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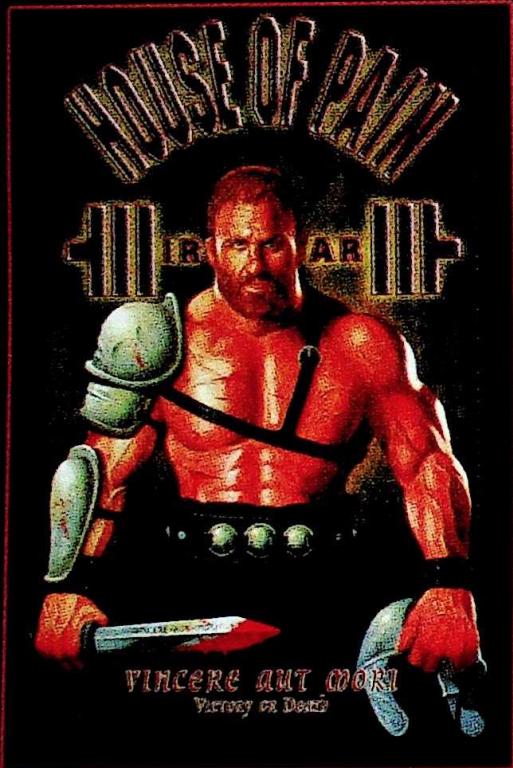
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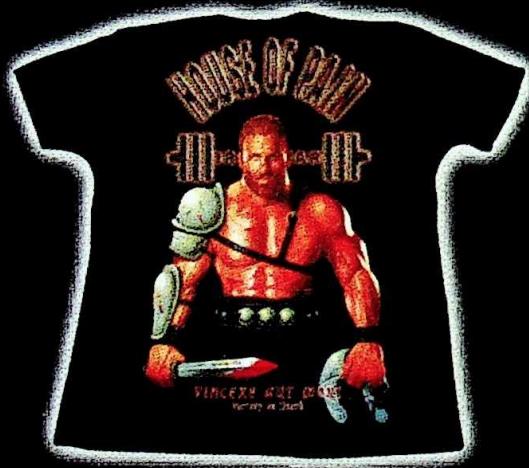


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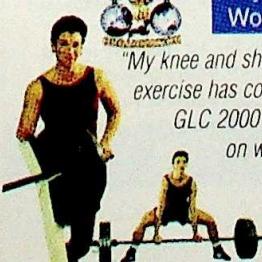
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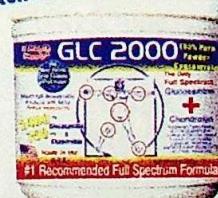
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ON THE COVER Becca Swanson stands alone in Powerlifting

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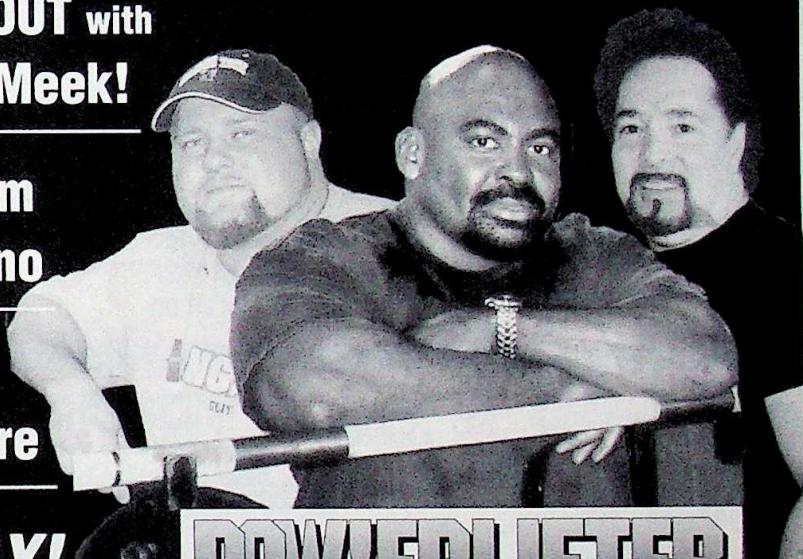
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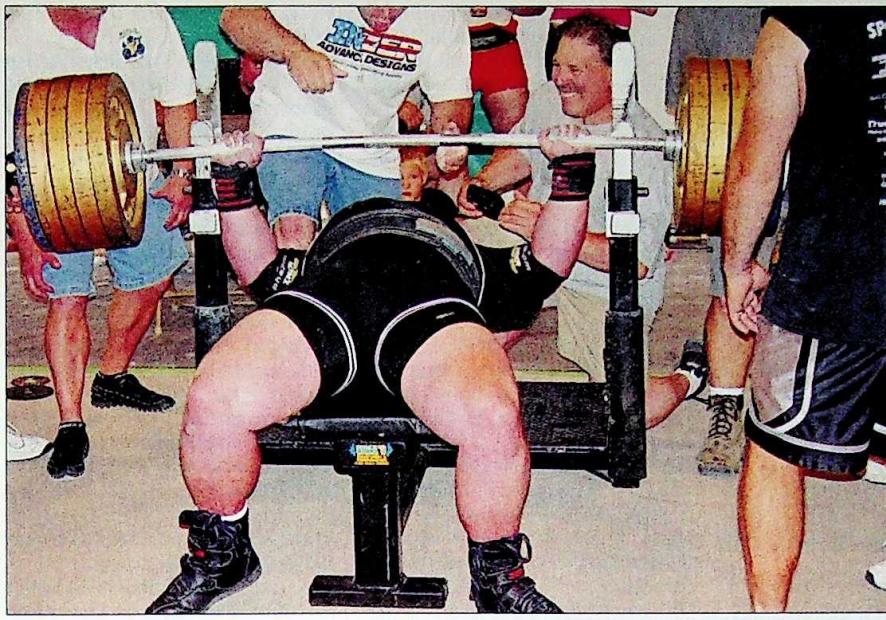
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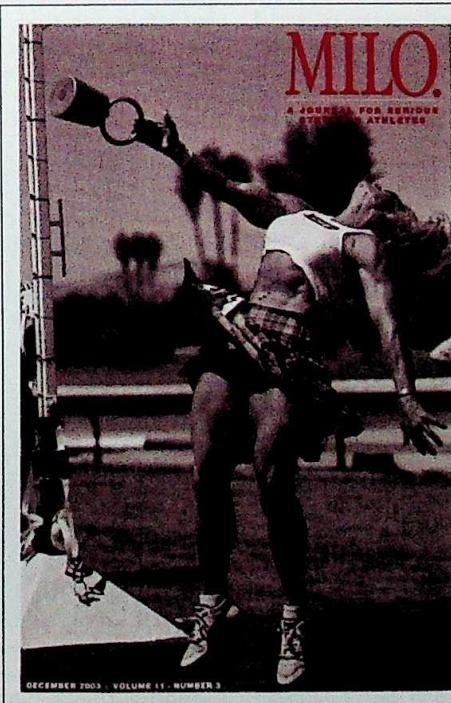
At the IPA World Championships, **Eugene Rychlak Jr.** continued his astonishing assault on the all time record book and the psyche of powerlifters worldwide by driving up attempts of 890, 936, and 965 .. standing this sport on its ear, by surpassing the all time deadlift record in the BENCH PRESS! It was only a bit over a year ago when he first broke the all time bench record (for a day!) with an 810. Mark Kodya's report of his historic moment follows, and above is the photographic record of 965. (photograph by Hoffman)

Remember when the strongest kid in your school was a girl?!

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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IPA WORLD CHAMPIONSHIPS

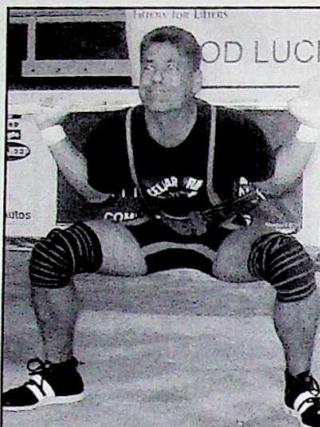
as told to Powerlifting USA by Mark Kodya

The 2004 IPA World Powerlifting Championships in Shamokin Dam, PA were not held in the luxurious hotel ballrooms that IPA lifters have become accustomed to, but rather at the very spacious Champs Fitness and Sports Center, which will also be the site for the 2004 IPA Senior Nationals in November. What the facility lacked in luxury, it made up for in spaciousness and the graciousness and hospitality shown by the facility owners, Donna Nachtway and Glenn Folio.

The IPA logo says "lifters for lifters" but that is really the bottom line for Mark and Ellen Chaillet and the people who help put this meet together. Mark clearly demonstrated that he still has the physical strength that made him one of the strongest men in the world as he literally lugged, carried, pushed, and pulled thousands of pounds of equipment in the form of weights, bars, Monolifts, benches, etc. into position. Admittedly, he has help in doing this, as he does with all aspects of the meet. But the form of that help is even further proof of the true depth of that slogan. Gene Rychlak, knowing he would be attempting more than any man has ever done in the bench press only two days later, was right there moving thousands of pounds of equipment and helping set up the meet. So was Vinny Cooke, who had to lift the next day. And at the end of a very long weekend, there was Mark, Ellen, Gene and Vinny tugging on those same thousands of pounds of equipment to pack up.

Not that Vinny and Gene are the only help Mark and Ellen have, but they are living proof that "lifters for lifters" is more than a slogan with the IPA. In fact, Mark and Ellen specifically mentioned and wished to thank the following individuals whose volunteerism is commendable and without whom the meet would not happen: Brian Riley, Dave Barno, Louie Simmons, Paul Childress, Michelle and Glen Bahn, Bill Schlag, Bev, Ame and Tony, Stacey Bond, Bob Curry, and Mike Lachondro.

There were some very big numbers lifted in the various divisions, which I'll get to in a moment. But first, I want to address a few myths that seem to plague the IPA. For those who have never been to an IPA meet but seem to be experts on the high squats that supposedly get passed at such meets and how it is all in the high tech equipment - you might be surprised that some big names like Kamand and Hutson bombed and that there were several lifters competing raw, while others were wearing single



John Gengo made the trip from New York to win the 148 lb. Amateur Men's Master (40-44) division with an 1180 lb. total.

ply and double-ply poly. Now let's move on to the lifting. About half of those lifting competed in the Amateur divisions, which will be discussed first. Within the discussion of each weight class the three lift meet highlights will precede the bench press only division highlights.

Women's Divisions-Amateurs

123 lbs class: Tracy Mollica was the lone entrant in the three-lift meet. Tracy made all three squats, ending with a 300 on her third. She likewise made all three benches and her best was 110. In the deadlift, she pulled the first two, making 275, before missing 290 on her third. This gave her a fine 685 total.

132 lbs class: Jacqueline Joyce was our lone entrant here. Unfortunately, Jackie did not get the lifts she was hoping for in the squat and bench press, but 290 and 210, respectively, are still something to be happy with. She added a 300 third attempt deadlift to total 800.

148 lbs class: Ruth Souders lifted in the masters (40-44) age group of the raw division, but was the only entrant in the weight class. Ruth made all three squats, ending with a 255 effort, and all three bench presses, with 135 being her best there, and all three deadlifts, topping out at 310. This nine for nine performance gave her a 700 total.

SHW: Young Erin Ryder, in the 18-19 age group, was the lone entrant in this class and was entered in the bench press only. Erin was credited with a 245 on her third attempt.

Men's Divisions - Amateurs

114 lbs class: This class was light on numbers, but certainly not on talent. At 114, Gary Zeolla put together a fine 405-210-410-1025 total on a seven for nine performance that included three world records.

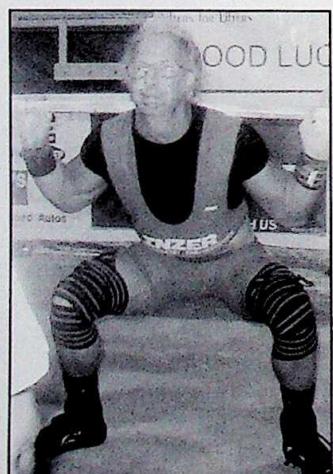
Gary competed in the Master's 40-44 age group, as well as the Open division.

123 lbs class: It was good to see Rich Green lifting again. Rich is just one of the most likable guys you will see at a meet. He hit a fine 365-205-345-915 in the open division. Rich made only four of his eight attempts. When he is able to put together more attempts, he will be over 1000.

132 lbs class: Teen Sean Lagravensis, at 132 lbs., put together a 930 total that showed plenty of potential for the future. Sean, 16, made all of his attempts except for one bench press and he'll get that next time out.

148 lbs class: Mark Permattei in the Junior division, hit 500-275-500-1275 on a six for nine day, Mark smashed the existing IPA Junior world squat record of 475 lbs. with a fourth squat attempt of 525 lbs.

At the opposite end of the age spectrum, in the Masters divisions, John Gengo and Richard Gidcumb demonstrated vividly that age is not necessarily an obstacle to strength. Gengo was in the Master 40-44 age division and hit 425-285-470-1180 and, as is his modus operandi, made all nine attempts. Richard Gidcumb was in the 65-69 age group of this class and made 340-250-385-975 at an age when some people can't add those numbers, let alone lift them. Richard, who also competed in the bench press only portion of the contest, came all the way from Oklahoma to lift and he took back a world record bench press after going eight for 11, which included close attempts at a few more records. In the bench press contest, Gidcumb was joined by Cody Bartlett. Cody is well known in the New York State area, where he has competed extensively, and was credited with a 240 here, but



Richard Gidcumb (Michigan) proved that he still has the power winning the Amateur Men's Master Best Lifter Award while breaking a couple of IPA records in the process. (Chaillet photo)

it was not enough to overtake Richard.

165 lbs class: Kris Hicks lifted in the Teen 18-19 age division and made all but his final squat en route to a fine 1360 total. Steve Sciarappa lifted in the open division and posted a fine 1210 total, making all of his attempts in the process. Master lifter (50-54 age group), Doug Kline, missed his first and third attempts in the squat before turning in a flawless six for six performance in the bench press and deadlift to total 960. Brian Crowe had a unique opportunity to not only lift in his hometown, but in his home gym, and he certainly rose to the occasion. Brian competed in the Elite Amateur division of this weight class and he made five attempts to hit a 1700 total. Nice job, Brian. He gave 700 a good try in the squat and will get that next time out.

Among the benchers, Zach Goldsmith was in the junior age group, but also competed in the Open division. Zach made an IPA record 382.5, which was tops in his age group and the open category. Also in the open category were Rudy Hillyard and Robert Legg. Rudy is perhaps the most inspirational lifter I have ever seen. At many meets, it has become relatively commonplace for individuals with certain obvious disabilities to compete and often there is a special division. The special division is deemed necessary because it is felt and seems obvious that these individuals could not possibly compete in the open class fairly. Rudy Hillyard makes a mockery out of that line of reasoning. A 375 pound bench press at a bodyweight of 165 or less will be competitive anywhere. Robert Legg competed in the 50-54 age bracket, the open division, and the police division. Robert took and made 155, 210, and 220.

181 lbs class: This class had two teenagers, albeit in different age groups, and three masters who put on a fine display of power at both ends of the age spectrum. Michael Welcheck lifted in the 16-17-year-old age group and made but five attempts en route to a 1350 total. Adam Martik lifted in the 18-19 age division and made four attempts for a 1435 total that could easily have been another hundred pounds more, based on his attempts. At age 45, Fred Permattei was definitely old enough for the Masters division, but he chose to compete in the open as well. Fred missed his second attempt in the squat with 655 but came back to make it on the repeat. He cruised through all three benches, ending with a nice 460, and his first two deadlifts before missing a 600 third attempt and was credited with a fine 1700 total. Gordon Wolfe, in the 50-54 age bracket made an IPA record squat of 542.5 (Amateur division) on a

fourth attempt and totalled a nice 1235. Doc Junkins lifted in the 60-64 age bracket and was one of those who chose to lift in the Raw division. With but one miss, Doc totalled 915. Jim Schriner competed in the Police division of this class and made six out of his nine attempts ending with less than he had hoped for but showing plenty of room for improvement.

198 lbs class: Howie Reece was the lone entrant in the Open division but nonetheless put on an eight for nine performance that resulted in a quality total. In the Masters (40-44 age bracket), Ricardo Ingraveri set an IPA record with a 665 squat and had a close miss with a 700 pound attempt that will soon be his. Ricardo had enough in the other two lifts to get a 1595 total.

We had two entrants in the bench only portion of the contest - Steve Dussault, in the Masters (40-44) bracket, and Cory Smith in the Open division. Steve opened with an IPA record 467.5 and missed it. He did come back to get it, but then jumped to 500, where he missed again. Smith opened with and made 450 and then 475 before missing 500.

220 lbs class: In the Teen division (16-17 year-olds) of the Amateurs, David Balsdon made all three squats, but only one bench and two deadlifts before missing an IPA record attempt in the deadlift. The Junior division saw Gabriel Naspinski (20) and Jonathan Ross (21) shoot it out. Gabriel made but four attempts, with top attempts in each lift that added up to a full 100 pounds more than he totalled - showing promise for a lot more in the near future. Jonathan had his problems as well in terms of getting attempts in, but he managed to get credit for five of his attempts and that was enough this time. Next time, both will be well into the 1700s.

Joseph Drumm and Edward Collaku were both in the Open division with Ed competing in the Submasters age group as well. Ed took three tries to get his 680 squat on the books and then three more tries before his bench press of 390 went into the books as a good lift. He cruised through two deadlifts before missing a 630 attempt that would have given him a 1700 total. Joe, in contrast, made 685, then 730, and then 750 in the squat. He missed them and made 415 in the bench before passing his third attempt. Joe made his first two attempts in the final lift, before missing a 585 and was credited with a 1730 total. If these two meet again and Ed makes more of his attempts, the tables could be turned. Only time will tell. Al Moatz was in the 50-54 age group and showed consistent performance of all three lifts missing only his final attempt in the bench press.

John Lepovich, Todd

Evangelista, Lou Sposato, Tommy Heffelfinger, and Jeremy Moser were the entrants in the various age brackets of the bench only competition in this weight class. Moser, in the 14-15 age bracket, made two attempts and was credited with 335. Lepovich, in the Junior division, made two attempts also, including a 502.5 IPA record. Heffelfinger was in the Open division and he continued the pattern in this class of making two benches, ending with an official 330. Evangelista, in the 40-44 age bracket made all three of his attempts and was credited with a 375 effort. Lou Sposato is relatively new to the sport, but you would not know it based on his lifting. You also would not be likely to guess his age from his lifts. Lou, who benched 390 and almost made 405, is 65 years old.

242 lbs class: Chris Hoffman, in the 16-17 age group, made two squats before missing a 505 third attempt. Chris sailed through the benches with three successful lifts and then made his opening deadlift before missing then making a 500 pound attempt in that lift. Dan Wowak and Matt Smith competed in the Junior age group. Unfortunately for Dan, he was having an off day and struggled to get three attempts on the books. Matt, on the other hand, cruised through eight successes in a row before missing an IPA record deadlift. At the other end of the age spectrum, Tim Clifford lifted in the 45-49 age group and put together six solid attempts in his efforts.

The Open division had Mark Fausey, Jonathan Mayes, Marcus Brown, and Larry Livermore, Jr. all gunning for the top spot. In the squat, Livermore made his 500 opener, while Brown succeeded with 685, Mayes (the hometown favorite) missed the same weight for his opener and Fausey made a big 700 squat to get started. In the second round, Livermore was successful again, this time with 535, and Mayes came back to make the 685 he missed on his opener. Fausey missed 725 and Brown missed 750, passing on his third. Livermore made it three for three in the squat with 550. Mayes moved up to 725 for an unsuccessful third, while Fausey negotiated 740 and met with approval from the judges. In the bench press, Brown missed his opener 420, while Livermore (430), Mayes (440), and Fausey (455) all made theirs. Brown came back to make the 420 on his second and passed his third attempt. Again Livermore (430), Mayes (440), and



Ninety-seven pound Mighty Mouse, Elaine Grimwood, proved she's on top of her game winning the Professional Women's Best Lifter Award with a 715 lb. total. (Photograph courtesy Ellen Chaillet)

Fausey (485) were all successful, but nobody completed a third attempt that met with judge's approval. So, going into the deadlift, the subtotals were Fausey (1220), Mayes (1140), Brown (1105), and Livermore (1000). In the deadlift, Livermore made 530 before missing twice with the increase and got a 1530 total. Brown made 600 on his third for a 1705 total. Mayes made all three deadlifts ending with 610 in that lift and a total of 1750. Fausey cruised through all three attempts, which gave him an 1865 total and first place.

275 lbs class: Zech Cole and John Poremba had a spirited battle in the Junior age group and setting a bunch of IPA records along the way. Cole opened first with a record 725 but Poremba countered with a big 850 for a new record. Cole made 800 on his second and Poremba missed a jump to 930. Cole matched Poremba's opener with his 850 third attempt and Poremba missed his 930 again on his third, so they were essentially even after squats. In the bench, Poremba opened with 405 and Cole set a new record with his 480 opener. Poremba made 455 on his second and Cole missed a jump to 520 for another record. On thirds, Poremba tried 500, which would have given him a slight edge at that point and a new record but it was not to be. Cole came back and made the 520 he had missed and was now 65 ahead at the subtotal.

Poremba opened with 585 and Cole with 600, both successful. Poremba took 615 for his second and Cole set an IPA record with 635 on his second. Poremba took the same 635 Cole had just set a record with for his third and Cole bumped the record to 660. Poremba then came out for a fourth attempt with 665 for a new IPA record. Cole totalled 2030 and Poremba hit 1940, demonstrating the importance of making the majority of your attempts. These two will no

doubt meet again.

Bart Shuman lifted in the open and 40-44 age group and was unopposed in both. Bart is another of the hometown contingent that lifted. He made all three squats with what is a very narrow stance that reminds one of John Kuc from years gone by. Bart made all three attempts in the squat and his third attempt with 800 set an IPA record. In the bench, he got the first two and was credited with 555 before missing 580. He followed the same pattern in the deadlift, making 650 for an IPA record there as well, which gave him a 2005 total in front of the home crowd.

Palmer Simpson was yet another of the home team and he competed in the 50-54 age group. Palmer made 700 and 730 for new records before missing a 760 attempt. He then made two benches with a best of 535 (which was another IPA record) and two deadlifts (ending with 555) to register an 1820 total.

There were two bench contest competitors in this weight class - Ray Barnett in the junior age bracket and Rich Putnam in the open division. Barnett made all three, ending with a 575. Putnam opened at 700 for a new IPA record. He then missed then made 725 for yet another record before missing 750 on a fourth. Rich had the biggest bench of the meet among those in the Amateur division.

308 lbs class: Jesse Burdick came all the way from San Francisco, CA to lift in the open division of the class. He made seven of nine attempts, including all three squats and his bests in each lift totalled up to 1865. Wayne DeSarbo, who was the only other person in this weight class, lifted in the Raw division and registered a 1265 total.

Alex King lifted in the 16-17 age bracket of this class in the bench press only portion of the contest. Alex was much improved over last time I saw him lift and he got a 430 in the books.

Women's Division - Professionals

97 lbs class: Elaine Grimwood was by far the lightest person in the meet, but clearly demonstrated small size is no obstacle to the development of strength. Elaine took two tries to get her opener to 290 in, but when she did it was a new IPA record. A miss with 310 on her third definitely showed she will get this and more soon. In the bench press, she made 135 and 145 before missing 150. She opened with 265 in the deadlift and dispatched that and her

(continued on page 90)

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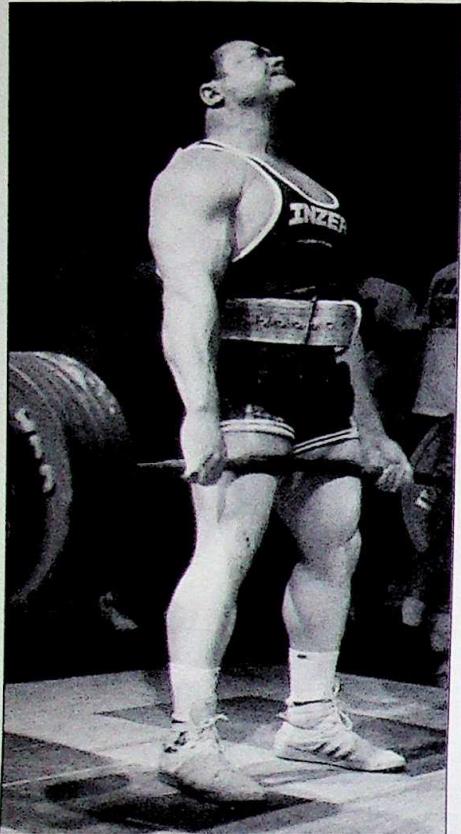
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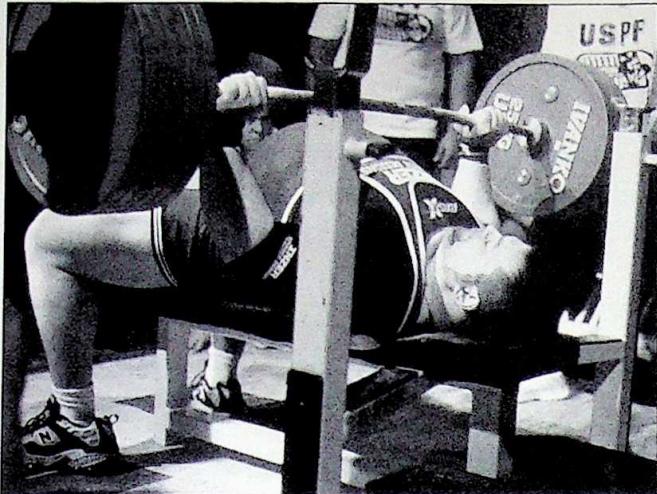


Ed Coan has returned to the top echelons of Powerlifting...totaling 2242 in the 242s on 7 attempts, and partnering with Joe Norman to win the \$10,000 first prize at this year's Mountaineer Cup, two years after a disastrous injury at this same meet. Ed qualified for this event last November in Texas with a modest total, but his 876 opening squat here probably felt a lot heavier after he mistepped with it on his first attempt, but he confidently made it on his 2nd try, meeting the challenge of those ponderous Coan-esque expectations. He timed out his third. His benches never looked more solid,

even though he had to take his opener over there as well, and in the deadlift his 804 was slow, but strong. Ed appeared somewhat rusty, and understandably so, but he seemed bigger than ever in the upper body. He seemed to have much strength in reserve, but there was no need to go further than he did on this day. Ed's Mom related that she assumed Ed might give retirement a thought after his injury, but Ed will not go out like that.. he still wants that 2500 lb. total.



Brian Schoonveld was stunning in only his 2nd official powerlifting competition. The prominent strongman competitor of recent years crushed all of his 9 successful attempts, and his final bench was the cleanest looking 705 lb. bench you could imagine. Scott DePanfilis of BodyTech USA noted that you could see Brian's strongman pedigree in the way he squatted and deadlifted... back power that had allowed him to snatch nearly 400 lb. stones from the ground to chest height. He carried 370 or so pounds of bodyweight very efficiently, and 2330 via 870 705 755 is nowhere near his limit.



Brian Siders is charging through the record books... just days after breaking the seeming immortal IPF Superheavy record of Bill Kazmaier, he roared into the Riviera Hotel in Las Vegas and demonstrated that very little is going to stop him from going down as one of the greatest lifters in history. Squats of 920, 953, and 975 literally seemed too easy for him, even in a single ply suit. An ambitious 705 start in the bench was turned down, but he readily jumped to a PR 722, and then even tried 744. In the deadlift, he opened conservatively at 771, and after a clean 804, the normally stoic Brian, urged his handler Sherm Ledford to give him something around 825... and he made that strongly as well... over 2500, and just starting to hit his stride in this sport. Could he break three World Records in the squat, bench, and total, at the Men's Worlds in South Africa this November?

Siders Joins MHP!

CEDAR GROVE, NJ, AUGUST 31, 2004-- USAPL, USPF, and IPF recordholder for the total, Brian Siders, is the latest addition to MHP's All-Starline up of powerlifters who promote their line of scientifically formulated, performance enhancing nutritional supplements. According to MHP, Siders came on board just before he broke his own all-time record with a 2523 lb. total at the 2004 Mountaineer cup in Las Vegas, NV on August 14th. Siders, at only 25 years old and having just 6 1/2 years of competition experience, has accomplished multiple tremendous feats in the powerlifting community. In July, he shattered popular Strongman Bill Kazmaier's 23-year old IPF record for the total, when he put up 2452 lbs., breaking Kaz's previous record of 2425 lbs. Siders has been the USAPL Senior National Champion for the past 3 years and USPF Mountaineer Cup Champion/IPF National Champion for the past 2 years. His next meet will be the IPF World Championships in South Africa in November, where he plans on capturing the World Title for the 2nd year in a row. Siders is very excited to be part of the MHP Power Team. "My training partner and professional Strongman competitor, Phil Pfister, turned me onto using MHP supplements. In fact, I have been using MHP's Up Your MASS and T-BOMB II since even before signing on with them. It's no coincidence that since that time, I've also been breaking record after record," Siders admits. "When I heard that Brian was using our supplements and breaking all these world records, I knew we needed him to be a part of our team. The icing on the cake was breaking Kaz's record in July. I said to myself: We produce the most effective strength enhancing supplements in the world. Who better than Brian, one of the best strength athletes in the world, to represent us and spread the word throughout the powerlifting community that MHP supplements are the best!" MHP President Gerard Dente said. To learn more about MHP and its products, please call 1-888-783-8844 or visit <http://www.maxperformance.com>

Sakari Selkäinaho recently spoke with Becca Swanson about a variety of powerlifting topics. This is her personal profile together with excerpts from the interview:

Personal Profile

Age: Late 20's

Occupation: Owner of Big Iron Gym, Omaha, NE, USA

Hobbies: "Oh, wish I could say there are some, but the gym eats all my time."

Family: Single

Hometown: Omaha, NE; originally from Papillion, NE

Website: www.beccaswanson.com

Best competition lifts:

867.5 kg/1912.5 lb Total

382.5 kg/843.2 lb Squat

227.5 kg/501.5 lb Bench

295 kg/650.3 lb Deadlift

Sakari Selkäinaho: How did you get involved in weight training?

Becca Swanson: I was in college looking for something athletic to do. I was sent to Missouri for a summer to work for a company. That is when I joined a local gym. That is also when I realized I needed to learn how to lift weights.

Sakari Selkäinaho: What was your first involvement with powerlifting?

Becca Swanson: I came back to college in Nebraska. I joined a hardcore gym in Omaha. That day I met my current coach, Rick Hussey. He said, "Here, try this." It was a deadlift. I ended up lifting 250 lbs. my first day. From then on I was hooked. It is so easy to be serious about something you are good at.

Sakari Selkäinaho: What other sports have you tried?

Becca Swanson: I always participated in sports growing up. I tried my hand at softball, basketball, diving and high jump. I was dedicated to volleyball throughout high school. I played a bit in college, but looking back I see I was not great at the sport because it wasn't in my blood like powerlifting is.

Sakari Selkäinaho: How did you train at first?

Becca Swanson: I have the same coach 9 years later. I train the same. It seems to be working for us.

Sakari Selkäinaho: In your last meets the numbers have moved up fast, so you found something that works well. What were the major changes?

Becca Swanson: It is a combination of gear evolution, technique improvements and an increase in bodyweight. I am lucky to be a lifter hitting my peak at a time when lifting gear has improved dramatically. The trick is learning to use the gear, and consistent practice. My bench has improved because Rick has me pounding my triceps with heavy, heavy overload weight. Plus, I improved my arch, so I can use my back more efficiently in the bench press. Moving my bodyweight from 230 to 240 was a big help. I filled out my gear better. Rick said, "If you want bigger numbers, you need to be bigger."

Sakari Selkäinaho: You have visited Westside Barbell a few times. How did you like training there?

Becca Swanson: Louie Simmons did teach me a new dumbbell triceps movement that I incorporated into my routine. Other than that, I never lifted there, just observed.

INTERVIEW

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

BECCA SWANSON

interviewed by Sakari Selkäinaho for Powerlifting USA



Becca Swanson has been breaking through one amazing barrier after another in the squat.

I am not big on band work; I only use bands for tricep lockouts. People seem to be unstable when using bands on squat and deadlift. Westside has training techniques very different from mine. It is fun to watch.

Sakari Selkäinaho: The competition and atmosphere at Westside is something else, right?

Becca Swanson: We have an atmosphere second to none at Big Iron Gym. Westside is similar.

Sakari Selkäinaho: You have your own Gym business?

Becca Swanson: Yep, Big Iron Gym in Omaha, Nebraska. We have been here for 5 years. Rick and I run it together.

Sakari Selkäinaho: Is it an all-around gym or just a powerlifting gym?

Becca Swanson: We are just a smaller version of any other gym. The differences are: we have a deadlift platform, 3 flat benches, 5 places to squat including two Monolifts, chalk and baby powder are acceptable, and mild cursing is fine. Only 15% of our lifters are powerlifters.

Sakari Selkäinaho: You also have a very good powerlifting team, tell me about that.

Becca Swanson: The lifters at Big Iron Gym are lucky enough to have Rick Hussey as a coach. He is like the Dad who puts shame into lifters who don't give 100% without having said a word. He never lets a lifter think he/she has done her best. Rick puts high demands on his lifters inside the gym and expects them to behave outside the gym.

Sakari Selkäinaho: Many of you have done well lately.

Becca Swanson: "Consistency is the key." That is my motto, because that is how I became the lifter I am today. Some of our guys have been going and going for 3-5 years, no breaks. That is what it takes. Plus, we have been travelling to meets and keeping our ears open - we learn.

Sakari Selkäinaho: What do you think about lifting gear in general?

Becca Swanson: Like I said, we are involved with a major evolutionary period right now. We are all lucky to have this advantage, if we choose to use it.

Sakari Selkäinaho: What type of lifts have you done raw...training or at meets?

Becca Swanson: I do not risk injury trying to find out what I can do raw. When I am in a heavy training cycle, I can bench about 350 lbs., I can squat 650 lbs. and deadlift 575 lbs.

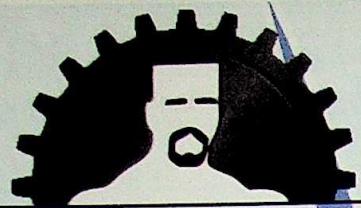
Sakari Selkäinaho: Any other big training lifts?

Becca Swanson: I have video of myself squatting 770 x 2 and deadlifting 635 x 2.

Sakari Selkäinaho: Any thoughts about the status of powerlifting in general...federations, meets, testing?

Becca Swanson: I am a lifter. I feel my job as a lifter is to encourage continued progression of female powerlifting and physical strength overall. Federations are great. I am grateful to have found one that

(continued on page 86)



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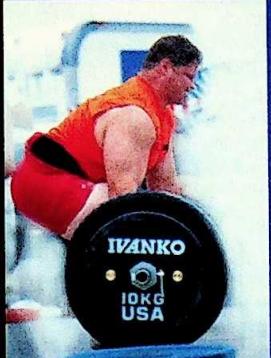
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Steve Kirit
- America's Strongest Man

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MAXIMUM HUMAN PERFORMANCE

I hear all the time that Westside training is for the advanced and that only top 10 lifters can do the training that is required at Westside. It is true that our training is advanced, but it is also great for beginners. Why start out wrong, or start with a program that will yield only small results?

Our stats show that we have developed 62 Elite lifters. Many of those got their start at Westside and became world record holders, for example, Heath, Patterson, Fusner, Dimel, Halbert, Vogelpohl, and many women.

It's true we have many advanced methods – for all ages. It's also true that I totaled Elite in 5 weight classes, all USPF meets, and never heard of chains, bands, circa-max, pendulum waves, or delayed transformation. But I had the common sense to read and learn.

What Chuck Vogelpohl did to make his first Elite total in 1988 is the basis for what he does today. Because the Westside system is mathematical, it is based on a percent of your limit strength. It can be used by a 300 squatter or a 900 squatter. They would both train with the same percent. They would use a 3-week pendulum wave. The percents range from 50 to 60%. A 300-pound squatter would use 150-180 pounds on speed day: week 1, 150 for 12 x 2 reps; week 2, 165 for 12 x 2 reps; week 3, 180 for 10 x 2 reps. These weights will ensure correct form.

This will build speed strength, a very important element of total strength development, best taught early in the career. Short rests (45 seconds) between sets are used. This is the interval method. The short rest will build general physical preparedness (GPP). It will also build mental toughness.

For the novice, it is important to build the weak links in the chain. If this is not addressed at an early stage, poor form or, worse, injuries will occur. This will certainly cut a career short. Much of the training volume should consist of special exercises. If your squat stops making progress, more squatting will not help. You must work the muscle group that is lagging.

A novice must have good coaches; notice that I said coaches, not coach. When a lifter reaches a high standard, it does not mean he can coach. At Westside we have many great lifters that rose from

TRAINING

ADVANCED SYSTEM FOR BEGINNERS as told to Powerlifting USA by Louie Simmons



Chuck Vogelpohl has made amazing progress at Westside Barbell. (Lambert)

nothing to greatness. As I taught the Westside training system to our lifters, they were learning what constitutes good form, what volume to use, and what exercise is best for a particular body type. In essence, I taught them to lift as well as to coach. Every lift is thoroughly coached at Westside. We constantly analyze each other before something becomes a problem.

It is important for beginners to learn everything about training. At meets our new lifters all have good form. This is not the case with most beginners at meets. We insist that beginners squat wide and bench close. This ensures that the correct muscle groups are developed. For

squatting it's the posterior chain: hamstrings, glutes, calves, and spinal erectors. Someone with little knowledge will try to build the quads to increase their squat. But this will reduce hip flexion, resulting in difficulty reaching a parallel position in the squat and destroying the lockout in the deadlift to the point where they can't make the top 100 in the weight class below them.

When we bring a new face in, we don't try to train his squat like Chuck trains today, but rather how he started out, plus chains. We update our training continuously. No longer do we use a 5-week wave, but rather a more efficient 3-week wave. In Chuck's early stages,

he used 50-60% for a 3-week wave. For example, when Chuck's squat was 600 at a meet, he would do the following:

Week 1: 50% (300) for 12 sets of 2 reps, 60 sec. rest.

Week 2: 55% (330) for 12 sets of 2 reps, 60 sec. rest.

Week 3: 60% (360) for 10 sets of 2 reps, 60 sec. rest.

On week 4 Chuck would start over at 50% and repeat the 3-week pendulum wave. As his meet squat increased, his workload would slowly increase. When Chuck could squat 600, his squat volume was 7200 pounds: 300 (50%) for 12 sets of 2 reps = 7200 pounds; 360 (60%) for 10 sets of 2 reps = 7200 pounds.

When Chuck's squat was 700, his volume was 8400 pounds: 350 (50%) for 12 sets of 2 reps = 8400 pounds; 385 for 12 sets of 2 reps for week 2; 420 (60%) for 10 sets of 2 reps = 8400 pounds. It took 1200 pounds of squats to push his squat from 600 to 700.

When Chuck made his first 800 squat, the work load looked like this:

Week 1: 400 for 12 sets of 2 reps = 9600 pounds.

Week 2: 440 for 12 sets of 2 reps to raise volume.

Week 3: 480 for 10 sets of 2 reps = 9600 pounds.

When training at 50-60%, the work is equal for all. Up to this point, Chuck used 3 sets of $\frac{5}{8}$ -inch chains placed correctly on the bar (see the Reactive Methods video). As you can see, he slowly raised his squat volume systematically, along with other special exercises: Reverse Hyper, pull-throughs, back raises, abs, lats, sled pulling, etc. Chuck's extra workouts went from one a week to four over the course of 5 years. The extra workouts raise work capacity and increase flexibility, mobility, general physical preparedness, and special physical preparedness (SPP).

A beginner should use chains to accommodate resistance. This builds a strong start to enable one to overcome the additional resistance that the chains provide. Chains will also help eliminate bar deceleration. This program can be used for someone who squats as little as 100 pounds. Remember, it is based on percents of a 1-rep max.

Chuck's squat was 865 when we introduced bands to his training. After a year, his squat jumped to 1000 at 220 pounds, but this was after many years of intense training.

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It's simple: Chuck raised his work capacity through box squats, special exercises, and extra workouts and through restoration work.

I started Chuck out at the beginning. He was not born squatting 800, but systematically rose to world record status. Someone who does not squat 3 1/2 times body weight should not do the circa-max phase, nor do they need a 3-week delayed transformation phase. At Chuck's first meet (1986), he totaled around 1600 at a light 220. Today his total is 2319 plus best lifts of 2419 in the same weight class. This is a portrait of training adaptation. Not only is the volume increased but also the training has become much more sophisticated. The form in all lifts is constantly improved.

Everyone likes the bench, so let's look at George Halbert's history at Westside. We saw George bench in Columbus for 2 years and make zero progress. He was stalled at 475 during this time. We convinced him to join us. Like most beginners, his bench form was terrible. It took a couple of years to correct it, both with technique and exercises. George's pecs were much stronger than his arms. We changed his arm position and concentrated on his triceps. After 1 year, his bench jumped to 628 as a 275 pounder. He learned from Chuck to watch his diet, came down to 198, and set the world record three times in one meet, ending with a 683.

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Reactive Method.....	\$44.95	\$49.95
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from a 585 bench to 750 in an astonishing 51 weeks, and is still progressing.

Matt Smith came to Westside with a meager 1800 total. In 4 years, he took that to 2400 by training under our more experienced lifters. Now Matt has totaled over 2500. Matt's training made it possible for the astounding progress of SHW Tim Harrold. Tim went from 1800 to 2400 in 2 years. What we learned from working with Matt made it possible to take a novice to prominence and at the tender age of 20. This made Tim the youngest to bench 700 and total 2400.

I hope those reading this can clearly see that Westside uses an advanced system for the beginner. Why start out wrong? Or why do the same program for years just to total the same numbers? Westside teaches (i) correct form, (ii) raising GPP and SPP, (iii) raising work capacity, (iv) how to teach others, (v) knowing when to wear stronger gear, (vi) how to separate different types of training and to know the effect of a particular training load, (vii) finding the proportionate training load that matches your maximum strength, and (viii) how to organize training for an annual goal.

We have developed 63 USPF Elites at Westside, many participating in their first meet under Westside's supervision. If only I had the advantage of starting out under Chuck Vogelpohl or George Halbert or Joe Bayles, Matt

Smith, Mike Ruggiera, and so on. In the 1970s it was Tom Paulucci, Doug Heath, Gary Sanger, and Bill Wittaker who helped orchestrate the early Westside system. Then in the early 1980s, I turned to the top former Soviet sports scientists such as V. Zatsiorsky, T. Bumpa, A. Medvedev, P. Komi, N. Ozolin, A. S. Prilepin, R. Roman, and of course Mel Siff, whose *Supertraining* manuals have brought much to all of the United States.

Even though we have rivals, we can learn from everyone. Bill Crawford has done several seminars for our lifters. Jesse Kellum has offered much to use, and Bill Gillespie has voiced his views on benching several times.

Beginners should learn form first, then add chains and, later on, bands. There should be no circa-max squatting until you can squat 3 1/2 times body weight. Learn to use light equipment and then graduate to stronger gear. Lift in positive federations or you will be frozen in time, just like they are.

There is no reason that a beginner should not start with an advanced system. Everyone sends his son to Bobby Knight's basketball camp. I've seen lots of lifters come and go. Don't be one of those. Start right and you won't incur injuries or fail to make progress and be forced to stop lifting.

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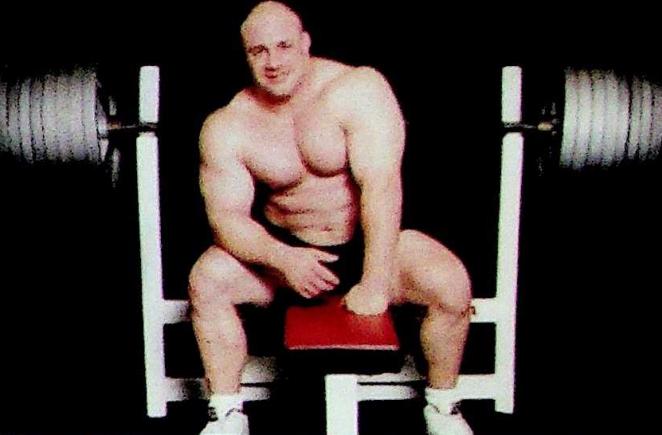
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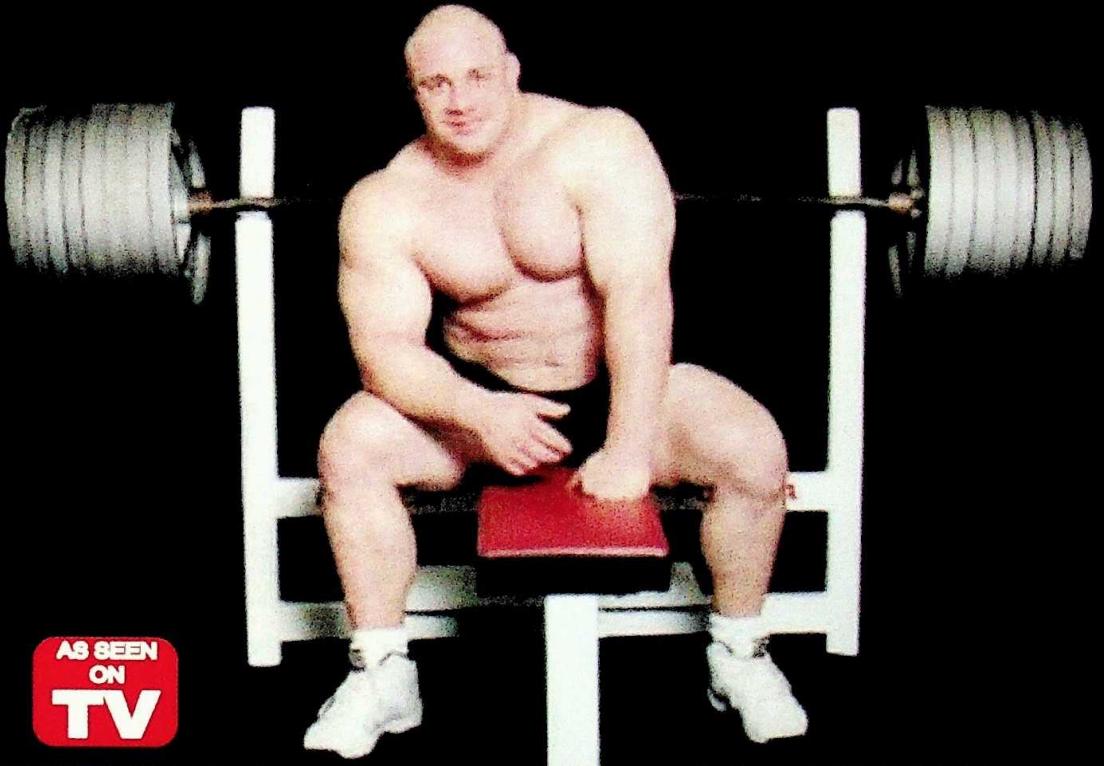
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2) Train for triples:

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It's difficult to imagine a 334 lb. man with a six-pack. Then again, it's difficult to imagine any human bench-pressing over 800 lbs.

Scot Mendelson is an NYU graduate and the world's top bench-presser, with 9 world records and a 875.6 lb. bench-press in competition. He has bench-pressed over 1,000 lbs. in training, more than many professional athletes can squat and deadlift combined.

Although Scot can squat 1,000 lbs., he emphasizes: "I'm a bench-press specialist."

For aspiring bench-press specialists, Scot offers the following 5 tips for building world-class upper-body power:

(continued at bottom left)

bench-press, performing 5-8 sets of 3 reps with 5-7 minutes between sets. Use 60% of your 1-repetition maximum (1RM)...

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WORKOUT OF THE MONTH

In 1979, when I started competing in powerlifting, there were no such things as bench shirts. The main expense's for a powerlifter were his squat suit, knee wraps, wrist wraps and double thick belt. I benched 320 at my first meet weighing 165 lbs., and only 15 years of age! After two years of consistent training, I held the school record with 457 weighing 198 lbs.. This was just before my 18th birthday. The only tricks I had were variations of my grip and stance back then. At the age of 22, I did a 628 touch and go bench at a bodyweight of 238, but this was done wearing the very first series of single layer polyester blast shirts. These were about as beneficial as a thick tight T-shirt. As the shirts evolved in the sport, so did the lifters who used them. Many lifters that had prior shoulders problems were able to bench again with relatively no pain. In today's society of powerlifting if you use the gear correctly, you will exceed any P/R (personal record) that you had ever done before. Tonight was a perfect example, had a guy that use to train with my group when I was a teenager some 20+ years ago come in to learn how to bench again using the new gear. First, I worked on his technique by tucking his feet under the bench and up on his toes, squeezing the bench with his knee's. Once his feet were set, then to lie back on the bench and push back towards the end of the bench by pushing against the bar or uprights.

Using a thumbless grip (suicide grip) you can grip the bar with it centered over your hand/wrist.

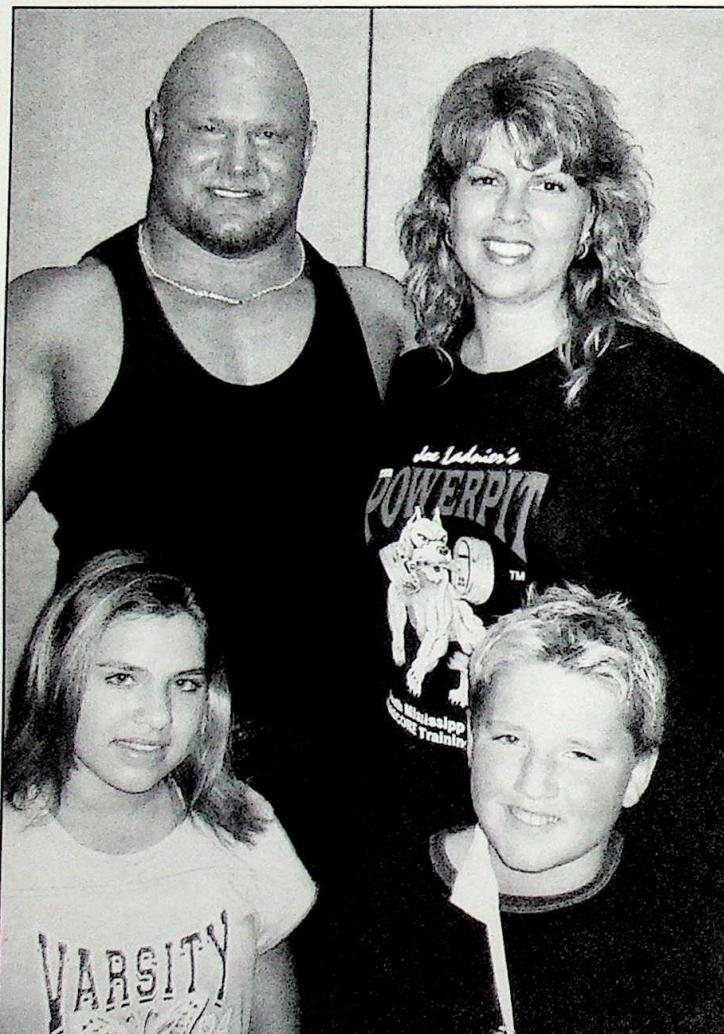
Once you get the hand off and start lowering the bar down, raise your head and tuck your elbows and touch the bar to your upper abdomen. Once you get the press signal, you explode off your chest by throwing your head back and heaving your entire upper body towards your head.

Everyone has different philosophies on when to train raw or when to train with gear. I had shoulder surgery Oct. 5th, 2002 and because of the double denim open back bench shirt, I benched 589 only 39 days after surgery with no pain! Since then, by utilizing my

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

Learning Today's BENCH PRESS TECHNIQUES

Joe Ladnier's "Tricks Of The Trade"



At the APF Seniors Nationals ... Mr. & Mrs. Joe Ladnier with Taylor (13) and Joey (12). (Photograph provided by courtesy of Herb Glossbrenner)

double poly for speed training and double denim for leverage training, I have hit a 750 lb., bench press in training!

I have the Masters world record bench with 716 in the 242 lb., class. It's a race between me and several others of who will get to 800 lbs., first!

A typical bench workout would

go something like this:

Warm-up the shoulders doing variations of rotator cuff stretches and exercises with a lite dumbbell.

Start with only the 45 lb., bar to warm-up with on the bench for a set of 20 fast reps.

Next use 135 lbs., for 1 set of 10 fast reps, resting 3 to 5 minutes between sets.

225 lbs., for a fast set of 5 or 6 reps...resting the same.

315 lbs., for a fast set of 3 or 4 reps...resting the same.

I use a double poly shirt split up the back for this one, for easy on and off.

405 lbs., for one blasted rep, utilizing the shirt for your speed.

500 lbs., for one blasted rep, utilizing the shirt for your speed.

Next I put the double denim open back shirt on for maximum support.

I jump to 600 lbs., for 1 set of 1 rep, concentrating mainly on form.

665 lbs., is next for 1 set of 1 rep, still utilizing form.

700 lbs., is next for 1 set of 1 rep, pulling the shirt down a little from the shoulders and chest and really allowing the shirt to handle the weight coming down, you utilize all of your strength exploding up/back.

725 lbs., is next doing the same thing and really using your head and heaving movement of your body.

750 lbs., is done the same way, using the momentum from your body and head to throw it towards your lockout!

If you still feel good, go to 775 for 3x 3 off 3" boards to aid in your lockout!

Next drop down to something lite and do 225 for 50 to 100 partial reps, to help increase the blood flow in your chest shoulders and arms for recuperation!!!

After this we might do heavy flat DB presses or heavy standing upright military on a machine.

Or we may just do heavy decline barbells using a close grip to help mimic our flat benchpress technique. We always change up the assistance work every week!

Upper Back work is greatly needed also for a big bench! 2 day after you bench, you should do 3 x 8 wide grip pull-ups, 3 x 8 close grip pulldowns, 3 x 8 seated cable rows! We also mix in t-bar rows also, to help create change! Remember the body adapts to exercise, so it's up to us to keep it constantly changed!!!

Stay Strong!

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If I had to pick the most effective assistance exercise for the squat, it would be the narrow or close stance squat. Simply put, the narrow stance squat is just that, a squat with a narrow stance. The narrow stance reduces the involvement of the hips in the squat while placing more work load on the thighs. Since the narrow stance squat is in reality a squat, the positive transfer of strength to your competitive squat should be high, similar to the close grip bench press and the regular bench press, meaning that gains on this exercise will show up in your competitive squat.

For this exercise I recommend shoulder width stance, which is narrower than most powerlifters' competitive squat stances. This squat style is a mainstay of Olympic lifters. For lifters using an extremely wide stance, this is quite different and can be a real challenge for your squatting muscles so this stance may require some getting used to at first. The balance and leverages involved are vastly different. Larger lifters may have trouble using shoulder width stance, and in that case, try to get as close as comfortably possible.

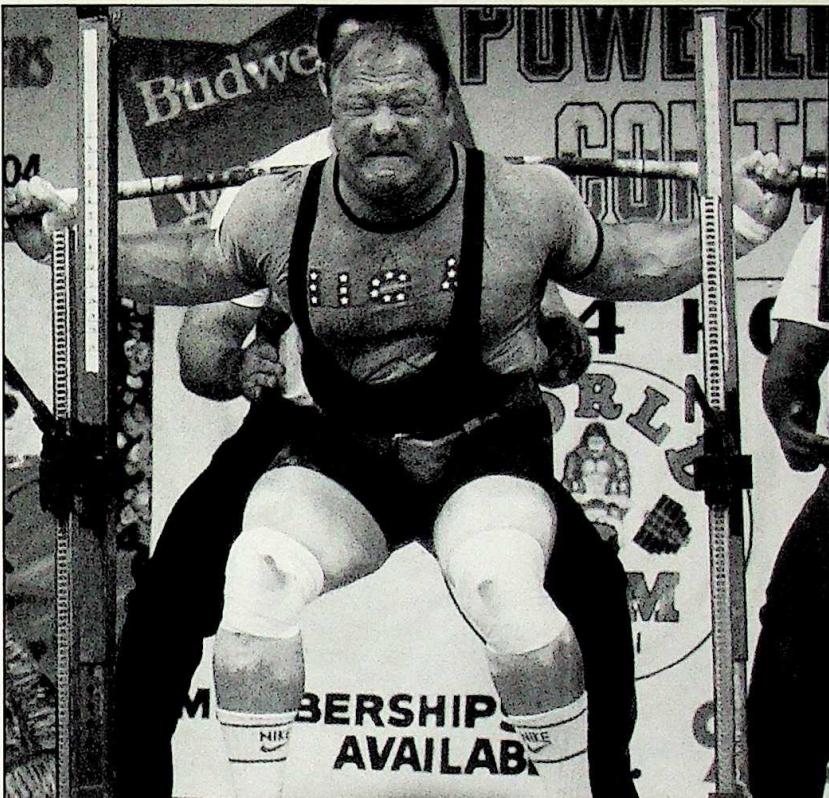
Use 50-60% of max competitive single for sets of 12 reps for the first week or two. After this, gradually increase the weight until you find a weight that is challenging for sets of 5-12 reps, then progress from that point. As with all new exercises or exercise variations, take a short period of time to get accustomed to the difference of the movement. This will aid in avoiding injury and help insure you perform the exercise in proper form from the get-go. If you use bad form from the start with lighter weights, you stand little or no chance of using good form with heavier weights later.

Dr. Squat, Fred Hatfield, was a major supporter of narrow stance, Olympic style squats as the best single assistance exercise for the squat. As perhaps the most prolific squatter of all time, he walked the walk and talked the talk. Eastern Bloc lifters also built a lot of their squatting prowess using narrow stance squats. Years ago there were rumors of Russian superheavies Olympic full squatting 1000 lbs. Myth or not, their lifts

STARTIN' OUT

A special section dedicated to the beginning lifter

NARROW STANCE SQUATS as told to Powerlifting USA by Doug Daniels



For a 1000 lb. squatter, Fred Hatfield had a rather narrow stance. (Photo Lambert)

registered in power competitions definitely support Dr. Squat's affinity for this exercise.

I personally did not possess the flexibility to perform squats with such an erect back position as Hatfield suggested, but narrowing my stance as described and maintaining an erect posture as I could still yielded great results. Some lifters may have trouble keeping their heels on the floor at the low position. This can be remedied with gastrocnemius stretches. Some lifters use a small plate (5-10 lbs) under their heels for the same effect. Olympic squats also entailed resting the bar high on the back, across the shoulders, near the base of the neck, as opposed to the normal power squat that rests just above the rear delt. If holding the bar that high causes discomfort, place the bar in your normal power squat position. This will still work if you maintain close stance and erect posture.

The off season is best time to

work these squats into your routine, that is, the time period in advance of 8-10 weeks prior a meet. I contend that sticking solely with regular squats throughout your entire training year will not give the best long term results. As far as depth goes; parallel is sufficient. Descend in a controlled manner keeping your torso as erect as possible and avoid bouncing at the bottom. Hamstring flexibility is a premium here and worth the effort. This work on flexibility will greatly benefit not only your narrow squats, but also your competitive style squat and your deadlift.

If you opt not to do all your off season squats with a narrow stance, you may want to try throwing in one or two sets at the end of your squat workout for 6-12 reps. This can yield some good results. Drop these no later than 4-5 weeks away from a meet to focus in on meet performance style and to avoid overtraining. They also can be used as a light day substitute for

regular squats. Don't go overboard on assistance work, however. Reps are up to you, but I would concentrate on the 5 to 12 rep range, varying your work reps over your training period. Refer to past articles I have written on rep variation.

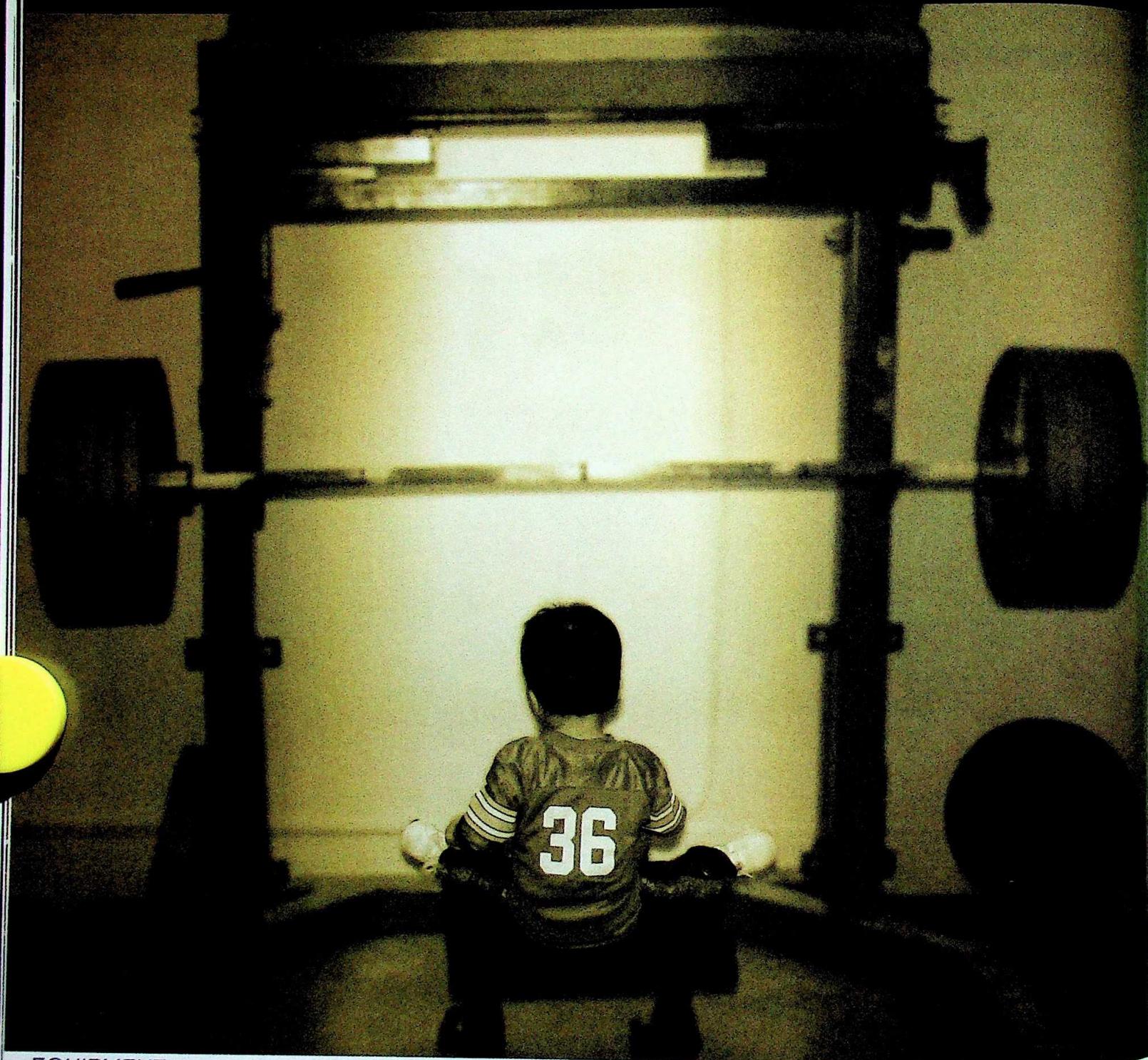
Don't use a squat suit, knee wraps, or even a thin lifting belt while doing narrow stance squats. This equipment 'lifts' some of the weight for you. Make your muscles do the work. There is time for all that later when you are in your contest training phase. Go raw on these.

Work into contest training style gradually. Don't go from your last narrow stance squat workout directly to heavy competitive squat training. You must reacquaint yourself with your normal squat stance and hopefully, your new and improved squatting power. You may notice that your most effective competitive stance may have changed due to increased thigh power. Keep in mind that your most proficient squat stance may not remain static over time as your strength, leverage, and bodyweight change. Maintain the flexibility throughout the year, as it benefits all aspects of your lifting, including injury prevention.

I firmly believe all lifters should try narrow stance squats next off-season, either by using them exclusively during that period or by working them into your routine as a finisher or as a squat substitute on light days. Since they are, after all, squats, and strength gains should transfer over to your competitive lift. This may require a few adjustments to your execution, such as bar placement and increased emphasis on flexibility. They also add variety and new challenges to your workouts. In this Olympic year we can reap benefits from taking a hint from our Olympic lifting cousins.

Doug Daniel's
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Someday I will...



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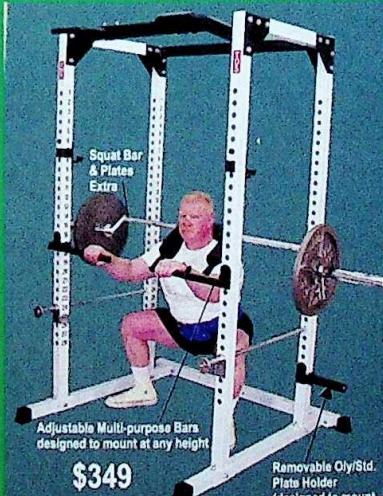
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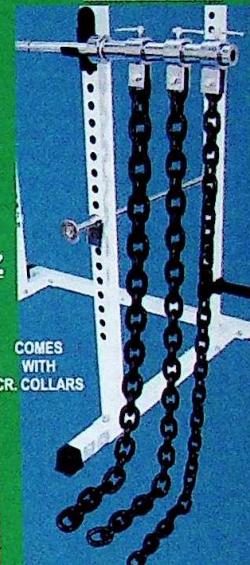


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Shrugging YOUR WAY TO A BIGGER BENCH

as told to Powerlifting USA by Wade Johnson

Getting flattened by a record Bench Press attempt makes a guy wonder if something is missing from his workout program. Most lifters would be surprised to hear that something may be a couple of little known shrug movements.

Back in 2001, my training partner Jim Ingram and I went to the WNPF nationals in Atlanta, GA. Earlier in the year, I had made the switch from poly to denim for bench shirts. My first meet that year, I set a personal record in the denim, but just barely. I used a single ply. The 2nd meet that year, I hit another personal record. At this particular meet, I was using my double denim for the first time. I had a good training cycle, but had not hit a big bench at the time. I just knew I had a little more of a personal best in me. I opened with an easy weight in my single ply and smoked it. I went for a personal record in the double and it was easy. The American record was within reach, so we opted to give it a try.

Now, I spent the previous year relearning my bench form to go from a pec bencher to a lat style bencher. I had an arch and pinched my shoulders together. I had it all, or so I thought. When Jim handed me the American record weight, it flattened my back out against the bench. Ultimately, I made the weight and there began my love for the denim bench shirt, but I knew I had to go back to the drawing board if I was to eclipse a 500 bench. The weight that flattened me out was 485. So this takes me back to a movement I learned early on in my training that was suggested to me for my deadlift.

When I was starting out, the bench press and deadlift gave me the most difficulty of the big three lifts. I had a decent pull and my bench pretty much sucked. I was training hard and things would creep ever so slightly. That simply was not acceptable, so I went to some friends for help.

