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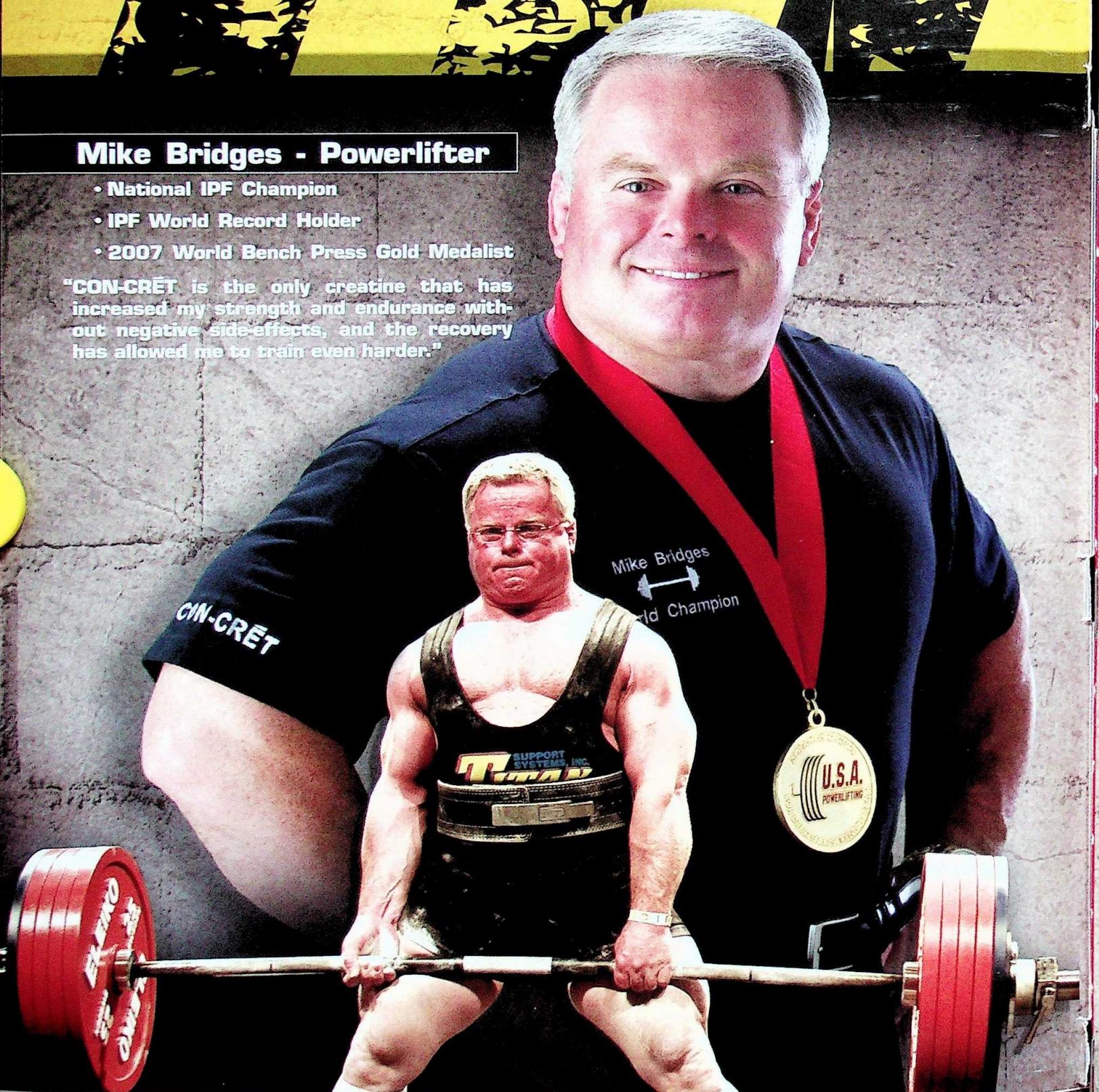
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Hartnett

Mike Bridges - Powerlifter

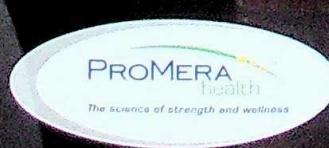
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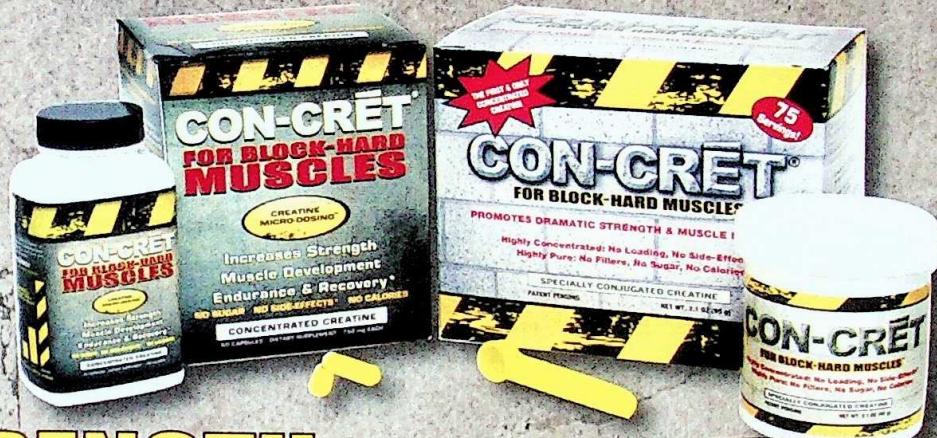
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ON THE COVER ... Shannon Hartnett in national competition

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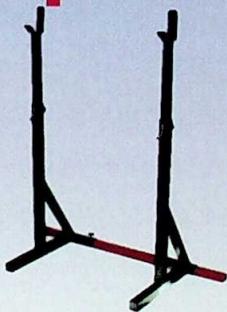
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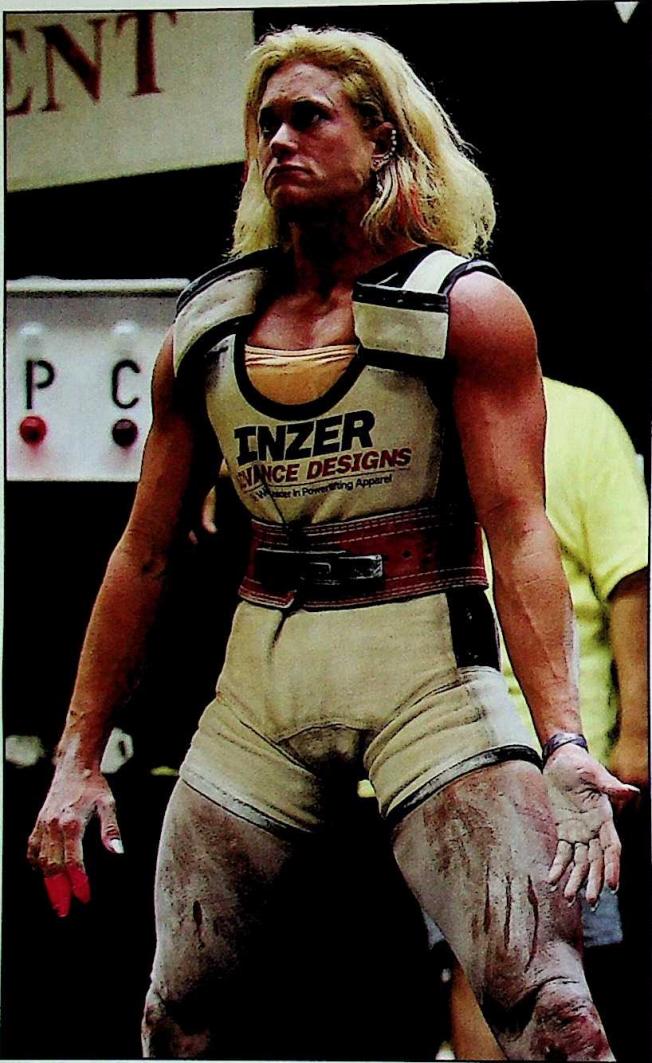
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POWER PROFILE

SHANNON HARTNETT

as told to PI USA by Bruce Citerman



Shannon Hartnett prepares to deadlift at the 2006 APF Seniors.

Background: A native Northern Californian, I reside in Sausalito and have been actively involved in athletics for the majority of my life. I was the owner of Body Central Health Club for ten years and have also been a personal trainer since I was a college student.

I received my Bachelors in Marine Biology and Exercise Physiology and have also earned a Masters in Sports Psychology. I continue to do grant work in the marine biology field, but my passion remains with the weights.

Marital Status: Single

Dependents: Rosa Parks, Pitbull mix

Athletic/Sports Background:

1. While in college, I played basketball and track and field (hepathelete).
2. Center fielder for national softball team (fast pitch).
3. Competed in the bodybuilding arena for four years.

4. Competed in the Scottish Highland Game Athletics (10 time World Champion, 15 time National Champion).
5. Member of the US Bobsled Team and placed fourth in the 2002 Olympic Trials.
6. Competed in World's Strongest Woman, 2002 Malaysia, place fifth.
7. Played Woman's Pro Football, Running Back & special teams.
8. Competed in Olympic lifting and won the Master's Nationals.
9. Currently competing in powerlifting in the Open 148 class. Among my titles are: 2006 WPC World Champion, 2007 Arnold Classic Champion, 2007 APC National's Champion, 2007 APF Nationals Champion, 2007 GPC World Champion.

Influential Factors Leading Me Throughout My Athletic Career:

My earliest memory of a powerful individual influencing my own personal decision to pursue an athletic career was Billy Jean King and the day she took on Bobby Riggs and won. At that moment, I knew there was no sport that was gender specific, and I could succeed at anything if I put my mind to it.

Once I achieved my personal goals in the Scottish Games, I focused on my strongwoman competitions and turned pro. Since there are few pro competitions, I began putting more effort into powerlifting. As I entered into the powerlifting circuit, I have had the honor to receive exceptional coaching and mentoring from Rick Hussey. I have trained with many coaches in many sports and can definitely say he is one of the top coaches I have ever worked with. He has an intuitive ability to understand a lifter's body language, which leads to a lifter's success. My confidence in Rick is so high that I believe he truly is the best one to determine my practice lifts along with my numbers in competition.

Best Competition Lifts:

My best lifts to date in competition in the 148 Open class are 584 squat, 297 bench, and 552 deadlift.

Training Program:

I train in a traditional, old-school, approach, sticking with squats, deads, and bench and not relying on chains or bands. I always go heavy with low reps.

Monday: Rest Day; **Tuesday:** Deadlift; **Wednesday:** Rest Day; **Thursday:** Bench; **Friday:** Rest Day; **Saturday:** Squat; **Sunday:** Triceps/Shoulders.

TUESDAY - DEADLIFT DAY

Training Cycle is in 10-week periods

1. Deadlift pulls (alternate sumo and conventional in training, compete sumo) on 1-1/2 to 2 inch board, double overhand up to 350 to work on grip strength. Never train below 90% of one rep competition max. Six weeks out from competition, remove boards and double overhand from training: 450 lbs., 2x4 reps; 485 lbs., 1x3 reps; 505 lbs., 1x1 reps; 520 lbs., 1x1 reps; 540 lbs., 1x1 reps; 560 lbs., 1x1 reps.
2. Dumbbell rows with 100-125 lb. dumbbells, three set, 6-10 reps.
3. Rack pulls, two inches below knees in sumo stance to work on hip speed. Weight ranges from 350-500 lbs.
4. Front grip pull downs at 200-240 lbs., four sets of eight.
5. Pull-ups, varying grips, 10-12 reps, four sets.
6. Glute Ham Raise and Reverse Hyper (love Louie's machine)
7. Various rotating assistance exercises include snatch grip high pulls, power cleans and dumbbell shrugs.

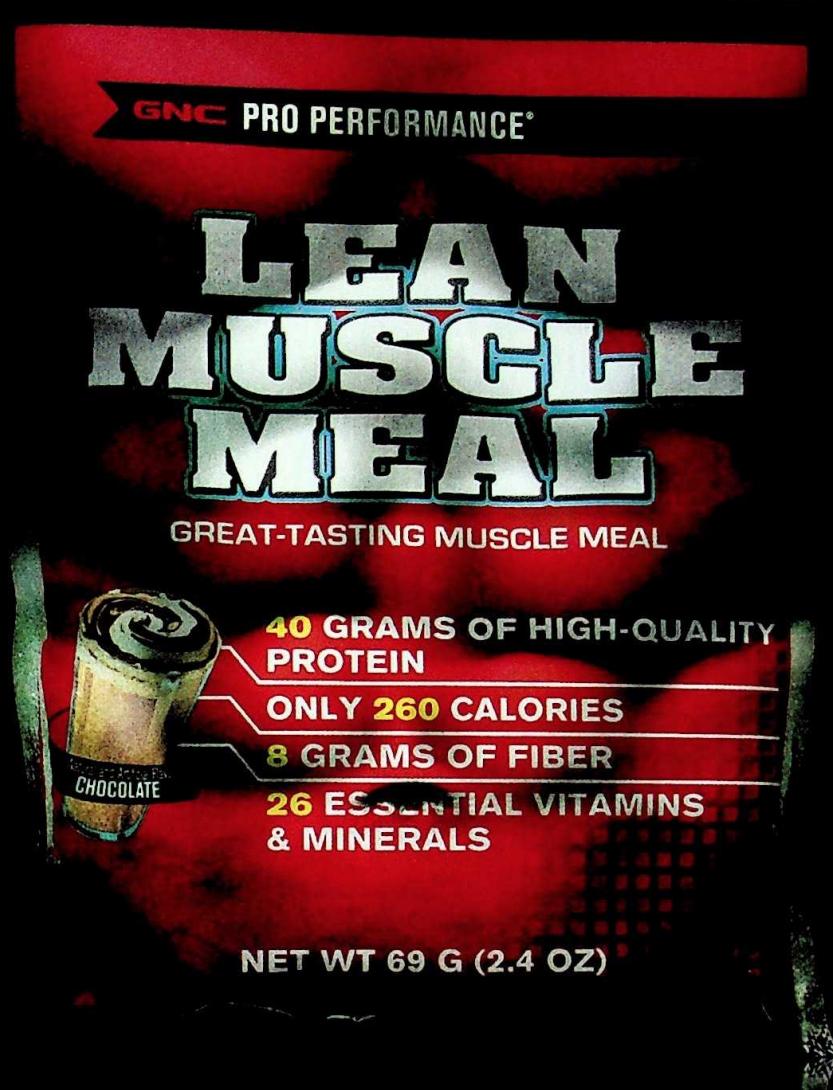
THURSDAY - BENCH DAY

(My most challenging lift)

Training cycle is in 10-week periods.

1. Bench up to 200 lbs. raw, no boards.
2. Begin using a two-board up to 235, will shirt up for a 245 opening lift (I am a fan of boards as they do save one's shoulders from injury). Where I go from there depends upon how I feel that day. I generally pyramid upwards and reduce the number of boards down to my chest.

(continued on page 100)



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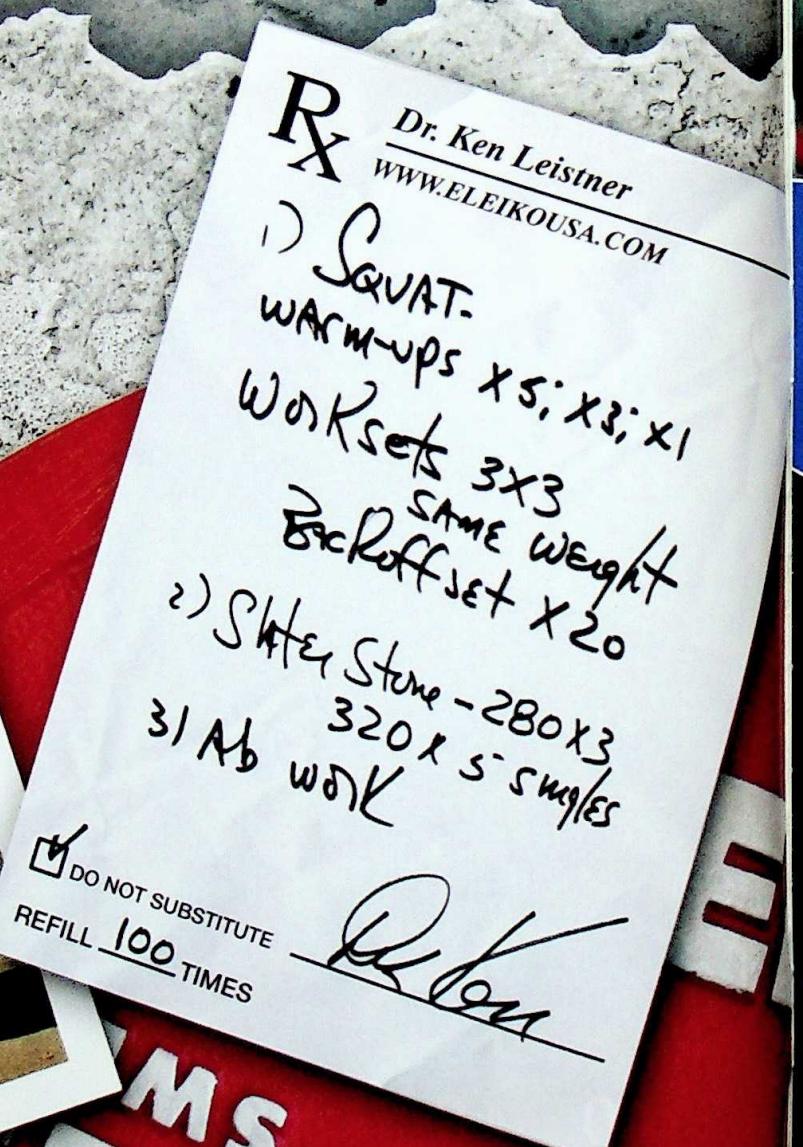
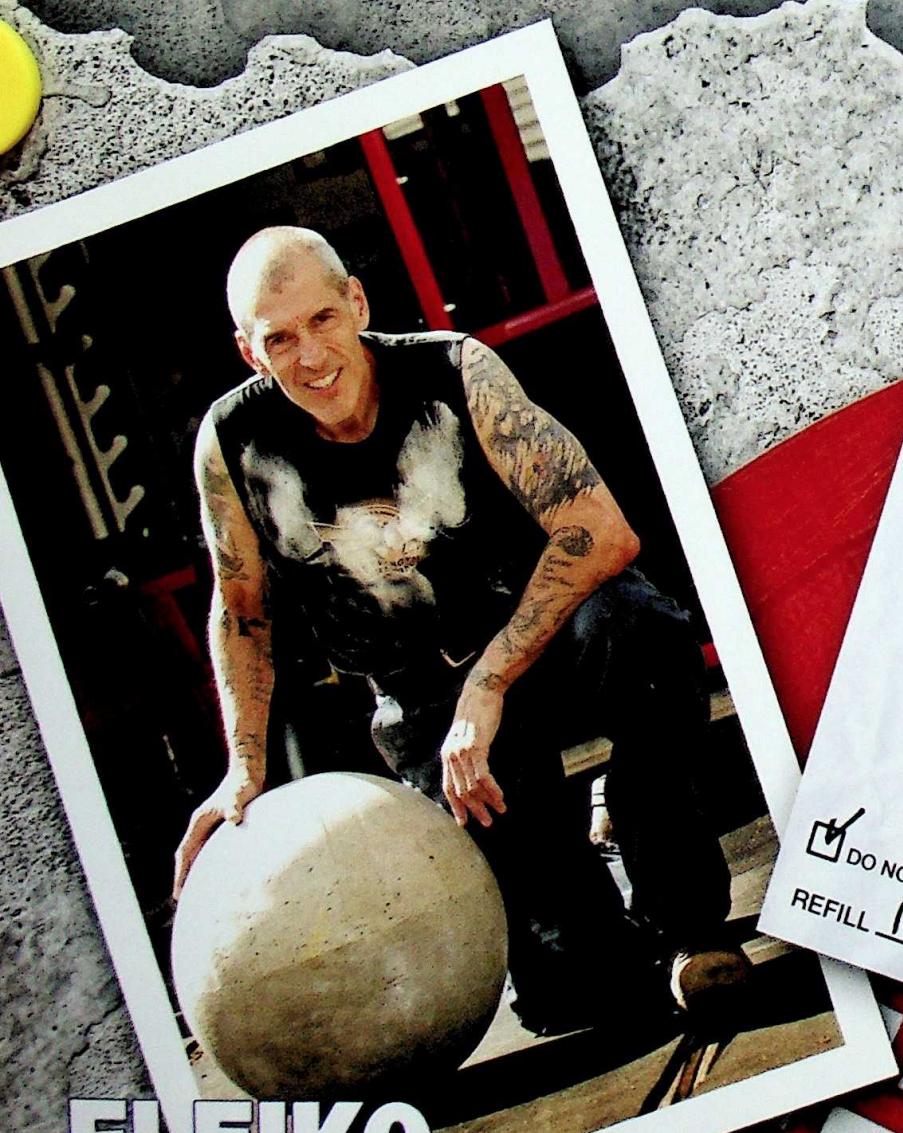
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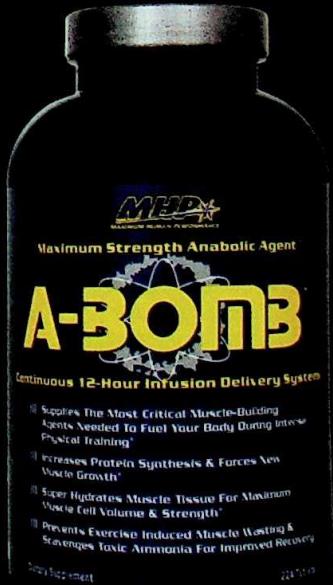
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MHP *

No, I am not talking about flying stars or throwing knives. I am referring to the deadlift. Westside has 15 men who deadlift over 800 pounds. One man weighs 256 and is a mere 20 years old. Plus we have five women who have deadlifted 500 pounds or more. What type of training does it take to do this? Two types: hard and smart. We first analyze the lifter's body structure. What exercises worked best for our former lifters with the same body proportions? Which muscle groups play a large role in deadlifting?

Let's start with some of our workouts. These are done on Monday, which is max effort day at Westside.

WORKOUTS

Stand on a 2- or 4-inch box with either a sumo or conventional style. This is intended to teach one to use more leg drive off the floor. Many will use too much back while standing on boxes; this is not what is intended, although it happens. Standing on boxes will build a strong start and also the finish but with pulling a longer distance. You will learn how much carryover will apply to your regular deadlift.

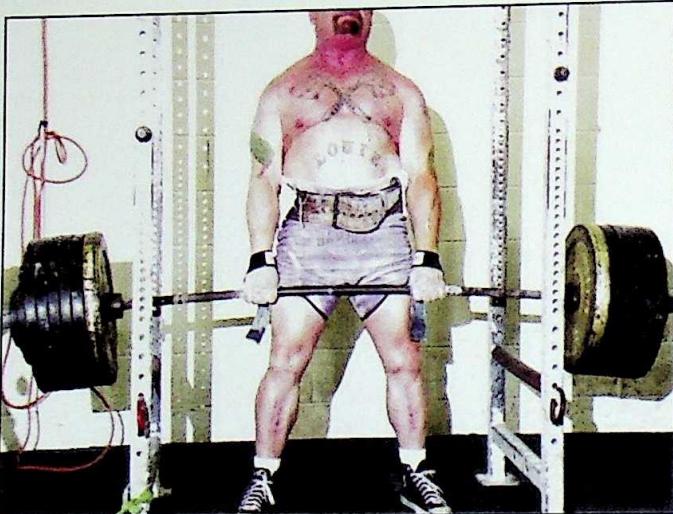
I have witnessed lifters using rack pulls forever. I prefer to do rack work with the plates 2, 4, or 6 inches off the floor. My best official conventional deadlift was 722 pounds. My best rack pull 2 inches off the floor was 705 pounds. Many will do high rack pulls with 200 pounds more than they can pull off the floor. I think this is counterproductive. Chuck Vogelpohl would pull extremely heavy rack pulls, over 200 pounds more than his 835 deadlift. I asked him why he did them. He replied that it taught him to strain. I thought for a minute and said to myself, if anyone can strain, it's him, but maybe that's why he is so strong. So you choose, but remember, lifters that are great in a particular lift most of the time have a great structure for that lift.

I feel that rack pulls with strong band tension over the bar work best. We use up to 350 pounds of band tension over the bar. A max deadlift can move very slowly, and rack pulls with band tension will teach one not only to strain but to think while straining maximally.

Pulling off the floor with bands for speed works well and is done immediately after squatting. Here are some references. I used 345 pounds of bar weight plus 100 pounds band tension at the floor and 220 pounds at lockout. I also made 715

WESTSIDE TRAINING

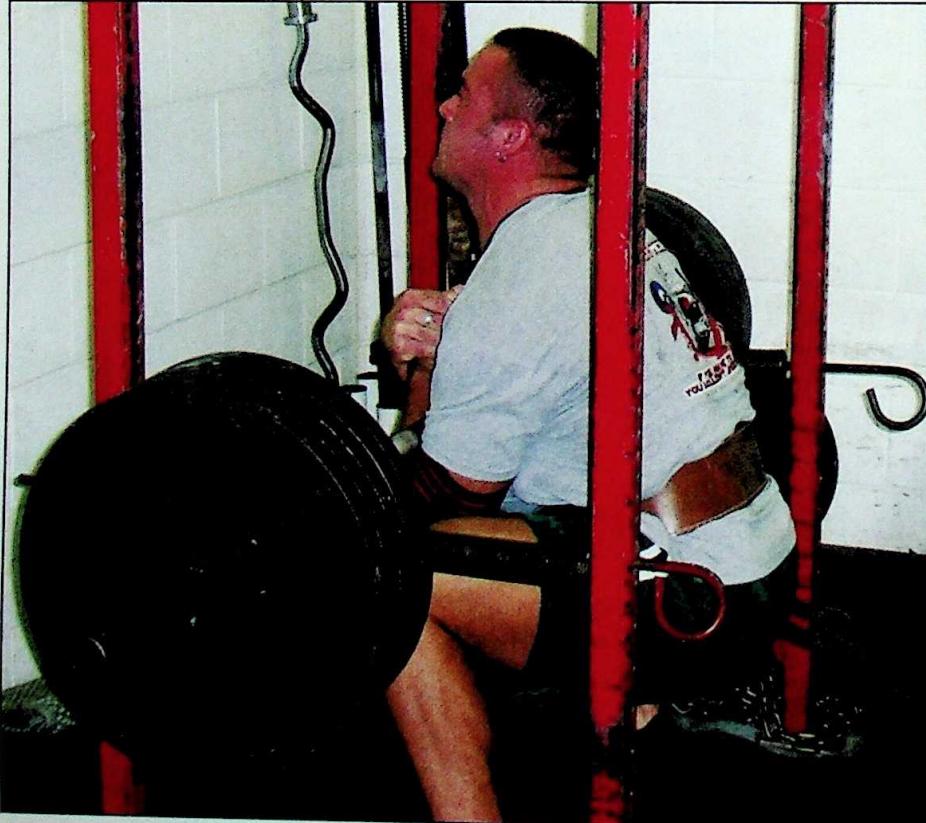
THE FORGOTTEN WEAPON as told to PL USA by Louie Simmons



Louie Simmons working out in the rack. (photos courtesy Simmons)

at a meet at 57 years old and 215 bodyweight.

If one can pull 600 pounds with the same band tension, this will produce an 800-pound deadlift. Note: the 345 pounds was for 6-8 sets of 1 rep. The 600 pounds is a max single. This is the deadlift training we do at Westside. We deadlift at least once a week and sometimes



Greg Panora doing the very productive Zercher Squat movement variation in the power rack

twice.

SPECIAL EXERCISES

When we're not deadlifting, we are doing good mornings or a form of squatting. Here are some examples of good mornings.

1. Good mornings with straight legs and back arched.
 2. With legs bent and back arched.
 3. With legs bent and back rounded.
 4. With legs straight and back rounded.
 5. With toes or heels elevated: this stresses the lower back and hamstrings.
 6. Walking good mornings: bend over while stepping forward for a predetermined distance.
 7. Back Attack, which is a good morning machine.
 8. Concentric good mornings with different bars starting from the bottom and rising to completion.
- Note: we use a wide variety of bars when doing good mornings.

SPECIAL SQUATTING ON BOXES

Low bar squat with a variety of bars; front squat; Manta Ray; Safety Squat bar; and cambered bar with a 2- to 14-inch camber.

My all time favorite and I feel a major part of our success is the Zercher squat. These are done off the floor or in a rack with a wide or close stance. This exercise will build every muscle in the body.

SMALL SPECIAL EXERCISES

Belt squats, glute/ham raises, back raise, 45-degree back raise, Reverse Hypers, inverse curls, rowing of all kinds, shrugs, pulling a sled with weights, lots of abs, leg raises, sit-ups, standing abs, pull downs, and side bends. The hamstrings and abs are the most important muscle groups. If your hamstrings and abs are strong, your lower back will survive the rigors of training.

DEADLIFT FORM

What is good form? Ask your doctor and he will tell you one thing, but remember your doctor does not know powerlifting. The safest method for an untrained person is not the best for a highly trained powerlifter. If you look at the greatest deadlifter of recent years, they don't appear to have a safe form.

Vince Anello, John Kuc, and Brett Russell would pull with their heels close together almost stiff legged. Even many sumo pullers will round their backs to increase leverage. Jim Cash would push his knees inward



**Jeremy Hoornstra -Team MHP Member
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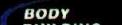
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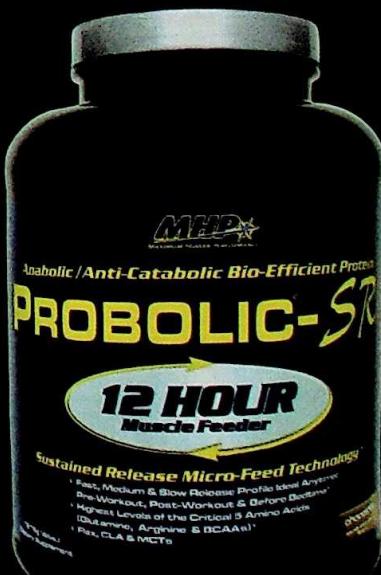
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The World's Strongest Man was originally going to be held in Egypt, but was abruptly changed to Charleston, West (by God) Virginia. John Shiflett and I had planned to go to Charleston anyway to help Doug Currence put on a USAPL meet that weekend. The strongman competition would be the icing on the cake, as I have always wanted to see a WSM in person. This one, in my opinion, was the best one ever. The key question was whether legendary four time WSM winner, Mariusz Pudzianowski, could win a fifth title and thus break the current three way tie with the late Jon Pall Sigmarsson and Magnus Ver Magnusson. The final ten athletes were very impressive. As well as Mariusz, there were five Americans: Derek Poundstone (this dude is the real McCoy), Phil Pfister (about 380 lbs., 2006 WSM winner), Jason Bergmann (a very strong guy), Travis Ortmayer (you will hear from him next year), and Dave Ostlund (a future force). Rounding out the finalists were Sebastian Wenta (Poland, a nice young man with a good sense of humor and also 2007 WSM runner-up), a very serious Englishman, Terry Hollands, Tarmo Mitt from Estonia (a power house), and lastly Arild Haugen from Norway. This field was qualified from thirty entries and two reserves from twelve countries with the USA the leading contingent with seven men.

I cannot remember when we had five Americans in a WSM final, perhaps in the 1980s. No WSM contest would be complete without three time WSM winner and the last American, since Phil Pfister, to win a WSM contest, Bill Kazmaier, who was on hand to do the interviews. It is hard to keep track of standings at

World's Strongest Man Contest as told to Powerlifting USA by Will Morris



Mariusz Pudzianowski in tight competition with 2006 WSM Phil Pfister (USA)

a WSM contest, unless you have a stop watch to keep track of the timed events. I was not always able to hear the results announced, as they were late coming in. I could find very little info in the local papers and asking the officials for info was useless. I finally got the picture. The WSM organization wanted to keep the results a secret so that ESPN could air them in December. Brian Siders, the IPF World superheavyweight powerlifting champ, was asked to compete. He did in the qualifying rounds, but with only three weeks to get ready, it was asking too much and he did not make the finals. The prelims were so tough that even former WSM winner Magnus Samuelsson did not make the top ten.

Most of the people I spoke to were of the opinion that the contest would be won by either Pudzianowski or Poundstone, with Pfister being the wild card, and this turned out to be a pretty good guess. The WSM got off to a good start on Friday, Sept 12, at Downtown Charleston's Haddad Riverfront Park. The Stairs was the first event, and long before the event started Mariusz was measuring and walking the steps, which were about 18 inches high and about four feet wide. The 495 lb. object they had to carry up the steps was a round canister with a small handle. Most of the men took two steps between each stair and this is how Mariusz started until he realized after the third step that he could heave this

canister from one step to the other by only taking one step in between, thus using the canister to pull himself up, and he left everyone in the dust. You will not believe your eyes when you see this. Mariusz won his heat and Derek took second, Ostlund third, Mitt fourth, and Wenta, Ortmayer and Haugen were all tied for fifth. The 900 lb. car carry was next and at the very start Mariusz stepped back and lost a few precious seconds. It cost him as he had to settle for fifth place. Pfister smoked this event taking first place, Ostlund took second, Poundstone nailed the third spot, and Ortmayer got fourth. Next came the finger weights weighing from just over 400 lbs. to over 700 lbs. After a few runs the rains came, just enough to stop the contest. Out came the mops, towels and blowers, even the Mayor of Charleston pitched in to run a blower. At last the contest got under way again and after all was said and done Ostlund took first, smoking those fingers. Pfister took second place. He was set up to go with Mariusz and they were about even until they hit the last finger. Phil made it and Mariusz missed it. Wenta took third, Poundstone managed fourth and Mariusz wound up in fifth. The overall top five standings after the first day was Ostlund 27 points, Pfister 25.5, Poundstone 24, Mariusz 22, Wenta 17. The next day they would contest the overhead log lift for reps and the Jeep deadlift for reps and the war between Mariusz and Derek would move yet one step closer to determining which one would be the 2008 WSM winner.

The second day, Sept 13th, got under way at Coonskin park with the Jeep deadlift for reps. Mariusz

and Derek are very good in the deadlift, and both had put in a lot of time on this event in training and it showed. I think they tied with ten lifts each, and they were followed by Ostlund and Ortmayer with seven reps for the third spot, and I think Bergmann got six for fourth and Haugen got fifth. After the Jeep lift, with rain looming, it was decided by the WSM officials to go right to the overhead log lift for reps and after a little break the contest resumed with every one looking forward to another showdown between Mariusz and Derek and they did not disappoint anyone. Both men have great upper body strength and are almost identical in weight and height. Derek pushed up eleven reps and Mariusz managed ten reps. Wenta took third with eight lifts, three men wound up in fourth place Ortmayer, Mitt and Bergmann. The standings after the second day were Poundstone 43.5 points, in first place, Mariusz in second with 40.5, Ostlund 36.5 in third place, Pfister 31.5 in fourth and Ortmayer 29.5 in the number five spot. The plane pull and the atlas stone would be contested the next day, when the 2008 WSM would be decided and I could not wait.

The final day of the WSM was held at Yeager Airport and thanks to the airport police we were allowed to drive into the airport as it was over a mile to the event site. It was going to be a hot day and this was crunch time for four time WSM, Mariusz Pudzianowski as he was still a few points behind Poundstone who showed no signs of letting up. The most amazing thing to me was that Phil Pfister, before the plane pull started, walked about three football fields in 90 degree plus heat to shake hands with the crowd - this man could be Mayor of Charleston if he ran for office. The crowd was

(article continued on page 93)

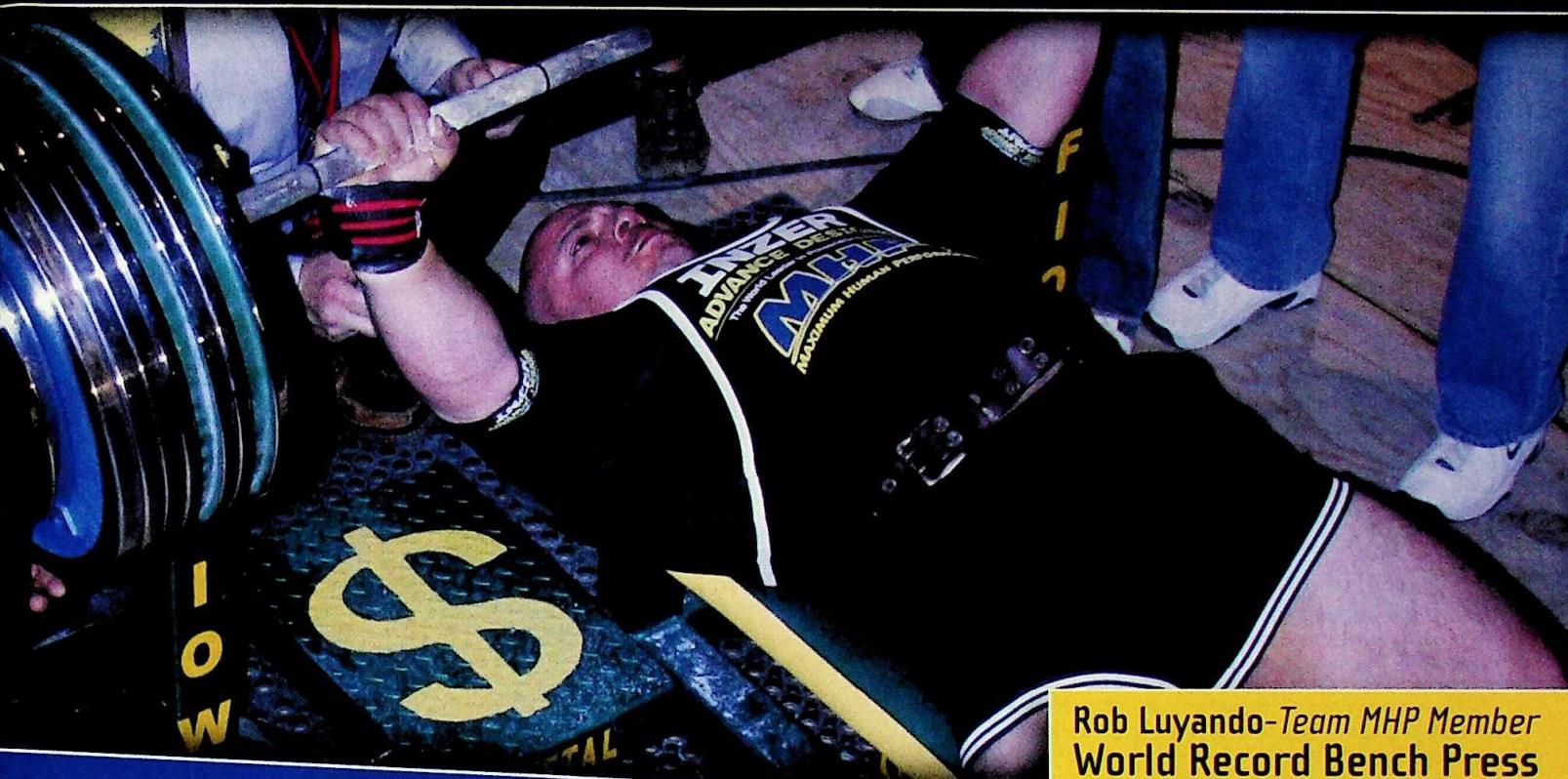


Dave Ostlund represented USA



"Hercules" pulling a Hercules (C-130, that is!) Mariusz hauling the heaviest load ever in World's Strongest Man Competition history!

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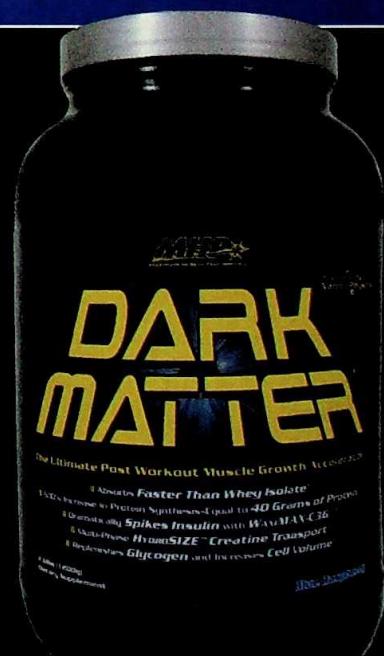
Rob Luyando - Team MHP Member
World Record Bench Press
909@275

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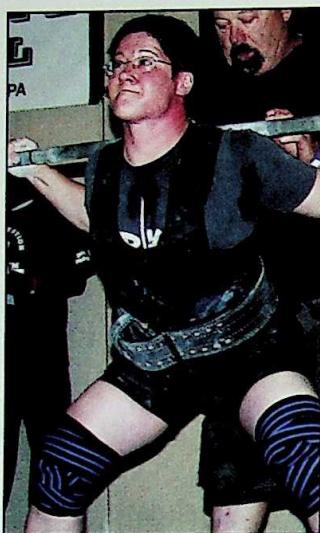
The Power Station Pro/Am took place on August 22 through 24, 2008, at the Sharonville Convention Center. We arrived at Sharonville, Ohio around 2:00 pm. The Sharonville Convention Center was a jewel, a huge venue, which received not a single complaint from any of the lifters over the three day meet. According to their marketing director, "The Sharonville Convention Center and the surrounding area offer all the amenities of big city convenience, with an atmosphere of a relaxed suburban location." Who has time to relax when you're witnessing the best hardcore lifters in the world?

Mike Ferguson did a super job securing this facility for the next three years. The meet hotel was adjacent to the convention center, which featured an outside pool, and a large enough lobby for all the competitors to gather each evening. Across the street was a \$30 million indoor water park named "Coco Key". I told Donnie Thompson to bring his bathing suit, but he didn't think it was a good idea. Maybe it wasn't, but it would have been tremendous watching 380 pound Donnie shoot out of a pipe-line, like Augustus Gloop from Willy Wonka's chocolate factory. We didn't catch up with Donnie until Saturday evening, what a mammoth when he walked into the lobby; we'll talk more about Donnie in part two of my report.

In the lobby we met Big Iron Team coach, Rick Hussey. As you know, Rick has been through some intense surgery, and chemotherapy, but he looked good considering. Rick's a survivor, and started his own therapy during the chemo, which included a lot more protein to keep his weight up, and more importantly, he continued to weight train. Red blood cells have a lifespan of about 120 days. "An increased rate of RBC turnover may be advantageous because young cells are more efficient in transporting oxygen." Rick walked with me to a hotel room where Jim Grandick was staying with master champion Mike Taylor. I haven't seen Jim since the WPC Worlds in Lake George where he sustained a nasty biceps tear. Other life complications converged on Jim, and he wound up taking a break. He looked like his old self, and ready to make some big lifts in the Pro 242 weight class, and what a class it was! Speaking of which, the amateur class began Friday morning, and I was told ended around 8:30 PM. Last year I covered all three days, but with my new job, I don't have the convenience of taking off when I want.

Sharonville was just a few exits away from Cincinnati, Ohio, which we explored on Friday and Sunday evening. I was disappointed with the down town area. Most of the inner city appeared desolate. Then

The 2nd Power Station PRO/AM told to Powerlifting USA by Scott DePanfilis



Amy Weisberger on the way up

we headed down to the river front and things changed dramatically, new high-rise \$600,000 condos, new restaurants, and hotels. We drove past the Paul Brown Stadium, home of the Cincinnati Bengals; impressive architecture. Kentucky was directly across the Ohio River so we headed over the Roebling's 1866 span bridge between Cincinnati, Ohio and Covington, Kentucky. After dinner, we headed back to the hotel where most of the Pro division powerlifters were hanging out. With few exceptions, everyone was back from last year's first PRO/AM, excited, and generally happy to see each other. Powerlifters from all four regions of the nation descended on Ohio, but

also teams from the Ukraine, and Finland.

Mike and Marcia Ferguson, and their athletes and friends from the Power Station Gym did a superb job last year, but out did themselves this year. Not a single misload, spotters were attentive; not once did the weights or athletes fall or hit the platform. Also on board, Louie Simmons, a commanding force in powerlifting. Lou is responsible for all the cash prizes, key equipment, and top athletes. I didn't get the cash breakdown, but I believe the overall best lifter received between \$5,500 and \$8,000. There were also cash prizes for single lifts, and most weight lifted.

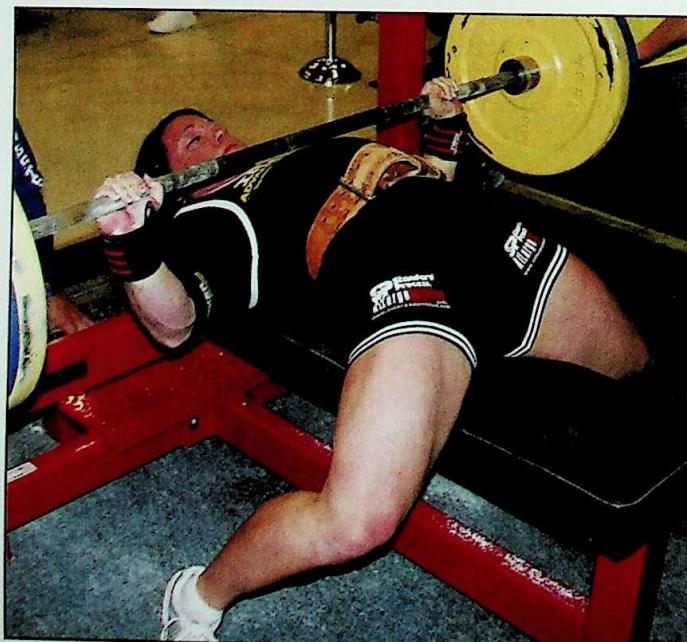
The Pro/Am is currently the premier showcase for top competitors around the world. What makes this IPA sanctioned event genuine are the presence of three key judges IPA, APF, John Bott, Bob Youngs, and IPF head judge, Phil Couvillion. At this level of competition, these three gentlemen kept the judging consistent throughout. Knowing that the squats were going to be judged below parallel, like in the USAPL, I'm bewildered to see the same lifters bomb out as they did last year. I want everyone to succeed, and I want to video tape everyone's three lifts; it's frustrating to watch athletes bomb out. Take 308 Matt Wilson whose squat attempts were 1,015, 1,015, and 1,050 last year. He bombed out, and was obviously disappointed. However, this year Matt was back competing as a SHW, and sunk 1,015! You do what you need to do, and as a result, three white lights for

Matt Wilson.

By the first week in August, Doris Simmons reported that the Amateur division was already filled, and the pro division had about fifty top competitors. Some returned from last year, but there were also new faces. The biggest disappointments would have to be the absence of many of the SHW who were injured, and pulled out weeks and or months before the show. First was SHW Vladislav "Vlad" Ihazov who sustained a serious knee injury training for this event. Then SHW Matt Smith herniated a disc in his neck. Chad Aichs was training for a Highland Games event in Pleasanton, CA, and the heavily sponsored Andy Bolton was still on the fence. SHW, former 308 world champion Paul Childress is the Assistant Strength Coach for the University of Buffalo. The Buffalo sports performance staff are excited to have him on board, but I want Paul back competing at the PRO/AM. Fortunately, World Champion, SHW Donnie Thompson was scheduled to compete on Sunday.

On Saturday August 23rd, twenty Pro powerlifters were warming up back stage of the convention hall, consisting of 148s to 198s, in two small flights. We arrived at 8:00 AM. I was really impressed with every aspect of the venue. A large screen was to the right of the platform, capturing all the action. Mike Ferguson brought in a DJ. In the back of the hall, appetizing food, drinks and supplements were available all day. I took a few photos of the hall, and headed to the warm-up area. Most of the lifting teams were already beginning to warm-up. By quarter past nine, the event got underway. Although this was a collective dream team, top favorites in these classes would have to be Brian Schwab, Mike Cartinian, and the amazing Shawn Frankl. I also was told to watch for Ukraine's Sergiy Naleykin.

There were three Pro women competing at this event as well, two 148's, Shannon Hartnett, and Amy Weisberger, both 43, and 165 Laura Phelps. Shannon looked amazing, just beautiful, and at 165, the remarkable Laura Phelps was eager to sink a 700 squat under the watchful eyes of John, Bob, and Phil. I also want to mention that 165, Lisa Wheeler competed on Friday, and squatted a PR 500 pounds - incredible. Shannon began the day with a 540 squat opener, no problem. Capable of lifting ten-times her body weight, Amy followed with a 550 squat. Laura was next, and began with an astonishing 700 squat, but didn't get her depth the fist time. We haven't seen Laura repeat her 700 squat since the Arnold Classic two



Laura Phelps slammed up a new bench press record of 455 lbs. @165.

(article continued on page 106)



King of the Squat!

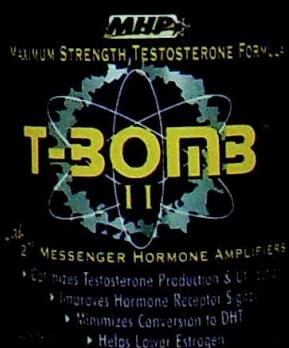
Vlad Alhazov—Team MHP Member
1,250lbs. Squat

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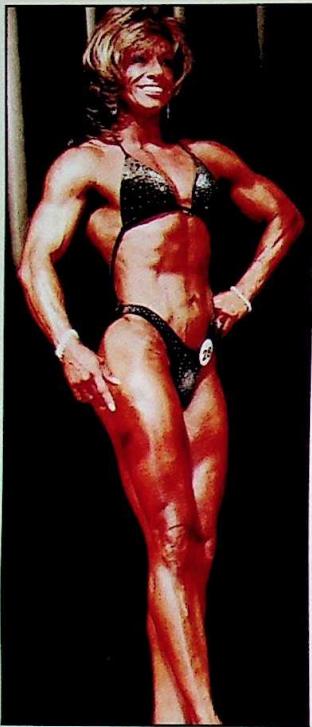


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INTERVIEW

CAROL ANN MYERS The Power within the Woman as interviewed by AMBER SUTER



Carol Ann in fitness competition

For those of you who haven't had the opportunity to meet Carol Ann Myers, let me take the time to bring her to you. Carol Ann Myers is a resident of Florida, and a National Level Elite Female Powerlifter and additionally, Figure Competitor, and future Bodybuilding Competitor. I've known of her for years and have had the privilege to see her lift on several occasions and now can say that she is one of my truest female powerlifting buddies who encourages me, inspires me, pushes me through what I feel are my limits, and picks me up when I fail. I truly admire Carol Ann and hope you enjoy this candid look at her and her powerlifting career, so you can know why she is such an inspiration.

Let's start off with:

Q: What got you interested in powerlifting? What got you hooked to powerlifting?

A: My first meet was a push-pull WABDL event in March 2003. I had agreed to participate in the meet with Bobby, my husband, if he would not try to drop into a lower weight-class and hurt his strength. I enjoyed the training

and reaping the benefits that came with the rigorous workouts. I was leaning up, putting on a little muscle, and building self-esteem. Unbeknownst to me was the addiction that comes from lifting in an arena where everyone is cheering you on to your goals. That is what hooked me on the sport. The support that I received, not only from my husband, and friends, but also from the other competitors and the audience was phenomenal. Everyone understood the need to conquer the obstacle and obtain the goal.

Q: When and what was your first competition like? And is there any advice you would give those who are a novice?

A: I can remember the butterflies in my stomach and my overwhelming fear of failing in front of everyone. I knew I had trained and done all I could, but fear is a dangerous enemy. I remember getting angry at the weights in the warm-up area to quell my stomach. I was tapping my head on a block wall to drown out all the distractions. Once I got on the platform to pull my first official deadlift, it was like being back in the gym. The training kicked in and the nerves settled. I pulled better that Saturday than on any day of training. I earned a first place and best lifter for my efforts.

My story is my advice to the novice: if you want to lift and compete—do it. Go to the gym to get started. Never be scared of failing—you may not always place at a meet, but personal goals and records are the greatest accomplishment. Taking control of your health and your self-esteem are both great achievements that will last a lifetime.

Q: What are your accomplishments in powerlifting so far, raw and equipped?

A: I was blessed to have won the 2005 and 2006 APF Senior Nationals 165 lb Open Women's Class, and the 2007 APC Nationals 165 lb Women's Masters Division. My largest competition-equipped lifts are a 565 lb squat, a 281 lb bench, and a 451 lb deadlift. I have just recently started competing in

raw meets and have a 400 lb squat, a 225 lb bench, and a 375 lb deadlift at 148 lb on record in the SPF.

Q: When you achieved Elite status, did your goals change? If so, how?

A: I cannot say that my goals changed, because my constant focal point was always to add a little more weight to the bar! I achieved Elite status very early in my lifting career and it was simply a title. Titles don't mean much if you are unable to live up to the hype.

Q: Have you had any challenges along the way, such as illness, injury, etc.? How did that drive you to rebound from it?

A: I have been extremely fortunate not to have experienced any severe injuries. I made it a practice a long time ago to listen to my body. If something does not feel right or causes pain—it's time to abort. If you train to the point where it is detrimental to your physical health and well-being, then you are inviting injury. Everyone has bad training days and there is always tomorrow. It is best to train smart.

Q: How has powerlifting affected female powerlifters positively or negatively?

A: I believe very strongly in a woman's right to express herself in any avenue and powerlifting is certainly an expression of not only physical strength but also mental tenacity. Although the world at large is more open to equality of the sexes, a woman who displays muscle or competes in a male-dominated sport is still looked upon as an oddity. Femininity is not an outward characteristic as much as it is an integral part of a woman's psyche. Powerlifting, in my opinion, has opened the main gate for women to express themselves in a positive venue.

Q: What do you feel is important in being a role model for other female powerlifters?

A: I believe that everything you do should reflect who you are, what you believe in and how you embrace life. I do my best to live life to its fullest—not putting off until tomorrow that which I can accomplish today. I believe that if something is worth doing, then do it right. I see too many lifters at all levels looking for the "gift" lifts. My advice is this: have the will power to train, have the determination to improve your lifting potential, and have the integrity to do it right, and above all—keep a positive attitude. The best advice I can give any lifter is to keep it real—powerlifting translates into daily life over and over again.

Q: You've just completed your first figure competition. How was that experience?

A: I have never ventured so far out of my comfort zone! I dieted and trained extreme cardio for 8-10 weeks following my last raw meet. I obtained tips from some of the best in the sport; I walked on stage at 140 lbs at 5.8% body fat. I went into the show not looking to place, but simply to celebrate the achievement that I had made in my appearance. I placed third in the masters division and forth in the tall-open division. The judges were very supportive when they said you are "too hard and too big" to do figure competitions. I have never received a nicer compliment! The hard work paid off!

Q: Are you planning to do more figure or bodybuilding shows?

A: Definitely. The competitors were a fantastic group—bodybuilders and figure contestants alike. Although it was a different platform, it was still an arena to display dedication and hard work. All in all, it was a positive experience.

Q: How was your diet leading up to the fitness shows compared to leading up to a powerlifting meet?

A: I left the pizza and burgers behind and focused on chicken and broccoli! I began the diet on November 19th under the supervision of John Micka, a nutritionist from Mississippi. Under his guidance, I was able to shed over twenty pounds with minimal strength loss. I adhered to a strict diet consisting of 1300 calories with 210 gm of protein daily. I ate six times each day. 1300 calories is a large amount of food when the calories are clean. I originally wanted to drop the weight to compete in a raw meet; my goal was to total 1000 lbs in the 148 lb class (I normally lift in the 165 lb class). I cut the weight, increased my overall health, and was successful in obtaining my 1000 lb goal.

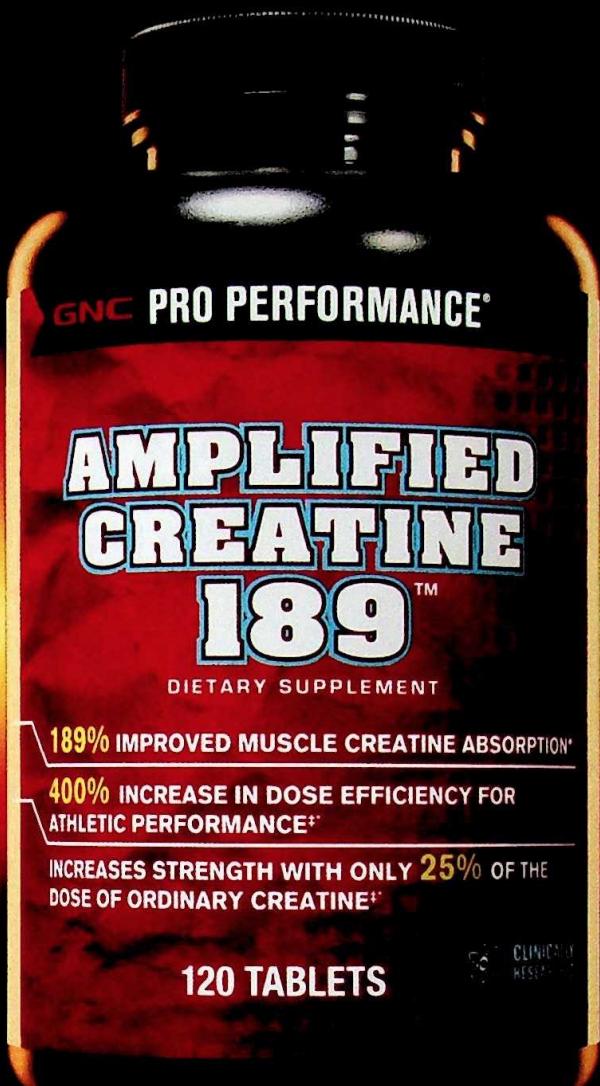
Q: Have you ever thought about doing a strongwoman competition?

A: I have thought about it, but that is where the process stops. The condition of the apparatus and the safety of the lifts is lacking for me. I am very successful lifting raw, so the idea of no gear does not bother me. However, ripping my biceps or dropping the stones on my toes is more than a little daunting. My hat is off to all those that compete in the sport.

Q: How has powerlifting changed for women over the years, positively or negatively?

A: I wish I could say that the changes are positive, but I see little to comment on either way. There are still far too few women

(continued on page 91)



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Scientifically Superior Pre-Workout Formula Helps You Crush Your PBs Like Never Before as told to PL USA by MARY TRAN

For a powerlifter, there are no such things as "light days." Every time you step into the pit you're after big numbers - it's make or break. Squat, deadlift or bench press, it doesn't matter - it's just you and the iron going to war. Your ultimate goal is to crush your previous best lifts and when it comes to a meet, you will stop at nothing to dominate the competition. But nothing can be more devastating than training for a meet only to fall victim to the bar. Powerlifting is an unforgiving sport that can drain you physically and mentally. If you want to win a meet, you need to train like a champion, but you're not always going to have a fellow warrior standing behind you, slapping you around, shouting at you to lock out each lift. When you step up to the platform, your muscles need to be primed and ready to execute and your mind needs to be in a place where every lift feels light. To do this you need naNO Vapor(tm) - The World's Strongest Vaso-Anabolic Psychoactive Experience(tm). With naNO Vapor coursing through your veins, the weight doesn't stand a chance - you'll lock out every time.

Sure, there are a ton of supplements out there to choose from, but many lack the scientific support to yield any kind of noticeable results. That's why when Team MuscleTech(tm) researchers set out to create a pre-workout formula, they wanted to ensure that it was ultra-dosed with scientifically researched ingredients that would make each attempt on the platform a dominating one. Let's face it, nobody trains for second place. Every minute you spend pushing and pulling the iron, you want to ensure that you're able to give it 100 percent and come out the victor, which is why naNO Vapor delivers the key anabolic nutrients in its zero wait-time formula for the ultimate training experience.

Nano-Diffuse Technology

naNO Vapor is light years ahead of the competition with its scientifically advanced delivery system. Nano-Diffuse(tm) technology nanoparticulates a precise portion of key compounds to microscopic sizes that are up to 7,400 percent smaller than the compounds found in other pre-workout formulas. With this revolutionary technology in the naNO Vapor formula, a precise portion of advanced anabolic compounds are rapidly dispersed through your body. The naNO Vapor formula blows open your blood vessels for maximum vasodilation and gives you the fire-power you need to smash through plateaus. Cutting-Edge Ingredients and Blends

To ensure that your powerlifting sessions are fueled to the extreme, Team MuscleTech researchers worked relentlessly analyzing stacks of research, ensuring that only the most cutting-edge ingredients were infused into the naNO Vapor formula. After this intensive process, over 60 scientifically advanced ingredients were infused into six blends to create the World's Strongest Vaso-Anabolic Psychoactive Experience(tm). As a powerlifter, there are several factors that can make or break your lift, one factor is the devastating accumulation of metabolic by-products.

naNO Vapor has been scientifically engineered to remove these by-products by maximizing the flow of blood to the working muscles and jacking up your strength levels.

When you're lifting close to half a ton you need to be on point; the connection between your mind and muscles must be unbreakable. Along with a key ingredient in naNO Vapor, the psychoactive intensity catalyst blend in naNO Vapor amplifies neurological firing for increased mental focus and extreme workout intensity by up-regulating the release and activity of key neurotransmitters. You'll never fall victim to mental fatigue again.

Maximum Size, Strength and Power Gains

It's no secret, creatine is a staple for intracellular fuel, and regular creatine just won't cut it for a true powerlifter. That's why naNO Vapor is dosed with five different forms of creatine in an advanced cell volumizing matrix to hyper-supersaturate your muscles for maximum gains in size, strength and raw power. The cutting-edge naNO Vapor formula is also designed to amplify the intracellular musclebuilding pathways by increasing anabolic signaling with its anabolic/anti-catabolic signaling complex, fighting off the devastating effects of catabolic compounds and triggering immediate protein synthesis at the cellular level. In addition to this, the MyoGF(tm) blend triggers the pituitary gland to invoke a spike in post-workout growth hormone production for increases in muscle growth. Featuring six revolutionary matrices, naNO Vapor immediately activates your neurological, metabolic, anabolic and vasodilatory systems. The powerful surge of anabolic energy will switch on your powerlifting control centers, giving you what you need to own the iron.

America's #1 Selling Pre-Workout Formula

As a powerlifter, you train for nothing less than victory. You don't have time to wait for results. It's time to get dialed in from the beginning and start hitting numbers that will leave your competition in your chalk dust. Get on naNO Vapor, the scientifically superior nitric oxide pre-workout formula backed by countless stacks of cutting-edge research designed to create the ultimate training experience. Join the countless others that already take America's #1 selling pre-workout nitric oxide brand, and PBs will be yours for the taking.

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Ryan Celli's reputation precedes him. He's an established raw and equipped lifter. Recently he broke the USPF 220 pound class bench record with a 639 press. He also won best lifter in last year's Raw Unity Meet. Ryan has his own training facility called Celli's Fitness.

Here at Critical Bench we try to help gyms and lifters out by sponsoring meets when we can. This time it's our turn to thank the Cellis, John Casciato and the entire Celli's Fitness team for lending us a helping hand. You see we've been participating in breast cancer fund raiser and Ryan's gym was our major sponsor, contributing close to a grand to help the cause.

We're excited to get started with the interview. Meet super bencher Ryan Celli!

BT: Ryan, congratulations on breaking bench press legend Chris Confessore's bench record in the USPF. Thanks for the interview opportunity. Introduce yourself to the readers.

RC: I'm 34 year old gym owner and personal trainer. I live in Bridgeville, PA. I've been married for 9 years to my wife, Dana. We have a 4 year old son, Noah. I love to compete and try to do at least one full power meet per year. In June of 2007, Dana and I opened Celli's Fitness Center in the city of Pittsburgh. The gym is in Lawrenceville and is steadily growing with talented lifters; you can see many pictures of them at www.cellifitness.com.

BT: Life sounds good. Ryan you won best lifter at the 2008 Raw Unity Meet in both full power and bench only! How would you describe your winning experience at the RUM?

RC: Winning the Raw Unity Meet was awesome. Eric Talmant and his wife Denise couldn't have done a better job. I've been competing for 19 years and have to say it was one of the best organized meets I've ever competed in.

What made the meet exceptional for me was the fact that I was able to win the full power meet as well as the bench only. I originally wanted to enter the bench only to get a chance to compete against some of the best 198 raw bench pressers. Then I had the idea of competing in both. I called Eric and asked him if it would be possible to enter the bench only and full meet, he said yes. So that is what I did and ended up winning best lifter in both. I can't wait till next year, hopefully even more competitors show.

BT: We have to agree the Raw Unity Meet was a huge success. You just went down in history as the first winner! Ryan, you just set an American record in the 220 class, benching 639. Tell us about that. What was it like setting the record and what you did to celebrate after?

RC: Well, Scott Rowe broke Chris Confessore's 18 year old record of 618 on June 29th at USPF Nationals, I benched 622.7 at the same meet at 198 as a full meet lifter. I knew I could bench more at a higher weight class and not having to squat first. When I saw the listing for the New Martinsville USPF meet I knew that was my chance. In the meantime, Aug 2nd Ryan Girard set the mark even higher with a 633. I still knew I could do more than that. I weighted in at 211 the morning of the meet, opened with 606 and went right for the record with a 639.2. I still had my third attempt and thought I'd try to up it even more with a 644, it didn't go! It was exciting, as that was not only a new American record, but a personal best for me, which is even more important.

BT: Strategic move going for the record on your 2nd attempt. Ryan, how does it feel to be a world record holder right now?

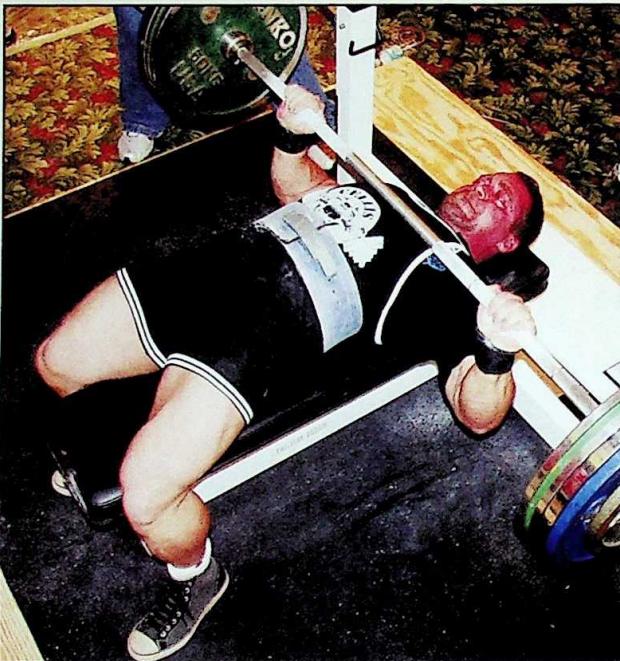
RC: I'm lovin' it and enjoying every minute because I know there are people right on my tail. Records don't always last 18 years anymore.

BT: How long have you been powerlifting? Were you always very strong?

RC: I started powerlifting when I was 15 years old. I entered my first

INTERVIEW

RYAN CELLI - RISING STAR by Ben Tatar of CriticalBench.com



Ryan Celli is a spectacular new strength star - raw or equipped.

bench meet in September of 1989. I benched 175 raw in the 114 class and won 1st place. I only weighted 110 at 5' 6". I've been hooked ever since.

BT: Wow, a lot has changed since you were that 15 year old kid! How did you become interested in powerlifting?

RC: My stepfather Jack was into lifting and had some equipment set up in our garage. I remember him having Powerlifting USA's laying around that I would always read. He always wanted me to try lifting weights. When I finally gave in, he was amazed at my bench press strength and trained me for my first bench meet.

BT: Well, here you are today in Powerlifting USA telling the world about the world record you have just achieved! Amazing! What is your usual weight class?

RC: I usually weigh around 205-210 and compete at 198. I've competed in every weight class from 114 to 220 and have totaled elite in the 148, 165, 181, 198.

BT: Being successful in both equipped and non equipped lifting, do you prefer to lift with gear or raw?

RC: I train and compete both equipped and non-equipped. I love and respect both. I believe equipped is healthier and easier on your joints.

BT: How do you see the future of powerlifting changing?

RC: I see powerlifting losing all credibility with the poor judging and multiply gear and most importantly all the new organizations popping up every day along with all the divisions available.

I also see it reaching its all time low, and rebounding back into a legitimate raw and single ply sport, maybe even a legit multi-ply with strict rules of performance. The problem is, the general public just doesn't understand the gear. They automatically think it's cheating. So even though I'm all for wearing gear, I'm afraid the sport won't ever make it with us using it exclusively. Have you ever tried to explain to someone outside the sport what a bench shirt is?

BT: Something to think about. You are more than just a bench press anomaly freak of nature, you are also good at other lifts. What are your best lifts?

RC: Some of my best lifts are a 530 raw bench, 700 raw deadlift, a 2000 single ply USPF total, and a 1756 raw total. I recently benched 622.7 in the 198's single ply, which was a WPF World record and USPF American record.

BT: What are your current goals? What are your long term goals?

RC: My current RAW goals at 198 are to bench press 550 and total 1800. I recently just reached another goal I had. I wanted to total 2000 in single ply at 198 and was able to do so this year at the USPF Nationals June 29th 2008. Long term goals are to stay healthy and continue to compete.

BT: What is your proudest moment in powerlifting?

RC: Winning both the Best lifter and Best bencher at the Raw Unity meet and taking home \$900, and then 3 weeks later winning the USPF American Cup Best lifter and taking home \$1000 and a new American bench record of 584. This record meant a lot to me as it has not been broken for 20 years; In June I was able to bump this record up to 622.7.

BT: That is incredible! Describe your training.

RC: I train 3 days a week. Monday - squat, Wednesday - bench, and Friday - deadlift.

Simple! I don't really follow any set training regime other than the set training days. I train by feel, and always try to go heavy. If I feel beat up I may do some speed work.

(continued on page 103)

The Strongest Raw Bencher In The World Trusted USPLabs – Shouldn't You?

Nick Winters, the man responsible for the world's best raw bench (675 competition – 715 training) uses USPLabs supplements to help him lift heavy and pain free. Here's what he had to say...



"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs products: Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing more weight but my joints feel much better, not nearly as sore anymore. It's been a rare occurrence that my muscles have been sore, the recovery I get from these supplements is incredible."

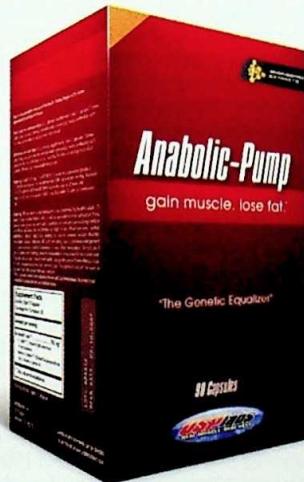
I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due to the bicep tendonitis hampering my lifting so much, but when the tendonitis was at its worst it hurt like hell to do a couple reps with 515. Now, after the USPLabs stack, I am back to doing 675 with a long pause, and it doesn't really hurt at all."

I strongly recommend every powerlifter use these three effective products from USPLabs."

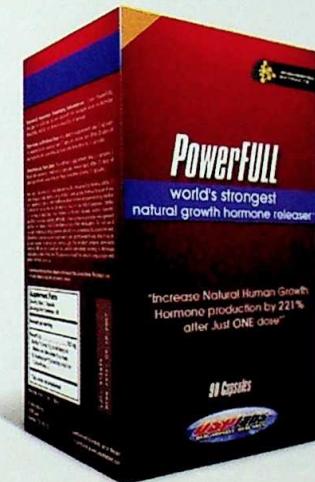
- Nick Winters

NERB champion bencher - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competition 675lbs, 2 APA world records.

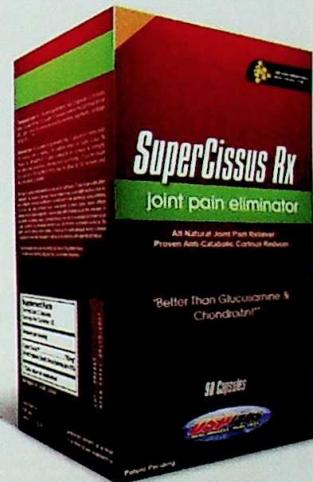
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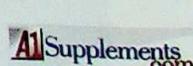
Scientifically proven to naturally increase Growth Hormone Production by 221% starting with the very first dose! No other natural product has been proven to have such a dramatic effect on Growth Hormone. In addition, its natural source is completely safe and effective, unlike its synthetic counterpart. PowerFULL can dramatically increase strength, recovery and help you feel and perform at your best. PowerFULL also promotes anabolic sleep, causing a cascade of growth hormone released while you sleep so you wake up refreshed and recovered!

This patent-pending joint pain formula will have your joints and tendons feeling great so you can attack the weights without fear! In addition to its awesome joint health properties, its main ingredient has been proven to be as anti-catabolic as Deca & D-bol! It also significantly lowers cortisol and even has been shown to reduce bodyfat. SuperCissus RX is also theorized to deliver nutrients directly to tendons keeping them healthy and strong. Do not risk injury. Lift heavy and lift often with SuperCissus RX.



