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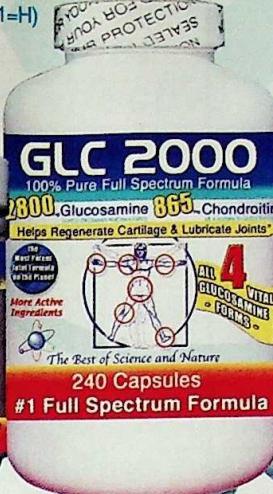
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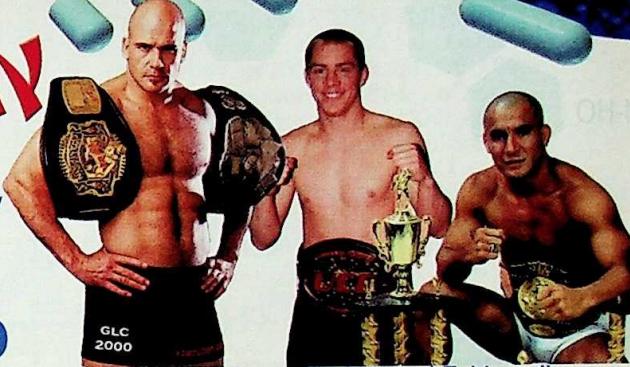
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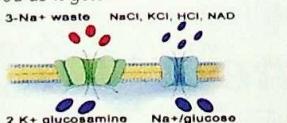
Todd Margolis, Rob Fletcher and Relson Gracie

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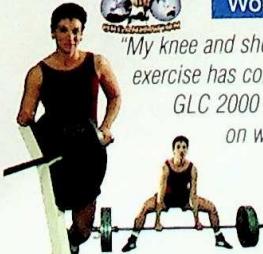
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ON THE COVER - WABDL World Champions Bud Davis, Olio Dos Santos, Kayla Tueli, Tiny Meeker, and a fantastic group of 80+ year olds: Art Whinston, Sonny Ronolo, Bladen McClelland, Jack Heizelman, Dr. Donald Dreyer, and Ed Free. (all photographs by CSS Photo Design via Keith Lemm)

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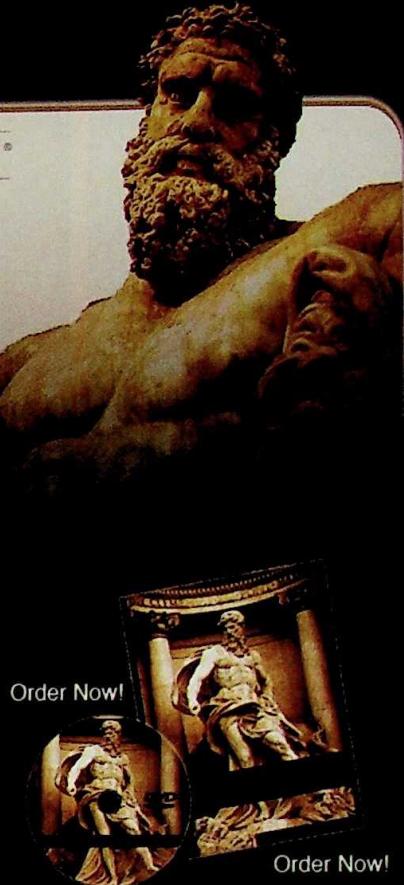
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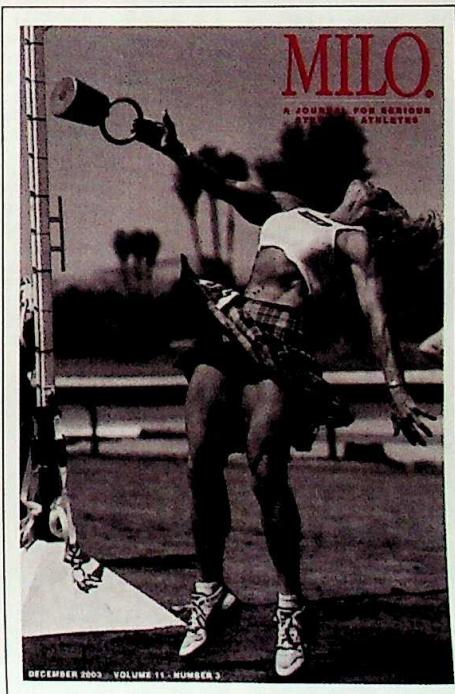


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We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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WABDL AquaVIBE Worlds

as reported to Powerlifting USA by Gus Rethwisch



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WABDL AquaVIBE World 16-21 NOV 05 - Reno, NV			
BENCH	S. Downs	232*	#
WOMEN	Master (47-53)		
Junior	114 lbs.		
132 lbs.	I. Pantiliat	198*	
E. Haislar	203*	123 lbs.	
S. Ansberry	143*	D. Ruff	187*
148 lbs.	132 lbs.		
C. Hansen	225*	S. Rosenquist	132
181 lbs.	148 lbs.		
K. Womack	353*	M. VanDam	220*
J. Tanner	253	K. Richardson	104
198 lbs.	165 lbs.		
L. Vaterlaus	204*	N. Carpenter	159
F. Mangaango148	181 lbs.		
UL	C. Weber	—	
J. Brooks	231*	M. Lewis	159
Law/Fire	J. Stabile	143*	
Master (40-47)	198 lbs.		
114 lbs.	K. Cash	187*	
S. Ferguson	115*	UL	
123 lbs.	S. Vaterlaus	248	
Christopher	121	4th-253*	
Law/Fire	M. Huston	203*	
Open	Master (54-60)		
123 lbs.	148 lbs.		
Christopher	121	B. Anderson	159
132 lbs.	L. Lastufka	132	
L. Lamp	187	198 lbs.	
Law/Fire	K. Polansky	170	
Submaster	UL		
132 lbs.	D. Chilgren	104	
L. Lamp	187	Master (61-67)	
Master (40-46)	105 lbs.		
97 lbs.	B. Lafferty	148	
C. Moorman	150*	4th-150*	
S. Herring	126	165 lbs.	
105 lbs.	M. Coffey	88*	
A. Vallejo	—	181 lbs.	
D. Brown	181*	P. Robey	165
114 lbs.	Master (68-74)		
C. Salo	170	123 lbs.	
S. Ferguson	115	R. McEwen	88*
123 lbs.	165 lbs.		
A. Barnhill	165	G. Cloninger	99
132 lbs.	Master (75-79)		
D. Madere	121	132 lbs.	
148 lbs.	M. Whinston	71	
S. Maher	—	UL	
S. Gomez	236*	G. Mighell	79*
165 lbs.	MEN		
S. Klocke	203	Class I	
181 lbs.	132 lbs.		
A. Sozzi	243*	J. Salazar	253
J. Hase	225	148 lbs.	
K. Sabin	225*	E. Nahorniak	336
P. Michaels	171*	B. Kunkel	308
D. Backiel	170	M. Mendoza	292
B. Workman	154	165 lbs.	
198 lbs.	B. Dreger	308*	
S. Jackson	253*	D. Salazar	297
J. Arnow	242*	H. Tsang	203*
J. Walker	with congrats from Gus.		



Jo Walker with congrats from Gus.

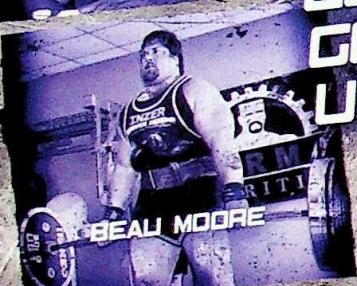


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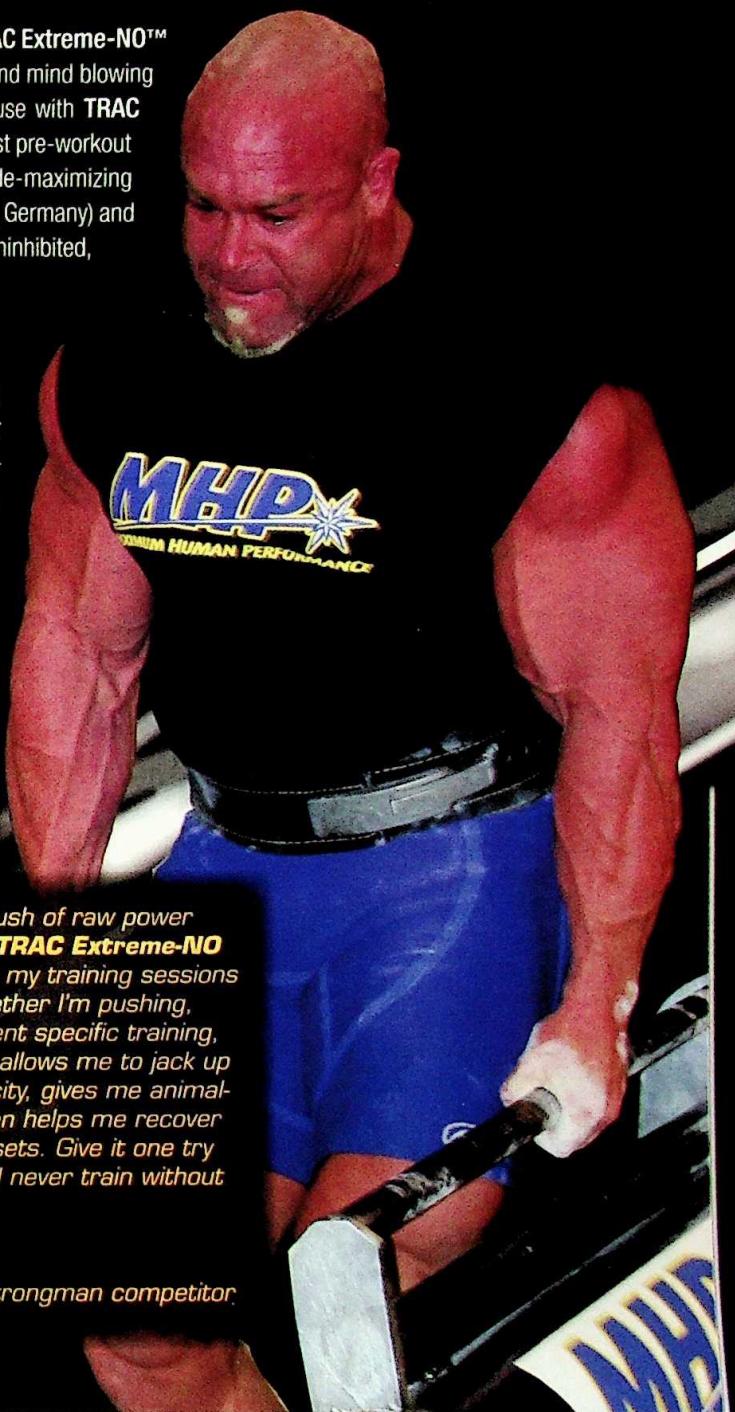
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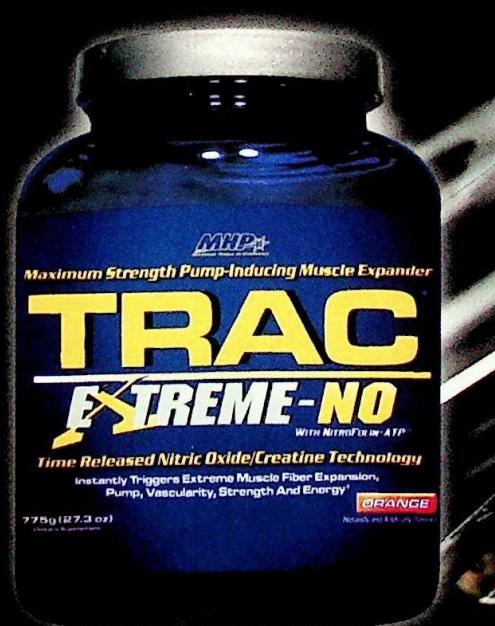
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Jon Andersen
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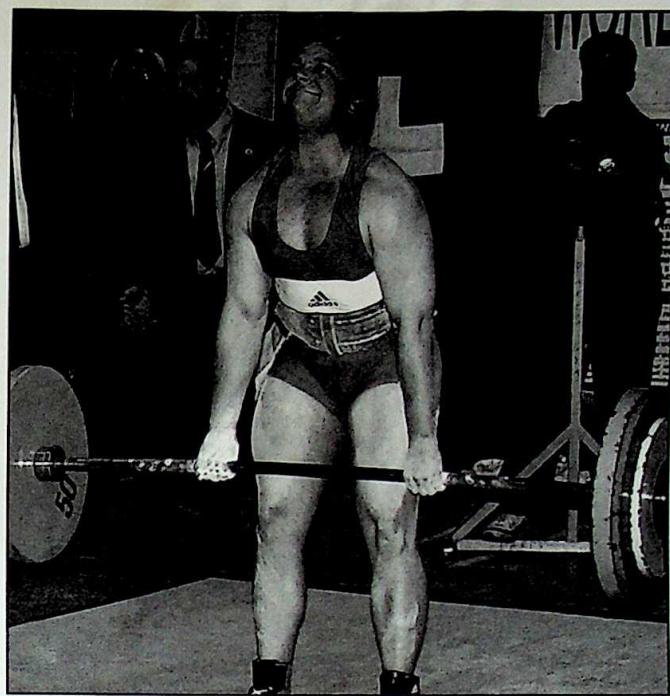
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Isaac with a 305 WR total and a courageous attempt at a 150 WR deadlift that wouldn't pass her knees, but, I feel certain it will soon. Della Milbourne totalling 250 kgs. was quite ill and this reflected in her performance. I am sure she'll be ready for battle in Kinsale for next years worlds. The 63 kgs. had 3 contestants, 2 Italians and 1 French. The latter setting new world best in all lifts culminating in a 305 kgs. M2 total World Record for Veronique Bourdon. Runner up was 15 year old T1 Jessica Bobbio with a 95 kgs. squat World Record, 105 deadlift and 242.5 kgs. WR total. Marzia Salvatorelli came 3rd with 227.5 kgs. total. Two competitors at ladies 70 kgs. class and a good battle between Concetta Esposito and our own Melanie Golding, who at M2 set a new World Record of 112.5 kgs. Both benched 67.5 kgs. leaving Mel in the lead by 5 kgs. Deadlift and Mel started at a cautious 135 kgs. which was ruled, no lift whilst Esposito pulled 157.5 kgs. Mel came back with 145 kgs. success then 152.5 kgs. Esposito twice failed 162.5WR, but Esposito 0.6 of a kilo lighter. If only Mel had taken 155 she would have won but alas 332.5 at M2 and runner up. The 80 kgs. class two Italian ladies, a number of Euro and World records Alessia Milesi on 257.5 kgs. beating Laradna Frassati 197.5 M2. The 60 kgs. men's class had 4 entrants, 3 Italians and 1 Irishman at T2, 17 years of age. Italian Veronesi winning with a good 440 kgs. total from teammate Furnari at 47.5 kgs. David Mullen stopping a clean sweep with at 312.5 kgs. Euro record, with Noseda coming 4th with 295 kgs. for Italy. At 67.5 kgs. Peter Bedford dominated the Italian opposition with 165 kgs. WR squat, 122.5 bench and 215 kgs. WR deadlift, giving 502.5 kgs. total. Only Angelo Puddu gave Peter anything to think about totaling 495 kgs.. The other five lifters were some way adrift. The 75 kgs. class had one of the biggest entries I have ever seen in a WDFPF World Championships with 17 lifters. With a total of 562.5 kgs. Verachi overcame

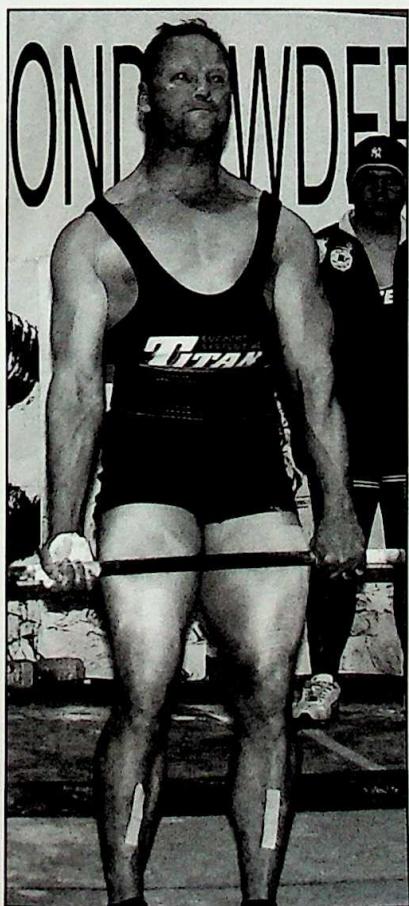


Luke Stratford - traveled all the way from Australia to lift in Turin.

Chris Protheroe of Wales by virtue of a better bench press. Chris totaling 535 kgs. followed by Luca Stea with 525 kgs. total, getting a 3rd attempt WR deadlift of 250 kgs. at 24 years of age. Steve Wilkinson, England came a creditable 4th place with 520 kgs., not bad for a 20 year old. Putting the masters categories aside I do feel that at least 5 of the home nations entrants didn't belong in this championships! I am certain that I am not the only person to hold this opinion. The 82.5 kgs. class another whopper 17 entries. In first place Russian, Andrey Mochalov just edging out Ireland's Kosma Lempu, 620 kgs. WR to 615 kgs. with French masters 2 lifter Pascal Maouhouri 592.5 kgs.. John Ryan 4th with 582.5 kgs. and a very promising junior Slovenian lifter Samo Simoncic who benched 510 kgs. to finish on 555 kgs. total. At 90 kgs., England sported 4 lifters. Mark Lowe, senior, Paul Golding and Selby Spicer at M1 and Andy Davies at M5. Mark took the lead at sub total stage by 35 kgs. from Selby. I have been in this situation many times myself, just when you think you have done enough, someone spoils your party. It was a shaky start for Selby after failing 245 kgs., he got the 'wobbles on' Mark had pulled 227.5 to secure a total, then missed 237.5 kgs., Selby then went 255 kgs. for success. Mark failed to pull 237.5 on his third attempt leaving Selby 265 kgs. to win. He managed this to win by 2.5 kgs. over Mark. A great battle and a 1st & 2nd placing for England. Paul Golding came 5th with 552.5, Andrew Davies M5 managed a new WR 175 squat and 225 WR deadlift. The 100 kgs. class was dominated by Carmine Gesualdo of Italy who totalled 670 to outclass his countryman Pino Nardulli by 120 kgs. Alastair Christie M4 Scotland came 3rd with 527.5 kgs. which included a new WR squat 152.5 kgs. With promising Irish T2, TJ Meehan going 507.5 kgs. and fourth place. The 110 kgs. category turned out to be a real scrap. Les Pilling ended up with a 270 kgs. squat to Steve Fisher's 260 and Chris Jones of Wales at 255. Chris Jones has great benching ability with such a narrow grip pushing out 185 kgs. Steve Fisher managed 162.5 missing 172.5 twice. So at sub total stage Jones 440, Fisher 422.5 and Pilling 420. Mark Davies of Wales wasn't far away on 405 sub total so it came down to deadlift. Steve Fisher only managed 257.5 and effectively out of it. Les started with 260, Jones then followed with an easy 280. Mark Davies threw his name into the ring with 270. The damage had been done. Les took 280 with success, Jones pulled 300 twice, very unlucky not to succeed but 720 total took the title for Wales, Les 700 kgs. second, Steve Fisher third 680 kgs. with Mark Davies 4th at 675. 9 of the 12 lifters went over 600 kgs. total, very good quality of lifting. Two lifters at 125 kgs. Peter Sutton, Wales and Dave Griffin of Ireland. Peter went 9 for 9 and a superb 760 total (4 world records, 1 European record on his way). Dave Griffin totaled 570 and second place, 145 kgs. class, two seniors Mark Haydock, Andrew Varley and M3 Steven Brown, USA, Lev Shprints, Russia. Mark Haydock is a tremendous lifter and duly won the category with 770 kgs. total followed by Steven Brown, USA, who I believe is an American football coach in the states with 682.5 kgs. at 52 years. Andrew Varley has bags of potential and will produce in the future, his 660 kgs. netted him 3rd place, Lev Shprints in fourth at 525 kgs.. At 145 kgs.+ Dave Fitzhenry lifted on his own to produce the biggest total of the day 810 kgs. There's definitely more in the tank for the Irishman. Day 2 and the equipped lifters took to the platform. Four ladies all together, one Scottish, two Russians and an American. In the 44 kgs. class Judy Gedney at M6 lifted alone but still managed to impress. World records in all 3 disciplines, culminating in a 267.5 kgs. total. At 53 kgs. young

Russian Yulia Tkach managed to total 232.5 kgs. Another Russian lady at 70 kgs., Irina Tambovseva M1 totaling 237.5 kgs. Both Russians are new to the sport and will improve over time. In the 90 kgs. class European Champion Bernie McKinley came to Italy meaning business. Setting new Euro squat figures in all her attempts finishing on 192.5 kgs. On the bench, after getting her opening attempt of 92.5 kgs. went on to 100 kgs. for success and new World Record. The 3rd attempt at 105 kgs. was a narrow failure. A second attempt on the deadlift yielded yet another Euro record of 182.5 kgs.. With a total of 475 kgs. another Euro record set and best ladies lifter. In the men's section Gerard Kelly at 52 kgs. lifted well totaling 390 kgs. just missing his last deadlift which would have taken him over 400 kgs. In 60 kgs. class two Italians one Junior and Masters 2. The former lifted very well breaking all the existing European records and achieving a new Euro total record of 415 kgs. On to the light weights, 67.5 kgs. class and Sebastiano Mangiameli Snr took the class over his fellow countryman Antonio Collela M4, 510 to 490. In third place young Gordon Rennie T3, Scotland finished with a credible 410 kgs. In fourth place 85 year old (M10) Paul See, set world bests in squat 110 kgs. and bench 85 kgs. and totaled 300 kgs. - amazing! The 75 kgs. class had 12 entries including a current Euro Champion, Dean Mikosz of England. William Brown from Scotland took the early lead with 230 squat followed by Mikosz, Morgan and Russo the Italian, only 7.5 kgs. separating these four. Bench press and the first two causalities Mikosz and Brown failed to register lifts 150 kgs. and 135 kgs. respectively. This opened up the category and Gary Fisher entered the fray. With deadlift, a very determined Chris Morgan of England took the bull by the horns and duly pulled 240 kgs. to take the title ahead of Gary Fisher and M3 Steve Flower who at 54 years of age can certainly show the young ones how to deadlift. Russo unlucky not to get a deadlift passed. In the 82.5 kgs. class it was a battle between Andrey Mochalov, Russia and Beny Verbeke, Belgium. The Russian had lifted the previous day totalling 620 kgs. raw, his top squat today would be 285 kgs. Verbeke managed 270 kgs. With only 10 kgs. between them on bench press, deadlift looked very interesting. Verbeke is known for his monster deadlift, Mochalov was the unknown quantity. The Russian managed 267.5 kgs., Verbeke 280

(continued on page 80)



Selby Spicer - in the 90kg class for GB.



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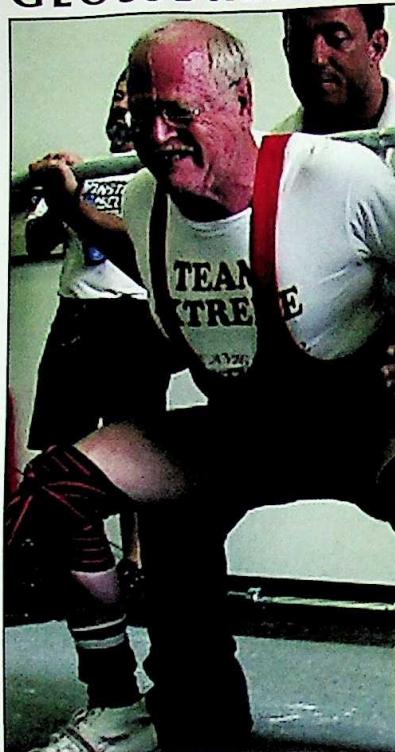
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UPDATE ON HERB GLOSSBRENNER



Herb Glossbrenner is in the process of recovery from his stroke in November. His speaking voice is normal, but his short term memory is not, and he is "re-learning" how to read and write. Financial contributions are still welcome. (Send checks payable to Herb Glossbrenner, c/o Powerlifting USA, Box 467, Camarillo, CA 93011). The possibilities for a nearly full recovery for Herb seem good. Of course, Garry Frank (who sincerely respects the work Herb has done in PL) joked that Herb was "never 100% to begin with", so if he only comes back to 90%, that will still be pretty darn good! Get Well Soon, Herb

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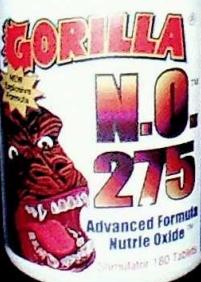
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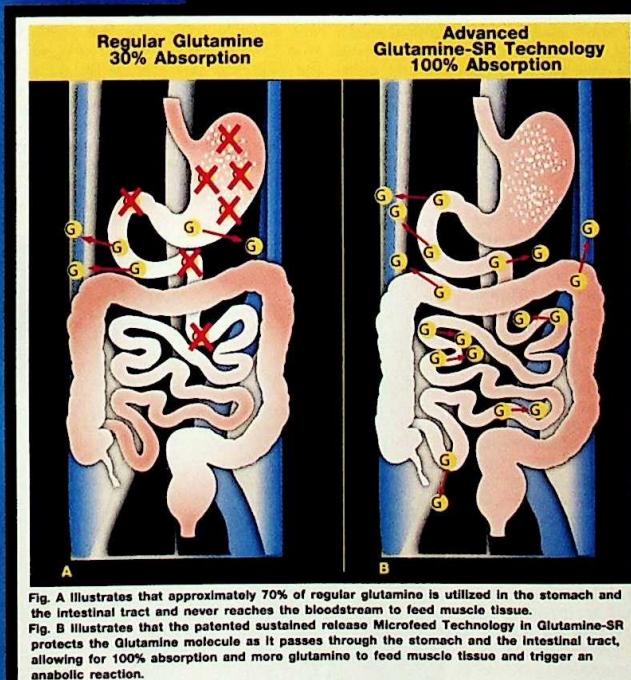
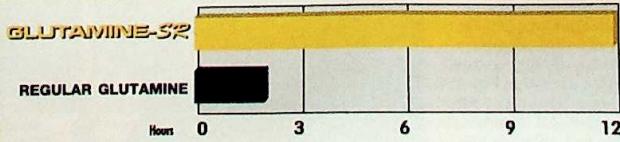
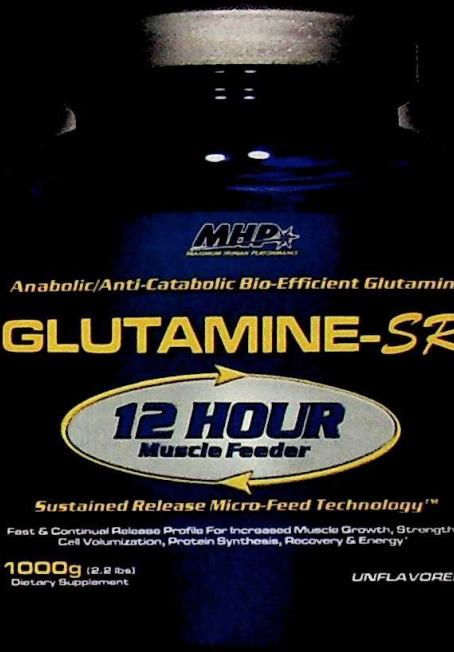


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Justyna Kozdryk...gold @ 97 lbs.

On December 2nd 2005, The IPF Bench Press World Championships invaded Stockholm Sweden. 25 Countries were represented at this 16th Open Championships. The Scandinavian countries take their strength sports seriously; and this event was no different. The venue, which was attached to the host hotel, was top notch. The warm up area was also a pleasant surprise as 6 E.R. Racks were positioned in a large room with more than enough weights for each bench. There were also two computers in the warm up area, so the action could be monitored from across the venue as well. The venue itself had tiered seating with a balcony and was packed every day. There was a massive screen projection above the stage, which kept everyone informed of not only the lifter's information, but the entire fight as well. This event was also shown on a live webcast over the three-day period with color commentary on each lifter's attempt with three different video angles. In a nutshell, this meet was as professionally run as you are ever going to find.

Note: Numbers below may have been rounded up or down, since they were converted from kgs. On to the competition:

DAY 1 (FREDAG): WOMEN 97 LBS: Justyna Kozdryk, the current World Record Holder from Poland, opened up with 204 pounds, which would have been enough to secure Gold, since none of her competitors even attempted an equal or higher number. She would finish with a strong 215, taking her second Gold in a row; and just missed a 221 pound 4th attempt to break her own World Record. Justyna has steadily progressed after gaining Bronze in '02 and Silver in '03 to become the dominant factor in the 97 lb class. Yusako Nishimura of Japan claimed Silver in her first Open Championship with a lift of 171. And a big congratulations goes to Margit Wanko of Austria who made her determination pay off, after missing the podium in 5 previous championships, to take her first medal; Bronze, with 165.

WOMEN 105 LBS: After enjoying 6 straight medals in the 97 lb class, including 3 Golds from '00 to '02, Eva Svantekova moved up to the 105 lb class this year; and she couldn't have picked a better year. Yukako Fukushima of Japan has dominated this class for the last 5 years; she has taken Gold all 5 years she has competed and seems to break her own World Record at every meet. There was a lot of experience in this group as Fukushima, Svantekova, Lee Ann Dalling of Canada, and Junko Kitamura of South Africa via Japan, have all participated

IPF WORLD BENCH PRESS CHAMPIONSHIPS as told to Powerlifting USA by Steve Petrenak

in at least 5 World Championships; and the women have only been competing at these championships for 9 years. The early battle looked to be for second and third places as the favorite Fukushima opened up with 259 pounds, 61 pounds higher than the rest of her competition. It was a very good battle as Dalling who was sitting in 3rd position, after the first 2 attempts, would attempt 198 on her third to tie Balogova and take the lead on bodyweight. She missed, settling for 187, and now had to wait, like the rest of the group, as Fukushima had already missed her first two attempts. Marcela Balogova of the Czech Republic stood at second with her 198 opener, and Svantekova was in the lead with 209. Some may ask why Fukushima would have opened so heavy; she surely could have won Gold at a much lighter weight. Like a lot of the Japanese lifters, they are such great technicians and utilize their shirts so well, that they sometimes go big or go home. She had some stability issues on this day and was even awarded another 2nd attempt as their were problems with her hand off, but in the end it was not her day as she could not get a lift passed. Svantekova would secure her 4th Gold, her first in the 105 class, Balogova would take her second straight Silver, and Dalling would go to the Medal Podium for the first time in 9 years, taking Bronze.

WOMEN 114 LBS: Noticeably absent from this class was Russia's Irina Krylova. Krylova had competed in 7 of the previous 9 Championships finishing second only twice while securing 5 Golds. Anna Olsson of Sweden has done battle with Krylova the last two years with Olsson winning in '03 and Krylova winning in '04. The World record has changed hands 4 times between the two with Olsson currently taking it back at this year's European Championships. Regardless of Krylova's absence, it looked as if Olsson would have been tough to beat this year. I personally saw her press around 260 lbs for her last warm-up, without a bench shirt! I spoke with Olsson before the meet and she told me how excited and proud she was to perform in front of her home country. I'm not sure if her emotions were ahead of her as she missed badly due to technicalities on her first attempt of 281, which was equal to her own World Record. Olsson, like Fukushima, opened far ahead (28 lbs) of her competitors; and one had to wonder if the result would be a repeat of the previous weight class. Kaori Nagaya of Japan and Viva-Tuulia Arpala of Finland also had missed, leaving the veteran Mervi Sirkia of Finland in first after opening attempts. Everyone up to Olsson missed their second attempts. I'm not sure what adjustments Olsson made after her first miss, but she crushed the 281 this next time and all but secured Gold. On their thirds, newcomer Susse Hougaard of Denmark made a final attempt to put herself into second position on bodyweight, but the judges turned it down. Arpala was unfortunately not able to get in a lift and was disqualified, securing Sirkia the Bronze. A clutch third attempt of 254 by Nagaya secured her the Silver and saved her from the fate of Arpala. The Olsson show would continue; as she was after a new World Record of 292, which went up better than her previous attempt. She wasn't done however; she wanted to bust the 300 barrier on her fourth attempt, going after 303. With a loud scream and her trademark stomping of her feet, she got under the bar and ground out another World Record to the cheers of her home crowd.

WOMEN 123 LBS: Again, we had a weight class that was missing one of its strongest competitors. Tamara Althaus of

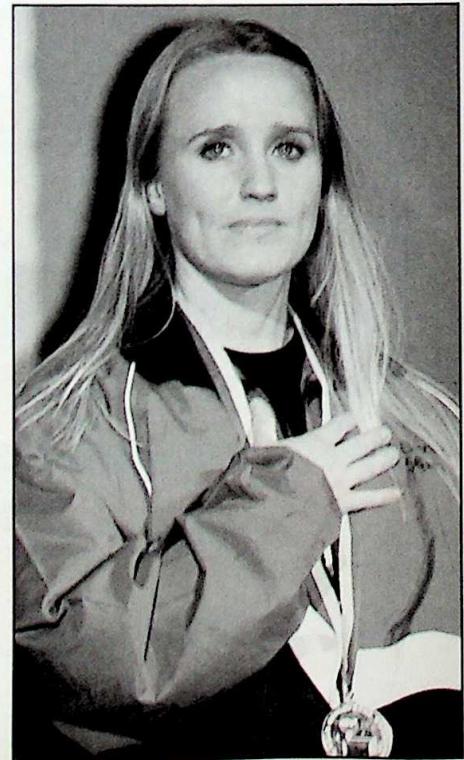
Germany, who is 6 for 6 in Gold medals and the current World Record Holder, was not in attendance. This opened the door for her toughest competitor, American Jill Darling. Darling has taken 2nd to Althaus the last two years; and even took an attempt to take Althaus' World Record at the 2004 U.S. Nationals. Darling seemed to be the early favorite to secure her first Gold Medal. I say seemed because not only was she going to have a push from Finland's Krisztina Nagygal, but three other potential medalists originally nominated in other weight classes, were now moving into the 123s. Finland's Hanna Rantala and American Jennie Hollier, who was having problems making weight, both moved up from the 114s; and Sweden's Anna-Maria Noglegaard was moving down from the 132s. Once again, we had a favorite miss her first attempt as Darling missed at 242. Rantala sat in first with 248, Noglegaard in second with 237, followed by Hollier and Nagygal each with 226. Hollier would later tell me that she had a hard time getting the bar to touch her chest; and that she needed more weight because she felt she was expending too much energy pulling the bar to her. Darling came back with a very strong looking second attempt at 242. Unfortunately, moving up to 242 still did not seem to remedy Hollier's problem as she looked very unstable and had to really grind out the lift, which was not passed and she would finish 6th. Noglegaard and Rantala each powered up 248 and 253 respectively to take the first and second spots with Darling now in third position. Hollier missed her third, again at 242, which looked much better; but it was not passed and she would end up 6th in the competition. After Nagygal missed, Darling, having the better lot number, could now just follow her competition up the ladder after clinching Bronze. Noglegaard would go onto to press 264, but Rantala would miss her attempt at 270. It was up to Darling now; she needed to hit her 270 for the win or she would end up 3rd. I've known Jill for 6 years and this was by far her gutsiest attempt. With all the pressure on her to perform on the biggest stage, she powered up the 270 to take her first Gold Medal.

AMERICAN FEEDBACK: JILL DARLING: "Everything seemed to fall into place the day I lifted. I had the highest lot number in my weight class and I came in 2 kilos light; imagine that when I'm usually the one unable to eat. I missed my first attempt trying to pull the bar to my chest, causing me to go out of my groove and therefore dipping the bar. This made me nervous but I knew what my competitors were capable of so I had to stay focused if I wanted to beat them. I made my second attempt. On the third attempt numbers started flying and changing quickly, but I had an advantage with the higher lot number. As the last lifter in my flight I needed my third attempt to win. For someone that almost always misses her last lift, it was so great to win gold by making that

final attempt. Hearing the anthem was emotional and all my hard work led up to that one moment... and made me thirsty for more! And Steve, you told me something that I have thought about every day since worlds. You said that I will now always be referred to as a "World Champion". Something I had never really thought about, but now something I will never forget."

MEN 114 LBS: When you think of 114 pound benchers, Poland's Andrzej Stanaszek quickly comes to mind. The current World Record Holder has been absent now 4 of the past 5 years from competition, only showing up in 2003 to take back his title and once again break his own World Record. This would once again make last year's Champion Naoya Ikeda of Japan the favorite, followed closely by former World Champion and three time Silver medallist Andris Rudulis of Latvia and last year's Silver medallist, Krzysztof Wrone of Poland. Always in the mix was Christian Klein of Germany, who has now participated in 13 of these competitions, taking Gold in 01 and finishing in second or third 5 other times. Ikeda and Rudulis took the quick lead with openers of 364 and 358 respectively; and would fortunately have those two lifts hold up for Gold and Silver as both missed their next two attempts. Wrone took a shot at second on his third attempt, which would have given him the Gold based on bodyweight, but it was his only miss; and he finished with Bronze.

MEN 123 LBS: Hiroyuki Isagawa of Japan would lead this field. Isagawa not only has taken Gold in two different weight classes, but he currently holds the World Record in the 123s as well. He has three Golds and two Silvers to his name. His main rival was Taqy Parnian from the Netherlands, via Iran, who told me he was going to retire after last year. Hiro won Gold to Taqy's Silver twice, once in the 132s and last year in the 123s; and Taqy finished with Gold over Hiro, twice in the 132s. That battle would not happen this year. Isagawa's main battle would be with his own countryman, Hisayuki Nakayama, who has a Silver and Bronze in two past meets. Both opened up at 374 with Nakayama being the lighter of the



Jill Darling ... gold medalist for TEAM USA.

two. Isagawa would make his lift; but Nakayama would miss his, as it looked very heavy. This may have now opened the door up for Dariusz Wszola of Poland and Mikkel Sorensen of Denmark for medal contention after making their first attempts. After witnessing Nakayama's second attempt, it looked as if the 374 may have been just too much for him on this day, as he was unable to keep his elbows locked out at the start of the lift due to the heaviness of the weight; and would go on to miss a second time. Isagawa missed his second and third, taking two attempts at 391. Nakayama would miss his final attempt and be disqualified. Wszola and Sorensen each went three for three finishing with 331 and 298 respectively. Wszola would take his first Silver and Sorensen his first Bronze, as Isagawa secured his 4th Gold on his opener.

MEN 132 LBS: This was my weight class; and it was led by one of the best, Ayrat Zakiev of Russia. It was pretty much known that once Zakiev got his opener in, it was over for the rest of us. He did just that, opening with an incredible 441. The battle for 2nd and 3rd would be fought between the rest of us. It was a very close battle as neither the Bronze or Silver medals were solidified until the third attempts. After failing on my 2nd and 3rd attempts, I was fortunate enough to hold on to the Bronze with my opener of 336. Newcomers Nils Forsman of Sweden and Michael Nielson of Denmark were close behind at 331 and 314 respectively; and Thomas Chrzanowski came in with Silver at his first Championships with a lift of 353. Zakiev, meanwhile, would entertain the crowd with lifts of 463 and a new World Record 474. He would take a stab at 485 on a fourth, but may have run out of gas. Ayrat now runs his winning streak to 3 straight.

American Feedback: Steve Petrenak: "I came in too light which is nice for strategy, but terrible for strength. I couldn't re-hydrate that well either. When all was said and done I just didn't have my best; and I know that the travel hit me too. I still cannot figure out these new shirts; and after getting 325 earlier this year in a meet with no shirt, I finished with only 336 at this meet in the shirt. One of the Japanese lifters was gracious enough to show me about 4 things that need to be changed on my shirt for my body-type; so hopefully I can be a little more competitive in the shirt down the road. I know I should feel happy to at least get a medal, but missing out on Silver again really frustrates me. This was my fifth World team, and like the rest, there is nothing like the camaraderie of being on a team that represents your country. It's also nice to be around so many great strength athletes from all over the world."

MEN 148 LBS: To say that this weight class was loaded would be a major understatement. Before it was over, there would be 9 attempts equal to or better than the current World Record of 496 held by Kimihisa Ito of Japan. The depth of this class included Kenichiro Matsumoto of Japan who had just broke the 132 lb World Record last year. I witnessed him benching a pretty easy 396 as his last warm up, without a bench shirt. Then there was Alexey Sivokon of Kazakhstan, who had never lost in these championships, winning 6 Golds. At last years World Championship I saw Sivokon knock out 3 reps of 365 like they were 135 without a bench shirt for his last warm up. The point is, these guys are just flat out strong. Then there were the Russians, Ravid Kazakov and Alexander Gromov. Kazakov holds the Junior Powerlifting World Bench Press Records for three different weight classes and broke the Open Powerlifting World Bench Press Record just weeks earlier at the World Meet in Miami with a lift of 513. Gromov, held one of those Junior Bench World Record until Kazakov broke it.

Oh, did I forget to mention that Markus Schick of Germany decided to join in on the fun? He won the 123 class in back to back years of 93 and 94; and has also gained fame in the WPO recently hitting an ungodly 650 in the 165 class. Schick basically lived on honey for the last two days just to make the 148s. Not sure about the other guys in the class, but American Joe Smith called me periodically as nominations were coming in. Joe is one of the top lifters in the United States at 148; and all he could do was give me one of those "Are you kidding me?" laughs. Joe took a bronze in the 132 class in 03 and Niklas Jonsson of Sweden took a Silver and Bronze the previous two years. Unfortunately they were going into a great uphill battle. Even Koji Higashizaka's second attempt of 462 would only get him 6th place. Gromov and Kasakov both opened successfully with 462. Then Sivokon, Matsumoto and Schick all opened with successful lifts of 485. Gromov and Kasakov stuck together and caught up with 485 attempts on their seconds, while attempts of 496, 502, and 507 were unsuccessful from Schick, Sivokon and Matsumoto respectively. So after two attempts we had a ridiculous 5-way tie at 485 with Higashizaka close behind at 462. Like many weight classes, successful 3rd attempts were hard to come by. One by one, each lifter missed including 3 more attempts at a new World Record. The final attempt was by Gromov and he would be the only one to come through as he drove up a new World Record of 507. Kasakov and Sivokon would take Silver and Bronze on bodyweight.

American Feedback: Joe Smith: "My lifting performance didn't go as well as I had hoped. Maybe due to coming in too light, but probably due mostly to food, travel, and time difference. How I felt about my finish? Not as bad as you would think. I came in seventh, and at best might have come in sixth. My weight class was very tough, with six guys doing over triple body weight. What I noticed about my competition is that they are strong, with or without a bench shirt. I don't feel I came in at my strongest, and didn't finish with the lift I was looking for. I only hit my opening attempt of 430. Would have felt a lot better with 468, which was my last attempt. Even though that would have only got me sixth."

MEN 165 LBS: The final class of the day would include yet another favorite who would open up much heavier than his nearest competitor. Current World Record Holder, Daiki Kodoma of Japan was actually nominated with a lift so high, that you had to go all the way up to the 242s to find someone who had a better weight. This was a pick your poison for three lifters; Pawel Pracownik of Poland, Magnus Carlsson of Sweden and American Trey Collins came in as the lightest lifters, as they all wisely moved out of the crowded 148 class, but now they still had one of the best to deal with. Hopes are always that such a heavy favorite might open too big and bomb out, leaving the field wide open. And as Kodoma missed his first attempt of 568, hopes may have been right. Kodoma opened up 60 pounds ahead of Russian Sergey Knyazev who made his opener. Pracownik, Carlsson and Alphonse Cucuzella of France have at least one Gold Medal under their belts, so they had to like their chances of medaling after seeing Kodoma miss. The second attempts literally saw the thrill of victory and the agony of defeat. Andreas Zeilinger of Austria was involved in a scary incident as he dropped 463 pounds on his chest. As he was pushing the weight up it just fell right out of his hands. The spotters quickly got it off his chest, but he would not take come back to attempt his final lift. On the opposite end of the spectrum, Kodoma would easily come back to get his opener; and all hopes of anyone catching him were quickly over. As mentioned before successful third attempts were hard to

come by, but we actually had more than 50% in this class, when the average was about 25%. One of those successful third attempts was by Antti Liimatainen of Finland who avoided disqualification by making his only attempt of 485 to secure the Bronze. Knyazev finished his day off with 523 to take Silver. The one 3rd attempt that everyone wanted to see was Kodoma's attempt to break his own World Record. With an amazing 623 lbs on the bar he was able to press it out, but not the liking of the judges who turned it down two to one. There may have been some slight downward movement as he brought it up, but he definitely had the strength. Kodoma continues his dominance with his 4th straight Gold. It was later announced that Zeilinger would be okay; and I believe he even came out the next day to show the audience he was all right.

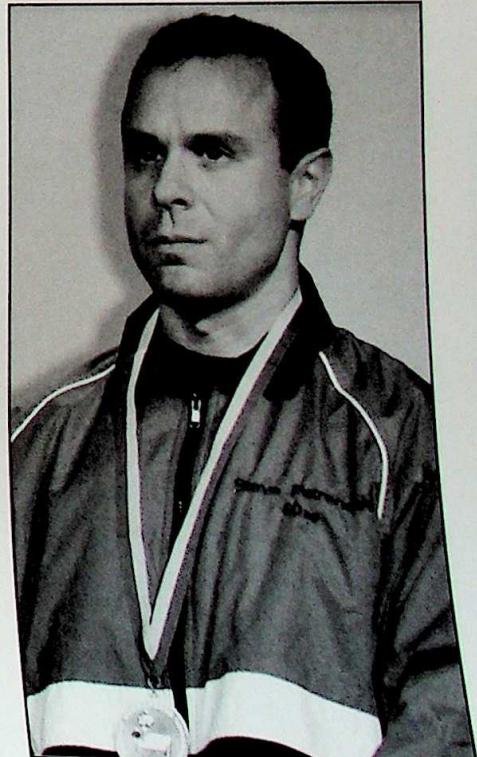
DAY 2 (LORDAG): WOMEN 132 LB No Jennifers? Not in attendance for the first time in 6 years was American Jennifer Thompson, a two time Gold medalist. Thompson was expecting, and obviously chose to take some time off from competition. Neither was American Jennifer Robertson who finished second to Thompson in 03 and edged her out for the Gold last year. I believe schooling took priority for her this year. This year would still showcase two women who have been on the medal stand in the past: Natalia Igosheva of Russia who finished in third last year and Eeva Rantanen (nee Nikander) of Finland who took Bronze in 98. Both women would come out with strong openers, 265 for Igosheva and 254 for Rantanen. Chihio Aoki of Japan would be the wild card as she opened up with 44 more pounds than she was nominated at; but missed her first attempt at 265. The heavier Igosheva would continue to stay slightly ahead of Rantanen on the next two lifts as both women would go three for three and finish with 292 for Gold and 287 for Silver respectively. Anne Heikkila of Finland would outlast Aoki for Bronze, who was unable to press out any of her three lifts.

WOMEN 148 LB: Elena Fomina, where have you been? The Russian has not been at these championships since

2000, when she took Gold for the first time. She made up for the lost time by opening up with the biggest first attempt, a successful lift of 309. After the 2nd attempts were finished there was a logjam that separated second from fifth by only 14 pounds. Yoshiko Komi of Japan and nominated favorite Svetlana Korobeynikova of Russia would lead the way with 298, followed by Gundula Fiona von Bachhaus of Germany with 292 and Bente Arnesten of Norway with 286. Aside from the Gold, which Fomina wrapped up by hitting 319 on her second, Silver and Bronze would not be decided until all of the third attempts were over. American Sara Hogan sat in 6th with 259 but would take a big jump to 297 for medal contention on her third. There was only one problem. Where was Sara? There was an apparent miscommunication between the coaches and the handler; and Sara would unfortunately time out on her attempt as she made it to the bench with only a few seconds to spare. Von Bachhaus looked to have pressed a successful third attempt of 303, but it was turned down. After deliberation by the jury

from a German protest, she was awarded another attempt at it after the round was over. In the meantime, Arnesten's third attempt of 297 put her into third place on bodyweight over Korobeynikova, who missed her attempt at 309. Komi also missed 309 but was sitting in 2nd, and like Arnesten, had to wait for Von Bachhaus' repeat attempt. Fomina finished off her run at Gold with a final attempt of 330. Now it was back to Von Bachhaus who needed to get her 303 in for a second time and take Silver or finish 5th. She shook off the pressure and pressed it up again, this time to the liking of the judges and took her first medal. A disappointed Komi was dropped to Bronze and an even more disappointed Arnesten was knocked out of the medal ceremonies. 50-year-old Komi may have missed out on the Silver, but after 5 attempts at a medal in the 132 class, she moves up to the 148s for her first medal in these open championships!

WOMEN 165 LB: This is the only class, Men or Women, that has never had a repeat winner. Looking to change that would be last year's winner American Christina Newman, who also holds the current World Record. Looking to stand in her way of history would be newcomer and top nominated Svetlana Sharifulina of Russia, two-time medalist Kimiko Oba of Japan, and wildcard Claudia Narovnigg of Austria who was a champion herself back in 2001. Before the flight began, there were some issues with the tightness of one of Newman's sleeves. I remember trying to pull the sleeve opening away from her arm as it was putting on so much pressure that her arm began to turn blue. Even massaging her arm to try and get the blood flowing was not working. You could tell she was getting anxious to get her lift in before she lost all feeling in her hand. She would go out to attempt 303 on her opener. Deb Ferrell was sitting next to me going crazy; "What is she doing?" she asked, as time was running out. What she was doing was using one hand to clamp the, now apparent, numb hand onto the bar. This could only spell disaster as she took the lift off, and with no feeling in that hand, dropped the bar. The quick reaction of the spotters saved her from catastrophe.



Steve Petrenak ... author and medalist.



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TRAINING

TAKING GOODMORNINGS TO THE 'NEXT LEVEL'! *as told by Lawrence De Alva*

I am sure by now every Powerlifter knows about how essential good mornings are. Since I did good mornings for the first time, I fell in love with the exercise. I personally feel that they should be in everyone's training program, no matter what your training goal! They will strengthen every muscle in back, especially when they are performed correctly!

There are many ways to perform the good morning. Some variables include wide stance, close stance, medium stance, arched back, flat back, round back, high bar, low bar, different bars, etc. Here at Hawg's Barbell Club, we perform all varieties of good mornings. In fact, if you don't want to do them, you can bet I'll boot ya outta here! The last thing I need is for someone to get hurt in the gym, and I feel that by not performing them, you are asking for injuries. One must ensure that all the muscles in back of the body are strong, to prevent injury. If they are weak and you're squatting and or deadlifting, your chances of injury are higher, it will just be a matter of time before you will get injured. To the contrary of what most trainers think, they are perfectly safe when done correctly. I feel I can speak about this after having recovered from a L5-S1 annular disk tear TWICE! That's a whole other story! Are there ways to perform this exercise to get more out of them? Well, I kept thinking about this very question, when I realized that if you could lean back while performing this exercise the low back, hips, glutes, and hamstrings would work harder!

If any of you are like me you will do almost anything to add pounds to your squat and deadlift, and add some size to the erectors, glutes, hips and hamstrings! A Powerlifters dream come true, right?

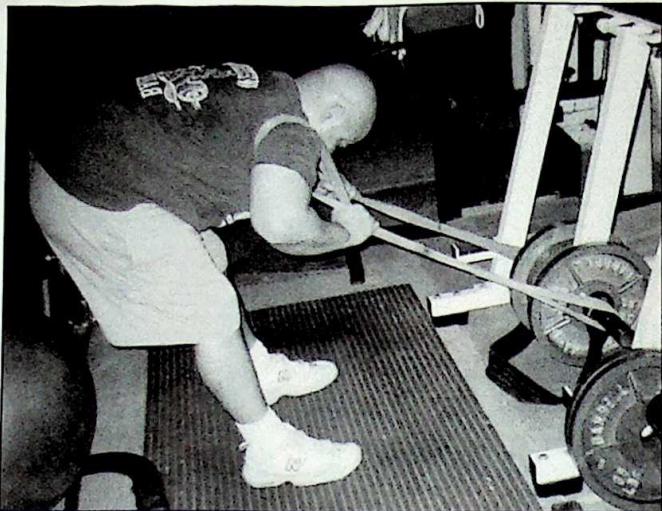
Here at Hawg's Barbell, we perform De Alva good mornings on the Reverse Hyper. I came up with this exercise out of necessity. We perform them on the Reverse Hyper, but they can also be performed on a low cable pulley machine. I will explain the Reverse Hyper method first. What makes the Reverse Hyper method so great

is that the weight is in front of the body! There is no way to do De Alva good mornings properly without the Reverse Hyper. With this method you have to fight hard to come up from the bottom part of the good morning, and at the top you have to drive your hips and glutes hard to lock out the weight!

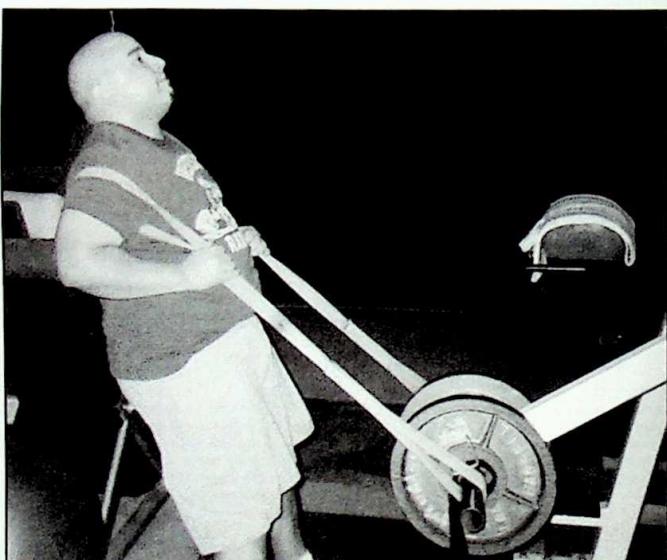
Make sure there is some weight on the Reverse Hyper, and make sure the long strap to the Reverse Hyper is on. Grab a towel and place it around the neck. Now bend over and place the strap around your neck and over the towel. You will feel the weight pulling you forward. Take a small step or two away from the machine so that there is no slack in the strap and you actually have to lean back a little. Now lean forward and perform a good morning you will find that you will feel a huge stretch in the glutes, hips, and hamstrings, and the spinal erectors, of course. You can also perform these standing on a 3"-4" box which will be even harder. These can be performed close stance, medium stance, wide stance, arched back, flat back, etc. The key to the De Alva good mornings is to lean back hard or as much as possible. Also, if there is too much strain on the neck you can use straps - just put the straps on the shoulders. We use the straps from the sled we use for dragging. We put the straps around the shoulders, then perform the exercise as described previously.

