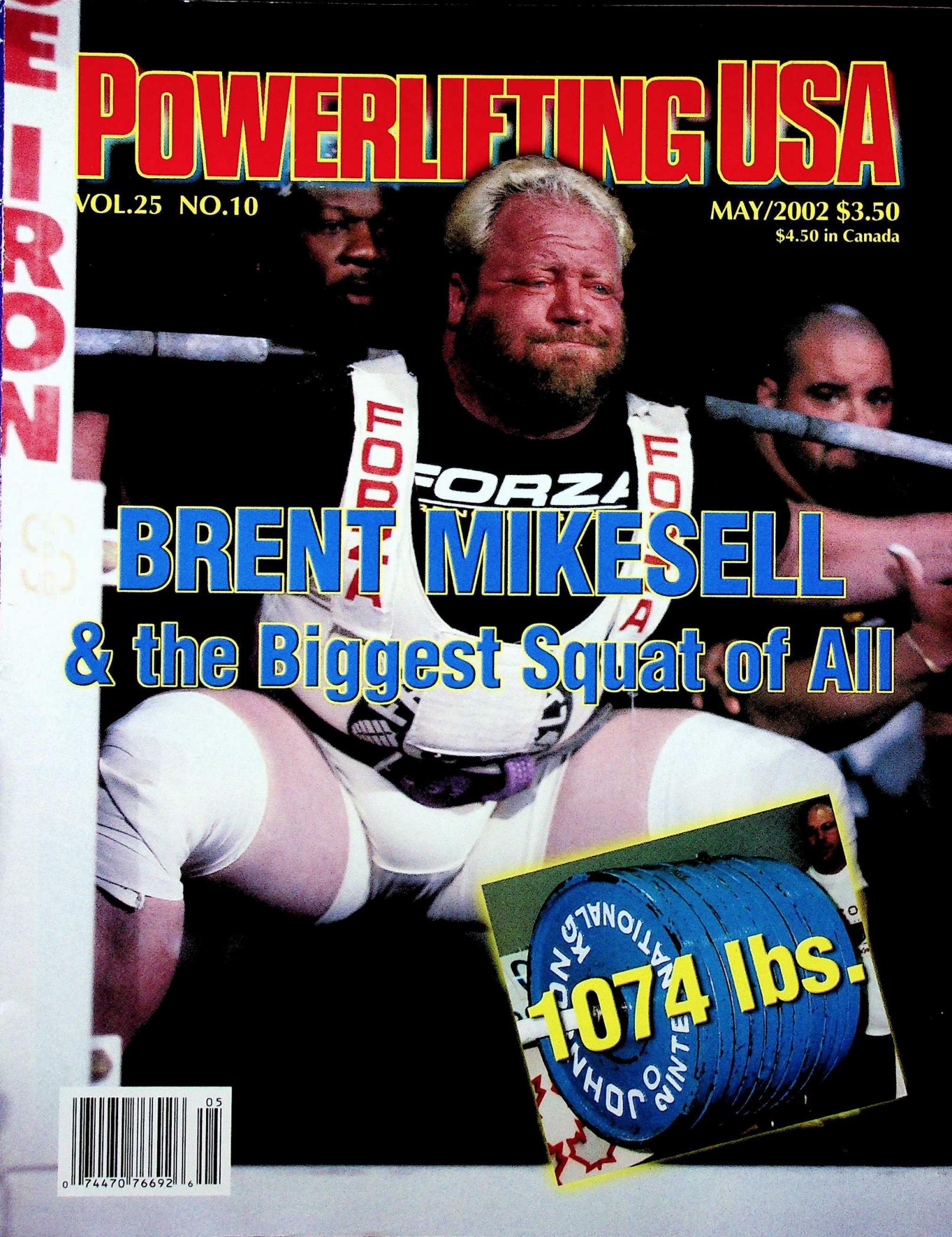


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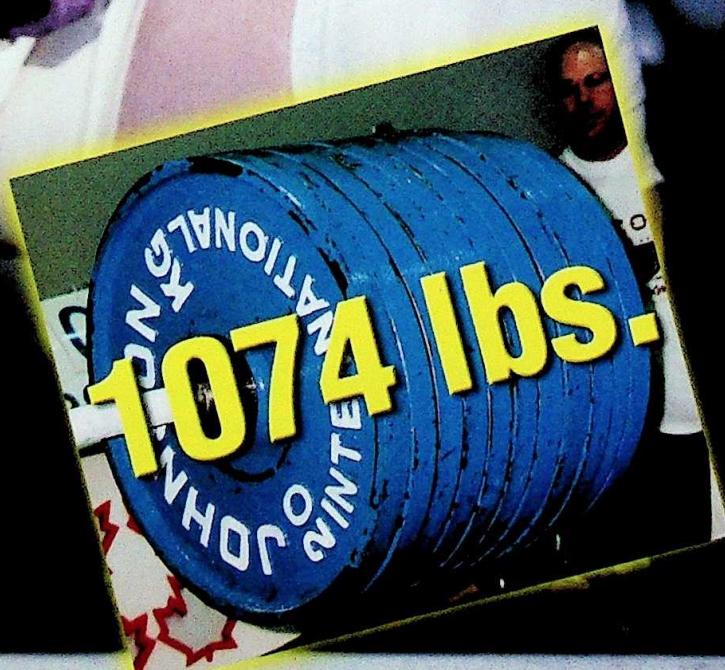
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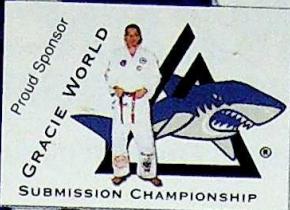
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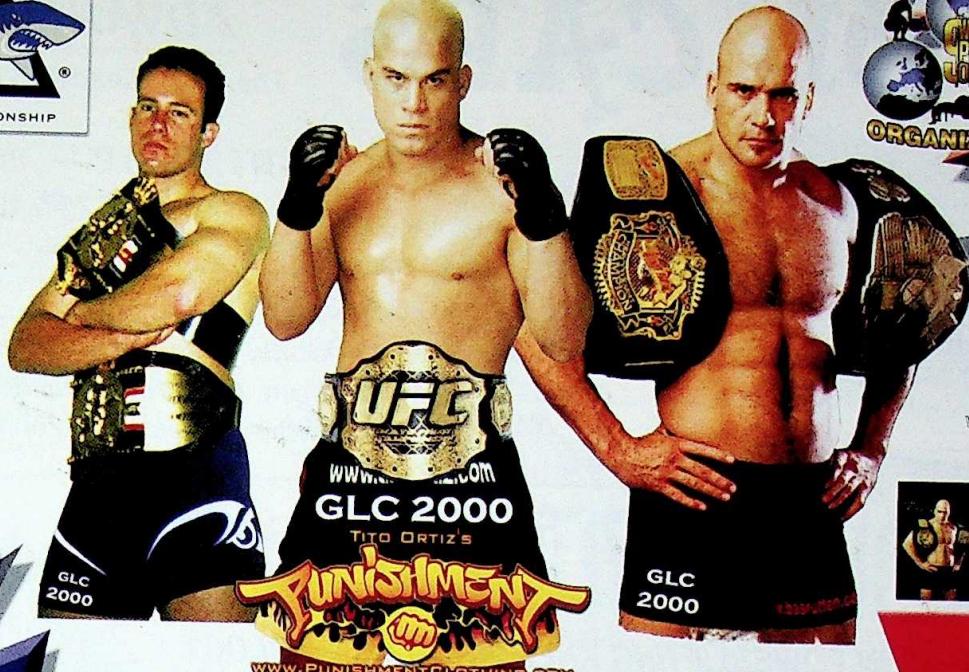
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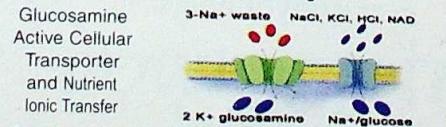
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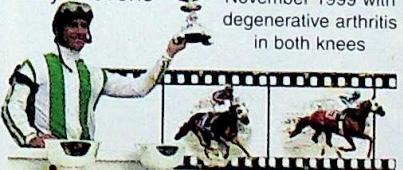
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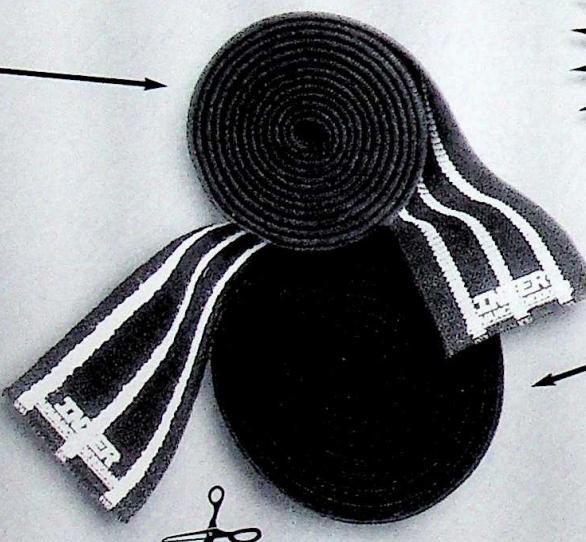
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## MUSCLE MENU

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*ON THE COVER .... Brent Mikesell tried 1063 at the WPO Semis, then made 1074 at Bruce Greig's CPU Nationals.*

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The C.P.C. 2002 Canadian Nationals, under the auspices of W.P.C., was hosted by the Back Alley Gym of Okotoks, Alberta, CAN. The Meet Director for this spectacular event was Canada's Toughest Man - Bruce Greig - who'd graciously invited me to come and cover this competition for PL USA. The competition was held 16-17 March, about 90 miles from Calgary in Red Deer, Alberta. It was a huge facility, 15,000 square feet, uncrowded conditions for sure. Darwin Miller and his son met me at the Calgary Airport and chauffeured me to the meet site. I was starving and anxious to check my weight. I was still 850 grams over. From there I checked into the hotel, which was only about a mile from the venue. Bruce roomed me with an interesting character, Paul Lutz, a lacto-vegetarian who owns a nutrition company in Calgary. I thank Paul for his fresh squeezed grapefruit juice (a fat burner) which I consumed that night after eating a big tuna salad at Denny's. I made weight with 100 grams to spare.

The temperatures were near zero with a fresh blanket of snow on the ground, and the air was clean and fresh. The meet kicked off right on time on Saturday morning. There were 29 lifters in the first flight. Group A had 11 participants, including Teenage Women (18-19) Junior Men (20-23); Submaster Women (33-39); and all Master (over 40) women. In Group B that first morning were 12 lifters, all sub-master men. Here's a rundown of the action: Liz Kert-Krautz, 19, totaled 633 to take the 18-19, 148 title. Juniors: Tod Zahar, 23, and Blake Syrnk, 21, won their respective titles in the BP div. Tod lifted 308 @ 165; Blake posted 424 @ 267. Ryan Fengstad, 21, got 181 gold with an 1190 TOT, missing 3rds in BP & DL. Ryan Brown, 22, 215, dodged the bullet and got his 3rd SQ to stay in. He coasted to 1091 and the win. Paul Irving, 22, got the Jr. 308 division title (1036).

SUB MASTER WOMEN - saw Jan Eckstrand, 33, take the 123s. At 165, Laura Krawczuk (BP only) lifted 143. THE MASTER WOMEN found Lara Greco the champ with 666 @ 114 (45-49). Wendy Greig missed two big SQ attempts, but handily captured her 40-44 title with an 804 TOT, which included a big 352 DL. Pat Thomas, 67, is amazing. Honestly, she looks 20 years

## CPU Canadians as told by Herb Glossbrenner

younger than her chronological age. She SQed 220 and DLed 242 @ 148. Les Miller, 52, set a WPC World Record SQ - an incredible 457 - for the 50-54 SHW Women. She used all her 241 lb. body mass to horse it right up. She also BPed 220 and DLed 396 for a 1074 TOT. I see a World Title in my crystal ball, waiting for her to claim it in Finland, Go, gal, go!

In the SUBMASTER MEN: Roy Harper, 39, put together a World Class performance @ 143.7 bwt. He SQed 523, and just missed a record 573 try. He hit a 286 BP, and just failed 303. He pulled 485, but missed that elusive 501 (again) for a TOT of 1295. Kevin Pattison, 39, just missed - by 200 grams - making 132, and therefore took silver medal to Harper: 292 SQ, 198 BP, 281 DL - 771 TOT. I got acquainted with his two nice sons, Pete, 13 and his younger brother, age 9, whom I dubbed "Re-Pete". Both kids very supportive of dad's lifting. Ken Allen displayed a good SQ - 468 & a 1256 TOT. Paul Lutz's debut was premature - bombs away! Harold Russell, 33, was tops at 198. James Fuss, 33, won the BP category with 303.

Randy Estell, 38, was the top performer @ 220. He weighed 215, and got his 716 3rd SQ following a previous miss, BP 402, DL 639, on 2nd attempts for 1758. Trevor Andrus, 35, was runner-up to Randy with 1493. Dale Murphy, 33, was 3rd in the same class - 1333. At 242, the winner was Mark Berthiaume, 33, with 1146. Mike Beach, 33 & 285, upped his SQ PR to 617 and took the 308s with 1388. Len Desjarlais, 37, was the biggest @ 335. He made the biggest lifts as well: 749 SQ, 485 BP (missed 518 twice), DL 661 (failed 705) TOT 1896. It turned out his result would've won the OPEN Supers as well. But, who woulda thunk it?

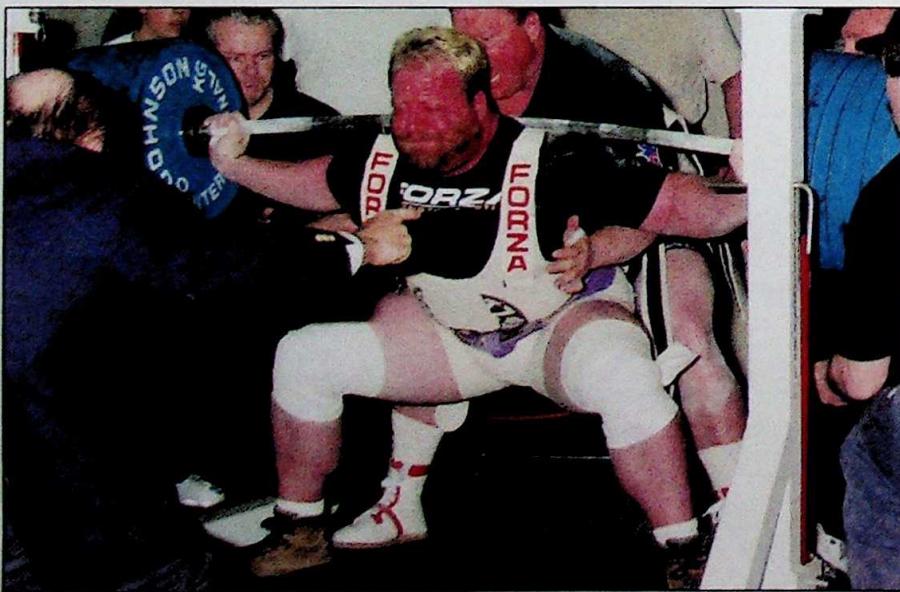
On Saturday afternoon were the Teenage and Master Men. The Teens featured five lifters. At 127, Kyle Dunford was youngest of the whole meet (14), and he SQed 264 on his way to victory, Matt Richards, 16, TOTed 887 @ 148. Ronnie Moran, 16, was injured in warmup and didn't get a lift in. Chris Heaven, 19, was

victorious @ 198 via his 473 SQ and 1174 TOT. John Cappaci, age 19 @ 330, became the Supers champ - 1113 TOT.

MASTERS MEN included 24. Eleven men (through 198) finished out the Saturday AM Flight 2, Group A. The heavier men finished out the afternoon Flight 2 Group B. Among the Bench Only participants, Randy Deminick, 50, got 308. Kim Railton, 44 @ 181, hoisted 220. Rick Kohuf, 47, raised 286 (45-49). Roy Mitchell, also a 181er, at age 73 pressed a great 209. Gary Bobrouitz, 50, took the 132s (50-54) with 253 - a good hoist. In the 3 lift competition, Archie Ulry, 45, nabbed the (45-49) 181 gold with perfect lifting (9/9) SQ 479, BP 264, DL 501, TOT 1245. Kevin Dunford, 40, did 1278 and got the 198, 40-44 title. Dale Fuller was 2nd to him with 992. George Irvine, 48 (big Paul's dad) hit a nifty 600 kg. (1322) TOT, winning his 45-49 198 class. Ed Klemen, 53, lifted solo at 50-54. Birchman Pereira was champ at 55-59 (1212). Things heated up with the afternoon Masters. The 220 class had 4 champions; Jody Armstrong, (40-44) with 1438, John Ashby, 47, only 100 grams over the 198 limit TOT 870 and won despite it. I thought that the USA's Colin Powell was in Israel for peace talks. I was right, but his identical twin brother Bert Merriman, 53, was here lifting 1482 and winning. John Wolber, 54, had the runner-up TOT of 1399, missing 2 big tries to pull 617. Darwin Miller, 78, was evidently feeling mighty frisky. He had an almost perfect day; SQ 396, BP 187, DL 352, TOT 937. His only miss was his final DL try with 396. Thank you for all your courtesies extended to me. At 242, Arnie Nerenberg, 60, won the BP shootout with a 275 opener. He had big expectations, but missed 325 twice (a 49 lb. jump). Brent Stradeski, 40, was the 242 champ (40-44) with a 1350 TOT - no less! At 45-49, Duane Fuss lifted powerfully: 716 SQ, 479 BP, 523 DL, 1769 TOT. Wayne Ferris, 57, was victor for 55-59s with an 1124 sum. Dan Feddema, 33, 242 lbs., injured his back (torn spinal erector muscles) attempting a 771 squat and was unable to continue the competition after the bench press. Dan is a team player and despite being nearly incapacitated he showed up to load equipment to return to the gym after meet was over, when the majority of Bruce's people went AWOL. 275 - Tom Brooks, 40, and 243.4 took 1st place honors in the 40-44s weighing in way light. I hardly recognized him sans his facial foliage. He gave 699 only a half-hearted tug, a weight he'd conquered in Lethbridge last October. Jerry O'Connor, 54 & 261 (50-54) was champ with a 1411 TOT. Colin Bonneau, 54, nabbed the silver medal behind Jerry.

SUNDAY MORNING featured the OPEN WOMEN and OPEN MEN and more BENCHERS! Everyone was chomping their bits to see two American "DRAFT HORSES": CA's Scot Mendelson - the STRONGEST BENCH PRESSER ON EARTH, and Washington's Brent Mikesell - the UNDISPUTED OWNER OF THE BIGGEST OFFICIAL SQUAT OF ALL TIME. Everyone had to be patient and wait to see them in action. Meantime, more Canadian National Titles were up for grabs. Five ladies graced the platform in the Women's Open competition. In different categories, all emerged as championship winners!

Deborah Ward, 33 & 114, did some great lifting. She made a great 352 3rd attempt SQ, and aced her 159 BP opener (missed 176 twice).



Brent Mikesell's historic 1074 pound squat (photograph by Aztec Stills & Photography)



**Scott Mendelson's hard fought bench attempt with 766 . (by Aztec Stills & Photography)**

Her DL was awe-inspiring! She smoked her 330 lift. This was followed by two WPC World Records (back to back) with 358, then 363. WOW! TOT - 876. Karen Watson, 32, made 5 attempts including all 3 DLs - (281) for a 633 TOT. At 148, Julie Hirsche, 28, finished with a 672 overall sum. Elegant looking Shari Spencer, 33, (161) lifted well: SQ 352 - missing a huge 396 try. She missed a 319 DL, but came back on a 3rd - successfully - 892 TOT! Candy Stuckey, 27, barely over 165 class (200 gr. heavy) won the 181s with not a missed lift (9/9) which began with a 358 3rd SQ, and ended with an 865 TOT.

There were a bunch of strong Open Bencher participants: At 132 Sean Pass, 26, lifted 281. Runner-up Gary Bobrouitz had done the full meet the day before in his 50-54 group. He pressed 16 more here - 253! 148er Rick Evans, 21, couldn't lift Saturday to represent Jr. Men (20-23) and elected to compete in the OPEN today. He did 303 for an impressive win. In 2nd was Mangal Birring, 26, with 259. Andre Butenko, 26, stayed alive on his final 462 try @ 198. Terry Fay, 36, captured the 220 title with 473 on a 1st try, but failed 503 twice. Andrew Burton, 32, elected not to squat but made a 462 BP and a very good 738 3rd attempt DL at 231, worth a gold medal for him. Coming in @ 259, Alex Mandell made all his lifts - final being 485 - for 275 honors.

In the full lift competition, Herb Glossbrenner, from the LALC Club in Burbank, CA won the Open 148 category with 948. At age 59, he established a new (55-59) WPC World Record BP with 253.5 an 2nd attempt - 3 whites! This erased the old record of 113.0 kg. (249.1) by Budgie Mullen, GBR by 2 kg. (this time, it's official!) Jason Zalewski, 30, was champ at 181 with a 1251 TOT. David Hansen finished in 2nd place. Cory Evans, 32, was outstanding lifter for Men up to 220. He posted a great 1802 TOT @ 192 to steamroll his way to the 198 Canadian Open Men's title. Cory dunked a huge 749 successful SQ on his final try. He combined that with a 479 BP 2nd attempt (missed 501) and 573 DL (miss @ 600). At 242, 27 year old Clint Kitt looked great. At 237, he SQed a monster 826 on a final go. Also, he got a 402 BP and 666 DL for 1896 TOT. Chris William was runner-up

with 1752, and even took a stab at a 705 DL on his 3rd and last lift. Shane Ritter claimed 3rd with 1581.

Agnar Adalsteinson, 41, impressively captured the 275 Open division. He trains with Mikesell's crew in WA and scored his best here with an 804 SQ, 457 BP, and 705 DL for 1967 TOT. Agnar's only miss was his final DL of 716. Agnar is originally from Iceland. He's from a stock of raw boned Viking ancestors, and his fighting spirit is a good example for others to emulate. Zack Passman, 25, beefy at 261, came from the LA Club in Burbank and finished 2nd. He made a PR 677 SQ with power to spare, and hit a 485 BP. Zack displayed a lapse of good judgment asking teammate Mendelson to smack his chops before his 644 2nd attempt DL try. Nearly beheaded, he missed the lift. He let his head clear and then succeeded on a final try for an 1807 TOT - another PR. Mr. Bender went for bronze. After a 601 SQ, he tried 661, hurt himself, and withdrew. At 308, Brad Boechler, 24, (286) had a big subtotal lead (799 SQ, 529 BP) going into the DL. He pulled 606, then spoiled an otherwise perfect outing by missing 628 - TOT 1934. Right an Brad's heels was 6'4", 303 lb. Jim Thompson from Billings, MT (USA). He's coached by former 132 lb. U.S. WL National Champ Phil Sandersan. Jim had a splendid day; 749 SQ, 473 BP, and a 683 DL for 1907. This was his first time over 1900. His erector shirt worked great for his SQ, but hampered him in the DL. He couldn't fully straighten with his final 705 try. Jim is 34 now and wishes he'd been introduced to PL when he was still a youngster. Bill Baker, 28 @ 305, nudged out Darien Cleave (26 and 303) to finish 3rd in a tight battle - 1510 to 1499. Darien lost valuable ground to Bill in the SQ (628 to 523), and he also missed a crucial 402 BP which compounded his come from behind rush.

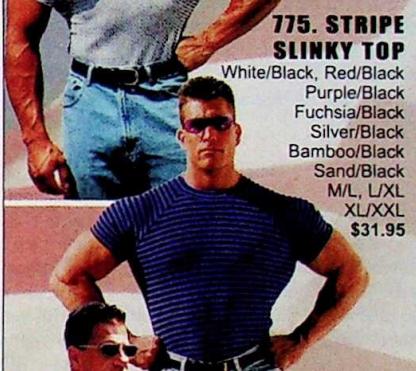
It's tough to try to compete in a meet that you also run. Just ask Bruce Greig, who does it all the time. At 49, Bruce is unquestionably the World's strongest 308er for his age. Coming in at a tad under 299, Bruce did the best SQing of his lifetime. He opened with 859, and blew it right up. Next up was a 903, a PR, and he got it on a

(this article is continued on page 81)

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# POWER - RESEARCH

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Powerlifters are beginning to learn that speed development is fundamental to increasing the amount of weight lifted. Many powerlifters find speed training difficult to accept because of the low resistances often utilized. The typical individual will ask themselves "How can I increase my max by lifting lighter weights more explosively?" This article will review some of the research regarding the importance of speed training for power development and how speed training can be used to increase an individual's 1RM on the bench press. First let's define what power is. Power is equal to force multiplied by distance divided by time.

$$\text{Power} = \text{Force} \times \text{Distance}/\text{Time}$$

Since the terms force and strength are often used interchangeably and distance divided by time is the same thing as speed, power can more simply be defined as strength multiplied by speed. Therefore,

$$\text{Strength} \times \text{Speed} = \text{POWER}.$$

Since strength and speed are components of power, increasing one while neglecting the other limits total power development. Unfortunately, many players focus on strength because they are familiar with this traditional and well-established mode of training. Because strength and speed have a multiplicative impact on power, athletes can make greater gains if they develop both components. For example, if an arbitrary strength score for an athlete was 2, and the athlete's arbitrary speed score also was 2, the hypothetical power rating would be:

$$2 \times 2 = 4$$

Doubling strength without altering speed would double power:

$$4 \times 2 = 8$$

If the same athlete made only a 50 percent gain in strength and an equal gain in speed, the power rating would be:

$$3 \times 3 = 9$$
  
(Brittenham, 1997)

Now one begins to understand Louie Simmons' concept of using training percentages of 60% or below to increase one's power in the bench press. Research indicates that Louie Simmons has been right on the money with his

## Plyometric Bench Press Training for More Strength and Power as told to Powerlifting USA by Kenny Croxdale, BA, CSCS and Tom Morris MS, CSCS

training percentages for power. I'm sure Louie finds this comforting.

A recent study performed by a group of Australian researchers (Baker, et. al., 2001) indicates that training percentages should be in the range of 46 to 62% of 1 RM when the goal is to develop power on the bench press. These same researchers concluded that a resistance of 55% of one's max is the ideal resistance when training for explosiveness. Although training with 55% of one's max will increase speed, there is a limit to how much speed one can develop when performing a traditional bench press with lower percentages. The fundamental problem with speed training on the bench press is that the bench press has never been nor will it ever be a true speed movement. Research by Dr. John Garhammer (1993) exposes the lack of potential explosiveness that is inherent when bench pressing. Garhammer measured the power outputs of elite Olympic and powerlifters. The highest average power output of any lift occurred during the second pull of the Olympic clean. The second pull of the clean was measured at an incredible 52.6 watts per kilo of bodyweight. In comparison, the highest power outputs of elite male powerlifters were 12 watts per kilo of bodyweight during the squat and deadlift. The bench press sputtered in at a very dismal 4 watts per kilo of bodyweight. Lowering the training percentages

will not significantly increase the explosiveness of the bench press. Another obstacle when training for an explosive bench press (even at lower percentages of 1 RM) is the deceleration of the bar during the lift. "Research has shown as much as 75% of a movement can be devoted to slowing the bar down." (Flanagan, 2001). Elliot et al. (1989) revealed that during 1-RM bench presses, the bar decelerates for the final 24% of the range of motion. At 81% of 1-RM, the bar deceleration occurs during the final 52% of the range of motion. The accompanying deceleration phases result in significantly decreased motor unit recruitment, velocity of movement, power production and compromises the effectiveness of the exercise." (Berry et. al., 2001) The National Strength and Conditioning Association's Basic Guidelines for the Resistance Training of Athletes states that "performing speed repetitions as fast as possible with light weights (e.g., 30-45% of 1RM) in exercises in which the bar is held on to and must be decelerated at the end of the joint's range of motion (e.g., bench press) to protect the joint does not produce power or speed training but rather teaches the body how to decelerate, or slow down. If the load can be released into the air (i.e., the bar can be let go at the end of the range of motion), the negative effects are eliminated. Here is a situation in which the medicine ball became a rediscovered tool for upper-body



#1 - BALL DROP .... Tom Morris standing & Kenny Croxdale laying down ... #2 - REPELLING THE BALL



power and plyometrics." (Pearson et. al., 2000) Plyometric exercises are characterized by a powerful, explosive muscular contraction in response to an immediate, prior, rapid dynamic loading of the involved muscles. Rapid loading of the muscles and the associated stretch on those muscles causes a "stretch reflex". This stretch reflex causes a proportional contraction of the stretched muscle thereby eliciting a more powerful movement had the muscle not been quickly loaded. Therefore, the goal of a plyometric movement is to convert an eccentric contraction of a muscle group to a concentric contraction as soon as possible. The time between the eccentric contraction and the concentric contraction is called the amortization phase. Again, the goal is to decrease the length of the amortization phase.

Arguably, the single best upper body plyometric exercise simulating the bench press is the "power drop". The power drop involves having a training partner drop a medicine ball to you while you are on the floor lying on your back. You catch the medicine ball and immediately propel it as explosively as possible straight up to the ceiling. Your training partner then catches the medicine ball before it falls back to you. Your training partner then drops the medicine ball down to you for the second repetition of the set. It is suggested that power drops be performed for 5 sets of 2-5 reps. Complete recovery should be taken between sets. It is critical that you focus on the quality of the movement. Power drops need to be performed as explosively as possible. After catching the medicine ball, you should eccentrically decelerate the ball to just above the chest. Once the medicine ball reaches the chest, you should as quickly as possible, concentrically thrust the ball straight towards the ceiling. It is important to minimize the time between the eccentric decelerating of the medicine ball and the explosive concentric "sending it through the roof" phase. By converting the eccentric

contraction into the concentric contraction as quickly as possible (minimizing the amortization phase), greater explosiveness is elicited by the involved muscles. Think of the medicine ball as a "hot potato". Once the medicine ball is eccentrically lowered to the chest, you want to get rid of the "hot potato" as fast as possible before it burns your hands. Ebben et. al. (1999) recommend medicine ball training loads of approximately 30% of 1RM for biomechanically comparable weight training exercises. The researchers developed the following regression equation to identify the height from which to drop the medicine ball based on the required training load and the weight of the medicine ball being used. Therefore, if the training load and weight of the medicine ball are known, the following equation is used to determine the height from which to drop the ball when performing power drops: Height in inches = [Training Load - [(weight of medicine ball in pounds)(6.09)] + 105.37]/3.19 Therefore, let us assume that if a lifter's 1RM for the bench press is 300 pounds, 30% of their 1RM is 90 pounds. Ninety pounds is their training load. Let us also assume that the lifter has a 10-pound medicine ball available to them for use. By plugging in the training load of 90 pounds and the medicine ball weight of 10 pounds into the above formula, the lifter would need to have the 10 pound ball dropped from a height of 42 inches in order to develop the desired training load when performing this plyometric power drop exercise.

More simply, multiply the weight of the medicine ball that is available to you (10 pounds in this example) by the constant 6.09. This gives you 60.9. Next, subtract this number (60.9) from the training load you need to work out with (90).  $90 - 60.9 = 29.1$ . Now take this newly calculated number (29.1) and add the constant of 105.37 to it which gives you 134.47. Finally, take this number and divide it by yet another constant of 3.19 which gives you your final answer of 42. This means that the 10 pound medicine ball must be dropped from 42 inches (the distance between where the ball is dropped from and the outstretched hands) in order to elicit a training load of 90 pounds.

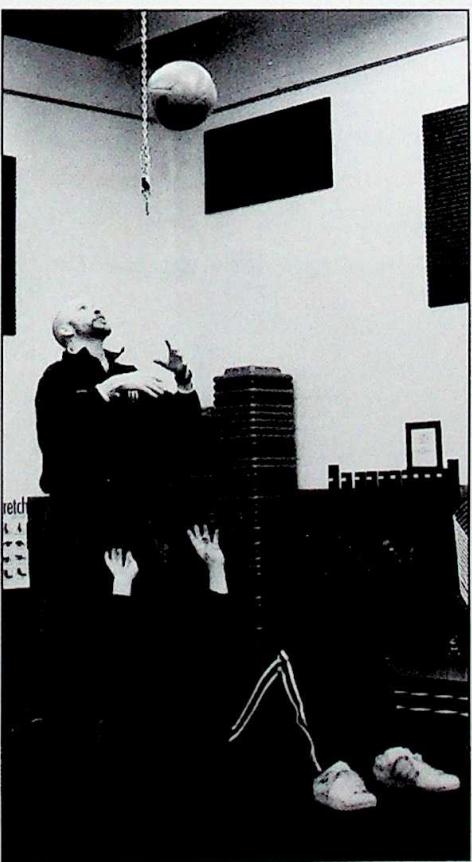
Jay Schroeder, strength coach with EVO-FIT in Mesa, Arizona focuses on plyometric bench press exercises of a comparable nature to increase the speed and strength of the athletes he trains. Schroeder uses a "contraption that looks like a bench-press machine beneath four poles. A heavy, rectangular, metal slab slides up and down the poles." Athletes "lie on the bench and push the slab up, let it go, and catch it, repeatedly." (Bruton, 2001). This was one of the methods Schroeder used in training Adam Archuleta, safety with the Saint Louis Rams. Archuleta's beginning bench press of 265 pounds was moved in 2.76 seconds for the concentric phase. After training the plyometric bench press, Archuleta's concentric bench of 530 pounds is moved in 1.09 seconds. (Nawrocki, 2001). Schroeder's program revolves around absorbing and rapidly repelling force, i.e., plyometrics.

Plyometric bench press training with the Smith machine can somewhat duplicate the medicine ball drop and Schroeder's training method. Research by the previously mentioned Australian group utilized plyometric bench press throws using the Smith machine. The Smith machine bench press throws are performed by catapulting the bar as high as one can into the air. The lifter then catches the returning bar with an open palm and decelerates the bar to just above

the chest. At that point, the lifter reverses the direction of the bar as quickly as possible and launches it into the air once again. Needless to say, this can be a potentially dangerous activity and should be performed with great care. Schroeder also uses a free weight bench press for plyometric training. However, turning a free weight bar into a projectile poses numerous problems. It is suggested that one practice these activities with minimal resistance before attempting heavier weights. In summary, research shows training the bench press with percentages of 55% of 1 RM is an effective method that should be used to develop power. However, "(t)his not only develops power in a very narrow range of motion, but also trains the muscle to 'put on the brakes' for three quarters of the movement! Imagine the disastrous consequences of training a boxer to slow down a punch for the last 75% of the movement or a football lineman to explode only partly off the line of scrimmage." (Flannagan, 2001). This same analogy can be applied to benching, squatting and deadlifting. The objective is to ram the weight through the roof and through the sticking point. Therefore, training for power must also include plyometric exercises that maximize the stretch reflex. Exercises like the medicine ball drop, Smith machine bench press throws and free weight bench press throws fully exploit the stretch reflex. Combining low percentages in one's bench training along with plyometric bench press movements will provide a greater stimulus than just one of these methods alone. The ultimate result will be an increase in your 1RM.

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#3 ... note the HEIGHT OF THE REPEL by Kenny

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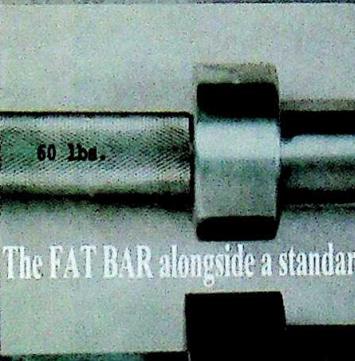
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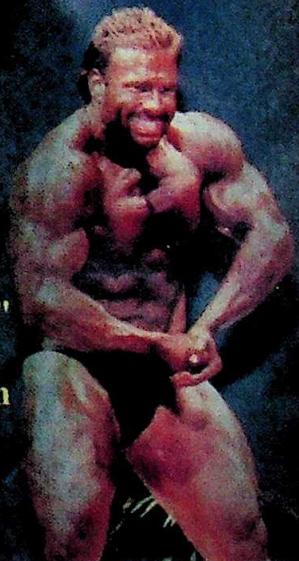
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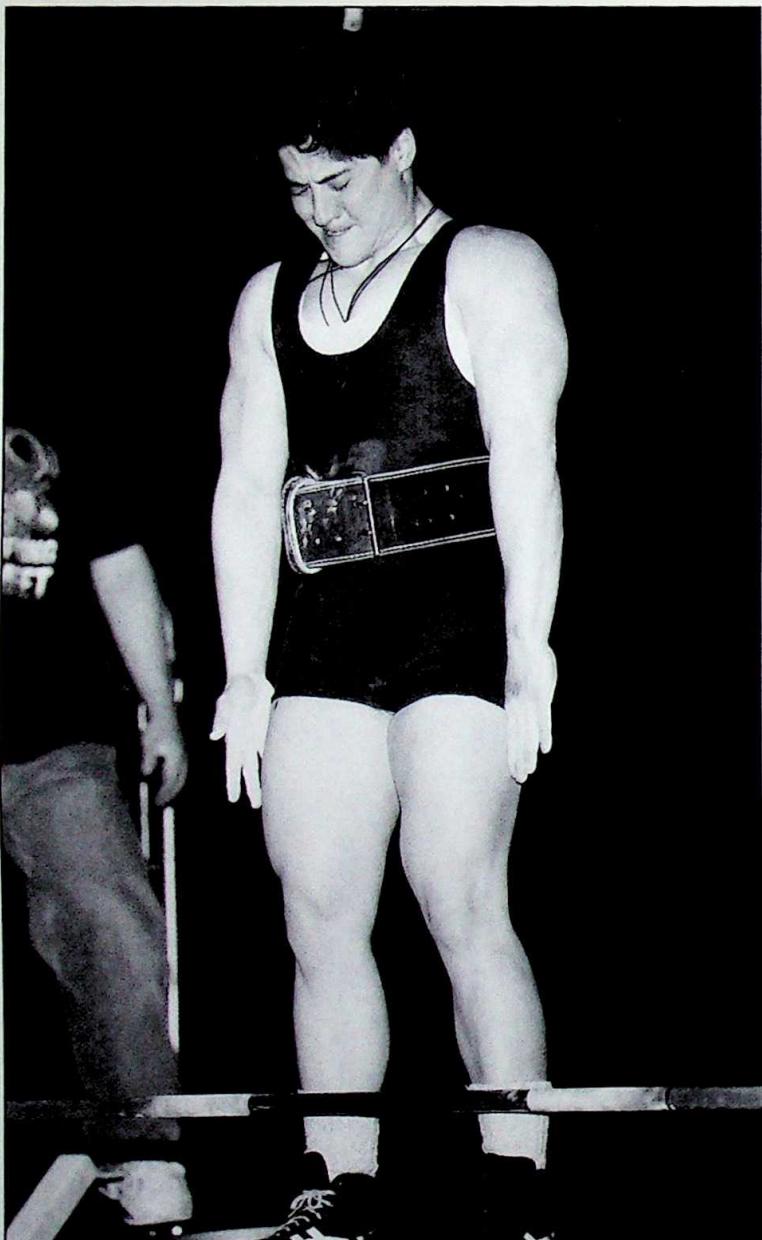
by Dave Tate of  
Elite Fitness Systems

**Question:** I am writing because of my concern with the box squat. My coach says that the box squat puts too much pressure on the cervical spine and SI joints. I would tend to agree with him since it seems to have led to my SI sprain and two other people suffered herniated discs and SI tears. I have modified the box squat by using a stability ball instead of a box. I pause completely and do not bounce. What do you think?

**Answer:** I would have to see how these people perform the box squat. If they are pausing, crashing down too hard or not staying tight they are doing it wrong. We have had over 100 lifters through the gym and have never had one back problem due to box squatting. If you have had three separate injuries in one gym I would wonder if you are doing them correctly.

A few problems with the stability ball are; 1. It will tend to throw you back up 2. It is very difficult to let your hip flexors relax 3. If the ball bursts then you have a real problem. 4. There is too much movement after you sit. For example, if you have 500 pounds on your back and sit on the ball, it will move in, out, side-to-side, etc (this is why it is called a stability ball). I would suggest three things. **First:** Read the article "Squatting From Head to Toe" in the articles at EliteFTS.com. This will make sure we are on the same page with technique. When I do the seminars, I only find one or two out of fifteen lifters who know how to box squat correctly! **Second:** You may try to place a pad at the top of the box in some way. **Third:** Make sure you are training the box with submaximal weights. This is why we use it for speed day. If you are using the box with progressive overload training with weights that are very heavy (over 80%), then it could be the heavy weights that are causing the prob-

lems. People will tend to fall too quick and lose form when the weights get heavier. At this point you would have to figure out if it is the weight, problem with form, or the box causing the problem. If you have any questions please feel free to give me a call at 888-854-8806. It is hard to answer questions like these without having all the information.



**Amy Weisberger** has consistently made substantial gains over the many years of her career, and has reached the pinnacle of women's powerlifting accomplishment, with Louie Simmons and Westside Barbell training philosophy by her side.

**Question:** I have gotten pretty good at doing glute ham raises (GHR). How do I increase the resistance on this exercise?

**Answer:** There are many ways to increase the intensity of the glute ham raise. First off, if this is a movement you are really weak at then you have to get better. Hamstring strength is critical in squatting big weights as it allows you to sit back farther and

help you maintain proper form. In my opinion, the glute ham raise is one of the best ways to develop this hamstring strength as it works the hamstring from origin to insertion unlike the leg curl.

My first suggestion would be to use it at the beginning or end of every workout. Perform a few sets of 8 reps. A second way to make the movement more difficult is with the use of bands. You can run one band under the front end of the bench and the other end around the back of your neck or upper back. This will provide more tension at the top of the movement. The key thing is to make sure you keep your chin tucked and not to arch your back. Many times when you add weight you will begin to arch your back - don't let this happen. A third way to make it more difficult is to raise the back end of the machine with boards or boxes. A fourth way is to hold plates or a heavy med ball in front of you while you do the movement. This will keep you in the proper position. The use of a heavy weight vest would also be a great way to add resistance. I have also seen a few other ways to do the movement. One is with a very ballistic action. To attempt this get into the top position and drop quickly and try to rebound back up as fast as possible. Some have used heavy med balls or manual resistance to drop faster. I have also seen some do this by placing the machine in a power rack and with the use of a straight bar do suspended raises with the bar suspended on the chain. As you rise concentrically, the bar lifts off of the chains. Once again, make sure you are not arching the back. There are many ways to do any movement and these are just a few.

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Throughout the years, the deadlift has practically been our "national sport" here in Finland. World records have regularly been broken since the early 70s. What makes the Finns pull so much - what is their secret? I investigated this issue and after collecting training information from many new and former Finnish deadlifting greats, here are the 'secrets'.

**#1 - Genetics** - Most Finns have long arms and legs. You often see middleweights pull over 200 kilos the first time they see a power bar, but that's only the key to a good start. The best Finnish deadlifters in the late 70s and early 80s had two things in common. Most of them had a background of hard labor: lumberjacks, construction workers, farmers, etc.. They carried, lifted, and dragged things as part of their living. This laid a perfect background for deadlift training and very often ensured a fierce grip as well. The second thing they had in common was their olympic lifting background.

# TRAINING

## Finnish Deadlift Secrets

*as told to PL USA by Sakari Selkainaho*

They had pulled a lot of weights before even starting their powerlifting careers. Raimo Valineva held Scandinavian records in olympic lifting and was able to clean 330 pounds with straight legs. He had World records of 688 in 148s and 716 in 165s in early 80s.

Many of the newer lifters have some type of athletic background from other sports. Ismo Lappi, 340 kg. deadlifter in 165s, has thrown the javelin over 75 yards and ran

the 100 meters in under 11 seconds in his teens. He is fast and explosive enough to deadlift big.

**#2 - Squatting for the deadlift** - All of the former Finnish record holders, and many of today's as well, have squatted with a narrow stance. This had two advantages. First, it served as an excellent special exercise for deadlift. Many trained the squat three times a week, twice back squatting and once front squatting. The other back squat

workout could be a high bar session.

Other squat exercises could include lunges, or step squats, using the bar on the back. These were done sometimes with a box under the front or back feet, varying how the movement hits the glutes and hamstrings. A 8-12 inch box under back feet hits the upper part of glutes quite hard.