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The Making of a POWERLIFTER!

as told to Powerlifting USA by Travis Bell and his Westside Odyssey

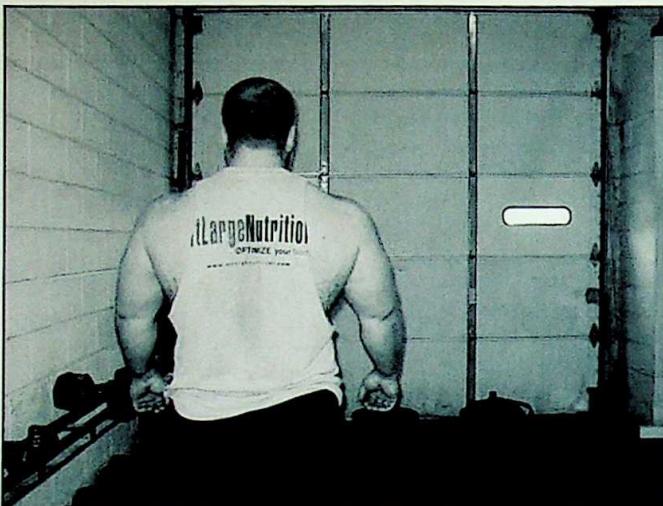
The thought of Westside Barbell and its iconic owner, Louie Simmons, can be an intimidating one for many an aspiring powerlifter. As we all know, thoughts and myths sometimes stray far from reality. For those who know Louie, or who have met him, they will tell you that he is one of the most accessible men in his field. Louie is a busy guy, but he is known for taking a few minutes out of his hectic days to dole out training advice to those who seek it via a phone call to Westside. So it was with Travis Bell...

Travis Bell was exposed to the iron game at an early age. His father trained at home with weights as far back as he can remember. As so many young men do, Travis wanted to emulate his father and began lifting weights on his own at the tender age of 12. At 16 he was given a membership to the local Powerhouse Gym franchise along with some training sessions from an ex-bodybuilder. Those sessions lead to his early interest in the sport of bodybuilding. Travis did well in the sport, but quickly concluded the grueling pre-contest dieting required was just not his cup of tea.

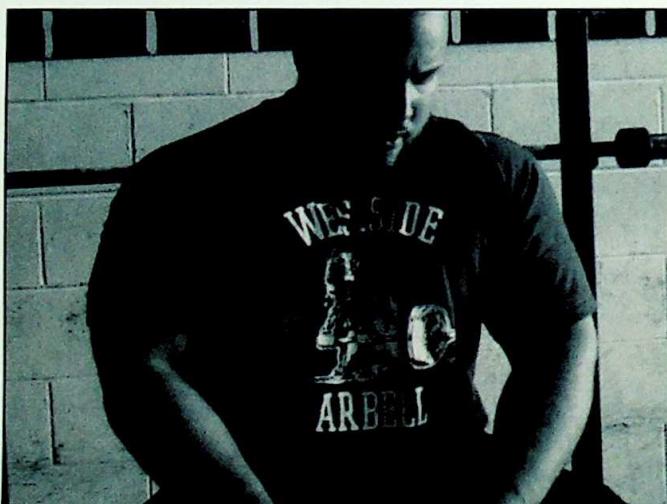
Enter powerlifting. Travis was highly competitive by nature and knew he loved the iron, so powerlifting was the obvious choice as it did not require the aforementioned starvation diets. Early success only proved to fuel his fire with a win in his very first meet (a solid 320 lbs raw bench in the 181 lbs class).

His early success quickly devolved to training frustration. He had obtained a single ply bench shirt and was struggling with it. The nuances of geared benching eluded him, and he simply did not have access to the proper help. As often happens, fate intervened in the form of a recommendation from a friend at home that Travis check out the Westside Barbell website (www.westside-barbell.com). Travis did just that and was amazed to find that he had arguably the greatest powerlifting mind and resource in the world literally only a 1 hour drive away!

With some trepidation (remember the Westside intimidation factor) Travis decided to give Westside a call. To his surprise, Louie himself got on the line and spoke with him. Showing some of the steely resolve that makes him such a fierce competitor, Travis



Travis Bell (image above) and don't contemplate his next move (below)



had the gumption to ask Louie if he could come to Westside for some direct training advice. Louie agreed, and the next phase of Travis' powerlifting evolution had begun.

Travis recalls well his first Westside visit. Perhaps it was nerves, but getting lost 3 times on his way to Westside did not bode well for the budding powerlifter. He finally arrived at the gym. Taking a few moments to collect himself, he entered Westside with visions of a crazed, super-intense and frightening Louie Simmons impatiently awaiting him (despite their amicable phone call days earlier). Nothing could have been further from the truth! Louie was indeed awaiting his arrival, but instead of being angry and intense he was filled with energy and excitement! He was ready to work with this newcomer and to do as he always does, school him in the ways of proper training and help him to

optimize his strength potential. In short, teach him the Westside training methodology.

As has been the case so many times prior, Travis' training at Westside took him to strength heights he could only previously have dreamed of! Travis' best benching prior to joining Westside was a 365 lbs raw and a 475 lbs equipped press. In short order, Louie's instruction took him to his current tested PRs of 520 lbs raw and 725 lbs equipped! In fact, he is currently tantalizingly close to an 800 lbs equipped press at 242 lbs body weight and has that as his goal for the upcoming Pro-Am meet in August.

TRAVIS' WESTSIDE TRAINING TEMPLATE

Travis is a quick study and his thirst for power spurred him to eagerly absorb everything Louie and the great lifters at Westside

(George Halbert, Mike Wolfe, Greg Panora, Matt Smith, and Phil Harrington just to name a few) threw his way. Below is the resultant training template he currently follows:

Monday: Back and Shoulders; **Tuesday:** Light Biceps; **Wednesday:** ME Bench; **Thursday:** Squat; **Friday:** Back and Shoulders; **Saturday:** DE Bench; **Sunday:** Off.

As you can see, Travis is a bench specialist, but he trains his entire body.

For the uninitiated, ME work consists of the lifter warming up to a 1 repetition maximum (1RM) personal record (PR) attempt on a given exercise which is rotated weekly usually for 3-4 week cycles. The rotation of exercises is referred to as the conjugate method. The conjugate method allows for weekly 1RM attempts without overtraining via the fact that variations, even small ones, in different exercises tax the central nervous system (CNS) differently thus precluding neural stagnation which is one of the primary underlying factors of generalized overtraining.

DE day usually consists of speed work. Speed work for the bench press consists of 3 reps completed in a target time of 3 seconds or less. This timeframe mimics that of a 1RM attempt (as 1RM attempts are slower by definition) thus allowing the lifter to train their nervous system to fire explosively in less time than it takes to perform a 1RM. Resistance used for speed work should be no more than 60% of one's tested raw (no special bench shirt) 1RM, or 55% of one's tested equipped 1RM. The use of jump stretch bands and/or chains is recommended ([see www.westside-barbell.com](http://www.westside-barbell.com)) to provide for accommodating resistance and thus to overcome the inherent limitations of the barbell.

A recent ME Wednesday for Travis:

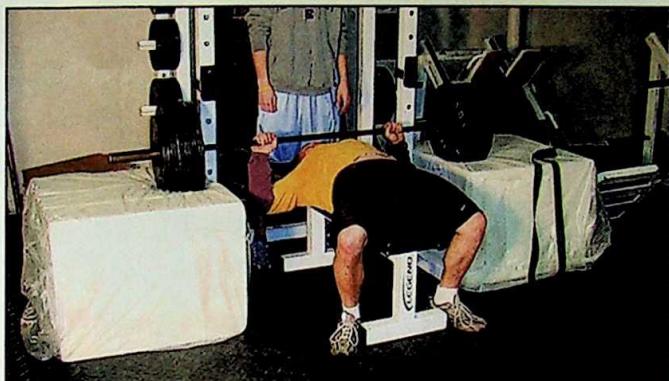
FOAM PRESS

Travis: "I've never done these before so it was a new experience for me. I must say I really liked them! All sets were done raw with a medium grip (pinkie on the ring)." 135x8; 225x5; 315x3; 405x1; 495x1; 585x1; 675x1; 725x1; 765x1; 815x1; 835x1.

"I then moved my grip in a bit (about thumb length from the smooth part of the bar) and did some foam presses for reps." ... 500x10; 500x10.

"Next was some triceps work. I did what we (at Westside) call Panora Presses. These are named

(continued on next page)



A recent ME Wednesday workout for Travis: The Foam Press

for Greg Panora, one of the top powerlifters in the world. They are basically a triceps rope pressdown with a range of motion (ROM) which is limited to the bottom half of the movement." 80x10; 80x10; 80x10; 80x10.

Pec Deck: 140x15; 140x15; 140x15; 140x15.

TRAVIS' DIET AND SUPPLEMENTATION

Like most powerlifters, Travis does not follow a regimented diet in the classic sense of calorie counting and the consumption of specific foods at specific times. Travis is a lifter who has a hard time putting on and maintaining body weight thus he consumes a minimum of 5, and up to 7 meals per day. The meals consist of high protein, calorie dense foods such as meats, eggs, whole milk, and just about anything else that he feels will add to his daily calorie count and be of some benefit to building size and strength.

Travis' supplementation regimen is a direct result of his affiliation with Westside Barbell. Louie Simmons personally uses, endorses, and has his athletes take AtLarge's supplements. Louie's (and the other lifters at the gym) endorsement was good enough for Travis. He tried some of the products and was hooked! About a year after initially trying the products Travis was offered a sponsorship and is now one of an elite group of strength athletes sponsored by AtLarge Nutrition, LLC.

Travis' daily supplement intake includes the following AtLarge Nutrition (only available at www.atlargenutrition.com) products: Nitrean, Opticen, ETS, RESULTS, Multi-Plus, Fish Oil.

Here are Travis' thoughts on the products in his own words:

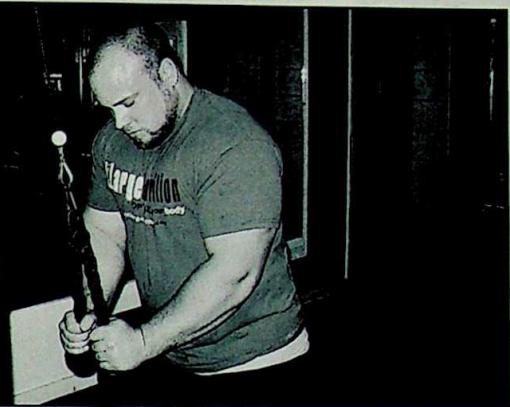
"I feel that a high protein intake is vital for powerlifters, so I supplement 200g+ of Nitrean daily in addition to the protein I get from solid foods. Opticen is my

supplement of choice for post-workout purposes. ETS, RESULTS, Multi-Plus, and Fish Oil are all taken daily. I honestly cannot say enough about RESULTS. I've been taking it for almost 3 months now and I've never felt this strong before! I typically hit PRs on ME day, but right now they are coming in ***much*** bigger jumps than before. I recover faster

and have gotten significantly bigger. What more could you ask for from a supplement?"

WRAP

Travis entered Westside a neophyte powerlifter with a burning desire to be the best. His accomplishments thus far have far exceeded his wildest dreams. Follow the Westside template (www.westside-barbell.com), make sure you are consuming sufficient calories for growth, use the best supplements on the planet (www.atlargenutrition.com), and perhaps you too can blow away your powerlifting goals!



Above: Travis performing a Panora Press to focus work his triceps

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An Old powerlifter lay dying ...

(Tune: Tu-rah-li, tu-rah-li, tu-rah ...)

An old powerlifter lay dying
In the chalk and the blood and the sweat.
He said to the spotters sprawled 'round him,
"I'm sorry I made such a wreck.
My squat suit split at the bottom,
My glutes rammed through the floor,,,
I can stand pain, but for love of the Game,
Coud'ja unbend the bar from my neck?

Take the collars out of my kidneys
Pull the uprights out of my side
Remove the clock from my coccyx,
It's tragic the timekeeper died.
Crushed below stage with his camera,
A scribe from P-L-U-S-A-,,,
And I'll bet a lot, that his very last shot,
Will be CNN's 'Play of the Day'

The head judge is out of action,
No more we'll hear him call "Rack!"
It's hard to give signals,
With a red wheel jammed deep in your back.
It's a shame abow-out the ju-ry,
We pray their so-wuls to keep,,,
All were CAT Ones, sitting there on their buns,
But they should not have been asleep.

My belt broke at the buckle
'Cross the platform it sailed,
Shaved clean the head of the side judge,
I hoe the Fed puts him in jail.
For high squats he'd press the pass button,
And the red for good squats so low,,,
There just was no light, in the color of white,
When down in the hole I would go.

But say, boys, am I still twitching?
Help me get back on my feet.
Untie the knee wraps from my ankles,
I ain't ready to admit defeat.
Shoe-horn me into a new suit,
Give me a sniff of octane,,,
I'll remake my shape, with rolls of duct tape,
And ... stagger out on the platform again.

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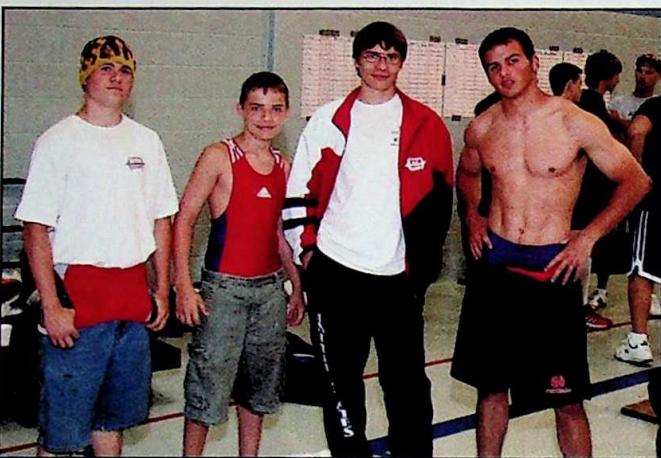
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Powerlifting	SQ	BP	DL	TOT	
115 lbs.					
Master I					
D. Hall	220	127	248	595	
Youth					
A. Stagg	171	99	231	502	
132 lbs.					
Master VII					
S. Smith	143	165	259	568	
Teen I E					
M. Harbour	248	132	309	689	
Teen II					
M. Stagg	215	143	292	650	
148 lbs.					
Master V					
G. Morrison	220	193	320	733	
Open/EM3 E					
D. Wilson	336	276	452	1064	
Open/Master III					
D. Wilson	331	287	463	1080	
Teen II					
J. Wallace	353	204	358	915	
T. Steelman	265	204	325	794	
Teen II E					
R. Stewart	265	160	331	755	
C. Weeks	226	154	353	733	
Teen III					
S. Herron	303	193	380	876	
Youth					
C. Boling	248	116	298	661	
C. Lumpe	176	94	248	518	
154 lbs.					
Master III					
C. Burr	215	154	353	722	
S. Sanaghan	165	83	254	502	
165 lbs.					
Junior					
L. Dewig	325	226	424	976	
Master I E					
C. Siders	452	276	441	1168	
Master II E					
S. Lumpe	424	303	424	1152	
Master III					
M. Thomas	347	182	408	937	
Open					
B. Allbright	303	204	441	948	
B. Soaper	287	171	380	838	
Teen I					
C. Whitcomb	265	187	342	794	
Teen II					
R. Steelman	276	215	342	832	
Teen II E					
B. Brown	303	182	386	871	
181 lbs.					
Junior					
N. Dewig	331	248	397	976	
Master I					
B. Whitcomb	303	220	380	904	
Master IV					
J. King	265	220	408	893	
Master V					

ADFPF Nationals



Members of the National Championship Team: Pit Barbell - (left to right) Jacob Wallace, Andrew Stagg, Matthew Stagg, Luke Dewig. (all competition photographs courtesy of Kenneth May Photography)

R. Batco	331	204	419	953	242 lbs.
Master VI					Master I
J. Waters	243	176	402	821	K. Hayes
Open/Teen III					Master III E
C. Wallace	419	237	502	1157	K. Jones
Teen I E					Open E
J. Coulson	380	176	386	942	R. Pettet
N. Snapp	314	165	331	810	Teen I E
Teen II E					J. Holycross
J. Seeling	—	187	386	573	Teen II E
198 lbs.					B. Moffett
Master II					Teen III
R. Utley	254	320	303	876	M. LaRock
Open/Junior					275 lbs.
K. Moschner	430	314	518	1262	Guest
Teen III					A. Ninaber
J. Scott	314	176	386	876	Master I
220 lbs.					C. Phillips
Master III					Master III
D. Burr	320	243	424	987	B. Lovejoy
Master V					Master III E
R. Arnold	254	276	325	854	B. Lovejoy
Master VII					Master VI E
T. Andrews	226	287	303	816	P. Wrenn
Open/Master II					Teen II E
B. Thomas	474	298	601	1372	C. Small
Teen I E					319 lbs.
T. Scott	369	265	369	1003	Master I

R. Nicodemus 468 446 592 1507
 Open E C. Forestier 667 502 678 1846
 SHW Master II C. Schmitt 502 303 535 1339
 Open C. Allgood 380 331 562 1273
 Teen II A. Crum 452 254 402 1108
 E=Equipped. This was the third annual ADFPF National Championships and the largest with 67 entries. This is in part due to the WDFPF World Championship being held in Evansville, IN on November 22-23. Lifting commenced at 9:15am and was concluded at 5:30pm. Pretty good considering that this was a single platform event. Before I get started with results, I would like to thank the spotters, loaders and everyone else who helped make this meet a success. I could have not asked for better workers for this meet. Also, a big thanks to Roger and Judy Gedney along with Dick Van Eck for all of their work leading up to this event and judging the meet. Our Sponsors were: The Pit Barbell Club, Max Muscle, Texas Roadhouse, Enviro-Plus Plastics, Orthopedic Associates, Chick-Fil-A, and Bonefish Grill. Action Sports Photography was also on hand taking pictures of the days events. These pictures can be purchased online at www kennethmayphotography.com. Please do your best to support our sponsors. Now, onto the lifting. In the unequipped division, lifting began in the 52 kg. class with 13 year old Andrew Stagg weighing in at 100 lbs. and posting a 500 total. Andrew does not know how to quit as he spent about 7-10 seconds successfully completing his third and final squat of 170 pounds. Dano Hall set the class total with 594 lbs. while winning the Master class. Dano also set new American records in the squat, bench, and total. In the 60 kilo unequipped class, Steve Smith lifted an incredible 566 lbs. at 74 years of age, winning his division, and set the benchmark for future lifts in his class. Matthew Stagg had the high class total with 649 pounds winning the Teen II class. Matthew established new National and American records with his opening deadlift. Matthew completed 308 lbs. on the deadlift two times, but could not get more than a single white light on each lift. The 67.5 kilo unequipped class had two 13 year old lifters. Clay Lumpe totaled a very respectable 517 lbs. weighing in at 140lbs. while Craig Boling posted a 660 lb. total. Dave Wilson set the high mark in this class with a 1078 lb. total. Dave set several

(article continued on page 98)

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Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

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

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

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Powerlifting, like most competitive sports, brings both rewards and penalties. The rewards part is easy to deal with, so this article will deal with the not-so-easy penalties part. Powerlifting's biggest penalty has to be the physical aches and pains inflicted on our bodies. Our goal should be to not only minimize the pain we must endure during our competitive years, but to lower the risk of long-term pain after we retire from serious lifting. There is no way to totally avoid aches and pains due to powerlifting, but there are simple, common sense things we can do to reduce that factor. In order to do this, let's look at major pain areas and some causes of that pain.

First up are the knees. Aching knees can result from many causes, but at top of the list is abuse. I've heard countless lifters say they must wear knee wraps for squats because their knees ache. Unfortunately, they seldom try to deter-

STARTIN' OUT

ACHES AND PAINS as told to by Doug Daniels

mine and address the root cause of the pain. Many of these lifters drop down in the squat in ballistic fashion, crashing hard into the low position, then rebound upwards. Toss in some ballistic style leg presses, extensions, and leg curls for good measure and there you have it. Ballistic rebounding places huge stress on your knees. Better to descend into the squat in a controlled fashion while remaining tight, like a spring. When you reach the bottom position, uncoil and explode to the top. Knee wraps are great for squatting more weight, but are not meant to be used because your knees are too sore to squat without them. Identify and remove the root cause of the soreness and pain.

Next up are the wrists. Just like knee wraps, wrist wraps help support the heavy weights used and can add to your lifts. But they too are used by lifters who suffer from wrist pain, again disguising the root cause of the pain. A common source of pain results from the bar rolling down the back and shoulders during the execution of the squat. This can inflict some real damage to your wrists as well as to your shoulders and elbows. To remedy this problem, have your training partners tell you when the bar starts to roll down your back from the position you started the set with. Strive to keep your chest held high while not leaning forward. Keeping the bar properly on your back also puts you in a more advantageous leverage position.

Elbows are also a high pain potential area. As in the preceding paragraph, they can be stressed by squatting. They also can be the victim of plain overuse. Benching, shoulder, and tricep work can add up over time. Performing exercise for these body parts in ballistic fashion can really pile on the wear and tear just like they do with the knees. Perform exercises like pressdowns using just the triceps to move the weight, not relying on the bounce on the bottom to move the weight.

Lastly are the shoulders. Since benching emphasizes the front delts, during the off season, work the lateral and rear heads of your delts to balance your shoulder strength. Some moderate work on side and rear dumbbell laterals can be of value here. Balancing your shoulder strength will add to shoulder stability and decrease the chance of injury. Just don't overdo it.

Listen to what your body is telling you through pain. Pain

should be regarded as one of nature's gifts since it's your body's way of communicating to you that something is wrong. It can communicate to you through a whisper or a shout. Being aware of a potential or existing problem is 95% of the battle.

I have always been a believer of training cycles that start with moderate weights and higher reps and lead to heavy, lower rep training as the contest nears. This method does not subject your body to the stress of heavy weights for an extended period of time. Of course, everybody has different tolerance levels to use and abuse. Older lifters will probably experience pain sooner so should be especially open to considering training cycles.

Taking some time off from lifting or taking a layoff every 3-4 months can add years to your lifting career. Taking one week off from the weights now and then can allow both your body and mind to recuperate from the rigors of heavy lifting. After the time off you can come back with renewed enthusiasm for training with a fresh body and mind. Try some other non-stressful physical activity during your time away like stationary biking to keep the blood flowing and to maintain and improve your general fitness.

Using correct exercise form is a big one. As I mentioned earlier, performing exercises in ballistic fashion is asking for aches and pains. Let your muscles do the lifting—not momentum and bouncing. Avoid swinging and jerking the weights. Swinging the bar up and down during a cheat curl is inviting a pulled back muscle. Not only can correcting technical flaws potentially result in less pain or injury, but it can also translate to improved lifts in competition. This is a definite win-win situation. Don't be concerned about how much weight you use in training, devote that energy to your end goal—better powerlifts.

Warm-ups and cool downs contribute to recovery between workouts. Try some low impact aerobic work like stationary cycling to cooldown. Don't overlook good nutrition. Supply your body what it needs to maintain and grow. Proper fluid intake is critical. Aspirin, ibuprofen (acetaminophen products such as Tylenol do not have anti-inflammatory properties); moist heat, cold packs, massage, and whirlpools can be very beneficial in preventing and alleviating aches and pains. Cod liver oil has been proven scientifically to act as a lubricant and pain reliever for joints. Glucosamine chondroitin is a popular supplement that some users swear by. Flexibility cannot be overlooked. Building and maintaining flexibility not only can prevent injury but may also allow better exercise execution, which can add pounds to your total. If you are new to working on flexibility, take it easy at the beginning. Do not try to reach the suppleness of an Olympic gymnast in one week. Be patient and realistic.

Aches and pain resulting from powerlifting cannot be totally eliminated, but we can reduce their frequency and severity. This requires listening to your body and making as-needed common sense changes to your training and nutrition. I did not discuss back injuries since this is a huge subject in itself. A lingering injury or chronic pain can have negative effects long after we retire from competitive lifting. With this in mind, preventing them in the first place should always be on your mind. If you are in doubt with your physical condition or are experiencing severe, chronic pain, see a sports medicine doctor right away. Minimizing aches and pains, now and in the future, has its own rewards.

MHP'S DENNIS CIERI WINS THE WORLDS!



Powerlifter and MHP Athlete Dennis Cieri has won the Worlds for a second consecutive year. He is currently the 8-time **USA Powerlifting Nationals** champion and has won **two consecutive gold medals in the Worlds the last two years**. He also holds the World Record for bench at 634lbs in the 198lb division! His supplement program includes MHP's **Trac, A-Bomb, Cyclin, Probolic, Up Your Mass and Dark Matter**. Dennis has received invaluable support from his training partners, **Troy "The Beast" Lehrer, Glen "The Animal" Haley and Rich "Mr. Lockout" Krizzley**. Dennis will be competing at the 2009 Arnold Classic in Columbus, Ohio and is looking forward to more victories in the near future.

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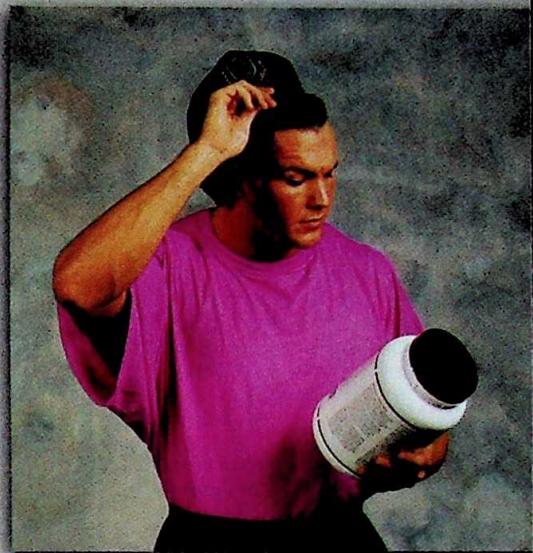
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Driven to excel by some deep, unsurveyed urge, I stayed out on that floor hour after hour, day after day, year after year. I played until my muscles stiffened and my arms ached. I persevered through blisters, contusions and strained joints. When I got home I had to take a nap before I could muster enough energy to eat the dinner that sat in the oven. As I grew older and met my basketball heroes, and even defeated some of them, I realized that my way of doing things was not at all unique. Most of the pros had developed their skills by paying their dues in practice time. The biggest myth in basketball is that of the "natural player." Remember that Michael Jordan was cut from his high school team.

BILL BRADLEY

Many of you who know me are aware that I was a researcher with the Kansas City Royals Baseball Academy, which was a scientific institute that was designed to create superhuman athletes by using scientific means. One of the more propelling studies that we conducted was designed to ascertain why the black athlete excelled in sports. It was a rather intriguing inquiry. At the time, there was no athlete in the world who was as great as the black athlete. In just about every sport, the black athlete was enjoying conspicuous success. For instance, the sports of boxing, basketball, karate, track and field, and football were totally dominated by the black athlete. The sports of baseball, wrestling, weightlifting, powerlifter, and bodybuilding, while not dominated by the black athlete were significantly influenced by them. In fact, most of the superstars in these sports were black. Perhaps even more impressive was the fact that the majority of national and world records were held by black athletes. This took on an even greater perspective considering the fact that blacks comprised only about 14 percent of the American population.

The Academy felt that if they could determine why the black athlete was so great they could use the information to help their athletes. Consequently, they embarked on one of the most comprehensive investigations ever conducted on the black athlete. Not surprisingly, the Academy was hoping that by studying the black athlete they could find a physiological substructure or some characteristic that was responsible for the black athlete's success in sports. They assumed that if there were a biological, anatomical, or bio-mechanical focal point of general motor ability, as well as strength, speed, and endurance, then surely it would be found in the black athlete.

In the seventies, if you were to ask a large group of sports enthusiasts why they thought the black athlete excelled in sports, most of them would tell you that the black athlete was simply physically superior to other athletes. In fact, many of these individuals would probably tell you that blacks were athletically superior because of race linked physical characteristics. In other words, in reference to sports, these individuals believed that blacks were genetically superior to other races. Even today, many individuals believe that blacks are physiologically superior to other ethnic groups when it comes to sports.

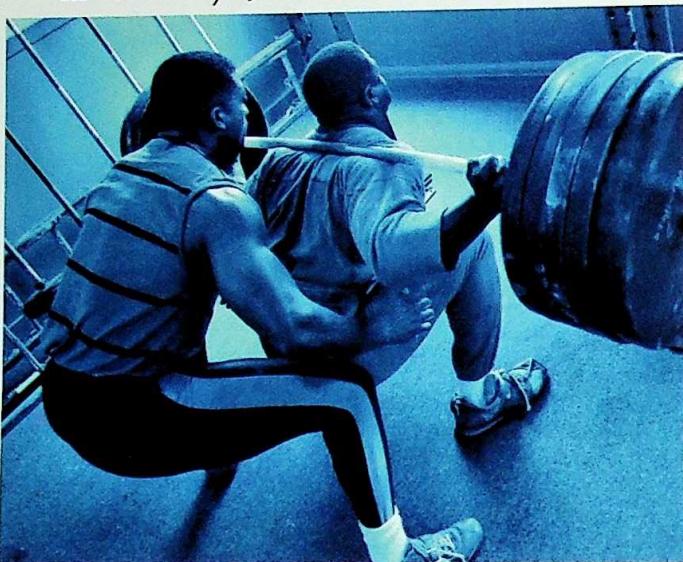
Certainly, this viewpoint was one that warranted closer attention. After all, it was an issue that was deeply ingrained in the American psyche and one that entailed both extreme partisanship and racism. Did the black athlete possess race-related physical characteristics that gave him an edge?

The Academy recruited researchers throughout the world to investigate this possibility. Their findings were not only surprising, but they were also extremely enlightening, and motivational for all races who are interested in pursuing the joy of athletic competition.

After five years of investigation, the Academy concluded that,

DR. JUDD

GREATNESS ... WHAT IT REALLY TAKES - PART II as told by Judson Biasotto Ph.D.



Black Athletes, like Ausby Alexander, put in grueling training sessions for many years before reaching world class status in powerlifting.

although heredity may provide numerous biological advantages, there is strong evidence to suggest that "elite" performance is due more to "quality" training than to genetic superiority. For instance, a series of studies conducted by John Lawther, a researcher who worked for the Academy, found that the number one variable related to elite performance was time spent in training, not genetics. Lawther estimated that 20 hours of quality training per week for a period of eight years (approximately 10,000 cumulative hours) appears to be the amount of work required to reach a world class level. Apparently, a certain time is needed for an athlete to learn the most efficient methods and skills for enhancing performance. Even a would-be elite athlete must learn the basics of his sport to build a firm foundation. To train twenty hours a week is, to say the least, very difficult. Yet, as Lawther emphasized, it is twenty hours of quality training with great intensity, not just the time spent in training, that is required for elite performance.

Interestingly, the Academy found considerable research which clearly indicated that blacks in general spend significantly more time training and/or playing sports than do whites. They also found some evidence which indicated that blacks not only trained longer, but they trained with greater intensity than their white counterparts. The Academy concluded that the black athlete's dominance in sports was primarily contingent upon their work.

From what I have observed empirically over the last four decades, there is nothing that has changed my mind about what the Academy concluded. It is probably true that most world-class athletes are born with a certain amount of talent, but rarely do they get to compete at the highest level without putting in years of blood, sweat and tears. I will go one step further and say that even prodigies have to work hard to be successful. You could be the greatest physical specimen ever to walk the face of the earth, but if you don't eat, sleep, and train right, you won't be around long. I don't care how much talent you have: if you're going to be successful, you have to work. If you want to be great, you have to pay a price. You have to jump in there and get your hands dirty. There is just no other way.

I worked in professional sports for more than two decades, and I have trained at just about every Olympic training center in the world, and I can say unequivocally, I never saw a world class athlete who didn't spend in an inordinate amount of time in training. In fact, most Olympic coaches and trainers will tell you that it's common for athletes to invest four to eight years training in a sport before making an Olympic team. And those four to eight years consist of 20 to 30 hours of training a week. No wonder there are a lot of people who try and give up.

Needless to say, hard work and perseverance are incredibly powerful and effective assets if put to use. We all have the potential to be far greater than we even imagine. In fact, few of us even come close to reaching our optimal capacity. We can achieve almost anything in life if we are willing to pay the price. Nothing in life is free, and anything worth accomplishing is worth working for. Greatness comes to people who are not afraid of sacrifice and hard work. If you want your dreams to come true, you might as well get it into your head right now that hard work has to be part of the formula.

You know we all want to believe that there is some easy way to reach the end of the rainbow, that there is some magic formula for success. In fact, most athletes and non-athletes are looking for a magic elixir that will transform them into a superman overnight. Well, the magic elixir is a nasty little fabrication that can linger for a lifetime, a fantasy substitute for the reality that we have to work for what we get in life. Work, hard grueling work, is the price we all have to pay to travel the road to greatness. Perhaps that is why so few people qualify as being truly world-class it just ain't easy.

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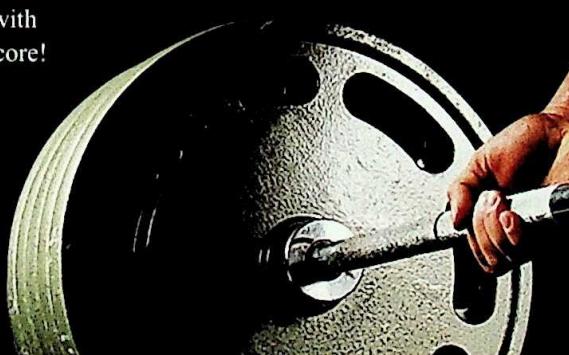
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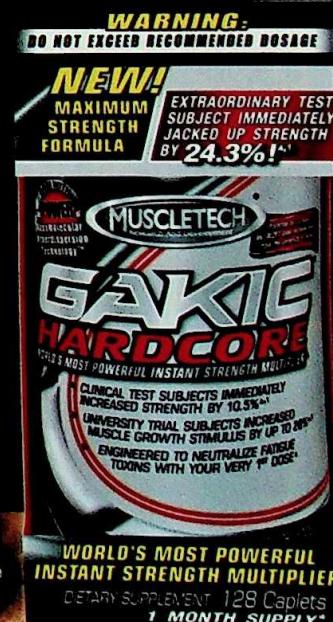
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Drug testing of athletes for performance enhancing substances has been going on now for over four decades, starting in earnest over 3 decades ago. And it's been over 3 decades that I've been criticizing the whole operation, including the assumptions, proprietary research, and theories on which the doping tests are based.

Drug testing, in a very small part due to my criticisms over the last 30 years plus, and in large part due to the inherent flaws of the testing, has evolved to a system which has all the appearance of infallibility but is extremely vulnerable to error.

In the past four decades drug testing's track record has not been very good.

In the 1970s, as I began building the doping structure for the International Powerlifting Federation (IPF), for which I served as Chairman of the IPF Medical Committee, I criticized the inherent flaws of the testosterone:epitestosterone ratio as a test for the use of exogenous testosterone. Over the years they have refined the testing, as I suggested they should 25 years ago, by doing hormonal profiles and carbon isotope ratios as validation for putative positive tests.⁽¹⁾

While some progress has been made on this front other disturbing news have raised questions about the validity of the testing. Recently it's been shown that the testing process, dependent on analytical processes that are not as bullet proof as we are led to believe, has inherent flaws that as yet have not been fully investigated.

For example, it's been shown that some athletes are able to use exogenous testosterone, with relative impunity since its use doesn't result in any significant changes in their testosterone:epitestosterone ratio.⁽²⁾

On the other end of the spectrum it's also been shown that genetic differences may result in naturally elevated testosterone/epitestosterone levels.⁽³⁾ While these athletes show an elevated T/E ratio, it's not because they're using exogenous testosterone but because they may excrete less epitestosterone. As such, these athletes, some of whom in the past have been deemed to have had a positive drug test, should not be or have been found positive for the use of testosterone.

In the 1980s and 1990s I wrote about the possibility of various anabolic steroids being endogenous compounds, especially 19-nortestosterone (nandrolone, Deca-Durabolin)^{(4),(5),(6)} At that time I was advised by Dr. Donike, the head of the IOC drug testing team, that I was wrong about much of what I said about anything concerning drug testing and that I should stop spreading such misinformation. In fact I was right, on this and

OPINION

Drug Testing - Is It Fair?

Mauro G. Di Pasquale, M.D., Mauro@MetabolicDiet.com



A Positive Drug Test can have a life changing effect on an athlete.

most of my other criticisms and claims.

Recently the IOC/WADA has accepted the endogenous presence of nandrolone metabolites and have set a level above which the test is positive for exogenous nandrolone.⁽⁷⁾ The endogenous production of other anabolic steroids, as has been found in animals,^{(8),(9),(10)} is also a real possibility but these have not been adequately investigated.

There are also other potential pitfalls inherent in the testing process for nandrolone and possibly for other anabolic steroids. For example, recent research has shown that levels of nandrolone metabolites may be artificially increased during the analytical processes itself.⁽¹¹⁾

The doping arena, ever changing and a contest between the ath-

letes who are constantly looking for an edge, and a bureaucracy looking to detect this edge and apply appropriate sanctions and punishments, is undergoing a paradigm shift. Instead of using exogenous substances and methods to increase performance, athletes are now entering an era where the changes are now coming from within, once the appropriate alterations are made.

Genomic research is providing what I would consider the ultimate tool for athletes to improve body composition and performance, both because of its scope and the difficulty of detection.

And while in the past five years the possibility of gene doping has raised serious concerns^{..(12),(13),(14),(15),(16)} and the World Anti-Doping Agency (WADA) has banned the practice,

binders are in place as to its present use by athletes.⁽¹⁷⁾

I've known about instances of gene doping, both directly and anecdotally, now for over five years. It is happening and there are athletes right now that have boosted their performance as a result.

In its most innocuous form DNA and protein profiling could be used to identify specific gene variants and thus select athletes for certain traits that will help them succeed in a given sport. Athleticogenomics, a new word recently coined, while not gene doping and not banned, involves genetic profiling on individuals to identify the genome datasets that indicate superior physiological performances in various sports.⁽¹⁸⁾

At its worst it will involve germline modification in order to produce an individual with specific athletic traits. However, this form of gene doping is the least likely. Much more likely will be the use of gene transfer and genetic technology for genetically enhancing specific traits that will allow athletes to dominate their sport.

Given the number of changes that can be made in the machinery that controls energy metabolism, protein synthesis and catabolism, the number of genetic changes that can be made to manipulate the genetic makeup of any athletes is almost limitless.

Simple changes would include increasing levels of one or more of the anabolic factors, including testosterone, growth hormone, IGF-I, and interleukin 15, and decreasing the expression of myostatin.

More complex changes would involve changes in the translational machinery, the ubiquitin-proteasome pathway, skeletal muscle satellite cells, aerobic and anaerobic factors including manipulating genes involved in the glycolytic pathway, Krebs cycle, oxidative phosphorylation, the electron transport chain, oxygen transport, delivery and utilization, energy production, both cellular and mitochondrial, perceived exertion, pain perception, etc.

For example, activation of the protein kinase known as protein kinase B or Akt stimulates muscle hypertrophy and antagonizes the loss of muscle protein.⁽¹⁹⁾ As such, by altering the activity of Akt, which plays a central role in integrating anabolic and catabolic responses by transducing growth factor and cytokine signals via changes in the phosphorylation of its numerous substrates, you can make dramatic changes in body composition and athletic performance.

And as an extra added incentive, it will be extremely difficult to detect many of these changes. Keep in mind that the effective detection

(article continued on page 104)

BORN TO LIFT

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The ULTIMATE TOP TEN - Superheavies

This month we are going to review the all-time Top 10 Super Heavyweights.

Before we begin I want to thank the panel members, Vince Anello, Jon Smoker, Fred Glass, Rickey Crain, Kevin Meskew, Steve Denison, Jim McCarthy, Joe Pyra, Gus Rethwisch, Ken Croxdale and Gordon Santee.

Others who contributed to this project were Bill Ennis, Bob Packer and Will Morris.

The Super Heavyweights have always been the favorites of Powerlifting fans. Pound for pound they are no stronger than the other weight classes, but they are the biggest and almost always handle the most weight. I can remember back at the 1972 Worlds, how the audience went crazy over Jim Williams, John Kuc and Don Reinhoudt. Everyone had their favorite. It has always been that way with the Super.

Even the voting panel had various opinions, probably more so than any other class. Some big time names did not make the Top 10. The first man to bench 600, Squat 800 and Total 2000 did not make it. (Pat Casey). The first man to deadlift 800 and win 4 consecutive National Titles did not make it. (Don Cundy)

Let's review those who did make the list.



1. Bill Kazmaier

Kaz gained the #1 spot even though his Powerlifting career was relatively short. Bill grew up in Burlington, Wisconsin. He did not start weight training until college, but when he did he obtained tremendous results. ("A new type of Super because he was a trim 330." Jon Smoker) Bill won 2 National Titles and 1 World Championship in Powerlifting. Kaz was the 1978 National Champion at 275 and the National and World champion at Super in 1983. Kaz was really more successful in Strongman Competitions.

("Many of Kaz's strength lifts have never been duplicated." Gordon Santee) Kaz was a sensation in both Powerlifting and Strongman. ("It's amazing how just one word says it all. I have met the man, and I saw him lift, he was way ahead of his time and his lifting was fantastic." Will Morris) Kaz is still considered one of the strongest men who ever lived. Kaz was famous for his unbelievable training sessions. He believed he had to out-train his competition. He is still active in both Strongman and Powerlifting.



2. Jon Cole

Big Don was from Fredonia, New York. Don came on the scene in the late 60's, and by the mid 70's was dominant. At over 350 lbs. Don was huge. ("Don, the human mastodon. He carried more muscle than any lifter I've ever met." Jon Smoker) Don was one of those lifters who just manhandled the weights. He squatted over 900 lbs. with only a weightlifting belt, no wraps. ("Big Don - what can you say - he set the standard for the Supers, was way ahead of his time." Rickey Crain) He won 4 consecutive World Titles. He then did Strongman. He won one Worlds Strongest Man Contest. In addition to being a great lifter, Don was one of the friendliest and most likeable of all the powerlifters. He had a good word for everyone. Don was always big, he was born 3/6/45 and weighed almost 12 lbs. Don was also very athletic; in college he played football and was a Track & Field Athlete. 900+ Squats, 600+ Benches and Deadlifts over 900 lbs. all done without equipment. Don was a true champion.

3. Jon Cole

Jon was born in Chicago on 4/1/43. Lifted at 242 and Super. He was one of the most explosive athletes of all-time. Jon's lifts always looked easy, because they were so fast. He was a World Class Track & Field Athlete in addition to being a

powerlifter. He was also a World Class Olympic Lifter. ("Cole was neither the very best in Powerlifting, or Olympic lifting, but combining the two he was the best." Herb Glossbrenner) In high school he set a National Discus Record and ran the 100 in under 10 seconds. Jon won National Titles in 1968, 1970 and 1972. He and George Frenn were great innovators. ("Jon was an integral part of strength development training for Powerlifting." Gordon Santee) If you saw Jon lift, you had to be impressed.

4. John Kuc

John had a long Powerlifting career, but a relatively short time as a Super. Weighing 330 lbs was too much for him. ("It would have been awesome to have had the 275 class available in his prime." Will Morris) He lifted at the 1971 Worlds at about 270 and almost won with his final deadlift. The 1972 Worlds was no contest, John destroyed the opposition. He became the first man to squat over 900 lbs. and the 3rd to bench 600. In addition he out-deadlifted everyone by over 50 lbs. John's secret to success was very simple. He never missed a workout and always trained very heavy. John's great lifting along with his very private personality made him almost a mystical figure in Powerlifting. For many years we trained in my cellar gym. A standard heavy duty bar, non-adjustable squat racks and a narrow upright bench. The equipment was crude, but much thought went into the workouts. ("To me he was always polite and ready to discuss

the different aspects of lifting. He gave deep thought on how to execute each lift." Joe Pyra) ("John Kuc was in a class alone." Will Morris) I trained with John and Big Jim Williams in the early 70's. Their workouts were amazing. Each week they would perform lifts that exceeded the existing American Records. John ranked #1 at 242, and placed in both the 275 and Super Classes. What a lifter!



5. Doyle Kenady

Doyle was from the great Northwest. He stood 5' 11" and at his peak weighed about 310 lbs. He had a long and successful career. He won the Senior Nationals twice during the period when Bill Kazmaier and Paul Wrenn were at their peaks. He also finished 2nd four times. Doyle also won 2 IPF World Titles. He was one of the best deadlifters of all time. ("Man could he deadlift. I saw him go through a deadlift workout one time at the Juniors and it blew me away."

Who is the best

- at anything - that is something very difficult to determine. How do you compare Babe Ruth to Alex Rodriguez, Peyton Manning with Johnny Unitas, Michael Jordan with Wilt Chamberlain?

Everyone has their opinion as to whom is the best, and Powerlifting is no exception. When I first discussed this project with Mike Lambert, we decided that a panel of folks would pick the best lifters.

In assembling the panel, I tried to find men with the experience to span the 40 or 50 years of formal powerlifting. What we needed were people who have seen the changes in Powerlifting, and have the ability to make decisions in a fair and honest method.

As I began to contact people, some were very enthusiastic, and others were apprehensive. The first thing that was needed was a list of potential candidates by weight classes. Rickey Dale Crain, Bob Packer, Bill Ennis, Joe Pyra and myself worked on that list.

The 2nd step was to find panel members to vote. The final panel members had over 550 combined years of powerlifting experience. The panel consisted of Gus Rethwisch, Jon Smoker, Joe Pyra, Gordon Santee, Rickey Crain, Fred Glass, Jim McCarthy, Kenny Croxdale, Vince Anello, Steve Denison, Kevin Meskew, and Bob Gaynor.

The panel members all received the list of potential candidates, but were free to add in whatever manner they want.

Some of the comments I received was how difficult this process was. How do you compare different eras, changes in equipment, and rules in performance.

The consensus was to judge each lifter on his total body of work. Outstanding performance over a period of time makes an all-time great in any sport. All-time high lifts do not necessarily make one an all-time great. Roger Maris held the most sacred record in baseball for 35 years, but was not an all time great.

I am sure there will be different opinions and if this list is done 5 years from now there might be some different results.

A lifter was not limited to not just one weight class, and some will appear in two or more weight classes.

Rickey Crain) He was a National Champion in the discus and shotput. The Mountain Man had a long career. ("He had as long a career as any Super and was consistently near the top." Jon Smoker) Doyle was another one of the lifters who let his platform performance speak for him. He was dedicated to Powerlifting. Doyle died in 1999 at Age 56. He lived most of his life in Salem, Oregon.



6. Paul Wrenn

Paul had one of the longest careers of all the Supers. He started in the late 60's and is still doing Masters competitions today. Paul has lifted in the USPF, ADFPA and AAU. When I first saw Paul he was around 265 lbs., he eventually weighed over 330. He was one of the most underrated Supers. Paul's 1981 Total of 2342 was the highest done in a USPF Senior Nationals. He was a World Champion and a World Record Holder. He squatted close to 1000 with first generation squat equipment. When Paul squatted there was no question of depth. ("Yes 330+ athletes can squat well below parallel." Kevin Meskew) Paul's squat and deadlift were as good as anyone's. He never could develop his bench to match his squat and deadlift. If he did he might have been rated #1.

Paul still trains and travels extensively, using his strength to spread the word as an evangelist. He is a great representative for the sport of Powerlifting.



7. Garry Frank

Garry is another Super who has had a very long career. He had an outstanding athletic background before he went into Powerlifting. He was a National Level Track & Field Athlete. ("Strong and athletic." Kevin Meskew) Gary also played pro football. He is a huge man and can carry almost 400 lbs. and still stay athletic. ("The new prototype for a 21st century Super." Jon Smoker) He has had the all-time highest total on more than one occasion I trained with Gary in June, and he has plans to push the All-Time Total Record higher. On a good day a 2900 lb. total is possible. Gary is President of the APF and runs a number of meets with his Hardcore Gym, which is one of the finest home gyms in the country. His residence is in Baton Rouge, LA.

8. Brian Siders

Brian is the Top IPF Super Heavyweight. He holds the IPF total Record. The impressive part of Brian's lifts are they look so easy. He puts close to 1000 lbs. on his

back and steps back like it weight 135. ("What can I say, Brian exemplifies unbelievable strength." Steve Denison) Brian works as a Correctional Psychologist at a maximum security prison. He did his first contest in 1975 and has just continued to get better. ("I know him, and I have seen him compete. Brian is, no doubt, the strongest Natural Powerlifter on the planet Earth." Will Morris) Brian has competed everywhere, USAPL, USPF, WPO and RAW. He also does Strongman Contests. It is hard to determine what his potential is. ("Before he is done, he will lift weights drug free that will not be equaled for years to come; I have never witnessed that much raw strength." Will Morris) As the West Virginia native continues on to lift, win titles and set records his all-time rating will only go up. It will be very interesting to see where he ranks 5 years from now.

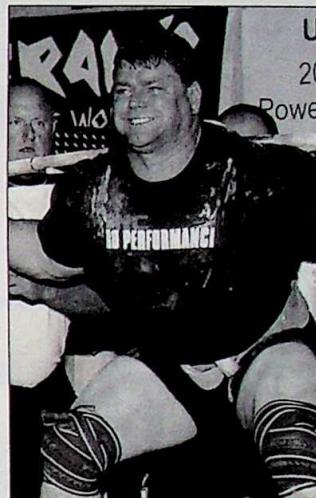


9. Jim Williams

The 'Big Black Bear' from Scranton, PA was a great lifter and a great fan of powerlifting. He was huge ("I was a young lad of 19 sitting at the Zembo Mosque, site of the 1972 Worlds, which was filled with monsters. When I first laid eyes on Jim I had never seen anyone that big." Rickey Crain) He was best known for his bench press. ("In my humble view, Jim was the greatest Big Bencher ever." Joe Pyra), but Jim was a powerlifter. He talked Powerlifting, not bench pressing, and he was a fierce competitor. ("he was the fiercest looking lifter ever." Joe Pyra) In addition to his unbelievable Bench Press, Jim had set American Records in the Squat and Total. Jim had some very unique training methods. It was not unusual for him to bench 5 times in a week. Jim lifted, promoted meets, coached lifters and wrote training articles. Jim benched 675 at the 72 Worlds, his training partner, John Kuc, was ranked second with 600. His benches were super strict, feet flat on the bench, no arch. ("This is being written as I look at a photo of Jim benching. (John Kuc spotting) with the small of his back so tight on

Showroom "Demo" Louie Simmons Ultrapro Reverse Hyper (retails for over \$2000 new). Asking \$1200. Must Sell. Outlaw Strength, 104 Loop Rd., Biglerville, PA 17307, 717-677-7570 or 330-501-5876, ask for Mike White.

the bench that a cockroach couldn't crawl under him." Joe Pyra) That is how good Jim was. Big Jim passed away in 2007, but he will never be forgotten.



10. Brad Gillingham

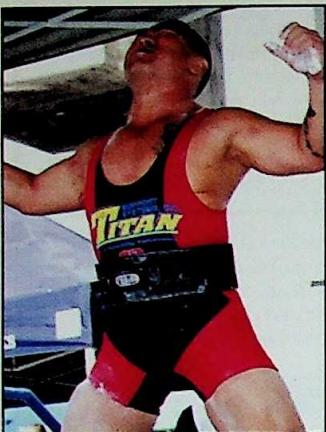
Brad has had a long and successful career. He started in the ADFPA, switched to the USPF, then the USAPL. Brad has won 2 IPF Open World Titles at Super Heavyweight, not many Supers have done that. He is a huge man. You have to see him to realize how big he is. Brad has good blood lines. His father was an all-pro offensive lineman for Vince Lombardi's Green Bay Packers. His brothers are Powerlifting and Strongman Competitors. They are all very large people. You have to be huge to use a double overhand grip in the deadlift and pull over 850 lbs. He is still competing and setting IPF World Records in the Masters Division. Brad is a great representative for the sport of Powerlifting and one of the top Supers of all time. At Brad's current pace he could easily lift for another 5 or 10 years.. We may even see a 900 lb. deadlift.

Other Super Heavyweights who received support were Terry Todd, Pat Casey, Hugh Cassidy, Don Cundy, Donnie Thompson, Mike Hall, Anthony Clark.

This concludes our series. Remember, this was not just one man's opinion, but a panel that had over 550 years of Powerlifting experience. Hopefully you enjoyed reading it. I am sure everyone has their own opinion. It would be very interesting to see this done again in about 5 years and compare the results. (Bob Gaynor)

CORRECTION

... the text for Doug Furnas on last month's TOP TEN listing for the 275s was missing. He should have been entered as No. 4 on the list. "Doug was one of those lifters you had to see to believe. He handled heavy weights as easily as anyone. He would walk out with 900 lbs. and he looked like he had 135 on his back. He was the 1986 WPC World Champion with lifts of 985 600 815. This was done in first generation lifting gear. Doug was only on the Powerlifting scene for a short time, but made an impression for his size. ("Thighs were bigger than my body." Kevin Meskew) and his strength. He lifted in the big meets, Nationals, Worlds, and Hawaii Invitational. Doug was very athletic and had a strong sports background. He left Powerlifting for pro wrestling. His career was short, but those who saw him lift will never forget."



Derek Matsumoto from Honolulu. (courtesy of Joe Wheatley)

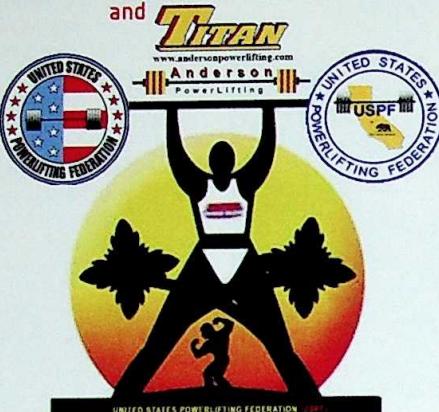
USPF Muscle Beach
13-14 SEP 08 - Venice Beach, CA

13-14 SEP 08 - Venice Beach, CA					
BENCH		308 lbs.			
WOMEN		E. Welch	441		
Open		P. Collard	—		
148 lbs.		Master	(60-69)		
L. Richardson	—		242 lbs.		
165 lbs.		D. Smith III	402		
M. Kumm	160	DEADLIFT			
198+ lbs.		WOMEN			
J. Loveall	—	Open			
Submaster		148 lbs.			
198+ lbs.		L. Richardson	386		
J. Loveall	—	165 lbs.			
Master (40-49)		M. Kumm	209		
165 lbs.		Master (40-49)			
M. Kumm	160	165 lbs.			
198 lbs.		M. Kumm	209		
T. Marquez	127	MEN			
MEN		Junior (13-15)			
Junior (20-23)		198 lbs.			
181 lbs.		V. White	325		
Z. Miller	314	Junior (16-17)			
275 lbs.		165 lbs.			
C. Collins	—	R. Madera Jr.	452		
Open		Open			
148 lbs.		181 lbs.			
Mansourian	369	C. McKelley	468		
181 lbs.		220 lbs.			
I. Smalley	—	E. Koo	650		
198 lbs.		J. Grau	650		
J. Burdette	634	M. White	551		
B. Littlefield	441	308 lbs.			
220 lbs.		E. Welch	656		
D. Rudd	364	Submaster	(35-39)		
D. Hiatt	248	220 lbs.			
242 lbs.		J. Grau	650		
S. Robinson	474	M. White	551		
275 lbs.		Master (40-49)			
S. Hoekstra	—	198 lbs.			
308 lbs.		D. Robideau	502		
E. Welch	441	220 lbs.			
P. Collard	—	R. Harris	518		
Master (40-49)		308 lbs.			
198 lbs.		E. Welch	656		
D. Robideau	369	Master (60-69)			
220 lbs.		220 lbs.			
R. Diaz	303	H. Myers	562		
242 lbs.		Master (70-79)			
J. Skye	—	165 lbs.			
Powerlifting	SQ	R. Hill	402		
WOMEN		BP	DL	TOT	
Junior (20-23)					
123 lbs.					
E. Carpenter	154	116	204	474	
Open					



Alan Best of San Luis Obispo, CA tried a 1003 lb. squat at the meet

MUSCLE BEACH VENICE
BENCH PRESS & DEAD LIFT CHAMPIONSHIPS
PRESENTED BY
POWERLIFTING USA

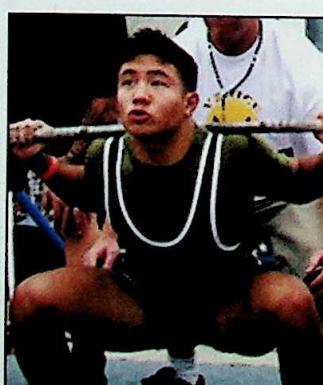


SEPTEMBER 13TH - 14TH, 2008. VENICE BEACH

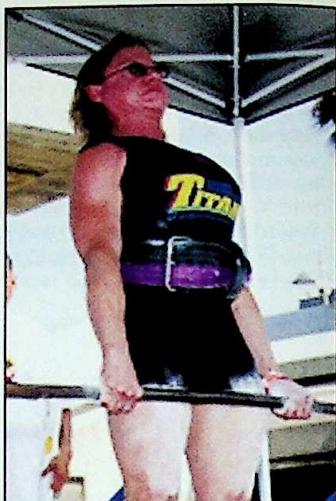
Fri. Sept., 12th. **Pre-Weigh-in** from 5:00 - 7:00 p.m.

h. Weigh-in from 7:00 - 9:00 a.m. Meet starts

Sun. Sept. 14th. Meet starts @ 10:00 a.m.



John Buencamino was with the
Marines from Camp Pendleton

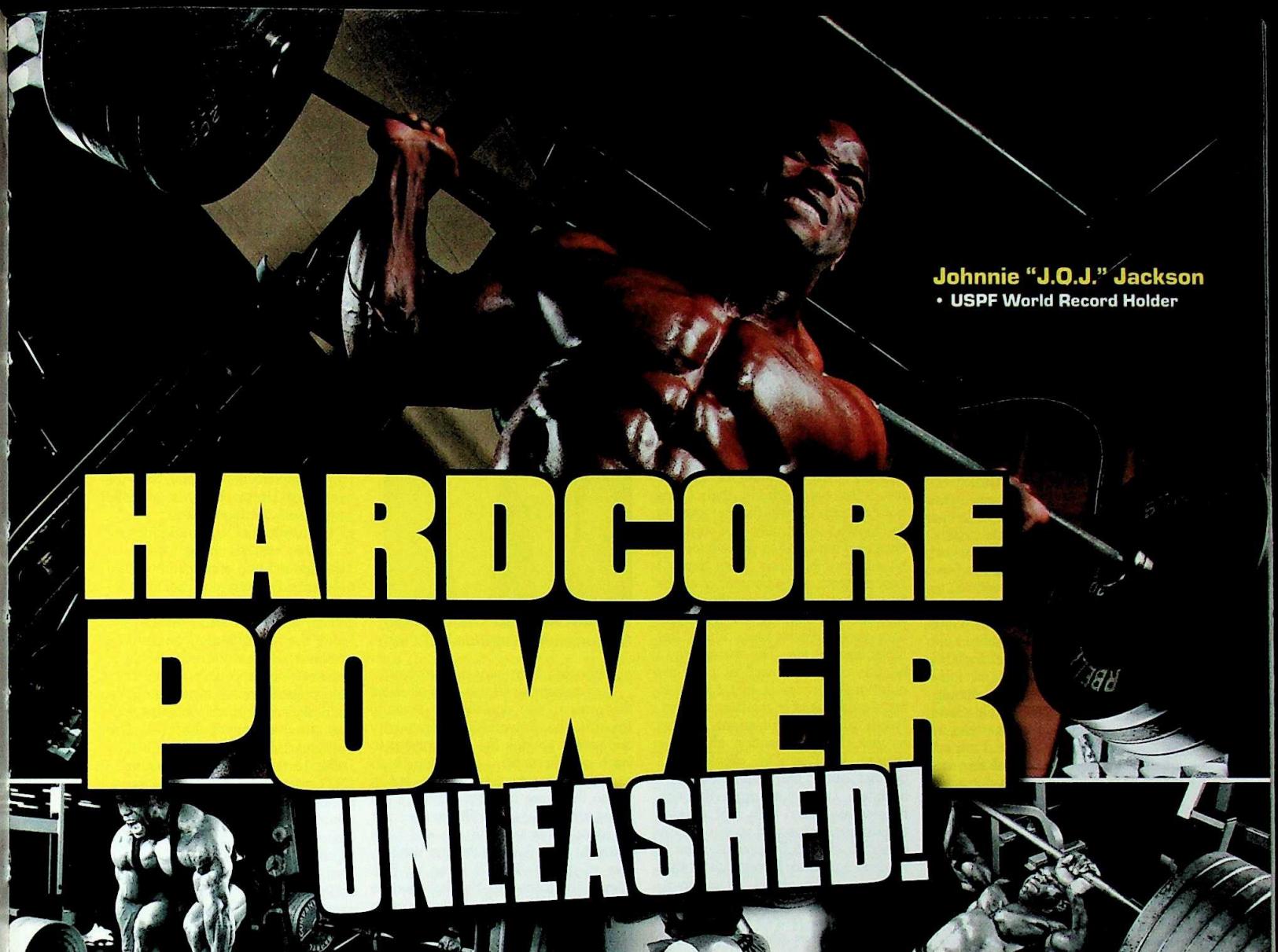


Sabra Callahan came all the way from Las Vegas to compete at fabulous Muscle Beach Venice.

R. Speno	733	535	634	1901
D. Harrison	683	375	672	1731
Alan Best				
308 lbs.				
E. Welch	502	441	656	1598
308+ lbs.				
L. Karabel	904	661	705	2271
Submaster (35-39)				
181 lbs.				
L. Sparango	485	336	480	1301
220 lbs.				
K. Aubel	463	375	480	1317
242 lbs.				
J. Fischbach	502	364	535	1400
275 lbs.				
R. Speno	733	535	634	1901
Master (40-49)				
198 lbs.				
V. Calia	551	419	656	1626
J. Gradney	551	380	524	1455
D. Robideau	457	369	502	1328
220 lbs.				
R. Schwartz	573	336	502	1411
R. Harris	468	—	—	468
242 lbs.				
M. Tronske	623	485	601	1709
275 lbs.				
R. Herrick	402	276	502	1179
308 lbs.				
E. Welch	502	441	656	1598
B. Iannucci	502	331	513	1345
Master (50-59)				
181 lbs.				
A. Fu	424	364	502	1290
198 lbs.				
E. Lewis	502	270	474	1246
K. Croxdale	408	325	480	1213
L. Vallot	276	226	320	821
Master (60-69)				
181 lbs.				
D. Martin	485	314	480	1279
Powerlifting Best Lifters: Open Men-Lance Karabel, Junior Men-O'Neil Roussell, Master Men-Dan Martin, Women-Nicolai Stern.				

Bench Press Best lifters: Open Men-James Burdette, Master Men-Daniel Smith III, Women-Michelle Kumm. Deadlift Best lifters: Open Men-Ed Koo, Master Men-Roger Hill. Best Team: U.S. Marine Corps, Camp Pendleton. Meet Promoter: Joe Wheatley. Meet Director: Steve Denison, International. Announcer: Chuck LaMantia, National. Score Cards: Kellie LaMantia, State. Referees: Jim Merlino-National, Scott Layman, National, Kevin Meskew, National, Michael Brown, New State Referee, Dominic Licavoli, New State Referee, Jose Hernandez, New State Referee, Darren Matsumoto, New State Referee, Leonetta Richardson, New State Referee. Thanks to our Spotters and Loaders: Phoenix House volunteers. Thank you to Joe Wheatley Production sponsors: Ken Anderson Powerlifting-Title sponsor, Titan Support Systems-Title sponsor, Powerlifting USA magazine Pre-printing sponsor, Headblade

(article continued on page 92)



Johnnie "J.O.J." Jackson
• USPF World Record Holder

HARDCORE POWER UNLEASHED!

Once J.O.J. steps under the bar he knows there's no turning back. From here on nothing matters but ruthless power. It's for powerhouses like you and Johnnie that Team MuscleTech developed the most powerful creatine pill in the world - CREAKIC® Hardcore!

No other creatine pill is designed to deliver explosive results like CREAKIC Hardcore's revolutionary creatine formula. CREAKIC Hardcore is the only creatine pill in history scientifically engineered to fight off Reactive Oxygen Species (ROS) for maximum creatine absorption. In one 12-week clinical study, subjects consuming CREAKIC Hardcore's key ingredient increased their muscle fiber protein content by 58 percent! And more protein content in your muscles means setting new records on your PBs.

Relentless power is here, so jack up your strength gains with CREAKIC® Hardcore!

- Increase Muscle Fiber Protein Content by 58%!
- Explosive Gains in Hardcore Power!
- Maximize Creatine Absorption by Fighting Off ROS!



HOW ABOUT GIVING BACK?

Q: Anthony, how about sharing the love a little? Seriously you could do your part a little more. I read your articles all the time and the information present in them is really good. My problem is with your XP3 Kit. It is expensive, but I know it's your right to charge what you want. You always say you are looking out for the Powerlifting community so why don't you go that extra step? I am an elite lifter and National champion. I work my ass off in the gym, train like a machine, and put everything into my workouts. I'd like to do your XP3 System, but I can't afford it. I am sure there are many lifters out there who are world class but don't have the money to work with you. You seem like a good guy, but I just hope you are not only about money?

Name withheld

A: The reality is that anyone who offers a service whether they are a personal trainer, strength coach, nutritionist or even a shoemaker, needs to make a living. I wasn't born with a golden spoon in my mouth, so I have had to work for everything I have and that is the case with the majority of people. If you want to eat you got to work. I know that my XP3 Nutrition System may be a little expensive for some people. I can fully understand that you are an Elite level powerlifter and you pay your dues in the gym and on the platform. I respect anyone that goes to work all day and then hits the gym 3-4 days per week to bust your ass for another couple hours. I understand what it takes in terms of dedication to stick with this sport. It's not easy to do so with all of your other daily chores, work, kids, wife, and everything else. I want you to know that I respect all lifters who go to the gym and give it their all no matter if they are a World Champion or if they place dead last in all their competitions but have the love of the sport in their heart.

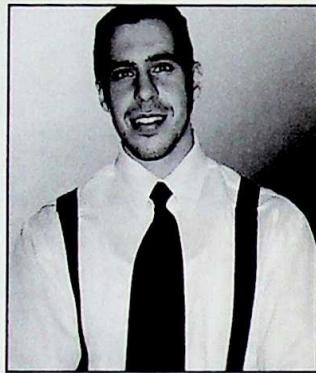
You did comment about how I care about the powerlifting community. I feel that all powerlifters, whether drug free or chemically assisted, raw or into triple ply denim bench shirts, are all one community. If you look at bodybuilding, football, or baseball we are much smaller. Because so many people know one another in this sport we are closer knit than other sports especially among the Elite lifters. When you go to a contest you see those familiar faces from the magazine and you feel part of a brotherhood. When you are at a contest and lifters who don't even know you help you out in the warm up room getting on your bench shirt, that is brotherhood. How about those lifters you are competing against, on the sidelines, cheering you on? What other sport has such camaraderie? This happens even at World Championships. Powerlifters are much different than people of other sports and this is one reason why I am proud to be involved. I do sincerely care about the Powerlifting community. This is the main reason why I started this column.

I don't know if you remember when I first started writing for PL USA close to 7 years ago, I heard a ton of

NUTRITION

Power Nutrition Q & A

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



Anthony Ricciuto - the foodguru behind www.NutritionXP3.com

negative talk about my column. But, article after article, the lifters started coming around to my ideas. After seeing positive results with numerous World and National Champions in this sport including Garry Frank, Phil Harrington, Joe Ceklosky, and numerous others, the respect started showing. If I was good enough to help improve their performance through my nutritional methods, then I was good enough to help the guy totalling 1400 who originally doubted my abilities. I have had to prove myself to be accepted by lifters. I am happy I kept plugging along because of all the friends that I have made. Plus, being involved in so many exciting times with these World Class lifters has really made it fun. The reason why I do this column as well as offer my nutritional services is that I want to make a difference in the lives of lifters. I work with other professional athletes as well. Not to mention all of the regular 'Joe Executive' clients who I get that want to shape up for their 50th birthday. Let's not forget the rich housewives I deal with that decided against liposuction and sought out my expertise to drop 50 pounds of fat in the next 6 months. I work with football players, bodybuilders, strongmen, weightlifters, soccer players, track athletes, fitness models (which I really enjoy), and other athletes. I don't just have my hands involved with Powerlifters, but I am involved the most sincerely with members of this sport. That's because I used to compete and am a lifter at heart so I can relate to Powerlifters much more than I can with a competitive soccer player. That's also why I know the habits of Powerlifters better than your run of the mill nutritionist. I've been in the power trenches for the last 18 years so I know what the deal is.

The last thing that I wanted to address from your e-mail was that you hoped I wasn't all about money. That is the furthest thing from the truth, especially in dealing with Powerlifters. The cost of my program may be out of reach for some lifters, but I always give a discount to students because I know they are on a tight budget. Teams that use my services also get a deal. For commercial gyms that outsource my services I give them a major discount so that they can profit by offering my services. I even break up the payments for lifters who can't drop all the coin at once. To say I am all about the cash is really out of line. To get the same service that's offered in the XP3 System from another nutritionist who is even less qualified than me would be several hundred dollars more. I know the rates of others in my field and I can say without

Here is some of what lifters that are chosen for Team XP3 will receive.

Nutritional Analysis ... This analysis will take an in depth look at what

nutrition mistakes you are making, your background, training program, health and medical conditions, nutrition history, physiology of your current nutrition situation, efficiency rating and nutritional prescription. This will include a comprehensive review of your bloodwork and how it will play a role in the construction of your plan. This is a major difference that differentiates a customized nutrition plan and a cookie cutter type of plan that is thrown at everyone no matter what your personal needs.

Natural Supplementation Analysis ... This will take a look into your current supplementation program, and supplement history so that your program can be designed to best suit your needs. This is important in the design of your supplementation plan to make sure that it works synergistically with your nutrition plan.

Customized Nutritional Program ... This will be based on your background info and will be geared towards helping you accomplish your performance and health goals. There will be several phases, and after the first phase is completed a re-analysis is done. From these observations and your results from the previous phase a new program is designed. This will optimize your results like never before. The progress of your first phase will be used to develop your next phase.

Contest Day Nutrition Plan ... This will consist of a customized nutrition and supplementation plan for the biggest day of the year-Contest Day. It will include what to eat before, during, and after the competition. It will include what supplements to take to maximize your performance. This is one of the most important parts of the program since contest day is the day of reckoning and everything has to be dead on.

Contest Cutting Weight Protocols ... Cutting weight for your contest day can be one of the most frustrating times of your life. If you left it to the last minute to try and get into your proper weight class it can cause a major decrement in your strength. Just going in the sauna, spitting in a cup, or using diuretics can prove not only to be a disaster for your performance, but it is also a health hazard. With the Nutrition XP3 System you will learn different ways to help you cut weight and get into your desired weight class without having to resort to dangerous tactics that will leave you dehydrated and cramped up on the platform. No longer will this be a mystery and with the Nutrition XP3 Program you will be well ahead of the game. This set of protocols alone could save you from disaster come contest day and we all know how important this really is.

Contest Rehydrating Protocols ... Now that you have made weight and have qualified for your particular class it is now the time to put the weight back on plus more. By optimizing your Rehydrating Program you will notice a huge

difference in your strength and power when it's time to step on the platform. Don't go up for your first squat feeling flat before you even unstack the weight. With the Nutrition XP3 Rehydrating Protocols you will be fuller, stronger, and more energetic when you step up to do battle. No longer will you have to wonder what you should eat and drink to regain valuable weight. This will make sure that you are primed to set that PR you came to conquer.

Post Workout Nutrition Plan ...
Post workout nutrition is a major factor in optimizing your results. If you are overlooking this variable in your nutrition program then you are leaving pounds in the gym. It will play a major role in increased strength, recovery from training, preventing catabolism, inducing protein synthesis, creating an anabolic environment and much more. If you have just finished your workout and don't have a game plan to maximize your post training hormonal environment then you have just thrown the results of that workout right out the window. Post Workout Nutrition is a key variable in your success so you should make sure that you take advantage of this critical time period.

Post Workout "Secret" Formula ...
This formula is the "secret" that has been written about in *Powerlifting USA* magazine over and over. It is what has fueled power beasts like Garry Frank, Phil Harrington, Steve Goggins, John Stafford, Matt Lamarque and other Nutrition XP3 Elite athletes. This special formula will be given to you so that you can optimize your post workout hormonal cascade and make sure that you get the most out of the blood, sweat, and tears you just shed in the gym. This secret formula will help you build more muscle, drop fat, increase protein synthesis and help you recover from your training by up to an extra day in advance. This extensive formula was only available for Anthony's Elite Champions, but now you can see the difference it will make in as little as 7 days.

Holistic Health Protocols ... Are you plagued by high cholesterol? Are your triglyceride levels out of control? Do you suffer from Type II Diabetes? Do you suffer from elevated liver enzymes because of your "pharmaceutical enhancement" program? If you have any of these problems or other ailments then you can benefit from the Holistic Health Protocols that will be designed according to the conditions you suffer from. You can help control and reverse many ailments with specific nutrition and supplement protocols. Many lifters suffer from a slew of different conditions due to their horrible nutrition and lifestyle choices. The Nutrition XP3 System can help manage some of the problems you suffer from. You are only as strong as your weakest link and if your health is a weak link then it will take you down when you least expect it. The Nutrition XP3 System is not only concerned about getting you in the best shape of your life but also to make sure that you are the healthiest as well.

Insulin Sensitivity Analysis ...This

will be a set of protocols to follow after the nutrition and supplementation analysis to customize the right macronutrient ratios for your nutrition plan so that you will get maximum results. This is another instrumental part of your plan as this will allow me to understand your personal physiology make up and how efficient your hormonal balance is.

Phone Consultations ... Here you will be able to consult with me one on one to go over your plan, ask questions and to provide the feedback necessary to get the results you deserve.