The low cable pulley method is performed in the same manner, except you will need some straps of some kind to put around your neck and or shoulders. With the low cable pulley method the weight is not pulling you forward as much, but this method is still good and it will do wonders for you. Again, make sure to lean back as hard as possible. This is key for all the exercises being described.

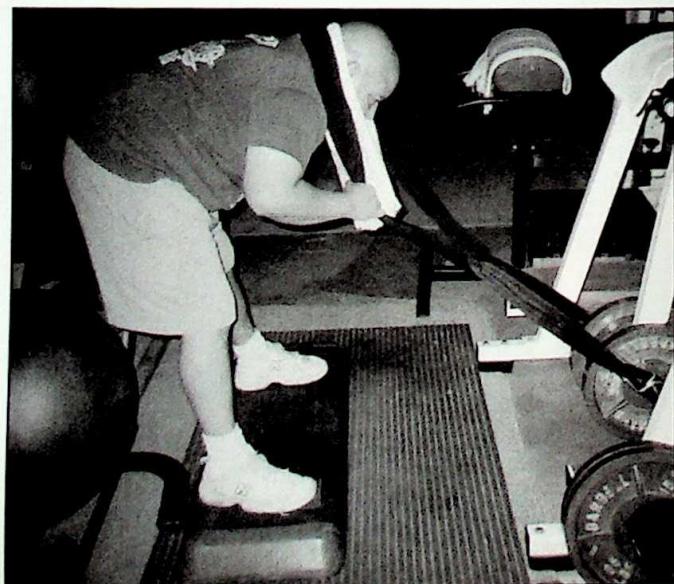
Here is one of my favorites, but it will require a special device. It's called the Super Squat Harness sold by Fred Hatfield. You can call 1-800-732-2004. The price is \$204.00. That's not a bad price considering it's going to make you stronger! Good mornings with this device will definitely make a man



Start Position for the De Alva Good Morning on the Reverse Hyper



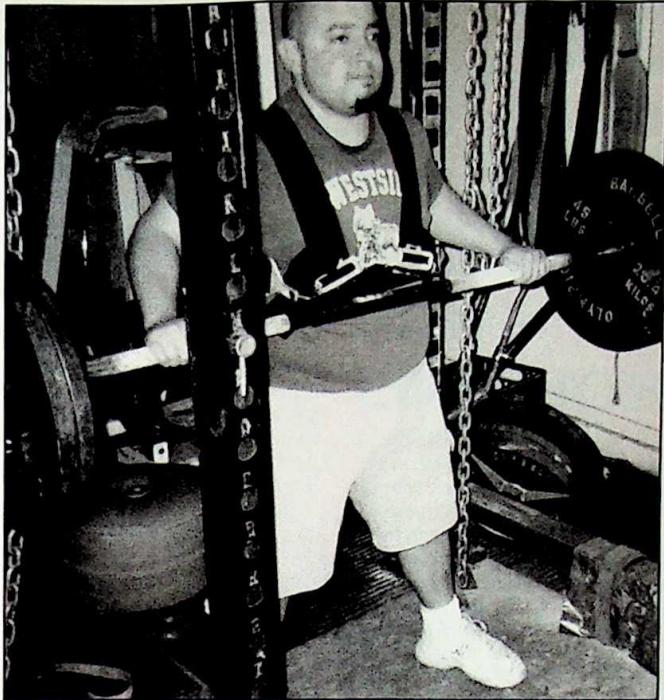
Finish Position for the De Alva Good Morning on the Reverse Hyper



De Alva Good Morning on a 3" box with a strap around the neck

out of you! These are really hard and I love them. What makes this

device great is that the weight sits in front of the body. This will allow



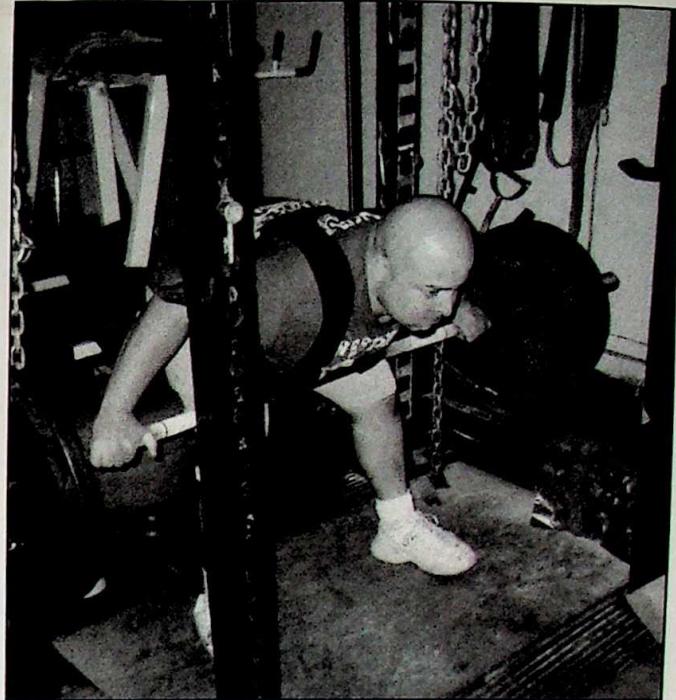
In the Start Position for the Super Squat Harness Good Morning

you to lean back more, and when you are in the bottom of the good morning, you will have to drive the hips, glutes, and low back up hard to come out of the bottom position. It's a position very close to the start and finish of the deadlift! Start light on this one to get used to it.

Put the device on, and make sure it's on tight. Make sure the barbell is placed evenly in the harness. Unrack the weight, now lean back and you will naturally lean forward as in a goodmorning. Bend over as far as you can go, then drive your hips, and glutes up hard through the top. Again, you will feel a huge stretch in all the muscles in the back of the body with this exercise. You can also do this exercise to pins in the power rack, letting the bar rest on the pins for a few seconds. This exercise is a must in everyone's training program! The results from performing this exercise are a bigger squat and deadlift. We have used 600 pounds with this device with no problem. It is strong. You can also perform Zercher squats with this device. Goodbye, painful arms! There are a variety of exercises you can do with the Super Squat Harness, and it comes with an instructional booklet.

Here is another exercise that you can do with bands, and this is a good one. I like doing them for high reps, but various set and reps scheme can be used. Walk over to a wall

so you are a few feet away with your back facing the wall. Now, grab a band and put it around your feet, then bend over and put it around your neck. Lean against the wall so your back is against it and your feet are out in front of you, while the band is around your neck. Your feet should be about 2 feet away from the wall. Lean forward and you should feel a tremendous stretch in the hamstrings, glutes, low back, hips, etc. Come back up to the starting position to where your back is flat against the wall.



In the Bottom Position for the Super Squat Harness Good Morning

Variety in any training program is a must and the same applies here. Again, a wide stance, a close stance, etc., is good to hit the muscles from different angles.

All the exercises described should be performed with different set and rep schemes. We use them as assistance exercises. The Super Squat Harness good morning can be used as a Max effort exercise, though. These exercises will really trash all the muscles in back of the body like nothing else you have done. You will not need many sets

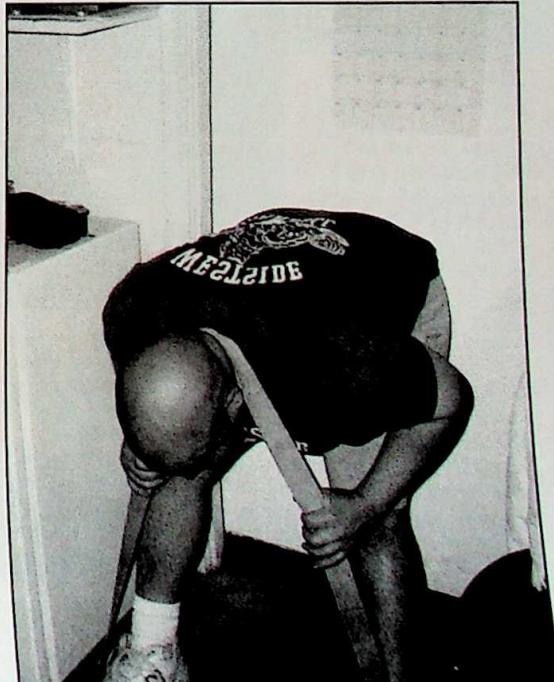
and reps when first performing these exercises, so be careful and let your body be your guide. I hope taking good mornings to the next level will help you as it has helped us here at Hawg's Barbell Club. The next time you're in the gym play Fat Joe's Lean Back and put these exercises to the test!

Your feedback and or questions are always welcome, whether bad or good!

**Lawrence De Alva
Hawg's Barbell Club
623-937-5396**



Top for the Band Good Morning, leaning on the wall.



Bottom for the Band Good Morning, leaning against the wall.

My e-mail is overflowing with people wanting MORE focus on the deadlift! With HUGE advances in gear, the deadlift is getting much less "glory", as the all time lists for the pull rarely are changed while the bench and squat are ever-changing. This will not be a routine that you will need a calculator to figure out or fancy equipment to perform. This is all about the OLD SCHOOL and what works. It's not candy coated or fancy. It does, however, require 100% commitment. Imagine an article entitled "Increase your bench without benching" or "Increase your squat without squatting", it's not going to happen, why should the DL be any different? The DL icons of the past: Gant, Anello, Inzer, Kuc, Kenady, Coan, Thomas, and the Finns ALL pulled HEAVY, and OFTEN. If you want to get rid of that sticking point, you're not going to just be able to add a layer to your DL suit to fix the problem, you must get mentally focused to go to battle, and start PULLING!

In another article, I covered the stiff leg DL intensely, and we are not throwing it out. That routine will get you ready to peak. If you haven't had the chance to read it I suggest you do. In the meantime here is an abbreviated off season blast to get you ready to peak for a NEW PR:

All stiff legs done off a 3 inch box, no belt, no straps, in sweatpants, add belt at Week 3.

Week 1 - 3x10, **Week 2** - 3x10, **Week 3** - 3x5, **Week 4** - 2x5, **Week 5** - 1x5.

The last week should be at or near 70% of your best DL. After Week 5 take one week off from pulling. Assistance will be raw bent rows off the box for 3x7, chins 2x7 and front lat pulls 2x7. DB shrugs 2x20 and weighted ab work, and to finish it off, Russian (aka regular) hypers for 3x10 with weight.

If you are NOT going to a 3 lift show, EASE off on the squat, do it raw (belt only) and much lighter (3x5), and your pull will thank you. If you are doing all 3 lifts you must listen to your body even more closely. If you want to bust that DL PR, then that must be your priority. So often the DL takes a back seat at contests, with guys pushing their squat and bench and running out of gas when it comes to the DL. I love it when I see guys like Andy Bolton and Garry Frank taking it to a whole new level when the bar gets on the floor, Eddy Coan and

WORKOUT OF THE MONTH

SGT. ROCK'S OLD SCHOOL DEADLIFT ROUTINE!

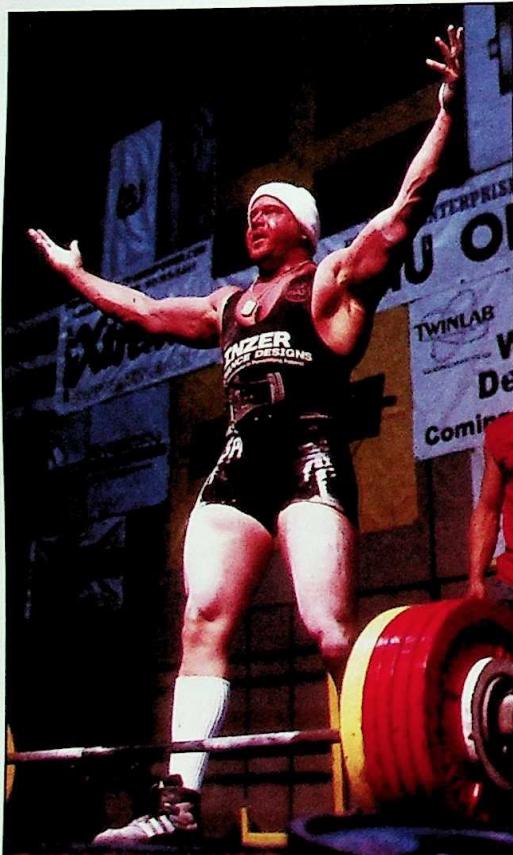
Steve Goggins do the same. It's like they get a huge second wind, and it motivates me to an extreme. The meet truly does not start 'til the bar gets on the floor!

a technical standpoint. Keep the bar in tight and head straight ahead, accelerate and don't yank with the arms, and throw the hips through and head back after the bar gets to the knees. The more speed you generate from the bottom, the better the lockout will be. Often times a missed lockout is the result of bad bar position or lack of bar speed!

The body will adapt to heavy reps, even in the deadlift. All time greats like Bob Peoples, Tony Caprari and John Inzer go against the "lazy mindset" and pull heavy and often, going less than 7 days between sessions. It took lots of warrior attitude, but Tony told me to give it a shot, and I pulled heavy every week for over a month with great results. When I first started DLing, as a teen, I would do several top sets for reps. Once I eclipsed the 500 barrier (as a skinny 148er, believe it or not) I cut it back to one top set and kept this approach for years. I then decided to bring back the OLD SCHOOL MENTALITY, and started doing multiple sets of reps, beginning with the SLDL, and it has really helped me bust through my sticking point. Here is the peaking routine, make sure you're getting enough protein and sleep, and supplement as

needed. A good whey protein, creatine and Animal Paks work great with a heavy cycle like this. Pull heavy and remember Sgt Rock's 'Old School' Rules!

1. NEVER MISS A REP IN THE GYM!
2. STRAPS ARE FOR SISSIES!
3. STIFF LEG DLs ARE THE KEY TO SUCCESS!
4. LEARN TO USE A TIGHT SUIT!
5. KEEP THE BAR IN CLOSE, AND HEAD STRAIGHT AHEAD OR SLIGHTLY UP
6. TO DEADLIFT BIG, YOU MUST DEADLIFT HEAVY IN TRAINING



Sgt. Rock, who is also known as BRENT HOWARD, deadlifting in the WABDL World Championships.

7. GIVE THE HOOK GRIP A FAIR SHOT!

Do a stiff leg cycle to prep yourself for this, regardless if you pull sumo or conventional. Ensure that your goal is REASONABLE. If not, the percentages will be unrealistic and you will run yourself into the ground. This template WILL WORK and has done so for MANY, if you don't stray away from the percentages. Stiffs are done off a 3 inch box with a belt, good mornings are done in the power rack, bend so the body is almost parallel, and use BIG weights. Carry the bar high on the neck. I set pins in the power rack as a guide to how far to bend, and for safety. Bent rows are done raw off the box, followed by front lat pulls or cable rows for 2x7, chins 2x7 with weight if possible, then db shrugs 2x20 and weighted ab work. First 3 weeks belt only, wear sweat pants. If you are doing a DL only show, you will need around 10 weeks, and for a 3 lift contest you will need approx 11 weeks to get ready:

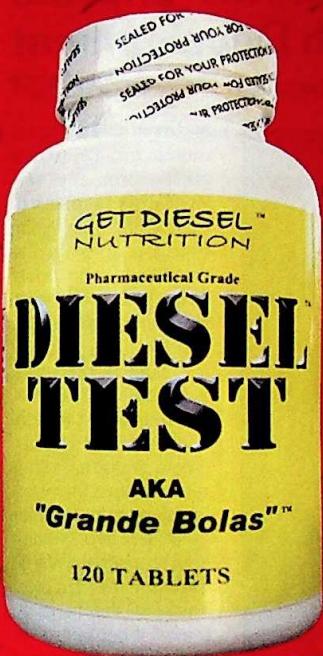
Week 10. 72.5% for 3x5 then 1x5 sldl, **Week 9.** 75% for 3x5 then GMS for 2x5, **Week 8.** 77.5% for 3x5 then 1x5 sldl, GRINDEM OUT, THIS IS A KEY WEEK!, **Week 7.** NO PULLS, BUT DO GMS 2X5 AND THE ASSISTANCE. FROM HERE ON OUT ADD ALL GEAR!!! **Week 6.** 80% 3x4 sldl 1x5, **Week 5.** 85% 3x3 NO MORE GMS, DO HYPERS! Take an EZ curl bar and hold it tight to your chest on these for 3x10 reps, we will change from Barbell bent rows to heavy db rows for 2x7 reps heavy! **Week 4.** 88% 2x3 assistance the same, **Week 3.** Same as Week 7, but with Russian hypers, **Week 2.** 92.5% for a SOLID, OLD SCHOOL DOUBLE!!! Same assistance. Here is where we need to adjust, if you're doing a 3 lift show work up to your last DL warmup 10 days out from the show, and 7 days after your 92.5 double, if you are doing a DL only show, pull your 92.5 double 10 or 11 days out.

You are now ready to DESTROY the weight and OWN the platform. You have pulled several weeks of 3 top sets, readying you for 3 SOLID attempts at the show. If you have any feedback contact me at SGTROCK804@YAHOO.COM Please let me thank my supporters, John Inzer and IAD, Universal Nutrition, Headblade (WWW.HEADBLADE.COM), Chuck Diesel, House of Pain, Wes Kampen, Austin's Gym, John Mathieu and Gary Viles, BPM Osgood, Scorp, my friends and family and all those that believe in the underdog, the Old School, and the Blue Collar way, all the DL warriors that came before me, and most importantly the GOOD LORD himself! The only barriers are the ones you create yourself, I choose to have NONE.

Semper Fi, Sgt Rock, USMC

The Three Kings

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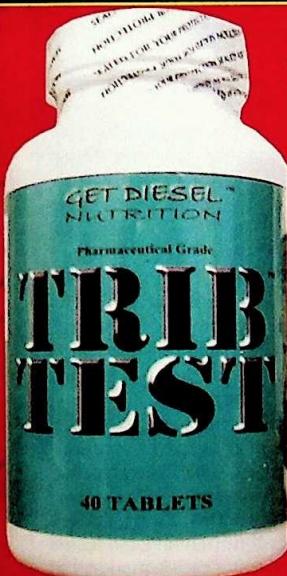


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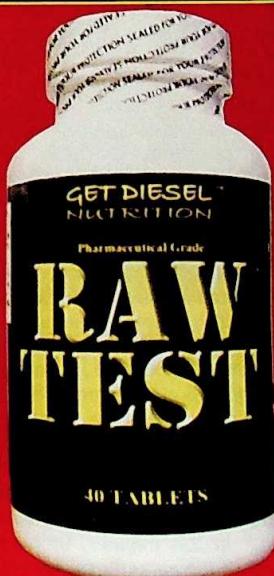
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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

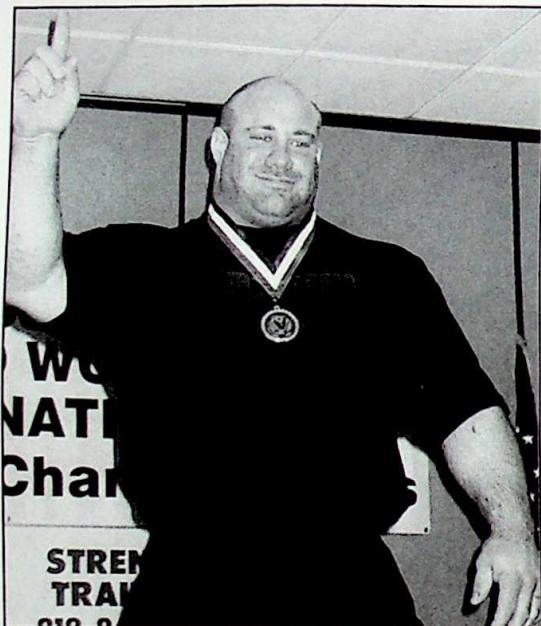
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca^{++}) from the sarcoplasmic reticulum in the muscle.

5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PL USA by Timothy Ferris, ACSM



Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Incledon, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as BodyQUICK

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolic steroids and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

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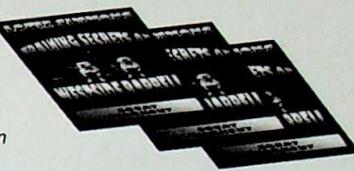


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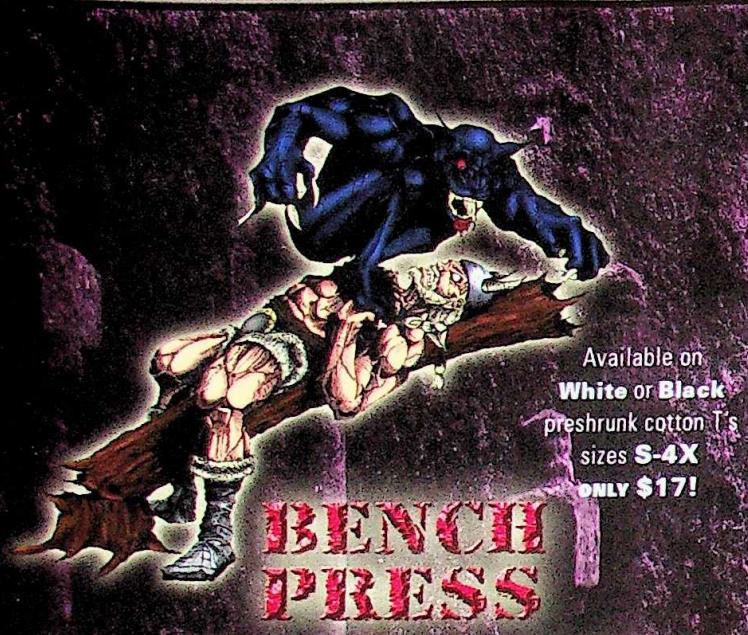
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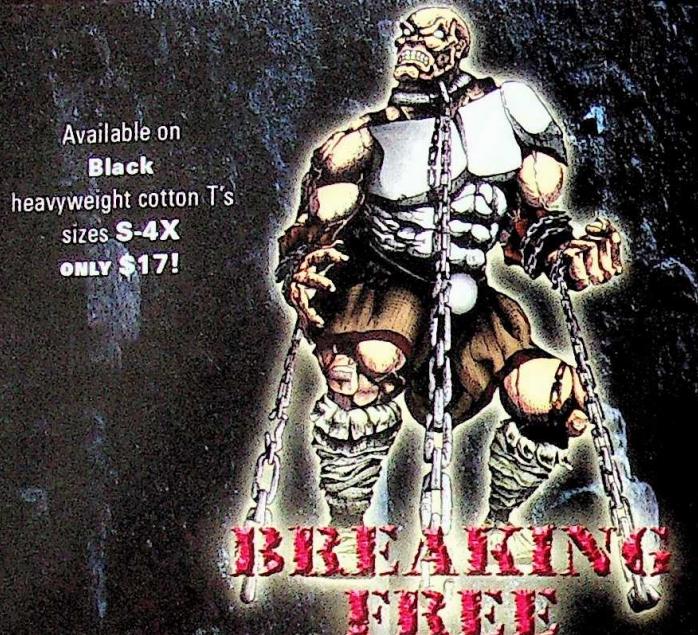
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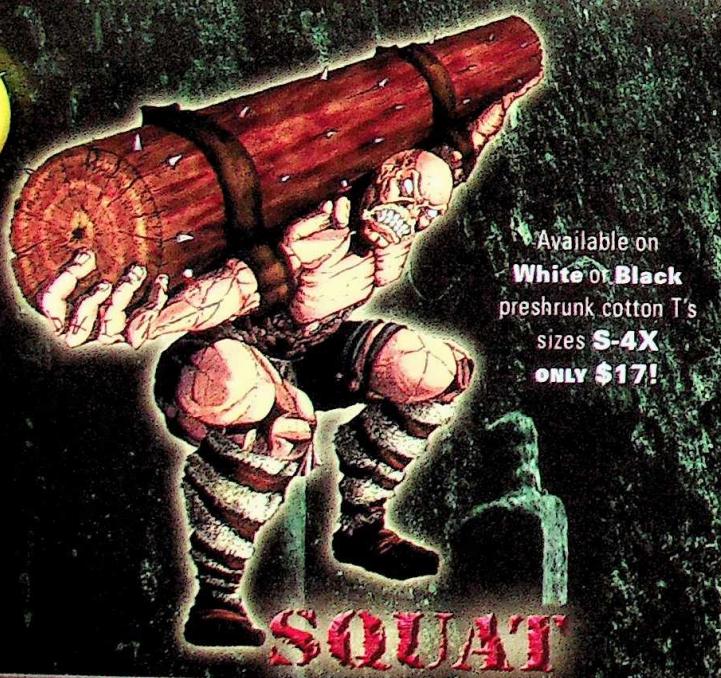


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9 World Records in Powerlifting

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Two months ago we learned where Homer Simpson trains (Total Performance Sports) and last month we decided that Marge Simpson worked out—she would train where her big head (or big heads) rule—Headhunter Barbell. Question; in the evolution of cartoon characters—is Marge Simpson more evolved than Beavis & Butthead? Where does Hank fit in? We have a customer who really likes Sponge Bob Square Pants—(don't ask!). But this makes me wonder, is Sponge Bob a totally different species? Where does he train, and why are his arms/legs so small?

More related to this month's article question; can mirror monkeys evolve into real powerlifters? Or is that in reverse? Do dinosaur-training super-strong cavemen evolve into mirror monkeys who only want to look good? Or are these totally different species; like Sponge Bob vs. Beavis & Butthead?

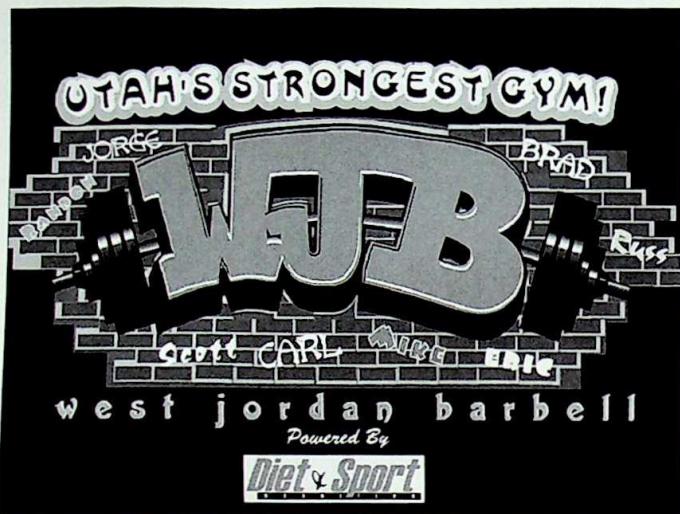
I'll let Carl Roger (of West Jordan Barbell) explain from the beginning:

"Long ago in a far away galaxy there formed a piece of slime on a piece of slime somewhere on a piece of slime; anyway it did seem to grow into something else after 656,879,976,345 years. It eventually found its way to the Planet Earth. As it evolved and became a land dwelling mammal it was obvious that this particular species had a special calling. The human race was fully unaware that there would come a time when the earth would be invaded by aliens who would take the form of humans that we now would call Bodybuilders. It was an elaborate plot envisioned by a cruel and inhuman race of aliens. Fortunately for the human race there was some hope. That special land mammal that had evolved from the slime on the slime had further evolved and had become more human like. In fact they had integrated with the human race, under great secrecy

HARD CORE GYM #50

WEST JORDAN BARBELL

as told to PLUSA by Rick Brewer, House of Pain



and under the supervision of a special organization entitled WJB. Thus began a group of covert agents that would save the world from the invasion of the bodybuilders. It seemed as though they were invulnerable and could not be stopped until through the research of WJB agents and in the secret laboratory next to the reverse hyper it was discovered that they were completely and ultimately destroyed by the strong odor of ammonia in conjunction with the lifting of massive amounts of heavy weights on barbells. If one was to sniff ammonia and do an 800 lb. squat, the nearest bodybuilders would disintegrate. Armed with this information the agents from WJB set out on their mission to recruit new people who were brave and strong. Eventually an army of people who called themselves powerlifters would crush the alien invasion and set the human race free. History often repeats itself and as this chapter

in the human race was lived so long ago it would someday come to be almost forgotten except for the descendants of the famous army of powerlifters. Once again the earth would be overcome with geeks and pinheads and mirror monkeys in spandex and the aliens are anxiously waiting for their chance to return—therefore we must always be vigilant and willing to train at psychotic levels and be prepared to smash them if they ever dare come back. Give thanks to powerlifting.

WJB is a home gym in West Jordan, Utah. It is in the home of Carl Rogers. The members of WJB are Carl Rogers, Mike Haynes, Scott Mecham, Brad Tripp, Russell Bennett, Eric Milburn, Roger Broome, Jorge Bravo and Randon Carter. Carl Rogers, Mike Haynes, Eric Milburn and Scott Mecham have all set numerous state and national records. Eric has benched 502 at 185 bodyweight and age 19. Carl has benched 622 at age 40 and 259 bodyweight. Mike has benched 370 at age 36 and 164 bodyweight. Brad is on his way to a 600 plus bench in the SHW class. Roger is a great squatter as is Jorge. Jorge is ready to nail a record 850 squat for his record in the AAPF. Russ is strong in the deadlift. Scott is pretty well rounded and has made elite. By this spring all lifters of WJB will be elite status. Carl is shooting for the 2100 mark with a 700 bench for next year. We have a Texas squat bar, two Ivanko multiple use bars, Oakie deadlift bar, reverse hyper, monolift, Forza Squat Stands, and SSB bar. We have two benches, leg press, squat rack, lat

row, seated calfraise, roman chair, lat pull down, leg curl and leg extension machines. We also have a full set of bands and two full sets of chains and an assortment of boards. Not bad for a little basement gym in West Jordan, Utah, eh? Our club competes regularly year round. We enjoy APF and AAPF full meets and also like to do the USAPL and WABDL meets. We hope to see some great future lifts come from our gym. That is what we train for. We mostly use Westside with our own versions of other routines mixed in. We all enjoy this magazine and the articles and great insight it gives to a regimen. There are some truly great lifters out there. Humility and a willingness to learn are vital to belong to WJB. Know-it-alls are not welcome. Everyone is expected to be an inspiration and example to the other lifters in action and in spirit. We have fun, but when it is time to move the weight it is time to get serious and do the training. We train 4 days a week for about an hour and a half. ME legs on Monday. Tuesday is all assistance work. Thursday is light deadlift or speed squat and Saturday is ME bench. We even have a drinking fountain in our basement gym for all the thirsty lifters. Rick and his crew at House of Pain are great to work with and Carl buys all his stuff from Jason at HOP. They have great customer service and treat their lifters well. For info you can call WJB at 801-414-3891."

Thanks Carl! You should know about evolution, since you're lifting has really skyrocketed over the past couple of years—congrats! We all need a little sweat, ammonia, and posters in our lives—and I wish we could all get a closer look at the cool West Jordan Barbell mural on the wall! By the way, a few powerlifters were accidentally left out of the article:

"In the article that I sent to you regarding West Jordan Barbell I left out a name in the introduction of the members. Doug and Shay Kipecky are also members that have trained with us. Shay is only 14 years old in eighth grade and benched 205 and 145 bodyweight."

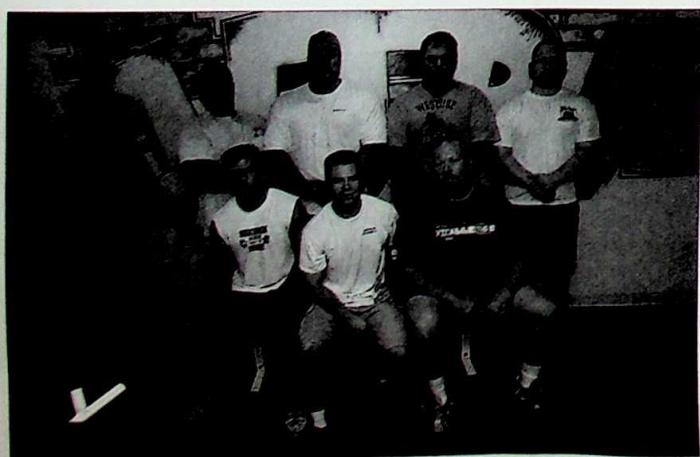
These guys are just as important as Carl Rogers, Mike Haynes, and all of the other West Jordan Barbell animals!"

Check out the photos and email me your comments about 'lifter evolution.' Next month, we go looking for attitude. Stay tuned...

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DR. JUDD

LIARS ... PART II The Lighter Side as told by Judd Biasiotto Ph.D.

And the winner of the 20th annual Pinocchio award goes to ... Raphael Palmeiro of the Baltimore Orioles with his magnificent performance at the 2005 congressional hearing on steroids and baseball. His straightforward denial ("I have never used steroids, period. I do not know how to say it any more clearly than that") coupled with his finger wagging routine was nothing less than brilliant. The guy had every congressional member totally convinced that he had never used steroids. Think about that ... he convinced American politicians, whom many considered the biggest liars in the world, that he was telling the truth ... a feat which defied the old adage, "It takes one to know one". If it was not for advanced scientific drug testing, Mr. Palmeiro's fib may never have been detected.

Palmeiro's fabrication is being considered one of the most amazing breaches of truth since Ben Johnson claimed that his speed was not in a syringe, but in his mind. It certainly outdistanced Britney Spears' 2004 award winning performance in which she professed to Jason Allen Alexander in a marriage ceremony "Til death do us part?" and then 55 hours later flew the coop. And it way outdistanced Janet Jackson's, "It was a wardrobe malfunction", or Michael's ... well, I am not going there. And Palmeiro's performance certainly surpassed championship lies of the past such as one guy claiming that he met an honest fisherman and another one alleging that he once saw a lawyer standing outside on a cold winter day with his hands in his own pockets. That is amateur stuff, compared to Palmeiro.

Palmeiro has taken lying to a new level, which is a challenge for us all. Although most Americans are probably able to lie with the best of them ... lawyers, politicians, used car salesmen and television evangelists excluded ... how are we going to know when someone is telling us a lie.

There was a time when you could just liquor someone up and they would spill the beans. Unfortunately the Italian maxim "in-vino veratose" ... "in wine there is truth" ... no longer applies. Americans today are so good at stretching the truth that they can do it with their brains floating freely in alcohol. And you just can't go and strap your girlfriend or boyfriend up to a lie detector test because ... well ... they may notice what you are doing. Not only that, but those lie detector tests don't necessary work either. In fact, a recent study conducted at Harvard University indicated that people who tell the truth fail lie detector test more than people who are actually lying. Nice to know.

What does it take for us to know a potential liar? Actually, it is fairly easy to detect if someone you know well is lying to you. If their behavior deviates from the usual, it is a good sign that something is up. For example, if your boyfriend hasn't showered in the last two months and then all of a sudden he is cleaner than Felix Unger you might have a little problem brewing, or if your girlfriend is usually a laid-back slow talker and suddenly she is talking faster than a street

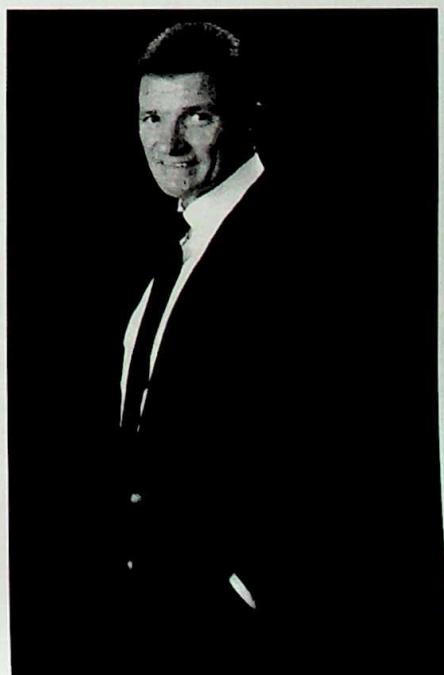
urchin on crack it's a good sign that she's hiding something ... like a guy on the side, or under the bed. In other words, by using a person's typical demeanor as a measuring stick you can get a pretty good idea if they are stretching the truth.

Bella DePaulo has spent her career studying lies and liars. She has said that no one action, not even eye contact or lack thereof, is a valid indicator that a person is lying. However, body language can be revealing. According to DePaulo, if you know a person well, their body language can speak volumes. In fact, there are some mannerisms that are well documented as indicators of lying. For instance, if the individual exhibits some of the following characteristics, he may be conjuring up a little fairy tale: Rapid eye movement; Crossed arms; Constant fidgeting; Eyes focused to the right ... indicates use of the creative side of the brain; Rubbing his eye; Eyes either wide open or partly shut; Legs crossed when seated; Legs not planted firmly on the ground when seated; Touching his face, such as lips, cheeks, chin, nose, etc; Playing with his hair; Tugging his ear.

Depaulo suggests that we should look for clusters of evasive behaviors. She says, "Negation, which you see, such as the hand going around the eyes, nose, mouth and ears, where the body begins to turn and move away from the questioner, while the liar responds to questions. The liar's body just gave you a couple of clues in a cluster. Many of the aforementioned gestures such as the ear tugging, eye rubbing, mouth covering, and nose tapping can point to a liar as the liar's body language is saying, "I can't believe what I'm saying!"

Still, there is no behavior that always means that a person is lying and never means anything else. While body language can be a good indicator that someone is lying, unconscious mannerisms aren't always valid. Most of the time, you have to connect body language with the person's dialogue to ascertain whether or not he is telling the truth.

If you're dealing with a proletarian liar they will many times repeat the question you just asked. This is a ploy to buy time in order to ad-lib the lie. For instance, you will ask, "Who were you with last night", and they will say something like, "Let's see, who was I with last night ... oh



Judd Biasiotto Ph.D. would never tell a lie?

yeah, my 86 year old grandmother was sick and I took her some chicken soup." Second-rate liars also tend to stutter and hesitate out of guilt and the inability to improvise quickly. They also tend to become very defensive. A typical response is - "Why are you asking me these questions? Do you think I am lying or something?" Acting superdefensive can be the biggest admission of guilt. So, when you ask your girlfriend where she got all those marks on her neck, and she tells you that the cheap jewelry you bought her for Christmas last year is breaking her skin out, you need to kick her butt ... for calling you cheap and for lying like hell. Also, be wary when people say, "Well, I am going to tell you the truth." If they have to qualify when they are telling the truth I guess that means everything else they told you without a qualification was a lie. Watch out for statements like: "I would never lie to you, "I am giving you my word of honor," "Believe me," or "I'm serious," what you've got here, is a person trying to make themselves feel better about lying.

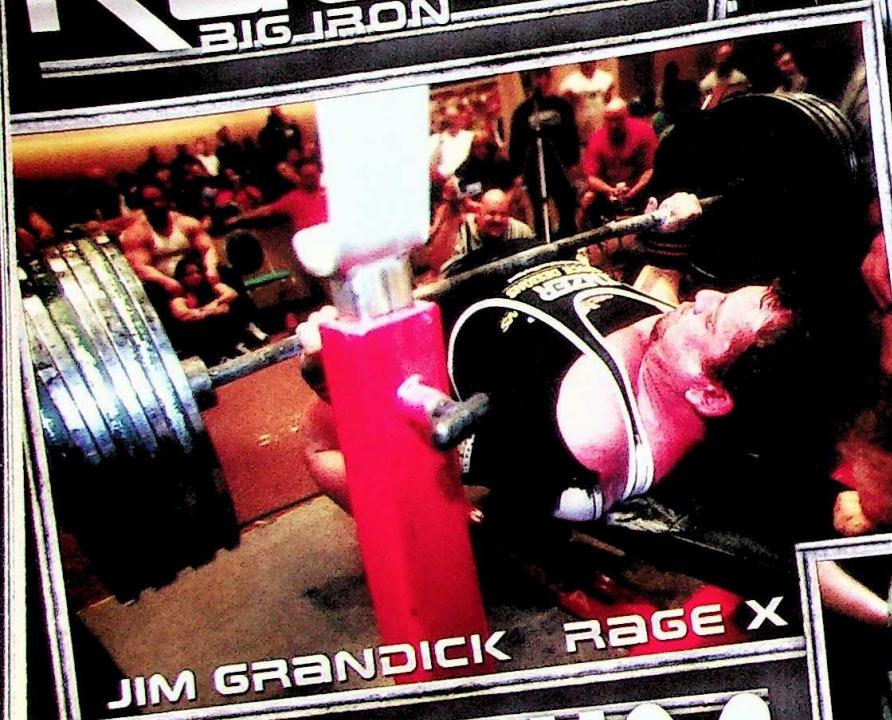
Conversely, some liars might be so paranoid about being untruthful that they'll offer much more information than you asked for. According to Depaulo, liars know that a good liar provides more details in order to look innocent. That is why women are such great liars ... they pay more attention to detail. Let a woman and a man watch the same movie. It will take the man five minutes to tell you what happened. It will take the women longer to tell you what happened in the movie then it would for you to go and watch the dang thing. She will not only tell you what happened in the movie, but she will describe every scene, how aesthetically pleasing the costume designs were, what the characters looked like, what they were wearing, what they ate for breakfast and so forth. Heck, she will even tell you who was at the movie, what they were wearing, and what they had for breakfast. The point is that women are more analytical, and therefore tend to pay more attention to minor details. Consequently, when it comes to lying, women can turn little fibs into elaborate tales. By the time they finish their little yarn you probably can't remember the details of her intricately woven story. They give you so much detail that you can't separate the pepper from the fly doo doo. Even if a man senses that her story doesn't add up, they generally are not going to investigate the minute details in order to crack the case.

Of course, this type of long winded storytelling can back fire if someone takes the time to listen in great detail, because then the liar has to remember everything that they have lied about. Note that women are detailed listeners. Tell a woman something and she won't only remember what you told her, but she will remember the location, what time it was, what you were wearing, what your demeanor was, what you ate for breakfast and so on. That is why women are not only better liars, but better at catching men lying. What does this tell you? If you are going to lie to a woman, do it quickly, then keep your mouth shut, if you don't want to get caught.

Note that professional liars don't general exhibit the aforementioned weaknesses. Your chance of catching a professional liar at his trade is about as good as getting a date with Carmen Electra. Maybe that is a bad example ... didn't Dennis Rodman marry her for a whopping nine days due to the fact that he was too drunk to know what he was doing? Doesn't that sound romantic? Yeah, that is a bad example. Just take my word for it, you are not going to catch a professional liar in the act ... they are just too ... well ... professional. The best rule to follow when it comes to these Pinocchios is to believe nothing of what you hear and only half of what you see.

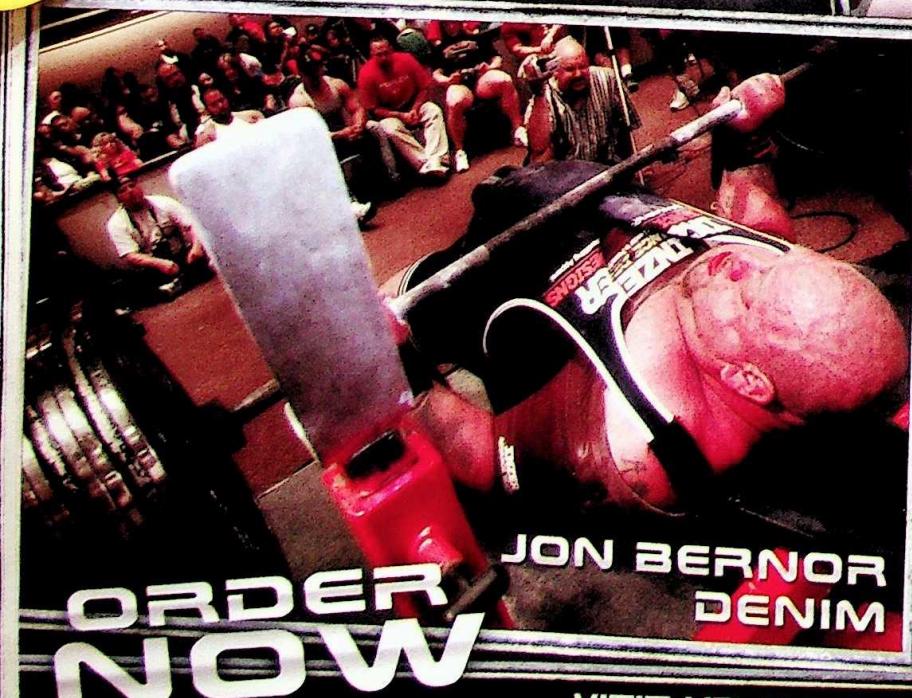
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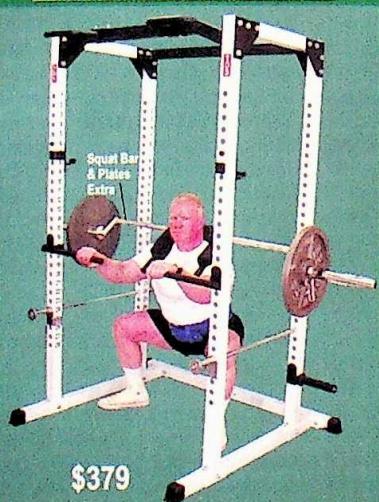
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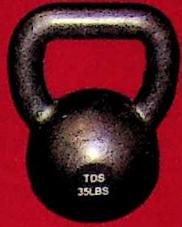
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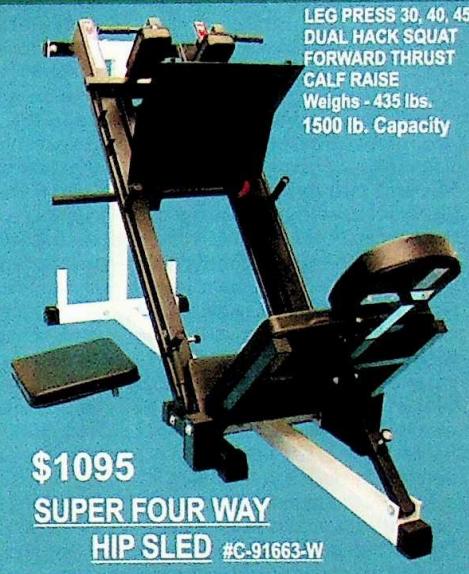


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Stop Counting Sheep - I have the Answer

Q: My question is on Melatonin. I was wondering if you could tell me a little more about this supplement. What is it exactly and how does it work? Is it really that effective for helping you to fall asleep? I am interested in knowing how it works? Please explain more in detail so that I can make a wise choice when I go to the health food store. Sincerely, Joanne Ferani.

A: Hey, Joanne, I am glad to hear from you. It's nice to hear from some of the Power Vixens out there too, not always just the men. So, for all you ladies of power, feel free to write me too, I am not going to bite ... unless you want me to. Ok, joking aside. You want to know what the deal is with Melatonin. No worries, my dear, you will find what you are looking for.

The Sleep Wake Cycle and the Powerlifter

Scientists have done many different studies to understand how the human body relates to the Sleep-Wake Cycle. For all humans, to be awake during the daylight hours and to fall asleep during the dark period of the night is the normal function. One major key in this process is how the exposure to darkness or light affects our Sleep-Wake Cycle. Studies have shown that when a human is exposed to light it causes a stimulation of a nerve pathway located in the retina in the eye to a very important part of the brain known as the Hypothalamus. In the Hypothalamus there is a control center known as the Suprachiasmatic Nucleus (SCN). This control center is responsible for initiating signals to different parts of your brain that control many different processes and physiological reactions. These include such things as body temperature, hormone production, as well as processes that affect whether we feel alert or sleepy. The SCN is basically your body clock that sets up the patterns that regulate your activities. You may not know this, but from the first time you are exposed to light in the morning your SCN clock begins its work. In no time, your body temperature is raised and hormone production is increased for those that are needed and it inhibits those that are not required until a later time.

What, Why and Who

Melatonin is used to help induce sleep. It is actually secreted by the Pineal gland. This pea-sized gland is located at the center of the brain. Melatonin's purpose is to regulate the human sleep and wake

NUTRITION

Power Nutrition Questions & Answers

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

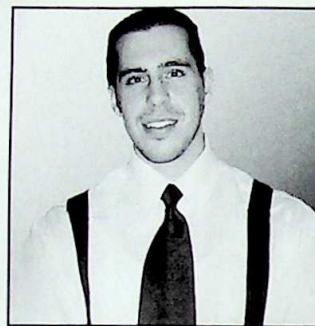
cycles that allow us to function efficiently and keep healthy. Melatonin is synthesized by the pineal gland on the action of the neurotransmitter called Serotonin. As with many things, the aging process takes its toll on all of us and it leads to a decreased production of Melatonin as we age. This is one reason why young people can sleep like a log while older people encounter various sleeping problems. Melatonin has been shown to help individuals fall asleep, even those who suffer from sleep disorders, much easier. It also is a potent antioxidant. I am sure many of you didn't know that. It has also been shown to increase immune response as well. This can help you keep those foreign invaders from taking over your body and turning it into a coughing, aching, sneezing germ factory. Another group of people who find a lot of benefit in Melatonin are those who travel frequently through different time zones. For those that do this frequently-like pilots, stewardesses, or businessmen - jet lag can be a major problem, making the body feel worn down and out of sync. Melatonin has been shown to help overcome this fatigue associated with constant cross time zone travelling.

How much to take?

With Melatonin, you do not need a lot to get the job done. I recommend for those who have not used it before to use 1-1.5mg before bedtime. If you are not getting the desired effect, you can increase it to 3mg, but this should be the maximum dose.

Side Effects and Toxicity

Many of you might be wondering what the side effects are. One thing that makes me laugh are those individuals who down 40oz. of Jack Daniels over the weekend, eat fast food daily, including enough sugar to give Diabetes to a small country, and then worry if this herb or that supplement may hurt them. Before I get sidetracked on the horrible nutritional practices of a large majority of people in North America, let's get back to Melatonin. In regards to the toxicity level with Melatonin it really isn't something to worry about. In some studies, test subjects were given in



Anthony Ricciuto this is the Man Behind NutritionXP3.com

the range of 3,000 times the normal dose and they didn't have a toxic reaction. Just because I let you in on this info don't go out and do something stupid and take a lot of it because that Nutrition Guy said it was ok. Morons take note...the major complaints regarding side effects include nightmares, headaches, and mild depression. This occurred with about 10% of test subjects.

Those who should not take Melatonin

There are specific individuals that should not take Melatonin. These include women who are pregnant or breast-feeding. Those women who are trying to get pregnant should also avoid it because when taken in higher dosages it can work like a contraceptive. Those with allergies and auto-immune diseases should also not use it. This includes different types of cancers, including leukemia or lymphoma. The best thing to remember is if you do have any medical condition it is best to check with your doctor to make sure there are not any interactions with your current prescriptions.

Is it for You?

Melatonin can provide some benefits for those who are frequent travelers or those who occasionally suffer from sleep disorders. There are also those who should avoid it, either due to their medical conditions or other situations. I personally have used Melatonin with great results. I have found that I fall asleep much easier, but even more importantly, I wake up feeling very fresh and rested. Even on the nights where I have gotten little sleep due to my hectic work

schedule and I have taken Melatonin, I noticed that I didn't wake up groggy nor did I feel tired the rest of the day. I have also used it with some of my athletes and they have all noticed some positive response. Many athletes noted that they felt like they attained a deeper level of sleep while using it. Many also claimed that it helped their rate of recovery due to the fact that their body was better rested. If you are interested in trying Melatonin give it a shot if you are not one of the people mentioned above and make sure that you use it in a proper fashion, about half an hour before bedtime.

Are you Getting in Enough Fiber?

Q: I wanted to let you know that I am big fan of your articles. I have learned so much reading them, not only about the science behind nutrition, but even more importantly for me is how I can use it to get a bigger total. I have read how you preach about getting in enough fiber in your plan. I was wondering if you can give me some ideas to help me get more in my diet. Sincerely, Rebecca Hotner.

A: Rebecca, thanks for the kind words about my articles. I try my best to help educate the lifter in maximizing his or her performance and making sure that they stay healthy at the same time. FIBER ... this is a word that evokes fear in a lot of lifters. For what reason I don't know. Getting enough fiber in one's daily meal plan will not only help you maintain your blood sugar levels and drop fat, but it will also help keep your arteries from clogging. It will also make sure that you don't get a bout of colon cancer by the time you are in your 50s. Ok, so you want some ideas on how to get your fiber intake in without having to eat a pound of hay everyday. You should be getting in at least 25 grams per day as a minimum, but 40-50 is really where lifters should be at in their daily intake. Let's take a look at high fiber fruits first. Raspberries have a whopping 10 grams of fiber per cup. Blackberries have about 7.5 grams, kiwi have 5.5 per 2 medium sized fruits, and blueberries have 4.4 grams per cup. As for high fiber veggies Lima beans are the king with 9 grams per cup, peas rate an 8.8, while Broccoli has 5.5 grams. Carrots round the bunch out with 5.2 grams, Cauliflower with 4.5 grams and Spinach comes in last with 4.3 grams. Now here is where all powerlifters should be come breakfast time. Yes it's the dreaded high fiber cereal that their grandmothers used to eat. All Bran leads the pack with a colon cleansing 19.5 grams per cup. MultiBran Chex, which tastes great

by the way, have 9 grams per cup, while Shredded Wheat and Bran come in third with 6.4 grams. Let's not forget my all time favorite, oatmeal, which rounds things out with 5.8 grams per cup. Now that you know what some of the best high fiber foods are it is time to start dropping them into your plan. Another thing that you can do is take some psyllium powder. This is a great way to get in enough fiber when you are not eating the above foods on a daily basis. If powerlifters would just heed my words and understand how important it is to keep enough fiber in their diet they would be getting it in no matter what. The fact remains that you should be having 2-3 bowel movements per day and that's every day, not just on Saturdays when you go to the \$2.99 all you can eat Fajita Madness Marathon.

Burn fat and Build Muscle like Never Before!