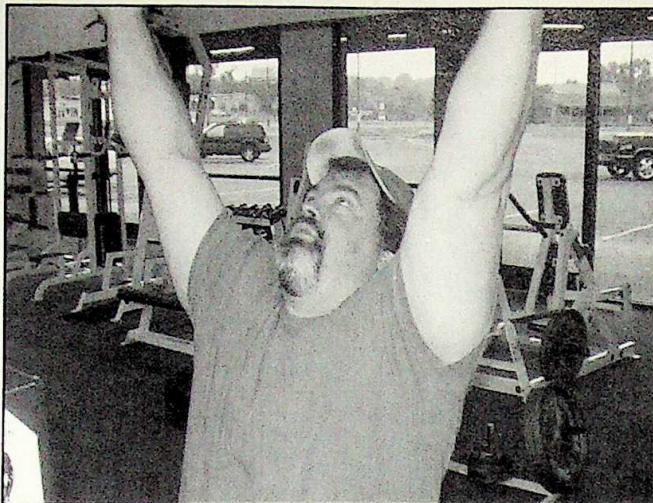
Back in 1999, I lifted at the WDFPF world championships. It was there that I met Noble "Cozy" Cozine and Linda "the phantom" Schaefer. Cozy was really supportive in the fact that he felt I had plenty of potential, just not enough patience. Hmm, sound familiar? I went to Linda for deadlift help and she felt that I needed more back muscle, especially upper back work. That my training other wise

was fairly sound and that time would tell. She told me of an exercise called the Williams shrug and to give that a try. She said she learned it from this guy named Collin Rhodes, who I will get to shortly.

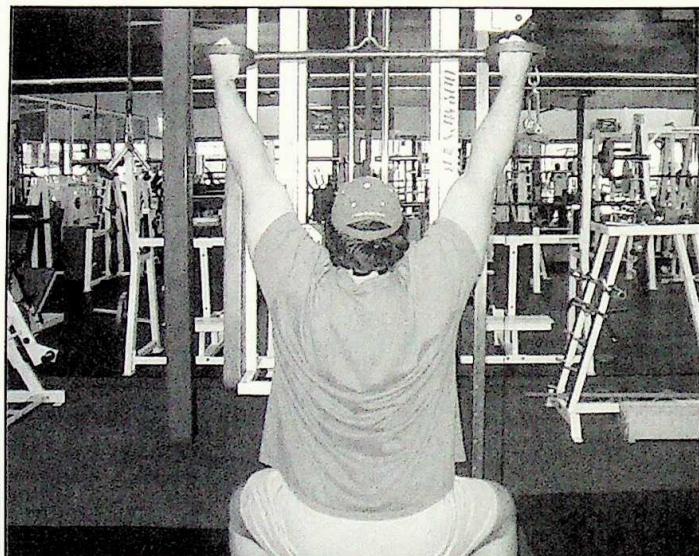
To execute the lift, use a chest supported row machine. Set up just like you are going to row, but instead of rowing you shrug. Do not shrug up, but shrug back. Once you shrug back, bend the arms slightly really exaggerating a chest spread. Hold it for a count of two at the stretch. We have found several ways to do a variance of this movement by doing it with the bent over row with your head supported and cable row with varying grips.

A few years later, I met Collin "Pooh Bear" Rhodes. We just call him Pooh. I first met Collin at a meet in 2001. Pooh and I exchanged several emails and once I was lucky enough that his business brought him to town. He trained at my gym and showed me some of the movements that he learned from Paul Kelso. We will talk about Mr. Kelso in just a bit. Pooh showed me what he likes to call Kelso shrugs and we always refer to them as cable crossover shrugs. Anyone that knows Pooh knows that he is a benching fool. He attributes much of his success to shrugging this way to help his bench. It also helps that he has one of the freakiest arches you will ever see on a human as well. Pooh also showed me a chinning shrug.

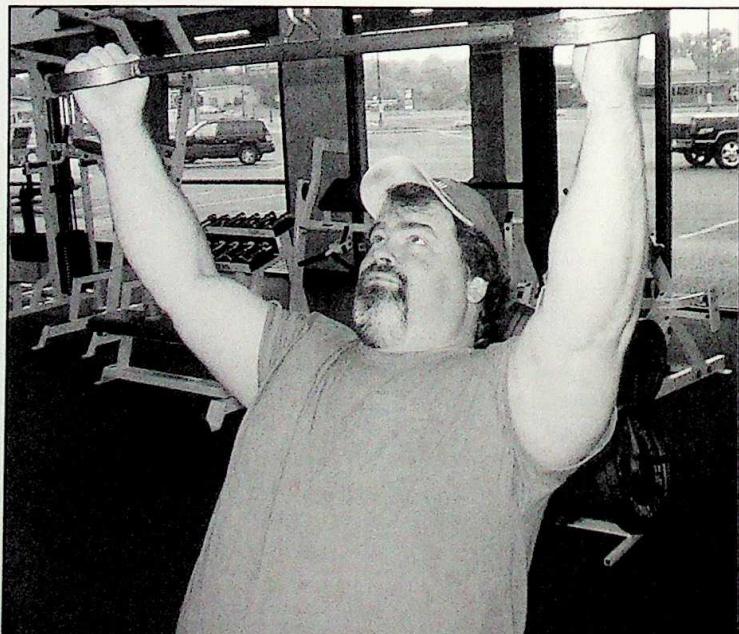
The cable crossover shrugs are done using the crossover machine with the pulleys set at the highest point of the machine. Use the standard handles. As opposed to stepping forward as when doing the crossover movement for pecs, step back where there is tension on the arms at all times. Lean back and shrug the shoulder blades together and then slightly bend the elbows and really squeeze the chest, making the chest surface area as big as possible. With the chinning shrug, you set up like you are going to chin



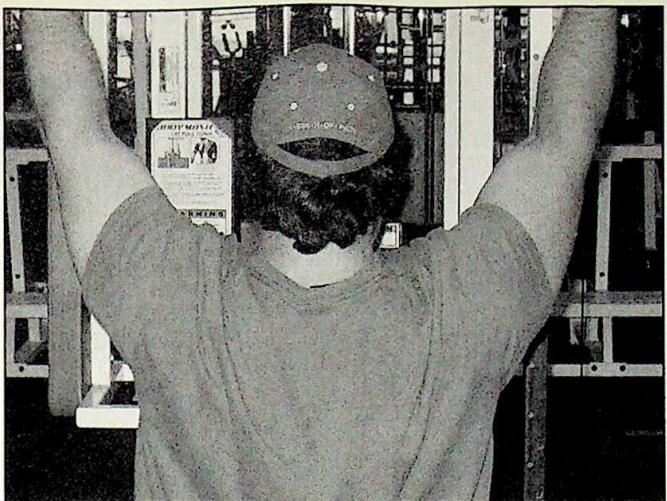
Shrug Down, Start Position ... front view, arms completely relaxed



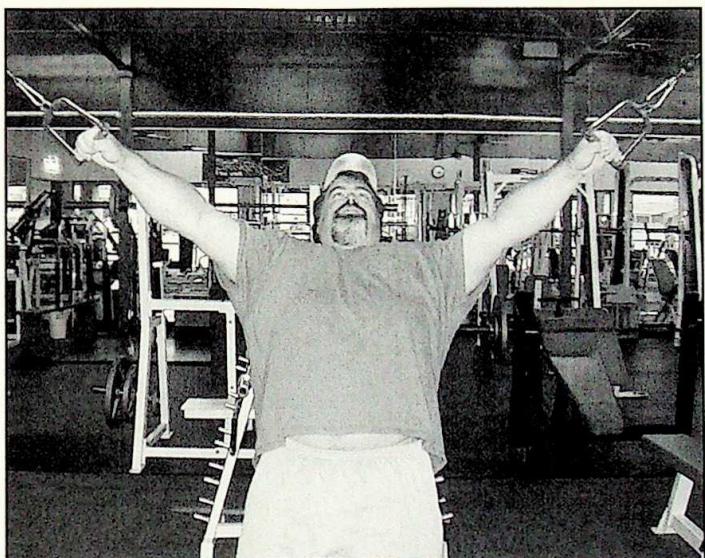
Shrug Down, Start Position ... rear view, just like starting a pulldown.



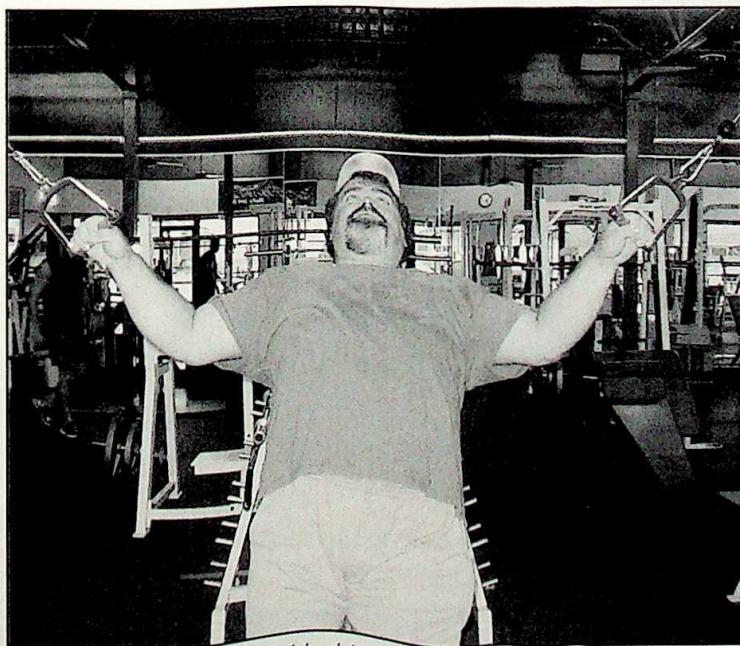
Shrug Down, Finish Position ... flexing traps, lats, expanding the chest.



Shrug Down, Finish Position ... rearview, hold for a 2 second count



Cable Shrug ... start position ... take a big step back to maintain tension



Cable Shrug ... finish, shoulder blades together, chest out, 2 sec. hold

and then shrug up, again at the top of the movement, slightly bend the elbows and expand the chest. The key to all these exercises is two movements. Shrug and then expand the chest to make it as big as possible.

This is where Paul Kelso comes in. Paul has written a couple of books on shrugging for strength, and that is making a long story short. He wrote about different shrugs in PL USA in 1984 and introduced the cable crossover shrug in IRON MAN back in '86. His first book is out of print, but he recently wrote and released a second book. It is called Kelso's Shrugs Book and is a must have for any of you interested in shrugging for powerlifting or any other strength related sport.

The biggest thing I took away from Paul's book was not all the exercises, but one great detail. He believes shrugging should be done with a static hold and I agree. For benching, when you pinch those shoulders together and someone hands off a new max weight to you, you have to be strong enough to hold your arch and form and maintain stability. This is where the static hold comes in. Even if we do simple dumbbell shrugs, we squeeze up trying to make the traps touch our ears and hold it at the top for a count of two. When you have to grind out a big bench, you need that static strength from the shrugs training to help you. This has also made me stronger on deadlift because I have the shoulder girdle and upper back strength to not let the bar pull my shoulders forward and over the bar. This is a big deal because I need every pound my pull can give because it is the lift I struggle with the most.

Here is an example of how we train traps throughout a training week. Monday and Thursday are our bench days. After pressing, we do lats, shoulders, hammer curls and shrugs...and yes, we also do abs. On the bench training sessions, traps are trained with static hold shrugs, just the traditional type shrug using either a Hammer Strength Shrugs machine, cambered bar or dumbbells. The reasons behind these selections are to save the lower back. I have used huge weights for ballistic type shrugs and even standard barbell shrugs. The bottom line, a straight bar will pull you forward and stresses the lower back.

For me, recovery of that area is vital. I squat every week and pull from the floor every other week and I need all that time I can get for lower back recovery. Shrugs machines and dumbbells have your hands at your sides and the cambered bar allows you to walk into the camber and it keeps the stress off the lower back but, still gives you the feel of a barbell. We will normally do 3-5 sets of 12 reps. We only use moderate weight. The movement is more important than using a large amount of weight.

On Wednesdays and Saturdays, we do auxiliary work. Again, the focus is the movement with very light weight. Yes, we are always concerned about over training. However, these sessions do not last long, the weight is light and traps and lats can actually take quite a bit of training and abuse. These sessions, for shrugging, we will normally use 1-2 exercises. The primary movement is the cable crossover shrug. I have grown to really like the shrug down as well. I use the neutral grip bar on a pull down machine and simply shrug down with a static hold. This makes everything in the upper back, lats included, very strong. I generally use 3 sets of each movement for 12 reps and squeeze each rep at the top. Use straps if you need to as you get used to the movement. Make the traps that prime target. This may seem like a lot of volume, but everyone in our training group has seen significant strength increases and everyone's bench has gone up. The biggest pay off is stability and being able to keep control of the weight, especially at max weight attempts.

I have since broken the 500 barrier in the bench and have gone on to break 600 this past February in a meet, as well as some even bigger training lifts. In this day and age, that is not a huge weight, but it is way beyond what I had ever hoped for in my lifting career. So we have learned a few things here. One, keep your journal up to date. You never know what you might have forgotten and what can help you. Two, it is a small world out there with many people willing to help you if you will only ask. Three go out and get Mr. Kelso's book. You will learn more than you can imagine about training. And last, never skimp on any of the details. It is little, tiny facets like shrugging that can make all the difference in hitting a big weight or missing your goals. So shrug away and see if you don't see an increase in your bench and in your control and stability when you are handling max weights.

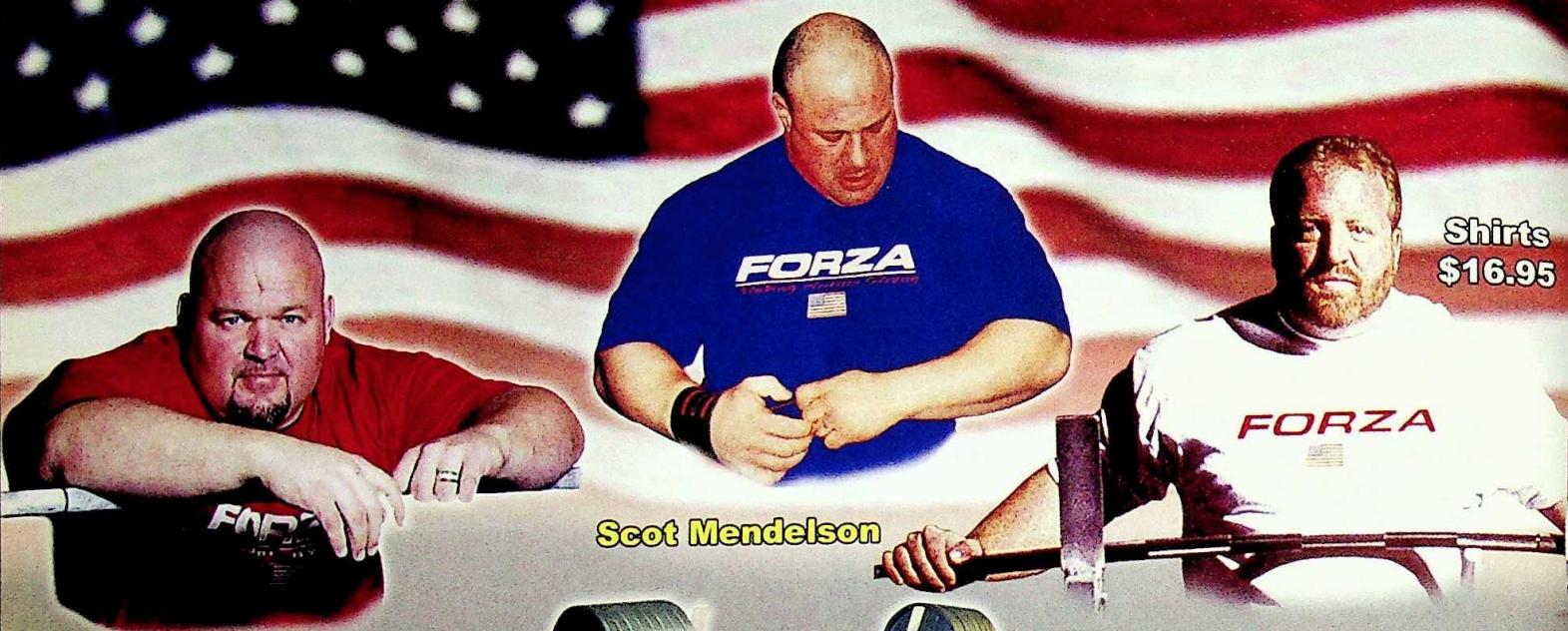
Please give these movements a try and best of luck.

I have more training tales I'd like to tell you. Until that time - lift heavy, train smart & eat more pizza.

Wade Johnson

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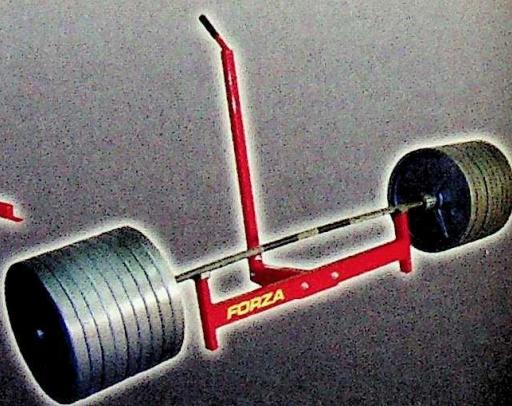
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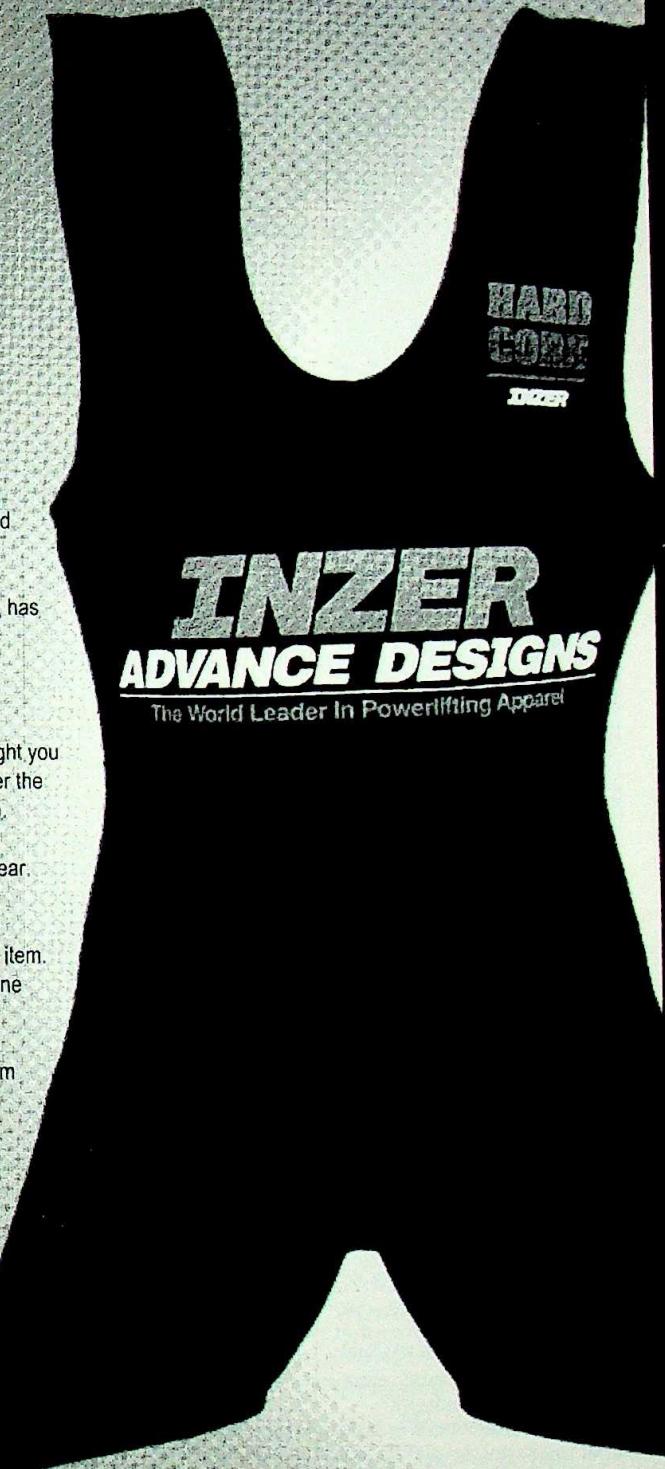
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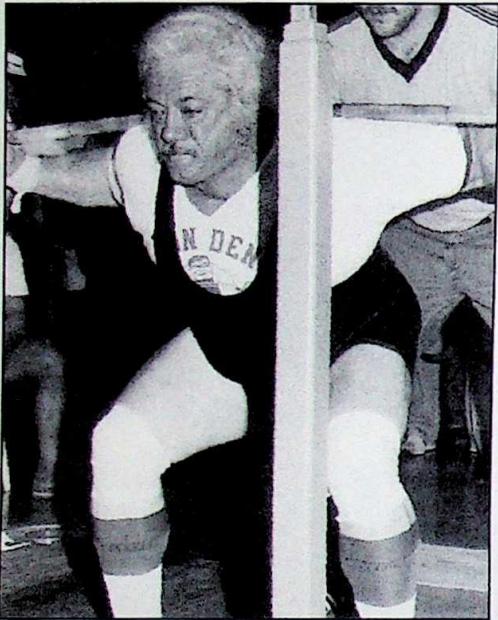
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DR. JUDD

The World Is... Well... "BREATHTAKING" as told by Judd Biasiotto Ph. D.



Chuck Braxton lifted and lived to the fullest, despite hard times of his own, dedicating much of his time to making life better for disadvantaged children.

I had a very unique experience about three years ago. I had just refurbished my entire home with some of the most fabulous furniture you could imagine Alexander Julian bedroom sets, a Robert Brooks living room set, two 65 inch Sony television sets, and an entirely remodeled kitchen ... when I got this wild idea about putting oak floors throughout the entire house. Well, it wasn't exactly my idea ... it was my girlfriend Constance's idea. She kept telling me that the floors would make the house look ... and she used the word ... breathtaking. I kept telling her that I couldn't afford it after buying all the other furniture and she kept saying, "Do it!" And she kept using that word "breathtaking" in her sneaky little attempt at psychological masturbation. Before I knew it, she had me talked into getting those damned oak floors. Aren't women wonderful?

I knew the floors were going to take every bit of my saving to purchase and install, but I thought — what the hell — you only live once. Sometimes in life you just have to throw caution to the wind and enjoy life. Besides I had been saving and scrimping for years to get to the point where I could afford to have the things I always dreamed of ... this was the time for me to spoil myself a little. For once in my life, I was going to eat my dessert first.

Anyhow, when I went to price the floors I discovered that it would actually cost more to install than it would to purchase them. Consequently, the price of the floors was well

beyond my means. I tried to cut corners every which way I could so that I could afford the floors, but it was no use ... they were just too expensive for my budget. When I was just about ready to give up on the whole idea, I met this guy at the gym who said that he could install the floors for one third of the price I was quoted. Naturally, I jumped at the opportunity. I went and purchased the floors and the following day my new "best friend" and a few of his buddies came to my house and started installing them. From the start it was obvious that Constance was right. The floors were breathtaking and my new "best friend", although a rather slow worker, was doing an outstanding job installing them.

The second day into the job I got a call from Magnus Ver Magnusson ... you know ... ESPN's The World Strongest Man Magnusson. He wanted me to fly to New York and do some promotional work for his company Iron Curtain Labs. To be honest, I really didn't want to go, but you don't say no to Magnus Ver Magnusson. This guy is so big and powerful that if he hit you on the head you would be eating through your fly for a month. So, I told my new "best friend" that I was going to New York for a few days, but that I would give him a key to the house so that he could finish the floors. I also told him that I would pay him the balance of the money I owed him when I got back and that if he needed any money for materials he could get it from Constance. He told me not to worry, that he would take care of everything and that we could settle up when I returned from New York.

The following day I flew to New York and met with Magnus. For the next two days we worked feverishly on the project. I literally drove Magnus nuts pushing him to get the job over as soon as possible. I just couldn't wait to get done so I could go home and see my floors. When it was all said and done, we completed a week's work in less than three days. The next day I called my new "best friend" to find out how everything was going and to let him know I was coming home that night. When he answered the phone I could tell in his voice that he was a little nervous. I thought, "Oh no! Something is wrong."

"Where are you?" he asked, not really giving me a chance to say anything.

"I am still in New York." I replied. "I was just calling to let you I will be coming back tonight. Is everything okay?"

"Great!" He exclaimed noticeably excited. "We are just about finished here. We will be done before you get home. I promise."

"Well, how does it look?" I asked.

"It looks awesome. It makes your entire house look different. You will love it."

And then he used that word that was starting to make my nipples hard ... "breathtaking."

When I flew back home, Constance picked me up at the airport and we drove straight to my house. I opened the door and turned the light on and nothing was there. NOTHING! No hardwood floors, just a concrete slab, no 65 inch Sony televisions, no Alexander Julian beds, no nothing. My entire house was empty. They took everything ... even my pillows and sheets. In fact, the only thing they left was a stack of dirty dishes that they had made. They actually picked

up the oak flooring that they had installed while I was there and took that too. I just stood there looking at this great big empty house and I could have cried. Okay, I did cry.

Constance ... who has this incredible Pollyanna philosophy ... I swear the girl could find something positive to say about pestilence and world destruction ... turns to me and says, "You know the French doors in your living room look so beautiful without all those curtains on them. I don't think you should put curtains back up there." I looked over at her, this magnificent woman whom I loved with all my heart and soul, and I thought, "Oh my God, brain damage - psychiatric care."

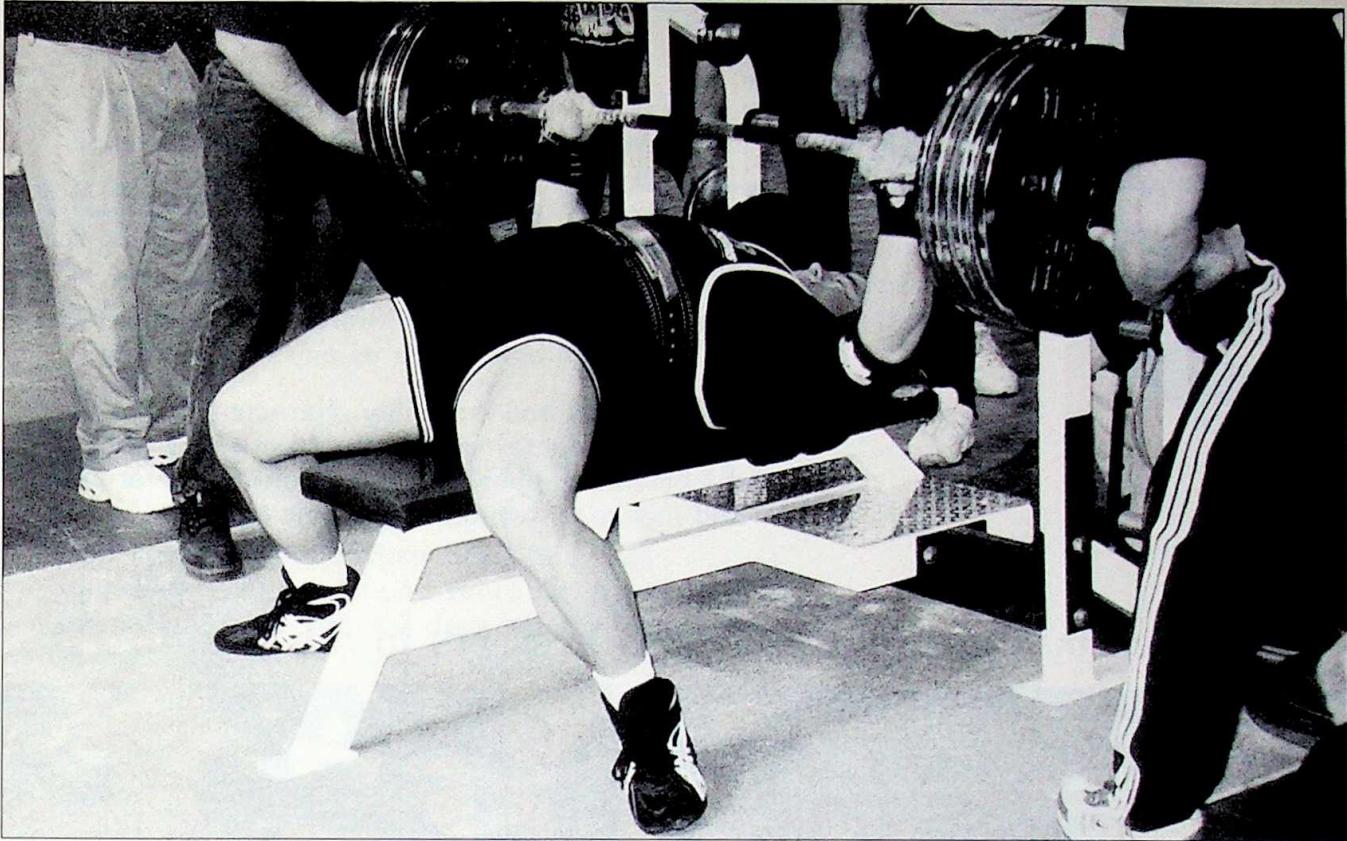
"Are you out of your "freaken" mind?" I half shouted at her. "They stole everything I have and you are worried about the damn French doors."

"I am serious Judd," she replied gently. "Look how the sun is setting across your arbors. Isn't that one of the most majestic sights you have ever seen in your life? The colors are so radiant and yet so soft and inviting. It is like a painting from God. It makes you feel like you are witnessing living radiance. And I imagine that every night there is a sunset every bit as magnificent as this one that stretches across your arbors, but you never see it because of those curtains."

Well, there it was, lighting up the sky in its entire splendor. The most beautiful sunset you would ever hope to envision ... breathtaking. All of the sudden, in a split second, it occurred to me, "You know this beautiful, exquisite world of ours is there for the taking if you have the wisdom to do so. It is literally a gift from God. No 65 inch Sony, no Alexander Julian bed, no Persian rug, no oak floors can compare to the magnificence of the world God has given us. And it is all free. The sky, the stars, the ocean, a snowy winter day, a golden wheat field, a bed of roses, a simple tree for God's sakes, all these glorious things reek of beauty and grandeur ... the world is truly breathtaking. All this wonder and magic that surrounds us, but we fail to see it, fail to experience it, fail to appreciate it. For me, it was worth having my entire house pilfered to be reminded of that fact."

You know, we put so much emphasis on trivial things ... cars, clothes, houses, our damn bench press, for God's sake. We tend to lose sight of the real beauty in life ... things that are really significant ... family, friends, fellowship, camaraderie, love, God's blessings. It seems that we take ourselves a little too seriously at times, especially when it comes to sports. For many of us, sports have become *an end to a means rather than a means to an end*. How sad! The fact of the matter is that sports are just games. They are fun, extremely challenging, and rewarding, but they are simply games — nothing more — nothing less. When you really think about it, what is the significance of hoisting up a heavy weight, hitting a home run, or slam dunking a basketball? Let me say this too — there is more to life than making a lot of money or collecting material things. It's nice to be able to do these things, but they really have limited value when it comes to contentment and self-fulfillment. What a shame to have lived our entire lives only to find that when we reach our death that we have never *reeeeaaaallly* lived at all. We need to embrace life ... NOW! We need to enjoy the gifts that God has given us ... NOW!

Tonight just pull back your curtains and take a real good look. I mean a *reeeeaaaal* good look. The magic is there and it will literally take your breath away.



Ryan Kennelly at the prestigious 2003 Arnold Classic, where he took the Heavyweight Bench Bash title. (Photograph by Herb Glossbrenner)

#	LIFT KG.	LIFT LBS.	Att.	BWT. KG.	BWT. LBS.	DATE	LOCATION	SANCTION
1	387.82	855.00	4	135.62	299.00	10JUL04	Coeur D'Alene, ID	PRIDE
2	385.55	850.00	2	133.35	294.00	13MAR04	Kennewick, WA	APA
3	372.5	821.22	2	137.85	303.90	06MAR04	Columbus, OH	WPO
4	365.0	804.69	3	135.90	299.61	13DEC03	Las Vegas, NV	WABDL
5	363.0	800.28	4	133.81	295.00	03AUG02	Portland, OR	WABDL
6	362.87	800.00	1	133.35	294.00	13MAR04	Kennewick, WA	APA
7	362.87	800.00	2	135.62	299.00	10JUL04	Coeur D'Alene, ID	PRIDE
8	357.5	788.15	1	137.85	303.90	06MAR04	Columbus, OH	WPO
9	355.5	783.74	3	133.81	295.0	03AUG02	Portland, OR	WABDL
10	353.8	780.0	4	131.54	290.0	25MAY02	Kennewick, WA	WPA
11	348.5	768.31	4	133.70	294.75	04MAY02	Pasco, WA	WABDL
12	347.5	766.11	2	137.89	304.0	14NOV02	Reno, NV	WABDL
13	347.5	766.11	2	135.60	298.94	01MAR03	Columbus, OH	WPO
14	347.0	765.0	3	125.00	275.57	06SEP03	Kennewick, WA	WPA
15	342.5	755.08	3	133.70	294.75	04MAY02	Houston, TX	WABDL
16	342.5	755.08	1	135.90	299.61	13DEC03	Las Vegas, NV	WABDL
17	340.19	750.0		136.08	300.00	22NOV03	Post Falls, ID	APA
18	340.0	749.57	2	134.25	295.99	27JUL02	Houston, TX	WABDL
19	335.66	740.0	2	131.54	290.0	25MAY02	Kennewick, WA	WPA
20	335.0	738.55	3	132.30	291.67	23FEB02	Columbus, OH	WPO
21	335.0	738.55	2	133.81	295.0	03AUG02	Portland, OR	WABDL
22	333.39	735.0	1	125.00	275.57	06SEP03	Kennewick, WA	WPA
23	332.50	733.04	4	128.37	283.0	03JUN00	Eugene, OR	WABDL
24	328.00	723.12	3	128.37	283.0	03JUN00	Eugene, OR	WABDL
25	327.5	7322.01	2	133.70	294.75	04MAY02	Pasco, WA	WABDL
26	327.5	722.01	1	135.60	29.94	01MAR03	Columbus, OH	WPO
27	325.0	716.50	1	137.89	304.00	14NOV02	Reno, NV	WABDL
28	322.5	710.00	2	132.50	292.11	13NOV01	Renov, NV	WABDL
29	322.5	710.99	1	137.5	303.13	13OCT02	Kennewick, WA	APA/WPA
30	322.05	710.00	1	137.50	303.13	13APR03	Spokane, WA	WPA
31	320.0	705.48	2	128.37	283.0	03JUN00	Eugene, OR	WABDL
32	320.0	705.48	1	128.37	283.0	06AUG00	Wilsonville, OR	WABDL
33	320.0	705.48	3	119.75	264.0	16NOV00	Renov, NV	WABDL
34	320.0	705.48	2	132.30	291.67	23FEB02	Columbus, OH	WPO
35	319.78	705.0	1	131.54	290.0	25MAY02	Kennewick, WA	WPA

The RYAN KENNELLY Bench Press Chronology as compiled for PL USA by Herb Glossbrenner

"Ryan Kennelly, of Moses Lake, WA, is the most prolific 700+ bencher in Powerlifting History, having done 700 or better 35 times in official competition. Ryan has also exceeded 800 on seven occasions, and was the first man to do 800 while weighing less than 300 lbs."

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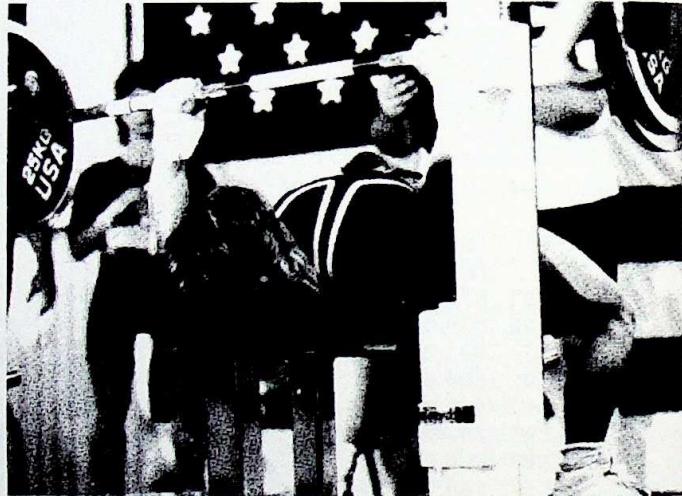
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"This is the shirt that will blast your bench to the ceiling."

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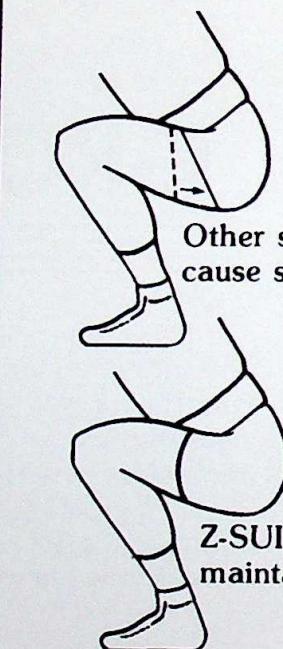
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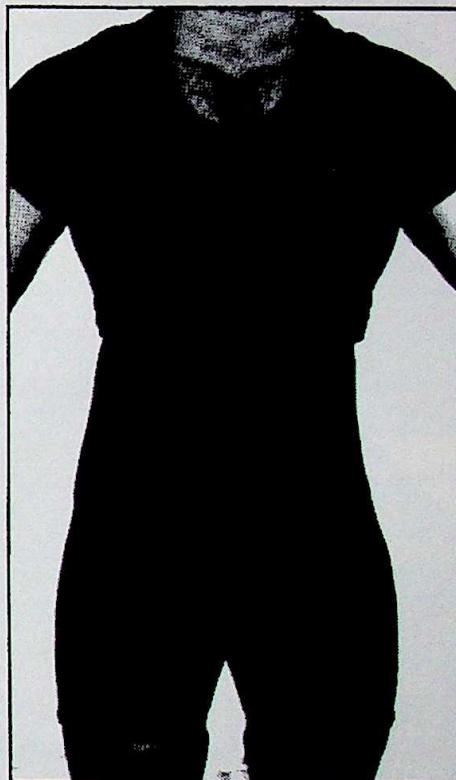
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ASK THE DOCTOR

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.)

Dear Mauro: I would like to try your diet but I have BPH, enlarged prostate. I've been told that high fat diets are dangerous for people with my condition, but I've also read that a high fat diet reduces estrogen in men which is beneficial to the prostate! Any light you could shed on my predicament would be greatly appreciated! I'm 47 years old, the prostate condition was brought on by overuse of androgens when I was younger and less wise. **John**

Hi John: Besides the genetic predisposition it's difficult to say just what environmental factors may be partially responsible to produce the phenotypic expression. Everything from low bioavailable testosterone, increased serum hormone binding globulins, high estrogens, low estrogens, high prostate levels of dihydrotestosterone and high fat diets have been blamed. What really predisposes men to BPH is up in the air as shown by the recent study below, which suggests that the only two important environmental factors for protection against BPH seem to be exercise (which has several other beneficial effects) and cigarette smoking (which has other detrimental effects on health).

My take on all this is that you if you're predisposed to BPH, and all men are as they age, some younger than others, then you should keep up a healthy lifestyle that includes exercise and a good diet, which can even be a high fat diet. And as with any diet, regardless of the macronutrient mix, I think that it's important that you watch the quality of the food you eat. With fats that means keeping away from rancid fats, trans fats, overly processed fats, and animal fats that have pesticides, herbicides, and other toxins. As well I think it's a good idea to supplement your diet with the essential fatty acids, for more than just the fat equation. I've included a link for a pdf file on my EFA+ to give you an idea of how important some fats are for those of us who work out ([efas.pdf - http://www.metabolicdiet.com/pdfs/efa%2B.pdf](http://www.metabolicdiet.com/pdfs/efa%2B.pdf)).

I hope that this helps. **Best regards, Mauro**

(*J Clin Epidemiol* 2001 Sep;54(9):935-44. Risk factors for clinical benign prostatic hyperplasia in a community-based population of healthy aging men. Meigs JB, Mohr B, Barry MJ, Collins MM, McKinlay JB. General Medicine Unit, Medical Services, Massachusetts General Hospital and Harvard Medical School, 50 Staniford Street, Boston, MA 02114, USA. jmeigs@partners.org. "We defined risk factors for a clinical diagnosis of benign prostatic hyperplasia (BPH) among subjects of the population-based Massachusetts Male Aging Study. In 1987-89 1709 men aged 40-70 provided baseline risk factor data and were followed for a mean of 9 years; 1019 men without prostate cancer provided follow-up data. We classified men with clinical BPH at follow-up if they reported (1) frequent or difficulty urinating and were told by a health professional that they had an enlarged or swollen prostate or (2) if they reported having surgery for BPH. At follow-up the prevalence of clinical BPH was 19.4%, increasing from 8.4% of men aged 38-49 years to 33.5% of men aged 60-70 years ($P < 0.001$ for trend). Elevated free PSA levels (age- and total PSA-adjusted OR, top vs. bottom quartile ng/mL 4.4, 95% CI 1.9-10.5), heart disease (age-adjusted OR 2.1, CI 1.3-3.3), and use of beta-blocker medications (OR 1.8, CI 1.1-3.0) increased odds for BPH, while current cigarette smoking (OR 0.5, CI 0.3-0.8) and high levels of physical activity (top vs. bottom quartile kcals/day OR 0.5, CI 0.3-0.9) decreased odds of BPH. All but the medication effects persisted in fully adjusted multivariable models. Total or fat calorie intake, sexual activity level, alcohol intake, body mass index, waist-hip ratio, diastolic blood pressure, a history of diabetes, hypertension,

vasectomy, or serum levels of androgens or estrogens did not individually predict clinical BPH. We conclude that physical exercise and cigarette smoking appear to protect against development of clinical BPH. Elevated free PSA levels predict clinical BPH independent of total PSA levels. Risk associated with heart disease does not appear to be due solely to detection bias or to effects of heart disease medications. A wide variety of other characteristics appear to have no influence on risk for clinical BPH."

Hello Dr. Mauro: I have two question's if you could possibly help me out Please

1) I have read your books and was thinking of starting the metabolic diet, but since I'm only 150 lbs. and less than 10% bf, would this diet benefit me compared to a 50/30/20 I'm on now?

Also, please help me with this VERY important question I have here: 2) I saw your advice in PL USA regarding the post-workout shakes, but was not too clear on this ... according to that article ... you say you take your Amino immediatley after your W/O, then after maybe taking a shower (15-20) mins after the W/O, take the simple carbs like dextrose, then 10 mins later take a shake with carbs/protein?

I have not bought your amino, but I like this idea, so with the supps I have now, what would be the best way to work them? I currently take 35g dextrose, 3g glutamine immediately after last set of exercises while leaving the gym!!! Once I get home (15 mins. later) I'll make a whey isolate/hydro shake with another 35g dextrose ... Then about 45 mins after eat a carb/prot & some fat meal ...

I have got this far by talking to many people on the internet forums and think I'm pretty close but not sure? .. I know most people just take a "protein" shake and that's it ... much less know what dextrose is!!

Also, you mentioned in that article that carbs after a workout will not produce GH?? Man, I'm only 150 lbs. and need all the natural GH I can get!!! I train for powerlifting so need the MOST STRENGTH possible!!! Not concerned about the sugars, if you know what I mean.

Hey, thanks for taking the time to help me out **Shane**

Hi Shane: You've got a lot of good questions, and I'm sure a lot more in mind. The simplest way to answer you is to direct you to the Anabolic Solution, my new e-book. This e-book is geared toward recreational and competitive bodybuilders, or anyone who wants to maximize muscle mass and minimize bodyfat. The Anabolic Solution ties variations in the Metabolic Diet with phases of training (mass, strength, cutting, etc.) and with nutritional supplement use. More importantly, for you, is that it spells out how to build muscle mass and then lean out, keeping the muscle mass and losing the excess bodyfat. It's also got info on what to take before, during and after training.

It's available on either of my major sites, www.MetabolicDiet.com or www.CoachSOS.com or through me directly for \$24.95. If you're interested, let me know. **Best regards, Mauro**

Mauro: I just wanted to drop you a quick line. I have been using the Metabolic Diet for a little over a week now, and I have already lost over an inch and a half off my waist. This wouldn't impress me if my strength level had dropped, but it hasn't. I also wanted to give you a little feedback on your Joint Support formula. I have tried Glucosamine and Chondroitin for sometime with limited results. However, with your formula, I feel markedly better. Again, this improvement came in just a little over a week. Please keep up the incredible work. I never thought that I could drop a notch on my lifting belt and lose my knee pain in such a short period of time. Thanks again, **Bill**

Hi Bill: I'm pleased you're having such great results and that you took the time to write. **Best regards, Mauro**

"I have been using the Metabolic Diet for a little over a week now, and I have already lost over an inch and a half off my waist. This wouldn't impress me if my strength level had dropped, but it hasn't..." **Bill**

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Q: I just wanted to let you know that I am a big fan of your work. You really add some nice content to *PL USA* and I am glad that you are a regular writer. I have learned a lot from your column over the past couple years that I have been able to apply to my lifestyle. I will say that I have gotten good results using your theories and my new "Nutrition" way of life is here to stay. In a column some months back you gave us a little info on green tea. I was wondering if you could expand on its benefits and how it can help the powerlifter in helping reach his goals. Could you expand on green tea a little more in depth, as I would like to know more? Thanks again for such an informative column. Sincerely,

Leslie Walker

A: Well, thanks for the kind words. I am happy to be part of the staff here at *PLUSA* that helps educate the aspiring lifter to take on new realms with their powerlifting from all angles.

Green tea actually is a pretty complex topic. A green tea has been part of the Chinese diet for over 5,000 years. It is not by accident that it has been the national drink for such a long time. There are tons of health benefits to drinking green tea, so here are some that should spark your interest.

- Green tea contains something known as polyphenols. They act as a strong antioxidant when introduced into the body.

- This antioxidant protection may reduce the growth of cancer cells, especially in specific types of cancer, which include the prostate, colon, rectal, and skin forms.

- Green Tea can interfere with the binding of cancer-causing agents to cellular DNA. This means it can protect cells against mutations that can lead to cancer.

- These powerful antioxidants also can be helpful in lowering bad cholesterol and prevent arteriosclerosis, which are hardening of the arteries in your heart.

- It can also help those who suffer from high triglyceride levels as well.

- It has protective benefits for the kidneys.

- Green Tea can protect against free radical DNA damage that is the cause of some of the different forms of cancer.

- Substances in Green Tea can work with the enzymes and antioxidants in the intestine, liver and lungs to provide a synergistic effect. This will help to prevent the activation of certain carcinogens before they can damage our DNA.

- The polyphenols in tea act as a strong anti-inflammatory. This is very important for those that suffer from tendonitis.

- It also has the ability to lower blood glucose levels. This is a major

NUTRITION

POWER NUTRITION Q & A

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

plus for those with high blood sugar levels or Type II Diabetes.

- Green Tea can also lower insulin secretion, which is something that can really benefit those who are insulin resistant.

- When a starch like a baked potato is eaten, it is the enzyme amylase that breaks it down into the form of a simple sugar known as glucose. In this state it now can be absorbed into the blood stream. It has now been proven that the polyphenols in green tea have the ability to inhibit the enzyme amylase. One particular study demonstrated that consuming even one cup of green tea inhibited amylase activation by 87%. This is very important because this will lead to lower blood sugar concentration and less insulin production.

- Green Tea can help to neutralize some of the dietary carcinogens you may consume such as aflatoxin and nitrosamine.

- It has also been proven to elevate levels of our good cholesterol which is known as HDL. This is very important since it is this good cholesterol that helps remove atherosclerotic plaque from our arterial walls. When this form of cholesterol is too low doctors use this as a marker because it can lead to heart disease or a heart attack.

- One study showed that green tea may even lower the amount of fat that is absorbed in the intestinal tract. This will lead to more fat being excreted in the feces instead of being absorbed and ultimately helping you pack on the pounds of lard.

- Another study showed that those women over 40 years old who drank more than 5 cups of green tea per day had half the amount of strokes of those whom didn't drink green tea.

As you can see the health benefits to drinking green tea are unreal to say the least. If you have any sort of brain then this should no doubt make you want to start incorporating this powerful health drink in your daily nutrition plan. The Chinese and Japanese have been drinking this tea for thousands of years and for good reason. You see there is a lot of wisdom from the Far East. There is no doubt that powerlifters should make this part of their nutrition plan as it can really



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

protect your health in the long run. In the East disease is something that is focused on before it happens, whereas in the West it is only focused on when disease has become a reality and may cost you your life. Instead of trying to keep your cholesterol down during your lifetime, most only address it when they have a heart attack or their doctor puts them on medication because one is about to happen. Isn't this like putting the cart before the horse? As strength athletes we must take care of our health because this is the best thing we can do for our long-term performance. You can't squat big if you are sick and with the way many powerlifters health deteriorates after the age of 30 it should be a major concern for all lifters.

It seems that in every issue of *PL USA* there is a dedication for more than one powerlifter that has passed away long before their time. This shows us that we must take care of our long-term health because health problems that lead to death are no doubt much too common in the powerlifting community. Believe it or not there is life outside of powerlifting and taking care and preventive maintenance for your health is the most important thing you can do. I hate to say this, but powerlifters - on the larger scene of things - are not the healthiest athletes. I have taken it as my job not only to help you increase your performance, but also even more importantly to educate you on how to take care of your health.

Q: My question is about all the Mad Cow stuff I keep watching on TV and in the news. What the hell is this all about? I have a good idea about what it is but I would like to know

more. Should I completely stay away from eating beef? Should I just become a vegetarian? I love eating beef; hell I am from Texas so that may explain all the discontent with what I keep hearing over and over. Please give me some insight about this problem and any helpful tips would be greatly appreciated. Do I have to give up beef forever?

Jed "Big Beef" Watson.

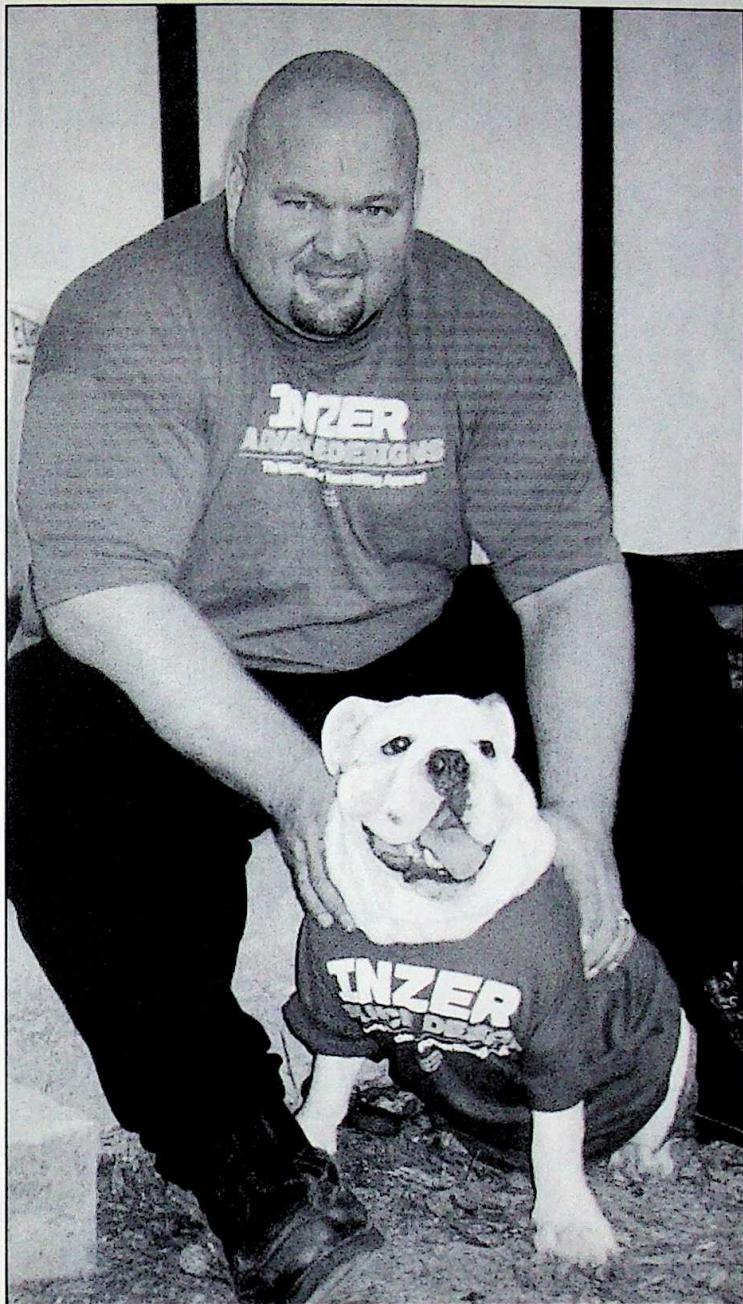
A: Jed, it's good to hear from you. I can fully understand your concern as this whole Mad Cow scare has really made me paranoid also. I like beef a lot too so when all this mess came out it really made me rethink what I should be eating and prescribing for my clients. Beef is no doubt one of the best foods that a powerlifter can eat. It is high in protein, rich in creatine and is no doubt tasty as hell. The problem is with this scare is that you really don't know if you have got tainted beef. The next problem is that you won't know till several years down the road when it's much too late. In my opinion the government is not doing enough to protect us from this and this is most disheartening. The Japanese test every cow that comes into their country to make sure that the meat that their citizens are eating is safe. It's a total shame that in North America we are not seeing this type of concern out for our well being while countries like Japan are truly watching out for their people more. So since our governments are not looking out for us as much as they should it is now your responsibility to watch out for yourself. So, instead of just bitching and complaining like an ex-wife, who just cashed her last alimony check, let's take a look into what Mad Cow disease is and what we can do to help prevent it.

Mad Cow Disease is also known as Bovine Spongiform Encephalopathy or BSE and was first discovered in Britain in 1986. The human equivalent to Mad Cow is Creutzfeldt-Jacob Disease. This disease in humans ultimately leads to coma and death. Before you die an awful death you will go through such complications as a decline in mental function, hallucinations, loss of muscle coordination and much more. Now instead of going into the actual science of the disease what I will tell you is the main reason why this disease is happening is because cows and other animals are being ground up and fed to other cows. Yes, that's right! Cows which are herbivores, meaning they eat plants and not other animals, are being fed ground up animals like pigs, other cows and even fecal matter. Doesn't that make you want to be sick right here or what? Can you believe that cows are even forced to eat fecal matter in their feed so that it will help cut down feed costs? Now without going into the scientific analysis

here, doesn't it sound like cannibalism and eating fecal matter would over some time cause disease? DUH, I think so! Animals are being turned into cannibals and then to make this picture even rosier they are fed fecal matter as their source of nutrition. You tell me what's wrong with this sick picture? Now to add more insult to injury here these ground up cow parts are then even fed to chickens and pigs which then are killed and ground up and fed back to more cows, which then you serve to your family on the old BBQ! This is one nasty cycle that is ultimately going to infect a lot of Americans with this disease and it already has taken several lives in the Europe and the United States. Just reading this is disgusting at best and will probably make you want to turn you into a vegetarian overnight. The fact is the meat industry and their practice of cow cannibalism is what is responsible for not only cows dying of this horrible disease, but also American citizens. The fact that governments of Canada and USA are not doing enough to protect the health and well being of its citizens is nothing but a shame in the least.

Now with this all said and done what can you do to protect yourself and family from this life threatening disease. If the meat industry and the government are not going to watch out for your family then its going to have to be your responsibility to take care. I am going to give you some recommendations that will help cut down your chances of contracting this killer disease. First off just to scare you a little here but the only way to be 100% safe is to become a total vegetarian that stays away from anything that has to do with cows. So milk, yogurt, cheese, steak, and ground beef are all gone. But wait that's not all. Let's not forget the other little animals that have interacted with infected feed somewhere down the line. So this will now include chicken, pork, turkey, gelatin, casein, whey, lamb and any other animal or product that may have been tainted. Hell, this only leaves us eating grass and rice cakes. What the hell kind of life is that going to be?

The first thing that you always have to do when buying beef is to make sure that it is certified organic grass fed beef. This is a lot more expensive, but what is nice is that you don't have to worry that the cow has been injected with all types of synthetic hormones and it wasn't forced to eat other cow tissue or



X-TremePower Client GARRY FRANK with his dog "Beau". (courtesy Frank)

fecal matter. Next make sure the cuts of beef are boneless. The reason being is that the contaminated tissue is close to the bone. It is also found in spinal tissue, nerve tissue, organs and the brain. The worst would be processed beef or ground meat not from an organic farm. Watch out for items like deli meats, wieners, burgers sausage, meat jerk, bacon, and anything where you don't know the source. This includes fast food. Another way to keep you away from getting this disease is to eat either Kosher (Slaughtered according to Jewish Law) or Halal (Slaughtered according to Islamic Law) meat. Both of these forms of meat do not allow under their religious rulings, their cows,

chickens, lambs, goats or other animals to eat other animals as it would make the meat unlawful and contaminated. Wow, this makes a lot of sense doesn't it? So if you eat authentic Kosher or Halal meat it should be impossible to get Mad Cow from these meat sources. This is another alternative for those who worry about their family's long-term health and well-being.

I know its sounds like I am telling you about the end of the world here, but the fact is you have to watch out as much as possible. Since in my opinion the government is not doing what it should to protect us then we have to watch our backs in this serious matter. If the governments of Canada and the US tested every

animal like the government of Japan does we could be rest assured that we wouldn't see people dying like we are now. Our governments can waste money all types of stupid things but when it comes to protecting our health in this matter it goes on the back burner. This is a very serious problem and if we don't pressure the government and the meat industry to do the right thing and test all animals, things are only going to get worse and more people are going to die. They can tax us into the stratosphere, but they can't provide us with the safety of what the government of Japan does for their citizens. I look at it this way. The USA is the richest country in the world and if the government can't provide the safety for its citizens while a country like Japan can for a simple thing like eating beef, then this is a major shame in the least!

Well before you flip out about this whole matter like I have been for the last couple years follow my guidelines and do your best to protect yourself and family. It is a total shame that we have allowed the meat industry to practice such despicable acts that has ultimately cost people their lives for doing nothing more than having themselves a steak or hamburger. It is a sad day when the almighty dollar is put above the health and well being of its citizens including its children. Not only does it piss me off that the meat industry is turning herbivorous animals into carnivores, but the fact that cannibalism and putting fecal matter in their feed to cut down on costs ultimately disgusts me to say the least. This is a grave injustice that needs to be cleaned up before more and more people are infected from this killer disease. The meat

industry needs a total revamp on its guidelines on how animals are fed and maintained prior to slaughter. This is to make sure that we the citizens don't end up suffering from the pain and agony that this disease causes 5 years down the road because you ate a steak at some restaurant thinking that you would be safe from this disease's grip. Even worse it could be one of your children dying from it and their will be nothing you can do to save them!

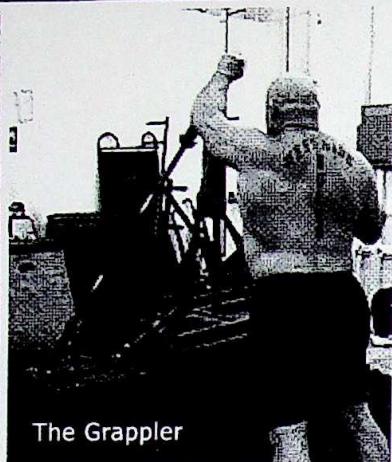
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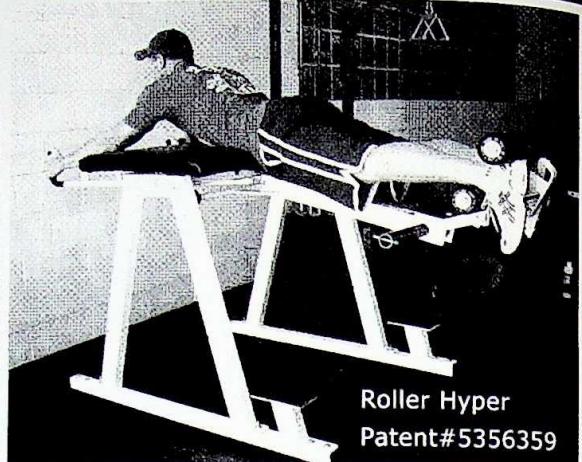
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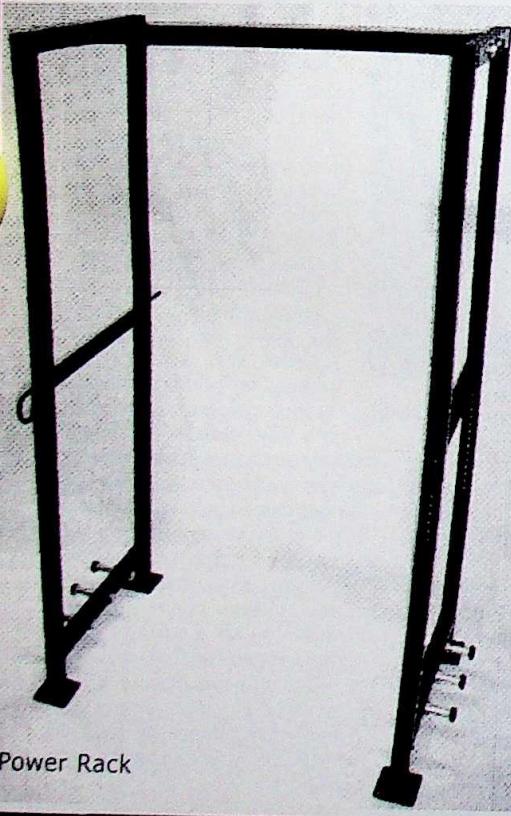
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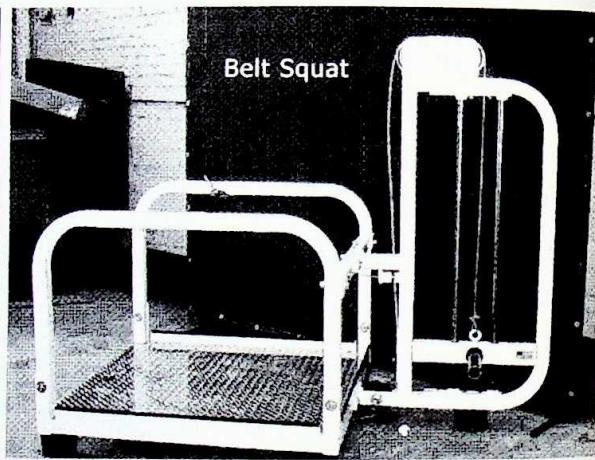


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Bruce Citerman recently spoke with Matt Lamarque, first place winner in the Men's Open Bench Press at the 2002 and 2003 WABDL World Championships and 2003 APFCA State Championships, about a variety of powerlifting topics. These are excerpts from the interview:

Bruce Citerman: Matt, give us some personal background on yourself.

Matt Lamarque: I am 29 years old and live in Monterey, California. I am married and have two daughters - 2 and 9 years old. I am a Correctional Officer for the State of California at Soledad Prison. I also have a private gym where I train people at and our powerlifting team trains there as well. Our team is called the Iron Society, and we have about 15 members. We have been training together for about 8 years now.

Bruce Citerman: What is your athletic background?

Matt Lamarque: Although I have participated in many different recreational sports, I have truly only focused on powerlifting for the last 13 years. (I have been competing since I was 16 years old).

Bruce Citerman: How did you get into weightlifting and competing?

Matt Lamarque: My father Tony got me started in weight training when I was 13 years old. A friend of his, Nick Manzo, took me to my first competition when I was 16 years old. I have competed in 3-5 meets a year ever since then.

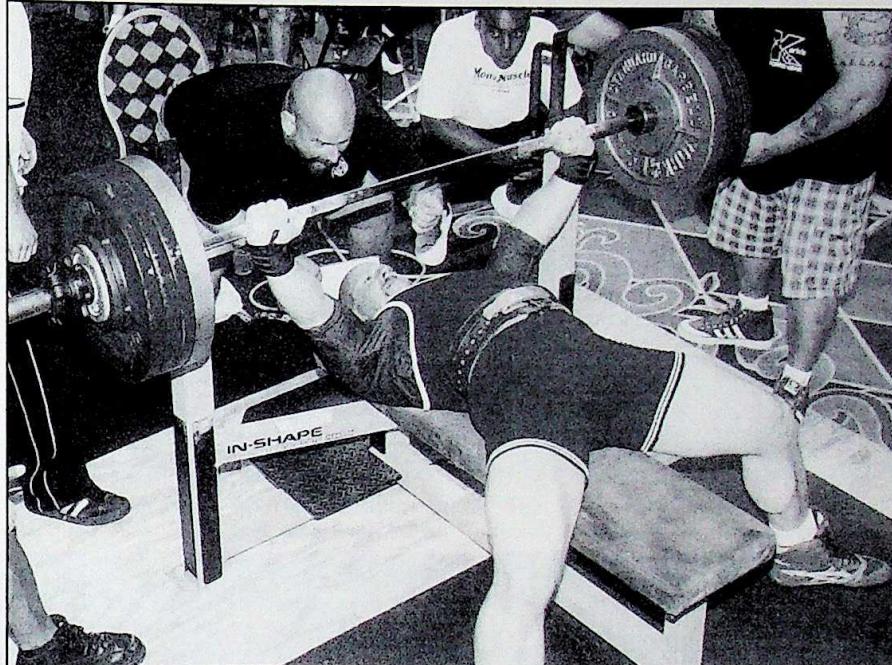
Bruce Citerman: What major contests have

INTERVIEW

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

MATT LAMARQUE

interviewed by Bruce Citerman for Powerlifting USA



Matt Lamarque has since benched an all time best of 738 @ 220 (courtesy Lamarque)

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you entered and what were your results?

Matt Lamarque: I have competed in almost every federation there is. Although I mainly compete in the WABDL, I am unbiased towards any other federation as long as they follow the basic standards that everyone else adheres to. I am referring to using three judges on the platform, all lifters in proper lifting attire (singlet or supportive suits), and the standard rules that apply to each lift. At the last two WABDL World championships, 2002 and 2003, I took first place in the Mens Open Bench Press. There were between 600 and 700 lifters at each one of those meets, making them the biggest meets in the history of the sport. I also took first place in the 2003 APF California State Championships in Sacramento. There I squatted 600 lbs., I benched 672 lbs. (and 699 lbs. on a 4th attempt), and I deadlifted 633 lbs. I totaled 1905 lbs. and would have totaled 1932 lbs. if my 4th attempt bench would have been able to count for the total, and that would have been an elite total for my weight class. My best lifts are 600 lb. squat, 705 lb. bench press, and a 688 lb. deadlift.