Email Support ... Got a quick question about something? Send over an email and get a personalized answer from me within 48 hours. This way you won't have to use up your phone consultation time for just a few quick questions that may have arisen along your journey to a bigger total.

Now, you being a cynic, I am sure you must think there is some type of catch. Yeah, there must be some type of conspiracy theory for the offer that I put forth to the powerlifting community. You probably bet the catch involves money of some sort right? You are right, my friend, there is a catch and it does involve money. As you all probably know one of the top coaches of our sport, Rick Hussey, was diagnosed with cancer last year. He underwent surgery and then chemotherapy as part of his much needed treatment. Rick was the first member to be inducted in the Nebraska Powerlifting Hall of Fame and coach of the World's Strongest Woman Becca Swanson. He is also the owner of Big Iron Gym and the coach of numerous World record holders and World champions. Rick has done a lot for this sport. He is the man behind the bang of the performances of Shawn Frankl, Jim Grandick, Richie Briggs, Brad Hein, Nick Hatch and

Brad Heck among many other world class lifters. Rick has spent the last 20 years of his life giving back to the sport. All of his lifters can attest to the fact that without Rick in their corner they would have never reached the level they have attained in the sport. Beyond a doubt, Rick has done a lot for this sport and we as a community should stand behind those who give everything to us and ask little in return. For those of you who would like to submit your application to me so that you have the opportunity to be part of Team XP3 all I ask for is that you make a generous donation on behalf of Rick Hussey to help pay for his continuing medical treatment. Rick doesn't have medical insurance and in his time of need we should all be there for him. All donations can be sent directly to Rick at Big Iron Gym courtesy of the Nutrition XP3 Contest.

What I need from you ...

Ok, for those of you looking to become part of this contest, this is what I will need from you. I will need you to send me an e-mail so that you can receive the application form. I will have you fill out all the information required and then sent back to me before the deadline. When e-mailing me please put in the header "Nutrition XP3 Rick Hussey" so that I know what your intention is. I get tons of e-mail daily and this will make it easier for me to sort things out. Oh yeah, don't forget - for you to be eligible as I have requested before - all contestants must make a donation to our brother in iron Rick Hussey. You can make your donation directly to Rick through PayPal at helphealrick@gmail.com. For those of you looking to send a check or money order please send it directly to:

Big Iron Gym
C/O Rick Hussey
5514 North 103rd St
Omaha, NE 68134

So, once I get your application and confirmation of your donation, you will be entered in the contest. Once all applications are in then the winners will be chosen. This is a huge opportunity for you to get my services free of charge and all you have to do is help those who have done so much for our sport. You see, if you give a little, I will give a lot in terms of my time and work. This will benefit not only you in your training but also you will give back to a legendary coach in our sport.

CONCLUSION

So, as you can see, I am not interested in making anything out of this. I am looking to help you the lifter who may be interested in working with me one on one. On top of this all donations will be going for a good cause. This is the least we can do for someone that has dedicated his life to giving to our sport. I am happy to be part of this and really want the lifters to get involved. Rick, if you are reading this, all I can say is that I wish you the best and I apologize for not doing this earlier. Now, the deadline for this is going to be December 25th, 2008. What this means is that you better get off your butt and get your application and donation in. This is giving the Elite and every day Joe Schmo lifter an opportunity that doesn't come around often. So here you go "Mr. Anonymous Email". This is your chance to put your money where your mouth is and have the opportunity to work with me without having to dish out for it. For the rest of you, all I can say is get involved and help a good cause. Now is the time to get your nutrition dialed in by a lifter who cares about lifters!

If you have any questions feel free to contact me at:
Aricciuto@NutritionXP3.com
Or check out my website at:
www.NutritionXP3.com

100% RAW Powerlifting Federation

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LAST NAME: _____ FIRST NAME: _____ INT. _____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____

AGE: _____ SEX: _____ E-MAIL ADDRESS: _____

REGISTRATION FEE

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\$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: 100% RAW
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NOTE: Your 100% RAW Membership Will Expire
One Year From The Date of Application.

LIFTERS SIGNATURE: _____ PARENTS SIGNATURE IF UNDER 18 YRS. OLD

DATE OF APPLICATION: _____ (*This Will Be Your Renewal Date*)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.



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MHP Puts Up \$10,000 in Cash Prize Money for Kings of the Bench III and Clash of the Titans II - MHP (www.MaxPerformance.com) has again teamed up with Hardcore Powerlifting, LLC and now Metro Flex Gym Productions to bring you MHP's Kings of the Bench III and Clash of the Titans II at the Ronnie Coleman Classic. This tradeshow will take place on April 18th, 2009 at The Mesquite Convention Center just outside of Dallas, Texas. The Clash of the Titans II will offer full powerlifting while The Kings of the Bench III will again test some of the strongest benchers in the world. There will be four weight divisions and the event will be a super open (no age or gender specific classes.) The winner of each division in each competition will be awarded \$1,000 cash plus the overall biggest bench and total of the show will win a bonus \$1,000 (not to be determined by formula.) This contest will be in the classic format and though wrist/knee wraps, belts and chalk will be allowed on the platform, benchpress shirts and powerlifting suits will not. The entire professional production will be available for viewing on the internet in streaming video within a couple of weeks of the live contest. Powerlifters and powerlifting fans all over the world will get the chance to view these talented weightlifters do battle. Anyone who attends the expo itself will get the opportunity to witness these strength superstars live and in person on the MHP powerlifting stage in the main tradeshow hall. This will be the fourth professional promotion put on by HardcorePowerlifting.com and already the event looks to be a stellar showdown of some of the world's top iron athletes. Past professional competitors have included: Brian Siders, Nick Winters, Jeremy Hoornstra, Matt Kroczaleski, Joe Mazza, Joe Luther, Ray Hickman, Al Davis, James Searcy, Geoff Butia, Trey Scott, Adam Zehr, Dave Marchant, Gunny Green, Brad Tripp, Brandon Cass, Germany's Holger Kuttroff, Levi Van Dyke, Chip Edalgo, Chase Martin, Russell Kitani, Ben Graves, Dustin Gibbins, Lynne Boshoven, Jeremy Brinkley, Anthony Cooper, Jon Grove and Rock Lewis. To compete in either The Clash of the Titans II and/or The Kings of the Bench III, please contact Sean Katterle at www.HardcorePowerlifting.com, 1 . 5 0 3 . 2 2 1 . 2 2 3 8 , SeanZilla@HardcorePowerlifting.com, 1957 West Burnside # 1655, Portland, OR 97209.

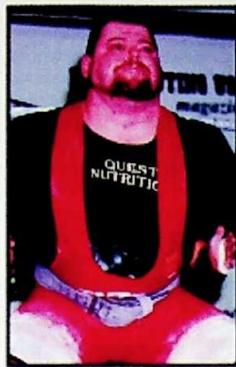
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Last month we went topless on Venice Beach, visited troglodyte Mike Barcelone from Valhalla Gym, and learned an important new way to get strong while in an office setting. This month, we planned to visit either of two overseas gyms - but I didn't get good photos yet. So I have decided instead to tell you the true story about a nice fat girl that I met. Nope, I'm not kidding.

I met her when she was lying very still on the couch in the living room of her parent's modest home. She was a very pretty Hispanic girl, although her skin was a bit grayer than I prefer. Her mother was sobbing hysterically, and her dad was trying to do CPR - but he didn't know how to do CPR. She was 27 years old, and she was very pretty, and she had been dead about an hour.

We did all we could, but she never regained a pulse. We'll call her 'Angel' today, because that is as close to her real name as I better get. Later I learned her story:

Angel married at 19, and her 21 year old husband wanted a big Mexican family. They tried and tried to have children, but she miscarried every time. She was pretty heavy at the time, so they decided that was the reason. She couldn't successfully deliver a baby - because she was too fat. Angel tried and tried to diet, but like most people,

Hardcore Trainwreck #78 Angel (she just needed a good gym) as told to Powerlifting USA by Rick Brewer

she failed to keep the weight off. She reviewed her medical options, and got a lap-band put on her stomach.

It worked like a charm! Angel lost a lot of weight, and soon became pregnant again. This time, sure enough, she successfully delivered a beautiful baby girl! But she began having abdominal pains, and she went back to the hospital twice. They gave her some pain pills, with a little pep-talk about delivery pains, and sent her home. Twice.

Angel finally went to a different hospital, and when they X-rayed her they determined that the lap-band had shifted. It had cut off blood flow to most of her stomach, and a large portion of her stomach and colon were necrotic. She was in septic shock. They operated to remove much of her stomach & colon, and disconnected her esophagus - so that she had to be fed through a feeding tube in her chest. There were further complications, and she remained in the hospital for over 2 years.

While she was in the hospital -

Angel's husband left her, and moved in with her best friend. He ignored Angel's daughter, and started a big Mexican family with her former friend. Angel lost her health, but her mom raised the cute little granddaughter. Unfortunately, when she finally went home from the hospital - Angel's daughter was scared of her. She called the grandmother 'mom.'

Angel grew depressed, and tried to commit suicide. While back in the hospital, her former best friend was also in the hospital for a heroin overdose. Her ex-husband was able to visit both of them at the same time.

Several more years went by, and there were 3 more surgeries to restore Angel's GI system. Eventually, Angel grew healthier. Her daughter learned that the sick girl was her real mother. Angel finally even got her esophagus reattached, so that she could chew and eat. But there were further complications, and she died at 27. Her driver's license showed the face of a pretty (but chubby) Mexican girl, and the

couch held a pretty (but dead) thin girl.

We all want to change the way we look. Weightlifting is great at sculpting a leaner or better body. How could you help a big girl in need of a friend? I always wanna be leaner and stronger, or at least stronger, and I'll never quit trying. I'm not opposed to liposuction or lap-bands, and would consider either as viable options with talented medical personnel.

I remember when Mike Mentzer grew huge and fat, right before he died. He looked terrible, and I began to question all of his heavy-duty training theories. I liked the ideas, but if they produced an unhealthy fat person - could they really be good? At the very least, it was clear that a greater work volume was needed to keep 'in shape.'

Are diets and other methods of weight-loss stupid? Most definitely not. Is it true that heavier people have more health problems? YES. Is it true that big people may hang over the edge of your chair in a movie theater or on an airplane? Yep, sometimes. I will let you decide what the point of this story is; I just wanted you to meet Angel. It's hard to get a nice fat girl out of your mind...

Next month, it's back to the gym. I promise.

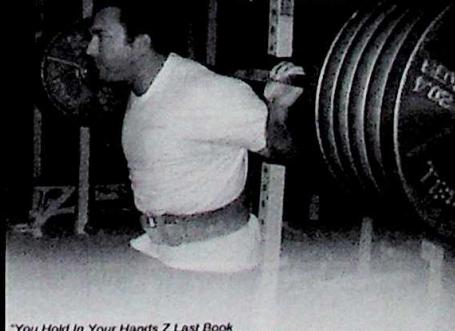
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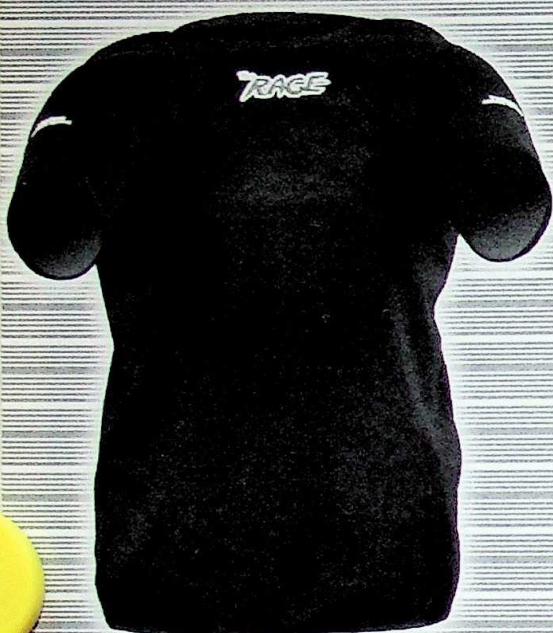
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- The Round-Sleeve™ design is very user-friendly because it accommodates many benching styles.
- Reinforced thicker neck. No cheap, flimsy "low-profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- Stretchy-Back™ makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

• SOLID SEAM™ technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor-cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big-benching.

RAGE X

A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



- Extra Reinforced front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- SOLID SEAM™ technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE! RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
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- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
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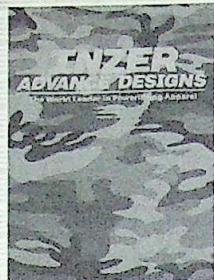
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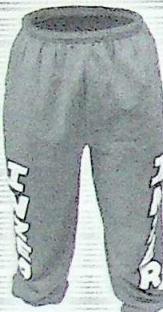
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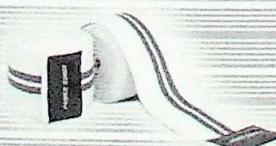
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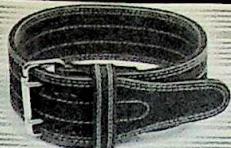
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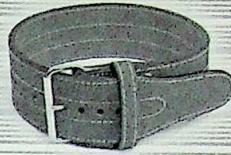


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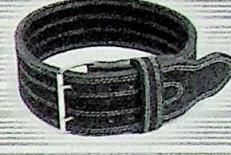


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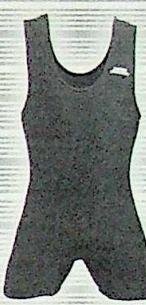
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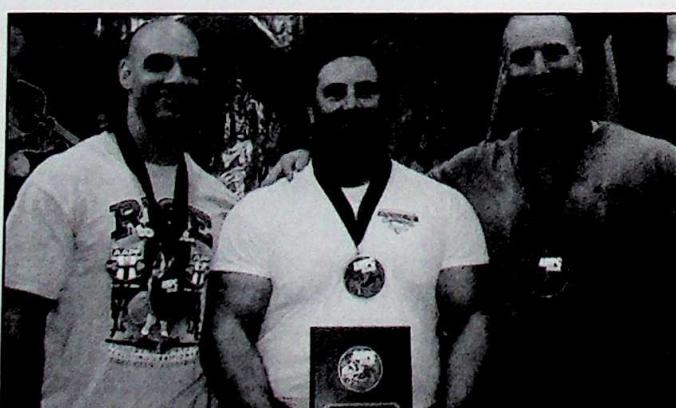
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132 lbs.	K. Tawzer	364		
Master VII	Master V			
I. Plagov	176	E. Fitzpatrick 485!*		
165 lbs.	Master VII			
Open	B. Bianco	160		
Grishko-RUS	—	Open		
Submaster	Kerecse-HUN	397		
Lapynin-RUS	375	B. Hoffman		
181 lbs.	Police/Fire			
Master I	K. Tawzer	364		
M. Bingham	452	Submaster		
Master IV	B. Hoffman	—		
Milton-CAN	287	275 lbs.		
Master X	Master III			
A. Virla	187!*	D. Murphy		
Open	Master IV	562		
Nechaev-RUS	535	C. Barnett		
Police/Fire	408!			
M. Bingham	452	D. Lewis		
198 lbs.	Nemeth-HUN	612		
Junior	E. Hubbs	606		
K. Platt	430	D. Murphy		
S. Borrego	402	562!		
Master I	Submaster			
E. Taber	D. Szymanski	628!		
Master V	308 lbs.			
J. Hussey	380	C. Cozine		
R. Cuny	265	452!		
Master VI Raw	A. Burton	441!*		
Anczerewicz	254!*	Teen III		
Open	R. Singh	518		
T. Hensley	639!*	SHW		
Fayzullin-RUS	463	Open		
220 lbs.	R. Vick	854!*		
Master VII	Polyakov-RUS	584		
B. Bassman	320!*	Submaster		
Master VI	C. Harwood	—		
Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
Teen I				
J. Singel	138!	110!*	226!	474!
123 lbs.				
Master IV				
S. McCallion	259!*	99	237!*	595!*
Open				
M. Kirkland	485!*	254!*	408!*	1146!
148 lbs.				
Open				
R. Fishman	342	209	303	854
VanRooy-CAN	292!	154!	298	744!
Teen III				
R. Mayer	402!*	209	336!*	948!*
165 lbs.				
Teen III				
S. Gilbert	413	270	380	1064
181 lbs.				
Open				
S. Mendelson	502!*	287!*	369	1157!
S. Detman	424	226	369	1020
198 lbs.				
Open				
J. Gimmell	325	171	320	816
SHW				
Master III Raw				
M. Tawzer	176*	116*	292!*	584*
MALE				
123 lbs.				
Teen I				
A. Forezzi	248	143	265	656
R. Hubbs	220	121	265	606
132 lbs.				
Master VII				
S. Smith	138	171	270	579
148 lbs.				
Master I				
C. Morse	—	—	—	—
Master III				
V. Scelfo	562	331!*	413	1306
G. Sagar	452	182	375	1009
Master V				
M. Wider	358	220	424	1003
Master VII				
K. Anderson	276	226	292	794
165 lbs.				



Korean Power ... WPC President Mike Sweeney, flanked by WPC Korea President Young Soo Lee (left) and Korean lifter Jae Deok Kim, at the AWPC World Championships. (photo courtesy Mike Sweeney)

Junior			Submaster						
S. Mattison	573	375	424	1372	R. Clark				
R. Michie	457	248	463	1168	645	463	601	1709	
Open					VanAlstyne	705	529!*	551	1786
J. DiGirolamo	639	391	557	1587	Master III				
E. Stone	678	380	507	1565	V. Donofrio	—	—	—	—
Submaster					Master IV				
Lapynin-RUS	463	419	507!	1389!	M. Milton	—	—	—	—
Master VII					Master VI				
R. Flores	452	215	441	1108	P. Wilder	364!*	55!*	408!*	827!*
181 lbs.					Master VII				
C. Yuhas	529	270	496	1295	J. Ellis	430!*	215	446!*	1091!
Open					Junior				
D. Cagnolatti	678	529	573	1780	Z. Zenzen	634	435	568	1637
V. Lysobey	678	463	562	1703	Open				
B. Hibbing	573	276	474	1323	M. Szudarek	849!*	424	601	1874
VanRooyen	314	276	364	953	S. Wagner	750	452	551	1753
Submaster					Police/Fire				
V. Lysobey	678	463	562	1703	D. Zenzen	661	380	518	1560
E. Domanski	623	342	568	1532	Master I				
B. Hibbing	551	—	—	551	J. Rebera	766!*	540!*	573	1879!
Master I					H. South	617	314	579	1510
M. Trulock	562	320	562	1444	Master II				
D. Naughton	441	502!*	474	1416	B. McCord	568	413	540	1521
Master II					B. Garnett	551	402	424	1378
Y. Soo Lee	595	364	507	1466	Master IV				
Master III					D. Zenzen	661	380!*	518!*	1560
R. Ruettiger	—	—	—	—	Teen II				
Teen II					A. McCloskey	705	463!*	656!*	1824
J. DiMaggio	413	220	413	1047	Teen III				
M. Larsen	364	182	314	860	R. Deschenes	705	402	606	1714
198 lbs.					T. Luna	656	402	507	1565
Junior					242 lbs.				
W. Benson	468	347	474	1290	Junior				
Open					T. Jacobs	728	518	606	1852
R. Paras	761	—	—	761	Open				
Police/Fire					J. Atef	860	579	606	2045
P. Wilder	364	55	408	827	J. Dibble	739!	546	579	1863!



Bradenton Power: (l-r) Vince Lysobey, Mike Alocco, and Bruce Garnett; all did well at the AWPC Worlds. Vince won Best Lifter in the Submasters, Mike Alocco won best lifter in the Men's Open, and Bruce won 2nd in the 220 class. They all train together in Bradenton, Florida, along with the AWPC Best Women Lifter Margaret Kirkland.

Master II	J. Dibble	739	546	579	1863
Master IV	M. Shealy	518!	353!	342	1213
275 lbs.					
Junior	G. Page	750!	452	617	1819!
Open	J. Yakiwchuk	—	—	—	—
M. Allococo	904	689!*	711	2304	
J. Deok Kim	750	452	557	1758	
Master II	K. Suutari	661	502	661	1824
308 lbs.					
Junior	B. Vaziri	—	—	—	—
Open	C. Ewald	755	623	650	2028
Teen III	N. Fonck	755!*	502	573	1830!
SHW					
Open	R. Polyakov	805	573	606	1984
	S. Edmiston	733	—	—	733
Master II	S. Brodsky	601	309	551	1461
	S. Edmiston	733	—	—	733

!=World Records. *=American Records. Best Lifter Bench Female Open: Michonne Berry. Best Lifter Bench Female Master: Sidney Thoms. Best Lifter Bench Male Master: Louis Sposato. Best Lifter Bench Male Teen: Anthony McCloskey. Best Lifter Male Bench Open: Matt Minuth. Best Lifter Female Powerlifter Master: Mary Tawzer. Best Lifter Female Powerlifter Teen: Shany Gilbert. Best Lifter Female Powerlifter Open: Margaret Kirkland. Best Lifter Male Powerlifter Master: Rich Flores. Best Lifter Male Powerlifter Submaster: Vincent Lysobey. Best Lifter Male Powerlifter Junior: Tom Jacobs. Best Lifter Male Powerlifter Open: Mike Alocco. The 2008 Amateur World Powerlifting Congress (AWPC) was successfully held in early August in the very high-end suburb of Chicago, Illinois called Oak Brook. The hotel and venue was the Double Tree Hotel, and everything was within walking distance and easy ride from any airport. The AWPC is the "tested" division of the WPC/AWPC organization. The tests are set to Quest Diagnostics Labs, the World's leading provider of diagnostics testing, information, and services. I believe this lab is also used by the USAPL. In the AWPC a positive result results in a permanent lifetime ban. The lifter-roster listing was in three digits range and the countries represented were, Korea, Russia, Hungary, Canada, and USA. Several other countries have indicated teams were going to be sent, but visas and travel money is always a problem in today's economy and global political situations. The age span was from teenage 13 to masters 74. The classes of youth/teenager, junior, open and masters were all represented with men and women that qualified in National Championships in their home country. In the WPC/AWPC it is all about the lifter and championship experience! This World Champion was graded by the lifters. Job Well Done! There were certified international referees, high quality equipment both on the platform and warm up room, plus high tech score board display that provide complete information for the lifter and fans. The music was kept a proper intensity and added an excellent background. The spotter's stayed close and "saved" some dangerous attempts that could have caused injury. Mr. Kidder monitored the entire event; office manager Amy Jackson monitored the command scorer's table and information/data. Again in this organization it is about the lifter and lifting experience. This sport always brings out the very best in individuals and athletics. The agony and the ecstasy of a WPC/AWPC powerlifting competition, and the tremendous efforts, both physical and emotional strength that is witnessed is inspiring. The admiration and respect from one lifter to another on and off the platform is one of the core elements of our extreme, radical sport. It is not often to see one sportsman cheer another sportsman on in an effort that may cost someone a medal! So, bottom line, in a championship of this high caliber more than 10% bombed out! I can't single any one lifter or lift; I have

to single out all of the lifters and lifts! Here is the list of World Records set and complete results. Thank you all! Good Luck and Good Lifting from the WPC/AWPC next season! (Mike Sweeney WPC/AWPC)

Maple Street YMCA Open 14 JUN 08 - Omaha, NE

BENCH	220 lbs.			
WOMEN	S. Wead	315		
181 lbs.	Master I			
H. Bloom	195	198 lbs.		
MEN	S. Hill	315		
Open	R. Cardona	305		
132 lbs.	Master II			
V. Tran	380	181 lbs.		
198 lbs.	V. Brown	280		
M. Cole	410	DEADLIFT		
275 lbs.	Novice			
G. Moore	530	275 lbs.		
SHW	T. Wilde	300		
T. Jensen	425	Master I		
Novice	181 lbs.			
198 lbs.	L. Chiganos	430		
T. John	305	181 lbs.		
	J. Diablo	525		
Powerlifting	SQ	BP	DL	TOT
Teen				
114 lbs.				
R. Wagner	115	95	170	380
132 lbs.				
B. Nauman	260	175	275	710
181 lbs.				
N. Myers	205	175	260	640
275 lbs.				
J. Bittman	350	205	375	930
242 lbs.				
C. Brown	430	275	450	1155
Master II				
165 lbs.				
C. Brown	270	160	350	780
220 lbs.				
C. Toney	330	275	475	1080
Outstanding Full Meet Lifter: Chuck Brown.				
Outstanding Bench Lifter: Viet Tran & Haley Bloom. Outstanding Deadlifter: Johnny Diablo. (Results courtesy John Jones)				



Nate Myers, age 15, pulls 275 at the Maple Street YMCA Open.

USAPL Badger Open 21 JUN 08 - Nemah, WI

BENCH	198 lbs.			
FEMALE	B. Hanselman	562		
105 lbs.		220 lbs.		
S. Binash	132	S. Gudowicz	419	
115 lbs.		B. Cardoza	—	
M. Williams	182	275+ lbs.		
148 lbs.		J. Ray	590	
J. Hrabak	154	K. Wannebo	518	
MALE		T. Bergel	507	
165 lbs.		A. Pick	—	
B. Mikulecky	276			
Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
Teen	D. Schneese	413	—	413
S. Binash	287	132	254	672
115 lbs.				
Teen Open	M. Williams	353	182	303
Teen		838		
C. Lauer	287	121	270	678
B. Backers	265	160	265	689
132 lbs.				
Teen	K. Miller	243	94	259
		595		
Master	J. Mac	314	154	292
		761		
148 lbs.				
Teen Open	J. Hrabak	270	154	276
		700		
Open	A. Hitchcock	430	243	452
		1124		
A. Bordeaux	353	171	430	953
Teen	A. Moe	369	171	375
		915		
181 lbs.				
K. Bluell	353	154	386	893
Open Master	K. Klass	160	105	243
		507		
K. Klass				
MALE				
123 lbs.				
Teen	T. Hovland	171	105	204
		480		
242 lbs.				
D. Lemmel	780	600	620	2000
J. Jacobi	775	425	600	1800
Meet Director: Brett Rapp. (Kate Taillon)				
	J. Miller	—	176	364
			540	

Brand New Williams Strength (Elite Fitness Systems) Professional 45 degree back raise with 2 sets of band pegs. Asking \$600. Outlaw Strength, 104 Loop Rd., Bigerville, PA 17307, 717-677-7570 or 330-501-5876, ask for Mike White.

Open	Schwalbach	502	303	535	1339
165 lbs.					
Teen	D. Schneese	413	—	413	
S. Mikulecky	491	342	557	1389	
F. Jones	424	353	402	1179	
181 lbs.					
Teen	L. Triggs	441	248	466	1155
Open	Z. Hofstetter	507	276	364	1146
198 lbs.					
Master	T. Conklin	579	292	595	1466
	J. Monahos	513	353	502	1367
Open	D. Fuller	457	314	513	1284
	T. Timmons	408	342	507	1257
Manchester	375	276	408	1058	
220 lbs.					
Teen	M. Fuller	540	369	502	1411
	C. Jones	601	331	502	1433
Master	R. Vivier	457	314	502	1273
	C. Jones	518	309	540	1367
Caltagerone	518	309	540	1367	
Open	C. Jones	601	331	502	1433
	A. Chromy	507	303	557	1367
	B. Kenney	402	303	518	1224
	D. Clarke	408	276	408	1091
275 lbs.					
Open	K. Brashears	551	402	557	1510
	C. Gould	—	402	507	909

(Thank you to the USAPL for these results)

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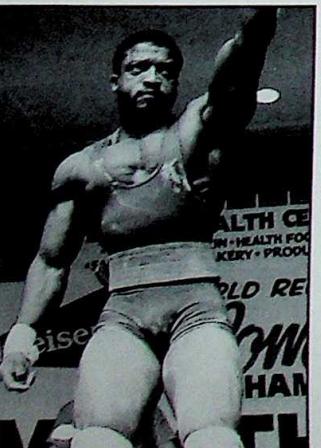
Brian Schwab an incredible 1930



Tony Conyers - a legend at ltwt.



Dom Sardo - Ivy League Coach



Ausby Alexander - 1st over 1700

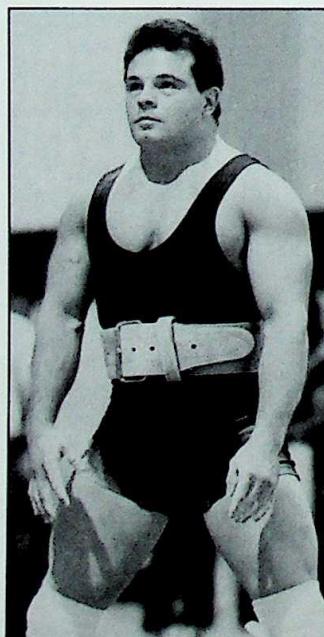
ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 148 Pound (67.5 Kilogram) Weight Division -- TOTAL

Total	X-Bwt	American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 1930.0	(875.4)	*12.97X Brian Schwab/74 1/20/08 (765.0+565.0+600.0=1930.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)
2. 1785.7	(810.0)	*12.00X Nick Hatch/85 3/4/05 (357.5+217.5+235.0=810.0 kg. @ 67.5 kg.) (Columbus, Ohio) (WPO)
3. 1769.2	(802.5)	*11.91X Tony Conyers/59 5/31/96 (310.0+192.5+300=802.5 kg. @ 67.4 kg.) (Atlanta, Georgia) (APF/WPC)
4. 1769.2	(802.5)	*11.92X Caleb Williams/84 11/7/06 (327.5+205.0+270.0=802.5 kg. @ 67.3 kg.) (Stavanger, NOR) (IPF)
5. 1714.1	(777.5)	11.52X Dan Austin/58 4/8/88 (297.5+165.0+315.0=777.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
6. 1703.1	(772.5)	11.44X Ausby Alexander/56 3/23/87 (292.5+172.5+307.5=772.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
7. 1703.1	(772.5)	11.44X Thomas James "T.J." Hoerner/77 4/23/05 (342.5+155.0+275.0=772.5 kg.) (Baton Rouge, LA) (APF)
8. 1670.0	(757.5)	*11.22X Jesse Jackson/77 7/28/90 (322.5+155.0+280.0=757.5 kg. @ 67.5 kg.) (Pittsburgh, PA) (APF/WPC)
9. 1665.0	(755.2)	11.19X Larry Luckett/58 4/17/88 (665.0+400.0+600.0=1665.0 lb.) (Niles, Illinois) (FCI)
10. 1665.0	(755.2)	*11.23X Doug Heath/55 12/13/03 (705.0+455.0+505.0=1665.0 lb. @ 148.25 lb.) (Avon Lake, Ohio) (IPA)
11. 1657.9	(752.0)	11.14X Jose Perez/60 3/5/90 (309.5+192.5+250.0=752.0 kg.) (Honolulu, Hawaii) (APF/WPC)
12. 1642.4	(745.0)	11.04X Wade Hooper/70 7/10/97 (302.5+187.5+255.0=745.0 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
13. 1625.9	(737.5)	10.93X Joe Bradley/56 10/2/82 (295.0+170.0+272.5=737.5 kg.) (Wits University, South Africa) (USPF)
14. 1609.4	(730.0)	10.81X Mike Bridges/57 11/27/78 (282.5+182.5+265.0=730.0 kg.) (Turku, Finland) (USPF/IPF)
15. 1609.4	(730.0)	*10.83X Rickey Dale Crain/53 11/7/80 (285.0+145.0+300.0=730.0 kg. @ 67.4 kg.) (Arlington, TX) (IPF)
16. 1600.0	(725.7)	10.75X Bob Bridges/64 11/11/84 (605.0+330.0+665.0=1600.0 lb.) (Carbondale, Illinois) (NSM)
17. 1598.4	(725.0)	*10.74X Jim McCarty, Jr./60 4/25/82 (275.0+157.5+292.5=725.0 kg. @ 67.5 kg.) (West Lafayette, IN) (USPF)
18. 1592.8	(722.5)	*10.75X Bob Wahl/60 7/23/83 (300.0+137.5+285.0=722.5 kg. @ 67.2 kg.) (Austin, Texas) (USPF)
19. 1592.8	(722.5)	*10.74X Jim Finch/77 2/23/83 (280.0+157.5+285.0=722.5 kg. @ 67.3 kg.) (Austin, Texas) (USPF)
20. 1587.3	(720.0)	10.67X Dominic Sardo/59 7/28/90 (287.5+182.5+250.0=720.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
21. 1581.8	(717.5)	*10.67X Ed Morishima/62 4/5/83 (272.5+182.5+262.5=717.5 kg. @ 67.25 kg.) (Honolulu, Hawaii) (USPF)
22. 1575.0	(714.4)	10.58X Todd Suttles/62 12/4/94 (600.0+375.0+600.0=1575.0 lb.) (Atlanta, Georgia) (WNPF)
23. 1559.8	(707.5)	10.48X Scott Siegel/66 11/7/97 (272.5+165.0+270.0=707.5 kg.) (Blackpool, England) (WPC)
24. 1555.4	(705.5)	*10.67X Marcus Williams/68 1/17/06 (260.0+152.5+293.0=705.5 kg. @ 66.1 kg.) (Racine, WI) (USAPL)
25. 1555.0	(705.3)	10.45X Greg Page/63 11/11/01 (600.0+325.0+630.0=1555.0 lb.) (Bedford Heights, Ohio) (USAPL)
26. 1543.2	(700.0)	*10.40X Jay Rosciglione/56 7/10/82 (270.0+157.5+272.5=700.0 kg. @ 67.3 kg.) (Dayton, Ohio) (USPF)
27. 1543.2	(700.0)	*10.54X Charles Okonkwo/64 6/4/83 (270.0+185.0+245.0=700.0 kg. @ 66.4 kg.) (Charlottesville, VA) (USPF)
28. 1543.2	(700.0)	*10.39X Vincent Niedoliwka/85 3/2/08 (262.5+172.5+265.0=700.0 kg. @ 67.4 kg.) (Columbus, OH) (IPF)
29. 1537.7	(697.5)	10.33X David Contreras/12 3/88 (265.0+182.5+250.0=697.5 kg.) (Columbus, Ohio) (USPF/APF/WPC)
30. 1537.7	(697.5)	10.33X Miguel Taoy/2/15/89 (272.5+170.0+255.0=697.5 kg.) (Long Beach, California) (USPF)
31. 1537.7	(697.5)	*10.58X Jeremy Arias/76 11/17/00 (260.0+165.0+272.5=697.5 kg. @ 65.9 kg.) (Akita City, Japan) (IPF)
32. 1537.7	(697.5)	10.33X Doug Abbey/64 3/15/03 (282.5+162.5+252.5=697.5 kg.) (Omaha, Nebraska) (APF)
33. 1535.0	(696.3)	10.32X Claude Handson/4 2/28/84 (575.0+380.0+580.0=1535.0 lb.) (Albion, Michigan) (USPF)
34. 1532.2	(695.0)	10.30X James Benemerito/69 7/15/95 (255.0+167.5+272.5=695.0 kg.) (Wilkes-Barre, PA) (ADFP/AWFDPF)
35. 1526.7	(692.5)	Clyde Wright/54 1/10/81 (275.0+152.5+265.0=692.5 kg.) (Columbus, Ohio) (USPF)
36. 1526.7	(692.5)	10.26X Vince Farri/8 15/87 (260.0+172.5+260.0=692.5 kg.) (Irving, Texas) (USPF)
37. 1526.7	(692.5)	10.26X Ray Benemerito/67 2/25/89 (260.0+160.0+272.5=692.5 kg.) (Tempe, Arizona) (ADFP/AWFDPF)
38. 1526.7	(692.5)	10.26X David Lewis/7/22/89 (277.5+170.0+245.0=692.5 kg.) (Columbus, Ohio) (APF/WPC)
39. 1521.2	(690.0)	10.22X Rick Gaugler/54 8/20/77 (245.0+170.0+275.0=690.0 kg.) (Santa Monica, California) (AAU)
40. 1521.2	(690.0)	10.22X Calvin Dial/3 23/91 (295.0+137.5+257.5=690.0 kg.) (Irving, Texas) (USPF)
41. 1521.2	(690.0)	10.22X Scott Layman/71 10/5/02 (272.5+172.5+245.0=690.0 kg.) (Bakersfield, California) (USPF)
42. 1517.9	(688.5)	*10.34X August Clark/62 2/28/03 (257.5+211.0+220.0=688.5 kg. @ 66.6 kg.) (Columbus, Ohio) (WPO)
43. 1515.7	(687.5)	10.19X Phillip Manicchia/12/10/88 (250.0+187.5+250.0=687.5 kg.) (Irving, Texas) (USPF)
44. 1510.2	(685.0)	10.15X Clyde Wright/54 19/80 (255.0+155.0+275.0=685.0 kg.) (Auburn, Alabama) (USPF/IPF)
45. 1510.2	(685.0)	10.15X John D. "J.D." Carr/57 12/7/85 (255.0+137.5+292.5=685.0 kg.) (San Jose, California) (USPF)
46. 1504.7	(682.5)	10.11X Pete Scholz/6/87 (250.0+157.5+275.0=682.5 kg.) (Kansas City, Missouri) (USPF)
47. 1504.7	(682.5)	10.11X Mark Sagala/12/7/97 (242.5+157.5+282.5=682.5 kg.) (Denver, Colorado) (USAPL)
48. 1504.7	(682.5)	*10.24X Rolande Manso/69 5/1/04 (245.0+185.0+252.5=682.5 kg. @ 66.65 kg.) (Orlando, Florida) (WPO)
49. 1504.7	(682.5)	10.11X Darren Taylor/76 2/25/06 (272.5+150.0+260.0=682.5 kg.) (Annapolis, Maryland) (USAPL)
50. 1500.0	(680.4)	10.08X Michael Facteau/12/16/79 (550.0+320.0+630.0=1500.0 lb.) (Fort Lauderdale, Florida) (USPF)

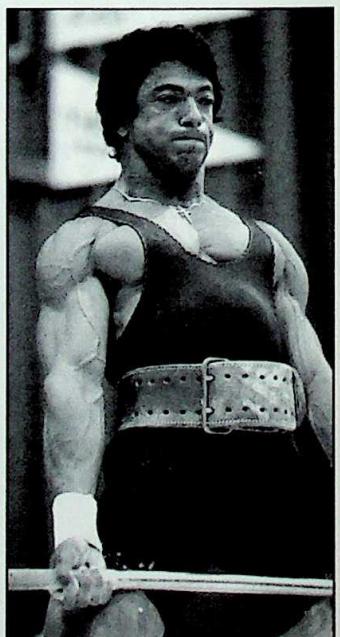
(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; Email Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Larry Luckett at the '88 Y Natls.



Bob Wahl was a frequent competitor at Garry Benford's YMCA Nationals and he represented the USA at the IPF Worlds also.

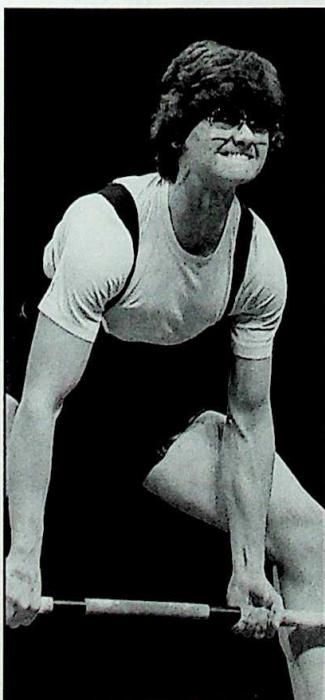


Jay Rosciglione was way ripped at the 1982 Seniors in Dayton, OH and he went on to medal at the IPF Worlds in Munich, Germany.

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 123 Pound (56 Kilogram) Weight Division -- TOTAL

	Total	X-Bwl	Female	American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1185.0	(537.5)	*10.00X	Margaret Kirkland/63 2/23/08 (480.0+255.0+450.0=1185.0 lb. @ 118.5 lb.) (Orlando, Florida) (APF)
2.	1180.0	(535.2)	9.56X	Amy Weisberger/65 2/20/00 (450.0+280.0+450.0=1180.0 lb.) (Columbus, Ohio) (IPA)
3.	1151.9	(522.5)	*9.52X	Carrie Boudreau/67 7/21/95 (190.0+110.0+222.5=522.5 kg. @ 54.9 kg.) (Baton Rouge) (USPF/IPF)
4.	1102.3	(500.0)	*8.96X	Mary Ryan-Jeffrey/60 7/16/88 (192.5+120.0+187.5=500.0 kg. @ 123.0 lb.) (Columbus, OH) (WPC)
5.	1066.1	(483.6)	*8.68X	Vicky Steenrod/49 1/28/84 (190.0+100.0+192.5=482.5 kg.) (Austin, Texas) (USPF/IPF)
6.	1058.2	(480.0)	*8.82X	Jenn Rotsinger/78 12/2/06 (205.0+100.0+175.0=480.0 kg. @ 54.4 kg.) (Lake City, Florida) (APF)
7.	1052.7	(477.5)	*8.53X	Tonya Myers/70 6/21/97 (182.5+95.0+200.0=477.5 kg. @ 56.0 kg.) (Atlanta, Georgia) (APF/WPC)
8.	1050.0	(476.3)	8.50X	Jenny Burke/70 6/24/06 (480.0+255.0+315.0=1050.0 lb.) (Lake George, New York) (APF)
9.	1041.7	(472.5)	*8.47X	Felicia Johnson-Almy/58 1/26/85 (187.5+102.5+182.5=472.5 kg. @ 55.8 kg.) (Boston, MA) (USPF)
10.	1041.7	(472.5)	*8.50X	Diana Rowell/57 6/1/85 (172.5+87.5+212.5=472.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF)
11.	1030.7	(467.5)	8.35X	Valeri Tyree/73 3/24/01 (177.5+92.5+197.5=467.5 kg.) (Fort Hood, Texas) (USPF)
12.	1025.1	(465.0)	8.30X	Cathleen Kelii/54 12/3/95 (177.5+105.0+182.5=465.0 kg.) (San Anselmo, California) (NSM)
13.	1025.0	(464.9)	8.30X	Diane Frantz 10/17/87 (390.0+200.0+435.0=1025.0 lb.) (Victoria BC, Canada) (APF/WPC)
14.	1019.6	(462.5)	*8.36X	Lilith Thomas/60 1/29/83 (167.5+107.5+187.5=462.5 kg. @ 55.35 kg.) (Chicago, Illinois) (USPF)
15.	1019.6	(462.5)	8.26X	Kathy Baker 7/28/90 (185.0+102.5+175.0=462.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
16.	1019.6	(462.5)	8.26X	Ashley Awalt/83 4/16/05 (175.0+125.0+162.5=462.5 kg.) (Baton Rouge, Louisiana) (USAPL)
17.	1014.1	(460.0)	*8.21X	Michelle Amsden/79 9/11/02 (172.5+102.5+185.0=460.0 kg. @ 56.0 kg.) (Sochi, RUS) (USAPL/IPF)
18.	992.1	(450.0)	*8.12X	Eileen Todaro-Wadie/58 1/26/85 (165.0+105.0+180.0=450.0 kg. @ 55.4 kg.) (Boston, MA) (USPF)
19.	986.6	(447.5)	*8.22X	Anna Blakely 7/2/94 (175.0+117.5+155.0=447.5 kg. @ 120.0 lb.) (Elmhurst, Illinois) (APF/WPC)
20.	970.0	(440.0)	7.86X	Pam Crisp 11/21/87 (175.0+87.5+177.5=440.0 kg.) (Dayton, Ohio) (APF/WPC)
21.	950.0	(430.9)	*7.85X	Janet Faraone/67 5/29/04 (315.0+290.0+345.0=950.0 lb. @ 121.0 lb.) (Bethlehem, PA) (IPA)
22.	945.0	(428.6)	7.65X	Diana Bona 5/3/86 (380.0+195.0+370.0=945.0 lb.) (Saint Johnsbury, Vermont) (USPF)
23.	943.6	(428.0)	7.64X	Nance Avigliano/56 6/10/00 (170.0+83.0+175.0=428.0 kg.) (Warren, Michigan) (APF/WPC)
24.	942.5	(427.5)	*7.82X	Nichelle Whitfield/87 10/22/02 (172.5+87.5+167.5=427.5 kg. @ 54.7 kg.) (Helsinki, FIN) (WPC)
25.	942.5	(427.5)	*7.63X	Carly Nogle/87 3/19/04 (155.0+90.0+182.5=427.5 kg. @ 56.0 kg.) (Milwaukee, Wisconsin) (USAPL)
26.	942.5	(427.5)	*7.81X	Teale Adelmann/71 6/18/05 (167.5+107.5+152.5=427.5 kg. @ 120.6 lb.) (Springfield, Ohio) (NASA)
27.	942.5	(427.5)	*7.74X	Monique Hayes/71 4/21/07 (137.5+97.5+192.5=427.5 kg. @ 55.2 kg.) (Duluth, Georgia) (USAPL)
28.	940.0	(426.4)	7.61X	Jacqueline Davis-Manzo/61 12/5/98 (340.0+195.0+405.0=940.0 lb.) (Omaha, Nebraska) (USAPL)
29.	937.0	(425.0)	*7.93X	Susan Rinn/63 10/15/04 (160.0+115.0+150.0=425.0 kg. @ 118.16 lb.) (Fresno, California) (WPC)
30.	935.0	(424.1)	7.57X	Suzanne "Sioux-Z" Hartwig-Gary/68 7/15/06 (360.0+230.0+345.0=935.0 lb.) (Towson, MD) (AAU)
31.	930.0	(421.8)	*8.10X	Yueh-Chun Chang/70 12/16/95 (340.0+190.0+400.0=930.0 lb. @ 114.75 lb.) (Seattle, WA) (ADPFA)
32.	925.9	(420.0)	*7.52X	Sandy Bolemy/59 5/21/99 (160.0+90.0+170.0=420.0 kg. @ 55.88 kg.) (Thisted, Denmark) (IPF)
33.	921.5	(418.0)	7.46X	Teresa Mims-DeVoltz 8/19/89 (142.5+98.0+177.5=418.0 kg.) (Galveston, Texas) (USPF)
34.	920.4	(417.5)	7.46X	Evangeline Kizer-Kersey/41 12/14/85 (157.5+72.5+187.5=417.5 kg.) (San Diego, CA) (USPF)
35.	920.4	(417.5)	7.46X	Cheryl Finley 7/25/92 (172.5+95.0+150.0=417.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
36.	914.9	(415.0)	7.41X	Sheila Ward/68 11/1/86 (165.0+85.0+165.0=415.0 kg.) (Topeka, Kansas) (USPF)
37.	914.9	(415.0)	7.41X	Pam Kusar/60 3/25/01 (150.0+97.5+167.5=415.0 kg.) (Institute, West Virginia) (USPF)
38.	914.9	(415.0)	*7.42X	Katie Van Dusen/88 6/24/07 (162.5+95.0+157.5=415.0 kg. @ 55.9 kg.) (Guatemala City) (IPF)
39.	910.0	(412.8)	7.37X	Lisa Dellinger 2/15/87 (350.0+175.0+385.0=910.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
40.	909.4	(412.5)	7.37X	Monkee Caldwell 5/1/88 (157.5+87.5+167.5=412.5 kg.) (Anaheim, California) (USPF)
41.	909.4	(412.5)	7.37X	Wendy Brocious 7/28/90 (165.0+85.0+162.5=412.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
42.	909.4	(412.5)	*7.43X	Lea Ann Adams/62 5/1/93 (160.0+67.5+185.0=412.5 kg. @ ~55.0 kg.) (Hicksville, NY) (ADPFA)
43.	909.4	(412.5)	*7.45X	Caitlin Miller/90 2/10/06 (165.0+77.5+170.0=412.5 kg. @ 55.4 kg.) (Denver, CO) (USAPL/IPF)
44.	903.9	(410.0)	*7.36X	Debbie Candelaria/63 1/29/83 (160.0+85.0+165.0=410.0 kg. @ 55.69 kg.) (Chicago, IL) (USPF)
45.	903.9	(410.0)	7.32X	Beth Fisher-Street/65 6/28/85 (160.0+85.0+165.0=410.0 kg.) (Rockport, Maine) (USPF)
46.	903.9	(410.0)	*7.37X	Ashley Matherne/83 2/15/08 (150.0+105.0+155.0=410.0 kg. @ 55.6 kg.) (Killeen, TX) (USAPL/IPF)
47.	900.0	(408.2)	7.29X	Ruthi Shafer/59 11/21/81 (350.0+165.0+385.0=900.0 lb.) (Salem, Oregon) (USPF)
48.	898.4	(407.5)	*7.33X	Denise Johnson 1/29/83 (150.0+75.0+182.5=407.5 kg. @ 55.58 kg.) (Chicago, Illinois) (USPF)
49.	887.4	(402.5)	7.19X	Gayla Crain/60 2/7/81 (152.5+70.0+180.0=402.5 kg.) (West Lafayette, Indiana) (USPF/IPF)
50.	887.4	(402.5)	7.19X	Sonja Bowles 7/28/90 (152.5+85.0+165.0=402.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)

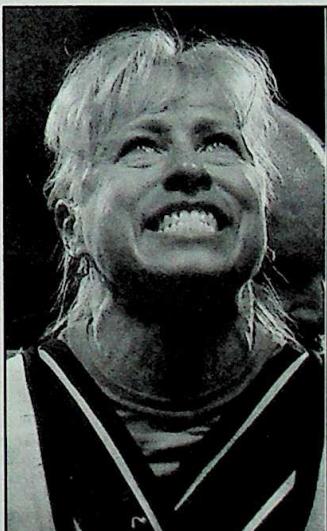
(* indicates exact bodyweight
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(instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Sheila Ward was a prodigy who won a USPF Nationals in 1987.



Amy Weisberger made a major mark in this and several other weight classes, however, on our Women's TOP 20, her lifts at 148 mistakenly ended up being credited at 132. Her actual lifts in the 132s for 2007 were 540 SQ, 340 BP, 468 DL, and a 1333lb. total.



Margaret Kirkland DDS was the coverperson on the October 2007 issue of POWERLIFTING USA and was profiled in our March 2008 edition as well. She led the TOP 100 for the nation (men and women!) on our rankings for the 114 lb. wt. class



Felecia Johnson-Almy was one of the top ranked lifters in the USPF and APF for many years.



Vicki Steenrod PLUS A cover lady

WABDL National Push Pull
7 JUN 08 - Phoenix, AZ

BENCH		Master (68-74)
WOMEN	181 lbs.	
Law/Fire Open	D. Martin	303
198 lbs.		4th-314*
R. Peterson	110*	D. Judd
Master (40-46)		132
148 lbs.	Master (80-84)	
J. Watts	238	J. Ford
Master (47-53)		143
114 lbs.	4th-148*	
J. Pontious	88*	Open
J. Morris	82	220 lbs.
132 lbs.	M. Desrosiers—	
D. Sutton	110	L. DeAlva
148 lbs.	573*	573*
M. Goodman	110	C. Gillam
165 lbs.	S. Heokstra	650
P. Michaels	192	M. Stanford
199+ lbs.	275 lbs.	551
M. Huston	220	J. Pritchett
Master (61-67)		—
308 lbs.	P. Holloway	600
114 lbs.		
J. Templer	88*	J. Mickelson
165 lbs.	309+ lbs.	—
G. Clawson	154*	S. Jordan
Open	Submaster (33-39)	727*
114 lbs.	198 lbs.	
J. Pontious	88	D. Harris
148 lbs.	220 lbs.	336
J. Watts	238*	M. Desrosiers
165 lbs.	319	
G. Clawson	154	S. Jordan
Teen (12-13)	727*	
198 lbs.	97 lbs.	
R. Peterson	110	M. Weitz
Teen (12-13)		71
97 lbs.	C. Childs	60
B. Judd	88	D. Judd
105 lbs.	105 lbs.	55
P. Haymore	66	K. Haymore
C. Judd	82*	88*
Teen 916-17)		123 lbs.
114 lbs.	M. Judd	104*
K. Gneck	104*	181 lbs.
181 lbs.	C. McFarland	110*
B. Judd	99*	Teen (14-15)
199+ lbs.	T. Judd	99*
K. Sons	292*	114 lbs.
MEN	M. Knowlton	236*
Class I	308 lbs.	
165 lbs.	C. Kelley	275
M. Laurel	148 lbs.	
A. Amirchien	314	J. Pareja
198 lbs.	4th-248*	242
F. Johnson	380	181 lbs.
J. Heyman	319	K. Harris
P. Shakarian	286	220*
220 lbs.	M. Brown	220*
P. Scheiffele	451*	259 lbs.
Junior (20-25)	B. Crissman	341*
198 lbs.	Teen (18-19)	
D. Calvo	402	132 lbs.
259 lbs.	E. Sanchez	192*
D. Reeves	562*	181 lbs.
Master (40-46)	D. Allen	248
220 lbs.	181 lbs.	
J. Noblit	—	D. Wilson
242 lbs.	220 lbs.	236
D. Hamblin	402	M. Omnen
4th-435*	479*	479*
275 lbs.	308 lbs.	
P. Holloway	600	T. Hall
Master (47-53)	DEADLIFT	—
165 lbs.	WOMEN	
M. Laurel	1998 lbs.	
181 lbs.	R. Peterson	281*
D. Brekke	315*	MEN
198 lbs.	Class I	
F. Johnson	380	198 lbs.
220 lbs.	P. Shakarian	501
R. Harris	451	Master (40-46)
4th-468*	242 lbs.	
259 lbs.	D. Hamblin	512
M. Stanford	551*	275 lbs.
308 lbs.	P. Holloway	733
J. Mickelson	501	Master (47-53)
Master (54-60)	165 lbs.	
148 lbs.	R. Cirigliano	619!*
P. Gillott	293	181 lbs.
4th-300!*	D. Brekke	485
259 lbs.	220 lbs.	
E. Holmes	270*	R. Harris
308 lbs.	D. Keith	529
Fahrenbruch	308 lbs.	
D. Knapp	413	J. Mickelson
Master (61-67)	534	Master (61-67)
275 lbs.	181 lbs.	
G. Knight	341	D. Veho
308 lbs.	Master (68-74)	363*
R. Smith	556!	Master (68-74)
	181 lbs.	



Rich Cirigliano pulled a WABDL World Masters Record 619# in the deadlift at 165# in Phoenix.

pions out of St. David, Arizona, set an Arizona record in 68-74/181 with 369.2. Pamela Michaels-Olson set a Washington record 363.7 at 47-53/165 and she is a cancer survivor. She is very inspiring and trains as hard or harder with the cancer than before. Brianna Maree Judd set an Arizona record 259 in teen 16-17/181. Also, Gayle Clawson, in her first meet, pulled an Arizona state record 303 in 61-67/165. More on Jeanne Watts. She is 41 years old and the mother of three children. She is married to a police officer and so subsequently she has to train at different times throughout the year. She is one of the most intensive deadlifters I have ever seen. On top of the deadlift, she benched 238.9 and just missed 247. Moving onto the bench press, world records were set by Paul Gillott with 300.8 in master 54-60/148 and Robert O. Smith, who pushed 556.5 in master 61-67/308 at age 65! Scott Hoekstra benched 650.2 in open 259, weighing only 256.8. A fire alarm was accidentally set off just before Lawrence DeAlva tried a state record bench of 573, weighing only 214.8, and he still made it while the alarm was going off, amazing concentration. I trained at his garage gym in Glendale, it has everything that is hardcore, 105 degrees, no air conditioning at 7PM. More on benching, Robert Harris set a Nevada record 468.2 in 47-53/220 and Dan Martin set a Nevada record 314 in 68-74/181. Scott Wesley Jordan weighed in at 357.4 and benched an Arizona record 727.5. He was close with 755. Teenage record benches were set by Katie Sons in 1994/16-17 age group with 292. Katie is from Texas. Matthew Ommen set an Arizona record 479.5 in teen 18-19/220 and Jonathan Pareja set an Arizona record 248 in 16-17/148. The Sheraton Crescent Hotel has a great ballroom, world class restaurant, good sports lounge and great rooms with a \$89 room rate. The grounds are full of shade trees and palm trees. If you're coming from Flagstaff, you get off at Dunlap Ave. on I-17, a good six miles from downtown Phoenix. If you're coming from LA, take I-10 to I-17 and go north six miles and get off at Dunlap. The hotel is right next to I-17. If you're coming from Vegas, take Arizona 93 off I-40, coming from Kingman and cut across north of Phoenix to state 74 to I-17 and then it's six or seven miles to Dunlap. I love that hotel, you will too. I want to thank Mike Lambert from Powerlifting USA who covered the event. There were 82 lifters, the biggest meet ever in Arizona. Dave Edmondson was the head judge. I want to thank Jerry and Suzie Pritchett for helping with warm-up weights, kilo set, and benches. Suzie provided staff lunches. Patrick Holloway got sponsors and made arrangements with the hotel. Mike Desrosiers provided door control

and Daniel Reeves and his girlfriend helped at the scorers table. Make plans for Phoenix next year, great city, great hotel. Lawrence DeAlva and Scott Jordan were drug tested and they both passed. Aegis Labs in Nashville, Tennessee does all WABDL drug tests. (from Gus Rethwisch)

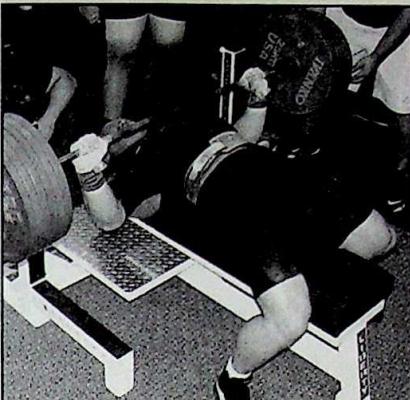
NASA Grand Nationals
19 JUL 08 - Sheboygan, WI

BENCH		165 lbs.
FEMALE		Master Pure
Raw		D. Russo
165 lbs.		298
Master I		198 lbs.
B. Hermann	160	Master III
MALE		R. Corey
165 lbs.		280
Submaster		Pure
J. Faber		342
Master II		242 lbs.
Constantineau	314	Master II
Teen		R. Benecke
B. Aldag	276	353
181 lbs.		Open
R. Benecke		353
Junior		PS BENCH
B. Giernet	358	220 lbs.
Teen		Master I
B. Giernet	358	A. Bellingham
275 lbs.		331
Master II		PS CURL
B. Brodt	358	88 lbs.
YOUTH		Youth
G. Carlson	—	S. Hou-Seye
Master Pure		33
G. Carlson	—	181 lbs.
308 lbs.		Teen
Int		K. Grap
H. Thomason	502	94
Master I		220 lbs.
A. Buckley	380	Master I
Master II		Master Pure
G. Kachar	347	B. Eder
Master Pure		138
B. Buckley	380	275 lbs.
SHW		Master II
Submaster II		G. Carlson
S. Broneis	502	132
Teen		PS DEADLIFT
Raw		181 lbs.
Push Pull		Teen
FEMALE		K. Grap
165 lbs.		BP D1 TOT
Master I		347
B. Hermann	160	292
MALE		452
93 lbs.		Youth
K. Krizan	44	132
165 lbs.		Master II
G. Kleyn	265	816
D. Constantineau	314	799
181 lbs.		181 lbs.
Master II		Master II
D. Felton	265	529
198 lbs.		198 lbs.
Master III		Master III
R. Corey	281	794
308 lbs.		308 lbs.



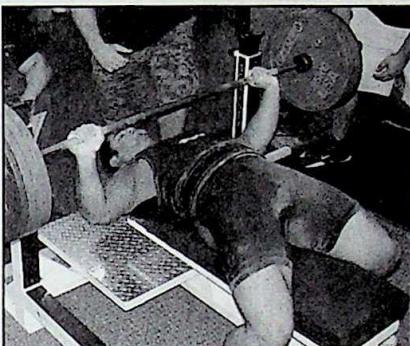
Scott Hoekstra benched 650@249 at the WABDL National Push-Pull

High School				
M. Oyler	220	435	656	
Int.				
H. Thomason	502	628	1130	
Teen				
M. Oyler	220	435	656	
SHW				
Submaster II				
S. Bromeisl	502	601	1102	
FEMALE	SQ	BP	DL	TOT
123 lbs.				
Submaster Pure				
W. Wiesjahn	220	132	276	628
Raw				
148 lbs.				
Submaster I				
P. Miller	165	160	320	645
165 lbs.				
Master I				
B. Hermann	298	160	292	750
SHW				
Master I				
S. Jackson	287	165	281	733
MALE				
165 lbs.				
Master II				
G. Kelyn	507	265	551	1323
D. Anderson	518	254	540	1312
275 lbs.				
Master Pure				
P. Diggins	513	298	502	1312
308 lbs.				
Int.				
H. Thomason	827	502	628	1957
Open				
H. Thomason	827	502	628	1957
Submaster I				
J. Langer	502	441	424	1367
SHW				
Master Pure				
D. Oyler	722	413	606	1742
Submaster II				
S. Bromeisl	601	502	601	1703
Raw				
148 lbs.				
Teen				
M. Apolinario	336	—	397	733
165 lbs.				
Junior				
S. Naughton	314	204	397	915
Teen				
L. Grap	265	193	336	794
18 1lbs.				
Novice				
T. Hiserman	248	182	353	783
Teen				
C. Trunkel	265	—	413	678
198 lbs.				
Master IV				
P. Jensen	226	187	331	744
Master Pure				
S. Korff	540	320	507	1367
Submaster Pure				
J. Faber	402	342	380	1124
242 lbs.				
Master I				
M. Jacobs	441	265	474	1179
C. Talavera	452	298	364	1113
275 lbs.				
Master II				
R. Sadowski	369	231	143	744
Pure				
R. Sadowski	369	231	143	744
Power Sports CR	BP	DL	TOT	
FEMALE				
SHW				
Master I				
S. Jackson	99	165	281	546
MALE				
77 lbs.				
Youth				
M. Jackson	33	55	116	204
132 lbs.				
Youth				
C. Jackson	39	66	160	265
148 lbs.				
Novice				
J. Mundelius	83	165	287	535
R. Naughton	83	165	287	535
181 lbs.				
Junior				
J. Lindner	94	187	314	595
198 lbs.				
Master I				
A. Williams	116	314	507	937
P. Immekus	127	303	502	931
Master IV				
P. Jensen	105	187	331	623
Open				
P. Immekus	127	303	502	931
Teen				



Father-Son Bench Press Combination

..Bill Gillespie benched 694 and his son Cameron did 485 at the WABDL Mid-Atlantic Championships on the campus of Liberty University in Lynchburg, VA.



B. Schoen	94	254	402	750
220 lbs.				
Int.				
A. O'Dell	127	265	397	788
Master II				
B. O'Dell	121	281	419	821
Teen				
D. Hiserman	94	204	314	612
242 lbs.				
Master II/Open				
R. Benecke	132	353	402	887
275 lbs.				
Master II				
G. Jackson	110	204	364	678
308 lbs.				
Open				
G. Powell	171	430	540	1141
Submaster II				
G. Powell	171	430	540	1141
Submaster Pure				
G. Powell	171	430	540	1141

(Thank you to Rich Peters for the results)

WABDL Mid Atlantic				
12 JUL 08 - Lynchburg, VA				
BENCH				
A. Mamola	—			
(14-15)	198 lbs.			
S. Shaulis	385!	R. Cash	407!	
(18-19)	242 lbs.			
C. Gillespie	485!			
S. Allen Jr.	352!	275 lbs.		
Juniors				
B. Gillespie	—			
148 lbs.	308 lbs.			
A. Caldwell	286!	J. Bear	501!	
220 lbs.				
D. Bognar	286!	DEADLIFT		
(14-15)				
242 lbs.				
C. Gillespie	485!	T. Slaughter	501!	
SHW				
(18-19)				
M. Roberts	319!	275 lbs.		
Master (40-46)				
S. Allen Jr.	639!	Juniors		
220 lbs.				
J. Shifflett	314!	148 lbs.		
Master (47-53)				
A. Caldwell	363!			
275 lbs.				
B. Gillespie	694!	D. Bognar	446!	
Open				
148 lbs.				
M. Roberts	562!	M. Roberts	562!	
181 lbs.				
A. Caldwell	286!	Open		
148 lbs.				
R. Maggi	385!	A. Caldwell	363!	
148 lbs.				
R. Maggi	385!	A. Caldwell	363!	

!=State records. This was the first WABDL meet held in the state of Virginia. Liberty University in Lynchburg, VA was the host of the meet and the venue was the new Williams Football Operations Center. The meet would be held in the largest weight room in America, designed solely for training football. With almost 16,000 square feet, with 24 modular units complete with custom bars so that every lifter could have their own warm-up area. The Liberty University Football weight room has over 100 tons of weights, so there was no shortage of weights, and we were looking forward to seeing someone lift as many of the plates as possible. The weight room was outfitted by Sorinex Equipment Company, out of South Carolina. There is nothing second class about this venue. With over 1600 pounds of calibrated competition plates from Ivanko, a custom bench press with a suede cover and two custom deadlift bars the venue was ready for some world class lifting. Being the host of the first WABDL meet in Virginia we wanted to set the bar high with how well the lifter were treated. Every lifter received a free meet shirt, a framed 8 x 10 action shot of them lifting and of course a trophy. One of our major sponsors, Smoothie King, set up shop in the weight room so great tasting smoothies were available to everyone in attendance. Also Ken Anderson, from Titan Support Systems, donated a bench shirt that was given to the winner of a drawing at the end of the competition. Hopefully every lifter felt like the money spent on their entry fees was money well spent. At 9 AM all of the contestants had arrived and we started with the rules briefing. Bill Gillespie made a few announcements then handed the floor over to Meet Director Manny Rojas, who then introduced World Judge Phil Arroyo, who had traveled from Seattle Washington to help us out. Phil was our head judge and he went on to talk about the rules and how everyone was going to be judged. This being the first WABDL meet held in Virginia, it was important to explain the differences between WABDL and other federations. When Phil was done the floor was given back to Manny who immediately gave the go ahead for warm-ups. Warm-ups took about 20 minutes and then the meet began. With the music playing, the atmosphere was set to help every lifter bring out their best. It was very exciting and overwhelming to just see how many people showed up to support the lifters. With a great fan base packed into the weight room we were ready for some action. As lifters did their bench press or their deadlifts, fans yelled with support and excitement to watch these powerlifters try to overcome adversity and lift weights, many that were two or three times their own bodyweight. In the Deadlift, many state records were broken and a world record came close, but it was just out of grasp for a 14 year old teenager named Teron Slaughter, who came with one goal in mind, and that was to set the teenage world record. He came just inches away from pulling 242.5 kilos as a world record in the deadlift in this his first meet. Teron has a bright future in lifting. Slaughter was credited with a 227.5 kilo state record. State records in the deadlift were also set by Alex Caldwell with a 185 kilo pull, and DJ Bognar from Virginia Commonwealth University got a 202.5 kilo pull. Big Matt Roberts pulled 250 kilos and hadn't planned on lifting in the meet and wasn't as strong as he had been still hit big numbers. Shawn Allen Jr., also from Virginia Common-

wealth University, had come down with their Strength Coach Ryan Horn to lift a crushing 290 kilo pull. Allen Jr. was the best deadlifter of the meet. In the bench press guys just blew state records out of the weight room, with many of the guys setting the record then going back and beating their own record that they had just set. DJ Bognar 130 kilos, Sam Shaulis was hoping for the teenage world record benched 175 kilos but missed 183.5 kilos to set the world record. Hopefully he will have the chance to travel to Las Vegas and set the record there. I truly believe that with a little work with the bench shirt, Sam is capable of easily breaking the record. Our USAPL state chairman John Shifflett came down and lifted a raw 142.5 kilos. John has always been a big supporter of Liberty athletics and it was a true honor to have him lift in our meet. John also bought down the lights for us and we want to be sure to "Thank" him for his help and support. Matt Roberts lifting in the SHW division benched a raw 145 kilos to set the state junior record. Shawn Allen Jr., who is a shot putter from VCU, benched in the 308 weight class and lifted 160 kilos to set the state record. Alex Caldwell is a young student at Liberty that has been training with Bill Gillespie and has made some great progress. He has a bright future in the bench press lifting in the 148# class with a state record of 155 kilo. Robert Maggi put on one of the most impressive benches of the meet. He was ready and hungry to lift big numbers. Rob has been through some tough times with his training, just last year he broke his arm and he has come back and now he was looking to set some personal records. He benched an impressive 175 kilos to set the state record and he came very close when he tried 182.5 kilos on his fourth attempt. I think Rob will blow that out of the water if he is able to travel to Las Vegas. Richard Cash days after just having surgery shows up to bench a state record 185 kilos. This is one tough guy that doesn't know the word quit. John Bear was lifting out of his head with an all-time personal record and state record of 227.5 kilos. John had to be very pleased with himself with the effort he had that day. We were all excited to have Adam Mamola benching in the 181 class after his outstanding performance at the IPF World's just three weeks earlier. Adam opened with a conservative 543 which was 30 pounds under the USAPL American Record he had set at the IPF Worlds. unfortunately he had a rough lift off on his first attempt and struggled to lock out the weight. He had re-injured a bad shoulder and decided to withdraw from the competition. We were all hoping to see him hit the big 600 because we all know he is capable of doing it. Finally, our bench press best lifter was Cameron Gillespie who broke the state record with an impressive 220 kilos. This lift not only set the state record but also broke the World Record him and his father Bill Gillespie as the strongest father son combination in the bench press in the world with competition lifts of 800 and 485 puts them at a total of 1285. Bill Gillespie finished off the meet qualifying for the master's 275# class with an easy 694 pound bench press. The meet was a great success for all the attended and all of the lifters. Everyone left with a prize and something to show for all of their hard work and dedication to the sport of powerlifting. I want to thank everyone who helped put this meet on and all of our sponsors. We couldn't have held the meet without our sponsors for the meet were Smoothie King, Titan Support Systems, Wingate hotels, Healthy Inspirations, and Macados restaurants. (results courtesy from Bill Gillespie)

Marty Gallagher Writes an Internationally Acclaimed Book

(by Chuck Miller) Powerlifting "super scribe" Marty Gallagher has written a massive, 496-page book entitled, *The Purposeful Primitive*, that is generating rave reviews and uniform praise. The critical acclaim for this book comes from elite experts worldwide, and Gallagher has kicked off a nationwide radio campaign designed to create a "breakout" fitness book. Gallagher's radio and TV agent, industry giant Donna Gould, has booked best-selling authors for TV and radio for 35 years and was uncharacteristically enthused about *The Purposeful Primitive*. "Health and fitness, diet, and lifestyle books are usually pretty boring and formulaic. This book is completely different: informative, exciting, and incredibly well-written. This book could become a best seller." Among fitness industry leaders, the pre-publication praise set off an industry buzz. "If there has ever been a better-written, more informative book about transforming the human body - I've never seen it," Dr. James Wright said. Dr. Wright, former health and science editor for *Muscle & Fitness* and *Flex* magazines for a decade, was also the director for the US Army Fitness School. Normally dismissive of the "predictable nature" of books on the subject of health and fitness, Wright couldn't say enough about *The Purposeful Primitive*. "Mind-blowing in scope, content, detail and comprehensiveness," he concluded.

Gallagher profiles fifteen men, his "mentors" from four different "disciplines," and describes their individual "modes and methods." He makes the methods of the masters user-friendly and instructs the reader how to utilize and incorporate these innovative approaches to promote the reader's goals. Gallagher, a longtime writer for *Powerlifting USA*, has amazing mainstream writing credentials: he was the health and fitness columnist for the *Washington Post.com* and wrote 235 weekly and biweekly columns for the *Post*. He created a legion of fitness fans during his tenure at the *Post*. His barebones approach was a breath of commercial-free fresh air, and his work with regular people interested in effective fitness methods formed the nexus for *The Purposeful Primitive*. As he notes in one of the books introductory essays... "In this day and age, the information age, we are awash in a sea of health and fitness contradictions ... human nature wants desperately to believe that a mode or method, a pill or potion exists that will magically shortcut the sweat, toil, tears, and teeth-grinding effort it takes to trigger a true transformation. Human nature wants desperately to believe that a magical system exists - but you just haven't found it yet. So you buy and buy and you try and try, yet still you stay the same. The good news is certain modes and methods exist that can and will transform the human body. Certain disciplines done diligently will radically reduce bodyfat and create new muscle tissue. My task is to share with you the battle-tested modes and methods of the true Masters."

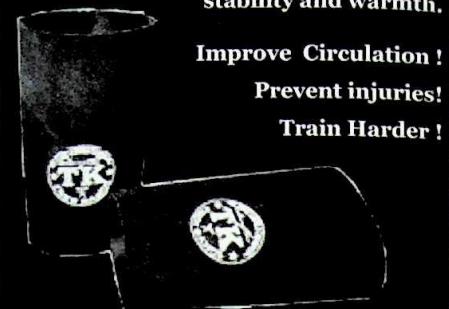
This gigantic book is actually four books

in one: resistance training, cardiovascular training, nutrition, and psychology. The resistance training section contains profiles of ten giants familiar to longtime readers of *PL USA*: Paul Anderson, Bill Pearl, Bob Bednarski, Hugh Cassidy, Mark Chaillet, Doug Fumas, Ed Coan, Dorian Yates, Ken Fantano, and Kirk Karwoski. The training approach of each man is laid out along with background and what makes each man's approach unique. Gallagher presents a synopsis and offers up related essays on the topic. He uses this same approach in each of the four sections of the book. He spotlights cardio master Len Schwartz, inventor of HeavyHands. Brain-Train experts Jiddu Krishnamurti and Aladar Kogler are profiled. Nutritional innovators John Parrillo and Ori Hofmekler are chronicled. The *Purposeful Primitive* draws its title from what Gallagher calls "a discernible connection between each man." He notes that "I was struck by the fact that on an elemental level, each man's approach was deceptively simple - each man's approach could be labeled purposefully primitive." He insists every effective system designed to transform the human body needs four elements: resistance training, cardiovascular training, nutrition, and 'brain-train.' He also asserts that when we say "fitness" we really mean physical transformation, and anyone serious about "favorably reconfiguring" the human body needs all four elements. "Trying to modify the human body - the soft machine - without including all four elements, is a system doomed to fail."