Q: I have heard some great things about your Nutrition XP3 Program. I am very interested in starting up with you, but I want to do two things at the same time. I want to drop fat, but yet I don't want to lose strength. I know that I want my cake and eat it too but is such a thing possible? I have heard from lifters that you have worked with that they have actually done this, but I am not a pro powerlifter like them? Can this still work for me even though I am a beginner? Sincerely, Bob Yakobucci.

A: One of the major benefits of the Nutrition XP3 System is the fact that it can perform many different processes at the same time. Just to let you know, to build lean muscle tissue while decreasing your bodyfat level is not something your body wants to do. To make this scenario even more complicated, powerlifters want to increase their strength or at the bare minimum maintain it as they go down a weight class. If you have noticed with the lifters of yesteryear, going down a weight class always caused some major decrements in their strength. They didn't know how to maintain their lean tissue while dropping fat. They also didn't understand the science behind making sure strength is not sacrificed in this process. For those who are drug free lifters this is even harder. Due to the fact that the Nutrition XP3 System is customized to each individual and the fact that I am working with each athlete so closely, I have worked with several different lifters who have actually gone down a weight class, dropped a huge amount of bodyfat, and yet have hit PRs in their lifts. I know most of you can't imagine this and without a very detailed and customized nutrition and supplementation program I guarantee you it won't happen. What you put in your mouth plays a huge role in your performance. When you are trying to do something as complicated as going down a class while maintaining or increasing your strength, not just any type of nutrition plan will get the job done. Your macronutrient balance, your micronutrient intake, your pre and post workout nutrition and supplementation plans, your fat intake and ratios, hydration level, hormonal manipulation and much more will all play a distinct role in your dream becoming a reality. The fact that I work with each athlete on a weekly basis and sometimes even more often with phone consults and e-mail is another reason for this success being possible. When you have an expert guiding you along the way and constantly monitoring you, step by step, I can alter things to adjust to the current situation to make sure that your progress continues until you reach your goal and beyond. So, if you are

interested in dropping some fat while maintaining your strength ... I can do one better. I will get your fat down and improve (not maintain) your strength - all at the same time. As for you being a beginner this is not a problem. The fact remains if a lifter who is just getting into the sport gets his nutrition program maximized he will see much higher quality gains and he will overtrain less, suffer from fewer injuries, prevent health conditions down the road and hit PRs that would have taken him much much longer to. I still have a few spaces left in my roster so give me a call so I can get everything set up with your info and blood work. Bob, I look forward to working with you and getting you some great results!

Get in the Zinc...Unless you want Man Boobs!

Q: I have heard that zinc is a very important vitamin. Is this true? What are some of the benefits that it has on the body and the performance of the powerlifter? I was wondering if you can give me a good breakdown on this because I heard that taking in the right amount can actually increase your performance from different angles. I don't really know anything on how it works in the body or what it actually does so I figured you would be the best guy to ask to get a comprehensive answer. Thanks for all your help. Sincerely, John Goring.

A: Zinc is not a vitamin like you thought. Zinc is an essential mineral that is found in almost every cell in the human body. One thing that is very important about zinc is the fact that it stimulates the activity of close to 300 different enzymes in the body. These enzymes in turn are what promote different biochemical reactions in your body. One very important biochemical reaction that all should take note of is the fact that zinc is a key attribute in the production of testosterone. Zinc also plays a major role in protein metabolism. Remember its not just how much protein and the quality that you take in per day, but your body's ability to process, metabolize, and use it in the process of protein synthesis. Zinc has been shown to increase your immune response and this is something all lifters can benefit from. Not only is this good to take when you are sick, but keeping it in your supplement plan beforehand can help make sure you don't get ill in the first place.

For those "Pharmaceutically Enhanced" lifters out there pay. A zinc deficiency can actually reduce your number of androgen receptors at the same time it can increase your estrogen receptors. You can picture these receptor sites to be like a satellite dish on the cell. So when a specific molecule (like our friend Testosterone) is floating through your blood it can bind to the receptor and will be activated to do the work it is responsible for. A decrease in androgen receptors means that less of the "Pharmaceuticals" that you are taking will bind with these receptors. This in turn means, depending on how severe a decrement that has occurred with your androgen receptors, you will not be able to maximize your "Anabolic Environment" as efficiently and optimize your results from your Pharmaceutical Cycle. It will also cause an increase in estrogen receptors which will lead to an increase in things like bloating, gynecomastia, water retention, fat gain, the smooth and soft look, and many more horrible things that real men don't like happening. So, to all the "Enhanced" lifters out there, make sure that your zinc intake is optimal.

The next thing you need to know about this is because the ratio of androgen receptors decreases and at the same time the estrogen receptors are taking over like a communist army, this means your androgen to estrogen ratio of binding activity will be all out of whack, setting you up for more side effects from the pharmaceuticals that you are taking. This deficiency will also set it up for the androgens that are in your blood to aromatize into estrogen. So, not only is your body using the androgens that you are administering not as efficiently as it should due to less receptor activity, but at the same time the androgens that you do have floating in your bloodstream are converting to estrogen. This is a double whammy attack on your results as well as your manhood. This, in turn, will allow them to bind to the increased number of estrogen receptors leading you to become a DD Model in no time. This is a very serious thing here because you are basically setting yourself up for increased side effects, and decreased activity of your pharmaceutical plan (meaning you won't get the gains you should).

Zinc is also responsible for healthy sperm production. For those men who want to keep their "swimmers" healthy then make sure that you are taking in enough zinc on a daily basis. If you read my column from a few months back about Cortisol then you should pay attention. Cortisol is a catabolic hormone that is responsible for not only eating up your muscle and strength, while making you resemble the Michelin Man, but also for many different health conditions. When you are zinc deficient your blood levels of this nasty hormone increase dramatically. When this happens GH and IGF-1 production go out the window. It can also throw you in a major catabolic state since your testosterone to Cortisol ratio has become favorable for this muscle eating hormone and not for the one that builds muscle and makes a man a man. Another very important fact is how zinc affects your thyroid hormones. The thyroid hormone T4 is the inactive form and it must convert to the active form known as T3. The all-important liver enzyme that is responsible for this conversion taking place is 5-deiodinase. For this enzyme to activate one of the minerals that is involved in this process is zinc. Let's not forget that T3 is what controls your metabolic rate, your ability to burn fat and it is also responsible for protein synthesis. This is very important for keeping your thyroid healthy.

Shoot for about 15-30mg of zinc per day. Don't take it with your fiber supplement, because it will block its absorption. Two of the better absorbed forms of zinc are Monomethionine and Gluconate. By getting in an optimal amount of zinc in on a daily basis you can look forward to a higher testosterone level, a healthier sperm count, increased androgen to estrogen receptor ratio, improved immune function and much more. Take it from me - get your zinc - because your health and performance will be glad that you did.

For those interested in more information about the Nutrition XP3 System feel free to contact me at:

Aricciuto@NutritionXP3.com

Or check out my website at:

www.NutritionXP3.com

In 1996 Becca Swanson started climbing a mountain. Five years later, in 2001 she reached the top of that mountain. At the American Powerlifting Federation (APF) Nationals Becca totaled 1525 lbs. According to Michael Soong's All-time Historical Powerlifting Records that made her the strongest female powerlifter EVER. Atop this mountain and still unknown to our world of powerlifting, Becca took off running. For this was not the end, it was the beginning of her quest, the quest for 2000.

Years go by fast when your life is measured in weeks. Eight weeks out, that's only six heavy practices for each lift. Watching each and every practice for ten years, I learned Becca's abilities. I could fine-tune her in meets, just like practice. She spent the next 5 years knocking the numbers down: 600 squat, 700 squat, 800 squat, 400 bench, 500 bench, 1600 total, 1700 total, 1800 total, 1900 total. It was time for the ultimate mark in history, the 2000 lb total.

Becca's physical battles were the biggest obstacles to overcome. It would seem that her 2004 double bicep repair and recovery would devastate her powerlifting career. That was not the case. It was actually a welcome break from lifting. She fully recovered from the surgeries. At the 2005 World Powerlifting Organization (WPO) Finals, the Arnold Classic, Becca suffered her most trying injury of her career. Upon lifting off her first attempt squat, she unintentionally adjusted all the joints that line both sides of her vertebrae in her upper back. Similar to a sprain, the area instantly swelled and any pressure (such as a loaded squat bar) produced intense pain. She still experiences problems with this area today. The only other injury that rears its ugly head is an adductor tear, which makes her hip and her knee feel unstable at times. Physical injuries are par for the course in powerlifting. They rarely stop a champion.

Finally, the time comes, nearly ten years from the day I started training Becca. The plan was to go for broke in Chicago at the WPO Semi-finals, totaling over 2000. Then, we would travel to the WPO Semi-finals in Finland and total at least 2000 in front of an international crowd one week later. Even I questioned Becca's intentions of doing a meet on the same level in a different country, what

STRAIGHT BAR TALK

The Quest for 2000

as told to Powerlifting USA by Coach Rick Hussey

for? Put yourself in Becca's shoes for a second. You have no competition (for 5 years now); you don't get paid one penny from ANY powerlifting organizations or supplement companies. All of her work is for the progression of female powerlifting, the progression of powerlifting in general, and success measured within herself. She lifts in the WPO and

world record four times, ending with 2050.2 lbs.

Becca is the only lifter I know that continuously breaks multiple world records in each meet she does. In Chicago, she broke world records ELEVEN times. This is something she has been doing for 5 years. For this reason alone I feel she is the greatest powerlifter ever to compete. And for this same reason I feel she hasn't received enough credit for her accomplishments. Quite often she went 9 for 9 or 11 for 11 at National and Worldlevel meets. Not to mention the fact that she out lifts her competition by 400 lbs.

From Chicago, Becca and I went straight to Finland. We never do back-to-back meets nor do we recommend it. It was important to Becca to lift in front of an international crowd. We relaxed most of the week to recover from the time change. And spent time finding large quantity and high calorie foods to eat. Finns eat organic, clean food, which is detrimental to a powerlifter (or should I say an American powerlifter). Gatorade type drinks were scarce; we paid over \$3 for 16 oz of Gatorade. Becca weighed in at 244 lbs, I was hoping she would be closer to 250.

The meet started at 2 am central standard time November 5. Becca felt ready and rested, but I didn't see that spark in her eye. She opened with 804 just fine. I put in a big jump, I thought for sure she was going to outsquat Chicago's results. But 849 lbs. was a no go. For her final attempt I thought we would at least try for a world record, 860 lbs. It just wasn't there, later we would know why. Now, the challenge has presented itself. Becca went across the globe to total 2000 lbs. The pressure was on; her bench and deadlift are going to have to soar.

The meet was moving so fast. Becca got her squat suit off and immediately started warming up for bench. She did not have time to finish her warm-ups and the bench felt heavy. More energy, Becca thought as she reached for a fuel drink she had "stolen" from a fellow lifter in Chicago

(thanks Jimmy G). That was the pivotal moment of the day. The drink didn't help much for benching. Becca was embarrassed, her form was awful, and lifts were barely locked out. On her second attempt, after a successful 507 lbs, she managed a new world record at 530 lbs. That is all she had, as 534 lbs got the best of her.

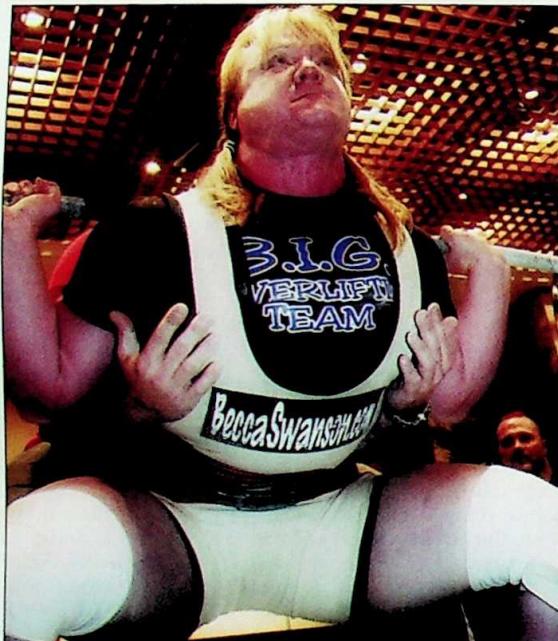
Going into the deadlift, Becca needed 667 lbs to crack 2000 lbs. This is where that drink came in. The difference was one simple word, SUGAR. Becca is so used to eating high calorie foods, the organic oatmeal she had was her nemesis. I could see that spark in her eye while she pulled her way to 2000 again. After the easy opener of 633 lbs, her second attempt 667 lbs sealed 2000. She followed that up with a new world record of 683 lbs and gave her best at 694 lbs to no avail.

That victory was sweet. Even in the week before she lifted she could feel overwhelming appreciation from the fans and fellow lifters. Earlier that week Ano and Minna, meet hosts, went out of their way to get Becca in the Helsinki newspaper. And now after she lifted she was taking pictures and signing autographs left and right. All the international competitors were so gracious. She received small gifts from lifters representing Russia and the Ukraine. She was invited to lift in many different countries. We felt honored to lift in Europe. The camaraderie of lifters was much more fulfilling than anything we have ever experienced. She was treated like a queen.

In retrospect, I feel Becca was capable of threatening the 2100 barrier in Chicago. I held her back a bit on the squat and deadlift to save energy for Finland the following week. Our plan for now has something to do with unfinished business in the 198 lb class. She will attempt to shave 50 lbs off her body for the WPO Finals in March. Although her numbers will not be her best, she feels it shows her athleticism to fine tune her bodyweight to her desire.

Things were interesting along the way. People were supportive and gracious for the most part. When she started outfitting most of the male population that is when things went sour. Becca finds humor in grown men getting upset over her lifting. I find it frustrating for the mentality of the sport. Becca and I wish that lifters would cherish the fact that they share the platform with living legends. The mentality of discrediting lifters is a step in the wrong direction. Our sport can be so powerful, if we as lifters allow it.

We would like to thank Big Iron Gym teammates for their unity and intensity. A big thanks to Red Bull for continued support. Also, we are deeply thankful for INZER meeting Becca's every need. Most importantly, we would like to thank her fans for responding when we reached out for monetary donations for the Finland trip.



2050! - Becca was BIG in Chicago. (Leon Josaitis photo)

internationally so her peers who respect her efforts can witness her historical lifts. So, back to Chicago...

Becca was BIG on Oct 29, 2005, undoubtedly sacrificing beauty for brawn. The "Big Bitch", as labeled on her Inzer belt, weighed in at 247 lbs. I requested she lift in second flight, females are usually in the first. This would make warming up easier, as only three middleweights would out-squat her that day. Becca smashed three world records back to back in the squat, 804, 838 and 854 lbs. I would have called for a fourth, but I had Finland in mind and didn't want to completely tap her power. The bench also saw some world records fall that day, 508 and 523 lbs. I called for Becca's first deadlift attempt at 623 lbs, so it would break the 2000 lb. Total mark. Success! In that moment, history was made. Her deadlift was powerful; she went 4 for 4: 623, 645, 655 and 672 lbs. The later two lifts broke her deadlift world record. Simultaneously, she broke the total

Your final attempt at a contest is not just the completion of your current contest training cycle, it is also the start of your next one. This is a great time to evaluate your planning and execution for this contest. Much can be learned from that long grueling day on the platform, and the planning that went into it, which can help make future contests more successful.

There are many reviewable aspects of the competition. Let's begin with packing for the contest. Hopefully, before you left home, you checked to make sure you packed all your lifting equipment, including backup gear. To reduce stress and the possibility of forgetting something next time, consider putting together a checklist to review while you pack for your next contest. Check your equipment before and after every contest to make sure it's still usable or in need of replacement. A contest is a good place to get info and tips from other lifter on lifting gear such as squat suits and knee wraps. If something sounds promising, give it a try during your next training cycle. If it proves superior, use it for your next contest. Each brand of squat suit, knee wraps, etc., performs differently and can vary in its effectiveness from lifter to lifter, so keep an open mind with respect to new developments in lifting gear. Don't ever try new gear like knee wraps, etc. for the first time at a contest. Use what you came with. Competing with untested gear at a contest is asking for disaster. It requires time during your cycle to become accustomed to the effects of each piece of lifting gear and how it works in combination with other gear.

Food and beverages consumed the during contest day are critical to maintaining a high energy level during that seemingly endless day. Many lifters prefer high energy breakfasts, like pancakes, the morning of the contest to sustain their energy. I

STARTIN' OUT

A special section dedicated to the beginning lifter

CONTEST REVIEW

as told to Powerlifting USA by Doug Daniels

suggest avoiding eating anything you are not used to. This could cause some digestive problems that can wipe out all your hard training in a single stomachache. It is wise to bring some food and beverages to consume during the contest. I would suggest some water, sports drinks and light food. Sandwiches are not a bad idea especially if there is not good food available at or near the contest. In some cases, nothing is available in the actual contest facilities. Fast food may upset your stomach and thus may not be a good choice. Bring a cooler and keep it in your car to keep everything cold and fresh. If you experienced problems at the contest due to something you ate, try to identify what it was and stay away from it next time. Things that seemed to digest well should be considered again for the next contest.

Some contests are a great distance away and require several hours or more of travel time, either by car or air. For some, it may be best to arrive the day prior to avoid rushing or, at worst, missing the contest altogether due to an unforeseen circumstance or travel delay. Arriving the day before would allow you to compete fresh without the tiring ordeal of early morning travel. If the contest is local and requires a short commute, arrive with plenty of time to spare. That extra breathing room can work wonders to reduce stress. Also, be aware of time changes when traveling into different time

zones.

Evaluate how you chose your contest attempts. Most lifters come to a contest with some idea of how they would like to see their attempts go. Let's say you plan to open the squat at 400, take a 35 pound jump to 435, and then go for 450 as a third. Sometimes things don't go as planned. That 400 opener may have felt a lot heavier than usual. A tougher than anticipated lift at 400 may require you to lower your second attempt to 425. There are times when 400 feels like 200 and you may be good for more. Experience is the best source of how to alter your attempt choices at the contest when your lifting does not go the way you had expected. Sometimes it could be due to the weights (bar and plates) at the contest weighing more or less than the weights you lift with in the gym. A competent coach who knows your abilities can help you with these decisions. If you make mistakes, use that as a learning experience for future contests. Always come to a contest with realistic expectations, but be prepared to make intelligent and realistic adjustments on the fly. Remember that if one lift goes bad, it may foretell troubles in the following lifts, so you may need to make adjustments with those attempts also. I would always hesitate to adjust openers upward because if you can not make your opener, you are out. Your succeeding attempts can be easily raised if your opener goes well.

Warm-ups are critical to success at a contest. Rarely is there enough equipment, platforms, or space to go around. If you don't keep tabs on how soon you're due on the platform, you may have to lift before you've taken a final warm-up. On the flip side, you may finish your warm-ups too soon and have to wait a long time to lift, which could leave you cooled off. In either case, you are exposing yourself to injury as well as reducing your chances for good lifts. I've seen too many lifters miss opening attempts because they were in the warm-up room unaware their name had been announced to take a lift. If you had a problem in this area, make sure at the next contest you have a plan to deal with the issue coming in. Refer to past articles of mine on contest warm-ups in PL USA for more details.

Occupying yourself during the times when you are not lifting is worth considering. Make sure you have comfortable clothes to wear while waiting. Sweats make sense at contests where it can get chilly. Bring your MP3 player to keep yourself energized between lifts. Take a walk outside to clear out the cobwebs. Fresh air can work wonders after spending hours around sweat, chalk, baby powder and Ben-Gay.

Powerlifting tends to make us bigger and heavier over time. Making weight can get more and more difficult as time marches on. This could be a signal that you should consider a move-up in weight class for your next contest. A difficult time making weight can really tax your strength level at the contest. If this is the case, consider making the move up in weight class next contest. On the other hand, you may determine that lifting at too high a weight may not be desirable or healthy any longer. If so, work to lower your bodyfat level by reducing your calorie intake and adding some aerobic exercise to your training over the next cycle.

As you can see, there are a lot of factors to evaluate after your last contest attempt is taken. You don't need to think about all this stuff right after the contest. Make a few quick mental notes, then relax and eat and drink things you couldn't while trying to make weight. Later, sit down and jot down some notes and go from there. If things went well, don't fix things that aren't broken, but a few tweaks here and there can add up to some extra pounds at the next contest. Remember that all your effort, the best routine, lifting gear and nutrition can all be wasted if you blow it at the contest due to poor planning and execution. Make every contest a learning experience, using each one to make the succeeding contests more successful.



Future Powerlifter? ... Ariel Chandelle Roberts at the USPF Rhode Island meet. That's 625 on the bar.

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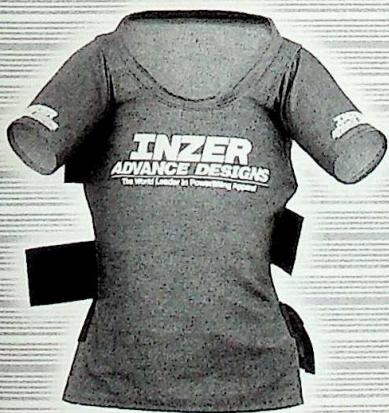
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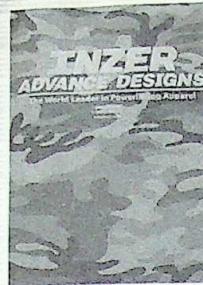
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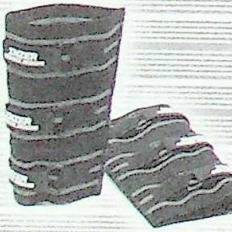
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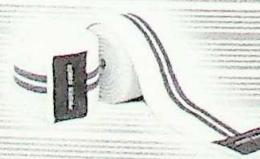
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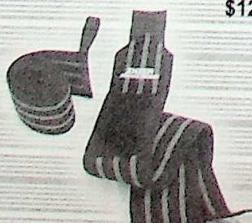
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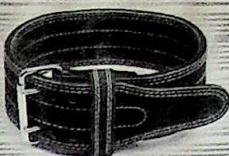
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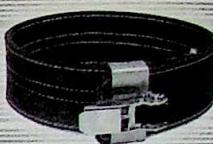
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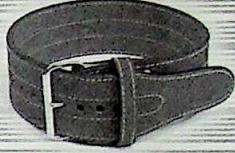


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ASK THE DOCTOR

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 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.)

Q: We met briefly at the Worlds about two decades ago. I was the manager of one of the teams there. Your article, "Nandrolone Positive Drug Tests" struck a chord with me. I had a lifter test positive for nandrolone who had not used it for over a year. As you can imagine, everyone was surprised. This leads to my question since I'm always worried about positive drug tests. I am 55 years old and was recently diagnosed with hypogonadism. My testosterone level was 134 ng/dl. My doctor prescribed a topical testosterone preparation (Androgel) and it brought my levels up into the normal range. This made a huge difference in almost every aspect of my life—I felt like myself again. Matter of fact, I felt so good I started training again and am considering competing in the USAPL drug tested organization. I obviously would not want to have a positive test and am wondering if my use of Androgel will cause me to return a failing T/E ratio? Any opinion you might venture on the above would be most welcome. Thanks, Wally

A: Unfortunately it appears that some of the metabolites of nandrolone have a retrospectivity of up to 18 months in some people, obviously way past the point where it has any anabolic effects.

As far as the use of Androgel, it could indeed result in an elevated T/E ratio. And if you're subject to unannounced testing then you also could test positive for testosterone.

The main problem is that exogenous testosterone decreases epitestosterone production and excretion so that urinary levels are lower than normal. So if the testosterone levels are normal in the urine due to the use of the Androgel or other forms of replacement therapy such as Andriol, patches, and injections or implanting of various testosterone preparations (crystalline, esters, pellets, etc.), the T/E ratio could be elevated above 6. This would be most likely the case if the urine sample was taken within 8 hours of the use of the topical preparation, patch or capsules, and within a few days to several weeks of the use of the injectable/implanted testosterone preparations, depending on the form of testosterone used.

There are two ways of dealing with the use of replacement levels of testosterone if random, unannounced drug testing is conducted by the sporting federation.

One is not to lift in drug tested meets. The other is to explain the medical use of the exogenous testosterone to the USAPL and see if they will make an exception in your case, something which is not likely to happen since that would open the door to all powerlifters declaring they were using testosterone for hypogonadism either before or after the fact. This would happen even if medical documentation of hypogonadism was made a necessary criteria for allowing replacement therapy since testosterone levels can be manipulated so that people who are not hypogonadal can appear to be so.

If drug testing is only done at competitions then there is a third alternative. If you stop the use of Androgel (or the patches or Andriol) a few days before the drug tested meet, then both testosterone and epitestosterone levels will be low in the urine and the T/E will be in the normal, although hypogonadal, range. As well carbon isotope and other testing will also be normal and/or show evidence of hypogonadism. Of course this is also a problem with oral anabolic steroids since stopping their use a few weeks or so prior to competitions makes them undetectable. And this is the reason why any sports federation that is serious about their drug testing will institute random, unannounced testing.

This third alternative brings with it a moral dilemma. All sporting federations that drug test consider this third alternative cheating. There are two basic reasons for this. One is that they can't distinguish replacement use of testosterone and supraphysiological use based on the testing methods being used today and thus if they allowed replacement use it would lead to the rampant abuse of testosterone. And the other is that the sporting federations may feel that any tampering with hormonal levels, regardless of the state of the athlete, is doping. With this mindset the feeling is that if a person is hypogonadal then they should compete that way.

You also have to keep in mind that if they allowed replacement therapy, sporting federations may be faced with lawsuits from athletes that have been found positive for the use of exogenous testosterone, claiming that they used it for replacement purposes, whether in fact they did or not.

I don't profess to know the answer as to what hypogonadal athletes should do if they want to compete in drug tested meets. I do, of course, have my opinions, based on my expertise as a medical doctor, a former elite level powerlifter, the former chairman of the IPF Medical Committee, the former IPF North American Vice-President, and my forty years of experience, researching and writing about drug use by athletes and drug testing.

However, these opinions would not be popular in a world where bureaucrats and officials, both in the sporting federations and in governments are acting hysterically and, like many people in our society, have lost their perspective about the importance of sports in the grand scheme of things and subsequently the use of drugs in sports.

Mauro DiPasquale MD

Q: I've been making great progress in my lifts the past year. The only problem is that I've developed stretch marks mostly on my upper body around my shoulders and pecs. Is there anything I can do about them either in preventing them or treating them? Ray

A: Stretch marks are tears in skin that turn into scars. They happen for various reasons, including certain diseases and the use of some medications. However, the most common reason is when skin is overstretched due to weight gain. This happens when you gain weight faster than the skin can accommodate. Although the skin is usually fairly elastic, overstretching it as a result of tissue growing faster than the skin layers can stretch results in small tears in the underlying layers of the skin. These tears or stretch marks, like any other trauma to the skin, heal with the formation of scar tissue. While anyone can get stretch marks, some are more susceptible to them than others. That's because the susceptibility to stretch marks depends on genetic and environmental factors so that every person and situation is unique. Differences in skin strength and elasticity and ability of the skin to grow causing some people to be more susceptible to stretch marks than others.

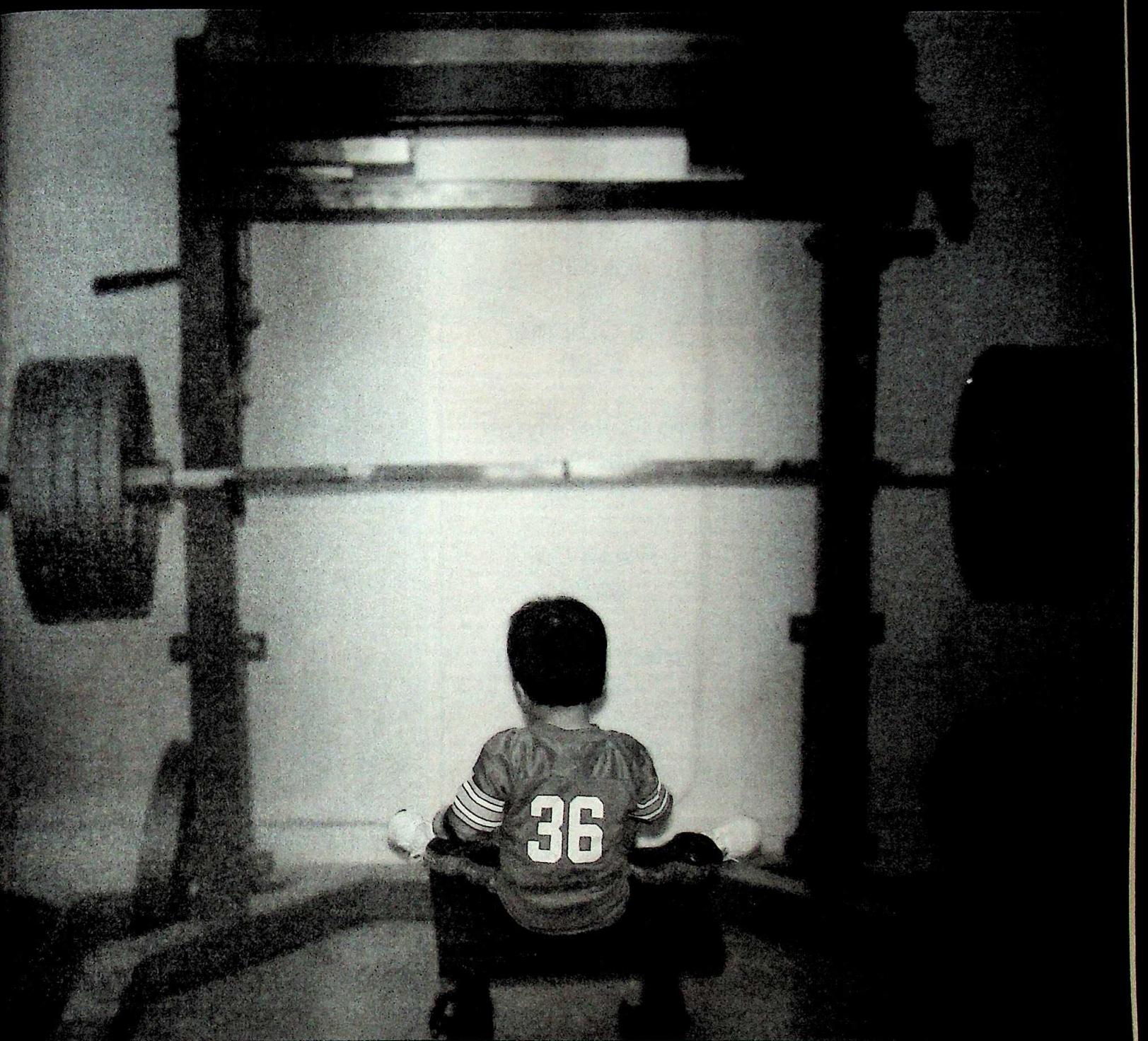
WHAT CAN YOU DO ABOUT THEM?

While not harmful to your health, stretch marks can make you overly conscious of the way you look and can have a psychological impact. There are two different and complimentary approaches to dealing with stretch marks. One is prevention, the other treatment. Cosmetic treatments often try to deal with both while surgical treatments usually deal with trying to get rid of them once they form. It makes good sense to consider both sides of the equation since stretch marks are in essence scars and are extremely difficult to eradicate completely once they form. This is why prevention is so important.

Although there are many creams and other skin products on the market that claim to prevent and/or heal stretch marks, the truth is that most are pretty useless. That's because they don't penetrate deep enough to significantly affect the damaged tissues or to strengthen tissues so that they resist tearing. On the other hand it's possible to strengthen the layers of the skin and substructures so that they're more resistant to tearing. For more information on this approach have a look at the info on my InsideOut at <http://www.metabolicdiet.com/>. Once you get stretch marks there's various things you can do about them. The first is to do nothing because as they heal, stretch marks usually turn lighter and become much less noticeable. You can also deal with them surgically. For that you need the see a dermatologist (a physician who is specializes in dealing with skin problems) or a plastic surgeon. These doctors may use one of many types of treatments - from actual surgery to techniques such as microdermabrasion and laser treatment - that reduce the appearance of stretch marks. I hope that this information helps.

Mauro DiPasquale MD

Someday I will...



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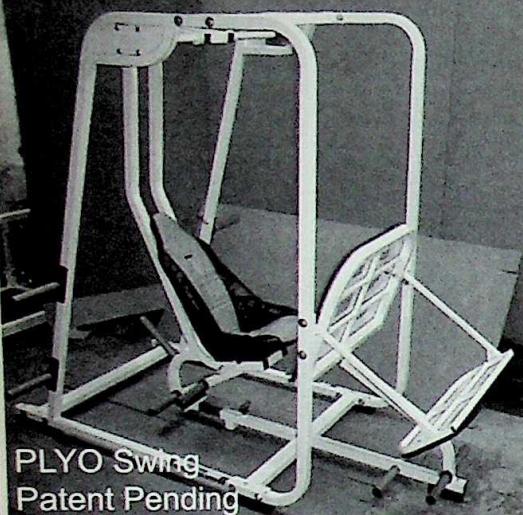
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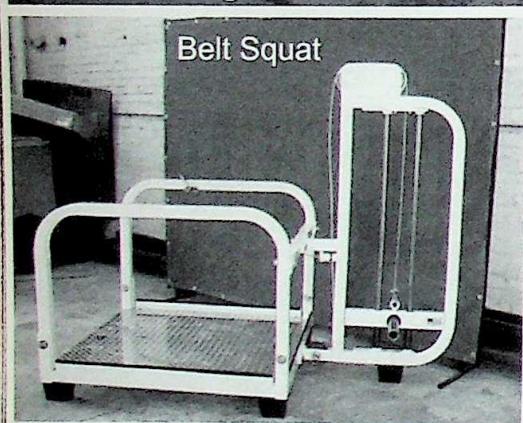
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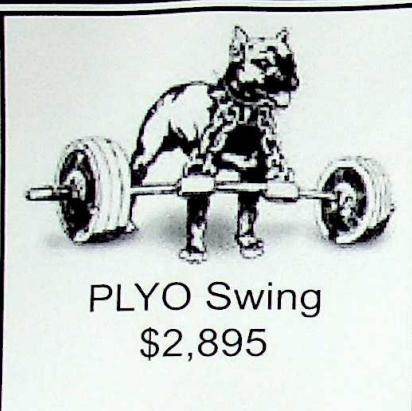
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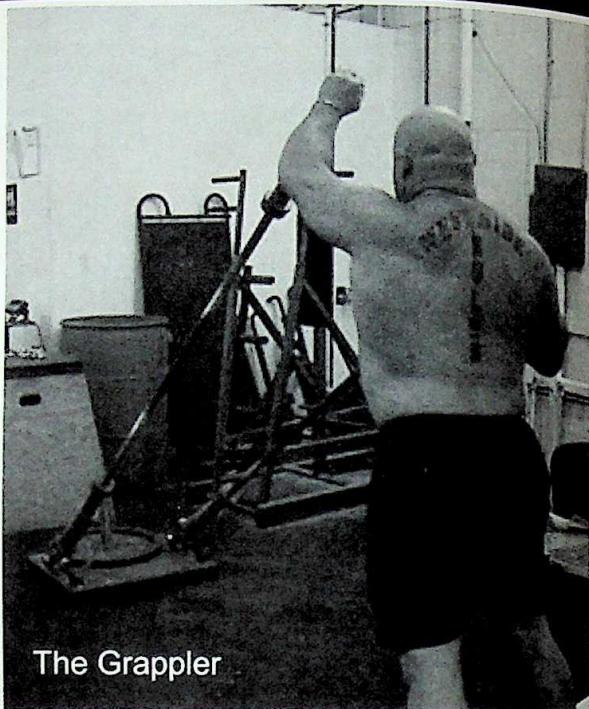
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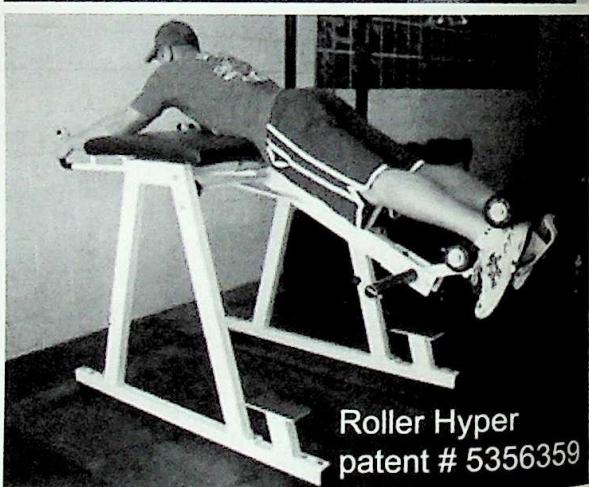
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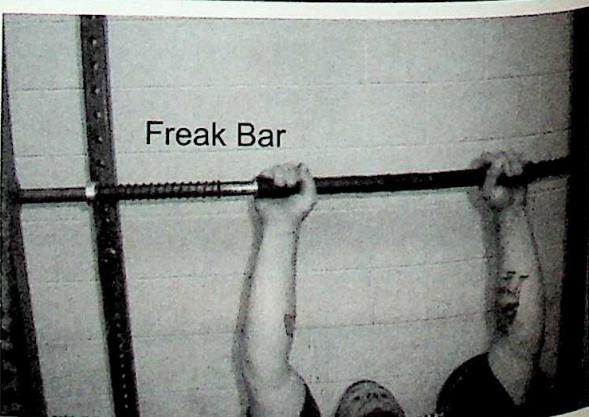
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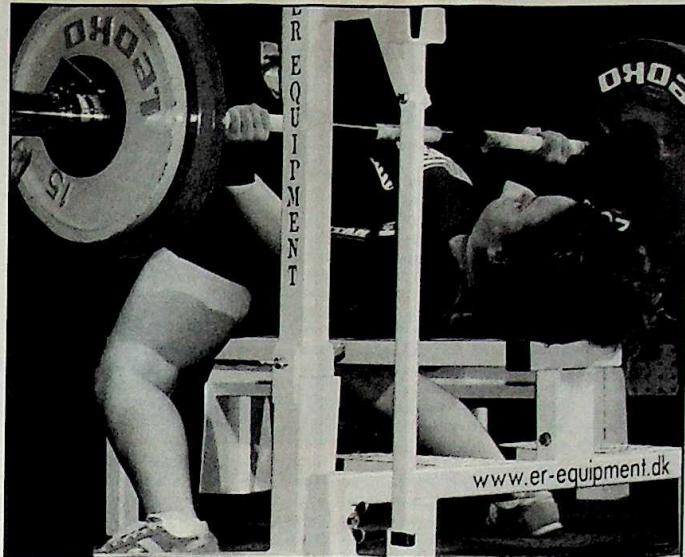
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(continued from page 15)

Oba and Sharifulina would make their two attempts of 309 and 320 respectively to add to the pressure of Newman. This was a small flight, so the quickest way to get Newman's shirt off was with a pair of scissors. She would shake off her last attempt; and repeat her first weight with success to get back into the competition. She would now sit in third, but she was 28 pounds behind the leader, Sharifulina who hit an easy 331 on her second. Chasing after Sharifulina, Newman would end up having to take a 39-pound jump to get herself in the lead on her third attempt as she was now sitting in 5th, after everyone except Sharifulina had already finished their attempts. Newman would go out and actually press 342 better than her 303 to put herself in the lead. Sharifulina would, however, end the day with the winning lift of 347. 51-year-old Oba would finish with Bronze. And so the streak of no repeat winners will continue. Newman, not happy with just the Silver would take a shot at breaking her own World Record on a 4th attempt; and as good as it looked to most, the judges turned it down 2 to 1.

Men 181 lb: The Start of day 2 for the men would be one full of drama. Three lifters would headline this class; and if they were each able to get an opener in, there would not be a spot left on the medal stands for the rest of the group. What can you say about Russian Alexey Vorobyev? He is the most accomplished barcher in attendance at this championship; Vorobyev has won 7 straight Golds spanning 3 different weight classes. After spending the last 2 years in the 181s class, Vorobyev returned to the 181s where he won 3 straight from 2000 to 2002. Over the last 2 years, Poland's Jan Wegiera has taken the top spot in this class; and took Vorobyev's World Record at last year's World Championships. Rounding out the top three would be Yugi Watanabe of Japan who has finished in the top 4 the last three years including two Silvers and one Bronze. It was odd to see the openers of these three as the heaviest of the three opened with the lightest and the lightest opened up with the heaviest. This looked to be Watanabe's undoing as he missed the top opener of 562, while Vorobyev and Wegiera made their openers of 545 and 556 respectively. American Joe DeMatteo got on the board with his second attempt of 463 and would end up finishing in 5th at his first World Championship. Vladimir Urban of Slovakia kept his hopes up of trying to medal for the first time with 502. Watanabe also kept Urban's hopes alive; what was first deemed a good lift of 562, was overturned by the jury through a protest by the Russians. Vorobyev missed 562 as well, while Wegiera moved up even more by hitting 568. Urban's hopes were no longer alive after Watanabe finally was able to get in a lift of 568 to the liking of the judges and with no protests. After a remarkable change of events, he was now in the lead by bodyweight. Vorobyev would uncharacteristically miss again. This time at 573 for what would have been the lead. Like Sivokon before him, I believe that is the first time he has ever missed two lifts in a World Championship; and now, also like Sivokon, he too would also miss Gold for the first time ever and finish with Bronze. It was all up to Wegiera to hit 573 for the win and third straight Gold. Wegiera man-handled the weight which appeared to be a good lift, but the judges did not see it that way and turned it down to the joy of Watanabe. Not so fast, amidst the unhappiness of the vocal crowd, Poland mounted a furious protest for their lifter. After discussion with the jury, the referee's decision was upheld and Watanabe called for the icing on the cake; 4th attempt to break Wegiera's World Record of 573 with an attempt of 595. Before that was to happen, one of the jury members was sent over to the scorer's table to



Christy Newman...silvermedaled, despite some serious difficulties

announce that they would now award the lift to Wegiera and give him the Gold Medal instead, as the crowd cheered the final decision. By this time, however, Wegiera was back in the warm up area and had already removed his Bench Shirt. This would not have been a big deal, but now that he was awarded the third lift, he too wanted to break his own World Record, and he would have to go before Watanabe. Luckily he was given the standard 4 minutes since he was lifting after himself. So almost 8 minutes after he thought he had lost the Gold, he was now under the bar for a new World Record attempt of 574. Unfortunately he was unable to lock it out. It was now Watanabe's turn, and he had to have been on his biggest roller coaster ride ever in a meet. Again the bar was loaded way over the record to 595. He powered it up; and after seeing two whites lights he showed more emotion than I've ever seen him have on the platform. Through his exhausting ordeal, he lost out on the Gold, but took Wegiera's record.

American Feedback: Joe DeMatteo: "This was my first International meet. It was also my first time traveling overseas. I was happy finishing 5th. I set as a goal before the meet to finish in the top 5 and to get 227.5 kg. I got 1 of my goals...the other was a no go. Observing the lifters from various countries one thing I took away is some of the Eastern European lifters are just plain stronger than I was. The Japanese were also strong, but were also so dialed in with their shirts. I think more overall raw strength is necessary for me to compete on that level. In a sport that is based solely on the individual it was nice to be a part of a team."

Men 198 lb: As mentioned above the Champion of this class from the last two years moved down; but a very capable newcomer, Russian Andrey Belyaev, replaced him. Standing in his way were four solid competitors. Two of those have a combined 11 championship meets under their belts; former champion of 2001 and three time medalist Yoichi Kishimoto of Japan and American Dennis Cieri, who owns a couple of Bronze medals as well. The two others are Jan Bast, who finished 3rd last year and holds the current World Record of 590 that he set earlier this year and the hometown favorite Fredrik Jader of Sweden, who hoped that his home soil would be the edge he needed for his first medal. The action would start out just the way you'd want it to, with all 5 of the top competitors making their openers and all 5 within 11 pounds of each other; Belyaev and Kishimoto at 551 and Cieri, Bast and Jader at 562. Two others to jump in the fray would be Stefan Westerholm and

Petri Hietamaki of Finland; but both would miss on their openers of 551 and 562 respectively. It looked early on like lot numbers and bodyweight would play a crucial role in this crowded group. Both Finns would miss their openers again on their seconds, as would Cieri and Kishimoto, both at 573. Jan Bast had made a very modest jump to 568 and momentarily secured the lead. That was until successful lifts of Belyaev 573 and the new leader Jader would hit 579 to the excitement of a boisterous hometown crowd. And now the stretch run at medals would start. Three would make an attempt at 573 for a possible Bronze; all would miss. Both Bast and Kishimoto would go after Jader's 579, since they were both lighter; and both of them would miss as well. Belyaev would only be the second in this flight to make his 3rd attempt with a big lift of 584 to put himself into the lead. Both going for the win at 590 Jader and then Cieri would both miss locking the weight out. This would unfortunately knock Cieri off the medal stand and into 4th. Belyaev and Jader would each receive their first medals at Gold and Silver; and Bast would take his second straight Bronze and escape with his World Record intact when early on it looked as if it would have been eclipsed.

American Feedback: Dennis Cieri: "The competition in the 198 class was very tight. There were 5 guys within 5 kilos of each other. I opened with 562 lbs and went to 573 but missed due to uneven lockout. I personally thought that was a strict judging call but what can I do. My competition did 584 and weighed 1 lb less so I had to go to 589 for the win. I would not have been happy with 2nd place and the men's team was not in contention so I went for it all. I just couldn't lock it out but am completely satisfied that I did not leave anything on the platform. The competition is getting more intense since I have been participating in the World's in 1999. I truly believe that on any given day, any of the 5 guys in my weight class could have won."

Men 220 lb: The Initial top 4 finishers from last year's Worlds would not be in attendance. 3-time medalist and 2001 World Champion Ralph Young of the United States had a major injury after last year's Worlds and the other 3 are currently under IPF suspension. This left the field wide open for a new Champion. In fact, of the 16 competitors only three had been here before. Stanislaw Gasienia-Makowski of Poland and Vladimir Volkov of Russia made their debuts only last year, both leaving without medals. Only Sweden's Hans

Dahlstrom had more than one year of World championship experience, and he would also be looking for his first medal after 6 previous trips to Worlds. First timers Tim Anderson and Michael Landino of the United States were also part of the 16 lifters who had hopes of a possible medal. The flight was broken into two sessions, as it had over the maximum standard of 14 lifters. This is where nominations really come into play, since you want to be in the latter group where the medals are most likely to be won. Majid Shahnavaz of Iran would lead the first session with 540. The second session of the flight started out with three lifters that wanted to separate themselves from the rest of the group. Konstantin Otavkin of Russia and the aforementioned Volkov and Makowski would all open up at 595, and all would miss. In fact 6 of the 8 lifters in the 2nd session would miss their first attempts. This opened the door for Anderson and Dahlstrom who would be our front-runners, each with 551 on the board. 5 more lifts were missed on 2nd attempts, but Volkov would take the lead with 595 and a new Masters 1 World Record, followed by Dahlstrom at 568, and now Landino would move into third with 557. Another 7 lifts were missed on 3rd attempts, with only Tomasz Lenarcik having any success, pressing out 579 for a Silver Medal. Volkov held on for Gold and Dahlstrom finally moved onto the medal stand with Bronze. Americans Landino and Anderson would finish 4th and 5th respectively in their first World meet. After only 7 disqualifications happened during the first 7 weight classes, the 220s had 6 by themselves. Hopefully the 242s would be better.

American Feedback: Tim Anderson: "I thought I did well in a sense (completing all 3 lifts, even though only one passed) considering the long travel and being my first Worlds. Overall it was a great experience and I definitely want to return and win an IPF medal. The meet was well run and had everything a world meet should have. I learned a lot, which should help at future World meets."

Men 242 lb: Again we would have a split flight, as there were 17 lifters in this flight. The 1st session would be lead by Emanuel Scheiber of Austria and Mathew Cosmo of South Africa with best lifts of 546 and 540 respectively. Since all 9 lifters in the second session were opening up over 546, it would be very difficult for either lifter to hope for medal contention. The second session would feature two Americans who were very hopeful of a medal. David Doan finished 3rd in 02 and 2nd in 03 and had Gold in his sights for this year. Kevin Mayer's only other appearance in the World Championships was last year, and he walked away with Gold; so he was looking for a repeat performance. Standing in their way where many top competitors like Oleg Kushnarev of Russia, Janne Kuusela of Finland, Per Nilsson of Sweden, and Mykhailo Paller of the Ukraine. Session B did not start out too well as 7 of the 9 would miss their first attempts; only Kushnarev would survive with his opener of 595. Of the 7 who missed only Kuusela and Doan actually looked strong enough to handle their openers as they both pressed the weight out, but were called on technicalities. It might be time to mention that Mayer's warm up session did not go well. He blew out a shirt on his second to last warm-up; and then missed his last attempt in the warm-up room, which was enough for head Coach Mike Hartle to make a quick change and lower his opener. Hopefully that last warm-up would not linger in Kevin's mind for his final two attempts. And now there was a glimmer of hope for Cosmo and Scheiber. It would be more of the same on 2nd attempts as now 8 of 9 would miss; with Oliweir Kushnarev of Poland now getting on the board, sitting in second, and wiping out the hopes of Cosmo. A repeat of third attempts would follow, as again 8 of 9 lifters would miss. Unfortunately for Scheiber that one

good third attempt would be his demise, as Kuuseva would finally get in his opener of 617 and take Gold. Kushnarev would hang on to Silver bettering his 3rd place finish from last year, and Bryniarski would claim his first medal, the Bronze. The second session of this flight was decimated by the red light, with only 3 good lifts out of 27 attempts by the second session. Overall there were 8 Disqualifications, which unfortunately included the two Americans. So in the final two weight classes of the day there were an incredible 14 DQs out of 33 lifters with only 25 good attempts out of 99. I really believe that the judging was fair overall in these two weight classes, but it was strict; and there seemed to be a lot of lifters choosing weights that were just a little too heavy for them to start with.

American Feedback: David Doan: "Going into the meet, things seem to be going my way. Bodyweight was where I wanted it to be, warmups felt great, mindset was probably the best it ever has been at a World Championship. The travel part is always an unknown, but it seemed to be handling very well. My opening attempt felt strong and fast, but the judges got me on some technical issues. Even after getting red lighted on my first 2 attempts, I was still confident in hitting my third. Bar weight was no issue, just technical problems that I felt were easily correctable. My third attempt felt better than the first 2, but the judges still turned it down 2 to 1. Even though I bombed, I still felt like I handled the weight well and have no doubt that I was one of the strongest lifters on that day. Judging was very tight for my session as can be seen in the number of bombouts and missed attempts. Looking back on the outcome, I would definitely do everything the same. Coming home with a "disg" next to my name in the results was a little hard to swallow. I will definitely be spending more time on cleaning up the technical end of my lifts in preparation for Nationals in Denver."

American Feedback: Kevin Mayer: "One bit of wisdom I came away with is the fact that overseas travel kills my strength. That was the 1st meet I did overseas and the 1st meet I've ever bombed. I did lose a lot of weight in the last 2 days (6 lbs) and I believe that combined with the travel hurt me. Other than my horrible lifting I had a great time. One new thing I really loved was the Internet broadcast. So many of my friends and family could watch and I hope that becomes standard at all world and national meets."

DAY 3 (SONDAG): WOMEN 181 LB: This would be another class that once the favorite was able to get an opener in, the Gold medal would be taken. Tatjana Kudryavtseva of Kazakhstan was two for two in Gold and holds the current World Record of 380. And she did not disappoint, in what many would consider an out of date and not so proper fitting bench shirt, Kudryavtseva would make 342 look like the easiest opener of anyone in the competition, man or woman. She would take a lead that no one would even attempt to catch. This class would also feature the youngest lifter of the competition, American Devan Doan. Yes, that is a relation to Day 2's Dave Doan; it was his turn now to root on his daughter in an attempt to gain her first Open medal in her 4th try. Dave told me that her last workout was a complete disaster, but last workouts don't count; and the 18 year old came out and hit an easy 292 to place herself in second after opening attempts. Holding ground in third was 51-year-old Hana Takacova from the Czech Republic, who was also looking for her first Open medal. Last year's runner up Nikoletta Nanasi of Hungary was on the board with 276. After 4 women failed on their 2nd attempts, Takacova moved over Doan with 298. Doan battled back with 303 and was the first American, male or female, up to this point to start out 6 for 6 in white lights. Kudryavtseva again made her 2nd attempt

of 364 look ridiculously easy. With so many lifters in this competition struggling with and relying on the newest generation of shirts, I really believe she could have made these attempts without a shirt. Takacova would now put the pressure in Doan as she hoisted up 309, which would not only put her in the second spot but would break both the Masters 1 and 2 records. Doan, who must have had a higher lot number since she did weigh less, would be forced to go after 314 on her third. She was able to press it out, but it was a little shaky and turned down 2 to 1. She would still finish with her first open medal, taking Bronze. And one would have to believe that Dave Doan's disappointment only the night before, was now overshadowed by the proud moment for his daughter. Takacova would hold on to Silver, and Kudryavtseva finished off the day with another easy attempt, as she broke her own World Record with a lift of 381.

American Feedback: Devan Doan: "I've been watching my Dad since I was three, and saw him win medals and succeed. I couldn't wait for my turn on the medal platform, and this year was finally that year. I didn't care about where I was on the medal platform, just being up there made me so happy. First medal at an Open Worlds, definitely something I'll never forget. My strategy is always just to lift and do my best. Wherever I place is where I place. Knowing I did the best I could do is all that matters. I just want to have fun. Too much focusing on the competition and what everyone else is doing doesn't work for me. I can only control what I do, not what everyone else does. But when it comes to number jockeying, I leave that to my dad. He always knows exactly what to do. He's my hero and number one to me, despite what happens in competition. Without him I wouldn't be anything or gotten anywhere. I owe my medal to him."

WOMEN 198 LB: Svetlana Paltseva of Russia has medalled in all 6 of her previous appearances at the World Championships spanning 3 different weight classes finishing 2nd every time. In her run at the elusive Gold this year, she would have to go through the favorite, Ielja Strik of the Netherlands. Strik, who had finished in third three straight times in the 181 class, moved up to this class last year and secured her first Gold. 60-year-old Rosemarie Beer of Austria would try and feed off of her 2nd place finish a year ago. Everyone would start out with a good lift except the favorite Strik who started out 50 pounds heavier than her nearest competitor. Roles were pretty much reversed on second attempts, as Strik would crush her opener after a long pause and capture the lead with a lift of 358. Only Paltseva was able to repeat a good lift and kept the gap close between her and Strik with an easy lift of 331. The top 4 were each unable to get a final lift in and Strik captured her second straight Gold. Paltseva would hold on to take her 7th Silver, and Anna Sliwinska of Poland took Bronze. Strik did attempt to break the World Record with a lift of 389, but could not lock it out.