Bruce Citerman: What is your weightlifting routine?

Matt Lamarque: I basically train 5 days a week - Monday - Bench 5-8 singles usually done heavy, one pressing movement, triceps,

hammers. - Tuesday - Deadlift 5-8 singles with medium to heavy, back, lats, traps, side and rear delts, and abs. Wednesday - Squat - either speed with box or heavy triples, Glute Ham raises, reverse hyper extensions, Abs. Friday - Bench - singles or triples, triceps, rows, hammers, upper back. Saturday - maximum effort - rack deadlift or rack squat, reverse hyper, abs, sled. All assistance exercises after the main movement are done using 3-5 sets of 8-20 reps.

Bruce Citerman: What kind of vitamins or supplements do you take?

Matt Lamarque: I take Designer Whey Protein by Next Nutrition, glucosamine, MSM, and sometimes I take Celltech by Muscletech.

Bruce Citerman: What are your plans in powerlifting and any comments?

Matt Lamarque: I would like to have the biggest bench ever in the 220 lb. weight class. Even if it is broken after I get it, if I could at least have it for a day, that would be great. I would also like to have the best bench/deadlift total in the 220s ever. I believe deadlifting sets a lot of us apart and being strong at both of them is important to me. My last wish is that our great sport makes it into the Olympics one day. I love ping pong, but it sure as hell shouldn't be there if powerlifting isn't.

I couldn't pass a field-sobriety test if my life depended on it. It is early in the morning, but there is simply no way I could pass. I haven't even been drinking. I just can't recite the alphabet backwards. I saw this given as a field-sobriety test, and thought - no fair! I can't even do that sober! In fact, I've tried to practice this feat a few times, and I still can't do it. I get too confused.

The truth is, I often get confused - and that is why our article series got out-of-order last month. Sorry about that. Two months ago we promised to feature a gym with a big-headed lifter. Not big-headed as in conceited, but big-headed as in 'looks like a nice guy wearing a watermelon.' Naturally Vincent Dizenzo thought of himself when we mentioned it, and expected to see Southside Gym.

But then, inexplicably, we featured the All American Gym last month. Whoops! Sorry if that threw you off, like a rodeo clown from a bull's horn. We will now return to our originally scheduled order, and feature the promised trophy head. Yes, Vincent, this means YOU!

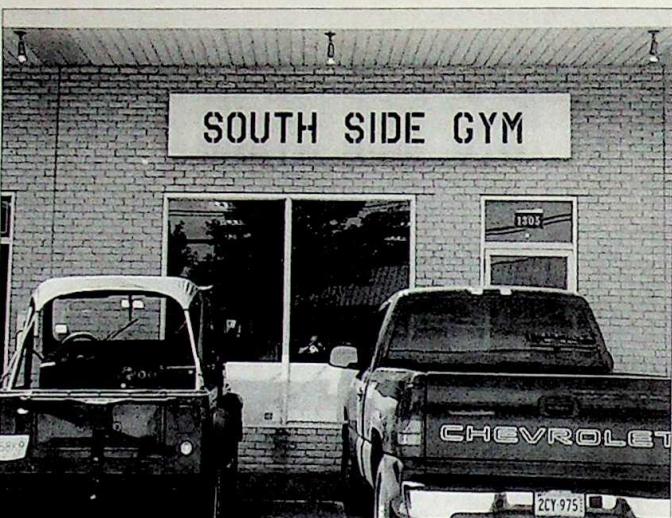
Before we get into the important info on the gym, let me make one thing perfectly clear: Vincent Dizenzo has a rather large head. This boy has a NOGGIN. And I mean this in the most polite and respectful way, since he is a large powerful individual who could easily snap me like a dry twig on a hot summer day in Texas.

As most of you faithful readers know, I have long known that Big Heads are the not-so-easily-hidden secret to big Benches. That's why I fertilize my head, and allow my children to beat my head with sticks. So my top-knot will hopefully swell - adding pounds to my bench. (More info on my BP progress later, but I'm already wearing a size 7 5/8 hat.) Notice the photo of Vincent standing in front of the bar loaded to 767.5# - which is the amount he benched in the 275# weight class. You can easily see that his large melon has contributed to his BP prowess!

If you are in public, quickly look around you & recruit whoever

HARD CORE GYM #34

Southside Gym as told to PLUSA by Rick Brewer



Southside Gym ... has a sauna, oops .. is a sauna .. in the summer.

has the biggest head - we need this person Powerlifting asap! If you don't know people with big heads, and are at home, sitting naked in a bean-bag chair - put this magazine down and put some clothes on for heaven's sake. What's wrong with you?!? Have some respect for Vincent, because here is his gym story:

Southside Gym opened in Stratford, CT about 11 years ago. The owner, Joe Sylvia, is an accomplished powerlifter. (How big is his head?) What? (Never mind, go on with your story.) He has two sons who both work out at the gym as well. (What about their heads? Ever see them without a hat?) Would you please shut-up about the heads? (OK, OK. Go on.) Joe's wife Donna opens the gym, and after a hard day's work - Joe takes over until closing. (Notice that I said absolutely nothing about the size of Donna's head, because of my respect for ladies, and my fear of Vincent.) It is definitely a family run operation. There are, however,

many extended family members related by iron at Southside. You can always find a spot or someone to stay late so you can catch a heavy-duty workout.

If you are looking for glamour, Southside is not your place. The only sauna you will find is the non-air-conditioned gym itself in the dead of summer. You also won't find much in the way of cardio machines. (Good; I'm convinced that cardio builds estrogen levels.) There is one stationary bike and that is it. Nobody is even sure if it works. It spends most of its time as a coat-rack anyway. However, if you are looking for powerlifting equipment, you have found the right place. The equipment ranges from weights, bands, chains, benches, glute-ham machine, reverse hyper, monolift, to who knows what all?

During its decade of destruction, Southside has built itself quite a reputation. Locally, some lifters are even afraid to cross the threshold - d-e to its hardcore reputation. Nationally, it is beginning to attract the attention of many strength athletes. There are lifters who travel for hours to train in the powerlifting den. This is not a surprise, considering it has been the home of many local, national, and world-class lifters from almost every federation. On of its lifters even went on to become a member of the U.S. Olympic Bobsled Team. (Cool!) Currently, it hosts

quite a stable of talented competitors. Perennial top ten lifters include some intense characters including: Billy Mimnaugh (with a 2300# + total), Ron Dayton (2003 APF Senior National 275# Class Champion), Mike Olmo (952# squat), Vincent Dizenzo (benched 767.5# to set record in the 275# weight class). For Vincent (me) this is also the third class in which to hit a 700# BP, and my sights are set on a fourth weight class as well.

The powerlifting crew often trains together on their regular days. New lifters are always welcomed, but are usually a bit frightened. Up and comer, Rob Weber, often recalls the first thing he saw when walking in the gym: Billy Mimnaugh dropping 500# on his chest while benching and throwing a fit! Rob told his buddy that he was never coming back. Rob is now closing in on a 600# BP! (Good thing he lied about never coming back!)

The only thing scarier than the training, is the wit of many of the lifters. If you are new, you better have a thick skin. Verbal abuse has been known to run rampant regardless of lifting stature. However, this abuse comes with benefits. It comes with an abundance of training knowledge and encouragement. (It's always helpful when a big guy screams: YOU WEAK LITTLE PIECE OF \$!&%#!, YOUSUCK! GET OUT OF THE WAY! YOU'LL NEVER BE ANYTHING! You're doing everything WRONG, but you can WATCH ME AND LEARN!) New lifters love this sort of helpful criticism.) But, not too many rookie lifters can say that they have top-ranked lifters spotting and loading for them.

All in all, the support of the gym is incredible. (Like a jockstrap, without the smell.) Even more incredible are the results. Those well-publicized gyms better watch their backs because this little gym on the East Coast is starting to get the recognition it deserves. (AND, you could always send a Bobsledder over to terrorize the hill of their playground area, or slide all around their parking lot.) If you want to get big & strong, make the pilgrimage to Southside Gym.

OK, it sounds like Southside Gym is doing things right on the East Coast! Makes me wonder about an East Coast versus West Coast, POWER-WAR. Who is stronger? Herb Glossbrenner, can you help us out with the stats on this? Which coast has the strongest lifters? Are TX lifters on the South (Gulf) Coast? Is there a North Coast?

Mike McDonald sent me a bunch of cool info on his bench-pressing career.

South Side Meet Records					
MEMBERS ONLY					
	192	220	242	275	308
Squat	650 Joe Sylvia	717 F. ARCAMONE	800 Ron Dayton	914 Ron Dayton	953 Mike Olmo
Bench	413 F. ARCAMONE	460 P. HALLIWELL	555 G. BEINSTEIN	767.5 Vinny Dizenzo	730 Vinny Dizenzo
Deadlift	600 F. ARCAMONE	620 Roy Lopez	690 Bob Bove	821 Ron Dayton	777 Billy Mimnaugh
Total	1625 F. ARCAMONE, P. HALLIWELL	1769 Ron Dayton	1875 Ron Dayton	2254 Ron Dayton	2210 Billy Mimnaugh
					2303 Billy Mimnaugh

The Southside Gym Meet Records Board ... boasts some world class numbers.

He lives in Minnesota - is that the North Coast? North Border? Mike is one of the most proficient bench-pressers of all time, and he is making a comeback now. He has a string of records that speak for themselves. He has already made a double bodyweight BP on his comeback (at age 54). He'll soon be 56, and he expects to hit 400# in the 1980s. He is proud of the fact that he has been drug-free for 18 years, and we certainly wish him well!

OK, to get back on track - if I ever find myself in CT, I will definitely visit the Southside Gym, and I recommend that you do the same. Heck, you might as well try out for the Bobsled team while you're there. Next month, we'll continue getting back into the right order by looking at the BLOODY gym I hinted at previously. If you're good, I'll even tell you how we Bobsled in the South, because I can promise you - it's a wild & bloody sport!

Comments or questions?

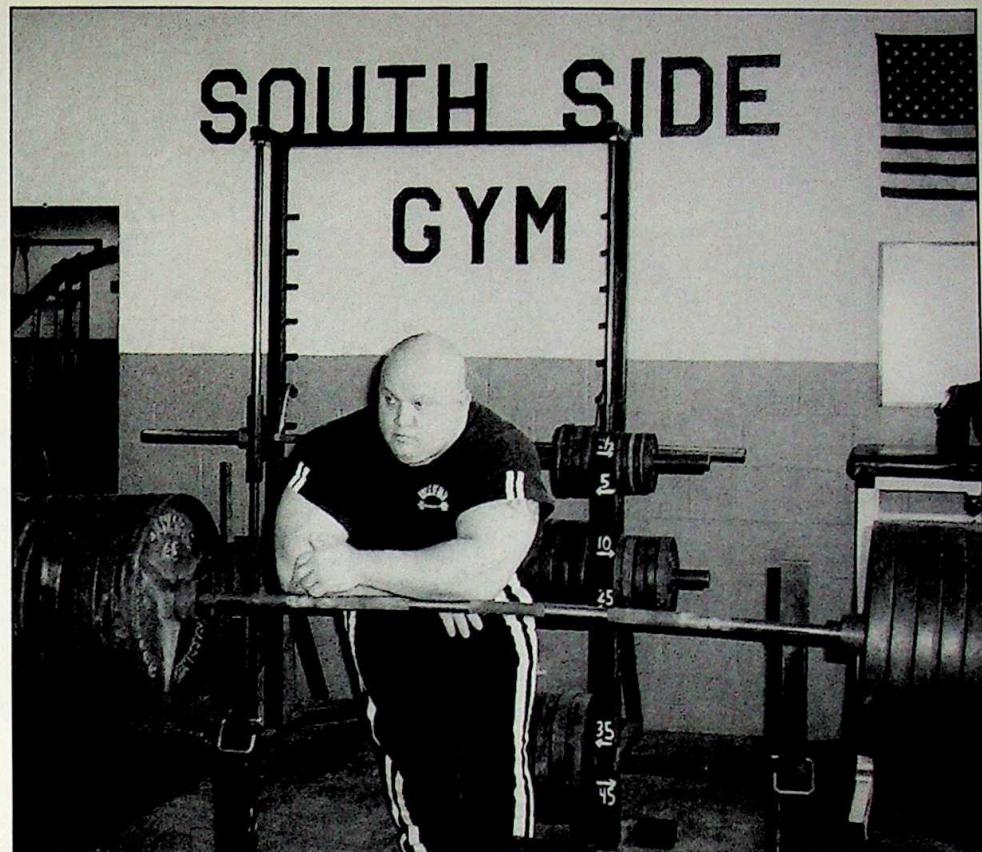
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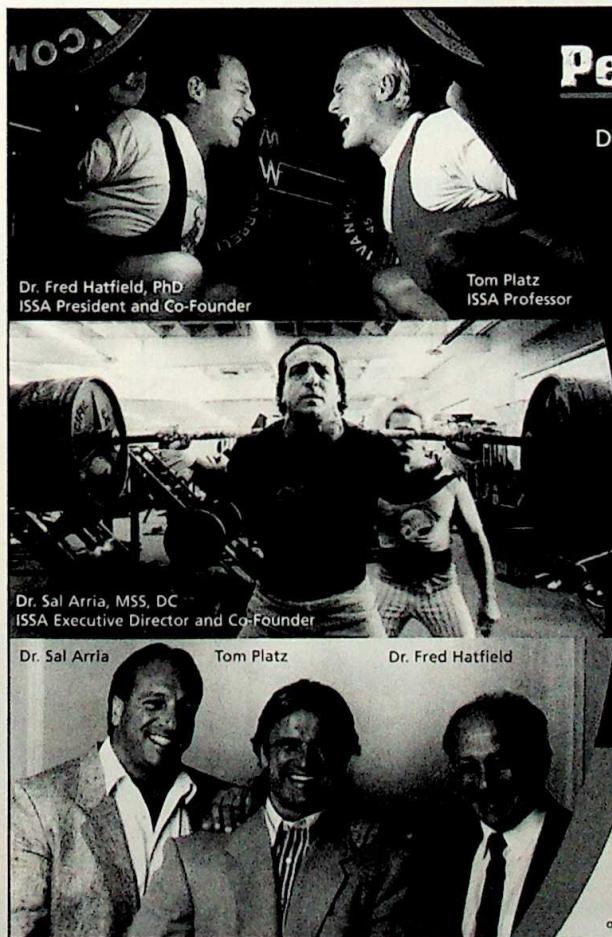
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Vincent Dizenzo...the aforementioned 'big guy,' takes a breather from a workout at Southside Gym.



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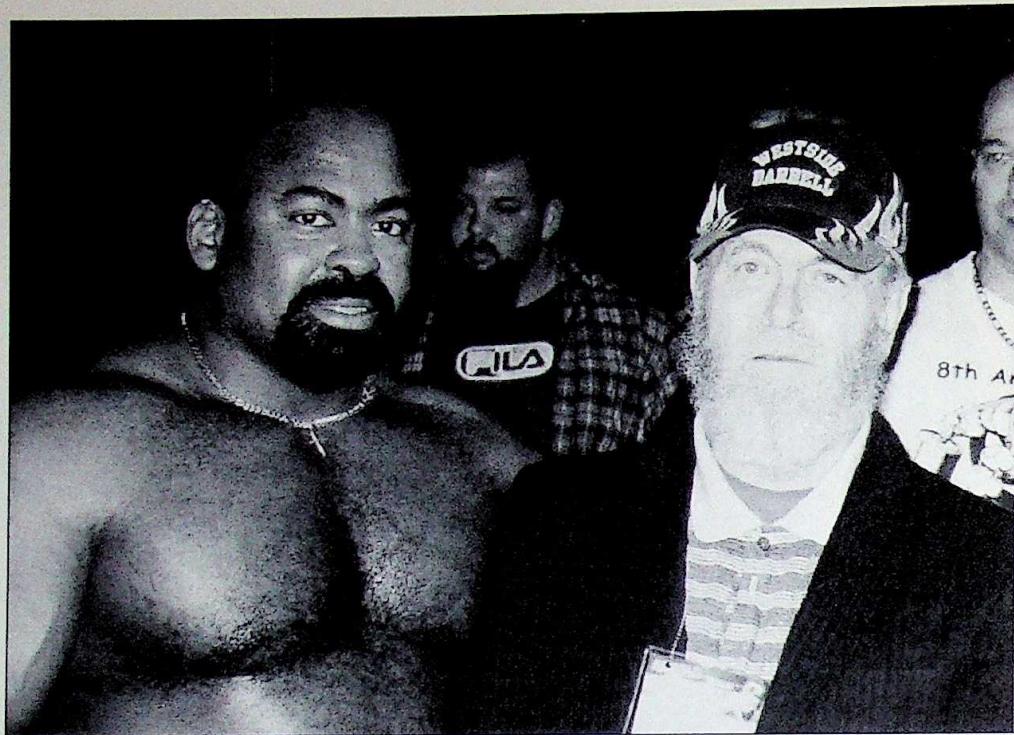
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The STEVE GOGGINS Career Chronology

*as compiled by
Powerlifting USA
Statistician Herb
Glossbrenner*



Steve Goggins poses with PL USA scribe Herb Glossbrenner at the 2003 Arnold Classic after he became the first human being to squat with over 1100 pounds.

#	TOT	SQ	BP	DL	BWT	DATE	MEET	LOCATION	SANC	PL
1	1120.0	350	320	450	185	JUN81	YMCA High School Meet	Danville, VA	1st	
2	1526.7	501.5	374.8	650.4	210	AUG85	Bruce Graser Meet	USPF	1st	
3	1795.0	660.0	390.0	745.0	220	14SEP85	Central Carolina Open	Monroe, NC	USPF	1st
4	1945.5	699.9	474.0	771.6	220	12FEB86	Armed Forces	Ft. Lewis, WA		1st
5	1962.0	722.0	451.9	788.1	220	08JUN86	Junior Nationals	Dallas, TX	USPF	1st
6	2039.7	804.6	479.5	804.6	220	06JUL86	Senior Nationals	Chicago, IL	USPF	1st
7	2083.4	793.5	474.0	815.6	220	13DEC86	YMCA Nationals	Columbus, OH		1st
8	2127.5	843.2	479.5	804.6	220	22NOV87	World Championships	Dayton, OH	APF	2nd
9	2204.6	881.6	501.6	821.2	220	06DEC87	9th Greater Texas Classic	Dallas, TX	USPF	1st
10	2221.1	870.8	518.1	832.2	242	24JAN88	Texas State	Houston, TX	USPF	1st
11	2254.2	920.4	512.6	821.2	233	08APR88	Budweiser Record Breakers	Honolulu, HI		1st
12	1907.0	755.1	429.9	722.0	242	10JUL88	Senior Nationals	Las Vegas, NV	USPF	4th
13	2160.5	903.0	485.0	771.6	231	11DEC88	Greater Texas Open.	Irving, TX	USPF	1st
14	2105.4	854.3	474.0	777.1	242	05FEB89	Texas Winter Classic	Austin, TX	USPF	1st
15	2216.4	826.7	479.5	810.2	242	16FEB89	Armed Forces	Long Beach, CA		1st
16			501.6	804.5	242	17JUN89	Texas Grand	Houston, TX	USPF	
17	2210.1	870.8	534.6	804.6	242	23JUL89	Senior Nationals	Columbus, OH	APF	1st
18			800.0	220		07OCT89	Deadliest Deadlift	Longview, TX		1st
19	2303.9	964.9	518.1	821.2	240	04FEB90	Alamo Classic	San Antonio, TX	USPF	1st
20	2324.7	968.9	529.1	826.7	242	05MAR90	Budweiser Record Breakers	Honolulu, HI	APF	1st
21	2221.1	881.8	512.6	826.7		07JUN91	Senior Nationals	Pittsburgh, PA	APF	1st
22	2050.2	771.6	474.0	804.6	242	23JUN91	Salem Open	Salem, OR	USPF	1st
23	2066.7	826.7	446.4	793.6		28JUL91	Senior Nationals	Dallas, TX	USPF	2nd
24				242		16NOV91	World Championships	Orebro, Sweden	IPF	
25				242		12APR92	16th World Record Breakers	Honolulu, HI		
26	1973.1	766.1	451.9	755.1	220	02AUG92	Senior Nationals	Raleigh, NC	USPF	1st
27	1907.0	733.0	413.4	760.6	220	19NOV92	World Championships	Birmingham, GB	IPF	3rd
28	2171.5	870.8	496.0	804.6	242	20JUN93	Senior Nationals	Greensboro, NC	USPF	1st
29	2083.3	848.7	485.0	749.6	242	31JUL94	Senior Nationals	Houston, TX	USPF	2nd
30	2265.3	942.6	518.1	804.6	242	30OCT94	Cowtown Classic	Ft. Worth, TX	APF	1st
31	2276.2	975.5	496.0	804.6	242	16JUL95	Senior Nationals	Dallas, TX	APF	1st
32	2358.9	1003.1	518.1	837.7	240.8	29OCT95	World Championships	Columbus, OH	WPC	1st
33	2399.7	1032.8	534.6	832.2	241.8	01JUN96	Senior Nationals	Atlanta, GA	APF	1st
34	2095.0	855.0	470.0	770.0	242	27APR97	World Championships	Sherwood, CAN	WpA	1st
35	2232.1	925.9	501.6	804.6	275	20MAY00	WPO Qualifier	Daytona, FL	WPO	1st
36	2419.5	1003.1	562.1	854.3	258.3	24JUN01	Senior Nationals	Daytona, FL	APF	
37		1036.1			257.2	12AUG01	Semifinals	Daytona, FL	APF	G
38	2314.8	975.6	534.5	804.6	259.6	24FEB02	Arnold Classic	Orlando, FL	WPO	
39					16JUN02	Senior Nationals	Orlando, FL	WPO	3rd	
40	2320.3	953.5	545.6	821.2	259	22JUN02	Mountaineer Cup	York, PA	APF	
41	2431.6	1014.1	573.2	843.2	255.7	09NOV02	Semifinals	Chester, WV	USPF	1st
42	2535.3	1102.3	551.1	881.9	265.5	01MAR03	Arnold Classic	New Orleans, LA	WPO	1st
43	2281.7	981.1	551.1	749.6	254	23JUN03	Mountaineer Cup	Columbus, OH	WPO	1st
44	2480.2	1041.7	567.7	871.4	242.3	06MAR04	Arnold Classic	Chester, WV	USPF	3rd
								Columbus, OH	WPO	1st

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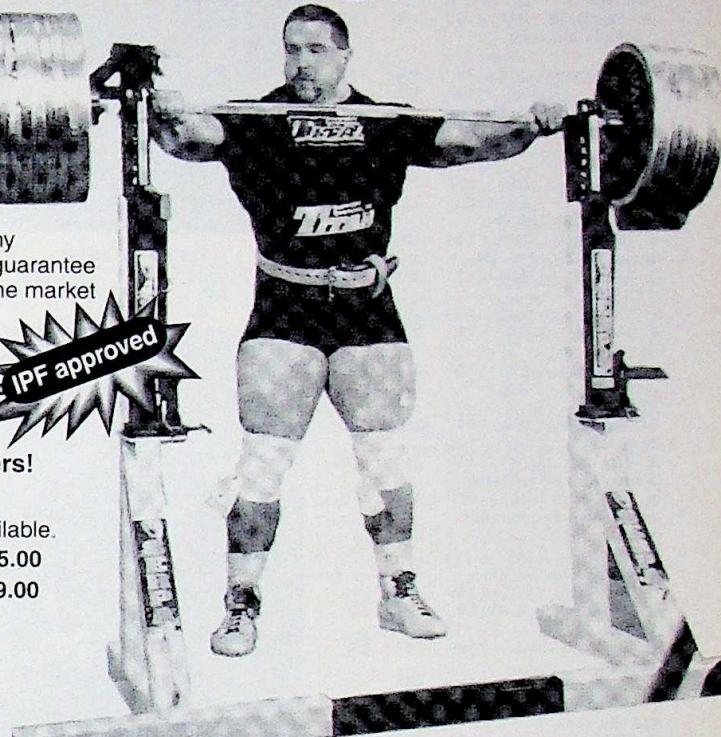
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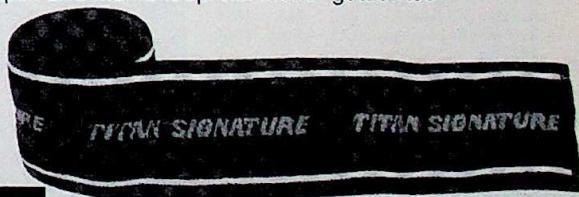
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Open 114 lbs.					
B. Steffan-40	165	95	270	530	
A. Len-26	140	75	230	445	
123 lbs.					
L. McKeogh-37	245	100	250	595	
M. Olsen-34	115	105	250	470	
148 lbs.					
P. Erwin-37	210	145	250	605	
165 lbs.					
J. Borzio-23	225	180	305	710	
198 lbs.					
A. Martin-38	290	135	340	765	
Youth 11 & Under					
88 lbs.					
A. Zimmerman	110	70	165	345	
Teen (14-15) 123 lbs.					
C. Kirkpatrick	170	115	235	520	
Act 171	4th		240		
148 lbs.					
A. Buck-15	230	125	300	655	
Act 232	4th		321		
Teen (18-19) 148 lbs.					
L. Haly	19	180	115	185	480
Junior (20-23) 105 lbs.					
J. Kenny-21	170	95	210	475	
132 lbs.					
J. Shearer-21	185	105	280	570	
L. Muldoon-21	175	115	275	565	
165 lbs.					
J. Borzio-23	225	180	305	710	
Act 226			306		
181 lbs.					
M. Routmer-21	250	95	260	605	
Hvy. lbs.					
V. Muscalo	23	245	150	315	710
Master (40-44) 114 lbs.					
B. Steffan-40	165	95	270	530	
Master (45-49) 148 lbs.					
S. Elchynski	—	—	—	—	
MEN					
Open 114 lbs.					
S. Goetz-15	195	140	290	625	
S. Perhacs-12	120	80	170	370	
132 lbs.					
D. Perhacs-14	265	180	355	800	
148 lbs.					
M. Romanello	380	300	395	1070	
J. Martijcci-36	340	235	415	990	
165 lbs.					
R. Cruz-44	440	280	480	1200	
J. Lohrer-16	420	280	450	1150	
4th 432					
181 lbs.					
J. Braca-41	500	330	635	1465	
M. Clickett-31	520	380	485	1385	
T. Biasetti-34	495	310	560	1365	
R. Knight-45	430	305	460	1195	
L. Sullivan-31	390	280	520	1190	
198 lbs.					
M. Martucci	475	345	535	1355	
J. Ferraro-29	435	280	550	1265	
A. Mangini-51	375	230	465	1070	
R. Fornelli-36	385	235	440	1060	
220 lbs.					
B. Wood-29	515	355	625	1495	
T. Fox-41	530	345	530	1405	
G. Davis-32	480	345	560	1385	
G. Lewis-35	420	340	535	1295	
B. Bayer-58	510	230	550	1290	
J. Raeiger-31	355	240	480	1075	
242 lbs.					
G. Lewis-35	490	370	535	1395	
E. Betta-37	400	325	450	1175	
P. Huntley-38	—	—	—	—	
275 lbs.					
D. Raybuck-35	575	355	590	1520	
B. Birnbaum-38505	325	620	1450		
J. Lawson-40	490	320	575	1385	
319 lbs.					
B. Ogden-47	500	315	505	1320	
C. Amstone-28	485	255	495	1235	
Youth 11 & Under					
88 lbs.					
T. Fox-10	90	65	125	280	
Youth (12-13)					
88 lbs.					
S. Perhacs-12	120	80	170	370	
Teen (14-15)					
97 lbs.					
E. Smith-14	185	110	205	500	
Act 186					
114 lbs.					
S. Goetz-15	195	140	290	625	
123 lbs.					
G. Pavlosky-14260	140	360	760		
J. Keller-14	170	130	235	535	

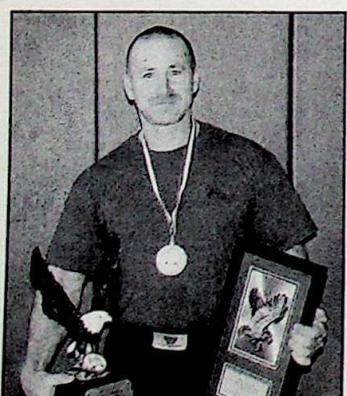
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Lisa McKeogh
Champion of Champions



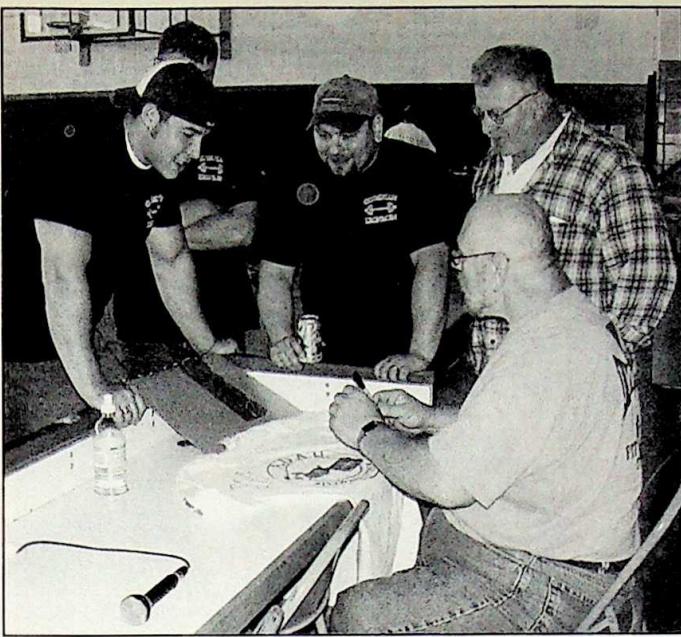
Bart Wood
Heavyweight Champion of Champions



Joe Braca
Lightweight Champion of Champions

C. Bloom-17	260	185	320	765	
Act	261	186			
132 lbs.					
B. Kunkel-16	200	190	300	690	
165 lbs.					
J. Whrer-16	420	280	456	1150	
181 lbs.					
C. Reis-17	335	230	456	1015	
M. Bingaman	300	200	440	940	
198 lbs.					
D. Rimbe-17	415	280	530	1225	
220 lbs.					
P. Holland-16	385	240	480	1105	
M. Rambo-16	300	235	435	970	
Teen (18-19) 123 lbs.					
R. Sahanoor-19	120	315	625		
148 lbs.					
C. Strohl-18	275	185	370	830	
198 lbs.					
K. Kluczynski	325	230	460	1015	
Junior 148 lbs.					
J. Punwne-21	260	205	365	830	
165 lbs.					
R. Colavito-20	356	270	405	1025	
D. Kelly-20	265	165	365	795	
181 lbs.					
A. Hersperger	465	330	575	1370	
A. Urbanski-20390	275	525	1190		
T. Perreca-22	410	256	505	1165	
N. Bourboulis	340	275	440	1055	
M. Neziri-20	235	215	360	810	
G. Hyacinth	240	156	400	790	
198 lbs.					
P. Kluczynski	370	260	515	1145	
K. Annarummo	370	235	490	1095	
275 lbs.					
J. D'Onofrio	400	240	375	1015	
Submaster					
198 lbs.					
R. Fornelli-36	385	235	440	1060	
220 lbs.					
G. Lewis-35	420	340	535	1295	
242 lbs.					
G. Lewis-35	490	370	535	1395	
P. Huntley-38	—	—	—	—	
275 lbs.					
D. Raybuck-35	575	355	590	1520	
B. Birnbaum-38505	325	620	1450		
Master (40-44) 165 lbs.					
R. Cruz-44	440	280	480	1200	
181 lbs.					
K. Tucker-40	300	255	400	955	
220 lbs.					
T. Fox-41	530	345	530	1405	
242 lbs.					
M. Baughman	325	250	395	970	
275 lbs.					
J. Lawson	40	490	320	575	1385
Master (45-49) 181 lbs.					
S. Fisher-47	—	—	—	—	
220 lbs.					
R. Jenks-49	445	290	465	1200	
319 lbs.					
B. Ogden-47	500	315	505	1320	
Master (50-54) 198 lbs.					
A. Mangini-51	375	230	465	1070	
Master (55-59) 181 lbs.					
D. Swingle-57	275	230	435	940	
220 lbs.					
B. Bayer-58	510	230	550	1290	
Master (65-69) 220 lbs.					
L. Burton-69	300	215	430	940	
319 lbs.					
A. Siegel-66	300	215	385	900	
Champion of Champions: Women - Lisa Mc Keogh					
Men - Lightweight - Joe Braca					
Heavyweight - Bart Wood					
Team Champions: Open 1st - Joe's Gym of Erie, PA.					
2nd - Powerhouse of Brookfield, CT.					
Mixed - 1st - Joe's Gym of Erie, Pa. 2nd - Jim Thorpe Power Team - Jim Thorpe, PA. 3RD - St. Francis College - Brooklyn, NY. 4th - Downtown Wt. Club - Clearfield, PA.					
Put together a drug tested, raw national championships and they will come. They came and they did compete. 102 entries came from the top drug free powerlifters in the nation. Just them and the weights. No absurd assistance gear. No drugs. Lifters with integrity. Lifters with morals. Lifters that realize a 500 pound bench press is possible and that 700 is not, that an 800 pound squat is possible and 900 is not. They realize that a "woman" that can squat 600 pounds or bench press 400 pounds would not pass a gender test, let alone a drug test. That should upset the "1/4 squat and touch and go bench press" circus that you read about every month.					
Ask me if I care. On with reality. The ladies: eleven year old, Adrienne					

Zimmerman is no rookie. National titles are becoming commonplace with her. Her title this year included all new youth state and American in the 88 pound class. At 105 pounds, Jill "Beast" Kenny won the title and set all new junior American records. Benita Steffan Won the open and masters 114 pound class and set masters state records in the bench, deadlift and total. Dr. Anna Y. Len, from Brooklyn, took the silver in the open. Champion of champions, Lisa McKeogh was tops in the 123 class with Marge Olsen coming in second. In the teen division, Caitlin Kirkpatrick won gold and set all new teen state and American records. At 132, Jackie Shearer (Pennsylvania) and Laura Muldoon (New York) went back and forth thorough the whole contest. Setting one record after another with Jackie winning by 5 pounds in the end. Awesome battle in this junior division. Patty Erwin came down from Connecticut to win the 148 open division with 15 year old Ashley Buck winning the teen division with teen American records in the squat and total. Lucy Halys won the gold in the teen 18-19 division. In the 165 class, newly wed Jennifer Borzio won gold in the open and junior division. She set seven state records and three American. Michele Raider came in first in the junior 181 class and Ann Martin won the open 198 class, respectively. Val Muscat won the gold in the teen heavy weight title for her final shot at it. Val set all new junior state and American Records in the process. The men: at 88 pounds Tim Fox, from Ohio, won the youth 10-11 division, with Ethan Smith winning the 97 pound class and setting a teen state and American squat Record. Matt Kyler was tops at 105 with all new teen American records, while Sean Goetz and Sean Perhacs going 1 and 2 in the open 114 class while taking first in their respective age divisions and setting new records in the process. At 123, Chris Bloom was top lifter and set three new teen American squat records. George Pavlosky won the 14-15 division and Rafi Sahanoor won the 18-19 division. Doug Perhacs is no rookie. At the ripe old age of 14 he won the open and 14-15 year old division at 132 pounds. He wins the title every year, but moves up a weight class each time. Ben Kunkel was the winner in the 16-17 division. Mike Romanello flew up from Florida and took the gold back with him. For his 148 pound title, Joe Martucci attempted a big deadlift to try to keep the title in Pennsylvania, but it was not to be. Chris Strohl won the teen 18-19 division and Jon Punzone took gold home in the juniors. The top man at 165 was veteran and multi national champ, Ramone Cruz. Ray won the open and masters divisions, again. Newcomer Justin Lohrer showed everyone that he is a force to be reckoned with. He went ten for ten and everyone looked like an opener. Justin placed second in the open and first in the 16-17 division and set a new teen American squat record. The teen 14-15 winner was Tim Kunkel and Rich Colavito won the juniors. Lightweight champion of champions Joe Braca gets better with age. The gold medal performance at 181 included 5 state records and 4 American records. He had a great 8 for 9 day. Multi-national champion, Matt Clickett had an off day and only got 5 of the attempts passed to take the silver. Connecticut's Tony Biasetti was on Clickett's tail and tried the winning deadlift, but ended up in third. Junior lifter Adam Hersperger increases his total at every contest. His 1370 total won the junior division by 180 pounds over other juniors. Chad Reis won the teen 16-17 division in the 181 class. Shawn Bradley won the teen 14-15 Division. Kevin Tucker won the masters 40-44 and Don Swingle won the masters 55-59. Mike Martucci Won gold at 198 with Josh Ferraro taking the silver. Master champion Al Mangini took the Bronze. Dan Rimbe set a state record bench while winning. The teen 16-17 division with Kevin Kluczynski winning the 18-19 division. Phil Kluczynski and Ken Annarummo had a great battle in the juniors while going first and second, respectfully. Rick Fornell won the submasters while placing fourth in the open. Heavyweight champion of



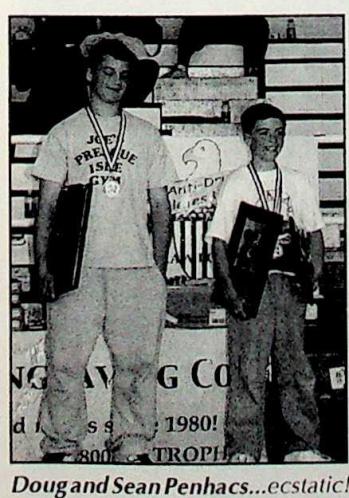
Don Reinhoudt enjoying his 'moment in the sun' signing T-Shirts!

champions, Bart Wood, won the 220 class, handily, on the power of the 625 deadlift over 2nd and 3rd place finishers Tim Fox (1st place master) and George Davis. Gerry won the submasters and placed 4th in the open. The incredible Bugs Bayer won the masters 4 division to come in 5th in the open. Pat Holland was the teen 16-17 champion while master Rick Jenks (45-49 years) and Leroy Burton (65-69 Years) won their age divisions. Burton set all new masters state records on the way to the gold. At 242, Gary Lewis won the open with Erie's strongest team, Ed Betza taking the silver. Mike Baughman was the masters-1 champion. Dennis Raybuck received the gold in the 275 open and submasters divisions and set a new submasters state record in the squat. Connecticut's, Bill Birnbaum pulled a big deadlift for the silver. Jeff Lawson got the bronze in the open and won the masters-1 division. The junior champion was Jason D'Onofrio from New York. The 319 class was all Bill Ogdens in the open and masters 2 division, with masters American records in the squat, deadlift and total. Craig Amstone won the silver and Al Siegel won the masters 6 division, to earn more team points for the downtown weight club. A huge thank you to the Joe's Gym of Erie volunteers, they ran the contest like clockwork and had us out early enough to enjoy the beautiful Erie area. Once again the A.D.A.U. officials were consistent and excellent in their judging of each and every contestant. You won't find better

officials, anywhere. It's great how they judge the lift, not the lifter. No favoritism just because you are the current mister or miss so and so. Each lifter earned the lifts they received. A special thanks to Terry Johnson, Keith Massing, Steve Fisher, Mike Decker and the most incredible woman alive, my wife Sondra Lee. They were with me from the set up to the tear down. I love you all and I owe you. Yours strongly, Joe Orengia. "Do not follow where the path may lead. Go instead where there is no path and leave a trail." -Muriel Strode. (Thank you to Joe Orengia for these results)

USAPL Mid Atlantic Open 14 AUG 04 - Charlottesville, VA

	BENCH	242	18-19					
105 45-49				B. Tabler	515			
Karen Poyer	130	242	Open	F. Schuetz	480			
	123 RAW							
Kerry Self	115	242	Open					
148 Armed Forces		Tim Durrett	400					
College, Open		242 RAW						
D. Grimes	110	Carl Amstone	350					
40-44		242 40-44						
Rob Wess	245	A. Rhodes	380					
165 Open		242 Police	40-44					
D. Maoury	395	Mike Hill	375					
181 RAW		275 Open						
John Self	345	Ramsey Miller	525					
198 RAW		275 50-54						
John Jackson	325	Rich Rigo	460					
220 Open		Supers 50-54						
C.Yarborough	460	Ron Beuch	485					
Powerlifting	SQ	BP	DL	TOT				
WOMEN	97 55-59							
E. Newton	110	80	205	395				
105 Open, 45-49								
Karen Poyer	160	130	185	475				
114 40-44								
Kim Ryman	225	115	265	605				
114 14-15								
L. Letterman	185	70	210	465				
148 Open								
Cydney Smith	300	185	360	845				
J. Henderson	260	165	320	745				
MEN								
132 14-15								
Allen Bower	220	160	265	645				
132 18-19								
B. Whitehead	385	185	400	970				
148 18-19								
L. Whitehead	370	255	390	1015				
148 Open, 40-44								
Rob Wess	355	245	410	1010				
165 Open								
Philip Wells	520	350	530	1400				
181 Open								
Mike Jones	340	325	510	1375				
198 Open								
Alex Campbell	500	285	525	1310				
198 Police, 40-44								



Doug and Sean Penhac...ecstatic!

Greg Stang	430	380	460	1270		
John Krauss	540	425	675	1640		
220 45-49						
D. Williams	550	340	545	1440		
220 60-64						
Bob Thompson	470	330	550	1350		
242 Police	40-44					
Mike Hill	425	375	505	1355		
242 Open						
Tim Durrett	600	400	545	1545		
275 Open, 40-44						
Gewirtzman	620	400	615	1635		
275 Open						
Gary Enrich	600	390	600	1590		
275 40-44						
Mike Lester	350	320	500	1170		
275 50-54						
Rich Rigo	625	460	525	1610		
275 Police						
Allen Lewis	540	370	540	1450		
Supers Open						
Nick Minetti	840	555	775	2170		
Supers Open						
Philip Battle	670	470	575	1715		
Supers RAW						
C. Amstone	485	260	505	1350		

R.Deleon 320 183 250 753
(Thanks to Larry Larsen for these results.)

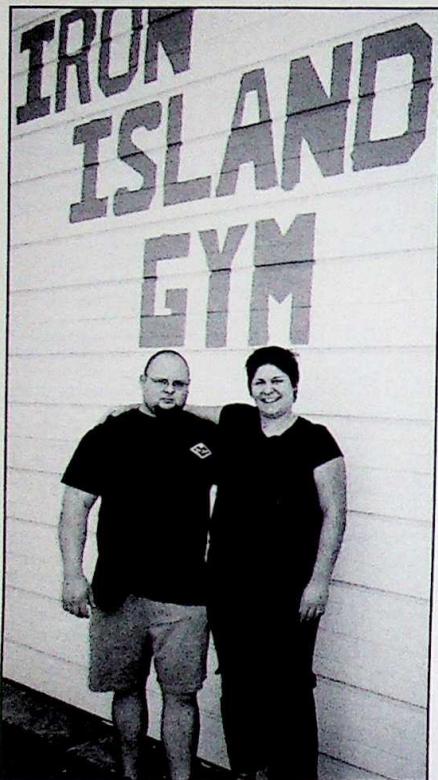
ADAU Single Lift Power Day

24 APR 04 - Bigler, PA

SQUAT					Master (50-54)
FEMALE					D. Lhota 355
148 lbs.					Submaster (35-39)
Teen (14-15)					K. Jordan 330
A. Buck	215	Open &			
4th	226	Master (40-44)			
MALE					B. sisko 330
Youth (10-11)					Master (40-44)
114 lbs.	215	Master (40-44)			P. Fleming 330
P. Zalar	205	242 lbs.			
Open					Master (45-49)
165 lbs.	215	Master (45-49)			G. Whitaker 385
G. James	370	Open &			
Master (50-54)					D. Fleming 385
88 lbs.	215	Master (60-64)			
A. Zimmerman	65	Open &			
Master (40-44)					C. Disinger 330
132 lbs.	215	Master (50-54)			
M. Murphy	120	Teen (14-15)			
Teen (14-15)					D. Anderson 305
148 lbs.	215	Master (50-54)			
A. Buck	125	Swatsworth 295			
Master (45-49)		319 lbs. Open			
L.Bartholomew	100	S. Shannon 435			
Open 181 lbs.		D. Stoner 390			
V. Howe	140	DEADLIFT			
MALE					
Youth (10-11)					
88 lbs.	140	Deadlift			
114 lbs.	140	FEMALE			
132 lbs.	140	Youth (10-11)			
P. Zalar	110	A. Zimmerman 150			
123 lbs.	132	132 lbs.			
Open &	132	Master (40-44)			
Master (45-49)		M. Murphy 300			
T. Tullio	140	148 lbs.			
(45-49)	165 lbs.	Teen (14-15)			
W. Claypatch	265	A. Buck 285			
Open		Open			
M. Skal	250	114 lbs.			
181bs.		Youth (10-11)			
T. Cole	350	P. Zalar 240			
Teen (16-17)		132 lbs.			
J. Rieg	320	Teen (16-17)			
Master (50-54)		J. Snyder 240			
M. Shelhammer	280	Open 165 lbs.			
Open 181 lbs.		M. Skal 450			
C.Ditzemberg	280	G. Neary 405			
L. Howe	—	181 lbs.			
198 lbs. &		Master (50-54)			
Master (40-44)		H. Shellhamer 375			
M. Tonkovich	345	198 lbs.			
Open		Junior (20-23)			
C. Senz	330	D. Volocko 550			
Master (65-69)		Open			
J. Herbein	240	C. Senz 530			
(50-54)		M. Dissinger 500			
A. Mangini	225	Master (50-54)			
220 lbs.		A. Mangini 460			
Open &	225	275 lbs.			
Master (55-59)		C. Dissinger 430			
J. Kuhar	385				
Outstanding Lifters: Open Squat: G. James, Pittsburgh, PA. Open Bench Press: Timothy Cole, Saylorsburg, PA. Masters Bench Press: Dave "Rooster" Fleming, Munhall, PA. Open Deadlift: Drew Volock, Johnstown, PA. The following lifters passed the drug-test: George James, Drew Volock, Timothy Cole, Jimmy Rieg, Steve Shannon. (Thanks to Al Siegel for providing these results)					

DON'T TRAIN ALONE -
ALWAYS USE SPOTTERS.
DON'T TRAIN WHEN
HURT - ALWAYS
CONSULT YOUR
DOCTOR.

POWER SCENE



Nick Abell & Andrea Raiola... @ Iron Island.

As we all head into Fall, *POWERSCENE* got one last Summer trip under its belt, spending part of Labor Day weekend at New York's famed Iron Island Gym. Founded in the early 1990's by Ken Leistner and Ralph Raiola, Iron



The gang at the Iron Island Gym takes time out to pose for POWERSCENE recently.

Island has been the site for some great meets, great training, great lifters, and great coaches.

Tamara Grimwood became the first woman to bench 400 lbs., at an Iron Island meet ten years ago. Much of the content of Ken Leistner's columns for *PL USA* concerned what he saw at Iron Island, and for *POWERSCENE* and *POWERLIFTER VIDEO*, it's been like a second home, the gym we've covered and videotaped at more than any other, excepting our home base gym, Gold's/Venice in California.

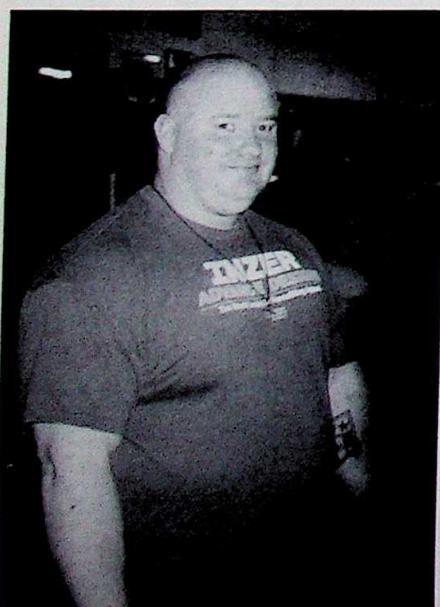
After being quiet in the powerlifting world for a few years, Iron Island is making noise again. 725 lb. bencher Chris Taylor has put

together a team that won this year's APF Sr. Nationals team title, and we caught up with Chris, his training partners John Bernor (900+ SQ) and Pete Grosso, and the rest of the gang, at their squat workout.

The training was heavy duty, with two monolifts, squat suits, lots of sets, and lots of yelling. And as Iron Island returns to its PL glory, it's once again running PL meets, starting with one this October. If you haven't been there yet, check it out, or call them at 516-594-9014.

Hoping everyone in PL land is back in the gym and training smart, and lifting heavy and healthy. Stay strong, and we'll see you on video.

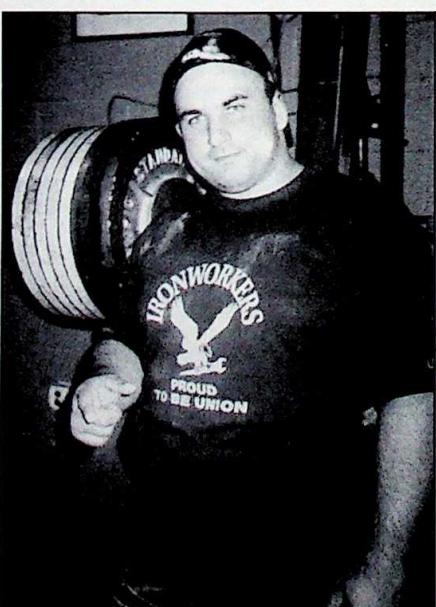
Ned Low



Chris Taylor put together a winning team.



John Bernor (above) and **Pete Grosso** (right), training partners, are regulars at the Gym.



NASA Grand Nationals (kg)		PowerSportCurl/SQ		BP	DL	TOT	Warren McComas		Brandon Cooper		95	157.5	252.5						
24,25	JUL 04 - Hickory, NC	m1	198	Derrill Rice	70	157.5	215	442.5	A. Williams	222.5	135	217.5	575						
bpm1		m3	181	John Leonard	75	182.5	287.5	545	pure	242		181	Taylor Mills	67.5	120	187.5			
198	Jerry Forren	Jim Shoaf	127.5	Sam Dowell	62.5	155	225	442.5	165	210	110	227.5	547.5						
bppure		m5	220						Robin Smith	198		114	Seth Casto	142.5	215	357.5			
198	D. Ezzell	137.5	P. Arrowood	152.5	m2	181			Scott Challin	235	185	207.5	627.5						
cpure		m5	220	T. Ballengee	52.5	95	150	297.5	220	290	190	297.5	777.5						
198	D. Ezzell	60	Jimmy Earley	nat	m3	165			Bill Schmidt	308			Michael Manely	52.5	100	152.5			
cpure		nat	308	Pete Miller	47.5	65	150	262.5	Andy Shields	295	272.5	265	832.5						
242	L. Monroe	97.5	W. Ferguson	165	198	181			sm1	181			Satin Blackwell	40	65	105			
242	csmpl	p+f	165	K. Bayard	60	97.5	120	277.5	Robert Maggi	155	142.5	177.5	475						
242	shw	165	220	G. Ballengee	62.5	105	175	342.5	shw	367.5	187.5	287.5	842.5						
J. Lovelien	87.5	Mike Price	255	Steve Stolt	75	150	192.5	417.5	B. Icenhour	308			SCI Rockview "May Melee"						
dlm1		pure	220	R. Dishman	80	182.5	217.5	480	sm2	181			15 May 04 - Bellefonte, PA						
242	K. Bardos	265	Richard Cash	175	smp	242			M. Blackwell	205	115	205	525	Men	SQ	BP	DL	TOT	
dipure		pure	220	A. Williams	222.5	135	217.5	575	ween	181			114	195	135	230	560		
198	D. Ezzell	187.5	K. Leary	125	198	181			Robert Maggi	155	142.5	177.5	475	Schweitzer					
dlyouth		sm1	181	David Conner	67.5	142.5	227.5	437.5	shw	367.5	187.5	287.5	842.5	123					
105	H. Scearce	73.5	Robert Maggi	142.5	teen	114			B. Icenhour	308				Momoh	300	140	325	765	
165	sqm3	smp	165	198	165	165			sm2	181				Phillips	250	130	240	620	
Pete Miller	125	Tom Isbell	170	Meet	165	165			M. Blackwell	205	115	205	525	148					
BENCH		smp	242	A. Williams	222.5	135	217.5	575	ween	181				Wilson	500	310	500	1310	
jr		242	275	Jason Voelkel	230	192.5	230	652.5	P/P	181				Alexander	410295	450	450	1155	
148	Chris Deck	135	Mike Price	255	198	181			hs	181				Yates	335	250	390	975	
m1	Derrill Rice	157.5	want	181	E. Brennan	246	147.5	260	653.5	Derik Board	107.5	157.5	265						
198	Jerry Forren	107.5	M. Robbins	107.5	275	181			Donald Blackwell	75	137.5	212.5							
m1		181	181	T. Meadows	307.5	175	250	732.5	198	181				Jordan	600	350	640	1590	
220	Richard Cash	175	M. Robbins	107.5	m1	165			Aaron Arms	137.5	200	337.5			Beck	625	360	600	1585
m1		181	165	Robin Smith	210	110	227.5	547.5	m1	181									
220	John Hoover	227.5	M. Robbins	107.5	198	198			Kirk Bardos	185	265	450							
m2		181	181	B. Nichols	250	175	262.5	687.5	m5	181									
220	P. Arrowood	152.5	M. Robbins	107.5	220	220			Kenneth Leary	137.5	167.5	305							
m1		181	181	Eddie Berry	250	145	240	635	220	220									
275		107.5	M. Robbins	107.5	m2	198			Kenneth Leary	137.5	167.5	305							
m2		181	181	S. Lamneck	260	172.5	237.5	670	nov	220									
220		107.5	M. Robbins	107.5	nat	148			Jon Orr	155	250	405							
Jimmy Earley		242																	

(Thanks to Richard Peters for the results.)

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President's Message: Heading into the World Championships

As I write this, four of our National Teams are preparing to travel to their respective IPF World Championships. The Juniors and Subjuniors will compete in South Africa in September, the Master's in India in October, the Open Men in South Africa in November, and the Open Bench Press team (both men and women) will lift in Cleveland, Ohio in December. Nearly 80 athletes will make these journeys to represent the U.S.A. For those of you who have followed the progress of our athletes, you know that our teams have done well and continue to reach the medals podium at each of these championships. Look for improved placings this year.

Junior/Subjunior World Championships

The Junior and Subjunior (Teenage) National Teams are preparing to leave for Pretoria, South Africa. These young athletes have worked to raise the money, get visas, dial in their equipment and complete their training. Looking at the roster, it is very clear that we will do well, as teams, and as individuals. As many of you know who have traveled with young people, a lot of work goes on behind the scenes that makes trips and competitions like these a

success. In powerlifting, the most difficult organizational tasks are done by the Team Managers. They are the ones who coordinate travel schedules, assure advantageous airfares are secured, roommates assigned, and that everyone arrives healthy and ready to lift. The Junior Team is managed by Sandra Perron (Head Coach), Emilio Salerna, and Greg Simmons. The Subjunior Team is managed by Karen Miller, Tod Miller (Head Coach), Joe Lewis, and Mike Poirer. Please thank these USAPL members for the work that they have done to make the best possible experiences for our young people.

Master World Championships

The Master's National Team will travel to Udiapur, India during the second week in October. The Master's Division include several age divisions: 40-49, 50-59, and 60+ for men; and 40-49 and 50+ for women. Our teams have, historically, dominated the Master's Division, and despite the distance traveled, we expect equally strong

performances this year. The Master Team is coached by Johnny Graham (Head Coach), and managed by Gina Stepleton.

Men's Open World Championships

The Men's Open Team will compete in Capetown, South Africa the first week in November. Our team is made up of a number of experienced athletes. In fact, this team may be one of our best in terms of prior World platform appearances. The roster for this team includes:

52 kg.: Ervin Gainer
60 kg., Caleb Williams
67.5 kg., Greg Simmons
75 kg., Wade Hooper
100 kg., Char Gahagan
100 kg., Nick Tylutki
110 kg., Tony Harris
125 kg., Tony Cardella
+125 kg., Brian Siders
+125 kg., Brad Gillingham

The Team is coached by Johnny Graham (Head Coach) and Managed by Pete Alaniz. Sherman Ledford, Pat Anderson, and Lynette Lopez will serve as assistants.

Bench Press Nationals/ Bench World Championships

This year, we are honored to

host the IPF Bench Press World Championships here in the U.S.A. You will have the opportunity to watch the world's best go head to head. The Bench World meet is one of the largest IPF meets, and the competition is fierce. One missed attempt can mean the difference between the Gold and last place. Bench pressers are also well known for "going for broke." They all come to win. Sometimes the gamble pays off, sometimes the lifters go home empty handed. But the excitement something you have to experience.

The Open Men's and Women's Bench Team will be held in Mid-September in Killeen, Texas. The National Champions will be offered the opportunity to represent the U.S. on home soil. Expect to see every class hotly contested. For more information, please see: <http://www.benchpressnationals.com/>. This year's competition will be held in the brand new Civic and Convention Center which features 50 ft. screens showing the lifters performing. Don't miss it.

Top Twenty

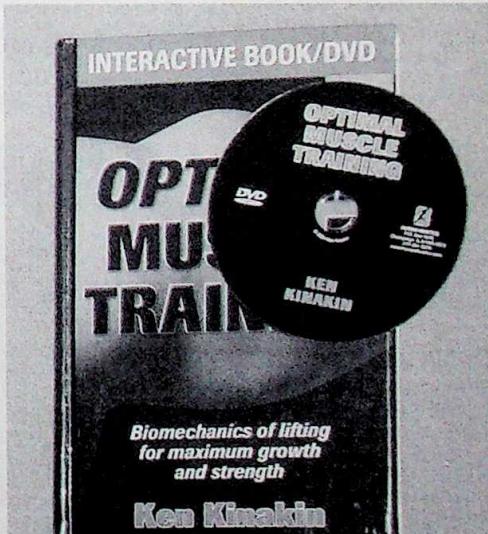
This month, we feature the top 20 women at 90 kg. (198 lbs.) and the top 20 men at 110 kg. (242 lbs.)

Women 198							
1. B. Brown	446	B. Brown	259	W. Allen	430	Bonica Brown	1108
2. W. Allen	386	H. Oxford	235	B. Brown	429.9	W. Allen	1036
3. K. Louque	380	D. Miller	231	D. Calhoun	408	Kelly Louque	998
4. Jill Arnow	364	K. Louque	231	L. Schaeffer	408	Jill Arnow	987
5. H. Oxford	355	D. Calhoun	220	Holly Oxford	402	Holly Oxford	975
6. D. Calhoun	342	W. Allen	220	Jill Arnow	391	D. Calhoun	970
7. L. Burdick	325	M. Baum	215	Kelly Louque	386	D. Miller	876
8. S. Moran	325	Jill Arnow	204	S. Moran	369	Malinda Baum	876
9. M. Baum	320	B. Burdick	176	S. Moran	369	S. Moran	854
10. D. Miller	314	S. Moran	171	Malinda Baum	342	L. Burdick	794
11. M. Newcomb	303.1	M. Newcomb	170.9	D. Miller	331	M. Newcomb	766.1
12. A. Pearson	292	K. Newman	165	L. Burdick	303	B. Burdick	761
13. B. Burdick	292	L. Burdick	165	J. Swanson	297.6	L. Buswell	675
14. J. Swanson	275.6	L. Buswell	135	M. Newcomb	292.1	J. Swanson	672.4
15. K. Marsh	253.5	A. Pearson	116	B. Burdick	292	L. Schaeffer	656
16. L. Buswell	250	L. Schaeffer	116	L. Buswell	290	A. Pearson	639
17. Susan Gill	226	Claire Selby	105	Kaitlyn Marsh	270.1	Kaitlyn Marsh	628.3
18. K. Newman	206	K. Marsh	104.7	Kim Newman	239	Kim Newman	611
19. C. Selby	185	J. Swanson	99.2	A. Pearson	231	Susan Gill	546
20. C. Wnuk	145	Susan Gill	94	Susan Gill	226	Claire Selby	515

Men 220							
1. N. Tylutki	788	T. Succarotte	612	C. Gahagan	772	C. Gahagan	1990
2. C. Gahagan	733	Dennis Ciesi	605	Nick Tylutki	733	Nick Tylutki	1979
3. Scott Waits	716	M. Landino	550	L. Peterson	700	T. Succarotte	1968
4. J. Burnell	705	Steve Pena	502	Shawn Cain	683	M. Ferrantelli	1852
5. M. Ferrantelli	705	M. Ferrantelli	496	K. Ksepka	672	Scott Waits	1824
6. Ryan Stills	683	R. Wood	491	S. Zwanstra	672	T. McFarland	1824
7. T. Succarotte	683	T. McFarland	491	T. Succarotte	672	Scott Zwanstra	1786
8. T. McFarland	678	K. McCloskey	490	C. Herrick	661	Ryan Stills	1780
9. A. Bezzole	672	C. Gahagan	485	D. Johnson	661	Jason Burnell	1768
10. D. Sierpien	672	M. Nielsen	485	Jason Burnell	661	Shawn Cain	1764
11. S. Zwanstra	672	R. Kruszely	480	Shawn Cain	661	J. Hartman	1747
12. J. Nicolosi	661	S. Mecham	475	R. Jordan	660	C. Macklin	1709
13. S. Cain	661	R. Wenner	474	C. Macklin	656	A. Bezzole	1703
14. R. Jordan	660	R. Kruszely	468	J. Hartman	656	Don Sierpien	1703
15. M. Evans	655	B. Hennessey	465	T. McFarland	656	K. McCloskey	1680
16. Herlocker	650	Nick Tylutki	463	M. Evans	655	W. Herlocker	1675
17. R. Wood	645	Ryan Stills	463	M. Ferrantelli	650	D. Johnson	1670
18. Scott Miller	639	Scott Waits	463	Scott Waits	645	J. Trembley Jr.	1670
19. C. Macklin	634	Bob Lipinski	460	M. Woody	639	R. Jordan	1670
20. J. Hartman	634	J. Hartman	457	R. Duvall	639	L. Peterson	1664

NASA Colorado State (kg)		m2/276	m1/276					Patrick Connell							
24 APR 04 - Denver, CO	A.McTighe	Charles Green 245	R. Snowton	90	192.5	245	527.5	Open Men	380	551	931				
Bench Only	102.5	m3/220	m1/276	Paul Glaviano 182.5	20	60	262.5	Steve Denison	524	650	1174				
m1/165	Tom Cencich	Power Sports	S. McReynolds	80	160	250	490	Jerry Pritchett	452	650	1102				
m1/182	Larry Dennis	bptr/182	m3/198	Larry Dennis	172.5	175	187.5	308+	Open Men						
m1/276	C. Jacobsen	bptr/243	m1/198	Russ Machen	165	105	165	320	Art Ramsey	457	557	1014			
S. McReynolds	Zack Dillon	mp/165	mp/182	John Lynn II	65	117.5	137.5	320	Master Men	40-49	Formula				
m1/309	Scott Davidson	nat/182	mp/276	R. Snowton	90	192.5	245	527.5	Master	45-49					
Doug Vance	127.5	kevin Eskam	pure/220	M. Kovalchek	70	135	155	360	Javier Avila	220	601	821			
m2/243	180	bpmp/182	sm/243	John Lynn III	57.5	140	160	357.5	Art Ramsey	457	557	1014			
m2/276	Larry Dennis	175	Todd Campbell 250	167.5	295	712.5	Jesse Hayes	40	77.5	125	242.5	Master Men	50-59	Formula	
Howard Blackmon	bpm/176	nat/220	wms/149	John Lynn III	57.5	140	160	357.5	Master	50-54					
m3/309	Rick Geller	175	C. McClanahan 295	147.5	257.5	700	Cindy York	42.5	67.5	107.5	217.5	Steve Brown	429	612	1041
John McIntyre	190	bpmp/198	nov/182	Kevin Eskam	162	97.5	175	434.5	Master	55-59					
m5/182	Tony Trujillo	137.5	nov/220	Jason Howells	235	182.5	227.5	645	Gordon Santee	265	452	716			
mp/243	bpsm/132	nov/243	nov/243	Dan Banks	195	145	205	545	Bill Ennis	138	491	628			
Neil Miller	180	Mary Cencich	cm/1276	Rick Guerrero	237.5	135	227.5	600	State Single Lift Bench Records set: Art						
nat/198	102.5	cm/1276	p/f/182	Rick Guerrero	237.5	135	227.5	600	Ramsey, SHW Master 45-49, 457 lbs.						
Robert Burkett	167.5	Rick Geller	dlnt/243	pure/149	B. Cooper	165	102.5	195	462.5	State Single Lift Deadlift Records set:					
p/f/243	102.5	105	sm1/182	pure/182	Christina Henesian	171	358	529	Christina Henesian, 132 Junior women						
Neil Miller	180	Daniel Heldic	sm1/182	Rick Guerrero	237.5	135	227.5	165	20-23, 358 lbs, Jeff Belanger, 181 Junior						
p/f/276	102.5	105	sm1/182	Steve Wicker	215	122.5	230	567.5	men 13-15, 352 lbs, Patrick Connell, 275						
J. Ehrhardt	200	Larry Dennis	sm1/182	pure/149	Ricardo Robles	243	485	728	Junior men 20-23, 551 lbs, Art Ramsey,						
pure/165	175	175	sm1/182	Faren Stroh	172.5	115	190	477.5	SHW Master 45-49, 556 lbs, Javier Avila,						
Tom Cencich	166.5	Larry Dennis	sm1/182	sm2/220	700	172.5	115	190	198 Master 45-49, 600 lbs, Steve Brown,						
want/198	102.5	105	sm1/220	sm2/220	Peter Singer	298	441	738	275 Master 50-54, 611 lbs, American						
A. McTighe	102.5	M. McGuire	sm2/149	sm2/220	Rolando Robles	265	429	694	Single Lift Bench Records set: Jerry						
wmt/149	102.5	105	sm2/149	sm2/220	Greg Jyo	347	325	672	Pritchett, 275 Junior men 20-23, 451 lbs,						
Mary Hetzel	98.5	sqsm/2/243	sm2/220	sm2/220	Jeff Belanger	171	353	523	Steve Denison, 275 Master 40-44, 523						
wm2/198	102.5	John Lynn III	sm2/220	sm2/220	Peter Singer	298	441	738	lbs. American Single Lift Deadlift Records						
A. McTighe	102.5	182.5	sm2/220	sm2/220	181	172.5	115	190	set: Christina Henesian, 132 Junior women						
wm5/149	98.5		sm2/220	sm2/220	Keith Mannies	353	557	198	20-23, 358 lbs, Peter Singer, 181 Junior						
Mary Hetzel	98.5		sm2/220	sm2/220	Matt Olivares	276	474	749	men 18-19, 440 lbs, Jeff Belanger, 181						
wmp/198	102.5		sm2/220	sm2/220	Tony Rodriguez	270	468	738	Junior men 13-15, 352 lbs, Jerry Pritchett,						
A. McTighe	102.5		sm2/220	sm2/220	220	172.5	115	275 Junior men 20-23, 650 lbs, Javier							
wpure/198	102.5		sm2/220	sm2/220	Open Men			Avila, 198 Master men 45-49, 600 lbs,							
Powerlifting	C/SQ	BP	DL	TOT	Mary Hetzel	147.5	98.5	150	396	Gordon Santee, 165 Master men 55-59,					
int/182	175	130	185	490	147.5	98.5	150	396	451 lbs, Steve Brown, 275 Master men						
Eric Laubach	175	175	187.5	535	147.5	98.5	150	396	50-54, 611 lbs. Thanks to all of our						
int/220	102.5	105	105	435	147.5	98.5	150	396	valuable help at the meet: Don Haley,						
Jason Howells	235	182.5	227.5	645	147.5	98.5	150	396	International referee, Fran Haley,						
m1/182	172.5	175	187.5	535	147.5	98.5	150	396	International referee, Gordon Santee,						
Larry Dennis	172.5	175	187.5	535	147.5	98.5	150	396	International referee, Jim Merlino,						
m1/182	162.5	97.5	175	435	147.5	98.5	150	396	National referee, Kevin Meskew,						
Kevin Eskam	162.5	97.5	175	435	147.5	98.5	150	396	National referee, Steve Denison,						
m1/220	Todd Campbell	250	167.5	295	712.5	147.5	98.5	150	396	National referee, Chuck LaMania,					
M. McGuire	232.5	60	227.5	520	hs/149	35	73.5	122.5	231	National referee, Anna, Jenma Santos,					
					hs/182	Josh Chapel	42.5	70	110	222.5	scorekeeper, David Ruiz,				
					hs/182	Jerry Lynch	47.5	75	137.5	275	expeditor, Spotter/Loaders: Marvin				
					hs/182	B. Mokry	47.5	75	260	275	Lemus, Ken Park, Armando Corillo.				
					hs/182				Thanks to USPF for these meet results.)						