The critical response to *The Purposeful Primitive* has been off the charts: Dorian Yates: "An Absolute classic - I could not put it down!"; Dr. Judd Biasiotto: "Gallagher is the best writer in the world of fitness and strength."; Dr. Randall Strossen: "There are two classes of writers: Marty Gallagher; all the others."; Rickey Dale Crain: "The passion and ability of Hemingway all wrapped up in one book."; Dr. Bob Ward: "Add the *Purposeful Primitive* to your training library - yesterday!"; Hugh Cassidy: "Basic truths underlying paths distilled down to certainty."; Clarence Bass: "A brilliant writer...awesome photos...a truly fascinating read."; Dan John: "Oh this book is a Joy! It is fun and funny."; Dr. James Wright: "Gallagher is a genius - the best interviewer and storyteller going!"; Ken Jay, Danish Olympic Coach: "Absolutely magnificent! Impossible to put down!"; Charles Staley: "The most significant strength training book I've read in ten years."; Mike Burgener: "I could not put it down! A must read!"; Dr. Jeff Everson: "What happens when passion is mixed with experience and talent."; Dr. Paul Ward: "Readers will sink their teeth into true substance."; Dan Wohleber: "Wow! My old friend Marty knocked this one out of the park!"; Pavel Tsatsouline: "Gallagher has produced an absolute classic!" And this is just a partial list. The \$39.95 book is available through Dragondoor Publications at www.purposefulprimitive.com.

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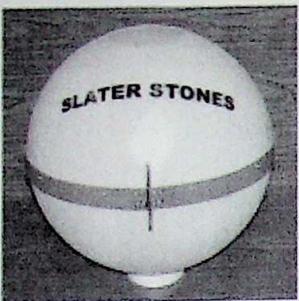
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Snake River Championships 5-6 APR 08 - Idaho Falls, ID

BENCH	Teen (14-15)	154	F. Cazares	193	Open	J. Tripp	176	198	303	678
Snake River	J. Heaton	154	132 lbs.	Open	D. Younger	—	MALE	275 lbs.		
Teen (14-15)	198 lbs.		Teen (14-15)	154	AAPF	—				
E. Mena	237		J. Rosen	154	FEMALE	Novice				
181 lbs.	Submaster		148 lbs.			M. Anderson	—	—	—	
Open	C. Farmer	—	Teen (14-15)	220	Open	—	—	—	—	
J. Marchant	303	Teen (18-19)	E. Garcia	220	J. Metz	138	AAFP	—	—	
Novice	C. Gordan	303	Teen (16-17)	231	MALE	Teen (16-17)	138	—	—	
A. Cantu	254	Open	R. Lund	231	132 lbs.	165 lbs.				
198 lbs.	J. Richards	419	Master (45-49)	242 lbs.	Open	Open				
Open	S. Mecham	480	D. Hanson	309	D. Hanson	309	Teen (18-19)	176	198	303
K. Lombard	358	242 lbs.	J. Putnam	309	148 lbs.	148 lbs.	678			
J. Jicha	265	Teen (14-15)	C. Zbur	353	275 lbs.	Teen (16-17)				
220 lbs.	J. Harrison	248	Submaster	353	Master (40-44)	R. Lund	402			
Novice	E. Mena	237	R. Mena	612	165 lbs.	165 lbs.				
R. Corry	342	Open	M. Weil	612	Teen (18-19)	165 lbs.				
Open	D. Younger	—	B. Utz	320	Open	Open				
E. Evans	276	Master (55-59)	M. Godoy	551	B. Utz	320	J. Jicha	303	265	424
Submaster	R. Marchant	—	308 lbs.	Open	Open	Open	424			992
J. Weber	—	308+ lbs.	Teen (18-19)	441	J. Betz	441	Teen (18-19)	220 lbs.	375	942
275 lbs.	Master (40-44)		Master (40-44)	441	Master (40-44)	513	Master (40-44)	220 lbs.	314	953
Novice	B. Tripp	628	B. Tripp	—	B. Tripp	—	K. Utz	513		
R. McAfee	502	RAW	DEADLIFT	—	242 lbs.	242 lbs.				
L. Cortez	—	AAPF	Snake River	—	Master (45-49)	Master (45-49)				
Submaster	132 lbs.		FEMALE	314	J. Putnam	314	J. Putnam	314		
D. Fortner	502	Teen (18-19)	148 lbs.		275 lbs.	275 lbs.				
Master (50-54)	D. Hanson	254	Open	441	Master (50-54)	Master (50-54)				
S. Fredine	—	165 lbs.	J. Metz	138	M. Davis	441	M. Davis	441		
308 lbs.	Teen (16-17)		165 lbs.		308 lbs.	308 lbs.				
Open	A. Craig	215	Open	441	Open	Open				
B. Tripp	628	Teen (18-19)	J. Tripp	314	R. Bennett	584	R. Bennett	584		
AAPF	B. Utz	226	B. Utz	226	Master (45-49)	Master (45-49)				
FEMALE	198 lbs.		FEMALE	226	R. Bennett	584	R. Bennett	584		
97 lbs.	Open		148 lbs.		APF	APF				
Teen (16-17)	J. Jicha	265	Open	226	FEMALE	FEMALE				
Cunningham	116	220 lbs.	J. Metz	138	148 lbs.	148 lbs.				
105 lbs.	Master (40-44)		MALE	138	Open	Open				
Teen (18-19)	K. Utz	303	132 lbs.		J. Metz	138	J. Metz	138		
C. Embry	138	242 lbs.	Teen (18-19)	303	MALE	MALE				
Open	Teen (14-15)		Teen (18-19)	303	148 lbs.	148 lbs.				
C. Embry	138	J. Harrison	248	D. Hanson	309	Open				
MALE	E. Mena	237	C. Erickson	248	J. Lund	402	J. Lund	402		
123 lbs.	Teen (16-17)		A. Koenke	—	181 lbs.	181 lbs.				
Teen (14-15)	J. Heiner	441	N. Lenhart	507	Open	Open				
F. Cazares	193	A. Beehler	237	165 lbs.	165 lbs.	J. Putnam	314			
132 lbs.	Master (45-49)		Master (50-54)	507	Master (45-49)	Master (45-49)				
Teen (18-19)	J. Putnam	309	J. Richards	—	J. Putnam	314	J. Putnam	314		
D. Hanson	314	97 lbs.	Master (50-54)	—	308 lbs.	308 lbs.				
Open	APF		Master (45-49)	—	Open	Open				
D. Hanson	314	148 lbs.	J. Richards	—	R. Bennett	584	R. Bennett	584		
148 lbs.	Teen (16-17)		242 lbs.		R. Bennett	584	R. Bennett	584		
Teen (16-17)	Cunningham	116	Powersliding	SQ	BP	DL	TOT			
R. Lund	231	105 lbs.	Snake River							
Junior	Teen (18-19)		FEMALE							
N. Lenhart	320	C. Embry	138	165 lbs.						
Open	Open		Open							
N. Lenhart	320	C. Embry	138	181 lbs.						
165 lbs.	MALE		Master (40+)							
Teen (14-15)	123 lbs.		J. Tripp	176	198	303	678			
E. Garcia	220	Teen (14-15)								

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Master (50-54)					
M. Davis	441	303	441	1185	
APF					
FEMALE					
165 lbs.					
Open/(40-45)					
J. Tripp	176	198	303	678	
Raw					
165 lbs.					
Open					
J. Tripp	176	198	303	678	
Teen (16-17)					
Cunningham	—	116	—	116	
MALE					
181 lbs.					
Open					
A. Kornke	452	303	502	1257	
198 lbs.					
Master (55-59)					
A. Scardino	397	276	419	1091	
275 lbs.					
Open					
J. Gibson	882	584	667	2133	
M. Godoy	—	—	—	—	
Raw					
242 lbs.					
Master (45-49)					
J. Putnam	331	309	314	953	

We appreciate all our competitors, their friends and family, and our wonderful community for joining us in our 21st Bi-Annual Snake River Championship. We started this event in 1997 with the help of Gary and Tom Jones, previous CEOs of the YMCA. As far as we know, this is also the only event held where children are included and are allowed to participate, creating an amazing family atmosphere. In fact, Adam Kornke, a former Idaho Falls YMCA member and currently a Physician's Assistant in Texas, drove here with his daughter Kaja just so the two of them can compete together! Hopefully after the awards ceremony on Saturday, the Kornke family will entertain us with their musical talents! Randy Marchant and his sons, Josh, Nate, and Zac, who are from Utah, love the event so much that they have helped sponsor some of the trophies for the Pee wee. They will be competing too. Many of the families that are here today have been participating in the power lifts for over 11 years. We have been blessed to watch them grow and see how positive and happy the event has made them. It has been a great place to put their energy and to build their self-esteem and confidence. The values of caring, responsibility, honesty, and respect for one another can be carried with them wherever they go in life. This is why we began the Pee wee Event, to keep families together, and I know you will enjoy it. We have some exciting news about our sponsors this year. First of all, Lisa Chase and Jeff Sayer (CEO) at Mountain View Hospital have requested and are excited to be the main sponsors for the Nationals in 2009. We were recently introduced to the owner of Broadway Ford, Mont Crnkovich, and when he asked what he could do to help with sponsoring the event, we told him "about a million", which made him laugh. Broadway Ford is now a proud partner in

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The main sponsorship in this event, along with Ripped Fitness, owned by Brad and Jody Tripp. Brad and Jody are not only sponsors, but are also competitors. Brad kindly built and donated the Pee wee Bench and the Mono-Lift for us. We will never forget that! Eric from Crown Trophy is donating the plates for us again this year. Todd from the Outback Steak House is also here supporting us today. We'd like to thank Cory, "blue eyes", and Doug from Albertson's for giving us NEW sandwiches for the lifters this year. Idaho Falls High School has let us use their chairs for the past 11 years. Ever since the beginning, World Gym and the Apple Athletic Club have donated to this event. We want to personally thank Steve Vucoovich at the Apple for offering all he can to help us on our way to Nationals. And last, but not least, we would like to thank World Gym's Vice President Jim Everton and the new General Manager, Clinton Barlow, for their generosity this year. Clinton has told us he is amazed how local competitors are working together to serve the community. He also mentioned that the power lifting room, because it's the only one in town, has been generating a lot of new members as well as lifters, and that he appreciates Mike and Linda for training teens in the room for free. And for the first time ever on the platform, we'd like to thank Big Jake, owner of the Frosty Gator, along with Clinton, Fawn, Justin, and Shelton. This Snake River Event is a way for people to get acquainted with power lifting. The American Power Lifting Federation (APF) and the Amateur American Power Lifting Federation (AAPF) are drug tested, well organized, National and World Events with more than 25 countries involved. We've just set a date for the AAPF Nationals, including the new

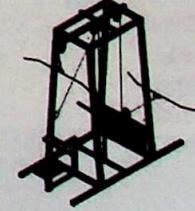
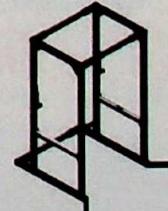
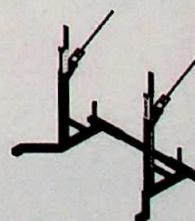
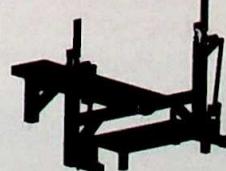
APF and AAPF Raw Division, to be held here in Idaho Falls, April 3rd, 4th, and 5th in 2009. This is the first national power lift competition being held in Idaho. We have also been able to add more equipment this year into the power lifting room, because of the help of the community. The athletic training center at World Gym is a place where athletes can work on strength training and sports psychology. So please sit back, cheer loud, and enjoy the competition! Over 50 records were set or broken at our 19th championships. The new addition of the "raw division" had people going for records. Many think we should go back to less helpful gear. These big lifts seem to distort the sport to the general public, that's for sure. Congrat's to "Best Powerlifters" of the meet, "The Gibson Family"! How often does that happen? Jason Gibson (UT) opened with a most solid and secure 900 squat at 275 I've seen lately, and finished the day with a 2132 total. Been a while since Brent Mikesell was down, but course Brent was a superheavy! Heather Gibson squatted 314 lbs. for top female honors, and son Jordan (14 years) was "Best Teen" going 512-353-452. Andy Scardino (ID) was "Best Master Lifter" and still squattin' and pullin' over 400 lbs. after all these years! Brad Tripp (UT) took "Best Bencher" honor's with a nice 628 lb. bench at superheavy. Montana's Mel Weil was one point behind benching 612 lbs. at 250 bodyweight. Brads extra age coefficient gave him the edge, "2 pounds" could have changed the outcome! Cassie Embry (UT) was "Best Female Bencher" edging out Geri Cunningham. Coach David Edmondson said Cassie had planned on going over 200 lbs., but after travel, speeding ticket to the tune of over 100mph, could only manage a 138 lb. bench at 105

body weight. Newcomer Jesse Heiner (ID) took "Best Teen Deadlift" with a 441 lb. pull. Russ Bennett (UT) part of the Ripped Fitness Team was "Best Master Deadlifter" pulling 584 lbs. at 276 body weight. Russ had pulled 700 lbs. conventional, but decided to give sumo a go, watch for Russ in the future! Nick Lenhart (UT) pulled 507 at 148 body weight for "Best Open Deadlifter". The team bench trophy went to the Tiger Team from Idaho Falls High School. Congrat's to team captain Jake Harrison, and members Jake Heaton, Eric Mena, Chris Erickson, Andrew Beehler, and Andrew Craig. Thanks to all the meet help! Rob Podgorny (table/computer) but we missed Anna! Other table help was, Adam Korneke, Jess Metz and John Richards. John thanks for the "safe ride home" following Jake Schaffer's (Frosty Gator) post meet Horde's vies Clinton Barlow & World Gym, the lifters are spoiled having the warm-up room connected to the meet hall! Thanks to all the phenomenal judges and the great job they did! Carl Lovell, Jon Cunningham, Scott Mecham, Chris Wessels, and David Edgil didn't have one complaint or misload both days! Great job! Thanks for the local TV coverage of KIDK and KIFI, and the Post Register newspaper coverage. Last but not least, thanks to the community for the great support after 10 years, it's amazing! SAMS Club came and set up the meet for us and if you're over 50 like me, that's big! Olive Garden, Outback, Johnny Carinos, Snake Bite, and Whitewater Grill also continue to sponsor. Thanks again to all sponsors and everyone who helps, and to Mike Lambert of POWERLIFTING USA for sponsoring and publishing powerlifting's mainstream magazine! Your friends, Love always, (Sunshine & Michael Higgins)

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Youth	C. Whiting 365
J. Doherty, Jr. 85	Teen (18-19)
T. Stewart 85	198 lbs.
S. Galbraith 165	M. Holdren 405
Teen (12-13)	Open Pro Raw
132 lbs.	220 lbs.
J. Scott 160	B. Leonard 500
Teen (16-17)	275 lbs.
198 lbs.	E. Daubert 455
W. Smith 350	Junior AM
Teen (18-19)	148 lbs.
165 lbs.	D. Pezzanite 260
M. Dietz 245	Junior Pro
Teen (18-19)	165 lbs.
Equipped	D. Sands 470
181 lbs.	Open Pro
D. Ritchner 405	165 lbs.
Junior	J. Mazza —
220 lbs.	181 lbs.
T. Hyland 505	S. Larrisey 480
Open	198 lbs.
198 lbs.	J. Hanisak 500
J. Giannott 365	S. Hartlaub —
220 lbs.	Open AM
D. Sieger 475	275 lbs.
Open Raw	M. Menne 470
242 lbs.	A. Zulick 475
K. Shearer 330	L. Short 620
Open	Iron Woman
275 lbs.	AM
T. Wilson 460	123 lbs.
S. Thomas 650	J. Hoose 480
Master (40-44)	S. Lewis
SHW	140 245 385
275 lbs.	A. McCloskey 525
S. Kirlin 420	B. Daubert 190
Submaster AM	181 lbs.
Master (45-49)	I. Lobb 175
Police	132 lbs.
242 lbs.	E. Ruth 135
J. Murphy 460	210 455
Master (50-54)	B. Gillow 165
181 lbs.	Teen Raw (18-19)
G. Weber 180	B. Hartlaub 425
Master (50-58)	Open Pro
308 lbs.	425 425 850
B. Katinowsky 355	S. Lewis 565
Master (55-59)	Powerlifting SQ
198 lbs.	BP DL TOT
D. Boynes 250	A. Neidlinger 260
DEADLIFT	305 lbs.
Open Raw	B. Zimmerman 405
242 lbs.	300 440 1145
K. Shearer 600	M. Quergues 400
Master (55-59)	Junior AM
242 lbs.	275 lbs.
B. Hill 525	E. Bamberger 450
Sunday Lifting	Open
WOMEN	R. Robinson 600
Teen (14-15)	275 lbs.
181 lbs.	R. Baldwin 415
A. McCloskey 230	315 455 1185
Teen (16-17)	J. Martino 700
	500 565 1765
	Submaster
	J. Grove 350
	270 400 1020
	M. Barett 315
	Sunday Lifting

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DEADLIFT		WOMEN		K. Morris	
Youth	190	Teen (14-15)	Teen (14-15)	580	410
A. Zulick	620	181 lbs.	181 lbs.	545	1535
L. Short	BP	132 lbs.	132 lbs.	Open Pro	SHW
AM	DL	148 lbs.	148 lbs.	M. Wilson	1085
308 lbs.	TOT	220 lbs.	220 lbs.	Master (40-44)	AM Raw
J. Hoose	308 lbs.	220 lbs.	220 lbs.	F. Shylan	475
Open AM	480	220 lbs.	220 lbs.	Master (45-49)	AM Raw
242 lbs.	S. Lewis	220 lbs.	220 lbs.	J. Gilly	280
Master (40-44)	140 245 385	220 lbs.	220 lbs.	Master (45-49)	AM
SHW	A. McCloskey	220 lbs.	220 lbs.	198 lbs.	198 lbs.
275 lbs.	123 lbs.	220 lbs.	220 lbs.	M. Loondro	625
J. Linthicum	220 lbs.	220 lbs.	220 lbs.	Master (45-49)	AM Raw
Submaster AM	B. Hartlaub	220 lbs.	220 lbs.	220 lbs.	220 lbs.
242 lbs.	425 425 850	220 lbs.	220 lbs.	R. King	440
Open Pro	S. Lewis	220 lbs.	220 lbs.	Master (50-54)	AM
308 lbs.	565 625 1190	220 lbs.	220 lbs.	165 lbs.	165 lbs.
J. Monk	BP DL TOT	220 lbs.	220 lbs.	G. Ruth	405
WOMEN	K. Howland	220 lbs.	220 lbs.	*IPA World Records. (Gene Rychlak, Jr.)	245 385 1035
Open Raw	405	220 lbs.	220 lbs.	USAPL Sunshine State Games	14 JUN 08 - Lakeland, FL
181 lbs.	320	220 lbs.	220 lbs.	BENCH	Raw
Master (40-44) Pro	500	220 lbs.	220 lbs.	FEMALE	S. Eisman
308 lbs.	1225	220 lbs.	220 lbs.	198 lbs.	314
Master (40-44)	550	220 lbs.	220 lbs.	165 lbs.	220 lbs.
B. Katinowsky	485	220 lbs.	220 lbs.	Teen (16-17)	Master (60+)
Master (55-59)	400	220 lbs.	220 lbs.	S. Mayo	143
198 lbs.	250	220 lbs.	220 lbs.	MALE	Raw
Master (40-44) AM	350	220 lbs.	220 lbs.	165 lbs.	J. Alaimo
D. Boynes	315	220 lbs.	220 lbs.	Open	Khanchenko
DEADLIFT	710	220 lbs.	220 lbs.	242 lbs.	298
Open Raw	B. Crowe	220 lbs.	220 lbs.	181 lbs.	Master (40+)
242 lbs.	705	220 lbs.	220 lbs.	Open	M. Hersh
K. Shearer	500	220 lbs.	220 lbs.	220 lbs.	364
Master (45-49)	570	220 lbs.	220 lbs.	Junior AM	W. O'Connell
242 lbs.	1775	220 lbs.	220 lbs.	1745	353
B. Zimmerman	F. Piermattei	220 lbs.	220 lbs.	Collegiate	Raw
405	665	220 lbs.	220 lbs.	N. Israel	441
300	—	220 lbs.	220 lbs.	Open	Police/Fire/Military
440	—	220 lbs.	220 lbs.	N. Israel	441
1145	—	220 lbs.	220 lbs.	Junior (20-23)	W. O'Connell
J. Jenkins	—	220 lbs.	220 lbs.	N. Israel	441
Open Pro Raw	E. Daubert	220 lbs.	220 lbs.	275 lbs.	275 lbs.
275 lbs.	690	220 lbs.	220 lbs.	College	Open
R. Baldwin	455	220 lbs.	220 lbs.	N. Israel	441
415	600	220 lbs.	220 lbs.	Master (50+)	Master (60+)
315	1185	220 lbs.	220 lbs.	S. Eisman	314
308 lbs.	S. Yard	220 lbs.	220 lbs.	Master (60+)	275+ lbs.
275 lbs.	925	220 lbs.	220 lbs.	G. Walker	325
L. Short	810	220 lbs.	220 lbs.	Police/Fire/Military	Raw
620	720	220 lbs.	220 lbs.	B. Moore	546
500	2455	220 lbs.	220 lbs.	S. Eisman	314
565	1790	220 lbs.	220 lbs.	Powerlifting	SQ BP DL TOT
1765	1790	220 lbs.	220 lbs.	105 lbs.	105 lbs.
J. Mayes	660	220 lbs.	220 lbs.	Open	123 lbs.
660	505	220 lbs.	220 lbs.	A. Shumaker	204
505	625	220 lbs.	220 lbs.	HS Varsity	171
1020	1020	220 lbs.	220 lbs.	L. Kutner	259
J. Grove	350	220 lbs.	220 lbs.	Teen (18-19)	165 lbs.
350	270	220 lbs.	220 lbs.	L. Kutner	259
400	400	220 lbs.	220 lbs.	165 lbs.	165 lbs.
1020	1020	220 lbs.	220 lbs.	Teen (16-17)	220 lbs.
M. Barett	315	220 lbs.	220 lbs.	S. Mayo	220
Sunday Lifting	315	220 lbs.	220 lbs.	181 lbs.	143

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Date _____

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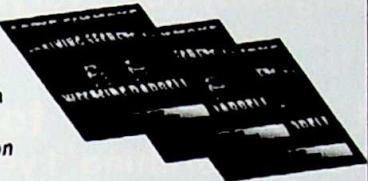
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Sex	Social Security Number	Signature (Parent if under 18 years old)	

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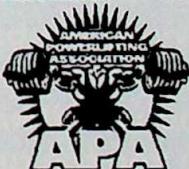


M. Christie	810	535	606	1951
Open DT				
F. Phillips	728	435	524	1687
Submaster DT				
F. Phillips	728	435	524	1687
Master III				
DT Raw				
E. Eldridge	402	292	375	1069
275 lbs.				
Junior UG				
D. Sheffield	805	507	705	2017
341 lbs.				
Open DT				
C. Bryant	524	364	474	1362
Submaster DT				
C. Bryant	524	364	474	1362
DT=Drug Tested. UG=Unlimited Gear.				
Due to the Memorial Day weekend turnout was relatively low, however lifters came from several states including California. Lifting quality was high and the atmosphere was excellent with lots of support shown to the lifters as they made their attempts. Special thanks to Jon Grove and crew for all the help they provided and Greg Hindley for organizing and putting on a great event. (courtesy Scott Taylor)				

**USAPL Plainwell No Frills Meet
26 APR 08 - Plainwell, MI**

26 APR 88 - Franklin, MI					
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
105 lbs.					
Open					
M. Sherman	205	110	315	757	
123 lbs.					
Open					
J. Strouse	225	—	—	—	
MALE					
148 lbs.					
Open					
D. Graves	400	280	375	1055	
165 lbs.					
Teen II					
J. Foster!	375	200	400	975	
J. Steffko	330	180	365	875	
198 lbs.					
Master I					
R. Rynbrandt	420	145	565	980	
220 lbs.					
Open					
M. Otero	600	415	615	1630	
Master I					
T. DiCicco	135	100	710*	945	
242 lbs.					
Open					
M. Peramaki	475	350	475	1300	
*=State Records. !=Out of State Lifters. (Thanks to USAPL for providing results.)					

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MEET DIRECTORS ... a listing here is a **FREE** service. Send details, preferably at least 3 months prior to your event, to 'Coming Events', Box 467, Camarillo, CA 93011 to obtain proper advance notice.

25 OCT, NASA Wisconsin State (Hudson, WI) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

25 OCT, 100% Raw 1st Iowa BP/PP/DL/SC State(Council Bluffs, IA) Ed Horwitz, 402-321-4040, 402-553-7359, ironrhino@mac.com

25 OCT, 4th Westminster Family Center BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452

25 OCT, SSA West Coast Fall Ironman Classic(Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

25 OCT, 6th annual Big Dog Classic (BP, DL, Ironman) John Blackstone, 120 W. Main St., W. Lafayette, OH 43845, 740-502-4964

25 OCT, APA Carolina's Cup (PL, PP, BP, DL, SC, Overhead Press, Strength Sports - Georgetown, SC) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4727

25 OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Anita Ramsey/Churtis Schultz, 505-377-3099

25 OCT, 26th Raw ADAU Central PA Open PL (open, all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

25 OCT, AAU 11th Annual Crain BP/DL Open (Shawnee, OK) Rickey Dale Crain, 405-275-3689, rcrain@allegiance.tv

25 OCT, NASA Iowa Regional, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP Only (Des Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

25 OCT (New Date), USAPL Florida Collegiate State BP & PL(Miami) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-

7538, mcase@yahoo.com

25 OCT, ANPPC National Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

25 OCT, USAPL Night of the Living Dead DL: Greed (\$) Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725-2415, alexcampbell777@hotmail.com

25 OCT, Back To Basics BP/DL (Raw), All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

25, 26 OCT, USAPL Northeastern USA Regional BP & PL (Ambler/Ft. Washington, PA) Robert Keller, 954-790-2249, rhk@verizon.net, www.purepowerlifting.com

25-26 OCT - WNPF Lifetime 1ST International Cup Championships (PC, BP, DL (Atlantic City, NJ)) **WNPF Lifetime**, PO Box 142347, Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 , wnpflifetime@aol.com

26 OCT, The Pennsylvania Power Press (Raw, touch and go - sculptured trophies, Edinboro, PA) Dan Swope, 814-460-1057

26 OCT (New Date), USAPL Southeastern USA Regional BP & PL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

OCT, APF Orlando Barbell Meet, Brian Schwab, 407-678-2447, lightweightpower@aol.com

OCT, APF Mississippi State PL/BP (Pascagoula, MS) Joe Ladnier, 228-669-4240, theladinc@bellsouth.net

OCT, APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434

1 NOV, UPA Ironman Battle on the Mississippi, Bill Carpenter, UPA Vice President, (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com, Entry form at www.upa-iowa.com.

1 NOV, USA Raw Bench Press Federation World Championship, Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

1 NOV, USAPL 6th Tom Foley BP & DL Classic (Nanuet, NY), proceeds to the Thomas J. Foley Memorial Scholarship Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10594, 845-920-0501, www.premierfitnessny.com

1 NOV, USPF Regional PL/Hall of Fame Strength and Speed Seminar (Grande Point Ballroom Center,

Parkersburg, WV) Matt McCase, 900 Lakeview Dr., Parkersburg, WV 26104, 304-376-7538, mcase@yahoo.com

1 NOV, APF Texas Cup (Plano, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

1 NOV, Raw BP to benefit Special Olympics of Johnston County, Harrison Gym, W. Noble St., Selma, NC 27576, Don Hall, 919-894-2213

1 NOV, Cal State San Bernardino Collegiate Push Pull (non-sanctioned with USAPL rules - Cal State University, San Bernardino, CA) Mike Womelsdorf 909-880-2948, usaplchair@aol.com

1,2 NOV, 100% RAW Worlds (Hagerstown, MD) Paul Bossi, 139 Marla's Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com

2 NOV, WNPF All American Cham-

APF/AAPF/WPO Schedule

1 NOV, APF Halloween Monster Bench

1 NOV, APF Texas Cup

8 NOV, APF/AAPF Gold Cup PL

8 NOV, APF Bench Press

20-23 NOV, WPC/WPO Worlds

NOV, WPC World PL/BP

6 DEC, AAPF River Valley Club

6 DEC, APF Gulf Coast

6 DEC, APF Iron Man

6 DEC, AAPF River Valley Club

6,7 DEC, APF/AAPF Southern States

13 DEC, APF South Carolina

17 JAN, APF/AAPF Battle on the Bay

14 FEB, APF Arizona Open State

14 MAR, APF/AAPF Spring Challenge

15 MAR, AAPF Raw Bench Press

MAR, APF/AAPF Illinois State

4 APR, APF Cassstrength Missouri Open

4-5 APR, AAPF Nationals

APR, APF High School Nationals

MAY, APF Master/Teen/Jr. Nationals

22 AUG, APF/AAPF Summer Challenge

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pionships & WNPF Lifetime World Cup Championships (Philadelphia, PA) Troy Ford, 678-817-4743, wnpf@aol.com

2 NOV, SLP Wisconsin Open BP/DL (Baraboo, WI) Dr. Darrell Latch, 2 1 7 - 2 5 3 - 5 4 2 9 , sonlightgym@verizon.com, www.sonlightpower.com

2 NOV, APL New England Open BP/DL (equipped, raw) Dave Follansbee & IFBB Pro Maggie Blanchard, 865 Second St., Manchester, NH 03102, 6 0 3 - 6 2 6 - 5 4 8 9 , NHBodybuilding@yahoo.com, AmericanPowerlifting.com

8 NOV, APF/AAPF Gold Cup PL (Park Forest, IL) Earl Davis, 708-747-5101

8 NOV, SLP Ohio State BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com

8 NOV, USAPL 20th annual Hudson Natural Open, Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560

8 NOV, USAPL Michigan State Equipped/Raw PL/BP, John Zintsmaster, 175 Circle Dr., Flushing, MI 48433, 810-730-5477

8 NOV, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net

8 NOV, NASA W. Virginia Regional (Ravenswood, WV) Greg Van Hoose

8 NOV, Carl Seeker's War for the Sword Push Pull (Warren, PA) Carl Seeker (814) 723-3442, seeker4@verizon.net.

8 NOV, USPF Kentucky Muscle BP & DL (Louisville Kentucky Convention Center) Matt McCase, 900 Lakeview Dr., Parkersburg, WV 26104, 304-376-7538, mccase@yahoo.com

NASA Powerlifting & Power Sports

November

8th - West Virginia Regional (Ravenswood, WV)

8-9th - Masters/Submasters Nationals (Mesa, AZ)

9th - 100% Tested Nationals (Ravenswood, WV)

15th - Colorado Regional (Loveland, CO)

15th - Great Lakes Regional (Niles, IL)

22nd - North Carolina Regional (Hickory, NC)

22nd - Kansas Regional (Salina, KS)

29th - Houston Open (Alvin, TX?)

December

6th - Missouri Regional

6th - New Mexico Push-Pull (Rio Rancho, NM)

13th - West Texas Regional

20th - Illinois Christmas Regional

January

10th - Gilmer Open (Gilmer, TX)

17th - Chippewa Classic (Chippewa, WI)

24-25th - Natural Nationals (OKC, OK)

February

7th - Arizona State (Mesa, AZ)

14th - Missouri State (Joplin, MO)

28th - Indiana State

28th - East Texas State (Tyler, TX)

March

7th - Colorado State (Denver, CO)

14th - Tennessee State (Pickwick Park, TN)

28-29th - 26th High School Nationals (OKC, OK)

April

4th - Power Sports Nationals (OKC, OK)

5th - 2nd Pro Power Sports (OKC, OK)

25th - Wisconsin Regional

25th - Arizona State High School BP/PL (Mesa, AZ)

May

2nd - Western States Nationals (Mesa, AZ)

16th - Bench Press Nationals (Denver, CO)

August

1st-2nd - NASA World Cup (OKC, OK)

October

24th - 32nd Oklahoma Grand (OKC, OK)

24th - Unequipped Nationals (OKC, OK)

31st - Wisconsin State

Coming Events/ Entry Forms at: www.nasa-sports.com

USPF 55th Iron Man Open

Powerlifting & Bench Press Challenge

(open, masters, teenage, women, junior)

Mr. Iron Man, Ms. Iron Woman

Over 40 Mr. Iron Man

USPF Div. II National Qualifier, GPC Rules

December 6th, 2008

(Fresno, CA) Bob & Kim Packer

559-322-6805, 559-323-3892

Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1142, jduree7086@aol.com

15 NOV, NASA Great Lakes Regional (Niles, IL) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

15 NOV, IBP NC State Bench Press (Henderson, NC) KEith PAYNE, keith@ironboypowerlifting.net

15 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burleson Rd., Austin, TX 78744, 512-560-2522

15 NOV, USAPL Anchorage Fall Classic, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-345-7996

15 NOV, USAPL Southern California Regional PL & BP (Santa Clarita, CA) Lance Slaughter 310-995-0047, lanceoslaughter@yahoo.com, www.usapl-ca.org

15 NOV, SLP Kentucky State BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

15 NOV, Allentown YMCA BP & DL (Allentown, PA) Bonnie Bener, (610) 934-9333.

15 NOV, Grand Slam BP (raw, assisted - Dunn Tire Park, Buffalo, NY) Mark Becht (716) 549-3952.

15 NOV, N. Virginia Raw PL/BP, John James 703-475-9885, www.northernvirginiarawpower.com

15 NOV, NASA Colorado Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Loveland, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

20-23 NOV, WPC/WPO Worlds (Palm Beach Gardens Marriott, Palm Beach, FL) Kieran Kidder & Amy Jackson, IRONOVERLORD@aol.com

22 NOV, USAPL Idaho State Open PL & Bill's Bad Ass Bench Press, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

22 NOV, USAPL All-American BP Championships (Clarks Summit, PA) Steve Mann, www.purepowerlifting.com/ 200 8A 11 American BP /, www.mannofsteel.com

22 NOV, Omaha Open (full, BP, DL, PP - A.V. Sorensen Recreation Center, Omaha, NE) Keith Machulda, 402-444-5596

UPCOMING SLP COMPETITIONS

2 NOV, SLP Wisconsin Open BP/DL (Baraboo, WI)

8 NOV, SLP Ohio State BP/DL (Hamilton, OH)

9 NOV, SLP Indiana State BP/DL (Beech Grove, IN)

15 NOV, SLP Kentucky St. BP/DL (Louisville, KY)

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www.sonlightpower.com sonlight@netcare-il.com

22 NOV, USAPL Monsters of the Midwest "RAW" PL/BP (open, masters, teen, youth, high school, jr., out of state lifters welcome - Winchester, IN) Sonny Runyon, 765-716-2587, powerhouse562@comcast.net, Joe Goodhew, 765-744-6528, j.goodhew@comcast.net

22 NOV, USAPL MA/RI State Open (Advanced Cardio & Strength, 191 Brockton Ave. (Rt. 123), Abington, MA 02351, 781-878-2002) Greg Kostas, 781-447-6714

22 NOV, NASA N. Carolina Regional (SE States, Hickory, NC) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

22 NOV, NASA Kansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

22-23 NOV, 100% Raw World Bench Press Championship (Norfolk, VA) Paul Bossi, 252-339-5025

22-23 NOV, IPA Sr. National PL/BP, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 717-495-0024, chailfit@yahoo.com, Ellen Chaillet, echailllet@aol.com

22-23 NOV - WNPF Lifetime 1st All-Raw World Cup Powerlifting, BP, DL & PC (Atlanta, GA or Orlando, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

22-23 NOV - WNPF 17th WNPF World PL BP, DL & PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com

22-23 NOV, WDFPF World Championships (Evansville, IN) Mike Stagg 812-204-3755, stagg@insightbb.com and Derek Wallace 812-217-0939, squatbeast@wowway.com

29 NOV, PPL National Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

29 NOV, NASA Oklahoma Open, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

NOV, AAU World Military PL/World Bench Press/World Full

Power/International BP, DL, Push-Pull (Virginia) Judy & Steve Wood, Jill Meads, 804-559-4624, vapowerlifting@aol.com

NOV, WPC World PL/BP, Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

NOV, APA Can-Am International (PL, BP, DL, PP - Freeport, ME) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4727

5-6 DEC, 100% Raw Masters Nationals (Lebanon, NH) Bret Kernoff, 802-865-2747, bret@vermontpowerlifting.com

5-7 DEC, RAW United Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-

5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us

6 DEC, USAPL Fife Power Company Holiday Classic, Steve Slavens, 5616 20th St. E, Tacoma, WA 98424, 253-435-0023

6 DEC, USAPL Bare Fitness PL & BP (130 Dolson Ave., Middletown, NY) Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, frankjpanaro@gmail.com

6 DEC, NASA Missouri Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

6 DEC, AAPF River Valley Club Championships (Lebanon, NH) Bret Kernoff, brett@vermontpowerlifting.com

6 DEC, APF Iron Man (Fresno, CA) Bob & Kim Packer, 559-322-6805, 559-323-3892

6 DEC, USAPL Virginia State (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapusapi.com

6 DEC - WNPF McCray/Peace Memorial BP, DL, PC & Police/Fire/Military Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

6 DEC - WNPF Lifetime Ironman Nationals & East Coast BP, DL, PC (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, Wnplifetime@aol.com

6 DEC, IPA 3rd Annual Christmas Carnage (Full, BP-Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

6 DEC, Walker's Gym Deadlift Classic

(for St. Jude's Hospital - open, raw, men, women, masters, teen, police/fire) Walker's Gym 220 E. Broadway, Hopewell, VA 23860, 804-457-7918

6 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

6 DEC, 100% Raw Masters Nationals & AAU/AAPF River Valley Club Championships, (River Valley Club, Lebanon, New Hampshire) Bret Kernoff, bret@vermontpowerlifting.com

6 DEC, 8th Annual Pocket Samson's Christmas BP/DL (all divisions/weight classes for men and women, pre-registration deadline 11/15/08, limit 50 lifters) Glenn Murphy Jr., Box 1013, Westminster, MD 21158

6 DEC, APF Gulf Coast (Beaumont, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

6 DEC, Pride RAW BP & DL (Coeur d'Alene, ID) (509) 868-2192, PridePowerlifting.com

6 DEC, NASA New Mexico Push-it, Pull-it, Lift-it (Rio Rancho, NM) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

6 DEC, 3rd Children's Christmas Classic Touch N' Go BP (Breakaway RecPlex, Celina, OH) Mike Wolfe, after 4pm weekdays, (419) 584-2393, bigbadwolfe900@yahoo.com

6-7 DEC, AAPF/APF Southern States (Jackson, FL) Wayne Pullum, IRONOVERLORD@aol.com

7 DEC - WNPF 7th Eastern USA PL, BP, DL, PC (Seaford, DE) Troy Ford 678-817-4743, wnpf@aol.com

7 DEC, 16th Raw ADAU Coal Country Classic (separate SQ, BP, DL, open and all age groups, men and women - Bigler, PA) Al Siegel 304 Daisy St, Clearfield, PA 16830, 814-765-3214, al@pikupit.com

7 DEC, BPO British BP & DL Record Breakers (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047)

www.wpfpowerlifting.com

12-14 DEC, USAPL American Open (St. Louis, MO) Harold Gaines, 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

13 DEC, APF South Carolina (Columbia, SC) Will Millman, 843-886-5366

13 DEC, Paxton Strongman Four (Paxton, MA) Nathan Fitzgerald (508) 791-3291, paxtonpowergym@charter.net, paxtonpowergym.com

13 DEC (NEW DATE), USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrlfrs@msn.com, www.powerliftingCA.com

13 DEC, Iron Chamber Gym BP & DL (Sun Valley High School, 5362 State Rt. 183 NE, Magnolia, OH) Jeff Begue, (330) 844-1011, ICG-Pride@Hotmail.com

13 DEC, 100% Raw Christmas Classic BP/CR (Standardsville, VA) John Shifflett, 434-985-3932

13 DEC, WNPF Winter Classic & WNPF Lifetime BP, DL, PC Na-

WNPF Powerlifting

World Natural Powerlifting Federation

Upcoming events

November 2, 2008- WNPF All-American Championships & WNPF LIFETIME World Cup Championships- Philadelphia, PA

November 22/23- WNPF WORLD CHAMPIONSHIPS & WNPF LIFETIME International Cup- Atlanta, GA

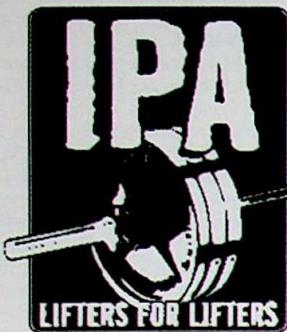
December 6- WNPF Bordentown Open, Sarge McCray Bench, Deadlift & Powercurl

December 7- WNPF Delaware State Championships- Seaford or Rehobeth, DE

December 13- WNPF Winter Classic & WNPF LIFETIME Bench Press, Deadlift & Powercurl Nationals- Kissimmee, FL

Contact information: Troy Ford, 678 817-4743 or wnpf@aol.com Website- www.members.aol.com/wnpf

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tionals (Kissimmee, FL) Troy Ford, 678-817-4743, wnpf@aol.com

13 DEC, USA Power Open BP & DL, Dave West, B&R Family Fitness Club (PA) 215-355-2700 x130

13 DEC, 21st Elkhart BP Classic (Elkhart, IN) Jon Smoker, jircsmoker@hotmail.com

13 DEC, SLP Arkansas BP/DL (Rogers, AR) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

13 DEC, Golden Bear Bench Press Classic (WI) Steve Fronk, 715-736-7560, unitedag@chibardun.net

13 DEC, NASA West Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

20 DEC, NASA Illinois Christmas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

27 DEC, 3rd annual Gene Rychlak Jr. Bench Press Classic (Boyertown YMCA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, bench_a_grand@yahoo.com

27 DEC, SLP The Last One! BP/DL (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

DEC, AAU World Bench Press, World Push-Pull (Nevada) Martin Drake, 951-928-4797, naturalpower@earthlink.net

DEC, USAPL Florida Senior State Games BP & DL (Age 50+ - Ft. Myers/Cape Coral, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

DEC, APF/AAPF Southern States PL/BP, Kieran Kidder, 866-389-4744, amyljackson@aol.com

10 JAN, ADAU Raw Power Steel City Challenge (BP, DL - Community College of Allegheny County, Boyce Campus Gymnasium, Monroeville, PA) 412-335-7569, www.adaurawpower.com, monsters_unlimited@msn.com

10 JAN, NASA Gilmer Open (Gilmer, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

17 JAN (NEW DATE), USAPL Louisiana State (Lafayette, LA) Meet Director, Travis Werner, 337-349-2006, traviswerner123@yahoo.com, www.ragincajunpowerlifting.com

17 JAN, NASA Chippewa Classic (Chippewa, WI) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

17 JAN, APF/AAPF Battle On The Bay Old School Open (Bay City, MI) Vince Scelfo, 989-672-0830

17 JAN, 100% Raw Virginia State Single (BP, DL, SC - Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

17-18 JAN, IPA Columbus Pro Am (Courtyard Marriott, Columbus, OH) Dan Dague, 614-554-8824, lexenxtreme@aol.com, www.lexenxtreme.com

24 JAN 09, Capital District Tri-City BP/DL, Bethlehem Area YMCA, 900 Delaware Ave., Delmar, New York 12054, Tom Corazzini, 518-439-4394, ext. 1442, tcorazzini@cdympca.org

24-25 JAN, NASA Natural Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24-25 JAN, Raw Unity Meet (New Port Richey, FL) erictalmant@yahoo.com, www.rawunitymeet.com

24-25 JAN, USPF American Cup (Los Angeles Convention Center) Steve Denison, pwrfltrs@msn.com, www.powerliftingCA.com, 661-333-9800

25 JAN, Capital District BP & DL, Bethlehem Area

YMCA, 900 Delaware Ave., Delmar, NY 12054, Tom Corazzini, 518-439-4394 ext 1442, tcorazzini2@nycap.rr.com

25 JAN, USPF Los Angeles Fit Expo BP & DL (open - Los Angeles Convention Center) Steve Denison, pwrfltrs@msn.com, www.powerliftingCA.com, 661-333-9800

25 JAN, IPA Jersey Power Classic (all divisions) Henri Skiba, 732-598-9369, astroboy252@mac.com

30-31 JAN, UPA Iowa & Midwest PL, Bill Carpenter, UPA Vice President, (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com

31 JAN, 3rd ADFPF PL/Single Lift Championships (Church of the Gentle Shepherd, Six Lakes, MI) John Jachim, JM-Gedney@wiu.edu

31 JAN (NEW DATE), USAPL Raw HS (Scranton, PA) Steve Mann, www.purepowerlifting.com

31 JAN (NEW DATE), USAPL NE Regional HS (Scranton, PA) Steve Mann, www.purepowerlifting.com

1 FEB (REVISED DATE), USAPL Raw Collegiate (Scranton, PA) Steve Mann, www.purepowerlifting.com

1 FEB, USAPL NE Regional Collegiate (Scranton, PA) Steve Mann, www.purepowerlifting.com

7 FEB, NASA Arizona State (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

7 FEB, SSA CandyAzz Classic (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com

13-14 FEB, USAPL Women's Nationals (Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

14 FEB, APF 2nd Arizona Open State (Peoria, AZ) J.R. Bolger, 623-236-8265

14 FEB, NASA Missouri State (Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

21 FEB, Red Brick Bench Press VI (Red Brick School, Lewiston, NY) Dennis Brochey, 302 N. 5th St., Lewiston, NY 14082, (716) 200-3533, cdbrochey@roadrunner.com, <http://niagarapowerliftingclub.com>

21 FEB, ADAU Raw Power Emmanuel Greater Single Lift Open (Johnstown, PA) Sam Contakos, Box 1084, Johnstown, PA 15907, (814) 270-1464, Jim, paworkout@aim.com

28 FEB, NASA Indiana State, NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

28 FEB, USAPL Virginia Open (PL/BP/DL/Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

28 FEB, NASA E. Texas State (Tyler, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

5-8 MAR, Arnold Sports Festival PL/BP (Columbus, OH), 614-431-2600, www.arnoldsportsfestival.com

7 MAR, NASA Colorado State (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

14 MAR, ADFPF Single Event Nationals (SAL,

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New, lower entry - \$30. 13 December 2008. Jon Smoker, jjrcsmoker@hotmail.com

Grand Rapids, MI Richard Van Eck & John Jachim, JM-Gedney@wiu.edu

14 MAR, 100% Raw Ironman Nationals & United State Open (BP, DL, SC - Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com.

14 MAR, NASA Tennessee State (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

14 MAR, APF/AAPF Spring Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890

15 MAR, AAPF Raw BP (Haverhill, MA) Bret Kernoff, brett@vermontpowerlifting.com

28-29 MAR, 26th NASA High School Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

29 MAR, 10th Pittsburgh Monster BP/DL (men & women, all classes, cash prizes - Pittsburgh Airport Crown Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996

MAR, USAPL Mass High School PL, Eric Cordeiro, eccbeast@yahoo.com

MAR, APF-AAPF Illinois State (Willowbrook, IL) Eric Stone, 630-7994-0059, thestone@chicagopowerlifting.com

4 APR, APF Cassstrength Missouri State Open (Blue Springs, MO) Brandon Cass, 816-690-6769, cassstrength@cs.com

4 APR, NASA Power Sports Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

4 APR, APC Georgia State PL/BP (Athens, GA) L.B. Baker, 770-713-3008, www.americanpowerliftingcommittee.com

4-5 APR, AAPF National Championships (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434, snakeriver@yahoo.com

5 APR, NASA Pro Power Sports (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

11 APR, SSA Imperium (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com.

18 APR, MHP Kings of the Bench III & MHP Clash of the Titans II Powerlifting (\$10,000 total cash prize money, four weight divisions, wraps,

chalk, belt only - Ronnie Coleman Classic Expo, Mesquite Convention Center, Dallas, TX) Sean Katterle, (503) 221-2238, SeanZilla@HardcorePowerlifting.com, www.HardcorePowerlifting.com, www.MaxPerformance.com, www.MetroFlexGym.com, www.MetroFlexGymProductions.com.

18 APR, 14th Dungeon Powerworks Slam (BP, DL - Three Rivers, MI) Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 4904, 2269-506-5386

18 APR, ADFPF Chicagoland PL/Single Event (B&W Gym) Clint Phillips, Bill Lotter, JM-Gedney@wiu.edu

18,19 APR, USAPL Indiana State PL/BP (open, masters, teen, youth, high school, jr., out of state lifters welcome - Winchester, IN) Sonny Runyon, 765-716-2587, powerhouse562@comcast.net, Joe Goodhew, 765-744-6528, j.goodhew@comcast.net

18-19 APR, IPA Power Palooza 11 (Full, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

24-26 APR, UPA Powerlifting & Bench Press National Championships (Grand River Center, Dubuque, IA) Kenny Patterson, UPA President, (614) 563-0279, KPatterson@UnitedPowerliftingAssociation.com, Bill Carpenter, UPA Vice President (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com.

Entry form: www.upa-iowa.com.
25 APR, NASA Wisconsin Regional, NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

25 APR, NASA Arizona State HSBP/PL (Mesa, AZ) Walt Sword, APR, APF High School Nationals, (Baton Rouge, LA) Garry Frank, 225-241-8154, bulldogbr@bellsouth.net

2 MAY, NASA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

9 MAY, 100% Raw National Masters/North American Open

Powerlifting (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com.

16 MAY, NASA Bench Press Nationals (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

16 MAY, USAPL New England States Open PL Greg Kostas, 781-447-6714

MAY, APF Master, Teen, Jr. Nationals (Baton Rouge, LA) 225-241-8154, bulldogbr@bellsouth.net

5-7 JUN, WDFPF World Single Event (Bradford, England) JM-Gedney@wiu.edu

5-7 JUN, RAW United National Championships, Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194

20 JUN, USAPL Mid Atlantic Open (PL, BP, DL, Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

18 JUL, SSA Nationals (full power, Ironman, single lift - Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com.

24-26 JUL, 100% Raw Nationals (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

1,2 AUG, NASA World Cup (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

15 AUG, 2nd ADFPF Battle on the Beach (BP, DL and/or Ironman, State Park, Holland, MI) John Jachim, JM-Gedney@wiu.edu

22 AUG, APF-AAPF Summer Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890

22 AUG, 100% Raw Eastern USA Open (BP, DL, SC - Standardsville, VA)

John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

11-13 SEP, Raw United Armed Forces Nationals & Raw United Florida State Championships, Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194

12-13 SEP, USAPL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624

17 OCT, SSA Asylum Power (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com.

24 OCT, NASA Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24 OCT, NASA 32nd Oklahoma Grand (OKC, OK) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

31 OCT, NASA Wisconsin State, NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

14-16 NOV, WDFPF World Powerlifting (Foggia, Italy) JM-Gedney@wiu.edu

4-6 DEC, RAW United World Powerlifting Championships, Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194

5 DEC, USAPL Virginia State (BP, DL, PL, Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

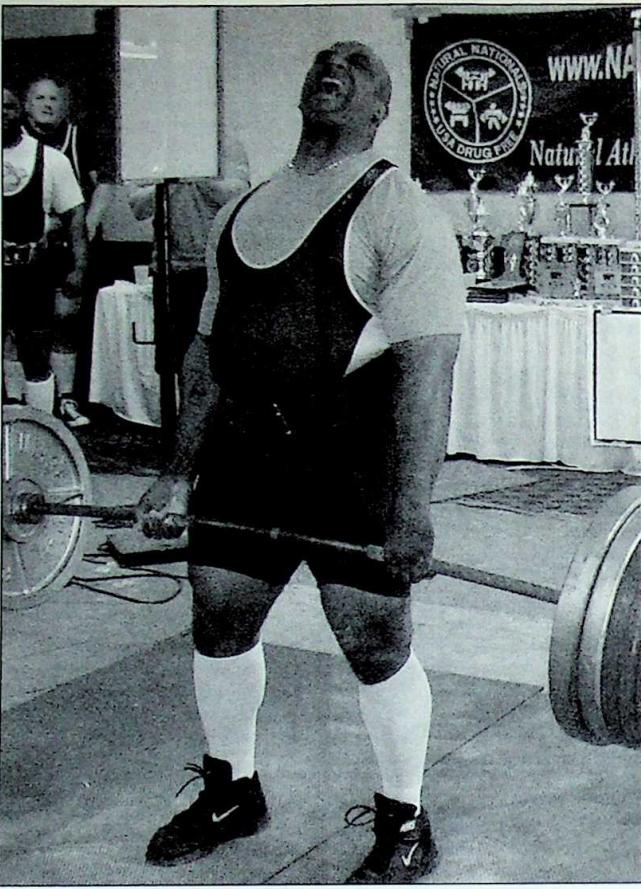
12 DEC, 100% Raw Christmas Classic (BP, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (California site, TBA) Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, 310-995-0047

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NASA USA Nationals
21-22 JUN 08 - Lancaster, OH

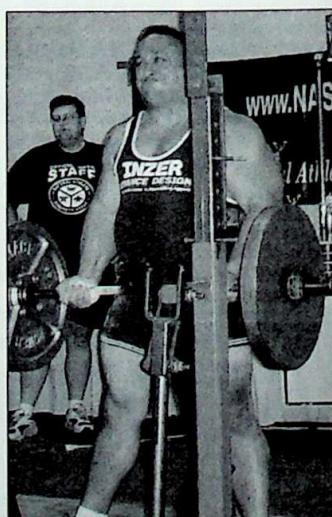
BENCH		220 lbs.	
MALE	Pure		
181 lbs.	J. Robinson II	—	
Teen	242 lbs.		
A. Pappas	303	Master III	
198 lbs.	J. Jones	—	
Master I	275 lbs.		
B. Lemny	419	Master I	
Novice	J. Behari	463	
W. Beckett	413	4th-476	
Submaster II		Master II	
J. Brooks	452	D. Wilson	413
J. Montebon	408	Master V	
220 lbs.	J. Behari	463	
Open	4th-476		
J. Hall	557	Open	
Submaster I	J. Behari	463	
C. Poore	513	4th-476	
Submaster II	PS BENCH		
J. Hall	557	MALE	
242 lbs.	220 lbs.		
Master III	Master III		
J. Jones	386	T. Endicott	Pure
Master V	J. Hall	452	
J. Jones	386	275 lbs.	
G. Gulley	364	Master I	
Novice	J. Behari	463	
F. Parker	424	4th-476	
275 lbs.	Master V		
Master I	J. Behari	463	
J. Marzano	—	4th-476	
Master IV	PS CURL		
V. Banks	—	FEMALE	
SHW	181 lbs.		
Master II	Master I		
B. Lobins	584	D. Hall	66
Raw	MALE		
148 lbs.	77 lbs.		
Master I	Youth		
R. Fox	292	S. Hou-Seye	33
4th-303	198 lbs.		
J. Bonura	254	Master I	
Master II	R. Hampton	99	
L. Miller	309	Open	
Novice	R. Hampton	99	
R. Fox	292	Submaster II	
4th-303	T. Scott	201	
Open	220 lbs.		
R. Fox	292	Master III	
4th-303	T. Endicott	149	
Pure	Submaster		
R. Fox	292	C. Poore	110
4th-303	275 lbs.		
J. Bonura	254	Open	
165 lbs.	T. Bachman	223	
Submaster Pure	PS DEADLIFT		
J. Chapman	—	FEMALE	
181 lbs.	181 lbs.		
High School	Master I		
A. Pappas	303	D. Hall	132
Junior	MALE		
A. Pappas	303	77 lbs.	
Master II	Youth		
B. Helmondollar	289	S. Hou-Seye	107
Teen	165 lbs.		
A. Pappas	303	Submaster	
198 lbs.	J. Harder	474	
Pure	242 lbs.		
A. Werner	353	High School	
Teen	J. Akdogan	529	
S. Miller	342	Master I	
Z. Wolaver	276	K. Bardos	579
Push Pull	BP	DL	TOT
FEMALE			
114 lbs.			
Master V			
L. Lowery	127	231	358
MALE			
148 lbs.			
High School			
Z. Trembly	209	441	650
181 lbs.			
Master II			
B. Helmondollar	289	386	675
Submaster Pure			
M. Blizzard	375	540	915
198 lbs.			
Master II			
J. Donnelly	298	430	728
Master V			
W. Wolaver	325	502	827
Novice			
W. Beckett	413	513	926
Submaster II			
J. Montebon	408	474	882
Teen			
Z. Wolaver	276	524	799
220 lbs.			
Novice			



Desmond Phillips with a 750 raw deadlift at the USA Nationals

J. Birch	369	568	937	D. Green	551	408	661	1620
242 lbs.	Master I			J. Barker	435	331	562	1328
Submaster	K. Bardos	353	579	931	D. Green	551	408	661
4th-303	275 lbs.			242 lbs.				1620
J. Bonura	254	Master II		High School	J. Akdogan	480	298	529
165 lbs.	T. Bachman	223	E. Martin	Int	1306			
Submaster Pure	PS DEADLIFT		Powerlifting	336	562	898		
J. Chapman	—	FEMALE	SQ	BP	DL	TOT		
181 lbs.	181 lbs.							
High School	Master I							
A. Pappas	303	D. Hall	132					
Junior	MALE							
A. Pappas	303	77 lbs.						
Master II	Youth							
B. Helmondollar	289	S. Hou-Seye	107					
Teen	165 lbs.							
A. Pappas	303	Submaster						
198 lbs.	J. Harder	474						
Pure	242 lbs.							
A. Werner	353	High School						
Teen	J. Akdogan	529						
S. Miller	342	Master I						
Z. Wolaver	276	K. Bardos	579					
Push Pull	BP	DL	TOT					
FEMALE								
114 lbs.								
Master V								
L. Lowery	127	231	358					
MALE								
148 lbs.								
High School								
Z. Trembly	209	441	650					
181 lbs.								
Master II								
B. Helmondollar	289	386	675					
Submaster Pure								
M. Blizzard	375	540	915					
198 lbs.								
Master II								
J. Donnelly	298	430	728					
Master V								
W. Wolaver	325	502	827					
Novice								
W. Beckett	413	513	926					
Submaster II								
J. Montebon	408	474	882					
Teen								
Z. Wolaver	276	524	799					
220 lbs.								
Novice								

Smith, Terry Perkins, Mr. & Mrs. Dodson, JT Hall, Clint Poore, Gary Gulley, Siouxsie Gisselberg, Barry Donovan, Jerry Jones, Todd Bachman and all the great lifters and spectators. Bo Castro was the head judge and did an excellent job. Also, the spotters and loaders did a top-notch job too! Definitions of Equipment Allowed: #1 Powerlifting, Push Pull and Equipped BP: Single Ply Suits, BP Shirts and Wraps are allowed. #2 Unequipped Powerlifting & Bench Press: Wrist Wraps, Knee Wraps and Belt allowed. No Supportive Suits and/or BP Shirts allowed. #3 Power Sports: No Supportive Equipment is allowed except a 4" wide lifting belt. Powerlifting Competition: A total of 5 entries from MD and OH competed in the Powerlifting event. Benjamine Rowe (MD) competed in the 198 class. He had the highest coefficient of 9.3966 and totaled 1636.92 pounds. Bench Press Only Competition: A total of 15 entries from KY, PA, OH, WI and IN competed in the Bench press only event. "Big Willie" J.T. Hall competed in the 242 class. He had the highest coefficient of a 2.9922 and bench press 556 pound. Powersports Individual Competition: A total of 17 entries from OH, KY, WI, CO, PA and OK competed in the Powersports individual event. Kirk Bados (OH) competed in the 242 class. He had the highest coefficient of a 2.9859 and deadlifted 578 pounds. Todd Bachman (PA) competed in the 275 class. He had the highest coefficient of a 1.1443 and curled 222.66 pounds. Powersport Full Meet Competition: A total of 12 entries from OH, WV, KY, IN and CO competed in the Powersports full meet. Desmond Phillips (OH) competed in the 308 class. He had the highest coefficient of a 6.8108 and totaled 1438.50 pounds. Unequipped Bench Press Competition: A total of 21 entries from OH, MI, IN, KY, CO and WV competed in the Unequipped Bench press event. Joe Behari (OH) competed in the 275 class. He had the highest coefficient of a 2.2685 and bench press 462.97 pounds. Unequipped Powerlifting Competition: A total of 14 entries OH, KY, CA, KS, MI and WV competed in the unequipped powerlifting event. Terry Perkins (OH) competed in the 181 class. He had the highest coefficient of a 8.7950 and totaled 1471.57 pounds. Jackie Baltimore (OH) deadlifted 705 in the 220 class. Push-Pull Competition: A total of 12 entries from OH, KY, CO and WV competed in the Push-pull event. Mike Blizzard (OH) competed in the 181 class. He had the highest coefficient of a 5.5118 and totaled 914.91 pounds. Several lifters were tested and passed their drug tests. The Ohio Regional Championship will be Sept 20 in the same location. You can check out videos from this and other NASA meets at <http://www.youtube.com/user/NASA4LIFE>. (results from J.T. Hall)



Todd Bacman with a NASA World Record 222 curl. (courtesy Hall)

**WABDL Florida State
19 APR 08 - Lakeland, FL**

BENCH	275 lbs.
FEMALE	Junior
105 lbs. (54-60)	M. Betters 370*
I. Pasciuta 75*	H. Zmyewski 420
114 lbs. Open	E. Hargrove 285*
J. Doran 120*	DEADLIFT
132 lbs. (16-17)	FEMALE
B. Rains 135*	105 lbs. (54-60)
Open	I. Pasciuta 207!
M. Baltz 125*	114 lbs. Open
Submaster	J. Doran 300*
M. Baltz 125*	MALE
MALE	132 lbs. Open
97 lbs. (12-13)	M. Baltz 275*
K. Schrank 75*	Submaster
114 lbs. (12-13)	M. Baltz 275*
D. Durham 80	MALE
123 lbs. (12-13)	D. Durham 170*
J. Sundey 95	114 lbs. (12-13)
132 lbs. (16-17)	D. Durham 195
A. Dodgson 125*	123 lbs. (12-13)
(47-53)	J. Sundey 230*
A. Grier 270*	132 lbs. (14-15)
148 lbs. Open	B. Connor 245*
M. Davis 340	(16-17)
(40-46)	A. Dodgson 290*
M. Guerro 300*	148 lbs. (14-15)
165 lbs. (47-53)	D. Chinchor 295
F. Burke 322*	(18-19)
(68-74)	T. Davis 315
B. Nussear 198 lbs. (16-17)	L. Casanova 285*
R. Dodds 275*	165 lbs. (16-17)
S. Taer 300	K. Peck 450*
Open	(18-19)
R. Kelly 460	T. Connor 415
Law/Fire Open	Junior
J. Evans 330*	Chinchor Jr. 475
220 lbs. (16-17)	(54-60)
C. Bailey 225*	K. Manchen 375
(18-19)	181 lbs. (18-19)
A. Pacheco 280	C. Lambert 405
Junior	Class 1
C. Johnson 350	R. Lansky 545*
Law/Fire Open	198 lbs.
G. Schrank 375	(16-17)
Law/Fire Submaster	R. Dodds 450*
G. Schrank 375*	(18-19)
Submaster	S. Tarr 530*
S. Eastbuen 420	Law/Fire Open
(47-53)	J. Evans 470*
R. Russ 275	220 lbs. (18-19)
(61-67)	A. Pacheco 425
Haggenmiller 310*	Law/Fire Open
A. Cooner 292	G. Schrank 495*
(68-74)	Law/Fire Submaster
L. Sposanto 405!	G. Schrank 495
242 lbs. Junior	(40-46)
M. Walton 420*	D. Conner 270
Open	(47-53)
D. Brown 470*	R. Russ 405
Chinchor Sr. 410	(61-67)
Law/Fire (56+)	Haggenmiller 470*
F. McBride 290*	S. Prevatt 405
(40-46)	242 lbs.
D. Brown 470*	(16-17)
T. Chinbar Sr. 410	Blackwelder 450*
(61-67)	Junior
F. McBride 290	M. Walton 500
(68-74)	Submaster
J. Yung 385	F. Brothers 265
259 lbs. (16-17)	259 lbs. (16-17)
J. Bergmark 275*	J. Bergmark 415
!=Florida State Records. !=World Records. Best Lifter Bench Press: Ryan Kelly. Best Lifter Deadlift: Rich Lansky. Team Trophy: Hargrove-McBride. The WABDL Florida State Bench Press and Deadlift Championships got underway with the women rewriting the record books. Brittany Rains set a world record in the 16-11 year old 132 lb. class with an incredible 135 lb. bench. In the open division, Jamie Doran benched an impressive	



Hargrove McBride Team: top row left to right, MJ Betters, Tim Chinchor Sr., Chris Lambrite, Thomas Connor, Ed Hargrove, Dan Chinchor, Tim Chinchor Jr., and Mack McBride. Bottom row left to right Dave Connor, Brit Connor Torrez Davis, Ryan Kelly, Chris Bailley. The Power Lifting team of retired Pittsburgh Steelers and Miami Hurricanes, strength coach Ed Hargrove and Deland Police Commander Frank "Mack" McBride, won in every division at the World Association of Bench Press and Dead Lift State Championship held at All American Gym of Lakeland on Saturday April 19th. Mack, speaking for the team, credits the excellent training methods of Ed Hargrove for the success of the team "Ed's programs make the difference". Team Captain Tim Chinchor Sr. agrees "Mack keeps us grounded and Ed is the scientist".

sive 120 lbs. to set a state record and win the 114 lb. class. In the 132 lb. class, Michelle Baltz set two state records with a 125 lb. bench in the open and submaster divisions. Irene Pasciuta benched a nice 75 lbs. for a new state record in the master 54-60 division's 105 lb. class. The teens came in strong in the 12-13 division with Kyle Schrank setting a state record with a 4th attempt 15 lbs. to win the 91 lb. weight class. Dillion Durham won the 114's with an 80 lb. bench while Jacob Sundey had an off day with a 95 lb. bench to win the 123's. It was a record setting day for the 16-11 year olds, with Andrew Dodgson ramming-up a state record 125 lbs. to win the 132's. Robby Dodds benched a state record 275 lbs. in the 198's, while Chris Bailey pushed up a state record 225 lbs. to win the 220 lb. class. Jon Bergmark finished with a state record 275 lbs. to top the 259 lb. class. In the 18-19 year old division, Scott Tarr benched an impressive 300 lbs. to take the 198's along with Anthony Pacheco who benched 280 lbs. to win the 220's. Chad Johnson had an off day and just managed to bench 350 in the 220 lb. c1assjunior division. Other competitors in the junior class were Mike Walton in the 242's with a state record whopping 420 lb. bench and Mark Betters in the 215's with a state record 310 lb. bench. The open division started with long time competitor Mark Davis pushing up a very impressive over double body weight bench of 340 lbs. to win the 148 lb. class. Ryan Kelly rammed-up an incredible 460 lbs. to take the 198's and it earned him the Best Lifter in the Bench Press Award! Dave Brown hit 410 lbs. on his 4th attempt to set a state record and win the 242's over Tim Chinchor Sr. who placed 2nd with a very respectable 410 lbs. In the Law/Fire open division, Jason Evans set a new state record with a 330 lb. bench in the 198's and Gordon Schrank pushed-up 375 to win the 220s. Gordon Schrank also won the Law/Fire submaster division with his 315 lb. bench which established a new state record while Francis McBride also set a state record with a 290 lb. bench in the 242 lb. class 56 plus age group Law/Fire division. Scott Eastburn was solo in the submaster division and won the 220 lb. class with a nice 420 lb. bench press. The master 40-46 division started with Mike Guers setting a new state record in the 148 lb. class with a nice 300 lb. bench.

started with Kyle Schrank setting a state record with a 170 lb. deadlift in the 97 lb. weight class. Dillion Durham pulled a nice 195 lbs. to win the 114's and Jacob Sundey set yet another state record with a 230 lb. deadlift in the 123 lb. class. The 14-15 age group had Britt Connor deadlifting a state record 245 lbs. to win the 132's while Dan Chinchor pulled 295 lbs. to take 1st in the 148 lb. class. Records were on the minds of the 16-17 year old division as they rewrote the book. Andrew Dodgson started the pack with a nice 290 lb. state record deadlift in the 132 lb. class. Kyle Peck pulled a whopping 450 lb. state record in the 165's. This number was popular because Robby Dodds and Will Blackwelder both dead lifted 450 lbs. to set state records in their respective weight classes as well. Jon Bergmark finished this record setting age group with a world record deadlift of 415 lbs. in the 259 lb. class. The 18-19 year old competitors started with Torrey Davis pulling 315 lbs. to win the 148's. Thomas Connor deadlifted 415 lbs. in the 165 lb. class. A 415 lb. pull won the 198's for Chris Lambert. Scott Tarr had the second highest deadlift of the meet with an outstanding state record pull of 530 lbs. to win the 198 lb. class. Anthony Pacheco pulled 425 lbs. in the 220 lb. class for a 1st place trophy. The two competitors in the junior division had some impressive lifts with Tim Chinchor Jr. dead lifting 475 lbs. in the 165's and Mike Walton pulling 500 lbs. to win the 242 lb. class. Alone at the top of his Class 1 division, Rich Lansky pulled his way to top of the entire competition with an incredible state record pull of 545 lbs. to win the 181's and also earn the title of the Best Deadlifter of the contest! In the Law/Fire open division, Jason Evans dead lifted a nice state record 4th attempt 470 lbs. to win the 198's. Gordon Schrank also set a state record with a 495 lb. pull in the 220 lb. class. Gordon's 495 lb. deadlift also gave him 151 place in the Law/Fire submaster division. Frank Brothers won the submaster division with a 265 lb. deadlift in the 242 lb. class. In the masters 40-46 age division, Dave Connor took 1st in the 220's with a 270 lb. deadlift. Reggie Russ' 405 lb. pull won the 220's in the 47-53 age group. In the 54-60 division, Louis Casanova set a state record with a nice 285 lb. deadlift in the 148 lb. class, while Kurt Manchen pulled 375 lbs. to win the 165 lb. class. The 61-67 age division had two competitors starting with Tom Haggenmiller establishing a new state record with an incredible 470 lb. deadlift to win the 220 lb. class over competitor Steve Prevatt who pulled a respectable 405 lbs. A special thanks to all who labored to make this meet a huge success: All American Gym, Louis and Michelle Baltz, Junkyard Dogg, Johnny Best, Steve Beck, Dan Jonas(not one of the Jonas Brothers), Larry Glenn, BJ. Stigall, Helen Watkins, Swane Strickland, Nate Dunham, Sundey School Team, Tim Calhoon, the judges, spotters and loaders, lifters, coaches, and spectators, who make these meets possible. Thanks of course to Gus "Buzzsaw" Rethwisch. (from Ken Snell)

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265-6725, www.ironmind.com

SSA CandyAzz Classic
16 FEB 8 - Tribes Hill, NY

BENCH	Teen (13-15)	N. Bauman	185
Unlimited	275 lbs.		
WOMEN	Junior		
198+ lbs.	A. Szeps		
Submaster	Unlimited		
R. Cook	225	DEADLIFT	
MEN	Unlimited		
148 lbs.	MEN		
Teen (13-15)	198 lbs.		
J. Johnson	230	Submaster	
181 lbs.	B. Henderson	410	
Open	Masters (40-44)		
R. Hillyard	420	G. Velardi	450
198 lbs.	308 lbs.		
Open	Masters (55-59)		
M. Wolfley	725	F. Adler	305
S. Kuhns	520	DEADLIFT	
J. Matta	510	Single-Ply	
220 lbs.	MEN		
Open	275 lbs.		
S. Sceppe	750	Junior	
242 lbs.	R. Hayward	475	
Open	Standard		
S. Nilsen	—	MEN	
275 lbs.	275 lbs.		
Open	Junior		
M. Coulter Sr.	D. Serrano	500	
550	P. Kenutsen	500	
308 lbs.	SQUAT		
Masters (55-59)	Standard		
F. Adler	320	MEN	
Standard	SHW		
MEN	Open		
181 lbs.	N. Saccone	800	
Ironman	BP DL TOT		
Unlimited			
MEN			
220 lbs.			
Open			
S. Rowe	645	650	1295
242 lbs.			
Masters (45-49)			
B. Schemel	400	480	880
275 lbs.			
Open			
J. Farina	635	505	1140
Submaster			
G. Breault	425	525	950
308 lbs.			
Open			
M. Rhodes	560	755	1315
P. Charland	580	500	1080
Masters (55-59)			
F. Adler	320	305	625
SHW			
Open			
S. Lattimer	860	585	1445
Single-Ply			
MEN			
242 lbs.			
Open			
B. Pavlus	430	550	980
Standard			
MEN			
275 lbs.			
Teen (13-15)			
J. Kresa	180	325	505
Junior			
P. Kenutsen	—	—	—
SHW			
Masters (50-54)			
F. Kresa	260	350	610
Powerlifting	SQ	BP	DL
Unlimited	TOT		
WOMEN			
148 lbs.			
Open			
R. West	430	265	375
198+ lbs.			
Masters (45-49)			
T. Jones	315	195	335
MEN			
181 lbs.			
Open			
M. Crowley	490	345	440
A. Jones	470	285	455
Teen (13-15)	1275	1210	

Entire warehouse full of powerlifting, olympic lifting, strongman, bodybuilding and fitness equipment for sale in PA. New and used, at large discounts. Outlaw Strength, 104 Loop Rd., Biglerville, PA 17307, 717-677-7570 or 330-501-5876, ask for Mike White.

