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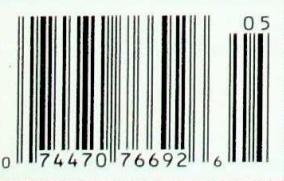
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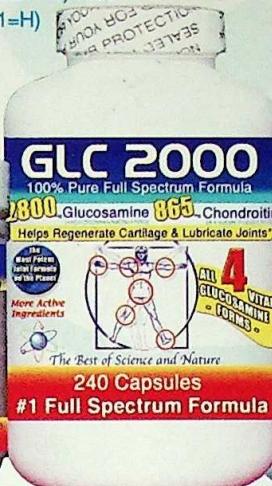
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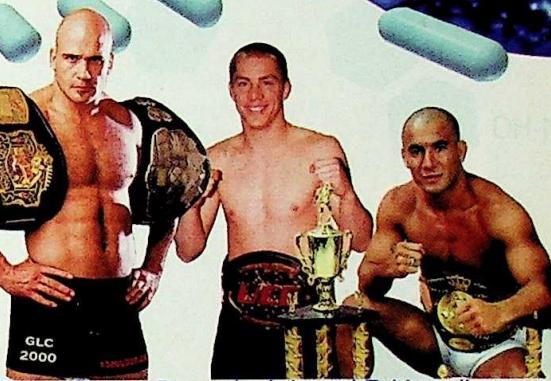
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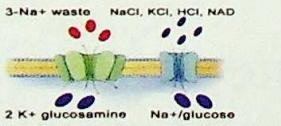
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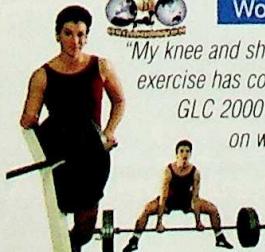


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MUSCLE MENU

- Volume 28, Number 8 - May 2005 -

PAT CASEY DEDICATION	Bruce Wilhelm	5
THEN AND NOW	Louie Simmons	6
ATLANTIS STRONGMAN	Marc Cavigioli	10
WORKOUT OF THE MONTH	Anthony Conyers	11
HARD CORE GYM #41	Rick Brewer	14
DR. JUDD	Judd Biasiotto Ph.D.	15
MIKE MILLER INTERVIEW	Bruce Citerman	18
STARTIN' OUT	Doug Daniels	19
'78 HAWAII RECORD BREAKERS	Gus Rethwisch.....	26
MIKE HUMMEL INTERVIEW.....	JD Gaynor	28
POWER NUTRITION	Anthony Ricciuto	30
PERFORMANCE SUPPLEMENTATION	Tom Eiseman ...	33
ASK THE DOCTOR	Mauro Di Pasquale M.D.	38
TOP 20 WOMEN.....	Mike Lambert	40
TOP 20 TEENAGE	Mike Lambert	42
TOP 20 MASTERS	Mike Lambert	44
800 BENCH PRESS CLUB	Herb Glossbrenner	47
BACK ISSUES	48
COMING EVENTS	Mike Lambert	53
USAPL CORNER	Dr. Larry Maile	60
ALL TIME 800# DEADLIFTS	Herb Glossbrenner	90
UNCLASSIFIED ADS	94

ON THE COVER - Steve Wong's 832 Bench Press (Keith/CSS)

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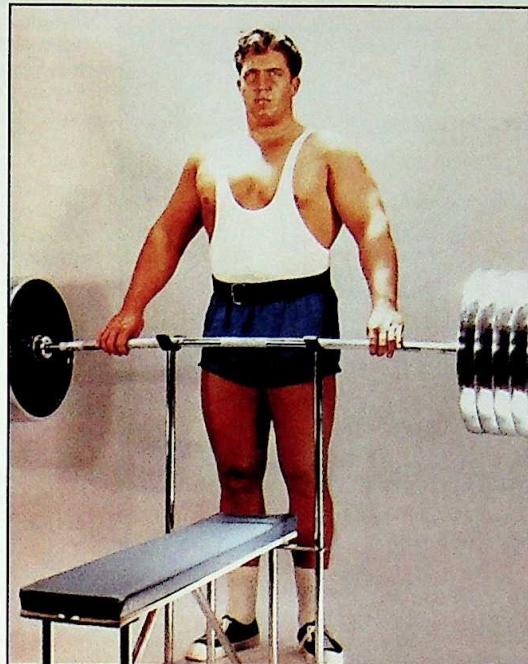
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It is with true sadness that I write this short note on one of the greatest powerlifters of all time, Pat Casey, whose untimely death on the 22nd of April, really caught me off guard. I had spoken with him just 5 or 6 days before and he was telling me that he was improving and that the radiation and chemo was working and that he was indeed feeling better. But as we now know, sometimes things don't always work out the way that we want them to, and only the creator knows his reasons for what happens. With his untimely passing, the sport of strength has truly lost one of its greatest strongmen, but also a real pioneer. His feats of lifting were many and varied, but probably the greatest was the fact that he bench pressed 600 plus pounds, and the first man on the planet to do so. His squat of over 800 and total of 2000 plus were also milestones, but I think what I most will remember about

IN DEDICATION

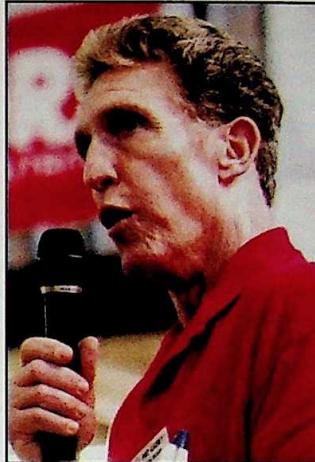


A True Powerlifting Pioneer.. Pat Casey made history

Pat was his compassion for others. He would go the extra mile to help someone with their lifting. I know

that for a fact because as a young athlete in the late 60's I was constantly writing and then calling him to get tips on getting strong, advice on sets and reps, and all the latest information on other lifters, shot putters, and strongmen. I was always amazed that he would take time to write me back a short or long letter depending on my questions, and also I treasure the autographed photo of him bench pressing his world record 617. Probably one of his greatest attributes was that he never belittled someone's lifting. He would always say, so and so just set a great record in the bench press, did you read about it? And I would always come back with some comment such as what was the supporting gear he used, or how deep was

the squat, or how much arch in the bench.? Through the years, as he went from athlete, to health club



Pat was already fighting cancer back at the 2004 California Powerlifting Hall of Fame ceremony

owner, to working the weapons ordinance at Seal Beach, to becoming a policeman, he always trained and watched his health. He was almost fanatic. He never exaggerated his lifts as he got older. He accepted gracefully the hand he was dealt and with great dignity. He never complained. So unlike me. I am going to really miss this amazing person. We, in the sport of strength and health, have lost a great person. We miss you Pat.

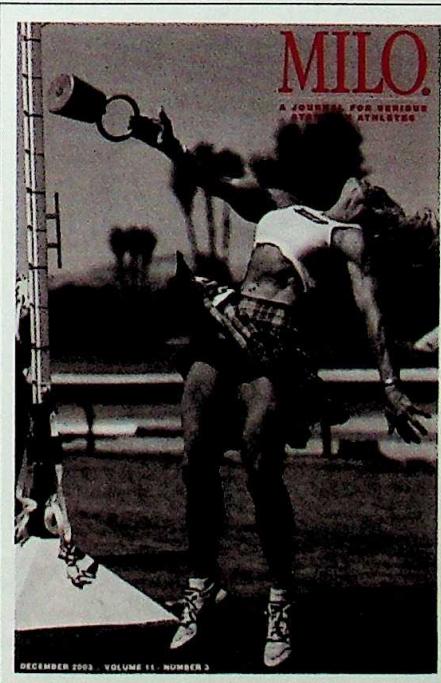
BRUCE WILHELM

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

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

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My powerlifting memories start in 1966, just one month before my induction into the Army. I feel like Captain Ahab with his obsession with Moby Dick. I am strapped to powerlifting, and I know I will be pulled to my chalky death by it eventually, but I can't stop.

All my memories and my friends are involved in powerlifting, so I am drawn to it even more today than ever. So this is my story as I remember it.

My first exposure to powerlifting was a power meet in Dayton, Ohio, late in 1966. I had Olympic lifted since I was 12 and competed at 14, doing a 175 snatch and a 260 clean/jerk at a bodyweight of about 155. I really thought I was a strong guy until that first power meet. There were 11 men in the 165s and I got 10th place, beating only a 55 year old dude.

This was an eye opener for me. I never Olympic lifted again. My Olympic lifting training partners should have worn signs saying "I lift weights", because if they were brought into court for it, the case would be thrown out for lack of evidence. However, the powerlifters I saw not only were strong but looked like they were strong.

One of these men was Milt McKinney, a future world champion in the 132s. George Crawford was amazing at 165, trying a 525 world record squat with legs like tree trunks. He later squatted 650 at 165 with no gear, when 500 was good. George was the first to help me with my squat form. He was always helpful at meets. His son came to visit years later, and it was my honor to help him.

Vince Anello was in the meet as well, showing signs of his deadlift prowess even then. Vince told me once that anything made his deadlift go up. He was doing the conjugate system without knowing it. I just saw Vince at the 2004 IPF World Bench Championships in Cleveland, OH. He still looks great.

That meet in 1966 was my introduction to Larry Pacifico. He would become one of the greatest lifters I ever saw. There was nothing I did not do to try to beat him, but I never did, nor did anyone else until injuries and a technical error in the 1980 Senior Nationals cost him his chance to win 10 Worlds in a row. He would give advice on benching, which was to gain weight and work your triceps. Larry's son is becoming quite a shot putter, throwing 60 feet as a ninth grader.

THEN AND NOW

as told to Powerlifting USA by Louie Simmons



Meltdown in Mississippi ... amidst the infernal humidity of the '79 Seniors in Bay St. Louis, MS, Louie Simmons benches in the 220s.

This group, along with Ed Matz and a few top lifters around the world, had a network of training knowledge at their disposal, which was a major factor in their success.

Today we have the Internet, but unfortunately many use it to bad-mouth each other, to cry about their training partners, or, worse, to be a legend in their own mind.

After that power meet, I went into the Army. The next month I was in the infantry, but did not go to Vietnam. Instead I was sent to

Berlin, I think because of my father's untimely death in 1968. Now I could train fairly regularly, but my lifts were going nowhere. No one knew anything about powerlifting. One day I picked up a Muscle Power Builder, which later became Muscle and Fitness. In that magazine, there was a powerlifting article about the Westside Barbell Club of Culver City, California. It was about box squatting. I had never heard of this, but with nothing to lose, I gave it a

try. To my amazement, the box squats worked to the point that I later made top 10 squats in five weight classes.

Bill West, George Frenn, and the guys, through those articles, got me started on the right foot. I was never able to visit Westside in Culver City due to work, which I regret to this day.

After getting out of the Army in 1969, I built a power rack, got some weights, and started training full time using what I learned from the articles. They were my only training partners.

After Bill West died, I referred Red to my place as Westside Barbell, but never publicly until 1986. Westside Barbell is a trademarked name (and so is Louie Simmons).

I often wondered if I was on the right track with my training. Roger Estep was doing a 1600 total in the early 1970s. Then out of nowhere, he made an 1800 total. I asked him how he jumped 200 pounds so fast. He said he went out to Westside in Culver City, and the rest WAS history.

Chuckie Dunbar, Jack Wilson, Luke Iams, Paul Sutphin, and some others were known as the Wild Bunch and were a very strong team. They proved to me that I was on the right track. My problem was that I had no training partners. When I went to meets, I would ask lifters who excelled in each lift for tips on that lift. When it came to benching, Larry Pacifico was always telling me to train my triceps and lats.

I was lifting in Indiana and met Bill Seno. This dude was huge. He had won best chest in many Mr. American contests, but was also the American record holder in the bench press. I also asked Bill how to get my bench up to a top 10 lift (at the time there was only a top 10). First he stared at me, then grabbed me by the arms and said I needed to do illegally wide benches for a 6 rep max. When progress stopped, go to 8 reps, then to 10 reps I to failure. I hated the higher reps, but the 6s pushed my lousy 340 at 181 to 445 at 198 then finally 480 at 220 and a top 8 bench. Bill was a close-grip bencher, and he was telling me to bench extra wide?

What gives? In the end, he knew what he was talking about. Bill was training with Ernie Frantz. Ernie was 12 or 13 years older than me. A former bodybuilder turned powerlifter, Ernie was old by my standards, but not old-fashioned. He was and

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still is on the cutting edge with power gear — denim shirts and canvas squat suits — which are still some of the best today. For years he was a top 181, 198, and 220. He also formed the APF and WPC to lift some of the restrictions of the IPF. His wife, Diane, was also a top lifter in the 1980s. There were top lifters such as Jack Barnes, who could out-squat everyone at 181 and 198, and John Kanter at 242 with a 2000 total. The heavyweights were always in the limelight: John Kuc, Jim Williams, one of the greatest benchers of all time, and Jon Cole, who made a 2370 total at 286 with no gear.

I entered my first national meet, the Junior Nationals in Patterson, NJ, in 1971. I got third. I thought I had second place locked up until Joe Spack, also known as Spack the Wack, came out and pulled a 650 deadlift to push me into third. I made the top 10 in 1972 in Powerlifting News, a Dan Dewelt publication that was the predecessor to Mike Lambert's Powerlifting USA. In 1970, I met Herb Glossbrenner, who thanklessly keeps stats to this day. Herb and Mike keep it real for everyone.

My arch rival was George Clark. This guy was built like a tank. He would always beat me by 40-50 pounds. But what made it worse was that when he would arrive, everyone would stop and stare at him because he had muscles that did not have names yet. I dreamed about beating him every day of my life, but I never did. I did outlast him though.

I made my first Elite total in February 1973 in Toledo, Ohio. I did 605 - 380 - 670 and a 1655 total. At that time there was no gear. I almost made a 700 deadlift. A lot of good lifters, including Bill Ennis and Ed Matz, participated in that meet. It was known as The Key to the Sea.

The Chattanooga Open was a big, but not national, meet as well. After that meet, I said to myself that my back was indestructible. Boy, was I wrong. I broke my fifth lumbar vertebra. I was on and off crutches for 10 months and in severe pain. I could not do any exercises that had made me strong before. By luck, I came up with the Reverse Hyper. It first helped the pain, then it repaired my back to its former strength.

Walter Thomas was new and on the rise in the early 1970s. Inaba, Precious McKenzie, Eddie Pengelly, and Ron Collins were making names for themselves. Powerlifting was becoming international. The IPF was formed to organize the first world power sport. The AAU had run powerlifting in the beginning. The early 1970s was the springboard for U.S. powerlifting.

A lot of Canadians would lift in our meets in Ohio. I don't think Dr. Di Pasquale was one of them, but everyone knows him today by his column in Powerlifting USA. A lot of powerlifters hang on forever. Bob Cortes was in many meets in the early 1970s. I recall he was older than dirt then, and he is still lifting today.

In the 1971 Junior Nationals I broke the squat record with 565, breaking the mark held by Tony Fratto, who was a huge influence in my squatting. It's funny how although you are competing

against these great lifters, they were also great men, as they were the pioneers of this great sport. I trained by myself until I saw Doug Heath at Ohio State University. He was strong as hell, but really eccentric, to say the least. He had many great contests with Ron Mercer of Glass City Power Team, in Toledo. Doug is still strong today, making top 10 lifts. After my back injury, it took me a few years to reach top form again. Spanjian supersuits came on the scene. They did not do much, but I was glad to have some support. I recall that they cost \$24.00. Bob's Belts supplied a 4 inch power belt, which I still use today.

Larry Pacifico was not only lifting big, but was putting on the greatest power meets ever. I lifted in the 1977 Junior Nationals in Lincoln, NE. It was the first time I saw Fred Hatfield. He would become a squatting machine, maybe the greatest pure squatter of all time. I met a kid there who told me he was going to break the world record in the bench at 148. His name was Mike Bridges. He did break the record. I never saw such a lifting machine. He was and is the strongest man under 200 pounds I ever saw. If he would choose to use the best gear of today, it would be crazy. My friend Arnold Coleman broke Mike's and

Gene Bell's total record at the 2005 Arnold Classic. I was amazed to see Arnold break these records. It was unexpected, but the unexpected is commonplace today.

Sam Mangialardi, Dennis Reed, and Henry Waters were making big noise, as well as Clyde Wright, Larry Kidney, and Paul Wrenn, who at superheavyweight sure could squat deep. I was now a 198. Estep, Jones, Cash, and my new training partner, Gary Sanger, were doing big lifts. In 1978, I was strong again: fourth in the squat, seventh in the deadlift with 710, and fifth in the total at 1825. I wanted to go to 220, but had a hard time gaining weight. I thought my injuries were behind me, so I go to

the 1979 Senior Nationals. Bridges is killing then, but Ricky Crain is right there. Walter Thomas was at the top of his game. I was there to beat Pacifico like everyone else. I did everything I could to beat him, but — of course — I didn't, but neither could anyone else.

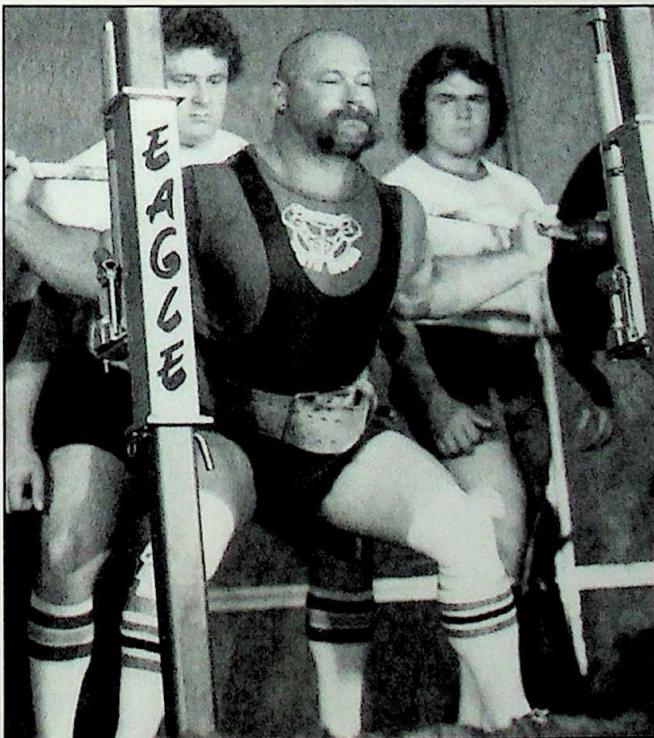
The 1979 Seniors was known as the Meltdown in Mississippi, for good reason. Bill Kazmaier was making a name for himself and had planned to dominate the meet. I was sitting poolside with some lifters when Bill said, "Beam me up Scotty." His luck got worse when he bombed out with an 804 deadlift. He would have won by over 100 pounds. It was very humid, which caused a lot of missed deadlifts. I weighed only 212 and made a 733 PR squat and a PR bench of 462. My opener of 677 would place me second behind Larry Pacifico. I pulled the weight easy, but as I locked it out, my grip slipped a little. The head referee was looking at my hand, then my bicep tore loose, causing me to drop the bar. My second place quickly became no place. What a meet. Only two made a total: Larry and Dr. Steve Miller.

To this day, people ask me Where's your bicep? I reply, "Bay St. Louis, Mississippi." Two surgeons recommended surgery, but one said no, and that's the way I went. Many people asked if I was going to lift again. I said, "Hell yes." Six months later, in January 1980, at the Y Nationals, I was back. I squatted 765, benched 480 (my first top 10 bench), and deadlifted 705, to total 1950. It was the third best total ever, for a short time. That's the good news. The bad news was that I had hurt my groin and lower abs. I was in extreme pain, but I was getting to like pain, maybe a little too much.

Next stop, the 1980 Senior Nationals in Wisconsin. I opened with 722, but failed. I made my second attempt, but with a lot of pain and a popping sound. For the first time, I used my head and passed the rest of the meet. Ernie Hackett, a world record holder and physical therapist, looked at me and said I had torn tendons of the pelvic bone and some lower ab muscles. He was right, and I was out for a while.

Meanwhile, Larry Pacifico had won his ninth world championship at the 1979 Worlds in his hometown of Dayton, OH. Japan, England, and Canada had world champs along with the United States. At the 1979 Worlds Lamar Gant beat Precious McKenzie at 123 by pulling a 617 deadlift. The world record was 551, and Lamar made 617 to a standing ovation, the only one I've ever seen.

With there being only one federation, my main goal was to do top 10 lifts in my third weight class. I had some time to think about training. I knew I was doing something wrong because I was stronger in training than at the meets. After breaking my fifth lumbar vertebra for the second time in 1983, I sought medical advice. The doctor wanted to remove two disks, fuse my back, and remove bone spurs. I said, 'No way, Jose'. In next month's article the story and the pain continue.



Madness in Mad City ... Louie tore himself up seriously after this squat at the 1980 Senior Nationals held in Madison, Wisconsin.

2000 TOTAL @ 165!

Conyers Breaks the ALLTIME Middleweight Total Mark at the APF Jacksonville Open

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BEAU MOORE 1125 SQUAT AT 2005 ARNOLD CLASSIC

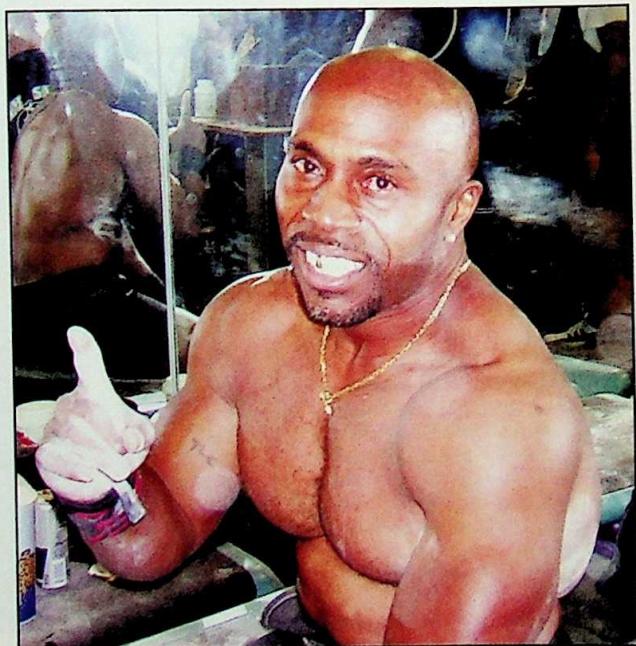
JIM KILTS ALL TIME 665 BENCH AT 181

APF Jacksonville Open					
	WOMEN	SQ	BP	DL	TOT
132 lbs.	A. Francisous	152.5	65	150	367.5
MEN					
Junior/Teen					
132 lbs.	D. Conyers	185	70	162.5	417.5
	R. Brown	160	105	205	470
Master (40+)					
220 lbs.	T. Smith	295	215	245	755
	J. Culifton	255	155	242.5	652.5
242 lbs.	B. Beetley	292.5	160	277.5	730
	S. Bessent	237.5	160	255	652.5
Master (60+)					
148 lbs.	D. Whitney	227.5	117.5	235	580
181 lbs.	E. Edwards	142.5	125	182.5	450
	D. Parsons	160	115	160	435
220 lbs.	B. Jordan	197.5	127.5	187.5	512.5
242 lbs.	J. Carter	142.5	135	160	437.5
Open					
148 lbs.	B. Williamson	175	87.5	182.5	445
165 lbs.	S. Francis	210	175	200	585
	McWilliams	182.5	150	207.5	540
181 lbs.	S. Shepperd	260	182.5	235	677.5
	T. Travis	227.5	157.5	240	625
198 lbs.	J. Norman	350	195	317.5	862.5
	T. Garland	310	190	242.5	742.5
	T. Jones	250	160	227.5	637.5
	B. Hayden	227.5	177.5	195	600
	R. Burney	190	122	187	490
220 lbs.	B. Carroll	420	252.5	295	967.5
	A. Driggers	410	280	275	945
	L. Mosley	365	260	310	935

(Thank you to Wayne Pullum for results)



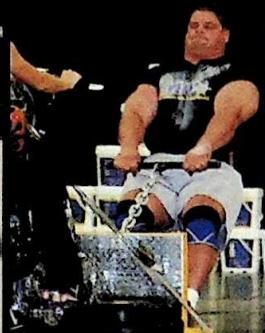
Tony Conyers ... at the very moment he locked out a 683 to total the historic 2000 lbs.



He is the MAN!! ... Tony Conyers the first man to go 2000 as a Middleweight. (photos provided by courtesy of Jason McElroy)

NO PAIN... BIG GAINS

PHILIPPI...NO PAIN!



Mark Philippi
- World's Strongest Man
Competitor and Collegiate
Strength Coach

"I've used many over-the-counter and prescription medications to relieve the pain in my knees stemming from many years of powerlifting and World's Strongest Man competitions. RELEVE is my 'go-to' supplement of choice because it really works and it doesn't upset my stomach like the medications do."

MILLER...NO PAIN!



Mike Miller
- World Record 1200 lb. Squat!

"My body pushes thousands of pounds every week. Last year alone between competitions and training I benched 700 plus pounds over 80 times and squatted over 900 lbs. 30 times. I have had tendonitis in both elbows and my shoulder. I use RELEVE to keep my joints strong and powerful. Without it, I would never be able to train with the workload I do."

KIRIT...NO PAIN!



Steve Kirit
- America's Strongest Man

"Competing as a Strongman places an exceptional amount of stress on my joints. After years of picking up 380 lb. stones from the ground and pressing 300 lb. logs for overhead reps, my joints ache! I use RELEVE every day to keep my joints healthy and strong. Without it, I wouldn't have been able to capture first place at America's Strongest Man two years in a row."

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Heavy power movements place exceptional amounts of stress on joints and the musculoskeletal system. Your body responds by producing COX-2, an enzyme responsible for the destructive chemical called prostaglandin E-2 (PGE-2) – the culprit behind your joint and connective tissue destruction, inflammation and pain. Breakthrough research in the field of pain management has shown that inhibiting the COX-2 enzyme can significantly reduce the production of PGE-2 within your body, resulting in decreased pain, decreased inflammation and less tissue destruction.

RELEVE is the most powerful natural COX-2 inhibitor available. This all-natural nutraceutical formula contains IsoOxygenate™, a proprietary patent pending botanical that has shown to decrease PGE-2 production up to 20 times more than any other natural ingredient! RELEVE's formula is further enhanced with Baikal Skullcap, N-Acetylcysteine and Alpha Lipoic Acid – a synergistic combination of ingredients that work together to provide fast acting relief and anti-inflammatory action. RELEVE also contains Glucosamine Sulfate to help rebuild and repair damaged joint tissue for added joint support, mobility and flexibility. Rounding out this breakthrough formula is a patented, sustained release microencapsulation system, which prolongs the delivery of RELEVE's ingredients to eliminate joint pain while you train and for hours afterward!

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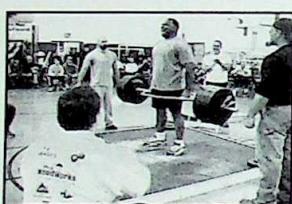
In January of 2004, Powerlifting USA ran an article about Atlantis Foundation a nonprofit organization aimed at changing the face of powerlifting and strength competition. This November the fledgling organization hosted its third annual strongman meet. As in past years,

Bill Kazmaier and Ed Coan were on hand to M.C. and judge attempts. Awarding cash prizes of \$2,500, \$1,500, and \$500 for first, second and third the competition drew noted lifters Brian Schoonveld and Vincent Dizenzo. Sponsored by MET-Rx, it was a great success.

Atlantis meets differ from other strength competitions in that contested lifts, done with bars and plates, are easily practiced in most gyms. Five events keep meets short and sweet, trap bar deadlift, bench press, push press, chin-up with weight, and Thomas Inch Dumbbell lift. And because contestants compete within static, stable parameters, compared to odd lifts such as the tire flip; risk of injury is significantly reduced.

The list of horrendous injuries suffered during Strongest Man in the World competitions functions as a warning to prospective participants. Gary Taylor suffered a leg crushing injury when a tire he was flipping fell back on him. Mark Philippi suffered compound fractures to both femurs in a similar accident with a car he was flipping. Kazmaier's tear from the bar-bend forever reduced his best potential effort, and who can forget Franco Columbo's mangled leg from the refrigerator race. Even seemingly innocuous events like arm wrestling resulted in a shattered arm for inexperienced Nathan "Mega-Man" Jones. As athletes, we know any of these injuries is potentially career ending. Is it really worth the risk? Why not compete in events that more accurately test brute strength but also do so in the controlled environment of the lifting platform? Who needs an out of control wheelbarrow to threaten one's livelihood?

Combining safe, valid events was Atlantis founder Bruce Derosier's brain child. He wanted to eliminate the stamina/athleticism component of strongman competitions in favor of focusing on the namesake: strength, pure and unadulterated. His idea won the favor of three time World's Strongest Man winner Bill Kazmaier because Kaz often saw weaker competitors doing well on esoteric events. And like many athletes, Kazmaier laments



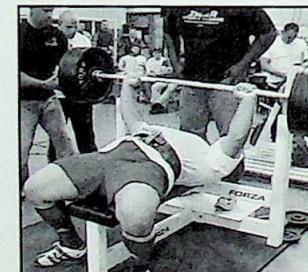
Deadlifts were on a Trap Bar

something I'd like to incorporate into our meets," says Derosier. "York is about building strength and Atlantis is about showing strength."

Bruce also endorses Forza powerlifting equipment. "Forza is the best high quality American manufactured competition powerlifting equipment. They were glad to customize their products for our needs. Forza sets the standard for powerlifting."

Yet despite Derosier's strong feelings about these companies Atlantis Foundation has no marketing investment in any competitor. Nor will they ever. Atlantis Foundation recently earned national 501 C3, nonprofit status. Atlantis is a charity foundation and therefore far less subject to marketing pressure. No pressure, no politics.

"We wanted to redress what we saw as unfair practices in certain strength competitions," says Derosier. "Eliminating competitors by choosing events that require certain height or body geometry seems almost intentional. Less dancing and



Bench Press the King of Lifts

overly tall man. He never felt able to compete in more traditional strongman competitions because he was sure his stature would prove disadvantageous. He also feels the events presented in Atlantis meets are more valid indicators of strength. Along with these advantages, Dizenzo believes competing with barbells enables greater transfer from powerlifting. No surprise, powerlifting was initially designed to test brute strength by those disgusted with weightlifters whose refined technique at times enabled them to defeat stronger athletes.

Massachusetts powerhouse Earl Bostick landed a third

Strongest Man In America Contest

Atlantis - Revamping Strength Competition

another insidious blot on professional athletics... politics. World Strongest Man events are allegedly rife with politics. The more marketable athlete the more a competition is tailored to him. Ever wonder why the events aren't standardized?

Along with this return back to pure strength competition, Derosier, inspired by American made York equipment, purchased several calibrated bars and a mountain of plates; plates calibrated in pounds. "What

appeals to me about York is it's the name that created all our heroes. York was the premiere barbell company. We want to get back to that. The celebration of strength exhibited at the old annual York picnics is

In Schoonveld's

experience, bigger

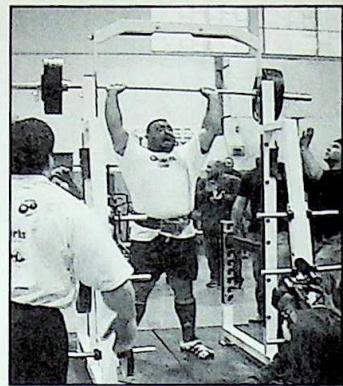
sponsorship and therefore larger purses are typically found at charity venues. In this lean environment Atlantis cash prizes are a welcome source of revenue. Best of all unlike some other venues where winners



Mr. Marc Cavigioli

wait months for cash to be disbursed, after you've won an Atlantis meet, by the time you sling your lifting belt into the back seat of your car, the check is in your pocket. Derosier pays on the spot.

Second place winner Vincent Dizenzo's statements almost mirror Derosier's. The brutally strong, Dizenzo is not an



Schoonveld has all around power

place win through guts, determination and good ol' fashioned strength. Bostick doesn't use lifting gear. As Atlantis competitions allow belt and chalk only, Bostick felt right at home. His impressive showing became more so when Bostick relayed that he never trains the deadlift. His 710 trap bar deadlift came on the heels of only two and a half months of preparation. He found a gym that had such a bar in its arsenal and pulled about 550 in his very first workout. Though he has competed in more traditional strongman events, flipping tires and dragging anchor chains, he appreciated being able to train for the meet with normal gym equipment.

The ability to translate powerlifting prowess to strongman events enables the sport to draw from a larger talent pool. More and better talent means more excitement for fans. Let's face it, it is rare to find gyms that actually have Atlas stones, or Conan wheels.

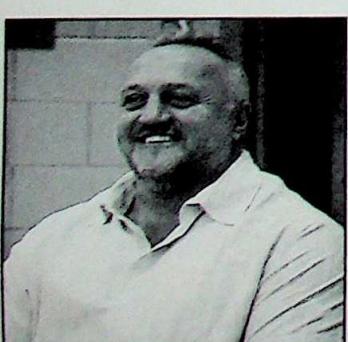
Ed Coan concurs. Because of similarity to powerlifting, Ed says barbell centered strongman competitions are easier for most lifters to relate to. Derosier, Coan says, is primarily interested in enabling lifters to showcase their talents in cash meets that are free of politics... which is why Coan himself became involved.

The continuing enthusiasm of competitors and audiences alike encourage Derosier to seek ever larger venues and prize money for meets. He envisions future regional meets functioning as qualifiers for national competition. Atlantis can be reached for further information at (508) 885-3686. **MARC CAVIGIOLI**

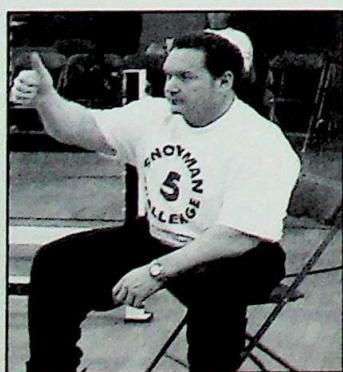
Atlantis 2004 - Strongest Man In New England 23 OCT 04 - Paxton, MA

	T-DL	BP	PP	C-U	TI	TOT
B. Schoonveld-345	775	565	425	50	172	1987
V. Dizenzo-297	100	535	390	25	130	1755
E. Bostick-258	710	470	275	120	120	1135
D. James-275	700	400	325	10	125	1560
G. Gauthier-216	640	350	280	125	150	1545
J. Nowicki-208	550	405	260	140	145	1500
C. Wilson-295	635	430	265	25	135	1490
S. Hurd-172	600	325	200	125	125	1375
J. Fasolino-190	550	355	250	90	125	1370
M. Tavalone-213	550	350	235	105	115	1355
T. Perry-285	615	335	235	20	140	1345
W. Thorng-224	525	345	260	85	120	1335
S. McClone-214	52	365	225	75	125	1315
A. Sullivan-190	475	330	235	130	115	1285
G. Doherty-181	560	265	205	95	105	1230
C. Rijos-178	550	250	210	100	110	1220
N. Fitzgerald-275	540	270	220	—	155	1185
P. Kowal-149	405	230	205	105	900	1035
J. Amaral-200	440	270	195	5	100	1010
B. Schoonveld-345	775	565	425	50	172	1987
V. Dizenzo-297	700	535	390	25	130	1755
E. Bostick-258	710	475	275	120	120	1735
T. Raines-246	560	395	315	40	105	1415
C. Peterson-186	525	315	220	130	90	1280
C. Rijos-178	550	250	210	100	110	1220

(Thanks to Bruce DeRosier for providing these meet results)



Bill Kazmaier did some MC work



Ed Coan with the referee's view

WORKOUT OF THE MONTH

ANTHONY CONYERS SQUAT WORKOUT

Positive thinking, dedication, determination, along with believing in yourself are crucial elements to the success of any powerlifter. A few years back, I remember asking a well known gym owner in Tampa, FL if he thought it was possible for me to squat 600 at 148 lb. bodyweight. "Sorry Tony, I just don't think it can be done without steroids." Well, I believed in myself and since then I have successfully completed much more. I have developed the following routine for the intermediate lifter with a current max squat of 600 lbs.

This routine is based on a 10 week cycle. For the first 2 weeks we will use no gear. On Weeks 3 &

4, add a belt. In Weeks 5 & 6, we will add a suit and wraps, keeping the straps down. During Weeks 7 through 10, we will have the straps up. I also use an erector shirt the last 2 weeks of training on my heavy sets. We will train twice a week, Saturday being the heavy day & Tuesday being light. Do leg extensions & leg curls on both days, 3 sets of 10 for each, going 80% on your light day. Remember to practice the proper form and depth on each rep and to complete every set. Some weeks you may feel like doing another set. Don't keep that hunger for next week. I would also like to add that I train at or within 5 pounds of the bodyweight that I

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

compete at.

Week 1: Heavy Workout: Bar x 20, 135x10x2, 225x10x1, 315x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x3.

Week 2: Heavy Workout: Bar x 10, 135x10x2, 225x10x1, 330x10x3. Light Workout: Bar x 20, 135x10x2, 225x10x1, 240x10x2.

Week 3: Heavy Workout: Bar x 20, 135x10x2, 225x8x1, 330x5x1, 370x8x2. Add belt, but no belt on light day. Light Workout: Bar x 20, 135x10x2, 280x8x2.

Week 4: Heavy Workout: Bar x 20, 135x10x2, 225x8x1, 330x5x1, 400x8x2. Light Workout: Bar x 20, 135x10x2, 225x8x1, 310x8x2.

Week 5: Heavy Workout: Bar x 20, 135x10x2, 225x5x1, 330x5x1, 400x3x1, 450x5x2. Add suit and wraps, straps down. Light Workout: Bar x 20,

135x10x2, 225x8x1, 310x8x2.

Week 6: Heavy Workout: Bar x 20, 135x10x2, 225x5x1, 330x5x1, 400x3x1, 480x5x2. Light Workout: Bar x 20, 135x10x2, 225x8x1, 310x8x2.

Week 7: Heavy Workout: Bar x 20, 135x10x2, 225x5x1, 330x3x1, 405x3x1, 455x2x1, 525x3x2. Straps up on last three sets. Cut out light day training.

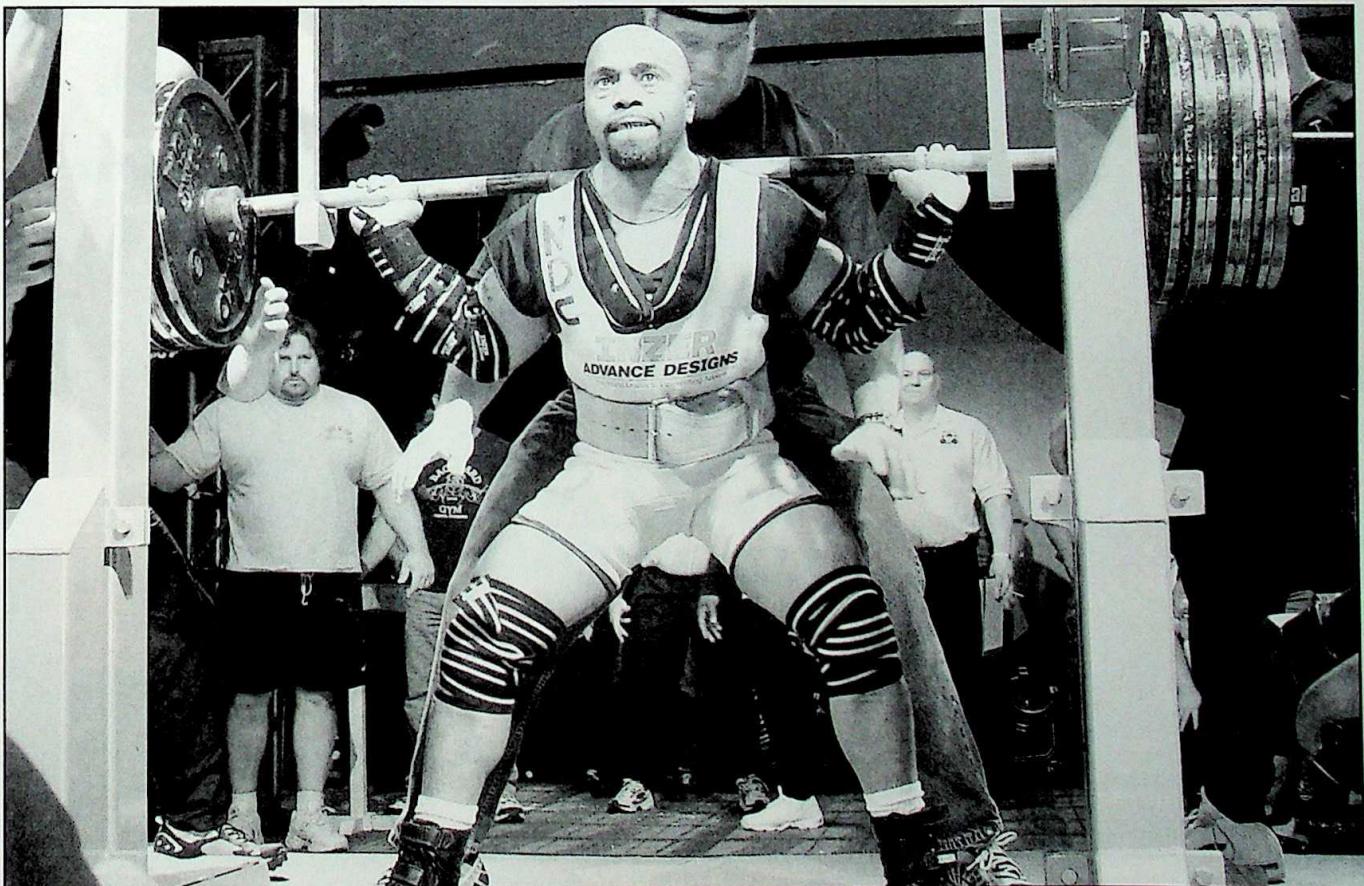
Week 8: Bar x 20, 225x10x1, 135x10x2, 225x5x1, 330x3x1, 405x3x1, 475x2x1, 550x3x2. Cut leg extensions and leg curls.

Week 9: Bar x 20, 135x10x2, 225x5x1, 330x3x1, 405x2x1, 475x2x1, 525x2x1, 575x2x2.

Week 10: Bar x 20, 135x10x2, 225x5x1, 330x3x1, 405x2x1, 475x2x1, 540x1x1, 600x2x2.

1 week rest.

Meet Day: Bar x 20, 135x10x2, 225x5x1, 330x2x1, 405x2x1, 495x1x1. Opener - 575, 2nd attempt - 610, 3rd attempt - 630.



Anthony Conyers is a multi-time WPO Champion who just recently nailed the biggest Middleweight squat in history 837 lbs.

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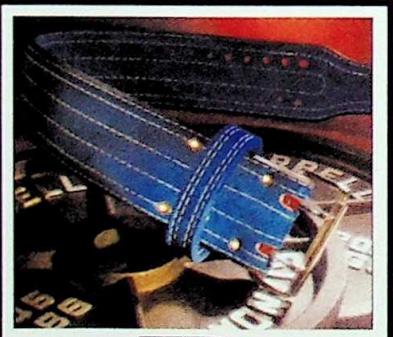
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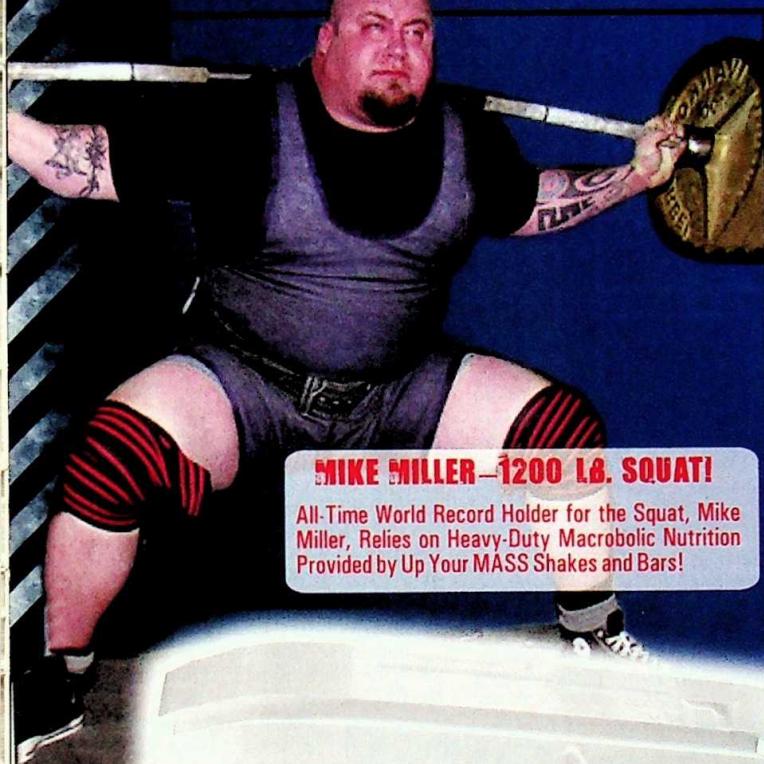
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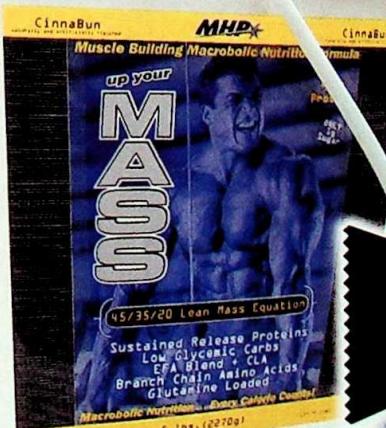
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Last month we looked at a couple of Hard Core Gyms; both were named simply the 'The Gym.' We talked about the dangers of using generic names for your gym, as in the old sitcom where there were three brothers - all named Darryl. A similar thing happened to my sister Cindy when she had her 5th (?) son. They basically ran out of new names, and so they started reusing old ones - so that their oldest and youngest now share the same name. Michael Scott is the big brother of William Michael. Of course, I just call the youngest "Little Willie" to avoid confusion.

Similarly, all of my 3 kids have nicknames, to more easily separate them from their classmates. There may be other children named Caitlin, Callie, and John - but there aren't many named Possum, Pip, and Pancho. This works great for us, but it presented a problem when our middle child (Pip) started kindergarten and couldn't spell her real name (Callie). Apparently the teacher wasn't prepared to accept her neatly printed 'Pip.' These teachers can be so picky... which brings us to the extensively trademarked name 'HOUSE OF PAIN.' As you can imagine, we have copyright protection on all of our logos and designs, and have trademarked our legal name 'HOUSE OF PAIN' nine ways from Sunday. This means (among other restrictions) that other apparel companies cannot use the term HOUSE OF PAIN without our express written permission. We have stopped several bigger companies

HARD CORE GYM #41

HOUSE OF PAYNE GYM IN NORTH CAROLINA (How Misspelled Names Prevent Lawsuits)

as told to Powerlifting USA by Rick Brewer, House of Pain

from this sort of trademark infringement. Other companies cannot even legally use a name that is 'confusing similar,' such as HOUSE OF PAYNE GYM - because it would be confusing to the public. BUT, what if we had a loyal HOUSE OF PAIN customer who had the misfortune of being named Keith Payne. What if he opened a gym and wanted to name it after himself? As in 'HOUSE OF PAYNE GYM'? Well, legally - that won't work - but we have to take care of our good powerlifting friends. So we made an exception for Keith - because we like him! Let's go to North Carolina and see what he has done.

The House of Payne Gym is located in Yadkinville, North Carolina, which is a little town near Winston-Salem. The HOPG is a 1000 square foot powerlifting facility. Although relatively small, the gym is equipped with a monolift, reverse hyper, glute/ham machine, cable machine, various bars and benches, and a couple tons of free weight. The walls are covered with pictures and other memorabilia that we have collected through the years that serves to motivate us as well as create an absolutely great lifting

atmosphere. The HOPG is a strength training gym made up of mostly powerlifters. Our members are strictly interested in Strength. We have no mirrors!

Like a lot of lifters, we studied successful groups such as Westside, Metal Militia, L.A. Lifting Club and NGBB to name a few. We try to reproduce their success. We are cultivating our own HOPG philosophy by taking certain principles we have learned and adding things from practical training experience to form a functional training ideology that works for us.

Most of our members prefer to train in groups. Currently we have three main groups that train together, but we do have several individuals that train alone due to their work schedules. We are very proud of the diversity of our members. We have both assisted and raw lifting groups. Our members range from elite world class lifters to youth lifters. Our members include Travis Mash who just broke Ed Coan's all-time total record in the 220 class. Also, Chris "Ox" Mason who is an elite APF lifter. Mike Lovelace, Tony Atkins, Donnie Atkins, Shane Gaydon and Lynn Hodges hold

various APF/AAPF State and American records. Walter "Truck" Ferguson (a veteran of over 100 meets) is one of our Master lifters. James Lopes, Jason Robertson, Eric Payne and Timmy Payne own various State and American records in the USAPL and AAU. We have several up and coming lifters including Rodney Rochester, Shawn Griffin, Tom Hill, James Gentry, LB Bullins, Brett Payne, Brennan Anderson, Tom Payne, Dakota Phipps, Dustin Phipps and Wayne Rochester.

We welcome lifters that are serious about getting stronger. You can find more information about the HOPG on our website: www.houseofpaynepowerlifting.com or email keith@ironboyenterprises.com.

Equipment: MonoLift, Power Racks with flat benches, Competition Flat Benches, Incline Bench, Decline Bench, 90 degree Military Bench, Lat Cable Machine with attachments, Reverse Hyper Machine, Glute/Ham Machine, Row Machine (Chest supported), Leg Press Machine, Deadlifting Platform, Dumbbells (5 through 120 pounds), Adjustable Dumbbells, Tons of plates. An assortment of bars including: Texas Power Bars, Safety Squat Bar, Texas Squat Bar, Texas Deadlift Bar, Cambered Curl Bar, and Triceps Bar. Accessories: Dragging Sled, Stability Balls, Squat Boxes, Chains, Bands, Boards, Weight Releasers, and Manta Ray.

Sounds like Keith is doing a great job in the small town in Yadkinville, North Carolina! Anyone that welcomes serious lifters is

a friend, and any gym with a lifter named 'Truck' or 'Ox' is a winner. People e-mail us all the time asking us to help them find a serious gym in their area. We are creating an online list of great training spots for powerlifters. While we work on that - you can already see all of these old articles at houseofpain.com.

Next month, we'll check out a little Texas gym, then we'll probably go a long ways from home. Either to Kuwait or to Illinois. Until then, nickname all of your kids, and watch out for trademark laws.

Comments/
Questions?

rick@houseofpain.com
or
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From NOVICE to NUCLEAR ... the members of House of Payne Gym cover a very wide spectrum of powerlifting abilities.

**Win if you can,
lose if you must,
always cheat.**

**Sputnik Monroe,
pro wrestler**

In the finals of an early Olympiad in Athens, Eupolos was a heavy underdog against Phormio of Halicarnassus. Although Eupolos had defeated Agenor the Arcadian, and Prytanis of Cyzicus in his first two bouts, no one gave him a snowball's chance in hell of beating Phormio. Phormio, who had won at the preceding Festival, had never tasted defeat in his ten year boxing career. In fact, he was considered to be unbeatable in the sport of boxing. In his first two fights he literally destroyed his opponents, beating both of them into submission in less than one round. Amazingly though, Eupolos shocked the sports world by demolishing Phormio in less than a minute of the first round, beating him into a bloody pulp. After the fight, Eupolos was hailed as the greatest fighter of all time.

Interestingly, Eupolos had won his championship with a strategy that has long been a vital component of sport. He cheated.

Eupolos paid the three boxers he fought a large sum of money to take a dive. This is said to have been the first time that an athlete violated the rules of the games and is the first recorded incident of an athlete being immortalized as a cheater.

It seems we haven't changed all that much since then! It is no big secret that many of today's athletes cheat more than a married couple on ... well, Cheaters. Just about anything goes in sports - drugs, cheating, lying - anything to gain an advantage. College football and basketball programs are filled with closet professionals who play for pay. There were so many infractions at one Southeastern Conference college that the standard joke on campus was that their players had to take a pay cut when they went to the pros. It's not just the colleges that are cheating. Professionals, amateurs, high schools, even little leaguers cheat in today's world of sports. In fact, few areas of competition at any level have been spared this massive epidemic. Remember the Little Leaguer who was so old he had a full beard and scared the hell out of all the other players? And how about that kid that cheated in the soap box derby? I mean, how low can you go? Next thing you know they'll be fixing little bitty league T ball games. Maybe they have, and we just haven't heard about it yet.

DR. JUDD

The Hypocrisy of Sport- Part I *as told to Powerlifting USA by Judd Biasiotto Ph.D.*

Without question the history of sport is crammed with instances of cheating, and athletes have spared no effort discovering ingenious ways to deceive others, from recreational tenth rate golfers to professional baseball. In fact, over the years there have been a number of athletes who have taken cheating to new levels ... literally, Hall of Fame phonies and frauds.

For starters look at American marathoners Fred Lorz and Thomas Hicks. At the 1904 Olympics in St. Louis, Lorz finished first in the marathon easily outdistancing Hicks the second place finisher. It was later discovered that Lorz traveled via car from mile 9 to mile 20. His gold medal was taken away and given to Hicks. It was later discovered that Hicks' trainers had given him a mixture of brandy and strichnine to keep him going ... drugs that were illegal in Olympic competition. Hicks was still awarded the gold medal, but nearly died getting it.

Then there was Poland's Stella Walsh, one of the fastest women in the world in the early 1930s. In the 1932 Olympics, she smoked everyone in the 100 meters, winning the gold medal in world record time. Four years later, running with a serious leg injury, she took silver at the 1936 Olympics. She had a long and memorable career that included 20 world records in various track and field events. She was once proclaimed as the greatest female athlete to ever walk the face of the earth. Then in 1980 tragedy struck. The once unbeatable Pol was killed in a shooting, and an autopsy revealed that she was ... well, not a she - but a he.

And how about Ukrainian Boris Onischenko, a member of the Soviet Army, who entered the 1976 Olympics as one of the world's leading pentathletes. In the discipline of fencing, one of his weaker events, Onischenko wired his sword so that he could register a hit at any time by pressing a switch on the handle of his sword. Onischenko was kicking everyone's butt until he went up against Jim Fox the reigning world champion. At the start of his match against Onischenko, Fox avoided the Ukrainian's first thrust by a good six inches, but the scoring light still went on. An investigation



Eddie Coppin of Belgium failed his drug test at the 1987 IPF Worlds

followed, and Onischenko's deceit was revealed. He was disqualified.

Another member of the Hoodwinker's Hall of Fame is Rosie Ruiz at the Boston Marathon in 1980. She reached the finish line of the grueling race literally without breaking a sweat. She looked as fresh as a daisy, not a hair out of place. A major reason she was the first woman to cross the finish line was that Ruiz started the race a half-mile away from the finish line. Interestingly, it was later discovered that she qualified for Boston by posting a terrific time in the New York Marathon by riding the Manhattan subway for much of the 26.4 mile distance.

And who could forget Tonya Harding, figure skating's darling at the U.S. Nationals in 1994. She skated her way to a national championship after her husband Jeff Gillooly paid a goon named Shane Stant to break the legs of her major competitor Nancy Kerrigan. Stant failed to break Kerrigan's legs, but he was successful in getting caught. His confession about the conspiracy to injure Kerrigan brought Gillooly two years in prison and Harding a lifetime ban from amateur skating.

Still the athletes that get my vote for the all-time trickster's award are the intellectually disabled Spanish Paralympic basketball team of 2000. These guys played with grace, cunning, and a precision

that made me feel like I was intellectually constipated. They literally waltzed through their competition like a fine oiled machine. The euphoria that the Spanish Paralympic team experienced from winning that magnificent gold medal was soon ruined when it was learned that 10 of the team's 12 members had no mental deficiency at all. They were just pretending to be intellectually disabled so that they could compete and bring gold to themselves and their beloved country. Hello!!!!!!!

Then there was the judging scandal that rocked the 2002 winter figure-skating competition at the Olympic Games. The problem started when the Russian team of Yelena Berezhnaya and Anton Sikharulidze were awarded the gold medal in pairs figure skating, despite falling on their butt in what was widely perceived as a significantly inferior performance to that of silver medalist's Jamie Sale and David Pelletier of Canada. How did they get the gold then? Easy — the competition was fixed. Indeed, the next day, a French judge, Marie-Reine Le Gougne, said she had been pressured by her own skating federation to favor the Russian couple. The real plot was a vote-swapping deal between figure skating judges from France and Russia. In brief a classic quid pro quo was arranged: the French lined up and gave support for the Russian pair; the Russians in turn lined up and gave support for the French pair, and everybody went away with gold, except the Canadian pair who actually deserved the medal.

On and on and on, the scandals and stigma of cheating have cast a dark cloud over the field of sports. Think about it: When was the last time you haven't read or heard about athletes and cheating? Honestly, and sadly, I can't really remember such a time. Fixed boxing matches, academic fraud, illegal recruiting contacts, illegal payments to college athletes, corked bats, illegal drugs, gambling scandals, corrupt referees, judging scandals, recruiting sex scandals, bogus federations, point shaving, illegal equipment, amphetamines, steroids, human growth hormone, erythropoietin, ephedrine ... and the list goes on and on and on.

In sports there seems to be an insatiable desire to win no matter what the cost. While the spotlight shines on a few prominent transgressors, hundreds of other frauds and phonies are sneaking by. Perhaps Victor Conte, the founder and owner of the Bay Area Laboratory Co-Operative in San Francisco, put it best when he said, "The culture of cheating has become so self-perpetuating in that people think if everyone is doing it, it's a disadvantage not to."

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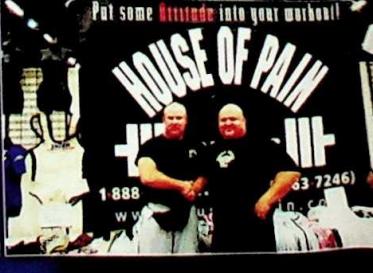
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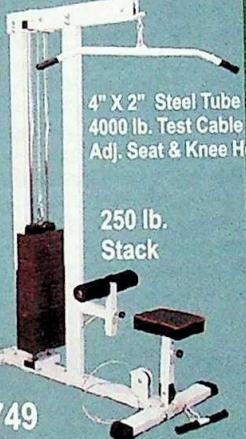
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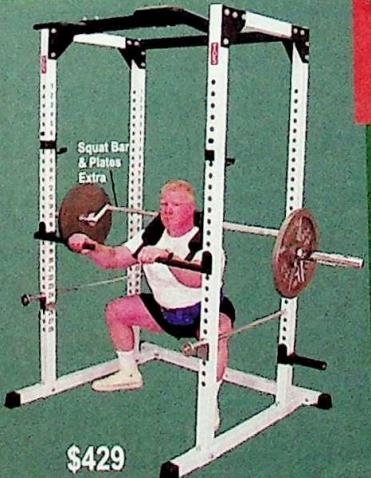


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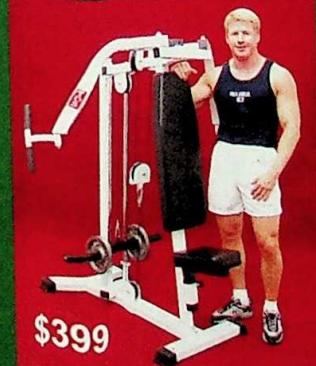
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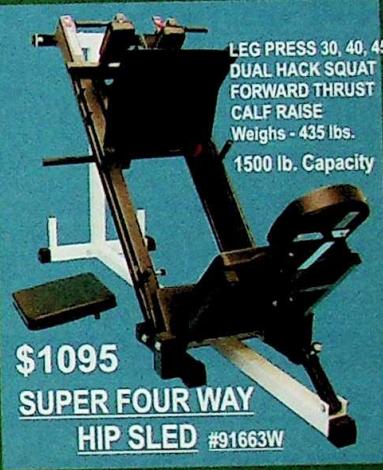
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INTERVIEW

MIKE MILLER

interviewed by Bruce Citerman

Bruce: Mike give us some personal background on yourself.

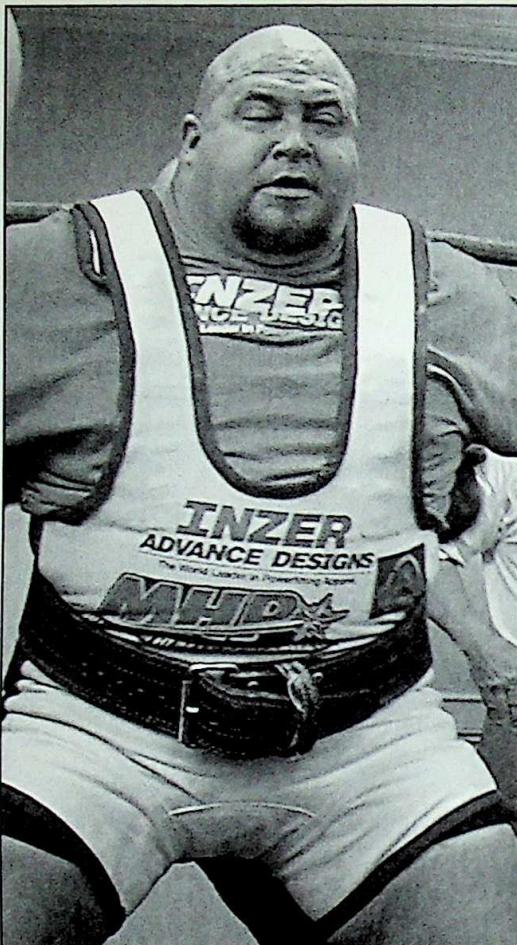
Mike: I live in Tatamy, PA. I grew up a few miles down the road in Bushkill Twp., PA, a small rural farm community. I spent my summers working on a farm and my winters hunting and trapping. I have 5 kids and one on the way. Their ages are 6-15. **Bruce:** What's your athletic background?

Mike: I played football and wrestled in high school. I was a defensive lineman and I played offense for a short period of time. I had too many penalties called on me, so they stuck me on defense full time. I have done the Highland Games as an amateur.

Bruce: How did you get into lifting?

Mike: I started weightlifting in my basement when I was a little kid. I had the old Sears set of sand weights. I lifted on and off throughout high school and into my 20s. I took a break for a while and then one day I decided to get back into it. I went to a hardcore gym in a small town up the road. I met this girl there, whom I found very attractive. She had long legs and a tight round butt, and was wearing short blue shorts doing chain suspended good mornings. She told me I was a big guy and should start powerlifting. I ended up with the girl and started my career in the sport.

Bruce: What contests have you entered and what were the results?



Mike: Well, here are a few of the most recent: 01-08-2005 IPA NY State Meet - 1st Place SHW, Mens'

Zero Momentum training is most beneficial when used with the bench or the squat. All benching is done with a close grip. When you get to your 5 work sets, each rep should take 3-5 seconds, or the weight is not heavy enough. This is designed to teach you how to grind weight and make your lockouts and presses very strong. Do all your raw work with the same technique you use for your shirt. Also, do not worry about how strong your raw bench is anymore. A strong raw bench does not equate to a strong shirt bench.

Due to the extreme nature of this workout, you should only do it once per month. The other 1-2 workouts, you may want to alternate with the following exercises. Try close grip reverse bands or regular close grips, mule presses, and lockouts. You can also hook the bands up from the bottom up and do lighter weight for 8x3 of 5x3. After you're done with your work sets, drop the bar weight and do 2-3 sets of 20 reps for hypertrophy.

I want you to do these in a power rack starting with a set of green minis or purples, one or the other, also around 80 lbs. of chain. Again, you will need spotters. Do not do these without spotters.

1. Your first 2 sets should be the bar and the bands, just to get the feel of the bands.
2. Your next set should be the bar, bands and 40 lbs. of chain.
3. Next the bar, bands, and 80 lbs. of chain. And then 160.
4. Now start adding bar weight. You will need to do 3-4 sets until you get to a weight that forces you to grind. When you get there do 5 singles. Remember it should take 3-5 seconds to do a rep.

Your first wave should be done at 85% of your one rep max. 85% includes bar and chain or bar and band weight. Meaning, if you have a 675 squat, you start with 200 lbs. of chain and 370 lbs. on the bar. after 5 weeks, you will start wave 2. The percentage will move up 5-10%, depending on how strong you are and how fast you are moving the weight. You will also increase the bar weight 10-20 lbs. every time. Your lifts should be fast and strong and take no longer than 3 seconds to descend and 2 seconds up for each rep.

In each cycle for the bench and squat, there are 15 weeks and 3 waves. Each wave consists of 5 weeks. I hope this makes sense. The first three weeks of the bench and squat are spent using chain and bar weight. The last two weeks of the wave are straight weight with the bench and bands with the squat. Your first wave is done at 85% combination chain and bar weight. Each wave for the next 3 waves will go up 10-20% increases so that your combination of band and bar weight or bar and chain weight exceeds 100% of your one rep max.

Open, 2155 total, 1200 squat, 455 bench, 500 DL. 04-17-2004 APF Northeastern Regional Championships, New Brunswick, NJ - 1st Place SHW, Mens' Open, 2510 Total, 1050 squat, 805 bench, 655 DL, Best lifter award. 11-16-2003 IPA Senior Nationals, Harrisburg, PA - 1st Place SHW Division, Mens' Open, 2405 total, 1015 squat, 750 bench, 640 DL, IPA world record subtotal 1765. 07-05-2003 2003 Bench America, Chicago, IL - 730 Bench Press, 2nd place overall. 06-07-2003 2003 IPA Strength Spectacular - 2nd place SHW division, 760 Bench, World record submasters division. 04-01-2003 2003 IPA Metal Militia Bench Wars - 2nd place SHW Division, 755 Bench, World Record Submasters Division. 03-15-2003 IPA Beast of the Bench - 1st place SHW, 705 Bench, World Record submasters Division. 09-29-2002 2002 IPA Northeast Regional Championships - 1st place SHW, 700 Bench, World Record Submasters. 08-10-2002 IPA Metal Militia Bench Wars - 1st place SHW division, 655 Bench Press. 06-20-2001 2001 AAU National Bench Press Open - 1st place/Best Lifter, Division SHW, 535 bench press. 06-28-2000 2000 York Strength Spectacular - 1st place SHW Police-Fire, 680 World Record Squat.

Bruce: What is your exercise program like these days?

Mike: The system we use at Nazareth Barbell is based off a 5 week wave, in a training system called ESP (Enhanced Strength and Performance), which is a combination of Zero Momentum Work (see inset) and CNS (Central Nervous System) Overload. This system is designed to optimize strength by using a maximal amount of weight through active resistance, zero momentum, progressive force training and plyometrics. We also use the conjugate method which allows use to train all year long, free of injury, and we continue to get stronger. These methods are some of the best in the world and have produced some of the strongest powerlifters on the planet. If followed correctly you will maximize your strength in a very short period of time.

Bruce: What kind of vitamins and supplements do you take?

Mike: I use MHP Up Your Mass protein Powder, MHP glutamine and Trac. I have a rather lengthy list of vitamins, but I will give you a few, Vitamin C, E, B complex, L-Tyrosine, and D-Phenylalanine.

Bruce: What are your plans in PL?

Mike: My goals are to hit a 1400 lb. squat and to total over 3000. I would like to coach a lot afterward and take time to enjoy the sport.

Bruce: Any comments about PL?

Mike: I would like to see more unity in the sport. We are our own worst enemies. Instead of working together to promote the sport and increase its public exposure, we fight and argue and criticize something that only a few thousand people care about. Instead of finding ways to belittle one another, why not find ways to help each other and make something of this? I would like to thank Frank and Gerard at MHP, Alan at Pro wrist straps, Rick and Jason at HOP, John Inzer for the best powerlifting gear around, Iron Woody Fitness Bands, Lloyd Hemenway at Metro Motors for all his support, Larry at ANAFIT and Rob Morris for making the trip to the Seniors possible and more comfortable. Also, to my wife Deb and all my friends and Family - thank you for everything.

Many people would say they are open to change, but in reality they are resistant to it. However, powerlifters are a bit more open to change than the average person. Lifters digest every paragraph in PLUSA to get the latest tip, exercise or supplement that can bring better results. Most are willing to pay to obtain the latest hi-tech knee wrap or protein supplement or try a new assistance exercise. Many times trying new things can result in progress, but if we are going to try implementing change, it's best to have some ground rules to follow.

First, approach any change on contest day with the greatest care. One misjudgment can wipe out months of training in the blink of an eye. Any change in food consumed beforehand could be disastrous. Blueberry pancakes with wheat germ may be the staple of choice for the lifter you just met at Denny's the morning of the meet, but that doesn't mean it will work for you. You don't know what its effects can be on your stomach. Another lifter may drink a large volume of electrolyte liquids throughout meet day. This same amount may bloat you and kill your meet performance. I suggest taking any pre-meet dietary suggestion back home with you and give it a try on a day when you have no contest to worry about. On meet day, consume the same food and

STARTIN' OUT

*A special section
dedicated to the
beginning lifter*

CHANGE CAN BE GOOD

as told to Powerlifting USA by Doug Daniels

beverages as before. Don't change their quantity or frequency of intake.

On the other hand, meets are one of the best places to learn about new lifting gear. You'll hear lifters either praising or knocking the latest knee wraps, etc. Often the information and opinions you hear can be valuable, but—as with diet—don't try any new gear on meet day. You need numerous workout sessions to become accustomed to the use of new gear and the leverage changes it may cause. Trying new gear on meet day with maximum weights can result in missing a lift or, at the worst, injury due to a miscue during the lift. Use the gear you came with, but you may want to order some new brands of gear for the next meet and give them a try during your training sessions to see if they have merit. If they don't, then you have given them a try and eliminated them from future consideration. If they are miracles,

then use them in your next cycle and in competition after becoming accustomed to their effects.

Changing lifting technique is another factor. This can range from grip changes to using a different style of execution such as conventional deadlift style versus sumo. At one meet, a lifter could not get a successful lift in with sumo style, so as a last ditch effort, he attempted and made his third deadlift using conventional style. He was trying out the new deadlift style, but he found out it was not working so he reverted to his old style and saved the day. If you decide to change techniques, I would not use it in a meet until you are sure of succeeding with competition weights.

The best time to break in to a new lifting style is in the off season, more than 8 weeks prior to meet. This allows plenty of time to get used to make training adjustments and evaluate if it works.

