

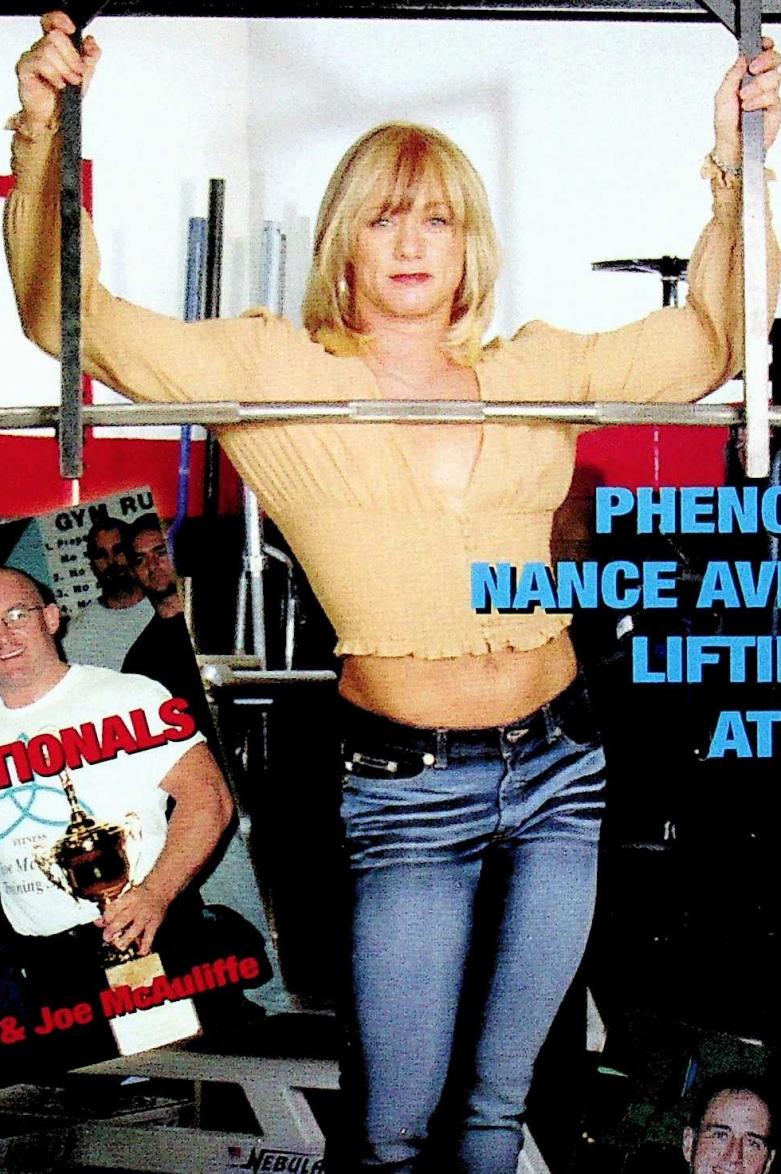
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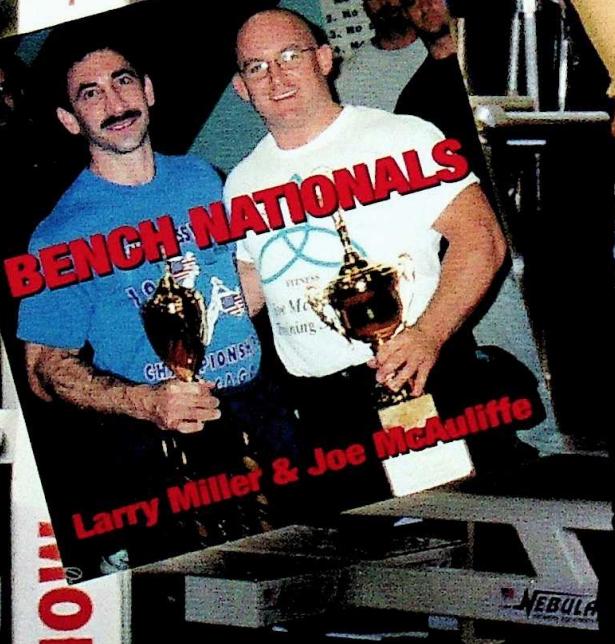
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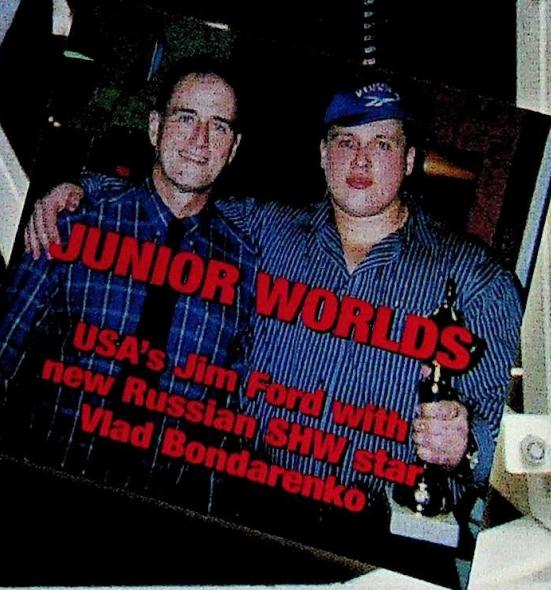
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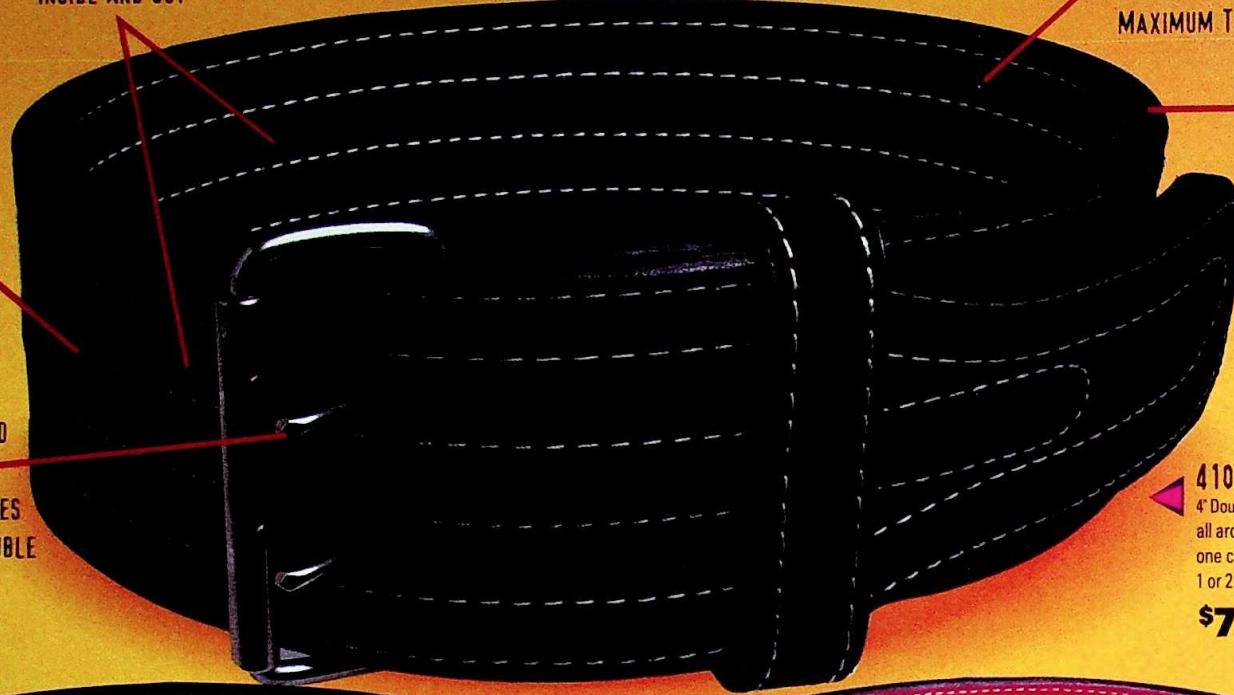
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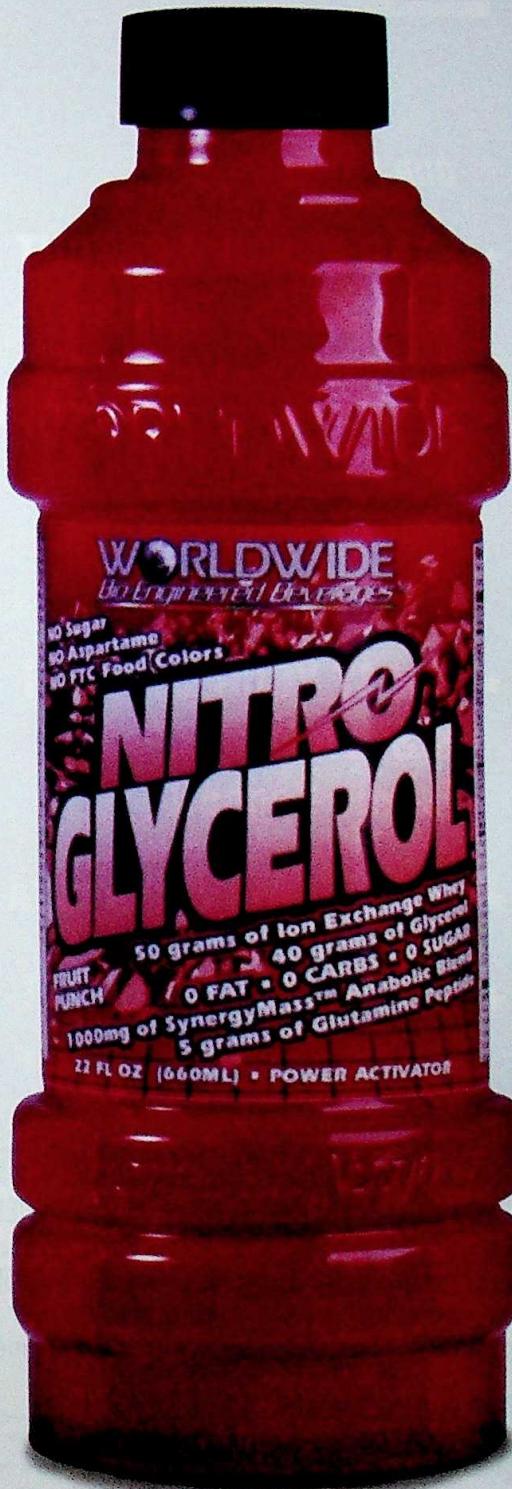
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MUSCLE MENU

- Volume 25, Number 4 - November 2001 -

NANCE AVIGLIANO PROFILE	Herb Glossbrenner.....6
USAPL BENCH PRESS NATIONALS....	Dr. Larry Miller.....8
IPF JUNIOR WORLDS REPORT.....	Jim Ford.....10
FORCE TRAINING.....	Dave Tate.....12
WORKOUT OF THE MONTH.....	T.J. Hoerner.....13
TONY SCRIVENS.....	Dr. Ken E. Leistner.....14
POW!ER SCENE.....	Ned Low.....17
TRAINING MEETS.....	Doug Daniels.....18
DR. JUDD.....	Judd Biasiotto Ph.D.....20
HARD CORE GYM #8.....	Rick Brewer.....22
ASK THE DOCTOR.....	Mauro Di Pasquale MD.....28
MEN'S ALL TIME TOP 50 242s.....	Herb Glossbrenner.....31
ANALYZING YOUR SQUAT.....	Louie Simmons.....34
A BETTER WHEY.....	Dr. Jeffrey Stout.....36
COMING EVENTS.....	Mike Lambert.....45
IPA NEWS.....	Rob Capozzolo.....52
POWERLIFTING USA BACK ISSUES.....	57
WPO NEWS.....	Kieran Kidder.....75
TOP 100 165s.....	Mike Lambert.....78
UNCLASSIFIED ADS.....	79

ON THE COVER Nance Avigliano at the Los Angeles Lifting Club (Timothy Fielding), Larry Miller and Joe McAuliffe (left inset, courtesy Miller), Jim Ford and Vlad Bondarenko (Ford)

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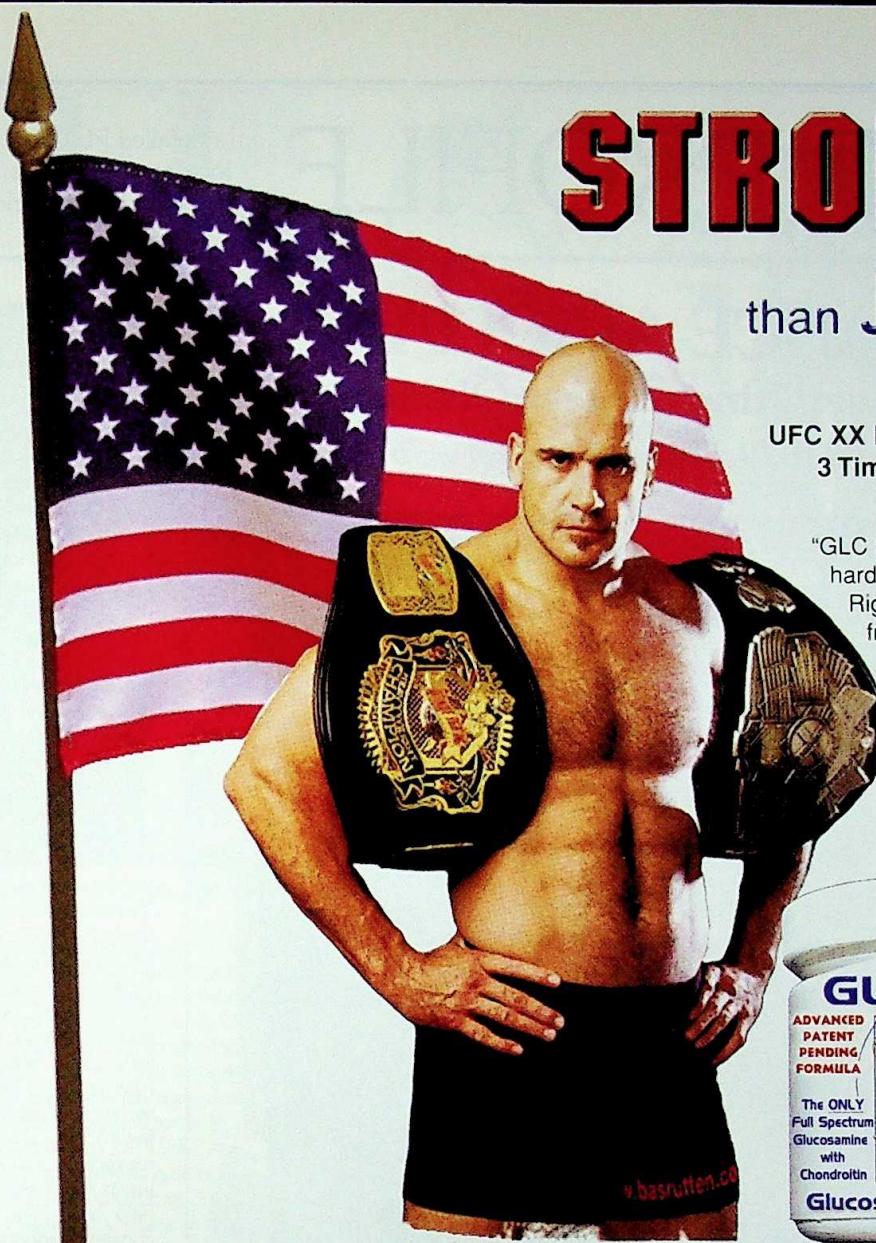
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POWER PROFILE

a detailed PL USA
look at some of the
best lifters in the world

Nance Avigliano was born July 19, 1956, the firstborn child of Burton and Sandra Greenspan of Philadelphia, Pennsylvania. In the beginning, she tipped the scales at 7 lbs. 12 oz., a robust baby girl. She spent her childhood in the "City of Brotherly Love". From the time she was 4, Nance learned ballet dancing, in order to become graceful. She has one sister - Margery - who is five years younger. Nance was a "tom boy" and kept up with all the neighborhood boys when it came to climbing trees and such. Growing up in a Jewish family, she didn't sit on Santa's knee or get presents on Christmas. She didn't miss out, because the Jewish holiday of HANUKKAH (festival of lights) falls at approximately the same time. So she got presents for each night of Hanukkah (8 days). That meant 8 times as many gifts! Nance was very popular in school, especially with the boys who hung around her like ivy on a fence. In high school, she always had a steady boyfriend. If they got too fresh, she'd clobber them and find another. She graduated from high school in 1974 at age 18, and she enrolled at Boston University, majoring in public relations. Nance had high aspirations: she wanted to be the first woman to become press secretary to the President of the United States. Later she transferred to Suffolk University (also in Boston, Massachusetts) because they had a better public relations program.

Always an extrovert, Nance was very resolute in her endeavors. During her Senior year she went to work for Howard Baker, a Tennessee Senator who was running in the primary for the Republican Presidential nomination (1980). Unfortunately for her, Baker was in a losing situation and dropped out of the race. Nance had been the second highest paid worker during Baker's unsuccessful campaign in Massachusetts. Nance's

roommate at the time was a singer in a rock band, who'd quit her job. Nance decided to manage her following graduation. With her public relations expertise, she figured it would be a snap. Musicians or Politicians - what could be the difference.

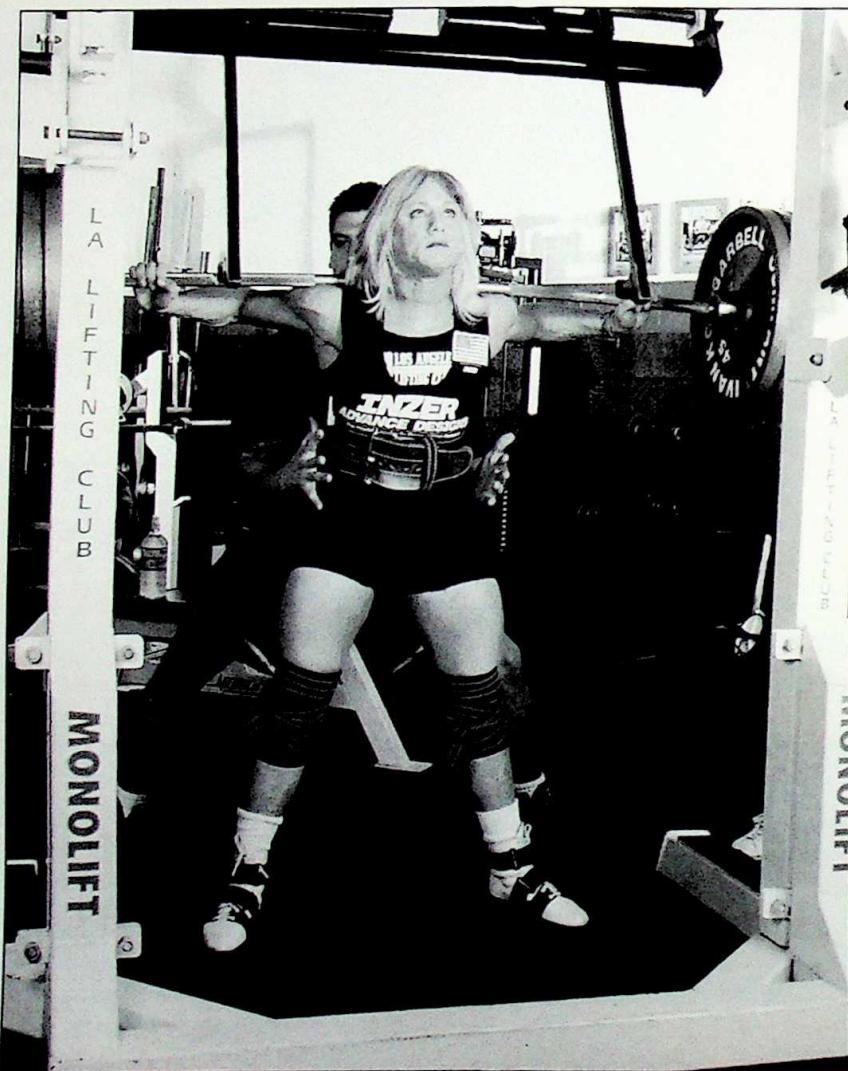
There was a big difference - as she found out - but she did it from 1980 to 1993. It was time consuming, at times frustrating, and quite

difficult to get ahead.

In 1990 Nance moved to Los Angeles from Boston. She'd been promised a job with a record company, as head of public relations. She drove 3000 miles and gave up her life in Boston for this bold venture. Surprise! When she arrived, Nance found out the job promised to her had already been given to someone else. She was very upset, as you can well imagine, but stayed in Cali-

fornia, and got back into band management.

One day, while she was walking down Hollywood Boulevard, a dark, handsome Italian fellow driving a jeep tried to pick her up. At this initial meeting, she wouldn't give him the time of day, but he turned out to be aggressive, persistent, and quite charming. It wasn't long before his macho manners won her heart over. This is how she met Joseph John Avigliano. One year later, they were married. Joe, a former football star from New York, was then working as a private personal fitness trainer. He'd drag Nance to the gym whether she wanted to go or not. One day in August 1993 they were driving down Ventura Boulevard. Suddenly, their Pathfinder was hit broadside by a grey Acura. Joe came out of the accident without a scratch. Nance wasn't as fortunate. She suffered trauma to two lower back vertebrae, compressed by the impact. Doctors, chiropractors, and acupuncturists didn't seem able to help her. She endured constant, agonizing pain in her back. Following the accident, the Aviglianos moved to Philadelphia and opened a pizza restaurant. It wasn't long before they hated it, sold the business, and moved back to California. Nance still continued to have back problems. After four years of her agony, and as a last resort, Joe put her on a strength training program. He figured by strengthening the hamstrings, back muscles, and abdominals, it could possibly alleviate her constant pain. She started working out a few short months later (on Labor Day weekend - August 29, 1997) and her pain had miraculously disappeared! Joe noticed that Nance had developed an affinity for lifting heavy weights. He picked up a copy of *POWERLIFTING USA* and after scanning the results section, he believed that Nance could compete with other women in her weight



Nance Avigliano training for the WPC Worlds. (all photographs by Timothy Fielding)



Nance Avigliano believes that femininity and fearsome powerlifting training are not mutually exclusive.

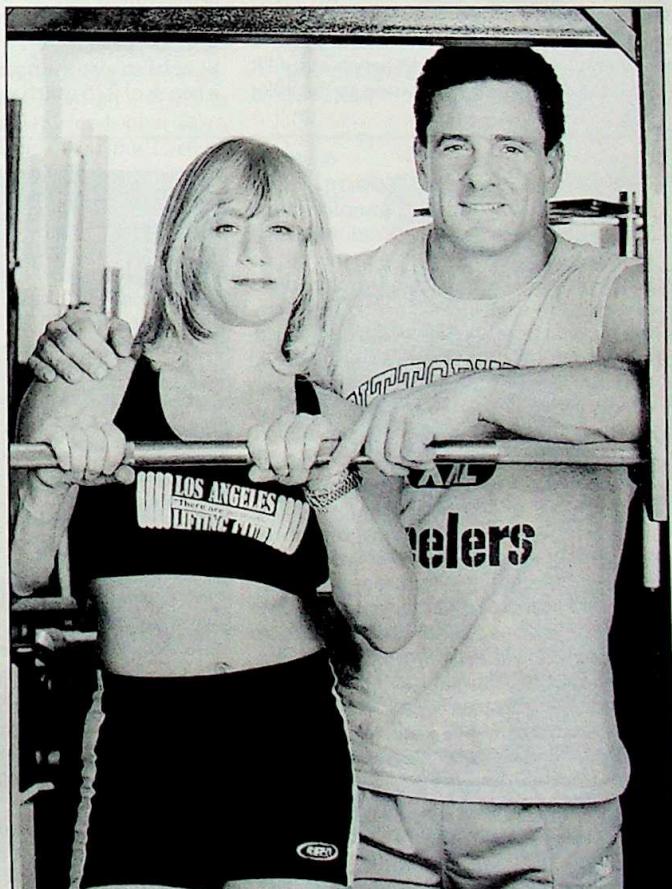
class. She emphatically said NO! Weighing 109, she had started getting bigger from her training, and she noted that her clothes seemed to fit better, after she had started training with weights. After months of badgering from Joe, she finally agreed to give powerlifting competition a try. At age 41, on March 28, 1998, she entered her first powerlifting competition. At the APF California State Novice in Fresno, CA, she won first place in the 40-44 age group, 123 lb. class: 193 SQ, 121 BP, 281 DL, 595 TOT. Having gotten her feet wet, she was off and running. Being the best in anything she did meant a lot to Nance. Training with Joe was push - push - push. He didn't let her rest on her laurels. They did a meet together soon after. It was the first official contest for Joe. Joe, who'd been raised in New York, wanted Nance to lift in Dr. Ken Leistner's Iron Island Deadlift Classic in Oceanside, NY - June 13, 1998. There she improved her 123 class DL mark, doing 295, and won both the Masters and Open divisions. Although she didn't make PL USA's TOP 20 Women's ranking list for that year, she became inspired to do so. Joe became the Strength and Conditioning coach for the West Coast Baseball Camp and Nance was his lovely assistant. Nance got a bit cocky and decided to run a few sprints with the boys. In doing so, she pulled her front thigh muscle. She been training for the APF National Push-Pull meet in Fresno.

Nance didn't make the lifts she wanted there because of the injury, but she did enough to win her division and win the best lifter award. Joe and Nance both knew they wanted a place to train with proper equipment, somewhere other powerlifters could train also. Having met Dave Fitzgerald, a 600 lb. bencher at a YMCA meet, they decided to form a partnership and open a gym. They decided to build the Los Angeles Lifting Club in a 2000 square foot building near Victory Boulevard in Burbank. Louie Simmons, the famed Westside coach in Columbus, OH, told Joe that he could get a Monolift and other equipment from Jamie Harris, who was closing down his Monster Factory gym. Dave and Joe flew out to Pennsylvania, rented a truck, and bought all of Jamie's equipment which included; a reverse hyper machine, a Simmon's bench cage, incline bench press, bars, weights, etc. They drove back to California loaded with equipment. Fitzgerald, being a skilled welder, built the gym's custom power rack, the dumbbell racks, weight holders, and standing calf machine. The Club's pulley machine was built by former Mr. America Dennis Tinerino. The L.A. Lifting Club opened for business on Halloween 1998. Everyone who came to the Open House got a free protein bar. Sometimes they came back, thinking they just might get some muscles too! After the gym opened, Nance started training again. On May 21, 1999 at the

APF Nationals in Fresno, CA, she won her 40-44 age group 123 lb. class (314 SQ, 165 BP, 363 DL,

843 TOT). Joe had big plans for the APF Senior Nationals the upcoming June in Daytona, FL. Before the Masters Championships, Nance suffered a torn right pectoral, the result of having her BP shirt yanked off. The stress of continuing to push the heavy weights made the condition worse, but she ignored the pesky injury and forged ahead. Her momentum couldn't be stopped. She not only won the Women's Open 123 division, but totaled ELITE in doing so: SQ 325, BP 165, DL 369 - Total 859. They both had big plans for the WPC Worlds that November to be held by Bruce Greig in Calgary, Alberta, Canada. 5 months out they realized that her pec injury needed surgical repair, which meant she wouldn't be able to lift in Calgary, a major disappointment. She had her pec surgery the Tuesday before leaving for Calgary. In March of 2000 she entered the Central California Open as her comeback meet. Only training 2 months she went 325, 165, 325 - 804. At the APF Senior Nationals in Warren, MI, she repeated as 123 Women's Open Champion, but making weight was an ordeal. Dehydrated, cramping, and weakened by starvation, she still posted some lofty numbers: 374 SQ, 182 BP, 386 DL - 942 TOT.

(article continued on page 74)

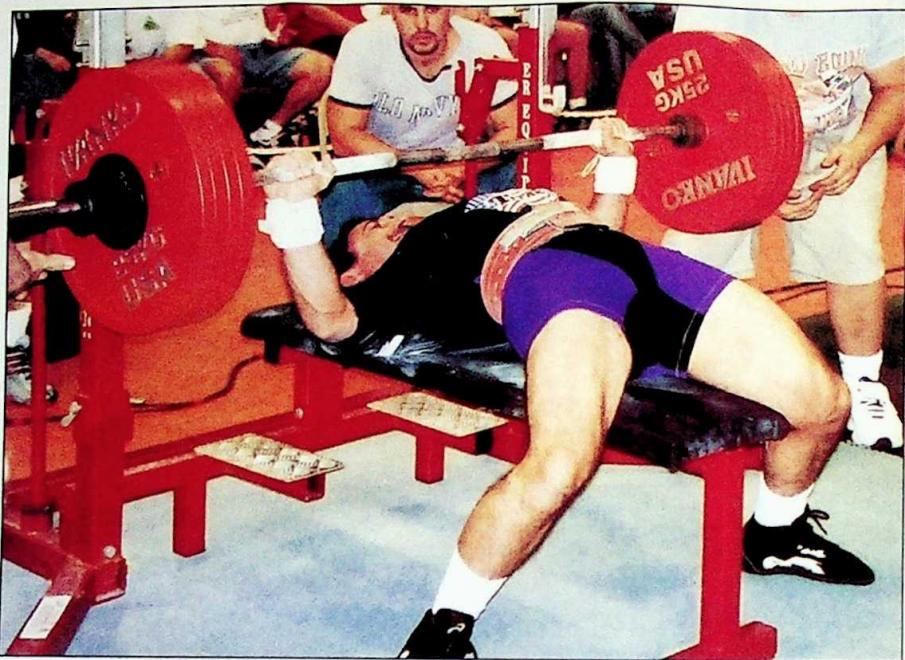


Nance & Joe Avigliano are demonstrating that "There are No Limits"

The women's competition started with one lifter in both the 44kg (97 lb) and 48kg (105 lb) classes. Ruth finished with a 115.5 lb bench and won the open and lifetime divisions. Peggy Bano lifted 88 lbs to win the open and master's divisions. Two lifters competed in the 52kg (114 lb). Local lifter Terri Distaulo finished with a 181.5 lb bench to finish ahead of Maura Shuttleworth. Three women compeend in the 56kg class (123 lb) with Jeanne Harms winning the 45-49 division with a lift of 93.5 lbs. In the open division, local lifter Carmella Dixon finished ahead of Anne Boyle 159.5 to 115.5 lbs. In the 60kg class (132 lb) world silver medallist Jennifer Thompson missed a world record attempt of 286 lbs. but did manage a National record bench of 275 lbs., to finish ahead of Alaska's Jill Darling who finished with 253 lbs. Nicole Rendon won the Collegiate division with a bench of 132 lbs. There were 13 female competitors in the 67.5kg (148 lb) class. Kathy Jones lifted 187 lbs to finish ahead of Maureen Post to win the master's 40-44 age category. Helen Sauer finished ahead of Ruth Welding to win the master's 45-49 division with a bench of 225.5 lbs. Eula Compton won the 55-59 division with a bench of 148 lbs and Regina Hackney won the 60+ age division with a bench of 132 lbs. Tunde Sziszak won the collegiate division with a lift of 126.5 lbs and Tammi Callahan finished ahead of Mary Ruffner to with the lifetime division with a bench of 231 lbs. The women's open was won by Angela Simons with a bench of 231 lbs to win on body weight over Tammi Callahan. Candy Mette won the 75kg (165 lb) age 40-44 division with a lift of 121 lbs & Jaclyn Thuenen won the Collegiates with a lift of 132 lbs and another Kings Gym lifter Brooke Wessler finished ahead of Sandra Perron with a bench of 253 lbs. In the 82.5 kg (181 lb) class Maggen Millin won the teens 16-17 age division with a bench of 220 lbs. Andrea Sortwell upped her world record master's bench with a lift of 255 lbs and won the open division. In the 90kg

USAPL BENCH PRESS NATIONALS

as told to PLUSA by World Record Breaker Dr. Larry Miller



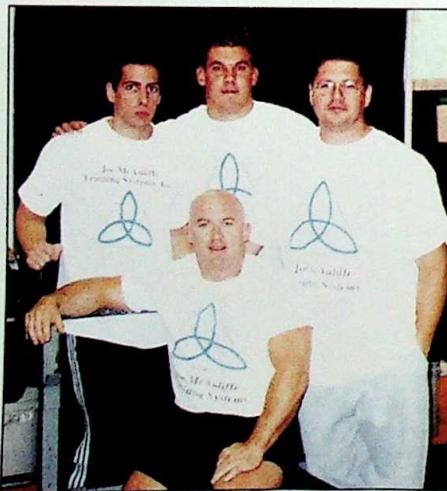
Dr. Larry Miller performed a beautiful IPF Masters and Open single lift world record of 498

(198 lb) class, Sue Ann Pack set a world record with a bench of 209 in the master's II division. Local lifter Linda Knittel-Kauk was unopposed in the open and lifetime and finished with a 192.5 bench. In the 90+kg (198+ lb) Brandy Patnode won the teenage 16-17 with a bench of 176 lbs. Sue Hallen won the master's 40-44 category with a bench of 275 which was also a national record.

Susan King won the 50-54 age group with a class bench of 181 lbs. Debbie Ferrell finished first with a national record bench of 374 lbs. In the light weight classes, Jennifer Thompson won overall best lifter and in the heavy wt. classes, Debbie Ferrell won best overall.

MEN - There were no entries in the 114 lb class. The competition began in the 56kg (123 lb)

Only the Good Lift Young! In the publicized world of Championships, Titles, and Records, it is sometimes easy to forget why most of us are in this sport. Is it the love of lifting weights or the surge towards the spoils of victory? I feel I am the luckiest powerlifter on earth because of my contact with the kids. I own my own training facility and the majority of my clients are young athletes. The thrill of seeing young people improve themselves in the weight room is an experience that I highly recommend. Whether they play field hockey or football, our power lifts improve all physical aspects of sports performances. This has been well documented by science. My research on the science of the heart has taught me many valuable lessons along the way. Your heart muscle will grow through the giving of knowledge, experience, and wisdom that's come through years of competition. This what makes it all worth while. Now that I have reached most of my personal powerlifting goals, I get my inspiration from my kids. Their eyes open wide when they see me do perfect repetitions with 405 on the bench without drugs, shirts, or any of the other nonsense that has diluted our sport. This is the sport



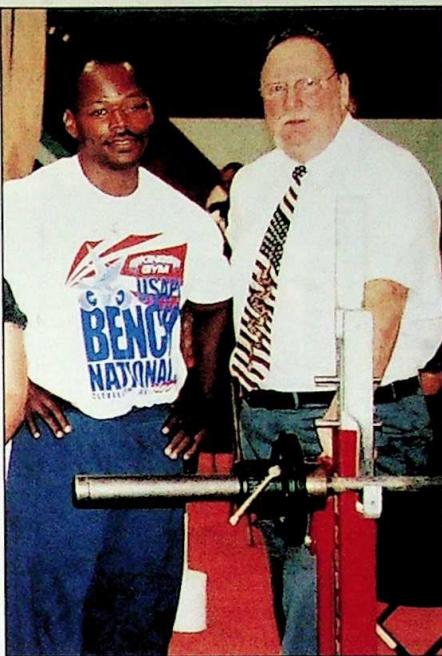
Joe and Crew ... at the USAPL Bench Press Nationals, left to right, Philip Felice, Bart Lombardi (collegiate national BP champ), Kevin Farley (lifetime 198 champ) and Joe (seated on the bench) (thanks to Joe for photograph)

that should promote self-improvement and a healthy lifestyle, not the win at all costs attitude. My old friend Kevin Farley, who has done just as many meets as I (maybe more),

enthusiastically pontificates for hours when we speak about powerlifting. He gets the same fired-up look as I do when we meet. He has never won a national event, while I have won a few, yet we both still have "love" for the sport. At 36, I feel better than ever. My success at this year's USAPL Bench Press Nationals is directly related to the motivation I get from my team. If you are having trouble finding motivation - my advice to you is to mentor, coach, teach, and lead the future of our sport. Volunteer some time at a local High School or gym and share your experience. My training partners are now 14, 17, 18, 22, 23, 24, and 27. I seem to be feeding on their energy, having the best workouts of my life with them. I would like to personally thank Kevin Farley, Jim Waldron, Travis Roesler, John Plelan, Doug Grant, Brandon Calloway, Garret Mengen, John Zudima, Rob Pettiti, Eric Mele, Garret Golden, Bart Lombardi, Phil Felice, Brandon Felice, Chris Magnotta, Beau Reed, Pam Cosse, and the State Champion RBC Girls Basketball Team (to name a few) for allowing me to share my passion. Live Long, Be Strong, God Bless America!

Joe McAuliffe, MA, C.S.C.S.

class with my training partner Steve Petrenck edging Peter Wong, 330 lbs to 313.5 lbs. Steve set a new open national record in the process and also won the lifetime division. There were 10 competitors in the 60kg (132 lb) class. My son, Dan Miller won the teens 18-19 with a bench of 198 lbs. Andrew Bates set a national record and won both the raw and master's 50-54 with a lift of 225.5 lbs. Mike Freecorn won the 40-44 age group with a lift of 192.5 lbs. Peter Balke edged Thomas Dirienzo to win the Collegiates with a third attempt 225.5 lbs. Joe Smith won the men's open with a bench of 302.5 lbs. There were 17 lifters entered in the 67.5kg (148 lb) class. Justin Scherer won the junior division with a lift of 203.5 lbs. John Barrett won the teen 18-19 and Police and Fire division with a bench of 236.5 lbs. Stoney Portis won the Collegiate division with a lift of 264 lbs. Joe Scribner won the masters 40-44 with 308 lb bench; Mike Anderson set a National record in the master's 45-49 age group with a bench of 308 lbs. Ted Feight finished first in the master's 50-54 age group with his opening lift of 181.5 lbs. In the men's open division Lance Slaughter repeated as National Champion with a lift of 385 lbs. Fifteen lifters entered the 75kg (165 lb) class with Hurley Meeks winning the masters 65-69 age division with a national record bench on each attempt, finishing with a 275 lb lift. Jim Merlino won the 60-64 group with a lift of 275 lbs. Jay Haines won the 50-54 group getting his third attempt at 330 lbs. Mike Hara won the 40-44 group with a 462 lb. bench. Mike almost lost his head on his first attempt as the bar rolled out of his hands toward his neck but the spotters got to it in time. Mike and I battled for the men's open. Mike had a higher lot number and lower bodyweight so his strategy was to do whatever I did. I started at 462 lbs, went to 484 and then went on to break Greg Warr's IPF world record bench with a lift of 498 lbs. Mike followed with the same weight and locked the weight out but his lift was turned down, 2-1. Mike and I are good friends and seem to push each other to new levels. Ricardo Garza won the Collegiate division with a bench of 330 lbs. Dan Callahan won the raw division with a lift of 297 lbs. Thirty one lifters were entered in the 82.5kg (181 lb.) class. Calvin Everett won the master's 70-74 division with 170.5 lbs. Rudy Lozano won the 60-64 age group and set a world record in the process with a lift of 352 lbs. World champion Jim Klostergaard upped his world record with a lift of 413.6 lbs in winning the 50-54 age group. Local lifter and training partner Gary Reale won the 45-49 age division with a bench of 286 lbs. World champion Greg Zangl won the 40-44 group with a national record bench of 423.5 lbs. Greg borrowed one of my bench shirts which he did in Luxembourg. I am still trying to figure out how we get in the same shirt. Dominic Schirripa won the teen 14-15 division with a 297 lb bench. Joseph Heyman won the collegiates with a third attempt bench of 324.5 lbs. Ben Scherer won the Police and Fire division with a 308 lb bench. Stuart Patrick won the raw division with a 390.5 lb bench. Tim Rickett won the lifetime division with a lift of 418 lbs. The open division was again won by Leonard McCormick who I will never figure out. Leonard did a touch and go on his opener. It reminds me of a baseball player letting the first pitch go by. Leonard finished with a 495 lb bench and then attempted a world record lift of 529 lbs. He was explosive but couldn't quite finish the lift. I wanted a good seat for the 90kg (198 lb) class. The master's 80-84 age division was won by



Spotter ERIC CURRY with Referee AL SIEGEL

Charles Lee who sets a national record every time he lifts. Charles finished with a 225.5 lb bench. Tom Scott won the 70-74 age group going 3 for 3 and finishing with 308 lb lift. Bill Phillips set a world record in the 60*-64 age group with a 385 lb bench. John Mitsopoulos won the 55-59 group with an opening lift of 357.5 lbs. Robert Ingram won the 50-54 division with a big bench of 423.5 lbs. Phil Accordino won the 45-49 age group with a 341 lb bench. Wally Strosnider won the raw division with a 341 lb lift. Paulo Shakarian won the Collegiates with his opening lift of 264 lbs. Bryan Frizzelle won the Juniors with a 401.5 lb bench. Steve Krebs won the junior division with a 407 lb bench. Kevin Farley won the Lifetime division with a 412.5 lb bench. The open division had nine lifters. Dennis Cieri had moved up from the 181's and Joe McAuliffe had moved down from the 220's. Both have traded American records in the past. Dennis was heavier than Joe so Dennis attempted to better Joe's third attempt bench of 539 lbs by 5 lbs, but Joe was more explosive and Dennis just missed. Training partner Steve Spinelli finished third. Steve also used one of my bench shirts which makes me wonder if I am in too big of a shirt. The 100kg (220 lb) class was another large one with 27 lifters competing. We had another 80+ year old lifter in Anton Reel winning with a lift of 154 lbs. G. William Sweeney won the 75-79 division with a bench of 220 lbs. Bill Remley won the 70-74 age group with a big 302.5 lb bench. Ray Klocek won the 65-69 division with a lift of 291.5 lbs. James Bourisaw set a national record with a bench of 363 lbs. David Chevalier set a world record in the 50-54 age group with an impressive bench of 475.2 lbs. Sidney Green won the raw division with an impressive 440 lb bench. Tim Anderson won the Police and Firemen division with a bench of 506 lbs. David Johnson won the Lifetime division with a lift of 506 lbs. Ennis White won the Military with a lift of 484 lbs. The Men's open was won again by last years world silver medallist Ralph Young from Ohio. Ralph managed a 544.5 lb bench to finish well ahead of the pack. The 110kg (242 lb)

(Dr. Miller's article is continued on page 73)

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The 19th annual IPF Junior World Powerlifting Championships were held on September 11-16th, 2001 in Bulgaria's capital city of Sofia. Mr. Christo Meranzov was Technical Director; and Mrs. Roumjana Todorova was the Meet Director. The meet was held in the SPORT HALL "Christo Botev", a sports complex used in the past for many European & World weightlifting competitions. INZER ADVANCE DESIGNS provided a good IVANKO kilo set for the meet, along with suiting out the spotters. Their booth was on site, with Peter Thorne to supervise.

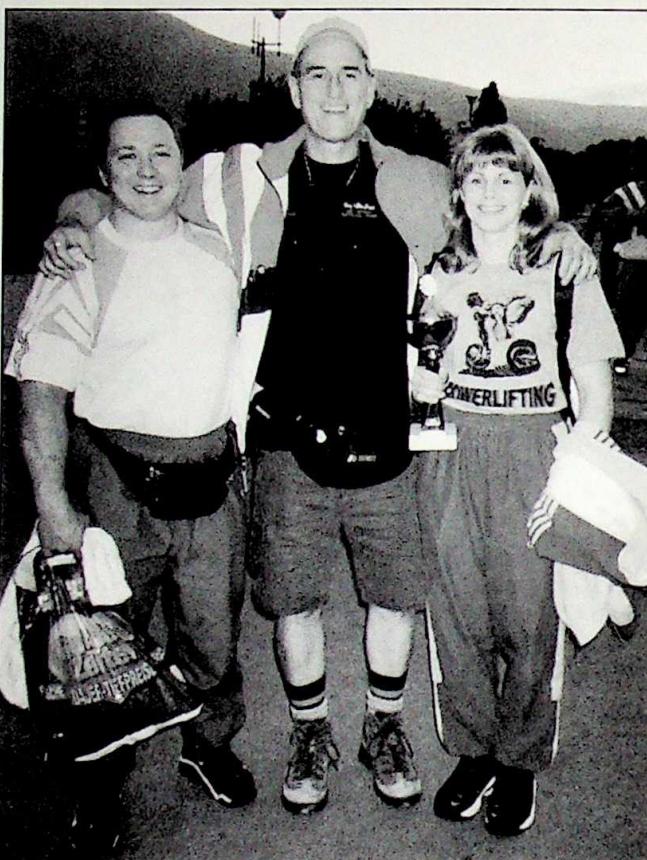
Our contingent of lifters, coaches and support staff consisted of 38 for the flight over. We arrived the morning of September 11, 2001, a date which will always be etched in our minds. The tragic events in NY, PA, and Washington rippled all the way to Bulgaria, and shook our young team. After traveling for 24 hours, dog-tired, we were finally deposited in our hotel for the stay in Bulgaria. We were all settling in and preparing for the Technical meeting that night at 8pm. Many team members gathered in my room and we were all watching CNN. Then, the tragic news began to build, and it held us spellbound for the next few hours. Powerlifting, which had been the focal point for this trip, was soon relegated to a different status. We realized our first duty was as Americans and we were witnessing a national tragedy. This was the first international travel for some of these young lifters, and now to be involved in an international situation was of great concern to all. We contacted the American Embassy and received some advice: don't leave the hotel except in small groups, and don't wear USA uniforms. At 8pm we had the IPF Technical meeting, and many countries sent their condolences to us for the tragedy. Due to the crisis, the airport was shut down indefinitely. Also, there was word of Moslem rallies in the city and the possibility existed we might need to be evacuated out of the country. Let me list our superb staff: Sandra Perron from Minnesota, Mike O'Donnell from Michigan, Wade Hooper from Texas, Larry Maile from Alaska, and myself from Texas. P.J. Couvillion from Hawaii was there as Technical Director for the IPF. Another coach, Greg Simmons from Indiana was delayed by weather, and then his flight was cancelled due to airport closings. Our Alternate lifter, Emilio Saldierna from LTU aided the staff, and assisted in team business. Team Captains were Trey Cunningham, Katie Ford, Nick Tylutki and Kimmi Goff. Marine Corps Capt. Keith Mishoe was there to assist Naval Academy lifter Julia Loya. Lifters voted for two teammates to represent them at opening ceremonies, Katie Ford & Nick Tylutki. Three coaches and three lifters had their luggage not show up at the airport. It was only through the aid of Mr. Evgeny Popov, of Bulgarian weightlifting fame, did we get any help from authorities in recovering the lost baggage.

Under these extreme conditions, we had our last team meeting late in the night of September 11th, 2001. We decided to dedicate our efforts to the victims and heroes back home who lost their lives in this senseless terrorist act. We would show the IPF nations and the world something of the American character, and it's true strength in times of adversity.

Wednesday, September 12th, 2001 - Women's Competition - 44.0 Kg class - Cruising to the magnificent win was Wei-Ling Chen of C. Taipei with a gold Medal in the Squat and Deadlift. Her 352 lb. Deadlift was enough to give her a huge 826 total, 50 kgs over Natalia Krikunova of Russia. Chen's 528 Wilks points were enough to give her the RUNNER-UP BEST LIFTER AWARD. Natalia Krikunova won the Silver Medal in Bench Press with a 154 press. Bronze

IPF Junior World Championships

as told to Powerlifting USA by TEAM USA's Jim Ford



Ukraine's Coach **Dimitry Soloviov**, TEAM USA Coach **Jim Ford**, and Women's Best Lifter **Larisa Vitsyevska**. (all photographs courtesy Ford)

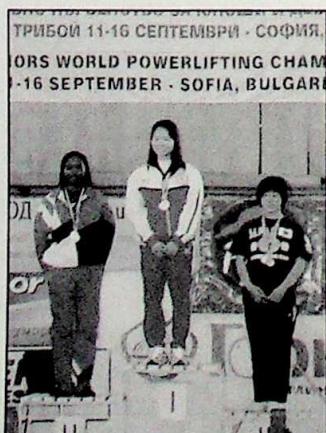
Overall went to Oxana Sirant of Kazakhstan with a respectable 699 finish via Silver in the Deadlift with 319. The Bench Press had a three-way tie with 3 women doing 70 Kgs. By bodyweight was Rika Mura of Japan - Gold; Natalia Krikunova of Russia for Silver, and Benedict Lepanise of France for the Bronze medal BP. Our premier lifter in this division, Steph McMillen, was out due to injury.

48.0 Kg class - Natalia of Russia was the clear winner with good across the board lifting. She Silvered in squat with a 275 lb. attempt and brought home the Gold for Bench & Deadlift. Her 777 lb. total was nearly 15 kg. over Olena Sychanina of the Ukraine who Silvered in Bench and Bronzed in Deadlift with a 744 total. Third went to Chinese Taipei's Shao-Mei Hsieh also with a 744 total and a Gold Medal in the squat. No USA lifters in this class.

52.0 Kg class - The 114s provided a good match-up of the top three, and premiered the USA's first lifter, Kim Goff from Louisiana Tech. Kim was hoping to make an attempt at a Jr. World Record pull. The events surrounding the tragedy back home weighed heavy on her mind, and being the first one on our team to lift was unsettling. She credits her focus to coaches Mike O'Donnell & Larry Maile. At the end of Squats it was Yi-Yu Chou of C. Taipei with a 145 Kg lift and Goff close behind with 140 Kg. Kimmi fell well back after the Benches. In the Deadlift, it was Fargue with a 145 Kg pull to make a 335 Kg total and 4th overall. Hashimoto pulled 155 Kg for third. Goff and her coaches wisely called for 175 Kg (385) and a lock on the Silver overall. She pulled it convincingly. Chou, having won Gold on

her opener, called for 177.5 Kg on her third pull and also wrapped up the Gold in Deadlift. Kimmi took a shot at the WR, on a 4th attempt, but it barely cleared the floor.

