215	90	255	560
L. Russell	230	95	235	560
R. Thom	165	100	235	500
J. Rambo	205	85	205	495
D. Jones	180	90	210	480
A. Day	175	95	210	470
R. Humphries	135	85	205	425
A. Methvin	135	85	205	425
K. Alleman	135	75	205	415
L. Brown	150	75	175	400
K. Woods	100	50	140	290
B. Walpole	0	0	0	0
B. French	0	0	0	0



*Outstanding lifter at the Louisiana Tech Invitational HS Meet: Pam Lewis, 17 years old from Sweeny HS, Texas, did a 795 total at 123 pounds. She is two time Texas State Champion. This is her second year to receive this award. (Photograph provided courtesy of Billy Talton to Powerlifting USA).*

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123 lbs.

P. Lewis 315 120 360 795

A. Matt 250 130 300 680

E. McNair 240 140 260 640

C. Simmons 225 150 245 620

K. Sackman 230 80 285 595

P. Ramirez 215 95 255 565

M. Roark 200 95 270 565

H. Dye 200 100 235 535

J. Baker 175 100 200 475

A. Schmitt 160 75 175 410

J. Haynes 135 80 185 400

R. Pullig 115 75 165 355

K. Lindsey 0 0 0 0

H. Peterman 0 0 0 0

132 lbs.

E. Hodges 280 120 320 720

J. Horne 275 135 270 680

A. Queen 255 130 270 655

H. Wilson 220 105 265 590

L. Terrel 225 115 250 590

A. Hall 215 125 235 575

T. Thames 215 90 250 555

A. Taylor 190 85 275 550

J. Cherry 195 100 240 535

S. Thompson 180 95 230 505

J. Paul 175 90 230 495

K. Roulaire 190 90 210 480

R. Adams 170 105 195 470

S. Jackson 135 90 210 455

M. Carlisle 170 85 190 445

N. Bowman 170 90 175 435

C. Reynolds 170 55 220 425

T. Giddens 110 50 150 310

148 lbs.

J. Smith 265 105 290 655

K. Michiels 250 120 260 630

L. Payne 200 110 245 555

J. Green 215 85 225 525

S. Claiborne 180 105 200 420

L. Bruynincky 150 70 200 420

T. Graham 150 80 180 410

M. Andrews 115 75 185 375

C. Moreau 0 0 0 0

165 lbs.

K. Kelly 275 150 360 785

L. Meynard 300 120 285 705

K. Stephens 270 135 260 665

L. Maxwell 250 105 240 595

T. Moody 230 125 225 580

S. Davis 210 85 260 555

D. Nelson 195 95 255 545

C. Bennett 195 105 230 530

B. Betmed 175 85 250 510

R. Tingle 205 110 195 510

J. McClure 155 85 215 455



T. Abney	465	315	510	1290	J. Lang	420	240	485	1145	G. Beene	415	245	400	1060
J. Hayden	470	295	510	1275	J. Laird	420	265	435	1120	J. Paul	425	245	375	1045
B. Holmes	505	235	520	1260	K. Sanders	450	245	425	1120	K. White	315	300	385	1000
F. Jefferson	450	300	505	1255	D. Brothers	450	245	425	1110	R. Dees	385	215	385	985
P. Whitmore	500	300	450	1250	S. Rumsey	455	240	400	1095	D. Gaar	350	230	400	980
L. Cornwell	495	215	500	1210	D. Carr	410	215	410	1035	S. Douglas	330	275	365	970
R. Generoso	480	230	450	1160	J. Mercer	365	250	405	1020	T. Pinion	340	200	420	960
D. Morris	465	255	440	1160	J. Reavis	350	240	340	930	M. Statham	335	245	365	945
J. Coyle	430	255	420	1105	J. Marshall	330	170	405	905	B. Barry	305	215	410	930
E. Green	415	250	415	1080	E. Wilkerson	315	185	405	905	J. Timothy	350	200	335	885
J. Bohanan	425	240	400	1065	N. Thomas	285	220	350	855	A. Neat	340	205	325	870
J. Breimel	350	295	420	1065	B. McCarty	300	175	350	825	L. Glynn	350	205	315	870
E. Hill	405	210	415	1030	C. Wilson	335	200	285	820	B. Taylor	250	165	260	675
D. Grissom	365	220	400	985	D. White	275	115	320	710	T. Brown	0	0	0	0
E. Brewton	360	210	415	985	R. Childress	0	0	0	0	D. Scott	0	0	0	0
J. Rawis	365	305	250	920	L. Ricks	0	0	0	0	275 lbs.				
J. Bow	0	0	0	0	242 lbs.					R. Harrison	585	350	550	1485
M. Stevenson	0	0	0	0	R. Simmons	520	270	515	1305	N. Goree	550	300	525	1375
M. Wells	0	0	0	0	D. Smith	520	290	495	1305	R. Niswanger	455	300	530	1285
A. Edwards	0	0	0	0	M. Sartain	520	310	470	1300	J. Smith	470	275	505	1250
C. Sutton	0	0	0	0	E. Hamilton	520	275	505	1300	J. Dauzat	530	280	385	1195
220 lbs.					C. Smith	420	285	540	1245	W. Erwin	415	305	430	1150
T. Collins	520	315	590	1425	J. Dixon	485	255	475	1215	D. Hinkle	365	310	405	1080
G. Mitchell	545	295	550	1390	D. McClain	500	255	405	1160	L. Shirley	335	275	405	1015
C. Sanders	540	325	505	1370	J. Morgan	405	270	480	1155	J. Archie	365	155	425	945
W. Pickens	525	290	550	1365	R. Watkins	465	250	435	1150	R. Soileau	335	205	400	940
H. Hamilton	520	290	440	1250	D. Brannan	440	240	440	1120	M. Melder	295	215	385	895
L. Ducole	425	320	485	1230	C. Jackson	465	210	435	1110	E. Jones	310	175	345	830
K. Holiday	465	235	485	1185	S. Caldwell	405	245	450	1100	J. Skipper	525	320	525	1370

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WOMEN'S DIVISION: This meet was conducted by the Louisiana Tech Powerlifting Team and Louisiana Tech Students. Meet Director: Billy Jack Talton, Trey Cunningham. Meet Date: Friday, January 26, 2001, Memorial Gym, LA Tech. Meet Profile: 126 Women Lifters on 4 Platforms. Meet Time: 4 Hours, 30 Minutes. Outstanding Female Lifter (Wilks Formula) Pam Lewis, from Sweeney, Texas. Wilks Total 827.98, 1231/2 pounds Class, 795 pounds Total. 2001 WOMEN'S DIVISION TEAM: 1st 62 pts., Alexandria Senior High; 2nd 42 points, West Monroe; 3rd 20 points, Sweeney, TX; 4th 20 points, Tioga; 5th 20 points, White Oak, TX; 6th 18 points, Natchitoches Central; 7th 13 points Lasalle; 8th 9 points, Neville; 9th 8 points, Buckeye; 10th 7 points, Menard; 11th 4 points, Lakeview; 12th 3 points Block; 13th 2 points, Farmerville; 14th 1 point, Ouchita Christian; 15th 0 points, Pineville; 16th 0 points, Jena. MEN'S DIVISION: Conducted by the Louisiana Tech Powerlifting Team and Louisiana Tech Students. Meet Director: Billy Jack Talton, Trey Cunningham; Meet Date: Saturday, January 27, 2001, Memorial Gym, LA Tech. Meet Profile: 240 Men Lifters, 4 Platforms. Meet Time: 8 Hours, 10 Minutes. Outstanding Male Lifter: (Wilks Formula) Kenneth Ratliff, Wilks Total 966.23, 198 lbs. Class, 1500 lbs. Total, Natchitoches Central High. 2001 MEN'S DIVISION TEAM: 1st 45 pts. Alexandria Senior High; 2nd 35 pts. West Monroe; 3rd 26 pts. Natchitoches Central; 4th 20 pts. Bastrop; 5th 19 pts. Vickburg; 6th 19 pts. Quitman; 7th 18 pts. West Ouachita; 8th 13 pts. Neville; 9th 8 pts. Caldwell; 10th 6 pts. Ouchita Christian; 11th 4 pts. White Oak; 12th 3 pts. Pineville; 12th 3 pts. McCall; 14th 3 pts. Farmerville; 14th 3 pts. Buckeye; 16th 2 pts. St. Mary; 17th 2 pts. Menard; 18th 1 pt. Creekview. I would like to thank the members of the Louisiana Tech Powerlift Team, Louisiana Tech students, and friends that helped conduct this huge meet. Former Tech powerlifter David Tamburello operated the computer program that kept the number available at all times. Special recognition was given to coaches Casey Sanders of West Monroe, Duane Urbina of Alex Senior High School, and Bill Persinger of Creekview High School for their long and faithful support of this meet. (Thanks to Billy Jack Talton, Coach, Louisiana Tech Powerlift Team, for providing the results of this meet).

### Gold's Gym BP Challenge 21 Oct 00 - Laurel Springs, NJ

BENCH	D. Stevenson	460	
Teen	A. Panetta	385	
G. Lonk-202	245	N. Blocker	—
Hutchinson-164	150	L. Bennett	—
MEN Open	G. Lonk	245	
165 lbs.	242 lbs.		
W. Bewley-162	305	L. RoDia	430
T. Oelkryg-156	300	A. Lauria	405
181 lbs.	240 lbs.	B. Carr	405
E. Dibiasi-180	360	275 lbs.	
M. Craig-178	250	J. Robinson	490
S. Trocine-171	225	S. Clifton	425
D. Pora-172	220	SHW	
S. Johnson	—	T. Shaw	475
198 lbs.	Master (40-50)		
J. Sauer	405	H. Horton	370
H. Horton	370	D. Pora	220
L. Foster	385	T.C.	175
M. Manchio	325	Master (50+)	
220 lbs.	M. Cuff		225

(Results by Meet Director, Eugene Rychak Jr.).

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ADAU 14th East Coast 10 Feb 01 - Hopatcong, NJ						
<b>BENCH DEADLIFT</b>						
<b>WOMEN MEN</b>						
165 lbs. Open 181 lbs.						
T. Encarnacion 190 Junior (20-23)						
4th 191 D. Morin 525						
<b>MEN</b>						
198 lbs. Teen (16-17) 525.5						
Master (45-49) T. Romano 415						
J. Miller 45 275 4th 415						
J. Fitzpatrick 46 240 198 lbs. Open						
220 lbs. J. Caren Sr. 570						
Masters Masters (45-49) J. Careri Sr. 570						
J. Sensale Jr. 360 4th 571						
275 lbs. J. Miller 400						
(40-44) 220 lbs.						
F. Vogel 42 280 Masters (40-44)						
Novice T. Weiss Jr. 350						
M. Avila 390 275 lbs. Open						
319 lbs. B. Birnbaum 630						
Open Novice						
S. Berge 41 415 M. Avila 520						
SHY Law/Fire 30+						
B. Lambert 350 P. Cuntrera 450						
<b>WOMEN</b> SQ BP DL TOT						
105 lbs. A. Scudder 48 175 110 305 590						
4th 178.5 110.5 305.5						
123 lbs.						
<b>Open</b>						
G. Litteck 120 90 200 410						
Masters (40-44) G. Litteck 120 90 200 410						
181 lbs. Teen (17-18)						
J. Ogden 17 190 145 265 600						
4th 191 145.5 266.5						
198 lbs. Teen (17-18)						
S. Ogden 17 280 175 365 820						
4th 290 176.5 366.5						
5th 292.5						
<b>MEN</b>						
97 lbs. Teen (12-13)						
G. Till 12 80 60 100 240						
114 lbs. Teen (12-13)						
J. Schor 13 165 105 215 485						
M. Fullum 12 100 70 160 330						
Novice						
M. Fullum 100 70 160 330						
148 lbs. Open						
M. Goglucci 410 225 435 1070						
Teen (12-13)						
D. DiGiamo 12 130 105 180 415						
E. Stoll 12 80 85 130 295						
(14-15)						
M. Kuhns 15 370 230 285 885						
4th 373.5						
(18-19)						
O. Rivas 18 300 170 330 800						
Novice						
D. DiGiamo 12 130 100 180 415						
165 lbs. Open						
Theodorou 50 415 220 530 1165						
Teen (14-15)						
N. Andelora 15 265 200 290 755						
Masters (40-44)						
R. Herbst 42 305 305 440 1050						
(50-54)						
Theodorou 50 415 220 530 1165						
4th 417 530						
Novice						
A. Haas 240 250 185 875						
Guest Lifter						
W. Eichhorn 15 — 225 350 785						
181 lbs. Open						
A. Biasetti 495 325 585 1405						
B. Wollston 450 140 515 1105						
Teen (16-17)						
T. Romano 16 365 220 415 1000						
4th 430						
Junior (20-23)						
K. Zbierski 20 250 145 355 750						
Masters (45-49)						
D. Banik 47 345 265 525 1135						
198 lbs. Open						
D. Thierry 525 420 630 1575						
4th 633						
J. Caren Sr. 45 500 340 570 1410						
P. Sanzio 270 370 270 450						
1090						
Teen (18-19)						
M. Allen 19 450 200 505 1155						
Masters (45-49)						
J. Careri Sr. 45 500 340 570 1410						
4th 503.5 571						
220 lbs. Open						
B. Lowery 550 375 575 1500						
G. Davis 480 355 565 1400						
G. Whelan 425 300 540 265						
R. Eckhart 350 340 500 1190						

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record squat of 265. A friend, Bob Herbst from NY came to win the 40-44 Masters on 305-305-440-1050. Veteran Master lifter Nick Theodorou of Edston, PA, set an AMERICAN MASTER RECORD in the squat with 415, a DL of 530 and 1165 Total. Not bad for a 50 year old. Teenage age lifter Tony Romano returned to PL after a shot at OLY Style and won the 181 Class 16-17 age group and set an AMERICAN Single Lift DL of 415. My old buddy from PA, Dave Banik won the Masters 45-49 age group on lifts of 345, missing 365, 265, 525 for a 1135 total. First time lifter Derek Altieri won the Law & Fire on 400-260-445-1105 in his first meet, after driving 3+ hours! Winning the Open and Best Lifter was the impressive Anthony Biasetti from CT. Going 9-9, he made lifts of 495-325-585-1405. Nice lifting Tony. Dave Moran set a state single lift DL record of 525. Winning the sub MASTERS was Jay Siegel, making 9 of 9. His lifts were: 385-235-480-1100. With 5 lifters in the OPEN, the 198 Class upped the level of competition. Master Lifter, 45 year old, Joe Careri Sr, won the 45-49 age group and took second in the Open on 500-340-570-1410. Hellva RAW squad! Joe's squat, DL and total were also American Master records. Mike Viscuso won the sub Masters on lifts of 455-350-520-1325 followed by Dan Caffrey mak-

ing 435-315-500-1250. Pete Sanzio of IL, came in third in the OPEN on 370-270-450-1090, going 8 of 9. The undisputed leader of the Class was the distinctive Dan Thierry of PA. He squatted 525, missing 540, his only miss, bench 385-405-420 followed by DL of 550-600-630 which was an OPEN AMERICAN RECORD and a 1575 total. This also earned him the Best Lifter Award. In the bench meet, John Miller won on 260 in the MASTERS 45-49. Jim Fitzpatrick took second on 240. The 220 Class again upped the level of competition with 8 lifters in the OPEN. Lou Tortorelli won the sub MASTERS, going 9 for 9. His lifts were 425-270-460-1155. Tony Weiss Jr. won the 45-49 MASTERS with 275-240-350-865. Jason Simms won the JUNIORS on 305-245-400-950 in his first meet. Tood Pettersen took fifth in the OPEN on a 1075 Total. Robert Eckhart took 4th with second attempt of 350-340-500-1190. Winning third was Greg Whelan on attempts of 425-300-540-1265. George Davis of PA went 7 of 9 for second on 480-355-565-1400. The Winner and BEST LIFTER was Brian Lowery of NJ who made 550-375-575-for 1500. Joe Sensale Jr won the Bench meet on 360. At 24, MASTER lift 40-44 age Group, Mark Bowen went 7 of 8 for lifts of 460-300-510-1270. These were all state records. Bill Frenick, lifted well to



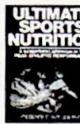
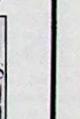
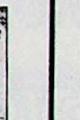
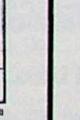
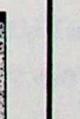
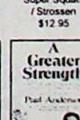
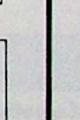
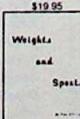
In the 319 pound class, "Big" Al Siegel, at age 63 did a 410 squat



Jay Siegel in the 181 pound sub-master class lifting a 385 pound squat. (All photographs provided courtesy of Joseph Pyra to PL USA).