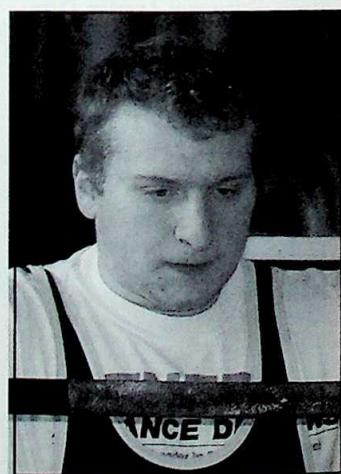


Chris Taylor looked lean at 242 but totaled 2250. (courtesy Sandi M.)

M. Coulter Jr 375 205 450 1030
Masters (40-44) 198 lbs.
W. Fosmire 500 275 460 1235
Open J. Malta 560 510 500 1570
Masters (40-44) 220 lbs.
G. Velardi 550 — — —
Open J. Enes 715 440 670 1825
S. Rowe — — — —
Submaster M. Ferlito — — — —
242 lbs. C. Taylor 875 725 650 2250
Open A. Famiano 630 505 565 1700
Masters (45-49) B. Schemel — — — —
275 lbs. Submaster D. Drislane 600 525 600 1725
308 lbs. M. Rhodes — — — —
Open R. Fishbein — — — —
P. Charland — — — —
SHW N. Saccone 800 — — —
Single-Ply MEN 181 lbs.
Teen (16-17) L. Brown 315 255 460 1030
Submaster J. Bronk 540 265 580 1385
198 lbs. Junior G. Jablonski 460 265 500 1225
Masters (50-54) M. Azarian 450 320 450 1220
308 lbs. Holingsworth 600 345 475 1420
Standard MEN 198 lbs.
Open J. Colenzo 415 235 525 1175
220 lbs. Open D. Crispino 635 375 600 1610
242 lbs. Open B. Bliss 390 275 510 1175
275 lbs. Open J. Held 355 340 430 1125

Venue: Iron Asylum Gym. Before you get bent out of shape over the name CandyAzz, take a look at the results sheet. Top performances included Rheta West, Chris Taylor, Al Famiano, Dave Drislane, Scott Rowe, Matt Rhodes, Shawn Lattimer, Rob Fishbein, Jim Farina, Mike Wolfley, and Scott Sceppe. Not every competitor finished the meet, but we're still going to showcase top performances. The Syndicated Strength Alliance (SSA) is a new federation, with a growing following of lifters that just want to lift. Headed by Zane and Sandi McCaslin, a family with a lot of heart and experience, their goal is simple, keep it fun, keep it consistent, and keep it assessable. In order to do this, the SSA offers several divisions, including Unlimited, Standard and Single. Lifters can opt for Full Power, Ironman (bench & deadlift) or any single lift. Of course, it's a little challenging, but most meets are. One meet, multiple divisions, the SSA is all about bringing family and friends together through the sport of powerlifting. There are no sanction fees for meet promoters, there are no fees for judges tests and the annual membership is minimal, with a heavy discount for teens and under. The SSA also offers a youth division, giving the pre-teens a place to showcase their talents as well. The topping of the SSA cake is John Bott, a great guy, great lifter, and one of the best judges in powerlifting today. Now that the WPO no longer exists, we have a surplus of powerlifters that can't get their squats passed in other federations. Guys like John Bott keep it real, even when it's a close friend on the platform. We got to Tribes Hill late Friday night, and headed directly over to the McCaslin's new home for dinner! That's right, Sandi prepared dinner for lifters who had driven up Friday night, talk about being at the right place, at the right time! One of my favorites, Sandi prepared Linguine, and White Clam Sauce, I had two helpings. John Bernor brought his team, along with Christian Taylor, and SHW Tony Barbaccio was a big help back spotting all day, and judging. We like Tony; we think he's more than big enough to do pro strongman competitions, if only he had the time to train for the events. Standing next to Tony was the amazing Joe Ceklovsky, who recently made the cover of PLUSA for bench pressing 600 lbs. at 148 bodyweight that's just insane! It puts a smile on my face when I see Tony and Joe standing side by side, enough said. The McCaslin family recently converted the back of their facility into a beautiful,

spacious home for the entire family. I can't say enough about how cordial they are to everyone at the meet, opening their home to everyone. We watched some young lifters in the Standard and Single Ply Division full power who are well on their way to becoming solid competitors. A stand out was 220 Open Dominick Crispino. Look at these numbers, 635 squat, 375 bench, and 600 deadlift for a 1610 total, awesome job! However, for this report I'll focus on the Unlimited Division Full Power, and a few outstanding performances in the bench and Ironman Division. The unlimited consisted of eighteen competitors. In the women's division, 148 Rheta West was back from a successful 2007 season. She squatted 430, benched 265, and deadlifted 375. She totaled 1070 pounds, 70 pounds more than at the IPA Nationals in December of 2007. Rheta has developed a consistency and confidence that seems to take over when she needs it the most, on the platform. There was one other woman competing, looked like a typical mom, except for the metal gear squat suit, 198, masters 45-49, Tina Jones. Tina totaled 845 pounds. There were Four 181 Men competing in various subdivisions. First off were the open division, first place Mike Crowley totaled 1275. Mike went 490, 345, and 440. We thought he had good speed on his squats coming off the bottom, nice work on his second attempt. Second place was Andrew Jones who totaled 1210. 181 Teen 13-15, Marcus Coulter Jr., had a deep 375 squat, 205 bench, and 450 deadlift. Marcus totaled 1030 pounds. 181 Masters 40-44, Wayne Fosmire went 1235, and our first 500 squat of the day. Wayne compressed so tightly in the hole during squats, we thought back spotter Tony Barbaccio was going to fall on top and crush Wayne I'd like to see that! Two competitors in the 198, Open James Matta, went 560, 510, and 460, totaling 1570. Master 40-44, Gary Velardi, went 550 in the squat, solid deep form, but bombed in the bench. Tough break! 220 Open Justin Enes, squatted 715, benched 440, and deadlifting 670, ridiculously strong! 220 Scott Rowe, who has vast more experience, tried squatting some huge weight, I believe over 860, couldn't make depth, but still returned to bench 645 and deadlift 650. We like Scott, an exciting, gutsy competitor. 220 Submaster, Mike Ferlito had one of those days, just couldn't get deep enough in the squat, and then processed to bomb in the bench. Next time! In the 242's we watched quality lifting from Chris Taylor, who I believe set a new PR total, which is always nice, especially after dropping weight. A 2250 total, which included an 875 squat, 725 bench, and 650 deadlift. Fantastic numbers, super fantastic powerlifter. Second place went to Al Famiano with a nice 1700 total. Al squatted



Jason Colenzo, a raw competitor, has made many appearances on the Asylum platform. This time was no disappointment with an 1175 total at the Tribes Hill event.

630 pounds, benched 505, and pulled 565. 242 Masters 45-49 Bill Schemel also had a tough day of lifting, and bombed in the squat. Like a few other competitors who were here to lift, Bill lifted in the Iron Man division, so that he could continue to bench and deadlift. His numbers were 400, and 480 for an 880 total. Bill is always a positive force on the platform! Just one competitor in the 275 class, Submaster Dave Drislane. His numbers were 600, 525, and 600, for a 1725 total. Dave is a local lifter in my area, and we plan to train in the future. He had difficulty getting his squat depth, a canvas issue most likely. Dave had tremendous speed on the way up, that's one strong dude! 308 Matt Rhodes, drove up with Vinnie Dizenzo, Rob McCray and friends, but failed to make depth in the squat. He was attempting near or over 900 pounds. Fortunately, we got to watch him bench and deadlift. Matt benched 560, and pulled a beautiful 755. We like Matt, and his 1315 total is a good total. He is probably good for 2200 plus! Paul Charland was next, also a 308, but like Matt, no luck in the squats. I believe this was Paul's first or second meet. We thought his squat was close, check out the video clips. Paul also did the Iron Man, benched 580, and pulled 500. He's got the tool, and size, we should see a vast improvement later this year! Another solid lifter moving up in the ranks is 308 Rob Fishbein. Rob had trouble in both the squat and bench, he may have opened to big. However, in other reports I've mentioned that pushing the limit and raising a family is a challenge. This sport demands so much attention, time away from family and friends. Your lifting buddies are your friends, your family. Unless the family is supportive, it's close to impossible to survive in competitive powerlifting. SHW Nick Saccone is a big man. Nick didn't get his opening squat, kind of twisted his hips on the way down, but his second attempt with 800 plus went down deep, solid straight back, and up he came, powerful. During the bench, Nick bombed out, disappointing. With his size, Nick has a short stroke, perfect for benching. It looks like more work is needed in the power rack doing lockouts. Nick has the size and strength to become a top competitor. We are looking forward to seeing him break through new territory. SHW "Bench Phenom", Shawn Lattimer competed in the Iron Man division. He had a great day of benching. Shawn made all three attempts, the last being 860 pounds. He celebrated early, in fact during the deadlift event, and still pulled 585 pounds. It looked easy! Shawn is another huge man, tall, powerful legs, potentially capable of competing in strongman competitions if only he had the time to train events! So much talent, it's tough that other countries sponsor their athletes so that they can just train, and bring honor to their home country. Not so for the USA powerlifting community, most have to pay for their own transportation, and accommodations. I can only imagine what level of power the USA would become if top competitors trained because it was their job? Maybe others disagree, but it still is an interesting proposition for the right candidates. I want to mention two of the bench only division lifters; outstanding performance from 198 Mike Wolfley, and 220 Scott Sceppe. Mike Wolfley benched 725, amazing. And Scott Sceppe benched 750! Scott is really put together, we may see him bench 800 in the near future. I hope we get it on video! Hats off to all the competitors for supporting the SSA, and future SSA events. Thanks again to the McCaslin clan for their never ending support of the sport that we all love. Thanks to 308 Master 55-59 Franz Adler who competes and brings a talented team to all the SSA meets. You guys are Awesome! The McCaslin's would like to give a big shout out to Inzer Advance Designs for supplying lifters with the best gear on the planet and for supporting powerlifters and powerlifting in the manner which they do. For additional pics and videos of the 2008 SSA CandyAzz Classic, please visit www.ironasylumgym.com and also www.bodytechusa.com. Article by Sandi McCaslin/Scott DePanfilis. (S. McCaslin)

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		APA Central Florida								
17 MAY 08	Zephyrhills, FL	C. Ferraro	275	375	650					
BENCH	Master III Raw	Teen	315	555	870					
165 lbs.	L. Lichte	C. Burke	242 lbs.							
Master III	Submaster Raw	Master I UG								
J. McDermott	330	D. Stevens	450	580	1030					
Master III	198 lbs.	308 lbs.								
L. Lichte	300	Master I Raw								
181 lbs.	T. Ferguson	Master II Raw								
Open Raw	242 lbs.	T. O'Donnell	320	570	890					
J. Hill	435	Powerlifting SQ	BP	DL	TOT					
198 lbs.	R. Suk	FEMALE								
Teen (13-15)	341 lbs.	123 lbs.								
S. Lynch	205	Open Raw								
Teen (18-19) Raw	A. Manske	J. Rotsinger	280	175	350	805				
B. Bouthot	315	DEADLIFT								
220 lbs.	FEMALE	132 lbs.								
D. Daubert	575	Master								
Master I Raw	T. Bishoff	T. Bishoff	310	100	300	410				
T. Avery	355	MALE								
242 lbs.	165 lbs.	FEMALE								
Master III	Teen Raw	D. Phan	505							
L. Sposito	390	198 lbs.								
Master IV	Open UG	J. Young	680							
275 lbs.	C. Clearwater	565								
Master II	275 lbs.	Master II								
D. Poucher	440	Open Raw								
308 lbs.	V. Paige	Master II								
Junior	605	D. Poucher	645							
Q. Gomez	—	308 lbs.								
Master II Raw	Master II Raw	T. O'Donnell	570							
T. O'Donnell	320	CURL								
165 lbs.	Push Pull	BP	DL	TOT						
123 lbs.										
Teen Raw	D. Durham	90	200	290						
148 lbs.	Submaster Raw									
S. O'Grady	330	400	730							
165 lbs.	Open Raw									
M. Becker	250	450	700							
Junior Raw	J. Ostromecki	285	415	700						
198 lbs.	Open UG	T. Walyus	425	600	1025					
220 lbs.	K. Divins	185	360	545						
Teen Raw										



Brian Schwab squatted 775 at 165 at the APA Central Florida.

AAPF Big Sky State Games
19 JUL 08 - Billings, MT

BENCH		181 lbs.
FEMALE		S. Suda 300
Open		220 lbs.
148 lbs.		J. Nelson 540
V. Shockley 85		Warmsbecker 570
165 lbs.		275 lbs.
B. Binkie 120		J. Grosulak 420
MALE		B. Monson —
Master		DEADLIFT
(205 lbs.)		FEMALE
T. Gardener 340		Open
(220 lbs.)		148 lbs.
J. Nelson 540		V. Shockley 235
(217 lbs.)		MALE
Warmsbecker 570		Teen
Teen		(200 lbs.)
(131 lbs.)		Winterrowd 285
D. Hanson 310		Junior
(214 lbs.)		(271 lbs.)
J. Winterrowd 270		J. Grosulak 600
Junior		165 lbs.
(271 lbs.)		B. Binkie 265
J. Grosulak 420		Open
Open		275 lbs.
132 lbs.		J. Grosulak 600
D. Hanson 310		
Powerlifting	SQ	BP DL TOT
FEMALE		
(271 lbs.)		
Junior		
N. Pilgrim 220	130	270 620
Open		
165 lbs.		
B. Binkie 200	120	265 585
Raw		
Open		
165 lbs.		
B. Binkie 200	120	265 585
MALE		
Masters		
(200 lbs.)		
J. Winterrowd 500	300	475 1275
Teen		
(284 lbs.)		
N. Hoang 585	300	530 1415
(192 lbs.)		
B. Leikam 400	235	400 1035
(214 lbs.)		
J. Winterrowd 490	270	515 1275
Junior		
(271 lbs.)		
J. Grosulak 625	420	600 1645
Open		
220 lbs.		
M. Toliver 315	205	405 925
J. Winterrowd 490	270	515 1275
275 lbs.		
J. Grosulak 625	420	600 1645
Raw		
Open		
275 lbs.		
J. Grosulak 625	420	600 1645
(Results provided courtesy Jim Thompson)		

Georgia Games
19 JUL 08

BENCH		198 lbs.
Teen		(50-54)
SHW	R. Orton	120
T. Brown	205	220 lbs.
Masters		(65-69)
148 lbs.	K. Rowan	122
(50-54)	242 lbs.	
G. Bradley 102	(40-44)	
181 lbs.	T. Moon	200
(40-44)	308 lbs.	
S. McDonald 140	(55-59)	
(50-54)	J. Nolan	150
G. Glen 150		
Powerlifting	SQ	BP DL TOT
All Lifters		
Teen		
132 lbs.		
B. Byrd	—	— — —
148 lbs.		
G. Lotson 60	100!	70 230
242 lbs.		
J. Prichett 139	925	137 367
308 lbs.		
M. Clements 207	187	195 590
SHY		
T. Brown 237*	205*	237* 680*
!=Masters State Records. =Teen State		
Records. Organizer: Kendra Warren. Plat-		
form Managers: Jeremy Ford, Michael		
Shepard. Judges: Buddy Duke, Curtis		
Myers, Wayne Watts, Curtis Leslie, LB		
Baker, Tom Bowman. (Buddy Duke results)		



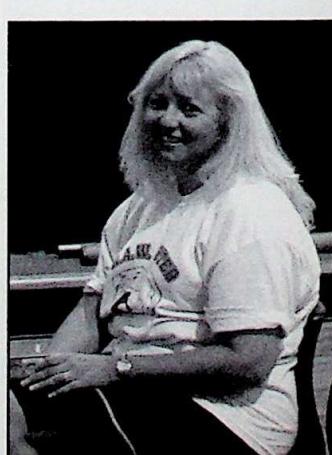
Thomas, Spero, Ryan, and Steve celebrate Best Lifter Honors. (All the R.A.W. United contest photos are courtesy of Spero Tshontikidis)

RAW United National
28-29 JUN 08 - Melbourne, FL

Powerlifting	SQ	BP	DL	TOT	148 lbs.
WOMEN					(12-13)
88 lbs.					C. Baker 145 90 182 417
(10-11)					J. Howard 240 225 350 815
S. Montgomery		55	130	185	J. Douglas 165 100 245 510
(12-130)					G. West 155 100 225 480
K. Thompson 95	55	140	290		R. Audet 120 85 160 365
C. Kermor 90	57	135	282		J. Wadzinski 170 280 450
97 lbs.					G. Barnes 285 225 335 845
(12-13)					D. Seiler 255 210 335 800
M. Douglas 100	65	165	330		A. Miller 230 175 340 745
114 lbs.					D. McMillen 200 145 305 650
(14-15)					(18-19)
A. Graham 45	82	205	332		V. Vickery — 255 395 650
4th-DL-212					S. O'Grady — 315 405 720
(50-54)					165 lbs.
L. Watson —	115	—	—		(16-17)
123 lbs.					Tshontikidis 350 205 445 1000
(14-15)					A. Mesnard 295 270 415 980
B. Kissel 140	80	180	400		R. Victoria 285 175 — —
132 lbs.					(18-19)
(12-13)					T. Lee 355 305 435 1095
S. Shores 155	80	220	455		R. Fay — 255 530 785
(35-39)					T. McCoy — 310 375 685
D. Graham 100	80	180	360		T. O'Brien 385 265 345 995
(50-54)					M. Guerra — 300 — —
M. Quinn 100	115	200	415		(60-64)
148 lbs.					A. Annunziato 295 235 425 955
(35-39)					181 lbs.
M. Pritzl 250	175	325	750		(10-11)
165 lbs.					T. Laskovich 105 75 140 320
(16-17)					K. Straus 295 180 355 780
Montgomery 120	75	185	380		J. Wadzinski 310 220 375 905
(18-19)					R. Smith 160 120 185 465
J. Manuel 165	125	195	485		C. Maldonado 225 160 340 725
(45-49)					(35-39)
Montgomery —	130	305	435		P. O'Grady — 275 505 780
MEN					Tshontikidis 400 255 485 1140
77 lbs.					198 lbs.
(10-11)					(16-17)
A. Gari 45	45	110	200		A. Velez 200 145 275 620
88 lbs.					D. Lagges 405 325 505 1235
(12-13)					D. Fullington 385 290 420 1095
R. Taylor —	50	110	160		(45-49)
105 lbs.					R. Krebs 340 335 355 1030
(10-11)					K. Steward — — — —
J. Nolan —	75	175	250		S. Crossman — — — —
Montgomery —	—				(65-69)
114 lbs.					J. May — 250 — —
(12-13)					(70-74)
P. Moran 140	65	160	365		J. Ruffalo 265 — 315 —
(35-39)					220 lbs.
T. Branam —	170	165	335		(16-17)
123 lbs.					T. Carden 380 295 425 1100
(14-15)					(20-24)
E. Samarah 105	80	185	370		S. Rawl — 335 580 915
(16-17)					B. Howard 225 — 365 —
F. Scalfani 225	165	245	635		(35-39)
(18-19)					S. Rydier 460 440 560 1460
T. Mohammed 290	185	385	860		(45-49)
132 lbs.					S. Soukup 275 185 290 750
(16-17)					
J. Gonzalez 285	215	345	845		
A. Bocharski 200	145	290	635		
(20-24)					
T. Gerhauer —	145	—	—		
(45-49)					
S. Soukup 275	185	290	750		

B. Beekley	485	275	550	1310
P. Simmons	305	205	425	935
(50-54)				
K. Tillman	435	275	460	1170
242 lbs.				
(16-17)				
A. Tully	350	285	390	1025
(30-34)				
J. Gaynor	480	440	600	1520
(45-49)				
J. Sevor	225	425	650	
(55-59)				
L. Buccioni	—	—	515	—
275 lbs.				
(16-17)				
T. Walter	360	255	385	1000
(40-44)				
T. Smith	500	340	525	1365
(45-49)				
F. Goldberg	—	450	460	910
J. Zmyewski	—	430	—	—
308 lbs.				
(45-49)				
B. Kissel	535	415	585	1535
308+ lbs.				
(16-17)				

A. DiBiase 565 300 545 1410
DAL=Disabled American Lifter: R. Smith, T. Gerhauser. BTL=Best Teenage Lifter: S. Shores. BTL/I: Y. Tshontikidis, BTL/R: T. Mohammed. BOL=Best Open Lifter: M. Pritzl, R. Ryder. BML=Best Master Lifter: S. Tshontikidis. BL P/P=Best Lifter Push/Pull: S. O'Grady. R=Raw, I=Ironman. Venue: West Shore Junior/Senior High School. We Serve an Awesome God! The inaugural R.A.W. United National Powerlifting Championships was an overwhelming success! Over ninety lifters registered to compete, and the meet ran very smoothly thanks to the efforts of the Power in the Blood contest staff and the members of Wildcat Powerlifting. Before we discuss the lifting, please take a moment to pray for the brave men and women of our Armed Forces and their families. May God protect them, give them strength, and unite them with God-speed! Saturday's lifting showcased Tim Smith's newly formed "Volusia Raw Dawgs" as well as strong numbers from Brian Kissel and Steve Ryder of Power in the Blood, JD Gaynor of Stewart, Florida, and Danny Aguirre's newest prot g , Tyler Mohammed. Tim's team consisted of high school and collegiate lifters from throughout Volusia County. Led by 123 pounder Juan Gonzalez (Juan totaled 6.94 times his bodyweight!) and 148 pounder Greg Barnes (Greg totaled 5.77 times his bodyweight!), the Raw Dawgs captured the Men's Overall title while shattering the record books. In addition, Tim and his wife Julie welcomed the newest member of their family Faith Elizabeth on June 6; congratulations! Brian posted the meet's largest total at 1535 pounds, and Steve took Ironman honors, totaling 6.88 times his bodyweight without a belt! JD was flawless on the platform, nailing lifts of 480, 440, and 600 in the 242s. Finally, Tyler totaled 7.02 times his bodyweight in his R.A.W. United debut, including a 385 pound deadlift (and a near



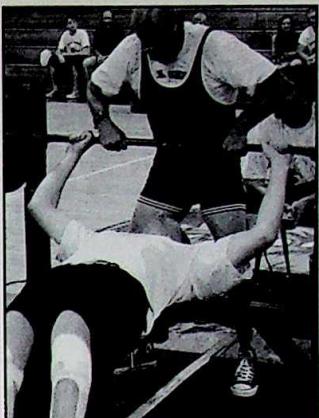
Caryn Tshontikidis, R.A.W. United official, and wife of Spero



Denise Graham, the voice of R.A.W. United debuted her lifting

miss at 405) in the 123s. Ten year-old Alex Gari captured the crowd's attention in the 77 pound class while his coach, Master's World Champion Bill Beekey, finished with an awesome 1310 total in the 220s. Moving into the 165s, Yanni Tshontikidis of Wildcat Powerlifting posted the strongest teenage, Ironman total lifting 6.28 times his bodyweight without a belt. Yanni and the Wildcats also took home the Mixed Overall title with a perfect score of 120 points. Although a pulled hamstring kept him from entering the full power division, teenage phenomenon Robbie Fay nailed a 530 pound deadlift in the 18-19, 165s, while Jacksonville, Florida's Tom Carden (competing in the 16-17, 220s) went eight for nine en route to his 1100 pound total. And Anthony DiBiase, lifting with Power in the Blood, showed great technique with lifts of 565, 300, and 545 in the 308+ class. Sunday's lifting included outstanding performances from brothers Shawn and Pat O'Grady in the push/pull division, Masters legend Al Annunziato, and eighth grader Kyle Straus. Shawn totaled nearly five times his bodyweight in the two lifts, going 315 and 405 in the 148s to take Best Lifter honors. Pat, who was scheduled to be out of town on business, was able to compete "last minute," and hit a 275 pound bench and 505 pound deadlift in the 181s. Al got off to a stressful start, missing his first two squats. Fortunately, he sunk a 295 pound effort on his third attempt and then went six for six en route to his 955 total in the 60-64, 165s. Kyle, who lifts for Wildcat Powerlifting and just completed the eighth grade, had a perfect day, going nine for nine with lifts of 245, 180, and 355. Sunday also found the ladies on the platform. Twelve year-olds Katrina Thompson and Colleen Kermier, both members of Wildcat Powerlifting, battled it out in the 88 pound class. Katrina's 95 pound squat and Colleen's 57 pound bench were both good for Ironman records; Katrina edged out Colleen in the end with a 290 pound total (Colleen totaled 282). Teenage World Champion Amanda Graham injured her knee while serving with the Sea Cadets two weeks prior to the meet and had to settle for a token, 45 pound squat. Amanda did, however, break both the bench and deadlift records (82, 212) to win the 114s. Wildcat lifter Brianna Kissel squatted deep and strong, finishing with a 140 pound effort. Brianna went on to post a 80 pound bench and 180 pound deadlift in the 123s. Samantha Shores, who just turned thirteen, broke records across the board in her move to the 132s, and captured Best Lifter honors in the teenage division. Finally, Marie Pritzl came off of a three-week annual training exercise and still managed to nail impressive lifts of 250, 175, and 325 to take the 148s and Best Lifter honors. Marie and her unit are preparing to deploy to Iraq, so please keep her in your prayers! Finally, Sunday saw inspiring performances by Disabled American Lifters Thomas Gerhauser and Ryan Smith. Thomas, who

has cerebral palsy, pressed 145 pounds "through the roof" on his third bench for a DAL record. Ryan, an autistic student at Palm Bay High School, hit personal bests across the board with lifts of 160, 120, and 185. As a result of their efforts, Thomas and Ryan were awarded Best Lifter trophies from the two Best Lifter recipients (Men's Open and Men's Masters) in the men's division. A third lifter that brought the crowd to their feet was Colleen Kermier. On her final deadlift, Colleen attempted 135 pounds, and struggled from the start. As the bar reached her knees, the twelve year-old shook her head in an effort to signal her inability to complete the lift. Fortunately, everyone in attendance encouraged Colleen to keep pulling. And pull she did, locking out the 135 pounds and receiving three white lights! The contest's success can be attributed to two things: God's presence and the efforts of everyone that lended a hand throughout the weekend. Chaplain Paul Simmons, the company's official chaplain, offered worship and communion services each morning before the Rules Clinic and prayed over those in attendance prior to each day's competitive lifting. Veteran lifters Bob Gaynor and Eric Talmant served as Head Judge, and were joined by Jan Montgomery, Caryn Tshontikidis, Bill Beekey, and Paul Simmons. Danny Aguirre and Steve Ryder served as center spotter, and Bobby Imbt, Wolfgang Kermier, Yanni Tshontikidis, Anthony DiBiase, and Brian Kissel all pitched in loading throughout the weekend. Wildcat lifters Gabriel West, Carlos Maldonado, Albert Velez, Kyle Straus, Chance Baker, and Patrick Moran also helped out with rack heights and loading while Tori Simmons and Amanda Graham expedited. At the score table, Denise Graham and Sam Gough kept the meet moving, while Carrie Moran assisted with totaling and Best Lifter computation. Sava Tshontikidis and Tori Simmons ran the "Dollar Store," and Steve Shores, Kevin Moran, JP Baker, Mike Smith, and all the Wildcats pitched in with set up and clean up. Thanks to everyone that helped to make our inaugural National Championships a successful event! And more thanks to Kelly, Colleen, and MJ Quinn and Brian and Brianna Kissel of Mighty Quinn Photography for the excellent still shots of all the lifters; to Georg Baker and Sandy Shores for additional shots of the Wildcats; to Sir Charles Venturella for the awesome eagle sculptures; to Paul Bossi (President of 100% RAW) of Elizabeth City Trophy for the awesome Best Lifter and Team trophies; to Scott Crossman for donating a copy of John Eldredge's book "Wild at Heart" to each lifter; to Mike Lambert of Powerlifting USA Magazine for donating copies of the May and June issues for each of our lifters; and to all the lifters for their support and encouragement. On behalf of the entire R.A.W. United staff, thanks! Finally, thanks to the brave men and women of the United States Armed Forces

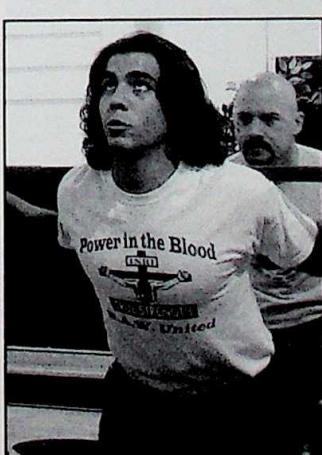


Masters Legend Al Annunziato hands off a bench press to his new protege, Thomas Gerhauser

and their families for enduring the hardship required to preserve freedom in the greatest country on the face of the earth! May God richly bless you for your service and sacrifice! And thanks to our Lord and Savior Jesus Christ who taught us at the Cross of Calvary that sacrifice and selflessness is rewarded in God's Kingdom when He calls us to stand, Redeemed Among the World! (Thanks, and God Bless, Spero Tshontikidis, Competition Director)

USAPL MSPL Club Open 19 Apr 08 - Hattiesburg, MS

	Powerlifting	SQ	BP	DL	TOT
MALE					
114 lbs.					
Raw Teen III	C. Tourres	315	225	205	745
Teen II					
I. Gray	350	150	400	900	
D. Peden	280	155	320	755	
123 lbs.					
Teen III	C. Troux	450	225	440	1115
C. Wallace	325	195	375	895	
Teen II					
B. Starling	345	165	325	835	
Teen I	M. DePrest	275	175	300	750
S. Oswalt	260	165	315	740	
132 lbs.					
Teen III	E. Renfrow	355	185	360	900
Teen II	R. Allen	370	175	495	1040
F. Sullivan	300	150	385	835	
D. Jackson	300	140	325	765	
148 lbs.					
Teen III	R. Savell	440	265	470	1175
Teen II	A. Gray	350	170	355	875
Teen I	H. Ladmer	350	205	365	920
Open Raw	D. Navar	315	245	385	945
165 lbs.					
Teen III	K. Douglas	600	300	550	1450
Teen II	K. Watson	480	270	550	1300
J. Griffith	470	225	490	1185	
P. Spencer	425	225	405	1055	
Teen I					
Z. Goins	—	245	—	245	
Raw Open	J. Palliser	400	270	500	1170
181 lbs.					
Teen III	J. Richardson	555	290	550	1395
J. Windahl	560	265	455	1280	
J. Aden	460	300	440	1200	
A. Shoto	445	225	465	1135	
Teen II					
C. Green	485	280	560	1325	
198 lbs.					
Teen III	J. Legget	405	295	575	1275
M. Forks	475	270	515	1260	
Teen II					



Yanni Tshontikidis prepares to squat. He's the son of Spero T.

T. Marion	510	285	640	1435
R. Shumpert	565	290	535	1390
Open Raw	365	290	520	1175
D. Benac	220 lbs.			
Teen II				
P. Sutton	600	315	450	1365
Open				
C. McMullin	—	485	—	485
Raw				
J. Impastato	540	400	600	1540
Junior				
C. Bridges	450	355	575	1380
242 lbs.				
Teen II				
D. Lumley	400	300	450	1150
Teen III				
R. Comans	570	405	515	1490
J. Griffin	550	250	600	1400
Teen III Raw				
M. Rehan	560	415	505	1480
Junior				
R. Laughlin	640	455	625	1720
Open				
J. Griffin	—	—	455	455
Open Raw				
E. Frank	535	405	500	1440
275 lbs.				
Teen III				
G. Harris	550	90	600	1440
Teen II				
C. Nelson	650	365	585	1600
J. Flanagan	420	265	425	1110
SHW				
Teen III				
M. Ingram	600	325	590	1515
Teen II				
D. Scott	535	310	505	1350
H. Cabral	525	290	475	1290
Junior				

T. Westbrook 715 440 570 1725
Venue: Peak Fitness. Coordinator: Jim Battenfield. This was the first meet I've hosted solo, so the start was a little shaky, but once we were rolling, what a meet! Twenty high school state champs came and we have been trying to get things rolling in this state, and yesterday was a huge step in the right direction. With 51 lifters, this was the largest meet in five years in Mississippi! I'm so relieved it went well, proud of the members of MSPL Club, and thankful for Jeff Douglas, John Micka, Chris Parker, Erik Stensaas, Jen Megerder, Wade Harper, Jay Goussett, the Peak Fitness Crew, and the countless other people who helped. (provided by USAPL)

NPA Midwest Open PL 2 MAR 08 - Freeport, IL

	Powerlifting	SQ	BP	DL	TOT
MALE					
181 lbs.					
R. Hooper	405	300	465	1130	
198 lbs.					
M. Adams	500	360	525	1385	
J. Bailey	510	340	530	1380	
220 lbs.					
Open Masters	Burlingame	825	400	660	1885
242 lbs.					
Open	R. Kraft	720	450	605	1775
The NPA Midwest Open full meet had a small turn out, but some big weights went up. Rich Hooper, lifting in his first meet took the 181 class with a 405 squat, 300 bench, 465 deadlift, to total 1170. Great lifts for going raw in his first meet. There was a battle in the 198 class with Mike Adams taking the win. Mike had a 500 squat, 360 bench, 525 deadlift, to total 1385. Close behind was Jon Bailey with a 510 squat, 340 bench, and a 530 deadlift to total 1380. If Jon had made his third attempt on deadlift he would have taken the win. Duane Burlingame took the 220 open and masters with an 825 squat, 400 bench, 660 deadlift to total 1885. That elusive 1900 is the goal. Ron Kraft won the 242 class with a big 720 squat, 450 bench that look easy, 605 deadlift to total 1770. Thanks to tall that helped. Until next time, try to do something for the children of the world. Have a fund raiser, put on a seminar of lifting and nutrition, just do something. Our children need the help of the greatest athletes in the world, powerlifters! (Thanks to Duane Burlingame for the meet results)					

Original York Barbell (made in the USA) used milled cast iron olympic lb. plates (1470 lbs.) asking \$75/lb. (\$1100 for all) 12 ea. 2 1/2, 5, 10, 25, 35, 45 lb. plates. Outlaw Strength, 104 Loop Rd., Biglerville, PA 17307, 717-677-7570 or 330-501-5876, Mike White.

WABDL Northwest Regional 12 APR 08 - Medford, OR

BENCH		Master (61-67)
WOMEN	165 lbs.	
Master (40-46)	C. Tennant	225
165 lbs.	181 lbs.	
S. Klocke	292!*	R. Hieb
181 lbs.	198 lbs.	314
J. Taylor	—	J. Beteta
Open	A. Franke	354*
165 lbs.	4th-305*	
S. Klocke	292*	Master (68-74)
198 lbs.	198 lbs.	
K. Sandoval	231*	D. Maloney
220 lbs.	Open	187
E. Jackson	209*	R. Harris
Teen (12-13)	485	
105 lbs.	220 lbs.	
A. Pecktol	71	M. Olson
4th-85!*	259 lbs.	—
Teen (18-19)	T. Chun	644*
123 lbs.	308 lbs.	
K. Phipps	143	D. Stevens
MEN	451	Special Olympics
Class I	242 lbs.	
148 lbs.	N. Ceglia	236
B. Kunkel	325	4th-248*
165 lbs.	Submaster (33-39)	
R. Koke	198	220 lbs.
181 lbs.	S. Edmondson	518*
T. Thomas	303	259 lbs.
198 lbs.	T. Chun	644*
D. Simpson	385	Teen (12-13)
J. Eva	286	97 lbs.
R. Crusie	259	C. Grizzle
220 lbs.	77	159*
K. Heath	418	D. Sites
D. Wilcox	396	165!*
242 lbs.	A. Grizzle	
J. Sandlin	462	Teen (14-15)
T. Canaday	363	165 lbs.
Junior (20-25)	J. Ditty	181
181 lbs.	242 lbs.	
S. Harder	303	A. Lindsey
198 lbs.	Teen (18-19)	358
K. Herzik	374	198 lbs.
220 lbs.	D. Gilbertson	314
A. Georgeon	369	DEADLIFT
242 lbs.	WOMEN	
C. Stima	385	Master (40-46)
308 lbs.	165 lbs.	
J. Davasher	473	S. Klocke
Law/Fire	352	181 lbs.
Master (40-47)	J. Taylor	418!*
220 lbs.	198 lbs.	
D. Wilcox	396	K. Sandoval
259 lbs.	237	Master (47-53)
D. Bodenstab	—	123 lbs.
Law/Fire	D. Ruff	325
Master (48-55)	148 lbs.	
220 lbs.	B. McGowan	325
J. Hollaway	297*	165 lbs.
Law/Fire Open	T. Holte	414
181 lbs.	4th-431!*	
D. McFarland	259	Master (54-60)
Master (40-46)	181 lbs.	
165 lbs.	B. Heriford	374!*
R. King	369	Open
181 lbs.	148 lbs.	
J. Riley	418	A. Wass
242 lbs.	165 lbs.	341
K. Doerfler	462	T. Holte
G. Phipps	418	4th-431!*
308 lbs.	Teen (12-13)	
Hostkoetter	523	105 lbs.
Master (47-53)	A. Pecktol	203
181 lbs.	4th-214!*	
G. King	336	Teen (16-17)
220 lbs.	148 lbs.	
G. Harris	407	A. Wass
D. Macri	402	342!*
242 lbs.	Teen (18-19)	
E. Macauley	584!*	K. Phipps
Master (54-60)	123 lbs.	259
123 lbs.	Class I	
L. Muth	177*	148 lbs.
308 lbs.	B. Kunkel	496*
S. Brown	451	165 lbs.
D. Stevens	451	C. McFarland



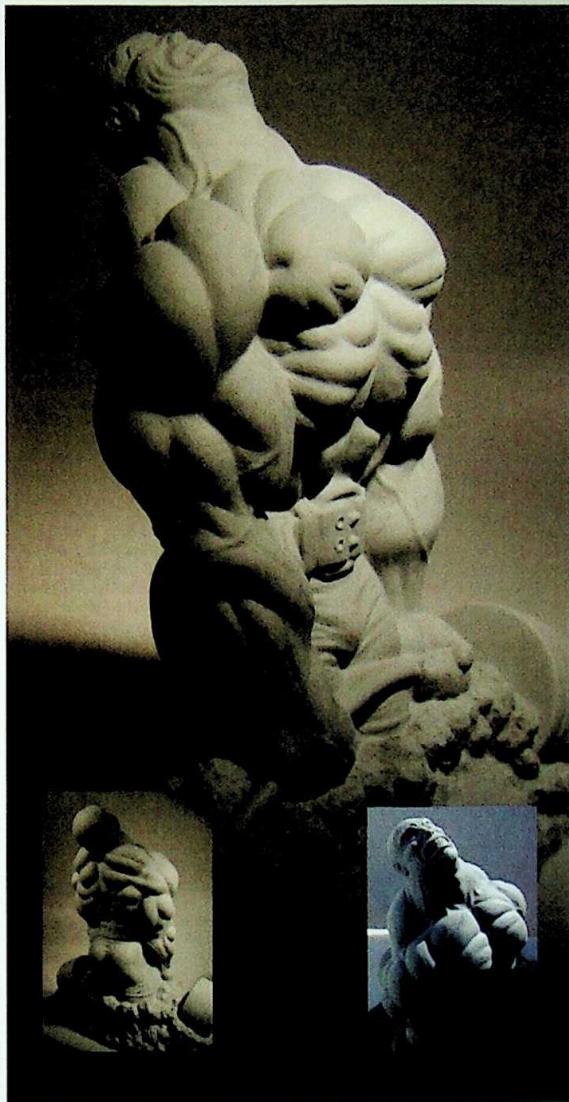
Amos Grizzle had quite the hairstyle at the '07 WABDL Worlds.

coached numerous teenagers in the ways of strength and Jesus. Troy Chun put up a huge 644.7 bench at 255 for an Oregon record. He also passed his second drug test, and Jeff Holloway who hadn't lifted for about six years and came back to competition last year put up an Oregon record 297.5 in Law/Fire Master 220 at age 53. Jason Davasher had a good meet with 473.7 bench in Junior 308 and a 600.7 deadlift. Kent Hostkoetter pulled 600.7 in Master 4-46/308 and Jerry Capello who was injured still had the best pull of the day with 705. I want to thank Bill Anderberg who was the main sponsor and also pulled 562 in Master 54-60. His company is called Answer Page. Also, the photographer was Bill Porter. The meet directors were Sam Pecktol and Dan Guches. Dan is a 600 lb. deadlifter at age 50 in the 165 class. Sam is a 680-700 deadlifter in his fifties. The Ramada Inn was the meet site hotel and the crowd, by the way, was over 400 for the deadlift. The most exciting deadlifting in WABDL takes place in Medford with that big crowd. I also want to thank Chris Erhardt who conducted the drug testing and was the MC. He also tested Jim Nickerson who deadlifted 683 in open 308 weighing only 286. He also passed his test as did Troy Chun. I can't say enough about Chris Erhardt who has helped me at meets in Bend, Oregon, and the Worlds every year since 1993. He was my work-out partner in Bend for many years also. I lived in Bend for 17 years. The judges were Sam Pecktol, Ken Anderson, Dan Guches, Eric Thomas and Chris Erhardt also did some judging. Gary and Elma Thomas did weigh-ins and did the computer work. Rhonda Guches did a smooth job of scorekeeping. The most notable aspect of this meet is the large crowd for deadlifting and the place rocks when the deadlifts state, which is very conducive for some great lifts, standing room only of over 400 people in a place that hold 320 seats. (Thanks to Gus Rethwisch for the results and meet report)

USAPL Texas State 17 MAY 08 - Corpus Christi, TX

BENCH		G. Kaiser	353
FEMALE	220 lbs.		
148 lbs.	C. Martinez	—	
L. Saldana	165	242 lbs.	
MALE	T. Sweet	375	
181 lbs.	D. Sites	293!*	
J. Reed	435	123 lbs.	
M. Settles	287	148 lbs.	
L. Muth	348!*	A. Grizzle	242
C. Jackson	556	Teen (16-17)	
K. Doerfler	584	198 lbs.	
308 lbs.	T. Holte	418	
Master (47-53)	220 lbs.		
Hostkoetter	600		
Master (47-53/165)	97 lbs.		
J. Capello	705		
Master (54-60)	123 lbs.		
A. Grizzle	242 lbs.		
C. Jackson	556		
J. Capello	705		
Master (47-53)	97 lbs.		
A. Grizzle	242 lbs.		
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J. Capello	705		

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**4th Oil Heritage Competition
26 JUL 08 - Oil City, PA**

BENCH	Open	Master	220 lbs.	
WOMEN	139 lbs.	J. bell	245	G. Puleio 550
134 lbs.	S. Emanuele	230	261 lbs.	Z. Sprohar 450
C. Leech	105	N. ziegler	215	Schwabenbau 385
149 lbs.	180 lbs.			DEADLIFT 284 lbs.
L. Caskey	125	Scalamogna	300	D. Cruea 630
165 lbs.	200 lbs.			MEN S. Britton 630
S. Frisina	155	J. Raymer	375	Teen 300 lbs.
SHW	220 lbs.			146 lbs. S. Pollin 500
Schrecengost	150	G. Puleio	430	A. Rembold 365
MEN	261 lbs.			Submaster SHW 180 lbs.
Teens	284 lbs.			D. Uber 465 C. Liebman 410
146 lbs.	300 lbs.			Open Masters
A. Rembold	225	D. Cruea	450	180 lbs. 261 lbs.
167 lbs.	300 lbs.			Scalamogna 475 Schwabenbau 535
D. Lawson	225	S. Pollin	405	200 lbs. J. Raymer 500
SHW	Submaster			Venue: St. Joseph's Social Hall. This year, all proceeds were donated to the TJ Wilson family. The money raised over \$1,100. (Thanks to Chris Snyder for these results)
B. Shreffler	415	200 lbs.		
D. Uber	250	K. Harbaugh	340	

**IPA Lexen Xtreme In House
22 JUN 08 - Columbus, OH**

BENCH	181 lbs.	198 lbs.		
WOMEN	J. Fry	J. Brown 760	545	550 1855
Open	220 lbs.	A. Gualtieri 585	460	— 1790
165 lbs.	G. Halbert	T. Williams 635	525	575 1735
K. Trausch	225	J. Bandy 600	250	525 1375
MEN	C. Smith	J. Ashworth 665	440	— 1105
Open	M. Lawrence	M. Maxwell 790	—	— 790
165 lbs.	275 lbs.	B. Lohr 560	290	455 1305
V. Gualtieri	—	R. Manns	220 lbs.	
		S. Greene	Open	
Powerlifting	SQ	700	Cummerlande 680	480 665 1825
WOMEN	BP		M. Adams 570	465 565 1600
123 lbs.	DL		Teen S. Brintlinger 540	425 535 1500
Open	TOT		242 lbs.	
N. Carr	425	970	Open J. Riddle 825	640 675 2140
148 lbs.	215		E. Clark 740	565 565 1870
M. Klann	285	645	J. Hughart 550	355 500 1405
165 lbs.	135		275 lbs.	
Open	225		Open D. Dague 785	520 635 1940
L. Sweatt	740	1700	M. Burke 675	425 525 1625
181 lbs.	430		M. Burrows —	625 585 1210
Teen K. Dague	340	800	S. McKimme 850	— — 850
MEN 132 lbs.	155		D. Minks 700	535 — 700
Am Teen C. Williams	150	465	308 lbs.	
165 lbs.	115		Open D. Schwab 700	530 680 1910
Open R. Disalua	400	1135	B. Boggia 800	— — 800
181 lbs.	305		SHW	
Open A. Hauss	700	700	Teen I. Esterline 600	300 445 1345

(from Dan Dague, Owner, Lexen Xtreme)



The Red Brick Bench Press Championship V banner made it to Iraq as shown above. Approximately 70 soldiers, led by Lt. Col. Patrick Roemer, are pictured holding the banner in front of Sather Air Base in Baghdad, Iraq. The banner, which reads "USA Powerlifters Support Our USA Heroes" had a list of all sponsors and signatures of competitors from the last (Feb. 2008) Red Brick Bench Press Championships, held in Lewiston, New York. The Red Brick Bench Press Championship VI is to be held Feb. 21, 2009 at the Lewiston Red Brick School, Lewiston, NY and will again be in support of U.S. Troops and their Families. For information, contact Dennis Brochey, 205 N. 5th St., Lewiston, NY 14092, cdbrochey@roadrunner.com, 716-200-3533, or link them at <http://niagarapowerliftingclub.com>



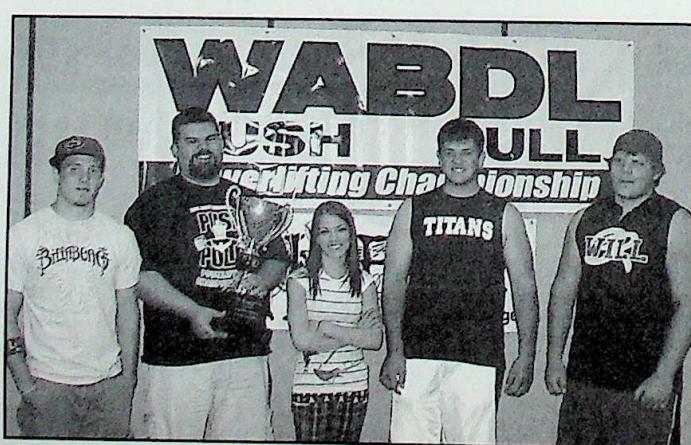


The APT Champions from the WABDL Rocky Mountain Regional thank Alan from APT Pro Wrist Wraps for the merchandise they received. (photographs courtesy Laura Cunningham & Dawn Richards)

WABDL Rocky Mountain 14 JUN 08 - Salt Lake City, UT

BENCH	E. Reyes	363	148 lbs.	B. Davis	628	
WOMEN	Master (54-60)		J. Herstein	485*	275 lbs.	
Master (40-46)	148 lbs.		A. Stephens	485	Open	
181 lbs.	G. Miller	314!*	R. Bills	529	SHW	
J. Tripp	192	198 lbs.	Junior (20-25)	Teen (14-15)		
4th-214			T. Roessler	606	J. MacKay	
Master (47-53)	242 lbs.		Master (40-46)	4th-352*		
UL	D. Wolf	363!*	242 lbs.	Teen (16-17)		
C. McCaw	165	Master (61-67)	R. Bills	529	148 lbs.	
4th-167*	165 lbs.		Master (54-60)	R. Lund	413!*	
Master (54-60)	S. Lemire	242!*	148 lbs.	259 lbs.		
114 lbs.	275 lbs.		G. Miller	358*	G. Clark	
H. Miller	203*	E. Acey	242 lbs.	275 lbs.	473!*	
Open	M. Herrera	391!*	D. Wolf	523*	R. Petersen	
97 lbs.	Master (68-74)		Master (61-67)	4th-502*		
Cunningham	110*	198 lbs.	165 lbs.	Teen (18-19)		
114 lbs.	W. Prince	264	S. Lemire	253*	148 lbs.	
H. Miller	203*	Open	259 lbs.	J. Herstein	485*	
S. Tal	148	165 lbs.	!=World Records.			
132 lbs.	K. Lyons	314	David Edgell was the meet director and had great awards. He did an excellent job of emceeing and passing out the trophies. John Dennison and Scott Mecham were drug tested and passed. The Hampton Inn is a half block from I-80, near the Salt Lake City airport. Plenty of parking and a nice restaurant. In the deadlift, Justin Herstein set a Wyoming record 485 in Class I/148. Gary Miller set a Nevada record 358 in Master 54-60/148. David Wolfe set a Wyoming record 523.5 in Master 54-60/242. In Master 61-67/165, Stefan Lemire set a Utah record 253.5. In Master 61-67/259, Bud Davis, age 65, hauled in an impossible 628.2 stiff legged! He's got the strongest back of any master lifter in the world. He's 6'2", so he pulls the bar a long way. Manny Herrera set a Utah record 440.7 in Master 61-67/275. Leslie Hofheins set a Utah record 369.2 in Open women 132, almost triple body weight. Jody Tripp, in her first meet, set a Utah record 303 in Open women 181. She has tremendous intensity. In Teen 16-17/259, Garrett Clark set a world record 5020.6 with 25 to spare. Richard Peterson, in 16-17/275, set a Utah record 501.5 and Justin Herstein was very impressive with a Wyoming Teen 18-19/148 record of 485. In the bench press, Gary			
L. Hofheins	203*	181 lbs.	T. Carr	446		
165 lbs.	D. Carr	446	T. Ponzio	303		
T. Cowgar	115*	198 lbs.	T. Cowgar	523		
181 lbs.	E. Reyes	363	Teen (14-15)			
J. Tripp	192	220 lbs.	Teen (16-17)			
4th-214*	S. Mecham	523	Teen (18-19)			
UL	4th-529*		Teen (16-17)			
D. Richards	314	275 lbs.	Teen (18-19)			
Submaster			Teen (16-17)			
114 lbs.	T. Cowgar	523	Teen (18-19)			
S. Tai	148*	308 lbs.	Teen (16-17)			
132 lbs.	J. Dennison	606	Teen (18-19)			
L. Hofheins	203*	Submaster (33-39)	Teen (16-17)			
165 lbs.	T. Ponzio	303	Teen (18-19)			
T. Cowgar	115*	Teen (14-15)	Teen (16-17)			
Teen (16-17)	J. MacKay	192!	Teen (18-19)			
97 lbs.			Teen (16-17)			
Cunningham	110!*	Teen (16-17)	Teen (18-19)			
MEN	148 lbs.		Teen (16-17)			
Class I	R. Lund	242!	Teen (18-19)			
148 lbs.			Teen (16-17)			
J. Herstein	264*	148 lbs.	Teen (18-19)			
165 lbs.	J. Herstein	264!	Teen (16-17)			
A. Stephens	303	DEADLIFT	Teen (18-19)			
198 lbs.			Teen (16-17)			
J. Adams	457	WOMEN	Teen (18-19)			
4th-462*		Master (40-46)	Teen (16-17)			
Junior (20-25)		181 lbs.	Teen (18-19)			
181 lbs.	J. Tripp	303*	Teen (16-17)			
W. Anderson	305	Open	Teen (18-19)			
4th-319*	S. Tai	275*	Teen (16-17)			
SHW			Teen (18-19)			
T. Roessier	424	L. Hofheins	369*			
Master (40-46)		165 lbs.				
165 lbs.	T. Cowgar	181*				
K. Lyons	314	181 lbs.				
181 lbs.	J. Tripp	303*				
D. Carr	446	Submaster				
275 lbs.		114 lbs.				
T. Cowgar	523	S. Tai	275*			
308 lbs.		132 lbs.				
J. Dennison	606	L. Hofheins	369*			
Master (47-53)		MEN				
198 lbs.		Class I				

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The Rocky Mountain Regional Team Champions: Ryan Lund, Tyler Roessler, Geri Cunningham, and Garrett Clark (l-r)

Miller set a world record 314 in Master 54-60/148 and locked out 330.5, but was turned down for uneven extension. Gary will be putting on a WABDL event August 15, 2009, that promises to be a first class event. It will be in Pahrump, Nevada, about 1.5 hours northwest of Las Vegas. Randy Marchant set a Utah record 336 in Master 54-60/198. Manny Herrera set a Utah record 391.2 in Master 61-67/275. Manny is Ted William's cousin and has collaborated on almost every book written about Ted Williams. David Wolfe set a Wyoming record 363.7 in Master 54-60/242. Geri Cunningham set a world record 110 in teen 16-17/97. She was ably coached by her father, Jon Cunningham, who has set two world records in Master 40-46/181 bench with over 500 lbs. Scott Mecham, after a three year absence, set a Utah record 529 in open 220 and passed the drug test. John Dennison, in Open 308, benched 606.2 for the highest bench of the day. Tim and Teresa Cowgar, from Casper, Wyoming, set state records. Teresa benched 181.7 at Open women 165, and Tim benched 523.5 in Master 40-46/275. Also, after a three year absence, Bill Mott deadlifted 677.7 at super. He's done 771 at 308 and he only trained for six weeks. He's one of the truly gifted natural strength athletes. If he ever gets serious, 850 is his. I want to thank David Edgell and his staff, Dave Marchant did a good job judging. The main sponsor was Jason Hansen and his revolutionary nutrition company, (report provided courtesy Gus Rethwisch) "For the second year in a row the Hampton Inn and Suites at the Salt Lake City airport hosted the WABDL Rocky Mountain Regional Powerlifting Championships. The contest was attended by dozens of the western United States strongest athletes. These athletes showed their prowess by breaking three world records and shattering state record books with 38 new state records. The roomful of spectators was entertained all day long. A special thanks is deserved by K&T Performance of Roy Utah, HBFS of Sunset Utah, Big Dave's Training of Draper, Utah, Powerade Utah, APT Prowristwraps, and The Body Evolution for making the competition possible. The meet started with the women's divisions and the teen men. Within the first several lifters Geri Cunningham stepped up and delivered another world record bench press. The women proved they were there to compete as most set PRs, broke various state records, and put on a show. When the dust settled Hedy Miller won best lifter by breaking the 200 barrier for the first time with a 203 press. Hedy is 54 and lifts in the 114 class! The men continued the show with Gary Miller of Pahrump Nevada pushing a world record 314. Gary is a multi world record holding presser. Scott Mecham turned in a notable performance with a 529 press at 218 bodyweight. John Dennison won best lifter with a 606 performance. The deadlift was show for the young and old. Perennial crowd favorite Bud Davis was back in form with his grab and grind style of deadlift. Bud won best male deadlift with a 628 effort

at 65 years old. Some young dogs put on a show with notable lifts by 19 year old Justin Herstein of Wyoming pulling 485 at 148. Believe it or not Justin had an off day as he is usually able to go over 500! Sixteen year old Garret Clark bested the old world record in his class by almost 100 lbs. He raised the new mark to 501.5 from the old record of 414. If he would have been allowed more attempts he could have pulled past the 550 mark. Another teen Richard Petersen showed true grit. This first time lifter hurt both hamstrings a week before the meet while working on the farm. Even though he wasn't at 100% he pulled a 501.5 in fine style. In full health he would have easily bested the world record in his class. Sarah Tal pulled my personal favorite deadlift of the contest. At a 114 bodyweight this first time lifter pulled a 275 lift that easily took 20 seconds. She has a pitbull attitude that is amazing to witness. Leslie Hofheins continued her winning ways by pulling a 369 lift that at 132 earned best lifter honors. Jody Tripp in her second contest took two state records with a 303 pull. Three weeks before the meet Teresa Cowgar was nursing a sore back, but by contest time decided to go all in and came away with two new Wyoming state records. Team "The Shop" comprised of Tyler Roessler, Geri Cunningham, Garrett Clark, Ryan Lund, and Richard Petersen carried away team honors and two individual world records. Before during and after the meet Powerade of Utah provided an endless supply of hydration for all the athletes and spectators. Without their help we would have all been a little more parched. Jason Hansen of Body Evolution was on hand to provide the athletes what I consider to be the greatest meal replacement supplement ever. A special thanks goes to Alan of APT Prowristwraps who provided t-shirts and wrist wraps for the contest. In any contest there are efforts that are noticed but often go unrewarded. There are only a couple of "best lifters", but due to Alan's efforts we were able to hand out some of his new "lockout" and "good lift" t-shirts and his top notch wrist wraps. Alan you are a true gem. The athletes were treated to different styles of battle axes as trophies from Charles Ventrella. The best lifters were awarded full size roman gladiator helmets as symbols of their victories! A very special thanks goes out to Jeremy Martin and Jon Cunningham for all their help and generosity in putting on this competition. (report courtesy David Edgell)

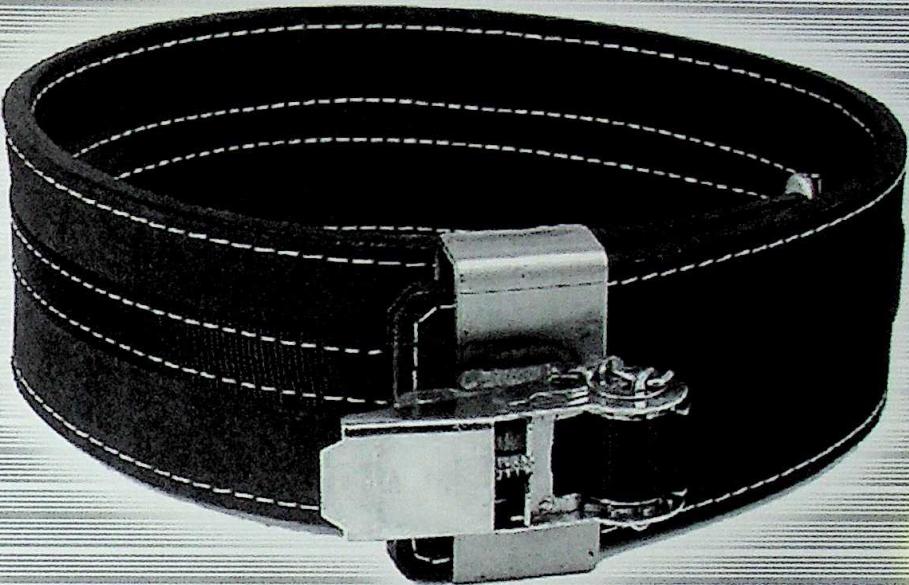
APP/AAPF Cutting Invitational 28 JUN 08 - Albany, NY

BENCH		AAPF
FEMALE		220 lbs.
APP	Master (65-69)	
132 lbs.	E. Brown	337*
Open		275 lbs.
J. Faraone	353!!	Master (45-49)
MALE	P. Burgess	285*
FEMALE	SQ BP DL TOT	
148 lbs.		
Teen (18-19)		
R. Mayer	352*	217!! 313* 882*
MALE		
114 lbs.		
Teen (13-15)		
A. Forezzi	225* 126* 260* 611*	4th-BP-140*
165 lbs.		
Master (50-54)		
G. Sagor	446*	209* 391* 1046*
181 lbs.		
Master (40-44)		
D. Naughton	403	475!! 470* 1348
198 lbs.		
Teen (13-15) Raw		
A. Carter	400* 280* 475* 1153*	4th-BP-295*
275 lbs.		
Submaster		
Asimakopoulos	610*	435 580* 1625*
!=AAPF American Records.		
=Meet Records.		
Special thanks to judges Glenn Stevens, Ray Brunk, and Susan McCallion; spotter/loaders Kyle Mangione, Peter Hand, Austin Lobban, Evan Cronmiller, and Platform Manager Tys Yavonditte. (thanks to Cutting Edge Sport Sciences for providing the meet results)		

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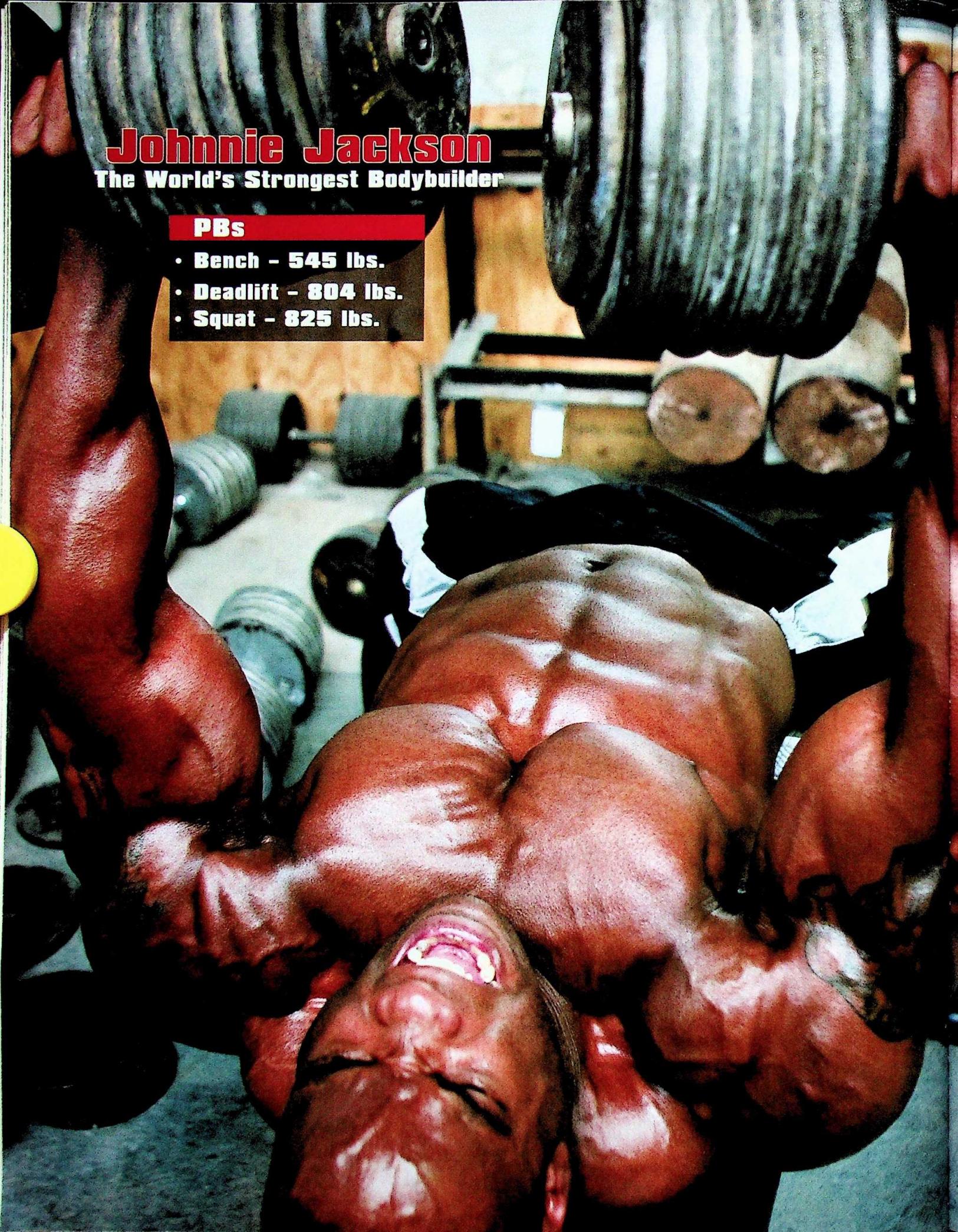
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double (123.2 vs. 34.6 lbs.) and the same extraordinary test subject also added 160 pounds to his max leg press.

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- **Jack Your Raw Bench by up to 110 lbs. in Only 8 Weeks!**
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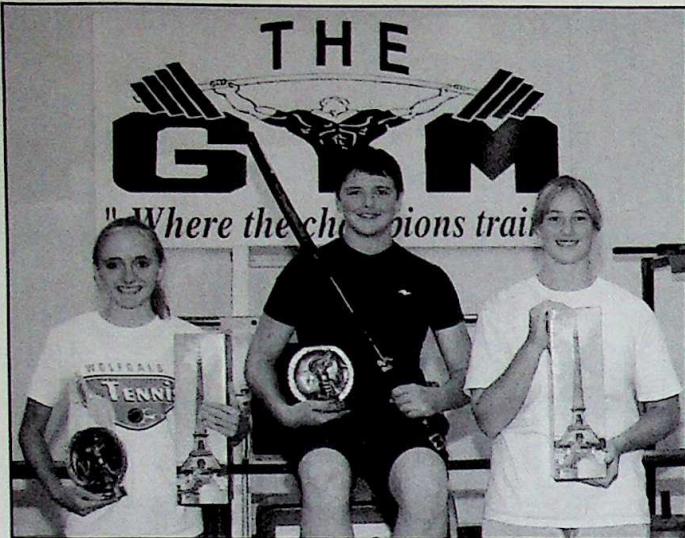
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Flora Trio, left to right, cheerleader Amy Poole, Jr. High footballer Zach Davis, and freshman basketball/softball player Harley Davis went a combined 27/29 attempts with 11 State and 7 NASA Unequipped American records at the Tri State meet, raising more than \$1000 for the cheerleading squad in the process. (photograph courtesy Smitty)

NASA Tri-State Regional 19 JUL 08 - Flora, IL

BENCH	T. Burge	290*
MALE	Police/Fire	
181 lbs.	A. Decker	405*
Masters III	308 lbs.	
J. Wood	410!	Raw SM I
198 lbs.	Pure/Open	
Intermediate	M. Rose	415*
Push Pull	BP DL	TOT
MALE		
165 lbs.		
Teen		
Z. Davis	90*	205* 295*
Power Sports CR	BP	DL TOT
198 lbs.		
Masters III		
J. Racklin	100	170 285 555
Powerlifting	SQ	BP DL TOT
FEMALE		
Raw		
114 lbs.		
High School		
A. Poole	855*	65!* 145!* 295!*
MALE		
Raw		
181 lbs.		
High School		
H. Davis	105!* 90!* 200!* 395!*	
*=American Records. *=State Records. The		

2008 Natural Athlete Strength Association's annual Tri-State Regional Championships in Flora drew a new record for fewest number of entries this year with just eight bodies competing. The result, everybody including spotters and loaders, was at the local Pizza Hut by noon with plenty of energy left to attack the buffet bar. Despite a record low number of lifters, the percentage of lifters setting records remained high. Perhaps the story of the day was the record setting effort by Flora High School cheerleader Amy Poole, who made the most of her debut with four state and three American records in the 114 pound, unequipped high school division. Amy, who just began lifting at the beginning of the summer, opened with a state record attempt of 65 pounds in squats. She was in the meet and increased the weight to 85 pounds before loosening her abs and leaning forward at 95 pounds for no lift. She cruised through the bench press with state and American record efforts of 50, 60, and 65 pounds. The 65 pound effort also represented a personal best. Amy capped off her day with three strong deadlifts of 125, 135 and 140 pounds. All state and American records. She opted to take a fourth and hoisted a successful 145 pound final at-

tempt to boost her record total to 295 pounds. Also lifting in the High School Division was incoming FHS freshman Harley Davis, who made her debut a year ago in this same meet. Harley has had to train basically on her own with her lifting coach spending most of his summer at his other job. She did well on her own, setting state and American records for squat, bench press, deadlift and total, plus putting together her first 10-10 day when she successfully pulled fourth attempt deadlift of 200 pounds. Harley cautiously opened with a 95 pound squat, then increased it to 100 pounds before finishing with a 105. She stayed perfect with bench press efforts of 80, 85, and 90 pounds to give her a 195 pound sub-total going into deadlifts. The tall freshman was rock solid on her 185-pound opening deadlift, then made five-pound increases on the next three efforts to finish the day with a 200-pound lift and a 395-pound total. The two high school lifters were close, but it was Amy taking the Outstanding Lifter trophy by less than five-tenths of a point. Harley's younger brother, Zach, opted to enjoy the meet and do Push-Pull to skip squats. The result was he set State records in Bench Press, 90 pounds; Deadlifts, 205 pounds and Total, plus claimed the Push-Pull Outstanding Lifter award with a 295 pound total. Olympic lifter Jon Racklin made the short trip from Olney to Flora to train light for the day by doing a Power Sports meet. Jon lifted well within his capabilities with the State record holder for Masters 3 cruising through the day and going 8-9. Curls were easy at weights of 75, 90, and 100 pounds,

while his first two Bench Press efforts of 155 and 170 pounds jumped off his chest before 190 stalled just before breaking over the top. He came back with easy, overhand Deadlifts of 255, 270 and 285 to post a solid 555 total and claim the Power Sports Outstanding Lifter trophy. Part of the H&B Fitness crew was able to attend the meet, although they admitted moving the meet up a week resulted in several lifters not being able to attend. H&B's big guy, Deputy Sheriff Mark Rose, was making his return to the platform after a work-related injury took him out of action for nearly a year. The big guy opted not to put too much pressure on himself, so he lifted raw and the result was state records in the unequipped submasters, pure, and open divisions where the 302 pounder easily pushed up a 415 opening attempt before running into trouble with the pause at 440 and getting it stuck twice. Anthony Decker increased his 198 pound state record in the police and fire division with his opening lift of 405 pounds, 10 pounds more than last year's effort. Twice he had trouble getting his shirt in the right groove at 430 pounds, so he had to settle for the one lift. His 430 would have also given him the American record, plus allowed him to dislodge teammate Jerry Wood as the outstanding lifter. Instead, it stuck just short of breaking over the sticking point. Jerry Wood just continues to get better with age. The H&B lifter has his name scattered throughout the record book for several age and weight divisions and added it to another level on July 19 with lifts of 405 and 410 pounds in the masters III, 181 pound class. The meet went quickly without anybody being rushed. The first lift was made a 9 a.m. and everybody was eating pizza by 11:30 a.m. A total of 49 attempts were taken with 39 of them successful and 37 lifts taken toward either State or American records. Most importantly, the event generated more than \$1,000 for the Flora High School cheerleading activity fund. Next year, the meet returns to its regularly scheduled last Saturday of July time. Before then, NASA President Rich Peters returns to Flora for the annual Christmas meet on Dec. 20. (results provided courtesy Lindell Smith)

Application for Registration in the Natural Athlete Strength Association

First Name - _____ Last Name - _____ Date - _____

Mailing Address - _____ City - _____

State - _____ Zip - _____ Phone - _____

Date of Birth - _____ Age - _____ E-mail Address - _____

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APF 1st Western States 26 JUL 08 - Reno, NV		
BENCH	Master (50-54)	
MEN	181 lbs.	
Teens	R. Arredondo	350
242 lbs.	D. Gooch	405
	A. Lindsey	365
Master (45-49)	M. Minieta	330*
198 lbs.	Open	
F. Dena	198 lbs.	
242 lbs.	I. Miller	480
G. Phipps	P. Dena	390
SHW	220 lbs.	
J. Bachmeier		
A. Ramsey	SHW	
Powerlifting	A. Ramsey	540
WOMEN	BP DL TOT	

	SQ	BP	DL	TOT
Powerlifting WOMEN				
181 lbs.				
K. Packer	455	240	370	1065
MEN				
Teen				
198 lbs.				
M. Phipps	404	225	445	1075
220 lbs.				
S. Gettings	385	305	415	1105
275 lbs.				
B. Dunn	415	255	425	1095
Masters (45-49)				
181 lbs.				
S. Avanzino	—	—	425	—
220 lbs.				
D. Copeland	520	425	520	1465
275 lbs.				
D. English	550	525	625	1700
Masters (50-54)				
181 lbs.				
L. Ivy	505	—	—	—
275 lbs.				
R. Cabo	630	465	525	1620
Master (55-59)				
181 lbs.				
D. Cain	225	265	275	765
220 lbs.				
D. Cameron	400	200	500	1100
242 lbs.				
T. Kezarian	425	370	425	1220
Master (65-70)				
R. Erickson	500	290	460	1250
Open				
198 lbs.				
J. Bova	520	380	505	1405
K. Herzik	455	390	485	1330
D. Dejean	505	300	475	1280
220 lbs.				
J. Young	315	365	365	1085
K. Nieznanski	530	—	480	—
R. Matulia	500	—	630	—
275 lbs.				
D. English	550	525	625	1700

=National Records. The first annual APF Western States Powerlifting and Bench meet, held July 26th at American Iron Gym in Reno, Nevada was a roaring success. The goal was catered to the lifter-athlete, making sure they were catered to in every way possible. "We would like to have two bi-annual meets a year" one in July and another in January. (from Tamara Lopes)



Best Lifters at the WNPF Teenage Nationals and American Cup Championships in Philadelphia. (photograph courtesy Troy Ford)

	Open	242 lbs.
Staab!	150*	(50-59)
(60-69)	150*	Bosley# 160
Staab!	150*	300 lbs.
181 lbs.	(50-59)	(50-59)
Walk	120	
Smith	150*	SQUAT
220 lbs.	100 lbs.	
(40-49)	100 lbs.	(9-10) Raw
Sexton!	155*	Brown 70*
Powerlifting	SQ	BP DL TOT
WOMEN		
123 lbs.		
(17-19) SP		
Selph	170*	105 205 480
(20-23) U		
Perez#	225	105 235 565
132 lbs.		
(11-12) SP		
Sexton	120*	70* 145* 335*
(13-16) Raw		
Little	150*	90* 195* 435*
SHW		
(40-49) Raw		
Martz	55	65 190 310
MEN		
80 lbs.		
(9-10)		
Sexton	100*	45* 135* 280*
123 lbs.		
(17-19) SP		
Digese	265*	185* 305* 755*
148 lbs.		
(17-19) Raw		
Cover	325	260* 435* 1020*
(17-19) SP		
Brida	405*	235* 410* 1050*
(20-23) Raw		
Greathouse	285	205 330 820
165 lbs.		
(13-16) SP		

WNPF American Cup/Single Lift 30 MAR 08 - Philadelphia, PA

	DEADLIFT	
BENCH	All Lifters	
100 lbs.	80 lbs.	
(11-12) Raw	(9-10) Raw	
Ryan	60	Ryan 75
148 lbs.	132 lbs.	
Lifetime	(13-16)	
Feehey#	160*	Sexton! 155*
Open		
Feehey!	160*	(20-23) Raw
MEN		
181 lbs.	MEN	
(50-59) SP	MEN	
Smith	325*	McGuire 275*
198 lbs.	100 lbs.	
Junior U	Brown	
Cranage	315	132 lbs.
(60-69) Raw	Open Raw	
Hansberry	300	Dantzler 175*
220 lbs.	165 lbs.	
Lifetime Raw	(60-69) Raw	
Hicks!	320*	Staab! 275*
(40-49) SP	(60-69) Raw	
Klazas	460	(60-69) Raw 275*
(50-59) Raw	181 lbs.	
Hicks	320*	Lifetime Raw
242 lbs.	Johnson 500	
(17-19) Raw		
Griffith	230	(60-69)
Lifetime Raw	Dennison 550	
Cranage	350	242 lbs.
(50-59) Raw	Lifetime Raw	
Cranage	350	Cooper# 740
275 lbs.	(17-19) Raw	
(40-49) SP	Griffith 545*	
Cantrell	500*	POWER CURL
(50-59) Raw	132 lbs.	
Schneph!	375*	(13-16)
BENCH Reps	Dantzler 55	
148 lbs.	Open	
Lifetime	Dantzler 55*	
Feehey	47	165 lbs.
Open	(60-69)	
Feehey!	47*	Staab 150

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mechanism in the
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Colas	385*	250*	410*	1045*	220 lbs. Lifetime
(17-19) SP					
Columbia#	410	250*	500*	1160	Greene# 525* 365 575* 1465*
(17-19) Raw					242 lbs.
Smith	295	210	380	885	(40-49) Raw
198 lbs.					Stoudt 425 345 440 1210
(17-19) Raw					=WNPF National Records. #=Best Lifters.
Glotfely	420	250	415	1085	!=WNPF Lifetime Organization Lifters.
Haldeman	265	225	400	890	U=Unlimited Division. SP=Single Ply Division.
Lifetime Raw					Team Champs: Teenagers-Donavan Power, Open-Penn State Power. (WNPF)
Henze	385	280	465	1130	

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LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ DATE OF BIRTH: _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

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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.