56.0 Kg class - Irina Poletayeva won the 123s with a Gold in the Squat, a Gold in the Bench Press, and a Bronze in the Deadlift to give her an outstanding Total of 920. Haruka Ogiyama of Japan took the Bronze for squat, and the Silver for Bench Press, for a sub-total of 534. Aigul Gaifulina of Kazakhstan Silvered in the Squat, and put together a sub-total of 523. When Gaifulina



The Award Winners at 52 kgs.: (l-r) Kim Goff (USA) - Silver, Yi-Yu Chou (C. Taipei) - Gold, Yumiko Hashimoto (Japan) - the Bronze.

made the best Deadlift in the class of 374 and a total of 898; Ogiyama, .2 kg. lighter, wisely pulled 363 to also total 898 and secure the Overall Silver Medal. Of note was an 181 lb. Bench Press by Tejaswini of India to win Gold. The USA had no lifter in this class, as Michelle Amsden was unable to attend.

60.0 Kg class - In the 132s we saw near perfection in the form of Larisa Vitsyevska of the Ukraine. Last year's runner-up Best Lifter, she came back much improved, dominating the class, and claiming overall WOMEN'S BEST LIFTER. Let me summarize her lifting: Gold in the Squat with a 197.5 Kg attempt. Gold in the Bench Press & a JR. WORLD RECORD press of 117.5 Kg. Gold in the Deadlift and a JR. WORLD RECORD of 462.9. JR. WORLD RECORD TOTAL OF 525 KG. Larisa Vitsyevska is a name destined for greatness in Women's Powerlifting. The Silver Overall went to Julia Shylskaya of Belarus, and the Bronze to Mandeep Kaur of India.

The USA team had two lifters in this division: Veronica Aguilar, now of MD and Nicole Sperbeck of Alaska. Veronica formerly lifted for the Australian Team and brings IPF experience to this class. She is one of our most colorful lifters; literally, her hair has no less than 3 shades! A surprise was her medaling in the Bench Press with a PR of 85 Kg.! Her 377.5 Kg total secured 6th place. Our other lifter, 18 year old Nicole Sperbeck, has the absolute hardest time shaving off those last few pounds before weigh-in. She actually stood on her head to make exactly 60.0 Kg. She literally looked like a Zombie from drying out, but after rehydrating and eating, there was no more beautiful lady in the House! I believe she only got openers in a few lifts, but did manage a respectable 80 Kg Bench press (a Teenage American Record) and 7th place!

67.5 Kg class - The 148s was a battle between two Russian Powerhouses: Victori Pisarenko and Yule Chepushtenova. In the squats, Pisarenko dominated the class with a huge 462. Chepushtenova countered with a 435 lb. Silver Medal lift. The Bronze in the squat went to Nina Toropovska of the Ukraine. Chepushtenova came back to dominate the Bench Press with 253; and runner-up BP went to Hsiao-Li Hsu of Taipei with 242 lbs. and Pisarenko took the Bronze. Hsu pulled the best dead of class to secure 3rd over Toropovska on bodyweight. When Pisarenko pulled 402, the lighter Chepushtenova strategically called for 407 to win on bodyweight.

The USA team brought 2 lifters to this class: 23 year old Kim Callier from Bryan, Texas and 19 year old Robyn Niederkorn, from Galesville, Wisconsin. Callier, our first alternate, came with her coach & fiance', world-class lifter Wade Hooper. With Wade guiding her through her lifts and Kim in her perfectly tailored INZER gear, they were a flawless team. Kim went 6/9, but had PRs on her last squat & deadlift, equaled her best previous total, and finished 5th overall. Niederkorn, also in her first IPF meet, was nervous. Missing her openers in each lift, she settled down and completed the next two. She ended with a 370 kg total for 6th. Robyn is one of several 19 year olds who will be the core of our JWT in the next few years.

75.0 Kg class - The USA brought two lifters to this class, Julia Loya of the US Naval Academy and Katie Ford of the University of Texas. At the Technical meeting, it was thought Ford would have a better shot for team points if she went on up to the 82.5 Kgs., so away she went to drink water. In the squat, only 5 Kgs divided the top three squatters. Yana Petrenko of the Ukraine posted a huge 435, followed by Svetla Ivannikova of Russia with 429 and Tati Kudryavtseva of Kazakhstan with 424. Loya had a respectable 402 lb. squat. In the

Bench, Petrenko posted a 107.5 Kg press, but both Kudryavtseva and Ivannikova hit a 253 Bench Press, and the Gold in this went to Kudryavtseva on lighter bodyweight. Loya's 182.5 Kg pull was smooth and gave her 4th overall. This is Julia's 3rd JR World appearance. When Ivannikova pulled 170 Kg., that was good for a 480 Kg total and Bronze overall. Kudryavtseva pulled a big 192.5 Kg Deadlift and secured Silver with a 500 Kg finish. The Gold medal in the Deadlift and overall 75 Kg champion was Yana Petrenko of the Ukraine when she was able to handle an easy 451 on her final pull. Marie Thornton finished with a respectable 377.5 Kg total and is part of the new British Women's team that we will see big things from in the future.

82.5 Kg class - Katie Ford drank water and was a quarter pound over by weigh-in, along with Mazilova of Russia, Nanasi of Hungary, and Blinnikka of Finland to name a few. The two frontrunners, Natalia Polishuk of the Ukraine, in her last year of eligibility laid out the big squat @ 468, preceded by Chiu-Hui Hsieh of C. Taipei, who dunked 210 Kg for all white. The Bronze in squat went to Evgenia Mazilova or Russia with 195 kg. Katie Ford of the USA, in her 4th straight JR. Worlds competition, posted a PR squat of 162.5 Kg. Polishuk again dominated the best lifts in class by benching a class high 127.5 Kg, followed by Hsieh with 125 Kg and Yohiko Mure of Japan with 120 Kg. The Russian pulled 185 kg for a 485 kg total and bronze overall. Hsieh pulled 195 kg to lock up the Silver with a 530 Kg total. She tried a big one on her thirds for the win, but it was not there. The Gold went to Polishuk when she completed a huge 200 Kg Deadlift on her last attempt. That finished her up with a whopping 540 Kg total and 3 Golds for best lifts in the class. Ford, of the USA, placed 6th, going 8/9 and narrowly missing one bench attempt. Her 427.5 Kg total was her best ever IPF performance. She had PRs and National Records in Squat, Deadlift & Total. Her condition level had been cranked up a notch and it showed. She and Cunningham from the Men's team, were the veterans with the most IPF appearances (4); and she is also one of the younger 19 year olds who will shore up our teams of the future.

90.0 Kg class - Russian Yulia Kurina was the returning Champion. Her Gold medal winning squat of 250 Kg was a JR. WORLD RECORD. She tried 562, but a slight bar dip nullified the lift. Silver in the Squat went to USA's Jessica Watkins of

Indiana. Jess had trouble with her first two attempts, as she had trouble in set-up and depth. Adjustments were made in her suit & wraps and she easily completed her 3rd. A frustrated Jess stormed off the platform. Third in the squat was Chia-Hui Tsai of C. Taipei with a 180 Kg completion. 4th was Anna Sliwinska of Poland, who gained up from 181s to compete here. Kurina hit a big 120 Kg bench press; Tsai went 115 Kg., as did Sliwinska. Watkins followed in 4th with 107.5 Kg. The final numbers were; Kurina for the Gold overall with 1284, a JR. WORLD RECORD TOTAL. Tsai coped the Silver medal with 495 Kg. Watkins for the Bronze with 480 Kg. Sliwinska had a respectable 475 Kg total for fourth. Jessica Watkins is destined to make great improvements, as anyone could see her talent. If you're ever in the house when Jess is lifting, you're in for some wonderful action.

90.0+ Kg class - The favorite was C. Taipei's Yi Chun Chen, only 20, going against the veteran from the Netherlands, Bren vanderMeulen. The USA's lifter was 19 year old LTU student Mary Holt, and IPF first timer. The fourth lifter was Nilima Chatterjee of India. Also, in the competition was Rumiko Ito of Japan. Chen dunked a big 195 Kg squat for the gold in that lift. vanderMeulen was close behind with 185 Kg. and Holt was third with a 167.5 Kg completion. Mary had some back pain soon after squatting, but she toughed it out until she got an adjustment from Coach Wade Hooper. vanderMeulen showed her dominance in the Bench Press with a division high 125 Kg press. The benching ability fell off from there: Chen - 85 Kg; Holt - 70 Kg; Chatterjee - 60 Kg; and Ito was eliminated. In Deads Chen was able to overcome a 30 Kg lead by vanderMeulen when she pulled a 202.5 Kg Deadlift to total 482.5 Kg. vanderMeulen brought home the Silver Medal overall with a pull of 162.5 Kg to total 472.5 Kg. USA's Mary Holt brought home the Bronze Medal overall with her 170 Kg Silver Medal Deadlift pull. Chatterjee finished fourth.

MEN'S COMPETITION - 52.0 Kg class - Once again pitted were the great Dariis Wazola of Poland and Dmitry Panin from Russia, along with two lifters from Japan; Tomoyuki Kondo and Akihisa Kurihara. Former champ Wazola dominated the squats with 217.5 Kg for the gold. Kondo followed him with a 200 Kg attempt. Panin was close for third with 197.5 Kg. Kurihara made it a 3 way race when he failed to complete an attempt. Wazola performed a PR bench of

127.5 Kg on his third attempt. Kondo put away the Gold for Bench press by hitting a 130. Panin stayed close by benching 110 Kg. Wazola pulled 190 Kg on his third and it gave him more than enough to put away another IPF Title. Kondo's 192.5 Kg pull gave him the Silver Medal. Panin locked the Bronze with a class high pull of 205 Kg and a total of 512.5 Kg.

56.0 Kg class - Last year's best lifter Tsung-Ting Hsieh of C. Taipei was again ready to prove his dominance. Russia sent a worthy opponent in Nikolay Asabin who immediately tied Hsieh for best squat attempt, and they both weighted in at exactly the same weight, 55.9 Kg. Following close was the Frederick Tenebria of France with 215 Kg. The USA's Micah Kiletico had a respectable 180 Kg attempt. In the benches, Hsieh increased his lead with a PR 150 Kg push; with second place being Asabin's 142.5 Kg. Tenebria was close again with 130 Kg. Kiletico had an all-time PR of 107.5 Kg and was in 5th at the subs. Hsieh is DLing machine. His 250 Kg pull was 40 Kg over Asabin's and gave him another IPF World Title. His 620 Kg total was good enough for LIGHTWEIGHT CLASSES BEST LIFTER and 2nd BEST LIFTER OVERALL. It was Asabin for the Silver with 575 kg. Tenebria copped the Bronze. Micah Kiletico, in his first IPF appearance, did a fantastic job. Only 20 years old, he was able to PR in the Deads with a huge 220 Kg pull for a 5th place finish. Micah, from New Orleans and going to school at LTU, is a great young talent.

60.0 Kg class - The 132s saw some great lifting for the Silver & Bronze Medals, while the Gold went to the clear-cut winner Alexander Gromov of Russia. Only 19, Gromov kicked things off with a huge 556 squat to easily cop the Gold in that lift. Volodom Pogrebnyy of the Ukraine hit 217.5 Kg, as did Trey Cunningham of the USA. Just 2.5 Kg back was Nikolas Jonsson of Sweden. Alexander Romankov of Belorussia also had a successful dunk with 215 Kg. In the Bench, Pogrebnyy won the lift with 160 Kg followed by Gromov and Johnson both completing 155 Kg. Cunningham dropped back with a fourth in the class press of 130 Kg. When it came to the deadlift, Trey gave his all and pulled a class high 230 Kg on a 2nd attempt, only to be followed moments later by Gromov matching his pull. Cunningham missed his third on a valiant effort. Trey took the Silver for Deadlift, as he was heavier. The final totals were: Gromov with 637.5 Kg, Pogrebnyy with 580 Kg;

Jonsson with 580 Kg., and Cunningham in fourth with 577.5 Kg. Trey's fellow World Team lifters thought enough of him to nominate him as one of this year's Team USA Captains, and the coaching staff has only high praise for his efforts.

67.5 Kg class - The two front runners were the veteran from Kazakhstan Maxim Lapshin; and 20 year old Oleksandr Kutcher from the Ukraine. Preliminary nominations indicated that Alexey Osokin of Russia would also be a contender. In the squat lift Lapshin showed his dominance with a huge 285 Kg (628) success which was a 17.5 Kg lead over the next best squat of 267.5 Kg by Fayaz Ahmad of India. Kutcher was close with 265 Kg. In the bench, Osokin of Russia showed dominance with a huge 190 Kg, tying Sivokon's record from 1994. Close behind was Lapshin with a 180 Kg completion. Lapshin's 465 Kg (1025) sub-total was as good as any in recent memory. It would need to be for the Ukrainian's Deadlift was known to be huge. It was at this point that great confusion occurred. There was much appeal to the jury and this will be talked about for years. It was, in my opinion, a mix-up of numbers at the scorer's table and due to circumstances beyond the Jury's control they had to award the Gold medal jointly to Lapshin and Kutcher. Lapshin was credited with a 250 Kg pull for a total of 715 kg and 554.55 Wilkes points. Kutcher's huge pull of 285 kg was best in class. It gave him, also, a total of 715 kg. They both weighed the same, 67.0 Kg. I think Lapshin's lift was in reality 2.5 Kg more, but it was posted wrong. The Ukrainians protested long and hard that Kutcher should have another attempt, to no avail. We had a joint champion. The Silver went to Osokin. This decision had direct effect upon the subsequent team standings. The USA's lifter in this class was Clay Grubbs from Texas who attends college at Louisiana Tech. I believe he hit a PR squat, but he could only manage a pull of 518; as the big one was not there. His 9th overall is commendable, and his IPF experience will be a foundation of next year's team.

75.0 Kg Class - The big match-up was with Artem Nikolenko of the Ukraine, Bronze medalist from last year, and two new Russians we hadn't seen before: Ruslan Vostrikov and Eduard Krainov. Nikolenko hit a huge squat; 310 Kg, a 30 kg improvement over last year. Chasing him were the 305 Kg squat by Vostrikov and 282.5 Kg for Krainov. The USA's Brad Robbins nailed two good squat attempts, only to be turned down on a 3rd that was every bit as deep. Alexander Kozlov of Kazakhstan, a bench specialist, had the best in class press with 187.5 Kg. Nikolenko followed with 185 Kg and the Russian Vostrikov completed 180 Kg. Krainov was 4th with 175. Robbins had some problems on his bench, missing his opener. He got it together and completed his last two for a 157.5 Kg best for the Georgia native. The Russian Vostrikov came from 10 Kg back at subtotal to blow out the competition with a huge 285 Kg Deadlift for the Gold Overall. His 770 Kg total was 20 Kg over No. 2 Nikolenko who DLed 255. The Bronze Overall went to Krainov with 732.5. Brad finished with a 6/9 day, missing one Deadlift. When he tore his hand badly on the tough knurled IVANKO BAR, he was attended to by none other than Rudy Kuster of Germany who used a wire brush on his cut hand. This either fixed the problem or brought him past the pain threshold so he was able to easily complete DL# 3 for a new Junior American Record total of 692.5 KG. Brad's 5th place finish overall was via a total that was a 32.5 Kg improvement over last year's meet.

82.5 Kg class - The 181s was the largest of Men's classes with 19 lifters. Last year's

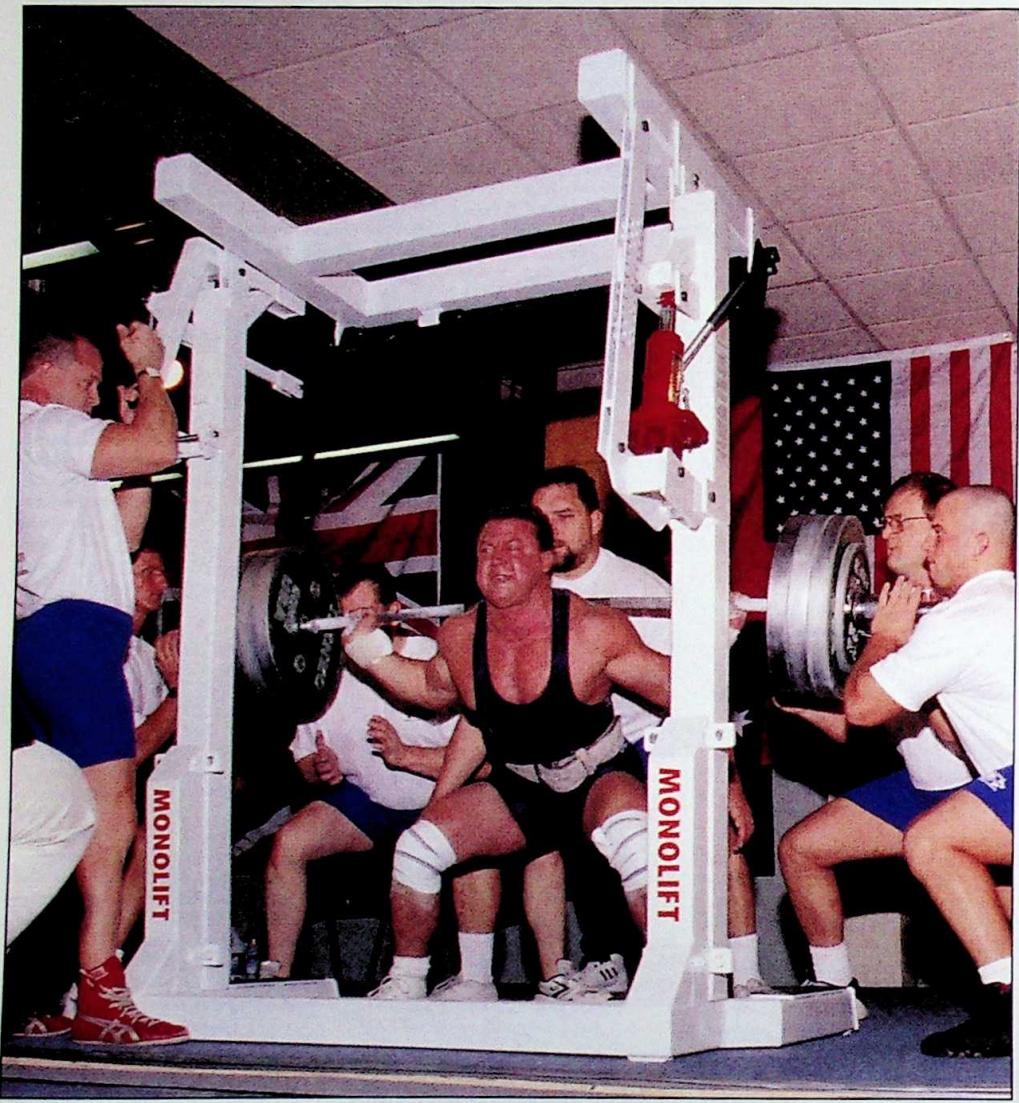
(article continued on page 70)



TEAM USA: front row (l-r) Jason Beck, Brad Robbins, Trey Cunningham, Clay Grubbs, Micah Kiletico, Emilio Saldierna, Nick Tylutki; (second row) Randall Harris, Wade Hooper, Kim Callier, Jessica Watkins, Veronica Aguilar, Kim Goff, Katie Ford, Robyn Niederkorn, Nicole Sperbeck, Julia Loya, Larry Maile; (back row) Mary Holt, Sandra Perron, Henry Thommason, P.J. Chovanec, Tony Arterburn, Erik Steiner, Jim Ford, Mike O'Donnell

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At Left-squatting out of the Monolift takes a bit of getting used to!!!

how drags differ for a football or soccer player when compared to what a powerlifter would do? I assume they could use the sled to help recovery like you all do, but what would they need to do to improve speed and performance on the field. Any help would be great. Thanks.

Answer: I will answer this question because you have a great opportunity to help some of these athletes out with the use of a sled and most people have no idea how to get the best out of it. The same basic principles apply with the sled. For strength you will want to drag heavy for short distances of about 10 to 20 yards with moves such as forward dragging, backward dragging, ankle dragging and upper body static dragging to the front and too the bask. For restoration you want to drag for greater distances such as 50 to 100 yards with the same type of any other type of movement. For the sports you mentioned I would put in some lunges to the front side and read as well as side ankle dragging. For GPP conditioning for athletes like soccer players I would keep the sled dragging constant with very little rest between sets. Start them out with 10 to 15 minutes and work it up to 30 to 45 minutes of constant work with very little rest 10 to 15 seconds between sets.

Question: I know you guys do most of your squatting out of the Monolift. My training partner was at a meet recently and had a very difficult time getting his feet and body placed under the Monolift. He seemed to fall forward after the racks were swung back. Do you have any suggestions on how to set up in the Monolift, especially how to stand up with the weight and not make it look like a good-morning. Thanks, Hank

Answer: You hit it on the head. Most people who are not used to a Monolift try and GM the weight out. You should arch the weight out. It should come straight up and have your body in position to squat. Most people don't get their feet far enough underneath of them. Have your partner get his feet forward more and arch it out.

For a complete archive of over 1900 questions answered, see the Ask Dave section of our web site at www.elitefts.com

Question: I am currently training using the Westside methods, and have been making good strength gains. However, I am going to be joining the Marine Corps, and as a result, I have to add distance running of 2-6 miles to my training. I know endurance training and max strength training oppose each other, but I would like to keep improving my maximum strength, or at least maintain it. Do you think I should continue training Westside style, and just gradually push up the volume in the endurance training, or should I drastically change my weight training methods? Thanks a lot for your help.

Answer: Good question. As far as endurance training and max weights, yes they are a bit like oil and water, but that doesn't mean you can improve in both. You just won't run 4

minute mile pace and bench over 400 at the same time. Do you have to run any certain distance in a specific time? If so, the running training will change a bit, but the weights can stay the same. As for training, you just have to make sure you get the right amount of rest to recover. If you just have to be able to run distance a bit, you can work on your endurance and I don't feel it will hurt your max strength too much. Remember that a 2 mile run should only take about 12-14 min, so it isn't like you are running 2 hour marathons. There is a guy I work with named Mark Willians that runs 20 minutes on the treadmill 3 times per week and still benches over 400, so it is definitely possible to have both.

Question: On dynamic day I use

60% of shirtless max plus chains because they de-load, right? But if I use bands I need to figure my band tension as part of the weight and not in addition to it. For example if my training weight is 185 I put 135 on the bar and the band tension is 50, right? When I do Dynamic bench I attach the purple (pink) band to the underside of the bench and the other end to the end of the barbell. I estimate this to be 50 lbs. (I have long arms). Does that sound correct, or do I need to use minis?

Answer: The mini bands are used for the bench. I must have forgotten to mention this before. When you use bands just take off the bar what the bands are on the chest.

Question: I have just recently built a sled for dragging. I was wondering

My name is T.J. Hoerner. I'm only 23, but I do have 8 years of powerlifting experience underneath my belt. I give God all the glory for my success and that is why He has continued to bless me in life and powerlifting as well. As a 148 pound lifter my best lifts in competition are a 650 squat, 336 bench, and a 617 deadlift. The squat routine that I will describe is very old, but has worked for me, and many lifters that I know. The average expected increase will be between 20 and 30 pounds. This is a ten week squat routine where you squat heavy one time per week and squat light one time per week. For example, I squat heavy on Mondays, then on Thursdays after my deadlift workout I do my light squat, which I refer to as my speed work. On that day focus on technique and speed coming out of the bottom of the squat. I would recommend that you use a weight somewhere between 45% to 55% of a one rep no gear max, for 6-8 sets of 2-3 reps. Let's assume your max is 500 pounds in the squat. Your heavy days will go as follows:

Week 1 - 135 x 10, 185 x 3-5, 215 x 8, 245 x 8, 275 x 8, down sets at 195 x 5, 195 x 5

Week 2 - 135 x 10, 205 x 3-5, 240 x 8, 270 x 8, 300 x 8, down sets at 210 x 5, 210 x 5

Week 3 - 135 x 10, 225 x 3-5, 265 x 6, 295 x 6, 325 x 6 down sets at 225 x 5, 225 x 5

Week 4 - 135 x 10, 225 x 3-5, 290 x 5, 320 x 5, 350 x 5 down sets at 245 x 5, 245 x 5

Week 5 - 135 x 10, 225 x 3-5, 270 x 1-2, 315 x 5, 345 x 5, 375 x 5 down sets at 260 x 5, 260 x 5

Week 6 - 135 x 10, 225 x 3-5, 290 x 1-2, 340 x 5, 370 x 5, 400 x 5 with knee wraps down sets at 280 x 5, 280 x 5

Week 7 - 135 x 10, 225 x 5-6, 310 x 1-2, 365 x 3, 395 x 3, 425 x 3 with knee wraps down sets at 295 x 5, 295 x 5

Week 8 - 135 x 10, 225 x 5-6, 315 x 2-3, 390 x 3, 420 x 3 with suit bottoms and knee wraps, 450 x 3 with suit bottoms and knee wraps. Walk out with 525 straps up and

WORKOUT of the Month

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T.J. HOERNER'S SQUAT ROUTINE



T.J. Hoerner squatting in IPF Junior World Championship competition. (Hiro Isagawa)

knee wraps. Down sets with suit bottoms 315 x 5, 315 x 5

Week 9 - 135 x 10, 225 x 5-6, 315 x 2-3, 380 x 1, 415 x 2 with knee wraps, 445 x 2 with suit

bottoms and knee wraps, 475 x 2 with full gear, walk out with 550 full gear. Down sets, same as Week 8

Week 10 - 135 x 10, 225 x 5-6, 315 x 2-3, 390 x 1-2, 440 x 2 with suit bottoms and knee wraps 470 x 2 full gear, 500 x 2 full gear, walk out with 575 full gear, down sets, same as Week 8.

The last heavy workout should be performed 9-12 days prior to the contest day. Contest day: 135 x 10, 225 x 5-6, 315 x 2-3, 405 x 1. First attempt - 470, 2nd - 505, 3rd - 520 to 530.

Be sure to do the two down sets after you finish your top set for that day. Your two down sets should be approximately 70% of your top set for that workout. The down sets provide extra leg work and also give you another opportunity to work on technique and speed coming out of the hole. Also, do walk outs your last three heavy squat workouts. These are very important psychologically. Do not take these for granted! Make sure you have good spotters that can help you back into the rack. Set your pins as high as you can for safety. When doing walkouts you should really FOCUS on doing everything right. Concentrate on setting up with the weight perfectly. Once you walk out, and are set up, take a deep breath - just like you would if you were going to squat, then repeat 3-4 times (breathing). Then have your spotters help you rack the weight. I also believe in doing reverse hypers (3x12) and ab work on my squat and deadlift days.

I would like to thank *Powerlifting USA* for the opportunity to present to you this squat routine. A big thanks goes out to John Inzer for his support and for providing me with the best powerlifting gear in the world. To Paul Boutte, I can't thank you enough. You have been such a great coach, father-in-law and most importantly a great friend. To my beautiful wife Kristin, thanks for your support, patience and prayer. Thanks to the rest of my family, for their support, prayers and encouragement. To Allan Whigham, the power of prayer is awesome - thanks so much. Most importantly, I thank God, because without Him I am nothing.

POWER PROFILE

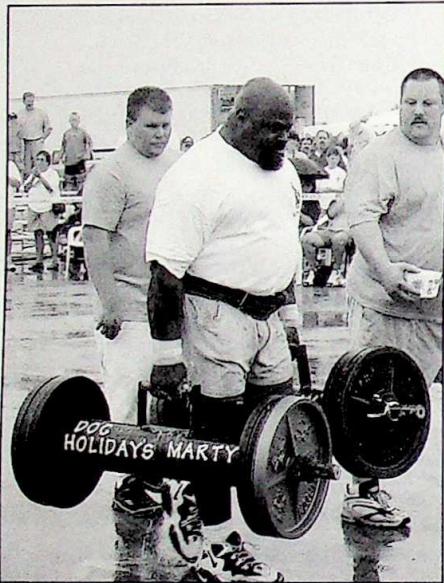
a detailed PL USA
look at some of the
best lifters in the world

Strongman competition, as a spectator and participant sport, has taken off in the past few years. Beginning in the late 1970s, television was attracted to the behemoths who lifted, carried, moved, and supported what appeared to be awkward and huge amounts of weight. After a period of time that found most contests centered in Europe, the rise in popularity of the World's Strongest Man series under the auspices of Dr. Douglas Edmunds and the coverage of journals such as *MILO* has arguably led to strongman being the most dynamic and fastest growing aspect of the iron related activities. In the United States, the rise of a number of competent, competitive athletes has also contributed to the public's positive perception of the sport. While Pfister, Schoonveld, and Phillipi arguably lead the U.S. contingent in performance internationally, there are other well known and popular stars-in-the-making such as Bryan Neese, Johnny Perry, and perhaps the most interesting of the entire group, Tony Scrivens.

I had my introduction to Tony through the pages of *MILO*. His lovely wife Tracy provided the *MILO* readership with a thumbnail sketch of this fine athlete's achievements in the June 2000 issue and thumbnail it was. Having met Tony, I was immediately struck, and remained somewhat awed by his presence and charisma. If you talk to any of the other competitors who are regulars at the various U.S. strongman events, Tony is the one guy who remains at the top of the "Most Popular" list with almost all of them. He also has far ranging interests and abilities that make him somewhat unique among iron game competitors. One can't miss his size, not at 5' 11" and 320 pounds. He is, from every angle, huge and it's easy to overlook his 23" arms when they sit between a neck that stretches the tape to 21" and a chest that borders on the 60" mark. After thirty consecutive and consistent years of training, exploring bodybuilding and powerlifting (with bests of an 885 squat and 800+ deadlift to his credit),

TONY SCRIVENS RENAISSANCE STRONGMAN

as told to PL USA by Dr. Ken E. Leistner



Tony Scrivens holds tight in the Farmer's Walk

he looks the part of a strongman. His story began in Baltimore, MD, but after joining the U.S. Army at the age of seventeen, he got to see quite a bit of the world, especially the southern part of the U.S. and Germany. He always had a desire to be strong which made his attraction to weight training a natural. His involvement in football and karate next led him to the weight room where he flourished. Highlighting his unique approach to almost everything he does, he also studied modern dance as an adjunct to his martial arts and strength training activities. He was also motivated by a desire to improve, not to impress others, but to improve strictly for the sake of bettering himself. His cousin Ricky Hawkins was a major influence, demonstrating through example that the "inner you" was more important than that which was seen by the world, that success came through an amalgam of the heart and head, not sheer

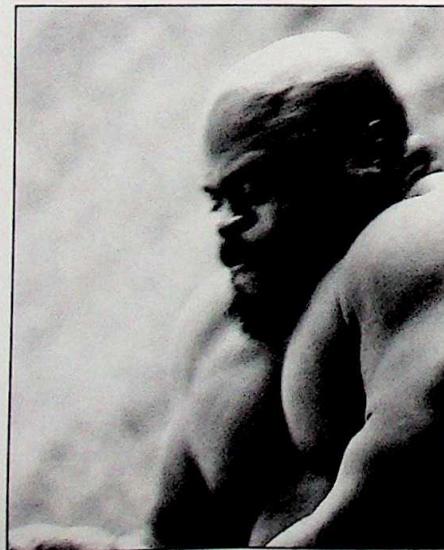
tremendous overall power, huge smile and open personality, and his cooking and baking abilities. Emeril has nothing on this guy as Tony is a cheesecake chef extraordinaire. He augments his income by baking and selling gourmet cheesecake and

brute force. As a guiding principle, Tony has seen athletes such as Bryan Neese, John Beatty, Frank Grzesk, Chad Coy, and Brian Schoonveld reiterate that perspective time and again in the strongman arena. Strength training also tied in well with his quest for improved health and mental attitude.

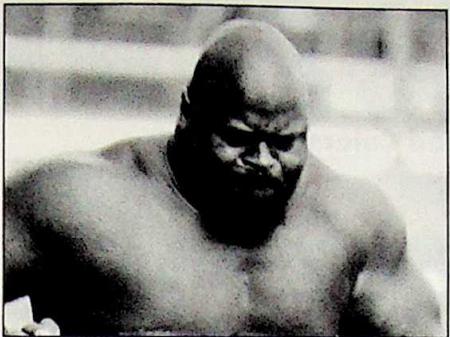
Speaking with Tony can take you into many areas, some quite unexpected. At Chad Coy's American Hercules Strongman Contest the 2001 qualifier for the World's Strongest Man Contest, ably directed by Erica Neese, eight or ten of the fellows pushed me hard to ask Tony for his cheesecake recipes. Yes, recipes, plural! If Tony is known for anything on the strongman circuit, among the other athletes, it is for his

culinary skills to his strict diet. The results encouraged him to grow in the kitchen just as his physique and strength levels were growing and he has a true love of cooking. It should be no surprise that watching cooking shows, and then experimenting with the ideas gleaned from them, are among his favorite leisure time activities. To say that the advent of the food network on cable television was the greatest thing to happen to the state of Wisconsin might be overstating a bit, but looking at Tony's smile when talking about it, you would have to wonder.

Of course, with Tony's stringent training schedule, leisure time isn't abundant, since without fail, he trains when he is supposed to and is fortunate enough to do so at home. His "home gym" would rival any commercial club or athletic training facility; Nautilus machines, tons of conventional barbell and dumbbell equipment, benches and racks, and an array of the specific apparatus used in



Pulling Truck in Indianapolis (photos by Tracy)



Tony puts his weight to work on the Tire Flip

strongman competition. His "home away from home" sits right behind his house which makes training frequency possible and convenient and like everything this man does, it is done "right"! His equipment is impeccably maintained and used hard. Tires, yoke, logs, stones, farmers walk implements - he has it all and uses all of it. Tony always trains alone since his usual training partner left the area, and trains each body part twice per week. He does event training two to three times per week and tries to get in a workout on Saturdays (the usual day of competition) at least three times per month. Through trial and error and thirty years of experimentation, he's tried many different routines and has a number of them that

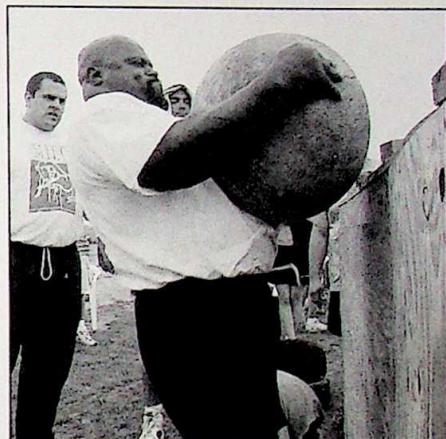
he "switches between", that he knows bring good results from him. Tony "hates" cardio work but does get a few sessions per week in. He notes that once his former training partner Frank Grzesk returns to Wisconsin, he'll kick things into a higher gear. While he loves to train, he has an attraction to

strongman competition simply he says, "Because I can and most people can't." That isn't an egotistical remark, just a footnote to this multi-faceted man that indicates that he relishes the huge challenges that life brings. In the barbell related sports, strongman competition isn't for the faint of heart as it requires qualities that are honed by the various "branches" of the iron game; athleticism, brute strength, explosive power, muscular endurance, a will of iron, and a commitment that is total. Tony recognizes that of all the sports, this one requires the athlete to pull all of it together, especially the mental aspects. He also is greatly attracted to the group of athletes, promoters, and fans that are involved with strongman

competition. He notes that "the athletes are a great group of guys and they'd bend over backwards for one another." For those who have been around strongmen, and especially those at the higher levels in the U.S., the level of camaraderie is immediately apparent.

Tony's list of accomplishments would fill a page and they range from the many strongman competitions to Rolling Thunder success and everything in between that's related to a barbell or strongman venue. However, it is his family, his wife and children, who keep him motivated. He told me that "I love my wife more than life itself, my kids the same. Though I don't show it enough, I know they know how I feel." Tracy is the one who keeps him centered. Tony, of course, wanted to cook everything for their wedding but settled for making the entire rehearsal dinner. However, in lieu of making a wedding cake, he baked nineteen (19!!) cheesecakes for the wedding. Did I men-

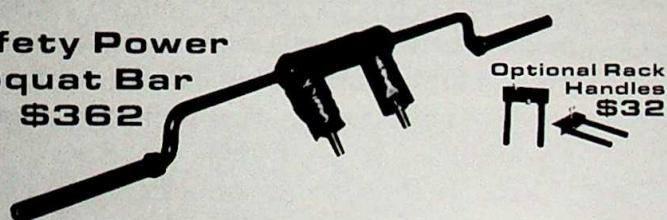
tion that he sings? He sings and his beautiful voice can bring you to your knees. In talking to Tony Scrivens, one tends to walk away with a smile. His many and varied interests reach in many directions and encompass so many areas. He is moving towards the upper echelon of American strongman competition and with a bit more experience and time spent on his few weak points, will make a bigger noise in the next year or two. Of course, if we hear singing, and noise coming from the kitchen, we'll know he's already arrived.



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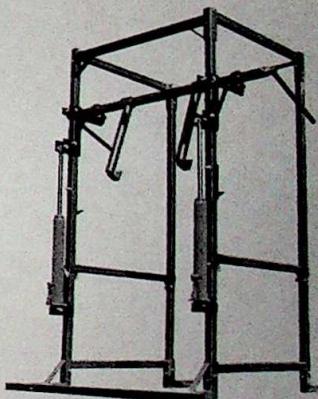
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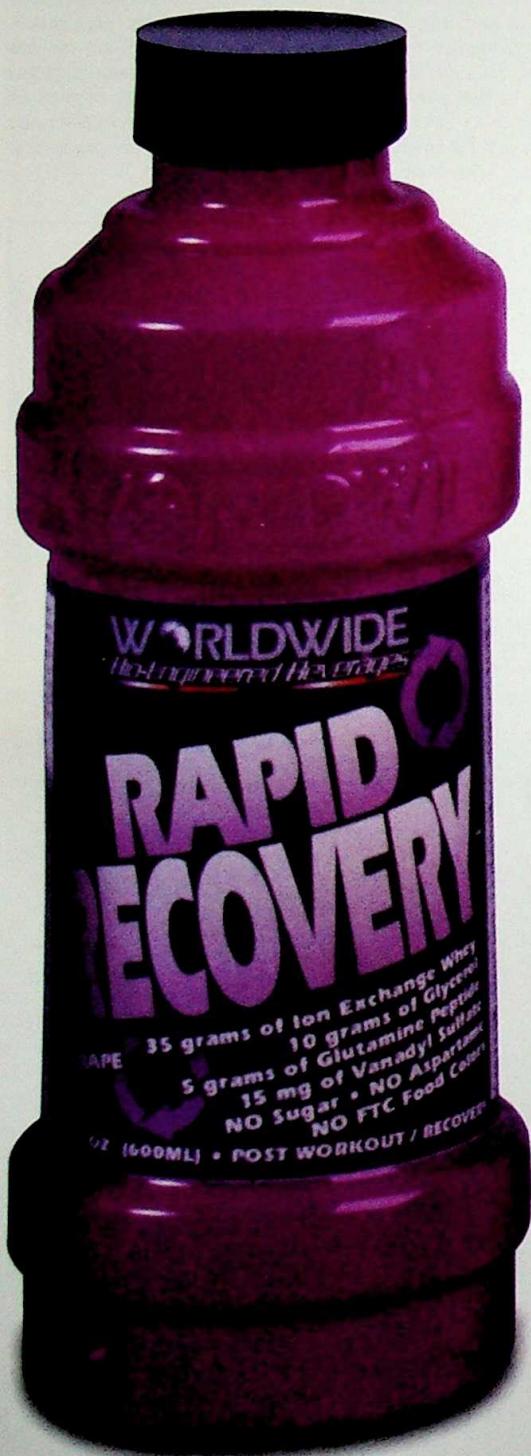
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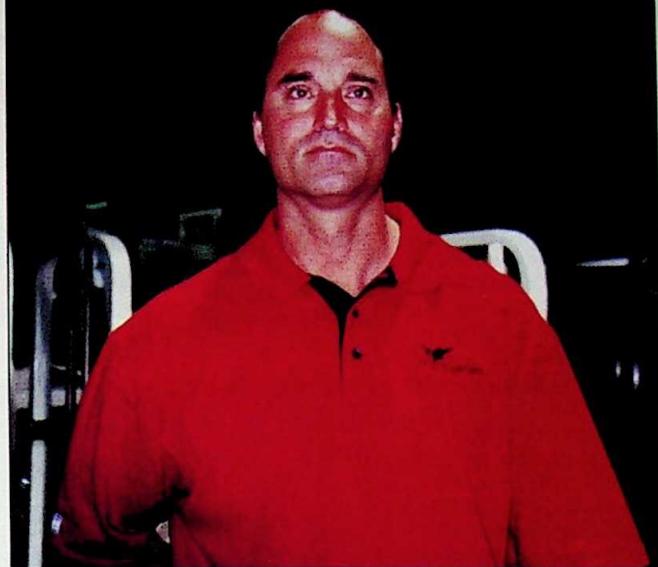


Tony Hardridge ... standing outside the offices of Strength Systems

POWER SCENE got on the freeway early in the morning recently, and headed into Orange County, home of the Lake Forest World Gym, and the site for Tony Hardridge's powerlifting workouts.

We wrote about Tony last

month, how he's hit some big numbers and we watched his squat and deadlift workouts. Tony does both on Monday mornings, with only a couple of minutes rest between the end of squatting and the start of deadlift. Even though by late Mon-



World Gym Lake Forest Owner Daniel Campbell. (Ned Low photos)

day morning, he's hit both lifts, Tony's still in the gym training through Friday, and then gets the weekend off.

But only from this training, because Tony is running meets at World Gym, and they've got a Squat & Deadlift meet scheduled for November.

And Tony also has a business, Strength Systems, which provides personalized training, diet, and nutrition advice. Tony's wife, Wendy Jameson, is the other part of Strength Systems, and we caught her in the office. Wendy has competed in powerlifting, bodybuilding, and fitness contests.

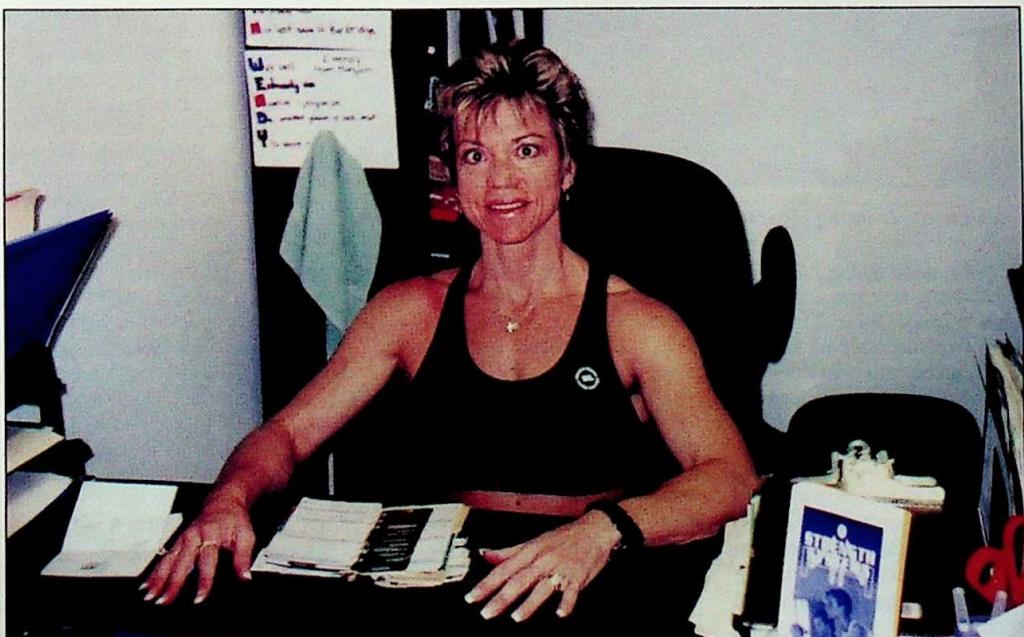
You can reach Tony and Wendy at Strength Systems at 949-307-9634.

Powerlifter Scott Marcinek was also on hand. He moved out to California from Ohio a few years back, and does some of his training at Worlds. Scott is currently competing in bench press contests, and has a PR of 424, at 198 body-weight.

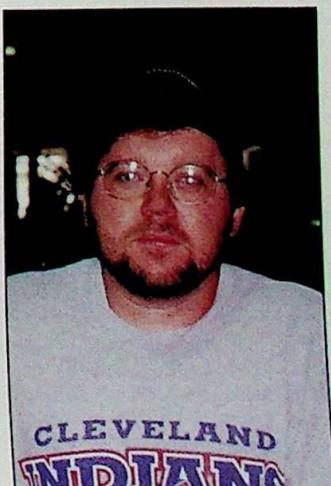
Finally, we were introduced to the gym's owner, Daniel Campbell, who also competed in powerlifting (and bodybuilding). Daniel's PRs were 605 385 580, all at 198, and then, when he got injured, he moved into bodybuilding.

The gym is over 15,000 square feet, and has a huge variety of equipment, plus a powerlifting area. Daniel spoke of the supportive atmosphere in the gym for serious training, so all you serious lifters, you can call World Gym in Lake Forest at 949-770-2271.

Best Wishes for a Happy Thanksgiving, and safe and successful training. Stay Strong
NED LOW



Wendy Jameson ... Tony Hardridge's wife, at the desk inside the Strength Systems office in Lake Forest



Scott Marcinek ... former Ohioan

The best measurement of performance in any sport is in actual competition. No amount of practice or training can really be an adequate substitute. Major sports like pro basketball and baseball, etc., have pre-season games or leagues where teams can try out new players and play under game situations, but in these games, the score does not matter all that much. Coaches and players are able to gauge where they are at so they can make adjustments in both personnel and coaching practices. Powerlifting is no different. Lifters need to be able to gauge their progress or try different things under meet conditions, but peaking properly for a meet requires a lot of hard work that, if done too often, can deter progress in the long run. So what's the answer?

Training meets can be a partial answer. What exactly are training meets? In short, a training meet would be a competition a lifter would compete at but not set his training cycle to peak out for. This may include not trying to make weight and competing in a higher than usual weight class. In addition, maximal efforts may not be taken on the platform.

Lifting at a training meet can make sense when a lifter is peaking for an important contest a few weeks away and needs to gauge his progress. Knowledge gained at this competition may be used to make adjustments in training or expectations at the upcoming targeted meet. By not worrying about making weight or going all out on lifts or taking all attempts, the lifter would not lose strength because of cutting weight, which could hinder strength building. Not going all out also would prevent any premature burnout or unnecessary injury that could effect his performance at a meet when it counts.

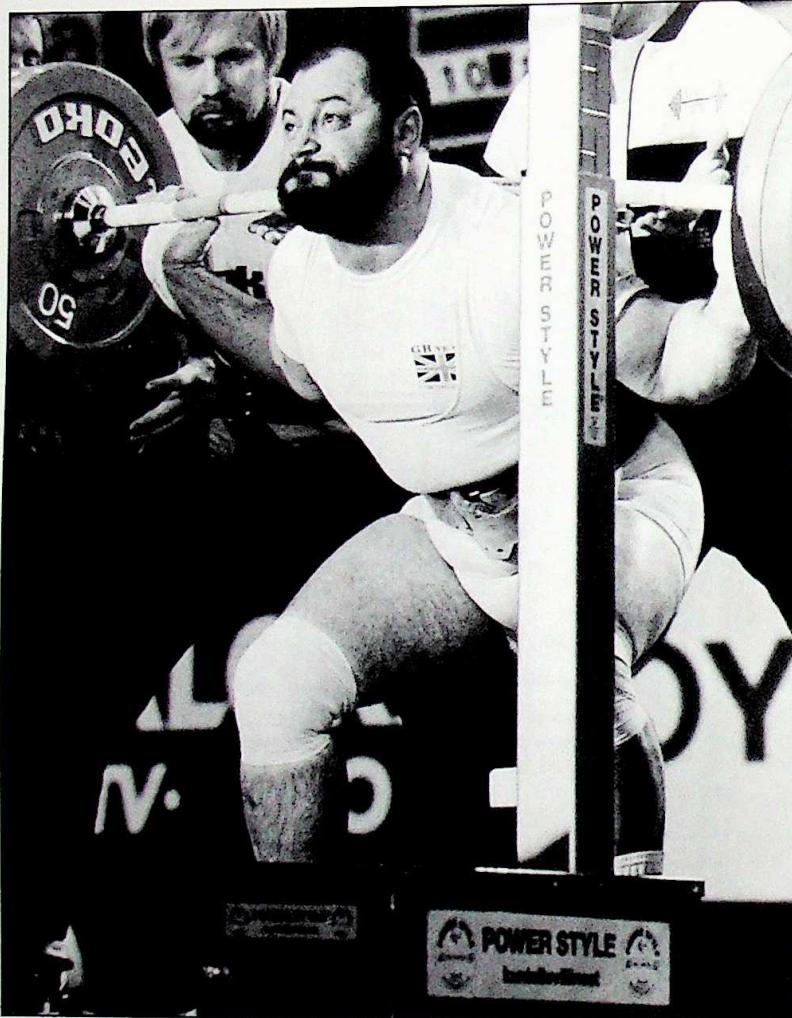
Let's take an example of a 148 class lifter who has chosen the state meet in October as his important meet of the season or year for that matter. However, there is a local meet 3 weeks prior the state meet. He would still begin his contest preparation phase 12 weeks prior the state meet. In Weeks 7 and 8, he would try hitting some 90-95% singles to quickly prepare for the local meet in Week 9. Normally, he would drop 6-8 pounds to compete at 148, but for this training meet, he would lift at whatever weight he was at, even having a good dinner the night before weigh-in. At the meet, he might only take 1-2 attempts on the squat

STARTIN' OUT

A special section
dedicated to the
beginning lifter

TRAINING MEETS

as told to Powerlifting USA by Doug Daniels



Could You Utilize a Training Meet to prepare for a major upcoming competition?

and deadlift while taking 2-3 cracks at the bench, which is the lift he needed to gauge. By analyzing any problems or successes he had, he can then go back to train the last 3 weeks with these in mind. Perhaps there was a problem with squat depth, bench press lockout unevenness or deadlift grip. By not going all out or cutting weight, he reduced the chance of peaking out too soon or risking injury on max lifts. He might also want to try out a new warm-up room routine or lifting gear under actual meet conditions.