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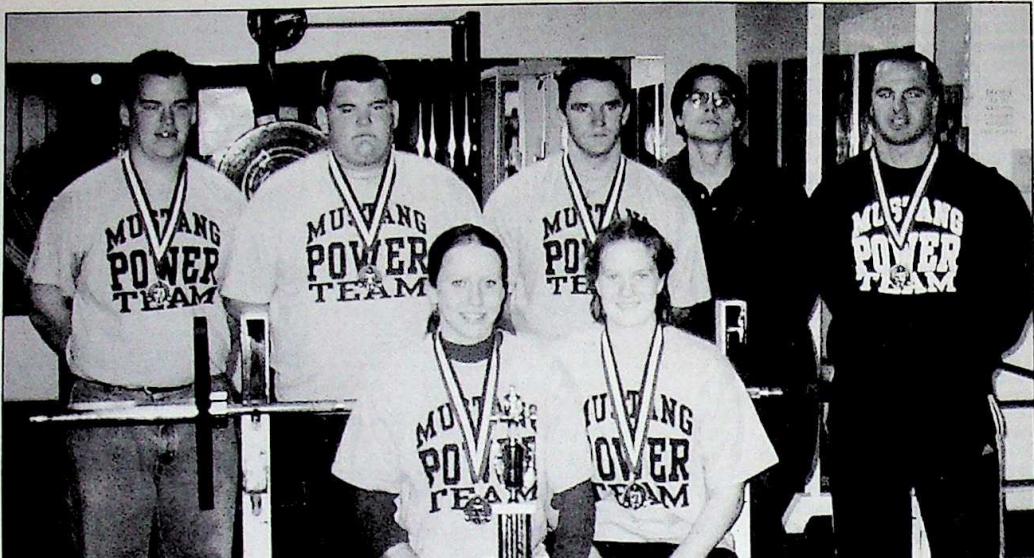
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win the NOVICE division on 380-280-430-1090. Next time Bill, bring your daughters along, a fan club always helps. Joe Janeiro Jr won third in the OPEN, making 8 of 9 attempts, ending with 430-350-500-1280. Robert DeLaVega of CT did very well on 8 of 9 attempts making 530-340-570-1440 only to lose first on bwt., 239.6 versus 227.3, to Brant Civile of PA. Brant made 500-390-550-1440. The Best Lifter and most impressive of the class was Junior lifter, Steve Protomastro. He set AMERICAN JUNIOR RECORDS on lifts of 600-385-625-1610. He came down a weight class after football season, which shows good sense as well as good lifting. At 27, TEEN 16-17 age group, Vince Sensale, won on lifts of 300-275-355-940. This was his third meet and he keeps showing improvement. First timer Corey Tune, 22 won the JUNIOR on 405-315-500-1220. He is a very impressive thick bodied lifter who needs a coach. Corey come on down. From CT came our Best lifter, Bill Birnbaum, who won on 490-315-630-1435. Bill also won the DL on the 630 lift. Fred Vogel won in the MASTERS 40-44 bench on a lift of 280, making all three attempts. Mike Avila won the NOVICE Bench on 390 and the NOVICE Deadlift with 520. At 319, we saw the classic battle of Youth versus Experience, Al Siegel won the MASTERS 60-64 age 63 he made AMERICAN MASTER RECORDS on 410-235-445-445. Winning the OPEN and getting BEST LIFTER, was Pat Cuntrera, making lifts of 375-290-450-1115. Steve Berge, won the Bench on lifts of 390-405-415. Bill Lambert of NJ won the SHY Bench with 350. A meet is a success through the efforts of many people, whom I'd like to thank at this time. Tom Vara, AD at Hopatcong HS, who allows us the use of the GYM. Thanks Tom. Senior Class Advisor Tracy Duffy. The admissions and food receipts go to the senior class fund, and the activity is coordinated by Miss Duffy. My Referees, Rich Schmidt, Bob DeRisi, Mike Di Battista, Shelly Levy, Russ Bamickle, Joe Orgengia, and Brenda Siegel. These fine officials, all National level or higher, came from as far away as Erie, PA to help and provide the best judging for the lifters. My announcers, the golden tones of Brenda Siegel, Rich Schmidt, and Al Siegel. Scorekeepers, close friends, Barbara Gitlin and Barbara Schmidt. To: Coaches Joe Carini and Mark Cohen, who encourage their lifter to compete at these meets. Spotters Mike Morris of PA, Paul Guzinski, Travis Andrews, and Tim the Tiger Ross. To every one who helped, and to anyone I may have missed, Thank YOU. A sincere thank you to all the lifters who made this meet a success, and with out whom, there is no meet. Those of you who read these results and feel you can do better, take the challenge and come to the ADAU RAW NJ STATE PL CHAMPIONSHIPS, May 5th. There will also be a Bench Meet, Deadlift Meet, and for those who don't squat, a two lift, Bench / Deadlift for Total Meet. Meanwhile, train smart, train drug free, compete RAW. (Thanks to Jumpin' Jersey Joe for providing the results of this contest).

**AAU Planet Fitness Winter  
Dulldroms Push/Pull  
16 DEC 00 - Burlington, IA**

BENCH	J. Tennant	350
181 lbs.	Raw (16-17)	240
Raw (16-17)	J. Stedman	240
A. King	245	Raw Open 242 lbs.
Raw Open 198 lbs.	R. Biggiam	385
J. Tennant	350	DEADLIFT
Raw Novice	Raw Open	
J. Tennant	350	181 lbs.
Equip. Novice	D. Gerard	475
J. Tennant	350	Master (45-49)
Equip. Open	D. Gerard	475
Push/Pull	BP	TOT
Raw (16-17) 114 lbs.	DL	
S. Olson	145	280 425
(14-15) 132 lbs.		
A. Stedman	90	240 330
(16-17) 148 lbs.		
H. Meyer	85	235 320
220 lbs.		
R. Retter	200	385 585
275 lbs.		
J. Langhoff	220	475 695

A number of tremendous lifters braved a nasty blizzard to show up for this event, in particular the Mustang Powerlifters who traveled 200 miles to win this event. This group of young people are going places. They have a terrific coach, Randy Biggiam, who is also a terrific lifter. It seems it was a day for teenagers to rule, as 15 year old Shane Olson set an American Record in the deadlift in the 114 lbs. division. Haley Meyer and Athena Stedman deadlifted their way into American Record fame as well. Congratulations Ladies! The lone Planet Fitness Power Warrior Jim Tennant competed shortly after recovering from the flu to push a RAW 350 in the 198s. Jake Langhoff showed us quite a display of power when he Pulled a strong 475 in the 16 & 17 age group. Thanks to all the volunteers that made this meet possible. And especially to Paul Armstrong and Holly Banks of Planet Fitness Gym for sponsoring the event. (Thanks to Roger Broeg for the results).



**The Mustang Powerlifters at the Winter Dulldroms Meet:** front (l-r): Arthena Stedman, Haley Meyer; back (l-r): Ryan Retter, Jake Langhoff, Josh Stedman, Joe Baldridge, Randy Biggiam. (photo courtesy Roger Broeg)

**USAFL LA State/Out-of-State  
20 Jan 01 - St. Amant, LA**

MEN	SQ	BP	DL	TOT
Collegiate 114 lbs.				
M. Barbier	200	155	270	625
123 lbs.				
B. Vallot	285	145	365	795
165 lbs.				
T. Caffery	350	295	380	1005
J. Jones	315	235	430	980
181 lbs.				

D. Hardin	540	330	610	1480
J. Baudoin	425	340	500	1265
B. Luminais	375	—	400	775
198 lbs.				
D. Brewer	500	330	560	1390
K. Reynolds	450	275	500	1225
220 lbs.				
T. Werner	625	380	545	1550
242 lbs.				
M. Chabodaux	420	305	425	1150
319 lbs.				
D. Coody	700	350	570	1620
Master (40-44) 181 lbs.				
M. Harrison!	570	290	570	1491
198 lbs.				
M. Godawa	405	315	455	1225
242 lbs.				
M. Kane	465	305	435	1205
(50-54) 220				
L. Scallan	—	325	300	716
(55-59) 198 lbs.				
R. Jinkins	385	295	475	1427
220 lbs.				
O. Jordan	405	135	525	1304
242 lbs.				
C. Lambert	—	310	—	386
319 lbs.				
F. Borowski	375	275	400	1320
(60-64) 148 lbs.				
L. Dacey	—	1885	—	268
181 lbs.				
B. Callahan	55	235	445	1323
Open 132 lbs.				
T. Smith	405	240	425	1070
148 lbs.				
G. Luce	450	250	500	1200
165 lbs.				
D. Cagnolasti	485	380	445	1310
184 lbs.				
M. Harrison!	570	290	570	1430
B. Schexnaydre	525	310	525	1360
B. Geene	365	260	455	1080
M. Schnier	440	—	500	940
198 lbs.				
T. Earnest	535	360	550	1445
S. Lemarie	535	325	560	1420
220 lbs.				
C. Gahagan!	645	425	805	1875
C. Burbank	600	500	650	1750
J. Reape	650	400	515	1565
S. Tate	500	380	520	1400
A. Schroeder	405	405	405	1215
J. Clay	415	275	425	1115
K. Levating	—	410	—	410
275 lbs.				
D. Quinn	735	455	735	1925
B. Lecklar	630	465	600	1695
319 lbs.				
P. Fletcher	740	495	710	1945
K. Wnuk	735	500	675	1910
319 lbs.				
J. Jackson	690	340	580	1580
FEMALE Collegiate 114 lbs.				
S. Campanile!	230	120	255	605
E. Schuwerk	150	85	200	435
148 lbs.				
M. Armand	255	135	300	690

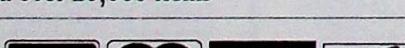
**Florida Bench Press Championship  
27 Jan 01 - Lakeland, FL**

<b>WOMEN</b>	<b>A. Pesce</b>	<b>135</b>
132 lbs. (16-17)	165 lbs. (60-64)	
L. Folsom	80	R. Nusjean
Open		235
K. Stokes	95	181 lbs. (55-59)
165 lbs.		
Master (40-44)		(70-74)
198 lbs.		W. Mott
M. Harrison!	570	225
242 lbs.		W. Smith
M. Kane	465	210
(50-54) 220		D. Casias
L. Scallan	—	198 lbs. (50-54)
(55-59) 198 lbs.		J. Bertalan
R. Jinkins	385	205
220 lbs.		K. Sabin
O. Jordan	405	275
242 lbs.		(65-69)
C. Lambert	—	N. Carr
319 lbs.		265
F. Borowski	375	Open 165 lbs.
(60-64) 148 lbs.		(70-74)
L. Dacey	—	T. Lanson
181 lbs.		315
B. Callahan	55	J. Blackwell
Open 132 lbs.		235
T. Smith	405	220 lbs.
148 lbs.		M. Nichols
G. Luce	450	340
165 lbs.		B. Knopp
D. Cagnolasti	485	242 lbs.
184 lbs.		G. Boldissar!
M. Harrison!	570	450
B. Schexnaydre	525	148 lbs.
B. Geene	365	242 lbs. (40-44)
M. Schnier	440	G. Boldissar
198 lbs.		450
T. Earnest	535	I-Best Lifter. Team Trophy: All American Gym.
S. Lemarie	535	The 2001 FL State Bench meet had a very small turnout compared to last year (over 60 lifters in 2000). This was primarily due to advertising costs, Gasparilla Festival, and Super Bowl weekend. Lakeland is only about 30 minutes from Tampa. In the Women's division, Lori Folsom benched a nice 80 lbs. in the teen division. Kim Stokes tried a personal best of 100 lbs. and barely missed it. Debbie Casias benched a nice 140 and Kari Sabin pushed up a personal best of 275 lbs., and narrowly missed 300 lbs.! The Men's open division had three contestants. Todd Lanson benched a nice over double body weight 315 and almost won best lifter of the meet. Mark Nichols did a personal best with his opener of 340 lbs. George Boldissar was the man of the meet. George benched a personal best of 450 lbs. which was over double body weight and earned him the best lifter honors. George was 3 for 3 on the day also. The rest of the meet was devoted to the men's master lifters. There were ten of them, and each placed first in their age group and weight class respectively. The oldest of the meet was 87 year old Al Pesce who benched an impressive 135 lbs. There were 3 lifters in the 70-74 age group and Bill Remley pushed up a very impressive 320 lbs., weighing only 204 lbs. Brad Knopp did a fine 335 lbs. bench coming off an injury in the 45-49 age group. George Boldissar who had the highest bench of the meet with 450 lbs. also took top honors in the 40-44 age group. The All American Gym would like to thank the City of Lakeland Parks & Rec. Dept., Marcobay Construction (our t-shirt sponsor), all the judges, spotters and loaders. Special thanks to the Junk Yard Dogg, Roy Richardson and Louis Baltz. (Result provided by Ken Snell).

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**USAPL Falcon Open**

**28 Jan 01 - Colorado Sprs, CO**

BENCH	C. Rippy	231
WOMEN	Open Light	
Teen 148 lbs.	T. Rickett	457*
S. Dickinson	148* R. Brooks	336
Open	Messerschmidt	325
B. Whitlock	242* 148 lbs.	
114 lbs.	M. Rodriguez	236
K. Fuller	126 Open Heavy SHW	
148 lbs.	D. Gaudreau	578*
C. Sweeney	181 220 lbs.	
Master 165 lbs.	J. Lujan	391
J. Livingston	110 198 lbs.	
MEN	N. Beard	374
Teen 148 lbs.	275 lbs.	
L. Hanifen	314* B. Johnson	374
165 lbs.	Master 181 lbs.	
D. Clark	248 K. Peterson	264
181 lbs.	J. McPeak	198 154
WOMEN	SQ BP DL TOT	
Teen 148 lbs.	J. Brumley	374 259 446 1080
D. Gertner	I. Martinez	281 220 407 908
S. Dickinson	Open 181 lbs.	
181 lbs.	N. Waag	507 413 584 1504
M. Gertner	S. Medler	507 303 551 1361
Open 148 lbs.	T. Rickett	479.5 424 490.5 1394
E. Serra	M. Rickett	314 225 374 914.5
C. Sweeney	Open 198 lbs.	
Master 123 lbs.	J. Martinez	496 396 551 1443
J. Harms	N. Beard	451 374 490.5 1317
165 lbs.	R. Sandor	418 292 540 1250
J. Livingston	L. Hohreiter	440 303 529 1272
MEN	B. Wangard	451 292 429 1172
Teen 148 lbs.	M. Jimenca	407 314 485 1206
J. Stover	T. Kaufman	418 275.5 490.5 1184
198 lbs.	Open 220 lbs.	
N. Moran	B. Radulovich	617 330.5 606 1554
148 lbs.	A. Schlegel	407 264.5 639 1310
L. Hanifen	P. Unis	446 341.5 501.5 1289
165 lbs.	R. Jones	363 203 363 931
C. Hollermeier	Open 242 lbs.	
Open 132 lbs.	J. Graves	584 358 606 1548
J. Ragusa	E. Macias	578.5 380 567.5 1526
Open 148 lbs.	B. Finch	523.5 358 589.5 1471
M. Sigala	A. Ueuerten	518 330 562 1410
C. Tipton	B. Hutchison	473 336 490.5 1300
Open 165 lbs.	J. Pitts	435 358 402 1195
B. Cassidy	N. Shiflet	314 336 352.5 1003
D. Clark	Open 275 lbs.	
	K. Westerhold	600 424 710 1735

**In response to letters critical of his coverage of Joe Dougherty in the WPC Worlds:** "I hope that if I didn't lavish enough praise on Mr. Dougherty that his mother will forgive me. Your son is a true champion. His performance was tremendous. He surprised me and a lot of others by exceeding his previous best by a large margin and pulling out the win with a big deadlift, his achilles heel lift previously. Joe showed great platform savvy, was alert and focused on his task and who he had to beat, plus he had a great training partner in Angelo Berardinelli providing positive reinforcement. Joe picked his attempts perfectly and delivered every one with authority. You don't get any better than that. No better place to rise to the occasion than on the world's platform. Mr. Dougherty did exactly that. Salute, Joe!" Herb Glossbrenner

turnout was exceptional, with over 60 lifters competing in this USAPL sanctioned meet. Most of the competitors were first-time lifters, but some seasoned competitors took the platform as well. The Women's Overall Bench Press Champion was Brenda Whitlock (148 lbs. class), with an impressive 242.5 lbs. lift. She set a new Colorado State record for the 148 lbs. weight class in a Bench Press only meet. The Men's Overall Bench Press Champion was Dan Gaudreau (SHW class), with a lift of 578.5 lbs. He also set a new state record in the men's open SHW weight class in a Bench Press only meet. The Women's Overall Powerlifting Champion was cadet Ellen Serra (148 lbs. class) with a 727.5 lbs. total. The Men's Overall Powerlifting Champion was veteran lifter Mark Sigala (148 lbs. class) with a total of 1327 lbs. Several other Colorado State records were also smashed this day, especially by novice teen lifters. In the Bench Press Only divisions, women's teen lifter Sammie Dickinson (148 lbs. class) pushed up 148 lbs. Luke Hanifen (148 lbs. class) lifted 314 lbs and took first place in the teen bench press division. Seasoned competitor Tim Rickett (181 lbs. class) broke his own state record with a lift of 457 lbs. and took first place in the open lightweight category. State records also fell in the Powerlifting division, exclusively dominated by two teen lifters. Deanne Gertner (148 lbs. class) set a new teen record with a bench press of 143 lbs., which also helped her place first in the Women's Teen division. The only teen SHW lifter, Antonio Pares, set state records in all lifts, including totals. With a 501.5 squat, 319.5 bench, and 512.5 deadlift, he is well on his way to a promising competitive career. We'd like to thank all the referees and individuals who made the meet possible, especially those who traveled in less-than-ideal weather and from out-of-state. And a special thanks to our meet sponsors, Elite Fitness, International Sports Nutrition, and BodyBuilding.com, as well as the Air Force Academy Powerlifting team and Fitness Club. Everyone's tireless efforts ensured the meet ran smoothly and helped us put on a good show for all involved. See everyone in 2002! (Thanks to Meet Director, Donna Bates, for providing these competition results).