Many used different stances. The narrow stance high bar squat was the most common, but many, like Taito Haara, Reijo Kiviranta, and Hannu Saarelainen, squatted with 3-4 different stances.

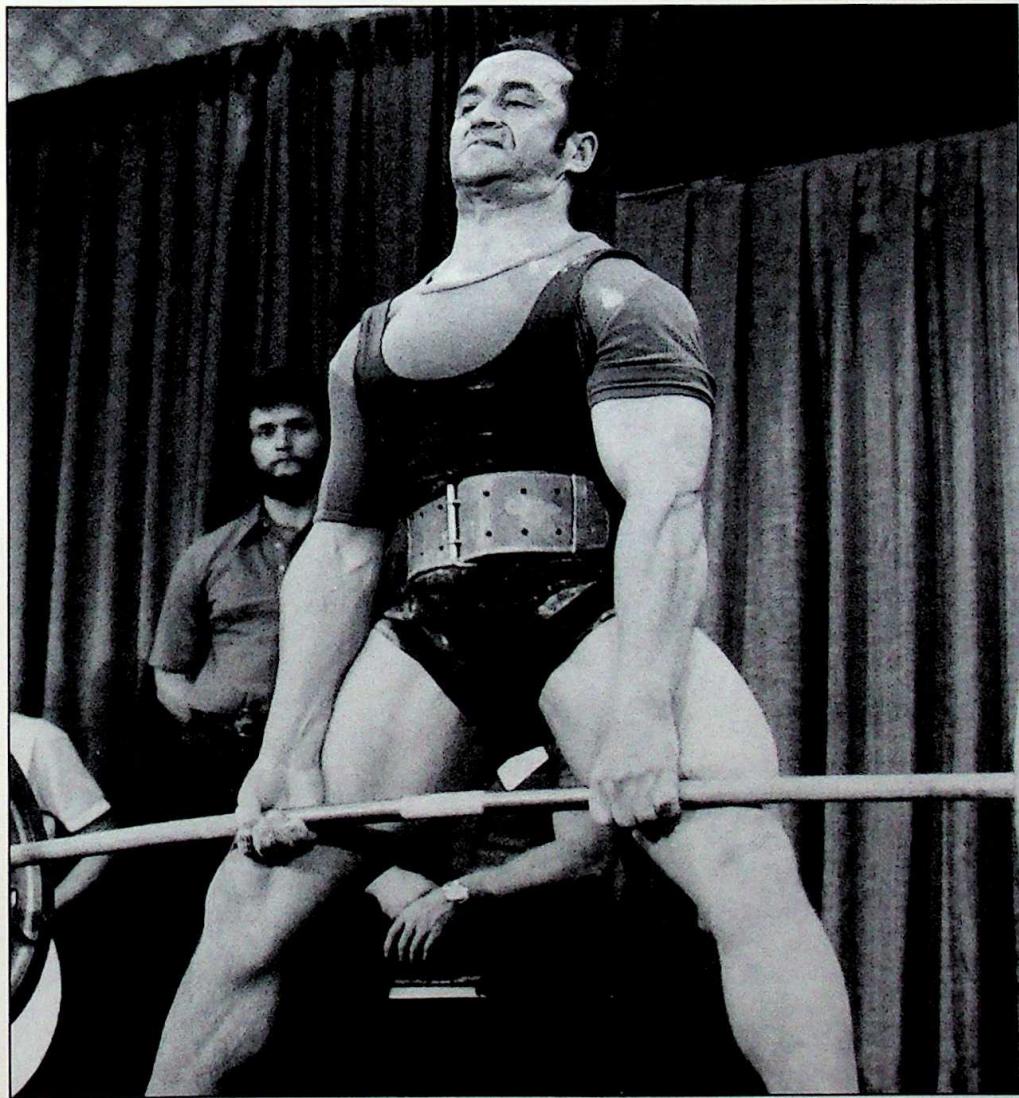
During the last few years, the box squat has become very popular in Finland. Janne Toivanen put it into practice, and hauled up 804 at the '96 IPF Worlds in Austria. Many have followed. Ano Turtiainen started using the box and now pulls over 859 in every meet he enters. Ismo Lappi, the new WR holder in 165s in the IPF, does box squats as an assistance exercise. Veli Kumpuniemi stated that if would have known how to use a box in his prime he would have lifted a lot more. How much more? He tore his hamstring while trying 804 in the 181s back in 1981. He hit 822 (373 kilos) in a national meet before that, weighing under 190 pounds. All his hamstrings could handle, he hauled up. He never really recovered from his injuries, but wanted to send his compliments to Louie Simmons for this excellent exercise.

**#3 - Deadlift Variety** - Many Finns still train the deadlift two times a week. In the early days, it was not rare to deadlift three times a week. Veli Kumpuniemi, the only man we call "Mr. Deadlift" here in Finland, sometimes trained the deadlift four times a week. Here's some of the pulls to use:

**Deadlift standing on the block** - Many used a 2-6 inch block and pulled while standing on it. Many did these for 3-5 reps using conventional style, even if they pulled sumo in meets.

**Straight leg deadlifts** - These were done off the floor or using a block under the feet. There were two styles. Some pulled with a bent over style, rounding the lower back. Some, like Janne Toivanen, Ismo Lappi, and Ano Turtiainen, pulled in the Romanian style with an arched back and pushing the glutes to the rear. With a round back, most used only 40-50% for high reps like 10s or so. For the Romanian style, some go quite heavy. Janne Toivanen hauled up 4x661 from an 4 inch box and Ano Turtiainen has done 5x727 off the floor.

**Olympic Pulls** - These were done many times as a warmup or speed work before deadlifting. High



The MR. DEADLIFT of Finnish Powerlifting - Veli Kumpuniemi at the 1980 IPF World Championships



**Ismo Lappi** broke the IPF World Middleweight Record at the Worlds in Sotkamo, Finland this year with 749, and then went on to come this close with a further, fantastic 788 lbs., for which the superb athlete earned a subsequent television interview. (photos by Hiro Isagawa)

pulls, raw cleans, raw snatches were the most common. The old school guys used to do pulls with straight legs like the Russians did.

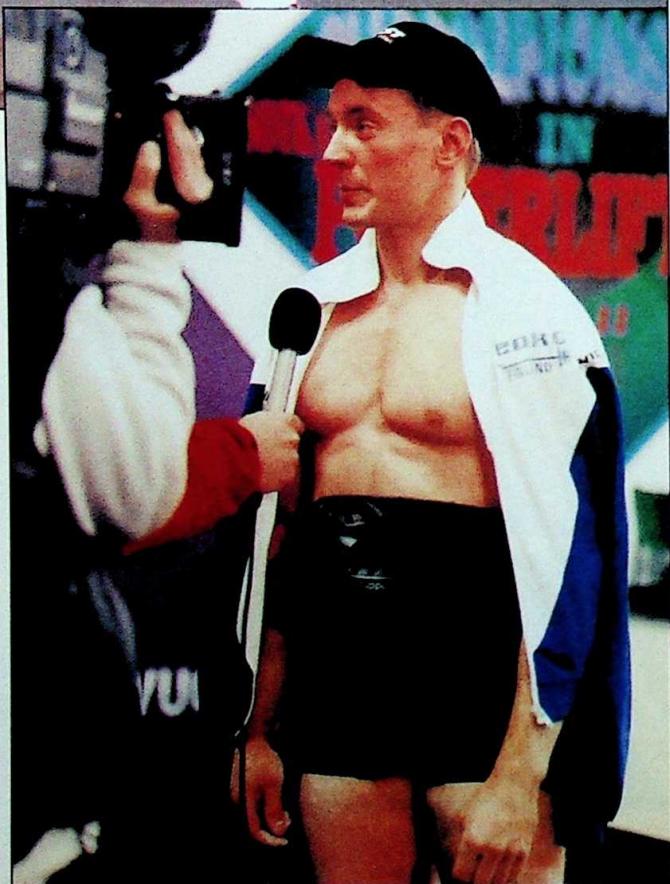
**Pulls with a snatch grip** - This has two variations also. Some pulled the weight all the way up and some just up to past knees. This movement developed technique by forcing you to keep your shoulders in line, and it's a good one to correct technique, if you need to do that.

**Partials** - Hannu Saarelainen did partials at knee level, just moving the bar from below to above the knee. The bar traveled 8-10 inches in the area where his leverage was the poorest. He did high reps with rather light weight. He tried to develop bar speed, also, to overcome the sticking point as quickly as possible. Concentrating on his weakness enabled Hannu to pull 765 in the 242s with his quite poor leverage for deadlift. Rack pulls and pulls

where the bar is on blocks are commonly done, although they do not benefit as much as you might imagine.

**Hack deadlifts** - Many long armed lifters were able to pull with the bar behind their back. This form of deadlift developed the leg drive and helped the to get heavy attempts off the floor.

**#4 - Technique** - Veli Kumpuniemi stated that if his foot stance was half inch off, the bar would stay on the floor, and Veli was ranked rather a power puller than a technique expert. The conventional deadlift has always been mostly back work, but the Sumo pullers were sort of split into two categories. People like Raimo Valineva and Hannu Malinen, the 1988 IPF World champion, used their hips a lot. Raimo Valineva was the developer of the style that maximized hip drive in sumo deadlift.



Lifters with extreme technique proficiency showed quite a difference between their sumo and conventional deadlift. Ari Virtanen, the little brother of Jarmo, had one of the best techniques I have ever seen. Every weight he got off floor, he finished. Ari's best conventional lift was around 570-580, but he pulled 677 with Sumo at the '91 World's. Pirjo Savola, the European Record holder in 123s with 446, said she has a best conventional deadlift in the 360-370 range.

Sumo lifters with a strong back, like Veli Kumpuniemi, Janne Toivanen and Aarre Kapyla locked out their legs way before extending their torso back. Aarre Kapyla, who pulled 10x661 via conventional style, got the most out of his hips by keeping his legs almost straight. Jarmo Virtanen, an eight time IPF World champion, used this technique.

People used to think that Jarmo Virtanen was just very talented and had good leverage. They couldn't be more wrong. He spent a great deal of time perfecting his technique. Once he demonstrated the difference between relaxing and flexing the shoulders. By dropping the shoulders and using sumo, the pulling distance was 12 inches shorter than using conventional style with a flexed upper body. He stressed the importance of being relaxed while deadlifting.

You should climb to tree from bottom. Most Finnish pullers advise you to learn to pull conventionally first, and then switch to sumo. Reijo Kiviranta, Kullervo Lampela, and other conventional style greats stressed two key points. The first is to push your knees over the bar in the start position. This brings the hips closer to bar and makes the leverage better. The other thing

was to turn the feet outward. This helps the lockout and enables the bigger lifters (especially) to use their hip muscles.

#### **#5 - Basic strength and GPP**

- As mentioned in beginning, many early day deadlifters did physical labor, which laid a good background for training heavy and often. Olympic lifting was an aid too. Many of today's lifters don't do any other physical work beyond training with weights. So, the GPP has to come from somewhere else. Janne Toivanen did an extra workout six times a week, early in the morning. He did abs, side torso work, and sometimes lower back work together with some aerobic training and stretching. His training program would kill most people, but he found a way to do it. Ismo Lappi does the same type of workouts. It keeps the bodyfat low and aids recovery.

At the moment, five or six of our

Finnish Strongman competitors pull 800 pounds or more. They have long competitive seasons, and their weight training is mostly for conditioning and recovery. Their training is one form of the conjugate method. They carry, drag, lift stones, and flip tires and cars using some of the same muscles that are important in deadlifting. Jukka Laine did 804 in September '98 and had only deadlifted twice during the summer. What he mainly did was strongman event training and competed in many meets. Jouko Ahola's deadlift stayed in the same range with no deadlift training at all. He used a short cycle to peak and succeeded with 853 in a meet. Janne Virtanen and Juha Rasanen both pull over 800 too. 837 is their best in training, but neither of them has attended any powerlifting meets so far.

**#6 - Assistance work** - Most of our big Finnish pullers have



**Jarmo Virtanen** ... the most successful Finnish powerlifter of all time, comes from a long, virtually traditional line of excellent deadlifters.

supplemented their training with a wide variety of assistance exercises. Two key muscle groups were upper back and lats and the abs.

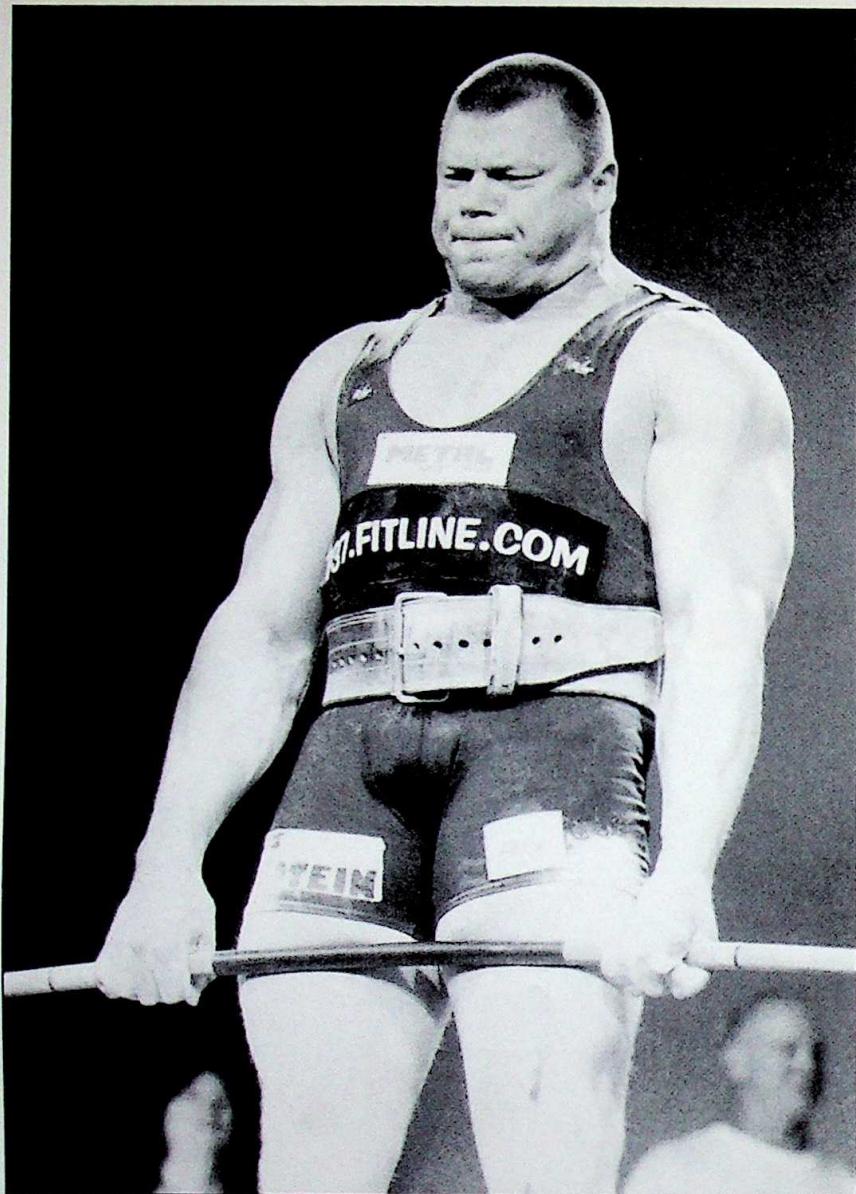
As you noticed, I ranked Mr. Deadlift, Veli Kumpuniemi, as a strength puller. Here's why. What do think about chins with up to 200 pounds for 5-6 reps, bent over rows using 400+ pounds or doing one arm rows with a 185 pound dumbbell for 8-10 reps? It was usual stuff for him, and it was assistance work, not something he peaked for.

Weighted chins are still quite common, but the variety is wider. Ano Turtainen likes to do lat pulls with different handles, and low pulley rows. He does chest supported and bent over rows too. Many do shrugs every now and then.

The lifters in the early 70s or late 70s trained with flat or incline sit-ups using weight. Side work was done using a bar or dumbbell. The other thing they did is one arm deadlifts. They stressed the stabilizing muscles a lot as well. Today, a variety of raises, pull down abs the lat machine, and also done in an ab machine expand the number of possible exercises. One thing that has become popular in the last few years is the ab wheel. Most lifters do it on their knees using plate on their back. It targets the abs more instead of the hip flexors.

As you can see, the low back was trained pretty much with the main exercises, squats and pulls. The older school lifters also did good mornings, mostly after squatting for 5-10 rep sets. Those became a forgotten exercise until the last few years. Ano Turtainen went way over 700 pounds using bands and two sets of chains as an extra resistance during his preparation for WPO Semis. The other thing many Finns once did and some still do is back extensions. These are usually done with a bar on back. Rauno Rinne used these regularly and pulled 799 in 220s.

**#7 - Jarmo Virtanen's deadlift secrets** - Jarmo Virtanen, whom many consider to be the best powerlifter ever in Europe, was great in



Ano Turtainen .... will this lean Finnish Power Warrior be the next man to break 900?

the deadlift. He was an excellent squatter too. Here's some of the things behind his success.

In his youth, he trained both powerlifting and weightlifting at the same time. He also trained other sports like football and has always done some sort of physical labor. His GPP has always been high. He did lifts like high bar squats, front squats, and squats with different stances. He deadlifted in both conventional and sumo style, and he estimated that he may have done a little more conventional work than sumo. Sometimes he used the snatch grip too. One of his deadlift variations was to sumo off an 1 inch blocks. He sometimes went quite high on these - 694 was his best.

He pulled conventional sets where he stopped the bar before it hit the floor to develop static strength and tightness in the start position.

When using sumo, he always did every rep as the first one. Jarmo said that bouncing the bar off the floor is a waste, especially in the sumo style. He developed speed by using high pulls. He did not extend his hips in the weightlifting style. He continued the pull with upper back and traps to the navel level.

He had a picture perfect technique, especially in the 80s when he hadn't hurt his hips and thigh. He developed that by squatting with an ultra wide stance. Sometimes he used a Smith Machine to be able to squat as upright as possible. He practised technique with no weights in front of mirror. This was his routine, every day, for six months. As far as assistance work went, he did a lot of ab work, but has never done good mornings. He felt they make you too stiff. He stressed the importance of being relaxed, spe-

cially in the upper body and felt that was crucial for getting better leverage in the deadlift and the squat.

Jarmo never really maxed out in the gym and usually stayed under 300 kilos in training. He was, though, a great competitor. In 1988, in our national record breakers meet, in the biggest ice hockey venue at the time, he hauled up 358 kilos twice, but dropped it just before down signal. With a torn hand, he came back and pulled it again just to lose his grip again before the "down" command. The year before, while lifting in the 75 kilo class he was on a roll. In the Worlds in Norway he opened with 677 and went to a WR 333 kilos and pulled it nicely. Then he twice attacked 340.5 kilos (750 pounds) but his grip was his nemesis. Before he got the grip problem fixed, he hurt his outer thigh. There was, and still is, some scar tissue there that is pressing on his nerves. With the grip he had in 90s and the better technique and flexibility he had in the 80s, he could have pulled a lot more. Many times I used to wonder why his squat went up 20 kilos, but his deadlift stayed the same. Due to the injury, he never got the best out of himself in the deadlift. An 815-826 deadlift and a 900 kilo (1984 pound)

total were things he capable of, but never achieved.

In Finland, we have had lots of great pullers and powerlifters, and then we had Jarmo Virtanen. He was one of a kind. One sign of his true sportsmanship was his contribution to this article. He was always willing to help anyone, whether it is training, coaching, or giving seminars.

Being a 'no class' deadlifter myself, I have given this matter a lot of thought. Reijo Kiviranta, the 1981 World Champ in 242s, put it together nicely by saying that ***the one who lifts the most, has trained the most.*** After reading this article, you can see what he meant. There are no secrets, it is just hard work. That's the cold truth. If you want to 'Finnish' on top you have to be a good deadlifter. So, it's time to start pulling! Good luck!

My prior two articles dealt with the body structure pros and cons regarding the bench and the deadlift, so logically the third and final part of my body structure trilogy would concern the squat. In the squat, a different body structure would be more desirable than for the other lifts. Relatively short legs would be a premium here. Again, it's that all-important distance factor. Getting a good rebound out of the bottom of the squat is critical in scoring a big squat also. For this, a thick, compact torso and large thighs and calves would be a plus. This more or less describes a stocky person. Look no further than to the legendary Paul Anderson for the ultimate squat body type. Paul was doing, albeit before modern powerlifting rules had even been defined, 1000 pound plus squats way back in the 1950s. Many of his strength feats may never be surpassed. His thigh and calves were so bulky that they provided a fantastic rebound that enabled him to blast out of the bottom. Legendary squatters like Marv Phillips and Dave Waddington also possessed the "look" of a squatter and backed it up with results.

I know you're ahead of me - there is nothing you can do to change the length of your arms, legs, or back. While you may have no control over your God given body structure, by incorporating effective technique, you can make up for not having the most favorable body structure and, by the same token, accentuate any structural advantages you were blessed with.

Now, let's look at some methods

# STARTIN' OUT

A special section  
dedicated to the  
beginning lifter

## Body Structure and the SQUAT

*as told to Powerlifting USA by Doug Daniels*

that can be employed in the squat. In the bench, if your handgrip can be widened, the distance the bar must move will be decreased. In the squat, if the leg stance can be widened, the distance you have to move the weight can also be decreased. The same strategy I outlined for the bench will work on widening your squat stance, slow and gradual. However, I feel that widening your squat stance has less of a chance in increasing your lift than widening your bench grip. I attribute this to the number of muscle groups involved as the squat incorporates the legs, hips, glutes, erectors, and abs; well, almost every bodypart.

Some lifters cannot squat optimally in what would seem to be the optimal way, that is, relatively wide. I have seen lifters use extremely wide stances and extremely narrow ones and set records. A lifter from the 70s and 80s, Dennis Reed, who squatted over 900 pounds at 242, used a narrow stance and such excessive body lean that he made me wince, but that was the stance that gave him best results. Going wider would have

meant a lower squat for him, but he was an exception.

Very important to success in the squat is flexibility, just as it is in the deadlift, but perhaps even more so. Work on increasing your flexibility in your hamstrings, hips, and Achilles tendons. Without having a certain degree of flexibility, trying a wider stance may result in injury. As I said, take it slow and gradual. Vary your foot direction and try having the feet pointed straight ahead and pointed outwards to varying degrees to see what clicks. As always, use lighter weights and the off season for experimentation.

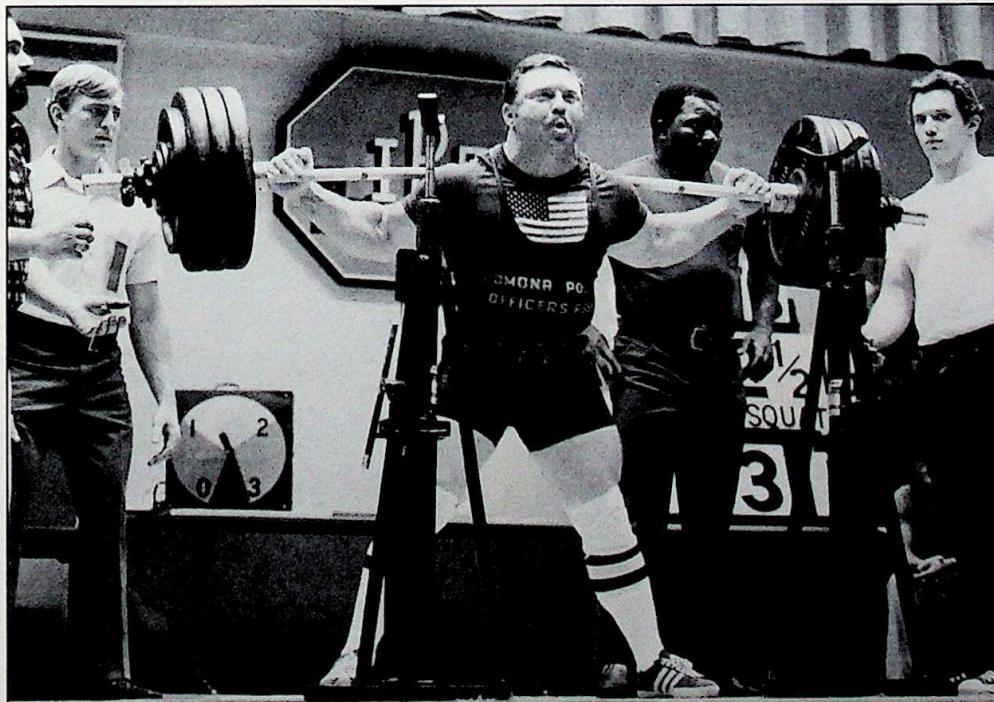
An upright torso will also tend to increase squat leverages. Keep the bar over the legs for best results. To get a more upright torso, work on flexibility. Also, strong abs and erectors contribute greatly. Increased strength here will make up somewhat for not having a thick torso like the heavier, stocky lifters. Using a lifting belt will help too. On your descent, sit into the squat as opposed to just dropping down.

This will help keep your torso upright and erect and help on the rebound at the bottom.

When discussing body structure, you cannot overlook the greatest powerlifter of all time, Ed Coan. When Coan competes, he competes only against himself. His totals routinely exceed all other lifters' totals regardless of weight class. He ranks at the top in the squat and the deadlift and also manages to do pretty well in the bench to boot, but his structure does not absolutely lend itself to such success at all 3 lifts. In his younger and lighter days he had a relatively thin waist, which did not benefit the squat, but he still set countless world records at the lighter bodyweights and higher. His arms are long, but he still benched more than 99.9% of competitors in whatever weight class he was in. His sumo deadlift form is not totally textbook, but he has pulled over 900.

Before Ed Coan began his rule, Mike Bridges was king of the hill. Bridges decimated records in the 165, 181, and 198 classes. He was of stocky structure but excelled at all three lifts, registering an 840 squat, 525 bench, and 770 deadlift at 181. While the power Mike possessed was undeniable, he performed his lifts with the utmost detail to execution, which matched with his structural assets and raw power. Bridges' squat technique was known as the "Bridges Flair". This technique relied on perfect alignment of the bar over the legs and precise lower leg geometric positioning. Both Bridges and Coan illustrate that body structure is not all determining in powerlifting success. Matching body type and structure to proper lifting technique and discipline determines results, no matter what level.

A few technique and training changes can definitely effect your efficiency and, in turn, the amount of weight you can lift in the squat. Flexibility, torso strength, and body positioning are keys to success in the squat. We can not all be structured like Anderson, Waddington, and Phillips but we can learn from lifters like Mike Bridges that these keys can add up in your final results. No one body structure fits all three lifts. What can aid one, can hamper the other. You do not necessarily need to have the look of a squatter in order to be a better one.



Marv Phillips looked like he was born with the ideal structure to squat and he set several world records.

Doug Daniel's  
Web address:  
[members.aol.com/ddanil12345/  
default.htm](http://members.aol.com/ddanil12345/default.htm)

# INTERVIEW

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

**LM:** Debbie, let's start out with some background information.

**DF:** I am 37 years old and a Telecommunications Trainer in Anchorage, Alaska.

**LM:** How long have you been in the sport of Powerlifting and how did you get started?

**DF:** I have been in the sport since 1996 and the owner of the gym I previously attended introduced me to the sport. He saw me working out at 4:00am and thought I was pretty strong, so he introduced me to Larry and Jana Maile, my coaches. I lifted in my first competition 3 months later and I was hooked.

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

**DF:** In the 90+ kg weight class for three lift competition, I hold the bench record of 336 lbs. In a single lift meet, I hold the State and National bench record, which is 374 lbs.

**LM:** Are you going to continue competing in 3 lift meets or are you going to concentrate on bench meets only?

**DF:** I actually took some time off from three lift meets, but I intend on competing at the 2003 USA PL Women's Nationals. I want to

## DEBORAH L FERRELL

as interviewed for PL USA by Dr. Larry Miller

give a full meet another try.

**LM:** What goals do you have left?

**DF:** My goal for 2002 is to place 1st and set a world record at the 2002 IPF World Bench Press Championship. I would also like to compete in Women's Nationals next year and place in the top three.

**LM:** What are the differences between competing at our nationals and competing at an IPF world meet both individually and as a member of a team?

**DF:** For me, at Nationals, I am competing as an individual, since we only have a few women competing from Alaska. At a World competition, I lift as an individual as well as a team member. At Worlds, the competition is so intense and I am lifting without the coaching tips from my normal coach, Larry Maile. This year I kept in contact with Sandra Perron, so she was aware of how my lifts were going. I discussed my diet with her and how I was feel-

ing so she could analyze things better. The judging is stricter at Worlds versus the judging at a national meet.

**LM:** What lifters or countries have impressed you?

**DF:** Chinese Taipei is on the top of my list. The first year that I saw Chao lift, I was really impressed with her strength and power. She is a focused lifter and doesn't seem to have any distractions when she lifts. I very impressed with the performance of the US women at the World bench competitions. The US Women's Team has grown so much over the last few years, with 2001 being their best performance. We have improved by technically with strength and dedication and have come from being the underdogs to being very competitive lifters.

**LM:** Why don't you think our sport draws many spectators?

**DF:** We have a lack of publicity for starters. Many of the sports out there are money making

sports or they have big names attached to them. If we're going to get sponsors like Nike, then we need more media coverage at our meets. I also feel that because we are using shirts, people feel that we are not showing our true power.

**LM:** Are you in favor of the money meets and do you think it will have an effect similar to what we have in bodybuilding?

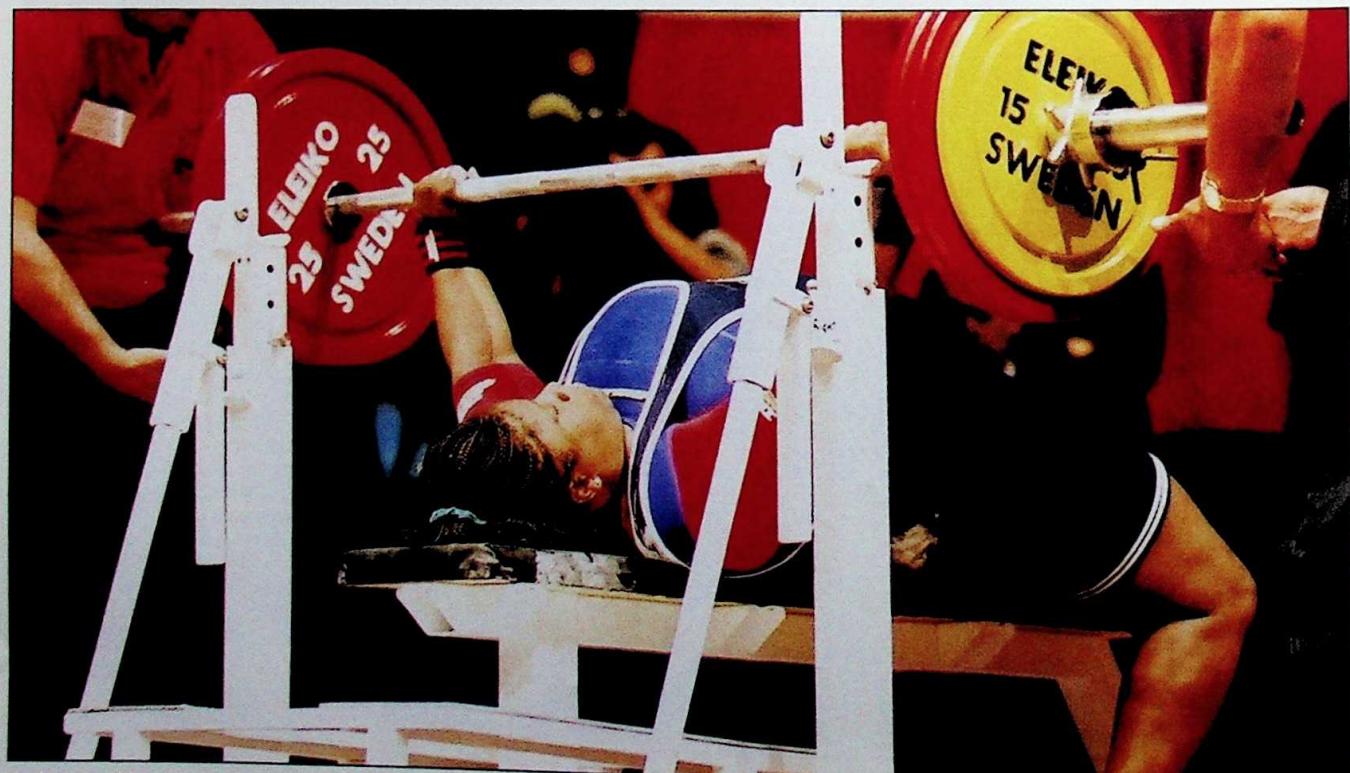
**DF:** When you add money to the sport, you'll find that lifters want to be bigger and stronger and it will take the true power away from it. For those of us who love powerlifting, we will lift regardless of whether or not money is involved.

**LM:** So what is your opinion regarding the triple ply bench shirts and other similar equipment?

**DF:** It's not the lifter pushing the weight. I could only imagine what my bench would be with a triple ply shirt. I would love to bench raw but because our competition uses single ply shirts I will too.

**LM:** Any funny things that have happened to you in the sport?

**DF:** For some reason the lifters from France like to film me having my bench shirt put on. I think



Deb Ferrell has been one of the bright stars of USA Women's Bench Pressing at the IPF World level, winning a silver medal last year. (Isagawa)

It is because I need quite a few people to help me. So, somewhere in France people are watching me get dressed. One other thing happened to me about 2 weeks before this meet. I was in the gym trying on a new shirt from Inzer Advance Designs and I have almost 400 lbs on the bar. Everyone is looking and I get about 2 inches from my chest and the shirt explodes. I jumped up and declared that I was finally free. Only the people on my team understood the humor there.

**LM:** What about your workout programs?

**DF:** I work out 5 days a week. I have 2 bench days, one heavy and one light. On Mondays I do squats and leg accessories. On Tuesday, I do a heavy bench and after my heavy bench I do close grips and flies and then I do my back. On Thursday I do my biceps and triceps and shoulders. On Friday I do my deadlift. On Saturdays, I do my light bench. I do an eight week cycle prior to a competition. While cycling for a bench competition I do lockouts to help with my transition from my chest to my triceps. This year I added additional tricep work, since my triceps weren't as strong as they should be.

**LM:** Are there any lifters who come

to mind that have had a positive influence on you?

**DF:** Actually, Chen Ye Chao has, through my observing of how stable she is under the weight and how she does her arch. To improve on my arch I used some plumber's tubing. I used 4" tubing and then added towels once my back adjusted to arching over the tubing alone. Now I use nothing since I am able to hold my arch. I also use the Larry Maile workout routine, which has proven to be very successful.

**LM:** What about supplements?

**DF:** I eat protein bars during the day and after working out and that is about it for the supplements. I have to work on my diet, especially adding more protein to my diet.

**LM:** What are your views on drug testing?

**DF:** We need to do more out of meet drug testing. I think that anyone who breaks a record should be tested and not have a choice in the matter. Presently, you can break a world record, but decline to be tested. I also think that any lifter who finishes first should have to be tested. It doesn't make sense to test someone who finishes in fifth place. There are people who are taking more than Wheaties and orange

juice for breakfast and we need to identify those individuals.

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

**DF:** I use Inzer's Extra High Performance Bench Shirts which they custom make for me. They have been generous enough to sponsor me with their shirts. I use Titan suits for the squat and deadlift.

**LM:** How would you go about getting more women involved in our sport?

**DF:** I do my part by going to the schools and talking to the kids. We discuss goal setting and powerlifting. I think individual web sites would help by allowing people to see that female powerlifters can be attractive but strong. We need to promote our younger powerlifters more. As women we need to get out and explain that this is not a sport for men only.

**LM:** How do you feel about the IPF meets coming back to the US?

**DF:** I think it absolutely wonderful! We will have the opportunity to showcase the US athletes. I also think it will increase the number of participants at our National meet. It will be nice to not have to worry about the affect 2 days of traveling have on our bodies plus the change in time zones.

**LM:** If you could give one bit of

advice, what would it be?

**DF:** Train hard and get lots of rest for proper recuperation. Keep a journal of your workouts. I got in a bad habit of not writing in my journal and I didn't have a clue where I was as far as improvements. When I started recording my workouts again, I could tell why I was having a bad day. It also allowed my coach to calculate my lifts for my upcoming meets. A journal gives you a reference point for each of your workouts and motivates you to improve on your next workout. Writing down your workouts will assist you with setting mini goals in order to achieve long range success.

**LM:** Any people you'd like to thank in closing?

**DF:** First of all, I would like to thank my family because they have been great supporters. One time, in Seattle, my whole family showed up. I would like to thank Janna and Larry Maile for the excellent job they have done coaching me. I would also like to thank the people at work since they always encourage me. They help with fund raising things for me. Last, but not least, I would also like to thank John Inzer for supplying me with all the bench shirts.

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In the world of power and strength, is there any nutrient more popular than protein? Of course not! Protein is the most popular macronutrient among strength athletes and for good reason. What is it about this powerful nutrient that has everyone consuming more protein? From the lay person to the elite athlete, protein plays a major role in not only our physical health, but in our performance. Protein has been researched for years, but who really has the time to go through numerous studies trying to put all the data together? I am going to give you - the powerlifter - a quick overview of this powerful nutrient, and explain what are the best types and ways to incorporate protein in your powerlifting diet.

#### What is Protein?

Protein is an organic compound composed of carbon, hydrogen, oxygen and nitrogen. One of the main functions of protein is to synthesize structural proteins like muscle. Protein is also responsible for synthesizing structural hormones like Insulin, Growth Hormone and Insulin Growth Factor 1. These are anabolic hormones that can influence many functions in the body including muscle growth, recovery, strength and the absorption of nutrients into your muscle cells. Your body uses protein to make structural and biochemical reactions that are required for muscle contraction, cardiovascular function and immunity from disease, just to name a few.

# NUTRITION

## The POWER of PROTEIN

*told to Powerlifting USA by Anthony Ricciuto*

#### What does Protein Consist Of?

Protein is composed of 22 amino acids which are known as the building blocks of life. It is these building blocks from which protein molecules are created. There are two main types of amino acids, essential and non-essential. The 9 essential amino acids cannot be manufactured by the human body so they must be obtained from the foods that you consume. Some experts have now broken that down even further into another category known as conditionally essential amino acids. Scientists have found that these amino acids play a major role in performance and recovery. The amino acid index can be seen in Table 1A. There are also two types of protein. They are complete proteins and incomplete proteins. Complete proteins contain all of the essential amino acids while the incomplete proteins are deficient in one or more. When consuming protein one must consume foods that are complete proteins since the body will

not fully utilize it towards protein synthesis. It is possible to mix two incomplete proteins to make a complete protein. One example is mixing rice with beans. A list of complete and incomplete proteins can be seen in table 2A.

#### Basic Physiology of Amino Acids in the Body

So what happens to protein once it enters your body? There are several enzymes in the stomach such as pepsinogen, hydrochloric acid and trypsinogen. These enzymes start to breakdown the long chains of amino acids into shorter chains of amino acids. Once protein is broken down into these smaller chains, this partially digested protein enters your small intestine. Here pancreatic enzymes continue to break down these chains until they are broken down into short chain amino acids also known as polypeptides or into single amino acids. As these amino acids progress through the small intestine, they are subject to another type of enzymes which are known as peptidases. Peptidases are responsible for the breakdown of the polypeptides into single amino acids and chains of amino acids that are two or three long in length. These are known as dipeptides and tripeptides. Chains of amino acids that are 4 peptides in length cannot be transported across the intestinal wall and this is why they have to be further broken down

before they can be absorbed. Once they are broken down into this state, they are now able to be absorbed into the bloodstream. From here they are transported to the liver to perform a specific function. They can now perform one of the following. They can be converted into another amino acid, they can be reduced into metabolites, they can be used to create and form a specific type of protein, or they can reenter the bloodstream causing them to circulate throughout our body.

#### Whey Protein and Anabolism

Whey was once a byproduct that was thrown away by dairy manufacturers. For the last decade whey protein has been the number one protein. Whey protein is very important for the powerlifter trying to maximize strength and muscle mass for several reasons. First we should discuss something called Biological Value. The Biological Value Scale was developed to measure the quality of a specific protein. It rates how efficiently your body uses a specific protein source. The higher the biological value, the more amino acids and nitrogen your body is retaining from the food you eat. This means there is potential for more muscle growth and strength. Egg whites used to be at the top of the scale as they rated a score of 100. Whey protein rates 106-159. A Biological Value assessment of different protein sources can be seen in chart 3A. Not only is more nitrogen retained in the body with whey protein, but it also enters the bloodstream the fastest. This is very important when you want to get amino acids and other nutrients into the bloodstream as fast as possible. One example would be directly after your workout, since you want to flood your muscles with valuable amino acids at this time to increase anabolism and prevent muscle breakdown. Whey protein

#### Chart 1A - Amino Acid Index

##### Essential Amino Acids

Valine*	Methionine
Tryptophan	Lysine
Threonine	Leucine*
Phenylalanine	Isoleucine*

\*Branch Chain Amino Acids

##### Conditionally Essential Amino Acids

Tyrosine	Glutamine
Taurine	Cysteine
Proline	Arginine
Histidine	

##### Non Essential Amino Acids

Serine	Aspartic Acid
Glycine	Asparagine
Glutamic Acid	Alanine

#### Chart 2A - Complete and Incomplete Protein Sources

##### Complete Protein Sources

Whey
Casein
Milk
Eggs
Beef
Cheese
Chicken
Fish
Yogurt
Cottage Cheese
Turkey

##### Incomplete Protein Sources

Vegetables
Fruits
Rice
Grains
Oats
Pasta
Nuts (some)
Bread
Sunflower Seeds

### Chart 3A - Biological Value of Protein Sources

<u>Source</u>	<u>B.V.</u>
Whey	106-159
Egg	100
Cow's Milk	91
Casein	80
Soy	74
Beef	80
Fish	83
Chicken	79
Wheat Gluten	54
Kidney Beans	49

is also high in Branch Chain Amino Acids as well as glutamine. Whey is known as the anabolic protein since it increases protein synthesis the best. Even as good as whey gets, you must educate yourself when purchasing whey protein. Not all wheys are created equal. There are three major types of whey. They are whey concentrate, whey isolate and whey hydrolysate. The concentrated version of whey is usually between 50-80 percent protein. The isolated version separates whey from lactose, ash, fats and carbs so that you receive a 90-97 percent protein. The best types are either ion exchange or cross flow micro filtered whey isolate. Of course, the isolate is more expensive, but you are getting more protein per gram of powder. Whey hydrolysate is the most expensive, but for a reason. It is partially digested and is already broken down into di and tri peptides before it even hits your stomach. This means that it will enter the bloodstream the fastest and is most responsible for producing anabolism when taken directly after your workouts. The best type would be a whey hydrolysate 520. This stands for a molecular weight of 520 Daltons. I know this science stuff can get sickening, but you can thank me latter when you see major improvements in your total.

#### Casein and Anti-Catabolism

Casein is the older brother of whey, as both are derived from milk. There is a big debate going on between supplement companies and scientists as to which protein is best. Casein doesn't rank as high as whey on the BV scale, so this leads to less nitrogen retention. It is also low in glutamine and doesn't have the amino acid profile like whey. One very important benefit of casein is that it is a slow release protein. Whey gets into the bloodstream the fastest, but it has a shorter duration of amino acids in the blood stream. Studies have shown that casein clumps when

exposed to stomach acid. This causes a slower release and a prolonged duration of amino acids in the blood stream. This makes casein the ideal protein to take before bedtime because it provides a slow but continuous release of amino acids in the blood stream while you sleep. This will prevent you from entering a catabolic state during your overnight fast. This makes casein the ideal anti catabolic protein.