Single lift meets are great for

training meets. A bench meet, relatively close to a major 3 lift event, can provide a good opportunity. This type of meet should not adversely affect the other 2 lifts, especially if you don't cut weight. Cutting weight for a one lift meet would not be a wise choice either. Training meets are a means to an end, not an end in themselves. A meet a week or two after a major contest can also be used as a training meet. Pass if you are excessively fatigued or have an injury or pain, but if you feel good, go for it! Do not consider cutting weight also. Regard yourself as a superheavy for

this one, not needing to make any certain weight; compete at whatever weight you are.

Not cutting weight may reveal that you should consider moving up a weight class. This can be evident if you lift considerably less at your lighter weight or have a hard time getting down. Your lifts may take off at a higher weight. I've always stated that over time, lifting will make you bigger. Keeping your weight down may have really held back your bench press or squatting power. Keep in mind most agree it takes a year to 'grow' into a weight class, so be patient also. Weight changes effect the bench the most followed by the squat and lastly, the deadlift. I would suggest no more than 1-2 training meets per year. Any more and you will not be able to devote proper time to peaking for meets that count. Lifters that compete too often usually do not improve.

Lifting at a training meet is considered a workout too. Take 3-4 days off before going back to the gym. If you lifted at a one-lift meet, you can train the others lifts sooner than that though. Resume your training where you should be in your cycle for that week.

As you gain experience and confidence, the necessity for training meets may decrease or disappear altogether. Newer lifters feel the need to gauge their progress more frequently than veterans do. Most of the times they suffer from lack of confidence. Many elite lifters compete only at National and World meets and get along fine. You should learn from every meet you lift at. Lifters are not the only athletes who use the training meet concept. Runners compete at runs of varying distances and regard them as training sessions, experimenting with controlling their speed throughout the race for best times at race that count. Approach training meets as another tool in your quest for those big lifts.

Doug's Web address:
[members.aol.com/ddanil12345/
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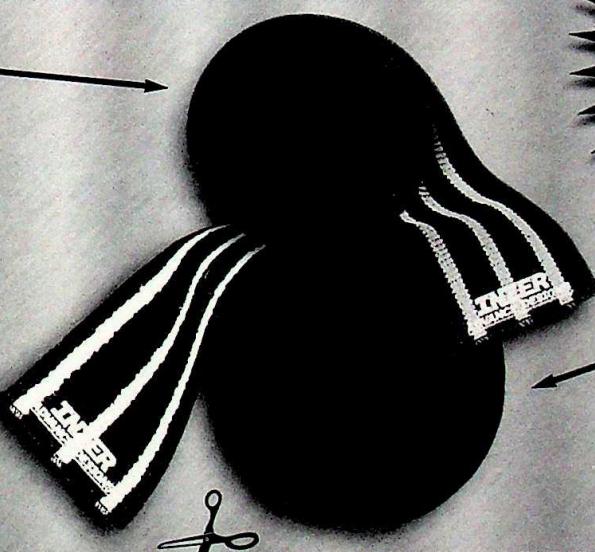
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SHIFT IN KNEE
WRAP DESIGN!**

The very first job I ever had was in professional baseball. I worked with the Kansas City Royals as a hypnotist. No joke! I would hypnotize anywhere from 10 to 20 ballplayers a week. In general I would hypnotize the players to help them increase their self-confidence, or decrease their anxiety or stress level. We also experimented with hypnosis in other areas, but nothing that was really earthshaking. Actually, later on in my baseball career, I functioned more like a sports psychologist than I did a hypnotist. That was after we found out that hypnosis was basically worthless as an aid to enhance athletic performance, but that is a whole other story in itself.

I had a wonderful job. It paid great, everyone treated me super, and I felt like I was doing some ground breaking research in the area of mind control. In truth, I loved my job, but my goal in life was to be a

Dr. JUDD

Follow Your Dreams

as told to PL USA by Judd Biasiotto Ph.D.

teacher. God only knows why, but that was always my dream. So when a friend informed me that he could get me a job teaching at an all black college I jumped at the chance. I'm serious! I quit my job in professional baseball and took a position at Albany State College for about one third the salary I was making in baseball.

When I told my parents what I

had done they freaked out. They said, "Judd, get a grip, if you are not going to stay in professional baseball at least think about getting into Medical school." That is what they always aspired for me to do. My sisters suggested I open up a sports psychology clinic. "At least you will make good money," they said. Some of my friends suggested that I should open a fitness center. My grandmother

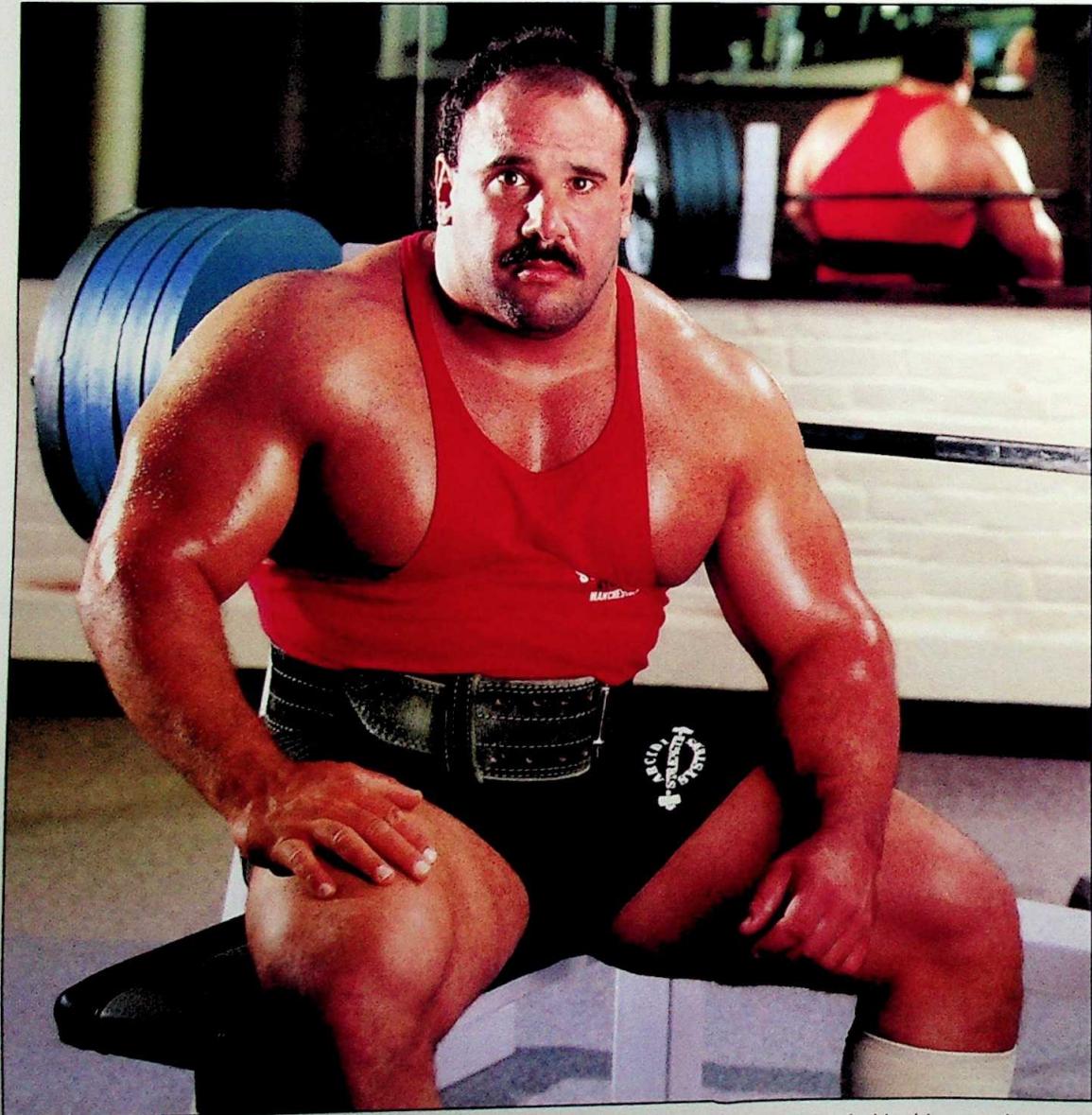
recommend that I get married and have my wife take care of me. That was the cutest idea of all. Each of them had a reasonable goal for me to follow, but those goals weren't mine.

I wanted to make a difference in people's lives, but not through the medical profession, or psychology or a fitness service. I wanted to be a teacher. I want to show people how exciting and wonderful learning could be and how it could give them great hope for tomorrow. What could possibly be more exciting and rewarding? So that is what I did, I became a teacher. In other words, I made my dream a reality.

Now, I know you probably think I'm crazy, but if you are going to be happy in life you have to follow your own dreams, not somebody else's. No one knows better than me what is right for me, and no one knows better than you, what is right for you. That is something I am totally convinced of. You have to take the responsibility for defining and living your own life. You have to follow your own dreams.

Let me tell you about Ted Arcidi. In case you don't know him, he was one of the biggest and most powerful human beings on the planet. I swear, his anterior deltoids look like bowling balls and the middle of his back was like a drainage ditch. I'm serious, his back was so deep that I could crawl inside of it and take a bath. His chest, arms, and legs were just as massive. In short, his physical stature is almost beyond comprehension. Believe me, if Arcidi hit you on the top of the head, you would be eating through your fly for a month. What really set Arcidi apart though, is not his physical prowess, but rather his mental toughness. He had a will that could bend tempered steel. Once he set his mind to something, there was no turning back.

I remember when he was training to break the seven hundred pound barrier in the



Ted Arcidi's physical power, obvious in this photo provided by Curt Schisler, was exceeded by his mental strength.

bench press, a feat that was considered impossible at the time. He went to his father and told him that he was going to drop out of dental school so that he could train for the "lift." Of course, his father flipped out. As Ted put it, "He had a shit-storm." In fact, he kicked Ted out of his house. Actually, you really couldn't blame his Dad. After all, he had invested over ten thousand dollars in Ted's education, and like I mentioned, 700 pounds in a bench press at that time seemed a little ridiculous. The world record was around 633 pounds. Ted was probably the only guy in the world who thought the lift was possible.

Anyhow, after he got kicked out of his Dad's house, he rented a cellar in Newton, Massachusetts to live in. It was primitive at best. Ted called it "the catacomb." The floor and walls were constructed of stone and there were no windows in the place. At night it would get so cold in the cellar that he would have to sleep on the screen porch in the backyard, under the stars. Actually, the only thing he had in the cellar was a small gas heater, a couch, and an old fashioned chain-drawn toilet. He could cook his meals on the gas stove and he took his showers at the gym. To say the least, it was a Spartan existence.

Most guys would have said, "To

hell with this," and gone back home. Not Arcidi; instead, he looked at his situation as something positive. "My living conditions were great," he said. "It gave me a chance to really focus on my goal." And focus he did. If there was anything else significant going on in the world at that time, Arcidi was definitely unaware of it. He was totally riveted on his one objective - 700 pounds. He was going to make that lift, come hell or high water. Nothing was going to stop him.

Well, to make a long story short, Arcidi succeeded in his quest to become the first man in the world to bench press 700 pounds. Because Arcidi had the courage to put himself and his career on the line, he was able to go beyond himself and on to the stars. He went beyond the boundaries of what most men believed was possible. For an athlete, there is no moment more precious in life. This is the so-called "white moment" - the moment in time that an athlete trains a lifetime to experience. There is no amount of money, no amount of power, or status and no position in life that can equal the experience. It's totally awesome. Of course, Arcidi took a big chance in follow his dream, but everything in life is a risk.

Sometimes you just have to go with what is in your heart, no matter what your parents, teachers or any-

one else thinks of your choice. Just because you are told you have to fulfill others people's expectations doesn't mean you have to. And here is something that you need to understand - you most like will be right about what you decide to do and they most likely will be wrong. After all, who knows you better than yourself. Parents and teachers are wonderful guides, but only you can take the journey. They can give you alternatives, but you have to select which one is best for you.

I know I have said this before, but some words are worth saying more than once. One of the hardest things to do in this world is to be someone you are not. The easiest thing in the world is to be who you really are. Find yourself and then have the guts to be yourself. You will discover that it is a lot easier to be YOU and a hell of a lot more fun living that way. And here is something else you need to know. The hardest thing in the world is to be what other people want you to be. Don't let ANYONE do that to you. Don't let people mandate who you are, and what you should be. If you don't lead your own life I promise you someone else will lead it for you. And when you follow someone else, then you are not you, and - worse yet - you eventually you become them. You can't grow in someone else's shadow. You have to find

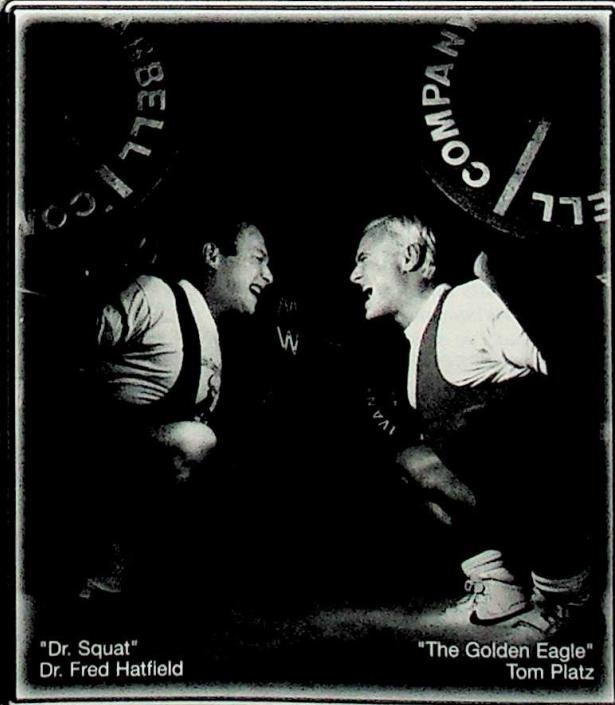
your own sun light.

I love Judge Judy because she is always telling people what to do. It's amazing to me how she has all the answers for everyone else. It's delightful and fun listening to her telling people how they should live their life. I sit there and think, "Damn that's some really great advice." Deep down though I am very suspicious of people who have all the answers for other people. How does Judge Judy know what to tell someone else? She is not them, and she is not in their position. How can she know what is right for someone else. No one has the answers for you. They may have the answers for themselves, but you are not them. The answers to you are in you, and not in anyone else. So listen to yourself. Listen to your own heart. No one can tell you what is right for you. Only you know what that is. And nobody knows better than you, what is right for you.

Here is my take on all of this. You listen to everyone, but you take only what you need and let the rest go. Then you create your own dreams and follow them. Listen to yourself and believe in what you hear. Then just go about making your dreams the reality of tomorrow. When you do that, you will know that you are congruent with you and what you are doing is right for you. And then watch the magic begin.

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We have a photo on the HOUSE OF PAIN website of collegiate powerlifter Curt St. Romain bench pressing an attractive young lady, and I think most male lifters (and some females) would prefer this technique to chains or bands. Imagine my excitement when Sean Anderson mentioned the "Big Cat Bench Press!" Sean hails from Idaho - a state known for cougars (mountain lions, panthers, whatever) - so, my imagination was immediately off-and-running with the wild possibilities of benching a big hungry carnivorous cat! OK, so it turns out I was mistaken about the use of mountain lions - but I think it is something we should look into - what a spectator sport!

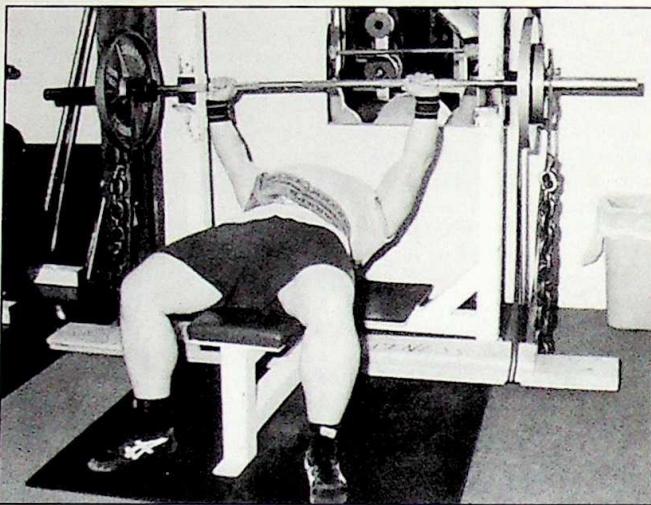
Back to Idaho. Sean sent this info to me and it looks good enough to run "as-is" although you have to remember a few things while you read; first of all, it's illegal to frown in public in Pocatello, ID - seriously. I heard this on the radio, so it must be true. This forced friendliness may carry over into the gym - which might explain why they claim their "floor attendants" are helpful and friendly, when we all know that gym personnel are supposed to be surly and unresponsive. (In case you are wondering, floor attendants are like flight attendants - except they don't serve food. Now that I think of it, floor attendants are exactly like flight attendants.) I'll let Sean tell it:

Pocatello, an industrial and railroad town nestled in the foothills of the Rockies in Eastern Idaho, is home to one of the most dynamic powerlifting gyms in the Rocky Mountain Basin, Fitness, Inc. For over ten years gym owner Bill Davis has been involved in hosting over twenty powerlifting competi-

HARD CORE GYM #8

Can Mountain Lions Make You Strong? (Fitness, Inc. of Pocatello, Idaho)

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



Andy Anderson at Fitness, Incorporated using bands and chains in a speed bench workout - note the special custom-made board, designed to accommodate band attachment in line with the direction of the lift.

tions and encouraging his gym members to enter powerlifting and to compete in his Team Fitness meets in Pocatello and at other meets throughout the West. Bill Davis is a friendly and unpretentious man who knows most of the over 4,000 members of his gym by name. Staff at the reception desk are also friendly while floor attendants are ready to help spot lifters or even help them into bench shirts or supportive suits.

Each November on the Saturday preceding Thanksgiving, Fitness Inc. hosts the USAPL sanctioned Idaho State/Open Powerlifting Championships and Bill's "Bad Ass Bench Press. Then each May the gym hosts the USAPL-sanctioned Rocky Mountain States Powerlifting Championship and the "Big Cat Bench Press." These meets have gained a reputation for strict and fair judging, efficient platform management, few accidents or injuries, and quick and accurate scoring. Several national caliber lifters, such as Misti Inoki, Vann Hatfield and others, have competed at these meets in order to qualify for national level meets. However, throughout the year the gym's 10-15 powerlifters are in constant training and preparation not only for these meets but other meets in other states and nations. Several of the state's record-holders call Fitness, Inc. their training home.

Note: "Fitness, Inc. has one special advantage for powerlifting meets: The basketball court where the meets are held has an upper level gallery from which people can watch or film the meet. The original facility was a multiplex theatre and the upper gallery had the projector rooms for each mini-theatre. When these were remodeled into a basketball court and leg room on one side and an aerobics room and racquetball courts on the other while the upper gallery was turned into a viewing room. During meets the aerobics room is commandeered as a lounge with food and drinks for lifters and spotters. Occasionally a racquetball will come flying over the gallery into the leg room which creates some excitement if you are doing heavy squats and the like. So far no one has been nailed by a racquetball, but I've seen one or two close calls."

Bill Davis has encouraged powerlifters at Fitness in several ways, not the least of which has been his willingness to invest in the training equipment essential for such a gym: The leg room has two squat racks, a safety squat bar, a cambered bar, both Olympic and Powerlifting bars, a reverse hyperextension machine, a glute-ham raise machine as well as a deadlifting platform. One barbell, affectionately known as "Jaws" by the lifters, is reserved exclusively for use in the two annual meets. It's knurl-

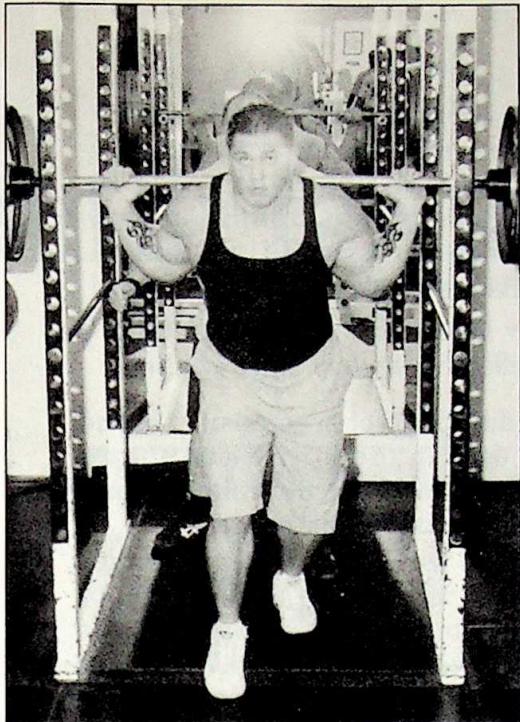
ing is so super sharp that it provides a sure grip for even the most sweaty palmed lifter. But if you let it slip during a lift "Jaws" will take a bite out of your hand or calluses, as surely as its Moule namesake. (Note: Jaws is a 2000# test bar. Cool.) Although space at the gym is at a premium, Bill Davis has also allowed lifters to store their own specialized equipment in a storage closet and locker, including over 200 lbs. of chains, a complete set of Jump-Stretch bands, custom-made boxes and platforms for box-squatting and deadlift exercises, a front-squat harness and two sleds for dragging in the ample parking lot.

Two women lifters in Team Fitness have competed at the national and international level: Nan Phinney (maiden name Nan Norby) was ranked among the top 10 female benchers in the 148 weight class in the U.S.A. In 1998 and 1999 and also in the top 20 for the 132 weight class for 2000. Eula Compton is the current Women's Master (Division IV) record-holder for the bench, deadlift and total set at the USAPL Women's Nationals in 2000. She was also the only over-50 member of Team USA at the IPF Masters Bench Press competition held in Luxembourg last April, where she placed 5th in the 148 class. Male lifters Tony Hutchinson and Mike Hudson achieved a total placing him in the top 100 rankings in the 165 weight class in 2000 while Jeff Klinger achieved a total placing him in the top 100 ranking for the 242 weight class in 1998. Carl Bossung, a one-time Team Fitness member, has also competed on the German national team in the IPF while another Team Fitness member, Mitch Thornton, was formerly a member of the British national team.

Attracting young and newer lifters to powerlifting is often difficult since this is not one of the more 'glamorous' sports, however, Bill Davis and Team Fitness member Brad Compton came up with an ingenious way of encouraging interest among other gym members: A shelf of team and individual trophies spans the main weight room in the gym while the wall of the corridor separating the main weight room from the leg room is covered with individual plaques honoring the more than 20 lifters who have been past and present members of the gym's team. Each plaque has a photograph of the lifter completing a competition lift, the lifter's name, weight class and division, and his or her PRs along with mention of any current state records. These



Owner Bill Davis and Team Fitness member Andy Anderson in front of the Mall entrance to Fitness Inc. (Wayne Rhoden photos)



Idaho State defensive lineman Joshua DelPrado experiments with chains in a squat workout at Fitness Inc.

have been produced by Compton using PowerPoint and are updated as each lifter achieves new PRs. Several newer lifters began powerlifting in order to gain this minor recognition. During each meet Bill Davis hires a photographer to chronicle his lifter's feats and other meet highlights.

Powerlifters who are visiting Eastern Idaho or passing through Pocatello on business or vacation (Yellowstone Park is only a two hour drive north) will find Fitness Inc. a gym outfitted to serve powerlifters and with its own powerlifting community, lifters who are friendly and hospitable to visiting lifters. Often team members have given guest passes to visiting powerlifters to spare them the \$10 per diem charge.

Directions: Off of Interstate I-15 - turn west on Exit 67 and proceed to 5th Avenue where you turn right; proceed to Oak Street (major intersection) and turn left; proceed to McKinley

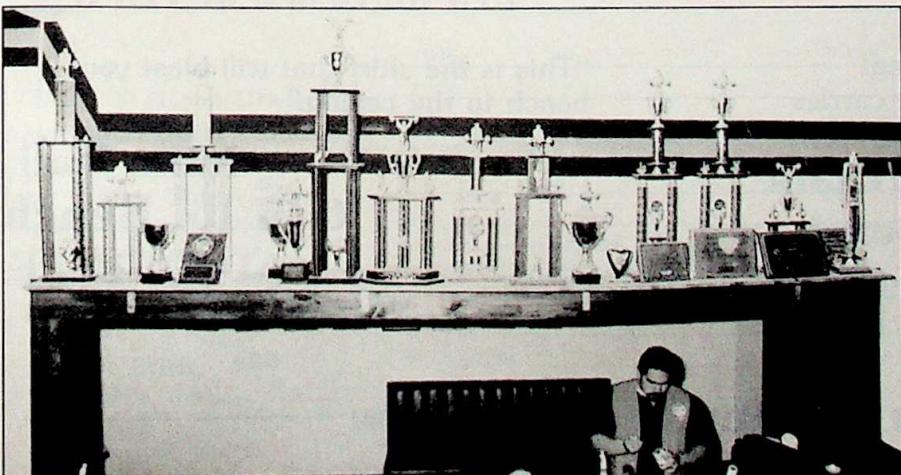
and turn right; proceed two blocks and turn left into parking lot on north side of Westwood Mall where Fitness Inc. is located. Hours: Monday - Friday 6:00am - 10:00pm, Saturday 8:00am - 8:00pm, Sunday 10:00am - 3:00pm. Telephone: (208) 233-8035.

Lest this sounds like too much of a sales pitch, check out the footnote we squeezed out of Jean: "Being the owner of a gym that caters not just to powerlifters but also to a general public, Bill Davis also has a cadre of aerobics instructors who occasionally cloud his judgement. After one gym member died suddenly of a stroke while playing basketball, Bill got zealous about making all of us powerlifters do "aerobics" to ensure our cardiovascular health. Never mind the fact that the unfortunate fellow was not a powerlifter and that many of us were already sedentary. Bill thought we all needed to start Stair stepping, or taking 'spinning' or Tai-Bo classes. According to strength and conditioning experts such as Louie Simmons or Mel Siff lots of aerobics is the last thing trained and conditioned powerlifters need to do!"

So instead I made this challenge to Bill: Let us engage in our own conditioning program, me following powerlifting with General Physical Preparedness and him doing lightweight training with aerobics. After several months we each would have a Coronary Risk Assessment done and compare results. Well, my analysis came out as 3.5 - the lowest on the entire scale whereas my lifting partner's was even less and my total cholesterol something like 143 with low LHL. When I asked Bill about his profile he tersely replied that he had "high cholesterol" and had to work on it, but he refused to say anything more. That was the end of the campaign to force Team Fitness members to join the aerobics classes!"

Next time, we'll go to Indiana. They don't have mountain lions either, but they train with DOGS. I swear, I'm not making this up. Stay tuned to find out.

Questions? rick@houseofpainironwear.com, www.houseofpainironwear.com



Shelf of Team Fitness and individual team member's trophies above the main weight room

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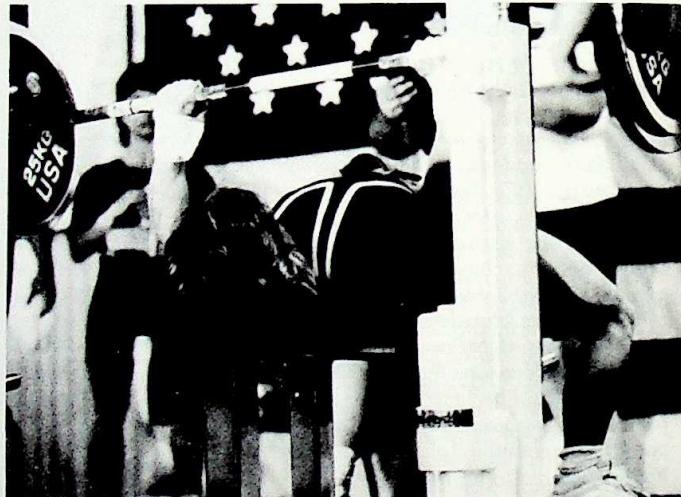
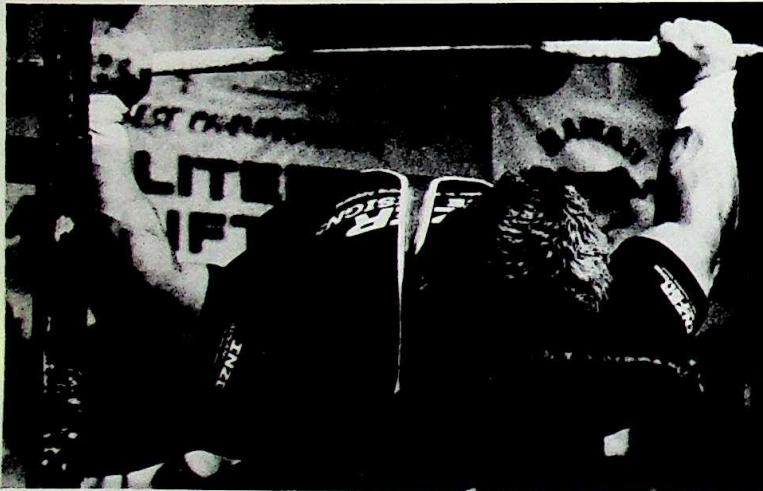
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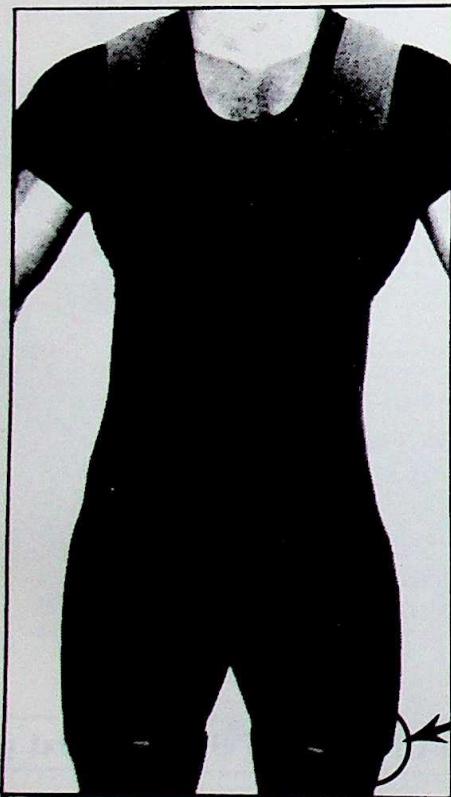
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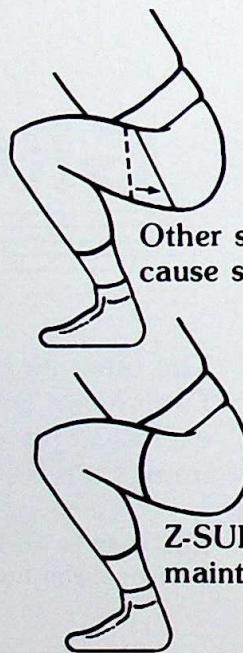
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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

(this month's question is actually a follow on inquiry to the question on Dr. Di Pasquale's training philosophy posed by Austin in the October 2001 edition of POWERLIFTING USA)

DEAR MAURO: In the later phases of the cycle do you still hit the bench hard twice a week?

Also did you follow a low carb diet during all the phases? I need to maintain my weight while losing fat. Thanks again for all the help. **Austin**

DEAR AUSTIN: As far as hitting the bench hard twice a week, it all depends on how I feel. If I'm still tight and not fully recovered, either physically or mentally, I'd lighten up the workout by dropping the weight by about 10%. Occasionally, especially in the last two weeks, I'd skip a workout altogether.

It's important to listen to your body otherwise you'll get injured and that will really hold you back. On the other hand if you do it right you should just be pretty close to peaking by your final workout of each phase. As such, you shouldn't be pushing so hard in the first three weeks that there's nowhere to go in the last one or two weeks.

Also it's important to have a training partner that knows what your training is like and what you're hoping to accomplish. He shouldn't just be following your lead but actually looking at your lifts to make sure you're not overdoing it and setting yourself up for an injury.

I followed a low carb diet all the way through and also cycled my nutritional supplements in each phase (as I outlined previously). In the bulking phase I would dramatically increase the calories on the weekend, taking in up to five or six thousand calories per day, whereas I rarely went above 3500 calories on the weekdays.

In the next or strength phase I'd cut back on the weekday and even more on the weekend calories. For example every week you might cut back one to two hundred calories or more per day on the weekday days and two to four hundred calories or more on the weekend days. It all depends on how high your calorie intake is in the bulking phase and how much fat you have to lose.

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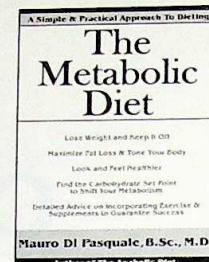
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through the Krebs Cycle. Both processes will help you to train harder, maintain lean body mass and increase oxidation of fatty acids.

In the final or precompetition phase, again depending on how much weight/fat you have to lose, I'd cut back on the calories again on weekdays and weekends.

Don't forget that you shouldn't go down to your weight class limit, but stay at least four to five pounds heavy. You can lose that amount easily a day or two prior to the competition without it affecting your strength.

Also, keep a detailed diary of what you do and how you fare, (training, diet and nutritional supplements, etc.) and perhaps I can use it in my the new version of the ANABOLIC DIET that I'm presently working on.

I hope that this information helps. Let me know how you come along and if I can be of any further help.
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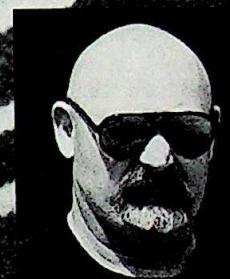
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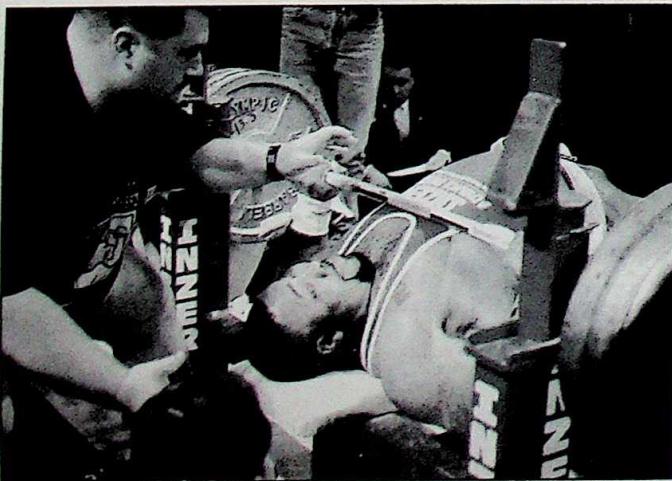
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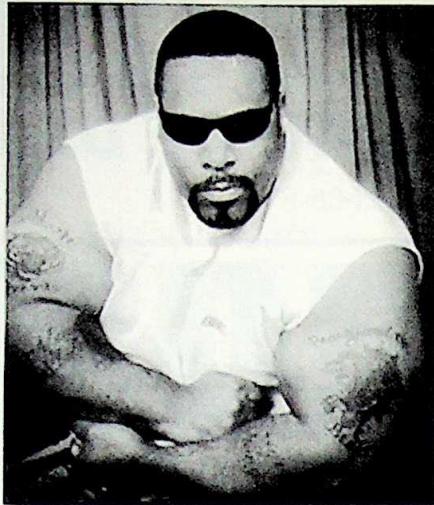
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MIND OVER STEROIDS

... "It was 1985, and powerlifter C. T. Fletcher was looking for an edge; something to enhance his already world class strength and move him to the top. When nothing else worked, he turned to steroids, but still no championship. Enter Dr. Arnold Nerenberg, a world renowned, trail blazing psychologist who convinced Fletcher that the power he needed was in his mind. Dr. Nerenberg developed a powerful new technique, called "Power Thoughts" which enabled rapid attainment of any goal. Fletcher subsequently got off steroids, practiced his "Power Thoughts" vigorously, and went on to set a drug-free world record in the bench press and a still standing 225 pound world record in the strict curl. "It's ironic that after building my body and strength up through rigorous training for so many years, I found that the most powerful 'muscle' I have is my mind," says Fletcher "Dr. Nerenberg showed me how to have my mind convince my body that I could do anything, and to achieve perfect harmony between mind and body." Adds Fletcher, "I never won any contest until I started using the Power Thought method and went off steroids. I actually got much bigger when I got off them - from 220 pounds to 320." Nerenberg's "Power Thought" program includes the development of a precise, powerful phrase of intention carefully crafted to address the particular needs of an individual. "The 'Power Thought' program is deceptively simple," notes Dr. Nerenberg. "Developing exactly the right wording is essential. Through a process of constructive cognitive enhancement a person discovers the most influential and meaningful language - something that acts as a bridge between where they are and where they want to be. The secret is in the exact frequency of repetition. Just as in pure memorization, once something is imbedded in your mind, it doesn't leave and in the case of 'Power Thoughts', the positive effect remains." Fletcher credits Nerenberg not with just helping him give up steroids and set world records, but with changing the trajectory of his life. "Dr. Nerenberg opened a door of emotional and personal opportunity for me," adds Fletcher. "With his help, I was able to reach my full potential, both as an athlete and a person. I credit him with making me who I am today. Without his help, I could not have achieved world records." In 2001, The Fletcher-Nerenberg relationship took a surprising and memorable twist. The teacher-student tables were turned when Nerenberg decided to enter the Spartan Bench Press Contest sponsored by the United States Powerlifting Federation. This time, it was Fletcher who guided Nerenberg through grueling physical workouts in preparation for the contest. As Nerenberg focused on developing a 'Power Thought' that would hopefully lead him to victory, Fletcher coached the amateur powerlifter on the finer points of bench press competition. Competing in the over 60 bracket on May 19, Nerenberg was forced to literally practice what he preached. Failing on his first two lifts, he was able to summon his 'Power Thought' energy and "Power Sound" and do something rarely accomplished in powerlifting competitions, rebound and win the contest on his third and final lift, and tie the California state record in the process. "The circle was completed when Dr. Nerenberg won the contest," Fletcher says. "He coached me in matters of the mind, and I won championships and then I was able to help him reach his strength potential and win a championship." For more information about Dr. Nerenberg, including his "Power Thought - True Warrior Athlete" video package, visit www.DrNerenberg.com, or call 1-800-693-5833".



C.T. Fletcher at the Greatest Bench in America contest, promoted by John Inzer in 1995. Dr. Nerenberg's "Power Thought" approach, which is used by C.T., seems to be incredibly simple, yet profoundly effective.



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MEN'S TOP 50 of ALL-TIME

110 kg. (242 lb.) as ranked by Herb Glossbrenner

SQUAT			
1038	COAN,E	12AUG01	
1032	GOGGINS,S	01JUN96	
1004	WESSELS,W	11NOV95	
959	URCHIK,P	11APR98	K600 THOMPSON,G 03SEP88
950	NICHOLS,B	18APR87	K600 WHITMIRE,R 01NOV95
920	SIMMONS,L (M)	18JUN00	K600 SLAZNIK,R 11APR87
914	KARWOSKI,K	31JUL94	K600 BARJA,A 23JUN00
909	LESLIE,C	116JUL95	600 SAMANIEGO,S 29JAN83
903	HATFIELD,F	04APR87	30
903	NESTOR,B	07JUL91	600 NIMMONS,S 30MAY92
	10		600 TORANZO,J 25OCT97
900	SUSCO,P	10FEB96	600 SULLIVAN,S 16JUL00
887	FURNAS,D	17DEC83	600 BAYLES,J 17JUN01
887	KRITSKY,T	29JUN86	592 PACIFICO,L JUL73
885	CHROSNIAK,R	14APR85	590 WILSON,R 29FEB92
881	MURATORI,D	11JUL99	589 LESLIE,C 03JUL94
876	REED,D	08APR94	589 BROIHIER,T 21SEP96
875	COLE,D	27APR87	589 FETTY,W 25JUN00
875	FLORIO,J	03FEB90	585 WILSON,S 21FEB85
K870	CORNETT,R	05NOV92	40
K870	DOUGLAS,J	12AUG01	585 MURDOCK,V 28ARR91
	20		585 REID,R 12DEC92
870	HARDRIDGE,T	24APR88	584 SPELLMAN,T 92
870	LAVITOLA,N	01NOV98	584 FARMER,P 16JUL95
867	WOHLEBER,D	12JUL81	584 SIEBOLD,B 05AUG95
K865	JACOBY,D	08JUL84	584 BIRGADO,L 03NOV99
K865	HECHTER,G	23MAR87	584 MCSHANE,S 17NOV00
K865	BELL,W	22NOV87	580 THOMAS,B 26SEP92
K865	FARMER,P	16JUL95	580 STRANGE,W 26MAR94
K865	TREVIZIO,R	29OCT95	580 KIPP,D MAY99
860	LOWE,G	14APR00	50
860	BAILEY,J	30SEP95	
	30		
860	D'ANGELO,F	23NOV97	
859	VOGELPOHL,C	06NOV94	
859	GARCIA,J	12AUG01	
854	SANDLIN,R	14DEC85	
854	WARMAN,S	22NOV87	
854	WAGNER,S	25JUN88	
853	FRENNA,G	15DEC70	
850	SAVAINAEAS,S	17JAN93	
848	BORDEN,D	10MAR90	
848	BORNHOP,J	26JUL92	
	40		
845	MISTRIC,L	10MAY87	
843	PHILLIPS,M	19MARCH80	
843	SNITKIN,C	31JAN82	
843	PORETTA,M	02SEP89	
840	MCFERRON,T	25MAR95	
840	DIMIDUK,M (M)	23NOV97	
837	SCHNEIDER,D	23OCT82	
837	DAVIS,W	08APR84	
837	DREW,M	16FEB89	
837	SIAPANIDES,C	10NOV94	
	50		
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661	BLAKLEY,J	02OCT96	
655	LAIN,K	01SEP91	
K650	SMITH,S	19APR99	
644	ZEMMIN,J	11MAR00	
640	WAKAKUWA,F	OCT96	
639	MAGRUDER,J	28JUN87	
	10		
633	GUARINO,P	26JUL98	
631	MLODOZENIEC	07DEC86	
630	SEIGLER,M	16SEP95	
625	HERNANDEZ,R	27FEB88	
625	WALSH,R	25APR99	
620	BEANE,R	12JUL98	
620	BEUCHLEIN,G	07NOV98	
620	OBRADOVIC,J	05AUG00	
617	ANDERSON,C	25JUN94	
617	TAYLOR,C	11JUL99	
	20		
616	BROWNFIELD,K	08JUL00	
611	CHABOT,G	02DEC95	
606	DICKS,P	14DEC85	
606	LEE,J	APR88	
603	MACDONALD	05NOV77	

804	WASHINGTON	25FEB88
804	NESTOR,B	07JUL91
800	ROSENSTERN,P	NOV80
800	TOKARSKI,C	08NOV87
800	D'IORIO,M	20MAR94
	30	
AUSTEN,W	08FEB98	
EVANS	30OCT99	
FURNAS,D	19NOV83	
JACOBY,D	09JUL84	
SANTOS,J	08JUN87	
WESSELS,W	06APR97	
CLAY,J	88	
ATTERHOLT,D	08JUL84	
FISHER,K	02JUN85	
VOGELPOHL,C	03JUL94	
	40	
WILSON,T	04APR82	
DIMIDUK,M	07NOV84	
CAHILL,J	29APR00	
LADNIER,J	08JUL84	
BOSKIN,J	20NOV86	
FARMER,P	16JUL95	
RAPP,T	22SEP84	
PAPE,C	08FEB92	
PATTERSON,C	15DEC79	
BORDEN,D	12DEC87	
	50	
TOTAL		
2463	COAN,E	12DEC98
2403	WESSELS,W	07APR97
2399	GOGGINS,S	01JUN96
2248	HECHTER,G	23MAR87
2243	URCHIK,P	19MAY01
2237	FARMER,P	16JUL95
2221	LESLIE,C	03JUL84
2210	WILSON,S	23FEB85
2210	NICHOLS,B	18APR87
2200	LAVITOLA,N	01NOV98
	10	
2204	KUC,J	19NOV80
2204	BELL,W	22NOV87
2204	NESTOR,B	07JUL91
2193	KARWOSKI,K	31JUL94
2180	PHARR,T	27MAR88
2177	KRITSKY,T	29JUL86
2177	VOGELPOHL,C	03JUL94
2166	SNITKIN,C	12FEB82
2166	JACOBY,D	08UL84
2160	LADNIER,J	08JUL84
	20	
2155	PORETTA,M	1JUL88
2149	HATFIELD,F	07JUL85
2143	DAVIS,W	13DEC81
2143	STEWART,A	02FE89
2136	FURNAS,D	19NOV83
2135	COLE,J	14MAR71
2132	PATTERSON,C	13DEC79
2132	WARMAN,S	01DEC89
2132	SORENSONS	22JUL90
2127	SANDLIN,R	14DEC85
	30	
2127	SIEGLER,M	17APR94
2113	FRENNA,G	15DEC70
2110	RUSSELL,B	13DEC86
2110	BORDEN,D	10MAR90
2110	BORNHOP,J	26JUL92
2110	DOUGLAS,J	12AUG01
2110	GARCIA,J	12AUG01
2105	THOMPSON,G	13APR86
2105	MAGRUDER,J	23MAR87
2105	DRISCOLL,C	17JUL83
	40	
2105	OLIVER,J	03DEC88
2105	SMITH,S	23UL95
2105	MURATORI,D	11JUN00
2100	CHAILET,M	01MAY82
2100	CHROSNIAK,R	04ARR85
2100	COLE,D	26APR87
2100	MISTRIC,L	10MAY87
2100	BRAGO,P	10MAY87
2100	GENTRY,P	08OCT88
2100	SIMMONS,L	25JUN99
	50	

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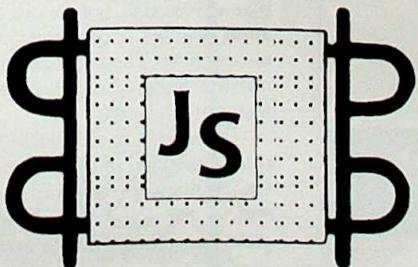
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TRAINING

Analyzing Your Squat Workout

as told to Powerlifting USA by Louie Simmons

Every time I pick up a *Powerlifting USA* I see some miracle squat program that calls for squatting 3 or 4 times a week. This is ridiculous, to say the least, and impractical for the full powerlifter. Those 4 times a week programs are intended for sports like track and

field and rugby, or sports for conditioning, not powerlifting. It would kill a bench press, and how would one do deadlifting workouts during this time? If you had bad form, this type of training would make it worse. If you have a muscle group that's lagging, you will have an injury

before long. Think about it. If you want to learn to box, why don't you box 4 times a week with Mike Tyson. Right, you would land in the hospital for sure.

I had a lengthy discussion with a long-time world record holder in the javelin. He told me how he trained: he threw everything but the javelin. He also said that the man who broke his record did even more specialty work and less javelin throwing than his

predecessor.

John Carlos was the world's fastest man in the late 1960s and was also in trouble a lot for spending most of his time in the weight room and not on the track.

Valery Borsof, the Olympic champion in the 100 meters, also concentrated his efforts in the gym, building his sprinting muscles with glute/ham raises and raising his GPP.

A football player plays football only about 20% of the time. The other 80% is composed of special drills.

I personally made a top 10 squat in 1972 and am third in 2001. The 920 I did this year ranks sixth on the 242 all-time list. At Westside Barbell we have many all-time top 10 squats. Not only do we not squat 4 times a week, we don't do any regular squats at all, just box squats.

We developed our training methods after the original Culver City Westside Barbell methods of training and then modified them to some extent to keep up with the times. In 1984, I then added the old, proven Soviet methods.

If there is one thing I have learned, no one can only squat to excel at squatting. And no one can squat 4 times a week and survive it. However, you can train the squat 4 times a week by special means.

In 1972, the Dynamo Club in Russia came up with a method of training called the conjugate method. This club consisted of more than 70 top lifters. First, 25-40 special exercises were used. At the end of the test period, one lifter said that was enough, but the rest of the lifters wanted more exercises to choose from. Here at Westside, we use hundreds of combinations to increase the squat.

If you look at our training, it is totally intended to raise the squat. One day we work on special strength and at the same time build the critical squatting muscles and per-

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fect form. Three days later, we do an exercise that builds absolute strength, like a deep box squat, good morning, or some type of pull.

That's 2 days a week. Now, let's think logically. A chain is only as strong as its weakest link, and so is the squat. I see lifters that hurt their lower back, but instead of paying more attention to it, they go back and squat again. Obviously their lower back muscles are weak and need extra work. This extra work will prevent a weak link. The rest of your squat muscles may be able to squat 75 or 100 more pounds, but not as long as your lower back continues to get injured constantly. The same holds true for hamstrings or even the upper back or abs.

Again, do one dynamic squat workout a week using multiple sets with 50-60% and a max effort day where you work up to a max in a box squat, pull, or good morning. Remember, at certain times of the year you may not be able to break your all-time PR, but you must do all you can, much like the Bulgarian method.

Now let's look at two more workouts during the week for the squat. As a bonus, these will also increase your deadlift. The hamstrings and glutes are the primary movers for squatting. Each workout should last 15-30 minutes. A 30 minute workout is a long special workout. It should be almost nonstop. Always include abs in your extra workouts.

First, if you can't sit back in the squat, your glutes and hamstrings are weak. Try glute/ham raises. This exercise works the hamstrings properly. The hamstrings extend from the knee to the glute, and both attachments work simultaneously as if you were jumping or sprinting, or of course squatting. If you alternate a set of abs and a set of G/H raises, you have a great extra workout that is designed to raise your squat. In the old USSR, 600 G/H raises a month was just maintenance work. We like to tilt the G/H bench as high as 30 inches; this makes the

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exercise harder.