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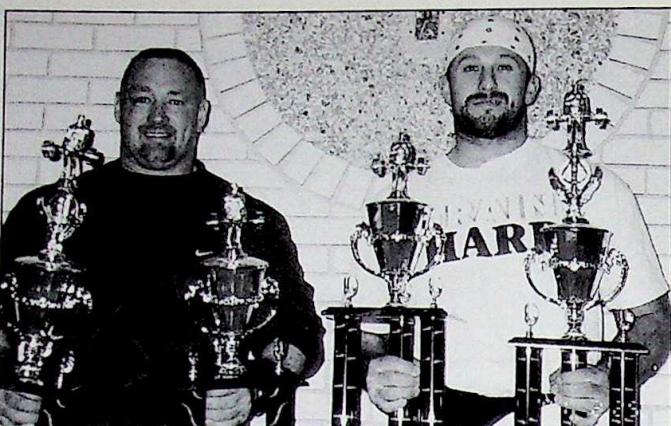
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**Southern Illinois Open BP/DL  
24 Feb 01 - Effingham, IL**

1945				Lynn Haven, VA	
BENCH				308 lbs.	
MEN				K. Simburger	425*
Teen (13-15)				Open 148 lbs.	
132 lbs.				R. Dye	250*
J. Tucker	175*	181 lbs.		L. Clark	390
308 lbs.					400*
T. Reed	185*	4th			
(16-17)				220 lbs.	
181 lbs.				K. Parrish	485*
M. McKibben	270*	M. Whitworth	400		
220 lbs.				308 lbs.	
J. Jones	275*	H. Harbour	415		
Junior		DEADLIFT			
275 lbs.		WOMEN			
C. Robinson	405	Junior			
308 lbs.		220 lbs.			
D. Minks	340*	M. Scott	295*		
Submaster		MEN			
181 lbs.		Teen (16-17)			
B. Stevens	360	148 lbs.			
4th	370	Z. Lane	395*		
275 lbs.		165 lbs.			
J. King	500*	A. Warner	350		
4th	510*	4th	365		
J. Reed	310	181 lbs.			
SHW		M. Johnson	425*		
E. Yingst	480*	198 lbs.			
4th	410	A. Pritchard	315*		
Master (40-44)		Teen (18-19)			
242 lbs.		181 lbs.			
R. Thomas	195	M. McKibben	470*		
Master (50-54)		220 lbs.			
181 lbs.		J. Jones	375		
L. Clark	390*	Junior			
4th	400*	308 lbs.			
Master (65-69)		D. Minks	500*		
165 lbs.		Master (40-44)			
D. Sidwell	195*	242 lbs.			
Police/Fire		R. Thomas	405*		
198 lbs.		Open 198 lbs.			
L. Jones	425*	S. Mendel	520*		
175 lbs.		4th	540*		
J. Wilson	455*	242 lbs.			

M. Guthery 405  
\* Son Light Power Illinois State record. Best Lifter BENCH: Keith Parrish. Best Lifter DEAD-LIFT: Steve Mendel. The Southern Illinois Open Bench Press/Deadlift Championships were held at the Village Square Mall. A great crowd of onlookers and a great group of lifters! Thanks



**Best Lifter (l-r) at the Southern Illinois Open:** Keith Parrish - BP 485@ 218; Steve Mendel - DL 540 @198. (Provided by Dr. Darrell Latch).

again to the Mall for their continued support. In the bench competition, Jacob Tucker captured the teenage 13-15, 132 title with a state record 175 on his second attempt. A third attempt with a 190 pr failed at lockout. Tyson Reed also got a state record with his 185 pr at 308. This was Tyson's first competition. In the 18-19 division it was Marcus McKibben at 181 with a strong 270 state record. Two other attempts with a pr 280 were close. Jared Jones won at 220 with 275. Jared got all three of his attempts in to finish with a new state record there. In the junior men's division, Chad Robinson came to break the state record of 415 at 275. Chad certainly has the potential to do so, but fell short on this day with a miss at 415 for his final attempt. Chad then settled with his second attempt of 405. Dustin Minks did get his record at 308, finishing with a personal best 340. It looked like 350 would go as well, but got out of the groove on the way down. Bruce Stevens got a couple of pr's on the day with his win in the 181 submaster class. A 360 third attempt and a 370 fourth topped out a perfect day of lifting for Bruce. At 275 it was Jim King over Jeff Reed for the win. Jim had his best day ever, with three new personal and four state records along the way. Jim went 465-480-500 (his first 500!) 510 in a perfect day of lifting. Jeff Reed, lifting in his first competition, and did well, finishing with a 310 pr. Our final submaster lifter was Big Earl Yingst, who finished with a state record 480 for the win at SHW. A fourth attempt with a personal best 500 just wasn't there on this day, but the time is certainly right! Rick Thomas came all the way down from Wyoming, Michigan to compete for the first time in about a year. Rick had been having problems with his diabetes, and at one time thought his lifting days were over; but made some changes in his diet and he's back! And it's great to have Rick back! Rick took the master 40-44, 242 class with 195. Lane Clark finally reached that 400 plateau after four years of competing, taking the master 50-54, 181 and open 181 classes. Lane actually broke both state records on his third attempt before taking his 400 fourth. Congratulations, Lane! Sixty-six year old Darrel Sidwell also set a new Illinois state record, capturing the 65-69, 165 class with 195. Can't hear a damn thing, but a pretty good lifter! We had three strong lifters in the police & fire division, each setting a new state record in their respective classes. First-time lifter Alex Jones got all four of his attempts in to finish with a personal best 435. This prison warden is nobody to mess with! Tim Wilson finished with 455 for the win at 275, just missing a pr fourth attempt with 475. At 308 it was Kevin Simburger settling with 425 after missing his third attempt with 440, which would have tied his personal best. Kevin is good for much more, just wasn't getting much out of his shirt. In the open division it was Randy Dye with the win at 148. Lifting in just his second competition, Randy broke both his own personal record and the Illinois state record with a great 250 bench. Keith Parrish won the title at 220, just barely taking the best lifter trophy from training partner Jim King. Keith finished with 485 at a 218 bodyweight, tying his personal best and setting the state record there. Matt Whitworth finished second to Keith, but came away with his first official 400 bench. Matt even went onto get a fourth

with 410! Great job, Matt! Our final competitor was 308 lb. open winner Hoss Harbour. Hoss had some problems getting his opener in, finally locking out a 415 state record for his final attempt. In the deadlift competition Miranda Scott was our lone women's competitor, but she didn't stop her from setting a new state record in the junior division, 220 class. Miranda opened with an easy 275, then missed her second attempt with 295. Re-gripping for her third, Miranda locked out a clean SR 295 for the win. We had four teenage men in the 16-17 age group. Taking first at 148 was Zach Lane, who finished with a new state record of 395, which he pulled on his final attempt. Adam Warner won at 165 pulling a personal best 365 for his fourth attempt. Anthony Pritchard got a new SR at 198, finishing with a strong 315 second attempt. At 18-19 Marcus McKibben finished strong with a personal best and Illinois state record 470 for the win. Jared Jones took the 220's with 375, a personal best for him. Dustin Minks set the record at 308 for the junior division with 500, making all three of his attempts. In the master 40-44, 242 class, Rick Thomas finished with a new Illinois state record of 405. A great way to come back, Rick! Best lifter Steve Mendel had some problems getting started, but finished strong with his opener of 520, followed by a 540 fourth attempt. Both were new SLP state records for the open 198 class. At 242 it was Mike Cuthery, finishing with a personal best 405 for the win. A very special thanks to multi-national NASA champions Lyndell "Smitty" Smith. (Thanks to Dr. Damrell Hatch for providing these results.)

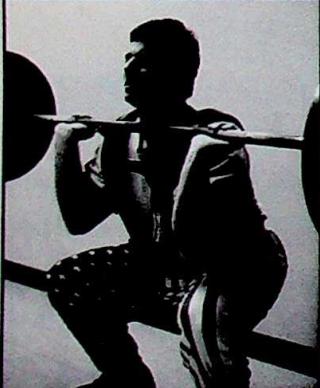
Rhode Island State  
10 Feb 01 - Providence, RI

10 Feb 01 - Providence, RI					
BENCH		E. Flori			480
WOMEN		242 lbs.			
T. Szivak-147	145	D. Chirico		*455	
MENS 165 lbs.		T. Matheos		400	
T. Ghazal	350	O. Ogochukwu		340	
181 lbs.		UNL			
J. Andreozzi	360	A. Fomaro		465	
198 lbs.		Masters (40-49)			
J. Sanon	316	J. Avant-166		*360	
220 lbs.		B. Troiano-247		360	
WOMEN	SQ	BP	DL	TOT	
Teen					
D. Rendon-122	200	120	305	625	
Open					
C. Phillips-141	245	135	315	695	
J. Ramirez-114	155	105	225	485	
Master					
F. Ruggiero-166	*150	*100	*250	*500	
C. Cazero-124	200	—	—	—	
MEN					
Teen 123-148 lbs.					
T. Dirienzo-18	285	220	390	895	
P. Balke-19	275	205	320	800	
P. Pistachio-18	270	195	*425	*890	
Teen 165 lbs.					
W. Faust-15	445	315	520	1280	
R. Garza-19	400	305	495	1200	
J. Mrosczyk-19	390	285	490	1165	
S. Protis-19	410	275	425	1110	
J. Beaudy-18	285	240	355	880	
Teen 181-220 lbs.					
A. Smoot-19	490	375	565	1430	
P. Nikolou-19	360	290	505	1165	
K. Assont-16	425	255	480	1160	

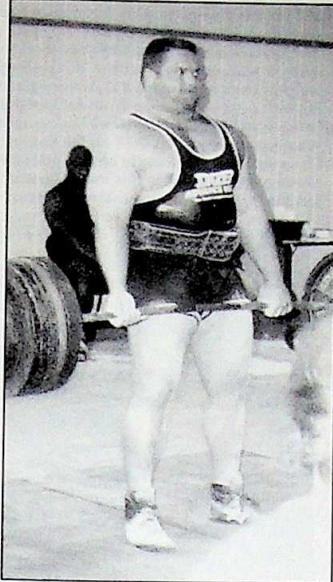
A. Gerwitz-19	400	—	—	—
MEN 148 lbs.				
E. Kupperstein	505	285	545	1335
M. Malone	400	300	400	1100
165 lbs.				
T. Taylor	515	335	550	1400
C. Hurd	480	280	480	1240
M. Vail	430	325	460	1215
L. Hernandez	415	265	440	1120
181 lbs.				
L. Greene	*605	385	*630	*1620
M. Kelly	415	255	500	1170
D. Streets	355	250	400	1005
198 lbs.				
J. Tavares	535	355	*630	1520
R. Johnson	515	285	580	1380
J. Gardner	485	360	490	1335
J. Pettigrew	475	335	520	1330
F. Juszynski	440	305	555	1300
220 lbs.				
M. Galante	550	320	550	1420
R. Moyen	*525	325	475	1325
K. Stuber	425	320	500	1245
F. Perry	385	270	410	1065
242 lbs.				
B. Helmer	700	435	665	1800
S. Brown	525	425	615	1565
D. Wallace	450	400	555	1405
S. Mickelson	430	270	475	1175
275 lbs.				
T. Lamoureux	605	500	560	1665
J. Wallace	510	420	610	1540
S. Sequin	*615	330	550	1495
J. Beime	585			
UNL				
A. Jordan	*700	*525	575	*1800
T. Mancini	520	430	450	1400
Masters (40-49)				
D. Montembault	*640	*405	*580	*1625
T. Piazza-198	530	355	570	1455
H. Guidry Jr.	*475	*300	*405	*1180

J. Goncalves-194\*425 265 \*465 \*1155  
Grand Master  
S. Donabedian \*365 \*245 \*405 \*1015  
\*State Record, Best Lifter Light: Les Greene,  
Best Lifter Heavy: Brett Helmer, 1st Place Team:  
Pierce Construction; 2nd Place Team: West  
Point Military Academy. Best Lifter Bench Press  
Ed Flori. First I would like to thank all the lifters,  
spotters, and spectators for making this a great  
meet, especially since the meet was originally  
scheduled for December. Thanks to the own-  
ers of World Gym for all their help. Thanks to  
Stacy and Joe Keeves for all your help. Joe good  
luck in March. Special thanks to my wife,  
Laurie, for with out her help and support there  
would not have been a meet. This meet was run  
very well. Most of the work was done in the  
early stages and it all fell into place. Sue Elwyn,  
Joe Wencus, Jeff Johnson, did the judging and  
like usual did an excellent job. Jeff Jr, Derek,  
Steve, Mike, and Paul were excellent spotter/  
loaders. I was glad to see some old friends and  
make new ones. More teens and women com-  
peted in this meet than ever before and I seem  
to be attracting more and more lifters from  
outside the New England area, which is a good  
thing. Some of the highlights were as follows:  
Desha Rendon from NY was the only female  
teen but she did push her limits and put up  
some good numbers. In the women's open  
Carolyn Phillips took first place with a 695  
total, and in the Women's Masters Florette  
Ruggiero placed 1st. This years men's teen  
division was very competitive thanks to the  
West Point Military Academy with 11 lifters  
spread through multi weight class. Eric  
Kupperstein put up some big numbers in the  
148 open with a 1335 total. New England's  
best, 181er Les Greene took first place with a  
1620 total. He has placed top 3 in the Life Time  
Nationals and is headed for a bright future. Joe  
Tavares pulled 630 and took first in the 198s.  
Brett Helmer posted an 1800 lbs. total in the  
242s for first. The Masters 40-49 was won by  
Dennis Montembault, Horace (the rock) Guidry  
is now a master and should do well in the near  
future. This year will be good for both lifters.  
Now who do you know that's hard as a rock,  
holds a national bench press record and is 72  
years old? Marcel Donabedian that's who.  
Marcel goes through more lifting partners  
than anyone I know. He put up a 245 bench,  
and upped his total to 1017. Antonio Jordan  
posted the biggest bench of the day with an  
easy 525 in the Uni division. Awesome day! In  
the Bench Press only there were some very  
good lifts such as Tunde Szivak's 145, Allan  
Ornaro's 465, and Ed Flori's 480 at a body-  
weight of 215. To all, thank you for all your help  
and support, see you all soon. (Thanks to David  
Toderick for providing the results of the meet).

## Front Squats are Back!



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



**Beau Moore at the USPF Florida State**  
locking out a 730 lb. deadlift  
which gave him a 2235 total.  
(Photo provided by Bill Beekley).

**USPF Florida State**  
**24 Feb 01 - Tampa, FL**

	SQ	BP	DL	TOT
<b>WOMEN</b>				
Master (40-44)				
198+ lb.				
A. McGee	125	105	285	515
Open 132 lb.				
C. Haley	155	125	215	495
165 lb.				
T. Williams	245	130	350	725
Master (40-44)				
220 lb.				
P. Ryan	525	270	525	1320
242 lb.				
R. Chavez	650	335	535	1520
E. Mullins	375	375	365	1115
Master (45-49)				
181 lb.				
J. Sansevere	445	305	450	1200
242 lb.				
M. Brown	505	335	550	1390
Master (70-74)				
220 lb.				
B. Remley	455*	310*	455*	1220*
MEN Open 148 lb.				
W. Clark	—	—	—	—
V. Lysobey	530	350	500	1380
198 lb.				
J. Weisenbaker	585	385	570	1540
T. Edwards	525	345	520	1390
J. Howe	455	375	500	1330
220 lb.				
J. Pritchard	515	305	465	1285
F. Rivers	404	345	500	1250
242 lb.				
R. Chavez	650	335	535	1520
J. Montgomery	555	405	540	1500
M. McLaughlin	510	345	500	1355
SHW				
M. Seymour	700	425	610	1735
G. Leitsch	420	275	475	1170
Guest Lifter				
B. Moore	840	665	730	2235
Judges: Griselle Ufret, Jay Sutherland, Tom O'Donnell and Tony Conyers. Spotters & Loaders: David Lyle, Dean Whitney, Steve Wood, Tim Burns and Rick Grayes. (Thanks to Bill Beekley for providing these contest results).				

**USPF New Jersey High School**  
**4 Mar 01 - Hammonton, NJ**

	SQ	BP	DL	TOT
<b>GIRLS</b>				
D. Harris	185	110	245	540
D. Sacco	155	90	180	425
K. McDowell	250	150	295	695
S. Jack	225	90	270	585
<b>MEN 114 lbs.</b>				
S. Marrero	350	175	380	905
D. Pfeiffer	190	125	255	570
A. Kesler	190	155	220	565
123 lb.				

