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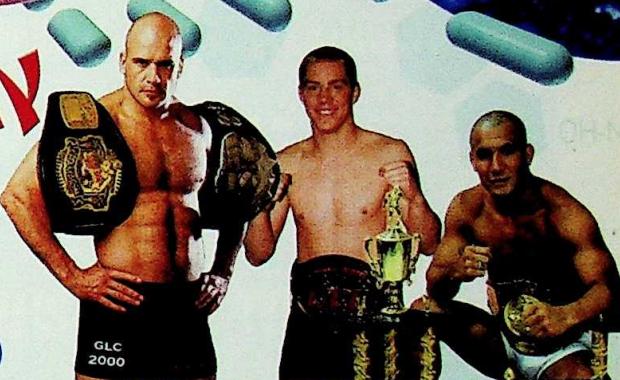
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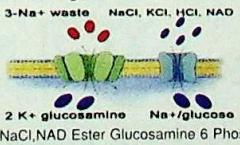
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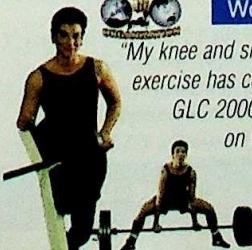
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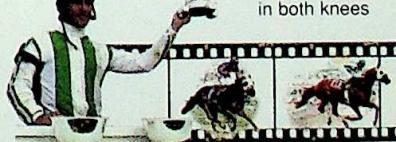
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*ON THE COVER - Mari Asp, newly married to Steve Denison, shot at Gold's Gym by Ned Low of POW!ERLIFTER VIDEO.*

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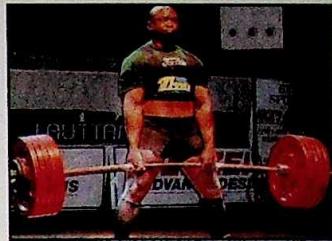
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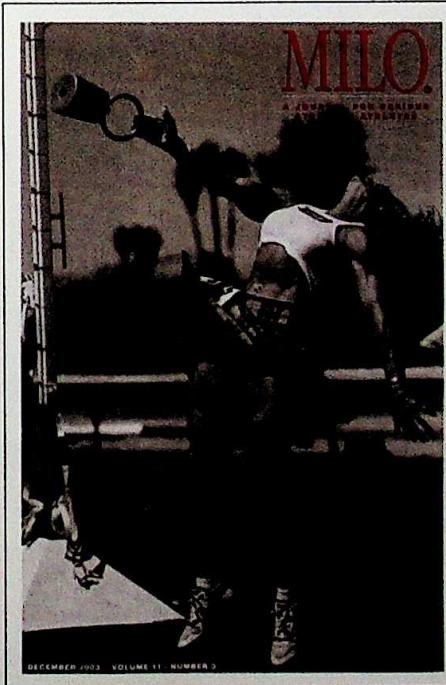
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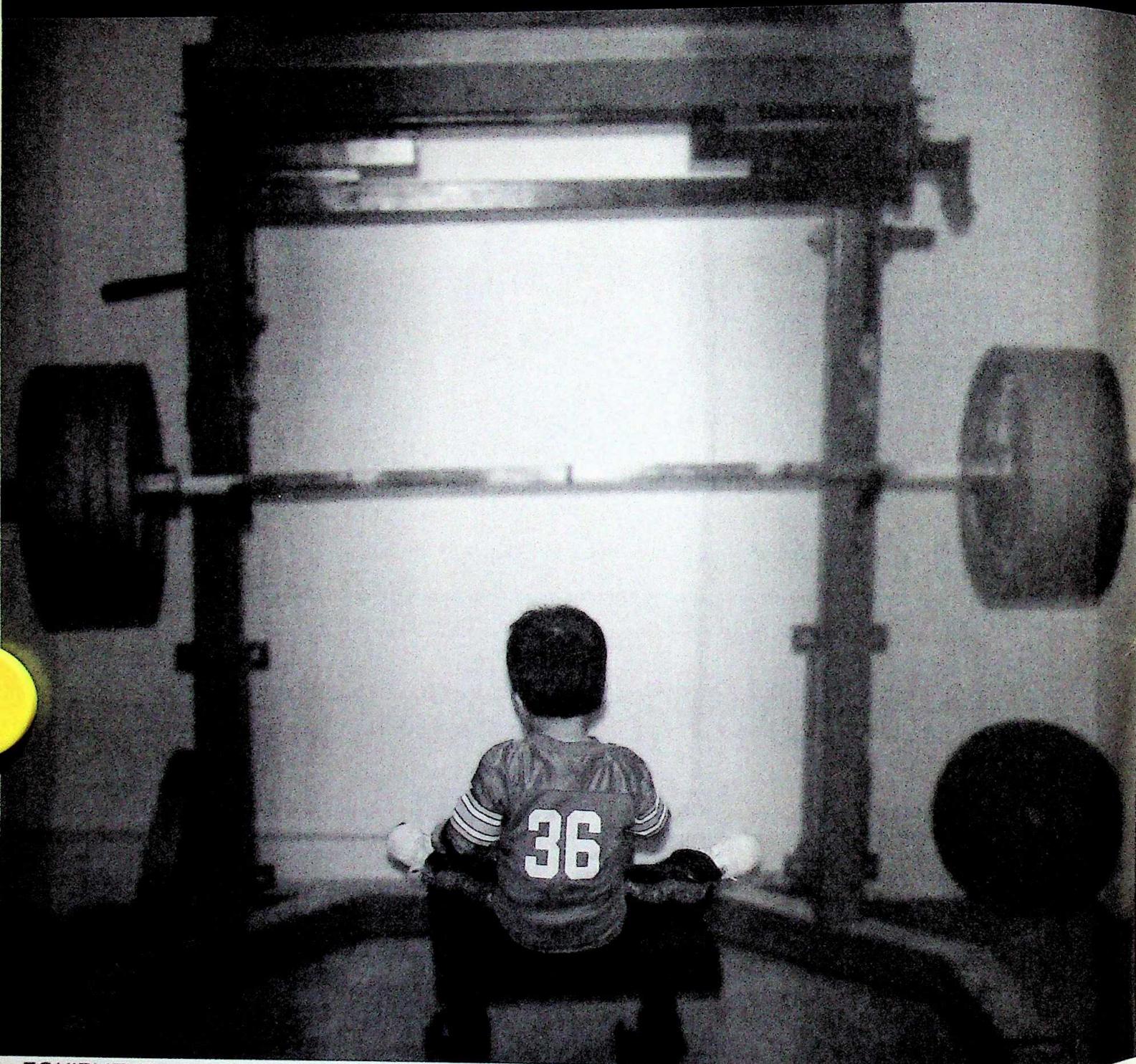
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# Someday I will...



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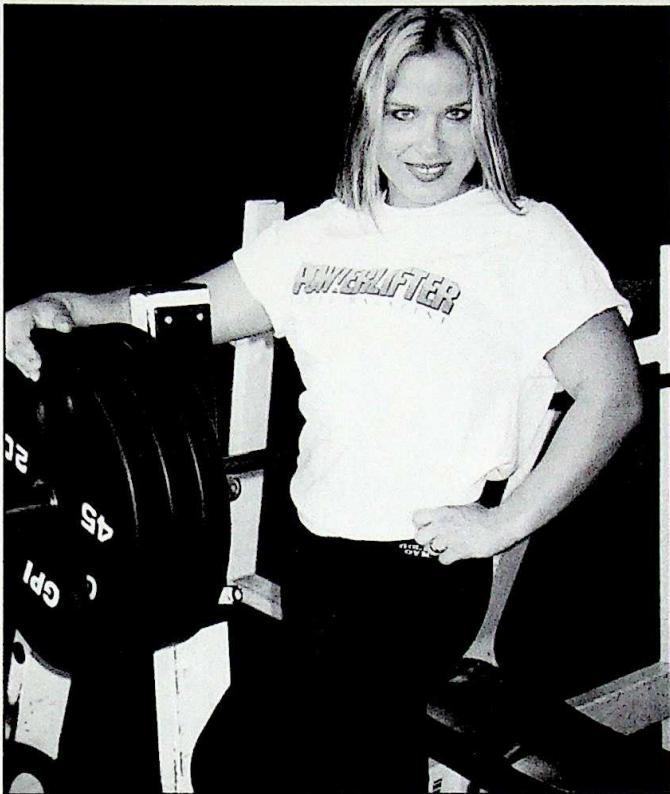


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# POWER SCENE



Mari Asp has been making remarkably steady gains in the bench.

PL USA covergirl Mari Asp keeps getting better. She just upped her PR to nearly 350, while dropping her own weight a few pounds, to 152, and she looks great doing it. Is 400 in sight for her? How does she build her bench, and what else does she have to say about benching?

Well, POWERLIFTER Video captured her training and some thoughts from Mari in its new issue, and POWER SCENE gave her a 10 question Q & A. Here's the transcript from that:

**Q:** Current PRs, and at what bodyweights?

**A:** My Bench press PR at a meet is 347 lbs at a bodyweight of 153 lbs. I did this in the USPF Bench Press Nationals August 13th, 2005

**Q:** Future plans: next BP meets, and what about full meets?

**A:** My next bench press meet is Bench America in October. After that I am not really sure what I will do. I do want to try and get back into full meets, but I have had some hip problems that have kept me from doing squats. But one day I might be back???

**Q:** Favorite parts of powerlifting

**A:** That everyone is so friendly and helpful. Lots of times I came to meets alone, but never any problems getting someone to help me.

**Q:** Least favorite things about powerlifting

**A:** There is a lot of stress with the gear. Bench press shirt is ok, but the wraps and suits are not really my favorite thing.

**Q:** Favorite lifters

**A:** Ingjerd Pytte Sagli, she won the IPF worlds in 1991. She helped me when I started powerlifting. Then Ed Coan. Great lifter and a good friend!

**Q:** How many times a week do you train?

**A:** I train 5 times a week, training each bodypart once a week.

**Q:** Where do you do your BP training?

**A:** I train at Golds Gym, Venice with Charles Glass, who trains me for my bench press meets. I also have a training partner, Mike O'Hearn. We have so much fun together in the gym. I am very lucky to have these people in my life!

**Q:** Do you have an ultimate goal in powerlifting?

**A:** Hmmmm. I just want to get as strong as possible, have fun, and enjoy going to the gym.

**Q:** What's your website?

**A:** www.fitmari.com

**Q:** How about some tips?

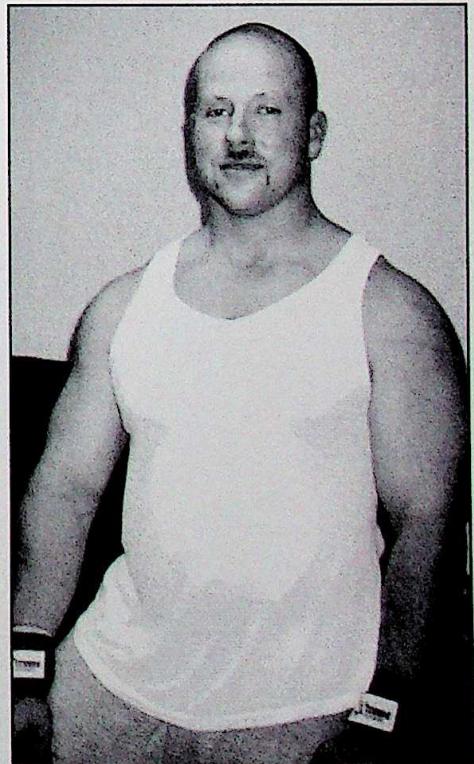
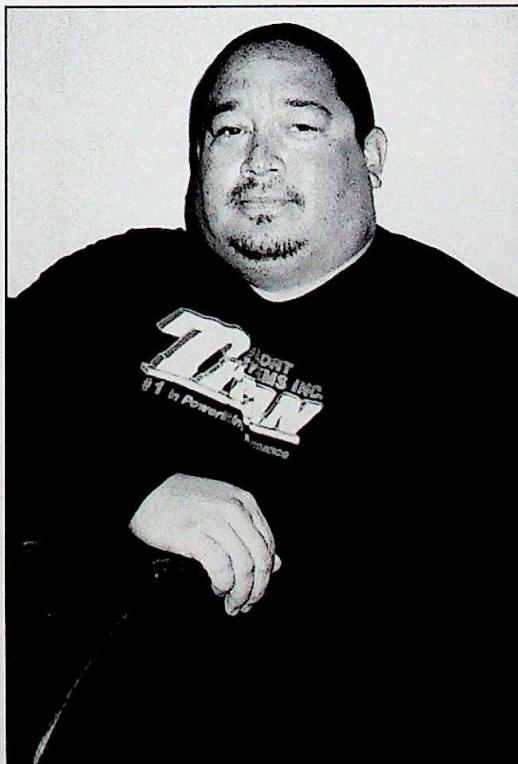
**A:** Listen to your body when you train. Have someone to train you, or a training partner. Trust yourself and what you are doing. If you set your mind on something, go for it! I want to say thank you to my sponsors Inzer ([www.inzernet.com](http://www.inzernet.com)) and to Lanas Egg whites ([www.lanaseggwhites.com](http://www.lanaseggwhites.com)) for all the support and help. I also want to give a special thanks to Charles Glass for training me and being a good friend.

To get more on Mari, check her out in POWERLIFTER Video's current issue, by calling 800-227-2355.

Next month, we'll let you know how she did at Bench America. Also aimed at Bench America are Matt LaMarque and Steve Wong, who've been featured on PL USA covers recently. POWERLIFTER Video and POWER SCENE went up to Monterey, CA and the Iron Society, where Matt and Steve do their bench training. Two 800+ benchers in the same gym -- that's what we like to see! And that's not all they've got up there -- there are more terrific lifters doing their training, and Matt's got his new invention for bench training.

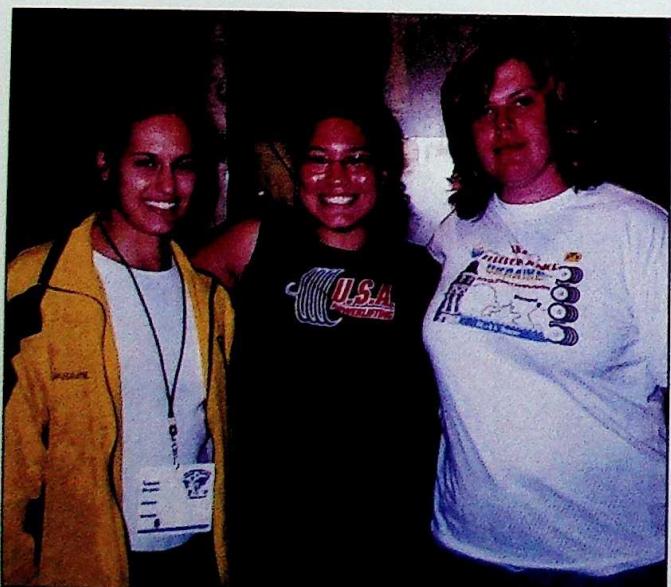
Next month we'll also report on how Matt and Steve did at BA3, plus give an in-depth look at the Iron Society. In the meantime, stay strong, and we'll see you on video!

Ned Low



Big Steve Wong (above) and Matt LaMarque (right) have been busy tearing up the record books

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Kolisnik-KAZ	115	52.5	137.5	305	Virk-CAN	200
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Hidawa-JPN	125	92.5	150	367.5	250	
60 kgs.					Olafsson-ISL	270
Krasilnik-RUS	270	162.5	242.5	675	205	
Mashins-RUS	227.5	155	255	637.5	240	
Kapyshi-KAZ	217.5	135	197.5	550	715	
Smith-RSA	185	85	175	445	Lane-AUS	260
67.5 kgs.					100	
Pugache-RUS	255	155	275	685	190	
					Singh-CAN	145
					Nation Points Women: Russia 66 pts., USA 66 pts., Japan 38 pts., Kazakhstan 21 pts., Ukraine 12 pts., Canada 9 pts., Australia 7 pts., New Zealand 7 pts., South Africa 5 pts. Women's Champion of Champions: 1st-Skrypka Tetyana, UKR, 576.32 pts. 2nd-Lukina Yulia, RUS, 510.42 pts. 3rd-Miller Caitlin, USA, 495.82 pts. Nationa Points Men: Russia 72 pts., USA 59 pts., Japan 49 pts., Canada 34 pts., Finland 29 pts., South Africa 24 pts., Uzbekistan 18 pts., Sweden 17 pts., Australia 16 pts., Germany 8 pts., Kazakhstan 8 pts., Iceland 6 pts. Men's Champion of Champions: 1st-Krasilnikov Anton, RUS, 577.19 pts. 2nd-Kolbin Alexander, RUS, 549.64 pts. 3rd-Pugachev Petr, RUS, 531.28 pts. (Thanks to Pamela Brown for providing these meet results)	190



Three 2005 IPF Subjunior World Champions: left to right, Tetyana Skrypka (UKR - 75 kg. - 4 world records), Bonica Brown (USA - 90 kg. - new bench press record), Viktoriya Olenylsya (UKR). Photo Brown

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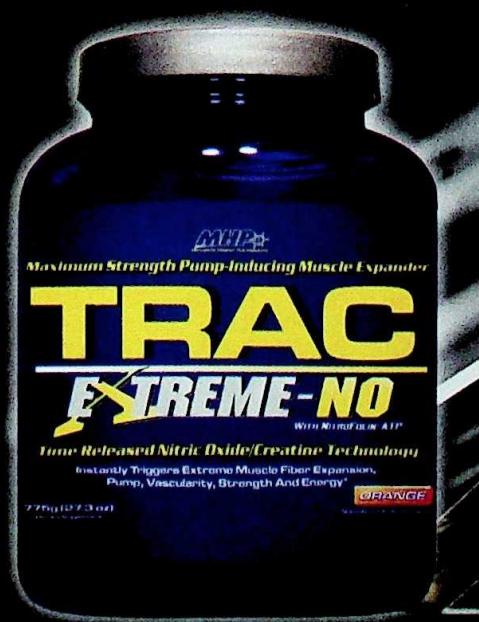
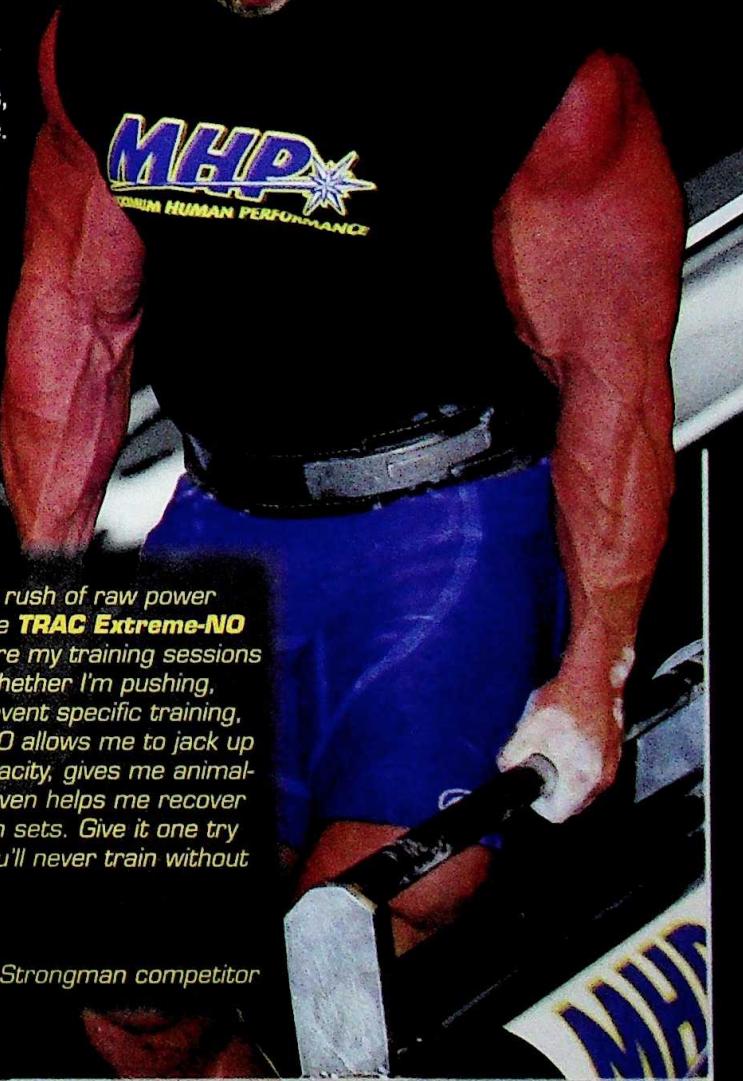
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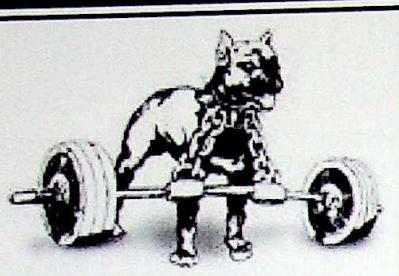
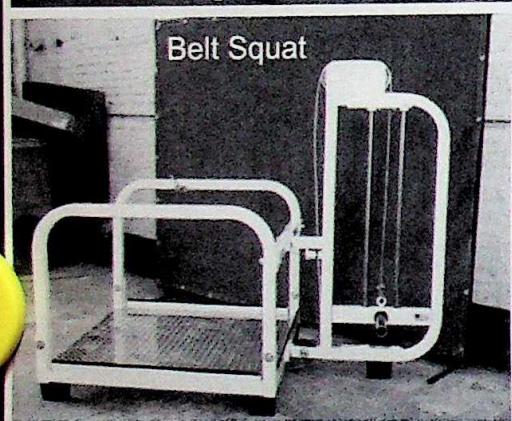
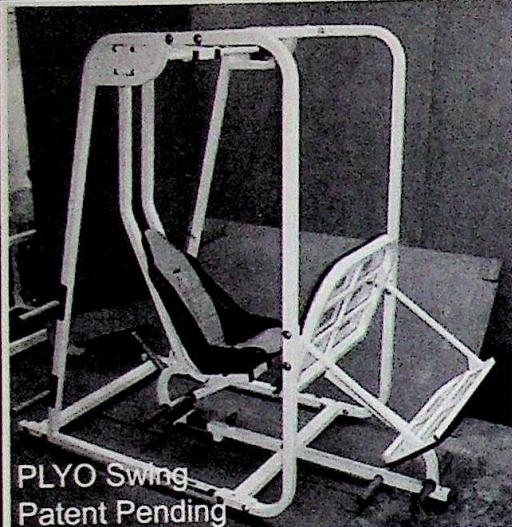