Pull-throughs work the glutes and hamstrings very well. Pick an ab exercise and do supersets. When you fail a squat, many times it is caused by your back bending. So good mornings are in order. Try using Jump-Stretch bands on the bar. We prefer high reps, but I never

count the reps. To change the intensity, use stronger bands. One workout do them with a bent-over style and the next, with an arched back. We also do a lot of regular weighted good mornings of all types.

For squatting without placing a bar on your back, do belt squats. One method is belt squats with

weights. A second method is to hook a Jump-Stretch band through your power belt and stand in both ends. Then do box squats. This will build lower body flexion.

Pull a weighted sled. Early in the week use the heaviest weight, and reduce the amount of weight as the week goes on.

You could substitute Reverse Hypers for a squat workout.

A number of extra workouts can be squatting. I suggest all be done on a box: front squat, Zercher squat, MantaRay squat, belt squat, safety bar squat, cambered bar squat, etc. Immediately after squatting, go to the special exercises that fit your individual needs.

If you know how to squat, there is no need to do extra actual squatting. In fact, if your squat form is not correct, more squatting will reinforce the same bad form.

To become biomechanically sound, you must have proper muscle control. Very few people have great form. If your back is weak, you will bend over, causing bad form. If your glutes and hamstrings are weak, it is hard to sit back properly. If your abs are weak, you will be weak in the bottom and fold over.

An extra workout can also be a flexibility workout. Whatever workout you decide to do, include ab work. Remember, don't train longer than 30 minutes for these extra workouts. If you are out of shape, these workouts should be done almost nonstop. The better condition you are in, the less stressful your heavy or high-volume training will be.

Matt Smith has made great progress by doing special exercises such as G/H raises and safety squat bar squats. His squat has gone from 733 to 930 and his deadlift from 633 to 800 in, believe it or not, 2 years. Mike Ruggiera's squat was raised from 780 to 1000 in 2 1/2 years. Reverse Hypers and pull-throughs helped Mike.

What I have been describing is called the conjugate method. Special exercises will not only increase strength but perfect form. This training has produced nine 900+ squatters and two at a grand, all from a small gym. Success usually requires a complex plan with many parts. If one part is missing, you will fail.

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G.N.C. NUTRITION UPDATE

A Better Whey as told to POWERLIFTING USA by Dr. Jeffrey Stout

Without question, reaching your goals takes hard work. Whether your goal is gaining lean body mass and strength or becoming a better athlete, dedicated training is a must. But what most exercise enthusiasts so often overlook is the fact that training, especially the high-intensity variety, also requires proper nutrition.

This is where protein comes into play. While it's been known for years that an inadequate protein intake can be detrimental, only recently have superior protein products been developed. Whey protein, for instance, is considered the most beneficial form of protein following workouts. While this is no longer a new revelation, the ongoing battle remains in the challenge to create the ultimate protein product. That's exactly what GNC's scientists have formulated with Pro Performance Mega Whey, a superior product in terms of both content and quality. Specifically, it contains 40 grams of high-quality whey protein in combination with glutamine and BCAAs.

Whey protein is rich in the amino acids leucine, isoleucine, and valine, which together are termed the branched-chain amino acids (BCAAs). These comprise 30-35% of muscle tissue and provide 70% of free nitrogen to the body. Obviously, these amino



Dr. Jeffrey Stout (in photo above) at work as Director of Sports Science for GNC's Pro Performance (R) line.

acids can stimulate an increase in protein synthesis, but they also play a role in decreasing protein breakdown.

In comparison to casein, whey is also considered a higher quality protein that stimulates protein

synthesis to a greater degree. In addition, it possesses anti-oxidant properties and may have positive effects on the immune system. These findings, as well as its high BCAA content, simply put whey at the top of the protein food chain, especially for post-exercise nutrition.

In addition to whey, Mega Whey also contains glutamine, one of the most abundant amino acids found in skeletal muscle. Glutamine, you might say, is the quintessential amino acid. It serves as fuel for the immune system, provides an anti-catabolic effect, and is involved in protein synthesis. Because high-intensity exercise can deplete glutamine levels, proper supplementation becomes even more important.

Recently, a study compared

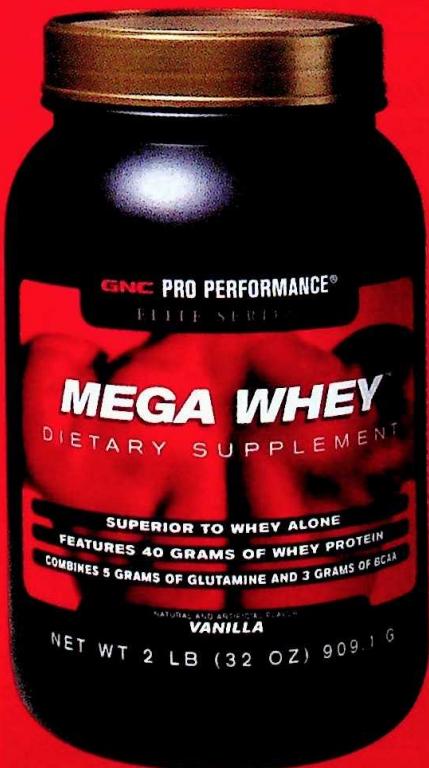
the formula in Mega Whey to whey protein alone. Healthy young males, who were experienced weight trainers, actually had better performance gains when using whey in combination with five grams of glutamine and three grams of BCAAs. Of course, this is the Mega Whey formula, the most potent combination of protein ever developed. So, if you accept nothing less than the best in your training and performance, your body will demand nothing less than Mega Whey.

Dr. Jeffrey Stout is the Director of Sports Science for GNC's Pro Performance line, available at all GNC stores. More information is available at www.gncproperformance.com.

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10th Senior Olympics PL/BB
3 Jun 01 - Arcadia, CA

WOMEN	(55-59) Lhtwywht.
Pwlifitng	Weinstock, C. 205*
(50-54) Midwht.	Manjikian, H. 150*
Connelly, A.	90! Midhwywht.
(55-59) Lhtwht.	Altshiller, A. 221!
Sneider, S.	75! Haskvitz, A. 195*
Midwht	Patchen, R. 160!
Jones, L.	95! Hiywht.
Judson, L.	90! Spiegel, B. 215!
(60-64) Hiywht.	(60-64) Lhtwywht.
Roncelli, B.	80! Morgan, R. 190!
(65-69)	Hiywht.
Smith, M.	90! Sneider, H. 408!
(70-74) Midwht.	Love, R. 205*
Martin, L.	70! SHW
(80-84) Lhtwht.	Vedova, M. 250!
Maullin, B.	65! (65-69) Lhtwht.
MEN	Mora, M. 200!
Pwlifitng	Midhwywht.
(50-54) Midwht.	Cronin, D. 200!
Srafaci, T.	275! Hiywht.
Midhwywht.	Smith, D. 225!
Connelly, R.	175! Roncelli, G. 195*
Hiywht.	(80-84) Midwht.
Baker, J.	240! Malin, E. 120!
	(85-89) Lhtwht.
	Cowell, A. 115!

!-Gold Medal. *-Silver Medal. #-Bronze Medal. Held at Sneider's Family Fitness. Best Lifter Awards: Beatrice Maullin, Tom Srafaci. World Record 408 lbs. at age 60, Harry Sneider. The Crown Valley Senior Olympics is an annual event. Those interested in participating can contact Dr. Harry Sneider at 626-355-8964 or email him at harrysneider@earthlink.net.

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WOMEN	SQ	BP	DL	TOT
181				
40-49 Raw				
McLean	210*	125*	315*	650*
MEN				
80				
9-10 Raw				
Toth	90*	50*	100*	240*
100				
9-10 Raw				
McCloskey	135*	65*	195*	395*
114				
14-16				
Randall	270	140	315	725
Latimer	215	140	250	605
17-19				
Vang	365	185	300	850
132				
20-23				
Espalin	305	185	305	795
148				
14-15				
Beeks (BL)	425	235	415	1075
Buchannan	365	190	385	940
Glover	335	220	345	900
Dechelbor	275	125	320	720
17-19				
Littell	340	210	415	965
17-19 Raw				
Aguilar	275	200	135	510
40-49				
Corey	350	160	380	890
165				
14-16				
Knight	475	225	400	1100
Robinson	335	240	345	920
Hudson	325	165	395	885
17-19				
Fields	365	215	410	990
Laird	365	185	355	905
Open				
Alongi	380	335	390	1105
Manzo	55	250	55	360
33-39				
Sanfilippo	365	400*	400	1160
40-49				
Manzo	55	250	55	360
Novice				
Manzo	55	250	55	360
181				
17-19				
Good	405	285	385	1175
20-23				
Parham	405	275	435	1115
Open				
Warshany (BL)	500	390	550	1440
198				
14-16				
Milan	405	285	440	1130
Housan	425	200	355	980



Senior Olympics Gold Medalists: (l-r) Sarah Sneider, Beatrice Maullin, Louise Martin, Arline Connelly.

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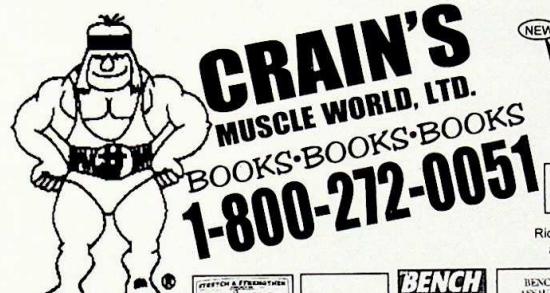
17-19							
Cox	475	240	405	1115	Open	Dippre (BL)	770
Anderson	405	275	405	1085	Anderson	705	445
50-59					Adzima	440	650
Scaranda	365	240	135	740	33-39	360	1865
220					Perrotta	470	1820
14-16					40-49		
Lee	445	250	465	1160	Chiavacci	405	455
17-19					50-59 Raw	135	995
Hart	450	280	450	1180	Vaccaro (BL)	600*	370*
Open Raw					Novice Raw	605*	1575*
Brown	55	410	55	520	Snelling	315	355
40-49					SHW	455	1025
Pope	405	325	525	1255	Open Raw	600	440
Znaczk	360	265	415	1040	Righetti	450	650
242					40-49 Raw	1690	
14-16					Dulack	440	205
Quinn	425	265	430	1120	Seemon	55	440
Open					405*	55	1045
Toth	550	360	575	1485	* denotes WNPF American Record, BL - Best		
Killen	575	350	550	1475	Lifter, Team Standings - Glen Mills School - 1st		
40-49					place teenage division. 1st place overall -		
Toth	550	360	575	1485	Kodicak Power Team. What a meet, what a		
275					meet. 52 lifters total, 6 hours, lots of cheering		
17-19					clapping and a whole lot of fun. It was a		
Starks	425	215	450	1090	pleasure having Glen Mills School at this meet.		
20-23					These kids lit the place up, not only did they		
Anderson (BL)	705-	465	650	1820	cheer for their own but they cheered for everyone		
					in the meet. They were well coached and		
					credit must be given to the coaches of the		

team. I can't name all of them but a few names I can throw at you are: Coach McCloskey, Coach Hill and Coach Croner. I want to thank the 92 spectators that came to watch and cheer for everyone and the 52 lifters that gave the WNPF a try. Thanks for your support. Hopefully Glen Mills will return to the WNPF platform in the near future because we certainly enjoyed having them. I want to highlight the best lifters of the meet, beginning with Deron Beeks. He was the best of the best out of all the teenage lifters. Rick Warshany, the police officer from New Jersey, always improving each and every year. I believe Rick won his third or fourth best lifter award in the WNPF. He's on a roll. George Anderson from New Jersey, the junior lifter, is a very outstanding lifter with a great attitude. George is just STRONG and he will be a definite force in the 275 open division in the future. Chris Dippre put on a squat clinic with an easy 770 squat. We estimated he could have gotten 790 without a problem. Dennis Vaccaro from New Jersey broke all of the raw division 50-54 records. At 10 years old, Dennis has to be one of the top raw master lifters in the nation. Thanks to Jim Sullivan once again for his support in the WNPF. Special congratulations to Margaret McLean for standing strong as the only woman lifter in the meet; to Kyle

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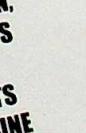
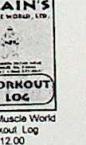
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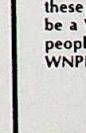
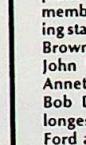
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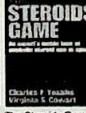


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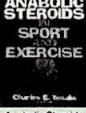
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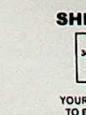
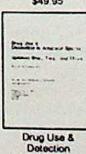
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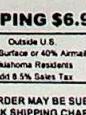
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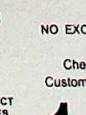
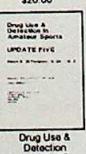
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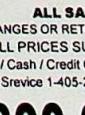
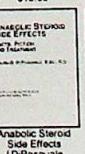
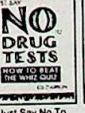
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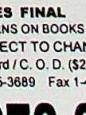
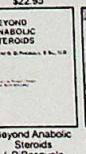
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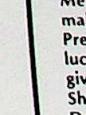
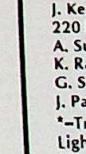
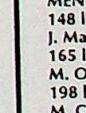
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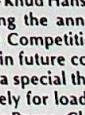
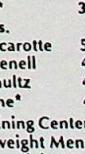
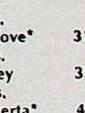
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2nd Training Center BP
21 Jul 01 - New Castle, DE

BENCH	J. Hunt*	300	
MEN	242 lbs.		
148 lbs.	P. Norris*	500	
J. Manlove*	315	J. Arnold*	480
165 lbs.	J. Murray*	430	
M. Obey	350	275 lbs.	
198 lbs.	B. Brinton	475	
M. Caserta*	435	B. Lloyd*	DNF
M. Dott(bwt.)	350	308 lbs.	
J. Kerr*	350	B. Frisby	DNF
220 lbs.	SHW		
A. Succarotte	500	H. Wilson	DNF
K. Ravenell	485	Master 220 lbs.	
G. Schultz	450	K. Hansen*	360
J. Payne*	405		

*Training Center Member. Best Lifters: Open Lightweight Men - Anthony Succarotte, Open Heavyweight Men - Paul Norris, Open Master Men - Knud Hansen. Thanks to all the lifters for making the annual Training Center's Bench Press Competition a big success and best of luck in future competitions. We would like to give a special thanks to Steve Seal and Mason Shively for loading and spotting, Marv Teter, Dave Barno, Chet Donato, Karen Donato, and John Green for judging, and Joyce Smith, Heather Teter, and Suzanne Foraker for a smooth running expeditor table.(via J. Smith)

FORGET ANDRO

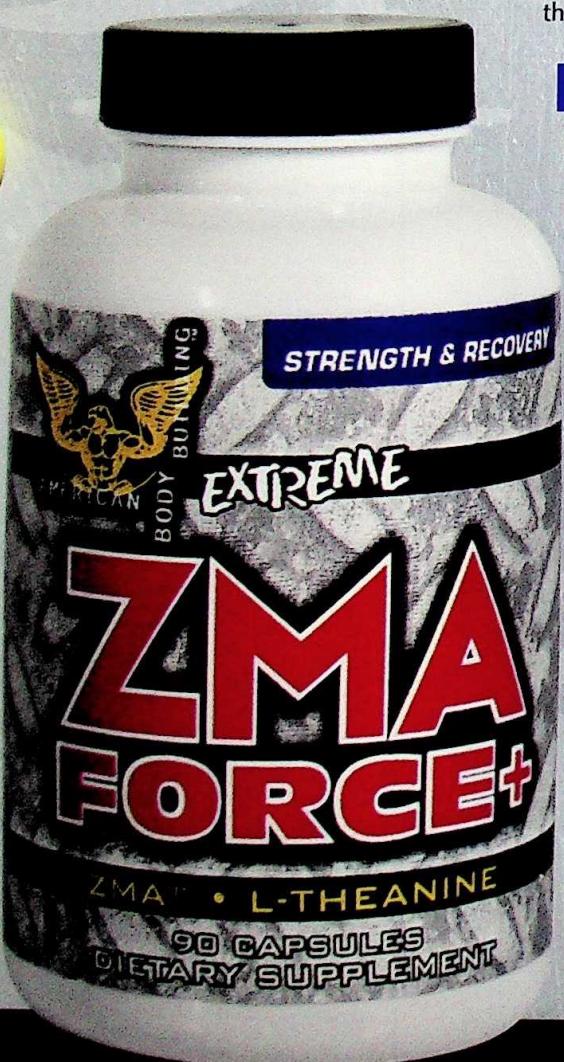
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At American Body Building™, our scientists are constantly working on developing the latest, most innovative products to help you best attain your most perfect body. **ZMA™ Force+™**, a combination of **ZMA™** and **L-THEANINE**, is the newest of our scientifically advanced line of supplements to help you get there.

ZMA™

ZMA™ is a proprietary blend of zinc and magnesium that preliminary evidence suggests promotes testosterone and IGF-I release in serious athletes.* By doing so, **ZMA™** may help improve recovery times and physiological and exercise-related conditions.* Check out the study below, recently published in the *Journal of Exercise Physiology*.



L-THEANINE

L-THEANINE is actually an amino acid derived from Green Tea. The science indicates that **L-THEANINE** acts as a precursor to the release of an inhibitory neurotransmitter called GABA (gamma amino butyric acid), which counteracts the excitatory neurotransmitter norepinephrine. In other words, **L-THEANINE** allows you to relax and settle down.* It's an awesome mechanism and a huge advancement in the pursuit for maximal recovery.

ZMA RESEARCH

Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength

L.R. BRILLA¹ AND VICTOR CONTE²

¹Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and

²BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

L.R. BRILLA AND VICTOR CONTE. Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength. *JEPonline*, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. A double-blind randomized study was conducted with **ZMA** (30 mg zinc monomethionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 µg/ml) 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 µg/ml; 19.68 to 18.04 µg/ml), respectively ($P<0.001$). Free testosterone increased with **ZMA** (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) ($P<0.001$); IGF-I increased in the ZMA group (424.2 to 439.3 ng/mL) and decreased in P (437.3 to 343.3 ng/mL) ($P<0.001$). Muscle strength via torque measurements and functional power were assessed with a Biodynamics dynamometer. Differences were noted between the groups ($P<0.001$): ZMA (189.9 to 211 Nm at 180°/s and 316.5 to 373.7 Nm at 300°/s) and P (204.2 to 209.1 Nm at 180°/s and 369.5 to 404.3 Nm at 300°/s). The results demonstrate the efficacy of a Zn-Mg preparation (**ZMA**) on muscle attributes and selected hormones in strength-trained, competitive athletes.

Key Words: vitamin B₆, anabolic hormones, testosterone, IGF-I, muscle

INTRODUCTION

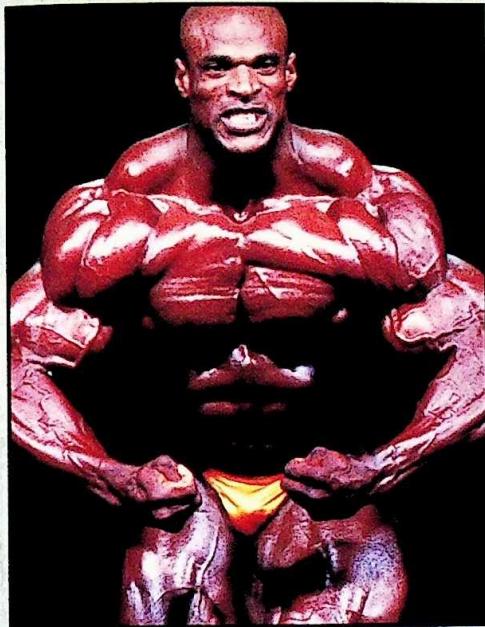
Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-1 (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance. Testosterone's role in physical

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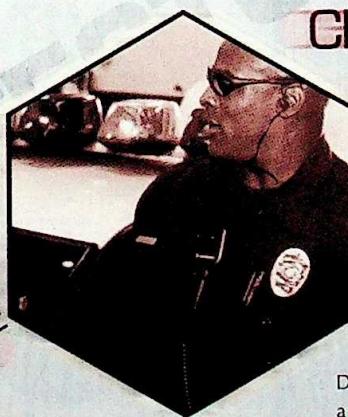


THREE-TIME MR. OLYMPIA, RONNIE COLEMAN

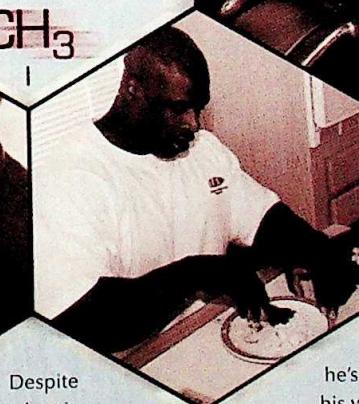
Prior to launching **ZMA™ Force+™**, our researchers asked the hardest working man in bodybuilding to test our latest innovation in recovery before his second title defense at the Mandalay Bay. With his incredible stage presence and total dominance over all other competitors, you tell us if the now THREE-TIME MR. OLYMPIA, Ronnie Coleman, has improved. The entire bodybuilding world would likely answer with an emphatic "**"HELL YES!"**

OH

CH₃



Unlike many professional bodybuilders that simply train, eat and sleep, Ronnie Coleman spent 8 stressful hours a day, 5 days a week working the streets of Arlington, Texas, as one of the city's finest cops, when training for the biggest event in body building. To be his best, he demanded optimal recovery and an anabolic environment.



Despite a hectic schedule that included a full-time job on the weekdays and traveling for guest appearances on weekends, Ronnie constantly maintained a healthy diet of whole foods and supplementation in order to get his daily total of six meals and 600 grams of protein for packing on and maintaining his enormous amount of lean muscle mass.

Milos Sarcev recently described a workout with Ronnie Coleman as one of the most intense he had ever experienced in his entire career. Ronnie, however, says that's just how he's always trained; splitting his workouts between light and heavy days to help avoid burn-out, but going extremely heavy and intense on those days designated as "heavy."

Given Ronnie's hectic schedule and amazingly intense training program, he clearly realized the importance of thoroughly recovering and allowing his body to recharge for consistent growth. Each night – err, morning – at two a.m. Ronnie took one serving of **ZMA™ Force+™** in order to quickly settle down and ensure a solid night's rest. Not to mention his using **ZMA™ Force+™** as a vital tool for aiding his recovery process via the additional hormonal benefits of **ZMA™**.

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Members of the Circleville Barbell Club at the Lynch Mob Meet: (left to right) Doug Moss, Kevin Elick, Aaron Lake, Ellery Elick, Justin Wood, Dean Glitt, John "Dink" Weaver, Ray Lewis, Doug Glitt, Jon Elick, & Ed Caplan. (thanks to Jon Elick for providing the photo)

**"Lynch Mob" Shirtless BP
25 Aug 01 - Circleville, OH**

BENCH	275 lbs.
MEN	M. Shiland 390
Open	D. Pounds 365
165 lbs.	Master-1
J. Elick	315! Hammond-163 280
181 lbs.	E. Eblin-172 290
R. Urfer	275 M. Gillum-163 265
198 lbs.	T. Eblin-235 290
D. McMannis	450* Master-2
J. Gerardo	400 D. Pounds-275 365
K. Elick	345 Master-3
Open 242 lbs.	R. Lewis-170 175
J. Anderson	445 E. Caplan-198 185
	E. Elick-184 145

1-BL Light, ~BL Heavy, The Circleville Barbell Club held the Second Annual "Lynch Mob Classic" Shirtless Bench press Competition. Again, this year's event took place at the VFW. Standard APF judging rules applied to the lifting attempts, however, bench shirts were not permitted and singlets were not required. Fifteen lifters competed in eight different weight or age classes, with several lifters competing in their first meet. The atmosphere was relaxed and fun, especially since the competitors were all very supportive and encouraging toward each other. The Men's Masters Divisions consisted primarily of newcomers to competitive bench pressing. In the Masters-1 class, John Hammond benched 280 to take first place over Eddie Eblin, Mark Gillum, and Todd Eblin. In the Masters-2 class, Dirk Pounds benched 365 for the win. In the Masters-3 class, Ray Lewis pushed 175, earning first place over Ed Caplan and Ellery Elick. In the Men's Open Classes, some heavy weights were moved. Jon Elick took first place in the 165 class with a bench of 315. Russ Urfer benched 275 in his first meet to win the 181 class. The 198 class was the most competitive. Devlin McMannis blasted 450 to take the win over Jeff Gerardo, with 400, and Kevin Elick, with 345. John Anderson muscled up 445 in the 242 class for the win. Finally, in the 275 class, Mike Shiland pushed 390 for the victory over Dirk Pounds, who settled for 365. Best Lifters were Jon Elick (light) and Devlin McMannis (heavy). The Circleville Barbell Club would like to thank Justin Wood and Aaron Lake for loading, Dean Glitt, Doug Moss, and Dave Chamberlin for judging the lifts, and Doug Glitt for announcing the meet. We would also like to thank Doug Turnbull, with State Farm, for sponsorship. The meet was organized and directed by John Weaver and Jon Elick. (Thanks to Jon Elick for providing results)



Book Collection

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Barbell And Benchpress / Webster \$20.00	Strength And Speed Ratings - 2000 Harder \$29.95	Muscletown USA / Hoffman & York \$23.50	PNF - Flexibility Training / Hartfield \$5.00	Powerlifting Principles / Hartfield \$19.95	SONS OF SAMSON Volume I \$22.95
Speed - Strength Training For Football / SB / Krebs \$18.95	Sports Agility / Krebs \$18.95	Sports Chuts Training Manual / ISSA / Hartfield \$10.00	Of Stones And Strength / Jeck - Martin \$17.95	On Becoming World Class / Bassano \$14.95	SONS OF SAMSON Volume II \$27.95
Speed - Strength Training For Football / SB / Krebs \$18.95	Sports Agility / Krebs \$18.95	Sports Chuts Training Manual / ISSA / Hartfield \$10.00	Ironmind Stronger Minds - Stronger Bodies / Strossen \$12.95	Super Squats / Strossen \$14.95	Iron Mind Training Tablet #1 \$12.95
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For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

138 lb. G. Birch	75	135	300	510	J. Thorman	—	95	225	320
154 lb. B. Harrison	130	210	425	765	J. James WOMEN	0	110	185	295
187 lb. SO Jr	125	250	—	375	187 lb. SO D. Scott Pwrlifting	—	665	145	210
227 lb. Int J. Ecret	—	165	245	410	227 lb. Int M. Montgomery	SQ	BP	DL	TOT
250 lb. J. Weaver					SHW				

M. Ross	620	350	640	1610
M5	290	195	290	775
R. Sears	330	220	350	900
205 lb. E. Wyle	600	450	550	1600
SHW	405	230	365	1000
T. Minerlyn	330	220	350	900
187 lb. Nov W. Stafford	542.5	335	520	
205 lb. Pure	480	265	480	1225
227 lb. T. Lowder	550	390	—	940
1397.5	610	420	610	1640
L. Morgan	480	265	480	1225
250 lb. J. Knight	150	100	215	465
227 lb. SM1	200	100	250	550
D. Gaines	150	100	215	465
SM2	480	265	480	1225
L. Morgan	170 lb. Ant			
WOMEN	PN			
187 lb. SO	150	100	215	465
D. Scott	200	100	250	550
Pwrlifting	150	100	215	465
227 lb. Int	200	100	250	550
M. Montgomery	150	100	215	465
SHW	150	100	215	465

(Thanks to Mike Adelmann for providing these competition results to POWERLIFTING USA).

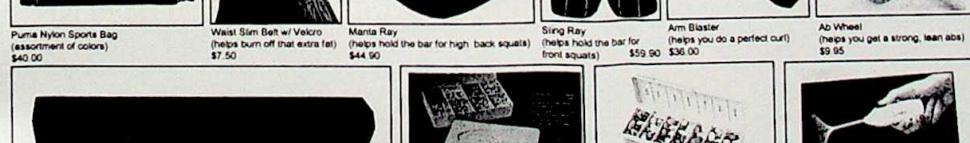
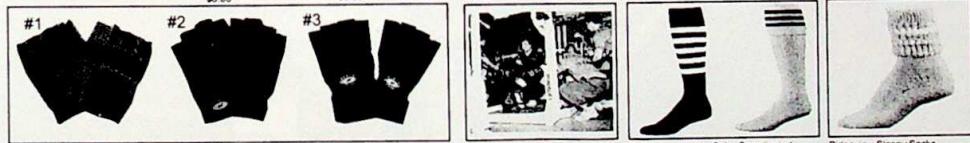
APF Maine Push/Pull BP

25 Aug 01 -

BENCH Open	E. Difruscia	870
R. Pushard	562	782
J. Miller	507	837
A. Connors	385	865
L. Morrison	Teen	
W. Viger	402	848
N. Dutile	369	WOMEN
R. Ingrisano	341	JR
R. Austin	341	M. Roy
J. Peterson	314	440
Submaster	Open	
P. Collings	T. Clark	385
MEN	981	121
Guest	D. Dahms	121
R. Barlow	BP	DL
JR	540	744
D. Carpenter	242	1284
L. Morrison	385	617
A. Scpton	325	887
E. Baker	352	826
D. Parker	198	584
Master (40-49)		
C. Burgess	352	953
R. White	303	832
T. Lane	380	1052
T. Sunshine	225	650
K. Inman	303	810
Master (50+)		
R. Austin	341	804
M. Scott	259	694
D. Mirone	231	677
Open		
A. Cayer	380	1003
C. Wiers	573	1278
A. Connors	507	1140
S. Blanchard	457	1091
J. Miller	562	1162
D. Carpenter	242	617
L. Morrison	385	887
P. Collings	369	981
R. Pushard	303	782
J. Elston	347	903
E. Nesti	325	870
C. Kanavas	308	810
R. Ingrisano	341	876
T. Sunshine	225	650
T. Frost	325	865
F. Ventriglia	259	738
C. Jordan	209	611
P. Bowie	275	666

TEAM: Source One, Spotters/Loaders: Jerry Norton, Sean Lucas, Glen Chateauvert, Judges: Steve Cote, Steve Smith, Scott Worthing, Marshal: Marshal: Monique Cote, Talber Norm Guay, Lynne Barlow, Erica Blanchard, Directors: Scott Blanchard, Russ Barlow. (Thanks to Russ Barlow for providing these meet results)

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S.C.I. Raw Powerlifting

6 Aug 01 - Georgetown, DE

132 lbs.	SQ	BP	DL	TOT
A. Loat	205	255	315	775
148 lbs.				
K. Miller	205	300	385	890
R. Amad	245	225	365	835
T. Livesay	—	235	320	555
165 lbs.				
B. Price	325	325	440	1090
P. Henry	275	335	400	1010
M. Thompson	315	275	—	590
181 lbs.				
E. Lofland	405	315	480	1200
K. Lundy-Bey	325	350	480	1150
D. Maloney	250	275	410	935
D. Mayhew	375	215	340	930
K. Diem	250	225	325	800
198 lbs.				
W. Cannon	405	315	425	1145
220 lbs.				
G. Fidderman	440	350	515	1305
Ajamu	—	340	400	740
242 lbs.				
R. Puryear	225	325	315	865
W. Scott	315	—	315	630
275+ lbs.				
M. Clough	585	350	605	1540
R. Handy	235	235	425	895
I would like to thank the following people for making the meet possible. Thanks to the Warden, W. Perry, S. Morgan, M. Williams, the Lifters group and the loaders "Beautiful" Bob and Doc. This was our first meet in three years and it was noticeable do the disorganization. We'll work on that for the next one. I would like to thank J. Fils for his support and for counting my attempts! (Thanks to Mike Clough for providing the competition results)				

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ARNOLD



■ Schedule

Friday, February 22nd

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Saturday, February 23rd

WPO Arnold Classic Bench Bash (\$-?)

Sunday, February 24th

WPO Final Superbowl Of Powerlifting (\$-?)

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3 NOV, APA Power Rebel's Open PL & BP (Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

3 NOV (new date), NASA PA Regional (New Stanton) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

3 NOV, NC AAU State BP/DL/Teenage Championships, Rickey Young, 819 Roosevelt Ave., Plymouth, NC 27962, 252-793-4414

3 NOV, USAPL West Coast Open Push/Pull, John Planas, 234 W. Fairview Ave., Glendale, CA 91202, 818-242-1906, jplanas@pacbell.net

3 NOV, USPF Texas Cup (Austin - Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. age increments to 70+), BP, Police/Fire - awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

3 NOV, USAPL State of Michigan Championships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031

3 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 NOV, SLP X-Treme Fitness Fall BP/DL

Coming Events

Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

3 NOV (new description), USBF Raw BP & USPC Eastern Regional Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, Ecpower@bellatlantic.net

3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

4 NOV, USA 'RAW' BENCHPRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

5-10 NOV, WPC World Powerlifting & World Bench Press Championships (teen, jr., submasters, seniors, masters - men & women - Cape Town, South Africa) Ian Morris, 27-21-794-2033, FAX 27-21-794-7284, ianmorr@iafrica.com, http://users.iafrica.com/f/ia/ianmorr

10 NOV, APA Texas Grand PL, BP, DL (Bellville, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

10 NOV (new date), NASA W.V. Regional Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

10 NOV (new date), Matt Heydinger BP

Memorial (men, women, teen by formula) Steve Aichholz, 424 S. Kibler St., New Washington, OH 44854, 419-492-2715

10 NOV, Cider Cup BP/DLClassic (Phenix Fitness - Allentown, PA) Allen Davis, 610-778-9891

10 NOV, The Gym BP & DL Championship (Fredericksburg, VA) Petey Cropp, 540-710-9500

10 NOV, Power Wars on Veteran's Day, Joe Mitchko, 161 Perth Fitness Rd., Amsterdam, NY 12010, 518-762-3216

10 NOV, 3rd Ironworks Gym Bench Off (BP & DL - men, women, teen, masters - reps x bodyweight) Gary McCartney, Ironworks Gym, 1611 S. St. Rd. 7, N. Lauderdale, FL 33068, 954-974-9786

10 NOV (new date), Midwest/Iowa Open BP/DL & Trap DL (open, novice, teen, submaster, master (1, 2, 3), women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

10 NOV, 9th APA Mon Valley Fitness Center Classic (BP, DL, BP for reps) MVFC, Box 567, Dunleavy, PA 15432, 724-483-2438, MVFC@dp.net

10 NOV, ISA Gold's Bench Challenge Texas State BP Championships (Amarillo, TX) Blue Baggett, 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-PUSH-PULL, www.isapower.tv

10 NOV, 8th Ed Jubinville BP (men, women

- all age groups/wt. classes) Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201, 413-499-1217

10 NOV, USPF BP & DL Meet, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665

10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 NOV, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 NOV, (amended date) USAPL N.J. State PL, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

11 NOV, ISA Gold's BP Challenge & Texas State BP (Gold's Gym - Amarillo, TX) Teresa @ 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-Push-Pull, www.isapower.tv

11 NOV, Quebec Championships PL/BP, Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466, or fax 819-346-6104

11 NOV, I.S.A. Gold's Gym BP Challenge BP Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Teresa 806-359-5438

11 NOV, SLP Franklin Health & Fitness BP/ DL Classic (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

11 NOV, USAPL Ohio PL & BP State meet (open men & women, men teen & masters & police & fire, raw men & women, raw masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank

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13-18 NOV, IPF World Mens (Sotkamo, Finland)

15-19 NOV (new contact info), 24 Hr. Fitness WABDL World BP & DL Championships (Pepper Mill Hotel, Reno, NV) Gus Rethwisch, Box 90305, Portland, OR 97290, 503-762-5066, FAX 503-762-5067

16-18 NOV, IPA Nationals (Columbus, OH - Holiday Inn Worthington 614-885-3334) Elite Fitness Systems, Dave & Traci Tate, 740-845-0987, www.elitefitnesssystems.com

17 NOV, APA Baddest Bench and Baddest Deadlift in the Carolinas (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-upa.com
17 NOV, USAPL Central USA PL/BP/Cape Girardeau, MO - men & women, open, teen, masters & novice men) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 8-10pm, mcis90482@aol.com, usaplnationals.com

17 NOV, 5th Southern States BP & DL (open, novice, submaster, master, law enforcement) Tito's Gym, 78 Creekbend, Brownsville, TX 78521, 956-504-3324

17 NOV, Raw Meet III (open, teen, masters) Doug Moore's The Gym Training Center, 3701 Old Shakopee Rd. W., Bloomington, MN 55431, 952-884-9144

17 NOV, USPF Virginia State PL (Great Neck Rec. Ctr. - Virginia Beach, VA) Gayle Schroeder, strength@erols.net, 757-481-6963 or 757-406-0763

17 NOV, Omaha Open (full meet, BP/DL) Keith Machulka, 402-444-5596

17 NOV, USPF Winter Classic SQ & DL, World Gym, Lake Forest, CA, Tony Hardridge, 949-307-9634, ahardridge@msn.com, www.powerliftingca.com

17 NOV, Kansas Open PL & PS (Red Coach Inn, Salina, KS) James Duree, 913-596-7326, JDuree7086@aol.com

17 NOV, USAPL NE Regional (ME, NH, VT, MA, RI, CT, NY, PA, NJ, MD, DE, VA, IL, IN, OH, WV, KY) - at Penn Tech University, Williamsport, PA) Dave Bellomo, 570-321-5339, www.geocities.com/steventmann/NEregionalinformation.html

17 NOV, U.S.A.A. Northern US Open Arm Wrestling (men, women) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength

17 NOV, NASA AZ Reg. (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 NOV, SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17,18 NOV, USAPL MASS/RI States Open (men's open, grandmasters, master, submaster, jr., teen, special olympic - women's open, master, teen) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10 PM, Rene Moyen, 401-527-3711

17,18 NOV, USAPL Maryland State PL (Edgewater, MD) Mark Daniel, 301-317-5572, mdaniel55@home.com

ters, grand masters, women) Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534

18 NOV (new date), SLP Rhinos Fitness BP/DL Classic (Roscoe, IL) Son Light Power,

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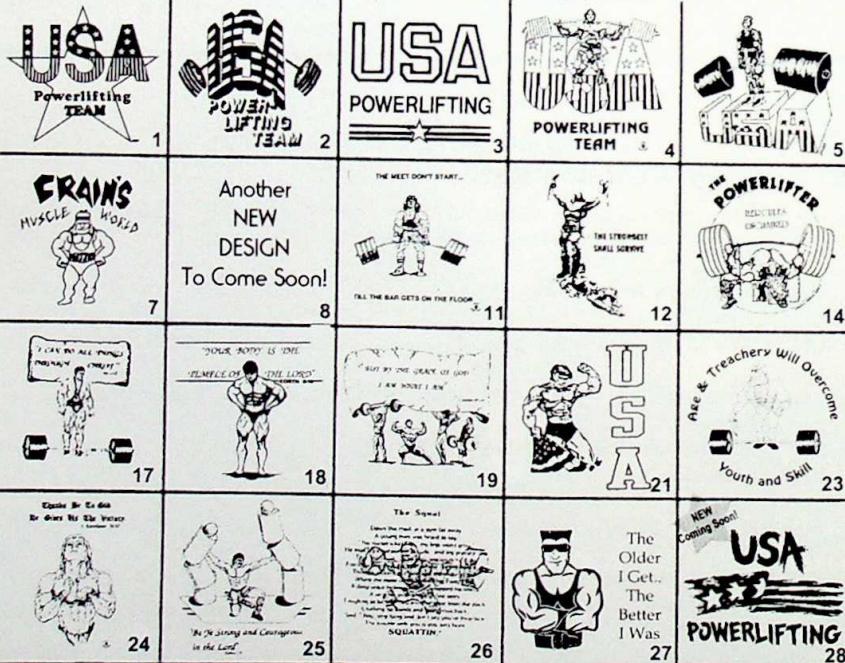
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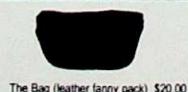
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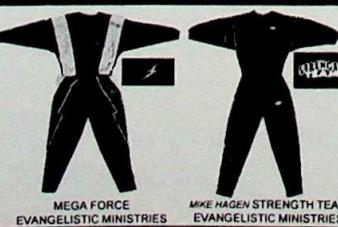
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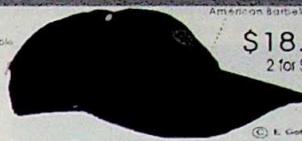
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877-HUGE-IRON or 386-252-8193**

122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24 NOV, NASA Missouri Regional (Carthage)
NASA, Box 735, Noble, OK 73068, 405-



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1 DEC, APA Nashville Open PL, BP, DL
(Vanderbilt University) Scott Taylor, Box
27204, El Jobean, FL 33927, 941-697-
7962, scott@apa-wpa.com

1 DEC, USBF BAAC Bench Press, Dave
Capozzini, 658 Boulton St., Bel Air, MD
21201, 410-627-4601, gtrader99@aol.com

1 DEC, Southeastern Cup, Buddy Duke, 201
N. Burwell Ave., Adel, GA 31620, 229-896-
3988 (w), 3989 (h)

1 DEC, USAPL New York State Blackberry
Bench Press, Bruce Swanson, 902 Village Dr.,
Brewster, NY 10509

1 DEC (NEW DATE), ADAU Raw Drug Free
North American BP, Joe Pyra, 25 Louis Dr.,
Budd Lake, NJ 07828, 973-691-2695, or Joe
Carini, 973-942-0199

1 DEC, Y.E.S.P.A. PL & BP Nationals,
Trend Dashiell, Box 279, Fruitland,
MD 21826, 410-742-9201, 749-9101,
ask for Trend, Jimmy, or Fred

1 DEC, Estriem Championships (PL & BP -
Granby, Canada) Benoit Brodeur, 450-378-
7666 or 372-0087 (Fax).

1 DEC, "Miller Chev" Christmas BP Classic
(open, teen, women, masters, police/life/military)
The Gym in Elk River, 550 Freeport Ave.,
Elk River, MN 55303, Dave Harrison (D) 763-
441-4232, Jerry Gnevre (E) 763-753-6064
1 DEC, NASS Teen, Masters & Women
Strongman Nationals - Winterfest Open
(Ft. Worth, TX) Bill Holland, 300 W.
Northern Ave., Saginaw, TX 76179, 817-
847-6082, wwillyh@swbell.net

1 DEC, SLP Son Light Winter Classic, Son
Light Power, 122 S. Sale St., Tuscola, IL
61953, 217-253-5429,
www.sonlightpower.com

1 DEC, APF Southern States Open PL, Huge
Iron, 910 S. Atlantic Ave., Daytona Beach, FL
32176, 904-677-4000

1,2 DEC, AAU World DL, World Push/
Pull & International BP (River Palms
Casino on the Colorado River, Laughlin,
NV - raw and equipped classes for men
and women - youth, teen, jr., open,
sub-masters, masters (5 year) lifetime, life-
time masters (5 year) law & military,
physically challenged. Entry Deadline Nov
1, 2001) Martin Drake, Box 108, Nuevo,
CA 92567, 909-928-4797,
Ntrlpwr@pe.net

1,2 DEC, NASA Novice Nationals???,
NASA, Box 735, Noble, OK 73068, 405-
527-8513

2 DEC, 1st Iron House Open BP (Macomb,
IL) Harvie Herrington, 309-836-2933

2 DEC, American Bodybuilding Ohio Open
Push/Pull (Powerstation Gym, Middletown,
OH) Ruether Productions, 10258
Springbeauty Ln., Cincinnati, OH 45231,
513-825-3604, 423-9514

2 DEC, AAU Bench Open & Olympic Meet
(teen, open, raw, masters, submasters, grand
masters, women) Bruce Lynch, Box 272, E.
Taunton, 02718, 508-822-4534

2 DEC, New England Raw PL (Guest Lifter -
Glen Chabot), Joe Reeves, 33 Pine St., River-
side, RI 02915, 401-437-1728

6-9 DEC (expanded contact information),
IPF World Bench Press, John Clark, Box
1572, Christchurch, New Zealand,
jnclark@ihug.co.nz, +64 3 3653051

8 DEC, APA Central America BP & DL
(Quincy, OH) Scott Taylor, Box 27204, El
Jobean, FL 33927, 941-697-7962,
scott@apa-wpa.com

8 DEC, River Valley Bench Press,
Horseheads H.S., 113 Halloran Dr.,
Breecks, NY 14816, John Comerenski, 607-
739-7322

8 DEC, Immaculate Heart of Mary Holiday
Bench Press (Youngstown, OH) Ron DeAmicis,
6531 New Rd., Austintown, OH 44515,
330-792-6670 after 4PM

8 DEC, North Carolina Raw State Meet (no

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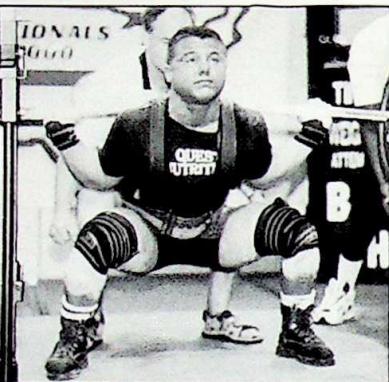
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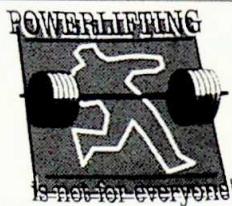
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late entries) John Howie, 209 Meyers St., Monroe, NC 28110, 704-289-4940, jfhowie@carolina.rr.com

8 DEC, 14th Elkhart Bench Press Classic, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 219-674-6683

8 DEC, USAPL Hawaii State, Tony Leitao (808)988-6378, aleato@D14.USCG.mil

8 DEC, Big East BP (men, women, teen, jr., submaster, master- deadline 11/24/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength

8 DEC, USAPL Midwest Sr. State PL & BP (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@hunet.net

8 DEC, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8 DEC, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394

8,9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifiting@aol.com

9 DEC, SLP Midwest Open BP/DL (Indianapolis, IN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9 DEC, AAU Mo. Valley PL Championships (X-Treme Fitness, Union, MO) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537

9 DEC, YMCA High School Winter Bench Press (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@hunet.net

9 DEC, ADAU 9th Raw Drug Free "Cool Country" BP & DL Classic (separate meets - no total-open, teen, jr., submaster, master) Siegel

Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

12-16 DEC (new date), 100% Raw World Championships (men & women, all age/ wt. classes) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

15 DEC, AAU Southeastern Push/Pull World Qualifier (all divs./wt. classes) Sandy Lemonds, Box 704, Randleman, NC 27317, sandral@ashborocom

15 DEC, APA Southeastern U.S. BP & DL (Orlando, FL) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

15 DEC, Nazareth Barbell Holiday Bench Dead Bash (men, women, teen & masters - 1st place sculptured trophies) 610-746-7000

15 DEC, USPF Fifth Ever RMAC Push-Pull, RMAC, 1968 West 6000 South, Roy, UT 84067, 801-776-1873

15 DEC, Champions Sports & Rec High School & Youth Open (unsanctioned, USAPL rules) James C. Hart, 402-470-3672

15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifiting@aol.com

16 DEC, USAPL Champions Sports & Rec High School & Youth BP & PL, Open PL, BP, DL, IronMan/Woman, 2 Man-Woman DL, James C. Hart, 402-470-3672

29 DEC, USAPL NorCal Winter Classic (Napa, CA) Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464 before 8:30 please, www.usapl-ca.org

30 DEC, SLP The Last One! BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

DEC, I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater

Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299

12 JAN, APA Tri-State Open BP, DL, Push-Pull (Kennewick, WA) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

12 JAN (NEW DATE), APF Michigan Bench for Cash (cash prizes for top 5 by Reshel Formula) Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114, jimharbourne@home.com

12 JAN, NASA Ohio State BP (West Liberty Salem H.S., W. Liberty, OH) Dick Corral, 937-633-5504, squat@foryou.net

19 JAN, Capitol District BP/DL, Albany YMCA, 274 Washington Ave., Albany, NY 12203, Tom Corazzini, 518-449-7196 ext 48

19 JAN, NASA Illinois State High School, Smitty, 112 W. North Ave., Flora, IL 62839, 618-662-3413

20 JAN, APA Southern States PL & BP (Orlando, FL) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

20 JAN, Winter Blues BP/PL (Wyoming, MI) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

26 JAN, AAU Star Bench Press Classic (Fairfax County, VA) Bill Calhoun, 703-585-9425, drugre sports@yahoo.com

26 JAN, Staunton YMCA Winter BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifiting@aol.com

JAN, USAPL Pennsylvania HS and Collegiate, Steve Mann @stevenmann@yahoo.com or 845-473-5230

JAN, Augusta Open Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

2 FEB, APA Houston Open PL & BP (Houston, TX) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

2 FEB, Body Factory Power Challenge/BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090

2 FEB, NASA Virginia State (Charlottesville) Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

2 FEB, USPF New York State PL/BP Championships, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfny.com

9 FEB, 11th New Castle BP, Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

9 FEB, APA Windy City Regional BP, DL, Push-Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

9 FEB, ADAU 14th Drug Free East Coast 2 lift raw and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

10 FEB, AAU Missouri State (X-Treme Fitness, Union, MO) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537

22,23 FEB, 100% Raw Women's International Open (all ages, wt. classes, 5 yr. drug testing, 02/02 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

22-24 FEB, Arnold Fitness Expo, Scharzenegger/Lorimer Productions, 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600, www.arnoldclassic.com

23 FEB, APA Iron Warrior Open BP & DL (Montgomery, AL) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

23 FEB, WABDL California State, Matt Laramque, 831-277-4766

23 FEB, 12th Winter Bench Press Classic (Granger, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

FEB, APA Maryland Open (Laurel, MD) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

FEB, USAPL BP or PL Meet, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614

2 MAR, 6th Paso Power Team King of the Bench (sculptured trophies, BP & SQ semi-

nor) Rick Lawrence, 727-942-7894, or Mike at 727-863-2228

2 MAR, APA High School & Junior High School National PL & BP and APA Tri-State Open PL & BP (Houston, TX) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

2 MAR, All Church Powerlifting Contest (Open to all church members & church sponsored teams) Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

2 MAR, 11th Annual Larry Frederick Jr. Memorial Bench Press Challenge, North Penn YMCA, 274 Washington Ave., Albany, NY 12203, Tom Corazzini, 518-449-7196 ext 48

3 MAR, 1st Pittsburgh's Men & Women of Steel Bench Press (assisted & raw: men, women, teen, jr., submaster, master) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

8-10 MAR, 100% Raw Teenage Nationals (men & women, all ages, wt. classes, 5 yr. drug testing period, 02/09 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

9 MAR, ADAU Raw Drug Free New Jersey St. PL / Out of State (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

9 MAR, AAU All American Raw BP, Bill Calhoun, Fairfax County, VA, 703-585-9425, drugfreesports@yahoo.com

9 MAR, USAPL Virginia Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifiting@aol.com

9,10 MAR, Pepsi WABDL Northwest Regional (Doubletree Hotel, Springfield, OR) Gus Rethwisch, 503-962-5066

9,10 MAR, I.P.A. Teenage Nationals (12-19 - Columbus, OH) Dan Dague, 2251 Sundeave Ave., Grove City, OH 43123, 614-539-8311 (H), 614-266-2683 (O)

15-17 MAR, USAPL High School Nationals (St. Louis, MO) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 8-10pm, m_c_i_s_9_0_4_0_8_2 @ aol.com, usaplnationals.com

16 MAR, 14th Beast of the East BP/DL (Bradford, PA) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westipa.net

16 MAR, ADAU Great Lakes PL/National Qualifier (open & all age groups, men & women) Joe Orenga, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

16,17 MAR, IPA Dedication Meet (Dedicated to Gary Gross) (Harrisburg, PA) Mark and Ellen Chaillet, 324 Harvest Field Ln., York, PA 17403, 717-848-1891

17 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665

23 MAR, 13th Cabin Fever DL plus BP, Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471

23 MAR, USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley Vein Rd., Ashland, OR 97520, 541-488-2570

30 MAR, Tamara Rainwater-Grimwood BP/DL Memorial (Lancaster, PA) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westipa.net

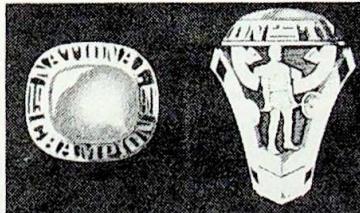
31 MAR, ADAU Seneca Nation of Indians Bench Press Warriors (open men & women, native, youth & teen, junior, submaster, masters) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716-673-4613, Jay.Toth@fredonia.edu

MAR, NASA Kentucky State (Lexington Athlete Club) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

MAR, AAU MASS State Open (male/female) Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534

MAR, AAU Push Pull Nationals (Richmond, VA) Rudy Garcia or Barb Beasley @ 804-581-1910 or SASE to Rt. 1 Box 212, New Canton, VA 23123.