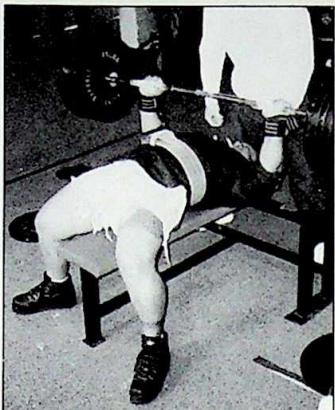
D. Harris	185	110	245	540	Open 181 lbs.	D. Hitchcock	340	275	330	945
D. Keefe	150	140	200	490	198 lbs.	L. Rose	500	365	600	1465!
B. Murro	280	200	355	835	242 lbs.	T. Whited	515	345	525	1385!
C. Mauro	300	160	365	825	275 lbs.	J. Kidd	585	400	600	1585
J. Ross	275	190	350	815	Submasters 198 lbs.	J. Bevins	530	400	550	1480
K. Hanna	340	215	410	965	T. Whited	475	330	550	1355	
J. Megaritotis	360	190	345	895	220 lbs.	J. Lethers	475	330	550	1355*
B. Russo	285	200	385	870	220 lbs.	W. Jones	430	350	480*	1260
165 lbs.					220 lbs.	R. Burruss	475	365*	565*	1405
R. Nardello	375	260	390	1025	High School	BP	DL	TOT		
S. Wister	380	190	430	970	181 lbs.					
J. Violare	320	210	415	945	220 lbs.	B. Rogers	290	315	605	
181 lbs.					220 lbs.	J. Adkins	250	255	485	
A. DiPompo	456	245	445	1145	220 lbs.	L. Blackburn	210	255	465	
B. Ferla	445	230	460	1135	220 lbs.	K. Charles	240	—	—	
D. Martin	410	240	470	1120	220 lbs.	E. Johnson	205	315	520	
198 lbs.					220 lbs.	J. Johnson	235	—	—	
M. Goncalves	455	290	480	1225	220 lbs.	S. Ison	280	315	595	
J. Hargrave, III	445	290	400	1135	220 lbs.	I. Sanchez	150*	242 lbs.		
D. Perez	460	195	450	1105	220 lbs.	B. Blommaert	115	Teen		
220 lbs.					220 lbs.	R. Demel	200*			
M. Crowley	555	380	565	1500	220 lbs.	L. Mason	160*	220 lbs.		
R. Smith	430	225	505	1160	220 lbs.	L. Mason	160*	Open		
C. Lovett	430	280	445	1155	220 lbs.	T. Benda	160*			
242 lbs.					220 lbs.	H. Head	200*			
J. O'Neill	500	280	495	1275	220 lbs.	165 lbs.	Junior			
T. Defiore	460	260	500	1220	220 lbs.	H. Brantley	250*			
B. Burke	485	280	450	1215	220 lbs.	165 lbs.	Open			
275 lbs.					220 lbs.	J. Viner	410			
T. Roesler	520	405	580	1505	220 lbs.	T. Dennis	370			
B. Panissidi	400	316	475	1190	220 lbs.	123 lbs.	Master (40-44)			
E. Huth	400	270	485	1155	220 lbs.	M. Dawson	355*			
SHW					220 lbs.	I. Sanchez	150*	242 lbs.		
L. LaBeur	610	240	500	1350	220 lbs.	B. Blommaert	115	Teen		
C. Feliciano	400	230	435	1065	220 lbs.	R. Demel	200*			
TEAM SCORING: 1st St. Joseph, Hammonton, Coach Paul Sacco, 48 points. 2nd St. Joseph Regional, Montvale, Coach Dan Pollio, 37 points. 3rd Monsignor Donovan High, Coach Mark Deppan, 15 points. 4th Egg Harbor Township High, Coach Tony DeRosa, 14 points. The high school division also presented us with a future talent in Barrett Rogers, an outstanding running back for Pikeville High, whose lifts were quality with room to spare, especially in the deadlift. OPEN MEN - The best lifter of the day was Lance Rose @ 198, competing in his first meet since high school days. With a bodybuilders physique and a strong deadlift, Lance posted a total just behind the 242 lifters Jamie Kidd and Jason Bevins who battled for the win of the 242's with a 1585 and 1480 total respectively. SUBMASTERS - One more slot was filled in the KY roster of submasters records by Tony Whited who impressed everyone with his quality lifts which were smooth and strong. Tony, who is a talented singer and musician with the Kentucky Opry, has lifted for years and is finally bringing it to the platform. The Masters division saw Randy Burruss break his own masters records established last year in the 220 class with his PR bench and deadlift - just missing the total as he prepares for an upcoming meet.										
RESULTS: *State Record. I-Best Lifter. MEET HIGHLIGHTS: Teen Men - Trent Charles returned this year to do the full meet and establish an impressive bench press record of 370 pounds in the 16-17 age group of the lbs. class. Dusty Hall lifted even better this year, setting all 4 state records in the 18-19 age group of the 181 lbs. class. Dusty is a quality lifter with good form and control on each lift. The high school division also presented us with a future talent in Barrett Rogers, an outstanding running back for Pikeville High, whose lifts were quality with room to spare, especially in the deadlift. OPEN MEN - The best lifter of the day was Lance Rose @ 198, competing in his first meet since high school days. With a bodybuilders physique and a strong deadlift, Lance posted a total just behind the 242 lifters Jamie Kidd and Jason Bevins who battled for the win of the 242's with a 1585 and 1480 total respectively. SUBMASTERS - One more slot was filled in the KY roster of submasters records by Tony Whited who impressed everyone with his quality lifts which were smooth and strong. Tony, who is a talented singer and musician with the Kentucky Opry, has lifted for years and is finally bringing it to the platform. The Masters division saw Randy Burruss break his own masters records established last year in the 220 class with his PR bench and deadlift - just missing the total as he prepares for an upcoming meet.										
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## WNPF Ohio Championships 4 Feb 01 - Youngstown, OH

BENCH	220 lbs. (40-49)	MEN 132 lbs. (14-16)
Assisted	T. Boyer 360!	C. Williams* 425! 225! 425! 1075!
123 lbs.	B. Misorski 270	J. Shields 330 275 370 975
Lifetime	242 lbs. Lifetime	R. Adams 420 270 510! 1200
S. Petrenack	325! S. Cooke 445!	M. Perich 385 230 405 1020
165 lbs.	(40-49)	D. Taylor 445 310 530 1285
Lifetime	M. Atel 185	E. Boehler 425 300 475 1200
L. Miller*	475! 275 lbs. (50-59)	I. Hill 405 250 440 1095
181 lbs.	D. Ledford 370!	(40-49)
Lifetime	SHW (40-49)	B. Misorski 375 270 400 1045
J. Fiumara	360 J. Tammaro 225	242 lbs. Lifetime
Sarigianopoulos	340 DEADLIFT	B. Hennebert 490 370 610 1410
(33-39)	Assisted	J. Verrico 500 320 580 1400
J. Fumaka	360 165 lbs. (33-39)	275 lbs. Lifetime
220 lbs. (40-49)	A. McVaney 515	D. Pounds 555 390 605 1550
T. Boyer	385 275 lbs. (33-39)	(33-35)
242 lbs. Lifetime	M. Reese 630	D. Pounds 555 390 605 1550
B. Karlouie	550 Raw	Once again many fine lifters turned out to compete in the WNPF Ohio Championship. Sarah Schaffer and William Schaffer again returned to do some fine lifting, with Sarah setting all new American records in the teen division and Bill winning the Masters 220 lb. division setting a new state record. In the assisted powerlifting division Allen McVaney and Johnny Elsberry Sr., split the division with McVaney winning the lifetime and Submasters and Elsberry winning the masters division. Tony Sarigianopoulos lifted well in his first full meet winning the 181 lb. lifetime division, and William Evans won the 198 lb. lifetime and masters division battling it out with Jason Onysko and Matt Johnson. John Phillips set a new American record on his way to winning the masters 50-59 division. 220 lb. lifters Ed Alexander and Phil Accordino both posted fine totals winning their divisions and Mark Reese and Dave Coleman posted the highest totals for the day with Reese winning the Submaster and police and fire divisions in the 275 lb. class and Coleman winning the lifetime division and best lifter. In the raw powerlifting first time lifter Jessica Kramb set all new American records in the teen women's division and Caleb Williams set all new American records on his way to winning the 132 lb. class and best lifter. Teen lifters Josh Shields, Michael Perich also lifted well winning their divisions. Rob Adams set a new American record while winning the 181 lb. Submasters and Bill Misorski returned to again claim the 220 lb. masters class. Three lifters battled for the 220 lb. lifetime division with Donn Taylor edging out Ed Boehler followed by Iann Hill, Brad Hennebert and Jim Verrico posted some strong lifts battling for the 242 lb. lifetime division with Hennebert edging out Verrico for the win. Dirk Pounds returned to win the lifetime and Submasters. In the 275 lb. class posting a strong total. In the bench press assisted Steve Petrenack and Dr. Larry Miller set new American records with Miller winning best lifter. Joe Fiumara returned
Raw 165 lbs.	B. Misorski 400	275 lbs. Lifetime
Lifetime	SQUAT	D. Pounds 555 390 605 1550
L. Tyler	300 Assisted	Once again many fine lifters turned out to compete in the WNPF Ohio Championship. Sarah Schaffer and William Schaffer again returned to do some fine lifting, with Sarah setting all new American records in the teen division and Bill winning the Masters 220 lb. division setting a new state record. In the assisted powerlifting division Allen McVaney and Johnny Elsberry Sr., split the division with McVaney winning the lifetime and Submasters and Elsberry winning the masters division. Tony Sarigianopoulos lifted well in his first full meet winning the 181 lb. lifetime division, and William Evans won the 198 lb. lifetime and masters division battling it out with Jason Onysko and Matt Johnson. John Phillips set a new American record on his way to winning the masters 50-59 division. 220 lb. lifters Ed Alexander and Phil Accordino both posted fine totals winning their divisions and Mark Reese and Dave Coleman posted the highest totals for the day with Reese winning the Submaster and police and fire divisions in the 275 lb. class and Coleman winning the lifetime division and best lifter. In the raw powerlifting first time lifter Jessica Kramb set all new American records in the teen women's division and Caleb Williams set all new American records on his way to winning the 132 lb. class and best lifter. Teen lifters Josh Shields, Michael Perich also lifted well winning their divisions. Rob Adams set a new American record while winning the 181 lb. Submasters and Bill Misorski returned to again claim the 220 lb. masters class. Three lifters battled for the 220 lb. lifetime division with Donn Taylor edging out Ed Boehler followed by Iann Hill, Brad Hennebert and Jim Verrico posted some strong lifts battling for the 242 lb. lifetime division with Hennebert edging out Verrico for the win. Dirk Pounds returned to win the lifetime and Submasters. In the 275 lb. class posting a strong total. In the bench press assisted Steve Petrenack and Dr. Larry Miller set new American records with Miller winning best lifter. Joe Fiumara returned
181 lbs. (50-59)	165 lbs. (33-39)	D. Pounds 555 390 605 1550
E. Freeman	300! A. McVaney 565!	275 lbs. Lifetime
WOMEN	SQ BP DL TOT	D. Pounds 555 390 605 1550
Assisted Teen (17-19)		Once again many fine lifters turned out to compete in the WNPF Ohio Championship. Sarah Schaffer and William Schaffer again returned to do some fine lifting, with Sarah setting all new American records in the teen division and Bill winning the Masters 220 lb. division setting a new state record. In the assisted powerlifting division Allen McVaney and Johnny Elsberry Sr., split the division with McVaney winning the lifetime and Submasters and Elsberry winning the masters division. Tony Sarigianopoulos lifted well in his first full meet winning the 181 lb. lifetime division, and William Evans won the 198 lb. lifetime and masters division battling it out with Jason Onysko and Matt Johnson. John Phillips set a new American record on his way to winning the masters 50-59 division. 220 lb. lifters Ed Alexander and Phil Accordino both posted fine totals winning their divisions and Mark Reese and Dave Coleman posted the highest totals for the day with Reese winning the Submaster and police and fire divisions in the 275 lb. class and Coleman winning the lifetime division and best lifter. In the raw powerlifting first time lifter Jessica Kramb set all new American records in the teen women's division and Caleb Williams set all new American records on his way to winning the 132 lb. class and best lifter. Teen lifters Josh Shields, Michael Perich also lifted well winning their divisions. Rob Adams set a new American record while winning the 181 lb. Submasters and Bill Misorski returned to again claim the 220 lb. masters class. Three lifters battled for the 220 lb. lifetime division with Donn Taylor edging out Ed Boehler followed by Iann Hill, Brad Hennebert and Jim Verrico posted some strong lifts battling for the 242 lb. lifetime division with Hennebert edging out Verrico for the win. Dirk Pounds returned to win the lifetime and Submasters. In the 275 lb. class posting a strong total. In the bench press assisted Steve Petrenack and Dr. Larry Miller set new American records with Miller winning best lifter. Joe Fiumara returned
139 lbs.		D. Pounds 555 390 605 1550
S. Schaffer	230! 135! 260! 625!	275 lbs. Lifetime
MEN 165 lbs. Lifetime		D. Pounds 555 390 605 1550
A. McVaney	565 315 515 1395	Once again many fine lifters turned out to compete in the WNPF Ohio Championship. Sarah Schaffer and William Schaffer again returned to do some fine lifting, with Sarah setting all new American records in the teen division and Bill winning the Masters 220 lb. division setting a new state record. In the assisted powerlifting division Allen McVaney and Johnny Elsberry Sr., split the division with McVaney winning the lifetime and Submasters and Elsberry winning the masters division. Tony Sarigianopoulos lifted well in his first full meet winning the 181 lb. lifetime division, and William Evans won the 198 lb. lifetime and masters division battling it out with Jason Onysko and Matt Johnson. John Phillips set a new American record on his way to winning the masters 50-59 division. 220 lb. lifters Ed Alexander and Phil Accordino both posted fine totals winning their divisions and Mark Reese and Dave Coleman posted the highest totals for the day with Reese winning the Submaster and police and fire divisions in the 275 lb. class and Coleman winning the lifetime division and best lifter. In the raw powerlifting first time lifter Jessica Kramb set all new American records in the teen women's division and Caleb Williams set all new American records on his way to winning the 132 lb. class and best lifter. Teen lifters Josh Shields, Michael Perich also lifted well winning their divisions. Rob Adams set a new American record while winning the 181 lb. Submasters and Bill Misorski returned to again claim the 220 lb. masters class. Three lifters battled for the 220 lb. lifetime division with Donn Taylor edging out Ed Boehler followed by Iann Hill, Brad Hennebert and Jim Verrico posted some strong lifts battling for the 242 lb. lifetime division with Hennebert edging out Verrico for the win. Dirk Pounds returned to win the lifetime and Submasters. In the 275 lb. class posting a strong total. In the bench press assisted Steve Petrenack and Dr. Larry Miller set new American records with Miller winning best lifter. Joe Fiumara returned
198 lbs. Lifetime		D. Pounds 555 390 605 1550
W. Evans	555 370 570 1495	275 lbs. Lifetime
J. Onysko	505 250 435 1190	D. Pounds 555 390 605 1550
(40-49)		Once again many fine lifters turned out to compete in the WNPF Ohio Championship. Sarah Schaffer and William Schaffer again returned to do some fine lifting, with Sarah setting all new American records in the teen division and Bill winning the Masters 220 lb. division setting a new state record. In the assisted powerlifting division Allen McVaney and Johnny Elsberry Sr., split the division with McVaney winning the lifetime and Submasters and Elsberry winning the masters division. Tony Sarigianopoulos lifted well in his first full meet winning the 181 lb. lifetime division, and William Evans won the 198 lb. lifetime and masters division battling it out with Jason Onysko and Matt Johnson. John Phillips set a new American record on his way to winning the masters 50-59 division. 220 lb. lifters Ed Alexander and Phil Accordino both posted fine totals winning their divisions and Mark Reese and Dave Coleman posted the highest totals for the day with Reese winning the Submaster and police and fire divisions in the 275 lb. class and Coleman winning the lifetime division and best lifter. In the raw powerlifting first time lifter Jessica Kramb set all new American records in the teen women's division and Caleb Williams set all new American records on his way to winning the 132 lb. class and best lifter. Teen lifters Josh Shields, Michael Perich also lifted well winning their divisions. Rob Adams set a new American record while winning the 181 lb. Submasters and Bill Misorski returned to again claim the 220 lb. masters class. Three lifters battled for the 220 lb. lifetime division with Donn Taylor edging out Ed Boehler followed by Iann Hill, Brad Hennebert and Jim Verrico posted some strong lifts battling for the 242 lb. lifetime division with Hennebert edging out Verrico for the win. Dirk Pounds returned to win the lifetime and Submasters. In the 275 lb. class posting a strong total. In the bench press assisted Steve Petrenack and Dr. Larry Miller set new American records with Miller winning best lifter. Joe Fiumara returned
220 lbs. (33-39)		D. Pounds 555 390 605 1550
E. Alexander	425 340 410 1175	275 lbs. Lifetime
(40-49)		D. Pounds 555 390 605 1550
P. Accordino	530 370 530 1430	Once again many fine lifters turned out to compete in the WNPF Ohio Championship. Sarah Schaffer and William Schaffer again returned to do some fine lifting, with Sarah setting all new American records in the teen division and Bill winning the Masters 220 lb. division setting a new state record. In the assisted powerlifting division Allen McVaney and Johnny Elsberry Sr., split the division with McVaney winning the lifetime and Submasters and Elsberry winning the masters division. Tony Sarigianopoulos lifted well in his first full meet winning the 181 lb. lifetime division, and William Evans won the 198 lb. lifetime and masters division battling it out with Jason Onysko and Matt Johnson. John Phillips set a new American record on his way to winning the masters 50-59 division. 220 lb. lifters Ed Alexander and Phil Accordino both posted fine totals winning their divisions and Mark Reese and Dave Coleman posted the highest totals for the day with Reese winning the Submaster and police and fire divisions in the 275 lb. class and Coleman winning the lifetime division and best lifter. In the raw powerlifting first time lifter Jessica Kramb set all new American records in the teen women's division and Caleb Williams set all new American records on his way to winning the 132 lb. class and best lifter. Teen lifters Josh Shields, Michael Perich also lifted well winning their divisions. Rob Adams set a new American record while winning the 181 lb. Submasters and Bill Misorski returned to again claim the 220 lb. masters class. Three lifters battled for the 220 lb. lifetime division with Donn Taylor edging out Ed Boehler followed by Iann Hill, Brad Hennebert and Jim Verrico posted some strong lifts battling for the 242 lb. lifetime division with Hennebert edging out Verrico for the win. Dirk Pounds returned to win the lifetime and Submasters. In the 275 lb. class posting a strong total. In the bench press assisted Steve Petrenack and Dr. Larry Miller set new American records with Miller winning best lifter. Joe Fiumara returned
275 lbs. Lifetime		D. Pounds 555 390 605 1550
D. Coleman*	645 460 660 1805	275 lbs. Lifetime
(33-39)		D. Pounds 555 390 605 1550
M. Reese	610 440 630 1680	Once again many fine lifters turned out to compete in the WNPF Ohio Championship. Sarah Schaffer and William Schaffer again returned to do some fine lifting, with Sarah setting all new American records in the teen division and Bill winning the Masters 220 lb. division setting a new state record. In the assisted powerlifting division Allen McVaney and Johnny Elsberry Sr., split the division with McVaney winning the lifetime and Submasters and Elsberry winning the masters division. Tony Sarigianopoulos lifted well in his first full meet winning the 181 lb. lifetime division, and William Evans won the 198 lb. lifetime and masters division battling it out with Jason Onysko and Matt Johnson. John Phillips set a new American record on his way to winning the masters 50-59 division. 220 lb. lifters Ed Alexander and Phil Accordino both posted fine totals winning their divisions and Mark Reese and Dave Coleman posted the highest totals for the day with Reese winning the Submaster and police and fire divisions in the 275 lb. class and Coleman winning the lifetime division and best lifter. In the raw powerlifting first time lifter Jessica Kramb set all new American records in the teen women's division and Caleb Williams set all new American records on his way to winning the 132 lb. class and best lifter. Teen lifters Josh Shields, Michael Perich also lifted well winning their divisions. Rob Adams set a new American record while winning the 181 lb. Submasters and Bill Misorski returned to again claim the 220 lb. masters class. Three lifters battled for the 220 lb. lifetime division with Donn Taylor edging out Ed Boehler followed by Iann Hill, Brad Hennebert and Jim Verrico posted some strong lifts battling for the 242 lb. lifetime division with Hennebert edging out Verrico for the win. Dirk Pounds returned to win the lifetime and Submasters. In the 275 lb. class posting a strong total. In the bench press assisted Steve Petrenack and Dr. Larry Miller set new American records with Miller winning best lifter. Joe Fiumara returned
Police/Fire		D. Pounds 555 390 605 1550
M. Reese	610 440 630 1680	275 lbs. Lifetime
WOMEN Raw 129 lbs. (14-15)		D. Pounds 555 390 605 1550
J. Klamb	170! 85! 240! 495!	Once again many fine lifters turned out to compete in the WNPF Ohio Championship. Sarah Schaffer and William Schaffer again returned to do some fine lifting, with Sarah setting all new American records in the teen division and Bill winning the Masters 220 lb. division setting a new state record. In the assisted powerlifting division Allen McVaney and Johnny Elsberry Sr., split the division with McVaney winning the lifetime and Submasters and Elsberry winning the masters division. Tony Sarigianopoulos lifted well in his first full meet winning the 181 lb. lifetime division, and William Evans won the 198 lb. lifetime and masters division battling it out with Jason Onysko and Matt Johnson. John Phillips set a new American record on his way to winning the masters 50-59 division. 220 lb. lifters Ed Alexander and Phil Accordino both posted fine totals winning their divisions and Mark Reese and Dave Coleman posted the highest totals for the day with Reese winning the Submaster and police and fire divisions in the 275 lb. class and Coleman winning the lifetime division and best lifter. In the raw powerlifting first time lifter Jessica Kramb set all new American records in the teen women's division and Caleb Williams set all new American records on his way to winning the 132 lb. class and best lifter. Teen lifters Josh Shields, Michael Perich also lifted well winning their divisions. Rob Adams set a new American record while winning the 181 lb. Submasters and Bill Misorski returned to again claim the 220 lb. masters class. Three lifters battled for the 220 lb. lifetime division with Donn Taylor edging out Ed Boehler followed by Iann Hill, Brad Hennebert and Jim Verrico posted some strong lifts battling for the 242 lb. lifetime division with Hennebert edging out Verrico for the win. Dirk Pounds returned to win the lifetime and Submasters. In the 275 lb. class posting a strong total. In the bench press assisted Steve Petrenack and Dr. Larry Miller set new American records with Miller winning best lifter. Joe Fiumara returned