#### Putting This All Together

Hope you weren't bored with all the scientific mumbo jumbo, but I needed to explain the basics on how protein works. Everyone is always debating on how much protein one should consume daily. If a powerlifter decided to use the RDA for protein as his guideline then you are guaranteed to be looking at a fat and weak lifter. The minimum amount of protein a powerlifter should consume -- note I said powerlifter, not athlete, belly dancer, or couch potato -- is 1 gram per pound

of bodyweight. This is quite simple. If you weigh 200 pounds than the minimum amount of protein you should consume per day is 200 grams. This should be a combination of whole foods and protein supplements. I have outlined a protein breakdown of different foods in Chart 4A. This will help you choose the right protein sources and portion size for your bodyweight. When training hard or you are dieting, your body will need even more protein. For my athletes when they are in serious training, I recommend they consume 1.5 grams to 2 grams of protein per pound of bodyweight. This may sound like a lot, but follow my advice and watch your progress skyrocket. If you have been skimping on your protein, now is the time to jack it up a notch. You will find an increase in muscle size, a decrease in body fat, improved recovery abilities, and an increase in strength.

When consuming this much protein you must keep yourself well hydrated, as increased protein consumption requires more water for digestion. You should drink a minimum of one gallon of purified water spread out throughout the day. Another question many of my athletes ask me is how much protein they should take in at each meal? This answer is relative to your bodyweight, time of the meal, and how many meals you consume per day. I believe in eating several small meals per day. This will keep your blood sugars levels stabilized and it will keep you in an anabolic, or muscle producing, state. When you go several hours without consuming protein you enter a catabolic or muscle wasting state. This means that your body is eating away at

your muscles to provide your body with the amino acids it needs for proper functioning. When this happens, say goodbye to your valuable muscle and hello to more bodyfat. If you weigh 200 pounds then you want to separate your protein throughout the day by consuming at least 5 meals. You should be consuming a minimum of 40 grams of protein for each of your 5 meals, spaced out every 3 hours. This will keep you in a positive nitrogen balance which means you are retaining more nitrogen in your body than you are losing. This will keep you in an anabolic state, preventing you from losing valuable muscle and strength. The amount of protein that your body can digest at one serving is also relative. Scientists once thought that you could not digest more than 30 grams of protein per meal, which is not valid. We would not see some of the massive physiques that we see today if that theory was true. For those under 200 pounds, 40 grams of protein or less per meal depending on bodyweight will be optimal. For those above 200 pounds, 50-70 grams of protein per meal is optimal, again depending on bodyweight and the time of the meal. Mix and match different protein sources since each contains a different amino acid profile. This will provide a wide spectrum of amino acids preventing a deficiency in any specific one. In regards to the whey vs. casein debate, use them both. They have different strengths and weaknesses, but when combined in the diet they produce the most benefit. Whey should be consumed directly after your workout and casein should be taken before bedtime. The best sources of protein would be whey and casein protein powders, beef, chicken, eggs, turkey, cottage cheese, yogurt, and fish.

#### Conclusion

After reading this article, I hope that it informed you on the value of protein in the powerlifter's diet. It is safe to say that the majority of powerlifters do not count their grams of protein consumed, thinking this a bodybuilding thing. That's not the case. Protein is important for the powerlifter, even moreso than the bodybuilder. There is no doubt that a high protein diet is very important for the success of the powerlifter. If you are looking to increase your muscle mass, decrease your body fat and add some serious poundage to your total, don't forget the power of protein!

If you have any questions or feedback please write me at powertrainer45@hotmail.com

### Chart 4A - Protein Breakdown of Specific Foods

<u>Food</u>	<u>Size</u>	<u>Protein (grams)</u>
Milk	8oz	8g
Cheddar Cheese	1oz	7g
Cottage Cheese	1 cup	31g
Hamburger (Regular)	8oz	40g
Hamburger (Lean)	8oz	47g
Roast Beef	8oz	33.5g
Sirloin Steak	7oz	31g
Chicken (White)	4oz	23.5g
Chicken (Dark)	4oz	27g
Turkey (White)	4oz	39g
Turkey (Dark)	4oz	29g
Salmon	8oz	51g
Tuna	1/2 can	20g
Egg (whole)	1	6g
Egg (White)	1	3.5g
Egg (Yolk)	1	2.8g
Kidney Beans	1 cup	14.5g

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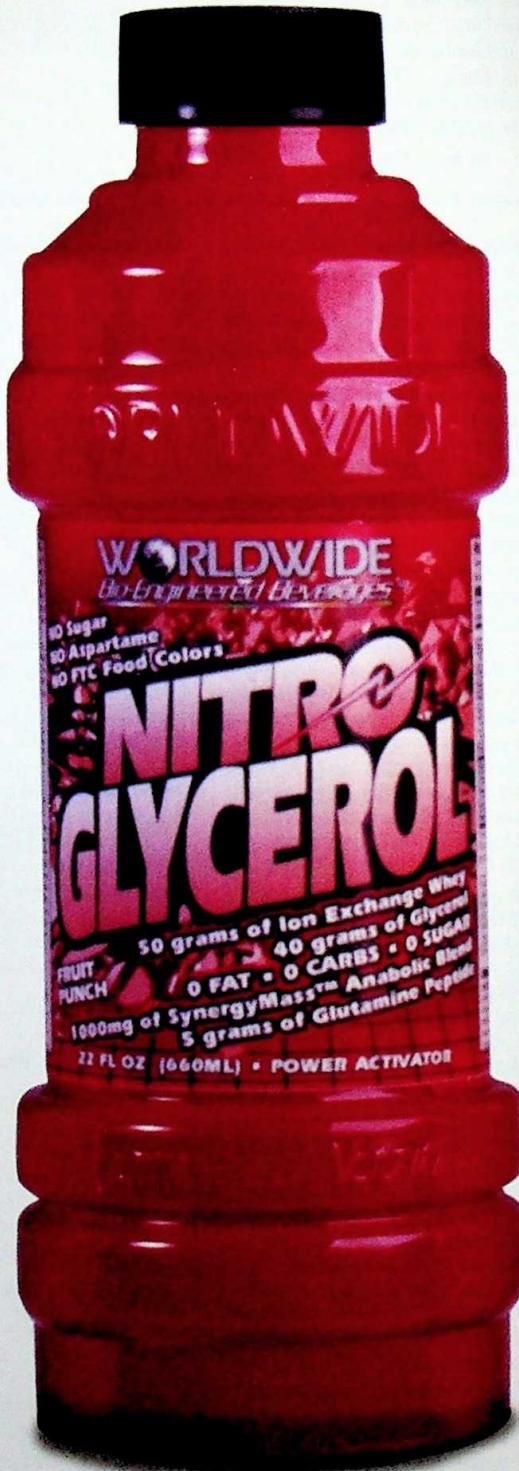
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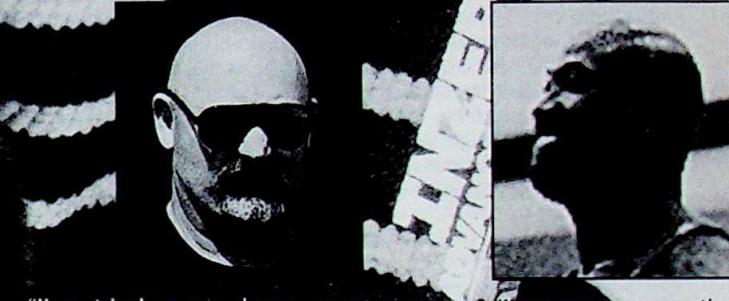
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One thing that gets under my skin is the lack of respect people have for each other. We are in this "I-Me" generation where people are concerned more about themselves than their neighbor. We have forgotten the right way to treat other people.

My students at Albany State are a prime example. My classes start right on the hour, but inevitably I will have three or four students show up late. They will stroll into class like they were taking a Sunday afternoon walk in the park. When I inform them that they are late, most won't bother to give an excuse. They don't care if they are interrupting. And the students who do come up with excuses ... well, they are some of the best you would ever want to hear: "I lost my pants", "I forgot where the class was", "I thought today was Saturday". Here is the one that I really love, "I overslept" -- at 3 o'clock in the afternoon?!

Now, I would be willing to accept some of these excuses, but these things happen so consistently. I mean, how many times can you lose your pants or forget what day it is? This shows how little respect they have for their classmates and authority.

I have the same problem with

# Dr. JUDD

## Respect and the Powerlifter

**told to Powerlifting USA by Judd Biasiotto Ph.D.**

doctors. I make an appointment for one o'clock. I show up at the office ten minutes early to find that half the State of Georgia is sitting in the waiting room. Then I discover that just about everyone in the waiting room also has a one o'clock appointment. The guy schedules ten to fifteen people for the same hour. Worse yet, the nurse will casually get around to telling us that the Doctor is running a little late and will be with us shortly. "Shortly" is a medical term for "whenever". Generally, "shortly" and/or "whenever" means about two hours past your appointment time.

Of course, when "whenever" does arrive, it does not mean that your doctor will arrive. It means you have the opportunity to sit in his exam room until he arrives, "shortly" thereafter. By the time I get to see the guy, I forgot what I came in

there for in the first place. I guess it really doesn't matter, because by the time he sees me, my body has probably already healed itself.

What really kills me is that the guy has absolutely no remorse about being three hours late. Without so much as an apology, he will always say the same stupid thing - "How are WE today?" I can't speak for him, but by this time my blood pressure is off the charts and I want to give him a rectal examination with my foot. Actually, I could live with a little tardiness, but this scenario happens with such consistency that it seems pathological in origin.

I always wonder how he would react if someone were that disrespectful to him. Time is precious to me, and I don't appreciate people who feel totally indifferent about wasting it for me.

A lot of this has to do with self-importance and lack of esteem for our fellow man. All too many of us seem to care only about their own agenda: what they want, what they feel, what they can get out of life. Obviously, we are missing something when it comes to the basic concept of respect for others.

I'm ashamed to admit this, but I've had my moments of self-importance. I remember in 1983, POWERLIFTING USA ranked me as the top flyweight in America. About two weeks after the rankings came out, I was invited to compete in the World Record Breakers Meet in Hawaii. At the time, the World Record Breakers was the premier contest in the World, seemingly more popular than the World Championships. It was a contest that everyone wanted to compete in.

I remember being literally thrilled that I had been invited. All of the sudden, I started developing an inflated estimate of my worth. I began coming to practice late and when I did show up I would take my good old time getting ready. I had all of the other lifters waiting for me. I don't know what I was thinking. Probably something stupid like .. "Hey, I'm the top lifter in the Untied States -- I can do what I want".

Finally, my coach came to me

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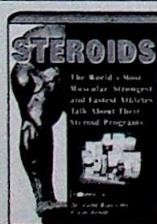
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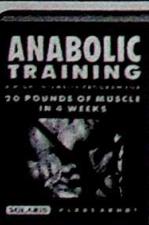
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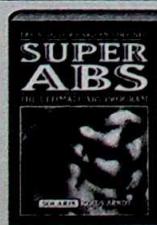
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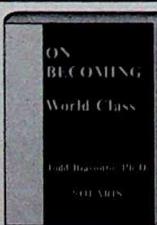
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and said "Look, Judd, that's it, no more tardiness. You get here on time like everyone else." I figured his Pampers were just bunching up or something and that he was just "blowing smoke". I said "Sure", but I was thinking he's not going to do anything to me. Then, the next day I showed up five minutes late. Do you know what he said to me? He said "get all your &\*#! together and get out of here. You are not going to the World Record Breakers." At first, I thought "no way, he wants to go with me as much as I want to go."

After about the first week, I realized he was serious. It takes me a while to figure things out. I started bargaining with him. I'd say, "Ben, let me go and I'll never come late again, I promise." When that didn't work, ... "Ben, let me go. I'll do whatever you want. I'm begging you." Guess what. He never let me go. And do you know what else, about a month after the championships, I was injured severely, and I never did get another opportunity to compete at the World Record Breakers. It was one of the greatest lessons I ever learned.

I learned a lot from that experience about obedience, commitment, and loyalty. I also learned that no matter how great you think you are, you are not more important than the next guy. You know, I have

## Respect others, and they will respect you. -INNYBIASOTTO

never been late for anything since that day.

I love the story about UCLA's John Wooden and Bill Walton because it is an excellent illustration of respect for others. John Wooden was unquestionably the greatest college basketball coach of all time and Walton was arguably the greatest college basketball player of all time, but he was a free spirit. He wasn't a Dennis Rodman, but he definitely was his own man. On the other hand, Wooden was a disciplinarian. He guided all of his teams with a strong set of values. One of Wooden's rules was that none of his players were allowed to have facial hair. This was a rule that Walton didn't particularly care for, but one that he abided by reluctantly.

With Walton dominating the opposition, UCLA went into the Christmas break undefeated and ranked Number One in the Nation. There was no doubt in anyone's

mind that with Walton on the floor, UCLA would easily win yet another consecutive National title. During the break, however, Walton decided he was going to grow a beard. When he came on to the floor to practice the first day after Christmas vacation, Wooden asked him whether he'd forgotten something. Walton replied, "Coach, if you mean the beard, I think I should be allowed to wear it. It's my right."

"Do you believe that strongly?" Wooden asked.

"Yes, I do, Coach. Very Much." Walton retorted.

Wooden's response was polite: "Bill, I have great respect for individuals who stand up for those things in which they believe. I really do. And the team is going to miss you."

Walton immediately went to the locker room and shaved off his beard.

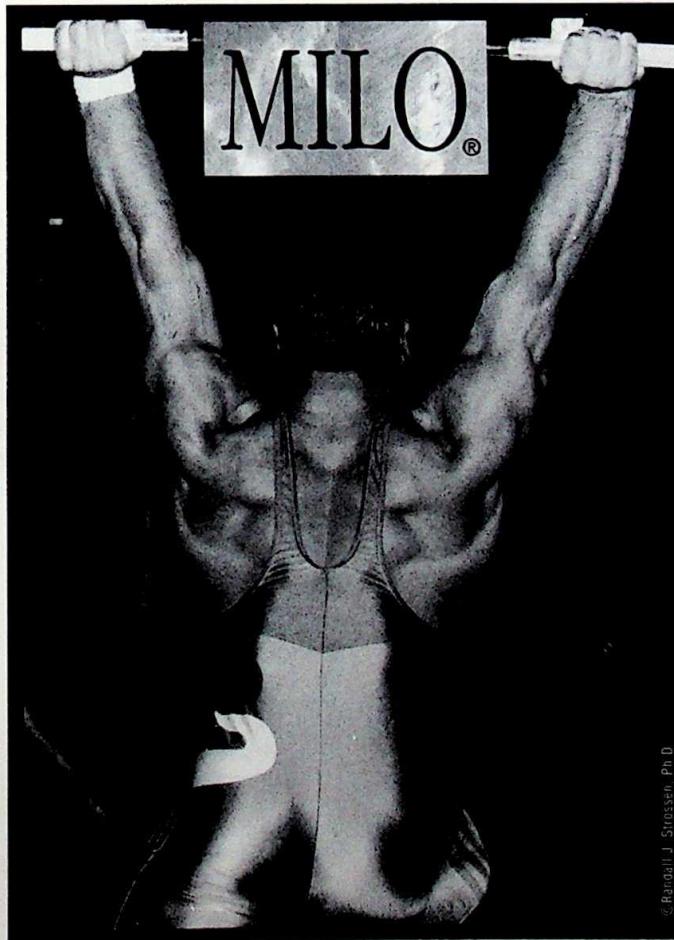
Wooden, in his book *Wooden*

- *A Lifetime of Observations and Reflections On and Off the Court*  
"There were no hard feelings. I wasn't angry and he wasn't mad. He understood the choice was between his own desire and the good of the team, and Bill was a team player. I think if I had given in to him, I would have lost control not only of Bill, but his teammates."

Unfortunately, many coaches, teachers, and parents do not use their influence and discipline to help cultivate altruism and humanity in their children. Instead of putting an end to self-interest and egotism, they foster it. They don't hold people accountable for their actions. I see this all the time in the sports world. If you can hit a baseball or slam dunk a basketball you can damn near get away with murder.

We need to start looking at life in terms of us and we rather than I and me.

Judd Biasiotto Ph.D.



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# INTERVIEW

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

Tom Kristoff recently won a third WNPF World Championship and totaled 1802.26 lbs. at a body-weight of 255. The most impressive factor of these numbers is the fact that they were all done RAW! I had the opportunity to interview Tom recently to discuss his recent achievement and his PL past.

**DK:** Tom, first off, congratulations on your 1802 RAW total and another WNPF World Championship. Why don't you tell the readers of *Powerlifting USA* a little bit about yourself?

Thanks Doc. My name is n Kristoff and I live in Liverpool, NY. I am 35 and a le parent raising my 15 year son Mike. I train at Body Mechanics in Baldwinsville. I have eat job working for the Wal-Mart Distribution Center #6038 arcy, NY. I have been powering for over 20 years. I have peted in weight classes from lbs. to 275 lbs.

How did you get started in erlifting?

I started lifting at my brother Bernie's gym to get stronger after I got my ass kicked in the 7th grade. Bernie trained me religiously from the time I was 13 to 18. He was a powerlifter with tremendous drive and determination. He was my mentor all through high school and I owe him a lot. Thanks Bernie!

When I turned 18 I entered the US Army. I was a tanker for over 10 years. Field training put a stop to my training for over 3 years. After a lay-off I trained for a meet in Korea and placed 2nd in the 1980s. I lived in Colorado for a few years and competed with Rich Peters and NASA. I then move back to NY and got involved with the USPF, AAU, and WNPF. I think powerlifting is the greatest sport in the world. It challenges you mentally and physically, especially if you lift RAW!

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

**TK:** My best lifts were all at the 2001 WNPF Worlds. I squatted 716, benched 441, and deadlifted 645. All were done RAW! I feel like I'm getting stronger by the day. My bench went up 25 lbs. In the 8 weeks before Worlds thanks to the crazy bench routine you put me on Dave! Thanks!

## TOM KRISTOFF

as interviewed for *PL USA* by Dave Kingwater



Tom Kristoff's 647 lb. DL, a RAW World Record at the WNPF Worlds

**DK:** Tell us some of your accomplishments in your powerlifting career.

**TK:** I have competed in several organizations. I was 3 time CO state and 2 time regional champ for NASA. As a teen, I won 4 NJ state titles and a NYS title for the USPF. I won the AAU NYS title in 1996 and placed 2nd at Nationals. I currently am 4 time WNPF National and 3 time WNPF World Champion. I hold state and world records in the AAU and WNPF and have the highest RAW total in WNPF history @ 1802.26.

**DK:** All of your records and biggest lifts were RAW. Why do you lift without the use of equipment?

**TK:** I have used equipment in the past and squatted 650 @ 198. I just realized it was cheating. People use equipment because it allows them to handle bigger weights than their body would, otherwise, not be able to handle. A lot of people put up big numbers and fail to realize that it is the equipment that is moving the weight. They mistake equipment for power and strength. I feel that RAW lifting is a true test of power. No squat suit, half-suits, groove briefs, erector shirts, bench shirts, or deadlift suits ... just you and

the weight. It takes a lot of balls to lift like that. I don't want to rely on equipment for bigger numbers. I do it the old fashioned way ... I work for it.

**DK:** But you compete in the open divisions as well ...

**TK:** I want to beat them all! I want to show lifters that big weights can be moved without equipment. I challenge any lifter to beat my numbers RAW. I don't want to sound cocky but I have worked hard for years to get to this level. I just get a little pissed when people compare equipment numbers to RAW numbers.

**DK:** What are your views on drug use/testing?

**TK:** I have never taken a drug in my life, period! I am very proud that I have done everything in my career drug free. Every federation that I have ever lifted in has tested me. I even volunteer to be tested. I don't care if other people are on ... just stay in your own non-tested federations. If you take or have taken drugs in the past you don't belong in a drug free meet. For those who try to sneak into meets or beat the tests, admit it, and don't be a wuss. This is why I lift in the WNPF. Troy Ford has done a great job building a

drug-free federation. The WNPF has no favorites, everyone gets tested. The judging is strict but fair. It's easy to get big numbers when there are no rules. Try doing it in the WNPF. Thanks Troy.

**DK:** Who are some of the people who influenced you in your powerlifting career?

**TK:** I owe a lot to my brother. All of the time and money he invested to train me and pay for all of those contests. He made me believe that I could become a champion. In 1993 while stationed in CO Springs I met and trained with Mike Barber. Mike introduced me to many new training styles and programs. He is a great powerlifter and person. I have a lot of respect for the guys that made our sport what it is today like Kaz, Reinhoudt, Coan, Bridges, etc.

**DK:** What are your goals in PL?

**TK:** My goal has always been to squat 1000 lbs. RAW My goals in the other lifts are a 500 RAW bench and 800 lb. deadlift. Even after all of these years training I'm still learning. I know my best is yet to come.

**DK:** I hear there is another Kristoff in the house with some pretty big RAW numbers?

**TK:** Yeah, my son Mike is getting real strong. We train and compete together. At 14 he squatted 315 RAW and pulled 400. He plays football for Liverpool and has been dubbed by Dave Kingwater as "The Peoples' Tailback". We have a great relationship. He motivates me to do better and to stick to my principles.

**DK:** Tom, is there anyone you would like to thank?

**TK:** My brother Bernie, Jeff "Pencil legs" Lewis and Scott Rowe for letting me train at Body Mechanics. Dave Kingwater and Chiara Dunola for driving 14 hours to coach and support me at Worlds. Steve and Michelle Rogers for all of their support. A very special thanks to my long time friend and travel companion Tracy Braddish. Thanks to Wal-Mart for all of their support and providing an awesome work environment. Thanks to Mike Lambert and Powerlifting USA for allowing me this time and for all of the years of great coverage of powerlifting.

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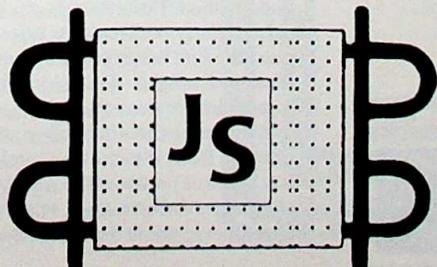
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One must learn many methods to develop special strength and, of course, when to use them. You must also know your sports goals. In some sports, speed is foremost and absolute strength is secondary. My articles pertain to powerlifting and Olympic lifting. Both are more closely related than you think.

Explosive strength training requires one to be fast in the initial phase of a lift or activity, such as sprinting or jumping. This is primarily the ability to display intense motive force resulting from a rapid switch from yielding to overcoming the instant a maximal dynamic load occurs. How is this developed? The reactive methods. I will outline some of the more common ones.

One reactive method is heavy-light sets. First lift a heavy barbell for 1-3 reps. Take a short rest, 10-20

# TRAINING

## TRAINING METHODS

*as told to Powerlifting USA by Louie Simmons*

seconds, reduce the weight 20%, and repeat for 1-3 reps.

The best method is to use two sets of Jump-Stretch bands. Perform a set of bench, squats, or pulls. Rest 10-20 seconds, and remove a set of bands. Then do a second set. Bands work best when used with bar weight. The bands accomplish several objectives:

(1) accommodating resistance and (2) almost eliminating the deceleration phase that exists with bar weight alone, as well as (3) providing added kinetic energy by the accelerated eccentric phase, providing extra elastic excitatory deformation in the muscle and connective tissue. Using the bands to increase the speed considerably in

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the eccentric phase causes a greater amount of kinetic energy, through which a maximal dynamic force is developed quickly. The loads can be made greater by using a combination of bands plus bar weight. If only bar weight is used, it would be too heavy in the bottom, and if only bands are used, the weight at the bottom would be too light. By using strong bands to increase the rate of fall, or eccentric speed, greater kinetic energy is developed, producing even greater muscular force development at the instant of switching from eccentric to concentric work, plus a shorter amortization transition.

Another method for developing explosive strength is weight releasers. Hook chains or bands to the weight releasers (we welded bar attachments to ours) to accommodate resistance while lowering the bar. A key point to remember is not to lower the bar slowly. This diminishes the effect of added kinetic energy production.

The shock method, commonly known as plyometrics, invented by Verkhoshansky, is also a reactive method. This method, of course, uses only the speed of gravity.

When using barbells for the reactive method effect, it is best to use a large amount of band tension, or a large amount of chains on the weight releasers, and a small amount of bar weight.

While discussing the reactive method, we must also look at the contrast method.

The lightened method is used often at Westside. Place a set of Jump Stretch bands over the top of a power rack. Hanging at 7 feet, a 155 pound barbell will weigh zero at your chest with blue bands, but after locking it out, it returns to 155 pounds. With submaximal weight, this does not seem to be productive, but when max or near-max weights are used, it teaches one to accelerate to the top. It will develop acceleration, or strength speed. If done as recommended, it will duplicate your top bench with a bench shirt. If less band tension is used (purple band), it is very close to your shirtless best. Do pressing without gear. This will also work for overhead press and push jerks.

Use the same process for deadlifting or power cleans. While the bar is on the floor, 135 pounds is deloaded. For squatting attach the bands to the top of the rack to deload the weight in the bottom.

One more reactive method is the ballistic method. This is described as a rapid stretching movement. At Westside we use it for bench pressing with submaximal weights on speed day. Basically, drop or lower the bar as fast as possible and catch it 1-4 inches off your chest. Reverse to the concentric phase as fast as possible. This is great for building reversal strength. Never, I repeat, never pause the bar on the

chest in training. Kinetic energy is lost to some extent. A pause is just a powerlifting rule. The stretch reflex will remain up to 4 seconds in high skilled lifters and 2 seconds for less skilled athletes, as noted by Wilson's studies. If you pause longer than your normal reflex time, potential energy is lost. Didn't someone say, an object at rest tends to stay at rest? Remember, Newton's first through third laws act in some way during all phases of a lift: eccentric, static, and concentric.

Let's move on to two methods that develop explosive and absolute strength. The first is static-overcome-by-dynamic work. Static means isometric, and dynamic can refer to concentric, eccentric, or what I am going to address - reversal strength.

Reversal strength is developed, for example, by floor press, board press, and box squats. The value of these exercises is also a second means of strength development: relaxed-overcome-by-dynamic work. When doing the three exercises noted above, both of these methods occur simultaneously. Some muscles and connective tissue are held relaxed, while other muscles are held static.

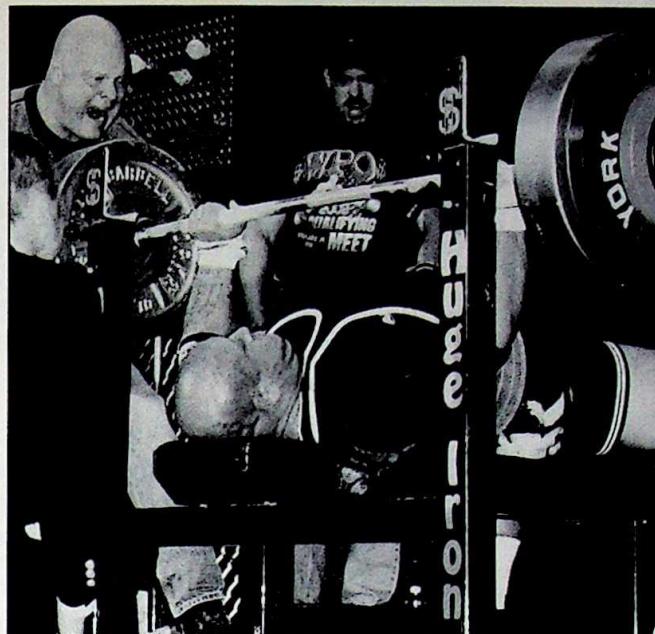
Box squatting is an example. By sitting back, not down, on a box of any height, the squatting muscles are stretched maximally. Relaxing the hip flexors, glutes, and obliques for 1/2 to 1 1/2 seconds and flexing off the box dynamically in a box squat will also increase your pulls off the floor. A bar on the floor is static, and this position must be overcome dynamically. You can use a box height that duplicates the position of the second pull, relative to the hip position. Rest the bar on the thighs and execute the second pull.

For the floor press, lower the bar until the elbows are in contact with the floor. Relax the triceps and other pressing muscles, then flex dynamically and press upward.

For the board press, we use two 2 x 6's attached together. Lower the bar quickly onto the boards, relax, and then explode concentrically.

If one does a pause squat or bench press, the bar's eccentric speed will be gradually reduced to zero. By using a box, a board, or the floor, the bar has speed as it reaches any level, creating kinetic energy that greatly contributes to the concentric phase. Remember, lower, relax, and then contract dynamically. Don't forget, the stretch reflex lasts up to, at least, 2 seconds.

All this illustrates that we have combined two



**Jerry Obradovic** benched 705 at the WPO meet in February 2002. He is the fifth member at Westside to bench more than 700. (D. Black)

proven methods of strength development, both used during each week.

Now we will look at the relationship between force and velocity. We know that while using light loads, an increase in speed has little effect. An example is throwing a whiffle ball. The load is so light that even throwing it twice as fast will propel it no farther. In contrast, strength becomes much more important when the load or external resistance is increased. When doing a barbell lift, the bar speed at the beginning is zero, and, of course, at its completion it is reduced to zero again. After accelerating to top speed, it will

decelerate as completion is reached. If too much weight is used, the start may be too hard for the lift to be completed. If too light a weight is used, although the start will be quick, it will be much too light at its completion to produce a beneficial effect. In either case, an unsatisfactory result will occur.

This brings us to a solution: accommodating resistance. One way of achieving this is with isokinetic devices with variable speeds. They can be set for fast speed for speed strength or slow speed for strength speed. But there are drawbacks to these ma-

chines. Most don't have eccentric motion, and because they are machines, they will not increase one's stability. However, by using rubber bands with barbell weight, many things can be accomplished.

When training with bar weight alone, the weight is too heavy at the start or too light at the top. If only bands are used, the weight is too light in the bottom and too heavy at the top. With a combination of bands and bar weight, you can truly accommodate resistance. Whether you are training for speed strength or strength speed, the ratio between band tension and weight can be altered to accomplish your goal.

When implementing the theory of accommodating resistance, one must look at the relationship between force and posture. At different joint angle positions, the amount of weight lifted will differ because of one's minimax, or sticking point. At some joint angles great force can be generated. For example, the deadlift is a fairly simple task. Yet one lifter will experience a hard start and an easy finish, and another will blast the bar off the floor but have difficulty locking it out. The combination of band tension and bar weight will allow maximal tension throughout the entire range of motion, not just at the weakest point. This is the peak contraction principle at its best.

The bands may not out-accelerate gravity, but will greatly increase the eccentric phase, as illustrated by our experiments with one of our 950 squatters, Matt Smith. With 550 pounds of only weight on the bar, the eccentric portion took 0.9 seconds and the concentric 1.35 seconds. With

a combination of weight and bands ( $375 + 175 = 550$  at the top and  $375$  at the bottom) the eccentric phase was 0.55 seconds and the concentric 0.76 seconds. When only bands were used (750 at the top and 550 at the bottom), the eccentric phase was 0.53 seconds and the concentric 0.57. Bands work like muscle and connective tissue; they lengthen and contract in addition to absorbing kinetic energy.

These are just a few methods used at Westside. Many methods can coexist in one training period. A great fighter must employ good combinations, as does the successful strength athlete.

Suggested Reading - The Science and Practice of Strength Training by Vladimir M. Zatsiorsky.

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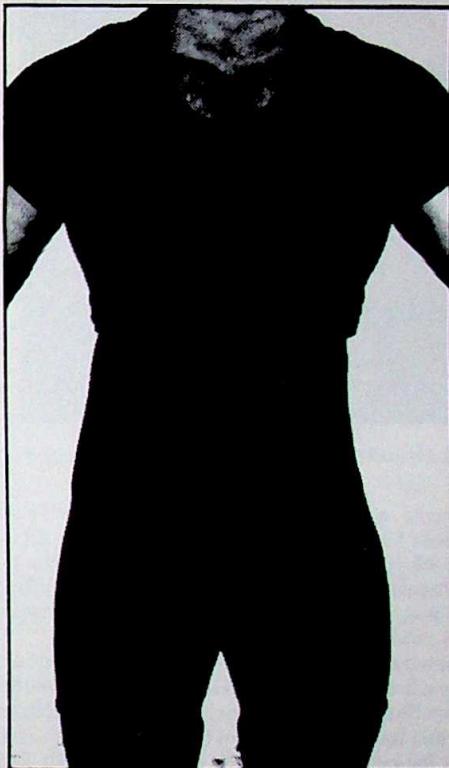
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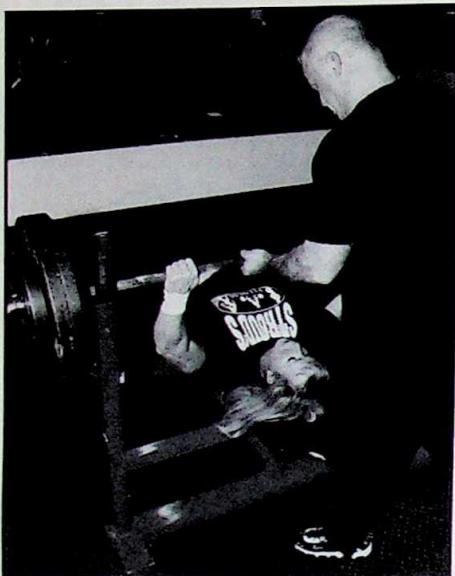
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I grew up in a hell-hole gym (mentioned in previous articles) and I thought I had learned a few things about gyms: chrome makes you weak, cleanliness is next to Jack LaLanne, and any gym that is well-lit and has "Fitness" in the name is for weenies. All of these myths are shattered by Stroud's Fitness Center in Hurst, TX.

If you go to any powerlifting meet in the D/FW area you will probably



**Kirk Stroud** hands off a bench to **Samm Stroud**

compete against someone from Stroud's Fitness Center (and they'll probably beat you!). So, even though they have too much chrome, and the gym is way too clean - they rule the local powerlifting kingdom. Where there is that much smoke, there has to be a fire! The "fire" is in Kirk and Samm Stroud.

Kirk has been in the gym business for over 22 years. Kirk and Samm met over 18 years ago and have now been married about 16 years. They have 3 children and 3 grandchildren! They have owned and operated Stroud's Fitness Center for over 9 years in Hurst, TX. They recently moved and expanded to a 24,000 square-foot facility that has first class appointments. It is WAY too neat and clean for me, but if they were any closer I would have to go work out there every now and then to try to steal their secret fire. These guys are strong!

Besides heavy-duty weightlifting, they even offer aerobics, day care, tanning, etc. Every redneck knows that these things make you weak and sissified - but the Stroud's Fitness Center Team keeps getting stronger! What is wrong with these guys?

Kirk and Samm both still compete, and they have quite a list of results. Kirk has a WR in the APF

# HARD CORE GYM #13

## "Where There's Smoke ...."

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

Masters BP, and holds the TX records in SQ, BP, DL and total. I'm gunning for one of his old records, but haven't gotten there yet. Probably never will.

Samm has only competed for the last few years, but she has an APF Master's record of 292 in the BP, and the Masters TX State DL record of 400.

They "give back" in a number of ways, one is by promoting dozens of powerlifting meets - including hosting the APF Halloween Classic and the APF Southwest USA Championship. Their gym has a teen club next door that can easily be converted into a 1st class P/Ling venue. I've lifted in meets there - and it works great.

They also judge and train judges for about 30 high school

meets. In Texas, high school powerlifting is BIG. (The average high school meet in TX is a 5-platform affair that takes a lot of manpower to staff and manage.) Kirk and Samm help out.

Kirk and Samm preach and practice a healthy and productive lifestyle in many other ways. They believe that health and fitness are hand-in-hand with Christianity, and have spoken about this at numerous schools and churches. Their faith in God is an integral part of their lifestyle. In their spare time (what spare time?) they volunteer for the Special Olympics, and they also promote two events for their church each year.

These two events (The Toys for Tots, and the Christian Sports Outreach programs) reach out to today's youth. They truly think of

the kids first, and it shows. (Kirk even feels it in his knee - a result of a Power Team demo gone awry!)

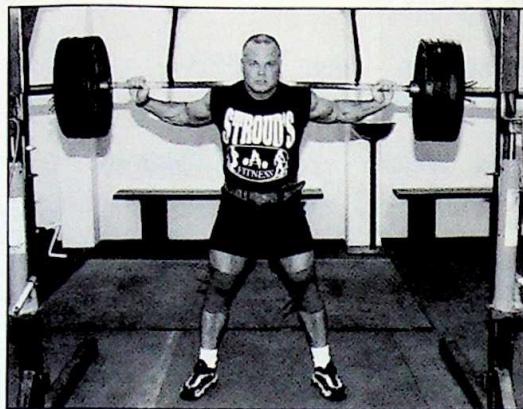
Similarly, when I ask about their lifting - they always steer the conversation into bragging about some of their lifters. Not themselves. Who are these lifters?

The list is long, but a brief overview includes: 275# Ray Pierce: 837 SQ, 518 BP, 638 DL = 2008 Total; Johnny Jackson: previous

bodybuilder who totaled 2017 in his first P/L Meet (02/01); 198# Jason Jackson: 683 SQ, 402 BP, 573 DL, Best Total = 1603; Steve Goggins (moved to Atlanta, GA, but still in family) 1035 SQ - 'nuff said; 220# Dan Helgenberger: 800 SQ, 523 BP, 775 DL; 123# Pat Casper: 3 time AWPW World Champion, 3 time AAPF National Champion; 242#/275# Mark Hall: 672 SQ, 457 BP, 772 DL; 242# Billy Barclay: 700 DL, 1807 Total in 242 Masters; 275# Mike Ringer 710 SQ, 400 BP, 700 DL, 1810 TOTAL; 132# Natalie Moore: won Novice State; 242#/275# Al Wood: 485 SQ, 363 BP, 1343 Total; 242# Greg Crowder: numerous records, 2nd Place @ Worlds 11/15/2000 in 242# SM;

96# (12 years old) Ryan Crowder (Greg's son did 1st BP meet at age 5; 171 SQ, 71 BP, 165 DL; 198# (50-54) Jim Yakubousky: 524 SQ, 319 BP, 529 DL, 1350 Total; 148# Jason Shackelford: 300 SQ, 285 BP, 360 DL, 910 Total

This list could go on and on, but you get the idea. All of these lifters hold multiple records and awards, but I tried to shorten it for the single-minded readers. Some of these lifters drive an hour each may to enjoy

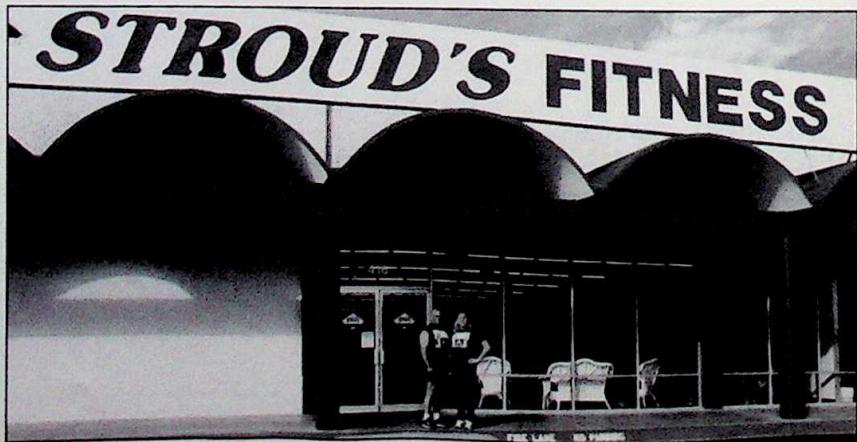


**Kirk Stroud** sets himself for a squat attempt in the gym.

the camaraderie at Stroud's. They say it is a "serious atmosphere with a family touch." Whatever it is, it works.

As a side note, I should tell you that some of these guys (above), like Billy Barclay, Greg Crowder, Jim Yakubousky, Jason Jackson, and Ray Pierce - are literally the nicest people you'll meet at a P/Ling meet. Down home friendship is good to find at a powerlifting meet - and you know what I mean. Not to mention Kirk and Samm. They are the real deal, salt of the earth, and I'm proud to call them friends.

If you get a chance, go to Stroud's and see if you learn something new about the coexistence of power and chrome in a well-lit clean environment. Will the wonders never cease?!



**Kirk and Samm** stand near the entrance of their expanded training facility (courtesy Brewer)

# Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** I was thinking about giving "The Metabolic Diet" a try, but I have only one kidney. The other one was removed when I was 7. Could a low carb, high protein diet (like the Metabolic Diet) damage the kidney I have left? Sincerely, **Mike**

**HI MIKE:** Normal adaptations to structural changes, such as having only one kidney, help to preserve glomerular filtration rate by producing a state of hyperperfusion and hyperfiltration, and a resulting increased size in the surviving kidney, so it can work a little harder to do the same job. But this does decrease the residual potential functional renal capacity so that the one kidney may be less able to handle increased workloads caused by increases in dietary protein intake. When you have less functional renal tissue you have to take care not to cause any untoward kidney damage. Carbs don't seem to matter, however, neither dietary protein or fat should be in excess as both can potentially cause some damage. Most studies on high protein damage to partial renal ablation (part of the kidneys removed surgically) have been done on rats and may not translate to humans. One study showed that the rat studies don't seem to translate to dogs. In this study a high protein diet didn't cause any problems in dogs that had 75 percent of their kidneys removed. I'd keep away from excessive amounts of dietary proteins and saturated fats,. The Moderate Phase of the Metabolic Diet would be your best starting point. After being on that for a month or so get your kidneys tested. If there are no untoward changes, tighten up your carbs for a month or so and get the tests done again to see if things are OK. As well, keep your specialist in the loop. **Mauro**

**DEAR MAURO:** My name is Octavio S. and I'm a Physician specializing in Bariatrics (obesity). I have a 32 year old male patient who has already reached his goals in weight & total bodyfat. We also controlled his blood pressure to normal ranges. He wants to keep going towards better shape, and he is already playing basketball 4 times per week. His goal is to get rid of excess fat in his lower abdomen and to increase LBM. His only medical condition is a 33% aortic valve stenosis. His Cardiologist is not familiar with sports and physical training. Clinically, Victor has no evidence of major risk and no symptoms. What would be a safe training program for him? **Octavio**

**DEAR OCTAVIO:** There isn't much in the literature about exercise and aortic valvular stenosis, other than the prognostic value of exercise testing in predicting those who will develop symptoms or die suddenly. It seems that because of the potential severe repercussions of aortic valve stenosis, even in those who are asymptomatic, the medical field has shied away from giving these patients exercise prescriptions. The fear is that such patients are at high risk for complications during exercise. The literature,

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however, does not support this view. In my opinion, asymptomatic patients with mild aortic stenosis should be allowed to exercise ad libitum, using the same precautions and caveats applied to those with normal cardiac and valvular function (start slow, make steady progress, listen to your body, don't overtrain, keep a healthy lifestyle, don't smoke, drink excessively, or abuse drugs, eat right, etc.). Obviously Victor should be followed medically, perhaps yearly, with instructions that he should alert you immediately upon the onset of angina, syncope, or the symptoms of heart failure. I hope that this is helpful. Best regards, **Mauro**

I don't know about you, but I am tired of hearing that powerlifting and power training have no place in improving athletic performance. The notion that powerlifters are non-athletes and that their training techniques serve no purpose for the majority of athletes is absurd. As a competitive drug free lifter, I know first hand that it takes superior genetics, training, and athleticism to move big weights. I also know that a background in competitive athletics can only help a competitive powerlifter. On the flip side of the coin, a good training regimen of powerlifting and special exercises can only help to improve athletic performance by increasing speed, power, and force - which are vital in most, if not all, athletics. That is what this article is about; utilizing a powerlifting regimen to improve athletic performance.

I have served as the strength coach for Johnstown Senior High School and I have also served as the strength and conditioning coach for the University of Pittsburgh at Johnstown's wrestling team which has won several Division II National Championships. If you are thinking that Division II doesn't amount to much, think again... Pitt Johnstown beat National Division I powers Clarion and Ohio State as well as traditional power Bucknell University on their way to their national honors. Believe me, the program at Pitt Johnstown is one tough, hard core system. I have utilized a pure power program both at the high school level and at the college level with Pitt. The success we have achieved at both levels is unbelievable!