ADAU Raw Pittsburgh/Kumite 24 MAY 08 - Pittsburgh, PA					
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
123 lbs.					
Open Teen					
K. Irwin	176	82	237	496	
132 lbs.					
Open Submaster					
S. Tephly	154	110	176	440	
148 lbs.					
Open					
D. Pritchett	115	88	154	358	
165 lbs.					
Open					
K. Boyer	225	137	275	639	
Open Submaster					
P. Moore	148	110	248	507	
MALE					
132 lbs.					
Open Teen					
D. Gloeckl	275	203	330	810	
Open Master					
S. Stein	242	165	330	738	
148 lbs.					
Open					
J. Martucci	341	225	402	970	
165 lbs.					
Open					
S. Contreras	330	242	462	1036	
Open Teen					
L. Gloeckl	314	286	363	964	
Open Master					
R. Hutchison	325	203	424	953	
181 lbs.					
Open					
D. Teeter	485	325	573	1383	
R. Spaniel	402	319	473	1196	
198 lbs.					
Open Junior					
T. Bozich	374	297	512	1184	
Open					
D. Chew	407	297	473	1179	
J. Stopiro	374	314	418	1107	
D. Urban	380	259	435	1074	
Open Master					
C. North	220	154	314	688	
220 lbs.					
Open					
D. Dorn	479	292	600	1372	
T. MacDonald	407	297	562	1267	
Open Junior					
B. Moore	352	—	496	—	
319 lbs.					
Open Submaster					
Blattenberger	440	402	507	1350	
SHW					
Open					
S. Buccilli	622	440	600	1664	
Team Champions: 63rd Street Powerlifting Team, NY, NY. Outstanding Female Lifter: Katie Boyer, Age 27 from New York City. Outstanding Male Lifter: Don Teeter, Age					



Steve Buccilli, the biggest man in the house, smoked a 440 lb. bench to take the Superheavyweight title at the ADAU Raw Pittsburgh Championships. (photographs were provided by Nickolas Vlasic)

36 from Pittsburgh, PA. On Memorial Day weekend, the most important of all holidays, amidst a capacity crowd of thousands at the Kumite Classic Pittsburgh Fitness Expo held at the Expomart in Monroeville, PA, in conjunction with 15 other championship events ranging from bodybuilding to karate to strongman to figure competition to grappling to name a few, the 2008 ADAU Raw Pittsburgh Powerlifting Championships exploded onto the scene and solidly established raw, drug-tested powerlifting as a force to be reckoned with in the Pittsburgh strength community. The powerlifters came from across the Northeastern United States. Some young, some old, most from Southwestern Pennsylvania, many from as far away as Erie, New York, and Maryland, but all with a fire in their eyes and determination in their hearts, these competitors brought their best to the platform and lifted with something to prove. And once the first lifters grunted and climbed under the bar to begin the squats, there was no turning back the raw, drug-tested powerlifting revolution in Pittsburgh had begun. At 123 lbs., Kayla Irwin from Erie representing Joe's Gym was the lightest lifter at the meet but posted big numbers as she hit an American record squat at 176 lbs. and an American record deadlift at 237 lbs. to take her weight class in the Female 123 lb. Open and Teen divisions. From there on, the ladies from the 63rd Street Powerlifting Team out of New York City swept through the next three weight classes, contributing heavily to their team winning the first place team trophy. Shirley Tephly brought textbook form and an air of femininity to the platform and earned the Female 132 lb. Open Class with a 440 lb. total. With single-minded focus and unmatched resolve, Debra Pritchett won the Female 148 lb. Open Class with a 358 lb. total. And after some initial difficulty with her first two squat attempts, Katie Boyer would not be denied, smoking her third squat at 225 lbs., followed by impressive lifting the rest of the meet, earning her not only first place in the Female 165 lb. Open Class with a 639 lb. total but the Best Female Lifter award as well. Paula Moore from PA finished second in the Female 165 lb. Open Class with some very solid, confident lifting. At 16 years old and hard as a rock, Devin Gloeckl claimed the 132 lb. Men's Open and Teen Classes with an 810 lb. total, embodying the true spirit of raw and drug-free lifting. Steven Stein from the 63rd Street Powerlifting Team out of New York City finished a close second in the 132 lb. Open Class but won the 132 lb. Master Class totaling 738 lbs., proving that at age

55 he has many more years of impressive lifting to come. A legend in raw powerlifting for many years, Joe Martucci iced first place in the 148 lb. Men's Open Class with a large 970 lb. total. In a calm and cool manner throughout the meet, he proved on the platform why he is the best. Coached by the great Ryan Celli, Shawn Contreras masterfully and methodically powered his way through each of his lifts, finishing with a big total of 1036 lbs. that earned him the 165 lb. crown in the Men's Open Division. Second place in the Men's 165 lb. Open Class and first in the 165 lb. Teen Class went to Lowell Gloeckl with a 964 lb. total, who showed good potential to be one of the top raw, drug-free powerlifters in the Pittsburgh area as he gains more experience. A close third place finish in the 165 lb. Men's Open Class but first place in the 165 lb. Men's Master Class went to Rich Hutchison from Maryland who never fails to produce a strong and consistent performance in every competition over his many, many years as a powerlifter. At 181 lbs., Don Teeter was man on a mission. With unmatched intensity and a will of steel, he posted the second biggest squat of the meet at 485 lbs., the third biggest bench of the meet at 325 lbs., and a huge 573 lb. deadlift to finish with an unreal 1383 lb. total, winning not only the 181 lb. Men's Open Class but the Men's Best Lifter Award as well without question making him the strongest man in Pittsburgh, raw and drug-tested. A strong and determined competitor throughout the competition, R. Sean Spaniel hit many impressive lifts as well to finish in second place in the 181 lb. Men's Open Class with an 1196 lb. total. Fierce and heavy competition ruled until the end in the 198 lb. Men's Open Class, with the top four finishers separated by only a small margin. But when the smoke cleared, a big 512 lb. deadlift helped Tony Bozich jump two positions to come out victorious with a first place finish not only in the 198 lb. Men's Open Class but in the 198 lb. Junior Class as well. Close behind, second place 198 lb. Men's Open Class finisher Derek Chew muscled up the biggest squat in the class at 407 lbs; and close behind as well, Jason Stopiro who finished in third place blasted up the biggest bench press in the class at 314 lbs. Dennis Urban, who stayed strong and close throughout the day, finished in fourth place; and Charles North, in his first competition, finished fifth in the 198 lb. Men's Open Class but won first place in the 198 lb. Men's Master Class. In the end, the 220 lb. class became a battle of the monster deadlifters, with Darren Dorn and Terry MacDonald rocking the

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National Referee _____ State Referee _____

Club No.	Club Name:
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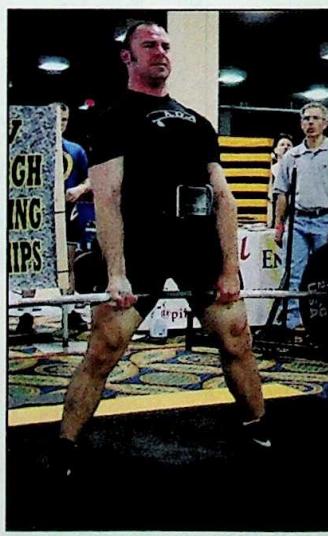
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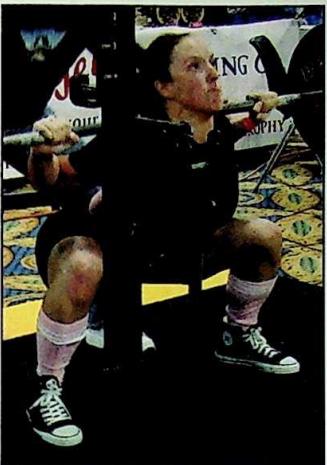
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Date of Birth	Age	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	Application Date	Social Security Number
First Name	Middle Name	Last Name		
Address				
City		State	Zip Code	
E-mail		Phone (With Area Code)		

I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book.
NOTE: Parent/Guardian signature required if member under 18 years old.
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Parent/Guardian Signature _____
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E-mail: al@pikitup.com • Website: www.pikitup.com



No Doubt About It ... **Don Teeter** convincingly won the Best Men's Lifter award with a huge 573 deadlift, finishing with a 1383 total.



Katie Boyer goes deep to sink a 225 pound squat effort on her way to winning the Best Female Lifter Award at the ADAU Raw Pittsburgh Championship event.

house back and forth with big pulls and big pull attempts. Dorn earned the 220 lb. Men's Open Class first place trophy, ripping up a colossal 600 lb. deadlift on his opener, but missing an American record 672 twice on subsequent attempts. Transitioning from a very successful bodybuilding career to a powerlifting career, a very muscular MacDonald stayed close and posted an awesome 1267 lb. total to finish second in the class. Bob Moore started strong and showed promise to remain competitive until the end, but missed three bench press attempts which knocked him out of the competition. Fierce and focused, Christian Blattenberger drew the awe of many onlookers as he muscled his way through a 440 lb. squat, a 402 lb. bench press, and a 507 lb. deadlift to earn the Men's 319 lb. Open and Submasters Classes. Like an M1A1 Tank, Big Steve Buccilli rolled over the biggest lifts of the day, man-handling a 622 lb. squat, a 440 lb. bench press, and a 600 lb. deadlift to total a Hulk-like 1664 lbs., pulverizing the Men's Open Superheavyweight Class. Many thanks to those who made this meet possible. Many thanks to Joe Wilson and his crew from Rock Hard Gym II in Bell Township (Adam Euzak and Corey Adams) for providing spotting/loading assistance; and thanks to Lance Schrecengost and his crew from Schrec's Health Club for their spotting/loading assistance as well. Thanks to Sir Charles Venturella of 5150 Sports Photography for providing his professional services. Thanks to Mighty Joe Oregina for serving as meet announcer; and special thanks to the most experienced judges in all of powerlifting, Brenda and Allan Siegel, Jay Siegel, and Thomas "Bugsy" Bayer for their expertise throughout the day. Katie Boyer, Steve Buccilli, Lowell Goeckl, and Don Teeter, all passed the Quest Diagnostics urine tests. (Results provided by courtesy of the undead staff at Monsters Unlimited "We Build Bodies from Scratch")

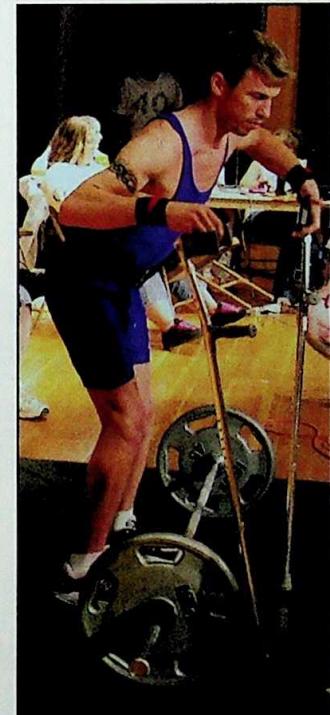
APA August Meet

	31 AUG 08 - Wyoming, MI	Powerlifting	SQ	BP	DL	TOT
WOMEN						
Open						
165 lbs.						
L. Boshoven	580	260	530	1370		
Master						
165 lbs.						
L. Boshoven	580	260	530	1370		
MEN						
Teen Raw						
148 lbs.						
C. Vredeveld	—	180	280	460		
Master Raw Natural						
220 lbs.						
M. King	555	225	555	1335		
242 lbs.						
M. Valles	295	265	345	905		

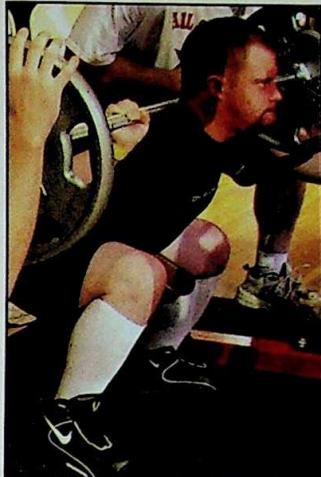
Master Natural						
220 lbs.						
J. Keurink	700	365	535	1600		
Master Open						
220 lbs.						
T. Sheehan	725	500	510	1735		
Submaster Natural						
275 lbs.						
B. Gainey	600	420	505	1525		
Guest Master Natural						
165 lbs.						
J. Smoker	575	—	—	575		

Congratulations to all of the participants in this very exciting meet! New lifter CamVredeveld, age 15, only had one squat workout under his belt so elected to bench and deadlift only. He set two personal records! Lynne Boshoven, age 51 at 165 lbs., had a great 1370 total at 164 lbs. bodyweight. This matched her best total ever in the 181 weight days. Jim Jeurink had his best day ever with a personal record 1600 total at 220 bodyweight. Tim Sheehan also lifted at 220 with a stellar 725 squat which he has been training intensely for! He was also happy his bench is "back" after having done body building contests. Both Mike King (220) and Manny Valles (232) are training around injuries. Mike has had a pec tear, and Manny has pins and plates in his leg from a fall from a ladder. Bud Gainey is a new lifter at 275 and was excited to make a personal best in the squat, bench and deadlift. (Lynn Boshoven)

Illinois SO Summer Games						
13-14 JUN 08 - Normal, IL						
Push Pull	BP	DL	TOT			
FEMALE						
123 lbs.						
C. Kensinger	—	175	175			
148 lbs.						
L. Newbury	—	85	85			
165 lbs.						
S. Meents	85	210	295			
N. Brickwood	80	205	285			
M. Mena	—	110	110			
181 lbs.						



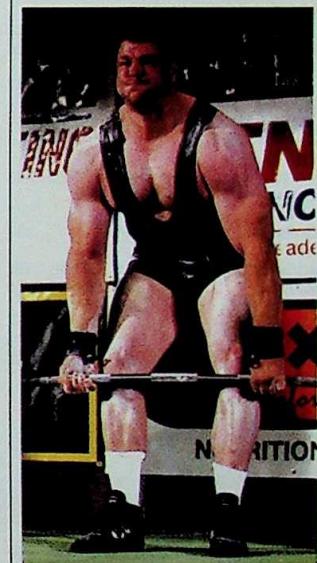
Ricky Fryman approaches the bar with arm/wrist crutches, which he hands to his coach, and then does a conventional deadlift. According to Lindell Smith .. 'Ricky represents some of the reasons we volunteer to work Summer Games each year.'



Dustin Dickens with his first ever competition squat at the Illinois Special Olympics Championships. (Photos courtesy of Smitty)

S. Scala	220	160	380
A. Khalil	115	210	325
M. Dickson	115	215	330
242 lbs.			
B. Evans	220	390	610
E. Doby	250	355	605
E. Polívka	205	365	570
E. Gosa	185	315	500
C. Bosomworth	125	325	450
B. Simpson	180	250	430
A. Kozarewicz	150	240	390
A. Mingle	165	190	355
P. O'Malley	150	200	350
275 lbs.			
W. Hopkins	260	410	670
M. Brown	230	380	610
B. Stroud	195	325	520
S. Millwe	185	335	520
J. Fajdich	185	330	515
B. Albert	185	270	455
D. Graham	145	300	445
E. Adams	115	265	380
J. Andres	115	245	380
D. Phillips	145	225	370
C. Georgatos	120	245	365
B. Perkins	120	230	350
K. Garner	65	165	230
T. Lake	50	120	170
D. Cahill	—	170	170
P. Paige	—	170	170
A. Esquivel	—	135	135
Powerlifting	SQ	BP	TOT
148 lbs.			
D. Dickens	240	185	240
165 lbs.			
D. Kelly	225	135	255
The spotters are NASA volunteers Marshall Lake and Jason Sanders. (Lindell Smith).			615

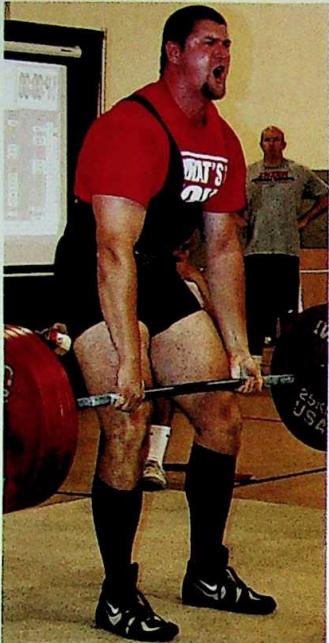
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**USAPL CA Summertime PP
16 AUG 08 - Santa Clarita, CA**

BENCH	Vandermade	336
MALE		
Masters	M. Pacione	452
198 lbs.		
H. Fritz	342	MALE
220 lbs.	Masters (coefficient)	
G. Baxter	331	220 lbs.
Wolmesdorff	254	G. Baxter 595
242 lbs.	Wolmesdorff	331
J. Chaaban	480	242 lbs.
B. Evans	424	J. Chaaban 507
275 lbs.		275 lbs.
T. Stewart	303	T. Stewart 529
Masters Raw	Masters Raw	
242 lbs.		242 lbs.
W. Jandoc	342	W. Jandoc 551
275 lbs.		Open
D. Mishalof	265	181 lbs.
Open		J. Pascual —
181 lbs.		242 lbs.
J. Pascual	331	J. Chaaban 507
198 lbs.		Open Raw
L. Oeri	336	132 lbs.
242 lbs.	G. Molina	380
J. Chaaban	480	K. Meskew 358
R. Ryan	353	198 lbs.
Open Raw	A. Fregoso	375
132 lbs.	C. Hedges	369
G. Molina	187	220 lbs.
K. Meskew	182	R. Garza 485
198 lbs.	C. Rasmussen	480
A. Fregoso	215	242 lbs.
C. Hedges	187	R. Ryan 507
220 lbs.		275 lbs.
R. Garza	287	J. Planas 672
C. Rasmussen	287	Vandermade 562
275 lbs.		275+ lbs.
J. Planas	485	M. Pacione 562
Push Pull	BP DL TOT	
MALE		
Masters (coefficient)		
220 lbs.		
G. Baxter	331	595 926
M. Wolmesdorff	254	331 584
242 lbs.		
J. Chaaban	480	507 987
275 lbs.		
T. Stewart	303	529 832
Raw Masters (coefficient)		
242 lbs.		
W. Jandoc	342	551 893
Open		
181 lbs.		
J. Pascual	331	— 331
242 lbs.		
J. Chaaban	480	507 987
R. Ryan	353	507 860
Raw Open		
132 lbs.		
G. Molina	187	380 568
K. Meskew	182	358 540
198 lbs.		



Russ Ryan deadlifting at the USAPL Summertime Push/Pull (photo by courtesy of Lance Slaughter)

the contest. Highlights of the meet included Bob Evans setting a California Masters State record in the bench press with a lift of 424 lb. Evan's lift also earned him a first place finish among all Masters competitors by weight/age coefficient. Jim Chaaban competed in the Open and Masters and got a strong opening bench press at 479 lb. while missing two attempts at 507 lb. In the deadlift event, Geraldo Molina, lifting in the 132 lb. weight class, competed in the raw division and posted an outstanding 380 lb. deadlift. Greg Baxter went 3 for 3 and shattered the California State Masters Record with final lift of 595 lb. The star of the meet was John Planas. Lifting raw in the 275 lb. class, John went six for six in both events and posted a personal best in the bench press with 485 lb. and a personal best deadlift of 672 lb. Planas' outstanding lifting also earned him Best Lifter recognition among all competitors, equipped and raw, for the contest. Overall, the meet was a lot of fun and it is hoped that it becomes an annual summer tradition. Its success was due to the tremendous support of Velocity Sports Performance and a team of volunteers who make up an incredible meet staff. Referees: Bill Ennis, Jim Merlino, Gordon Santee, Ron Scott. Technical Controller & Platform Manager: Gordon Santee. Score Table: Barbara Behm, Melody Jordan, Pam Pannuccio, Hung Pham. (L. Slaughter)

308 lbs.	DEADLIFT
Open	WOMEN
R. Kennelly	985
Submaster (34-39)	123 lbs.
J. Getchell	550
Raw	340
	148 lbs.
Teen (16-19)	315
L. Thierolf	
MEN	
T. Wheatley	235
Submaster (34-39)	148 lbs.
K. Phanekham	300
R. Segura	420
181 lbs.	220 lbs.
Teen (16-19)	
B. Hamilton	465
Open	
D. Piggee	475
Master (40-46)	670
R. Garza	405
242 lbs.	510
Master (40-46)	Raw
R. Hyatt	335
259 lbs.	Master (40-46)
Open	R. Garza 550
G. Garberg	485
Open	242 lbs.
Submaster (34-39)	J. Derousie 630
W. Blagg	385

Locals Litters Shine at the 2008 WA State Bench Press & Deadlift Championships. Starfit Fitness Club in Kennewick, Washington was host to the 2008 Washington State Bench Press and Deadlift Championships. Powerlifters from around the state, as well as from Idaho and Oregon, gathered for a day of fun yet fierce competition. The event featured competition in a range of weight classes and age divisions and lifters chose to compete in the bench press and/or deadlift. The event was promoted and conducted by Pride Powerlifting, a non-profit athletic sanction based out of Coeur d'Alene, Idaho. Pride has been hosting meets in the Northern Idaho area since 2003 and has recently branched out into the greater Northwest. "Our goal is to provide a fun and exciting lifter-friendly environment, yet have strict rules and judging so that records can unquestionably be set at the state, national and world level," said promoter Judy Sverchek. The event featured lots of spectators and exciting music to help pump up the athletes. "I believe powerlifting meets can be an exciting show for people to watch and still be done to strict standards. We want the lifters to do well, these competitions are for them." Laura Thierolf of Kennewick set Open Women state records in the bench press and deadlift. 55 year old, Sherry Gilliland of Richland and 48 year old Lani Powell also set state records

USA Powerlifting™ (formerly ADFPA) Membership Application • PO Box 668, Columbia City, IN 46725

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

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

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

SIGNATURE: _____

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

Name: _____

Phone: (_____) _____ E-Mail: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Date Of Birth: _____

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

Membership Prices: (please circle one) • Adult - \$40.00 • High School Division (Full year) - \$30.00 • Special Olympian - \$10.00 • Youth (10-13) - \$15.00

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

Competing Divisions: (please circle all that apply) Open Youth (10-13 yrs.) Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up)
Collegiate Military Police & Fire High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qtly ____)(colors: Navy and black, gray) • Sweatshirts (Crewneck, zipper or hooded)- see e.store

• Women's T-Shirt - \$18.00 (size ____ qtly ____)(colors: Black, gray and white) • Kids T-Shirts and hooded sweatshirts - see e.store on website

• White Referee Designation Polo - \$30.00 (size ____ qtly ____)

• Logo Patch - \$5.00 (qtly ____)(Shpg for patch: .50) • Tanks - see e.store on website

• Lifter Classification Patch - \$5.00 (qtly ____)(must provide meet results) • Singlets - see e.store

• Caps and Beanies - \$15.00 (qtly ____)(colors: Navy)

Check/Money Order # _____

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

Card # _____

Cardholder Signature: _____

All memberships expire 12 months from date of purchase.



Membership Price: \$ _____

Merchandise Total: \$ _____

Merchandise Shipping: \$5.85

Total Purchased: \$ _____

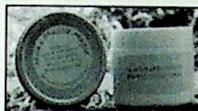
(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

Moms Muscle Magic Balm

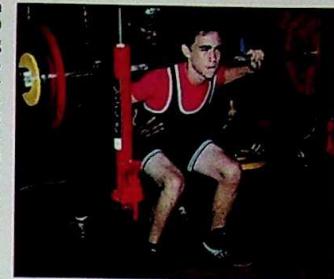
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"I use Moms Muscle Magic on myself & my clients,
It is a superior pre & post workout muscle balm"
Lee Beane 1998 AAU World Powerlifting Champion



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Chase Rhymer was one of the young competitors at the AAU North Carolina Championships (by the courtesy of Keith Payne)

in the Master Women division. Danna Snow of Spokane pushed her own state record marks in both lifts as well in the 123 lb. class. From Umatilla, Oregon, Roland Garza made an impressive showing as always with his 550 deadlift and 405 bench press, bettering his existing state records in both lifts and teammate Jerame Linnell also pulled 550 after a full year layoff from weight lifting. Smitty's Gym from Richland, a breeding ground for great lifters put on an impressive performance. Wade Blagg pressed 385 lbs. and Cory Jones benched 480 lbs., both setting new state records. Joe Derousie deadlifted 630 lbs. weighing in at 235 lbs. coming just shy of beating his personal best on his third attempt. "Expect big things from Derousie in the near future. He is an excellent raw deadlifter," said Sverchek. Local Kom Phanekham, despite not having competing since 2003, showed up at took charge, pressing 300 lbs. at 158 bodyweight. The Kennelly Power Team, based out of Starfit, had a huge representation with fifteen benchers and three deadlifters. First time lifter, Ashley Condray successfully made all three attempts and set a new state record in the Junior division. Gib Garberg, age 34, had not competed in lifting since high school, but debuted on the platform with a 485 lb. bench press, setting a record in the Open

Men division. Brian Hamilton, an APA and WABDL world record holder broke the existing state record with his 465 lb. bench press. Darris Piggee broke the state bench press record with his 475 lb. raw press. Piggee is the current APF, APA and All-time master record holder. Robert Norris, age 46, the current APA and IPA World Record Holder for his division, broke the state record with a solid 630 lb. bench press, coming shy of breaking his all-time best with a 650-lb. attempt. Vern White, Russel Petty, Joel Reyes and James Getchell, also representing the Kennelly Power Team, had an excellent showing, all setting new state records respectively. Finally, Randy Hyatt and Shane Toovey of Kennewick, both set new state records in the bench press. The highlight of the event was Ryan Kennelly of Moses Lake, who successfully broke the all-time world bench press record in the 308 lb. class. Kennelly is already the current all-time bench press world record holder in the superheavyweight division with a 1,074 lb. bench press, set earlier this year. Kennelly weighed in at a solid 306.0 lbs. on the scale with the mission of breaking the 308 lb. class records, now formerly held by Tiny Meeker of Texas. Meeker's record was 942 lbs. Ryan Kennelly broke the existing record on his opening attempt as he easily pressed 985

lbs. and the crowd froze in anticipation as he came just shy of locking out 1,020 lbs. on his third attempt. Pride Powerlifting will return to Kennewick on Saturday, November 8, 2008 for their next Washington installment of competition the 2008 Pride Powerlifting Strength Wars. Starfit Fitness Club will again host the competition. Strength Wars will feature a full power competition, where lifters compete in the squat, bench press and deadlift, for a weight total. Also there will be single-lift bench press and deadlift competitions. For more information about this event and other upcoming powerlifting event, visit their website at www.PridePowerlifting.com. "We get competitors as young as 10 years old, and have had first-time lifters as old as 84," said Sverchek. The website also has a current list of all state records, rules, entry forms and past event results. First time lifters are always welcome and encouraged to enter. (Thanks to Judy Sverchek for providing these results)

165 lbs.				
Teen (14-15)				
J. Shue	325	280	360	965
	4th-SQ-335		DL-375	
Teen (14-15)				
R. Davis	235	165	315	715
	4th-DL-325			
Youth/Teen (12-13) Raw				
J. Davis	130	115	220	465
	4th-SQ-135			
181 lbs.				
Master (40-44) Raw				
E. Bell	380	245	440	1065
	4th-DL-450			
Master (55-59) Raw				
M. Brady	425	280	500	1205
Open Raw				
E. Bell	380	245	440	1065
	4th-DL-450			
198 lbs.				
Master (45-49) Raw				
S. Whiting	525	385	515	1425
Master (45-49) Raw				
P. Capps	390	300	455	1145
242 lbs.				
Open Raw				
J. Cravy	365	295	465	1125
275 lbs.				
Master (40-44) Raw				
R. McMillan	600	355	545	1500
308 lbs.				
Master (50-54) Raw				
W. Greene	375	325	510	1210
	4th-BP-340			

(from Keith Payne, Executive Director IBP)

AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION



AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you.

Use Legal Name

First	Middle	Last		
Street Address	City	County	State	Zip
Application Date	Work Phone/Ext.	Home Phone		
E-Mail Address	Fax Number			
Birth Date	Gender	Male	Female	Cell Number
Do you have Health and Accident Insurance?	Club Code (if Known)	Club Name (if Known)	Sport Code (see list below)	
<input type="checkbox"/> YES <input type="checkbox"/> NO				

By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU Web site at www.aausports.org. NOTE: Parent/Guardian signature if member is under 18 years old.

Member's Signature	Parent/Guardian Signature
Date	Date

AAU National Office, Post Office Box 10,000, Lake Buena Vista, Florida 32830

**WABDL Golden State
31 MAY 08 - Modesto, CA**

BENCH	181 lbs.
WOMEN	C. Desmond 385
Master (40-46)	275 lbs.
148 lbs.	J. Tolle 529*
L. Bradshaw 115	Master (40-46)
T. Geisick 99	220 lbs.
Master (47-53)	DeGennaro 424
114 lbs.	242 lbs.
B. Aerts 115	K. Doerfler 485
M. Rubcic 126	D. Vasquez 446
Open	259 lbs.
114 lbs.	J. Schaefer 424
B. Aerts 115	275 lbs.
Submaster	J. Wood 666
1321 lbs.	R. Lincoln Jr. 650
M. Nunes 170	Master (47-53)
MEN	181 lbs.
Class 1	P. Janoff 385
165 lbs.	220 lbs.
S. Santellan 248	G. Alves 440
220 lbs.	K. Engleman 325
R. Perez 485	308 lbs.
4th-502*	A. Aerts 473
D. Bradshaw 440	SHW
275 lbs.	D. Schultz —
E. Stockbridge	Master (54-60)
573*	165 lbs.
S. Henry 541*	A. Nebo 336*
308 lbs.	181 lbs.
A. Aerts 473	D. Cummerow 341
Junior (20-25)	220 lbs.
242 lbs.	P. Murphy 308
B. Ferbuson 501	K. Kirk 231
259 lbs.	242 lbs.
R. Palomino 468	K. Tawzer 253
SHW	308 lbs.
C. Tawzer —	D. CanBrock 418
Law/Fire	Master (61-67)
Master (48-55)	132 lbs.
259 lbs.	B. Yager 255
M. Johnson 258	4th-264!*
Law/Fire	181 lbs.
Master (56+)	L. Joiner 170
242 lbs.	198 lbs.
K. Tawzer —	S. Lafollette 391*
Law/Fire Open	J. Dye 330
198 lbs.	R. Harris 485
R. Harris 485	4th-508
4th-508*	D. Marba 424
Law/Fire	R. Urrea 314
Submaster	R. Kunz 259



Alan Aerts, Mike Womack, Bonnie Aerts, and Gus Rethwisch.
Bonnie won Best Lifter, Open and Masters, in the deadlift at the Modesto event. (photograph provided courtesy C.S.S. Photo Design)

S. Santellan	413	S. Santellan	413	
220 lbs.	275 lbs.	C. Ortewein	501	
275 lbs.	308 lbs.	S. Henry	600	
308 lbs.	SHW	A. Aerts	551	
Master (20-25)	SHW	Junior (20-25)	SHW	
C. Tawzer	485*	J. Mayes	248	
Law/Fire	Submaster (33-39)	Master (40-47)	165 lbs.	
Master (40-47)	242 lbs.	Y. Kiuroda	473	
Z. Clark	633	Teen (12-13)		
Master (40-46)	220 lbs.	Teen (12-13)		
D. Tortorelli	600	Teen (14-15)		
242 lbs.	198 lbs.	R. Exum	662	
R. Exum	275 lbs.	C. Gaytan	341	
275 lbs.	132 lbs.	Teen (16-17)		
J. Wood	677	J. Wood	677	
Master (47-53)	148 lbs.	R. Reppond	241*	
220 lbs.	242 lbs.	C. Ortewein	501	
242 lbs.	242 lbs.	S. Johnson	407	
Z. Clark	633	Teen (18-19)		
308 lbs.	181 lbs.	R. Murphy	529	
D. Glahn	617	M. Stamper	451	
A. Aerts	551	K. Kirk	363	
Master (54-60)	220 lbs.	Master (61-67)	181 lbs.	
220 lbs.	220 lbs.	L. Joiner	253	
P. Murphy	529	Open	198 lbs.	
K. Johnson	501	148 lbs.	R. Garcia	391
Teen (18-19)	198 lbs.	R. Moya	479	
114 lbs.	181 lbs.	C. Bareng	473	
114 lbs.	198 lbs.	B. Bailey	429	
114 lbs.	198 lbs.	!=World Records. *=State Records. Venue: Double Tree Hotel. This event had 85 lifters, and Michael Womack was the meet director and Alan Aerts was the main sponsor. Alan's wife Bonnie passed out trophies and was the outstanding lifter in both women's master and open deadlift. She pulled 236.7 at 114/47-53. Alan pulled 551 in master 47-53/308 to finish second to David Glahn who pulled 617.2. Alan also benched a 473.7 in spite of injuries and illness. He also did some judging and is a very competent head judge. World records were set by Dylan Sites of Medford, Oregon, who pulled 297.5 in 12-13/123. He has the platform demeanor of an old pro. Ray Smith was very impressive with a 501.5 in 16-17/148 for a world record. Ryan Repond set a California state record 341.5 in 16-17/132. In master women 47-53/165, Diane McLeod set a California record 265.6. Clay Tawzer set a junior record 485 at super. Moving onto the bench press in class 1/220, Ray Perez set a California record 502.6. Stephen Henry set a California record 541.1. Ryan Harris, who used to hold the world open record at 530.1 at 181 got an Oregon record 508.1 at 198 in law/fire open. JC Tolle set a California record 529 in law/fire submaster 275. Impressive master state records were set by Al Nebo with 336 in master 54-60/165 and Steven LaFollette with 391.2 in master 61-67/198. World records were set by Bryan Yager with 264.5 in master 61-67/132 and Robert Fornachon who at age 83 pushed 183.9 at 148! Jerry Wood had the highest bench of the day with 666.7 and the highest deadlift with 677.7, and he passed the drug test. Bonnie Aerts and Robert Lincoln Jr. also passed the drug test, and one male bENCH flunked. Two other world record in the bench were set by Danny Soto in submaster 198 with 541.1, and Dylan Sites with a 176.2 in teen 12-13/123. The meet site was excellent. The ballroom was set up perfectly by Michael Womack and his crew, Margot O'Halloran and Kelley Womack id a great job score keeping. Tom Starkweather and Elodia Womack took tickets at the door. The judges were Alan Aerts, Ken Anderson, Jody Woods, Michael Womack and Dennis Schultz. The ballroom is 8,000 square feet. The restaurant and lounge were excellent. I've said it before and I'll say it again, a hotel is the only way to go for a class		



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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
WABDL		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	Y-N		M F

Registration Fee: \$35.00

Teenagers, Disabled,
& Special Olympians: \$25.00

Make checks payable to and mail to:

**WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS**
PO 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 _____



Robert Lincoln Jr. benched 650 at 40-46, 275 lb. at the Golden State Classic (Mr. Lincoln photo)

powerlifting event. It makes the lifters feel special and it's a one stop service, if that hotel has a restaurant. You weigh-in Friday evening or afternoon, eat dinner, go to your room and chill. All in all, Michael Womack and his crew did an excellent job. Gary and Elma Thomas came down from Bend, Oregon, to do weigh-ins and computer work. Gus Rethwisch drove 2,200 miles from Minneapolis with equipment, bars, warm-up bench, plywood, rubber mats, and judging lights. Gus, along with Bonnie Aerts, passed out trophies, was the MC and conducted the drug tests. (Gus Rethwisch)

USAPL West River Open 23 JUN 08 - Spearfish, SD

		BENCH	FEMALE	148 lbs.	Open	A. Ashmore	165 lbs.	Master II	D. Kullerd	63
		A. Lenz	D. Kullerd	181 lbs.	Master II	M. Barns	Open	M. Barns	A. Lenz	108
		78	63	181 lbs.	Open	80	Open	80	78	63
						J. Canfield	160	88	150	398
						MALE	114 lbs.			

J. Canfield	88	B. Steinbach	200	MALE	114 lbs.	Master II	L. Robinson	190	135	228	553						
MALE		K. Lang	133	Teen III	148 lbs.	L. Robinson	190	135	228	553	MBL						
148 lbs.		D. Knutson	105	Master I	148 lbs.	B. Steinbach	275	200	240	715	Open						
Teen V	98	242 lbs.		Master II	148 lbs.	B. Steinbach	275	200	240	715	Master II						
N. Fast		R. Lang	228	S. Hill	145	L. Robinson	190	135	228	553	MBL						
165 lbs.		C. Weymouth	183	MBL	145	D. Knutson	148	105	165	418	Teen III						
Master II	155	Master III		S. Hill	145	105	148 lbs.				242 lbs.						
M. Dowling		J. Osborne	140	Teen I	145	105	Master I				Master I						
181 lbs.		R. Lang	228	Z. Weymouth	108	105	VanderVorste	208	163	240	610	Teen II					
Master IV	80	Teen III		J. McClurg	103	65	Master III				J. Osborne						
M. Dowling	155	J. Bennett	115	Teen V	133	300	J. Osborne	—	140	—	140	MBL					
181 lbs.		275 lbs.		N. Fast	—	98	MBL				VanderVorste						
Master II		K. Leisinger	125	165 lbs.	—	98	Open	208	163	240	610	Open					
K. Leisinger		Master I		Master I	—	98	C. Dick Jr	220	155	230	605	Open					
Open		K. Fuller	208	J. Mooney	233	—	Teen III				J. Osborne	—					
C. Neuharth	153	L. Allen	193	Master IV	233	—	J. Bennett	163	115	175	453	Open					
K. Leisinger	125	Open		J. Ochs	115	80	275 lbs.				S. Donlea						
198 lbs.		K. Fuller	208	J. Mooney	233	—	Master I	165	—	198	363	Open					
Master II		L. Allen	193	J. Mooney	233	—	Teen IV				S. Donlea	165	—	198	363	Open	
N. Backous	143	275 lbs.		J. Ochs	115	80	J. Ochs	115	80	138	333	Open					
Open		Master I		J. Mooney	233	—	Open				N. Meadows	—	—	—	—	Open	
J. Frank	208	N. Broome	210	J. Mooney	233	—	Teen IV				J. Dillon	—	—	—	—	Open	
J. Lenz	160	Open		J. Mooney	233	—	J. Lenz	220	160	203	583	S. Seljeskog	—	—	—	—	Open
K. Hansen	138	R. Lester	248	J. Mooney	233	—	Teen V				C. Allen	—	—	—	—	Open	
220 lbs.		N/A lbs.		D. Peery	185	105	J. Lenz	113	125	160	398	Best Female	Master	PL: Deb Kullerd.	Best	Female	Open
Master I		Master I		T. Cowgar	—	181 lbs.	K. Leisinger	113	125	160	398	Female	PL: Janeen Canfield.	Best	Teen	Lifter: Drew Peery.	Open
B. Steinbach	200	Teen IV		Teen II	215	153	K. Leisinger	113	125	160	398	Female	BP: Janeen Canfield.	Best	Master	Lifter: Justen Frank.	Open
R. Mylant	170	S. Seljeskog	—	J. Larive	53	45	C. Neuharth	215	153	238	605	Female	BP: Janeen Canfield.	Best	Teen	Female Lifter: Brent Steinbach.	Open
Open		Open		198 lbs.	53	45	J. Larive	53	45	93	190	Male	BP: Marcia Barns.	Best	Teen	Female BP: Janeen Canfield.	Open
Powerlifting	SQ	BP	DL	Open	Open	Open	J. Frank	273	208	240	720	Male	BP: Dyllan Knutson.	Best	Teen	Male Lifter: Justen Frank.	Open
FEMALE				Open	Open	Open	T. Craig	240	158	220	618	Male	BP: Randy Lang.	Best	Teen	Overall Male Lifter: Justen Frank.	Open
165 lbs.				Open	Open	Open	J. Lenz	220	160	203	583	Male	BP: Robert Lester.	Best	Teen	(Tracey Steinbach,	Open
Master II				Open	Open	Open	W. Freemont	200	95	218	513	Male	(Black Hills State University)	Best	Teen	(Thank you to the USAPL for providing these results)	Open
D. Kullerd	63	198 lbs.	Open	Open	Open	Open	K. Donlea	195	125	220	540	Male		Male	Overall		Open
Open				Open	Open	Open	B. Steinbach	275	200	240	715	Male		Male	Overall		Open

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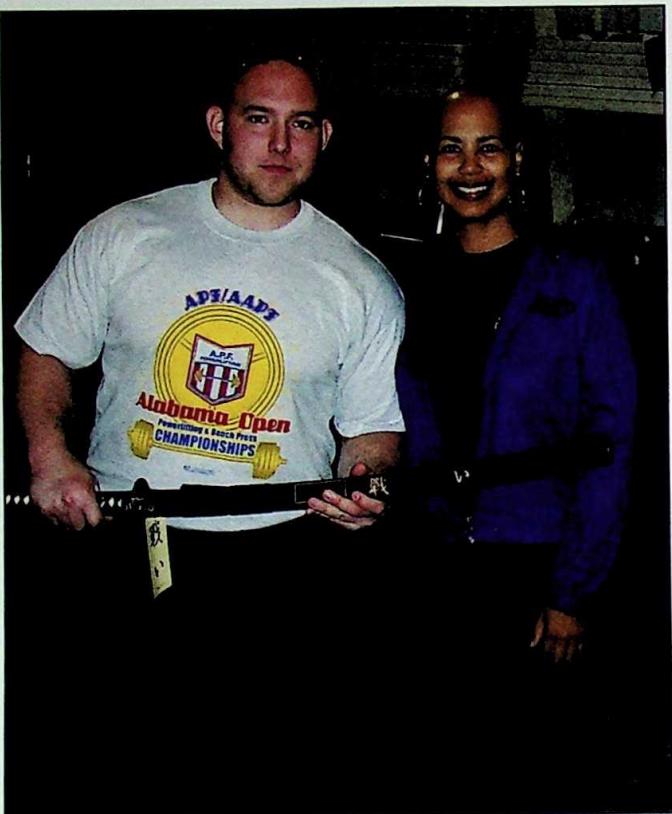
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- The GNC Grip Gauntlet
- U. S. Wristwrestling/
- U. S. Armwrestling



WNPF GA vs AL & TN/GA
5 APR 08 - Atlanta, GA

BENCH	(40-49) Raw
181 lbs.	Monroe 390
WOMEN	Brown 315
Raw	(50-59) Raw
Thompson!	150 Wilson 335
MEN	BENCH Reps
123 lbs.	198 lbs.
(50-59) Raw	Open
Araujo	155* Harper! 29
148 lbs.	Lifetime
Open	Harper 29
Patton-Gooch!	275* 242 lbs.
181 lbs.	(50-59)
(13-16) Raw	Wilson 16
Hearn	275 DEADLIFT
(17-19) Raw	220 lbs.
Hay	295 Open
198 lbs.	Shetler 425
Open Raw	Lifetime Raw
Duncan!	345* Jaffe 400
Subs Raw	(40-49) Raw
Harper!#	375* Kayes 500
Subs Raw	300 lbs.
Harper	375 Lifetime
220 lbs.	Braden# 635
(60-69) Raw	Subs
Dudley!	280* Braden 635
(60-69) SP	POWER CURL
Coleman	350 181 lbs.
(40-49) Raw	(17-19)
Kayes	315 Hay 150*
Lifetime Raw	220 lbs.
Jaffe	285 (60-69)
242 lbs.	Coleman 120
Junior Raw	242 lbs.
Ramsey	225 (40-49)
(40-49) SP	Monroe# 225
Pate	450
Powerlifting	SQ BP DL TOT
181 lbs.	
(13-16) Raw	
Trevina	285 185 170 640
198 lbs.	
(40-49) SP	
Fuller#	515 370 510 1395
220 lbs.	
(40-49) Raw	
Housworth	385 275 315 975
(13-16) Raw	
Dougherty	300 170 275 745
242 lbs.	
(13-16) Raw	
Brown	455 315 435 1205
275 lbs.	
(13-16) Raw	
Weigand	415 245 455 1115
*=WNPF American Records. #=Best Lifters.	
!=WNPF Lifetime Organization Lifters.	
SP=Single Ply. (by courtesy of the WNPF)	



Matthew Christi was awarded AAPF Best Lifter at the Alabama Open.

APF Alabama Open/Pro Cash					
15-16 MAR 08 - Gadsden, AL					
Powerlifting	SQ	BP	DL	TOT	SHW
Saturday Lifers					AAFP/BO
FEMALE					M. Garrett — 397 — 397
123 lbs.					MALE
AAFP/M					148 lbs.
A. Wright*	281	149	325	755	AAFP/T/DL C. Ward — — 364 364
132 lbs.					165 lbs.
Guest Lifter					APF/JR J. Naylor 502 314 529 1345
K. Smith	—	325	—	325	181 lbs.
165 lbs.					AAFP/O J. Wise* 650 413 540 1604
AAFP/O					APF/M(60-64)/BO A. Rhodes 248 154 276 678



APF/AAPF Membership Application

Check the box that applies below

- AMERICAN POWERLIFTING FEDERATION
 AMATEUR AMERICAN POWERLIFTING FEDERATION
 PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES



LAST NAME	FIRST NAME			INITIAL
STREET ADDRESS				DATE OF APPLICATION
CITY			STATE	ZIP CODE
AREA CODE	TELEPHONE NUMBER	MO	DATE OF BIRTH	YEAR
APF \$30	AAPF \$30	APF & AAPF \$40		
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ACCORDANCE WITH THE RULES OF THE
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SIGNATURE X

L. McCormick	187	—	187
APF/O/BO			
C. Witcker	—	—	—
198 lbs.			
APF/JR			
C. Clayton	601	424	502
APF/JR Raw			1527
D. McCoy	480	353	540
APF/O			1372
R. Jones	452	325	496
AAPF/O			1273
D. Wright	497	281	485
AAPF/SM			1263
D. Wright	497	281	485
220 lbs.			1263
APF/O/BO			
D. Nealy	—	—	—
Sunday Lifters			
220 lbs.			
APF/O			
K. Soileau	854	441	705
AAPF/O			2000
M. Christie	805	518	601
APF/O			1924
W. Carter	965	551	—
APF/M(40-44)			1516
C. Sanford	474	336	507
APF/O			1317
S. Peed	689	496	—
APF/M(55-59)			1185
E. Burns	402	198	463
AAPF/O/BO			1064
M. Green	—	661	—
AAPF/SM			661
Wiemann Jr.	—	—	—
APF/O/BO			
D.I. Nealy	—	—	—
APF/SM			
Wiemann Jr.	—	—	—
242 lbs.			
APF/M(60-64)			
T. Lancaster	485	419	500
AAPF/O			1404
J. Leftwich	502	419	402
APF/O			1323
J. Kyllo	402	325	424
AAPF/DL			1152
J. Nelson	—	—	551
APF/O			551
J. Nelson	—	—	551
275 lbs.			
APF/O Raw			
T. Lucas	573	474	606
APF/O			1653
R. McMillian	612	452	540
AAPF/M/DL			1604
S. Caine	—	—	507
Pro Cash /BO			507
P. Hall	—	309	—
308 lbs.			309
APF/O			
T. Bower	711	358	551
AAPF/N Raw			1620
H. Hardric	623	353	628
APF/O			1604
B. Phillips Jr.	832	557	—
APF/J			1389
C. Farmer	563	226	535
APF/O			1324
J. McCormick	672	441	—
Pro Cash			1113
J. Hoskins	1108	—	—
SHW			1108
APF/O Raw			
R. Wilkerson	805	551	551
APF/O			1907
H. Smith	755	463	—
Pro Cash			1218
J. Ewing	1042	—	—
C. Clark	926	—	—
AAPF/M(40-44)/BO			926
K. Overby	—	661	—
AAPF/J/BO Raw			
B. Alford	—	424	—
*=Best Lifters. First I want to thank everyone who took part in this wonderful Powerlifting experience! The camaraderie and atmosphere of Unity and Family was like few I have ever experienced! To the World Class (and World's level) judging crew, the lifters, spotters and staff I can not say enough complimentary things about you all! I want to give a special thanks to my co-promoter and friend Stace Beechum of Gold's Gym of Rainbow City and to my training partner and old friend Chris Sanford who may as well have been third promoter as he ran with me on every inch of pulling this thing together; burning up his own gas and money and never asking a thing in return. Chris you are a true friend			



Barry Alford - winner of the Raw Bench Only SHW at the Alabama Open. (photos courtesy B. McKee)

and asset to this sport! How you competed and won (set an AL Deadlift record) as tired as you had to be is just amazing... hat's off to you! I want to thank our sponsors for the meet: Titan Support Systems Inc. (donated the beautiful Katana swords for Best lifters), Gadsden Inn and Suites, Gold's Gym of Rainbow City and McClellan's Family Chiropractics (donated additional prize money for the Pro Cash division.), DRs. Mike and Leslie McClellan. A very special thanks to my wife and scorekeeper Pam McKee; the most beautiful person I've ever known! I also want to thank Garry Frank and the Hardcore guys again for bringing a monolift and bench and bars all the way from Baton Rouge, La. and Chris Senese and Robert Wilkerson for bringing Chris' monolift and bench up from Foley, AL. Also Mike and Beverly for coming all the way from Texas to judge and Rick Lawrence coming from way down in Tampa, FL. Again, the judging was superb! Now for the meet! The Activity Center of the River Country Campground (RV resort), the new facility, was awesome! Very large and comfortable! A scenic setting on the beautiful Coosa River and Lake Gadsden. Highlights included the return of Kara Bohigian-Smith to the platform! This time as an ultra-trim 132! With only 1 month of training after a long layoff with a back injury she benched 325 lbs. at 130 lbs. bodyweight for the #6 bench All-Time at the weight class! I predict the #1 spot will fall this year for her! Kara and Craig are a great and happy couple! It's written all over their faces! And 'Stella' is a doll too! Thanks for picking the Alabama for your comeback! You and Craig are family to us here! Big Jim Hoskinson's huge 1107 squat upping his already top 308 squat in the U.S. this year! Most of you know the story of him being told he'd probably never walk again after severing both patella tendons in a horrible accident a few years ago! Inspiring! Big Robert Wilkerson passing his 3rd squat of the meet to take an exhibition squat with just belt and knee wraps (wraps not legal for the Raw meet) of 903! He squatted it solidly but cut it just short! The crowd went wild over it anyway! A great show of strength! (results courtesy Buddy McKee)

NASA West Virginia State
26 APR 08 - Ravenswood, WV

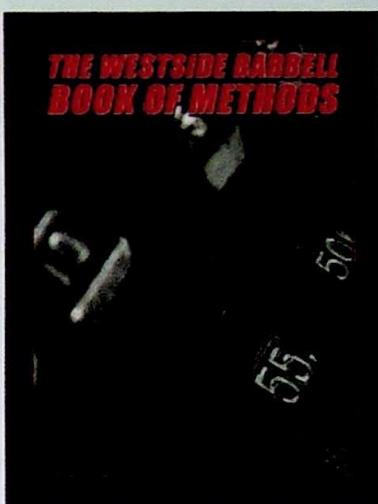
BENCH	Helmondollar 287
165 lbs.	Pure
HSP	K. Samples 220
B. Ferrell 198	Teen
Natural	L. Hitt 303
Z. Trembley 226	198 lbs.
Open	Junior
S. Martin 452	T. Rowsey —
181 lbs.	Pure
Master II	M. Metts 358
Helmondollar 287	220 lbs.
Master III	Int
K. Samples 220	M. Harless 397
Master V	4th-419

Open		Master II	
W. Davis 452	452	K. Burgess 463	
4th-463		Open	
D. Diaz 364	364	K. Burgess 463	
Pure		Pure	
W. Davis 452	452	K. Burgess 463	
4th-463		308 lbs.	
Submaster Pure		Novice	
W. Davis 452	452	S. Matthews 325	
4th-463		PS BENCH	
M. Morriston 441	441	165 lbs.	
D. Diaz 364	364	Junior	
242 lbs.		Z. Cross 331	
Int		242 lbs.	
S. Sebok 446	446	HSP	
Submaster II		A. Hudson 237	
C. Asbury 557	557	PS CURL	
Youth		MALE	
J. Turkale 105	105	165 lbs.	
275 lbs.		Junior	
HSP		Z. Cross 143	
Z. Howerton 386	386	181 lbs.	
4th-413		Master III	
Teen		K. Samples 99	
Z. Howerton 386	386	308 lbs.	
4th-413		Novice	
SHW		S. Matthews 154	
Master I		PS DEADLIFT	
T. Goudy 485	485	198 lbs.	
Raw		Master II	
275 lbs.		R. Warden 441	
FEMALE		BP DL TOT	
132 lbs.			
Master II			
D. Barnette 215	215	270 485	
148 lbs.			
HSP			
C. Jarrell 182	182	303 485	
L. Bateman 94	94	237 331	
MALE			
Youth			
J. Rosser 72	72	182 254	
165 lbs.			
HSP			
J. Nelson 237	237	380 617	
A. Fields 149	149	270 419	
Teen			
Z. Tomblin 182	182	336 518	
181 lbs.			
HSP			
D. Lomax 209	209	380 590	
C. Owens 171	171	320 491	
Junior			
S. Coup —	—	—	
Youth			
G. Gambill 72	72	149 220	
198 lbs.			
HSP			
Z. Underwood 193	193	314 507	
S. Lusk 182	182	320 502	
Master II			
S. Lamneck 364	364	584 948	
Open/Pure			
S. Brooks 402	402	551 953	
220 lbs.			
Int			
M. Harless 397	397	480 876	
4th-BP-419			
242 lbs.			
HSP			
C. Maynard 215	215	441 656	
Teen			
R. Copley 171	171	281 452	
Youth			
Z. Tackett 105	105	226 331	
275 lbs.			
HSP			
C. Toler 220	220	369 590	
Youth			
B. McComas 94	94	226 320	
SHW			
Open			
J. Belcher 535	535	601 1135	
SQ	BP	DL TOT	
132 lbs.			
Master II			
D. Barnette 215	215	121 270 606	
Novice			
C. Spinks 176	176	105 243 524	
MALE			
165 lbs.			
HSP			
A. Hale 358	358	270 419 1047	
4th-BP-276			
181 lbs.			
Pure			
K. Moody 446	446	320 535 1301	
198 lbs.			
HSP			
N. Hall 419	419	276 463 1157	
Int			
M. Harless 397	397		
Junior/Novice			

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N. Hall	419	276	463	1157	A. Morgan	557	331	623	1510
220 lbs.					275 lbs.				
HSP					Junior				
S. Burgraff	584	402	568	1554	S. Doyle	485	369	551	1405
4th-SQ-606			BP-430		J. Lester	342	215	446	1003
Int					Master I				
M. Harless	375	397	480	1251	J. Adkins	551	364	546	1461
4th-BP-419					Master V				
Int					J. Adkins	551	364	546	1461
A. Satler	474	314	441	1229	Power Sports CR	BP	DL	TOT	
Junior					181 lbs.				
S. Burgraff	584	402	568	1554	Master II				
4th-SQ-606			BP-430		Helmondollar 121	287	408	816	
Master II					Master V				
R. Roach 457	457	287	502	1246	Helmondollar 121	287	408	816	
Teen					198 lbs.				
S. Burgraff	584	402	568	1554	Junior				
4th-SQ-606			BP-430		S. Fields	154	325	430	909
242 lbs.					Master II				
HSP					B. Hall	160	303	402	865
C. Maynard 215	215	441	656		Master IV				
Teen					D. Dolin	121	215	320	656
R. Copley 171	171	281	452		Master V				
Youth					B. Hall	160	303	402	865
Z. Tackett 105	105	226	331		Novice/Pure				
275 lbs.					A. Morgan	187	331	623	1141
HSP					Submaster				
C. Toler 220	220	369	590		J. Peck	127	342	430	898
Youth					242 lbs.				
B. McComas 94	94	226	320		Master II				
SHW					R. Lacey	173	380	551	1105
Open					275 lbs.				
J. Belcher 535	535	601	1135		Submaster				
SQ	BP	DL	TOT		Pure				
132 lbs.					G. Oliver	143	220	320	683
Master II					4th-DL-331				
D. Barnette 215	215	121	270	606	181 lbs.				
Novice					Junior				
C. Spinks 176	176	105	243	524	C. Sites	463	303	457	1224
MALE					308 lbs.				
165 lbs.					Junior				
HSP					A. Freda	719	480	634	1832
A. Hale 358	358	270	419	1047	Raw				
4th-BP-276					99 lbs.				
181 lbs.					Youth				
Pure					W. VanHoose	55	44	132	231
K. Moody 446	446	320	535	1301	123 lbs.				
198 lbs.					Junior/Pure				
HSP					G. Oliver	143	220	320	683
N. Hall 419	419	276	463	1157	4th-DL-331				
Int					181 lbs.				
M. Harless 397	397				Junior				
Junior/Novice					Cannorata	408	309	419	1135
					Master II/V				
					Helmondollar	270	287	408	965
					198 lbs.				
					Junior				
					S. Fields	353	325	430	1108
					220 lbs.				
					Pure				

Meet Directors: Greg & Susan Van Hoose. (Thank you to Greg Van Hoose for results)



Ken Bayard curling at the IBP South Carolina State event. (Keith Payne)

IBP SC State Championships
24 MAY 08 - Seneca, SC

24 MAY 86		Spartanburg, SC		
BENCH		DEADLIFT		
FEMALE		MALE		
148 lbs.		148 lbs.		
Master (50-54)	170	Teen (18-19) Raw		
M. Clary		Z. Klein	445	
MALE		STRICT CURL		
148 lbs.		FEMALE		
Intermediate (24-34)	148 lbs.	Master (50-54) Raw		
Raw		M. Clary	65	
B. Campbell	280	4th-75		
Novice Raw		MALE		
D. Lowery	270	132 lbs.		
165 lbs.		Teen (14-15) Raw		
Open		B. Etringer	110	
J. Mouzon	435	148 lbs.		
Teen (16-17) Raw		Intermediate (24-34)		
C. Long	245	Raw		
181 lbs.		B. Campbell	120	
Master (40-44)		Teen (14-15) Raw		
Scarborough	365	R. Davis	85	
Open Raw		Teen (16-17) Raw		
R. Stovall	320	J. Neves	105	
198 lbs.		Teen (18-19) Raw		
Novice Raw		Z. Klein	130	
B. Wilkerson	385	A. Smith	115	
Teen (16-17) Raw		165 lbs.		
B. Sinacori	290	Junior (20-23) Raw		
220 lbs.		B. Vaughn	135	
Novice Raw		4th-145		
L. Allman	275	Teen (16-17) Raw		
242 lbs.		C. Long	110	
Master (45-49) Raw		198 lbs.		
C. Whitt	330	Intermediate (24-34)		
Master (50-54) Raw		Raw		
Aneskievich	315	B. Wilkerson	165	
G. Cassidy	270	242 lbs.		
Master (60-64) Raw		Master (45-49) Raw		
K. Bayard	225	C. Whitt	135	
Novice Raw		Master (60-64) Raw		
S. Barmore	545	K. Bayard	150	
275 lbs.		Teen (18-19) Raw		
Open		J. Breisch	160	
R. Allman	475	308 lbs.		
Submaster (35-39)		Master (50-54) Raw		
R. Allman	475	W. Greene	140	
Push Pull		BP DL TOT		
MALE				
132 lbs.				
Teen (14-15) Raw				
B. Etringer	175			
148 lbs.				
Teen (14-15) Raw				
R. Davis	185			
165 lbs.				
Intermediate (24-34)				
C. Cummings	250			
Teen (18-19) Raw				
N. Bolling	275			
	4th-BP-190			

181 lbs.				
Intermediate (24-34)	Raw			
W. Brothers	310	445	755	
198 lbs.				
Novice Raw				
C. Johnson	350	450	800	
220 lbs.				
Teen (14-15) Raw				
H. Bowser	190	385	575	
242 lbs.				
Master (60-64)				
J. Raines Jr.	350	555	905	
Teen (18-19)				
J. Breisch	370	575	945	
308 lbs.				
Master (50-54) Raw				
W. Greene	335	500	835	
Venue: Core 24 Gym. (Results of this meet provided courtesy of Iron Boy Powerlifting)				

Team Weber Push Pull

Team Weber Push Pull
31 MAY 08 - Camanche, IA

ST. MARY'S - Canandaigua, NY			
BENCH	Straight Bar Raw		
MALE	165 lbs.		
181 lbs.	(30-39)		
(40-49)	J. Phipps	400	
S. Rieger	455	308 lbs.	
242 lbs.	(40-49)		
(30-39)	B. Weber	635	
C. Cravatta	520	Trap Bar	
Raw	198 lbs		
198 lbs.	(30-39)		
(13-19)	D. Phipps	605	
B. Early	280	Straight Bar	
220 lbs.	165 lbs.		
(40-49)	(20-29)		
D. Leslie	345	S. Wilson	420
DEADLIFT		220 lbs.	
MALE		(20-29)	
Full Meet		C. Wilkens	635
MALE		BP	Trap TOT
220 lbs.			
(40-49)			
D. Geronzin	390	520	910
275 lbs.			
(20-29)			
S. Barr	425	700	1125
Raw			
198 lbs.			
(30-39)			
D. VanZuden	320	485	805
220 lbs.			
(18-19)			
S. Ralston	260	535	795
Raw	55	55	105

USAPL 6th St. Xavier Qualifier
20MAY 08 - Louisville, KY

Powerlifting SQ BP DL TOT

	Powerlifting	SQ	BI	DL	TOT
123 lbs. (14-15)					
A. Roth	235	170	270	685	
132 lbs. (18-19)					
D. Miller	315	190	375	880	
148 lbs. (16-17)					
J. Franklin	355	220	350	925	
R. Burch	340	250	335	925	
B. Floyd	355	225	345	925	
181 lbs. (16-17)					
M. Koestel	425	250	365	1040	
198 lbs. (16-17)					
J. Vallentine	380	240	450	1070	
J. Boehlein	420	280	370	1070	
220 lbs. Master					
L. Traub	135	135	285	555	
(14-15)					
S. Stewart	360	225	390	975	
242 lbs. (16-17)					
B. Miller	445	285	420	1150	
P. Payne	450	260	440	1150	
HWT (16-17)					
J. Jordan	445	345	425	1215	
(Thanks to USAPL for providing results)					

USAPI 3rd US Open

USAFL 3rd US Open
6 JUL 08 - Miami, FL

BENCH	275 lbs.
181 lbs.	Open
Open	S. Clez 309
M. Alkinany 446	Master (40+)
Raw	S. Clez 309
C. Smith 325	Master (50+)
242 lbs.	S. Regan 435
Open	A. Suarez —
J. Kennedy 314	
Push Pull	BP DL TOT
242 lbs.	
Open	
J. Kennedy 314	402 716
275 lbs.	
Master (50+)	
A. Suarez —	402 402
Venue: Hyatt Hotel. (courtesy from USAP	

NASA World Cup

2-3 AUG 08 - Oklahoma City, O

BENCH		Teen	
FEMALE		B. Slone	430
181 lbs.		198 lbs.	
Int		Master II	
D. James	204	R. Harrison	424
Raw		4th-440	
148 lbs.		Pure	
Youth		A. McKay	226
S. Johnson	66	220 lbs.	
165 lbs.		Master IV	
Master I		E. Evatt	254
C. Crossland	171	Master Pure	
4th-181		E. Evatt	254
MALE		Pure	
181 lbs.		E. Evatt	254
High School		242 lbs.	
B. Slone	430	Master III	
Junior		H. Blackmon	—
B. Slone	430	275 lbs.	
Novice		Int	
B. Slone	430	B. Brunner	535
Submaster II		H. Thomason	502
C. Beck	413	Master II	

R. Duncan	535	W. Smith	243
J. McKay	402	220 lbs.	
B. Brodt	364	Master III	
G. Carlson	353	T. Endictt	303
308 lbs.		275 lbs.	
Police/Fire		Master II	
M. Austin	441	R. Harris	325
Raw		Submaster Pure	
181 lbs.		J. Foos	375
High School		308 lbs.	
J. Brown	226	Master I	
L. Brown	—	C. Spirrison	424
Junior		Open	
D. Hodges	171	C. Spirrison	424
198 lbs.		PS CURL	
Master II		165 lbs.	
R. Harrison	369	Master III	
Master III		G. McGuire	143
W. Smith	243	220 lbs.	
Master Pure		Master III	
W. Smith	243	T. Endictt	154
		275 lbs.	

220 lbs. 275 lbs.
Master I Master II

Master I		Master II	
K. Brownfield	402	R. Harris	182
Master IV		G. Carlson	127
E. Evatt	254	Pure	
Master Pure		J. Hays	171
E. Evatt	254	Submaster Pure	
Open		J. Foos	176
K. Brownfield	402	308 lbs.	
Pure		Master I	
E. Evatt	254	C. Spirrison	220
275 lbs.		Open	
Open		C. Spirrison	220



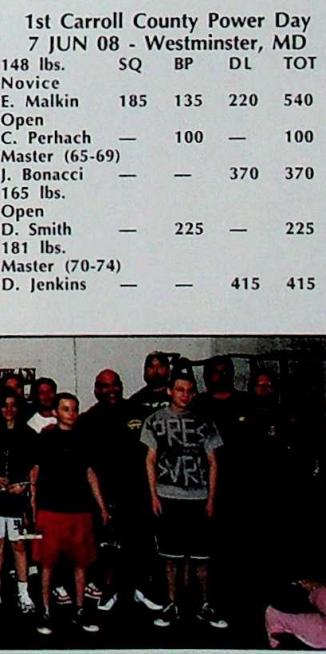
Team Weber Push Pull Participants from the event in Camanche, IA

H. Thomason	502	623	1124	Pure	J. Weinstein	529	303	507	1339	
Open				308 lbs.	Submaster I					
B. Brunner	535	628	1163	C. Cookson	634	364	628	1626		
Power Press	BP	DL	TOT	Teen	L. Johnson	441	281	463	1185	
MALE				SHW						
275 lbs.				Int	J. Johnson	623	408	584	1615	
Submaster I				Master II	J. Campbell	276	160	331	766	
R. Kahle	601	711	1312	Pure	J. Johnson	623	408	584	1615	
Powerlifting	SQ	BP	DL	4th-SQ-639						
FEMALE					Master II	J. Freeman	562	446	513	1521
148 lbs.					Power Sports	CR	BP	DL	TOT	
Master III										
J. Wood	201	107	243	550	Submaster II	J. Freeman	562	446	513	1521
Raw										
148 lbs.										
Master III										
J. Wood	201	107	243	550						
181 lbs.										
Master III										
E. Waugh	149	105	226	480						
Master Pure										
E. Waugh	149	105	226	480						
MALE										
165 lbs.										
High School										
C. Fowler	331	154	353	838						
181 lbs.										
Master I										
B. Ammerman	529	435	474	1439						
D. Black	408	254	402	1064						
Open										
D. Black	408	254	402	1064						
Submaster II										
C. Beck	452	413	413	1279						
198 lbs.										
Master I										
R. Byars	474	402	502	1378						
242 lbs.										
Junior										
B. Bohot	777	573	650	2001						
275 lbs.										
Int										
H. Thomason	805	502	623	1929						
Master II										
J. McKay	623	402	480	1505						
Open										
H. Thomason	805	502	623	1929						
Submaster I										
R. Kahle	805	601	711	2116						
Raw										
132 lbs.										
High School										
K. Brownfield	243	193	254	689						
148 lbs.										
High School										
A. Ramsey	380	248	402	1031						
Junior										
D. Mancello	248	215	419	882						
Open										
T. Eggers	331	209	502	1042						
Pure										
D. Mancello	248	215	419	882						
165 lbs.										
High School										
J. Ramsey	215	171	248	634						
Junior										
B. Knotts	485	270	502	1257						
Master III										
G. McGuire	204	220	331	755						
Pure										
B. Knotts	485	270	502	1257						
181 lbs.										
Master Pure										
S. Owen	320	231	413	965						
Open										
C. Harris	452	325	540	1317						
Submaster I										
C. Harris	452	325	540	1317						
198 lbs.										
Junior										
N. Whitmer	529	375	584	1488						
Open										
C. DroegeMeier	502	320	441	1262						
1262										
Pure										
N. Whitmer	529	375	584	1488						
DroegeMeier	502	320	441	1262						
Submaster II										
DroegeMeier	502	320	441	1262						
220 lbs.										
Junior										
Nettleingham	480	336	557	1372						
Master Pure										
C. Truoccolo	502	353	502	1356						
Pure										
Nettleingham	480	336	557	1372						
242 lbs.										
Master I										
B. Chambers	579	391	551	1521						
Master II										
J. Moody	342	287	331	959						



Participants at the Carroll County Power Day Challenge: (left to right) Joe Bonnacci, Gary Shanholtz, Scott Bixler, Glenn Murphy Jr., Chaz Riddle, Lance Evans, Rich Plummer, Jim Perhach, Erica Malkin, Kenneth Martiniano, Dick Jenkins, C.J. Perhach. (Glenn Murphy Jr.)