OPTIMAL MUSCLE TRAINING "The Biomechanics of lifting for maximum growth and strength" by Ken Kinakin is this just another training book? no way. First off, this is a book AND a companion DVD, which opens an entire new dimension in weight training instruction. Second, author Ken Kinakin is not just a chiropractor, and a certified strength and conditioning specialist, and a certified personal trainer. He's been a bodybuilder and a competitive POWERLIFTER for over 20 years, as well as a member of the Canadian and International Powerlifting Federation Medical Committees, and a renowned speaker on weight training, injury treatment, rehab, and nutrition. Ken's is the "optimal" approach, indeed, merging the appropriate exercise science with his effective chiropractic expertise to produce results in the "real" world, where athletes face career ending injuries and waste years in the training room trying to overcome unknown weaknesses. In Chapter 1, Dr. Kinakin optimizes the strength training approach in relation to existing weight training dysfunctions. Chapter 2 assesses one's overall readiness to train with weights, and Chapter 3 establishes a practical link between each individual muscle's function and correct exercise movement. Chapter 4 presents a very unique and useful "risk-benefit" concept for analyzing the appropriateness of individual weight training exercises. There's even a very usable guide for designing personal training programs in Chapter 5. The big time bonus is the interactive DVD, included in the binding of the book, which represents a profound opportunity for self-understanding, what with the rich synergy between these printed words and the directly complementary visual demonstrations. (P.S. ... buyers of OPTIMAL MUSCLE TRAINING also receive special access to the 'members only' section of Dr. Kinakin's website, with detailed description of additional exercises, printable versions of the sample forms referred to in the book and on the DVD, plus additional chapters on rest and recovery, and even more beyond that!) OPTIMAL MUSCLE TRAINING is a multi-media approach to personal strength development, written by a broadly acclaimed professional, who actually LIFTS in PL competition himself! Order your copy now, \$27.95 US plus \$4 shipping and handling to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011, 800-448-7693 (Visa/MasterCard/Check/Money Order, California Residents please add 7 1/4% state sales tax)



13th AAPF/APF Snake River 20 APR 04 - Idaho Falls, ID											
BENCH	A. Stever	385	K. Coombs	551	P. Turner*	551	FAMILY Teams				
Snake River	275 lbs.		Master (40-44)	(45-49) 198 lbs.	"Hughes Power"		J. Thompson	683	462	650	1795
WOMEN	R. Hall*	402	242 lbs.	B. Baker	435	MEN	S. Palmer	633	462	551	1646
Youth	Open 198 lbs.		Snake River	SQ	BP	DL	M. Godoy	628	501	551	1680
G.Cunningham	65	K. Coombs	451	MEN Youth			Submaster	220 lbs.			
MEN	220 lbs.		H. Hughes-4	40	40	40	G. Hughes	—	341	—	341
Youth	B. Branning	407	P. Wesselis-5	40	40	40	Youth				
R. Turner-11	80	242 lbs.	H. Hughes-6	65	40	40	H. Hughes-4	40	40	40	120
T. Gonzales-8	50	J. Gibson	347	A. Hayes-6	75	55	H. Hughes-6	65	40	40	145
WOMEN	275 lbs.		T. Hawes-9	60	60	60	Master 165 lbs.				
Novice 148 lbs.	B. Longie	347	D. Lee-7	40	40	40	R. Hughes	—	319	—	319
A. Shewmaker	83	308+ lbs.	WOMEN				"Hawes Power"				
Open 115 lbs.	G. Garrett	435	Youth				MEN				
K. Walker*	143	Submaster 198 lbs.	C. Hawes-12	60	45	75	Master (40-44) 275 lbs.				
123 lbs.	R. Kimble	264	Novice 132 lbs.				T. Hawes	—	440	—	440
J. Yamashita*	181	220 lbs.	Open 123 lbs.				T. Hawes-9	100	60	80	240
132 lbs.	G. Hughes	341	J. Yamashita	292	181	330	C. Hawes-12	60	45	75	180
C. Hoppe	104	275 lbs.	MEN				B. Hawes-14	75	45	75	195
MEN	C. Rogers#	589	Teen (14-15) 132 lbs.				Snake River				
Teen (14-15)	308+ lbs.		B. Hawes	165	99	165	MEN				
132 lbs.	G. Garrett	435	(18-19) 165 lbs.				Teen (15-16) 198 lbs.				
B. Darrington*	154	Master (40-44)	E. Millburn	417	341	417	R. Gonzales* 374	236	396	1006	
165 lbs.	275 lbs.		C. Murphy	264	214.5	325	(16-17) 242 lbs.				
B. Blackman	231	T. Hawes*	D. Edmondson#	507	264	451	M. Draper	281	308	435	1024
181 lbs.	(45-50) 198 lbs.		1222				Junior 308+ lbs.				
K. Thompson	176	B. Baker*	198 lbs.				C. Wellard* 440	253	385	1078	
(16-17) 165 lbs.	(40-44) 242 lbs.		C. Hight	—	—		Novice 275 lbs.				
E. Milburn*	341	P. Turner	D. Edmondson#	507	264	451	R. Kibler* 363	303	440	1106	
V. Merritt	248	(45-49)	1222				Open 198 lbs.				
C. McBurnett	238	T. Wood*	AAPF				C. Hight	—	—	—	
181 lbs.	275 lbs.		MEN				242 lbs.				
S. Larson*	292	R. Branning	Teen (15-16) 123 lbs.				D. Younger* 668	374	551	1591	
Novice 165 lbs.	(50-54) 242 lbs.		K. Fairchild#	253	137	281	AAPF				
B. Staples*	303	D. Ward	Open 198 lbs.				MEN				
181 lbs.	308+ lbs.		J. Yamashita	292	181	330	I. Barrett	462	270	307	1039
B. Barnes	352	P. Herdt	148 lbs.				C. Hight	—	—	—	
Open 148 lbs.	DEADLIFT		D. Marris!	275	181	303	220 lbs.				
J. Vandanykle*	285	Snake River	759				S. Mecham	600	473	545	1618
181 lbs.	WOMEN		Teen (18-19) 165 lbs.				APF				
J. Hart*	264	Open 123 lbs.	E. Millburn!	417	341	417	MEN				
L. Blaskovich	413	J. Yamashita*	1175				Open 198 lbs.				
J.Cunningham*	462	132 lbs.	Open 148 lbs.				M. Caplan#	727	418	608	1751
Submaster	181 lbs.	C. Hoppe*	D. Edmondson#	507	264	451	C. Hight	—	—	—	
J. Cunningham	462	MEN	1222								
Master (40-45)	Youth		A. Paterson	275	214	305					
165 lbs.	C. Palmer-9	121	C. Wesselis	396	264	451					
R. Hughes	319	R. Turner-11	Master (40-44) 148 lbs.								
Snake River	Teen (16-17)		D. Edmondson#	507	264	451					
MEN	165 lbs.		APF								
Teen (16-17)	V. Merritt	396	WOMEN								
198 lbs.	(15-16) 181 lbs.		Open 123 lbs.								
R. Gonzales*	236	K. Thompson#	J. Yamashita	292	181	330					
242 lbs.	Novice 165 lbs.		MEN								
M. Draper	308	J. Hart*	Teen (16-17) 165 lbs.								
Junior 242 lbs.	Snake River		E. Millburn	417	341	417					
A. Stever	385	MEN	Open 148 lbs.								
Novice 198 lbs.	Novice 275 lbs.		D. Edmondson#	507	264	451					
B. Rogers	235	B. Longie*	Master (40-44) 148 lbs.								
R. Kimble	264	R. Hall	D. Edmondson#	507	264	451					
242 lbs.	Open 198 lbs.		1222								

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
Dec/93... WDPPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
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 Warr 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?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/APF 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 242s, ADFPA TOP 20 148s
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... WDPPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Greg Warr Interview,

275 lbs.	J. Thompson	683	462	650	1795
S. Palmer	633	462	551	1646	
M. Godoy	628	501	551	1680	
C. Rogers	559	589	639	1817	
Master (45-49)	198 lbs.				
M. Caplan	727	418	606	1751	
*=State Record. !=AAPF Record. #=Best Lifter. This was our first meet to be held at a new venue, so it was an unforeseen challenge, but turned out to be one of the best meets ever. Largely due to Steve Vucovich and Liz Panter at the Apple Athletic Club (AAC), and the great community support from our sponsors! We had all new equipment: Ivank chrome plates, bars, bigger platform, and massive new flag. The next meet is August 21/22nd at the World Gym in Idaho Falls. There were 28 Snake River (SR), and 5 AAPF records set or broken at the championships. Erin Schow athletic trainer at the AAC took Donna Marts in as a client to personal train for general weight loss and conditioning. Erin noted her strength and Donna decided to give lifting a go. And go she did! In her first AAPF meet she squatted 275 lbs. for a record, and made it look easy! 275 lbs. for any ladies first meet is excellent! Donna's 181 lbs. bench and total were records as well. Jill Yamashita (UT) 123 body weight (bw), was another impressive new lifter to the championships. Jill's 292 lbs. SR record squat was really deep! Jill benched 181 and pulled 220 lbs. for records as well. Erin Millburn's 341 lb. bench was also a AAPF record. David Edmondson wasn't quite up to his usually strength, but still managed a 473 lb. record squat. Portland, Oregon's Marc Caplan was Best Powerlifter of the meet and almost broke Ernie Frantz's 805 squat in the (45-49) Master 198. I'm sure Marc will have it					

Paul Kelso's POWERLIFTING BASICS: TEXAS-STYLE

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Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Jul/95... IPF Women's Worlds, Nick Lavilota 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.
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 Bench 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 Krastev, USPF Collegiates/Bench Nats, Overtraining Games, Is PL a Mockery of Strength?, Greg Warr Interview, TOP 100 114s.
Aug/96... ADFPA Men's, APF Sr. Nats,

soon, and hopefully Mr. Frantz will be there to congratulate him. Gordon Olson, (Multi-World Champ) was Marc's coach and said he'll be here in August to do more than coach! For those of you who don't know Mr. Olson, a few words describe him, "Make Weight Specialist" (somewhere between 148 and 220), and "Deadlift extraordinaire"! When it was time to bench, Jon Cunningham's (DJC) is hard to beat for the best lifter award. Every now and then someone "comes out of nowhere" and takes over. Utah's Carl Rogers (275) came in and blasted 589 lbs. and took best bencher of the meet. The 589 lb. record was his second lift and was the only misload of the day. Carl was happy, he said, because he didn't realize and had no idea it would go that smooth! Cunningham finished the day with a very fast 462 lbs. personal record and almost guarantee's the "Big 500" at 181 BW in August. Another first time 500 bencher in August may very well be Utah's 210 lb. Scott Mecham (South Jordan Barbell). Special thanks to all who helped make this successful competition! Especially all the spotters and loaders who just jump in at a moments notice! Technical Officer, Joel Ward did a very professional job running the platform crew. Tom Wood runs the computer, but has much more fun benching 385 lbs. for a Master SR record James (Radar) and Jamie Capenhart (TX), Sean Anderson, Carl Lowell, and Jon Cunningham had not one complaint about the judging! Good Job! See you in August when the meet will be held at World Gym! (Results given by Michael & Linda Higgins).

USAPL Viking Classic 5 May 04 - Blair, NE

Bench		W. Kierscht	402
114		242	
Max Hunhoff	55	B. Hindricks	308
181		275	
D. Geistlinger	463	D. Brydl	336
K. Corcoran	352	N. Schluter	303
198		Master	
K. Folkers	463	220	
220		B. Hunhoff	286
Womens	SQ	BP DL TOT	
Open			
97			
Barb Sieps	253	137 286	688
132			
Katie Stonacek —			
148			
Rita Calson	281	154 352	788
Jenae Jindra	286	143 314	744
Master			
Rita Calson	281	154 352	788
Men Master			
148			

"Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, 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

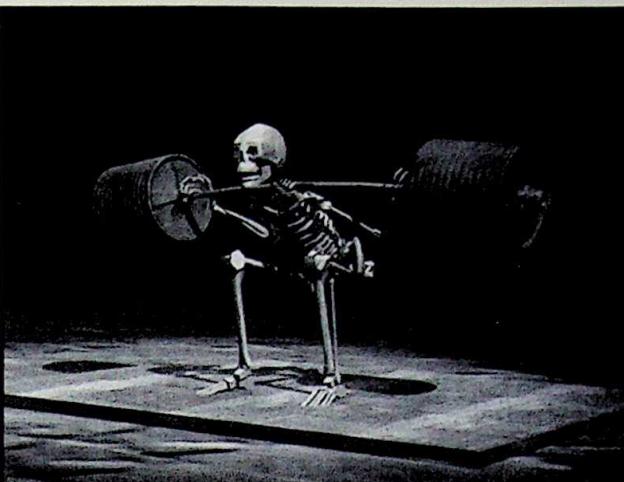
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

Jan/97 ... IPF Worlds, WPC Worlds, Step by Step Trainng by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s 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 Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good



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J. Balomenos	308	192	429	931	Rick Prusa	314	209	336	859
198					198				
Kevin Crowell	380	303	451	1135	Brian Jarecki	545	330	578	1455
Teen					Nicholas Bell	440	286	512	1240
132					242				
Cruz Boer	242	170	319	733	Jon Myrick	429	275	446	1151
165					B. Hindricks	424	242	485	1151

Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ, Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, 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 Emrich, 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

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, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, 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

SHW	Izsa Edsill	352	275	501	1129
Open					
Ryan Hart	314	286	396	997	181
Thanks to USAPL for these meet results.					
Justin Indra	341	242	418	1003	198
Brian Jarecki	545	330	578	1455	242
Dave Berger	578	446	529	1554	275
Fitzsimmons	578	407	529	1515	165
Nick Schluter	424	303	501	1229	181
SHW					
Izsa Edsill	352	275	501	1129	Best Bencher: David Geistlinger.

USAPL Mushroom Fest Novice

15 May 04 - Muscoda, WI

Teen Men	SQ	BP	DL	TOT
114				
Seth Wichel	250	135	250	635
148				
Tim Cross	400	260	360	1020
165				
Sam Winchel	375	230	420	1025
Sean Maly	260	190	370	820
181				
M. Schmelze	385	210	460	1055
Nick Northam	340	205	470	1015
198				
Michael Page	195	160	255	610
Hyti				
Alex Page	300	175	300	775
Teen Women				
114				
A. Karbowski	265	365	300	665
123				
J. Brewer	235	105	290	630
A. Parduhn	175	90	200	465
148				
K. Van Dusen	300	125	300	725
165				
S. Manning	265	115	290	670
Youth Boys				
148				
Drew Cross	310	135	285	730
105				
Zach Mach	170	80	200	450
(Thanks to USAPL for providing results.)				

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USAPL March Madness
27,28 MAR 04 - Warwick, NY
WOMEN BP DL TOT
Youth-11 185
T. DeCamp-119 60 125 185
Teen-13
P. Kerr, Jr.-163 150 — 150
Teen-14
B. Brown-143 205 — 205

Submaster-38
E. Brown-112 300 — 300
MEN Open
Submaster-38 148 lbs.
J. Hadad 320 — 320
165 lbs. Teen-19
C. Moreaz 270 425 695
Master-42
N. Ditonimaso-180 300 — 300

Master-41
B. Marchetti-178 300 500 800
Master-47
H. Feinstein-178 280 — 280
Master-67
B. Ecceleston-186 235 — 235
Teen-14
M. Moore-196 250 — 250
Master-44
E. Goralewski-196 325 460 785
Master-41
R. Scarpulla-195 350 — 350
Master-53
M. Mikofsky-197 365 450 815
Open & Ironman
G. Weber-196 445 500 945
Open 220 lbs.
T. Sexton 325 525 850
R. David 315 — 315
R. Landin 325 455 780
J. Shordinski 325 485 810
B. Hennessey 465 570 1035
B. Hogan 190 — 190
R. Hurley 280 — 280
242 lbs.
R. Benecke 365 — 365
P. Mazzuca 455 — 455
220 lbs.
P. Wagner 500 — 500
D. Cieri 605 — 605
242 lbs.
V. Malfeld 195 330 525
N. Young 355 680 1035
T. Lehrer 445 405 850
Ironman Master-50
B. Sacco 270 430 700
220 lbs.
J. Dysenbury — 535 —
WOMEN
Master-40
M. DeDominicis-159 170 — 170
Ironwomen
E. Hennessey-161 120 285 405
Junior-20 181 lbs.
B. Sniffen-177 275 440 715
Teen-17 Raw
H. Claypatch-119 165* — 165
Teen-18 Ironman
C. Scofield-123 200 300 500
Open 148 lbs.
W. Frick, Jr. 250 400 650
Master 148 lbs.
N. Baudo 270 — 270
T. Albano 375 — —
Teen (14-16)
Ironman
N. Scarpulla 220 340 560
181 lbs. Open
Master-40
C. Merritt 320 — 320
Ironman
L. Stewart-177 — — —
Master-46
P. Carroll 350 — 350

*=State Record. March Madness was a

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/AAU 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 Nails, 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 Lou Simmons
Apr/00 ... Arnold Classic,WPC 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 BP/PL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
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 ... Garry 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 BPs 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 Nafeikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill

complete success. There were 23 Special Olympian lifters and 40 USAPL lifters at this meet. We had the New York Fireman Color Guard start the opening festivities. All the Special Olympians and the powerlifters walked in together. We all stood for the National Anthem. Lifting got under way. Two platforms were working. Everything was running smooth into the lifting with no problems, it just rolled along. Our referees were all national and qualified for this meet. Charles Schroeder, Head Referee, New York State Chairman, Dale DeCamp State Chairman for the disabled lifters. Paul Posillico national Ref, James Dunn National Ref, Rip Stahure National Ref, Frank Panaro State Ref, Joan DeCamp State Ref, Special Olympian Ref Kenny Wilson, Frank Dias, Linda Brown helped with the Ref duties. We had something different this year in lifting as Madness youth lifter Tyler DeCamp, 11 years old, Ironman lifting, 45, 55, 60 bench, 80 105, 125 deadlift. The little guy was great. We also had 4 women lifting. Everyone placed and the whole meet was great. Drug testing was done also. Thanks to Inzer House of Pain for the banners and the things for the grab bag. Everyone got a surprise. It went over great with the lifters and the kids. Thanks very much guys. (Thanks to Charlie Schroeder for providing the meet results)

Fitness One Bench Press Meet

28 FEB 04 - Hamilton, OH

Female 114	Teen	Male 242	Open
A. Salisbury	95*	Bud Bodner	
Female 123	Open	Troy Baldwin	
Amy Sibey	140	Male 275	Open
Female 165	Open	Todd Fellner	
M. Ferguson	215	Male 308	Open
S. Paterson	120*	Adam Baker	500*
Female 220	Open	4th	510*
S. Wright	140*	Male 181	SM
Female 114	Master	Dan Jeffers	275*
M. Gibson	85	Tim Grove	265
Female 165	MII	Male 220	SM
M. Ferguson	215	Abe Napier	345
Male 165	Teen	Male 198	Master 1
M. McSarley	325	Steve Watts	460*
S. Lenegar	275*	Male 275	Master 1
Male 181	Teen	Jeff Parks	525*
Jacob White	225*	Male 242	Master II
Male 198	Teen	Fred Baker	375
Hal Baker	250*	Male 220	Master III
Male 181	Open	Tom Boyer	455
Johnny Allen	340*	Male 198	Master IV
Male 220	Open	Paul Carman	265
S. Boardman	475*	4th	275*

* = Personal Record. The Fitness One Bench Press Championships was held on February 28th, 2004 in Hamilton, Ohio. This was a homecoming of sorts for DWG Productions as Hamilton, Ohio is where

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, Gary Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s
Feb/002 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on

I was born and raised. This meet was sponsored by HOUSE of PAIN and INZER ADVANCE DESIGNS. Owner of Wayne's Fitness One is none other than Wayne Smallwood. He has been a Gym owner and trainer for over 30 years and still competes in Bench Press Meets throughout the year. Thank you for hosting this event. There were 25 lifters in the meet and 13 new PRs set. I would like to thank the Fergusons who made the trip down from their gym with a super nice group of lifters, and to one of the really good guys in the power game, Mr. Fred Baker, who brought a great bunch of youngsters to lift in the meet, and they even got Fred in enter! Thanks again to all the lifters. (thanks to DWG Productions for results)

Pike's Peak Bench Press 8 NOV 03 - Colorado Springs, CO

Women	275
148	Greg Hugh 435
Nicole Harris	150 Open
165	123
Tina Shrin	165 Rich Newark 205
198	148
K. Bennett	190 Jim Coffey 300
Men's Teenage	Lance Raines 300
123	165
Greg Bess	145 Ben Gravel 395
132	Frank Richey 385
Tim Dawson	190 181
148	C. Morrissey 400
Lance Raines	300 Randal Bucken 330
John Simmons	250 198
Dave Austin	235 Brad Heck 555
181	Jeff Gravo 435
Jim Shima	310 220
John Wilniak	300 Eric Nelson 480
220	Joe Truba 300
Jeff Day	335 John Wiley 300
Novice	242
123	Dennis Frank 490
Greg Bess	145 Matt Terman 455
181	275
R. Petterson	350 T. Holzapfel 645
J. Wilniak	300 Ron Hatcher 515
220	Greg Hugh 435
Rich Santo	405 SHW
242	Mike Fischer 505
Matt Terman	455

This was the first meet for many of our lifters on the Peak Powerlifting Team. We had numerous PRs for our lifters and lifters not from our team. Chuck Morrissey from Loveland Co. hit a nice 400@165 weighing in at only 159. Eric Nelson came close to hitting a 510@220, but dipped it on the way up and ended with 480, enough for first. Our young Lance Raines hit a 300@148 at only 16 years of age. Coming up from Omaha, Nebraska were two lifters Tom Holzapfel and Brad Heck. Tom

Shoulders, All Time TOP SQs, TOP 100 220s

Mar/02 ... USAPL Women's Natl, 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 Natl, USPF Srs/Mountaineer Cup IV, Strong Legs for Recods 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 Avigliano, USAPL BP Natl, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s

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hit a huge 645@275 and blew his shirt on an attempt at 660. Brad Heck opened with a 555@198 only weighing in at 185 but passed on his next two due to a shoulder problem. We had four benches over 500, one over 600.
(Thanks to Dennis Frank for these results)

Vito Open Bench 10 JAN 04 - Sidney, NY

WOMEN	V. Vardine 535*
Open Unlimited	Master (40-44)

J. Putnam — J. Galligan 720*

MEN S. Dussault 365*

Open 181 lbs. M. McCarthy —

J. Wood 350 (45-49)

220 lbs. V. Vardine 535

J. Velasco 250 J. Vanalstyne —

242 lbs. (50-59)

R. Putnam 600* B. Levers 475*

275 lbs. B. Paolletti inj

J. Bogart 405 (60-69)

M. McCarthy — M. Casatelli 340*

SHW A. Kirby 410

* State Record. ! World Record. Best

Lightweight Lifter: Mike Casatelli. Best

Heavyweight Lifter: John Galligan. 7 New York State records broken: Mike Casatelli, 181 lbs. class (60-64), new record with a 340 lbs. bench press, also ties for a world record. Steve Dussault, 198 lbs. class (40-44) year old new record 365 lbs. bench. Alfred Kirby, 242 lbs. class (60-64) new record 410 lbs. bench. Barry Levers, 242 lbs. class (50-54) division with a new state record 455 lbs. bench press. Richard Putnam, 242 lbs. class open record 600 lbs. bench press which broke the old record of 429 lbs. John Galligan, SHW (40-44) division new state record an unbelievable 720 lbs. bench press, weighing in at 335 lbs. There were only 14 lifters, but the lifting done was tremendous. We are planning our next meet for June 14, 2004, also with drug tested divisions. I would like to thank everyone who helped at this meet: Julie Barnes at the table, Bob Paoletti Jr. and Lenny Larson our spotters and all the guys from The Gorilla Pack Team for their support. What a great bunch of guys. People like these guys make our sport stronger. Bob Paoletti was hurt with 500

(Thanks to Randy Edwards for the results)

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 Tim SQ/TOT, TOP 100 SHWs

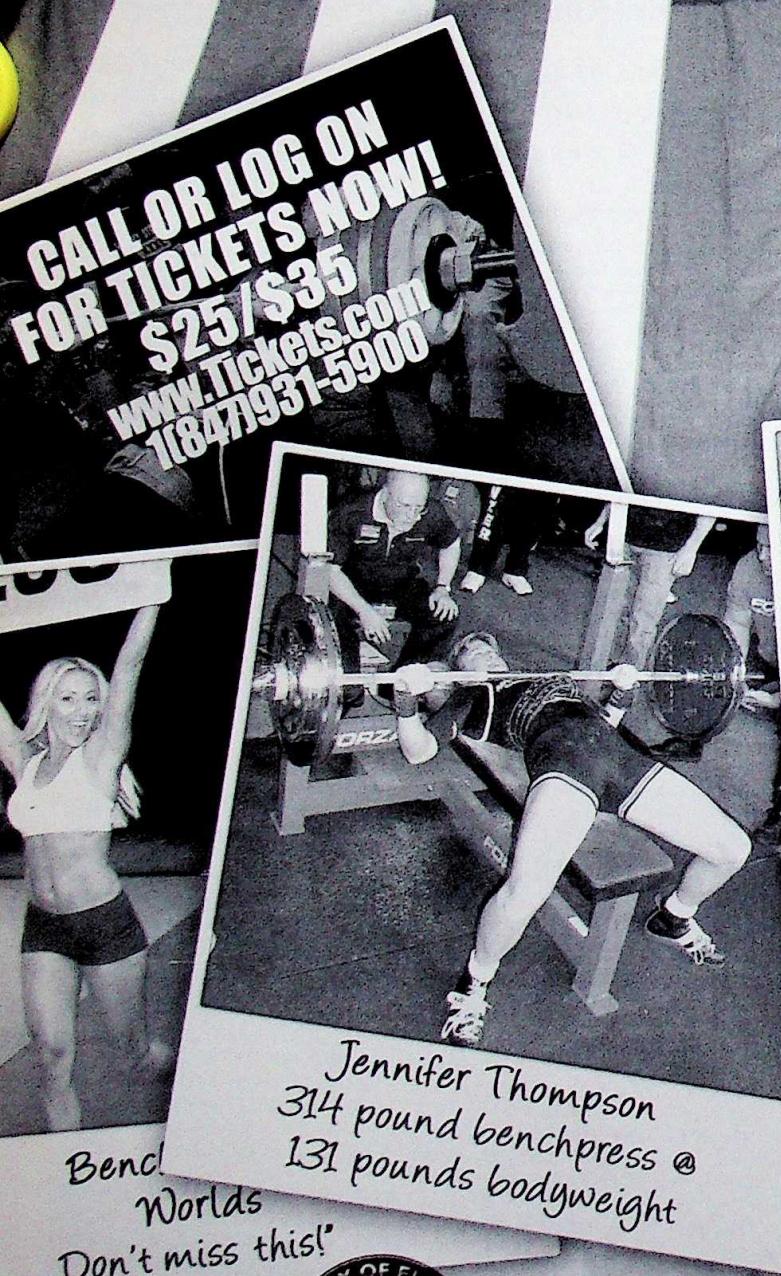
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lbs. but said that we will see him back on the platform soon. Hope to see you in June! (Thanks to Chris Byrnes for these results)

AAPF/APF Ohio State	
12 JUN 04 - W. Lafayette, OH	
TOTALS	Submaster (33-39)
WOMEN	220 lbs.
AAPF Open	D. Clement 300
Out of State	Master (45-49)
Open 181 lbs.	148 lbs.
J. Obbo	532 T. Judge 350
BENCH 132 lbs.	(50-54)
Teen (18-19)	T. Boyer 460
A. O'Brien	95 242 lbs.
Powerlifting	P. McGeorge 465
Open 148 lbs.	275 lbs.
M. Liggett	1165 M. Ferguson 385
123 lbs.	Open 165 lbs.
Submaster (33-39)	M. Reinhardt 1265
A. Sibcy	635 220 lbs.
MEN AAPF	D. Mansfield 1420
BENCH	308 lbs.
181 lbs.	R. Blerschbach
Master (40-44)	1810
T. Wyler	380 AAPF Powerlifting
220 lbs.	Junior (20-23)
Teen (16-17)	275 lbs.
J. Kelley	275 E. Stroup 1635
308 lbs. (18-19)	Master (40-44)
M. Brown	675 R. Hamsher 1305
Powerlifting	(55-59) SHW
181 lbs.	L. Smith 1330
Junior (20-23)	Master (60-64)
J. Lindsey	1385 220 lbs.
242 lbs.	S. Glover 1190
J. Fay	1575 Submaster (33-39)
275 lbs.	165 lbs.
Novice	B. Routzong 1405
C. Wilson	1355 275 lbs.
Teen (18-19)	S. Glover 1600
S. Woods	1830 SHW
Open 181 lbs.	L. Smith 1330
J. Kuligowski	1495 APF BENCH
J. Kirkbride	1245 Out of State
E. Vonhoch	1300 C. Brandenburg 770
J. O'Brien	1300 Junior (20-23)
220 lbs.	242 lbs.
G. Scott	1910 A. Thorsley 365
R. Bluck	1860 275 lbs.
242 lbs.	A. Hicks 580
E. Covey	1800 AAPF BENCH
Submaster (33-39)	242 lbs. Open
	K. Wentworth 465
J. Williams	1470 Out of State
BENCH	Open 181 lbs.
Open 220 lbs.	J. Mansfield 240
M. Roberts	605 Guest 220 lbs.
308 lbs.	J. Alessandro 1900
P. Key	755 165 lbs.
SHW	M. Reinhardt 400
R. Twining	625

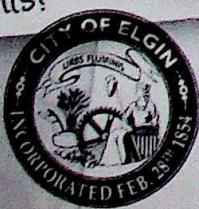
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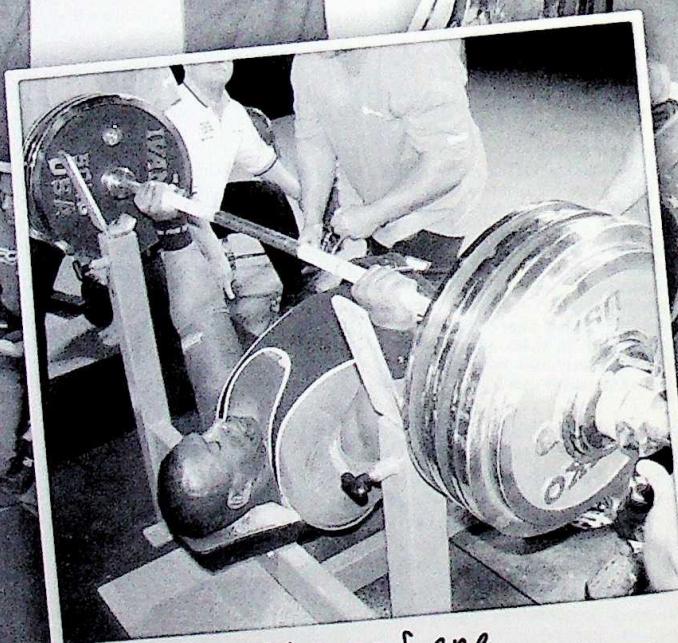


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131 pounds bodyweight



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Horace Lane
709 pound benchpress @
275 pounds bodyweight



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25 SEP, USAPL Ocean City Strength Festival PL, Magic Kayhun, 201 N. Maple Ave., Suite 204, Purcellville, VA 20132, 703-752-0077

25 SEP, WABDL Night of the Champions BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, Ken@Kensnelliower.com

25 SEP, Pound for Pound Competition (men & women) Planet Fitness, Manalapin, NJ, Lori 732-972-7555

25 SEP, NAP Fall Classic (Houston, TX) Bob Garza, 281-820-5923

25 SEP, APA Northern United States PL, PP, BP, DL (Olivet, MI) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

25 SEP, WABDL Sunshine State Classic (Lakeland, FL) Ken Snell, 863-687-6268

25 SEP, SLP Nationals Open PL/BP/DL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

25 SEP, Strongman Challenge (Saxonburg, PA) Therapeutic Muscle Specialists, 724-265-1600, muscle@nauticom.net

USAPL Arizona State Championships
October 2nd, 2004

Queen Creek High School

Queen Creek, AZ

For info call

RICH WENNER 480-688-7336
Rich.Wenner@asu.edu

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

25 SEP, NASA Bartlesville Classic PL, BP, PS (Bartlesville, OK) Jim Duree, JDuree7086@aol.com

25 SEP, WPO Bench Bash for Cash, Orlando FL (Kieran Kidder) and the Iron Zone APF Push/Pull Showdown (NEW DATE - men, women, teen, jr., open, submaster, master) James Goad, James@Xtreme-usa.com, 863-835-0447

25,26 SEP, WABDL DRUG TESTED Washington State BP/DL/PL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 360-532-8339, www.wabdl.org, gethomas@bendable.com

26 SEP, APA World Bench Press & East Coast Strict Curl (Leominster, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

26 SEP, SLP Missouri State BP/DL (Springfield, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

SEP, NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

SEP, NASA Oklahoma Grand (PL, BP, PS - Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

1 OCT, Stark County Sheriff Liftathon (to benefit the Adopt-A-Family Program, Canton, OH) Deputy Chane Cline, 330-323-1811

1 OCT, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice

760-727-3468, 22 Area Fitness Center, Bldg. 22160, 760-725-3163

2 OCT, USAPL LA Tech Invitational, Emilio Saldieria, 508 Jamy Ln., Ruston, LA 71270, 318-267-1320

2 OCT, APF Open Nebraska State (Omaha, NE) Rick or Becca, 402-392-2446, becca@beccawanson.com

2 OCT, WNP/S.W. Michigan (PL, BP, Iron Man - Lake Michigan College) Richard Van Eck, 269-521-4031

2 OCT, 8th Pennsylvania Invitational Power Challenge BP/DL, Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823

2 OCT (tentative date), WPA World Bench Press, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

2 OCT, October Fest BP (Iron Works Gym, 222 Jay St., LaCrosse, WI - teen, open, submaster, master - men & women) Dennis George, DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693

2 OCT, APF/AAPF New York City Championship, Coliseum Gym, 75-09 71st Ave., Middle Village, NY 11379, Ted or Stacy, 718-326-2496 (4-11pm), coliseumgym@aol.com

2 OCT, USAPL Arizona State, Rich Wenner, 35437 N. Ghostrider St., Queen Creek, AZ 85242, 408-688-7336

2 OCT, NASA Ohio Regional (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

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

COMING EVENTS

sonlight@netcare-il.com

3 OCT, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5-10 OCT, IPF World Masters (New Delhi, India)

8-10 OCT (NEW DATE), GNC SOS WPO Finals, Cobb Galleria Atlanta GA. (Kieran Kidder) 630-892-1400

8-10 OCT, WDFPF Single Event

World Championships (unequipped/equipped men/women, all wt. classes & age categories, including police/fire/military - Antwerp, Belgium) Wim Backelant

9 OCT, 100% Raw Virginia State BP, Jhon Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932 before 9PM

9 OCT, 11th annual Fred and Ed Push 'n Pull BP & DO (all wt. classes/divisions). Awards to top 5. No late entries) Ray Dunn, Nautilus, 42 Summer St., Pittsfield, MA 01201, 413-499-1217

9 OCT, APF Battle at the Beach BP/DL (Virginia Beach, VA) Brent Lever, 757-479-2793, BigBrent@cox.net

9 OCT, APA White Mountain Regional PL, PP, BP, DL, (Keene, NH) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

9 OCT, NASA Big River Classic (Blytheville, AR) Daryl & Tobey Johnson, Daryltoobey@aol.com

9 OCT, "Bar is Loaded, Can You Bench It?" Bench Press (Tucker, GA) Leonard McCormick, 4853 Plymouth Terr., Decatur, GA 30035, 770-322-0885 or 678-406-9200, Lmac515@hotmail.com

9 OCT, AAU/USBF Maryland State Raw Bench & AAA Baltimore Armwrestling Championships, Brian Washington, PO Box 20042, Baltimore, MD 21284-0042, 410-265-8264, Brian@usbf.net

9 OCT, Bob Hafner PL Championship (Belle Chasse NAS Gym, LA - PL, PP, BP, DL - open, spec. oly., women, teen, master, military, team) Bob Hafner, 504-393-9521

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

9 OCT, NASA Tennessee Regional (PL, BP, PS - Nashville, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

10 OCT, USAPL Ohio PL/BP, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

10 OCT, SLP Gold's Gym Open BP/DL (Tulsa, OK) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

APF/AAPF/WPO Schedule

10-8-10-04, GNC SOS WPO Finals, Cobb Galleria Atlanta GA. (Kieran Kidder)

10-(12th-17th)-04, WPC World Championships, Fresno CA. (Bob Packer)

10-16-04, APF Mississippi State Powerlifting+Bench Press Open. Gautier Miss. (Joe Ladnier)

10-30+31-04, APF Pine Tree Powerlifting Open. Lewiston Maine. (Russ Barlow)

11-06-04, AAPF Southern States Powerlifting+ Bench Press Open. (Kieran Kidder)

12-4+5-04 APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder)

Dates and location are subject to change?

More meets to be added. Call 630-892-1491 for info. (worldpowerlifting.org) or (worldpowerliftingcongress.com)

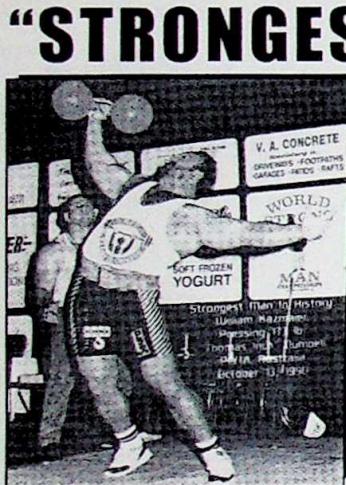
sonlight@netcare-il.com
10 OCT, USAPL Drug Free Ohio PL & BP (open men & women; raw men, women, masters, masters, teen; police & fire; team) Ed or Frank King, 440-439-5464, Cleveland, OH
12-19 OCT, World Powerlifting Congress World Championships (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805
16 OCT (Revised Date), PPL "Drug Free" Nationals, Python Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
16 OCT, APA Heavy Metal Record Breakers (PL, PP, BP, DL - Prince

Frederick, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
16 OCT, Ashtabula YMCA Touch 'n Go BP, Lonnie Anderson, 1142 E. 15th St., Ashtabula, OH 44004, 4 4 0 - 9 6 4 - 3 0 1 3 , anderson1142@yahoo.com
16 OCT, NASA Colorado Regional (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
16 OCT, SLP Arkansas State BP/DL (Paragould, Ar.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com,

sonlight@netcare-il.com
17 OCT, USAPL Florida State Collegiate (Florida Gulf Coast Univ., Ft. Myers, FL) Jim Dundon, Jdundon@fgcu.edu, 239-590-7709, www.geocities.com/floridaspal
17 OCT, SLP Thor's Gym Open BP/DL (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
17 OCT, APF Muscle Bound Fitness Fall Classic BP and/or DL (W. Lafayette, OH) John Blackstone, 740-545-0840
23 OCT (NEW DATE), The

Atlantis Strongest Man in America (trap bar, DL, BP, PP, Chinup, Thomas Inch Dumbbell Lift; huge cash prizes; hosted by Bill Kazmaier & Ed Coan, at Quincigamond College, Worcester, MA) Bruce, Jeff, or Todd, 508-885-3686
23 OCT (NEW DATE), 3rd annual Atlantis Strongest Man in New England (hosted/judged by Bill Kazmaier: trap bar DL, BP, jerk press, chin up, Thomas Inch DB - 5 cash prizes. Benefit for Paxton Fire Dept. - Paxton Center School, Paxton, MA) Call Bruce, Jeff, or Todd - 508-885-3686
23 OCT, Central Virginia Hallowne BP & DL (Sport & Health, Fredericksburg, VA) John Graube, 9839 Courthouse Rd., Spotsylvania, VA 22553, 540-898-5139, johngraube@yahoo.com
23 OCT (NEW DATE), Iowa/Midwest Open BP or DL or Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240
23 OCT, 2nd, AAPF Tom Foley BP/DL Classic, Premier Fitness, 430, Nanuet Mall South, Nanuet, NY 10954, 845-920-0501, www.premierfitnessny.com
23 OCT, APA Central United States Power Day (Cedar Falls, IA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
23 OCT, NASA KY Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com
23 OCT, AAPF Southern States Powerlifting+ Bench Press Open (Kieran Kidder) 630-892-1491, worldpowerlifting.org
23 OCT, SLP Wisconsin BP/DL (Kaukauna, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
23,24 OCT (tentative dates), APA Powerlifting Nationals, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
23,24 OCT, NASA N. Carolina Regional (PL, BP, PS - Hickory, NC) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
24 OCT, SLP Hard Core Open II BP/DL (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
24 OCT, WNPF Ohio Fall Natural, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
29-31 OCT, AAU World BP, DL, Push-Pull, & AAU International Full Power (world and american records can be broken in both meets - Showplace Annex, Richmond, VA) aaupower@aol.com, 804-233-9570
30 OCT, NAP Northern Regional (Burr, IL) Bob Garza, 281-820-5923, www.nappowerlifting.com
30 OCT, APA Last Man Standing Push/Pull, Lebanon, NH, Calvin Frost, Box 612, Windsor, VT 05089
30 OCT, NASA W. Texas Regional PL, BP, PS (Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, sqbpd@aol.com, www.nasa-sports.com
30 OCT, USAPL Albany Strength PL Championships, John Payette,

~ COMING ON OCT. 23, 2004 AT 1:00 PM ~
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Hosted and Judged by Bill Kazmaier
 The Strongest Man in History

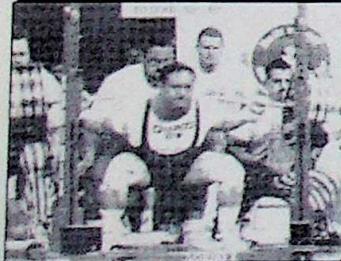
3 CASH PRIZES

- First Place - \$2,500.00
 - Second Place - \$1,500.00
 - Third Place - \$500.00
 (Pound for Pound Winners as well)
 A \$100.00 entry fee

5 EVENTS

1. Trap Bar Deadlift
2. Bench Press
3. Push Press
4. Chin Up with Most Weight
5. Thomas Inch Dumbbell Lift

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5 CASH PRIZES

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 2nd. prize \$300.00
 3rd. prize \$200.00
 4th. prize \$100.00
 5th. prize \$50.00
 (Pound for Pound Winners as well)
 A \$50.00 entry fee

5 EVENTS

1. Trap Bar Deadlift
2. Bench Press
3. Push Press
4. Chin Up with Most Weight
5. Thomas Inch Dumbbell Lift

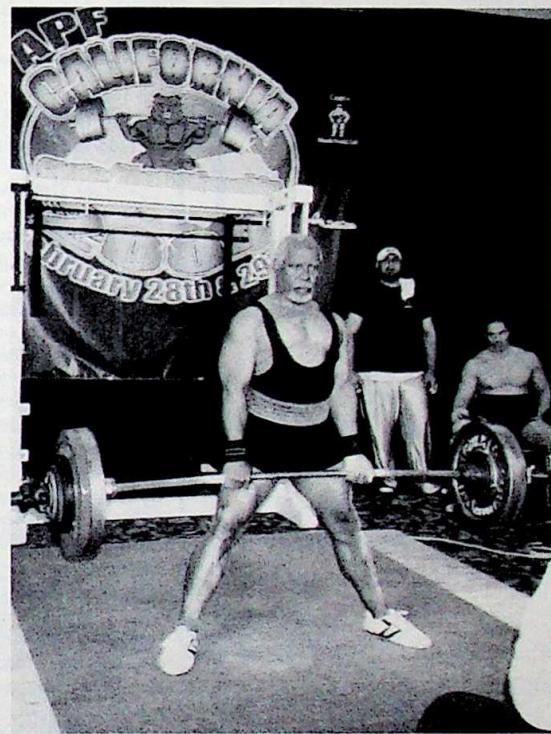
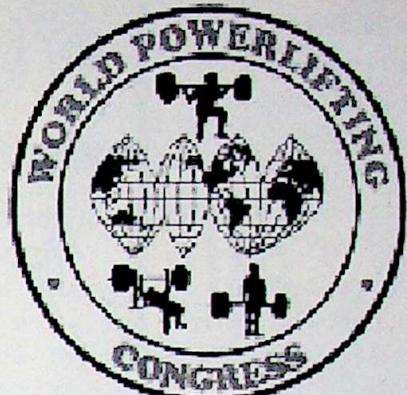
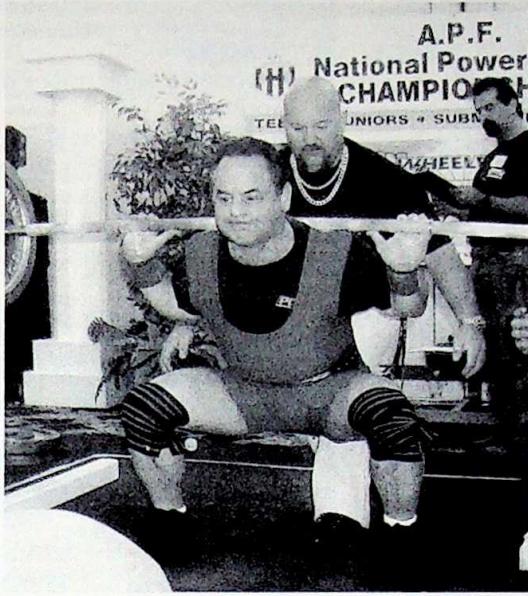
Contest Rules:

1. No super suits, erector suits, bench shirts, straps or wraps of any kind.
2. Weightlifting belts and chalk are allowed.
3. All lifts are single rep max with 3 attempts.
4. Winners are determined by a grand total of weight of all 5 lifts.

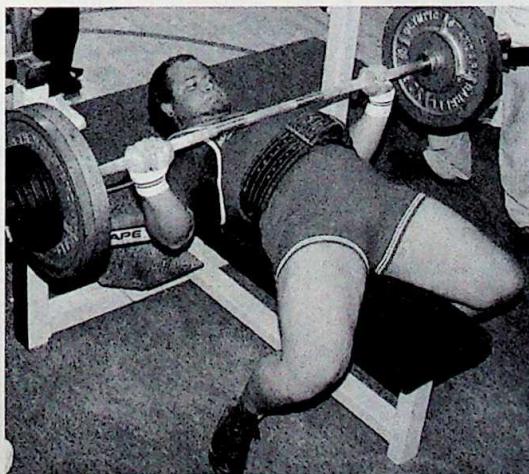
Tickets: \$10.00 in Advance
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APF MISSISSIPPI STATE
POWERLIFTING
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SATURDAY, November 6th, 2004
MEET DIRECTOR: Joe Ladnier,
APF Mississippi State Chairman
SANCTIONED BY:
American Powerlifting Federation
Strict APF/WPC Rules
will be followed

Wayne Pullum, Head Referee
LOCATION: Casino Magic Biloxi
151 Beach Blvd.
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228-386-4600

Room Rates:
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\$149.00 (normal rate per nite)
(*Reservations must be made no later than October 6th, 2004 to get the special rate of \$89.00 each nite)
Call 866-315-6240

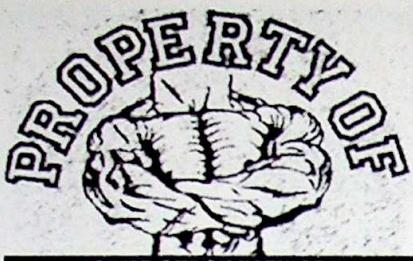
ELIGIBILITY: Open to all APF registered athletes. You must have a valid, current APF card.

Lifters may register at weigh-in on Friday for \$30 (cash only)

WEIGH-IN:
Friday, November 5th, 2004
10:00 AM - 10:00 PM

LIFTING TIME:
Saturday November 6th, 2004
10:00 AM - until PM

JOE LADNIER
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Vancleave, MS 39565
228-669-4240 or 228-826-1132
E-mail: the.ladinc@bellsouth.net
Meet applications available from website www.joeladnier.com or
The POWERPIT GYM
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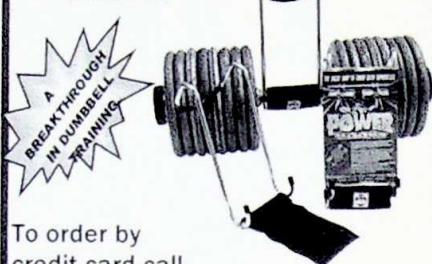
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30 OCT, USPF Monster BP and
Return of the Living Deadlift, Kevin
Meskew, 9235 Woodale Ave., Arleta,
CA 91331, 818-899-7555

30 OCT, Monster BP/DL, Rolling
Thunder Rockhard Fitness, Lake
Placid, NY, Dr. John Cerruti, 518-
523-7173

30 OCT, 22nd annual Raw
"ADAU" Central PA Open PL (open
& all age groups, men & women -
Bigler, PA) Siegel Engraving, 304
Daisy St., Clearfield, PA 16830, 814-
765-3214, al@pikitup.com

30 OCT, ANPPC National PL,
Son Light Power, 122 W. Sale,
Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

30,31 OCT, APF Pine Tree State
Open (all classes) Russ Barlow, 175
Kennebec Trail, Turner, ME 04282,
207-225-5070

31 OCT, SLP Midwest Open BP/
DL (Indianapolis, IN) Son Light Power,
122 W. Sale, Tuscola, IL 61953, 217-
253-5429, www.sonlightpower.com,
sonlight@netcare-il.com

31 OCT, Best of the Southwest Raw
BP/DL (Bodytorium Fitness Center,
McMurray, PA) Steve Siwiak, 724-
941-7270

31 OCT, Halloween Havoc BP (60
entry limit, all wt. classes & divs. -
Taylor, PA) Joe Moe 570-562-3642,
moceyunj@neiu.org or
rhsvpmoe@ns.neiu.k12.pa.us

OCT, APF Full Meet, The Gym in
Elk River, MN, 763-441-4232

OCT/NOV, INSA/INSA World
PL/BP/DL/BP rep, David
Newingham or Kirk Stroud, 727-
4 9 2 - 0 7 2 3 ,
novafitness@earthlink.net

OCT, 5th NHSP Record Breakers,
Jamie Fellows, Box 375, Belmont,
NH 03220

3-7 NOV, World Powerlifting
Committee World PL & BP, L.B.
Baker, Box 40, Bogart, GA
30622, 770-725-6684, 713-
3080, lbbaker@irondawg.com,
www.wpcworlds2004.com

6 NOV (NEW DATE), APF Mississippi
State Powerlifting+ Bench Press
Open (Casino Magic, Biloxi, MS), Joe
Ladnier, 630-892-1491,
worldpowerlifting.org

6 NOV, USAPL Southeastern USA
BP/PL (Nova Southeastern Univ., Ft.
Lauderdale, FL) Robert Keller,
rhk@verizon.net, 954-384-4472,
www.geocities.com/floridausapl

6 NOV, USAPL N.J. State, Joe
Morreale, 350 Rt. 46, Rockaway, NJ
07866, 973-627-9156

6 NOV, Attilis Gym BP (Wildwood,
NJ) Mike Charnik, 856-228-7180, or
The Gym 609-729-2050

6 NOV, USAPL Dakota Open PL/
BP Nicole Craig, 4716 Trail Dr., Rapid
City, SD 57703, 605-718-9622

6 NOV, APF/AAPF BP/DL Classic,
Iron Island Gym, 3465 Lawson Blvd.,
Oceanside, NY 11572, 516-594-
9014, FAX 516-594-9426,
Flwrpw@msn.com

6 NOV, Northern VA Raw PL & BP,
(Sterling Community Center, Sterling,
VA) John James 703-475-9885

6 NOV, APA Ironslingers Battle of
the Mid-West Push-Pull, BP, DL
(Waukegan, IL) Scott Taylor, Box
27204, El Jobean, FL 33927, 941-
697-7962, FAX 801-905-7046,
scott@apa-wpa.com

6 NOV, APF Texas Cup (Dallas - Men
+ Women - Open, Below I, Masters

(5 yr. Groups), Submaster, Jr., Police,
Fire, Single lift) Flexion Strength Sys-
tems, 256 W. Court, Seguin, TX
78155, 800-378-6460,
www.seguinfitness.com

6 NOV, USA 'RAW' BENCH PRESS
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TIONALS (Tuscola, IL) Son Light
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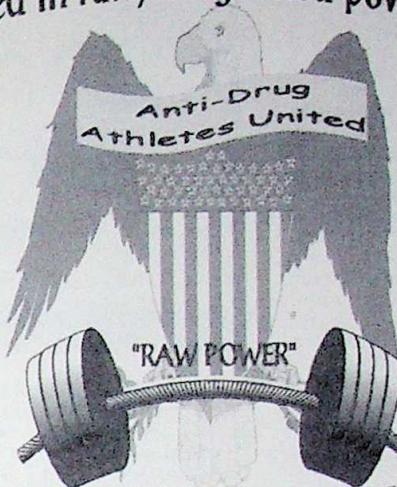
6,7 NOV, NASA Iowa Regional (PL,
BP, PS - Des Moines, IA) Rich Pe-
ters, Box 735, Noble, OK 73068,
405-527-8513, sqbpd@ao.com

6,7 NOV, USAPL University Cup
(Baton Rouge, LA - Holiday Inn on
Airline) John Magendie,
jonmagendie@hotmail.com

6,7 NOV, USAPL I-100 Rock Solid
Push/Pull, Tom Murray, 380 Pine
Tree Rd., Ithaca, NY 14850, 607-
279-7554

7 NOV, New England Raw PL & BP,
Joe Reeves, 33 Pine St., Riverside,
RI 02915, 401-437-
1728, Joemusclehead@cs.com

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2004 ADP/APDF BENCH/DEADLIFT CLASSIC

Saturday, November 6, 2004

Weigh-Ins: Friday Nov. 5th, 2004/12pm-8pm

Saturday Nov. 6th, 2004/10am-11:30am

At: Iron Island Gym/ 3465 Lawson Blvd./
Oceanside, NY 11572

For more information or applications send SASE to the
above address

Phone:(516) 594-9014/ Fax (516) 594-9426/ E-Mail

Flwrpw@MSN.Com

7 NOV, SLP Vermillion County Show of Strength PL/BP/DL (Danville, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com

9-14 NOV, IPF World Men's (Capetown, SA)

10-15 NOV, WABDL Twin Lab World BP/DL Championships (Peppermill Hotel, Reno, NV)

Gus Rethwisch, 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

13 NOV, AOL Columbus's BP & DL, AOL Columbus Fit. Ctr., 5000 Arlington Ctr. Blvd., Columbus, OH 43220, Pete Urda 614-538-3636

13 NOV, 3rd APA Battle of the Badasses PP, BP, DL (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

13 NOV, USPF TX Cup and Mountaineer Cup VII Pro Qualifier, Texas USPF, 4025 Duvall Road, Apt 2333, Austin, TX 78759, (512) 835-5303, www.texasuspf.net

13 NOV, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl.ca.org

13 NOV, NAP Texas Mid-State Record Breakers (Waco, TX) Bob Garza, 281-820-5923, www.nappowerlifting.com

13 NOV, SLP Ohio State BP/DL (Hamilton, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com

13 NOV, NASA Southeastern States Regional (PL, BP, PSs - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd1@aol.com

13 NOV, NASA Kansas City Regionals, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com

14 NOV, SLP Lynne Boshoven Classic BP/DL (Wyoming, MI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 NOV, ADAU Connecticut State Open PL+ BP, Rob Delavega, Powerhouse Gym 71 Commerce Drive, Brookfield, CT 06804, 203-775-8548, phbrookfield@aol.com

19-21 NOV (NEW DATES), IPA

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Senior National PL & BP (includes a raw div.), Champs Fitness & Sports Center, 15 Stetler Ave., Shamokin Dam, PA 17876, **Mark Chaillet**, 717-495-0024, chailfit@suscom.net or **Ellen Chaillet**, echailliet@aol.com

20 NOV, Omaha Open BP, DL, Push/Pull, A. V. Sorensen Rec. Ctr., 4808 Cass St., Omaha, NE 68132, Keith Machulda, 402-444-5596

20 NOV, NASA Arizona Regional (PL, BP, PS - Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd1@aol.com

20 NOV, SLP Kentucky State BP/DL (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com

20-21 NOV (revised dates), WDFPF World Championships (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPF@aol.com

20,21 NOV, USAPL MA/RI States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714

21 NOV, 1st Battle of the Bench Albert Lewis, 716-886-3145 ext 476, JCC, 787 Delaware, Buffalo, NY 14209

21 NOV (NEW DATE), SLP Central Illinois Open BP/DL (Hillsboro, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21 NOV, IPA Gorilla Warfare II (Holiday Inn, Johnston, NY) Rich 857-8637, Mike 654-9110, www.gorillapackpowerliftingteam.com, gorillawarfare2@yahoo.com

27 NOV, NASA Kansas Regional (PL, BP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

sqbpd1@aol.com

27 NOV, NASA W. Texas Regional (PL, PB, PS - Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd1@aol.com

27,28 NOV (date assigned), USAPL Virginia State PL/BP (raw & assisted), **27, 28 NOV** USAPL Virginia Stack PL/BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

28 NOV, USAPL Life Time Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.virginiausapl.com

NOV, 100% Raw World BP, **Paul Bossi**, 252-339-5025

NOV, NASA WV Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

1-5 DEC, IPF World Bench Press (Cleveland, OH)

3-5 DEC, AAU Drug Tested World PL + Intl. BP and DL (Laughlin, NV - River Palms Hotel - 800-835-7903 Block AAU 6) **Martin Drake**, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

4 DEC, USAPL Kentucky State/Open/Raw, Shane Bosaw, 225 Kentucky Ave., Providence, KY 42450, 270-667-7140

4 DEC, 21st Southeastern Cup PL/BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988 (w), 896-3989 (h), 896-3035 (gym), bduke@southlink.us

4 DEC, APC Excalibur Classic PL & BP (Birmingham, AL - open, novice, masters, teen, women) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy, Suite 100, Birmingham, AL 35216, 2050817-6811, 823-4745 (gym)

4 DEC, Big Bench Shootout (men, women, teen, jr., submaster, master, all ages - 1st 50 lifters) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

4 DEC (New Date), AAU Larry Garro Memorial Raw BP, DL, Iron Man/Iron Woman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usb.net

4 DEC, 5th annual MPA Christmas Bench Classic (The Gym in Elk River (MN)), Dave harrison, 763-441-4232

4 DEC, WNPF World Record Breakers + WNPF International

Single Lift Championships (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPF@aol.com

4 DEC, APF Rio Grande Valley Meet (Harlingen - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

4 DEC, NASA Southwest PS, PB, DL, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd1@aol.com

4 DEC, 2nd James B. Larusso Bench Press Meet (teen, women, masters, and all wt. classes) Muscle World Gym, 401 Hand Ave., Cape May Court House, NJ 08210, 609-465-4723

4 DEC, 17th Elkhart BP Classic, Jon Smoker, 30174 CR 16, Elkhart, IN 46516, 574-674-6683

4 DEC, SLP Christmas For Kids BP/DL (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com

4,5 DEC APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org

11,12 DEC (NEW DATE), USAPL American Open, Robert Keller, rk@verizon.net, 954-384-4472, http://mysite.verizon.net/rhk

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

11 DEC, APF Pennsylvania Christmas Class PL/BP, Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823

11 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 4 0 2 - 4 2 7 - 8 0 8 5 , www.nebraskapowerlifting.com

11 DEC (New Date), 2nd Bench Press & Deadlift Classic, Robt. Eckhart, 319 N. 2nd St. Lehighton, PA 18235, 610-377-5852

11 DEC, USAPL 11th December Fest PL + BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX, 78249, 210-699-0964

11 DEC, NASA Novice Nationals PL + PS (OH) Rich Peters, Box 735, Noble, OK 73068, sqbpd1@aol.com, www.nasa-sports.com

11 DEC, 4th Pocket Samson's Toys for Tots Christmas BP (male - female,



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all wt. classes, all divs., raw or assisted - New Oxford Gym, New Oxford, PA) 717-624-8570

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

11 DEC, NASA Missouri Regional (PL, BP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd1@aol.com

11 DEC, Christmas BP Classic Raw + Assisted, John Shiflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

11,12 DEC, 51st APF Iron Man PL/BP & Mr. Iron Man/Ms. Iron Woman, Bob Packer, 559-322-6805 (w), 658-5457(h), www.calapf.com

11, 12 DEC, USAPL Colorado PL/BP, Dan Gaudreau, 155 S. Dearborn Dr., Aurora, CO 80012, 303-475-3366

12 DEC, SLP Turner Classic BP/DL (Salisaw, OK) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 DEC, 12th Raw "ADAU" Coal Country Classic (SQ, BP, DL - separate events, no total, open & all age groups - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

12 DEC, USAPL Police & Fire Nationals (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com

18 DEC (2nd new date), WNPF IronMan Nationals (BP/DL) & Sarge McCray BP, DL & PC - Bordentown, NJ, 770-997-0589, WNPF@aol.com OR WNPF, Box 142347, Fayetteville, GA, 30214

18 DEC, SLP "The Last One" BP/DL (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8 JAN, 6th NASA Ohio State BP, West Liberty Salem H.S., 7208 N. SR 68, W. Liberty, OH 43357, Dick Cordial, 937-653-5504, squat@foryou.net

8 JAN, ABA Arkansas Open BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

15 JAN, PPL Augusta Drug Free Open, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@aol.com

15 JAN, USAPL Nor Cal Winter Classic (PL, BP, DL - Livermore, CA) Dr. Rob Meulenberg, 925-803-5029, rwmmeulenberg@hotmail.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

22 JAN, SPF Alabama State Push/Pull, BP (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

29 JAN, APA Patriot Challenge, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom M c C u l l o u g h , txpowerscene@earthlink.net

29 JAN, SPF Southern BP/DL (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

5,6 FEB, USAPL Women's National, Harold Gaines, 2109 Butterfield Ct., Maryland Hts.,

MO 63043, 314-805-2044
12 FEB, 6th NASA High School Championships (BP, PL, PS - 1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F, lessmitty@bspeedy.com

12 FEB, 14th New Castle BP (men, master, women, teen) Chuck Ullrich, 214 E. Garage Ave., New Castle, PA 16105, 724-658-7529

13 FEB, USAPL Florida State (Clearwater, FL) Vincent Lombardi, Lombardistrength@yahoo.com, 813-685-3498

19 FEB, AAU Missouri State (X-Treme Sports & Fitness, Union, MO) Darin Gilley, 2820 Old Gray Summit Rd., Pacific, MO 63039, 636-742-4537, daringilley@aol.com

19 FEB, USAPL SD PL/BP, Jeff Blidauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411

26 FEB, USAPL Upper Ohio Valley Meet, (J.B. Chambers YMCA, Wheeling, WV 26003) Dan Hilliard, pushnpulliron@yahoo.com, 304-242-8086

26 FEB, APA Texas State, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom M c C u l l o u g h , txpowerscene@earthlink.net

FEB, USAPL Gold's Gym BP, Gold's Gym, 15 Racquet Rd., Newburgh, NY 12550, Dave Kenyon or Kristina Stevens, 845-564-7500 or kristina@goldsgym.net

5 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@hillsidelbc.org

12 MAR, 1st APF/AAPF Alabama State Open PL, BP (AL records will be established - Econolodge Conference Center, Attalla, AL) Buddy McKee, 3516 Park Ln., Rainbow City, AL 35906, 256-442-4002

1-3 APR, USAPL High School Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

2 APR, SPF Nationals, Push/Pull & Raw BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

5 APR, 6th Pittsburgh Monster BP & DL (men & women, all div., all classes, cash prizes - Holiday Inn Airport) Mike Barraevchio, 301 Spring Water Ct., Moon Township, PA 15108, 724-457-2708

8,9 APR, USAPL Texas State, Joe Gremillion, 1320 S. 3rd St., Garland, TX 75046, 972-494-6407

8, 9 APR 05 Power Palooza #7 (PL, BP, DL) Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823

9 APR, ABA Arkansas State BP, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

APR, USAPL Richmond Open PL + BP (55 lifter limit) Phillip Battle, Box 9713, Richmond, VA 23228, 804-301-2196, P_Battle@hotmail.com

APR, PPL Georgia Drug Free State, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@aol.com

6-8 MAY, USAPL Men's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

7 MAY, APA Summer Bash, Paul Revere Middle School, 10502 Briar

MEET DIRECTORS... there are HUNDREDS of meets for readers of PLUSA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We even do the typesetting for you - FREE!!