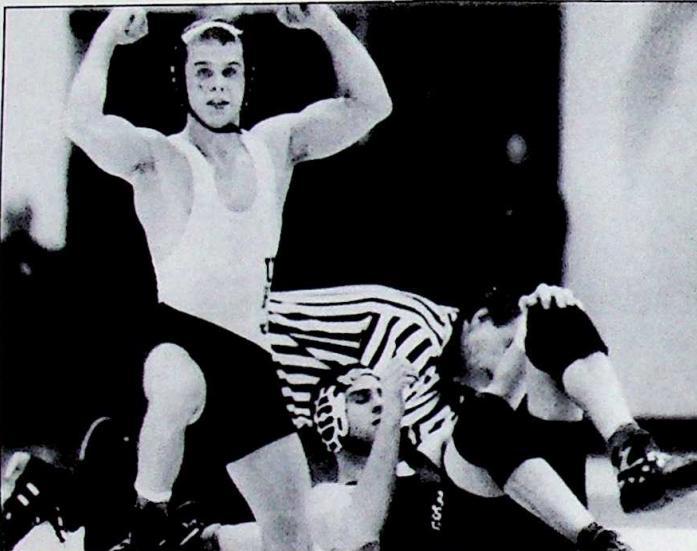
Our program at the high school level involved a four day a week schedule out of season, and a two day per week schedule in season, depending on the sport and the game schedules. Before I continue, I want to note that every athlete in our school used the football program, as it is a total body program. I think it is a huge mistake to individualize specific programs for specific sports AND positions, especially at the high school level. I do, however, include sport specific movements to help individual athletes that need help in their weak areas. The program is four days a week, Monday, Tuesday, Thursday, and Friday.

Monday is devoted to percent benching, triceps, delt and upper back work. All assistance movements are changed every two weeks for variety and all rep and weight records are recorded in each exercise. The daily goal is to IMPROVE and to break a personal rep or weight record. Our kids break a record EVERY DAY and this is due to constantly

# TRAINING

## POWER FORCE TRAINING Utilizing powerlifting and special exercises to enhance athletic performance.

*as told to Powerlifting USA by Dave Schleich*



**John Strittmatter** 133 pounds NCAA Division II National Champion.  
(Photograph provided courtesy of Todd Berkey/The Tribune-Democrat).

changing our assistance exercises. Tuesday is devoted to hip and back work. We like to use a squat variation for two weeks and switch to a deadlift movement for the next two weeks, alternating these every two weeks. The kids love the high box and the trap bar deadlift. We usually do 8, 5 and 3 rep maxes on these days and then it is on to calf ham glute raises, lunges, grip and neck work. Thursday is devoted to an upper body special exercise such as close grip inclines, floor presses, rack benches, etc. Again, we push this movement for 8, 5 and 3 rep maxes. The special exercise is followed by tricep, delt, and back work. Friday is devoted to low box squats for 8 to 10 sets of two reps with only 45 seconds rest between sets. After this we do low back work, grip and neck work. ALL

workouts begin with the BFS dot drill, flexibility, and a minimum of 300 crunches. ALL workouts conclude with reverse hypers, heavy abdominal work and flexibility. ALL WORKOUTS ARE ALSO TIMED AND NOBODY RESTS IN BETWEEN SETS FOR MORE THAN 1:30! This is CRUCIAL for growth

and improvement. I see too many programs with guys standing around shooting the bull and the coaches doing the same. When it is time to train, that means all the talk stops and it is time to work! I demand a strong work ethic and intensity in our weight room and I believe any good strength coach worth his weight can not lead and direct from his desk!

Back to the workout, the bench percentage is based on 65 to 75% of the bench max. The squat percentage is based on 65 to 70% of the squat max. No equipment is used in our training for obvious reasons. These are high school kids and I like to see them develop their ligaments and tendons naturally. For max outs and meets I do allow wraps and I may allow suits for competition use in the future. As to the progress we have made, we are not Glen Mills by any means, but a lot of our kids have experienced tremendous gains in their lifts and more importantly, their character! One of our kids went from 205 lbs. in the squat to 405 lbs. from November 1998 to March of 1999. Another kid went from 325 lbs. in the deadlift to 475 lbs. in the same

time frame. One of our top athletes, Anthony Andrews, utilized this training to take 2nd place at the PIAA State Wrestling tournament. Anthony also was a third team All State Football selection and earned a full scholarship to the University of Pittsburgh to wrestle. These are just a few examples, and I could go on and on. Powerlifting training and special exercises have been the key.

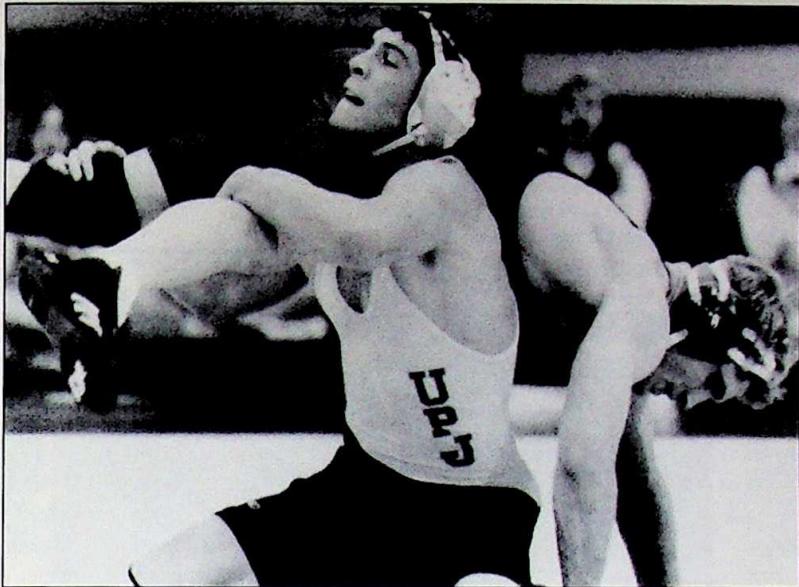
At the college level, it is pretty much the same type of program out of season with strict emphasis on absolute strength gains as well as rep records. The wrestlers love the hip, lower back, and grip work. I like to hit these areas with kneeling squats, hanging leg raises with weights, farmers walk and the box squat. During the season, we like a circuit with about ten to twelve exercises and we push each exercise for two 30 to 60 second intervals. Again, recording weight and rep records is a MUST, and pushing the athletes to their upper limits separates the superior programs from the "ham and eggers." I can honestly say that I have never seen a stronger or more well conditioned team than Pitt Johnstown. They literally wear opponents down match after match. That is not to my credit. I give credit to Head Coach Pat Pecora who has produced more National Champions and All Americans than I could count. Pat is the best Coach I have ever been associated with and it's an honor to be one of his assistants. Pat knows the value of a solid strength program and that is why he asked me to assist him. Pat felt that his wrestlers were at the top of their game with conditioning and technique, however, their weak link was strength. After an hour long sit down with Coach Pecora, I explained to him my philosophy and he decided to give the program a try. That was a few National Championships ago! According to Coach Pecora, "Dave Schleich has influenced our perception of conventional weight training. With his system, we have taken a more functional approach to our strength training for the specific athlete such as a wrestler." You see, folks, the reason this program has worked so well is not because of me, but just as Coach Pecora stated; the training is designed to give athletes "functional strength." I might add that this type of powerlifting training will "gut check" all involved as the short rest periods along with special exercises demand DISCIPLINE, MOTIVATION, and INTENSITY!

All of the wrestlers at UPJ have succeeded with the program, but I must say, Jody and John Strittmatter have taken it to a new level! Both of these National Champions are HEAVILY muscled and BOTH have

a work ethic like you would not believe. I want you to remember that these two athletes didn't achieve success by hitting beach curls! They achieved success on the mats by heavy squatting, deadlifting, and benching. They know first hand that you have to do things you do not like in order to get better!

Finally, I would like to address the faction of coaches out there that feel the box squat is an unsafe movement. I have news for you, any exercise that has any benefits has its risks. The box squat is absolutely the best way to teach proper squatting technique. It is the best way to develop hip, lower back, and hamstring power also. Folks, the quadriceps are not the only muscles an athlete needs to develop. In the words of Louie Simmons: "a perfectly safe exercise is a perfectly USELESS exercise." I totally agree and I have been teaching this movement since 1994 WITHOUT ONE SINGLE INJURY TO ANYONE I HAVE TAUGHT IT TO! As a strength coach, I love nothing more than for our kids to go against a machine trained athlete or one who does not box squat!

As you can see, this program is



*Troy Barbush, 165 lb. National Champion, in virtually the exact position for kneeling squats, a hip strength exercise the UPJ wrestlers perform on a regular basis.*

very similar to the Westside Barbell routine. The reps and sets are different as these are athletes that I am training and I want to prepare them for the sport in which they compete. When I started training kids in this manner several years ago, people thought I was insane. The fact of the matter is, this type of training will work for ANYONE and especially

the athlete, as this training works ALL ASPECTS of strength. Most importantly, the percents allow a young athlete to learn how to execute proper form and to develop SPEED, POWER and FORCE! You must demand proper form, and the exact percents have to be utilized to be successful. The lighter the weight, the better in the percents for begin-

ners, and - again - FORM, FORM and more FORM has to be preached! As I said earlier, people thought I was out of my mind. These same people are now believers in the program.

In conclusion, I have given a very brief overview of the training I have used at the High School level and at an elite College level to achieve tremendous gains in power and force resulting in victory on the mats and on the field. I must thank Lou Simmons for all he has given me. The man knows the deal when it comes to getting people strong! I also want to thank the Lord Jesus Christ for allowing me to compete and train others and for giving me a wonderful family who I love dearly. Thanks Wendy, I love you more

than you will ever know! Finally, Thanks to Coach Bill Cacciotti for inspiring and motivating me to a new level. Last but not least, Thanks to Mike Lambert for Powerlifting USA and for allowing this article to be printed.

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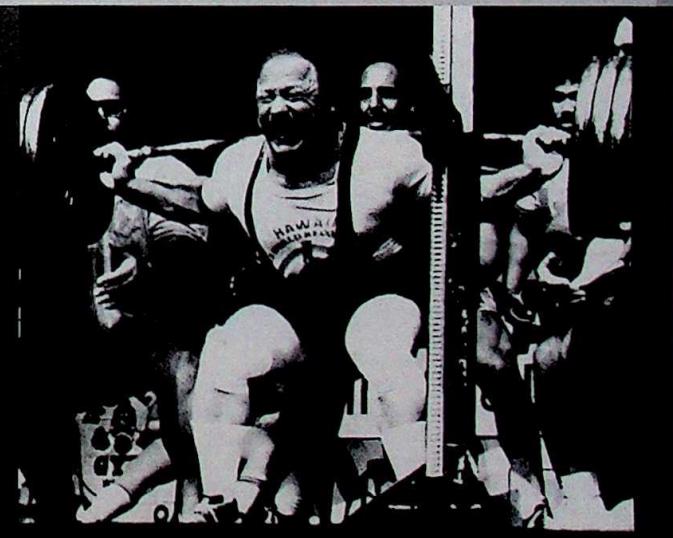
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# WORKOUT of the Month

The following program is based on 9 weeks, which is about as long a cycle as Jennifer does, but cycle length depends on upcoming events and prior competition schedule. Specifically, if she has prepared for competitions within 16 weeks of starting the current cycle, it may be shortened due to her carrying a high strength baseline since the prior meet. Between cycles, Jennifer trains at approximately 55% of her competition maximum, with a heavy set of three repetitions at approximately 80% (but variable) in full gear every 3 - 4 weeks. This maintains her peak strength without being overly taxing.

During a cycle, regular, Sumo deadlifts are done in full gear after Week Three. Prior to this, peak sets, as described above, are done in gear. During the cycle, peak sets are done every two weeks, versus every 3 - 4 in the off season. The pattern of a workout with peak sets is seen in the weights used in regular deadlift during Week Two: 275x3 or 4, surrounded by sets of 5 at 260.

On Mondays, light VERY WIDE deadlifts are done. As this is our regular squat workout, they are done after regular squats, and prior to squat accessory exercises. All accessory work, i.e., rack pulls, shrugs, bent rows, and wide deadlifts are done without suits, and without a belt. Accessory work is continued through the competition. Some routines decrease or discontinue accessory work. Light, wide deadlifts are done the Monday prior to a Saturday competition. Please also note that accessories are not done with particularly heavy weights. The objective is to maintain good technique, and expend maximal energy on competition style deadlifts on Friday.

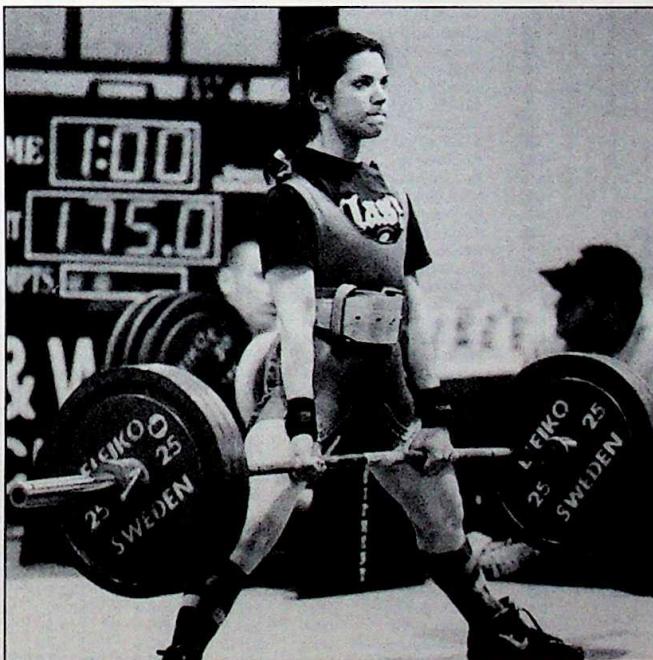
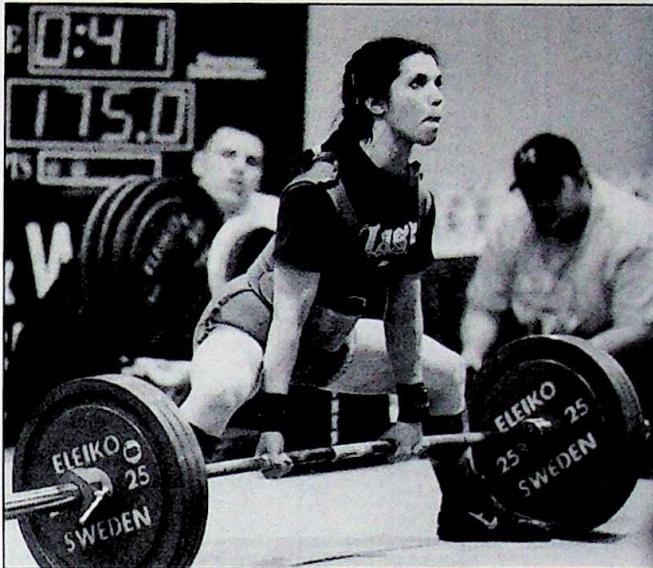
The following cycle targets a lifter with a previous competition best of 300 lbs. and is scheduled to end with a third attempt of 320. This is (approximately) a 7% increase over 9 weeks.

**Week 1:** Monday: Wide Deadlift (toes to plates): 135x6 (repetitions)x3 (sets). Friday: Regular Sumo Deadlift: 240x6x3. Rack Pulls (from just below knees): 185x6x3. Shrugs (barbell or machine): 135x8x3. Barbell Bent Rows: 75x8x3.

**Week 2:** Monday: Wide Deadlift (toes to plates): 135x8x3. Friday:

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## Jennifer Maile Deadlift Routine



**Jennifer Maile** was 3rd in the nation for the 105 lb. class deadlift with 325 in the PL USA TOP 20 Women's Rankings for 2001, but at the 2002 USAPL Women's Nationals, she jumped to First in the World ALL TIME with her fabulous 403 (as seen on the cover of the March 2002 PL USA), and she even tried 418 on a 4th. For a World Class lifter to put 78 lbs. on their deadlift in a year is virtually unheard of - in the words of her father and coach, Dr. Larry Maile, this is how she did it. (above - Jennifer's 2nd attempt 385 at the 2002 Women's Nationals)

Regular Sumo Deadlift: 260x5, 275x3-4 (full gear), 260x5. Rack Pulls (from just below knees): 185x8x3. Shrugs (barbell or machine): 135x8x3. Barbell Bent Rows: 75x8x3

**Week 3:** Monday: Wide Deadlift (toes to plates): 135x8x3. Friday: Regular Sumo Deadlift: 250x5x3. Rack Pulls (from just below knees): 195x6x3. Shrugs (barbell or machine): 135x8x3. Barbell Bent Rows: 75x8x3.

**Week 4:** Monday: Wide Deadlift (toes to plates): 185x6x3. Friday: Regular Sumo Deadlift: 270x5, 290x3 (full gear), 270x5. Rack Pulls (from just below knees): 195x6x3. Shrugs (barbell or machine): 135x8x3. Barbell Bent Rows: 75x8x3 (Full Equipment used for work sets of Regular deadlift starting in Week 4)

**Week 5:** Monday: Wide Deadlift (toes to plates): 185x6x3. Friday: Regular Sumo Deadlift: 260x5x3. Rack Pulls (from just below knees): 205x5x3. Shrugs (barbell or machine): 155x5x3. Barbell Bent Rows: 75x8x3.

**Week 6:** Monday: Wide Deadlift (toes to plates): 185x6x3. Friday: Regular Sumo Deadlift: 280x3, 300x2-3, 280x3. Rack Pulls (from just below knees): 205x5x3. Shrugs (barbell or machine): 165x5x3. Barbell Bent Rows: 75x8x3.

**Week 7:** Monday: Wide Deadlift (toes to plates): 185x6x3. Friday: Regular Sumo Deadlift: 270x5x3. Rack Pulls (from just below knees): 215x5x3. Shrugs (barbell or machine): 165x5x3. Barbell Bent Rows: 75x8x3.

**Week 8:** Monday: Wide Deadlift (toes to plates): 185x6x3. Friday: Regular Sumo Deadlift: 295x3, 310x2, 295x3. Rack Pulls (from just below knees): 215x5x3. Shrugs (barbell or machine): 165x5x3. Barbell Bent Rows: 75x8x3

**Week 9:** Monday: Wide Deadlift (toes to plates): 185x6x3. Friday: Regular Sumo Deadlift: 285x3x3. Rack Pulls (from just below knees): 215x5x3. Shrugs (barbell or machine): 165x5x3. Barbell Bent Rows: 75x8x3

**Week 10:** (this is the week of the meet): Monday: Wide Deadlift (toes to plates): 185x6x3. No more deadlifts until the competition.

**Competition Warmups:** 135x3, 185x1, 225x1 (full gear). Contest Attempts: 270, 300, 320.





# G.N.C. NUTRITION UPDATE

## Boosting the Anabolic Response of Weight Training

Amino acids are the building blocks of protein in the body. They are essential for making structural proteins, enzymes and some hormones and neurotransmitters. Amino acids are also involved in metabolic pathways that affect exercise metabolism (Kreider 1999, Tipton, 2001). In addition, it has also been suggested that additional protein (i.e., amino acids) in the diet may enhance protein synthesis and serve as a potential energy source during exercise (Kreider 1993, Tipton, 2001).

Essential amino acids (EAA) are those proteins that are not made by the body and thus must be obtained through the diet. They include: isoleucine, leucine, valine, lysine, methionine, phenylalanine, threonine, and tryptophan. Scientists have demonstrated that the consumption of EAA can augment muscle protein synthesis in healthy human subjects (Rasmussen, 2000; Tipton, 1999). Additionally, Dr. Tipton and Colleagues (1999) examined the effects of resistance exercise followed by the consump-



Dr. Jeffrey Stout - GNC's Director of Sports Science

tion of a 40-gram solution of EAA or placebo on muscle protein synthesis in six healthy adults (three men, three women). These scientists found that the acute ingestion of EAA was very effective at supporting muscle pro-

tein anabolism.

In a follow-up study (same protocol) using only 6 g of EAA with 35 g of sugar, Dr. Rasmussen and colleagues (2000) also demonstrated a significantly greater anabolic drive when the formula was given after resistance exercise compared to placebo. This formula is identical to that of GNC's new Pro Performance Profile™ and may indicate the results from taking Profile following a workout.

However, more recently Tipton et al. (2001) also compared the effects of taking an EAA (6 g) plus sucrose (35 g) - the same combination that is in GNC's Pro Performance Profile - on muscle protein. The study examined whether taking it immediately before or immediately after a workout had a differential impact on protein. Interest-

ingly, they discovered that if you consumed this mixture immediately prior to weight-training, total net phenylalanine uptake across the leg, a measure of muscle protein accretion or gain, was more than double

that if consumed immediately after weight-training.

An examination of the figure shown indicates that this mixture (taken before exercise) is 158% better than when consumed after exercise.

The available evidence, based on short-term studies, indicates that taking GNC Pro Performance Profile™ 30 minutes before weight-training may boost the anabolic stimulus of exercise training.

Kreider, R., V. Mirel, and E. Bertun. 1993. Amino acid supplementation and exercise performance. *Sports Medicine* 16: 190-209.

Kreider, R. 1999. Effects of protein and amino acid supplementation on athletic performance. *Sportscience*: sportsci.org/jour/9901/rbk.html.

Rasmussen, BB et al. 2000. An oral essential amino acid-carbohydrate supplement enhances muscle protein anabolism after resistance exercise. *Journal of Applied Physiology* 88: 386-92.

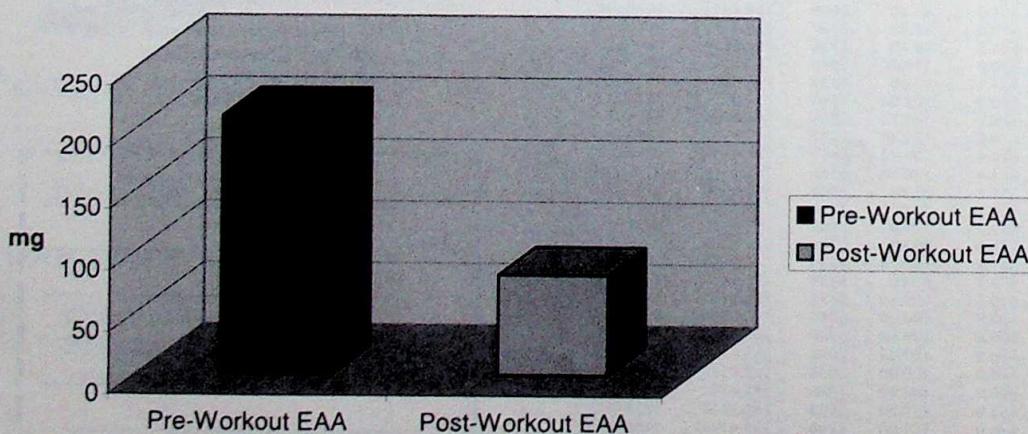
Tipton, K.D. et al. 1999. Post-exercise net protein synthesis in human muscle from orally administered amino acids. *American Journal of Physiology* 276: E628.

Tipton, K.D. and R.R. Wolfe. 2001. Exercise, protein metabolism, and muscle growth. *International Journal of Sport Nutrition and Exercise Metabolism* 11: 109-32.

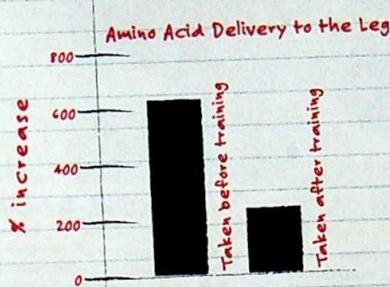
Tipton, K.D. et al. 2001. Timing of amino acid-carbohydrate ingestion alters anabolic response of muscle to resistance exercise. *American Journal of Physiology* 281: E197-206.

Dr. Jeffrey Stout is the Director of Sports Science for GNC's Pro Performance line, available at all GNC stores. More information is available at [www.gncproperformance.com](http://www.gncproperformance.com).

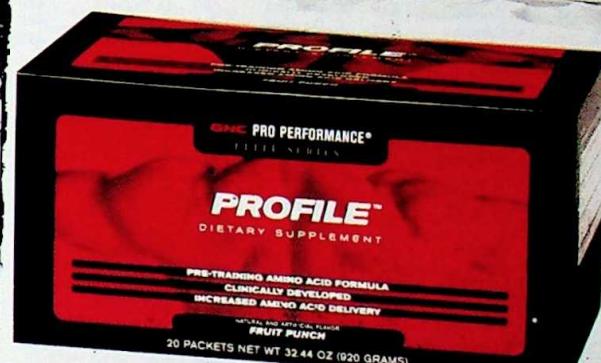
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Tipton K et al. 2001. Timing of Amino acid-Carbohydrate ingestion alters anabolic response of muscle to resistance exercise. Am J Physiol 281:E197-E206.



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253 1/2 with Pablo Furie and Moses Freitas tied for 2nd with 198. At 165#, Pedro Grehs put up a big number - 330# with Victor Cesar Zinn and Ricardo Lopes tied for 2nd with 264. At 181 Alfano Cechinato won with 264. At 220 Roberto Da Rosa put up a big 355. Outstanding Lifter was Pedro Grehs. There were 25 lifters in the Teen 16-19 age group. In Junior Men, there were 32 lifters, with the more outstanding lifts being Polaco Barbosa winning the 132# class with 220. Perciliano Maria was 3rd at 148 with 270. Murcio Dejesus was 2nd with 275 and the South American Champion was Ricardo Maruyama with 297 1/2. At 165 Ronald Dos Santos put up an easy 330 1/2 without a bench shirt. Dulcinci Bombazolo was 2nd with 293 and Eduardo Donatelli and Marco Pinto were tied for 3rd with 264. At 181, Fernando Brandco won with 308 1/2. At 198 Eduardo Da Silva put up a huge 418 3/4. At 220 Norberto Coelho put up an even huger 440 3/4 to easily win that weight class. Adrian Campo was 2nd with 352. Diego Cousseaou won the Supers with 374 3/4. Outstanding Lifter for Juniors was Norberto Coelho. In Open Men's Bench there were 24 lifters. Anderson Fehr won the 132# class with 264. Claudio Fernandes won the 165s with a nice 330. At 181, Rosinaldo Da Silva put up a monster 440 to win best lifter. At 198 Marcio Pazillo put up a World beater 4652. Paulo Serodio was 2nd with 407 3/4 and Antonio Carlotto was 3rd with 396. At 220, Cesar Lazzari won with 374 3/4. At 242, Jose Maia Junior won with 462 and Rosimer Rauch won at 275 with 462. At Super the winner was Ricardo Nort with 418 3/4. In Submaster Men Jeronimo Costa won the 165s with 297 1/2. At 198 Illo Borsoi won with 363 3/4 and was the Outstanding Lifter. At 220 Jefferson Machado won with 352 1/2 and at 242 Marcelo Araujo put up 396 3/4. At Super Onilido Neto won with 396 3/4. In Master Men 40-46 the Outstanding Lifter was Francisco De Souza won did 298 1/2 at 181. In Master Men 47-53 the Outstanding Lifter was Clotario Ortiz Neto who did 226 3/4. In Master Men 54-60 at 165 Celestino Da Silva won with 242. At 181 Edgar Domingo Garnica pushed up barely 308 1/2 and at 198 the World's Greatest Deadlifter Olicio Dos Santos put up 359 to show that he's not a one dimensional lifter. In Master 61-67 Arlindo Silva won at 165 with 209 and Osvaldo Centena won at 181 with 154. In Special Olympics the Outstanding Lifter was Sergio Sanchez, who put up 286 at 198. This was the biggest meet in the history of South America Powerlifting with 148 benchers and 86 deadlifters from Portugal, Brazil, Argentina, Uruguay, Paraguay, Peru, and Chile. The hall where the event was held was packed with over 1,000 spectators. Vilmar Oliveira, the Vice President of South America for WABDL, was the meet director and did a fantastic job. Enthusiasm was rampant in Brazil on this day for the Iron Game. (thanks to Gus Rethwisch for report)



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Signature \_\_\_\_\_

### New England Raw PL 2 DEC 01 - Seekonk, MA

	SQ	BP	DL	TOT
FEMALE				
Amy Farrell	127	290	145	305
C. Boston	119	100	80	140
				320
TEENAGE				
C. Lacroix	243	390	330	460
P. Pistachio	156	310	200	420
C. Taglianetti	365	275	525	1165
MEN				
165				
Steve Barattani	330	250	355	935
				181
Bob Ducharme*	465	340	565	1370
Norm Paolello	430	320	480	1230
				198
Joe Tavares	465	315	620	1400
Mike Galante	500	300	560	1360
Jasan Carreiro	450	345	525	1325
John Signore	405	295	520	1220
Dave Pearlstein	600		600	—
				220
Chris Farrell	600	345	550	1495
TheoMatheos	450	350	450	1250

Ernest Faison    385    225    500    1110  
 242  
 Mark Diorio    145    145    735    1025  
 275  
 G. Lazzareschi    500    500    475    1475  
 Thomas Alpine    455    325    550    1330  
 308  
 Joe Reeves    675    475    750    1900  
 SHW  
 Tom Mancini    400    375    420    1195  
 Master 44  
 G. Lazzareschi    500    500    475    1475  
 \* Best Lifter. I would first like to thank my sponsors: Reeves Nutrition.com; Mike Tarro, Attorney at Law; Captain Al Reeves, Python Sport Fishing; Stephen R. Dichiara, C.P.A.; The Cozy Grill; Regal Electric; Tourtellot & Co.; Yale M&G Materials Handling Co.; Body Natural Fitness Center; Pelletier Welding; Engineers By Benz; Crellin Handling Equipment; Mark D'Orion at MetLife Auto & Home; A&D Professional Pest Control; American Trophy; Bayside Auto Repair; Mike Cote, Motor Medic M.D.; Avenue Grill; Adams Equipment Co.; Ocean State Forklift; Decrescenzo Chiropractic; Providence Auto Ignition; Ocean State Gym and World Gym Providence for the use of their equipment. Thanks to scorekeepers, Dave and Lori Rodericks; announcer and wrestling superstar, Edward G. Ecstasy a.k.a. Andy Vale; spotters and loaders, Ron Fortin, Mark Bontempo, Ray Roberts and Paul Fisher; platform manager, Jay Despres; and judges Larry Larson, Joanne Shear and Ray Cross; and Sue Flynn for registration and T-shirt sales. Special thanks to guest lifter, Glen Chabot, who put on a magnificent show and was a pleasure to watch. Glen is by far one of the best bench pressers of all time. This was my first raw meet and like most lifters, it was the first raw meet I've trained for and lifted in. Everyone was very happy and found it a relief not having to deal with suits and wraps, though I do wear equipment (IPPF Legal). I believe equipment in powerlifting has gotten way out of control. I'd like to see more raw meets take place. I plan to have this meet again in 2002. Thanks to all of the lifters for their support. (from Joe Reeves)



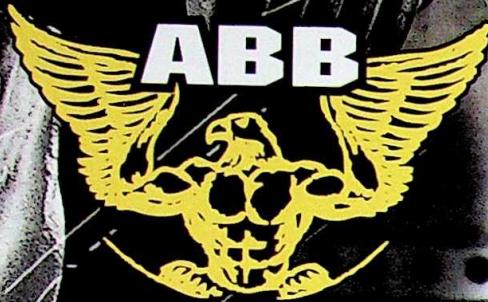
**SRO Crowd ... this is a shot of 1/2 of the hall where the WABDL South American Championships took place**

### Equinox Open (kg)

**19 MAY 01 - Edgemoore, MD**

Women	SQ	BP	DL	TOT
60 kilo				
S. Allison	152.5	77.5	172.5	402.5
75 kilo				
T.C. Clark	52.5	77.5	140	270
90+ kilo				
Mary Ann Chase	157.5	102.5	152.5	412.5
Junior Men				
Robert Panizari	152.5	2.5	165	390
Men				
75 kilo				
Oswald Singh	190	132.5	217.5	540
82.5 kilo				
Luis Bermudez	240	182.5	235	657.5
100 kilo				
Shay Haroon	202.5	127.5	200	530
Master				
60 kilo				
Master 4	145	90	155	390
Ian Burgess				
75 kilo				
Master 1				
Oswald Singh	190	132.5	217.5	540
Master 3				
David Roberts	65	97.5	70	232.5
90 kilo				
Master 3				
Norman Pospisil	175			
110 kilo				
Master 4				
Lloyd Harrod Jr.	165	125	190	480

(thanks to Mark Daniel, Maryland State Chairman & Meet Director, for providing results)



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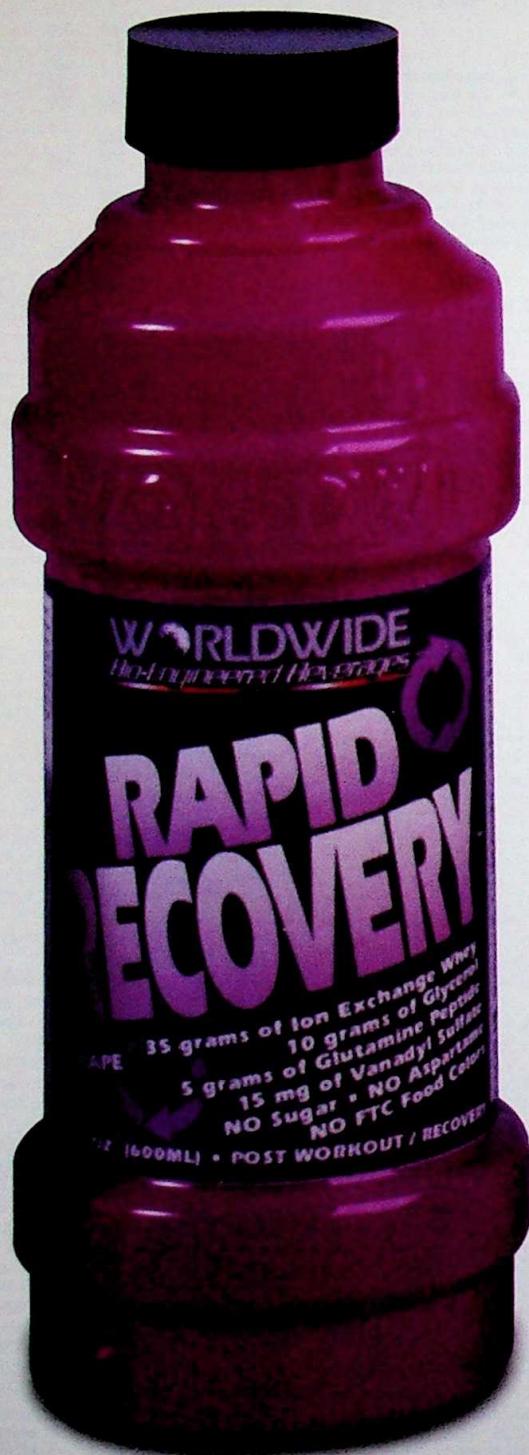
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## 2202 Huge Iron Powerlifting Schedule

- 5-11-02 AAPF Florida State Powerlifting Championships  
 6-01-02 APF Florida State Powerlifting Championships  
 (qualifier for APF Senior Nationals)  
 6-2-02 APF Bench Press Nationals and WPO Bench Press Qualifier (contest will determine who is selected for WPO B.B.C./WPO A.C.)  
 6-14-16-02 APF Mens + Womens Senior National Powerlifting Championships and WPO Qualifier (only other qualifying meet for WPO Semi Finals, York Barbell Hall of Fame, York, PA)  
 7-13-02 APF Florida Push/Pull (for total)  
 9-7-02 WPO Bench Bash for Cash  
 10-?-02 WPO Powerlifting Semi-Finals (Loc. tba)  
 11-02-02 AAPF Southern States Powerlifting Championships  
 11-30-02 APF Southern States Powerlifting Championships (light day)  
 12-09-01 APF Southern States Powerlifting Championships (heavy day) (qualifier for APF Senior Nationals)

All contests will be held in Daytona Beach, Florida unless otherwise specified.

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**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.**

**9 MAY (new date and address), AAU Old Dominion Bench Press - Richmond, VA. Send SASE to Women of Steel, 1811 Southcliff Rd, Richmond, VA 23225, [barbbeeez@aol.com](mailto:barbbeeez@aol.com), Barbara 804-233-9570, Judy 804-559-4624, FAX 804-266-8908**

**11 MAY, NASA Pennsylvania State PL, BP, PS(Brownsville, PA) Greg Van Hoose, Rte 1, Box 166, Ravenswood, WV 26164, 304-273-2283, [guhl@wifire.com](mailto:guhl@wifire.com)**

**11 MAY, Biggest Bench on the River V (\$5000 cash prize) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922**

**11 MAY, 12th annual Oregon's Best Bench, Busy Body Fitness, 1611 Virginia Ave., N. Bend, OR 97459, Byron Beebe, 541-751-9505**

**11 MAY (new date), West Virginia State and West Virginia Hall of Fame, Paul Sutphin, Box 523, Bluefield, WV 24701, [psutphin@inetone.net](mailto:psutphin@inetone.net)**

**11 MAY, APA Springfield Open PL, BP, DL (Springfield, OH) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, [scott@apawpa.com](mailto:scott@apawpa.com)**

**11 MAY, NASA New Mexico State, Mike Adelmann, Box 44651, Rio Rancho, NM 87174, [powerlifter2100@msn.com](mailto:powerlifter2100@msn.com)**

**11 MAY, Carolina Police & Fire Games (Push/Pull, BP, Raw - High Point, NC)**

## Coming Events

- (Gadsden, AL) Richard Hagedorn, 256-441-0143, [rmpub@bell.net](mailto:rmpub@bell.net)  
**18 MAY, Southern States Bench Press (open, over 40, women, novice, teenage) Sandy Ellise, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633**  
**18 MAY, 6th Baddest of the Bad Bench Press, Mike Farmer, Lifestyles Fitness Center, 21 W. Clarke Ave., Milford, DE 19963, 302-430-5632 (12noon -8pm)**  
**18 MAY, Newman BP Contest, John Ybarra, 1101 W. St. Marys Rd., Sterling, IL 61081, 815-625-0185**  
**18 MAY, Fred Pfister Memorial Push & Pull (All divs., all age groups. deadline 5/6/02 - no late entries) Ray Dunn, Berkshire Nautilus, Pittsfield, MA 01201, 413-499-1217**  
**18 MAY, USPF Open BP & DL (sponsored by Erie C.C. Football Team - Buffalo, NY - men, women, teen, masters) Dennis Green 716-851-1898**  
**18 MAY, ADAU "No Druggies Allowed" Open PL (national qualifier) Joe Orengea, 4468 W. 26th, Erie, PA 16506, 814-833-3727**  
**18 MAY, Lifetime Natural Powerlifting Society Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL**  
**61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)**  
**18 MAY, NASS Missouri Strongman with the Microbrewery Festival, Jim Davis & Willie Wessels, 314-837-1372 or 609-6301, [dves370162@msn.com](mailto:dves370162@msn.com)**  
**18 MAY, ADAU Pennsylvania State (men, jr., teen - national qualifier) Joe Orengea, 4468 W. 26th, Erie, PA 16506, 814-833-3727**  
**18 MAY, 5th Newman BP, Robert Ybarra, 2109 5th St., Sterling, IL 61081, 815-626-5042**  
**18,19 MAY, WABDL Capitol City BP & DL (drug tested - Rancho Cordova, CA) Jody Woods 916-417-7647, FAX 916-443-6200**  
**18,19 MAY, USAPL Texas State & Region 8 Open and BP (TX & OK) & Special Olympian Slots, Tom North, 507 Cora #106, Arlington, TX 76011, 817-469-9375**  
**19 MAY, Bob Samuels Powerlifting Championships, Seth Demberg, Uptown Jewish Community Center, 5342 St. Charles Ave., New Orleans, LA 70115, 897-0143**  
**19 MAY, New Jersey High School Deadlift (high school students only) Paul & Peggy**

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**19 MAY**, APA Southern Cup BP, DL (Lakeland, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)

**19 MAY (NEW DATE)**, WNPF North Americans, High School Nationals, New England States PL & PC - Stamford, CT -- world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

**24-26 MAY**, APF Nationals (WPC World Qualifier - Picadilly Inn Hotel - Fresno, CA) Bob Packer, 559-322-6805 (w), 559-658-5437 (h)

**25 MAY**, 4th Iron Mike's Bench Press Championships (National Guard Armory, Quitman, MS) Malachi Sanders, Box 231, Enterprise, MS 39330

**25 MAY**, APA West Coast PL, BP, DL (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)

**25 MAY**, USAPL Nebraska State & Viking Classic (Blair, NE) Tim Anderson, 402-426-0665, [timanderson@huhtel.net](mailto:timanderson@huhtel.net), [www.nebraskapowerlifting.com](http://www.nebraskapowerlifting.com)

**25 MAY**, WNPF Western Pennsylvania (Beaver Falls, PA) Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-792-6670

**26 MAY**, Double Masters Power/BP (Wyoming, MI) Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 574-674-6683

**27 MAY**, APA Pennsylvania Open PL, BP, DL, Bob Grimwood, c/o Gold's Gym, 42 Westwood Court, Camp Hill, PA 17025, [boxfoxfrd@aol.com](mailto:boxfoxfrd@aol.com)

**MAY**, USAPL North Carolina State Bench Press Championship, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614, 798-4054

**MAY**, NASA Kansas St. [SQPBDSL@aol.com](mailto:SQPBDSL@aol.com)

**MAY**, NASA New Mexico PL, BP, PS [SQPBDSL@aol.com](mailto:SQPBDSL@aol.com)

**MAY**, NASA Pennsylvania State (New Stanton) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, [gvh@wirefire.com](mailto:gvh@wirefire.com)

**MAY**, NE Regional World Qualifier, Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534

**29 MAY-2 JUN 02**, IPF Women's Worlds (Riesa, Germany)

**31 MAY**, **1 JUN**, AAU North American Push/Pull, BP, DL (River Palms Casino - Laughlin, NV - world qualifier, open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, [ntrlpwr@pe.net](mailto:ntrlpwr@pe.net)

**1 JUN**, Washington State High School Championships, Columbia/White Salmon HS, L. McCutcheon, 509-493-1970, [einek@bsd405.com](mailto:einek@bsd405.com)

**1 JUN**, SLP Big Bench at the French BP/DL (Memphis, TN) Son Light Power, 122 S. Sale, Tuscola, IL 61953, 217-253-5429,

[www.sonlightpower.com](http://www.sonlightpower.com)

**1 JUN**, MPA State BP & DL (Teens 15 and under, 16-17, 18-19, Open - non-residents welcome, master (40-49), 50-59, 60+, police / fire / military, 40+ police / fire/military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

**1 JUN**, APF Florida State PL (Daytona Beach, FL) 877-HUG-IRON, [hugeiron@logicalcity.com](mailto:hugeiron@logicalcity.com)

**1, 2 JUN**, WNPF American Championships (full meet & single lifts & power curl - Bordentown, NJ -- world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

**2 JUN**, NPA Central States Natural Open BP or DL, Champions Fitness Center, 1360 S. Alpine Rd., Rockford, IL 61108.

**2 JUN**, APF Bench Press Nationals & WPO Bench Press Qualifier (contest will determine who is selected for WPO B.C./WPO A.C. - Daytona Beach, FL) 877-HUG-IRON, [hugeiron@logicalcity.com](mailto:hugeiron@logicalcity.com)

**2 JUN**, SLP Indiana Summer BP/DL (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)

**7, 8 JUN (NEW DATES)**, NASA Masters/Submasters Nationals PL, BP, PS (Nashville, TN) [SQPBDSL@aol.com](mailto:SQPBDSL@aol.com)

**8 JUN**, APA Mississippi Open BP/DL (Jackson, MS - open to all states) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)

**8 JUN**, WNPF Police/Fire/Military BP, DL, Iron Man Nationals (open to former & current personnel - Aberdeen, MD) Stacie Edie, 410-278-3931, [Stacie.Edie@usag.apg.army.mil](mailto:Stacie.Edie@usag.apg.army.mil)

**8 JUN** (re-scheduled date) 6th Pasco Power Team King of the Bench, Rick Lawrence, 727-942-7894, Mike 727-863-2228

**8 JUN**, Pioneer Fitness Center Utica Bench Press, Rich, 726 Washington St., Utica, NY 13502, 315-735-8581

**8 JUN**, Immaculate Heart of Mary Festival BP & DL, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

**8 JUN**, Mid South Raw BP & DL Open (Glenwood, AR - all age groups & all wt. classes) Dan Singleton, 1200 3rd St., Hot Springs, AR 71913, 501-623-6014

**8 JUN**, 9th Miller's Ironhouse All Natural "Victor's Crown" Bench Press (high school, teenage, women, raw, open, subs, masters, grandmasters, sculptured awards) Brian Miller, 218 Williams St., Cumberland, MD 21502, 301-777-0644

**8 JUN**, APF Venice Beach Open BP (Venice Beach, CA) 310-399-2775

**8 JUN**, Raw ADAU Pennsylvania St. & open (from any state) for men submaster, master, and women of any age (Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, [al@pikitup.com](mailto:al@pikitup.com)

**8 JUN**, USPF South Texas Championships (men/women - open, below I, Jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460,

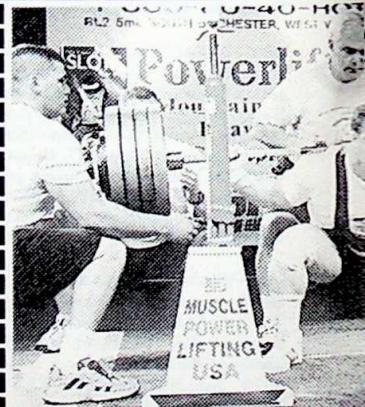
## Mountaineer Race Track &

# Mountaineer



The USPF will run qualifying meets inviting 16 qualified competitors in the Heavy and Light Heavy for Cup IV. Eight in each class will receive cash awards and teamed up by a draft placing light-heavy with a heavy competitor to form a total of Eight teams for Cup V.