220 lbs.					198 lbs.					
Master I					Master (50-54)					
M. Bruders	165	254	430	849	H. Sturman	—	420	—	420	
Master III					220 lbs.					
G. Runge	138	265	413	816	Novice					
Master Pure					L. Evans	440	285	445	1155	
G. Runge	138	265	413	816	K. Martiniano	—	275	—	275	
Pure					242 lbs.					
M. Bruders	165	254	430	849	Open					
G. Runge	138	265	413	816	C. Riddle	415	360	—	775	
					Master (65-69)					
T. Robinson	132	176	375	683	R. Plummer	—	300	—	300	
Submaster II					Master (40-44)					
T. Lyon	176	342	430	948	J. Perhach	—	275	500	775	
T. Robinson	132	176	375	683	The inaugural annual Carroll County Power Day Challenge was a wonderful success as 11 talented lifters competed at the beautiful Powerhouse Gym, owned and run by Mr. Chaz Riddle. Miss Erika Malkin, Westminster HS graduate 2008, in her first contest, had a great day on an 8-9 lift performance as her only missed lift was her third BP. Erica made a PR 4th squat of 200 to total a PR 540 (185-135-220-540). Erika won in the 148 class. CJ Perhach, son of lifter Jim Perhach, had a real nice 3-3 day in the 148 class and topped out with a 100 bench. Jim Perhach won in the Push-Pull Master 40-44/275 class with his 275 bench, and 500 deadlift, to total 775. Chaz Riddle had a strong 6-6 in the squat 415, and bench 360, as he reigned supreme in the Open 242 class at a light 225 bodyweight. Three world champion powerlifters were judges: Host Glenn Murphy, Jr. (1995-present), Gary Shanholtz (1999, 2001-2003), and Scott Bixler (2003, 2005-07). God Bless You and Thank You. The 8th Pocket Samson's Christmas Bench Press & Deadlift Championships will be December 6th, at Chaz Riddle's Powerhouse Gym, all the lifters, Mike Lambert of PLUSA, and especially Dad & Mom who on June 14th celebrate their golden anniversary! (from Gary and Scott)					



Participants at the 1st Carroll County Power Day meet in Westminster, MD

148 lbs.	SQ	BP	DL	TOT					
E. Malkin	185	135	220	540					
C. Perhach	—	100	—	100					
Master (65-69)									
J. Bonacci	—	—	370	370					
165 lbs.									
D. Smith	—	225	—	225					
181 lbs.									
T. Peters	132	220	386	739					
Master (70-74)									
T. Peters	132	220	386	739	D. Jenkins	—	415	415	

Mighty Christian Powerlifting

19 APR 08 - Dover, NJ

FEMALE	SQ	BP	DL	TOT					
A. Modaiferi	110	85	155	350					
M. Pinson	140	90	145	375					
MALE									
114 lbs.									
F. Tattoli	140	95	200	435					
148 lbs.									
V. Tattoli	185	120	270	575					
181 lbs.									
P. DeRobertis	300	285	365	950					
K. Sweetman	—	335	300	635					
198 lbs.									
A. Sullivan	315	325	365	1005					
C. Marino	—	—	500	500					
220 lbs.									
A. Tillman	—	215	435	650					
205 lbs.									
J. Burgos	—	325	500	825					
220 lbs.									
E. Herrera	400	250	—	650					
N. Johnson	315	300	435	1050					
(Thanks to Newton Romualdo for results)									



Chuck Vogelpohl with yet another option in back training

(continued from page 12)

while his feet were turned outward to prolong leg drive. Fred Hatfield, who was known for his squatting, pulled like an Olympic lifter at the start with a very straight back. Ed Coan would sumo but straighten his legs soon after the bar lifted off the floor. Mike Bridges, I felt, had an impeccable form with incredible strength.

So what's my point? If you train all muscles properly whatever your style, you will succeed if you can hold

onto the bar.

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in the sport. The idea of becoming bulky and manly is still the common misconception. Also, I think the sport in general is still biased. This is still a male-dominated world, female executives make 30% less than their male counterparts, female bodybuilders compete for less than half of the prize money awarded to men, and female powerlifters are primarily entertainment. Look at how the WPO treated the elite women: you were lucky to get an invite to lift if you picked up your expenses and there was never a true completion for prize money. Until the men of our sport stand with us, we will just have to keep doing the best we can.

Q: How has your training evolved over the past few years?

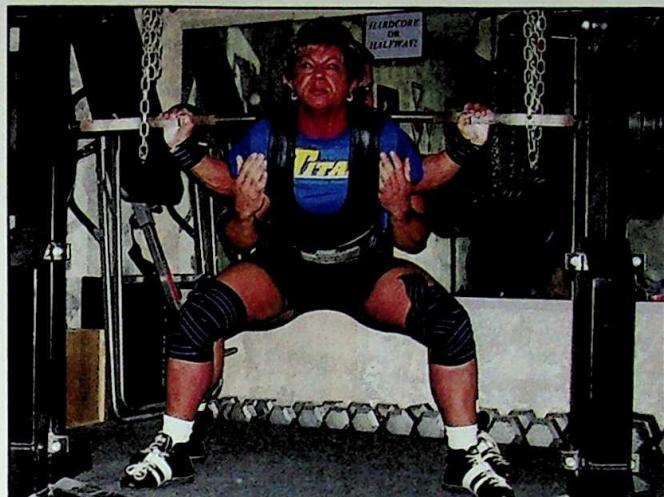
A: Initially my training was aimed at particular goals and gaining a basic understanding of the fundamentals of each lift. Supportive gear is a lesson all of its own. I started with the very basic equipment and moved my way up gradually. There were times when the gear won the battle and I would have to back up and re-group. Now that I have a greater understanding of the dynamics, I concentrate on increasing strength, stamina, and perfecting leverage points. The more concise the movement, the more power I am able to utilize.

Q: Who are a few of the powerlifters you look up to, both male and female and why?

A: Bobby and I have been very blessed to have had the opportunity to train and befriends with some of the greatest powerlifters of our generation. Jon Grove and NGBB, Joe Ladnier, Kara Bohigan, Garry Frank and Hardcore Barbell, Shawna Mendelson, and the girls from Big Iron, all have had a great impact on my lifting. These lifters have shared not only their gyms and equipment, but also their vast knowledge and inspiration with me. I am definitely a sum of parts. Anything that you can learn from another lifter is something that you are able to add to your lifting repertoire. The more you understand, the better equipped you will become meet time. Powerlifters are a unique group of individuals because we truly understand the drive and lack of sanity that it takes to get beneath the weight.

Q: What are your views on training alone versus training with a crew?

A: Bobby and I have trained for numerous years with just each other in a backyard gym. We coach and spot one another. We have made tremendous gains



Carol Ann has squatted deep into the 500s in training & contests.

with just the two of us. We have learned how to unrack the monolift from the spotting position; we use a video camera to review our squat depth and form. (Hint: a heavy lift usually does not look as bad on video as it feels in your hands – that is a definite confidence booster.) We have learned to improvise with boxes for additional spots on the bench. Necessity dictates creativity. But, the largest lesson we have for any lifter is to never abandon the weight. We stay with each other from start to finish. We have also trained with large crews (NGBB, the Power Pit, and Hardcore Barbell) and it definitely gives you more confidence going after a maximum effort lift. You have great spotters and good feedback. Regardless of the training conditions, it should always be your primary goal to place safety first. If you get hurt because of carelessness – you have no one to blame but yourself.

Q: Where have you trained to perfect your technique?

A: Jon Grove and Joe Ladnier are superior technique coaches. Both have helped me tremendously. I have an extremely strong squat (565 lb @ 165 APF Seniors, 605 lb @ 165 training in NGBB, and a 400 lb raw @ 146 lb) due to perfecting technique. Strength is only 33% of the lift, if your technique or your confidence is lacking – you are going to bomb. Good form in every lift will never be overrated.

Q: What kind of gear do you use?

A: I am committed to my Titan Boss! The briefs and suit are the best I have ever used. I am addicted to the support I receive as the lift gets to the critical point. I alternate between an Inzer Phenom and a Titan F-6 single-ply for the bench. The choice of shirt is dependent on my level of training at the time of the meet. Regardless of your

choice of gear, it is important to learn your equipment and get comfortable in it. Gear can be a benefit or a detriment to your lifting. Just because you put on a bench shirt or a squat suit does not mean your numbers will go up ~ train smart.

Q: How important is speed training in strength sports to you?

A: I wish I could tell you that speed training is vital to my workout, but I do little to none. I am one of those lifters who is either going to get the lift because of technique and strength or is not.

Q: Now that you are an Elite Female Powerlifter and Figure Competitor, where do you go from here? How does your family play a role in your future in strength sports?

A: My goals are still the same today that they were the first day I walked into a gym ~ to constantly improve myself. I began this journey with no sense of direction but forward. That direction has not changed; I just have a variety of roads to choose. I will always lift – it is an important part of my life that has brought about an increased sense of good health and well-being. An important aspect of that well-being is my family. My husband, Bobby, has been a major source of support for me. He has always supported my lifting and now my pursuit of figure/bodybuilding. He is a fantastic training partner and coach. Not a day goes by when he doesn't express his pride in my accomplishments.

Before my last question I would like to take a moment to thank Teresa & Gary Frank for their hospitality; Kara Bohigian for all her help and friendship; Joe Ladnier for his friendship and coaching; TITAN for believing in me enough to sponsor me!!!!; John & Amanda Micka for their friendship and support–John is the nutritionist that helped me with my diet. If you need a nutritionist John

knows his stuff!; Jesse Rodgers, President of the SPF; Amber Suter for doing this interview.

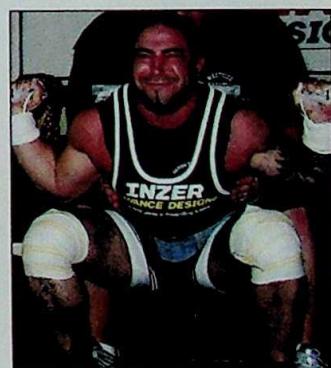
Last but not least, Jon Grove for all his help, coaching, friendship, generosity, and for inviting Bobby and I to be part of his North Georgia Barbell Team!!!

Q: If you could leave one piece of powerlifting legacy behind for female athletes to stand the test of time, what would that be? Whether it's advice, a quote, or something inspiring to keep the flame burning.

A: The best advice I can give is to always remember to lift for yourself. Never lose sight of the reason you decided to pick up your first weight ~ keep it real. I wish I could say "fun," but that isn't really accurate. Achieving any goal entails a great deal of work and dedication and sometimes even sacrifice. Keep it real and I hope to see on the road sometime.

SSA Backyard Meet 2 AUG 08 - Tribes Hill, NY

BENCH	DEADLIFT
FEMALE	MALE
198 lbs.	181 lbs.
Open Single Ply	Teen (13-15)
T. Brown	175 D. Betti 375
MALE	SQUAT
181 lbs.	MALE
Open	181 lbs.
D. Cull	390 Open
198 lbs.	D. Cull 460
Open Single Ply	
R. Spitzner	435
Ironman	BP DL TOT
MALE	
181 lbs.	
Teen (13-15)	
D. Betti	— 375 —
242 lbs.	
Submaster Unlimited	
M. Ferlito	400 455 855
275 lbs.	
Open Single Ply	
S. Brown	480 500 980
Full Power	SQ BP DL TOT
MALE	
181 lbs.	
Open Unlimited	
D. Kirschen	740 515 575 1830
198 lbs.	
Open	
M. Gerardi	505 400 500 1405
220 lbs.	
Open Unlimited	
S. Tria	670 475 505 1650
275 lbs.	
Teen (18-19) Single Ply	
Hollingsworth	670 340 505 1515
Venue: Iron Asylum Gym. (S. McCaslin)	



Mike Gerardi totaled 1405 in the 198 pound Standard Division with a 505 squat, 400 bench, and 500 deadlift in Tribes Hill, NY.

(article continued from pg. 36)

Bodybuilding.com, Eric The Trainer, Marina Pacific Best Western Hotel, Monkee Express Restaurant. Thank you to our vendors: Ken Anderson and Titan Support Systems. (Results courtesy Steve Denison)



Drew Casey out of Los Angeles

USPF Muscle Beach

13-14 SEP 08 - Venice Beach, CA

Over 73 athletes competed at the USPF Muscle Beach Powerlifting, Bench Press, Deadlift Championship competition on September 13 & 14, 2008. Multiple State and American records were broken, including State Powerlifting Records: Nicolai Stern, 181 lbs. Master Women (40-44), squat, deadlift total, Alexey Nekhay, 148 lbs. Junior men (18-19) bench, O'Neil Roussel, 308+ lbs. Junior men (20-23), squat, deadlift total, Robert Speno, 275 lbs. Submaster (35-39), squat, bench total, Arthur Fu, 181 lbs. Master (55-59) bench. State Bench Press Records: Tracie Marquez, 198 lbs. women's Master (45-49) bench, James Burdett, 198 lbs. men's Open bench, James Burdett, 198 lbs. men's Submaster (35-39) bench. State Deadlift Records: Roland Madera Jr., 165 lbs. men's Junior (16-17) deadlift, Howard Myers, 220 lbs. men's Master (60-64) deadlift. American Powerlifting Records: Nicolai Stern, 181 lbs. women's Master (40-44), squat, deadlift and total, Darren Matsumoto, 148 lbs. men's Open bench, Eric Welch, 308 men's Master (45-49) deadlift, Arthur Fu, 181 lbs. men's Master (55-59) bench. American Bench Press Records: James Burdette, 198 lbs. men's Open bench. American Deadlift Records: Leonetta Richardson, 148 lbs. women's Open deadlift, Eric Welch, 308 lbs. men's Master (45-49) deadlift, Howard Myers, 220 lbs. men's Master (60-64) deadlift. The United States Marine Corp team from Camp Pendleton were on hand to demonstrate their enthusiasm and support for the sport of powerlifting, and their spirit and competition were most appreciated.

Joe Wheatley Productions would like to acknowledge the Title Sponsor Ken Anderson Powerlifting and Titan Support Systems, along with the Presenting Sponsor Powerlifting USA and the other vendors who supported the event. Our thanks goes out to Meet Director Steven Denison and all the Officials and support personnel who contribute to making the Muscle Beach event a huge success. This event ends the 2008 powerlifting season at Muscle Beach. Next year's events will prove to be fun and spirited in the tradition of competitive powerlifting. For information on next year's event go to www.powerliftingca.com or www.musclebeachvenice.com. (Thank you to Joe Wheatley for providing report)



Left to Right ... Steve Denison, Kellie LaMantia, and Chuck LaMantia made the contest GO!

USAPL 25th New Jersey State 22 MAR 08 - Atlantic City, NJ

BENCH	Open	K. Boyer	243	132	259	634	E. Petrone	375	336	529	1240	
MALE	K. Kotche	320					J. Uriarre	364	303	375	1042	
181 lbs.	Teen (16-17)	S. Devries	248	143	298	689	198 lbs.					
Open	S. Smith	413	D. Terry	204	121	281	HS JV					
M. Cuijinski	502	275 lbs.	B. Miller	176	116	215	J. Wilsbach	413	265	430	1108	
C. Ruskic	386	Open	Teen (14-15)	K. MacFerren	149	110	Master (40-49)	413	270	397	1048	
Master (40-49)	R. Merkh	474	Teen (14-15)	123 lbs.			V. Parels	55	303	590	948	
S. Spear	281	Junior (20-23)	E. Lalota	452			B. Scully	55	55	198	309	
Raw							Master (60-69)					
E. Petrone	336	275+ lbs.	M. DeLuca	204	116	292	A. Shaklin	287	215	298	799	
220 lbs.	Open	HS JV	HS JV				R. Finkelstein	314	231	457	1003	
Open	L. Mellilo	413	N. Gagliardi	287	176	303	Raw					
M. Barcelona	446	Master (40-49)	Teen (14-15)	132 lbs.			S. Harris	524	380	601	1505	
Teen (16-17)	L. Mellilo	413	E. Evans	480	325	601	T. Jones	342	265	463	1069	
S. Florko	336	Police/Fire	R. Ullman	314	203	375	220 lbs.					
Varsity HS	& Military Raw		HS JV				Open					
N. Terlitz	220	L. Mellilo	N. Gagliardi	287	176	303	E. Evans	480	325	601	1405	
242 lbs.		HS JV	Teen (14-15)	132 lbs.			G. Montorie	347	270	397	1014	
Powerlifting	SQ	BP	D. Rao	254	160	320	Teen (14-15)	347	270	397	1014	
FEMALE		DL	Teen (18-19)	D. Salvati	309	237	G. Montorie	347	270	397	1014	
93 lbs.		TOT	Master (50-59)	S. Stein	243	160	S. Florko	402	336	457	1196	
Teen (14-15)	C. Martinez	116	Raw	148 lbs.			Teen (18-19)	J. Veach	480	303	513	1295
105 lbs.		55	Open	J. Golba	408	309	Master (40-49)	K. Lair	424	419	513	1356
Teen (16-17)	T. Sohn	116	L. Hill	320	276	402	242 lbs.					
Raw		55	HS JV	M. Bagliani	353	243	441	Open				
D. Verrigni	193	121	Teen (16-17)	M. Bagliani	353	243	441	B. Lowery	650	408	601	1659
114 lbs.		198	Junior (20-23)	M. Bagliani	353	243	441	J. Nicolosi	628	413	529	1571
Teen (14-15)	J. Ruiz	127	K. Bristol	105	77	HS JV	K. Kotche	298	320	353	970	
Junior (20-23)			123 lbs.			Depasquale	M. Bernstein	55	364	518	937	
K. Bristol			HS JV	J. Wolff	281	182	970	HS JV				
123 lbs.			165 lbs.			Master (60-69)	J. Yo	446	243	435	1124	
HS JV			Open	J. Delessio	529	364	1036	Teen (16-17)				
J. Everhart	149	77	J. Sochocky	160	94	441	S. Smith	502	413	507	1422	
Teen (14-15)			B. Leluyer	121	—	441	Teen (18-19)	E. Crowder	375	248	502	1124
Teen (14-15)	J. Ruiz	127	132 lbs.			Master (40-49)	Master (40-49)	I. Cross	529	468	540	1538
Junior (20-23)			Teen (16-17)	A. Doyle	171	88	1036	K. Kotche	298	320	353	970
K. Bristol			Teen (18-19)	E. Everhart	171	88	965	Raw				
123 lbs.			Junior (20-23)	J. Torts	187	121	777	K. Kotche	298	320	353	970
HS JV			Z. Karpf	254	270	254	K. Kotche	298	320	353	970	
J. Everhart	149	77	Master (40-49)	M. Donnelly	287	204	777	Police/Fire/Military				
Teen (14-15)			Collegiate	M. Li	446	292	876	K. Kotche	298	320	353	970
Teen (14-15)	D. Rodriguez	143	Open	E. Cruz	287	254	1224	275 lbs.				
Open		83	Raw	181 lbs.			Open	B. McCarthy	—	386	557	942
K. Walford	380	254	Raw	D. Nemow	590	386	HS JV	E. Harper	502	342	441	1284
181 lbs.		507	Open	M. Cuijinski	55	502	915	Junior (20-23)				
N. Attino	171	88	Teen (14-15)	F. Eskridge	353	276	1615	C. Merkio	463	369	314	1146
Teen (18-19)	J. Johnson	154	220	M. Consalvi	468	325	1615	Master (50-59)				
Junior (20-23)	J. Zwick	132	480	M. Giaquinto	402	243	1064	D. Chervenak	292	154	391	838
165 lbs.		220	HS JV	Raw			275+ lbs.					
Teen (14-15)	E. Sculin	132	480	Teen (18-19)			Open	J. Weiss	601	386	650	1637
Master (40-49)		105	435	M. Consalvi	468	325	1246	Venue: Clarion Hotel & Convention Center.				
M. Tierney	127	77	Raw	M. Giaquinto	402	243	1146	(Thank you to the USAPL for results)				

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(article continued from pg. 12)

over 6000. By this time some people were asking for water, as many assumed that it would be sold at the airport but it was not. After a while the National Guard, who was handling security, managed to get a few truckloads of water and saved the day. After a two hour delay the stage was set for the plane pull. The huge C-130 Hercules transport looked awesome. It was reported to weigh about 80,000 pounds making it the heaviest object ever pulled in a WSM contest. Phil Pfister, who started in the seventh position, pulled himself into first place in the plane pull. I had to go on a nature call, but I got back to see Mariusz pull in the ninth slot and he tore down the tarmac and just as he crossed the finish line he fell down. It took forever to get the results, but at last it was announced, Mariusz took the lead. This left only Derek Poundstone, the huge law enforcement officer from Connecticut. He started his pull and motored down the tarmac. Most of the people thought that he had won the event, but it was not to be as he finished in third place, just a couple precious seconds behind Mariusz and Phil. Terry Hollands from the UK made fourth place and Tarmo Mitt took fifth. The Stones would be held that evening and they would decide the winner.

The stones were held at Appalachian Power Park, a very appropriate name for the grand finale. The fifth stone weighed over 400 pounds and it was a monster. With the threat of rain looming, the stone carry got underway. Still, the rains came, and then went, and after much drying off of the area the final two warriors walked out to have their last battle, Mariusz and Derek. Both men took off fast, lifting stone after stone, and they remained in a dead heat. Derek was just placing the fifth stone at the very upper edge of the apparatus when it fell down to the ground. I don't know if he lost his grip or perhaps he did not judge the height correctly. In the meantime, Mariusz firmly seated his fifth stone and thus won his unprecedented fifth WSM contest! I thought back to the 2006 WSM contest in China when it was he who missed the seating of the fifth stone and he lost out to big Phil Pfister.



Derek Poundstone was so close he could taste the '08 WSM title.

Many think that the WSM is only about strength, but it is also about inches and seconds, great preparation, conditioning and not making mistakes. The final results of the

stones was Haugen first, Ostlund second, Mariusz third, Ort Mayer fourth and Wenta fifth, and after seven grueling events were over, Pudzianowski had won with 58.5 points, Poundstone 53.5, Ostlund 49.5, Pfister 44.5, Ort Mayer 39.5, Wenta 38, Mitt 30.5, Haugen 26, Bergmann 25, and Hollands 20.

The report I heard was that the 31 year old, five time WSM winner, Mariusz Pudzianowski is going to retire. He is supposed to have said his body is 'done'. Perhaps he will, or the money, honor, glory may draw him back for yet a sixth WSM title. Let us not forget, strength, it has been said, is a greedy mistress. Derek Poundstone is a hungry lion who has only scratched the surface of his strength potential. He has all the tools to be great - speed, strength, determination and perhaps the best of all, he has youth. Dave Ostlund is also very very gifted. He has the height to carry some very serious muscle and has clearly showed that he can hang with the top men in WSM competition. Last, but not least, is Phil Pfister - the first American to win the WSM since 1983, and look who he beat, the greatest

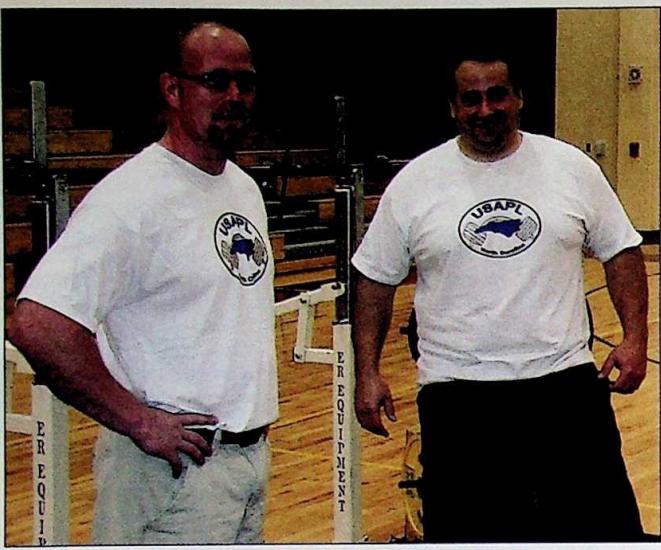
strongman in history, Mariusz, no last name needed. Will Phil retire like he says? Only time will tell. He has given us many a thrilling moment.

In closing this article, I hope I did not tick off the WSM organization, or ESPN. Like the legendary Joe Friday said, I just wanted the facts, I made dozens and dozens of calls and sent about 20 plus e-mails, to get info for this report. Most of all a big thank you to all those people who run forums, especially Jackals Gym. I have seen every WSM contest many, many times, and this was the best ever for me. Whatever you do, do not miss the 2008 WSM contest when its aired in December of 2008. This event will be translated into over 25 languages before it is aired, which shows how popular the WSM is around the world. Thanks to PLUSA for letting me do this.

A final thought, when asked by one of his generals, 'who will win today?', speaking of the gladiator combat that was about to take place, Caesar replied, 'neither the strongest nor the fastest, but he that can endure will win'. That was Mariusz.



Mariusz the Magnificent in the stands between events. Has a new era begun, or will he be back again in '09?



Two of the Best Spotters and Loaders in the USAPL: Nick Jenkins (left) and Brian Politis at the Show of Strength Event. (B. Hindman)

**2nd USAPL Show of Strength
19 JUL 08 - Monroe, NC**

BENCH	J. Lowder	376	220 lbs.	J. Martin	507	303	507	1317
WOMEN	SHW		Raw	J. Skinner	535	364	595	1494
Open	Raw		G. McCauley	491	309	562	1361	
148 lbs.	R. Rovira	468	J. Fey	463	59	535	1257	
L. Pardue	94	W. Greene	H. Bowser	265	246	402	909	
MEN	Teen (14-15)		M. McCoy	568	441	634	1642	
123 lbs.	132 lbs.		J. McAfee	—	209	309	—	
B. Huneycutt	231	Raw	R. Wilcox	529	419	601	1549	
132 lbs.	B. Entinger	204	L. Niswander	502	364	601	1466	
Raw	165 lbs.		T. Simon	435	53	468	1257	
B. Entinger	204	J. Shue	L. Gallowa	314	408	424	1146	
148 lbs.	Raw		R. Noel	—	325	424	—	
Raw	R. Davis	176	R. Allen	—	347	369	—	
D. Wilson	309	220 lbs.	275 lbs.	B. Hindman	584	380	546	1510
165 lbs.	H. Bowser	243	Raw	C. Dennis	540	380	540	1461
J. Shue	281	Teen (18-19)	B. Entringer	220	204	364	788	
Raw	275 lbs.		165 lbs.	J. Shue	347	281	375	1003
D. Boskovich	215	Raw	Raw	R. Davis	220	176	320	716
R. Davis	176	J. Lowder	D. Wilson	309	181 lbs.	181 lbs.	181 lbs.	181 lbs.
181 lbs.	Master (40-49)		D. Barwick	402	165 lbs.	Raw	D. Barwick	402
D. Thompson	441	242 lbs.	H. Bowser	243	Raw	D. Boskovich	215	Raw
198 lbs.	Raw		D. Wilson	309	Raw	M. Klein	474	198 lbs.
A. Davis	347	Master (50-59)	220 lbs.	D. Wilson	309	R. Wilcox	419	Raw
220 lbs.	148 lbs.		148 lbs.	D. Wilson	309	L. Galloway	408	A. Davis
Raw	Raw		Raw	D. Wilson	309	C. Whitt	353	347
D. Barwick	402	Raw	Raw	D. Wilson	309	R. Allen	347	Raw
242 lbs.	Raw		Raw	D. Wilson	309	275 lbs.	R. Allman	502
Raw	D. Boskovich	215	Raw	D. Wilson	309	R. Allman	502	SHW
M. Klein	474	198 lbs.	D. Boskovich	215	Raw	M. Belk	562	Raw
R. Wilcox	419	Raw	M. Klein	474	Raw	Powerlifting	5Q	W. Greene
L. Galloway	408	A. Davis	198 lbs.	198 lbs.	Raw	5Q	BP	325
C. Whitt	353	347	Raw	Raw	Raw	BP	DL	TOT
R. Allen	347	Raw	Raw	Raw	Raw			
275 lbs.	R. Allen	347	Raw	Raw	Raw			
R. Allman	502	SHW	Raw	Raw	Raw			
Raw	Raw	Raw	Raw	Raw	Raw			
M. Belk	562	W. Greene	Raw	Raw	Raw			
Powerlifting	5Q	BP	Raw	Raw	Raw			
WOMEN			Raw	Raw	Raw			
165 lbs.			Raw	Raw	Raw			
Open Raw	J. Wiersma	127	105	243	474			
MEN			Raw	Raw	Raw			
132 lbs.			Raw	Raw	Raw			
148 lbs.	B. Etringer	220	204	364	788			
Raw			Raw	Raw	Raw			
D. Wilson	353	309	485	1140				
165 lbs.	J. Shue	347	281	375	1003			
Raw			Raw	Raw	Raw			
T. Bates	369	265	518	1152				
R. Davis	220	176	320	716				
181 lbs.	L. Parker	331	265	397	992			
Raw	198 lbs.		Raw	Raw	Raw			
S. Whiting	—	—	Raw	Raw	Raw			
Raw	N. Micelli	386	325	452	1163			
A. Davis	353	347	402	1102				
J. Wu	265	204	353	821				

I want to thank everyone who came out to support the 2nd annual North Carolina Show of Strength powerlifting Challenge. We had 40 competitors this year, and over 100 fans in the audience. The Sun Valley High School gymnasium was an awesome venue, as the fans were cheering loudly, and the lifters were bringing their best to the platform. It was a fantastic day for lifting! Throughout the day, there were great lifting across the board from everyone. One lifter, Boyd Huneycutt, inspired us all with his

awesome show of strength. Thank you Boyd. I want to thank the incredible spotters and loaders: Nick Jenkins, Brian Politis and Collin Crookenden, who worked hard all day long, protecting the lifters and keeping the meet running smoothly and quickly. I want to thank our awesome judges: Christie Newman, John Demchak, and Jennifer Thompson, for fair and consistent judging across the board. I want to thank our fantastic emcee: Ben Savage, for pumping up the fans to give the lifters the best audience for lifting ever! I want to thank Scott Bentley and Donovan Thompson for managing the score card computer system and keeping things running smoothly throughout the entire meet. And, last but not least, I would like to thank my wonderful wife, Julianne, and my daughter, Makaylah, for putting up with me the last few months to put this meet together. Without their support and love, this would not be possible. Thank you everyone. (courtesy Brent Hindman)

**USPF Fresno Open
12 JUL 08 - Fresno, CA**

BENCH	J. Hunter	408
WOMEN	Master (40-49)	
114 lbs.	A. Galafate	485
Open	F. Sheffield	441
B. Aerts	110	Master (50-59)
Master (40-49)	A. Aerts	446
B. Aerts	110	DEADLIFT
MEN	WOMEN	
165 lbs.	114 lbs.	
Junior (16-17)	Open	
A. Fite	325	
B. Aerts	233	
Open	Master (40-49)	
Risenhoover	303	
181 lbs.	B. Aerts	233
Junior (20-23)	MEN	
E. Joseph	402	
Master (50-59)	R. Madera Jr	419
D. Cummerow	347	Open
Open	Risenhoover	353
R. Garcia	353	
Risenhoover	281	Junior (20-23)
Submaster (35-39)	E. Joseph	474
C. Tremblay	441	198 lbs.
220 lbs.	Junior (18-19)	
Open	J. Tennefoss	590
J. Hunter	408	242 lbs.
Master (40-49)	J. Torrence	408
132 lbs.	S. Dominguez	452
Raw	242 lbs.	
B. Entringer	220	308 lbs.
165 lbs.	Junior (18-19)	
J. Shue	347	Open
Raw	S. Dominguez	342
R. Davis	220	Master (40-49)
181 lbs.	A. Aerts	590
Raw	A. Galafate	568
D. Copeland	413	Master (40-49)
308 lbs.	A. Galafate	568
Open	Master (50-59)	
A. Galafate	485	
A. Aerts	446	
Powerlifting	SQ	BP DL TOT
WOMEN		
114 lbs.	A. Aerts	590
Open	A. Galafate	568
B. Aerts	165	Master (40-49)
148 lbs.	B. Aerts	165
Raw	B. Aerts	165
220 lbs.	B. Aerts	165
K. Buffington	226	138 243 606
MEN		
165 lbs.	Junior (16-17)	
R. Madera Jr	303	231 419 953
181 lbs.	Junior (20-23)	
E. Joseph	424	402 474 1301
Master (50-59)	E. Martinez	408 220 424 1053
242 lbs.	198 lbs.	
E. Martinez	408	220 424 1053
Open	G. Buffington	584 424 540 1549
M. Olivares	226	320 226 772
242 lbs.	Junior (18-19)	
S. Dominguez	485	342 452 1279
Open	B. Marum	623 485 601 1709
R. Ciano	562	413 623 1598
275 lbs.	Junior (18-19)	
C. Blackburn	496	259 529 1284
C. Adams	419	303 375 1097

Open
R. Magni 628 491 590 1709
W. Newman 573 — — 573
308 lbs.

Open
D. Harrison 661 380 661 1703

A. Aerts 309 446 590 1345

Powerlifting Best Lifters: Women-Bonnie

Aerts, Open Men-Barrett Marum, Junior

Men-Eddie Joseph, Master Men-Robert

Ciano, Bench Press Best Lifters: Junior

Men-Eddie Joseph, Open Men-Al Galafate,

Master (50-59)

Alan Aerts 309 446 590 1345

Powerlifting Best Lifters: Women-Bonnie

Aerts, Open Men-Barrett Marum, Junior

Men-Eddie Joseph, Master Men-Robert

Ciano, Bench Press Best Lifters: Junior

Men-Eddie Joseph, Open Men-Al Galafate,

Master (50-59)

Alan Aerts, Best Team-Team Alan & Bonnie

Aerts: Bonnie Aerts, Rudy Garcia, Eddie

Joseph, Alan Aerts, Fred Shefield. Meet

Promoter/Director: Steve Denison, International

Announcer: Chuck LaMantia, National

Score Cards: Kim Packer. Bar Loading Program: Lisa Wheeler. Referees:

Jim Merlino-National, Pete Wilson, National

Lisa Wheeler, National, Steve Matthews, State.

Thanks to our Spotter/Loaders: John

DeLuca, Randy Wheeler, Charles

Tremblay, Jimmy Garza. Thanks to sponsors:

Team Alan & Bonnie Aerts, T-Sport

Health and Racquet Club and Jon Torrence.

Thanks to Vendors: (www.inzer.com)

Inzer Advance Designs, House of Pain,

Chris Grantano, Iron Bug Clothing, Curtis

Pracht, CSS Photo Design, Keith Lemm.

**USAPL Nebraska State
12 APR 08 - Fremont, NE**

BENCH	T. Huey	248
MALE	T. Vrba!	193
132 lbs.	220 lbs.	
T. Peterson	116	J. Probasco 402
165 lbs.	J. Probasco	402
S. Marshall!	237	S. Huey 303
181 lbs.	242 lbs.	
T. Peterson	116	J. Probasco 402
165 lbs.	J. Probasco	402
R. Kot	281	W. Conley 441
198 lbs.	242 lbs.	
G. Stillman!	309	R. Donscheski 424
Powerlifting	SQ	BP DL TOT
FEMALE		
132 lbs.	B. Zentz	127 66 176 369
165 lbs.	T. Merrick!	187 99 287 573
Raw		
L. Rohick	—	— — —
132 lbs.	T. Petersen	121 116 254 491
148 lbs.	M. Lofing!	380 226 408 1014
181 lbs.	R. Wenner	507 342 502 1350
Raw	C. Friend	413 331 441 1185
220 lbs.	D. Storm!	347 2250 452 3049
Raw	R. Kot!	331 281 413 1025
198 lbs.	T. Merrick!	187 99 287 573
220 lbs.	S. Dominguez	408 248 502 1157
Raw	L. Ruben	705 463 639 1808
242 lbs.	T. Huey	491 303 584 1378
Raw	K. Ruben	705 463 639 1808
242 lbs.	B. Hegemann	507 364 502 1372
Raw	E. Dunn	507 353 452 1312
242 lbs.	J. Kunzman	584 408 546 1538
Raw	J. Kunzman	584 408 546 1538
Raw	!=Raw Lifters. Best Lifter: Kenneth Ruben.	
Raw	Best Bench: David Geistlinger. Meet Director: Tim Anderson. (courtesy USAPL)	

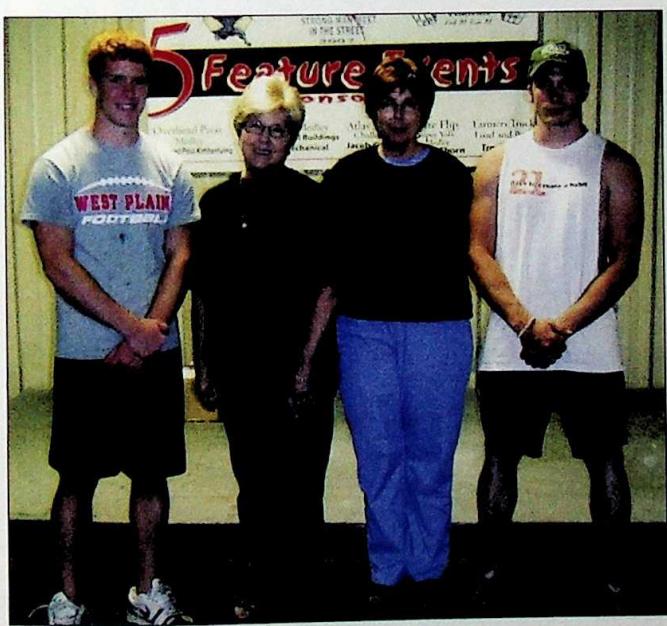
APA Missouri State

28 JUN 08 - W. Plains, MO		
BENCH	Master (40-49)	
MALE	181 lbs.	
Open	J. Lowe	215!
275 lbs.	DEADLIFT	
J. Humbryd	530	FEMALE
308 lbs.	Raw	
J. Davis	550	Master (60-64)
Master (55-59)	148 lbs.	
220 lbs.	L. Dalton	215
R. Ciano	562	4th-230!
275 lbs.	M. Hammond	420
Raw	MALE	
Master	Open	
242 lbs.	181 lbs.	
C. Blackburn	496	1284
C. Adams	419	1284
242 lbs.	S. Hazen	315
Raw	D. Binford	580

Powerlifting	SQ	BP	DL	TOT	SHW	B. Duncan	565	295	515	1375!		C. Hilton	204	182	320	705
FEMALE																
Junior																
165 lbs.																
L. Jens	250!	140	300!	690!												
Submaster																
132 lbs.																
S. Wood	245	155	288	687												
Raw																
Open																
132 lbs.																
B. Rich	275!	185!	300!	760!												
MALE																
Special Olympic Raw																
145 lbs.																
B. Chavez	—	100	260	360												
159 lbs.																
L. Blattel	—	190	315	505												
220 lbs.																
H. Bice	—	205	335	540												
Submaster																
148 lbs.																
D. Ratcliff	430	—	420	850												
Raw Open																
242 lbs.																
G. Lake	—	385	615	1000												
SHW																
S. Birdsong	725!	—	635	1360												
Teen (16-17) Raw																
J. Wood	—	20	400	630												
Junior																
220 lbs.																
Z. Talbot	710!	380	560	1650												
242 lbs.																
S. Hatley	450	375	450	1275												
Master (40-44)																
308 lbs.																
K. Ufford	850	535	740	2125												
Open																
308 lbs.																
B. Moore	875	365	635	1875												
Teen (13-15)																
165 lbs.																
B. Acid	230	225!	360!	815!												
220 lbs.																
Z. Ufford	370	270	425	1065												
Teen (18-19)																
220 lbs.																
T. Myer	605!	310	555	1470												
Raw																
Junior																
198 lbs.																
E. Burks	490!	340!	590	1420!												
Master (40-44)																
242 lbs.																
S. Morris	500	300	500	1300												
Master (45-49)																

seasoned veterans. I was very impressed with their performances and character during the meet. What a privilege to have them at the meet. This was the best state championship to date and I can't wait until next year to try and top this one! (Rodney Wood, Missouri APA State Chairperson)

C. Hilton 204 182 320 705
Open
R. Gardner 325 243 424 992
L. Sparango 485 336 480 1301
R. Robinson II 309 231 419 959
198 lbs.
Junior (20-23)
E. Joseph 342 353 491 1185
J. Martini 463 320 485 1268
Open
J. Simmons 502 402 529 1433
P. Madayag 435 369 485 1290
E. Koo 601 419 650 1670
J. Hernandez 502 358 540 1400
220 lbs.
(20-23)
R. White 485 314 474 1273
Open
G. Grissinger 601 402 628 1631
J. Jackson 457 435 557 1450
A. Young 435 287 513 1235
M. Tronske 601 474 601 1675
J. Kelske 463 419 590 1472
A. Afghani 353 309 375 1036
Master (40-49)
M. Tronske 601 474 601 1675
Master (50-59)
D. Lewis 413 281 413 1108
M. Musto 612 441 612 1664
242 lbs.
Junior (20-23)
T. Navarro 452 380 524 1356
Open
Ricardo Costa 540 496 540 1576
Bryan Burke 562 430 562 1554
Master (40-49)
J. Johnson 419 325 402 1146
275 lbs.
Open
E. Chung 546 474 689 1709
R. White 573 457 452 1483
R. White 573 457 452 1483
308 lbs.
Open
A. Aerts 353 463 551 1367
Master (50-59)
A. Aerts 353 463 551 1367
308+ lbs.
Junior (20-23)
O. Roussell 650 507 573 1731
Here's the team placings for the Military Nationals: 1st place US Marine Corps, 2nd place US Air Force, 3rd place US Navy. San Diego Open: 1st place team: Team Alan & Bonnie Aerts. No collegiate teams entered. Powerlifting Best Lifter Women: Bonnie Aerts-San Diego Open, Powerlifting Best Lifter Open Men: Ed Koo-San Diego, Powerlifting Best Lifter Men Open: Gary Grissinger-Military Nationals, Powerlifting Best Lifter Open Men: Ricardo Costa-Collegiate Nationals, Powerlifting Best Lifter Junior Men: O'Neil Roussell-San Diego Open, Jesse Martini-Military Nationals, Powerlifting Best Lifter Master Men: Michael Musto-San Diego Open, Bench Press Best Lifter Women: Bonnie Aerts-San Diego Open, Bench Press Best Lifter Men: Michelle Kummi-Military Nationals, Bench Press Best Lifters Junior Men: O'Neil Roussell-San Diego Open, Bench Press Best Lifter Open Men: Alan Aerts-San Diego Open, Michael Green-Military Nationals, Bench Press Best Lifters Open Men: Ricardo Costa-Collegiate Nationals, Bench Press Best Lifters Master Men: Alan Aerts-San Diego Open, Fred Sheffield-Military Nationals. Deadlift Best Lifter Junior Men: Levi Zanetti, San Diego Open, John Buencamino-Military Nationals. Deadlift Best Lifter Open Men: Chris McKelley-San Diego Open, Deadlift Best Lifter Master Men: Alan Aerts-San Diego Open, Fred Sheffield-Military Nationals. Deadlift Best Lifter Junior Men: Levi Zanetti, San Diego Open. Meet Director/Promoter: Steve Denison. Announcer: Chuck LaMantia. Score cards: Kellie LaMantia. Referees: Gordon Santee-International, Jim Merlino-National, Kevin Meskew-National, Scott Layman-National, David Foster, State, Alan Aerts-State, and Curtis Pracht-State. Thanks to our Spotters/loaders: Brad Iannucci, Barrett Marum, Brad Bartos, Quinn Doudera, Josh Kamins, Christian Aboujaoude. Thanks to our sponsors: Cret, www.con-cret.com, Team Alan and Bonnie Aerts, Inzer Advance Designs, www.inzernet.com, At Large Nutrition, House of Pain, Chris Grantano, Iron Bug Clothing, Curtis Pracht, Strength & Power Productions-Chuck LaMantia. (Thanks to Steve Denison for providing these results)

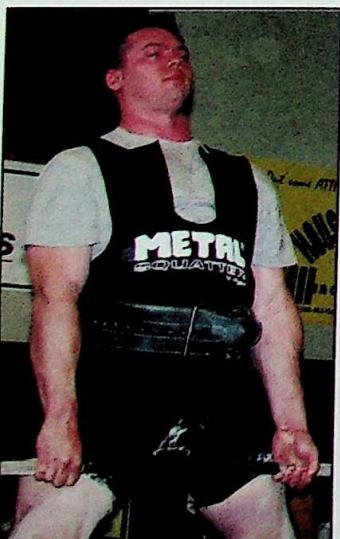


At the APA Missouri State - the Don Rockenbach scholarship was awarded to John Lowe and Barrett Estes. Don's wife Esther and step-daughter Becky were on hand for the presentation. (Rodney Wood)

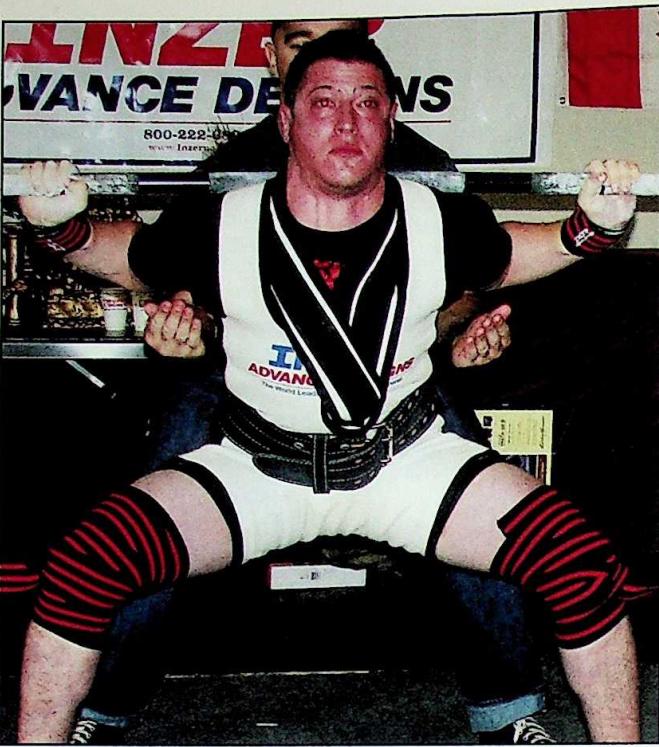
Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
Open				
B. Aerts	176	111	220	508
			4th-BP-115	DL-227
Master (40-49)				
B. Aerts	176	111	220	508
132 lbs.				
Junior (13-15)				
M. James	143	78	165	387
			4th-BP-82	
148 lbs.				
Junior (16-17)				
C. LaMantia	165	94	220	480
198+ lbs.				
Master (50-59)				
L. Keller	165	116	248	529
MALE				
123 lbs.				
Open				
C. LaMantia	143	77	176	397
132 lbs.				
Open				
C. Callen	270	193	325	788
Master (50-59)				
S. Richey	408	276	402	1086
165 lbs.				
Junior (16-17)				
R. Madera	276	226	402	904
A. Grissinger	331	198	358	887
165 lbs.				
Open				
P. Stafford	314	237	402	953
181 lbs.				
Junior (20-23)				

SSA Imperium
31 MAY 08 - Tribes Hill, NY

BENCH		220 lbs.			
WOMEN	Open				
Unlimited	K. Herbert	630			
198 lbs.	S. Nilsen	510			
Masters (40-44)	D. Epolito	475			
T. Brown	150	Junior			
MEN	T. Morris	605			
Unlimited	Submaster				
181 lbs.	S. Nilsen	510			
Open	M. Ferlito	435			
R. Hillyard	430				
Ironman	BP	DL	TOT		
WOMEN					
Single-Ply					
198 lbs.					
Master (40-44)					
T. Brown	—	150	150		
MEN					
Unlimited					
198 lbs.					
Open					
J. Rock	555	500	1055		
Single-Ply					
275 lbs.					
Open					
S. Jordan	475	570	1045		
Submaster	490	510	1000		
Standard					
148 lbs.					
Open					
J. Gorsky	235	365	600		
308 lbs.					
Teen (16-17)					
J. Kresa	190	335	525		
Full Power	SQ	BP	DL	TOT	
WOMEN					
Unlimited					
148 lbs.					
Open					
R. West	445	275	405	1125	
MEN					
Unlimited					
148 lbs.					
Open					
S. Tepper	550	405	425	1380	
181 lbs.					
Open					
M. Romeo	585	430	530	1545	
198 lbs.					
Open					
D. Barker	680	405	600	1685	
J. Rock	—	—	—	—	
Submaster					
D. Barker	680	405	600	1685	
220 lbs.					
Open					
A. Williams	660	465	500	1625	
Master (40-44)					
G. Hopkins	500	400	630	1530	
242 lbs.					
Open					
A. Ditillo	710	510	585	1805	
Masters (60-64)					
L. Bagnoli	405	275	465	1145	



Andrew Williams has been improving his total consistently at each competition that he enters.



Sandi Tepper is an outstanding lightweight lifter, who showed much potential at the SSA Imperium. (photos courtesy of Sandi McCaslin)

275 lbs.
Open
C. Ryder 860 525 600 1985

Single Ply
181 lbs.
Open
M. Hanley 495 360 545 1400

220 lbs.
Submaster
D. Wray 500 475 500 1475

148 lbs.
Open
J. Gorsky — — —

Venue: Iron Asylum Gym. I'd like to thank everyone that turned out to support this meet. It was a nice day with some very impressive lifters on the platform. We had a nice variety of lifters in single ply, standard and unlimited divisions, as well as a variety of full power, ironman and single lift lifters. There were two outstanding lifter awards given out, one in full power and one in bench only. Along with the award, I with the help of Natalie Ceklovsky put together some nice gift baskets to go along with the award. The baskets contained various supplements, tee shirts and gift certificates from our sponsors. House of Pain always comes through with some nice things for us to give out. Inzer Advance Designs takes such good care of our meets as well. With their promotional packages, we are able to give out some nice items as well as help support the meet costs. For this we are extremely grateful. I really don't think people are aware of all that Inzer Advance Designs does for our sport. They are certainly at the top of their game when it comes to supporting the lifters and meet promoters. I would also like to extend a big thank you to John Bott. He has supported our meets for some time and he has a class act crew that trains with him. They come up to lift, help and just plain support. It's hard to get to talk to John much at the meets. We are both pretty busy during the meet, and when we all get together at the lounge in the meet hotel, John always has a plethora of lifters around him, wanting tips or sharing stories. What a great man. It's not hard to tell why people have so much respect for John. He's a genuine person. People started rolling in on Friday. If you peeked out my living room door at about 2AM into the gymnasium, it looked like a teenage slumber party. It is very costly to attend meets today, what

with fuel prices and such. I extended an invitation for anyone that wanted to sleep on the gymnasium floor to bring pillows. I had plenty of blankets to share. Many people took me up on that, and as I said. We had a full house. It was awesome. I wouldn't want to get into the lifting until I have given thanks to the much help that is necessary to run a meet. There were so many people willing to help on the platform. My dear Sarah has proven herself under the bar and now has become an irreplaceable person in the meets. She worked the cameras along with her boyfriend Jason, and ran the handle on the monolift for all of the squats. Joe and Natalie Ceklovsky are here for every meet. Joe has become an absolute asset in the judge's chair and assists any Asylum lifters in the meet as well. Natalie helps with details like the Outstanding Lifter baskets and helps with the cooking and cleaning up. What a great couple. What great friends. Other Asylum inmates helping out were Jim Farina and Brett Pavlus (Brett spotted nearly all day long). Lisa Johnson, a mom of one of the teens that trains here, worked concession all day. Carl Seeker, always bringing a great selection of trophies, stays to help out with judging, emceeing, etc. Tony Barbaccio and Shawn Lattimer came from Jersey to help out there teammates and made time to help out on the platform as well. Thanks guys! John Bott, with his band of misfits, came up to assist their teammates and helped out so much throughout the meet. John helped with the monolift and put his impeccable eye in the judge's chair. Chris DelPrete spotted all damn day. John Impallomeni "The Jersey Jackal" and Dave Kirschen were more than willing to pitch in when needed as well. Thank you so much to all of you. Some of the impressive lifting included IAG's own Rheta West. At 148, Rheta squatted 445 and pulled her first over 400 deadlift. Even after she scared me in the bench, she put up a very impressive total of 1125. A lightweight impressive was Sandy Tepper. Sandy pulled together a great day with his 550 squat and 405 bench. Originally from the area, Sandy recently moved to Texas. It was great having back in New York. Mike Romeo returned to the asylum platform with a nice total of 1545 in the 181 class. Derek Barker came in from Buffalo hitting a 1685 total. It's always great seeing Jon Rock on the

platform. Jon cut a lot of weight to compete 198, and it really knocked the hell out of him. He couldn't get a squat in. Andrew Williams has consistently improved with every meet. He is proving himself to be a solid lifter. His 1625 total seemed almost effortless. Greg Hopkins is another return lifter to the asylum. I like watching Greg lift. He is extremely motivating. Anthony Ditillo also proved himself a promising lifter, totaling over 1800. Larry Bagnoli, an impressive master lifter, received a double hip replacement, yet he still keeps pulling it together on the platform impressive as always. What can I say about Charlie Ryder? This guy is so impressive on the platform. He has strength and a whole lot of class to go along with it. I really enjoy watching his performance on the platform and I also enjoy watching his total consistently climb. Charlie took Outstanding Lifter in the full power event with his 1985 total. The Unlimited Division benchers included the likes of Rudy Hillyard, an extremely inspirational lifter, with his 430 bench, also Kris Herbert, taking Outstanding Lifter in the Bench Division with his 630 @ 220. Steve Nilsen also competed 220 and benched 510, while Dave Epolito took third in the class with 475. Mike "The Oswego Freight Train" Ferlito benched 435 in the 220 Submaster Division. Mike Hanley and Duane Wray both put up great totals in the Single Ply Division. Scott Jordan totaled 1045 in the Ironman Division. Shawn "Shooter" Brown came to the meet with his lovely wife Tammy all the way from Canada. Tammy made her meet debut here. It's always nice to see a husband and wife lifting together. Being able to share something like powerlifting is just such a wonderful thing. In the Standard Division, Jef Gorsky was having really rough day. He had a cut a lot of weight and told me himself that he thought it might be time to move up a weight class. James Kresa returned to our platform to come after some Ironman pr's. James comes to the meets with his dad, Frank. Frank has stepped onto the platform himself. Again, very inspirational to see family involved in this together. I love it! In closing, I would like to thank once again everyone that came out to spend another day with us at Iron Asylum Gym. We enjoy having you all around us and look forward to doing it again. To see videos, pictures and full coverage of the meet, please visit www.ironasylumgym.com. Big thanks from the Ass Family. (courtesy Sandi McCaslin)

Mahony's Barbenders Bash

14 JUN 08 - Frockville, PA

	SQ	BP	DL	TOT
Powerlifting				
148 lbs.				
Belgrade	45	255	450	1155
165 lbs.				
Lovett	500	295	600	1395
Jones	540	315	475	1330
Blizzard	400	55	445	1100
Woodard	—	—	—	—
181 lbs.				
Carter	700	425	660	1785
Chhoeum	475	325	450	1250
Felix	375	270	400	1045
198 lbs.				
Smith	660	400	660	1720
Mack	510	370	590	1470
Salgado	550	300	530	1380
Johnson	360	270	420	1050
220 lbs.				
Gibbons	610	380	600	1590
McGregor	500	380	505	1390
Garipy	400	235	465	1100
Moral	315	325	290	930
242 lbs.				
Burgos	600	400	575	1575
Middleton	560	350	605	1515
Buchanan	470	375	550	1395
Lafferty	475	300	450	1225
Maser	450	135	400	985
Edwards	—	—	—	—
275 lbs.				
McFarland	510	405	570	1485
Bolden	460	350	600	1410
Brown	430	380	500	1310
Howard	430	320	550	1300
Osborne	470	300	500	1270
Kennedy	400	250	—	650

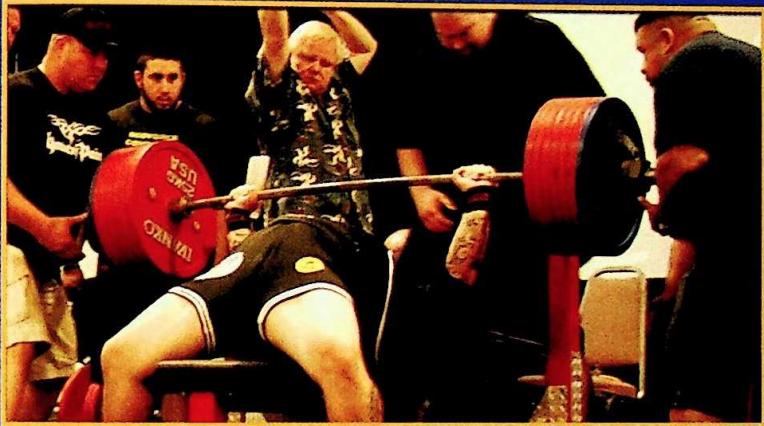
(Thanks to Jerry Burgos for these results)

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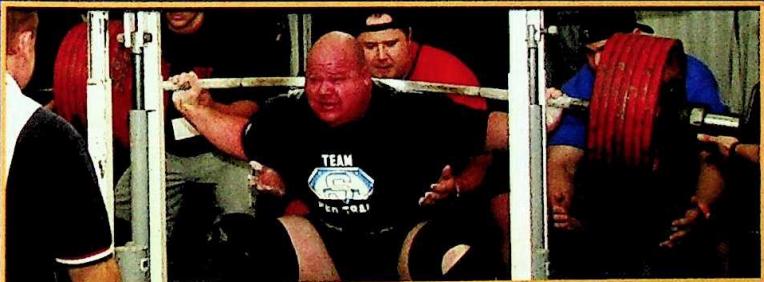
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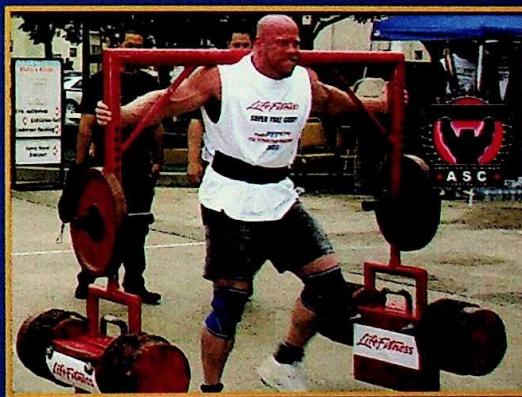


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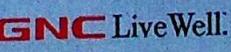


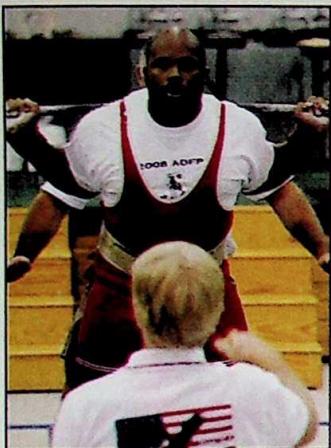
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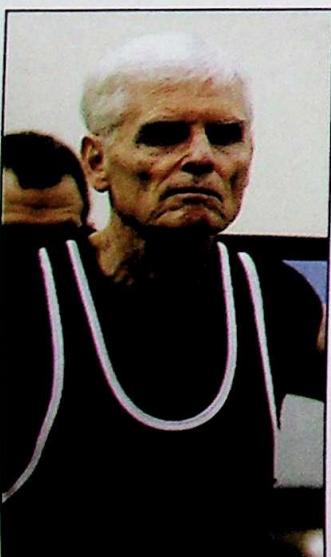
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Kelvin Hayes squatted 600 very easily, raw, and anticipates going as much as 700+ at the Worlds

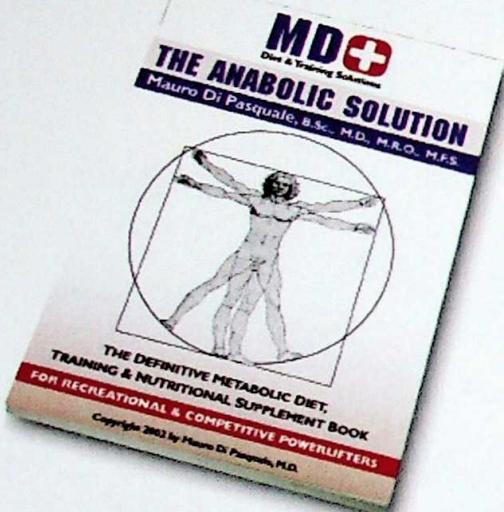
national and American records on the day in both the open and Master (50-54) categories. Dave also was named outstanding lifter in the Unequipped Master Category. I hope he had a truck to haul all of his awards back home! Sean Herron and Jacob Wallace raised all records in their respective Teen III and Teen II categories. Gary Morrison established record marks as well in hoisting a fine 731 lb. total in M5. Tyler Steelman was runner up in the Teen II category with a 792 total. The 70 kilo unequipped had two very strong women competing head to head in the Master III category. Carol Burr took top honors with a 720 lb. total. She established new Master III records along with a new open deadlift record. Susan Sanaghan came in second with a nice 500 lb. total. In the unequipped 75 kg., the highest total went to Luke Dewig. This was Luke's first powerlifting meet and he only trained for about 3 weeks prior. He established the Junior National Meet records and I expect we will be hearing more about Luke in the future. He posted a very nice 973 total after struggling with technicalities in the bench and waiting until his third try to get a successful bench. Mark Thomas upped the Master III squat record in route to a first place finish in the Master III category. Bobby Allbright bested Bob Soaper to win the open category. Colton Whitcomb established the National record marks for Teen



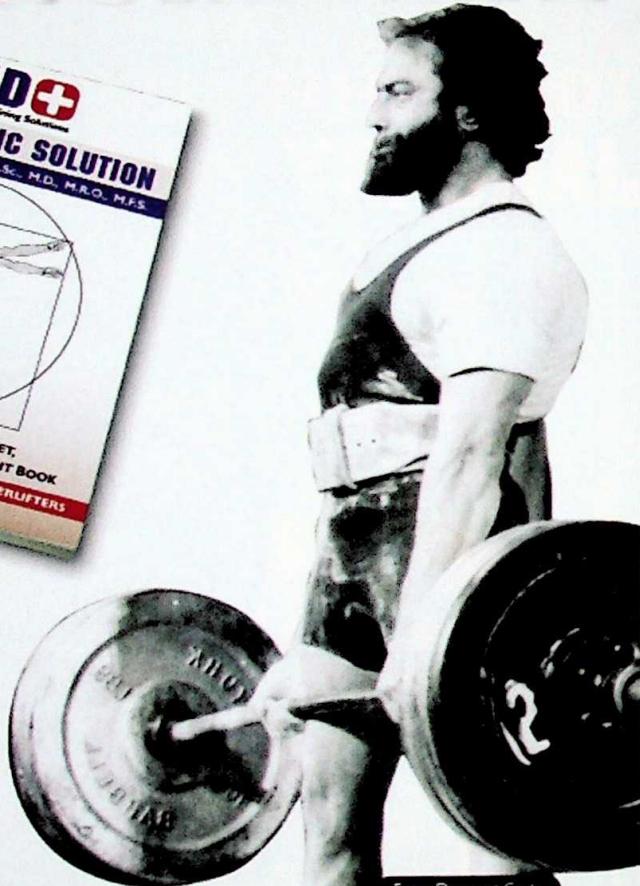
Steve Smith, 74, was the oldest competitor at the 2008 Nationals.

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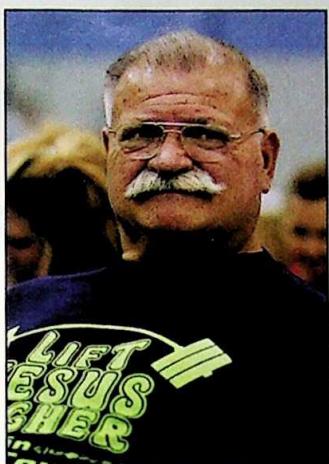
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I while Ryan Steelman finished first in the Teen II category. The unequipped 82 kg. class was perhaps the most entertaining of the day. Caleb Wallace at age 18 easily out totaled the rest of the field en route to a first place finish in the Open and Teen III categories. Caleb broke the open division squat, deadlift and total records in his class and set the Teen III national marks. Caleb also set the American open squat record with his 418 lb. effort. American Teen III records all belong to Caleb as well. Caleb was named the outstanding teen lifter for the meet. There's no telling what Caleb may lift at worlds in November. Master II lifter Jerry King came into this meet trying to qualify for the worlds. He left this meet qualified with room to spare. He even established the National Meet marks along the way. Jerry is one of those people that just makes everyone around him feel good. I look forward to seeing Jerry in a USA uniform come November. Brian Whitcomb, Jim Waters (who gets the award for the longest distance, travelling all the way from California), and Robert Batko rounded out the rest of the Master's

field with each lifter winning their division a setting a few more records along the way. Kyle Moschner won the 90 kg. unequipped class establishing the junior marks for the national meet and taking the Junior American records in squat, bench and total along the way. Roger Utley and Joshua Scott rounded out the 90 kg. field falling just short of the necessary qualifying totals for the world meet. Hopefully, they can get their needed lifts in the near future. Bruce Thomas out totaled the rest of the unequipped 100 kg. class by a substantial margin and set a new national deadlift record in the Open and Master I categories. In the Master V category, Du Wayne Burr upped his own National bench, deadlift and total records and Ross Arnold set the bar for future lifters with an 852 total in the Master V group. It took Tim Andrews III tries to get deep enough to satisfy the national judges. Once he did though, Tim cruised to an 815 lb. total in setting the American and National records for Master VII lifters. The 110 kg. unequipped class only fielded two unequipped lifters, but they really put on a show. Kelvin Hayes

entered the National meet only to qualify for the Worlds. But after his 500 lb. opening squat seemed "a little too light", Kelvin jumped to 600 lbs. and, to be honest, it looked just as easy. What is really impressive is how deep Kelvin squats and how effortless he makes it look. He passed his third attempt but said he will squat over 700 lbs. in November unequipped. He only took three more attempts on the day. He broke the National & American record in squat and the national deadlift and total records. In his own words he wasn't really trying and just wanted to qualify for worlds. He will be fun to watch come November. Not to be outdone, Mitchell La Brock (Teen III) did very well in his first powerlifting competition. He seemed a little nervous at the beginning of the day so I suggested he open light since this was his first meet. I bet his football coaches enjoy coaching this young man. He truly listens. He added 176 lbs. from his opening squat to his final squat. He then added 176 lbs. from his opening deadlift to his final attempt. His attempts were good for American/National records in bench, deadlift

(article continued from pg. ??)



Paul Wrenn, a legend from the 80s, took 1st in his weight class.

and total. I expect Mitch will put up even larger numbers in November. The 125 kg. unequipped class gave us a glimpse of things to come from Canada at the World meet as Adrian Ninabar made a guest appearance and posted an impressive 1520 lb. total. Chris Phillips set National and American records in Squat, Bench and total in his first full power meet. Brad Lovejoy only took opening lifts in qualifying for the World meet in November. Brad's openers were good enough to establish new marks in the Master III squat, deadlift and total. Ron Nicodemus lifted uncontested in the 145 kg. unequipped, however, that did not seem to affect the quality of his lifts. Ron set new national meet records with his bench, deadlift and total while improving on his own American record total. What could be scarier than a 145+ kg. massage therapist? How about a 145+ kg. massage therapist who owns the American deadlift and total powerlifting records! Carl Schmitt, owner of "To The Point Massage", put in some quality gym time in preparation for this meet and it showed with a big 1336 overall class best total in the Master II. Chris Allgood took three tries to get in a good squat attempt and then set new marks in the National bench and deadlift records in the open class while Andrew Crum set the National marks for SHW Teen II and a new mark for American Teen II squat with his lifts. The equipped divisions produced about 1/3 of the total lifters with the Teenage team from Riverside High school in Ohio providing the majority of the equipped lifters. In the 60 kg. equipped class, Mason Harbour lifted uncontested, however, he took the best teen lifter award for the equipped division, established the Equipped National/American record marks and qualified for the World Championships. The 67.5 kg. class saw Teen II Ryan Stewart take a large subtotal lead over Cody Weeks. However, Cody made a furious comeback in the deadlift but fell just a little short in the final totals. Both young men qualified for the worlds and split the national records with Cody also notching the American deadlift record. David Wilson took the class total along with the American and National records en route to his 1061 total. In the 75 kilo class, Chris Siders had the high total of 1166 lbs. with Steve Lumpe not far behind with 1150. Both established National marks and Steve upped the American squat record in the Master III class with his effort of 423 lbs. In the Teen III category, Ben Brown established National records in each lift while improving on the existing American records. In the 82.5 kilo class, Joseph Coulson out lifted Nick Snapp to take the overall class total and Teen 2 honors setting the National & American records in the process. Mike Seeling had a tough time in the squat and failed to register a total. In the 100 kg. equipped class, Tyler Scott

lifted uncontested. Tyler set impressive marks in the national/American Teen I lifts while qualifying for the world championships. Ryan Pettit posted the high total of 1419 lb. in the 110 kg. class. Ken Jones took the Master III award with Jared Holycross and Brad Moffet establishing Teen I and Teen II records respectively. Paul Wrenn was a powerlifting legend in the early 1980s and at 60 years of age he showed he is still strong with the highest equipped total in the 125 kg. class. Brad Lovejoy upped the American records in Master 3 while Chad Small posted a new American deadlift record and put numbers on the national record books in the Teen II class. Chris Forester lifted uncontested at 145 kilos. However, Chris had the highest total of the meet, was named outstanding lifter and improved on his own squat, deadlift and total American records. The Pit powerlifters captured their 14th national title in winning the Overall 2008 ADFPF National Championship. Riverside High School made the most of their drive from Ohio by winning the National Teen Title with The Pit Teenage Team taking second. In closing, we had a number of American and National records set. Many lifters qualified for the World Championship in Evansville, IN on November 22-23. The judging at this meet was strict but fair and consistent. All drug tests were negative. Thanks all of the lifters and I look forward to seeing all of you in USA uniforms in November. (courtesy from Mike Stagg)

USAPL Viking Classic 10 MAY 08 - Onawa, IA

BENCH	G. Stillman	369		
181 lbs.	C. Friend	336		
R. Hurkman	298	220 lbs.		
198 lbs.	Fredrickson	—		
D. Thurman	—	T. Anderson	601	
Geistlinger	—	K. Nadrchal	331	
FEMALE	SQ	BP	DL	TOT
132 lbs.				
M. Bennett	254	116	237	606
165 lbs.				
K. Lambert	358	226	342	926
MALE				
132 lbs.				
S. Hansen	336	209	457	1003
148 lbs.				
J. Balomenos	281	176	391	849
B. Vickerman	220	171	309	700
165 lbs.				
C. Rohlfsing	474	237	480	1190
J. Cypress	231	127	309	667
181 lbs.				
D. Szymanski	441	276	507	1224
D. Storm	358	231	457	1047
R. Hurkman	320	298	347	965
S. Walela	231	198	314	744
198 lbs.				
C. Friend	424	336	441	1202
D. Redwing	187	149	237	573
220 lbs.				



Mason Harbour was the Nationals' Best Equipped Teen Lifter.