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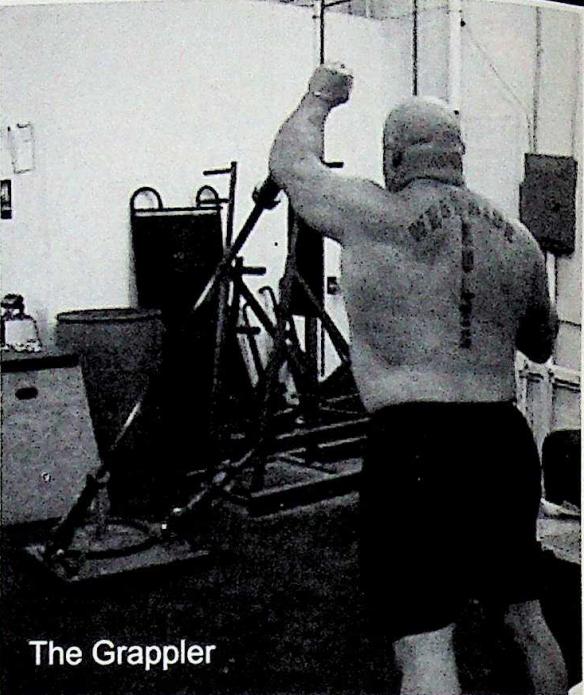
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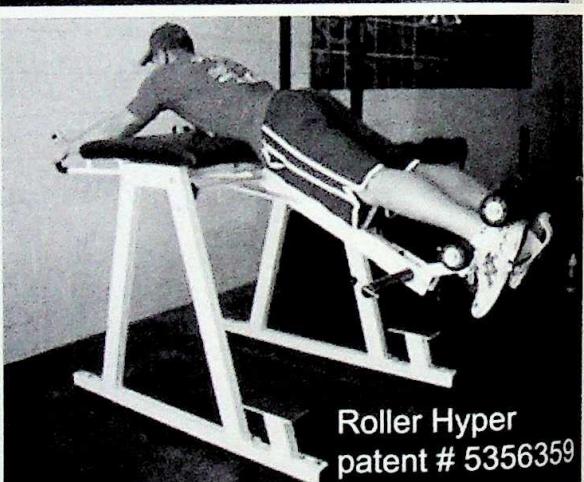
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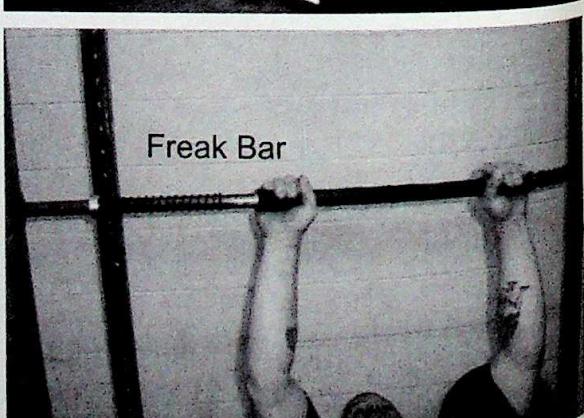
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# TRAINING

## DEADLIFT TRAINING

as told to Powerlifting USA by Louie Simmons

The back has much potential, which is seldom reached. For such a simple lift, the deadlift can be complicated to train. If one only deadlifts, progress will stall or injuries are certain. No one is totally built to deadlift. The lower back can be overtrained if one bends over too much, or it can be undertrained if the legs are used too much. If sumo deadlifts are done constantly, the back will become weak while the hips will be overused.

My friend Sakari, from Finland, has surveyed the top 15 deadlifters in Finland and discovered that more than 60% of the deadlift training for sumo pullers is special exercises. At Westside we have found the same. Let's look at some of those exercises.

There are many styles of good mornings to choose from. Matt Smith does mostly concentric good mornings. He fixes a set of chains hanging from the power rack, with the loop of the chain 3 feet off the floor. He suspends the bar in the chains. He ducks under the bar and muscles up the weight. Once your style is developed, continue to use that style, and as the weight goes up, so does your squat and deadlift. Matt's best is 860 pounds. A final note: don't swing the weight. If you do, you may start the load with the bar behind the knees. This is a squat, not a good morning. Remember, the bar must be in front of the knees to be a good morning. The concentric good morning builds little muscle mass.

The most common good morning at Westside is the bent-over style with a 14-inch-cambered bar. First stand up with bar. Sink the chest to round the back slightly. Fill the abs with air and bend over with the glutes pushed out to the rear as far as possible. When going from the eccentric phase to the concentric phase, try to arch the back as you complete the lift. Don't go too low: On EMG testing, the spinal erectors will shut off and the low lumbars will be activated. This is dangerous.

The next type of good morning is the arched-back style. This is my favorite. I like the Safety Squat bar for this exercise. I don't wear gear or a belt. Push the glutes to the rear as far as possible. Very little leg bend is used. Overarch the back. In the bottom, pause for a

Safety Squat bar. I've had NFL football players, top soccer players from the U.K., professional rugby coaches from the U.K., and MMA fighters do this, and it kicked their asses in a good way.

Very low box squats are also used to build a deadlift by building a strong lower back and hips by isolating these crucial muscle groups. Some men who are very flexible will squat off a 6-inch box, although most use a 10-inch box.

swing to the front, to waist height or higher, and repeat for 6-12 reps depending on the weight. Do 3 or 4 sets. These can be done with one arm, two arms, or alternating hands.

Try some one-arm deadlifts. Sumo style works best. Use straps or a hook grip. They work muscles you didn't know you had. Reps work best, 3-5. Herman Goerner has done 727 pounds.

Zercher lifts will build every squat and deadlift muscle in your body, with the exception of your hands.

Westside does a lot of grip work with various devices, such as the Rolling Thunder from Ironmind, the G-Rex Grip from Sorinex, and the Telegraph Key, and by holding the bell end of a hex dumbbell.

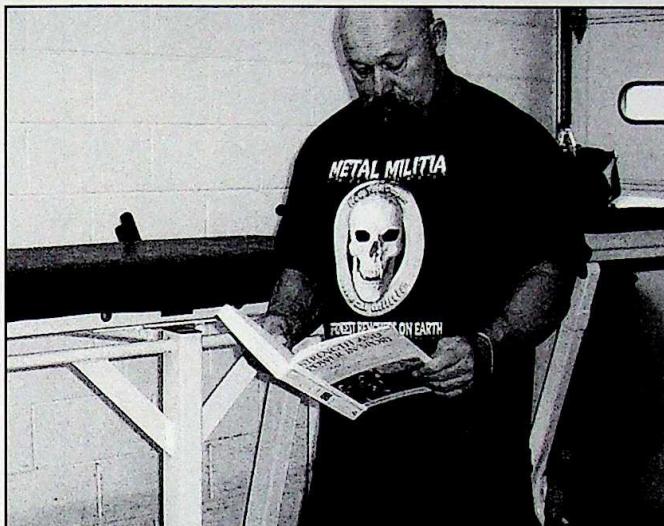
Pay attention to stretching and joint mobility work. Ab work is also essential. I prefer the stand-up style. Kettle bell swings work the abs well. Some Westsiders do weighted sit-ups, flat or decline. We also use a device of Pat Roberts that has helped a lot. It's a wheel with metal foot straps with which you walk on your hands or do push-ups. We also do a lot of static holds with the wheel. It not only builds the abs, but it works the upper and lower back. An added plus for me is that it works my groin and legs. (allencorewheel@earthlink.net, 817-721-1706)

One other very important machine, the Reverse Hyper machine, will not only build the hamstrings, glutes, and spinal erectors but also traction the low back by rotating the sacrum and rehydrating the disks. (The Reverse Hyper machine has two U.S. patents, a third patent pending, and a U.S. trademark.) This machine is used at least four times a week. On a strap Pro model, Chuck's normal weight is 480-520 for 3 sets of 10 reps. On the same day, Chuck will also do 3 sets on a roller Pro model. The usual weight is 360 for 10 reps. This workout is done Monday and Friday. On bench days, he performs 2 sets of 15 reps on just one machine with about 70% of the weight of the heavy day. Also a lot of leg curls are done with the roller Pro model.

Always rotate a core exercise each week. A good morning, a low box squat, a rack pull, etc., can be rotated. Switch the special exercises as often as necessary. One exercise may make the difference between failure and success, so pick wisely: not the ones you like, but the ones that work.

P.S. Congratulations to Nick Winters, who became Westside's 16th 700 pound bencher on September 10.

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Louie reads Komi as the rest of Westside works out (D. Simmons)

split second, push your head into the pad by picking up your chin, and come up. When I break my arched-back good morning record, I break my squat record. The camber of the Safety Squat bar places the center line of the bar well in front of the knees.

Chuck Vogelpohl and many others do a combo squat/good morning. Just bend over into a good morning, then drop into a parallel squat and return to the starting position. This can be done with or without a box. Try to keep the reps to lower than 3 and no more than 6. Whether you wear a belt and/or suit with the straps down is up to you and your ability.

We use many special bars for squats as well as good mornings. We also sometimes raise the heels by 2 inches; this puts extra work on the lower back. Raising the toes 1-2 inches puts pressure on the hamstrings. The legendary Paul Anderson was doing all the varieties of the good mornings I have talked about. A training partner of Paul Childress let me in on a little secret to building some very strong erectors. Place one foot on a 2x6 board. Do 3-5 reps in either the bent-over or arched-back good morning. This will really isolate the spinal erectors and hamstrings.

If it sounds like Westsiders do a lot of good mornings, we do. For other sports teams, try doing walking bent-over lunges with a

Reps of 1-5 works best. A strong squatter will do 60-70% of their contest squat. Use groove briefs or a suit with the straps down.

Don't forget to use as many different bars as possible to break records. After doing a max effort workout with a special squat or good morning or even a box, rack, or regular deadlift, there are very specialized exercises that must be done. The following describes some of them.

In the 45-degree back raise, work up to a hard set of 3-5 reps. A decent goal would be 200 pounds for 5 reps. Lock the low back statically and squeeze the glutes as hard as possible. We use our own C/H/G design, with a 3-foot-wide pad. After all, a wider base is best. If your base is narrower than the top, it is unstable, and so is any coach who preaches this style.

Pull-throughs are very productive. They can be done with a Jump-Stretch band or a low-pulley machine. Do high reps, 10-15. When doing heavy weight on a low pulley, it is hard to keep your balance because the weight on the cable may exceed your body weight. Another way to do pull-throughs, the original way, is with a kettle bell. Use a shoulder-width stance. Place both hands on the kettle bell. Swing it through the legs until the hamstrings and glutes stop the bell. This sets the stretch reflex into action. Very quickly,

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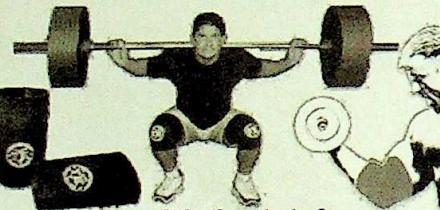
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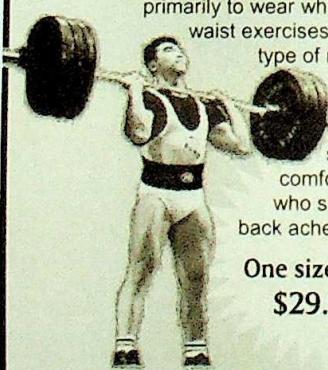
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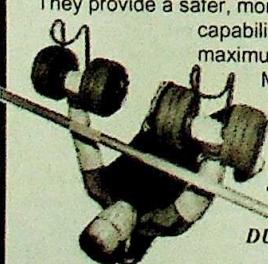


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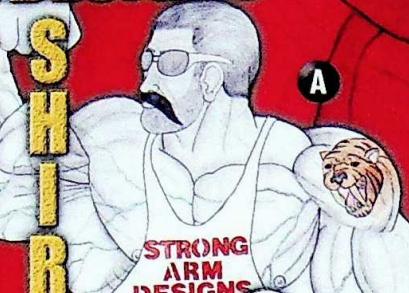
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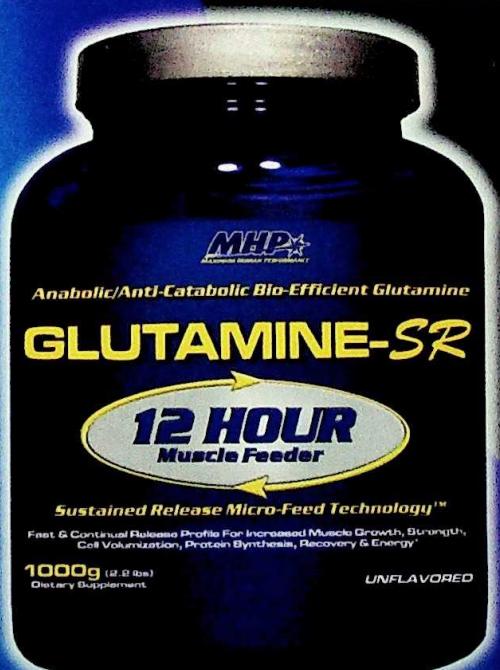
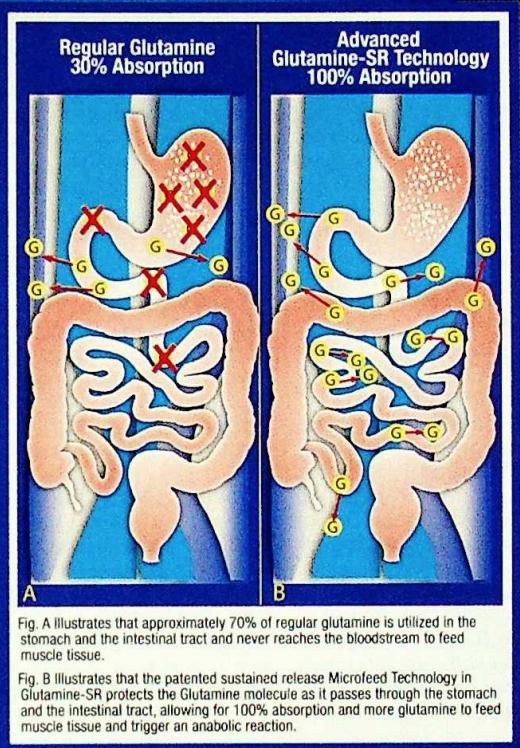
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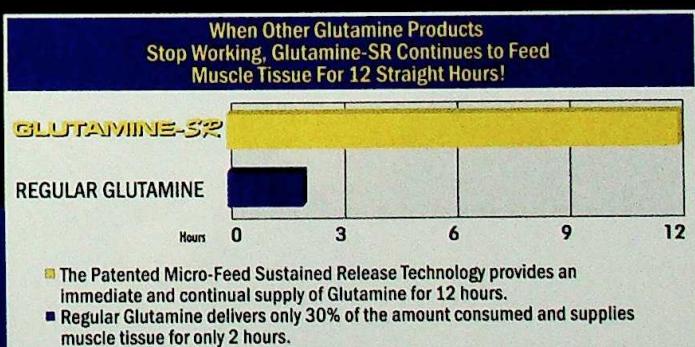
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# FORCE TRAINING

by Jim Wendler and  
Elite Fitness Systems

Hot chick with no shirt = good.

Fatman at County Fair (special guest appearance by Bad Company) with no shirt = bad.

Bench pressing without a shirt = your opinion.

I'm not going to debate the shirt/no shirt conundrum that has seemed to enrage the strength community. While some people are busy taking a hard and fast stance, I'm going to do something to help people.

Now the next obvious (and fair) question is, "What the hell does Jim know about benching raw?" I've used a shirt for all of my competitions and this has spanned almost 5 years. I've been lifting for over 17 years, so I'm going to make a very bold statement and say that I've done a lot more raw benching than shirted benching.

What you'll notice is that there are a few differences in benching raw, but not a lot. People seem to think that there has to be radical changes when shirt benching, but last time I checked you still lie on a bench and press.

## Technique/Set up/Bar Path

I did an entire video on the correct set up and bar path on the bench press. Do yourself a favor

**Lee Moran** ... benched 600 lbs. raw at the 1984 IPF World meet.

not easy to do. Most people get scared doing this with heavy weights so at some point you are going to have put your fears aside, and just do it. A good way to do this is to make it a point every Max Effort day to concentrate on eccentric bar speed. But don't be sloppy.

**Set up** - By having a tight set up (again refer to the EFS Bench Press Index DVD) you will be able to confidently lower weights. I have done numerous seminars and when I show people what "tight" really is, they are amazed. I had several people approach me and say that they have never been so tired after benching. So if you think you are tight, get tighter.

## Stabilization

Stabilization basically means that you are able to hold your set up position in the bench press without faltering. You have to be able to stay high on your upper back and have total control of the bar. This is easy to do, but it takes a lot of time. Stabilization in the bench press requires several things.

**Strong AND thick lats** - Do you want to know the trick of getting this stronger? Do a lot of work. It's not that hard to figure out. Do a ton of chest supported rows and pull-ups. These two exercises are phenomenal for strengthening your lats. These should be done twice per week - a minimum of 5 sets of 5-15 reps per workout. But you also need static strength in your lats. When you bench press your lats are held statically. The best way to improve this is to statically hold a chest

## RAW BENCHING

and buy the DVD. I put a lot of work and thought into the video. Plus, you need to see the form/set up to really grasp it. Something what I think people need to do in regards to technique is more practice. This doesn't mean more bench sessions. It means that you will perform reps with the bar everyday. Try to perfect your set up and bar path. Do at least 50 good reps a day. This will pay off more than you will ever know. Also, every set and every rep must be perfect. Don't do your warm-up by pressing the bar like an unhinged piston. Do them correctly. Develop a habit.

## Bar Speed/Eccentric Control

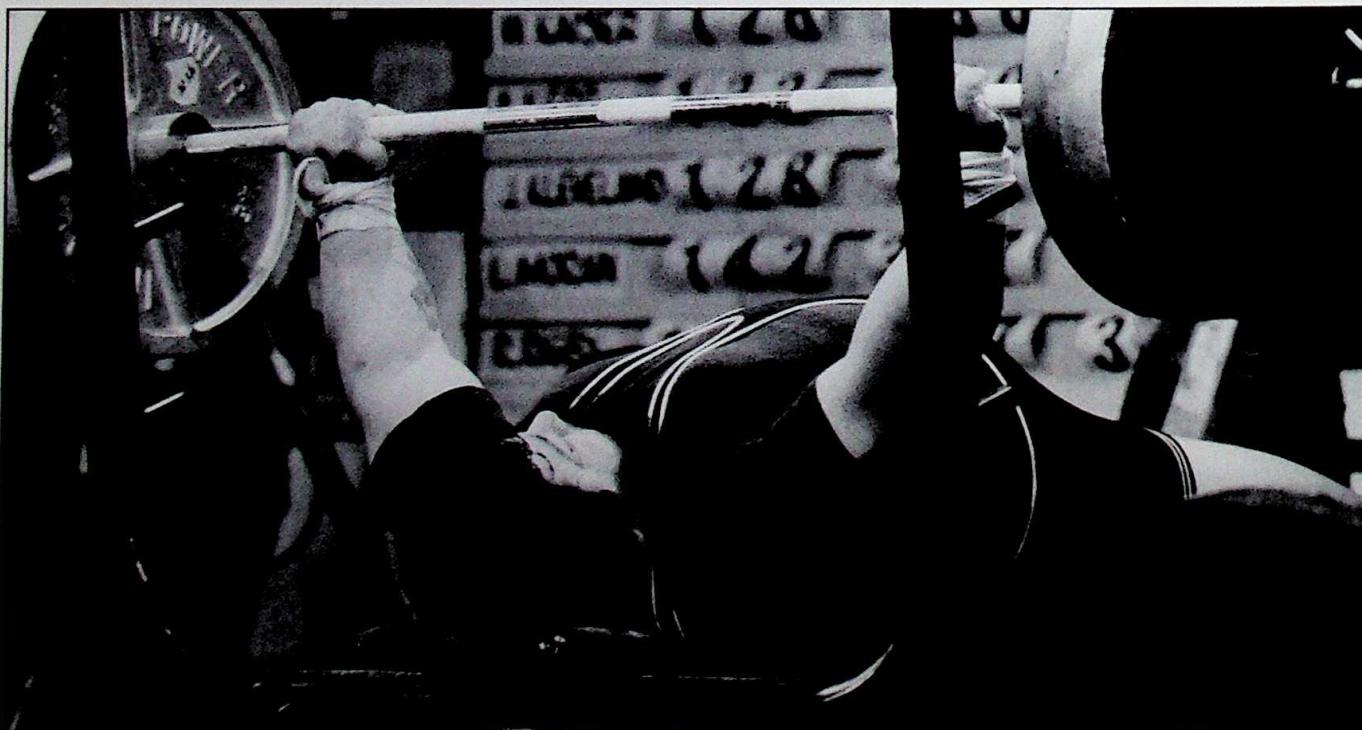
This is huge and one reason why a bench shirt helps quite a bit. When benching for a max, whether it be raw or with a shirt, the bar must come down quickly but under control. This does not give you license to drop the bar or inch the bar down Poliquin-style. Both of these things will result in a poor attempt. A bench shirt allows you to have a fast eccentric phase while maintaining your tightness. Since a raw bencher is using his best 50/50 shirt, he does not have this advantage. Here are some tips

that will help you in this area:

**Squeeze the bar** - You must squeeze the bar as tight as possible when benching. This should be done on every attempt. Repetition breeds habit. Now how do you get a better bench grip? I have found that the best way is to train your finger strength. Do this by using hex head dumbbell holds, using the IronMind telegraph with your thumb and one finger, and also by putting a thick rubber band around your fingers and opening your hand. This exercise was introduced to me by CJ Murphy and has also done a lot for people with elbow problems. There are a host of great grip exercises that you can do and most of them will help your bench press. Just don't overdo your grip training.