The projected Cup V Champion Team's purse is in excess of \$30,000 in cash and/or prizes.



Ed Coan ... Cup II & III UND

# June 22

Mountaineer Race Track & Details at this link <http://www.uspf.org>  
Room reservations: 304-387-4400  
Please note qualifiers listed  
Lifters staying at the Resort

[www.seguinfitness.com](http://www.seguinfitness.com)

**8 JUN**, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
**8,9 JUN**, WABDL Bend Summer Strength & Fitness (drug tested - Bend Riverside Motel, Bend, OR) Gus Rethwisch, 503-762-5066  
**9 JUN**, WNPF East Coast BP/DL, Newark, DE, Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

**14-15 JUN**, AAU Push/Pull Nationals (BP, dl, Iron Man - qualifies 5 deep for Worlds - Sheraton Four Seasons - Greensboro, NC) Sand Lemonds, Box 704, Randleman, NC 27317, [sandal@asheboro.com](mailto:sandal@asheboro.com), 336-672-5433 - no collect calls!  
**14-16 JUN (NEW DATE)**, APF Men's & Women's Senior National PL & WPO Qualifier (only other qualifying meet for WPO Semi-Finals. York Barbell Hall of Fame, York, PA) 877-H U G - I R O N

[hugeiron@logicalcity.com](mailto:hugeiron@logicalcity.com)

**14-16 JUN**, USAPL Teen/Jr. Nationals (Killeen, TX) Johnny A. Graham, 254-526-0779, [Fax 254-287-7729](http://Fax 254-287-7729), Email - [Grahamj7@cs.com](mailto:Grahamj7@cs.com)  
**15 JUN (new date & location)**, USAPL California State Bench Press (CSU Northridge) Lance Slaughter, 310-995-0047, [Lance.Slaughter@heart.org](mailto:Lance.Slaughter@heart.org), John Planas, 818-242-1906, [jplanas@pacbell.net](mailto:jplanas@pacbell.net), [www.usapl-ca.org](http://www.usapl-ca.org)  
**15 JUN**, APA Carolina Open BP (cash prize to best lifter), DL (Spartanburg, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, [FAX 801-905-7046](http://FAX 801-905-7046), [scott@apa-wpa.com](mailto:scott@apa-wpa.com)  
**15 JUN**, ADAU Northeastern Raw Championships (PA) Bart Wood, 814-461-8926  
**15 JUN**, INSA/INSA USA Championship (Plano, TX) David Newingham, 4347 FloraMar Terrace, New Port Richey, FL 34652, 727-781-0417, [StroudsFitness - 817-268-3488](http://StroudsFitness - 817-268-3488)  
**15 JUN**, Body Factory BP/DL, Body Factory, 436 Blue Valley Ln., Bangor, PA 18013, Jim Parrish 610-863-1090

**15 JUN**, 3rd annual USAPL Thunder at the Beach PL & BP (Little Egg Harbor, NJ) Betty or Art, 609-294-3600, [bodyimages@aol.com](http://bodyimages@aol.com)

**15 JUN**, USA "Raw" Bench Press Federation Summer Nationals (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)

**15 JUN**, WABDL Utah State (drug tested - Provo, UT) Randy Marchant, 801-375-8781

**15 JUN**, USAPL Eastern USA

BP, John Shifflett, Box 941, Stanardsville, VA 22973, [valifiting@aol.com](mailto:valifiting@aol.com)

**15 JUN**, NASA Texas Classic PL, BP, PS (Longview, TX) SQPBBL@aol.com

**16 JUN**, APA CT Open BP & DL Championships, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, [dislaga@yahoo.com](mailto:dislaga@yahoo.com)

**22 JUN**, Inaugural American Red Cross of N.E. New York Bench Press (Hunter Moun-

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tain Ski Area, Ski Bowl Rd.) Melford Bibens, Box 477, Hunter, NY 12442, 518-263-3776, [melford79@hotmail.com](mailto:melford79@hotmail.com)

**22 JUN**, West YMCA Open (full meet, BP, DL, Push-Pull) 7502 Maple, Omaha, NE 68134, Buddy, Roger or Jenna at 402-393-3700

**22 JUN**, WABDL BP & DL Championships, All American Gym, 309 W. Main St., Lakeland, FL 33801, Louis Baltz or Ken Snell, 863-687-6268

**22 JUN**, Mountaineer Cup IV & 38th USPF Men & Women's Sr. Nationals and National Masters, Nick Busick, The Mountaineer Race Track & Gaming Resort, Route 2 Box 358, Chester, WV 26034, 304-387-8186

**22 JUN**, WABDL Hard Hitters Louisiana State BP & DL (drug tested - New Orleans, LA) Arrid Hansell, 504-392-9743

**22 JUN**, SLP Iron House Gym Open PL (Hooperston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)

**22,23 JUN (REVISED DATE & NAME)**, IPA East Coast Championships (55 lifters/day) Mike Miller or Deb Ames, Nazareth Barbell (PA), 610-746-7000, [nazbar@enter.net](mailto:nazbar@enter.net), [www.bigbenchpress.com](http://www.bigbenchpress.com)

**22,23 JUN**, WNPF USA (PL, BP, DL, SQ, PC - Atlanta, GA - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

**23 JUN**, Summer Push/Pull Meet, Jon Smoker, 30907 County Rd 16, Elkhart, IN 46516, 574-674-6683

**23 JUN**, USAPL LaKemesse Festival PL & BP (Biddeford, ME) Lance Reardon, Box 614, Corinth, ME 04427, 207-285-7656, [squat630@aol.com](mailto:squat630@aol.com), Lynn Athearn 207-785-3427

**29 JUN**, NASA Teenage/Jr./Intermediate Championships (PL, BP, PS - Flora, IL - monolift) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-3413

**29 JUN**, Dragon Bench (sculptured trophies - women, teen, masters) Barry Pochiba, 428 McClelland Rd., Canonsburg, PA 15317, 724-745-1712

**29 JUN**, SLP Wisconsin Rapids Push/Pull BP/DL (Wisconsin Rapids, WI) Son Light Power, 122 S. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)

**29 JUN (new category)**, USBF Lawrence Garro Memorial Raw & Assisted Ironman/Ironwoman (BP & DL) Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, [Brian@usbfl.net](mailto:Brian@usbfl.net)

**29 JUN**, USSA CAN-AM National BP/DL & Ironman (Ottawa, CAN - tested, non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), [ussa@bellsouth.net](mailto:ussa@bellsouth.net)

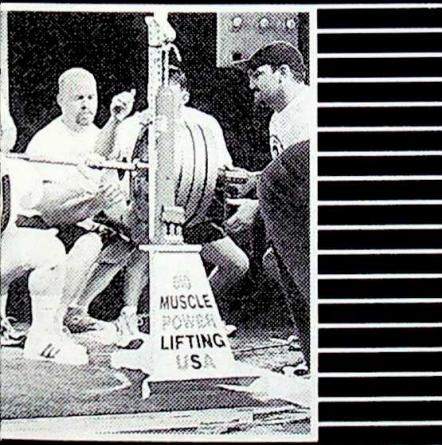
**29 JUN**, WNPF CAN-AM National BP/DL, IronMan Championships & Power Curl - Ottawa, Canada - world qualifier) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

**29 JUN (new category)**, USBF Wayne Detling Memorial Raw & Assisted Bench

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Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usb.net

29,30 JUN, APF West Coast Open PL, BP, DL & Power Sport, Big Bear's Gym, Box 304, Yachats, OR 97498, 541-574-4507, bigbearsgym@hotmail.com

30 JUN-6 JUL, AICEP Team Russia & Team Canada versus Team Russia, Team Finland, Team Sweden in Helsinki, Finland - AICEP, 15 Cartier, Suite 3, Pointe-Claire, Quebec, H95 4R5, Canada, 514-697-0628 (FAX) 514-697-3735, www.aicep.com

JUN, YMCA National PL & Curl Competition, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

29,30 JUN (date assignment), AAU Raw Nationals (Boston, MA) Dennis Brennick, 617-567-5177

3 JUL, Iowa/Midwest Open Touch and Go BP (Sigourney, IA - teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

4 JUL, 2nd annual Street Strongman Contest, Dick Conner, 8323 Copperfield Dr., Evansville, IN 47711, 812-867-1736

6 JUL, SLP Ft. Hamilton Days BP/DL Classic (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

6,7 JUL, WNPF Nationals (Youngstown, OH - world qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

7 JUL, USSA PL Nationals (tested, non-tested - Atlanta, GA) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), ussa@bellsouth.net

11-14 JUL, 100% Raw Sr. Nationals (men & women, all ages, wt. classes, 5 yr. drug testing, 6/15 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

12-14 JUL, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

13 JUL, New England's Strongest Man/

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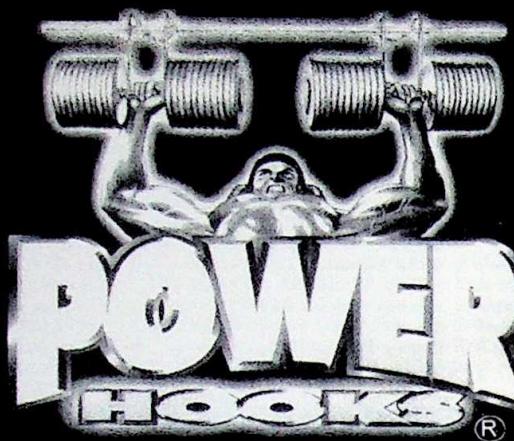
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Judging: Points will be awarded depending on contestants age, bodyweight and total weight of dumbbells lifted for ten reps.

Finalists will be contacted during the first week of November 2002. If an official judge is not available in your area, we will then need a video of you weighing yourself in on a scale and then weighing the dumbbells individually. All finalists will receive a prize. The winner will receive \$1,000.00.



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Waianae, HI 96792

Woman (open men - women, teen, jr., submaster, master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590  
13 JUL, Allentown SportsFest VI BP/DL, Fred Glass, 811 N. Jordan St., Allentown, PA 18102, 610-770-9333  
13 JUL, PPL Southeastern Drug Free PL (Alabama) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 .  
PYTHONGYM@AOL.COM  
13 JUL, APA Great Lakes Regional (PL, BP, PP, DL - Park Forest, IL) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, iowaapachair@apa-wpa.com, 319-753-

0676

13 JUL (NEW DATE & PHONE #), USSA USA PL Championships & S.C. State (tested, non-tested - Gaffney, SC) USSA, Box 1656, Griffin, GA 30224, 770-228-0008, ussa@bellsouth.net  
13 JUL (REVISED DATE), NASA WV Open BP, DL, PS (Buckhannon) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com  
13 JUL, APF Venice Beach Open DL (Venice Beach, CA) 310-399-2775  
13 JUL, 4th annual Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

Lopez or David Karam

20 JUL, IPA Return of the Iron House Classic PL (Zanesville, OH) download entry form @ www.ironhousezanesville.com or call Mike Maxwell, 740-704-4747

20 JUL, APA Bluegrass Open PL/BP (Louisville, KY) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com  
20 JUL, LaCrosse Interstate Fair BP (W. Salem, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693

20 JUL (new name), California State PL & BP Championships, Kevin Fisher, 25 E. Arrellaga, Santa Barbara, CA 93101, 805-963-3439, KFISHER54@aol.com

20 JUL, AAPF Michigan Coopersville Powerlifting Classic, (Grand Rapids, MI) Andy Briggs, 616-844-6350, thebriggs@novagate.com

20 JUL, (sanction designation) APF/AAPF Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183

20 JUL, Midwest open PL & PS (Red Coach Inn, Salina, KS) Jim Duree, 913-596-7326, JDuree7086@aol.com  
20 JUL, SLP Mid South BP/DL (Paducah, KY), Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

21 JUL, U.S. Open Armwrestling (U.S.A. sanction) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26 JUL, USPF Barbee Classic (men/women - open, below 1, jr. (13-23, 2 year age groups), submaster, masters (5 yr age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

26,27 JUL, WABDL National BP & DL Championships (drug tested - Clarion Hotel, Houston, TX) Bob Garza 281-820-5923

26,27 JUL, WABDL National BP & DL (Houston, TX - Clarion Hotel) Bob Garza, 281-820-5923

26-28 JUL, MetRX ADAU National Championships & Strongman Com-

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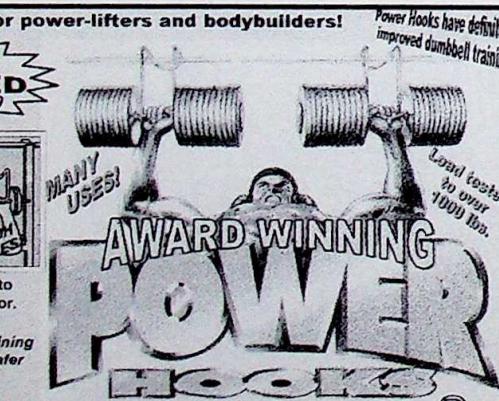
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26-28 JUL, 100% Raw Teenage World Championships (deadline 6/29) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

27 JUL, APA Southeastern Regional PL & BP (Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

27 JUL, NASA Bluegrass Powersports, BP and DL Open (Henderson, KY) David Anguish, 270-830-7209, ShowtimesGym@aol.com

27 JUL, NASA Tri-State PL, BP, PS (monolift, special olympians encouraged) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-3413

27 JUL, 26th Southeastern Illinois BP & DL Classic (open, teen, police & fire, masters d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

27,28 JUL, NASA Grand Nationals (all events, Hickory, NC) SQPBBL@aol.com

28 JUL, Lake County Fair Iron Man BP/DL (Gray Lake, IL - deadline 1 JUL) Preston Olsen, 847-543-0843

JUL, NASA Arizona State PL, BP, PS SQPBBL@aol.com

JUL, PPL Drug Free Southeastern PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

JUL/AUG, Virginia's Strongest Man (Virginia Beach, VA) Gayle Schroeder, strength@exis.net, www.powerandstrength.com

1-4 AUG, AAU Youth, Teenage and High School, & Junior Nationals in conjunction with the AAU Jr. Olympics (Knoxville, TN) Rudy Garcia, Rt 1 Box 212, New Canton, VA 23123, 804-581-1910, ironsportsofva@hotmail.com

2-4 AUG, AWPC Amateur Worlds (Athens, GA) L.B. & Nadine Baker, 770-725-6200, lbbaker@musclemaker.net, www.irondawg.com or www.musclemaker.net

3 AUG, 1st United Way of Saginaw County BP/DL Challenge Fundraiser, Carroll Wolicki, 100 S. Jefferson, Saginaw, MI 48607, 989-755-0505

3 AUG, USPF American Bench Press Championships, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

3 AUG, USPF American Deadlift Championships, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

3 AUG, Central Virginia BP & DL (The Gym, Rt. 1 & Courthouse Rd., Fredericksburg, VA) Petey Clegg or John Graube, 9839 Courthouse Rd., Spotsylvania, VA 22553, 540-898-5139, superbeast@cyber-right.net

3 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

3 AUG, USPF Gulf Coast (Vidor, TX - men/women - open, below l, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

3,4 AUG, WNPF World Bench Press - World Deadlift - Single Lift or Combined - Lancaster, PA - lifters must

# Thank you!



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qualify at a WNPF national or major championship) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

3,4 AUG, WABDL North American BP & DL (drug tested - Holiday Inn Airport - Portland, OR) Gus Rethwisch, 503-762-5066

4 AUG, AAU Missouri-Kansas BP-DL (X-treme Fitness, Union, MO) Darlin Gilley, 2820 Old Gray Summit Rd., Pacific, MO 63069, 636-742-4537, darlingilley@aol.com

10 AUG (new date), Team Weber Strength Powerlifting, Robert Weber Jr., 14125th St., Camanche, IA 52730, 563-259-8695

10 AUG, WABDL Midwestern Regional BP & DL (Fargo, ND) Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764

10 AUG, USAPL New Jersey Bench Press Open, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

10 AUG, WABDL Midwest Regional BP & DL (drug tested) Rich Edinger, 701-298-0764 or 361-8813

10 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 AUG, Greene County Fair Strongman/woman, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

10,11 AUG, NASA World Cup (all events, Oklahoma City, OK) SQPBBL@aol.com

11 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 AUG, 18th APF/AAPF Snake River BP/PL, YMCA, 155 N. Corner St., Idaho Falls, ID 83402, 208-523-0600, Mike & Linda Higgins

24 AUG, SLP Kentucky State Fair BP/DL (Crestwood City, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24,25 AUG, North American Powerlifting Championships (Westener Park, Red Deer, Alberta, Host Hotel - Capri Center - 403-346-2091 - reservations by 8/1/02) Bruce Greig, box 4, Okotoks, Alberta, Canada T1S 1A4, 403-938-3067, FAX 403-938-0489

24,25 AUG, USAPL Bench Press Nationals, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed & Frank King, Dr. Larry Miller

24,25 AUG, AAU National PL (equipped) & Raw USA PL & International BP (Convention Center, San Bernardino, CA - last world qualifier for Virginia & Laughlin, NV: Nationals - open, masters, lifetime, jr., mil/law, submasters; Raw USA & BP: open, masters, lifetime, jr., youth, mil/law, disabled, submasters - book rooms @ 909-381-6181) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

25 AUG, USSA Teen, Jr., Submaster, Masters Nationals (Lake City, FL - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), ussa@bellsouth.net, ussa@bellsouth.net

31 AUG, USPF Bench Press Nationals (Ocean Dunes Resort Hotel, Myrtle Beach, SC) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, 732-886-0199, USPFehorton@aol.com

31 AUG, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

31 AUG (new date and info), APF/AAPF IronDawg Push Pull, L.B. & Nadine Baker, Athens, GA, 770-725-6684, lbbaker@irondawg.com

7 SEP, NASA VA Regional Qualifier (PL, BP, PS - Charlottesville, VA) Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

7 SEP, WPO Bench Bash for Cash (Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

7 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 SEP, APF West Coast Open BP (Venice Beach, CA) 310-399-2775

10-15 SEP, IPF World Jrs (Venezuela)

14 SEP, YMCA Challenge 1st annual Open BP, 19550 N. 10th St., Covington, IA 70433, Linda, 985-893-4800

14 SEP, SLP Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

14 SEP, Iron Boy Bench Press Classic (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboyenterprises.com

14 SEP, WABDL Washington State BP & DL (drug tested - Hogulam, WA) Don Bell, 360-533-5711

15 SEP, (NEW LOCATION) USSA American PL Championships (Youngstown, OH - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), ussa@bellsouth.net

15 SEP, SLP Iowa State BP/DL (Coralville, IA) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

15 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press Championships II (open men & women, native, youth & teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca,

NY 14779, 716-673-4613,  
Jay.Toth@Fredonia.edu  
**21 SEP**, 4th Sci-fit of Georgia BP  
(Georgia State Farmers Market)  
Joe DeVerville, 2055 Eisenhower  
Pkwy, Macon, GA 31206, 478-  
750-7005  
**21 SEP**, SLP Open National  
Powerlifting Championships  
(Hoopeston, IL) Dr. Darrell  
Latch, 122 W. Sale St.,  
Tuscola, IL 61953, 217-253-  
5429, www.sonlightpower.com

**22 SEP**, ADAU Connecticut Raw  
Drug Free PL & BP, Robert De La  
Vega, Powerhouse Gym, 71 Commerce  
Dr., Brookfield, CT 06804,  
203-775-8548

**22 SEP**, SLP Wisconsin State  
BP/DL (Burlington, WI) Dr. Darrell  
Latch, 122 W. Sale St., Tuscola,  
IL 61953, 217-253-5429,  
www.sonlightpower.com

**28 SEP**, SLP National 'Raw'  
Powerlifting Championships  
(Rolla, MO) Dr. Darrell Latch,  
122 W. Sale St., Tuscola, IL  
61953, 217-253-5429,  
www.sonlightpower.com

**28 SEP** (additional contest,  
change in designation), USBF  
BP Nationals & USPC Power  
Curl Nationals (open, masters,  
teen, police/fire, military -  
wraps & belts allowed) Brian  
Washington, Box 20042, Baltimore,  
MD 21284, 410-265-8264,  
Brian@usbf.net

**28 SEP**, NASA Wisconsin Regional  
PL, BP, PS (Marshfield, WI)  
SQPBDL@aol.com

**28.29 SEP**, IPA Pennsylvania  
State/Northeast Regional PL &  
BP, Gene Rychlak Jr., 143 2nd  
Ave., Royersford, PA 19468,  
610-948-7823

**5 OCT (date determined)**, NASA Kentucky  
Regional (Lexington) Greg Van  
Hoose, Rt. 1 Box 166, Ravenswood, WV  
26164, 304-273-2283,  
guhl@wirefire.com

**5 OCT**, APA Bay State Open BP, DL  
(Northampton, MA) Scott Taylor, Box  
27204, El Jobean, FL 33927, 941-697-  
7962, FAX 801-905-7046, scott@apa-  
wpa.com

**5 OCT**, SLP Fall Bench Press/Deadlift  
Classic (Mattoon, IL) Dr. Darrell Latch, 122  
W. Sale St., Tuscola, IL 61953, 217-253-  
5429, www.sonlightpower.com

**5 OCT**, 2nd annual Record Breakers Meet,  
Jamie Fellows, Box 375, Belmont, NH  
03220, 603-267-8158

**5 OCT**, NASS North American Strongman  
Championships (St. Louis, MO)  
Willie Wessels, 314-609-6031,  
dwes370162@comcast.com

**5 OCT**, NASA Ohio Regional PL, BP, PS  
(Springfield, OH) SQPBDL@aol.com

**9-13 OCT**, IPF World Masters (Argentina)

**12 OCT (revised date)**, APF N. California  
Open PL & BP (San Francisco,  
CA) John Ford 650-757-9506

**12 OCT**, 8th APF Wolverine Open PL &  
IronMan, Jim Harbourne, 1018 Coolidge  
Ave., Clawson, MI 48017, 313-610-2019,  
jimharbourne@comcast.net

**12 OCT**, 4 Seasons Association Fall  
Bench Press, Kevin Deming, The Four  
Seasons Association, 904 Four Seasons  
Rd., Bloomington, IL 61701, 309-663-  
2022 ext 34 or kevin@4-seasons-club.com

**12 OCT**, SLP Arkansas State BP/DL  
(Paragould, AR) Dr. Darrell Latch, 122 W.  
Sale St., Tuscola, IL 61953, 217-253-  
5429, www.sonlightpower.com

**12 OCT**, NASA Tennessee Regional PL,  
BP, PS (Nashville, TN) SQPBDL@aol.com

**13 OCT**, White's Truck Stop YMCA BP/

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DL, John Shifflett, Box 941, Stanardsville,  
VA 22973, valifting@aol.com

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

**19 OCT**, Olympus Gym Open BP & DL  
(raw & assisted - men/women open -  
nouice, teen, jrs., submasters, masters,  
police, fire, military) Vernell Morris, 5470  
St. Barbarus Rd., Oxon Hill, MD 20745,  
301-565-2255

**19 OCT**, Bob Hafner Championship (PL,  
BP and/or DL - open, women, teen, mas-  
ter, special olympian) Lee Circle YMCA,  
920 St. Charles Ave., New Orleans, LA  
70130, 504-568-9622

**19 OCT**, USBF Maryland State Bench  
Press, BAAC, 658 Boulton St., Bel Air,  
MD 21014, Dave Capozzoli or L.D.  
Augustilus, 410-515-1607,  
Gtrdave99@aol.com

**19 OCT**, 6th Pennsylvania Power Chal-  
lenge (BP/DL) Gene Rychlak, 143 2nd  
Ave., Royersford, PA 19468, 610-948-  
7823

**19 OCT**, SLP Midwest Open BP/DL  
(Indianapolis, IN) Dr. Darrell Latch, 122 W.  
Sale St., Tuscola, IL 61953, 217-253-  
5429, www.sonlightpower.com

**19,20 OCT**, NASA Iowa Regional PL,  
BP, PS (Des Moines, IA) SQPBDL@aol.com

**20 OCT (tentative)**, East Coast Strong-  
man Challenge (Virginia Beach, VA) Gayle  
Schroeder, strength@exis.net,  
www.powerandstrength.com

**20 OCT**, SLP Pecatonica Fitness Fall BP/  
DL Classic (Pecatonica, IL) Dr. Darrell Latch,  
122 W. Sale St., Tuscola, IL 61953, 217-  
253-5429, www.sonlightpower.com

**25 OCT** (new address), AAU Rich-  
mond International Bench Press, VA  
Powerlifting Association, 1811

Southcliff Rd., Richmond, VA  
23225, Barbara 804-233-9570,  
barbbeeez@aol.com, FAX 804-  
266-8908, Judy 804-559-4624,  
Jill 804-730-8810

**25-27 OCT**, WNP World PL &  
SQ Championships (Youngstown,  
OH - lifters must qualify at a WNP  
national or major championship)  
Ron Deamicis, 6531 New Rd.,  
Youngstown, OH 44515, 330-  
792-6670

**26 OCT**, NASA Big River Classic  
(Blytheville, AR) Daryl & Tobey John-  
son, 1626 E. Co. Rd. 196, Blytheville,  
AR 72315, 870-763-9094

**26 OCT**, INSA / INSAA World  
Championship (Plano, TX) David  
Newingham, 4347 Floramar Ter-  
race, New Port Richey, FL 34652,  
727-781-0417, Strouds Fitness -  
817-268-3488

**26 OCT**, 1st annual PPL USA  
Championships, Tee Meyers,  
2250 Lumpkin Rd., Augusta, GA  
30906, 706-790-3806,  
PYTHONGYM@aol.COM

**26 OCT**, 20th ADAU "Central PA  
Open" (open and all age groups for  
both men & women - Bigler, PA) Siegel  
Engraving, 304 Daisy St., Clearfield,  
PA 16830, 814-765-3214,  
al@pikitup.com

**26 OCT**, ANPC Nationals, Dr.  
Darrell Latch, 122 W. Sale St.,  
Tuscola, IL 61953, 217-253-  
5429, www.sonlightpower.com

**26,27 OCT** (new address), AAU Raw &  
Assisted Worlds - VA Power-  
lifting Association, 1811  
Southcliff Rd., Richmond, VA  
23225, Barbara 804-233-9570,  
barbbeeez@aol.com, FAX 804-  
266-8908, Judy 804-559-4624,  
Jill 804-730-8810

**26,27 OCT** (new address), AAU  
Richmond International Open Meet  
VA Powerlifting Association, 1811  
Southcliff Rd., Richmond, VA 23225,  
Barbara 804-233-9570,  
barbbeeez@aol.com, FAX 804-266-  
8908, Judy 804-559-4624, Jill 804-  
730-8810

**26,27 OCT**, NASA North Carolina Re-  
gional PL, BP, DL, PS (Hickory, NC)  
SQPBDL@aol.com

**OCT**, NASA PA Regional Qualifier PL,  
BP, PS, Greg Van Hoose, Rt 1 Box 166,  
Ravenswood, WV 26164, 304-273-2283

**OCT**, WPO Powerlifting Semi-Finals  
(loc. tba) 877-HUG-IRON,  
hugeiron@logicalcity.com

**OCT**, PPL Drug Free Nationals (sculp-  
tured awards) PPL, 2250 Lumpkin  
Rd., Augusta, GA 30906, 706-790-  
3806, pythongym@aol.com

**2 NOV**, USPF Texas Cup (Austin, TX -  
men/women - open, below I, jr. (13-23, 2  
year age groups), submaster, masters (5 yrs  
age groups to 70+), Bench, Police/Fire)  
Seguin Fitness, 1415 E. Court St., Seguin,  
TX 78155, 800-378-6460,  
www.seguinfitness.com

**2 NOV**, SLP Illinois State BP/DL, Dr.  
Darrell Latch, 122 W. Sale St., Tuscola, IL  
61953, 217-253-5429,  
www.sonlightpower.com

**2 NOV**, AAPF Southern States PL (Day-  
tona Beach, FL) 877-HUG-IRON,  
hugeiron@logicalcity.com

**2 NOV (added category)**, USBF Eastern  
Regionals Raw & Assisted Bench Open,  
USPC Power Curl, AAA Armwrestling,  
Brian Washington, Box 20042, Baltimore,  
MD 21284, 410-265-8264,  
Brian@usbf.net

**3 NOV**, USA "Raw" Bench Press Fed-  
eration Grand Nationals, Dr. Darrell  
Latch, 122 W. Sale St., Tuscola, IL  
61953, 217-253-5429,  
www.sonlightpower.com

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8-10 NOV, USSA World PL Championships (Atlanta, GA - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), [ussa@bellsouth.net](mailto:ussa@bellsouth.net)

9 NOV, NASA Illinois & Indiana Regional PL, BP, PS (Flora, IL) SQPBDL@aol.com

9 NOV, SLP Fitness One Fall Classic BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)

9, 10 NOV, USAPL New Jersey State PL, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

10 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)

12-17 NOV 02, IPF World Men's (Bratislava, Slovakia)

14-17 NOV, 100% Raw World Championships (all ages, wt. classes, 5 yr. drug testing period, 10/19 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

14-18 NOV, WABDL World BP & DL Championships (drug tested - Peppermill Hotel, Reno, NV) Gus Rethwisch, 503-762-5066, FAX 503-762-5067

16 NOV, SLP Kentucky State BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)

17 NOV, WNPF Lifetime National PL, BP, DL, SQ & Sarge McCrary BP/DL (single lift or combined) & Power Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

17 NOV, SLP Rhino's Fitness BP/DL Classic (Roscoe, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)

22-24 NOV, 1st WNPF 100% Drug Tested, Drug Free for Life World Powerlifting, BP, DL, SQ, and Ironman Championships (West Palm Beach, FL) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

23 NOV, Omaha Open (full meet, BP, DL, Push-Pull) 4808 Cass, Omaha, NE 68132, Keith Machulda 402-444-5596

23 NOV, USAPL Police & Fire Nationals PL & BP, Kings Gym, 24775 Aurora Rd., Bedford Hts., OH

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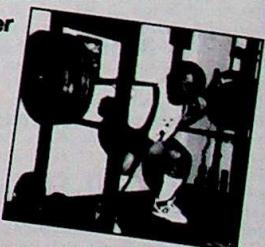
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**ADAU Coal Country Classic  
9 DEC 01 - Bigler, PA**

BENCH PRESS	114
Women	Adrienne Hickey 253
105	Angela Savelli 231
Chelsea Fuller	83 132
114	Shanna Kaiser 231
Angela Savelli	88 Tiffany Cook 203
148	Male
Laura Terry	83 97
Men	Bobby Boston 154
105	132
D. Levandusky	187 Nathan Salem 385
165	Jeffrey Doud 264
Kevin Boyer	264 Ben Brown 259
Derek Speicher	214 148
181	Jason Stazer 418
Cory Courtney	281 4th 429
198	J.J. Tomasino 319
Thomas Cinelli	259 Eric Falkenburg 286
4th	260 165
Steve Gregg	248 Jim Folmar 479
Ben Mills	231 Joseph DiBello 358
4th	239 Jason Goodwill 341
John Herbein	231 Kevin Boyer 330
220	Tom Davis 231
Matt Aldridge	380 4th 242
John Kuhar	363 181
Mike Pyne	352 Matt Catalino 556
Rod Felix	347 Robert Gregory 473
D. Grandinetti	347 Jeremy Post 451
A. Campiere	341 Tim Lessondak 314
Jay Toth	325 198
Travis Stelson	248 Gleb Epelbaum 589
Tony Manzi	187 Ben Kuchta 457
242	Scott Reichard 446
Dave Fleming	402 Ben Mills 424
Mike Labans	396 4th 435
Chris Chiaro	369 Thomas Cinelli 352
Brian Yarnell	358 220
275	Bart Wood 600
G. Edmondson	451 D. Grandinetti 479
Paul Grattan	402 A. Campiere 457
319	Tony Manzi 385
Carl Washington	402 Jon Kutterna 374
Terry Wallick	292 242
Scott McHenry	286 Chris Chiaro 518
SHW	275
Robert Cooney	385 Anthony Byerly 473
Bob Verner	369 S. Laskowski 402
DEADLIFT	319
Female	Terry Wallick 352
105	
Chelsea Fuller	165

Outstanding Female Bencher was Angela Savelli, a 17 year old teen from Northeast, PA with her opening bench of 88 at 112 bodyweight. Outstanding Male Bencher was 33 year old Gary Edmondson of Pittsburgh with his 451 opener at a 247 bodyweight. Outstanding Female Deadlifter was 18 year old Adrienne Hickey of Northeast, PA with her 253 lb. lift at

a bodyweight of 112. Outstanding Male Deadlifter was 22 year old Matt Catalino of Erie with his 3rd pull of 557 at 180 bodyweight. Virginia Polygraph Service tested the following lifters for the 54 month drug free period and they all passed: Gary Edmondson, Matt Catalino, Gleb Epelbaum, Adrienne Hickey, Rod Felix, Matt Aldridge, Bart Wood, and Jim Folmar. (thanks to Al Siegel for providing these meet results)

**No Suits, No Drugs, & No Crap  
1st annual Raw/Drug Free Meet**

**9 DEC 01 - Danville, IL**

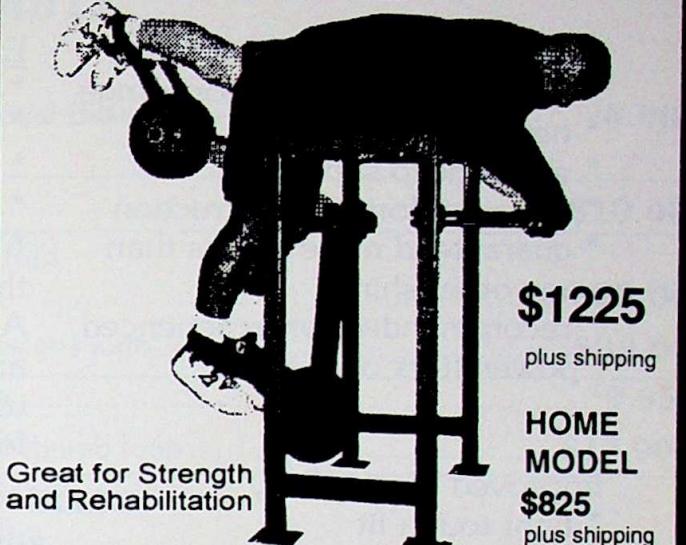
	132 lbs. Raw	SQ.	BP	DL	TOT
J. Jordan	400!	255!	430!	1085!	
165 lbs. Raw					
Thomas	425	325	525	1275	
Foxx	420!	280	400!	1100	
181 lbs. Raw					
Hickombottom	600	285	600	1485	
Starks	430	385!	500	1315	
M. Williams	350	335	405	1090	
198 lbs. Raw					
Rawls	600!	35()	550	1500	
Garner	550	305	575	1430	
Garcia	525	275	600!	1400	
Everett	500	225	600	1325	
220 lbs. Raw					
Hunt	600!	425	550	1575!	
Murdoke	440	350	525	1315	
Berry	405	365	500	1270	
242 lbs. Raw					
Peterson	600	400	625	1625	
Jones	485	370	550	1405	
275 lbs. Raw					
Carroll	650	430	650	1730	
L. Pace	640!	350!	625!	1615!	
A. Williarns	550	425	625	1600	
Master 181 lbs.					
Hickombottom	600	285	600	1485	
Master 275 lbs.					
L. Pace	640!	350	25	1615	

First, I would like to Praise God for keeping all the lifters safe from any injury while competing in the 1st Raw Powerlifting meet! 1 - Personal Best Raw. There were 18 lifters altogether competing. There were some new faces like Murdoke (220 Class) who in his first meet won second with a showing: Foxx (165 Class) who I have been training with, has improved in strength under our coach Bob Bethel, training regiment. Bob, who is also a powerlifter, didn't participate in the raw meet. Also, the meet featured some old familiar faces. He's back! Hickombottom, A.K.A. "Mr. Danville" A.K.A. "Mr. Dead Lift" showing the team that he since he has turned 40 years of age he isn't through. He finished the day with a nice Master Raw Total (1485). Hunt "C-Rock" did very good using no suit or bench shirt to win 220 lbs. class. Garcia

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(198 lbs. class) a brother who has a smile on his face all the time and an all-around good-hearted individual. He too is a born again Christian, who loves Jesus Christ. I'm proud of him by totally 1400 in his first raw meet. Thomas (165 lbs) is one of the younger lifters on the team. He is the "new" 165 Champ, Rawls, A.K.A. "Tupac" was very impressive - Squat 600 deep to nail shut the 198 class, but it might be a very good battle next meet between Rawls, and Garner, another impressive 198 lbs. lifter. Garner, is also trained by Bob Bethel. I've trained with him also and I see the potential he has to become a competitor. T. Everett, another 198 lb. lifter who I should mention because after having rotator shoulder surgery several months ago he still pulled 600 lbs. like the old "T-Bone" we know so well. You did good brother! Peterson "Big Joe" (242 lbs. class) is one of the deepest squatters to ever put the bar across his back. He trains very hard in the gym it's a wonder that he can walk after training his legs. In the 275 lbs. class was Carroll "LA" who shined everyone at the meet how they do it on the West Coast visualize him squatting 800 lbs. and totaling over 2000 lbs. in the near future. A. Williams another 275 lbs. lifter is a force to be reckoned with. He is strictly business when he walks in the gym. One of the oldest lifters in the 1st Danville Raw Meet was L. Pace AKA "Big Low" AKA. "Da Icon" a Master Lifter, also a born again Christian, who just loves the sport of powerlifting. "Big Low" squatted a personal best raw at 640! Big Low has been powerlifting for 20 years off and on, winning quite a few trophies in both 242 lb. class and 275 lb. class & several master titles the last few years in both the 242 lbs. class and 275 lb. class. Finally, one of the strongest powerlifters, pound for pound, and this is why he is mentioned last - because he belongs with the big guys: J. Jordan "Pocket Hercules" is a 132 lbs. class lifter. Jordan did a personal best raw, (matching his total using equipment in a past meet). I can't wait to see what this "Little Big Man" will do in 2002 with a suit and a bench shirt. I don't think there's anyone in Danville or Illinois who can beat him. We have one of the best teams in the state. We have all made the Top 100 list. All the master lifters on the team have made the Top 20 Masters list in almost every class. Check the lists out - USA Powerlifters - and we don't take any drugs, ALL NATURAL! Our Coach Greg prides himself on our team. I would like to thank the staff here at Danville for putting this meet together for the guys. Thanks to all the spotters, loaders, and judges (Mr. Miller, J.R. Groppi). See you next year. God Bless everyone. (thanks to Lawyer Pace for providing these results to PL USA)



After the Coal Country Classic, some of the Northeast High School Team met with "Rudolph" and "Little Rudy" who were passing through Clearfield, PA and stopped for pizza! (says Al Siegel, who sent the photo)

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Street Address	City	State or Province	
Country	Zip Code	Telephone Number	
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Social Security Number			
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Parents Initial If Under 18 yrs.		I Certify that the above answers are correct <input checked="" type="checkbox"/>	

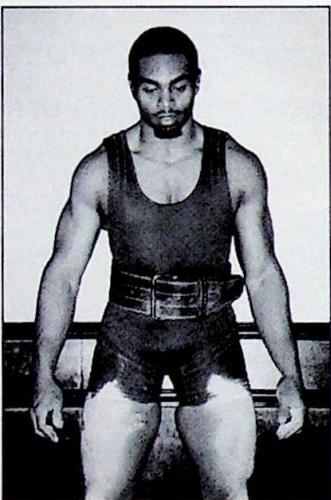
APA Tri-State Open			
12 JAN 02 - Kennewick, WA			
WOMEN		Submaster Deadlift	
Teen		242	
148		Buz McCanse	605
Jenifer Carter	120	Bob King	315
Junior		SHW	
165		S. J. Taylor	600
Kate Antolick	175	Submaster Push-Pull	
Submaster		220	
148		Anthony Russo	295 565 840
Kelley Mahoney	150 255	B. King	325 315 640
Open		SHW	
148		S. J. Taylor	350 600 950
Lisa Kromer	155	Master 40-49	
MEN		Bench Press	
Junior		Paul Ratsch	275
242		Darris Piggee	196
Dustin Gooden	315	John Morrison	
275		Jack Kasper	
Kris Jensen		Deadlift	
Submaster		275	
198		Paul Ratsch	405
Dave Stevens	300	Push-Pull	
242		220	
Bob King	325	Dean Compau	300 425 725
		Master 50-59	

Bench Press  
SHW  
Randy Patterson 590  
Push-Pull  
242  
Cliff Sandberg 350 660 1010  
Open  
181  
Duane Travis 680  
198  
Michael Miner 335  
Michael Ward 300 525 825  
242  
Jack Sandberg 400 600 1000  
4th 410 605  
Buz McCanse 605  
SHW  
Mike Kromer 500 560 1060  
Best Lifter Awards: Randy Patterson - Bench  
Press. Duane Travis - Deadlift. Jack Sandberg -  
Push/Pull Meet. 1st Place Team - Gold's Gym -  
Kennewick, Washington. Special thanks to  
those who kept score, announced, judged, and  
the spotters for making this a great day for all.  
I would especially like to thank Gold's Gym of  
Kennewick and Kelly Mahoney for all the work  
that was put into making this a successful  
event. Many state records were set at this event  
and a few world records as well. The lifts that  
really stand out in my mind are 54 year old  
Randy Patterson's near miss of 605 on the  
bench press. Randy smoked 590 and just missed

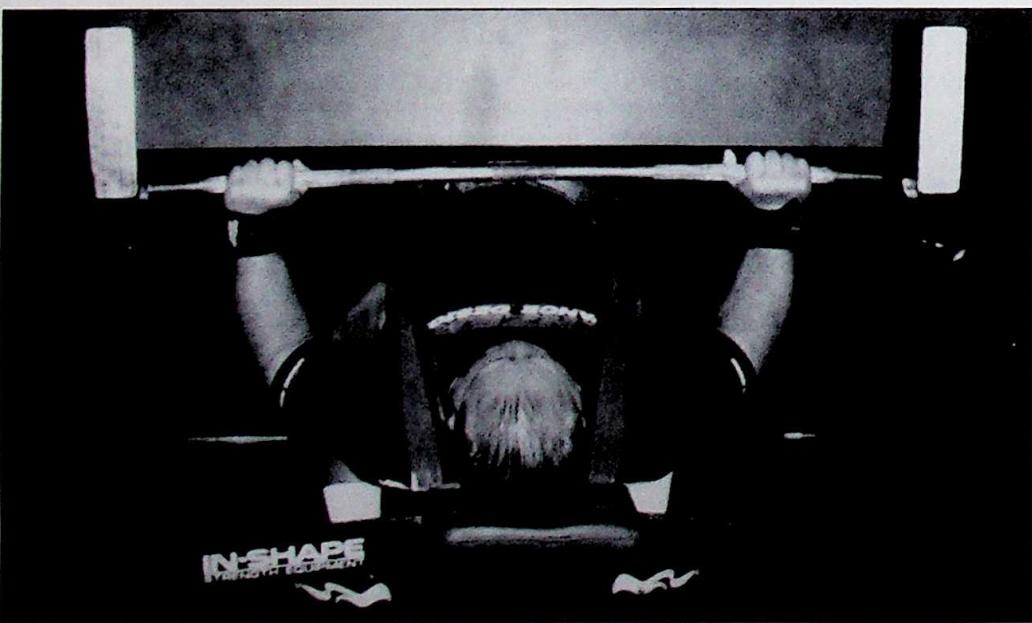
605 at 54 years of age! 53 year old Cliff  
Sandberg pulled 660, setting a new masters  
world record. Duane Travis pulled an easy 680  
with more to spare and only weighed in at 180.  
Keep an eye on him. Celebrities Casino was an  
excellent site for a meet and it was nice to have  
some good food at a contest venue. Stay tuned  
as the APA returns in May to run a full power  
meet at Celebrities Casino. (from Scott Taylor)