to win the 181 lb. lifetime and Submasters divisions and Tom Boyer took the 220 lb. masters division in both the assisted and raw divisions setting a new record in the raw Division. Blaise Karlovic had the highest press of the day followed by Paul Vargo on their way to winning their divisions. Jerry Wilson returned to win the SHW Masters and lifetime division. In the raw bench press Larry Tyler and Ed Freeman won their divisions with Freeman setting a American record. Steve Cooke set an American record winning the 242 lb. lifetime and Submasters division and Dick Ledford set one winning the 275 lb. masters division. Fine lifts were also done by Thomas Ramey, Mike Ater and Teen Joe Tammaro while winning their divisions. Mike Stas decided only to deadlift this year winning his division in the deadlift. Ron Jr. did a nice job dead lifting in the youth division and had great support from the lifters and spectators. Thanks goes out to my crew who every year make this a successful and fun meet and to all the participants both lifters and spectators. (Results provided by Ron Deamicis).

at 148, this time getting his first double body-weight bench with a strong 305. A couple of the novice lifters looked pretty good too: Steve Benson was real close with a double body-weight bench as he made 315, weighing a few lbs. below 165; and Anson Wood hit 3 solid lifts to finish with a great 410 in the 275 class. It was great to see him climb back on the horse and lift so well after bombing in his first meet ever, about a month prior to this meet. (Thanks to Jon Smoker for providing these meet results).



George Lealiifano's 545 at the CBPL Annual Winter BP. (Smoker)

## 11th CBPL Winter BP

24 Feb 01 - Elkhart, IN

Novice	275 lbs.
165 lbs.	G. Lealiifano 545
S. Benson	315 J. Martinez 450
242 lbs.	Master 198 lbs.
R. Petett	335 D. Horn 315
275 lbs.	Master (45+)
A. Wood	410 220 lbs.
Natural	T. Horvath 315
148 lbs.	Master (50+)
R. Langwell	305 R. Cuny 330
165 lbs.	G. Fay 300
R. Salvagni	460* 1242 lbs.
181 lbs.	G. Washington 330
F. Stokes	325 Open
242 lbs.	275 lbs.
M. Johnson	— M. Bogart 375
Best lifter-\$250: Rich Salvagni. *Meetrecord.	
I-Central Bench Press League record. Special thanks to: Brendan Yoder, Dan Martin, Kevin Schrock, Mike Wider and Christy Travis. I'm beginning to feel like Rich Salvagni's sponsor as he once again coppered the best lifter cash prize with another record topping performance at the Winter Bench Press Classic. His last 2 meets he had problems with a 460 bench, none of which had to do with his strength. This time he would not be denied, and made it with room to spare, setting yet another Central Bench Press League record in the process. Also hitting a big lift was the Samoan strong man, George Lealiifano, who made a magnificent 545 in the 275 class which will put him close to the top 10. I have never seen him look stronger, as he waited a bit longer after the signal, before he confidently rammed it up. Taking second to George with a personal best 450 was John Martinez. Rob Langwell continues to improve	

## USAPL Nebraska Bench Press

10 Feb 01 - Fremont, NE

Open	220 lbs.
123 lbs.	J. Probasco-38 402
P. Wongl-22	292 J. Diers-21 325*
148 lbs.	J. Secord-28 297
J. Scherer-20	203 S. Millard-27 292
165 lbs.	Police/Fire
B. Rilling-25	347 220 lbs.
M. Aleck-28	270 T. Anderson-28 507*
S. Marshall-48	264 Teen 220 lbs.
165 lbs.	C. Cech 275
Police/Fire	
B. Scherer-39	308* 275 lbs.
S. Marshall-48	264 C. White-32 462*
181 lbs.	C. Price-24 352
C. Salas-42	380* SHW
S. Auxier-24	341 Police/Fire
Teen 181 lbs.	T. Lamb-37 462*
R. Telberg-18	336 Master/Light
Open 198 lbs.	C. Salas-43 380*
S. Fergen-29	424 S. Marshall-48 264
J. Blindauer-31	402 Master/Heavy
Geistlinger-22	374 R. Cech-44 380
Team Champions: Washington County. I-Best Lifter. *Record. (Thanks to USAAPL for results)	

## The Gym Bench Classic

24 Feb 01 - Fredericksburg, VA

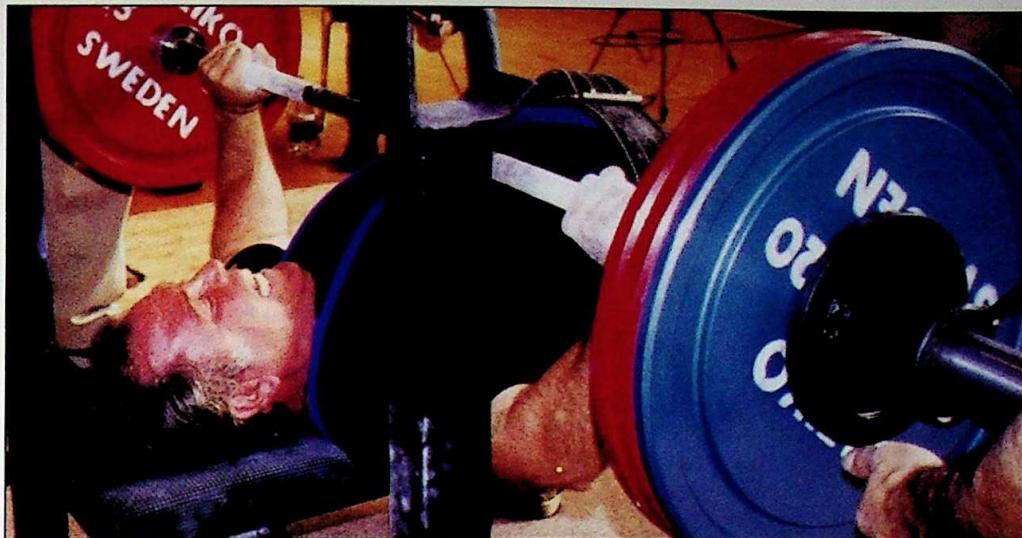
WOMEN	D. Jeter 290
L. Reynolds	105 J. Craig 250
C. Johnson	140 165 lbs.
J. Beasley	80 L. Christopher 275
M. Asbach	80 T. Comfort 255
MEN	A. Chaney 250
Teen	181 lbs.
M. Tingler	365 J. Anderson 270
J. Ferrick	250 198 lbs.
G. Hall	250 G. Ferrelle 415*
B. Watts	160 S. Beasley 390
D. Whitaker	155 B. Childs 315
Submaster	J. Eckman 260
E. Blackwell	420 220 lbs.
D. Pullen	395 J. Hepner 450
C. Asbach	330 S. Morris 430
Master (40-49)	W. Johnson 425
B. Calhoun	480 J. Ogle 365
W. Johnson	425 242 lbs.
D. Stanley	310 B. Watts 280
Master (50+)	275 lbs.
T. Calhoun	425 J. Graube 540*
J. Powell	300 B. Fones 350
J. Sams	245 SHW
Raw	C. Chandler 450
H. Cross	450 B. Zircosta 385
J. Bach	300 C. Thornton 385
148 lbs.	A. Ansari 375
S. Zerbe	310 4th 400
	"-Best Lifter. John Graube also lifted as a Master (40-49). (Results provided by The Gym)

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_

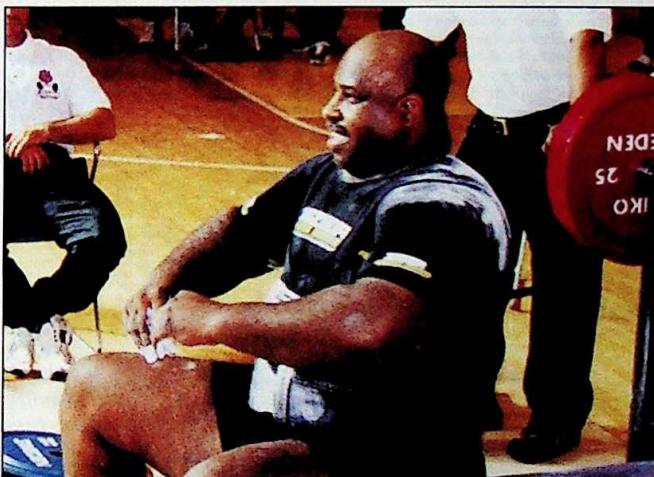
DATE \_\_\_\_\_ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)  
I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

**AAU World Bench Press (kgs.)**  
21 Oct 00 - Brockton, MA

BENCH WOMEN	M. Rooney	162.5
148 lbs.	220 lbs.	
Raw Open	Raw Open	
J. Gardella	J. Dfranco	175*
Raw Submaster	Raw Master (40-44)	
J. Gardella	H. Munro	175
181 lbs.	Assist Police	
Raw Open	Master (45-49)	
C. Ferreia	L. Motta Sr.	172.5
Raw Submaster	Assist Police	
C. Ferreia	Master (55-59)	
MEN 114 lbs.	J. Bonazzi	167.5
Teen (14-15)	Assist Police	
H. Claypatch	M. Cricione	207.5
123 lbs.	L. Motta Sr.	172.5
Master (40-44)	220 lbs.	
G. Murphy Jr.	Assist Police	
132 lbs.	Master (55-59)	
Master (45-49)	R. Zuber	135
G. Landess	Assist	
Raw Master (45-49)	Junior (20-23)	
G. Landess	C. Shedrick	145
Raw Open	Assist Open	
G. Landess	B. Avery	177.5
148 lbs.	L. Motta Sr.	172.5
Raw Teen (14-15)	242 lbs.	
A. Worth	Raw Master (45-49)	
Master (45-49)	J. Murphy	157.5
R. Tinkham	Assist Police	
Raw Novice	Master (50-54)	
E. Ho	H. Puch	190
Police Asst.	Police	
P. Statuto	Master (60-64)	
165 lbs.	J. Embrich	112.5
Assist	Assist Police	
Master (45-49)	J. Conklin	210
J. Haines	D. Walton	205
Assist Police	Novice (20-23)	
T. Atme	R. Festa	185
S. Smith	Assist Submaster	
R. Cameron	F. Schiofer	220
Police Junior	Master (50-54)	
S. Biendo	H. Puch	190
Raw	275 lbs.	
Master (40-44)	Assist	
W. Claypatch	Master (40-44)	
181 lbs.	F. Callender	187.5
Master (45-49)	W. Harvey	160
M. Martins	Master (60-64)	
Assist Police	D. Herrera	185
N. Casasanta	Police Assist	
R. Trombetta	A. Dispascuale	242.5*
J. Barbier	Raw	
T. Verrone	Master (40-44)	
J. Lalamis	D. Brennick	155
Assist Police	Assist Open	
Master (45-49)	R. Cross	152.5
B. Wingate	Master (50-54)	
127.5 lbs.	R. Cross	152.5
Police	Raw Open	
Junior (20-23)	R. Cross	152.5
J. Papienek	319 lbs.	
Raw Submaster	M. MacLaughlin	162.5*
198 lbs.	Assist Open	
Assist	D. Egan	167.5
Master (45-49)	Novice	
G. Shanholtz	A. Heller	—
Assist	Assist Police	
Master (55-59)	L. Arcieri	212.5
J. Mitsopoulos	C. Hiel	—
Assist Police	D. Catli	245
V. Scilliere	Raw Submaster	
L. Passono	W. Smith	165
Raw Police	SHW	
Master (45-49)	Assist Open	
J. Alegre	R. Cutts	257.5*
Raw Master (60-64)	Police Assist	
D. Ballen	R. Cutts	257.5*
Raw Open	Master (40-44)	
M. Williams	R. Cutts	257.5
—Record, Team OPEN: Police Team A, 114 Pts, 1st; Baystate Team, 105 Pts, 2nd; Police Team B, 77 Pts, 3rd . Team Competition POLICE: Police Team A, 114 Pts, 1st, Police Team B, 77 Pts, 2nd. This meet was held in the gym at the VA Hospital in Brockton, Mass. I would like to thank the people at the VA very much for their help. The lifting started right on time at 9am and the spirit and energy supplied by the Passaic County Sheriff's Dept. was explosive. This group has great support from their sheriff and union local and was a joy to all. I'd like to thank all the lifters. It's always a joy to run a meet for such a great group. My spotter loaders Mark Marrocco & Eric Kupperstein, both of whom are NAT refs and world class lifters. How often will you see this. My refs and table help, all of them are great. They make the meet run. Thank you. (These results by Larry Larsen).	257.5*	



**Gary Shanholtz** takes first place with a 369.5 bench in the 198 pound class in the Masters (age 45-49).



**Robert L. Cutts** took home Best Lifter and set a World and American record in the SHW Masters 40-44. A lift of 567.5 lbs. took 1st in the Open, Police and Fire, and Masters. (Provided by Robert L. Cutts).



**Manuel Martins** won the Men's Masters 181 with 315 lbs. weighing 175 and at 48 years old. (Photo provided by Manuel Martins).



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County		Phone (With Area Code)		

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Adult Powerlifting Athletes		

MEMBERSHIP CATEGORY	CHECK ONE:		
	Athlete	Coach	Official
<input checked="" type="checkbox"/> <b>CHECK ONE:</b>	<input type="checkbox"/> Youth Program	<input type="checkbox"/> Adult Program	<input type="checkbox"/> Added Benefit
Yes <input type="checkbox"/>	No <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>

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NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

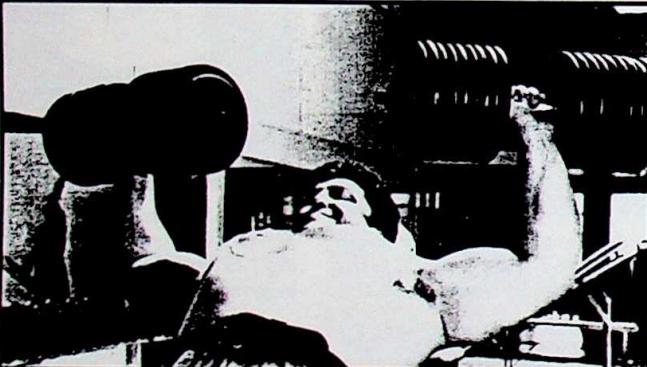
USPF New York State					
24,25 Feb 01 - Cheektowaga, NY					
WOMEN	SQ	BP	DL	TOT	
56 kg. Submaster					
M. Woodard!	82.5	67.5*	95	245	
75 kg. Master (40-44)					
J. Funaro	110	47.5	120	277.5	
90+ kg.					
M. O'Donnell!	125	100	147.5	372.5	
MEN					
Teen (13-15) 67.5 kg.					
R. DiMartile	80	82.5	115	227.5	
Teen (16-17)					
K. Conklin Jr.	120	100	162.5	382.5	
Teen (18-19)					
J. Dern	140	102.5	150	392.5	
J. Wohlfahrt	137.5	105	170	412.5	
M. Chaffee	147.5	95	180	422.5	
Junior 75 kg.					
T. Madison	180	150	200	530	
82.5 kg.					
B. Vanderploeg	215	137.5	237.5	590	
90 kg.					
R. Putnam	190	147.5	205	542.5	
T. Mann	95	117.5	160	372.5	
100 kg.					
S. Miller	215	160	262.5	637.5	
Open 67.5 kg.					
A. Stisser	177.5	132.5	215	525	
D'Allessandris	192.5	125.5	212.5	530	
M. Macri	260	145	—	bmb	
82.5 kg.					
J. Galligan!	272.5	187.5	245	705	
J. Schwiehard	200	—	—	bmb	
90 kg.					
D. Newkirk	247.5	165	272.5	702.5	
B. Alapa	230	155	227.5	612.5	
100 kg.					
A. Funaro	247.5	205	275	172.5	
110 kg.					
E. Partak!	305	192.5	295	792.5	
G. Hopkins	257.5	170	270	697.5	
G. Perro	—	—	—	bmb	
Submaster 82.5 kg.					
A. Yvars	272.5	137.5	272.5	662.5	