Forrest Dr., Houston, TX 77049, Tom M c C u l l o u g h , txpowerscene@earthlink.net

14 MAY, USPF Open BP & DL (sponsored by Erie C.C. Football - Buffalo, NY - men, women, teen, master) Dennis Green 716-851-1898

20-22 MAY 05, USAPL Men's Masters Nationals (Riviera Resort, Palm Springs, CA) www.usapl-ca.org, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com

4 JUN, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

10-12 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

JUN, 3rd IPF North American Regional (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

5 NOV, USAPL California State (PL, BP - Dublin, CA) Jason Burnell, 510-232-4700, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

15-20 NOV (NEW DATE) - IPF Men's Worlds (W. Palm Beach, FL) Robert Keller, 954-384-4472, rhk@verizon.net, www.geocities.com/floridausapl

5 NOV, USAPL California State (PL, BP - Dublin, CA) Jason Burnell, 510-232-4700, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

15-20 NOV, IPF Pan-American Men's & Women's PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

NOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapi@hotmail.com

APR 06, USAPL Collegiate Nationals (Nova Southern Univ. - Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

APR 06, IPF Pan-American Men's & Women's Open BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

APR 06, IPF World Masters BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

MAY 06, USAPL Men's Nationals PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

JUL 06, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DO NOT CALL COLLECT.

ADAU Broome County BP/DL
14 AUG 04 - Owego, NY

BENCH	SHW	
114 lbs.	R. D'Antonio	420
N. Reyes	125 DEADLIFT	
148 lbs.	FEMALE	
C. Byrnes	295* 148 lbs.	
A. Susmarshi	175 M. Berbert	280*
165 lbs.	MALE	
J. Stallworth	285 148 lbs.	
M. Reyes	240 A. Susmarshi	325
R. Legg	220 165 lbs.	
181 lbs.	J. Stallworth	426*
S. Proudfoot	300 R. Jeffords-56	340
198 lbs.	R. Legg-52	340
G. Baker	240 242 lbs.	
P. Aquilio	215 D. Grandinetti	501
242 lbs.	T. Allington	421
D. Grandinetti	360	

*=American Record. All weights listed are rounded down to the nearest pound of the actual weight on the bar (not the weight listed at the tournament). Best Bench Presser: Christopher Byrnes. Best Deadlifter: John Stallworth. (Results from Wayne and Hunter Claypatch, Directors)

USPF Venice Beach Deadlift
17 JUL 04 - Venice, CA

Deadlift only	Matt Taylor	535
Liane Blyn	429	275 Open Men
Tina Miller	303	S. Denison 650
Kristen James	198	Ryan Stewart 562
13-15 Teen Men	S. Belanger	524
Jeff Belanger	375	P. Andrews 308
J. Gordon	325	Open Men
181 Open Men	J. i m Joe Kenn	590
Roney	551	308+ Open Men
198 Open Men	D. V. Atarian	672
O'neal	424	Master Men 40-49
M. Lambert	402	Phil Andrews
220 Open Men	Bill Ennis	50-59
Ed Berteaux	502	Master Men 50-59
D. Chavez	496	H. Myers 513
242 Open Men	T. Ed Berteaux	502
Summers	562	Master Men 60-69
Don Hodges	540	T. Miller 441
State Single Lift Deadlift Records set:	Jeff	
Belanger, 198 Teen 13-15, 374 lbs, Joseph		
Gordon, 181 Teen 13-15, 325 lbs, Don		
Hodges, 242 Submaster 35-39, 540 lbs,		
Howard Myers, 220 Master 55-59, 512 lbs,		
American Single Lift Deadlift Records set:		
Liane Blyn, 181 Open Women, 429 lbs,		
Joseph Gordon, 181 Teen 13-15, 325 lbs,		
Jim Roney, 181 Submaster 35-39, 551 lbs,		
Howard Myers, 220 Master 55-59, 512 lbs,		
Thanks to all our valuable help at the		
meet: Don Haley, International referee,		
Teen (18-19) 148 lbs.		

Veteran Lifter Bob Legg lifting in the 165 lb., 50-54 class at the ADAU Broome County meet. (Photograph Wayne Claypatch)

Fran Haley, International referee, Gordon Santee, International referee, Bill Ennis, International referee, Kevin Meskew, National referee, Steve Denison, National referee, David Foster, State referee, Jemma Santos, scorekeeper, David Ruiz, Expeditor. Announcer: Chuck LaMantia. Spotters/Loaders: Marvin Lemus, Ken Park, Armando Corillo. Expeditor: David Ruiz. Meet Directors: Steve Denison, David Ruiz, Kevin Meskew. (Results by USPF.)

USAPL Viking Open (kg)
08 MAY 04 - Chicago, IL

WOMEN	SQ	BP	DL	TOT
105 lbs.				
J. Gedney	117.5	57.5	122.5	297.5
114 lbs.				
M. Shuttleworth	120	80	115	315
165 lbs.				
T. Brewton	97.5	87.5	145	330
Howard Myers	220	Master 55-59, 512 lbs,		
L. Brown	70	47.5	107.5	225
Teen (18-19)	148 lbs.			

Thanks to all our valuable help at the meet: Don Haley, International referee, Teen (18-19) 148 lbs.

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Elite Master	I	II	III	IV	IPF Cat. 1	Cat. 2	Nat.	State	Y	N	Y	N	Y	N
Current Collegiate		U.S. Citizen		Date of Birth	Sex	Today's Date		Card Issued By						
Y		N		/ /	M F	/ /								

Registration Fee \$25.00

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NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

If Under 18 have Parent Initial _____

Signature _____

C. Patzer	130	125	210	465	J. Valpatic	225	142.5	237.5	605
165 lbs.					C. Kennedy	210	165	210	585
E. Ellison	120	102.5	170	392.5	242 lbs.				
181 lbs.					R. Kouimanis	297.5	185	267.5	750
R. Mueller	185	120	227.5	532.5	T. Horrath	257.5	177.5	275	710
Junior 181 lbs.					J. Krick	272.5	160	257.5	690
J. Weber	250	147.5	220	617.5	G. Zajac	227.5	197.5	205	630
T. O'Dowd	227.5	147.5	220	595	P. Kuczynski	242.5	137.5	227.5	607.5
198 lbs.					C. Daloia	207.5	135	227.5	570
R. Dachowski	192.5	—	—	—	A. Atef	250	—	—	—
220 lbs.					275 lbs.				
W. Literal	272.5	142.5	260	675	M. Hartle	317.5	242.5	272.5	832.5
K. Hunt	275	150	245	670	R. Haas	237	200	227.5	665
S. McShane	227.5	152.5	247.5	627.5	J. Leinfelder	—	—	—	—
242 lbs.					UNL				
S. Kouimanis	297.5	185	267.5	750	E. Lilliebridge	305	215	305	825
C. Daloia	207.5	135	227.5	570	D. Cotter	207.5	175	227.5	610
J. Sullivan	195	110	200	505	Best Lifters: Women - Judy Gedney, Teen				
Master (40-49)	165 lbs.				- Chris Patzer, Junior - Steve Kouimanis,				
M. Rivera	210	145	232.5	582.5	Master - Don Sierpien, Best Squat - Mark				
T. Phillips	182.5	137.5	202.5	522.5	Placek, Best Bench - Mike Hartle, Best				
181 lbs.					Deadlift - Mark Placek, Open - Mark				
J. Mumaw	217.5	122.5	242.5	582.5	Placek, Mike Hartle, Ernie Lilliebridge,				
D. Wilke	195	125	230	550	Best Team - B&W Gym. (courtesy of USAPL)				

NASA Houston Grand (kg)

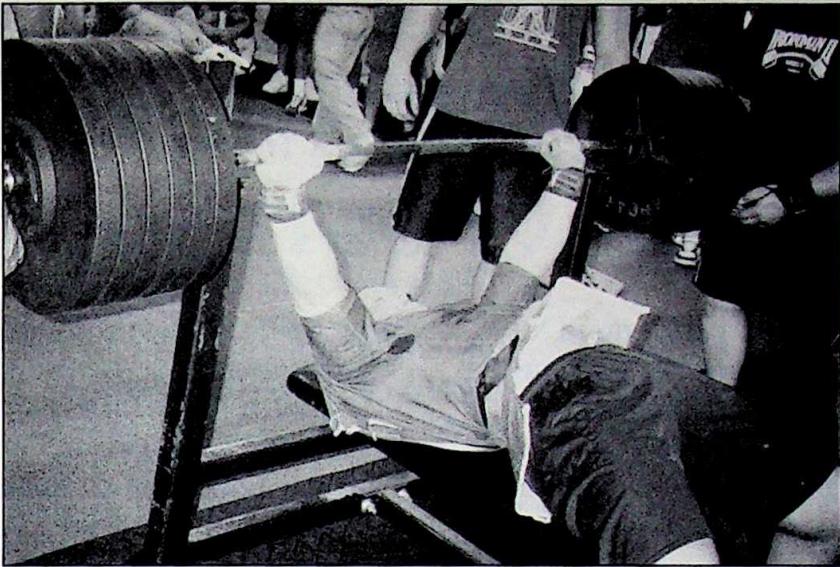
3 JUL 04 - Houston, TX

Power Sports	275
bphs	Daniel Noland
165	pure
Andrew Kerai	110 149
Open 132 lbs.	181
B. Turner	112.5 92.5 142.5 360
148 lbs.	
J. Dinaso	152.5 107.5 192.5 452.5
165 lbs.	
M. Rivera	210 145 232.5 582.5
T. Phillips	182.5 137.5 202.5 522.5
181 lbs.	
T. O'Dowd	227.5 147.5 220 595
J. Mumaw	217.5 122.5 242.5 582.5
B. Keim	222.5 142.5 212.5 577.5
D. Young	205 140 230 575
C. Rzany	185 107.5 210 502.5
198 lbs.	
M. Placek	282.5 172.5 290 745
J. Hanson	230 190 257.5 677.5
C. Bosley	250 180 242.5 672.5
D. Gonzales	245 190 237.5 672.5
R. Dillon	230 177.5 230 637.5
K. Robertson	222.5 142.5 240 602
220 lbs.	
J. Prusha	285 192.5 250 727.5
C. Herrick	250 160 300 710
D. Morris	252.5 152.5 255 660
M. Woody	245 150 290 685
M. McShane	227.5 152.5 247.5 627.5
T. Smallwood	227.5 147.5 247.5 622.5
148	
Bliss Wooster	107.5 55 115 277.5
165	
F. Guerra	162.5 102.5 172.5 437.5
275	
E. Guerra	227.5 137.5 207.5 572.5
shw	
A. Ortiz	242.5 137.5 195 575
m1	
243	
Jerry Cannon	205 122.5 205 532.5
mp	
220	
Guy McNeil	245 187.5 272.5 705
nat	
165	
J. Walker	115 70 132.5 317.5
nov	
308	
Jared Jordan	137.5 77.5 132.5 347.5
sm1	
242	
Randy Pike	205 162.5 255 622.5
148	
John Nasche	180 102.5 185 467.5
smp	
148	
John Nasche	180 102.5 185 467.5
teen	
148	
L. Burton	112.5 55 110 277.5
Mikey Hall	90 52.5 127.5 270
198	
Chris Wall	115 82.5 150 347.5
want	
114	
Heather Fry	125 55 112.5 292.5
wint	
114	
Heather Fry	125 55 112.5 292.5
wpure	
114	
Heather Fry	125 55 112.5 292.5
(Thanks to Richard Peters for the results.)	

SLP FT. Hamilton Days
10 JUL 04 - Hamilton, OH

BENCH PRESS	shw		
teenage	Jeff Telljohn	400	
women 16-17	(4th)	420*	
148	police & fire		
Pamela Bartz	140*	308	
submaster women	Richard Lear	545*	
123	(4th)	565*	
Jenni Mason	115*	308	
132	Paul Newton	390	
Amy Sibcy	160*	(4th) 405	
open women	open men		
123	148		
E. Olszewski	120*	R. Thompson 255	
(4th)	135*	165	
148	Dan Piatje	225	
L. Bulger	145	198	
148	D. Hemphill	405	
S. Patterson	125	198	
teenage men 13-15	Jim Nichols	405	
242	198		
A. J. Smith	300*	Bob Bean 385	
teenage men 16-17	198		
242	Jeff Cole	350	
T. Bachelier	245	220	
junior men	Erik Ward	500	
148	242		
Tim Hufford	250	Brad Fischer 440	
198	242		
Matt Adams	280	A. Walker 275	
275			
Adam Hicks	600*	Wesley Grant 420	
submaster men	275		
242	A. Hibbard	405	
S. Schaeffer	500*	275	
master men 40-44	Jereme Sager	400	
181	(4th)	405	
Tracy Conner	475*	DEADLIFT	
181	teenage		
Tracy Wyler	370	women 16-17	
198	148		
Steve Watts	485*	Pamela Bartz 280*	
220	(4th)	290*	
Scott Wood	380	junior women	
242	114		
J. Snodgrass	265	A. Elliott 220*	
275	open women		
Scott Vickery	123	123	
master men 45-49	E. Olszewski 225*		
148	148		
Mark Evans	240*	L. Bulger 265*	
master men 50-54	(4th)	280*	
181	master men 40-44		
D. Sparks	350*	242	
(4th)	360*	J. Snodgrass 480	
198	275		
Bob Bean	385	Scott Vickery 725*	
220	open men		
Tom Boyer	455*	148	
(4th)	465*	Mark Evans 435*	
242	198		
P. McGeorge	450*	D. Hemphill 550	
242	198		
Jerry Troyer	335	S. Sizemore 455	
master men 60-64	242		
198	A. Walker 500		
W. Smillwood	410*	242	
master men 65-69	Brad Fischer 500		

- Son Light Power Ohio state record. BP: Best Lifter - men - ADAM HICKS. Best Lifter - women - AMY SIBCY. DL: Best Lifter - women - PAMELA BARTZ. Best Lifter - men - SCOTT VICKERY. The Son Light Power Ft. Hamilton Days Bench Press/Deadlift Championship was held at Samson's Gym in Hamilton, Ohio on July 10, 2004. Thanks to owners Darris and Kathie Sparks for once again hosting this event. We had a great meet with over fifty lifters and lots of good energy. Thanks also to Inzer for donating some great prizes including some fifty-dollar gift certificates for the best lifters. In the bench press event first-time competitor Pamela Bartz won at 16-17/148 with a new state record of 140. Jenni Mason set the record at submaster/123 with 115 while best lifter Amy Sibcy set the record at 132 with 160. In the open women's division Erin Olszewski won at 123 with state records for her third (120) and fourth (135) attempts. Latisha Bulger won at 148 over Shelly Patterson 145 to 125. In the teenage men's 13-15 age division A. J. Smith got his first official 300 bench and a new state record with his title at 242. Tony Bachelier won at 16-17/242 with 245. In the junior division Tim Hufford won at 148 with 250 while Matt Adams took the 198 class with 280. The best lifter award for the men went to junior 275 winner Adam



Adam Hicks...with a 600 bench press at Junior 275 (bodyweight only 246!) at the SLP Ft. Hamilton Days BP/DL. (Photograph provided by the courtesy of Dr. Darrell Latch)

Hicks, who got his first ever 600 bench, at a 246 bodyweight! The big kid handled 535 and 570 before posting a picture-perfect state record lift on his final attempt! Wow!! Scott Schaeffer tied the existing state record at submaster 242 with 500, making just his opening lift. This was Scott's first competition. In the master men's 40-44 age group Tracy Conner broke his own state record at 181 with 475, taking the win over Tracy Wyler who finished with his opener of 370. At 40-44/198 it was Steve Watts with a personal best 485, which also set the state record there. Scott Wood won at 220 with 380 while Jerry Snodgrass struggled with his opener, settling with 265. At 40-44/275 Scott Vickery also struggled, not able to lock out his 655 opener. But hey, the guy brought four thousand lifters to the meet and we all know how hard it is to focus on your own lifting when you're trying to help everyone else! At 45-49/148 it was Mark Evans, coming up from Louisville, Kentucky for the win and a new state record of 240. Darris Sparks looked strong at 50-54/181, breaking his own state record by fifteen pounds to finish with 360. Bob Bean had a little of an off day, making just his opener of 385 with his win at 198. Tom Boyer got off to a tough start, missing his

first two attempts, but came back strong with a 455 third and a 465 fourth, both new state records for the class. At 242 it was Paul McGeorge with a new state record of 450, just missing his final attempt with 480. First-time competitor Jerry Troyer was second at 242 with his 300 opener. In the master men's 60-64 age group, 198 state record-holder Wayne Smallwood broke his own with a great 410. 65-69/shw winner Jeff Telljohn also broke his own state record with his 420 fourth attempt! These old boys just keep getting stronger and stronger! Richard Lear had a good day, taking the win at police & fire/308 with 545, followed with a solid 565 state record fourth. Second place went to Paul Newton who finished with personal best 405 fourth attempt, leaving a little on the platform! In the open division Ryan Thompson won at 148 with 255 while Dan Piatje took the 165's with 225. Denako Hemphill won at 198 over Jim Nichols by a one pound bodyweight, both finishing with 405. Third place went to Bob Bean with 385 and fourth place to Jeff Cole, who finished with his opener of 350. Erik Ward is coming back at 220, taking the win here with 500 and just missing a personal best 520 final attempt. At 242 it was Brad Fischer with

men's 40-44/242 class it was Jerry Snodgrass with 480 and big puller at 275, Scott Vickery with 725 at 275. This was also a new Ohio state record for Scott, giving him the best lifter award for the competition. In the open men's division Mark Evans set his second record of the day with his 435 pull at 148. At 198 it was Denako Hemphill with his second win and a personal best 550. Second place went to Steve Sizemore, who finished with 455. At 242 Aaron Walker redeemed himself with the win there. Both he and Brad Fischer finished with 500, though Aaron weighed in two pounds less. Thanks again to Darris and his wife Kathie for there continued support and to Mike Ferguson for his help spotting and loading. Thanks to my son Joey and Justin Maurer for all their help. Hey, congratulations to Melody Gibson and Steve Watts on their engagement! It was also great to see Mike and Marcia Ferguson again, both great master bodybuilders and powerlifters, and like Scott Vickery are much appreciated for the many young athletes they bring to the sport each year! See you all at the Ohio State Fair August 8 and the SLP Ohio State BP/DL Championships back here on November 13! (Results provided by Dr. Darrell Latch.)

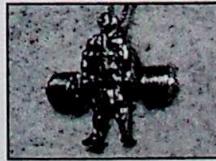
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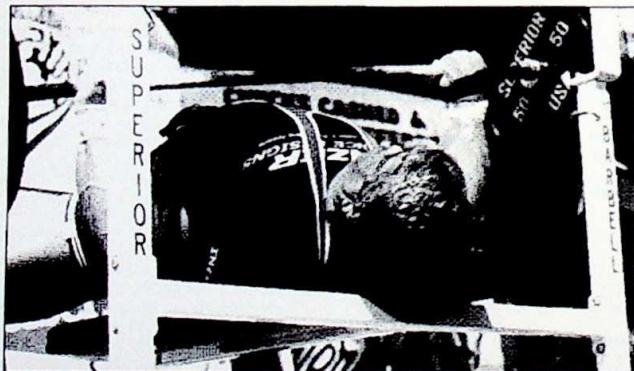
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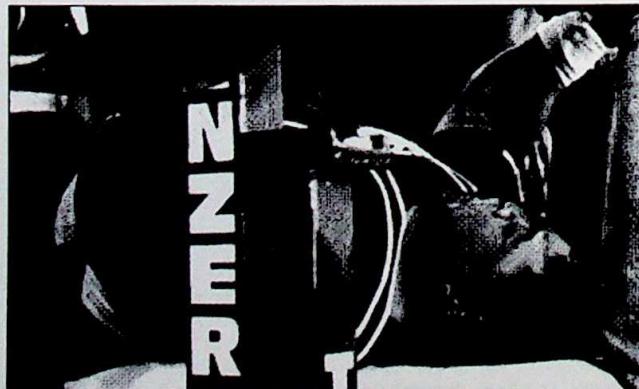
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VIDEOS

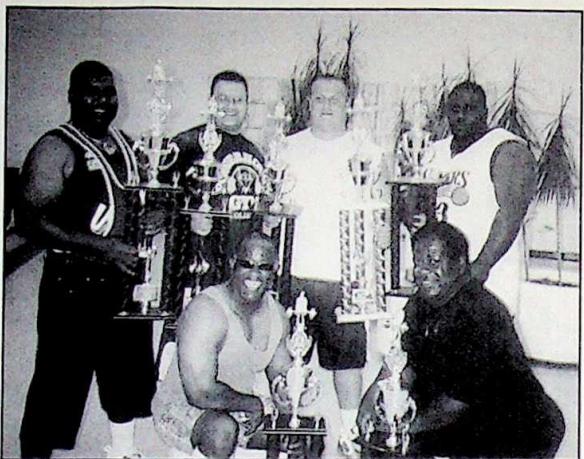
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USA Raw BP Summer Nats

19 JUN 04 - Mattoon, IL

teenage men	L. Roy Banks	460*
105	police & fire	
Connor Jones	115* open men	
123	308	
Al O'Brien	135 M. Hopkins	480*
165	open men	
Ali Aliabadi	220 165	
novice men	F. Lemongelli	330
308	(4th)	340
John Massey	350 198	
(4th)	360 Jason Carson	425
submaster men	(4th)	435
181	198	
Michael York	325 Brad Phanner	390
(4th)	335 (4th)	400
181	220	
Tim Seats	325 Terry Prati	355
(4th)	335 (4th)	380
308	220	
Bill Sharp	560* E. McArthur	350
master men	40-49 (4th)	365
242	275	
D. Haycraft	480* Ron Ogle	470
242	275	
M. Hoskins	350 Corey Mann	410
(4th)	370 (4th)	425
master men	50-59 275	
242	John Hurtado	315
Scott Jones	290 (4th)	320
275	308	
B. Blackmon	440* M. Lincoln	410
police & fire	(4th)	420
men/40-49	shw	
198	Jary Dawson	570*
team - Statesville Correctional Facility		
* - USA 'RAW' Bench Press Federation national record. Best Lifter - lightweight - FRANK LEMONGELLI. Best Lifter - heavyweight - BILL SHARP. The USA 'RAW' Bench Press Federation Summer Nationals was once again a huge success with lifters from Kentucky, Missouri, Iowa, Indiana and Illinois. Thanks again to the Cross County Mall Association and to its manager Mike Witwicki for continuing to promote the sport of powerlifting for the past twenty-one years!		

years! In the teenage men's division newcomer Connor Jones set the national mark at 105 with a great 115. This was also new Missouri and Illinois state records for the 13-15/105 class! Al O'Brien got a new personal best with his win at 123, tying the Illinois state record there with 135. Ali Aliabadi won at 165 with 220. In the novice division John Massey looked strong, finishing with 350 then a fourth of 360 for the win at 308. In the submaster division Michael York and Tim Seats weighed in at the same exact bodyweight, took the same exact attempts, making all four, including 335 fourth attempts. After the competition both were weighed again to determine the winner, and both weighed exactly the same! Hey, this doesn't happen very often, so both were awarded first place...a tie! Also at submaster was 308 winner Bill Sharp. Bill finished with a strong 560 final attempt at a 279 bodyweight, giving him the best lifter award for the heavier lifters. At master men 40-49/242 it was Doug Haycraft over Michael Hoskins 480 to 350. Doug's final attempt broke his own national mark by five pounds. Michael, who was having problems focusing, finished with a strong 370 fourth attempt. At 50-59/242 it was Dr. Scott Jones with another great day of lifting. Finishing with 290 Scott garnered another national title. Barry Blackmon continues to get stronger, after shoulder surgery last year, breaking his own national record



Team Champions at the Summer Nationals were the Statesville Correctional Facility ... (l-r) Michael Hoskins, John Hurtado, John Massey, Michael Hopkins, (kneeling) Lee Roy Banks, Barry Blackmon. (Photo courtesy of Latch)

at 50-59/275 with a 440 personal best! The unstoppable Lee Roy Banks won at police & fire 40-49/198 with a solid 460, coming back strong after a pec injury last December. This was another national record for Lee Roy, who has to be the greatest cheerleader in the sport, always there to help everyone else out, always there to encourage the other lifters. People like Lee Roy is one of the things that makes powerlifting the great sport it is! In the open police & fire division Michael Hopkins again tried for a personal best 500, missing twice, but finishing with a new national record of 480 at 308! Don't worry Mike, that 500 is there! In the open division Frank Lemongelli had a

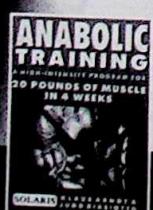
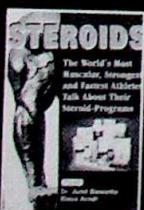
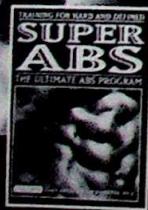
attempt but returned for a successful fourth of 425. John Hurtado was third at 275 with two new prs, a third with 315 and a fourth with 320. Martin Lincoln, Jr. won at 308 with 410, then a fourth with 420. Both were new personal bests for Marty. Then at shw was Big Jary Dawson. Jary finished with a new national and personal record of 570 for the win at superheavy. Statesville Correctional won the team title again with members Lee Roy Banks, Michael Hoskins, Michael Hopkins, John Hurtado and Barry Blackmon. Thanks to my sons D. C. and Joey, my wife Susie, Jason Hoover and Lee Roy Banks for helping out. See you all this fall at the Grand Nationals! (Results from Dr. Latch)

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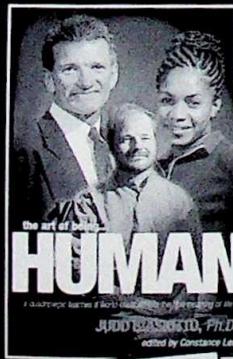
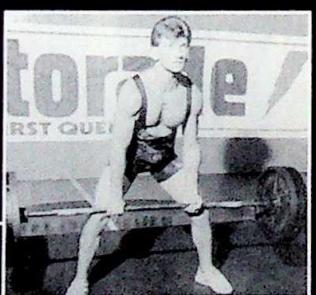
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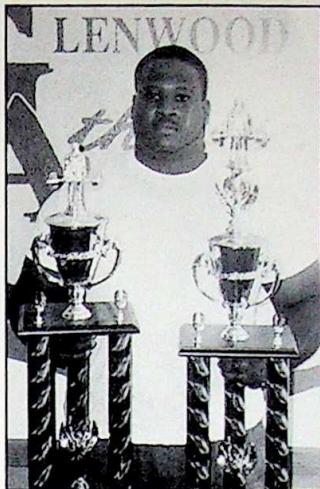
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SLP ARKANSAS OPEN BP/DL
24 JUL 04 - Glenwood, AR

	BENCH PRESS	220
master	Jim Turner	330
women 55-59	(4th)	340
114	master men 70-74	
Marie Fryar	75*	165
teen men 13-15	Harold Hager	240*
132	police & fire/55-59	
Dalton Brown	85*	242
(4th)	95*	Al Harris 325*
teen men 16-17	(4th)	335*
148	open men	
B. Yelverton	225*	165
165	Phillip Clark	300
Willie Bartel	175	(4th) 310
junior men	165	
275	Mike Norman	285
L. Duncan	475*	220
(4th)	500*	Jason Fryar 330
submaster men	DEADLIFT	
275	master	
Kevin Brown	400	women 55-59
sub men 'raw'	165	
275	Rose Taylor	210*
Lee McRae	475	junior men
(4th)	500	275
master men 45-49	L. Duncan	700*
220	submaster men	
Don Partee	285	275
(4th)	300	Mike Erby 600*
master men 55-59	master men 50-54	
198	181	
Bill Taylor	310*	W. Clemons 300*
master men 60-64	open men	
165	165	
Steve Allen	160*	Phillip Young 450
(4th)	170*	

* - Son Light Power Arkansas state record.
BP - Best Lifter - LARODRICK DUNCAN.
Best Lifter - LARODRICK DUNCAN. The Son Light Power Arkansas Open Bench Press/Deadlift Championship was held July 24, 2004 at Glenwood Athletic Club in Glenwood, Arkansas. Thanks to owners Jason Fryar and George Shipley for their

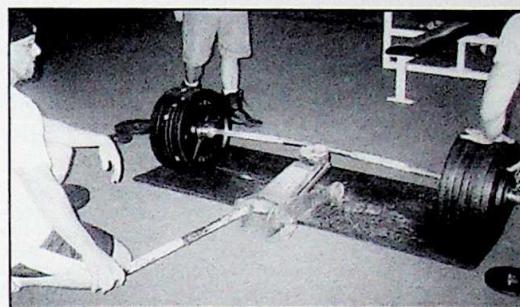


Best lifter...LaRodrick Duncan

continued support and for their hosting of this event. In the bench press event first-time competitor Marie Fryar got over her "jitters" and finished the day with a new Arkansas state record of 75 in the master women's 45-49/114 class! Dalton Brown, also competing for the first time, won at 13-15/132, setting the state record there with his 85 third, followed by his 95 fourth attempt. At 16-17 it was Brandy Yelverton for the win and a new state record of 225 while Willie

Bartel took the 165's with 175. LaRodrick Duncan came to put on a show, and he did just that, starting with his win at junior/275, finishing with 475, but returning with a successful fourth of 500! Both were new personal bests for LaRodrick, as well as new state records for the class. At submaster 275 it was Kevin Brown with a strong 400, just missing a personal best 420 final attempt. Lifting in the "raw" submaster/275 class, Lee McRae set the SLP National Raw record there with 475, then a great fourth effort of 500! In the master men's division, at 45-49/220 it was Don Partee with 285, but Don the came back with his first ever 300 bench for a fourth attempt! Bill Taylor looked strong at 55-59/198, finishing there with a new state record of 310. Steve Allen broke his own state record at 60-64/165 with both his third (160) and fourth (170) attempts. Then at 220 it was state record holder Jim Turner with easy third (330) and fourth (340) attempts. Crowd favorite Harold Hager got stronger with each attempt, finishing here with a new personal and state record of 240 at 70-74/

165. In the police & fire division, master 55-59/242 winner Al Harris got two new state record with his third attempt of 325, followed by his fourth with 335. In the open division Phillip Clark won over Mike Norman 300 to 285. Phillip came back, between flirting with all the girls there, to nail an easy 310 fourth. Then at 220 it was Jason Fryar with a new personal record of 330. The best lifter award went to Big LaRodrick Duncan. In the deadlift competition Rose Taylor set the state record for the 55-59/165 class with her 210 final pull, while LaRodrick Duncan continued his assault on the junior/275 record book with a strong 700 pull. It looked like he was good for 750, but 725 slipped from his hands near the lockout. Mike Erby, another great deadlifter, stopped at his second attempt with 600, due to some back cramps. Mike looked good for 700, but wisely passed on his third, having already set the state record there. Warren Clemons just stopped smoking and took up weightlifting, this being his first competition. Finishing with 300, Warren set the state record for the 50-54/181 class. In the 165 open class Phillip Young won with a solid pull of 450. LaRodrick Duncan won the best lifter here also. What a great athlete, competing completely "raw". Thanks to Shelby Willingham for serving as the trophy girl and to George Shipley, Rob Flowers and Jason Fryar for helping with the loading, spotting and judging duties. And a special thanks to Josh Ingram for serving as the "Jack Man". See you all in December for the SLP Christmas for Kids BP/DL Championships, December 11! (Results by Dr. D. Latch)



Now there's a deadlift helper! (Photos courtesy Latch)

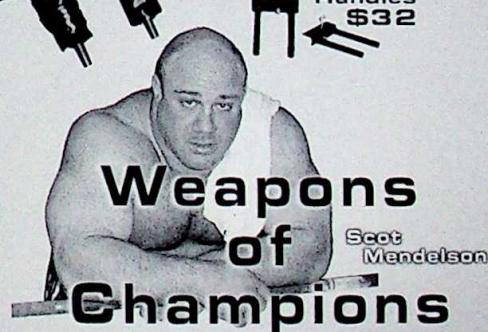
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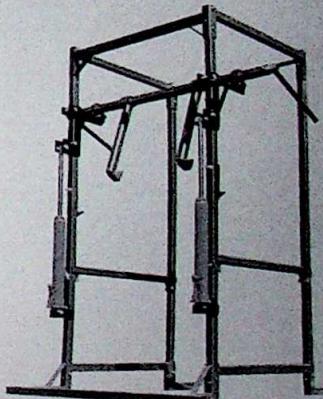
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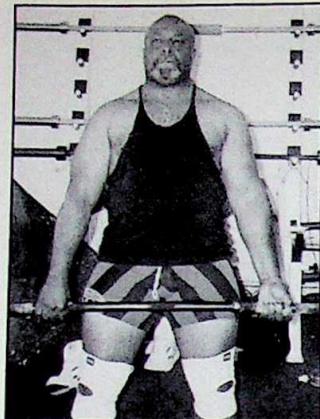
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SLP CHICAGO OPEN
26 JUN 04 - Chicago, IL

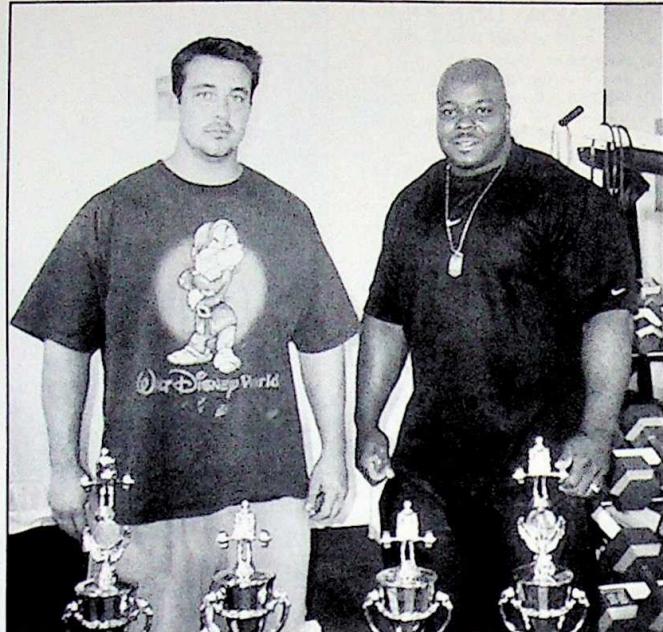
BENCH PRESS	181
novice men	Bob Murphy
220	275
B. D'Andrea	405* Tom Harrison 650
(4th)	430* open men
teenage men	13-15 132
148	Wisam Eid 275
Robbie Hecht	225 165
(4th)	230 Luis Reyes 315
181	242
John Lewis	165 Joe Lipuma 405
(4th)	175 shw
teenage men	16-17 Robert Vick 450
148	DEADLIFT
Chris Adams	125 teenage men 16-17
(4th)	175 148
275	Chris Adams 245
John Petrasek	295 242
submaster men	John Petrasek 445
308	junior men
Bill Sharp	500 308
master men	40-44 L. T. Trotter 500
220	(4th) 550
B. D'Andrea	405 master men 45-49
(4th)	430 220
242	Mike Jones 350
D. Neighbors	350 (4th) 400
master men	45-49 open men
220	242
Mike Jones	300 Larry Elster 475
police & fire	

* - Son Light Power Illinois state record.
 BP - Best Lifter - TOMMY HARRISON. DL - Best Lifter - LARRY ELSTER. The Son Light Power Chicago Open Bench Press/Deadlift Championship was held June 26, 2004 at Body by Design in Chicago, Illinois. Thanks again to owner Mike Jones for once again hosting this event. In the bench press competition Bob D'Andrea broke the Illinois state record in the novice men's 220 class with a 405 final attempt, followed with a great 430 fourth. In the teenage men's 13-15 age group first timer Robbie Hecht won at 148 with 225, then a fourth with a



Mike Jones...400 @ 45-49/220

personal best 230. Another first time competitor, John Lewis, won at 181 with 165, followed by a great 175 fourth attempt. Christopher Adams won at 16-17/148 with 125, then a big fourth of 175 while John Petrasek took the 275's with 295. In the submaster men's 308 class Bill Sharp came up from Kentucky for the win, finishing with 500 'raw'. Bob D'Andrea won his second title of the day with his win at 40-44/220, finishing with 405 then a fourth of 430. Don Neighbors just came off vacation and was only able to get in his opener of 350 but the win at 40-44/242. Mike Jones won at 45-49/220 with 300. In the police & fire division Bob Murphy returned to competition after a year or so off, but was unable to get in his opener of 325. Tommy Harrison won both the title at police & fire/275 and the best lifter award again with his 650 opener after missing 705 twice. In the open division Luis Reyes took the title at 165 with 315. Joe Lipuma only got in his opener of 405 for the win at 242. A great bencher and much stronger than his opener, Joe is still nursing a slight bicep injury. Let that heal, Joe! Another first time competitor, big Robert Vick won at shw with an easy 450. Lot of potential here! In the deadlift competition Christopher Adams won at 16-17/148 with 245 while John Petrasek



Bestlifters...Larry Elster and Tommy Harrison (Photos by Dr.Latch)

with 275 while Luis Reyes took the title at 165 with 315. Joe Lipuma only got in his opener of 405 for the win at 242. A great bencher and much stronger than his opener, Joe is still nursing a slight bicep injury. Let that heal, Joe! Another first time competitor, big Robert Vick won at shw with an easy 450. Lot of potential here! In the deadlift competition Christopher Adams won at 16-17/148 with 245 while John Petrasek

won at 242 with 445. L. T. Trotter pulled a big 500 third and a 550 fourth for the win at junior 308. Mike Jones got the win at 45-49/220 with 350, but then returned for a personal best fourth of 400. Best lifter Larry Elster also got a new personal best with his win at 242, finishing with 475. Thanks to my son Joey and everyone else who helped out and especially to our little trophy girl, Sabrina Adams. See you all again this fall! (D. Latch)

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ANPPC World Cup PL Champs
17 JUL 04 - Tuscola, IL

BENCH PRESS	Jesse Bailey	300*		
teenage women	(4th)	310*		
148	police & fire	40-44		
Pamela Bartz	140*	198		
open women	Lee Roy Banks	430*		
198	(4th)	480*		
Ellen Danekas	175*	police & fire open		
master men	40-44	308		
220	M. Hopkins	445*		
Tony Coduto	485*	open men		
(4th)	500*	181		
master men	45-49	Mike Strom		
242	(4th)	460*		
M. Hoskins	405*	275		
(4th)	410*	John Hurtado		
master men	50-54	330		
275	(4th)	340		
B. Blackmon	425*	John Massey		
master men	55-59	360		
181	(4th)	380*		
R. Carlson	300*	Jary Dawson		
master men	60-64	550*		
165	(4th)	600*		
Powerlifting	SQ	BP	DL	TOT
teenage women				
148				
Pamela Bartz	255	140*	300*	695*
4th	260*		310*	710
submaster women				
198				
Brenda Phelps	360*	210*	315*	885*
teenage men				
181				
Chris Fulscher	400	290	515*	1205*
220				
J. Earleywine	550*	335*	550*	1435*
4th		350*		1450*
242				
Chuck Hartwig	530	375*	495	(510)
1400 (1415)				
junior men				
165				
Phil Halverson	350	290*	400	1040
4th		310*		1060
submaster men	198			
Eddie Mendez	530*	365*	480	1375
master men	45-49			
198				
Mike Raya	420	290	545*	1255
308				
Kerry Simplot	600*	415*	530*	1545*
4th			550*	1565*
master men	55-59			
181				
R. Carlson	410*	300*	435*	1135*
police & fire				
198				
Eddie Mendez	530*	365*	480	1375
308				
John Massey	400*	360*	400*	1160*
4th		380*		1180*
open men				
220				
Dustin Minks	580	370	585	1535
242				
Ed Clark (GL)	725	575	575	1875
* - ANPPC World Record. PL: Best Lifter				
- women - BRENDA PHELPS. Best Lifter				
- men - DUSTIN MINKS. Best Lifter - MIKE				
STROM. The ANPPC World Cup Powerlifting Championship was held July				
17, 2004 at Son Light Power Gym in				
Tuscola, Illinois. A much smaller turnout				
than last year, but as always, we had				
some great lifters. In the powerlifting				
event Pamela Bartz came from Ohio to				
claim the title at teenage women 16-17/				
148. Pamela had a great day, starting				
with a 255 squat before returning with a				
260 world record fourth attempt.				
Matching her personal best in the bench				
with 140 (another world record), she				
finished with a great personal best 300				
pull, plus a 310 fourth for a new record				
total of 710 and her first ANPPC World				
title. Taking the submaster women's 198				
class and the best lifter title for the				
women was Brenda Phelps. Brenda also				
had a great day, posting all new world				
records for her class with a 360 squat,				
210 bench and 315 deadlift for a 885 total.				
In the teenage men's division Chris				
Fulscher won at 181 with a 400 squat,				
followed with a personal best 290 bench.				
But Chris' claim to fame is his great				
pulling power, which he showed on his				
final attempt, where he finished with a				
new ANPPC world record of 515, tying				
the existing world record total of 1205.				

At 220 it was Josh Earleywine, who garnered all new world records for his class with a 550 squat, 335 bench, followed with a 350 fourth attempt, and a 550 pull for a 1450 total. Then at 242 was another great teenage athlete, Chuck Hartwig, who finished with a 530 squat, followed by a world record 375 bench and a 495 deadlift for a 1400 total. A fourth pull was also good, raising his total to 1415. First-time competitor Phil Halverson won his first world title with a 350 squat, 290 bench and a 400 pull for a 1040 total. Phil came back strong with a 310 fourth attempt bench to set the world record there for his class, giving him a 1060 total at junior 165. Eddie Mendez broke two of his own world records with his win at submaster 198, finishing with a 530 squat and a 365 bench. A 480 deadlift gave Eddie a great 1375 total. Eddie did the same with his win at police & fire 198, also breaking his own world records in the squat and bench. Returning to full competition after several years off, Mike Raya won at 45-49/198 with a 1255 total. Mike finished with a 420 squat, followed by a 290 bench and a 545 world record pull. Also at 45-49 was 308 winner Kerry Simplot. Kerry had his best day ever, breaking his previous total by almost 100 pounds and setting all new world records for his class. Kerry finished with a personal best 600 squat, 415 bench and a 530 pull for



Best lifters... (l-r) Mike Strom, Brenda Phelps and Dustin Minks. (Latch)



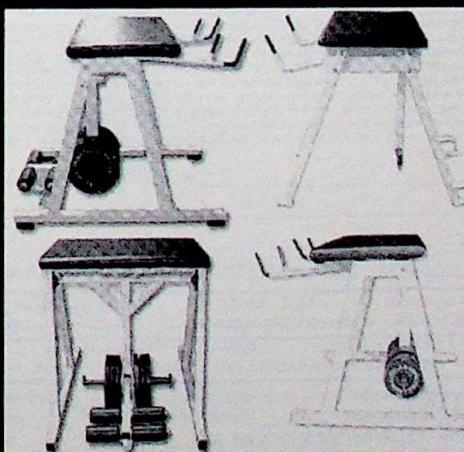
Eddie Mendez with world record 530@submaster/198. (D. Latch)

Richard Carlson did the same at 55-59/181 with 300. From Kentucky came 60-64/165 winner Jesse Bailey, who got his first official 300 bench on his third attempt, but finished with a fourth of 310, to break the world record there. Lee Roy Banks broke his own world record at police & fire/40-44/198 with 430, followed by a great 480 fourth, while Michael Hopkins got his world record at police & fire 308, making just his opener of 445. In the open division it was best lifter Mike Strom with 460. Mike came back with a personal best 480 fourth for a new world record there. John Hurtado won at 275 with 330, then a 340 pr fourth. It was John Massey with 360, who then returned with a 380 world record fourth for the win at 308. Then at shw was Big Jary Dawson, first with a 550 world record, then a great 600 fourth attempt. This was also a new personal best for Jary, who is just beginning to use a bench shirt! The team title went to the Statesville Correctional Facility, with members Lee Roy Banks, John Hurtado, Michael Hoskins, Michael Hopkins and John Massey. Thanks to all the competitors and spectators and to my wife Susie and Dave Bragg, who helped with the judging duties, and to Joey and Justin Maurer, who always do a great job loading and spotting. Thanks also to Emily Strom for her help at the table and for taking great pics. (Results submitted by Dr. D. Latch)

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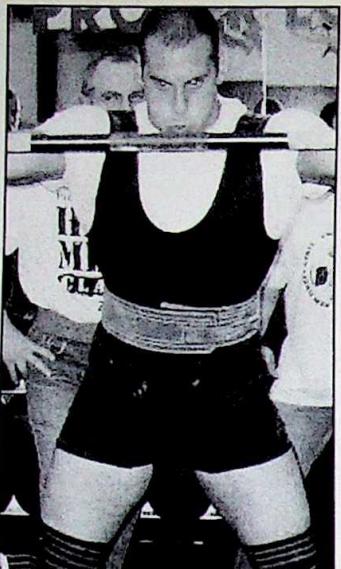
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USAPL Heavy Metal (kg)					
Open Men	SQ	BP	DL	TOT	
148					
Chris Mauro	162.5	115	197.5	475	
165					
Matt Krimsky	—				
181					
Mike Ciupinski	207.5	192.5	230	630	
Shane Ajibade	240	170	—	—	
198					
Chris Nasser	227.5	160	272.5	660	
Billy Williams	282.5	175	282.5	740	
220					
Rick Kruszely	227.5	212.5	232.5	672.5	
John Rosinski	265	182.5	287.5	735	
242					
Ray Ebner	302.5	195	260	757.5	
Andrew Luneu	210	—	—	210	
275					
Nick Mazan	25	25	260	310	
Jason Louder	230	172.5	265	667.5	
Juniors					
M. Abramson	232.5	162.5	215	610	
Chris Nasser	227.5	160	272.5	660	
Raw					
Brian West	125	95	145	365	
Mike Lake	175	122.5	197.5	495	
Mark Zator	185	117.5	195	497.5	
D. Hartobey	185	127.5	247.5	560	
Teens					
Donny Cioffi	122.5	127.5	157.5	407.5	
Ryan Donde	217.5	160	217	594.5	
Rob Maslane	227.5	182.5	227.5	637.5	
Jason Mattison	142.5				
Joshua Luis	232.5				
Mens Masters					
John Fox	157.5	117.5	182.5	457.5	
Jim Marchio	145	97.5	215	457.5	
Art Margulies	200	142.5	260	602.5	
A. Gonzalez	287.5				
R. Ingravera					
Women Masters					
Marge Conte	30	35	60	125	
Best Squat: Ray Ebner, Best Bench: Mike Ciupinski, Best Deadlift: Billy Dee Williams, Best Lifter: Billy Dee Williams. (Thanks to USAPL for providing these meet results)					



Chris Nasser gets ready to squat at the USAPL Heavy Metal Classic. (Photograph courtesy of Nasser)

T. Wallace	135	90	167.5	392.5	Ben Farac	90	72.5	180	342.5
Marcus Moroz	130	85	145	360	Taylor Bardin	115	85	140	340
Joe Maher	107.5	75	162.5	345	(Thanks to USAPL for providing results.)				
Chris Henegar	107.5	70	145	322.5					
Dave Loza	95	75	120	290					
P. Hernandez	87.5	62.5	127.5	277.5					
M. Prestidge	80	67.5	120	267.5					
165									
Dan Leport	192.5	132.5	192.5	517.5					
Justin Tuinstra	175	125	195	495					
Travis Kibler	182.5	102.5	205	490					
Brenton White	142.5	112.5	200	455					
M. Carpenter	142.5	102.5	177.5	422.5					
B. Spicer	135	80	182.5	397.5					
Kryn Huyser	105	82.5	170	357.5					
Dan Bills	65	70	107.5	242.5					
Eric Gargus	122.5	—	175	—					
181									
Den Felt	185	107.5	190	482.5					
Joe Baker	170	115	165	450					
D. Rozenberg	130	120	175	425					
Kris Hayes	142.5	90	185	417.5					
J. Freeman	142.5	92.5	160	395					
K. Hatfield	135	75	182.5	392.5					
Nick Schultz	100	92.5	180	372.5					
Jordan Basore	115	85	160	360					
Josh Bradford	117.5	72.5	160	350					
Tony Franklin	—	90	200	—					
Joey Townsend	—	80	157.5	—					
198									
Cory Saltzman	230	150	252.5	632.5					
Ray Porter	167.5	110	240	517.5					
Ray Klanecky	185	115	192.5	492.5					
Brent Bardin	147.5	97.5	205	450					
Jeff Pugh	147.5	95	180	422.5					
Ryan Green	150	90	182.5	422.5					
Dan Simpson	130	97.5	157.5	385					
Matt Mazingo	102.5	97.5	145	345					
Shawn Minger	115	77.5	137.5	330					
220									
B. Frebiger	212.5	117.5	215	545					
Jeff Cook	187.5	120	227.5	535					
Nick Nicely	150	87.5	187.5	425					
Carolyn Rath	82.5	42.5	92.5	217.5					
Kate Petrovic	75	47.5	90	212.5					
Jessi Degryse	122.5	60	112.5	295					
181									
Bonica Brown	200	117.5	152.5	470					
198+									
Shea Wallus	157.5	110	145	412.5					
R. Hecht	137.5	70	125	332.5					
Men									
114									
Matt Suszcek	80	60	125	265					
Kyle Hughes	65	45	90	200					
123									
M. Crapsely	115	67.5	142.5	325					
Gene Barker	82.5	60	135	277.5					
132									
J. Townsend	142.5	77.5	157.5	377.5					
K. Spickerman	92.5	45	120	257.5					
Jeremy Cluster	92.5	45	120	257.5					
Josh Benjamin	137.5	95	215	447.5					
148									
V. Niedoliwka	227.5	147.5	240	615					
Jason Thomas	162.5	110	192.5	465					

USAPL East Coast Classic	6-7 Mar 04 - Plymouth, MA
Spec. Oly.	SQ BP DL TOT
John Rosario	115 181 126 424
Womens Masters	
L. Roderick	181 104 209 496
Womens Open BL	
D. Aliminosa	220 104 259 584
Mens Grandmasters	
Lev Epshteyn	330 198 440 970
148	
Paul Mears	369 253 451 1075
Mens Masters	
D. Roderick	512 314 507 1333
Michael Roy	225 330 225 78
Mens Collegiate	
Mehul Jadau	435 380 473 1298
Mens Juniors	
220	
Jim Murphy	551 330 534 1416
Jim Maggio	446 308 490 1245
275	
Joseph Virden	479 358 540 1377
Mens	
123	
E. Kupperstein	418 231 551 1201
275 Raw BL	
Herman Ho	358 264 440 1063
Rick Johnson	501 297 567 1366
220	
K. Ksepka	562 385 672 1620
Ron Pearo	606 341 595 1542
Mens Raw	
242	
R. Kowgoun	297 308 407 1014
Mens	
275 Raw BL	
Jame Toland	633 507 650 1791
Richard Camp	650 440 529 1620
Phil Najemy	600 303 650 1554
Mark Griffen	496 385 644 1526
SHW	
B. Laudio BL	755 600 722 2077
Meet Highlights: Donna Aliminosa, 52 yrs. old, 92 lbs., 220 SQ, 104 BP, 259 DL, 584 lbs. Total. Lev Epshteyn, 70 yrs. old, 148 lbs., 330 SQ, 198 BP, 440 DL, 970 lb. Total. Eric Kupperstein, 36 yrs. old, 123 lbs., 418 SQ, 231 BP, 551 DL, 1201 lb. Total. Krzysztof Ksepka, 41 yrs. old, 216 lbs., 562 SQ, 385 BP, 672 DL, 1620 lb. Total. James Toland, 34 yrs. old, 252 lbs., 633 SQ, 507 BP, 650 DL, 1791 lb. Total. Brian Laudio, 33 yrs. old, 285 lbs., 755 SQ, 600 BP, 722 DL, 2077 lb. Total. Thanks to everyone who assisted with this event. A big thanks to Kim Newman of Move It Fitness for all of her help in hosting this event. I would also like to thank all of the lifters for supporting this USAPL event. Yours in Powerlifting, Sean DiCataldo. (Thanks to USAPL for results)	

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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.

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• Lifter Classification Patch - \$5.00 (qty. ____)(must provide meet results) • Logo Patch - \$5.00 (qty. ____)(Shpg for patch: .50)

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USAPL Indiana State & Athletic Performance Open
22 May 04 - Ft. Wayne, IN (kg)

	SQ	BP	DL	Total
Men PL				
Teenage				
56				
Colin Hartle	50	50		
Open				
Sam Meadows	155	110	197.5	462.5
67				
Mike Buck	212.5	137.5	205	555
75				
D. Taylor	300	125	212.5	637.5
M. Evans	165	162.5	192.5	520
Junior				
82				
R. Hartwick	197.5			
A. Beeson	215	175	237.5	627.5
D. Blackford	250	152.5	225	627.5
Masters 1				
Jeff Buck	192.5	160	182.5	535
Teenage				
90				
J. Klanecky	167.5	117.5	200	485
Lucas Wall	175	125	167.5	467.5
Junior				
Cory Eyler	125	112.5	227.5	465
Open				
J. Whiteman	142.5		142.5	
Master 5				
A. Arroyo	62.5	100	147.5	310
Teenage				
100				
Cody Neal	150		150	
Open				
J. Shoopman	272.5	180		27.25
Master 3				
L. Hughes	200	110	215	510
Junior				
110				
J. Montoya	250	195		250
Masters 2				
J. Zintmaster	175	157.5	202.5	535
Teenage				
125				
Caleb Spear	230	137.5	200	562.5
M. Mazurek	227.5	137.5	212.5	577.5
Open				
Randy Bee	325	227.5	245	797.5
Alva Leisure	242.5	145	240	627.5
Masters 4				
125				
Ted Striverson	232.5		232.5	
Open				
SHW				
Scott Hanson	240		240	
Junior				
52				
Schaeferstein	105	67.5	115	287.5
Masters 2				
56				
B. Zintmaster	102.5	47.5	130	280
Teenage				
60				
T. Meyers	112.5	60	122.5	295
Junior				
Carly Meyers	100	57.5	105	262.5
90				
S. Moran	140	77.5	167.5	385
Best Lifter - Shannon Moran, wnd Best Lifter - Nicole Schaeferstein, 3rd Best Lifter - Barbara Zintmaster.(Thanks to USAPL for submitting these meet results)				

APA Space City Bench Press
26 JUN 04 - Houston, TX

BENCH	1st	2nd	3rd	4th
Men				
148 lbs.				
Teen 11-12				
J. Burtschell	100w	115w	125w	135
Teen 13-15				
Beaux Leitz	135	150	170	
165 lbs.				
Teen 16-17				
Andrew Kerai	225	250	250	265
181 lbs.				
Teen 13-15				
Joseph Sasse	225	245	270	285
Junior 20-23				
James Evans	300	320	330	
198 lbs.				
Teen 13-15				
R. Steinecke	225	250	275	
Master 50-54				
Brian Kline	425	450	450	
220 lbs				
Open				
Joshua Ash	400	415	425	
242 lbs.				

Master 45-49

Wagenseller 325 375 405 425

275 lbs.

Master 45-49

T.McCullough 455 475 500

308 lbs.

Open

Tiny Meeker 765w 800-5 800-5

800.5w

1 - Texas Record, a - American Record, w - World Record.

The 2004 APA Space City Extravaganza got started at 2 pm in Houston, Texas. Despite this meet being quickly put together on a very short notice, lifters and spectators came out to set records. The meet started off with 11-year-old Jessie Burtschell lifting in the 148's opening with 100 pounds. On his 2nd and 3rd attempts he went 115 and 125 all for WPA World Youth Records. Jessie came back for a 4th attempt at 135 and just missed it. Not bad for this young lifter's 2nd meet ever. Also lifting in the 148's for his very first meet was 14-year-old Beaux Leitz. Beaux went 135, 150, and just missed his 3rd attempt of 170 pounds. In the 165 teens, 17-year-old Andrew Kerai nailed 225 on his opener, but missed 250 on his 2nd attempt only to come back to blast 250 up on his 3rd attempt. Andrew came back to take a 4th attempt at 265 for a Texas record but just missed locking it out. Joseph Sasse (15) lifted in the teen division opening his day with a 225 bench. On his next two attempts he went an easy 245 and 270. Going for a Texas record Joseph came back and took a 4th attempt at 285 but it just wasn't his day. Junior lifter James Evans started off very strong with his 300 pound opener. Coming back on his 2nd attempt to nail 320. On his 3rd attempt James took 330, but about half way up his wrist rolled and the bar quickly fell to his chest. Despite having all this weight hit his chest James only suffered a bruised rib. He will be back in July to give 330 a try again. Fourteen-year-old Ricky Steinecke lifting in the 198's started his day off with a 225. He took 250 on his 2nd attempt missing it. On his 3rd attempt he gave 275 try but missed it as well. In the masters division, Brian Kline (53) started his day off with a huge 425, but even that amount of weight was not enough to get the bar to the chest. On his 2nd and 3rd attempt Brian took 450 pounds but it was still just not enough to get to the chest. Once Kline gets enough weight on the bar I can easily see 500 going for a quick ride. In the 220's, Josh Ash opened up with a very easy 400 pounds. Coming right back on his 2nd attempt, Josh nailed 415. On his 3rd attempt Ash took 425 and just missed locking it out. Gene Wagenseller (45) had a great day in the masters 242's opening with an easy 325. Wagenseller came back to nail a 375 on his 2nd attempt and then a huge 405 on his 3rd for a masters Texas record. On a 4th attempt Gene just missed 425 pounds. Meet director and promoter,



T 'n T...Tony Cardella congratulates Tiny Meeker at the APA Space City BP Extravaganza after he busted the 800 barrier in a single thickness bench shirt. (Photograph courtesy of Tiny Meeker)

Tom McCullough (47), decided to step up to the platform and see what his new shirt could handle. McCullough opened up with 455, but obviously this weight was far to light and never got close to the chest. On the 2nd attempt Tom went 475 with the same result. The weight dropped about 5 inches off the chest, stopped and then popped up like nothing. On his 3rd and final attempt he took 500 with the same result. Looks like McCullough will need 550 to 600 pounds to get the bar to the chest. In the 308's, the BIG SHOW, Tiny Meeker from Houston, Texas, showed up to prove a point. He came to this meet, weighing in at 294.4 pounds, wanting to be the first man to hit 800 with a single layer shirt. As it was the day before the meet, 765 was the mark. As Tiny woke Saturday morning, another competitor had just upped the mark to 785. The Tiny now had a big job ahead this day. Tiny put on his single layer Inzer Rage X and psych ed up for his opening attempt of 765. Everything was right, the hand off was perfect and the weight rocketed up like a space shuttle on the way to the moon. On his 2nd attempt Tiny called for 800.5. The weight was ready, the crowd on their feet yelling, but Tiny just didn't have the right groove to lock it out. On the 3rd attempt Tiny called for 800.5 once more. This time the he took the hand off a little too far down his chest and the bar just dropped to the stomach and and to be pulled off. Being more determined than ever before Tiny decided to take a 4th attempt for a record and called for 800.5 one more time. This time everything was perfect. The lift off went great, the huge weight slowly lowered to his chest and the head judge yelled PRESS. Then just that quickly, Tiny shoved the bar to a strong lockout. The crowd was crazy as they saw the white lights and Meeker suddenly realized he had gotten his goal. After all of his hard work, Tiny Meeker will go down in the history books as the first man to hit 800+ in a single layer bench shirt. Tiny also knew that he had joined an very small elite group of men in the 800 pound club, and now would set out to hit NINE! I would like to take this time to thank out head judge Mark Harris and side judges Steve Burtschell and Shannon McDougald, out scorers Ann Harris and Maria McCullough. A special thanks also to our spotters who volunteered to help and Tony Cardella and Bobby Leitz who helped Tiny reach his goals. Also a very special thanks to Houston ISD for the use of the facilities, Inzer Advance Designs for all the help and support they give not only our lifters but also the sport. Last, a special than to PLUSA for providing lifters with this space to cover their accomplishments and Scott Taylor who allowed us to get a sanction on a very short notice. (Thanks to Tom McCullough for providing the meet results for this event in Houston, Texas)

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	

\$25 Adult Membership \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

WABDL TN BP/DL
13 SEP 03 - Murfreesboro, TN

BENCH	220 lbs.
MEN	A. Mellown-AL 352
Class-1	G. Herring-GA 523
165 lbs.	B. Bishop-AL —
C. Smith-TN	338* 259 lbs.
A. Jackson-AL	374* T. Kesling-TN 462*
181 lbs.	Teen (13-15)
G. Baltimore-TN352*	114 lbs.
220 lbs.	C. Garner-TN —
M. Christie-GA—	123 lbs.
S. Sowers-TN	437* T. Corey-GA 170
242 lbs.	165 lbs.
J. Nelson-AL	385 A. Colter-AL 77
J. Green-TN	402 Teen (16-19)
259 lbs.	132 lbs.
P. Dean-AL	396* A. Rose-TN 104*
T. Kesling-TN	462* 148 lbs.
Disabled	B. Leming-TN 314*
181 lbs.	259 lbs.
G. Gibson-TN	154 C. Proctor-GA 292*
Junior (20-25)	WOMEN
198 lbs.	Submaster (34-39)
G. Vanison-GA	347 198 lbs.
220 lbs.	S. Jackson-AL 225*!
R. Lee-GA	275* Teen (13-15)
242 lbs.	165 lbs.
B. Tindall-AL	452* N. Williams-G 157*!
259 lbs.	Teen (16-19)
P. Dean-AL	396* 148 lbs.
Law/Fire	C. Day-IN 110*
Master (40-47)	165 lbs.
242 lbs.	A. Proctor-GA 132*
B. Tindall-AL	452* 198 lbs.
Master (40-47)	B. Brown-GA 132
165 lbs.	Open 165 lbs.
C. Smith-TN	336* C. Weber-TN 170
220 lbs.	C. Hoyle-TN 137*
G. Herring-GA 523*!	Master (40-46)
242 lbs.	97 lbs.
V.Rutherford-TN363	S. Stowers-GA 88
B. Tindall-AL	452* 123 lbs.
Master (47-53)	M. Kissel-IN 126*
165 lbs.	148 lbs.
T. Corey	220 D. Amos-AL 154
R. Slaughter-AL275	165 lbs.
220 lbs.	C. Weber-TN 170
R. Proctor-GA	341 199+ lbs.
Master (54-60)	C. Williams-GA181*
198 lbs.	Master (47-53)
S. Ramey-GA	424* 132 lbs.
Master (80+)	P. Ehmam-AL 121*
E. Free, Jr.-TN 139*!	Master (51-60)
Open 165 lbs.	148 lbs.
J. Kuklek-TN	330* B. Gay-GA 110*
181 lbs.	259 Patrick Dean, with a 396, set an Alabama record, but came in second to Thomas Kesling who set a TN record with
G. Baltimore-TN352*	D. Chase-TN 71*!

DEADLIFT	M. Beatty-TN 628*
MEN	Teen (13-15)
Class-1	114 lbs.
165 lbs.	Z. Weber-TN 154*
A. Jackson-AL	462 165 lbs.
181 lbs.	A. Colter-AL 110
G. Gibson-TN	231*Teen (16-19)
220 lbs.	C. Proctor-GA 457*!
A. Mellown-AL	485 WOMEN
B. Morris-TN	501*Junior (20-25)
M. Christie-GA	555*123 lbs.
259 lbs.	C. Weise-IL 260*
P. Dean-AL	545*Submaster (34-39)
Junior (20-25)	198 lbs.
165 lbs.	S. Jackson 303*
B. Kennedy-AL	440 Teen (13-15)
D. Millrany-TN	440*165 lbs.
J. Nelson-AL	541*Teen (16-19)
B. Leming-TN	242 lbs.
P. Dean-AL	259 lbs.
259 lbs.	148 lbs.
P. Dean-AL	545*C. Day-IN 236*
Master (40-46)	165 lbs.
220 lbs.	A. Proctor-GA 259
G. Herring-GA	749*198 lbs.
242 lbs.	B. Brown-GA 203*
V.Rutherford-TN457	Open 165 lbs.
Master (47-53)	C. Weber-TN 309*
D. Davidson-AL	650 123 lbs.
Master (80+)	M. Kissel-IN 225*
198 lbs.	165 lbs.
R. Proctor-GA	551*97 lbs.
242 lbs.	S. Stowers-GA 181*!
E. Free, Jr.-TN	242*L. Weber-TN 309*
Open 165 lbs.	Master (47-53)
J. Kiklak-IN	501*132 lbs.
220 lbs.	P. Ehmen-AL 319*
B. Morris-TN	501*Master (68-74)
G. Herring-GA	749*185 lbs.
309 lbs.	D. Chase-TN 137*!