**APA Bench Press Nationals**  
**18 AUG 01 - St. Petersburg, FL**

114	Submaster
Women	S. Beckwith 475
B. Goodman	Master 40-49
Women Master	G. Boldissar 440
B. Goodman	R. Williams 335
123	Master 50-59
Men	G. Arnold 405
J. Sutherland	J. Bellis 325
132	Master 60-69
Women Drug Free	L. Barry 310
T. Seymour	242
148	Women's
Men Drug Free	K. Sabin 235
M. Davis	Men Open
I. Anderson	J. Keene 560
Men Open	4th 585
C. Newman	J. Mateo 405
Men Teen	Men Drug Free
I. Anderson	M. Hummel 540
Men Junior	C. Nadzeika 450
C. Newman	H. Garcia 365
165	Junior
Women Master	J. Mateo 405
D. Allen	Submaster
Men Junior	M. Hummel 540
F. Warpeha	Master 40-49
Men Submaster	D. Poucher 360
J. Rubio	Master 50-59
Men Drug Free	L. Ford 340
J. Rubio	D. Cone 340
Men Open	275
J. Rubio	Men Open
360	M. Couch 580
Master 60-69	B. Nussier 235
181	Submaster
D. Giller	M. Couch 580
Men Open	J. Luker 440
Master 40-49	Master 40-49
R. Fraizer	R. Rigo 455
Men Drug Free	R. Finizio 330
W. Serocki	Master 60-69
Master 60-69	D. Doyle 355
J. Pelt	315
198	308
Men Open	Men Open
B. Highnote	D. Rollins 570
Master 40-49	B. Tucker 510
B. Rosenfield	M. Rodriguez
275	Submaster
T. Ware	M. Rodriguez
Master 50-59	Master 40-49
R. Barnes	B. Tucker 510
B. Grey	SHW
Master 60-69	Guest
J. McDermott	B. Moore 670
4th	Master 40-49
B. Rosenfield	M. Cain 565
220	J. Tancil 550
Men's Drug Free	A. Ramsey 545
G. Boldissar	Drug Free
M. Mitchell	J. Tancil 550
410	A. Ramsey 545



Duane Travis prepares to pull  
680 @ 180 bodwt. at the APA Tri-State Meet. (Scott Taylor photos)



54 Year Old Randy Patterson smoked 590 and narrowly missed 605 in Kennewick, WA on January 12th.

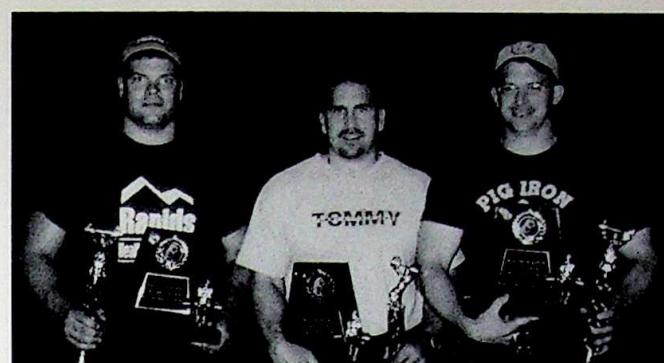
Hosted by 54th Avenue Gym, St. Petersburg, Florida. Female Best Lifter: Barbara Goodman. Drug Free Best Lifter: Mike Hummel. Open Best Lifter: Mike Couch. Submaster Best Lifter: Mike Couch. Master Best Lifter: Dick Giller. Special thanks to 54th Avenue Gym for hosting an outstanding Bench Press Nationals, providing free bottled water and other items to the lifters and a great staff of meet helpers. I'd especially like to thank the spotters who did a fantastic job. They were outstanding and prevented several injuries that could have occurred had they not been so attentive. Special thanks are also in order for Tom Trevorah (Florida USAPL Chairman), his lovely wife Ellen, and Any Keene for performing an excellent job as referees. Judging was extremely consistent and excellent. The biggest lift of the day was Big Beau Moore's 670. He just missed two attempts with 700 and it looks like the 700 Club will be his soon. Lifters came from all over the country including Alaska, Rhode Island, Pennsylvania, California, etc. to attend this event held in beautiful St. Petersburg, Florida. The results speak for themselves. The quality was excellent. Several records were set at this event. (thanks to the APA for providing results)

**Wisconsin Rapids Bench Challenge**  
19 MAY 01 - Wisconsin Rapids, WI

Teen	198
132	Scott Brehm 350
Joe Kramer	185 Michael Pope 340
148	Andy Jensen 340
Dan Pope	300 220
Sean Obrien	205 Marty Becker 450
165	Travis Hilliard 315
William Gorder	260 242
Open	Shawn Becker 430
165	John Easterly 375
Kevin Harmon	280 308
Mike Goldsmith	240 Glen Woychick 530
181	Ray Flint 460
Ryan Monnier	340 Masters
G. Schroeder	335 181
B. Hannemann	315 R. Goldsmith 250
198	220
Eric Leverence	300 Michael Gillette 405
220	242
Matt Nielsen	435 Steve Fronek 404
Kevin Hendler	300 Senior
Tom Schimel	300 198 Brian Briggs 305
242	
Alex Kostuck	415 220
275	James Olson 275
J.C. Franco	465 Female Open
Submasters	132
148	H. McMahann 135
Allen Mayszka	390 Female Submasters
Al Moyer	280 97 Laura Potter 135
181	Penny Hansen 120
Paul Smith	280 181
Best Lifters: Female - Laura Potter, Male - Allen Myszka, Marty Becker, Glen Woychick. Police & Fire Best Lifters: Shawn Becker, Scott Brehm, Travis Hilliard. (results courtesy Shawn Becker)	

**4th Annual "Battle on the Beach"**  
28 JUL 01 - Mt. Clemens, MI

MEN OPEN DL	50-54
181	Ted Feight 180
A. Angelbrandt	560 165
Jeff Mumaw	525 45-49
198	J. Harris 285
Dave Lomp	620 181
220	40-44
Pete Kiousis	605 John Marks 360
Web Bailey	545 198
Teen	40-44
275	Fred Stokes 320
Jacob Concliffe	420 Darrell Horn 305
MEN OPEN BP	55-59
148	James Kolodziej 225
Jayson Smith	335 220
Reulan Miguel	315 40-44
165	Mark Mellinger 375
William Lee	420 55-59
Scott Hazelton	345 Les Hasler 405
Terry Benton	315 60-64
Steve Palms	275 Jose Durazo 295
181	242
Mark Ostrowski	380 45-49
John Marks	360 Ray Rogers 315
198	50-54
Marvin Coleman	380 G. Washington 335
Kevin Adelson	380 275
220	40-44
Brian Nassar	425 Brant Johnson 365
242	50-54
Robert Lipinski	475 Ted Stiverson 510
Rick Hurst	430 60-64
Jeff Campion	385 Ralph Soffedrine 325
275	319
Steve Murphy	40-44
SHW	Bruce Edwards 530
James Chantler	420 SHW
Master Men DL	50-54
181	Bill Bushey 430
Greg McMillan	525 WOMEN OPEN DL
198	132 Jodie Griffin 230
40-44	230 WOMEN OPEN BP
Tyrone Ward	550 132
45-49	132
J. Marentette	575 Jenn Thompson 270
Mark Newman	550 4th 280
242	181
Ron Strong	565 Mary Stack 220
Men Master BP	WOMEN MASTERS BP
132	132
40-44	40-44.
M. Freecorn	205 L. Anderson 160
148	160
40-44	55-59
J. Scribner	Pam Fredrick 130
MEN IRONMAN	BP DL TOT
315	315 325 640
148	
Reulan Miguel Jr.	
165	



**TOP THREE** Police & Fire competitors from the Wisconsin Rapids Bench Press Challenge were (left to right) Shawn Becker, Scott Brehm, and Travis Hilliard. (thanks to Shawn Becker for providing the photo)

Boynton was right on with 315. Thanks to all who helped out, including Paul Adams, the Gene-ius, Jon Smoker, Rich Salvagni, Neon Leon, Dru and Suzi at the Y, and, of course, Babydoll. (thanks to Brendan Yoder for results)

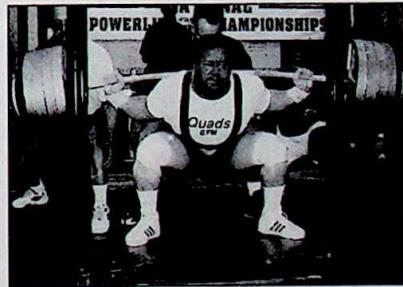
**Training Center's Bench Press**  
20 OCT 01 - New Castle, DE

Women (formula)	M. Dutt	385
T. Mays	185 242	
M. Loper	135 J. Murray*	435
Men	C. Johnson	425
181	308	
B. Ross	360 A. Edwards	500
198	SHW	
F. Bordley	D. Ferguson	550
J. Kerr*	P. Toms*	505
220	Master over 50	
G. Schultz	K. Hansen*	400
Best Women Lifter: Theresa Mays. Best Men Lifter: Gerard Schultz. *Training Center Member. (Thanks to the Training Center for results)		

**Christmas Bench Press/Curl Classic**  
15 DEC 01 - Stanardsville, VA

123	Danny Dean	365
Travis Lilly	105 35-39	
165	Gary Pultz	385
50-59	275	
Paul Nadeau	220 35-39	
181	Reuban Weaver	400
Charlie Hatcher	325 Randy Goodrick	365
198	Supers	
George Ferrel	435 40-49	
35-39	Tim Patterson	350
Bill Mears	350 Strict Curls	
220	165	
23-23	Paul Nadeau	115
Richard Stokes	330 198	
40-49	Bill Mears	160
David Young	370 242	
Gilbert Keller	355 Mike Diggs	180
50-59	275	
Sam Morris	505 John Sheets	170
James Sams	260 Supers	
242	Tim Patterson	150
Jaurosch	cranked up 475 at 308 and Larry	
(Thanks to John Shifflett for providing results)		

## The Videotapes



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48th APF Iron Man Championships  
8 DEC 01 - Fresno, CA (kg)

BENCH PRESS	Open	Ryan Girard	187.5
WOMEN	Open	Ryan Girard	187.5
198	242		
M. Pennington	82.5	65-69	
MEN		Ernie Anderson	182.5
165		Junior	
Teen/Open		Joe Grissom	145
A. Contreras	62.5	275	
45-49		Mike Lutz	227.5
Cary Rodgers	127.5	Richard LaRocca	182.5
198		45-49	
40-44		Thomas Aguilar	177.5
Keith Kanemoto	212.5	308	
20-23		Dave Coleman	195
Tyson Orwell	147.5	45-49	
Open/Masters		Leo Contreras	182.5
Jody Woods	190	SHW	
220		Open/40-44	
40-44		Art Ramsey	265
Zach Rhodes	230		
WOMEN	SQ	BP	DL TOT
165			
Michelle Ivers	145	115	172.5* 432.5
198			
Lisa Baldridge	127.5	65	137.5 330
SHW			
Delia Childgren	57.5*	42.5*	102.5* 202.5*
MEN			
148			
Scott Lehman	277.5*	170	240 687.5*
Steve Somerlan	150	80	160 390
165			
Travis Sullivan	182.5	142.5	207.5 532.5
45-49			
G. Wiltshire	250*	155	237.5 642.5*
181			
40-44			
Javier Avila	192.5	97.5	252.5 542.5
55-59			
Gordon Santee	210*	137.5	247.5* 595*
Mitch Sperling	192.5	147.5	187.5 527.5
198			
James Kegrice	317.5*	162.5	300 780
Ed Koo	260	182.5	300 742.5
Jody Woods	210	195	275 680
Darin Miller	230	185	227.5 642.5
Mike Kidd	197.5	137.5	232.5 567.5
Mike Bellusion	222.5	117.5	210 550
Junior			
Tyson Orwell	227.5	1437.5	227.5 601.5
40-44			
Keith Kanemoto	302.5	212.5	255 770
Jody Woods	210	195	275 580
Mike Kidd	197.5	137.5	232.5 567.5
220			
George Pessell	290	202.5	300 792.5

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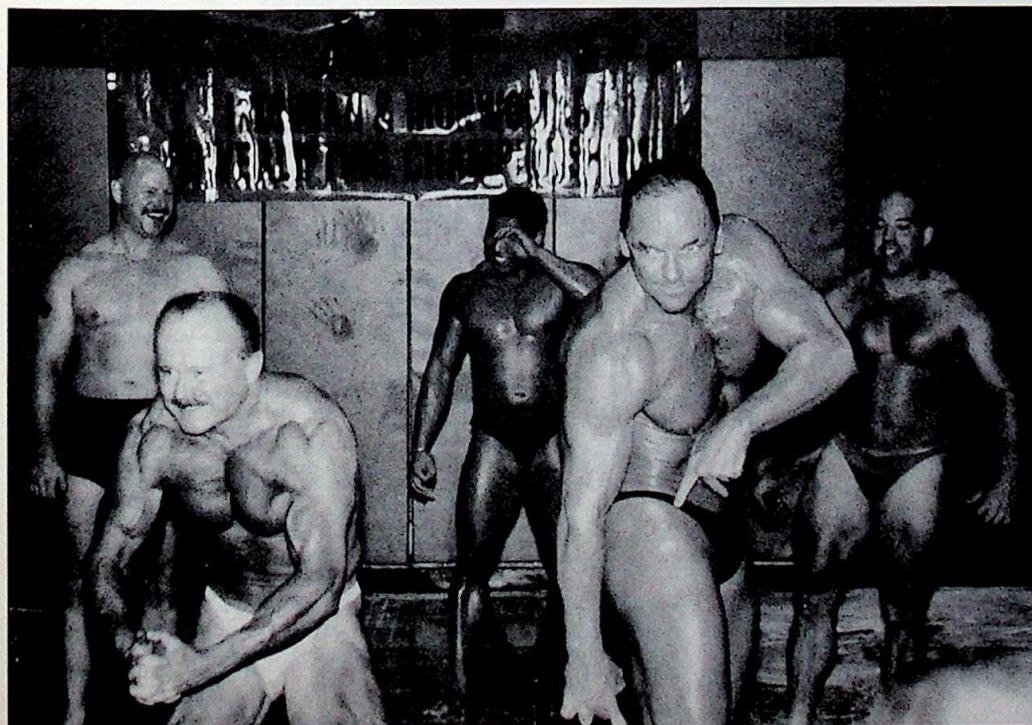


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Iron Man Competitors ... front row, left, is Mr. Iron Man over 40 - Gordon Santee, and at right is Mr. Iron Man - Jody Woods. Back row - (left to right) Val Brenner, Ed Koo, and James Kegrice. (Tim Daley photos)



Michelle Ivers won the 2001 Ms. Iron Woman competition, which combined her powerlifting performance of 319 squat, 253 bench, 380 deadlift and 953 total in the 165 lb. class with her points from the bodybuilding competition.

18-19  
Max Higgins 280 167.5 252.5 700  
Charles Price 308

Bryan Meek 295 210 312.5 817.5  
55-59  
Bryan Meek 295 210 312.5 817.5  
SHW

40-44  
Nick Benjamin 292.5 232.5 260 785

\*APF State Record. Meet Directors: Bob & Kim Packer. Announcer - Bob Packer. Scorekeepers - Tim Daley, Kim Packer. Referees - Gordon Santee, John Mazmanian, Al Garcia, Nancy Ford, Ken Wheeler, Cindy Bullara, Pete Wilson. Best Lifters: Open - Scott Lehman, Women - Michelle Ivers, Masters - Brian Meek, Teen/Juniors - Phillip Davi, Best Bench Press - Zach Rhodes. Team Trophy: Gold's Gym Fresno. 2001 Mr. Iron Man: Jody Woods, James Kegrice, Ed Koo, Val Brenner. 2001 Over 40 Mr. Iron Man: Gordon Santee, Jody Woods. 2001 Ms. Iron Woman - Michelle Ivers. (Thanks to Wheeler's Fitness for providing these results).









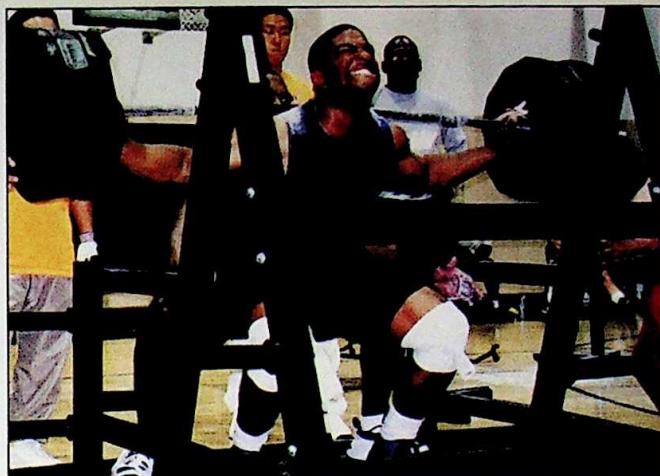


### 8th Army Championships

DEC 01 - Korea

WOMEN	SQ	BP	DL	TOT
148				
Dolishia King	230	160	225	615
A. Melvin	190	125	245	560
Over 148				
Debra Ham	215	135	250	600
Lorna Johnson	90	125	260	475
Maria Barrera				
MEN				
148				
John Jackson	320	270	325	915
Darnell Clark	275	220	315	810
165				
Anthony Boles	325	260	405	990
Harry DeBose	275	270	410	955
Justin Keogh	300	250	405	955
E. Lundquist	315	230	365	910
181				
Christian Moore	550	330	630	1510
Jeffrey Kilgo	320	315	375	1010
Michael Camp	295	245	415	1005
Jerry Jones	220	240	370	830
Jason Murray	245	245	315	805
James Gillem	240	200	325	765
198				
Claude Mowrer	505	295	600	1400
Jason Dowdy	450	315	565	1330
Chad Blacketes	450	330	490	1270
C. McGuffey	375	375	485	1235
M. Huitema	450	250	520	1220
220				
R. Oldacre	600	360	585	1545
Kelly Pipkin	375	350	475	1200
Greg Mendoza	455	310	425	1190
Byron Rogers	405	345	415	1185
Mark McLeod	400	255	500	1155
L. Wedemeyer	305	365	340	1010
SHW				
George Sutton	475	410	520	1405
L. Johnson	475	450	475	1400

These are the results of the 8th Army Powerlifting Championships sponsored by the Morale Welfare and Recreation and the U.S. Army. This event was the Big One here on the Korean Peninsula. There are 2 prior to this one and this one is the Big Kahuna at the end of the year. We had 30 lifters participate and with a shaky start in the squats (the spotters couldn't get the



Rasheed Oldacre squats at the 8th Army Championships (Wedemeyer)

weight right on the bar for each lifter) and 4 hours later we were into the benching. We had a lot of good lifts, with one 600 lb. squat and a few deadlifts into the 500 and 600 lb. marks. Next year's qualifying events should prove to be better with all the Camps on the peninsula pushing for braggins' rights to see who has the baddest lifters on their respective bases. Til then, there will be a lot of iron pumping until the next championship comes around. (Thanks to Sgt. Lawrence Wedemeyer for the results)

USAPL Fall Classic (kg)					
10 NOV 01 - Anchorage, AK					
Open	SQ	BP	DL	TOT	
165	V. Cardwell	222.5	150	230	602.5
	D. Emeott	177.5	120	197.5	495
181					

(thanks to USAPL for providing meet results.)

### USPF Winter Classic SQ & DL

17 NOV 01 - Lake Forest, CA

	SQ	DL	TOT
Teen			
B. Gore	190	250	440
148			
Master			
S. Somerman	335	365	700
165			
J. Kercher	450	475	925
181			
M/Fire			
D. Torrence	425	470	895
D. Contreras	350	405	755
198			
J. Akune	550	515	1065
M. Belluscio	460	440	900
220			
D. Beatty	425	505	930
242			
G. Hogan		700	700
275			
A. Labare	760		760
Master			
M. Sanchez	575	490	1065
T. Difiliippi		510	510

(results by Wendy Jameson/Tony Hardridge)

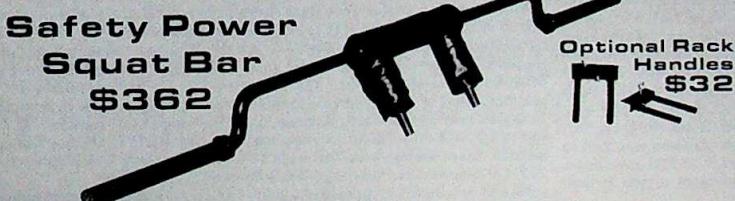
### USAPL Sioux City BP Classic

29 SEP 01 - Sioux City, IA

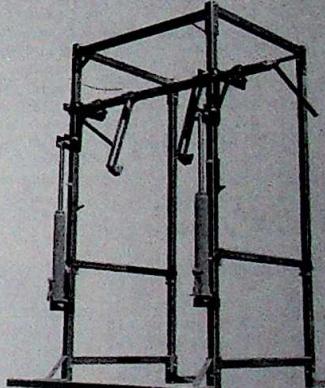
TW		181
148		H. Payne 55
C. Payne 14	132	182
PF		M3
181		165
B. Scherer 40	314	J. Ochs 64
220		220
T. Anderson 28	512	123
M1		S. Leapman 33
148		165
A. Gallegos 41	248	B. Rilling 26
M2		331
		M. Jorgensen 33 309
		242
		B. Getchell 35 451

(thanks to USAPL for providing these results)

# Crepinsek Strength Equipment



## Weapons of Champions



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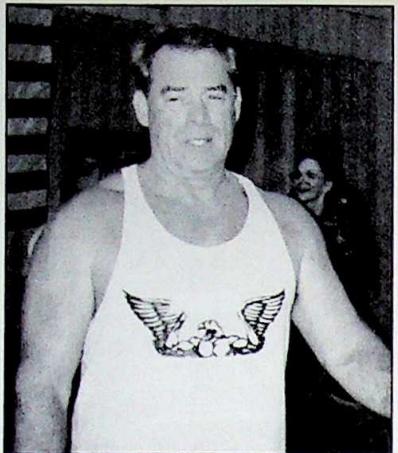
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**WABDL Southeastern Regional  
16 FEB 02 - Pensacola, FL**

BENCH	198	181	Buddy McKee	584
Open Men	Susan Adkison	192	D. McCormick	512
198	Master	Nick Gray	485	
Brant Bishop	413	Chris Holden	479	
4th	429	R. Anderson	363	
220	40-47	198	Casey Dunaway	485
Jay Rinehart	479	Jeff Ray	633	
Chip Holston	457	Rodney Watkins	589	
308	Open	Brant Bishop	534	
Steve Khader	435	220	Andy Mellow	
Submaster	148	Chip Holston	562	
Law/Fire	Marie Pritzl	Gerald Bowie	451	
198	198	242	Bobby Snyder	
G. Chambliss	391	W. Blackmon	424	
Master	Susan Adkison	275	H. Strickland	
Law/Fire	4th	Casey Smith	633	
48+	Submaster	Dan Belanger	518	
198	123	198	one of the top two deadlifters attend from Alabama, Louisiana, Mississippi, and Florida. In Open Men Law/Fire Deadlift, Casey Smith set a Mississippi State Record 633 3/4 at 275.	
Larry Tilly	281	Jeff Ray	633	
4th	DEADLIFT	Rodney Watkins	314	
Class 1	297	198	Marie Pritzl	
181	Women	220	314	
D. McCormick	314	Open	198	
4th	Master	Gerald Bowie	341	
Chris Holden	314	Submaster	319	
Nick Gray	292	W. Blackmon	275	
R. Anderson	198	Tara Rivers	154	
Jeff Ray	352	Buddy McKee	479	
Rodney Watkins	314	Master	40-46	
220	Annette Wright	4th	165	
Gerald Bowie	341	Men	413	
T.R. Syverson	310	Law/Fire	275	
242	Casey Smith	220	220	
275	Master	198	198	
Michael Elliott	275	Open	198	
Buddy McKee	451	4th	308	
275	Larry Tilly	275	275	
308	Open	Pat McCahon	722	
Steve Khader	435	Jeff Ray	633	
47-53	220	Chip Holston	600	
165	220	Coan	600	
Ron Jones	225	4th	600	
198	242	Submaster	600	
Larry Tilly	281	181	600	
4th	Dan Davidson	181	600	
220	Bobby Driskill	181	600	
Tom Gonnering	413	Steve Khader	600	
68-74	Submaster	4th	600	
181	181	Masters	600	
Emory Williams	209	R. Anderson	363	
Calvin Everett	198	4th	600	
4th	Jeff Ray	4th	600	
Junior	Rodney Watkins	4th	600	
148	589	4th	600	
Daniel Weekley	281	4th	600	
4th	40-46	4th	600	
181	181	4th	600	
Chris Holden	314	D. McCormick	512	
Casey Dunaway	314	4th	600	
4th	198	Dan Belanger	501	
198	347	4th	551	
W. Hamilton	292	220	551	
220	T.R. Syverson	518	551	
Jay Rinehart	479	Gerald Bowie	451	
272	242	Dan Davidson	699	
H. Strickland	485	Bobby Driskill	661	
4th	501	Michael Elliott	413	
Teen	275	Buddy McKee	584	
13-15	110	308	584	
132	181	Steve Khader	600	
J. Gonnering	176	4th	622	
181	54-60	4th	622	
Alex Cohn	176	220	622	
16-19	220	4th	622	
181	John Yule	Onnie Jordan	562	
4th	259	4th	622	
220	264	4th	622	
Adam Hix	352	4th	622	
Submaster	Emory Williams	4th	622	
181	314	4th	622	
R. Anderson	198	13-15	622	
198	181	181	622	
Jeff Ray	352	Alex Cohn	374	
Rodney Watkins	314	16-19	374	
Women	181	181	374	
Master	John Yule	John Yule	429	
40-46	Class I	Class I	429	



Onnie Jordan tried a 611 but missed

Breeze, Florida pulled 562. At 220, Pat McCahon pulled 722 for a Florida State Record to beat Holston for the title. At 242, Dan Davidson opened with 699 3/4 and went right to 749 1/2 and missed. He passed on his 3rd. In 2nd was Bobby Driskill whose nickname is "House" - he pulled 661. At 308, Steve Khader pulled 600. In Submaster dead Richard Anderson set an Alabama State Record at 181 with 363 3/4. At 198, Jeff Ray pulled 633 and Rodney Watkins pulled 600. In Masters Division Deadlift at 40-46, 181, Dewayne McCormick set a Florida State Record with 512. In 2nd was Olimio Dos Santos of Brazil, who did 700 at 198 at age 56. His elderly status and Caprari's youthfulness is what I think puts them ahead of Herring and Keyhea. George Brink, who has done 804 at age 51 as a Super, is right up there and Noah Chambreau, who basically pulled 800 in his first contest (it's a long story) and did 804 in his 2nd, and would have had 827 weighing 239 if his hand wasn't all tore up, is up there too. Ed Coan I don't even count because he is untouchable as a more or less pro. His 901 at 220 can't be topped by anyone, but he is more or less retired and again is not even mortal. Caprari also passed his 3rd drug test. However, in order for Caprari to compete with Coan, Keyhea, Herring or Vince Anello when it's all said and done with, he will have to deadlift 800 at a minimum of 198. Coan has done 859 at 198. Anello did 816 at 198 and Herring and Keyhea have done 770 or so at 198. Coan did 793 at 181. But, again, Coan has "god" status. However, age is a killer and let's see if any of the aforementioned are even lifting at age 56 let alone pulling 700. Dos Santos just pulled 683 at age 57 and has done 683 at age 55 at 181. Caprari, by the way, pulled 727 at the Arnold Classic weighing 187. Moving on, Jeff Ray of Alabama was 2nd to Caprari at 198 with 633.7. At 220 open deadlift, Chip Holston, who owns a gym in Gulf

st a Florida State Record with 286 1/2. At 275, Howard Strickland set a Florida State Record with a big 601 1/2. In Master Men 40-46, 165, Sid Scardina set a very impressive World Record with 413 and was very close with 424. At 181, Dewayne McCormick set a Florida State Record with 330 1/2. At 242, Michael Elliot set a Florida State Record with 275. At 275 weight class, Buddy McKee set an Alabama State Record with 451 3/4. In Master Men 47-53 age group Ron Jones set an Alabama State Record with 235 3/4 at 165. At 198, Larry Tilly set a Florida State Record with 297 1/2. At 220, Tom Gonnering set an Alabama State Record with 413. In Class I Bench, Dewayne McCormick set a Florida State Record with 330 1/2 at 181. Gerald Bowie won the 220s with 341 1/2 and Buddy McKee pushed 451 3/4 at 275. In Law/Fire Master 48+ Larry Tilly pushed 297 1/2 for a Florida State Record at 198. In Law/Fire Submaster Grant Chambliss set an Alabama State Record at 198 with 391. In Open 198, Brant Bishop, the thinking man's lifter, set an Alabama State Record with 429 3/4. At 220, Chip Holston put up 457, but Jay Rinehart beat him with 479 1/2. At 308, Steve Khader got a 435, but missed a state record with 452. I want to thank Dan Belanger for putting the meet on. It's the best vacation spot I've seen. It's more relaxing than Hawaii because Pensacola Beach is a sleepy hamlet. I want to thank the judges Bobby Hughes, Larry Tilly, Joe DiStefano, Rick Hagedorn, Eddie McConnell, and the scorekeepers Mariam and Marilyn Hughes. Rick Hagedorn hauled a kilo set down from Gadsden, Alabama along with Brant Bishop and Eddie McConnell. There were a few glitches and I will personally be there next year to ensure that things run a little smoother. Running a meet is always difficult. But, I assure you that in WABDL they will get better every year. (thanks to Gus Rethwisch for results)



Jane Honeycutt set 2 Louisiana records



Tony Caprari pulled 699. (Gus)

**Georgia Games**  
14-15 JUL 01 - Marietta, GA

Men's Bench Press	Men's Master 181 lb	Eric Stoker	570	250	630	1450	
Men's (13-15) 114 lb.	Garry Glenn	300					
Trent Corey	100	Men's Open 198 lb	Ashley Hudson	335	180	325	840
men's (13-15) 123 lb	Ronnie Baker	365					
Billy Parrish	180	Men's Open 275 lb	Anne Fuller	200	145	240	585
Men's OOpen 148 lb	M. Inabinette	530					
George Bradley	225	Women's Bench Press	Krista Williams	315	145	235	695
Men's (16-17) 181 lb	Women's Open 114 lb	Krista Williams	3 5	145	235	695	
Adam Murphy	265						
Men's Open 181 lb	Marie Merck	105					
Tracy Satterfield	500	Deadlift					
Chad Richard	350	242 lb. class					
	George Herring	700					
	148 lb. class						
	M. Wideman	490					
Men's Division SQ	BP	DL	TOT				
Men's (13-15) 123 lb							
Billy Parrish	235	180	240	655			
Men's (16-17) 181 lb							
Adam Murphy	225	265	400	890			
Men's (18-19) 181 lb							
Alex Francis	440	255	450	1145			
Men's Open 181 lb							
Mike Rainey	375	300	455	1130			
Chad Richard	400	350	340	1090			
Men's Master 181 lb							
Garry Glenn	280	300	400	980			
Men's Jr. 198 lb							
John Ridley	135	325	565	1025			
Steve Lyons	200	200	300	700			
Men's Open 198 lb							
Ronnie Baker	555	365	475	1395			
Doug Gurther	485	365	505	1355			
T. Youngblood	285	250	415	950			
Men's Master 98 lb							
Ronnie Baker	555	365	475	1395			
Men (13-15) 220 lb							
Nick Diluzio	365	225	400	990			
Men's Open 220 lb							
Matt Zweng	775	530	650	1955			
Dan Fields	570	380	520	1470			
Men's SubMaster 220 lb							
Jeff Weaver	660	350	590	1600			
Dan Fields	570	380	520	1470			
Men's Open 275 lb							
M. Inabinette	565	530	570	1665			
Scott Jones	475	400	450	1325			
David Rumph	260	185	350	795			

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ginia Beach, Virginia, for their professionalism. Their strength Quest Video Journal and work at the meet is truly second to none. Thanks also to chiropractors Dr. Woods and Dr. Rau for their adjustments to all the lifters. (thanks to David Hall for providing the results)

### Walker's Gym Bench Press Classic

13 OCT 01 - Hopewell, VA

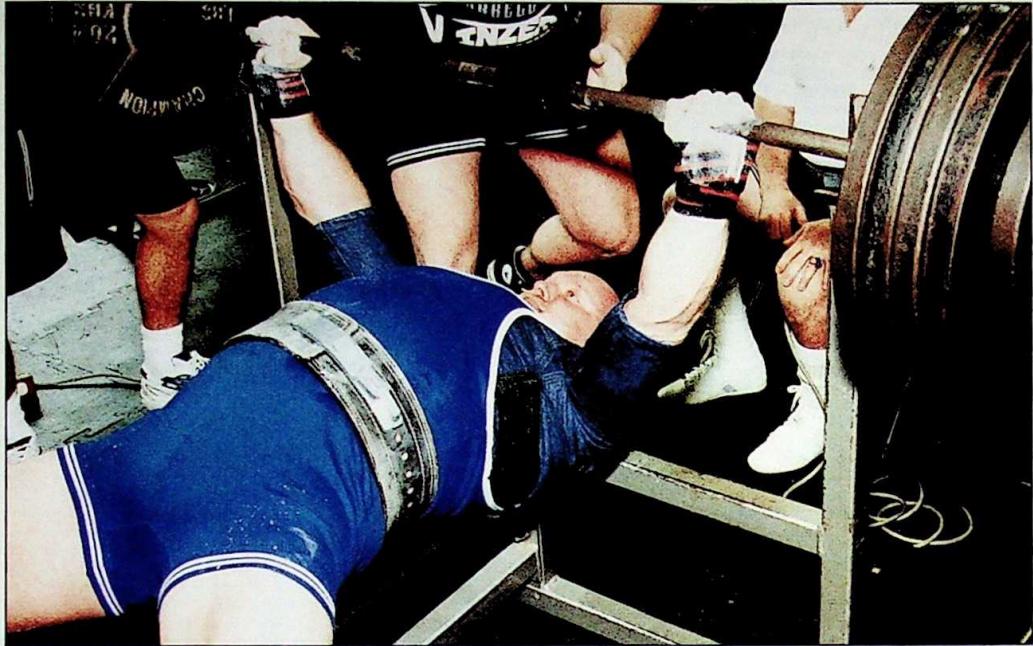
RAW DIVISION:	OPEN DIVISION:
Women	Women
1-130	131+
R. McKinney	115 Karen Phillips 225
Tonja Carter	105 OPEN DIVISION
Men	MEN:
165	181
Mark Davis	310 James Savage 420
198	220
Joe Kuhrs	420 Shawn Bateman 425
Tommy Love	340 K. Donovan 405
Matt Fitch	315 242
Kenny Parker	305 JeffTurnerr 480
220	Pete Carter 350
Doug Wagner	420 275
RAW - MASTER:	Bobby Green 405
165 (50-59)	SHW
Bobby Woodfin	210 Kirby Grant 500
220 (50-59)	Brent Lever 470
Danny Taylor	290 Mike Ange 425
220 (70+)	R. Gormus
Morris Skelton	295 SHW
OPEN MASTER:	Art Hernandez 565
220 (40-49)	MILITARY
Sam Morris	470 SHW
Jeff Jones	390 Kirby Grant 500
Derek Williams	340 OPEN MASTER:
Tony Walker	300 220 (60-69)
	Curtis Walker 310
	242 (50-59)
	Dale Taylor 370
	275 (40-49)
	Phil Patton 380

I would like to thank the Walker's Gym staff members who helped to set up, load, judge, expedite, and clean up after the meet. I appreciate your dedication and support. (thanks to Barry Walker for provided the contest results)

**Mountain Festival Powerlifting**  
**19 MAY 01 - Bluefield, WV**

Open	SQ	BP	DL	TOT
220				
Paul Sutphin	725	335	550	1610
242				
Chris Young	505	655		
Chad Miller	365	550		
275				
Charles Hornsby	350			
SHW				
John Phillips	515	665		
Guest Lifter Mike Hill - 500 Bench Press @ bodyweight of 220. Hall of Fame Inductee: Chris Young (May, 2000) Achievement of Elite Total @ 220, 242, 275.				
Masters				
45-49				
198				
Richard Fortsen	305			
220				
Paul Sutphin	725	335	550	1610
50-54				
198				
Bud Samples	325			
60-64				
181				
Ken Samples	250			
198				
Bill Bostic	270*			
Teenage Division				
14-15				
220				
Steve Keim	325*	280*	395*	1000*
16-17				
181				
David Day	265			
Robert Smith	245			
198				
Scott Wall	205			
220				
Derrick Joyce	450	355	415	1220
242				
Krag Kirk	370*			
Josh Smith	250			
275				
Justin Whitlock	315	235	315	865
18-19				
132				
Patrick Conley	205			
181				
Jamie Bolen	275			
198				
Tom Keim	310			
Jon Moore	265			

It was one of the many Powerlifting and Bench Press meets conducted over the years on 5/19/01 at the Greater Bluefield Community Center, but this one may have been the most significant. Teenage and Masters powerlifting and bench press records were secured for both West Virginia and Virginia due to a sanction issued in both states by the APF. The official induction of Chris Young to the W. Va Powerlifting Hall of Fame made this day a commemorative event. Chris Young has officially totaled



**CHRIS YOUNG** of Charleston, WV was inducted into the West Virginia Powerlifter's Hall of Fame on 5/19/01. Chris has totaled Elite in 3 weight classes since 1997, including 1900@ 220, 2015 @ 242, and 1950 @ 275! Chris is shown benching at the 5/19/01 contest. (photograph provided by courtesy of Paul Sutphin)

Elite Status @ 220, 242, and in the 275 lb. wt. classes. There are only a few powerlifters who have totaled elite status in three weight classes. Consequently, Chris has earned the respect of his peers in Powerlifting, who recognize valid measurements of achievement. Today, Chris benched a 505 and DLED 655, coming back from a biceps injury. The heaviest Squat was 725, there were three (3) bench presses over 500 and two (2) deadlifts over 650 (655 and 665). Paul Sutphin, age 46, had an "average" day after the SQ of 725 with a "shirtless" reverse grip 335 Bp and a very conservative 550 DL. Chad Miller of Charleston did not lift what he had hoped that he would, but did make progress in pushing a 365 BP and by pulling a 550 DL. John Phillips impressed the crowd with a 515 BP for a PR and an easy 665 deadlift. A prediction that he will be the first West Virginian to break a 2200 total, (Hey, WV Heavywts, respond to this prediction and make my day). Other West Virginia lifters who did well were Richard Fortsen, Ken Samples, Bud Samples and Mike Hill. We appreciate all of the teenage participants. Steve Keim of

Bluefield, Va. and lifting in the 220 lb. class of 14-15 age group set new powerlifting records. Steve's brother Tom Keim benched 310 @ 198 and Krag Kirk BPed 370 at a bodyweight of 235 for Va. State Record in the 16-17 age group. David Day of Princeton High School benched 265 @ 181 without the use of a bench shirt and for a first place win in the bench division of his age group. Master Bencher Bill Bostic (also a Virginia resident and age 62) benched 270 in the 198 lb. class for a Va. Masters Record. Personally, I want to give a special congratulations and thanks to the following people: Mike Hill and Chris Young for their individual talents as they chose to support this event and to the achievement of being inducted into the West Virginia Powerlifting Hall of Fame, John Phillips for his improved performance, and to all the young lifters who participated in this event. The Champions of West Virginia. Remember, "Powerlifting consists of all 3 lifts, the squat, the bench press, the deadlift, and the total determines the winner." Many thanks to the following members of the GBCC Staff: O.E. Ball, Jared Proi, Jonathan Murray, Angie

Leffell, and George Simons. Also, sponsor Ron Tote! Without them, the meet would not have been a success. (results courtesy Paul Sutphin)

**APA Baddest BP/DL in the Carolinas**  
**17 NOV 01 - Georgetown, SC**

BENCH PRESS	N. Adams	345
WOMEN	220	
Master	R. Lord BL	480
181	S. Harrison	360
K. Moffett	I. Williams	310
Open	D. Ward	
148	275	
A. Vaughn	195	R. Shirley
S. Bell	105	G. Haslam
C. Hayes	105	SHW
165	J. Tancil	525
B. Cox	110	DEADLIFT
SHW	100	WOMEN
L. Lowdry	148	A. Vaughn
TEENAGE	123	C. Hayes
M. Johnson	185	S. Bell
132	165	270
M. Jacob	200	B. Cox
165	181	280
C. McNeil	135	K. Moffett
198	SHW	240
T. Haslan	235	L. Lowdry
Junior	250	WOMEN MASTER
181	181	181
W. Moore	180	K. Moffett
Submaster	165	Teenage
181	181	165
S. Redfern	315	C. McNeil
198	Submaster	300
J. Goette	350	181
220	S. Redfern	415
C. Griggs	345	198
Master 40-49	198	J. Goette
198	MEN	465
R. Howell	360	Master 40-49
Master 50-59	198	198
181	R. Howell	400
D. Conway	250	Master 50-59
275	275	275
G. Haslam	365	J. Powell
J. Powell	340	Open
SHW	165	165
J. Blackmon	455	W. Nelson
Open	198	405
181	R. Howell	198
S. Redfern	315	220
C. Duval	275	S. Harrison
D. Conway	250	505
198	242	242
T. Oldham	360	A. Beasley DL
R. Howell	360	550

(thanks to the APA for providing these results)

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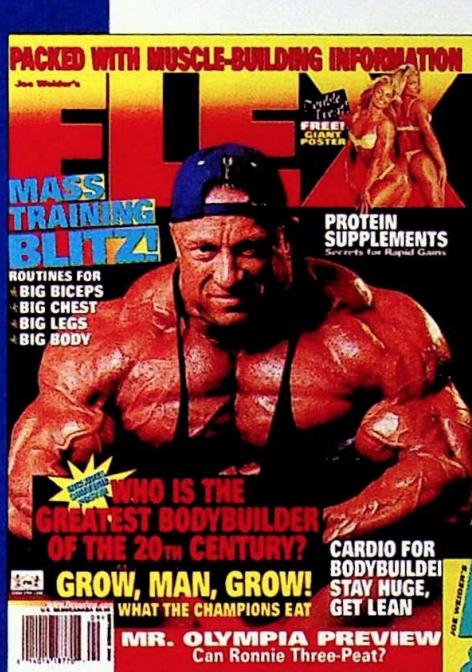
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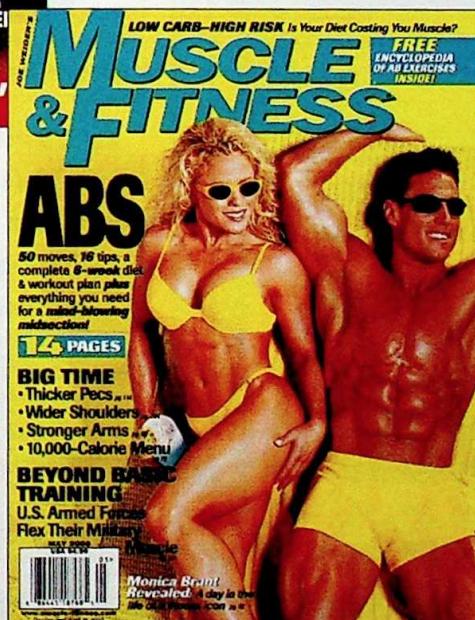