MAR, USAPL Pennsylvania State (Greater



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Scranton YMCA, Dunmore, PA Joe Luciano
570-961-0915 (w), 342-8155,
www.geocities.com/steventmann/vmeets.htm

6 APR, Dungeon Power Works Drug Free Bench Slam/DL, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586 or Tyrone Ward 616-273-1092

6 APR, Staunton YMCA Spring BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

6 APR, Police & Firefighters Open Nationals (Capitol Center Inn, Topeka, KS) James Duree, 913-596-7326, JDuree7086@aol.com

6-7 APR, Power Palooza IV PL, BP, DL, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

7 APR, 3rd Pittsburgh Area Monster BP & DL (men, women - all classes - all divisions - cash prizes - Holiday Inn Airport) Mike Barraeccchio, 301 Spring Water Ct., Moon, PA 15108, 724-457-2708

8 APR, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

13 APR, ADAU Raw Drug Free New York City Open BP & BP/DL, Pete Sanzio, 462 Doane Ave., SI, NY 10308, 178-605-1402

13 APR, Iowa/Midwest Open BP/DL and Trap Deadlift (teen, novice, open, submaster, master [1, 2, 3], and women - awards to all lifters) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

14 APR, 16th Olympic Bench Press Championship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

APR, NASA WV State, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

APR, USPF North American PL/BP (men/women open, 14-23, 30-39, 40+, collegiate) Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

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

4 MAY, USAPL Missouri State/Ozark Open (St. Louis - men & women, open, teen, masters & novice men) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 8-10pm, mcls904082@aol.com, usaplnationals.com

4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested - Lahaina, Maui) Mike Saito 808-

373-5739

4 MAY, ADAU NJ State Drug Free Raw 2 lift and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

4.5 MAY, WABDL Monstercrime Record Breakers (drug tested, Doubletree Hotel, Pasco, WA) Gus Ruthwisch, 503-762-5066

4.5 MAY, USAPL National Masters, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

11 MAY, AAU Virginia State Open & Mid-Atlantic Triple Crown Classic (4 contests in one) Barbara Beasley, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570, barbeez@aol.com

18 MAY, ADAU Pennsylvania State (men, jr., teen - national qualifier) Joe Ortega, 4468 W. 26th, Erie, PA 16506, 814-833-3727

18 MAY, AAU High School Raw Championship (National Qualifier - Fairfax, VA) Bill Calhoun, 703-585-9425, drugfreesports@yahoo.com

18 MAY, 5th Newman BP, Robert Ybarra, 2109 5th St., Sterling, IL 61081, 815-626-5042

18,19 MAY, USAPL Texas State & Region 8 Open and BP (TX & OK) & Special Olympian Slots, Tom North, 507 Cora #106, Arlington, TX 76011, 817-469-9169

24-26 MAY, APF Nationals (WPC World Qualifier - Picadilly Inn Hotel - Fresno, CA) Bob Packer, 559-439-4394, 760-2970

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

MAY, USAPL New England States Open, Greg Kostas, Bx 483, Whitman, MA 02382, 781-447-6714 (8-10pm) Rene Moyen, 401-527-3711

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

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

15 JUN, AAU Raw Defender Bench Press, Bill Calhoun, Fairfax County, VA, 703-585-9425, drugfreesports@yahoo.com

15 JUN, USAPL Eastern USA BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

JUN, NASA WV Open (Buckhannon) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

JUN, AAU Raw Nationals (Boston, MA) Dennis Brennick, 617-567-5177

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

18-20 JUL, IPA Worlds, Fitness America, 9109 Dyer St., El Paso, TX 79924, 915-755-3032, 915-544-6559 (FAX), Jesse Lopez or David Karam

19 JUL, AAU National Raw PL, Bill Calhoun, 703-585-9425, drugfreesports@yahoo.com

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

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

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

2-4 AUG, AWPC Amateur Worlds (Athens, GA) LB. & Nadine Baker, 770-725-6684, lbbaker@musclemaker.net, www.irondawg.com or www.musclemaker.net

3 AUG, Team Weber Strength Powerlifting, Robert Weber Jr., 1412 5th St., Camanche, IA 52730, 563-259-8695

10 AUG, Greene County Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 2 2 9 7 3 , valifting@aol.com

17 AUG, USAPL Mid-Atlantic Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 2 2 9 7 3 , valifting@aol.com

19 AUG, ADAU Raw Drug Free New Jersey Youth BP and 2 lift (19 & under, out of state division) Lorraine Graneese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

2-17 NOV 02, IPF World Men's (Bratislava, Slovakia)

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

18 NOV, The Pennsylvania Power Press (non-sanctioned BP - open, women, teen, master) Dan Swope, 1024 Cranberry Dr., Erie, PA 16502, 814-459-7693

5-8 DEC 02, IPF World Bench Press (Luxembourg)

7,8 DEC 02, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

14 DEC 02, Christmas Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

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

P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

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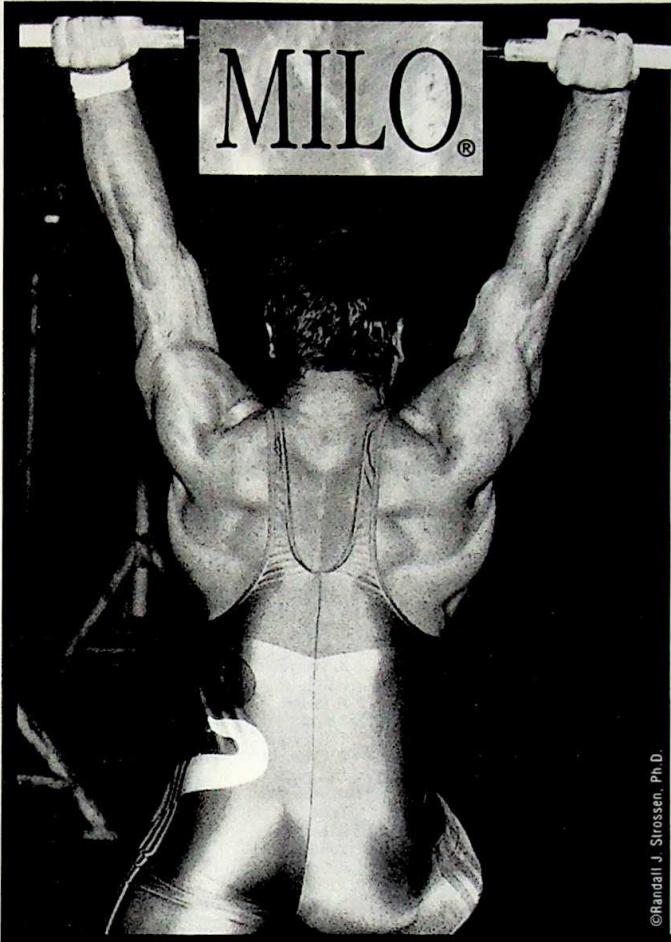
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IPA NEWS

Today I gave back to the greatest sport in the world. IPA provided this opportunity to me. On Saturday September 15 an invitational bench press competition was held at Titan Gym. This is my gym, which I own with my loving and beautiful wife Veronica. The gym was completely rearranged to accommodate this event. This competition was held in retrospect to the cowardly attack on our great and beloved country. The lifters and love for this sport created the atmosphere. No one was interested in cheap plastic awards. The only interest was to move big iron. When all the attempts were completed, all the lifters, spotters, loaders, and spectators remained to socialize. Many conversations developed addressing training, but mostly of our Nation's current situation. If there was ever a crew assembled to combat terrorism, I had them together. We provided everyone with something to drink (O.K some of it was beer!) and eat. This was all done free of charge for all IPA members, some organizations turn all events into a money grab. If you read my last column, you'll see where I went with this. (I assure you I don't make millions of dollars)

I spoke of an Iron bond. This was my chance to lead by example. Some people remained to assist in returning the gym to proper order. I assure you it was in complete disarray.

A special thanks to Mike Barravecchio, Jeff 'Gritter' Adams, and Rick Brewer from the House of Pain for their help. Many meet directors in the IPA have made great sacrifices to ensure well run events. Right now you're saying all meet directors do this for their respective organizations. This is true. I would not deny anyone their due. I tip my hat to all of you. I know it's not easy. It's just that I find many more of this type person in the IPA.

After countless years in this sport, many organizations came and went. The cream of the crop surfaced in the IPA. This is why our organization is the strongest and will endure all in encounters. You know what I mean; we make sacrifices for the love of the sport. It's easy to make a 'sacrifice' for an event when the director walks off with a large profit. I just had a conversation with Mark Chaillet and Dave Tate. I explained the money I invested in this event (Did I mention it was free to all current IPA members?)

Financially it was suicide. While I ran the sweeper and returned my gym to proper order, mentally I felt like a million dollars. Mark and Dave reassured me they had been there many times. This leads us to the upcoming IPA Nationals in Columbus. If you are planning on competition, register now! Space is limited and is filling up quickly. Dave runs a first class event. If you're undecided, let me help you make up your mind. This is an event you don't want to miss. If you don't plan on lifting, make plans to attend to see some of the greatest powerlifting in the world. Be a part of this any way you can. Entry deadline is November 2.

With all that being said, I wouldn't feel right if I didn't mention something about the September 11 cowardly attack on the greatest country in the world. When my wife and I first opened Titan Gym, the first thing placed on the wall was the American flag. It is a strong symbol to me personally, and many of my friends will tell you it didn't take an outbreak of war for me to display the flag. I am an American, and damn proud of it. I have many personal reasons for the level of patriotism I live my life by every day, but I won't bore with that. Just do me one favor, in your gym or where you train, place a flag in a highly visible place. Every once in awhile look over at it. There's many reasons in that flag that enables us to do what we do every day. You take it from there. See you in Columbus. Stay strong. Stay IPA

Any questions and comments regarding the IPA can be sent to: Rob Capozzolo, Titan Gym, 1816 Homeville Village Shopping center, West Mifflin PA 15122, (412) 466-4866, Robcapozzolo@msn.com

NASA WV Open (kg) 22 JUL 01 - Buckhannon, WV				
BENCH				SM1
154 lbs. M2		D. Warnsley		150
S. Stewart	142.5	LE		
Jr		D. Warnsley		150
L. Meighan	135	Jr		
170 lbs. M3		S. Proctor		160
K. Samples	117.5	LE		
M5		C. Swingler		190
K. Samples	117.5	280 lbs. PN		
Int		M. Jones		160
J. White	165	Int		
M. Snyder	25	T. Pratt		100
187 lbs. Teen		HSP		
K. Kelly	150	S. Casto		155
205 lbs. SM2		Int		
D. King	162.5	A. Shields		272.5
M2		Pure		
B. Samples	150	K. Burgess		225
M5		M1		
B. Samples	150	K. Burgess		225
Jr		315 lbs. M5		
R. Hoffman	147.5	K. Burgess		225
Teen		SHW Teen		
S. Sebok	-135	D. Nichols		175
227 lbs.		PS SQUAT		
F. Beegle	115	205 lbs. Jr		
		B. Johnson		
128 lbs.	SQ	BP	DL	185
M2				
C. Carte	80	52.5	92.5	225
154 lbs. HSP				
W. King	95	80	145	320
Teen				
A. Wingfield	132.5	92.5	140	365
HSP				
A. Helms	165	100	165	430
J. Wyant	140	110	152.5	402.5
170 lbs. Int				
R. Cribfield	110	95	140	345
187 lbs. Jr				
C. McKenzie	217.5	122.5	242.5	582.5
Teen				
K. Kelly	160	150	175	485
205 lbs. SM1				
P. Schafer	150	115	215	480
227 lbs. Teen				
F. Beegle	122.5	115	145	382.5
SM2				
W. Jones	205	160	205	570
B. Rochefort	207.5	152.5	215	575
280 lbs. M5				
B. Schafer	45	165	255	665
M1				
R. Knicely	227.5	160	227.5	615
PN				
M. Jones	185	160	195	540
Pure				
T. Tsiouroutis	207.5	250	267.5	770
315 lbs. HSP				
S. Casto	227.5	155	185	567.5
SHW				
J. Tolley	170	97.5	152.5	420
Teen				
D. Nichols	182.5	175	215	572.5
PwrSports	C	BP	DL	TOT
154 lbs. HSP				
J. Wingfield	52.5	92.5	152.5	297.5
170 lbs. M3				
K. Samples	52.5	—	—	52.5
205 lbs. M2				
B. Samples	57.5	—	—	57.5
Jr				
B. Johnson	80	—	—	80
187 lbs. Teen				
K. Kelly	65	—	—	65

(thanks to Mike Adelmann for these results)

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State or Province	Zip Code	Country
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Telephone	Date of Birth	Age	Sex	Pro _____ Am _____
				Elite Am _____

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

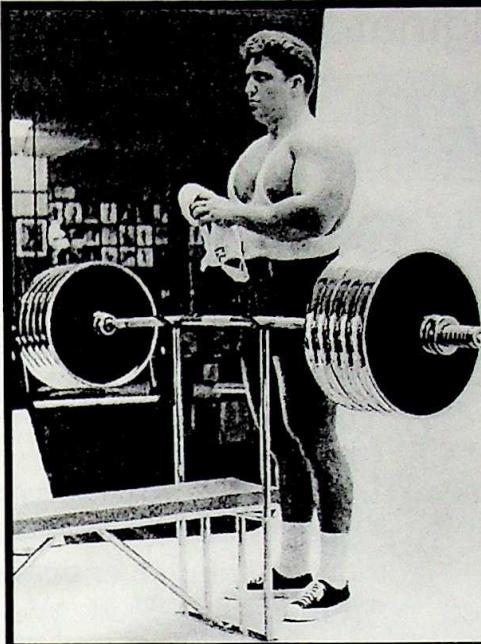
Registration Fee: Adult \$25 ~ High School and Special Olympics \$15

Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

5th King of the Bench 16 Jun 01 - Holiday, FL

Master (40+)	W. Serocki	440	
R. Williams	325	R. Daniels	390
Master (50+)	198 lbs.		
G. Arnold	335	M. Hernandez	440
D. Whitney	240	J. Banning	240
B. Grey	410	220 lbs.	
Open 132 lbs.		T. Vellake	525
C. Wesney	210	242 lbs.	
148 lbs.		M. Hummel	550
B. Schwab	375	G. Cass	290
J. Barah	250	275 lbs.	
165 lbs.		M. Couch	605
R. Kinison	270	Lift	Cash
N. Cafaro	240	M. Couch	\$500
181 lbs.		Jackman	\$300
K. Spires	485	K. Spires	\$200
Overall Heavyweight:	Mike couch.	Overall	
Lightweight:	Kent Spires.	Overall Master:	Greg
			Arnold.
			(Thanks to Rick Lawrence for results)

WNPF American BP/DL 9 Jun 01 - Baltimore, MD			
FEMALE	BP	DL	TOT
97 lbs. BNH (20-23)			
D. Partawardjojo	85	—	85
MALE			
123 lb. Open			
B. Miller	280	—	280
DL (40-49)			
R. Thompson	—	460	460
148 lbs. (60-69)			
L. Epshteyn	210	—	210
Raw			
B. Melrose	245	—	245
DL (60-69)			
L. Epshteyn	440	—	440
DL (Mil)			
B. Melrose	305	—	305
165 lbs. (20-23)			
R. Robinson	305	—	305
DL (17-19)			
B. Avery	300	300	
DL (40-49)			
D. Smith	—	400	400
DL (Mil)			
C. King	—	315	315
181 lbs. BNH Raw Open			
E. Archer	350	—	350
DL (60-69)			
R. Pyatt	—	325	325
(Mil)			
L. Ham	—	370	370
FEMALE DL (Mil)			
K. Black	—	300	300
MALE DL Open			
M. Neiman	—	550	550
DL (P&F)			
B. Lewis	—	500	500
198 lbs. BNH Open			
T. Getsinger	—	380	380
S. Pollock	—	320	320
BNH (P&F)			
J. Gray	400	—	400
RAW (40-49)			
H. Sturman	335	—	335
B. Rosendfield	330	—	330
T. Evangelista	295	—	295
BNH+DL (60-69)			
B. Rosenfield	310	415	725
W. Richardson	280	420	700
BNH+DL Open			
J. Gray	400	630	930
J. Gray	400	630	930
DL (17-19)			
M. Miller	—	500	500
(60-59)			
T. Smith	—	550	550
Open			
T. Smith	—	550	550
S. Pollock	—	460	460
FEMALE DL Open			
E. BENNET	—	325	325
220 lbs. BNH (70-79)			
W. Strong	—	330	330
BNH Raw (40-49)			
B. Nagle	—	395	395
(50-59)			
R. Shanks	395	—	395
BNH+RAW Open			
M. Long	400	—	400
BNH+DL (40-49)			
B. Nagle	395	485	880
BNH+DL Open			
M. Long	440	600	1000
DL (40-49)			
P. Thomas	—	650	650
T. Quinn	—	550	660
B. Nagle	—	486	485
(60-69)			
L. Buccchioni	—	505	505
(Mil)			
M. Bennett	—	605	605
Open			
P. Thomas	—	650	650
242 lbs. BNH (40-49)			
D. Peaker, Sr.	380	—	380
(20-23)			
N. Rico	—	325	325
DL (40-49)			
D. Peaker Sr.	—	535	635
Open			
D. Cooper	—	700	700
275 lbs. BNH Open			
S. Disantostefano	475	—	475
BNH+DL (40-49)			
B. Phillips	380	700	780
I. Brown	280	460	740
Open			
D. Stewart	385	460	845
DL (33-39)			
L. Szymanski	—	630	630
(40-49)			



Legendary Pat Casey King of Powerlifters now reveals his training secrets and training techniques

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Daly City, CA 94017

B. McGeorge	—	630	630	J. Murphy	52.5	110	162.5	Z. Passman	215	287.5	502.5
(60-69)				H. Meyn	55	92.5	147.5	D. Kirk	200	272.5	472.5
C. Smith	—	445	445	Master (50-59)				R. Magni	175	265	440
(Mil)				T. Upton-53	72.5	120	192.5	308 lbs.			
L. Szymanski	—	630	630	S. Mann-54	50	85	135	M. Swank	255	265	520
(P&F)				MEN				Master (40-49)			
L. Szymanski	—	630	630	Open 148 lbs.				T. Morris-43	195	282.5	477.5
SHW BNH Open				S. Layman	165	245	410	J. Hayes-43	185	260	446
E. Rychlak, Jr.	550	—	560	V. Tanabe	102.5	236	337.5	D. Tooker-42	170	255	425
BNH Raw (40-49)				Y. Toneda	105	175	260	J. McKeekin-43	105	65	170
G. Herbert	—	345	345	165 lbs.				(60-69)			
BNH+DL				E. Wakefield	115	190	305	B. Evans-54	177.5	212.5	390
G. Herbert	345	475	820	181 lbs.				H. Myers-56	110	215	325
(Thanks to Brian Washington for these results)				M. Olivares	140	210	360	B. MacKenzie-54	130	200	330
				198 lbs.				(50+)			
				S. Seibold	205	227.5	432.5	W. Leedy-70	130	205	335
				K. Show	170	250	420	H. Brownstein-61	112.5	205	317.5
				V. Calis	147	240	387.5	D. Cronin-65	95	65	160
				220 lbs.				Junior (14-16)			
				T. Hardridge	222.5	320	542.5	C. Shigley-16	112.5	140	252.5
				B. Evans	177.5	212.5	390	(20-23)			
				M. Hunter	160	237.5	387.5	L. Rector-23	182.5	222.5	405
				L. Maxwell	117.5	192.5	310	J. Mancini-22	157.5	232.5	390
				S. Waits	242 lbs.			J. Zumbado-21	192.5	195	387.5
				T. Upton	72.5	120	192.5	T. Sullivan-23	125	192.5	317.5
				148+ lbs.				NOTE: Masters & Juniors determined by formula. (by courtesy of Muscle Beach Venice)			
				A. Hernandez	107.5	190	297.5				

World Natural Powerlifting Federation (WNPF) Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ DATE OF BIRTH: _____

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

REGISTRATION FEE
\$10.00 SPECIAL OLYMPICS
\$15.00 HIGH SCHOOL
\$30.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

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- * guaranteed more results than any other shirt
- * recommended for experienced powerlifters only

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- * strong support off chest
- * extra comfort built in
- * great immediate results

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Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders _____
chest _____ arm _____

colors - Black, Red, Navy Blue, Royal Blue
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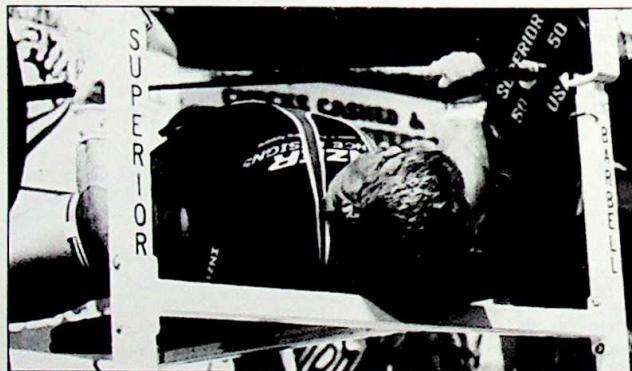
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- * extra reinforced construction
- * guaranteed more support and power than anything ever available before now

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- suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00
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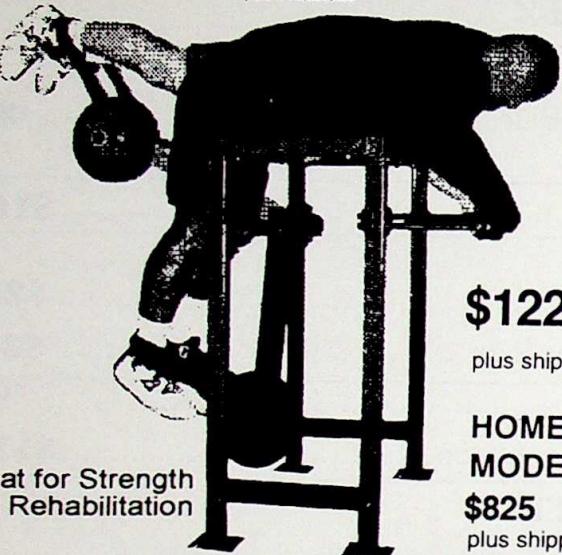
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PHONE (614) 276-0923

NH USPF Summer Slam Push/Pull

14 Jul 01 -

MEN	BP	DL	TOT
Juniors/Teen			
MacDonald, R-(242)	405	550	955
Laudarowicz, J-(178)	305	455	760
Moody, J-(164)	265	420	685
Submasters			

Enquist, T-(222)	420	625	1045
Bourque, J-(194)	340	525	865
Davis, T-(259)	370	600	970
Masters			
Smith, J-(188)	285	515	800
Drouin, M-(242)	360	535	895
Gove, T-(232)	325	510	835
Grand Masters			

Wallin, C-(239)	240	505	745
Bennett, P-(198)	195	405	600
WOMEN			
Carroll, K	110	280	390
Kelecy, D-(119)	90	180	270
Grand Masters			
Day, C-(171)	100	195	295
148 lbs.			
O'Connell, J	165	225	390
165 lbs.			
Carlson, C	300	425	725
Treletthen, R	285	415	700
Malone, M	315	365	680
Cannon, M	225	415	640
McLaughlin, A	235	295	530
Pech, G	180	325	505
181 lbs.			
Fowler, R	335	525	860
Laudarowicz, J	305	455	760
198 lbs.			
Bourque, J	340	525	865
Kemp, H	365	500	865
Smith, J	285	515	800
Mizula, B	290	475	765
Brousseau, S	240	465	705
Beatty, D	250	455	705
220 lbs.			
Ahern, M-BL	450	605	1055
Newman, S	375	475	850
Kulas, P	315	470	785
Gilbert, J	255	475	730
242 lbs.			
Enquist, T	420	625	1045
McDonald, R	405	550	955
Drouin, M	360	535	895
Gove, T	325	510	835
Mosonyi, J	290	445	735
175 lbs.			
Davis, T	370	600	970
Tuttle, W	340	500	840
Lamb, T	425	135	560
Carroll, J	425	—	425
SHW			
Otte, C	325	575	900
Adams, R	450	450	900

BL-Best Lifter. Meet Director: Jamie Fellows. Score Keeper: Paul Mancini and Rod Roy. On Saturday, 14 July 2001, the New Hampshire State Prison played host for the summer powerlifting championships. Jamie Fellows (our meet director) and Dave Follansbee (NH State Chair) got off to a slow start because of the weight scale. That problem is solved thanks to the Recreation Director Rod Roy. The meet went on without a hitch after the long weigh-in. We had three Woman lifters, All did outstanding, we hope to see all the lifters come back to our future meets. J. O'Connell was the only one in the 148 class, we will try to have some competition in the class for him next time. The 165 lbs. class was loaded, but C.

Carlson did a fine job pushing up a 300 lb. bench and a 425 lb. deadlift that gave him first place. Second went to R. Treletthen, if he put some more weight on the bar I think he could of took first. The 181 lbs. class only had two lifters, Ray (Hollywood) Fowler had a personal best on the bench with 335 lbs, he also pulled 525 lbs. for the win, he did have trouble with 580 lbs. J. Laudarowicz took second. The 198 lbs. class had some close competition. First place was decided by 2 pounds of body weight. J. Bourque took first, with a 340 lb. bench and a 525 lb. deadlift. H. Kemp came in second with a 365 lb. bench and a 500 deadlift. The 220 lbs. class had the best lifter, Mike Ahern, he opened with 450 lb. on the bench and smoked it up, he called for the magic 510 lb. and just missed it, next time Mike. 605 lb. off the floor for a 1055 lb. total. Steve Newman came in second with a 375 lb. bench and a 475 lb. deadlift. The 242 lbs. The class was won by Tom Enquist, he did a nice 420 lb. bench and a 625 lb. deadlift, he went for 655 lbs. on his last lift for the State record, but it didn't go. Ryan McDonald came in second with a 405 lb. bench and a 550 lb. deadlift. Not bad for his first meet, he did try 435 lb. on the bench for the State record. He also had a little trouble with the 145 lb. squat, after he settled down he smoked the 145 lb. The 275 lbs. class was won by T. Davis, he pushed 370 lb. and pulled 600 lb. for the win over W. Tuttle who competed in his first meet, give this kid some time and Terry will have some competition. The SHW class was decided by body weight, C. Otte took first with a 325 lb. bench and a 575 lb. deadlift. R. Adams came in second with a strong 450 lb. bench, and a 450 lb. deadlift. Thanks to the spotters and loaders, Joel Smith, Bill Hill, and Sean Macdonald. Jamie Fellows, Dave Follansbee and Al Eason judged this meet. Rod Roy and Paul Mancini did the scorekeeping. (Thanks to Tom Enquist for the meet results)

Lake County Ironman 29 Jul 01 - Gray's Lake, IL

WOMEN	BP	DL
T. Brewton-156	150	245*
D. Ruffner-148	145	—
Submaster		
M. Bates-174	240*	365*
A. Beahr-240	350	610*
P. Olsen-231	325	550
Master (40-49)		
J. Kinney-194	275*	445
Master (50)		
M. Levanti-241	360*	—
Open 181 lbs.		
A. Hernandez	325	—
R. Hernandez	390	550
I. Hernandez	220 lbs.	505
J. Hull	420	—
C. Hansen	475*	—
242 lbs.		
A. Beahr	350	610*
P. Olsen	325	550
275 lbs.		
N. Kirkiris	405	600
308 lbs.		
L. Seymore	350*	—

*State Record. Best Bench Press Lifter: Craig Hansen - 475. Best Deadlift Lifter: Alan Beahr - 610. A great time was had by all lifters. The weather was very hot so many of the lifters missed some easy lifts. There was some very impressive State Records set. Craig Hansen set the Pace with a 475 Bench Press in the 220 Open Class. He nearly missed a 500 but just could not push it up. We all know it was the heat. Al Beahr set a new Open 242 Deadlift record with a 610 pull. New APA lifter Mike Bates Set new Illinois Records in the Submaster 181 Division. Special Thanks to the Lake County Fair for a great meet site. Also thanks go out to Bobby Alan owner of Powerhouse Gym for providing all the equipment and the support. The spotters and loaders did a great job in the heat. Lastly, thanks to the APA State chairman Preston Olsen for another great meet he also had a tough day in the heat with misses in the Bench Press and the Deadlift and a back injury on the last attempt in the Deadlift. The meet was covered by the Daily Herald, and the APA got some nice press the next day with a great write up. Scott Taylor was missed but will be back in Illinois when the APA returns for its next meet at Powerhouse Gym on Oct 13th. Thanks Scott for all your hard work you do for the APA. (Thanks to Preston Olsen for results)



Application for Registration UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # <i>(if Known)</i>
		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	/ /
Card Issued By				

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.

Signature _____

If Under 18 have Parent Initial _____

**NASA North Carolina State
2-3 May 01 (kg)**

BENCH	170 lb. M1	
187 lb. HS	92.5 154 lb. M2	182.5
J. Ferrarn	95 187 lb. M5	172.5
170 lb. M1	F. Sumner	147.5
J. Graboski	107.5 Pwrlifting	
154 lb. M2	BENCH	
J. Smith	125 187 lb. HS	
187 lb. M5	J. Earley	72.5
F. Sumner	165 315 lb.	
250 lb. P	D. Jorgensen	185
S. Nisbet	167.5 154 lb. Jr	
205 lb. SM1	H. Earley	127.5
D. Griffin	115 227 lb. M1	
187 lb. Teen	D. McMillan	210
A. Long	315 lb.	
WOMEN	B. Kepley	120 W. Ferguson
SHW M5	J. Tancil	—
B. Kepley	205 lb. M2	
SQAT	157.5 A. Earl	200
250 lb. Nov	227 lb.	
B. Cope	J. Earley	185
CURL	60 MS	
250 lb. HS	R. Lowery	152.5
R. Redwine	121.5 250 lb.	
154 lb. M2	B. Wilson	192.5
J. Smith	65 154 lb. Nat	
187 lb. M5	H. Earley	127.5
F. Sumner	67.5 250 lb. Nov	
227 lb.	L. Miller	170
R. Lowery	205 lb. Pure	
250 lb. Pure	W. Ferguson	165
S. Nisbet	70 315 lb. Pure	
205 lb. SM1	J. Antonio	77.5 205 lb. SM1
A. Antonio	70 M. Holbrook	165
L. Crews	187 lb.	SHW
Teen	M. Price	260
A. Long	62.5 187 lb. Teen	
DEADLIFT	J. Earley	72.5
Pwrsports	CR BP DL TOT	
170 lb. M1	187 lb. M1	
J. Graboski	50 95 182.5 327.5	
187 lb.	R. Robbins	40 75 137.5 252.5
154 lb. M2	J. Smith	55 107.5 172.5 335
187 lb. M5	J. Jenkins	55 97.5 140 292.5
F. Sumner	65 125 147.5 337.5	
205 lb.	T. Wheeling	210 112.5 200 522.5
C. Steinbacher	227 lb.	
250 lb.	M. Miller	182.5 97.5 170 450
L. Bizzell	315 lb.	
B. Cope	D. Jorgensen	195 185 227.5 607.5
205 lb. Pure	227 lb. In	
B. Nichols	C. McCrary	200 140 220 560
227 lb.	170 lb. M1	
T. Meadows	J. Graboski	137.5 95 182.5 415
205 lb. SM1	227 lb.	
D. Griffin	T. Higgins	317.5 157.5 282.5 757.5
L. Crews	B. Hale	237.5 190 200 627.5
227 lb.	R. Medlin	227.5 160 227.5 615
K. Benfield	250 lb.	
205 SM2	C. Winecoff	205 155 182.5 542.5
S. Hancock	M2	
Pwrlifting	W. Wheeling	210 162.5 182.5 555
187 lb. HS	187 lb. M5	

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187 lb.	J. Hargett	250	125	240	615
227 lb.	D. Huntsinger	200	110	190	500
250 lb.	K. Tillman	305	187.5	272.5	765
138 lb., Teen	C. Smith	102.5	65	150	317.5
154 lb.	M. McGee	110	57.5	157.5	325
154 lb. PN	M. Lickliter	92.5	60	115	267.5
		(Thanks to Mike Adelmann for these results.)			

**USPF South Texas
9 Jun 01 - Seguin, TX**

BENCH	E. Wilkinson	524	
Open 148 lbs.	242 lbs.		
W. Fenton	320	T. Arnold	413
T. Barnard	259	275 lbs.	
165 lbs.	165 lbs.	R. Purdy	485
S. Weingust	364	308 lbs.	
L. Schuchart	309	J. Quinterro	364
181 lbs.	181 lbs.	Masters (40-49)	
R. Mickell	424	165 lbs.	
H. Meier	353	S. Weingust	364
198 lbs.	198 lbs.	181 lbs.	
G. Gutierrez	441	H. Meier	353
J. Waters	391	198 lbs.	
J. DeLosSantos	259	M. Grass	270
220 lbs.	220 lbs.	Masters (50-59)	
B. Fusilier	485	275 lbs.	
D. Flunker	419	D. Brooks	320
242 lbs.	242 lbs.	(60+) 148 lbs.	
E. Molina Jr.	391	L. Dacey	171
275 lbs.	275 lbs.	Police/Fire	
J. Folkner	535	165 lbs.	
R. Purdy	485	P. Arriaga	265
P. Guerrero	402	198 lbs.	
308 lbs.	308 lbs.	J. Waters	391
J. Trevino	463	308 lbs.	
Junior (13-15)	Junior (13-15)	J. Trevino	463
275 lbs.	275 lbs.	WOMEN	
J. Trevino	259	Open 123 lbs.	
(20-23) 198 lbs.	(20-23) 198 lbs.	S. Rinn	221
A. Rodriguez	102	165 lbs.	
Submaster	Submaster	T. Jones	187
181 lbs.	181 lbs.	148 WOMEN	
R. McCarty	452	Open 123 lbs.	
198 lbs.	198 lbs.	S. Rinn	221
J. Campbell	—	165 lbs.	
220 lbs.	220 lbs.	T. Jones	187
MEN	SQ	BP DL TOT	
Junior (13-15)	Junior (13-15)		
114 lbs.	114 lbs.		
B. Trevino	171	127 209 507	
148 lbs.	148 lbs.		
V. Guerra	143	121 182 446	
165 lbs.	165 lbs.		
W. Edwards	292	182 325 799	
181 lbs.	181 lbs.		
N. Lyons	—	— — —	
198 lbs.	198 lbs.		
K. Eddleman	452	198 457 1107	
275 lbs.	275 lbs.		
J. Trevino	474	259 402 1135	
(16-17) 123 lbs.	(16-17) 123 lbs.		

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Nationals, 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... WDFP 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

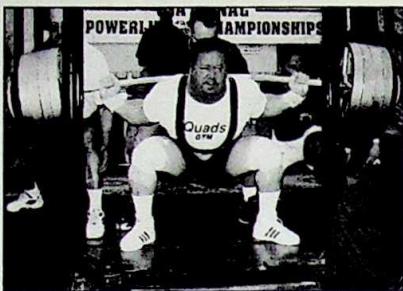
Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198s, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out!, WNPF Worlds, TOP 100 220s, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill

Nichols Profile, Sticking Points in the Squat, 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, Shand Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s
Nov/94... WDFP Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, 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 Contest, 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 Ergonomics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, 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,

S. Baltazar	303	193	325	821
W. Strickland	292	176	309	777
132 lbs.				
V. Guerra	314	204	347	865
148 lbs.				
M. Gillette	375	209	402	986
J. Fraugto	375	243	364	982
J. Warner	331	187	386	904
H. Floresla	353	209	331	893
165 lbs.				
J. Munoz	551	298	557	1406
B. Harris	—	—	—	—
H. Hinojosa	—	—	—	—
181 lbs.				
G. Menchaca	386	237	413	1036
198 lbs.				
B. Acevedo	435	281	468	1184
C. Medina	402	248	452	1102
220 lbs.				
J. Graham	402	226	507	1135
242 lbs.				
C. Morse	606	347	568	1521
275 lbs.				
J. Garcia	303	209	379	891
308 lbs.				
J. Flores	369	231	353	953
SHW				
P. Garcia	639	320	562	1521
(18-19) 181 lbs.				
C. Lund	452	276	452	1180
198 lbs.				
J. Allen	402	226	474	1102
220 lbs.				
C. Moreno	402	309	485	1196
242 lbs.				
E. Menchaca	546	314	551	1411
308 lbs.				
A. Gonzalez	639	402	452	1493
(20-23) 220 lbs.				
D. Cleveland	501	331	551	1383
D. Ortiz	452	276	491	1219
275 lbs.				
C. Tramell	546	314	601	1461
Submaster 165 lbs.				
T. May	507	247	501	1255
181 lbs.				
R. McCarty	165	452	165	782
220 lbs.				
T. Valdez	468	364	380	1212
242 lbs.				
D. Hughes	551	397	573	1521
S. Witt	601	276	463	1340
Masters (40-44) 165 lbs.				
R. Blount	353	231	501	1085
181 lbs.				
S. Smith	353	270	435	1058
198 lbs.				
M. Grass	491	270	413	1174
J. Stem	320	176	408	904
220 lbs.				
L. Mistic	645	435	628	1708
D. Ford	457	336	562	1355
242 lbs.				
G. Pamplin	617	441	524	1582
B. Olusola	—	—	—	—
C. Garcia	—	—	—	—
275 lbs.				
A. Leyton	364	303	452	1119
308 lbs.				
C. Bryant	639	402	568	1609
SHW				
T. Knighton	513	325	601	1439
(45-49) 242 lbs.				

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M. McDaniel	661	408	601	1670	R. Hunt	314	209	336	859
308 lbs.					181 lbs.				
B. Gresham	694	408	628	1730	T. Betting	430	298	457	1185
(50-54) 148 lbs.					S. Smith	353	270	435	1058
J. Fisher	276	165	292	733	L. McDonald	325	231	358	914
181 lbs.					198 lbs.				
S. Sampson	430	265	441	1136	J. Steen	320	176	408	904
220 lbs.					220 lbs.				
B. Johnson	—	—	—	—	J. Haege	468	358	457	1283
275 lbs.					J. Dora	375	226	474	1075
D. Brooks	474	320	474	1268	242 lbs.				
(55-59) 220 lbs.					C. DeLaRosa	529	342	457	1328
D. Youngman	—	—	—	—	K. Zermeno	—	—	—	—
308 lbs.					Open 148 lbs.				
C. Wahl	314	215	364	893	W. Fenton	—	—	—	—
BELOW CLASS I					165 lbs.				
148 lbs.					J. Munoz	551	298	557	1406
D. Pierce	435	309	480	1224	198 lbs.				
T. Barnard	259	259	331	849	E. Luna	606	364	557	1527
W. Fenton	—	—	—	—	220 lbs.				
165 lbs.									

Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s. Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s. Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s. Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice. Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s. Aug/96... ADPFA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revis-

ited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s. Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s. Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Grossbrenner "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 Wren profile, TOP 100 165s. Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s. Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo Apr/97... Clark Benches 800-Waterman 600 @ 181, USA Powerlifting Crisis,

B. Fusilier	683	485	595	1763
L. Mistric	645	434	628	1707
K. Kelly	601	336	639	1576
242 lbs.				
M. McDaniel	661	408	601	1670
C. Garcia	—	—	—	—
275 lbs.				
J. Fowler	800	408	661	1869
L. Neef	661	424	628	1713
J. Magendie	606	408	656	1670
308 lbs.				
D. Hartman	667	419	584	1670
C. Bryant	639	402	568	1609
SHW				
F. Lopez	711	502	601	1814
Police/Fire 165 lbs.				
P. Arriaga	358	265	413	1036
WOMEN				
Open 123 lbs.				
B. Coody	292	165	325	782
148 lbs.				
S. Ammann	276	127	364	767
M. Sisneroz	276	176	292	744
165 lbs.				
M. Gonzales	287	132	281	700
SHW				
K. Pitts	331	320	402	1053
Junior (13-15) 105 lbs.				
K. Leggett	116	77	165	358
M. Sustaita	215	83	248	546
SHW				
B. DeOreo	154	110	176	440
(16-17) 97 lbs.				
J. Hores	171	121	215	507
T. Leggett	231	127	265	623
123 lbs.				
L. Rios	198	110	226	534
132 lbs.				
A. Schulze	209	88	220	523
148 lbs.				
C. Brune	270	149	265	684
165 lbs.				
T. Smith	182	105	270	557
198 lbs.				
M. Grimaldo	226	160	254	640
(18-19) 105 lbs.				
K. Hoerner	243	88	270	601
114 lbs.				
C. Boutte	254	105	287	646
(20-23) 132 lbs.				
J. Kersh	254	132	259	645
148 lbs.				
M. Garza	231	105	226	562
Masters 148 lbs.				
W. Wall-46	231	149	259	639
165 lbs.				
V. Laubach	204	116	259	579
181 lbs.				
L. Montemayor	182	88	138	408
Novice 132 lbs.				
A. Womack	231	143	276	650
132 lbs.				
A. Sdiulze	209	88	226	523
148 lbs.				
W. Wall	231	149	259	639
165 lbs.				
V. Laubach	204	116	259	579
BEST LIFTERS: Open Men John Fowler 275, Junior Men Jesus Munoz 165, Below Class I Dino Pierce 220, Masters Men Larry Mistic 220, Submaster Men Tracy May 165, Best Bench Master: Sheldon Weingust 165, Best				

Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts. Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s. Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s. Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s. Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, 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 Nationals, APF All Time

Bench Men Ed Wilkinson 220, Best Deadlift Men Jesus Munoz 165, Best Squat Men John Fowler 275, Open Women Brenda Coody 123, Junior Women Terrenza Leggett 114, Best Bench Women Susan Rinn 123, Best Squat Women Brenda Coody 123, Best Deadlift Women Brenda Coody 123. Records ESTABLISHED: 198 Jeffery Waters State Record Single Lift Bench Press 391.7, Police/Fire/Fighter SHW Pierre Garcia State Record Squat 639, Junior Men 16-17 SHW Pierre Garcia State Record Deadlift 567.6, Junior Men 16-17 198 Adam Rodriguez State Record Single Lift bench Press 402.2, Junior Men 20-23 220 Ed Wilkinson State Record Single Lift Bench Press 523.5, Submaster Men 220 Ed Wilkinson American Record Single Lift Bench Press 523.5, Submaster Men 198 Kelby Eddleman State Record Deadlift 457.4, Junior Men 13-15 308 Jaime Trevino State Record Single Lift Bench Press 462.9, Police/Fire/Fighter 308 Charles Bryant State Record Squat 639.3, Masters 40-44 308 Charles Bryant State Record Bench Press 402.2, Masters 40-44 308 Charles Bryant State Record Deadlift 567.6, Masters 40-44 308 Charles Bryant State Record Total 1609.3, Masters 40-44 165 Sheldon Weingust State Record Single Lift Bench Press 363.7, Masters 45-49 242 Mike McDaniel State Record Squat 661.3 Masters 45-49. (results from Seguin Fitness)

NASA Texas Classic

16 Jun 01 -

Pwrsports	250 lb.	M1		
SQUAT	Lee Ellif		230	
WOMEN	187 lb.	Nat		
110 lb.	S. Griffin		172.5	
R. Hedrick	72.5	227 lb. Pure		
PL BENCH	J. Colbert		205	
Powerlifting	SQ	BP	DL	TOT
WOMEN				
170 lb. SM2				
M. Scheffler	70			
PwrSports	CR	BP	DL	TOT
187 lb. Nov				
C. Rimmer	65	120	232	417.5
178 lb. Pure				
C. Rimmer	66	120	232.5	417.5
250 lb. SM2				
D. Harris	82.5	182.5	245	510
WOMEN				
110 lb. SM2				
R. Hedrick	25	45	95	165
170 lb.				
M. Scheffler	32.5	70	150	
252.60				
PwrLifting	SQ	BP	DL	TOT
154 lb. HS				
J. Allen	185	102.5	177.5	465
170 lb.				
Gruetzmacher	172.5	92.5	177.5	442.5
B. Smith	142.5	80	167.5	390
187 lb.				
J. Jeft	220	145	225	590
119 lb. Jr				
S. Widon	80	37.5	100	217.5
187 lb.				
J. Davis	175	137.5	210	522.5
205 lb. M3				
D. Taylor	77.5	90	100	267.5
119 lb. Nov				
J. Bray	145	92.5	162.5	400
127 lb.				

TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s. May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s. Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs. Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts. Aug/98... USAPL Men's National's, Platform Deadlifts, ADFFA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam. Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Belts, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

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BENCH

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OKIE SQUAT BAR

1 SUTHERLAND BAR

1 LEISTNER BAR

1 TEXAS POWER BAR

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3/2,000 LB BARS

1 APPOLONS AXLE

SURPA RACKS

2 CREPINSEK SQUAT BARS

1 CAMBERED BENCH BAR

3 FULL SETS OF BANDS

DEADLIFT PLATFORM

POWERLIFTERS WELCOME

NASA High School PL/PS
7-8 Apr 01

PwrSports	CR	BP	DL	TOT
BOYS				
127 lb. Fr-So				
J. Adams	45	87.5	162.5	285
138 lb.				
D. Heckmaster	60	70	170	290
164 lb.				