!=World Record. *=State record. This was the first WABDL meet in Tennessee and we had 54 lifters. It was a great location in the ballroom of the Holiday Inn and Ken Millrany did an excellent job. I flew in and I was the head judge and conducted the weigh-ins. The meet went very smooth and we had lifters from Illinois, Indiana, Alabama, Georgia and Tennessee. In the bench press in Class 1 165 Charles Smith set a Tennessee record with 226, but was beaten out by Alfred Jackson who set an Alabama record with 374. At 181 Greg Baltimore set a TN record with 352. At 220 Shane Sowers set a TN record with 437. At 181 lbs. 165 lbs. Thomas Kesling who set a TN record with



Cindy Weber was one of the standout performers at the WABDL Tennessee State meet. (Namea)

462. George Gibson benched 154 at 181 in the disabled division. He's very animated and was a hit with the crowd. In the Junior division at 220 Robbie Lee set a GA record with 275. At 242 Josh Nelson set an Alabama record with 385. At 259 Patrick Dean set an Alabama record with 396. In Law/Fire Master (40-47) 242 Blane Tindall set an Alabama record with 452. In master men (40-46) in the bench at 165 Charles Smith set a Tenn record with 336. At 220 George Herring, who has been competing for about 24 years, keeps rolling along with great numbers. He passed the drug test, and beat the meet director and TN state chairman's world record 520 with a 523 on top of that. George also set a world record 749 deadlift and took a shot at Brandon Cass' 782 world record and wasn't too far off. At 242 Joe Rutherford set a Tenn record with 363, but Blane Tindall beat him with 452 for an Alabama state record. In master men (54-60) 198 Steve Ramey, on his birthday, set a world record 424. In master 82 year old Edwin Free Jr. benched 149 at 198 for a Tenn record. Edwin puts on a show and has the demeanor and enthusiasm of a 40 year old. He looks like he is about 60. In open bench Josh Kuklek set an Indiana record with 330 at 165. Greg Baltimore set a Tenn record with 352. At 259 Thomas Kesling set a Tenn record with an impressive easy 462. In teen men (16-19) 132 Andrew Rose set a Tenn record with 104. At 148 Brandon Lening who holds the world record at 148 in teen (13-15), had to settle for a Tenn record at 148 with 314. At 259 Charlie Proctor set a Georgia record with 292 bench. Moving on to the Ladies bench press in submaster women 198# Susan Jackson broke Sharon Allen's world record with a 225 and had another 10# in her. In teenage women in (13-15) 165# class Nikki Williams set a Georgia and world record with 157. In teen women (16-19) in the bench at 148 Christian Day set an Indiana record with 110#. At 165 Amanda Proctor set a Georgia record with 132. In open women Cindy Hoyle set a Tenn record at 198# with 137. In master women (40-46) 123 Mary Kissel set an Indiana record with 126. At 198 Cheryl Williams set a Georgia record with 181, only 11# from Susan Adkinson's world record. Cheryl is the mother of Nikki Williams and they may become the first mother-daughter team to set world records in the same meet. Bill Gillespie and his son Cameron were the first father-son duo to set world records in the same meet. In master women (47-53) Patti Ehmen set an Alabama record with 121 at 132#. In the bench, in master women (54-60) Barbara Gay made a Georgia record with 110# at 148#. In master women (68-74) 165# class, Daisy Chase set a Tenn and world record with 71#. Now, moving on to the deadlift in class 2 at 181 Greg Gibson set a Tenn record 231. At 220 Brent Morris set a Tenn record with 501 but Mathew Christie of Georgia came in first with a Georgia record 556. At 259 Patrick Dean set an Alabama record with 545. In junior men at 165 Don Millrany set a Tenn record with 440. At 242 Josh Nelson set an Alabama record with 541. At 259 Patrick Dean set an Alabama record with 545. In master men (40-46) Joe Rutherford set a Tenn record at 242 with 457. In master (47-53) 220 Ronald Proctor set a Georgia record with 551. In master (80+) 82 year old Edwin Free Jr. pulled a 242 world record. That's almost three sacks of cement at one time or 2 1/2 bales of hay at one time. In open men 165 Josh Kuklek set an Indiana record with 501 at 165. He's coached by Ron Palmer, Indiana State Chairman for WABDL, who is a world class powerlifter. At 220 Brent Morris set a Tenn record with 501, but he was blown out of the water by George Herring who did 749, a master world record, with a good attempt at 783 for a world record. At super Mike Beatty set a Tenn record with 628. In teenage men (13-15) 114# class Zan Weber set a Tenn record with 154. At 259 Charlie Proctor pulled a tough, gutsy, never say die world record with 457 in teenage (16-19) 259# class. Moving on to the ladies deadlift, Christina Weise set an Illinois record at 123 with 260. She is coached by Billie Jeffries the Illinois State Chairman. In teenage women, Nikki Williams set a world record in teen (13-15) 165# class with 288. She is ably coached by George Herring. In teen (16-19) 148 Christian Day pulled an Indiana record 236. At 198 Bridgett Brown pulled a Georgia record 203. In open women a very athletic, fit Cindy Weber pulled a Tenn record 309 at 165. In master (40-46) 97# Sandra Stowers pulled an easy world record of 181 and came close with 192. At 123 Mary Kissel pulled an Indiana state record of 225. At 165, Cindy Weber manhandled 309 for a Tenn record. In master (47-53) at 132 Patti Ehmen set an Alabama record with 319 and in master (68-74) Daisy Chase set a Tenn record at 165 with 137. I want to thank Ken Millrany, the WABDL Tenn State chairman, who was the Meet Director and did a fantastic job in his first meet ever! The Holiday Inn was a great location. Judges were Mark Phillips, Brent Bishop and Gus Rethwisch; Ken Millrany was the MC; Scorekeepers were Mary Mealer and Betsy Elli; Spotter loaders were Howard Morrow, Jason Rhea and Charles Phillips. Ken's sponsors were Russell Barnett Kia, John Roberts Nissan, The Trophy Shop, Rick Brewer's House of Pain and Karin's Extreme wear. (Results provided by Gus Rethwisch)



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

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

Registration Fee:

Adults \$25

Teens \$15

Make checks payable to and mail to:

WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS

P.O. Box 27499

Golden Valley, MN 55427

If under 18, have parent initial _____

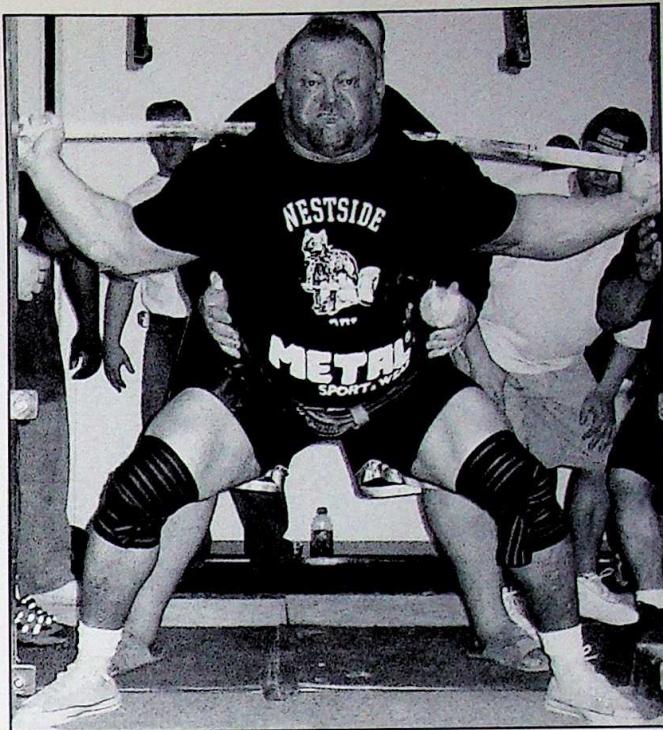
NOTE: All WABDL-sanctioned meets will be subject to drug testing.

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

Signature _____

IPA Iron House Classic
3,4 APR 04 - Newark, OH

BENCH		Open AM	Jon Brown	700	505	525	1730
148		J. Watson	Rob McNutt	630	520	570	1720
Open AM		Open PRO	M. Wiedemer	525	425	605	1545
R. Durst	250	C. Smith	Mike Hill				
181		G. Adams	Submaster				
Open AM		242	Sean Hailey	700	460	550	1710
Tim Kontos	365	Master AM	Mike Gugino	700			
Open PRO		Tom Moe	M. Maxwell	710			
Fred Boldt	575	Open AM	220				
198		B. Schwab	Open				
Teen AM		580	Mark Burrows	730	555	600	1885
Ed Melodini	405	Open AM	Lee Angle	800	440	635	1875
220		B. Karlovic	Ryan Porter	725	475	675	1875
AMATEUR	SQ	BP	DL	TOT	Larry Hoover	725	450
132					Junior	675	1850
Junior Women					Matt Smith	700	475
Julia Kaufman	425	225	350	1000	Master	625	1800
148					Chris French	242	
Master					Open		
R. Gidcumb	365	245	370	980	Joe Bayles	900	630
165					770	2300	
Master Women					K. Deweese	900	575
M. Ferguson	360	215	308	955	725	2200	
Master					Jim Laird	820	580
L.Muscedere	230	270			625	2015	
Open					Todd Brock	740	550
Todd Hamer	505	325	425	1255	625	1915	
Teen					Ed. Clark	750	575
M. Muchek	475	280	500	1255	550	1875	
181					Zech Cole	760	460
Master					640	1860	
Rick Hamsher	490	325	485	1300	Jason Adams	750	500
Open					580	1830	
Jim Roney	650	365	530	1545	Brad Ault	650	435
Matt Bonner	525	415	530	1470	550	1635	
Teen					P. Urchick	905	
Joe Lindsey	550	350	510	1410	E. Thommason		
Adam Martik	540				A. Gatson	675	450
198					550	1675	
Master					275		
John Scott	650	270	555	1475	Open		
Leon Stinson			525		J. Stafford	905	690
Open					820	2415	
Adrian Griffin	620	450	530	1600	J. Wendler	940	650
Evan Simon	550	405	530	1485	M. Rhodes	775	465
B. Hennebert	500				Tony Desantis	570	425
Police/Submaster					Brent Adams	800	565
Toney Allen	560	350	525	1435	Submaster		1560
220					Robby Burns	725	475
Open					625	1825	
M. Ladewski	725	400	660	1785	Master		
M. Kavanagh	625	400	575	1600	S. McKimmie	750	535
Derek Barker					550	1835	
Master					Junior		
R. Furman	480	320	505	1305	Tim Forby	750	525
Submaster					560	1835	
Chris Martino	620	405	475	1500	308		
Teen					Open		
J. Earleywine	500	285	475	1260	Will Ramsey	630	440
J. Schlattler	400		420		620	1690	
Junior					Tim Vaughn	765	
G. Naspiniski					SHW		
242					Open		
Open					M. Ruggiera	1050	660
S. Coppola	725	450	620	1795	795	2505	
Tom Hypes	705	525	500	1730	J. Guttridge		
Schoenhofer	635	425	555	1615	(Thanks to Mike Maxwell for the results)		
Submaster					USAPL Zumbro Valley Open		
Steve Nagle	600	400	500	1500	04 APR 04 - Kasson, MN		
E. Alexander	525	350	425	1300	WOMEN	SQ	BP
Teen					DL	TOT	
Josh Lasurre	575	380	600	1555	Open 123 lbs.		
Master					M. Thompson	195	110
R. Cooper	550	425	625	1600	230	535	
Kirk Bardos	520	405	620	1545	198 lbs. Open		
275							
Master							
Pete Primeau	750	565	625	1940			
Kevin Kline	605	365	620	1590			
M. Ferguson							
Open							
Scott Mount	900	600	600	2100			
J. Robinson	815	525	610	1950			
J.R. Mertz			470	520			
B. Saunders	650	500					
308							
Submaster							
Jeff Yoder	630	440	620	1690			
Junior							
Chris Moore	800	600	635	2035			
PRO							
181							
Open							
J. Dougherty	800	225	640	1665			
J. Kirkbride	470	300	475	1245			
198							
Open							
Brent Tracey	780	525	625	1930			
Joe Jester	650	540	550	1740			



Mike Ruggiera squatted 1050 and busted the 2500 barrier in the total at the IPA Iron House Classic (Photograph courtesy of Mike Maxwell)

132 lbs.	S. McDermott	495	445	475	1415
K. Kern	J. Canton	185	100	235	520
148 lbs.	T. Fonder	400	315	490	1230
J. Hausken	310	140	345	795	Master (40-49)
165 lbs.	B. Shaw	585	380	570	1535
M. Pesar chick	240	125	270	635	220 lbs. (50+)
R. Gimberlin	250	115	275	640	181 lbs.
P. Markert	250	200	325	775	MEN
G. Jensen	445	300	455	1200	242 lbs. Novice
C. Wong	335	215	460	1010	Open
D. Nedy	575	360	585	1520	165 lbs. Novice
T. Keller	520	410	560	1490	Master (50+)
J. Milnes	335	275	440	1050	275 lbs. Novice
R. Pogne	505	315	585	1405	Open
J. Gardner	345	230	440	1015	B. Madvig
J. Unger	350	255	410	1015	S. Born
					520
					365
					565
					1450

(Thanks to USAPL for providing results)

International Powerlifting Association "Lifting for Lifters"

Application for Registration

Last Name	First	Initial	IPA # for Renewal
Street Address	City		
State or Province	Zip Code	Country	
Telephone	Date of Birth	Age	Sex
		Pro _____	Am _____
		Elite Am _____	

Sign if above answers are correct. Parents sign if under 18 years.

Date

Registration Fee: Adult \$25 ~ High School and Special Olympics \$15

Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.

Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404, www.ipapower.com

American Powerlifting Committee (APC)
www.americanpowerliftingcommittee.com

P O Box 40
 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

ADC SE Regional BP
29 MAY 04 - Birmingham, AL
WOMEN
 13 lbs. J. Rouse 350 with Weightlifting Equipment of Georgia.
 Novice He is by far the nicest man in powerlifting 275
 S. Rouse 125 J. Fain 230 - he is valuable. (Results from Jeff Green) Mark Wilson 67.5 167.5 245 480
 MEN N. Jones 315 NASA New Mexico State (kg) m1
 Master (40-49) 308 lbs. J. McKinney 500 242
 220 lbs. S. Bell 480 bpm4 m3
 R. Harrell 450 220 Earl Evatt 127.5 J. Whitlow 162.5 shw
 242 lbs. S. Smitherman 395 Open 165 lbs. bpm H. Heyman 52.5 115 185 352.5
 P. O'Doherty 375 275 lbs. J. Negron 275 220 nov
 J. Pelt 320 R. Harrell 450 Earl Evatt 127.5 Earl Evatt 127.5 275
 Master (50-59) D. Hoard 460 bpp m3
 165 lbs. 275 lbs. 220 Mark Wilson 67.5 167.5 245 480
 J. Wolf 130 T. VanHorn 450 Earl Evatt 127.5 Mark Laurel 127.5 275
 181 lbs. J. Pelt 320 Bench Only mp
 O. Pittman 380 308 lbs. hs Earl Evatt 127.5 hs
 R. Lovelace 310 S. Bell 480 242 Earl Evatt 127.5 hs
 Master (60-69) C. Savage 420 C. Anderson 185 pure
 198 lbs. int Earl Evatt 127.5 int
 This contest was smaller than it had been David Torrez 165 181
 in years past but Memorial Day weekend sm2
 wasn't a good idea. But we had several 309
 great lifters, some stupendous lifts and a Mike Adelmann 220
 whole boatload of enthusiasm. That's what 165
 it's all about anyway. I want to thank Mark Laurel 127.5 wn2
 everyone who made this event run as smooth as glass. My wife, Sophia, my 220
 training partners, Chris, Joe, Jay and Todd, 132
 my judges, Glenn and Mike, and of course, Storm Sermay 50
 the big man himself, L.B. Baker, for being Bill Helmich 157.5 joel Trotter 155 120 160 435
 my head judge. And of course, my meets Powerlifting Curl/SQ BP DL TOT
 would be a disaster without Sandy Ellis N. Strenger 70 140 237.5 447.5
 int Rick Dench 285 185 275 745
 198

UAPC Powerlifting™ Application • PO Box 40, Bogart, GA 30622
irondawg.com

Conditions of Membership: As a Condition of membership to UAPC, I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. 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 or denied if in my failure to obey UAPC/AWPC rules, regulations and drug testing procedures. I voluntarily submit to any drug testing procedure that UAPC/AWPC may implement. I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC 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 UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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? _____ UAPC Registered Club Represented: _____

Membership Prices: (please circle all that apply) • Adult - \$30.00 • High School Division (Full year; any meet) - \$15.00 • Special Olympian \$10.00

Competing Divisions: (please circle all that apply) • Open • Teen (14-19 yrs.) • Junior (20-23 yrs.) • Masters (40 yrs & up) • Military

Police & Fire High School Special Olympics

Cash/Check/Money Order # _____

Membership Price \$ _____



All memberships expire 12 months from date of purchase.

Ernie Duran	175	130	210	515
220				
K. Croxdale	227.5	170	260	657.5
m3				
220				
Bill Helmich	215	157.5	237.5	610
shw				
H. Heyman	197.5	115	210	522.5
m5				
shw				
Rick Dench	285	185	275	745
mp				
242				
S. Striepeke	202.5	145	205	552.5
nov				
220				
D. Vasquez	137.5	107.5	167.5	412.5
G. Gonzales	137.5	102.5	160	400
pure				
220				
A. Towers	190	140	185	515
D. Vasquez	137.5	107.5	167.5	412.5
242				
Rob Turner	230	170	215	615
sm2				
181				
B. Ammerman	222.5	167.5	227.5	617.5
242				
Rob Turner	230	170	215	615
sm1				
165				
Tony Duran	182.5	107.5	195	485
308				
P. D'Antonio	267.5	200	250	717.5
wm2				
132				
Storm Sermay	87.5	50	85	222.5
(Thanks to Richard Peters for the results.)				
USAPL Pete Lanzi Memorial				
05 Jun 04- Cleveland, OH				
BENCH	Bret Young	260		
Grandmaster	165			
E. Bergman	365	C. Holstein	205	
Gary Reale	290	198		
S. Beekman	230	P. Jesenovc	325	
Great Grand		Youth		
D. Yanosek	290	148		
Juniors		J. Polston	125	
242		DEADLIFT		
M. Jesenovc	455	Collegiate		
Masters	132			
105		Pat Chambers	305	
Peggy Beno	95	Grand Master		
Masters		Tom Harman	450	
148		Great Grand		
Joe Scribner	290	D. Yanosek	390	
165		Juniors		
Greg Page	375	242		
Scott Steele	285	M. Jesenovc	600	
181		Masters		
S. Herrick	325	105		
220		Peggy Beno	180	
M. Terman	350	165		
275		Scott Steele	450	
J. McHugh	490	181		
Open		S. Herrick	435	
105		275		
Peggy Beno	95	T. Schrader	560	
148		Open		
R. Marcus	315	132		
181		P. Chambers	305	
Keve Daus	315	148		
198		R. Marcus	405	
Brian Moore	430	181		
220		Keve Daus	560	
Mike Landino	550	220		
Mike Jarett	400	M. Terman	605	
242		N. Keleman	600	
Pat Wilson	145	SHW		
275		Wade Likens	620	
Kevin Mayer	625	Raw		
G. Plowman	470	132		
198+		Pat Chambers	305	
C. VanDyke	275	181		
SHW		Adam Combs	460	
Wade Likens	540	275		
Raw		S. Terebieniec	630	
132		Teen 16-17		
Pat Chambers	175	220		
181		Brian Kent	440	
Adam Combs	290	18-19		
Greg Young	275	198		
275		P. Jesenovc	500	
S. Terebieniec	430	242		
Teen 16-17		M. Keleman	450	
220		Youth		
Brian Kent	325	97		
18-19		D. Wrobel	190	
148		(Thanks to USAPL for providing results)		

WABDL Midwest Regional

29 MAY 04 - Minneapolis, MN

DEADLIFT	M. Taylor	325
MEN	D. Fehlhafer	225
Class 1	242 lbs.	
181 lbs.	E. Krych	446*
M. Pettinger	J. Steffens	303
M. Stanchfield	309+ lbs.	
220 lbs.	C. Kadrik	429*
D. Schmidt Jr.	Junior (20-25)	
242 lbs.	181 lbs.	
K. Kartak	T. Jenkins	374*
Junior (20-25)	B. Kegler	363*
198 lbs.	198 lbs.	
J. Canton	J. Canton	336*
220 lbs.	220 lbs.	
D. Schmidt	D. Schmidt Jr.	341
Master (40-46)	Law/Fire	
165 lbs.	Master (48+)	
M. Benson	242 lbs.	
198 lbs.	R. Peterson	385
T. Eiseman	Master (40-46)	
220 lbs.	165 lbs.	
D. Burlingame	B. Mayo	314*
(47-53)	M. Benson	286
148 lbs.	198 lbs.	
C. Wong	D. v.d.steen	330*
181 lbs.	220 lbs.	
D. Anderson	C. Payne	451*
J. Chiodo	D. Rygh Jr	440
242 lbs.	D. Burlingame	380
R. Waldorf	275 lbs.	
(54-60)	E. Knudsen	374
181 lbs.	Master (47-53)	
D. Hawkinson	165 lbs.	
198 lbs.	P. Baer	352*
Haggenmiller	220 lbs.	
D. Johnson	L. Anderson	416
(80-84)	R. Waldorf	281
165 lbs.	242 lbs.	
R. Stephan	R. Peterson	385
Open	275 lbs.	
165 lbs.	S. Fronk	424*
S. Friday	Master (54-60)	
198 lbs.	181 lbs.	
T. Eiseman	D. Hawkinson	341
J. Icenhour	Haggenmiller	308
S. Lindquist	606	
J. Canton	Master (61-67)	
220 lbs.	165 lbs.	
D. Burlingame	L. Dashevsky	264*
242 lbs.	W. Hanson	303
E. Krych	165 lbs.	
308 lbs.	B. Mayo	314*
R. Edinger	K. Jansen	303
Submaster (34-39)	181 lbs.	
181 lbs.	T. Jenkins	374*
M. Pettinger	198 lbs.	
A. Zorbas	J. Canton	336
198 lbs.	R. Pond	457*
T. Smith	220 lbs.	
308 lbs.	E. Krych	446.2
R. Edinger	309+ lbs.	
Teen (16-19)	C. Kadrik	429*
148 lbs.	Submaster (34-39)	
K. Chiodo	181 lbs.	
165 lbs.	A. Zorbas	303
D. Chiodo	198 lbs.	
181 lbs.	T. Smith	396
B. Bossert	J. Steffens	303*
WOMEN	Teen (16-19)	
Junior	K. Chiodo	341
165 lbs.	Submaster (34-39)	
K. Litwinski	181 lbs.	
Open	B. Bossert	275
97 lbs.	WOMEN	
C. Anderson	Master (61-67)	
165 lbs.	165 lbs.	
K. Litwinski	S. Segal	88*
Class 1	165 lbs.	
165 lbs.	S. Segal	88*
K. Jansen	199+ lbs.	
181 lbs.	K. Franklin	358*
B. Kegler	Submaster (34-39)	
363	199+ lbs.	
M. Stanchfield	D. Burlingame	380*
330	K. Franklin	358*
198 lbs.	199+ lbs.	
M. Reuer	K. Franklin	358*
220 lbs.	K. Franklin	358*
R. Pond	Submaster (34-39)	
457*	199+ lbs.	
D. Burlingame	K. Franklin	358*
380*	K. Franklin	358*
K. Severson	K. Franklin	358*

* State record. In the deadlift Michael Pettinger of Illinois set a state record with 473.7 at 181 Class-1. In 220 Dennis Schmidt Jr. set a Minnesota record with 523.5. At 242 Kevin Kartak set a Minnesota record with 589.5. In junior men Jesse Canton set a North Dakota record with 584 and he passed the drug test. In junior women Kristy Litwinski set a Maine state record

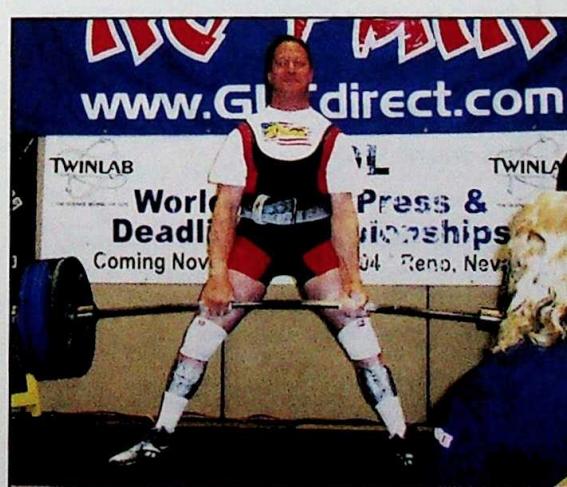
with 369.2 at 165#. In master (40-46) 165 Mark Benson set a Minn record with 429.7. At 198 the legendary Tom Eiseman opened with a world record 767.1 to beat Tony Caprari's world record of 766 in the open and to blow the master world record away that did belong to George Herring at 738. To take records from these two lifters on the same day is one hell of a feat. He wasn't done. He roared up to 800 and came very close! Tom is just shy of 46. A true gentleman and one great lifter! At 220 Duane Burlingame set an Illinois record with 622.7. In master men 47-53 at 148 Chuck Wong with impeccable form snapped up 479.5 a Minnesota state record. At 181 David Anderson set a Wisconsin record 529. On a good day he's good for 551. However he came in 2nd to Jim Chiodo who competed in his 1st meet in about 7 or 8 years and picked up where he left off and set a Minnesota state record 451.7. In master (54-60) 181 Minnesota state co-chairman for WABDL Dan Hawkinson pulled a Minnesota state record 452.8. Don served with the 25th light infantry division and was stationed in Schofield Barracks in Hawaii before shipping out to Vietnam in 1967 and was involved in numerous fire-fights in Vietnam during his 26 months in the country. He served two tours. He is also an avid Harley Davidson biker and he and his wife Angie each have a Harley and they have logged over 100,000 miles, including 3 Sturgis, South Dakota runs. The other Minnesota State Chairman Tom Haggenmiller is always a big help bringing down all the warm-up weights and a bench. He also runs a great meet in Perham. It's an outdoor meet and they serve great steaks, soda and beer. It's one big picnic. At 54-60 198 Tom finished 2nd to Dennis Miller from Wisconsin who at age 60 pulled 573 and gave 639 a good ride. He's a 600# deadlifter at age 60 - not too many of these around. Eightythree year old Robert Stephen of LaCrosse Wisconsin pulled 337.5 at 163#. In open men Jesse Canton set a North Dakota state record 584 at 198#. He was coached by Rich Edinger and they are with the Power PL team of Fargo. The 198 class was thick with competition. Jesse Canton was 4th. Joe Icenhour was 3rd with 589, but got the Minnesota state record with 607.3 on a 4th. Sten Lindquist was 3rd with 606.2. The winner at 198 made a spectacular lift look easy. Tom Eiseman who came all the way from Medford Lakes, New Jersey, and is 46 years young opened up with a world record 767.1 - a world record in both open and master - to beat Tony Caprari's open record and George Herring's master record. He then pulled 800.1 over his knees, but couldn't finish it. He passed on his 3rd. He



The Powerlifting Pit of West Fargo, ND... (l-r) Joe Icenhour, Rich Edinger, Shawn Friday, Jesse Canton. (Photograph courtesy of Gus Rethwisch)

has been pulling the same weight 760-800 range for 20 years: 1984-2004. He weighed 194 for this meet. At 220 Duane Burlingame set a Illinois state record with 622.7. At 242 Eric Krych set a Minnesota record with 666.7. Eric looks like your typical Viking - blond hair, chiseled features, and on the prowl for action. At 308 the North Dakota State Chairman Rich Edinger, who is a lawyer, set a submaster record with 600.7 and was completely locked out with 677.7, but lost his balance before the down signal. Edinger and one of the judges Troy Weipert brought a kilo set from Fargo so we could have official world records. In open women Cheryl Anderson pulled a 292 National record with 15# to spare, weighing only 97#. She is shooting for Ana Santiago Ordanez's world record of 330. Ana was from Guatemala and met a lifter from Germany at the 2000 Reno World Championships and they got married. She is expecting a baby and is retired. At 165# Kristy Litwinski of Maine pulled a State record 369.2. In submaster men Michael Pettinger of Illinois set a state record at 181 with 473.7 and Alexander Zorbas of Minnesota was 2nd with a state record 447.3. at 198 Todd Smith of Wisconsin set a state record 485 for 1st. In teen men (16-19) at 148, world record holder Kyle Chiodo, who has 523.5 to his credit, was close with a world record 524.6, but not close enough. He ended up with 462.7. His brother Derek pulled 501.5 and beat out his brother for best lifter for the first time. Benelli Bassett at 181 set a Minnesota record 473.7. Moving on to the class-1 bench press, Kevin Jansen put up 303 at 165 for a Minnesota record.

Brent Kegler won the 181 class with 363.7. At 220 Robert Pond won over four other contestants with a Minnesota state record 457 with Duane Burlingame of Illinois 2nd with an Illinois state record 380.2. At 242 Eric Krych, who is the epitome of a Viking, set a Minnesota record 446. Eric has the golden blond hair and the look of a warrior. At super Charles Kadrik set a Minnesota record 429.7. In junior men bench at 181 Tanner Jenkins set a Wisconsin state record 374.7 and Brent Kegler set a Minnesota state record 363.7. at 198 Jesse Canton set a North Dakota record 336. In master men (40-46) 165 Bret Mayo set a North Dakota record 314. At 198 Dr. Dave Vandersteen set a Minnesota record 330.5. at 220 Carl Rayne and Don Rygh Jr. battled it out for 1st and the Minnesota state record. Carl came out on top 451.7 to 440 for Don Rygh Jr. In master men (47-53) 165 Paul Baer set a Minnesota state record with 352.5. At 220 Larry Anderson set a Minnesota record with 418.7. at 275 Steve Fronk set a Wisconsin record 369.2. In master (61-67) 165 Leon Dashevsky set a Minnesota record 264.5. In master women (61-67) 165 Sandra Segal set a Minnesota record 88#. In open men Tanner Jenkins set a Wisconsin record 374.7 at 181#. Bret Mayo set a North Dakota record with 314 at 165. Robert Pond set a Minnesota record at 220 with 457 and at super Charles Kadrik set a Minnesota record 429.7. In open women Kelly Franklin was fantastic with a world record 358 at unlimited. She has passed three drug tests. She also set a world record in submaster. In submaster 165 Jason Steffens set a Minnesota record 303. In teen men (16-19) 165# Derek Chiodo set a Minnesota record 344.8. I want to thank Rich Edinger and Troy Weipert who were judges and also brought a kilo set from Fargo to Minneapolis. Mike Scott came in from Maine to judge. Nancy Goldstein was extremely helpful in setting up trophies in a very orderly fashion. Tom Haggenmiller brought in the warm-up weights and a bench from Perham, Minnesota. Dan Hawkinson helped set up and tear down the entire show. Troy Weipert was very helpful in setting up banners. I want to thank the sponsors: Twinlab, House of Pain, and Rick Brewer , Michelle and Wes Kampf of the Powerlifting Superstore and Monster Muscle Magazine, Giorgio Usai and Giorgio Usai Jr. of Forza Strength Systems, Shawn Madere of GLC Direct - the best joint formula on the planet, Jim Starr and Neal Spruce of Apex Fitness Group, Mike Lambert of Powerlifting USA, and Chet Groskreutz of Ivanko Barbell. (Thanks to Gus Rethwisch for this report)



Tom Eiseman with his 767 WABDL World Record deadlift at the Midwest Regionals. (Photo courtesy Gus Rethwisch)

**USPF Santa Barbara Meet
10 JUL 04 - Santa Barbara, CA**

Bench Press Only	Morgan Long	353
Women	220/Open Men	
132/Women	Ryan Girard	
G. Shapiro	193 275/Open Men	
148/Women	Robert Speno	457
V. Farmer	182 Master Men	
132/Women	308/M 40-44	
M. Lindbeck	122 C. McGuire	320
Open Men	198/M 40-44	
148/Open Men	F. Lomelin Sr	259
Jim Andres	182 242/M 45-49	
181/Open Men	S. Williams	452
B. Mendoza	480 198/M 45-49	
198/Open Men	T. Robinson	265
J. Alvarado	513 275/M 50-54	
198/Open Men	Steve Brown	424
T. Robinson	265 242/M 50-54	
220/Open Men	S. Winters	303
Joe Grissom	419 220/M 70-74	
220/Open Men	C. Gourley	331
Powerlifting Women (Formula)	SQ BP DL TOT	
165/Women	Liz Freil	353 220 402 975
148/Women	V. Farmer	265 182 353 799
132/Women	G. Shapiro	215 193 243 650
198/Women	E. Lawson	309 165 309 782
198+ Women		

L. Baldridge	303	160	149	611	B. Pearson	391	309	435	1135
Teenage	181/Teen 13-15				Submaster Men	165/Sub 35-39			
	Chase Craft	226	165	353	181/Sub	441	364	491	1295
				744	35-39				
	4th			369	Ken Fasulo	424	342	452	1218
	148/Teen 16-17				Master Men	198/M 40-44			
	R. Thompson	292	187	325	M. Belluscio	507	254	463	1223
	165/Teen 16-17				220/M 45-49				
	Matt Gillooly	165	154	237	R. Arredondo	468	358	441	1267
	198/Teen 18-19				275/M 50-54				
	Jeff Sykora	502	270	584	Steve Brown	502	424	612	1538
	165/Teen 18-19				275/M 50-54				
	P. O'Rourke	419	243	441	D. Brown	540	424	529	1493
	Open Men				242/M 50-54				
	132/Open Men				Don Robinson	325	243	314	882
	Guaderrama	265	265	331	198/M 65-69				
	198/Open Men			860	Pete Wilson	502	353	463	1317
	J. Hernandez	546	292	452	State Single Lift Bench records set: Gerrie Shapiro, 132 Master Women 50-54, 192 lbs, Miriam Lindbeck, 132 Master Women 55-59, 121 lbs, Bruce Mendoza, 181 Open Men, 479 lbs, Bruce Mendoza, 181 Submaster men 35-39, 479 lbs, John Alvarado, 198 Submaster men 35-39, 512 lbs, Chuck Gourley, 220 Master 70-74, 330 lbs, American Single Lift Bench records set: Gerrie Shapiro, 132 Master Women 50-54, 192 lbs, Miriam Lindbeck, 132 Master Women 55-59, 121 lbs, Bruce Mendoza, 181 Submaster men 35-39, 479 lbs, John Alvarado, 198 Submaster men 35-39, 512 lbs, Chuck Gourley, 220 Master 70-74, 330 lbs.				
	198/Open Men								
	M. Belluscio	507	254	463					
	220/Open Men								
	Womelsdorf	407	292	407					
	242/Open Men			1106					
	B. Marum	524	375	551					
	242/Open Men			1449					
	Satterthwaite	457	413	474					
	275/Open Men			1344					
	S. Denison	672	513	672					
	275/Open Men			1857					
	Kellen Boyce	628	336	562					
	275/Open Men			1526					
	Robert Speno								
	Natural Men								
	165/Natural Men								

330 lbs. State Powerlifting records set: Gerrie Shapiro, 132 Master Women 50-54, squat-214 lbs, bench-192 lbs, deadlift-253 lbs, Total-650 lbs, Lisa Baldridge, 198+ Submaster Women 35-39, squat-303 lbs, bench-159 lbs, deadlift-148 lbs, total-611 lbs, Chase Craft, 181 Teen 13-15, deadlift-369 lbs, Jose Hernandez, 198 Submaster 35-39, squat-545 lbs, Bernardo Separa, 165 Submaster 35-39, squat-440 lbs, bench-363 lbs, total-1295 lbs, Pete Wilson, 198 Master 65-69, squat 501, bench 352, deadlift 462, total 1316 lbs. American Powerlifting records set: Gerrie Shapiro, 132 Master Women 50-54, bench 192 lbs, Pete Wilson, 198 Master 65-69, squat 501, bench 352, total 1316 lbs. Meet Director: Dr. Kevin Fisher. Referees: Bill Ennis—International referee, Gordon Santee—International referee, Ken Wheeler, National referee, Lisa Denison, National referee, Don Haley, International referee, Fran Haley, International referee, Martin Drake, AAU International referee, Jim Merlino, National referee, Gary Ridgeway, State Referee. Announcer: Chuck LaMantia. Expeditors: Mike Stein, Dave Dallmeyer, Todd Wilkinson. Score table: Amy Gorton, Lisa Bryant, Tanya Colombara. Sponsors: C&S Photo Design. (Results by USPF)

**Philip "Red" Swaim Memorial DL
24 Apr 04 - Winston - Salem, NC**

Men Raw	DL	242
Youth 10-11	M. Prevette	635
105	Open Raw	
P. Timmy	165 M. Groce	500
	Open	
4th	170 Travis Mash	730
Youth 12-13	M. Prevette	635
114	Tim Higgins	620
P. Dakota	175 Masters 45-49	
4th	185 Tim Bowers	600
Teen 18-19	40-44	
165	Tim Higgins	620
Ben Hooker	470 Intermediate	
16-17	24-34 Raw	
C. Christopher	460 24-34	
Teen 12-13 Raw	Jeff Crouch	565
Eric Payne	200 4th	580
	Teen 16-17 Raw	
4th	210 275	
Masters 45-49	Raw D. Phipps	450
Jack Moore	405 4th	460
Intermediate	Police/Fire Raw	
24-34 Raw	Rusty Slate	600
D. Inman	340 Open	
Masters 45-49	Chris Mason	675
181	Intermediate 24-34	
D. Pagan	520 Greg Lyons	550
Open	Open Raw	
198	319	
Doug Coe	520 M. Lovelace	605
G. Durham	495 SHW	
Intermediate	24-34 Chris Clark	660
M. Holbrook	510 Open	
Open Raw	M. Neal	675
220	Women	
G. Miller	405 132	
Masters 50-54	Anita Tharpe	255
G. Miller	405 Masters 40-44	Raw
Intermediate	24-34 Anita Tharpe	255
G. Brewer	565	
Submaster	35-39	

The first Red Swaim Memorial Iron Boy Powerlifting Deadlift Championship was a great success. There was some real quality lifting and several records were broken. In the 105 class, Timmy Payne had the top pull of 170 lbs. Dakota Phipps had the biggest pull in the 114 class with 185 lbs. Ben Hooker lead the 165 class with a 470 lb pull. David Pagan pulled 675 to lead the 275 lb. class. Mike Lovelace hit a personal raw record of 605 in the 319 class. Michael Neal won the battle of the SHW's with a 675 lb pull. Travis Mash pulled a meet high 730 pounds on his way to winning the "Red" Swaim Outstanding Lifter Award. Travis also won the biggest pull award. Shane Swaim accepted a plaque that was given to the family of Red Swaim in appreciation of Red's generous support of Iron Boy Powerlifting. Shane eloquently spoke to the audience about his father. We would like to take this opportunity to thank the family of Red Swaim for participating in this meet. (Thanks to K. Payne for these results.)

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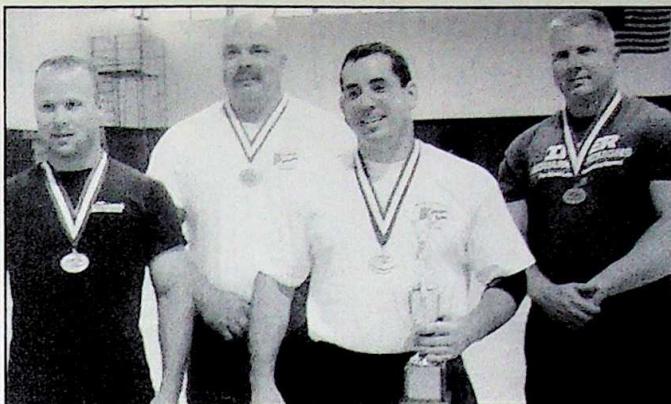
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New York State Police & Fire
19 JUN 04 - Albany, NY

BENCH	J. VanAlstyne	---
Open 165 lbs.	DEADLIFT	
C. Rudolph	385	Open 181 lbs.
C. Livolsi	300	J. Leeder 305
181 lbs.		198 lbs.
R. Daly	510	R. Bechtel 530
J. Leeder	300	220 lbs.
R. Montanez	285	G. Kuzian 435
198 lbs.		242+ lbs.
G. Willis	420	R. Evans 600
R. Bechtel	400	M. Hogan 500
220 lbs.		Master (frmla)
G. Kuzian	365	M. Casatelli 475
242 lbs.		J. Fox 510
B. Levers	510	Ironman (frmla)
S. Glans	405	R. Daly 1012.5
T. Walker	400	R. Evans 1080
242+ lbs.		T. Ravesi 940
K. Clark	600	R. Bechtel 930
C. Mitchell	545	J. Gengo 755
R. Miller	535	G. Kuzian 800
R. Evans	480	J. Leeder 605
M. Hogan	300	Master
J. VanAlstyne	---	Ironman (frmla)
Master		M. Casatelli 815
B. Levers	510	J. Gengo 465
C. Tallman	400	M. Hogan 500
M. Casatelli	340	C. Myers 375
M. Hogan	300	(Thanks to Sandi McCaslin for the results)



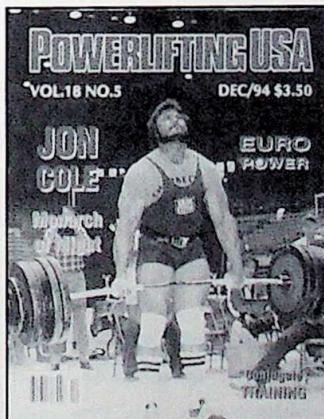
Training Partners and Competitors at the New York State Police & Fire Games BP/DL: Chris Rudolph, Kevin Clark, Ron Daly (Best Lifter) and Shawn Glans. (Photograph provided courtesy of Sandi McCaslin)

NASA Western States Nationals
17 JUL 04 - Mesa, AZ (kg)

Bench Only	T. Green	147.5
pure	teen	
275	198	
S. Hoekstra	272.5	T. Green 147.5
165	m4	
E. Davidson	190	220
sm1	Earl Evatt	
165	mp	
E. Davidson	190	220
int	Earl Evatt	
198	pure	
C. English	192.5	220
p4f	Earl Evatt	
198	m2	
C. English	192.5	308
pure	Doug Knapp	125
198	m3	
C. English	192.5	165
pure	M. Stainbrook	90
242	m1	
Jimmy Seaver	202.5	198
smp	Gary Schuster	
242	m5	
Jimmy Seaver	202.5	198
int	Gary Schuster	
132	nat	
Josh Harrison	147.5	198
nat	Gary Schuster	
182	sm2	
R. Thompson	172.5	308
nov	Patrick Eville	
182	pure	
R. Thompson	172.5	220
int	Mike Desrosiers	
181	int	
R. Thompson	172.5	242
m1	Brian Mueller	
220	dijr	
S. Everts	185	165
m1	Chris Tanner	167.5
198	bpm4	
H. Green	175	220
m5	Earl Evatt	137.5
198	bpp	
H. Green	175	220
nat	Earl Evatt	137.5
198	bpp	
H. Green	175	220
sm2	Earl Evatt	137.5
shw	sqwm1	
R. Valenzuela	210	114
jr	V. Morgan	80
165	bpm3	
Chris Tanner	145	165
jr	M. Stainbrook	90
220	cjr	
S. Kirkpatrick	167.5	198
pure	C. Hoekstra	70
220	cm1	
S. Kirkpatrick	167.5	220
smp	S. Everts	72.5
242	cm3	
J. Bentley	162.5	220
jr	J. P. Chidlers	63.5
198	cnov	

165	S. Hatlevig	227.5	125	227.5	580
pure					
181	M. Brown	220	142.5	242.5	605
sm1					
220	Alex Phillips	240	177.5	230	647.5
nat					
220	L. DeAlva	245	207.5	197.5	650
275					
Anthony Bell	235	215	235	685	
jr					
198					
C. Hoekstra	205	160	207.5	572.5	
181					
D. Dvorovy	195	110	170	475	
m1					
308	Roger Morton	205	135	220	560
smp					
132	S. Goldberg	127.5	80	165	372.5
m3					
148	L. Janhunen	122.5	82.5	182.5	387.5
m3					
220	James Ellis	170	87.5	200	457.5
want					
198	Diane Manno	120	70	120	310
wmp					
198	Diane Manno	120	70	120	310
nov					
165	M. Noback	92.5	97.5	127.5	317.5
youth					
T. Manno	40	22.5	55	117.5	
smp					
165	Michael Lechuga				
sm2					
shw					
Raul Valenzuela					
(Thanks to Richard Peters for the results)					

BACK ISSUE OF THE MONTH



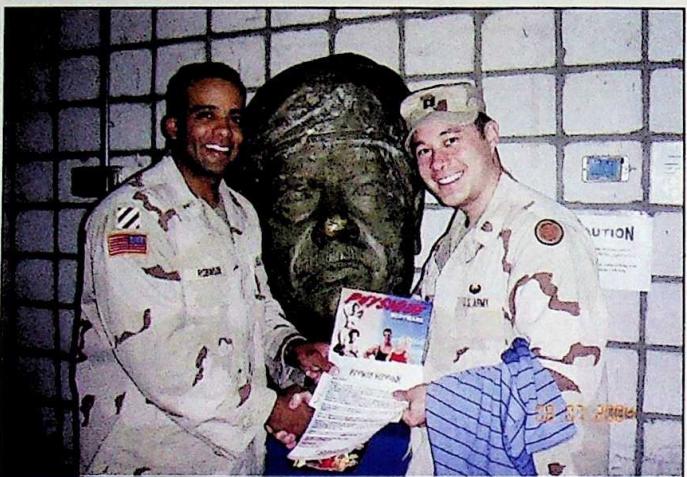
The December 1994 edition of **POWERLIFTING USA** had on the cover (at the time, according to author Herb Glossbrenner) History's Greatest Amateur Strength Athlete ... JON COLE. Illustrated with some stunning photographs by Louis Bencze .. who was close to Jon during his greatest moments ... this deeper than in-depth profile of a man who was Powerlifter, Olympic Lifter, Discus Thrower, Shot Putter ... nearly all at once, chronicles the benchmarks of his remarkable athletic career.

81st with a 507. We also had one of the most requested articles POWERLIFTING USA has ever printed ... the first installment of EVOLUTION TRAINING theory by Jay Schroeder and Vladimir Anisimov MD, PhD, D.Sci. Louie Simmons explained one of the most significant concepts of his training philosophy... conjugate training. We had triple bodyweight bencher Chris Byrnes Workout of the Month, and Anthony Clark offered his perspective on "United We Stand, Divided We Fall ... Has Unity in Powerlifting Gone Astray?" We also had coverage of the European Juniors, and the USPF Bench Press Nationals ... (James Henderson came in 2nd at SHW!) On the TOP 100 Middleweight list ... the top spots were held by Jose Perez with a 760 squat and 507 bench, Dan Austin with a 744 DL, and Rickey Dale Crain with a 1757 TOT. Roy Maxwell was 61st in the squat with 550, Bob Bridges was 76th with a 374 BP, Gordon Santee was 94th with a 540 DL, and Paul Sacco was 99th in total with 1370. For this and all the other back issues of PL USA that are available, see our listing beginning on page 48 of this issue.

NASA USA Nationals (kg)
12 JUN 04 - Springfield, OH

Power Sports		Jeff Ritzler	187.5	
bpm1	m2	148		
242		148		
K. Robbison	205	Sam Stewart		
bpm2	mp	148		
165		148		
Gary Scholl	105	Sam Stewart		
bpm3	mp	220		
220		220		
C. Wokman	110	Derek Rohrer	165	
bpm4	C. Anstead	132.5		
242		242		
Herb Yakel	117.5	Rick Kinder	200	
bpm5	H. Woltring	195		
shw	275			
Chamberlain	175	Kent Burgess	228.5	
bpnat	Jeff Ritzler	187.5		
242	nov			
K. Robbison	205	181		
bpp	John Marelli	130		
242	p+f			
K. Robbison	205	181		
cm1	John Marelli	130		
275		242		
Kent Burgess	93.5	Jesse Brewer	152.5	
cm2	L. Willison	190		
148		220		
Bill Parker	50	J. T. Hall	235	
cm4				
242				
Herb Yakel	47.5	Joe Thompson	230	
cnov		275		
275		John Watkins	277.5	
S. Schmidt	72.5	sm2		
cpure	181			
148		Lee Wilcoxon	182.5	
Chris Deck	65	smp		
dlm2	242			
165		Mark Wynn	180	
McGonagle	147.5	smp		
198	shw			
John Bandy	205	R. Turner	227.5	
dlnov	teen			
275	181			
S. Schmidt	225	B. Baum	125	
Bench Only		wjr		
jr	123			
148		Megan Scholl	55	
Chris Deck	130	wsmp		
m1	181			
275		Donna Eagle	75	
PowerSportCurl/SQ	BP	DL	TOT	
hs				
132				
Mike Deck	32.5	60	147.5	240
165				
A. Thompson	45	87.5	135	267.5
int				
148				
Scott Lewis	45	110	157.5	312.5
165				
F. Newbill	60	170	170	400
275				
A. Thompson	62.5	162.5	220	445
jr				
shw				
B. Jacobs	97.5	182	282.5	562
m3				
165				
John Klein	35	87.5	142.5	265
m5				
shw				
James Ray	55	195	205	455
nat				
242				
Wigglesworth	80	160	227.5	467.5
nov				
148				
David Deibel	60	122.5	155	337.5
p+f				
275				
Aaron Nedeff	75	147.5	187.5	410
sm2				
220				
Jim Vaughn	60	127.5	205	392.5
teen				
198				
R. Douglas	52.5	110	211	373.5
275				
J. Cheeseman	71	155	227.5	453.5
bpsm2				
220				
Derek Rohrer	165			
Push / Pull	BP	DL	TOT	
hs				
148				
Josh Lloyd	95	162.5	257.5	
181				
Donny Wade	117.5	182.5	300	
97				

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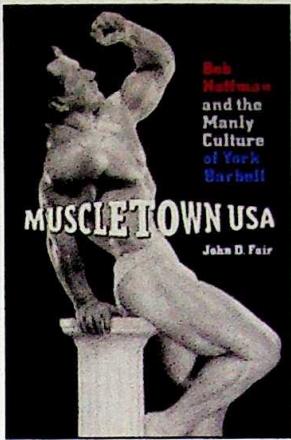
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Tim Gibson	165	130	195	490
220				
W. McNichols	237.5	155	250	642.5
242				
Larry Morris	155	145	200	500
275				
Phillip Jump	182.5	132.5	215	530
nov				
308				
Matt Speer	225	160	205	590
p+f				
308				
Carl Watts	197.5	172.5	215	585
L. Willison	62.5	190	182.5	435
pure				
165				
Jason Murphy	262.5	187.5	202.5	652.5
220				
Joe Thompson	320	230	320	870
W. McNichols	237.5	155	250	642.5
sm1				
165				
Jason Murphy	262.5	187.5	202.5	652.5
198				
D. Clayton	272.5	167.5	232.5	672.5
R. Redman	215	170	217.5	602.5
220				
W. McNichols	237.5	155	250	642.5
242				
M. Haumesser	282.5	195	272.5	750
308				
Matt Speer	225	160	205	590
sm2				
220				
J. Broadhurst	227.5	165	230	622.5
shw				
Scott Marcum	375	240	292.5	907.5
smp				
198				
Joseph Huber	215	150	237.5	602.5
Gary Green				
Wesley Eagle				
242				
M. Haumesser	282.5	195	272.5	750
Mark Wynn	295	180	272.5	747.5
275				
Phillip Jump	182.5	132.5	215	530
teen				
123				
J. Mobley	57.5	40	85	182.5
181				
Nick Mason	227.5	147.5	235	610
wm1				
132				
Susan Taylor	107.5	55	110	272.5
wm2				
148				
Pat Frock	102.5	82.5	147.5	332.5
165				
S. Fischer	115	70	135	320
wmp				
132				
Susan Taylor	107.5	55	110	272.5
148				
Pat Frock	102.5	82.5	147.5	332.5
198				
S. Gibson	165	105	170	440
wsmp				
181				
Donna Eagle	105	75	140	320
198				
S. Gibson	165	105	170	440
wteen				
198				
A. Benninger	185	85	170	440
(Thanks to Richard Peters for the results.)				
IHM Festival BP				
12 JUN 04 - Youngstown, NY				
FEMALE				
S. Popovich	330			
Police/Fire				
Open 165 lbs.				
L. Gory	125			
R. Verde	375			
MEN				
(50-59)				
B. Kolling	360			
Open 165 lbs.				
F. Costello	200			
242 lbs. (40-49)				
C. Dednar	355			
(11-12)				
132 lbs.				
C. Dednar	355			
Open 275 lbs.				
R. Luklan, Jr.	155			
T. Gibson	540			
(14-16)				
181 lbs.				
N. Rolle	405			
B. Dulaney	210			
SHW Open				
Open				
A. Lechler	535			
T. Hunt	115			
M. Jones	415			
L. Anderson	410			
(40-49)				
T. Proya	460			
(35-39)				
Open 220 lbs.				
S. Patrick, Jr.	405			
J. Kelly	505			
R. Veroe	375			
(40-49)				
(Thanks to Ron DeAmicis for these results)				

APA 2nd Vito Open BP
12 JUN 04 - Sidney, NY
MEN
Open 148 lbs. B. Paoletti —
C. Byrnes 335 A. Kirby 420
181 lbs. 4th 440*
J. Wood 355 J. Mitsopoulos 330
198 lbs. 4th 340*
R. Jeffords — WOMEN
242 lbs. Open
A. Kirby 420 Lightwht.
275 lbs. P. Gilbert 55
M. McCarthy — Hwywht.
308 lbs. B. Kirby 75

*=State record. Although turnout was low, everyone supported one another and some terrific lifting took place. John Mitsopoulos set a new New Jersey record for the 198 lbs. class - (60-64) age bracket with a 340 lbs. bench. At 242, Alfred Kirby of Canajoharie NY set a New York state record with a 440 lb. lift, breaking his own record for (60-64) year olds. Thanks to all the help: Lenny Larson, Bob Paoletti Jr., and Julie Byrnes. Another meet is in the works. (These results by Chris Byrnes)

NASA Arizona State (kg)
27 MAR 04 - Mesa, AZ
Bench Only Meagan Pollock
jr/165 wml/149
Chris Tanner 132.5 Diane Manno 62.5
jr/220 wmp/115
S. Kirkpatrick 170 V. Morgan 50
m1/198 wmp/149
M. Schmoeckr 172.5 Diane Manno 62.5
m1/309 Power Sports
D. Bernardi 242.5 bpint/165
m5/220 B. Steinkamp 147.5
Earl Evatt 132.5 bpint/220
mp/198 Joseph Rivera 182.5
M. Schmoeckr 172.5 bpm/198
mp/220 Walt Sword 145
Earl Evatt 132.5 bpm/3/165
mp/276 M. Stainbrook 100
Mark Stanford 190 bpm/5/220
pure/198 Earl Evatt 132.5
Tony Ybarra bpm/165
pure/220 M. Stainbrook 100
Earl Evatt 132.5 bpm/220
pure/243 Earl Evatt 132.5
Zak Knight 147.5 bpnat/165
pure/309 M. Stainbrook 100
D. Bernardi 242.5 bppure/165
sm1/220 M. Stainbrook 100
John Mendoza 230 bppure/220
sm2/198 Earl Evatt 132.5
Robert Serafin 147.5 cm1/198
smp/198 Walt Sword 60
Tony Ybarra cm3/165
smp/243 M. Stainbrook 40
James Seaver 195 cmp/165
smp/309 M. Stainbrook 40
Nico Feliciano 245 cnat/165
smp/shw M. Stainbrook 40
Scott Jordan 250 cpure/165
teen/123 M. Stainbrook 40
Isal Pineda dlpmpure/165
wjr/198 Rick Morgan 160
Powerlifting C/SQ BP DL TOT
teen/165
Michael Noback
smp/182
Pat Harrity 212.5 135 197.5 545
smp/243
Dan Wade 290 182.5 267.5 740
smp/309
Nico Feliciano 300 245 272.5 817.5
smp/309
Roger Britson 285 192.5 292.5 770
smp/309
Paul D'Antonio 265 195 242.5 702.5
sm2/198
Alex Phillips 225 175 227.5 627.5
sm2/shw
Don Kravoltz
pure/182
Dave Keating 205 162.5 227.5 595
pure/220
Jason Golec 255 165 240 660
pure/220
Robert Clark
pure/243
Dan Wade 290 182.5 267.5 740
nov/165
Jordan Marvel 132.5 72.5 147.5 352.5
nov/198
James Hinrichs 257.5 180 287.5 725
nat/220
Lawrence DeAlva



MUSCLETOWN USA ... "Bob Hoffman and the Manly Culture of York Barbell" by John D. Fair, Professor of History at Georgia College and State University in Milledgeville, GA, stands out as a profoundly rigorous historical analysis of one of the Iron Game's singularly most influential individuals. Often called the "Father of World Weightlifting", he poured millions of dollars into Olympic Lifting, Powerlifting, and Bodybuilding, among his various sports interests. Dozens of memorable photos and illustrations are woven through the extraordinarily detailed text, which documents a complicated, yet mesmerizing, tale of one man's remarkable power, ego, generosity, and sometimes mystifying whimsy. Where would the International Powerlifting Federation...or the sport of Powerlifting itself ... be now, if it weren't for those enormous early benefactions of Bob Hoffman ... staging the first World

Championships, sending teams abroad, etc.? The hand of Bob Hoffman touched virtually every great figure in the Iron Game, during his heyday, and every circumstance we experience in our sport today can be tracked back to a connection to York Barbell and Bob Hoffman. From the byzantine financial aspects of York BBC to the unusual personal relationships that Bob cultivated, the true history of an Iron Game icon is disclosed in this book starting a company in the toughest of economic times, producing an incredible array of World and National champions out of a little lifting club in York, Pennsylvania, followed by a tragic decline this is the story of York Barbell and the Man Who Made It Great...BOBHOFFMAN. Paperback edition ... \$24.95 plus \$4 shipping and handling the limited edition hardbound copy ... for the true collector (we only have few copies left!) \$65 plus \$4 s/h to Powerlifting USA, Box 467, Camarillo, CA 93011.



mp/220
Steve Earedds
mp/shw
Ken Havlicek
m5/182
James Coates 215 142.5 250 607.5
m3/149
L. Janhunen 125 77.5 185 387.5
m3/shw
Harry Heyman 195 110 207.5 512.5
m2/165
M. Wonyette 215 122.5 182.5 520
m2/198
Fred Millan 227.5 90 227.5 545
m2/198
Jack Thomas 160 130 187.5 477.5
m2/220
Jeffrey Thaw 215 142.5 237.5 595
m1/198
Marty Einstein 245 157.5 235 637.5
m1/198
Gary Reddin 240 130 195 565
m1/220
Steve Earedds
m1/220
John Seymour 190 160 180 530
m1/309
George Soto 337.5 130 272.5 740
m1/shw
K. Thibodeaux 240 182.5 245 667.5
jr/182
D. Dvorov 157.5 105 162.5 425
jr/198
Cory Hoekstra
int/276
Tim Moreno 275 172.5 215 662.5
hs/149
John Alvarado 150 110 140 400
hs/220
Josh Embree 160 112.5 170 442.5
hs/220

Dylan Johnson 62.5 147.5 212.5 422.5
int/198
J. Rasmussen 70 157.5 215 442.5
m1/276
Jay Kooper 80 165 235 480
m2/132
Joe Childers 42.5 85 80 207.5
m2/198
Jack Thomas 52.5 130 187.5 370
m3/149
N. Rosenberg 37.5 52.5 102.5 192.5
m3/220
J. P. Childers 60 115 117.5 292.5
nov/149
N. Rosenberg 37.5 52.5 102.5 192.5
wnm/123
Judy Dutra 30 45 80 155
wmp/149
Teri Ishimatsu 27.5 52.5 92.5 172.5
wnv/149
Teri Ishimatsu 27.5 52.5 85 165
youth/79
K. Ishimatsu 10 35 45

(Thanks to Rich Peters for these results)

NHSP Push-Pull
17 JUL 04 - Concord, NH
MEN BP DL TOT
165 lbs.
A. Easo 275 465 740
198 lbs.
J. Smith 290 500 790
P. Bennett 235 415 650
220 lbs.
D. Follansbee 385 615 1000
S. Newman 445 555 1000
P. Kulas 380 490 870
C. Hucklebury 265 425 690
242 lbs.
J. Mpdpmu; 335 505 840

K. Mounjoy 275 555 830
P. Mancini 325 500 825
I. Cintron 320 500 820
Submaster 445 555 1000
S. Newman 275 465 740
Master 380 490 870
P. Kulas 335 505 840
K. Mountjoy 275 555 830
P. Mancini 325 500 825
A. Murray 485 — DQ
M. Drouin — 500 DQ
Grand Master 235 415 650
C. Hucklebury 265 425 690
J. Smith 290 500 790
275 lbs.
C. Sorrell 480 550 1030
SHW
B. Reynolds 535 640 1175
In a warm-up event for the eagerly anticipated October NH State Record Breakers meet, the inmates at the NH State Prison took to the benches to see where they were at during the 6th annual Summer Slam push/pull meet. In the 165 lb. class, Allen Eason went uncontested to a nice 740 total and the win. Next up were the 198ers. Joel Smith was able to cling to the victory over the forever-young Pete Bennett. Smith's total was an impressive 790, while the 56-year-old Bennett, put together a 650 total. The 220s saw the tightest battle of the day as living legend Dave Follansbee battled a very strong Steve Newman. Steve was able to grab the early lead as he threw up a personal best 445 bench, but Follansbee would not be denied as he yanked a whopping 615 off the floor. When the chalk dust settled, both men had an even 1000 lb. total. The first place medal went to Follansbee as he weighed in 12 lbs. lighter than Newman. Afterward, Newman vowed revenge in October. Paul Kulas took third place with an 870 total. Not to be outdone, the 242s put on a competition clinic as just 20 lbs. separated 4th and 1st. Newcomer, Ismael Cintron was very impressive in his first meet, totaling 820 for a 4th place finish. Paul "the Ostrich" Mancini looked especially strong, getting PRs in both lifts and totaling 825 for 3rd. Keith Mountjoy was able to rebound from a weak bench to pull 555 and total 830 for 2nd. The day belonged to James Mosony, as he was able to ride his 335 bench to victory with an 840 total. Chris Sorrell dropped down from the 308 class to take first in the 275s with a 1030 total. He later called out Jason Carroll to meet him at the Record Breakers. Are you up for the challenge Jason? The most impressive lifter was the 308 champ Brian Reynolds. Brian added a couple of pounds to his frame and it showed in his lifts. He nailed his 535 bench and then tore 640 off the floor for an 1175 total. The lifts were good enough to garner him the Best Lifter trophy. As is always customary inside the walls, the older guys came to show their stuff. In the submasters (35-39) Steve Newman took first (Follansbee will never be able to catch him in age) with his 1000 lbs. total followed by Allen Eason at 740 lbs. Following the lead of the 220 lifters, the Masters (40-49) battled it out all day. The separation of 4th and 1st was only 45 lbs. Paul Kulas took 1st with an 870 total followed by Mosony, Mountjoy, and Mancini. My personal favorites, the grandmasters, were also very competitive. Pete Bennett finished at number 1 with a 650 at age 66. Charles Hucklebury, coming out of retirement, took second with a 690 at age 58, and the ever-present Joel Smith took 3rd with a 790 at 50. These guys make it look easy and are an inspiration to anyone who thinks life ends at 40. Once again, NHSP wishes to thank Jamie Fellows for judging and meet set-up. Rodney Roy, the recreation director, for running the meet and making sure everything went off without a hitch. Your hard work does not go unnoticed. And a special thanks to all the spotters, loaders, and judges who volunteer their time and help to make sure that these outside meets can continue inside the walls. (Results by Jamie Fellows)

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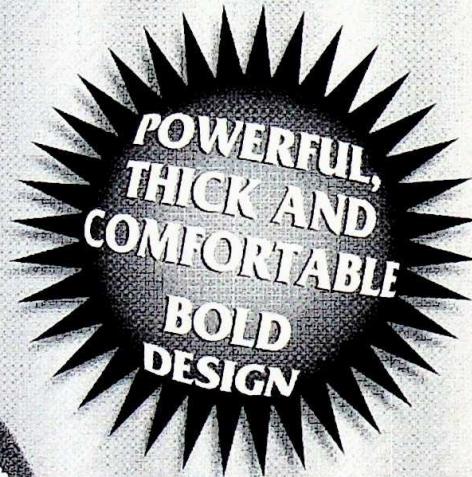
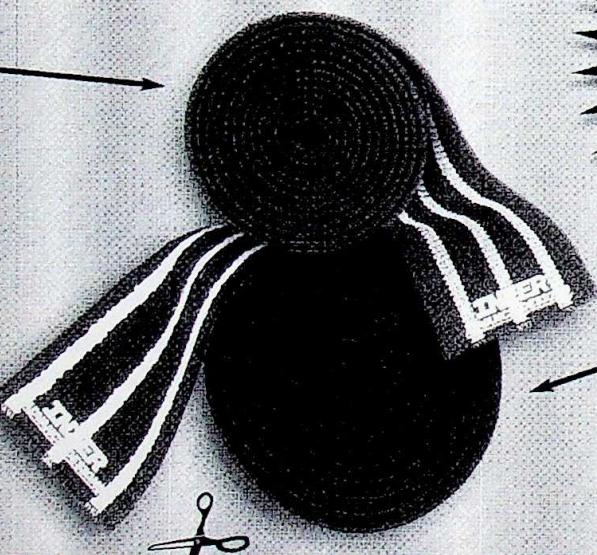
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USAPL Massachusetts HS
13 Mar 04 - East Boston, MA

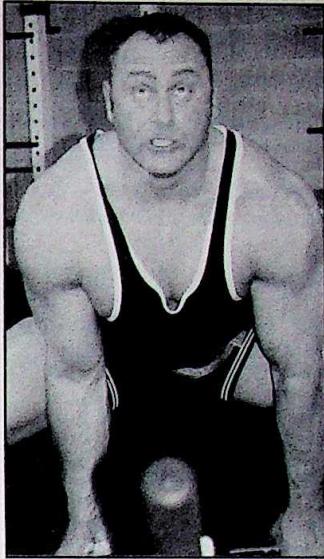
Women V	SQ	BP	DL	TOT
114				
Thuy Tran	115	70	105	290
123				
A. Choquet	—	—	—	—
Men JV-Fr/So				
132				
Scott Silva	255	190	310	765
148				
Joseph Walsh	200	140	280	620
C. O'Harte	185	95	290	570
165				
Nick Gifford	215	185	355	755
Z. Lombardo	135	148	285	565
181				
Ryan Gillan	225	160	300	685
M. Washburn	—	—	—	—
198				
Chris Necchi	285	205	350	840
C. Comeau	260	145	330	735
Josh Montella	—	—	—	—
242				
Thomas Doyle	355	195	405	955
275				
Brett Anderson	380	170	380	930
Men Varsity				
132				
Mike Penza	285	210	330	825
165				
Joe Greaney	300	225	340	895
A. Baptiste	325	175	385	885
Matthew Ball	270	155	365	790
Kory Kubick	225	165	275	665
R. Fasano Jr.	—	—	—	—
181				
Tony Solomon	275	240	385	935
O. Barrows	250	235	365	850
198				
B. Westgate	230	225	300	755
220				
B. McDonough	430	275	475	1200
Matt Mahla	345	230	435	1010
A. Guglielmo	345	210	430	985

Nick Gentile 315 220 405 965
Kyle Gomes 285 225 350 860
R. Pimentel 275 175 355 805

Jared Kelly 450 270 480 1200
Jeffery Wilson 365 235 495 1095
D. Peterson 340 265 455 1060
275
Z. Abrams 260 280 465 1170
T. Harrell 155 120 315 590
SHW

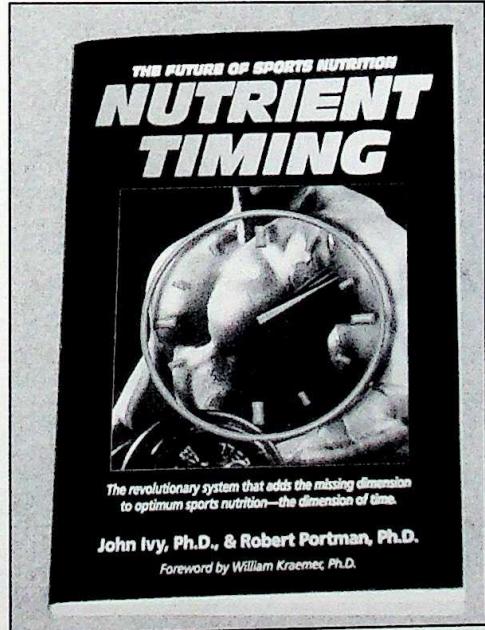
APA Michigan Open
12 JUN 04 - Olivet, MI

WOMEN	SQ	BP	DL	TOT
148 lbs. Teen (16-17)	---	---	250	---
B. Hammons	---	---	---	---
148 lbs. Teen (16-17)	---	---	870	---
C. Ault	280	215	375	870
181 lbs. Junior	---	---	---	---
J. Collins	3775	225	450	1050
Teen (13-15)	---	---	---	---
J. Handrinos	---	---	405	---
198 lbs. Teen (16-17)	---	---	---	---
R. Handrinos	585	390	500	1475
Drug Tested	---	---	---	---
R. Handrinos	585	390	500	1475
220 lbs. M1	---	---	---	---
J. Martin	---	405	---	---
242 lbs. M1	---	---	---	---
K. Bulifant	455	405	475	1335
J. Fields	---	315	---	---
J. Fields	---	---	405	---
275 lbs. M1	---	---	---	---
S. Vickery	---	---	---	---
S. Vickery	---	---	675	---
308 lbs. M1	---	---	---	---
R. Handrinos	625	465	575	1665
Open	---	---	---	---
R. Handrinos	625	465	575	1665
Drug Tested	---	---	---	---
R. Handrinos	625	465	575	1665
Open	---	---	---	---
T. Allred	---	---	---	---
Sub (33-39)	---	---	---	---
T. Allred	---	---	---	---



Scott Vickery pulled a successful 675 at the APA Michigan Open (Photo courtesy of Scott Taylor)

Referees: Kim Newman, Chris Gillette, Woody Woodman, and Scott Taylor. This meet was a lot of fun. Great comradery on the platform and a great bunch of competitors and spectators. Special thanks to Olivet College for the use of the facilities, the spotters who did a great job and prevented a few near accidents, and of course the referees for doing an outstanding job. (Results by Scott Taylor)



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**. These two break down each 24 hour period into 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 Powerlifting USA, Box 467, Camarillo, CA 93011.