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Bench	C. Holmen-47	200
181	242	
K. Williams-30	315	430
N. Thomas-29	300	Wom SHW (15-16)
198	E. Owens	205
E. Freethy-33	315	D-Lift
T. Bell-43	250	123 (12-13)
220	D. Ferland	180
D. Owens-27	380	319 (14-15)
D. Young-43	370	T. Harris
B. Freethy-58	255	SHW WOM (15-16)
Overall	SQ	E. Owens
	BP	315
	DL	
	TL	
114	H. Bateman	125
B. Swyck	135	95    200
132	B. Zak	220
J. Goodman	255	415
J. Morris	155	890
148	L. Williams	200
D. Sylvester	175	90    250
T. Lyons	170	-
E. Braswell	170	115
R. Clay	170	275
L. Williams	170	560
165	R. Young	255
C. Haskett	170	260
181	C. Ballance	310
J. Elliott	275	215
Q. Hoffler	275	400
198	P. Bowers	300
m-Elizabeth City Meet Record	180	935
Wom Power-lifting	275	250
Wom 148 (25-29)	170	125
J. Zak	135	185
WOM 181 (12-13)	125	445
S. Williams	170	250
Wom 198 (12-13)	125	445
K. Bryant	135	90
MEN Power-lifting (10-11)	100	245
165	C. Haskett	170
12-13)	80	200
97	450	
H. Bateman	125	95
105	B. Swyck	135
132	70	200\$
J. Goodman	155	405
148	R. Clay	175
L. Williams	170	115
14-15)	275	275
148	T. Lyons	225
R. Young	175	190
181	C. Balance	330
Q. Hoffler	275	205
198	P. Bowers (16-17)	280
148	D. Sylvester (20-24)	310
E. Braswell (25-29)	200	195
J. Elliott (30-34)	275	400
132	B. Zak (40-44)	255
R. Young	255	220
Four weeks ago I was at a meet and it occurred to me that almost all of our lifters were local, and none of them had plans to compete at any of the national meets. What bothered me was that lifters were paying thirty five dollars for cards, and none of it was returning to the local lifters, meet directors, and youth programs that are the heart of powerlifting. Coach Paul Bossi reminded me about 100% RAW. It took about five minutes to make a switch. The advantage for our lifters are the cards are only ten dollars, with a portion going to the meet director, a portion going to the youth programs, and part going to charity. The other good news is we now have national events that are as close as Maryland, and a national chairman that is also a great friend Spero Tshontikidis. In an effort to keep everyone happy, we grandfathered in all the AAU RAW records, which means lifters won't lose their hard fought for records. With limited time before 2002, we decided to throw together a quick meet to get a state championship on the books, and with	275	790

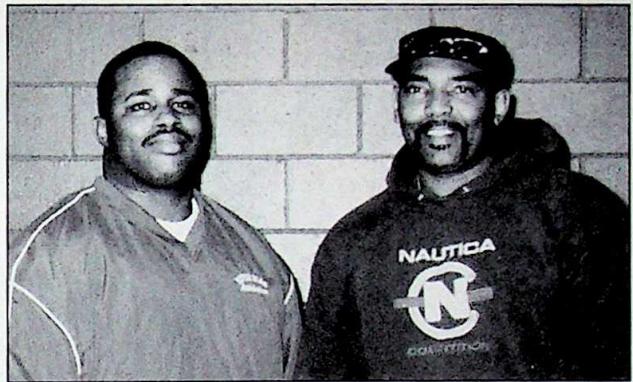
**2001 RAW NORTH CAROLINA BEST IN STATE**  
**combined AAU & 100% RAW**

PL RAW	Teen P/L	B/P Raw	TEEN B/P
114	500 A. Armstrong	500 A. Armstrong	145 L. Norman
123	625 K. Houlroyd	625 K. Houlroyd	145 R. Fey
132	890 B. Zak	675 T. Lyons	145 T. Lyons
148	950 D. Sylvester	950 D. Sylvester	220 Z. Bak
165	1005 G. Baker	1005 G. Baker	225 E. Ownley
181	1180 D. Kiefer	935 C. Ballance	290 L. Bund
198	1120 E. Freethy	1075 N. Deslogue	275 J. Blyden
220	1405 J. Brown	1360 A. Bailey*	320 D. Kiefer
242	1300 B. Strauss	1260 K. Wall*	255 N. Arthur
275	660 T. Levesque	660 T. Levesque	250 N. Deslogue
SHW	1365 M. Lovelace	1170 W. Riddick*	300 C. Elliott

\* Best in State Record

Master P/L	Master B/P	Wom P/L	Wom B/P
1) J. Brown	D. Young	H. Jenkins	J. Zak
2) D. Kiefer	D. Kiefer	P. Vanzyl	P. Vanzyl
3) B. Strauss	L. Bundner	J. Zak	H. Jenkins
4) J. Moore	M. Leibacher	J. Houston	J. Houston
5) M. Brady	W. Ferguson	E. Owens	S. Williams

State Champs: Powerlifting - Beach Boys Barbell Club; Bench Press - Fitness Depot; D-Lift - Fitness Depot; Teen P-lifting - River Roads Middle School; Teen B-Press - River Roads Middle School



**"BEST IN STATE" STREAKS** .... Carl Elliott (left) has the longest streak of appearances on the NC Best in State Team, with 4 in a row in the 275 lb. class. Along with his 500 RAW bench in 2001, he also benched 550 assisted, and he is the current coach of the four time state champion River Roads Middle School team. At right is David Young, who has made the team three straight years in the masters division. He was the number one ranked master in 1999 and 2001 and he currently holds the 40-44 bench record with 380. (Thanks to Ben Zak for photo & info)

only word of mouth advertising still drew over thirty lifters. I assure you that our next meet will be advertised, and once again will draw our traditional 60-100+ lifters. I want to thank Spero, and Emma Tshontikidis for making the grueling six hour drive to help judge, spot, announce, and basically do everything. Well, on to the meet. As always we offer a multitude of age groups to accommodate our lifters, but to keep it interesting I always like to mention the top overall lifter in each weight class (regardless of age) as well as any state records. In the 114 class we had a great duel as we had 105. Blake Swyck started the meet with a 315 squat record to take the lead. 97 pound Harrison Bateman answered with a state record 95 pound bench to tip the scale in his favor, but the deadlifts evened the totals at 405. Our overall 114 2001 champion is Harrison Bateman on virtue of bodyweight. Two time AAU state runner up Ben Zak dropped to 132, which seemed to work as he set four state, and three meet records on his way to the over title and winning the best lifter award. At 148 we had our first marquee matchup as defending a 132 state champ Timothy Lyons moved up to face 148 overall state champ Daryl Sylvester. Daryl hit only 4 of his nine attempts, but it was still enough for the overall state title, and the best lifter teen award. Tim Lyons posted a solid total, and will become very competitive when he grows into this weight class. Eric Braswell made a strong return after two years sweeping the (20-25) state records, and finishing in third. As a 181 Ricky Young had earned a number of second place finishes in the overall category. He dropped down to 165 and last month won his first overall deadlift state title, and at this meet his 790 total earned him his first overall

state powerlifting total. Way to go, Ricky. We had a great match up in the 181 class. Chris Ballance squatted a teen record 330 for a 55 pound lead. John Elliott set a 25-29 state record with a 250 bench to close it to ten. Both lifters pulled 400, and both lifters failed on their final attempts. Chris would win by ten. By the way Chris was the lifter with the biggest fan club, by far. The face to watch in the 181 class next year may be new lifter Quatrell Hoffler, who showed a tremendous amount of natural strength. Kendall Williams had the big bench of the class with a (30-34) 315 state record. Preston Bowers missed weight for the 181 class, which ended up being great, as it allowed him to have the best total at 198 ... he would have finished in third overall at 181. The big bench went to Eric Freethy with a 315. From 220 and up we had only benchers. For top honors at 220 we had a strong battle between Donald Owens and David young. David would hit 370 on his second, and miss 380 on his third. Donald would hit 380 on his final attempt for a (25-29) state record. At 242 Kinta Mallory returned bigger and stronger than ever. Kinta's 430 bench was the biggest of the day, a state record, and earned him the best lifter award. We had 4 women competing setting 13 state and 9 meet records. The much larger contingent of men set 21 state records and 3 meet records. Way to go, ladies. Jennifer Zak earned the best lifter award, but Solita Williams showed great improvement as she added 100+ pounds to her total. In the open teen competition Beach Boys Barbell Club captured their seventh state title in eight years. In the teen division four time state champions, and two time Jr. Olympic champs River Roads Middle School added their fifth state title. Five state

titles in four years, pretty amazing. Way to go coach Carl Elliott. (results courtesy of Ben Zak).

**AAU North Carolina State Raw**

8 DEC 01 - Monroe, NC

Men Open	SQ	BP	DL	TOT
165	Derrick Bryant	325	290	400
	Ben Tobin	300	195	350
181	Sean Redfern	330	355	440
	Phillip Wells	350	275	480
	David Hill	390	280	435
198	Travis Pardue	440	320	590
	James Nichols	470	300	550
	Patrick Lewis	405	340	500
	Joseph Abousaid	340	185	420
220	Allen Crowder	520	400	550
	John Rogers	475	385	525
	Ashley Deese	405	370	500
	Randy McMillan	460	235	440
242	Jeremy Haller	560	305	675
	Bobby Huntley	450	300	405
	Chad Moore	360	260	425
319	Ron Lazton	440	330	500
	James Hughes	405	350	615
	Mens Submaster			1370
114-181	Donald Donald	415	350	480
181-SHW				1245
	Timothy Cain	550	405	625
	Scotty Wells	455	425	610
	Patrick Green	480	340	550
	Sam Handcock	385	290	450
	Tracy Langdon	425	315	450
	Dale Schut	280	260	465
Boys Pre-Teen				1005
114-148	Andrew Hargette	170	80	200
450	Allen Crowder II	175	110	250
	Mens Master			535
40-44	Rob Blackwell	630	450	600
	Julius Meekins	380	290	500
	Rich McClendon	365	290	460
	Bruce Solomon	450	360	600
	Lynn Corbin	500	335	575
	Norman Grantham	395	275	425
1095	David Pagan	350	255	455
45-49	Tim King	430	320	490
	Joe Turnage	400	315	475
	Jerry Walters	325	320	390
	Steve Lundy	400	235	430
50-54	Jack Roten	520	335	545
	Wayne Alsup	450	300	550
55-59				1300
	Jimmy Mullis	500	335	525
	James Michael	370	255	400
	Albert Crenshaw	225	275	350
60+				850
	Max Gordon	180	140	240
	Louis Pease	165	165	250
Teen Men				580
114-148	Dale Henries	240	205	310
	Charles Comerford	170	110	205
485				755
165-198	Nate Roten	485	330	555
220-SHW				1365
	Jason Simmons	420	215	400
	Will Hollar	335	210	410
	Womens Open			955
132	Felicia Howie	175	115	305
	Denise Wehrenberg	165	105	235
505				235
165	Tina Collins	225	155	325
	Sirena Lunsford	185	120	215
	Women's Submaster			520
	Dianne Garrison	180	90	225
	Keri Wilson	125	80	200
	Women's Masters			405
	Krysti Hughes	220	160	320
	Gailanne Chavis	180	120	220
	Cyndi Powell	155	95	200
	Fran Harrity	180	90	225
	Women's Teen			495
	Anna Matteson	205	120	265
				590

(Thanks to John Howie for providing results)

**WABDL Oregon's Best Bench**  
5 MAY 01 - Coos Bay, OR

Open Men	Teenage 13-15
220	220
S. Edmondson	655
Class I Men	242
220	Jason Davasher 340
David Price	560
Joe Birt	560
Tracey Mosley	500
Junior Men	245
308	198
Ken Merck	600
Women	308
132	Mark Turner 325
Joni Wilson	245
132	Class I
Heidi Gantz	350
148	148
Lisa Saleh	285
165	165
Shauleen Green	250
Women 40-46	181
123	Jake Thomas 335
Denise Ruff	305
Teenage Men 13-15	Wally Schaefer 275
242	220
Jason Davasher	390
Teenage Men 16-19	Open Men
165	198
Jake Shied	425
Master Men 40-46	G. Washington 515
198	Bill Love 405
Dean Wilson	400
242	Scott Mikelson 350
Jerry Capello	700
Master Men 61-67	Master Men 40-46
148	198
Larry Vincent	330
Bench	Dean Wilson 405
Open Women	Tim Welton 300
123	Steve Shipley 435
Joni Wilson	115
132	Jerry Capello 430
A. Ferschweiler	150
Junior Women	Master Men 47-53
165	181
Caryn Caswell	110
Submaster Women	L. McAllister 450
132	198
Ivett Stewart	120
Master Women 40-46	Rob Lauver 375
123	242
Sue Lauver	160
Denise Ruff	155
Master Women 54-60	Terry Bunce 330
123	Master Men 61-67
Gloria Camp	120
148	198
Larry Vincent	275
David McCrea	450
Master Men 54-60	198
198	308#
Terry Camp	380
380	



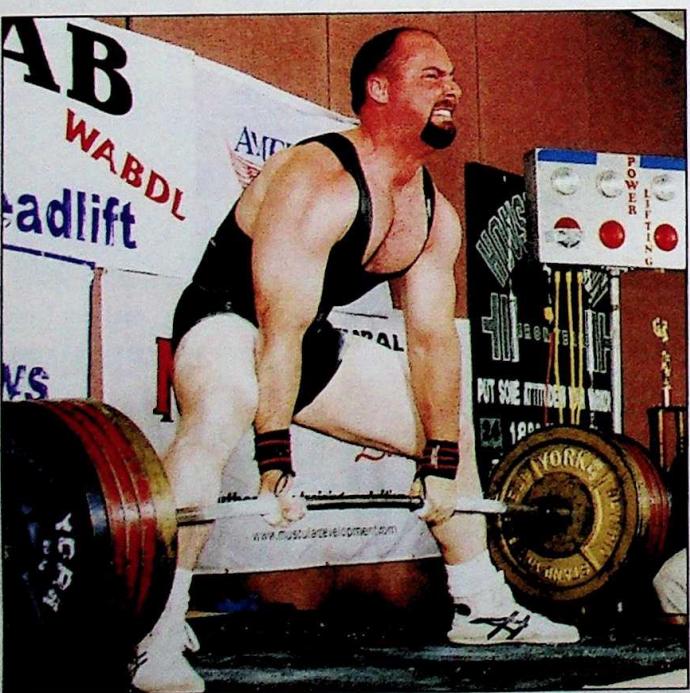
An Amazing Achievement ... Leonard McAllister benched 450 at 181 in the 54-60 age group in Coos Bay

In Master Bench 47-53, Dave McCrea did a PR 450 in the 308# class for 1st place. In Master 61-67 Larry Vincent, the World Record Holder, did a 275 and just missed a World Record 290 at 148#. In Master 47-53, Phil Markel did a PR at 242 with 430. In Master 47-53, 198, Rob Lauver put up 375 and just missed a state record 395. In Master 54-60, 198, the World Record Holder, Terry Camp put up 380.

Terry holds the record with 418. In Master 47-53, 181, Leonard McAllister set a World Record with a very impressive 450. He set 3 World Records, actually, with 425, 440, and 450. He's coached by Terry Luehrs. George Nelson, in Master 54-60, 275, opened with 540 and took 3 tries to get it. Jerry Capello got a 435 at 40, 46, 242, for a PR. In Open Bench, at 198, Gus Warrington, the World Record Holder, got a 515. His record is 557. Bill Love was 2nd with 405. At 220, Scott Mikelson won with 350. George Nelson won at 275 with 540. In Class 1 Bench Shana Williamson set a State Record at 148 with 230. At 165, Rob Sells set a State Record with 265. At 181 Jake Thomas won with 335. At 220 Scott Edmondson set a State Record with 435. Josh Schrag was 2nd with 360. In Teenage 13-15 Jason Davasher set a State and National Record at 242 with 340. In Teen 16-19 Jarred Loomis was very impressive with a 450 World Record at 198. At 165 Ben Pedroni was 1st with 265. At 308, Mark Turner put up 325. In Junior 198 John Anthony won 1st with 345. In Womens Bench Press, Caryn Caswell set an Oregon State Record at Junior 165 with 110. In submaster, 132, Ivett Stewart set a State Record with 120. In Masters 54-60 Gloria Camp at 123 put up 120. She is the current World Record Holder. At 40-46, 132, Heidi Gantz set a State Record with 155. At 40-46, 123#, Sue Lauver was named Best Lifter with a 160# bench. In Deadlift, in Women Open 148, Lisa Saleh won with 285. At 123, Master 40-46, Denise Ruff set a State Record with 305. In Open 132, Heidi Gantz pulled a 350. In Teenage 13-15, 242, Jason Davasher pulled a 390 and at Teen 16-19 Jerry Scheid pulled 425 at 165#. In Class I, Joe Birt set a State Record with 560 at 220, but David Price won with the same weight because he was the lighter man. In Junior 308, Ken Merck set a State Record with 600! In Open 220, Scott Edmondson pulled 655 for 1st and Jerry Capello pulled a 700# World Record in Master 40-46 242 with room to spare. I want to thank Byron Beebe and Dave Cheek for putting this meet on. It was held at the Timber Inn in Coos Bay - a nice hotel overlooking the bay. The judges were Terry Luehrs, Larry Muth, Dave Cheek, and Gus Rethwisch. (thanks to Gus Rethwisch for providing these results to Powerlifting USA)

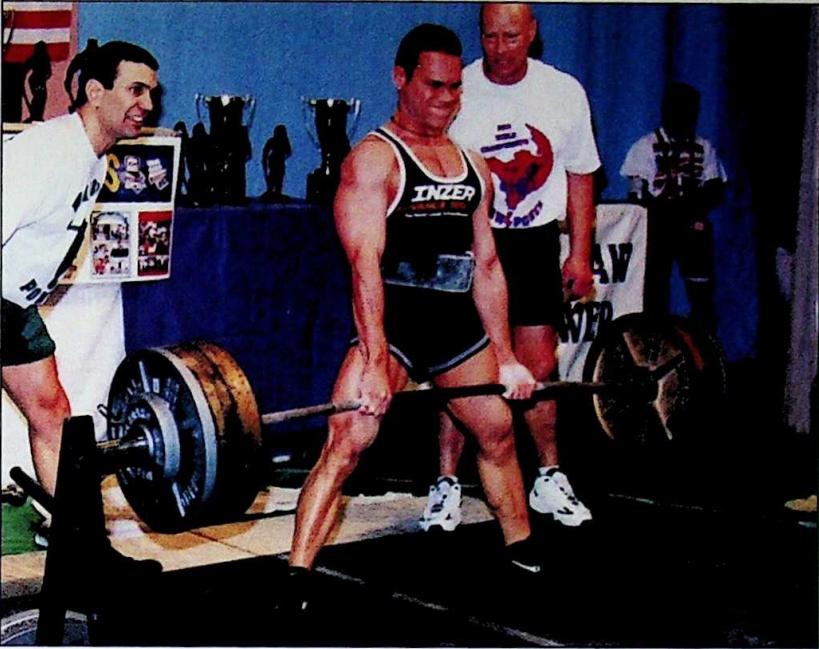
**Eastern Regionals, USBF Raw BP & USPC Power Curl**

3 NOV 01 - Baltimore, MD	
BENCH PRESS	Donald Peaker 405
123	Raw 60-69
Female Raw	Don Joy 330
Alfreda Salter	175
132	CURL
Male Raw	140
Ronald Jackson	165
Female Raw	Joe Lusk 145
B. Barnovich	160
148	Female
Female Raw	B. Barnowich 65
Katana Dennis	115
165	Jeff Myers 140
Female Raw	180
Tia Gordon	115
Anissa Carter	33-39
Male Raw	A. Frederick 140
Jeff Myers	105
181	Open
Male Raw	Brian Edwards 150
Gerry Hope	40-49
Raw 40-49	Brian Edwards 150
Gerry Hope	200
198	33-39
Tracy Dorsey	Chuck Heisler 150
George Zepp	50-59
H. Sturman	Gus Piccinini Jr. 90
40-49	Open
H. Sturman	220
40-49	Tom Getsinger 170
Raw 50-59	230
Robert Shanks	33-39
Raw Open	Norman Blocker 180
Zach Rhodes	400
40-49	Open
Norman Blocker	420
375	Patrick Maizels 170
Male Raw	40-49
Derrick Harris	40-49
Michael Myers	40-49
275	Robert Cook Jr. 155
Raw 40-49	David Capozzoli 150
Dave Capozzoli	50-59
415	Clarence Smith 170
Don Joy	60-69
(thanks to Brian Washington for these results)	135



Scott Edmondson pulled 655 at the Coos Bay Meet. (courtesy Gus)

100% Raw World Championships						
14-16 DEC 01 - Washington, DC						
Women's Div:	SQ	BP	DL	TOT		
97 12-13 Tori Simmons	105	60*	175*	340*		
16-17 A. Strickhauser	205	55*	135*	295*		
105						
16-17 K. McKenzie	245	95*	160	400		
114						
14-15 Yahlonda Ward	120	85	190	395		
16-17 Asia Scales	135	80	195	410		
30-34 Sherry Driver	90	90*	250	430		
123						
16-17 Sarah Gilberg	125	80	170	375		
132 Sadie Fatemi	205	65	165	335		
14-15 Christina Cruz	220	80	155	345		
16-17 Quintae Ballard	150	75	205	430		
Jane Sanford	115	70	250	335		
148						
14-15 Susanna Ashley	85	70	150	305		
16-17 Robin Hawkins	220	125	285	630		
40-44 Leigh Syphax	155	70	220	445		
Nora Levinson	145	65	180	390		
Kharion Sears	230	65	265	360		
Shon Barriteau	225	65	255	335		
40-44 Rachel Manning	100*					
16-17 Natasha Griffith	270	95	245	510		
Rachel Kraft	160	100	230	490		
Martha Yancor	155	90	225	460		
18-19 C. Hawkins	180*	95*	235*	510*		
181 12-13 Solita Williams	235	125*	255*	515*		
14-15 Greta Pike	110	65	265	340		
198+ 12-13 Kinika Bryant	135*	105*	250*	490*		
25-29 Jenn Sheller	230*	170*	365*	765*		
Men's Division:						
88						
10-11 A. McCloskey	170*	100*	235*	505*		
Y. Tshontikidis	135	75	190	400		
97						
10-11 Andy Thau	80	45	135	260		
105 12-13 Blake Swick	125	70	190	375		
H. Bateman	225	85	165	365		
14-15 Kevin Angus	155*	105*	185	445*		
114 14-15 Curry Farrior	155	125	260	540		
45-49 Steve Birchak	170*	165*	280*	615*		
123 12-13 Javon Morris	150	100	275	525		
Daniel Ferland	220	70	170	360		
16-17 Nick Birchak	225	190	285	700		
132 12-13 Kitt Schwartz	200	75	180	355		
John Goodman	150		190			
14-15 J. Simmons	180	200	225	505		
Josh Levinson	145	100	225	470		
Jesse Whitehurst	135		260			
16-17 Andrew Riccio	265	125	230	520		
Patrick Cook	155	220	205	470		
A. Kindervatter	115	205	205	425		
148 12-13 Leon Williams	250	120	280	550		
14-15 Timmy Lyons	225	180	360	765		



Omar Bermudez pulls 575 at 165 at the 100% Raw World Meet. (Lance Bravard)

**ChampionsFirst**, let us give thanks to our Father in heaven for watching over us and ensuring the meet's success! Lives were saved, lifters were encouraged, records were broken, and terrorism was defeated! Praise His Holy Name! Thanks special thanks go out to Graham Bartholomew, Wardell Sewell, Mike Sansalone, and Bob McCloskey for spotting and loading; Dave Lhota, Caryn Tsontikidis, Carl Elliott, Pete Gisondi, John Audia, and Tom Ruszala for judging; Sabrina Lhota and Pam Ballance for announcing; Alan Kelly and Danny Hubbard of Kelly Sports for their professional service and encouragement; Paul Bossi of Elizabeth City Trophy for the team award, Best Lifter awards, and customized plaques; Annette at Neils Anderson for the sculptures; Tom, Dick, and Phillip at Academy Prints for the awesome contest shirts; Jerry Shockley for drug testing; Members of the Wilson CHANGE Program for setting up; Graham, Dave, and the Wilson lifters for cleaning up; Joe Riener and the Wilson Players for the stage construction; and John Polak, Carl Higgins, and Victor Aybar for their financial support! Thank you and God Bless you! Lifting: Friday's lifting featured Carl Elliott's River Road team, selected lifters from Wilson, Steve and Nick Birchak, and Anthony McCloskey. Solita Williams led River Road, and registered the day's Strongest "100% RAW" (no belt) formula in the youth division. Wilson's Yanni Tshontikidis was the meet's top "100% RAW" lifter in the youth division, and teammate D'Angelo Morman captured Friday's top honors as well. Quintae Ballard, who joined the Wilson squad in August, was the meet's strongest "100% RAW" lifter. Steve (dad) and Nick (son) lifted flawlessly, setting records and winning their respective divisions. Finally, Anthony went 8 for 9, with World Record lifts of 270, 100, and 235 to win his class and top RAW Best Lifter honors. Congratulations to all of Friday's competitors! Saturday saw athletes from numerous teams as well as several unattached lifters. Tori Simmons of the X-Squad was the meet's strongest Youth lifter as she led her team to their first World title. Wilson's John Boyd ("100% RAW") and Billings' Gym captain Jason Billings ("RAW") dominated the teenage platform, winning their classes and earning Best Lifter honors. Senior lifter Marcus Shahid (Tayoun's Power Team) was the day's strongest athlete, totaling close to eight times his bodyweight. Jeff Deigan of the Missing Link went eight for nine, en route to his 1735 total in the 242s. Ravenna, Ohio's Marcus Schmidt, who has hinted retirement, shattered the record books with an awesome (and bloody) 605 squat and 560 deadlift to win his class and Best Lifter honors. Finally, Maryland's Rob Rood lifted flawlessly, winning Best Lifter honors in the Grand Master division with lifts of 460, 335, and 530. Extreme Power team captain Omar Bermudez and Wilson senior Robin Hawkins put on quite a show Sunday to close out the weekend. Despite an injured hip, Omar went 465, 385, 575 at a bodyweight of 163 pounds! Robin decided to lift "100% RAW" for the Worlds, and totaled over four times her bodyweight (to include a 305 deadlift). Omar and Robin were the meet's strongest lifters. Virginia's Joe Lineman moved down to the 148s and broke the deadlift record (540) to win the class with Victor close behind (this should prove to be a great match-up for the Seniors). Moving up, 275 pounder Daniel Corriveau went seven for nine to include a 705 World Record deadlift without a belt! Daniel was the strongest senior lifter in the "100% RAW" division. Congratulations to all the coaches, lifters, and volunteers who participated at the 2001 Worlds. Praise the Lord! (thanks to Dr. Spero Tshontikidis for results)

## **Miller Chevrolet Christmas BP Classic**

1 DEC 01 - Elk River, MN

Women's Division	Torn Joyce	345
148-Teen	M. Stanchfield	320
Trista Erickson	120*	285
148-Master's	Joel Strutz	-
Mary Adams(45)125*	Cory Martin	-
198+ Open	198 Master	-
Kelly Franklin	D. Hawkinson	360*
Men's Division	Mike Sorenson	350
132-Open	Richard Linehan	340
Ti'm LaMott	Mike Borg	300
148 Teen	198-Master P/F/M	-
Dan Pope (1 8)	George LaBelle	220*
315*	220 teen	-
Dustin Brislin	J. Richter (19)	315*
Mike Marispini	220-Open	-
170*	Tim Odell	475
148-Open	220-Master	-
John Hall	Randy Dalluge	460
148-Master	4th	480*
Chuck Wong	Mike McDonald	-
165 Teen	220 P/F/M	-
Matt Norman	220 P/F/M	-
B.Plochocky(17)	Mike Ploumen	400*
Dan Feldman	Ralph Buckles	370
165-Open	242 Teen	-
Herman Gordon	Jered Brenny	370*
330*	Del Gagarin	405
Brent Kegler	Todd Owens	375
Tony Lindstrom	Chris Oen	375
240	Jeremy Biewer	550*
165-Master	242-Open	-
J. Marispini (40)	B. Mozis (55)	250*
385*	William Hayden	-
T. Chamberlain	242-Master	-
300*	L. Hemenway	405
Cory Neson (17)	4th	415
270*	Billy Norton	275*
David Berglund	242-P/F/M	-
T. Richter (14)	Ron Schubert	350
100*	275-Teen	-
181-Open	D. Kennedy	340*
Chad Richard	275-Open	-
380	Matt Markwood	505
Alex Zorbas	Steve Fischer	285*
360	242 Master P/F/M	-
T. Meschke	Billy Norton	275*
260	181 P/F/M	-
181 P/F/M	275-Teen	-
J. Robinson	D. Kennedy	340*
360*	275-Open	-
P. Enderlein	242-P/F/M	-
335	198-Teen	-
D. Reopelle (I 9)	Matt Markwood	505
380*	275-Master	-
Jeff Rueben	Steve Fronk (45)	420*
365	Garrett Prill	350
M. Marispini	Ron Schubert	350
260*	275-Open	-
250	198-Open	-
Jeremy Lindman	Dave Gilman	365
225	181 Open	-
308-Open	Craig Nelson	380
198-Open	Shwlt Open	-
Brian Hegg	375	-
375	Chad Wolter	325
Lobe Rein	375	-

The second annual "Miller Chevrolet Christmas Bench Classic" took off without a hitch. Twenty-nine new state records were set by sixty-seven lifter, with one lifter coming from as far away as State College, Pennsylvania. A large and loud crowd of about three hundred and fifty watched this two platform event which took about three hours to complete. Some of the standout lifters included Dan Pope (teen-148) from Amery, Wisc. benching an easy 315, Jim Marispini (master-165) from Prior Lake who not only coached his two sons Mike and Marc but benched a very strong 385, Chad Richard (open 181) from State College, Penn., who had to lose three pounds to make weight, benched 380, Dan Hawkinson (master-198) from Minnetonka set a state record with his 360, Randy Delluge (master-220) from North Mankato was a show stopper with his fourth attempt and state record of 480, the heaviest lift of the day was done by Jeremy Biewer (open-242) from Plymouth who nailed an easy 550 and was just a few inches away from a 560. At the beginning of the event Dennis Green was presented the "Jerry Jones Award" (the state's highest honor). In 2001 Dennis held two "Powerlifting 101" seminars introducing new lifters to the in and out of the sport, held two power events, organized two fund raisers - one for the Red Cross 9/11 disaster relief and one to help out all the USAPL lifters who lost money when a national event that was to be held in Minneapolis was cancelled at the last minute. Dennis is a true model of what powerlifting and the spirit of powerlifting is all about. Thanks Dennis! Special thanks to judges Dennis Green, Doug Moore, Kim Sartin, Rob Wells, Jason Buccick, Jake Weissman, and Rick O'Mara. Platform managers Cheryl Anderson and Brenda Gneffe who both had perfect days with no mistakes, very impressive for first timers. Gym owners Dave and Brenda Harrison who went out of their way to insure everything went as planned. Spotters and loaders who worked up a sweat keeping up with this fast moving event. The gym staff who once again did a excellent job as hosts. (Meet results provided by Jerry Gneffe)



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Dr. Nerenberg  
7238 S. Painter Ave  
Whittier, CA 90602

## **Monster Bench Press & Deadlift**

**1 APR 01 - Pittsburgh, PA**

<b>BENCH PRESS</b>	220	
Master	Scot Lewis	530
148	Scott Pollard	505
G. Schroeder	M. Dalessandro	430
181	Mark Tannehill	420
Joe Fiumara	Mike Sawinski	410
220	Roger Altman	400
Greg Langham	242	242
242	Terry Gibson	470
Don Sineway	David Royhab	370
Ron Villani	275	275
275	Tom Schmidt	500
Paul Grattan	Paul Grattan	430
Bill Erwin	SHW	430
Grandmaster	Doug Carmack	475
181	Guest Lifter	475
Larry Lindsay	181	181
198	L. McCormick	530
Ed Bollinger	Women	530
John Herbein	Teen 17-19	530
220	123	123
Ron Dennison	Julie Sobutka	125
Mike Levin	Novice	125
242	Lisa Hannan	115
Moe Descutner	Open	115
Mike Depinto	181	115
Novice	Emily Holder	215
181	Jason Fusco	315
198	DEADLIFT	315
Jeff Hilinski	Grandmaster	315
Adam Gavlik	198	315
Dave Smiley	Jack Herbein	540
220	Leon Stinson	550
M. Dallesandro	Master	550
Doug Jett	350	550
Flip Thomas	198	550
275	Phil Rosenstern	615
Jason Kraft	Joe Valchine	610
Marc DeSantis	Submaster	610
Keith Miller	242	610
SHW	Bob Dickson	575
Doug Carmack	242	575
Tom Sevcik	Bob Fleming	600
275	Teen 17-19	600
Teen 14-16	198	600
165	Mark Graziano	545
Bill Wharry	Justin Stefano	500
242	R. Boczkowski	450
Tom Graham	Greg Corso	425
275	308	425
Andrew Weaver	John Snyder	540
225	Teen 14-16	540
Teen 17-19	148	540
165	Ryan Zadrozny	295
198	Steve Antoinette	405
Justin Stefano	242	405
Joe Farkas	Tom Graham	405
R. Boczkowski	Novice	405
275	148	405
Greg Corso	Max Zeigler	360
242	181	360
Jason Batykeefier	Dave Alvarez	465
275	198	465
Justin Gibson	Adam Gavlik	555
308	Dave Smiley	450
John Snyder	220	450
Police	Bill Simanovich	630
198	Travis Smith	625
Matt Wattas	M. Dalessandro	540
220	Duane Fryberger	515
M. Dallesandro	Novice	515
Adrian Lapaglia	220	515
275	Phil Larkins	600
T. Barravecchio	220	600
Submaster	Police	600
148	220	600
C. Venturella	M. Dalessandro	540
165	Open	540
James Clark	165	540
Mike Kinnick	Frank Williams	465
181	198	465
Karl Kopczynski	Steve Siwiak	670
Rich Keebler	John Herbein	540
198	220	540
Cole Dworek	T. Mankamyer	590
Bob Dickson	M. Dalessandro	540
Joe Marcello	Tim Simanovich	525
Matt Watts	Jeff Farelli	450
220	242	450
Butch Zemaitis	Dave Royhab	600
275	Bob Fleming	600
Tom Schmidt	308	600
Open	Vic Sporio	670
148	Roger Gaydos	660
C. Venturella	David Kulbacki	470
165	Women	470
James Clark	Open	470
Jason Golas	148	470
Frank Williams	Raven Ford	330
198	Novice	330
Cole Dworek	132	330
Aaron Royhab	Lisa Hannan	195
Jeremy Stoner	148	195
350	Raven Ford	330

(thanks to Mike Barravecchio for the results)

3rd WABDL Brazilian Championships  
1,2 DEC 01 - Caxias do Sul, Brazil

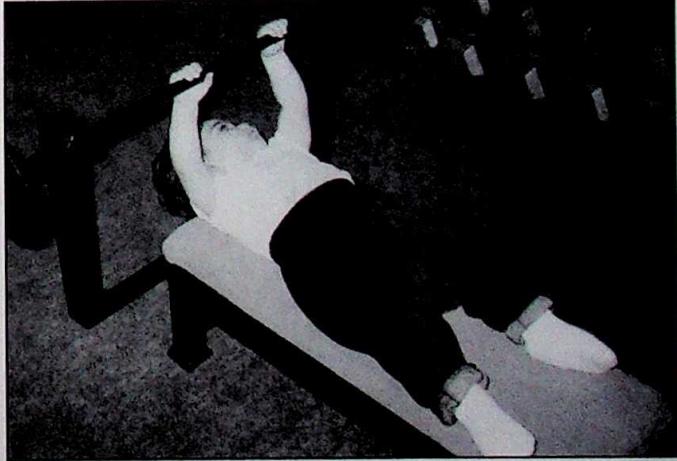
BENCH PRESS	K. Caramelo	396
Special Olympics	S. Gularde	374
198	A. De Cristo	424
V. Centena	198	275
Women 13-15	R. Nort	529
148	308	
C. Almeida	72	418
M. Moraes	44	Men 34-309
Women 16-19	148	
123	J. Costa	264
L. Reis	154	181
148	C. Bordin	132
K. Menegol	143	220
Women 20-25	J. Bernard	381
165	242	
M. Nardes	66	440
Women 26-33	P. Lousada	286
114	275	
E. Dorneles	110	R. Moraes
148	286	Men 40-46
S. Dimer	93	198
181	J. Bortolete	286
E. Garcia	105	220
198	C. Melo	253
T. Lemos	260	275
Women 34-39	J. Reis	286
SHW	Men 47-53	
J. Morales	143	148
Women 40-46	C. Neto	374
148	220	181
S. Schell	110	M. Dutra
E. Bonato	77	220
Women 54-60	L. Grison	463
148	176	165
M. Nardes	99	S. Chiappetti
Disabled	DEADLIFT	440
165	A. Munari	396
B. Medeiros	264	F. De Faveri
Men 13-15	V. Centena	418
114	308	R. Nort
E. Costa	55	L. Pithon
132	97	220
E. Grison	132	M. Bortoloto
Men 16-19	C. De Almeida	462
114	176	SHW
F. Portugal	148	R. Da Silva
148	132	396
O. Da Silva	253	R. Silveira
E. Lerson	225	365
165	K. Menegol	405
R. Lopes	297	R. Silveira
L. Batista	182	350
R. Alves	154	500
181	114	515
N. Freitas	242	515
198	E. Dorneles	655
D. Albafine	220	655
220	D. Farioli	1785
T. Formiga	286	620
R. Boeira	242	370
T. Miranda	154	660
242	V. De Sousa	1650
C. Modena	231	570
Men 20-25	C. Gabriele	176
123	242	575
A. Machado	198	400
132	K. Menegol	575
E. Toni	209	350
E. Rodrigues	165	570
148	J. Placido	450
A. Albeton	304	515
A. Formilioni	242	1270
G. Kasten	220	The first three-lift event of the Minnesota Powerlifting Association took place March 30th at the Elk River Gym. A crowd of over two hundred watched as some of Minnesota's best powerlifters took to the platform. In the 97 pound/female/teen class Erin Nelson (13) of Pelican Rapids was all business totaling 350 and setting several state records on the way. I predict she will be passing her mother's lifts within the next two years. In the 114 pound/
165	S. Dimer	176
R. Dos Santos	352	500
181	E. Garcia	315
G. Waschburger	297	500
198	T. Lemos	1200
M. Bortoloto	253	1270
R. De Oliveira	209	1270
S. Leal	526	1270
M. Strugulski	374	1270
R. Severo	352	1270
242	148	1270
C. Centena	308	1270
Men 26-33	J. Bacchi	1270
123	165	1270
E. Barreto	165	1270
A. Espinosa	154	1270
132	A. Boldin	1270
D. Placido	282	1270
165	132	1270
V. Rabelo	308	1270
I. Lazzarotto	271	1270
Y. Azevedo	226	1270
198	C. Modena	1270
A. Carlotto	425	1270
220	1270	1270



Vilmar Oliveira's Team from Caxias do Sul, at the Brazilian Nationals

female/master class Erin's mother, Vera Nelson coming of a win at the Masters National championship and lifting with torn rib cartilage went 6/7 and totaled 535. In the 132 pound men's open class Mike Lewis of Maple Grove came out of a ten year retirement to go 5/9 and totaled 840. In the 181 pound men's open class Alex Zorbas of Chaska had a perfect day 9/9 and totaled 1250. The 198 pound men's open class was won by Sean Timonen, a seasoned lifter from St. Louis Park, who totaled 1532.5. Second place went to Damien Reopelle of Plymouth who just turned twenty. Damien went 7/9 losing first place by 2 1/2 pounds. It will be interesting to see these two return to the platform next year. Third place went to Joby Jaber of Mankato. This was Joby's first lifting event of any type. The 198 pound master/pfm champion was sixty two year old George LaBelle. George is a retired St. Paul firefighter who also had a perfect day 9/9 totaling 830. In the 220 pound class Brandon Reibling of Janeville went 8/9 totaling 1530, and this was also his first meet. In the 220 p/f/m open class State Trooper Steve Fischer of Elk River had a perfect day and totaled 1205. This was also Steve's first meet. In the 220 master's class Jay Backstrom of North Mankato went 8/9 and totaled 1350. In second place was Gary Edwards of Woodbury who also went 8/9 and totaled 1300. In the 242 pound open class Jeremy Biever of Plymouth took first place with a 1785 total. Second place went Brian Durham who went 8/9 in his first meet totaling 1650. Brian shows a lot of promise and has a "very pretty" squat. Pat Kath of Shoreview took third place going 8/9 and totaling 1550. This was Pat's first full meet. Fourth place went to Aaron DuRose of Elk River with a 1420 total. In the master/pfm class Rick "cupcake" O'Mara went 8/9 and totaled a personal best of 1510. The 275 pound men's open class was won by "first-timer" Andy Fiedler. Christmas came early for Andy as he totaled 2000 going 8/9. Andy also added a state record bench of 627.5 on a fourth attempt. Once Andy gets a little platform experience he will be hard to beat on any platform! Second place went to Trevor Engen of Rogers. This was Trevor's first meet and he too shows a lot of potential. The master 275 pound champion was Jake "the snake" Weissman of Stillwater. Jake came out of retirement after several years and will add a lot to his total next meet. The meet lasted six hours and went quite smoothly. Special thanks to Miller Chevrolet for their sponsorship. Judges; Dennis Green, Dan Hawkins, Brenda Gneffe, Matt Markwood, and Randy Delluge. Emcee Doug Moore, table manager Cheryl Anderson, Gym owners Dave and Ted Harrison, Gym workers Brenda Harrison, Cheryl McNamara, and Troy Howel. Spotters and loaders Kevin Spurgen, John Wood, Keith Cook, Shannon Abrem, Richard Linehan, and Troy Beck. It should be noted that the spotters once again did a great job, no misloads and no one got hurt. Hope to see you at the next MPA event June 1st, the Minnesota State Bench Press/Deadlift Championships. Meet results by MPA President Jerry Gneffe. (further information on the MPA may be found by looking on our website at [www.mnneslapowerlifting.com](http://www.mnneslapowerlifting.com))

## POWER PEOPLE

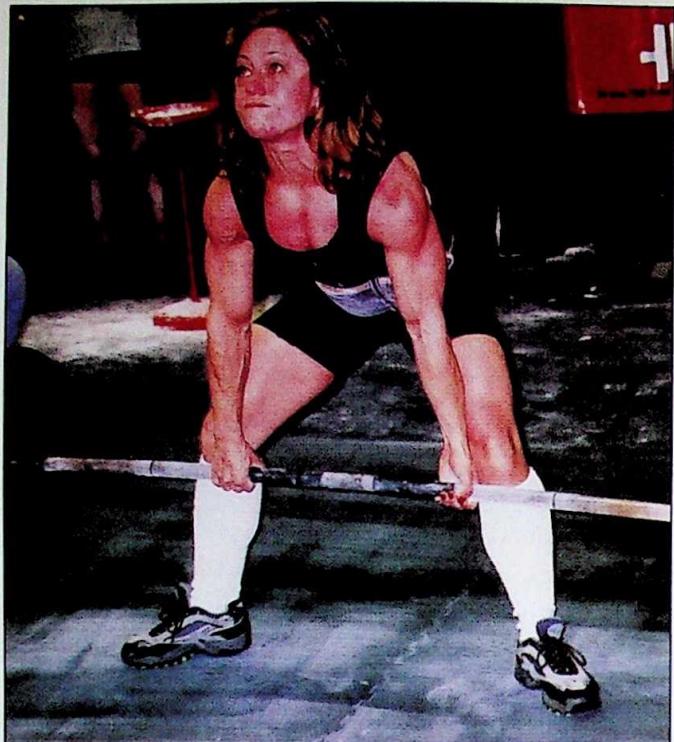


Enzo Jekov (435 BP @ 198) takes his son Luciano (13 mos.!) to his workouts, and the little guy liked it so much Enzo's friend made up a miniature bench press setup, which little Luciano took to immediately