For example, if you want to switch from conventional deadlift, start doing very light sumo deadlifts in training far in advance of your contest training period. Changing styles may require increasing flexibility. Hamstring stretches would be highly recommended in this effort. This would also be true for switching to a wide stance squat. Increasing the width of your bench press grip will require more flexibility in the shoulder area, especially at the pec/delt tie-in. Increasing flexibility will decrease the likelihood of tears and pulls in muscles that are not quite ready for the new exercise style.

Change can be a good thing. In our office is a quote from Albert Einstein: 'Insanity is trying the same methods time and time again and expecting a different result'. We should always be evaluating our training methods, diet, and lifting gear for their effectiveness. Something that has worked for a long time may not be effective forever. New products and methods become available that can improve results. Other times trying new things only proves that our current ways are still the best. Common sense should always be used when making a change. Abrupt change at a contest can be suicide. Plan change carefully and make changes only for the better not just for the sake of change.



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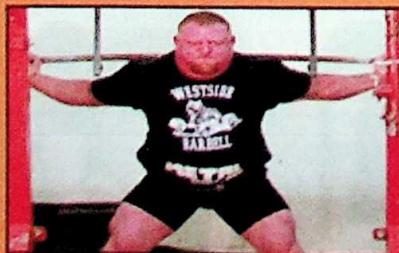
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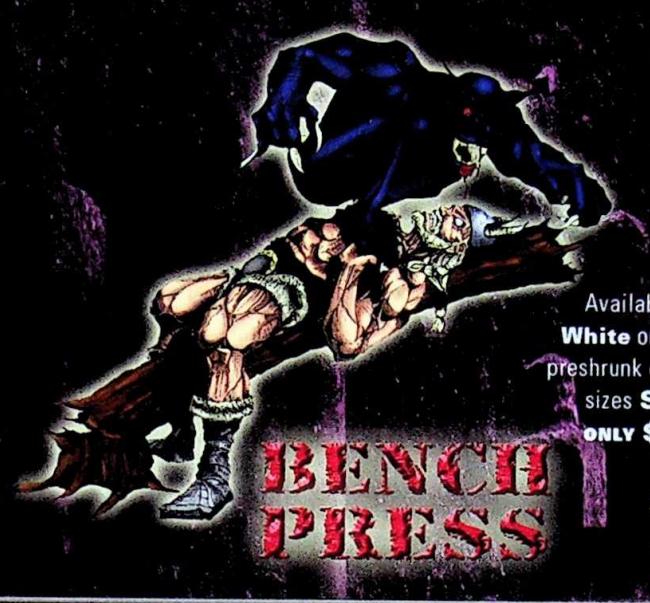


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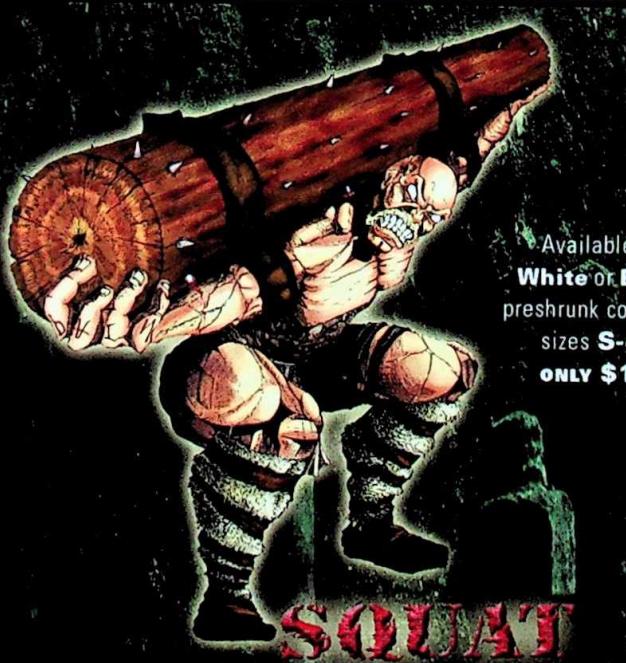
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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular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

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

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

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

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

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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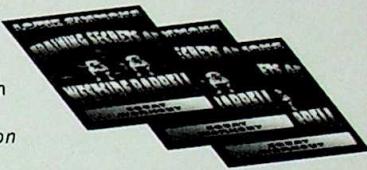


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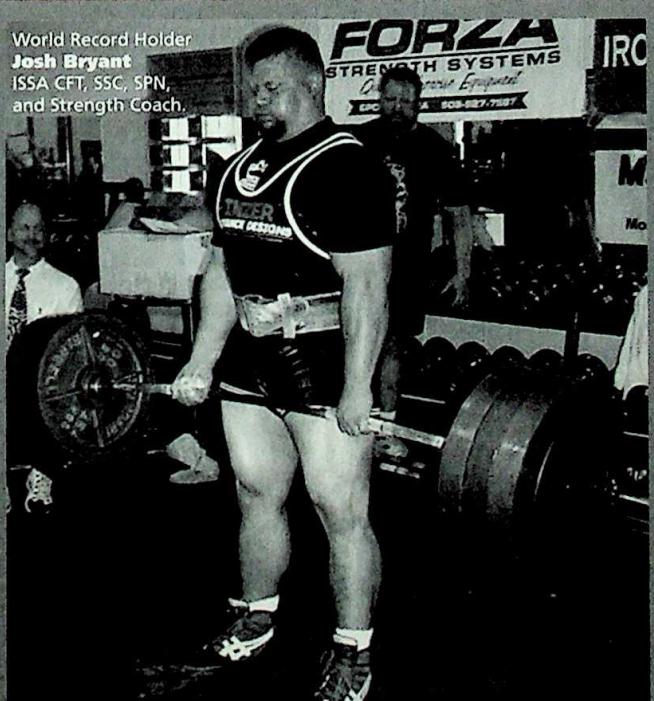
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I was very excited about the success of the first Hawaii World Record Breakers, with an attendance of over 1700, at the Turtle Bay Hilton in 1977. Through a friend, I got a job as a house detective at the 2,000 room, 32 story Sheraton Waikiki Hotel. It was only three years old, dominated the skyline, and faced the most famous stretch of sand in history - Waikiki Beach. When you think that only 36 years prior the Pearl Harbor attack took place and then there were only three hotels. Now there are 75. I always had a sense of history and how civilization grew and where it came from. In 1845, the population of Oahu was maybe 5,000. Now it is over one million. There was an influx of Chinese, Koreans, Japanese, Filipino, Portuguese, Samoan, Tongan, and Fijian. They all placed size and strength at the top of the totem pole. In the Mai Tai system of chiefs in Samoa, Tonga, Hawaii and Fiji, the biggest people were often the rulers. In 1977 the king of Tonga was 6'5", 420#. The head of Western Samoa was 6'3", 380#, and the head of American Samoa was 6'4", 405#. King Kamehameha, who united all the Hawaiian Islands, was 7', 400#. In Japan the most famous athletes are Sumo wrestlers. In Korea, boxing and Tae Kwon Do rule. In China, martial arts and weightlifting rule. The Philippines has produced great boxers. That history, along with my passion for the sport of powerlifting, is why on April 10, 1978, the biggest crowd to ever attend a weightlifting event in the United States gathered - 4026 spectators in a 40,000 square foot ballroom! That ballroom had never been filled before, nor since, and this hotel has hosted pro boxing and wrestling matches, Sonny and Cher, Frank Sinatra, Tony Orlando and Dawn, Kenny Rogers, etc.

Let's back up a little bit. I had been working 36 hours a week as a bouncer in Waikiki, 40 hours a week in security at the Sheraton, finishing my Master's degree in International Relations from the University of Hawaii, and still training for powerlifting. On March 11, 1977, I won the National Collegiates at Oklahoma State in the SHW division in a single-ply squat suit: 675 squat, 475 bench raw, and a 760 deadlift raw, for a 1910 total. Then I finished 2nd in the Senior Nationals at the Santa Monica Civic in L.A. in August of 1977. I almost didn't lift because I got a bad infection and on the plane from Hawaii my leg swelled up like a balloon. Mike Lambert of PL USA picked me up at the airport and took me to a hospital in Thousand Oaks. Doctors told me I would lose my leg in less than 24 hours. Because I didn't have health insurance, they sent me out the door, and Mike took me to the VA Hospital. They hooked me up to an IV for 2 days. I got out on a Friday evening, weighed in the next day, and lifted the day after that. Mike thought I was crazy, and he was probably right. I squatted 683, benched 473, and deadlifted 710 for an 1868 total and 2nd place. Dave Waddington was 1st with a 1940 total and Paul Wrenn and

Legends of Powerlifting

April 10, 1978 - the second Hawaii World Record Breakers Meet by Gus Rethwisch



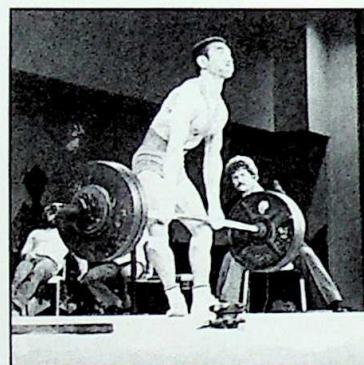
Head Judge was Jaska Parviainen, promoter of the '77 IPF Worlds, and an IPF referee, and the spotter was the late John Harrison, co-founder of the Fuducker Barbell Club. Canada's Mauro DiPasquale was cramping badly, but managed to get some good lifts in.

Doyle Kenady bombed-out. Jon Cole, at 242, also bombed out, but it was an honor to see a "lifting God" for the first time. He had a presence that was as strong as anyone I have ever been around, with the exception of Dick Butkus, the Chicago Bears Hall of Famer whom I did a Magnum P.I. episode with in 1981.

Life was tough. My wife and two daughters left me because I was having trouble financially and I couldn't seem to get a job in Civil Service, even though I had a Bachelor's degree from the University of Hawaii and had completed 28 credits of Law School at Oklahoma City University. My wife and two daughters lived with her mother and I lived with friends for a couple of days, the beach for a week at a time, in my car, back with friends, etc. The only thing that made me happy was squatting and deadlifting as much as I could. I managed to give my family \$500-\$700 a month and just became a powerlifting bum. I would sit in the ballroom at the Sheraton Waikiki, when it was empty, dreaming of what it would be like to fill the place. The ballroom rented for \$10,000, but somehow I was going to pull this off - a great international meet in the middle of the Pacific with lifters from at least 10 nations and records galore. As it turned out, I was going to spend \$34,000 to make it work.

The break I was looking for came in a very unlikely way. The General Manager of the hotel, Carl Kent, a very distinguished gentleman, called me into his office. I had worked there for about six months and had been involved in some crazy confrontations: fighting six Samoans on Waikiki Beach because a Japanese tourist's hand bag had been stolen, a tussle in a yellow colored service elevator that turned red (and it wasn't my blood as far as I could remember), and dealing with a 350# Hawaiian into the hotel pool in front of 1500 spectators at a water show. The guy had just gotten out of a mental facility in Kaneohe and wanted to join the pretty girls in their bikinis. They couldn't get him out of the pool so the

show could continue, so I went in and knocked him out, put him over my shoulder and walked out of the pool to a standing ovation. Because of these confrontations, anytime there was a real threat, they called on me. The General Manager called me in and said his son was having problems at his camera shop, a half block from the hotel. A group of guys would come in around closing time, knock displays over, and steal stuff. It always happened on a Monday or Tuesday. This was Tuesday. He wanted me to leave my job and protect his son. He had



Inaba's lifting drew great crowd response, as Bob Packer judged him.

already talked to the Chief of Police who said there's nothing he can do unless something happens. Every once in a while a police cruiser would park in front of the shop, and then, of course, nothing would happen. I got there early, and hung around the magazine rack. At 10:00pm he started closing. I walked out, figuring the punks weren't going to show. About 100' down the sidewalk I turned around and six guys walked into his shop. As I'm writing this, I can't believe it even happened, but if I hadn't, I never would have promoted a meet and WABDL would never have been created. I stormed back - the punks had already locked the door. No problem. I trashed the door and got the son of the General Manager out of a prone position on the floor and absorbed numerous weird blows to the head and body (when you're angry, you know you're being hit, but it doesn't hurt). Then I went into search and destroy mode, searching because they were scattering, and destroying because I was kind of angry. Three bodies through storefront windows later and the other three nowhere to be found, I was back at work at the Sheraton with nothing more unusual than a pulse of 200. The son had no idea his father had sent me. The next day I was called into Carl

Kent's office. He had a big smile on his face. "You did a lot of damage, but at least none of them died." I said, "I'm sorry. I got carried away. I'll pay for the windows." He said, "No need. Three were arrested and they're looking for the other three. They know who they are." Then he laughed uncontrollably and said, "My son says, Dad, you wouldn't believe this guy. It was like God sent him to me. They were going to kill me and the next thing I knew, gravity failed - bodies, book racks, camera shelves, it was like nothing was attached to the floor." Then he says to me "Don't ever breathe a word of this to anybody and if there's anything I can do for you, let me know." I said, "As a matter of fact there is. I want to put on a big international powerlifting tournament and I want your ballroom." He said, "I can't give it to you on a weekend because we're always booked. How about a weekday?" I said, "How about a Monday?" He said, "Okay," and I said, "I need rooms for lifters from other countries who are flying on Apex tickets, which means they have to stay two weeks." He said, "Pick a number between 10 and 15." I said "15 sounds about right." He laughed, we shook hands, and he said, "I can never thank you enough." I said, "Trust me, you already have."

I set out to get as many big name lifters as I could. I gave them plane fare, meals, and, if they were from the USA, a room for a week. If they were from another country, they got a room for two weeks. My first target was Jon Cole. I even tried to get Vasili Alexeyev to come and do an exhibition clean and jerk. Tommy Kono said he was hurt. I got Bruce Wilhelm, and he did an exhibition snatch with 407. The lifters from England were Tony Fitton, Eddie Pengelly, Mike McHugh, the great Ron Collins, Eamon Toal, and Eddie Kershaw. From Sweden we had Lars Hedlund and Ulf Morin. From Finland we had Taito Haara, who had won the IPF World SHW title in November of 1977, and Kempainen. Then Precious McKenzie from New Zealand. Hideaka Inaba and Tominaga from Japan, Mauro DiPasquale from Canada. From the United States we had Jon Cole, Walter Thomas, Dennis Wright, Vince Anello, Clay Patterson, Marvin Phillips, Doyle Kenady, Dave Shaw, Terry McCormick, Doug Young, and Jo Jo White, who claimed he was going down with a ton.

I went door-to-door throughout Honolulu selling tickets and distributed them through the 1100 employees of the Sheraton Waikiki Hotel and Royal Hawaiian Hotels as well. I put flyers in all 2,000 rooms of the Sheraton Waikiki. I set up a ticket booth in the main lobby and did a deadlift demonstration. I utilized all three network TV affiliates and both newspapers. We had a bikini contest that had the best looking women I have ever seen. The winner, Lourdes Estores, was discovered by Playboy was the Playmate of the Month two months

later. Then we had a men's physique contest and big name guest posers Boyer Coe and Dave Johns. To top it off, we had Arnold Schwarzenegger, just as a guest speaker, but he did flash his famous bicep pose. We also had the great Larry Pacifico as the MC. I required all the local bodybuilders and powerlifters to sell 20 tickets each. We had 4 local lifters other than myself. They sold 72 tickets. Then the 16 bodybuilders sold 345 tickets.

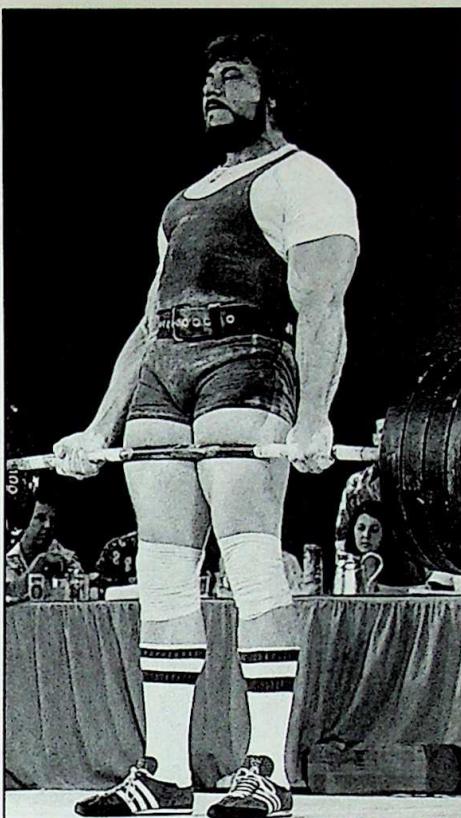
The night before the contest, after we set up 3600 chairs in the ballroom, I had a nightmare that only 10 spectators would show up. Terry Todd had gotten NBC Sports to televise the event and they paid \$10,000 in rights fees. However, my budget was \$34,000 and my accountant had a mild heart attack from the stress of me spending so much money.

The lifters showed up a week early. I picked them up at the airport and brought them to the hotel. The ballroom had four rooms that could be opened up into one big room. Each room had a seating capacity of 900 and was 9 thousand square feet. I would take each lifter up to the ballroom and show them the first room. I said, "Here's where the meet is. Do you like it?" They would always go "wow" or "this is unreal". Then I would go to the second room and tell them the wall would come down. Then I would go to the third room, and by the time I showed them the fourth room and said the whole place would be open, they were speechless. Most would say, "Well, atleast we will have a lot of warm-up space." I told them "this is where the audience sits and the warm-up area is behind in the service area". Most would say, "There's no way you're going to fill this up."

The meet was to start at 5:00 pm. By 3:00 pm there was a line four abreast from the ballroom entrance back to the escalator, (the ballroom was on the second floor) down the escalator, back through the lobby and out to the front of the hotel. My staff consisted of five judges, two ticket takers, MC, expeditor, scorekeeper, bikini contest judges. I was ready for one thousand people at best. I needed a staff at least three times bigger. The attendance was 4,026 at \$5.00 a ticket. No sponsors and I spent about \$10,000 of my own money to make up the difference in the \$34,000 budget. I still can't believe that many people showed up on a Monday!

On to the lifting - in the 114# class, Hideaki Inaba was very animated. He would jump up and yell "banzai", and he squatted 455 raw at 114, benched 250 raw, set a World Record deadlift of 495 raw and his total of 1190 was a World Record. All of these lifts, except the squat, were raw. The deadlift suit and bench shirt hadn't been invented yet. At 123, Precious McKenzie of New Zealand squatted 460, benched 275 and deadlifted 540 for a 1275 total. Precious is in the Olympic lifting Hall of Fame. Mike McHugh of England was a distant 2nd with 1060. At 132, Eddie Pengelly squatted 475, benched 300 and deadlifted 500. He just missed 560 in the deadlift. McKenzie and Inaba were the reigning IPF champions. Pengelly had been 2nd at the Worlds. At 148, Mauro Di Pasquale of Canada deadlifted 580. The WABDL World Record with a very tight supportive deadlift suit is still only 573. At 181, Walter Thomas went 640 430 705 1775 to beat Dennis Wright's 705 450 620 1775 on bodyweight. Ron Collins of England, the reigning World Champ, tokened in the squat and bench, then opened with 680 on the deadlift and jumped to 755 which he almost made. He also jumped from 145 to 680 and then 720 on the squat. He did come up and they weren't more than an inch high.

At 198, Vince Anello opened with 760 on the deadlift and then jumped to 820 and locked it out, but not to the satisfaction of the judges. At 220, Tony Fitton went 685 415 680 1780 and got a 700# deadlift on a fourth. Epeli Ligai of Fiji was 2nd with 1420. At 242, Jon Cole was very explosive: 770 squat (just missed 785), 515 bench, and an 800#



Jon Cole was absolutely awe-inspiring, even at a trim 242 pounds. (photograph by Daluisio)

deadlift he pulled so fast the plates were rattling - 2085 total - no squat suit. Jon Cole deadlifted 883 in 1972 weighing 283 and was the first man to squat 900, in coaches shorts and a t-shirt. He could throw a baseball 400 feet, shot put 63', throw the discus 218 feet, clean and jerked 446 and snatched 360. He could also run a 9.8 100 yard dash, and he looked just like Hercules. He was only 5'11". I would label him the Mickey Mantle of Powerlifting. (Mantle was only 5'10 1/2", weighed 195, no steroids, and still has the fastest time from home to first - 3.1 seconds. From the right side, he hit a ball 575', and from the left 643'). My favorite two Cole stories are (1) when he and the gang from the legendary Thorbecke's Gym were squatting off pegs on the power rack. Jon dumped 900# and slammed one of the pegs in anger, bent it, and went outside. Squatting stopped. After Jon cooled off, he came back inside, BENT THE STEEL PEG STRAIGHT, and squatting resumed. Another time, Jon did a promo for a Volkswagen dealership and they wanted him to pick up the front of a VW. Jon had a better idea. He and one of his lifting buddies picked up the entire car, took ten steps, and dropped it. Jon was on the back end, of course. I believe these stories - I trained at Arizona State with Jon in January of '78. I was doing wrist curls on a Universal Wrist Curler. I had it set on Resistance 8 and wasn't exactly smoking it. I had just tripled 740 in the deadlift. Jon put the resistance at 15 - the highest - and his wrists were a blur. He casually did 3 sets of 5 with 285 in the behind the neck press that day. In 2nd place was Terry McCormick, who went 740 490 770 2000. In 3rd was Clay Patterson, of the IPF, who went 710 515 720 1945. Marv Phillips set a World Record squat of 810 and went 460 670 for 1940. Ulf Morin of Sweden went 695 475 650 1820.

At Superheavy, Doyle Kenady went 880 575 805 2260. He tried 845 on a third deadlift, and just missed it. Taito Haara of Finland was 2nd with 880 485 755 2120. I went 760 480 790 2030 and got 830 over my knees. Kempainen went 730 475 780

1985. Jo Jo White opened with 940 easy, but high. Hesaid he needed more weight. He walked out with 1000 - and it looked light. He came up 3/4 of the way and stalled. He cried. He wanted the lift so much. Haara came up with 940 too, but it was high.

Back when Cole went 903 585 883 2368 @ 283 bodyweight, imagine if he wore a canvas squat suit - maybe an 1150. With a split neck double denim shirt or Double Fury or Double Rage, he would bench 850 and in a deadlift suit he would go 940, a theoretical 2940. Bill Kazmaier, with the same gear in the squat, might do 1150, bench 920, and deadlift 900, which is 2970. Don Reinhoudt squatted 924 in Chattanooga, TN, in 1975 at a meet that I went to. He also deadlifted 885 and benched 606. He wore no knee wraps. He would also total 2900# with today's gear. Paul Anderson in a canvas squat suit would squat 1400 to 1500#. I'm just trying to put in perspective what these guys in the old days did. They were very strong, make no mistake about it. They were the legends of this sport and to be able to see them lift was an honor. It was like watching Babe Ruth, Ty Cobb, Walter Johnson, Willy Mays, and Ted Williams. I'm not taking anything away from anybody, but the double and triple ply canvas squat suit and monolift makes it hard to compare the lifters of yesterday to today. In WABDL we only allow single ply suits along with single ply groove briefs and erector shirt.

TV executives from CBS, NBC & ESPN have told me that the squat was their favorite lift. At the World Record Breakers and the 12 National Championships that I went to, only three spotters were allowed - usually all weighing over 300#. The TV executives now see the squatter entombed by the Monolift with five or six spotters who look like they might be touching the bar or plates. All powerlifting federations should have kept the same rules as the IPF. Single ply gear only so the squat, bench, deadlift and total could be compared for all time. In single lift federations like WABDL, we allow double ply denim and polyester, but IPF legal single ply shirts are outperforming double ply denim and double ply polyester. We don't allow canvas, period.

One TV executive said you should rename the lift the "suicide squat" and require the spotters to stand at least four feet away and then if he crashes with the weight, jump in. I remember Paul Jordan of Australia was trying a squat at the IPF Worlds in Perth, Australia. He waved off the spotters, and with a wild look on his face, he crashed and blew out both knees and ankles. NBC played that on their NBC SportsWorld show every Saturday for 7 years. My argument is that the best lifters in the world competed from 1972 to 1990. With the gear of today, it's hard to know just how the lifters of today stack up. The majority of those lifters from 1977-1990 took the stage in Hawaii at the Record Breakers. I was getting calls from Europe, USA, Australia, Japan and Canada from lifting fans for at least two weeks after every year's show wanting to know how their favorite lifters did. Even though the lifting gods like Jon Cole, John Kuc, Jim Williams, Bill Kazmaier, Don Reinhoudt, Larry Pacifico, Doyle Kenady, Paul Wrenn, Walter Thomas, Ron Collins, Precious McKenzie, Mike MacDonald, Ed Coan, Mike Bridges, Gene Bell, Vince Anello, Steve Goggins, O.D. Wilson, Dr. Squat - Fred Hatfield, Doug Furnas, Pat Casey, Larry Kidney, Mel Hennessey, Dave Shaw, Dave Pasanella, Gary Heisey, Dave Waddington, Carlton Snitkin, Lee Moran, George Hechler, George Frenn, Terry McCormick, Dr. Terry Todd, Ausby Alexander, Wayne Bouvier, John Inzer, Rick Gaugler, Ricky Crain, Dan Wohleber, Doug Young, Steve Wilson, John Gamble, Hideaki Inaba, Lamar Gant, Taito Haara, Lars Hedlund, Anthony Clark, and Ted Arcidi don't compete with today's lifters, never, never underestimate their strength, their greatness! Without them, the Hawaii Record Breakers never would have happened and we wouldn't have the sport of Powerlifting.

INTERVIEW

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

MIKE HUMMEL: CAN YOU LEND ME A HAND? *as told to Powerlifting USA by JD Gaynor*

How many times have you asked someone if they could lend you a hand? This took on a new meaning for me about 3 years ago, but allow me to preface this interview with a little history. I've been around powerlifting my entire life. There probably isn't another 30 year old who has experienced as much in PL as I have. Some of the more vivid memories: Jim Williams benching 700 lbs. on a narrow bench in my father's (Bob Gaynor) basement gym without a bench shirt and with a pause (I was an infant, but my Dad tells me I was watching), and at my father's numerous national ADFPA meets: John Kuc deadlifting 800 lbs. plus, Mark Henry deadlifting 903 lbs at SHW, Ray Benemerito totaling 1906 lbs at 181 BW, to my personal competitions over the years. I am also a Physical Therapist. I know the types of forces powerlifting places on the body. I say this to give context to what I witnessed when I walked into World Gym in Delray Beach, FL in 2002. It was my first day at this gym. I was heading back to do my deadlift routine, making my way past two guys benching. 500 lbs. was on the bar. Unless you train in a powerlifting gym, it's rare to see someone doing this kind of weight. Without being too obvious, I looked to see who was doing the lifting. I noticed that one guy was a mid-forearm amputee. I assumed he wasn't the guy lifting and began stretching for my workout. This 'one arm guy' began putting on a prosthetic (a device designed to take the place of a missing limb). It took him 2-3 minutes to don the prosthesis with the help of his training partner. I figured he was getting ready to give his training partner a lift-off or spot one side of the bar. What I saw next is something I'll never forget: the first time I saw Mike Hummel bench. Definitely add this to my list above of most memorable lifts. I was in mid-stretch while Mike assumed his position on the bench and his training partner attached the end of the prosthesis to the bar and gave him a lift-off. My mouth was hanging open and a few rapid thoughts were running through my head: 'This guy is crazy', 'someone get ready to call an ambulance', 'no one can bench without a hand', and most importantly 'Damn! I wish I could bench that much'. My thoughts were quickly stifled when Mike blew up 4 reps as easily as I could do 135 lbs ... with perfect form!

After recovering from my disbelief, and closing my gaping mouth, I thought about things I take for granted. Like having two hands. Think about it ... what it would be like to have only one. Try playing a video game with one hand. How'd that go? Next, try putting on a tie. Any easier? Tie your shoes, zip your pants, or button a shirt. Now, here's the tough part: make a fist and put a 1/4 inch gel pad on the flat part of your fist, take your normal bench position with the bar resting on top of your fist (you're allowed to use your other hand normally). For extra support, you can even duct tape the bar on top of your fist. Now try and push 135 lbs off the upright. How does that weight feel? Now, imagine 600 lbs. resting there. On second thought, don't try this at home ... or anywhere else. You won't be able to do it, and you'll probably break your hand. As a Physical Therapist who has worked with

many amputees, I can say that I have never heard of someone without a hand who has benched at the level Mike can. I wouldn't have thought it possible if I didn't see it personally. The balance and coordination required are enough to boggle the mind. Not to mention the sheer force of weight being distributed on the residual limb (half of the bones of the radius and ulna and a thin piece of flesh to cover them). I spoke with Mike briefly that day and over the next few years became very good friends with him. Despite the obvious inspiration that we can all gain by seeing this man do what he does after losing an arm, let us not forget that Mike is also one hell of a bencher regardless of circumstance. The term disability is not one that should be used when talking about Mike Hummel. It has been my pleasure to be able to assist Mike in the last year through the course of his training and competitions.

I sat down with Mike at his home in South Florida to shed some light on a truly incredible story:

JD: Tell me a little about yourself?

Mike: I'm 40 years old. I grew up in Long Island, NY. I moved to Florida when I was 12. In high school I played lacrosse and football, and wrestled. I started working out seriously when I was 15 and did my first 300 lb. bench. Now, I live with my wife, Monique, in Boca Raton and have two daughters: Hayley who is 6 years old and Amanda who is 13. I own my own tile and marble company in Delray Beach, Florida and have been doing that for the last 17 years.

JD: How and when did you lose your arm?

Mike: It was Superbowl Sunday in 1998. I flipped my car with both my wife and I in it. Luckily, there was a paramedic who happened to be driving behind. He retrieved my arm, started an IV, and called 911 in the first few minutes. I would have died if he hadn't been driving behind me. The paramedic's name is Demetrius. He was incredible. My wife sustained a broken leg and she broke her back in 3 or 4 places.

JD: How much pain were you in?

Mike: (Grimacing) Excruciating pain. You want to know what it feels like? Crush your arm in a vice and put a blowtorch to it; then shoot lightning bolts through it. That's what it felt like.

JD: What were the first few thoughts you had when the doctors told you they couldn't save your arm?

Mike: It really didn't faze me. I knew I was lucky to be alive. Even then I knew my goal would be not to quit. I would stay in good shape and continue working out. I thought about that even when I was first in the emergency room.

JD: What other injuries did you have?

Mike: I had a broken leg; my face was lacerated badly. I had so much wrong with me that it took a few days to realize that I had pain in my foot. Shortly thereafter I found out I had broken that as well.

JD: What was involved with the surgery?

Mike: They had a team of experts who specialize in amputation at Broward Medical Center in Florida. The doctors did everything possible, but they couldn't save it.

JD: How long did it take to rehabilitate after your accident?

Mike: They told me it would be 6 weeks in the hospital. I was out in 17 days. The hardest part initially was bending the arm because scar tissue had built up. I had two choices, have another surgery to un-freeze my arm, or stretch it myself every night and break up the scar tissue. I needed to bite down

on a wet towel just to keep from screaming and biting my tongue off. I used a wheelchair to get around because I had a long cast on my leg. My wife was bed-bound initially, then she had to use crutches. We weren't able to help each other at first because we both were injured, so we had nurses come to our home. We also received a great deal of support from family and friends. Then the doctors told me I would need psychological consultation. (Laughing) I said to get all the doctors together and that I would sell them some marble for their homes! That was my

idea of psychological help. It was time to move on with my life and not look back. I didn't need any help in that regard. 5 weeks after the accident, I had my nurses drive me to the gym and began working out with one arm.

JD: What drove you to get better?

Mike: I wouldn't be the person I am today without my wife. I used the gym to become normal again for my wife, in the best way that I could. My wife and I were there for each other through that difficult time, to help each other become well again. I feel she sacrificed more than I did because she's the one who ultimately had to become my left arm.

JD: What was like adjusting to having only one arm. Was there anything in particular that you felt you would now be unable to do?

Mike: The only thing that really bothers me is that I can't hold my wife with both hands and I can't hold my children with both hands.

JD: What causes you the most problems?

Mike: (Laughs) I can't cut my own steak or tie my own shoes.

JD: How devastating was it knowing you wouldn't be able to powerlift again?

Mike: The realization was that I would not be able to compete, but I would at least stay in shape. I accepted that I wouldn't be able to powerlift right from the start.

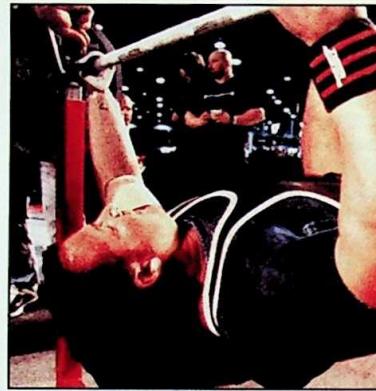
JD: Why did you decide to try benching again?

Mike: I was working out, so why not bench. I knew there were prosthetics made for people who ski, people who run marathons, so I thought why not one for benching?

JD: How difficult was it the first few times?

Mike: When I first got my prosthetic it was a harness that went around my shoulder. I looked like a freak. I immediately went back to the Doctor. He changed the design to a sleeve prosthetic, which I wear to this day. The first few times I was able to bench and get stronger was incredible, but each time required small adjustments by the Doctor.

JD: Did you ever want to give up?



Lock Down ... Mike's prosthesis literally has to be bolted to the bar.

Mike: Never!

JD: Tell me about your prosthesis.

Mike: The prosthesis is a sleeve of hard plastic and gel underlay that fits over my arm. Jonathan from NovaCare Prosthetics and Orthotics in Delray Beach, Florida designed the sleeve. I initially had a hook that would hold the bar. This made balancing the bar virtually impossible. I was still able to do 470 lbs. with that attachment. The real advancement came when TRS Prosthetic Research's owner: Bob Radocy: 800-279-1865 (Denver, CO) designed a clamp that allows me to lock onto the bar. At that point I felt I had no further limitations due to equipment and my desire to compete was as strong as ever.

JD: Were you ever told that you couldn't bench?

Mike: I was told I would never compete again.

JD: Where did you draw the inspiration to keep going?

Mike: (*Shrugs*) Being competitive, you always set higher goals for yourself. As far as benching went, my normal desire to exceed was all that I needed.

JD: Walk me through a competition bench press attempt.

Mike: I have a "team". My bench shirt and belt go on the same way everyone else's does. From there, I need my "team" to help me. There's a gel sleeve that has to be dry and free of any debris. This acts as a cushion over my arm. If it has even the slightest debris on it, it could end up breaking the skin on my arm, which would end the day for me. I'd have to wait for the cut to be fully healed before benching again. I have to lock the gel sleeve, which has a screw at the end of it, into the hard prosthetic. I lock that down tight and then proceed to the bench: The clamp from my prosthesis has to be centered perfectly on the bar and tightened down. One person does that, while another person checks to make sure it stays that way. I then need a monster lift-off. This is essential because it's difficult for me to get the bar off the rack and out over my body. (*Mike laughs again*) My other guy is screaming encouragement in my ear, usually obstructing the judge's view. After it's all said and done, someone has to unclamp me or else I'll leave my arm on the bench. I usually like to dry off the sleeve after each attempt because sweat will cause the prosthesis to slip.

JD: What does the weight feel like when it's pressing down on the prosthesis?

Mike: It's a tremendous amount of pressure. My arm is always "alive" because the nerve

endings are more sensitive there. It's a crushing, throbbing pain, but something I've become accustomed to.

JD: Let's talk training now. Who influences you now and/or before your injury?

Mike: I have respect for the powerlifters who came before me, and my fellow competitors, but I will always try to set the bar higher, always try to do more. If there is one person who influenced me, it would be Bill Crawford. He is the one who persuaded me to get my first denim bench shirt in 2001 and probably was one of the first to start with that type of equipment.

JD: Where do you currently train?

Mike: Jim Woolard's World Gym in Delray Beach, Florida.

JD: What is your current bench press routine?

Mike: Most of my bench work is done on a Smith Machine. I can't take the chance of training without constant spotters because of the balancing of my arm. With the Smith Machine, it's either up or down, less room for error. I'll train for 10 weeks on the Smith and then just jump into free weight ... ready to go. It would be nice to have the constant spotters to always train "normally", but I just don't have that luxury. My pre-contest routine starts 10 weeks out. I start with 3 sets x 10 reps at 405 lbs and finish with a single at 535, no shirt. Each week I add 10 lbs. to the work sets and 10 lbs. to the max. I finish my 10 week routine with a single rep at 620 lbs, with no shirt. This will all be done on the Smith machine. (*Laughing*) I'd like to have a contest ... raw ... on the Smith machine to see how I stack up against the best. I only train chest one time a week. Additionally, I do incline presses on the Smith using a pyramid scheme. I start with 405 lbs. x 10, then 455 x 6, then 500

x 4. Generally I work around this weight throughout the pre-contest course. I also do some Hammer Strength work. Pre-contest, I'll do one day of triceps work weekly, which is a "speed day". I'll do 365 for triples close grip on the Smith for 4 sets, followed by 405x3, then 500x3. As the contest gets closer, I'll add a heavy single ... like 595 lbs. without a shirt.

JD: Do you train your whole body?

Mike: Yes. Monday: Chest, Tuesday: Legs, Wednesday: Back, Thursday: off, Friday: Tris, Saturday: Shoulders, Sundays off. I don't train my Biceps. Instead of Bis, I like to go out and have a good time on Saturday night, so I take Sundays off. I'll train abs 3 x week, but not on specific days.

JD: How about your nutrition?

Mike: Including protein shakes and bars, I eat 8 times a day. I stay low carb because I like to stay around my competition weight of 242 lbs. A typical meal for breakfast would be an egg white omelet, a bowl of oatmeal and a protein shake. I'll have 2-3 meals of 2 chicken breasts to which I sometimes add a sweet potato. I finish the day with another egg white omelet.

JD: What was your best bench prior to the injury?

Mike: As a drug free lifter, I set records in ANPPC, NASA, and WNPF in the bench. At 198 lbs I benched 500 lbs. At 220 lbs I did 530. At 242 lbs I did 540. I did these with a single poly poly shirt.

JD: What are some of your accomplishments since you lost your arm?

Mike: In 2002, I won the APA Bench Press Nationals with a 540 lb. bench at 242 lbs. From there I decided to set my goals higher. I wanted to lift in the WPO. In Daytona Beach, at an APF Bench Challenge hosted by Kieran Kidder in 2003, I broke the 600 lb. barrier with a 606.

The next meet was the Bench Bash for Cash where I did 624 lbs. at 242 BW. In a local meet in South Florida I posted a 634. Recently, at 40 and with a pec injury, I did 600 at the Arnold Classic. In the gym, I have done 650 lbs. on two occasions.

JD: I can vouch for that. I was there and would have had no qualms about 3 whites, pause included.

Mike: My goal is to break that 650 mark in competition.

JD: A lot of people view what you have as a disability. What are your thoughts on that?

Mike: It is an obvious disability, but I don't look at myself as disabled.

JD: Myself included, there are many who look to you as a source of inspiration. How does that make you feel?

Mike: It definitely makes me feel good to be able to inspire people. That is truly an honor and accomplishment in life.

JD: Knowing there may be others who have a similar injury; do you have any words of wisdom for them?

Mike: When I first received this injury it was like standing on top of a mountain. It would be easy to fall back and lose confidence. Instead, I believed in my will power to be able to overcome the obstacles that were before me. It's lifting that pulled me through this. So, if there is a person out there who doesn't have that drive in them, whether or not they have ever set foot in the gym, I want them to believe that they can accomplish whatever they set their goals to be. It's obvious that lifting can give someone the strength to overcome. Like the quote: "Strong mind, strong body".

JD: What about the future? What can we expect to see from Mike Hummel?

Mike: I would like to compete as a Masters Lifter. I'd like to do the APF

Seniors in Detroit in June and then the Bench America in October.

JD: Is that where we'll see the 650?

Mike: As long as I'm healthy and injury free.

JD: Any final thoughts or statements?

Mike: I need to thank the people who have been there to support me. My wife, Monique, through all the years ... she is my inspiration. My training partner for the last 5 years, Neal Elkin. Larry Diodato, my voice of encouragement. Yourself, for the lift-offs and training tips. I want to thank Kieran for doing so much for me and for Powerlifting as a whole. He brings national credibility to the sport and puts his whole heart into what he does. Obviously, I want to thank my family and friends who have always been there for me.



Can You Bench 600? ... Mike does his utterly amazing bench thing at the Arnold Classic.

Every once in a while a star seems to suddenly burst on to the powerlifting stage, making us wonder where this specimen might have come from. When Anthony Clark made a 600 pound bench press as a teenager, powerlifters couldn't believe what they had seen. Little did they know that from Westside Barbell would emerge a lifter so strong and so young it would amaze everyone. The new teen bench phenom is none other than Mike Brown. He set an unthinkable mark on September 11th, 2004 when he not only eclipsed Anthony Clark's teenage mark, but destroyed it. The super Bench Press Monster - 19 year old Mike Brown brought a massive 730 pounds down to his chest and blew it off like it was a broomstick To top it off, Mike hit a full meet on November 21st, 2004 with a Squat of 850, Bench of 735 and a pull of 715 for an amazing 2300 total.

You would expect that such a "Monster" would come from Westside Barbell. No doubt it is the most hardcore powerlifting gym on the face of this earth. With the expert coaching of Louie "The Living Legend" Simmons, Westside is known for their super benchers. When Kenny Paterson did his 721 bench as a junior the powerlifting world witnessed something they never thought they would see again. But out from the shadows Mike Brown was waiting to unleash his fury on a record that most thought would never be broken. At a time when most 19 year olds are hanging out, going to clubs, chasing girls, and just being a menace to their parents and society, Mike is in the gym training to be the strongest powerlifter who ever lived.

With nothing but the best coaching and hardcore atmosphere available, Mike was ready to do some damage. All that was left was one area - a power nutrition plan. The nutritional sciences were something that intrigued Mike. He tried to learn from different bodybuilding books and magazines, but he knew the nutrition plans of bodybuilders, athletes, and everyday sedentary individuals were not going to help him bench press over 700 pounds. After reading my column, he was intrigued. With numerous World and National Champions singing my praises, Mike called and told me he wanted to be my new specimen. Since that day, Mike hasn't looked back and he has been destroying everything in his way.

I like taking on new clients who I know are going to tackle my nutrition program with the same dedication they do with their training program. When an athlete has the burning desire to succeed like Mike does, and when he is surrounded by the likes of Louie

NUTRITION

THE MIKE BROWN STORY

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

and the Crew at Westside overlooking his training and myself monitoring the nutrition end, then you are going to have a powerlifter who is destined for success.

When Mike first consulted with me I was impressed. Unlike a lot of other clients, he had been studying my theories like they were sacred texts. I have not seen a 19 year old as focused on the sport of Powerlifting as Mike. In our first conversation he told me that he drove to Westside, an hour and a half each. If that is not a serious attitude to be the best, then I don't know what is. The only thing most teenagers can do for three hours is play X-Box or gyrate their bodies on a dance floor in a tribal frenzy while intoxicated on alcohol and who knows what else. The fact that he took the time to study my nutrition methodology and then personally contacted me is not something your average teenager does. Mike wants to be the best bench presser in the world and when the time is right I believe he will. With a start like he already has, it would be foolish to think that this could not be in his future. With this introduction to Mike, let's take a look at how he uses the Nutrition XP3 system to lift poundages other teenagers only dream of.

When Mike laid out his nutritional journal to me a smile came across my face. It was if a student just laid a masterpiece in front of his teacher. It wasn't that his plan was perfect, and I didn't expect it to be, but it had my "trademark" all over it. There was no doubt that he studied my articles and did his best to apply the knowledge. There were a lot of things that needed to be corrected, but he was much better off than the majority of other powerlifters who seek my guidance. Mike had the basics down, and it was my job to fine tune the plan and dial him in.

One of the things I was impressed with was the fact that he was eating 5 times per day. That's pretty good for a powerlifter. Most that I start with barely get three square meals in per day. Even though 5 is decent, it wasn't enough. It was time to bump him up to 8 meals per day. Every two hours he was going to eat a solid meal or have a meal replacement shake to make sure that his body was getting

the nutrients he needed to be a power beast.

Now that we had his meals increased, we had to make his meals more calorie dense. This doesn't mean add in some chocolate chip cookies and ice cream. Since Mike weighs in around 315 pounds, it's important that he has enough calories to sustain his daily needs. The fact that he is young is another factor. At the present time I have Mike's calories ranging from 7-8000 per day. There is no way a 300 pound powerlifter is going to make much progress on a measly 3000 calories a day! As I have said time and time again, "If you want to succeed — you have to feed the machine!" The main thing to remember here is that the quality of the calories is very important. You have to remember that a calorie doesn't necessarily equal a calorie. The way they affect your metabolic rate, fluctuation of hormones like testosterone, level of insulin sensitivity, glycogen replenishment, rate of recovery, energy level, and workload capacity is going to be different depending on what you shove in your mouth. If anyone tells you different, then they most likely don't know an amino acid from an antacid.

Mike was taking in a decent amount of protein. It wasn't enough for what I had planned for him, but it was a lot more than I am used to seeing with someone that is just starting with me. It was time to double it up and change the varieties. This would give him a different amino acid spectrum. We had to address the bio-availability of his protein intake as well as the timing. Biological value relates to how much protein the body can absorb from a specific source of protein. Whey is very high, scoring 100 or more. Soy, on the other hand, scores in the 60 range or less. Protein timing relates to how quickly the body absorbs different types of protein. This is very important because if you take in the wrong type of protein at the wrong time, then you will see a decrement in your results. When you are looking for every advantage available, then you have to use the science behind the food to get the most bang for your buck.

Since certain proteins can actually

hit your bloodstream as fast as sugar this can play a major role in your rate of recovery, protein synthesis, and post workout hormonal manipulation. Other proteins can take several hours to get into your bloodstream and will provide a slow, time-released dose of amino acids to your muscles. Knowing what types of proteins to take at the right time and how to match them according to their biological value and amino acid spectrum can make a big difference in your results. And you thought this whole nutrition thing was as simple as just wolfing down some chicken and rice and calling it a day.

Next up, his carb choices were not in order. Carbohydrates, much like proteins, have different rates at which they are absorbed, as well different qualities and how they affect your hormones. Eat the wrong ones in the meal before you train and you will bottom out when you need energy the most. I had to increase the amount of complex low glycemic carbs in his plan to fuel his massive frame. His pre- and post-workout plans were in need of reconstruction. These were very important if I was going to keep him fueled up for his workouts and help him recover. Another thing that I had to fine tune were his macronutrient ratios. This is looked at on a single meal basis, but also his ratio totals for the day have to come into play. This is a complex area because each and every powerlifter I work with is different. The comprehensive blood work and glucose tolerance test protocol that is performed on a regular basis with all my athletes helps lay the groundwork. When you go as in depth as I do when working with a client you can understand a lot about the make up of an individual by looking at their blood profiles. This is very important for the lifter, not only to maximize his performance, but also to keep their health in tiptop shape.

Hydration was another area that we had to improve on. Most powerlifters don't realize how important this is for your energy level and your strength output. Even a 3% dehydration level will cause a major decrement in your strength. Not to mention that proper hydration will help flush out toxins, keep your blood pressure down, help prevent kidney stones, help reduce your bodyfat percentage and much more. I try to have Mike drink a gallon and a half of water per day. At his weight one gallon is not enough and with the amount of protein that he is taking in he has to make sure that he keeps himself well hydrated.

After reading all this, you must be wondering what actually fuels his young but powerful frame to the point that he can bench press over

700 pounds. As I have said before, do not try to duplicate this diet for yourself, because what you are about to see is what has been customized specifically for him. So let's take a look at a 1 day nutrition plan that Mike followed prior to a recent contest victory. This is not what he follows day in and day out as I provide my athletes with variety to keep them from getting bored. That allows their body to get a wide spectrum of different nutrients from the many different foods that I have selected to be part of their plan.

Day 1: Mike Brown Power Meal Plan

Meal 1 - Breakfast - 16 Egg Whites, 3 Yolks, 2 Whole Wheat Pitas, 2 Bananas, 2 Tablespoons of Nutra Sea Herring Oil, 16 oz of water

Meal 2 - 2 Cups of 1% Low Fat Cottage Cheese, 2 Cups of Mixed Fruit, 1 Triplex Protein Bar, 2 Tablespoons of Nutra Sea Herring Oil, 16 oz of Water

Meal 3 - Lunch - 16 oz of Salmon, 3 Cups of Brown Rice, 2 Cups of Broccoli, 3 Tablespoons of Udo's Ultimate Blend EFA Oil, 16 oz of Water

Meal 4 - 4 Scoops of Anthony's "Proprietary Blend" Protein Powder, 24 oz of Skim Milk, 2 Cups of Rolled Oats
2 Tablespoons of Nutra Sea Herring Oil

Meal 5 - Pre Workout - 12 oz of Chicken Breast, 3 Cups of Yams, 2 Cups of Mixed Vegetables
3 Tablespoons of Udo's Ultimate Blend EFA Oil, 16 oz of Water

Meal 6 - During Training - Anthony's "Proprietary Training Formula", 32 oz. of Water

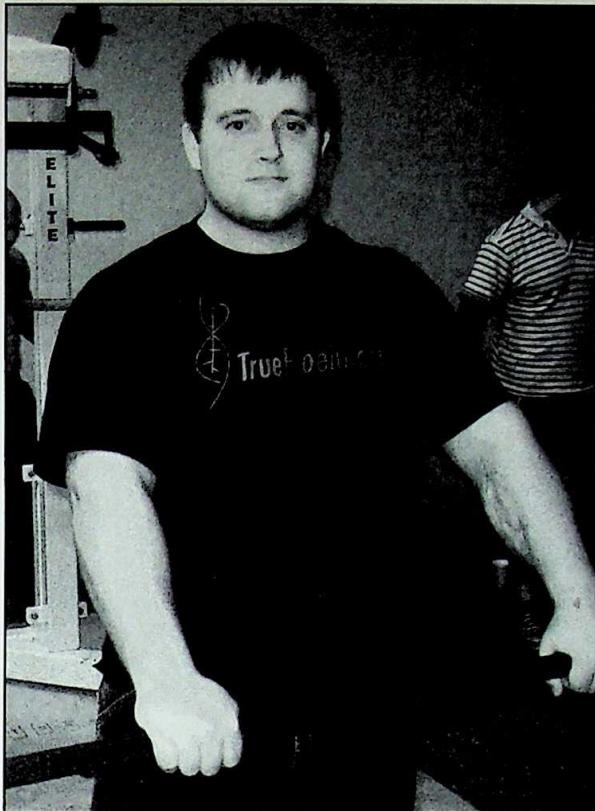
Meal 7 - Post Workout - Anthony's "Proprietary Post Workout Concoction", 24 oz of Water

Meal 8 - Dinner - 24 oz Lean T-bone Steak, 3 Baked Potatoes, 2 Cups of Broccoli, 4 Cups of Mixed Salad, 3 Tablespoons of Udo's Ultimate Blend EFA Oil, 16 oz of Water

Meal 9 - Bedtime Meal - 4 Scoops of Anthony's "Proprietary Blend" Protein Powder, 24 oz of Skim Milk, 1 Cup of 1% Low Fat Cottage Cheese, 2 Tablespoons of Nutra Sea Herring Oil

Nutritional supplements are a big part of all my athletes' plans and Mike is no exception. Below I have laid out some of the supplements that I have included in his nutrition plan to provide a synergistic effect. Here are some, but not all, of what I have included in this beast's plan to take him to the next level!

Protein Powder - Mike's supplementation plan needed a revamp to compliment his eating schedule. The first thing that I did was get a proper protein supplement. Mike was using a protein shake in his regimen before working with me since he was trying to follow the advice in my articles, but he was not using the right types at the right times. The type of protein you use, it's amino acid spectrum, biological value, filtration process, glutamine content, rate of absorption, and BCAA content all play an important role. It's not as easy as just running down to the local health food store and picking up a "Tub of Whey". I have many



The Amazing Mike Brown is now recovering from a broken left arm (check out the surgery scar!) suffered when he was attempting a 744 bench press. (photograph provided by Doris Simmons)

customized formulas I have designed for my athletes to get them the best result possible.

Universal Animal Pack

Multivitamin / Mineral Formula - I included a comprehensive multivitamin/mineral supplement twice per day. Making sure you get a comprehensive spectrum of all your fat and water soluble vitamins, minerals, and electrolytes is very important. Vitamins and minerals have different functions in the body and even a deficiency in just one will cause your performance to not be 100%. The vitamin formula that I have put Mike on is called the "Animal Pack" by Universal Nutrition. This is one of my personal favorites due to its wide spectrum and high quality ingredients. I have personally used it for over 12 years dating back to my teenage competitive days. I recommend this formula to all powerlifters looking to take their performance to the next level, because it can make a big difference in jacking up your strength, preventing micronutrient deficiencies, improving the digestion and absorption of your meals, enhancing your rate of recovery and so much more. I have used many different formulas and there are others that I recommend as well, but this is one of the best on the market for the hardcore powerlifter.

Essential Fatty Acids - Essential fat is another area that Mike needed to improve. When I started working with him he had no healthy fats in his plan. I started him on two important formulas. The first one that I put him on is called Udo's Ultimate Blend. This is an EFA formula that has a balanced ratio of Omega 3-6-9 fats to make sure that you are not missing out on any of them. The taste is also good so for those of you reluctant to try it, there are no worries. The other EFA supplement that I put him on is concentrated herring oil from the

company Ascenta. The Nutra Sea Herring Oil is what I mentioned in my column over a year ago. Just because I said herring oil, you must be thinking that it tastes horrible, but this is a pharmaceutical grade oil that has the fish taste removed and replaced with a lemon and thyme flavor. It enhances the taste of your protein shakes or it can be used on salads and veggies as well. This product is recommended because it has a high Omega 3 concentration but most importantly the specific type and ratio of Omega 3's present in this formula. It includes an excellent ratio of EPA and DHA, which in my opinion are the best fats that you can get.

Vitamin C - Another thing that I do is keep Mike's level of Vitamin C in a range where he is going to get the most benefit. I have preached the many benefits of this wonder vitamin in my column over and over. I keep it in Mike's plan for many reasons. First off, is to keep his testosterone on the up and up. Next, this little wonder can help reduce his cortisol level from his hardcore training sessions. Next, it helps him recover from his workouts and helps repair his connective tissues. It is also a very potent antioxidant. This will help beat down those free radicals that will cause many different health problems down the road. With Mike I keep in 4000-6000 mg of Vitamin C daily in his plan. I break this up in 1000 mg dosages throughout the day. It is a water-soluble vitamin, so taking too much at one time will not be as effective as spacing out your dosages.

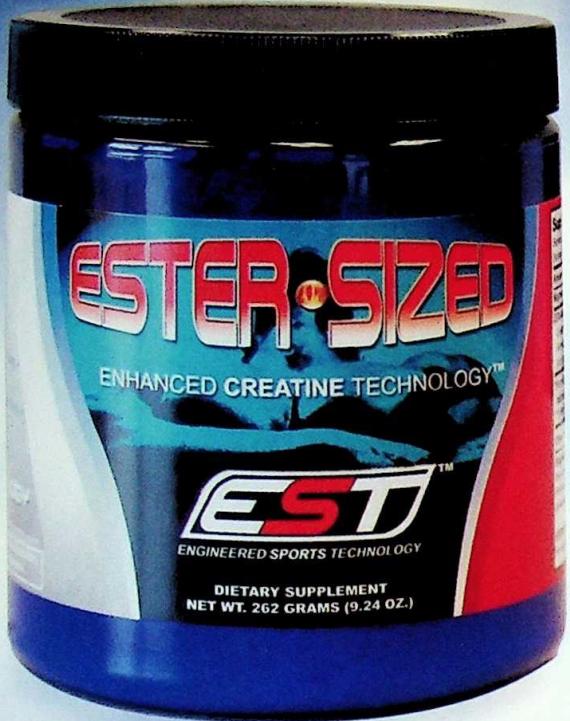
My Secret Weapons of Mass Construction

Construction - Mike also uses my Secret "Training and Post Workout" formulas. I know you guys are dying to know what they are, but that is saved for my private elite clientele. They don't taste pretty, but they will get you results. They consist of numerous different ingredients to take advantage of the critical post workout period, to maximize an environment that will increase strength and muscle mass, increase cell volumization, replenish glycogen stores, improve recovery, decrease body fat levels and much more. These result-producing formulas are included in the Nutrition XP3 Customized Nutrition Program.

With all you have just read I am sure you realize that this young powerhouse has one very successful powerlifting future ahead of him. He has accomplished more in his teen years than most powerlifters can in an entire career. Mike's goal is to compete with the best of the best and come out the victor. With Louie and the Crew at Westside guiding his training and with me taking care of all his nutrition and supplementation needs, Mike is going to be a major force to be reckoned with. Look out powerlifting world, I have warned you about this teenager. Mike has just scratched the surface of what he can accomplish. With his determination, positive mindset, and dedication to his training and nutrition plan, there is nothing that is going to stand in his way!

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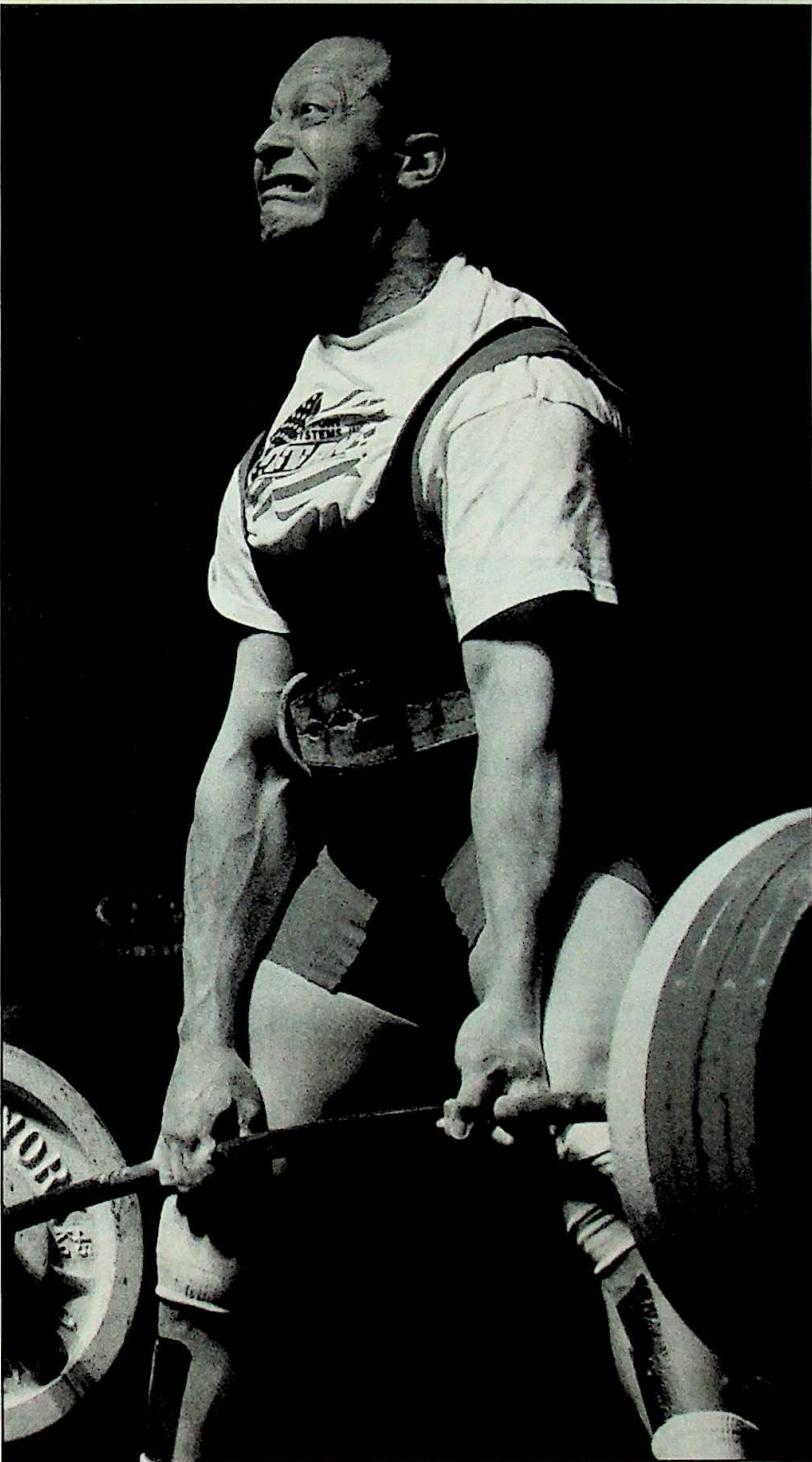
VitaminsPlus

Anabolic steroids, like all drugs, are dangerous. They have side effects including liver toxicity, increased risk of cancer and heart disease. If you've found dietary supplements that increase strength and decrease your risk of heart disease, cancer and detoxify your liver, wouldn't it be worth finding out more? I am 46 years old and last year I set 10 world records. In the World Association of Bench Pressers and Deadlifters (WABDL), I added 50 lbs. to the open world record deadlift. At the Nationals, I lifted more than any competitor, even the superheavyweights. I out deadlifted all competitive lifts nationwide at 181 lbs., even in competitions that were not drug tested. I have severe arthritis in my right knee as a result of a bicycle injury more than 30 years ago. I have no anterior cruciate ligament or lateral meniscus. Fourteen years ago, after my second knee surgery, I was told my knee was similar to an 80 year old's and doctors compared it with another patient who was confined to a wheelchair. I also have severe arthritis in my neck. According to the medical establishment, this would preclude me from strenuous activity. The reason I bring up these conditions is that, in my experience, the dietary supplements available today actually help rebuild joints and allow me to enjoy powerlifting.

In 1991 I went back to school to become a chiropractor. As a result of my education, I soon decided to become a vegetarian. The changes in my diet, coupled with my busy schedule, resulted in less competitive lifting. In 1995 I graduated from Life Chiropractic College. A couple of years later I tried creatine and achieved good results. I decided if creatine worked there must be other things that might work. Now I take numerous supplements with great results. Although I train less than ever, only two times per week, and have many more responsibilities, running a busy chiropractic office and, with my wife Julie, raising my two boys, Gabriel and Aaron, I am able to lift more than I ever have in my life. A big part of this is the supplements

Performance Supplementation

as told to Powerlifting USA by Tom Eiseman DC



Tom Eiseman's supplementation program has helped produce prodigious pulls.

and regular chiropractic care. The supplements decrease inflammation and help rebuild joints. Therefore I don't suffer from arthritic pain.

Today, most sports have an image problem. The public believes steroid use is prevalent. Baseball is implementing testing and controversy is high about records

that were set during non-tested years. High school athletes and younger are getting a strong message that steroids are necessary to compete at a high level. I believe that with the right supplements, training, and chiropractic, great results can be achieved. Whether steroid use is prevalent or not, I am

convinced that in most sports the athletes can compete at just as high a level using dietary supplements and chiropractic. Whether you're young or old, amateur or professional, drugs always cause ill side effects, and the gains are very expensive. However, with dietary supplementation, the increase in athletic performance comes with many additional health benefits. Here are some examples:

Cordyceps: This mushroom extract increases testosterone levels and elevates energy levels. Additional benefits of this supplement are reduced asthma and respiratory problems, improved memory, and kidney function.

Lipoic Acid: This helps carry creatine to the muscle cells and provides energy for intense exercise. Additional benefits of this supplement include helping detoxify the body from heavy metals, and it acts as a powerful antioxidant.

L-Carnosine: Enhances strength and improves high intensity exercise performance. Furthermore, it is a powerful antioxidant and improves wound healing.

Alpha Glycerylphosphorylcholine (GPC): Increases the body's growth hormone levels which improves, with weight training, strength and athletic performance. In addition, it improves mental focus, cognitive functioning and improves fat burning.

N-acetyl glucosamine: Improves joint structure and function and reduces pain and inflammation from arthritis. Some other benefits include aiding in the maintenance of healthy mucosal lining of the urinary and digestive tract and healthy skin.

Aloe: Also improves joint and gastrointestinal function. Additionally, it's a powerful antioxidant, anti-inflammatory, antiviral, antibacterial agent that helps with fat loss, fighting cancer and heart disease.

There are so many more, and I'll put it all together in the near future.

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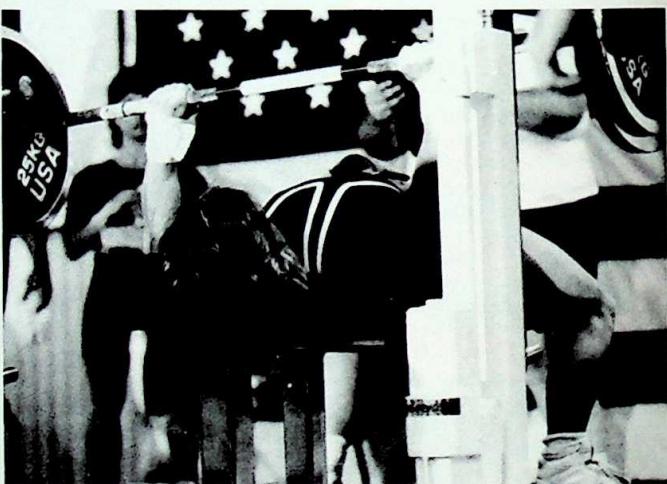


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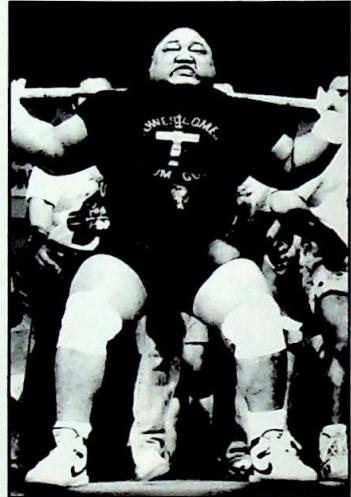
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Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

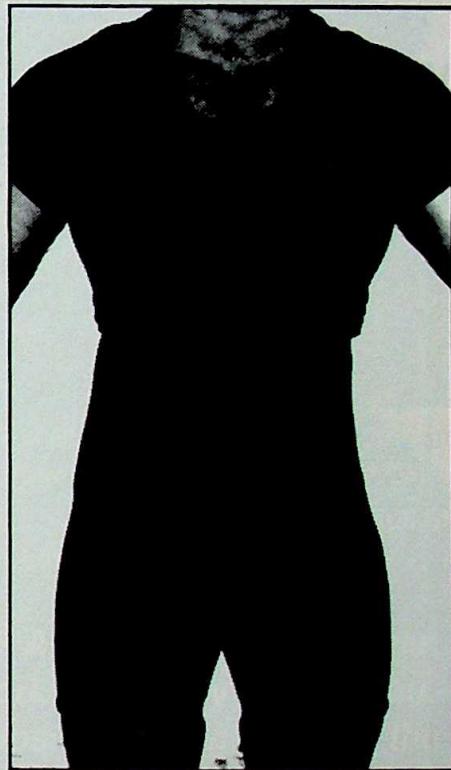
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ASK THE DOCTOR

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

DEAR MAURO: I have recently purchased your Anabolic Solution book and for the as two months have experienced good results. I am a 37 year old experienced powerlifter (600 plus squat and deadlift raw, and 500 plus bench press raw). I weighed approximately 320 lbs when I started your diet and have lost 20 lbs in two months without any effect on my lifts. My question is that I am constantly hungry during the night. I eat 6-7 meals a day and take in 275-300 grams of protein during the day. My weight

loss has stalled, however, I continue to lose body fat. I will be competing in a world bench press championship in late June and want to lift in the 275 lb class. If I go to the cutting phase in your book I fear that I will be even hungrier. To reiterate, I need to know how to get through the night without waking up and wanting to eat my arm. I am awaking twice during the night which is also effecting my deep sleep, another no-no according to your book. Any help would be greatly appreciated.

DEAR READER: I know where you're coming from as in my almost 20 years of competing I varied my weight class from 132 lbs to 198 lbs and it was sometimes really tough to drop weight and keep the maximum amount of muscle for that weight class.

The whole trick is to eat the nutrient dense foods that satisfy you the most so that your overall calorie uptake is low enough for you to lose weight, mostly as bodyfat. I've copied the list of foods I recommend for those on my Radical Diet (which I'm in the process of revising - it'll be in hard cover by this coming Spring). It's a good start. As well, using Nitabol (<http://www.mdplusstore.com/pdfs/nitabol.pdf>) at night really helps in cutting down your appetite and improving body composition and strength. Heaping up on the Myosin Protein (for you up to 6 scoops before bed) and taking the TestoBoost and GHboost should help you sleep through as well as providing other benefits. As far as the best supplement for you to use during the day, I'd give LipoFlush a try (<http://www.mdplusstore.com/pdfs/lipoflush.pdf>). A lot of athletes trying to maximize their lean body mass and get rid of excess body fat are using LipoFlush as their pre-training primer and it's really working well for them. Let me know how you do in the next few months. Best regards, **Mauro**

THE COMPLETE RADICAL DIET FOOD LIST

FOOD**	CALORIES	CARBS	FOOD**	CALORIES	CARBS
MEAT AND POULTRY			FRUITS		
1 and 1/2 oz processed turkey breast	47	0	1/2 orange or 1/2 a medium grapefruit**	45	10
1 cup beef bouillon	17	0	1/2 apple	45	10
1 cup chicken broth - Low Fat	10	1	1/4 cantaloupe	45	10
5 oz shrimp, 5 oz lobster, or 5 oz crab	125	0	Strawberries		
2 oz corn beef	142	0	(with or without artificial sweetener) 1 cup ***	40	10
2 oz beef bologna	76	0.4	1/2 lemon without skin	8	2.7
2 oz turkey salami	111	0.3	MISCELLANEOUS		
3 oz fresh or canned salmon	130	0	Salsa 2 tablespoons	14	3
3 oz lean ground beef	218	0	Sugar free Jell-O 1 cup	8	0
3 oz rib eye or T-bone steak	188	0	Diet pop and other no carb drinks	0	0
3 oz tenderloin	141	0	Tea or coffee - black	0	0
3 oz top sirloin steak	176	0			
3 oz turkey breast	133	0			
3 slices bacon	129	0			
3 oz eye round roast	143	0			
4 oz fish fresh or packed in water*	120	0			
6 oz beef broth in water	20	0.6			
3 oz chicken (baked, broiled, or BBQ)	133	0			
Eggs					
Egg white	17	0			
Hard boiled or poached egg	65	1			
DAIRY					
Cottage cheese 1% or less - 1/2 cup	90	4			
VEGETABLES					
Alfalfa sprouts 1/2 cup	5	0.6			
Asparagus 1/2 cup	15	3			
Brussel Sprouts 1/2 cup cooked	25	5			
Cabbage, Broccoli, Cauliflower 1/2 cup cooked	15	3			
Carrots 1/2 cup chopped (125 grams)	50	12			
Celery 1/2 cup diced	10	2.2			
Cucumbers 1 medium	5	1			
Dill Pickles 1 medium	5	1			
Green beans, Pole Beans 1/2 cup	15	3			
Lettuce loose leaf 1 cup	10	2			
Lettuce greens 2 cups + 1 tbsp light dressing	50	3			
Mushrooms 1/2 cup	21	4			
Radishes 1/2 cup	10	2			
Spinach, swiss chard, beet greens, turnip greens, mustard greens, collards 1/2 cup cooked	20	3.5			
Tomato 1/2 cup	15	3			
Watercress 1/2 cup chopped	2	0.2			

* Fish includes tuna, flounder, haddock, halibut, sole, trout and whiting. It also includes 12 medium oysters since the calorie count is the same as 4 oz of fish.