WOMEN 198+ LB: The anchorwoman for the American team is Deb Ferrell, the current World Record holder. Deb is 7 for 7 in medals never finishing lower than 2nd in competition, winning back-to-back titles in 02 and 03. Standing in her way were 3 more than capable opponents. 5 time medallist and champion in 97 and 99, Ganna Ganenko of the Ukraine, 3 time medallist in the 198 class including Gold in 01 and 02, Irina Naskripnyak of Russia, and the home crowd favorite Sandra Lonn of Sweden. The 198+ started out the same as the 198s, with only the top opener missing on first attempts, that being Deb Ferrell's try at 380. Meanwhile crowd favorite Lonn pressed an easy 375 for the lead followed closely by Ganenko at 364. Ferrell looked to be having major shirt problems as she had to take the bar down very high on her

chest and lost all leverage. Second attempts were much the same as openers with everyone making an attempt with the exception of Ferrell; and each would maintain their current placing. Again, Ferrell seemed to be having a hard time finding a proper path for the bar to travel as she struggled again at her chest. She had the strength as she locked it out, but it looked as if she could not keep it motionless on her chest before driving it back up. Lonn was now approaching the 400 lb barrier after fighting out a tough lift of 391. The final two lifts for the women would both be at 402, which is Ferrell's current World Record mark. Lonn would go first, but find the weight too heavy. Ferrell now had a lot of pressure on her, not only did she need this massive lift for Gold, but it would keep her streak of medals alive. It was her best descent, but she may have been out of gas from previous struggles as she was unable to lock it out and was disqualified. Ganenko and Naskripnyak would both finish 3 for 3 with lifts of 386 and 380 to take Silver and Bronze respectively. Lonn's 391 would take Gold.

MEN 275 LB: Nominated 9th in the 275+ class, Russia's Vladimir Maximov moved back down to his familiar 275 class where he instantly became the favorite. Marcus Hirvonen of Sweden and Marcin Lenarcik of Poland had hopes of denying him his first Gold. American Geoff Plante would be making his international debut, trying to fill the shoes of former American veterans Horace Lane and Scott Lade who have both had success at this level. And Geoff came out strong by crushing his opener of 556. Many strong lifts were being made and chosen wisely after witnessing the many DQs the night before. Still amazing, it wasn't until the 12th opener that someone would attempt a lift that exceeded the lift that 165 lb Kodoma attempted two days earlier. Unfortunately that lift of 644 by Hirvonen did not pass. But Maximov got on the board with 650 to take the early lead and move way ahead of Lenarcik's 617 and the 573 by Radik Gayanov of Kazakhstan. The last 5 lifts during second attempts would be all misses; that was until Hirvonen's lift which was turned down for what seemed to be a touch-n-go, was later overturned by the Jury. This now put him safely into second place and only 5.5 pounds behind Maximov. Final attempts saw three changes for the Bronze medal as Finland's Frederik Smulter's 617 was erased by a lighter Gayanov's 617, which was then erased by Lanarcik's 628, who captured his first medal. Hirvonen took a shot at 656 for the win, but would miss and settle for Silver, as Volkov would claim his first World Title. Plante and who hit another easy attempt of 579 finally missed at 595 and finished 7th overall at his first World Championship.

American Feedback: Geoff Plante: "I was happy with my lifting performance given it was my first Worlds and seeing how many people only got one lift in and I got two in. I think I could have gone 3 for 3 with a little more experience. I think a strategy of opening light worked well. Smoking the first lift provides a ton of confidence and makes the next two attempts less stressful. Also, bringing my own food and water paid off big time. I am actually studying film of the competition and I am trying to get a better arc like the Japanese and widening my grip like other lifters. I really learned a lot from watching others and being able to study the film."

MEN 275+ LB: The last battle of the day would truly be a battle of the giants. The majority of these lifters have the ability to break the 700 lb. barrier at any meet. The favorite had to be Finland's own Kenneth Sandvik, who currently holds the World Record at 760. Sandvik has also claimed the World Title over the last 2 years. Daisuke Midote of Japan is no stranger to success either, as he has

placed all 6 times in this competition, including 3 straight Gold medals from 00 to 02. In fact, the World Record has changed hands 5 times over the past two years between these two men. American Bill Gillespie would also have something to say about Gold at his first Championship. And never to be left out are veterans Ove Lehto of Finland and Niels Staerkjaer of Denmark. The wild card would be Frederik Svensson of Sweden who finished 4th last year and now had his home country on his side. 8 of the lifters would miss their first lifts including Sandvik's 728 and Midote's 739. This left the door open for Gillespie as he took the lead with an easy looking 728 for a Masters 1 World Record. Not far behind were Svensson at 717, Viktor Shabanov of Russia with 705 and Lehto at 694. Sandvik would get a lift in on his second attempt as he and Svensson would both move over Gillespie with 733 each. Midote would miss again at lockout with 738. Gillespie decided to go for it all on his second and chose to go straight for the Open World Record at 762 disregarding any strategy for Gold. Gillespie would miss; and open up a huge opportunity for Sandvik and Svensson in the hunt for the World Title. Lehto would make his final attempt of 727 going three for three to take over Gillespie on bodyweight. But he would have to wait out 5 lifts now to see if he could take Bronze. One by one lifts were missed until Midote had his lift of 744 passed to now take the lead. The lift appeared to miss at lockout again; and the crowd voiced their displeasure, as a few of the countries protested the lift. The jury overruled the judges and Midote was disqualified, missing all three lifts and not reaching the medal stand for his first time ever. Svensson would take a shot at 750, but looked to miss at lockout. Sandvik would also take a shot at 750 and as with all of his lifts, he would take the weight out of the rack by himself! The lift went up extremely fast to lockout, but his right arm dipped back down and up for a split second before the Rack signal was called and the lift was turned down two to one. Now all would wait for Gillespie to take a shot once again at the World Record. He would unfortunately miss again and finish 4th out of the medals. Lehto would sweat out 5 lifters to take his second Bronze. Svensson would finish with his first Silver and Sandvik would finish with his third straight title. 23 attempts were taken at 700+ with 7 of them passing.

American Feedback: Bill Gillespie: "I had a great time in Sweden. The people were very friendly and it was great to meet so many lifters from other countries. The team was so supportive and I wish we all could have done better. The judges were very fair in my flight and I



George Lealiifano from SAMOA.

POWER PROFILE

TOWER OF POWER: BRIAN SCHOONVELD

as told to PL USA by Marc Cavigioli

Brian Schoonveld is a man beyond most. He has won fourteen professional strongman competitions. While this might not be a great accomplishment at the local level, consider that Schoonveld's wins are often at the elite world class level. He has been a two-time International Federation of Strength Athletes national champion in '00 and '01, while placing second in '99 and fourth in '02. He was fourth in the '01 Super Series World Finals. He has competed around the globe as a strongman.

In his second powerlifting meet ever, the Mountaineer Cup, Brian squatted 870, benched 705 and deadlifted 755. Schoonveld even tried his hand at arm wrestling, placing second in Indiana in '95.

So, we were thrilled to get his application for the '04 Atlantis America's Strongest Man.

Reigning supreme Schoonveld towered over competitors. Blown in on the same iron wind that brought head judge Eddie Coan, Schoonveld began opening eyes and dropping jaws even during warm-ups. He then dominated the competition, looking most impressive ramming 425 overhead in the standing jerk.

Brian is accustomed to supremacy. As a youngster weighing 140 he was capable of benching his own bodyweight and by sixth grade he stood 6'1" and weighed two-hundred twenty pounds.

Brian's brother, eight years his senior, inadvertently influenced him to begin training with weights. After lifting his brother would leave and Brian would try his hand at the barbells. He wanted to be stronger than

anyone else. By the time his brother returned from the military Brian had surpassed him. In high school he weighed 275 and hit a 425 bench.

Schoonveld feels training with weights helped him develop coordination and paved the way to success in a variety of athletic pursuits. He wrestled, swam the 50 and 100 meters, and played a variety of positions in football: primarily fullback, defensive end, and linebacker.

After twenty-one years of training Schoonveld's advice is to, "Learn as much as possible. Seek the advice of your betters, try a variety of approaches and, with experience, modify stuff to suit your needs. Also, read everything you can get your hands on."

TRAINING

Brian trains with the best, sharing workouts with none other than Eddie Coan while Emmet Cunane rounds out the lifting trio. Both a powerlifter and strongman competitor, Schoonveld stands 6'3" and 350. As might be expected, his workouts blend classic lifts with event training. He goes all out in both arenas while training even though his competitive focus has most recently been strongman.

Brian believes event training is of such value that as a powerlifter he uses strongman work for assistance. "Sled drags work the quads far better than leg extensions, while sled pulls with a harness develop the hamstrings and lower glutes better than any machine," he says. In fact, Schoonveld does little assistance work in the gym, preferring to focus on core lifts.

Pre-competition bench work focuses on periodization beginning with 2 sets of 5 then working toward triples and doubles on board presses. And while Brian does a large volume of overhead work, he never felt it helped his bench. But it did enable him to set a world record in the Apollon's Axle overhead lift in California getting 396 for 4 reps. Apollon's Axle is a

thick, cumbersome barbell by which strongmen gauge their mettle.

Recently, he began squatting four times per week and says his knees never felt better. Sometimes though, leg work includes the Nebula leg press. Beginning with 6 to 8 plates he'll hammer out ten reps, wait as his partners load on two more plates do ten more and so on. Of Sunday workouts with Coan, Brian says they are "sick."

Such is the intensity that men who've attempted to keep up have broken down, thrown up or come close to passing out; men who've gasped, "No mas." Schoonveld's message, "if you can't handle my help, go home."

But with experience comes the wisdom to know when pushing is counterproductive. If not feeling well, Brian picks a few core lifts, hits maybe 3 X 3 then leaves, rather than forcing through a big workout. "I do the best I can with what I got, then I get out."

Brain is a believer in speed work and focuses on explosive lifts to help him in both fields of endeavor. He credits his knowledge of speed work to Chad Corey who initially introduced him to strongman competition.

For Brian a typical training week might look like (written sets before reps as in sets X reps):

Sundays (3-4 hours):

power squat: 5X5, (a typical workout might be 540 for 5 X 5), alternating with pyramids the next week; sled pulls 3-4 X ninety feet; tire flips; straight leg partial deadlifts in power rack OR straight leg sumo deads off blocks.

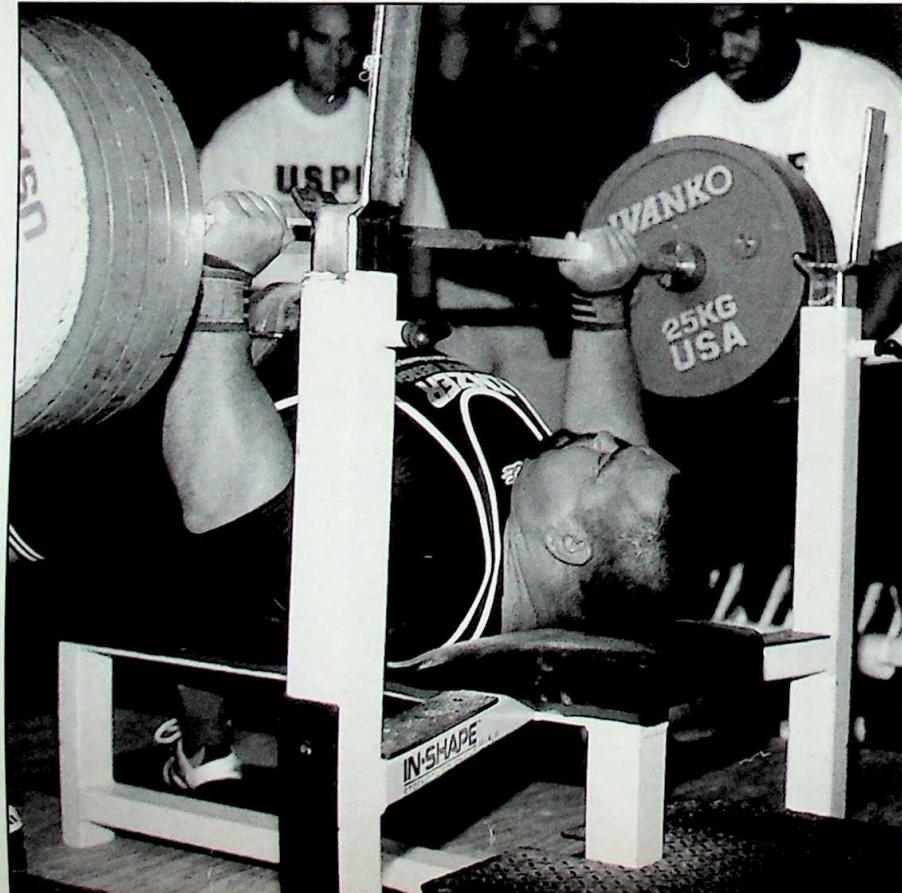
Tuesdays (1 hour): high bar squat: 405 8 X 3 for speed (all explosive work is for no more than doubles or triples); hang cleans: 315-335 5 X 2.

Wednesdays (1.5-2 hours):

bench: 135 X 2 X 10, 275 X 10, 365 X 5, 425 X 8, then twenty pound jumps for 6, 5, 4, 3, 2 up to doubles with 525-535; inclines up to 365-405 4 X 10; dips up to 180 around the waist for 2 X 8-10; pushdowns and extensions for sets of 15 to pump a lot of blood through the elbows to keep them healthy.

Thursdays (2 hours):

front squat:



Brian's 705 Bench Press done at the 2004 USPF Mountaineer Cup was a magnificent effort

405-455 for 5 X 3 with 30-40 seconds between sets; deadlift: 5 X 3 (focusing on form and technique). **Saturdays (1 hour):** high bar narrow stance squat: 315 for 5 X 2 for explosiveness and warm-up legs up for shoulders closegrip bench same routine as on bench day but lighter; log clean & press: 275-295 for a specific number of reps, for example 275 X 20 (log is 12" in diameter and taken off a 4" block); overhead press with Olympic bar off a rack: 315, 335, 355 all X 2, then 375 and 405 X 1; bench speedwork: 405-425 for 8 X 3 with 20 seconds between sets.

What are the most common training mistakes Brian sees? "Guys squatting on their toes drive me nuts. And all some guys do is bench. The next thing you know you see 'em with their shoulders pulled forward by strength imbalance. They'll learn. They're injuries waiting to happen."

DIET

Brian's diet consists of large amounts of protein and carbohydrates. On Sundays he cooks food for meals throughout the week, making 5 to 6 pounds of round steak for breakfasts. Four pounds of ground beef with 2 pounds of pasta and 2 big jars of spaghetti sauce for his lunches.

A typical morning meal then comprises 4-6 Egg Beaters (an egg product that eliminates cholesterol content) steak and Ramen noodles.

Working as a union construction laborer, Brian pauses midmorning for a snack of 5-6 cups of cereal. He currently eats Post's Maple Pecan Crunch.

Lunch entails the American chop suey prepared on Sundays.

Dinner usually involves some form of beef which he prefers to chicken or fish. And while he once ate a four pound steak at Gibson's Steak House in Chicago, Schoonveld's cholesterol remains reasonable for such a big man. A recent physical revealed a cholesterol of 195, blood pressure 117 over 74, resting pulse of 62 and a "textbook perfect" EKG.

MENTAL

I questioned Brian on the subject of his mental approach to the game and while he did admit to using

some visualization, his standard pre-training mantra is "Gimme a pot of coffee and I'm ready to go." Caffeine gives him a boost after working heavy labor sometimes as late as 8:30 PM then being up by 5 AM for another day.

Rather than complain about the physical demands of his job, he thinks the labor is beneficial, as it accustoms him to large volumes of work. If feeling particularly sluggish, he takes 300-450 mg of caffeine prior to the training rigors ahead.

I asked him how he prepares for a big lift once in the gym. "You know, take a hit of ammonia, turn up the music and scream a bit," says Brian.

This classic approach works well for him as he cannot recall ever missing a squat or bench attempt.

The only lifts he recalls missing are overhead presses where, when approaching upwards of 400 pounds, he encountered a psychological barrier. Now past that hurdle, he can throw 400 overhead pretty much any time he wants.

"Peak performance is mostly mental," says Brian. "The body does what the mind tells it. If you continually push your body beyond its capabilities you become mentally stronger. But many people don't have the ability to do that. Once they feel pain, they stop. My high school wrestling coach would say, 'You're still breathing, right? Then keep going.' That stayed with me all these years."

Like all high caliber athletes Brian is quick to recognize the value of recuperation. He believes strength performance is 70% rest.

No pampered athlete however, Brian has to accommodate his grueling job as well. Consequently, he sleeps 8 to 10 hours sometimes going to bed as early as 5:30 to 6 in the evening only to get back up at 5 AM the next day.

In order to sleep the whole night through, he doesn't drink for 2.5 hours before bed except for a glass of orange juice he takes with Z Mass PM, a supplement made by Cytodyne that helps sleep and provides restorative nutrients to maximize recovery.

POWERLIFTING TODAY

"There needs to be one organization, one set of rules," says Brian. "Triple ply denim suits and squats four inches above parallel hurt the credibility of our sport."

"Olympic lifting doesn't have the problems of powerlifting because weightlifting is a highly refined athletic skill which supportive gear wouldn't help. They also have one organization that ensures standardization of performance."

"If powerlifting were under one set of rules, so many guys would lose their records none of 'em would agree to it. Those who stand to lose wouldn't consolidate even if it benefited everyone. No one wants to swallow his pride. Selfishness and greed ruin powerlifting. Because of that we'll never see the Olympics or any real TV coverage."

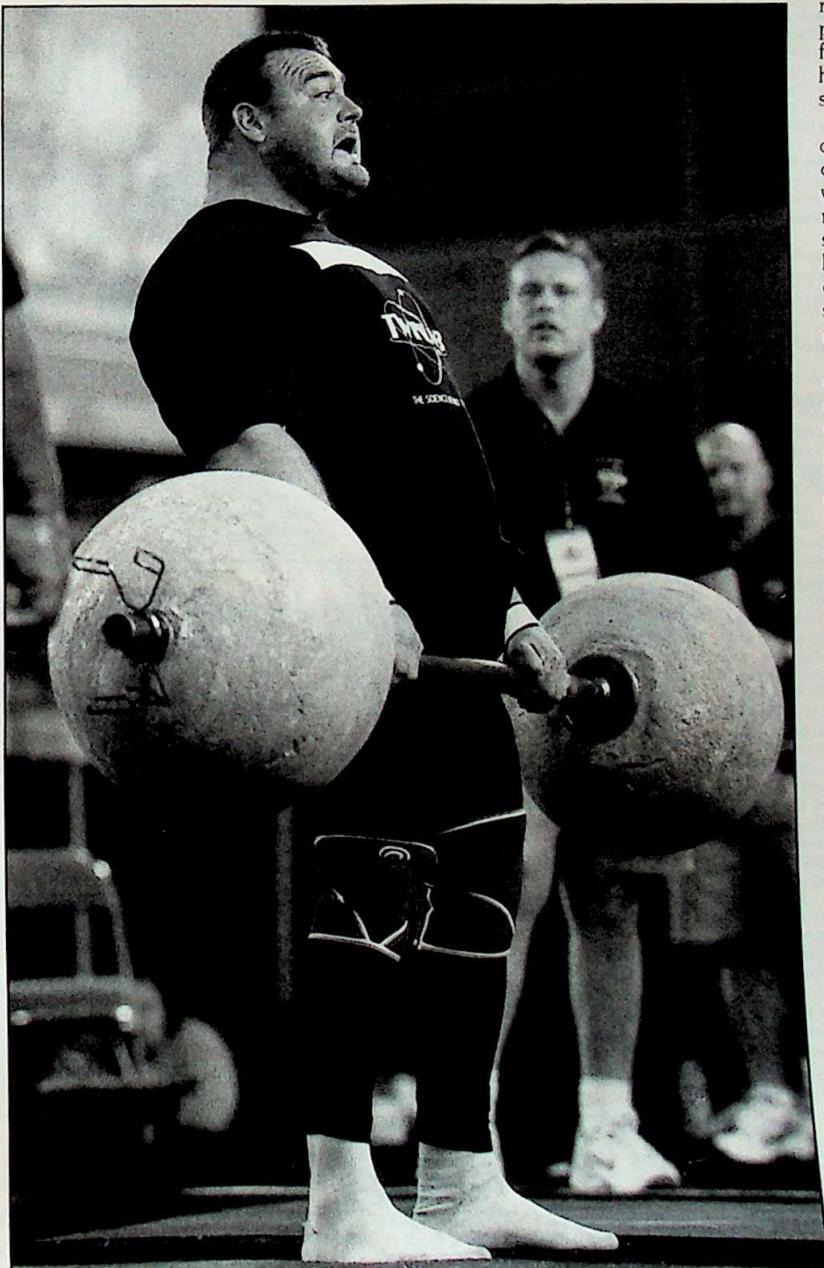
"Many of today's record holders would rather be unknown backwater champions than publicized competitors."

"The challenges coming from Atlantis Foundation to compete raw is good for both strongman and powerlifting because it draws interest into who is really the best. It makes people put up or shut up."

"I say, 'if you get challenged, go do it, and shut the promoter up. If you can't back it up then don't be a baby.'"

In closing Brian summed himself up as, "I'm a hundred percent dedicated to whatever I do whether it's powerlifting or strongman. I give everything I got and I don't quit."

Heroic words from a strength hero.



Some Strongman Events have a virtually direct carryover from power training.



SLP Genesis Gym Meet Best Lifters: (l-r) Theresa Gill, Brian Seitz, Genesis Gym owner Tom Burch, and Scott Vickery. (Latch photos)

**SLP Genesis Gym BP/DL
25 SEP 05 - Celina, OH**

BENCH	275 lbs.
WOMEN	D. Raines 530
Master (40-44)	Open
181 lbs.	165 lbs. J. Dross 380
K. Brookhart	135* J. Witt 285
Master (45-49)	148 lbs. J. Koontz 198 lbs. 70
114 lbs.	J. Kistler —
T. Gill	Master (50-54) 115* 220 lbs. J. Pfeiffer 320
Master (55-59)	165 lbs. J. Sager 500
M. Harmon	100* M. Meadows 450 SHW
Open	J. Leonhardt 425
123 lbs.	E. Olszewski —
DEADLIFT	WOMEN
MEN	Master (55-59)
Novice	165 lbs. M. Harmon 200*
165 lbs.	B. Wheeler 300* Open
308 lbs.	123 lbs. E. Olszewski 260
D. Nieman	425* 4th-435* MEN
Teen (13-15)	Novice
181 lbs.	165 lbs. B. Wheeler 405* Junior
J. Mendoza	Teen (16-17) 165 lbs. A. Smith 520*
—	Montgomery 170* Junior
114 lbs.	220 lbs. T. Miller 440
165 lbs.	A. Smith 340 4th-450
Submaster	275 lbs. R. Walls 480*
181 lbs.	B. Seitz 320 Submaster
275 lbs.	181 lbs. B. Seitz 585
D. Raines	530 T. Reeder 485
T. Reeder	380 Master (40-44) 275 lbs. T. Reeder 485
Master (40-44)	220 lbs. Master (40-44) 220 lbs. J. Pfeiffer 360
J. Pfeiffer	242 lbs. J. Pfeiffer 360
575*	275 lbs. S. Vickery —
4th-600*	Master (55-59) 165 lbs. S. Vickery 650*
275 lbs.	Master (50-54) K. Hampton 210
S. Vickery	165 lbs. Master (65-69)
Master (50-54)	198 lbs. (Raw) R. Francis 305 G. Keesy 365*
165 lbs.	4th-315 Master (85-89) 198 lbs. C. Lee 355*
K. Hampton	160 Open 181 lbs. C. Lee 285*
4th-165	165 lbs. B. Seitz 585
181 lbs.	181 lbs. Master (85-89) 198 lbs. C. Lee 215*
C. Freese	285* 4th-220* J. Pfeiffer 360
Master (85-89)	220 lbs. J. Pfeiffer 360
198 lbs.	4th-220* J. Pfeiffer 360
C. Lee	215* J. Pfeiffer 360
Police/Fire	

*=Son Light Power Ohio state records. Best Lifter Bench Women: Theresa Gill. Best Lifter Bench Men: Scott Vickery. Best Lifter Deadlift Men: Brian Seitz. The Son Light Power Genesis Open Bench Press/Deadlift Classic at Genesis Gym and Fitness

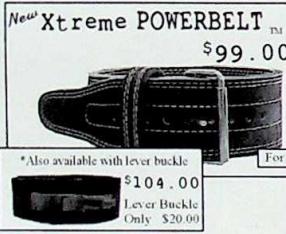
Center. Thanks to owner Tom Burch and his staff for promoting a great competition, with great hospitality and great loaders and spotters. In the bench press event we had three new lady lifters, Kathy Brookhart, Joan Koontz and Theresa Gill. Kathy set the Ohio state record for the 40-44/181 class, making just her opener of 135. Joan Koontz won at 45-49/148 with 70, while Theresa Gill finished with a new state record of 115 at 50-54/114. This also earned Theresa the best lifter award among the women. Marianne Harmon got her first official 100 bench at 55-59/165, breaking her own state record there. Erin Olszewski failed three times with 175, bombing out at open 123. For the novice men's division Bryan Wheeler won at 165 with 300 while Dave Nieman finished with 425 before a successful fourth with 435. Both novice lifters broke the state record for their respective classes. At 13-15/181 it was Josh Mendoza, bombing with 215. Our only other teenage lifter was Mike Montgomery, who won at 16-17/114. Lifting in his first competition, Mike finished with 155, before returning with a new state record 170 fourth attempt.

Then there was junior 165 winner, Andrew Smith who finished twenty pounds over double bodyweight at 340! In the submaster division Brian Seitz won at 181 with 320 while David Raines won over Tim Reeder 530 to 380. David also captured the police & fire/275 class. John Pfeiffer won the title at 40-44/220 with 320, taking the open 220 class as well. Jeff Ritzler broke his own Ohio state record at 40-44/242 with a personal best 575. A fourth with his first 600 was his best lift of the day, not only strength-wise, but with near perfect form as well! Then at 275 it was Scott Vickery with a new state record 650! 675 was close but out of the groove from the lift-off. If Scott could have stayed in his groove, 700 would have gone on this day! Randy Francis, lifting raw, won at 50-54/165 with 305, followed with a solid 315 state record fourth. Robert Gill, another first-timer, set the state record at 55-59/132 with 225. Ken Hampton won at 165 with 160, followed by a personal best 165 fourth. Cliff Freese set the state record for the 55-59/181 class with 285. Our final competitor was the amazing eighty-five year old Charles Lee. Charles, a multi-



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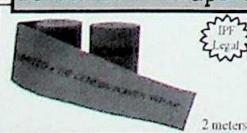


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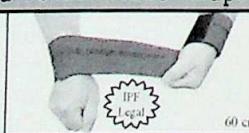
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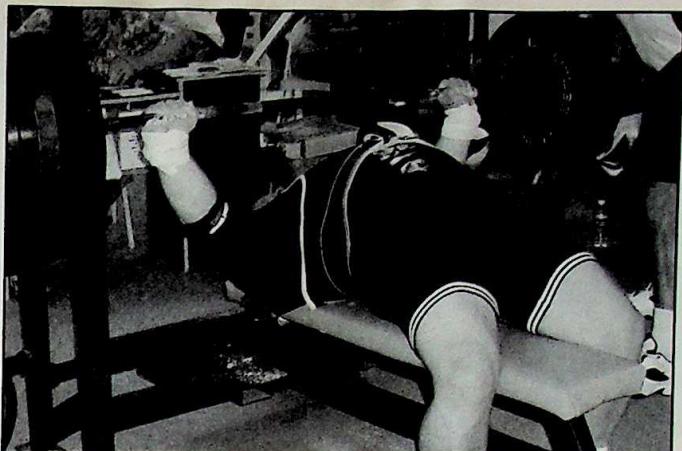
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national and world champion, finished the day with a new state record 220 for the 85-89/198 class! In the open division Jason Dross won over Jason Witt in the 165 class 380 to 285. At 198 John Kistler had some problems with his shirt, failing three times with 365. Jerome Sager, who continues to make great gains, won at 308 with 500, after failing with 520 twice. Second place at 308 went to Mike Meadows, who finished with his opener of 450. Our final bencher was Jason Leonhardt, who won at shw with an easy 425. The best lifter award for the men went to Scott Vickery who finished with 650 at a 275 bodyweight. In the deadlift event Marianne Harmon won her second title of the day, along with setting her second state record of the day with her first official 200 deadlift at 55-59/165! Erin Olzsewski came back from her disappointed bench to pull an easy 260 for the win at open 123. Erin is the Ohio state record-holder for that class with 280, which she set at the Ohio State Fair last month. Bryan Wheeler won his second title at novice 165 with a strong state record pull of 405. Andrew Smith looked



Jeff Ritzler with his 1st official 600 @ 40-44/275 at Genesis Gym.

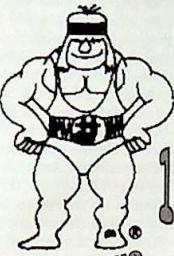
strong at junior 165, finishing with another state record of 520. Todd Miller won at

junior 220 with 440, followed by a fourth of 450, while Big Ryan Walls set the state record at 275 with 480. In the submaster division Brian Seitz won at 181 with 585, just missing a new state record 605 final pull. Brian, who also captured the open 181 title, was awarded the best lifter trophy for the competition. Also at submaster was 275 winner Tim Reeder, who finished with 485. For the 40-44 division it was John Pfeiffer again at 220 with a personal best 360. John also won at 220 open. Scott Vickery failed with his opener of 700 twice and bowed out of the competition at 40-44/275. But, you know, Scott always brings several younger lifters with him and spends so much time coaching them, that I know by the time it comes to him pulling, he's pretty well worn out. Just to let you know, Scott, we appreciate all you do for the other lifters! Ken Hampton had a great time in his first competition, capturing his second title at 55-59/165 with 210. The notorious Gene Keesy pulled a couple of new state records at 65-69/198 with his third (365) and fourth (375) attempts, smiling in typical Gene Keesy style, all the way to the top! Our final master puller was Charles Lee who again set the Ohio state record at 85-89/198 with 355! Just another big kid! In the open division it was Jason Witt at 165 with 450. Jason's final attempt with 475 gave new meaning to the term, "leaving something on the platform", okay? At 198 John Kistler redeemed himself with a solid 500 pull for the win there. Thanks again to all the great spotters and loaders, to Ronda Ritzler for taking pictures and helping me out so much and to her daughters who served as our trophy girls. See you all next year! (Results provided by Dr. Darrell Latch)

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APA Bench Press Nationals			
10 APR 05 - Canterbury, CT			
BENCH	M. Ioannou	WOMEN	198 lbs.
Tested	Teen (13-15)	Teen (13-15)	375!
123 lbs.	Swanson, Jr.	Swanson, Jr.	375!
Submaster	Teen (16-17)	Teen (16-17)	
M. LaCoste	125*	D. Anneser	410!
114 lbs.	Junior	R. Marrama	510!
Master (40-49)	R. Marrama	Charbonneau	450*
J. Poirier	110!	T. Stucke	520*
4th-115!	Charbonneau	C. Am	405*
148 lbs.	Submaster	Master (40-49)	
N. Famigletti	225*	K. Mattson	515!
N. Hubbard	120*	O. Mack	355*
Open	4th-230*	4th-375*	
R. Crapo	225*	Master (60-69)	
4th-230*	F. Taylor	P. Taylor	380!
165 lbs.	Police/Fire	R. Marrama	510
Submaster	M. Swinburne	D. Swinburne	385
P. Lagrant	185*	4th-395*	
MEN	R. Marrama	D. Swinburne	
Tested	Teen (16-17)	Teen (18-19)	
148 lbs.	A. Kaufman	Charbonneau	450
Open	Teen (18-19)	C. Am	405
C. Bang	310	220 lbs.	
K. Bergeron	290	D. Kapura	410
165 lbs.	Submaster	D. Goudreau	425
Teen (16-17)	Swanson, Sr.	Non-Tested	510*
A. Kaufman	350!	P. Chimblo	525
Master (60-69)	Master (40-49)	308 lbs.	
P. Hubbard	250*	Master (40-49)	
4th-275*	A. Bruneau, Jr.	T. Petrino	625!
Open	400	T. Petrino	625!
D. Rodriguez	Kielczewski, Sr.	Open	
D. Bloom	330	T. Petrino	625*
181 lbs.	J. Milne	E. Fetzer	485
Junior (20-23)	Open	Bourgeault, Sr	500*
D. Anneser II	385*	SHW	
Kielczewski, Jr	325	J. Bianchi, Sr.	565
M. Masse	375	Open	
Master (40-49)	Swanson, Sr.	C. Bouley	—
A. Perkins	367*	R. McCray	700*
R. Huber	325	Non-Tested	308 lbs.
B. Kernoff	330*	165 lbs.	
G. Banks	450	Master (40-49)	
M. Ioannou	Master (60-69)	M. DeMello	527*
Master (50-59)	R. Cote	Master (40-49)	
R. Jackson	260	D. Bloom	320
Open	4th-440!	B. Tucker	520
C. Schmalz	550!	D. Bloom	320
F. Caminita	545*	R. Bumgarner	—
M. Ioannou	275 lbs.	Open	
Submaster	M. Ioannou	V. Dizenzo	800*
M. Ioannou	—	G. Uphold	305
Submaster	—	M. Ioannou	—
M. Ioannou	—	B. Tucker	520
M. Ioannou	—	Police/Fire	—
M. Ioannou	—	SHW	—
M. Ioannou	—	M. Ioannou	—
M. Ioannou	—	Master (50-59)	—
M. Ioannou	—	V. Klein	320*



Best Lifters: Nan Famigletti, Roland Cote, Craig Schmalz, Vin Dizenzo

!=World Records. *=State Records. Best Team: Team Tork. Best Lifter Women: Nancy Famigletti. Best Lifter Men's Master: Roland Cote. Best Lifter Men's Lightweight (181 & under): Craig Schmalz. Best Lifter Men's Heavyweight (over 181): Vincent Dizenzo. You never know what to expect CT weather to be like in early April. It's usually cold, usually rainy and snow is always a possibility. Well, the last thing any of us expected was an absolutely gorgeous 70+ degree day but that's what we got for the APA Bench Press Nationals. I couldn't have asked for nicer weather. We had a great turnout, close to 80 lifters entered from 10 states. To go along with the high turnout we had more than 250 spectators pack the place to cheer the lifters on. The crowd was large, the lifting was top-notch and the place was rocking, what more could you ask for? The ladies came prepared to show they could more than hold their own on the platform and they certainly did. Every single woman set either a state or world record and they really got the crowd fired up. 113 lb.

PL USA BACK ISSUES

- Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
- Sep/93... ADFPA Men's Nats., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
- Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
- Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
- Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg War BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
- Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s
- Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPW Worlds, TOP 100 220, ADFPA TOP 20 132s
- May/94... USPF/ADFPA Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
- Jun/94... NASA Natural Nats, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
- Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
- Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
- Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
- Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
- Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Women's, United We Stand, TOP 100 165s.
- Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
- Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams
- 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
- Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
- Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
- May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s
- Jun/95... Antonio Kravet, USPF Collegiates/Bench Nats, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
- Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
- Sep/95... Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
- Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
- Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
- Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
- Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
- Jul/96... AAU Men's, USPF Jrs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s
- Aug/96... ADFPA Men's, APF Sr. Nats, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.
- Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
- Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
- Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Nats, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
- Apr/97... Clark Benches 800 - Waterman 600 > 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s
- May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
- Jun/97... J.M. Blakley, Dream Team Pt.

have the day he had hoped for but that didn't stop him from winning 1st in the open 148 lb. class with 310. I hear 17 yr. old Adam Kaufman of Connecticut is an "A" student and he certainly brought his "A" game with him, going 3 for 3 and winning 1st place in the teen 16-17 165 lb. class for his effort. 19 yr. old Justin Gadd of Massachusetts wasn't about to let Adam steal all the thunder and set a state record with 305 to win the 18-19 division. In the Junior 165 lb. class, Brian Cutler and Peter Shafer went back and forth trying to beat the Connecticut state record. Brian came home with the win and the existing record survived but I wouldn't count on it lasting too long, not with these two tough competitors chasing after it. Armand Bonola came into this meet as the WPA World Record holder in the 40-49 165 division and he showed why at this meet. Opening with 355, Armand made it look like a warm-up. He jumped to 370 for a new World Record and it went up just as easy as his opener! 390 was called for as his 3rd attempt and Armand re-wrote the record books once again with a silky smooth lift for 3 white lights. Peter & Nona Hubbard had come to the meet with records on their mind and Nona had done her part, now it was Peter's turn. Entered in the 60-69 165 lb. division, Peter kept up his part of the bargain with a state record 250 on his 2nd attempt. He then jumped to 275 on his 3rd and after fighting it for what seemed like hours, just missed it at the top. I thought for sure that Peter wouldn't have anything left for the 4th attempt he requested with the same weight. It seemed like too much to ask after the incredible effort I had just witnessed. One thing I didn't take into consideration was the look of determination he had on his face when he asked for the 4th attempt. Never mess with a man that determined, Peter again went to battle with the 275 and this time he won. State records for the Hubbard family all around! David Rodriguez is a Connecticut lifter who gets better every time I see him. He tied his PR at this meet with 330 and while he was disappointed he couldn't complete the 350 he attempted, the 1st place trophy in the Open 165 lb. tested class seemed to cheer him right up. I had seen David Bloom lift on a number of occasions but never in Connecticut. He finally made the trip down and left a lasting impression with many. Lifting without a bench shirt, David benched an easy 320 and just missed 340. 1st place in 3 divisions, not a bad day I'd say.

2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEWMineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Enrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Speed Strength, TOP 100 220s

Connecticut's Dean Anneser beat out some tough competition to win the Junior 181 lb. class. His winning lift of 385 was a state record and a personal record. Competitors from 4 different states battled it out for the 40-49 181 lb. title. Michigan's Alan Perkins came out on top, breaking the state record on each attempt to end with 367.5 lbs. Bret Kernoff didn't go down without a fight though, setting a Vermont state record of 330 lbs. while winning 2nd place. 51 yr. old Robert Jackson has been lifting for over 30 years and is a fun lifter to watch. In his trademark white t-shirt and green singlet, Robert quietly went about his business and took home 1st place for his effort. Two of the world's best 181's went at it in the open tested class. New York's Craig Schmalz and Louisiana's Frank Cannita wowed the crowd with their attempts. Frank got things going with a huge 525 opening attempt. Craig followed with a WPA World record 550 as his opener. Frank played it safe with a smooth 545 on his 2nd and Craig jumped big to 590 but missed. Frank went for 550 on his 3rd attempt, which would have given him the win because he was a lb. lighter in bodyweight. He was close but couldn't quite finish the lift. Craig gave 590 another ride but it was not to be. This left the door open for Frank who wanted one more shot, a 4th attempt at 555 to take the record from Craig. He came out all fired up and with the crowd screaming their support, he gave it his best shot but it was just too much weight on this day and Craig took the record home to New York. In the Teen 13-15 198 lb. class I got to finally see New York's Bruce Swanson Jr. lift. Bruce's dad, Bruce Sr., has been a top bencher in these parts for many years. I had heard that "Junior" was a chip off the ole block and he certainly is. Just a freshman in high school, Bruce Jr. opened with 350 and then jumped to 375 for a new WPA World record. For a 3rd attempt he gave 395 a shot and while it didn't go, you can bet he'll get that and far more next meet. Not bad for a 15 yr. old! Don Anneser is one of Connecticut's top teen lifters. Entering in the 16-17 198 lb. class and weighing only 184 lbs., Don opened with a huge 400. He jumped to 410 on his 2nd but it was no lift. A retake of the 410 got 3 white lights, a new WPA World record and 1st place. Junior lifter Rick Marrama from Massachusetts has been tearing up the records and this meet was no different. Rick opened with 495 and then jumped to a WPA World record 510 for another successful attempt.

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A 520 3rd proved to be a tad too much but Rick looked pretty good with that 1st place trophy in his hands. Joe Charbonneau traveled from Maryland to compete and

didn't go home empty handed. Joe won 2nd place and added a new state record to his collection. Tom Stucke has made incredible progress the past few years. Entered

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.

Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF

Worlds, Jerry Tancil, TOP 100 198s. **Feb/99**... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Apr/99... The ED COAN Book, Why Whey?, Gordon Sante, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

May/99... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.

Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs

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

Sep/99... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s

Oct/99... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.

Dec/99... IPF World Masters/Juniors, USAPL/AU BP Nats, Meet Information

Management, Maximal Resistance Method by Louis S. TOP 100 181s **Jan/00**... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s

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

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

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

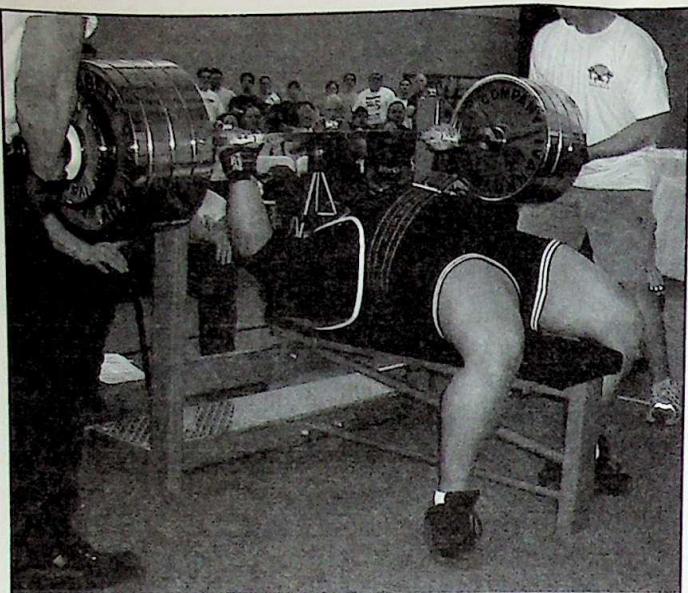
May/00... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

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

Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s

Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF/APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s

Sep/00... USPF Srs, IPA Worlds, WABDL



An 800 lb. Bench Press by Vinnie Dizenzo. (photos courtesy Slaga)

in the Submaster 198 lb. class, Tom made all 3 of his attempts, ending with a Connecticut record 520 to take the win. Chute Am of Rhode Island also had a great day, leaving with 2nd place and a Rhode Island state record. Ken Mattson came to the meet expecting big things and while he didn't have the day he had hoped, he still managed a big 515 WPA World Record to win 1st place in the 40-49 198 lb. class. New York's Oscar Mack is always a joy to see. We were supposed to meet up with him for supper the night before but the meet set-up took longer than expected and I decided not to bother him at such a late hour. A lifter needs to get his rest you know! Well, I'm not sure how much rest Oscar actually got but he sure lifted like he got plenty. He gave us a scare when he missed his opener but after that, he was on fire. A repeat with his opener of 325 looked like 135. It was then on to 355 and 375 for a 60 lb. PR and New York state record. 60 yr. old Frank Taylor is another lifter that just keeps getting better and better. Entered in the 60-69 198 lb. class, Frank opened with a WPA World record 380 for all whites and 1st place. David Swinburne is a Connecticut fireman who holds state records in the

deadlift. By the looks of things he's been working very hard on his benching as well. Dave made a Connecticut state record 395 to place 2nd to Rick Marrama in the Police/Fire 198 lb. class. The Open 198 tested division featured multi-world champ Jesse Kellum of Louisiana. When you first meet Jesse you are amazed he can handle the weights he does. 900+ lb. squats, 700+ lb. bench presses, totals of almost 2,400 lbs., all of that on that size frame is just mindboggling. Jesse dropped to the 198's for this meet and opened with an easy 550. A 2nd attempt of 580 wasn't passed but Jesse repeated for 3 whites and a WPA World Record for the win. 2nd through 4th place in this class was so closely contested that only 5 lbs. separated each placing. 2nd place finisher Tom Stucke's 520 gave him the Submaster CT state record and the CT Open record. 18 yr. old college student Dean Kapura entered the Teen 220 lb. class and while the Connecticut state record 430 he tried didn't go, his 410 gave him the win. After Bruce Swanson Jr. did so well in the teen division, it was his dad's time to show his stuff. Bruce opened with 490 and smoked it. 500 and then 510 were solid lifts that gave him the win and a NY State record

in the Submaster 220 lb. class. Amil Bruneau has been lifting for 28 years and while he seemed to have some injuries slowing him down, his 400 lb. opener gave him the win in the 40-49 220 lb. class. Jeff Milne finally had the day he was due. After a string of bad luck it all came together for him and he won the 50-59 220 lb. class with a WPA World record 455. Way to go Jeff! The Open 220 lb. class was another hotly contested class. Joe Bianchi Sr. opened with 545 and was followed by Jason Knobler's 565. Joe jumped to 565 to tie Jason (Joe weighed 4 lbs. lighter) and Jason took a big jump to 600 but missed. Joe then attempted but missed 585, Jason passed on his 3rd and we had the winner by body-weight, Mr. Joe Bianchi Sr. Glenn Banks is a 5th grade teacher and I doubt the kids give him any trouble. Lifting in the Submaster 242 lb. class, Glenn won with an easy 450 and had two close misses with 505. How's this for a lifting resume, 216 meets, 194 1st place wins and more records than I can even count. What more can you say about Roland Cote? Having just turned 60 and weighing 226 for this meet, Roland wasn't about to show any signs of slowing down. He opened with 410 that was so fast that if you blinked you missed it. 425 was the next jump and it was just as fast and left Roland licking his chops for his next attempt, a WPA World Record 435. Not only did Roland get that lift but he also made 440 on a 4th attempt. Add 1st place win No. 195 to the collection, Roland. In the Open 242 lb. Tested class, Dan Durkee is another lifter moving up the ranks quickly and he took home the gold. He opened with 445 for a 25 lb. PR. Subsequent tries with 475 were missed due to some shirt issues but I can see 500 coming soon. Massachusetts' Patrick Herrick has to have the longest arms I've ever seen on a bencher. He didn't let that stop him though, good lifts of 335 and 355 brought home a nice 1st place trophy in the 242 lb. N.T. class. Darryl Goudreau was another Massachusetts lifter who made the trip. Darryl is co-owner of the Fitness Factory and he showed his members he practices what he preaches, as his 425 lb. bench took the win in the Submaster 275 lb. class. Philip Chimbo is an Explosives Engineer and he certainly was exploding those weights off his chest. His 525 2nd attempt took the win in the Submaster 275 N.T. division and he looked good for more. Rhode Island's James Bourgeault Sr. returned to the platform after some serious health problems. Looking better than ever, James set a State record on his 3rd attempt, only to break it again on his 4th with a PR 510. Nice to have you back, James. Tony Petrino hasn't been

BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 1325

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

Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s

Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s

Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s

Feb/01 ... Gary Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

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

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

May/01 ... Ed Coan Interview, Russian

BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's

Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

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

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

Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s

Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s

Jan/02 ... IPF Men's Worlds, WABDL BP

Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s

Feb/02 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s

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

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

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

Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.

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

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

Oct/02 ... 556 squat @132 by Nance

competing long but he sure isn't wasting any time. Entered in the 40-49 and Open 308 lb. classes, Tony came to the meet ready to do battle. He opened with 600 and then jumped right to a WPA World record 625. He mis-grooved the 625 on the way up and the spotters caught the bar on a free-fall, inches from his face. Something like that would have rattled most lifters but Tony wasn't going to be denied. He came back to try the 625 again and slammed it up for 3 white lights, the World Record and 1st place in both divisions. It's all in the flame shoes, right Tony? 20 yr. old, Mike DeMello got a lot of attention. In what I believe was his first official meet, he entered the Junior 308 lb. class and benched 485, 515, and 527.5 for a new Connecticut State record, all while wearing just a t-shirt. I can't wait to see what he does in just a few years. Big Billy Tucker is a Correctional Officer in Rhode Island and by the look of him, I get the feeling things are pretty quiet on his shift. Billy opened with 500 for 3 white lights. 520 was his next attempt and whites all around again. A State record 535 was just a little too much but 1st place was his in the 40-49 308 lb. N.T. class. 53 yr. old Victor Klein made his return to Connecticut in fashion. Considerably stronger since the last time I saw him, Victor benched a Massachusetts record 320 on his way to the win in the 50-59 SHW division. Nice to have you back, Vic! Vincent Dizenzo has done it all. This Special Education Teacher from Connecticut has come on the scene fast and furious, destroying the all-time record books in the process. He has competed in many feds and at many levels, never dodging competition. Formerly a full-power lifter who squatted over 700 in the USAPL, he's done everything from winning at Bench America and competing at the Arnold Classic to becoming only the 2nd person ever to bench press 700+ lbs. in 3 weight classes. While having as formidable of a lifting resume as anyone out there, you will never meet a more modest and classy person. Whether he's lifting or not, you can count on him to lend you advice, coach you through your attempts or simply cheer you on, doesn't matter whether he knows you or not. He volunteers countless hours of his time to promote the sport and I can't think of a better role-model. So, Vincent came to the meet looking to add something new to his list of accomplishments. An 800 lb. bench was what he wanted and it was standing-room only, as the spectators packed in to see if he could get the job done. Looking as wide as he is tall, Vincent came out for his opener of 715 and the crowd was so loud I was afraid he wouldn't

Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s

Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181

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

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

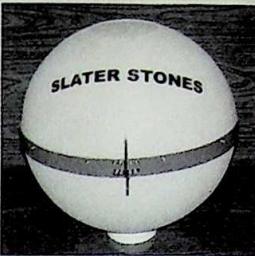
Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Tens lists

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

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

Aug/03 ... Mendelson Benches 804,

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hear the head judge who wears a microphone! After a nice lift-off, Vincent took the bar down with his customary control. After a solid pause and the "press" command, Vincent rocketed the 715 to lockout. The crowd actually hesitated for a moment before roaring their approval, his bar speed has to be seen to believe and they were quite frankly, shocked. 715 shouldn't move that fast. The stage was set for 800 and you could just feel the electricity in the air. I can't ever remember hearing a crowd that loud. It seemed like everyone in there was trying to will Vincent all the energy and strength they could. The bar was loaded and out Vincent came looking extremely confident. No big psyche routine, just all business. After a solid set-up, he signaled for the hand-off. Out the bar came and for the first time I saw Vincent tremble a little under a weight. Down he went with it and held it to his chest for the

"press" command. As soon as he got it, it was launch time. While not having the same speed as the 715, 800 still came off his chest with remarkable speed. As the bar moved out of his shirt range I could see it starting to slow and just when I thought he might have a problem, he simply rotated the bar back towards his head and there it was, locked and waiting for the "rack" command. The crowd went nuts and then grew silent as we all waited for the judge's lights. A split second later there it was, 3 white lights, an official 800 lbs. I couldn't even begin to count the number of people that rushed to the platform to congratulate Vincent. All I can say is that there was literally a line of people waiting to shake his hand. It was a tremendous performance and couldn't have happened to a nicer guy. Add 800 lbs., 1st place in the 308's and Best Lifter to that resume, Vincent. One of those people that ran to congratulate Vincent

was Tee Tee McCray. Tee Tee was so excited for his training partner that he literally ran to the platform with a shoe on one foot and only a sock on the other. The smile on his face said it all and I couldn't tell which guy was the happiest. Not that Tee Tee had anything to frown about when it came to his own lifting. Tee is a hometown boy who has kept a low profile. Already considered to be the strongest bencher in this area by many, Tee Tee decided it was time to make it official. He planned his training well in advance for this meet, started training at Southside Gym with Vincent, and was determined to leave no doubt as to who was the top dog in these parts. I had been hearing all kinds of impressive rumors about his training weights and judging by how thick he looked when I saw him, they weren't just rumors. He opened with a nicely controlled 665 for a new Connecticut record

and it was smoked. He then jumped to what he really came for, 700 lbs. It looked to me like he may have rushed a little on this one and he missed it. I thought this might shake his confidence but he jumped off the bench completely unfazed and I heard him tell his workout partners, "I've got it". 700 was called for again on a 3rd attempt and this time Tee Tee looked ready. Nice solid set-up, very precise and controlled unracking of the weight and then slowly he brought the bar to his chest. Upon hearing the "press" command he shot the weight up and locked it out rather smoothly. For his efforts he won 1st place in the Open SHW class, set the Connecticut State record, got his first 700 lb. bench and more importantly, left no doubt. All the hard work paid off Tee Tee, nice job. Special thanks go out to Inzer Advance, House of Pain and APT's Pro Wrist Straps. You really help to make our meets top-notch and we appreciate the support. (These results from Donna Slaga)

USPF US Open BP/DL

18 SEP 05 - Morgantown, WV

BENCH	J. Contakos	529
MEN	SHW	
148 lbs.	Open	
Master (40-49)	B. Siders	771
M. Miller	93	DEADLIFT
Junior (14-15)	WOMEN	
K. McPeck	181	148 lbs.
165 lbs.	(60-69)	
Junior (16-17)	E. Purre	181
Loncharich	264	MEN
181 lbs.	148 lbs.	
Open	Junior (14-15)	
Richendollar	319	K. McPeck
Junior (16-17)	165 lbs.	380
B. Snodgrass	220	(40-49)
198 lbs.	181 lbs.	
(40-49)	B. Hughes	402
M. Richards	303	Junior (16-17)
Open	E. Bailey	402
J. Harris	314	B. Snodgrass
242 lbs.	198 lbs.	
Open	Open	
A. Lapaglin	507	W. Derr
Submaster	220 lbs.	(40-49)
R. Harbger	507	D. Currence
(40-49)	242 lbs.	628
R. Perkins	380	Open
(50-59)	C. Stanley	275 lbs.
C. Stanley	352	T. Graham
275 lbs.	275 lbs.	529
Open	C. Stanley	(50-59)
P. Andrich	501	275 lbs.
308 lbs.	Open	
Open	A. Courtney	628

(Thanks to Matt McCase for the results)

821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs

SEP/03 ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s

OCT/03 ... Gene Bell, John Ware

Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQS/BPs, Louie S. on Training the Back, TOP 100 132s.