**Strong Lats** - Having strong lats will give you the ability to lower the bar correctly and allow you to lower quickly without disrupting the proper bar path. Developing this takes time, so be patient.

**Practice** - This is obvious but you have to put in sometime to learn how to lower a bar quickly but do it so it is done correctly. This is



supported row in the same position as you bench press. This doesn't have to be done all the time, but realize its importance in training.

**Strong AND thick upper back** - This can be accomplished by doing rows and chins (see above), seated DB cleans, face pulls, rear laterals and band pull-aparts. Like the lats, the upper back is held statically so this component must be trained.

**Shoulders** - Few people would argue that you need very strong front delts to be a good raw bencher, but strong delts also help in controlling and stabilizing the weight.

#### Shoulder Strength

I mention shoulders before, but strengthening this area is going to be huge. This is the single best thing that I've ever done for my raw strength. Here is a list of exercises that need to be done. Pick one of these exercises and perform them once a week.

Usually 5 sets of 8-15 reps are done. This should be done as a second exercise on either dynamic or max effort day. This is a huge priority, so don't slack.

- DB Bench Press
- DB Incline Press
- DB Military
- Military Press
- Chain suspended push-ups (place a band around your back or chains across your back for resistance; you can also have a person sit on your back; I swear this has been done before)
- Bradford Presses

All of these exercises are gone over in our Bench Index, so I will not waste time on descriptions. I should point out that when doing the dumbbell work, I would lower the DBs under control, pause for a second and drive them up. I never thought to "push" or "press", but drive them up. I think this made a big difference in my bottom end strength.

#### Max Effort Exercises

Max effort work is crucial for increasing strength. By lifting in the 90-100% range, you are going to get stronger. The trick is doing enough work in this range without overtraining. According to Prilipin, 3-10 lifts at or above 90% is optimal, but this is based on his findings with Olympic lifters. So you may have to tweak things a little, but use this as a guideline. Start with the minimum (3 total reps) and work

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from there. The bottom line is that you have to lift heavy weights to get stronger. Here is a list of great max effort exercises for the raw bencher:

- Floor Press
- 2 Board Press
- Incline Press
- Bench Press
- 1 Board Press

Stick with these five exercises during your max effort cycles. Again these exercises are gone over in detail in the Bench Index.

#### Lockout Training

Notice I didn't say triceps. Locking out a weight is completely different. For a raw bencher, lockout strength is important but not as much for an equipped lifter. This is because most people can lockout whatever they can get off of their chest. I should point out that lockout is about 3" to the top. This doesn't mean halfway up. Still if this is a weak point of yours, then you have to hammer it. Plus, if your technique is good, you should be able to manipulate the bar path and put it in the correct position to lock out whatever you get off of your chest. I would stick with 3, 4 and 5 board presses with a competition grip or slightly narrower. Do one of these exercises ONE time per week as a second exercise.

#### Pre-habilitation

Because you are not wearing a bench shirt, you don't have much

does with a shirt, you will pleasantly surprised.

Maximize your training (prioritize).

The one good thing about raw benching is that you don't have to spend training time on learning the shirt. With that in mind your training needs to have these priorities.

**Technique** - Once you get the bar almost to lockout position, your strength should be enough to lock anything out. This is manipulation of the bar path and once you get the hang of it, you will be ready to go. So, this is a huge priority.

**Off the Bottom** - Strength off of your chest is a huge necessity and should be #2 on your priority list. This is part technique and part shoulder strength.

**Stabilization** - Get your lats and upper back up to par.

**Max Effort Work** - Lift heavy/Get Strong. If you want to increase your volume and your strength, do it by increasing the number of reps of 90% and above. Again, be careful as this can lead to overtraining. Refer to Prilipin's chart for optimal reps (3-10). When doing more total reps at or above 90% (5, for example) your assistant work needs to be cut down.

#### Example Workout

Here is an example workout of mine when I was training for a raw bench max several years ago. This is taken from my training diary. At the time I had a raw bench of 405.

#### Day I:

Speed Bench - 8 sets of 3 reps @ 225 DB Bench - 60x10, 80x10, 100x10, 100x10, 100x6

Chain suspended push-ups - 5 sets of 10 reps with an average band around my back

Pull ups - 5 sets of 5-8 reps

#### Day II:

Floor Press - 45x5, 95x5, 135x5, 185x5, 225x3, 275x2, 315x1, 365x1, 385x1, 365x1

Chest Supported Rows - 5 sets of 10 reps

Rear Laterals - 5x15

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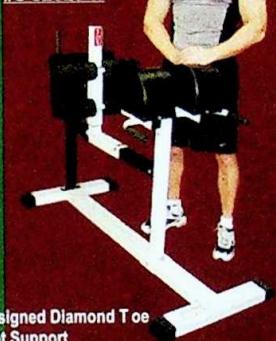
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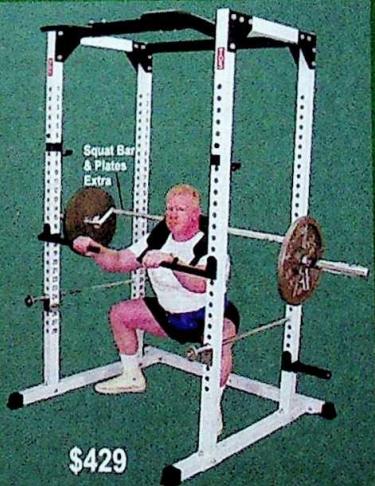
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**"Cheating in sports ... Corked bats. Corked bodies. Drug scandals. Academic fraud. Athletic fraud. Athletes, it seems, have been looking for a crooked edge forever. And it may be getting worse." ED GRANEY**

**JUDD:** I like your articles. I think they are humorous, entertaining, inspiring and informative, but why do you have to address the steroid issue? You are not going to change anyone's opinion on the subject. The guys who are taking steroids are not going to stop and all you are doing is creating ill feelings toward yourself. The way I feel about it is just let them take the drugs if they want to kill themselves. It is their decision. They are not hurting anyone but themselves, and you are only hurting yourself by putting it in their face. Just let it go .... **Bobby Hoppy**

**BOBBY:** I realize my stance on steroids is not a popular one. Still, I am not going to pander to someone's ego who is cheating like hell so that they will like me. In all candor, I think more people should stand up and say, "No more drugs, and no more cheating." That is a difficult position to take, because, as you pointed out, once you take that stance you are going to be ridiculed. That doesn't bother me, because I am more interested in doing what is right than what is easiest. Your contention that they are really not hurting anyone but themselves by taking steroids is not true. They are cheating every athlete who is competing by the rules out of their rightful recognition in the sport. Case in point; in his book Jose Canseco admitted using steroids to gain an advantage over other players. One of his teammates, Mark Greenwell, who spent his entire career as a Red Sox outfielder from 1985 through 1996 and hit .303, had this to say about Canseco. "His tainted success deprived other players of recognition and honors. I would have never said a word, but now that Jose's admitted he was using steroids during the time he beat me (for) the MVP, then I have a problem with that because, obviously, I wasn't playing on an even playing field. He reaped a lot of rewards and a lot of benefits for being on an illegal drug and probably took something away from me that I never got to feel. So does it bother me? Absolutely, I don't care about the MVP award he took from me. He can have it, but I just want it acknowledged that as far as I'm concerned, he cheated while he won it. Canseco should know that maybe you did something cheating that you didn't think about, and that's taking an award from me."

# DR. JUDD

## THE HYPOCRISY OF SPORT THE RESPONSE - PART II

*as told to Powerlifting USA by Judd Biasiotto Ph.D.*



*Dr. Judd after breaking a record.*

How would you feel if you were deprived of the most prestigious award in baseball by a guy who was cheating his butt off? Think of the prestige, money, and fame that Greenwell was cheated out of. How fair is that? Canseco is not the only one who cheated either. Two other MVPs also admitted that they used steroids. Jason Giambi admitted to a congressional hearing that in 2003 he used steroids, according to reports by the San Francisco Chronicle, and Ken Caminiti, who died last Oct. 10, said he used them when he won the award in 1996.

Just step out of yourself for a second, and put yourself in that position. You train your whole life for something and you are right there on the verge of making all of your dreams a reality and someone steals it from you! **Judd**

**DR. JUDD:** You are an idiot and that is being kind. Let me ask you something, alcohol and cigarettes are way more dangerous than steroids or growth hormone and they are legal. Steroids may have some small side effects, but they are not as dangerous as alcohol or cigarettes. Why the hell shouldn't people be able to use steroids if they can use these other drugs? **Unsigned**

**DEAR UNSIGNED:** Let me get this straight, you want to legalize steroids because they are less dangerous than alcohol and cigarettes? I am not sure if they are less dangerous, but I will give you

the benefit of the doubt, and from an organic damage standpoint you might be right. What you are telling me, though, is that two wrongs make a right. Because alcohol and cigarettes are dangerous you think it is okay to legalize another dangerous drug. That makes sense, and you call me an idiot? Why not lobby to have alcohol and cigarettes banned instead of try to legalize something else which is going to cause people problems? **Judd**

**DR. JUDD:** I found your article in the July edition of Powerlifting USA rather interesting, but somewhat inaccurate. Ben Johnson, a fellow countryman of mine, actually defeated Carl Lewis a year prior to the Olympics, and to my recollection was a slight favorite to defeat Lewis at the Olympic. I am a little sensitive about the way American writers, as yourself, have singled out Mr. Johnson as a villain, when there were numerous other athletes at that very same Olympics who were using illegal drugs.

**Benjamin Cooper**

**DEAR BENJAMIN:** You are perfectly right and I am perfectly wrong. Actually, that story was told to me almost verbatim by an Olympic official who was at the Games. I was not aware that Johnson had beaten Lewis the year before. I looked it up and, sure enough, you were right. Not only did he beat him, he set a world record doing it. Thanks for setting me straight. I will do my best so that it won't happen again by checking my sources closer. Still, your point does not diminish the fact that Johnson cheated to beat Lewis at the Olympics.

As far as writers singling out Johnson I believe there are a number of factors involved. First of all, winning the 100 meters and being classified as the world's fastest human makes the race one of the most prestigious events in the Games. Consequently, more attention is given to the event. Also, the fact that Lewis and Johnson were arch rivals added attention to the race. Last, but not least, Johnson was caught cheating red-handed, which made him the perfect scapegoat. Again though, you are perfectly right - Johnson

was not the only athlete who was caught cheating, he was just the most notorious athlete in the most celebrated event. **Judd**

**DR. JUDD:** I am writing this letter to give you support. I know that there are some people on the net who criticize everything you say, but I want you to know that these people are a very small minority whom I have to believe are drug users and cheaters. I find it very interesting that they generally attack you and not your viewpoints. They will say how stupid and ridiculous your arguments are, and they will call you all of these names, like a third grader would do when they don't get their way. They are also great at taking your words out of context, embellishing them, and at times just make things up, but they never give a plausible explanation why it is good to use illegal drugs or equipment to take advantage of their competitors. I can only assume because there is no good explanation. I hope you will continue to stand up and speak out against the individuals who are dragging our sport down by using drugs, illegal equipment, and bogus judging to make lifts. Thanks for having the courage to do what is right. Also, know that the majority of honest individuals support you one hundred percent.

**David Green**

**DAVID:** Thanks so much for the encouragement. To be honest, I don't surf the net, and the only letters I ever see are the ones that are sent to Drjudd.net. I don't let too much bother me. Someone calling me names does not trouble me in the least. My column in PL USA just reflects my opinions, nothing more. I have absolutely no problem with anyone who disagrees with any of my opinions. I am flattered that people not only read my articles, but take the time and trouble to respond to them, positively or negatively.

I have been around long enough to know that I can't please everyone, and if I tried I would only be successful in turning myself into a non-entity. I try my very best to be honest and fair. I am smart enough to know that I don't always have to be right and, in fact, many times I am wrong. It is not so important to me to know who is right, but rather to know what is right. I believe unequivocally that I am right about steroids and cheating in sports. Until I am convinced differently I will not change my stance, regardless of the criticism. That comes with the territory. Once again, thanks for your support. **Judd**

\* Only letters addressed to Drjudd.net will be responded to.

**E**fficient control of the barbell can translate into bigger lifts and reduced chance of injury. A great way of improving your ability to control a barbell is through the use of dumbbells, but the benefits of dumbbells don't stop there. In this article I'd like to discuss the pros and cons of dumbbells for powerlifting and a few effective dumbbell exercises for powerlifters.

The major difference between lifting with barbells and dumbbells is the increased effort required for stabilizing the dumbbells. Additional stabilizing muscles are needed to control the dumbbells because they are held separately in each hand. A barbell, of course, is a single object, lifted and supported with both hands. Logically speaking, if your ability to control a weight can be enhanced, you can direct more energy and power toward driving the weight to completion. The degree of difference in control required going between a barbell and a dumbbell is similar to the degree of difference from going from a machine to a barbell. Most machines only require the lifter to push or pull with the weight supported on a track of some sort. Since little control or stabilization is required, little stabilization strength is developed.

Increased range of motion is a benefit of lifting with dumbbells. In a barbell bench press, you can not lower the weight past where the barbell hits the chest (this excludes cambered bench bars). Dumbbells allow you to lower the weights past the chest. This extended exercise range can be translated into a bigger barbell bench press with the benching muscles being worked more completely over a greater range of motion. Dumbbell shrugs can be performed by holding them at the sides of your body. This allows a more direct pulling motion from the traps. One strong word of caution about using extended range of motion is to work into it slowly. Going too far or too heavy too soon can result in an injury like a muscle pull. Take your time and ease into increased ranges of motion on any exercise. Extreme range of motion should be avoided, as this can cause muscle tears or pulls. Exercise over a comfortable range.

Moving the dumbbell during execution of an exercise is also possible. For curls, the dumbbells can be rotated or supinated from the bottom to the top for extra bicep work. You can refer to

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# DUMBBELLS

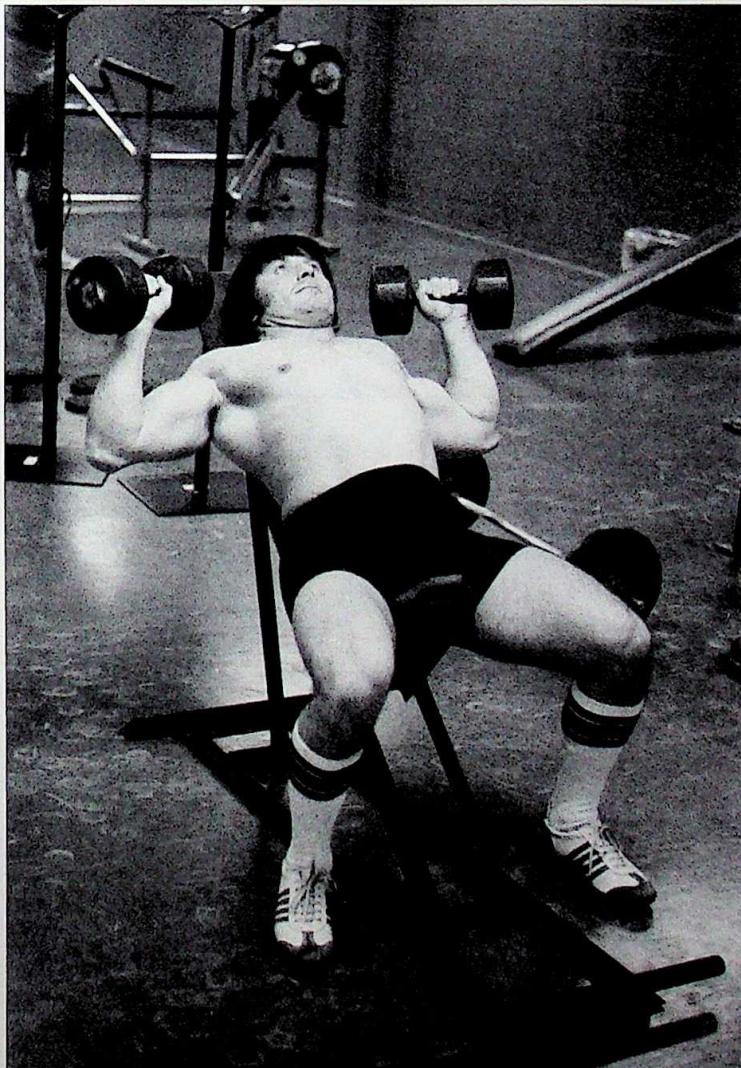
*as told to Powerlifting USA by Doug Daniels*

a previous article I wrote on biceps for more info on dumbbell curls. Dumbbell presses can replace overhead barbell presses with rotational 'Arnold' presses, though regular dumbbell presses work well also. One arm dumbbell rows are great for the lats, rear delts and biceps. At the bottom of the exercise, the dumbbell should be perpendicular to your torso. As the dumbbell is pulled up, rotate it outward so at the top the dumbbell is parallel to your torso. This allows a better stretch at the bottom and as well as a better contraction at the top.

When performing a traditional

barbell lift like the bench, one side of your body may actually be lifting more than 50% of the weight. By using dumbbells, each limb or body side must lift the same amount of weight. This can help address any possible strength imbalance you may have due to genetic flaw, bad training practices, or injury. Continuing to train with one limb doing more than 50% of the lifting will further compound the problem and the imbalance will increase which could result in lower lifts and, again, possible injury.

There are many exercises that can only be performed with dumbbells such as delt laterals or



IFP World Champion Ron Collins used dumbbells in his training routine.

chest flies. Though these are not the best exercises for a powerlifter, they can be of value during the off season. You can also lift each dumbbell alternately or lift one at a time for even more exercise variety.

Due to the extra balance required to lift dumbbells, you will not be able to use the same amount of total weight as you can with a barbell in a similar exercise. For example, if you can barbell bench press 250 pounds for 10 reps, you will not be able to bench press two 125 pound dumbbells for 10 reps. 100 pound dumbbells may be your maximum for 10 reps in this instance.

A drawback for stronger lifters may be that few gyms have dumbbells heavy enough to challenge them. In that case, perform higher reps or use dumbbells after your regular barbell work when your strength level has been reduced through fatigue.

I have to re-emphasize that due to the increased balance required in using dumbbells, start off light until you get accustomed to the movement and then increase

the weights gradually. Also as I mentioned earlier, do not increase to an extended range of movement too quickly. Place increased attention to spotting and safety. You may need help to get the dumbbells into position to start the set and putting the dumbbells down after finishing the set. Dropping the dumbbells recklessly can damage the dumbbells, nearby gym equipment, other lifters or yourself.

Fitting dumbbells into your routine is my final topic. I am by no means suggesting you drop all your barbell work for dumbbell substitutes, but a few productive dumbbell exercises can be worked immediately, for example, on light bench day finish with 3-4 sets of dumbbell bench presses. On deadlift or back day include one arm dumbbell rows and dumbbell shrugs. Dumbbell curls should be a main staple in your workout as should overhead dumbbell presses for delt work. As the meet nears, decrease or eliminate most dumbbell assistance work to avoid overtraining.

Dumbbells can be invaluable to your powerlifting training. The benefits of dumbbells include strengthening stabilizing muscles, increased power over your range of motion, single limb strength balancing as well as greater exercise variety. The barbell still remains your main strength building tool, but dumbbell training can make a positive impact on your results.