** Grapefruit seems to encourage weight and fat loss more than most other foods, regardless of its carb content. Eating half a grapefruit (but not grapefruit pills or juice) seems to lower insulin levels.¹ Thus its effects seem to be opposite to the effects of carbs on insulin and as a result doesn't act like a real carb.

As well, it's been shown that the grapefruit flavanone naringenin inhibits insulin-stimulated glucose uptake in fat cells by inhibiting the activity of phosphoinositide 3-kinase (PI3K), a key regulator of insulin-induced GLUT4 translocation.² This leads to a decrease in the amount of dietary carbohydrate that is stored as fat. Thus grapefruit seems to decrease the insulin response in two ways, one by decreasing insulin levels and two by decreasing the effects of insulin on fat formation from carbohydrates. One half a medium sized grapefruit also has 5 grams of fiber, which accounts for almost half of its caloric value.

*** Strawberries, along with grapefruits, are also almost an ideal fruit for those on the Radical and Metabolic Diets. That's because they are relatively low in carbs, contain useful fiber and have positive effects on health.³

¹Fujioka K, et al. Presented during the 228th national meeting of the American Chemical Society in Philadelphia, August 2004.

²Harmon AW, Patel YM. Naringenin inhibits phosphoinositide 3-kinase activity and glucose uptake in 3T3-L1 adipocytes. Biochem Biophys Res Commun. 2003 May 30;305(2):229-34. Biochem Biophys Res Commun. 2003 May 30;305(2):229-34.

³Hannum SM. Potential impact of strawberries on human health: a review of the science. Crit Rev Food Sci Nutr. 2004;44(1):1-17.

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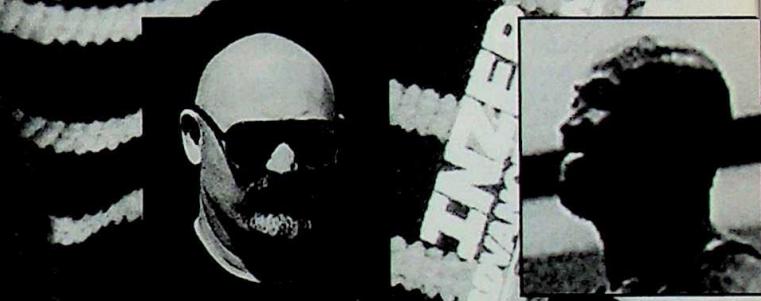
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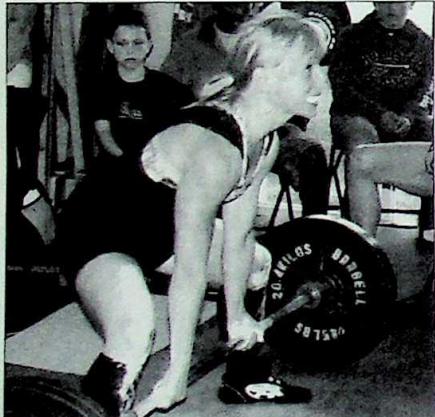
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WOMEN'S TOP 20

These are the *PL USA* TOP 20 women powerlifters in the United States for the year 2004. If any errors or omissions are noted, please report them to *POWERLIFTING USA Magazine*, P.O. Box 467, Camarillo, CA 93011. We do make some errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Margaret Kirkland a top woman & master.

Yes, You Can... order the deluxe *Powerlifting USA* Achievement Certificates and Mounting Plaques, ladies, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of *Powerlifting USA Magazine*, and individually signed by *PL USA* Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and certificates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to *PL USA*, Box 467, Camarillo, CA 93011 (CA residents add 7 1/4% sales tax)

97 SQ

330 Robbins, A./6/2/04
290 Grimwood, E./7/9/04
286 Carder, T./6/2/04
275 Miller, C./3/1/04
265 Dickey, E./3/1/04
255 Miller, K./11/13/04
253 Sieps, B./5/29/04
245 Situenetz, D./3/19/04
240 Ramirez, E./3/19/04
236 Solan, C./31/04

235 Garcia, L./3/19/04
235 Moser, H./3/19/04
235 Cisneros, M./3/19/04
231 Anderson, C./8/22/04
230 Jaynes, J./3/19/04
230 Arrieta, M./3/19/04
225 Morgan, H./3/19/04
225 Burnette, W./12/11/04
220 Aliminoosa, D./3/6/04
220 Lopez, M./3/6/04

105 SQ

352 Maile, J./6/2/04
330 Grimwood, E./11/19/04
303 Leverett, A./3/1/04
300 Miller, C./11/13/04
292 Richard, C./4/17/04
280 Rodriguez, V./3/19/04
270 Legel, K./3/6/04
270 Malherne, A./11/6/04
260 Britain, M./3/19/04
260 Furr, K./3/19/04

114 SQ

391 Kirkland, M./11/3/04
341 Awalt, A./3/1/04
300 Williams, S./3/19/04
300 Tankersly, H./3/19/04
300 Denmon, A./3/19/04
297 Fry, H./8/14/04
295 Mclemore, B./3/19/04
292 Marietta, Leah./1/31/04
280 Mendoza, V./3/19/04
280 Fair, K./3/19/04

123 SQ

275 Marietta, Lora./9/8/04
270 Brown, J./3/6/04
270 Houle, L./3/19/04
265 Seay, R./3/19/04
265 Hooper, J./3/19/04
265 Karbowksi, A./5/15/04
265 Fairchild, K./11/20/04
264 Kubik, S./3/6/04
264 Shuttleworth, M./5/8/04
264 Richard, C./6/5/04

132 SQ

460 Burkey, J./5/1/04
363 Tom, K./8/21/04
352 Rinn, S./6/5/04
347 Ladnier, T./6/5/04
347 Nogie, C./9/9/04
341 Marietta, Leah./4/10/04
335 Kirkland, M./12/11/04
330 Faroane, J./5/1/04
335 Motter, A./3/1/04
319 Grubbs, C./31/04

141 SQ

315 Palacios, B./3/19/04
310 Milliron, A./3/19/04
310 Davis, S./3/19/04
301 Talley, S./12/4/04
300 Berry, J./3/6/04
297 Wilson, L./10/15/04
295 Rotzinger, T./3/19/04
292 Deutsch, D./3/1/04
292 Hughes, H./2/14/04

150 SQ

451 Urso, S./4/3/04
425 Kaufman, J./4/3/04
400 Nogie, C./11/13/04
380 Scott, J./3/19/04
380 Morello, J./11/6/04
374 Ladnier, T./10/13/04
365 Johnson, M./3/19/04
352 Silvas, A./4/3/04
347 Adelmann, T./8/14/04
340 Garcia, N./3/19/04

160 SQ

335 Jackson, S./3/19/04
335 Churchward, R./11/6/04
330 Carter, M./9/25/04
330 Van Dusen, K./10/9/04
325 Dowden, H./3/19/04
325 Dalton, K./10/10/04
325 Burke, H./10/15/04
319 Majerek, T./2/14/04
319 Peterson, K./10/2/04
319 Rey, J./12/11/04

97 BP

170 Burnette, W./12/11/04
160 Anderson, C./11/10/04
154 Robbins, A./6/2/04
148 Dickey, E./3/1/04
145 Grimwood, E./7/9/04
137 Miller, C./3/1/04
137 Sieps, B./5/29/04
137 Carder, T./6/2/04
135 Miller, K./11/13/04
132 Solan, C./31/04

130 Baqui, C./11/11/04
127 Stowers, S./11/11/04
120 Garcia, L./3/19/04
120 Jaynes, J./3/19/04
110 Aliminoosa, D./3/1/04
110 Moser, H./3/19/04
110 Reed, K./7/31/04
105 Naymick, V./2/27/04
105 Sifuentes, D./3/6/04
105 Ramirez, E./3/19/04

105 BP

220 Needy, C./6/5/04
203 Maile, J./3/1/04
200 Malherne, A./11/6/04
185 Grimwood, E./11/19/04
172 Moorman, C./11/11/04
171 Fujisaki, C./11/11/04
170 Leverett, A./3/1/04
165 Lenus, B./7/17/04
165 Vallejo, A./11/11/04
160 Kassel, R./4/17/04

114 BP

160 Burnette, W./11/28/04
155 Rodriguez, V./3/19/04
154 Krochmal, C./8/21/04
150 Qasem, S./5/15/04
150 Routzong, L./11/13/04
148 Miller, C./4/10/04
143 Putchio, T./8/7/04
137 Ufret, G./4/3/04
137 Richard, R./4/17/04
137 Brown, D./6/5/04

123 BP

209 Awalt, A./3/1/04
198 Aanenson, K./4/17/04
187 Hollier, J./9/10/04
176 Leach, M./4/17/04
176 Shuttleworth, M./5/8/04
175 Frank, R./4/3/04
175 Haines, L./11/27/04
170 Kirkland, M./6/19/04
165 Burnette, W./6/19/04
165 Miller, H./11/11/04

132 BP

159 Kubik, S./4/10/04
159 Richardson, C./8/28/04
159 Lemes, M./9/10/04
155 Manola, A./2/28/04
155 Kunze, C./3/19/04
155 Hartwig, S./8/21/04
154 Marietta, Leah./3/1/04
154 Arellano, D./3/1/04
154 Marietta, Lora./3/19/04
154 Richard, C./6/5/04

141 BP

290 Faroane, J./5/29/04
259 Darling, J./9/10/04
253 Rinn, S./10/15/04
245 Burkey, J./5/1/04
231 Smith, T./9/25/04
225 Awalt, A./5/1/04
220 Myers, C./11/10/04
203 Sarris, m./9/10/04
203 Yamashita, J./11/10/04
198 Nogie, C./3/19/04

150 BP

198 Arndt, D./11/11/04
190 Oburn, J./8/28/04
190 Frank, R./10/23/04
190 Benner, B./12/11/04
187 Wilson, L./10/15/04
185 Kirkland, M./12/11/04
181 Grubbs, C./3/1/04
181 Moore, D./5/15/04
181 Lucchesi, S./9/18/04
180 Burnette, P./11/13/04

160 BP

97 DL

314 Robbins, A./6/2/04
303 Anderson, C./11/10/04
297 Carder, T./3/1/04
292 Miller, C./3/1/04
292 Solan, C./3/1/04
286 Steps, B./5/29/04
280 Grimwood, E./7/9/04
275 Burnette, W./12/11/04
266 Stowers, S./11/11/04
265 Garcia, L./3/19/04

265 Sifuentes, D./3/19/04
264 Dickey, E./3/1/04
260 Miller, K./11/13/04
259 Aliminoosa, D./3/6/04
253 Anderson, A./6/25/04
250 Ramirez, E./3/19/04
242 Deville, S./3/19/04
240 Powell, A./3/6/04
240 Moser, H./3/19/04
240 Morgan, H./3/19/04

105 DL

374 Maile, J./3/1/04
335 Miller, C./11/13/04
330 Malherne, A./3/1/04
330 Tucker, B./3/19/04
330 Bertolo, M./3/20/04
326 Leverett, A./3/1/04
315 Grimwood, E./11/19/04
314 Ufret, G./4/3/04
310 Malone, A./3/6/04
300 Castillo, D./3/19/04

114 DL

300 Fox, J./3/19/04
300 Watson, C./3/19/04
300 Kassel, R./4/17/04
300 Qasem, S./5/15/04
297 Vallejo, A./3/6/04
297 Karbowksi, A./3/19/04
295 McDavid, S./3/19/04
295 Ferguson, B./3/19/04
292 Steps, B./7/17/04
280 Rodriguez, V./3/19/04

123 DL

352 Kirkland, M./8/21/04
330 Awalt, A./3/1/04
326 Hairston, D./3/1/04
325 Ardiliano, D./3/1/04
320 Williams, S./3/19/04
320 Stephens, A./5/15/04
315 Tankersly, H./3/19/04
308 Kubik, S./4/10/04
304 Zierold, M./3/6/04
304 Shear, J./6/13/04

132 DL

303 Marietta, Leah./3/1/04
303 Brown, J./3/6/04
303 McGonagle, T./8/21/04
300 Mendoza, V./3/19/04
300 Fair, K./3/19/04
300 Estrada, C./3/19/04
300 Karbowksi, A./5/15/04
297 Zinshtain, B./8/21/04
297 Metcalfe, P./12/4/04
295 Mclemore, B./3/19/04

141 DL

415 Myers, C./11/10/04
402 Nogie, C./3/19/04
390 Ferguson, B./8/6/04
380 Hughes, H./2/14/04
364 Gordon, K./4/3/04
355 Kirkland, M./12/11/04
354 Yamashita, J./11/10/04
350 Austin, D./12/11/04
345 Faroane, J./5/29/04
345 Sakai, S./11/10/04

150 DL

336 Grubbs, C./3/1/04
336 Ruff, D./3/13/04
335 Bures, K./3/19/04
335 Manuel, G./11/27/04
330 Braguine, J./3/6/04
330 Rotzinger, T./3/14/04
330 Marietta, Leah./7/10/04
330 Rinn, S./10/15/04
330 Neidlinger, A./12/11/04
330 Yukness, K./12/12/04

160 DL

97 TOT

799 Robbins, A./6/2/04
716 Carder, T./6/2/04
715 Grimwood, E./7/9/04
705 Miller, C./3/1/04
688 Siegs, B./5/29/04
677 Dickey, E./3/1/04
670 Burnette, W./12/11/04
661 Solan, C./3/1/04
650 Miller, K./11/13/04
644 Anderson, C./8/22/04

620 Garcia, L./3/19/04
615 Situenetz, D./3/19/04
595 Ramirez, E./3/19/04
585 Moser, H./3/19/04
584 Aliminoosa, D./3/6/04
580 Jaynes, J./3/19/04
570 Morgan, H./3/19/04
565 Arrieta, M./3/19/04
560 Cisneros, M./3/19/04
551 Deville, S./3/19/04

920 Maile, J./3/1/04
830 Grimwood, E./11/19/04
777 Leverett, A./11/3/04
775 Malherne, A./11/6/04
775 Miller, C./11/13/04
715 Rodriguez, V./3/19/04
710 Ulret, G./4/3/04
694 Richard, C./4/17/04
677 Siegs, B./7/17/04
675 Malone, A./3/19/04

665 Castillo, D./3/19/04
665 Kassel, R./4/17/04
655 Legget, K./3/6/04
655 Fox, J./3/19/04
655 Gedney, J./5/8/04
650 Karbowksi, A./3/19/04
640 Mclemore, B./3/19/04
635 Tucker, B./3/19/04
635 Burnette, W./11/28/04
625 Watson, C./3/19/04

709 Kirkland, M./11/3/04
881 Awalt, A./3/1/04
755 Williams, S./3/19/04
749 Marietta, Leah./3/1/04
745 Tankersly, H./3/19/04
730 Mclemore, B./3/19/04
727 Ardiliano, D./3/1/04
727 Kubik, S./4/10/04
722 Brown, J./3/6/04
716 Marietta, Lora./3/19/04

705 Hairston, D./3/1/04
700 Kunze, C./3/19/04
699 Houle, L./3/19/04
699 Metcalfe, P./12/4/04
695 Mendoza, V./3/19/04
694 Shuttleworth, M./5/8/04
690 Fair, K./3/19/04
685 Stephens, B./3/19/04
680 Denmon, A./3/19/04
680 Fairchild, K./11/20/04

793 Ladnier, T./6/5/04
790 Austin, D./12/11/04
782 Wilson, L./10/15/04
780 Palacios, B./3/19/04
775 Talley, S./12/4/04
755 Cunningham, A./3/1/04
750 Rotzinger, T./3/14/04
744 Deutsch, D./3/1/04
744 Moore, D./5/15/04
744 Casper, P./5/21/04

1102 Urso, S./4/3/04
1085 Altiler, B./3/1/04
1045 Nogie, C./11/13/04
1000 Kaufman, J./4/3/04
945 Morello, J./11/6/04
914 Silvas, S./4/3/04
903 Adelmann, T./8/14/04
887 Rey, J./12/11/04
876 Thompson, J./7/9/04
870 Majerek, T./2/14/04

855 Churchward, R./11/6/04
848 Carter, M./9/25/04
843 Henselian, D./11/13/04
832 Ladnier, T./10/13/04
826 Simons, A./4/10/04
825 Johnson, S./3/19/04
820 Scott, J./3/19/04
800 Joyce, J./7/9/04
799 Hughes, H./5/15/04
785 Fark, J./11/6/04

545 Weisberger, A..10/8/04
534 Bohigian, K..10/8/04
518 Ribic, P..7/9/04
501 Ortega, M..10/15/04
455 Foreman, L..7/25/04
424 Murawski, M..5/21/04
424 Baldwin, S..6/5/04
396 Powell, S..3/20/04
391 Morello, J..2/1/04
380 James, D..3/6/04

374 Houston, P..2/1/04
365 Hetzel, M..8/14/04
363 Matt, A..3/19/04
350 Hartman, N..2/28/04
347 Newman, C..2/1/04
347 Denney, M..2/1/04
341 Silvas, A..5/15/04
341 Welterman, E..8/28/04
341 Meshkov, S..10/2/04
340 Maldonado, M..3/19/04

165 SQ

600 Scanlon, J..3/5/04
562 Phelps, R..6/5/04
550 Boshoven, L..5/30/04
535 Hulberg, H..5/29/04
503 Myers, C..12/04
500 Seiple, E..5/29/04
473 Fines, B..8/21/04
457 Everett, K..2/1/04
457 Denison, L..3/20/04
451 Walford, K..4/3/04

451 Huston, A..10/15/04
415 Labushevsky, B..11/19/04
402 Hatfield, D..2/1/04
402 Ford, K..4/10/04
402 Packer, K..5/7/04
390 Sanders, A..11/6/04
385 Silbert, L..2/1/04
380 Desterio, J..11/13/04
375 Torres, A..3/19/04
360 Fucek, E..3/19/04

181 SQ

573 Ford, K..6/5/04
573 Mendelson, S..6/5/04
512 Widdis, D..3/27/04
479 Manly, S..6/5/04
462 Huston, A..10/2/04
460 Hatfield, D..11/20/04
450 Harvey, J..3/19/04
425 Wilson, K..11/19/04
418 Packer, K..4/24/04
410 Chow, S..7/25/04

407 Phillips, J..3/20/04
407 Blyn, L..10/2/04
402 Tackill, J..6/5/04
390 Summers, T..10/10/04
380 Ford, K..2/1/04
370 Schroeder, M..3/19/04
363 Meador, N..5/7/04
360 Kirkpatrick, D..3/19/04
355 Henneky, H..3/19/04
352 Till, T..3/19/04

198 SQ

530 Watkins, J..8/21/04
520 Martinez, A..11/19/04
451 Brown, B..9/10/04
450 Phillips, K..7/19/04
446 Sternberg, M..5/7/04
429 Moore, C..4/4/04
413 Gonzales, A..4/3/04
405 Santanaria, E..3/19/04
400 Green, K..3/19/04
385 Allen, W..2/1/04

385 Louque, K..11/6/04
375 Thomas, E..3/19/04
375 Moran, S..12/4/04
370 Arnold, L..3/19/04
370 Sebastian, S..11/6/04
360 Phelps, B..7/17/04
355 Oxford, H..5/22/04
352 Polansky, K..5/7/04
350 Bumpus, C..1/18/04
350 Romero, A..3/19/04

SHW SQ

843 Swanson, B..3/27/04
661 Willett, L..7/9/04
600 Dudley, M..10/2/04
529 Hall, H..6/6/04
520 Daniels, M..3/19/04
490 Conner, J..11/6/04
473 Sternberg, M..10/15/04
450 Henry, T..3/19/04
450 Heard, A..3/19/04
450 Johnson, J..11/6/04

450 Espericueta, G..11/6/04
440 Wigman, A..3/19/04
440 Butlers, J..3/19/04
425 Davis, C..3/19/04
429 Headrick, E..3/19/04
424 Garrett, M..8/14/04
420 Goodman, K..3/19/04
420 Navarro, M..3/19/04
410 Kilde, S..3/19/04
410 Rodriguez, R..3/19/04

385 Bohigian, K..10/8/04
314 Ribic, P..4/10/04
314 Ortega, M..10/15/04
308 Weisberger, A..3/5/04
308 Asp, M..8/28/04
303 Thompson, J..10/10/04
275 Newman, C..2/1/04
264 Baldwin, S..6/5/04
260 Powell, S..3/20/04
260 Morello, J..2/1/04
255 Foreman, L..7/25/04

255 Slaga, D..9/26/04
250 Robertson, J..6/12/04
242 Kunsman, T..3/6/04
235 Houston, P..7/25/04
235 Jacobson, M..10/16/04
231 Gardella, J..4/18/04
225 Slack, Y..3/28/04
225 Caggiano, K..4/17/04
225 Murawski, M..5/21/04
225 Lundgren, D..7/17/04

165 BP

429 Scanlon, J..3/5/04
331 Richardson, L..11/10/04
338 Phelps, R..6/5/04
325 Graube, B..11/19/04
320 Crossland, C..8/15/04
319 Freeman, B..5/1/04
314 Newman, C..9/10/04
312 Fleske, K..5/29/04
286 Doan, D..5/1/04
285 Seiple, E..5/29/04

285 Brasseaux, J..9/11/04
265 Hulberg, H..5/29/04
265 Lewis, S..9/11/04
264 Silbert, L..2/1/04
264 Halfield, D..2/1/04
259 Walford, K..4/3/04
255 Boshoven, L..5/30/04
250 Chaney, D..2/1/04
250 Welch, M..8/14/04
248 Ford, K..4/10/04

181 BP

341 Mendelson, S..6/5/04
314 Tackill, J..6/5/04
314 Wealthy, D..11/6/04
310 Crossland, C..6/12/04
303 Ford, K..6/5/04
300 Brown, E..27/04
296 Halfield, D..11/20/04
285 Goliszek, K..12/18/04
270 Womack, K..11/20/04
248 Ford, K..2/1/04

242 Manly, S..3/20/04
242 Locklear, A..9/10/04
238 Robbins, M..7/24/04
235 Chow, S..7/25/04
235 Summers, T..10/10/04
231 Widdis, D..3/27/04
231 Blyn, L..10/2/04
230 Wilson, B..11/19/04
225 Phillips, J..3/20/04
225 Groenatz, A..4/24/04

198 BP

335 McCaslin, S..8/28/04
311 Martinez, A..11/19/04
292 Nohara, R..11/10/04
285 Phillips, K..7/9/04
285 Atkins, J..8/21/04
281 Jackson, S..12/12/04
280 Louque, K..11/6/04
275 Wilmer, C..4/17/04
275 Thomas, T..6/6/04
275 Ichiyama, M..11/11/04

259 Brown, B..9/10/04
250 Dupuis, V..3/20/04
235 Smith, C..2/27/04
235 Miller, L..5/16/04
235 Oxford, H..5/22/04
231 Arnou, J..6/19/04
231 McGtigue, A..8/14/04
231 Allen, W..11/20/04
225 Lazano, C..1/17/04
225 Grandick, K..8/7/04

SHW BP

501 Swanson, B..3/5/04
424 Dudley, M..2/04
413 Willett, L..5/1/04
402 Ferrell, D..9/10/04
374 Franklin, K..11/11/04
365 Puñalan, I..8/7/04
350 Watson, A..8/7/04
347 Pitts, K..11/6/04
320 Hall, H..2/1/04
303 Thomas, S..11/13/04

300 Campbell, K..9/26/04
296 Johnson, J..11/6/04
286 Hallen, S..2/1/04
285 Ritchie, A..1/21/04
283 Bourg, A..9/11/04
275 VanDyke, C..6/5/04
275 Mendelson, M..10/12/04
259 Wallus, S..3/19/04
253 Taudi, K..11/11/04
248 Conner, J..3/20/04

540 Ribic, P..2/1/04
501 Bohigian, K..10/8/04
479 Sverchek, J..6/12/04
479 Ortega, M..10/15/04
470 Foreman, L..7/25/04
468 Weisberger, A..3/5/04
435 James, D..3/19/04
429 Baldwin, S..6/5/04
418 Gantz, H..8/21/04
396 Morello, J..2/1/04

395 Jacobson, M..10/16/04
391 Murawski, M..11/13/04
390 Houston, P..7/25/04
386 Watts, J..11/10/04
380 Slaga, D..10/9/04
380 Matt, A..11/6/04
375 Thomas, S..2/27/04
374 Styrlund, L..2/1/04
374 Amerling, A..6/13/04
370 Sans, R..1/17/04

165 DL

505 Boshoven, L..5/30/04
501 Phelps, R..6/5/04
475 Gordon, B..8/22/04
470 Seiple, E..5/29/04
468 Walford, K..2/1/04
457 Huston, A..10/15/04
451 Nelson, W..10/29/04
435 Silbert, L..2/1/04
429 Everett, K..2/1/04
424 Ford, K..6/5/04

424 Fred, L..11/13/04
419 Richardson, L..11/10/04
405 Williams, J..2/21/04
405 Hulberg, H..5/29/04
405 McKenzie, S..10/16/04
402 Myers, C..12/4/04
398 Fines, B..8/21/04
396 Chaney, D..2/1/04
391 Scott, K..9/18/04
385 Sanders, A..11/6/04

181 DL

562 Ford, K..6/5/04
465 Boshoven, L..5/1/04
457 Huston, A..10/2/04
440 Mendelson, S..6/5/04
435 Kirkpatrick, D..3/19/04
429 Manly, S..3/20/04
429 Blyn, L..7/17/04
424 Phillips, J..3/20/04
424 Widdis, D..5/7/04
413 Scott, K..11/10/04

407 Meador, N..5/7/04
402 Ford, K..2/1/04
402 Price, M..4/3/04
402 Taylor, J..8/21/04
402 Kampen, M..9/25/04
400 Kilpatrick, D..3/6/04
395 Summers, T..10/10/04
391 McLean, M..2/1/04
391 Weber, C..8/14/04
385 Picou, L..1/7/04

198 DL

505 Watkins, J..8/21/04
500 Martinez, A..11/19/04
455 Ruvnuk, C..12/4/04
451 Brown, B..9/10/04
429 Allen, W..11/20/04
424 Arnou, J..6/19/04
420 Phillips, K..7/9/04
413 Moore, C..4/4/04
407 Calhoun, P..2/1/04
407 Schaefer, L..2/1/04

407 Nohara, R..11/10/04
402 Oxford, B..2/1/04
402 Sternberg, M..5/7/04
402 Vaught, L..10/2/04
400 Widdis, D..1/24/04
400 Louque, K..11/6/04
400 Arnou, J..6/19/04
400 Phillips, K..7/9/04
400 Goodman, K..3/19/04
400 Arnou, W..11/20/04

SHW DL

650 Swanson, B..3/5/04
485 Hall, H..2/1/04
485 Willett, L..6/6/04
479 Atkinson, S..4/24/04
475 Watson, A..8/7/04
465 Daniels, M..3/19/04
462 Taudi, K..11/11/04
451 Schaefer, L..9/19/04
445 Edelson, N..3/14/04
440 Goodman, k..3/19/04

430 Johnson, J..11/6/04
429 Richards, D..8/21/04
425 Henry, T..3/19/04
424 Dudley, M..10/2/04
420 Dorsey, N..12/4/04
418 Sebastian, S..5/15/04
418 Myers, D..6/5/04
413 Conner, J..3/20/04
405 Kikle, S..3/19/04

1421 Bohigian, K..10/8/04
1355 Ribic, P..7/9/04
1295 Ortega, M..10/15/04
1289 Weisberger, A..3/5/04
1180 Foreman, L..7/25/04
1165 Liggett, M..6/12/04
1118 Baldwin, S..6/5/04
1030 Murawski, M..5/21/04
995 Houston, P..7/25/04
981 Morello, J..2/1/04

960 Slaga, D..10/9/04
945 James, D..3/19/04
942 Powell, S..3/20/04
931 Newman, C..2/1/04
925 Hetzel, M..8/14/04
920 Matt, A..3/19/04
920 Denney, M..9/9/04
909 Welterman, E..8/28/04
892 Styrlund, L..2/1/04
887 Franklin, J..2/1/04

165 TOT

1394 Phelps, R..6/5/04
1310 Boshoven, L..5/30/04
1255 Seiple, E..5/29/04
1205 Hulberg, H..5/29/04
1179 Walford, K..4/3/04
1148 Myers, C..12/4/04
1107 Huston, A..10/15/04
1090 Nelson, L..10/29/04
1086 Chaney, D..2/1/04
1075 Fred, L..7/10/04
1058 Phillips, J..3/20/04
1052 Blyn, L..10/2/04
1035 Wilson, B..11/19/04

181 TOT

1069 Ford, K..6/5/04
1063 Fines, B..8/21/04
1030 Denison, L..3/20/04
1008 Nelson, L..10/29/04
986 Chaney, D..2/1/04
975 Fred, L..7/10/04
975 Styrlund, L..2/1/04
965 Sanders, A..11/6/04
955 Ferguson, M..4/3/04
947 Hatfield, D..2/1/04

198 TOT

1438 Ford, K..6/5/04
1355 Mendelson, S..6/5/04
1151 Widdis, D..5/7/04
1125 Hatfield, D..11/20/04
1096 Manly, S..3/20/04
1091 Huston, A..10/2/04
1091 Blyn, L..7/17/04
1074 Tackill, J..6/5/04
1058 Phillips, J..3/20/04
1052 Blyn, L..10/2/04
1035 Wilson, B..11/19/04

198 TOT

1030 Ford, K..2/1/04
1020 Summers, T..10/10/04
980 Chow, S..7/25/04
975 Kirkpatrick, D..3/19/04
970 Harvey, J..3/19/04
964 Price, M..4/3/04
964 Meador, N..5/7/04
953 Packer, K..10/15/04
942 Baum, M..2/1/04
931 Till, T..3/19/04

198 TOT

1330 Martinez, A..11/19/04
1320 Watkins, J..8/21/04
1155 Phillips, K..7/9/04
1124 Brown, B..9/10/04
1065 Louque, K..11/6/04
1030 Sternberg, M..5/7/04
1014 Allen, W..11/20/04
997 Moore, C..4/4/04
975 Oxford, H..5/22/04
970 Calhoun, P..2/1/04

SHW TOT

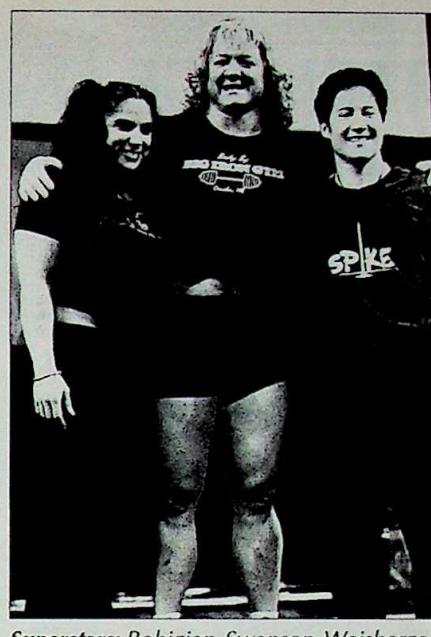
970 Santanaria, E..3/19/04
965 Sebastian, S..11/6/04
925 Jackson, S..7/17/04
910 Thomas, E..3/19/04
910 Green, K..3/19/04
888 Gonzales, A..4/3/04
887 Polansky, K..5/7/04
885 Phelps, B..7/17/04
885 Moran, S..12/4/04
880 Arnold, L..3/19/04

SHW TOT

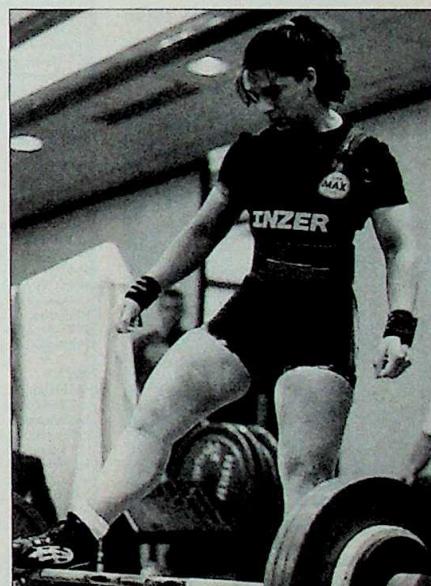
1912 Swanson, B..3/5/04
1510 Willett, L..6/6/04
1328 Hall, H..2/1/04
1306 Dudley, M..10/2/04
1200 Daniels, M..3/19/04
1170 Johnson, J..11/6/04
1140 Conner, J..11/6/04
1100 Henry, T..3/19/04
1080 Goodman, K..3/19/04
1063 Sternberg, M..10/15/04

SHW TOT

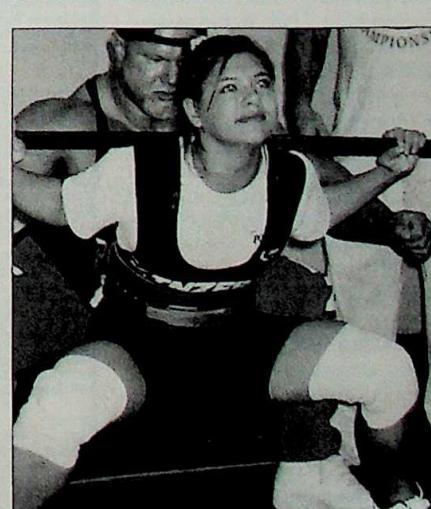
1036 Sebastian, S..5/15/04
1025 Headrick, E..3/19/04
1025 Espericueta, G..11/6/04
1020 Heard, A..3/19/04
1010 Kilde, S..3/19/04
1000 Silvello, E..3/6/04
1000 Davis, C..3/19/04
985 Rodriguez, R..3/19/04
981 Wallus, S..3/19/04
980 Edwards, T..3/19/04



Superstars: Bohigian, Swanson, Weisberger



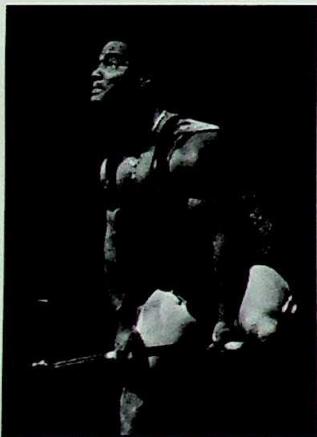
2004 Was A Great Year for Priscilla Ribic



Taylor Ladnier: nationally ranked as a teen

TEENAGE TOP 20

These are the *PL USA* TOP 20 teenage powerlifters in the United States for the year 2004. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Nick Hatch dominates two classes in everything but the DL

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114 SQ	114 BP	114 DL	114 TOT
390 Moreno, J., 3/27/04	242 Hodges, E., 6/12/04	410 Freeman, J., 3/27/04	980 Freeman, J., 3/27/04
375 Pryor, B., 3/27/04	236 Silva, K., 11/12/04	400 Moreno, J., 3/27/04	980 Moreno, J., 3/27/04
375 King, N., 3/27/04	230 Summers, D., 3/27/04	375 Summers, D., 3/27/04	965 Summers, D., 3/27/04
369 Soto, L., 11/6/04	230 Guiltier, V., 11/20/04	374 Maile, J., 1/31/04	945 Escobedo, F., 3/27/04
365 Summers, D., 11/6/04	225 Freeman, J., 3/27/04	370 Escobedo, F., 3/27/04	920 Maile, J., 1/31/04
360 Escobedo, F., 3/27/04	225 Do, T., 3/27/04	360 Arness, D., 3/27/04	892 Soto, L., 11/6/04
360 Ramirez, J., 3/27/04	220 Ochoa, M., 3/27/04	355 Mireles, K., 3/27/04	880 Pryor, B., 3/27/04
345 Freeman, J., 3/27/04	215 Escobedo, F., 3/27/04	350 Pryor, B., 3/27/04	880 Do, T., 3/27/04
341 Maile, J., 3/1/04	205 Rachman, M., 5/29/04	350 Garcia, D., 3/27/04	875 Garcia, D., 3/27/04
340 Sierra, J., 3/27/04	203 Maile, J., 3/1/04	350 Sierra, J., 3/27/04	870 Sierra, J., 3/27/04
335 Garcia, D., 3/27/04	200 Johnson, N., 3/27/04	345 Dehs, A., 3/27/04	855 Morales, M., 3/27/04
335 Morales, M., 3/27/04	190 Moreno, J., 3/27/04	341 Kratz, E., 3/20/04	845 Arness, D., 3/27/04
330 Do, T., 3/27/04	190 Garcia, D., 3/27/04	341 Soto, L., 11/6/04	840 Hinojosa, A., 3/27/04
330 Hinojosa, A., 3/27/04	190 Morales, M., 3/27/04	335 Miller, C., 11/13/04	840 Ochoa, M., 3/27/04
320 Arness, D., 3/27/04	185 Claypatch, H., 3/21/04	330 Crispie, M., 3/20/04	840 King, N., 3/27/04
314 Knight, M., 9/10/094	185 Simmons, B., 3/27/04	330 Morales, M., 3/27/04	821 Knight, M., 9/10/04
305 Casco, S., 3/21/04	185 Hernandez, A., 3/27/04	330 Hinojosa, A., 3/27/04	820 Dehs, A., 3/27/04
300 Williams, S., 3/19/04	185 McAvoy, T., 5/29/04	325 Knight, M., 9/10/04	810 Mims, K., 3/27/04
300 Tankersley, H., 3/19/04	181 Knight, M., 9/10/04	320 Williams, S., 3/19/04	810 Johnson, N., 3/27/04
300 Denmon, A., 3/19/04	181 Soto, L., 11/6/04		810 Ramirez, J., 3/27/04
123 SQ	123 BP	123 DL	123 TOT
485 Kuhns, M., 7/31/04	275 Kuhns, M., 7/31/04	445 Cheyne, S., 3/27/04	1135 Cheyne, S., 3/27/04
430 Cheyne, S., 3/27/04	260 Cheyne, S., 3/27/04	430 Stein, K., 3/27/04	1080 Medina, D., 3/27/04
430 Medina, D., 3/27/04	250 Ortiz, C., 3/27/04	425 Hill, M., 3/27/04	1050 Hill, M., 3/27/04
430 Brubaker, D., 3/27/04	242 Cross, T., 9/10/04	420 Myers, Q., 3/27/04	1045 Brubaker, D., 3/27/04
415 Hill, M., 3/27/04	240 Medina, D., 3/27/04	415 Thomas, B., 3/27/04	1035 Guzman, M., 3/27/04
410 Martinez, C., 3/27/04	235 Guzman, M., 3/27/04	410 Medina, D., 3/27/04	1030 Ortiz, C., 3/27/04
402 Cross, T., 3/20/04	235 Navarre, V., 5/1/04	407 Wiltz, R., 4/3/04	1020 Myers, Q., 3/27/04
395 Casero, T., 3/27/04	225 Martinez, C., 3/27/04	405 Guzman, M., 3/27/04	1015 Martinez, C., 3/27/04
390 Martinez, A., 3/27/04	225 Knox, J., 3/27/04	405 Ortiz, C., 3/27/04	1003 Wiltz, R., 4/3/04
385 Myers, Q., 3/27/04	225 Wiltz, R., 4/3/04	402 Nogle, C., 3/19/04	986 Cross, T., 3/20/04
380 Stein, K., 3/27/04			
380 Ponce, J., 3/27/04			
375 Ortiz, C., 3/27/04			
375 Clarkson, C., 3/27/04			
374 Hile, J., 3/20/04			
370 Griffin, K., 3/27/04			
369 Wiltz, R., 4/3/04			
365 Knox, J., 3/27/04			
363 Ballard, R., 4/3/04			
132 SQ	132 BP	132 DL	132 TOT
505 Kamp, M., 3/27/04	300 Gonzalez, B., 3/27/04	485 Trejo, D., 3/27/04	1200 Tankersley, J., 3/27/04
465 Tankersley, J., 3/27/04	285 Moore, T., 3/27/04	473 Benjamin, J., 3/20/04	1170 Hyndon, V., 3/27/04
462 Dugosh, B., 3/4/04	285 Tankersley, J., 3/27/04	460 Baffoe, M., 3/27/04	1160 Moore, T., 3/27/04
460 Hyndon, B., 3/27/04	270 Hyndon, B., 3/27/04	457 Derstine, M., 3/20/04	1146 Dugosh, B., 4/3/04
450 Moore, T., 3/27/04	264 Sheppard, C., 3/20/04	455 Burns, G., 3/27/04	1140 Kamp, M., 3/27/04
430 Mendez, D., 3/27/04	264 Greene, S., 6/12/04	450 Tankersley, J., 3/27/04	1124 Sheppard, D., 3/20/04
420 Pack, J., 3/27/04	259 Duncan, J., 4/24/04	446 Dugosh, B., 4/3/04	1118 Derstine, M., 3/20/04
420 Rash, K., 3/27/04	255 Seals, K., 11/6/04	446 Sheppard, D., 3/20/04	1115 Trejo, D., 3/27/04
418 Sheppard, D., 3/20/04	253 Bridges, C., 2/29/04	440 Liederer, S., 3/20/04	1105 Gonzalez, B., 3/27/04
415 Bernal, R., 3/27/04	253 Derstine, M., 3/20/04	440 Hyndon, S., 3/27/04	1095 Burns, G., 3/27/04
415 Gann, C., 3/27/04	250 Pack, J., 3/27/04	440 Polk, M., 3/27/04	1090 Pack, J., 3/27/04
415 Bourgoine, C., 11/6/04	250 Gann, C., 3/27/04	430 Medrano, M., 3/27/04	1085 Mendez, D., 3/27/04
413 Oliver, J., 3/20/04	250 Cross, T., 4/3/04	429 Oliver, J., 3/20/04	1060 Baffoe, M., 3/27/04
407 Derstine, M., 3/20/04	242 Karapetyan, A., 6/25/04	425 Moore, T., 3/27/04	1060 Polk, M., 3/27/04
404 Nero, C., 4/3/04	242 Lauricella, M., 11/12/04	425 Williams, J., 6/7/04	1058 Benjamin, J., 3/20/04
400 Trejo, D., 3/27/04	240 Burns, G., 3/27/04	425 Moreno, J., 11/6/04	1055 Bernal, R., 3/27/04
400 Gonzalez, B., 3/27/04	236 Dugosh, B., 4/3/04	425 Nogle, C., 11/13/04	1053 Oliver, J., 3/20/04
400 Burns, G., 3/27/04	236 LaBarbera, N., 4/3/04	424 Slasstedt, N., 3/20/04	1047 Nero, C., 4/3/04
400 Polk, M., 3/27/04	236 Davila, A., 11/6/04	420 Pack, J., 3/27/04	1045 Medrano, M., 3/27/04
400 Nogle, C., 11/13/04	235 Kamp, M., 3/27/04	420 Mendez, D., 3/27/04	1045 Gann, C., 3/27/04
148 SQ	148 BP	148 DL	148 TOT
700 Hatch, N., 3/27/04	407 Hatch, N., 3/27/04	578 Veal, W., 3/20/04	1609 Hatch, N., 3/27/04
567 Bickford, J., 8/21/04	392 Crawford, C., 11/12/04	573 Niedoliwka, V., 3/20/04	1432 Niedoliwka, V., 3/20/04
560 Williams, J., 3/27/04	347 Niedoliwka, V., 3/20/04	540 Chioldo, K., 11/12/04	1425 Williams, J., 3/27/04
530 James, B., 3/27/04	347 Chiodo, K., 11/12/04	529 Mikulecky, S., 3/20/04	1344 Veal, W., 3/20/04
529 France, G., 7/24/04	347 Santarone, D., 11/12/04	525 Williams, J., 3/27/04	1335 Hill, A., 3/27/04
512 Niedoliwka, V., 3/20/04	347 Arthur, M., 11/12/04	520 James, B., 3/27/04	1315 Crosby, D., 3/27/04
501 Summer, B., 10/13/04	347 Nicholson, S., 1/24/04	520 Bayha, L., 3/27/04	1295 James, B., 3/27/04
500 Hill, A., 3/27/04	347 Crosby, D., 3/27/04	512 Hatch, N., 3/27/04	1295 Callagan, T., 3/27/04
500 Crosby, D., 3/27/04	347 Nicholson, S., 1/24/04	510 Taylor, J., 3/27/04	1280 Taylor, H., 3/27/04
500 Taylor, H., 3/27/04	347 Crosby, D., 3/27/04	510 Taylor, H., 3/27/04	1267 France, G., 7/24/04
500 Jackson, B., 3/27/04	314 Sineath, C., 5/22/04	505 Houston, M., 3/27/04	
490 Callagan, T., 3/27/04	314 Sumner, B., 10/13/04	501 Bickford, J., 3/20/04	
480 Herr, J., 11/28/04	310 Callagan, T., 3/27/04	501 Hyndon, B., 11/20/04	
470 Boyd, E., 3/27/04	310 Houston, M., 3/27/04	500 Crosby, D., 3/27/04	
468 Marshall, J., 11/6/04	308 Veal, W., 3/20/04	500 Stovall, C., 3/27/04	
465 Woodlift, B., 3/27/04	305 Woodlift, B., 3/27/04	500 France, G., 8/14/04	
465 Jacobs, K., 3/27/04	305 Gatti, D., 9/11/04	495 Callagan, T., 3/27/04	
462 Hyndon, B., 11/20/04	297 Lukowski, C., 3/6/04	490 Jackson, B., 3/27/04	
460 Barnhart, C., 3/27/04	292 Norwood, J., 3/20/04	485 Woodlift, B., 3/27/04	
507 Jones, K., 4/3/04	292 Hyndon, B., 11/20/04	480 Price, M., 3/27/04	
505 Lee, T., 3/27/04	336 Keenan, W., 4/3/04	505 Jackson, B., 3/27/04	
505 Hamer, T., 4/3/04	336 Elfrner, M., 7/10/04	505 Hatch, N., 5/8/04	
500 Archie, C., 3/27/04	336 Mason, N., 10/9/04	575 Berryman, A., 3/27/04	
500 Jurosek, A., 3/27/04	336 Nicholson, N., 6/12/04	573 Chioldo, D., 11/12/04	
500 Ferguson, D., 3/27/04	330 Burns, J., 2/7/04	560 Archibie, C., 3/27/04	
500 Sendejo, J., 3/27/04	330 Bond, B., 7/24/04	555 Valdez, J., 3/27/04	
500 Nicholson, N., 6/12/04	325 McSarley, M., 2/28/04	550 Daniels, Q., 3/27/04	
495 Jones, D., 3/27/04	325 Hamer, T., 4/3/04	545 Taylor, L., 3/27/04	
490 Daniels, Q., 3/27/04	325 Davis, M., 6/12/04	540 Ashworth, J., 8/7/04	
181 SQ	181 BP	165 DL	165 TOT
635 Gentles, N., 11/13/04	336 Lenegar, S., 11/13/04	585 Sexton, R., 2/27/04	1658 Hatch, N., 5/8/04
622 Beikman, B., 8/15/04	464 Medina, S., 12/4/04	575 Berryman, A., 3/27/04	1445 Hicks, K., 11/20/04
600 Nickerson, E., 3/27/04	440 Dechickio, N., 3/21/04	573 Chioldo, D., 11/12/04	1420 Valdez, J., 3/27/04
600 Thomas, D., 3/27/04	435 Gentles, N., 6/12/04	560 Archibie, C., 3/27/04	1405 Sexton, R., 2/27/04
585 Moore, R., 3/27/04	430 Bensa, C., 8/22/04	555 Valdez, J., 3/27/04	1380 Taylor, L., 3/27/04
585 Foreman, D., 3/27/04	424 Jewett, T., 7/24/04	550 Daniels, Q., 3/27/04	1375 Archie, C., 3/27/04
580 Flowers, K., 3/27/04	413 Faulkner, S., 6/19/04	545 Taylor, L., 3/27/04	1361 Mason, N., 10/9/04
560 Williams, P., 3/27/04	400 Cady, J., 4/3/04	540 Ashworth, J., 8/7/04	1345 Berryman, A., 3/27/04
560 Martik, A., 7/10/04	400 Rose, T., 8/14/04	535 Cox, S., 3/27/04	1335 Cox, S., 3/27/04
560 Lindsey, J., 4/3/04	400 Hicks, K., 9/11/04	525 Bruce, C., 3/27/04	1330 France, G., 11/7/04
550 Lindsey, J., 4/3/04	385 Brantham, E., 2/27/04	505 Hicks, K., 11/20/04	
		181 DL	181 TOT
		600 Moore, R., 3/27/04	1615 Gentles, N., 11/13/04
		585 Nickerson, E., 3/27/04	1530 Moore, R., 3/27/04
		580 Joseph, M., 3/27/04	1485 Nickerson, E., 3/27/04
		575 Thomas, D., 3/27/04	1475 Foreman, D., 3/27/04
		565 Talbot, Z., 2/28/04	1465 Thomas, D., 3/27/04
		560 Williams, P., 3/27/04	1438 Beikman, B., 8/15/04
		560 Gooden, B., 3/27/04	1435 Martik, A., 7/10/04
		560 Martik, A., 7/10/04	1425 Joseph, M., 3/27/04
		556 Beikman, B., 8/15/04	1410 Lindsey, J., 4/3/04
		555 Samuels, D., 7/31/04	1395 Metcalfe, B., 3/27/04

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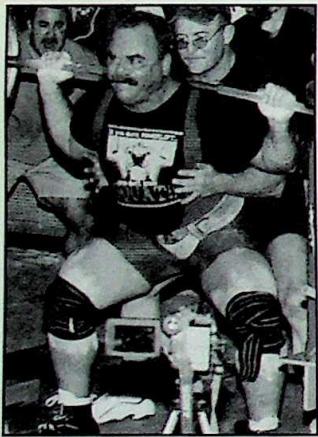
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530 Leal, L..3/27/04	375 Hines, G..8/21/04	545 Foreman, D..3/27/04	1380 Williams, P..3/27/04
530 Clark, J..3/27/04	370 Israeltel, M..2/27/04	540 Metcalf, B..3/27/04	1372 Zenzen, Z..8/22/04
525 Perez, D..3/27/04	365 Clark, C..3/20/04	535 Flowers, K..3/27/04	1360 Perez, D..3/27/04
525 Beck, P..3/27/04	365 Innes, S..8/28/04	535 Bruhn, A..3/27/04	1355 Bruhn, A..3/27/04
525 Payne, R..3/27/04	358 Waltrip, E..4/18/04	534 Thomas, E..3/21/04	1355 Welcheck, M..7/9/04
525 Welcheck, M..7/9/04	352 Wheat, J..3/6/04	534 Brede, M..3/21/04	1345 Auerbach, J..3/13/04
510 Clark, C..3/20/04	352 Cornell, D..3/21/04	534 Barnett, D..4/4/04	1344 Cornell, D..3/21/04
507 Cornell, D..3/21/04	350 Lindsey, J..4/3/04	534 Oakley, S..9/19/04	1344 Mason, N..6/12/04
505 Talbot, Z..2/28/04	347 Gallup, J..11/12/04	530 Spells, R..3/27/04	
198 SQ	198 BP	198 DL	198 TOT
661 Knutson, J..5/8/04	486 Jewett, T..11/12/04	690 Saltzman, C..3/21/04	1620 Rendon, C..3/27/04
655 Rendon, C..3/27/04	485 Dechicko, N..9/11/04	640 Rendon, C..3/27/04	1614 Knutson, J..5/8/04
622 Fredette, B..3/28/04	465 Hines, J..3/28/04	635 Beechum, K..3/27/04	1598 Saltzman, C..3/21/04
600 Pettigrew, D..3/27/04	451 Faulkner, S..11/4/04	620 Lee, R..3/27/04	1559 Fredette, B..3/28/04
600 Beechum, K..3/27/04	435 Baronski, S..3/7/04	605 White, B..3/27/04	1520 Pettigrew, D..3/27/04
600 Golden, T..3/27/04	413 Wilson, D..8/14/04	600 Baker, D..2/28/04	1510 Beechum, K..3/27/04
600 Savole, L..4/17/04	413 Nelson, C..9/12/04	600 Gaffney, J..3/27/04	1499 Savole, L..4/17/04
590 Luu, C..3/27/04	410 Melodini, E..11/21/04	585 Henry, M..3/20/04	1495 Luu, C..3/27/04
585 Gaffney, J..3/27/04	402 Knutson, J..3/27/04	585 Dechicko, N..4/3/04	1490 Gaffney, J..3/27/04
585 Handrinos, R..6/12/04	402 Maslanek, R..5/8/04	584 Sykora, J..7/10/04	1485 Golden, T..3/27/04
584 Saltzman, C..3/21/04	402 Demarinis, S..6/12/04	580 James, L..11/6/04	1480 Brady, S..3/27/04
580 Smedley, B..3/27/04	400 Hitchcock, C..3/28/04	580 Mueller, R..11/13/04	1477 Greene, T..7/24/04
580 Talbot, Z..12/4/04	400 Gondron, R..8/15/04	578 Jarecki, B..5/29/04	1475 Handrinos, R..6/12/04
575 James, L..11/6/04	395 Thorson, D..9/11/04	578 Greene, T..7/24/04	1460 White, B..3/27/04
570 White, B..3/27/04	391 Eichorn, W..3/20/04	573 Fredette, B..3/28/04	1455 Smedley, B..3/27/04
570 Campos, J..3/27/04	391 Lacy, L..10/2/04	570 Talbot, Z..6/12/04	1455 Jarecki, B..5/29/04
562 Brixius, D..3/21/04	390 Brahm, E..3/27/04	562 Mahoney, S..5/2/04	1450 Baker, D..2/28/04
560 Brady, S..3/27/04	390 Handrinos, R..6/12/04	560 Golden, T..3/27/04	1450 Talbot, Z..12/4/04
560 Jamison, M..3/27/04	390 Patton, R..8/28/04	560 Brady, S..3/27/04	1445 Lee, R..3/27/04
556 Greene, T..7/24/04	385 Desanzo, C..3/21/04	560 Werland, J..3/27/04	1445 Thomas, J..3/27/04
220 SQ	220 BP	220 DL	220 TOT
683 Halphen, G..4/17/04	562 Briggs, R..10/12/04	633 Eads, D..3/21/04	1664 Briggs, R..5/8/04
661 Briggs, R..3/27/04	520 Hines, J..8/21/04	628 Thompson, B..4/4/04	1658 Fredette, R..10/13/04
650 Fredette, R..10/13/04	451 Anderson, C..8/22/04	615 Williams, M..5/5/04	1570 Promise, R..3/27/04
645 Bobino, R..3/27/04	440 Sinclair, A..6/5/04	611 Fredette, R..10/13/04	1565 Martin, R..3/27/04
644 Mezera, N..8/22/04	429 Cunningham, J..3/21/04	600 McKay, I..3/14/04	1555 May, H..3/27/04
633 Eads, D..3/21/04	429 Rogers, D..7/24/04	600 Promise, R..3/27/04	1548 Eads, D..3/21/04
630 Garcia, J..3/27/04	425 DeLong, R..5/29/04	600 Martin, R..3/27/04	1548 Cunningham, J..3/21/04
622 Hibler, E..8/22/04	425 Hoff, A..8/7/04	600 May, H..3/27/04	1530 Garcia, J..3/27/04
620 May, H..3/27/04	420 Holloway, C..8/15/04	600 McNease, K..12/11/04	1525 Bobino, R..3/27/04
575 Vazquez, E..3/27/04	418 Mezera, N..8/22/04	590 Hileman, N..3/28/04	1521 Mezera, N..8/22/04
610 Bibb, D..3/27/04	405 Williams, M..9/12/04	585 Burton, B..3/27/04	1520 Burton, B..3/27/04
610 Ablett, D..3/27/04	400 Hunter, S..6/04	585 Bibb, D..3/27/04	1520 Cooper, J..3/27/04
605 Burton, B..3/27/04	400 Do, J..11/7/04	578 Halphen, G..3/21/04	1505 Bibb, D..3/27/04
600 Marlin, R..3/27/04	396 Fredette, R..10/13/04	575 Apple, C..3/27/04	1493 Thompson, B..4/4/04
600 Cooper, J..3/27/04	385 Hopkins, S..3/20/04	575 Sutherland, L..11/13/04	12490 Ablett, D..3/27/04
600 Huff, W..3/27/04	377 Brown, T..9/25/04	573 Rogers, D..7/24/04	1488 Rogers, D..4/3/04
600 Kirkland, A..3/27/04	375 Ciccarelli, L..2/21/04	570 Cooper, J..3/27/04	1482 McNease, K..12/11/04
595 Abrego, S..3/21/04	375 Johnson, A..4/17/04	570 Huff, W..3/27/04	1477 Hibler, E..8/22/04
575 Apple, C..3/27/04	370 Bottley, T..3/27/04	565 Garcia, J..3/27/04	1475 Apple, C..3/27/04
575 Vazquez, E..3/27/04	370 Young, K..12/4/04	565 Bobino, R..3/27/04	1471 Halphen, G..3/21/04
242 SQ	242 BP	242 DL	242 TOT
730 Herrera, J..7/10/04	567 Briggs, R..10/2/04	700 Baker, C..3/27/04	1765 Baker, C..3/27/04
723 Martinez, M..3/27/04	523 Tronzo, J..11/12/04	661 McKay, I..6/26/04	1703 Krogerman, J..9/12/04
700 Henson, T..3/27/04	515 Tabler, B..8/14/04	650 Rasmussen, N..4/24/04	1681 Rogers, D..11/6/04
666 Krogman, J..9/12/04	500 Herrera, J..11/21/04	628 Krogman, J..9/12/04	1635 Howard, J..3/27/04
650 Baker, C..3/27/04	475 Brewer, T..2/7/04	620 Riewe, D..3/27/04	1630 Martinez, M..3/27/04
650 Adams, L..3/27/04	468 Davis, K..9/18/04	617 Byrne, J..2/27/04	1625 Rasmussen, N..4/24/04
644 Santiago, R..10/31/04	457 Rogers, D..11/6/04	615 Howard, J..3/27/04	1610 Pauley, B..3/20/04
639 Rogers, D..11/6/04	455 Strangfeld, J..4/10/04	610 Pauley, S..3/20/04	1595 Gardner, C..3/27/04
633 Rasmussen, N..3/21/04	451 Byrne, J..2/27/04	610 Jordan, J..3/27/04	1570 Tronzo, J..3/21/04
625 Gardner, C..3/27/04	450 Ruch, F..12/11/04	606 Koenau, J..3/7/04	1570 Jordan, J..3/27/04
625 Jordan, J..3/27/04	430 Manicocchi, N..8/21/04	605 Bartos, G..6/13/04	1560 Adams, L..3/27/04
620 Oballe, J..3/27/04	424 Roberts, A..5/2/04	600 Tronzo, J..3/21/04	1555 Lasurie, J..4/4/04
615 Wilson, R..3/27/04	415 Baker, C..3/27/04	600 Gardner, C..3/27/04	1532 Santiago, R..10/31/04
611 Wage, C..3/21/04	415 Howard, J..3/27/04	600 Marshall, J..3/27/04	1530 Wilson, R..3/27/04
605 Howard, J..3/27/04	407 Anderson, C..5/22/04	600 Lasurie, J..4/4/04	1525 Henson, T..3/27/04
600 Pena, C..3/27/04	407 Krogman, J..9/12/04	590 Tapia, F..3/27/04	1495 Rasmussen, D..3/27/04
595 Pauley, B..3/20/04	405 Keleman, M..3/13/04	600 Gilde, A..3/21/04	1625 England, S..4/4/04
585 Riewe, D..3/27/04	405 Pauley, B..3/20/04	600 Blue, F..3/27/04	1600 Taylor, R..3/27/04
585 Saldivar, J..3/27/04	405 Martinez, M..3/27/04	600 Lugo, J..3/27/04	1581 Bevilacqua, M..4/17/04
578 Tronzo, J..3/21/04	402 Beck, H..8/22/04	584 Niskimens, J..3/17/04	1560 Finau, C..3/27/04
275 SQ	275 BP	275 DL	275 TOT
775 Millhesier, K..4/17/04	550 Atkins, D..9/18/04	639 Lietke, F..3/13/04	1555 Brough, L..3/27/04
700 Billiot, D..3/27/04	525 Millhesier, K..4/17/04	628 Krahram, J..2/15/04	1548 Tooker, M..10/13/04
675 Wisniewski, L..3/27/04	500 Holz, P..9/18/04	611 Bevilacqua, M..4/17/04	1540 Hamrick, J..3/27/04
639 England, S..4/4/04	490 Liu, A..10/12/04	606 England, S..4/4/04	1540 Andrews, C..5/29/04
630 Hissam, J..3/27/04	485 Kraham, J..12/15/04	605 Wisniewski, L..3/27/04	1532 Gilde, A..3/21/04
630 Hamrick, J..3/27/04	463 Driskell, B..11/12/04	605 Hissam, J..3/27/04	1530 Jeter, C..3/27/04
630 Fuentes, C..3/27/04	462 Gillespie, C..6/19/04	600 Gilde, A..3/21/04	1520 Wilson, A..3/27/04
625 Jeter, C..3/27/04	445 Joy, L..11/13/04	600 Blue, F..3/27/04	1515 Holmes, J..3/27/04
620 Finau, C..3/27/04	440 Holz, P..3/20/04	600 Lugo, J..3/27/04	1510 Harvey, K..9/12/04
615 Taylor, R..3/27/04	430 Andrews, C..5/19/04	584 Niskimens, J..3/17/04	1499 Lietke, F..3/13/04
610 Brough, L..3/27/04	425 Moreno, R..12/12/04	578 Driskell, B..11/12/04	1555 Brough, L..3/27/04
606 Lietke, F..3/13/04	415 Taylor, R..3/27/04	575 Wilson, A..3/27/04	1548 Tooker, M..10/13/04
606 Bevilacqua, M..4/17/04	413 Tooker, M..10/13/04	573 Gillespie, C..6/19/04	1540 Hamrick, J..3/27/04
605 Blue, F..3/27/04	410 Brough, L..3/27/04	573 Tooker, M..10/13/04	1540 Andrews, C..5/29/04
600 Krahram, J..3/25/04	407 Greer, D..3/21/04	570 Taylor, R..3/27/04	1532 Gilde, A..3/21/04
600 Holmes, J..3/27/04	405 Evets, R..3/13/04	570 Holmes, J..3/27/04	1530 Jeter, C..3/27/04
600 Salas, C..3/27/04	402 Harvey, K..9/12/04	562 Lara, M..12/11/04	1520 Wilson, A..3/27/04
600 Donahue, S..6/19/04	400 Wisniewski, L..3/27/04	555 Andrews, C..5/29/04	1515 Holmes, J..3/27/04
600 Wagle, B..10/9/04	400 Hissam, J..3/27/04	551 Addenbrooke, B..3/28/04	1510 Harvey, K..9/12/04
585 McCormack, R..3/27/04	395 Finau, C..3/27/04	550 Gilpin, J..2/28/04	1499 Lietke, F..3/13/04
SHW SQ	SHW BP	SHW DL	SHWTOT
903 Weech, S..10/13/04	730 Brown, M..9/11/04	715 Brown, M..11/21/04	2300 Brown, M..11/21/04
850 Brown, M..11/21/04	552 Quicke, J..11/12/04	700 Heppner, N..11/12/04	2127 Weech, S..10/13/04
830 Arevalo, J..3/27/04	551 Corwin, T..5/2/04	672 Weech, S..10/13/04	1940 Arevalo, J..3/27/04
800 Bradford, C..3/27/04	551 Weech, S..10/13/04	655 Harris, J..3/27/04	1735 Diggles, P..3/27/04
775 Spencer, J..3/27/04	475 Garza, S..4/3/04	640 Diggles, P..3/27/04	1735 Scott, B..3/27/04
750 Diggles, P..3/27/04	470 Arevalo, J..3/27/04	650 Deramus, Y..3/27/04	1735 Conley, R..3/27/04
750 Scott, B..3/27/04	468 Thurston, V..4/4/04	640 Arevalo, J..3/27/04	1725 Bradford, C..3/27/04
744 Thurston, V..4/4/04	465 Hect, M..11/13/04	615 Scott, B..3/27/04	1714 Addenbrooke, B..12/31/04
720 Jackson, A..3/27/04	462 Addenbrooke, B..12/31/04	611 Newsome, J..3/21/04	1710 Harris, J..3/27/04
710 Conley, R..3/27/04	435 Switalski, J..3/21/04	606 Addenbrooke, B..12/31/04	1710 Lamar, C..3/27/04
710 Sierra, R..3/27/04	432 Humphrey, J..5/22/04	600 Conley, R..3/27/04	1686 Thurston, V..4/4/04
700 Lamar, C..3/27/04	430 King, A..7/10/04	600 Wesley, M..3/27/04	1655 Wesley, M..3/27/04
700 Patton, A..3/27/04	429 York, M..3/6/04	600 Sierra, R..3/27/04	1655 Collins, W..3/27/04
700 Sanchez, D..3/27/04	425 Conley, R..3/27/04	600 Steele, D..11/13/04	1655 Hect, M..11/13/04
699 Newsome, J..10/9/04	425 Lamar, C..3/27/04	590 Collins, W..3/27/04	1640 Deramus, Y..3/27/04
690 Wesley, M..3/27/04	424 Ludwigs, N..3/21/04	585 Lamar, C..3/27/04	1625 Sierra, R..3/27/04
685 Collins, W..3/27/04	410 Harris, J..3/27/04	585 Hect, M..11/13/04	1610 Patton, A..3/27/04
680 Johnson, W..6/04	407 Cheeseman, J..4/4/04	584 Switalski, J..3/21/04	1600 Johnson, W..6/04
660 Johnson, W..6/04	400 Yash, D..3/21/04	584 York, M..5/8/04	1587 Ludwigs, N..3/21/04
650 Ludwig, N..3/21/04	400 Bradford, C..3/27/04	575 Patton, A..3/27/04	1580 Luna, F..3/27/04

MASTERS TOP 20

These are the *PL USA* TOP 20 master's powerlifters in the United States for the year 2004. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Mike McDaniel continues to rank well up in the 275 lb. Masters.