DEC/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s

JAN/04 ... IPF Worlds, WPC Worlds, IPA

Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s

FEB/04 ... IPFWB World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s

MAR/04 ... USAPL Women's Nats., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s

APR/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California

Hall of Fame, TOP 100 242s

JUN/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.

JUL/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s

AUG/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Time SQ/TOT, TOP 100 SHWs

SEP/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s

OCT/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quitt!, Cognitive Control, All Time Squats, TOP 123s

NOV/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.

DEC/04 ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott

Lade BP Workout, TOP 100 148s

JAN/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness

by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s

FEB/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s

MAR/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s

APR/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800+ Drug Free DL Workout, TOP 100 220s

MAY/05 ... Pat Casey Passes, "Then and Now" by Louie S., Mike Miller Interview, Performance Supplementation, TOP 20 Masters-Women-Teenage ranking lists

JUN/05 ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s.

JUL/05 ... Roger Estep Passes, APF Seniors, IPF Women's Worlds, Louie on BP Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s.

AUG/05 ... Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout,

Best Master Lifters, TOP 100 SHWs.

SEP/05 ... IPA Worlds, York Hall of

Fame, Equipment for Sumo, Reactive Methods by Louie Simmons, Mendelson Tries 1008 BP, TOP 100 114s.

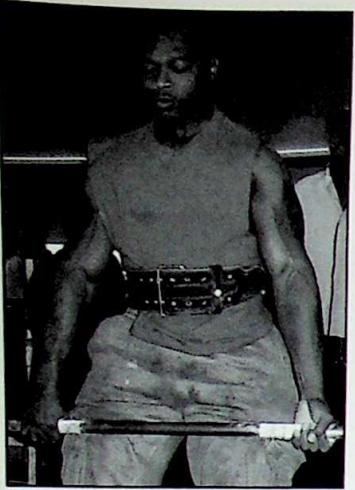
OCT/05 ... Deadlift Training by Louie Simmons, Raw Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Worlds, TOP 123s

NOV/05 ... Kettlebells for PLers, Tony Conyers' 2033 total @ 165, Raw Squatting by Jim Wendler, Fan Fanaticism, Seguin Fitness, TOP 132s.

DEC/05 ... WDFPF Single Lift Worlds, Bench America, WPO Semis(1201 squat!), AAU PushPull, GPC Worlds, Jason Beck Worlds Routine, TOP 148s

JAN/06 ... WPC Worlds - 970 DL!, IPA Naitonals, AAU World Push Pull, Louie S. on Isometrics, Ted Arcidi, Tiny Meeker Interview, Herb Stroke, TOP 100 165s

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Ernest Faulkner with an SLP State Record 620 @ 198. (Latch photos)

SLP Big Bench at the French 16 OCT 05 - Memphis, TN

BENCH	Master (50-54)
Raw	220 lbs.
MEN	J. Coll 375
Master (40-44)	308 lbs.
198 lbs.	D. Gibson 365*
M. Shettlesworth	Police/Fire
245*	220 lbs.
Master (50-54)	B. Goins 500
308 lbs.	Open
D. Gibson	365* 165 lbs.
Open	T. King 275
220 lbs.	242 lbs.
M. Stafford	350* J. Welty 430
275 lbs.	4th-450
B. Arnold	365* 308 lbs.
Assisted	K. Dowell 515*
MEN	4th-530*
Novice	S. Grice 300
198 lbs.	DEADLIFT
M. Mason	270 MEN
220 lbs.	Teen (16-17)
T. Hamilton	405* 165 lbs.
4th-425*	M. Tamboli 340*
275 lbs.	4th-355*
W. Sanders	325 275 lbs.
Teen (13-15)	W. Thomas 465*
220 lbs.	Teen (18-19)
P. Welty	230* 198 lbs.
Teen (16-17)	R. Acuff 405*
165 lbs.	Junior
M. Tamboli	190* 220 lbs.
275 lbs.	J. Prather 725*
W. Thomas	245* Master (40-44)
Teen (18-19)	198 lbs.
198 lbs.	Shettlesworth 415
R. Acuff	315 SHW
Submaster	R. Henley 725*
165 lbs.	Master (45-49)
K. Baroff	290 SHW
181 lbs.	E. Cooper 500*
D. Bryan	400* Open
198 lbs.	198 lbs.
G. Power	350 E. Faulkner 620*
220 lbs.	308 lbs.
G. McCoy	505 K. Dowell 500
T. Crossen	460 CURL
Master (40-44)	MEN
181 lbs.	Novice
K. Dowell	315 220 lbs.
198 lbs.	R. Gray 165
T. Bowman	385 Master (40-44)
4th-410*	220 lbs.
220 lbs.	R. Gray 165
Q. Fletcher	455* Police/Fire
SHW	Submaster
R. Henley	— 242 lbs.
Master (45-49)	L. Edwards 205
SHW	Open
E. Cooper	405 220 lbs.
	R. Gray 165

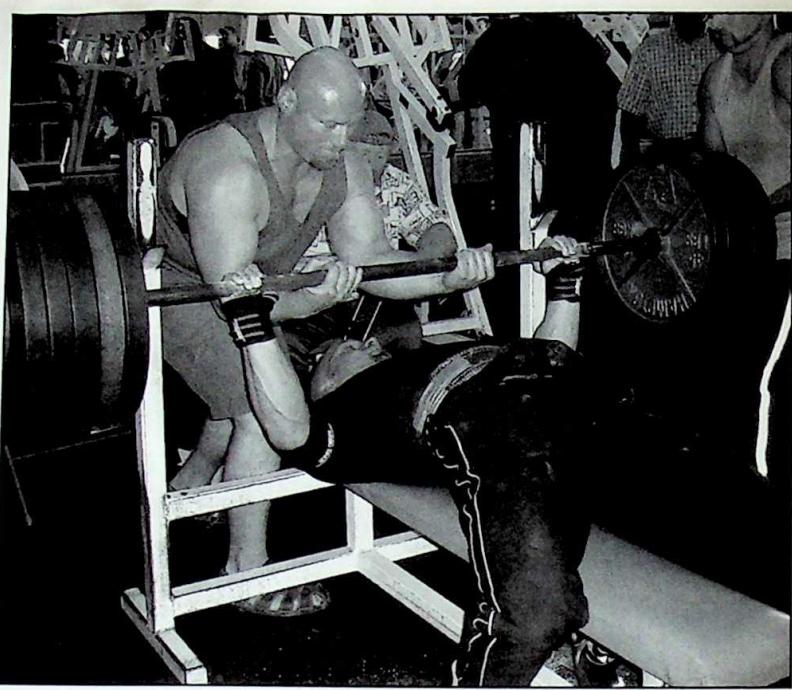
*Son Light Power Tennessee state records.
Best Lifter Bench: Ben Goins. Best Lifter Deadlift: John Prather. The Son Light Power Big Bench at the French was at the French Riviera Spa in Hickory Hills, Tennessee. Thanks to the staff at the club for their help in setting up the event and a special thanks to Danny Gibson for his help in promoting this competition. At the be-

ginning of the event we started with an old fashioned curl competition. Traveling from Jonesboro, Illinois was 600 plus bencher Lloyd Edwards. Taking the police & fire/submaster division, Lloyd finished with a solid 205. Robert Gray came up from Corinth, Mississippi, taking titles at novice, master 40-44 and open 220 with his final attempt of 165. In the bench press event we started with the raw division, all of which set new Tennessee state records for their respective classes. At master 40-44/198 it was Marty Shettlesworth with 245. Danny Gibson set the mark at 50-54/308 with an easy 365. For the open division it was Mark Stafford at 220 with 350 and Bobby Arnold at 275 with 365. For the assisted classes we had three fine novice lifters. Mark Mason won at 198 with 270 while Trey Hamilton took the 220 class with a new state record of 405. A fourth with 425 was also good! William Sanders, another first-time competitor, finished with 325 for the title at 275. Patrick Welty broke the state record at 13-15/220 with a solid 230, while Miles Tamboli set the mark at 16-17/165 with 190. Also at 16-17 was 275 winner Will Thomas, who finished with a new state record of 245. Our final teenager was Ryan Acuff, who won at 18-19/198 with 315. In the submaster division we had some great lifters, starting with 165 winner Kenneth Baroff, who finished with 290. Doug Bryan got his first official 400 bench as he took the 181 title, breaking the state record there. Glen Power won at 198 with 350 while Gregory McCoy won over Terry Crossen 305 to 460. Terry's 460 was a new personal record for him. At master 40-44 it was Keith Dowell with 315 at 181. Todd Bowman finished with 385 at 220, but returned with a successful state record fourth of 410. 220 winner Q. Fletcher, struggling with some minor shoulder problems, set the state mark there with a solid 455. At shw Robert Henley had to drop out of the competition, due to a pec tear. Speedy recovery, Bob! Eric Cooper won at

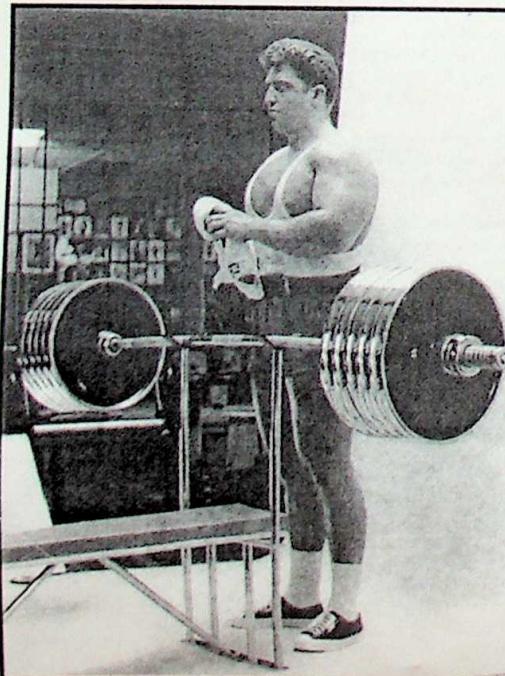
45-49/shw with 405 raw, but did come close with 530 twice, after putting on a shirt! Joe Coll won at 50-54/220 with 375 while Danny Gibson set his second state record of the day at 50-54/308 with 365.

For the police & fire division it was Ben Goins with his 500 second attempt, after a final attempt with a new state record 530 failed just short of lockout. At a 210 bwt. this gave Ben the best lifter award for the competition. In the open division it was Terrick King at 165 with 275. Jeff Welty won at 242 with 430, followed by a strong fourth pr 450. Kirk Dowell set the state record at 308 with 515, but followed that up with a solid 530 fourth, to push the record further. Shane Grice was second at 308 with his opener of 300. In the deadlift competition Miles Tamboli and Will Thomas both won for the second time, both setting new state records as well. At 16-17/165 Miles finished with 340, followed with a great 355 pull, while Will, at 16-17/

275, finished with 465. Ryan Acuff, guest lifting at 18-19/198, set the state record there with 405. The big pull of the day came from best lifter John Prather, who finished with a new Tennessee state record of 725 at junior 220! Marty Shettlesworth won his second title of the day at 40-44/198 with 425. Also at 40-44 was shw winner Robert Henley, who also pulled 725 for the win there. If it hadn't been for his earlier injury, Robert probably would have gone over 800 on the day! Eric Cooper got the state record at 45-49/shw with his 500 second attempt, but had plenty more in him. In the open division Ernest Faulkner broke his own state record at 198 with a personal best 620! Kirk Dowell also became a two time winner at open 308 with an easy 500 pull. Hey, thanks to my son Joey and to the several other lifters who helped out with the spotting, loading and judging. See you all again next year! (Thanks to Dr. Darrell Latch for providing these meet results)



Best Lifter Ben Goins taking a run at a 530 bench in the Police/Fire 220 lb. class



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18 FEB, SLP Brickyard Gym Open BP/DL (Milwaukee, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

18 FEB, USPF West Virginia High School (S. Charleston HS, So. Chas., WV) John Messinger, 304-766-0352(school), 304-744-2475(home)

18 FEB, WABDL Metro-Flex Gym Push/Pull Challenge BP & DL, (Texas) Brian Dobson, 817-465-9331

18 FEB, APA Houston Open Push/Pull & Tigers High School Invitational Push-Pull, Sam Houston High School, 9400 Irvington Blvd, Houston, TX 77076, Tom McCullough, tom_mccullough@texaspowerscene.com

18 FEB (corrected phone number), WABDL Penn-Ohio-New York Regional BP/DL Championships World Qualifier (Beaver Falls, PA) Charles Venturella (724) 654-4117

18 FEB, AAU Meet (NY) Steve Rogers, 315-365-3377, Seep67@tds.net

18 FEB, APF/AAPF Full Power/Ironman/Single Lift (Tribes Hill, NY) Sandi McCaslin, 518-858-7002, candazz@ironasylumgym.com, www.ironasylumgym.com

18 FEB, Lewiston Red Brick Bench Press Championships (Lewiston, NY) - to benefit our men and women fighting in Iraq and their families here in New York. Last year we raised \$3900 for the families of troops and over \$1000 worth of goods were sent to the troops in Iraq Dennis Brochey, 716-200-3533, cdbrochey@adelphia.net

18 FEB, Iron Warrior Powerlifting Championships (PL/BP/DL/SC-Bartow, FL) Scott Taylor, P.O. Box 27204, El Jobe, FL 33927, 941-626-4247

18,19 FEB, NASA Teenage Nationals & Ohio State High School (PL/PP/PS-Springfield, OH) Greg Van Hoose, gvh@wirefire.com

19 FEB, Fit Expo BP/DL (Pasadena, CA) Steve Denison, pwrltrs@msn.com, 661-333-9800

19 FEB, Western USA Cup PL (Mountaineer Cup qualifier, Pasadena, CA) Steve Denison, pwrltrs@msn.com, 661-333-9800

25 FEB, NASA Youth Nationals (5-12, Sheboygan, WI) Job Hou-Seye, 920-451-9097

25 FEB, APF Indiana State & Hawg Farm Open/BP (Evansville, IN) Larry Hoover, (812) 385-9932, quad4hoov@peoplepc.com

25 FEB, APC Central California Open & novice Powerlifting/BP Championships (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437

25 FEB, APF Northeastern Open BP (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows & Dave Follansbee, 865 Second St., Manchester, NH 03102, (603) 626-5489, www.americanpowerlifting.com, nhbodybuilding@yahoo.com

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

25 FEB, 2nd WNPF 100% Natural All American (PL, BP, DL, PC, Police/Fire/Military - West Islip, NY) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

25 FEB, 100% Raw Old Dominion Classic

COMING EVENTS

BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifing@aol.com, www.virginiausapl.com

25 FEB, USAPL Minneapolis Men's State & Women's Open, Angela Simons, 1188 Laurel Ave., St. Paul, MN 55104, 651-260-2644

25 FEB, NASA Virginia State (PL/BP Only/PS/PP-Wytheville, VA) Greg Van Hoose, gvh@wirefire.com

25 FEB, NASA Missouri State (PL/BP Only/PS/PP-Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

25 FEB, ADFPF National Single Event Championships (Wayland, MI) Richard VanEck 269-521-4031, www.adfpf.org

25 FEB, ADFPF Bill Beckwith Memorial Powerlifting Championships (Wayland, MI) Richard VanEck 269-521-4031, www.adfpf.org

25 FEB, USAPL Minnesota Men's State & Women's Open, Angela Simons, 1188 Laurel Ave., St. Paul, MN 55104, 651-260-2644

25,26 FEB, USAPL USNA Open, Jason Bowers, 101 Buchanan Rd., Annapolis, MD 21412, 443-534-3447

4 MAR, USAPL S. Dakota PL/BP, Jeff Blindsight, 5912 W 56th St., Sioux Falls, SD 57106, (605) 201-2411

4 MAR, NASA Illinois State High School Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lessmitty@bspeedy.com

4 MAR, USAPL Kansas Heavy Metal PL/BP Open, Wayne Herl, 3503 Chaumont, Hays, KS 67601, 785-625-1761

4 MAR, NPA Drug Free Midwest Open BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

4 MAR, APA Texas State, Sam Houston High School, 9400 Irvington Blvd, Houston, TX 77076, Tom McCullough, tom_mccullough@texaspowerscene.com

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

4 MAR, WABDL Karl Tyler Montana Classic (BP/DL - Ruby's Inn, Missoula, MT) Gus Rethwisch, 763-545-8654

4 MAR, NASA Bench Press Nationals & Mountain State Power (PS/PB-Denver, CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

4 MAR, ADFPF Deadlift Meet (412 Cushing St., Hingham, MA) Saul Shocket 718-740-4114 or 617-875-1698, www.adfpf.org

4 MAR, WNPF 100% Natural Single Lift Championships (SQ/BP/DL/PC)/ 14th Georgia Powerlifting Championships/WNPF Georgia Body Building Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

5 MAR, APF Minnesota State Powerlifting Championships (PL/BP - Elk River, MN) Jerry Gneffe & Dave Harrison, Elk River Gym, 550 Freeport Ave., Elk River, MN 55330, 763-441-4232

5 MAR, WNPF Upstate New York Powerlifting Championships (Buffalo, NY) Ron Deamicis, 303-792-6670

7 MAR, New Jersey High School Championships (students only) Paul or Peggy Sacco, 609-567-0046, PaulSacco537@comcast.net

10-11 MAR, USAPL Wisconsin State High School, Chris Sepich, 1001 McLugh

Rd., Holmen, WI 54363, 608-526-3372
11 MAR, USAPL Missouri State & Ozark Meet, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-275-7069
11 MAR, USAPL Anchorage Spring Classic, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-345-7996
11 MAR, WABDL Northwest Regional Championships (BP/DL- Red Lion Hotel, Medford, OR) Sam Pecktol, 541-941-0619

11 MAR, NASA, USPF & AAU Oklahoma State Unified Powerlifting Championships (PL/BP/PS/PP-Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
11 MAR, SLP March Madness BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

11 MAR, Police & Fire Nationals (Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1111, 442-4000, www.lenexastrengthandfitness.com

11 MAR, Walker's Gym BP Classic (open, raw, master, police, fire, teenage) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

11 MAR, USAPL Mountain State Peak Performance DL, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366
11 MAR, ISS Industrial Strength BP Contest, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-

6020, mikesbench@hotmail.com
12 MAR, APA Vermont State (YMCA Burlington, VT) Bret Kernoff, 802-865-2747, bretkernoff@adelphia.net
12 MAR, WNPF National Youth, Teen, Junior & Collegiate (PL, BP, DL) & 7th American Cup Open (Subs, Masters, BP, DL, PC - Philadelphia, PA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
18 MAR, USAPL Palmetto PL/BP Invitational, lilani Taylor, 6912 Prause Ct., Ft. Jackson, Columbia, SC 29206, 803-787-4395

18 MAR, 1st annual Body Tech Classic/OK State Meet (La Quinta Inn) Howard Huddleston, 405-794-6200, Joey Codner, 405-314-0882
18 MAR, New York State High School (Newfield, NY) James Howell, 607-379-0200, jh198@hotmail.com
18 MAR, IPB NC State (Shelby, NC) Keith Payne, 336-766-3347, keith@ironboypowerlifting.net

18 MAR, WABDL California State BP/DL (Monterey, CA) IRON SOCIETY/Yanto Soekardi, 831-277-4766 or Bovinestrengthsystems.com
18 MAR, USAPL "The Battle of the Great Lakes" V PL/BP (Cleveland, OH - huge sword awards) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniaschools.org

18 MAR, APA Southeast Regionals PL/BP/DL (Williamston, SC) Kate Taillon, 864-286-0532, Wade Johnson, 615-335-1207, kathryn264@charter.net
18 MAR, USAPL Massachusetts Open High School, Eric Cordeira, 35 Berkeley St., Watertown, MA 02472, 612-923-7062

18 MAR, 2nd APF/AAPF Alabama Open PL/BP (open to any APF/AAPF lifters, larger warm-up area - Econolodge Conference Center, Atalla, AL) Buddy McKee, AL Chairman, (256) 442-4002 or (256) 613-2753 or Stace Beecham at Gold's Gym Rainbow City, (256) 413-0055
18 MAR, All Church Powerlifting Contest

APF/AAPF/WPO Schedule

25,26 March 06, APF Junior National & Maine State PL/BP, Chris Wiers, 14 Fern St., Auburn, ME

04210, 207-777-3393

12,13,14 May 06, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turner, Maine
04282, 207-225-5070

Dates subject to change Call 386-734-3128 for info.

(worldpowerlifting.org) (worldpowerliftingcongress)

(men, women, ages 12 and up) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, (973) 584-7410, pamerman@hillsidelbc.org

18 MAR, APC West Coast Open & Novice BP Championships, John Ford (650) 303-7518

18 MAR, SLP Illinois State PL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

18 MAR, 100% Raw World Gym Ironman Open (Palatine, IL) Shawn "Bud" Lyte, 312-494-5865, FAX 530-323-8076, Bud@BMFSports.com

18 MAR, APF South Dakota Open/BP, Josh Law, 1801 Summit St., Yankton, SD 57078, 605-660-3392, www.APFS.com

18 MAR, NASA Power Sports Nationals (Unequipped PL/CR/BP/DL - Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

18 MAR, 100% Raw Powerlifting Federation World Gym Ironman Open (World Gym, 1546 E. Dundee Rd., 847-991-9300 - Palatine, IL) Shawn "Bud" Lyte, 312-494-5865, rawlift@bmfsports.com

18, 19 MAR, USAPL Pennsylvania State (Ramada Plaza Hotel, Clarke Summit, PA) Janel Brown, (570) 585-5260, janelbrown@brownsgym.net

19 MAR, WNPF 100% Natural Single Lift Nationals (SQ, BP, DL, PC) & 14th Georgia Powerlifting Championships & WNPF Georgia Bodybuilding Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnfp@aol.com

19 MAR, Lawrence Co. Super BP/DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee (free meet t-shirt), Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117

25 MAR, SLP Lift for the Lord BP/DL (Scottsville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

25 MAR, USPF West Virginia State PL, SQ, DL, Holley Open PL, BP, DL (open to out of state lifters) (S. Charleston HS, S. Charleston, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

25 MAR, USAPL Virginia Open PL/BP/DL/Ironman, Raw & Assisted (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiapusapl.com

26 MAR, SLP Genesis Gym Open Spring BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

25 MAR, ADAU Maryland State Raw & Drug Free Single Lift Championships (drug tests, awards for best SQ, BP, DL, age, weight - Hagerstown, MD) Kevin Prosser (301) 573-7853, jkprosser@yahoo.com, www.angelfire.com/pa/bigal

25 MAR, USAPL Washington State PL/BP/DL (N. Bend), Bull Stewart, r@bullr.com, Richard Schuller, 12916475th Ave. SE, North Bench, WA 98045, (206) 280-8122

25 MAR, USPF California State PL/BP/DL (Los Alamitos, CA) Steve Denison, pwrlift@msn.com, 661-333-9800

25 MAR, WABDL Iron Gladiators World Record Breakers Championships (BP/DL - Red Lion Hotel, Pasco, WA) Gus Rothwisch, 763-545-8654

25 MAR, APA Eastern USA Powerlifting (PL/BP/DL/PP - Hanover, PA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-626-4247

25 MAR, NASA Kentucky State Championships (BP/PP/PS - Paintsville, KY) Greg Van Hoose, gvh@wifire.com

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als Powerlifting & Power Sports (Un-equipped, wrist & knee wraps and belts allowed in powerlifting - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

1,2 APR, 5th WNPFC Can-Am National Teenage, Junior, Open (PL, BP, DL, PC) & 9th Submasters, Masters National Championships (PL, BP, DL, PC - Romulus, MI) Troy Ford, WNPFC, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpfc@aol.com

1,2 APR, Iron House Classic/IPA Full Power & BP (Newark, OH) Mike Maxwell (740) 704-4747, www.ironhousezanesville.com

2 APR, USA "Raw" Bench Press Federation Spring Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

2 APR, 7th Pittsburgh Area Monster BP/DL (men, women, all divisions/classes, cash prizes) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, (412) 264-9996

7-9 APR, AAPF Nationals (Baton Rouge, LA) Garry Frank, 225-261-4482

8 APR, SLP Harvey's Gym Open BP/DL (Columbia, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

8 APR, APF Midwest Open (Kansas City) Susan Sharpe Patterson, 816-668-2005, www.midwestbarbell.com

8 APR, WABDL Oklahoma/Arkansas Regional Championships (BP/DL - Days Inn, Ft. Smith, AR) William Winkley, 479-252-0379

8 APR, Dungeon Power Works Bench Slam/Deadlift (Three Rivers, MI) Mark Mellinger, 269-506-5386, or 269-435-7586

8 APR, NASA "The Bigger One" (PL/BP Only/PS/PP - Green Bay, WI) Job Housue, statechairman@wisconsinpowerlifting.com

8 APR, NASA Kansas State Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

8 APR, NASA Bigger One (Green Bay, WI) Job Hou-Seye, 920-451-9097

8 APR, APC Georgia State Open PL & BP, National Qualifier, LB Baker (770) 713-3080

8 APR, USAPL Alabama State, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2194

8 APR, WNPF Western Pennsylvania Championships (BP, DL, PC - Beaver Falls, PA) Ron Deamicis, 330-792-6670

8,9 APR, Power Palooza 9 (Leesport, PA) Full Power, BP/DL, Gene Rycklak Jr., 143 2nd Ave., Royersford, PA 19468, (610) 948-7823

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

9 APR (REVISED DATE), New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, (401) 952-9166, joemusclehead@csc.com, www.reevesnutrition.com

14-16 APR, USAPL Collegiate Nationals (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

15 APR, 3rd Super Bench (crystal vase awards: men, women, teen, jr., submaster, master all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

15 APR, SLP Ultimate Body Fitness BP/DL (Chicago, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

15 APR, NASA Ohio State (PL/BP Only/

UPCOMING SLP COMPETITIONS

18 FEB, SLP Brickyard Gym Open BP/DL (Milwaukee, WI)

25 FEB, SLP Mason-Dixon Open BP/DL (Metropolis, IL)

4 MAR, SLP Tennessee Open BP/DL (Clarksville, TN)

11 MAR, SLP March Madness BP/DL (Mattoon, IL)

Son Light Power
122 W. Sale, Tuscola, IL 61953
217-253-5429
www.sonlightpowre.com
sonlight@netcare-il.com

PS/PP- Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

15 APR, USAPL Richmond Open Powerlifting Championships (PL/BP), Phillip Battle, 9576 Atlee Station Rd., Mechanicsville, VA 23116, 804-301-2196
15 APR (new date), PPL Georgia Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, p y t h n g y m @ a o l . c o m , www.hometown.aol.com/pythongym

15 APR, 1st USPF Maryland State BP/DL Championships (Hotel Gunther, Frostburg, MD) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com

15 APR, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com

15 APR, United Amateur Powerlifting Committee National Championships / Illinois State Open PL & BP, APC/UAPC National Qualifier, Jim Rouse (815) 727-9147 or Brandon Williamson (815) 325-3365

15 APR, USAPL Richmond Open PL & BP Championship (60 lifter limit, open to all out of state lifters) Phillip Battle, P.O. Box 9713, Richmond, VA 23228, (804) 301-2196, P_Battle@hotmail.com

19-23 APR, IPF World Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.ipfworlds.com/mastersbench

21-22 APR, IBP Red Swaim Memorial DL & Iron Boy Raw BP Championships (Winston Salem, NC) Keith Payne, keith@ironboypowerlifting.net

22 APR, 100% Raw World Gym Full Power (Joliet, IL) Shawn "Bud" Lyte, 312-494-5865, FAX 530-323-8076, Bud@BMFSports.com

22 APR, USPF 4th annual Kern County High School (Bakersfield, CA) Dave Boyt & Steve Denison, pwrltrs@msn.com, 661-333-9800

22 APR, NASA New Mexico State (PL/Bench Only/PS/PP/ Un/Equipped-Rio Rancho, NM) Mike Adelmann 505-891-1237, email mike@liftinglarge.com

22 APR, WABDL Southeastern Regional Championships (BP/DL-Admiral Binbow Hotel, Suwanee, GA) George Herring, 770-963-6738

22 APR, NASA West Virginia State Championships (BP/PP/PS - Ravenswood, WV) Greg Van Hoose, gvh@wirefire.com

22 APR, NASA New Mexico State (PL/BP Only/PS/PP- Rio Rancho, NM) Mike & Teale Adelmann, mike@liftinglarge.com

22 APR, NASA Tennessee State Championships (PL/BP Only/PS/PP- Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

22 APR, Iowa Open State Champion-

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING

25 FEB, Natural All American, West Islip, NY

4 MAR, 100% Natural Single Lift, Atlanta, GA

5 MAR, Upstate New York, Buffalo, NY

12 MAR, National Youth, Teen, Junior & Collegiate

WNPF, PO Box 142347,

Fayetteville, GA 30214

678-817-4743

or **wnfp@aol.com**

website - members.aol.com/wnfp

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

22 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863)687-6268

22 APR, SLP John Ware Memorial (Kirksville, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

23 APR, USAPL Florida (Hurricane Open) BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

23 APR, 15th WNPF National BP/DL/PC Championships & USSA NJ Strongman Championships (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnfp@aol.com

29 APR, APF Delaware Power Classic

(PL, PP, BP, raw & equipped) The Training Center, 807 Churchman's Center, New Castle, DE 19720, Broderick Chavez, 302-858-7465, isquat700@rnchsi.com

29 APR, SLP National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

29 APR (date assigned), USAPL Illinois State/Great Rivers Open (powerlifting, BP, open, raw - Harrisburg, IL) Mark Motsinger, S&M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881

29 APR, 100% Raw North American BP/Curl, John Shiflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginlausapl.com

29 APR, ADAU 27th Raw "Power Day Classic" (BP/DL/Open/All ages - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pkitup.com

29 APR, NASA Colorado State Championships (PL/BP Only/PS/PP - CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

29 APR, USAPL Illinois State & Great Rivers Open Championships, Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-926-1591

29,30 APR, APC State PL & BP (Fresno, CA) Bob Packer (559) 322-6805 or (559) 323-3892

29,30 APR, 1st WNPF USA vs. Brazil Powerlifting Championships, Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnfp@aol.com

30 APR, The Power Gym's Beast in the East Bench Press Championships (limited to 50 entries - Taylor, PA) Joe Moe 570-562-3642, moceyuni@neiu.org

APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, (501)860-6851

6 MAY, Erie Community College Football's 5th Open BP/DL Championships (near

Buffalo - Orchard Park, NY) Dennis Green (716)851-1748

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

6 MAY, USPF San Diego Open, Barret Marum, 619-795-5965, barrett_marum@yahoo.com

6 MAY, NASA Western States Nationals (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

6 MAY, Bartlesville Push-Pull (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com

6 MAY, 7th WNPF 100% Natural Carolina States & Ralph Peace Championships (PL, BP, DL, PC - Greenville, NC) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnfp@aol.com

7 MAY, SLP Muscles & More BP/DL (Kernett, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12-14 MAY (NEW DATE), WDFPP European Single Lift Championships (Fagano Ocona, Italy) jm-gedney@wiu.edu

12-14 MAY, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turizer, ME 04282, (207) 225-5070

13 MAY, WABDL Rocky Mountain Regional Championships (BP/DL - Salt Lake City, UT) David Edgett, 801-731-0471

13 MAY, NASA West Texas State (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

13 MAY, IBPS SC Powerlifting Championships (Easley, SC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net

13 MAY, APA Fit For Life Day/Baddest Bench In The South (BP only - Expo Hall, Shreveport, LA) Ryan Cidzik (315) 794-1836, RCidzik@yahoo.com, www.apa-wpa.com

13 MAY, USAPL Florida State HS BP & PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

13 MAY, Lifetime Natural Powerlifting Society Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 MAY, USAPL Florida State BP & DL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

20 MAY, APC Southern California PL & BP (San Diego, CA) James Kegrice at www.kegrecygym.com or Bob Packer (559) 332-6805 or (559)658-5437

20 MAY, USPF San Jose BP/DL Open, Paul Love, Paul.Love@sbcglobal.net, 408-238-7413

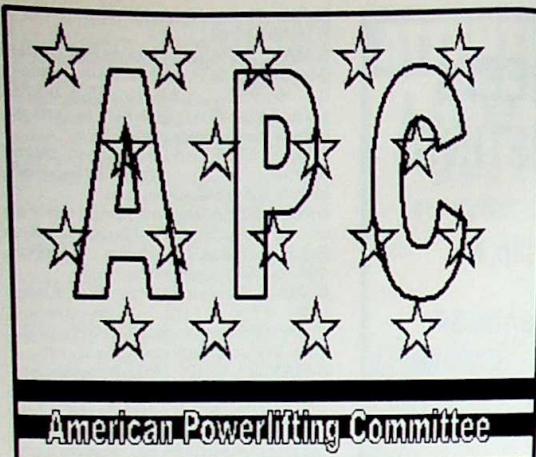
20 MAY, WABDL Push-Pull National Championships (Holiday Inn Hotel and Suites, Mesa/Phoenix, AZ) Gus Rethwisch, 763-545-8654

20 MAY, NASA Greater Houston Open (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

20 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 MAY, SLP Southwest Missouri Open BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 MAY, 7th WNPF Elite Nationals & 5th Powerfest 2K6 Teenage/Junior/Open Subs/Masters Powerlifting (BP, DL, PC - Ephrata, PA) Troy Ford, WNPF, PO Box 142347, Fayetteville,



American Powerlifting Committee

The APC is actively seeking qualified meet directors and state Chairmen
Call L B Baker 770-725-6684 or cell 770-713-3080

UPCOMING MEETS

- February 11, 2006 APC Bench Press Nationals, L B Baker, 770-713-3080
- March 4, 2006 APC Southeastern High School Invitational P L & Bench Press Championships, Birmingham, Al.
- April 8, 2006, Georgia State Open Powerlifting and Bench Press Championships
- April 15, 2006 Illinois Powerlifting and Bench Press Championships
- July 7, 8, 9, 2006, APC National Powerlifting and Bench Press Championships, Sacramento, Ca.
- May 6, 2006 Excalibur Alabama Powerlifting and Bench Press Championships, Birmingham, Ala.

For more information: www.americanpowerliftingcommittee.com
IronDawg Power: www.irondawg.com

**GA 30214, 678-817-4743,
wnpf@aol.com**

21 MAY, ISS Big Bench Open, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

27 MAY, WABDL AquaVIBE Midwest Regional Championships (BP/DL - Marriott Hotel, St. Louis Park/Minneapolis, MN) Gus Rethwisch, 763-545-8654

27 MAY, NASA East Texas State Championships (PL/BP Only/PS/PP - Longview, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

MAY, ADFPF National Powerlifting Championships (All age categories, including Police/Fire/Military - Evansville, IN) Dick Conner 812-867-1736, www.adfpf.org

MAY, New England States Open Powerlifting Championships. Greg Kostas, (781) 447-6714 & Rene Moyen, (401) 934-2040, (401) 527-3711, www.newenglandusaapl.com, www.nextlevel-fitness.com.

MAY, 6th WNPF Pan-Am Teenage/Junior/Open Subs/Masters Championships (BP, DL, PC) & USSA Florida Strongman Championships & WNPF Southeastern USA Body Building Championships (Orlando or Daytona, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

2,3,4 JUN, APF Senior Nationals, (Las Vegas, NV) Mark Swank or Carol Upton, 702-245-6852, 656-6762, thegymlasvegas@earthlink.net

3 JUN, SLP Missouri Open BP/DL(Festus, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

3 JUN, USAPL 'The Pete Lanzi Memorial IV' Night of Champions, (Cleveland, OH - huge sword awards) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniaschools.org

3 JUN, WABDL River Country Classic Championships (BP/DL - Gadsden, AL) Brant Bishop, 256-390-4436

3 JUN, WABDL Sonny's 2nd Push-Pull (Marriott Hotel and Resort, Honolulu, HI) Jocelyn Ronolo, 808-989-2312

3,4 JUN, NASA Masters & Submasters Nationals (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

3,4 JUN, GPC America's Cup PL/BP (Canada vs USA) & GPC Canadian Nationals PL/BP (GBC World Qualifier), Calgary, Alberta, Canada, Brian Johnston, 403-215-4549, www.independentpowerlifting.com, 3,4 JUN, WNPF Drug Free Nationals

(Youngstown, OH) Ron Deamicis, 303-792-6670

10 JUN, USPF West Coast BP & DL (Venice Beach, CA) Joe Wheatley & Steve Denison, pwrfltrs@msn.com, 661-333-9800

10 JUN, Immaculate Heart of Mary Festival (BP/DL/Ironman - Youngstown, OH) Ron Deamicis, 330-792-6670

10 JUN, NASA Arkansas State Championships (PL/BP Only/PS/PP Russellville, AR) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

10 JUN, 1st USPF Pennsylvania State BP/DL Championships (Waynesburg High Schools, Waynesburg, PA) Matt McCase, 210 Gilbow St., Falmouth, WV 26554, 304-376-2432, mccase@yahoo.com

10 JUN, SLP Superman Classic BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 JUN, Federation Summer Nationals (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 JUN, ADPF Men & Women Contest (raw, belt & wrist wraps only - Washington Square Mall) Dick Conner, 8323 Copperfield Dr., Evansville, IN 47711, 812-867-1736

10 JUN, NPA Drug Free Central USA BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

10,11 JUN, 7th WNPF USA Open Teen/Junior/Subs/Masters Championships (BP, DL, PC) & WNPF Bodybuilding Championships & USSA Georgia Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

11 JUN, USA "Raw" Bench Press

Federation Summer Nationals (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14-18 JUN, IPF/NAPF North American Regional & Tournament of the Americas (Dorado, Puerto Rico) Robert Keller, rkh@verizon.net, (954) 790-2249

17 JUN, WABDL AquaVIBE Great Northern Championships (BP/DL - Red Lion Hotel, Olympia, WA) Gus Rethwisch, 763-545-8654

17,18 JUN, NASA USA Nationals (PL/BP Only/PS/PP & Unequipped PL/BP - Las Vegas, NV) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

18 JUN, USAPL Florida (Sunshine State Games) BP (Miami) Robert Keller, 954-790-2249, rkh@verizon.net, www.geocities.com/floridausapl

24 JUN, 10th WNPF Raw National Powerlifting & 8th WNPF North American Powerlifting Championships (Teen, Junior, Open Subs, Masters, Novice - Las Vegas, NV) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

24 JUN (NEW DATE), Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com

24 JUN, SLP Express Fitness Open BP/DL (Benton, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

24 JUN, NASA Missouri Grand (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

24,25 JUN, WDFPF European PL (Maromee, France) www.wdfpf.cc

24,25 JUN, ADAU Powerlifting Nationals (Raw/Drug Tested - Catasauqua, PA) Nick Theodorou, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

25 JUN, ISS Wisconsin Bench Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

JUN, ADFPF 'The Pit' Barbell Club Open PL/BP Championships (Unequipped Only - Washington Square Mall, Evansville, IN) Dick Conner 812-867-1736, www.adfpf.org

JUN, USAPL Teen/Junior Nationals, Bruce Sullivan, 1545 4th 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

JUN, Joe's Gym "We Don't Need No Stinkin' Drugs" Bench Press Contest, Joe Orengia, 4319 W. 26th St., Erie, PA 16506

JUN, 10th WNPF 100% Lifetime Drug Free Raw Teen/Junior/Open/Subs/Masters Powerlifting Nationals (BP)

THE BIGGER ONE

Saturday April 8th, 2006

Green Bay, WI

**POWERLIFTING - POWER SPORTS
PUSH/PULL - SINGLE LIFT EVENTS
MEN - WOMEN - TEEN - YOUTH(5-12)**

(featuring The AMERILIFT)

"At last year's THE BIG ONE, we had almost 50 entries from 4 different states. We anticipate an even larger Meet this year." - Job Hou-Seye, 920-452-5484

**FOR A PRINTABLE APPLICATION GO TO:
www.wisconsinpowerlifting.com**

NOTE: The Event will be limited to the first 50 Squatters, and the first 100 Total Lifters, as determined by a mailed, post-marked envelope. Youth lifters (under 13) will not be allowed to participate in Events involving the Squat.

**YOUTH NATIONALS,
February 25, 2006, Sheboygan, WI
All Youth(5-12) and Teen. Adults by
permission only. For Details:
statechairman@wisconsinpowerlifting.com**

**United Amateur Powerlifting Committee
presents the
First National Powerlifting Championships
& the First Illinois State Championships,
April 15th at Quality Inn, Bradley, Illinois.**

For further information, contact Brandon Williamson
815-325-3365 or James Rouse, 815-347-4393,
jsrouse41@aol.com

**World United Amateur
Powerlifting Championships
at the Airport Hilton in
St. Louis.
August 11 through 13, 2006**

For further information
contact James Rouse
jsrouse41@aol.com

pionships (BP/DL - Crown Plaza Hotel, Dallas, TX) Gus Rethwisch, 763-545-8654

12,13 AUG, WNPF International World Cup (PL, BP, DL, PC) & WNPF All Raw WNPF Record Breakers Powerlifting (BP, DL) & USSA National Strongman Championships & WNPF USA vs. The World Bodybuilding Championships & Summer Elite Championships (SQ, BP, DL - Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

13 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 AUG, WABDL Nevada State Championships (BP/DL - Stockmen's Hotel & Casino, Elko, NV) Raul Lopez, 775-753-2374

19 AUG, NOVA Raw BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com

19 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 AUG, USAPL Mid Atlantic Open PL/BP/DL/Ironman (Culpeper, VA) John Shafflett, Box 941, Standardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

19 AUG, ADAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

19 AUG, AAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703,

www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

19,20 AUG, YMCA Nationals (raw, single ply, unlimited gear, PL, plus individual lifts & power sports, all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

20 AUG, IPA Long Horn Cup (open) and Texas State (residents only) (all age groups and divisions, men & women, amateur, elite, amateur, pro) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

20 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

26 AUG, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

26 AUG, WABDL 10th Alki Beach Championships (BP/DL - Seattle, WA) Bull Stewart, 206-725-7894

26 AUG, ADAU Powerlifting Championship (Hagerstown, MD) Kevin Prosser, 11218 Greenmount Ave., Hagerstown, MD 21740, 301-573-7853, jkprosser@yahoo.com

AUG, WNPF Minnesota Teen/Junior/Open/Subs/Masters & Novice Championships (BP, DL, Ironman, PC - Montgomery Area, MN) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

2 SEP, SLP World BP/DL, SLP, 122W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

2 SEP, NASA New Mexico Regional (PL/BP Only/PS/PP - Rio Rancho, NM) Mike & Teale Adelmann, mike@liftinglarge.com

9 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9 SEP, USPF Venice Beach PL/BP/DL, Joe Wheatley & Steve Denison, pwrltrs@msn.com, 661-333-9800

9 SEP, WABDL Tennessee State Championships (BP/DL - Manchester, TN) Ken Milliany, 931-454-0935

9 SEP, NPA Drug Free National BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

9 SEP, 15th WNPF Lifetime Drug Free Nationals (BP, DL, PC - Bordentown, NJ) Troy Ford, WNPF, PO Box

142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

10 SEP, 15th WNPF Pennsylvania State (PL, BP, DL, PC - Philadelphia or Ephrata, PA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

10 SEP, United We Stand BP-DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117

16 SEP, NASA East Texas Regional (PL/BP Only/PS/PP - Longview, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd1@aol.com

16 SEP, 6th Iron Boy BP Classic & IBP Curl Championships, (Winston-Salem, NC) Keith Payne, keith@ironboypowerlifting.net

16 SEP, ISS KAC Bench Press Classic, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

16 SEP, APC Northern California Open & Novice PL & BP, John Ford (650) 303-7518

16 SEP, SLP USA Raw Bench Press Federation Fall Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

16 SEP, 7th WNPF Michigan Teen/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC) & USSA Strongman Championships (Romulus, MI) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

16 SEP, WNPF Upstate New York II (Clyde, NY) Ron Deamicis, 303-792-6670

23 SEP, SLP National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, jduree7086@aol.com, 913-626-1142,

www.lenexastrengthandfitness.com

23 SEP, WABDL Washington State Championships (BP/DL - Aberdeen, WA) Dr. Don Bell, 360-581-5118

24 SEP, SLP Genesis Gym Open BP/DL (Celina, OH) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

24 SEP, USAPL Colorado Mile High Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

30 SEP, WABDL Hawaii State Championships (BP/DL - Bellows AFB, Waimanalo, HI) Keith Ward, 808-375-8700

30 SEP, WABDL Night of the Champions (BP/DL - All American Gym, Lakeland, FL) Ken Snell & Louis Bals, 863-687-6268

7 OCT, ADAU "No Druggies Allowed" Single Lift Championships (SQ, BP, DL, No TOT) Joe O'rengia, 4319 W. 26th St., Erie, PA 16506

7 OCT, SLP Alabama Push/Pull (Northport, AL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

7 OCT, 1st WNPF Arizona State & West Coast USA Championships (Teen, Junior, Open Subs, Masters, Novice, PL, BP, DL, PC - Tucson or Phoenix, AZ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

7 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Dave Cummerow & Steve Denison, pwrltrs@msn.com, 661-333-9800

7 OCT, IBP Carolina Classic Powerlifting Championships (Shelby, NC) Keith Payne 3 3 6 - 7 6 6 - 3 3 4 7 , keith@ironboypowerlifting.net

8 OCT, SLP Big Bench at the French III BP/DL (Hickory Hills, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 OCT, NASA Colorado Regional Championships (PL/BP Only/PS/PP-CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd1@aol.com

20-22 OCT (NEW DATE), WDFPF Single Lift Worlds (John Clow, Bendigo, Australia) jm-gedney@wiu.edu

15 OCT, 1st USPF Regional BP/DL Championships for Regions 1,2,3,4 (Robert C. Byrd High School, Bridgeport, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com

15 OCT, SLP Missouri State BP/DL

APF Long Island Bench Press Championships and Deadlift Challenge

4/1/06

Syosset, New York

The Meet Will Have T-Shirts, Free Give-A-Ways, and Prizes. Proceeds Will Benefit Local Charities

**Meet Director: Chris Taylor
E-Mail: PwrFrk650@aol.com or
PowerLifter1450@Gmail.com
Phone: 1-516-860-5584**

(Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 OCT (newdate), PPL USA Powerlifting Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym

21 OCT, SLP Fall BP/DL Classic (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 OCT, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net

21,22 OCT, NASA 2nd "Genuine" Unequipped Nationals (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

27-29 OCT, 15th WNPF World Powerlifting & USSA World Strongman Championships & WNPF USA Body Building Championships & WNPF Men's and Women's Elite Championship II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

28 OCT, ANPPC National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

28 OCT, 2nd annual Open BP, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452

28 OCT, ADAU 24th Raw "Central PA Open" (Drug Free - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-846-3214, al@pkitup.com

28 OCT, NASA Iowa Regional Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

OCT, ADAU Connecticut State Powerlifting Championships (PL/BP - Brookfield, CT) Robert Del La Vega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, pghbrookfield@sbcglobal.net

OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

OCT, USAPL Florida Collegiate BP & PL and Southeastern USA Regional BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249, rk@verizon.net, www.geocities.com/floridausapl

1-5 NOV, GPC World PL/BP (Gent, Belgium) LB Baker (770) 725-6684 or (770) 713-3080, www.globalpowerliftingcommittee.com, www.americanpowerliftingcommittee.com

4 NOV, NASA Kansas City Regional (PL/BP Only/PS/PP - Kansas City, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

4 NOV, USA "Raw" Bench Press Federation Worlds, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

4 NOV, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com

10-12 NOV, WDFPF World PL Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jmgdedney@wiu.edu

11 NOV, NASA Arizona Regional (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

11 NOV, SLP Ohio State BP/DL (Hamilton, OH) SLP, 122 W. Sale,

Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

11 NOV, WNPF Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

15-20 NOV, WABDL World Championships (BP/DL - Las Vegas, NV) Gus Rethwisch, 763-545-8654

18 NOV, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 NOV, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

25 NOV, NASA Kansas Regional Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

25 NOV (New Date), SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047

2 DEC, NASA Missouri Regional Championships (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

2,3 DEC, WNPF USA vs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9 DEC, NASA West Texas Regional (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

9 DEC, USAPL Virginia PL/BP/DL/Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

9,10 DEC, APC 53rd California Iron Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437

10 DEC, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 DEC, ADAU 14th Raw "Coal Country" Classic (SQ/BP/DL/Open/All ages - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-846-3214, al@pkitup.com

16 DEC, NASA Illinois "Christmas" Regional (PL/BP Only/PS/PP - Flora, IL) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

16 DEC, 9th WNPF Sarge McRay Championships (BP/DL, Ironman, PC - Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

30 DEC (New Date), SLP "The Last One" BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

27,28 APR '07, WDFPF European Single Event Championships (Horgen, SWI) www.wdfpf.cc

OCT '07, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc

MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc

OCT/NOV '08, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc

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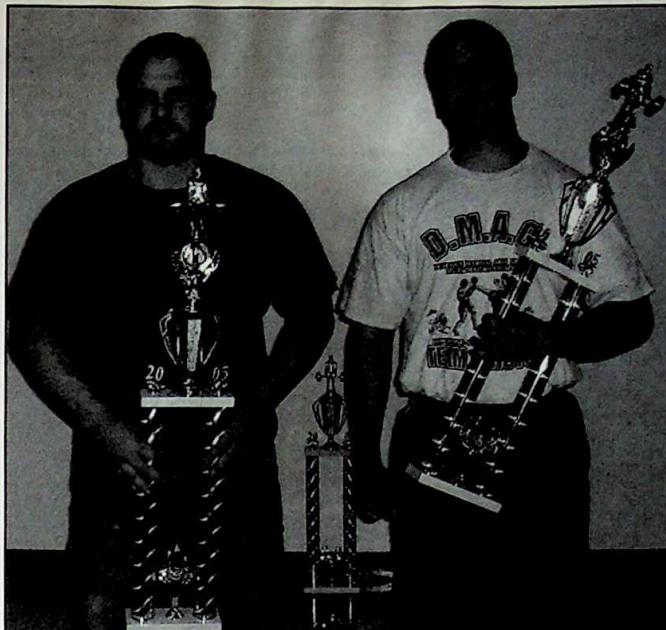


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USAPL Alaska State 19 NOV 05 - Anchorage, AK					
	WOMEN	SQ	BP	DL	TOT
Open					
148 lbs.	V. Raynor	258	132	302	693
198+ lbs.	H. Jollison	225	148	253	627
MEN					
Open					
181 lbs.	K. Reeves	407	346	407	1160
220 lbs.	C. Lau	434	401	561	1397
220 lbs.	B. Robinson	423	324	561	1309
Master (65-69)	R. Ansem	253	159	302	715
Place of Meet: Polaris Gym. Coordinator: Ron Burnett. (Thanks to USA Powerlifting for providing these results to PL USA.)					