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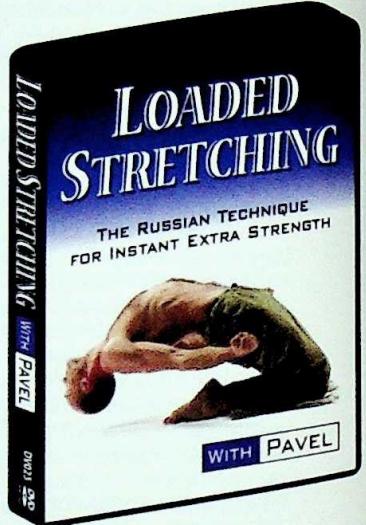
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# POWER - RESEARCH

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

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

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

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

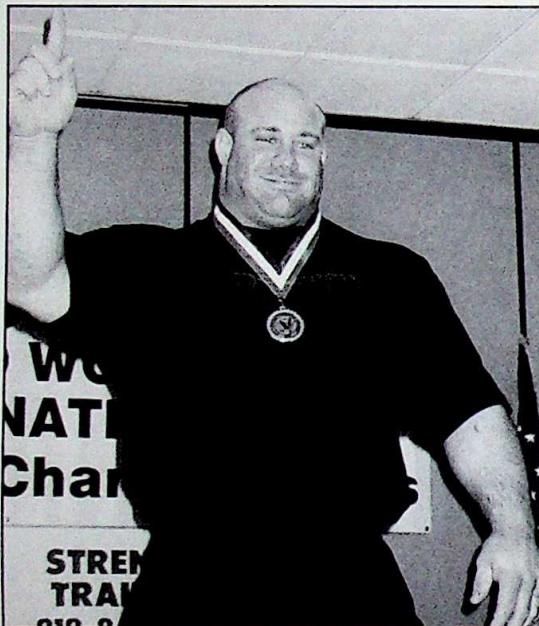
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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## LOUIE SIMMONS' PRESENTS

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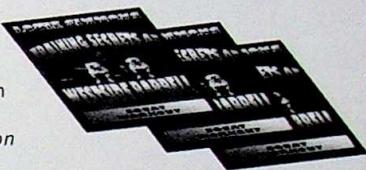
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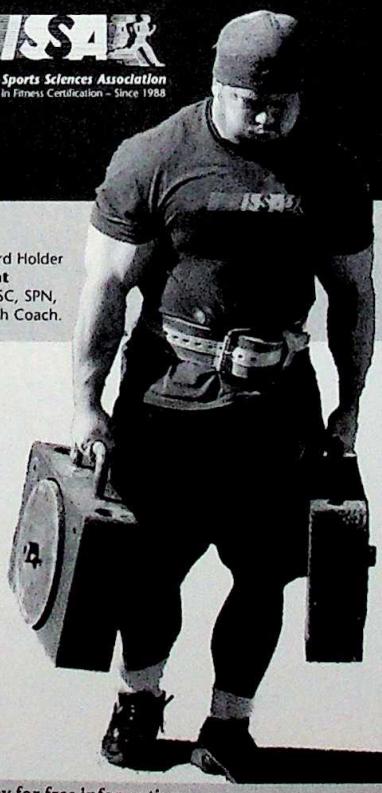
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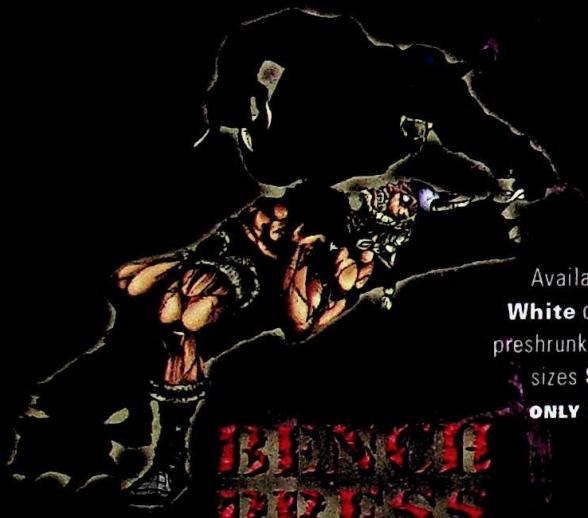
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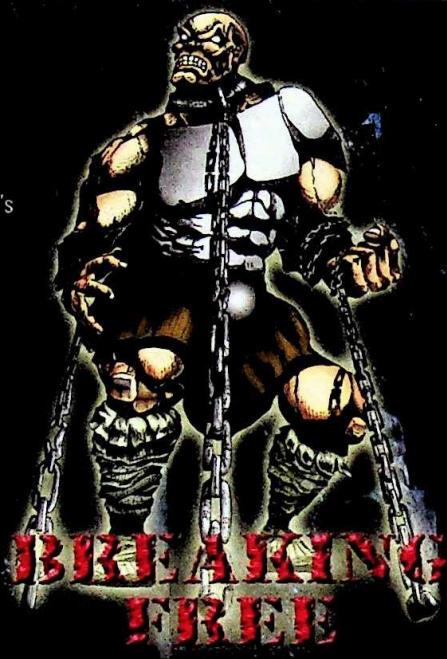
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Last month we looked at Detroit Barbell, but I promised to visit an old friend this month. By 'old friend,' I mean someone that all of you will know and love! Gene Bell is one of the greatest powerlifters of all time. I remember reading about him in PL USA when I just got started powerlifting - back in 1982. He has an unbelievable history of success in the 1980s & 1990s, and I am happy to report that he is now competing again as a Master lifter.

Earlier this year, Gene lifted with a group of guys named Team Texas, when they competed at the APF Masters. At that time, HOUSE OF PAIN caught up with Gene long enough to get the info on the San Antonio gym where he trains. The gym is called 'Olympic Gym' (I know, I know, we're powerlifters - but if Liz Willett can Olympic Lift then that's cool enough with me!). Olympic Gym is owned by JD Wennermark, and over the years some high-profile celebrities have trained there, including Vince McMahon (WWE/WWF), Triple H (WWE wrestler), David Robinson (basketball), Ronnie Coleman (Mr. Olympia), Jill Mills (strongest woman), and of course - the powerlifting legend — Gene Bell! The list goes on, but I think you get the idea.

In keeping with the old-school approach, I'll let Gene explain, as he talks with gym founder Bob

# HARD CORE GYM #46

## Olympic Gym, San Antonio, Tx

*as told to PLUSA by Rick Brewer, House of Pain*

Dickson. Then, if you want to train there, you can go see JD Wennermark and get your own bar loaded. Go ahead Gene:

**Gene Bell:** Bob Dickson is the founder of Olympic gym in San Antonio, Texas which has the distinction of being one of the most HARD CORE GYMS in the USA. Bob has the distinction of being the first business owner to be offered one of the first World Gym franchises in Texas by the founders of World gym. Many successful lifters such as Jill Mills (Worlds Strongest Woman), Melissa Ortega (WPC World Champ), Ed Cosner and James Farman (Masters and World Highland Games Champions), Milo Mills (National Powerlifting Champ), Lisa Yeager (APF Master's National Champ), Ian Bell (Multi Teen State Powerlifting Champ), Adrian Jackson (Multi-Military National Champ) along with seven or eight pro level bodybuilders have passed through the doors of OLYMPIC GYM; and the list goes on. (Sorry if I left out



Olympic Gym in San Antonio, TX

any of the Olympic Gym crew off the list.)

**Gene:** Bob, tell me about your life in the early years and what part of Texas did you grow up in.

**Bob Dickson:** I was born and raised in San Antonio, Texas and attended Jefferson High School in the area. In my youth I was under-sized so I tried boxing and became very successful at it. I had a successful win record as an amateur and pro boxer in the sixties. I proudly served in the Coast Guard Reserve and returned to San Antonio to work with the city recreation department teaching fitness classes and boxing to underprivileged kids. I continue to train both amateur and professional boxers. In my prime I specialized in the bench press, hitting a 462 pound contest bench at 219 in 1985 (Masers).

**Gene:** Bob, when did the Olympic gym legacy start? I can remember back when I was in basic training and one of the drill instructors was telling me about this gym called OLYMPIC GYM where all the monsters trained in San Antonio.

**Bob:** The first Olympic gym opened in 1977 and eventually there was an Olympic gym North and South; both were thriving operations. In 1986 I moved the gym to its present location, just south of the San Antonio Airport. The facility is well stocked with an assortment of power bars, chains, bands, sleds, power racks, oversized lifting platforms and old school heavy duty lifting equipment. At one time, in 1986, it was listed as one of the top ten bodybuilding gyms in the USA.

**Gene:** I had the pleasure of meeting your wife and she is very modest about her athletic accomplishments.

**Bob:** My wife, Mary, became a

professional wrestler as an 18 year old teen and stayed in the game for about 5 years on the road and was trained by the legendary Fabulous Moolah. She was a state level powerlifter and top amateur arm wrestler without any specialization in the sports. Also, she played in a women's soccer league in the local area well into her middle age years.

**Gene:** Bob, your dedication to the sport is exemplary and sets a hard standard to follow.

**Bob:** I have been active in the fitness business for over forty years including judging/promoting bodybuilding shows and working powerlifting events across the nation. I attended the first powerlifting Nationals which was won by Texan, Dr. Terry Todd and didn't miss one national meet in two decades. I have a lot of respect for the strength game!

**Gene:** Mr. Dickson thanks for sharing a part of the Olympic Gym legacy with the "HOUSE OF PAIN" fans.

Big thanks to Gene Bell for getting all of this cool info for us and thanks to Bob Dickson for the history. The name 'Olympic Gym' reminds me of some Olympic lifters who trained with us back when I first got started powerlifting. I don't remember their real names, but we called them the 'Bulgarian Brothers.' They stood out like sore thumbs; training Olympic-style in a gym full of powerlifters & bodybuilders. Talking in the Bulgarian tongue, and lifting in that crazy ballistic Oly-style; they were GREAT! And I always thought they had the coolest nickname ever; the 'Bulgarian Brothers'. I thought that until now - when I hear the name 'Legendary Fabulous Moolah.'

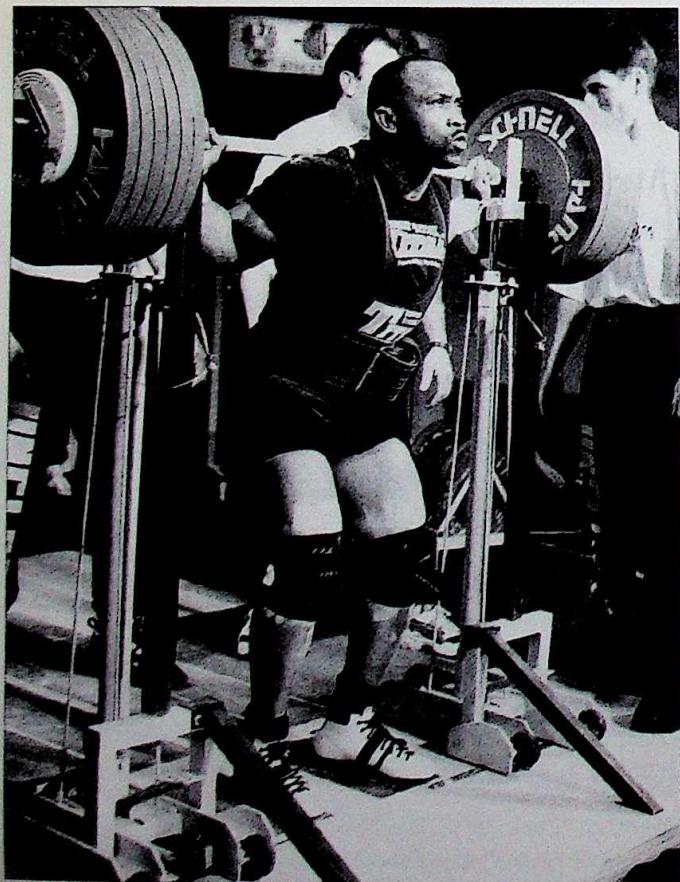
Legendary Fabulous Moolah is easily the wackiest name I have ever heard, and if I had a weasel, I would change its name this very second to the Legendary Fabulous Moolah. Or even a hamster. I need to name something this, because I love the name. My kids already have names (it was required when they started school), and I have the vague feeling that their mother would fight against renaming one of them The Fabulous Moolah - so I'm looking for a pet.

Until next month, train hard - and please Email me all of your crazy nicknames. Maybe we'll make you famous!

Comments & nicknames:  
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Gene Bell one of Powerlifting's greatest and most humble champions.

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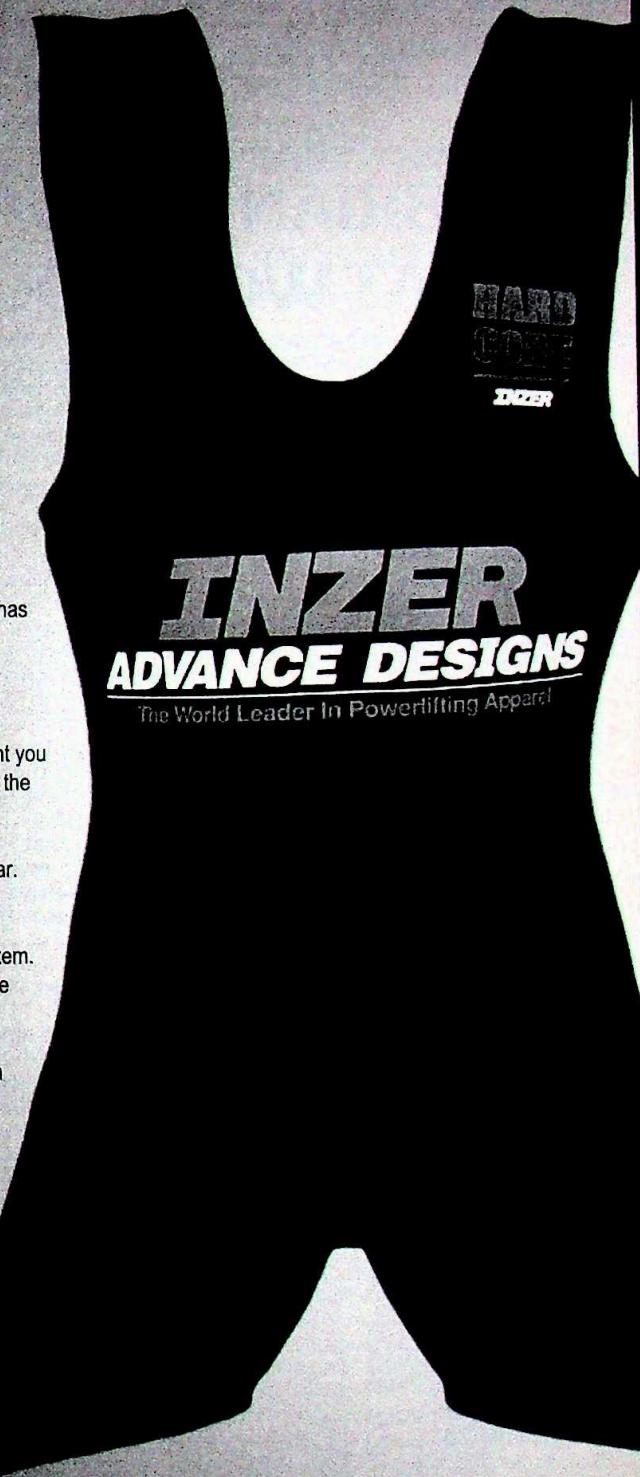
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# WORKOUT OF THE MONTH

## THE BRIAN SCHWAB SQUAT WORKOUT

The squat sets the pace for a meet, and because of this it has become the lift most emphasized in my training. I lift in the 148 and 165 lb. classes and compete in the APF and WPO. My best lifts are a 672 squat, 512 bench, 628 deadlift and a 1769 total. I have a Bachelor of Science Degree in Exercise and Sport Sciences from the University of Florida and am a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. I recently achieved the dream of owning my own gym, Orlando Barbell ([www.orlandobarbell.com](http://www.orlandobarbell.com)), which I co-own with top ranked 165 lb. lifter Brian Tincher. After conducting business for less than 6 months Orlando Barbell has formed a team of over 15 lifters of varied ages and weight classes who, while incorporating the following routine, have increased their lifts dramatically.

The following is a 12 week squat routine in which a lifter can expect to increase their max by 25 to 45 lbs. Rather than basing my training percentages off my current max, I prefer to use a reasonable projected max. Over years of trial and error with different routines I feel that I have found an ideal compromise between the Westside routine and periodization; one with which a lifter can prevent injury and achieve progressive increases in strength. While utilizing this routine I was able to increase my max from under 600 to almost 700 in less than two years. This routine is based on percentages for a powerlifter with a current 500 max, projecting 525 to 545 at a meet 12 weeks away, and the percentages are based off of 525.

One of the most underestimated portions of a workout, especially by powerlifters, is the warm up, which is essential for injury prevention. I recommend performing a cardiovascular warm up for a minimum of 5 and a maximum of 10 minutes on either the treadmill or crosstrainer prior to beginning warm up sets. A

powerlifter without access to cardiovascular machines would benefit from walking outside or dragging a lightly loaded sled for the same time period prior to the strength training portion of their routine.

This routine includes three squat-related workouts per week, rather than the traditional two. The first is the dynamic, or speed effort with upper back. I begin with close grip pulldowns, wide grip pulldowns, or pull-ups, rotating weekly. I perform a warm up set of 5 reps followed by two sets of 8 then 7 for 2 weeks, followed by 7, 6 for 2 weeks, and finally 6, 5 for 2 weeks. The weights are increased on each corresponding set to a point of momentary fatigue. Next is the low box squat. The box should be set at an inch to two below parallel. Warm up sets should include 135x5x2, 185x5, 225x3, followed by 6 sets of 2, beginning with 50% of the lifter's meet max and increasing by 2.5% each week up to 60%. These sets should be done with briefs or a poly suit with straps down. The first 3 sets are done with straight weight, the last 3 with either green bands or 50 lbs. of chains added, alternating the accommodating resistance each week. By varying the accommodating resistance the lifter's nervous system can adapt to maintain speed with all three methods. The third and last exercise is a rowing motion following the same rep scheme as the first. I rotate between cable, smith, free weight, and t-bar rows.

The second workout is the assistance squat routine performed two days after the speed workout. The purpose of this day is to focus on the assistance muscle groups that are neglected in the other workouts. Powerlifters whose schedules don't allow for a third workout could incorporate these exercises into the speed day. Following the usual cardio warm up either glute ham raises or leg

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

curls are performed, followed by weighted abdominals, hip abduction and adduction, and 4 to 6 sets for biceps. All of these exercises follow the same rep scheme as the back exercises in

Single leg press x7,x6.

**Week 2:** Full squats, 77.5% = 405x4, 80% = 420x3, deadlifts off floor x4, x3.

**Week 3:** Above parallel lock-outs, 95% = 500x4, 97.5% = 510x3, db walking lunges x30ft.x2.

**Week 4:** Parallel box squats, 70% = 365x6, 72.5% = 380x5, deadlift rack pulls (off 3<sup>rd</sup> hole) x6, x5.

**Week 5:** Full squats, 72.5% = 380x6, 75% = 395x5, Single leg presses x8, x7.

**Week 6:** Above parallel lock-outs, 92.5% = 485x5, 95% = 500x4, deadlift rack pulls (off 2<sup>nd</sup> hole) x5, x4.

**Week 7:** Full gear, parallel box squats, 77.5% = 405x5, 80% = 425x4, db walking lunges x30ft.x2.

**Week 8:** Full gear, full squats, 82.5% = 435x4, 85% = 445x3, deadlift rack pulls (off 1<sup>st</sup> hole) x4, x3.

**Week 9:** Full gear, above parallel lock-outs, 100% = 525x4, 102.5% = 545x3, Single leg press x6, x5.

**Week 10:** Full gear, 1<sup>st</sup> attempt = 500, 2<sup>nd</sup> attempt = 525, 1<sup>st</sup> attempt deadlift

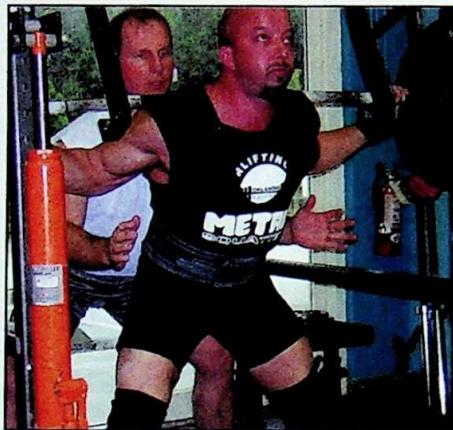
**Week 11:** De-load, briefs, belt, and knee wraps, full squats, 77.5% = 405x4, 80% = 425x3, no assistance

**Week 12:** Off/speed only with 50%.

**Week 13:** Meet, 1<sup>st</sup> attempt = 500, 2<sup>nd</sup> attempt = 525, 3<sup>rd</sup> attempt = 545

I would like to thank Mike Lambert for giving me the opportunity to publish my training philosophy, Elite Fitness Systems for providing me with the revolutionary Metal gear, MHP for providing me with the best sport supplements on the market, the Orlando Barbell Team for pushing me to new levels and renewing my passion for the sport, and my soon to be wife, Trinity, for putting up with the insanity that is Powerlifting.

If you would like more information on my training methods you can read my training log at [www.elitefts.com](http://www.elitefts.com). You can also check for updates on the progress of Orlando Barbell and our team at [www.orlandobarbell.com](http://www.orlandobarbell.com).



Brian Schwab - now sponsored by Elite Fitness

the speed workout. Good mornings should be incorporated into this day as well, but only on the weeks when there are no deadlifts scheduled for the max effort workout. I recommend using a cambered bar to avoid added stress on the rotator cuff muscles. The GMs follow a 6,5 / 5,4 / 4,3 rep scheme for two weeks each.

The third workout is the max effort performed two days after the assistance day. I rotate between parallel box squats, full squats, and above parallel lock-outs (approx. 2/3 rack squats). Using these varied heights allows the use of different percentages of the lifter's max to train the low, mid, and high levels of the squat without overtraining. As with the speed workout, following the cardio warm up, the warm up sets should always include 135x5x2, 185x5, 225x5, 275x3, 315x2. The last two warm up sets should be performed with briefs and the work sets with briefs, belt, and knee wraps.

Although I base the workout off of two max effort sets I recommend occasionally incorporating a third set above your projected max using the reverse band method, usually with the green bands, which can be purchased at [www.elitefts.com](http://www.elitefts.com).

**Week 1:** Parallel box squats, 72.5% = 380x5, 75% = 395x4,

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- Discover the world's *only* stretching protocol *specifically and uniquely* designed to *increase* — not reduce — a powerlifter's strength.
- Skyrocket your strength now — and reduce the wear and tear on your joints — by mastering the secrets of *Strength Stretching*!

The iron elite knows that 'being tight' is critical to making that big lift. At the same time you can't put up a big squat, bench press, or deadlift without having *just the right amount* of flexibility and *only* in the right places. A paradox.

Ignore stretching altogether and lose power to the joints that 'don't bend easy'. Do stretches designed for fighters or other athletes and toss away strength by the bucket... because you'll lose your crucial 'tightness'. Either way, a dead end.

Not any more. Enter *Strength Stretching* by Pavel, the *only* flexibility program custom designed to up your squat, up your bench, up your dead!

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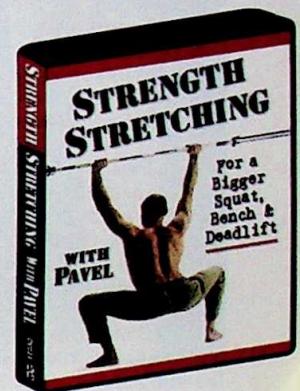
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- Gain up to 15% on your pulling strength — by learning how to properly arch your back
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"Pavel's stretching ability is unbelievable. As World Class as it comes!" —BRAD GILLINGHAM, 2 times World Superheavyweight Powerlifting Champion

"When I consume a teaching resource, I look for two things; first does it have something I can use immediately, and second does it mention something that I have been playing with in the gym. *Strength Stretching* hits both points several times. Things I used immediately are the Wall Squat, the Wedge, the RKC hip flexor stretch, and the GHR back stretch. The Wall Squat has become my squat warmup drill, the wedge changed my dl start routine, the hip flexor stretch and when to use it are now part of my training and meet bag of tricks, and the use of the GHR for learning to arch is ingenious. The press behind the neck stretch and "prying" are two drills that I have been playing with and have enhanced through the DVD. The Wall Squat portion itself would have made the DVD worth it, but the rest of the material is superb and clearly presented. Graphics are concise. Great for both new and more experienced PLers. Very few things have my full endorsement, but this does."