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405 Zeolla, G..7/9/0	231 Barleen, D.,4/30/04	410 Zeolla, G..7/9/04	1025 Zeolla, G..7/9/04
391 Kirkland, M..11/4/04	230 Murphy, G..12/11/04	363 Barleen, D.,4/30/04	909 Kirkland, M..11/4/04
303 Leverett, A..11/4/04	210 Zeolla, G..7/9/04	352 Kirkland, M..8/21/04	892 Barleen, D.,4/30/04
297 Barleen, D..4/30/04	175 Haines, L..11/27/04	326 Leverett, A..1/31/04	777 Leverett, A..11/4/04
264 Shear, J..6/13/04	172 Moorman, C..11/12/04	326 Hairston, D..1/31/04	705 Hairston, D..1/31/04
259 Metcalif, P..12/4/04	171 Fujisaki, C..11/12/04	304 Shear, J..6/13/04	699 Metcalif, P..12/4/04
242 Hairston, D..1/31/04	170 Leverett, A..1/31/04	297 Metcalif, P..12/4/04	677 Shear, J..6/13/04
242 Deutsch, D..10/5/04	170 Kirkland, M..6/19/04	292 Solan, C..1/31/04	677 Deutsch, D..10/5/04
236 Solan, C..1/31/04	170 Burnette, W..12/11/04	292 Zintsmaster, B..2/27/04	670 Burnette, W..12/11/04
231 Nelson, V..1/31/04	165 Lemus, B..7/17/04	292 Zadubera, S..11/14/04	661 Solan, C..1/31/04
231 Ryman, K..10/5/04	165 Miller, H..11/12/04	286 Brigham, C..3/20/04	640 Haines, L..11/12/04
225 Zintsmaster, B..2/27/04	159 Lemes, M..9/10/04	286 Deutsch, D..10/5/04	611 Zintsmaster, B..2/27/04
225 Parisi, G..5/15/04	154 Krochmal, C..8/21/04	285 Clough, J..11/20/04	606 Nelson, V..1/31/04
225 Burnette, W..6/19/04	154 Sage, O..9/19/04	281 Christopher, L..6/04	605 Parisi, G..5/15/04
220 Aliminosa, D..3/6/04	148 Deutsch, D..10/5/04	280 Burnette, W..11/28/04	605 Ryman, K..8/14/04
215 Haines, L..11/27/04	143 Schwarz, C..8/21/04	275 Hoosan, A..8/21/04	589 Brigham, C..3/20/04
200 Clough, J..11/20/04	143 Hairston, D..9/10/04	270 Steffan, B..6/12/04	585 Clough, J..11/20/04
200 Michaels, T..11/20/04	143 Metcalif, P..12/4/04	266 Stowers, S..11/14/04	584 Aliminosa, D..3/6/04
192 Brigham, C..3/20/04	137 Brown, D..6/5/04	265 Parisi, G..5/15/04	545 Michaels, T..11/20/04
176 Morgan, V..7/17/04	137 Christopher, L..6/04	265 Ryman, R..8/14/04	530 Steffan, B..6/12/04
123 SQ	123 BP	123 DL	123 TOT
430 Caputo, R..4/17/04	250 Snell, K..3/20/04	460 Snell, K..3/20/04	1115 Caputo, R..4/17/04
420 Snyder, S..6/12/04	245 Helms, J..6/12/04	450 Caputo, R..4/17/04	1090 Snyder, S..6/12/04
415 Snell, K..3/20/04	240 Lamb, B..11/20/04	450 Snyder, S..6/12/04	1085 Snell, K..3/20/04
402 Lamb, B..6/5/04	235 Caputo, R..4/17/04	418 Lamb, B..10/30/04	1025 Lamb, B..6/5/04
335 Kirkland, M..12/11/04	220 Snyder, S..6/12/04	415 Myers, C..11/14/04	875 Kirkland, M..12/11/04
297 Wilson, L..10/15/04	220 Murphy, G..10/30/04	380 Hughes, H..2/14/04	826 Hughes, H..2/14/04
292 Deutsch, D..1/31/04	220 Myers, C..11/14/04	355 Kirkland, M..12/11/04	782 Wilson, L..10/15/04
292 Hughes, H..2/14/04	198 Arndt, D..11/12/04	336 Ruff, D..3/13/04	744 Deutsch, D..1/31/04
281 Froeschle, J..10/2/04	190 Frank, R..10/23/04	308 Deutsch, D..1/31/04	744 Casper, P..5/21/04
275 Casper, P..5/21/04	190 Benner, D..12/11/04	308 Casper, P..5/21/04	699 Froeschle, J..10/2/04
255 Whidden, L..3/14/04	187 Wilson, L..10/15/04	305 Picciotti, D..5/15/04	690 Whidden, L..3/14/04
248 Haines, L..10/5/04	185 Kirkland, M..12/11/04	303 Hughes, H..9/19/04	690 Picciotti, D..5/15/04
245 Picciotti, D..5/15/04	180 Burnett, P..11/13/04	300 Whidden, L..3/14/04	688 Lucchesi, S..3/20/04
242 Lucchesi, S..8/14/04	176 Lucchesi, S..3/20/04	297 Wilson, L..10/15/04	677 Haines, L..10/5/04
231 Courman, P..3/6/04	176 Haines, L..10/5/04	290 Winkelblech, C..9/18/04	640 Burnett, P..9/11/04
230 Burnett, P..9/11/04	165 Ruff, D..3/13/04	290 Benner, D..12/11/04	639 Courman, P..3/6/04
225 Zintsmaster, B..5/22/04	165 Hughes, K..9/19/04	286 Courman, P..3/6/04	617 Zintsmaster, B..5/22/04
220 Farrar, D..5/15/04	159 Casper, P..5/21/04	286 Zintsmaster, B..5/22/04	590 Winkelblech, C..9/18/04
210 Winkelblech, C..9/18/04	155 Whidden, L..8/6/04	286 Froeschle, J..10/2/04	556 Rouse, S..5/21/04
206 McCallion, S..11/6/04	154 Opplinger, T..2/7/04	281 Christopher, L..6/25/04	555 Farrar, D..11/20/04
132 SQ	132 BP	132 DL	132 TOT
418 Richey, S..5/8/04	308 Altizer, B..1/31/04	462 Smith, T..4/30/04	1102 Smith, T..4/30/04
402 Altizer, B..1/31/04	303 Garcia, R..6/12/04	462 Kavarnos, J..10/30/04	1091 Richey, S..5/8/04
385 Jones, K..1/17/04	281 Corsoello, J..4/24/04	440 Walker, J..8/21/04	1085 Altizer, B..1/31/04
385 Smith, T..4/30/04	275 Bates, A..7/17/04	440 Trujillo, R..9/19/04	1063 Kavarnos, J..10/30/04
385 Bissen, J..4/30/04	271 Southwood, K..8/21/04	440 Evans, M..10/23/04	1005 Jones, K..1/17/04
374 Kavarnos, J..10/30/04	270 Gee, S..8/14/04	424 Myers, C..6/19/04	986 Trujillo, R..4/30/04
358 Trujillo, R..4/30/04	259 Richey, S..10/13/04	418 Richey, S..5/8/04	975 Bissen, J..4/30/04
341 Kennedy, C..11/13/04	253 Smith, T..4/30/04	405 Lamb, B..1/24/04	959 Kawasaki, N..3/20/04
330 Kawasaki, N..3/20/04	253 Jones, K..4/30/04	402 Kawasaki, N..3/20/04	920 Kennedy, C..11/13/04
292 Hughes, H..5/15/04	250 Helms, J..10/10/04	391 Bissen, M..10/23/04	854 Evans, M..10/23/04
282 Eslick, K..1/31/04	242 Gomez, S..11/12/04	390 Jones, K..1/27/04	799 Hughes, H..5/15/04
275 Dingle, K..1/31/04	242 Kennedy, C..11/13/04	374 Altizer, B..1/31/04	782 Simmons, A..1/31/04
275 Mulloy, C..2/27/04	236 Bradley, G..11/4/04	369 Hughes, H..5/15/04	760 Dingle, K..1/31/04
275 Tallion, K..12/4/04	225 Kawasaki, N..3/20/04	363 Brisbane, A..3/6/04	727 Eslick, K..1/31/04
255 Hockeborn, M..8/6/04	225 Evans, M..10/23/04	355 Landess, G..3/20/04	720 Tallion, K..12/4/04
253 Simmons, A..1/31/04	225 Kawasaki, N..10/30/04	352 Pendergast, P..3/13/04	715 Hockeborn, M..8/6/04
248 Franciscus, A..3/20/04	220 Lamb, B..1/24/04	341 Schultz, M..10/30/04	710 Drentel, J..1/31/04
236 Taylor, S..6/12/04	214 Simmons, A..1/31/04	336 Kennedy, C..11/13/04	700 Bishop, T..8/7/04
236 Drentel, J..1/31/04	211 Vincent, J..10/1/04	331 Rosales, L..3/6/04	694 Mulloy, C..2/27/04
236 Brigham, M..8/15/04	209 Trujillo, R..4/30/04	330 Drentel, J..1/31/04	670 Amos..3/27/04
148 SQ	148 BP	148 DL	148 TOT
534 Brown, C..6/5/04	435 Evangelista, A..6/19/04	630 Castro, M..8/14/04	1410 Brown, C..2/14/04
510 Green..5/1/04	385 Venturilla, C..9/11/04	578 Brown, C..9/19/04	1339 Weinstein, L..4/30/04
507 Edmondson, D..4/2/04	375 Zerbe, S..5/1/04	556 Kaneshiro, D..8/04	1311 Robinson, M..8/21/04
507 Weinstein, L..4/30/04	352 Judge, T..10/13/04	535 Warner, J..10/30/04	1285 Edmondson, D..11/20/04
485 Robinson, M..8/21/04	347 Stewart, S..2/14/04	534 Weinstein, L..4/30/04	1284 Judge, T..10/13/04
479 Judge, T..10/13/04	340 Paheco, F..3/28/04	529 Robinson, M..2/04	1270 Green..5/1/04
473 Tanabe, V..10/13/04	336 White, T..2/14/04	529 Edmondson, D..11/14/04	1265 Rohan, B..11/20/04
462 Mason, M..4/30/04	330 Brown, C..2/14/04	525 Rohan, B..11/20/04	1212 Hoff, R..2/21/04
457 Hoff, R..2/21/04	330 Guthrie, M..3/27/04	501 Payne, W..9/19/04	1212 Tanabe, V..5/8/04
455 Charles, R..7/9/04	325 Wilson, D..5/22/04	501 Tanabe, V..5/8/04	1190 Mason, M..4/30/04
451 Whitney, D..9/19/04	319 Edmondson, B..11/14/04	485 Hoff, R..2/21/04	1180 Gengo, J..7/9/04
425 Gengo, J..7/9/04	315 Rohan, B..11/20/04	485 Green, 5/1/04	1165 Liggett, M..6/12/04
425 Rohan, B..11/20/04	314 Robinson, M..8/21/04	485 Evangelista, A..8/21/04	1162 Uyeoka, B..11/21/04
424 Wider, M..8/21/04	310 Slyman, M..8/15/04	480 Wong, C..3/6/04	1151 Whitney, D..9/19/04
418 McCarty, T..1/25/04	308 Sechsler, P..2/1/04	475 Simone, L..2/8/04	1140 McCarty, T..1/25/04
413 Pellegrino, J..4/30/04	305 Aldag, T..6/5/04	473 Marchio, J..5/8/04	1130 Charles, R..7/9/04
409 Glass, F..3/20/04	303 Osgood, J..3/20/04	473 Uyeoka, B..11/21/04	1129 Oggood, J..3/20/04
405 Harrop, J..11/27/04	303 Pellegrino, J..4/30/04	470 Gengo, J..7/9/04	1107 Hedrick, T..8/14/04
402 Osgood, J..3/20/04	300 Olsen, A..8/14/04	468 Whitney, D..9/19/04	1096 Wilson, D..5/22/04
402 Uyeoka, B..11/21/04	297 Weinstein, L..4/30/04	462 McCarty, T..1/25/04	1091 Pellegrino, J..4/30/04
165 SQ	165 BP	165 DL	165 TOT
705 Heath, D..12/12/04	473 Baker, G..4/17/04	600 Wright, J..7/17/04	1665 Heath, D..12/12/04
606 Bracken, D..10/6/04	455 Heath, D..12/12/04	600 Folton, D..9/25/04	1515 Bracken, D..10/6/04
584 Roy, M..5/1/04	447 Cook, K..11/14/04	584 Sigala, M..5/1/04	1455 Sigala, M..12/11/04
573 Olson, C..5/8/04	446 Weingust, S..11/14/04	578 Cirigliano, R..11/4/04	1410 Wiltshire, G..4/17/04
572 Lume, S..3/20/04	424 Santarone, N..7/17/04	573 Dargin, C..6/5/04	1410 Sorenson, D..11/13/04
556 Woodworth, M..6/12/04	418 Slaughter, L..9/11/04	573 Croft, W..10/30/04	1405 Woodworth, M..12/14/04
551 Wilshire, G..4/17/04	415 Lawson, M..5/1/04	567 Nickle, J..5/8/04	1395 Wright..5/1/04
550 Boshoven, L..5/30/04	410 Keele, J..4/25/04	562 Snyder, B..4/25/04	1372 Cirigliano, R..10/13/04
550 Sorenson, D..11/13/04	400 Jenkins, A..10/30/04	556 Tyree, J..11/14/04	1361 Smith, G..7/17/04
534 Sigala, M..12/11/04	396 Hamby, D..11/4/04	551 Bracken, D..5/1/04	1339 Lume, S..8/27/04
523 Flores, R..10/13/04	380 Bracken, D..5/1/04	545 Smith, G..7/17/04	1322 Flores, R..8/21/04
512 Smoker, J..8/21/04	375 Page, G..6/5/04	545 Sorenson, D..11/13/04	1310 Boshoven, L..5/30/04
507 Naughton, D..3/20/04	374 Rickett, T..8/15/04	534 Flores, R..8/21/04	1306 White, F..8/14/04
507 Smith, C..7/17/04	374 Krueger, T..9/11/04	530 Jones, J..11/20/04	1300 Alduenda, S..5/1/04
496 Ferguson, J..11/13/04	371 Naughton, D..3/20/04	529 Wilshire, G..4/17/04	1300 Trujillo, P..5/1/04
490 Alduenda, S..5/1/04	369 Mattoni, L..6/19/04	529 Theodorou, N..4/25/04	1300 Olson, G..5/8/04
480 Wright, M..5/1/04	367 Cencich, T..4/24/04	523 Mattoni, L..6/19/04	1300 Jenkins, A..10/30/04
479 White, F..8/14/04	365 Sharpe, A..11/04	518 Kleyn, G..6/5/04	1295 Bolen, K..12/11/04
473 Clark, I..10/2/04	360 Venturilla, C..2/8/04	512 Rivera, M..5/8/04	1289 Nickle, J..5/8/04
473 Cirigliano, R..10/13/04	360 Knapski, A..8/14/04	512 White, F..8/14/04	1284 Rivera, M..5/8/04
181 SQ	181 BP	181 DL	181 TOT
677 Perkins, T..8/14/04	500 Proya, T..9/11/04	755 Eisenman, T..11/14/04	1700 Piernattel, F..7/10/04
665 Piernattel, F..11/20/04	496 Furnas, A..9/11/04	705 Woodley, L..11/14/04	1642 Garofalo, R..5/1/04
633 Graham, D..8/22/04	475 Conner, T..7/10/04	635 Braca, J..6/13/04	1587 Scully, B..10/6/04
622 Denton, T..8/7/04	473 Lopez, R..5/22/04	633 Garofalo, R..5/1/04	1570 Perkins, T..8/14/04
611 Garofalo, R..5/1/04	473 Santarone, N..11/14/04	622 White, E..4/3/04	1555 Benedix, R..4/17/04
606 Ruettiger, R..3/21/04	473 Levering, T..8/11/04	622 Byas, A..5/1/04	1543 Richardson, K..10/13/04
600 Cormier, M..3/28/04	462 Zangl, G..4/25/04	610 Myers, T..7/10/04	1526 Cormier, M..3/28/04
600 Benedict, R..4/17/04	460 Piernattel, F..7/10/04	600 Cirigliano, R..3/6/04	1521 Boyer, B..6/19/04
600 Shanebrook, S..9/11/04	451 Morishima, E..3/21/04	600 Hubert, S..8/14/04	1504 White, F..4/3/04
600 Scully, B..10/6/04	451 Cunningham, J..6/26/04	600 Richardson, K..10/13/04	1504 White, F..4/3/04

585 Boutte, P., 5/8/04
584 Wiley, D., 5/1/04
578 Richardson, K., 10/13/04
573 McMillion, G., 5/8/04
562 Boyer, B., 6/19/04
562 Peterson, D., 10/13/04
560 Wolfe, G., 11/20/04
550 Anderson, D., 9/25/04
540 Naughton, D., 8/22/04
540 Varrone, J., 11/20/04

198 SQ

810 Caplan, M., 5/9/04
710 Kanemoto, K., 10/13/04
672 Fleming, D., 10/13/04
670 Ingraverla, R., 11/20/04
655 Bush, K., 10/13/04
650 Scott, J., 4/4/04
650 Brantley, W., 4/17/04
650 Willett, M., 4/17/04
650 Becker, B., 8/7/04
650 Massie, A., 11/6/04

650 Schmidt, J., 11/20/04
644 Rhoades, D., 4/17/04
629 Solari, D., 3/20/04
633 Jones, G., 5/1/04
630 Young, B., 7/10/04
628 Buckley, T., 4/17/04
611 Van Cleave, M., 4/3/04
611 Buffington, G., 11/13/04
606 Lichtenberger, M., 4/3/04
606 Traub, L., 5/1/04

220 SQ

810 Burlingame, D., 3/22/04
761 Taylor, M., 10/14/04
760 Jeurink, J., 5/30/04
749 Maxwell, C., 5/9/04
738 Myers, B., 11/6/04
733 Montembault, D., 5/9/04
730 Murrell, J., 12/1/04
722 Zenzen, D., 5/9/04
705 Beaudin, D., 5/9/04
699 Pessell, G., 3/21/04

688 McNeish, K., 5/9/04
677 Kelly, B., 3/20/04
677 King, B., 4/24/04
672 Zwaanstra, S., 5/1/04
672 Sierpien, D., 5/8/04
672 Hambright, S., 11/6/04
672 Roberts, S., 12/11/04
666 Becker, M., 6/6/04
661 Cain, S., 5/1/04
655 Ortalano, P., 4/17/04

242 SQ

810 Halliwell, P., 12/18/04
805 Avigliano, J., 11/21/04
760 Mistric, L., 4/3/04
755 Montembault, D., 10/14/04
740 Chellino, M., 9/25/04
738 Ward, R., 5/9/04
733 Warren, B., 3/20/04
727 Zenzen, D., 10/14/04
722 Anderson, J., 5/9/04
722 Henderson, A.J., 5/9/04

722 Wheeler, K., 10/14/04
716 Taylor, M., 10/2/04
710 Roberts, R., 8/22/04
710 Zemken, J., 11/21/04
705 Chavez, R., 10/31/04
700 Parks, D., 12/11/04
690 Ebner, R., 11/28/04
683 Dilworth, R., 3/13/04
680 Davis, R., 11/21/04
675 Havrilesko, D., 11/21/04

275 SQ

881 Tillman, K., 3/20/04
870 Primeau, P., 11/21/04
832 Minnigh, B., 10/30/04
805 Isabella, T., 3/21/04
800 Shuman, B., 7/11/04
800 Dimiduk, M., 11/21/04
788 McDaniel, M., 10/14/04
755 Ford, J., 5/9/04
755 Boynton, R., 5/9/04
750 McKimmie, S., 4/14/04

750 Wagner, J., 9/11/04
750 Simpson, P., 11/21/04
749 Gonzales, D., 5/2/04
744 Cyranoski, S., 6/6/04
730 Pace, L., 10/30/04
727 Moore, M., 10/14/04
716 Reece, D., 5/2/04
716 Lombardi, V., 5/2/04
716 Huizar, R., 12/12/04
705 Leinfeld, J., 12/14/04

SHWSQ

1025 Hutson, T., 7/11/04
885 Hunt, J.R., 7/11/04
865 Pearson, D., 5/9/04
854 Manly, J., 3/20/04
850 Delan, N., 11/21/04
777 Meek, B., 10/14/04
777 Lavarro, L., 4/3/04
760 Deutch, L., 10/31/04
749 Lane, T., 8/22/04
745 Fletcher, P., 8/21/04

744 Soto, G., 3/27/04

738 Benjamin, N., 12/04
735 Peshek, J., 6/13/04
730 Saunders, B., 11/21/04
729 Oyler, D., 6/6/04
711 Pecktol, S., 6/26/04
710 Kress, H., 4/3/04
700 Meyers, N., 5/8/04
688 Magee, J., 3/21/04
688 Weiss, J., 11/6/04

450 Brown, J., 9/11/04
440 Van Affelen, D., 8/22/04
435 Arrendell, M., 2/15/04
435 Naughton, D., 10/30/04
430 Benedict, R., 4/17/04
424 Ward, S., 6/12/04
418 Estrada, R., 5/22/04
410 Mann, B., 8/7/04
402 Scully, B., 5/1/04
402 Fabiano, B., 10/13/04

198 BP

600 Piggee, D., 12/4/04
540 Morishina, E., 11/14/04
534 Whitney, J., 9/11/04
510 Kielczewski Sr., R., 6/27/04
510 Maitton, K., 6/27/04
505 Conner, T., 11/13/04
505 Furnas, A., 11/13/04
501 Lichtenberger, M., 4/3/04
501 Arrendell, M., 9/11/04
501 Skalkowski, B., 9/12/04

500 Watts, S., 8/8/04

500 Newman, D., 8/22/04
500 Stevens, A., 9/25/04
496 Omura, W., 8/7/04
490 Gingg, R., 5/22/04
480 Banks, L., 7/17/04
479 Kanemoto, K., 5/1/04
475 Reese, T., 2/14/04
475 Young, B., 7/10/04
475 Miller, M., 8/8/04

220 BP

580 Reed, A., 12/4/04
575 Herring, G., 12/12/04
574 Millany, K., 11/14/04
562 McConaughey, B., 3/21/04
560 Michaels, F., 8/14/04
551 Wilkinson, E., 3/21/04
545 Cozza, J., 8/14/04
545 Taylor, M., 10/14/04
545 Grassi, J., 12/4/04
545 Brownfield, K., 12/12/04

242 BP

540 Lindsay, M., 11/21/04
534 Dohaniuk, R., 5/2/04
525 Wyand, J., 9/18/04
520 Gerard, H., 11/27/04
515 Minichiello, M., 3/28/04
510 Lahodny, R., 4/3/04
507 Hays, 9/04
501 Read, B., 5/9/04
501 Harris, R., 5/22/04
501 Edwards, R., 12/12/04

220 DL

580 Knight, M., 8/7/04
607 Kitani, R., 11/14/04
606 Wilkinson, E., 11/14/04
584 Doan, D., 9/12/04
570 Robinson, R., 6/12/04
567 McConaughey, B., 6/26/04
565 Donati, R., 2/1/04
565 Levers, B., 11/21/04
562 Haycraft, D., 11/14/04
560 Paskell, E., 9/26/04

242 DL

600 Knight, M., 8/7/04
607 Kitani, R., 11/14/04
606 Wilkinson, E., 11/14/04
584 Doan, D., 9/12/04
570 Robinson, R., 6/12/04
567 McConaughey, B., 6/26/04
565 Donati, R., 2/1/04
565 Levers, B., 11/21/04
562 Haycraft, D., 11/14/04
560 Bullock, B., 12/4/04

275 DL

655 Czerwic, J., 12/11/04
650 Price, C., 12/18/04
556 Gunn, B., 4/3/04
550 Erb, R., 3/27/04
550 McIntire, B., 5/30/04
540 Goodman, B., 1/24/04
540 Chellino, M., 9/25/04
540 Pamplin, G., 9/12/04
534 Taylor, M., 10/2/04
529 Connor, M., 8/22/04

275 LP

700 Peshek, J., 11/4/04
650 Klinger, B., 7/10/04
650 Cawley, B., 7/24/04
650 Primau, P., 11/21/04
628 Dalaval, M., 10/12/04
625 Knight, M., 10/16/04
617 Finegan, S., 11/14/04
600 Shiple, S., 6/19/04
600 McKee, B., 1/22/04
590 Vickery, S., 8/8/04

589 Ludlam, R., 11/14/04

584 Donati, R., 4/25/04
579 Harms, J., 9/26/04
573 Christenson, T., 5/2/04
570 Richey, R., 3/27/04
570 Norris, B., 8/8/04
567 Dooley, B., 11/14/04
562 Hemmenway, L., 5/9/04
560 Scarce, T., 1/17/04
560 Balthazor, D., 4/17/04

583 Capps, J., 5/2/04

680 Robinson, J., 8/28/04
680 Pace, L., 10/30/04
680 Primeau, P., 11/21/04
700 Soekardi, T., 8/22/04
700 Bajert, B., 11/27/04
699 Davidson, D., 11/14/04
694 Driskill, B., 11/14/04
690 Ball, R., 10/23/04
685 Stewart, K., 9/4/04

683 Capps, J., 5/2/04

680 Robinson, J., 8/28/04

680 Pace, L., 10/30/04

680 Primeau, P., 11/21/04

722 Medak, A., 11/14/04

715 Hutson, T., 3/6/04

711 Pecktol, S., 6/26/04

705 Ryder, K., 5/2/04

705 Fletcher, P., 8/21/04

700 Mahoney, T., 4/17/04

700 Hunt, J., 9/11/04

688 Lane, T., 8/22/04

687 Manly, J., 3/20/04

661 Oyler, D., 6/6/04

661 Ratsch, P., 6/26/04

661 Weiss, J., 11/6/04

650 Ringer, M., 2/28/04

650 Wright, 4/24/04

650 Israelson, M., 9/5/04

650 Finland, T., 12/12/04

645 Meyers, N., 5/8/04

1988 Piermattei, F., 3/27/04

584 Wright, C., 3/6/04

584 Scully, B., 10/6/04

580 Green, 10/17/04

573 McMillion, G., 5/8/04

567 Boyer, B., 6/19/04

567 Krocwech, R., 11/14/04

562 Cormier, M., 3/28/04

556 Yeats, J., 5/1/04

556 Plush, P., 11/14/04

1988 Tot

1845 Caplan, M., 5/9/04

1736 Fleming, D., 10/13/04

1708 Brantly, W., 4/17/04

1692 Kanemoto, K., 10/13/04

1686 Jones, J., 5/1/04

1681 Willett, M., 4/17/04

1665 Ingraverla, R., 11/20/04

1658 Lichtenberger, M., 4/3/04

1647 Buffington, G., 11/13/04

1630 Woodley, L., 9/26/04

1630 Young, B., 11/10/04

1625 Schmidt, J., 11/20/04

1620 Traub, L., 5/1/04

1615 Givens Jr., F., 7/24/04

1581 Clark, R., 5/1/04

1559 Rhoades, D., 4/17/04

1548 Buckley, T., 4/17/04

1543 Wilson, T., 6/26/04

1537 Agnew, W., 3/13/04

1535 Shaw, B., 4/24/04

1535 Ruscitelli, 8/8/04

1471 Graham, D., 8/22/04
1465 Byas, A., 3/14/04
1460 McMillion, G., 5/8/04
1455 Fabiano, B., 5/8/04
1440 Shanebrook, S., 9/11/04
1438 Wiley, D., 5/1/04
1421 Hambric, T., 5/1/04
1410 Peterson, D., 10/13/04
1405 Stanley, M., 11/28/04
1405 Braca, J., 6/13/04

1988 Tot

1845 Caplan, M., 5/9/04

1736 Fleming, D., 10/13/04

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1625 Schmidt, J., 11/20/04

1620 Traub, L., 5/1/04

1615 Givens Jr., F., 7/24/04

1581 Clark, R., 5/1/04

1559 Rhoades, D., 4/17/04

1548 Buckley, T., 4/17/04

1543 Wilson, T., 6/26/04

1537 Agnew, W., 3/13/04

1535 Shaw, B., 4/24/04

1535 Ruscitelli, 8/8/04

1736 Zwaanstra, S., 5/1/04

1730 Gerard, B., 11/27/04

1727 Bennett, M., 10/31/04

1725 Pessell, G., 3/21/04

1747 Cain, S., 5/1/04

1740 Laney, M., 5/8/04

1736 Montembault, D., 5/9/04

1730 McNeish, K., 5/9/04

1714 Roberts, S., 12/11/04

1710 Jeurink, J., 5/30/04

1708 King, B., 4/24/04

1708 Becker, M., 6/6/04

1703 Sierpien, D., 5/8/04

1692 Musto, M., 11/13/04

1686 Roberts, P., 11/6/04

1669 Tremblay Jr., J., 5/1/04

1736 Montembault, D., 5/9/04

1730 Primeau, P., 12/18/04

1720 Minnigh, B., 12/18/04

2006 Tillman, K., 3/20/04

2005 Shuman, B., 7/11/04

1950 Vickery, S., 2/21/04

1940 Isabella, T., 3/21/04

1890 Gonzales, D., 5/2/04

1890 Stewart, K., 9/4/04

1868 McDaniel, M., 10/14/04

1855 Simpson, P., 11/21/04

1835 Boynton, R., 4/3/04

1835 McKinnie, S., 4/2/04

1824 Cyranoski, S., 6/6/04

1818 McKee, B., 8/22/04

1815 Sturdvant, B., 12/11/04

1807 Collins, B., 5/2/04

1780 Leinfelder, J., 1/24/04

1780 Morris, T., 10/14/04

1774 Reece, D., 5/2/04

1765 Dimiduk, M., 11/21/04

1755 Hunt, J., 7/11/04

1750 Hodder, J., 12/22/04

1745 Lavarro, L., 4/3/04

1740 Pearson, D., 5/9/04

2083 Manly, J., 3/20/04

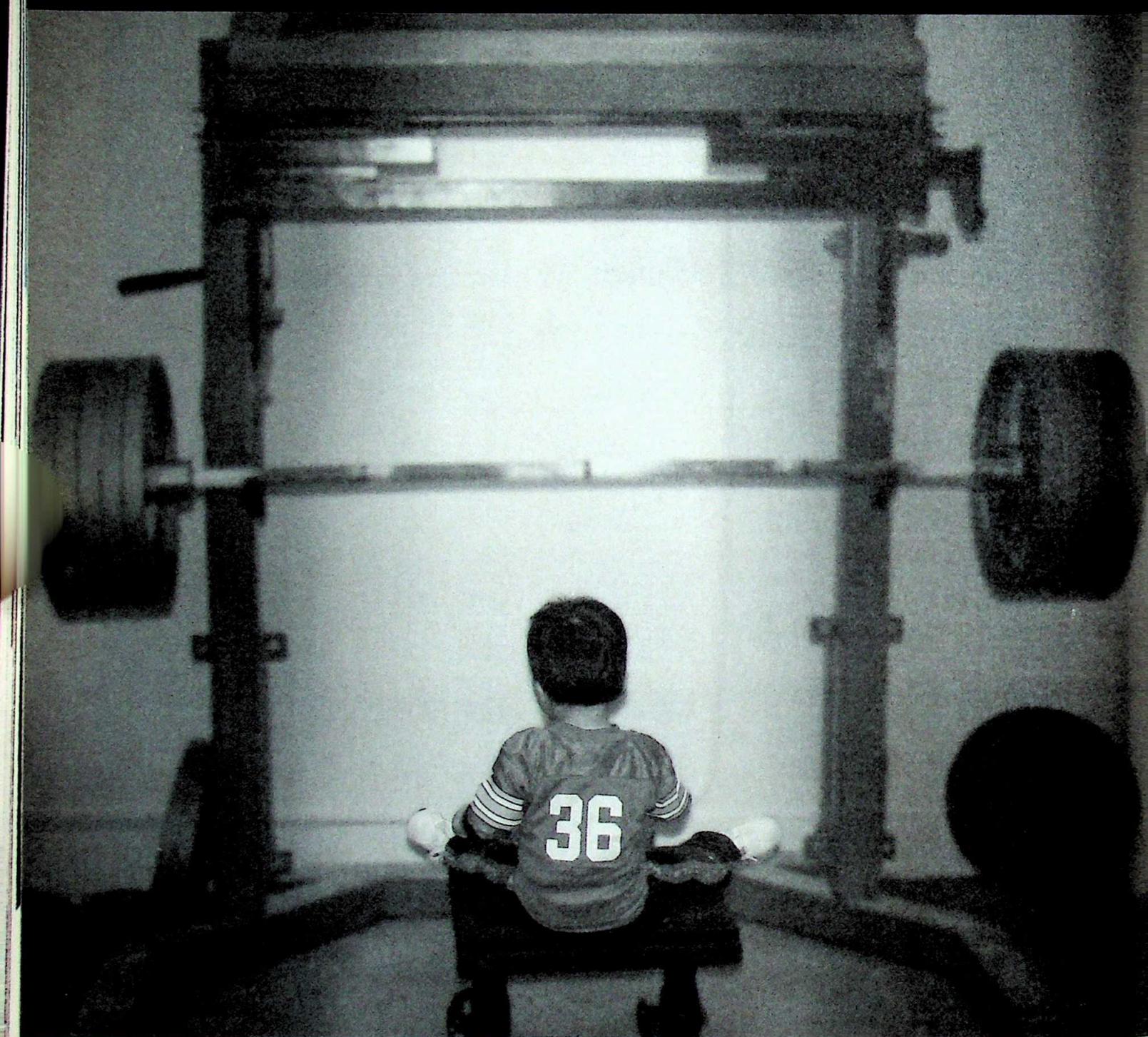
2015 Peshek, J., 6/13/04

1934 Meek, B., 10/14/04

1923 Pecktol, S., 6/26/04

1920 Fletcher, P., 8/21/04

Someday I will...



EQUIPMENT

SEMINARS

FORUMS

Q&A

ARTICLES

**Someday I will prepare with everything I have.
Someday I will perform to my best ability.
Someday I will prevail.**

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Kgs.	Lbs.	Att. Lifter	BtKgs.	DB/NT	Date	Location	Org.
1. 455.860	1005.0	(3) RYCHLAK, Eugene	169.64	68USA	21NOV04	Shamokin Dam, PA	IPA
2. 442.252	975.0	(1) Rychlak	177.81		160CT04	Canonsburg, PA	APF
3. 437.717	965.0	(1) Rychlak	174.63		11JUL04	Shamokin Dam, PA	IPA
4. 430.912	950.0	(1) Rychlak	169.64		21NOV04	Shamokin Dam, PA	IPA
5. 424.562	936.0	(2) Rychlak	174.63		11JUL04	Shamokin Dam, PA	IPA
6. 419.500	925.0	(1) Rychlak	175.0		09MAY04	Kumite Classic	APF
7. 409.367	902.5	(4) KENNELLY, Ryan	139.25	74USA	04DEC04	Kennewick, WA	APA
8. 408.230	900.0	(2) Rychlak	154.22		16NOV03	Harrisburg, PA	IPA
9. 403.697	890.0	(1) Rychlak	174.63		11JUL04	Shamokin Dam, PA	IPA
10. 401.429	885.0	(3) Rychlak	157.85		08NOV03	Pittsburg, PA	APF
11. 397.5	876.337	(3) Rychlak	164.25		06MAR04	Columbus, OH	WPC
12. 397.0	875.235	(2) MENDELSON, Scot	139.7	69USA	12JUL03	Venice, CA	APF
13. 390.0	859.802	(2) LATTIMER, Shawn	181.9		06MAR04	Columbus, OH	WPO
14. 387.821	855.0	(4) Kennelly	135.62		10JUL04	Coeur D'Alene, ID	PRIDE
15. 387.5	854.291	(2) Kennelly	143.1		20FEB05	Pasadena, CA	APF
16. 385.553	850.0	(2) Kennelly	133.35		13MAR04	Kennewick, WA	APA
17. 385.553	850.0	(1) Lattimer	183.0		10JUL04	Bedford, PA	IPA
18. 385.0	848.779	(2) Kennelly	138.5		05MAR05	Columbus, OH	WPO
19. 381.017	840.0	(2) Rychlak	157.85		08NOV03	Pittsburg, PA	APF
20. 380.0	837.757	(2) Lattimer	181.9		06MAR04	Columbus, OH	WPO
21. 380.0	837.757	(3) FRANK, Garry	170.5	64USA	04APR04	Jacksonville, FL	APF
22. 378.749	835.0	(1) Lattimer	183.5		21AUG04	Glens Falls, NY	APF
23. 377.5	832.245	(1) Mendelson	139.71		12JUL03	Venice, CA	APF
24. 376.481	830.0	(1) Kennelly	139.25		04DEC04	Kennewick, WA	APA
25. 375.0	826.733	(2) FIEDLER, Andrew	122.02	66USA	07AUG04	Debuque, IA	APF
26. 374.213	825.0	(2) Mendelson	140.89		05JUL03	Chicago, IL	BA
27. 374.213	825.0	(1) Rychlak	154.22		16NOV03	Harrisburg, PA	IPA
28. 374.213	825.0	(1) Lattimer	185.0		18SEP04	Tribes Hill, NY	APF
29. 372.5	821.221	(2) Mendelson	142.4		08JUN03	Los Angeles, CA	APF
30. 372.5	821.221	(2) Kennelly	137.85		06MAR04	Columbus, OH	WPO
31. 372.5	821.221	(2) Rychlak	164.25		06MAR04	Columbus, OH	WPO
32. 372.5	821.221	(1) Kennelly	138.5		05MAR05	Columbus, OH	WPO
33. 372.5	821.221	(1) BRANDENBURG, Clay	182.0	74USA	05MAR05	Columbus, OH	WPO
34. 371.945	820.0	(1) MEEKER, Paul	135.0	71USA	11DEC04	Houston, TX	APA
35. 370.0	815.710	(2) Brandenburg	175.9		25SEP04	Orlando, FL	WPO
36. 370.0	815.710	(1) Lattimer	185.1		05MAR05	Columbus, OH	WPO
37. 369.677	815.0	(3) Rychlak	161.21		10AUG03	Camp Hill, PA	IPA
38. 367.5	810.198	(4) Lattimer	178.25		27SEP03	Orlando, FL	WPO
39. 367.409	810.0	(3) Rychlak	161.03		07JUN03	Nazareth, PA	IPA
40. 367.405	810.0	(3) Fiedler	122.02		10APR04	Elk River, MN	APF
41. 365.141	805.0	(1) MILLER, Michael	174.63	68USA	17APR04	New Brunswick, NJ	APF
42. 365.141	805.0	(2) Fiedler	122.02		10APR04	Elk River, MN	APF
43. 365.0	804.687	(1) Mendelson	142.4		08JUN03	Los Angeles, CA	APF
44. 365.0	804.687	(2) Rychlak	158.1		27SEP03	Orlando, FL	WPO
45. 365.0	804.687	(3) Kennelly	135.9		13DEC03	Las Vegas, NV	WABDL
46. 365.0	804.687	(3) Frank	169.4		06MAR04	Columbus, OH	WPO
47. 365.0	804.687	(1) COOKE, Chris	143.5	74USA	25SEP04	Orlando, FL	WPO
48. 365.0	804.687	(3) WONG, Steve	129.5	68USA	12NOV04	Reno, NV	WABDL
49. 363.10	800.5	(4) Meeker	132.95		26JUN04	Houston, TX	APA
50. 363.0	800.278	(4) Kennelly	133.81		03AUG02	Portland, OR	WABDL
51. 363.0	800.278	(2) CRAWFORD, Wm.	124.95	74USA	06MAR04	Columbus, OH	WPO
52. 362.873	800.0	(3) Lattimer	178.48		26OCT03	Edison, NJ	WDFP
53. 362.873	800.0	(1) Kennelly	133.35		13MAR04	Kennewick, WA	APA
54. 362.873	800.0	(2) Kennelly	135.62		10JUL04	Coeur D'Alene, ID	PRIDE

800 Bench Press Club Multiple Performance Ranking as prepared by Herb Glossbrenner



Rychlak is the KING! of the 800lb. Bench Press Club, on multiple performance basis. 54 performances by 12 lifters: Rychlak (16), Kennelly (12), Lattimer (8), Mendelson (5), Fiedler (3), Frank (2), Brandenburg (2), Meeker (2), Miller (1), Cooke (1), Wong (1), Crawford (1). (R.B.)

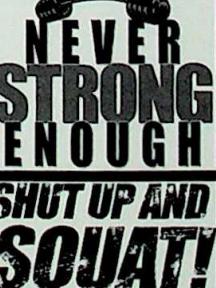
GOT POWER? WEAR THIS.

Any design:

VALUE T-SHIRT \$14.99
GREY T-SHIRT \$19.99
FITTED T-SHIRT \$19.99
SLEEVELESS T-SHIRT \$18.99
YELLOW T-SHIRT \$19.99
RINGER T \$19.99
WOMEN'S BABY DOLL T \$19.99
WOMEN'S TANK TOP \$18.99
JR. SPAGHETTI TANK TOP \$18.99
WOMEN'S JR. HOODIE \$34.99
LADIES CAMISOLE \$18.99
LONG SLEEVE T-SHIRT \$24.99
SWEATSHIRT \$29.99
BASEBALL JERSEY \$24.99
HOODED SWEATSHIRT \$34.99
BLACK CAP \$14.99
TRUCKER CAP \$14.99
COFFEE MUG \$14.99
INFANT T-SHIRT \$9.99



Available in 300-1,100 lbs.



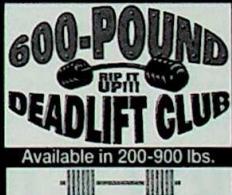
NO, I DON'T HAVE
ROID RAGE.
I JUST DON'T
LIKE YOU.



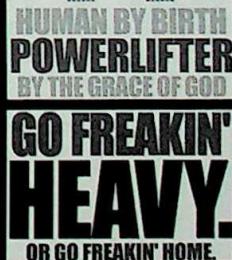
Available in 200-900 lbs.



got
bench?



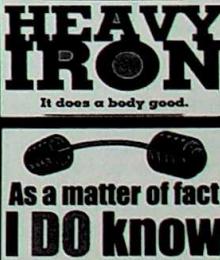
Available in 200-900 lbs.



As a matter of fact
I DO know SQUAT!
THE LEG PRESS WAS INVENTED
TO KEEP THE GEEKS OUT OF THE SQUAT RACK!



Available in 1000-2400 lbs.



It does a body good.
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100% RAW Powerlifting Federation
Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. _____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____

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

REGISTRATION FEE

\$25 - ADULTS

\$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: 100% RAW
139 MARLAS WAY, CAMDEN, NC 27921

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

LIFTER'S SIGNATURE: _____

PARENTS SIGNATURE IF UNDER 18 YRS. OLD

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

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

www.RAWPOWERLIFTING.com

Raw Worlds & Currituck Open
15 JAN 05 - Currituck, NC

BENCH	L. Gagoon	250	D. Richardson	145	A. Marrow	135	(12-13)	(14-15)	220 lbs.
Overall	J. Moore	240	M. Chavis	100	D. Cheese	75	220 lbs.	175	120 lbs.
148 lbs.	J. McGourn	200	242 lbs.	(12-13)	J. Marrow	175	181 lbs.	(12-13)	100 lbs.
M. Gadiazia	185	J. Marrow	175	D. Owens!	375	123 lbs.	(14-15)	145 lbs.	145 lbs.
R. Walsh	175	D. Inman	165	D. Taylor	255	132 lbs.	(14-15)	242 lbs.	165 lbs.
D. Priddy	160	B. Patrick	115	D. Lyks	235	(10-11)	198 lbs.	Open	(14-15)
S. Talley	115	T. Warren	100	M. Lewis	45	148 lbs.	(18-19/F)	D. Owens	375
H. Foster	110	181 lbs.	R. Ware	475	A. Marrow	1355	(12-13)	D. Taylor	255
D. Harris	105	D. Parrish	300	R. Slate	365	D. Richards	80	MEN	145 lbs.
D. Cheese	90	B. Hooker	235	V. McDaniel	275	(14-15)	148 lbs.	SQ	125 lbs.
C. Cannady	85	K. Glover	175	INDIVIDUAL		S. Talley	115	BP	125 lbs.
R. Ware	70	J. Miller	175	105 lbs.		C. Cannady	95	DL	125 lbs.
D. Richards	60	M. Jones	125	(14-15)		B. Walsh	270	TOT	125 lbs.
M. Lewis	45	198 lbs.	H. Foster	110	165 lbs.	M. Gadiada!	225	175	125 lbs.
165 lbs.	D. Daffron	155	114 lbs.	(12-13)	T. Warren	100	185 lbs.	160	345 lbs.

J. Moore!	350	240	405	995
L. Gagnon!	315	256	415	980
J. McGourn	290	200	450	940
D. Inman	255	165	365	785
B. Pattick	200	115	280	595
181 lbs.				
D. Parrish!	450	300	500	1250
B. Hooker	405	235	480	1120
J. Miller	225	175	375	775
198 lbs.				
D. Daffron	200	155	310	665
E. Snow	265	—	—	—
D. Luks	38D	235	500	1115
319 lbs.				
R. Ware!	605	475	725	1805
R. Slate	550	365	620	1535
V. McDaniel	350	275	450	1075
WOMEN				
114 lbs. (12-13)				
R. Ware	120	70	210	400
165 lbs. (14-15)				
B. Patrick	200	115	280	595
MEN				
123 (18-19)				
M. Gadiazia	225	185	340	775
148 (16-17)				
B. Walsh	270	175	335	780
148 (18-19)				
D. Priddy	300	160	365	825
165 lbs.				
Open				
D. Inman	255	165	365	785
(16-17)				
L. Gagnon	315	250	415	980
J. McGourn	290	200	450	940
Police/Fire				
J. Moore (45-49)	350	240	405	995
J. Moore 181 lbs.				
Open				
D. Parrish	450	300	500	1250
(20-24)				
B. Hooker	405	235	480	1120
(35-39)				
D. Parrish	450	300	500	1250
198 lbs. (14-15)				
D. Daffron	200	155	210	165
198 (16-17)				
E. Snow	265	—	—	—
242 lbs. (16-17)				
D. Luks	380	235	500	1115
4th-SQ-390*				
275 lbs.				
Police/Fire				

PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198s, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or

Psyching Out?, WNPF Worlds, TOP

100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Natls., WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat

Workout, Leg Training by Louie Simmons,

TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/

Women's Sis., Relieve Pain With Aloe,

Box Squats, Phytochemicals, TOP 100

123s, ADFPA TOP 20 220s.

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole, Asian

Championships, Conjugate Training,

USPF BP Nationals, Euro Jrs/Women's

United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF

World Masters, Greatest All Time

Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls., Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... Triple SENIORS ISSUE ADFPA/ APF/USPF, How to Use Creatine, Chris Confosse Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview,

Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New

Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF

World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

Jul/96... AAU Men's, USPF Jrs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Natls., "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.

Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s

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

Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls., Formula for Success, Making Weight, USPF Biography, TOP 100 220s

Apr/97... Clark Benches 800-Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start

R. Slate	550	365	620	1535
(35-39)				
R. Slate	550	365	620	1535
319 lbs.				
Open				
R. Ware	605	475	725	1805
(40-44)				

V. McDaniel 350 275 450 1075
!=Best Lifters. *=World Records. Team Champions: P/L - Body Shop of Asheboro, BP - Project Lift. Currituck High School was host to the 2004 RAW power-lifting worlds, as well as the Currituck Bench Press Championships. We saw the return of many familiar faces, and some strong new kids that are quickly making the veterans look over their shoulders. A multitude of weight classes and divisions were offered, but we like to list the top overall lifters in each weight class. In the 148 and below class we had two lifters that jumped out of the pack. Brendon Walsh would squat 270, to take a 35 pound lead in the class, but he had to watch as his lead quickly shrink with Matt Gadiazia hitting four 123 (18-19) World records. In the end Brandon would squeak out a five pound win, but Matt would take home best lifter teen honors. At 165 veteran Jack Moore had his hands full with two extremely talented young lifters. Jack's strength is his squat, and hitting 350 gave him the leeway he needed as he set four world records on a way to his 995 total and the best lifter master award. Luther McGourn was solid in all three lifts, and he set three state records (18-19), on his way to second with a 980 total. Joey McGourn didn't seem a threat for the top total, but then he uncorked a 450 deadlift to give himself 8 very respectable 940 total. Jack is going to have his hands full. In the 181 class Dough Parrish was pumped, and used text book perfect form on his way to three state records (35-39) and the 181 title. As good as Dough was, twenty year old Ben Hooker's four Junior state records and 1,120 total makes him the man to absolutely fear in this class, and if he was a pound lighter he would have been in the 165 class... how scary is that? At 198 Dave Daffron was the top lifter. At 242 Dylan Lukes was alone in his class, but he became the first high school student from Currituck to pull 500, and he set two (16-17) state records, and verily missed 510 for the World record. In the heavy weights Rusty slate is just the man, and three world records with a 620 deadlift 1535 was tremendous. Typically that would be the biggest total of the day,

Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

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

Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Lwtws. Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

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

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

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but just not this particular day. Roscoe Ware gave a lesson in super human as he squatted 605, benched 475, and pulled 725 for a 1805 total with four world records and best lifter heavy honors. I don't know if it's scarier that Roscoe just played with these weights, or the fact that he doesn't have great form, he just man bandies the weight up. We had two ladies with Rosonda Ware and Brittany Patrick both sweeping the World records in their class. Both of these ladies seemed to have strength to spare. In the bench Matt Gadiazia would bit 185 for top honors over Brandon Walsh's 175. At 165 Luther McGourn hit 250 for a ten pound win over Jack Moore. Dough Parrish became the first lifter to be top powerlifter and bencher with a 300. At 198 Dave Daffron hit 155 to repeat the feat. In 220 Darius Richardson hit 145 for top honors. Donald Owen would hit 375 in the 242 class to earn best lifter as well as top honors, and surprise Roscoe Ware earned top bench honors in the heavy weight class. In the team division the Body Shop of Asheboro NC took top honors. The lifters

have a solid core of veteran lifters, but more importantly they have and excellent attitude, and with lifters such as Jack Moore, Ben Hooker, Rusty slate, and Dough Parrish they have a bright future full of titles. In the bench division Project Lift from Henderson NC took top honors. I've worked with Lewis Broadie and William Hawkins before, and I know that not only are they tremendous lifters (although they were coaching not lifting on this day), but they have and astounding set of values. Their young team was perfectly behaved, they lifted superbly, and their coaches made sure that all of their openers were light. I hope to see this team at the 2005 World Bench meet in December. The Squat racks didn't work correct, so the spotters bad lots of fun manually moving the weight up and down to the proper rack heights. The poor Spotters actually believed Paul when he said it'd be over by one, the veterans, we new better. Thanks to the Spotters of Donny Nelson, Danny Decastillia, and especially Kinta Mallory who loaded/spotted all day long. Thanks to

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

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

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

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

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

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

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

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

Dec/98... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800

DLs, Dennis Brady, TOP 100 181s Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.

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

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

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

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

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

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

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

Nov/99... Muscle Beach Lives, East German Breakthrough, DL Details, Walk

Pam Balance for announcing, and gave Luther Gagnon hug her after he broke her sons squat, bench, and total record that had been on the books for several years. Chris Bafance is now a Marine at Camp Lejeune, and we all wish him the best, and look forward to seeing him again. (Thanks to Ben Zak for providing the meet results)

APF South Texas
12 JUN 04 - Seguin, TX

BENCH	J. Roy	358
MEN	WOMEN	
Open	123 lbs.	
242 lbs.	R. Fricke	121
B. Taylor	S. Rinn	248
275 lbs.	DEADLIFT	
J. Putnam	451 MEN	
308 lbs.	Open	
D. Miller	396 148 lbs.	
Firefighter	T. Thomas	402
275 lbs.		
Junior (13-15)	SQ BP DL TOT	
123 lbs.		
N. Reinert	303 203 331 837	
220 lbs.		
J. Davila	314 253 352 919	
J. Solano	275 221 314 810	
242 lbs.		
J. Foreman	441 308 451 1200	
Junior (16-17)		
165 lbs.		
A. Garcia	429 286 518 1233	
181 lbs.		
J. Sanchez	451 292 429 1172	
220 lbs.		
S. Kramm	473 303 496 1272	
275 lbs.		
M. Lani	540 325 562 1427	
Junior (18-19)		
148 lbs.		
J. Marshall	468 281 457 1206	
181 lbs.		
J. Gonzales	424 314 551 1289	
220 lbs.		
D. Dunbar	402 281 441 1124	
Junior (20-23)		
220 lbs.		
J. Allen	661 402 617 1680	
275 lbs.		
B. Hill	650 418 611 1619	
Masters		
132 lbs.		
J. Fisher	314 159 336 809	
165 lbs.		
M. Cox	331 198 374 903	
198 lbs.		
D. Deuter	441 391 424 1256	
242 lbs.		

Away From Death, Dynamic Duo by Louie S., TOP 100 165s.

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

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

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

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

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

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

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

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

Aug/00... USAPL Men's, APF Srs. Pt. I,

D. Eikenberg	402	253	402	1057
Below Class-1				
198 lbs.				
L. Huerta	325	209	347	881
220 lbs.				
T. Pedtaer	325	264	402	991
275 lbs.				
D. Ortiz	601	331	501	1433
Open				
242 lbs.				
R. Pike	485	652	606	1444
WOMEN				
Open				
165 lbs.				
S. Hartley	237	181	248	666
132 lbs.				
L. Hill	192	121	231	545
Juniors				
132 lbs.				
B. Cepak	259	115	259	633
148 lbs.				
K. Eddleman	264	143	292	700
97 lbs.				
B. Morales	165	82	214	463
165 lbs.				
A. Bures	242	115	259	617
198 lbs.				
S. Perez	281	115	281	677
Masters				
181 lbs.				
D. Rawe	181	99	226	507
Best Lifter Men: Jeff Allen, Best Bench Men: Joe Putnam, Best Squat Men: Jeff Allen, Best Deadlift: Alvin Garcia, Best Lifter Junior Men: Jeremy Marsball Junior Men 18-19, Best Lifter Women: Britney Cepak, Best Bench Women: Susan Hartley, Best Squat Women: Britney Cepak, Best Deadlift Women: Brandi Morales, Best Lifter Junior Women: Britney Cepak. (Thanks to Seguin Fitness for providing these meet results)				

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WOMEN	275 lbs.	
Master (40-44)	J. Garza	415
242 lbs.	4th-430	
C. Muessman	145!	Master (40-44)
MEN	165 lbs.	
Novice	D. Philippe	320
181 lbs.	4th-350!	
P. Sabala	310!	165 lbs.
220 lbs.	(Raw)	
J. Rogers	370	T. Folkerts
4th-400	181 lbs.	255
242 lbs.	J. Clark	290
A. Altamira	350	242 lbs.
4th-360	M. Porter	420
Teen (13-15)	Master (45-49)	
198 lbs.	220 lbs.	
M. Rodriguez	200	V. Palazzolo
Junior	4th-425	415
242 lbs.	242 lbs.	
T. Rogers	600!	C. Price
Submaster	Master (50-54)	520
181 lbs.	242 lbs.	

Masters Rankings, Hooking Up the Bands, USAPL Women's Nats, Westside Deadlifting, WPC Worlds Pt. II/BP

Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 132s

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

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

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

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

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

Mar/01 ... TOP 20 Women - Teen -

Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

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

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

Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Gary Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s

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

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

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

Jun/02 ... Meet Scot Mendelson, IPF

cess again this year. This annual event, sponsored in part by the Cross County Mall Association, helps to provide needy area children with toys for Christmas. Each year the lifters are asked to bring a new or good used toy to donate to these children, and as always, everyone responds generously to this cause. Thanks to mall manager Mike Witwicki for his continued support of this sport and to all of the lifters, helpers and spectators who were involved. Thanks also to my son Joey and to "Wee-Man" for their help loading and spotting. Finally, a big thanks to Joe Mireles and Jesse Garza for bringing down the large group from Michigan, and to all they both do to promote the sport in Michigan. In the bench press event first-time competitor Carolyn Muessman had a great time, taking the women's master 40-44/242 class with a new Illinois state record of 145. In the novice men's division Pete Sabala set the state record there with his 310 final attempt. At 220 it was Junior Rogers with 370, before coming back with his first official 400 bench on his fourth attempt. Alberto Altamira also got in four good attempts, finishing with a personal best 360. Both Junior and Alberto were competing for the first time. Mario Rodriguez won at 13-15/198 with 200, which was a personal best for him. Then at junior it was Trent Rogers, taking the 242 class, as well as the best lifter honors for the competition. At a 235 bwt., Trent blasted up his second attempt with 600, a new personal best and Illinois state record for him! In the submaster division Tim Seats won at 181 with 355 while Jesse Garza took the 275's with 415. A fourth with 430 was also good. Doug Philippe had a great day in the bench, finishing with a personal best and new Illinois state record 350 on his fourth attempt, after finishing with 320. Tom Folkerts, lifting in the raw division, won at 165 with a new personal best 255! John Clark took the 181 class with an easy 290 opener, after missing 305 twice. Then at 242 it was Mike Porter for the win with 420, he to, just making his opening lift. In the 45-49 age group Vito Palazzolo, lifting in his first competition, had a great day, finishing with 415, before making an even easier 425 fourth attempt. I was just glad that Uncle Vito, who won the 220 weight class, did well, because I was a little concerned, when at the weigh-ins he commented how, "I sure hope I get my lifts in, ALL of my lifts....you know I have connections!"...whatever that meant! Also at 45-49 was 242 winner Chuck Price. Opening with an easy 520, Chuck missed a personal and state record 570 twice, having problems with his lift-offs each time. That was too bad, because I know Chuck was shooting for 600, which he is dangerously close to! Greg Chrun won at 50-54/242 again, but fighting a recent

shoulder injury kept him from setting a pr, which he has done every other time he lifted here. Richard Carlson looked strong at 55-59/181, finishing with 310. In the open division Vin Voen, lifting raw, set the Illinois state record at 123 with 235. A fourth with 240 was also good. At 198 it was Jason Carson with 430, while Joe Mireles won at 220 with 410, followed by a solid 420 fourth. Evan McArthur, also a raw lifter, finished with 340, before his successful fourth of 360 and the in at 220 raw. Jim Casemier took the 242 class with two new personal bests, his 430 third followed by his 450 fourth attempts. In the deadlift competition Steve Heiner upped his own state record in the novice men's 220 class to 465. Shannon McCrary pulled a new personal best 620 @ 275 to set the state record there. And for the novice shw title there was big T. J. Carr, finishing with 550 and a new state record for that class. Brett Faught settled with 375 @ 16-17/148, coming up just short of a new state record pull of 395. In the 45-49 age division, Mike Raya looked vastly improved with his 580 pull at 198. James Ewing pulled 460, then 480 for the title at 50-54/275. In the open division Vin Voen continued his assault on the 123 class, setting the state record there with 345. Jim Casemier had the biggest pull of the day with his 660 final attempt at 242. This was Jim's second pr of the day and his second title at 242. Thanks again to everyone. See you all again next year! (Thanks to Dr. Darrell Latch for these meet results)



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AAU Red Swaim Memorial Open 4 DEC 04 - Enterprise, NC

RAW	SQ	BP	DL	TOT
MEN				
Open				
181 lbs.				
D. Bell	325	225	415	965
220 lbs.				
T. Wright	480	380	600	1460
242 lbs.				
S. Jordan	350	305	500	1155
Teen (12-13)				
97 lbs.				
T. Caudle	115	85	155	355
105 lbs.				
D. Kirkman	135	75	180	390
123 lbs.				
J. Doss	150	70	205	425
181 lbs.				
B. Kirkman	265	125	300	690
Teen (14-15)				
114 lbs.				
J. Thomas	165	135	365	665
Teen (16-17)				
132 lbs.				
C. Ladd	160	130	275	565
181 lbs.				
S. Walker	210	205	315	730
198 lbs.				

T. Sherwood	370	245	350	965	198 lbs.	M. Brady	405	275	530	1210
T. Davis	315	235	400	950	B. Nichols	570	375	570	1515	275 lbs.
275 lbs.					Master (45-49)	J. Hilliard	45	460	135	640
J. Manton	360	225	300	885	165 lbs.	Masters (60-64)	220 lbs.			
Teen (18-19)					R. McLendon	475	315	480	1270	J. Michael
165 lbs.					275 lbs.	Masters (80-84)	181 lbs.			
C. Austin	340	285	450	1075	Montgomery	625	425	650	1700	M. Gordon
81 lbs.					Master (50-54)	RAW	175	125	220	BEST LIFTERS - Teen: Daniel Everhart.
J. Joyce	275	250	390	915	242 lbs.	WOMEN	105 lbs.	125	350	Women: Felicia Howie. Men: Charlie Pressley. Men Masters: Monk Montgomery. For best lifter purposes, when assisted and raw divisions were grouped together, assisted totals were reduced by 10% to account for the gear, then multiplied by coefficient. Youngest lifter award: Cody Robbins. Oldest lifter award: Max Gordon. Alan Campos award: Justin Thomas. Team Awards - 1st place: Phil Caudles's "Gym Dogs". 2nd place: Enterprise Workout Center. Special thanks to Santa Claus for his appearance. For more information go to www.enterpriseoutwork.com . (Thanks to Johnnie Howie for providing results)
Preteen (10-11)					B. Strauss	510	360	430	1300	200 lbs.
88 lbs.					Submasters	181 lbs.	175	125	220	520
C. Robbins	85	55	135	275	MEN	181 lbs.	181 lbs.	125	350	BEST LIFTERS - Men: Monk Montgomery.
ASSISTED					Submaster	181 lbs.	181 lbs.	125	350	Women: Felicia Howie. Men: Charlie Pressley. Men Masters: Monk Montgomery. For best lifter purposes, when assisted and raw divisions were grouped together, assisted totals were reduced by 10% to account for the gear, then multiplied by coefficient. Youngest lifter award: Cody Robbins. Oldest lifter award: Max Gordon. Alan Campos award: Justin Thomas. Team Awards - 1st place: Phil Caudles's "Gym Dogs". 2nd place: Enterprise Workout Center. Special thanks to Santa Claus for his appearance. For more information go to www.enterpriseoutwork.com . (Thanks to Johnnie Howie for providing results)
MEN					220 lbs.	181 lbs.	181 lbs.	125	350	200 lbs.
Open					R. McMillan	435	270	450	1155	181 lbs.
123 lbs.					Masters (40-44)	181 lbs.	181 lbs.	125	350	200 lbs.
A. Moore	235	185	335	755	165 lbs.	181 lbs.	181 lbs.	125	350	200 lbs.
181 lbs.					F. Howie	180	120	265	565	181 lbs.
P. Wells	525	330	545	1400	Submaster	181 lbs.	181 lbs.	125	350	200 lbs.
198 lbs.					R. Robbins	240	160	250	650	181 lbs.
B. Stephenson	330	280	420	1030	Master (50-54)	181 lbs.	181 lbs.	125	350	200 lbs.
242 lbs.					Master (40-44)	181 lbs.	181 lbs.	125	350	200 lbs.
P. Caudle	490	325	475	1290	181 lbs.	181 lbs.	181 lbs.	125	350	200 lbs.
275 lbs.					181 lbs.	181 lbs.	181 lbs.	125	350	200 lbs.
C. Pressley	700	400	660	1760	Master (40-44)	181 lbs.	181 lbs.	125	350	200 lbs.

Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s. Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s. Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s. May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s. Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs Sep/03 ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s

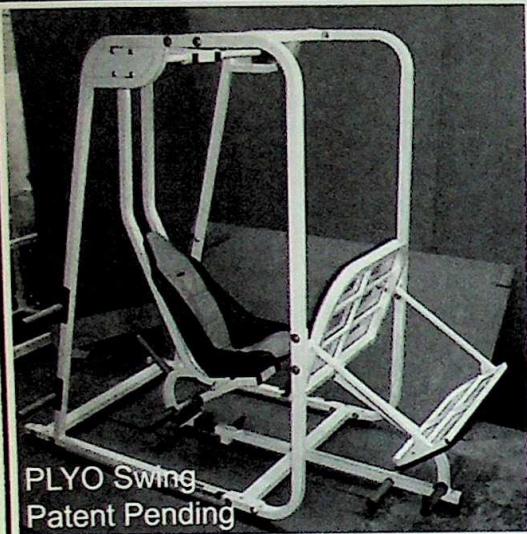
Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s. Nov/03 ... Bench Bash for Cash-Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s Feb/04 ... IPFWorld BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s Mar/04 ... USAPL Women's Nats, Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S. Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Time SQ/TOT, TOP 100 SHWs Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quitt, Cognitive Control, All Time Squats, TOP 123s Nov/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s. Dec/04 ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s

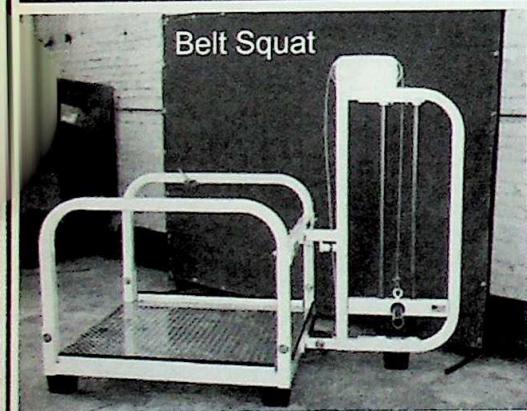
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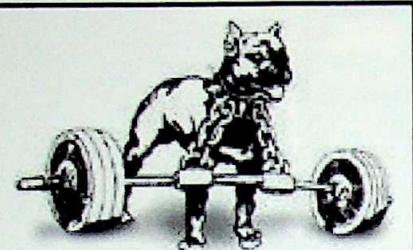
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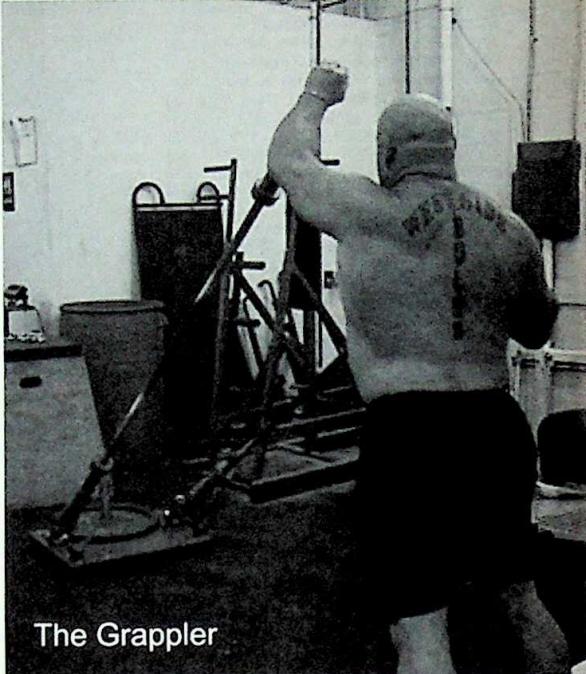
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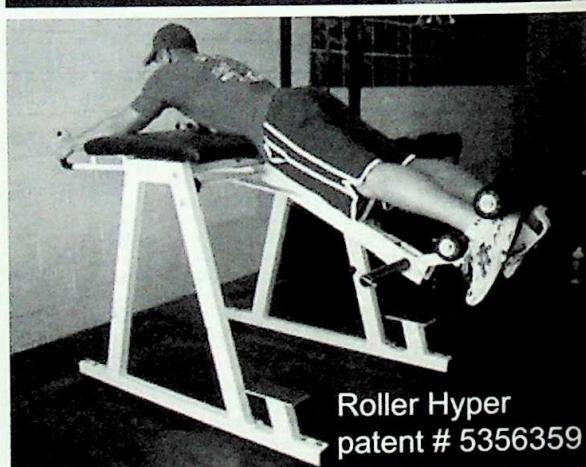
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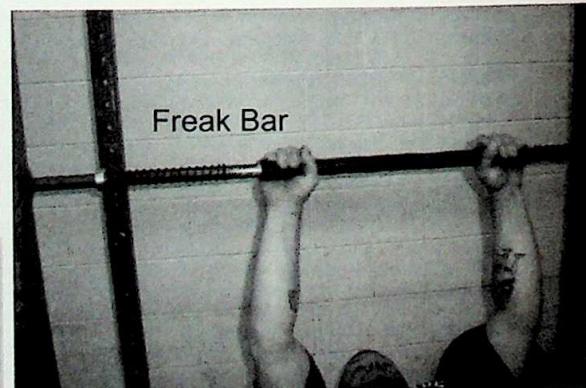
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28 MAY, NASA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

28 MAY, WABDL Midwest Regional BP/DL (Holiday Inn West Minneapolis (St. Louis Park), MN, Gus Rethwisch, 503-901-1622 or 763-545-8654

28 MAY, APA Central Florida BP/DL (Oviedo, FL), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com

28 MAY, AAU Crawford, Erie, Warren Counties Youth PL (PA) Zeke Wilson

28 MAY, APF/AAPF Back Bay Bench Bash (Biloxi, MS) Joe Ladnier, 1185C Gorenflo Rd., D'berville, MS 39540, 228-669-4240, www.joeladnier.com

28,29 MAY, WDFPF European Single Lift Championships (Pompeii, Italy) jm-gedney@wiu.edu

MAY, NHSP BP Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

MAY, NASA Kentucky State PL'ing, BP, Push/Pull & Power Sports, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or email gvh@wirefire.com

4 JUN, WABDL Great Northern BP/DL (Tacoma Inn, Tacoma, WA) Gus Rethwisch, 503-901-1622 or 763-545-8654

4 JUN, APF South Texas (Seguin - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguginfitness.com

4 JUN, SCHS Athletic Booster BP (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

4 JUN, APA Battle on the Bay BP/DL/Push-Pull (Bay City, MI), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com

4 JUN, ISS Big Bench Open (Kenosha WI) Mike Strom, Kenosha Athletic Center, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155 or mikesbench@hotmail.com

4 JUN, APA War on the Shore (Daphne, AL) Ryan Cidzik, 315-794-1836, Rcidzik@yahoo.com, www.apawpa.com

4 JUN, SLP MISSOURI OPEN BP/DL CHAMPIONSHIP (Festus, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

4 JUN, YMCA Maple City Classic BP (open, women, teen, submaster, master) Hans Schnell, YMCA, 12 Center St., Hornell, NY 14843, 607-324-5520

4 JUN, West YMCA Open PL, BP, DL, PP, 7502 Maple, Omaha, NE, Roger or Machia 402-393-3700

4 JUN, SRPA Georgia Ironman (Tucker, GA) Mark Fain 770-935-4998, markfain@juno.com, www.IronThredz.com

4 JUN, Capital City Challenge Strongman, Ford's Gym, 2509 E. Washington Ave., Madison, WI 53704, Ford Sheridan, 608-249-4227

4 JUN, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8884, 4 1 0 , www.southernpowerlifting.com

4 JUN, AAU Military Nationals (Little Rock AFB, Jacksonville, AR) Larry Kye, LKYK@NETSCAPE.NET, 501-982-7668

4 JUN, Pete Lanzi Memorial Push/Pull, (Cleveland, OH) Gary Kanaga, 4 4 0 - 7 1 7 - 9 6 2 4 , gary.kanaga@nordoniaschools.org

4,5 JUN, NASA Masters & Submasters PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

4,5 JUN, Raw A.D.A.U. National Powerlifting Championships Men and Women of any age, in all weight classes Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

4,5 JUN, APF Senior Nationals PL + BP (WPO Qualifier), Detroit MI, Jim Hinze, 386-734-3128, worldpowerlifting.org

5 JUN, Big Bench at the French BP/DL/C Class II (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

11 JUN, SLP SUPERMAN CLASSIC BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11 JUN, AAPF Florida State (Lantana, FL) Pamela Clayton, 386-734-3128, pamelaclayton@aol.com

11 JUN, AAU Jefferson, Armstrong, Indiana Counties Youth PL (PA) Zeke Wilson

11 JUN, 12th Miller's Ironhouse All Natural BP (open, women, high school, raw, teen subs, masters, grand masters) Allegany High School, Cumberland, MD, 301-777-0644. Millersiron@hereintown.net

11 JUN, USAPL Minnesota Push/Pull, Fran Huston, 2801 Flag Ave. #319, New Hope, MN 55427, 763-591-0067.

11 JUN (REVISED NEW DATE), USPF West Coast BP/DL (Venice, CA - 2 single lift meets, not total) Steve Denison, pwrlfrs@msn.com, www.powerliftingca.com, 661-333-9800

11 JUN, Summer Push Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683

11 JUN, WABDL Sonny's 5th annual Push-Pull (Kaneohe, HI) Sonny Ronolo, 808-261-4518

11 JUN (NEW DATE), 15th AAPF/APF Snake River Meet (PL, BP, DL, Youth - Apple Athletic Club, Idaho Falls, ID) 208-521-3434/520-8773, snakeriverp@yahoo.com

11 JUN (revised date), IHM Festival BP, DL, Ironman, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

11 JUN, WABDL Capitol City Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

11 JUN, APA Gulf Coast Record Breakers PL, BP, DL, PP (Ft. Myers, FL) Scott Taylor, Box 27204, El

COMING EVENTS

Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

11 JUN, WLOP World Bench Press Championship (Raw & Drug Free, All Weight Classes, All Ages, Trophies, Elite, Masters, Amateurs, Youth) - Radisson Hotel, Whittier, CA. Entries to: 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005, www.worldlegionofpower.com

11-12 JUN, AAPF Police & Fire Nationals (Frantz Gym, Aurora, IL) Ernie Frantz & Amy Jackson, amyjackson@aol.com

12 JUN (NEW DATE), USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 JUN, 2nd Headhunter Barbell BP (Wadsworth, OH) Open, Master, Teens, Women. John Kelly, 184 Pine St., Wadsworth, OH 44281, 330-334-2034 or www.headhunter.50megs.com

12 JUN, WNPF North Americans & Elite Nationals (Ephrata, PA) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnfp@aol.com

17-19 JUN, (new website) 3rd IPF/NAPF North American Regional and USAPL International Open PL (18th) (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.ipfworlids.com/napf

18 JUN, 6th annual New England's Strongest Man (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

18 JUN, NASA U.S.A. Nationals (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

18 JUN, APA California Open PL/BP/DL/Push-Pull/Strict Curl (Sacramento, CA), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com

18 JUN, APF Florida State (Lantana, FL) Pamela Clayton, 386-734-3128, pamelaclayton @aol.com

18 JUN, APA Kentucky State PL (Louisville, KY) Wade Johnson 615-7 8 2 - 4 0 3 6 , supersquat800@yahoo.com, 404 Willis Pass, Mt. Juliet, TN 37122.