R. Pearson 245 137.5 260 642.5  
Master (40-44) 75 kg.  
K. McNeil 240.5\* 172.5\* 210 622.5  
82.5 kg.  
S. Blask 192.5 137.5 227.5 675  
90 kgs.  
E. Jekov 250 197.5 227.5 675\*  
Master (45-49)  
G. Beck 255 165 277.5\* 697.5\*  
D. Jackson 205 155 197.5 557.5  
125 kg.  
D. Cram 182.5 120 197.5 500  
Master (50-54)  
J. Stellecht 115 152.5 187.5 455  
125 kg.  
F. Salamone 260\* 157.5 207.5 625  
L. Huff, Sr. 102.5 160 170 455  
Master (55-59)  
J. Hopkins, III 182.5\* 120 227.5\* 530\*  
V. Peterson 147.5 142.5\* 237.5\* 527.5  
125 kg.  
P. Pierce — 157.5 — —  
Master (70-74) 100 kg.  
M. Huff 157.5 105 170 445  
Law 100 kg.  
R. Patton 242.5 165 265 672.5  
I-Outstanding Lifter. Team: World Gym of  
Amsterdam 1st Place. Sunny Buffalo, New  
York served as the backdrop for the 2001 USPF  
New York State Powerlifting Championships.  
Lifters from all over the state came to compete  
at the Holiday Inn in the Buffalo suburb of  
Cheektowaga. The contest featured the new E-  
R squat rack/bench apparatus that turned out  
to be a big hit with the lifters and spotters/  
loaders as well. Sculptured Neils Andersen  
trophies were presented to lifters at the end of  
each session much to their delight. HIGHLIGHTS FROM SATURDAY, FEBRUARY 24TH:  
Fifteen-year-old Rich DiMartile, a 67.5 kilo  
lifter in his first contest, went 7 for 9 for the day.  
Buffalo Athletic Club's Aaron Stisser took the  
men's open 67.5 kilo class with a nice 525 kg.  
total. Michelle Woodward of Stockton, New  
York competed in her first full meet and set a  
women's submaster 67.5 kg. bench press record

and took first place in the process. Little  
did she know that after the day's  
events unfolded, she would also walk  
away with the women's light-  
weight Outstanding Lifter trophy. Jackie  
Funaro took top honors in the  
women's 75 kgs.  
class. Men's open  
75 kgs. favorite  
Mike Macri had a  
tough day and could  
not complete the  
deadlift event forcing  
him out of the  
contest. Surely,  
Mike will be back to  
battle another day.  
Hell's Angel Kyle  
McNeil made all the  
brothers proud with  
his first place showing  
in the men's master  
40-44 age group  
in the 75 kg.  
class. Kyle set state  
records in the squat  
and bench press  
and added 50 kilos  
to his previous  
year's total. Wende  
Correctional ser-  
geant Steven Blask  
took first place in  
the men's master  
40-44 age group  
82.5 kg weight class  
going 6 for 9 with  
an injured hip. De-  
spite his injury, his  
lifts were still ex-  
ecuted with text-  
book accuracy. John  
"Poppy" Hopkins RI  
showed why he is a  
member of the  
Ironmasters. The  
fifty-five year old set  
masters records in  
the squat, deadlift,  
and total setting ex-  
amples for his team-  
mates back home in  
Rochester. Late entry Joe Galligan needed  
three attempts to get his opening squat in.  
After a shaky start, however, Joe went on to win  
the men's open 82.5 kg weight class and take  
the men's lightweight Outstanding Lifter  
trophy back home to World's Gym in Amsterdam,  
New York. HIGHLIGHTS FROM SUNDAY, FEBRUARY 25TH: Kinderhook's David Newkirk  
put up some impressive numbers to take first  
place in the men's open 90 kg. class. Enzo  
Jekov broke his own masters 90 kg. bench  
press record. Gary Beck, of Webster, New York  
came close to breaking all of the masters 90 kg  
records in the 45-49 age group. But when the  
dust finally settled, Gary had to settle for new  
records in the deadlift and total column. New  
York State legend Vince "VIP" Peterson of  
Ontario, New York had a great day in the  
masters 90 kg. 55-59 age group taking first  
place and shattering state bench and deadlift  
records. Mary O'Donnell earned top spot in  
the women's 90+ kg. weight class and garnered  
the women's heavyweight Outstanding Lifter  
trophy. Seventy-two year old youngster Melvin  
Huff took the masters 70-74 100 kg. weight  
class with a massive 182.5 kg deadlift.  
Mechanicville Gym owner Anthony Funaro  
put up some huge numbers despite having an  
off day. Still, Anthony was able to take home  
first place in the men's open 100 kg. weight  
class. The men's open 110 kg. class was going  
to feature a 3-way battle for the state title. Things  
came up short when Greg Perron could not get  
a squat on the board. Attica C.O. Greg Hopkins  
went 6 for 6 going into subtotal and tried to  
pull a big 282.5 kilo deadlift that just wouldn't  
go. That slid Greg into second place and a 7 for  
9 day. Twenty-three year old Eric Partak of East  
Greenbush cruised through all of his attempts  
putting up a 792.5 kg winning total and earning  
him the coveted men's heavyweight Out-  
standing Lifter Trophy. The men's masters 50-  
54 age group 125 kg weight class was the  
proverbial Clash of the Titans. Rochester's



A Living New York Legend - "VIP" Vince Peterson with his state record 523 deadlift at the USPF NY State meet. This is VIP's 5th decade of competition. He started in 1967 and competed in the 1972 Worlds, and he currently holds 8 state records in different age and wt. categories. (photograph by Mike Wlosinski)



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Frank Salamone started the day off with a  
masters record in the squat. Current state  
bench press record holder Larry Huff Sr. battled  
big Frank through three bench attempts to see  
who would end up on top and hold the record  
at the end of the day. When everything was  
said and done, Larry still retained his record  
and bench press supremacy. However, it was  
Frank who displayed ultimate strength in the  
squats and deadlifts taking home yet another  
title for the Ironmasters. World Gym of  
Amsterdam, New York took the first place team  
trophy. We would like to acknowledge our  
spotters and loaders especially Paul 'Nanuk'  
Childress and Big Josh Thomson. That crew  
lifted the most weight of anyone in the meet  
and not a bar touched the floor! They saved  
many a life that weekend. Thanks to all of the  
referees: Stan Nowacki, Liza Nowacki, Tony  
DiGiore, Dennis Michno, Matt Maliszewicz,  
Mike Panzarella, William Henning III, Mark  
Kodya, Chris Flynn, Tim Jaworowicz and Mike  
Wlosinski. Special recognition goes out to  
Christine Jaworowicz and Mohan  
Ramachandan for the technical work that they  
did. We would also like to thank all of our  
sponsors: INZER ADVANCE DESIGNS, POLY  
LAM PRODUCTS CORPORATION,  
LAUGHRAN'S CLUB AND RESTAURANT,  
MARLENE & PHIL'S VITAMIN AND HERB  
CENTER, SALONICA FAMILY RESTAURANT,  
LAW SPORTSWEAR/CUSTOM EMBROIDERY  
AND SILK SCREENING. Special thanks to JOHN  
INZER, without whom this contest would not  
have been the success that it turned out to be.  
Also, we would be remiss if we did not ac-  
knowledge all that Jerry Ettaro has done for us  
you're the best, Jerry! THANK YOU! And deepest  
gratitude to Zadie Amorosi and Renee  
Jaworski who worked the entire contest and  
refused to accept any form of financial recom-  
pense. You are truly appreciated. Thanks to all  
who attended and we'll see you next year!  
(Thanks to Mike Wlosinski for the meet results)

**5th Granite State Open BP**  
26 Aug 00 - Keene, NH

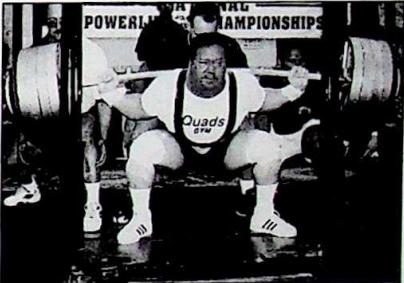
BENCH	C. West-181	310
MEN	Larose, Jr.-260	355
Open 165 lb.	Submaster (33-39)	
J. Stabile	375	565
J. Speranza	370	540
P. Tonks	325	525
P. Soto	315	410
H. Decato	260	375
181 lb.	M. Moran-258	465
B. Napierath	410	440
A. Ramirez	410	410
T. Haniesen	400	410
C. Brien	355	355
F. Quirk	330	325
198 lb.	Master (55-59)	
M. Ruiz	470	315
M. Michael	325	300
E. Barbagelata	305	305
220 lb.	Matchett-233	305
S. Decato	480	455
K. Mattson	455	420
J. Vigeant	410	330
J. Speaks	380	320
C. Stoe	375	325
242 lb.	Master (45-49)	
E. Paskell	540	410
G. Dovas	440	380
S. VanBrunt	440	410
G. Bonneville	430	290
275 lb.	D. Jarvis, Sr.-250	300
J. Flynn	565	240
Jackman	560	Master (50-54)
M. Moran	465	335
R. Larose, Jr.	355	WOMEN
R. Mejias	305	Open 123 lb.
308 lb.	A. Merchant	110
R. Desmond	675	148 lb.
A. Jordan	525	175
SHW	525	T. Leonard
B. Keller	435	170!
Teen (13-15) frmla	S. Smile	135
W. Faust-155	Junior (20-23)	
J. Willette-160	170	A. Merchant
(16-17) frmla	Novice 114 lb.	110
K. Fisk-140	205	A. Wilken
C. Bleau-165	190	60
(18-19) frmla	Submaster (33-39)	
H. Decato-165	148 lb.	
K. Fisk-181	260	S. Smiley
J. Kuhnen-310	250	135
Junior (20-23)	Master	
Formula	350	(40-44)
S. Decato-220	148 lb.	
Bonneville-240	480	(50-54) 114 lb.
	430	A. Wilken
1-Best Lifter. We had 58 lifters taking part in this contest. Highlights: In the men's open James Stabile weighing 162 benched a strong 375 to win the 165 class. John Speranza was right on James's heels with 370 and just missing 385. John only weighed 155. At a full 165 he will bench well over 400 lbs. Philip Tonks ended up in 3rd with a nice 3rd attempt of 325. Stick with it Philip. At 181 first and second both made 410, but Brett Napierath only weighed 175 to Angelo Ramirez's 180. Nice lifting by both these men. Thomas Haniesen benched a strong 400 just missing 415 for the win. You'll get that and more next time Thomas. The 198 class was won by the lightweight best lifter Mickey Ruiz. Mickey benched 470 to easily get the win over Mickey Michael and Ed. Barbagelata who did 325 and 305 respectively. The 220 class was won by 23 year old Shane Decato who put up 480. He's very close to hitting 500 soon. Master lifter Ken Mattson was second with 455 weighing only 205. Nice going Ken. Third place went to Joe Vigeant with a fine 410 - nice going Joe. The star of the 242 class was Elwin Paskell. Elwin only weighed 232 lbs. but got 540 and the win. George Dovas and Scott Van Brunt both benched 440 with George taking 2nd by virtue of the lighter bodyweight. The 275 class had two huge men.	60	



**Brian Matchett (left) and Jeff Speaks both competed at the 5th Granite State Open.**

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John Flynn and Ken "Jackman" Gleason. Both battled it out with John winning with a second attempt of 565 to Jackman's 560. Big Mike Moran was 3rd with 465. The big star of the day and I do mean big, was 295er Ryan Desmond. Ryan missed his opener of 660. Went to 675 on his second and smoked it. A valiant try with 700 was almost there. Of course Ryan was best heavyweight lifter. Antonio Jordan benched a fine 525 to take second. Brian Keller weighed 309 and didn't look it. Got his opener of 435 to win the supers. In the teenage division 15 year old Will Faust benched 210 weighing 155 for first in the 13 to 15 age group. In the 16-17 age group, 17 year old Michael Bompone benched 300 and just missed 320 for first place. Nice going Mike, in the 18-19 year old class, Heath Decato benched 260 at 165 lbs., to take first place. Heath is the younger brother of Shane Decato. Shane won the Junior division with a state record of 480 lbs. Shane weighed 220 lbs. Big Gabe Bonneville weighing 240 benched an easy third attempt 430 for second in the Junior division. Gabe is only 21 so he certainly has a good future. Good luck Gabe. The men's submaster division was incredible. With the first 3 men going over 500. Winner John Flynn benched a solid 565 and just missed 580 on his third. John only came in at 265 after being sick for sometime. He has done 595 at a full 275 lbs. Second place by only 2 points was Elwin Paskell. Elwin did 540 on a third attempt. Nice benching Elwin. Third place went to huge Antonio Jordan. He benched an easy 525 on a second attempt and missed 550. John Speranza came in at a lean 155 but still benched 370 lbs. for 4th place. 5th place went to Angelo Ramirez with a 410 at 180 bodyweight. This class was so tough that 162 pound James Stabile did 375 and ended up sixth. Winner in the master's (40-44) was likeable Ken Mattson. Ken came in at 205 and benched a real smooth 455. At 43 Ken has a lot of years ahead of him. See you soon, Ken. The 45-49 winner was 45 year old Michael Rodican. Mike won by 1 point in the formula. He benched 410 at 250 lbs. The 50-54 winner was 53 year old Calvin Frost. Calvin benched a nice 335 at 190 lbs. I made a mistake with Calvin's age. I had him in a younger division. I apologize for the Calvin. Hope to see you soon. The masters 55-59 winner was Peter Soto, who got a nice 315 third attempt bench weighed in at 163 lbs. Peter is 55 years old but looks many years younger. In the women's open, April Merchant won the 123 class with 110. She also won the women's junior division. The 148 lb. winner Susan Traggard did a nice 175. But she lost the best lifter honors to Tammy Leonard who did 170 for second. Susan weighed 148 to Tammy's 142. Third place at 148 went to Susan Smiley with 135. 53 year old Andrea Wilken won the novice and masters division with 60 lbs. She weighed in at 112 lbs. The Sixth Annual Granite State Open bench Press will be held August 11th, 2001 in Keene, NH. Hope to see you there. (Results provided by Louie LaPoint).

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## 10th New Castle BP

10 Feb 01 - New Castle, PA

**WOMEN** Brammer-193 315

Leymarie-218 115 Steepleton-191 380

**MEN** S. Beck-196 360

Teen (14-16) R. Dennison-198 345

T. Jones-189 65 J. Markus-197 385

R. Gidaro-181 310 220 lbs.

R. Engle-164 140 B. Pochiba-220 500

J. Shorts-134 175 A. Guzman-205 320

T. Ressell-150 210 M. Raseta-208 295

Youngblood-180 210 G. Herris, Jr. 214335

J. McDaniel-195 285 B. Shannon-210 405

J. Michaels-176 245 R. Miller-215 510

N. Pica-138 250 S. Pollard-220 505

C. Beer-168 300 A. Camilla-216 450

McFarland-150 225 R. Woods-220 365

S. Weisor-120 100 242 lbs.

J. Henshaw-136 175 T. Gibson-242 490

B. Wharry-152 315 D. Peterson-240 470

D. Tomko-164 240 B. Fratton-242 375

J. Budrovic-192 310 P. Vargo-242 -

(17-18) C. Spehar-242 -

B. Sherrod-177 225 275 lbs.

B. Baer-158 175 R. Stewart-273 450

R. Chumura-240 320 L. Allison-250 515

J. Mihaly-222 310 R. Plowman-258 385

W. Penwell-225 350 G. Plowman-250 405

M. Roberts-255 405 C. Darroch-265 470

J. Camuso-178 335 Moniodes-255 -

J. Snyder-293 300 B. Rowland-253 475

C. Carson-195 335 S. Bugaric-256 345

P. Przy-181 300 D. Swope-260 605

G. Langer-188 250 SHW

S. Przy-199 280 P. Hilliard-284 410

R. Zodrozy-163 290 M. Blake-280 460

148 lbs. Master-35

Venturella-148 300 Venturella-148 300

B. Abied-143 315 R. Scarnati-181 375

165 lbs. F. Hammers-230 390

D. Gajda-163 - Master-40

D. Verdi-161 280 B. Lenzi-253 375

181 lbs. D. Mironi-191 305

R. Scarnati-181 375 Master-45

M. Maroni-175 380 Langham-214 -

S. Johnson-169 320 Master-50

Shialabba-179 - V. Cubellis-266 360

T. Evans-181 330 B. Pochiba-220 500

M. Alverto-173 320 M. Blake-280 460

D. Lane-181 380 W. Kolling-198 340

198 lbs. Master-60

G. Caroff-195 350 C. Spehar-247 330

J. Curry-189 350 T. Sikorski-175 265

M. Lenzi-198 260

Summary: A big thanks to "all" who assisted in making this event a success. Special thanks to Chuck Brogan, Joe Gargasz, Shawn Wynn & Tom Younger who assisted with the spotting/loading/judging. Bob Hited & Steve Cline were also busy at the committee table recording the results. "Great Job Guys!" Dan Swope became

the Best Lifter with a BP of 605. A final thanks goes out to all the lifters who participated in this BP event. Without you this event would not exist. See you next year. (Thanks to Chuck Ullrich, Meet Director, for these meet results).