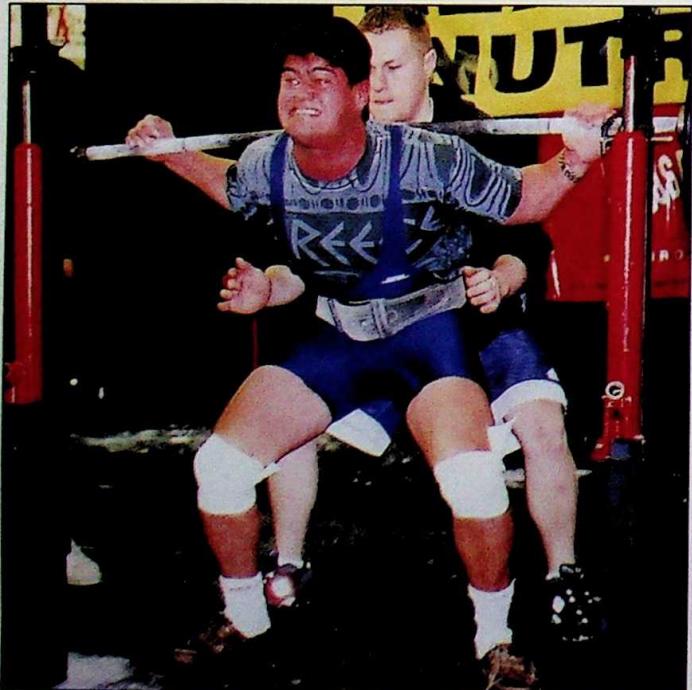
WNPF Raw Nats. & North American  
28 JUL 01 - Anaheim, CA

BENCH	242
Women	Police/Fire/Mil
148	50-59 Raw
Subs Raw	Smith 405
Williams	140 Subs Raw
ME	White
165	275
Open/Subs	Open Raw
Ward	400 Sims 455
181	40-49 Raw
60-69	Smith 415a
Lozano	350a 275
198	Open/40-49/Police/ Fire/Military
50-59	Creevey 340 Thompson 555a
220	220
40-49 Raw	Mehl 400a 40-49
40-49	Anderson 425
Wondra	315 Wondra 350
17-19 Raw	Open
Quernemoen	305 Wondra 350
Women	SQ BP DL TOT
148	
Subs Raw	
Williams	200 140 250 590
Men	
132	
Open/Subs	
Maez	325 240 410 975
165	
Higginbotham	410 275 465 1150
181	
40-49	
Williams	405 330 410 1145
198	
Subs Raw	
Hatchette	395 270 450 1115
40-49 Police/Fire Military	
Kidd	415 315 500 1230
220	
Subs	
Maxwell	285 250 415 950
17-19 Raw	
Quernemoen	325 305a 370 1000
275	
Open Raw	
Speno	625 425 615 1665
a - American Record. Best Lifters - Robert Speno and Art Thompson. (courtesy of WNPF)	

USAPL Massachusetts State Open					
17 NOV 01 - Warwick, RI					
Spec. Olympics	SQ	BP	DL	TOT	
Kevin Bligh	335				
Seth Reardon	185				
Women's Open					
Beth Street	315**	170**	365**	850**	



Beth Street with a 365 deadlift at 114 lbs., for a State Record at the USAPL Massachusetts State Open. (photographs by Greg Kostas)



Jason Nickerson's 575 squat at 180 at the USAPL Mass. State Open

- 540, Total - 1355, S.Joe Kilduff - Men's Submasters(35-39) 275 lb. Div.: Squat - 510, Benchpress - 300, Deadlift - 500, Total - 1310  
6. Butcli Troiano - Men's Grandmasters 242 lb. Div.: Squat - 225, Benchpress - 350, Deadlift - 375, Total - 950. 7. Joe Pontes - Men's 220 lb. Div.: Squat - 540 lbs., 8. Brett Polofsky - Men's 242 lb. Div.: Squat - 575, Total - 1615. \*\* - Mass State Records Set: 1. Beth Street - Women's 114 lb. Div.: Squat - 315, Benchpress - 170, Deadlift - 365, Total - 850. 2. Liane Blyn - Women's 181 lb. Div.: Squat - 425 (Set last November, 2000 but previously omitted - Benchpress - 255, Deadlift - 425, Total - 1080). Meet held at Northeast Sports Training Facility. Meet Directors: Greg Kostas, Rene Moyen. USAPL Sanction #11-01-5. Comments about the meet: Rene Moyen and the members of Next Level Fitness did a fantastic job in hosting and organizing their first Powerlifting Competition! Rene has an excellent support staff and the meet was very well run! The trophies were outstanding and everyone seemed pleased with how the meet ran. Michael Macchioni's facility, Northeast Sports Training & Rehabilitation, was a phenomenal elite lifting venue. It featured 4 warm-up platforms each for squat, bench presses and deadlifts! I would personally like to thank everyone involved in this event: The sponsors, loaders and spotters, officials, table help, admissions, concessions, Rene Moyen, Mike Macchioni, Next Level Fitness members - for without everyone's help we could not have hosted such a successful event. Most of all, thank you to all of the lifters who competed and supported our USAPL event. Without your support there would be no event! These meets are for you, and I look forward to seeing everyone in May for the USAPL New England's! (thanks to Greg Kostas for results and report. We apologize for the delay in publishing them)

1st Hank Carter Memorial BP

DEC 01 - Brandon, FL

Womens (formnula)	Teen (by formula)
Andrea Spurr	160 M. Blankshaw 275
Debbie Frisina	170 Adrian Smude 230
40-49 (by formula)	Justin Zinke 225
AlAinscoe	500 Open Division
R.Standberry	395 132
Mike Southword	425 Chris Perez 115
Steven Kyllis	305 Corey Scholl 85
Michael Streeter	320 181
over 50 (by formula)	David Taylor 335
Steve Binkowski	420 Luke Chancey 320
Johnny Yong	375 Steven Kyllis 305
Roy Barnes	320 198
Novice (by fromula)	R. Standberry 395
Thomas Snyder	425 Paul Diaz 390
Ronny St. Louis	345 David Robles 295
Special Olympian	220
Timothy Freed	175 Randy Sliwa 430
	Mike Streeter 320
	242
	Edward Falcone 385

Best Lifter Award: Al Ainscoe, Florida has always been a haven for Bench Pressers. From the 80's and 90's when Rick Postn host an annual event that brought a minimum of 120 lifters from all over the Eastern United States, to the number of world record holders who resided in the state. But on November 5th a great sorrow was felt throughout the lifting world. Hank Carter passed away. For those of you who never got to know Hank, let me just tell you he was a gentleman. Hank was at every event he could possibly attend. This was an important part of Hank's life, so important in fact that at the time of his death he was only four weeks away from hosting a bench press contest in his hometown of Brandon. The event was scheduled to be part of the Greater Brandon Chamber of Commerce's festival. The benefits were charitable as Hank would only have it that way. I received a phone call a few days after Hank passed, and was saddened to hear the news. The surprising thing was Hank's family wanted the show to go on. I was asked to take over and with the help of The Athletic Club gym and the Chamber of Commerce we pulled it off. The event was a wonderful day of sportsmanship, competition and remembering Hank. Awards were beautiful sculptured trophies handed out by Hank's family members. Thanks to all of our sponsors: Hungry Howies Pizza & Subs, Post Sunshine Ranch, JB International Jewelers of Brandon, Bayside Healthcare, Stepp's Transportation Service and Alstar Bleachers. We will miss you Hank (Thanks to Rick Weil - he's still around - for results)

(article continued from page 5)

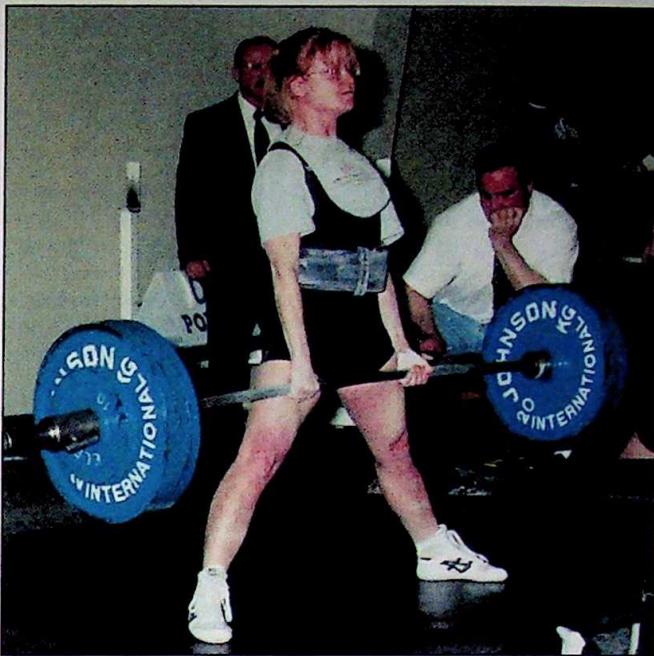
2-1 decision for a WPC 45-49 WR. Next he handled 931 with authority, but it was ruled no lift - shy on depth. Plagued by an old shoulder injury, he dislocated it on his modest 380 opener. Greig de-shirted, popped it back in place, and gave it another try - no soap. He waived his 3rd and was therefore out of the contest and unable to validate his WR SQ because he didn't total. Bruce hung around long enough to remind us that nobody in the World his age can pull with him. He aced 760 just because he can. The SHW class was a 3 way duel of the big beefalos: Mags Schultz, 25 @ 343; Glen Snelgrove, 32 @ 369; and Tyler Spearin, 29, who tipped the Fairbanks at 344. Tyler was favored to win, but Bruce tells me that Tyler's win last October at the Can Am Cup broke a 14 meet streak of consecutive bombouts for him. That has to be a Canadian Record! Schultz missed a risky 826 twice. He trailed Snelgrove who got 832, on a 3rd, and Spearin whose 837 put him in the lead, Tyler came up with 881 on a 3rd, but was ruled sky high! In the BP, Schultz topped the lot with 501. Snelgrove had 496. Spearin trailed with 485, and then followed with two big misses with 529. Upset minded Schultz pulled all 3 - 622. This edged out Snelgrove who managed only 551.

Glen, in turn, negated Spearin to 3rd. That a surprising turn of events.

Only two men were left. The megamasters put on a demonstration that would long be remembered. Scot Mendelson, 33, was just coming off his win 3 weeks earlier at the WPO Arnold Classic in Columbus, OH (USA). He came here with a best lift of 755 @ 303 done 23 FEB 02. Scott, @ 294 here, figured he had another big lift left in him. He opened at 733 lbs. and blasted it right up. Up he went to 766, a PR attempt, for his 2nd. He took it down and blasted the huge weight to within one inch of completion, but couldn't quite finish it. On a final attempt, with everyone in the house cheering him on, he launched it from his chest again.

He struggled with every fiber of his being to finish it - and finally did! "Rack!" came the command from head ref Gordon Santee. IT'S GOOD - 3 white lights. Hurrah! The lift was a WPC World Record for the 308 lb. class for Submaster (33-39) and OPEN MEN. Bedlam erupted. He is currently, absolutely, and unequivocally, the strongest bench presser on the planet. Stayed tuned because he's not done yet. Come September, he has MORE IN STORE!

What an act to follow. Could anything possibly top it? It could - and did! Brent Mikesell, 34 @ 330 lbs., from Spokane, WA turned out to be the BEST GUEST! Brent, like Mendelson, had also competed 23 FEB 02. He did the WPO Qualifier also at the same location, different room, in Columbus, OH. There, Mikesell twice failed WPO WR attempts at 482.5 kg. (1063.7) to better his All Time SHW World Best of 472.5/1041.7 which he'd established at Bruce's meet last October. I cannot impress upon you enough how totally overwhelming the Pasanella bar looks with ELEVEN (count 'em) I REPEAT - ELEVEN 20 kg. plates on each side, filling out the bar clear to the end. There is hardly enough room to secure the collars on! When anyone sees that huge barbell there is no doubt that there is a tremendous

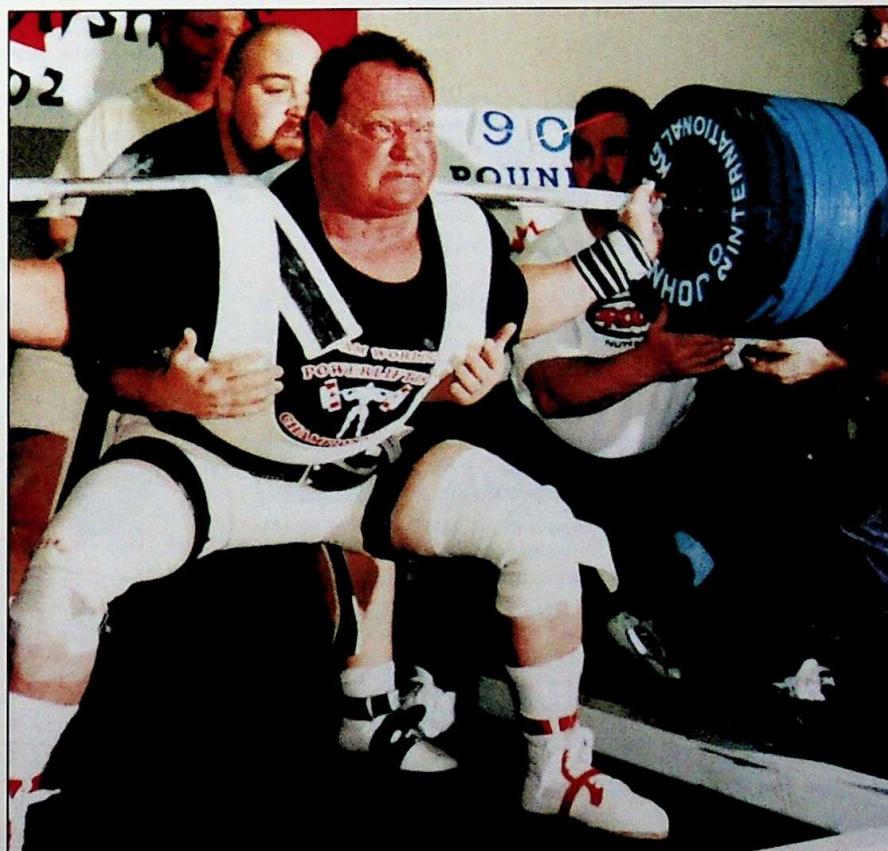


Deborah Ward pulled two WPC World Record Deadlifts (Aztec Stills)

load of iron on it.

Brent is like Ed Coan when it comes to deep squatting. He leaves absolutely no doubt as to the validity of the lift. He BURIES IT, going well below the parallel position! Brent's 942 opener looked like a little boy's tinker toy. The ease with which he did it brought gasps of

amazement from the audience. His 2nd attempt was a huge increase - 110 lbs. / (50 kg.) to 477.5 kg. / 1052.7 lbs. This would break his own All-Time Record Best by 5 kg. (11 lbs). Brent raised the bar up. The Greig Lift support arms were withdrawn. The signal came and he descended. He hit the hole, sank even deeper, and then ground it right up - never hesitating - and coming strongly through the sticking point. It was astounding, but there was even more left in him. Next he called for 487.5 (1074.7). The immensity of this feat almost staggers the imagination. He took this one way down to the bottom of the well also. He ascended slow and steady as she goes. His massive 35 inch thighs called on every muscle fiber to put out maximum capacity. With more of a struggle this time, Brent broke through his sticking point, never giving up, and maintained control throughout. Finally, he straightened up and stood erect. He got the rack command and three glorious white lights flashed approval. The biggest official dunk of all mankind was now boldly inscribed in the World Record Book. The spotters held on to Brent. After racking the huge weight, Brent went limp



Bruce Greig did some awesome squatting - making 903 and trying 931. (Herb Glossbrenner)

and took a brief trip to 'Blackout City'. He woke up and got back on his roll. After a birdweight BP opener to preserve his new WPC WR SHW SQ, he made 545, and then a PR 562, which looked absurdly EZ! Mikesell, I swear, looked good for 584 to 589. A HUGE TOTAL was brewing. Mikesell opened with 722 and zapped it right up. This gave him a new PR TOT of 1070 kg. / (2358.9) right off the bat. Second lift: he took 347.5/766. Heyanked it right up, but started a callous tear that was beginning to bleed. His

TOT was now 1090 / 2403 as he became the 15th man in World History to smash the 2400 barrier. He wasn't done yet. Up to 365 / 804.6. This would give him 1107.5 (2441.6) and move him to #7 on the All Time TOT list. His mind, heart, and body said GO, but his hand said NO. Halfway up that knobby callous tore and it hurt bad enough that he was forced to release his grip. What a climax to a great competition. Don't miss Bruce's WPC World Cup Meet planned for AUG 24-25. It will be at

the same location in Red Deer, Alberta, CANADA, at an adjacent facility even bigger than this one - 25,000 square feet. This will easily house the over 200 lifters expected to participate. Hats off to Bruce Greig for staging a wonderful competition. There were chiropractors, massage therapists, and even acupuncture available, free of charge during the two day competition. There was fruit and drinks for the lifters in the warmup area. You name it, Bruce had it! Thanks to LA Coach Joe Avigliano, who took time

away from his own lifting to assist and coach Zack, Scot and myself. Thanks to Bruce and Wendy Greig for their red carpet treatment. However, there is one thing that was left undone - where were all the people who were supposed to show up and help tear down and return all the equipment back to the Back Alley Gym. As much as Bruce gives, it's only fair that he gets back the same or more in return.

See you in August. There will be some big lifting in store up here - AGAIN!

#### CPU Canadian Nationals - 16-17 MAR 02 - Red Deer, Alberta, Canada (kg)

WOMEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
52kg											
45-49											
Laura Greco	115	127.5	127.5	40	50	60	165	115	125	135	302.5
Open											
Deborah Ward	140	150	160	72.5	80	80	232.5	150	162.5*	165*	397.5
56 kg											
33-39											
Jen Eckstrand	75	90	102.5	30	35	37.5	137.5	90	102.5	-	240
40-44											
Wendy Greig	140	157.5	162.5	60	65	70	205	140	160	165	365
60 kg											
Karen Watson	110	125	130	45	50	50	160	110	120	127.5	287.5
67.5 kg											
18-19											
Liz Kerk-Kraulz	105	112.5	112.5	45	50	55	155	100	117.5	125	387.5
65-69											
Pal Thomas	90	100	105	40	45	-	140	90	110	112.5	250
Open											
Julie Hirshce	110	120	130	45	50	55	175	100	110	130	305
75 kg											
Shari Spencer	140	160	180	80	90	100	260	130	145	145	405
Laura Krawczuk				42.5	60	65					
82.5 kg											
Candy Stuckey	140	150	162.5	80	85	90	252.5	130	135	140	392.5
90+ kg											
50-54											
Les Miller	170	185	207.5*	90	100	112.5	307.5	160	180	192.5	487.5
" WPC World Records.											
MEN											
60 kg											
Sean Paes				122.5	127.5	130					
50-54/Open											
Gary Bobrouitz				100	110	115					
13-15											
Kyle Dunford	105	110	120	40	45	50	170	100	110	115	285
67.5 kg											
16-17											
Matt Richards	140	160	180	50	70	85	230	140	160	172.5	402.5
33-39											
Roy Harper	215	237.5	260	120	130	137.5	367.5	190	220	227.5	587.5
Kevin Pattison	115	132.5	147.5	70	90	90	222.5	105	125	127.5	350
Open											
Rick Evans				127.5	135	137.5					
Mangal Birring				110	115	117.5					
H. Grossbrenner	142.5	155	160	110	115*	-	275	142.5	155	160	430
75 kg											
16-17											
Ronnie Moran											
20-23											
Tod Zahar				135	140	140					
50-54											
Randy Deminick				137.5	140	142.5					
82.5											
20-23											
Ryan Fengstad	180	190	200	130	140	145	340	185	200	215	540
33-39											
Brian Johnson	250	300	300	115	125	-	375	180	220	245	595
Ken Allen	185	210	212.5	135	145	145	347.5	190	207.5	222.5	570
Paul Lutz	120	120	120								
40-44											
Kim Ralton				100	120	120					
45-49											
Rick Kohut				122.5	130	132.5					
Archie Ulry	182.5	205	217.5	100	115	120	182.5	205	227.5	565	
70-74											
Roy Mitchell				90	95	97.5					
Open											
Jason Zalewski	185	202.5	220	102.5	112.5	122.5	342.5	225	235	235	567.5
David Hansen	120	150	150	120	145	145	270	120	135	147.5	417.5
90 kg											
18-19											
Chris Heaven	205	215	227.5	90	102.5	112.5	317.5	200	215	227.5	532.5
33-39											
Harold Russell	125	140	160	80	95	95	220	110	125	140	330
40-44											
Kevin Dunford	210	225	240	115	117.5	117.5	355	210	220	225	580
Dale Fuller	180	190	200	90	100	110	290	160	180	180	450
45-49											
George Irvine	227.5	230	240	140	150	155	390	180	200	210	600
140+ kg											
33-39											
Len Desjardins	300	320	340	240	250	255	295	235	235	235	630
18-19											
John Cappacci	220	220	245	130	140	142.5	350	210	220	230	605
Open											
Mags Schultz	345	375	375	220	225	225	272.5	237.5	237.5	237.5	855
Glen Snelgrove	350	377.5	377.5	240	225	225	272.5	230.5	230.5	230.5	852.5
Tyler Spearin	350	380	400	240	240	240	272.5	230	230	230	850
Guest Lifter											
Brent Mikesell	427.5	477.5*	487.5*	200	247.5	255	742.5	327.5	347.5	366	1090

# TITAN HI-PERFORMANCE

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### THE CENTURION

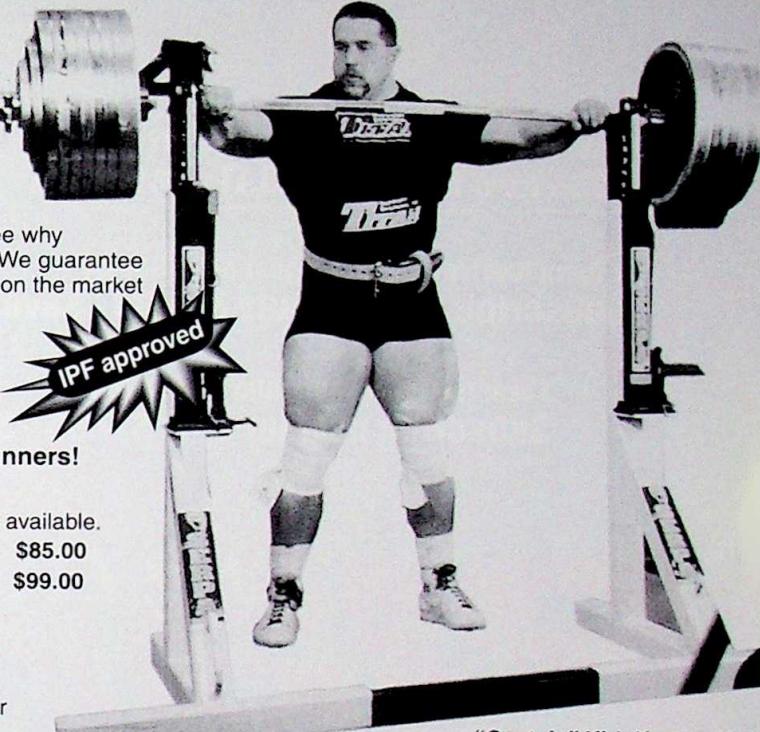
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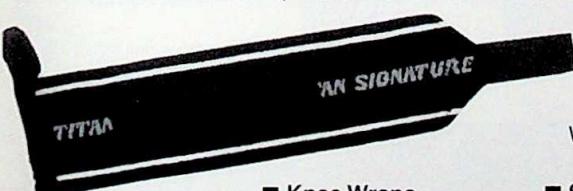
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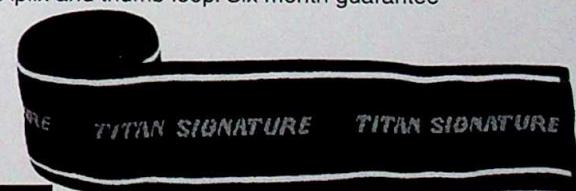
*two gold power bands on the outside with two black power bands in the center surrounding our distinctive red logo! One pull will confirm that you'll get more power and performance from Titan Signature Gold Wraps than any other wrap around!*

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# TOP 100

For standard 275 lb./125 kg. USA lifters in results received from Mar/2001 through Feb/2002.

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## NEXT MONTH... TOP SHWs

**Corrections...** Bruce Citerman informs us that in the Mike Woicik interview in the April 2002 issue of PL USA, it should be noted that his New England Patriot athletes use MET RX products, and that EAS products were used with a previous team he was associated with. George Nelson was mistakenly listed twice on the TOP 20 list for Master 275ers. Chris Garcia should have been ranked in the Masters TOP 20 for the 242s with a 694 squat. This makes the fifth year in a row that he has been ranked in the Top Ten for his class on the Masters lists. Additions to the 1000 kilo club list from Iceland would be A. Jonsson with 1025 on 5/22/99, H. Arnason with 1017.5 on 7/6/91, and M. Magnusson with 1015 on 3/2/91. We recognize that we do make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the necessary meet results from the meet director, and occasionally the meet results themselves contain errors as well. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to please send any corrections that you find to "PL USA ERRORS", P.O. Box 467, Camarillo, California 93011.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 1036 Goggins, S..8/12/01	750 Crawford, B..4/01	854 Goggins, S..6/24/01	2419 Goggins, S..6/24/01
2 975 Coan, E..6/24/01	710 Toranzo, J..5/21/01	815 McGettigan, P..5/20/01	2254 Coan, E..6/24/01
3 925 Lowe..1/19/02	710 Zemmin, J..9/8/01	810 Daniels, G..11/18/01	2220 Daniels, G..11/18/01
4 903 Olmo, M..10/27/01	705 Obradovic, J..2/23/02	800 Lowe..1/19/02	2177 Story, P..2/23/02
5 900 Green, J..11/18/01	672 Lane, H..3/4/01	782 Tokarski, C..8/12/01	2175 Lowe..1/19/02
6 900 Karwoski, K..2/17/02	672 Smith, S..12/1/01	782 Mills, M..8/12/01	2170 Obradovic, J..11/18/01
7 876 Labare, A..2/24/02	650 Blakley, M..3/31/01	777 Vessels, B..7/29/01	2165 Smith, S..12/1/01
8 860 Dayton, R..6/16/01	650 Mendelson, S..6/24/01	770 McCullough, T..5/12/01	2143 Labare, A..8/12/01
9 854 Thomason, H..3/11/01	645 Dizzeno, V..10/27/01	765 Wilson, S..6/16/01	2132 Tokarski, C..8/12/01
10 854 Smith, S..12/1/01	640 Hicks, A..8/11/01	750 Meyers, J..11/18/01	2110 McGettigan, P..5/20/01
11 837 Levario, N..3/31/01	639 Tokarski, C..8/12/01	749 Hodges, J..3/3/01	2100 Karwoski, K..2/17/02
12 837 Story, P..6/24/01	633 Stewart, J..2/2/02	749 Story, P..12/1/01	2090 Skiver, T..8/11/01
13 825 Croner, E..6/16/01	630 Pighinl, K..1/26/02	744 Labare, A..8/12/01	2088 Olmo, M..10/27/01
14 825 Wendler, J..11/18/01	628 Taylor, C..2/23/02	740 Paapek, J..3/17/01	2088 Jacobs, J..12/1/01
15 815 Best, N..10/28/01	625 Siegler, M..6/2/01	740 Croner, P..8/5/01	2085 Best, N..10/28/01
16 810 Bailey, D..6/16/01	622 Gillette, B..6/9/01	738 Rubey, T..7/15/01	2083 Mills, M..8/12/01
17 810 Daniels, G..11/18/01	622 Meeker, T..11/19/01	733 Cardella, T..7/15/01	2080 Wilson, S..6/16/01
18 805 Meyers, J..11/18/01	620 Cropp, P..7/7/01	733 Payne, G..9/1/01	2065 Meyers, J..11/18/01
19 804 McGettigan, P..5/20/01	615 Nelson, G..6/01	730 Fletcher, P..8/11/01	2060 Green, J..11/18/01
20 804 Jacobs, J..12/1/01	615 Fiedler, A..8/18/01	727 Goodman, P..10/28/01	2055 Beach, T..11/18/01
21 800 Fowler, J..6/9/01	611 Jackman, T..3/10/01	725 Hudak, Z..8/11/01	2050 Cardella, T..7/15/01
22 800 Obradovic, J..11/18/01	611 Story, P..2/23/02	725 Manly, J..11/18/01	2040 Dayton, R..6/16/01
23 800 Bott, J..11/18/01	610 Burns, S..2/10/02	722 Jurkowski, G..6/24/01	2039 Croner, P..10/28/01
24 800 Dimiduk, M..11/18/01	606 Springer, P..9..8/01	722 Holloway, P..11/19/01	2017 Lanier, M..12/1/01
25 791 Bruner, T..4/01	605 Couch, M..6/16/01	722 Kautz, M..12/29/01	2000 Levario, N..6/24/01
26 788 Lanier, M..12/1/01	605 Sullivan, S..7/7/01	720 Fernandez, J..9/29/02	2000 Zemmin, J..8/11/01
27 788 Wagner, G..2/23/02	605 Peshek, J..8/4/01	716 Lanier, M..6/2/01	2000 Manly, J..11/18/01
28 785 Dippre, C..4/8/01	605 Paghtakan, S..9/22/01	711 Hollis, D..6/2/01	1973 Zimmy, J..12/1/01
29 782 Cardella, T..7/15/01	600 Lealifano, G..6/9/01	711 Coan, E..6/24/01	1965 Fletcher, P..8/11/01
30 780 Muns, D..5/12/01	600 Skiver, T..8/11/01	711 Busteed, B..10/27/01	1962 Taylor, C..2/23/02
31 780 Skiver, T..8/11/01	600 Yamanaka, T..9/8/01	710 Geiger, M..3/24/01	1956 Bruner, T..4/01
32 780 Centano, W..8/11/01	600 Nichols, D..D..10/13/01	710 Gisondi, P..7/29/01	1951 Goodman, R..10/28/01
33 775 Wilson, S..6/16/01	600 Daniels, G..11/18/01	710 Skiver, T..8/11/01	1951 Williams, T..11/24/01
34 771 Mills, M..8/12/01	600 Rhoades, D..12/9/01	710 Obradovic, J..11/18/01	1950 Hollis, D..11/18/01
35 771 Zimmy, J..12/1/01	590 Beach, T..11/18/01	710 Beach, T..11/18/01	1950 Bott, J..11/18/01
36 766 Carlin, C..10/7/01	589 Lettz, B..5/12/01	710 Pritchett, J..2/9/02	1945 Thomason, H..3/11/01
37 760 Lade, S..5/20/01	584 Walden, K..11/19/01	705 Mitchell, M..3/18/01	1945 Muns, D..5/12/01
38 760 Thomas, K..12/1/01	584 Jacobs, J..12/1/01	705 Fowler, J..3/24/01	1945 Carlin, C..10/7/01
39 755 Goldin, R..7/15/01	584 Rhodes, C..12/7/01	705 Williams, T..5/12/01	1945 Wagner, G..2/23/02
40 755 Beach, T..11/18/01	580 Miller, J..1/02	705 Dayton, R..6/16/01	1940 Kautz, M..12/29/01
41 750 Goodman..3/31/01	578 Labare, A..8/12/01	705 Andrews, L..6/24/01	1934 Goldin, R..7/15/01
42 750 Zemmin, J..11/18/01	578 Cummings, D..10/27/01	705 Ferrell, P..8/5/01	1929 Jurkowski, G..6/24/01
43 750 Manly, J..11/18/01	575 Ortiz, K..4/28/01	705 Carlin, C..10/7/01	1929 Rubey, T..7/15/01
44 750 Minnie, G..1/27/02	575 Thomas, F..12/9/01	705 Best, N..10/28/01	1918 Lade, S..5/20/02
45 749 Kautz, M..3/1/01	570 Karlovic, B..4/21/01	705 Rittert, W..11/11/01	1912 Peshek, J..10/28/01
46 749 Wilson, B..5/3/01	570 Knight, M..7/28/01	705 Corridan, D..12/16/01	1912 Thomas, K..12/1/01
47 749 Jurkowski, G..12/1/01	567 Coan, E..6/24/01	701 Gimbel, B..3/24/01	1905 Wendler, J..11/18/01
48 745 Fletcher, P..8/11/01	567 Lade, S..12/7/01	700 Lausen, M..3/31/01	1904 Batykefer, K..5/20/01
49 744 Carter, J..4/14/01	565 Best, N..10/28/01	700 Owens, E..4/29/01	1900 Sellars, K..6/16/01
50 744 Ruszala, T..11/17/01	565 Shea, J..12/15/01	700 Jelinek, B..5/20/01	1895 Rhodes, C..7/15/01
51 744 Williams, T..11/24/01	565 Cooke, C..1/26/02	700 Righetti, J..6/2/01	1890 Kelly, C..3/11/01
52 740 Hollis, D..11/18/01	562 Goggins, S..6/24/01	700 Phillips, B..6/9/01	1884 Fowler, J..3/24/01
53 740 Hayes, K..12/1/01	560 Doan, D..3/1/01	700 Wilcox Jr., D..6/10/01	1884 Benton, M..2/17/02
54 733 Batykefer, K..5/20/01	556 Flynn, J..3/10/01	700 Rawlinson, M..10/27/01	1880 Brooks, S..11/18/01
55 733 Ferrell, P..10/28/01	556 Moon, C..11/19/01	700 Green, J..11/18/01	1875 Vessels, B..4/28/01
56 730 Saldnera, E..12/1/01	555 Kyle, B..3/31/01	700 Dimiduk, M..11/18/01	1870 Dippre, C..4/8/01
57 727 Trotter, P..8/12/01	555 Martin, G..11/10/01	700 Swatling, M..1/19/02	1870 Centano, W..8/11/01
58 727 Benton, M..2/17/02	552 Hinrikus, J..6/9/01	700 Karwoski, K..2/17/02	1868 Onorato, J..9/22/01
59 725 Sellers, K..6/16/01	551 Hoskinson, J..6/9/01	699 Jacobs, J..12/1/01	1868 Allocchio, M..11/3/01
60 722 Anderson..7/15/01	551 Levario, N..6/24/01	688 Henderson, D..5/12/01	1862 Drosser, W..7/15/01
61 722 Tillman, K..7/22/01	551 Drosaeer, W..7/15/01	688 Ransbottom, P..8/12/01	1855 Musser, T..11/18/01
62 722 Harris, L..10/7/01	551 Zimmy, J..12/1/01	688 Weeks, T..10/21/01	1851 Holloway, P..7/7/01
63 722 Hammer, N..11/3/01	550 Swope, D..5/5/01	688 Perkins, R..2/17/02	1850 Cangelesi, B..7/29/01
64 720 Musser, T..11/18/01	550 Sellers, K..6/16/01	685 Thompson, J..3/10/01	1845 Hudak, Z..8/11/01
65 716 Kristoff, P..10/28/01	550 Meeks, D..9/23/01	683 Hill, S..3/3/01	1845 Hendrix, R..11/17/01
66 711 Bentley, T..5/20/01	550 Elliott, C..10/01	680 Cangelosi, B..7/29/02	1845 Dimiduk, M..11/18/01
67 710 Kelly, C..3/11/01	550 Roth, S..11/3/01	680 Carter, J..9/8/01	1841 Perkins, R..2/17/02
68 710 Rubey, T..7/15/01	550 Palmer, F..11/11/01	677 Thompson, Jim, J..10/30/01	1840 Hammer, N..11/3/01
69 710 Tokarski, C..8/12/01	550 Bott, J..11/18/01	677 Lane, T..3/18/01	1835 Clark, M..11/11/01
70 705 Weber, R..3/3/01	550 Musser, T..11/18/01	677 Wagner, G..7/15/01	1835 Robbins, S..11/18/01
71 705 Cyranoski, S..3/3/01	540 White, B..11/19/02	675 Muns, D..5/12/01	1829 Morris, T..12/8/01
72 705 VanDeWeghe, J..3/31/01	540 Kelly, C..3/11/01	675 Ringer, M..11/17/01	1824 Hoskinson, J..6/9/01
73 705 Hunt, K..4/1/01	540 Van Boxel, M..3/17/01	675 Bjork, E..12/8/01	1824 Sargent, H..7/15/01
74 705 Sargent, H..7/15/01	540 Williford, R..4/8/01	672 Dunlap, T..3/3/01	1824 Harris, L..10/7/01
75 705 Reece, D..8/11/01	540 McMahan, R..5/21/01	672 Whiting, M..5/19/01	1824 Barrientos, J..12/8/01
76 705 Allocchio, M..11/3/01	540 Watkinson, J..6/3/01	672 Sargent, H..7/15/01	1820 Anderson, S..3/18/01
77 705 Hendrix, R..11/17/01	540 Wilson, S..6/16/01	672 Meulenbergh, R..7/21/01	1820 Lausen, M..3/31/01
78 705 Battle, P..11/18/01	540 Coulter, M..7/7/01	672 Peckolt, S..11/19/01	1820 Hayes, K..12/1/01
79 705 Wenning, M..12/8/01	540 Lanier, M..12/1/01	672 Morris, T..12/8/01	1818 Weeks, T..10/21/01
80 700 Carroll..4/28/01	540 Klinger, B..12/1/01	670 Rgnonti, D..11/3/01	1813 Wilson, B..10/28/01
81 700 Steel, J..6/16/01	540 Gordon, B..12/15/01	670 Hendrix, R..11/17/01	1807 Carter, J..4/14/01
82 700 Pesek, J..6/24/01	535 Folker, J.C..6/9/01	666 Bruner, T..4/01	1807 Rittert, W..11/11/01
83 700 Russo, G..9/22/01	534 Passero, B..6/2/01	666 Thomason, H..7/14/01	1807 Ruszala, T..11/17/01
84 700 Brooks, S..11/18/01	534 Counts, T..7/14/01	666 Goldin, R..7/15/01	1805 Coleman, S..8/25/01
85 700 Robbins, S..11/18/01	534 Cardella, T..7/15/01	666 Harris, L..10/7/01	1802 Kristoff, P..10/28/01
86 700 Clark, M..1/6/02	534 Bartelton, J..12/8/01	666 Davenport, S..12/8/01	1802 Davenport, S..12/8/01
87 699 Dilworth, R..6/3/01	534 Culkin, A..12/01	665 Daniel, G..3/24/01	1800 Leinfelder, J..11/3/01
88 699 Hoskinson, J..6/9/01	530 Howard, D..4/29/01	665 Rhodes, C..3/31/01	1800 Dague, D..11/18/01
89 699 Weeks, T..10/21/01	530 Reed, R..5/20/01	665 Dippre, C..4/8/01	1800 Battle, P..11/18/01
90 699 Taylor, C..2/23/02	530 Inabinette, M..7/15/01	665 Steel, J..6/16/01	1796 Dilworth, R..6/3/01
91 694 O'Bryant, S..4/28/01	530 Stiverson, T..8/18/01	661 Cappa, J..3/3/01	1790 Pepe, P..10/20/02
92 690 McElveen, B..3/24/01	530 Dougherty, B..10/13/01	661 Olmo, M..10/27/01	1785 Bailey, D..6/16/01
93 688 Johnson, W..8/12/01	530 Hollis, D..11/18/01	661 Faulkner, W..11/11/01	1785 Ferrell, P..10/28/01
94 688 Morris, T..12/8/01	530 Kenyon, K..12/9/01	660 Anderson, M..5/12/01	1780 Geiger, M..3/24/01
95 685 Cornick, S..8/25/01	530 Martin, B..2/2/02	660 Bott, J..6/16/01	1775 Carroll, P..4/28/01
96 685 Leinfelder, J..11/3/01	529 Vessels, B..7/29/01	660 Russala, T..7/29/01	1770 Howard, D..4/29/01
97 685 Dauga, D..11/18/01	529 Mills, M..8/12/01	660 Foreman, M..9/29/01	1770 Andrews, L..6/24/01
98 685 Brown, M..11/18/01	529 Weston, B..9/15/01	660 Brooks, S..11/18/01	1765 Rawlinson, M..6/16/01
99 683 Rhodes, C..7/15/01	529 Han, P..12/8/01	665 Batykefer, K..5/20/01	1763 Thompson, C..3/4/01
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BENCH PRESS	Men Raw					
Men Open	165					
123	Randy Worden	310				
M. Hafnenbrack	175	Scott Marshall	265			
165	Women Open					
Randy Worden	310	97				
Men Teen	Annette Axt	105				
123	181					
Ryan Hart	145	Rachel Swanson	190			
181	Women Teen					
Michael Strong	285	97				
198	Annette Axt	105				
Zach Houdek	180	Women Master				
220	114					
Dan Jasa	430	Sandy Hammers				
Men Submaster	148	Rita Carlsson				
220						
John Probasco	400	DEADLIFT				
Men Master	220	Men Open				
148						
Phil Bro	230	James Hart	475			
Terry Fuller	205	Men Teen				
165	123					
Scott Marshall	265	Ryan Hart	230			
181	132					
Randy Hraban	265	M. Hafnenbrack	325			
220	198					
Ed Warren	340	Zach Houdek	335			
Men Spec. Olympian	165	Men Master				
	181					
Tyrone Vrba	Randy Hraban	445				
Men Junior	220	Mark Divine	250	205	345	800
148	James Hart	475				
Justin Scherer	205	198				
165	275	Terry Grindstaff	405	300	405	1110
Jesse Kempf	330	Kevin Fulton	525			
Men Police/Fire	220	Howard Huffman				
165	James Hart	475				
Scott Marshall	265	Bill Sindelar	530	380	540	1450
181	97	275				
Ben Scherer	330	Rick Cech	480	400	500	1380
220	Annette Axt	205				
Tim Anderson	460	Men Special Olympian				
275	181					
Tom Lamb	480	Jamie Gerten	205	140	250	595
	198	Bob Bishop		150	210	
	242	Kevin Daily	240	150	330	720
Men	148	SQ	BP	DL	TOT	

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Thomas Ouellette						
181	David Peplinski	355	340	380	1075	
242	Bill Sindelar	530	380	540	1450	
Ron Ruhs	420	320	470	1210		
275	Rick Cech	408	400	500	1380	
Joe Kvidera	515	355	425	1295		
SHW						
Mike Parsons						
Men 14-16						
123	Ryan Hart	200	140	250	590	
148	Steve Huffman	320	200	345	865	
Men 17-19						
David Kress						
Men Submaster						
220	D.J. Satterfield					
SHW						
Mike Parsons						
Men Raw						
123	Ryan Hart	210	175	315	700	
148	Monte Loofing	420	265	455	1140	
165	Scott Stickney					
181	Randy Krabon	430	265	445	1140	
220	Mark Divine	250	205	345	800	
198						
165	James Hart	475				
220	Terry Grindstaff	405	300	405	1110	
198						
220	Joel Diers					
198	Matt Hafnenbrack					
198	Zach Houdek	180	335	515		
Junior						
220	Matthew James	255	460	715		
198	Kevin Daily	240	150	330	720	
198	Steven Auxier					
198	Master					

Norwich Family YMCA Bench Press 9 DEC 01 - Norwich, NY						
Teen						
148	R. Doxtator					
165	R. Root	210	242			
181	J. Bogart					
198	J. LaBarbera	180				
205	M. DeBetta Jr.					
220	L. Hartman	220	105	240	565	
220	Jamie Goodner	185	80	210	465	
220	Annette Axt	215	105	195	515	
220	Marcy Deaver	225	90	315	630	
220	Jessica Klein	260	140	325	725	
220	Lori Spaeth	180	90	225	495	
220	D. Sherwood	275	181			
220	C. Babcock	325	K. Turi			
220	Women	55+				
220	D. Wilcox					
220	D. Spataro	120	220			
220	L. Aarisma	220	J. Lowell			
220	Open	55+				
220	C. Byrnes	355	275			
220	J. Swift	265	40-44			
220	S. Luscomb		45-49			
220	C. Farberman	275	M. DeBetta Sr.			
220	198		SHW			
220	M. Platta	245	45-49			
220	B. Jeffords	220	T. Brown			
220	T. Gunthorpe	265	T. Gunthorpe			
220	YMCAs		YMCAs			
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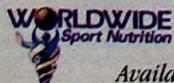


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