SLP Iowa State BP/DL 02 OCT 05 - Clinton, IA				
	BENCH	MEN	P. Harris	700*
Junior				
198 lbs.	S. Barton	365*	Open	
220 lbs.	J. Schmitz	205	H. Redmond	225*
Master (55-59)				
198 lbs.	B. McDonald	270*	S. Barton	460*
Open				
198 lbs.	S. Rieger	445	220 lbs.	
220 lbs.	J. Cravatta	670*	J. Duerr	500*

*=Son Light Power Iowa state records. Best Lifter Bench: Jay Cravatta. Best Lifter Deadlift: Steve Barton. The Son Light Power Iowa State Bench Press/Deadlift Championship was held at the Clinton YWCA. Thanks to athletic director Terry Mull for all the hard work she did setting



SLP Iowa State Best Lifters: Jay Cravatta & Steve Barton. (Dr. Latch)

up this event and promoting it locally. A much smaller turnout than usual, but still, some fine lifters! In the bench press event Steve Barton won at junior 198 with a new state record 365. Josh "Taco" Schmitz, competing for the first time, won at junior 220 with 205, followed by a personal best 225 fourth for the win. Bob McDonald took the title at 55-59/198 with a new Iowa state and personal best 270. In the open division Steve Rieger, who continues to improve, both strengthwise and formwise,

won at 198 with 445. Steve came close with his 480 second attempt and even handled a 500 final attempt well. Our final two lifters had great days, both setting new personal and Iowa state records! Jay Cravatta finished with 670 at 220, but came within one-half an inch of locking out that magical 700 on his final attempt! It's right there, Jay! Up next was big Paul Harris, who at 275, began by missing his 665 opener, before getting it easily on his second attempt. Taking 700 for a ride on

his final attempt, Paul hit his groove perfectly, and after talking the "press call", came up evenly, locking out completely for the "rack" command. Good lift! Another 700 SLP bencher! In the deadlift event Heidi Redmond broke her own state record for the open/132 class with a great 225 pull. Best lifter Steve Barton broke the state record at junior 181 with a personal best 460. Our final lifter was police & fire/submaster/220 winner Joe Duerr. Joe finished with a new state record 500 for the class. Not bad, three pullers, three new state records! Thanks to my son Joey and grandson Daniel for their help loading and spotting and to Bob McDonald's daughter, Crissy, for taking some great pictures. (Thanks to Dr. Darrell Latch of Son Light Power [SLP] for providing us with these meet results)

USAPL Halloween Havoc 22 OCT 05 - Bellefonte, PA

MALE	SQ	BP	DL	TOT
148 lbs.	K. Wilson	525	345	530
165 lbs.	O. Williams	525	365	510
181 lbs.	J. Kling	500	300	480
198 lbs.	N. Leslie	605	380	600
220 lbs.	B. Conway	580	345	525
220 lbs.	C. Lawyer	500	435	475
242 lbs.	M. Evans	675	365	645
242 lbs.	J. Granison	635	445	600
275 lbs.	W. Skelley	700	375	665
275 lbs.	A. McFerren	700	440	550
275 lbs.	T. Skelly	600	485	575
275 lbs.	G. Lowe	900	400	800
SHW	N. Minnetti	775	475	785
SHW	E. Cline	550	505	475

(Thanks to USAPL for providing the results)

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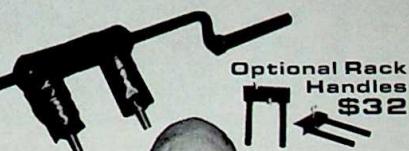
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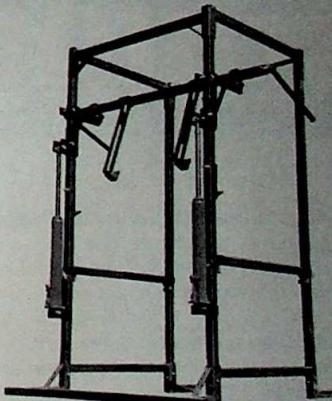
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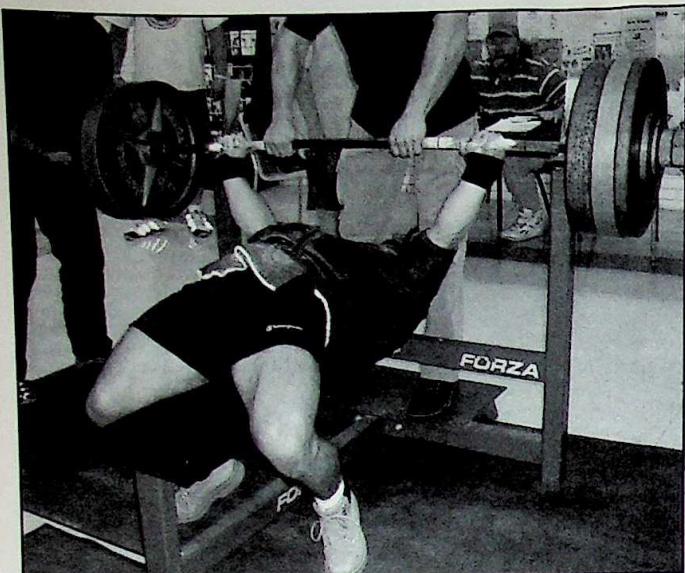
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Mike Gugino benches 600 @198 at the SLP Fall Classic (Dr. Latch)

**SLP Fall BP/DL Classic
01 OCT 05 - Mattoon, IL**

BENCH	DEADLIFT	
MEN	WOMEN	
Junior	Master (50-54)	
165 lbs.	220 lbs.	
C. McClure 335	M. Vincent 275*	
Master (50-54)	Junior	
242 lbs.	165 lbs.	
J. Ewing 245	C. McClure 400	
Open	Open	
198 lbs.	198 lbs.	
M. Gugino 600*	M. Gugino 640	
275 lbs.	275 lbs.	
B. Williamson 385	B. Williamson 660	

*=Son Light Power Illinois state records.
The twenty-second annual Son Light Power

Fall Bench Press/Deadlift Classic was held at the Cross County Mall. Thanks once again to the Mall Merchants Association for their continued support of the sport of powerlifting. In the bench press event first-time lifter Casey McClure did great, lifting raw and finishing with a personal best 335 at junior/165. In the master men's 50-54 age group James Ewing won at 242 with a solid 245. You know Jim, the unofficial mayor of Gays, Illinois, the home of the world's only two story outhouse - really! In the open division Mike Gugino tied the Illinois state record at 198, which had been held solely by Dwyane Nealy at 600. A fourth with 610 was close, just slipping out of the

groove halfway up. Brandon Williamson won at 275, just missing with his final attempt of 400 at lockout. In the deadlift competition it was Margie Vincent with a new Illinois state record at 50-54/220. Margie's 275 beat her previous best by thirty pounds. Casey McClure pulled a personal best 400 at junior 165. Mike Gugino finished a great day of lifting with another personal best pull of 640 at open 198. Brandon Williamson pulled a solid 660 at 275, missing with his final attempt of 690 at the top. (Brandon, maybe you should have worn your blue bunny slippers, after all!) Thanks to my son Joey, grandson Daniel and Ed Bridges for all their help loading and spotting. See you all again December 3 for the SLP Christmas For Kids BP/DL Championship here at the mall. (Thanks to Dr. Darrell Latch for providing results to Powerlifting USA)

**USAPL California State
05 NOV 05 - Northridge, CA**

BENCH		Master I		
FEMALE		148 lbs.		
181 lbs.		S. Bloomer	264	
M. Sora	187	Open		
MALE		165 lbs.		
Open		J. Liponovich	264	
J. Hadden	253	J. Myers	176	
Teen II		198 lbs.		
148 lbs.		A. Funtanilla	374	
T. Bloomer	198	SQ	BP DL TOT	
165 lbs.				
Master I		G. Nolen	639	424 628 1692
L. Adams	341	181	380	903
181 lbs.		Open		
Master I		G. Nolen	639	424 628 1692
B. Behm	—	154	275	—
Master II		Muelenberg	600	374 672 1647
M. Sora	203	187	319	711
MALE		UNL		
148 lbs.		Master II		
Open		B. Lee	677	457 600 1736
S. Layman	540	374	512	1427
165 lbs.		Master III		
Master III		S. Green	661	468 628 1758

Meet Director: Lance Slaughter. (Thanks to USAPL for providing these results)

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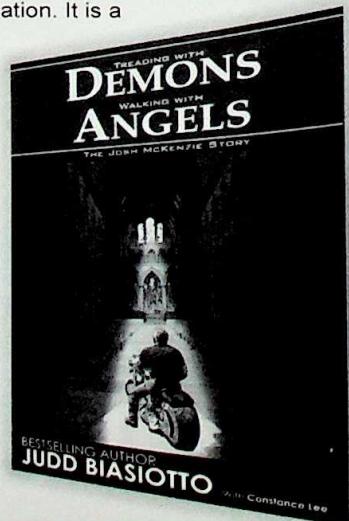
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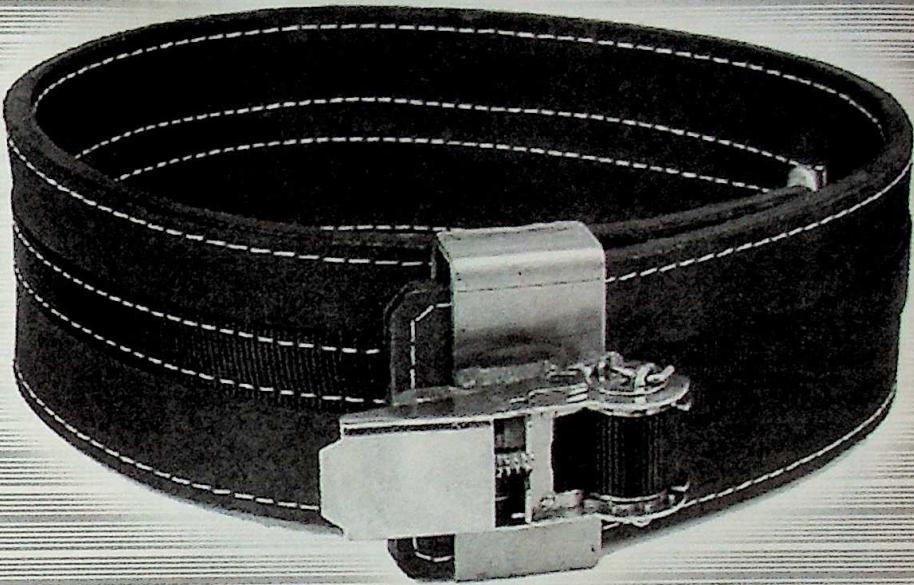
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2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

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USAPL Kansas Record Breaker
9 OCT 05 - Lawrence, KS

BENCH	198 lbs.
MALE	Open
181 lbs.	J. McFadden 358
Teen (3)	
M. Bradley	308
MALE	SQ BP DL TOT
165 lbs.	
Open-Light	
C. Laing	473 275 473 1223
198 lbs.	
Teen (2)	
T. Nique	325 148 358 832
Master (50-54)	
T. Nique	314 132 358 804
Master (60-64)	
Determinan	225 281 369 876
Open-Light	
E. Espinoza	534 363 507 1405
J. McFadden	402 358 429 1190
S. Craig	— — —
220 lbs.	
Open-Heavy	
S. Stout	534 424 573 1532
M. Tuley	523 369 600 1493
S. Bronoski	446 187 457 1091
B. Bowman	— — —

(Thanks to Wayne David Herl, Meet Director, for providing these results to PL USA)



Tom Isbell (above) and Mike Stanley, Clemson Challenge BLs!

USAPL Clemson Challenge
3 DEC 05 - Clemson, SC

BENCH	SHW
FEMALE	L. Anthony 374
Open	Master (40-49)
148 lbs.	165 lbs.
T. Martin	110 M. Stanley 319
MALE	181 lbs.
Open	P. DeMarchis 264
148 lbs.	198 lbs.
K. Locklear	325 G. Reynolds 336
165 lbs.	Master (50-59)
M. Stanley	319 181 lbs.
W. Brothers	314 K. Yates 297
198 lbs.	B. Goodell 225
T. Isbell	407 275 lbs.
275 lbs.	D. Ricafrente 374
C. Williams	451
Teen (16-17)	
FEMALE	SQ BP DL TOT
Open	
132 lbs.	
P. Burnett	— 165 286 —
148 lbs.	
A. Matteson	214 104 275 594
SHW	
A. Anderson	236 148 330 715
H. Taylor	170 165 203 539
MALE	
Open	
132 lbs.	
S. Warren	264 253 369 887



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Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____

Name: _____ Phone: (_____) _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

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• High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire
High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qt. ____)(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)

• Polo Shirt - \$35.00(s-x) \$37.00(odd & up) (size ____ qt. ____)(colors: navy, white) • Navy Sweatshirt - \$30.00(s-x) \$32.00(odd & up) (size ____ qt. ____)

• White Referee Designation Polo - \$30.00(s-x) \$32.50(odd & up) (size ____ qt. ____)

• Logo Patch - \$5.00 (qt. ____)(Shpg for patch: .50)

• Lifter Classification Patch - \$5.00 (qt. ____)(must provide meet results)

• Hats - \$15.00 (qt. ____)(colors: white, navy, black)

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Membership Price: \$ _____

Credit Card: Visa-Mastercard-Discover Exp. Date: _____

Merchandise Total: \$ _____

Card # _____ - _____ - _____ - _____

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Total Purchased: \$ _____

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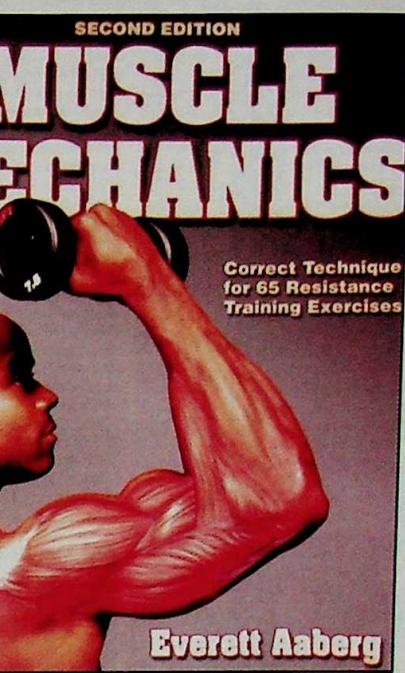
All memberships expire 12 months from date of purchase.



FOR REVIEW ... Muscle Mechanics, 2nd Edition, which uniquely describes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and practitioner of resistance training for more than 15 years. Currently he is director of the Fitness Center at the Telos Center in Dallas, Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor at the Cooper Institute. He has been certified as a personal trainer through various organizations, and was a collegiate Academic All American in football. He has won several state and national powerlifting championships, as well as bodybuilding titles. The first chapter in the book, "Anatomical Design and Function", describes the functions of the body in terms of physical activity. From that base, seven additional chapters cover all sorts of movements that weight trainers of various focus would find productive and useful. The book concludes with a chapter on training program design. What makes this presentation extraordinarily effective are the visual descriptions of each exercise movement, done with excellent color photography, showing the key start, finish, and intermediate positions of each movement. Beyond that, the actual musculature involved in the movement is super-imposed, in an artist's color rendition, upon the photographic image. The purpose of this is to provide a visual connection between the

human anatomy within the body and the external movement in question. The effect is profound because you actually develop a kinesthetic 'feel' for what you're doing and why positioning your body in one mode or another might lead to better performance in the exercise. These renditions show skeletal features and the actual muscles, how they attach, and where they attach. It's a concept that provides an intuitive feeling, from the visual aspect, on what you're doing in the exercise relative to your body structure. Many of these exercises are directly applicable to powerlifting, and some of them may well should be. Throughout the book, even in the non-exercise demonstration sections, the line drawings are very effective in showing the principals involved. For example, on page 42, in an elegantly simple manner, they compare body positions that are high risk and reduced risk, for different exercise movements, such as cable rows, or simply picking up an object. What this book can bring to

the reader is an enhanced perception of what is involved in the physical movements they're undertaking, which could easily result in greater performance, enhanced safety, and more effective training sessions. This book will be available

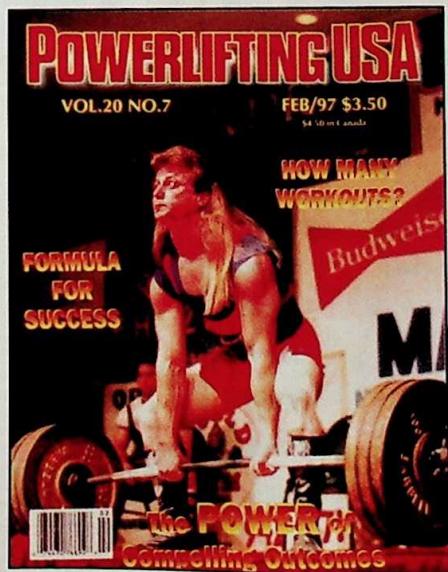


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BACK ISSUE OF THE MONTH

The FEB 1997 issue of Push Pullers list, a Top 100 press and 821 deadlift. In ranking of the all-time best bench/POWERSCAPE, Ned Low came Inzer on the cover, with the feature story being John's article "The Power of Compelling Outcomes," describing the mental techniques he used to break all-time world records in the deadlift. The same principles were utilized in his cutting edge meet promotions, such as the Greatest Bench in America, and the running of his very successful company. The act of setting goals, developing action plans, applying focus, and creating an outcome that is compelling to you personally are all factors that are explained in this extraordinary treatise on achievement. The Workout of the Month was by Scott Siegel, one of the best squatters in USPF Senior National history, with very close to a 600 lb. squat in the 148 lb. class. Herb

Glossbrenner reported on the WPC World Championships from Durban, South Africa. He also came up with his Prodigies

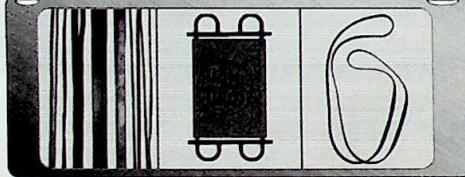


where Rickey Crain squatted 800 at 165, and Jamie Harris won a big bench off with Anthony Clark, and took home \$1,000. There was a Charles Lee photograph of Robert Cortes, declared the ADFPA Master Lifter of the Year, not the first nor the last of many honors for this great lifter. Speaking of Rickey Crain, we've got another picture of him in this issue at age 43, bodyweight 178, benching 450, at the USPF Oklahoma Extravaganza. On our Top 100 class for the 220 division, top squat went to J. Bailey with 909, top bench to Tim Spellman with 573, Chad Holmes lead the deadlift parade with a spectacular 830, and Chuck Vogelpohl had the biggest total with 2105. Veteran ADFPA/USAPL Scott Zwaanstra with 97th in the squat with 650. Chip E'Dalgo was 80th with a 480 bench press. In the deadlift, Mike Musto, another veteran master competitor, was 90th with a 650. In the total, Paul Gossbrenner continued his retro series on the 12th Senior National Championships, held in Arlington, Texas. We also had a report on the IPA Senior Nationals, which moved up quite a bit since then). Doug Furnas, ranked #11 with his combination of a 600 bench

AAPF/APF Asylum Power 12 NOV 05 - Tribes Hill, NY										Master I K. Baird — — — — 198 lbs. Open Raw L. Lattimer 230 120 260 610 MEN 181 lbs. Open K. Goliszek 365 T. Albano 405 S. Mendelson — Master I MEN 148 lbs. Open J. Ceklovsky — 198 lbs. 181 lbs. Open B. Sheldon 335 J. Bonilla 300 198 lbs. Open T. Langone 455 M. Brockway — A. James 450 Open Submaster T. Langone 455 Master I J. Kilts — 525 J. Zemken Master II G. Campbell — Master I/Raw 242 lbs. Open S. Luciano 485 DEADLIFT M. Ferlito 405 APF B. Fields — WOMEN 8 yrs. old Masters II J. Anderson 515 S. Goliszek 135 275 lbs. Open M. Harris 600 MEN 181 lbs. M. Rydelel 570 Junior T. Sharizer 525 220 lbs. Submaster F. Adler 350 J. Ziobro 475 308 lbs. Open M. Coulter 806 Master IV Open/Raw J. Caputo 455 F. Adler 330 Submaster/Raw J. Caputo 455 AAPF MEN 198 lbs. Junior Master III B. Godden 520 T. Morris 455 275 lbs. Open R. Fishbien 450 BP DL TOT																		
J. Panella 670 520 610 1800 M. Harris — — — — SHW Open T. Barbaccio 615 675 650 1940 AAPF WOMEN 123 lbs. Open J. Toranzo — — — — 165 lbs. Open D. Slaga 370 260 385 1015 MEN 165 lbs. Open J. Elsberry 430 360 430 1220 C. Rodgers — — — — Teen (18-19) J. Nolan 500 350 520 1370 Master III J. Elsberry 430 360 430 1220 181 lbs. Junior C. Renninger 550 365 450 1365 Teen (16-17) T. DiChiara 530 385 500 1415 275 lbs. Open E. Seftel 630 365 585 1580 Junior	T. Morris — — — — 242 lbs. Open S. Miller 550 400 605 1555 Teen (18-19) S. Potts 450 365 500 1315 Submaster P. Willaimee 435 385 475 1295 275 lbs. Open R. Fishbien 615 430 450 1495 SHW Open D. Bauer 570 525 550 1645 This was certainly our biggest meet to date at Iron Asylum Gym. We had nearly 80 lifters, 20 of which were pre-registered. When Friday night was over, we knew we were in for a busy day on Saturday. We got out of weigh ins at about 10:30 on Friday night, went down to the appointed meet hotel to grab a bite with some of the crew. The hotel had ran out of food. Oh yeah... it was going to be some weekend. During the rules hearing, Zane told everyone that they would be run over the platform like cattle, and they were. With a 1 minute rule in effect, not one single person was timed out. What an amazing bunch of lifters. There was continuous lifting all day long.																											

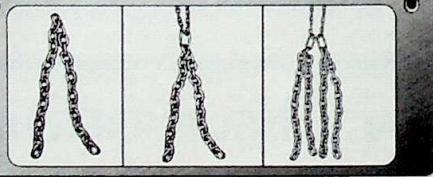
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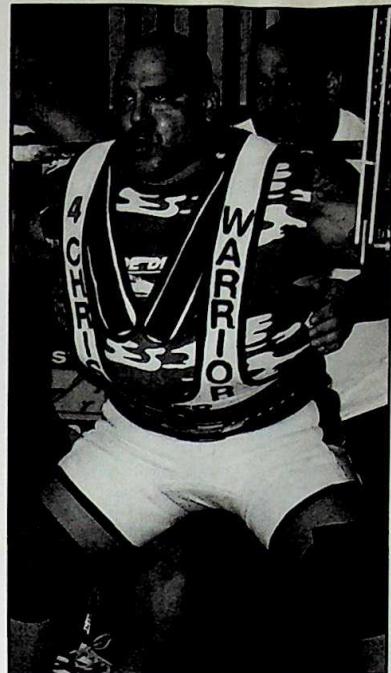
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with only 2-10 minute breaks. The awards were finished up at about 10:00 PM. There are many people that we would like to thank for making this meet the success that it was. The judges (who were very tight), the loaders and spotters (no injuries all day long), the people who helped out with the head table, kitchen and cameras, and of course all of our wonderful sponsors. I guess we'll start right out with Bill Crawford of Adirondack Barbell (is that Adironack?). Bill is more like a brother to us. He would let us walk off with his entire gym if it would help our meet run smoothly. He and Sebastian Burns have been to every one of our meets. They help out with whatever they can. It's hard to put thanks into words for people who mean so much. Sebastian Burns and Cassy Seymour of Underground Strength Magazine can always be seen at our meets. Sebastian competed in the full meet, and they still managed to get excellent footage of all the lifting. They have been great friends. Carl Seeker. Not only does he provide the best trophy service anywhere, he is someone who has been a cherished presence in our lives. He will do whatever it takes to help the meet run well, and he has plenty of experience running meets so he knows exactly what needs to be done. Mike Wolfley and Aaron Oburn. Mike holds the all time World Record in the 198 bench press. Does that give him a big head? Nope. He had just competed in the WPO Bench Bash in Chicago only 2 weeks before the meet, so you know he had some joints screaming at him. Still, he came up from Pennsylvania to help out. I imagine by the time the meet was over that he was wishing he had lifted instead. He and Aaron "Weas" Oburn are at every meet, doing whatever needs to be done. These guys are the best brothers anyone could ask for. Tom Shartz and Jeff Anderson competed in the meet. They basically took off their bench shirts and stepped up on the platform to spot and load. It's always nice to trust your spotters, and all day long we had the best of the best on the platform. Many people helped out in the judging as well. Shawna Mendelson judged the squats while waiting for her bench flight to come up. John Zenken, John Bernor, and Ray "Red Light" Brunk. There were some great judges all day long. Chelle Barbaccio came out to the meet to support her husband, Tony. She sat right down at the head table and helped run things along. She had no qualms about picking up the mic either. Huge thanks to her for being such an awesome help. Jen Oburn took pictures of the lifters for the website. Sarah "Deadlift Wench" McCaslin took care of the video. Kerrigan "Little Evil" McCaslin helped out in the kitchen, and basically kept the entire meet running smoothly all day. Aunt Kathy worked the kitchen all day long. The meet hotel provided good food, good rooms, and the bar stayed open all night Saturday night. Good think it did who would have wanted to miss Craig Berich's rendition of "Everybody Must Get Stoned"? We learned a few things this weekend first stay away from the brown stuff second Marcus Coulter likes elevator music. Inzer Advance Designs always shows great support for us. They send a nice package of tees for platform help, and there are always extra to give out to the spectators. They send a selection of wraps which we give out with awards or give to lifters. If anything can be said about John Inzer, it would be that he certainly goes above and beyond when it comes to helping out the lifters and meet directors. Titan Support Systems sent tees for the helpers, and again with leftovers to give away. They also send us awesome certificates for wraps and tees. They were really great. The lifters also loved all the giveaways we had. House of Pain, Monster Muscle and Powerlifting USA also sent plenty of goods for everyone to enjoy. These people get behind the lifters as well as the meet directors. Keep that in mind the next time you are spending your hard earned cash I know I will. We had a great



Joel Toranzo had trouble in the squat, but came back in the push-pull event

turnout from the crew on fortifiediron.com. This is a great site with a sports forum with members ranging from 8 to 80. It is well worth stopping by. We had a lot of local sponsors as well. We have tried to keep a decent reputation in our community as well as the Powerlifting community, and people are usually pretty generous with us. We'd like to send thanks to Market Street Pizza, they are always willing to support our meets, and they supply the venue with awesome pizza (and when we run out, Derek is quick to get more out there thank you - thank you - thank you). Cathy's Caf., Winners Circle and TJ's Pizza are also included in these thanks. Our meets are held in the same location as our antique auctions. It is an absolutely fantastic venue, and we'd like to thank HogEye Auctions for this venue. As for the lifters, we had a lot of first timers as well

as many veterans that were more than willing to help out the new guys. It was great to walk into the warm up room and see an experienced lifter showing the young teens how to use the monolift, or to see an experienced bench press giving shirt or setup tips. The squat kicked off at about 10 AM. There were a few Women of Power on the platform. Laray Latimer was the first up, making her debut into Powerlifting. In the Raw Division, she went 8 for 9 with a 230 squat, 120 bench and 260 deadlift. She was very nervous about her first meet, and now all she can talk about is coming back and nailing that 300 dead. Kate Baird just didn't have it in her this day. She did not score a lift. She is a strong girl and eager to come back in February to redeem herself. Donna Slaga came into the meet with a mission a 1000 total, and with lifts of 370, 260 and 385...mission accomplished at 1015. Jenny Burkey of the Metal Militia came in at a body-weight of 119. She posted a 405 squat, a 240 bench and a 325 deadlift PR. Shawn Potts competed in the 242 Teen Division. He had some amazingly deep squats, and ended up with a 450, 365 and 500, very impressive! Ted Morris AKA Road Head, came in for the deadlift only. He scored a 455 pull. Tom DiChiara always brings intensity to the platform. At 17 years old, weighing 235, he posted a 530 squat, 385 bench and a 500 deadlift. Jay Nolan, co-founder of fortifiediron.net, also a teen in the 165 class, posted a 500 squat, 350 bench and a huge 520 pull. Rob Fishbien, of Galway, NJ, hit some great numbers with a 615 squat, 430 bench and 450 deadlift. How about Tim Myers? We have seen Tim at nearly all of Carl Seeker's push/pull meets. We have always been impressed with his deadlift, but we have never seen him squat, he would certainly prove today that he could do that well also. Weighing in at 195, he ended his day with a 650-340-605. Cody Renninger started out slow, missing his first 2 squat attempts. With great tenacity he came back and nailed his third with 550. He benched 365 and pulled 450 (and when asked what he thought he would open with on the deadlift to determine his place in the flight, he responded with "I'm not really sure. I've never done it before". Big Doug Bauer ended his day with a 570 squat, 525 bench and a 550

deadlift. Crazy Larry Perina, an extremely demented 20 year old competing in the 220 Raw Division, hit a 435 squat, a 315 bench and his head on the monolift prior to a 560 deadlift. Phil Williamie came in from Freeville, NY. He hit a 435 squat, 385 bench and a 475 deadlift. Sean Miller hit some great lifts with 550-400-605. Brother in iron, Tony Barbaccio didn't have the day he was looking for, but what we felt was a great one with some nice pr's. He ended his day with a 615 squat, 675 bench, and a nice 650 pull. He even managed to hold a conversation with the head judge during his first pull...now that's hardcore! Broderick Chavez, Delaware APF Chairman, lifted in the 220 Raw Division. He really impressed everyone with his incredibly deep squats, raw strength and intensity on the platform. He came out of Asylum Power with a 725-410-500. Joe Panella weighing in at 272, ended with a 670 squat, 520 bench and 610 deadlift. Evan Sefel, an inspiring lifter from Iron Island had a great day. He totaled 1580 with his 630-365-585. Brendon Serritella says he'll be out for a while with his wife expecting in December. We were honored that he chose our place for his last hoorah for a bit. He ended his day with a 705-390-550, totaling 1645. Good luck to the Serritella family. Dave Kirschen, always impressive on the platform, got his opening 670 squat on his third attempt. It was all cake after that, with a 520 bench and a 580 dead, giving him a 1770 total at 181. Mike Harris entered full power and single lifts. He nailed a 705 squat and a 600 bench, but on his opening deadlift attempt he tore his left bicep. He is recovering from surgery as type. Heal fast and come back to lift big brother! Justin Enes of Team Taylor is always a strong presence on the platform. He totaled 1735 with his 705-385-645. Lenny Spero brought intensity to the platform. Firing himself up with Ashlee Simpson on his ipod, this tattooed freak put up a very impressive 730-425-625. Sebastian Burns of Metal Militia fame and founder of Underground Strength Magazine, known for his impeccable bench, competed full power. He was credited with a 900 squat, 700 bench and 630 deadlift, giving him an impressive 2230 total. Great job Burns! Joel Toranzo, another bench specialist turned 3-lift, was coached by a slew of people, one being John Bernor, a phenomenal lifter himself. Joel didn't fair well in the squat, but had a Great Ironman day. He benched a strong 660 and pulled 585. (Thanks to Sandi McCaslin for the results)

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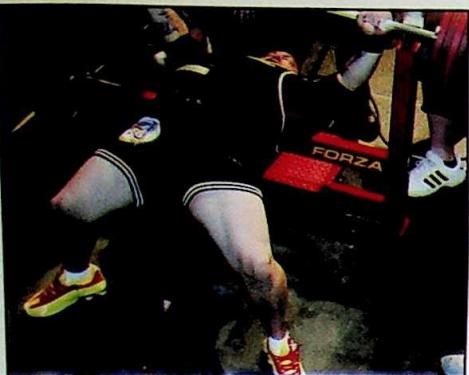
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Steve Wong...greatshoes! (CSS Photo Design)

(report continued from page 7)

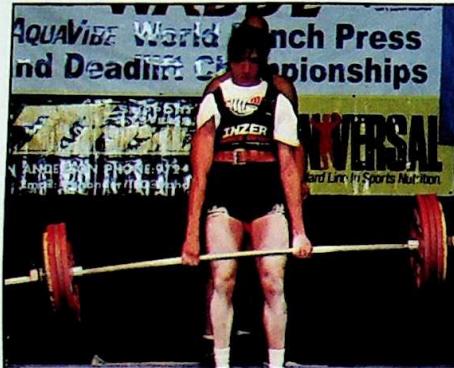
... At 181, Michael Pettinger of Illinois set a state record 540, and at 198 Jared Wilsey set a Tennessee record 578.5 to win the worlds. Landon Cross came in third with an Illinois record 523.5. At 220, Patrick Shippert won the World's with an Illinois state record 633.7. Al Tortorelli was second with 584. At 242, Dennis Schmidt, who got his first 600 deadlift back in June, set a Minnesota record 606.2 to edge out Tom Pennella, who also pulled 606.2, but was the heavier man. Brent Morris of Tennessee came in fourth with a state record 567.5. Jung Hyuk Ko of South Korea was fifth with 578. Terry Putnam won 259 with 639 over four competitors. At 275, David Bergman set an Illinois record 507. At 308, Ray Gandeza Jr. of Hawaii pulled 628 to beat Manny Burriel, who set a California record 611.7. At super, the WABDL State chairman for Utah, David Edgell, pulled 705.2 to beat Chane Cline of Ohio who pulled 661 for record. In Disabled, Matthew Taylor pulled a disabled World Record 501.5 at 181. Matthew goes for dialysis treatments three times a week. At 198, Jonathan Jenkins of Montana who only has one arm, pulled 435.2. He has a prosthesis that he clamps onto the bar for both bench and deadlift. The amazing thing is the bar is level when he lifts, perfectly level. He got a call from the Today Show and he will appear on that show to be interviewed by Katie Couric. He might even demonstrate his unique use of his deadlifting abilities with a prosthesis. In Junior men, Ryan Snelling of Missouri set a World Record at 165 with 611.7. Ryan has been making slow steady gains over the past five years, going from 540 to 611.7. In second place was Laramie McMasters, who set an Illinois record 512.5. At 198, Yuri Nikonchuk of Belarus, pulled 628 to beat Leonard Harison, who set a Washington record 579.6. At 220, two good pullers hooked up and Patrick Shippert beat Steven McShane of Michigan 633.7 to 611.7. In Junior women, Kristy Scott of Maine pulled a World Record 435.2 at 181, with authority. She's in line for a 500 in a year. At 198, Francesca Mangaoang-Brodina pulled 380.2 to beat Andrea Kent of Montana who set a 270 state record. In Law/Fire Master 40-47, Dave Edmondson is a walking testament to "you get better with age." He set a World Record 530.1, weighing 145.4 and he's thinking of pulling 600 before he retires, probably at about age 50 or more. Dave is from the Salt Lake City area and the rugged landscape of Utah and the clean air seems to create an environment for great deadlifters, such as Bud Davis, Bill Mott, and David Edgell, to name a few. In Law/Fire 48+, Walk Faulkner set a World Record 722 at 275. Walt has got a very lean, big shoulders, rugged physique, great for deadlifting. In the old west, deadlifters would have been the gunslingers or tough ranchers. In Law/Fire 48+ 275 lbs., Ken Eyre came in second with a Utah record 473.7. In Law/Fire women 40-47, Shauna Ferguson set a World Record weighing only 108, by blasting up 254.6. Pound for pound, a great pull and she's only been competing for a

couple years. In Law/Fire Open, Dave Edmondson also got a World Record with his 530.1 at 148, and Ryan Harth, who just became a Policeman, pulled an Illinois record 710.7 at 242. He weighed bout 265 prior to the police academy training, but lost about 25 pounds and pulled as good as ever. In Superheavy, Chane Cline of Ohio, weighing in at 333, and Keoni "Bulla" Reich of Hawaii, weighing in at 318, squared off with Cline pulling 661 to Reich's 650. Cline set an Ohio record in the process. In

Darwin English of Nevada was fourth with 633. They all set state records. At 308, Mark Phillips set a Tennessee record 606.2 and came in second. John Hudson, the coach of Team Illinois, who won the team title with Joe Head's Headquarters Fitness, came in third with the same weight 606.2. Big Jim Sheffield, who weighed in at 347, won the supers with a California record 606. In Master men 47-53 deadlift, Gary Bobrovitz of Canada set a Canadian record at 132 with 341.5. At 181, Tom Eiseman set a World Record 744. Tom still has his sights on 800 before he retires. At 198, Leonan Woodley, who just retired from the army after 20 years, set a World Record 688.7. Neil Schoenbeck of Michigan was second with 644.7 and a state record. Jody Woods of California was third with a state record 628. Jody had been a meet promoter with the WABDL for five years and had put on 11 meets in Sacramento and Los Angeles,

but it became too much for him and his family. He had done a real good job with these meets. At 220, Clinton Sims was huge with a World Record 678.8, edging out David Stratton's 677.7. Duane Burlingame of Illinois was second with 644.7. Duane brought seven lifters from Illinois. Raul Lopez was fourth with a Nevada state record 551. At 242, Jerry Capello was his usual consistent self and pulled 749.5 to easily win his category. He holds the World Record with 772.6. Dan Davidson of Alabama won the 259 class with 661.2. At 308,

Hagenmiller loves to party and not too many people can hang with him. At 259, we have another legendary deadlifter, Bud Davis, out of Utah. He's 63 years old, weighing 252, and he pulled a World Record 683.2! These two deadlifters were the most impressive of the whole contest. At 308, Manny Herrera of Utah pulled a national record 523.5 to edge Robert O. Smith, who pulled the same but was the lighter man. Manny is Ted Williams nephew and has been the primary source of inside



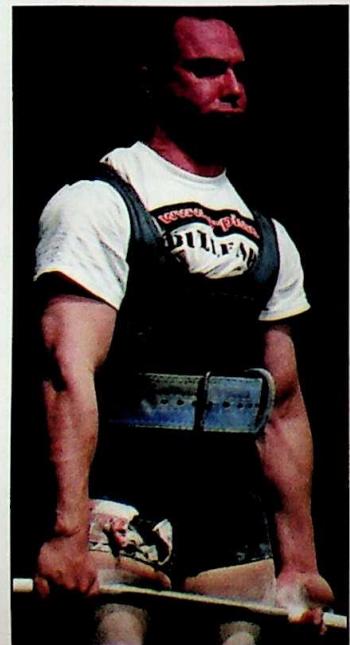
Imelda Zamora Andujar Mexico's Best. (CSS)

Law/Fire Submaster, Richard Anderson of Alabama set a state record 413 pull at 165. Moving on to Master 40-46 men, where there were 101 Master deadlifters, Dan Guches of Oregon made a comeback after a three year absence with an Oregon state record 573, weighing only 177. Mark Lo was second with a Hawaii record 501.5. Mark used to train with me at the Power Pit in Hawaii, back in the early 80's. The Power Pit was owned by Mike Scott and Gary Watanabe, and was open from 1977 to 1997. It changed location three times. No air conditioning, just a sliding overhead door and a lot of grunting, growling, and sweating. One workout usually required three changes of shirts. Then the pay off was to drive ten miles to a beach and get under a beach front shower head. That was a spiritual experience any Tibetan Monk would kill for. Then you would gorge on food and take a nap like some bear that had just eaten an elk, totally satisfied and more endorphins than some young kid that was told he has won a \$3,000 gift certificate to Toys R Us. Vilmar Oliveira of Brazil, who is the South American WABDL Chairman, and puts on three WABDL meets near the Sao Paulo area, came in fourth with a 468.2. A year ago he had a terrible accident and 25% of the flesh on his left arm is missing. Each of the three WABDL meets that he directs has about 150 lifters. David Brekke of Colorado was fifth at 181, with a Colorado record 463.8. Still in Master 40-46/198, Brian Baertlein, who is a WABDL judge and has been judging for me for about ten years, pulled a 573. He's been pulling that weight for over 15 years and the only reason he's not pulling 650 are some personal issues that prevents him from training. Brian has done a terrific job raising an autistic child. Raymond Clift of Utah was second with a state record 556.5. The 220's featured lifters from Texas, Georgia, and Oregon with the Texas lifter Don Moser prevailing 606 to Gary Land's 600. At 242, George Herring was in a league by himself with a 772.6 World Record. At 259, there was a horse race, 650, 640, 639, 633, 637 for the first four places. Bobby Driskill of Alabama won the world title with 650. Todd Christensen of Oregon was second with 640. Terry Putnam of Oklahoma was third with 639 and

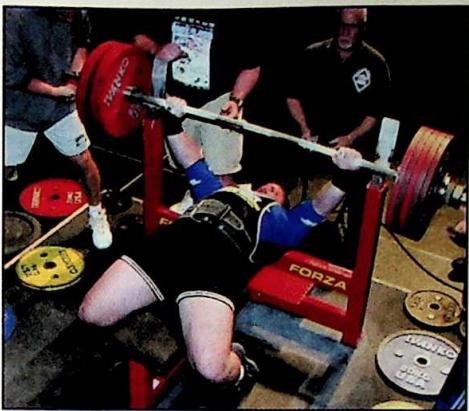


Roy Bradshaw ... world class bencher (CSS)

Sam Peckolt set a world record 727.5 to beat Joe Mickelson, who hauled in a Washington state record 600.7. In Master men 54-60, Robert Krowech had deadlifted 573 at 181, about six months ago, then he got cancer and lost 50 pounds. He had gained about ten pounds after a low of 132 lbs. I convinced him to lift in the Worlds. He was going to Reno to help his friend Don Rygh and I said since you are going to be there, why not lift? He did and struggled with a Minnesota record 341.5, but won first place. He didn't look good, he didn't feel good but he had the guts to give it a try. It was very touching to watch. At 165, Gregory Kleyn, who is originally from Russia, set an Illinois record 496. Moses Timbal of Hawaii, who has fantastic vacation rentals on Maui, came in second with a Hawaii record 446. At 220, the old veteran Larry Russell pulled 622.7 for a Florida record and best lifter in the heavyweight division. Larry has been pulling between 600 and 700+ for about 30 years. At 242, Bill Anderberg set an Oregon record with 556.5, but came in second to former World Record holder Cliff Sandberg, who pulled 622.7. In Master men 61-67, Martin Montgomery of Indiana pulled a nice 473 at 165, but couldn't get his World Record try of 502.6. Arlindo DaSilva of Brazil was third with 374.7. Thomas English of Nevada was fourth with a Nevada record deadlift of 275. Ray Gandeza, Sr., of Hawaii, who I've lifted with 20 years ago, was second with 451.7. At 181, the ace



Tatu Avola -Finnish Pulling Power

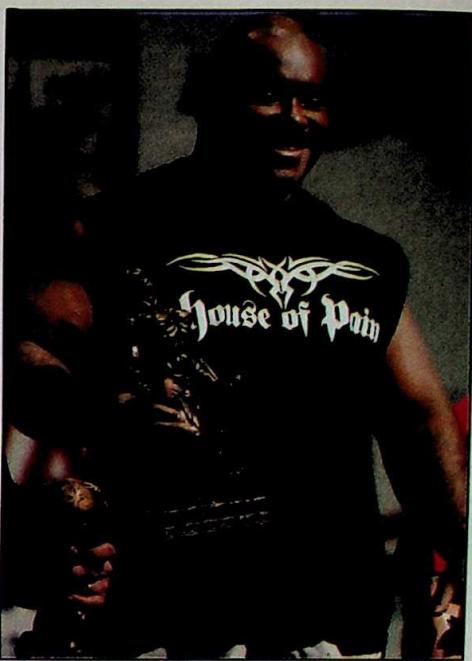


Chris Senese got a WABDL WR 626 BP. (CSS)

info on the legendary baseball player for three books written over the last three years. In Master 68-74, Larry Vincent pulled an Oregon record 369.2 at 148, for the world title. Larry was also the World Record in the bench press with 287.6, until Hans Naegel of Germany broke it with 288.7. At 165, Bill Tinkler set a Florida record 314, and at 181 Richard Simon set a California record 337.1. John McEwen of California was second with 253.5. John is a retired full bird colonel in the Air Force, as is his wife Rae. Moving on to 75-79, Robert Cortes, who trained with the great Wayne Bouvier in Michigan back in the late 60's and early 70's, set a World Record 446 weighing 151 at age 77. Now that is incredible! He has been competing for over 50 years in odd lifts and powerlifting. Jim Schall, who had a reputation for being one of the best high school wrestling coaches ever in the state of Washington, was second with 325 at age 78. Jim produced many state champions. In Master 80-84, Arthur Winston set a World Record 138.8 at 146. Arthur is still a practicing patent and trademark lawyer. He and his wife Melicent have been married for over 50 years and he's 80 and she's 79. They are the oldest competing couple in powerlifting. James Butler of California was second with 137.7. Dr. Donald Dreyer, who is still a practicing MD, set a Louisiana record 254.6 at age 83. He lifted the equivalent of three sacks of cement at one time. At 198, Edwin Free of Tennessee who is 83 and is a veteran of both World War II and the Korean War, hauled in 286.5 lbs. to tie his state record. Jack Heizelman of Texas, who is 88, pulled 132, weighing 137 and he has Parkinson's disease. He has the body of a 60 year old. In Master women 40-44, Alexandra Vallejo weighing only 98.8 lbs. set a World Record 303, more than three times her body weight. Bill Armstrong is her coach. In second place was Desiree Brown, who pulled 264.5, still an impressive lift. At 148, Silvia Maher set a California state record with a strong credible 348. At 181, Kari Sabin of Florida set a World Record 402.2. Jennifer Taylor was second with an Oregon state record 363.7. Jennifer tried 403 and got it to her knees. In Master women 47-53/123, Denise Ruff of Medford, Oregon, and trained by Jerry Capello, pulled over 20 pounds more than triple body weight and got an Oregon record 385.7. That's world class. At 181, Cindy Weber, who was a track and field star in high school, pulled a World Record 352.5, however Jane Stabile of Massachusetts, who came in second to Cindy took fourth attempt and broke Cindy's World Record by a small chip, 1.1 pound 353.6 to be exact. The women's deadlifting was fantastic, all the way up and down the weight classes and age groups. Master 54-60 women, Sherry Abblett set a World Record at 105, weighing only 97.6. She pulled 193.8. At 165, Judith Petray set a California record 281. At 181, Dana Backiel set a Washington record 303 and at 198, Karen Polansky pulled 374.7, still chasing the 400 pound barrier, which she will get some day. In Master 61-67, Jo Walker returned to the lifting platform

after tearing her hamstring on a 450 pound deadlift attempt in training. In her last contest she pulled 440.7 weighing 129 at age 61, the highest coefficient ever for a female deadlift. She did 131.6 at this contest and set a World Record 391.2 at the age of 63! Think about that one for a while. At 105, Betty Lafferty of Alabama set a World Record 193.8. Betty has been forced out of her beach front condo twice because of hurricanes in the last four months. But still, she's managed to come to the World's. I only hope that my staff and I made it worth her while.

Brent has won this event for five of the last seven years. He promised to be back with a vengeance. At 259, Ryan Klein set a Nevada record 700.8 to win the world title. At 275, Patrick Holloway was incredible and set an Arizona record 778.1 to easily win the world championship. Jerry Pritchett, a fellow Arizonian, pulled a respectable 710.7. Brandon Bankston was fifth with a Louisiana record 600.7. At 308, William Mott of Utah opened with 710.7 and jumped to 782. 710.7 won it all, 782 wouldn't go. Andy Medak of Washington was second with 705 and Dave Forstner of Utah was third with 672. At superheavy, Brian Oldham finally got the 800 pound deadlift he had been looking for, 801.2 and a World Record, and no deadlift suit, just a singlet. Brian is from Bemidji, Minnesota, the home of Paul Bunyan. Brian is 6'4" and weight 395, and is a true gentle giant, soft spoken. He had to save his money all year just to come to this contest. In Open women, Alexandra Vallejo set a California record 303 at 105 pounds. At 123, Jo Walker set an Oregon record 391. Sarah Biddle of Indiana came in third with an Indiana record 181.7. At 132, Jeanne Watts, who told me she consumes 400 grams of protein a day, pulled 376.9 for a California state record. She pulled 402 at 148, weighing about 139, and she tried 402 at 132 but it wouldn't go. Penelope Villegas of Mexico was third with a Mexican record 308.5 and Chih-Hsing Chang of Taiwan was fourth with 200.4. At 148, Li Tan of Washington and Gina Gendotti of California battled with 275.5 each, but Li Tan was the lighter woman and won. Elise Stickler of Nevada was a close third with a Nevada record 264.5. At 165, Imelda Zamora Andujar of Mexico, who only weighed 149.7 had an off day. She pulled 462 at a meet in Mexico. She pulled 451.7 in Mesa, Arizona back in April, but here she had to settle for 440.7. She came close with 457, and she pulled her guts out on it. It was the "never say die," of "the never say dies." The most supreme effort ever, only about two or three inches from lockout. She will do a least 473 by next years World's. she also is a conventional style deadlifter and is 5'9". She is one of the most talented deadlifters I have ever seen and again all of the female deadlifters from age 13 up to 79 were all above average in weight pulled and weigh above average in effort. They were a pleasure to watch. Sabrina Armstrong, who is coached by Bill Armstrong, made her debut into the 400 club with a California record 403.3. It's impressive any time a woman deadlift 400 pounds. Cindy Weber won the 181 class with 352.5. She holds three world records and has done as much as 391. Abigail Biddle of Indiana set a state record 314 for second. Now, what I'm going to report next is not a misprint. 16 year old Kayla Taueli in the 198+ division became the first woman in WABDL to pull 501.5! Then she pulled 523.5 to her knees. Only 16 years old! Dawn Richards of Utah was second with 413.2. Her best pull is 435 and she will pull 500 some day. In Special Olympian men, Pao Thao was impressive with 308.5 at 123.

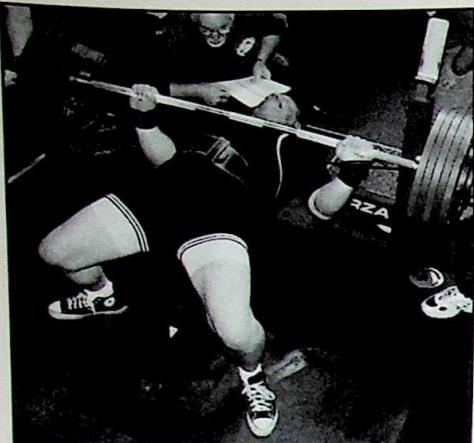


Jason Jackson an absolute benching phenom.