APF/AAPF Chicago Summer Bash

26 JUN 04 - Waukegan, IL

Full Power SQ BP DL TOT

APF Men

165

Open

S. Wielgos 440 275 440 1157

Juan Reyes 314 242 402 959

T 13-15

E. Lilliebridge 286 214 418 920

T 16-17

Lilliebridge 330 214 479 1025

182

Open

Brent Davis 523 374 485 1383

F. Moreno 429 275 363 1069

Jr 20-23

Andrew Kim 551 418 501 1471

M 45-49

Mike Brown 490 314 451 1256

198

Open

Scott Chalmers 705 413 584 1703

220

Open

Corey Akers 738 429 617 1785

243

Open

Jason Patrick 1003 595 727 2325

Jose Garcia 975 562 722 2259

Jr 20-23

Nicolas Lepine 666 374 551 1592

276

Open

Noel Levario 970 644 677 2292

Ryan Harth 760 429 711 1901

309

Open

E. Lilliebridge 705 485 705 1896

APF Women

1985+

M 50-54

Sidney Thomps 385 270 253 909

AAPF Men

149

Open

James DiNaso 369 237 424 1030

T 13-15

M. Bordenaro 286 203 303 793

165

Open

C. Reichert 600 308 589 1499

Jr 20-23

B. Richards 352 286 380 1019

182

Open

Andrew Kim 551 418 501 1471

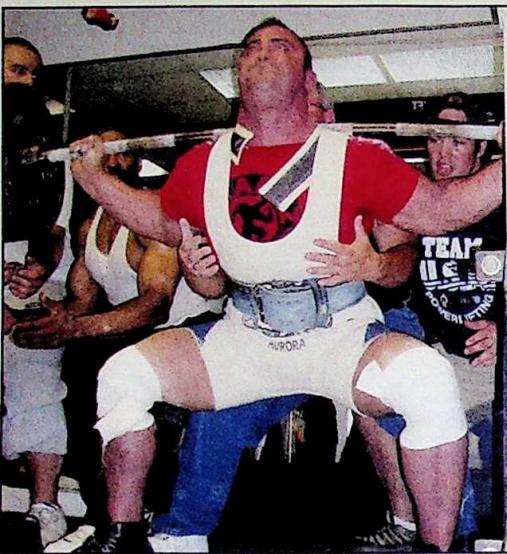
Jr 20-23

Andrew Kim 551 418 501 1471

M 55-59

John Smoker 523 148 374 1047

198



Jason Patrick squats 1003 in the 242 lb. class at the APF/AAPF Chicago Summer Bash ... (photograph provided by the courtesy of meet director Eric Stone)

pleased to be at the Powerhouse Gym in Waukegan, IL. We brought in high quality equipment, including a monolift, Sarden bench, Pansella squat bar, Frantz deadlift bar, and Ivanko kilogram plates. We had 43 lifters at the meet, including some great lifters from the Frantz Power Team, from the Carpenter Powerlifting Team from Iowa, from the University of Illinois powerlifting team, and many others. The highlight of the meet was the 1003 lb squat by 242 lb Frantz lifter Jason Patrick! This big squat put him #4 on Michael Soong's All-Time Rankings. We also had some big squats from fellow Frantz lifters Jose Garcia with a 975 lb squat at 242 lbs, and Noel Levario with a 970 lb squat at 275 lbs. We also had a big 600 lb squat from Gary Reichert at 165 lbs, the host of the APF Wisconsin State Meet on December 11. Finally, Andrew Kim from Illini Powerlifting had one of the grittiest deadlifts I've ever seen with a 500 lb pull at 181. Kim missed the lift on his third, but after receiving some advice from Ernie Frantz to move out his grip, he came back and got it on his third. After the lift, Andrew looked as though he was going to faint, and immediately had to run to locker room to throw-up! The Best Lifters from the meet received a big sword as well as a 5 lb bag of All Pro Protein. The Best Male Powerlifter in the APF and AAPF was none other than 1000-pound squatter Jason Patrick with a 2325 lb total at 242 lbs. The Best Male APF Bench Press went to Noel Levario with a 645 lb bench at 275 lbs. The Best Male AAPF Bench Press went to another Frantz lifter, Bob McConaughey with a 567 lb bench at 242 lbs. The Best Female Powerlifter and Bench Press awards both went to Tywania

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The Summer Bash was a very successful meet with some great lifting. We were

Mississippi State Bench Press

08 MAY 04 - Flowood, MS

132 lb. Class	B. Cameron	425*
Joe Morrow	315*	Ron Jenkins
Bill Surly	300	Hugh Long
148 lb. Class	Heavyweight	
K. Harmon	420*	Leon Thomas
Trey Collins	400	Rick Coleman
165 lb. Class	George Alles	375
J. Shelton	370	JUNIOR
Tom Hubbard	350	Middleweight
F. Hubbard	326	Billy McKee
181 lb. Class	J. Montgomery	335
David Goree	420	Richard Franklin
Brad Busby	405	Heavyweight
Sam Torrance	375	Curt James
198 lb. Class	480*	TEENAGE
Britt Barnes	405	Age 13-16
Joe Moss	390	Lightweight
Gregg Lee	340	T. Buchannon
220 lb. Class	115	Middleweight
Trent Dore	440	Nam Thoong
C. McMullen	430	Heavyweight
Brett Smith	390	Trent Smith
242 lb. Class	335	David Dale
Jason Smith	450	Age 17-19
Roger Bynum	445	Middleweight
T. Mayfield	425	E. Branham
275 lb. Class	380*	Kevin Casey
B. Nichols	606*	E. Burnham
F. Nichols	565	WOMEN'S
A. Sykes	500	Lightweight
SHW Class	Dawn Barnes	90
James Wren	606*	E. Harmon
W. Steward	570	Beth Coleman
Mike Hunter	500	Middleweight
MASTER'S	Brenda Dill	145
Lightweight	W. Davis	
K. Buchannon	190	Heavyweight
R. Blaumiller	175	A. McCreary
Ed St. Pe	170	Christy Smith
Middleweight	S. Duncan	185

Sixty-nine competitors from all over the state competed in the 23rd annual Mississippi Bench Press Championships. Six new state records were broken with the biggest one being in the 275 pound class. Byron Nichols, from the Jackson Courthouse Racquet and Fitness Center team, was the first person ever in the state of Mississippi to bench over 600 pounds in a sanctioned meet. Byron's lift was 606 pounds, which is incredible considering two years ago he shattered his tricep at the state meet. The doctors told him he would never be able to compete again at this level. Boy were they wrong! (On Saturday, May 8, 2004, Byron Nichols made powerlifting history. Competing in the 24th Annual Mississippi Bench Press Championships at the Lakeland



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REGISTRATION FEE (CIRCLE APPROPRIATE FEE)				REGISTRATION NUMBER			
				E-MAIL ADDRESS			

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ACCORDANCE WITH THE RULES OF THE
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SIGNATURE X

Court-house in Flowood, Nichols bench pressed 606 pounds at a bodyweight of 256 pounds to become the first Mississippian to bench press 600 or more pounds in the state's history of organized competitions. His lift also established a new state record for the 275-weight class and secured victory of the Overall Best Lifter Award. The old record was 555 and had stood for five years. Nichols has been competing for ten years, but he said winning these competitions definitely tops the list of all his accomplishments. Two years ago at this meet, Nichols suffered a career threatening triceps injury. In his first attempt at 560 pounds, he tore all three heads of his left tricep and a total detachment of the triceps tendon at the elbow that required surgery. "To come back to this level after such a short period and after a severe injury like he suffered is an incredible testimony ...a miracle almost", says his long-time friend Ken Causey. Causey was also the physical therapist that worked with Nichols during his rehabilitation after surgery at the Baptist Rehabilitation Clinic in Clinton. Causey and Nichols both attended Delta State University and were Kappa Alpha Order fraternity brothers. Nichols currently resides in Flowood and is employed as the Marketing and Membership Director at the Baptist Healthplex in Clinton. He also helps his wife, Joyce, with a home-based business, AdvoCare International's nutritional supplement and skincare products. He is married with two children, Ashlea (age 14), and Wilson (age 10), and attends Pinelake Baptist Church.) In the 148-pound class, Kevin Harmon shattered the old state record with a lift of 420 pounds. Other state records were in the SHW class. James Wren matched the overall state best lift ever with 606 pounds. In the Master's division, Bobby Cameron set a new middleweight record with 425 pounds. The Teenage division's best overall lifter was Evan Branhman, who also set a state record in the middleweight, 17-19 year old class. The Courthouse Racquet

and Fitness club was represented by 21 lifters and has won the overall team competition for the last six years in a row. (Results by Gordon Weir, Meet Director)

AAPF/APF Great Lakes Open 24 JUL 04 - Grand Haven, MI						
BENCH	Mens Open					
Womens	220 - M					
Master (40-44)	Steve Imkamp 123 - F					
Laura Wilson	175	242 - M	Derick Richards	Mark Roman	1545	
Mens		John Fields	Robert Johnson			
Open AAPF		275 - M	Teen (18-19) AAPF			
198 - M		John Zemmin	220 - M			
Frank Schaefer		K. Deweese	A. Jaskierny	545	275	1225
220 - M		308 - M	Master (40-44) AAPF			
Tim Trombly	525	Jamie Shell	242 - M			
308 - M		SHW - M	Douglas Parks			
D. Forstner	515	C. Brandenburg	Master (45-49) AAPF			
Mens		Craig Gallo	242 - M			
Junior (20-23)		Mens	Joe Smolinski	585	465	1600
AAPF		Junior (20-23)	181 - M			
181 - M		275 - M	Mike Jenner			
Joe Fraker	275	Lance Latkiewicz	Master (50-54) AAPF			
Mens		Mens	198 - M			
SubMaster (33-39)		Master (45-49)	Floyd Givens	570	395	1615
AAPF		242 - M	Master (75-79) AAPF			
242 - M		Joe Smolinski	165 - M			
Chip Tallman	585		Ben Creech	125	105	470
Powerlifting	SQ	BP DL TOT	Teen (14-15) AAPF	308 - M		
WOMEN			Tom Skiver	525	400	1405
Teen (16-17)			181 - M			
165 - F			Troy Nelson	405	200	450
K. Czerwic	205	140	275 - M			
Teen (14-15) AAPF		205	P. Stratakis	330	155	785
132 - F			Open			
Sara Skiver	175	80	165 - M			
Master (65-69)		200	Jayson Smith	475	335	1265
SHW - F		445	Tony Fisher	220 - M		
Anna Collins	125	90	Matt Zweng	800	580	2035
MEN		230	Jason Adams	740	480	1830
Open AAPF			Andy Briggs	660	470	1735
148 - M			G. Lanning	600	465	1640
Martin Hardy	405	265	Doug Carroll			
181 - M		460				
John Urchick	650	280				
198 - M		560				
		1490				

J. Thomas	700	405	605	1710	242 - M	
Floyd Givens	570	395	650	1615	John Wagner	
220 - M					Robert Ferris	
M. Szuderick	770	385	620	1775	275 - M	
Evan Simon					Mike Morgan	750
Robert Fuciarelli					Mike Bond	430
242 - M					308 - M	585
J. Caporosso	535	475	535	1545	Robert White	1765
Mark Roman					Dain Soppelsa	
308 - M					SHW - M	
Brian Klaus	725	560	625	1910	P. Stratakis	950
B. Biersbach	620	445	625	1690	Tom Skiver	740
Tom Skiver	525	400	425	1405	Mens	
Robert Johnson					Novice	
Teen (18-19) AAPF					198 - M	
220 - M					M. Howard	500
A. Jaskierny	545	275	435	1225	220 - M	300
Master (40-44) AAPF					Jake Gunter	500
242 - M					242 - M	580
Douglas Parks					220 - M	1285
Master (45-49) AAPF					181 - M	
242 - M					Nicholas Lewis	
Joe Smolinski	585	465	550	1600	Mens IronMan	BP
Master (50-54) AAPF					Master (40-44) AAPF	DL
198 - M					220 - M	TOT
Floyd Givens	570	395	650	1615	Joe Martin	415
Master (75-79) AAPF					Open	500
165 - M					242 - M	915
Ben Creech	125	105	240	470	Eric Morgan	
Teen (14-15) AAPF					275 - M	
308 - M					Matt Kroc	550
Tom Skiver	525	400	480	1405	570	730
181 - M						1280
Troy Nelson	405	200	450	1055	(Thanks to Andy Briggs for these results.)	
275 - M						
P. Stratakis	330	155	300	785		
Open						
165 - M						
Jayson Smith	475	335	455	1265		
181 - M						
Tony Fisher						
220 - M						
Matt Zweng	800	580	655	2035		
Jason Adams	740	480	610	1830		
Andy Briggs	660	470	605	1735		
G. Lanning	600	465	575	1640		
Doug Carroll						

100% Raw Eastern USA Open BP
21 AUG 04 - Stanardsville, VA
198 John Shifflett 340
Open & 20-24 275
Chris Jackson 365* Open & 25-29
65-69 Tim Minor 460*
John Herbein 245* 319
220 Open & 30-34
Open & 40-44 Roscoe Ware 480*
The meet was small, but very fun. RAW lifting is growing and the lifters are doing nice numbers. It is a good change of pace to hit a RAW meet. Look for more 100% RAW bench contests in Virginia in 2005.
(Thanks to John Shifflett for these results.)



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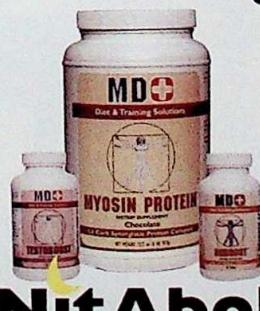
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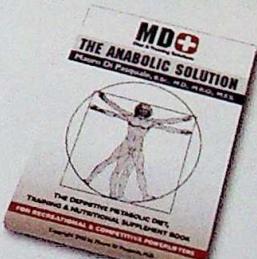
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It will give you the information you need to get the maximum amount of strength and muscle for your weight class, how best to weigh in, and how to perform your best at competitions.

NASA Colorado Grand (kg)
21 AUG 04 - Denver, CO

Bench Only	242			
m1	R. Minshew	150		
181	bpm2			
Larry Dennis	172.5	242		
m5	Neil Miller	147.5		
181	sqsm2			
Larry Dennis	172.5	181		
m1	Mauged Yaft	127.5		
275	bpsm2			
Rick Geller	197.5	242		
m2	John Lynn III	145		
242	bpm4			
Neil Miller	175	242		
m2	Earl Evatt	137.5		
275	bpm4			
H. Blackmon	182.5	242		
m3	Earl Evatt	137.5		
309	bpp			
J. McIntyre	185	242		
sm2	Earl Evatt	137.5		
242	bpm1			
John Lynn III	160	165		
m4	Ken Kaiser	110		
242	sqm2			
Earl Evatt	137.5	220		
mp	R. Scheihing	110		
242	wbpnat			
Earl Evatt	137.5	123		
pure	Heena Patel	70		
242	wbpnov			
Earl Evatt	137.5	123		
wsm2	Heena Patel	70		
132	wbpsm1			
Mary Cincich	57.5	123		
m1	Heena Patel	70		
165	cm1			
Tom Cencich		165		
bpm1	Ken Kaiser	67.5R.	Scheihing	65
182	cm2	145	155	365
Larry Dennis	172.5	181		
dlm1	Neil Miller	73.5Mauged Yaft	60	117.5 132.5 310
165	cnov			
Ken Kaiser	140	181	198	
bpm1	Leo Sanchez	65	John Lynn Jr.	62.5 112.5 117.5 292.5
275	cjr			
Joe Soss	162.5	148	Chad Rohwer	47.5
sqm1	bpm2			
165	181	181	Jim McDermott	
Ken Kaiser	125	181	BP	DL
bpm2	Curl/SQ	BP	DL	TOT
Pl'ing				
m1				
220				
T. Campbell	237.5	175	282.5	695
int				
181				
Leo Sanchez	227.5	137.5	255	620
nov				
181				
Leo Sanchez	227.5	137.5	255	620
m1				
181				
Larry Dennis	195	172.5	195	562.5
m5				
181				
Larry Dennis	195	172.5	195	562.5
m1				
275				
M. Sampson	250	152.5	205	607.5
jr				
148				
Chad Rohwer	122.5	100	182.5	405
nov				
148				
Chad Rohwer	122.5	100	182.5	405
jr				
220				
B. Whiteman	145	120	182.5	447.5
m3				
220				
J. Robinson	175	100	185	460
Power Sports				
int				
220				
D. Heldic	80	140	237.5	457.5
jr				
242				
Zack Dillon	72.5	170	217.5	460
pure				
198				
J. Rasmussen	67.5	145	197.5	410
pure				
308				
David Vara	65	170	185	420
m1				
165				
Ken Kaiser	67.5	110	140	317.5
m2				
220				

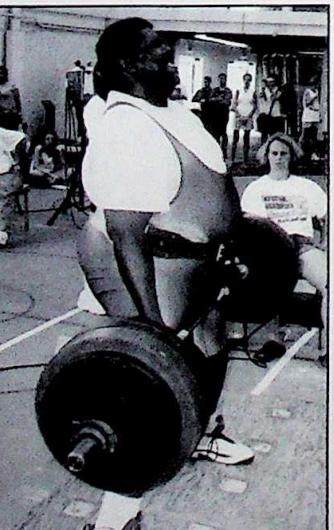


The NASA Commitment to Illinois Special Olympics remained high for 2004 with this group working the June 11 and 12 Powerlifting Venue at the Summer Games on the campus of Illinois State University. Helping out were (front, l-r) Linda Sanders, Jason Sanders, Chase Robinson, Michael Ewoldsen, Ashton Ewoldsen, Daria Ewoldsen, Mike Ewoldsen, (middle, l-r) Jordan Wathan, Cynthia Welty, Callie Ettleston, Erica Ewoldsen, Mable Smith, (back, l-r) Superspider Sanders, Adam Henson, Bethany Schwaninger, Shain Curtis, Randell Flood, April Smith, and (absent) Olivia Markham, Alice, Jason, and Meghan Robinson. (Photographs provided by courtesy of Lindell Smith)

Joanna Rush 205 90 235 530
(Thanks to USAPL for providing results.)

Illinois Special Olympics
11-12 JUN 04 - Charleston, IL

WOMEN	BP	DL	TOT
Teen			
181 lbs.			
H. Felles	100	205*	305
Juniors			
198 lbs.			
L. Phillips	—	225*	—
227 lbs.			
S. Dunn	80	185	265
Intermediate			
123 lbs.			
S. Wall	70	90	160
220 lbs.			
N. Riggs	100*	180*	270*
275 lbs.			
S. Taylor	65	—	—
Submasters-1			
110 lbs.			
E. Banda	—	75*	—
148 lbs.			



Big Mike Brown locks out a 455-pound deadlift to edge out John Fajdich for the Master's 1 Superheavyweight title with a combined total of 640 pounds.

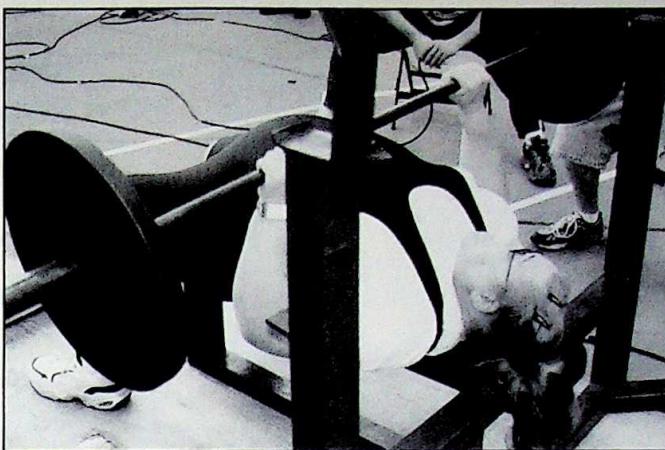
L. Newbury	55	95	150
E. Morin	—	85*	—
181 lbs.			
C. Kelly	90	145*	235
198 lbs.			
L. Penkas	75	220*	295*
242 lbs.			
G. Reed	75	110	185
315 lbs.			
S. Campbell	125	335	460
Submasters-2			
148 lbs.			
K. Baker	—	65	—
242 lbs.			
Kasie Kreitz	105	125	230
Masters-1			
123 lbs.			
M. Weber	90	185	275
MEN			
Teen	123 lbs.		
C. Moore	65*	130*	195
132 lbs.			
M. Navy	85	125*	210
148 lbs.			
D. Dickens	150	225	375
D. Kelly	115	225	340
C. Slater	110	225	335
G. Mata	—	100*	—
165 lbs.			
R. Beat	120	165	285
B. Salzer	85	165*	250
181 lbs.			
C. Love	115	230	345
198 lbs.			
T. Mabbott	150	225	375
227 lbs.			
S. Logan	205	305	510
E. Gosa	160	275	435
A. Carlson	150	250	400
S. Waynanska	100	285*	385
242 lbs.			
C. Tucker	130	140	270
315 lbs.			
N. Smith	145	—	—
Juniors			
110 lbs.			
J. Klotzke	150	220*	370
165 lbs.			
W. Rodriguez	105	—	—
181 lbs.			
J. Campbell	145*	295*	440*
J. Smith	155	250	405
M. Dickson	110*	235*	345*
K. Kelly	100	175*	275
R. Steil	95	180	275
E. Morales	65	—	—
198 lbs.			
T. McKeon	105	185*	290
227 lbs.			
B. Simpson	135	225	360
242 lbs.			
J. Homke	155*	285*	410*
275 lbs.			
C. Chesson	140	265	405
D. Miller	—	260	—
Intermediate			
123 lbs.			
A. Richards	50	110*	160
148 lbs.			
J. Zils	115	235	350
C. Skaggs	105	135	240
165 lbs.			
M. Talley	185	305	490
D. Hernandez	125	245*	370
181 lbs.			
T. Callahan	220	240	460
P. Kozora	115	315	430
198 lbs.			
A. Mascheroni	230	355	585
A. Richards	135	240	375
M. Swieszcs	130	155	285
227 lbs.			
R. Prieto	—	120*	—
D. Zimmerman	195	335	530
M. Bray	145*	315*	460*
S. Clancy	145	245	390
L. Taylor	115	190*	305
242 lbs.			
B. Evans	195	325	520
C. Bosomworth	135	315	450
275 lbs.			
Doorneweed	135	215	350
SHW			
J. Jolly	165	280	445
Submasters-1			
132 lbs.			
C. Rodriguez	100	—	—
148 lbs.			
J. Hyatt	105	160	265
J. Abdalah	70	105	175
181 lbs.			
T. Eller	215	315	530

J. Whiteside	160	260	420
198 lbs.			
D. Piercy	175	285	460
S. Hurley	105	210	315
227 lbs.			
C. Hopkins	165	325	490
T. Strack	130	235*	365
B. Weekly	85*	185*	270*
315 lbs.			
E. Doby	235	305	540
B. Stroud	200	355	555
D. Phillips	125	255	380
J. Raschke	—	195	—
Submasters-2			
148 lbs.			
T. Hahn	120	205	325
165 lbs.			
T. Collins	125	250*	375
181 lbs.			
B. Lewis	155	175	330
198 lbs.			
R. Levinthal	150	240	390
220 lbs.			
A. Perkins	150*	240	390
242 lbs.			
S. Seger	135	315	450
275 lbs.			
E. Polivka	215	395	610
J. Conley	95*	180*	275*
Masters-1			
165 lbs.			
F. Benitz	50	70	120
198 lbs.			
B. Lanham	185*	335*	520
242 lbs.			
A. Perez	85	115	200
315 lbs.			
M. Medina	65	105	170
SHW			
M. Brown	185	455	640
J. Fajdich	205	385	590
Masters-2			
132 lbs.			
B. Seeforth	80	180*	260
148 lbs.			
M. Cavanaugh	110*	225*	335
165 lbs.			
M. Balich	50	70	120
198 lbs.			
R. Bridges	65	—	—
275 lbs.			
F. Olivo	105	195	300
*=PR.			

(Thanks to Lindell Smith for these results)

APC Nationals 19 JUN 04 - Athens, GA

BENCH	Kevin Crump	167.5
Teenage 13-15	Masters 40-45	
90	Miguel Rodriguez	
M. Hartsock	167.5 Masters 45-49	
140	90	
Wes Oldham	165 Steve Smith	165
Teenage 18-19	67.5	
82.5	G. Bradley	97.5
S. Faulkner	187.5 Sub-master 35-39	
Junior	100	
90	Kevin Meffert	110
C. Maddox	192.5 Masters 50-54	
Open	82.5	
100	Steven Kyllis	145
Chris Scott	190 90	
Lee Cates	157.5 Garry Glenn	142.5
Trey Brewer	82.5	
110	Masters 55-59	
Jody Freeman	172.5 100	
125	Yan Howah	202.5
S. Parkhurst	235 P. Newsome	172.5
Robert Paden	200 Masters 85-89	
H. Powers	197.5 82.5	
140+	S. Montrose	60
Powerlifting	SQ BP DL TOT	
Women master		
52		
50-54		
W. Burnette	102.5 75	120 297.5
Women master 40-44		
M. Kirkland	172.5 77.5	157.5 407.5
Women open		
M. Kirkland	172.5 77.5	157.5 407.5
Men open teenage 13-15		
67.5		
Roy Fowler	112.5 62.5	115 290
82.5		
J. DeCarish	122.5 105	152.5 380
110		
Randy Smith	180 117.5 220	517.5
Open men		
100		
S. Radford	272.5 212.5 275	760
Steve Fogle	235 102.5 212.5 550	



Shannon Campbell at the Illinois Special Olympics held in Charleston, IL., pushed 145 lbs. this far before it stuck. The Sub-Master's #1 lifter still posted the meet's heaviest women's bench press at 125 lbs.

110	Casey Cason	210	150	210	570
Andy Fowler	220	160	200	580	
125	Mike Lanier	392.5	227.5	340	960
S. Parkhurst	337.5	235	340	867.5	
140	Jeff Vaughn	395	235	325	955
Junior men					
110	Casey Cason	210	150	210	570
82.5	Sub masters men				
110	Andy Fowler	220	160	200	580
Master men 40-44					
125	Tom Wright	295	137.5	230	662.5
Master 45-49					
Master 50-54	Ronnie Baker				
82.5	Steven Kyllis	217.5	145	220	582.5
Master 85-89					
82.5	S. Montrose	45	60	100	205

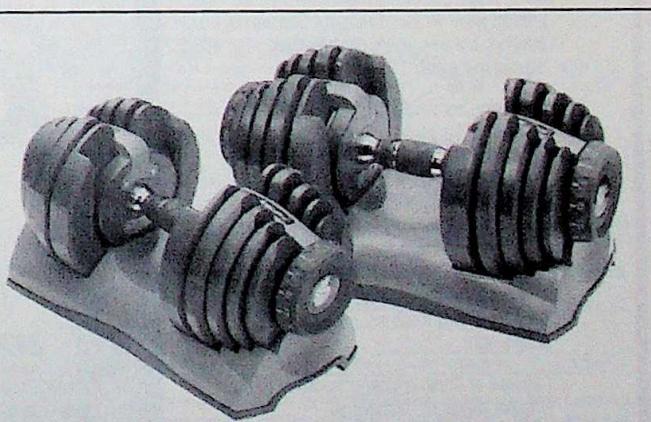
The second annual American Powerlifting Committee (APC) National Championships were held at the Holiday Inn in Athens, Georgia June 19, 2004. Thanks to the spotter/loaders, (the best there is), the judges, and the table crew for their tireless help. Without these hard working individuals there would be no powerlifting. Congratulations to Wanda Burnette and Margaret Kirkland who made WPC Master Women World Records and a spot on the American Team to the World Powerlifting Championships November 3-7, 2004. Thanks go out to the North Georgia Barbell Club for their support and congratulations to Mike Lanier for his prs in the squat and deadlift. The teenage division was dominated by Randy Smith followed by Jamar DeCarish and Roy Lee Fowler. Steve Radford led the way in the 100kg class followed by Steve Fogle. In the 110 it was Andy Fowler edging out Casey Cason by 10kgs. Mike Lanier took the 125kg over a close second by Stephen Parkhurst who had a new bench shirt and a pr in the bench. The sub-master men was Andy Fowler over Casey Cason. The master men was dominated by Athens native Tom Wright over Steve Kyllis of Florida. Stephen Montrose had another good day in his words "by waking up again" and dominating his own class, the 85-89. At a young 87 he set the standard for all to follow with all WPC World Records. In the bench only division the Kidd Team from Gainesville, Ga. And coached by Mike Kidd took the team honors with many American Records and a WPC World Record by Stephen Faulkner. In the 13-25 division Micah Hartsock over Wes Oldham and the unstoppable Stephen Faulkner in the 18-19 division. Caleb Maddox took the junior division. In the open class Chris Scott led in the 100kg followed by Lee Cates. Jody Freeman

AAU Mass State 25 JAN 04 (kg)					
Powerlifting	SQ	BP	DL	TOT	
132					
RAW JR					
Cancellara	95	57.5	127.5	280	
148					
RAW SUB					
S.LOGAN	87.5	40	90	217.5	
RAW SUB/OPEN					
J.GARDELLA	120	102.5	122.5	345	
RAW40-44/OPEN					

M.CROWLEY	52.5	42.5	77.5	172.5
RAW50-54/OPEN				
BACHELLER	52.5	37.5	67.5	157.5
181				
RAW40-44				
R.FAHY	62.5	50	67.5	180
132				
RAW/EQIP OPEN				
E.Kupperstein	190	110	225	525
148				
EQUIP45-49				
T.MCCARTY	190	117.5	210	517.5
165				
RAW10-11				
E.J.CROSS	60	35	77.5	172.5
198				
Guest Lifters				
D Mansfield	220	125	230	585
C Peters	230	155	255	640
165				
RAW NOVICE				
J.KIRBY	142.5	125	205	472.5
RAW OPEN				
M.DEE	102.5	125	142.5	370
RAW OPEN				
J.BREAUTL	157.5	127.5	192.5	477.5
EQUIP SUB/O				
G.MARSHALL	240	182.5	242.5	665
EQUIP OPEN				
A.SHOCKET	232.5	157.5	240	630
EQUIP65-69				
L.MCCRARY	122.5	65	157.5	345
181				
EQUIP JR				
M.MALVESTI	200	115	227.5	542.5
RAW45-49				
D.SCHUMAN	220	142.5	215	577.5
198				
EQUIP40-44/O				
R.JOHNSON	240	135	260	635
RAW45-49				
J.BYRNE	147.5	132.5	205	485
220				
RAW45-49				
K.MARSHALL	115	95	207.5	417.5
242				
RAW OPEN				
J.PIERSON	240	175	292.5	707.5
RAW40-44/O				
M.EMERALD	220	165	230	615
RAW40-44				
J.BUCKLES	165	135	195	495
RAW45-49				
B.REILLY	170	170	227.5	567.5
275				
RAW JR				
B.LANOUX	112.5	67.5	297.5	477.5
RAW SUB/OPEN				
L.MCCGRANE	227.5	165	275	667.5

(Thanks to Larry Larsen for these results.)

NEW PRODUCT



Bowflex® Select Tech™ Adjustable Dumbbells are adjustable in 2.5 lb. increments up to 25 lbs. and in 5 lb. increments up to a max weight of 52.5 lbs. Each weight is secured and fully engaged on the handle as a result of patent pending technology. All weights on each side are covered with a thermal plastic, while the core of each weight is steel. The plates are resistant to water and/or perspiration. Retail price is \$350. Check www.bowflexstretch.com for availability.

Hillbilly Classic BP/Push-Pull	114 lbs.
21 FEB 04 - Summersville, WV	J. Bostic 72 193
DEADLIFT	M. Swiger 275
MEN	C. Brezenski 66 187
Pure	K. Barnette 275
165 lbs.	C. Miller 92 215
A. Hellums	Submaster 165 lbs.
S. Wile	T. Barker 253
Master 1	C. Brown 93 187
E. Petite	419 T. Barker 253
181 lbs.	198+ lbs.
Junior	402 Pure A. Sears 177 203
J. Wince	J. Bandy 253 BOYS
Submaster	309 Master (60-69) 114 lbs.
M. Swiger	K. Samples 248 C. Stiltner 160 ---
Pure	198 lbs. W. Brezenski 83 160
J. Bandy	474 Pure 123 lbs.
Submaster	B. Bostic 347 M. Carden 132 288
T. Barker	413 C. Cowell 343 T32 lbs.
198 lbs.	Master 1 M. Johnson 143 308
Pure	375 D. Smith 325 148 lbs.
B. Bostic	Submaster Z. White 148 281
C. Cower	352 D. Taylor 288 165 lbs.
B. Nunley	Pure M. Anderson 138 281
220 lbs.	B. Nunley 275 J. Deal 160 259
M. Morrison	545 220 lbs. 181 lbs.
242 lbs.	440 M. Morrison 342 I. Comer 220 325
M. Runyon	380 Submaster J. Johnson 237 297
242 lbs.	297 M. Martin 198 lbs.
242 lbs.	440 E. Pennington --- D. Kipp 259 341
M. Runyon	242 lbs. 220 lbs.
Master 1	556 Pure J. Lester 143 308
R. Cox	M. Runyon 451 242 lbs.
WOMEN	375 275 lbs. B. Bundy 325 446
148 lbs.	W. McComas 529 M. Wright 270 419
C. Ramsey	WOMEN J. Woods 231 386
BENCH	303 123 lbs. C. Smith 143 225
165 lbs.	Master (40-49) Meet director: Jim Adkins. MC: Susan Van Hoose. Judges: Greg Van Hoose, Jon Orr, Mark Rexroad. Special Thanks goes to the Summersville Community Center for the use of their facilities. Forty-eight lifters competed. Special thanks also goes to Jack and Sue-Ann Pack for their dedication in helping the young lifters from the Pikeview High School team. The students were very well behaved and well coached. I appreciate Jack and Sue-Ann giving back so much to the sport. Best Lifters by formula were: BENCH PRESS Warren McComas, DEADLIFT Brian Bostic, HIGH
Pure	M. Nunley 115 148 lbs.
S. Wiley	288 Pure
A. Hellums	243 C. Ramsey 182 181 lbs.
Master 1	220 Submaster S. Taylor 12 Master
E. Petite	364 G. Perrine 99 181 lbs.
181 lbs.	Junior 12
Junior	J. Wince 364 G. Perrine 99
J. Wince	Submaster 181 lbs.
PUSH-PULL	PUSH-PULL
High School	High School
GIRLS	GIRLS
	BP DL



Camille Ramsey was the Best Female Lifter at the NASA Hillbilly Classic (Photograph by Ken Samples, courtesy James Adkins)

SCHOOL BOYS PUSH-PULL Brett Bundy, HIGH SCHOOL GIRLS PUSH- PULL Ali Sears, WOMENS DEADLIFT Camille Ramsey, WOMENS BENCH PRESS Camille Ramsey. (These results by James Adkins)

NASA Tennessee Grand (kg)	
19 JUN 04 - Nashville, TN	
Powerlifting	SQ BP DL TOT
hs	
181	J. Benefield 177.5 148.5 185 511
int	
220	

Justin Abnee	m1	181
Brett Boyer	255	177.5 257.5 690
m2	220	
B. Beerman	235	160 242.5 637.5
nov	220	
N. Benefield	142.5 115	170 427.5
pure	220	
Justin Abnee	275	
T. Dunlap	282.5 185	272.5 740
shw		
M. Garrett	165	65 155 385
sm1	242	
John Maggart	295	197.5 260 752.5
shw		
B. Icenhour	365	185 285 835
smp	275	
T. Dunlap	282.5 185	272.5 740
teen		
S. Donahue	272.5 147.5 232.5 652.5	
Bench Press		
m1	165	
Scott Fikes	142.5	
m3	220	
Ronnie Finch	137.5	
Power Sports	int	
198		
B. Bradley	60	160 227.5 447.5
m1	181	
Eric Coulu	70	147.5 220 437.5
242		
R. Dilworth	85	182.5 272.5 540
pure		
shw		
M. Garrett	42.5 65	155 262.5
smp		

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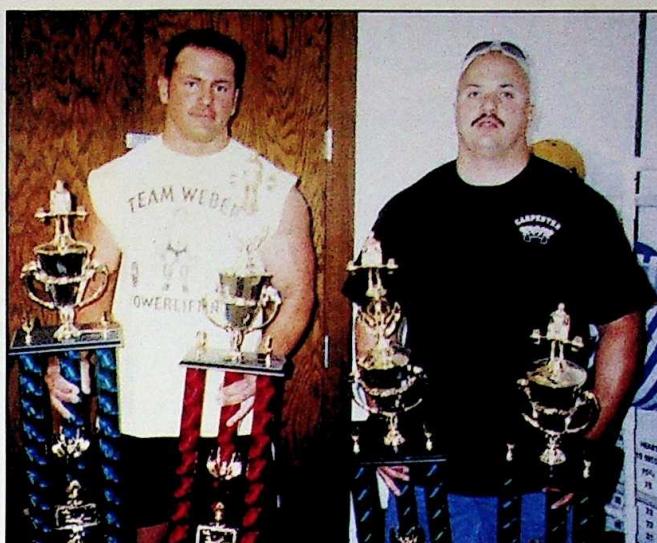
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181
 Eric Joseph 60 135 212.5
 407.5
 sqhs
 198
 D.McElhenny 175 175
 sqm3
 220
 Ronnie Finch 185 185
 sqpre
 shw
 M. Garrett 165 165
 sqsmp
 181
 Eric Joseph 167.5
 167.5
 Push/Pull
 m2
 220
 Bruce Beerman 160 242.5 402.5
 (Thanks to Richard Peters for the results)

SLP Clinton Family YMCA

18 JUL 04 - Clinton, IA
BENCH PRESS F. Luyando 550
 junior men 275
 198 Paul Harris 525
 Dan Herrig 325* 308
 submaster men Joel Miller 425
 181 DEADLIFT
 Steve Rieger 360* junior men
 198 220
 Kurt Hook 350 Sam Kelly 360*
 (4th) 365* (4th) 380*
 220 submaster men
 Roger Deyo 370* 198
 master men 40-44 Kurt Hook 560*
 198 (4th) 570*
 D. Geronzin 330 master men 40-44
 220 198
 Rob Putman 300* D. Geronzin 430
 (4th) 325* police & fire
 master men 45-49 242
 242 Joe Duerr 525*
 Kurt Haines 405* open men
 open men 220
 220 Dana Espe 605*
 Jay Cravatta 535* 275
 (4th) 555* F. Luyando 585
 242 shw
 Rob Luyando 570* Adam Miller 620*
 275

* Son Light Power Iowa state record. BP -Best Lifter - ROB LUYANDO. DL - Best Lifter - DANA ESPE. The Son Light Power Clinton YMCA Bench Press/Deadlift Championship was held at the YMCA in Clinton, Iowa on July 18, 2004. Thanks to Kurt Haines for all his help organizing this event and to the staff at YMCA for all their help. In the bench press event first-time competitor Dan Herrig had a good day, finishing with a new Iowa state record of 325 at junior 198. At submaster 181 it was Steve Rieger, breaking the state record there with 360. Kurt Hook moved up to the 198 class where he finished with 350, then returned for a successful fourth of 365, setting the state mark there. At submaster 220 it was Roger Deyo, lifting in his first competition and finishing with a new Iowa state record of 370. At master 40-44/198, another first-time lifter, Dwyane Geronzin, won with 330. We had two lifters in the raw bench press division, both setting new state records for their respective classes. At 40-44/220 it was Rob Putman who finished with 300 before making a fourth of 325. Kurt Haines set the mark at 45-49/242 with 405, just missing a fourth with a new personal best 415. In the open division Jay Cravatta broke his own state record, which had stood at 530, with his 535 final attempt. Then a fourth at 555 was also good, not only a new state record but a new personal one as well! Best lifter Rob Luyando only got in his opener at 570, which was a new Iowa state record at 242, but he came close with a personal best 605 final attempt at a 230 bw! At 275 it was a battle between Frank Luyando and Paul Harris. Frank took the win with a new personal best 550 while Paul finished with his opener of 525. Paul missed with 575 and 600, then even attempted 675 with a tighter shirt, but no go! Last of the open benchers was Joel Miller who won at shw with a new personal best 425. In the deadlift



Dana Espe & Rob Luyando were Best Lifters at the SLP Clinton YMCA BP/DL Championship (Photograph courtesy of Dr. Latch)

competition Sam Kelly set the state record at junior 220 with his 360 third, followed by his 380 final attempt. This was Sam's first competition. At submaster 198 Kurt Hook finished a perfect eight for eight day of lifting, setting his second state record of the day with his 560 third, then his 570 fourth attempts. Joe Duerr continues to get stronger with each new competition, taking the police & fire/242 class here with 525, breaking his own state record by 20 pounds! Then at 40-44/198 it was Dwayne Geronzin again with a personal best 430. In the open division Dana Espe pulled a great state record 605 for the win at 220. Weighing in at just 214, Dana was also awarded the best lifter trophy for the deadlift competition. At 275 it was Frank Luyando with his second title of the day, finishing with a personal best 585. Big Adam Miller looked strong at shw with a great new personal best and Iowa state record 620 pull! Thanks to Bob Weber for all his help, especially with some of the new lifters and to his wife Jerri for serving as head judge for the deadlift competition. It was great to

meet Bob and Jerri, who are two of the greatest master lifters in the history of the sport and two people who have touched the lives of so many people over the years. Thanks also to my son Joey and to Justin Maurer for all their help loading and spotting. See you all again this fall! (These results provided by Dr. Latch)

APF Stack's Gym East Coast
20 MAR 04 - Woodstock, GA

	SQ	BP	DL	TOT
Teen				
181 lbs.				
C. Clark	510	365	450	1325
198 lbs.				
D. McLaughlin	500	330	460	1290
242 lbs.				
B. Pauley!	595	405	610	1610
D. Gralming	500	330	520	1350
275 lbs.				
P. Hoizl	500	440	400	1340
S. Hodge	525	290	420	1235
Novice				
275 lbs.				
A. Hunt	605	425	550	1580
J. Lamb	500	335	475	1310
SHW				
J. Fagan	600	500	500	1600

	585	405	500	1490
B. Endress	520	300	470	1290
OPEN				
181 lbs.				
T. Lewis	575	365	520	1460
C. Clark	510	365	450	1325
R. Lovelace	490	135	135	760
198 lbs.				
R. Lunsford	635	450	600	1685
L. Hodges	600	440	515	1555
242 lbs.				
C. Mason!	825	615	660	2100
B. Pauley	595	405	610	1610
275 lbs.				
S. Richards	730	505	600	1835
A. Hunt	605	425	550	1580
308 lbs.				
M. Inabinett	675	0	0	—
SHW				
J. Searcy	800	365	750	1915
BENCH				
R. Wright	385			
Novice				
B. King	220 lbs.			
G. Abbott	435	242 lbs.		
220 lbs.				
J. Ladnier!	705			
B. King	415	J. Glanville	500	
242 lbs.				
R. Dorsey	440	275 lbs.		
275 lbs.				
P. Anderson	555			
E. Mitchell	425	C. Edalgo	510	
SHW		G. Wright	365	
J. Fagan	500	308 lbs.		
OPEN				
R. Pelis	460			
181 lbs.				
SHW				
M. Harrell	220 P. Lemon			520
198 lbs.				

!=Best Lifter. The 4th annual Stack's Gym East Coast Power and Bench Press Meet was a success. This 2 platform meet ran very smoothly and attracted many very talented APF lifters and many more first time lifters and aspiring talents. Powerlifting legend Joe Ladnier came up from Mississippi to crush a helpless 705 bench press under official APF sanction and to give an all-time 242 record 745 a solid ride to near lockout. Chris "Ox" Mason showed mastery in all 3 disciplines at 242 and took home the coveted Open Best Lifter award with a huge 2100 total. The APF in Georgia is growing fast and strong and this meet turned out a promising group of teenage athletes led by 221 pound Brent Pauley, only 17, and totaling 1610 with an effortless 610 deadlift and 595 squat. Special thanks to meet director Bobby Pauley, owner of Stack's Gym, for orchestrating a fantastic APF power meet and a great support staff from start to finish. (Thanks to Jon Grove, APF State Chair, for providing these meet results)



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	Regular Fee	*AB* Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available

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

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Club No.:	Club Name:	E-Mail:
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NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____

Parent/Guardian Signature _____



A 500 lb. Bench Press for a Woman was almost unthinkable ... Becca went and did it!

accepts me and that I accept. I love APF meets, always fun and high energy. As far as forming opinions about conflicts between federations, that is territory I prefer not to venture into.

Sakari Selkäinaho: What negative things would you eliminate?

Becca Swanson: I chose not to think of any negative.

Sakari Selkäinaho: Do you see any differences between men's and women's training?

Becca Swanson: Men and women at Big Iron train no different. Women just need to make smaller jumps in weight when getting close to their max.

Sakari Selkäinaho: You have also done some strongwoman meets, did you like those?

Becca Swanson: I don't like the lack of a consistent and fair qualification process. The best girls get cheated out of competing at the Worlds. I work off of breaking barriers and records. In strongwoman I never found a base of records or numbers to go off of because each contest's implements are so different. I like the athletic training that strongwomen requires. I liked the fact that I could train outside, but they are two different sports. Like I said before, powerlifting is in my blood.

Sakari Selkäinaho: Any future plans, the world's strongest woman contest perhaps?

Becca Swanson: The qualification process is not what it seems. I was forbidden to go in prior years because Doug Edmonds said he would never invite me. Then when he was losing his ass on the crappy show he had in 2003, he thought he might be able to use me in 2004. I even considered it, but my body decided to break this year. I am recovering from bicep surgery on both arms. So, I have no plans for

strongwoman.

Sakari Selkäinaho: You have a video together with Jill Mills?

Becca Swanson: Yep, that is one of the greatest projects I have ever done. I am going to cherish the videos and the photo shoot pictures for the rest of time. Jill is a great athlete and an even better friend. The videos are for sale on our websites, www.beccaswanson.com and www.jillmills.com.

Sakari Selkäinaho: How do you see a value of proper nutrition for powerlifters?

Becca Swanson: I am sure there is value in proper nutrition. I haven't gotten to a plateau where I need to focus there. Yet, I would say 95% of powerlifters do need to focus on proper nutrition.

Sakari Selkäinaho: What type of diet do you follow personally?

Becca Swanson: I just make sure I get plenty of protein throughout the entire day: breakfast, lunch, dinner and in between. Other than that, I need really high carb and fat to maintain a bodyweight of 240 lbs. Cookies are my favorite diet supplement.

Sakari Selkäinaho: How has it affected your own training?

Becca Swanson: My increased bodyweight has been one of the keys to my success in late 2003 and into 2004.

Sakari Selkäinaho: Do you use any supplements?

Becca Swanson: I am really happy with the bodyweight increase FSI Effervescent Creatine has given me. I don't think I could have maintained 240 lbs. without it. I also use their multi-vitamin and glutamine, faithfully.

Sakari Selkäinaho: How do lifters look up to you?

Becca Swanson: I get positive feedback from men and women at all levels, I think because I have taken records by hundreds of pounds. When I lift, I never stop fighting, and people find inspiration in that. I feel lucky to be in a position where I can inspire others. I am lucky to have found what I am good at.

Sakari Selkäinaho: How do you spend your spare time between work and training?

Becca Swanson: Since we own our own gym, there is no such thing as spare time. I am at the gym 12-14 hours a day.

Sakari Selkäinaho: You now hold the biggest all time numbers in every powerlift. What is your next goal?

Becca Swanson: I know this is a disappointing answer, but since I am injured, I just need to focus on healing up above anything else.

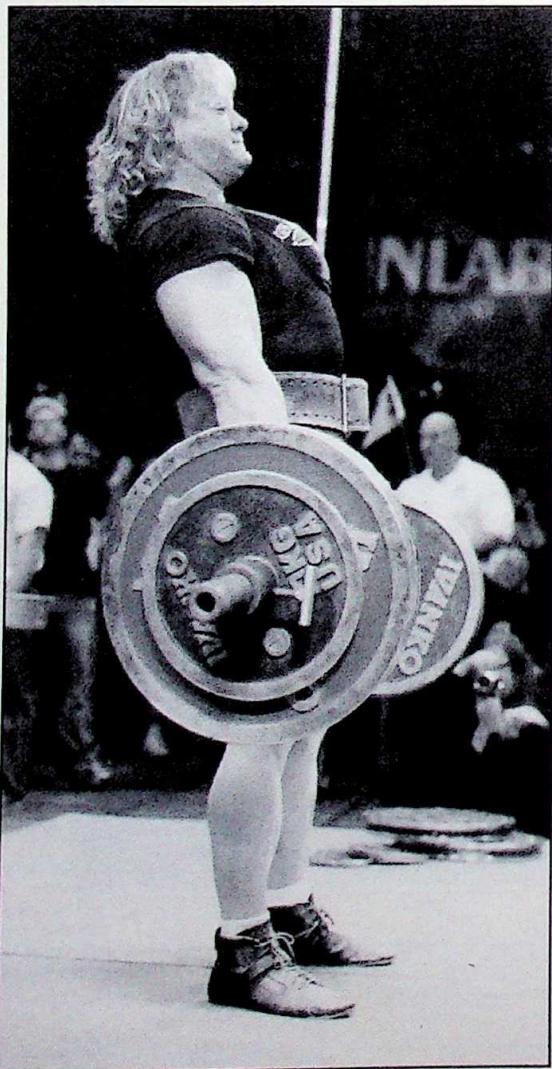
Sakari Selkäinaho: How do you stay motivated?

Becca Swanson: I go for the numbers. I break barriers. I am also motivated by the fear of not improving.

Sakari Selkäinaho: Any final comments?

Becca Swanson: Powerlifting is such a great sport. A person can be any age, sex, height or weight to compete. This sport is continually gratifying. You definitely get out of it what you put in.

Sakari Selkäinaho: Becca, thanks for the interview and all the best for your career. Heal fast.



Becca has proven to be the best at every lift she tries!

Lawrence County Super BP/DL

21 MAR 04 — New Castle, PA
 BENCH Grandmaster 60-69
 Men's Open 242 lb.
 148 lb. Bill Bindinotto 330

C. Venturella 375 Youth (8 year old)
 181 lb. 75 lb.
 Tom Proya* 490 Austin Smith* 60
 Sonny Shaef 310 (9 year old)
 220 lb. 65 lb.
 Mark Keyser 425 David Wright* 60
 242 lb. (10 year old)
 Terry Gibson* 600 70 lb.
 275 lb. Dylan Jones* 80
 Dave Peterson 500 (13 year old)
 Nate Rolle 430 114 lb.
 308 lb. Bobby Jones* 110
 Jeff Peshek* 650 Teen (14-16)
 L. Anderson 440 114 lb.
 SHW Justin Gates* 85
 Brad Powell* 600 132 lb.
 Men's Raw John Malizia* 140*
 114 lb. 308 lb.
 H. Claypatch* 185 David Yash* 400*
 165 lb. Teen (17-19)
 W. Claypatch* 280 114 lb.
 181 lb. H. Claypatch* 185
 Ron Johnson 380 181 lb.
 Mike Rice 365 N. Dechicko* 440
 198 lb. 198 lb.
 Vinson Moore* 340 C. Desau* 385
 242 lb. 275 lb.
 C. Bednar 370 Dave Fox* 390
 275 lb. WOMEN
 Pat Morgan 370 Teen (17-19)
 308 lb. 198 lb.
 Barry Clark* 500 Jackie Welsh* 165
 Police and Fire Open
 181 lb. 181 lb.
 Ron Johnson* 380 S. Faulkner* 115
 220 lb. DEADLIFT
 Robert Verdi 390 Youth (10 year old)
 242 lb. 70 lb.
 G. Author* 375 Dylan Jones* 175
 Men's Novice (13 year old)
 148 lb. 114 lb.
 D. Dessau* 280 Bobby Jones* 235
 165 lb. WOMEN
 T. Guarneri* 270 Teen (17-19)
 198 lb. 198 lb.
 John Vanatten* 320 Jackie Welsh* 235
 220 lb. MEN
 Floyd Jackson 275 Teen (17-19)
 Junior (20-23) 181 lb.
 165 lb. N. Dechicko* 585
 Brad Myers 220 198 lb.
 242 lb. Josh Vanatten* 490
 R. Chumura* 425 Junior (20-23)
 Submaster (33-39) 165 lb.
 148 lb. Brad Myers* 370
 D. Dessau* 280 242 lb.
 220 lb. R. Chumura* 585
 Mark Keyser* 425 Submaster
 Marc D. Kuntz 350 148 lb.
 242 lb. D. Dessau* 370
 Terry Gibson* 600 Masters (40-49)
 275 lb. 198 lb.
 Pat Morgan 370 Joe Valchine* 590
 Masters (40-49) 229 lb.
 165 lb. Robert Verdi* 375
 W. Claypatch* 280 242 lb.
 181 lb. C. Bednar* 485
 Tom Proya* 490 Grandmaster
 220 lb. 132 lb.
 Robert Verdi 390 F. Principatti* 300
 F. McLaughlin 360 198 lb.
 242 lb. B. Danchank* 475
 C. Bednar 370 308 lb.
 Bill Valentine 350 W. Miller* 515
 Jerry Wilson 310 Police and Fire
 275 lb. 181 lb.
 Nate Rolle 430 Tom Dowdell* 430
 308 lb. 220 lb.
 Jeff Peshek* 650 Robert Verdi* 375
 Barry Clark 560 242 lb.
 Grandmasters 50-59 G. Author* 650
 181 lb. Men's Novice
 Tom Rice* 300 148 lb.
 198 lb. D. Dessau* 370
 B. Danchank* 315 198 lb.
 308 lb. D. Volocko* 550
 Bob Boyer* 400 Men's Raw
 198 lb. Vinson Moore* 525
 Powerlifting SQ BP DL TOT
 Open 132 lb.
 F. Principatti* 300 50-54
 242 lb.
 G. Author* 650 52
 * Meet Record. (Thanks to Charles Venturella for providing the meet results)



Dr. Rob Richardson with his first 500 lb. deadlift in the Open 198s at the SLP Heart of Illinois Meet (Latch)

SLP Heart of Illinois BP/DL

11 JUL 04 - Peoria, IL

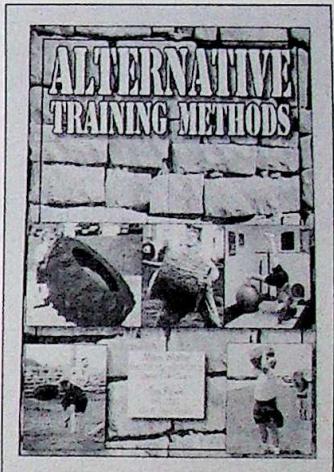
BENCH PRESS	Open Men
Novice men	198
181	Tom Ragusa 465
Tony Leasure	355 Dave Newman 465
4th	365 275
Submaster men	S. Parkhurst 525
181	DEADLIFT
Tim Seats	350 Novice Men
242	198
Tom Oberle	425 S. Hedger 430*
4th	435 4th 455*
Master Men 45-49	Open Men
198	165
Dave Newman 465	Ed Bridges 565
198	R. Richardson 500
220	Joe Sutter 350
Best Bench - TOM RAGUSA. Best Deadlifter - ED BRIDGES. * Son Light Power Illinois state record. The Son Light Power Heart of Illinois Bench Press/Deadlift Championship was held July 11, 2004 at the Heart of Illinois Fair in Peoria, Illinois. The turnout was small but we saw some great lifting with several personal bests posted. In the bench press event first-time competitor Tony Leasure won the novices men 181 class with two new personal records. Tony finished with a 355 third, followed by a great 365 fourth. In the submaster division 181 winner Tim Seats won with a personal best 350 while Tom Oberle took the 242 class with 425. Tom finished with a 435 personal best fourth. Dave Newman came close with his first 500 bench, just missing that on his final attempt, then settling with his second of 465. In the men's open division Tony Ragusa won at 198 with 465 over Dave Newman, who finished with the same, only seven pounds heavier. At a 190 bwt. Tony was awarded the best lifter trophy for the bench competition. Then at 275 it was Steve Parkhurst with a new personal record of 525, just missing the best lifter award by .005. In the deadlift event Starkey Hedger set the Illinois state record with his 455 final pull, which was also a new personal mark for him by 60 pounds. In the open division best lifter Ed Bridges won at 165 with 565. Dr. Rob Richardson, lifting in his first competition, pulled his first ever 500 deadlift for the win at 198. Another first-timer, Joe Sutter, won at 220 with 350, just missing a personal best 405 for his final attempt. Thanks to my son Joey and Justin Maurer for all their help. On a personal note, it was great to see Mark Chellino, who had brought Tony Leasure to his first competition. Mark has had successful hip surgery and is back squatting heavy again. Mark is also one of the country's top master bench pressers, and will soon be over 600 at 242! See you all next year! (courtesy of Dr. Darrell Latch)	

APC Nationals

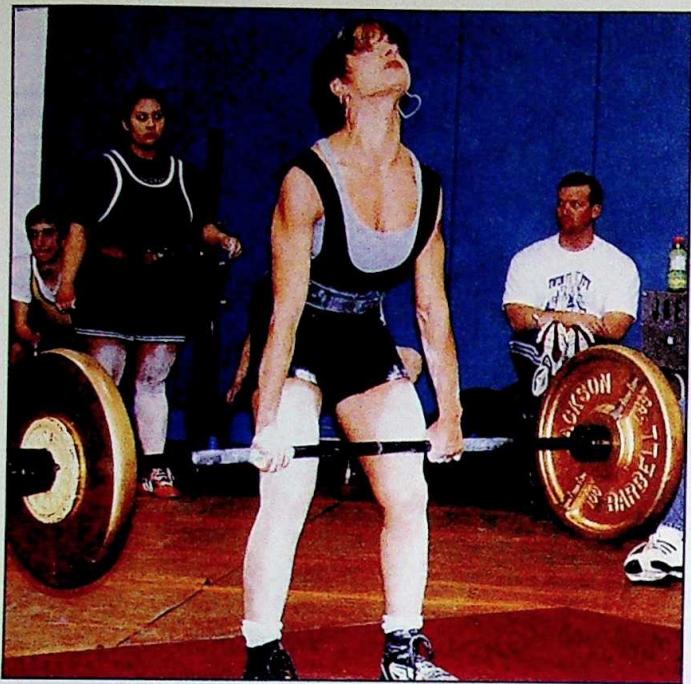
19 JUN 04 - Athens, GA

Powerlifting	SQ	BP	DL	TOT
Women master	52			
F. Principatti* 300	50-54			
242 lb.	52			
G. Author* 650	52			
W. Burnette	102.5 75	120	297.5	
Women master 40-44				
M. Kirkland	172.5 77.5	157.5	407.5	
Women open				

In the 13-25 division Micah Hartsock over Wes Oldham and the unstoppable Stephen Faulkner in the 18-19 division. Caleb Maddox took the Junior division. In the open class Chris Scott led in the 100kg followed by Lee Cates. Jody Freeman dominated the 110kg. Stephen Parkhurst led the 125kg with an American Record and pr followed by Robert Paden and Heath Powers. In the masters division Steve Smith led the 90kg sub-master class, George Bradley took the 67.5kg 45-49 master division. In the 50-54 class Steve Kyllis led over Garry Glenn. Master 55-59 Yan Howah coming back off a pec tear led the 100kg class over Phil Newsome. And then there is Stephen Montrose leading the way in the 85-89 class. Thanks to all of you for coming and we will see you in Athens, Ga. USA for the Greatest contest of all, the WPC Committee world Championships. (from L.B. Baker)



ALTERNATIVE TRAINING METHODS is a book by Mike Waller and Tim Piper, both of whom have academic and practical experience in a wide range of weight training activities, including powerlifting. For PLers looking for a change of pace or those who want to get ready to try strongman competition, this book is an ideal starting point. Full of solid training theory and information that would help any type of strength athlete, they also provided hands-on guidance on the subjects of "Pioneer" training, "Big Tires, Sleds, and Trucks", "Stones, Kegs, and Barrels", "Sandbag Training", etc. There are a wide range of exercise photos ... some are excellent, others somewhat low res ... the one of Judy and Roger Gedney in a gymnastics move is a classic (worth the price of the book by itself, to those who know them!). On the one hand the book is technically comprehensive, well-referenced, and on the other hand it is down to earth in how many strength training books do you see credit given to someone (the Ballschmiedes) for the use of their pasture to take photos of some of the movements. Copies of the book are available from Waller and Piper, Box 7083, Algonquin, IL 60102 for \$22 each, and for further info you can contact them at alternativetrainingmethods@yahoo.com



Benita Steffan deadlifted 265 (Photo by Meet Director Joe O'rengia)

**ADAU Great Lakes Power
20 MAR 04 - Erie, PA**

WOMEN SQ BP DL TOT

Open 114 lbs.

B. Steffan 110 90 265 525

123 lbs.

C. Koch 160 100 190 450

K. Ott 120 80 190 390

148 lbs.

S. Elchynski 235 140 320 695

A. Buck 200 115 280 595

165 lbs.

M. Dougan 120 90 110 380

H/VY

V. Muscato 235 140 310 685

Teen (12-13)

123 lbs.

K. Ott 120 80 190 390

Teen (14-15)

148 lbs.

A. Buck 200 115 280 595

Teen (16-17)

165 lbs.

M. Dougan 120 90 110 380

Junior

H/VY

V. Muscato 235 140 310 685

Master (40-44)

114 lbs.

B. Steffan 170 90 265 525

Master (45-49)

148 lbs.

S. Yelchynski 235 140 320 695

Master (55-59)

123 lbs.

C. Koch 160 100 190 450

MEIN

Open 114 lbs.

S. Goetz 185 130 285 600

J. Salvage 165 90 210 465

C. Stoner 120 80 200 400

C. Nolan 120 60 145 325

4th-BP-61

M. Kuhns 505 280 365 1150

A. Loomis 190 125 285 600

132 lbs.

M. Schneider 225 145 360 730

D. Perhacs 240 165 325 730

148 lbs.

J. Stazer 370 225 490 1085

J. Martucci 345 245 440 1030

D. Crosby 320 230 420 970

M. Lamparter 330 225 370 925

B. Pensyl 350 190 375 915

E. Edwards 225 155 315 670

A. Reed 300 145 --- ---

165 lbs.