(thanks to Mike Adelmann for these results)

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s. Nov/98... A World's 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 Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s. Mar/99... L.A. Lifting Club, Doyle Kenady Tribute, Stretching Your Limits, Visitors to Westside, Tiny Meeker, Women, Masters, Teenage TOP 20 lists, Partials. Apr/99... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s. May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s. Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs. Aug/99... the Rubber Band Man, the "Muscleton USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s. Sep/99... USAPL Men's Nats., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triad, York Spectacular, TOP 100 132s

D. Holley	46	77.5	190	312.5
170 lb.				
J. Priem	62.5	107.	212.5	382.5
D. Caddis	47.5	95	185	327.5
187 lb.				
J. Amer	47.5	100	200	347.5
M. Ramos	47.5	96	172.5	316
260 lb.				
A. McNeely	47.5	107.5	182.5	337.5
280 lb.				
J. Stark	67.5	136	242.5	445
E. Buckmaster	42.5	112.5	220	375
119 lb. Jr-Sr				
J. Perry	37.5	85	137.5	260
164 lb.				
J. Holland	45	90	182.5	317.5
J. Cain	30	102.5	160	292.5
170 lb.				
J. Gonzales	60	115	215	380
J. Williamson	60	137.5	190	377.5
E. Burgos	32.5	112.5	205	360
205 lb.				
C. McAlester	65	92.5	182.5	330
227 lb.				
C. Fisher	67.5	112.5	210	380
M. Waswo	60	105	147.5	302.5
260 lb.				
S. Reed	60	160	265	485
C. Malone	45	102.5	160	307.5
GIRLS				
170 lb. Fr-So				
C. Artym	32.5	60	137.5	230
Pwlrlifting	SQ	BP	DL	TOT
BOYS				
Fr-So 119 lb.				
S. Melancon	142.5	85	167.5	386
J. Dupuis	115	80	167.5	362.5
D. Douglas	115	62.5	160	327.5
127 lb.				
C. Nero	142.5	142.5	165	460
D. Ryan	102.5	60	122.5	80
138 lb.				
M. Melancon	150	92.5	175	417.5
T. Goodman	142.5	72.5	165	380
A. Funkhouser	112.5	70	137.5	95
164 lb.				
D. Torrejon	172.5	120	192.5	485
C. Simon	82.5	96	187.5	469
L. Summers	175	95	175	445
B. Heffley	170	97.5	175	442.5
154 lb.				
B. Steele	165	87.5	182.5	425
R. Chance	167.5	90	162.5	400
W. Cornelias	142.5	82.5	167.5	382.5
J. Jones	127.5	85	162.5	375
C. Deatherage	127.5	180	165	372.5
170 lb.				
N. Payne	165	95	197.5	447.5
J. Granger	167.5	100	187.5	445
K. Hill	145	92.5	170	407.5
Z. Zabrowski	140	95	170	405
D. Keffer	130	90	165	375
C. Beckwith	132.5	70	162.5	365
K. Ashade	115	62.5	170	202.5
187 lb.				
C. Vague	186	92.5	206	482.5
A. Vermillion	162.5	92.5	172.5	417.5
J. McCuistion	140	82.5	140	362.5
205 lb.				
J. Wells	162.5	97.5	167.5	417.5
227 lb.				
J. Richard	215	137.5	180	532.5
B. Wahstrom	185	97.5	197.5	480
S. Cullor	167.5	105	165	427.5
J. Johnson	162.5	86	165	402.5

Oct/99... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s. Nov/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s. Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Nationals, 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, Close Grip BP, Strongman II, TOP 100 198s. Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triad, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s. Mar/00... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest

J. Scroggins	142.5	105	147.5	395
E. Ramos	120	97.5	172.5	390
250 lb.				
L. Dominique	167.5	97.5	172.5	437.5
A. Leichinger	152.5	110	170	432.5
C. Phillips	132.5	97.5	182.5	412.5
P. Sheffell	137.5	97.5	165	370
280 lb.				
R. Middleton	220	117.5	212.5	660
E. Buckmaster	200	112.5	220	632.5
J. Brown	190	110	207.5	507.5
M. Harrell	195	107.5	197.5	500
J. Boudreax	102.5	80	142.5	326
316 lb.				
J. Turknett	200	112.5	217.5	630
SHW				
S. Puett	160	75	177.5	402.5
Pwrlifting	SQ	BP	DL	TOT
BOYS				
Jr-Sr 119 lb.				
P. Pulchny	137.5	60	140	337.5
J. Perry	115	85	137.5	337.5
D. Chamberlein	70	37.5	87.5	195
127 lb.				
M. Johann	160	92.5	182.5	425
J. Boling	142.5	70	152.5	80
138 lb.				
J. Ortega	205	112.5	205	522.5
A. Moore	160	82.5	185	417.5
154 lb.				
E. Biggs	172.5	107.5	195	475
A. Nelson	160	110	205	465
L. Miller	167.5	97.5	192.5	447.5
J. Holland	154	166	182.5	437.5
B. Cathcart	137.5	82.5	160	300
170 lb.				
J. Sevy	225	115	222.5	662.5
B. Sunday	212.5	135	215	662.5
N. Wahlstrom	190	110	267.5	667.5
J. Gonzales	197.5	130	222.5	660
L. Dougan	207.5	125	202.5	535
Z. Griffith	215	100	205	620
E. Burgos	175	112.5	205	492.5
B. Blackman	162.5	122.5	200	485
M. Vail	182.5	112.5	182.5	477.5
M. Spradlin	175	95	195	465
J. Webber	130	112.5	100	422.5
D. Walters	162.5	87.5	172.5	412.5
J. Kelley	137.5	75	162.5	375
187 lb.				
C. Duff	237.5	137.5	227.5	602.5
D. Beavers	220	115	212.5	647.5
L. Masters	190	117.5	190	497.5
P. Cullor	182.5	97.5	195	475
S. Quintrall	167.5	107.5	160	415
205 lb.				
L. Scroggins#	262.5	145	245	662.5
A. Yannotta	242.5	137.5	185	665
S. Johnson	197.5	132.5	235	665
B. Allford	212.5	100	222.5	635
A. Rayne	217.5	120	195	632.5
C. Brown	172.5	95	192.5	460
J. Garton	167.5	100	185	462.5
J. Chandler	165	102.5	185	442.5
227 lb.				
J. Hager	200	140	227.5	667.5
M. Hines	192.5	115	200	607.5
J. Banks	182.5	110	200	492.5
C. Ring	177.5	120	192.5	490
J. Glasco	175	100	195	470
T. Watkins	122.5	102.5	137.5	362.5
N. Conen	195	115	205	105
250 lb.				
S. Miller	245	165	262.5	662.5
R. Foote	265	165	232.5	662.5
S. Reed	200	160	266	625
J. Small	202.5	117.5	227.5	647.5

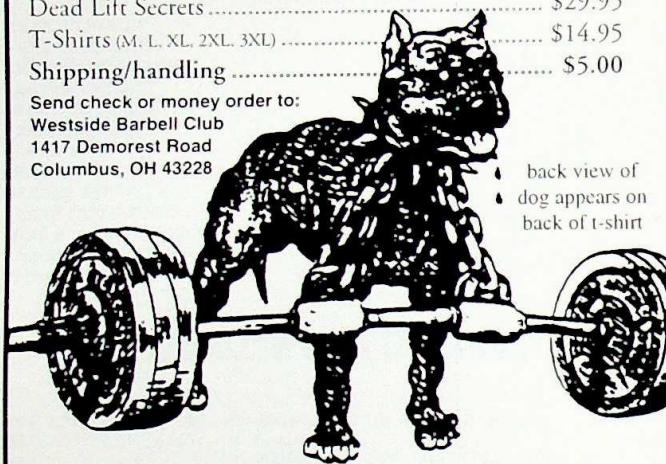
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C. Malone	205	102.5	160	467.5
J. Cook	175	112.5	165	452.5
C. Douglass	125	80	162.5	367.5
H. Keeney	460	102.5	175	117.5
R. Tharp	239	112.5	102.5	112.5
280 lb.				
B. Simpson	260	167.5	237.5	665
Westmoreland	205	147.5	267.5	610
J. Hollier	167.5	130	180	477.5
B. Domannish	165	97.5	160	422.5
315 lb.				
T. Boutte	227.5	160	205	692.5
SHW				
C. Patton	170	127.5	207.5	605
B. Vacchino	272.5	166	262.5	185
GIRLS				
Fr-So 110 lb.				
J. Hill	80	42.5	100	222.5
138 lb.				
D. Armstrong#	117.5	67.5	120	295
164 lb.				
S. Brown	97.5	45	122.5	265
SHW				
N. Brown	137.5	62.5	147.5	347.5

AAU Missouri-Kansas BP/DL

10 Jun 01 - Union, MO

	Raw	BP	DL	TOT
GIRLS 114 lb.				
L. DeForest		55	—	—
BOYS 88 lb.				

Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
 Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ-by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s.
 Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
 Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights.
 Dec/00 ... Tao of Competition PT.1, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightweights.
 Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s.

I. Stephenson	70	150	220
MEN 148 lb.			
R. Bertel	185	375	560
165 lb.			
D. Eskridge	275	425	700
181 lb.			
B. Kleffner	300	—	—
220 lb.			
D. McClain!	325	495	820
242 lb.			
J. McCuen	425	—	—

The Missouri Valley AAU presented a strength seminar and exhibition with 600 benchers Jeff Lewis. Jeff performed a RAW 555 pound Bench Press, followed by 34 reps with 225. Jeff answered questions and spoke about the importance of lifting DRUG-FREE! Thanks to Jeff for a great seminar. On June 10, 2001 Extreme Fitness hosted the 1st Missouri Kansas Bench Press Deadlift Championships. In the Bench Press, Lindsey DeForest won the girls 10-11 years old 114 pound class with three solid attempts of 45, 50 and 55 pounds. In the boys 11 year old 88 pound class Tim Stephenson put up a strong 65-75-85 pounds. Tim at a body-weight of 77.25 impressed everyone with Dead Lifts of 135-140-150 for a perfect 6 for 6 day. Rick Bertel of Paris, Missouri made his opening Bench Press of 185 but couldn't quite make 200 on his 2nd and 3rd attempts. Rick weighed in at 147, 175 and pulled strong dead lifts of 345 and 375. Dennis Eskridge made two powerful benches of 265 and 275. Then followed that with three good DL's 405, 415 and 425. He has More DL power to show in the future. Jim McCuen who trains at Extreme Fitness started his presses at 385, followed by a solid 42.15 - the heaviest BP of the day! Darren McClain of O'Fallon, Missouri was the day's Best Lifter with a BP of 325 and a beltless DL of 495! All lifters that were in this meet lifted. RAW despite the option of lifted Equipped. A special thanks to all the volunteers who helped make this meet happen. Bill White of Extreme Fitness Larry Gilley and John Hunt who ran the scoring table, officials "Fitz" and Pam Fitzgerald and Dave DeForest and spotter-loader Ken Riley. Thanks to all of you. (Thanks to AAU MO State Chairman, Darin Gilley for these meet results).

Dungeon Gym BP Challenge

28 Jul 01 - Galt, CA

BENCH	148 lbs.
MEN	J. Malone 135
Youth (10-12)	Open 275 lbs.
148 lbs.	M. Knight 570*
M. Allen	115 Master (40-44)
R. Enos	100 275 lbs.
Youth (13-15)	M. Knight(272) 570*

*Personal Record. The Dungeon Gym Bench Press Challenge took place in Galt, CA. In the Youth Division, Maurice Allen won with a big 115 lb. raw Bench Press at 135 lbs. bwt. and 12 years old. In the 13-15 year old age category, 14 year old Jimmy Malone, Bench Pressed 135 lbs. at 145 lbs. bwt., for 1st place. In the open and Master Division, 43 year old, Mike Knight Basted up a huge 570 lbs. at 272 lbs. bwt. and a new pr! I'd like to thank the spotters, loaders, and judges: Joseph Weiss, Darryl Skeva, and Kurt Health. Thank you to Powerlifting USA Magazine. (Thanks to Kurt Health for results).

Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s Oct/01 ... World Games, Tom Manno Interview, Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s. LIST THE ISSUES YOU WANT TO RECEIVE (AND ANY ALTERNATE SELECTIONS), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON QUANTITY ORDERS)

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100% Raw Senior Nationals 28,29 Jul 01 - Rockville, MD				
WOMEN	SQ	BP	DL	TOT
97 lbs. (25-29)				
K. Vasquez	170*	85*	200*	455*
M. Lineman	150	80	200	430
(12-13)				
T. Simmons	105*	55*	140	300*
		4th	145	
105 lbs. (10-11)				
E. Tshontikidis	65*	50*	90	205
114 lbs. (16-17)				
A. Scalesi	125	90	175	390
123 lbs. (16-17)				
L. Dever	145	95	210	450
132 lbs. (16-17)				
S. Fatemi	100	65	185	350
(14-15)				
M. Hellybiuk	95	70	140	305
148 lbs. (30-34)				
L. Highsmith	200*	105*	285*	590*
(20-24)				
M. Rios	145	70	210	425
(14-15)				
K. Denison	105	70	175	350
(20-24)				
C. Lhota	—	130	—	—
165 lbs. (14-15)				
M. Yancor	145	80	200	425
181 lbs. (16-17)				
A. Massey	100	65	155	320
(50-54)				
C. Ramsburg	—	110*	—	—
198 lbs. (35-39)				
N. Ebersole	105*	250*	—	—
198+ lbs. (25-29)				
J. Sheller	—	170*	300*	—
MEN				
66 lbs. (5-under)				
S. Tshontikidis	20	20	45	85
88 lbs. (10-11)				
A. McCloskey	150*	80*	230*	460*
(10-11)				
Y. Tshontikidis	115	60	185	360
105 lbs. (14-15)				
K. Angus	120*	75*	165*	355*
114 lbs. (16-17)				
N. Tran	165	135	245*	545
123 lbs. (14-15)				
J. Simmons	150	80	230	460

148 lbs. (35-39)	C. Simeone	405*	285*	490*	1180*	P. Simmons	300	160	400	860	
(35-39)	V. Aybar	370	260	475	1105	J. Christian	—	400*	—	—	
(16-17)	J. Boyd	375*	220	450*	1045*	M. Palladino	340	—	—		
(30-34)	C. Tolson	370	245	425	1040	G. Wright DG	310				
(55-59)	P. Griffith	400*	45*	360*	805*	M. Shahid	550	480*	600	1630*	
(12-13)					(35-39)	B. Finn	530	380	630	1540	
(10-11)	K. Schwartz	60	65	135	260	(20-24)					
165 lbs. (25-29)	O. Bermudez!	480	400	575	1480	B. Miller	525	325	660*	1510	
			4th	600		R. Taylor	445*	305	525*	1275*	
(45-49)	L. Bravard	340	255	500	1095	D. Lhota	400	365	425	1190	
(16-17)	T. Flaherty	300	230	325	855	L. Buccchioni	350*	200*	525*	1075*	
(16-17)	J. Sisk	225	140	315	680	M. Vasco	300	300	410	1010	
181 lbs. (30-34)	D. Bellantoni	510*	340	640*	1490*	J. Dodson	380	190	430	1000	
(25-29)	G. DeRamus	510*	335*	480	1345*	R. Crist	350	250*	—	—	
(35-39)			4th	500*	(16-17)	K. Kowchuck	—	345*	—	—	
(16-17)	J. Billings	450	270	500	1220	242 lbs. (30-34)	275 lbs. (30-34)				
(55-59)	T. Flemming	380	170	450	1000*	J. Deigan	615*	420*	665*	1700*	
4th	D. Junkins	315	235*	380	930	W. Wigmore	550*	400*	650*	1600*	
(50-54)	F. Sumner	275*	280*	355*	910*	J. Bechtel	500	335*	565*	1400*	
(40-44)	M. Anson	305	235	365	905	C. Desi	600*	335*	560*	1355*	
198 lbs. (35-39)	B. Nupieri	450	325	565*	1340*	T. Ruszala	660*	425*	640	1745*	
(30-34)	S. Boylan	500	290	535	1325	(40-44)	4th	660*			
(40-44)	S. Tshontikidis	400	260	505	1165	P. Gisondi	575	390*	710	1675	
(55-59)	W. Barnett	300	285	400*	985*	G. Evans	625	310	605	1545	
(70-74)	D. Ginenthal	305	185	405	895	319 lbs. (35-39)	G. Stott	630*	445*	705*	1780*
(40-44)					(20-24)	J. Desi	480*	380	540*	1400*	
						K. Becker	450	400*	500	1350	
					SHW (35-39)	J. James	620*	365*	710*	1695*	

*World Record. Teams: BG-Billings' Gym, DG-Doc's Gym, EP-Extreme Power, ML-Missing Link, TB-Thunderbird Power, TJ-Team Jesus, TP-Tayoun's Power Team, UN-Unattached, WC Warriors In Christ, WN-West Nottingham Academy, WP-Wilson Powerlifting, XS-X-Squad. "Not by power nor by might, but by My Spirit," saith the Lord Almighty. Praise God! Our second Senior Nationals saw nearly twice the amount of senior lifters from last year, our totals going through the roof, and the lives of innocent children saved! All in all, another successful meet thanks to our Father in heaven! Special thanks to my friends Graham Bartholomew (spotting, loading, announcing, judging, and encouraging), Dave Lhota (judging), Jason Billings (judging), John Polak Budging), Cassi Lhota (judging and announcing), Omar Bermudez (judging), Kibian Vasquez (judging), Baptisi Nupieri (judging), William Wigmore (judging), Brian Miller (judging), Emma Tshontikidis (announcing), Jerry Shockley (drug testing) and Alan & Teresa Kelly of Kelly Sports (videotaping and encouraging). Thanks also to Susan and Neils Anderson for the awesome sculptures and plaques, Paul Bossi of Elizabeth City Trophy for the team trophies and medals, and Dave Ginenthal of The Missing Link for putting the team trophies together. Finally, thanks to BRIDE, Christian music's supreme metal band, for keeping us pumped throughout the two-day event. Congratulations to The Missing Link, Tayoun's Power Team, Extreme Power, Doe's Gym, X-Squad, Wilson Powerlifting, and all the unattached lifters who participated in the meet. The contest's top lifters were Cedric Tolson (Unattached, Best Teenage-Lifter), Asia Scales (Wilson Powerlifting, Best Teenage Lifter), Omar Bermudez (Extreme Power, Best Senior Lifter), Kibian Vasquez (Extreme Power, Best Senior Lifter), John Polak (Unattached, Best Master Lifter) and Paul Griffith (West Nottingham Academy, Best Grand Master Lifter). The Deadlift Nationals are scheduled for September 22 in Indian Lake, Pennsylvania and the Worlds for December 10-16 in Washington, DC. Join us for great lifting and the opportunity to save lives! God Bless, Spero. (Thanks to Spero Tshontikidis for the results)

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**Championnat Canadien de BP/DL
22 Apr 01 - Sherbrooke, Que. CAN**

BENCH	275 lbs.
Hommes	J. Miller-27 560
T13-19 114 lbs.	Plamondon-36 370
D. Audet-15	125 Sub 275 lbs.
R. Campagne-18	135 F. Plamondon-36370
M. Doucet-15	155 M40-49 165 lbs.
148 lbs.	C. Dallaire-40 325
S. Dionne	300 198 lbs.
165 lbs.	M. Theriault-42 465
Bastarache-15	175 40-49 242 lbs.
M. Richer-17	245 M. Lehoux-45 275
Junior 220 lbs.	M60-69 198 lbs.
A. Pelletier-20	362 J. Marchand-62 250
220 lbs.	M70-79 165 lbs.
M. Page	380 G. Labrecque-76 310
4th	390 4th 322
Teste	220 lbs.
M. Page	380 J. Salmon-73 —
Open 148 lbs.	DEADLIFT
P. Karim-25	290 Junior 220 lbs.
165 lbs.	A. Pelletier-20 500
M. Richer	245 M40-49
M. Richer-17	245 P. Karim-25 350
J-P. Cormier	290 165 lbs.
198 lbs.	C. Dallaire-40 —
M. Theriault-42	465 242 lbs.
Teste	M. Lehoux-45 500
J. St. Pierre	500 M70-79 220 lbs.
Sub	J. Salmon-73 305
J. St-Pierre-36	500 BP DL TOT
Push/Pull	
T13-19 198 lbs.	
Y. Brousseau-19	360 500 860
220 lbs.	
P. Dubeau	240 450 690
275 lbs.	
J. Snaden-17	300 455 755
4th	315 485
Junior 165 lbs.	
J. Duplin-20	225 385 610
220 lbs.	
A. Pelletier-20	362 500 862
275 lbs.	
D. Daneault-21	450 565 1015
4th	475
Open 148 lbs.	

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are correct
X

P. Karim-25	290	350	640	Sub 181 lbs.
181 lbs.	G. Archambault	205	440	G. Archambault-36 205 lbs. Pure
4th	415	452	645	4th 452.5
220 lbs.	E. Ouellet-30	345	540	M40-49 165 lbs. C. Dallaire-40 325
242 lbs.	B. Caron-25	395	430	220 lbs. G. Marceau-46 265
SHW	C. Marceau-40	350	410	M40-49 242 lbs. M. Lehoux-45 275
				SHW

C. Marceau-40 350 410 760
M70-79 220 lbs.
J. Salmon-73 —
Head Referee: Lise Landry. Side Referee: Diane Roy & Kim St-Laurent. Announcer: Marcel St-Laurent. Statistician: Diane Roy. Best Lifter Bench Open: Jason Miller. Best Lifter Deadlift Master: Georges Labrecque. Best Lifter Deadlift Open: Alexandre Pelleter. Best Lifter Push/Pull Open: Claude Dallaire. Best Lifter Push/Pull Master: Claude Dallaire. (Thanks to Marcel St. Laurent for providing these contest results)

**NASA Colorado Grand
28 Jul 01 - (kg)**

PS CURL	M5
205 lbs. Cpure	R. Sewell
J. Rostvedt	67.5 205 lbs. Pure
B. Shalkowski	62.5 B. Shalkowski
BENCH	M. Fine
187 lbs. Int	250 lbs. SM1
J. Franklin	157.5 J. Whithead
205 lbs.	127 lbs. WM1
J. Rostvedt	152.5 N. Hawkins
M2	138 lbs.
J. Lynn	115 C. Cavender
250 lbs.	SHW WM2
H. Blackmon	162.5 A. McTighe
315 lbs. M3	127 lbs. WM5
J. McIntyre	180 N. Hawkins
	SHW
PwrSports	A. McTighe
205 lbs. Pure	90
D. Ialenti	62.5 120 182.5 355
Pwrlifting	SQ BP DL TOT
170 lbs. M1	
K. Boren	236 102.5 175 513.5
L. Coxsey	166 117.5 220 492.5
138 lbs. M3	
L. Balaz	132.5 57.5 160 360
154 lbs. Nat	
C. Brown	227.5 142.5 230 600
Team Champions: McDermott's BP Team.	(Thanks to Mike Adelmann for providing the results of this competition to Powerlifting USA)

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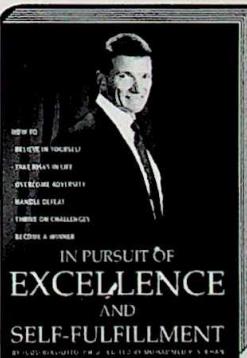
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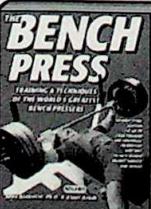
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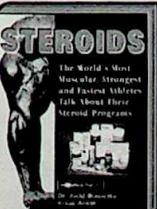
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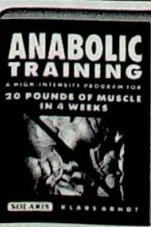
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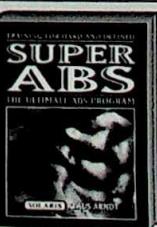
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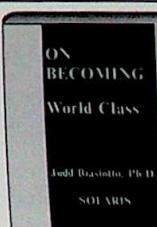
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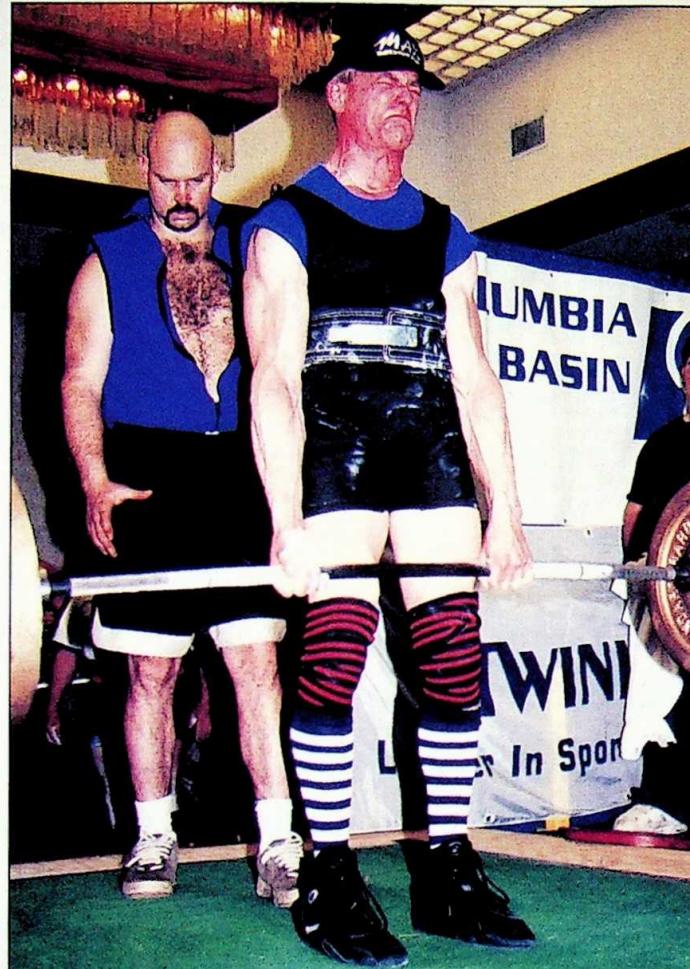


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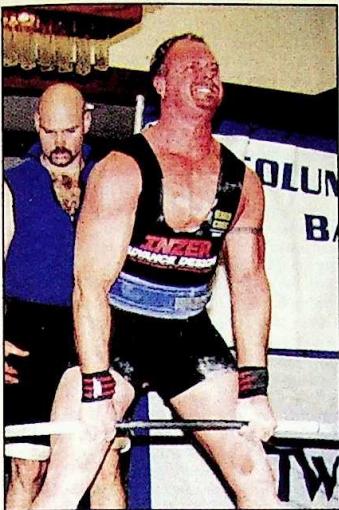
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World Record Breakers
21,22 Apr 01 - Pasco, WA

DEADLIFT	Master (40-46)		E. Moore	154	D. Felch	325
WOMEN	148 lbs.		S. Radcliffe	203	J. Luther!	446#
Submaster (34-39)	F. Evangelista	451	148 lbs.	236	A. Carroll	418
148 lbs.	181 lbs.		Submaster (34-39)	181 lbs.	198 lbs.	
C. Shockman	352	M. Leedom	396	B. Baerlein	407*	220 lbs.
Junior (20-25)	123 lbs.	220 lbs.	198 lbs.	J. Hernandez	457	S. Hoffman
T. Coulombel	286	D. Rodgers	501	D. Stevens	292	D. Goldsworthy
198 lbs.	L. Benner	534	A. Berry	463	A. Slater	501
H. Myers	336	J. Waldo	622	220 lbs.	T. Smith	-
Open 97 lbs.	275 lbs.		R. Garza	385	242 lbs.	
J. Buckingham	143	A. Adalsteinsson	683	275 lbs.	A. Gruver	385
123 lbs.	(47-53) 165 lbs.		B. King	347	B. Backstrom	402
D. Snow	242	T. Henderson	523	R. Hernandez	380	K. Jensen
J. Turnage	-	198 lbs.		J. Morrison	457	Submaster
132 lbs.	C. Pena	402	K. Walden	540	Law/Fire 198 lbs.	
E. Moore	303	B. Hines	502*	E. sim	308 lbs.	473
C. Shockman!	352	220 lbs.	J. Ervia	468	Master (40-47)	
Master (40-46)	123 lbs.	P. Fay	545	J. Cunningham!	611.7	Law/Fire
T. Hams	275	C. Sandberg		MEN		
165 lbs.	242 lbs.		622*	Teen (13-15) 148 lbs.	165 lbs.	
T. Hughes	330	275 lbs.		R. Straker	165	
165 lbs.	I. Pankratz	529	(16-19)	E. Souza	115	198 lbs. (48+)
P. Seaman	214	S. Pecktol		R. Chu	115	B. Keynon
4th	220*	R. Patterson		198 lbs.	220 lbs.	325
4th	650#			G. Westerman	275	L. Peratovich
Teen (13-15)	(54-60) 220 lbs.			309+ lbs.	309+ lbs.	253
97 lbs.	J. Benner	462		J. Loomis	407	Master (40-46)
J. Buckingham	143	242 lbs.		220 lbs.	220 lbs.	
4th	148#	S. Sandberg!	600	S. Murphy	380#	148 lbs.
198 lbs.	275 lbs.			Class-1 132 lbs.	148 lbs.	
A. Conlee	154	B. Dodd	462	J. Foraker	-	F. Evangelista
(16-19) 148 lbs.	(61-67) 148 lbs.			R. Martin	-	181 lbs.
T. Ellingsworth	236	O. Kuipers	374	220 lbs.	B. Cox	374
Master (48+)	165 lbs.			A. Russo	281	B. Turnage
Law/Fire 220 lbs.	D. Phillips	303		J. LaSalle	380	242 lbs.
P. Fay	545	308 lbs.		N. Jensen	-	L. Benner
L. Peratovich	501	G. Johnson Sr	358	C. Williams	407	375 lbs.
275 lbs.	(68-74) 198 lbs.			J. Garcia	-	D. Frosland
I. Pankratz	529	C. Anderson	429	275 lbs.	369	C. Moon
SHW	R. Phillips	451		L. Montez	391*	334
R. Patterson	617	Open 148 lbs.		J. Angel	402	309+ lbs.
MEN		F. Evangelista		Open 148 lbs.	402	148 lbs.
Class-1 132 lbs.		451.7		(47-53) 165 lbs.	402	165 lbs.
J. Imamura	-	165 lbs.		K. Phanekham	341	181 lbs.
220 lbs.	J. Luther	518		F. Evangelista	381	198 lbs.
A. Russo	462	T. Henderson	523	165 lbs.	381	220 lbs.
242 lbs.	198 lbs.			R. Straker	165	220 lbs.
D. Smith	540	T. Willis	573	S. Hauger	369	B. Hines
275 lbs.	220 lbs.			J. Luther!	446	347
J. Angel!	556	R. Garza	567	181 lbs.	R. Dohaniuk!	501
Submaster (34-39)	242 lbs.			275 lbs.		
181 lbs.	J. Sandberg	622		A. Carroll	418	208
B. Bertlein	562	C. Williams	655	309+ lbs.	R. Budde	600#
198 lbs.	308 lbs.			D. Stevens	292	600#
J. Hernandez	507	B. Mikesell	710	J. Hernandez	457	R. Patterson
220 lbs.	Adalsteinsson!	710		(54-60) 165 lbs.	457	270
R. Garza	567	309+ lbs.		181 lbs.	463*	S. Lemire
242 lbs.	V. Eldredge	694		220 lbs.	468*	198 lbs.
J. Garcia	534	BENCH		M. Peterson	-	M. Peterson
D. Smith	540	WOMEN		R. Garza	385	220 lbs.
275 lbs.	Submaster (34-39)			A. slater	501	J. Benner
L. Harris	606	C. Shockman!	236	T. Martin	-	314
308 lbs.	199+ lbs.			242 lbs.	275 lbs.	314
Adalsteinsson!	710	L. Eubanks	132	J. Sandberg	402	S. Sandberg
309+ lbs.	Junior (20-25)			275 lbs.	418	270
V. elddridge	694	114 lbs.		G. Nelson	556	G. Nelson!
Junior (20-25)		M. Chim	171	B. Stussy	584	556
132 lbs.		123 lbs.		308 lbs.	D. James	462
J. Imamura	-	T. coulombe!	187	S. Selstrom	584	308 lbs.
165 lbs.	148 lbs.			B. Jackson!	600*	G. Johnson, Sr
G. Ramos	352	C. Hansen	165	199+ lbs.	600*	330
165 lbs.	198+ lbs.			O. Kuipers	214	
J. Luther	518	V. Gruver	105	Junior (20-25)	198 lbs.	
D. Felch!	551	Teen (13-15)		132 lbs.	Miller	
181 lbs.	97 lbs.			165 lbs.	A. Buskirk	352
F. Silva	418	J. Buckingham	77	132 lbs.	308 lbs.	
198 lbs.	198 lbs.			G. Ramos	181	
J. Lara	501	A. Conlee	77	G. Johnson, Sr	330	
J. Linnell	518	(16-19) 148 lbs.				
220 lbs.	T. Ellingsworth	82				
C. Ratliff	562	Master (40-46)				
308 lbs.	105 lbs.					
K. Jensen	573	S. Warner	104			
Teen (13-15)		123 lbs.				
148 lbs.	P. Jenkins!	132				
E. Souza	225	J. Turnage	-			
(16-19)		165 lbs.				
R. Chu	275	P. Seaman	77			
G. Stevens	308	T. Hughes	-			
165 lbs.	(54-60) 199+ lbs.					
C. Guches	490	D. Ivey-Vick	92*			
198 lbs.	Open 97 lbs.					
G. Westerman	446	J. Buckingham	77			
242 lbs.	123 lbs.					
N. Heppner	551	D. Snow	115			
K. Maplethorpe	507	132 lbs.				



TERRY HENDERSON .. "I have never seen myself in a picture doing the deadlift. I Guess I'll Have To Practice On My Smiling! The picture is the winning lift at 523.5 pounds, a new Washington State record for Masters 47-53, 165 lb. class (at the Monster.Com World Record Breakers meet) When I was 19 years old in my first year in college I was fooling around with one of my roommates, wrestling, when he slammed me down on my tail bone. For the next 8 years I was in constant pain, barely able to get out of bed to go to the bathroom at times. It hurt to walk - then I saw a muscle magazine, of course, with all the big names in 1977. After that, I can remember using my first weights - five pounds!!!! It was all I could do with my back. Of course, I was going to be a bodybuilder (that never happened although it still is in the back of my mind after all these years) Anyhow, the one thing I have always worked on was back exercises. I fell in love with the deadlift. I can remember setting PRs of all kinds and the enjoyment it gave me! I took off weight training for three years to run (1981-84). I was still skinny and running was fun. Running turned out to be too much in that I ran too far and too hard and was always hurt (an ankle here or a knee there). I was never really hurt from weight training and I liked it as much as running so I went back to training with weights. I returned to weights in 1986 and haven't looked back. I never really had any goals other than to work harder than anybody I knew at lifting. Once in a while I would challenge myself with a heavy deadlift, but only seemed like I could try this once every 18 months or so (I call it the magic of the full moon or whatever). Then came a PR 555 lb. DL at Gold's Gym earlier this year. I really didn't know what that meant at a bodyweight of 164 pounds so I got on the internet and talked with a few people on a powerlifting forum. They said I did real well and could compete at the national level in my age group. I saw the Monster Muscle site and that it was local here in Spokane so I called them up and they put me in touch with Chris Williams, in February. He is the owner of the local MAX Muscle. Chris was getting ready to enter the Pasco, WA meet and encouraged me to try also, as we were both novices. He has a baby gym, but with the right equipment and he, I, and Priscilla Ribic, a world ranked woman, worked out together on the deadlift. They were very kind to invite me into their training circle and routine. The also train in the other lifts which I had never even tried in the powerlifting style. I had no training routine, so guessed what to do and listened to Chris and Priscilla as to form. I hurt my left arm where the tricep attaches to the lat (a dollar bill size bruise) about six weeks out from the Pasco meet when I did a double at 515 pounds. I just backed off, but never stopped my lifting and my deadlift dropped to 135!!! The week before the meet I tried (with fingers crossed) a 500 pound pull (I call it my "chicken" pull) because I was thinking how stupid it was to try it. And the rest is history." (photograph by Jennifer Henderson)



Chris Williams (Terry Henderson's new training partner) pulled 655 in the 242s. (Henderson photo)

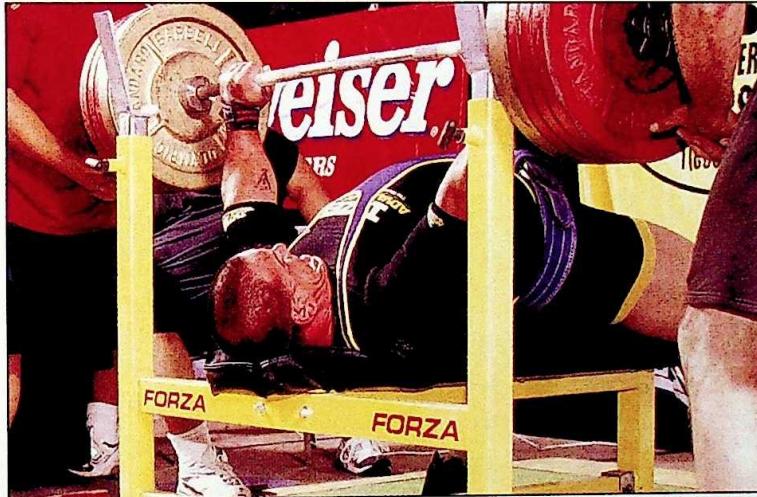
! - BL, * State record. # - World record. This event was held at the Doubletree in Pasco, Washington. The ballroom was classy and the restaurant was first class, with an excellent Sunday brunch. Numerous World and State records were set. In Open Mens Deadlift, Freddie Evangelista won the 148# class with 451. Fifty three year old Terry Henderson beat 20 year-old Joe Luther 523 to 518. Chris Williams was very impressive with 655 at 242. Roland Garza won at 220 with 567. At 308 Axel Adalsteinsson beat Brent Mikesell on body weight with each doing 710. Vince Eldridge won at super with 694. Outstanding lifter was Axel Adalsteinsson. In Master 40-46 Deadlift, Freddie Evangelista won at 148 with 451. Mike Leedom of Moses Lake, Wa. won at 181 with 396. Jim Waldo won at 220 with 622. Jim is not particularly thick but he can still squat and deadlift over 600. Larry Benner was 2nd with 534. At 275, Agnar Adalsteinsson hit a big 683. In Master 47-53 Terry Henderson set a Washington State Record of 523-1/2. Terry is pure deadlifter as the accompanying photos show. At 198 Bruce Hines set a Washington State record with 502-1/2. Chris Peña was 2nd with 402. At 220, Patrick Fay won with 545-1/2. At 242 Cliff Sandberg set a Washington State Record with 622-3/4. At 275 Sam Peckton set a World Record with 650#. Sam is out of Medford, Oregon and has brought numerous young men and women into the sport with his coaching abilities. Isaac Pankratz was 2nd with 529. At Super Randy Patterson hit a nice 644. In Master 54-60, 220# John Benner hauled in 462. At 242 Skip Sandberg did 600. Skip is a better deadlifter than that. He's done 650 recently at age 60! At 275 Bobby Dodd did 462. In Masters 61-67, 148# Orville Kuipers set a Washington State Record with 374. At 165 Donovan Phillips set an Oregon State Record with 330. At 308 Gary Johnson set a World and a Washington State Record with 369. Gary has a black Dodge that is renowned at Northwest car shows. In Masters 68-74, Chuck Anderson, at age 71, did an inspiring 429, but Ross Philips set a World Record with 451-3/4. Named Outstanding Lifter for lightweight master was Chuck Anderson and for heavyweight master was Skip Sandberg. In Teen Mens Deadlift, 13-15 age group, Elliot Souza pulled 225 at 148. In 16-19 Casey Guches was outstanding lifter with 490-1/2 at 165 and set an Oregon State Record. At 242 Nick Heppner, who just turned 16, pulled 551. In Junior Mens Deadlift, Derek Felch beat Joe Luther 551 to 518 at 165 and was named Best Lifter in the process. At 198, Jerome Linnell beat Jon Lara 518 to 501. Cody Ratliff won at 220 with 562 and Kris Jensen won at 308 with 573. In Submaster Mens

Deadlift in the 181# class, Brian Baertlein, the official WABDL Photographer, pulled an Oregon State Record at 562. Roland Garza won at 220 with 567. Luke Harris did a nice 606 at 275 and Axel Adalsteinsson set a World Record of 710 at 308# and was named Outstanding Lifter. In Class I Deadlift, David Smith ripped up 540 at 242 and Jesse Angel pulled in 556 at 275 and was named Outstanding Lifter. In Law/Fire Master 48+, Isaac Pankratz set an Oregon State Record with 529 at 275 and Randy Patterson set a world Record of 644 at Super. Now on to the ladies: In Teen Women, Joleen Buckingham set a Washington State Record of 148-3/4 in the 13-15, 97# class. In the 198# class, Alyxa Conlee set a Washington State Record of 154. In 16-19, 148# class, Tricia Ellingsworth set a Washington State Record of 236-3/4. In Master Women 40-46, 123 pound Theresa Hams pulled 275. Teresa Hughes pulled 330 at 165. Dawn Ivey-Vick set a World Record in 54-60 198+ with 231. In Open Women, Joleen Buckingham set a Washington State Record at 97# with 148-3/4 and Cindy Shockman was best lifter with 352-1/2 at 148. In Junior Women, Tamara Coulombe set a Washington State Record in the 123# class with 286-1/2. In Junior 198, Heather Myers set a World Record of 352. In the BENCH PRESS, in Junior men, Joe Luther set a World Record in the 165# class with 446. Jason Imamura came from Hawaii to set a Hawaii State Record

of 275-1/2 at 132. Austin Slater broke into the 500-pound club with a 501 with a Washington State Record in the 220# class. Kris Jensen was close to 500 with 490 at 308. Joe Luther was Best Lifter. In Submaster Bench, Brian Baertlein set an Oregon State Record at 181 with 413. Ed Sim won at 198 with 473. Kendall Walden put up a big 540 at 275. Jim Cunningham, who has been coming on strong, did 611-3/4. Jim used to play football for the University of Utah. He was named Outstanding Lifter. In Master Men Bench, Freddie Evangelista in 40-46 set a World Record at 385-3/4 at 148. Freddie has been consistently improving over the last four years. He has fire and passion and it's paying off. Carroll Moon set a World Record of 540 in the 275# class 40-46 age group. Carroll is coming back from a serious injury and the layoff seemed to do him some good. In Master Bench 47-53, 220# class, Ray Dohaniuk set a World Record of 501-1/2, about 30 pounds higher than the previous World Record. In the Super Heavy class, Randy Patterson set a World Record of 600 at age 53 - a mind boggling lift when you think about it! WABDL now has two lifters over 50 benching 600 pounds -George Nelson did 610 at age 56. In the 54-60 age group, Skip Sandberg did 418 in the 242# class at age 60. George Nelson did 556 at 275 and Don James did 462 at Super. Outstanding lifter in Master 40-53 was Ray Dohaniuk - in Master 54+ it was George Nelson. In Class I Bench, Jason Imamura



Randy Patterson pulled 644 in this photo taken by Brian Baertlein



Jim Cunningham benched 611 at the World Record Breakers Meet. (Baertlein)

set a Hawaii State Record of 275-1/2 at 132 and Lawrence Montez set an Oregon State Record of 402 at 2-7-5 - Jesse Angel who also lifted 402 but a lighter beat him. Outstanding Lifter was Jason Imamura. In Open Men, Freddie Evangelista was the easy winner at 148 with 385-3/4. At 165 Joe Luther was untouchable with 446 and was named Outstanding Lifter in Lightweight Open. At 181 Anthony Carroll put up a respectable 418. Terry Mitchell set a Washington State Record at 198# with 485. At 220, Austin Slater set a Washington State Record with 501-1/2. At 275, George Nelson won with 556. Blaine Stussy opened with 584 and bombed. At 308 Swede Selstrom put Monster Muscle.com who was the main sponsor of this event, John Inzer of Inzer Advance Designs, Doug Patterson of MAC Barbell, Neal Spruce of Apex Fitness, Tim Isaac of Johnston Keay Labs, Ed McDonald of Thermalink, Johnny Anderson of Advocare, Budweiser, Pepsi, and Mike Lambert of Powerlifting USA. (results courtesy Gus Rethwisch)



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Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		M F
Today's Date		Card Issued By		

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

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

Signature _____

USAPL Commonwealth Games
21 Jul 01 - Roanoke, VA

BENCH	Teen (18-19)	
MEN	T. Keim	300
165 lbs. Open	220 lbs.	
G. Columbo	375 Masters (50-54)	
G. Wilkerson	C. Lilly	330
J. Snider	(60-64)	
165 lbs. Junior	F. Porter	270
A. Mamola	Teen (16-17)	
Teen 16-17	S. Keim	265
D. McClellan	- 242 lbs. Open	
181 lbs. Open	A. Read	430
J. Hooper	Junior	
M. Manico	J. Heglar	380
Coll.	Teen (16-17)	
D. Latham	K. Kirk	360
J. Hooper	275 lbs. Open	
198 lbs. Open	M. Garland	380
M. Cumbee	275 lbs. (60-64)	
E. Banks	B. Ewers	320
K. Johnson	275+ lbs. Open	
Masters (45-49)	K. Gank	500
E. Banks	T. Crockett	325
(50-54)	Masters (45-49)	
G. Jennings	T. Crockett	325
B. Brindle	Teen (18-19)	
WOMEN	SQ BP DL TOT	
Open 148 lbs.		
K. Bowers	275 200 330 805	
165 lbs. Open/Teen (16-17)		
N. Greenwood	220 115 210 545	
MEN		
165 lbs. Teen (18-19)		
J. Devereux	425 255 500 1180	
181 lbs. Open		
J. Hooper	275 315 525 1115	
Masters (55-59)		
M. Scott	400 250 535 1185	
181 lbs. Coll.		
J. Hooper	275 315 525 1115	
Teen (16-17)		
G. Walters	470 300 440 1210	
198 lbs. Masters (50-54)		
B. Brindle	200 255 400 825	
198 lbs. Junior		
K. McLoskey	440 - - -	
220 lbs. Open		
S. Bateman	550 400 640 1590	
F. Porter	405 270 450 1125	
Masters (45-49)		
R. Loy	440 250 540 1230	
(50-54)		
C. Lilly	520 330 525 1375	
(60-64)		
F. Porter	405 270 450 1125	
242 lbs. Open		
F. Galva	615 420 605 1640	
N. Phillips	435 315 600 1350	
M. Blackwell	480 300 500 1280	
Teen (16-17)		
J. Copper	500 325 500 1325	
275 lbs. Open		



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We want to give a special and grateful thank you to the Roanoke Athletic Club for hosting this terrific meet. Thanks Anne for helping us out so very much! Additionally, please give a special thanks to the volunteers who made this powerlifting meet possible and also a true success: Laura Jean Brooks, Announcer and Co-meet Director, Bill Lindsey, Referee Alan Statman, Referee and USAPL State Chairperson, Dave Minton, Referee, Danielle Dowell, Scorer, Gina Johnson, Scorer, Lonnie Meadows, Spotter (for every lift - a big thank you! And he came all the way from Lynchburg too!) Mr. Greenwood, Spotter and Platform Fasener Kelly Clineville, Spotter and Platform Manager Mr. Johnson, Spotter Andy Stee, Spotter. And of course, we want to thank all of the nice folks at vas who were a joy to work with all year long - go Own! Work those calves! See you all next in 2002! Bettina Altizer, Meet Director. (Thanks to USAPL for these results)

SCI Waymart Judgement Day

22 Jul 01 - Waymart, PA

123 lbs.	SQ	BP	DL	TOT	123 lbs.	SQ	BP	DL	TOT
Toro	230	200	320	750	Toro	550	*460	615	1625
Barrick	210	115	260	585	Wilbon	200	325	450	975
132 lbs.					Hardin	135	375	425	935
Semidey	*380	240	*465	1085	SHW				
Decker!	-	245	-		Marte	*475	*385	*615	*1475
148 lbs.					* New Waymart Record. ! - Outside Community Lifter. This year's SCI Waymart In-House Powerlifting Team Qualifier was the largest ever. Highlights of the competition were: The				
Rodriguez	*530	*310	*540	*1380					
Weand	435	225	450	1110					
Griffin	300	230	325	955					



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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.