## CPA Canadian Championships

10 Mar 01 - Sorel, Quebec, CAN

**WOMEN** SQ BP DL TOT

114 lbs. Teen (18-19)

A. Charooneau 165\* 135\* 235\* 535\*

Open

B. Thibault 170 135 385 590

123 lbs. Open

L. Landry 250 180 360 790

Sub

L. Landry 250 180 360 790

132 lbs. Junior

N. Codre 220 155\* 255\* 630\*

4th

160\* 148 lbs. Junior

M. Guilbault 215 135 335 685

4th

265 MEN 148 lbs. Open

P. Karim 140 275 315 730

165 lbs. Teen (13-19)

D. Langlois 255 235 340 820

4th

265 Master (40-49)

C. Dallaire 520 235 340 820

Master (70+)

G. Labresque 145 320\* 145 610

181 lbs. Junior

Y. Lamoragne 425 330 550 1255

Open

G. Archambault 315 190 425 930

Sub

R. Legare 260 305 240 805

G. Archambault 315 190 425 930

Master (40-49)

S. Hebert 205 290 450 945

Master (40-49)

M. Theriault - 390 325 950

S. Quintal 340 315 450 1105

4th

350 (50-59)

J. Tarotte 385 270 500 1155

198 lbs. Teen (13-19)

Y. Brousseau 185 350 450 985

220 lbs. Open

J. SL.Pierre 375 485 475 1335

Sub

J. SL.Pierre 375 485 475 1335

R. Ouellet 350 320 400 1100

(40-49)

G. Marceau 410 290 455 1155

(50-59)

J. Leblond 320 300 370 980

4th

380 ZIP CODE

F. Turcotte 520 330\* 485 1335\*

275 lbs. Open

F. Plamondon 235 380 435 1050

M. Bernier 650 505 640 1795

Sub

F. Plamondon 235 380 435 1050

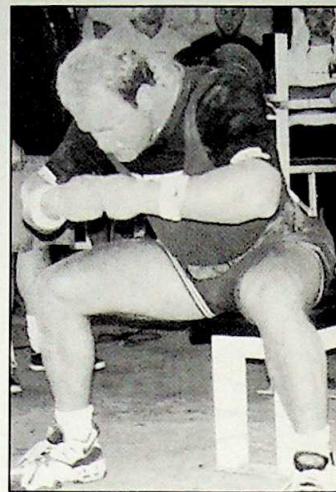
R. Chicoinne 565 415 575 1555

SHW (40-49)

C. Marceau 180 340 400 920

4th

345 \*World records. Best Lifter WOMEN: Lise Landry. Best Lifter MEN Light: Claude Dallaire. Best Lifter MEN Heavy: Mario Bernier. (Thanks to Marcel St. Laurent for these meet results).



## Dave Swiniarski Bench Press

10 Mar 01 - Lynn, MA

**BENCH** J. Floyd 117.5

**WOMEN** B. Coutu 127.5

**Open** H. Howard 130

L. Proux 65 J. Morando 112.5

D. Savoie 77.5 B. Sudbay 77.5

F. YuYu 47.5 Open 132 lbs.

S. Bansfield 40 M. Coughlin 107.5

K. Barrett 27.5 148 lbs.

T. McNabb 127.5

Teen Open 165 lbs.

C. Dichirico 105 J. Speranagai 172.5

J. Caponigro 70 J. Vera 147.5

W. Faust 120 P. Soto 142.5

J. Morando 112.5 B. Coutu 127.5

Junior Open 181 lbs.

M. Curcio 160 T. Haneisen 182.5

M. Dowling 142.5 A. Ramirez 172.5

C. West 145 F. Pappalardo 157.5

J. Floyd 117.5 F. Quirk 147.5

B. Coutu 127.5 C. West 145

Submaster 198 lbs.

M. Condon 267.5 K. Matson 197.5

J. Flynn 252.5 B. Jeseroki 165

J. Speranza 172.5 T. Whalen 147.5

M. Moran 210 H. Howard 130

A. Ramirez 172.5 B. Cressenzo -

D. Whalen 195 220 lbs.

C. Stoey 172.5

P. Solo 142.5 242 lbs.

K. Matson 197.5 D. Whalen 195

R. Beaulieu 125 J. Panasopoulos 187.5

T. Whalen 147.5 275 lbs.

M. Rodican 195 Jackman 277.5

F. Quirk 147.5 J. Flynn 252.5

Grand Master M. Moran 210

A. Konovalchik Novice 205

J. Panasopoulos 187.5 M. Condon 308 lbs.

J. Vera 147.5 C. Wiers 308 lbs.

F. Pappadomo 157.5 R. Desmond 107.5 Super

W. Coughlin 142.5 K. Schofield 308 lbs.

ZIP CODE MUST BE PRESENT

U.S. CITIZEN YES NO

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ARE YOU A PREVIOUS A.P.F. MEMBER

YES  NO

MAKING CHECK PAYABLE TO: A.P.F.

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SIGNATURE X

**Dave Lee** has been a great competitor for over 22 years and came in first in the Masters Top 20 for the 242s in the March 2001 PL USA. He is captain of the Barrett's Bull Pen Bench Press Team and one of the most respected bench pressers in New England. While training for the Fourth Annual Dave Swiniarski BP Memorial Meet (of which he is one of the founders), he tore his tricep muscle and needed surgery and, as a result, he may never compete again. Even after such a letdown, Dave never missed a practice and somehow kept the team together, never showing his pain, disappointment and discouragement. (Photo provided courtesy of A.C. Colella).

62.5 I-Best Lifter. Best Lifter Light: John Speranza, Best Lifter Heavy: Ken "Jackman" Gleason.

- Team: Brickyard. I would like to take this opportunity to thank the people of Lynn,

Mass. for their constant support of powerlifting, John Flynn, Dave Lee, Lee Barrett, Desmonds, Barrett's Bull Pen, Brickyard. My table: Lynne Barlow, Chad Curtis, Michelle Curtis, Erica Blanchard. My judges: Scott Blanchard, Scott Worthing, Steve Smith and all other spotters and loaders. A special thanks to "Bill" for without all his hard work there would be no Dave Swiniarski Bench Press. Remember: Stay hardcore. (Thanks to Russ Barlow for providing the results of this meet to PL USA).

## 7th Mon Valley Fitness BP/DL

17 Mar 01 - Dunlevy, PA

**BENCH** B. Godden-39 575

**WOMEN** Heavyweight

G. Romano 165 B. Godden-39 395

T. Swanson 120 T. Sevcik 340

242 lbs. Masters

Teen B. Godden 395 DEADLIFT

198 lbs. WOMEN

Amateur 132 lbs.

T. Godden 475\* N. Schuchert 235

C. Dworek 450 148 lbs.

Pro R. Ford 325

M. Wolfley 455 Masters

J. Stoner 360 165 lbs.

220 lbs. K. Oberst 235

Amateur 181 lbs.

W. Valentine 305 Amateur

275 lbs. B. Posi 450

Amateur 198 lbs.

A. Spinrath 370 Submasters

Heavyweight A. Sherwood 385

B. Godden 395 181 lbs.

T. Sevcik 340 Masters

Masters R. Antonio 260

(Thanks to Mon Valley Fitness Center for providing the results of this contest to PL USA).

**4th Pottstown Invitational  
7 Oct 00 - Lakeport, PA**

BENCH	A. Moatz	280	D. Jones	425	P. Eberhardinger	215
WOMEN	(50-54)		J. Nikodemski	400	Open 148 lbs.	
Open 111 lbs.	W. Bowman	410	C. Snyder	275	K. Cramer	375
T. Falcone	D. Ohler	315	P. Schwarze	335	R. Smith	350
116 lbs.	(55-59)		Submaster	165 lbs.	C. Colondrillo	510
S. Parrish	J. Mitsopoulos	380	J. Wagner	610	181 lbs.	
154 lbs.	T. Tullio	175	R. Tower	540	J. Smith	600
R. Hall	Open 132 lbs.		M. Diezel	405	L. Einhalt	540
176 lbs.	B. Shoemaker	310	Law/Fire		D. DeWalt	500
D. DeFranco	148 lbs.		R. Collins	520	M. Christopher	405
176+ lbs.	M. Barnhill	290	Master (40-44)		198 lbs.	
R. Carroll	R. Smith	280	M. DelSignore	600	M. Hopstetter	650
4th	K. Cramer	240	B. Weidaw	475	D. Bray	630
Lifetime	E. Kissinger	235	P. Schwarze	335	J. Ricks	600
R. Carroll	165 lbs.		B. Hill	550	T. Succarotte	690
Raw Lightweight	J. Mazza	405	B. Klenk	460	B. Rundle	525
R. Fiore	N. Dunnolo	330	A. Moatz	460	242 lbs.	
Heavyweight	C. Colondrillo	280	(50-54)		M. Shirey	705
R. Hall	181 lbs.		J. Wilmot	425	J. Parrish	575
Master (40-44)	L. Einfalt	375	(55-59)		J. Wagner	610
B. White	J. Weertz	330	T. Tullio	295	SHW	
Submaster	D. DeWalt	325	(80+)		M. Moyer	725
R. Hall	J. Smith	320	(Thanks to Eugene Rychlak Jr. for the meet results).			
Teen (14-15)	G. Welsh	310				
N. Dearholt	198 lbs.					
Teen (18-19)	P. Grohoski	455				
E. Yoder	M. Hopstetter	425				
MEN	C. Morris	420				
Teen (14-15)	S. Lewis	375				
S. Huntzinger	C. Bentzoni	350				
W. Poole	220 lbs.					
D. DeAntonio	T. Succarotte	510				
J. Davis (16-17)	C. Kalbach	500				
D. Kratz	B. Rundle	275				
K. Seidel	P. Ream	—				
M. Tullio	242 lbs.					
M. Bealer	S. Esposito	460				
J. Weisman	C. Kitchen	425				
M. Riegel	D. Dolby	375				
D. Jacob	275 lbs.					
R. DeLong (18-19)	C. Coylean	485				
P. Curley	P. Walters	410				
J. Poole	E. Habeccker	400				
J. Kerr	J. Klohoeker	300				
J. Hicks	SHW					
P. Delvy	B. Dougherty	550				
C. Benner	M. Miller	470				
B. Mack	K. Hampe	450				
N. Dubrouski Junior (20-22)	M. Moyer	430				
K. Puls	J. Weidan	335				
J. Shemansik	D. Croley	315				
L. Dalton	DEADLIFT					
A. Kernan	WOMEN					
MEN Raw Light	Open 111 lbs.					
R. Smith	T. Falcone	335				
B. Barnes	116 lbs.					
J. Farren	S. Parrish	330				
S. Kline	176 lbs.					
J. Snell	D. DeFranco	330				
Middle	Raw/Light					
K. Ravenell	235 lbs.					
C. Snyder	255 lbs.					
D. Jones	235 lbs.					
D. Stewart	250 lbs.					
J. Crumb	250 lbs.					
P. Felix	Master (40-44)					
E. Brady	B. White	305				
J. Nikodemski	Teen (16-17)					
Raw Heavy	Master (40-44)					
D. Shower	380	405				
J. Andrius	340	450				
D. Croley	315	390				
B. Swiegart	305	400				
P. Schwarze	185	310				
L. Sweigart	—	360				
Submaster						
S. Esposito	460	475				
J. Schwambach	350	4th				
E. Miller	380	520				
D. Croley	315	455				
Law/Fire	J. Kerr	455				
J. Mazza	C. Benner	430				
M. Miller	405	Juniors				
R. Miller	470	K. Puls	660			
R. Collins	300	L. Dalton	395			
D. Croley	315	Raw Light				
Master (40-44)	M. Barnhill	420				
J. Doherty	B. Barnes	445				
M. Butle	410	J. Farren	360			
T. Kichline	310	R. Smith	350			
M. Gerchens	305	Middle				
B. Weidaw	315	R. Collins	520			
R. Hayes (45-49)	280	B. Turner	500			
B. Brinton	500	E. Brady	500			
T. Brown	380	P. Felix	500			
		D. Stewart	455			

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**5th AAU Missouri State  
10 Feb 01- Union, MO**

BENCH	R. Furey	305
WOMEN	Bill Clark Classic	
Raw 123 lbs.	WOMEN	
E. Bradley	125	Equipped 148 lbs.
MEN	L. Sutter	135
Raw 181 lbs.		
WOMEN	SQ	BP
97 lbs. Raw Youth	205	DL
L. DeForest	85	245
148 lbs. Open	205	585
L. Sutter	135	280
MEN Raw 165 lbs.		
D. Shipman	400	425
Raw 165 lbs.		1105
D. Shipman	400	280
Bill Clark Classic Power		
Raw 165 lbs.		
C. Moore	500	300
Equipped 181 lbs.	640!	640!
C. Moore	500	640!
The 5th Annual AAU Mo. State - Bill Clark Championships were held at X-Treme Fitness in Union, MO. Unfortunately, there were a number of cancellations due to bad weather in Kansas and northern MO. In the Youth division, 10 year old Lindsey DeForest took part in her first powerlifting competition and totaled an impressive 280 lbs. at 96 lbs. bodyweight. Former National and World level bENCH Lisa Sutter resumed her powerlifting career after		

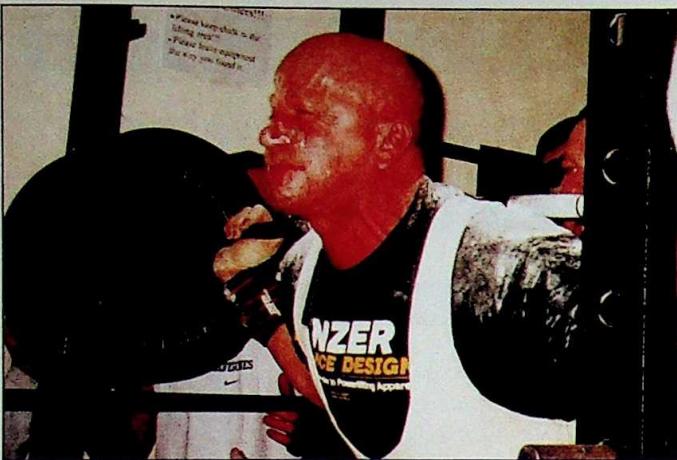
several years. She won the 148 lbs. division with a 585 total. For the men, Drew Shipman totaled 1105 in the 165 raw division despite having to lose 2.5 lbs. in 1 hour. Russel Kempen won the 198 raw division with a 1035 total. Russell makes seats for Chrysler mini vans and easily powered up his 445 deadlift. In the 198 equipped Stacy Killingsworth of Springfield, MO totaled 990. Brinn Hosford squatted a strong 505 in the 220 raw, had more power but had depth problems after that. Brian's training partner Ben Moore was in the raw 242s and had the best squat of the meet with a mere 550. In the Equipped - Christian Moore of Illinois deadlift an incredible 640 lbs. on his way to a 1480 total in the 181s. The raw bench who competed were Emily Bradley who pushed an impressive 125 at 123 bwt. Rob Furey pressed a smooth 305 in the 181 division. I would like to thank the following people for their efforts; Matt Mueller, Kurt Richardson, Pam Fitz, Bill White and the X-Treme crew, Dave DeForest, Bill Clark and my dad, the announcer Larry Gilley. Thank you all. (Results by Darin Gilley).

## International Powerlifting Association

"Lifting for Lifters"

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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				
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Duane Burlingame first 800 pound squat at the Northern Illinois Open (tested) in the 220 lb. masters & open class bodyweight 214 (Photograph provided courtesy of Duane Burlingame to Powerlifting USA).

the bench Duane had to settle for his opener of 365. Finished the full meet with a 650 lb. deadlift on his second attempt for a total of 1815 lbs. which was a personal record. Jason Glasch competing in his first meet did very well. Jason competed in the squat and deadlift without a lifting suit. Jason put up a strong 475 lb. squat, in the bench only getting his opener of 330 lb., Jason pulled a strong 450 to total 1215 taking the win in the 242 lb. men's open class. Get in some gear Jason and you will be moving that total up fast! I met a lot of nice people at our meet and was very proud of all the lifters. Everyone was very polite, helped on another, and are looking forward to our next meet. That's what it's all about, isn't it? Again a special thank you to our sponsors that made this meet a success for our lifters and spectators. Thank you Inzer Advance Designs, House of Pain Ironwear, Safe USA, the Power Store, Powerlifting USA, the MYO store, Titan Support Systems, and Powermag. Thanks to our judges, spotters, and loaders. Steve Eisen, Brad Saunders, George Griffin, Andra Taylor, Dave Barta, Rich Guy and the Hosting Brothers. Thank you all the lifters and Dave Barta's kids for helping pick up after the meet. Till next time train hard, heavy, and drug free. Set a good example for our sport and support Mike Lam-

bert, Powerlifting USA, and all the quality meet directors and companies that help our great sport. (Results provided by Duane Burlingame).