Robert O. Smith..a calvacade of records

Jon Shapiro stood out with 347 at 148. Jon is ranked in the top 30 in bench at 132 with 286.5. At 165, Douglas Hodges pulled 314. At 181, Antwon Belfils pulled 402.2. At 220, Tony Johnson pulled 490.5 and Brady Tanner pulled 490.5 at 242. Brady is probably the most energetic of all of the Special Olympians with exuberant high fives and raised fists to punctuate his lifting. In Special Olympian women, Soledad Rosas won best lifter. She has to use a walker, only weighs 98, and pulled 137.7. Emily Matlack of California had the heaviest pull with 220.2. In submaster men, Michael Pettenger of Illinois set a state record 540 at 181. Evandro Casagrande of Brazil won the 220 with 708.5. At 275, Patrick Holloway set a World Record 778.1. Dave Forstner won the 308s with 672. He's done as much as 749. Dean Munsey won the supers with 650. In submaster women 132, Jeanne Watts set a World Record 376.9. She also holds the World Record 402 at 148. At 148, Nancy Kim set a Washington record 325. Teresa Jacobs won 165 with a quality 374.7. Disarie Spencer was second with a California record 319.5. At 181, Gwen Cables won the World's with a Georgia record 336. In teen men 13-15/105, Zach Dwinell set an Oklahoma record 225.7. At 123, Donnie Miskins set an Ohio record 325 to beat out Brady Devens, who set a Washington record 286.5. At 132, Tyler English set a Nevada record with 303. Justin Scarbrough of California was second with a California record 265.6. At 148, Travis Belen set a Washington record 402 to beat Ryan Lund, who set a Utah record 303. At 220, Dustin Webb set an Arkansas record 347. In teen 16-19/165, there were four contestants with Chris Rayner of Oklahoma winning fairly easily with 485. In third was Michael Mokuan with a Nevada record 415.4. At 198, Hunter Beall set a Louisiana record 556.5, a quality lift for that age and weight. At 220, Andy Munsey of Oregon pulled a very respectable 540 to beat a field of three. At 242, Kevin Romano set a Georgia record 452.8. In teen women 13-15/94, Sharre Jackson set a World Record 188.3. In second was a very mature nine year old Alex Pecktol, the daughter of long time lifter Sam Pecktol, who only weighed 76 lbs., and she pulled an Oregon record 165.2. At 123, Amanda Wass pulled a World Record 281 at age 14, a very impressive lift for a 14 year old. In second place was Sarah Biddle, who set an Indiana record 181.7. At 198, 14 year old Kayla Tuela pulled a Washington record 363.7. Joe Head of Headquarters Fitness, claims



Roger Ryan - not far off with 300 kilos. (CSS)

she will also pull 500 by the age of 16. In teen women 16-19, Karina Phipps pulled a Nevada state record 264.5 to beat Lauri Choate of Tennessee, who hauled in a state record of her own 214.7. At 181, Abigail Biddle set an Indiana record 314 and at 198+, Kayla Tueli not only set the open World Record but also the teen World Record of 501.5. MOVING ON THE BENCH in Class I, Jorge Salazar Flores of Mexico won the 132 with 253.5. Eric Nahorniak of Nevada won the 148 with a PR 336. At 165, Brent Dreger won the 165 with an Illinois state record 308.5. At 220, Michael Ireland qualified for the open with a Washington record 507. Tom Pernu of Minnesota was second with a state record 459.4 and Barron Gehri of Wisconsin was third with a Wisconsin record 440.7. There were eight contestants in 220 all told. At 242, there were three bomb outs and Juan Laija of California was the lighter man and won out over seven contestants with a 501.5 bench. Johnathan Leftwich, who also did a 501 but was heavier man, set an Alabama record. At 259, Rich Soland of Washington won the World's with a 485. Joey Murphy of Georgia was second with a state record 481.7. Tim Prince of Utah was third with a state record. At 275, Matt Myers was huge with an Idaho record 562 and qualified for open in the process. David Bergman was second with an Illinois record 363.7. At 308, both Mario Ceccarelli and Bruce Sabin improved tremendously and they both hit a 556.5 and tied for first. They both had state records, Ceccarelli for Washington and Sabin for California. In third was James Sayre of Oklahoma with an Oklahoma record 519.1. In fourth, Bill Alex put up a respectable 501.5. At Super 342 lbs., Charlie Poteete of Tennessee set a state 535.6 record to edge out Chane Cline of Ohio, who weighed in at 333 and put up a "on your heels" 534.5 for an Ohio record. In Disabled 123, Michael Aguanno set a state record 121.2 for a New York record, and another New Yorker, Anthony Kokell set a state record at 181 with 237.8. In Junior men 165, John Alves set a World Record 479.5 to easily dominate this weight class. At 181, Andrew Kim broke a record many thought would never be broken, John Korn's 512.5, but Kim chipped it and came away with a 513.6 World Record. At 198, Rick Marrama of Massachusetts set a World Record 556.5. Greg Gibson was second with a California record 518 and Jared Bachmeier was third with a Nevada record 501.5. There were ten contestants in all. Michael Ross was fifth with a Nevada record 440.7. At 220, Phil Davi set a World Record 573. (Phil had injury and health problems the last couple of years and is now making a comeback) and at 242 Chris Senese set a World Record 626. At 259, Joseph Gast, who had bombed in an earlier division, came back and set a World Record in Junior with 602.9. Ryan Vessey was second with 446 and Josh Nelson was third with an Alabama record 429.7. At 275, David McCoy of Illinois beat Jerry Pritchett of Arizona. They both did 501.5

and even though Jerry came in second, he got an Arizona record. Jerry and his mother both help out tremendously with the WABDL meets in Phoenix. At 308, the biggest rising star in the bench world is Michael Womack. He drove a beat up Mustang from Modesto to Dallas, Texas, which is about 2,000 miles, and proceeded to bench 705, 714, 724, 734, 744, and 755 at 275 in two different divisions. That was July 23rd. On August 5, 6, in Portland, Oregon, he drove the same beat up Mustang 750 miles and proceeded to bench 705, 735, 760, 780, and just missed 800 twice at 308. In this contest he bombed on Saturday and came back and hit an 810 and an 826.5 for a Junior World Record. At Super, Terry Corwin set a World Record 700.8. He is being trained by Randy Patterson so he's in good hands. In second place was Leo Scott who set a California

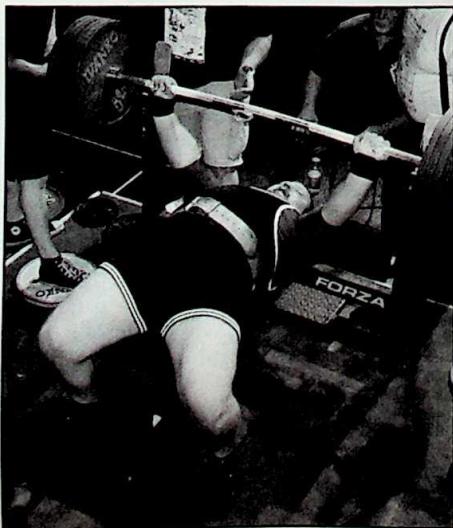
record 418.7. At 242, Mike McKenzie of Colorado keeps making gains. He put up a 534.5 World Record. At 275, Ron Hood suffered his first defeat ever to Roger Ryan 600.7 to 540. Ron is 60 and Roger is 50. Roger tried 661 and wasn't too far off. At 308, Bruce Sabin set a World Record 551. Bruce has a good training partner in John Minahan, who has done 600.7. In Law/Fire Open/148, Dave Edmondson set a Utah record 341.5. At 181, Darren Carr set a Utah record 424.2. Darren had been stuck in the 402 range and finally had a breakthrough meet. At 198, Mike Ioannou of Massachusetts set a state record 402.2. At 242, Jason Jackson slammed 749.5 and missed 802. At 259, two Utah lifters battled it out. Tim Prince beat Mike Blankenship 451.7 to 436.3. Both lifters broke Utah records. At 275, Jeffrey Begue set an Ohio record with 601.8. Carl Wimmer of Utah was second with a state record 523.5. At superheavy, Keola Kekaulike of Hawaii beat Chane Cline of Ohio 551 to 534.5. Cline's record was a state record. In Law/Fire Submaster 165, Richard Anderson set an Alabama record 303. Frank Wakakuwa put up 622.7 at 242. He has been benching 600+ for the last seven years. In Master men 40-46 at 148, Charles Venturella set a World Record 392.3 and Pennsylvania record. At 165, Sakari Selkainaho of Finland brought home gold with 418.7. At 181, Dean Reiman beat out seven contestants with a Minnesota record 440.7. Darren Carr of Utah was close with 424. At 198, the legendary Ed Morishima who was benching 470 at 148 back in the 80's, pushed 563.1 for a World Record to beat George Herrings record. Leroy Banks was second with 473.7, this time with a bench shirt. There were eight contestants. At 220 there were nine contestants and the WABDL Tennessee Chairman Ken Millrary set a World Record 601.8. Doug Haycraft of Illinois was second with a state record 556.5. Juha Pukkila of Finland was third with 479.5. Mike Smothers of Illinois was fourth with a state record 473.7. At 242, Ed Wilkinson of Texas and Russell Kitani of Nevada hooked up in a great duel, maybe the best one in the whole meet. They exchanged World Records twice with Ed winning the battle 639.2 to 634.8. At

259, Rich Ludlam of California set a World Record 606 to beat Darwin English of Nevada who set a state record 536.7. Todd Christenson of Washington was a close third with 534.5. Eric Knudsen of Minnesota was sixth with a Minnesota record 391.2. At 275, Ron West of Washington won the World's with 435.2, and at 308, Jim Presley set a California state record and beat out John Hudson in a dog fight on bodyweight. They both did 573. Both of these guys have been very helpful to me. Jim helped unload 207 boxes of trophies, then he unboxed just about all of them and set them up in a very professional manner. Then he helped me pass them out at 12 different trophy presentations. There were 1008 trophies in all. The trophies cost \$27,000. His wife Peach and his sister Betty helped sell tickets on Saturday, Sunday, and Monday. John Hudson, who is the team coach for Team Illinois, who won the team title. His partner Blake Edwards, who coached Team Illinois Blue, between them they bought 41 lifters, including exchange students from seven countries. I can't say enough about these two guys. At Superheavy Master 40-46, Dave Marchant beat Paul Ratsch 650 to 556.5. Paul wasn't too far off with 651.6. In Master men 47-53/198, Jody Woods, who also has done a lot for WABDL, beat out seven contestants with a California record 473.7. Ernest Reyes was second with a Utah record 418.7, and Greg Alves was a close third with a California record 414.3. Mike McCormack was right behind in fourth with 408.8, which was a California record when he did it. Brian Welker of Texas was a close fifth with 396.7. He's done 429.7. Brian has also been very helpful to me with the Texas meets. William Stirling of Canada was sixth with a 308.5. At 220, Clinton Sims of California won with 512.5. In June he shot up 556.5. In second was Mike Berteaux of Colorado with a state record 496. Nick has a big white beard. He looks like a hard driving "been there done that" biker. Don Rygh, Jr., of Minnesota was fourth with a 479.5. Don helped tremendously in the weigh-in room and did a great job checking gear. Don has a baseball that his grandfather gave him signed by Babe Ruth & Lou Gehrig. He also has mint condition pictures of Babe Ruth & Lou Gehrig with their respected barnstorming teams called the "Bustin Babes" and the "Laruppan Lou's." At 242, Rob Carbo won with 518. Rob manages a Gold's Gym in Monterey owned by Reggie Jackson. Dave Henderson of Oregon was second with 507 and Daniel Prevatt of Florida was third with a state record 418.7. Ron Proctor of Georgia was fourth with a 407.7. Ron also helped out in the weigh-in room and did a great job. He is the new Georgia state chairman. At 259, a time work out partner of mine, Forest Hofer, out of Portland won the 259 world championship with a 518. Forest works as an emergency room technician in White Salmon, Washington. At 275, Ken Eyre won his first world championship with a 451.7. At 308, Joe Mickelson of Washington won world's with a Washington record 529. Joe has about 60 employees under him working with the Seattle Water Dept. At super, John Minahan won with 523.5, well below his best of 600.7. Leo Contreras of California, a great guy, was second with 429.7. In Master men 54-60, Robert Gill of Ohio won the 123 class with an Ohio record 225.7. At 165, Moses Timball won with 275.5 and Guy Brenner set a Louisiana record 242.5 to finish third. Guy was displaced by Hurricane Katrina, from his New Orleans home, which had three feet of water in it. He was living temporarily in Houston. I can't say enough for Guy and about 12 other Louisiana



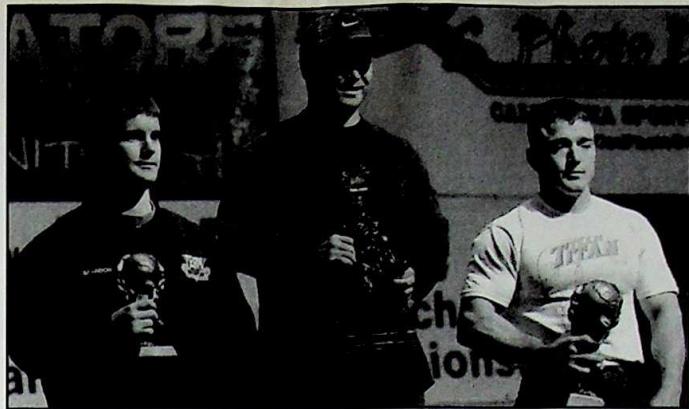
Michael Womack ... new superstar in the BP

record 479.5. In Junior women at 132, Erica Haislar set a World Record 203.7. Erica and John Hudson are the Illinois WABDL state chairs and they had a great meet in Collingsville, Illinois, right across the river from St. Louis. Sara Ansberry was second with a California record 143.2. At 148, Christie Hansen set an Oregon record 225.7. At 181, Kelly Womack, Michael's sister, set a World Record 353.6, the second highest bench ever by a female in WABDL. In second place was Jamie Tanner of Kansas who set a state record 253.5. In Junior 198, Lauren Vaterlaus set a World Record 204.8. Her mother Sue Vaterlaus also set a World Record. At 198+, Jessica Brooks of Washington set a World Record 231.2, beating her old record by about 20 lbs. In Law/Fire Master men 40-47/148, Dave Edmondson, who really is a rocket scientist as well as Law/Fire, set a world record with 341.5. Michael Kuzmack of California won the 220 with 435.2 and Leroy Banks, who works at one of the toughest prisons in the country, Joliet Federal Prison, did a 451.7 at 198 raw. Jamie Tovar of California won 308 with 600.7 below his World Record 633.7. Dave Marchant won supers with 650.2. In Law/Fire 48+, Mike Berteaux set a World Record 496 at 220. In second place was my first workout partner in Hawaii in 1973, Jeffrey Allen Jones, who did a Nevada



Terry Corwin broke the 700 barrier. (CSS)

lifters, who came from New Orleans areas and up to Baton Rouge. At 181, Pastor Randy Barr set a World Record 380.2. Jaime Alvarez of California was second with 347. At 198, Dan Swift set an Illinois record 430.8, only 10 pounds off the World Record. Joseph Parsons of Oklahoma was second with a state record 369, Godfrey Holzinger of Washington was third with a state record 363.7, and Jarnail Singh Birring of the United Kingdom was fourth with 352.5. At 220, Donald Madere of Louisiana, not far from New Orleans, won with 374.7, and Colin Bonneau of Canada won 275 with a 523.5 Canadian record. Colin played the national anthem on his trumpet for both Canada and the USA. He was a member of the Royal Canadian National Band and is now the world's strongest church musician and can play nine different instruments. At 308, Austin Webb, a former Green Beret, set a national record and an Arkansas record with 462.7. Austin is the WABDL State Chair for Arkansas. Randy Patterson won the supers with 611.7. Last year at the World's he hit 672 and took about six months off. Look for Randy to hit 700 at age 60. In Master 61-67/181, Rudy Lozano set a World Record 387.9. At 198, ace deadlifter Olimio dos Santos Filho of Brazil benched decently 352.5, which is enough to win over five contestants. Roy Erikson of Nevada was fourth with a state record 303, and Tom Hagenmiller was fifth with a Minnesota record 281. Bob Bassman of Texas was second with 347. At 220, Mickey Glasco of Georgia set a state record 319.5 with John Herbein of Pennsylvania, who is a graduate of the Naval Academy, second with a state record 242.5. At 242, former Vietnam combat veteran, Daniel Smith III of California, won the World's with 424.2. Richard Zareck of Florida was second with a Florida record 424.2. At 259, Ed Acey won with 407.7. He's good for 430-440 most days. At 308, Robert O. Smith of Canada set a World Record 523.5. Robert O. is a cartoonist and is the voice of many video games and has had bit parts in movies and TV, filmed in the Vancouver, Canada area. At Super, Don James broke Robert O. Smith's World Record 519.1 to 518, that Robert did last year. Ed Sheets was second with an Indiana record 303. In Master 68-74, Harold Hagen won the 165 class with an Arkansas record 231.2. At 148, Larry Vincent of Oregon won with 253.5. At 181, TC Lewis of Arkansas won the World's with 259, over four contestants. At 220, Harold Smith, at age 72, pushed up 341 raw. On September 10, in Missoula, I saw him push 369 raw. At 259, Danny Herrera set a World Record 418.7. Other winners were Nick DeLiddo of California at 198 with 242.5 and gentleman Jack Peters won at 242 with 209, and Gary Johnson won the 308 class with 275.5. Gary drives a black Viper that he's had up to 160. In Master 75-79, Robert Cortes won 165 with a California record 242.5. In Master 80-84, 83 year old Sonny Ronolo put up 236.7 at 165 and would have done 270-285, but his heart was acting up and had to take Nitro to calm it down. At 181, Bladen McClelland of Michigan, who is 83, set a World Record 199.3. Dr. Donald Dreyer was second with 143.2. Jack Heizelman, who was the oldest lifter in the meet at 87, benched 132 at 137 lbs. I can't say enough about the 80+ lifters who came to this World's. I can't thank all

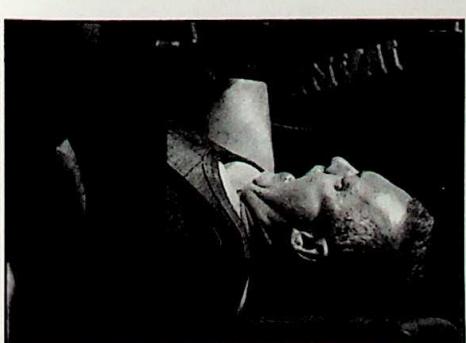


Brandon Leming (462) Mike Hara (540), Ray Hickman (535) @ 165.

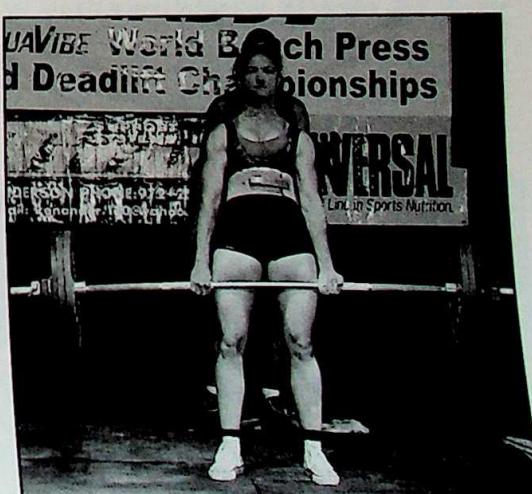
of you who came enough for your sacrifices in getting to Reno from all over the country and the globe. But the 80+ age group holds a special place in my heart. We are all either going to be there or die trying. These guys are allproductive and fairly healthy. I know lifters that are in their 20's and 30's that think a meet 250 miles away is too far. Lets start with Arthur Whinston of Portland, Oregon. He is 80 and flew 550 miles. He's a practicing trademark and patent attorney. He drives 300 miles to Ashland, Oregon, with his wife Melicent, who is 79, to watch the Shakespeare festival. Sonny Ronolo flew 2,500 miles from Hawaii against his doctors orders. He had open heart surgery two years ago, and has diabetes. He's 83. Bladen McClelland is from Michigan, which is 2,200 miles from Reno. He is 82. Dr. Donald Dreyer is from Baton Rouge, Louisiana, 2,300 mile from Reno. He is 84 and is still a practicing physician. Edwin Free Jr., is 83 and is from the Nashville, Tennessee area, about 2500 miles from Reno. He is a combat veteran of World War II and the Korean War. Jack Heizelman is 87 years old and he's from Dallas, Texas, 2,000 miles from Reno. Try a four or five hour plane flight and go through all the stuff that airports put you through just to get on the plane. If you haven't tried one lately, it's stressful for a person in his or her prime, so you can imagine what it's like for a 80+ year old to take his shoes off and then be "wanned." I commend you guys big time! In Master women bench 40-46/97, Christine Moorman benched a World Record 160 without a shirt, weighing 96 lbs. At 105, Desiree Brown set a World Record 181.7 at 114, Claudia Salo benched 170.7 to cop the world title. At 123, Alison Barnhill won the World's with 165.2. At 148, Sandy Gomez Leon set a World Record 236.7 and dedicated it to her coach Randy Young, who died of cancer one year ago to the day. Sheri Klocke won at 165 with 203.7. At 181, Annette Sozzi set a World Record 243.6 and practically jumped through the roof with excitement. She beat out six contestants. Kari Sabin was third with a Florida record 225.7. At 198, susan Jackson set a national record 253.5 to win the World's, and at 198+, Jill Arnow of Washington and Stacie Downs of Michigan battled and they both set national record but in the end, Jill Arnow 242.5 and Stacie Downs 232.3! Donna Madere-Hogg won 132. In Master women 47-53/114, Ita Pantilat of Washington set a World Record 198.2, a very good bench as she only weighed 110. At 123, Denise Ruff set an Oregon record 187.2 to win gold along with her gold in the deadlift with a 385 pull. Quite a day for her. At 148, Mary-Ann Van Dam won with a California record 220.2. Nancy Carpenter of Canada won 165 with 159.7. Marilyn Lewis won at 181. At 198, Kathy Cash set an Oregon record 187.2. At 198+,

Sue Vaterlaus joined her daughter Lauren in setting a World Record with a 253.5, Margie Huston was second with a Washington record 203.7. In Master women 54-60, Barbara Anderson won at 148 with 159.7. In Master 61-67, Betty Lafferty set a World Record 150.9 at 105. She had also set a world record in the deadlift. Mary Louise Coffey won the 165's, and Pat Robey won at 181 with 165.2. In Master 68-74, Rae McEwen set a World Record at 123 with 88 lbs. She also set a World Record in the deadlift. In Master 75-79 Masters, track and field star, Melicent Whinston won with 71.5 at 132, and at 198+, Gloria Michell set a World Record 79.2. In Open men, there was some fantastic benching. At 123, Van Williams set an Oklahoma record 243.6. At 132, Gary Bobrovitz won with 264.5. At 148, Jason Imamura was first with 407.7, followed by Charles Venturella of Pennsylvania, who put up 392.3. Freddie Evangelista was third with 391.2. At 165, there was a classic battle with Michael Hara and Ray Hickman exchanging world records until Michael Hara finally ended up with the world championships and a World Record 540. Ray Hickman finished up with 535.6. In third place, Brandon Leming, who is only 17, put up 462.7 for a Tennessee record. Sakari Selkainaho of Finland was fourth with 418.7. At 181, Kim Paivola of Finland won the World's with 468.2. Keith Daniels of Hawaii was a close second with 452. At 198, there were eight contestants and six did over 500. Ed Morishima was first with 563. He's out of Hawaii. In second was Rick Marrama of Massachusetts with 556.5. In third, Eric Milburn put up 534.5. In fourth, Greg Gibson of California 518 and Coby Washburn of Texas fifth with 507. Three years ago, 523 won the World's in this weight class. Jared Bachmeier of Nevada was sixth with 501.5. At 220, there were seven lifters who benched 523 or more and an eighth Ken Millrany, who bombed but had made 601.8 in Master earlier in the day. In first place, Michael Green of Florida got 606 and 617 on a fourth. He's in the Marine Corps and he's very fit. In second was Chad Mathews of Texas with 595. He's quiet, but dangerous. In third was Doug Haycraft of Illinois with 579.6. In fourth was Joe Bianchi, Sr., of Massachusetts with 578.5. In fifth was Phil Davi with 540 and 573 on a fourth for a Junior World Record. In sixth was Tatu Avola of Finland with 529. In seventh was Steve Pena, who is blind with 523.5. In

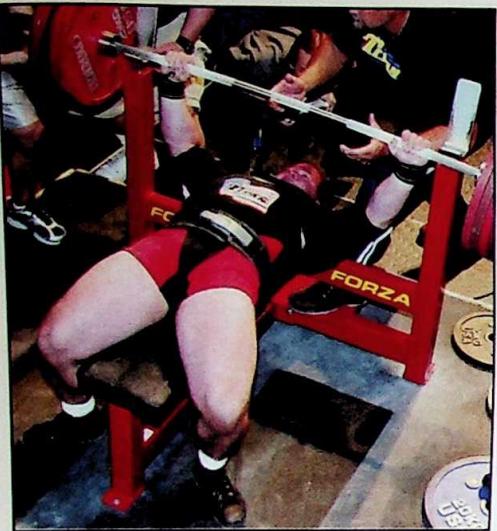
eighth was another Finish lifter, Juha Pukkila, with 479.5, and Evandro Casagrande of Brazil was ninth with 385.7. At 242, Jason Jackson blasted 793.5 and is right on the heels of Matt Lamarque for the all time best at 242 by less than eight pounds. In second was newcomer BJ Dirk with a very respectable 644.7. In third was Chris Senese with 606 and 626 on a fourth. In fourth was Greg Stephens with 600.7 and 633 on a fourth. In fifth was John Boettger with a Missouri record 562. In sixth was Mike Cordova with a Utah record 545, and in seventh was Frank Schuetz with a Virginia record 529, and in eighth was Dan Tubridy with 518. That's a hell of a line-up when 518 can get you no better than eighth. At 259, James Hunter, who has the World Record 661, settled for 650 and the world title, but Eric Wright and Jason Laskowski were right on his tail with 644.7, and Wright was second by being the lighter man. Scott Hoekstra of California was fourth with 584 and Jani Ihalainen of Finland was fifth with 584, but was the heavier man. Mike Desrosiers of Arizona was sixth with 567.5, and Forest Hofer, who has done 545, was seventh with 518. Another very competitive class. Scott Hoekstra was the favorite and he ended up fourth. At 275 Jeff Peshek of Ohio put up a 688.7 to easily beat Patrick Holloway, who got an Arizona record 622.7. Jeff Begue from Ohio was third with 601.8. Dave Freeland from California put up 584 for fourth. Thomas Kesling set a Tennessee record 563.1 for fifth. Matt Myers of Idaho put up 562 for sixth. Normal Rial from California rammed up 551 for seventh, and Shane Palmer from Idaho got 523 for eighth. Another very competitive weight class. Brandon Bankston from Louisiana was ninth with 507. Nine lifters benched over 500 in one weight class. At 308, it was the Steve Wong and Tiny Meeker show. Coming into the meet, Wong held the World Record 854 and Tiny had done 843. When it was over, things had changed. Steve opened with 855 and missed. Steve missed 870 on a technicality. His bottom was off the bench. He locked it out perfectly. Tiny came back and made 870 for a new World Record. Steve locks out 881, bottom off the bench. Tiny tried 900 and his shirt blew. Then Tiny tried 900.4 and dumps it. Steve's 881 looked very strong, so did Tiny's 870. Ryan Kennedy was a guest lifter. He tried 870, 907, and 915. He had an off day and missed all three, probably too many contests throughout the year. Tiny Meeker was a guest lifter for a second go round, and in a single ply shirt, he locked out 907, but beat the press and missed the lockout at 915 in a quest to beat Scot Mendelson. Back to 308. John Hudson was third with 573 and Joe Mickelson was fourth with 529. Still in the Open bench at superheavy, 457, Roy Bradshaw, who played football at Oregon state, benched 722, which was a World Record in submaster and a California record in Open. His forearms are 20" and



Ken Millrany roared up a 601.8 bench @ 220



Jeanne Watts .. another record goes down (CSS)



Ed Wilkinson ended with a new 639 lb WR. (CSS)

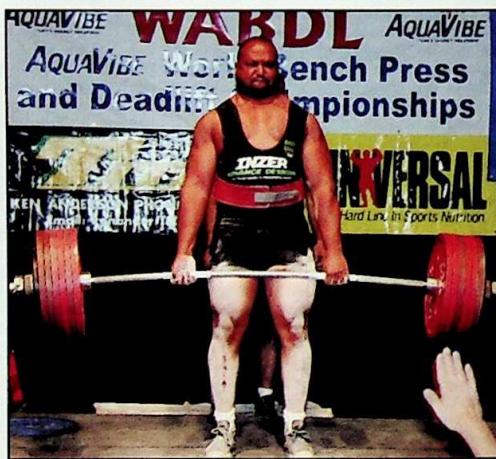
his arms are 25". Jim Presley still has the best arms though, with 24.5, weighing only 288. Terry Corwin, who is only 20, benched 700.8 for second. James Crawford III, who weighed 348 was third with 650 and 371 lb. Vince Eldridge was fourth with 512.5. In Open women 97, Christine Moorman set a Washington record 160.8. At 105, Desiree Brawn put up 181.7. At 114, Ita Pantilat set a Washington record 198.2. At 123, Deb Moretto of Montana won the World's with 143, and Sarah Biddle was second with an Indiana record 110. At 132, Jeanne Watts benched 225.7, and Deanna Hurlbut of Michigan was third with a state record 170.7. At 148, Virpi Pukkila, Finland, who is sexy and strong, benched 281 to beat Elise Stickler, who set a Nevada record 154 and was third. Nikki Williams of Georgia came in second with a Georgia record 231.2. At 165, Sabrina Armstrong made a big improvement in her bench with 255.7, a California record and a 25 lbs. increase in a year. At 181, Kellie Mahoney, who manages LifeQuest gym in Kennewick, Washington, set a World Record in Open and a World Record in submaster with 253.5. She has a lot of intensity and will eventually hit 300. Cindy Weber of Tennessee was second with 198, a state record. Abigail Biddle was third with an Indiana record 13.7. At 198, Hoku Nohara broke her own World Record of 292 with 314 at age 16. She could bench 400 if she sticks with it. At 198+, 16 year old Kayla Tueli set a Washington record 325. She too could bench 400. In second was Dawn Richards who set a Utah record 236.7 and Tina Riley was third with a California record 214.7. In Special Olympian men, Jon Shapiro was way ahead of everybody else with 264.5, weighing 144. He's ranked about 25th at 132 all-time any division in WABDL! At 242, Brady Tanner of Kansas was impressive with 352.5. In Special Olympian women, Soledad Rosas of California easily won best lifter with 126.7, weighing 98. A very impressive

young lady. You would have to see her to appreciate how special she is. In Submaster men 123, Van Williams set an Oklahoma record 243.6. Michael Aquanno of New York was second with 132. At 165, Adolpho Davila was huge with a California record 479.5. At 181, Keith Daniels popped a 452.8 Hawaiian record. At 198, Danny Soto set a World Record 524.6. At 220, Michael Green, set a World Record 617. Mike Ludovico was second with 551 and it's good to see Mike getting back to what he is capable of which is at least 600. Brant Bishop, who spent about 45 hours on the computer/expeditor screen, put up 501.5, well below his best of

540. At 242, the two favorites bombed, Frank Wakakuwa's best was 633 and Patrick Parnell's best was 650, which left an opening for Anthony Frazier of Washington to win with 462.7. At 259, Jason Laskowski, who was battling personal problems and had lost some weight and wasn't even going to come to the World's, set a World Record 639. Then he lifted the next day in Open and got a 644, and I assure you his spirits were better when he left Reno, then when he first got there. Scott Hoekstra, the defending champion, was second with 584. At 275, Patrick Holloway of Arizona beat Robert Lincoln in a good battle 622 to 611.7. Lincoln set a California record. At 308, Tiny Meeker beat Steve Wong 870 to 815 and set a World Record. At Super, Roy Bradshaw at 457# was too much for 334# Scott Wesley Jordan, who nailed 722 to Jordan's 650. Jordan is also nursing a tender elbow or he would be right around 700-715. Ken Overby of Alabama was third with 600.7. In Submaster women, Jeanne Watts won at 132 with 225.7. Virpi Pukkila easily won with 281 at 148. Teresa Jacobs won at 165 with a Washington state record and Kelley Mahoney won at 181 with a Washington and World Record 253.5. Tina Riley won at 198+ with 214.7. In Teen men 13-15, John Minahan III won at 123 with a California record 193.8, and Donnie Miskinis was second with an Ohio record 154.2. At 132, Tyler English set a Nevada record 165.2. At 148, Travis Belen beat Juan Laija 253.5 to 203.7. At 181, Alan O'Brien just barely edged Adam Lindsey 188.3 to 187.2. O'Brien set an Illinois record. At 220, Jesse Fain was lifting well above his age of 15, with 402.2 and a World Record. In Teen men 16-19, Ray Segura won at 123 with 187.2, and Anthony Ramos of Georgia set a Georgia record 276.6 at 132. At 148, Dom Baldassarre put up a respectable 270. Chad Cooper was third with a Michigan record 187.2. At 165, Brandon Leming, who was valedictorian of his high school class, was also valedictorian

of his group of teenagers with a World Record 464.9 at 165. Amandeep Singh was second with a California record 385.7. Eric Millburn was equally as impressive with a World Record 534.5 at 198. Hunter Beall was second with a Louisiana record 314. At 220, Sean Demarinis was also at the top of his teenage class with 501.5 World Record 220. Aaron Gil was second with a Michigan record 402.2, and Greg DeClark of Illinois was third with an Illinois record 380. At 242, Kevin Romano was world champion with 380 and Jim Pritchett was second with a Nevada record 308.5. At 259, Seth Carter of Tennessee set a state record 414.3 to beat Jacinto Alvarez, who set an Idaho record 325. At 275, Chris Barada won impressively with 507, and at 308, Viktor Tovar was the world champion with a California record 352.5. In Teen women 13-15, Sarah Moorman won at 105 with 121. At 123, Sarah Biddle won with an Indiana record 110. At 181, an animated Jennifer Otto set a Washington record 165. In teen 16-19, Nikki Williams was best lifter with 231 at 141, and Kayla Tueli set a World Record 330.5 at 198+. At 123, Karina Phipps and Erica Ansberry battled to a tie breaker. They both popped 143.2, but Karina Phipps was the lighter woman. Nikki Williams 231.2 at 148 was a World Record, and Brittany Burroughs of Georgia set a World Record 126.7 at 114, breaking Daiana Dos Santos' World Record, which was set in her native Brazil. At the 2003 World's in Las Vegas, 58 lifters benched over 500. At this World's 107 benched over 500. At the 2003 World's in Vegas, ten lifters benched 600, at this World's, 30 lifters benched 600. At the 2003 World's one lifter, Bobby Leitz, benched 700, and at this World's, we had: Michael Womack 826.5, Terry Corwin 700.8, Jason Jackson 793, Tiny Meeker 870, Steve Wong 815, Roy Bradshaw 722, which equals six. At the 2003 World's, nobody benched 800. At this one, three did and another was only 6.5 lbs. off the mark. All of the lifters over 700 (all six) used either single ply Inzer Rage X or Titan F-6. Out of the 30 that benched over 600, 26 used either the Titan F-6 or Inzer Rage X. The Titan F-6 and Inzer Rage X or F-6 are better than most double ply denims or as good as any of them, at the very least. By the way, the F-6 and Rage X weren't in the 2003 World's. The shirts of choice then were the Inzer double denim and Karin Klein double denim. What's my point? It's not steroids, it's the advancements in the shirts and in training, such as heavy lockouts, board presses, bands, etc. Women Best Lifters Bench: Kelly Womack, Junior 181, Sandy Gomez-Leon, Master 40-46/148, Annette Sozzi, Master 40-46/181, Ita

Pantilat, Master 47-53/114, Betty Lafferty, Master 61-67/105, Virpi Pukkila, Open 148, Hoku Nohara, Open 198, Soledad Roas, Special Olympian, 105, Virpi Pukkila, Submaster 148, Sarah Mooman, Teen 13-15/105, Kayla Tueli, Teen 16-19/1994. Men Best Lifters Bench: Eric Nahomik, Class 1/148, Michael Ireland, Class 1/220, Brady Tanner, Class 1/242, Matt Myers, Class 1/275, Sean McGrath, Disabled 220, Andrew Kim, Junior 181, Rick Marrama, Junior 198, Michael Womack, Junior 308, Roger Ryan, Law/Fire Master 48+/275, Jason Jackson, Law/Fire Open 242, Charles Ventrella, Master 40-46/148, Ed Morishima Jr., Master 40-46/198, Ed Wilkinson, Master 40-46/242, Jody Woods, Master 47-53/198, Clinton Sims, Master 47-53/220, Forest Hofer, Master 47-53/259, Randy Barr, Master 54-60/198, Dan Swift, Master 54-60/309+, Rudy Lozano, Master 61-67/181, Robert O. Smith, Master 61-67/308, Richard Simon, Master 68-74/181, Danny Herrera, Master 68-74/259, Sonny Ronolo, Master 80-84/165, Michael Hara, Open 165, James Hunter, Open 259, Tiny Meeker, Open 308, Jon Shapiro, Special Olympian 148, Danny Soto, Submaster 165, Tiny Meeker, Submaster 308, Jesse Fain, teen 13-15/220, Eric Millburn, Teen 16-19/198, Sean Demachine, Teen 16-19/220. Women Best Lifters Deadlift: Kristy Scott, Junior 181, Alexandra Vallejo, Master



Patrick Holloway -super in BP and in the DL (CSS)

40-46/105, Jamie Rayburn, Master 40-46/165, Denise Ruff, master 47-53/123, Jo Walker, Master 61-67/123, Jo Walker, Open 123, Imelda Zamora Andujo, Open 165, Amber Kaslar, Special Olympian 114, Jeanne Watts, Submaster 132, Amanda Wess, Teen 13-15/123, Kayla Tueli, Teen 16-19/198+. Men Best Lifter Deadlift: Mauricio Mendoza, Class 1/148, Patrick Shippert, Class 1/220, David Edgell, Class 1/309+, Matthew Taylor, Disabled 181, Ryan Snelling, Junior 165, Jerry Pritchett, Junior 275, David Edmondson, Law/Fire Master 40-47/148 & Law/Fire Open 148, Michael Hara, Master 40-46/165, George Herring, Master 40-46/242, Andy Medak,

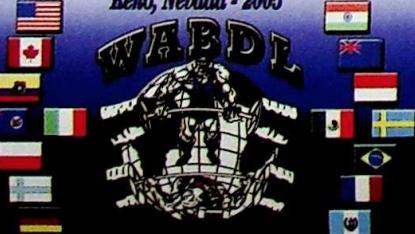
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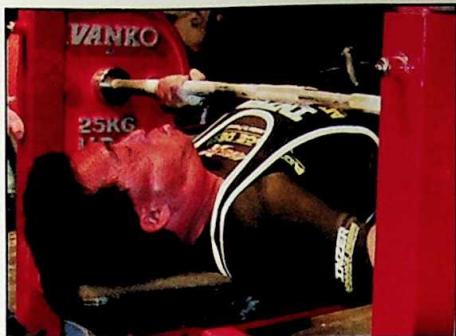
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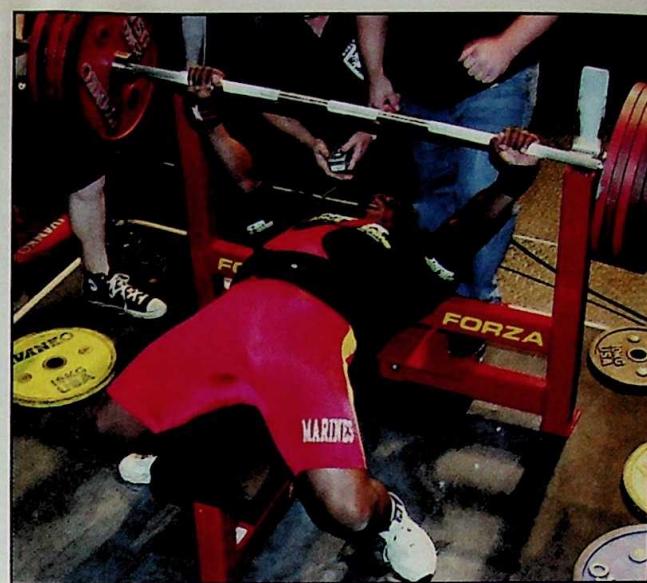


Ed Morishima one of many Best Lifters (CSS)

Master 40-46/308, Leamon Woodley, Master 47-53/198, Jerry Capello, Master 47-53/242, Gregory Kley, Master 54-60/165, Larry Russell, Master 54-60/220, Olicio dos Santo Filho, Master 61-67/198, Larry Vincent, Master 68-74/148, Robert Cortes, Master 75-79/165, Tom Eiserman, Open 181, Tatu Avola, Open 220, Patrick Holloway, Open 275, Rao Thao, Special Olympian, 123, Bobby Lord, Special Olympian 259, Patrick Holloway, Submaster 275, Travis Belen, Teen 13-15/148, Hunter Beall, Teen 16-19/198. In the Team Scoring, Team Illinois, which is coached by John Hudson and Headquarter Fitness, out of Seattle, were tied for first. Bull Stewart's team, out of Seattle, was second. Then, Pacifica Athletic Center was third, Utah Mis-Fits fourth, and Body by George, which is George Herring's team out of the Atlanta, Georgia area, was fifth. There were 15 spots on a team and both coaches of the first place teams decided not to go with the tie-breaker. Therefore, instead of Bull's team being third, he was second and I moved every team up accordingly. Team Tennessee, coached by Ken Millrany was sixth. I want to thank our staff. The MCs was Mike Scott, Ted Davis, and I filled in when needed. They both won praises from the lifters. Elma Thomas did the computer work for the meet results, which were posted every day and stayed posted for the whole week (Thanks Brent Howard for the advice) Gary Thomas was the weigh-in room supervisor, both friendly and efficient. The weigh-in room staff was Ken

Overby, Ron Proctor, Christie Hansen, Austin Webb, Don Rygh, Jr., Kelley Mahoney, Mike Desrosiers, Rebecca Krotzer, and Dennis Schmidt. The drug control officer was Dr. Mark Webber, and the official meet photographer was Keith Lem. He provided a live feed of the lifting off the right side of the stage on a video screen, and live TV feed of the lifting in the warm-up room. Ticket sales was handled by Teresa Rethwisch, Peach Presley, Betty Presley, and Lisa Leong. Carl Rosborough and Ron Hood provided door control. The scorekeepers were Chris Erhardi, Christie Hansen, and Jamey Mauldin. The warm-up room expeditors on the computer were Jocelyn Ronolo and Brant Bishop. The platform manager was James Partch. Trophy set up and presentation was Jim Presley. The judges were Don James, Brian Welker, Dave Edmondson, Terry Luehrs, Ken Anderson, Jim Snodgrass, Brian Baertlein, Don Frostdon Jr., John Hudson, Ken Millrany, Ron Hood, Sam Pecktol, and Charles Phillips. Platform

weights were provided by Ivanko. The platform and warm-up benches were provided by Forza Strength Systems. I want to thank our main sponsor, AquaVIBE with Chris and Diane Winters, and Georgia Williams; Rick Brewer, Jason Graeser of House of Pain, Brent Mikesell of Iron Gladiator, Ken Anderson and Pete Alaniz of Titan Support Systems, Dave Tate and Jim Wendler of Elite Fitness Systems, Keith Lem of CSS, Gus Samuelson and Mike Rockoff of Universal Nutrition, Neal Spruce, Odd Haugen and Jim Starr of Apex Fitness Group, Chet Groskreutz of Ivanko, Shawn Madere of GLC No Pain, the Best Joint Formula Ever, Giorgio Usai and Giorgio Usai, Jr. of Forza Strength Systems, Mike Lambert of Powerlifting



Michael Green pride of the US Marine Corps. (a CSS photograph)

USA, Camellia Luprete and her Athletic lifting shoes, and Laura Lee Grizzle of High Cascade Emu Oil. The following lifters passed their drug tests: Tiny Meeker, Jason Laskowski, Clinton Sims, Jerry Capello, Sean Demarinis, Leamon Woodley, Michael Womack, Patrick Holloway, Eric Wright, Ed Wilkinson, Ken Millrany, Jason Jackson, BJ Dirk, Roger Ryan, Roy Bradshaw, and Rich Ludlam. One lifter failed. WABDL does not do random drug testing - we target the best lifters in the contest. Three other tests are still pending. (Thanks to Gus Rethwisch for results) PS .. 504 record certificates generated at this contest were sent out shortly afterwards, at an administrative cost of \$2500.



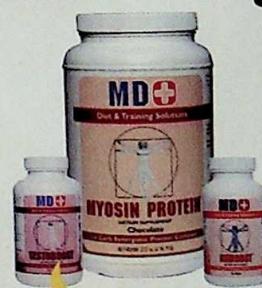
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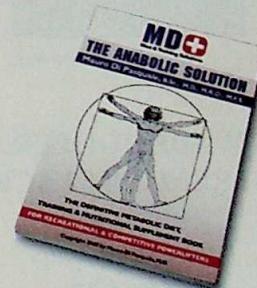
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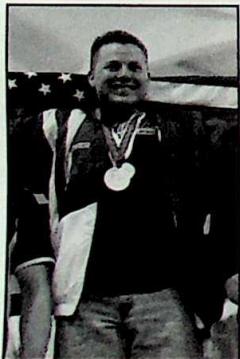
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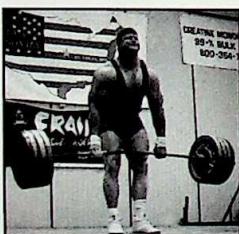
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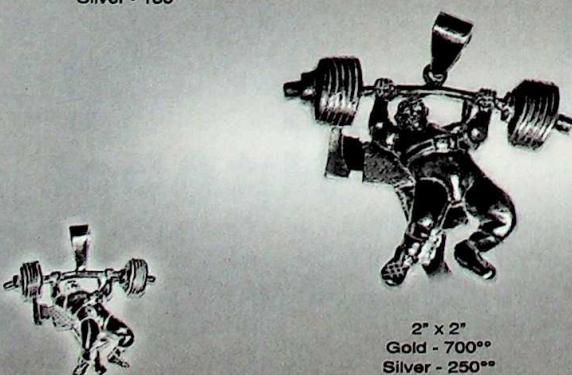
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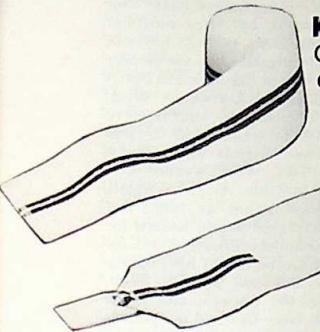
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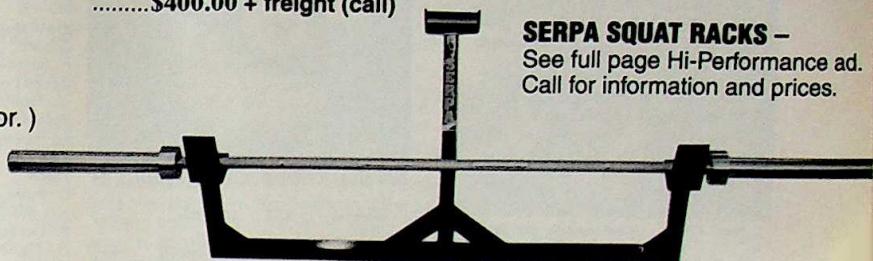
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**100% Raw Holiday BP
10 DEC 05 - Chicago, IL**

BENCH	Master (60-64)	
MEN	M. Collet	260
148 lbs.	Open	
Open	Y. Haq	265
T. Ma	210	242 lbs.
165 lbs.	Submaster	
Open	K. Beveridge	405
A. Loginov	315	G. Mylin
Open/Masters (40-44)	275 lbs.	
C. Phillips	295	Master (50-54)
198 lbs.	B. Blackmon	365
Master (50-54)	308 lbs.	
J. Hummel	240	Submaster
Open/Masters (45-49)	S. Ceralde	425
B. Blackstone	385	SHW
Submaster	Master (45-49)	
Police/Fire/Law	J. Ray	480
C. Barth	335	Open
220 lbs.	J. Dolan	600

Judges: Tom Jorndt, Ted Oraham, Leni Jane Collet. (Meet results by Bud Lyte)



Bill Blackstone at the Holiday BP

**100% Raw World BP
19 NOV 05 - Barco, NC**

BENCH	(16-17)	
WOMEN	J. Martin	130!
123 lbs.	123 lbs.	
Open	(12-13)	
K. Self	155!	J. Burroughs
148 lbs.	100	(16-17)
Open	N. Willis	—
D. Grimes	110	Open??
Police/Fire	M. Perry	275
D. Grimes	110!	B. Zak
181 lbs.	(10-11)	210
Open	J. Bullock	85!
A. Green	145!	(12-13)
(35-39)	D. Harris	135
H. Isbell	160!	(14-15)
(65-69)	D. Bates	110
SHW	(16-17)	(20-24)
S. Stinnett	100!	R. Marion
MEN	(35-39)	180
77 lbs.	B. Zak	210!
(10-11)	(30-34)	(30-34)
S. Evans	65!	Open
88 lbs.	D. Wilson	315
(8-9)	L. Gagnon	—
J. Hanks	45	(10-11)
(10-11)	M. Alston	85!
G. Marshall	65	(40-44)
4th-75	M. Williams	100
105 lbs.	(14-15)	(55-59)
(12-13)	S. Tally	170
Q. Thomas	95	(60-64)
M. Townes	65	(16-17)

Bill Blackstone at the Holiday BP

J. Manuel	155	181 lbs.	(18-19)	Open	
L. Gagnon	—	W. Lynch	450!	E. Anderson	275
(45-49)		(18-19)		(14-15)	225
D. Wilson	315	A. Smith	(14-15)	J. Morrow	245
4th-320!		(16-17)		K. Glover	165
165 lbs.		(18-19)		L. Starr	270
Self	360!	(20-24)		T. Bean	325
J. Brown	315	E. Anderson	(35-39)	S. Paolina	325
D. Sarot	310	(40-44)		C. Kennedy	320
Hague	305	(45-49)		J. Elliott	320
M. Franklin	300	(50-54)		4th-565!	
Tipton	275	(20-24)		K. Carlson	—
J. Maseibos	2685	(35-39)		L. Carlson	—
R. Young	250	(40-44)		T. Bean	325
E. Admerson	225	(45-49)		S. Mitchell	325
D. Bates	195	(50-54)		A. Crowder	325
J. Hawley	345	(40-44)		S. Delinger	325
D. Richards	105	(44-44)		J. Haman	350
4th-355!		(45-49)		T. ???	260
J. Couch	225	(50-54)		R. Ware	500!
W. Franklin	300	(50-54)		G. Russell	375
J. Maselbas	265	(50-54)		R. Biggs	375
E. Anderson	275!	(50-54)		4th-385!	
A. Smith	225	(50-54)		T. Campo	360
G. Babbott	305	(50-54)		D. Lhota	360
Police/Fire	305	(50-54)		T. Campo	360!
T. Hague	305	(50-54)		C. Elliott	365!
J. Brown	315	(50-54)		242 lbs.	Washington
J. Savage	405	(50-54)		308 lbs.	525
R. Berry	315	(50-54)		J. Wright	400
Blackstone	385	(50-54)		J. Bates	390
C. Powell	370	(50-54)		G. Bush	385
M. Shipley	360	(50-54)		J. Smith	365
T. Horne	350	(50-54)		L. Thompson	355
R. Berry	315	(50-54)		D. Taylor	290!
J. Wheeler	145	(50-54)		A. Brown	225
C. Harmon	225	(50-54)		Currituck High School (NC) was once again host to the 100% World Bench Press Championships. Every year Paul Bossi's world meets get bigger. The hardware people took home was truly worthy of a	

100% RAW Powerlifting Federation

Membership Application

LAST NAME: _____

FIRST NAME: _____

INT. _____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____

DATE OF BIRTH: _____

AGE: _____ SEX: _____ E-MAIL ADDRESS: _____

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\$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: **100% RAW**
139 MARLAS WAY, CAMDEN, NC 27921

NOTE: Your 100% RAW Membership Will Expire
One Year From The Date of Application.

LIFTERS SIGNATURE: _____

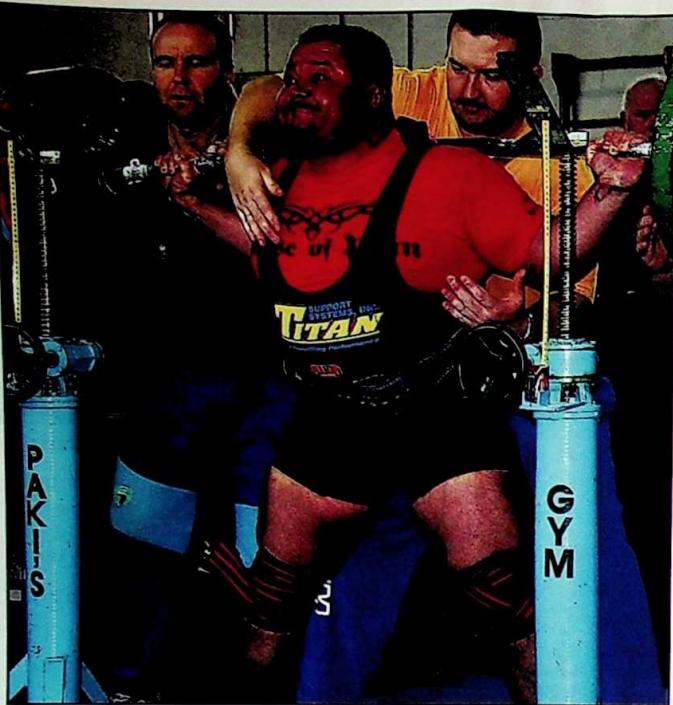
PARENTS SIGNATURE IF UNDER 18 YRS. OLD

DATE OF APPLICATION: _____ (*This Will Be Your Renewal Date*)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

www.RAWPOWERLIFTING.com

world meet. As always, there were a multitude of divisions, but in the interest of space I want to name the top three overall lifters in each weight class. The top lifter in each class walked home with an awesome sword, but trust me, you really had to earn them. With 23 lifters at 148, this was the biggest class we've ever had at the worlds. Ben Zak hit a 210 bench at 132 (35-39) World Record for third, defending world champion Melvin Perry hit 275 to finish in second, but it was David Wilson from Virginia who nailed a 320 on 148 (45-49) World Record who would win the 148 title. As 165, Virginia reigned supreme again as John Self benched a (35-39) 360 World Record for the 165 world title. John Brown hit 315 for second. Danna Dqroi would hit 305 for third and his second strait top three finish. Trey Hague in the juniors, and Mark Franklin (18-19) were five and ten pounds behind the pack. These are two very young lifters, and have a bright future ahead of them. Will "Chill" Lynch of NC hit an earth shattering 450 at 181 to capture the state, meet, and World Record, the best lifter light award, was named bencher fo the year, and he also became the first lifter to win four consecutive world titles. John Hawley was runner up at 198 last year, dropped a class to hit a 355 (40-44) World Record, and finish second. At third was the always?? ?? Sobbert?? With 305. Sylvester Freeman wanted to be the second strait lifter to defend their world title. Sylvester hit 385, but on body weight it left him in third place. It was his fourth strait top three finish. From Illinois, William Blackstone hit a 385 (45-49) World Record for second place. In 2002, James Savage finished in second at 181, three years he was back at 198, and his 405 would earn him his first world title. Paul Bossi decided a state meet World Record 500 on his third attempt wasn't enough, as he came back to hit 515 to out distance the pack by over a hundred pounds, and join Will Lynch as the only four time world champions. Paul says we may see him at 242, and 198 in the future. Perhaps a battle between Paul and Will at 198? Salian Perez hit 405 to finish second place, and third came down to body weight, as Daniel Smith hit a 385 (40-44) World Record to out distance (2004) 242 world champion Giles Russell, who hit a 385 (50-54) World Record. The closest class of the day was at 242. Jeremy Wright would hit 400 pound bench to hold off Joseph Bates who benched 390, and just a hair behind was Greg Bush with 385. 275 was a fun class because we has 2003 world champion Michael Belk and 2004 world champion Bennie Jones in the same class. In the end, Michael Belk would hit an open state/meet/World Record 570 for his second world title, as well as the best lifter heavy award. Bennie Jones proved he deserved to be on the big state as he finished in second with 540. In third was Virgil Smith with 480. In the heavyweight class 2002, world champion Carl Elliott came back bigger and stronger as he hit a state/meet/World Record of 565 for his second world title. Maurice Washington hit 525 for second and he is definitely a force to watch out for in the future. Finally, Rascoe Ware hit 500 at (35-39) World Record for third place. The best lifter (40-49) was William Black Stone, (50-59) Joe Hillard, (60+) Guz Holzmiller??, an overall was William Blackstone. The best lifter teen went to Mark Franklin. Female was Kerry Self, police/fire Sylvester Freeman, and junior Chris Vogt. Also winning awards were Official of the Year, Jeremy Wright. Meet Director John Shifflet. Man of the Year was Shaun "Bud" Lyte, Volunteer of the Year was Pam Balance, the Sportsmanship award went to local lifting legend Bryon Swain and Coach of the Year went to William Hawkins III. I hope everyone circles November on the calendar as the 2006 worlds should be even bigger. Can Will and Paul add a sixth world title? Which of the world champions will defend their titles, and who will fail? Who will reclaim former titles and who will win their first award titles. See you next year. (Thanks to Ben Zak for providing results)

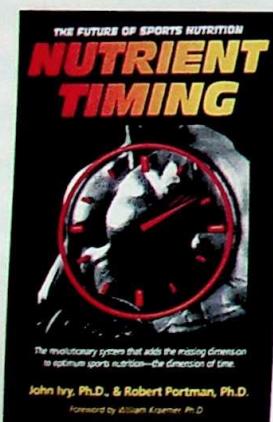


Maxim Tikhonov - of Russia. (contest photographs by Helen Isaac)

(continued from page 11)

kgs. The Belgium twice tried 300 kgs. a lift he would normally pull easily, but it wasn't to be Mochalov 707.5 kgs., Verbeke M1 695 kgs. WR total. Italian Luca Segre coming in 3rd place with 590 kgs. The 90 kgs. men, five different nationalities in contention and a very close first and second place. Francesco Baldini just

edging out top Belgium junior Sebastian Burgers by 672.5 to 670 kgs. Alexey Kirkov from Russia 3rd with 632.5 kgs. and England's Steve Maden M1 4th on 622.5 kgs. with M1 Italian Giovanni Collera finishing on 612.5 kgs. Matt Saunders is Mr Consistent in 100 kgs. class, his 9th World title going 312.5, 215, 322.5 for an 850 kgs. total and best lifter. Awesome! Dave Smith from Ireland was up with him



Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like **WHEN** to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book **NUTRIENT TIMING**, available for \$14.95 plus \$4 S&H from PowerliftingUSA, Box 467, Camarillo, CA 93011.

cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in **NUTRIENT TIMING**, available for \$14.95 plus \$4 S&H from PowerliftingUSA, Box 467, Camarillo, CA 93011.

World Drug-Free Powerlifting Federation, Inc.

WEBSITE: www.wdfpf.cc

NEWS RELEASE:

CONGRATULATIONS to newly elected W.D.F.P.F. President WIM BACKELANT of Belgium! For a copy of the W.D.F.P.F. Congress Minutes, 2005 Championships Results, UPDATED World & European Records, UPDATED Rulebook and our Championships PHOTO GALLERY, check our website at: www.wdfpf.cc W.D.F.P.F. Member Nations are reminded that all lifters must wear KNEE SOCKS for the Deadlift event.

The 2006 W.D.F.P.F. Schedule:

SINGLE EVENT WORLD CHAMPIONSHIPS held on OCTOBER 20, 21 & 22nd in BENDIGO, AUSTRALIA; Meet Director: John Clow. The 4 motels are within walking-distance from the competition and location, which will be fully catered and has outdoor barbecue areas. The usual schedule will be followed: SQUAT competition on Friday; Bench Press on Saturday with Deadlift on Sunday. Each day will begin with the UNEQUIPPED Division competition followed by the EQUIPPED Division POWERLIFTING WORLD CHAMPIONSHIPS held on November 10th & 11th in KINSALE, IRELAND; Meet Directors: Barry Crowley & the Irish Drug-Free Powerlifting Association. Hotel and venue at same location; competition schedule includes UNEQUIPPED Division contested on Saturday with EQUIPPED Division contested on Sunday. A party for the participants is scheduled for Sunday evening.

EUROPEAN SINGLE EVENT CHAMPIONSHIPS held on MAY 12th, 13th & 14th in FAGANO OCONA, ITALY; Meet Directors: Marco Bosco & Drug-Free Powerlifting Federation-Italy.

EUROPEAN POWERLIFTING CHAMPIONSHIPS held on JUNE 24th & 25th in MAROME, FRANCE.

W.D.F.P.F. Logo Emblems & World Record Certificates: Available for \$10.00 U.S. per item. Contact the WDFPF Secretary General; information provided below.