(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

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: _____

Competing Divisions: _____ **Membership Prices:** _____

Open Adult - \$40.00
Teen (14-19 yrs.) High School - \$30.00
Junior (20-23 yrs.) Special Olympian - \$10.00
Master (40 yrs. & up) Tax Deductible Donation
Collegiate
Military
Police & Fire
High School
Special Olympian \$ _____

USAPL Merchandise:

- Logo T-Shirt = \$15.00 (Size _____ Qty. _____)
- Rulebook = \$25.00 • Logo Patch = \$5.00
- Polo Shirt w/Logo - (s-xl) = \$35.00 (x xl & up) = \$37.00 (navy - white) (Size _____ Qty. _____)
- Sweatshirts w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.00 (navy) (Size _____ Qty. _____)
- Logo Hats (denim - black - white) = \$15.00
- Referee Designation Polo w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.50 Ref. Status _____ (Size _____ Qty. _____)

Method Of Payment:

Credit Card: Visa Master Card Discover Exp. Date _____

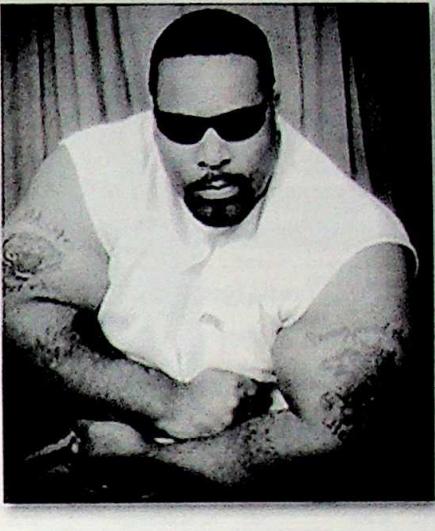
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123 saw Richard Toro come out on top with a 750 total. In the 132 class Jose Semidey set new Waymart records in the squat 380, deadlift 465, and tied the record for total at 1085. Vic Rodriguez returned again to dominate the 148 class setting new Waymart records across the board. Vic squatted 530, benched 310, and pulled a whopping 540 to total 1380. Mike Weand put in a solid effort to secure 2nd in the 148's. The 165 class saw Tyrone "Breeze" Peterson edge out a victory over Juan Rivas and newcomer John "the Dog" Hunt. In the 181 class Joey Diaz returned to powerlifting after a long layoff and very little training. He was able to win the class with very little effort and will be training full time for our upcoming Invitational meet in January and expects to post some big numbers. Malik Thompson came down from the 220 class to take over the 198 class and was able to secure first place over newcomer Den Ingram. The 220 class was hotly contested, newcomers Damon Kennard and Dan Swearerger were in a tight battle and both totaled 1285 with Kennard being awarded 2nd place over Swearerger via lighter body-weight. Justin Dixon improved from last year to win the 220's with a 1400 total. There was a battle in the 242 class between Karl Pernsley and Donnie Eisenhour. This was the 3rd time these two have competed against each other. Pernsley squatted 530 and had more in him but ran out of attempts. He benched 375 and missed 395 twice. The deadlift is his strong lift but he was only able to get 605 today missing 640 twice. Then came Eisenhour who had the highest squat of the meet at 575. He easily pressed up 410 in the bench and deadlifted a strong 605. Eisenhour totaled 1590 and once again won the battle for 1st place in the 242 class. Michael "Mr. Bench Press" Pepe was victorious in the 275 class setting a new Waymart record in the bench press with a 460. He just barely missed 480 and expects to break the 500 barrier in January. Pepe totaled 1625, the highest total of the meet. Roberto Marte claimed 1st in the SHW class setting new Waymart records across the board. He squatted 475, benched 385, and deadlifted 615 to total 1475. The Outstanding Lifter Awards go to Vic Rodriguez in the lightweight division and Donnie "Big Daddy" Eisenhour in the Heavyweight Division. All the lifters would like to thank: Activities Manager Jerry Matous and Powerlifting Coach Robert Pegula for providing a well run meet. A special thanks goes to the officials who came in for along day: Claude Welcome, Mike Welcome, and Scott Pentasuglio. Also thanks to the loaders and spotters: John Dillabough, Frank Sanfilippo, Charles Broadnax, and Ralph Williams. Activities Clerk Specialist: Nicolas "Big Duke" Duca. Gym Equipment Manager: Victor Ferree. (Thanks to R. Pegula for providing this report)

NASA Grand Nationals 21-22 Jul 01 - Hickory, NC										
Pwrsports	R. Sanders	160	227 lb.	J. Clark	80	165	282.5	517.5		
BENCH	M1	187.5	B. Solomon	95	167.5	257.5	500			
170 lb. M1	F. Burrell	187.5	250 lb.	70	150	230	460			
227 lb.	T. Baroody	160	R. McCaslin	67.5	105	150	312.5			
B. Solomon	157.5	205 lb.	J. Jenkins	65	127.5	167.5	350			
J. Clark	155	N. Earley	F. Sumner	67.5	132.5	232.5	432.5			
205 lb. M2	E. Samples	140	205 lb.	7.5	132.5	232.5	432.5			
D. Martin	117.5	227 lb.	C. Steinbacher	67.5	132.5	232.5	432.5			
187 lb. M5	D. McMillan	215	250 lb.	7.5	132.5	232.5	432.5			
F. Sumner	127.5	170 lb.	L. Bizzell	82.5	160	236	477.5			
170 lb. Nat	K. Samples	112.5	187 lb. Pure	82.5	160	236	477.5			
S. Kearney	140	187 lb. M3	K. Myers	67.5	107.5	195	460			
227 lb. P	D. Robbins	107.5	205 lb.	7.5	132.5	232.5	432.5			
J. Crouch	160	280 lb.	B. Nichols	90	157.5	260	497.5			
170 lb. SM2	J. Jenkins	105	227 lb.	7.5	132.5	232.5	432.5			
S. Kearney	140	170 lb. M5	T. Meadows	76	165	—	—			
205 lb.	K. Samples	112.5	205 lb. SM2	7.5	132.5	232.5	432.5			
P. Marcy	142.5	187 lb.	D. Griffin	82.5	165	215	462.5			
138 lb. Teen	T. Baroody	160	119 lb. Teen	7.5	132.5	232.5	432.5			
W. Sink	72.5	205 lb.	S. Piercy	20	37.5	77.5	135			
170 lb. HS	R. Lowery	142.5	WOMEN	7.5	132.5	232.5	432.5			
J. Ferraro	42.5	E. Samples	140	138 lb. M2	7.5	132.5	232.5	432.5		
CURL	170 lb. Nat	170	T. Wade	22.5	32.5	70	125			
280 lb. Int	J. Lawson	182.5	154 lb. SM2	7.5	132.5	232.5	432.5			
S. Lail	60	170 lb.	D. Wilson	36	70	142.5	247.5			
154 lb. Jr	S. Kearney	140	Pwrlifting	SQ	BP	DL	TOT			
D. Carter	60	187 lb.	J. Wooller	82.5	70	132.5	285			
227 lb. SM1	C. McIntyre	196	205 lb.	7.5	132.5	232.5	432.5			
B. Solomon	85	205 lb.	E. Tackett	125	92.5	170	387.5			
M1	R. Cash	172.5	315 lb.	7.5	132.5	232.5	432.5			
J. Clark	80	227 lb.	S. Casto	230	147.5	182.5	560			
205 lb. M2	D. McMillan	215	SHW	7.5	132.5	232.5	432.5			
D. Martin	60	250 lb.	J. Tolley	175	105	156	435			
E. Samples	57.5	55	170 lb. Int	7.5	132.5	232.5	432.5			
170 lb. M3	M. Madison	192.5	170 lb. Int	7.5	132.5	232.5	432.5			
K. Samples	280 lb.	170	C. Kerley	222.5	132.5	237.5	592.5			
187 lb. M5	170	315 lb.	R. Crichfield	110	102.5	140	352.5			
F. Sumner	65	W. Ferguson	166	227 lb.	7.5	132.5	232.5	432.5		
205 lb.	M. Price	262.5	J. Abnee	288.5	167.5	270	726			
R. Lowery	70	227 lb.	C. McCrady	205	144	216	666			
154 lb. P	K. Kenyon	215	250 lb.	7.5	132.5	232.5	432.5			
D. Carter	60	187 lb. Nov	N. Peppers	282.5	200	280	762.5			
227 lb.	C. McIntyre	185	Jr	295	212.5	250	267.5			
J. Crouch	80	154 lb.	B. Matney	230	160	215	605			
DEADLIFT	D. Carter	107.5	170 lb.	7.5	132.5	232.5	432.5			
119 lb. Int	170 lb. Nov	180	G. Lyons	217.5	155	262.5	635			
S. Piercy	77.5	C. Lawson	205 lb.	210	187.5	220	617.5			
170 lb. M1	187 lb.	192.5	K. Hall	7.5	132.5	232.5	432.5			
J. Graboski	200	227 lb.	H. Hall	217.5	155	262.5	635			
227 lb. Sm1	C. McIntyre	185	250 lb.	7.5	132.5	232.5	432.5			
J. Clark	282.5	R. Cash	172.5	F. Burrell	210	187.5	220	617.5		
M1	Pure	165	187 lb. M5	7.5	132.5	232.5	432.5			
B. Solomon	267.5	G. Titus	215	D. Wheeling	215	160	207.5	582.5		
187 lb. M5	227 lb.	170	187 lb. M5	7.5	132.5	232.5	432.5			
F. Sumner	157.5	K. Burkett	227.5	F. Sumner	120	127.5	167.5	405		
SM	250 lb.	250 lb.	250 lb.	7.5	132.5	232.5	432.5			
E. Ray	207.5	M. Madison	192.5	L. Bizzell	227.5	167.5	235	630		
119 lb.	280 lb.	208	205 lb. MP	7.5	132.5	232.5	432.5			
Teen	S. Lail	180	205 lb. MP	7.5	132.5	232.5	432.5			
B. Lewis	75	315 lb.	L. Grant	237.5	127.5	237.5	602.5			
138 lb.	W. Ferguson	165	Nat	7.5	132.5	232.5	432.5			
E. Lewis	70	250 lb. Nov	P. Mercy	195	142.5	205	542.5			
SQUAT	M. Price	262.5	G. Lyons	227.5	160	227.5	615			
154 lb. SM2	154 lb. SM1	117.5	205 lb. Nov	7.5	132.5	232.5	432.5			
D. Wilson	132.5	C. Moss	236	D. Wheeling	215	160	207.5	582.5		
CURL	187 lb.	117.5	G. Titus	7.5	132.5	232.5	432.5			
119 lb. Jr	C. McIntyre	185	227 lb.	7.5	132.5	232.5	432.5			
F. Nichols	36	250 lb.	J. Abnee	288.5	167.5	270	726			
Pwrlifting	W. Pennell	165	K. Tillman	327.5	192.5	272.5	792.5			
BENCH	250 lb.	7.5	N. Peppers	202.5	200	200	762.5			
119 lb.	K. Scott	157.5	250 lb. SM1	7.5	132.5	232.5	432.5			
R. Subok	45	170 lb.	262.5	C. Moss	126	117.5	170	412.5		
187 lb.	J. Lawson	185	280 lb.	7.5	132.5	232.5	432.5			
J. Ferraro	100	187 lb.	280 lb.	7.5	132.5	232.5	432.5			
J. Earley	82.5	205 lb.	165	K. Tillman	327.5	192.5	272.5	792.5		
205 lb. HS	S. Kearney	140	P. Piercy	195	142.5	205	542.5			
A. Earley	207.5	205 lb.	7.5	132.5	232.5	432.5				
280 lb.	R. Cash	172.5	K. Tillman	327.5	192.5	272.5	792.5			
J. Saunders	150	187 lb.	142.5	170 lb. Teen	122.5	100	166	387.5		
315 lb.	P. Piercy	142.5	170 lb. Teen	122.5	77.5	155	356			
D. Jorgenson	175	227 lb.	A. Everhart	135	87.5	160	382.5			
250 lb. Int	K. Burkett	227.5	227 lb.	7.5	132.5	232.5	432.5			
M. Madison	192.5	187 lb. Teen	182.5	M. Macklin Jr.	237.5	102.5	227.5	667.5		
280 lb.	J. Guthrie	72.5	187 lb. M5	205 lb. SM2	7.5	132.5	232.5	432.5		
S. Lail	180	187 lb.	140	P. Piercy	195	142.5	205	542.5		
154 lb. Jr	J. Earley	82.5	205 lb.	7.5	132.5	232.5	432.5			
H. Earley	115	205 lb.	172.5	K. Tillman	327.5	192.5	272.5	792.5		
D. Carter	S. Sebok	137.5	F. Beegle	125	105	145	375			
227 lb.	A. Hale	107.5	Teen	7.5	132.5	232.5	432.5			
K. Kenyon	215	227 lb.	170	D. Nichols	170	182.5	220	572.5		
250 lb.	D. Jorgenson	175	A. Hale	7.5	132.5	232.5	432.5			
B. Matney	212.5	315 lb.	170	D. Nichols	170	182.5	220	572.5		
Pwrsports	S. Castro	147.5	WOMRN	7.5	132.5	232.5	432.5			
170 lb. Jr	CR	147.5	119 lb. Jr	175	119 lb. Jr	122.5	192.5	452.5		
J. Norris	62.5	97.5	192.5	362.5	138 lb. M2	7.5	132.5	232.5		
187 lb.	187.5	195	T. Wade	42.5	32.5	70	145			
K. Myers	67.5	195	119 lb. Pure	170	182.5	220	572.5			
170 lb. M1	154 lb. M51	450	P. Nichols	62.5	70	65	197.5			
J. Graboski	60	100	154 lb. M51	170	182.5	220	572.5			
	100	200	S. Pleslusk	140	62.5	150	352.5			
	360			7.5	132.5	232.5	432.5			



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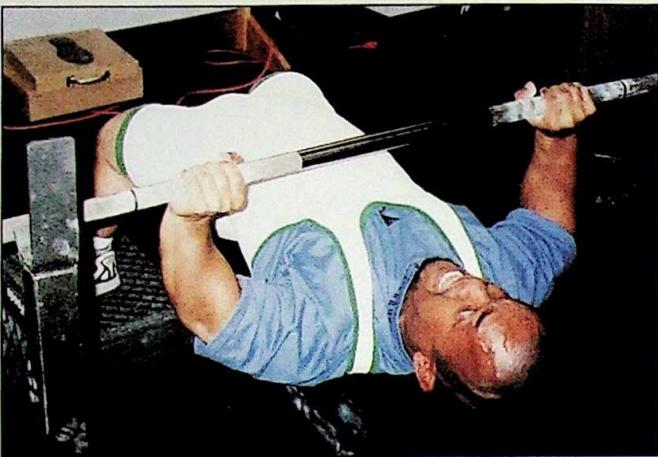
Whittier, CA 90602

(Thanks to Mike Adelmann for these results.)

AAU USA BP/DL (kg)

28,20 Apr 01 - Moreno Valley, CA

FEMALE	M (45-49)							
105 lbs.	R. Gingg	170						
R Sub	M (50-54)							
K. Mayo	45 M. Drake	160						
114 lbs.	M (60-64)							
RT (14-15)	G. Homer	157.5						
S. Fultz	42.5 Open							
132 lbs.	T. Cathers	162.5						
R Novice	RM (40-44)							
K. Silva	35 S. Arase	182.5						
MALE	H. Fultz	170						
132 lbs.	Staudenmeima	107.5						
RH (16-17)	RM (45-49)							
R. Rodriguez	R. Gingg	170						
148 lbs.	RM (55-59)							
M (70-74)	M. Stewart	147.5						
J. Selby	62.5 220 lbs. Open							
R Novice	B. Dunham	242.5						
L. Arenas	92.5 Mil/Law							
RH (16-17)	C. Dodson	175						
B. Short	117.5 R Sub							
RM (70-74)	C. Dodson	175						
J. Selby	62.5 RLM (75-79)							
RT (16-17)	J. Gilmour	102.5						
B. Short	117.5 RM (60-64)							
165 lbs.	M. Rau	105						
LM (60-64)	RM (70-74)							
J. Lopez	110 A. Pio	155	N. Maldonago	87.5	165	252.5	RM (60-64)	
M (60-64)	RM (75-79)		181 lbs. Life	195	237.5	432.5	B. Strange	137.5 222.5 360
G. Boucher	125 J. Gilmour	102.5	M. Owen	195	237.5	432.5	RM (70-74)	
RJR	242 lbs. Novice		LM (45-49)	195	237.5	432.5	R. Simon	102.5 162.5 265
C. Esquibias	140 M. Lohr	145	M. Owen	195	237.5	432.5	RT (14-15)	
S. Ayala	137.5 RH (16-17)		M (45-49)	195	237.5	432.5	A. Watt	92.5 182.5 275
R Novice	M. Pike	120	M. Owen	195	237.5	432.5	220 lbs. M (50-54)	
S. Ayala	137.5 275 lbs. LM (45-49)		M (60-64)	195	205	360	B. Evans	172.5 220 392.5
R Open	C. Milligan	155	R. Lozano	155	205	360	R Novice	
S. Ayala	137.5 M (40-44)		Mil/Law	195	237.5	432.5	L. Guzman	102.5 160 262.5
RH (16-17)	D. Smith	200	M. Owen	195	237.5	432.5	R Sub	
J. Williams	95		Mil/Law	195	237.5	432.5	M. White	155 212.5 367.5
D. Jarrett	92.5 M (45-49)		B. Fraley	132.5	180	312.5	M. Fleischmannca	140 207.5 347.5
RM (45-49)	C. Milligan	155	S. Vautors	87.5	170	257.5	RH (16-17)	
E. Silva	92.5 RM (40-44)		RH (16-17)	195	237.5	432.5	J. Smith	115 182.5 297.5
RT (16-17)	N. Ferone	182.5	R. Rabulan	127.5	205	332.5	A. Morton	110 165 275
J. Simpson	102.5 B. Williams	130	J. Lemus	102.5	180	282.5	RM (45-49)	
L. Simmons	82.5 RM (60-64)		M. Ross	80	155	235	E. Berteaux	147.5 242.5 390
RLM (45-49)	J. Merlino	100	RH (18-19)	117.5	190	307.5	W. Harris	150 192.5 342.5
Z. Zambelli	137.5 DEADLIFT		G. Wible	95	192.5	287.5	RH (16-17)	
181 lbs. RM (45-49)	105 lbs. RY (10-11)		B. Kissinger	127.5	205	332.5	J. Barba	— 190 190
Z. Zambelli	137.5 J. Nugent	47.5	RM (40-44)	102.5	180	282.5	RLM (50-54)	
RT (16-17)	165 lbs. R Open		B. Weiss	120	220	340	G. Abernathy	155 227.5 382.5
M. Koalska	112.5 D. Vigario	165	F. Staudenmeima	107.5	87.5	195	RH (16-17)	
RT (18-19)	148 lbs. M (70-74)		198 lbs. Life	190	270	460	W. Lillywhite	137.5 200 337.5
J. Maier	132.5 J. Selby	100	C. Meier	190	270	460	R. Speno	212.5 270 482.5
198 lbs. Life	RM (70-74)		M (40-44)	120	185	305	R Open	
C. Turner	192.5 J. Selby	100	C. Deleo	120	190	330	M. White	142.5 237.5 380
LM (50-54)	198 lbs.		R Novice	140	190	330	RH (16-17)	
M. Drake	160 Collegiate		J. Gallerani	140	190	330	J. Crite	137.5 227.5 365
M (40-44)	S. Toal	220	R Open	137.5	232.5	370	J. Crite	137.5 227.5 365
C. Deleo	120 RM (60-64)		C. Settle	140	215	355	RH (18-19)	
Push/Pull	B. Strange	245	T. Faulk	85	160	245	J. Granilla	87.5 180 267.5
FEMALE	BP DL TOT		RH (14-15)	115	182.5	297.5	RM (60-64)	
114 lbs. R. Life			C. Sanchez	97.5	165	262.5	D. Herrera	175 190 365
V. Cortez	55 115 170		RH (16-17)	92.5	160	252.5	D. Dreyer	147.5 260 407.5
RH (18-19)			E. Santacruz	92.5	160	252.5	Open	
T. Johnson	45 105 150		B. Davis	90	187.5	277.5		
148 lbs. M (40-44)			S. Schaefer	92.5	160	252.5		
G. Ashton	95 135 230							
Open								
G. Ashton	95 135 230							
R Mil/Law								
L. Wernli	82.5 132.5 215							
165 lbs. R Open								
D. Vigario	77.5 165 242.5							
198 lbs. R Mil/Law								
C. Styles	42.5 85 127.5							
MALE								
123 lbs. R Open								
M. Booker	150 150 300							
RH (16-17)								
Z. Calvez	77.5 155 232.5							
RH (14-15)								
R. Ward	70 147.5 217.5							
148 lbs. RH (16-17)								
M. Garcia	80 170 250							
RH (16-17)								
C. Lopez	90 132.5 222.5							
M. Perez	92.5 127.5 220							
N. Holmes	55 142.5 197.5							
F. Philips	60 100 160							
R Open								
R. Castaneda	140 197.5 337.5							
165 lbs. RH (14-15)								
W. Robards	82.5 165 247.5							
RH (16-17)								
J. Rushing	122.5 182.5 305							
A. Ramos	90 187.5 277.5							
A. Whitney	92.5 162.5 255							
RH (18-19)								
L. Chacon	92.5 167.5 260							

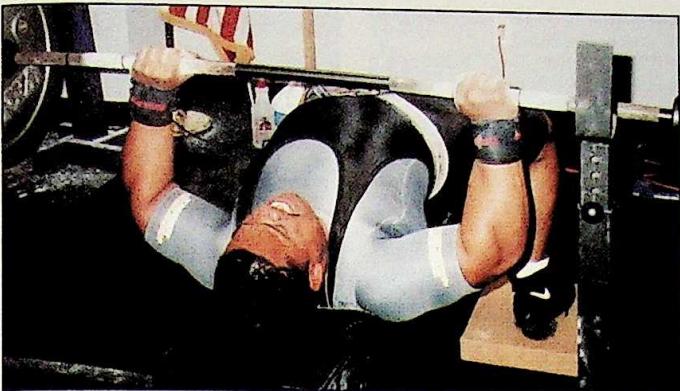


Mike Booker with an AAU American & World Record Bench Press, 341lbs. "Raw" weighing only 115. (photo courtesy of Martin Drake)

W. Anderson 165 247.5 412.5
R Novice 160 235 395
J. Hedd 160 235 395
RH (16-17) 145 250 395
J. Laeva 120 175 295
Sub 165 247.5 412.5
W. Anderson 320 lbs. RH (16-17) 102.5 175 277.5
High School Team: Oceanside High School.
Masters Team Champions: Natural Power.
Open Team Champions: Natural Power.
This spring time event has become a staple for Drug Free Powerlifters. Over 140 lifters, including a large team from Oceanside High School, came prepared to go to war and set American and World Records. The Best Western Image Suites was once again the venue for this great event.
USA BENCH Women: Karen Mayo not only won the 105 Submaster and Raw Submaster classes, but was the Best lifter recipient. Her she set American and World records with a 99 pound lift. Sierra Fultz also set American and World records with her 93.7 pound winning lift in the Raw Teen 14-15 class. New lifter Kimberly Silva was victorious in the Raw Novice 132 section. Men: Jim Selby (won both the 148 Masters and Raw Masters classes, setting records in the Raw division. Louie Arenas made his 148 pound raw novice debut a success. World Champion Bobby Short set World and American records with his 259 in the 16-18 Raw teens. John Lopez (HM) took the Lifetime Masters Lt. WL Best Lifter honors with his 242 record lift in the 60-64 165 class. Gerard Boucher nailed a great 275 opener to take the 165 60-64 masters title. In the 165 Raw Juniors, Christian Esquibias edged Sammy Ayala 308-303. Sammy did however win in the Raw Novice and Raw Open classes. Another close battle took place in the Raw High School 165 16-17 class with John Williams defeating Daniel Jarrett 209 to 204. Eli Silva dropped down to the 165 45-49 raw class, and the move secured him the win. In the Raw Teen 16-17 Jay Simpson of Arizona took the top honors defeating Lionell Simmons. Zam Zambelli (say fast) used a solid 303 to win the Raw and Raw Life 45-49 181 classes. The 181 Raw Ten 16-17 181 class was won by Matt Koalska with Justin Maier winning the 18-19 class. Chris Turner hit a solid 424, just missing 451, to garner gold in the 181 lifetime class Using a 352 World Record Martin Drake took both the 198 Lifetime 50-54 class and the Best Lifter Lifetime Masters awards. Martin also won the Masters 50-54 class. New lifter Graig Deleo claimed victory in the 198 40-44 masters. The Best Lifter Masters award went to Rocky Gingg despite him experiencing an off day. His raw 385 gave him the 45-49 and raw 45-49 198 class wins. Gerald Homer destroyed a solid 347 to take the 198 60-64 class and records. His teammate Todd Cathers hit 358 for the 198 Open win. In the 198 40-44 masters San Arase took top honors with a 402. Second went to World Champion Henry Futz with a 374.75. Third went to Frank



AAU USA Bench Press & Deadlift Best Lifters: (front) Bob Strange; (back) Chris Meier (NP), Bob Dunham (NP), Martin Drake (NP), Mitch Owen (NP), Rocky Gingg (Unatt). NP - Natural Power Team Members.



Chris "2 Strong" Turner with a 451 attempt @ 198. (M. Drake photos)

Staudenmeier, Marvin Stewart used a 325 to win the Raw 55-59 class Open Best Lifter Bob Dunham opened up with a massive 534 at 220. He was able to pushup a great 56, but it was red-lighted for a 'dip'. Chris Dodson won both the 220 Raw Mil/Law and Raw Submasters classes via a 385. Seventy Nine year old John Gilmour is amazing. His 225 Raw World record at 220 was easy. Only slightly more amazing is Al (aged 71) hit a raw 352 at a light 205. He was awarded the Raw Masters Best Lifter trophy. Mo Rau made a great debut winning the 220 raw masters 60-64 class in record style. The 242 Raw Novice title went to Michael Lohr while his namesake Mike Pike was the 242 Raw High School champ. Lifetime Masters 275 pound champion Charles Milligan was very happy with his 347. Even if he let a much older (50 to 49) much lighter (197; 270) and far better looking (so I lied) Martin Drake beat him. WDFP and AAU World Champion Charles Milligan did also win the masters 45-49 class. Young Dan Smith won the 275 40-44 class with a 441, while his protege Neil Ferone took the 275 Raw 40-44. Brett Williams hit a PR to take second. Jim Merlino was here simply to qualify for June in the 60-64 Raw class. USA Deadlift and Push-pull. Women: Jewi Nugent set a world record in the 10-11 youth 105 class with a 110 pound deadlift. Diana Vigario did likewise with a 363 at 165 in the Raw Open. Diana also won her push-pull class. Virginia Cotez used a World record bench and solid dead to win the 114 Raw push-pull Ditto for 114 RH 18-19 Champ Tiffanie Johnson. Women's Best Lifter Gretchen Ashton took the open and Masters 40-44 classes. Lisa Wernli was an easy winner in the 148 Raw Mil/Law class with a World record deadlift and five two lift total. Gemma Styles was successful in her unlimited military debut. Men: Best Lifter Raw Open Champ Mike Booker is awesome. Weighing only 115 Mike smashed a 341 raw bench and 330 raw deadlift. Another 123 lifted brilliantly. Zefferrino Galvez benched 171 and deadlifted 341 in the Raw HS 16-17 class. The 148 14-15 winner was Richard Ward. A great battle was waged in the 148 16-17 raw high school class. First went to Mike Garcia with a 551 two lift aggregate. Second was Christian Lopez (490) Third Miguel Perez (485). Nicholas Holmes and Frank Philips finished 4th and 5th respectively. World Champion Jim Selby again won the 148 Masters and Raw Masters classes. At 165 14-15 William Robards was declared the winner. Teen Best Lifter Jovann Rushing hit a solid 672 to take the 165 RH 16-17 top honors. Second was Adrian Ramos, while Andrew Whitney settled into third. In the 165 RH 18-19 class it was Larry Chacon edging Noah Maldonado. The 165 Raw Open winner was veteran Ralph Castaneda with a solid 744 Best Lifter Masters Champion Mitch Owen was unstoppable in the Masters 45-49, life 45-49, Lifetime and mil/law 181 classes. Second in the Military/Law was Brad Fraley. World Champion Rudy Lozano totaled a great 794.7 in the 181 60-64 class. Sean Vauters reigned victorious in the 181 Raw Military class. The Raw HS 16-17 class saw Rommel Rabulan slide past Johnathan Lemus and Mike Ross respectively for the win. The 181 RH 18-19 class was taken by Gianpaolo Wible who slid past Ben Kissinger. Referee supreme Bill Weiss finished ahead of Frank Staudenmeier in the 181 Raw Masters 40-44 division. Chris Meier was proclaimed the Lifetime Best Lifter via his fine 1014 two lift total at 198. Shane Toal took the Colegiate

198 Deadlift class with a nice 441. Craig Deleo was the 198 40-44 top dog. 198 Raw Novice Champion Jesse Gallerani showed some real promise in his debut. Chipper Settle returned to the platform after a long layoff. Behind after the bench, he swept past Coach Todd Faulk with a nice 512 deadlift in the 198 Raw Open. Christian Sanchez annexed the 198 14-15 Raw HS class. In the 16-17 division Eduardo Santa Cruz toppled Brett Davis and Steven Schaeffer respectively. World Power and Olympic Champion Bob Strange was the Raw Masters Best lifter. He also deadlifted on two days and finished with a 540 in the 60-64 198 raw masters. Bob was also the Hall of Fame recipient. Richard Simon celebrated turning seventy with a record performance at 198. Ed Berteaux Protege Andrew Watt was an easy winner in the 198 Raw Teen 14-15 class. Ed also won his class, the 220 Raw 45-49 division; defeating an up and coming William Harris. William actually finished ahead of Ed in the bench to break his World record. The 50-54 masters champion was once again Bob Evans. Bob seems to hit a new PR every meet. Here it was a 381 Bench. Another new lifter was the 220 raw novice winner Louis Guzman. Mark White bested Mark Fleischmann in a good battle for the 220 Raw Submaster win. Josh Smith and Allan Morton were one and two in the 220 16-17 HS class. The 242 16-17 winner was Junior Barba. Coach Gene Abernathy not only trained over 40 kids for the meet, he lifted outstandingly well. He hit a raw 341 bench and 501 deadlift in the 242 Raw Life 50-54 section. Wade Liliwhite was the raw 40-44 winner in his initial outing. The 275 Open Champion was World Champion Robert Speno with a 2 lift total of 1064. His Raw counter part was Michael White. Jonathan Crite and his brother Justin Crite

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finished in a dead heat at 242 in the 16-17 HS division. Guess which one was fatter? Ageless Danny Herera benched 385 and deadlifted 419 in the Raw 60-64 275 category. Juan Granilla took home bragging rights in the 275 18-19 class. Dave 'I will never see 275 again' Dreyer lifted like the World Champion he is, culminating in the 319 50-54 title. Still got him benched by a 198. Must train with Milligan.

Jason Lavea and Devon Kobashigawa were 1 and 2 in the RH 16-17 319 class. John Hedd came from Nevada to take the 319 Raw Novice win. Big William Anderson keeps improving each meet. Here he took the 319 Open and Sub Classes. OOOPPPSSS I should say Sub-master, the word 46 'sub' makes Dreyer hungry. Young Super Heavy weight Joshua Weaver took gold in the 16-17 RH class. (Martin Drake)



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(article continued from page 11)

winner, 18 year old Ivan Shyakhta, with his huge DL of 335 Kg was nowhere to be found. Team Ukraina sent a great replacement in 18 year old Anton Yatskov. Also returning was last year's Silver medalist Christian Bower of Germany and 4th place finisher Chia-Tsun Chang of Taipei. The USA had no lifters in this class. Yatskov was the clear winner with a Gold in Squat and a Silver in Deadlift to total 795 Kg. Svarikin of Russia took the Silver in Squat and Bronze in DL to win Silver overall. A surprise was Peter Rick of Hungary taking the Bronze overall with a class high DL of 307.5 Kg.

90.0 Kg class - Last year's Gold Medal winner Aleksey Baluev of Russia was replaced by the 20 year old Maxim Barkhatov. Returning was last year's Silver Medalist Jiri Hornik of Czechia in his last JR year. Fourth place finisher last year, Takayuki Arakawa, was also back. The Bulgarians had two favorites in this class - Ivalo Christov and Toto Ivanov, as did the USA with Nick Tylutki and first time IPF lifter Jason Beck. These two have an intense, yet friendly, rivalry. Barkhatov set the standard with a class high squat of 320 Kg and the USA's Beck followed with good 302.5 Kg. Four lifters hit 300 Kg, but the Bronze went to Milyutin of the Ukraine. Nick went for an easy 628 opener, and only wanted 639 on his second. He then called for a huge jump to 672, which he just missed. The bench saw a big controversy involving the USA lifters. To hometown cheers, Bulgarian lifter Christov completed a 210 Kg push. Hornik and Milyutin both completed 200 Kg. Nick made his opener. Jason, last to lift, missed his opener on a hip raise and had to repeat. When Jason made his repeat opener, the table was confused thinking Jason and Nick were the same attempt. I think they were looking at "USA" and not the lifter's name. Nick was skipped for his second, and we lost an appeal to Heiner's decision. The confusion started, and time was running. Jason was timed out on his second. He made his third on a "do or bomb" attempt. It was too bad that he didn't get three attempts, as he would have contended for the Gold in Bench Press. Nick missed his 3rd @ 352 lb. It was all we could do to get our guy's heads back in the meet. Poland's 20 year old Karol Kopienka pulled a huge 337.5 Kg DL to win Silver overall with 817.5 Kg. Barkhatov of Russia was the clear winner with a Silver Medal for pull of 325 Kg and the overall victory with 840 Kg. Hornik was close behind the Pole with an 815 Kg total. Both USA lifters Deadlifted like "machines" going 3/3. Nick's was a PR and he held it an extra second to look at the table that had denied

him on the benches. Must be a Minnesota thing! Jason's was all courage as he tore both hands badly on his 2nd attempt and there was real concern that he would not be able to go for a third, but he did finish nicely with 285 Kg and 5th overall. Nick's 8th place finish was highlighted by a 305 kg pull, 4th best in class. His Teammates though enough of Nick to vote him team captain, and also for him to carry the USA flag at the opening ceremonies. Thanks Nick, you represented your team and country well.

100.0 Kg class - From Ukraina was 20 year old Olesky Rokochy. From Russia was Vladimir Kotkov, 21 years old. There was also the heavily built 20 year old from Kazakhstan, last year's 110 Kg Silver Medalist, Dmitriy Fateyev. Here to defend last years JW title was the USA's P.J. Chovanec. Chinese Taipei sent Wen-Hao Lin. The first surprise was in the warm-up area, where it appeared that possible front runner Fateyev had hurt his back. He was set to OPEN in squat with 340 Kg, but adjusted his lifts, and fought pain all through the meet. He struggled to perform a passing lift with 310 Kg, just by the skin of his teeth & pure heart. Kratchovil of Czechia went 310 Kg, and Kusenda of Slovakia went 310 Kg. P.J. Chovanec, smiling and joking, was able to put 302.5 Kg on the boards. In the Bench Press, Fateyev still walked away with the Gold with a 220 Kg push. Rokochy followed with 210 Kg and the Russian Kotkov was close with 207.5 Kg. PJ held on with a good 195 Kg. Fateyev was known to be a huge Deadlifter. He hung back on the first two attempts and was planning one mighty assault for the win. Kotkov managed a clean 320 Kg pull to finish with 852.5 Kg. PJ and Rokochy both pulled class high lifts of 327.5 Kg. Fateyev called for 347.5 Kg to be loaded for the win. The lift was not in him that day, and only went one or two inches off the floor. So it was 1st the Ukrainian, 2nd the Russian, 3rd USA's Chovanec, and 4th for the "Hulk" look-alike from Kazakhstan, Fateyev.

110 Kg class - A young Russian Powerhouse dominated. 20 year old Igor Medvedev came in at exactly 110 Kg. Returning from last year was Hannu Kopola of Finland who won the Bronze in Taiwan. Two new lifters this year were from The Islamic Republic of Iran: Hoshiyar & Talkhgbi. The USA brought two talented young men to test themselves against the best: Tony Arterburn, a member of the U.S. Army, from Texas and stationed at Ft. Bragg, NC. Our second lifter was Erik Steiner from State College, PA. He was an alternate, but had volunteered to come along and help the team, even before he was guaranteed a chance to lift.

Medvedev, just like last year's winner Genady Dedulia, secured the win early on with a giant squat. His 360 Kg was thus far the meet's highest completed squat. Kopola took Silver for the squat with an impressive 327.5 Kg. Steiner completed 310 Kg, and tried for a PR, but it was beyond his means. Tony Arterburn was a different story. He had trouble early on in the squats, being red-lighted for depth. Trying valiantly to adjust, judges said no. 2 was still not low enough. On his third, he was much lower still, and one judge gave a white, but he lost out on a 2/1 call and was out. He had wanted badly to try a WR in the Bench Press, his specialty. I have no doubt that he will not let this setback stop him in pursuing his goals in Powerlifting.

Medvedev continued his dominance with a class high 230 Kg bench, followed by Kopola doing a smooth 210. Steiner seemed to get better with each lift and finished with an easy PR of 200 Kg. Medvedev put it away on his opening Dead, as did Kopola in securing the Silver overall. Steiner, with a badly torn hand, pulled for the Bronze. No problem! Medvedev was impressive with a 915 Kg total. Hannu Kopola got second, up

from third for the last two years. Steiner got the USA team a Bronze.

125.0 Kg class - The 275s had only 9 lifters and the only returning lifter was Alexander Hoffman of Germany. Ukrainian Victor Karpik brought home the Gold. Most notable was his 360 Kg squat and a total of 890 Kg. To the cheers of all the hometown fans, Stoian Andreev of Bulgaria brought home the Silver with a big Bench of 225 Kg. The race for 3, 4, and 5 spots was the battle to watch as all finished with 845 Kg., Bronze going to Jorn Hoerset of Norway by way of his Best in Class Deadlift of 335 Kg. Fourth place went to Hoffman. Under the watchful eye of Coach Rudy Kuster, he got PRs in squat, bench and total.

The USA lifter in this class, Henry Thomasson, was seeded No. 1 in the nominations and that put some extra pressure on him. His plane was delayed in London during the crisis, and he got in late and tired. Perhaps he never really recovered. To make a long story short, he squeaked through a very tough meet. He had talked about how he wanted to give a try for a big 900 LB squat. After an opener of 350 Kg (771), he wanted 387.5 Kg. It buried him twice. The Russian coaches were puzzled. They don't get that athletes have a say, in our system. In the benches he got an opener, and missed his next attempt with 195 Kg. He got it up on his third, but uneven extension scrapped the lift. I think only his opening DL was passed; as he had hitching problems on the rest. He came away with a 6th place finish. This meet was a good "eye-opener" for this young man on how hard it is to travel and be in top form for a competition. He has the potential and I'm sure he now has the experience to put it all together.

275.0+ Kg class - When we came to the Heavyweights there was another battle going on, aside from the obvious one. The Russians had gotten use to claiming the team title with almost perfect scores, but were getting more than the usual 1 or 2 challenges for those 12 point, number one finishes. Team Ukraina had challenged all though the meet, and were now actually ahead on points, 63-57 points. (Now you can see how the Lapshin - Kutcher controversy was so significant) With no Ukrainian in this class, the Russians would need a point winner, to place top 4 or above. If he could, he would not only bring glory for himself, but retain the pride and honor of Russia, as the greatest of Powerlifting nations. Enter here the Great Russian Superman, Vladim Bondarenko. Anticipation for his performance had built all week long.

Randall Harris from the USA, in his first IPF meet, had prepared long and hard for this opportunity. He was our first alternate choice for good reasons. He weighed in at 138.6 Kg (305) and is hugely muscled, particularly in the upper body. Kenneth Talkqvist of Finland was the biggest man in the meet at 148.5 Kg (327). Rodney Fuller from Great Britain and Sastoshi Masuda from Japan were both returnees. The hometown favorite was Christo Pelov from Bulgaria. We found Bondarenko and the Russian coaches in the warm-up room at least an hour and a half before lifting. It was obvious there was much mental preparation going on. Quite often he would go off by himself in deep concentration; even lightly banging his head on the wall a few times. This was to be the last of many successful JR World meets for him, and he was going to make it memorable. The Bronze Overall went to big Kenneth Talkqvist from Finland. Coming off a 4th place finish at last years meet in Taiwan, his 365 Kg squat was good for the Silver medal and his 310 Kg Deadlift was good for the Bronze in that lift. The Silver Medal Overall went to Big Randall Harris, who is from Texas and a student at NTSU. Randall squatted a nice 352.5 Kg and made



USA's **Randall Harris** congratulates Gold Medalist **Vladim Bondarenko** of Russia. Bronze went to **Kenneth Talkqvist** (FIN)

a close miss with 375 Kg. He benched a silver medal 245 Kg and pulled 335 Kg. He's quiet, unassuming, very courteous, and built like a doublewide Frigidaire freezer. The double takes he got in airports were hilarious.

Vladim Bondarenko made 10 near perfect lifts in his last IPF JR. World competition. I don't believe there was a red light on any attempt. All attempts, save possibly the last squat with 405 Kg (892) CRJ, had more in them. His 2nd squat attempt with 390 Kg was done to utter silence. Then, as he approached unquestionable depth, he seemed to pause in the hole motionless, as if to emphasize his mastery. As he rose up to lockout like it was a last warm-up, the crowd released a deep "ooohhh", and then cheers. He lifted like a robot with unchallengeable technique, performing two WR Bench Presses. The 4th attempt with 260 Kg was every bit as easy as the third. When the Deads were over he had also pulled a magnificent 377.5 Kg JWR for an all-time JWR total of 1035 Kg (2281). Few have had as glorious a JR lifting career as this Russian Giant. It was obvious to all he will do much more. He was the CHAMPION OF CHAMPIONS for the 2001 IPF JR. World Championships.

At the conclusion of the competition, the host country, as per custom, held a closing banquet for all the competing nations. Rather than the usual large dinner, it was more of a dress-up cocktail party affair. Lifters visited, officials talked technical matters, there were photo opportunities, and final good-byes were made. The USA delegation presented Mrs. Todorova, the meet promoter, with a large bouquet of flowers for her great job. As per Bulgarian custom, there was an even number of flowers meaning "good luck" in the future. The IPF officials, Heiner Koberich, Jon Stephenson, and PJ Couvillion made Team presentations. In the Women's Competition the Overall Winner was Russia with 66 points, Chinese Taipei was second with 62, and the Ukrainian Women came in third with 58 points. I'm proud to announce the TEAM USA WOMEN came in 4th with 43 points. This is a great showing, especially considering we were short one woman.

The Men's Team awards were like this: Russia 69 points; Ukraine 63; USA 44 - a great performance by our guys! Towards the end of the banquet the USA team had their own team awards. We had been through a lot and now in a show of American pride, we unfurled our flag at our table and let out cheers for our accomplishments. Our Team Captains rose to speak words of praise for our team and coaching staff. Larry Maile paid a glowing tribute to P.J. Couvillion for



P.J. Chovanec gets ready to pull

IPF Junior World Championships
11-16 SEP 01 - Sofia, Bulgaria

	SQ	BP	DL	TOT
Women				
97 lb.				
Chen TAI	330	143	352	826
Kirkunova RUS	270	154	292	716
Sirant KAZ	264	115	319	699
Rutka POL	286	126	270	683
Lepanese FRA	259	154	270	683
Miura JPN	242	154	270	666
Ermolaeva UKR	209	99	236	545
Kaur IND	198	61	231	490
Durk GB	165	104	214	485
105 lb.				
Natalya RUS	275	165	336	777
Sychanina UKR	264	165	314	744
Hsieh TAI	297	137	308	744
Raduchovskaya	264	148	314	727
Kozakova UKR	242	126	303	672
Kawasaki JPN	203	121	264	589
114 lb.				
Chou TAI	319	154	391	865
Goff USA	308	99	385	793
Hashimoto JPN	286	159	341	788
Farque FRA	275	143	319	738
Tejashwini IND	242	181	286	710
Chen TAI				
Nikolayenko RUS				
123 lb.				
Poletayeva RUS	347	231	341	920
Ogiyama JPN	325	209	363	898
Gaifulina KAZ	341	181	374	898
Chou TAI	303	198	330	832
Lyutarevich BLO	308	154	314	777
Nakayama JPN	236	209	297	744
132				
Vitysevska UKR	435	259	462	1157
Shylskaya BLO	363	253	374	991
Kaur IND	374	176	396	947
Wendt GER	352	170	402	925
Fekkova SLO	319	176	402	898
Aguilar USA	314	187	330	832
Sperbeck USA	264	176	292	733
148				
Chepushtanova	435	253	407	1096
Pisarenko RUS	462	231	402	1096
Hsu TAI	374	242	446	1063
Toropovska UKR	418	220	424	1063
Callier USA	358	181	341	881
Neiderkorn USA	314	181	319	815
Kaur IND	308	170	286	766
Vari-Szabo HUN	275	143	297	716
Takuma JPN	248	154	297	699
165				
Petrenko UKR	435	236	451	1124
Kudryavtseva	424	253	424	1102
Ivannikova RUS	429	253	374	1058
Loya USA	402	198	407	1008
Sedlackova SLO	363	176	429	970
Suzuki JPN	341	159	358	859

his years of commitment. Our team gave him a plaque. Trey Cunningham praised the work of Sandra Perron, who expertly ran numbers during the competition, and was a voice of calm during the crisis on the 11th. Katie Ford, speaking for the team, thanked Coach Mike O'Donnell for his hard work. Wade Hooper had left on Saturday to return to his job; but Kim Callier picked up his plaque. Words of thanks were spoken for the help Greg Simmons provided prior to our departure. Kim Goff presented a plaque from the team to IPF VP Larry Maile for his leadership. Nick Tylutki presented an award to Jim Ford for his managing of this year's team. The coaches then made their selections for Team USA best lifters. All the women did a superb job, but the coaches finally settled on Kim Goff for the TEAM USA WOMEN'S BEST LIFTER. In a touching moment, Kim, in conjunction with other team members, gave her trophy to Katie Ford and said they thought she was most improved and her three PRs and all-time best IPF showing was an inspiration to all. Katie, genuinely surprised, was speechless. Many tears followed. The coaches then made their selection for Team USA MEN'S BEST LIFTER and it went to Big Randall Harris. It was well deserved, and also a great surprise to Randall. This year the coaches handed out a new honor, to the Team member who best exemplifies the spirit of TEAM USA. It rewards actions that unselfishly serve the team and our country. These College & JR

	Thornton GB	341	132	358	832	Osokin RUS	562	418	562	1543	Grgic FRA	595	325	628	1548
	Ananieva RUS	407	220	181		Poshelyuk BLO	518	369	606	1493	Darko FRA	578	374	567	1521
	Polishuk UKR	468	281	440	1190	Ahmad IND	589	347	551	1488	Izajkhan IND	584	330	595	1510
	Hiseh TAI	462	275	429	1168	Huang TAI	534	380	573	1488	Karmakar IND	562	330	551	1443
	Mazailova RUS	429	231	407	1069	Klimov KAZ	529	286	518	1333	Rokochy UKR	749	462	722	1934
	Mure JPN	352	264	396	1014	Higashi JPN	479	347	462	1289	Kotkov RUS	716	457	705	1879
	Nanasi HUN	402	209	396	1008	Mitev BUL	473	303	490	1267	Chovanec USA	666	429	722	1818
	Ford USA	358	203	380	1041	Fukuda JPN	440	358	462	1262	Fateyev KAZ	683	485	595	1763
	Blinnikka FIN	319	192	363	876	McFarlane GB	429	286	485	1201	Fatemi IRN	628	446	639	1714
	Rani IND	352	165	352	870	Vadasz HUN	440	341	418	1201	Kusenda SLO	683	374	600	1658
	198				Tue DEN	429	264	485	1179	Kratchovil CZE	683	396	573	1653	
	Kurina RUS	551	264	468	1284	Lagis AUS	413	248	512	1173	Emberley CAN	617	402	584	1603
	Tsai TAI	396	253	440	1091	165 lb.					Lin TAI	595	358	639	1592
	Watkins USA	429	236	391	1058	Kostrikov RUS	672	396	628	1697	Kurahashi JPN	617	418		
	Sliwinska POL	396	253	396	1047	Nikolenko UKR	683	407	562	1653	Pietrusinski POL				
	SHW				Krainov RUS	622	385	606	1614						
	Chen TAI	429	187	446	1063	Sychala POL	573	374	595	1543					
	Meulen NDL	407	275	358	1041	Robbins USA	606	347	573	1526					
	Holt USA	369	154	374	898	Naleykin UKR	617	363	529	1510					
	Chatterjee IND	292	132	286	710	Bjerke NOR	589	374	540	1504					
	Ito JPN				Koslov KAZ	529	413	529	1471						
	Teams: Russia 66, Chinese Taipei 62, Ukraine 58, United States of America 43, Japan 39, India 30, Kazakhstan 25, Belarusia 22, Poland 14, France 13, Slovakia 12, Netherlands 9, Hungary 9, Germany 7, Great Britain 6, Finland 3. Champion of Champions: Vitysevska 586.84, Chen 528.82,				Gergov BUL	501	363	573	1438						
	Chepushtanova 511.03				Kato JPN	518	325	556	1399						
	MEN	SQ	BP	DL	TOT	Nowak GER	551	352	485	1388					
	114 lb.				Henell SWE	496	319	540	1355						
	Wszola POL	479	281	418	1179	McDonald CAN	473	281	540	1295					
	Kondo JPN	440	286	424	1151	Hsieh TAI	661								
	Panin RUS	435	242	451	1129										
	Kurihara JPN														
	123														
	Gromov RUS	556	341	507	1405										
	Pogrebny UKR	479	352	446	1289										
	Jonsson SWE	473	341	462	1289										
	Cunningham	479	286	507	1284										
	Kuan TAI	462	253	462	1179										
	Romanov BLO	473	259	429	1163										
	Schlakta HUN	380	270	402	953										
	Rzany POL	396	259	391	947										
	Makii JPN	418	220	396	936										
	Andersson AUS														
	Lapshin KAZ	628	396	551	1576										
	Kutcher UKR	584	363	628	1576										

athletes sacrifice much to get to this level. It is extra hard for them to take off school and pay travel expenses to go to international competition. They do it out of love for the sport and to represent our country. That is the "spirit" of TEAM USA athletes. None represents that spirit more than this year's alternate Emilio Saldierna. He took off from school responsibilities, and paid his own way, to be ready if needed. He was our "2001 TEAM USA SPIRIT AWARD" winner! Marine Corps Capt. Keith Mishoe was our Honor Guard and took care of handling and protecting "Old Glory"; which we took new pride in displaying. We took several minutes to thank our supporters. The Big Three gear manufacturers made sure we USA lifters had the best lifting gear on the market. CRAIN, TITAN, INZER. A cheer went up when we said the names, followed by "Made in the USA!" Thanks to Al Siegel and "SIEGEL ENGRAVING" of Clearfield, PA for the absolute finest in custom awards. Special this year were one of a kind PLing meet shirts & casual wear provided by HOUSE OF PAIN IRONWEAR of Fate, Texas. Thanks RICK BREWER! Also, "HILL COUNTRY EMBROIDERY" of Austin, Texas specially embroidered the HOP shirts with the TEAM USA logos. We were also very appreciative of the JWT Travel Coordinators at BASTROP TRAVEL, INC. located in Bastrop, Texas. Thanks to all others who supported our efforts this past year.

On September 15, 2001 USAPL President Michael Overdeer published this statement: "Please add to your prayers those of USA Powerlifting's athletes who are representing us in Bulgaria at the IPF JR World Championships. They are doing their best to honor us all and our country in the midst of all the enormous pressure of the tragic events at home. We pray for their safety and well being, and safe passage home at the conclusion of the event." Looking back at this statement it reminds me what comfort it brought to us when we finally were able to get a line of communication home. It made us all feel more connected to our homes and families, knowing they sent their best wishes. It also reminded me of how confusing these hours were and how everything we did seemed to be new territory. As we finally made it home, we now have some new questions to ask. How will the events of Sept. 11th effect future international travel by US teams? It has already effected our first Sub-Junior IPF World team that was planned to compete in Sochi, Russia this month, cancelled due to "uncertainty about the times". I posed this question to Dr. Larry Maile, IPF North American VP: "I think in most instances, the security needs of our teams will not change. We are not in a situation where we are the highest profile athletes. However, we must assess the situation prior to each competition and determine whether it is safe to go, and if any special

considerations need to be put in place. At this point, we are considering it safe to travel to remaining competitions this year. We did cancel the Sub-Junior Team because of on-going incidents, and the incomplete status of security precautions in major transportation hubs. Significant upgrades have been made and security increased. We are confident that travel to international competitions will be much safer than it was prior to September 11th."