#### USPF Barbee Classic (kg)

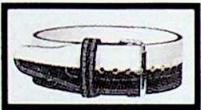
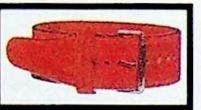
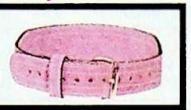
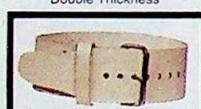
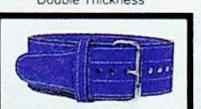
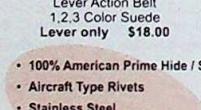
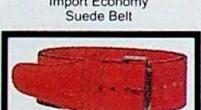
5 Aug 00 - Corpus Christi, TX

MEN	SQ	BP	DL	TOT
123 lb.	—	—	—	—
P. Dattner	—	—	—	—
148 lb.	215	145	200	560
J. Vasquez	215	185	250	650
181 lb.	230	175	232.5	637.5
M. McCracken	252.5	167.5	265	685
198 lb.	317.5	110	250	677.5
C. Mathews	237.5	160	272.5	670
C. Garcia	230	182.5	192.5	605
J. Magendie	232.5	127.5	230	590
J. Guera	202.5	130	205	537.5
Submaster	198 lb.	205	205	537.5
T. May	240	165	250	655
T. Bottling	220 lb.	—	—	—
B. Hurt	240	165	250	655

#### Northern Illinois Open 4 Mar 01 - Freeport, IL

BENCH	R. Hastings	275		
Teen	165 lb.	460		
B. Hastings	225	MEN		
198 lb.	Open 148 lb.			
A. Lenz	240	C. Gillentine	400	
MEN	181 lb.			
Open 181 lb.	R. Guy	405		
R. Guy	300	220 lb.		
275 lb.	D. Burlingame	650		
D. Barta	405	Master (40-49)		
DEADLIFT	220 lb.			
Teen 148 lb.	D. Burlingame	650		
MEN	SQ	BP	DL	TOT
Open 220 lb.	800	365	650	1815
D. Burlingame	800	365	650	1815
242 lb.	475	330	450	1255
J. Glasch	475	330	450	1255
Master (40-49) 220 lb.	D. Burlingame	800	365	650
This contest was held at Fitness Lifestyles. This was a tested event with lifters competing in the bench only, deadlift only, and the full meet. The meet was a huge success thanks to our wonderful sponsors! A big thank you to Inzer Advance Designs, House of Pain Ironwear, Safe USA, Powerlifting USA, the Power Store, Total Support Systems, Powermag, and the MYO Store. The lifters had a crowd of about 40 people to support them. After the meet some people that watched spoke with me and plan to compete in our next event. In the bench press competition, Brandon Hastings won the 165 lb. teenage class with a lift of 225 lb. getting the win in the 198 lb. teenage class was Andy Lenz competing in his first meet. Andy put up a personal record of 240 lb. He was coached by a great lifter, Brad Saunders. Brad had planned or competing in the meet but had the flu a week prior. Rich Guy won the 181 lb. men's open class with a strong 300 lb. opener. Rich will be blasting past that 300 soon. Dave Barta competing in his second meet had the big bench of the day. Dave lifted in the 275 lb. men's open class and took the win a 405 lb. lift. In the deadlift Ryan Hastings competing in his second meet took the win in the 148 lb. teenage class with a lift of 275 lb. Brandon Hastings has what it takes to be an excellent deadlifter. Brandon won the 165 lb. teenage class with a strong 460 lb. pull. Christopher Gillentine lifting in his second meet set a personal record. Chris won the 148 lb. men's open class with a lift of 400 lbs. Richard Guy won the 181 lb. men's open class with a lift of 405 lb. lifting in both the masters 220 and open 220 Duane Burlingame took the win with his second lift of 650 lbs., passing on his third. We only had two lifters in the full meet, due to illness and injury. Duane Burlingame took the win in both the master and open 220 class. Duane tried out his new Inzer lifting shoes and said he would never squat without them again. Duane opened with 740, then took 765. He was going to pass on his third but was encouraged to go for 800 after a few friendly powerlifting gestures. Duane took 800 and got it, a big personal record. In	181 lb.	400	405	1255

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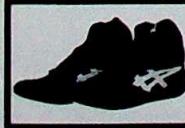
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J. Heussner	230	162.5	227.5	620
Teen				
114 lb.				
T. Brocato	102.5	42.5	87.5	232.5
123 lb.	-	-	-	-
P. Daltner	-	-	-	-
148 lb.				
M. Gillett	150	70	172.5	392.5
N. Castened	140	82.5	145	367.5
N. Brocato	110	60	102.5	272.5
165 lb.				
J. Munoz	210	125	242.5	577.5
P. Chaney	195	107.5	190	492.5
I. Chapo	155	107.5	190	452.5
D. Cogbill	122.5	77.5	160	360
R. Patek	115	85	157.5	357.5
181 lb.				
C. Lund	210	142	205	557
A. Putnam	172.5	100	170	442.5
220 lb.				
K. Vela	240	160	260	660
T. Aguilar	215	142.5	227.5	585
242 lb.				
C. Morse	292.5	160	245	697.5
A. Hall	295	165	245	705
B. Gamble	200	127.5	200	527.5
(Thanks to Chris Garcia for these meet results.)				



The Mid-South Lady Bench Pressers, (bottom) Miranda Ballance; Top (l-r) Alisha Doucet, Melonie Lewis, Mary Rogers, Joyce Watkins, Leanne Warren, Donna Williams. (Photo provided by Daniel Singleton).

### THE NEXT GENERATION IN POWER GEAR

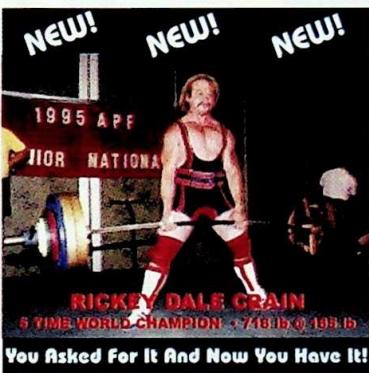
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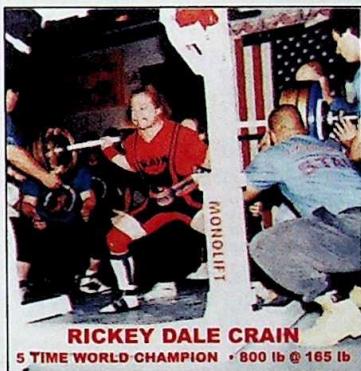
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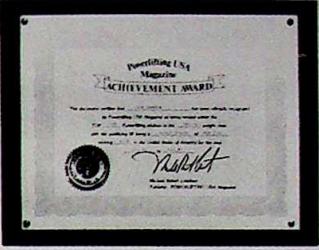
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64 705 White, R. 4/30/00	530 DiAntostefano, J. 11/19/00	690 Higa, G. 4/15/00	1818 Hollis, D. 2/24/01
65 705 Clark, M. 5/13/00	529 Dooley, B. 3/26/00	688 Peikot, S. 4/9/00	1813 Clark, M. 5/13/00
66 705 Pesek, J. 5/21/00	529 Walker, R. 5/21/00	688 Robinson, J. 7/9/00	1813 Anderson, M. 7/9/00
67 705 Drosser, W. 7/9/00	529 Doubtlin, E. 9/16/00	688 Fernandez, J. 8/6/00	1813 Fowler, J. 12/3/00
68 705 Pledger, J. 11/4/00	529 Hood, R. 11/19/00	685 Rhine, J. 3/25/00	1813 Griffin, M. 2/25/01
69 705 Darrash, M. 11/11/00	529 Drosser, W. 2/25/01	685 Potteken, J. 7/30/00	1810 Hudak, Z. 6/17/00
70 705 Jurkowski, G. 12/2/00	529 Rhine, J. 3/25/00	683 Anderson, M. 7/9/00	1805 Coleman, D. 2/4/01
71 705 Planas, J. 12/3/00	525 Bentley, T. 5/21/00	680 Lewis, C. 8/6/00	1802 Sparks, P. 5/21/00
72 705 Stuchiner, M. 2/10/01	525 Shumaker, D. 6/3/00	680 Green, J. 11/19/00	1802 Wilson, B. 8/13/00
73 700 Soper, S. 3/25/00	525 Hoskinson, J. 8/5/00	677 Phillips, B. 6/3/00	1800 Cornick, S. 12/9/00
74 700 Joyce, J. 4/22/00	525 Elliot, C. 10/7/00	677 Fowler, J. 12/3/00	1796 Swant, M. 4/16/00
75 700 Madvig, B. 4/29/00	525 Green, J. 10/14/00	675 Beatty, J. 3/5/00	1795 Emmelhainz, S. 6/4/00
76 700 Goodman, A. 4/29/00	525 Grosser II, J. 10/21/00	675 Isabella, T. 3/19/00	1795 Anderson, M. 7/30/00
77 700 Hudak, Z. 6/17/00	525 DiZienzo, V. 2/10/01	675 Gaydos, R. 3/26/00	1791 White, R. 11/10/00
78 700 Nelson, S. 6/17/00	525 Martin, B. 2/10/01	675 Carroll, P. 5/2/00	1785 Gleason, K. 3/18/00
79 700 Coulter, M. 10/21/00	524 Moon, C. 11/19/00	675 Thompson, J. 5/20/00	1785 Pekot, S. 4/9/00
80 700 Sellers, K. 11/19/00	523 Swank, M. 4/16/00	675 Anderson, J. 7/30/00	1785 Burgett, M. 6/3/00
81 699 Sparks, P. 5/21/00	523 Counts, T. 5/13/00	675 Troxel, J. 1/20/01	1785 Brooks, J. 11/19/00
82 699 Surell, E. 6/3/00	523 Garris, D. 11/4/00	672 Pritchett, J. 6/4/00	1785 Singleton, N. 12/3/00
83 699 Harrier, T. 11/11/00	523 Andrews, P. 11/19/00	672 Morgan, J. 10/14/00	1780 Hanna, W. 5/7/00
84 685 Hunt, K. 3/25/00	523 Menchaca, D. 2/17/01	670 McGeorge, B. 7/1/00	1780 Ferrell, J. 11/19/00
85 683 King, J. 3/11/00	520 Reeves, J. 3/19/00	670 Thiesen, J. 8/27/00	1775 Beversdorf, D. 9/9/00
86 683 Emmehlhainz, S. 6/4/00	520 Brooks, S. 3/25/00	670 Cangelosi, B. 12/10/00	1775 Rawlinson, M. 2/10/01
87 680 Weyrough, K. 4/8/00	520 Dini, F. 4/15/00	666 Krusynski, J. 4/8/00	1770 Zupko, M. 5/21/00
88 680 Kristoff, T. 5/21/00	520 Mills, M. 6/17/00	666 Thomason, H. 4/30/00	1766 Beatty, J. 3/5/00
89 680 Wagner, J. 2/18/01	520 Lee, T. 7/8/00	666 Thompson, J. 8/20/00	1765 Beatty, J. 3/5/00
90 677 Weeks, T. 5/7/00	520 Wood, K. 7/22/00	666 Hurt, J. 2/17/01	1763 Hayes, K. 10/8/00
91 677 Sorto, E. 11/4/00	520 Van Boxel, M. 11/4/00	666 Norris, R. 2/17/01	1760 Weyrough, K. 4/8/00
92 675 Moyers, 3/12/00	518 Lacey, S. 12/2/00	666 Drosser, W. 2/25/01	1757 Frazier, B. 3/11/00
93 675 Tarro, M. 3/19/00	515 Helmner, B. 3/25/00	665 Barnett, J. 3/25/00	1753 Burton, D. 3/11/00
94 675 Thompson, J. 8/20/00	515 Stewart, K. 4/15/00	661 Jensen, W. 3/19/00	1752 Payne, G. 11/4/00
95 675 Anderson, 7/30/00	515 Quinn, B. 8/26/00	661 Kraft, D. 3/19/00	1750 Richard, A. 3/19/00
96 675 Salmeron, E. 10/28/00	515 Inabinett, M. 11/11/00	661 Bruner, T. 6/25/00	1750 Goines, G. 8/10/00
97 672 Babcock, T. 3/18/00	515 Allison, L. 2/10/01	661 Riley, R. 12/00	1750 Dague, D. 9/9/00
98 672 Pekot, S. 4/9/00	512 Kelly, C. 6/25/00	661 Schneider, D. 2/25/01	1750 Burton, D. 11/19/00
99 672 Swank, M. 4/16/00	512 Bryant, J. 8/5/00	660 Stull, D. 3/18/00	1747 Williams, T. 5/6/00
100 672 Curtis, S. 5/7/00	512 Bryant, J. 8/5/00	666 Norris, R. 2/17/01	1747 Frazier, B. 3/11/00



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**NEXT MONTH... TOP SHWs**

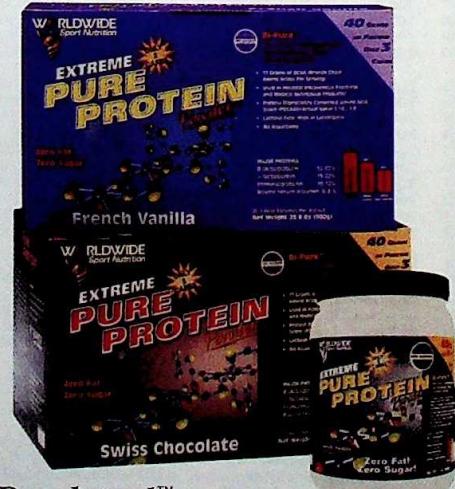
**Corrections...** Scott Layman indicates that his best lifts for the previous TOP 100 for the 148s should have included a 567 squat and 1460 total. Christopher Bogart's total at the APF/AAPF Power Station meet was incorrectly reported as 1600, but should have been 1700 and should have been included in the TOP 100 rankings for the 220 lb. class. Janet Arel's bench press reported in the results of a 3/18/00 meet and reflected in the Women's TOP 20 123 lb. list was actually 140 rather than 240. The R. Schwab on the TOP 100 165 lb. class list was actually B. Schwab. In the TOP 20 ranking list for Women in the March 2001 issue of PL USA, the entry in the 132 lb. class, listed as Pritzi, is actually Ms. Pritzl. Karen Phillips' 335 squat on 12/9/2000 was not included on the recent Women's TOP 20 list for the 181 lb. class. Abigail Scudder, who formerly competed as Abigail Stine - prior to her recent marriage, was not credited on the Women's TOP 20 for deadlifts of 300 on 3/25/00 and 303 on 5/7/00 in the 105 lb. class.. We apologize for any errors that our readers find, and we encourage you to please send any corrections to "PL USA ERRORS", Box 467, Camarillo, CA 93011. (Sometimes, it takes a while to verify the correction before it is published.)

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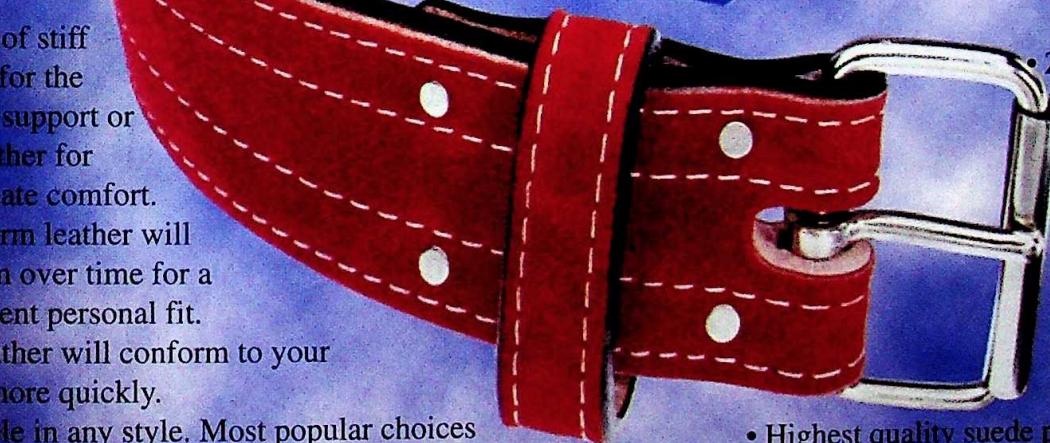
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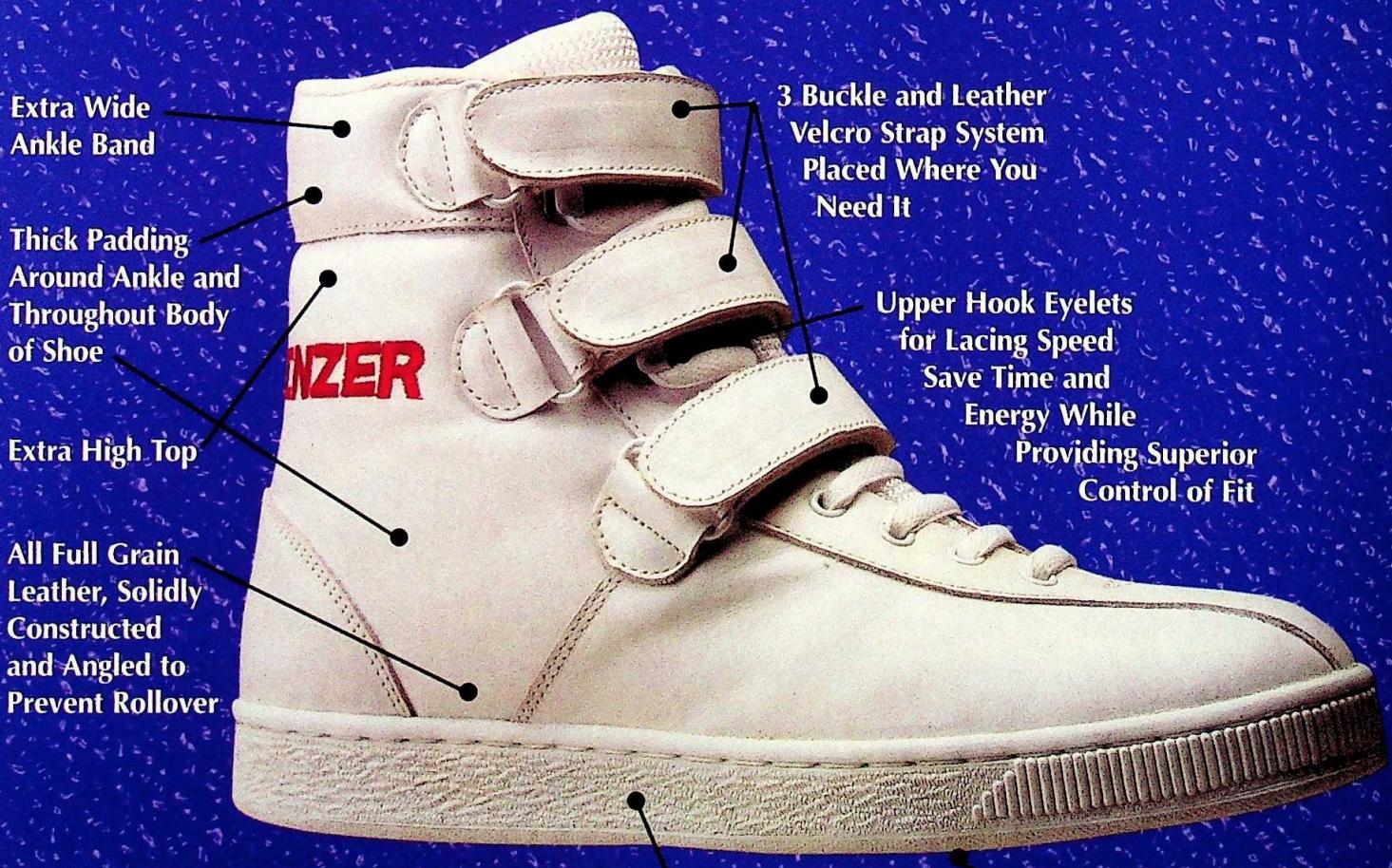
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