—JACK REAPE, Armed Forces Powerlifting Champion

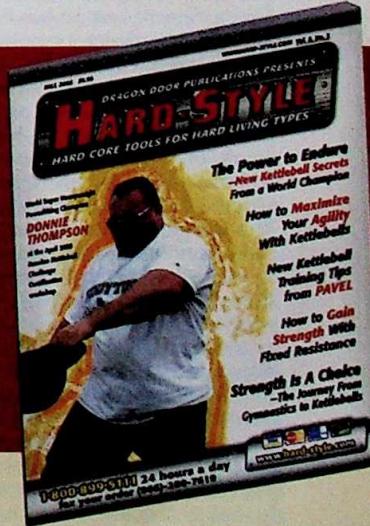


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## What's the Deal on Whey Hydroslates?

**Q:** I just wanted to let you know that I loved your series on Garry Frank. It was nice to see a lifter so extensively profiled in your column. I enjoyed it very much because it was like you were telling us the whole inside scoop on this powerlifting superstar's nutritional regimen and how it worked in relation to his contests. This was no doubt the best profile series I have ever read in PL USA. My question is about whey hydroslate. You mentioned in your article on Garry that he uses them. Can you tell me what it is exactly and some more info about it? I am really interested in knowing more about this, as I have never heard of this before. Thanks again for the awesome articles and keep up the good work. All powerlifters need someone like you in the sport to help educate us and watch our backs. Sincerely, Paul Goldberg

**A:** Hey Paul what's up man? I am happy to hear from you. Thanks for the kind words about the Garry Frank series. I really tried to give the readers a bird's eye view into the nutritional practices of this super human powerlifting monster. You can look forward to more superstar profiles in the future, as I will be featuring some of my top lifters from different weight classes in my column.

As for your question on whey hydroslates where should I begin? Ok here it goes. Whey Hydroslates are not the same as just a simple whey protein. This is the first thing that you need to understand. Most whey proteins that you get on the market are either cross flow micro filtered or ion exchange whey isolates or a whey concentrate. There are different forms of whey hydroslate but the one that I recommend most is the True Protein Hydrolyzed Whey High Grade. Shortly I will let you know more about its direct composition. In short Whey Hydroslate High Grade is no doubt the most easily digested form of whey protein available. What is meant by the words "Hydrolyzed Whey" is that it is partially digested making it more absorbable and easier to digest. This happens due to the fact that the protein molecules present in Whey Hydroslate High Grade are split into smaller groupings called peptides. This then leads to the amino acids being peptide bound making the rate of digestion faster.

Whey Hydroslate possesses the greatest amount of peptides over any other form or brand of protein powder. Now all this may sound great to the science geek but what the hell is it going to do for the hardcore lifter trying to put 800

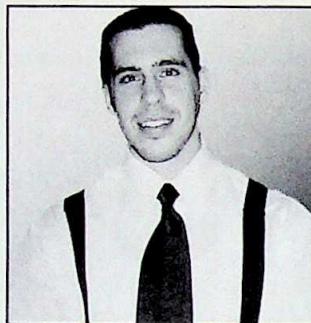
# NUTRITION

## Power Nutrition Questions & Answers

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

pounds on his back? What makes this formula so special is the fact that the peptides are bypassing the stomach. Yes I know this is hard to imagine but it is true. This means that the peptides are being absorbed into the small intestine at a super fast rate and from here into your bloodstream. It is believed that up to 80% of these whey peptides can be intact by the time they get absorbed in the small intestine. So what does this mean for the lifter? This means that the faster that these amino acids from the whey hydroslate are digested and get into your bloodstream, the faster they can get into your muscle cells. The faster they get into your muscle cells the better because this will lead to an increased rate of protein synthesis. This is exactly what you are looking for. It will also lead to you staying in a positive nitrogen balance making sure that you are in an anabolic state. Ultimately what this means is that you are bypassing all the wait time that is involved in digestion and absorption so that your muscle cells can suck them up ASAP. This is exactly what you want to happen right after a workout to help in recovery and anabolism.

Now you may be wondering when and how the hell would a formula with a super charged feature like I just mentioned be applied to a powerlifting meal plan? Since we now know that True Protein's Whey Hydroslate High Grade is the fastest absorbing protein available, when should it be incorporated in your nutrition plan? The best time to take in this special protein is right after you train. Yes that is right my man. Think about it even in layman's terms for a second. After you are done training, your body is just begging for some specific nutrients to help replenish muscle glycogen as well as the right protein source to help get those amino acids into your muscle cells. The way to get those amino acids in there at lighting speed is to bypass all the time it takes to digest protein and get it in there pronto. The way to do this is with Whey Hydroslate High Grade. This will provide your body with the right fuel at the right time making sure that your muscles don't enter a catabolic or muscle wasting state. Instead this will keep you in a positive nitrogen balance and an



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

anabolic state so that you will get the most benefit from the workout you just had. Sucking back some chicken and rice after your workout will not get the job done. It takes several hours for the chicken to breakdown and fully digest. By the time the amino acids from the chicken actually hit your bloodstream and make their way over to Mr. Muscle Cell you have already missed your window of opportunity to maximize protein synthesis and prevent the Cortisol onslaught in a post workout environment. So this makes Whey Hydroslate High Grade the optimal protein formula in your post workout nutrition plan since it will get in and get the job done before you can blink an eye.

Now I will give you some pointers as well. First off don't say I didn't warn you because it is laid out here for all to see. Whey Hydroslate tastes absolutely horrible. This is one of the signs to look for as it is very bitter. Remember this, if it's not bitter than it's not Whey Hydroslate. I am telling you if you want to play a joke on your friend put Whey Hydroslate in his protein shaker bottle after he is done his workout without telling him. I am telling you the truth he will gag his brains out since he didn't expect such a bitter taste. If you think I am lying, mix up 50 grams of Whey Hydroslate High Grade with water and take it straight. It will have even the strongest of super heavy weights on their knees in a flash. Now what you can do is mask the taste with different things to help take the edge off. One way to do this is to mix it with True Protein's exclusive Flavor Pack Systems. True Protein offers these flavor packets in Chocolate, Vanilla,

Strawberry, Banana, Grape, Orange, Pineapple, Pina Colada, Cherry, Fruit Punch, Lemonade, Wild Berry, Kiwi, Kiwi Strawberry, Mango, Root Beer, Watermelon, and Tropical Blend. Just add in a little of their unique flavoring powder to it and voila...a great tasting shake. I personally love the banana as it is the best banana flavoring that I have ever tried from any company. Many other banana flavored proteins taste synthetic while True Protein's tastes like real banana. Next take it with a good amount of water to help make it thinner. This will help get it down because taking it raw will gag you like you can't imagine. But as bad as it tastes, it is the ultimate protein in your post workout nutrition plan because there is nothing else that you can consume that even comes close in what it can do in terms of protein synthesis and anabolism.

Next you will all be wondering where the hell you can get it. The fact remains that most of the supplement companies out there will not use it in their formulas for two main reasons. The first is the taste. The mainstream, pretty boy fitness model bodybuilder will not want to drink this stuff. Second is the cost involved. It is one of the most expensive forms of protein powder due to its high quality. It does cost more than regular whey concentrate but you cannot even compare the two. It's like comparing a Ferrari Enzo with a 1980 Pinto. The two don't even compare because the Whey Hydroslate High Grade is in a class of its own when it comes to performance, quality, and most importantly results. The fact that I use this formula with all my world class athletes is proof that I am a big believer in its ability to produce results. Just ask Garry Frank or Mike Brown or any of my other World Champions and how it has helped them in their program. Due to the major benefits that this special protein has, **True Protein's Whey Hydroslate High Grade** receives my Power Nutrition "Seal of Approval".



**True Protein's Whey Hydroslate High Grade** is one of the key secret's to post workout nutrition.

At the present time there is only one place that you can get this special protein. You can go to their website at [www.trueprotein.com](http://www.trueprotein.com). Their phone number is (760) 433-5376. Ask for Dante or Doug, they will be able to take care of all your needs. For those who live in Canada you are also in luck. You can go to [www.trueproteincanada.com](http://www.trueproteincanada.com). Their phone contact is (204) 480-

04565. You can ask for Mike and he will take care of you. Another benefit you can use is my special *Athlete Discount Code*. This code is only given to my elite powerlifters and athletes but since I want to help all of my powerlifting brothers out I will also give it to you to use. This *Athlete Discount Code* can be used every time that you order from True Protein and they will give you my athlete's price. This means that you save even more money on top of their already great prices. The code is "RICCIUTO" so make sure that you spell it out to them when ordering. It can be used at both the American and Canadian branches as well. Tell them Anthony sent you and they will take extra special care of you.

If you look for it at your local health food store I guarantee you won't find it. This is a very specialized protein and is a secret that most strength athletes are not aware of. If you are looking to dial in your post workout nutrition plan this should be one of the weapons in your arsenal because it is too good not to have in your plan. Here is a layout of its macronutrient breakdown and analysis for you so that you can see exactly what it is composed of. So since you are always bugging me to find out some of the secrets of my star strength athletes I thought I would let you in on this. You have just uncovered a major key to your recovery and post workout nutrition that very few in the strength world even knew existed! Get yourself some of this super potent formula and see what I am talking about first hand for yourself.

#### NUTRITION BREAKDOWN OF TRUE PROTEIN'S WHEY HYDROSOLATE

##### SUPPLEMENT FACTS

SERVING SIZE: ~30 grams (70cc scoop)  
SERVINGS PER POUND 15

##### AMOUNTS PER SERVING

Calories	105
Calories from fat	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	11%
Sodium 350mg	11%
Total Carbohydrates 1g	1%
Dietary Fiber 0g	0%
Sugar 0.6g	0%
Protein 23g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 0%	
Iron 10%	

#### AMINO ACID PROFILE

Per 100 grams	
Alanine	5.3
Arginine	2.7
Aspartic Acid	11.0
Cystine	1.7
Glutamic Acid	15.7
Glycine	1.9
Histidine	1.5
Isoleucine	6.0
Leucine	10.2
Lysine	10.8
Methionine	2.0
Phenylalanine	3.1
Proline	5.9
Serine	5.2
Threonine	7.4
Tryptophan	1.3
Tyrosine	2.7
Valine	

#### Are Powerlifters Just a Bunch of Jealous Back Stabbers?

**Q:** Hey Anthony I just wanted to drop you a line. I read your article every month in PL USA and I want to let you know that I always come out learning something new to either improve my performance or make sure that I don't die at 45 with a massive heart attack. My comment is about all the slamming I noticed on some of the powerlifting message boards. What's up with that b.s.? I don't know why they are trying to slam you and your articles but I will say they don't know what the hell they are talking about. I have been reading PL USA for close to 15 years and in this entire time I have yet to see such in depth nutrition articles that focus on getting a bigger total. Yet at the same time helping us understand what we need to do as strength athletes to take care of our long-term health. Hell you even go out on a limb and try to watch over us and prevent side effects even in the controversial area of pharmaceutical enhancement. When has there ever been anyone else in our sport looking out for us like this before? You not only watch out for us but you seem very sincere in your love for the sport and lifters. You are a great benefit to lifters and all the best in our sport speak only the highest of you. All I see on the message boards is slam after slam on everyone that is a somebody. If you hold world records they slam you. If you get a gold medal at the worlds they slam you. You breathe the wrong way they slam you. Anyone that is just getting into our sport who visited these boards would think that powerlifters are just a bunch of jealous, baby ass, suck bags who complain like a bunch of grandmas on bingo night. "This lifter's squat was too high, that lifter's bench shirt was two ply, this lifter was using steroids, blah,



Phil Harrington squatting at the 2003 USAPL Men's National meet.

blah, blah." It's truly ridiculous at best! Is this a sport of lifting or sitting behind a keyboard bad mouthing the best lifters and innovators in our sport? This is really aggravating the hell out of me because it is so childish and ignorant. It makes powerlifters look so uneducated and stupid. I just wanted to let you know that I love your articles and the information that I have gotten out of them has already helped improve my performance and health. Ignore these fools, as they obviously don't have an insight to the nutritional sciences or what you are trying to do. Sincerely,  
**John Matler**

**A:** Hey John it's good to hear from you again. We haven't talked for a little while. Well to tell you the truth I could care less what is said about me on the message boards. To me the Powerlifting Message Boards aren't a place to help one another or educate the new lifter. Even though this is what I thought the purpose of a board was. In reality they are nothing but a gossip section for people that just want to pick on this lifter and that writer and this organization. Like you said it is all b.s. and I could really care less what people say about me. I am tired of these boards since I don't find anything useful on them

whatsoever. To tell you the truth I actually like the bodybuilding boards ten times better because no matter whom you are or what you are looking to learn there are tons of nice people that try and answer your questions. Whether it's about training, pharmaceutical enhancement or supplements there are a lot of people that are trying to look out for you.

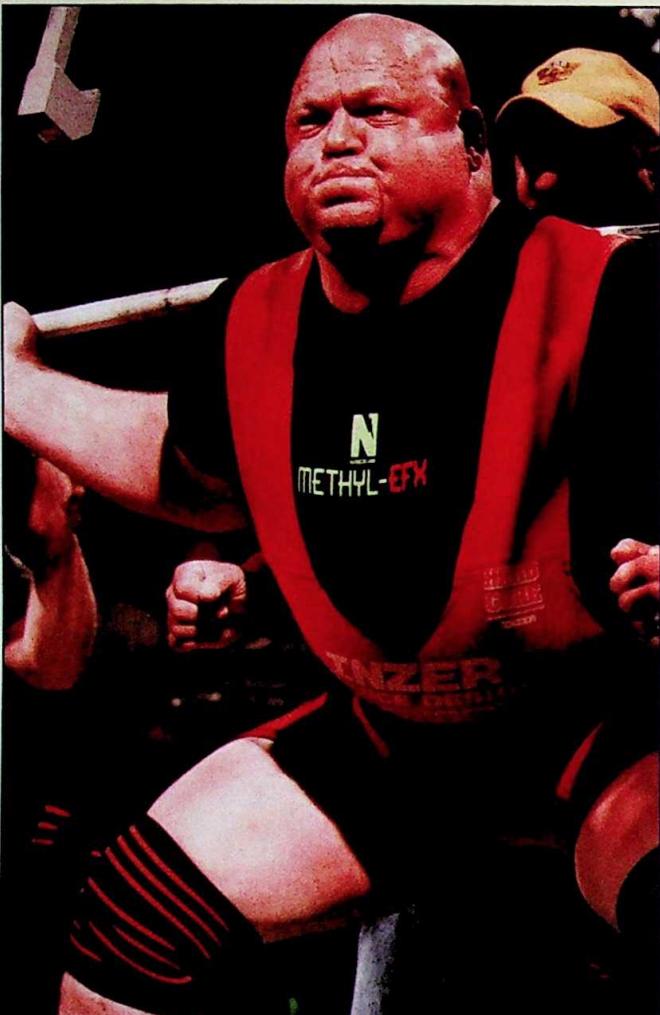
The Powerlifting message boards are just rumor mills where everyone just hacks one another's lifts, the organization in which they lift, people's family members, and even religious beliefs. I have even read posts with racial slurs and they were not deleted by the mod. What is this all about? Is this what powerlifting is about? Is this what we as powerlifters are showing to the general public about our sport? I know that not everyone on the boards are just slamming everyone and talking trash but there is so much of it going on that it's disgusting at best. It's just a real waste of time to say the least. Some of the foul and utterly graphic things that I have read on them would make those who read them think that powerlifters are the lowest common denominator in our society. I am just surprised the moderators of these boards don't clean them up because it is really giving the sport a bad name and

makes powerlifters look very unprofessional and ignorant. That is not the reputation that I know I would want being a lifter but any outsider that reads the message boards and is new to the sport will definitely think that powerlifters are some of the rudest, back stabbing, arrogant, jealous people on the planet.

As for those that slam me I would like to thank them. I would like to thank all of you for hacking me up behind my back because you are actually helping me. The saying of "Any publicity is good publicity" is something that I believe in so I would like to say thank you to all those who took the time to backstab me on the boards. I don't take anything personal and I don't hold grudges. I am above all that petty crap. No matter who hacks me on some stupid message board I could care less. My track record with the caliber of athletes that I have worked with and the results that I have helped them achieve is something that speaks for itself. Having worked with over 50 World and National champions and not having one complaint about their results is something that I take pride in. From Garry Frank to Dave Tate to Gene Rychlak to Phil Harrington to Travis Mash...their results speak for themselves! At the present time I am also working with some Professional Football and Hockey players as well. I am working with a slew of professional fighters as we speak as I have opened my doors to athletes of different sports who need nutrition and supplementation programs that get them serious results.

The fact that I am helping these world class athletes take their performance to new heights is something I am proud of. Helping any strength athlete reach his or her ultimate potential is something I really enjoy doing. I am involved in this sport because I love Powerlifting and I truly care about the health and well being of lifters no matter what level they are at.

In my younger years I have had two lifters that were very close friends of mine that died of heart attacks under the age of 50 years old. This was before I started working with athletes on helping them improve their health through proper nutritional practices. I felt so bad to see them die at such a young age. I felt so bad wishing there was something I could have done to help them. The sad fact is that both of them being super heavyweights, they did not follow a healthy diet which ultimately led to their demise at such a young age. This in turn made me want to make a difference in our sport. From then on my studies in the nutritional sciences and even more the study and application of how they can be beneficial to hardcore lifters is



**Garry Frank** is recovered from his shoulder separation at the '05 Arnold Classic, and is back on the track of all time SHW records.

something that has now become my passion. I have helped numerous lifters not only in getting a bigger total but even more importantly I have taught lifters how to improve their quality of life. So you know what, if some of my haters out there sit behind their computer and tell everyone on the message boards that Ricciuto's articles suck, then go ahead. I have proven myself time and time again so hot air from someone's mouth is just that. I am above the ignorance that prevails on these boards so I could care less.

#### Get into a Lower Weight Class with Ease

**Q:** I just wanted to let you know that I loved the column that you did called *Rage Against the Machine*. It taught me a lot of information that I never had a clue about. I loved how you gave that scenario with the squeegee kid. Oh my sweet goodness I was on the ground in hysterics when I read that. Ok enough of the babbling I have a question for you. I am a female lifter in the 165-pound class. I need to drop some fat and get myself back in the 148's hopeful over the next

couple months. I follow all your rules about getting in my proteins and watching all my junk foods but is there anything that I can take to speed up the process a little? I already take a protein powder and multivitamin but is there anything that you can recommend that will help shed some of this fat a little faster? There are a lot of fat burners on the market but since the Ephedra ban I really haven't noticed one that could help out the same. Please help me out as I don't want to waste my money on something or try ten different products before I find one that is good. Sincerely, **Laura Paquila**

**A:** Hi Laura, it's nice to hear from some of the power vixens out there. So you are looking to drop some body fat and get yourself down back into the 148 pound class again. Well first off I am happy to hear that you are following my guidelines that I have given here in this column, but you are now looking for that extra edge. Yes, during the time of the ephedra based fat burners there were a lot of very effective fat burners on the market.

During this time you could have just about closed your eyes and picked one off the shelf and it most likely would have helped you drop some fat. Now with the ban on ephedra, supplement companies that lack the scientific know how are left in the dust because their key ingredient is no longer available to them to help make their formula a success. In this time you will tell how good the Research and Development sector of a specific company is based on how good their fat burner is without ephedra being present in the formula. One formula that I like is called Thermocin. It is a comprehensive formula of several different ingredients to provide a synergistic effect. In this time there are very few effective fat burners on the market but Thermocin is one of my favorites. I personally use this formula and have had great success with it. One of the things that many of the supplement companies make a mistake with is over dosing the caffeine content. Since they can't combine ephedra with the caffeine like they used to when it was allowed to be included in products, many companies seemed to really jack up the caffeine dose hoping that this alone would give a good buzz and also increase the rate of fat burning. The problem with this is the fact that with the increased caffeine dose so did the increase of jitteriness. This problem is more noticed today with purely caffeine based fat burners even more so than when there was the ephedra/caffeine stack included in their formula. One thing that is great about Thermocin is the fact that it will give a good burst of energy but at the same time it isn't overdone to the point where you feel jittery. This is very important for those individuals that can't take a lot of stimulants due to being over sensitive to them. But at the same time for those lifters, who like a good jolt in the pants, it still will give you that hit of energy but you will feel focused not out of control like some other products will make you feel. Plus the synergistic stack that is included in Thermocin will help you shed fat faster since it helps to burn fat from different angles not just one. Let's take a quick look at the ingredients in Thermocin and what they do.

**SYNEPHRINE:** Thermocin derives its synephrine content from Citrus aurantium (standardized to 4% synephrine). Synephrine is a close chemical "cousin" of ephedrine. Synephrine has been demonstrated to aid in fat loss due to its thermogenic nature. This is due to its chemical similarity to ephedrine, and the fact that synephrine combined with caffeine has been shown to boost resting metabolic rate significantly.

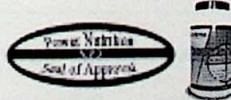
**CAFFEINE:** Caffeine alone has been

shown in numerous studies to increase energy expenditure in humans. Caffeine will cause an increase in lipid (fat) oxidation and a decrease in protein oxidation (something of benefit to any hard training individual). Plus the caffeine in Thermocin is just the right dose to burn fat and gives you that jolt but not overdosed to make your hands tremble like many of the other products on the market today.

**GREEN TEA EXTRACT:** At Large Nutrition also decided to add one of the most scientifically proven fat burning agents in the world, "epigallocatechin gallate (EGCG)."

If you have read my column over the years you should all know that I am a big fan of green tea and for many reasons. I have done a column on this last year and explained all the different health and performance benefits that you get with supplementing green tea in your diet. For those of you who don't like the taste or are simply just too busy to get in 4-5 cups per day then this is the ideal supplement for you. EGCG is a green tea polyphenol. It has been demonstrated that green tea has thermogenic properties beyond those which can be solely explained by its caffeine content. It is theorized that this occurs via sympathetic activation of thermogenesis, fat oxidation, or both. EGCG is also considered to be a possible cancer preventative agent due to its anti oxidant properties.