R. Cruz 430 275 480 1185

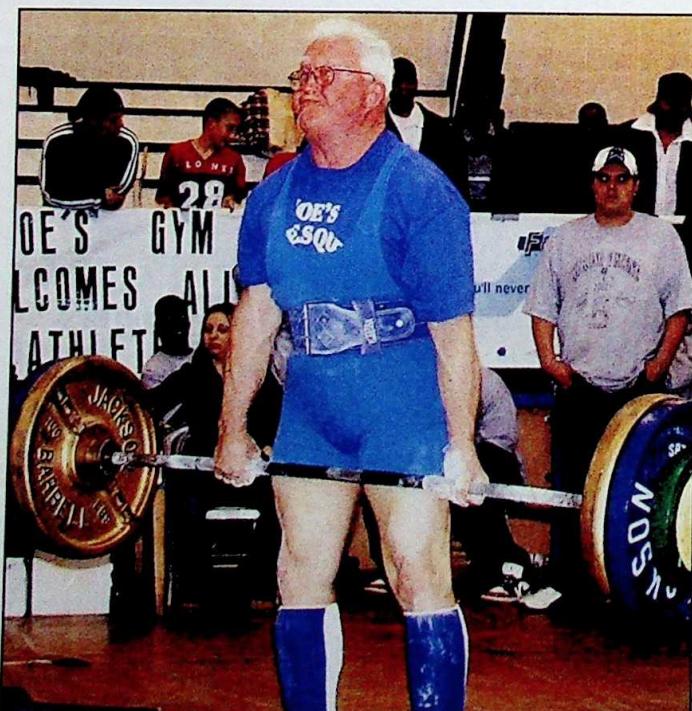
D. Harden 270 170 415 855

K. Donoghue 275 145 345 765

B. Williamson 255 165 340 760

R. Chulick 160 85 130 375

A. Mangini	355	225	470	1050	148 lbs.	148 lbs.	225	155	315	670
M. Hertner	380	230	420	1030	A. Reed	300	145	---	---	---
L. Spearman	350	250	420	1020	D. Harden	270	170	415	855	
T. Dawley	350	235	430	1015	B. Williamson	255	165	340	760	
K. Kluczynski	310	235	455	1000	T. Griffin	290	165	355	810	
T. Clabbatz	315	190	440	945	J. Panetta	280	155	345	780	
B. Boyd	250	215	450	915	T. Stewart	260	195	255	710	
L. Burton	275	215	405	895	M. Kluczynski	275	185	330	790	
P. Reaves	255	205	350	810	M. Sanders	205	150	340	695	
M. Kluczynski	275	185	330	790	D. Shultz	265	165	390	820	
M. Sanders	205	150	340	695	Teen (16-17)					
B. McLaurin	355	---	---	---	148 lbs.					
B. Bayer	540	260	600	1400	D. Crosby	320	230	420	970	
		4th	601		165 lbs.					
P. Kluczynski	385	275	505	1165	T. Donoghue	275	145	345	765	
V. Graham	425	250	480	1155	Z. Barnett	350	190	460	1000	
M. Dietz	310	200	350	860	J. Allmont	280	220	405	905	
242 lbs.					M. Henry	465	265	585	1315	
G. Lewis	470	370	565	1405	L. Spearman	350	250	420	1020	
R. Eckhart	400	385	560	1345	T. Clabbatz	315	190	440	945	
J. Stewart	460	330	505	1295	B. Gaines	435	280	500	1215	
C. Crider	465	345	475	1285	P. Reaves	255	205	350	810	
D. Selby	430	325	530	1285	220 lbs.					
P. Huntley	445	315	505	1265	V. Graham	425	250	480	1155	
B. Ott	410	305	510	1225	242 lbs.					
B. Gaines	435	280	500	1215	D. Selby	430	325	530	1285	
					B. Gaines	435	280	500	1215	
275 lbs.					319 lbs.					
R. Mostoller	500	400	560	1460	E. Bedson	440	290	505	1235	
J. Lawson	480	320	580	1380	Teen (18-19)					
S. Laskowski	400	240	500	1140	181 lbs.					
M. Baughman	300	225	375	900	N. Ruppert	320	255	400	975	
D. Shultz	265	165	390	820	198 lbs.					
					K. Kluczynski	310	235	455	1000	
319 lbs.					B. Boyd	250	215	450	915	
B. Moody	560	415	600	1575	B. McClaurin	355	---	---	---	
G. Thomas	475	425	535	1435	220 lbs.					
E. Bedson	440	290	505	1235	P. Kluczynski	385	275	505	1165	
C. Amstone	455	255	435	1145	242 lbs.					
T. Wallick	325	280	325	930	J. Stewart	460	330	505	1295	
					Junior 148 lbs.					
Youth-under 12					J. Salvage	165	90	210	465	
77 lbs.					A. Lewis	190	125	285	600	
C. Nolan	120	60	145	325	165 lbs.					
		4th	61		R. Chulick	160	85	130	375	
Teen (12-13)					Teen (14-15)					
105 lbs.					S. Goetz	185	130	285	600	
C. Stoner	120	80	200	400	114 lbs.					
					123 lbs.					
114 lbs.					M. Schneider	225	145	360	730	
J. Boyd	540	315	650	1505	D. Perhacs	240	165	325	730	
M. Henry	465	265	585	1315						
P. Nies	415	260	500	1175						
R. Fornelli	380	230	460	1070						



Leroy Bunton, at the ADAU 41st Great Lakes Championship, is in recovery from prostate cancer. (Photograph courtesy Joe O'rengia)

Champion of Champions: Squat - Mike Kuhns, Bench Press - Mike Kuhns, Deadlift - J.B. Boyd, Teen - Mike Kuhns, Master - Bugs Bayer, Women - Sherry Elchynski, Men Light Weight - Mike Kuhns, Men Heavy Weight - J.B. Boyd, Open Team Champs: 1. Joe's Gym of Erie, 2. Downtown Weight Club of Clearfield, 3. Twin City Power Team, Mixed Team Champs: 1. Strong Vincent High School, 2. Seneca High School, 3. Joe's Gym of Erie. The 41st annual GREAT LAKES POWERLIFTING CHAMPIONSHIPS was, as usual a HUGE success, thanks to the

many volunteers that took time out of their very busy lives. The spotters did a great job with no accidents or mis-loads. Thanks to platform managers KEITH MASSING and DAVE HEINTZEL. The score table made no mistakes, thanks to table manager SONDRY LEE ORENGIA, my incredible wife. The officiating was strict and consistent with the ADAU officials showing no favoritism to anyone who might be considered "SPECIAL", unlike other contest judging I have witnessed. If any lifter was unhappy about a call we gladly explained what the rule infraction was. This enabled the contestant to correct the problem so bomb-outs were minimal. In fact there was only one in the entire contest. A HUGE THANKS to all the officials, score keepers, masters of ceremony, spotter-loaders and go-fers that kept the contest running beautiful from beginning to end. I love you all. GO ADAU. LADIES: The ADAU women never let us down. BENITA STEFFAN now in the masters division, was a light 114 lifter and set all new state master records for a double win, open and masters one. At 123, CAROL KOCH won open and masters four while setting new state and American masters records in the squat and the bench. KELSEY OTT took silver in the open and won the teen division while setting all new teen American records. SHERRY ELCHYNSKI cleaned house with her GOLD in the 148 class open and masters two. She set American masters record in the deadlift and total and was the women's CHAMPION OF CHAMPIONS. Fifteen year old ASHLEY BUCK took the silver in the open and the gold in the teen with teen state records in the squat, deadlift and total. MOLLY DOUGAN, at 165, won open and teens and just missed a new bench record. In the heavy class, VAL MUSCATO won open and juniors with all new junior American records. MEN: Sixty eight pounds and nine years old, CODY NOLAN is AWESOME. His gold medal performance was flawless and he set all new American records in the process. CHRIS STONER was tops at 105 youth division and never missed a lift. SEAN GOETZ and JOSH SALVAGE went one and two at 114 and both won gold in their age division while setting new teen state records. GET THESE! MIKE KUHNS won the 123 class, open and at the age of eighteen squatted a RAW, DRUG-FREE American record 505. CAN'T TOUCH THIS. He added an American bench record of 280 along with a 365 deadlift for an American record total of 1150. I figure, if he put on one of them new spring loaded titanium mesh squat suits and wraps, he could squat 3000 pounds, for reps. ANDY LOOMIS took silver in the 123 open, while winning gold in the teen division and setting an American teen deadlift record. At 132 pounds, team mates MATT SCHNEIDER and DOUG PERHACS went first and second in the open and teen 14-15. They totaled the same with SCHNEIDER winning on tighter body weight. JASON STAVER was the top man at 148 with his 490 deadlift putting him out of reach of the other lifters. JOE MARTUCCI pushed him all the way for the silver finish. BOBBY EDWARDS took the gold in the teen 14-15 division, while DESHAWN CROSBY won the 16-17 division with all new state records. BARRY PENSYL won masters four and set a new state master squat record. RAMON CRUZ ran away with the 165 title in the open and masters one. If he didn't have the flu he would have set some big record. ROBBIE CHULICK won gold in the teen 12-13 division with DONTE HARDEN in first in the teen 14-15, with a new state teen deadlift record. KEVIN DONOGHUE won the teen 16-17 division. The 181 class was very exciting, right down to the last deadlift. DON TEETER pulled a beautiful 580 to tie with MATT CATALIN and win on bodyweight. Junior lifter ADAM HERSPERGER had great day and ended up in third just twenty pounds behind. TIM GRIFFIN won the teen 14-15 while ZACH BARNETT won the teen 16-17 and NATHAN RUPPERT won teen 18-19. DON KUHNS a new American masters three squat record, which by the way,



Great Lakes Champions of Champions include (left to right) Sherry Elchynski, Bugs Bayer, J.B. Boyd, and Mike Kuhns (Photo Orengia)

was held by yours truly. DON SWINGLE won gold in the masters four and TONY SIKORSKI won masters five and set a new masters American bench record. JB BOYD, like a fine wine, gets better with age. He won the 198 open and masters two divisions and was awarded the heavyweight CHAMPION OF CHAMPIONS trophy with his American masters record setting performance. Second went to teenage sensation MARIO HENRY who set new teen American records in the squat, deadlift and total. Also in the 198 class, which had sixteen competitors, MARCUS KLUCZYNSKI won the teen 14-15, MARIO HENRY won the teen 17, KEVIN KLUCZYNSKI won the teen 18-19, RICK FORNELLI won the Submasters, AL MANGINI won the masters three and LEROY BURTON set all new masters six records while winning his division. Another incredible master won the 220 open class and the master division. BUGS BAYER could teach a lot of the young guys thing or two about getting strong. He won the MASTERS CHAMPION OF CHAMPIONS award and set new American masters record the squat, deadlift and total. PHIL KLUCZYNSKI won silver, at 220, while also winning the

18-19, and VINCE GRAHAM won bronze in the open and the gold in the teen 16-17. GARY LEWIS was the 242 open victor with DEREK SELBY winning the teen 16-17 division with a teen State bench record. JON STEWART won the teen 18-19, with BEN OTT winning the masters one and CHUCK CRIDER winning the masters three division with new masters state records. In the 275 class, ROB MOSTOLLER won the open with JEFF LAWSON taking silver while winning the Submasters gold. DAVID SHULTZ won the teen 14-15 and MIKE BAUGHMAN was the champ in the masters one. BRYAN MOODY had a great day in winning the 319 open class while GARY THOMAS took second and won the Submasters. EMANUEL BEDSON won the teen 16-17 and set a teen state deadlift record, and TERRY WALLICK won the masters five and set masters American bench record. I'm proud to announce that all competitors that were tested are DRUG-FREE and PROUD. Congratulations to SHERRY ELCHYNSKI, ALEX REED, J.B. BOYD, MARIO HENRY, MATT CATALINO, BUGS BAYER, BRYAN MOODY, and ROB MOSTOLLER make me proud. It is a great pleasure to do what people say you

cannot do, and then become a success while doing it. Stay healthy. Stay DRUG-FREE and RAW. Yours Strongly, JOE ORENGIA. "FACTS DO NOT CEASE TO EXIST BECAUSE THEY ARE IGNORED" - ALDOUS HUXLEY (Thanks to Joe Orengia for providing the report and meet results)

UAPC National Championships 21 MAY 04 - Dallas, TX (kg)

		Teen Men	
BENCH		C. Frizzell	140
100		90+	
Masters	200	Teen Women	
60		B. Jones	52.5
Open Women		DEADLIFT	
D. Olson	60	44	
125		Teen Women	
Sub Men		Stacey Lamp	45
Kelvin Tatum	205	56	
90		J. Aguirre	70
Powerlifting	SQ	BP DL	TOT
125			
Open Men			
C. Blakney	260	200	272.5 732.5
56			
Open women			
N. Moore	120	70	132.5 322.5
60			
D. Olson	120	60	125 305
67.5			
M. Murawski	192.5	102.5 172.5	467.5
67.5			
K. O'Connor	107.5	62.5	150 320
75			
Van Deisen	145	85	157.5 387.5
125			
Sub Master Men			
Kelvin Tatum	262.5	205	232.5 700
75.5			
Sub Master Women			
M. Murawski	192.5	102.5 172.5	467.5
67.5			
Teenage men			
J. Johnson	170	90	172.5 432.5
67.5			
S. Van Huss	70	60	82.5 212.5
75			
D. Hamilton	137.5	92.5	177.5 407.5
140			
J. Graham	220	155	227.5 602.5
82.5			
Master Men			
E. Angstrom	175	147.5 200	522.5
90			
Jim Rouse	235	152.5 230	617.5
90			
Kit Price	205	145	220 570
56			
Master Women			
Pat Casper	125	72.5	140 337.5
56			
Sheila Rouse	87.5	52.5	112.5 252.5
			(Thanks to L.B Baker for providing results)

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

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

SIGNATURE/PARENTS SIGNATURE IF UNDER 18 _____

DATE: _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.



Virginia's Karen Phillips produced six new IPA records in the 198 lb. Pro Women's Open and Submaster divisions with a 450 lb. squat, a 285 lb. bench press and a 1155 pound total.

280 lb. second attempt with ease before missing a shot at 300 on her third attempt. Elaine ended up with a 715 total that showed there is room for more.

198 lbs class: Karen Phillips, from Hopewell, VA, apparently came to lift a lot of weight and set some records and she succeeded on both counts. Karen, who lifted in both the Submaster and the Open categories, made 400 and 450 before missing with 475 in the squat. She made 260 for an opener in the bench but needed two tries to get an official IPA record of 285. In the deadlift, her 420 opener gave her a total of 1155. Two tries at 465 would not go, but next time out she will be over 1200.

Men's Division - Professionals

148 lbs class: Robert Charles was the lone entrant in the 55-59 age group. Bob showed he is aging well, with lifts of 455-225-450-1130. Bob went 7 of 10 and set two world records in the process.



Angelo Berardinelli smashed some all-time records in the 165 lb. weight class squatting 825, benching 500 and totaling 1955 lbs. Angelo lifted as a guest lifter to help coach his teammates.

165 lbs class: Angelo Berardinelli put on one of the greatest demonstrations of strength ever seen, although he actually lifted with the heavier classes due to some sort of scheduling difficulty. To answer the skeptics, yes, he did weigh-in and actually made weight. Three squats attempted, three made - all with power to spare. He ended at 825 for an IPA record and within sniffing distance of the all time record in any federation. Angelo made two benches, with 500 being his best, before missing at 520. A 600 opener in the deadlift put him at 1925. Second attempt 630 gave him 1955. Third attempt 645 would have given him a 1970 total, but it was turned down. His attempts add up to 1990. Angelo is my pick to be the first man over 2000 in this class next time out. He is a gentleman and a classy representative for this sport.

181 lbs class: Mike Maxwell and Carnig Shakajian put up some very credible lifts in the Open category. Maxwell made only his second attempt squat of 750 but was flawless in the other two lifts and ended up with an 1830 total. Carnig made two attempts in each of the three lifts and had a well-balanced 1525 total as a result, with a record squat as part of the rewards. Dr. Mark Van Alstyne competed in the Submaster category. Mark has been steadily pursuing and closing in on a 700 pound squat for years. His 710 second attempt finally crossed that threshold and he nearly made a 730 on his third. He made two benches, but only an opener in the deadlift. It was enough to break another personal milestone, though - that of a 1700 total.

198 lbs class: To say this class was loaded with talent would be a vast understatement. The Open division included Phil Harrington and Tony Kamand. Tony missed 780, 855, and 855 again and was out of the meet. Phil made strong attempts with 810 and 860 before missing with an all time record in any federation 910, but this will be his next time. Phil added a 520 bench and 650 deadlift for a 2030 total. In addition to his victory in the weight class, he was also best lifter. Next time these two meet, it will be interesting if Tony gets a squat in - watch the records fall then. Phil is another fine ambassador for this sport, as a table of lifters found out later that night at Perkins when he kindly offered some appreciated training ideas and graciously answered questions till the very wee hours of the

morning.

Matt Gugino, who was in the Submaster age bracket, took three tries to get a squat in, but made his first two attempts in each of the next two lifts. Matt wound up with balanced lifts of 710 squat, 515 bench, and 620 deadlift for an 1845 total and wound up with an 1845 total. Bob Young lifted in the (40-44) age bracket. His 1630 total was the result of a mere five successful attempts. Bob will certainly do more in the near future than the 630 squat, 475 bench press, and 525 deadlift he was credited with here.

220 lbs class: John Rosa, Sr. made each of his first five attempts, ending with a 525 squat and a 400 bench press, before passing on his third attempt in the latter. Unfortunately, his luck seemed to turn and he only made his second attempt in the deadlift at 500 for a 1425 total. Stephen Smith made his openers in all three lifts but could

manage no more than that in the squat and bench press, registering a 720 squat and a 480 bench press. In the deadlift, Smith pulled a 655 second attempt for an 1855 total and second place. Jason Cox may not look like a squatter, but it would be a mistake to let that fool you. This man can definitely squat the big weights and in form that would pass anywhere. His 900 lb. second attempt was deep just like his 850 opener and his third at 925, which was too much for him today. Two successes in the bench press left him with a 525 there. His 575 opener in the deadlift gave him a 2000 pound total, which has a nice ring to it. His second with 610 gave him a 2035 total and he was satisfied with that. Scott Bixler competed in the masters (50-54) age bracket of the division, missing only his final attempts in the bench press and deadlift en route to a fine 1225 lb. total.

William Murray and Vincent

IPA World Championships 9-11 JUL 04-Shamokin Dam, PA

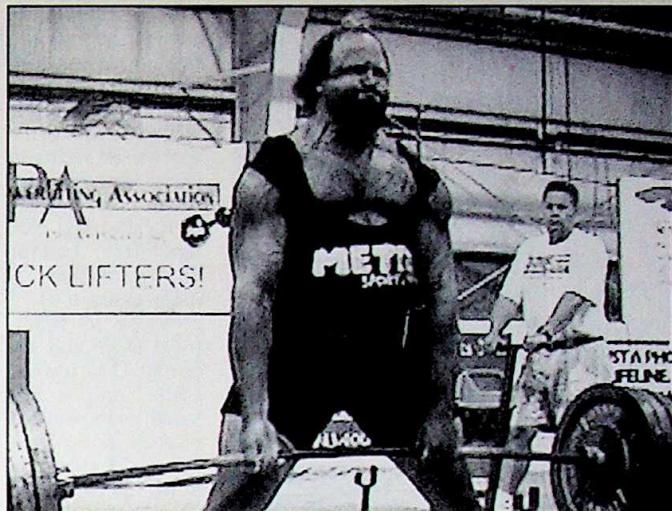
		Men's Junior			
		148	M. Piermattei	500	275
Deadlift Only	R. Legg	220	4th	525*	
275		Men's Master	65-69	220	
D. Barro	822*	148	J. Ross	620	440
Bench Press	R. Gidcumb	250*	G. Naspinaki	650	405
AMATEUR DIV.	Cody Bartlett	240	242		
Men's Teen 14-15	220		Matt Smith	725	530
220	L. Sposato	390*	Dan Wowak	600	300
J. Moser	335	Police	275		
Men's Teen 16-17	165		Zech Cole	850	520
308	R. Legg	220	John Poremba	850*	455
A. King	430*	Women's Teen 18-19	4th	665*	
Men's Junior	SHW		Men's Master	40-44	
165	E. Ryder	245	114		
Z. Goldsmith	382	PROFESSIONAL DIV.	Gary Zeolla	405*	210*
4th	400*	Men's Open	148	410*	1025*
220			John Gengo	425	285
J. Lepovich	502.5W.	Murray	198	470	1180
275	V. Cooke	605	R. Ingravera	665*	370
R. Barnett	575*	242	275	560	1595
Men's Open	E. Clark	570	Bart Shuman	800	555
165	R. Gunn	555	Men's Master	45-49	650
Z. Goldsmith	382.5275		181		
4th	400	K. Caton	F. Piermattei	655*	460*
R. Hillyard	375	SHW	242	585*	1700*
R. Legg	220	G. Rychlak	Tim Clifford	400	225
198		Men's Submaster	430	430	1055
C. Smith.	475	220	SHW		
220	W. Murray	605*	Norman Delan	810*	
Heffelfinger	330	242	Men's Master	50-54	
275	J. Howell	460	165		
R. Putnam	725*	SHW	Doug Kline	300	310
Men's Master 40-44	G. Rychlak	965*	181	350	960
198	Men's Master	50-54	Gordon Wolfe	505	305
S. Dussault	467.5242		4th	425	1235
220	R. Gunn	555*	220		
T. Evangelista	375	Men's Master	Al Moatz	440	335
Men's Master 50-54	55-59		485		
165	B. O'Brien	480*	P. Simpson Jr.	730*	535*
AMATEUR	SQ	BP	1820*	555	
Men's Teen 16-17		DL	Men's Master	55-59	
132		TOT	308		
S. Lagravensis	370	160	W. DeSarbo	455	355
181	400	930	Men's Master	65-69	455
M. Welcheck	525	325		355	1265
220	500	1350			
D. Balsdon	485	310	148		
242	530	1325	R. Gidcumb	340	250*
C. Hoffman	480	385*	Men's Open Division	385*	975
Men's Teen 18-19	500	1365	114		
165			Gary Zeolla	405*	210
Kris Hicks	505	500	410*	1025*	
181	355*	1360*	123		
Adam Martik	560	315	Richard Green	365	205
242	560	1435*	165	345	915
James Herrera	730		S. Sciarappa	455	285
275			181	470	1210
S. Knighton	550		F. Piermattei	655	460
			198	585	1700*
			220		
			Joseph Drumm	750	415
			E. Collaku	680	390
			610	610	1680

Cooke were both entered in the bench only portion of the contest. Murray, a Submaster, lifted in that age group as well as the Open division. Murray made 585 and 605 before missing 625. Vincent Cooke opened at 605, which was no problem. Vinny moved up to 667.5 for an IPA record but missed it, undoubtedly sapped from his efforts in helping set up the meet site. On his next try with the same weight, disaster struck and he tore a pec. The next day though obviously tender he was right there all day helping again. This sport needs more people like Vinny.

242 lbs class: Marc Rintz took third place in this class with a 1455 total and five attempts. Clearly, Mark's best lift is the bench press and as the other two catch that lift, he will move up considerably at meets like this one. Ed Clark, 36, from Illinois, lifted in the three lift meet as well as the bench only and he lifted in the Open division in both

despite being old enough to qualify as a Submaster. Anyway, Ed squatted 720 successfully before two misses at 760. In the bench press, Ed made 570 before missing at 600 and 615. This gave him a 1290 subtotal. He added a 570 deadlift for an 1860 total. Patrick Dick made only one squat but it was with 750 and that set the tone for the rest of the day with him in the drivers seat in this class. He also only made one bench, his opener, with 585. He opened with the same 585 in the deadlift and made that, as well as a second attempt at 600, before missing his third. So, on only four good attempts, Pat totaled 1920 and had the victory. This is another one of those classes where it would be interesting to watch the top two go at again and on a day when they were both making a lot of attempts.

As I mentioned above, Ed Clark also competed in the bench only portion of the contest. Also



Dave Barno walked away with one of three \$1,000 prizes for pulling 822.5 lbs., the biggest deadlift pulled in the meet. (Chaillet photo)

competing as benchers were Robert Gunn in the 50-54 age bracket and open division and James Howell in the Submaster age bracket. Clark's 570 came out on top over Gunn's 555, which was an IPA record in his age group. Howell made only his opener, missing two attempts at an IPA record after a very large jump.

275 lbs class: James McQuaid lifted in the Junior division of the class. He made all three squats, ending with 740, before taking three tries to get a 455 bench press on the books. He returned to form in the deadlift and made all three there, with his best at 630 for an 1825 total. Mark Dimiduk was at the other end of the age bracket in the 50-54 Masters age group in the pro and police divisions. Mark is a former IPF world champion, when there was only one world champion in each weight class, and plans to stay active in the sport for a very long time. He can obviously still lift well, as he did so here with no sleep in what was getting close to two days. Most of us could not stay awake, let alone lift. But that is what he did and did well.

Mark has recently entered the 50-54 age group, so his squats were all new IPA records and he ended with 745 there and could have made a lot more. He made 305 and 330 in the bench press before passing on his third. In the deadlift, 580 was no problem, nor was 625 - which gave him a 1700 total. Incidentally both deadlifts were also records.

Will Ramsey, Tim Forby, Hank Sargeant, and Kyle Milheiser were set to do battle in the three-lift portion of the

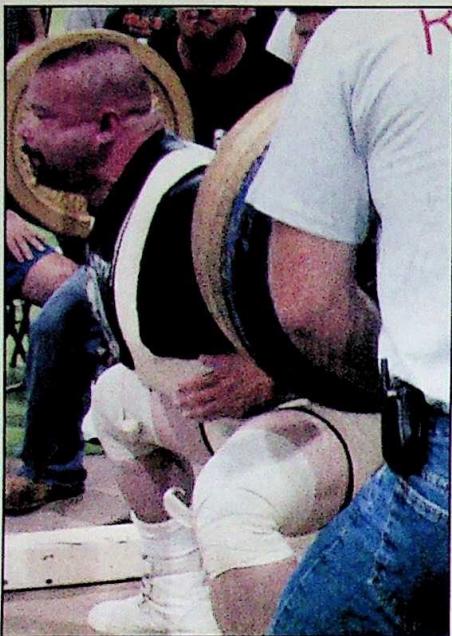
meet in the Open division. Forby missed his 700 opener, while 19-year-old Milheiser made 760, Ramsey made an 800, and Sargeant, at age 38, made the highest opener of the group at 805. Second attempts saw Forby retake and make his 700, Milheiser made 850, Ramsey missed 875, and Sargeant missed 895. On their thirds, Forby made 760, Ramsey missed 875 again, Sargeant missed 900, and Milheiser missed 910.

Forby started off the bench press with a miss at 480, followed by Sargeant with a good 515 (1340 subtotal), Ramsey with a 525 success (1325 subtotal), and Milheiser with a miss at 600. Forby came back to make the 480 (1240 subtotal) on his second, while Sargeant missed 535, Ramsey made 550 (1350 subtotal), and Milheiser came back to make his 600 (1450 subtotal). On his third attempt, Forby missed a big jump to a 530 and remained in fourth overall. Sargeant, from the Albany, NY area, made his 535 third attempt, which gave him a 1360 subtotal and temporarily at least put him back ahead of Ramsey. Ramsey then came out and made 580 to surge back ahead with a 1380 subtotal. Milheiser made 630 on his third and was solidly out front with a 1480 subtotal.

Just as had been the case in the first two lifts, Forby opened first in the deadlift with 525. That put him at 1765 total, but there was more in the tank. Ramsey was up next and his 600 gave him a 1980 total and he was obviously going to add to that. Milheiser and Sargeant both opened at and made 720 for totals of 2200 and 2080 respectively. Forby made 565 on his second, giving him a total of 1805, but he could negotiate no more on his third. Ramsey's 660 gave him 2040 and it was beginning to look like he might catch Sargeant, who missed 805 on his second, on his third. Milheiser missed 800 on his second

242				
Mark Fausey	740	480	645	1865
J. Mayes	685	465	610	1760
Marcus Brown	685	420	600	1705
L. Livermore Jr	550	450	530	1530
275				
Bart Shuman	800*	555	650	2005
Jesse Burdick	775	515	575	- 1865
Men's Submaster				
220				
E. Collaku	680	390	610	1680
Police				
181				
Jim Schriner	415	340	410	1165
275				
Mark Dimiduk	745	330	625	1700
Men's Raw Division				
Men's Open				
165				
Jonathan Pentz	325*	230*	490*	1045*
308				
W. DeSarbo	455*	355*	455*	1265*
Men's Master	60-64			
181				
Doc Jenkins	300*	225*	390*	915*
Women's Open Amateur				
123				
Tracy Mollica	300	110	275	685
132				
J. Joyce	290	210	300	800
Women's Open Pro				
97				
E. Grimwood	290*	145	280*	715*
198				
Karen Phillips	450*	285*	420	1155*
Women's Submaster Pro				
198				
Karen Phillips	450*	285*	420	1155*
Women's Master (40-44) Raw				
148				
Ruth Souders	255*	135*	310*	700*
Squat and Deadlift Only				
Women's Master 50-54 AM				
148				
C. Silverman	260*	0	320*	580*
Elite Amateur Division				
Men's Open				
165				
Brian Crowe	680	435	585	1700
PROFESSIONAL DIVISION				
Junior				
275				
J. McQuaid	740	455	630	1825
SHW				
Ben Brand	1000	700*	700	2400*
Men's Open				
165				
A. Berardinelli	825*	500*	630	1955*
181				
C. Shakajian	600	400	525	1525

198				
P. Harrington	860	520	650	2030*
Mike Maxwell	750	465	615	1830
220				
Jason Cox	900	525	610	2035
Stephen Smith	720	480	655	1855
John Rosa, Sr.	525	400	500	1425
242				
Patrick Dick	750	585	600	1935
Ed Clark	720	570	570	1860
Marc Rintz	480	475	500	1455
275				
K. Millheiser	850	630	720	2200
Hank Sargeant	805	535	720	2060
Will Ramsey	800	580	660	2040
Tim Forby	760	480	565	1805
SHW				
Matt Wilson	960	635	660	2255
Men's Submaster				
181				
M. VanAlstyne	710*	450	540	1700*
198				
Matt Gugino	710	515	620	1845
275				
Hank Sargeant	805	535	720	2060
Men's Master 40-44				
198				
Bob Young	630	475	525	1630
SHW				
J.R. Hunt	885	600	700	2185
Tony Hutson	1025*	0	0	1025
Men's Master 50-54				
220				
Scott Bixler	435	340	450	1225
275				
Mark Dimiduk	745	330	625	1700
Men's Master 55-59				
148				
Robert Charles	455	225*	450	1130
BEST LIFTERS: FULL POWER - Best Teen:				
Kris Hicks, Best Am Woman - Jacqueline Joyce, Best Pro Woman - Elaine Grimwood, Best Am Lightweight Men's Open - Fred Piermattei, Best Pro Lightweight Men's Open - Phil Harrington, Best Am Heavyweight Men's Open - Zech Cole, Best Pro Heavyweight Men's Open - Ben Brand, Best Am Men's Masters - Richard Gidcumb, Best Pro Men's Master - Robert Charles. \$1000 Cash Prize Winners:				
Biggest Squat - 1025 lbs. - Tony Hutson, Biggest Bench - 965 lbs. - Gene Rychlak Jr., Biggest Deadlift - 822.5 lbs. - Dave Barno, BENCH ONLY: Best Teen - Alex King, Best Woman - Erin Ryder, Am Men's Open - Richard Putnam, Pro Men's Open - Gene Rychlak, Jr., Am Men's Master - Louis Sposato, Pro Men's Master - Robert Gunn, Best Team - Iron Island Powerlifting Club (report provided by Ellen Chaillet)				



Though Hank Sargent (275 lb. class) had to settle for an opening squat of 805 lbs., he took 900 for a ride and proved he has the fortitude to accomplish this feat soon. (from Chaillet)

and passed on his third. Ramsey gave 700 a good try for the move up but it was not to be. Sargeant did not need his third, nor did Milheiser. The order at the finish was Milheiser, Sargeant, Ramsey, Forby.

Keith Caton was the lone bench only competitor in this weight class, making a 510 on his third attempt.

but that didn't stop him from moving some big weights. He made 880, 950, and 1000 in the squat - with the last two being IPA records. In the bench press, 600, 670 and 700 were all good and all new records. In the deadlift, Ben finally showed us his bad lift, if you want to call a 700 second attempt for a junior a bad lift.

The deadlift only portion of the contest saw Dave Barbo take one attempt with 822.5 to register the biggest deadlift of the entire meet and it was literally quite easy for Dave. I can see him being the next 900 deadlifter. Having known of him for many years, it was a pleasure to finally meet Dave and see him lift. Dave has had some injuries and health issues relatively recently. I do not know if three lift meets are in his future, but his obvious strength and continued training are truly an inspiration to others.

SHW class: Ben Brand just looks like a very strong young man. He proved that to be an accurate assessment. Ben lifted in the Junior division,

That gave him 2400, which is NOT a bad total. It was the highest total of the meet.

Matt Wilson had the meet all to himself in the Open division once Tony Hutson bombed in the bench press again. As I said when I passed Tony in the hall, one of these days I'd sure like to see him get a deadlift in. Tony did get the biggest squat of the meet (1025) with power to spare before missing all three benches. He is a very large and very strong man, which there was an abundance of at this meet. He will total at least 2500 on the right day and would have been right there with Matt with better attempt selection. Back to Matt, he made his 900 opener and 960 on his second before missing at 1000 in the squat. Wilson went 560, 605, and 635 for three straight successes in the bench press. He then opened at 660 lb. deadlift for a 2255 total. He took 705, which would have given him a 2300 total, but missed twice.

A few years ago, there was a movie out called "Dead Man Walking". Well, J.R. Hunt, large as life, treated us to his version of "dead man walking" proving that reports of his demise were greatly exaggerated. He looked and lifted awful well for one who had supposedly passed away a few weeks prior, as the rumor mill had it. J.R. lifted in the masters division (40-44) and made 885 squat, 600 bench press, and 700 deadlift for a 2185 total. J.R. was good-natured

about the false rumors and promises he will return from the grave once again at the Senior Nationals in November.

There was but one competitor in the bench only division but it really did not matter. There is no one alive who is sane who can honestly contemplate beating Gene Rychlak in a bench press contest. If there was any doubt as to that, he erased it with his performance here. The warmup room was situated so it could be seen from the scorer's table. This allowed me to see something I still cannot comprehend and am unaware of it ever happening previously - Gene took his final warmup at well over 800 pounds! Think about it, that's incredible. If that was not enough he made 890, 936 (an all time record in any federation), and 965 (obviously, yet another all time record). There are always going to be rumors about who did what in training but Gene doesn't get into that. He puts his numbers up in a meet, where they should be done. For those who doubt Gene is the best: do what you need to do, show up at the next contest, lose, and then rethink your position. By the way, Gene has become so well known for his bench that there is a tendency to forget the man can squat too. Gary Frank should look out if he ever puts all three together on the same day. Gene is actively looking for sponsorship and would appreciate any help in that regard.

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BENCH AMERICA VS. THE WORLD!

The International Battle for Gold and Glory

BENCH AMERICA

It hit the benchpress world like a monsoon. Finally, after decades of competitions being virtually unnoticed by the mainstream media, benchpressers were going to be competing on prime time tv! Lifters began talking round benches from coast to coast about the phenomenal national championships that were coming to the Windy City. From every region and federation, the best of the best were preparing to show up and throw down on the platform for fame and fortune.

And in the city of Chicago, the build up was fast reaching a fervid pace. Bench America advertisements played out on radio and tv stations. Benchpress theme billboard ads were seen on highways leading into downtown and champion lifters were suddenly guests on sports broadcasts and morning talk shows. The overwhelmingly positive response made such perfect sense. For, in gyms all over the nation, what lift is more popular than the benchpress? From the recreational fitness enthusiast to the fierce competitor, the benchpress is the lift that matters the most to the masses. Putting a benchpress competition on prime time television made perfect sense and the time for powerlifting to shine was upon us!

It was the Fourth of July weekend and the benchpress fireworks were going off in the Allstate Arena. The iron gladiators heaved up mind boggling poundages and the crowd howled like banshees with every successful attempt. Audiences in sports bars and homes all over America were captivated at the marvel they were witnessing and the tv ratings went off the charts!

Running off of that momentum came Bench America II and the number of lifters and fans who tuned in was even greater! Powerlifting was an undeniable success and the sports world had to sit up and take notice! Respect was demanded and respect was given. The new catch phrase in the bodybuilding magazines and commercial gyms for strength training was powerlifting! The health and fitness community now recognized that the powerlifters were the strongest among them. The federations' ranks swelled in number as more and more gym lifters found their motivation to compete through what they saw on their tv screens.

Bench America is now aired on Fox Sports Net channels all over the country and, in the pursuit of promoting the sport, Joe Mukite and company are keeping the pedal to the metal and calling out the challenge to the world to come and compete against some of the USA's best. The gauntlet has been thrown down and the international community has answered! On October 10th, it will be Bench America vs. The World in a showdown of strength, technique and tenacity. And the five who are drawing the line in the sand for the USA are mighty indeed.

The goliath for Team USA will be none other than Horace "Big" Lane, "The truck driving man with a big benchpress plan." Hailing from Detroit Rock City, Lane is a five-time USAPL national benchpress champion, the 1998 IPF gold medalist and the 2003 IPF silver medalist. Coming to Bench America II as the USAPL national recordholder (650@275) Horace pushed himself farther than ever and took 1st in his class with a clutch 3rd attempt of seven hundred and nine pounds! In a post BAII victory interview, Lane stated "It's good to come

and compete against a bunch of guys who lift the weight that we do. When you come out on top, you consider yourself to be one of the best."

Lifting with Horace will be "The Powerlifting Pastor" from Greer, South Carolina, Brad Kelley. For the last two years, this mighty minister has made the top five in his class on Powerlifting USA's exalted Top 100 list. He is a four-time APA World Champion, a two-time WNPW World Champion and he's twice competed in the big money Bench Bash for Cash that's put on annually by the WPO. "To get to Bench America is a very difficult road, but it's one that I'm proud to have been on." Kelley reflects "So, I'm looking for The Lord to give me whatever I need but, however it turns out, it's an honor to be on the platform with any of these guys."

The other two men on the team are equally formidable. Coming out of New Jersey is Dennis "Heavy D" Cieri and he carries with him some serious benchpressing credentials. Cieri is the current USAPL 198 class national record holder with a benchpress of 540 pounds. In the 220 class, he was the runner up at the latest nationals with a 589. But it was at Bench America II where he shined the brightest with a 621 to win and then an astounding 628@220 on his fourth attempt! His comrade in arms will be Joe Smith from the powerlifting state of Ohio. Smith holds the national record in the USAPL, for the 132 class, with a 380 and the Ohio state record in the 148's. At the International Powerlifting Federation World Championships in 2003, he represented his country with pride and secured a bronze medal for the USA. At BAII, Smith blew up over three times his body weight with a 440 pound press at 146.

Completing the team is the blonde, benchpressing, beauty from Charlotte, North Carolina. In the international world of women's benchpressing, Jennifer Thompson is at the pinnacle. For three years in a row she's won the USAPL nationals and, on the world stage, she's taken gold in 2001 and in 2003. Jen Thompson knows

what it means to compete as an army of one and she knows what it means to represent her country. "I like the competition. It's a competition within yourself but, when you get to the world level it's also at a team level" Thompson points out. "You want to win the world championships for the United States of America. You feel a lot of patriotism towards that."

Facing the American competitors will fifteen of the world's finest benchers; a five lifter force from Japan, from Russia and from Germany. This international, drug tested, competition is one more positive step in the direction of making powerlifting an Olympic sport. This spring, at Bench America II, color commentator and powerlifting aficionado, Peter Thorne, pointed out "Right now, powerlifting is attempting to become part of the Olympic family and one of the conditions is that they must follow WADA (World Anti-Doping Agency) drug testing rules. Joe Mukite's Bench America is following that lead and what that means is, shortly, every lifter here today, every lifter, is subject to drug testing." The founder of Bench America, Joe Mukite proudly states "This will be the first time, in over 20 years, that top lifters in America (qualified in cross federation nationals), will participate against the International Powerlifting

Federation. This event has been a dream of mine for years."

Chicago has always been a haven for powerlifters and, true to the cause, it has welcomed Bench America with open arms. The city of Elgin, a town of 130,000 people thirty miles northwest of Chicago's downtown, will play host to this year's Bench America Worlds. Elgin has graciously co-sponsored the competition and festival and the mayor is officially endorsing the event. "We are excited to have the strongest professional powerlifters in the world come to the City of Elgin" beams Mayor Edward Schock. "This is a great event and the fact that an Elgin native, like Joe Mukite, is behind this makes it even more special." As part of the city based sponsorship, The Beacon News (owned by the Chicago Sun-Times) has asked to do a special 12 page section on the championships and weekend fitness fair as well

as sponsoring the event with over \$20,000 in free advertising! Thanks

to the Beacon News, all of the competitors will get media coverage. In addition, Illinois State Senator, Steve Rauschberger, has applauded the rules of the Bench America Worlds and the direction that it has taken towards following the International Olympic Committee's drug testing regulations.

Adding to Bench America's promotional firepower is The Venture Group, headed by Marketing Director, Robert McAuliff. McAuliff is a negotiator extraordinaire and he has accomplished such feats as building the Chicago Marathon into the most successful marathon in the country and putting together the title sale of the Allstate Arena. The Venture Group believes in Bench America and they want to see the sport of powerlifting rise to the heights of popularity in the USA.

The Bench America Worlds will take place on October 10th at the 1,200 seat Hemmens Cultural Center in Elgin, Illinois (a suburb of Chicago.) In addition to the world championships will be The Strongest Man and Women in Chicago - two Chicagoland benchpress challenges, max weight and bodyweight (half bodyweight for women) for reps, which are open to the public. The top two winners of this amateur bench off will get the opportunity to be recognized on the nationally televised broadcast of the BA Worlds! Also, there will be a five-day fitness festival that will include many different exercise seminars and competitions and vendors showcasing their health related products and services.

This winter, Bench America will be aired nationwide on Fox Sports Net, so get ready to get in on the action! For more information on the competition, log onto www.BenchAmerica.com or call 1(847)464-5346. The Hemmens Cultural Center is located at 150 Dexter Court, Elgin, Illinois, 60120 (for directions, go to www.cityofelgin.org/hemmenculturalcenter/directions.html) and tickets can be purchased for the Bench America Worlds thru [Tickets.com](http://www.Tickets.com).

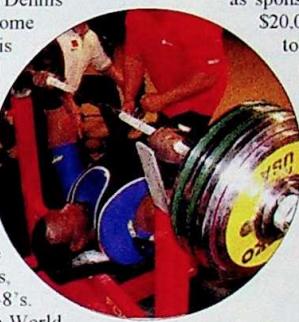
*Reported by Seanzilla
Katterle of
HardcorePowerlifting.com*



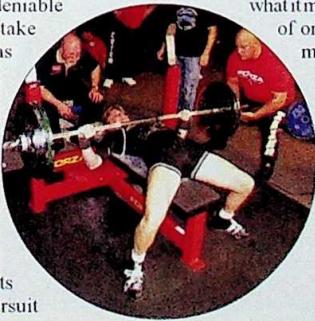
'Seanzilla' Katterle



Brad Kelley



Horace "Big" Lane



Jen Thompson

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Pat Casey: King of the Powerlifters by Bruce Wilhelm. Over 40 Pages (8 1/2 x 11 format) \$15.95 Plus S/H. Each Book is autographed by Pat Casey. Weightlifters Warehouse 1-800-621-9550

MUSCLETOWN USA by John D. Fair - this book is an insightful examination of the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, and is as revealing as it is entertaining. (432 pages, 70 illustrations). Paperback edition is \$23.50 plus \$4 shipping and handling, hardbound - \$65 plus \$4 s/h). Payable to PL USA, Box 467, Camarillo, CA 93011.

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Collectors Items hard to find back issues of *POWERLIFTING USA* are still available connect your link with the history of powerlifting right now, before these back issues are sold out and lost to the general public forever! See how the stars of today got their starts yesterday. Learn the context of today's political actions from the perspective of what has gone on beforehand, track the TOP 100/20 rankings of your favorite lifters from one year to the next, find the training approach that is "new to you" (if you haven't tried it yet, it could be the best program you've ever went with) even if it was published years before, re-live the personal histories of great lifters who left the platform before you came onto the PL scene, see the classic photographic images of historic lifters in their most historic moments that have burned themselves into the memory banks of today's contemporary greats. For further information on the back issues available, see pages 48 to 51 of this issue of *PLUSA*

WEST COAST BODYBUILDING SCENE

DICK TYLER

Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Fenn, Tom Overholtzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zuver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was gobs of common ground between the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo ... wow!) We just got a couple of cases of this book in and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to PL USA, Box 467, Camarillo, CA 93011.

SPF Southeastern PL/BP		
22 NOV 03 - Chattanooga, TN		
FULL POWER	K. McKenzie	240
Juniors- 20-21	Grand Masters	
M. Himes	1785	(50-over)
Cody Jordan	935	C. Wooten
148 Class	335	Barry Maples
Scott Alford	1315	M. Harrell
Paul Prater	745	Southern Open BP
165 Class	Juniors 20-21	
M. Weller	1290	A. Maddox
Bill Parsley	1065	440
198 Class	148 Class	
Eddie Pitts	1340	Dexter Tai
Justin Maples	1045	K. McKenzie
220 Oass	165 Class	
M. Himes	1785	M. Weller
Steve Brown	1500	Bill Parsley
275 Class	220 Class	
Steve Brown	1500	Steve Braz
J. Robinson BL	1915	Dana Farrow
Pete Andrich	1750	415
242 Class		
J. Whisman	1445	Pete Andrich
Sub-Masters	Nick Maddux	480
M. Weller	1290	B. Gardner
Masters	Josh Robinson	495
Steve Brown	1500	450
Grand Masters	308 Class	
Barry Maples	920	Jeff Hall
RAW BENCH PRESS	475	
Juniors-20-21	Super Heavy	
Cody Jordan	250	Kevin Crump
148 Oass	Sub-Masters (33-39)	415
Dexter Tai	325	B. Gardner
K. McKenzie	240	M. Weller
165 Class	Masters (40-49)	295
Phillip Avans	275	Nick Maddux
181 Class	480	Steve Braz
Rick Lewis	330	460
M. Harrell	215	Jeff Hall
198 Class	Grand Masters	475
Justin Maples	270	C. Wooten
220 Class	Barry Maples	335
Dana Farrow	415	M. Harrell
Chris Grant	300	215
Superheavy		
Enloe West	455	
Masters (40-49)		
Lewis Jones	355	
(Results by meet director Jesse Rodgers)		

TOP 100

For standard 114 lb./52 kg. USA lifters in results received from May 2003 thru June 2004

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

NEXT MONTH... TOP 123s

Corrections - Derek Baker Jr. was not credited for his 650 deadlift and 1545 total on the 198 lb. Teenage TOP 20 rankings. Phil Davi was not credited with his 760 squat or 749 deadlift in the 242 lb. class TOP 100 rankings. Glen Murphy Jr.'s 319 squat, 314 deadlift, and 826 total were not reflected on the TOP 20 rankings for the Masters 123 lb. class. Steve Petrencak indicates that in the results of BenchAmerica II, Peter Wong did not get his 4th attempt 375, and Horace Lane did not get his 4th attempt 720, but Dennis Cieri did get his 4th attempt of 628. We apologize for any errors that our readers find in our reports or ranking lists, and we encourage you to send any corrections that you find to "POWERLIFTING USA ERRORS", Box 467, Camarillo, CA 93011.

SQUAT	BENCH	DEADLIFT	TOTAL
1 447 Gainer, E..7/30/03	305 Pham, H..7/5/03	509 Gainer, E..7/20/03	1229 Gainer, E..7/20/03
2 405 Parrish, S..8/8/03	303 Gainer, E..5/1/04	490 Scruggs, J..5/31/03	1113 Scruggs, J..5/31/03
3 391 Scruggs, J..5/31/03	275 Faraone, J..9/6/03	435 Jackson, G..6/6/03	980 Freeman, J..3/27/04
4 390 Moreno, J..3/27/04	255 Hrenchir, A..7/5/03	430 Calderon,.5/1/04	980 Moreno, J..3/27/04
5 380 Kirkland, M..6/19/04	250 Scheldrup, T..2/2/03	410 Freeman, J..3/27/04	975 Parrish, S..8/8/03
6 375 Pryor, B..3/27/04	242 Cohn, D..5/31/03	400 Barbier, M..11/15/03	965 Summers, D..3/27/04
7 375 King, N..3/27/04	231 Scruggs, J..5/31/03	400 Moreno, J..3/27/04	945 Escobedo, F..3/27/04
8 365 Zeolla, G..11/14/03	230 Summers, D..3/27/04	391 Scheldrup, T..2/21/04	940 Zeolla, G..11/14/03
9 360 Summers, D..3/27/04	225 Freeman, J..3/27/04	385 Parrish, S..8/8/03	925 Maile, J..5/22/03
10 360 Escobedo, F..3/27/04	225 Do, T..3/27/04	380 Maile, J..5/22/03	898 Kirkland, M..6/19/04
11 360 Ramirez, J..3/27/04	225 Calderon..5/1/04	380 Zeolla, G..11/14/03	895 Calderon..5/1/04
12 345 Freeman, J..3/27/04	225 Lewis, J..5/1/04	380 Bell, I..5/15/04	890 Barbier, M..11/15/03
13 341 Awalt, A..1/31/04	220 Ochoa, M..3/27/04	375 Summers, D..3/27/04	887 Scheldrup, T..2/21/04
14 340 Sierra, J..3/27/04	215 Barbier, M..11/15/03	370 Escobedo, F..3/27/04	881 Awalt, A..1/31/04
15 340 Soto, L..3/27/04	215 Escobedo, F..3/27/04	369 Karapetyan, S..12/9/03	880 Pryor, B..3/27/04
16 337 Hile, J..8/17/03	214 Maile, J..5/22/03	360 Arness, D..3/27/04	880 Do, T..3/27/04
17 335 Hollier, J..11/5/03	209 Awalt, A..1/31/04	358 Cohn, D..5/31/03	875 Garcia, D..3/27/04
18 335 Garcia, D..3/27/04	205 Rachman, M..5/29/04	355 Mims, K..3/27/04	870 Sierra, J..3/27/04
19 335 Morales, M..3/27/04	203 Aanenom, K..11/15/03	350 Pryor, B..3/27/04	860 Soto, L..3/27/04
20 330 Maile, J..5/22/03	200 Spender, H..5/31/03	350 Garcia, D..3/27/04	855 Morales, M..3/27/04
21 330 Do, T..3/27/04	200 Zeolla, G..8/8/03	350 Sierra, J..3/27/04	845 Arness, D..3/27/04
22 330 Hinojosa, A..3/27/04	200 Ostrum, T..9/6/03	347 Kirkland, M..12/6/03	844 Hile, J..8/17/03
23 320 Arness, D..3/27/04	200 Johnson, N..3/27/04	345 Dehs, A..3/27/04	840 Hinojosa, A..3/27/04
24 305 Casco..3/21/04	198 Navarre, V..6/7/03	341 Griggs, R..12/9/03	840 Ochoa, M..3/27/04
25 303 Bell, I..5/15/04	192 Akina, K..12/9/03	341 Kratz, E..3/19/04	840 King, N..3/27/04
26 300 McClosky, T..10/24/03	190 Ernst, T..6/1/03	341 Bray, J..5/29/04	830 Hollier, J..8/2/03
27 300 Williams, S..3/19/04	190 Logsdon, H..8/23/03	340 McClosky, T..10/24/03	820 Dehs, A..3/27/04
28 300 Tankersley, H..3/19/04	190 Moreno, J..3/27/04	340 Soto, L..3/27/04	815 Bell, I..5/15/04
29 300 Denmon, A..3/19/04	190 Garcia, D..3/27/04	330 Hile, J..8/17/03	810 Mims, K..3/27/04
30 300 Ochoa, M..3/27/04	190 Morales, M..3/27/04	330 Awalt, A..1/31/04	810 Johnson, N..3/27/04
31 300 Simmons, B..3/27/04	185 Hollier, J..8/2/03	330 Crapsey, M..3/19/04	810 Ramirez, J..3/27/04
32 295 McLemore, B..3/19/04	185 Parrish, S..8/8/03	330 Morales, M..3/27/04	810 Bray, J..5/29/04
33 295 Dehs, A..3/27/04	185 Breaux, D..11/15/03	330 Hinojosa, A..3/27/04	800 Simmons, B..3/27/04
34 295 Mims, K..3/27/04	185 Claypatch, H..3/21/04	326 Hairston, D..1/31/04	790 McClosky, T..10/24/03
35 292 Marietta, Leah..1/31/04	185 Simmons, B..3/27/04	325 Payne, D..5/1/03	785 Lewis, J..5/1/04
36 292 Bray, J..5/29/04	185 Hernandez, A..3/27/04	325 Conner, J..5/31/03	775 Hernandez, A..3/27/04
37 290 Johnson, N..3/27/04	185 McAvoy, T..5/29/04	325 Hollier, J..8/2/03	766 Kratz, E..3/19/04
38 281 Knight, M..3/19/04	181 Kirkland, M..12/6/03	325 Arelliano, D..1/31/04	760 Casco..3/21/04
39 281 Leblanc, B..4/4/04	180 Sierra, J..3/27/04	325 Do, T..3/27/04	755 Baldwin, C..3/6/04
40 280 Mendoza, V..3/19/04	180 Soto, L..3/27/04	320 Williams, S..3/19/04	755 Williams, S..3/19/04
41 280 Fair, K..3/19/04	180 Hinojosa, A..3/27/04	320 Stephens, B..3/19/04	755 McAvoy, T..5/29/04
42 280 Hernandez, A..3/27/04	180 Dehs, A..3/27/04	320 Ochoa, M..3/27/04	749 Marietta, Leah..1/31/04
43 275 Barbier, M..11/15/03	177 Hile, J..8/17/03	320 Johnson, N..3/27/04	749 Baines, T..3/19/04
44 275 Momoh, C..2/14/04	176 Kratz, E..3/19/04	316 Akina, K..9/20/03	745 Tankersley, H..3/19/04
45 270 Bonner, T..7/26/03	176 Baines, T..3/19/04	315 Tankersley, H..3/19/04	738 Cohn D..5/31/03
46 270 Baldwin, C..3/6/04	176 Leach, M..4/17/04	315 Ramirez, J..3/27/04	738 Crapsey, M..3/19/04
47 270 Brown, J..3/6/04	176 Shuttleworth, M..5/8/04	315 Simmons, B..3/27/04	733 Bonner, T..7/26/03
48 270 Baines, T..3/19/04	176 Bray, J..5/29/04	315 Lewis, J..5/1/04	730 McLemore, B..3/19/04
49 270 Molosso, M..3/19/04	175 King, N..3/27/04	315 McAvoy, T..5/29/04	727 Arelliano, D..1/31/04
50 270 Marietta, Lora..3/19/04	170 Lucchesi, S..12/13/03	314 Bonner, T..7/26/03	727 Knight, M..3/19/04
51 270 Houle, L..3/19/04	170 Baldwin, C..3/6/04	314 Shear, J..11/8/03	727 Kubik, S..4/10/04
52 265 Seay, R..3/19/04	170 Murray, H..3/20/04	314 Taylor, D..2/29/04	722 Payne, D..5/1/03
53 265 Cooper, J..3/19/04	170 Casco..3/21/04	314 Baldwin, C..3/6/04	722 Brown, J..3/6/04
54 265 Karcowski, A..5/15/04	170 Williamson, B..5/8/04	314 Walther, D..3/19/04	722 Molosso, M..3/19/04
55 264 Kubik, S..3/6/04	165 Snow, D..6/28/03	314 Karbula, Z..3/19/04	720 Momoh, C..2/14/04
56 264 Crapsey, M..3/19/04	165 Flannagan, J..11/22/03	310 Hernandez, A..3/27/04	716 Walther, D..3/19/04
57 264 Shuttleworth, M..5/8/04	165 Griggs, R..12/9/03	308 Kubik, S..4/10/04	716 Marietta, Lora..3/19/04
58 264 Richard, C..6/5/04	165 Zagone, B..3/19/04	305 Monoh, C..2/14/04	716 Williamson, B..6/26/04
59 264 Shear, J..6/13/04	165 Kim, E..3/19/04	304 Zierold, M..3/6/04	710 Bachor, R..3/19/04
60 260 Welch, J..11/15/03	165 Arness, D..3/27/04	303 Marietta, Leah..1/31/04	705 Hairston, D..1/31/04
61 260 Kunze, C..3/19/04	165 Burnette, W..6/19/04	314 Shear, J..11/8/03	727 Kubik, S..4/10/04
62 260 Creduer, M..3/19/04	161 Chapel, J..4/24/04	314 Taylor, D..2/29/04	722 Payne, D..5/1/03
63 260 Ramirez, K..3/19/04	160 Bloom, C..7/19/03	303 Bloom, C..6/14/03	722 Brown, J..3/6/04
64 259 Walther, D..3/19/04	160 Horton, T..9/2/04	303 Williamson, B..5/8/04	722 Molosso, M..3/19/04
65 259 Bachor, R..3/19/04	160 Stiltner, C..2/21/04	300 Bloom, C..6/14/03	720 Momoh, C..2/14/04
66 259 Conner, T..3/19/04	159 Lafferty, B..12/9/03	300 Mendoza, V..3/19/04	694 Shuttleworth, M..5/8/04
67 259 Lewis, C..3/19/04	159 Bachor, R..3/19/04	300 Fair, K..3/19/04	690 Weger, H..7/12/03
68 259 Williamson, B..6/26/04	159 Kubik, S..4/10/04	300 Estrada, C..3/19/04	690 Fair, K..3/19/04
69 255 Hernandez, M..3/19/04	155 McBurney, D..10/25/03	300 Karbula, Z..3/19/04	688 Conner, J..5/31/03
70 255 Paweleck, C..3/19/04	155 Mamola, A..8/2/04	297 Knight, M..13/19/04	685 Stephens, B..3/19/04
71 255 Vang..3/21/04	155 Kunze, C..3/19/04	297 Liner, J..3/19/04	680 Welch, J..11/15/03
72 255 McAvoy, T..5/29/04	155 Pryor, B..3/27/04	295 Weger, H..7/12/03	680 Denmon, A..3/19/04
73 253 Payne, D..5/1/03	154 Russell, J..6/14/03	295 McLemore, B..3/19/04	677 Muskat, J..10/11/03
74 253 Hairston, D..5/17/03	154 Richardson, J..11/15/03	292 Russell, J..6/14/03	677 Shear, J..11/8/03
75 253 Muskat, T..10/11/03	154 Lafferty, B..12/9/03	292 Muskat, T..10/11/03	672 Liner, J..3/19/04
76 253 Harris, T..3/19/04	154 Norwood, N..12/6/03	292 Zintsmaster, B..2/27/04	672 Richard, C..6/5/04
77 250 Weger, H..7/12/03	154 Hunt, R..12/9/03	292 Marietta, Lora..3/19/04	666 Lucchesi, S..12/13/03
78 250 Breaux, D..10/18/03	154 Marietta, Leah..1/31/04	292 Bachor, R..3/19/04	665 Bloom, C..6/14/03
79 250 Vasquez, G..3/19/04	154 Arelliano, D..1/3/04	292 Fox, J..5/15/04	665 Karbowski, A..5/15/04
80 250 DeLaCruz, K..3/19/04	154 Marietta, Lora..3/19/04	290 McBurney, D..11/8/03	661 Russell, J..6/14/03
81 250 Winchel, S..5/15/04	154 Bell, I..5/15/04	290 Kim, E..2/14/04	661 Taylor, D..2/29/04
82 248 Arelliano, D..1/31/04	154 Richard, C..6/5/04	290 Andiorio, J..3/21/04	660 Prescott, B..5/3/03
83 248 Scheldrup, T..2/21/04	150 Bray, C..5/23/03	290 King, N..3/27/04	660 Snow, D..6/28/03
84 248 Kratz, E..3/19/04	150 Guffy, B..9/6/03	290 Goetz, S..6/12/04	660 McBurney, D..10/25/03
85 248 Karbula, Z..3/19/04	150 McClosky, T..10/24/03	287 Zadubera, S..3/6/04	660 Vang..3/21/04
86 245 Stephens, B..3/19/04	150 Luster, J..4/4/04	286 Houle, L..3/19/04	655 Hernandez, M..3/19/04
87 245 Shafer, G..3/19/04	148 May, S..6/6/03	286 Seay, R..4/4/04	655 Burnett, W..6/19/04
88 242 Liner, J..3/19/04	148 Bonner, T..7/26/03	286 Castillo, R..3/19/04	650 Norwood, N..12/6/03
89 240 Prescott, B..5/3/03	148 Rodriguez, H..12/9/03	286 Brigham, C..3/20/04	650 Seay, R..3/19/04
90 240 Spencer, H..5/31/03	148 Karapetyan, S..12/9/03	285 Welch, J..11/15/03	640 Paweleck, C..3/19/04
91 240 Hays, C..11/15/03	148 Brown, J..3/6/04	285 Snow, D..11/22/03	640 Creduer, m..3/19/04
92 240 Lagunero, S..3/6/04	148 Knight, M..3/19/04	285 Kunze, C..3/19/04	639 Zagone, B..3/19/04
93 240 Locke, L..3/6/04	148 Molosso, M..3/19/04	285 Casco..3/21/04	639 Conner, T..3/19/04
94 240 Calderon, M..5/1/04	148 Ovalle, C..4/3/04	281 Leblanc, B..4/4/04	635 Estrada, C..3/19/04
95 240 Minoff, A..5/27/04	148 Schieferstein, J..5/22/04	280 LaPorte, J..2/8/04	635 Shafer, G..3/19/04
96 236 Gedney, J..10/18/03	145 Prescott, B..5/3/03	280 Carden, M..2/21/04	635 Winchel, S..5/15/04
97 236 Lavallee, S..10/31/03	145 Weger, H..7/12/03	280 Hernandez, M..3/19/04	633 Tucker, R..3/16/04
98 236 Demmers, E..11/8/03	145 Denmon, A..3/19/04	280 Hernandez, M..3/19/04	633 Lewis, C..3/19/04
99 236 Norwood, N..12/6/03	145 Vang..3/21/04	280 Vasquez, G..3/19/04	633 Fox, J..5/15/04
100 236 Tucker, R..3/16/04	145 Dahl, J..4/3/04	275 Prescott, B..5/3/03	633 Schieferstein, N..5/22/04

What They're Not Telling You About Anabolic Steroids!

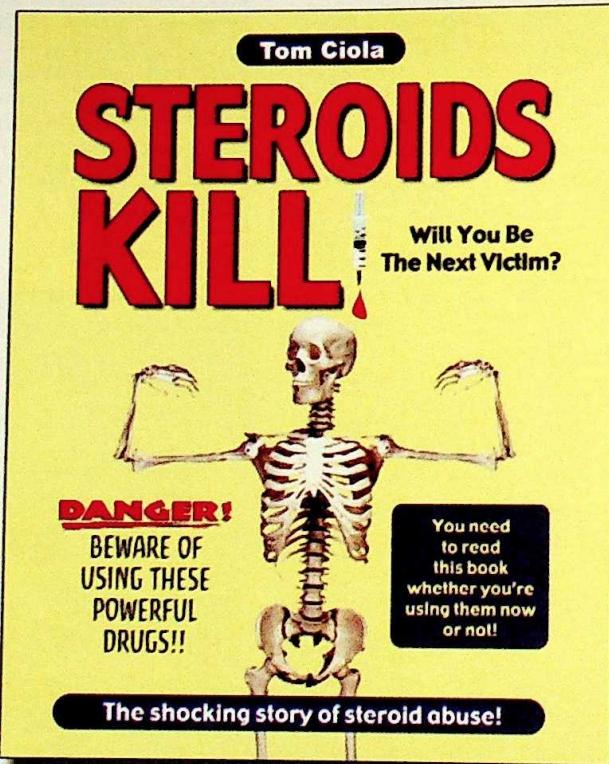
Unfortunately, there is a popular misconception in the sports world today that anabolic steroids are relatively harmless drugs whose side effects have been blown way out of proportion. That's pure **nonsense!** The truth is that steroids can totally destroy your life and even kill you.

Are you currently using steroids or perhaps thinking about starting? If so, you owe it to yourself to read the brand new book — **STEROIDS KILL!** — by Tom Ciola. Here at last is the unvarnished truth about the dangers of anabolic steroids and other performance-enhancing drugs. It's full of hard-hitting, bone-chilling facts that will make you think twice about using these drugs. The well-researched information and true stories from athletes are guaranteed to present the steroid controversy to you in a way you've never heard it before.

Lies Of The 'Drug Merchants'

Steroids are BIG BUSINESS and many of the people involved with them are anxious to allure others into their destructive and often deadly trap. That's why they hope you never read **STEROIDS KILL!** Here's just a brief sampling of the misinformation going around today:

■ The "drug merchants" will tell you that thousands of athletes are using steroids with very few cases of serious side effects. Well this is just pure **RUBBISH!** Not only are many steroid users getting sick from using the drugs, **some are even dying!** The reason you never hear about these people is because most of them are not famous, would never compete



and will never make it into the muscle magazines or national media. But they're out there having all kinds of health problems — not to mention the emotional, psychological and financial toll the drugs are taking on them. And worse, as this book will show you, some are even paying the ultimate price.

■ They'll also assure you that if you use the drugs properly and have regular medical checkups, there's no danger. This is also total **BALONEY!** The main reason is that most people who start using these drugs, will never use them "properly." Quite the opposite! It's a known fact that the average drug dosages used by athletes are *out in the stratosphere* — far exceeding anything close to the recommended and safe amounts. And the worst thing yet is that the dosage levels continue to rise.

And as far as medical checkups are concerned — more wishful thinking! First of all, the majority of athletes

who start using steroids will never bother seeing a doctor. And as far as blood tests go, understand that at best, they are like a photographic snapshot. They can only tell you about the *present*. In fact, it's quite possible for you to get a reassuring report from a doctor today on a blood test that a week or two later could show numbers that are off the charts. And just as a point of interest, there have actually been several body-builders who have used steroids under a doctor's supervision and still ended up in serious trouble.

■ They say that steroids aren't addictive but don't you believe it. Bodybuilders and athletes who start using them have great difficulty quitting. That's because it becomes extremely depressing to see steroid-induced gains in muscle and strength start to dissipate the day you stop using the drugs.

How To Order

So before you become another **steroid statistic**, you owe it to yourself to read this book. It's available for \$19.95 (plus \$4.95 S&H). So why not order your own personal copy of **STEROIDS KILL!** right now! It just may be the most important book you've ever read. To order by mail, just write the words "Steroids Kill" on a piece of paper with your name and address along with a check or money order for \$24.90 and mail it to **Athletes Against Steroids**, 731 Kirkman Road, Dept. SK-PL, Orlando, FL 32811.

For even faster delivery, you can order with a credit card either by calling our toll free number at **1-877-914-9910** or by placing your order online at www.AthletesAgainstSteroids.org

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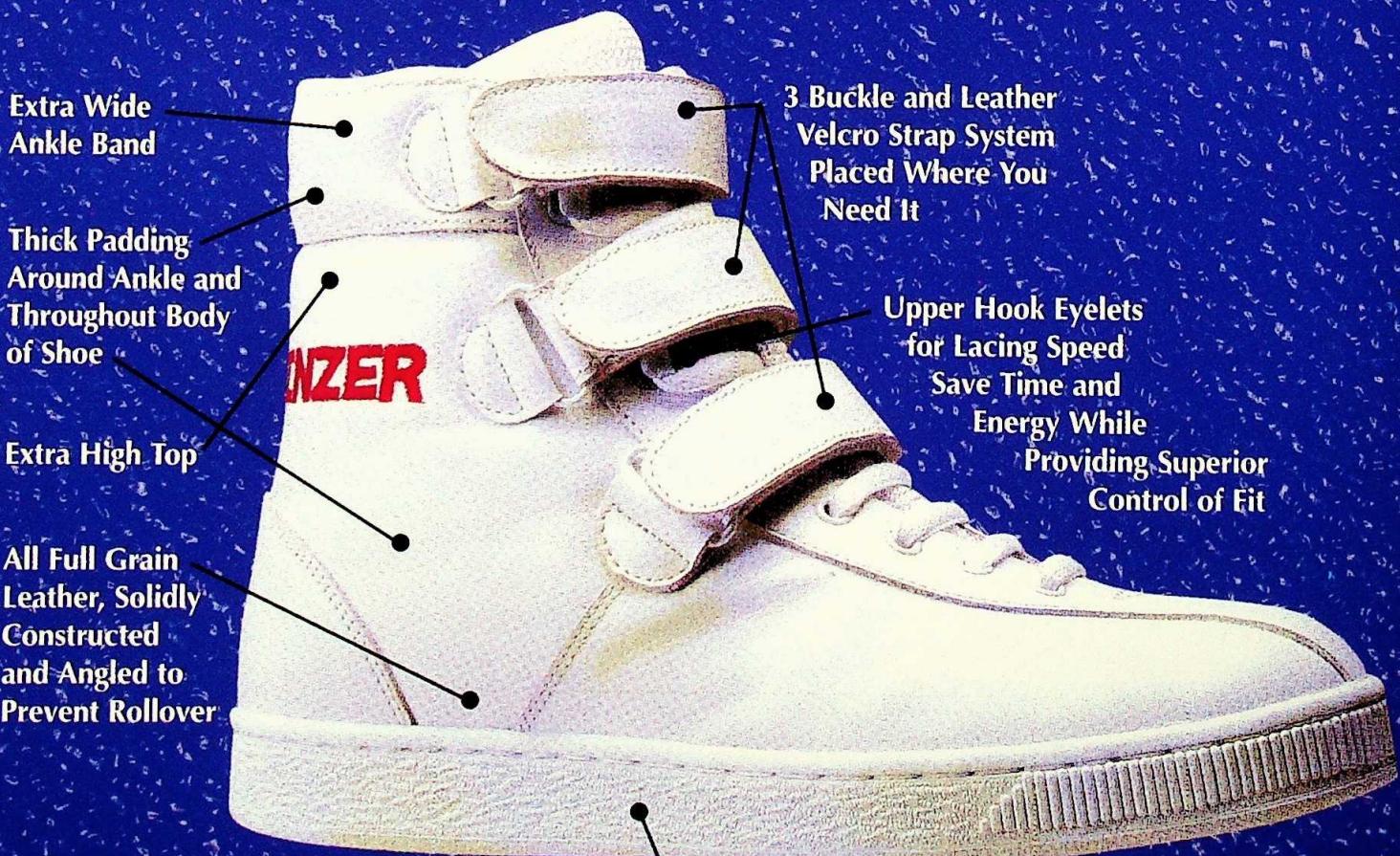
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