Perhaps it will take greater commitment than ever to compete internationally in the future. We must constantly re-evaluate the cost of being in our sport just as we will no doubt weigh the price of being an American many times before this ongoing conflict is over. President Bush has asked us to pick up our lives and resume daily activities, even though things will never be the same. There is the possibility that there will be more evil deeds inflicted upon us. We have entered a new era, but I'm certain that our lifters will still go forth to represent us at future international competitions. It would not be in our nature to do otherwise.

Thanks to all those back home, who supported us, prayed for us, and sent us well wishes. Thanks to those of different federations who supported us as fellow Americans. Our prayers are with the heroes who died in NY, DC, and PA, as the first victims of this new era.

GOD BLESS AMERICA

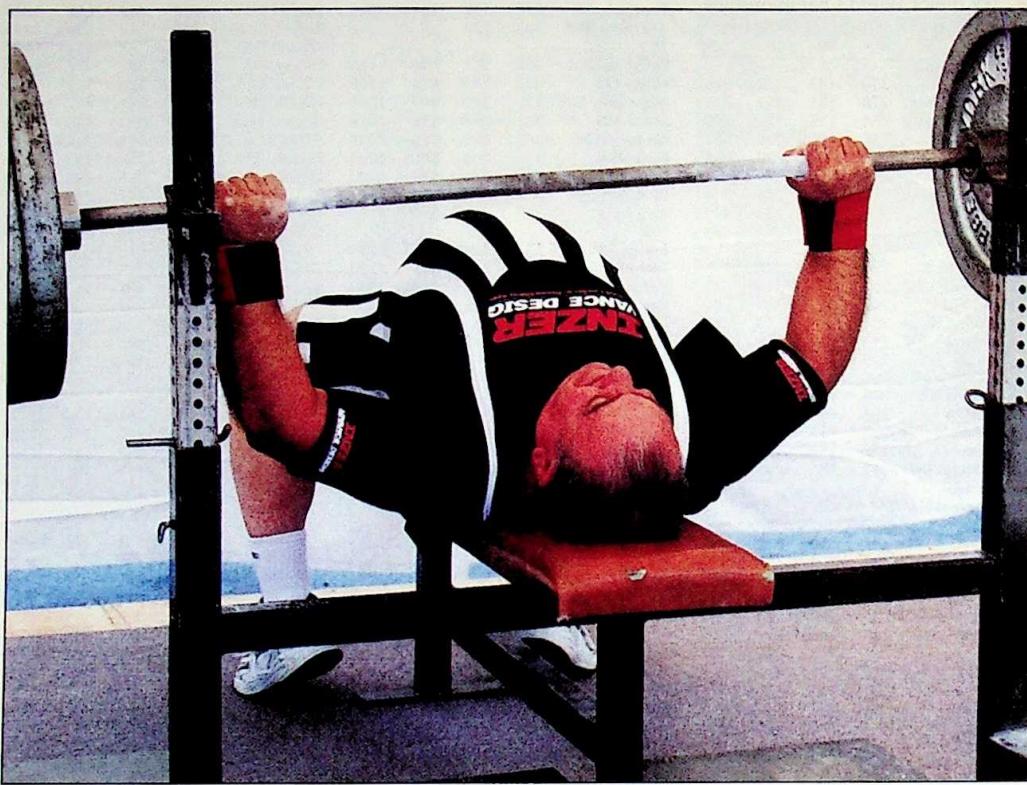
2nd Italian Open BP Classic
19 Aug 01 -

MEN	BP	B. Galland	314
Guest		Open 181-1/4 lbs.	
W. Gregg	132	A. Rameriz	385
JR		F. Papalado	325
M. Dowling-23	363	Open 220-1/4 lbs.	
C. West-23	319	P. Murtaw	429
Master (40-49)		B. Crescenzo	402
P. Murtaw	429	C. Stoe	385
Master (50+)		Open 242-1/2 lbs.	
P. Soto	325	J. Flynn	534
Novice		Submaster	
B. Galland	314	J. Flynn	534
F. Papalado	325	J. Speranza	358
A. Colon	308	A. Rameriz	385
Open 165-1/4 lbs.	Teen		
J. Speranza	358	C. DeCherico-16	259
P. Soto-58	325	M. Ogwuru-18	336
		J. Cappa-15	159

TEAM: Paradise Power Team, Best Lifter Heavy: John Flynn. Best Lifter Light: John Speranza. Spotters/Loaders: Friends of Italian American Club. Judges: Scott Blanchard, Lynne Barlow, Russ Barlow. Marshal: Monique Cote. Table: Norm Guay, Erica Blanchard, Chad Curtis, Michelle Curtis. Director: John Speranza, Russ Barlow. (Thanks Russ Barlow for the results)

USPF Barbee Classic
28 Jul 01 - Seguin, TX

BENCH		148 lbs.					
WOMEN		L. Gray-17	270				
132 lbs.		Submaster					
K. Reinhard	143*	181 lbs.					
148 lbs.		R. McCarty-37	463*				
P. McCormick	154	220 lbs.					
220 lbs.		J. Campbell	408				
P. Calhoun	237	242 lbs.					
MEN		J. Hendrix	419				
Open 181 lbs.		Masters					
R. McCarty	463*	220 lbs.					
198 lbs.		G. Dzuris-44	204				
J. Waters	402	Disabled					
220 lbs.		G. Dzuris	204				
G. Dzuris	204	Police/Fire					
242 lbs.		165 lbs.					
J. Hendrix	419	P. Arriaga	287				
Junior		198 lbs.					
		J. Waters	402				
MEN	SQ	BP	DL	TOT			
Below Class I							
165 lbs.							
P. Arriaga	402	287	441	1130			
181 lbs.							
S. Johnson	314	215	314	843			
198 lbs.							
J. Woodward	524	342	507	1373			
S. Collins	385	331	529	1246			
B. Simank	353	298	342	993			
220 lbs.							



Richard Austin with a 4th attempt of 353 lbs. at the APF Maine State Push/Pull. Richard is 70 years of age and weighed 229 lbs. and wants us to know "That's not my stomach - it's the shirt!" (courtesy Russ Barlow)

M. Rojas	518	402	529	1449	275 lbs.	I. Sandoval	463	265	480	1208	P. Dungan	645	441	612	1698
242 lbs.					Junior (16-17) 123 lbs.	S. Ballazar	276	182	325	783	G. Solis	606	342	501	1449
P. Dungan	645	441	612	1698							Submaster (35-39) 181 lbs.				
275 lbs.											J. Perez	386	276	463	1125
J. Nicholosi	568	336	501	1405	148 lbs.	L. Gray	386	270	386	1042	242 lbs.				
SHW						J. Sausto	325	254	386	965	T. Valdez	452	358	402	1212
D. Griffin	573	331	501	1405		J. Reid	281	182	254	717	D. Ford	463	353	573	1389
Junior (13-15)					198 lbs.					275 lbs.					
114 lbs.						M. Cardenas	402	248	474	1124	A. Leyton	402	308	501	1211
L. Ford	187	105	204	496						(45-49) 275 lbs.					
132 lbs.					242 lbs.	Z. O'Quinn	265	176	281	722	J. Putnam	551	402	551	1504
Z. O'Quinn	265	176	281	722		H. Colson	524	331	474	1329	J. Fisher	276	165	308	749
181 lbs.						M. Nguyen	524	281	524	1329	242 lbs.				
N. Lyons	457	292*	480*	1229*	Junior (20-23) 220 lbs.	D. Ortiz	—	—	—	—	M. Ellsworth	336	176	325	837
220 lbs.						E. Owens	336	215	325	876					

NEW A.P.F./A.A.P.F. Membership Application

AMERICAN POWERLIFTING FEDERATION
AMERICAN AMATEUR POWERLIFTING FEDERATION



PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •



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STREET ADDRESS					
CITY		STATE			
AREA CODE	TELEPHONE NO	DATE OF BIRTH	AGE	SEX	ZIP CODE
		MO	DAY	YR	
		NAME OF CLUB YOU REPRESENT			ZIP CODE MUST BE PRESENT
REGISTRATION FEE \$25.00		MASTERS YES NO		U.S. CITIZEN YES NO	
ATHLETES, fill out card completely and mail with fee to: MAKE CHECK PAYABLE TO: A.P.F. 62 S. BROADWAY AURORA, IL 60505					
IF UNDER 18 HAVE PARENT INITIAL		I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F.			
SIGNATURE X					

ARE YOU A PREVIOUS
A.P.F. MEMBER
 YES NO

K. England 154 110 237 501
Best Lifter Men: Chad Matthews 220, Best Bench Men: Ralph McCarty 181, Best Lifter Women: Merissa Baker 114, Best Bench Women: Paulette Calhoun SHW. (thanks to Seguin Fitness for providing the meet results)

USAPL Bench Nationals 22,23 SEP 01 - Bedford Hts, OH

Women's Division:	Scott Weber (raw)	319	
97/44	Fred Stokes (mm1)	319	
Ruth Snyder (wo-life)	115n	313	
105/48	Adrian Griffin (raw)	308	
Peggy Bano (wo-wm2)	88	308	
52/114	Ben Scherer (p&f)	297	
Terri IDistaulo (wo)	181n	286	
Maura Shatteworth (wo)	154	253	
123/56	Drew Lindsey (mm5)	247	
Carmella Dixon (wo)	159	225	
Anne Boyle (wo-life)	115	225	
Jeanne Harms (wm2)	93	170	
132/60	Calvin Everett (mm7)	170	
Jennifer Thompson (wo) BL	275 n	90/198	
Jill Darling (wo-college)	253	Joe McAuliffe (mo) BL	539
Nicole Rendon (college)	132	Dennis Cleri (mo)	533
148/67.5	Steve Spinelli (mo)	489	
Angela Simmons (wo)	231	Isaias Jackson (mo)	451
Tammie Callahan (wo-life)	231	Patrick Hall (mo)	451
Mary Ruffener (wo-life)	231	Robert Ingram (mm3)	423
Christy Newman (wo)	231	Mark Williams (mo)	423
Jennifer Robertson (wo)	225	Kevin Farley (mo-life)	412
Helen Sauer (wo-wm2)	225	Steve Krebs (mo-jr)	407
Kathy Miller (wo)	187	Brian Moore (mo)	401
Kathleen Jones (wo-wm1)	187	Bryan Frizzelle (jr)	401
Ruth Welding (wo-wm2)	176	Bill Phillips (mm5)	385
Maureen Post (wm 1)	176	w	
Eula Compton (wm4)	148	John Mitsopoulos (mm4)	357
Regina Hackney (wm5)	132	Chris Marlow Or	352
Tunde Szizak (college)	126	Joe Nealis (mm3)	346
165/75	David Hardy (mm3)	341	
Brooke Wessler (wo)	253	Wally Strosnider (mm3)	341
Sandra Perron (wo)	242	Phil Acciardo (mm2)	341
Jaclyn Thuner (wo-college)	132	Ronald Hemmenway (mm5)	324
Candy Mette (wm1)	121	Tom Scott (mm7)	308
181/82.5	Paulo Shakarian (coll)	264	
Andrea Sortwell (wo-wm1)	255	Charles Lee (mm9)	225n
Maggie Millen (wo-w12)	220	100/200	
Sara Tomechko (wo)	181	Ralph Young (mo)	544
198/90	Tim Anderson (mo-p&f)	506	
Linda Knittle-Kauk (wo-life)	192	Larry Malcomson (mo-p&f)	506
Sue Ann Pack (wm5)	209w	David Johnson (mo-life)	506
198/90+	Anthony Succarote (mo)	495	
Debbie Farrell (wo) BL	374 n	Michael Landino (mo-life)	495
Sue Hallen (wo-wm1)	275n	Ennis White (mo-mil)	484
Lori Loughney (wo-wm1)	203.5	Dave Chevalier (mm3)	
Susan King (wm3)	181	475w	
Brandy Palnode (wo-w12)	176	Sidney Green (raw)	440
Men's Division:		Mike Tylor (mo-mil)	434
123/56		Ken Levatino (mo-p&f)	429
Steve Petrencek (mo-life)	330n	Joe DeFranco (mo-life)	407
Peter Wong (mo)	313	Frank Schuelz (mo-mil)	401
132/60		James Cash (mm3)	390
Joe Smith (mo)	301	Steve Caldwell (mm3)	385
Luke Hanifen (mo-mm3-jr)	291	Jarnes Bourisaw (mm5)	363
Bennie Miller (mo)	291	n	
Andrew Bates (mm3-raw)	225n	Joe Melchiori (raw)	346
Pete Balke (college)		Lou Sposato (mm5)	346
Thomas Diriienzo (college)	220	Dennis Ballen (mm5)	330
Daniel Miller (ml3)	198	Tony Horvath (mm2)	330
Michael Freecorn (mm1)	192	Daniel Dougherty (mm2)	303
148		Bill Remley (mm7)	302
Lance Slaughter (mo)	385	Greg Fay Sr. (mm3)	302
Paul Wong (mo)	363	Ray Klocek (mm6)	291
Trey Collins (mo)	346	G. Wm. Sweeney (mm8)	220
Joe Scribner (mm1)	308	Joseph Waddill (mm7)	159
Mike Anderson (mm2)	308 n	Anton Reel (mm9)	154
Loren Mangino (ml2)	302	110/242	
Dan Popa (ml2)	301	Pat Wilson (mo)	572
Muz Haffar (ml2)	297	Dave Doan (mo-p&f-life)	550
Jules Pellegrino (mm4)	291n	Raoul Donati (mo-life)	544
Ivan Zwick (mm5)	269	Kevin Mayer (mo-life)	517
4th attempt:		Dane Robinson (mo-life)	511
Stoney Portis (college)	264	Byron Nichols (mo-life)	484
John Barrett (ml3-p&f-coll.)	236.5	Greg Chrun (mm2)	478n
Justin Scherer (junior)	203.5	Tom Babcock (mm1)	429
Ted Feight (mm3-mo)	181.5	Andrew Wilson (mm1 - raw)	429
165/75		Ralph Brown (mm3)	412
Larry Miller (mo-mm2) BL	498	John Clirciu (raw)	401
open and master's world record		Murray Marsh (mm5)	374n
Mike Hara (mo-mm1)	462	Dennis Callanan (jr)	368
Joe Warpeha (mo)	407	Vince Tarantino (raw)	357
Ricardo Garza (coll)	330	G. Washington (mm3-mil)	324
Jay Haines (mm3)	330	James McGuire III (mm5-life)	313
Frank Warpeha (coll)	330	Joseph Yanovitch (mm6-life)	313
David Miller (mm2)	319	Earl Robinson (mm5)	308
Dan Callahan (mo-raw)	297	Sheldon Levy (mm7)	242
Jim Merlin (mm5)	275	n	
David Seman (raw)	275	125/275	
Joseph Mrosczyk (coll)	275	Scott Lade (mo)	566
Hurley Meeks (mm6-life)	275	Collin Rhodes (mo)	561
David Berwath (mm3-raw)	275	Dwayne Meeks (mo-p&f)	550
Tom Byington (mm3)	253	George Lealifano (mo)	539
John Kocisko (raw)	253	Brad Klinger (mo-mm1)	528
181/82.5		Frank Palmer (mo)	528
Leonard McCormick (mo)	495	Wayne Dresser (mo)	5215
Marv Coleman (mo)	462	Jon DuFoor (mo)	506
Joe DeMatteo (mo)	451	Fred Dini (mo-mm3-life)	500
Greg Zangl (mo-mm1)	423n	Brian Martin (mm 1)	495
Tim Rickett (mo-life)	418	Bart Lombardi (jr)	451n
Jim Klostergaard (rnm3)	413w	Scott Haas (ml2)	429
Joseph Delgado (jr)	407n	Chris Calvano (life)	429
Micah Gerraugh (mo-life)	401	Nectar Kirkiris (mo)	396
Dana Rosenzweig (mm1)	396	Tony Landino (mm1)	396
Stuart Patrick (raw)	390	Brian Gray (mm4)	396
James Perleick (mm1)	379	Steve Mendenhall (jr)	374
David Flank (raw)	352	Denny Day (p&f)	357
Jack Hamady (raw)	346	275+/Superheavy weights	
Rudy Lozano (mm5-life)	352w	Mike Hodge (mo)	605
Joe McDermott (mm5)	341	Andy Shields (mo)	572
Stewart Wiegand (mm5)	341	Dan Gaudreau (mo-mm1)	566n
Pat Carroll (mm1-mo-life)	330	Bruce Edwards (mm 1)	544
Joseph Heyman (coll)	324	Corey Hoffman (mo)	500

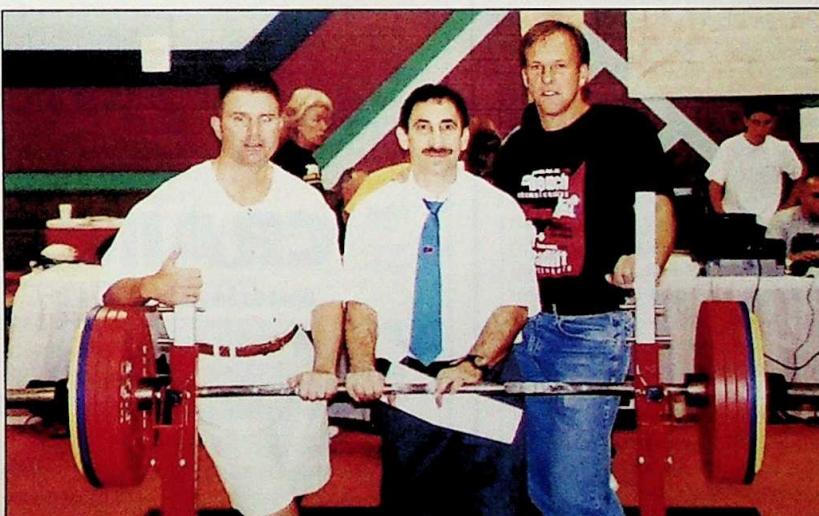
(Dr. Miller's article is continued from p.9)

class had a large number of master lifters looking for spots on the world team. Sheldon Levy who helped judge, set 3 national records with a final third attempt bench of 242 lbs in the 70-74 group. Joe Yanovitch won the 65-69 age division with a bench of 313.5 lbs. Murray Marsh also set three national records in winning the 60-64 division with a final lift of 374 lbs. Ralph Brown won the 50-54 group with a bench of 412.5 lbs. Greg Chrun set a national record with a bench of 478.5 lbs. Tom Babcock won the 40-44 division with a bench of 429 lbs. Andrew Wilson won the raw division with a 429 lb bench. George Washington won the Military with a bench of 324.5 lbs. Dave Doan won the Lifetime and Police and Firemen division with a bench of 550 lbs. Dave finished the open in second to Ohio lifter Pat Wilson who finished with a 572 lb lift and just missed 600 on his third attempt. In the 125kg (275 lb) class, Chris Calvano won the Raw division with a bench of 500.5 lbs. Bart Lombardi finished with 2 firsts in the Junior and Collegiate division with a bench of 452 lbs which established a new national record. Scott Haas finishes first in the teenage 16-17 age group with a lift of 429 lbs. Brian Gray won the master's 55-59 age division with a bench of 396 lbs. World Champion Fred Dini won the masters 50-54 group with a bench of 500.5 lbs. World Champion Brad Klinger won the master's 40-44 age group with a bench of 528 lbs. Dwayne Meeks won the Police and Firemen division with a 550 lb bench. The men's open was won by Scott Lade with a strong lift of 566.5 lbs. Fourteen lifters were entered in the 125kg+ division. Gip Duggan set a master's national record with a bench of 429 in the 55-59 age group. Don Jansen finished with a 412.5 bench to win the 50-54 division. Terry Wallack won the Lifetime and Raw division with a 291.5 bench. Dan Gaudreau broke his world and national records with a lift of 566.5 lbs. Tom Lamb won the Police and Firemen division with a bench of 500.5 lbs. Ryan Risner

won the teenage 16-17 division with a bench of 429 lbs. Mike Hodge repeated as national champion in the open division with a big 605 lb bench.

Per usual the individual receiving the biggest round of applause was my good buddy Eric Curry. Eric lifted off for almost every lifter without a break. The lifters look forward to working with him and he enjoys working with the lifters. He takes each lift off personally and for my third attempt he had a little trouble and he got mad at himself even though he said that it was my fault. The best lifters were Jennifer Thompson and Debbie Ferrell in the women's divisions and myself and Joe McAuliffe in the men's divisions. We had two vendors, Power Mag and the "Rubber Band" man, Mr. Dick Hartzell. We had a number of referees help out and some sat through some long flights. Sue Hallen and Ruth Welding came in from Indiana. Johnny Graham was working to put the master's world bench team together for his meet this April but as usual, he took time to help a number of the lifters and he also helped judge. Sheldon Levy and Jim Klostergaard both lifted and helped referee. Greg Page helped with weigh-ins and equipment check. Steve Mann, Vince White and Louis Levesque (from Canada) came in just to help us judge. Al Siegel did some judging and provided us with some phenomenal trophies. His wife Brenda helped with the announcing. Gary Kanaga helped develop and run a spread sheet program which made life much easier. Lane and Tony helped at the scorer's table and as meet directors, the King and Miller families all pitched in. The spotters saved a few lifters throughout the meet.

We probably received more compliments than ever before. It wasn't easy with 225 lifters competing but things went quite smoothly. Next year, the meet is back in Cleveland and will probably be held in early September. We appreciate all the help we received from so many people.



CLASS ABBREVIATIONS: mm - men's masters; mm1 = 40-44; mm2 = 45-49; mm3 = 50-54; mm4 = 55-59; mm5 = 60-64; mm6 = 65-69; mm7 = 70-74; mm8 = 75-79; mm9 = 80-84; wm - women's masters: wm1 = 40-44; wm2 = 45-49; wm3 = 50-54; wm4 = 55-59; wm5 = 60-64; wm6 = 65-69; coll - collegiate; jr - junior; p&f - police and firemen; life - lifetime; mil - military; men's teen - ml; ml1 = 14-15; ml2 = 16-17; ml3 = 18-19; wt - women's teen; wl1 = 14-15; wl2 = 16-17; wl3 = 18-19

Those Responsible for the 2001 USAAPL Bench Press Nationals include (left to right) Frank King, Dr. Larry Miller, and Ed King. The Kings run King's Gym in Bedford Heights, Ohio. (photographs courtesy of Dr. Larry Miller, except where noted)

(article continued from page 7)

With her weight down and looking ripped, she decided to compete in the Miss Los Angeles Bodybuilding Championships shortly thereafter. She finished 3rd there, but following that effort, and as a result of her crazy dieting (no carbs at all) she blew back up to 148 and retained enough fluid to fill the L.A. river. Attempting to cut weight back down to 123 for the 2000 WPC Worlds in November at Las Vegas took a heavy toll. Her goal was to total over 1000, and she was hoping for lifts of 413, 209, 418. She had made gym lifts of a 405 SQ, 205 BP, and 405 DL. The rigors of making 123 nearly did her in. She looked like death warmed over and felt even worse. Somehow, she got some strength back, and won the Bench Press title with a Masters WR (193) three days before she competed in the overall championship. It seemed as if she got stronger as the contest progressed, as she did 363, 193, 391, 937 and took runner-up honors. Nance and Joe made an important decision. She decided to lift at the Master Nationals in Maine in May 2001 at 132 so as not to be stressed by making weight. As a result, her strength level skyrocketed, and she manhandled her SO attempts: 424, 441, 452! On a 4th attempt she hit her 4th 40-44 WPC World record with an incredible 458, the 2nd biggest SQ of all time for USA Women in the 132lb. class, surpassing Mariah Liggett's 457 mark and surpassed only by Mary Jerumbo's 529. She made a 204, 220, and finally a 226 BP. In the DL she pulled 418, and 429 for an 1107 TOT. With 7 WRs under her belt, she hoisted 441 on her last try, but it was turned down, 2-1, on a call that could have gone either way. Training for the Senior Nationals in Daytona, FL, Nance posted some awesome training squats: 440, 460, 475, 485, and a close attempt at 500. During this time the terminal illness of L.A. Lifting Club team member and close friend George Rada created much stress. At the Seniors, Nance won her 3rd consecutive championship title, but didn't post the huge numbers she'd hoped for. She blew away her 441 SQ opener. The increase to 468 proved to be a tad too much (missed twice). In the BP, she made 220 with strength to spare. Next, she did 232.5 for a Masters 40-44 WR. She wanted 237 for a 3rd which was misloaded by over a hundred lbs. Fifty kg. plates made it more than she asked for (264). That should have made it obvious, but a pair of 15 kg. plates were added, plus additional change. Joe told them 3 times that it was wrong - nobody listened. Joe handed off, but

rescued her immediately, as she cried "Take it before I'm crushed". Momentarily supporting 2.7 times her own bodyweight re-injured her pec, and it has gotten progressively worse since this incident. Loaded correctly, she got the attempt over, but the damage was done and it went nowhere. She broke her own Masters WR Deadlift mark, pulling 435, but missed a 446 final try at knee height - TOT 1109 - still a personal best. Right after this competition, Nance had a small abdominal hernia fixed.

INTERVIEW

H.G.: What are your immediate goals in Powerlifting?

N.A.: To become 2001 WPC Women's Open World Champion

in Capetown, South Africa.

H.G.: In what category will you be competing and what are the lifts that you're hoping for?

N.A.: At 132; Squat - 474 to 501; Deadlift - 441 to 463.

H.G.: What about your bench press?

N.A.: As a result of the negligence on my 3rd attempt misload back at the Nationals, and continuing to lift, I have torn ligaments in my chest. As a result, I have also developed bicep tendinitis, which hampers my bench press training. I will lift whatever I can lift when the time arrives. That is all I know.

H.G.: What are your future lifting plans?

N.A.: I want to win the APF Seniors for a 4th consecutive time and also the WPC Worlds. I would

also like to break Mary Jerumbo's WPC World Record Squat.

H.G.: What are your favorite foods?

N.A.: Kentucky Fried Chicken and lobster. My favorite sweets are sticky buns.

H.G.: What are your favorite pastimes?

N.A.: Favorite pastime? Scuba diving, helping to get Joe into his tight briefs and suit, and dieting. I really love eating tuna fish, cottage cheese, and starving myself. I've found out that if it doesn't kill me, it makes me stronger.

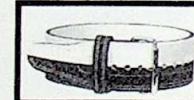
H.G.: What is the most exciting moment of your lifetime other than lifting?

N.A.: One year to celebrate my birthday I jumped out of an airplane. It was the most exhilarat-

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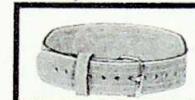
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3 Color Suede
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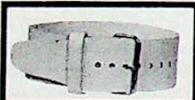
Style B \$84.99
2 Color Suede
Double Thickness



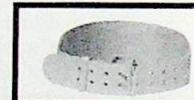
Style C \$79.99
1 Color Suede
Double Thickness



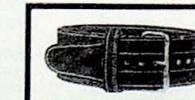
Style E \$69.99
4" Tapered Suede
Single Thickness



Style F \$31.00
4" Leather
Single Thickness



Style H \$23.00
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Single Thickness



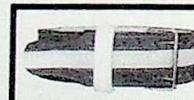
Style I \$55.00
Economy
Suede Belt



Style J \$24.00
4" Nylon
Adjustable Belt with velcro



Style L \$79.99
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2-Color add \$5.00 / 3-Color add \$10.00
Lever only \$18.00



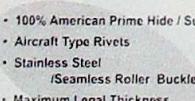
Style M \$35.00
Import Economy Suede Belt
Limited Colors / 2XL & 3XL \$38.00



Style N \$109.99
Same as Style C
w/embroidered name



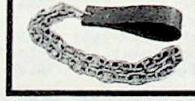
Style O \$109.99
Same as Style L
w/embroidered name



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ing feeling that you can possibly imagine.

H.G.: Would you ever consider bungee jumping?

N.A.: Let me think on that awhile.

H.G.: From where do you draw your inspiration and motivation?

N.A.: My husband Joe motivates me to be the best I can be. He exemplifies the best in sports competition and human behavior, not only as a coach, but as a person as well. Joe is the first person to lend a helping hand to others, even at the expense of his own needs. Joe brings out my strength in life. In my mind, I believe there are no limits, if someone believes in you and you believe in yourself. Joe's made me believe in myself. As long as I can I will continue to

promote PL for women.

H.G.: Anything special you want to say?

N.A.: Thanks to Bob Lorsch, one of our clients, for absorbing our travel costs to the upcoming Worlds in South Africa. Thanks to Mike Lambert for this month's cover of me on PL USA and all he's done to promote the wonderful sport of PL through his publication for the past 24 years. I don't know where the sport would be today without PL USA magazine. I thank everyone at the L.A. Lifting Club for their support and help in regards to our lifting. It's one big happy family. Thanks for telling my story, Herb.

In closing, I must make the read-

ers aware that Nance Avigliano is a rarity. It is most unusual to start such a rigorous sport as powerlifting at age 41 with no competitive athletic background. In less than 4 short years on the competitive lifting platform her rise to the top has truly been astronomical. It is the result of unrelenting pursuit, iron will, dogged tenacity, and the suffering of hardship and pain. It illustrates that it is never too late in life to realize your dream if you want it bad enough. Nance's hunger for big numbers has not clouded her objectivity for maintaining feminine beauty coupled with a great physique, radiant health, and incredible strength. She is, unquestionably, the total package. Not only does Nance Avigliano hoist huge weights, but she looks great doing it!

WPO News "I just wanted qualified WPO Final lifters to know, that things are on the up and up in the WPO. The WPO Semi-Final was quite an experience and I learned a lot that day, and for the immediate future as well. There is a new direction the WPO will be going in for the 2002 season. These changes will ultimately allow the sport to prosper for the long haul, ensuring that it isn't short lived. I was just up in Columbus, Ohio meeting with Mr. Jim Lorimer to discuss the logistics for the 2002 Arnold Classic. Mr. Lorimer is Arnold's personal friend and overseer of the Arnold Classic, and he has given the WPO 7000 sq. ft. of space for powerlifting. The WPO Qualifier (2-22-02), and the WPO Final - the Superbowl of Powerlifting (2-24-02) will be run in this space. It is in a high traffic area where the spectators pick up their tickets, right in front of the main entrance into the Expo. Also, people coming off the street pass right by the powerlifting area as well. The Bench Bash will be held on the main stage, as usual, in the Expo area. Three whole days of powerlifting should make for the greatest Arnold's Classic ever! As many of you know the WPO motto is "Put Up or Shut Up"! With some of the new changes please keep this additional motto in your iron mind. "In the WPO success is a journey not a destination." Please log on to hugeiron.com for very important WPO information. Your WPO President,

Kieran Kidder

P.S. I would personally like to extend my condolences to any lifters whose families might of been affected by the horrible loss of life that took place on 9-11-01. It dawned on me that there could possibly be some lifters in the NYC and Washington D.C. areas that could be affected by the tragedy. I hope that the individuals in the powerlifting world are supporting President Bush, and not responding like these pacifists that make me sick. Every person in this country, powerlifters included, should want justice for their fellow Americans that died for their country unexpectedly. Americans should not be concerned with innocent loss of Afghani life, but realize that we are just as innocent and vulnerable as they are. Bottom line is - they want to kill us! So we must kill them first! You can bet that the WPO will pay tribute to America at the Arnold Classic. God Bless America!

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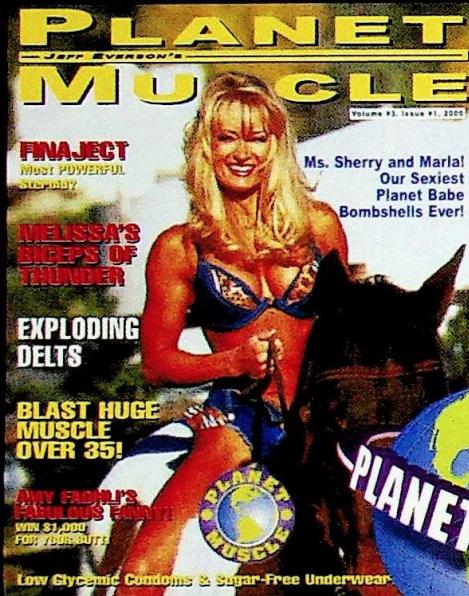
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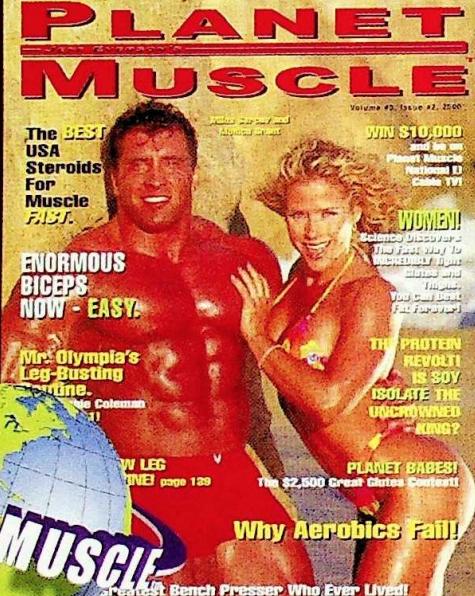
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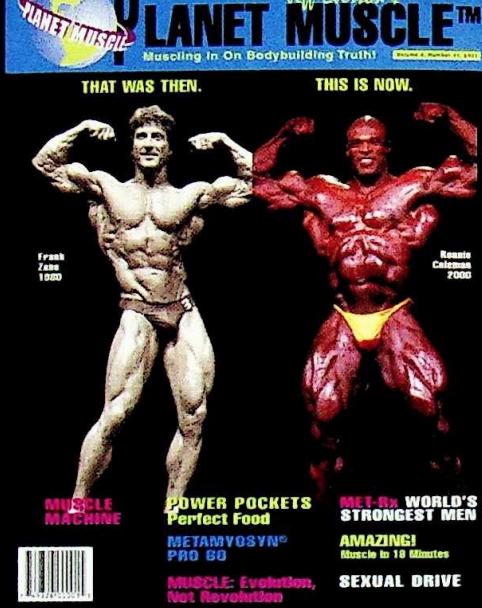
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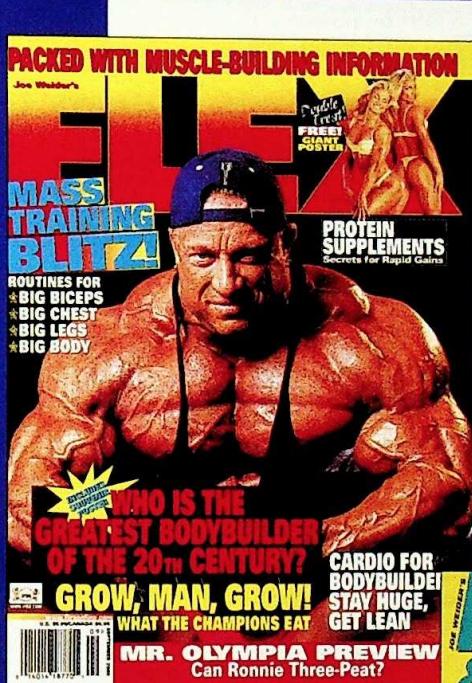
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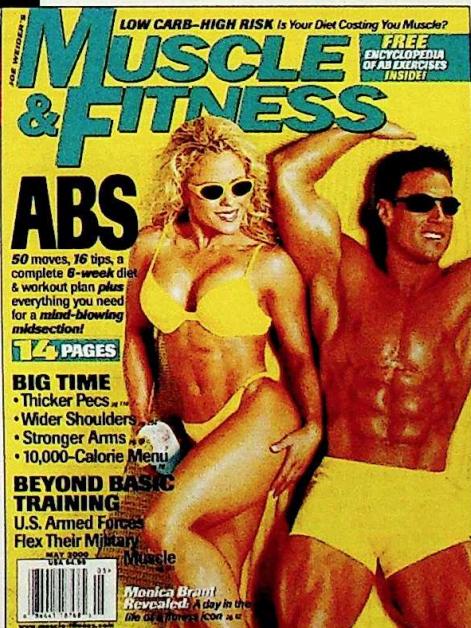


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NEXT MONTH... TOP 181s

Corrections... Joe Silano's DL in the Iron Island Classic (4/28/01) was actually 365. We certainly do apologize for any errors that our readers find in the various lists we publish, and we encourage you to please send any corrections to "PL USA ERRORS", Box 467, Camarillo, CA 93011. Sometimes we miss the lifts in our compilation, sometimes the results are not available, and sometimes the bodyweights of the competitor are not indicated - (Sometimes, it takes a while to verify the correction.).



2001 World's Strongest Man
Winner is Svend Karlsen (NOR).

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 751 Conyers, A. 8/12/01	520 Fokken, R. 6/3/01	700 Holmes, E. 8/25/01	1858 Conyers, A. 8/12/01
2 749 Hooper, W. 8/12/01	496 Gallagher, B. 6/23/01	699 Kiser, G. 12/2/00	1813 Hooper, W. 8/12/01
3 705 Palmer, R. 8/12/01	496 Hooper, W. 8/12/01	683 Conyers, A. 12/2/00	1813 Palmer, R. 8/12/01
4 688 Berardinelli, A. 8/12/01	490 Alday, L. 8/12/01	672 Caprari, T. 9/15/00	1768 Berardinelli, A. 8/12/01
5 677 Contreras, D. 8/12/01	479 Hara, M. 9/16/00	672 Palmer, R. 8/12/01	1741 Alday, L. 8/12/01
6 650 Almodovar, J. 11/17/00	479 Kerman, S. 9/16/00	633 Cayer, A. 5/19/01	1725 Salvagni, R. 8/23/01
7 644 Salvagni, R. 6/23/01	479 Berardinelli, A. 11/17/00	628 Alday, L. 8/12/01	1719 Contreras, D. 8/12/01
8 635 Crowe, B. 2/28/01	475 Miller, L. 2/4/01	625 Roane, T. 5/27/01	1675 Kiser, G. 12/2/00
9 622 Alday, L. 8/12/01	473 Salvagni, R. 6/23/01	622 Almodovar, J. 8/12/01	1665 Holmes, E. 8/25/01
10 615 Holmes, E. 8/25/01	460 Piersall, D. 4/22/01	617 McCall, E. 3/31/01	1664 Caprari, T. 8/12/01
11 600 Roy, 10/20/00	457 Contreras, D. 8/12/01	610 White, J. 11/12/00	1645 Crowe, B. 11/18/00
12 600 Thomas, T. 11/11/00	455 Watkins, A. 3/17/01	610 Kimble, L. 4/6/01	1620 Almodovar, J. 11/17/00
13 600 Kiser, G. 12/2/00	455 Heck, B. 3/17/01	610 Braca, J. 5/26/01	1576 Holzbauer, J. 8/12/01
14 600 Caprari, T. 8/12/01	450 Crowe, B. 10/21/00	606 Eddy, R. 11/11/00	1559 Cayer, A. 5/19/01
15 600 Holzbauer, J. 12/2/00	447 Kaneshiro, S. 11/18/00	606 Salvagni, R. 6/23/01	1531 Thomas, T. 11/11/00
16 590 McVaney, A. 6/23/01	446 Luther, J. 4/21/01	606 Berardinelli, A. 8/12/01	1525 Foster, W. 10/28/00
17 584 Olson, G. 6/23/01	435 Spires, K. 9/9/00	600 Thompson, R. 11/11/00	1525 Eddy, R. 11/11/00
18 580 Randle, J. 3/24/01	435 Hamby, D. 11/11/00	600 Tyree, J. 11/18/00	1510 Roy, 10/20/00
19 578 Eddy, R. 11/11/00	435 Yoshimura, J. 11/18/00	600 Travis, D. 11/18/00	1505 Berry, M. 12/16/00
20 578 Robbins, B. 3/10/01	435 Phillips, W. 4/28/01	600 Holzbauer, J. 12/2/00	1500 White, J. 11/12/00
21 575 Wahl, R. 11/12/00	435 Conyers, A. 8/12/01	600 Blevins, G. 12/9/00	1488 Bridges, E. 2/24/01
22 573 Macri, M. 2/24/01	435 Palmer, R. 8/12/01	600 Franks, A. 3/10/01	1482 Tyree, J. 12/2/00
23 570 Foster, W. 10/28/00	431 Hixon, J. 3/10/01	600 Cirigliano, R. 5/12/01	1480 Bermudez, O. 7/28/01
24 562 Friend, J. 3/11/01	430 Gerhart, L. 12/16/00	600 Bermudez, O. 7/28/01	1476 Robbins, B. 3/10/01
25 560 Berry, M. 12/16/00	429 Ferrero, D. 9/9/00	590 Dozier, D. 5/27/01	1475 McVaney, A. 6/23/01
26 560 Guerrero, J. 3/24/01	420 Pelkey, R. 11/11/00	590 Sonne, D. 8/25/01	1466 Felch, D. 5/19/01
27 560 McLauchlin, S. 3/24/01	418 Kirchner, L. 5/20/01	589 Bridges, E. 2/24/01	1465 Beaupre, S. 5/5/01
28 556 Tyree, J. 12/2/00	415 Gaffin, J. 10/15/00	589 Clark, C. 3/31/01	1460 Simmons, G. 7/14/01
29 555 White, J. 3/24/01	415 Lee, C. 3/10/01	589 Wahl, R. 5/5/01	1460 Davis, K. 7/14/01
30 551 Wodarska, C. 11/10/00	413 Ward, S. 11/18/00	589 Hooper, W. 7/14/01	1455 Wahl, R. 11/12/00
31 551 Cayer, A. 5/19/01	413 Rodriguez, M. 2/17/01	585 Foster, W. 10/28/00	1449 Friend, J. 3/11/01
32 551 Munoz, J. 6/9/01	410 Scardina, S. 1/27/01	584 Contreras, D. 8/12/01	1449 Olson, G. 6/23/01
33 550 Monk, J. 3/24/01	410 Cunningham, J. 4/28/01	580 Wright, G. 10/14/00	1440 Blevins, G. 12/9/00
34 550 Wonyete, M. 4/7/01	410 Mamola, A. 7/21/01	578 Little, A. 5/19/01	1430 Taylor, T. 9/24/00
35 550 Beaupre, S. 5/5/01	405 Mazza, J. 10/17/00	575 Crowe, B. 11/18/00	1425 Roane, T. 5/27/01
36 540 Brown, C. 12/9/00	405 Zwijs, M. 3/17/01	573 Felch, D. 5/19/01	1421 McNeil, K. 2/24/01
37 540 Bridges, E. 2/24/01	405 Baker, E. 7/7/01	573 Simmons, G. 7/14/01	1416 Lewis, C. 3/4/01
38 540 Puge, E. 3/24/01	402 Carroll, A. 9/2/00	572 Retz, G. 10/7/00	1416 Little, A. 5/19/01
39 540 Lewis, C. 5/5/01	402 Yu, J. 9/16/00	570 Taylor, T. 9/24/00	1415 Guerrero, J. 3/24/01
40 540 Felch, D. 5/19/01	402 Medina, H. 3/31/01	570 Noctor, M. 5/12/01	1410 Greene, R. 3/25/01
41 540 Gonzales, R. 5/27/01	402 Caprari, T. 8/12/01	570 Lineman, J. 7/28/01	1406 Munoz, J. 6/9/01
42 535 Blevins, G. 12/9/00	400 Barkley, C. 10/15/00	567 Davis, K. 7/14/01	1405 Wright, G. 11/11/00
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45 534 Little, A. 5/19/01	400 Salas, C. 3/17/01	562 Redmon, B. 12/9/00	1405 Kirchner, L. 5/20/01
46 534 Lechuga, M. 7/7/01	400 Sanfilippo, S. 18/18/01	562 Olson, G. 6/23/01	1400 Yeargin, S. 3/24/01
47 534 Simmons, G. 7/14/01	400 Bermudez, O. 7/28/01	562 Avila, J. 7/14/01	1400 Monk, J. 3/24/01
48 530 Taylor, T. 9/24/00	396 Furnas, A. 9/16/00	560 Berry, M. 12/16/00	1400 Dozier, D. 5/27/01
49 530 Gill, U. 9/24/00	395 Spielman, A. 4/7/01	560 Yeargin, S. 3/24/01	1399 Franks, A. 3/10/01
50 530 McNeil, K. 2/24/01	391 Murphy, J. 9/30/00	560 Bass, L. 4/6/01	1395 Braca, J. 5/26/01
51 530 Keenan, P. 3/24/01	391 DeMatteo, J. 10/7/00	557 Munoz, J. 6/9/01	1388 Retz, G. 10/7/00
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53 529 Davis, K. 7/14/01	391 Higa, C. 11/18/00	556 Roy, 10/20/00	1385 McLauchlin, S. 3/24/01
54 525 Kirschen, D. 2/10/01	391 Dinkel, D. 12/2/00	555 Hart, M. 4/21/01	1385 Mercorelli, N. 4/21/01
55 525 Yeargin, S. 3/24/01	391 Schaefer, M. 3/31/01	555 Snelling, R. 6/16/01	1383 Catalino, M. 10/28/00
56 525 Thompson, C. 3/24/01	390 Roberts, J. 1/27/01	551 Covarrubias, G. 10/17/00	1383 Hixon, J. 3/10/01
57 525 Bracken, D. 3/31/01	390 Miller, J. 6/15/01	551 Nickson, E. 12/9/00	1383 Puckett, M. 6/23/01
58 525 Stewart, J. 4/6/01	390 Bradham, L. 7/7/01	551 Winslow, D. 3/10/01	1380 Kirschen, D. 4/22/01
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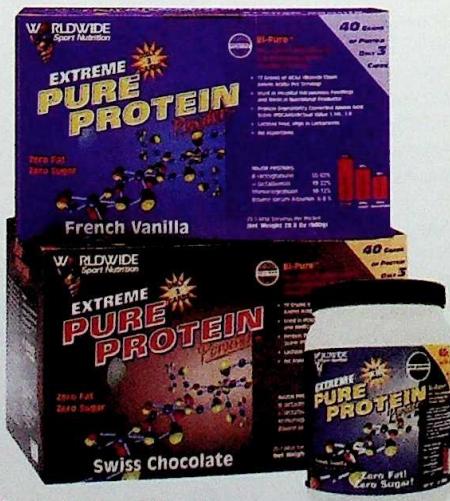
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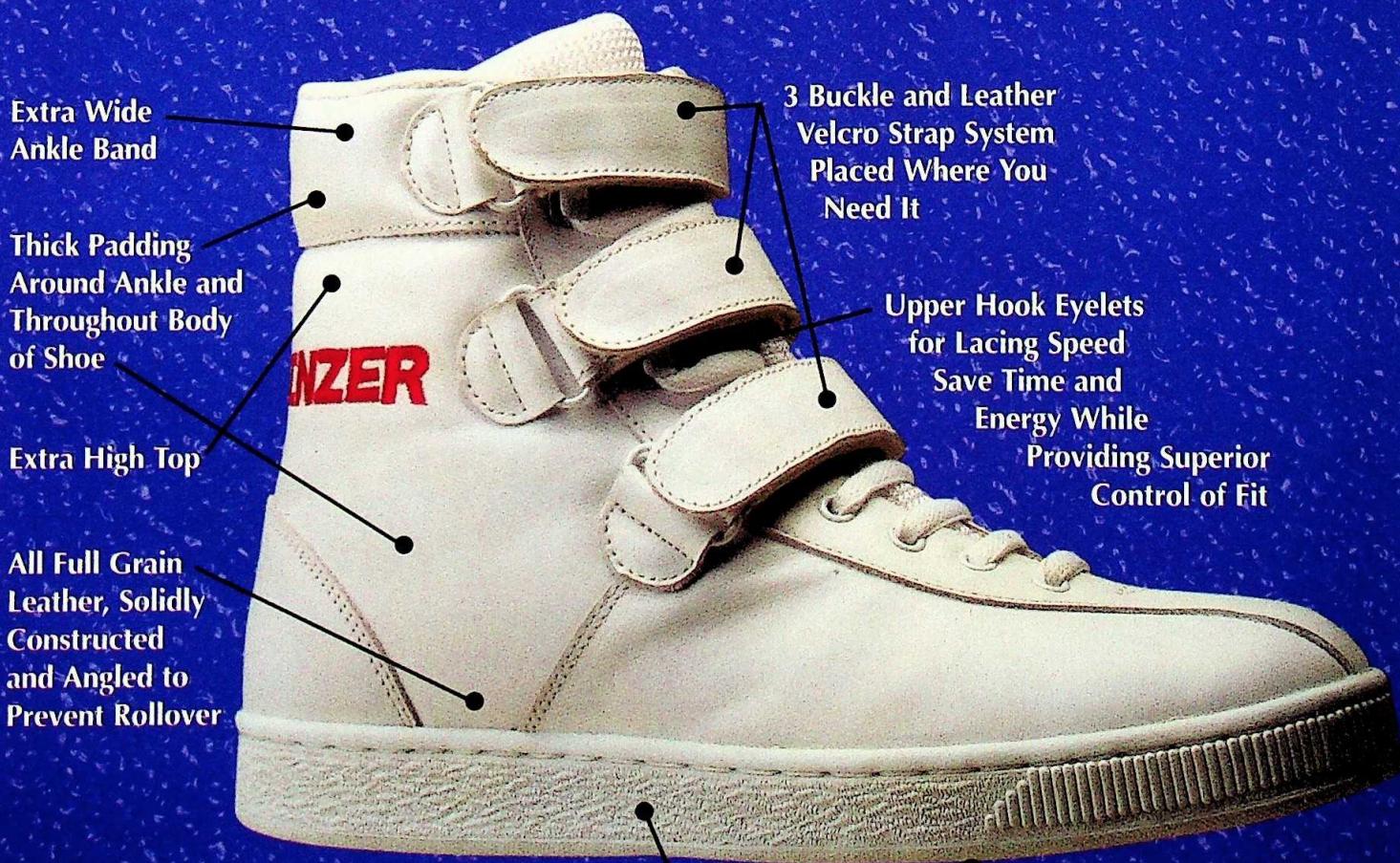
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