**HYDROXYCITRIC ACID:** HCA has been shown to effect fat loss via more than one channel. It has been shown in studies performed on humans to enhance endurance performance via an increase in fat oxidation and the subsequent sparing of glycogen. HCA has also been shown to have the very desirable effect of decreasing the total amount of energy (food) ingested in a given period of time. In other words, it seems to have an appetite suppression component.



*Thermocin receives my Power Nutrition "Seal of Approval" because it is one kick ass fat burner!*

As you can see from the above, Thermocin is a very comprehensive fat burner that can make your dieting a lot easier. It will help you cut your appetite as well as help you deal with those cravings that seem to get you at the worst of times. Give Thermocin a try and let me know how your results are. I am sure that you will very pleased with the results and how much less painful cutting a weight class can

be. Thermocin is an excellent product and it receives my Power Nutrition "Seal of Approval". You can find out more about Thermocin at [www.atlagnutrition.com](http://www.atlagnutrition.com) or you can also reach them at (434) 973 9892.

### What's the 411 on Rhodiola?

**Q:** I have heard about a new herb called Rhodiola Rosea. What the hell is that? I recently heard a few guys in the gym talking about it and they seemed to really like it. What is it exactly and where does it come from? Does it have a use for the powerlifter? Please expand more on this nutrient as I would like to know more. Sincerely, **Patrick Baker**

**A:** Well Patrick just to let you know this is not a new herb in the least. It has been used in Traditional Chinese Medicine for hundreds of years so to say that it is something new is an understatement. Just to let you know I also completed my study in Traditional Chinese Medicine and Acupuncture so I am familiar with this herb in particular.

It is really only new to the Western nutrition and supplement scene but it is not a newly found herb in the least. Well let's get into the background of this herb and take a look at some of its beneficial properties.

First off there are over 200 species of this plant and it is mainly found in Asia and Europe. In Traditional Chinese Medicine it is used to enhance Qi production as well as preserve life. Oh yea for all you "round eyes" out there, ha ha...what is meant by increasing Qi production is to strengthen the body against fatigue as well as disease. The stronger your flow of Qi (Life Force) the stronger your body will be in physical and mental prowess as well as your ability to fight off invading disease and pathogens. Ok so you most likely don't want to know all the scientific mumbo jumbo here that I can spew out at you but instead would like to know its benefits. Here it goes:

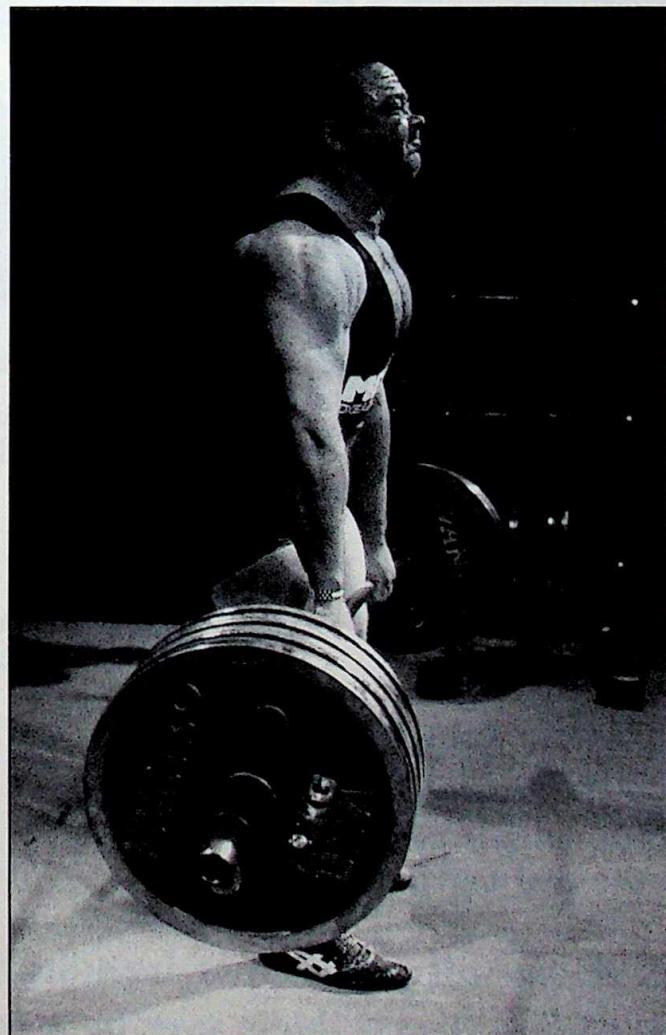
Rhodiola has a major effect on your cognitive function. It has been proven to prevent mental fatigue under stressful conditions and can even increase your mental work

capacity.

- It has also been shown to increase long term memory and mental performance.
- It has been shown to have an anti-arrhythmic effect for the heart.
- Rhodiola has protective benefits for the liver and this is something all "Pharmaceutically Enhanced" athletes should take into consideration.
- It can also help decrease your ability to get lung cancer as well.
- Has been shown to help in the recovery process from major illness.
- Rhodiola can improve the benefits of anti-cancer drugs.
- It has also shown to help prevent two different forms of liver cancer.
- It is also a powerful anti-oxidant that can fight free radical damage that occurs during heavy training.
- It can also help you recover from your hardcore workouts faster.

As you can see from the above, Rhodiola can definitely help the powerlifter in many different areas. The fact that it is very useful when the body is under extremely stressful situations means that it should be on the supplement list not only for lifters but anyone who deals with the hustle and bustle of everyday work life. Since the weeks prior to a competition can be very stressful especially for national and world meets, Rhodiola can be very beneficial. This is especially true for those who work long hours, then have to train, and don't get enough sleep due to responsibilities of everyday life. Its protective benefits on the liver is something that all lifters should take into consideration but even more so for those that use anabolics in their supplementation plan. This is no doubt the ideal supplement for those that find themselves often burned out due to major workloads whether they are mental or physical and are accompanied by a stressful life. If you are anything like me then you need to take advantage of all the help you can get when dealing with the mental and physical stress workloads that are put upon you day and night. The fact is most individuals except those born with a golden spoon in their mouth; have to work hard to accomplish what they want. This can be not only in the sport of powerlifting, but also in your work and family life as well. I personally have used Rhodiola with good results and it is included in the plans of many of my elite athletes to help them adapt to increasing volume that must occur in their training programs before a competition.

So until next month eat clean, train hard and don't believe the hype! For those interested in more information about the Nutrition XP3 System feel free to contact me at: [Aricciuto@NutritionXP3.com](mailto:Aricciuto@NutritionXP3.com) or check out my website at [www.NutritionXP3.com](http://www.NutritionXP3.com).



Travis Mash came close with an 804 deadlift at the Arnold Classic

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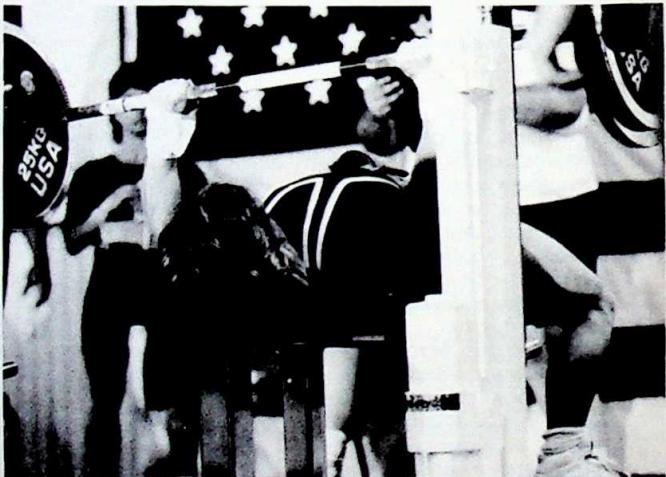
# INZER BLAST SHIRT

Patent # 4473908

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The strength and durability characteristics of the exclusive material used in the Inzer Blast Shirt is the best for support throughout the range of motion and makes it virtually impossible to tear.

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**722 lb. Bench at SHW**

"The Inzer Blast Shirt gives great explosiveness off the chest that carries through to the top."

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**775 lb. Bench**  
**First Teenager ever**  
**to crack the 600 barrier!**

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**275 lb. Bench at 123 b.w.**

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

**Mike Hall**  
**633 lb. Bench**  
**ADFPA-USPF**  
**National Champion**

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**Jan Harrell-385 Bench. Most ever by a woman.**  
**David Bullock-470 Bench World Record 148's**

Inzer Advance Designs offers the most personalized service in the business. Your satisfaction is totally guaranteed. All orders are shipped immediately! Overnight air and two day air are available on request. Each shirt, suit and brief is inspected and marked with its own quality control serial number.

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Z-SUIT and CHAMPION SUIT on next page—

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Colors:  Black  Navy Blue  Royal Blue

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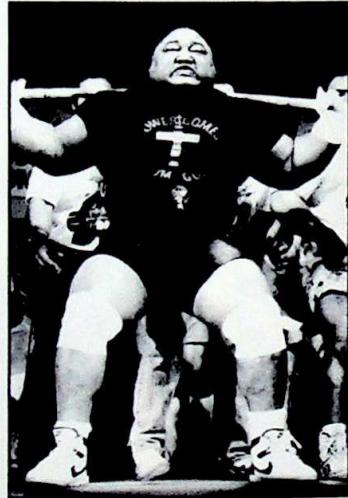


**Z-SUIT**



Other suits slip and cause slack in hip area.

**Worn By:**



**Anthony Clark**  
2531 TOTAL/1031 SQUAT

**John Inzer**  
744 SQUAT at 165 b.w.

**O.D. Wilson**  
1003 SQUAT

**Jesse Jackson**  
711 SQUAT at 148 b.w.

**Matt Dimel**  
1010 SQUAT

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# ASK THE DOCTOR

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

**DEAR MAURO:** I train a lot of different people, young and old, men and women, all the way from powerlifters to women who just want to get fit. I have a few questions regarding TestoBoost and GH Boost: 1. Do I need my clients, young and old, to cycle either TestoBoost or GH Boost? Or since they are increasing levels endogenously can they both be taken indefinitely? Can anybody at any age take it? 2. Have you had much success using GH Boost & TestoBoost with old senior citizen clients? 3. Can women use TestoBoost safely, without compromising estrogen production? Young women? Middle-aged women going thru menopause? Old ladies? Any problems or contraindications I should know about? 4. With GH Boost are there any problems or contraindications I should know? Thanks, **Charles**

**HI JOHN:** Here are the answers to your questions: You're right about both GHboost and TestoBoost in that because they increase endogenous levels, can be used indefinitely. They can also be used by any age group and by both males and females. I now have an extensive very specialized anti-aging line that is geared for anyone of any age but especially for the baby boomers and the elderly.

GHboost and TestoBoost are part of this line. The line is made up of two parts, the foundation part that includes MVM, EFA+ and Antiox, and the specialized part that includes formulations to deal with the aging of the body and mind and includes GHboost, InsideOut (to deal with stressed and aging skin (due out in September 2005)), InControl (to deal with the mind, concentration and focus (also due out in September 2005)), Joint Support, LipoFlush, Metabolic, Regulate, ReNew, and TestoBoost. I have many senior citizens of both GHboost and TestoBoost. I've also documented favorable changes in the sex hormones and both GH and IGF-I in dozens of elderly men and women. The trio of GHboost, TestoBoost and Metabolic (the new version III is due out this September), is one that I often recommend to anyone middle age and older to optimize the sex hormones, growth hormone, thyroid hormone, and insulin, and improve adrenal and pituitary function. Again those that are on this regimen report that they feel a lot better, and have more zip. TestoBoost has very little effect on estrogen or progesterone levels in women in women of child bearing age according to the blood work I've done. However, it does increase total testosterone by about 15% on average but doesn't affect dihydrotestosterone levels. In post menopausal women it actually increases all three with progesterone increases a tad higher than both estrogen and testosterone. As far as effects most women report an increase in libido, if there was a problem prior to its use, and an improvement in body composition. I've had no complaints of hirsutism or any other adverse effects. Unlike the use of injectable GH, GHboost does not cause problems with fluid retention, insulin resistance, carpal tunnel syndrome, etc. There are two reasons for this. First of all by ramping up endogenous GH levels naturally the body still retains control over GH secretion and the balances and counterbalances are still in place even though the overall level of GH secretion increases when GHboost is used. The second reason is that GHboost also has other effects on the body that counteract any adverse effects that increasing GH might have. For example, GHboost also increases insulin sensitivity and this counteracts any effects that the increase in GH might have on increasing insulin resistance. All in all, even though I've measured some dramatic increases in serum GH and IGF-I levels on people using GHboost, I've had almost no complaints of side effects. I hope that this helps you out with your clients and their use of GHboost and TestoBoost. Regards, **Mauro**

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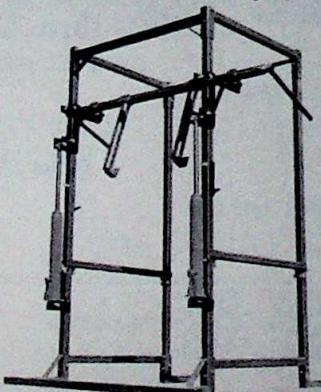
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**IRONWRAPS A are super comfortable. Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!**

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52 kgs./114.64 lbs.

1	300	662.49
2	260	573.2
3	350	551.16
4	243	535.12
5	242	534.62
6	242	534.62
7	240	529.11
8	235	518.09
9	230	507.06
10	230	507.06
11	230	507.06
12	230	507.06
13	227	501.55
14	227	501.55
15	227	501.55
16	227	501.55
17	225	496.04
18	225	496.04
19	225	496.04
20	225	496.04

56 kgs./123.45 lbs.

1	292	644.85
2	287	633.83
3	270	595.25
4	267	589.74
5	265	584.22
6	261	575.46
7	255	562.18
8	252	556.67
9	250	551.17
10	250	551.17
11	250	551.17
12	250	551.17
13	245	540.13
14	245	540.13
15	242	534.62
16	240	530.21
17	240	529.11
18	240	529.11
19	240	529.11
20	240	529.11

50 kgs./132.27 lbs.

1	520	705.48
2	300	661.38
3	300	661.38
4	295	650.36
5	295	650.36
6	282	622.81
7	282	622.81
8	280	617.29
9	278.96	615
10	277	611.78
11	274.42	605
12	273	602.96
13	270	595.25
14	270	595.25
15	270	595.25
16	270	595.25
17	267	589.74
18	262	578.71
19	262	578.71
20	260	574.3

67.5 kgs./148.81 lbs.

1	357	788.15
2	340	749.57
3	325	716
4	325	716
5	322	710.99
6	320	705.48
7	319.78	705
8	317.52	700
9	316	696.66
10	312	688.94
11	312	688.94
12	310.11	685
13	310	683.43
14	310	683.43
15	309	682.33
16	305	672.41
17	305	672.41
18	304	661.39
19	304	661.39
20	304	661.39

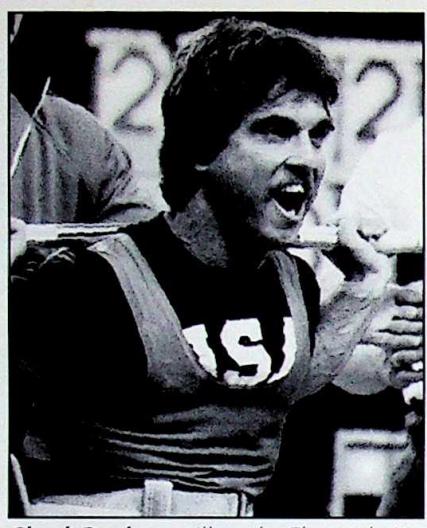
75 kgs./165.34 lbs.

1	380	837.75
2	374.21	825
3	370	816.81
4	370	815.71
5	382.87	800
6	362	799.17
7	351	773.82
8	350	771.62
9	347.5	766.11
10	347	765
11	341	751.78
12	340	750.67
13	340	749.57
14	337	744.06
15	335	738.55
16	335	738.55
17	335	738.55
18	330	727.33
19	330	727.33
20	327	722.01

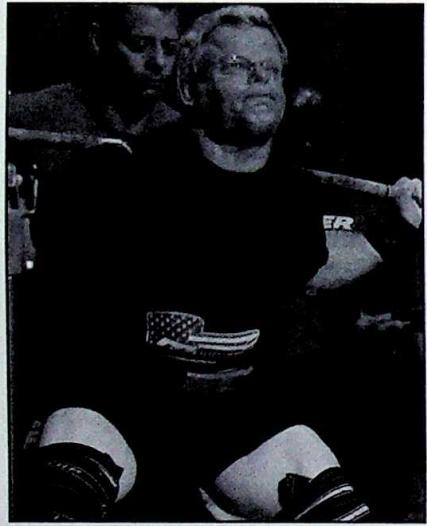
82.5 kgs./181.88 lbs.

1	408.27	900
2	387	854.29
3	383.29	845
4	383	844.37
5	382	843.27
6	380	837.76
7	370	815.71
8	365	804.69
9	365	804.69
10	365	804.69
11	363	801.38
12	362.87	800
13	362.87	800
14	362	799.17
15	360	793.66
16	360	793.66
17	357	788.15
18	355	782.64
19	355	782.64
20	353.8	780

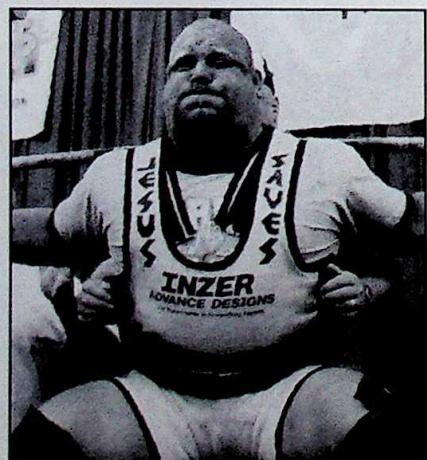
# THE WORLD TOP 20 All-Time Men's Squats by Herb Glossbrenner



Chuck Dunbar - still on the Flyweight List



Mike Bridges - now winning as a Master.



John Bernor - has moved up very quickly

90 kgs./198.41 lbs.	1	415	914.91	Byrd, S	79USA	10SEP05	APF
	2	413	910.51	Cartinian, M	76USA	04MAR05	WPO
	3	412	909.41	Kellum, J	65USA	08NOV02	WPO
	4	408.23	900	Kamand, A	61USA	13DEC03	IPCA
	5	402	887.36	Zweng, M	72USA	24FEB02	WPO
	6	395	870.83	Bell, G	56USA	07APR91	APF
	7	390	809.860	Harrington, P	73USA	09JUL04	IPA
	8	390	859.8	Coan, E	63USA	07JUL85	USP
	9	390	859.8	Avola, T	72FIN	08OCT04	WPO
	10	385	848.78	Walden, J	68USA	08NOV02	WPO
	11	381.02	840	Walden, J	57USA	21AUG87	USM
	12	381.02	840	Herring, G	59USA	10AUG91	USP
	13	380	837.76	Wright, D	46-97USA	21FEB87	USP
	14	380	837.76	Selsam, H	68GER	15MAY04	WPCCM
	15	380	837.76	Zamorikov, V	RUS	16JAN05	IP
	16	380	837.76	Belyaev, A	RUS	15MAY05	IP
	17	377	832.25	Capriari, A	80USA	28FEB03	WPO
	18	377	832.25	Zvarykin, A	RUS	05MAR05	IP
	19	377	832.25	Norman, J	68USA	04JUN05	APF
	20	375.6	827.83	Shlyakhta, I	82UKR	13NOV04	IP

100 kgs./220.46 lbs.	1	464.93	1025	Vogelohl, C	65USA	29MAR02	IPA
	2	443	976.65	Kellum, J	65USA	07NOV03	WPO
	3	440	970.03	Mash, T	73USA	04MAR05	WPO
	4	437	964.52	Coan, E	63USA	22NOV07	WPC
	5	430.91	950	Cox, J	72USA	20NOV04	IPA
	6	427	942.48	Blue, D	75USA	08OCT04	WPO
	7	425	936.96	Urichik, P	59USA	18MAY97	APF
	8	425	936.96	Seisan, H	68GER	01MAY05	WPC
	9	420	925.94	Carroll, B	81USA	02APR05	APF
	10	412	909.41	Bailey, J	USA	01JUN96	APF
	11	411	906.10	Hammerton, K	66GBR	JUL00	WPC
	12	410	905	Fessenden, M	67USA	13DEC03	APF
	13	410	903.89	Feddema, D	69CAN	27MAR05	WPO
	14	410	903.89	Driggers, A	73USA	02APR05	APF
	15	408.23	900	Wardell, J	68USA	16NOV02	IP
	16	402	887.36	Rajala, A	FIN	19MAY05	IP
	17	400	881.85	Halfield, F	42USA	12FEB82	USPF
	18	400	881.85	Goggins, S	63USA	06DEC87	USP
	19	400	881.85	Carey, J	67GBR	24JUN93	WPC
	20	400	881.85	Rozent, W	79USA	14FEB04	WPC

110 kgs./242 lbs.	1	474	1044.99	Goggins, S	63USA	05MAY05	WPO
	2	471	1038.38	Coan, E	63USA	12AUG01	WPO
	3	455	1004.21	Wessels, W	63USA	11NOV95	WPC
	4	455	1003.01	Patrick, J	71USA	26JUN04	APF
	5	455	1003.01	Simmons, C	80USA	23APR05	APF
	6	453.99	1000	Weston, B	68USA	30MAY04	IPA
	7	442.5	975.55	Garcia, J	77USA	26JUN04	APF
	8	437	964.52	Graafls, J	79USA	05JUN05	APF
	9	435	959.01	Urichik, P	59USA	11APR99	APF
	10	432	953	Blue, D	75USA	02APR05	APF
	11	432	953	Mash, T	73USA	05JUN05	APF
	12	430.91	950	Nichols, W	58USA	18APR87	APF
	13	426.38	940	Starov, M	73UKR	07JUL96	IPA
	14	425	936.96	Simmons, C	80USA	05JUN05	APF
	15	420	925.94	Dedulia, V	68USA	05MAR05	IP
	16	417	920.43	Ivanenko, V	56UKR	18NOV02	WPC
	17	417	920.43	Weiler, M	65AUT	08DEC02	WPC
	18	417	920.43	Mason, C	72USA	09OCT04	WPO
	19	417	920.43	Johnson, M	68USA	05JUN05	APF
	20	417.3	920	Simmons, L	48USA	17JUN00	IP

125 kgs./275.57 lbs.	1	500	1102.31	Goggins, S	63USA	01MAY03	WPO
	2	480	1052.51	Bartley, M	68USA	05HAR05	WPO
	3	470	1036.17	Mehan, A	72CAN	21AUG04	WPCM
	4	468	1031.36	Turtainen, A	67FIN	26OCT02	WPC
	5	467	1030.66	Pasanella, D	62-90USA	28MAY89	APF
	6	460	1014.13	Halfield, F	42USA	23HAR87	APF
	7	460	1014.13	Hoskinson, J	70USA	28MAY04	APF
	8	458.13	1010	Lowe, G	57USA	14NOV88	FCI
	9	457	1008.61	Garcia, J	77USA	09OCT04	WPO
	10	457	1008.61				

52 kgs./114.64 lbs.
1 182.5 402.34 Stanaczek, A 71POL 04NOV03 IPF
2 175 385.81 Ikeda, N 70JPN 02OCT04 IPF
3 170 374.79 Ridulka, S 77LAT 07DEC03 IPF
4 170 374.79 Fedosienko, S 82RUS 12MAR04 IPF
5 163.5 360.49 Booker, M 81USA 01DEC01 AAU
6 153.5 338.41 Ishiwatari, H 59JPN 01SEP01 IPF
7 152.5 336.21 Yanagida, K 63JPN 12DEC99 IPF
8 152.5 336.21 Kazakov, R 80RUS 14NOV02 IPF
9 152.5 336.21 Wrona, K 75POL 02DEC04 IPF
10 150 330.69 Khadroui, M 58SWE 02JUN00 IPF
11 150 330.69 Romanov, A 81RUS 03MAR05 IPF
12 149.69 330 Hollyfield, C 73RUS 16OCT93 APF
13 147.5 325.18 Dunbar, C 57USA 07JUL84 USPF
14 147.5 325.18 Watanabe, S 70JPN 18NOV99 IPF
15 147.5 325.18 Culp, L 79USA 23SEP00 WABDL
16 146.5 322.98 Cunha, J 59USA 19JUL82 APF
17 145.6 321 McDonald, D 81USA 09APR89 ADPFA
18 145.5 320.77 Klein, C 70GER 08NOV03 IPF
19 145.5 320 Grabowski, J 81USA 27JUL91 NASA
20 145 319.67 Escobedo, H 81USA 05JUN82 USPF

56 kgs./123.45 lbs.