K. Nadrchal 491 331 502 1323
J. Weers 430 220 424 1075
Best Lifter: Kelli Lambert. Meet Director: Tim Anderson. (results courtesy USAPL)

WNPF Drug Free Nationals 27 JUL 08 - Youngstown, OH

BENCH	Single Ply	Raw (13-16)		
FEMALE	Police/Fire	N. Sarbaugh	180*	105*
114 lbs.	C. Miller	100!	225*	510*
Raw (13-16)	MALE	Raw (17-19)	265!* 115!* 315!* 695!*	
J. Welton	75	198 lbs.	Natural Single Ply	
123 lbs.	(17-19) Raw	M. Welsh	S. Bugner	300* 180* 285* 765*
(50-59) Single Ply	405	242 lbs.	165 lbs.	Raw (17-19)
N. Proctor	150!	Raw (35-39)	J. Mayer	230!* 105!* 255!* 590!*
165 lbs.	D. Fryberger	550*	MALE	
Raw (40-49)	105!	165 lbs.	Unlimited	
C. Macri	DEADLIFT	(40-49)	165 lbs.	
MALE	FEMALE	A. McVane	242 lbs.	
Unlimited	114 lbs.	605!* 355*	Lifetime	
300 lbs.	Police/Fire	520!* 1480!	Poffenberger	620 450 600* 1670
(40-49)	C. Miller	242 lbs.	Single Ply	
P. Araci	565	198 lbs.	165 lbs.	
Single Ply	(40-49)	(17-19)	(13-16)	
198 lbs.	T. Welton	460	A. Fenimore	250* 125* 250* 625*
(50-59)	(20-23)	B. Bidinotto	(70-79)	
J. Chrissis	405!	242 lbs.	J. Collazo	340!* 225!* 350!* 915!*
220 lbs.	(60-69)	M. Hunick	198 lbs.	
J. Combine	410!	275 lbs.	C. Mosely	395* 300* 370* 1065*
(50-59)	Police/Fire	D. Ogan	R. Gregory	350 315* 480* 1145*
M. Lenzi	390	Raw	220 lbs.	
Raw	148 lbs.	165 lbs.	Lifetime	
148 lbs.	(13-16)	M. Hart#	114 lbs.	
M. Hunick	225*	198 lbs.	Youth	
(50-59)	165 lbs.	T. Duff	C. Bagnall	600!* 370* 550* 1520!
181 lbs.	250!	(17-19)	275 lbs.	
L. Spiritos	350*	M. Welsh	D. Eddy	515!* 460!* 515!* 1490!
(35-39)	242 lbs.	515!*	Raw	
M. Willett	225	220 lbs.	114 lbs.	
(60-69)	220 lbs.	Lifetime	C. Baggett	515!* 460!* 515!* 1490!
E. Freeman	325*	L. Eleuteri	148 lbs.	
198 lbs.	(50-59)	L. Eleuteri	(13-16)	
(50-59)	242 lbs.	560*	M. Hunick	315 255* 350* 890*
P. Rosenstern	235	(60-69)	(17-19)	
220 lbs.	B. Bidinotto	330!	J. Pellegrini	270* 175 375* 820
(50-59)	POWER CURL	FEMALE	A. Short	165 lbs.
D. Lhota	315	242 lbs.	Lifetime	
(60-69)	165 lbs.	M. Hart	181 lbs.	
B. Bidinotto	135	275 lbs.	Lifetime	
(40-49)	165 lbs.	C. Marci	181 lbs.	
Lifetime	MALE	60!	R. Davis	405 255 425 1085
J. Behari Jr.	450	181 lbs.	(50-59)	
(40-49)	Lifetime	R. Staab	R. Davis	405* 255* 425* 1085*
J. Behari Jr.	450*	160	(50-59)	
(50-59)	R. Staab	145*	198 lbs.	
S. Rinehart	340	(60-69)	(20-23)	
SQUAT	R. Staab	160	T. Cox	570!* 260* 600!* 1430!
FEMALE	198 lbs.	160	Lifetime	
114 lbs.	Open	R. Gregory	N. Jeffreys	315 225 315 855
R. Gregory	150*	Lbs.	(40-49)	
BENCH Reps	Reps	Reps	D. Pagonis	440* 305 500* 1245*
FEMALE			220 lbs.	
123 lbs.			(17-19)	
(50-59)			T. Luchini	450* 250 510* 1210*
N. Proctor	60	57!*	(20-23)	
165 lbs.			T. Ellis	485* 365!* 515 1365*
Open	75	22!*	(50-59)	
C. Macri	75	22!*	D. Lhota	400 315* 315 1030
Lifetime			275 lbs.	
C. Macri			(17-19)	
MALE			J. Neal	325 250 505 1080
181 lbs.			(60-69)	
L. Spiritos	170	34*	R. Jeffrey	445!* 290!* 540!* 1275!
275 lbs.	BP	DL	SHW	
(40-49)			(40-49)	
J. Behari Jr.	270	17!*	B. Lenzi	575* 450* 575* 1600*
Ironman			=National Records. *=State Records.	
FEMALE			#=Best Lifters. Team Champions	
181 lbs.			Powerlifting: Anytime Fitness. Team Champions	
Raw (40-49)	M. Gerkin	145 285* 430	Bench Press: Doc on the Water. This	
MALE			year we had a great turnout, with lifters	
275 lbs.	Lifetime Single Ply		coming from five states. Several new state	
C. Mathaios	405* 525* 930		and national records were set and some	
Powerlifting	SQ BP DL TOT		strong totals turned in. Taking home best	
FEMALE			lifter awards were Sarah Keister for	
114 lbs.	Single Ply Police/Fire		women's powerlifting, Len Newman for	
C. Miller	100* 60* 160* 320*		men's equipped powerlifting, Tim Cox for	
Raw (17-19)	A. Schory	170* 85* 275!* 530*	men's raw powerlifting, Mike Hart for	
148 lbs.			deadlift only and Joseph Behari Jr. for	
			bench only. Thanks to all the lifters who did	
			such a great job and my staff for again	
			helping put on a great meet. Also, thanks to	
			Bill Schaffer and Dick Davis for bringing	
			along some great lifters. (Ron Deamicis)	

(continued from page 6)

3. Reduce weight and do more reps on board.
4. Decline bench straight bar at 200 lbs., hitting low, three sets of eight.
5. One arm incline dumbbell press, 75-90 lb. dumbbells 3x8
6. Varying assistance machines (pec deck, chest presses, cable flies)

SATURDAY - SQUAT DAY

Training cycle is in 10-week periods

1. Work up to 450 lbs. put on briefs.
2. 500 lbs. with suit (straps down), loose wraps, 1x2 reps
3. 530 lbs. straps down, medium tension wraps, 1x2 reps
4. 560 lbs. straps down, medium tension wraps, 1x1 reps
5. 585 lbs., straps up, tight wraps, 1x1
6. 605 lbs., straps up, tight wraps, 1x1
7. 620 lbs., straps up, tight wraps, 1x1
8. 650 lbs., straps up, reverse bands (green) 2x2

Assistance:

1. Reverse hyper
2. Leg Press, 3x8, 600 lbs. (varying feet placement)
3. Straight Leg Deadlifts of RDL, 3x10, 315 lbs.
4. Leg Extensions, 3x10, 250 lbs.
5. Leg Curl, 3x10, 150 lbs.
6. Various other assistance exercises (abductor, adductor, standing leg curl)

SUNDAY - TRICEP/SHOULDER

Triceps:

1. Reverse bands, bench 450 lbs., 3x3 reps
2. Lockouts, 225 lbs., 3x3
3. Skull Crusher, 90 lbs., 3x8
4. Weighted Dips, 25 lbs., 3x15
5. Various other assistance exercises (dumbbell kickbacks, rope push downs, machine dips)

Shoulders:

1. Straight Bar behind neck, 135-165 lbs., 3x8
2. Standing Presses, 135-165 lbs., 3x10
3. Lat Raises, 20 lbs., 3x15

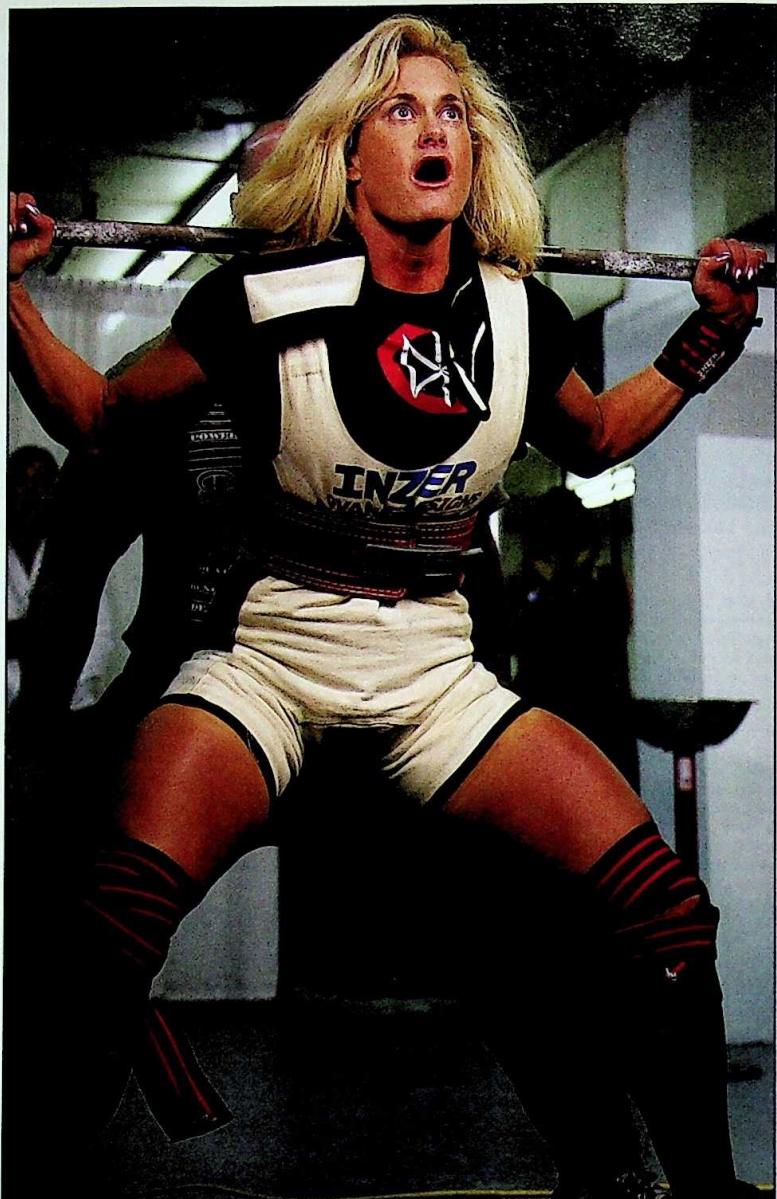
I don't train my biceps because it's gay!

What kind of vitamins and/or supplements do you use?

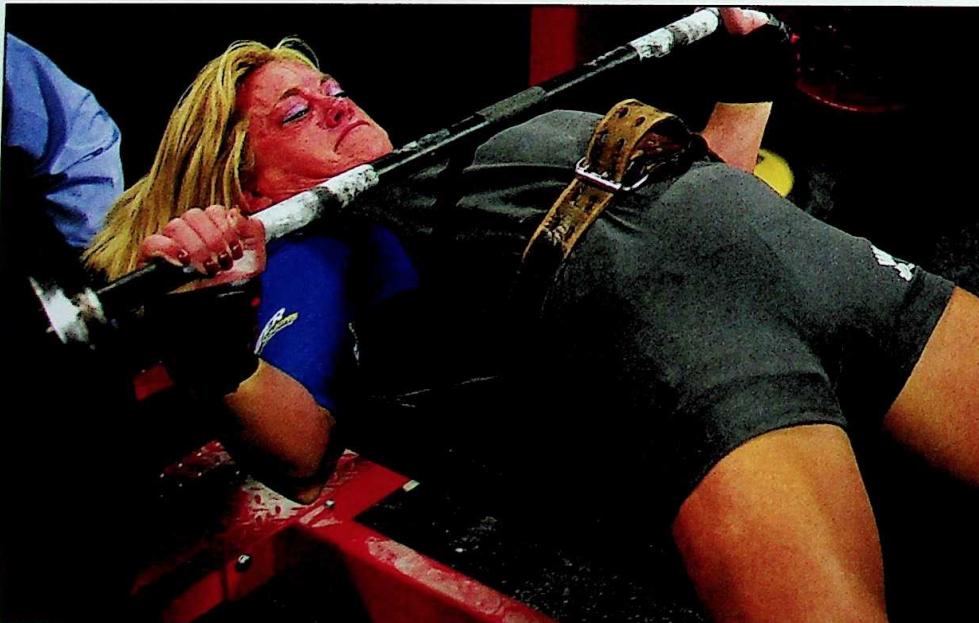
I do not take any vitamins or supplements. I eat all organic, no processed or fast food, and no red meat. I eat eight times per day consisting of vegetables, fruits and protein. I consume approximately 250-300 grams of protein per day, which is through eggs, chicken, turkey, and fish.

What are your comments on powerlifting?

I would first like to thank my sponsor, Inzer, who has been very supportive and helpful to me. I would also like to thank Rick Hussey and everyone at Big Iron. Other gyms and individuals who have assisted me in my success include Kingpin Barbell, Super Training and Iron Society, and 24 Hour Fitness. I cannot forget to thank my dog, Rosa Parks, who travels with me and sits in gyms all day while I train.



In the Squat, Shannon has made amazing gains since training at Big Iron.

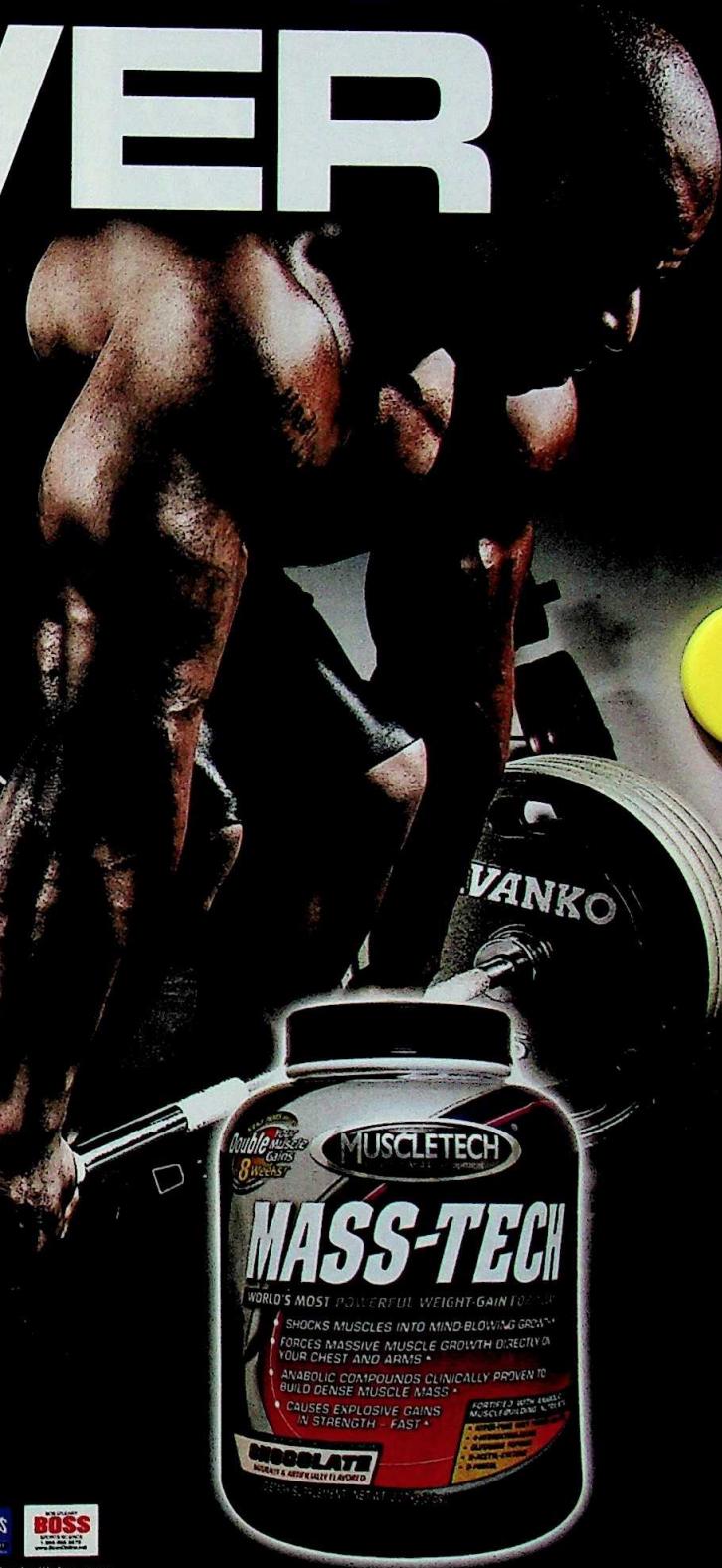


Benching in WPO Competition at the 2007 Arnold Classic. (photographs by Powerlifting USA)

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Frank Ranelli Hoists 325 at Vince Soto Memorial Meet ... "Every year, for the past eight years, apart from one due to illness, I have lifted in the Vince Soto Memorial Ohio State Bench Press / Deadlift Championship in Columbus, Ohio. It is held annually during the Ohio State Fair, taking place this year on August 3, 2008. On this day, I went three for three on my attempts, in the Master men's 148 pound weight class and division, finishing off a strong, third attempt bench press of 325 pounds for the win. I narrowly missed a big, 360 pound fourth attempt, which was just short of lockout. My ambitious fourth try, at least for a 42 year old master lifter, was dedicated to the memory of Vince Soto - who died in 2000 - and his family, who were in attendance. It was my diminutive way of paying homage to a lost friend, by being intrepid and taking 350 pounds for "a ride". The meet was held by Son Light Power (SLP) and Dr. Darrell Latch at the Ohio State Fairgrounds in the Buckeye Sports Center. In 2001, the met was officially renamed the Vince Soto Memorial Ohio State Bench Press / Deadlift Championship, after Vince's unexpected and untimely death of eight years ago. Vince was only 23 years old at the time of his sudden death. He was formerly a personal trainer for World Gym of Dublin, Ohio, a highly competitive powerlifter in the 123 lb. weight class, and a head judge at numerous meets. Each year, Dr. Latch invites the Soto family to attend as honorees, and presents them with a special tribute trophy and plaque commemorating Vince's life and contributions to the sport of powerlifting. Vince also had a profound impact on my own life. He introduced me to the sport of powerlifting in 1997, my current and longtime training partner Kirk Bardos, and a multitude of other close friends and competitors within the powerlifting community. Fortunately, in 1999, Vince bequeathed to me his then newly purchased custom denim bench shirt, which was slightly too big on Vince, in a random act of sheer kindness seldom found today. Since 2000, I have worn Vince's denim bench press shirt in most meets, and always since 2001 at the Vince Soto Memorial meet. The shirt is now almost ten years old, has seen numerous repairs and alterations, but - somehow - stubbornly refuses to ultimately surrender. Perhaps, and more likely, it is my own persistent unwillingness to retire the shirt as a personal reminder of Vince. Truly, it would seem an act of sacrifice to compete at that meet, which bears his name, without donning the shirt that was his last, but unquestionably not his only, living gift to me. Thanks to Dr. Darrell Latch of SLP for keeping Vince's memory alive and reminding his family - the kind and gentle Sotos - each year that while his life was shorter than most, Vince's legacy will endure long after I - and just maybe his intractable shirt - retire from powerlifting".

FRANK RANELLI



Sports

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(continued from page 20)

I use kettlebells, frequently and believe they have helped my strength, flexibility and upper back size.

BT: Who do you train with?

RC: I train alone most of the time. When training for a competition I always have support from gym members. We always come together to help one another when someone is getting ready for a competition.

BT: Do you have any advice for beginners?

RC: Learn the lifts, the form and technique, the weight will come. Eat, sleep, rest and only train 3 days a week. Talk to all the lifters you can and learn from them. Compete as much as possible. Most beginners are reluctant to start competing, but I feel you need to regardless of your strength in order to learn and improve. There are a growing number of professional powerlifters available on Wannabebig.com.

BT: Out of the squat, bench and deadlift, what is your favorite lift?

RC: I love all three lifts.

BT: What is your least favorite lift?

RC: I hate good mornings for some reason.

BT: What are some important dos and don'ts?

RC: Get plenty of rest and listen

to your body. When you feel beat up and need a break, take one!

BT: How do you mentally prepare for a contest?

RC: Mentally I try to be positive. I use a lot of visualization. I see myself doing everything from chalking up, to walking up to the bar and executing the lift in the most controlled explosive manner imaginable. I see the three white lights and hear the crowd go wild.

BT: What goes through your mind during and after completing a huge lift?

RC: I stay calm and try to channel my energy into the lift. After the completion of a lift I try and remember exactly how it felt so I can duplicate it next time.

BT: What do you enjoy doing away from powerlifting?

RC: I'd say powerlifting is pretty much my life, but other than that I enjoy spending time with my wife and son, riding my motorcycle, fishing, eating out, going to see a good movie, and hanging out with friends and family.

BT: Do you take any supplements?

RC: I'm honored to be sponsored by At Large Nutrition and have been using mostly their products. I use their Opticen, Nitrean, Results, ETS, creatine monohydrate, fish oil, and multivitamin. I also use flax oil,

garlic, and a green drink.

BT: Do you have any favorite quotes or sayings that have helped you become as successful as you are today?

RC: You can do anything you put your mind to.

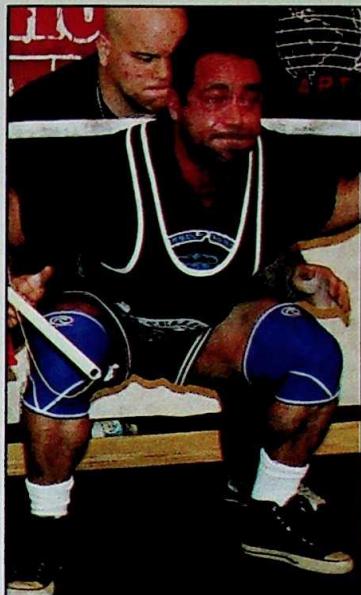
BT: Ryan, you are living proof of that! You have set the record and we are looking forward to seeing what you have in store next. It has been an honor talking to you today. In closing is there anyone who you would like to thank?

RC: First and foremost, I'd like to thank my wife Dana, for believing in me and always being there and supporting me no matter what I decide to do.

I'd like to thank Critical Bench for the opportunity to do this interview.

I'd like to thank my sponsors, Alan Thomas from APT Pro Gear, Chris Mason from At Large Nutrition, Pete Alaniz from Titan Support Systems, Ken Anderson from Anderson Powerlifting, and Ty and James from Supplement Central.

I'd like to thank everyone from Celli's Fitness for always being there for me when I need them, Fei Lung for the incredible photos he takes for the Celli's web site, and Natty Freed for



Ryan is not just a one lift wonder (CB)

taking care of the Celli's Fitness website. I'd also like to thank my massage therapist Amie Marx. I can't leave out John Casciato, he's always there for me whenever I need anything. I rely on him for his valuable training advice, motivation and keen eye for technical errors. My training sessions and competitions always go better when I have him with me. Thanks everyone!

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Player - Steve
Konopka



(article continued from pg. 32)

of growth hormone use still hasn't been perfected, and they've been at it for well over a decade.(20)

Proprietary Research

Many times in the past three decades I have criticized the proprietary research that has been used to back up their drug testing claims. These studies, in my view, have little scientific validity as they are not published and thus not available to the prevailing scientific principles. As well, the black and white attitude of drug testing goes against the theories and principles on which the scientific method is based.

Two recent commentaries in this month's *Nature* finally takes the WADA/IOC hierarchy and powers to task.

One of the commentaries (21) states "Detecting cheats is meant to promote fairness, but drug testing should not be exempt from the scientific principles and standards that apply to other biomedical sciences, such as disease diagnostics. The alternative could see the innocent being punished while the guilty escape on the grounds of reasonable doubt."

Another by Donald A Berry (22) presents an argument that "the pro-

cesses used to charge athletes with cheating are often based on flawed statistics." The commentary outlines the deficiencies in Floyd Landis' positive drug test for exogenous testosterone.

In his commentary Dr. Berry states "Whether a substance can be measured directly or not, sports doping laboratories must prospectively define and publicize a standard testing procedure, including unambiguous criteria for concluding positivity, and they must validate that procedure in blinded experiments. Moreover, these experiments should address factors such as substance used (banned and not), dose of the substance, methods of delivery, timing of use relative to testing, and heterogeneity of metabolism among individuals."

In addition to transparency and open discussion of testing procedures, and research, it follows that those responsible for the test results and the subsequent decisions should be held legally and financially accountable for their decisions. So far, for various reasons, this has not been the case.

But athletes should have that recourse. After all as a consequence of these decisions many athletes over the years have suffered, and continue to suffer, needlessly, perma-

nently marked as cheats with their lives disrupted, sporting careers and reputations ruined, and earnings lost.

As well, if those making the decisions were to be held accountable there would be a shift to letting some cheats get away with doping so that someone innocent is not found guilty of doping rather than the present scenario where both cheats and those innocent of doping are found guilty.

Until the deficiencies inherent in drug testing of athletes are acknowledged and dealt with drug testing is not fair either in detecting those that use banned drugs or in false positives in those that do not. As such, in this year's Olympic Games in Beijing most athletes using banned drugs and methods weren't caught (including the handful of gene doped athletes who represent the vanguard of a new paradigm in doping).

There were few positive tests at these Olympics but this was mostly due to pretesting and not allowing potentially positive athletes to compete. It's likely that some of these athletes who tested positive, and thus were barred from even competing at the Olympics, weren't using banned drugs and were falsely accused.

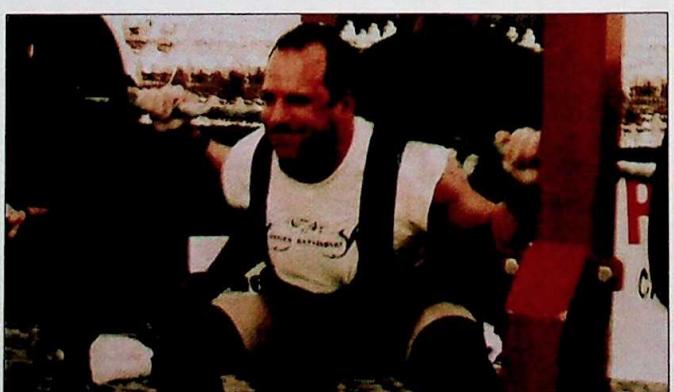
So what's the answer? Should we scrap drug testing and adopt a Laissez Faire attitude? In my opinion allow-

ing athletes free rein on doping, as suggested by some,(23) is a mistake. If we take the example of professional bodybuilders who are not drug tested and are in the forefront of drug use, including almost every drug known to man that may affect muscle size and body composition, then such an attitude would be unthinkable. These athletes, because of their drug use and extremism are among the unhealthiest people on this planet.

Do we really want our athletes, for the sake of political and financial gains, to suffer the health consequences of unbridled drug use and gene doping? I don't think so. And because of the complexity involved, allowing a limited use of drugs, as suggested in a recent paper,(24) wouldn't work. Athletes will almost always take more, and be even more adventurous in their drug use than they are today in hopes of beating the system. As well monitoring this drug use so that it's within acceptable limits would be a hopeless task.

The alternative is to continue drug testing and research, but to open up the procedure to others in the field and to scientific scrutiny and be open to reasonable criticisms made against drug testing protocols and analysis. It's important that everyone involved not wear blinders and realize that

WNPF New Jersey State		MEN	Toth	500	Keplar	165	120	225	510	(40-44) SP
28 JUN 08 - Bordentown, NJ		132 lbs.	(50-54) Raw	500	MEN	430	290	460	1180	Kuzian
BENCH	Spec. Olympian	(80-84) Raw	Shihinski	500	242 lbs.					Crawford
WOMEN	Crawford	Amendolaro	260*	Lifetime	Junior Raw	315	200	365	880	Junior Raw
105 lbs.	(45-49) Raw	148 lbs.	Stote	550	Ullman	490	280	505	1275	Meyers
(40-44) Raw	Chiavacci	Junior Raw	Junior	550	(55-59) SP	590	495*	625	1710	Lifetime SP
Rudek	65	(50-54) Raw	Murphy	405	Vogel	265*	165*	275*	705*	(40-44) Raw
148 lbs.	Meyers	Lifetime SP	Stote	550	181 lbs.	520*	400*	550*		Subs Raw
(50-54) Raw		181 lbs.	SHW	405	Junior Raw	1470*				Subs Raw
Thelander	85	(40-44) Raw	(50-54) Raw	405*	Charmon	400	260	420	1080	Subs Raw
MEN	Stote	365	Dulack	425*	Open UNL	330	320	400	1050	Subs Raw
123 lbs.	Junior SP	365	Sullivan	400	Olsen	430	265	565	1260	Subs Raw
Subs Raw	Stote	315	SQUAT	400	Hendry	405	245	430	1080	Subs Raw
Poindexter	235*	(60-64)	181 lbs.	400	Zimmerman	370	390	465	1225	Subs UNL
165 lbs.	Fagundes	470	(45-49) SP	405*	(40-44) Raw	420	310	450	1180	Kruzelsky
(20-23) Raw	Subs SP	(75-79) Raw	Manzo	405*	Warshany	370	390	465	1225	Subs UNL
Smith#	370*	Raw	Levesque!	385*	(45-49) SP	420	310	450	1180	Zimmerman
Fulcher	275	Subs SP	198 lbs.	198 lbs.	(40-44) Raw	370	390	465	1225	(45-49) UNL
181 lbs.	SHW	(45-49) Raw	(17-19) SP	198 lbs.	Maltezos#	405	245	430	1080	Schemel#
Lifetime Raw		Znacisko!	Menditto	450*	(40-44) Raw	305	260	400	965	275 lbs.
Gentzel	295	Sullivan	370*	242 lbs.	Warshany	420	310	450	1180	Lifetime Raw
(40-44) SP	BENCH Reps	340	Subs Raw	370	(45-49) SP	305	260	400	965	King Joe's Gym.
Ross	114 lbs.	(65-69) Raw	Znacisko!	610*	(40-44) Raw	600	380	605	1585	Subs Raw
(45-49) SP	Longshore	275	D'Angelo	610*	Maltezos#	425	350	615	1390	Subs Raw
Manzo	46*	MEN	300	275 lbs.	(45-49) SP	425	350	615	1390	Subs Raw
198 lbs.	123 lbs.	Lifetime	Open SP	275 lbs.	(40-44) Raw	450	385	520	1355	Subs Raw
(17-19) SP	Subs	Dervas	Prickett	275 lbs.	Maltezos#	450	385	520	1355	Subs Raw
Menditto	345*	Subs	(45-49)	275 lbs.	(45-49) SP	450	385	520	1355	Subs Raw
220 lbs.	181 lbs.	Slaybaugh#!	Stote	540*	(40-44) Raw	450	385	520	1355	Subs Raw
Subs SP	(40-44)	450*	POWER CURL	540*	Novice Raw	450	385	520	1355	Subs Raw
Perez	435	Cloud	315	540*	Ansart	260	245	415	920	Subs Raw
(45-49) Raw	(60-64)	16	165 lbs.	540*	198 lbs.	260	245	415	920	Subs Raw
Federowicz	350	Crawford	242 lbs.	540*	Open Raw	500	230	525	1255	Subs Raw
(45-49) Raw	21	(40-44)	(50-59)	540*	Allen	220 lbs.	230	525	1255	Subs Raw
Smith	300	Raw	Prickett	540*	(40-44) Raw	500	300	530	1330	Subs Raw
(40-44) Raw	Kuzian	11	210*	Wood						Subs Raw
Bowers!	345*	(40-44)	Spec. Olympian	100*						Subs Raw
242 lbs.	Howard	27	(40-49)							Subs Raw
Lifetime Raw		275 lbs.	Crawford							Subs Raw
Maltezos	415	(50-54)	Kuzian							Subs Raw
Subs UNL	Meyers	17*	Howard							Subs Raw
Kruzelsky	525	DEADLIFT	Chiavacci!							Subs Raw
(40-44) SP	WOMEN		565*							Subs Raw
Haley	455	105 lbs.	275 lbs.							Subs Raw
(40-44) Raw	(40-44)	275 lbs.	Open Raw							Subs Raw
Distefano	270	Rudek	Prickett							Subs Raw
(40-44) Raw	150	132 lbs.	(45-49)							Subs Raw
Kourte	320	(17-19) Raw	Dulack							Subs Raw
275 lbs.	Shihinski	250*	Powerlifting							Subs Raw
(17-19) Raw	148 lbs.	250*	SQ							Subs Raw
Falconio	280	(50-54) Raw	BP							Subs Raw
(17-19) Raw	165 lbs.	165 lbs.	DL							Subs Raw
Falconio!	280*	Longshore#	TOT							Subs Raw
Lifetime Raw		155*	100							Subs Raw
Falconio!	280*	148 lbs.	210*							Subs Raw
Falconio!	310*	Subs Raw	465*							Subs Raw



Mike Manzo setting an WNPF NY and National Squat record in NJ

while drug testing may be an effective deterrent most of the time, it's not infallible.

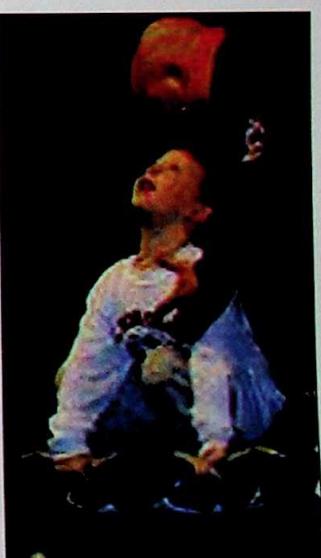
As well, rather than the present hearings and arbitration methods presently used, in which the panel members have very little knowledge or expertise about drug testing, controversial putative positive drug tests should be heard and decided on by a panel made up of a diverse number of experts in the drug testing field who are not financially or otherwise tied in to the sporting federations, the IOC, WADA or the World Association of Anti-Doping Scientists (WAADS).

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3rd Iron Chamber BP/DL 15 DEC 07 - Magnolia, OH

BENCH	Open Raw	DEADLIFT	D. Miskinis 300	T. Evans 830 Open
WOMEN	E. Collins 335	WOMEN	M. Antalvari 715	M. Antalvari 715 J. Bednar 1250
132 lbs.	M. Costa 320	123 lbs.	J. Miliken 260	R. Tyo 980
High School Raw	J. Henkel 285	High School Raw	Masters Raw	D. Pagonis 755 S'Poffenberger 955
B. Collins 110	Open	148 lbs.	P. Wolfe 310	Masters Masters
148 lbs.	C. Hurst 385	Open Raw	148 lbs.	R. Hamsher 920 D. Votaw 805
Open Raw	T. Russel —	A. Wagner 225	Open Raw	Police/Fire/Military Masters
A. Wagner 110	Master Raw	181 lbs.	A. Wagner 335	J. Hasler 890 L. Newman 1115
165 lbs.	E. Collins 335	Open Raw	Open	High School Raw T. Nugent 1090
Open	J. Henkel 285	J. Tufts 260	N. Guzman 530	J. Houghton 740 275 lbs.
K. Trausch 175	Masters	MEN	Masters Raw	C. Higey 615 Open Raw
181 lbs.	S. Picklesimer 300	132 lbs.	F. Combest 255	220 lbs. J. Wells 685
Open Raw	M. Keyser —	Open Raw	165 lbs.	M. Kapas 315 Open
J. Tufts 125	Police/Fire/Military	A. Begue 35	Masters	Masters Raw N. Roman 1255
MEN	E. Collins 335	148 lbs.	A. Tressler 705	R. Combest 385 D. Bosler 1050
148 lbs.	J. Henkel 285	Open	High School	Masters T. Novitski 1010
Open Raw	242 lbs.	D. Miskinis 380	A. Streaker 480	L. Newman 1160 J. Harbin 650
D. Alexander 300	Open Raw	High School Raw	High School	J. Pfeiffer 620 Masters Raw
Open	C. Bartolic 405	M. Noebe 245	Open Raw	Police/Fire/Military Hamilton 695
D. Miskinis 225	W. Quinn 390	High School	J. Tufts 380	R. Gipson 1005 Masters
Master Raw	C. Cline —	D. Miskinis 380	SHW	242 lbs. D. Miskinis 575
D. Alexander 300	Open	165 lbs.	High School Raw	Open Raw SHW
High School	M. Zingaro 645	Open	E. Filinier 520	C. Bartolic 995 Open
D. Miskinis 225	C. Carson 620	A. McVaney 565	MEN	P. Rogers 955 N. Courtad 1170
165 lbs.	S. Pollard 605	R. Sinicropi 485	132 lbs.	B. Krabach 890 R. Green 885
Open Raw	J. Elick —	Masters	Open	E. Zak 850 S. Vickery 660
J. Jones 335	J. Trusty —	D. Varnam 365	Z. Ramnytz 605	J. Curran 715 N. Sabatino 515
Open	Masters Raw	181 lbs.	148 lbs.	Best Lifter Female: A. Tressler. Best Lifter Male: A. McVaney. 1st Place Bench Press Raw Team: TD Sales Team. 1st Place Ironman Raw Team: Team Miskinis. 1st Place Ironman Team: Dukes Iron Zoo. 2nd Place Ironman Team: Big Al's Gym. The Iron Chamber Gym Bench Press & Deadlift Championships were held at Sandy Valley High School. More than 100 lifters from USA and Canada traveled to northeast Ohio to take part in this meet, which has grown rapidly in just three short years. The stage was set for battle with auditorium style seating, complete light crew, a chest thumping DJ, a backstage warm-up area, and 200 plus spectators for what turned out to be a temendous event. Santa Claus made time to drop by and make an appearance in which he handed out gifts to all from Anderson Powerlifting, Titan Support Systems, APT Pro Wrist Straps, AnimalPak.com, Universal Nutrition, Bodybuilding.com, Jamie Frontz, Westside Barbell, World of Weights, Powerlifting USA, 5150 Sports Photography, and more! Russell and Florence Combest were presented with the Iron Chamber Gym Inspiration Award, not only for their achievements in the powerlifting world, but also for their constant dedication and support to all lifters who have ever had the privilege of meeting them. We would like to thank Sandy Valley High School and all who play a part in making this meet better every year. We will continue doing our very best to provide you all with a fun, motivating and safe atmosphere to wage your war. Thank you to Mike Lambert (PLUS) and all of our brothers and sisters in iron. We hope to see you all again Saturday, December 13th, 2008 at Sandy Valley High School for the 4th year of this amazing event! Contact ICG-Prize@hotmail.com. (Jeff Begue of ICG)
R. Sinicropi 340	C. Calhoun 400	Open	Open Raw	Best Lifter Female: A. Tressler. Best Lifter Male: A. McVaney. 1st Place Bench Press Raw Team: TD Sales Team. 1st Place Ironman Raw Team: Team Miskinis. 1st Place Ironman Team: Dukes Iron Zoo. 2nd Place Ironman Team: Big Al's Gym. The Iron Chamber Gym Bench Press & Deadlift Championships were held at Sandy Valley High School. More than 100 lifters from USA and Canada traveled to northeast Ohio to take part in this meet, which has grown rapidly in just three short years. The stage was set for battle with auditorium style seating, complete light crew, a chest thumping DJ, a backstage warm-up area, and 200 plus spectators for what turned out to be a temendous event. Santa Claus made time to drop by and make an appearance in which he handed out gifts to all from Anderson Powerlifting, Titan Support Systems, APT Pro Wrist Straps, AnimalPak.com, Universal Nutrition, Bodybuilding.com, Jamie Frontz, Westside Barbell, World of Weights, Powerlifting USA, 5150 Sports Photography, and more! Russell and Florence Combest were presented with the Iron Chamber Gym Inspiration Award, not only for their achievements in the powerlifting world, but also for their constant dedication and support to all lifters who have ever had the privilege of meeting them. We would like to thank Sandy Valley High School and all who play a part in making this meet better every year. We will continue doing our very best to provide you all with a fun, motivating and safe atmosphere to wage your war. Thank you to Mike Lambert (PLUS) and all of our brothers and sisters in iron. We hope to see you all again Saturday, December 13th, 2008 at Sandy Valley High School for the 4th year of this amazing event! Contact ICG-Prize@hotmail.com. (Jeff Begue of ICG)
Masters	Masters	J. Stonestreet 465	C. Kramer 615	Best Lifter Female: A. Tressler. Best Lifter Male: A. McVaney. 1st Place Bench Press Raw Team: TD Sales Team. 1st Place Ironman Raw Team: Team Miskinis. 1st Place Ironman Team: Dukes Iron Zoo. 2nd Place Ironman Team: Big Al's Gym. The Iron Chamber Gym Bench Press & Deadlift Championships were held at Sandy Valley High School. More than 100 lifters from USA and Canada traveled to northeast Ohio to take part in this meet, which has grown rapidly in just three short years. The stage was set for battle with auditorium style seating, complete light crew, a chest thumping DJ, a backstage warm-up area, and 200 plus spectators for what turned out to be a temendous event. Santa Claus made time to drop by and make an appearance in which he handed out gifts to all from Anderson Powerlifting, Titan Support Systems, APT Pro Wrist Straps, AnimalPak.com, Universal Nutrition, Bodybuilding.com, Jamie Frontz, Westside Barbell, World of Weights, Powerlifting USA, 5150 Sports Photography, and more! Russell and Florence Combest were presented with the Iron Chamber Gym Inspiration Award, not only for their achievements in the powerlifting world, but also for their constant dedication and support to all lifters who have ever had the privilege of meeting them. We would like to thank Sandy Valley High School and all who play a part in making this meet better every year. We will continue doing our very best to provide you all with a fun, motivating and safe atmosphere to wage your war. Thank you to Mike Lambert (PLUS) and all of our brothers and sisters in iron. We hope to see you all again Saturday, December 13th, 2008 at Sandy Valley High School for the 4th year of this amazing event! Contact ICG-Prize@hotmail.com. (Jeff Begue of ICG)
D. Varnam 185	R. Mans 625	198 lbs.	D. Miskinis 605	Best Lifter Female: A. Tressler. Best Lifter Male: A. McVaney. 1st Place Bench Press Raw Team: TD Sales Team. 1st Place Ironman Raw Team: Team Miskinis. 1st Place Ironman Team: Dukes Iron Zoo. 2nd Place Ironman Team: Big Al's Gym. The Iron Chamber Gym Bench Press & Deadlift Championships were held at Sandy Valley High School. More than 100 lifters from USA and Canada traveled to northeast Ohio to take part in this meet, which has grown rapidly in just three short years. The stage was set for battle with auditorium style seating, complete light crew, a chest thumping DJ, a backstage warm-up area, and 200 plus spectators for what turned out to be a temendous event. Santa Claus made time to drop by and make an appearance in which he handed out gifts to all from Anderson Powerlifting, Titan Support Systems, APT Pro Wrist Straps, AnimalPak.com, Universal Nutrition, Bodybuilding.com, Jamie Frontz, Westside Barbell, World of Weights, Powerlifting USA, 5150 Sports Photography, and more! Russell and Florence Combest were presented with the Iron Chamber Gym Inspiration Award, not only for their achievements in the powerlifting world, but also for their constant dedication and support to all lifters who have ever had the privilege of meeting them. We would like to thank Sandy Valley High School and all who play a part in making this meet better every year. We will continue doing our very best to provide you all with a fun, motivating and safe atmosphere to wage your war. Thank you to Mike Lambert (PLUS) and all of our brothers and sisters in iron. We hope to see you all again Saturday, December 13th, 2008 at Sandy Valley High School for the 4th year of this amazing event! Contact ICG-Prize@hotmail.com. (Jeff Begue of ICG)
181 lbs.	K. Bardos 385	High School Raw	D. Miskinis 605	Best Lifter Female: A. Tressler. Best Lifter Male: A. McVaney. 1st Place Bench Press Raw Team: TD Sales Team. 1st Place Ironman Raw Team: Team Miskinis. 1st Place Ironman Team: Dukes Iron Zoo. 2nd Place Ironman Team: Big Al's Gym. The Iron Chamber Gym Bench Press & Deadlift Championships were held at Sandy Valley High School. More than 100 lifters from USA and Canada traveled to northeast Ohio to take part in this meet, which has grown rapidly in just three short years. The stage was set for battle with auditorium style seating, complete light crew, a chest thumping DJ, a backstage warm-up area, and 200 plus spectators for what turned out to be a temendous event. Santa Claus made time to drop by and make an appearance in which he handed out gifts to all from Anderson Powerlifting, Titan Support Systems, APT Pro Wrist Straps, AnimalPak.com, Universal Nutrition, Bodybuilding.com, Jamie Frontz, Westside Barbell, World of Weights, Powerlifting USA, 5150 Sports Photography, and more! Russell and Florence Combest were presented with the Iron Chamber Gym Inspiration Award, not only for their achievements in the powerlifting world, but also for their constant dedication and support to all lifters who have ever had the privilege of meeting them. We would like to thank Sandy Valley High School and all who play a part in making this meet better every year. We will continue doing our very best to provide you all with a fun, motivating and safe atmosphere to wage your war. Thank you to Mike Lambert (PLUS) and all of our brothers and sisters in iron. We hope to see you all again Saturday, December 13th, 2008 at Sandy Valley High School for the 4th year of this amazing event! Contact ICG-Prize@hotmail.com. (Jeff Begue of ICG)
Open Raw	Police/Fire/Military	D. Hubbard 215	Open Raw	A. McVaney 925
D. Picklesimer 375	M. Zingaro 645	M. Baker 500	N. Soeder 710	J. Henkel 325
Masters	High School	Masters Raw	R. Ellebruch 450	D. Soeder 710
D. Varnam 185	275 lbs.	A. McVaney 925	Open	L. Henkel 460
181 lbs.	R. Ryan 485	J. Henkel 325	181 lbs.	W. Quinn 405
Open Raw	Open Raw	Masters	D. Soeder 710	Masters Raw
D. Picklesimer 375	Open Raw	D. Soeder 710	D. Pfeiffer 330	A. McVaney 925
Masters	Open Raw	R. Ellebruch 450	Masters	J. Henkel 325
D. Noebe 360	Open Raw	Open	C. Mellon 675	D. Soeder 710
198 lbs.	J. Decker 425	181 lbs.	T. Cleeland 425	D. Soeder 710
Open Raw	D. Miskinis 275	Open	D. Pfeiffer 330	R. Ellebruch 450
D. Minnich 365	Open	181 lbs.	D. Pfeiffer 330	C. Mellon 675
K. Wentworth 450	T. Gibson 675	Open Raw	D. Pfeiffer 330	T. Cleeland 425
J. Ihlenfeld —	J. Maxwell 600	D. Miskinis 300	198 lbs.	D. Pfeiffer 330
Masters Raw	Masters	Open Raw	Open Raw	D. Pfeiffer 330
D. Minnich 365	High School Raw	D. Miskinis 300	198 lbs.	D. Pfeiffer 330
Masters	J. Demyan 360	Open Raw	Open Raw	D. Pfeiffer 330
T. Wyler 415	SHW	D. Miskinis 300	198 lbs.	D. Pfeiffer 330
High School Raw	Open	Open Raw	Open Raw	D. Pfeiffer 330
C. Higey 225	J. Straight 550	D. Miskinis 300	198 lbs.	D. Pfeiffer 330
High School	A. Hicks —	Open Raw	Open Raw	D. Pfeiffer 330
B. Young 450	Police/Fire/Military	J. Maxwell 505	G. Carter 775	D. Pfeiffer 330
220 lbs.	C. Cline 550	J. Maxwell 505	Open	D. Pfeiffer 330
		J. Trusty 500	Open	D. Pfeiffer 330
		J. Russo 1005	Open	D. Pfeiffer 330



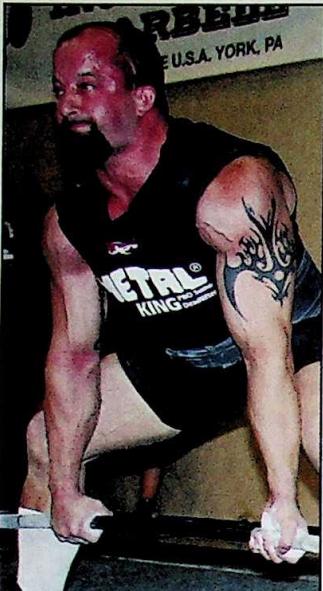
Four Year Old Aeden Begue gears up for his deadlift attempt at the Iron Chamber Gym BP/DL (photo taken by Douglas Varnam)

(article continued from pg. 14)

years ago. Skeptics thought the squat was high, but not on this day. During her second attempt Laura sank a 700 squat that passed - no question! On Shannon's second attempt, she gave 570 a ride, beautiful execution, three white lights. Amy went to 595, a 45 pound jump hoping to distance herself from Shannon who has a superior deadlift. However, the 45 pound jump was too much, and Amy failed on both her second and third attempt.

Shannon also gave 595 a ride, but stalled on the ascent. Laura came back out to attempt 750, a bold increase, but too much. On to the bench where Amy Weisberger rules, she opened with 325, no problem, but two attempts with 345 were no go. Shannon struggled with 280 pounds, and finally pulled it together on her third attempt. Laura Phelps showed vast improvement during the bench press. Her numbers were 390, 440, and 455, all executed with great prowess. During the deadlift event, Amy opened with 435 no problem. Shannon followed with 500. During their second attempts, Amy went to 470 pounds, again effortless. Shannon bumped it to 525 perfect. Amy's final attempt was 505, but no go, and Shannon gave 550 a pull which came off the floor to just below the knee before crashing back down. Their final totals 1,345 for Amy Weisberger, and 1,375 for Shannon Hartnett. Laura Phelps pulled 500, and 560, no problem, but 585 was too much. Laura was very happy with her overall lifting performance; she looked really good this year and won the women's division. At 165, Laura's 1,715 total is a new world record. Her debut at the WPO 2006 Arnold Expo was also a world record total of 1,650; big improvement.

The bad news, 181 Dan Petrillo, Brian Strickland, and 198 Mike Maxwell all bombed in the squat. They all opened in the mid 700's, but it was Brian Strickland who wisely decided to repeat his 760 opener, but was unsuccessful. Both Dan and Mike proceeded to go up into the 800 pound barrier, but still no luck. Other bad news, 198 Shawn Frankl was injured. During his final training session he injured a hamstring or glute deadlifting. Either way, he was not going to squat, so instead, he came out during the second flight and did 135 pounds to stay in the meet. He had a big bench press on his mind. Let's get right to it! At 198, Shawn benched 825, and then 850 - white lights. He even gave 870 a ride, but no go. If you haven't figured it out yet, Shawn Frankl pound-for-pound is one of the greatest powerlifters on the planet today, if not in the history of this sport. During the 2008 APF



Brian Schwab - incredible at 165.

Senior Nationals in Omaha, Nebraska, Shawn squatted 1003 pounds and deadlifted 750 pounds. Shawn is "the giant killer" and is potentially looking at a 2,603 total maybe more!

Next up in flight one was Sakari Selkainaho, from Finland, competing at 181 pounds. There were seven other 181s, but as I mentioned above, Dan and Brian were out of the running. It took two attempts at 650, before Sarkari got the white lights, and then he found his groove and executed a nice 700 pound squat. He proceeded to make all three bench attempts, starting with 420, then 455, and finally 465. Sakari's first two deadlifts were successful, 530, and 560, but 580 was too much. Overall we see an intelligent powerlifter and a great coach. Sakari corresponds with Louie Simmons on a regular basis each sharing and practicing each other's training methods. Sakari is a great ambassador for the sport of powerlifting in Finland where many more big name lifters exist, like Ano Turtianen, Mikko Hamalainen, Jouko Ahola, and Jani Murtomaki to name but a few champions.

At 44, 198 Brad Bishop out of Ohio totaled 1,870 in Flight Two. A strong 700 squat opener, after missing his 500 bench opener, Brad found his groove, repeated the 500, and then proceeded to bench 520. After missing his first 635 deadlift, Brad came out strong, and pulled 635, and 650, nice job. 22, Nate Strong out of Ohio, and lifting for Lexum Extreme totaled 1,805. He squatted 720, benched 520, and deadlifted 565. His Mom sat next to me, very amusing, and out going to say the least. She was very happy with her son. Also in the second flight, at 35, Jason Adams, out of Kentucky totaled 1,960. He opened with 740, but double pumped off the bottom, and just as

he came up, a side spotter touched the weight. The lift was called no good, but many thought it was the spotter who messed up, it wasn't. In any case, Jason squatted 790, which was beautiful, and then 810, but it was high, although his wife thought otherwise. After opening with 535, Jason jumped to 570, missed it, but gave it another ride, and got it! Super! During the deadlifts a 600 pound opener was good, but two attempts with 640 were too much. I believe Jim Wendler, from Elite Fitness Systems, was coaching Jason.

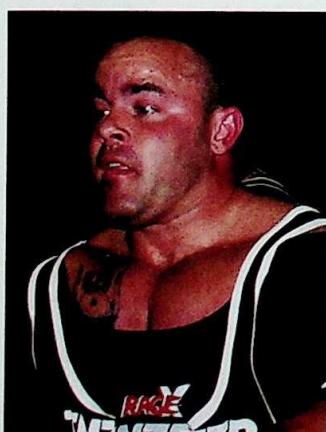
Since the results are based on formula I took the liberty of reporting in the same manner, by formula. 38, Brian Tincher out of Florida, finished in the middle of the pack. He totaled 1,925. His numbers were 750, 540, and 635, a consistent powerlifter. At 33, Jason Coker out of Texas, was back again and totaled 2,050. Jason still benches more than he squats and deadlifts, but like Shawn Frankl, Jason has the potential to move his squat and especially his deadlifts up. His numbers were, 745, 805, and 500. Jason had the second biggest bench of the day. The final top seven starts with 42, Angelo Berardinelli out of Ohio. Angelo has been around the sport for quite a while, having lifted in several major federations, including the WPO. Angelo totaled 1,885. He kind of struggled after his opening squat of 730, having jumped to 800, and then 840. Both attempts were courageous, and 840 would have been a world record; he came down controlled and tight, but couldn't come out of the hole, and the spotters took it away. Angelo went on to have a great bench day, hitting all three attempts finally finishing with 540. With all that momentum, Angelo had two nice pulls, up to 615, but 660 was too much.

Flight one, at 38; weighing 181 Tony Ramos out of Ohio, and lifting for Westside Barbell totaled 2,060. Tony fought a great battle during the squats. He missed his 760 opener, and then 800 pounds. On

his third attempt, Tony went to 840, a wild card. He came down, dropped below parallel, and then slowly fought that weight to the top. It was a nasty looking squat, but awesome show of strength. Tony went on to bench 570, and then pulled a big 680 deadlift on his second attempt.

At 35, Adam Driggers out of Florida was lifting at 198 pounds. He totaled 2,205. Adam had trouble with his squat suit last year, and also during a few other big shows, but that's all in the past. He had a terrific lifting day, which began with a monstrous 925 squat, a 600 bench, and a 680 deadlift; a great showing on Saturday. The last four lifters were 28, Al Caslow out of Kansas, with a 2,045 total. Al has been working with Rick Hussey, and it defiantly showed in his performance. Take a look at these numbers, 820, 525, and a big 685, nice job! Number three was our buddy, Mike Cartinian. Mike is out of Ohio, a shooting star that made a lot of waves in the WPO. Mike is strong in all of his lifts, take a look at these numbers, and remember he weighs just 181. Mike hit 890 pounds on his third squat, benched 700 on his second attempt, and deadlifted 645, for a super 2,235 total. Mike is a thickly built, like a Sherman Tank. Second place was another friend and fierce competitor 165 Brian Schwab. Brian totaled 2,045. He is the proud owner of Orlando Barbell, Florida. Brian's numbers were astounding. He squatted 825, benched a huge 605, and deadlifted 615, amazing. And finally we come to the champion of the day, and also the best lifter of the meet. From the Ukraine, at 27 Sergiy Naleykin had a really fantastic lifting day. It began dramatically, after Sergiy missed his opening and second squat, but his third ambitious attempt was 970, and he dunked it! On to the bench, Sergiy benched 670, 700, and 730 pounds, perfect. What really set him apart was his squat and deadlift. Sergiy pulled 710, 760, and even tried 780, but nogo. His final total was a whooping 2,460 pounds, numbers that you would expect from a 308 or SHW. Wow, what a great first day, and it was over by 3:30 pm. The cash prices went out to biggest lifts, first, second, and third place and overall PRO meet winner by co-efficient. Laura Phelps walked away with some cash, \$1,000 for Mike Cartinian, \$1,000 for Brian Schwab, and \$1,000 for Shawn Frankl for best bench, but Sergiy Naleykin really took home the bacon. He won cash \$1,000 for Best Squat, \$1,000 for Best Deadlift, and \$2,500 1st Place in his division, and 3,500 1st overall, that's \$8,000 cash! Doris Simmons and Marcia Ferguson passed out the cash prizes, again non complaints from the winners.

Part II Next Month.



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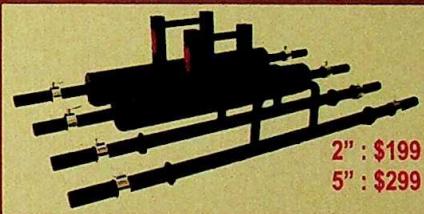


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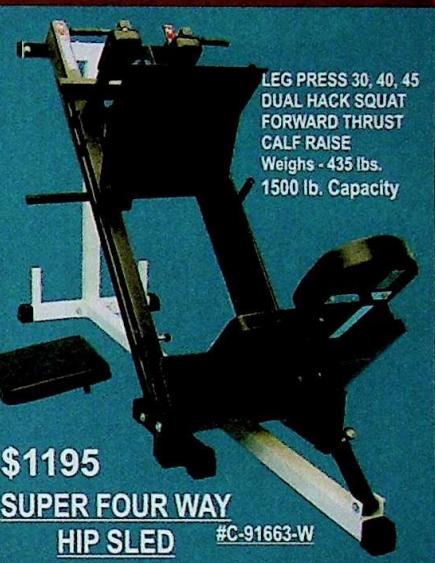
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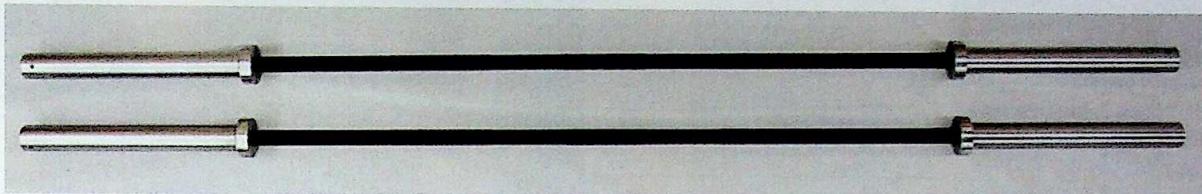
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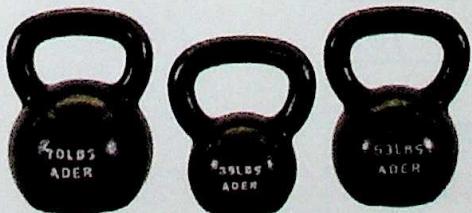
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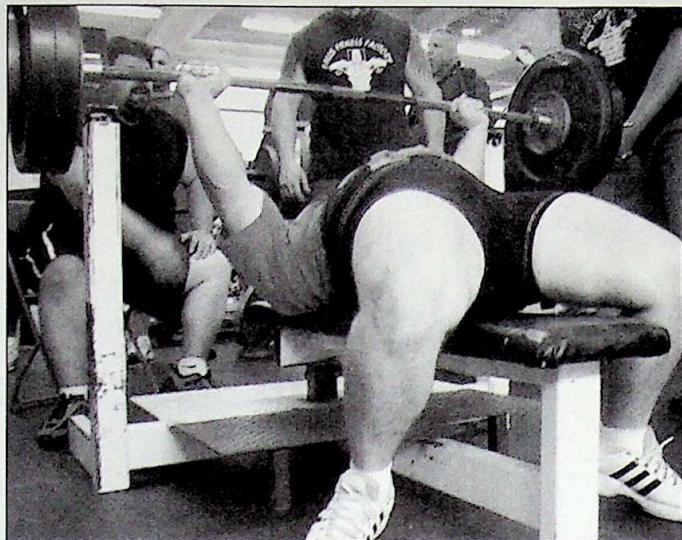
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M. Pariso 95	220 lbs.	Open	
165 lbs.	Teen (18-19)	Bridgegroom	550
Open	G. Guldin 340	308+ lbs.	Unlimited
E. Carter 275	242 lbs.	Open	148 lbs.

Open	J. Moore	400
V. Pipparo 500	242 lbs.	
Submaster		
M. Flatt 345	M. Kenney	405
275 lbs.	308+ lbs.	
Open	Open	
Bridgegroom —	T. Zee	550
308+ lbs.	Unlimited	
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If under 18, have parent initial here	I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFPF or AAPFP		Signature X		

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TOP 100

For standard SHW/125+ Kg. USA lifters in results received from AUG/07 through JUL/08

PL USA Top 100 Achievement Awards



SQUAT	BENCH	DEADLIFT	TOTAL
1 440 Milian, E..6/6/08	276 Scheldrup, T..11/18/07	460 N., Billy..3/08	1091 Milian, E..6/6/08
2 415 Garza, F..3/29/08	265 Holland, .3/29/08	424 Scheldrup, T..11/18/07	1045 Rodriguez, .3/29/08
3 410 Perez..3/29/08	260 T., Caleb..3/08	420 Torres, E..3/29/08	1045 Holland, .3/29/08
4 405 Rodriguez, .3/29/08	259 Cohn, .11/9/07	418 Milian, E..6/6/08	1030 Cohn, .11/9/07
5 400 Zeolla, G..9/22/07	245 Oliver, .3/29/08	415 Rodriguez, .3/29/08	1020 Torres, E..3/29/08
6 400 Holland, .3/29/08	242 Patel, H..11/3/07	413 Gray, I..6/12/08	1010 Zeolla, G..9/22/07
7 400 Gonzales, J..3/29/08	236 Brandenburg, E..3/1/08	410 Gonzales, J..3/29/08	1010 Gonzales, J..3/29/08
8 380 Oliver..3/29/08	231 Milian, E..6/6/08	400 Rodriguez, .3/29/08	1010 N., Billy..3/08
9 375 Torres, E..3/29/08	230 Campos, B.J..3/29/08	396 Cohn, .11/9/07	985 Oliver..3/29/08
10 375 Gausin, D..3/29/08	225 Messimer, C..11/17/07	390 Zeolla, G..9/22/07	980 Perez..3/29/08
11 375 Salgado, J..3/29/08	225 Pantilat, I..11/18/07	385 Carmona, R..3/29/08	975 Garza, F..3/29/08
12 374 Cohn..11/9/07	225 Rodriguez, .3/29/08	380 Holland, .3/29/08	960 Rodriguez, .3/29/08
13 371 Hartwig-Gary, S..6/18/08	225 Torres, E..3/29/08	380 Garza, F..3/29/08	953 Hartwig-Gary, S..6/18/08
14 370 Rodriguez, .3/29/08	225 Tourres, C..4/19/08	380 Martinez, A..3/29/08	950 Campos, B.J..3/29/08
15 370 Garcia, J..3/29/08	225 Hartwig-Gary, S..6/18/08	380 Hill, M..3/29/08	945 Garcia, J..3/29/08
16 370 Rocha..3/29/08	220 Zeolla, G..9/22/07	375 Snell, K..3/15/08	935 Carmona, R..3/29/08
17 370 Berry..3/29/08	220 Gausin, D..3/29/08	375 Rocha, .3/29/08	935 Messimer, C..3/29/08
18 369 Rotar, P..9/6/07	220 Rachman, M..6/14/08	370 Garcia, J..3/29/08	935 Gausin, D..3/29/08
19 365 N., Billy..3/08	215 Pori, S..9/22/07	370 Williams, .3/29/08	930 Martinez, A..3/29/08
20 363 Hinkel, J..7/26/08	215 Snell, K..10/13/07	369 Vandevoort, J..2/17/08	925 Rotar, P..9/6/07
21 360 Perez..3/29/08	215 Sullivan, G..11/3/07	365 Campos, B.J..3/29/08	910 Rocha..3/29/08
22 355 Campos, B.J..3/29/08	215 McBride, M..3/29/08	365 Ullman..6/28/08	905 Berry..2/16/08
23 350 Messimer, C..3/29/08	214 Hinkel, J..7/26/08	363 Hartwig-Gary..10/16/07	900 Salgardo, J..3/29/08
24 350 Martinez, A..3/29/08	210 Tafuri, J..1/20/08	363 Patel, H..11/3/07	900 Gray, I..4/19/08
25 350 Lozano, P..3/29/08	210 Perez..3/29/08	360 Ochoa, J..3/8/08	890 Williams..3/29/08
26 350 Delgado, I..3/29/08	210 Carmona, R..3/29/08	360 Oliver..3/29/08	887 Patel, H..11/3/07
27 350 Gray, I..4/19/08	205 Garcia, J..3/29/08	360 Perez..3/29/08	885 Snell, K..3/15/08
28 345 Nowlin..3/29/08	205 Beene, J..3/29/08	360 Tamez..3/29/08	885 Lozano, P..3/29/08
29 345 Martinez..3/29/08	204 Claypatch, H..11/17/07	360 Mata, A..3/29/08	885 Perez..3/29/08
30 345 Esquivel, E..3/29/08	203 Miller, H..6/14/08	360 C., Lance..3/08	880 Nowlin..3/29/08
31 340 Vandevoort, J..3/7/08	200 Gonzales, J..3/29/08	358 Rotar, P..9/6/07	880 Delgado, I..3/29/08
32 340 Carmona, R..3/29/08	200 Martinez, A..3/29/08	350 Berry..3/29/08	880 Ullman..6/28/08
33 340 T., Caleb..3/08	200 Weeks, D..3/29/08	350 Salgado, J..3/29/08	860 Tamez..3/29/08
34 336 Fontenot, M..5/4/08	200 Ullman..6/28/08	350 Lozano, P..3/29/08	860 Martinez..3/29/08
35 336 Tourres, C..7/26/08	200 Davenport, M..7/12/08	350 Nowlin..3/29/08	855 Vandevoort, J..3/7/08
36 330 Robyle, D..2/2/08	199 Hedman, S..11/18/07	350 Hunter..3/29/08	855 Weeks, D..3/29/08
37 330 Snell, K..3/15/08	198 Rotar, P..9/6/07	345 Cadena, C..3/29/08	855 Esquivel, E..3/29/08
38 330 Tamez..3/29/08	198 Prins, J..1/26/08	341 Messimer, C..11/17/07	845 Hill, M..3/29/08
39 330 Beene, J..3/29/08	195 Berry..2/16/08	340 Acosta, J..2/23/08	845 Hunter..3/29/08
40 330 Skaggs, K..3/29/08	195 Williams..3/29/08	340 Gausin, D..3/29/08	835 Beene, J..3/29/08
41 330 Williams, M..6/21/08	195 Martinez..3/29/08	340 Perez..3/29/08	825 Cadena, C..3/29/08
42 325 Williams..3/29/08	195 Esquivel, E..3/29/08	340 Delgado, I..3/29/08	825 Mata, A..3/29/08
43 325 Weeks, D..3/29/08	192 Severs..6/12/08	340 Skaggs, K..3/29/08	820 Skaggs, K..3/29/08
44 325 Brooks, T..3/29/08	190 Rodriguez..3/29/08	340 Skelton, H..3/29/08	815 Jaramillo..3/29/08
45 320 Jaramillo..3/29/08	190 Delgado, I..3/29/08	340 M., Ross..3/08	815 C., Lance..3/08
46 319 Miller, K..9/4/07	190 Perez, C..3/29/08	335 Pan, J..2/23/08	815 Williams, M..6/21/08
47 315 Pan, J..2/23/08	187 Shuttleworth, M..6/25/08	335 Perez, C..3/29/08	810 Brooks, J..3/29/08
48 315 Hunter..3/29/08	185 Ochoa, J..3/8/08	335 L., Artiefene..3/08	810 T., Caleb..3/08
49 315 Ullman..6/28/08	185 Lozano, P..3/29/08	330 Hess, M..3/7/08	805 Sullivan, G..11/3/07
50 310 Ybarra, J..3/14/08	185 Perez..3/29/08	330 Weeks, D..3/29/08	800 McBride, M..3/29/08
51 305 Cadena, C..3/29/08	185 Nowlin..3/29/08	325 Tobin, K..11/18/07	793 Miller, K..9/4/07
52 305 C., Lance..3/08	185 N., Billy..3/08	325 Campbell, B..3/7/08	788 Fontenot, M..5/4/08
53 300 Pan, A..2/9/08	181 Williams, M..6/21/08	325 Jaramillo..3/29/08	788 Hinkel, J..7/26/08
54 295 Bennett, D..8/4/07	180 Garza, F..3/29/08	325 Freed, N..3/30/08	785 Perez, C..3/29/08
55 295 Linkous, R..2/16/08	180 Hunter..3/29/08	325 Severs..6/12/08	782 Severs..6/12/08
56 295 Hill, M..3/29/08	180 Mata, A..3/29/08	320 Robyle, D..2/2/08	780 White..3/29/08
57 290 Sullivan, G..11/3/07	180 Brooks, T..3/29/08	320 Martinez..3/29/08	775 Skelton, H..3/29/08
58 290 Golden, R..2/16/08	176 Hendrix, J..7/26/08	320 Peden, D..4/19/08	770 Tafuri, J..1/20/08
59 290 Whaley, K..2/23/08	175 Zong, D..3/7/08	320 Thompson, W..5/10/08	770 Ford, C..2/16/08
60 290 Morales, B..2/28/08	175 Salgado, J..3/29/08	319 Brandenburg, E..3/1/08	770 Pan, J..2/23/08
61 290 Ruby, M..3/14/08	175 Cadena, C..3/29/08	319 Snow, D..3/8/08	765 Martinez, M..2/2/08
62 286 Lauer, C..6/21/08	170 Branam, T..8/12/07	319 Martin, K..4/19/08	760 Tourres, C..7/26/08
63 285 White, J..1/12/08	170 Doan, J..11/3/07	315 Sullivan, G..4/7/08	755 Peden, D..4/19/08
64 285 Martinez, N..2/2/08	170 Martinez, N..2/2/08	315 Pan, A..2/9/08	750 Adair, J..3/29/08
65 285 Neal, B..2/9/08	170 Brown, M..2/2/08	315 Ford, C..2/16/08	749 Pantilat, I..3/16/08
66 285 Ford, C..2/16/08	170 Ford, C..2/16/08	315 Esquivel, E..3/29/08	740 Whaley, K..2/23/08
67 285 Mata, A..3/29/08	170 Vandevoort, J..7/7/08	314 Miller, K..9/4/07	740 Ybarra, J..3/14/08
68 285 Adair, J..3/29/08	170 Tamez..3/29/08	310 Martinez, M..2/2/08	735 Pan, A..2/9/08
69 285 Leyba, A..3/29/08	170 Hill, M..3/29/08	310 Jenkins, C..2/16/08	730 Campbell, B..3/7/08
70 281 Patel, H..11/3/07	170 Jaramillo..3/29/08	305 Whaley, K..2/23/08	730 Ruby, M..3/14/08
71 281 Fallenwider, E..1/26/08	165 Rivera, C..11/18/07	305 Vang, S..2/24/08	727 Fallenwider, E..1/26/08
72 281 Clough, J..5/17/08	165 Reiles, A..11/18/07	305 Ybarra, V..3/14/08	725 Linkous, R..2/16/08
73 280 Tafuri, J..1/20/08	165 Brownfield, J..3/1/08	305 Brooks, T..3/29/08	725 Ybarra, V..3/14/08
74 280 Jenkins, C..2/16/08	165 Snow, D..3/8/08	305 McBride, M..3/29/08	725 McGee, J..3/29/08
75 280 Gonzalez, A..3/14/08	165 Rocha..3/29/08	305 Adair, J..3/29/08	720 White, J..1/12/08
76 280 McBride, M..3/29/08	165 McGee, J..3/29/08	304 Williams, M..6/21/08	720 Jenkins, C..2/16/08
77 280 Peden, D..4/19/08	165 B., Eric..3/08	303 Hedman, S..11/18/07	715 Golden, R..2/16/08
78 275 Hogan, D..2/2/08	165 Harris, A..5/4/08	303 Pantilat, I..3/16/08	715 Leyba, A..3/29/08
79 275 Campbell, B..3/7/08	165 Thompson, W..5/10/08	303 Fontenot, M..5/4/08	715 Camp, J..3/08
80 275 Ybarra, V..3/14/08	160 Kenner, C..1/12/08	303 Clough, J..5/17/08	710 Doan, J..11/3/07
81 275 Skelton, H..3/29/08	160 Grogan, D.J..2/9/08	300 Foster, G..2/28/08	710 Neal, B..2/9/08
82 270 Foster, G..2/28/08	160 Skelton, H..3/29/08	300 Linger, B..3/7/08	710 Acosta, J..2/23/08
83 270 McBride, J..3/29/08	160 Adair, J..3/29/08	300 Thyssen, T..3/7/08	710 L., Artiefene..3/08
84 265 Brownfield..3/1/08	160 H., John..3/08	300 Ruby, M..3/14/08	710 Clough, J..5/17/08
85 265 Garcia, L..3/14/08	159 Miller, K..9/4/07	300 Gonzalez, A..3/14/08	705 Hess, M..3/7/08
86 265 Martinez, L..3/14/08	159 Hairston, D..9/12/07	300 Garcia, I..3/14/08	705 B., Eric..3/08
87 264 Severs..6/12/08	159 Fallenwider, E..1/26/08	300 Morales, B..2/28/08	700 Moraleo, B..2/28/08
88 264 Backes, B..6/21/08	159 Mattis, D..3/29/08	300 Beene, J..3/29/08	700 Linger, B..3/7/08
89 260 Valdez, S..1/31/08	159 Backes, B..6/21/08	300 H., John..3/08	695 Brownfield..3/1/08
90 260 Brown, M..2/2/08	159 Marcellino, R..6/28/08	300 B., Eric..3/08	695 M., Ross..3/08
91 260 Grogan, D.J..2/9/08	155 Zielinski, L..8/12/07	300 Doran, J..4/19/08	690 Gonzalez, A..3/14/08
92 260 Johnson, C..2/23/08	155 Villareal, V..2/2/08	297 Principiati, F..2/9/08	688 Devries, S..3/22/08
93 260 Linger, B..3/7/08	155 Houdersleldt, E..3/14/08	297 DeVries, S..3/22/08	688 Backes, B..6/21/08
94 260 Cernicka, M..3/7/08	155 Leyba, A..3/29/08	292 Kingsley, J..2/16/08	685 Bennett, D..8/4/07
95 260 Kastner, C..3/14/08	155 Peden, D..4/19/08	292 Swanger, Z..5/24/08	685 Vang, S..2/24/08
96 260 Richardson, B..3/14/08	154 McBurnie, D..10/13/07	290 White, J..1/12/08	683 Kingsley, J..2/16/08
97 260 Perez, C..3/29/08	154 Harvin, M..11/10/07	290 Neal, B..2/9/08	683 Rachman, M..6/14/08
98 255 Doan, J..11/3/07	154 Nelson, D..11/17/07	290 Golden, R..2/9/08	680 Brown, M..2/2/08
99 255 Thibodeaux, A..11/3/07	154 Lafferty, B..11/18/07	290 Linkous, R..2/16/08	680 Bowdoin, J..2/16/08
100 255 Lopez, R..2/9/08	154 Flesh, W..4/12/08	290 Cintron, G..3/14/08	680 Houdersleldt, E..3/14/08

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NEXT MONTH... TOP 123s

CORRECTIONS ... Dustin Minks was not credited with his 800 squat and 1810 total on the TOP 100 242 lb. class ranking. James Noblit did not receive credit for his 518 lb. bench press on the TOP 100 for the 198 lb. class. Garry Benford did not receive credit for his 485 lb. bench press on that same 198 lb. class TOP 100. Mr. Calguari's name was misspelled on the TOP 100 for the 181 lb. class, for his 435 lb. bench press. Sabra Callahan should have been listed for a 220 lb. bench press on both the TOP 20 Women and TOP 20 Masters rankings for 2007. Matt Hawkins' lifts of 914 650 644 2209 were not listed on the TO 100 rankings for the 275 lb. class. If you find errors in our weight class rankings or in the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction in a following issue.

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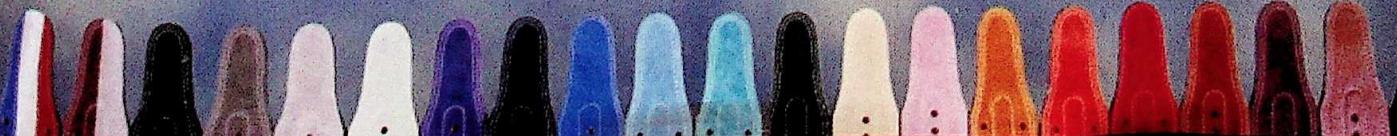
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