18 JUN, WABDL Emerald Coast Classic BP/DL (Destin, FL) Rick Hagedorn, 256-545-8654

18 JUN, SLP Wisconsin's Strongest BP/DL (Waupaca, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com

18 JUN, USAPL Great West PL/BP, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-718-9622

18 JUN, USAPL Kansas State Open, Wayne David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761

18-19 JUN, AAU Raw National PL and AAU North American Bench, Deadlift and Push Pull (San Diego, CA) Martin Drake,

APF/AAPF/WPO Schedule

June 4th: APF South Texas PL+BP, Seguin TX. Gary Pendergrass.

June 4th-5th: APFSenior Nationals PL+BP(WPOQualifier), Detroit MI. Jim Hinze.

June 11th: APFFlorida State PL+BP, Lantana, Fla. Kieran Kidder.

June 18th: APFFlorida State PL/BP, Lantana, Fla., Kieran Kidder.

June 25th: APF Metal Militia Powerlifting Wars, Bill Crawford. Glens Fall NY.

July 29th-31sts, APWC Worlds (Unified National Qualifier) Chicago, Illinois, Kieran Kidder

Aug, WPO Qualifier, Kieran Kidder

September 3rd, APF Georgia State PL/BP, Kennesaw, GA, Jon Grove

September 10th, APF Gulf Coast Open PL/BP, Hudson, FL, Rick Lawrence

October 7th-9th, WPO Semifinals + WPO BB4Cash @ GNCSOS, Atlanta, GA, Kieran Kidder

October 15th, US National PL Championships (Unified Nationals). Las Vegas, NV. AAPF/NASA/AAU/USPF joint effort.

November 3rd-6th, WPC Worlds/WPO European Semifinals/WPO European BB4Cash. Helsinki, Finland. Minna & Ano Turtainen

November 19th, AAPF Southern States, Kieran Kidder

December 3rd-4th, APF Southern States, Jax, FLA, Kieran Kidder

**Dates subject to change Call 386-734-3128 for info.
(worldpowerlifting.org) (worldpowerliftingcongress)**

P.O. Box 108, Nuevo, CA 92567,
9 5 1 - 9 2 8 - 4 7 9 7 ,
MARTIN.J.DRAKE@BOEING.COM.
18,19 JUN, USPF Nationals Men & Womens Open, Jrs., Submasters, Masters (Los Alamitos, CA) Steve Denison, p_wrlftrs@m.s.n.c.com, www.powerliftingca.com, 661-333-9800

18,19 JUN, WDFPF European PL Championships (Grangemouth, Scotland) jm-gedney@wiu.edu
20 JUN, Samson Sportsflex Competition (San Juan, PR) William Rosario, 787-668-6336, FAX 787-757-8812

24-26 JUN, Prairie State Games (BP), Fenton High School, Bensenville, IL. Eric Stone - Sport Commissioner, thestone@chicagopowerlifting.com. www.chicagopowerlifting.com.

25 JUN, AAU Potter, Steuben, Allegany Counties Youth PL (PA) Zeke Wilson

25 JUN, APA Indy BP/DL/Push-Pull Combat (Indianapolis, IN), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

25 JUN, 100% Raw PLF National BP/PL Championships (Sanford, NC) www.rawpowerlifting.com, rawlifting@aol.com

25 JUN, AAU-USP Sooner State Games, 405-275-3689, rccrain@charter.net

25 JUN, WABDL Rocky Mountain Regional BP/DL (Salt Lake City, UT) Randy Merchant, 801-465-2349

25 JUN, APF Metal Militia Powerlifting Wars, Bill Crawford, Glens Fall NY, 386-734-3128, worldpowerlifting.org

25 JUN, APC Central California Open/Novice, (APC qualifier to go to GPC Worlds) Bob Packer, 559-

658-5437, 559-322-6805, www.calapc.net
25 JUN, Mountaineer Cup VII Strength & Sports Expo Powerlifting, Mountaineer Race Track & Gaming Resort, Rt. 2 South, Chester, WV, 304-387-8185, 3 8 7 - 8 1 7 4 , mlollini@mtrgaming.com

25 JUN (DATE CHANGE), ADAU 1st Annual RAW "Sports Connection" Challenge (SQ, BP, DL) Drug Free & 100% RAW. (Hagerstown, MD) Kevin Prosser (Meet Director) 301-573-7853 or Alan Siegel: www.pikitup.com
25 JUN, SLP Men/Women Teenage & Open Women's National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

25 JUN, NASA Missouri Grand (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SBPD@AOL.COM

25,26 JUN, WNPF Drug Free Nationals PL & Single Lift, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

26 JUN, Wally World Bench Press (drug free raw, St. Louis, MO), www.wallyworldpower.com, www.usaplnationals.com, www.sonlightpower.com, wallywld@nothnbut.net, Nancy, 314-832-6465, popeyeddf@aol.com, Jim Bell 314-894-1532, sonlight@netcare-il.com, Darrell Latch, 217-253-5429

26 JUN, APA Space City BP Extravaganza, Health Clubs of America, 14900 Westheimer, Houston, TX 77082, Tom McCullough, tommcc56@earthlink.net
26 JUN, USAPL Big Bench Blowout / Fireworks in the Rockies, Gary

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26 JUN, APA CT Open BP & DL (Norwich, CT) Donna Slaga, APA CT Chairperson, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com

2 JUL, 11th Independence BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

2 JUL, NASA Houston Grand, PL'ing, BP, Push/Pull & Power Sports, Alvin, TX. Rich Peters, Phone - 405-527-8513, E-mail SBPD@AOL.COM, P.O. Box 735, Noble, OK. 73068

8-10 JUL (revised listing), GPC American Cup PL & BP (Canada/USA, Athens, GA) and APC National PL & BP (Global Powerlifting Committee) World Championships Qualifier L.B. Baker, 770-725-6684, mobile 770-713-3 0 8 0 , lbaker@americanpowerliftingcommittee.com, www.irondawg.com

9 JUL, APF/AAPF Chicago Summer Bash II, Velocity Sports Performance, Willowbrook, IL. Eric Stone - Sport Commissioner, 630-892-7793. thestone@chicagopowerlifting.com, www.chicagopowerlifting.com

9 JUL, APA Maine State BP, DL, PP, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

9 JUL, USAPL Mid Atlantic PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

9 JUL, Downtown Sportsfest BP/DL, Mike Laudenberger 425 S. 15th St., Allentown, PA 18102, 610-434-9333.

9 JUL, SLP FT. HAMILTON DAYS BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9 JUL, NASA Western States Nationals, PL'ing, BP, Push/Pull & Power Sports, Mesa, AZ. Rich Peters, Phone 405-527-8513, E-mail SBPD@AOL.COM, P.O. Box 735, Noble, OK. 73068

10 JUL, WNPF USA Open Championships & Women's Nationals (Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com

10 JUL, SLP HEART OF ILLINOIS BP/DL CHAMPIONSHIP (Peoria, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 JUL, SLP ARKANSAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING

June 12 - Elite Nationals & North Americans, Lancaster, PA

Jun 25-26 - Drug Free Nationals, Youngstown, OH, For this event call Ron @ 330-792-6670

July 10 - USA Championships, Atlanta, GA

August 6 - Single lift Nationals & Ironman Nationals Atlantic City, NJ

August 14, Motown Open, Detroit, MI. For this event call Dick @ 269-521-4031

20 August, Ralph Peace Memorial/NC Championships, Asheville, NC

PO BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com, website - members.aol.com/wnpf

Bench America Qualifiers

23 July - WABDL House of Pain Push Pull Nationals, Sheraton Brookhollow, Dallas, Texas. Qualifier for Bench America. No Deduction. Every Bencher has to wear a single ply shirt and every bench presser qualifying for Bench America must also do a deadlift.

6,7 August - WABDL Powerlifting Superstore National BP/DL Championships, Sheraton Airport Hotel, Portland, Oregon. Normal WABDL rules. Double ply shirts allowed. Come see the beautiful Northwest -- Oregon and Washington -- two of the most scenic states in the country.

GUS RETHWISCH
503-901-1622

sonlight@netcare-il.com

23 JUL, USAPL Iron Works Bench and Deadlift, Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 9 8 9 - 8 3 7 - 8 7 0 0 , powerlifter@charterinternet.com.

23 JUL, ADAU (Raw) Squat Nationals (Catasauqua, PA - all age/ wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL, ADAU (Raw) Bench Press Nationals (Catasauqua, PA - all age/ wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL, ADAU (Raw) Deadlift Nationals (Catasauqua, PA - all age/ wt. classes & divisions) Nicholas

Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL (New Date), PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.COM

23 JUL, WABDL House of Pain Push Pull Nationals (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654

23 JUL (new location), WNPF South Florida BP, DL, PC (Plantation, FL) Brian Burritt 772-621-8988 or bburritt@hatshack.com

23 JUL, APA 2nd annual Jackson Open Battle of the Bad PL, BP, DL, PP (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102,

scott@apa-wpa.com

23 JUL, USAPL Carolina Clash PL & BP Championships - Cleveland Mall, NC. Rob Wess at rwess@darrcam.com or 704-538-6099.

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

23 JUL, AAU Larry Garro Memorial BP - DL - Iroman - Ironwoman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

23-24 JUL, USAPL PL Championships at the Tropical Games of the Palm Beaches, Robert Keller, 4264 Vineyard Circle, Weston, FL 33332, 954-384-4472.

24 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-

253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29-31 JUL, APWC Worlds (United National Qualifier - Chicago, IL) 3 8 6 - 7 3 4 - 3 1 2 8 , worldpowerlifting.org

30 JUL, WABDL Rocky Mountain Classic BP/DL (Holiday Inn Airport, Boise, ID) Gus Rethwisch, 503-901-1622 or 763-545-8654

30 JUL, NASA Colorado Grand, Nationals, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK, 73068

30 JUL, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St. Flora, IL 62839, 618-662-3414 1-8PM M-F, lessmitty@bspeedy.com

30 JUL, Arkansas Benchpress Association (ABA) Central Arkansas BP & DL (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

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

30 JUL, APF West Coast Push-Pull, John Ford, 650-303-7518

30 JUL, ABA Central Arkansas BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

30 JUL, Vermont State Open BP, All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, Rick Poston, 802-865-3068
30 JUL, APF Barbee Classic (San Antonio - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 8 0 0 - 3 7 8 - 6 4 6 0 , www.seguinfitness.com

30,31 JUL, USAPL Seminole Classic (Tallahassee, FL). All weight classes and divisions. Robert Keller/Les Cramer, www.seminoleclassic.com.

30-31 JUL, AAU Junior Olympics - New Orleans, La - ages 5-21, ausports.org or contact meet director Judy Wood - 804-559-4624 after 7pm est or 804-512-0921 or email: judi6108@aol.com

JUL, NHSP Push-Pull Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

JUL, APF Valley Classic (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

JUL, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

5 AUG, NAP PL Open Senior Nationals, Bob Garza, 281-820-5923.

6 AUG, 2nd USAPL Maximum Metal Outdoor BP (Dunmore, PA) Jason Richardson, 570-341-7665, 570-840-4462, JRicha3593@msn.com

6 AUG, APF Southeast Challenge (Orange - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 8 0 0 - 3 7 8 - 6 4 6 0 , www.seguinfitness.com

6 AUG, APA Heavy Metal BP/DL/ Push-Pull (Taylorville, IL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102,

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6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, pwrlfltrs@msn.com, www.powerliftingca.com, 661-333-9800

6 AUG, Florida State BP Championship, Dwayne Kouf, Stacey Motter, Ed Rechtenwald, or Bob Youngs 561-718-9877. Southsidebarbell@hotmail.com

6 AUG, WNPF Single lift Nationals & Ironman Nationals (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnfp@aol.com

6,7 AUG, WABDL National BP/DL (Sheraton Airport, Portland, OR) Gus Rethwisch, 503-901-1622 or 763-545-8654

7 AUG, SLP VINCE SOTO MEMORIAL OHIO STATE FAIR BP/DL CHAMPIONSHIP (Columbus, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 AUG, SLP WISCONSIN STATE FAIR BP/DL CHAMPIONSHIP (West Allis, Wi.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 AUG, WABDL Deep South BP/DL (Baton Rouge, LA) Reed Bueche, 225-638-3210

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

13 AUG, APF/AAPF Mississippi State PL/BP (Biloxi, MS) Joe Ladnier, 1185C Gorenflo Rd., D'Iberville, MS 39540, 228-669-4240, www.joeladnier.com

13 AUG, Larry Flynn Classic Powerlifting & BP Meet - Gold's Gym, 6501 S. Frontage Rd., Merriam, KS 66202, NASA Sanctioned Meet - Drug Free!, Meet Director: Jim Duree, Meet Coordinator: Jim Mellon, 816-868-4570, www.larryflynnclassic.com

13,14 AUG, APC Region-I Powerlifting & BP Championships - Dayville, CT. Scott Lee or Tom Stucke, 860-779-0673, www.americanpowerliftingcommittee.com

13,14 AUG, WABDL Can Am Cup (Okotoks (Calgary), Alberta, Canada) Bruce Greig, 403-938-3067

13, 14 AUG, NASA World Cup, PL'ing, BP, Push/Pull & Power Sports, Okla City, OK. Rich Peters, Phone - 405-527-8513, E-mail SBPD@ao.com , P.O. Box 735, Noble, OK. 73068

13,14 AUG, AAU Open Nationals (Massachusetts) Larry Larsen, 781-767-0764, www.aausports.org

14 AUG, 2nd Maryland's Strongest Police/Fire/Corrections PL (Columbia, MD) Vic Selvaggi, vselvaggi@co.ho.md.us

14 AUG, WNPF Motown Open - Detroit, MI, Richard Van Eck (269) 521-4031 or Jeff Buchin (517) 622-3890

14 AUG, SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP (Sedalia, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 AUG, AAU World Qualifier (youth & adult, PA) Zeke Wilson

20 AUG, APA Twin State Open Strict Curl/BP/DL/Push-Pull (Keene, NH) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com

20 AUG, USAPL Virginia State PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiasapl.com

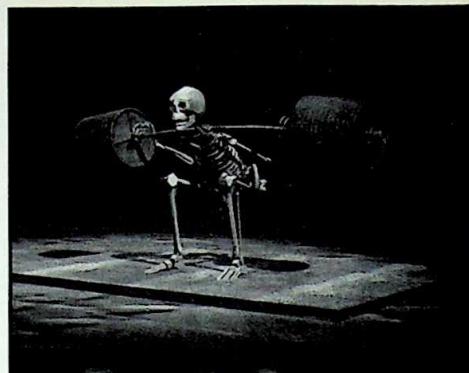
20 AUG (New Date), WNPF Ralph Peace Memorial (Asheville, NC) Lester Fields, 770-842-2137 or lesterfields@aol.com

20 AUG, USAPL NJ Bench Press Open, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

20 AUG, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

20 AUG, Northern Virginia Raw BP Championships (Sterling, VA), John James, 703-475-9885, www.northernvirginiarawpower.com

20 AUG, 21st Annual Iowa State Fair BP/DL



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20 AUG, APF South Dakota Bench Bash, Summit Activities Center, 1801 Summit St., Yankton, SD 57078. Josh Law, 605-665-2705, lawamerica@hotmail.com, www.upfsc.com

20 AUG, WABDL Tennessee State BP/DL (Holiday Inn, Murfreesboro, TN) Ken Millrany, 931-962-1596

21 AUG, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP

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27 AUG, APC Region-

III Powerlifting & BP

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6684 or 770-713-3080,

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27 AUG, WABDL 9th

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27 AUG, USAPL 2nd

Annual Southern OH PL

& BP Championships,

Dave Ricks, 8835 Win-

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OH 45458, 937-435-

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27 AUG, WABDL Scan-

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1 SEP, APA Palm Beach

Open PL/BP/DL/Push-

Pull (Palm Beach Garde-

nens) Scott Taylor,

P.O. Box 27204, El

Jobean, FL 33927, 941-

697-7962, fax 413-828-

6102, scott@apa-

wpa.com.

3 SEP, SPF Virginia

State Push/Pull, BP

(Holiday Inn, Bristol, VA)

Jesse Rodgers, 1326

Koblan Dr., Hixson, TN

37343, 423-876-8410,

www.southempowerlifting.com

3 SEP, NASA Kansas

Grand (PL, BP, PP, PS -

Salina, KS) Rich Peters,

Box 735, Noble, OK

73068, 405-527-8513,

SQBPDL@aol.com



AMERICAN POWERLIFTING COMMITTEE



25 June - APC Central California Open and Novice (Teen, Women, Junior, Masters, Open - APC National Qualifier to go to the GPC Worlds), Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

3 SEP, APF Georgia State PL/BP (Kennesaw, GA) Jon Grove, 386-734-3128, worldpowerlifting.org

3 SEP, WABDL Oklahoma State BP/DL (Powerhouse Gym, Tulsa, OK) Cale Sherwood, 918-955-4789

10 SEP (NEW DATE/LOCATION), WNPF Lifetime Drug Free Nationals (Armonk, NY or Piscataway, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com

10 SEP, APF Gulf Coast Open PL/BP (Hudson, FL) Rick Lawrence, 386-734-3128, worldpowerlifting.org

10 SEP, USPF Venice Beach PL/BP, Steve Denison, p w r l f t r s @ m s n . c o m, www.powerliftingca.com, 661-333-9800

10 SEP (new date), NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Mike Adelmann, powerlifter@surfbest.net

10 SEP, SLP TENNESSEE STATE FAIR BP/DL CHAMPIONSHIP (Nashville, TN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 SEP, the Power Quest Strength Promotions BP Championship, Days Inn, Fremont, OH. Rob Twining 419-307-4162.

10 SEP, APF Massachusetts Open Bench Press Championships, Steve Smith, 978-361-6729, 4 Liberty St. Unit 2, Salisbury, MA 01952, smsrudelog@adelphia.net

10 SEP, WABDL Idaho State BP/DL (Templin Red Lion Hotel, Post Falls, ID) Roger Neff, 208-964-0194

10 SEP, 100% Raw Virginia State BP, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

11 SEP, United We Stand (BP, DL, Ironman, Ironwoman, Raw, Equipped, all classes, trophies, 1st-5th \$30.00 entry fee, free meet t-shirt), Charles Venturilla, 718 Mabel St., New Castle, PA 16101, 724-654-4117.

17 SEP, WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rlopst@frontiernet.net

17 SEP, Open BP meet, Glenwood Athletic Club, (Glenwood, AR) Jason or George at 870-356-6250

17 SEP (New Date), NPA (drug free) Naatinals BP&DL, Fitness Lifestyes, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fittifiedb@cs.com

17 SEP, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-

5429, www.sonlightpower.com, sonlight@netcare-il.com

17 SEP, APF Northern California Open, John Ford, 650-303-7518

17 SEP (revised date), APF/AAPF Midwest Classic (Missouri/Kansas/National Records. All divisions plus police/fire, Olympic weightlifting exhibition). Susan Sharpe-Patterson 816-914-9709 or www.midwestbarbell.com.

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

17 SEP, WABDL West Coast Classic BP/DL (Marriott Hotel, Rancho Cordova(Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

24 SEP, 100% Raw Tri-State PL (Hagerstown, MD) www.rawpowerlifting.com, rawlifting@aol.com, litjohnraw@aol.com

24 SEP (New Date), WABDL Hawaii State BP/DL (Waimanalo, HI) Keith Ward, 808-259-5266

24 SEP, Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 74006, 913-626-1141 or 626-1142, jduree7086@aol.com

24 SEP, SLP OPEN NATIONAL POWERLIFTING / B/P / D/L CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

24 SEP, NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24 SEP, APF Hawg Farm Come & Get 'Em (Henderson, KY) Larry Hoover, RR3, Box 164, Princeton, IN 47670, 812-385-9932, quad4hoover@peoplepc.com

24,25 SEP, APF/AAPF Sin City Ironfest, "Bring it If You Got it", Powerlifting & BP(Police/Fire, Women, Teen, Junior, Men, Open, Submaster, Master, 114 lbs. - SHW, No Late Entries Accepted!), - The Gym, Las Vegas, NV. Mark Swank, Meet Director, 72-245-6852 and Carol Upton, Assistant Meet Director, 702-656-6762, 3010 N. Torrey Pines Dr., Las Vegas, NV 89108, thegymlasvegas@earthlink.net

29 SEP, SLP Genesis Open Push/Pull Classic (Celina, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com

SEP (Date Change), WNPF North ern Florida BP, DL, Ironman & PC (

Lake City, FL) Lester Fields, 770 842-2137 or lesterwfields@aol.com

30 SEP-1 OCT, BenchAmerica 3 (Elgin, IL "DO YOU QUALIFY"), info@benchamerica.com.

1 OCT, APF/AAPF 2nd NYC Coliseum Impact PL for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com

1 OCT (NEW DATE), WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339

1 OCT, WABDL Night of the Champions (All American Gym, Lakeland, FL) Ken Snell, 863-687-6268

1 OCT, WPA/APA World BP/DL/ Strict Curl (Hanover, PA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

1 OCT, SLP FALL BENCH PRESS/ DEADLIFT CLASSIC (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

1 OCT, Arkansas Benchpress Association (ABA) Arkansas Open BP & DL, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

1,2 OCT, 14th WNPF World Powerlifting Championships (Philadelphia, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515

2 OCT, ADAU Connecticut State Open PL/BP, Rob Delavega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8584, phbrookfield@sbcglobal.net

2 OCT, SLP IOWA STATE BP/DL CHAMPIONSHIP (Clinton, Ia.) Son

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

7-9 OCT, WPO Semi-Finals & WPO BB4Cash @GNC SOS (Atlanta, GA), 386-734-3128, worldpowerlifting.org

8 OCT, ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe O'renigia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

8 OCT, SLP OKLAHOMA STATE BP/DL CHAMPIONSHIP (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

9 OCT, SLP MISSOURI STATE BP/DL CHAMPIONSHIP (Springfield, Mo.) Son Light Power, 122 W. Sale,

UPCOMING SLP COMPETITIONS

11 JUNE - SLP Superman Classic BP/DL Championship (Metropolis, IL)

12 JUNE - USA 'RAW' Bench Press Federation Summer Nationals - World Qualifier (Mattoon, IL)

25 JUNE - SLP Teenage Men/Women & Open Women's BP/DL Nationals (Tuscola, IL)

9 JUL, SLP FT. HAMILTON DAYS BP/DL CHAMPIONSHIP (Hamilton, Oh.)

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

14, 15, 16 OCT, WDFPF Single Lift Worlds (Croatia) jmgdedney@wiu.edu

15 OCT, 9th Annual PA Power Challenge (Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

15 OCT, SLP ARKANSAS STATE BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

15 OCT, US National PL Championships (Unified Natioanls - Las Vegas, NV - AAPF, NASA, AAU, USPF joint effort), 386-734-3128, worldpowerlifting.org

15 OCT, The Ashtabula YMCA BP Championship - YMCA Ohio, Lonnie Anderson, 440-964-3013, anderson1142@yahoo.com.

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

15 OCT, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

15 OCT, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwr1ftrs@msn.com, www.powerliftingca.com, 661-333-9800

15-16 OCT (corrected dates), AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aauSports@org or aaupower@aol.com, Va Power-

lifting Association - 1811 Southcliff Road, Richmond, Va 23225

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

17-23 OCT, GPC World PL/BP (Dessau, Germany) LB Baker, 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

17 OCT, NASA Colorado Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

22 OCT, SLP MID-AMERICA OPEN BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 OCT, 23rd Annual Raw A.D.A.U. "Central PA Open" Powerlifting Championships Open and All age Groups for both men and women The longest continually conducted DRUG-FREE meet in Pennsylvania Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pkitup.com

23 OCT, SLP HARD CORE OPEN II BP/DL CHAMPIONSHIP (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 OCT, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 OCT (corrected date), USAPL Blue Ridge BP Raw & Assisted, John

Shiflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

29 OCT, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

29 OCT, Iowa/Midwest Open BP or DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

29 OCT, 8th Fred Rogers/Paul Smart BP/DL, Clyde, NY. Steve Rogers 315-365-3377. Seeper67@tds.net

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

OCT, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdndon@fgcu.edu, 239-590-7709

OCT, WNPF Michigan State and Open, Benton Harbor, MI, Richard Van Eck (269) 521-4031

OCT, NASA Big River Classic, Tobey & Daryl Johnson, Blytheville, AR.

OCT, NHSP PL Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

OCT, NASA Kentucky Regional 'PL'ing, BP, Push/Pull & Power Sports, Louisville, Ky. Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or e-mail gvh@wirefire.com

3-6 NOV, WPC Worlds/WPO European Semifinals/WPO European BB4Cash, Minna & Ano Turtiainen Helsinki, Finland, 386-7 3 4 - 3 1 2 8 , worldpowerlifting.org

5 NOV, APF Texas Cup (Dallas - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

5 NOV, APA 4th annual Battle of the Badasses BP, DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

5 NOV, Northern Virginia Raw PL & BP Meet (Sterling, VA) John James, 7 0 3 - 4 7 5 - 9 8 8 5 , www.northernvirginiarawpower.com

5 NOV, NASA Iowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

5 NOV, USAPL California State (PL, BP - Dublin, CA) Jason Burnell, 510-2 3 2 - 4 7 5 5 , deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com,

2005 APC / GPC Meets

May 14: APC Excalibur Classic Powerlifting and Bench Press (Alabama State Meet) Jeff Green: 205/817-6681; 205/823-4745

June 25: APC California Open and Novice Powerlifting and Bench Press Bob & Kim Packer: 559/322-6805; 559/658-5437

July 9 & 10, 2005: GPC American Cup - Canada/USA and APC Nationals Powerlifting and Bench Press Nationals: Open, Submaster, Master, Junior Teen. Athens, GA LB Baker 770/713-3080; 770/725-6684

Aug. 13 & 14: APC Region I PL and BP Championships, Dayville, CT - Scott Lee, 860/779-0673

Aug. 27: APC Region III PL & BP Championships. Athens, GA LB Baker 770/713-3080; 770/725-6684

Sept. 17: APC Northern California Open - Bob & Kim Packer 559/322-6805; 559/658-5437

Oct 17-23: Global Powerlifting Committee (GPC) World PL & BP Championships, Dessau Germany

Dec 11: 2nd Annual Iron Man. Fresno, CA. Bob & Kim Packer 559/322-6805; 658-5437



www.usapl-ca.org

5 NOV, USA 'RAW' BENCH PRESS FEDERATION WORLD CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5 NOV, NASA Kansas City Regional, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1141 or 626-1142, jduree7086@aol.com

5 NOV, USAPL NJ State, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

5 NOV, AAU Star City Classic (Lincoln, NE) Howard Huffman

12 NOV, ADAU BP/DL Meet (raw/drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888

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

12 NOV, SLP OHIO STATE BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 NOV, NASA Arizona Regional, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

12-13 NOV, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com

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

8-13 NOV (REVISED NEW DATE - new website) - IPF Men's Worlds (J.L. Knight Center, Miami, FL) Robert Keller, 954-384-4472, r_h_k@verizon.net, www.ipfworlds.com

8-13 NOV (REVISED DATE), IPF Pan-American Men's & Women's PL (J.L. Knight Center, Miami, FL) Robert Keller, [rhc@verizon.net](mailto:rhk@verizon.net), www.geocities.com/floridausapl

11-13 NOV (NEW DATE), IPA Senior National Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillet@aol.com or Mark Chaillet 717-495-0024, chailfit@suscom.net.

16-21 NOV, WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch, 503-901-1622 or 763-545-8654

19 NOV, Sacramento Open PL/Push-Pull/BP/DL/Strict Curl Championships (Sacramento, CA) Chip Conrad bodytribefitness@hotmail.com or Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apawpa.com.

19 NOV, AAPF Southern States, 3 8 6 - 7 3 4 - 3 1 2 8 , worldpowerlifting.org

19 NOV, YMCA Nationals (Austin, TX) We accept all federation and YMCA cards. All weight classes and divisions. Raw, single ply and unlimited equipment. Les Cramer/PLJ, PO Box 300966, Austin, TX 78703, www.powerlifting-journal.com.

19 NOV, 100% Raw World BP (Currituck, NC) www.rawpowerlifting.com, rawlifting@aol.com, 252-339-5025

19 NOV, USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK

73107, 405-321-1775

19 NOV, SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

26 NOV, NASA Kansas Regional (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

NOV, WSA Men & Women

Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

NOV, APF Northern California, John Ford, 650-303-7518

NOV, Mass/Rhode Island State Open PL. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-8513, www.newenglandusapl.com and www.nextlevel-fitness.com.

2-4 DEC (NEW DATE), WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu

2-5 DEC, AAU World Bench, Deadlift and Push-Pull (Laughlin, NV) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4

4 7 9 7, MARTIN.J.DRAKE@BOEING.COM

3 DEC, USAPL Ed Nellor Memorial HL Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672

3 DEC, APF Rio Grande Valley (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 8 0 0 - 3 7 8 - 6 4 6 0 .

www.seguingfitness.com

3 DEC, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

3-4 DEC, APF Southern States (Jacksonville, FL), 386-734-3128, worldpowerlifting.org

3,4 DEC (NEW DATE), WNPF Drug Free for Life/Battle of the Countries Championships (Orlando, FL or Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com

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

4 DEC, 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

9-11 DEC, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, [rhc@verizon.net](mailto:rhk@verizon.net), 954-384-4472

10 DEC, SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 DEC, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

7823.

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

10 DEC (date change), WNPF New Jersey State/Open (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA, 30214, 678-817-4743 or wnpf@aol.com

10 DEC, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com

10 DEC, USAPL Christmas BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

10,11 DEC, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

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

31 DEC, SLP 'THE LAST ONE' BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

DEC, 100% Raw World PL, www.rawpowerlifting.com, rawlifting@aol.com

27-29 JAN 06 - 2005 AAU World Championships (three lifts) and International Bench Press Contest (Richmond, VA - Holiday Inn): aaupower@aol.com or VaPowerliftingAssoc.com, 1811 Southcliff Road, Richmond VA 23225

14 JAN 06, APF Michigan Bench for Cash. Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharborne@comcast.net

MAR 06, Mass State Open High School Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711, www.newenglandusapl.com and www.nextlevel-fitness.com.

MAR 06, USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

1-5 NOV, 2006 GPC World PL/BP (Gent, Belgium) LB Baker 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

8,9 APR Power Palooza 9 (Leesport, PA) Full Power, BP/DL, Gene Rychlak, www.americanpowerliftingcommittee.com

10-12 NOV 06, WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu

Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

19-23 APR, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, [rhc@verizon.net](mailto:rhk@verizon.net), 954-384-4472, www.geocities.com/floridausapl

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

26-28 MAY 06, WDFPF European Single Lift Championships (Varese, Italy) jm-gedney@wiu.edu

MAY 06, New England States Open Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711, www.newenglandusapl.com and www.nextlevel-fitness.com.

15-22 JUL (06) Gay Games Powerlifting (Chicago, IL - register by 15 JUL 05 for out of competition testing program), info@GayGamesChicago.org, www.GayGamesChicago.org

JUL 06, USAPL Men's Nationals PL (Miami, FL) Robert Keller, [rhc@verizon.net](mailto:rhk@verizon.net), 954-384-4472, www.geocities.com/floridausapl

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

14,15 OCT 06, WDFPF Single Lift Worlds (Bendigo, Australia) jm-gedney@wiu.edu

OCT 06, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

1-5 NOV, 2006 GPC World PL/BP (Gent, Belgium) LB Baker 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

10-12 NOV 06, WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu

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

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President's Message: An Exciting Spring in USAPL

Spring is typically our busiest time Nationally, and starts the international competition schedule as well. Last month, I mentioned the Master's Bench Press (World) Team. They have returned from Slovakia, with a number of Gold Medals, individually, and as a team. In the team standings, the USA brought home the Gold Medal in the Master 1 (40-50) Division. The Men's Master II (50-59) and the Women's Master I (40-49) divisions garnered the Bronze Medals.

Individual athletes who medalled were: **Gold Medal:** Helen Sauer (M2, 75 kg.), Dave Doan (M2, 110 kg.), Brad Klinger (M2, 125 kg.), Frank Beeler (M2, +125 kg.). **Silver Medal:** Angela Simmons (M1, 60 kg.), John Corsello (M1, 60 kg.), Greg Zangl (M1, 82.5 kg.), Raoul Donati (M1, 125 kg.), Kevin Johnson (M2, 125 kg.), Paulette Calhoun (M1, +90 kg.). **Bronze Medal:** Leigh Haines (M1, 56 kg.), Pam Zangl (M1, 75 kg.), Dana Rosenweig (M1, 90 kg.), Rich Wenner (M1, 100 kg.), Dan Gaudreau (M1, +125 kg.), Ivan Zwick (M3, 67.5 kg.).

There were many excellent performances by lifters who weren't fortunate enough to medal, but whose efforts supported the team efforts and success. The coaching staff, headed by Nectar Kirkiris.

National Competitions

The High School Nationals was held toward the end of March in Milwaukie, Wisconsin. 390 athletes competed, and while the results are too extensive to review here, they may be accessed at: www.usapl-wi.com. There were a number of teams present at the

competition, and the high number represent the continued growth of high school programs in the U.S. The placings of teams are:

Varsity Boys – 1st Plainwell, Michigan (Tod Miller), 2nd Alexandria, Louisiana (Duane Urbina), 3rd St. Xavier, Wisconsin (Larry Traub), 4th GET, Wisconsin (Jon Steffenhagan), 5th Neenah, Wisconsin (Joe Lewis), 6th Bellevue E., Nebraska (Phil Burlingame), 7th N. Central, Indiana (March Anderson).

J.V. Boys – 1st Plainwell, Michigan (Tod Miller), 2nd Neenah, Wisconsin (Joe Lewis), 3rd GET, Wisconsin (Jon Steffenhagan).

Varsity Girls – 1st Alexandria, Louisiana (Duane Urbina), 2nd Plainwell, Michigan (Tod Miller), 3rd Neenah, Wisconsin (Joe Lewis), 4th GET, Wisconsin (Jon Steffenhagan).

J.V. Girls – 1st Neenah, Wisconsin (Joe Lewis), 2nd Necedah, Wisconsin (Erich Mach), 3rd GET, Wisconsin (Jon Steffenhagan).

By these team results, it is obvious that USAPL powerlifting

is big in the Midwest, but that there are many other areas with well developed and growing programs. Athletes from many other states attended as well.

Collegiate Nationals

As I write this, the Collegiate Nationals are ongoing. 200 athletes from more than 20 universities are contesting for Team awards, and athletes may earn All-America honors in addition to medals. Preliminary reports are that a number of Jr. World Records have been attempted. Stay tuned for results next month.

Top 20

This month, we feature the top 20 Women at 67.5 kg., and the top 20 Men at 82.5 kg. The complete top twenty rankings can be found at: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.

National Office Move

The USA Powerlifting National Office has relocated to a spacious new facility, but remains in Columbia City, Indiana. The new mailing address is: P.O. Box 668, Columbia City, IN 46725. The phone number is unchanged: (260) 248-4889, as is the email (USAPLADMIN@skynet.net).

USAPL Merchandise

While we have always had USA Powerlifting t-shirts and polos available, USAPL is expanding our line of merchandise to include hats (beanies), women's t's, tank tops, sweatshirts, and singlets. You may still get USAPL medals through the National Office. Look for our online store, coming soon to the USAPL website: www.usapowerlifting.com.

USAPL Club Information

We continue our efforts to encourage USAPL lifters to get together to train and exchange ideas when traveling.

Jersey Shore Fitness

711 Brinley Ave

Bradley Beach, NJ 07720

Matthew Clark (732) 988-9888

G.E.T. Powerlifters

W18575 Cty Rd DD

Etrick, WI 54627

Stephanie Baer (608) 582-4487

Naval Academy PL Club

P.O. Box 14971

Annapolis, MD 21412

Joseph Sweger (717) 438-3665

Team NSR

1162 Wilkinson Rd

Richmond, VA 23227
(804) 422-0200

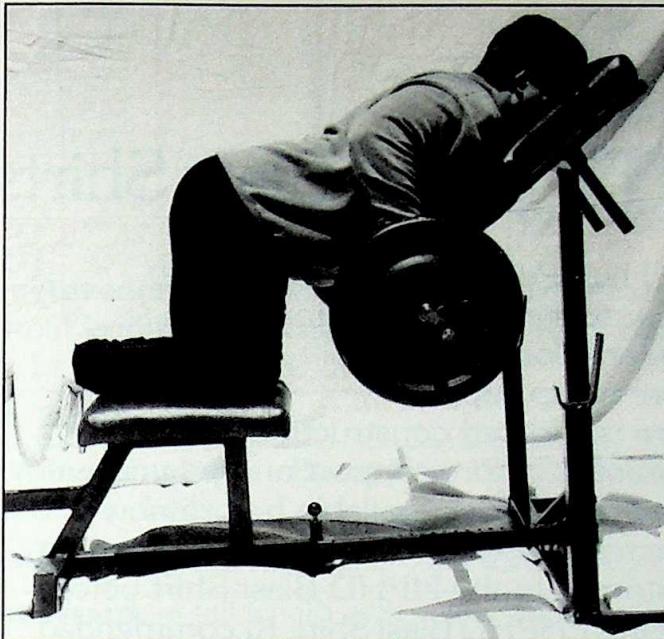
Women's 165 class

Name	Squat	Bench	Deadlift	Total
Rebecca Phelps	480	298	480	1246
Kimberly Walford	402	237	468	1108
Kimmie Everett	457	226	430	1091
Katie Ford	402	248	424	1069
Disa Hatfield	402	265	380	1047
Lynne Nelson	350	200	450	1000
Deanna Chaney	336	255	397	988
Elizabeth Freil	325	220	424	970
Ashley Sanders	364	171	402	937
Rhonda Clark	320	193	408	920
Laura Stryland	305	235	375	915
Angelle Matte	331	220	353	904
Holly Geersen	303	243	347	893
Molly Denmany	331	221	336	887
Lisa Van Buskirk	303	209	375	887
Rachel Swanson	303	220	342	865
Ronny Melancon	331	193	331	854
Tracy Marks	358	165	314	838
Particia Schutte	314	198	308	820
Jane Larson Wellborn	305	185	320	810

Men's 181 class

Name	Squat	Bench	Deadlift	Total
Steven McLawhlin	694	463	678	1825
David Ricks	683	463	678	1813
Laddie Gibson	620	450	630	1700
Ron Garofalo	612	397	634	1642
Kyle Ricchio	590	386	650	1626
Mike Wade	579	413	628	1620
Robert Wagner	551	430	628	1609
Sean DiCataldo	606	391	606	1604
Tony Reid	557	408	623	1587
Bill Scully	601	402	584	1587
Hayward Blake	540	446	584	1571
John White	557	375	634	1565
Louie Morrison	546	402	601	1549
John Maccanelli	585	360	600	1545
Edwin Whitaker	595	380	600	1532
Jason Bowers	568	375	584	1527
Devin Cagnolatti	565	400	560	1525
Hal Scholnick	573	413	535	1521
Brendan Beikman	612	320	584	1516
Randy Stone	573	380	551	1505

NEW PRODUCT



The Knee Chest Rowing Bench (patent pending), designed by a chiropractor with more than 24 years of lifting experience, enables users to build functional strength in their upper back without jeopardizing or over-tiring their lower back for subsequent workouts. Normal breathing and range of motion are maintained. Multiple training variations are possible, including dumbbell work, and standing rows. The standard model is \$600 + s/h and the deluxe model is \$650 + s/h. For more information, contact Dr. John Ketcham, 947 "C" St., Meadville, PA 16335, 814-337-2032.

SPF Alabama State 22 JAN 05 - Birmingham, AL					
PUSH PULL	G. Marsh	775	Teen	A. May	285
WOMEN	242 lbs.		181 lbs.	220 lbs.	
198 lbs.	S. Cox		198 lbs.	K. Gentry	325
C. Edwards	550	1100	J. Casey	215	
MALE	S. Brown	980	MEN	C. Gray	
Teen	259 lbs.		181 lbs.	Junior	
148 lbs.	P. Nolin	885	D. Hagen	380	
P. Duke,Jr.	690	Masters (55-59)	A. Hyche	255	
M. Mayhall	590	220 lbs.	A. Hagen	400	
Teen	T. Butler	955	K. Rogers	455	
259 lbs.	DEADLIFT		Police/Fire	198 lbs.	
B. Atexzander	660	MALE	S. Harrell	435	
Juniors	Teen		242 lbs.	275 lbs.	
198 lb.	220 lbs.		B. Tindull	420	
C. Dunaway	1005	M. Gibbs	259 lbs.	J. Ross	500
Junior	165 lbs.		Submasters	Submaster	
SHW	M. Taylor	385	242 lbs.	165 lbs.	
B. Colee	1010	220 lbs.	T. Snelling	242 lbs.	
MEN	J. Leftwich	450	450	R. Anderson	270
181 lbs.	242 lbs.		Master (40-44)	198 lbs.	
A. Bowen	905	S. Roberts	198 lbs.	S. Harrell	435
Client	780	259 lbs.	C. Stinson	242 lbs.	
242 lbs.	B. Driskill	700	300	D. Edwards	450
S. Cox	1100	275 lbs.	Master (45-49)	242 lbs.	
P. Dean	1000	J. Ross	500	B. Tindull	420
275 lbs.	A. Quinn	475	Open	K. Crump	450
S. McKenny	1230	MEN	Master (50-54)	Master (40-44)	
J. Robinson	1160	Submasters	242 lbs.	Master (40-44)	
N. Peppers	1105	165 lbs.	181 lbs.	Master (40-44)	
308 lbs.	R. Anderson	430	S. Brown	450	
K. Overbey	1080	220 lbs.	259 lbs.	T. Vanhorne	450
Police/Fire	R. Watkins	525	Open	Male	
S. Livingston	810	242 lbs.	Master (50-54)	198 lbs.	
Submasters	T. Snelling	600	Male	R. Hagadorn	350
165 lbs.	Master (45-49)		Teen		
R. Anderson	700	198 lbs.	148 lbs.		
Submasters	H. Strothers	550	R. Whitmore	225	
198 lbs.	242 lbs.		198 lbs.		
J. Ray	D. Davidson	700	Best Lifter Push Pull: Shane McKenny, AL.		
J. Reynolds	925	259 lbs.	Best Lifter Deadlift: Dan Davidson, AL.		
Submasters	B. Driskill	700	Best Lifter Raw Bench Press: Thomas Snelling.		
308 lbs.	Master (55-59)		Best Lifter Open Bench Press: Justin Ross.		
K. Overbey	1080	275 lbs.	The SPF Alabama State Push Pull and Bench Press Championship was held at the Holiday Inn in Birmingham, Alabama. The meet Director was Jesse Rodgers. We would like to give thanks to the Judges, John Bible, Nick Maddux, and Anthony Maddux. Victoria Rodgers was the records keeper, and Rick Posey was the Announcer. We would like to thank everyone who came to the event. We had a packed house and a lot of fun. (Thanks to SPF President, Jesse Rodgers, for results)		
Masters (40-44)	J. Robinson	525			
198 lbs.	BENCH				
D. Glaze	785	RAW			
220 lbs.	MALE				

USAPL Ozark Open (kg) 12 MAR 05 - St. Louis, MO					
BENCH	J. Adams	145	Open	148 lbs.	
Ozark	B. Cathcart	120	T. Ruhland	120	80
WOMEN	C. Stratton	150	S. Moran	155	67.5
165 lbs.	Master (40-49)		Master (40-49)	110	100
C. Gee	102.5	(Formula)	MO State Open		
MEN	R. Petzoldt	182.5	123 lbs.		
148 lbs.	G. King	182.5	MO State Teen		
J. Faines	50	G. Heleine	155	181 lbs.	
I. Zwick	125	T. Thomas	180	L. Pledger	137.5
198 lbs.	Master (50-59)		MO State		
Z. Craig	167.5	(Formula)	Open		
R. Petzoldt	182.5	J. Cash	220	132 lbs.	
220 lbs.	C. Dreyer	130	J. Hunn	162.5	117.5
C. Poore	175	Master (60-69)	148 lbs.	192.5	472.5
242 lbs.	(Formula)		J. Gaines	72.5	50
B. Stewart	215	I. Zwick	125	107.5	230
275 lbs.	M. Lawson	130	165 lbs.		
S. Bales	160	R. Bartel	160	100	202.5
Teen (Formula)		K. Bolen	232.5	142.5	462.5
J. Gaines	50	181 lbs.	232.5	235	610
Ozark	SQ	BP	TOT	T. Greene	242.5
Open				160	252.5
148 lbs.				198 lbs.	655
J. Schwartz	182.5	100	197.5	205	
165 lbs.	A. Hall	165	480	220 lbs.	
181 lbs.	187.5	452.5		J. Price	190
D. Adamson	205	130	542.5	135	227.5
T. Greene	242.5	160	252.5	270	552.5
198 lbs.			655	M. Bauman	275 lbs.
M. Farrell	190	127.5	527.5	C. Holmes	315
220 lbs.	T. Smallwood	245	642.5	210	350
275 lbs.			Formula	J. Gaines	72.5
C. Skorzewski	160	147.5	160	K. Bathen	50
Teen (Formula)		467.5		J. Bell	147.5
B. Cuvier	105	95	237.5	115	195
A. Odenwald	227.5	175	182.5	457.5	495
K. McNease	250	167.5	630	Master (50-59)	
Master (40-49)		265	682.5	(Formula)	
D. Winkler	247.5	167.5	247.5	B. Brady	212.5
Master (50-59)		662.5	662.5	C. Dreyer	142.5
J. Vosler	160	147.5	70	215	192.5
WOMEN			377.5	S. Levine	145

(Thanks to USAPL for providing results)

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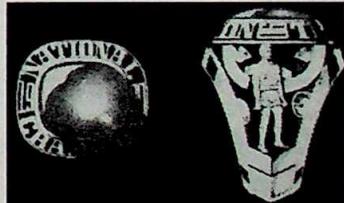
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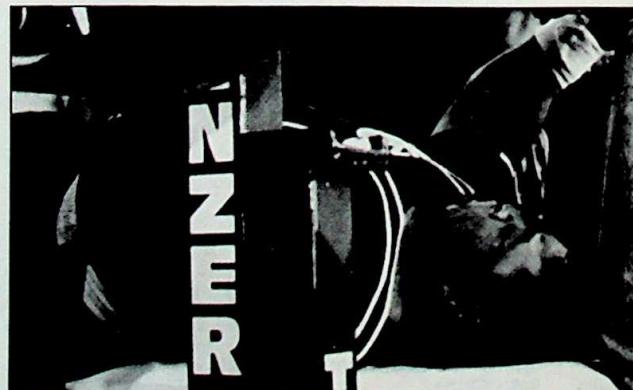
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POWER PEOPLE



Wallace Bell, 18, of Bartow, Florida competed in his first PL meet in the summer of 2002. In March '05 he clean and jerked 300 lbs. and bench pressed 350, weighing 188 lbs. Presently, he is over 600 in both the squat and deadlift as well. He played fullback and linebacker at Bartow Senior School, and it looks like he will win a Florida High School Weightlifting title, just like his illustrious uncle, the great Gene Bell (who supplied this photograph to Powerlifting USA)

USAPL Nor-Cal Winter Classic 15 JAN 05 - Livermore, CA

BENCH	Teen-2 (16-17)				
WOMEN	220 lbs.				
Master-4 (55-59)	A. Contreras	120			
198+ lbs.	Open				
S. O'Neill	35	198 lbs.			
MEN	T. Richards	185			

USA Powerlifting™ (formerly ADPFA) Membership Application • 124 W. Van Buren St., 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; any meet) - \$30.00 • Special Olympian - \$10.00

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

Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire
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USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qty. ____)(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)

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All memberships expire 12 months from date of purchase.



Membership Price: \$ _____

Merchandise Total: \$ _____

Merchandise Shipping: \$4.00

Total Purchased: \$ _____

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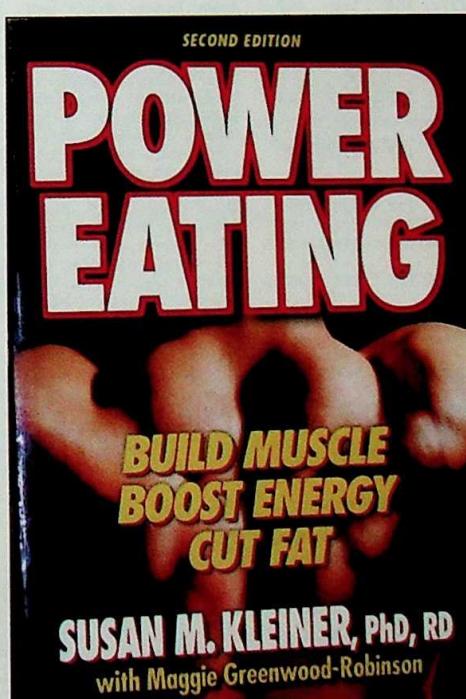
BEST LIFTERS at the Wisconsin State Bench Press were Jane McCubbin and Dave Johnson (Photograph provided courtesy of Ford's Gym)

Wisconsin Bench Press			220 lbs.	J. Martin	455	525	980
12 MAR 05 - Madison, WI			Master (55-59)				
WOMEN	148 lbs.	E. Brehmer	275	M. Jenner	265	400	665
Open		D. Aldag	235	Master (65-69)			
114 lbs.		S. Grade	315	220 lbs.			
J. Green	130	165 lbs.		L. Turner	185	250	435
123 lbs.		A. Hamer	181 lbs.	WOMEN	SQ	BP	DL TOT
A. Hamer	130	Vongphouthou	350				
148 lbs.		J. McCubbin!	185	198 lbs.	Open		
181 lbs.		K. Jackson	385	165 lbs.			
K. Hagen	190	G. Chaconas	350	S. Pier	235	185	315 735
L. Bassette	115	J. Deitrich	315	Romanowski	325	145	255 725
MALE		220 lbs.		Submaster (33-39)			
Teen		D. Johnson!	525	148 lbs.			
181 lbs.		J. Hyler	350	K. Brassell	110	95	180 385
P. Kasper	220	242 lbs.		Master (40-44)			
275 lbs.		J. Beicher	405	165 lbs.			
S. Johnson	310	J. Bach	275	S. Ebeling	110	75	165 350
Masters		275 lbs.		Master 950-54)			
Depner-211	385	G. Gulseth!	550	SHW			
T. Mollan-198	275	SHW		D. Diamond	185	130	255 570
J. Luna-158	280	K. Wannebo	465	Master (60-64)			
Open				148 lbs.			
!Best Lifters. (results by Ford's Gym, at 2509 E. Washington Ave., Madison, WI 53704, 608-249-4227, www.fordsgym.com)							

10th APF Wolverine Open			220 lbs.	A. Collin	120	95	235	450
23 OCT 04 - Howell, MI			Teen (16-17)					
BENCH		D. Soppelsa	510	198 lbs.				
WOMEN		Submaster (33-39)		Handrinos, Jr.	500	390	565	1455
Open		198 lbs.		Teen (13)				
148 lbs.		R. Williams	510	114 lbs.				
B. Lapierre	165	242 lbs.		DeFelice	65	55	180	300
MEN		T. Pearch	450	Open				
Open		Master (40-44)		165 lbs.				
198 lbs.		165 lbs.		G. Ripley	600	325	475	1400
R. Williams	510	A. Sharpe, Jr.	350	181 lbs.				
275 lbs.		Master (55-59)		M. Smith	575	315	480	1370
T. Farrow	340	242 lbs.		198 lbs.				
Junior (20-23)		R. Arnold	320	J. Thomas	755	425	585	1765
SHW				J. O'Brien	—	—	—	—
IronMan		BP DL TOT		M. Brown	—	—	—	—
WOMEN				S. Starnes	—	400	500	—
Master (80-84)				220 lbs.				
148 lbs.		D. Carroll	730	505	565	1800		
J. Merrill	—	80	—	T. Butson	665	410	570	1645
MEN				A. Jaskierny	465	340	420	1215
Teen (16-17)				R. Fucianelli	—	400	600	—
148 lbs.		M. Zweng	800	—	—	—		
P. Klebba	195	275	470	S. Spencer	550	—	—	—
165 lbs.		242 lbs.		275 lbs.				
A. Potere	155	285	430	J. Gunter	455	305	605	1365
Teen (13)				T. Doll	—	500	—	—
148 lbs.		R. Ferris	710	—	625	—		
E. Potere	145	240	385	J. Scabrook	—	455	—	—
Open		275 lbs.						
275 lbs.		S. Woods	830	505	550	1885		
T. Wingett	365	405	770	S. Roach	585	415	600	1600
Teen 914-15)		308 lbs.		D. Grattan	800	620	645	2065
181 lbs.		SHW		J. Hinze	750	505	500	1755
J. Handrinos								
Master (40-44)								

Teen (14-15)	J. Wooten	280	Open
181 lbs.	(55-59)		L. Thompson 300
T. Clafon	330	230	
Submaster (33-39)	935		
198 lbs.	B. Lindsey	335!	
B. Hillier	600	400	
220 lbs.	550	1550	
T. Bulson	665	410	
Master (40-44)	570	1645	
220 lbs.	220 lbs.		
S. Tracy	335	225	
242 lbs.	415	975	
R. Eriksen	670	435	
J. Harbourne	525	510	
D. Parks	600	380	
Master (45-49)	500	1480	
242 lbs.			
B. McIntyre	635	550	
308 lbs.	605	1790	
Handrinos, Sr.	625	500	
148 lbs.	575	1700	
V. Scelfo	400	190	
Master (75-79)	330	920	
165 lbs.			
B. Creech	205	115	
Master (80-84)	235	545	
148 lbs.			
R. Merrell	80	65	
SHW	145	290	
(Thanks to Jim Hinze for these results)			

!World Records. The 100% RAW Eastern USA Open Bench Press was a blast. With a snow and ice storm coming in nine lifters competed. Kerry Self was great at 123 hitting a 100% raw world record 150 lift. Kerry has only been competing under a year is making awesome gains in her lifting. John Self hit a Virginia State record lift of 365 @ 175. Dave Ray won the 181 40-44 with a stare record lift of 265. JJ Wooten won the 198 open in his second meet with 280. Bill Lindsey set a 100% RAW World Record in the 198 55-59 with a great lift of 335. Bill is very good lifter and is on the comeback trail after fighting off some injuries. The 275's had three lifters doing well. Steve Dellinger won the open in his second meet. Scott Kuzma did a great job setting a Virginia State Record in both the Open and 35-39 age brackets. My buddy for many years Reuben Weaver hit a PR RAW and new Virginia State Record with a nice 410 lift to win the 40-44 class. Reuben started lifting RAW over 10 years ago and is making some great gains in all three lifts. Lance Thompson won the Supers in his first meet just missing a Virginia State record attempt of 335. (Results provided by John Shifflett)



POWER EATING... is your nutritional guidebook to gaining muscle while cutting fat. Written by a consultant to the NBA, NFL, and world class bodybuilders, POWER EATING focuses on the specific dietary needs of serious strength trainers. This 2nd edition contains all the updated info on building strength and power, increasing energy, and losing fat. A unique rating system is available in the book to determine if a particular supplement will be worth the investment to you, possibly useful, a waste of time, or harmful. POWER EATING is available from Powerlifting USA, Box 467, Camarillo, CA 93011 for \$17.95 plus \$4.00 shipping and handling.

APC California State 12-13 MAR 05 - Fresno, CA				
WOMEN	T. Orwell	177.5		
82.5 kgs.	(55-59)			
N. Ovalle	75	T. Daley	110	
MEN		110 kgs.		
52 kgs. (13-14)	Open	E. Cazares	130	
S. Corner	60	(45-49)	R. Carbo	—
60 kgs.				
S. Sheklianian	112.5	(55-59)		
82.5 kgs. (16-17)	Hadenshaw	195		
E. McCurley	130	125 kgs.		
90 kgs.	Open	M. Lutz	255	
C. Trembley	170	B. Lincoln,Jr.	272.5	
T. Robinson	160	(45-49)		
Submaster		M. Lutz	255	
C. Trembley	170	(55-59)		
(45-49)	B. Lincoln,Sr.	200		
T. Robinson	160	140 kgs.		
(70-74)	Open			
N. Diliddo	87.5	S. Dozier	—	
100 kgs.		140+ kgs.		
Open		Open		
J. Genovese	217.5	L. Contreras	195	
J. Avila	145	(45-49)		
Submaster		A. Ramsey	—	
J. Deluca		(50-54)		
Junior		L. Contreras	195	
WOMEN	SQ	BP	DL	TOT
67.5 kgs. (60-64)				
V. Keresy	82.5	70	125	277.5
82.5 kgs. (40-44)				
K. Packer	160	80	150	390
Open				
B. Hibdon	212.5	—	—	—
H. Scholnick	260	195	255	710
90 kgs.				
Open				
J. Kegrice	320	182.5	320	827.5
T. Erickson	237.5	160	230	627.5
Submaster				
J. Kegrice	320	182.5	320	827.5
R. Smith	230	137.5	220	587.5
(60-64)				
R. Erickson	210	127.5	200	537.5
100 kgs.				
Open				
P. O'Neal	210	137.5	227.5	575
Junior				
T. Orwell	242.5	177.5	250	670
K. Knack	205	137.5	235	577.5
(50-54)				
Arrendondo	240	170	212.5	622.5
(65-69)				
P. Wilson	227.5	155	185	567.5
110 kgs.				
(45-49)				
R. Carbo	302.5	—	—	—
(50-54)				
D. Robinson	182.5	125	147.5	455
(55-59)				
Hadenshaw	205	195	200	600
125 kgs.				
(45-49)				
J. Ford	327.5	192.5	272.5	792.5

DRUG TESTING IN THE W.D.F.P.F.

It is never cause for rejoicing when a drug test returns a positive result, especially when the competitor concerned is from a drug-free organisation. However, what matters is that any such results are responded to in the appropriate way. There have been two positive drug tests recorded on WDFPF lifters recently:-

5th December 2004 - West Midlands divisional Championships (England)

Peter Maguire - 19 Norandrostene - (life ban from the BDFPA & WDFPF).

12th March 2005 - St. Petersburg Regional Championships (Russia)

Vladimir Poletayev - 19 Norandrostene - (life ban from the RDFPA & WDFPF).

On a more constructive note, we are pleased to report that the Armenian Drug-Free Powerlifting Federation has completed its registration requirements for WDFPF membership, by submitting chain-of-custody documentation plus detailed lab reports, relating to an unannounced out-of-meet test conducted in that country. The test result was negative. The lifter's name is Khachatur Hovhannisyan. Accordingly the Armenians are hoping to send a team to this year's European Single Event Championships in Naples, Italy. We wish them every success.

140 kgs.				
Open				
B. Meek	330	230	295	855
(55-59)				
B. Meek	330	230	295	855
Best Lifters: Open - James Kegrice. Women - Vangi Keresy. Teen/Junior - Tyson Orwell. Master - Pete Wilson. Team Trophy: Kym's Gym. Meet Directors: Bob & Kym Packer. Scorekeepers: Tim Daley, Kym Packer, Helen Pardi, and Pete Wilson. Referees: L.B. Baker, John Ford, Delbert Shay, Shant Sheklianian, James Kegrice, Mitch Sperling and Pete Wilson. Platform Manager: Delbert Shay . Kim and I were extremely pleased with the turnout and enthusiasm shown by the lifters at this the first California APC championships. All lifts will be Calif. State APC Records. Also several National APC Records were broken at this event. We would also like to thank Monster Muscle Magazine for donating the great Swords for Best lifter awards and platform crew t-shirts and towels. We had a great turnout at our first state meeting and decided that next years APC. Calif State Meet will be in April and the Central Calif Open & Novice will be in February to line up with the 2006 APC National Championships to be held by AI MEN Garcia in Sacramento in July of 2006. All Calif. APC meets will be Qualifiers to lift				

in the Nationals. Also all 1st place winners who qualify to go the world's will receive some financial aid. The registration card money is divided as follows \$20.00 out of a athletes registration goes to the travel fund for the USA Team, \$5.00 goes to the APC Office and \$5.00 to the Meet promoter. No organization made any attempt in 20 years to try and fund a team from within. It's a great start. (results by Bob Packer)

K. Scheppé	230	170	315	715
123 lbs.				
Open				
J. Szparage	55	150	210	415
Teen (14-15)				
J. Szparage	55	150	210	415
132 lbs.				
Collegiate				
B. Creel	350	225	315	890
C. Poske	225	225	135	585
148 lbs.				
Open				
M. Romanello	480	385	500	1365
S. Tsuda	375	340	440	1155
Police/Fire/Military				
D. Cintron	—	235	275	275
165 lbs.				
Collegiate				
J. Walker	335	225	350	910
C. Stark	245	315	335	895
P. Gallagher	275	275	330	880
G. Tenn	265	205	315	785
Teen (14-15)				
M. McLain	225	140	240	605
181 lbs.				
Open				
M. Barquera	475	330	500	1305
T. Reynolds	410	300	500	1210
J. McDermott	145	300	145	590
Master-1 (40-49)				
M. Clark	320	220	350	890
Master-3 (60-69)				
J. McDermott	145	300	145	590
P. Currey	—	—	—	—
198 lbs.				
Open				
C. Lui	500	405	520	1425
J. Wilsey	495	340	530	1365
J. Ulvang	—	—	—	—
L. Kennedy	—	—	—	—
Collegiate				
M. Banach	350	315	350	1015
J. McMullen	335	210	445	990
C. Wilcoxson	—	—	—	—
Master-1 (40-49)				
S. O'Malley	460	320	460	1240
J. Ulvang	—	—	—	—
Master-2 (50-59)				
T. Mason	375	265	360	1000
220 lbs.				
Open				
R. Whitlock	520	410	530	1460
D. Lieb	535	405	515	1455
T. Nelson	475	350	500	1325
Collegiate				
B. Markham	325	280	525	1130
Junior (20-23)				
C. Lang	510	480	485	1475
Master-1 (40-49)				
R. Burch	450	420	550	1420
P. Pares	—	—	—	—
Master-2 (50-59)				
D. Grossman	320	270	325	915
Police/Fire/Military				
R. Whitlock	520	410	530	1460

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

Conditions of Membership: As a Condition of membership to UAPC, I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. I further agree that the rules, regulations and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently suspended/ended for my failure to obey UAPC/AWPC rules, regulations and drug testing procedures. I voluntarily submit to any drug testing procedure that UAPC/AWPC has approved in its rules and regulations and drug testing procedures. If I do test positive for 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 UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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

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

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

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

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

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

Police & Fire High School Special Olympics

Cash/Check/Money Order # _____

Membership Price \$ _____



242 lbs.			
Open			
K. Middler	520	410	500
Collegiate			1430
D. Beers	600	290	600
N. Tatum	405	355	510
275 lbs.			1270
Open			
Silverbloom	635	335	585
Police/Fire/Military			1555
C. Armiger	415	405	500
Teen (16-17)			1320
C. McMillan	—	—	—
Master-1 (40-49)			—
Silverbloom	635	335	585
Master-2 (50-59)			1555
R. Braunstein	405	325	435
R. Rigo	—	—	1165
SHW			—
Open			
C. Dixon	135	525	135
Master-1 (40-49)			795
A. Costa	535	320	425
This meet took place at Florida Gulf Coast University. (Thanks to USAPL for results)			1280

USAPL Iron Maiden's Qualifier
20 JAN 05 - Anchorage, AK

WOMEN	SQ	BP	DL	TOT
(bwt. 120 kgs.)				
D. Ferrell	90	60	100	250

(Thanks to USAPL for providing the results)

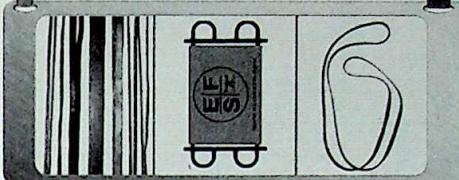
SLP Missouri Christmas for Kids
5 DEC 04 - Polar Bluff, MO

BENCH	Teen (18-19)
WOMEN	148 lbs.
Teen (18-19)	L. Power 220!
148 lbs.	MEN
L. Power	105! Teen (13-15)
MEN	123 lbs.
Teen (13-15)	S. Bailey 315!
114 lbs.	165 lbs.
L. Hobeck	135 T. Gentry 325
123 lbs.	181 lbs.
S. Bailey	185! B. Hardwick 225!
4th-90!	198 lbs.
220 lbs.	J. Beaver 320!
D. Daniels	225 4th-335!
Teen (16-17)	220 lbs.
148 lbs.	D. Daniels 365!
M. Finley	240! 242 lbs.
181 lbs.	C. Jansen 320!
S. Ehrhardt	275 4th-340!
Teen (18-19)	Teen (18-19) 181 lbs.
181 lbs.	K. Luecke 455
K. Luecke	315! K. Luecke 455
242 lbs.	198 lbs.
J. Inman	340! B. Hardwick 430
Junior	4th-450
181 lbs.	Junior
J. Price	405 181 lbs.
4th-415!	J. Price 455
C. Cooper	370 4th-465!
4th-385	M. Power 450
M. Power	255 4th-460
242 lbs.	Open
G. Senciboy	365 220 lbs.
Master (45-49)	K. Garrett 640
181 lbs.	242 lbs.
R. Furey	— S. Eddy 565
Open	275 lbs.
R. Coggins	465 2-Man
K. Garrett	— Teen (18-19)
242 lbs.	181 lbs.
S. Eddy	405 T. Tinsley & 800!
D. Colvin	335 K. Luecke
275 lbs.	Open 242
R. Ogle	500 K. Garrett &
DEADLIFT	J. Groves 970
WOMEN	

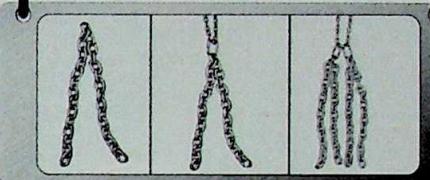
!Son Light Power Missouri state record.
Best Lifter Bench: Ricky Coggins. Best Lifter Deadlift: Kenny Garrett. The Son Light Power Missouri Christmas For Kids Bench Press/Deadlift Championship was held at Black River Coliseum Aquatic & Fitness Center. Thanks to fitness directors Mandy Eakin and Steve Eddy for organizing this event, to Martin Lincoln and others who helped with the setup. We had a great meet which included several kids from Kennett, Missouri, led by their coach, Jim Tidd. We appreciate all of the time and effort Jim donates to these kids. We also appreciate all of the toys that were donated to the needy children of the area.

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BANDS	COST/ONE BAND*
Mini (1/2" wide, assorted colors)	\$10.00
Light (1-1/8" wide, Purple)	\$20.00
Average (1-3/4" wide, Green)	\$25.00
Strong (2-1/2" wide, Blue)	\$30.00
Jump Stretch Regular Platform	\$145.00
Jump Stretch Sumo Platform	\$245.00

ELITE FITNESS SYSTEMS is proud to be your complete chain supplier. We sell only Galvanized chain, which means they will not rust! We also offer the complete chain setup packages which includes: (2) five foot length 5/8in chains, (1) helper chain, (1) oval snap hook, which hooks in the middle of the chain to allow for even loading. This oval snap hook will also keep your chains from falling apart in the middle of your set. Extra chains and setup packages are available.

5/8 CHAINS: (2) 5/8in chains	\$85.00*
Complete Set: (2)chains,(1)helper chain, (1)oval snap hook	\$105.00*
5-Station Chain Pack: (5)complete sets (10)extra 5/8 chains	\$815.00*

*Shipping charges additional, please call for quotes.