1 190 418.88 Ohtsubo, M 68JPN 03JUN00 IPF
2 190 418.88 Pavlov, K 73RUS 19MAY05 IPF
3 188 414.47 Isagawa, H 53JPN 04NOV03 IPF
4 187.50 413.36 Karlsson, M 67SWE 14NOV96 IPF
5 185 407.85 Miyazaki, Y 68JPN 06DEC02 IPF
6 185 407.85 Mukhamatyanov 72RUS 02OCT03 IPF
7 182.5 402.34 Booker, M 81USA 20JUN04 AAU
8 180 396.82 Kazakov, R 82RUS 13JUN03 IPF
9 177.5 391.32 Parmian, T 68NED 030EC04 IPF
10 175 385.81 Stanaczek, A 71POL 20MAY00 IPF
11 170 374.79 Buterbaugh, O 66USA 11NOV95 WPC
12 170 374.78 Unten, K 68USA 15NOV98 WABDL
13 170 374.78 Nakayama, Y 63JPN 070EC03 IPF
14 168 370.37 Clark, A 62USA 10JUL99 APF
15 167.83 370 O'Neil, C 81USA 21NOV92 APF
16 167.5 369.27 Celin, J 70SWE 05JUN99 IPF
17 167.5 369.27 Fedosienko, S 82RUS 27MAY05 IPF
18 165.56 365 Ortiz, D 62USA 24JUL93 USA
19 165 363.76 Byrnes, C 81USA 20FEB93 ADPFA
20 165 363.76 Schick, M 76GER 20AUG94 IPF

60 kgs./132.27 lbs.

1 215 473.99 Zakiyev, A 81RUS 04MAR05 IPF
2 210 462.97 Matsumoto, K 75JPN 02OCT04 IPF
3 207.5 457.48 Kazakov, R 82RUS 10NOV04 IPF
4 205.5 453.05 Isagawa, H 53JPN 07DEC01 IPF
5 205 451.95 Kawakami, T 63JPN 01SEP01 IPF
6 205 451.95 Clark, A 62USA 08NOV02 WPO
7 200 440.92 Parmian, T 68NED 08AUG03 IPF
8 200 440.92 Mukhamatyanov 72RUS 04MAR05 IPF
9 200 440.93 Pavlov, K 73RUS 24APR05 IPF
10 195 429.9 Fokken, R 70USA 16SEP00 USM
11 193 425.49 Utlen, K 68USA 09AUG03 WABDL
12 192.5 424.39 Warr, G 69USA 09MAY99 WABDL
13 192.5 424.39 Nakayama, H 63JPN 07DEC92 IPF
14 190 418.88 Schick, M 76GER 27APR96 IPF
15 190 418.88 Karlsson, M 67SWE 30NOV96 IPF
16 188.24 415 Ito, D 65USA 23JUL94 USM
17 186 410.06 Bogdanov, V 70RVS 030CT02 IPF
18 185.97 410 Heath, D 55USA 07MAR98 APF
19 185 407.85 Skochek, S 83RUS 17JUN05 IPF
20 180 396.83 Bradley, J 56USA 06DEC80 IPF

67.5 kgs./148.81 lbs.

1 235.87 520 Ceklovsky, J USA 19FEB05 IPA
2 235 518.09 Schick, M 76USA 24MAY03 IPF
3 231.33 510 Warr, G 69USA 04JUN04 USM
4 228.5 503.76 Schwab, S 74USA 08OCT04 WPO
5 227.5 501.55 Clark, A 62USA 01MAR03 WPO
6 225 496.04 Ito, K 72JPN 29JUN02 IPF
7 220 485.01 Hatch, N 85USA 08OCT04 WPO
8 217.5 479.5 Sivokon, A 73KAZ 09DEC00 IPF
9 217.5 479.5 Gromov, M 81RUS 27MAY05 IPF
10 215 473.99 Zolovi, A 80RUS 04MAR05 IPF
11 215 473.99 Kazakov, R 82RUS 16JUL05 IPF
12 213.5 470.69 Bullock, D 59USA 25APR92 APF
13 210.92 465 Heath, D 55USA 15NOV02 IPA
14 210.69 464.5 Ito, D 65USA 28APR95 APF
15 210 462.97 Karlsson, M 67SWE 03APR04 IPF
16 210 462.97 Sokolov, N 79RUS 30JUL04 IPF
17 210 462.97 Moree, P 70JPN 02OCT04 IPF
18 210 462.97 Matsumoto, O 64USA 13NOV04 WABDL
19 210 462.97 Bogdanov, V 70RUS 11JUN05 IPF
20 208.65 460 Manfredi, J USA 10AUG02 IPA

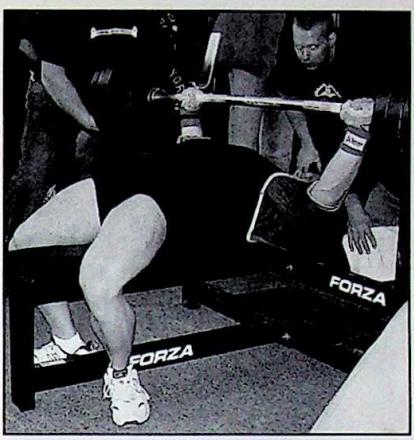
75 kgs./165.34 lbs.

1 295 650.36 Schick, M 76GER 05MAR05 WPO
2 278.96 615 Mazza, J 66USA 02OCT04 IPA
3 265 584.22 Kodama, O 79JPN 03DEC04 IPF
4 255 562.18 Heck, S 78USA 02OCT04 WPO
5 250 551.16 Boldt, F 76USA 01MAR03 WPO
6 249.48 550 Warr, G 69USA 16SEP95 GBA
7 247.5 545.64 Knyazev, S 76RUS 11JUN05 IPF
8 246 542.34 Cheskoven, A 74RUS 26NOV03 WPC
9 245 540.13 Takahashi, K 73JPN 02OCT04 IPA
10 244.94 540 Clark, A 62USA 08MAY04 USA
11 243.81 537.5 Fokken, R 70USA 03JUN01 USM
12 242.5 534.62 Müller, L 54USA 24AUG02 USAPL
13 240.40 530 Werner, S 58USA 10APR93 IPA
14 240 529.1 Kotka, P 77FIN 04MAY03 WPC
15 237.5 523.6 Hara, M 60USA 07SEP02 WABDL
16 235 518.09 Sakata, S 59USA SEPT88 IPA
17 235 518.09 Juhasz, I 74HUN 04SEP04 CPC
18 235 518.09 Kutcher, A 80UKR 21MAY05 CPC
19 233.60 515 Osgood, D 84USA 27JUN04 CPC
20 232.5 512.57 Hooper, W 70USA 30APR04 BA

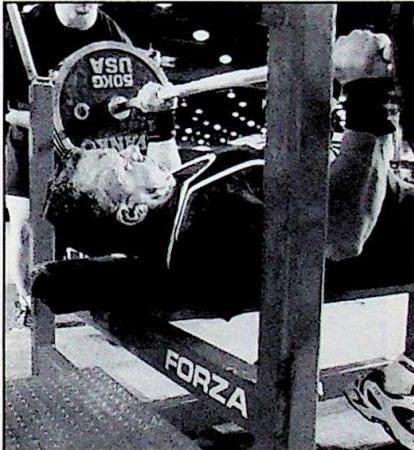
82.5 kgs./181.88 lbs.

1 301.64 665 Kilts, J 71USA 19FEB05 APF
2 301 663.59 Schick, M 76GER 11DEC04 BVDK
3 281.23 620 Vargason, B USA 11DEC04 IPA
4 272.5 600.76 Heck, B 78USA 02APR05 APF
5 272.16 600 Waterman, D 71USA 01MAR97 WPC
6 272.16 600 Fry, J 76USA 15MAY05 APF
7 271 597.45 Boldt, F 76USA 25SEP04 WPO
8 270 595.25 Savine, G 74USA 06MAY04 WPO
9 260 573.2 Vorobyev, A 69RUS 08JUN02 IPF
10 260 573.2 Wiegiera, J 65POL 04DEC04 IPF
11 260 573.2 Coleman, A 65USA 04MAR05 WPO
12 260 573.2 Osokin, A 81RUS 11JUN05 IPF
13 257.5 567.69 Schmalz, C 78USA 25SEP04 WPO
14 256.28 565 Sherman, J 81USA 04SEP93 IPA
15 255 562.18 Confessori, C 65USA 17JUL88 APF
16 252.5 556.67 Well, R 50USA 29JUN86 APF
17 252.5 556.67 Watanabe, Y 80JPN 04DEC04 IPF
18 251.74 555 Robbins, D 68USA 16DEC00 USM
19 250 551.16 Succarote, A 65USA 23JUL89 APF
20 250 551.16 Kotka, P 77FIN 07SEP03 WPC

# THE WORLD TOP 20 All-Time Men's Benches by Herb Glossbrenner



Joe Ceklovsky leads the way at 148 lbs. He will be at the WPO Bench Bash for Cash.



Scott Rabine .. just a hair away from 700.



Big Shawn Lattimer came in 3rd at SHW.

90 kgs./198.4 lbs.
1 311 685.64 Rabine, S 71USA 25SEP04 WPO
2 310 683.43 Halbert, G 77USA 03MAR01 WPO
3 299.37 660 Woffley, M 65USA 12MAR05 WPO
4 296 650 Kellum, J 65USA 08NOV02 WPO
5 294.83 650 Zweng, M 72USA 19MAR05 APF
6 288.03 635 McVicar, J 68USA 21DEC03 IPA
7 286 628.52 Waterman, D 71USA 09SEP00 WPO
8 282.5 622.80 Cartman, M 76USA 04MAR05 WPO
9 278.96 615 Daly, R 66USA 18DEC04 APF
10 275 606.27 Rorie, L 64USA 070CT95 USPF
11 272.5 600.76 Lee, J 60USA 02APR89 USPF
12 272.16 600 Palazola, K 59USA 26APR03 USM
13 272.16 600 Piggee, D 59USA 04DEC04 IPA
14 272 599.66 Chadkov, V 72RUS 10SEP04 WPC
15 270 595.25 Nyblin, L 67FIN 26NOV03 WPC
16 270 595.25 Onozu, S 70HUN 07HUN 07DEC03 WPCM
17 270 595.25 Frankl, S 77USA FEB04 APF
18 270 595.25 Bogdanov, S 85RUS 12FEB05 IPF
19 267.5 589.73 Bell, G 56USA 15MAY05 APF
20 267.05 588.75 Confessori, C 65USA 23JUL88 APF

100 kgs./220.46 lbs.

1 350 771.62 Lanarque, M 74USA 13NOV04 WABDL
2 335 738.55 Ponamorenko, V 79URK 20FEB05 WPO
3 333.9 735 Kellum, J 65USA 26APR03 USM
4 332.5 733.04 Halbert, G 71USA 04SEPO1 WPO
5 325.5 717.6 Patterson, K 72USA 04MAR05 WPO
6 322.5 710.99 Hein, B 80USA 02OCT04 WPO
7 320 705.48 Albano, S 74USA 06MAR04 WPO
8 320 705.48 Mash, T 73USA 05MAR05 WPO
9 319.78 705 Robertson, K 81USA 22JAN05 APF
10 319.78 705 Cook, V 72USA 16JUL05 IPA
11 317.51 700 Nealy, D 68USA 03MAR04 USM
12 305.5 673.51 Halbert, V 75CAN 26MAR05 WPC
13 301.64 665 McVicar, J 68USA 26JUL03 IPA
14 300 661.38 Stewart, C 75USA 06MAR04 WPO
15 300 661.38 Imesch, R 63SWI 25SEPO4 WPO
16 300 661.38 Scott, G 61USA 04JUN05 APF
17 300 661.38 Smith, C 68USA 04JUN05 APF
18 297.5 655.87 Pfraumberger, F 74USA 08JAN05 APF
19 297.5 655.87 Cravetta, J 74USA 08JAN05 APF
20 297.5 655.87 Atkins, A 79USA 03JUN05 APF

110 kgs./242.5 lbs.

1 363 800.28 Lanarque, M 74USA 11JUN05 WABDL
2 350.4 772.5 Kelley, B 71USA 05MAR05 IPA
3 350 771.62 Jackson, J 69USA 23NOV04 WABDL
4 347.5 766.11 Hartberg, C 71USA 25SEPO4 WPO
5 342.46 755 Stewart, C 75USA 22JAN05 APF
6 337.5 744.06 Carpenter, W 73USA 06MAR04 WPO
7 332.5 733.04 Ladnier, J 63USA 05MAR05 WPO
8 328.85 725.00 Crawford, W 71USA 24APR05 IPA
9 328.85 725.00 Crawford, W 70USA 02APR05 APF
10 328 723.11 Luyando, R 70USA 02APR05 APF
11 327.5 722.01 Hein, B 80USA 02APR05 APF
12 326.58 720.00 Biwer, J 73USA 26MAR05 APF
13 325 716.5 Simmons, C 80USA 05JUN05 APF
14 324.32 715 Capozzolo, R 69USA 08JUN02 IPA
15 322.5 710.99 Grandick, J 81USA 05JUN05 APF
16 320 705.48 Wardell, J 68USA 26NOV03 WPC
17 320 705.48 Solovyev, A 75UKR 05MAR05 WPO
18 320 705.48 Bayles, J 76USA 05JUN05 APF
19 319.78 705 Buechlein, G 66USA 18SEP04 IPA
20 318 701.07 Patterson, K 72USA 09OCT99 WPO

125 kgs./275.58 lbs.

1 378.75 835 Crawford, W 71USA 25JUN05 IPA
2 375 826.73 Fiedler, A 66USA 07AUG04 APF
3 348.13 767.5 Dizenzo, V 69USA 13DEC03 IPA
4 347 765 Kennelly, R 74USA 06SEP03 WPA
5 342.46 755 Putnam, R 77USA 21NOV04 IPA
6 335.66 740 Coulter, M 72USA 10JUL04 IPA
7 331.12 730 Kelley, Brad 71USA 09DEC04 IPA
8 330.5 728.63 Patterson-K 72USA 11NOV95 APF
9 330 727.52 Holdsworth, J.L. 78USA 06JUN04 APF
10 330 727.52 Grandick, J 72USA 05JUN05 APF
11 328.85 725 Fields, R 72USA 17APR05 IPA
12 327.5 723.11 Luyando, R 70USA 02APR05 APF
13 327.5 722.01 Hein, B 80USA 02APR05 APF
14 327.5 722.01 Franco, A 73USA 20FEB05 APF
15 325 716.5 Meeker, P 71USA 08JUN03 APF
16 324.32 715 Lade, S 69USA 19MAR05 USM
17 322.5 710.99 White, B 73USA 27SEP03 WPO
18 322.5 710.99 Lane, H 64USA 02MAY04 BA
19 322.05 710 Toranzo, J 71USA 21MAY01 IPA
20 320 705.48 Tokarski, C 64USA 21MAY04 USM

140 kgs./308.64 lbs.

1 415 914.92 Mendelson, S 69USA 07AUG05 APF
2 409.37 902.5 Kellily, R 74USA 04DEC04 APF
3 385 848.78 Lee, J 71USA 18

52 kgs./114.64 lbs.

1	260	573.2	Bhaskarian, E	62IND	93	IPF
2	257.5	567.69	Fedosevich, S	82RUS	03MAR05	IPF
3	247.5	545.64	Lu, Shih-Wu	75TPE	13APR98	IPF
4	245	540.13	Ambu, N	78IND	16NOV00	IPF
5	245	540.13	HU, Chun-Hsiung	74TPE	15NOV01	IPF
6	242.5	534.62	Thios, D	69INA	01SEP90	IPF
7	237.5	523.60	Inaba, H	44JPN	15JUN84	IPF
8	235	518.09	Gorbunov, V	75RUS	20JUN98	IPF
9	235	518.09	Loganathan, V	76IND	01APR99	IPF
10	235	518.09	Gainer, E	66USA	09JUL04	IPF
11	232.5	512.57	Watanabe, H	PN	21SEP80	IPF
12	232.5	512.57	Green, B	72USA	11JUL97	USPF
13	232.5	512.57	Prakash, G	76IND	18NOV99	IPF
14	230.5	508.16	Chopovsky, Y	62RUS	29FEB91	IPF
15	230	507.06	Zhuravlyev, S	60RUS	29FEB92	IPF
16	230	507.06	Wijaya, A	INA	08NOV92	IPF
17	230	507.06	Thompson, R	USA	26JUL97	USPF
18	230	507.06	Constance, P	69GBR	09NOV04	IPF
19	227.5	501.55	Madsen, J	NZL	18AUG94	IPF
20	227.5	501.55	Maxwell, J	65GBR	26JUN04	IPF

56 kgs./123.45 lbs.

1	290	639.34	Gant, L	57USA	10JUL02	USPF
2	270	595.25	Hu, Chun-Hsiung	74TPE	13NOV97	USPF
3	266.5	587.53	Ambu, N	78IND	16MAY02	IPF
4	262.5	578.71	Komarudin	71INA	24JUN94	IPF
5	260	573.2	Sahit, K	61IND	99	IPF
6	260	573.2	LU, Shih-Wu	75TPE	14NOV02	IPF
7	260	573.2	Hawthorne, R	84USA	11MAY03	WABDL
8	260	573.2	Ewoldsen, M	13FEB05	NASA	
9	260	573.2	Holloway, D	80USA	06MAY05	USPL
10	255	562.18	Talambanua, N	66INA	17SEP87	IPF
11	255	562.18	Taylor, T	66USA	28OCT89	USM
12	255	562.18	Hsieh, Tsung-Ting	82TPE	14NOV02	IPF
13	252.5	556.67	Pattaway, D	59USA	28JUL90	WPC
14	252.5	556.67	Bochkovsky, A	54UKR	00	IPF
15	252.5	556.67	Loganathan, V	76IND	30APR05	IPF
16	250	551.16	McKenzie, P	36NZL	02NOV79	IPF
17	250	551.16	DeVega, A	66COL	03AUG90	IPF
18	250	551.16	Thios, D	69INA	08NOV92	IPF
19	250	551.16	Yang, Chen-Nan	82TPE	JAN99	IPF
20	250	551.16	Rakhmankulov, A	75UZB	16MAY02	IPF

60 kgs./132.37 lbs.

1	310	683.43	Gant, L	57USA	11NOV88	IPF
2	287.5	633.82	Defaria, L	42FRA	20MAY90	IPF
3	283	623.91	Sutrisno, D	75INA	17MAY02	IPF
4	282.5	622.81	Yang, Shen-Nan	82TPE	18NOV99	IPF
5	281.5	620.6	Lee, Yung Chang	60TPE	03NOV97	IPF
6	281.23	620	Carr, J.D.	57USA	15NOV86	WPC
7	281	619.5	Sawant, S	66IND	17AUG92	IPF
8	280	617.29	Andryukhin, M	70RUS	AUG02	IPF
9	277.5	611.78	Lampela, K	44FIN	07MAR79	IPF
10	276.69	610	Montgomery, E	USA	24MAY98	AU
11	275.5	607.37	Williams, M	83USA	31MAY03	IPF
12	275	607.27	Pengelly, E	+49.93GBR	07APR77	IPF
13	275	606.27	Vedro, F	64USA	09JAN82	USPF
14	275	606.27	Talambanua, N	66INA	08OCT84	IPF
15	275	606.27	Taylor, T	66USA	12AUG01	WPO
16	272.5	600.76	Bukatka, V	66KAZ	OCT93	IPF
17	272.5	600.76	Hsieh, Tsung-Ting	82TPE	10NOV04	IPF
18	272.16	600	Bradley, J	56USA	07APR79	USPF
19	270	595.25	McNamara, G	63IRE	09SEP00	IPF
20	267.5	589.74	Chetin, G	43RUS	02MAY92	IPF

67.5 kgs./148.81 lbs.