W.D.F.P.F. Membership: The W.D.F.P.F. welcomes all drug-free lifters interested in international competition against like-minded athletes who train and compete without the use of strength enhancing or weight-reducing drugs. U.S. Citizens interested in WDFPF competition, see the ADFPF information below. For interested non-U.S. Citizens living within the U.S., contact the WDFPF Secretary General, address below, stating your national citizenship. You will be connected with your National Drug-Free Powerlifting Organization or provided with information as to how to register your nation within the structure of the W.D.F.P.F. i.e.: The German Drug-Free Powerlifting Federation recently fulfilled WDFPF membership requirements. German Citizens living outside of Germany can receive GDFPF registration information by contacting the WDFPF Secretary General. This applies to drug-free athletes of all nations.

American Drug-Free Powerlifting Federation

The U.S. affiliate to the W.D.F.P.F.

The 2005 ADFPF Schedule includes competitions in 7 different states with 2 ADFPF National events. The SINGLE EVENT NATIONAL CHAMPIONSHIPS is scheduled for February 25th in WAYLAND MICHIGAN, Meet Directors Jan & Dick VanEck.

The specific date in MAY and location of the POWERLIFTING NATIONAL CHAMPIONSHIPS will soon be announced; the location will be near a large airport.

Drug-Free lifters are encouraged to finalize their ADFPF registration a.s.a.p. Send postal address via e-mail request for ADFPF Registration to: jm-gedney@wiu.edu or to office address listed below.

The ADFPF Registration fee of \$20.00 includes Membership Card and copy of the ADFPF Condensed Rulebook. The ADFPF State Referee's test is based on information from this manuscript.

Our ADFPF State Referee's Test is scheduled in conjunction with the JUNE 10th ADFPF UNEQUIPPED Powerlifting & Single Event competition in EVANSVILLE INDIANA; meet Directors Patsy & Dick Conner. For meet information and Entry Forms, check the ADFPF website: www.adppf.org

In preparation for the 2006 WDFPF World Championships, the ADFPF will be trying to fill full U.S. Teams of men (up to 3 per weight class) and women (up to 3 per weight class) in each of the W.D.F.P.F. Categories of competition. Those categories include: OPEN (minimum age 14 upward indefinitely); TEENAGE 1 (14 through 15 years of age); TEENAGE 2 (16 through 17 years of age); TEENAGE 3 (18 through 19 years of age); JUNIOR (20 through 23 years of age); MASTERS' 1 (40 through 44); MASTERS' 2 (45 through 49); MASTERS' 3 (50 through 54) and so on for MASTERS' in 5-year increments. POLICE/FIRE/MILITARY (Open; no age categories in this division) Age is determined by individual's age on the day of their competition.

Selection of the U.S. Teams will be made via an application process using totals from ADFPF National events & totals from recent past WDFPF events, followed by totals from ADFPF events, followed by totals from drug-free lifting organization totals via an application process. All entries into WDFPF World Championships MUST reach the minimum WDFPF World Championships Qualification Totals available in the WDFPF and ADFPF Rulebooks (included with ADFPF membership).

WDFPF Weight Classes include the following: MALES: 52. kgs.; 56 kgs.; 60 kgs.; 67.5 kgs.; 75 kgs.; 82.5 kgs.; 90 kgs.; 100 kgs.; 110 kgs.; 125 kgs.; 145 kgs.; and + 145 kgs. FEMALES: 44 kgs. (97 lbs); 47.5 kgs. (104.75#); 50.5 kgs. (111.25#); 53 kgs. (116.75#); 55.5 kgs. (122.25#); 58.5 kgs. (129.04#); 63 kgs. (139.0#); 70 kgs. (154.25#); 80 kgs. (176.25#); 90 kgs. (198.25#); +90 kgs. (+198.25#).

WDFPF Team Rules: Each team may have up to but not exceeding 3 lifters per weight class. A maximum of 12 Males and 11 females will be listed on a roster for Team Points. All "Team" lifters reaching or surpassing the WDFPF qualification totals will earn team points which are as follows: 1st place = 12 points; 2nd = 9; 3rd = 8 points and so on to 10 places.

Contact the WDFPF Secretary General with WDFPF and/or ADFPF questions at the following address: Judith M. Gedney, 27 ELMO DRIVE, MACOMB, IL 61455, U.S.A. E-mail: JM-Gedney@wiu.edu; Phone: 309-837-2111 (turns into a FAX after the 5th ring)

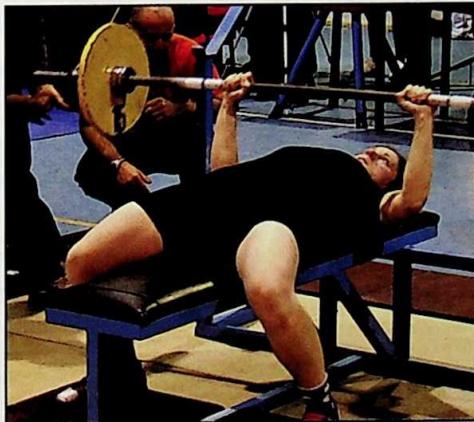


Les Pilling - veteran of numerous WDFPF contests.

till the deadlift, but at 45 years of age a 775 kgs. total is excellent. Phil Nosko is making good progress, still a junior he squatted 250 kgs., made a new European record bench of 180 kgs. then topped it off with a brilliant 290 kgs. deadlift for a total of 720 kgs.. Mutalipassi came in fourth on 690 kgs. and Neil Thomas unfortunately injured in warm-up making 5th place. The 110 kgs. class was a drama in itself for me personally. After receiving a misload in my first attempt by 20 kgs. I returned to the platform to get 305 kgs. on the board. Les Pilling managed 270 then 285 kgs. and passed on his third. Vermote from Belgium managed 270 on his second. My second of 320 kgs. went well so 332.5 kgs. was the target. I succeeded only to step back before rack signal, no lift. On to bench press, Vermote managed 145 kgs., Pilling 190 kgs., myself 225 kgs. on the third attempt. On the deadlift Vermote pulled 225 kgs. for a 640 kgs. total, Les Pilling pulled an excellent 300 kgs. beltless for 775 kgs. and I finished with 272.5 kgs. for 817.5 kgs. total, definitely a nerve jangler. The 125 kgs. class had last years 1st and 2nd placing athletes Maxim Tikhonov, Russia and Gerald Pilling, England. Along with M3, Hamish Davidson, European masters champ. In the squat

Tikhonov went 335 whilst Pilling got 312.5 kgs.. Tikhonov has been injured for quite a while (Triceps) so bench press was a nervy affair. Pilling entered at 200 kgs. but couldn't get a bench press passed, Tikhonov managed 210 kgs. Gerald is a great deadlifter, but unfortunately didn't get a chance to prove it today. Maxim reversed last years result finishing off with a 295 kgs. deadlift and 840 kgs. total.

Hamish Davidson took second spot with 545 kgs., a little below par. At 145 kgs. Steven Brown, USA on his own squatted 237.5, managed an M3 World bench record 182.5 and deadlifted 285 M3 World Record for 705 kgs. total. This man has personality and talent, he will undoubtedly improve once he gets the hang of converting pounds to kilos. Finally the 145 kgs.+ two lifters Dave Fitzhenry, Ireland and Alan Borden USA. Dave had lifted unequipped yesterday and just took a token squat and deadlift so that he could attempt 300 kgs. on the bench press again. Alan Borden managed 280 kgs. squat but failed to register a bench press and so made no total. Meanwhile Dave Fitzhenry got 280 WR on his first attempt but missed



Della Milbourne - of Ireland in the 58.5 kg. class

SECOND EDITION

POWER EATING

BUILD MUSCLE
BOOST ENERGY
CUT FAT

SUSAN M. KLEINER, PhD, RD
with Maggie Greenwood-Robinson

POWER EATING... is your nutritional guidebook to gaining muscle while cutting fat. Written by a consultant to the NBA, NFL, and world class bodybuilders, POWER EATING focuses on the specific dietary needs of serious strength trainers. This 2nd edition contains all the updated info on building strength and power, increasing energy, and losing fat. A unique rating system is available in the book to determine if a particular supplement will be worth the investment to you, possibly useful, a waste of time, or harmful. POWER EATING is available from Powerlifting USA, Box 467, Camarillo, CA

2 subsequent attempts at 300 kgs., its just a matter of time. Some very good lifting done in difficult conditions, I certainly hope that host nations in future take care when organising such events, WDFPF rules are there for a purpose. I wish everybody good health for next years World Championships in Ireland. (Thanks to Mark Norton for providing these meet results to Powerlifting USA)

AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form

Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455

Need more information? Go to: www.adfpf.org

ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADFPF and WDFPF so choose.

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

Referee Ranks & Organizations

Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF. The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officials who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).

Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF. All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

308 lbs.	
Submaster II	
C. Espinosa	
PS	CR BP DL TOT
WOMEN	
SHW	
Police/Fire	
J. Pearson	88 176 303 567
MEN	
148 lbs.	
Pure	
J. Tappendick	132 270 143 545
181 lbs.	
Junior	
R. Davidson	77 126 286 490
220 lbs.	
Master Pure	
D. Fellows	126 220 485 832
275 lbs.	
Submaster Pure	
R. Osburn	0 330 545 876
MEN	SQ BP DL TOT
148 lbs.	
Pure	
J. Tappendick	143 270 143 556
220 lbs.	
Submaster I	
Droegemeier	562 325 474 1361
Submaster Pure	
Droegemeier	562 325 474 1361
275 lbs.	
Submaster Pure	
R. Osburn	600 330 545 1477
(results courtesy of Jim Duree/Rich Peters)	

being with us for these events and all the inconvenience they go through to be with on a Saturday. Of special note, is outsider James Smith, making his second appearance, who won the 165 lb. weight division. The event ran like syncho-mesh with everyone (judges, lifters, spotters, and announcers) working in unison to make the meet a pleasant experience. We want to thank all involved and show our appreciation for everyone's continued support and participation. (Results by Nate Glover)

SCIG 2nd Anniversary Invitational	
22 OCT 05 - Graterford, PA	
MEN SQ BP DL TOT	
114 lbs.	
Goodiel	160 130 265 555
123 lbs.	
Morningwake	315 190 350 855
132 lbs.	
Jones	220 165 350 735
148 lbs.	
M. Revels	430 335 495 1260
165 lbs.	
J. Smith	430 300 475 1205
Castellano	450 280 430 1160
Short	315 180 300 795
181 lbs.	
S. Williams	365 335 430 1130
Casey	405 275 450 1130
A. Wheeler	385 225 400 1000
198 lbs.	
J. Brookins	600 460 675 1735
Porter	600 375 640 1615
Fleming	425 300 425 1150
220 lbs.	
M. Draper	700 405 665 1770
A. Carrion	550 325 550 1425
Bath	370 330 375 1075
242 lbs.	
N. Glover	780 500 765 2045
Perry	625 405 605 1625
A. Cartair	500 365 750 1515
A. Presbury	425 335 585 1335
Green	375 365 405 1145
275 lbs.	
Terreo	400 365 500 1165
319 lbs.	
Ellison	400 420 500 1320
K. Young	350 350 450 1150
319+ lbs.	
Mayer	500 425 530 1455

Program Supervisor: Charles Bradley, CAS. James Smith is the first outside lifter to win the 165s. Outstanding Lifter: Nate "Hard Core" Glover. Shawn Williams won the 181s based on bodyweight. Coach Bradley, CAS, issued the challenge, inviting all lifters the chance to test their metal. The gauntlet was laid down and the response was good, but the turn-out could have been greater. It seems that many talk the talk, but hesitate when it is time to stomp with the big dawgs. The Muscle Boys put on cruise control, with Nate "Hard Core" Glover being the only one on full throttle. A couple of equipment malfunctions may have prevented him from breaking two records. "Animal" Porter, 198 class, competing for the first time, gives the Muscle Boys another 198 to be reckoned with. We truly want to thank the three participants from the outside: CO Ulikowski, CO McCloud, and James Smith, for their support of our program. Their participation at all of our meets is taken as a sign of their labor of love, and we sincerely thank them for

Minnesota State Raw BP
27 AUG 05 - ST. Bonifacius, MN
BENCH M. Stanchfield
WOMEN 329
111 lbs. Subs/Military
Open Hattenburg 329
M. Zorn 112 220 lbs.
SHW Open J. Goodman 300
Open K. McWithey 206 4th-310
MEN 114 lbs. Master I K. Maye 316
Teen/Open B. Dressen 222 R. Wolf 250
148 lbs. L. Kollaug 247
Teen 4th-266 M. Pope 244
J. Eastburn 233 242 lbs.
4th-241 Open C. Staples 465
Open B. Dressen 222 165 lbs.
4th-476 Open C. Staples 465
Teen J. Donnelly 252 275 lbs.
4th-255 Subs B. Graupman 335
Open A. Olsen 329 Open/Subs S. Perkins 484
181 lbs. 4th-500 Open J. Passer 340 308 lbs.
Open 198 lbs. T. Hendricks 393
Open M. Neidecker 390 4th-401 J. Salazar 432
4th-406 J. Kollauf 500 B. Larson 382 SHW
Open/Subs J. Hirdler 382 Open/Subs T. Hedike 423
T. Peterson 401
The MRPBPF, Minnesota Raw Power bench Press Federation, had its first state championship. The quantity of people was down, but not the quality. There were 17 state records set and many personal bests. Thanks to all the spotters and judges on another job well done. Also, thanks to Ripped Gym owner Aaron Olsen for use of his gym and Carista Olson, Scott Eickhoff, for the bookkeeping. Special thanks to Powerlifting USA, Wesley Kampen at Monster Muscle and House of Pain for the continued support of our federation. (Meet results by Trent Hedike)

PDA has DEAD NUTS ...

Time flies. Piedmont Design

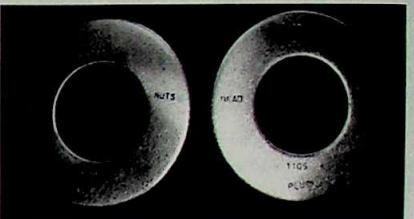
NEW PRODUCT

Associates (PDA) has had an ad in Powerlifting USA since 1992. Check out the cover of the December PL USA proclaiming the 1201 (pound) squat. Then notice the high

quality Ivanko plates in the photo. They're Metric. Why? Many lifting organizations require Metric plates. Iron-ically, the same organizations also require official new records to be by at least 1 pound. Reasoning aside, the official minimum Metric record plate size is $\frac{1}{4}$ Kilo, 1+ pound per pair. More precisely, 1.10231113111 pounds.

We had discontinued our Metric fractional plate line because there simply wasn't enough volume to justify them. However, so many of you kept requesting Metric plates that we realized we should do something. Some wanted $\frac{1}{2}$ Kilo plates and some wanted $\frac{1}{4}$ Kilo plates. We had already learned the inventory lesson - we would only stock one size.

The logic of the two preceding paragraphs made the $\frac{1}{4}$ Kilo decision. If we were going to bring back any Metric plates, we wanted them to be at least



equivalent to any top-of-the-line plate. Our criteria came down to: engineered to precise weight with zero tolerance, unitary construction (no parts), forever material, forever finish, forever weight, lowest possible cost, minimum sleeve space, and tougher than nails. And that's what we did. Dead Nuts - the old machinist term for "exactly what it is supposed to measure, without deviation, a zero tolerance." We offer Ironhorse™ DEAD NUTS STAINLESS STEEL OLYMPIC 1/4 KILO RECORD PLATES (SSOMDN), precise 250 gram Olympic plates with +/- 0 Grams accuracy at \$9.95 each, minimum two pair, plus \$9.95 East Coast S&H up to 4 pair. And, yes, all Dead Nuts are stamped 'DEAD NUTS'. For more information visit www.strengthengineering.com. PDA has DEAD NUTS. Do you?

World Natural Powerlifting Federation (WNPF) Membership Registration

LASTNAME _____ FIRSTNAME _____ INT. _____

STREET ADDRESS _____

CITY,STATE,ZIP _____

AREACODE,TELEPHONE: _____ DATEOFBIRTH: _____

AGE: _____ SEX: _____ CHECK ONE: LIFETIME DRUGFREE: _____ 5YRSMIN: _____

REGISTRATION FEE

\$10.00 SPECIAL OLYMPICS
\$20.00 HIGH SCHOOL
\$40.00 ADULTS
\$30.00 SENIORS (65+)

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:

WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(678) 817-4743

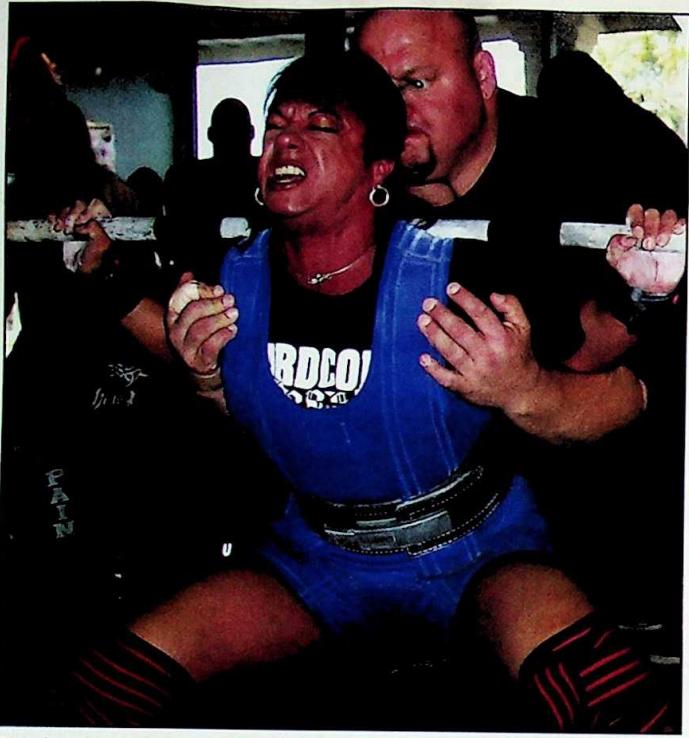
SIGNATURE/PARENTS SIGNATURE IF UNDER 18

DATE: _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

**SPF/WBPLA World Powerlifting
12 NOV 05 - Gatlinburg, TN**

DEADLIFT		220 lbs.			
WOMEN		D. Whitaker	705		
Teen		M. Hood	550		
148 lbs.		308 lbs.			
A. Rogers	225	J. Jesse	600		
MEN		R. Mangrum	455		
Push Pull		BP	DL	TOT	
WOMEN					
181 lbs.					
P. Slaton	175	325	500		
MALE					
Pre-Teen					
181 lbs.					
J. Hill	135	250	385		
181 lbs.					
W. Stover	250	380	630		
220 lbs.					
T. Simmons	435	475	910		
M. Hood	360	550	910		
242 lbs.					
J. Hill	475	600	1075		
259 lbs.					
J. Burnette	485	500	985		
275 lbs.					
B. Pickett	555	525	1080		
308 lbs.					
J. Jesse	500	600	1100		
R. Magnum	475	455	930		
SHW					
A. Ervin	450	655	1105		
Submaster					
181 lbs.					
W. Stover	250	380	630		
198 lbs.					
J. Pickett	440	575	1015		
220 lbs.					
T. Simmons	435	475	910		
242 lbs.					
P. Waters	430	315	745		
Master (40-44)					
220 lbs.					
S. Brown	425	540	965		
Master (45-49)					
198 lbs.					
D. Overbay	265	465	730		
220 lbs.					
J. McDonald	365	500	865		
Master (65-69)					
220 lbs.					
R. Finch	275	435	710		
WOMEN	SQ	BP	DL	TOT	
Teen					
181 lbs.					
J. Patterson	165	105	230	500	
MEN					
Teen					
123 lbs.					
A. Buress	170	125	250	545	
148 lbs.					
R. Whitmore	365	255	440	1060	
R. Sims	250	150	270	670	
Junior					
242 lbs.					
J. Harris	580	345	560	1485	
Open					
165 lbs.					
J. Forbes	340	200	400	940	
181 lbs.					
R. Lewis	600	500	600	1700	
A. Bowen	565	370	605	1540	
220 lbs.					
M. Hill	800	530	600	1930	
242 lbs.					
J. Hill	635	475	600	1710	
259 lbs.					
S. Jenkins	705	500	625	1830	
Clevenhagen	585	490	650	1725	
J. Burnette	600	485	500	1585	
275 lbs.					
J. Robinson	800	500	625	1925	



Carolyn Myers PR'd a SQ at the Southern States, but bombed in the BP

**APF Southern States
3,4 DEC 05 - Jacksonville, FL**

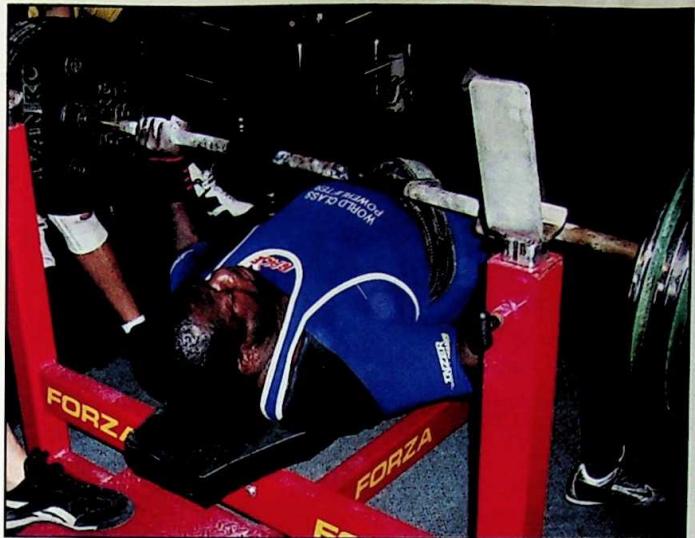
BENCH		Open			
WOMEN		181 lbs.			
148 lbs.	159	198 lbs.			
J. Hieatt		J. Williams	429		
198 lbs.		T. Colomb	402	220 lbs.	
T. Colomb		C. Witmer	325	C. Holloway	352
MEN				242 lbs.	
Master				T. Burns	451
181 lbs.				275 lbs.	
E. Edwards	352	M. Witmer	556		
220 lbs.		J. DeGiovine	551		
L. Sposato	380	A. Manske	523		
242 lbs.		J. Johnson	457		
N. Martin	407	T. Conyers	440		
275 lbs.		R. Lawrence	584		
M. Witmer	556				
WOMEN	SQ	BP	DL	TOT	
Open					
105 lbs.					
B. Lemus	226	170	248	644	
123 lbs.					
P. Rotsinger	330.7	170	363	865	
132 lbs.					
M. Kirkland	418	209	369	997	
A. Franciscus	336	132	303	771	
148 lbs.					
G. Sanchez	347	121	319	788	
165 lbs.					
S. Krupinski	402	275	457	1135	
198 lbs.					
S. Motter	424	303	330	1058	
MEN					
Junior/Teen					
165 lbs.					
J. Ladnier	358	181	402	942	
198 lbs.					
J. Morris	584	385	501	1471	
242 lbs.					
J. Herrera	705	485	600	1791	



Dave Agostini had a 6/9 day in the Masters at the APF Southern States

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Dondell Blue benched 628 and totaled 2325 as a light 242 at the APF Southern States Championships. (Greg 'Gearman' Jurkowski photos)

C. Woods	501	319	402	1223	242 lbs.
275 lbs.					B. Beekley
N. Moretto	881	501	622	2006	551 363 633 1548
Master					275 lbs.
148 lbs.					S. Bessent
D. Whitney	440	231	479	1151	551 374 584 1510
181 lbs.					SHW
D. Pittman	611	380	551	1543	B. Moore
D. Agostini	545	363	540	1449	727 523 766 2017
198 lbs.					Open
D. Herring	551	347	512	1410	132 lbs.
220 lbs.					J. Wilcox
D. Kouf	738	501	628	1868	275 303 325 903
J. Thrift	562	402	523	1481	148 lbs.

181 lbs.	B. Tincher	705	507	600	1813
D. Cagnolatti	705	523	573	1802	
J. Castiglione	650	385	534	1570	
C. Norman	551	363	540	1455	
T. Travis	501	347	501	1350	
198 lbs.	D. Flesh	804	490	600	1896
C. Rekas	655	418	512	1587	
J. Williams	600	429	512	1543	
J. Morris	584	385	501	1471	
D. Herring	551	347	512	1410	
T. Jones	496	385	451	1333	
L. Liberto	369	248	407	1025	
220 lbs.	D. Blue	975	628	722	2325
R. Jones	865	600	722	2188	
M. Thompson	777	534	722	2033	
B. Myers	843	573	600	2017	
J. Jordan	810	512	584	1907	
J. Frazier	683	474	628	1785	
R. Weinstein	672	479	622	1774	
C. Hendrix	644	463	567	1675	
G. Baggett	600	440	512	1554	
S. Jones	501	319	551	1372	
M. Bonura	413	308	429	1151	
275 lbs.	C. Bailey	1036	600	705	2342
P. Story	948	622	766	2336	
C. Fay	1008	584	655	2248	
L. Estevez	920	628	600	2149	
N. Moretto	881	501	622	2006	
M. Lawson	722	474	716	1912	
R. Gregg	782	474	600	1857	
M. Stuchiner	782	446	621	1857	
308 lbs.	S. Weech	1102	633	722	2458
J. Vaughn	903	523	749	2177	
SHW	S. Crumbley	1074	578	655	2309
J. Ewing	1025	551	661	2237	
K. Southwood	744	556	611	1912	
Guest Lifters	J. Hoskinson	1102	600	700	2403
Best Lifter Women: Margaret Kirkland.					
Best Lifter Men: Dondell Blue. Teams: 1st-Team Samson. 2nd-World's Gym Merritt Island. (Thanks to Huge Iron for results)					

DON'T TRAIN ALONE -
ALWAYS USE
SPOTTERS.
DON'T TRAIN WHEN HURT -
ALWAYS CONSULT
YOUR DOCTOR.

Iron Warriors Meet			
JUN 05 - State Farm, VA			
MEN	SQ	BP	DL TOT
148 lbs.	M. Hines	255	275 405 935
165 lbs.	T. Moye	370	225 505 1100
B. Cherry	405	250 455 1110	
181 lbs.	P. Athey	575	325 550 1450
G. Boney	400	335 555 1290	
G. Brown	550	335 595 1480	
A. Seeley	420	265 510 1195	
220 lbs.	J. Downey	415	265 465 1145
R. Green	580	345 550 1474	
242 lbs.	W. Donnelly	440	305 455 1200

Powhatan Iron Warriors hashit the platform again, with some impressive numbers. We are very proud of the young power lifters who are new to the sport. They are making constant gains from determinations, dedication, and hard work. We would like to thank Ms. R. Jackson, Recreation Supervisor, for making this possible and keeping guys interested in weight training. We'd also like to thank the spotters and the guys who helped change the weight. Thanks to the Assistant Coach, Mr. Green, for recording the numbers and sending them in. (results from Paul Athey)

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Captains of Crush®: The first name in grippers.



Whether in the gym, out on the field, or on the street, you are only as strong as your hands—it doesn't matter if you are wrestling alligators or going for the gold, if you can't hang on to whatever you're battling, all the core strength in the world won't do you one lick of good.

For over fifteen years, Captains of Crush grippers have been the world standard for building and testing hand strength. They are the tool of first choice for everything from injury prevention and rehabilitation to recreational training and ultimate feats of hand strength.

Available in seven strengths, for a perfect fit:

- ★ Guide @ 60 lb. — for entry-level training and rehabilitation
- ★ Sport @ 80 lb. — warm up and condition your hands
- ★ Trainer @ 100 lb. — if you're ready for serious grip training
- ★ No. 1 @ 140 lb. — if you have been training your crushing grip or have unusually strong hands
- ★ No. 2 @ 195 lb. — if you have—or want!—a truly extraordinary grip
- ★ No. 3 @ 280 lb. — take your place among the elite grip masters*
- ★ No. 4 @ 365 lb. — the ultimate feat of (crushing) grip strength*

*close our No. 3 or No. 4 Captains of Crush Gripper under official conditions and you will be certified and your name will be added to our list.

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*S&H \$6.00 for one in the U.S., US\$7.00 in Canada, US\$11.00 for all others, for more shipping information, please go to How to Order at www.ironmind.com. CA customers please add 7.375% sales tax.

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 Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

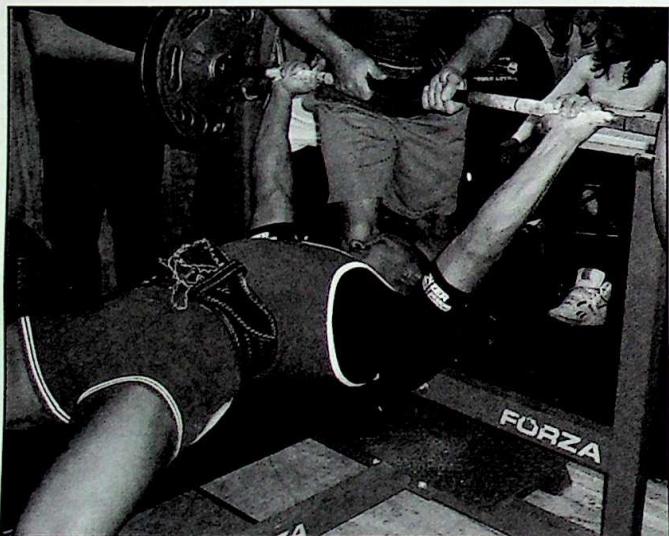
Phone _____ Email _____

Date of Birth _____ Age _____ Sex _____ US Citizen _____ Club _____

Prices: Adult \$30.00 Teenage \$15.00 Special Olympian \$10.00

 Signature _____ If under 21 Parent or Guardian _____

Card expires 12 months from date of purchase



Steven Gawlik with 340 at the ANPPC Nationals (D. Latch photos)

**ANPPC National Championship
 29 OCT 05 - Tuscola, IL**

SQUAT	220	lbs.	
MEN	D. Haycraft	550*	
Master (45-49)	DEADLIFT		
220 lbs.	WOMEN		
R. Butcher	405*	Master (40-44)	
BENCH	132	lbs.	
MEN	L. Ashley	300*	
Master (55-59)	MEN		
181 lbs.	Master (50-54)		
R. Carlson	305	220	lbs.
198 lbs.	B. Ferro	600	
D. Williams	340	Open	
Open	165	lbs.	
	D. Latch	320*	
WOMEN	SQ	BP	TOT
Open	114	lbs.	
S. Qasem	330*	215*	340*
132 lbs.			885*
T. Monford	185	120	260
MEN			565
Junior			
165 lbs.			
P. Halverson	380	—	—
198 lbs.			
R. Morris	525*	415*	475*
242 lbs.			1415*
E. Powers	600*	300*	525*
			1425*

Submaster				
275 lbs.				
B. Cripe	650*	525*	630*	1805*
Master (45-49)				
165 lbs.				
D. Phillippe	475	320	—	—
198 lbs.				
J. Dougherty	540	360	570	1470
242 lbs.				
C. Price	650	—	—	—
Master (50-54)				
220 lbs.				
B. Ferro	640	405*	600	1645
Master (55-59)				
181 lbs.				
R. Carlson	425	305	385	1115
Master (65-69)				
220 lbs.				
T. Hall	400*	215	500*	1115*
Open				
181 lbs.				
M. Strom	610	510*	470	1590
S. Gawlik	600	330	570	1500
242 lbs.				
E. Ruff	435	305	500	1240
275 lbs.				
T. Wilke	500	405	510	1415

*=ANPPC national records. Best Lifter Powerlifting Women: Sue Qasem. Best Lifter Powerlifting Master: Bernie Ferro. Best Lifter Powerlifting Open: Brian Cripe. Best Lifter Bench: Doug Haycraft. The ANPPC National Powerlifting Championship was held at Sun Light Power Gym in Tuscola, Illinois. Another great ANPPC competition!

In the full meet we had one of the nations greatest natural raw lifters in Suhe Qasem. Weighing in at just 107 Suhe squatted 330, benched 215 and pulled 340 for an 885 total! Suhe's squat and deadlift were both more than triple her bodyweight! She also set all new national and world ANPPC records for her efforts and received the best lifter honors among the women as well! First-time full meet competitor Teresa Monford also did well, finishing with an 185 squat, 120 bench and a 260 deadlift for a 565 total. Not too shabby! In the junior men's division it was Phil Halverson, on his way to new national records in the bench and total, when he was called into work after his 380 squat. Robert Morris set all new national marks at 198 with his 525 squat, followed by his 415 bench and 475 deadlift, to finish with 1415. Training partner Eric Powers did the same at 242 with a personal best 600 squat, 300 bench and 525 pull for a 1425 total and all new records there as well. Best lifter Brian Cripe had his greatest meet to date, breaking all of his previous national records with his 650 squat, followed by his 525 bench and 630 deadlift for a great 1805 total. All were also new personal and national records for Brian. In the master men's 45-49 division Doug Phillippe started his day with a personal best 475 squat. Following that with a strong 320 bench, Doug then dropped out of the competition. John Dougherty really had a good day, even with his frustrations, finishing with a 540 squat, 360 bench and a 570 deadlift for a 1470 total. John's 570 pull tied the existing national record at 45-49/198. Chuck Price got in his 650 opening squat, coming close with a 705 final attempt, but bombed out on the bench, leaving the meet. The "Great One", Bernie Ferro, showed everyone what a man over fifty should look like and lift like. The bodybuilder, trainer, and powerlifter won again at 50-54/220 with a great 640 squat, 405 national record bench and a 600 pull for a 1645 total. Bernie was also awarded the best lifter trophy for the master lifters. Richard Carlson repeated as national champion at 55-59/181 with solid lifting. Richard finished with a 425 squat, 305 bench and a 385 deadlift for a 1115 total. Tom Hall had a great day, breaking the national records for the squat (400), deadlift (500) and total (1115) for the 65-69/220 class. Tom also had a 215 bench. In the open division it was Mike Strom at 181 with a big 610 squat, followed by a national record 510 bench. A 470 pull gave Mike a great 1590 PR total. Second place at 181 went to Steven Gawlik, a great "raw" lifter. Steven got his first official 600 squat to go along with a 330 bench and a personal best 570 pull for a first-time 1500 total! Lifting in his first competition in more than ten years, Eric



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State or Province _____ Zip Code _____ Country _____

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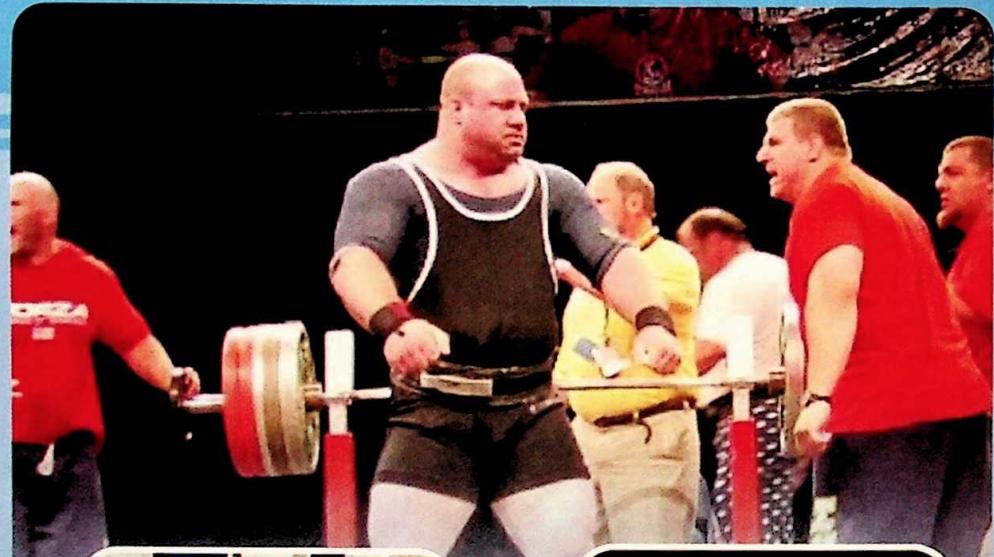
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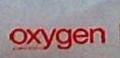
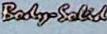
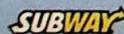
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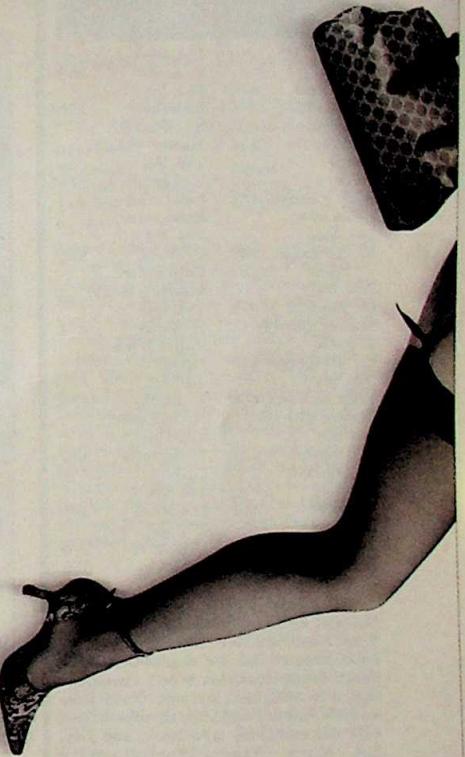
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lifted unopposed in the 114 lbs. mens division, where all of his lifts constituted new state records. Another youth lifter, newcomer Jesse Theama, 8, of New London, was 1st in the 88 lbs. deadlift only division, with a lift of 119 lbs., which he easily pulled. Jesse clearly has a lot more in him, but NASA rules prohibit youth athletes (5-12) from lifting more than 150% of their bodyweight. Sheboygan YMCA members Dale Alsteen, 52, and Steven Korff, 45, both set state records in the bench press only division. Alsteen broke a masters (50-59) record in the 198 lbs. class, with a lift of 340 lbs. Korff set a masters (40-49) record in the 198 lbs. class, with a bench press of 420 lbs. Competing in his first Meet, Jeremy Klevene, 29, of Pittsville, set a raw bench press record of 300 lbs., in the 181 lbs. mens bench only division. Korff's bench press of 420 lbs. also broke his own powerlifting bench press record of 415 lbs. Sheboygan YMCA lifter Dennis Ploetz, 46, broke the powerlifting bench press record in the 181 lbs. masters (40-49) division, with a lift of 305 lbs. Gary Reichert, 45, of Iola, broke the bench

press record in the 165 lbs. masters (40-49) division, with a lift of 330 lbs. Sheboygan's Steve Behrens, 52, had a big day, breaking 3 records in the 242 lbs. masters (50-59) division, with a 495 lbs. squat, a 350 lbs. bench press, and a 1250 lbs. total. Competing in his 2nd meet, Sheboygan's Mark Jacobs, 42, took 1st place in the 220 lbs. novice division, and was one of only 2 lifters in the meet to successfully complete 7 out of 9 attempts. His personal best lifts included a 405 lbs. squat, a 325 lbs. bench press, and a 480 lbs. deadlift. The best lifter of the day was Scott Lade, 37, of De Pere. Scott had personal bests in the squat and the bench press. Lade competed in the lifetime pure and the open powerlifting divisions, as well as the open bench press only division, within the 275 lbs. weight class. Scott squatted 830 lbs. (376 kgs.) on his 2nd attempt, bench pressed 690 lbs. (313 kgs.) on his 2nd attempt, and had a successful initial deadlift attempt of 630 lbs., which combined for a 2,150 lbs. total. Lade's 2,150 lbs. total is the highest total in Wisconsin history, and breaks by one pound, or 1/2 kilogram, the highest NASA

powerlifting total ever posted in the United States, at a sanctioned, drug-tested meet. When his lifts were compared against the three divisions he was entered in, the lifts netted him 9 Wisconsin state records, and 7 American records. The meet could not have occurred without the outstanding help of 9 staff members. Dennis and Sherri Johnson worked the scoring table for the entire duration of the meet. Denny is without question the best announcer in Wisconsin Powerlifting, and Sherri keeps all the cards and numbers completely coordinated throughout an Event. Judges on hand included National Referee Jack Twel from Beaver Dam, National Referee David Oyler from Chicago Illinois, Spencer resident Donald Murphy, and National Referees Wendy and Job Hou-Seye, both of Sheboygan. Sheboygan residents Craig Bassuener and Marty Becker spotted/loaded for the majority of the day. Finally, we would like to thank Sentry Insurance for giving away free items from the booth they had set up, and the staff of the Country Springs Hotel for their courteous service. (Thanks to Job Hou-Seye for providing these results)



Brother/Sister... D.R. & Katie Berry

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SLP St. Louis Open

18 SEP 05 - Pontoon Beach, IL

BENCH	MEN
WOMEN	Open
Special Olympic	220 lbs.
148 lbs.	D. Berry 425
K. Berry	100*

*Son Light Power records. The Son Light Power St. Louis Open Bench Press Championship was held at the American Family Fitness. Only had two entries, the brother-sister team of Katie and D. R. Berry from Festus, Missouri. Lifting in her first competition, Katie did great, finishing with a new Illinois state record of 100 for the special Olympic women's 148 class. She's hooked now! Brother D.R. came close with a personal best 460, but with a bodyweight loss of 8-10 pounds, his shirt was just a little too loose, so he settled with his opener of 425. D.R.'s lift gave him the title for the open 220 class. Thanks to my son Joey for all his help. (Meet results provided courtesy of Dr. Darrell Latch)

APP Ironman Cla\$\$ic

10 DEC 05 - Fremont, OH

BENCH Only	308 lbs.
MEN	D. Raines 550
220 lbs.	308 lbs.
M. Handshue	610 Masters (45-49)
275 lbs.	P. Primeau 705
T. Rogers	675 SHW
J. Trusty	515 D. Weaver 425
Ironman	BP DL TOT
148 lbs.	M. Liggett 300 445 745
181 lbs.	B. Routzong 370 570 940
B. Seitz	325 605 930
198 lbs.	J. Hanson 500 580 1080
J. Kistler	370 500 870
308 lbs.	B. Bierschback 510 600 1110
M. Bash	475 535 1010
M. Meadows	— 475 475
Masters	
220 lbs.	
S. Guevara	285 505 790
Guest Lifter	
D. Lockshin	300 500 800
Masters	
275 lbs.	
F. Guevara	285 460 745
IronMan Champ (LW); Jamie Hanson.	
IronMan Champ (HW); Bob Bierschback.	
Best Lifter Bench (LW); Matt Handshue.	
Best Lifter Bench (HW); Trent Rogers. No Lift; Jeremiah Burke, Richard Donley, Tracy Wyler, Adam Hicks, Joel Terry, Jeff Ritzler. (Thanks to PowerQuest Strength Promotions for providing the meet results)	

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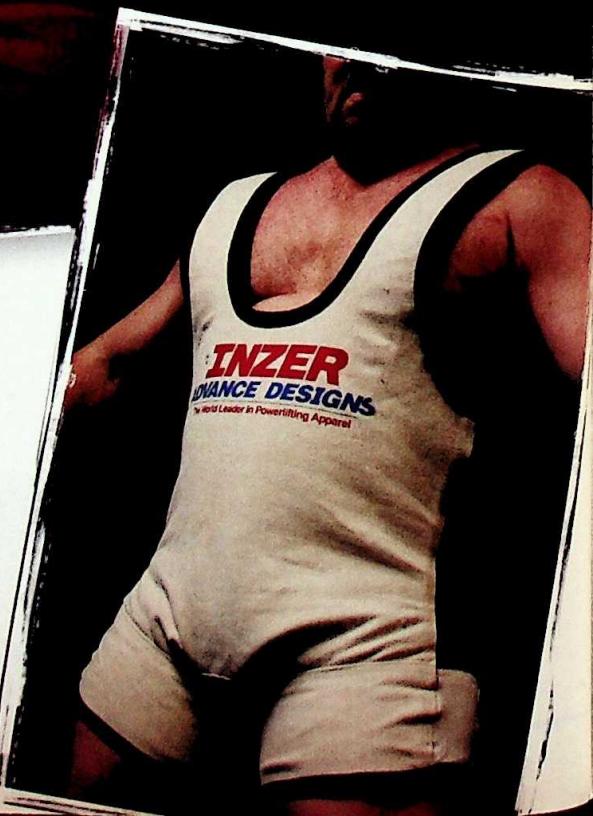
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Butch Adams and David Kennedy at the SLP Mid-America Open.

SLP Mid-America Open

22 OCT 05 - Metropolis, IL

BENCH	MEN	N. Woodcock 435
Teen (13-15)	275 lbs.	J. Carter —
132 lbs.	308 lbs.	M. Rose —
T. Crain	190	SHW
D. Kennedy	180	C. Crisman 405
4th-190*	4th-425	405
Teen (18-19)	DEADLIFT	
198 lbs.	Teen (13-15)	
I. Stone	300	SHW
Junior		D. Kennedy 275*
181 lbs.		Junior
M. Morner	325	181 lbs.
275 lbs.		M. Morner 525
P. Little	485	Master (45-49)
Master (50-54)	165 lbs.	181 lbs.
G. Watkins	300*	R. Cox 500
Master (55-59)	181 lbs.	L. Potts 405
J. Wood	375	4th-435
308 lbs.		308 lbs.
B. Adams	405	M. Rose 550*
Police/Fire		Open
220 lbs.		198 lbs.
J. Contes	405	W. Foster 535
Open		242 lbs.
220 lbs.		N. Woodcock 515
J. Case	390	275 lbs.
242 lbs.		J. Carter 650
J. Lawson	475	

*Son Light Power Illinois state records.
Best Lifter Bench: Philip Little. Best Lifter Deadlift: Joe Carter. The Son Light Power Mid-America Open Bench Press/Deadlift Championship was held at Metropolis Health & Fitness Spa. Thanks to owner Lars Linguist for sponsoring this competition and to Butch Adams for all the hard work he did promoting this event. In the bench press competition Travis Crain won at 13-15/132 with 190, just missing a new state record attempt of 205. At shw it was state record holder David Kennedy upping his personal best to 190 there. In the 18-19/198 class it was Isaac Stone with 300 for the win. Junior lifter Mike Morner, lifting with a slight shoulder injury, finished with 325 at 181. Also at junior was 275 winner Philip Little, who finished with 485. At a 262 bwt. this lift also gave Philip his first overall best lifter title. For the master men's 50-54 division it was Gerald Watkins at 165 with a new

state record 300 final attempt. Jerry Wood returned to competition after more than two years away to capture the title at 55-59/181 with 375. Jerry is the state record holder there with 420. Butch Adams won at 55-59/308 with his opener of 405, though he did come close with a state record 425 final attempt. In the police & fire division it was James Contes with 405. James was competing for the first time. In the open division it was J.R. Case for the win at 220 with 390. At 242 it was Joey Lawson over Nathan Woodcock 475 to 435. Then at 275 and 308 both competitors bombed, unable to get in an opener! Joe Carter just didn't seem to get any explosion off the bottom with 535, while Mark Rose struggled with his shirt and 560. Then at shw it was big Chris Crisman with 405, followed by a 425 fourth attempt. In the deadlift competition David Kennedy set his second state record of the day at 13-15/shw with his final pull of 275. For the junior 181 class it was Mike Morner with 475, though he followed that up with a great 525 fourth! Richard Cox broke the state record at 45-49/181 with an easy 500, while Loren Potts pulled a personal best fourth attempt of 435 to take the win at police & fire/220. Taking the win at p&f/308 was Mark Rose, who also set the state record there with 550. For the open division it was William Foster taking the title at 198 with 535. Nathan Woodcock won at 242 with 515, and a close call with a 535 final attempt. For the 275 class it was best lifter Joe Carter, making just his opener of 650, pulling at a bwt. of 260. Thanks to my son Joey and William Foster for their help loading and spotting and to our trophy girl, Lisa Stein, for helping out. See you all again next year! (Meet results provided courtesy of Dr. Darrell Latch)

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03 SEP 05 - Ft. Lauderdale, FL
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MEN
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A. Kraft 225
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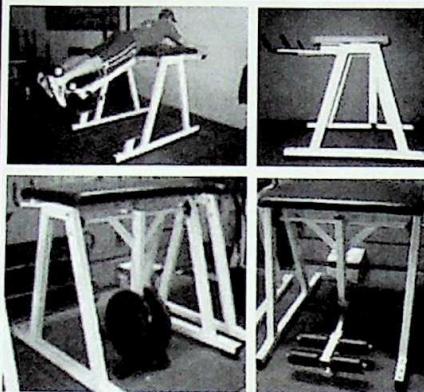
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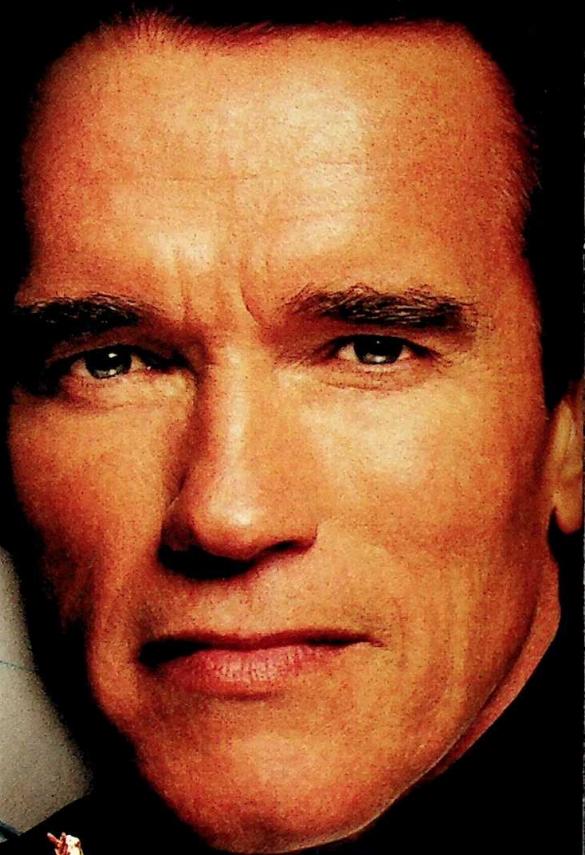
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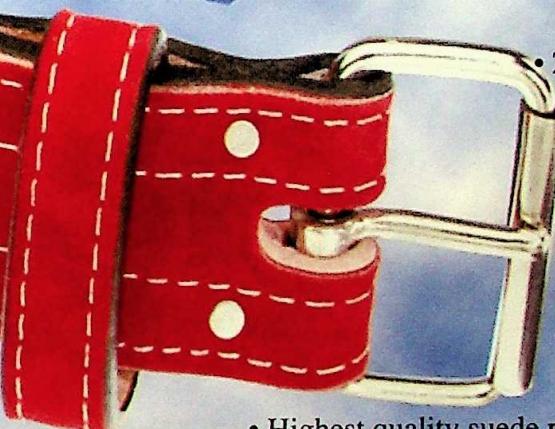
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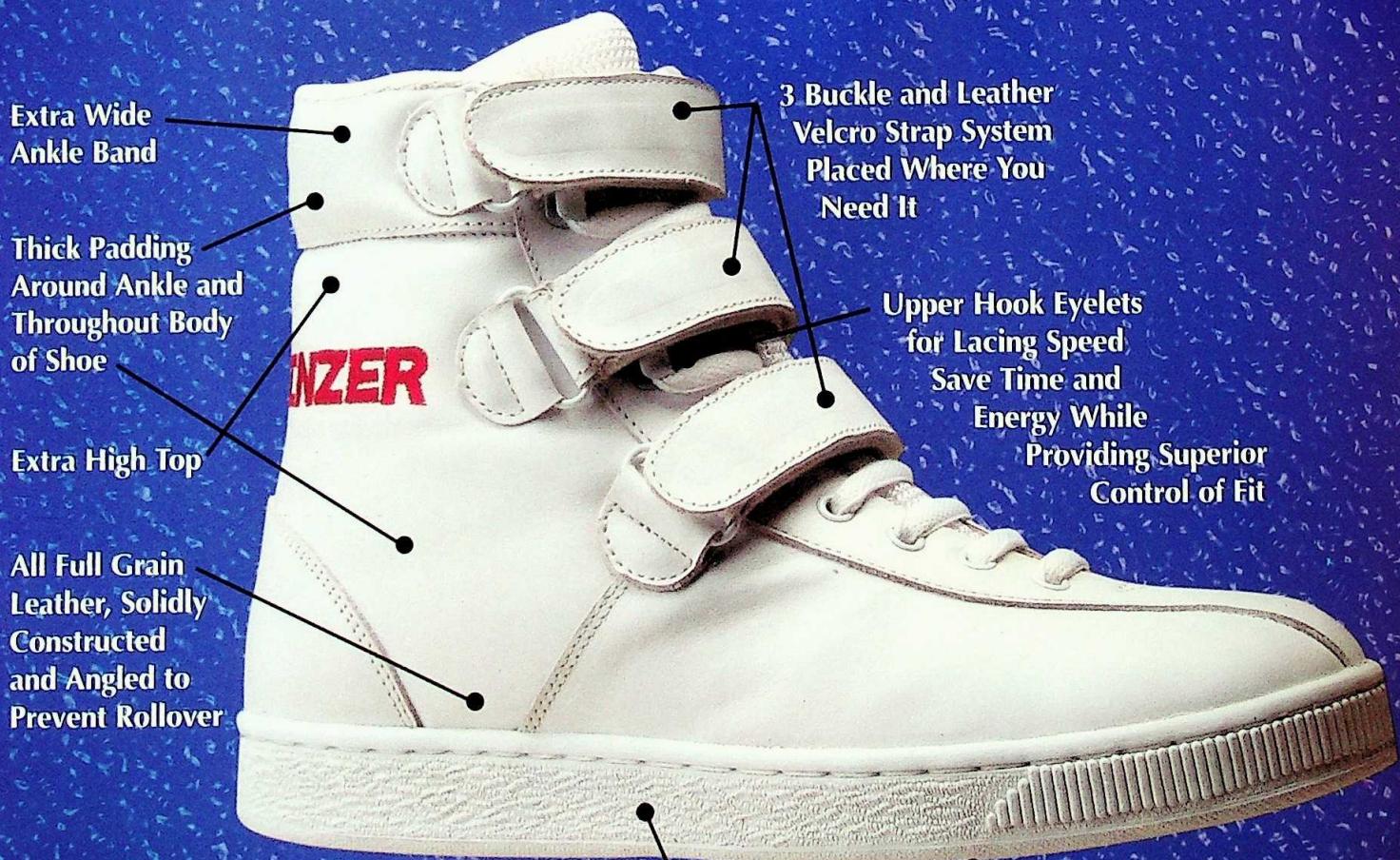
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