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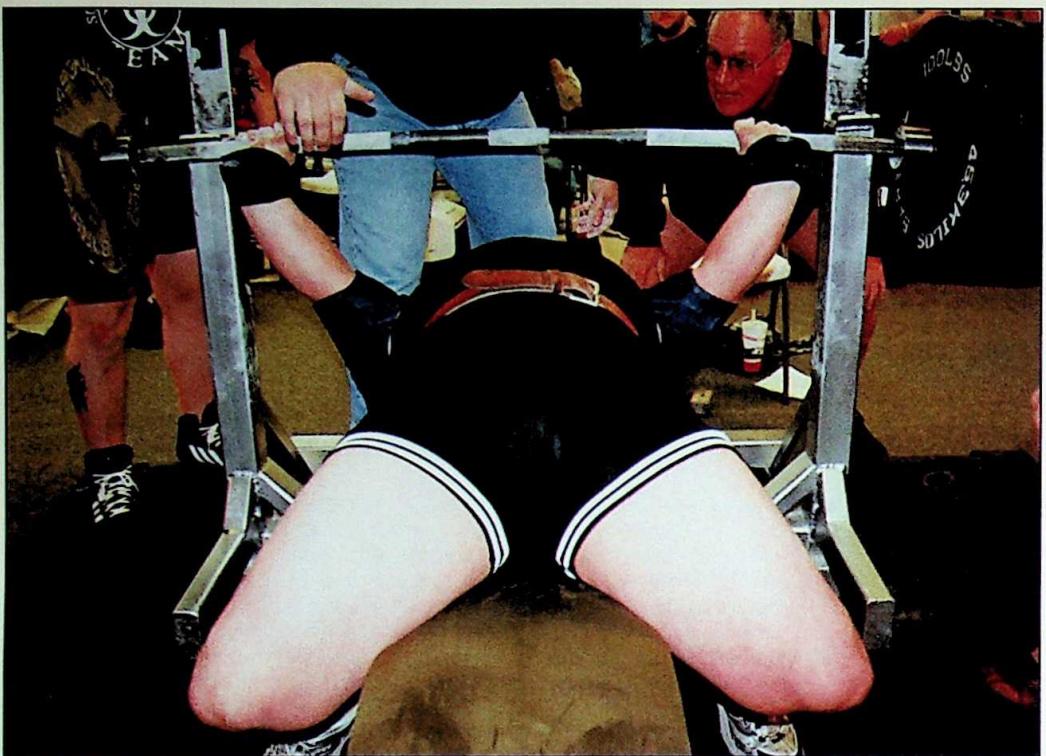


WWW.ELITEFTS.COM

And a special thanks to Coop Cooper and the Truman University State Iron Dogs Powerlifting Team who collected and donated several new toys to the cause. In the bench press event Liz Power, the best looking lifter of the meet, won at 18-19/148 with a new state record of 105. In the teenage men's 13-15 age division Levi Hobeck continues to improve with each new competition, finishing here with his opener of 135 @ 114. Scotty Bailey won at 123 with 185, followed by a fourth personal best of 190, setting the Missouri state record for that class. Newcomer Drake Daniels did good at 220, taking the win there with 225. At 16-17 it was Marko Finley setting the state record at 148 with 240 while Shay Ehrhardt took the title at 181 with 275. Kyle Luecke looked strong at 18-19/181, breaking the state record there with a solid 315. Then at 242 it was Jonathan Inman with 340 for a new state record in that class. Training partner Jasper Price also looked strong with his 405 finish at junior 181. A fourth with a personal best 415 broke the state record for that class. Lifting as guest lifters at 181 were Coop Cooper, who finished with 385 fourth attempt, and Matt Power, who finished with 255. Garrett Senciboy took the

junior 242 class with 365, nursing a pec injury. In the master men's 45-49/181 class Rob Furey failed three times with his opener of 385, never quite finding the groove on this day. In the open division best lifter Ricky Coggins won at 220 with his opener of 465. Ricky had taken some time off, with the birth of his son, who is now eight months old. Also at 220 was guest lifter Kenny Garrett, who got an easy 460 opener, though failed in his bid for a personal best 500 on his final attempt. First-time competitor Steve Eddy won at 242 with 405, after struggling with his new shirt, followed by another first-timer, Daniel Colvin, who finished with his opener of 335. Also lifting as a guest lifter was 275 winner Ronnie Ogle. Ronnie finished with his opener of 500, he to getting used to a new shirt. In the deadlift competition Liz Power set her second state record of the day, taking the win again at 18-19/148. Liz finished with a new personal record of 220. The amazing Scotty Bailey, all 123 pounds of him, won at 13-15/123 with 315, another state record for him! Also at 13-15 was 165 winner Tyler Gentry, who finished with 325. The next four lifters in that division set new records in each of their respective classes, starting with Brian Hardwick who

finished with 225 at 181. Justin Beaver got a 320 third, followed by a 335 fourth for the win at 198 while Drake Daniels won at 220 with 365. Our final lifter at 13-15 was 242 winner Cory Jansen, who finished with 320. A fourth with 340 was also good for this first-time competitor. Kyle Luecke won his second title of the day at 18-19/181 with 455 while Brandon Hardwick took the title at 198 with 430, just before making a 450 fourth attempt. Jasper Price broke the state record at junior 181 with his fourth attempt of 465, but took the win over Matt Power 455 to 450. Matt then came back with a personal best 460 fourth. In the open division best lifter Kenny Garrett only got in his opener of 640, which was extremely easy! But after that he had problems with his grip and failed to hold onto his last two attempts of 680. Steve Eddy won his second title of the day at 242 with a strong 565 final pull. In the two man event Todd Tinsley and Kyle Luecke set the state record for the 18-19/181 class with 800. Kenny Garrett and Jack Groves wowed the crowd with 970, since that was all the weight we could get on the bar. Thanks to my son Joey and Wee-Man for spotting and loading and to everyone else who helped out. See you all again next year! (results from Dr. Darrell Latch)



Brad Kelly benched a huge 772 1/2 pounds at a 238 lb. bodyweight at the APA Battle of the Iron Barbarians, a new "all time" record for the 242 lb. class (photographs provided by courtesy of Scott Taylor)

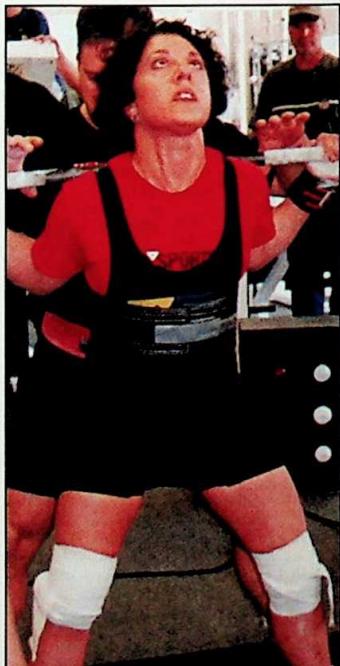
APA Iron Barbarian Open				P. Burnett	300!	180!	300	780	198 lbs.	
			5 MAR 05 - Williamston, SC	K. Taillin	—	175	285	460	Drug Tested	
BENCH	C. Crosby	290			165 lbs.				A. Evans	410
MEN	(60-69)			B. Schenk	275	190	360	835	J. Rhodes	—
198 lbs.	C. Summers	225		R. Phillips	285	150	290	750	(40-49)	335
Drug Tested		242 lbs.			4th-DL-325		760	S. Yeargin	575	515
M. Pritchard	425	Drug Tested			MEN			Submaster	360	1315
(18-19)	B. Kelley	750			123 lbs.			S. Smith	425	760
M. Bassett	300	275 lbs.		S. Warren	280	205	360	845	Junior	220 lbs.
Submaster		Junior			(40-49)			T. King	560	1545
M. Pritchard	425	C. Stanley	—		148 lbs.			C. Davis	450	1420
(50-59)		DEADLIFT			(18-19)			M. Shealy	430	1285
S. Durham	365	MEN		A. Shupp	330	190	340	860	Submaster	315
220 lbs.		Drug Tested		R. Lewis	—	205	315	520	A. Davis	550
(16-17)	220 lbs.				181 lbs.			Drug Tested	405	1115
K. Blake	260	A. Davis	620		Drug Tested			J. Rierson	620	1025
(18-19)				G. Sesler	530	345	520	1395	242 lbs.	—
WOMEN	SQ	BP	DL	S. Moore	—	345	465	810	Open	—
132 lbs.			TOT							

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



J. Reedy	455	360	490	1305
	4th-DL-500			1310
Junior	455	360	490	1305
J. Reedy	480	340	480	1310
G. Rollins	600	315	500	1300
Submaster	500	355	450	1415
N. Joseph	275 lbs.			
S. Johnson	500	355	450	1305
Open				
M. Schenck	650	465	675	1790
M. Reedy	525	405	605	1535
Drug Tested				
T. Nash	696	375	545	1640
	4th-SQ-720!			
W. Lewis	500	365	550	1415
Junior	—	—	—	—
C. Stanley	—	—	—	—
Submaster	696	375	545	1640
T. Nash	500	365	550	1415
W. Lewis	—	—	—	—
Open	—	—	—	—
C. Liles	—	405	550	955
Submaster	M. Free	—	450	600
308 lbs.	(13-15)			1050

1=World Records. Female Best Lifter: Patty Burnett. Male Best Lifter: Matthew Schenk. Best Lifter Push-Pull: Anthony Davis. This years event was held at Survivors Gym of Williamston, South Carolina. It was a day full of great lifting, comradery, and a very large and vocal audience to cheer the lifters on. Lifting quality was great. The highlight of the day was Bart Kelley's all time bench press record of 772 pounds at 238 bodyweight. Simply amazing! The lift was flawless and it looked like he had another 10-15 pounds in him. 800 in the 242 class will fall soon and most likely it will be by Brad Kelley. I would also like to mention that Blake Sutherland amazed me with his 1255 total at 15 years of age! This is a young man to watch as he will be going places in this sport. Special thanks to Mikki Free for providing a great facility and equipment, Kate Taillon for bringing a great competition bench and judging, Carl Summers, Bart Kelley, Brad Kelley for all your help on the platform as well, the spotters who did an excellent job throughout the day, and staff of Survivors Gym who made this a great day for all who attended. Please note that although some of the records that were set at this meet are



Patty Burnett with her new APA master record 300 pounds squat at the Battle of the Iron Barbarians

First Name _____ Last Name _____ Middle Initial _____ Today's Date _____

Street Address _____ City _____ State _____ Zip Code _____

Telephone Number _____ E-Mail address _____ Date of Birth _____

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

\$25 Adult Membership \$15 High School Student

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



Matthew Schenk pulled a 675 at the APA Battle of the Iron Barbarians

listed, a few more were set which will be updated once the research is done. (Thanks to Scott Taylor, APA President, for results)

APA Louisiana Record Breakers 22 JAN 05 - Hammond, LA

		198 lbs.	F. Caminita	605
BENCH	WOMEN	220 lbs.	E. Downey	470
Open	Open	275 lbs.	L. Cousin	505
114 lbs.	114 lbs.	Submaster (33-39)	L. Powell	180
N. Choy	130	198 lbs.	J. Smith*	475
148 lbs.	148 lbs.	DEADLIFT	L. Powell	180
L. Powell	180	MEN	MEN	
Master (40-49)	Master (40-49)	Open	Open	
148 lbs.	148 lbs.	148 lbs.	165 lbs.	
A. Clark	465	M. Story	400	
PUSH-PULL		BP	DL	TOT
Master (50-59)				
181 lbs.				
J. Barlow	330!	440	770	
WOMEN	SQ	BP	DL	TOT
Teen (16-17)				
A. Mele				
MEN				
Junior (20-23)				
165 lbs.				

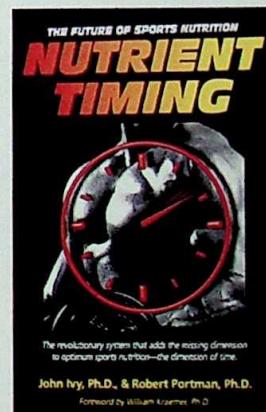
Open 165s. Master lifter James Barlow also had a great day in the Push-Pull meet with his American record of 330 and 440. Special thanks to Coach Joe Hruby and everyone at Southeastern Louisiana University, Greg and "T" and all of our spotters/loaders that made this meet a huge success. (results courtesy Ryan Cidzik)

White's Truck Stop/YMCA 15 JAN 05 - Stanardsville, VA

		275 lbs.
BENCH	FEMALE	Open
181 lbs.	S. Stapleton	475
Open	B. Drummond	470
C. Wilks	200	SUPER
MEN		Open
132 lbs.		(35-39)
Teen	D. Redman	515
C. Pyles	200	DEADLIFT
148 lbs.		198 lbs.
Teen		Teen
B. Shifflett	185	A. Glass
181 lbs.		220 lbs.
Open		Open
A. Mamola	485	R. Glass
(35-39)		530
J. Richard	315	S. Click
(40-49)		510
J. O'Loughlin	390	R. Glass
198 lbs.		530
(35-39)		(50-59)
D. Lewellyn	375	D. Morris
(60-69)		420
T. Burgess	285	B. Thompson
220 lbs.		525
Open		242 lbs.
E. Richardson	425	Open
T. Kontos	385	A. Saavedra
Youth		555
N. Marozzi	350	B. Robertson
(60-69)		500
H. Vass	240	A. Louis
242 lbs.		530
(40-49)		(40-49)
R. Robinson	575	M. Lester
(50-59)		500
R. Brooks	405	
H. Banks	350	
Open		BP DL TOT
132 lbs.		
R. Swope	225	320
165 lbs.		545
J. Hall	225	375
220 lbs.		600
(50-59)		
D. Morris	185	420
Open		610
C. DelPreore	405	575
		910

!=Meet Records. (results by Dyke Naughton)

(Thank you to Jon Shifflett for these results)



cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

USAPL West Virginia High School 12 FEB 05 - S. Charleston, WV						
GIRLS	BP	DL	TOT	165 lbs.		
114 lbs.				Freshman		
Feshman				N. Hylton	215!	360!
K. Brown	80!	180!	260!	M. Sanson	160	310
Senior				Sophomore	475	
C. Chidester	70!	115!	185!	J. Pauley	205	340
132 lbs.				J. Renn	160	325
Senior				S. Musick	175	300
C. Speggen	160!	290!	450!	Junior	475	
K. Miller	85	215	30	D. Rhoades	230	350
148 lbs.				C. Carter	190	200
Sophomore				A. Short	245	335
K. Lavis	95!	200!	295!	T. Wright	210	320
J. Rusmeisel	95	185	280	181 lbs.		
198 lbs.				Freshman		
Freshman				R. Simmons	155	265
K. Cerdia	90	210	300	Sophomore	420	
SHW				C. Stover	200	365
Freshman				J. Keplinger	215	325
K. Morris	80!	180!	260!	Junior	565	
Junior				D. Hartman	220	420
H. Lively	145!	305!	450!	D. Cole	235	400
BOYS				D. Stemple	195	425
114 lbs.				T. Vanscoy	180	355
Senior				S. Harper	190	330
M. Carden	125!	330!	425!	Senior	520	
123 lbs.				I. Comer	—	—
Freshman				C. Clay	300!	375
J. Skinner	160!	300!	460!	198 lbs.	675!	
132 lbs.				Freshman		
Freshman				N. Hudnall	185	315
M. Griffin	160	300	460	D. Congemi	135	320
J. Crist	165	260	425	Sophomore	455	
Sophomore				B. Reinhart	250!	415
K. Hale	160	315!	475	D. Cooper	210	375
148 lbs.				S. Rockey	205	350
Middle School				Junior	555	
J. Michael	155	260	415	C. Clay	265!	415
C. McWilliams	120	180	300	Senior	680!	
Junior				S. Stovall	215	395!
B. White	140	315	455	220 lbs.	610!	
J. Caron	120	260	380	Freshman		
Sophomore				J. Howes	200	320
J. Hodge	175	335!	510!	J. Huffman	160	315
J. Reed	180	320	500	Sophomore	475	
J. King	135	300	435	D. Kipp	330!	380
L. Tribble	155	270	425	J. Schoolcraft	275	365
Senior				J. Johnson	260	330
M. Corwin	215	355	570	J. Arnold	235	390
B. Daniel	190	320	510	R. Elm	205	430
Freshman				T. Day	205	355
A. Ellis	140	185	455	Junior	560	
J. Brenton	180	270	450	T. Newman	260!	410
				M. Dye	215	375
				Senior	590	



Application for Registration
UNITED STATES POWERLIFTING FEDERATION
(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
		Y N		
Street Address	Club Name			
City	State	Zip	Area Code/Telephone	
Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1 Cat. 2 Nat. State	Y N	Y N	Y N
Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date
Y N	Y N	/ /	M F	/ /

Registration Fee \$25.00

Make checks payable to and Mail to:

UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS

P.O. Box 650
Roy, Utah 84067

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

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

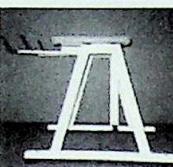
If Under 18 have Parent Initial _____

Signature _____

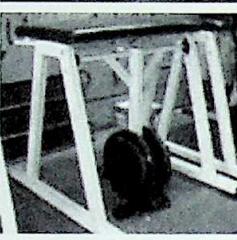
LOUIE SIMMONS' REVERSE HYPER MACHINE



Roller Hyper
\$1,868.00



Pro Hyper
\$1,440.00



Standard Hyper
\$975.00

*Shipping Included
Patent #5356359

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Phone (614) 801-2060

D. Goodwin	275	445	720	A. Harvey	190	375	565
Z. Woodard	220	350	570	M. Murphy	170	310	480
242 lbs.				Junior			
Freshman				K. Blankenship	275	500	775
N. Fink	220!	405!	630!	J. Woods	265	400	665
				K. Branch	300	525	825
				Senior			
				K. Poff	255	420	675
				J. Shahan	285	330	615
				275 lbs.			
				Sophomore			
				J. Young	225	370	595
				Junior			
				J. Thomas	200	365	565
				Senior			
				M. Hill	275	350	625
				308 lbs.			
				Freshman			
				J. Shaffer	110!	280!	390!
				Senior			
				C. Mason	280	400	680
				J. Estill	200	430	630
				SHW			
				Junior			
				J. Johnson	330!	505!	835!
				B. Carr	235	350	585

!State Records. (results by John Messinger)

Boardwalk Gym Bench 29 JAN 05 - Winona, MN

BENCH MEN	J. Hearon	425*
Teen	Master-1	
114 lbs.	198 lbs.	
B. Lorenz	R. Hennigar	440*
4th-105*	220 lbs.	
Open	T. Jenings	340
198 lbs.	R. Delisi	325
J. Johnson	Master-2	
220 lbs.	165 lbs.	
B. Giebri	Christophers	240
400	B. Wilkins	320*
275 lbs.	Submaster	
B. Herber	410*	242 lbs.
181 lbs.	N. Emerson	425
S. Gates	350*	Master-5
242 lbs.	C. Romer	195
The Boardwalk Gym Bench Press Championship was held at the Boardwalk Gym in Winona, Minnesota. This Championship		

was once again sponsored by House of Pain and Powerlifting USA. Thanks for your continued support. Thanks goes out to the Gym owner Jim Hearon for hosting the meet. Also I would like to thank the Lorenz brothers for their support in loading and spotting. This meet had lifters from 3 states, Iowa, Wisconsin and Minnesota, and a total of 8 new personal records for the lifters. The 1st lifter of the day was Billy Lorenz who finished up with a 105 lbs. 4th attempt at a body weight of 92 lbs. At Open 198, there was Joshua Johnson who got a PR 330 in his first competition. In the 220 open class we had Barron Giehri who lifting raw finished up with 400 while just missing 420. Brent Herbert tied his best ever lift with a strong 410. In the 181 submaster class, Scott Gates continued to set PRs with 350 also lifting raw. Gym owner and all round great guy, Jim Hearon suited up long enough to up his bench PR to 425 lifting in the submaster 242 class. Roger Hennigar brought some kind of power to the meet easily PRing 440 on his 2nd attempt and just missing 460 on his 3rd and 4ths. This added the Master 198 lb. class win to Rogers list of accomplishments. Tim Jenkins took the Master 220 class with a PR 340 while coming close with 355. At 165 Master 2 we were treated to the man himself, Tom Christopherson, who today finished up with a strong 240. 242 Master-2 class had Nate Emerson pushing up 425 before just failing to lockout a pr 450 3rd attempt. At 242 Master-1 there was a real battle going on between 1st timer Ron Delisi and Brian Wilkins, with Ron out PRing Brian 325 to 320 for the win. Nice piece of lifting by both men. Chris Roffler lifting in the 181 Master-5 class finished his day lifting by just missing 215 after blowing away a 195 2nd attempt. (Meet results provided by DWG Productions)

WNPF Submasters/Florida State
21 AUG 04 - Orlando, FL

BENCH (40-49)
148 lbs. Ford 280

Paul Kelso's POWERLIFTING BASICS: TEXAS-STYLE

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181 lbs.	Subs	Raw	242 lbs.	MEN	
Subs Raw	Shaw	435	(50-59)	242 lbs.	
Mosley	330	Cox	360	Raw	(70-79)
(60-69)		(17-19)		Buccchioni	455
Curry	285	Scott	285	SQUAT	Brandt
Cramer	250	(50-59)		181 lbs.	275 lbs.
(60-69)		Pierce-bl	475	(40-49)	181 lbs.
Raw		(50-59)		Cramer	375
Curry	265	Raw	410!	Curry	345
(198 lbs.)		Pierce	(70-79)		
(50-59)				Raw	
Raw		Raw		Curry	265
Gaskin	325	Brandt	215	PWRCURL	
(60-69)				WOMEN	
Churchman	295	165 lbs.		165 lbs.	
(60-69)		Thompson	235!	(40-49)	
Churchman	315	MEN		Thompson	70
				Open	
				Curtin	85
				Pwrlifting	SQ BP DL TOT
Subs Raw		(60-69)		165 lbs.	
Burrill	400	Raw	350!	(60-69)	
(40-49)		Curry		Player*	425! 315! 425! 1165!
Schmidt	370	(60-69)		400	181 lbs.
(60-69)		Curry		(60-69) Raw	
Raw		220 lbs.		Curry	265 265! 350T 780
Konover	305	(40-49)	585!	(60-69)	
242 lbs.		Schmidt*		Curry	
Open		(50-59)		Curry	345 285 400 1030
Raw		Raw		198 lbs.	
Shaw*	435	Tracy	540	Open	

Garcia 475 315 425 1215
Police/Fire
Garcia 475 315 425 1215
(40-49)
Yeargin* 600 355 600 1555
Velazquez 450 340 500 1290
220 lbs.
(40-49)
Schmidt 550 370 585 1305
(50-59)
Raw
Tracy 135 135 540! 870
Subs
Raw
Walker 400 315 430 1145
Junior
McCalley 560 335 525 1420
242 lbs.
(50-59)
Raw
Bucchioni 370 235 455 1060
(17-19)
Scott 315 285 285 885
!=WNPF American Records. =Best Lifters.
Thanks to all of the lifters that attended.
This was a small meet with 31 total lifters
and we had lifters from 7 different states.
Thanks to some old time lifters like
Velazquez and Buccchioni for coming these
two guys have been with us for over 10
years. We also had some newcomers to the
WNPF and thanks for giving the WNPF a
chance. Great performances by the best
lifters at this meet, Player, Yeargin, Shaw,
Schmidt and Pierce. The youngster Herb
Brandt put on a show for everyone. I must
give it to the lifters that just attended
worlds in New Jersey and two weeks later
they came out again to show their skills
(Shaw & Churchman). Pat Curry lifting in
his first WNPF meet did an outstanding job
going against a multi time world champion
Les Cramer. Les gave him a run in the squat
and Pat won the bench press event. Thanks
to the two ladies (Curtin & Thompson) for
putting on a good show in the curl event.
A big thank you to Brian Burritt, this guy
spotted for me and also benched 400 after
spotting. Thanks to the WNPF staff for
being there for us once again. (WNPF)

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Your Inside Source

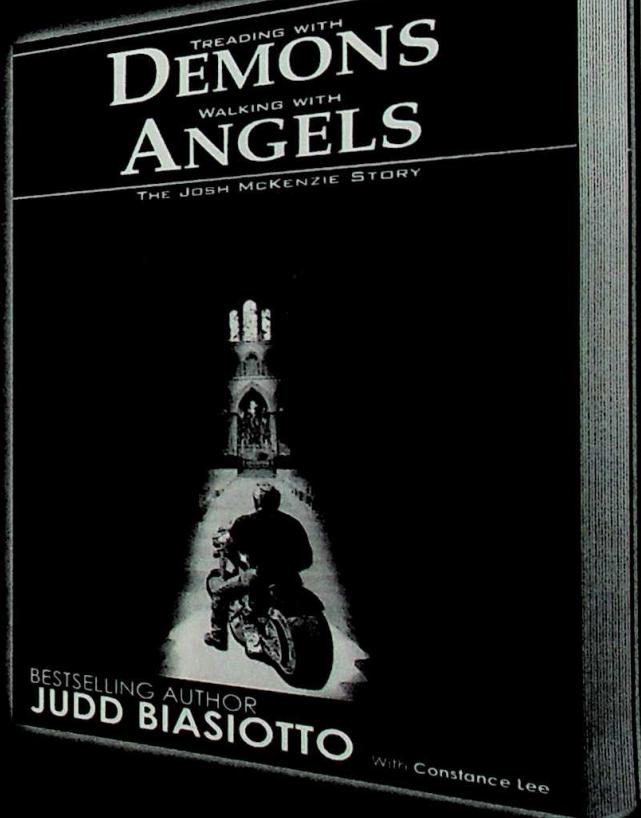
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WNPF Ohio Championships
13 FEB 05 - Youngstown, OH

BENCH	C. Clifford*	115
Equipped	165 lbs.	
FEMALE	(50-59)	
123 lbs.	J. Huff	105!
(40-49)	SHW	
N. Proctor*	140	(13-16)
148 lbs.	A. Shultz	95!
(40-49)	MEN	
C. Clifford	200	148 lbs. (17-19)
165 lbs.	B. Mechan	225
(50-59)	J. Huff	235
MEN	165 lbs. (13-16)	
132 lbs.	M. Lyden	240!
(40-49)	181 lbs. (17-19)	
J. Helms	255	(35-39)
148 lbs.	M. Gillum	275
Lifetime	(50-59)	
J. Smith*	450!	E. Freeman
181 lbs.	198 lbs. (17-19)	330!
(40-49)	B. Wharry*	345!
J. Woods	365	242 lbs. (20-23)
198 lbs.	B. Michaels	350
Lifetime		
T. Stroshine	455	B. Michaels (40-49)
220 lbs.	J. Vega	385
(20-23)	P. Hartman	395
Police/Fire	B. Michaels	350
Deardowski	265	DEADLIFT
SQUAT		
MEN	Raw	
Raw	123 lbs. (13-16)	
181 lbs.	J. Fait	270!
(35-39)	181 lbs.	
M. Gillum	360!	Natural
Equipped	B. Gregory	475
275 lbs.	M. Gillum	360!
(40-49)	P. Palichat	60!
J. Peshek	710!	Equipped
POWER CURL	M. Gillum	165 lbs. (50-59)
MEN	400!	275 lbs.
242 lbs.	J. Huff	65!
Dearowski	410!	MEN
Police/Fire	J. Peshek	710!
Natural	POWER CURL	123 lbs. (40-49)
A. Lenz	275 lbs.	123 lbs. (13-16)
(50-59)	G. Clark	123 lbs. (40-49)
R. Brown, Jr	430	J. Fait
SHW	485!	80!
275 lbs.	N. Proctor	60
Police/Fire	220 lbs.	Open
J. Begue	515!	B. Gregory
SHW	S. Cline	140
Novice	610!	220 lbs. (40-49)
S. Cline	S. Cline	275 lbs. (50-59)
Police/Fire	610!	Open
S. Cline	610!	M. Stas
Police/Fire	C. Clifford	70!
S. Cline	610!	IRONMAN
FEMALE	(50-59)	BP DL TOT
148 lbs.	M. Stas	150
(40-49)	C. Cambers	BP DL TOT
BENCH	C. Clifford	200
165 lbs.	M. Lyden	240 405 645!
(50-59)		220 lbs. (7-19)
Raw		242 lbs.
FEMALE	J. Huff	235
148 lbs.	C. Cambers	315 465 780!
(17-19)	Equipped	BP DL TOT
Y. Aponte	110	R. Brown, Jr
181 lbs.	FEMALE	600! 430 530 1560!
(40-49)	(35-39)	C. Evans
Raw	148 lbs.	400 340 425 1165
	(20-23)	275 lbs. (40-49)



Best Lifters MIKE MCNINCH and DAVE POLIS at the WNPF Ohio meet flank meet director Ron DeAmicis

M. Gillum	360!	P. Palichat	60!	S. Schaffer*	270	145	250	665	L. Newman	650	420	575	1645		
Equipped	B. Gregory	475	Equipped	165 lbs. (50-59)	114 lbs.				R. Luklan	525	460	575	1560		
275 lbs.	B. Gregory	475	275 lbs.	(50-59)	J. Huff	65!	(13-16)		B. Brammer	585	405	505	1495		
(40-49)	M. Gillum	400!	(40-49)	MEN	D. Wrobel	195	100	190	SHW						
J. Peshek	710!	J. Peshek	710!	MEN	198 lbs.				Lifetime						
POWER CURL	220 lbs.	POWER CURL	123 lbs. (40-49)	D. Wrobel	195	100	190	485	D. Champ	475	360	500	1335		
MEN	Police/Fire	410!	FEMALE	(13-16)	198 lbs.				Raw						
242 lbs.	Dearowski	410!	123 lbs. (40-49)	J. Fait	80!	N. Carano	535	300	545	FEMALE					
Natural	275 lbs.	275 lbs.	123 lbs. (40-49)	181 lbs.	(50-59)	535	300	545	(13-16)						
A. Lenz	520!	G. Clark	485!	(40-49)	J. Fait	80!	J. Phillips	475	370	465	P. Adgbite*	150	80	195	425
(50-59)	275 lbs.	485!	123 lbs. (40-49)	181 lbs.	(50-59)	140	220 lbs.	475	370	465	132 lbs.				
R. Brown, Jr	430	N. Proctor	60	Open	198 lbs.		J. Phillips	475	370	465	(13-16)				
SHW	275 lbs.	148 lbs.	Open	B. Gregory	140	220 lbs.	475	370	465	D. Williams	165	95	195	455	
Police/Fire	610!	275 lbs.	M. Stas	150	(40-49)	198 lbs.	475	370	465	148 lbs. (50-59)					
J. Begue	515!	Police/Fire	C. Clifford	70!	Open	198 lbs.	475	370	465	P. Adgbite*	150	80	195	425	
SHW	610!	S. Cline	610!	M. Stas	150	198 lbs.	475	370	465	132 lbs.					
Novice	FEMALE	IRONMAN	BP DL TOT	D. Polis*	590	430 560	1580		(13-16)	D. Williams	165	95	195	455	
S. Cline	475!		BP DL TOT	L. Newman	550	390 550	1490		SHW						
Police/Fire	475!			T. Fox	530	335 500	1365		(17-19)	M. Moore	225!	130	265!	620!	
S. Cline	475!	C. Clifford	200	M. Lyden	240 405 645!	(50-59)				E. Brown	165	140!	225	530	
BENCH	165 lbs.			B. Schaffer	500 320 460	1280			MEN						
	(50-59)	220 lbs.			242 lbs.				165 lbs. (13-16)						
Raw	148 lbs.	220 lbs.			242 lbs.				R. Gomez	225	245	350	820		
FEMALE	J. Huff	235	C. Cambers	315 465 780!	242 lbs.				E. Shaffer	310	160	310	780		
148 lbs.		Equipped	SQ BP DL TOT	R. Brown, Jr	600! 430 530	1560!			181 lbs. (35-39)						
(17-19)		FEMALE		C. Evans	400 340 425	1165			M. McNinch*	500!	315	435	1250		
Y. Aponte	110	148 lbs.			275 lbs. (40-49)				198 lbs. (13-16)						
(40-49)	(35-39)	(20-23)							T. Luchini	300	155	330	785		
									R. Neapolitan*	420	275	460			
									1155						
									J. Mayo	386	250	465	1100		
									M. McKirkle	440!	200	400!	1040!		
									220 lbs. (13-16)						
									M. Roth	300	200	330	830		
									T. Fox	530	335 500	1365			
									(40-49)						
									T. Fox	530	335 500	1365			
									242 lbs. (35-39)						
									D. Fryberger	505	330	520	1355		
									M. Stas	420 270	560	1250			
									SHW						
									(40-49)						
									T. Strohm	465 350 505	1320				
									!=American Records.	*	Best Lifters.	This year the Ohio championships were once again a great success with many new lifters and returning winners from last year putting up some heavyweight and setting new state records. In the powerlifting equipped divisions female lifter Sarah Schaffer returned to defend the title in the 148 lb. class which she has won several			

World Natural Powerlifting Federation (WNPF)

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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.

times setting new state records and winning best lifter. In the mens divisions teen lifter Drew Wrobel set all new state records putting up some strong numbers at a very light body weight 198 lb. master lifters John Phillips and Nick Carano returned to claim their divisions as did Bill Schaffer and Dave Polis in the 220 lb. class with both lifters setting new state records and Polis winning best lifter in both the equipped and masters Divisions. Polis had some stiff competition this year from Len Newman and Tim Fox on his way to winning the division. In the 242 lb. class Ralph Brown Jr. set all new state records and an American record winning the masters division over Chuck Evans with Brown also winning the bench only division. In the 275 lb. class there was another close battle this year as in past years with Lonnie Newman winning the division with state records being set by both Newman and Rich Lukian followed closely by Brian Brammer. SHW Dave Champ turned in a strong total winning the lifetime division. In the raw divisions female lifters teen lifters Paula Adgbite, Dawnetta Williams, Megan Moore, and Elizabeth Brown turned in some fine lifts in their first meet ever with Moore setting new state and American records. In the masters division Peri Pauchat set all new American records winning her division along with the power curl division. In the mens divisions Ruben Gomez and Elliot Shaffer battled in the 165 lb. teen division with Gomez edging out Shaffer and setting a new state record. In the 181 lb. class Mike McNinch once again won the submasters division setting new state and American records and best raw lifter. In the 198 lb. class another battle took place between two strong teens in the 17-19 year old division with Rafe Neapolitan edging out John Mayo with both setting new state records and Neapolitan winning best teen lifter in the masters division. Mike McCorkle returned to defend his title setting new state and American records teen lifter Tim Luchini and Matt Roth set

new state records winning their divisions with some strong lifts in their first full meet. 220 lb. lifter Tim Fox set new state records winning both the lifetime and masters division. In the 242 lb. class Duane Fryberger set a new state record winning the lifetime division and 275 lb. lifter Mike Stas returned after a break from competition to win the submasters division and the power curl. SHW Todd Strom set all new state records in his first meet winning the masters division. In the equipped bench only classes female Nancy Proctor set a new state record winning the masters division along with best lifter and the power curl. In the mens divisions Jay Helms, Joe Smith, Jeff Woos and Tim Stroshine all set new state records winning their divisions with Smith walking a way with best lifter. 220 lb. lifters Phil Bartman and Steve Deardowski did some strong lifts winning their divisions with Deardowski setting a new state records in both the bench and deadlift. Aaron Lentz and Jeff Begue also set new state records winning their divisions. SHW Shane Cline set new state records winning the bench and deadlift divisions in the novice and Police/Fire classes. In the raw divisions female lifters, Colleen Clifford and Joyce Buff, did some strong lifts setting new state records and Clifford winning best lifter. Clifford and Huff also won the power curl divisions. Teen lifters Yessica Aponte and Amanda Shultz did some strong lifts in their first meet with Shultz setting a new state record. In the mens classes teen lifters Brian Mehan, Matt Lyden and Brian Wharry set new state and American records with Wharry taking the best lifter award and Lyden setting a state record in the Ironman. 181 lb. lifter Ed Freeman set a state and American records in the masters division and Mark Gillum took first in the squat and deadlift division with new state records. 242 lb. lifters John Vega and Brian Michaels put up some strong lifts winning their divisions. In the ironman teen lifter Colin Chambers set a new state

record in the 17-19 division. In the deadlift only raw divisions teen lifter Jake Fait set a new state record winning the 123 lb. class and also the power curl and a new state record was also set by teen lifter George Clark. 181 lb. class lifter Bob Gregory did a strong lift winning the natural and submaster classes along with the Power curl. In the squat Only Jeff Peshek set a new state record in the 275 lb. class. A special thanks to Bill and Sarah Schaffer and their group of lifters from the Findlay area for their strong support and sportsmanship every year. Also thanks to coach Taylor and the teens from Cleveland whom did a great job in their first meet. A special thanks to all the lifters who come every year and compete and make this a great event every year, also as always thanks to my crew who help every year to make this an enjoyable event. (Thanks to Ron Deanicis for providing these results)

T. Crump	570	JR	Cucciniello	462.5	
M4					
C. Conforto	522.5	T3	D. D'Angelo	345	
100 kgs.			SR	75 kgs.	
S. Momier	785	SR	A. Galati	482.5	
			G. Cucinello	555	
			T3		
			V. Lolacono	545	
L. Pilling	785	M1	M. Menino	390	
SR			E. Guidarelli	695	
M4			A. Pollio	385	
F. Morelli	912.5	M3	M. Carillo	350	
125 kgs.			SR	82.5 kgs.	
G. Pilling	830	JR	L. DiLeva	505	
R. Ligier	777.5	M1	D. DeSanctis	480	
			G. Manquisi	575	
			T3		
M3			D'ambrosio	442.5	
H. Davidson	620	M5			
UNEQUIPPED			E. West	420	
FEMALE	75 kgs.		90 kgs.		
70 kgs.			M1		
SR			P. Golding	550	
FEMALE	Mangiameli	580	R. Gargiulio	180	
SR	S. Fanciullo	530	50.5 kgs.		
B. McKinley	402.5	L. Russo	JR	100 kgs.	
MALE	JR		M. Sperandi	232.5	
52 kgs.	S. Luca	515	53 kgs.		
JR	82.5 kgs.		M. DiLaurio	255	
A. Coggi	345	Scamporlino	610	58.5 kgs.	
M3	SR		SR	110 kgs.	
L. Innocenti	330	M. Antigo	592.5	L. Evangelista	210
60 kgs.	C. Impero	—	70 kgs.	SR	
T3	M3		S. Fisher	510	
D. Conigliaro	367.5	A. Pizzino	510	M1	MS
67.5 kgs.	T2	SR	M. Golding	327.5	
SR	L. Pecoraino	452.5	J. Gostelli	420	
M. Minniti	520	90 kgs.	125 kgs.		
S. LePresti	410	JR	C. Esposito	325	
C. Emiliano	350	F. Baldino	667.5		
M4	A. Colella	607.5	MALE		
A. Colella	460	C. Turco	67.5 kgs.		
T2	G. Massimino	587.5	M2		
S. Mazzone	432.5	S. Maden	A. Rosa	472.5	

(Thanks to WDFPF for providing results)

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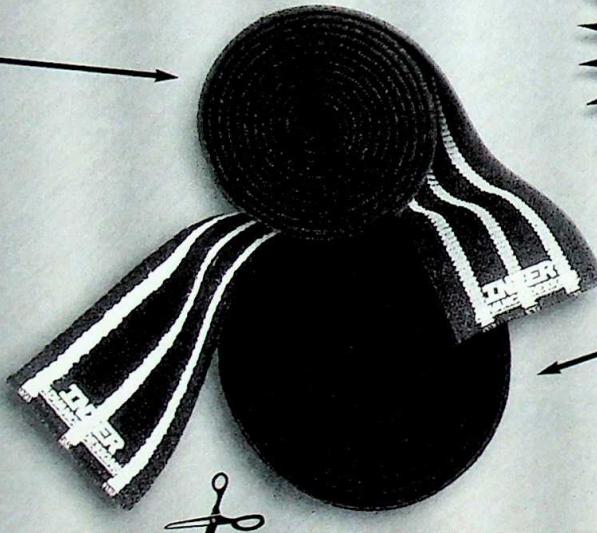
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A PARADIGM SHIFT IN KNEE WRAP DESIGN!

Headhunter Barbell Bench Press						
20 Mar 05 - Wadsworth, OH						
MEN	R. Wilson	335	225	150	350	725
165 lbs.	4th-355	123 lbs.	Open			
C. Lankford	205	SHW	D. King	230	120	325
181 lbs.	J. Kelly	560	MALE			675
J. Burke	340	4th-600	123 lbs.			
4th-360	Teen	Open				
T. Demer	260	M. Handshue	A. Moore	290	220	350
198 lbs.	M. Handshue	530	M. Madgar	132 lbs.		860
242 lbs.	D. Wenzel	340	(12-13)			
J. Burke	600	J. Johnston	320	Raw		
4th-610	T. Mural	285	J. Doss	150	90	200
275 lbs.	Master	(14-23)				440
C. Wilson	L. Anderson	530	Raw			
4th-460	B. Jarvis	420	J. Maxey	—	—	—
M. Madgar	355	WOMEN	Youth			
308 lbs.	L. Gory	155	Open			
L. Anderson	530	Lightweight	O. Mueller	230	120	250
M. Miller	Kovacevich	145	148 lbs.	600		
We would like to thank our sponsors Lake	(14-23)					
Anna Chiropractic (Barberlon), Stow-Kent	Raw					
Chiropractic and Marathon on the Square	K. Dorman	275	195	350	820	
in Wadsworth who made this meet	(35-39)					
possible. The meet was a success with many	Open					
lifters hitting PR's and a couple of lifters	J. Chrisco	415	240	360	1015	
making our meet there first meet. Our	Open					
Outstanding Lifter Trophy went to Jeremiah	G. Ruiz	375	215	430	1020	
Burke from Strongsville, Ohio who hit a	165 lbs.					
600 weighing 231. Jeremiah also hit a 610	(14-23)					
on his 4th attempt. Spotterloaders were	Raw					
Ken Kelly and Ryan Jarvis. Judges were	R. Horton	225	150	300	675	
Rob Twining, Eugene Covey and Stuart	(35-39)					
Patrick. Scorer was Nick Murat. Door	Raw					
person was Sarah Copeland. Lift off help	A. Stafford	300	210	440	950	
came from Al Lechler, Jeff Neely and Tim	(40-44)					
Torok and our DJ was Ann Marie	Raw					
Gullstrand. Thanks again to everyone	J. Brown,Jr	365	280	495	1140	
who helped out and especially Fitness	(45-49)					
Zone for the use of their facility. (These	Open					
meet results by courtesy of John Kelly)	M. Wicker	335	265	425	1025	
	L. Gonzalez	250	115	250	615	
	J. Langdon	260	155	300	715	
	Youth	Open				
	E. Morrow	235	120	260	615	
	Raw					
	B. Parker	170	B. Kirkman	225	150	315
	(45-49)		(16-17)			690
	M. Vaughter	110	Raw			
	MALE	D. Campbell	J. Snider	375	225	415
	165 lbs.	Open	(35-39)			1015
	(45-49)	Raw	Raw			
	Open	N. Jamison	S. Anthony	365	360	440
	M. Wicker	265	(40-44)			1165
	(55-59)	Raw	Raw			
	Raw	Open	C. Cullen	205	220	305
	P. DuBose	255	E. Barker	405	275	440
	(60-65)	Open	R. Barth	350	440	1065
	Raw	Open	Open			
	T. Newman	300	Fleischauer	340	J. Walters	440
	181 lbs.	275 lbs.	(40-44)			365
	(14-23)	Raw	S. Whiting	545	350	455
	Raw	Raw	198 lbs.			1350
	S. Payne, Jr.	—	J. Goodie	380	(14-23)	
	Open	(50-54)	Raw			
	C. Dabney	280	J. Hilliard, Jr.	455		
	J. Gardner	315	(55-59)			
	198 lbs.	Open	J. VonRohr	—		
	(35-39)	Open				
	Raw					
	A. Jones	365	M. Belk	—		
	198 lbs.	308 lbs.				
	(45-49)	(14-23)				
	Raw	Raw				
	L. Hawkins	135	T. Tobin	310		
	MALE	SQ	BP	DL	TOT	
	97 lbs.					
	(12-13)					
	Raw					
	T. Caudle	120	75	150	345	
	(14-15)					
	Raw					
	W. Wright	170	95	235	500	
	(6-7)					
	Raw					
	D. Howell	85	45	135	265	
	105 lbs.					
	(14-23)					
	Raw					
	D. Kirkman	145	75	185	405	
	123 lbs.					
	(12-13)					
	Raw					
	M. Cullen	115	85	170	370	
	(14-23)					
	Raw					

W.D.F.P.F. WORLD CHAMPIONSHIPS 2004 - ATLANTA DISQUALIFICATION

Following last year's Worlds in Atlanta, it was discovered that Terry Edwards (USA) had competed in this event while still under a 3 year ban from another organization. WDFPF rules state that a steroid drug test failure renders the athlete banned for life from all WDFPF activities. Therefore, the W.D.F.P.F. Executive Committee has disqualified Edwards from the 2004 World Powerlifting Championships; he has received a lifetime ban from further involvement within the W.D.F.P.F.

This means that the title of W.D.F.P.F. WORLD CHAMPION in the 90 kg OPEN category has been awarded to KRISTOPHER HUNT (USA). RICK MELDON (Ireland) has been awarded 2nd place; with DOUG HARNEY (USA) in 3rd place; TONY CRUMP (England) in 4th and STEVE MADEN (England) in 5th place.

(WDFPF President Andrew Cominos)

AAU North Carolina State

26 FEB 05 - Greensboro, NC

BENCH		MALE				
FEMALE		220 lbs.				
148 lbs.		(14-23)				
(35-39)		Raw				
Raw	B. Parker	170	B. Kirkman	225	150	315
	(45-49)		(16-17)			690
	M. Vaughter	110	Raw			
	MALE	D. Campbell	J. Snider	375	225	415
	165 lbs.	Open	(35-39)			1015
	(45-49)	Raw	Raw			
	Open	N. Jamison	S. Anthony	365	360	440
	(55-59)	(40-44)	(40-44)			1165
	Raw	Raw	Raw			
	Raw	E. Barker	C. Cullen	205	220	305
	(60-65)	Open	R. Barth	350	275	440
	Raw	Open	Open			1065
	T. Newman	300	J. Walters	440	365	460
	181 lbs.	275 lbs.	(40-44)			1265
	(14-23)	Raw	S. Whiting	545	350	455
	Raw	Raw	198 lbs.			1350
	S. Payne, Jr.	—	J. Goodie	380	(14-23)	
	Open	(50-54)	Raw			
	C. Dabney	280	J. Hilliard, Jr.	455		
	J. Gardner	315	(55-59)			
	198 lbs.	Open	J. VonRohr	—		
	(35-39)	Open				
	Raw					
	A. Jones	365	M. Belk	—		
	198 lbs.	308 lbs.				
	(45-49)	(14-23)				
	Raw	Raw				
	L. Hawkins	135	T. Tobin	310		
	MALE	SQ	BP	DL	TOT	
	97 lbs.					
	(12-13)					
	Raw					
	T. Caudle	120	75	150	345	
	(14-15)					
	Raw					
	W. Wright	170	95	235	500	
	(6-7)					
	Raw					
	D. Howell	85	45	135	265	
	105 lbs.					
	(14-23)					
	Raw					
	D. Kirkman	145	75	185	405	
	123 lbs.					
	(12-13)					
	Raw					
	M. Cullen	115	85	170	370	
	(14-23)					
	Raw					

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Conditions of Membership: As a Condition of membership to UAPC, I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. I further agree that the rules, regulations and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations and drug testing procedures as a condition of continued membership.

I agree that my membership may be removed temporarily or permanently, suspended or denied for my failure to obey UAPC/AWPC rules, regulations and drug testing procedures. I voluntarily submit to any drug testing procedure that UAPC/AWPC has approved in its rules and regulations and drug testing procedures. If I do test positive for 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 UAPC, I understand and accept that I am prohibited from using any substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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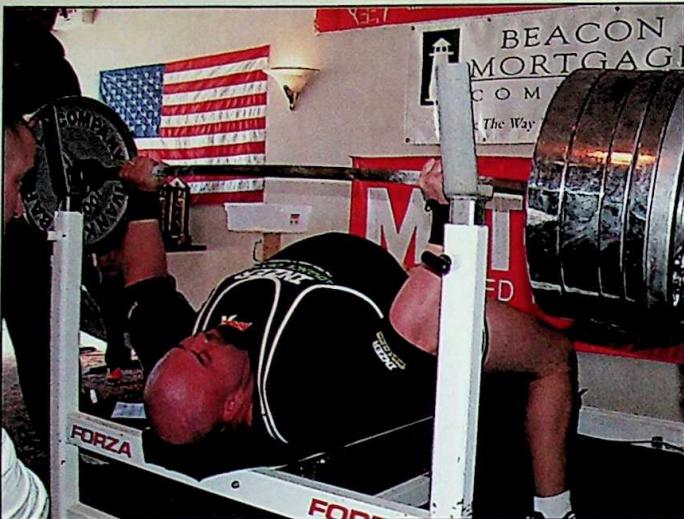
**Northeastern Bench Press
27 FEB 05 - Manchester, NH**

WOMEN	181 lbs.		
Open	C. Brien	340	
B. Winslow	165	B. Olivier	235
MEN	198 lbs.		
Teen/Junior	B. Masello	540	
B. Fredette	400	D. LaGault	370
B. Lynch	275	P. Bennett	205
B. Olivier	235	220 lbs.	
Master (40+)	J. Dowst	535	
C. Brien	340	242 lbs.	
Master (50+)	S. Smith	500	
P. Bennett	205	V. Thompson	365
Open	SHW		
148 lbs.	R. Desmond	750	
T. Roselli	370	4th-775	

We had a great day and even though we had a smaller than expected turnout, the competitors made up for it in quality. I sometimes like the smaller meets as its more of a chance for us to get together, lift some weights, and have a great time at Hooters afterwards. We had one female competitor. Barbara Winslow came up from MA for a nice 165 lb. lift. BJ Fredette took the Junior class over newcomers Brian Lynch and Brian Olivier, all 3 of which have bright futures ahead of them! Chris Brien is another regular competitor who always brings his big bench to the game. Consistently consistent Pete Bennett made the trip up too, after competing the weekend before. He hits about 10 meets a year. At 198 Bob Masello stole the show with a gigantic 540 lbs. at 186 bodyweight. The 220's saw Jeff Dowst tearing up a big 535 in a single ply Titan. Wait until he breaks in his double ply! 600+ is gonna fall. At 242 Steve Smith came up from MA with a strong 500. Chuck Scherza gave 660 a ride 3 times, and 3 times we thought it was gonna go. It will next time! At SHW, Ryan Desmond came up and made me believe the legend I had heard about. A super strong 725 looked like 135, he hit 750 on a 3rd, and 775 on a fourth. Ryan also took best lifter honors for the day. Referees were Jamie Fellows, Brian Farmer, Laura Tourtellot, Jeff Morrison. Spotters were Bill Dugay and Big Frank. Thank you to my mom and my girlfriend Zoe for all of their help! Thank you to everyone who came, feel free to contact me for more info regarding meets in the area. NHBodybuilding@yahoo.com or try us at AmericanPowerlifting.com (Thanks to Dave Follansbee for providing these results)

**Son Light Power Arkansas State
16 OCT 04 - Paragould, AR**

BENCH	4th-400!		
MEN	242 lbs.		
Novice	J. Inman	330!	
148 lbs.	Submaster		
C. Wall	270!	242 lbs.	
Teen (13-15)	R. Wright	480!	
198 lbs.	Police/Fire		
Collingsworth 215	(40-44)		
Teen (18-19)	198 lbs.		
242 lbs.	E. Jackson	385!	
J. Inman	330!	Open	
Juniors	Police/Fire		
132 lbs.	198 lbs.		
B. Myer	245	E. Jackson	385!
148 lbs.	Open		
E. Bricker	315!	181 lbs.	
4th-335!	J. Price	385	
181 lbs.	4th-400		
J. Price	385!	DEADLIFT	



Ryan Desmond's successful 725 opener at the Northeastern Bench Press Championships. He went on to make 775 on a fourth attempt (photograph provided by courtesy of Meet Director Dave Follansbee)

MEN	J. Price	455!	Another first time competitor, Justin Cunningham, won at 13-15/275 with 360. This was also a new state record for his class. Jasper Price took both the junior and open 181 classes with a solid 455 opener. This was a new state record for the junior division. Best lifter Tre Kitchens, is just coming off an injury, but still pulled a strong 530 at a 190 bwt. Still about 100 pounds off his best, he'll be back at full throttle before you know it. Thanks again to Randy and to my son Joey and Derek Henson for all their help loading and spotting. See you all again next year! (Thanks to Dr. Darrell Latch for results)
Teen (13-15)	Open	455!	
198 lbs.	181 lbs.		
Collingsworth 335!	J. Price	455	
275 lbs.	198 lbs.		
Cunningham 360!	T. Kitchens	530	
Juniors			
181 lbs.			

!=Son Light Power Arkansas state record. Best Lifter Bench: Randy Wright. Best Lifter Deadlift: Tre Kitchens. The Son Light Power Arkansas State Bench Press/Deadlift Championship was held at Paragould Health & Fitness. Thanks again to owner Randy Wright and his staff for promoting and hosting this competition. In the bench press event first-time competitor Caleb Wall won at novice 148 with a new Arkansas state record of 270. At 13-15/198 it was Tyler Collingsworth with 215 for the win while Johnathan Inman captured the 18-19/242 class with a new state record of 330. This was also a new personal record for Johnathan. In the junior division it was Benjamin Myer for the win at 132 with his opener of 245. This was Ben's first competition. Enoch Bricker broke his own state record at 148 with a new personal best 335. Jasper Price got his first ever 400 bench with his win at 181. This was also a new state record for Jasper. Also lifting in the junior 242 class was Johnathan Inman, who took the win, posting another state record with his 330 final attempt. Best lifter of the meet was Randy Wright who finished with the win at submaster 242, breaking his own state record there with 480. Enis Jackson set the Arkansas state record for the police & fire /40-44/198 and open police & fire 198 classes with his raw 385 final attempt. Then at open 181 it was Jasper Price with his second win of the day, finishing with 385 and his fourth with 400, just five pounds shy of the state record there. In the deadlift event Tyler Collingsworth won his second title of the day at 13-15/198, breaking the state record there with 335. Spears-N

Mindek-N	315	185	350	850
198 lbs.				
Garnier-A	440	400	500	1340
Major-N	335	335	475	1145
Ornelas-A	385	320	440	1145
220 lbs.				
Heely-N	520	335	610	1465
Ladner-A	510	335	565	1410
Thomas-N	405	285	465	1155
Barlte-N	435	225	490	1150
242 lbs.				
Clark-A	605	425	650	1680
275 lbs.				
Beasley-A	585	400	625	1610
WOMEN	114 lbs.			
Alexander-N	185	105	250	540
132 lbs.				
Dugan-A	225	170	325	720
Kim-A	240	155	255	650
Hu-N	235	130	260	625
Carlson-A	205	145	255	605
Tilton-N	195	125	255	575
148 lbs.				
Angelli-N	245	145	300	690
Windham-N	245	160	270	675
Pederson-A	260	155	255	670
165 lbs.				
Ching-N	265	215	315	795
Laughlin-A	250	160	260	670
SHW				
Mandelkow-A	240	150	265	655
A = Army. N = Navy. (results from USAPL)				

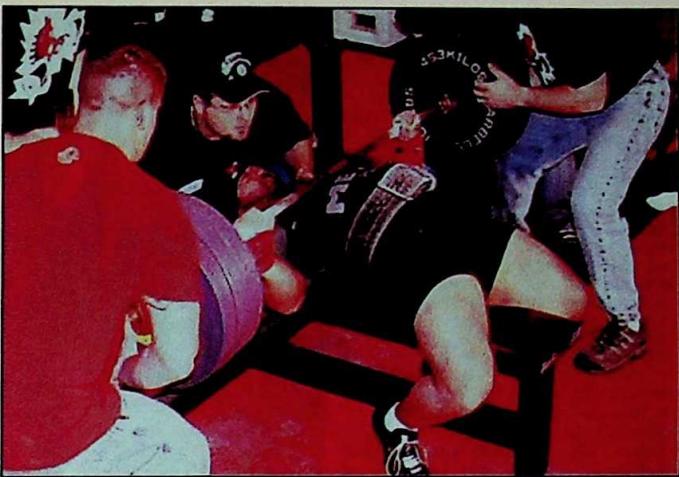
Iron Boy Push Pull

22 JAN 05 - Mocksville, NC

DEADLIFT	Raw	
MEN	B. Payne	165
105 lbs.	Open	
Youth (8-9)	165 lbs.	
Raw	C. Tucker	350
J. Granger	60	Novice
4th-65	Raw	
198 lbs.	T. Chhuon	315
Masters (55-59)	E. Sheppard	160
Raw	4th-180	
F. Sumners	345	Master (60-64)
4th-355	Raw	
Masters (45-49)	T. Newnam	305
Raw	G. Durham	525
220 lbs.	Intermediate	
Submaster	T. Barone	315
Raw	B. Marcellino	450
242 lbs.	Novice	
Open	T. Hill	300
Raw	181 lbs.	
Master (40-44)	Master (40-44)	
220 lbs.	B. Upchurch	315
Submaster	Junior	
Raw	D. Roberts	275
198 lbs.	T. Barone	315
Submaster	D. Tucker	—
Raw	B. Williams	400
4th-415	Open	
J. Dzeskewicz	530	
165 lbs.	J. Crouch	570
275 lbs.	Raw	
C. Pressley	680	
Manalo-N	Master (40-44)	
Pimentel-N	C. Pressley	680
Miller-N	Open	
181 lbs.	319 lbs.	
Bowers-N	J. Grove	760
Leone-A	BENCH	
Nieves-A	105 lbs.	
Finney-N	Youth (8-9)	
Daniel-N	J. Granger	65
Clouse-N	165 lbs.	
Moore-N	Teen (18-19)	
Landreth-N	C. Tucker	350
Spears-N	Raw	

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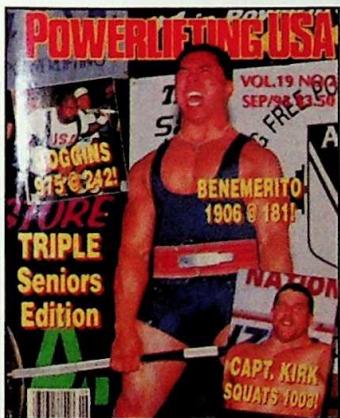
L. Bearden	250	Raw	J. Shoaf	275	365	640
Master (50-54)		Master (40-44)	B. Spayd	290	515	805
Raw		M. Norman	198 lbs.			
D. McMillan	400	4th-275	Submaster			
Master (45-49)		L. Hodges	440	525	965	
Raw	275 lbs.	Open	R. Gentry	525	550	1075
J. Hansen	325	Teen (18-19)	G. Crook	440	580	1020
L. Hoaan	310	A. Parsons	L. Hodges	440	525	965
Master (40-44)		Intermediate	Novice			
P. Capps	375	Raw	Raw			
Master (50-54)		W. Lemmons	D. Ezzell	285	450	735
J. Wyand	525	300	Masters (55-59)			
Junior		319 lbs.	F. Summers	270	345	615
L. Bullins	385	C. Elliott	Raw			
Intermediate		540	Master (45-49)			
C. Asbury	550	SHW	D. Pagan	350	550	900
T. Massey	375	Teen (18-19)	4th-BP-370			
242 lbs.		D. Stafford				
Open		395				
K. Dowd	640	M. Neal				
Master (50-54)		575				
Push Pull		J. Gentry				
105 lbs.		560				
Youth (8-9)						
Raw						
J. Granger	60	150				
Youth (10-11)		210				
Raw		4ths: 65				
T. Payne	70	185				
123 lbs.		255				
Teen (12-13)			R. Rochester	305	405	710
Raw			4ths: 315	425		
W. Rochester	105	180	Police/Fire			
165 lbs.		285	Raw			
Teen (16-17)			K. Hubbard	315	505	820
Raw			Police/Fire			
C. Martin	235	400	J. Couick	440	600	1040
Junior		635	Open			
Raw			T. Atkins	640	665	1305
B. Hooker	235	485	J. Couick	440	600	1040
Police/Fire		720	Intermediate			
M. Ligon	275	405	Raw			
181 lbs.		680	B. Anderson	280	450	730
Teen (12-13)		4th-DL-415	Intermediate			
Raw			M. Holbrook	530	570	1100
E. Payne	90	205	242 lbs.			
Teen (14-15)		295	Submaster			
Raw			G. Crotts	410	595	1005
T. Stanbery	175	290	Novice			
Novice		465	R. C. Rhymer	250	425	675
R. Stafford	240	425	Master (40-44)			
Masters (60-64)		665	T. Higgins	455	650	1105



Tony Atkins benched 640 in the 220s at the Iron Boy Push Pull meet

T. Mash	—	740	740	Raw	B. Wood	390	550	940	
275 lbs.				Junior	T. Gardner	400	650	1050	
(Teen 16-17)				Intermediate	S. Griffin	—	—	—	
D. Atkins	—	—	—	WOMEN					
M. Prevette	455	620	1075	132 lbs.					
Submaster				Master (50-54)					
Raw				Raw	G. Sadler	80	165	245	
B. Nance	440	600	1040	Novice	G. Sadler	80	165	245	
C. Rabon	565	660	1225	181 lbs.	Open	150	300	450	
S. Robbins	545	645	1190	D. Lemmons	Outstanding Lifters 198 and Under: Female Best Lifter - Dena Lemmons, Female Master Best Lifter - Grace Sadler, Male Best Lifter - Roger Gentry, Male Master Best Lifter - Jim Shoaf, Male Teen Best Lifter - Christopher Martin. Outstanding Lifters 220 and Over: Male Best Lifter - Tony Atkins, Male Master Best Lifter - Curtis Rabon. (results are from Keith Payne)				
B. Chatham	455	520	975						
Master (40-44)									
C. Rabon	565	660	1225						
M. Smith	315	480	795						
Junior									
K. Wall	420	600	1020						
4th-DL-620									
A. Bryson	500	560	1060						
B. Chatham	455	520	975						
319 lbs.									
Novice									

BACK ISSUE OF THE MONTH



The September 1995 cover of PL USA had one of the best lifting photos we've ever run ... sharp enough to map out the vein structure on the surface of his shoulder, it captured Ray Benemerito exulting at the instant of his greatest lifting triumph, the ADFPA Men's Nationals, locking out a 744 deadlift for a 1906 total at 181 ... but that wasn't all... this was a TRIPLE SENIORS issue... we

also had Kirk Karwoski with his 1003 squat at the USPF Seniors and Steve Goggins with his 975 squat at the APF Seniors. This ADFPA meet was also the stage where Tony Leiato had his best day ... benching 600 and going 2105 at 275 for the win, and Marc Henry pulled a 903 deadlift and totaled 2314 to win the SHWs by nearly 300 lbs. Herb Glossbrenner wrote up the APF meet, where Jesse Kellum went 876 573 650 2099 to win the 198s. At the USPF meet, Carrie Boudreau won the 123s with 418 242 490 1151, but Karwoski's 2303 at 275 was the biggest of the whole meet. Superscribe Marty Gallagher shared his thoughts on the USPF Seniors, including an impression of the fast rising Shane Hamman. In our Workout of the Month, we had the aforementioned Tony Leiato's bench press routine, and Rick Brunner described the use of Creatine in Elite Powerlifting circles. Tamara Rainwater-Grimwood discussed Mental Training, with side notes about her appearance on the Regis and Kathy Lee Live show, and the man-woman tandem deadlift record she set with Ken Ryder. Louie Simmons shared "Another Westside Success Story" with the tale of Tom Waddell. Hawaii's ADFPA star Quincy Guzman was interviewed by Bob Gaynor. Dr. Judd investigated the issue of "Women and the Success Syndrome"... namely, the delicate issue of head on male-female competition in powerlifting. John Comereski talked about the 'safe way' to train your back, and atop Herb Glossbrenner's TOP 50 all time 97/105 lb. class ranking lists was Susie Benford (795) with Doris Simmons Numero Uno in the heavier class (887). Lynn Barlow was 22nd in the 97s (665) and Kathy Tuite (Leistner) was 41st with 711 in the 105s. Doug Daniels interviewed his friend and superbencher Chris Confessore (who stated "I feel I can bench 800 by next spring."). In our report of the Wisconsin BP Championships current USAPL 600+ BPer Dave Doan got 2nd in the 242s with a 520, and Bill Shalkowski (USAPL BP Champion at 198 with 500+) won his 181-196 division in the ADFPA DPU Club Sports BP with a 375 BP at 180 bodywt. We had a shot of Greg Warr, who had recently benched 405 for and incredible 20 reps in exhibition. On our TOP 100 132 lb. list the top marks were by Doug Heath (518) with Mary Warman in 2nd place in the squat, Derek Ito in the BP (415), and a comebacker Lamar Gant in the 148s with a 617 deadlift and 1405 total. Elsewhere on the list vet New Englander Rich Del Gallo was 58th in the squat (380), and another masters star, NJ's John Corsello, was 89th in the BP (259), North Carolina AAU sparkplug Ben Zak was 96th in the deadlift (402), and another Masters record buster, Paul Griffith, was 65th in total (1019). Given all the history and context this issue of PLUSA brings to the sport today, there are many dozens of other back issue available .. see our comprehensive listing on pages 48-51 for issue that might be of interest/use to you!

APA Missouri State
22 JAN 05 - Rolla, MO

BENCH	J. Jackson	725
WOMEN	275 lbs.	
114 lbs.	Open	
Open	J. Humbyrd	440
S. Wood	105	Master
MEN	J. Beggs	425
148 lbs.	R. Ryan	505
Teen (16-17)	Junior	
R. Johnson	245	S. Birdsong
165 lbs.	DEADLIFT	515
Open	275 lbs.	
M. Keefer	260	Submaster
198 lbs.	T. Putman	670
Submaster	220 lbs.	
D. Doobay	305	Open
T. Prati	335	B. Cass
Open	198 lbs.	750
T. Luke	420	Submaster
Master	T. Prati	485
B. Stevens	—	181 lbs.
220 lbs.	Teen (18-19)	
Open	N. Crafton	530
J. Brewer	380	198 lbs.
Junior	Submaster	
J. Wantland	380	D. Doobay
242 lbs.	WOMEN	405
Submaster	114 lbs.	
J. Robins	390	Open
Master	S. Wood	235
S. Hazen	325	4th-245
Submaster	308 lbs.	
C. Sherwood	500	Junior
Open	S. Birdsong	500
WOMEN	SQ	BP DL TOT
114 lbs.		
Open		
V. Robins	185	100 215 500
123 lbs.		
(18-19)		
Elderlinghoff	205	135 270 610
132 lbs.		
Teen (16-17)		
T. Medina	205	135 290 630
Junior		
R. Rich	225	165 285 675
MEN		
165 lbs.		
Master		
I. Clark	500	335 450 1285
Junior		
C. Helton	375	335 425 1135
181 lbs.		
Open		
T. Wallach	500	350 500 1350
220 lbs.		
Teen (16-17)		
D. Meyer	400	320 470 1190
Junior		
N. Peterson	450	275 525 1250
242 lbs.		
Master		
J. Hilburn	525	300 500 1325
Junior		
J. Long	490	330 500 1320
Teen (16-17)		
M. Beljean	350	230 425 1005
Junior		
J. Basham	500	— 470 —
Open		
B. Cass	857	530 750 2138
308 lbs.		
Teen (18-19)		
M. Pitti	585	365 460 1410
Submaster		
T. Rubey	800	570 790 2160
Junior		
S. Birdsong	710	515 500 —

Missouri APA State Championships were held in Rolla, MO on January 22nd. I would like to start by thanking a couple of families that helped me set up and run the meet. I would like thank George, Tommy and Whitney Heleine and Ed, Phyllis, plus their other family member that helped all day long with the meet. I would also like to thank those that came from Columbia, Kansas City, and Sedalia to help with the meet. There are so many that I have forgotten several names, but my heart felt thanks for all your help. Now on to some incredible meet highlights. In the Women's divisions we had to incredible young ladies at the meet that rewrote APA-WPA records left and right. Rebecca Rich in the 132 lb. class from Rolla, MO broke World and American Junior Drug Tested Records. In the Squat, Bench, DL, Total, and set State and Midwest junior and open records. Shauna Elderlinghoff in the 123 class from



Travis Rubey deadlifted an APA American/World record 790 to produce an American/World Record total of 2160 in the 308 lb. class at the APA Missouri State Meet (photo by Rodney Wood)

West Plains, MO, in her first meet broke World and American 18-19 Drug Tested Records in the Bench, DL, TOT and set multiple age and open MO State and Midwest Regional records. Both of these young ladies lifted with great enthusiasm and perfect technique. Men's: I would like to give the highlights and mention that I gave out several outstanding lift awards, but I did not double any awards up for the same lifter so that we could recognize several lifters from several different divisions. Hopefully what I accomplished was giving recognition to the best of the best in the meet. We will start with the biggest lift award, no formula here just huge poundage. Biggest Squat of the meet was awarded to Brandon Cass Blue Springs, MO, with a lift of 857.5 lbs. and this broke the long time standing American/World record held by Steve Goggins. Biggest pull of the meet was heaved up by Travis Rubey of St. James, MO, with a lift of 790 lbs. breaking an American/World record and contributed to Travis's American/World record total as well. Biggest Bench was pressed by new comer Steve Birdsong of Rolla, MO, with a press of 515 lbs. as a junior lifter Steve has a very bright future ahead of him in the APA. In the masters divisions we had two great lifters from the Kansas City Area come in and show the state what clean and classic lifting looks like. Ira Clark, 165 in the 40-44 division, won outstanding light weight honors with a total of 1285 and setting multiple state and Midwest regional master and open records. John Hilburn, 242 45-49 division, won second runner up the heavy weight division with a total of 1325. Both of these lifters have only been competing for a couple of years and they get better each time they come out and compete. In the open class Tim Wallach of Rolla of Rolla, MO, was awarded runner up in the lightweight class with a total of 1350 at 181. This was Tim's first time in the 181lb. class and he prevailed with some very nice lifting in all three events. In the junior class Jake Long, a

very light 242 of West Plains, MO, in his very first meet, was awarded outstanding lifter in the heavy weight division with a total of 1320 on a tie breaker over John Hilburn. Jake didn't even get to finish the meet because he had to go back to Missouri Southern University for a football banquet; we expect very big things from Jake in the very near future. In the Bench Press competition we had two excellent lifters come in and hit some great numbers in the meet. Outstanding bench press went to Roger Ryan, master lifter out of Decatur, IL, with a big press of 505. This was also an APA-WPA National Police record. Runner-up best bench press went to Trial Luke an open 198 lifter out of Cameron, MO, with a smooth press of 420. In the Deadlift competition Terry Putman a 275 submaster lifter out of Tulsa, OK, won best lifter honors with a great pull of 670 lbs. and a great attempt at 700, but it was just not there for Terry. The big highlight of the meet had to be Brandon Cass and Travis Rubey Brandon Cass set a state and midwest regional record in the Bench 555 on a 4th, American and World Record Squat 857.5, totaled 2163, and pulled a tough 750. Brandon was a little off his game with a sinus cold and still put up these kind of numbers and set records all day long, wow. Big Travis Rubey came into the meet with some bad intentions in mind for his first APA meet. What a day for him in the 308-tested division with an 800 lb. squat and bench of 570 that were new state and Midwest regional records. The meet really warmed up for Travis when the bar hit the floor and he pulled a new World/American record with 790, which led to an American & World record total of 2160. Not only did Travis work hard all day long, but stuck around to help load the truck at the end of the day, what a class act thanks Travis. Highlight of the Day for the meet director was during the awards assembly Travis Rubey's son followed him out for his award for the biggest pull of the day. As I was handing Travis one huge sword the little boy's eyes lit up like it was Christmas and you could see the wheels turning. The best look was on Travis's wife as she looked at the sword and the little boy's excitement in great concern and she was already thinking of some place to hide it when they got home. Can you say priceless? I would like to finish by thanking all of the meet sponsors Crain's Muscle World, Ken Anderson of Titan Lifting Equipment, Monster Muscle, and House of Pain. From the Rolla Community Arbs, Fairground Chevrolet, Denny Ford, Sport Rehad, Coca-Cola, Al West Chrysler, Peterson Chiropractic, and Michael West of Stifel, Nicolaus & Company. (Results by Rodney Wood, Missouri St. APA Chair)

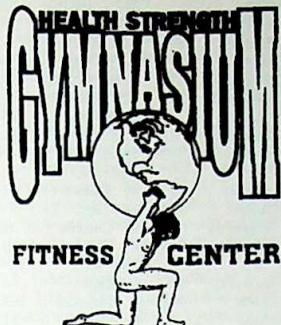
APF Southeast Challenge
7 AUG 04 - Vidor, TX

BENCH 220 lbs.
MEN K. Gordon 446
Open 275 lbs.
181 lbs. C. Radcliff 369
K. Mauer 347 Junior (20-23)

Men_Bench	Teen_Bench	Master_Bench	P/L
114) 160 H. Claypatch	114) 160 H. Claypatch	148) 305 D. Wilson	114) 520 C. Ritchie
123) 235 E. Nelliger	123) 190 H. Claypatch	165) 295 R. Young	123) 780 M. Gadziala
132) 275 M. Perry	132) 135 A. Swain	181) 315 G. Passman	132) 675 M. Harris
148) 305 D. Wilson	148) 225 D. Natale	198) 255 T. Bell	148) 1090 D. Wilson
165) 300 J. Fox	165) 295 T. Haque	220) 415 C. Ponnell	165) 1082 B. Hooker
181) 420 W. Lynch	181) 283 W. Claypatch	242) 450 A. Proctor	181) 1210 D. Parish
198) 440 W. Lynch	198) 310 Witchl	275) 450 J. Hillard	198) 1545 J. Krause
220) 485 P. Bossi	220) 385 S. Hopkins	SHW) 405 R. Beach	220) 1445 T. Manning
242) 450 A. Procter	242) 375 T. Manning	SHW) 275 A. Moore	242) 1340 R. Onafrio
275) 480 B. Jones	SHW) 450 J. Rascoe		275) 1480 R. Slate
			SHW) 2025 N. Minnetti

NC B/P State Champions: Golds Gym, Southern Pines
NC Teen B/P State Champions: North Side High School
NC P/L State Champions: The Body Shop
NC Teen P/L State Champions: North Side
NC Middle School State Champions: Moyock

2004 NORTH CAROLINA ALL RAW TEAM



**USAPL SW New Mexico Open
23 OCT 04 - Silver City, NM**

	Open	SQ	BP	DL	TOT
T. Adelman	55	250!	145	450	
198 lbs. C					
T. Eruwayo	515	305	480	1300	
Open					
B. Rowe	625	330	515	1470	
165 lbs.					
P. Cousins	330	280	370	965	
Teen-3					
B. Greene	150	120	215	385	
R. Hawkins	240	180	305	725	
S/H Master-1					
R. Gains	600	455	600	1695	
181 lbs. C					
V. Sivetskiy	435	240	405	1080	
220 lbs.					
Master-1					
B. Hawkins	340	310	380	1030	
242 lbs.					
Master-1					
S. Striepeke	450	320	480	1250	
275 lbs.					
Teen-3					
D. Velasquez	245	165	340	780	
123 lbs.					
Master-5					
G. Wynn	135	75	220	430	
State records. Tosan Eruwayo Jr. Qualifies for collegiates. (provided by USAPL)					

**USAPL Northwest
12 FEB 05 - Aurora, OR**

BENCH	J. Beteta	278
WOMEN	DEADLIFT	
82.5 kgs.	MEN	
Open	110 kgs.	
C. Hahn	193	Open
M1	M. Riedy	661
C. Hahn	193	J. Morasco
67.5 kgs.	M2	485
M2	B. Wellborn	402
L. Powell	171	90 kgs.
MEN	M5	
125+ kgs.	R. Schuller	424
Open		
J. Ward	369	
87.5 kgs.		
M5		
WOMEN	SQ	BP
44 kgs.	DL	TOT
Teen (16-17)		
K. Todd	66	77
48 kgs.	176	320
Teen (14-15)		
K. McFarland	121	94
67.5 kgs.	193	408
Teen (14-15)		
D. Franklin	121	94
Teen (16-17)	176	391
A. McWeeny	149	110
S. Steinbach	143	220
MEN	430	
67.5 kgs.		
Spec. Olympics		
C. McFarland	226	187
75 kgs..	413	627
Teen (14-15)		
N. Wilks	99	99
Teen (16-17)	265	463
D. Weeks	320	281
Junior	441	1042
J. Benezra	402	276
Open	441	1119
J. Benezra	402	276
M1	441	1119
M. Hara	391	276
82.5 kgs.	402	1069
Open		

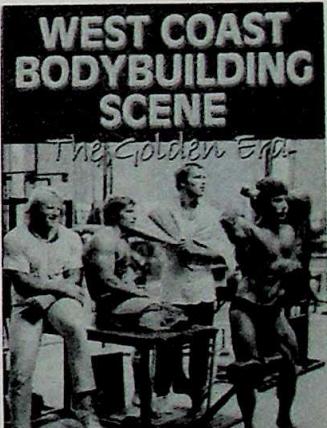
J. Stalk	601	364	579	1543
90 kgs..				
Teen (18-19)				
D. McFarland	419	270	518	1207
M3				
S. Slavens	375	276	480	1130
M5				
R. Schuller	386	231	424	1042
100 kgs.				
Teen (18-19)				
P. Brewer	452	325	452	1229
Open				
B. Riedy	353	314	474	1141
110 kgs.				
Teen (18-19)				
J. Carlle	628	342	535	1505
Open				
M. Riedy	562	441	661	1664
Carlile, Jay	628	342	535	1505
T. Summers	419	314	540	1273
A. Waters	518	298	441	1257
M5				
J. Evans	314	132	220	867
125 kgs.				
Teen (16-17)				
G. Duff	187	182	281	650
Open				
S. Cartwright	728	507	608	1841
A. Snider	573	452	590	1615
125+ kgs.				
Teen (16-17)				
J. Afua	480	325	551	1358
Open				
K. Farnsworth	606	424	507	1538
M1				
R. Liogghio	850	375	678	1703
Best Female Bench: Lani Powell.				
Best Male Bench: Jason Ward.				
Deadline: Matt Riedy.				
Best Female PL: Kelsey McFarland.				
Best Male PL: Scott Cartwright.				
(Thanks to USAPL for results)				

(Thank you to the USAPL for these results)

	USAPL MN State			
	12 FEB 05 - Rosemount, MN			
	WOMEN			
	SQ			
	BP			
	DL			
	TOT			
123 lbs.				
A. Stengrim	100	50	110	260
165 lbs.				
A. Jamrozek	82	45	90	217
MEN				
By Formula				
Teen (14-18)				
M. Carlson	210	117	222	550
M. Carlson	207	110	222	540
T. Anderson	115	60	115	290
M. Jamrozek	105	55	167	327
Junior (19-23)				
C. Nelson	295	200	255	750
C. Miller	157	122	182	462
L. Weismann	165	100	195	460
Novice				
S. Myre	165	135	197	497
M. Swanson	167	117	215	500
R. Kloekner	177	117	200	495
Master (40-49)				
S. Nelson	225	152	227	602
M. Ricker	227	220	297	745
S. Johnson	245	217	237	700
J. Hanson	222	150	215	587
D. Priebe	157	130	185	472
Master (50-59)				
G. Grahm	210	155	220	585
J. Milnes	157	132	210	500
Master (60+)				
P. Markert	127	77	147	352
Haggenmiller	115	135	157	407
Open				
165 lbs.				
M. Hulse	240	132	220	592
J. Eggers	227	122	227	577
J. Gardner	167	115	187	460
181 lbs.				
T. Reid	262	190	285	737
J. Icenhour	245	147	275	667
T. Fonder	205	190	235	630
198 lbs.				
C. Nelson	295	200	255	750
J. Canton	255	162	275	692
B. Hansom	250	155	250	655
S. Black	227	165	235	650
J. Palen	217	150	220	587
S. Lindquist	—	—	—	—
220 lbs.				
M. Edelstein	262	182	295	740
T. Keller	260	192	260	712
225 lbs.				
E. Edberg	257	147	262	667
Guest				
P. Wong	190	155	190	535
N. Tulutki	340	210	320	870

	USAPL Indiana High School			
	12 MAR 05 - Indianapolis, IN			
	GIRLS			
	SQ			
	BP			
	DL			
	TOT			
105 lbs.				
K. Wheeler	150	90	165	405
K. Totleben	145	65	150	360
K. Totleben	145	65	150	360
114 lbs.				
R. Moore	165	65	195	430
123 lbs.				
L. Eaton	175	100	220	480
148 lbs.				
T. Shellman	240	110	270	620
165 lbs.				
Q. Tew	230	135	260	625
K. Overby	145	125	235	805

(Thanks to USAPL for providing results)



... dozens of photos and references to legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Fenn, Tom Overholtzer, Bill Thurber, Peanuts West, and a special section on the legendary Zuver's Gym ... \$24.95 a copy plus \$4 shipping and handling to PL USA, Box 467, Camarillo, CA 93011

WABDL California State		G. Stevens	507	181 lbs.	309+ lbs.	198 lbs.	148 lbs.	M. Castillo	584	
5 MAR 05 - Monterey, CA		308 lbs.	Sozzi-Dangel	231	L. Contreras	429	J. Cavanaugh	363	D. Anderson	551
DEADLIFT 220 lbs.		S. Brown	600	J. Hase	214	D. Bush	369	C. Walker	479	
WOMEN A. Tortorelli 600		309+ lbs.	L. Contreras	440	Junior (20-25)	—	198 lbs.	308 lbs.	S. Wong	744
Junior E. Barnes 545		M. Hanes	501	Master (54-60)	198 lbs.	D. Plank	148 lbs.	Teen (13-15)		
181 lbs. K. Womack 314		259 lbs.	181 lbs.	Master (54-60)	199+ lbs.	B. Daluz	292	T. Robinson	347	123 lbs.
Law/Fire Starkweather 352		E. Ansberry 446	R. Hencke	441	Master (54-60)	R. McKeefer	—	J. Castorina	446	J. Minahan, III 165
Master (40-47) 275 lbs.		D. Wiegardt 540	4th-451	165 lbs.	A. Gonzalez 418	J. Ortega	—	DeGennaro	374	B. Church 148
Rosales-Buie 303 D. Martinez 534		198 lbs.	K. Kirk	336	198 lbs.	A. Polansky 181	Master (40-47)	M. LaMarque	716	Teen (16-19)
Master (40-46) 309+ lbs.		Open	P. Polansky	181	199+ lbs.	D. Chilgren 115	R. Lopez 462	S. Williams	512	132 lbs.
123 lbs. L. Contreras 440		Junior (20-25)	220 lbs.	Open	R. Chavez 402	R. Chavez 402	S. Pena 501	J. McMurray	435	M. Lauricella 259
A. Barnhill 303 S. Hedman 303		165 lbs.	S. Pena	468	197 lbs.	197 lbs.	259 lbs.	J. Jackson	677	D. Anderson 551
132 lbs. L. Rosales 303		A. Pulizzi 446	242 lbs.	242 lbs.	242 lbs.	242 lbs.	242 lbs.	A. Clayton	402	J. Hunter 628
148 lbs. 198 lbs.		I. Soekardi 633	633	C. Neely 214	S. Williams 512	181 lbs.	181 lbs.	J. Ortega	573	G. Stephens 600
B. Stone 314 G. Chavez 534		309+ lbs.	A. Valentini 551	A. Vallejo 148	S. Arredondo 396	198 lbs.	198 lbs.	R. Ludlam 573	R. Chavez 281	R. Chavez 281
181 lbs. 220 lbs.		Submaster (34-39)	K. Aanenson 209	J. Yoder 507!	259 lbs.	259 lbs.	Master (47-53)	D. Trubidy 507	181 lbs.	181 lbs.
Sozzi-Dangel 330 T. Mendoza 462		4th-462	I. Soekardi 633	4th-215!	A. Clayton 473	181 lbs.	181 lbs.	M. Castillo 584	C. Ream —	181 lbs.
Master (47-53) 242 lbs.		198 lbs.	R. Exum 540	J. Watts 225	S. Bloom 391	181 lbs.	181 lbs.	E. Martinez 319	D. Pelott 474	J. Hedman 253
199+ lbs. J. Ortega 573		Law/Fire 259 lbs.	W. Faulkner 503!	W. Faulkner 503!	W. Faulkner 503!	198 lbs.	198 lbs.	E. Roehelle 275	E. Bledsoe 253	E. Bledsoe 253
S. Vaterlaus 275 4th-281		Master (40-47) 199+ lbs.	V. Shaw 501	S. Armstrong 220	J. Tovar 602!	200 lbs.	200 lbs.	G. McCormack 402	Submaster (34-39)	M. Minahan 319
Master (54-60) 165 lbs.		165 lbs.	Teen (16-19)	199+ lbs.	309+ lbs.	200 lbs.	200 lbs.	G. Alves 396	165 lbs.	J. Porter 203
165 lbs. L. Esquivel 330		165 lbs.	S. Kent 209	D. Schultz —	242 lbs.	200 lbs.	200 lbs.	T. Robinson 347	275 lbs.	V. Tovar 402
J. Petray 260 242 lbs.		242 lbs.	L. Submaster	220 lbs.	242 lbs.	181 lbs.	181 lbs.	D. Martinez 435	R. Russo 319	Teen (13-15)
198 lbs. S. Arredondo 600		181 lbs.	97 lbs.	97 lbs.	97 lbs.	198 lbs.	198 lbs.	L. Wyckoff 352	198 lbs.	165 lbs.
K. Polansky 391! Law/Fire 259 lbs.		C. Ream 529	A. Vallejo 148!	220 lbs.	D. Martinez 435!	200 lbs.	200 lbs.	D. Sertier 336	A. Planchon 451	O'Halloran 166!
199+ lbs. Open 242 lbs.		Y. Haddad 507	114 lbs.	114 lbs.	308 lbs.	308 lbs.	308 lbs.	F. Salinas 369	Teen (16-19)	Teen (16-19)
D. Chilgren 253 J. Hedman 341		K. Hedman 341	K. Aanenson 209!	148 lbs.	B. Sabin 473	308 lbs.	308 lbs.	J. Masten 435	L. Ludovico 545	E. Ansberry 137
Open J. Bojorguez 501		198 lbs.	L. Saunders 154	Law/Fire	309+ lbs.	308 lbs.	308 lbs.	J. Hunter 628	501	K. Ramirez 93
97 lbs. 275 lbs.		J. Porter 457	MEN	242 lbs.	D. Schultz —	309+ lbs.	309+ lbs.	J. Villegas 402	199+ lbs.	J. Villegas 402
A. Vallejo 281! D. Martinez 534		308 lbs.	Class-1	242 lbs.	J. Jackson 677	309+ lbs.	309+ lbs.	L. Vaterlaus 203	4th-215!	L. Vaterlaus 203
123 lbs. Law/Fire 309+ lbs.		Submaster	J. Burgess 520	148 lbs.	J. Jackson 677	D. Arredondo 473	181 lbs.	=World Records. This meet is the most		
A. Barnhill 303 220 lbs.		BENCH	M. Martin 99	99	D. Arredondo 473	181 lbs.	J. McCamman 347	exciting meet at the WABDL circuit. 500		
148 lbs. J. Watts 352 D. Randa 586		WOMEN	G. Espinda 330	309+ lbs.	J. McCamman 347	181 lbs.	E. Ansberry 308	animated fans, 160 lifters, a hotel right		
S. Armstrong 369 308 lbs.		Junior	A. Jauregui 325	D. Schultz —	E. Ansberry 308	181 lbs.	E. Ansberry 308	on the beach, and with 20 waves crashing on		
Submaster R. Russell 573		181 lbs.	B. Akamine 402	F. Delatore 551	220 lbs.	220 lbs.	F. Delatore 551	the beach, 67 degrees and sunshine. A		
97 lbs. Master (40-46) 148 lbs.		K. Girard 176	T. Ornduff 137	Submaster	Submaster	Submaster	J. Marba 402	state of the art bench, Ivanko chrome kilo		
A. Vallejo 281 148 lbs.		181 lbs.	220 lbs.	J. Luea 413	220 lbs.	220 lbs.	J. Mutty 374	set, great trophies, the best seafood		
148 lbs. M. Martin 352 K. Womack 297!		105 lbs.	M. Hanes 402	198 lbs.	J. Tolle 512!	220 lbs.	J. Tolle 512!	restaurants in the world, like the Chart		
L. Saunders 264 165 lbs.		Law/Fire	A. Jauregui 325	T. Ornduff 137	220 lbs.	220 lbs.	J. Peters 214	House at Cannery Row and the wharf		
Teen (13-15) G. Espinda 451		Master (40-47)	242 lbs.	T. Ornduff 137	220 lbs.	220 lbs.	J. Peters 214	district, the biggest and best aquarium		
165 lbs. P. O'Neil 369		132 lbs.	J. Gaudern —	D. Randa 485	220 lbs.	220 lbs.	J. Peters 214	in the world, with the only great white shark		
O'Halloran 203 181 lbs.		Rosales-Buie 188!	J. Laija 435	J. Luea 413	220 lbs.	220 lbs.	J. Peters 214	in captivity, and the world's most beau-		
K. Ramirez 181 U. Jara 457		Master (40-46)	R. Budd 314	259 lbs.	G. Hawkins 314	259 lbs.	J. Peters 214	tiful golf course in Pebble Beach. Matt		
MEN 259 lbs. 105 lbs.		105 lbs.	259 lbs.	J. Tolle 512!	M. Bonifield 341	181 lbs.	J. Peters 214	Bonifield was the meet promoter and		
Class-1 M. Weltz 462 D. Brown 159		Law/Fire	D. Pelott 474	Master (40-46)	Master (68-74)	275 lbs.	J. Peters 214	Yanto Soekardi was the meet director.		
148 lbs. Master (47-53) 198 lbs.		123 lbs.	Starkweather 451	148 lbs.	Master (68-74)	S. Finegan —	J. Peters 214	They had to turn away over 30 lifters. In		
J. Imamura 473 M. McCormack 352		S. Hedman 203	M. Elliott 440	440 lbs.	242 lbs.	Master (61-67)	J. Peters 214	the deadlifting class-1 men, Jason Imamura		
165 lbs. 523 220 lbs.		A. Barnhill 170	J. McMurray 435	440 lbs.	242 lbs.	Master (75-79)	J. Peters 214	set a Hawaii state record 473.7 at 148#.		
G. Espinda 451 220 lbs.		132 lbs.	S. Bloom 391	165 lbs.	220 lbs.	220 lbs.	J. Peters 214	Al 165, a fellow Hawaiian, Greydon		
181 lbs. D. Bertier 518 E. Womack 143		Rosales-Buie 188!	275 lbs.	275 lbs.	E. Miranda 253	220 lbs.	J. Peters 214	Espinda set a Hawaii record 451.7. At		
Y. Kuroda 485 242 lbs.		148 lbs.	D. Wiegardt 308	181 lbs.	Open	181 lbs.	J. Peters 214	220, Al Tortorelli hauled in 600.7 for first.		
E. Bledsoe 358 H. Munro 518		308 lbs.	B. Levering 468	181 lbs.	J. Jones 402	181 lbs.	J. Peters 214	Yasu Kuroda pulled a respectable 485 at		
City B. Alex 462		B. Alex 462	U. Jara 281	181 lbs.	K. Unten 396	181 lbs.	J. Peters 214	181 for first. In junior 165#, Andre Pulizzi		
Street Address B. Stone 198		198	B. Stone 198	198		198 lbs.	J. Peters 214	pulled a California state record 462.7. In		
City B. Stone 198		State	B. Stone 198	198		198 lbs.	J. Peters 214	junior women, Kelly Womack, coached		
Current WABDL Classification Elite Master I II III IV		U.S. Citizen? Y N	Date of Birth	Sex M F	Today's Date	Area Code/Telephone		by Tom Starkweather, ripped up a California		
Referee Status World National State								record 314 at 181#. In law/fire master		
NOTE: All WABDL-sanctioned meets will be subject to drug testing.								women 40-47 Leticia Rosales-Buie pulled		
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.								303, weighing 131 and tried for a World		
Signature _____								Record 326, and was close. In law/fire submaster men, Dalen Randa set a California state record 586.2 at 220# and Steven Arredondo pulled 600.7 in law/fire master 40-47 242. In master men 47-53, Mike McCormack pulled a nice PR 523.5 at 198#. He is able coached b Rene Nielsen of the Pacifica Athletic Club. At 308 in master 47-53, Steve Brown, the most rabid Iowa Hawkeye fan I know (I am one myself) pulled an Iowa state record 600.7. He's been shooting for 600 for 5 years. Needless to say, he almost hit the ceiling when he jumped after making the lift. Eric Ansberry, part of The Iron Society and cheered on by every member of that elite lifting club, set a California state record 446.2 in master 54-60 181#. Richard Hencke was 2nd with 441.8, but broke Eric's record on a 4th with 451.7. In master women 47-53 198+, Sue Vaterlaus set a California state record 275.1 and 281. In master women 54-60 165#, Judith Petray set a California record 260.1 with a good smooth pull. Karen Polansky in master 54-60 198 and closer to 60 then 54, was incredible with a 391.2 World Record and a good shot at 402. Al Garcia is her coach, and he really knows what he's doing. Delia Chilgren, also coached by Al Garcia, set a California state record in 54-60 198+ with 253.5. In open men, Ismanjah Soekardi pulled the highest deadlift of the meet with 633.7, weighing 230#. In open women 97#, Alexandra Vallejo pulled a California record 281#, which was also a World		
Registration Fee: Adults \$25 Teens \$15										
Make checks payable to and mail to: WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS P.O. Box 27499 Golden Valley, MN 55427										
If under 18, have parent initial _____										



Application for Registration

WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name

First Name

Initial

Renewal Current Card # (If Renewal)

Y N

Street Address

Club Name

City

State

Zip

Area Code/Telephone

Current WABDL Classification

Elite Master

I

II

III

IV

World National State

U.S. Citizen?

Y

N

Date of Birth

Sex

M

F

Today's Date

Card Issued By

Registration Fee:

Adults \$25

Teens \$15

Make checks payable to and mail to:

WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS

P.O. Box 27499

Golden Valley, MN 55427

Signature _____

Record in submaster. She is close to Cheryl Anderson's national record of 303. In open women 123, Alison Barnhill pulled a California record 303 with room to spare. Jeanne Watts, the captain of Pacifica Athletic Club Team, and coached by Rene Nielsen, opened with 352 at 148 and went straight to 402, and missed twice. She was fairly close on the 2nd attempt. She will get 400 at her next meet.

In submaster men, Ismanjah Joekardi set a California state record pull of 633.7 and came close with 661. In teen men 16-19 181#, Casey Ream pulled 529 to edge out Yazar Haddad, who did 507 - both very impressive pulls considering the weight and the age. In super teen 16-19, Joshua Burgess of Hawaii set a World Record 520.2. In teen women 13-15 165#, Margot O'Halloran set a California record 203.7. Tom Starkweather does a great job at coaching here, Kelli Womack and Michael Womack, who benched bit but more of that later.

In teen women 16-19, Kirsten Ramirez set a California record 181.7 at 165#. Now moving on to the bench. The story was Steve Wong. He is quite possibly the best bencher in the world in the heavier classes 259# on up, along with Ryan Kennelly. He is lifetime drug free and opened with 744 at submaster, then missed 832 twice. The third attempt was close, as one arm was locked out and the other arm wasn't. He weight 301.6, the very next flight was open and since he was signed up for open, as well as submaster, he opted to lift in that one too. He opened with 832 and smoked it, then he declined to take his last two attempts. His 832 is the highest bench ever in a single ply shirt!

Tiny Meeker is second with 820. Jason Jackson, who is the best bencher of all time at 242 with 771, had an off day. He weighed 240 and opened with 677. He came close with 749 on his second and 749 on his third, but it just wasn't there. Mat LaMarque weighed 219. He's the best bencher of all time at 220 with 771. He opened with 644 and then went to 716. Both lifts were picture perfect. Then he went to 800.1 and he was stopped. He said he didn't hit his groove. I would say that LaMarque, Jackson and Wong are the three best benchers in the world, all things considered. Jason has passed three drug tests, Steve Wong has passed three, including this meet, and Matt LaMarque has passed three drug tests. I was told that on the internet, right after Wong benched 832, someone posted that Gus never tests Steve Wong. I'm sure there are a lot of jealous lifters when it come to Wong, Jackson, and LaMarque. The rest of the bench pressing was also very good. In class-1 181#, Brandon Akamine set a Hawaii record 402 on a 3rd, the moved it up more with 417.8 on a 4th. At 259#, Doug Pelott set a California record 474.8 to beat out 5 lifters. In class-1 super, Leo Contreras put up 429.7 for 1st. Leo is true gentleman and is friendly to everyone. In junior men, Bryan Daluz set a California record with 303. In junior 275, Michael Womack set a California record 622.7 and came close with a 622 World Record. He benched 600.7 at the worlds and passed the drug test. He promotes ultimate fighting contest. His sister Kelly Womack upped the ante by setting a World Record 305.2 in junior women 181#. They are the strongest sister/brother tandem in the world! In law/fire master 40-47, Steve Williams set a California record 512.5 at 242. At 259 law/fire 40-47, Jim Yoder set a World Record 518. Arthur Clayton was 2nd with 473.7 and just missed 501.5. At 275 Walt Faulkner, who Matt LaMarque calls one of the toughest men on the planet, lifted with a bad back and had to roll on and off the bench, put up 503.7 for a World Record. He also has deadlifted 700. Jaime Tovar set a World Record 602.9 and L/F master 40-47 308# and then smashed it again with 633.7. he is also an Iron Society member as is Faulkner. In law/fire master 48+, Butch Martinez set his 9th World Record in the last four years with 435.2 at 220#. At 308, Bruce Sabin set a California record 473.7 and came close with 501.5, very close. In law/fire master women 40-47, Leticia Rosales-Buie set a World Record 188.3 at 132#. In L/F submaster 220, Daleen Randa set a California record 501.5. Frank DeLaTorre in L/F open super, benched 551. He's a large mafia looking 369#, who is nice than he looks. He is also an Iron Society member. The Iron Society has 12 500# benchers, 5 600# benchers, 2 700# benchers, and 1 800# bencher. In L/F submaster 259#, JC Tolle set a World Record 524.6. In master 40-46 181, Bob Levering punched out a 468.2 and was close with 501.5. He should get it in his next meet. At 242, Steve Williams put up a 512.5. At 275, Rich Ludlam benched 573 and gage 600 a good ride. In master men 47-53, Mike McCormick set a California state record 402.2 at 198. Mike always has a smile for everyone. At 198 Greg Alves set a California state record 403.3 in master 47-53. At 242, Rob Carbo, another member of the Iron Society, set a California record 518. Rob managed Reggie Jackson's Gold's Gym in Monterey for 15 years. Yes, that's Reggie the baseball player, who has 3 home runs in 1977 world series game. At 259, Roland Sanchez, another Iron Society member, set a California record with 502.6. Steve Brown at 308 set an Iowa record 501.5. Steve got his two main goals



Steve Wong made single ply bench shirt history with his 832@301 (by CSS Photo Design)

in lifting at this meet: A 600# deadlift and a 500# bench press. At super, John Minahan, who had two teenage sons competing at this meet, put up a 573 and came close to breaking his World Record 600.7 with a 601.8. In master women 40-46 123#, Suzanne Hedman set a California record 203.7, weighing only 120#. At 181, Annette Sozzi-Dangel set a California record 231.2. Both women are coached by Rene Nielsen and his team, The Pacifica Athletic Club, came in 2nd at the world championships in Reno. In master women 47-53 at 198+, Sue Vaterlaus set a national record 236.7. Sue has put 754# on her bench in the last year. In master women 54-60 165#, Judith Petray set a California record 93.5. In open men 181, Charles Walker, an Iron Society member who holds the open World Record at 181 with 529, had to settle for 479.5. He missed 501.5. At 220, Steve Pena, who is blind, was very impressive with a 501.5 bench. At 242, James Hunter finished 2nd to Jason Jackson's 677.7, with a very respectable 628.2 and a California state record. Greg Stephens was 3rd with 600.7. In open women 97#, Cosette Neely set a World Record 214.7 weighing 96.4. At 114, Kimberly Aarenson set a World Record 215.8, both of these ladies lifts were double body weight or close to it. At 148, Jeanne Watts set a California record 225.7 and at 198+, Susan Kent set a California record with 209.2. In submaster men, Mike Ludovic is back in top form, he hit 545.5 at 220 and just missed 584. Mike is a top notch chiropractor in the San Jose area. In 2nd was Ed Barnes with 501.5. At 242, James Hunter set a submaster record with 628.2 and at 259, Mike Castillo set a California record with 584. Dave Anderson was 2nd with 551. In submaster women, Alexandra Vallejo set a world record 148.7 weighing only 95.8#. Very impressive considering age and weight. At 114, Kimberly Aarenson set her 2nd World Record of the day with 215.8. She also set the World Record in open with 215.8. In teen men 13-15, John Minahan III, set a California record 165.2. In teen men 16-19 132#, Mark Lauricella was in the groove with a better than average 259 California state record. In teen 16-19 275# Viktor Tovar is one of the few teenagers in WABDL to bench 402.2. In teen women 13-15 165#, Margot O'Halloran set a World Record 166.3. Margot's maiden name is Womack, so there were three Womack siblings who set state records. I'm sure this has never happened at any athletic contest anywhere. Kelly, her sister, benched 305 for a

World Record in open and Michael her brother, benched 622, for a world record in junior. In teen women 16-19, Erica Ansberry set a California 137.7 at 123#. Her father Eric also set a California record in the deadlift. At 148, Mallory Burda set a California record 192.7. At 198+, Lauren Vaterlaus set a World Record 215.8. Her mother Sue set a national record 236.7. Let's see how long the mother can stay ahead of her god daughter. It should be some friendly family competition. Again, I can't emphasize enough about how good of a job that Mat LaMarque and Yanto Soekardi do. The platform is a \$2500 state of the art. No foot slippage there. Yanto Soekardi convinced Matt not to quit. The stress of putting on a meet is stupendous if you want it to be the best. The hardest part is dealing with a hotel. It's expensive and there's always a high turnover rate with banquet managers. Anytime a meet is held in a high school or middle school gym, the benches are murder to sit on for more than an hour. With a hotel you have a place to eat, a room to go back to and rest and chairs with backs on them. Matt and Yanto give it their absolute best shot with no expense spared. Putting on a meet is a big stress for a family now. Matt has two young daughters. He works as a prison guard, personal trainer and then the upkeep of the gym, not to mention the training that it takes to bench 771 at 217 and deadlift 688 and squat 700#. Yanto and his crew of Steve Wong, Norman Rial, AJ Agamao, Rudy Lopez, and his brother Ismanjah brought all the equipment in and set it up. The MC was Gheanne Placido, who did an excellent job. Matt's wife Deanna LaMarque, his mother Marilyn Buck, Tony LaMarque and Allie Buck helped at Matt's booth. The judges were Mike Saito, Mike Knight, Kerwin Unten, Gus Rethwisch, Steve Wong, and Ken Anderson. The scorekeeper was Kim Saito. On the computer was Elma Thomas. Gary Thomas was the weigh-in room supervisor. The sponsors were Budweiser Distributors, Tubridy construction, House of Pain, Titan, and Ken Anderson. Ismyanto's crew included: Steve Pearson, Dino Martinez, Derek Arredondo, Frank Delatore, Norm Rial, Jake Manu, Walt Faulkner, and Rudy Lopez. Other sponsors included Josh Hageman/Advanced Bovine BP, Gold Coast Ordering, Chuck Paige, Geoff Couch of Couch Distributing, John Farahmand of Balance Physical Therapy, and Nadeem Bahu of R.G. Burgers. (Thanks to Gus Rethwisch for providing these meet results to Powerlifting USA)

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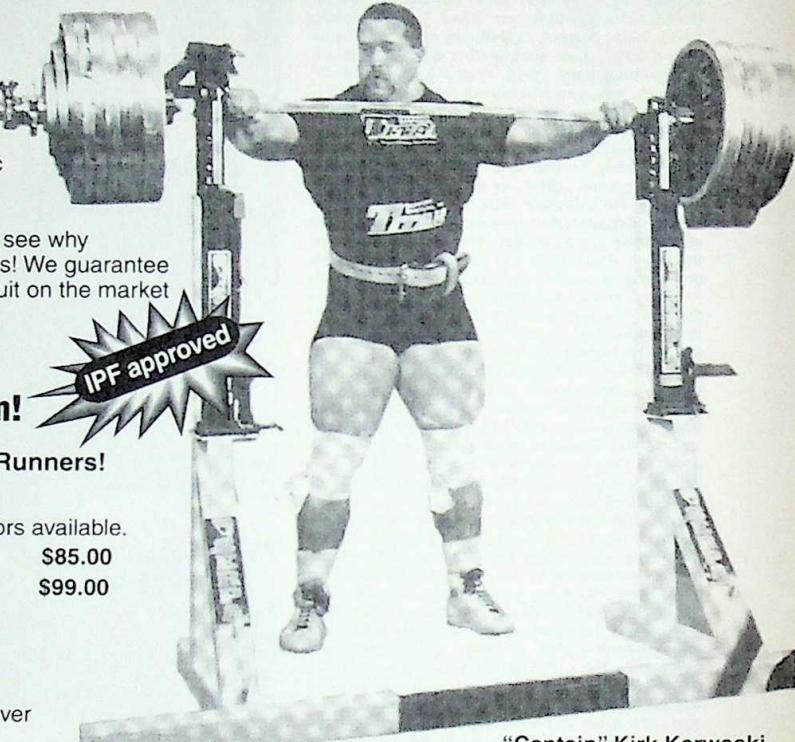
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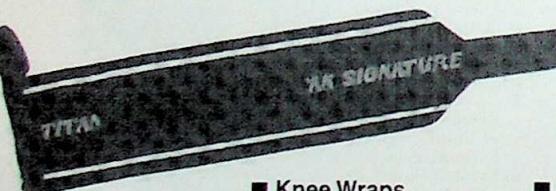
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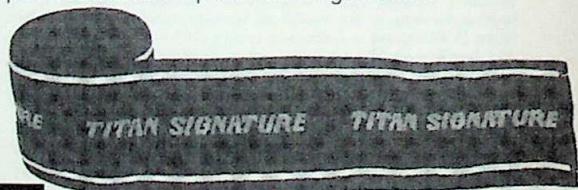


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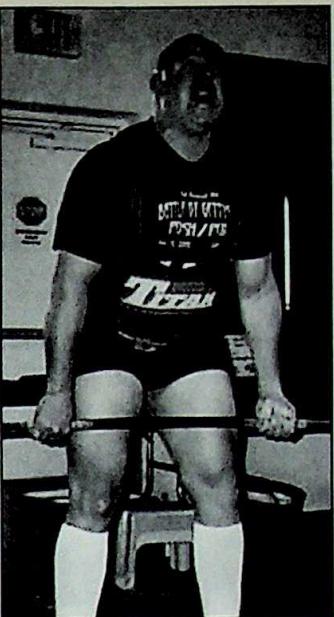
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APA Battle of Gettysburg 15 JAN 05 - Gettysburg, PA						
BENCH	R. Norris	275	ODT	S. Manning*	272	320 592
132 lbs.	M50	M50	R. Weaver	182	272 455	
M50	S. Gee	117	N. Sauble	197	250 447	
165 lbs.	T16	308	M. Cooper	177	245 422	
T16	D. Joy	160	B. Zukaukas	152	250 402	
D. Joy	160	SM	M. Cooper	177	245 422	
308	SM	R. Weaver	182	272 455		
J. Baer	202!	308 lbs.	308 lbs.			
M40	D. Kreig	205	ODT			
M. Resciniti	112	SHW	D. Kreig	205	260 465	
181 lbs.	B. Lobins	—	R. Beuch	230	227 457	
Z. Paige*	215!	DEADLIFT	M50			
J.	105 lbs.	R. Beuch	230!	227! 457		
J. Deitrich	132	Open	!=World Records. * =Best Lifters. Women's Best Lifter: Bonnie Benner. Men's Best Lifter Light Weight: Chris Lambert. Men's Best Lifter Heavy Weight: Shannon Manning. Bench Only Men's Best Lifter Light Weight: Zachary Paige. Bench Only Men's Best Lifter Heavy Weight: Robert Norris. (thanks to Kim Newman for these results)			
ODT	M. Bertoli*	147!				
B. Benner	150	123 lbs.				
SM	ODT					
B. Benner	150	M. Campanile	160			
M60	148 lbs.	ODT				
P. Hubbard	122	J. Nakovich	142.5			
198 lbs.	J.	M40				
Charbonneau	190	N. Hill	120			
ODT	O	Lawrence Co. Super BP/DL				
Charbonneau	190	181 lbs.	13 MAR 05 - New Castle, PA			
220 lbs.	T. Staddon	160	BENCH	Fr. Popovich	380	
T18	B. Hartlaub	152	Equipped	Grandmaster (60-69)		
M50	T. Staddon	160	Master	T. Peggy	250	
M. Levin	182	198 lbs.	Novice	C. Venturella	385	
242 lbs.	J.	165 lbs.	F. Jackson	315		
B. Young	155	Charbonneau	250	242 lbs.		
M40	ODT	Open	A. Reino	335		
K. Fasnacht	182	Charbonneau	250	Junior (20-25)		
A. Haines	132	242 lbs.	A. Lott	340		
275 lbs.	ODT	Junior (20-25)	Submaster (33-39)			
J. Leonard	200	F. Wilkerson	205	A. Reino	335	
275 lbs.	M. Cooper	245	B. Bagwell	505		
ODT	275 lbs.	Novice	Submaster (40-49)			
R. Norris*	275	C. Barnum	350!	B. Calintine	350	
P. Andrich	205	Submaster (33-39)	275 lbs.			
J. Leonard	200	M. Cooper	245	C. Bundy	380!	
B. Carroll	172	198 lbs.	Open	K. Pallante	80!	
B. Zukaukas	152	ODT	Novice	Junior (20-25)		
M40	D. Kreig	260	P. Sibeto	581!		
Push/Pull	BP	DP	P. Sibeto	581!		
FEMALE		TOT	Novice	M. Walker	385!	
ODT			P. Sibeto	581!		
132 lbs.			Master (40-49)	K. Pallante	80!	
B. Benner*	90!	145!	227	J. Lardi	370	
M40			Master (40-49)	J. Vannatten	320	
B. Benner	90!	145!	227	132 lbs.	Grandmaster (50-59)	
148 lbs.	R. Pallante	305	Teen (14-16)	Teen (14-16)		
M40	Grandmaster	(50-59)	B. Clark	B. Smock		
N. Hill	55	220 lbs.	Police/Fire	350!		
MALE		Open	C. Dinardo	500!		
123 lbs.	M. Keyser	470	Master (40-49)	Wanamaker	155!	
ODT	Submaster (33-39)	Open	B. Clark	220 lbs.		
M. Campanile	102	250	Novice	Novice		
148 lbs.	M. Keyser	470!	P. Sibeto	Junior (20-25)		
ODT	Master (40-49)	575	Master (40-49)	K. Pallante	80!	
J. Nakovich	150	262	B. Powell	J. Vannatten	320	
165 lbs.	F. McLaughlin	550!	Grandmaster (50-59)	132 lbs.	Grandmaster (50-59)	
M50	Raw	405!	B. Bowyer	Grandmaster (50-59)		
C. Portzline	85	WOMEN	T. Peggy	Junior (20-25)		
181 lbs.	Grandmaster (50-59)	132 lbs.	C. Dinardo	305!		
ODT			Wanamaker	155!		
C. Lambert*	182	237 420	Shingledeckr	285!		
B. Benner	150	312	Master	Grandmaster (50-59)		
T. Staddon	102	262	Wanamaker	330!		
O			D. Lhota	380!		
T. Staddon	102	160 262	Open	Grandmaster (60-69)		
181 lbs.			Novice	Junior (20-25)		
SM			C. Barnum	315!		
B. Benner	150	312	198 lbs.	275 lbs.		
198 lbs.	J. Charbonneau	250	Open	Novice		
J. Hess	127	440	Open	D. Swope	500!	
ODT	J. Charbonneau	192	320	C. Bundy	380!	
A. Mort	190	440	Novice	Submaster (33-39)		
220 lbs.	145	224 369	Grandmaster (50-59)	D. Davis	350!	
J						
J. Devlin	205	237 442				
O						
C. Morris	205	297 502				
L. Rutecki, Jr.	157	— —				
J. Sauble	222	227 450				
K. McIlhinney	167	260 427				
SM						
L. Rutecki, Jr.	157	— —				
242 lbs.						
ODT						
T. Bumgardner	192	265 457				
F. Wilkerson	192	205 397				
275 lbs.						
T16						
D. Montana	125	195 320				



Ron Beuch set an APA World Masters Record Deadlift on his first attempt, and then broke it again on his 2nd attempt, at the Battle of Gettysburg event. (thanks to Kim Newman for photograph)

Teen (17-19)	198 lbs.
D. Fox	410!
DEADLIFT	Open
Raw	J. Smith 550!
123 lbs.	242 lbs.
Submaster (33-39)	
Open	B. Bagnell 700!
F. Principati	SHW 270!
Grandmaster (50-59)	Master (40-49)
F. Principati	B. Lenzi 625!

Equipped	LBS.	BWT.
TEAMS		
Equipped		
P. Sibeto	581	257
M. Keyser	470	216
C. Dinardo	500	279
N. Rolle	460	287
D. Dessau	315	148
IRONMAN	BP	DL TOT
RAW		
308 lbs.		
Teen (14-16)		
J. Livengood	250	400 650!
Equipped		
148 lbs.		
Police/Fire		
B. Myers	255	345 600!
Junior (20-25)		
B. Myers	255	345 600!
Submaster (33-39)		
D. Dessau	315	390 705!
198 lbs.		
Junior (20-25)		
L. Daugherty	330	450 780!
220 lbs.		
Police/Fire		
R. Verdi	415	425 840!
Grandmaster (50-59)		
R. Verdi	415	425 840!
SHW		
Open		
D. Champ	400	525 925!

!=Meet Records. (Thanks to Charles Venturella, Meet Director, for the results)

Dungeon Gym BP Challenge
29 JAN 05 - Galt, CA

BENCH	B. Campbell 385
MEN	275 lbs.
198 lbs.	M. Knight 640!
K. Harrison	365! Master (45-49)
R. Johnson	315 275 lbs.
M. Knight	640!
!=Personal Record. Kevin Harrison benched a big 365 for a new PR in the 198 class. Bob Campbell benched 385 @ 220, 46 year old, Mike Knight, benched a new PR 640 @ 258 Bwt! He wore a single-ply polyester bench shirt that he put on and took off by himself. He wants to thank Will Satterthwaite for the "donated" bench shirt. I'd like to thank the spotters, loaders, and judges that made this event possible, Joe Weiss, Darryl Skeva, and Robert Davis. Thank you Powerlifting USA Magazine. (Thanks to Kurt Heath for providing the meet results)	

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New Castle BP
12 FEB 05 - New Castle, PA

BENCH	C. Kitchen	540
WOMEN	B. Pochiba	—
J. Ulrich	100	275 lbs.
MEN	P. Sibeto	575
Teen	D. Hardic	—
B. Wharry	365	SHW
J. Smith	—	C. DiNardo 475
M. Adams	—	N. Rolle
148 lbs.	—	P. Bradshaw
C. Venturella	375	Master 35
D. Jackson	—	T. Gibson 620
D. Dessaw	—	M. Keyser
B. Meehan	—	D. Dessaw
165 lbs.	—	Master 40
A. Sturgill	400	B. Zemaitis 430
A. Reino	—	Master 45
181 lbs.	—	R. Cooper 500
R. Shields	360	N. Rolle
198 lbs.	—	T. Donahue
C. Wargo	410	D. Hardic
M. Maicher	—	L. Reese
220 lbs.	—	Master 50
S. Prozy	475	B. Pochiba 500
G. Langham	—	G. Longham
M. Keyser	—	R. Verdi
M. Jackson	—	S. Popovich
R. Verdi	—	—
242 lbs.	—	—

(Thanks to Charles Ullrich for the results)

APF/AAPF Windy City Ironman
8 JAN 05 - Niles, IL (kg)

BENCH	110 kgs.
AAPF MEN	Open
67.5 kgs.	R. Luyando 312.5
Junior	APF MEN
C. West	92.5
75 kgs.	75 kgs.
Open	Open
Degrendowsk	160
Junior	Degrendows! 160
Degrendows! 160	100 kgs.
82.5 kgs.	Open
SM	75 kgs.
D. Phipps	197.5
90 kgs.	110 kgs.
Open	Open
P. Henry	167.5 AAPF
Master (45-49)	WOMEN
J. Hummel	132.5 52 kgs.
100 kgs.	Open
Open	T. Putchio 67.5
K. Farley	227.5 UNL



John Hudson deadlifting 711 in the 275s at the Windy City Iron Man

Master (50-54)	AAPF MEN	75 kgs.
S. Thoms	140	67.5 kgs.
APF WOMEN	Teen (18-19)	Teen (13-15)
67.5 kgs.	205	M. Bordenaro 115 170 285
Open	Open	Open
J. Cravatla	297.5	90 kgs.
B. LaPierre	80	82.5 kgs.
D. Martin	192.5	A. Kim! 192.5 240 432.5
S. Thoms!	140	C. Rzany 110 217.5 327.5
DEADLIFT	BP DL TOT	Junior
Ironman	90 kgs.	A. Kim! 192.5 240 432.5
AAPF MEN	90 kgs.	J. Thomas 205 277.5 482.5
67.5 kgs.	125 kgs.	N. Zostautas 197.5 287.5 485
Master (65-69)	SM	197.5 287.5 485
K. Anderson	80 92.5 172.5	—

A.P.F./A.A.P.F. Membership Application

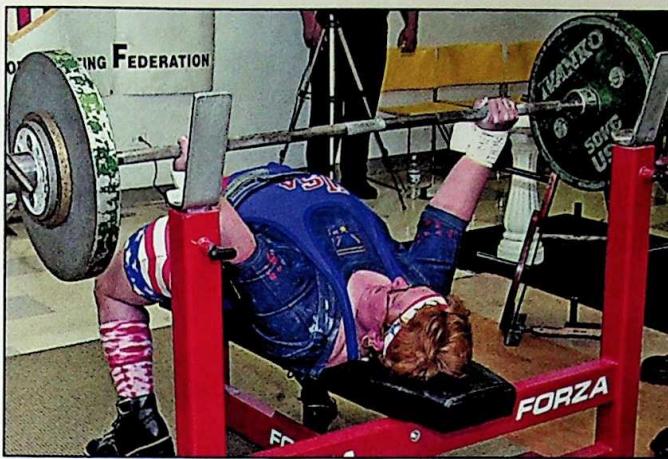
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For information call: Ph: 630-892-1491 or Fax: 630-892-0909								
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		SIGNATURE X						

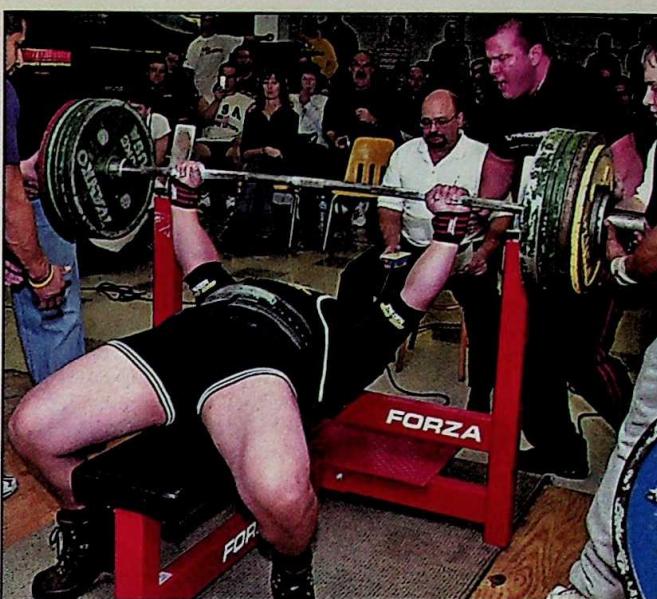
G. Mylin 150 215 365
APF MEN
67.5 kgs.
Teen (13-15)
J. Meyer 70 137.5 207.5
82.5 kgs.
Open
A. Kim! 192.5 240 432.5
Junior
A. Kim! 192.5 240 432.5
T. Runde 195 245 440
Teen (16-17)
E. Lilliebridge,Jr 110 242.5 352.5
Teen (13-15)
E. Lilliebridge 105 195 300
125 kgs.
SM
J. Hudson 240 322.5 562.5
140 kgs.
E. Littlebridge 215 325 540
!=Division cross-over. Best Lifters: Best Male APF Bench - Rob Luyando, Best Male AAPF Bench - Rob Luyando, Best Male APF Deadlift - John Hudson, Best Male AAPF Deadlift - Jeremy Thomas, Best Female Bench - Sidney Thoms, Best IRONMAN - John Hudson. The 2005 APF/AAPF Windy City IRONMAN was held at the Leaning Tower YMCA. The new year of 2005 started out with a bang for APF Illinois with the APFI AAPF Windy City IRONMAN in Niles, IL. We were at the historic Leaning Tower YMCA, which has been the home for powerlifters and powerlifting meets since the beginnings of the sport. We were happy to work with the staff of the YMCA, including fellow powerlifter Erwin Chang, and fitness director of the Y, Cheryl Targos. The meet was equipped with some of the best equipment available from Frantz Gym in Aurora, thanks to our APF/WPC Founder Ernie Frantz. We had a Forza competition bench press, a Frantz power bar, a Frantz deadlift bar and Ivanko kilo competition plates. We had some great lifting at the meet on the bench and deadlift. From the Carpenter Powerlifting team, Rob Luyando benched a huge 689 pounds, and just narrowly missed 705, all at a 242 pound bodyweight! Rob may have already benched over 700 by the time you read this! From the Frantz Power Team, masters lifter Sidney Thoms benched a huge 308 pounds. Sidney is only the third woman over 50 to bench over 300 pounds, and she keeps inching up above 300 with every meet. Rob earned the Best Male APF and AAPF Bencher, and Sidney earned the Best Female Bencher for their performances. We also saw some great lifting from the Illini Powerlifting Team, including from their coach John Hudson. John benched over 500, pulled over 700, totaling 1240 pounds in the ironman division. John received the Best Male APF Deadlift award, as well as the overall Best IRONMAN award for the meet. John and his team were not only lifting for PRs on this day, though. Every pound they lifted earned them money that they will use to help the tsunami victims in Asia. Team mini raised over \$800 for this noble cause, and are continuing to raise money throughout 2005. Many of the other lifters had great meets also. Even on a self-described "off-day" for Jeremy Thomas, he earned the best AAPF Deadlift award on the day with his 618 pound pull at 198. The biggest pull of the day came from Ernie Lilliebridge, Sr. who pulled up a strong 716 pounds. Ernie was accompanied by his sons Ernie, Jr. and Eric, who had great days as well. Ernie, Jr. followed in his dad's footsteps on this day, pulling the big 534 at 181 as a teenager. It was a great meet for the lifters all around, with many Illinois State and American bench records broken, as well as many PRs! I once again had an abundance of help at this meet, making the meet run very smoothly. APF IL State Chairman and multi-time World Champion Powerlifter Maris Sternberg was on hand to MC the meet as well as handle the many records set on this day. At the scorer's table, my training partners Sharra Powell and Tywnia Brewton expertly took attempts and ran the table with Maris. Taking attempts from the lifters was my training partner and girlfriend Jackie Ebbin. Jackie also handled the computerized scoring at this



Sidney Thoms breaks the 300 lb. barrier in the bench press again at the Windy City competition. (all photos are courtesy Eric Stone)

meet. She had the scoring of the meet done so quickly, the awards were given almost immediately after the lifting ended. Handling the fair and consistent judging of this meet were experienced, expert WPC Officials Bob Kelly and Mike Sweeney. They were joined by the newest APF meet director in Wisconsin, Gary Reichert. APF Iowa State Chairman and World Champion Bench Presser Bill Carpenter was also on hand as judge. Finally, saving many lifters on this day were experienced loaders/spotters of Mike Morrow and Ernest Roberts. They definitely saved more than one mis-grooved bench on this day, including the closet call I've ever seen when Illini lifter Andrew Kim lost a bench back towards his head. The bar was

literally inches from Andrew's head! I would not have been able to run this or any meet with all this of great help. Most of them volunteered their time for their love of the sport. Without such generous volunteers, this sport could not exist! And finally, the lifters were met with a number of extras at this meet, thanks to my sponsors. All Pro Protein helped out APF Illinois again with 5 pound bags of whey protein for all the best lifters. Monster Muscle provided free t-shirts for all the staff, as well as free Monster Muscle magazines for all the lifters. The lifters also had free Powerlifting USA magazines, also given away free thanks to PL USA. Both of these publications do a great job covering the great sport of



Rob Luyando at the APF/AAPF Windy City Iron Man with his 688 pound bench press in the 242 pound class that was not considered on our March 2005 issue's All Time Bench Press Performance list.

powerlifting, and powerlifters should support them both. Finally, World Champion Powerlifter and Bench Press Sidney Thoms and her husband Alan Thoms took pictures of the meet on very short notice. Here's another "thanks" to all of those companies who were generous enough to sponsor APF Illinois and this meet. Thanks again to everyone who helped me run this

meet, and congratulations to all the lifters. Stay tuned to APF-Illinois.com for upcoming APF meets in Illinois. Especially look to this summer when I will run the APF/AAPF Chicago Summer Bash II, which looks to be even bigger and better than the first Chicago Summer Bash. (Thanks to Eric Stone, Meet Director, for providing these meet results to Powerlifting USA)

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YASMIN APPROVED BY WADA

The sports world is "a buzz" about the site for future Olympics Games. Will it be what some call the number one city in the States city in Europe (Paris)? Meanwhile, the World Anti-Doping Agency (WADA) has ruled that the number one brand of birth control pills in the US and worldwide - Yasmin - is now acceptable for use as contraception by female athletes who compete internationally. The WADA announced that they are officially changing the status of Yasmin. Yasmin is now allowed in- or out-of- competition for female athletes, effective immediately. Previously, the United States Anti-Doping Agency (USADA) banned the birth control pill for athletes based on the presence of the progestin drospirenone (drsp), which unlike the progestins used in other birth control pills, exhibits (antimineralocorticoid) properties. This means that drsp can block certain receptors in the kidneys, and therefore can cause excess water and sodium to be excreted from the body. However, this effect of drsp is mild, with some women reporting they experience less water retention during their menstrual cycle.

The WADA states their "decision" is a positive one for athletes. For the athletes previously impacted by the prohibited status of Yasmin, the USADA thanks them for "supporting our anti-doping efforts." For more information, visit www.yasmin-us.com or <http://www.usantidoping.org/>. YASMIN should not be used by patients with conditions that predispose them to hyperkalemia (i.e., renal insufficiency, hepatic dysfunction, or adrenal insufficiency). Women receiving daily, long-term treatment for chronic conditions or diseases with medications that may increase serum potassium should have their serum potassium levels checked during the first treatment cycle. Oral contraceptives (OCs) do not protect against HIV infection and other sexually transmitted diseases. The use of OCs is associated with increased risks of several serious side effects. Cigarette smoking increases the risk of serious cardiovascular side effects; women who take OCs are strongly advised not to smoke.



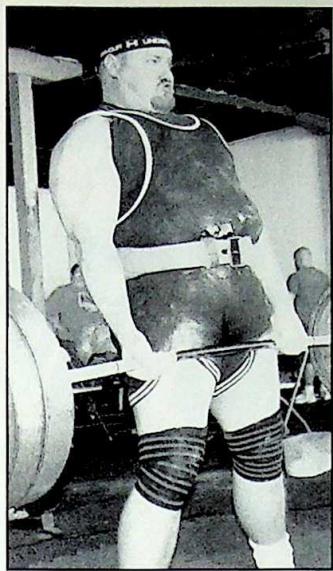
Brett Campbell, 158 lbs., benching 441. He went on to bench a record 450 and win Best Lifter honors in the Bench Press at the APA Citrus State Open. (photograph provided courtesy of Scott Taylor)

APA Citrus State Open 19 MAR 05 - Bartow, FL

Collegiate/Teen (T3)									
A. Thomas	405	288	365	1179	BENCH	M. Flynn	425		
Collegiate/Junior (20-23)					WOMEN	275 lbs.			
Z. Keller	320	257	374	1047	123 lbs.	Open			
Youth (10-13)					Submaster	M. Witmer	565		
P. Collins	203	108	176	479	C. Daiello	130	Drug Tested		
275 lbs.					MEN	T. Gainer	460		
Collegiate/Junior (20-23)					148 lbs.	G. Biggs	425!		
S. Bermudez	428	311	464	1355	Open	Teen (16-17)			
FEMALE					B. Campbell	441	G. Biggs	425	
105 lbs.					4th-450!	Submaster			
Youth (10-13)					K. Poitevint	275	M. Witmer	565	
M. Daniel	122	90	158	336	Submaster	Drug Tested			
123 lbs.					K. Poitevint	275	(50-59)		
Collegiate/Teen (T3)					B. Campbell	441	T. Gainer	460	
N. Pesce	144	113	198	440	4th-450!	308 lbs.			
132 lbs.					181 lbs.	Open			
Collegiate/Teen (T3)					Drug Tested	K. Helms	450		
S. Matt	212	135	252	617	(40-49)	Submaster			
148 lbs.					R. Cowser	450	J. Puerry	425	
Collegiate/Junior (20-23)					198 lbs.	DEADLIFT			
D. Ching	216	176	243	661	(50-59)	308 lbs.			
C. Hu	221	153	243	639	B. Grey	340	K. Helms	550	
Collegiate/Teen (T3)					220 lbs.	Drug Tested			
S. Coleman	212	149	216	589	(60-69)	Submaster			
The U.S. Naval Academy in Annapolis, MD hosted a power lifting tournament where thirty-one youth, collegiate, and masters division lifters competed. Eleven collegiate athletes qualified for the 2005 Collegiate National Championships in Baton Rouge, LA while the youth and master divisions had a strong showing as well. The judges present were especially professional and contributed to a fair, well judged meet. Among the judges were Caryn Daniel, Marsha Serre, Robert Panazari, Matt Gary, and Suzanne Hartwig. Notably, eleven Naval Academy midshipmen qualified for the Collegiate National Championships. Miguel Barcelo (148 lb.), Clifford Adams (165 lb.), William Shields (198 lb.), Dan Bartle (220 lb.), and Serge Bennudez (275 lb.) had an especially successful meet, topping their individual weight groups. Nicole Pesce (123 lb.), Sarah Matt (132 lb.), Dara Ching (148 lb.), Cecil Hu, (148 lb.) and Sarah Coleman (148 lb.) were notable female lifters who qualified for the National Championships. It was encouraging to see future superstars like 105 lb. Marlene Daniel and 105 lb. Connor Daniel join in the competitive atmosphere. Thomas Proctor and Peter Collins both lifted an impressive amount of weight for youths in the 10-13 year old division. 198 lb. Paul Krawczyk, Masters (50-54) lifted an impressive combined 1085.8 lbs., showing all in attendance a great example of staying fit beyond fifty years old. (Thanks to USAPL for providing the meet results)	Churchman	365							
					J. May	300			
					242 lbs.	Open			
					M. Flynn	425			
					Submaster				
					198 lbs.	BP	DL	TOT	
					Drug Tested				
					D. Bennett	300	450	750	
					220 lbs.	Drug Tested			
					S. Ribaudo	425	500	925	
					Drug Tesed				
					J. Pritchard	365	540	905	
					T. Bodenbender	390	430	820	

=World Records. Meet site: The Gym, 330 East Main St, Bartow, Florida. Push-Pull Best Lifter: Sal Ribaudo. Bench Press Overall Best Lifter: Brett Campbell. Bench Press Drug Free Best Lifter: Rich Cowser. Special thanks to Keith Helms for making this event possible and the fine staff of the gym for making this a well organized event with quality helpers. I would also like to thank Powerlifting USA magazine for sponsoring this event. Despite 3 meets taking place in the same general area this day we had a great event with some good quality lifts. Several records were broken. Another event is being planned at this location later in the summer. Special thanks to the spotters, loaders, and referee's for doing an awesome job throughout the day. (Thanks to Scott Taylor, APA President, for providing these meet results to Powerlifting USA))

USAPL Navy Open 26 FEB 05 - Annapolis, MD													
MALE		Junior/Collegeate		Collegiate/Junior (20-23)		FEMALE		Collegiate/Teen (T3)					
105 lbs.	W. Shields	1251	C. Song	216	140	239	531	D. Davis	347	257	392	1102	
Youth		132 lbs.	J. Navarre	293	203	342	909	E. Carr	320	216	369	992	
C. Dantzler	281	D. Bartle	1278	P. Smith	212	176	288	733	M. Barcelo	356	189	392	1030
123 lbs.	A. Thomas	1179	148 lbs.	M. Barcelo	356	189	392	1030	M. McHugh	257	243	311	876
Junior/Collegeate	Z. Keller	1047	Collegiate/Junior (20-23)	M. McHugh	257	243	311	876	165 lbs.				
C. Song	531	J. Broome	—	Collegiate/Teen (T3)					Collegiate/Junior (20-23)				
132 lbs.	Junior/Collegeate	Z. Keller	1047	C. Adams	393	239	401	1135	D. Davis	347	257	392	1102
Junior/Collegeate	P. Collins	479	Collegiate/Junior (20-23)	C. Adams	393	239	401	1135	E. Carr	320	216	369	992
J. Navarre	909	275 lbs.	Collegiate/Teen (T3)	M. Barcelo	356	189	392	1030	N. Miller	320	185	288.5	854
P. Smith	733	Junior/Collegeate	S. Bennudez	1355	Collegiate/Junior (20-23)				181 lbs.				
148 lbs.	Junior/Collegeate	M. Daniel	336	Collegiate/Junior (20-23)					Collegiate/Teen (T3)				
Junior/Collegeate	M. Barcelo	1030	105 lbs.	D. Davis	347	257	392	1102	J. Major	333	311	360	1113
M. McHugh	876	Youth	132 lbs.	E. Carr	320	216	369	992	W. Spears	347	248	392	1091
165 lbs.		M. Daniel	336	Collegiate/Junior (20-23)					R. Mayes	329	248	369	1041
Junior/Collegeate		123 lbs.	Collegiate/Teen (T3)	M. Barnes	77	257	77	385	M. Barnes	77	257	77	385
C. Adams	1135	Junior/Collegeate	D. Ching	661	Collegiate/Junior (20-23)				198 lbs.				
D. Davis	1102	N. Pesce	440	Collegiate/Teen (T3)					W. Shields	360	288	468	1251
E. Carr	992	132 lbs.	C. Hu	639	Collegiate/Junior (20-23)				Master (50-54)				
B. Pimentel	942	Junior/Collegeate	S. Matt	617	Collegiate/Teen (T3)				P. Krawczyk	369	239	374	1085
D. Mindek	892	148 lbs.	S. Coleman	589	Collegiate/Junior (20-23)				10-13				
N. Miller	854	148 lbs.	D. Bartle	419	Collegiate/Junior (20-23)				T. Proctor	113	99	171	352
181 lbs.	Junior/Collegeate	Junior/Collegeate	D. Ching	661	Collegiate/Teen (T3)				J. Broome	392	266	—	—
J. Major	1113	C. Hu	639	Collegiate/Junior (20-23)				220 lbs.					
W. Spears	1091	S. Coleman	589	Collegiate/Teen (T3)				Collegiate/Teen (T3)					
R. Mayes	1041	D. Bartle	419	Collegiate/Junior (20-23)				J. Major	333	311	360	1113	
M. Barnes	385	148 lbs.	C. Hu	639	Collegiate/Teen (T3)				W. Spears	347	248	392	1091
198 lbs.	Master		S. Coleman	589	Collegiate/Junior (20-23)				R. Mayes	329	248	369	1041
P. Krawczyk	1085	Youth		D. Bartle	419	248	473	1278	M. Barnes	77	257	77	385
T. Proctor	352	T. Proctor		C. Hu	639	Collegiate/Junior (20-23)			Collegiate/Teen (T3)				
105 lbs.	MALE	SQ	BP	BP	BP	DL	TOT		J. Major	333	311	360	1113
Youth (10-13)	105 lbs.								W. Spears	347	248	392	1091
C. Dantzler	95	77	153	281	Collegiate/Teen (T3)				R. Mayes	329	248	369	1041
123 lbs.	105 lbs.				Collegiate/Teen (T3)				M. Barnes	77	257	77	385

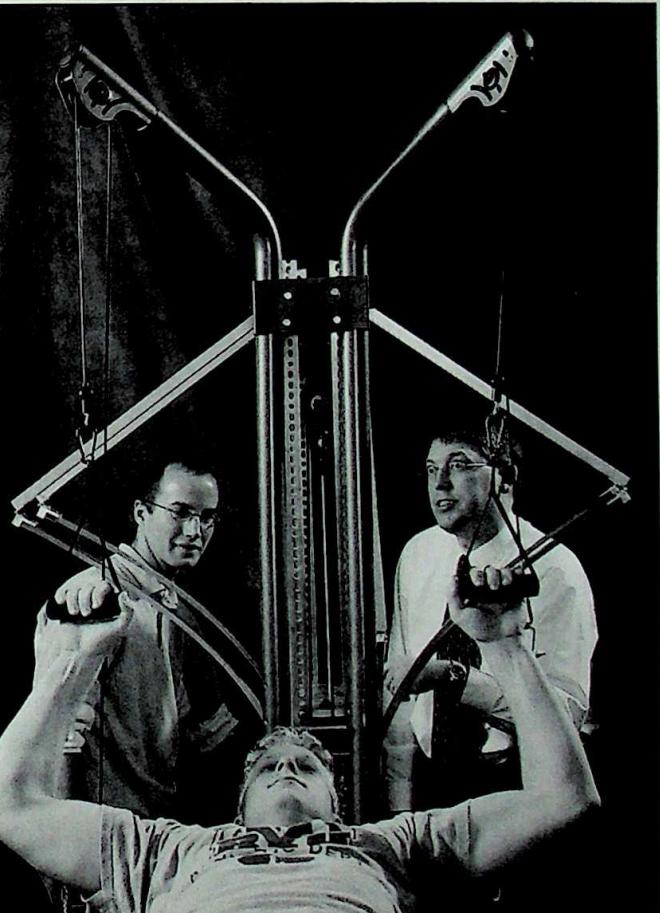


Big Keith Helms, pulled 550 and tried 600 at the APA Citrus Open.

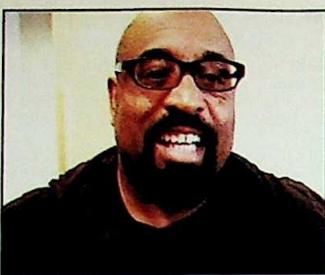
NASA Ohio State BP			
8 JAN 05 - West Liberty, OH			
WOMEN	T. Collins	50	
97 lbs.	HS		
Teen	T. Slonecker	75	
A. Fisher	PS Teen		
105 lbs.	J. Mobley	50	
Teen	132 lbs.		
M. Pratere	PS HS		
PS HS	S. Shope	82	
D. Morris	40		
114 lbs.	PS HS		
PS Teen	J. Krabill	87	
A. Hurd	32		
Teen	HS		
V. Pendleton	40		
HS	62		
Heironimus	37		
PS Jr	E. Schneider	112	
W. Hopewell	30		
SMIPS	PS HS		
C. Smith	B. Wright	97	
PS Teen	T. Knox	52	
B. Alig	30		
Teen	D. Webb	47	
M. Thomas	M. Weber	82	
123 lbs.	Teen		
HS	N. Augur	122	
E. Douglas	HS		
PS HS	J. Lloyd	100	
B. Davis	S. Bass	97	
M1	Teen		
L. Lowery	C. Atwood	87	
132 lbs.	HS		
HS	R. Buckner	90	
L. Miller	C. Chaney	132	
PS HS	PS HS		
S. Wirick	T. Thullen	85	
148 lbs.	B. Miller	77	
PS HS	PS PN		
M. Winterhof	C. Kimbrell	140	
PS Teen	181 lbs.		
H. Propst	SMP		
S. Bowman	T. Ruth	140	
165 lbs.	HS		
Teen	J. Behr	92	
K. Cline	SM1		
4th-65	J. Montebow	182	
M2	SM2		
C. Frank	L. Wilcoxon	182	
P. Frock	PS SM Pure		
181 lbs.	E. Wright	147	
Jr	PS Teen		
S. Dietsch	R. Turner	77	
198 lbs.	PS HS		
PS HS	R. Crawford	50	
B. Dafford	C. Harris	92	
4th-47	J. Duval	72	
198+ lbs.	198 lbs.		
HS	Jr		
T. Palmer	M. Schwarz	85	
MEN	PS HS		
123 lbs.	E. Mulkey	115	
PS HS	4th-117		
C. Webb	J. Davis	92	

P. Hidinger	82	T. Bailey	132	New Jersey High School	BP/DL	M. LaRoda	235	465	700
HS	242 lbs.			6 MAR 05 - Hammonton, NJ		198 lbs.			
J. Ricketts	130	HS		GIRLS	BP	D. Washington	250	515	765
K. Ladd	62	McWhorter	127	J. John	DL	B. Pema	285	475	760
G. Shaffer	157	A. Crawford	122	J. Iannaccone	TOT	C. Cunningham	255	490	745
4th-172		G. Gantz	82	C. Petruzz	90	220 lbs.			
Pure		PS HS		BOYS	215	305	S. Delhierro	340	500
B. Hawks	155	J. Smith	90	C. McGlynn	130	440	P. Collins	310	500
PN		J. Collier	—	J. Furgioni	140	415	S. Kent	320	490
M. Johnson	147	SM1		114 lbs.			242 lbs.		
D. Koenig	102	L. Boyer	185	123 lbs.			M. Berling	330	510
220 lbs.		PS SM2		P. Sabba	205	495	A. Saltzman	265	405
Jr		F. Wacker	150	L. Palumbo	155	450	K. Mitchell	225	440
S. Ball	77	M1		132 lbs.			275 lbs.		
Hs		C. Bednar	150	F. Scanga	235	610	T. Schubert	300	460
K. Ditts	122	M2		J. Cosgrove	155	455	M. Zubak	255	495
PS HS		M. Brown	176	148 lbs.			M. Quintana	225	465
G. Nash	110	4th-177		T. Vo	265	625	SHW		
4th-112		Int		J. Emerson	195	605	B. Bono	325	420
N. Lowe	122	D. Brown	147	L. Zaraglia	220	560	M. Johnson	235	405
A. Harris	90	275 lbs.		165 lbs.			J. Sharp	255	355
PS Teen		PS HS		N. Rigney	320	720	TEAM AWARDS:	1st place - St. Joseph	
L. Taylor	92	B. Comer	75	T. Grasso	240	690	High School, 2nd place - Toms River East		
4th-95		E. Oakley	65	A. Guingona	265	675	High School, 3rd place - Sterling High		
SM1		PN		181 lbs.			School. Thanks to Trophy Sponsors: H &		
K. Ankeney	175	J. Kennedy	217	K. Rigney	355	825	R. Block of Hammonton, Greg & Sharlyn		
Nat		4th-220		R. White	260	750	Morano, Patriot Manufacturing Inc.		
T. Boyer	190	M2		(Thanks to Coach Paul Sacco for results)					
4th-210		G. Matheny	162						
M2		D. Votaw	175						
T. Boyer	190	Police/Fire							
4th-210		D. Mason	175						
M5		M1							
T. Boyer	190	S. Hamilton	117						
4th-210		308 lbs.							
Unl		SMP							
T. Boyer	190	K. Tressel	205						
4th-210		Teen							
PN		J. Chesseman	197						
K. Spurrier	157	4th-202							
M4		Police/Fire							
H. Yakel	122	D. Herron	265						
4th-125		C. Hamilton	175						
Unl		J. Short	165						
P. Sengos	210	SMP							
Int		H. Mobley	220						

The meet went on without a hitch even though Mother Nature sent us a couple of curves. 22 inches of snow the week before, rain and lots of ice the week of, and power was out in most of Logan county for 3-4 days before the meet. There was great lifting a 584 by Columbus's Dennis Herron and a narrow miss at 601, a 446 lb. lift by Northeastern High School lifter Jim Cheeseman. The best lifter awards went to Pat Frock in the women's division, and Lee Wilcoxon in the light weight men and Dennis Herron in the heavy weight men. The open team trophy went to Paul's Power Plus gym from Springfield, Ohio. Second went to Big Three Barbell Club from Millersport, Ohio. In the high school team completion the first place trophies in boys and girls went to Northeastern High School coached by Gary Scholl. Second place trophies in boys and girls went to our own West Liberty-Salem Tigers. This meet is used as a fund raiser for our lifting program, and could not happen without generous support from our sponsors. I would like to thank our sponsors: Inzer Advanced Designs, House Of Pain, Wirick Farms - Neil and Peggy Wirick, Peoples Savings Bank, Peoples Savings and Loan, Champaign National Bank, Dr. Rex Huffer and Liberty Chiropractic, and Pat Frock for the food and movie coupons that were given away as door prizes. It takes a lot of support people to run a meet like this and I would also like to thank them: My wife Larenda, and my daughters Mara and Kaleigh for their help and putting up with my grumpy self, My Mom Ruth Cordial, My in-laws David and Jayne Kauffman, Kendra and Jenny Hunt, Ned, Marcia and Adam Bailey, Allana McCreight, Mike and Diane Baumgardner, Rod Hager, Dan McGill, Toby Smith, Greg Vanhoose, and my brother Carl whom loaded and spotted all day without a break. Our judges Jeff Briner, Art Wootten, Tony Lawrence, Mike Boettcher, Bo "Hugo" Casto, and Brad Bishop. Thanks to Gary Scholl for the use of the weights and light system. This was the 6th year for the meet and I am already planning the 7th. Once again, thanks to everyone and thanks to all the lifters. See everyone on the second Saturday of January next year. (Thanks to Dick "Spanky" Cordial for providing the results)



The Y-Flex fitness machine, developed by Brigham Young University engineers, sports two rows of adjustable, bendable fiberglass poles with guides that simulate the feel of free weights. The pole-guide systems are "compliant mechanisms", a special class of devices that transfer motion, force or energy without the use of movable joints. Rather than providing resistance like an uncoiled spring, easy to push at first and then harder as the coil is compressed, the Y-Flex presents a constant load, like free weights. This a prototype device which represents an opportunity for an entrepreneur or existing fitness company to bring an innovative piece of fitness equipment to the marketplace. For further information, contact Grant Madsen at grant_madsen@byu.edu.



WLOP Champs: Steven Brown Alvin Waldon Cory Dexter Narbe Mansourian ... (Moffitt)

		WLOP C.T. Classic
		11 DEC 04 - Whittier, CA
BENCH	D. Fink	363
Raw-Drug Free	148	
Master Elite Men	N. Mansourian	358
50-54	Amateur	
SHW	SHW	
S. Brown	451w V. Beecham	435
242	275	
A. Waldon	479 R. Mickschl	475
60-64	242	
220	H. Taylor	295
A. Nerenberg	325w	220
275	B. Clark	365
M. Vail	308 M. Beringer	315
80+	198	
181	R. Porter	325
E. Malin	150 181	
Master Elite Women	F. Tabrizy	235
80+	165	
123	R. Martinez	265
B. Maullin	55 R. Lewis	205
Open Elite	132	
275	M. Tillman	220
M. Bacon	418 Youth 16-18	
220	242	
C. Dexter	479w C. Collins	295
165		

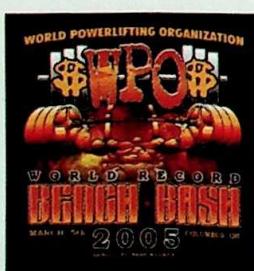
w=world record. On December 11th, 2004, the World Legion of Power sanctioned a bench press competition called "The CT Classic". The event was held at the Radisson Hotel in Whittier, California. C.T. Fletcher, CEO and Co-founder of the WLOP, was the MC. The WLOP is a raw (no bench-press shirt) and drug free organization. The event was drug tested. Members who attended congratulated the WLOP for a super meet. Once member wrote "Your venue, trophies and support staff are one of, if not the best of all the federations I have lifted in". It was a warm and supportive event dedicated to serving the "Iron Brotherhood". For more info about WLOP go to: www.worldlegionofpower.com (Thanks to Grant Moffitt for these results)

Montana High School "Raw"

5 MAR 05 - Great Falls, MT

	SQ	BP	DL	TOT
114 lbs.				
B. Acton	100	110	220	430
S. Unruh	150	110	245	505
132 lbs.				
A. Mahoney	—	80	175	255
148 lbs.				
B. Sorenson	225	135	280	640
S. Schmitz	255	185	265	705
165 lbs.				
J. Vonada	175	115	300	590
SHW				
B. Williams	145	135	300	580
MEN				
114 lbs.				
F. Ramsey	225	130	240	595
123 lbs.				
R. Witherite	170	115	220	505
B. Huffman	190	140	340	670
132 lbs.				
P. Jones	225	140	320	685
N. Grant	215	180	370	765
Shellenberger	295	205	375	875
R. Veach	210	160	320	690
148 lbs.				
P. Bolan	270	200	380	850
Z. Woodward	340	195	435	970
C. Dobson	305	185	385	875
J. Kruse	335	220	350	905
R. Veach	260	185	360	805
Waldenberg	335	210	395	940
165 lbs.				

WPO T-Shirts



2005 World Record Bench Bash



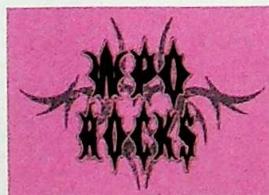
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WPO Super Open



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Ladies pink tank top
(limited supply)

J. Lindsey	450	P & F
Master (40-44)		Submaster Raw
S. Watts	485	R. Frazier 365
Master (50-54)	242 lbs.	
Raw		Master (50-54)
B. Bean	370	Raw
4th-380		J. York 255
Master (60-64)		4th-270!
Smallwood	405	Master (55-59)
4th-425!		Raw
P & F		M. Ferguson 365
Master (40-44)		P & F
Raw		
B. Henson	325	T. Baker 355
4th-340!		275 lbs.
C. Smallwood	340	P & F
4th-350!		A. Patrick 455
220 lbs.		
Master (50-54)		
T. Boyer	480!	

Personal record. The 2nd annual Fitness One Bench Press Championship was held at Wayne's Fitness One. This gym is owned by none other than Wayne Smallwood. Who has been training powerlifters & bodybuilders along with general health and fitness types of all ages male and female for over 30 years. This had to be one of the safest places to be this day due to the fact we had five lifters in the Police and Fire classes among us. Thanks goes out to Powerlifting USA and HOUSE OF PAIN for the great support of this meet. I would also like to thank the spotter/loaders Jimmy Gross and Jerome Maggard for helping make this another safe DWG Productions meet. Teagan Benson started the meet lifting in the female 165 open raw class setting a new pr with a 4th attempt 160. Marcia Ferguson came down to compete in the female 165 master 2 raw class and went 4 for 4 finishing up at 235. At 148 Teen raw we had first timer Mark Smith getting a pr of 240. 165 Teen raw lifter Matt Flum also in his first meet got an easy 175. 148 open winner Ryan Schwitalski finished up at 250. Chris Kimbrell competing at 165 open raised his pr to 355 then just missed a 365 4th attempt. John Cobb settled for 365 after missing 385 twice today in the 198 open raw class. Joe Lindsey benched a strong 450 to take the 198 open class. In the master 40-44 198 class we saw Steve Watts just coming up short of lockout with 500 before settling with a no doubt about it 485. Bob Bean, lifting in the 198 50-54 raw class looked super while pushing up a 380 lb. 4th. Bob is the strength coach for Ross High School, and one of the many all around good guys in our sport. Tom Boyer matched his best ever with a 2nd attempt 480 then called for 500 and nearly pulled off if. Joe York also went 4 for 4 today in his 1st competition ending up with a 270 4th. Mike Ferguson lifting raw at master 55-59 242 benched 365 before falling just short at 385. Mike took today off from an upcoming bodybuilding competition which is only about 5 weeks out. Gym owner Wayne Smallwood also went 4 for 4 in route to a new pr for himself of 425. Butch Henson also had a perfect day of lifting finishing with 340 lbs. in the 198 master 40-44 Police and Fire. Tim Baker pressed 355 to win at 242 Police and Fire lifting raw. Aaron Patrick had to settle for just his opener of 455 in the Police and Fire 275. Lifting raw in the 220 Police and Fire class was Randy Frazier looking strong with 365. First time competitor Chris Smallwood pushed up a 4th attempt 350 lifting in the Police and Fire 220 master 40-44 class. Thanks to everyone for making this a great homecoming for DWG. (courtesy of DWG)

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the contenders will be gathered
the cameras will be rolling
the nation will be watching
do you qualify?

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- * eco events center, elgin il
- * celebrity golf outing
- * ski race
- * bodybuilding and figure
- * dance competition
- * vendors
- * entertainment
- * health seminars
- * bas national benchpress championships
- * jiffylube's "who's the most fit in chicago land challenge" and the jiffy fitness team



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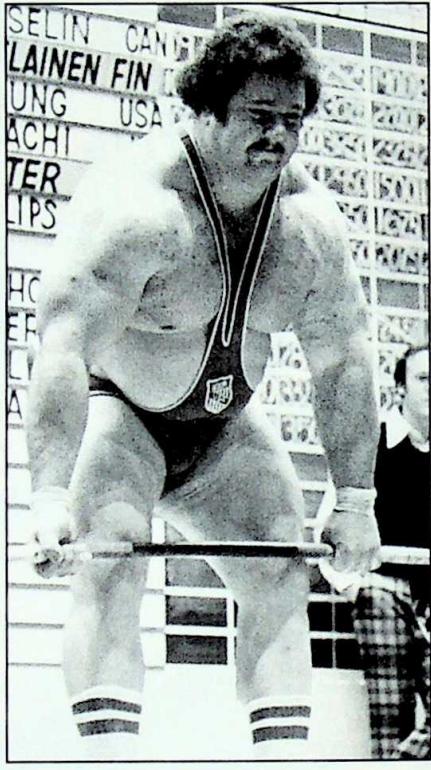
Powerlifting USA Marine

MEN'S WORLD

All-Time 800# DEADLIFT CLUB

compiled by Herb Glossbrenner

Kgs.	Lbs.	Lifter	DOB/Nat	BLKgs.	Date	Location	Org.
1.423.0	932.555	Bolton, Andrew	70GBR	148.0	01MAR03	Columbus, OH	WPO
2.422.5	931.453	Frank, Garry	64USA	166.05	09NOV02	New Orleans, LA	WPO
3.419.573	925.0	Heisey, Gary	57USA	162.39	15MAR92	Lancaster, PA	APF
4.412.5	909.46	Podlynniy, Maxim	72RUS	130.0	10DEC01	Nyagan, RUS	IPF
5.410.047	904.0	Wohleber, Daniel	61USA	121.56	120ECB2	Sandusky, OH	USM
6.410.0	903.895	Kenady, Doyle	44-89-9USA	138.35	06APR86	Honolulu, HI	APF
7.410.0	903.895	Henry, Marcus	71USA	184.07	16JUL95	Wilkes-Barre, PA	ADPFA
8.410.0	903.895	Magnusson, Benedikt	84ISL	164APR05	Reykjavik, ISL	IPF	
9.408.687	901.0	Coan, Edward	63USA	99.8	28JUL91	Dallas, TX	USPF
10.408.0	899.486	Meszaros, Tibor	67HUN	148.8	16MAY04	Nymburk, CZE	IPF
11.407.0	897.281	Konstantinov, Kon.	79LAT	118.1	07EPC03	Vienna, AUT	WPCOM
11.406.0	895.076	Noren, Lars	61SWE	142.2	10APR88	Gothenborg, SWE	WPO
12.405.5	893.974	Turtainen, Aino	67FIN	123.3	24FEB02	Columbus, OH	WPO
14.42.5	887.360	Badenhorst, Gerrit	62RSA	138.8	14OCT90	Pescara, ITA	WPC
15.402.5	887.360	Tregloan, Peter	57GBR	159.67	06JUL97	Derby, ENG	WPC
16.402.196	886.69	Kazmaier, William	53USA	149.69	29NOV81	Columbus, GA	USPF
17.401.56	885.5	Reinhoudt, Don	45USA	161.93	03MAY75	Chattanooga, TN	AAU
18.400.181	882.25	Ravnal, Torkel	37NOR	145.15	SEPT0	Oslo, NOR	USM
19.400.07	882.0	Cole, Jon	43USA	128.25	28OCT72	Phoenix, AZ	AAU
20.400.0	881.849	Kuster, Rudolf	55GER	131.55	27AUG88	Mannheim, GER	IPF
21.400.0	881.849	Graig, Bruce	52CAN	135.75	24OCT02	Ottokoks, ALB, CAN	CPC
22.400.0	881.849	Goggins, Steven	63USA	120.45	01MAR03	Columbus, OH	WPO
23.400.0	881.849	Bondarenko, Vladimir	78RUS	146.0	18JAN04	Blagoveschensk, RUS	IPF
24.400.0	881.849	Alkhazov, Vyacheslav	77RUS	140.0	04	Israel	WPC
25.397.5	876.337	Wilson, O.D.	+55-91USA	172.4	16FEB89	Long Beach, CA	USPF
26.397.5	876.337	Arvai, Istvan	72HUN	123.32	14NOV04	Capetown, RSA	IPF
27.395.0	870.826	Kuc, John	47USA	110.0	09NOV80	Arlington, TX	IPF
28.392.5	865.314	Long, Terry	59USA	135.62	06MAR83	Greensboro, NC	USPF
29.392.357	865.0	Rethwisch, Gus	47USA	155.58	25JAN86	Bend, OR	APF
30.390.0	859.83	Warman, Scott	56USA	116.0	02MAR86	E Dorado, AR	USPF
31.390.0	859.83	Russell, Bret	USA	110.0	02NOV86	Parkersburg, WV	APF
32.390.0	859.83	Gurianov, Maxim	75RUS	132.95	20SEP98	Kaluga, RUS	IPF
33.390.0	859.83	Pankov, Alexei	85RUS	121.4	21JUN04	Sofia, BUL	IPF
34.388.0	855.393	Carter, David	47GBR	125.0	02DEC90	Stone, ENG	WPC
35.388.0	855.393	Brugger, Michael	61GER	125.0	MAR94	Germany	WPC
36.387.821	855.0	Wrenn, Paul	47USA	156.5	15AUG76	Arlington, TX	AAU
37.387.5	854.291	Driscoll, Charles	USA	110.0	08JUN86	Dallas, TX	USPF
38.387.5	854.291	Pasarella, David	+62-90USA	124.8	28MAY89	Rosemont, IL	APF
39.387.5	854.291	Gillingham, Brad	63USA	150.4	17NOV02	Trecin, SLO	IPF
40.385.554	850.0	Lampkin, John	USA	125.0	AUG82		FCF
41.385.554	850.0	Wilson, Steven	54USA	125.0	12JUN88	Akron, OH	APF
42.385.554	850.0	Chailliet, Mark	57USA	125.0	90	Newark, OH	IPA
43.385.554	850.0	Smith, Matthew	74USA	152.2	13APR03	Honolulu, HI	APF
44.385.0	848.779	McCormick, Terrance	46USA	124.25	12FEB82	Longmont, CO	USM
45.385.0	848.779	Shaw, David	50USA	122.75	01APR84	Glasteester, ENG	IPF
46.385.0	848.779	Young, Craig	61USA	158.75	02FEB86	Rosemont, IL	APF
47.385.0	848.779	Kapilya, Aare	64FIN	109.8	18NOV90	Irving, TX	IPF
48.385.0	848.779	Spirin, Yury	62UKR	139.9	17OCT93	Hague, NDL	IPF
49.385.0	848.779	Fomin, Yury	69RUS	146.9	30SEP00	Kiev, UKR	IPF
50.383.286	845.0	Cash, James	49USA	106.37	14DEC85	Sochi, RUS	IPF
51.382.5	843.268	Kerr, Andrew	47GBR	137.86	28NOV82	Longmont, CO	USM
52.382.5	843.268	Grande, Lou	USA	140.0	17APR94	Glasteester, FRG	IPF
53.382.5	843.268	Gankov, Alexey	70RUS	108.5	14NOV98	Rosemont, IL	APF
54.382.5	843.268	Papazov, Vitaly	80UKR	121.35	07MAY04	Cherkasy, UKR	IPF
55.381.018	840.0	Reynolds, Gary	52USA	143.5	05JUN82	Kolomyia, UKR	USPF
56.381.018	840.0	Ware, John	60USA	155.58	29JAN89	Birmingham, AL	USPF
57.381.0	839.961	Johansson, Audunn	72ISL	123.5	24APR04	Galesburg, IL	APF
58.380.0	837.757	White, Arthur	51GBR	109.4	17APR82	Reykjavik, ISL	IPF
59.380.0	837.757	Vrasdonik, Peter	50NDL	128.7	07APR85	Hunich, FRG	IPF
60.380.0	837.757	Porretta, Michael	USA	110.0	10JUL88	Hague, NDL	IPF
61.380.0	837.757	Mironov, Vladimir	+59-97RUS	125.0	90	Las Vegas, NV	USPF
62.380.0	837.757	Andrews, Phillip	55USA	118.39	02JUN02	Eastern EUR REC	IPF
63.380.0	837.757	Klyshov, Alexander	83RUS	125.45	18APR04	Laughlin, NV	AAU
64.378.750	835.0	Henderson, Thomas	55USA	125.0	04MAY85	St. Petersburg, RUS	IPF
65.378.750	835.0	Parks, David	USA	122.5	18OCT86	Des Moines, IA	USPF
66.378.750	835.0	Culinan, Sean	67USA	150.0	01MAY99	Madison, WI	USPF
67.378.0	833.347	Anian, Ismo	FIN	132.5	13AUG83	Albany, NY	USAPL
68.377.5	832.245	Cundy, Donald	40USA	131.54	SEP71	Tampere, FIN	IPF
69.377.5	832.245	Piekut, Jay	56USA	129.8	4JUN81	Oslo, NOR	USM
70.377.5	832.245	Bell, William	USA	110.0	03DEC88	Boise, ID	USPF
71.377.5	832.245	Lacy, Richard	49USA	145.0	03DEC88	Addl, GA	USPF
72.377.5	832.245	Malanichev, Andrey	77RUS	123.9	09NOV03	Columbus, OH	APF
73.377.5	832.245	Thompson, Donald	64USA	173.95	10OCT04	Vejle, DEN	IPF
74.376.482	830.0	Holmes, Chad	71USA	97.52	24FEB96	Marietta, GA	WPO
75.376.482	830.0	Stewart, Andrew	57USA	115.67	10APR99	Tuscola, IL	SPL
76.376.482	830.0	Kovacs, Daniel	70USA	144.7	19NOV00	Orlando, FL	AAU
77.376.482	830.0	Gulledge, Kyle	84USA	125.0	18SEP04	Columbus, OH	IPA
78.375.5	827.836	verMagnusson, Magn	63ISL	126.1	30APR91	Overland Park, KS	APF
79.375.0	826.734	Gamble, John	60USA	123.04	09JAN82	Reykjavik, ISL	IPF
80.375.0	826.734	Magee, Thomas	58CAN	130.0	17APR83	Columbus, OH	USPF
81.375.0	826.734	Rainey, Richard	USA	143.0	19APR86	Vancouver, BC/CAN	IPF
82.375.0	826.734	Hechler, George	61USA	108.86	23MAR87	Glendale, CA	USPF
83.375.0	826.734	Arnason, Hjalli	63ISL	142.0	02APR89	Honolulu, HI	APF
84.375.0	826.734	Hill, Henry	67USA	146.51	16JUL95	Reykjavik, ISL	IPF
85.375.0	826.734	Hiltunen, Mika	FIN	140.0	06MAY01	Dallas, TX	APF
86.375.0	826.734	Barry, Leon	76USA	139.9	12AUG01	Vassa, FIN	WPC
87.375.0	826.734	Vysnytsky, Alexey	79UKR	98.4	17NOV01	Orlando, FL	WPO
88.375.0	826.734	Orobets, Vasily	66UKR	161.0	22MAR02	Sotkamo, FIN	IPF
89.375.0	826.734	Siders, Brian	79USA	157.0	14AUG04	Kolomyia, UKR	IPF
90.375.0	826.734	Fedororenko, Yury	74RUS	108.0	14NOV04	Las Vegas, NV	USPF
91.375.3	823.427	Coplin, Edward	+60-01BEL	84.37	14NOV87	Capetown, RSA	IPF
92.373.081	822.5	Barno, David	70USA	124.51	11JUL04	Frederickstad, NOR	IPF
93.373.0	822.324	Kumpunioni, Veli	34FIN	90.0	16OCT82	Shamokin Dam, PA	IPA
94.373.0	822.324	Cullen, Mark	GBR	125.0	07JUL92	Rovaniemi, FIN	IPF
95.372.5	821.222	Anello, Vincent	47USA	88.9	07FEB82	NAT REC	IPF
96.372.5	821.222	Schneider, David	56USA	110.0	07FEB82	Cleveland, OH	USPF
97.372.5	821.222	Snitkin, Carlton	46USA	110.0	12FEB82	Cleveland, OH	USPF
98.372.5	821.222	Thomas, Walter	45USA	90.0	28FEB82	Honolulu, HI	USPF
99.372.5	821.222	Bloom, Wayne	USA	105.0	05JUN83	Shawnee, OK	USPF
100.372.5	821.222	Dempsey, Robert	+61-97USA	125.0	02DEC84	Charlottesville, VA	USPF
101.372.5	821.222	Jorgenson, Frank	DEN	125.0	31MAR85	Glens Falls, NY	USPF
102.372.5	821.222	Furniss, Douglas	58USA	125.0	29JUN86	Copenhagen, DEN	IPF
103.372.5	821.222	Martinez, Daniel	USA	110.0	07JUN87	Dayton, OH	APF
104.372.5	821.222	Washington, Robert	USA	100.0	28OCT89	Kansas City, MO	USPF
105.372.5	821.222	Smith, Calvin Bryan	USA	125.0	08JUL90	Greensboro, NC	USPF
106.372.5	821.222	Robinson, Mark	63RSA	140.1	14OCT90	Hollywood, FL	USPF
107.372.5	821.222	Dimeil, Matthew	+60-94USA	160.0	26JUL92	Pescara, ITA	WPC
108.372.5	821.222	Phillipi, Mark	66USA	131.54	16JUN96	Pittsburg, PA	APF
109.372.5	821.222	Dayton, Ronald	74USA	124.5	08JUN03	St. Louis, MO	ADPFA
110.372.5	821.222	Muravyev, Vladimir	75RUS	127.75	07MAR04	Los Angeles, CA	IPF
111.372.5	821.222	Voroshlyin, Roman	83UKR	109.2	14NOV04	Koionya, UKR	IPF
112.371.946	820.0	Morgan, Michael	47USA	145.15	72	Capetown, RSA	IPF
						Madison, WI	AAU



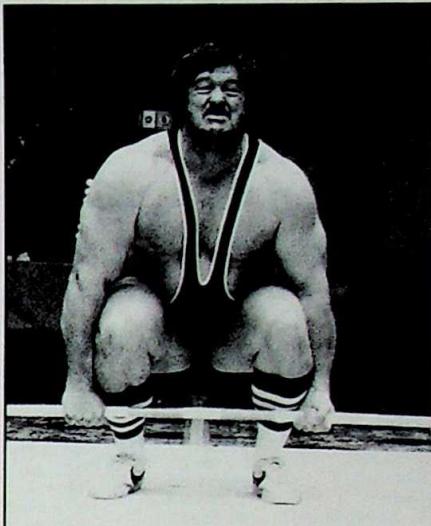
Don Reinhoudt remains as one of the best pullers of all time. (Bruce Klemens photo)



John Gamble leans back at the 1982 Worlds

113.371.946	820.0	Lavitolia, Nicholas	62USA	110.0	20NOV94	Brick, NJ	APF
114.371.946	820.0	Ufford, Kenneth	64USA	147.5	22MAR97	Paola, KS	USM
115.371.946	820.0	Stafford, John	76USA	124.28	04APR04	Newark, OH	IPA
116.371.0	817.915	Sigurjonsson, Guoni	70ISL	115.7	27MAR93	Gardabae, ISL	IPF
117.370.5	816.813	Kravchenko, Oleg	UKR	125.0	25MAY92	Berdiansk, UKR	IPF
118.370.0	815.711	Snidar, Milos	50CZE	109.6	82Prague, CZE	IPF	
119.370.0	815.711	Olfasson, Tori	65ISL	155.0	22FEB86	Fresno, CA	USPF
120.370.0	815.711	Sigmarsson, Jon Pall	460-93ISL	125.0	08KUL84	Paisley, SCO	IPF
121.370.0	815.711	Clifford, Joseph	USA	125.0	01MAR86	Salt Lake City, UT	USPF
122.370.0	815.711	Wright, Dorian	USA	152.0	12DEC87	Columbus, OH	APF
123.370.0	815.711	Ross, Lance	USA	125.0	16FEB89	Long Beach, CA	USPF
124.370.0	815.711	Shedrin, Valery	55RUS	141.0	11DEC90	Moscow, RUS	IPF
125.370.0	815.711	Naleykin, Viktor	53UKR	125.0	29MAR92	Kiev, UKR	IPF
126.370.0	815.711	Davison, Sturla	64NOR	140.0	13DEC97		IPF
127.370.0	815.711	Jungo, Alain	72SWI	119.9	08NOV98	Graz, AUT	WPC
128.370.0	815.711	Ukrainstev, Roman	77RUS	144.8	15NOV98	Cherkasy, UKR	IPF
129.370.0	815.711	McGettigan, Patrick	70USA	125.0	20MAY01	Chicago, IL	USAPL
130.370.0	815.711	Jackson, John	71USA	100.0	16JUN01	Plano, TX	INSA
131.370.0	815.711	Arkhipov, Oleg	83RUS	113.6	02MAR03	Kazan, RUS	IPF
132.370.0	815.711	Marinin, Sergey	79RUS	113.8	02MAR03	Kazan, RUS	IPF
133.370.0	815.711	Klyushev, Alexander	83RUS	125.5	23NOV03	Moscow, RUS	IPF
134.370.0	815.711	Gushchin, Sergey	74RUS	89.5	17JAN04	Moscow, RUS	IPF
135.370.0	815.711	Vogelpohl, Charles	65USA	100.0	05MAR04	Columbus, OH	WPO
136.370.0	815.711	Ljungberg, Jorgen	67SWE	124.0	16MAY04	Nymburk, CZE	IPF
137.370.0	815.711	Barkhatov, Maxim	81RUS	99.64	13NOV04	Capetown, RSA	IPF
138.368.544	812.5	Frenn, George	41USA	110.68	21AUG71	Los Angeles, CA	AAU
139.368.317	812.0	Barwick, William	55USA	133.81	30OCT82	Oshkosh, WI	USPF
140.367.5	810.199	Pegues, James	63USA	101.15	12FEB86	Fl. Lewis, WA	USPF
141.367.5	810.199	Kristiansen, Bjoer	60NOR	106.5	04MAY87	Birmingham, ENG	IPF
142.367.5	810.199	Kretsch, Bradley	USA	125.0	03DEC88	Columbus, OH	USPF
143.367.5	810.199	Desadier, Charles	USA	142.0	21JUN89	Oxnard, CA	USPF
144.367.5	810.199	Mikesell, Brent	67USA	150.0	26JUN04	Newport, OR	IPA
145.367.410	810.0	Pharr, Anthony	57USA	110.0	28FEB87	Ambridge, PA	USM
146.367.410	810.0	Lowe, Gregory	57USA	117.5	15NOV97	Bellefonte, PA	USM
147.367.410	810.0	Austen, Walter	USA	125.0	20DEC97	Raleigh, NC	APA
148.367.410	810.0	Daniels, Gabriel	USA	125.0	18NOV01	Columbus, OH	IPA
149.367.410	810.0	Skiver, Thomas	66USA	149.69	23MAR02	Sterling Hts., MI	APF
150.367.410	810.0	Ruggiero, Michael	68USA	157.85	13APR03	Newark, OH	IPA
151.367.410	810.0	Harold, Timothy	64USA	207.75	21NOV04	Shamokin Dam, PA	IPA
152.366.049	807.0	Fletcher, Talmadge	USA	141.1	70	Hopewell, VA	AAU
153.365.5	805.790	Franzen, Hans	SWE	141.0	20OCT79	Karlskoga, SWE	IPF
154.365.142	805.0	Smith, Terry	USA	135.0	17AUG77	St. Louis, MO	AAU
155.365.142	805.0	Stubler, Eric	49USA	125.0	23SEP84	Sandusky, OH	USM
156.365.142	805.0	Brodsky, Steven	USA	145.1	10APR88	Cleveland, OH	APF
157.365.142	805.0	Gahagan, Charr	76USA	95.82	20JAN01	St. Amant, LA	USAPL
158.365.142	805.0	Cahill, James	74USA	110.0	28APR01	Kasson, MN	USPL
159.365.142	805.0	Rannals, Christopher	75USA	150.0	27APR03		
160.365.142	805.0	Myers, Jeremiah	77USA	124.06	21Nov04	Shamokin Dam, PA	IPA
161.365.0	804.687	Hackett, Ernest	54USA	125.0	01FEB81	Waterville, ME	USPF
162.365.0	804.687	Davis, William J.	56USA	110.0	13DEC81	Jasper, AL	USPF
163.365.0	804.687	Nunnimisto, Ilkka	44FIN	152.0	19SEP82	Helsinki, FIN	IPF
164.365.0	804.687	Backus, Sherman	USA	100.0	26SEP82	Nashua, NH	USM
165.365.0	804.687	Boscaccia, Blaise	USA	138.2	05JUN83	Charlottesville, VA	USPF
166.365.0	804.687	Zetolofsky, Steven	50GBR	122.4	29SEP84	Neatlon, ENG	IPF
167.365.0	804.687	Steinacker, Roy	54USA	185.0	10NOV84	Wichita, KS	USPF
168.365.0	804.687	Savage, Mark	54GBR	109.9	12MAY85	Hague, NDL	IPF
169.365.0	804.687	Morelli, Joseph	USA	125.0	29JUN86	Dayton, OH	APF
170.365.0	804.687	Ondracek, Jiri	55CZE	124.5	21NOV87	Galanta, CZE	IPF
171.365.0	804.687	Oliver, Jay	61USA	125.0	29JUL90	Pittsburg, PA	APF
172.365.0	804.687	Nester, Bryan	61USA	110.0	07JUL91	Pittsburg, PA	APF
173.365.0	804.687	McDonald, Francis	USA	125.0	28SEP91	Kansas City, MO	NASA
174.365.0	804.687	Clary, Frederick	66USA	136.5	17APR94	Rosemont, IL	APF.
175.365.0	804.687	Popov, Evgeny	55BUL	151.9	20MAY95	Moscow, RUS	IPF
176.365.0	804.687	Toivanen, Janne	66FIN	99.7	16NOV96	Salzburg, AUT	IPF
177.365.0	804.687	Obradovic, Jerry	74USA	123.5	22JUN97	Atlanta, GA	IPF
178.365.0	804.687	Muhr, Martin	GER	125.0	22JUN97	Landshut, GER	IPF
179.365.0	804.687	Springer, Paul	67USA	125.0	28FEB98	Austin, TX	USPF
180.365.0	804.687	Brown, Kenneth	USA	137.0	23MAY99	Fresno, CA	APF
181.365.0	804.687	Barlow, Russell	60USA	143.0	06NOV99	Turner, ME	APF
182.365.0	804.687	Brink, George	49USA	141.0	12NOV00	Burbank, CA	USPF
183.365.0	804.687	Gianopoulos, J.	AUS	125.0	10JUN01		WPC
184.365.0	804.687	Reynolds, Brian	71GBR	105.5	29SEP01	S. Yorkshire, ENG	IPF
185.365.0	804.687	Chambreau, Noah	USA	108.45	19NOV01	Reno, NV	WABDL
186.365.0	804.687	Lehto, Ove	72FIN	124.45	10MAY02	Ylitorniolla, FIN	IPF
187.365.0	804.687	Griffin, Michael	75USA	132.2	09NOV02	Round Rock, TX	USPF
188.365.0	804.687	Pomana, Derek	66NZL	109.9	08DEC02	Tauranga, NZL	IPF
189.365.0	804.687	Rubey, Travis	USA	129.12	15OCT03	Girardeau, MO	USAPL
190.365.0	804.687	Karpik, Viktor	78UKR	123.75	09NOV03	Vejle, DEN	IPF
191.365.0	804.687	Lavarro, Louis	57USA	133.5	07DEC03	New Smyrna, FL	APF
192.365.0	804.687	Patrick, Jason	71USA	109.1	21FEB04	Niles, IL	APF
193.365.0	804.687	Moore, Beau	65USA	149.2	06MAR04	Columbus, OH	WPO
194.365.0	804.687	Suslov, Nikolay	79RUS	109.65	13MAR04	Krasnoyarsk, RUS	IPF
195.365.0	804.687	Solov'yev, Alexei	75UKR	105.6	13MAR04	Krasnoyarsk, RUS	IPF
196.365.0	804.687	Kalinichenko, Vladimir	76RUS	147.9	23MAY04	Voronezh, RUS	IPF
197.365.0	804.687	Holdsworth, IL	78USA	124.0	06JUN04	Baton Rouge, LA	APF
198.365.0	804.687	Wiers, Chris	76USA	144.2	06JUN04	Baton Rouge, LA	APF
199.365.0	804.687	Rui, Frode	69NOR	124.3	14NOV04	Capetown, RSA	IPF
200.365.0	804.687	Childress, Paul	71USA	139.2	05MAR05	Columbus, OH	WPO
201.363.5	801.380	Depner, Gerhard	58AUT	99.4	20JUN99	Lienz, AUT	WPC
202.363.5	801.380	Kalter, Michael	72NDL	99.9	15JUL01	Omaha, NE	IPF
203.363.0	800.278	Klaus, Bernhard	AUT	99			WPC
204.363.0	800.278	Tuffandelli, Nathan	USA	193.68	05JUN04	Rancho Cordova, CA	WABDL
205.363.0	800.278	Herring, George	USA		12DEC04	Lawrenceville, GA	WABDL
206.362.874	800.0	Anderson, Paul	+32-94USA	154.5	04JUN66	Dallas, TX	EXH
207.362.874	800.0	Boyce, Byron	USA	142.0	10NOV79	Pittsburgh, PA	USPF
208.362.874	800.0	Rosenstern, Phillip	60USA	102.06	NOV80	Parma, OH	USPF
209.362.874	800.0	Paulucci, Thomas	USA	122.5	04APR82	Pueblo, CO	USPF
210.362.874	800.0	Hemphill, Stuart	USA	141.0	29MAY82		USPF
211.362.874	800.0	DiSalvo, Steven	USA	125.0	JUN82	Norton AFB, CA	USPF
212.362.874	800.0	Drapel, James	57USA	140.0	JUL82	Philadelphia, PA	USM
213.362.874	800.0	Rienstra, John	USA	150.0	17JUN85	Rockford, IL	APF
214.362.874	800.0	Tokarski, Craig	64USA	110.0	08NOV87	New Rochelle, NY	WNPF
215.362.874	800.0	Scialpi, Steven	66USA	90.0	14JUN92	Liberty, TX	THSPA
216.362.874	800.0	Webster, Wylie	72USA	100.0	13MAR93	Birmingham, AL	USPF
216.362.874	800.0	Nichols, Guy	63USA	125.0	APR93	Providence, RI	USPF
218.362.874	800.0	D'Lorio, Mark	USA	110.0	20MAY94	New Castle, DE	ADPFA
219.362.874	800.0	Morton, James	69USA	100.0	13APR96	New York, NY	IPA
220.362.874	800.0	Starov, Mikhail	73UKR	110.0	07JUN96	Concord, NH	APA
221.362.874	800.0	Desmond, Ryan	71USA	125.0	25OCT97	Danville, IL	USM
222.362.874	800.0	Evans, James	USA	110.0	30OCT99	Pittsburgh, PA	USM
223.362.874	800.0	Manno, Mark	USA	129.27	26MAR00	Sedalia, MO	SPL
224.362.874	800.0	Cass, Brandon	74USA	97.98	11AUG02	Amsterdam, NY	IPA
225.362.874	800.0	Sargent, Hank	USA	125.0	11NOV02	Bradenton, FL	APA
226.362.874	800.0	Jurkowski, Greg	USA	125.0	11DEC04		APA

226 lifters - 22 nations. USA (142), RUS (21), UKR (10), GBR (9), FIN (8), ISL (7), NOR (4), GER (3), SWE (3), CAN (2), OZE (2), AUT (2), HUN (2), RSA (2), NDL (2), LAT (1), BEL (1), DEN (1), BUL (1), SWI (1), NZL (1), AUS (1).



Gus Rethwisch sets up to rip it up at the 1978 Sr. Nationals in LA. (Gary Watanabe photo)



Terry McCormick had several excellent lifting days at the Hawaii World Record Breakers

Bill Beckwith Memorial 26 FEB 05 - Wayland, MI					
DEADLIFT	C. Palena	292			
MEN	P. Sabala	—			
123 lbs.	Junior				
Open	C. Carpenter	363			
V. Vocom	Teen-1				
132 lbs.	J. Molewyk	181			
Teen-3	Master-5				
E. Wass	R. Hemenway	248			
181 lbs.	220 lbs.				
Master-1	Open				
G. Platsko	J. Mireles	380			
242 lbs.	Teen-3				
Open	R. Schneider	275			
R. Klein	Master-4				
Master-4	J. Brodsky	308			
R. Arnold	Master-5				
275 lbs.	N. Sisco	242			
Open	198 lbs.				
C. Horton	Open				
A. Stiverson	J. Jachum	358			
SHW	Master-1				
Junior	J. Jachum	358			
T. Carr	Master-2				
BENCH	J. Marentette	369			
MEN	242 lbs.				
114 lbs.	Open				
Teen-1	A. Altamira	330			
T. Taminga	J. Juska	—			
123 lbs.	Teen-3				
Open	A. Keo	358			
V. Vocom	B. French, III	314			
148 lbs.	Junior				
Open	T. Limback	330			
T. Greenman	Master-4				
Junior	R. Arnold	336			
T. McCrumm	T. Andrews	336			
165 lbs.	P. VanCamp	314			
Open	308 lbs.				
M. Ruclan	Open				
Teen-1	S. O'Halleran	633			
C. Vogelzang	Master-1				
181 lbs.	S. O'Halleran	633			
Open	Raw				
MEN	WOMEN				
242 lbs.	123 lbs.				
Open	Lifetime				
T. Greenman	J. Jimir-B	155!			
Junior	148 lbs.				
T. McCrumm	(35-39)				
165 lbs.	J. Ball	425			
Open	SHW				
M. Ruclan	Williams,Jr	450			
Teen-1	S. Millar	140			
C. Vogelzang	SHW				
181 lbs.	Ironman				
Open	165 lbs.				
J. Stiverson	(35-39)				
Junior	J. Sykes	210	340	550	
J. Stiverson	SHW				
Submaster	(40-49)				
J. Casemeir	Raw				
MEN	M. Harling				
123 lbs.	Equipped	SQ	BP	DL	TOT
T-3	MEN				
J. Marontette	148 lbs.				
165 lbs.	(50-59)				
T-1	D. Brochey	400	270	365	1035
C. Strong	220 lbs.				
T-3	Lifetime				
B. Kuzwian	R. Pearo*	620	340	620	1580
Open	SHW				
M. ruelan	Lifetime				
M-1					
A. Sharpe, Jr.	—	—	—	—	—
181 lbs.					
Junior					
B. Mills	479	363	529	1372	
Open					
J. Decker	584	429	678	1691	
198 lbs.					
Open					
V. Bryne	562	385	540	1487	
J. Jachiar	303	325	391	952	
M-1					
J. Jachiar	303	325	391	952	
Master-4					
R. Batko	485	242	512	1240	
220 lbs.					
Junior					
J. Bryne	628	440	650	1719	
Open					
C. Ewald	628	485	661	1774	
F. Givens	606	418	666	1691	
D. Deboer	617	402	600	1620	
L. Lopez	562	468	551	1581	
L. Lopez	501	407	551	1460	
E. Reio	473	319	578	1371	
Master-2					
R. Strong	573	332	650	1575	
Master-3					
F. Givens	606	418	666	1691	
Police/Fire					
F. Givens	606	418	666	1691	
J. Cady	540	391	595	1526	
W. Hill	501	363	457	1322	
Master-5					
A. King, Jr.	—	—	—	—	—
The Bill Beckwith meet again was an international meet with 80 plus lifters					

participating in the meet. We also had several Canadians participating. Special thanks to all the loaders, the judges, and the scorers: Jim Sutherland, Paul Bergan, Mike Lawrence, Tony DiCicco, Gary Morrison, Jack Bowen, Barb Bowen, Jeff Buchin, Keni Jo Buchin, Gary Krueger, Jon Smoker, Jeff Genther, Greg Drobny (announcer), Heather Drobny and Jan Van Eck. (results courtesy of Richard Van Eck)

WNPF Upstate New York
13 MAR 05 - Buffalo, NY

Delorimiere 725 365 540 1630
WOMEN
Raw WOMEN
Junior 165! 100! 175! 440!
C. Palena 292
P. Sabala —
C. Carpenter 363
Teen-1 J. Molewyk 181
Master-5 R. Hemenway 248
220 lbs.
Open J. Mireles 380
Teen-3 R. Schneider 275
Master-4 J. Brodsky 308
Lifetime M. Gerkin 160!
J. Marsala,Jr 560! MEN
Natural 148 lbs.
J. Marsala,Jr 560 (40-49)
Lifetime 220 lbs.
J. Marsala,Jr 560 (40-49)
Natural 198 lbs.
J. Mitchell,Jr 410
Police/Fire 242 lbs.
P. Antonio 465
Lifetime 220 lbs.
M. Furman-B 640!
Lifetime A. Castillo 265
SHW R. Francis 525
A. Lewis-B 440 (50-59)
Raw J. Green,Jr 385 375! 400 1160
M. Goldman 200 !=American Records. *=Best Lifters. This year the W.N.P.F Upstate New York was held at the Jewish Center, where several new state records were set. In the powerlifting equipped divisions 148 lbs., master lifter Dennis Brochey had a good day setting three new state records. 220 lbs. lifter Ron Pearo also did some strong lifts, setting two new state records. Winning best lifter in the SHW lifetime division, Tom Delorimire set a new state record turning in a strong total. In the raw divisions, female master lifter Arlene Kauks set all new state records and American records, in her first meet ever. In the mens' divisions, 165 lbs. lifter Joe Rosato set all new state records and an American record in the lifetime division. 181 lb. teen lifters Mike Bellus and David Carl turned in strong totals with Carl setting three new state records. Master lifter Jose Marchese set all new state records in the masters division. 220 lb. lifter Al Lewis and 242 lbs. lifter Ed Dibari turned in strong totals, with Dibari setting new state records in the police/fire division and an American record, while Al Lewis set all new state records and took best lifter in both the raw powerlifting and raw bench. Master lifters Robb Francis and James Greene Jr. set all new state records in the 275 lbs. and SHW classes. Greene also set a new American record. In the bench only divisions, equipped lifters Joe Marsala Jr and Mark Furman put up strong lifts winning tine classes with Furman taking home best lifter. Strong lifts were also put up by James Mitchell Jr, Paul D'Antonio and Adam Burkholz, all winning their classes. In the raw division, female lifter Jean Jitomir set a new state and American record, along with walking a way with best lifter. New state records were set by submaster and master lifters Sheila Millar, Adrienne Lockhart and Melinda Gerkin with Gerkin doing the same in the deadlift only. In the mens' classes, Wayne Claypatch set a new state record in the 148 lbs. masters as did natural 198 lbs. lifter Jerome Shanklin. In the 220 lbs. class, the young and the older showed that lifting is for all ages, with teen lifter Arran Castillo and master lifter Mark Goldman taking their divisions with Goldman setting a state record. Submaster lifters Joseph Hall set a new state record in the 275 lb. class as did master lifter Willard Anderson in the SHW division. Alphonso Williams Jr. also put up a strong lift winning the submaster SHW division. In the Ironman event, Jamie Sykes and Maurice Harling were the only two entries with both lifters putting out strong totals and setting new state records. Thanks to all the lifters and spectators for their support and to my crew who made the trip with me. Thanks to Tony Williams and Al Lewis for the help, and to everyone for making this another successful meet. (Thanks to Ron Deamicis for meet results)

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220 lbs.	220 lbs.			
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Teen-3	R. Schneider	275		
Master-4	J. Brodsky	308		
Lifetime	M. Gerkin	160!		
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Natural	148 lbs.			
J. Marsala,Jr	560 (40-49)			
Lifetime	220 lbs.			
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J. Mitchell,Jr	410			
Police/Fire	242 lbs.			
P. Antonio	465			
Lifetime	220 lbs.			
M. Furman-B	640!			
Lifetime	A. Castillo	265		
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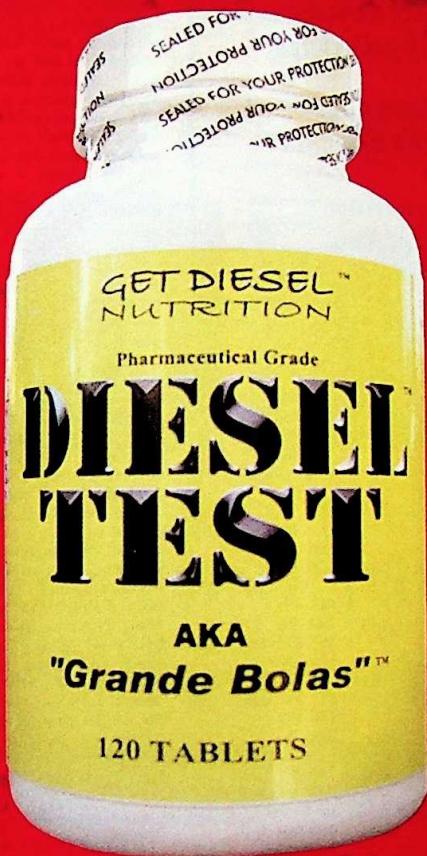
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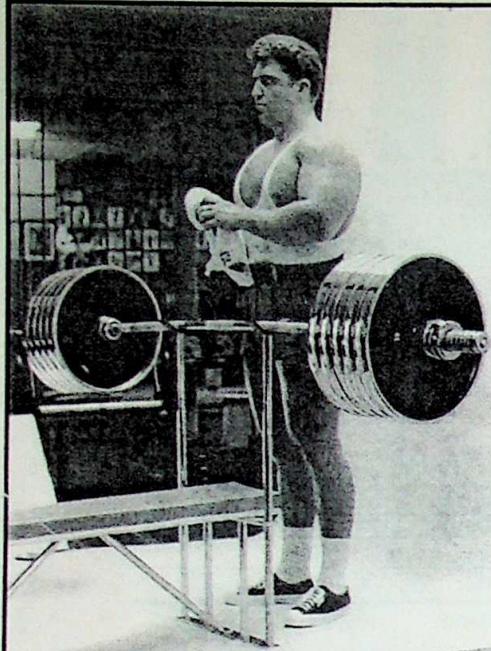
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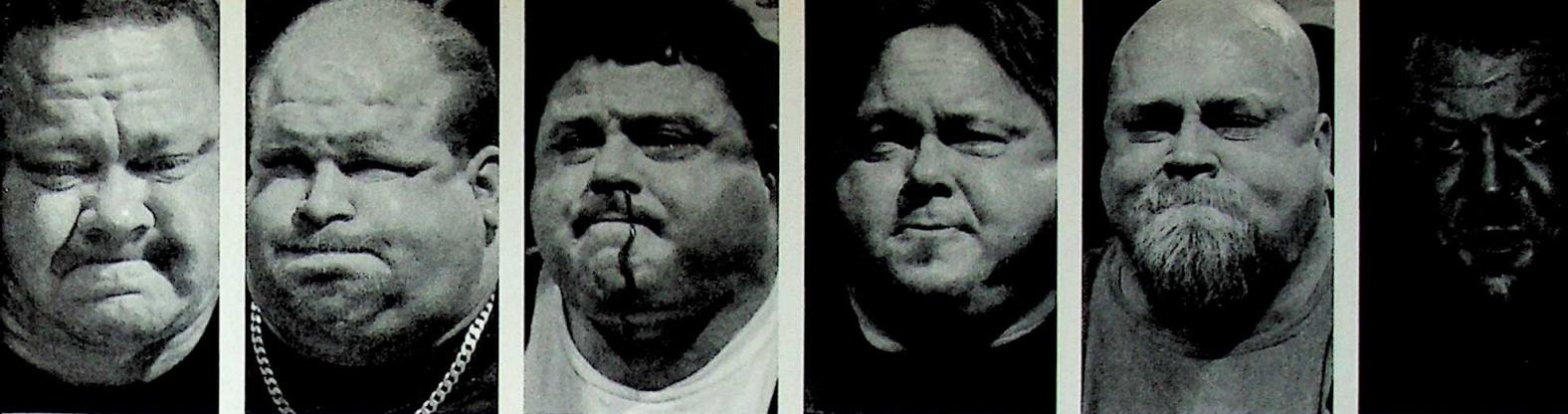
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AAU Drug Free New York

19 FEB 05 - Clyde, NY			
DEADLIFT	198 lbs. E		
MALE	N. Peters	345	
(35-39)	(14-15)		
181 lbs.	220 lbs.		
Raw/Open	B. Madigan	245	
G. Rendino	525! (40-44)		
(50-54)	220 lbs. E		
181 lbs.	J. Mitchell	410	
Raw	Lifetime		
R. Diliberto	220 lbs.		
(45-49)	D. Herbst	350	
181 lbs. E	(40-44)		
S. Cannova	565! 220 lbs. L Raw		
(40-44)	L. Cichelli	450!	
220 lbs. E	(45-49)		
M. Peters	400 242 lbs. E		
(35-39)	W. Carroll	380	
308 lbs. Raw	Lifetime		
A. Valezquez	405 242 lbs. E		
BENCH	M. Arcarisi	290	
MALE	(16-17)		
(20-23)	242 lbs.		
198 lbs. Raw	C. Chissom	270	
Baumgardner	320 (40-44)		
(16-17)	242 lbs. L Raw		
198 lbs. Raw	R. Murray	445!	
B. Mosher	295 308 lbs. L E		
(18-19)	S. Rogers	480!	
Ironman	BP DL		
TOT			
FEMALE			
(12-13)			
132 lbs. Raw			
A. Rook	80! 195	275	
(14-15)			
123 lbs. Raw			
R. Turner	95 220!	315	
MALE			
(11+ Under)			
132 lbs. Raw			
V. Becker	85! 180!	265	
(14-15)			
148 lbs.			
D. Smith	135 280	415	
181 lbs. E			
T. Carroll	200 300	500	
(16-17)			
165 lbs. Raw			
J. Hanson	225 340	565	
(35-39)			
148 lbs. Raw			
J. Sykes	220 325	545	
(14-15)			
181 lbs. Raw			
E. Houseknecht	135 200	335	
(40-44)			
220 lbs.	J. Brown	280 475!	755
275 lbs. Equip.			
M. Hanson	415 560	975	
!=American Records. The Drug Free			

AAU Dan Miner New York State Bench Press/Dead Lift Championships were held at Donselaar's Partyhouse. 26 New York state records and 10 American records were set by Alyssa Rook, Rebecca Turner, Vincent Becker, Jeremy Brown, Mark Harrison, Gene Rendino, Scott Cannova, Albert Velasquez, TC Carroll, Dan Smith, Jeff Hanson, Jamie Sykes, Erik Houseknecht, Frank Baumgardner, Nick Peters, Leo Cichelli, and RL Murray. American Records were set by Alyssa Rook, Rebecca Turner, Vincent Becker, Jeremy Brown, Scott Cannova, Gene Rendino, Leo Cichelli, RL Murray and Steve "Big Dawg" Rogers. I want to congratulate all these fine lifters. Special congrats to Leo Cichelli, AAU World Champ. Also to RL Murray who I train with and watch fight through a lot of injuries to lift raw and set records. Leo and RL are two of the best raw lifters in New York and Drug Free. It was great for me to be back near 500 lbs. again; 480 an American record for Steve Rogers, not bad. In April 500 pounds will go again. This meet is in honor of Dan Miller who was a great deadlifter taken way before his time. Dan you will never be forgotten. The Dan Miller Deadlift award for this past year went to Jamie Sykes, who is very deserving. He always is a great lifter at AAU meets and puts forth great effort every time he lifts, that's why he is the winner. My brother Fred Rogers Sportsmanship Award went to my friend Mike Arcarisi, who is so deserving of this award. Mike may not lift the biggest but his heart is huge, lifts his best and always helping everybody sometimes sacrificing his own lifting. You deserve this award Mike. It is great to have these two awards to keep these people's memories alive. My brother is always in my heart and will stay there forever. Every lift I do is in his memory. These AAU meets are bigger every time with more lifters and more spectators, so AAU is growing. I want to thank my wife, Michelle for all she does. She takes care of the head table, the state records, the record certificate for all the lifters, you are an asset to lifting and I love you. To my great team of guys: RL Murray, Rich Molisani, Brett Wells, Terry Stafford, Jason Stafford, you guys keep these meets going. Not enough can be said to have the best crew going. To Mark Howell, Brett Wells and Brian, great job spotting all day, you make lifting safe. To Kristy and Kim, thanks for doing the admission and the 50/50. Donselaar's Partyhouse, great facility and the official home of all AAU meets. Until April 16th, train drug free. Thanks to Steve "Big Dawg" Rogers, AAU NYS Chairman, 500# bencher, for results

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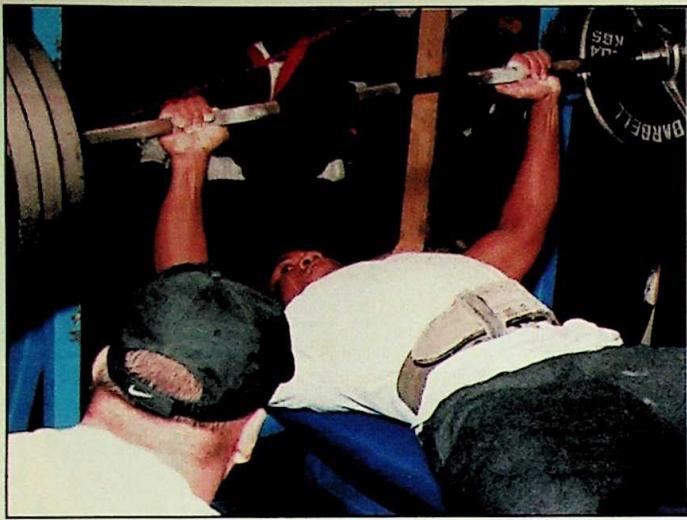
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At the Walker's Gym Bench Press Classic ... Mike Pigram, Teen 16-17, 220 lb. class, who took 1st place with this 365 lb. bench press.

**Walker's Gym Bench Press Classic
12 MAR 05 - Hopewell, VA**

BENCH	Teen	308 lbs.	181 lbs.
Teen	198 lbs.	K. Cissell 424	R. Hines 441
(10-11)	A. Morrow 140	Junior (13-15)	198 lbs.
132 lbs.	Raw	132 lbs.	P. Arriaga 402
M. Lewis 50	WOMEN	G. Saucedo 143	220 lbs.
(12-13)	130+ lbs.	148 lbs.	P. Villareal 314
114 lbs.	S. Krupinski 275	J. Gutierrez 170	242 lbs.
M. Ragland 60	L. Marrow 135	Submaster (33-39)	275 lbs.
123 lbs.	Police	J. Davila 275	S. Hartley 424
D. Harris 115	R. Camacho 135	J. Laskowski 551	SQUAT
D. Cheese 85	MEN	Open	MEN
165 lbs.	Open	165 lbs.	Open
T. Warren 100	220 lbs.	165 lbs.	380
198 lbs.	C. Tiller 465	S. Weingust —	J. Davila
K. Glover 150	275 lbs.	WOMEN SQ	BP DL TOT
A. Cox 115	J. Mize 385	Junior (13-15)	
220 lbs.	Police	105 lbs.	
M. Chavis 115	181 lbs.	B. Morales 171	177 209 457
(14-15)	Kindervater 235	B. Cepak 270	110 270 650
114 lbs.	SHW	181 lbs.	
H. Foster 120	M. Lilly 520	K. Dietz 236	137 242 617
148 lbs.	Raw	Junior (16-17)	
S. Talley 140	0-148 lbs.	123 lbs.	
C. Cannady 95	S. Wolff 210	J. Gomez 143	82 203 429
165 lbs.	165 lbs.	148 lbs.	
R. Bouldin 195	R. Smith 240	H. Whited 308	176 292 777
J. Marrow 185	198 lbs.	K. Eddleman 270	154 292 716
181 lbs.	Hendrickson 300	M. Garza 187	82 248 518
M. Wilson 220	220 lbs.	165 lbs.	
220 lbs.	D. Wagner 420	E. Fitzpatrick 236	88 236 562
B. Bowman 255	D. Mason 355	181 lbs.	
Richardson 150	242 lbs.	S. Perez 264	115 270 650
275 lbs.	M. Mayle 350	MEN	
D. Taylor 260	Master (40-49)	Below Class-1	
(16-17)	275 lbs.	165 lbs.	
132 lbs.	B. Green 365	A. Garcia 396	253 523 1172
P. DeGrauw 180	(60-69)	275 lbs.	
165 lbs.	198 lbs.	D. Ortiz 601	352 518 1471
J. Natali 175	E. Walton 205	Masters (45-49)	
198 lbs.	220 lbs.	242 lbs.	
B. Waymack 200	R. Spiers 370	M. Breslin 601	336 540 1477
220 lbs.	Open	Masters (40-44)	
M. Pigram 365	Masters (40-49)	K. Eddleman 473	391 457 1321
(18-19)	220 lbs.	T. Gunn 551	253 501 1305
181 lbs.	B. Collins 300	Junior (20-23)	
G. Marrow 250	242 lbs.	198 lbs.	
275 lbs.	K. Phillips 400	M. Etheredge 154	402 584 1140
Open	275 lbs.	220 lbs.	
D. Best 255	F. Rosas 405	J. Allen 683	347 617 1647
FEMALE		Junior (18-19)	
(Thanks to Walker's Gym for the results)		181 lbs.	
APF Paul Barbee Classic		J. Gonzales 441	275 501 1217
31 JUL 04 - San Antonio, TX		242 lbs.	
DEADLIFT	P. Arriaga 402	K. Eddleman 501	314 551 1366
MEN	Masters (60-69)	308 lbs.	
Open	275 lbs.	M. Rogge 501	331 551 1383
220 lbs.	L. Seilz 259	Junior (16-17)	
J. Davila 374	Masters (40-49)	165 lbs.	
BENCH	165 lbs.	A. Garcia 396	253 523 1172
MEN	S. Weingust —	181 lbs.	
Police	220 lbs.	J. Cortez 473	341 451 1265
181 lbs.	J. Campbell 441	R. Ortega 435	221 457 1113
J. Ybarra 352	242 lbs.	S. Medina 363	253 407 1023
198 lbs.	T. Tremper 418	220 lbs.	
		M. Ruiz 567	363 485 1415
		S. Kramm 451	303 435 1189
		308 lbs.	

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

**APF Paul Barbee Classic
31 JUL 04 - San Antonio, TX**

DEADLIFT	P. Arriaga 402	Junior (16-17)	165 lbs.
MEN	Masters (60-69)	A. Garcia 396	253 523 1172
Open	275 lbs.	181 lbs.	
220 lbs.	L. Seilz 259	J. Cortez 473	341 451 1265
J. Davila 374	Masters (40-49)	R. Ortega 435	221 457 1113
BENCH	165 lbs.	S. Medina 363	253 407 1023
MEN	S. Weingust —	220 lbs.	
Police	220 lbs.	M. Ruiz 567	363 485 1415
181 lbs.	J. Campbell 441	S. Kramm 451	303 435 1189
J. Ybarra 352	242 lbs.	308 lbs.	
198 lbs.	T. Tremper 418		

E. Cano	221	214	341	776
Junior (13-15)				
132 lbs.	176	93	209	478
148 lbs.	203	170	248	621
165 lbs.	—	—	—	—
L. Garcia	275	170	385	836
P. Schlemmer	225	187	275	687
R. Acuna	214	170	243	632
181 lbs.				
R. Garcia	225	121	248	594
220 lbs.				
J. Davila	380	275	374	1929
D. Lesak	407	192	385	984
R. Cuevas	225	132	297	654
Open				
148 lbs.				
M. Pawlek	281	225	303	809
Best Lifter Men: Jeff Allen - Junior Men 220,				
Best Bench Men: Ed Wilkinson - Open Men 242,				
Best Squat Men: Jeff Aden - Junior Men 220,				
Best Deadlift: Alivio Garcia - Junior Men 165,				
Best Lifter Junior Men: Jeff Allen - Junior Men 220,				
Best Lifter Women: Heather Whited - Junior Women 148,				
Best Bench Women: Heather Whited - Junior Women 148,				
Best Squat Women: Heather Whited - Junior Women 148,				
Deadlift Women: Brittany Cepak - Junior Women 132,				
Best Lifter - Junior Women 132. (Thanks to Seguin Fitness for providing the results)				

M. Driggers	530	Masters (40-44)
Submaster (34-39)	198 lbs.	
198 lbs.		
D. Wilkerson	600	
Master (45-49)		
242 lbs.		
J. Walker	525	
220 lbs.		
Master (65-69)		
148 lbs.		
J. Padgett	275	
Police (40-47)		
198 lbs.		
D. Wilkerson	600	
PUSH-PULL		
Master (40-44)		
198 lbs.		
D. Wilkerson	600	
Open		
165 lbs.		
A. Jackson	475	
220 lbs.		
R. Lunsford	1155	
242 lbs.		
M. Fornecker	910	
Police		
198 lbs.		
R. Padgett	635	D. Wilkerson 600
Best lifters: Raw - Jabali Brown, Weight Class: 165 lbs., Contest Weight: 162 lbs., Lifted: 350 lbs. Shifted Division - Mark Driggers, Weight Class: 220, Contest Weight: 218, Lifted: 530 lbs. Deadlift - Ryan Lunsford, Weight Class: 220, Contest Weight: 210, Lifted: 655 lbs. Push-Pull - Ryan Lunsford, Weight Class: 220, Contest Weight: 210, Total Lifted: 1155 lbs. Biggest Bench - Mark Driggers, Weight Class: 220, Contest Weight: 218, Lifted: 530 lbs. Biggest Deadlift - Ryan Lunsford, Weight Class: 220, Contest Weight: 210, Lifted: 655 lbs. (thanks to S.R.P.A. for the results)		

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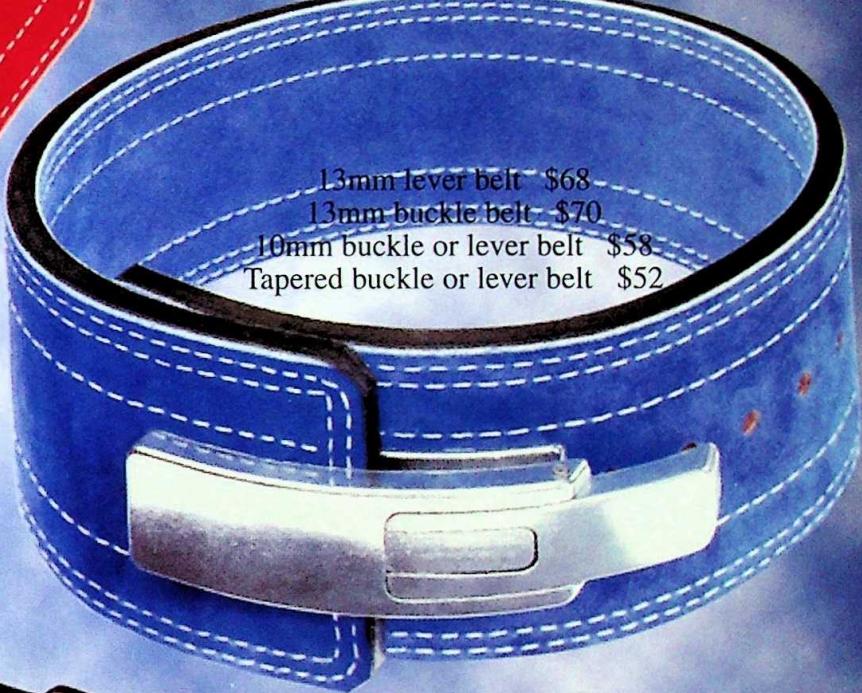
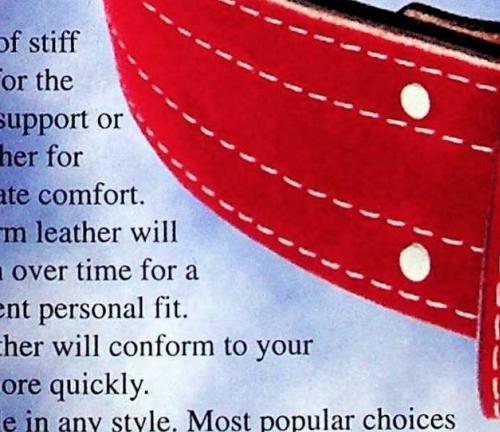
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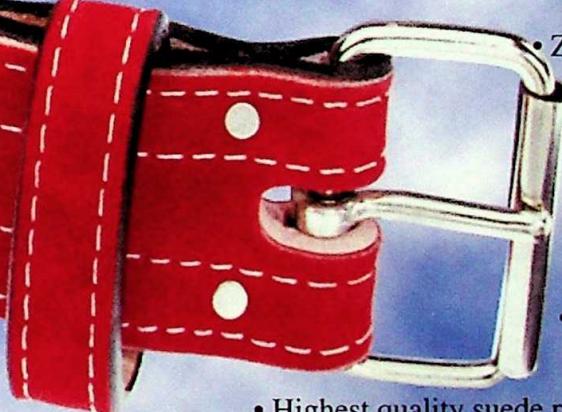
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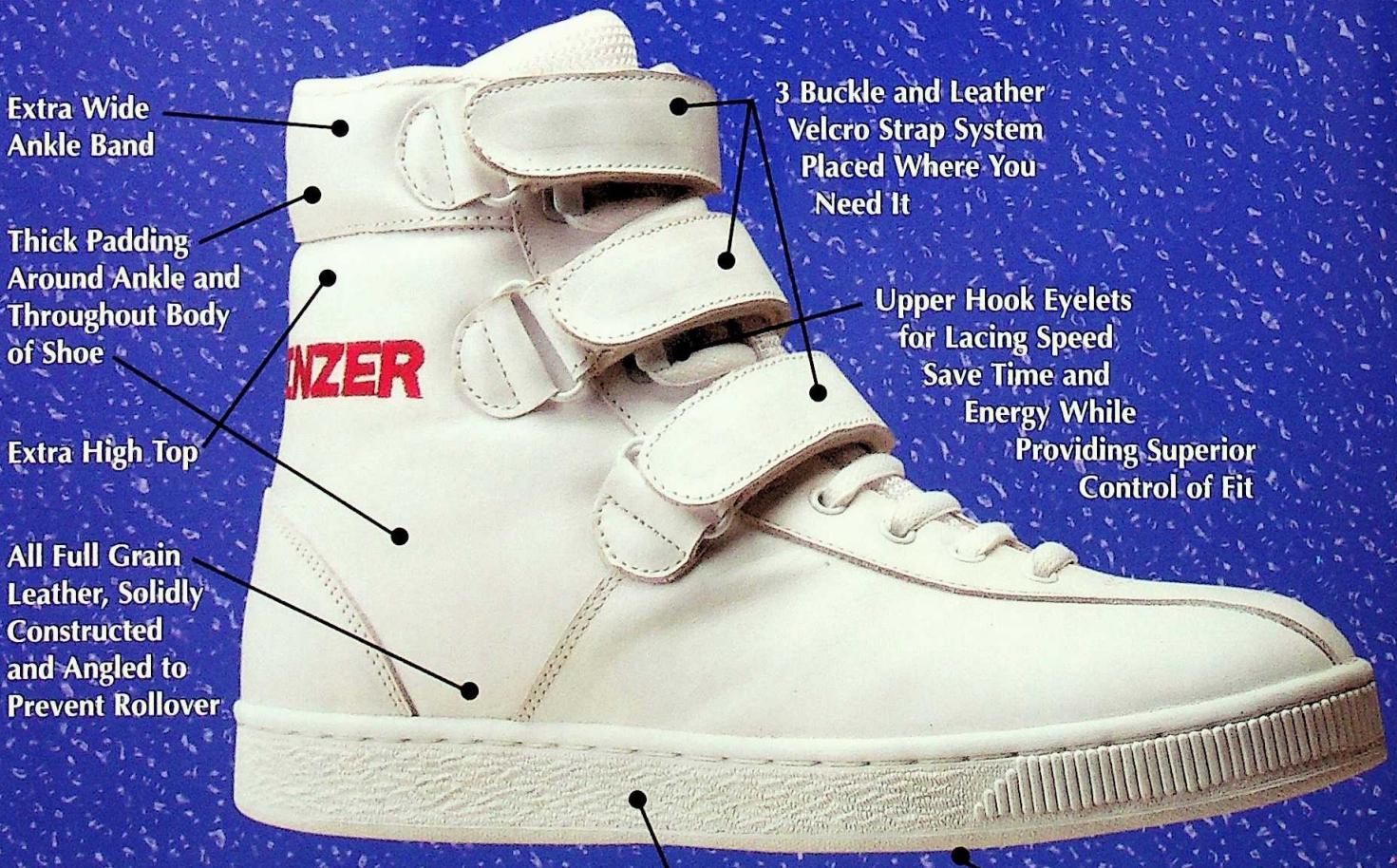
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