1	320	705.48	Austin, D	58USA	02AUG92	USPF
2	317.5	699.97	Conyers, A	58USA	20MAY00	WPO
3	317.5	699.97	Olech, J	74POL	09MAY03	IPF
4	316.5	697.76	Sivokon, A	73KAZ	10NOV94	IPF
5	312.5	688.94	Valinera, R	FIN	19DEC81	IPF
6	310	683.43	Bridges, R	64USA	06JUL85	USPF
7	307.5	677.92	Alexander, A	56USA	23MAR87	USPF
8	302.5	666.9	El Beighiti, H	75FRA	19MAY03	IPF
9	300	661.39	Crain, R	53USA	08NOV81	IPF
10	300	661.39	Podossony, N	52UKR	04OCT92	IPF
11	300	661.39	Baranov, V	67RUS	29FEB96	IPF
12	300	661.39	Sacco, R	75ITA	08MAY02	IPF
13	297.5	655.88	Nieminen, S	75FIN	09MAR03	IPF
14	295	650.36	Pengelly, E	+49.93GBR	27JUN82	IPF
15	295	650.36	Kuzkhamalov, S	62KAZ	20SEP94	IPF
16	295	650.36	Hypolite, R	69GBR	17MAY95	IPF
17	295	650.36	Singh, S	IND	01MAY05	IPF
18	294.84	650	Sigala, M	USA	12SEP99	USM
19	294.84	650	Bryant, A	82USA	25MAR00	THSPA
20	292.57	645	Hicks, T	46USA	21APR79	AU

75 kgs./165.34 lbs.

1	353.80	780	Inzer, J	62USA	16SEP95	USM
2	340	749.57	Lappi, I	73FIN	16NOV01	IPF
3	340	749.57	Kutcher, A	80UKR	21MAY05	GPC
4	337.5	744.06	Austin, D	58USA	30JUL94	USPF
5	335.66	740	Trice, A	USA	DEC97	FCI
6	335.5	739.65	Sabroni, S	75INA	20SEP94	IPF
7	333.5	733.24	Culberson, T	68USA	24AUG96	USPF
8	333	734.14	Virtanen, J	63FIN	14MAY84	IPF
9	330	727.53	Kallya, I	62RUS	03OCT03	IPF
10	327.5	722.01	Alexander, A	56USA	02APR89	USPF
11	325.5	717.6	Coppin, E	+60-01BEL	11MAY85	IPF
12	325	716.5	Vilaine, R	FIN	13MAR82	IPF
13	325	716.5	Gaugler, R	54USA	13MAR82	USPF
14	325	716.5	Crain, R	53USA	23JUL83	USPF
15	325	716.5	O'Connor, M	53IRE	00	IPF
16	325	716.5	Belyaev, A	83RUS	28FEB03	IPF
17	322.5	710.95	Bridges, R	64USA	30OCT93	ADPFA
18	322.5	710.95	Baranov, V	67RUS	29SEP00	IPF
19	322.5	710.95	Gorovin, A	RUS	02APR05	IPF
20	320.5	706.58	Sivokon, A	73KAZ	06APR02	IPF

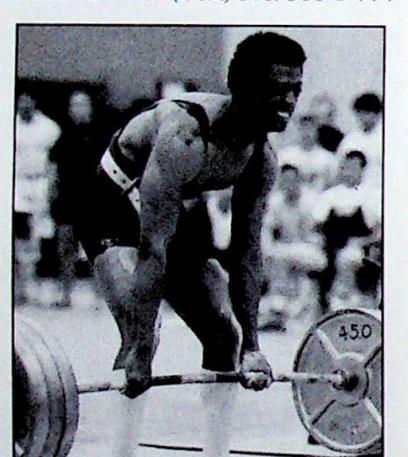
82.5 kgs./181.88 lbs.

1	360	793.66	Brunazzi, G	57ITA	24JUN95	IPF
2	359	791.46	Coan, E	63USA	07JUL84	USPF
3	357.5	788.15	Kumpuniemi, V	34FIN	17MAY80	IPF
4	355	782.64	Callins, R	34GBR	17MAY80	IPF
5	350	771.62	Bridges, M	57USA	22FEB81	USPF
6	350	771.62	Ghirardi, D	69ITA	17NOV99	IPF
7	347.5	766.11	Gaugler, R	54USA	01DEC84	USPF
8	347.5	766.11	Eiseman, T	58USA	11MAV86	APF
9	345	760.59	Shiyalka, I	81UKR	16JUN01	IPF
10	342.5	755.08	Schikman, V	KAZ	01MAR92	IPF
11	342.5	755.08	Szynkowiak, R	59POL	20AUG95	IPF
12	340.21	750.5	Anelja, V	47USA	16DEC73	AU
13	340	749.57	Virtanen, J	63FIN	08NOV85	IPF
14	340	749.57	Coppin, E	+60-01BEL	03MAY87	IPF
15	340	749.57	Malinen, H	55FIN	27FEB88	IPF
16	340	749.57	Cavalier, W	45USA	24MAR90	USPF
17	340	749.57	Carter, D	63GBR	02DEC93	IPF
18	340	749.57	Lappi, I	73FIN	28FEB99	IPF
19	340	749.57	Malyeyev, D	78KAZ	99	IPF
20	337.5	744.06	Keyhea, V	62USA	13FEB82	USPF

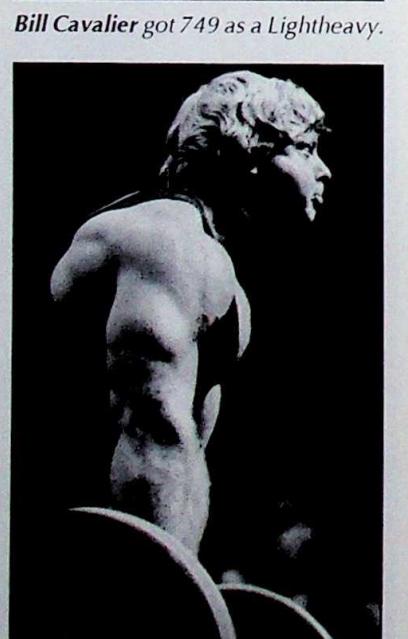
# THE WORLD TOP 20 All-Time Men's Deadlifts by Herb Glossbrenner



Brandon Green (USA) over 500 @ 114



Bill Cavalier got 749 as a Lightheavy.



Steve Wilson.. bullstrong - 832 @ 242

90 kgs./198.42 lbs.	1	390	859.8	Coan, E	63USA	07JUL85	USPF	
	2	373.5	823.43	Coppin, E	+60-01BEL	13NOV87	IPF	
	3	373	822.32	Kumpuniemi, V	34FIN	16OCT82	IPF	
	4	372.5	821.22	Anello, A	47USA	04FEB92	USPF	
	5	372.5	821.22	Thomas, W	45USA	01MAR80	USPF	
	6	370	819.66	Gushchin, S	74RUS	17JAN04	IPF	
	7	370	819.51	Ivanets, A	BLR	16APR04	IPF	
	8	365	804.69	Zamarikov, V	82RUS	02APR05	IPF	
	9	362.87	800	Scialpi, S	66USA	+59.93USA	13DEC79	USPF

100 kgs./220.46 lbs.	1	409	901.69	Coan, E	63USA	28JUL91	USPF
	2	380	837.76	Cash, J	49USA	08JUL84	USPF
	3	395	830.83	Holmes, C	71USA	24EBF96	USM
	4	375	826.73	Vishniuk, A			

52 kgs./114.64 lbs.

1	687.5	1515.67	Fedosienko, S	82RUS	03MAY05	IPF
2	628	1384.5	Stanaszek, A	71POL	05NOV03	IPF
3	590	1300.72	Kazakov, R	82RUS	14NOV02	IPF
4	587.5	1295.22	Inaba, H	44JPN	12NOV07	IPF
5	580	1278.68	Lui, Shih-Wu	75TPE	13APR88	IPF
6	580	1278.68	Hu, Chun-Hsiung	74TPE	13NOV02	IPF
7	577.5	1273.17	Thios, D	69INA	01SEP90	IPF
8	577.5	1273.17	Zhuravlyev, S	69RUS	29FEB92	IPF
9	575	1267.66	Dogovets, A	66RUS	01JUL95	WPC
10	570	1256.63	Gorbunov, V	75RUS	21JUN95	IPF
11	570	1256.63	Loganathan, V	76IND	01APR99	IPF
12	570	1256.63	Romanov, A	81RUS	18JUN04	IPF
13	567.5	1251.12	Gaines, E	66USA	10JUL04	USAPL
14	565	1245.61	Dunbar, C	57USA	07JUL84	USPF
15	565	1245.61	Ambu, N	78IND	18NOV99	IPF
16	562.5	1240.1	Kobin, A	RUS	22JAN05	IPF
17	557.5	1229.08	Wijaya, A	INA	11JAN96	IPF
18	557.5	1229.08	Prakash, G	76IND	04MAY01	IPF
19	555.5	1224.67	Patar, T	75INA	11JAN96	IPF
20	555	1223.57	Cunca, J	59USA	02APR83	USPL

56 kgs./123.45 lbs.

1	578	1494.73	Pavlov, K	73RUS	26AUG04	IPF
2	675	1488.12	Fedosienko, S	82RUS	27MAY05	IPF
3	660	1455.05	Hawthorne, R	83USA	17APR04	APF
4	645	1421.98	Kazakov, R	82RUS	05NOV03	IPF
5	639.5	1409.86	Hu, Chun-Hsiung	74TPE	31OCT97	IPF
6	635	1399.93	Asabin, N	79RUS	26AUG04	IPF
7	628	1384.5	Isagawa, H	53PBN	05NOV03	IPF
8	627.5	1383.4	Gant, L	57USA	10JUL82	USPF
9	627.5	1383.4	Sahai, K	67IND	99	IPF
10	627.5	1383.4	Mukhamatyanov, F	72RUS	12MAR04	IPF
11	627.5	1383.40	Ewoldsen, M	13FEB05	NASA	
12	625	1377.89	Thios, D	69INA	08NOV92	IPF
13	620	1366.87	Hsieh, Tsong-Ting	82TPE	11SEP01	IPF
14	620	1366.87	Lu, Shin-Wu	75TPE	14NOV02	IPF
15	620	1366.87	Danilov, K	86RUS	17JUN05	IPF
16	617.5	1361.35	Holloway, D	80USA	05JUN05	USAPL
17	610	1344.82	McKenzie, P	36NZL	02NOV79	IPF
18	610	1344.82	Petrov, I	69BUL	12MAY94	IPF
19	605	1333.80	Karlsson, M	67SWE	17NOV96	IPF
20	605	1333.80	Loganathan, V	76IND	30APR05	IPF

60 kgs./132.27 lbs.

1	740	1631.42	Kazakov, R	82RUS	10NOV04	IPF
2	732.5	1614.88	Sutrisno, O	75INA	10NOV04	IPF
3	730	1609.37	Zakiev, A	81RUS	04MAR05	IPF
4	722.5	1592.84	Hsieh, Tsung-Ting	82TPE	10NOV04	IPF
5	722.5	1592.84	Andryukhin, M	70RUS	27MAY05	IPF
6	720	1587.33	Gant, L	57USA	08APR88	USPF
7	720	1587.33	McNamara, G	63IRE	09SEP06	IPF
8	707.5	1559.77	Bradley, J	56USA	27MAR82	USPF
9	705	1554.26	Sokoch, S	83RUS	17JUN05	IPF
10	692.5	1526.70	Hawthorne, R	83USA	04MAR05	WPO
11	691.75	1525	Heath, D	55USA	07MAR98	IPA
12	690.5	1522.29	Zolov, A	80RUS	11SEP03	IPF
13	677.5	1493.63	Washington, H	70USA	08NOV02	WPO
14	677.5	1493.63	Clark, A	63USA	08NOV02	WPO
15	667.5	1471.59	Elyn, W	63BEL	14NOV96	IPF
16	667.5	1471.59	Pavlov, K	73RUS	01MAR03	IPF
17	667.5	1471.59	Williams, C	84USA	10JUL04	USAPL
18	664	1463.87	Lee, Yung-Chang	60TPE	30NOV92	IPF
19	662.5	1460.56	Talambanua, N	66INA	13JAN96	IPF
20	655	1444.03	Zyavintsev, A	78RUS	12MAR04	IPF

67.5 kgs./148.81 lbs.

1	832.5	1833.35	Olech, J	74POL	11NOV04	IPF
2	831	1832.04	Sivokon, A	73KAZ	15NOV00	IPF
3	810	1785.74	Hatch, N	85USA	04MAR05	WPO
4	807.5	1780.23	Gromov, A	81RUS	27MAY05	IPF
5	802.5	1769.21	Conyers, A	88USA	31MAY96	APF
6	801	1765.9	Schwab, B	74USA	08OCT04	WPO
7	792.5	1747.16	Sokolov, N	79RUS	04MAR05	IPF
8	785	1730.62	Zolov, A	80RUS	24JAN00	IPF
9	780	1719.61	Lapshin, M	79RUS	02OCT03	IPF
10	780	1719.61	Dolgov, E	76RUS	12MAR04	IPF
11	778.5	1716.3	McNamara, G	63IRE	06MAY00	IPF
12	777.5	1714.3	Austin, D	58USA	08APR88	APF
13	772.5	1703.07	Alexander, A	56USA	23MAY87	APF
14	757.5	1670	Jackson, J	66USA	28JUL90	APF
15	757.5	1670	Kazakov, R	82RUS	16JUL05	IPF
16	755.25	1665	Luckett, L	58USA	17APR88	FCI
17	755.25	1665	Heath, D	55USA	13DEC03	IPA
18	755	1664.49	Huang, Lung-Hsing	81TPE	11NOV04	IPF
19	755	1664.49	Kokorev, I	73RUS	20MAY05	IPF
20	752	1657.87	Perez, J	61USA	05MAR90	IPF

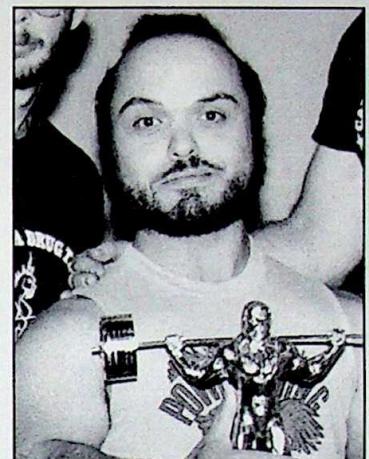
75 kgs./165.34 lbs.

1	908	2001.79	Kutcher, A	80UKA	21MAY05	GPC
2	907.5	2000.69	Conyers, A	58USA	02APR05	APF
3	900	1962.11	Palmer, R	73USA	04MAR05	WPO
4	886.77	1955	Berardelli, A	65USA	09JUL04	IPA
5	863.5	1903.69	Furashkin, V	69RUS	15NOV02	IPF
6	860.5	1897.08	Sivokon, A	73KAZ	06APR02	IPF
7	857.29	1890	Crain, R	53USA	23NOV96	IPA
8	856	1887.16	Alexander, A	56USA	02APR89	APF
9	852.5	1879.44	Gaugler, R	54USA	13MAR82	USPF
10	847.5	1868.41	Hooper, W	71USA	05JUN05	USAPL
11	837.5	1846.37	Laine, J	66FIN	24FEB02	WPO
12	837.5	1846.37	Hatch, N	85USA	04JUN05	APF
13	835	1840.86	Shestakov, I	69RUS	29NOV03	WPO
14	832.5	1835.34	Bridges, M	57USA	19APR80	USPF
15	830	1829.83	Lapshin, M	79KAZ	25JAN04	IPF
16	827.5	1824.32	Merkulov, A	83RUS	04MAR05	IPF
17	825	1818.81	Primich, N	67RSA	06NOV94	WPO
18	825	1818.81	Baranov, V	67RUS	28FEB03	IPF
19	825	1818.81	Dvorznikov, D	82RUS	18JUN04	IPF
20	825	1818.81	Pinchuk, A	RUS	04JUN05	IPF

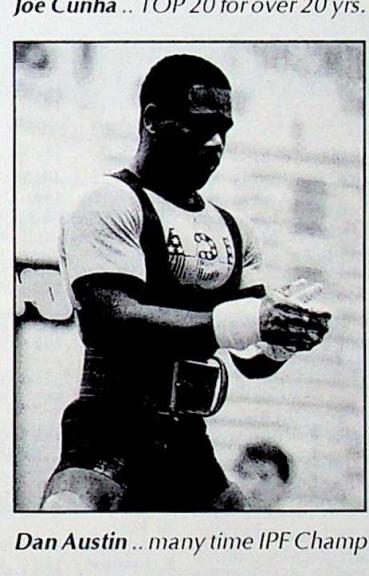
82.5 kgs./181.88 lbs.

1	960.5	2117.54	Coleman, A	65USA	04MAR05	WPO
2	957.5	2110.93	Bell, G	56USA	08APR88	WPO
3	955	2105.41	Bridges, M	57USA	10JUL82	USPF
4	937.5	2066.83	Harrington, P	73USA	10SEP05	APF
5	920.79	2036	Vargason, B	USA	21MAY05	IPA
6	920	2028.25	Coan, E	63USA	08JUL84	USPF
7	915	2017.23	Gaugler, R	54USA	14DEC85	USPF
8	907.5	2000.70	Palmer, R	73USA	11MAY03	APF
9	900	1984.16	Belyaev, A	83RUS	07NOV03	IPF
10	893.58	1970	Dougherty, J	65USA	18NOV01	IPA
11	890	1962.11	Primich, N	67USA	00	WPC
12	890	1962.11	Danforth, M	69USA	05MAR04	WPO
13	890	1962.11	Kutcher, A	80UKR	12NOV04	IPF
14	885	1951.09	Gay, D	60USA	29JUN86	APF
15	885	1951.04	Naleykin, S	81UKR	09MAY03	IPF
16	885	1951.04	Furashkin, V	69RUS	03OCT03	IPF
17	880	1940.07	Shestakov, I	69RUS	22MAR03	WPC
18	877.5	1934.55	Bogdanov, S	85RUS	17APR04	IPF
19	875	1929.04	Wegiera, J	65POL	20MAY05	IPF
20	873.17	1925	Kamand, A	61USA	19NOV00	IPA

## THE WORLD TOP 20 All-Time Men's Totals by Herb Glossbrenner



Joe Cunha .. TOP 20 for over 20 yrs.



Dan Austin .. many time IPF Champ



George Hechter .. came down from SHW to make history as a 242 lber.

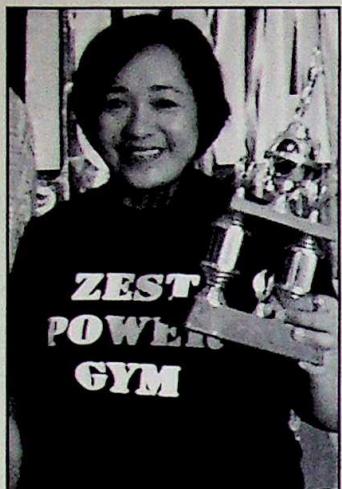
9	962.15	2121.95	Rekune, E	LAT	21MAY05	IPF
10	957.5	2110.93	Capari, A	80USA	28FEB03	WPO
11	957.5	2110.93	Freydun, I	81UKR	07NOV03	IPF
12	955	2105.42	Coleman, A	65USA	08NOV02	WPO
13	953	2101	Zweng, M	72USA	24FEB02	WPO
14	950.5	2095.49	Zvarcian, A	79RUS	27AUG04	IPF
15	950	2094.39	Avola, T	73FIN	07NOV03	WPO
16	945	2083.37	Zamorikov, V	82RUS	18JUN05	IPF
17	941	2074.55	Coppin, E	+60-00BEL	14NOV07	IPF
18	940	2072.34	Morozov, N	BLR	28MAY05	IPF
19	938.94	2070	Herring, G	59USA	10AUO91	USPF
20	937.5	2066.83	Pittman, R	USA	16FEB09	IPF

1	1095	2414.06	Mash, T	73USA	04MAR05	WPO



</tbl

## LILY'S BAA-ACK !! as told by Paul Kelso



**Lily Pecante** (above) returned from a three year injury lay-off to soar past the women's Masters 90 kg world squat record with a 200.5 second attempt and a third lift success of 210. She weighed in at 82.6, a thin hair over the class minimum. The Philippine Nationals August 20-21 were the occasion, held in Manila in a large mall where hundreds of passersby filled the rotunda throughout the day to watch the action.

Lily, the Postmaster of Quezon City, won the 75kg gold medal in the DL in 2001 at the IPF women's world, placing 4<sup>th</sup> overall just ahead of Priscilla Ribic. One month before the 2002 world, Pecante took part in a tug-of-war with her mailmen colleagues and destroyed a knee ACL. Training again since March, Lily has her eye on the 82.5 Masters-One Squat and DL WRs. Her big squat here will not qualify as a record due to a lack of certified judges. She plans to cure that at the upcoming IPF Masters World.

Lily is the best lifter in Filipino PL history. She won 10 Asian gold medals 1993-2000, and still holds an Asian DL record. She is the only Filipino to win a Gold medal, or any medal, in a world open championship. But she has sworn off rope-pulls.

Best male lifter Eddie Torres posted a 1771 lb. total in the 100 kgs, at 212lb. bdwt. The Dow Chemical marketing rep is current Asian Master's champ and has six Asian DL golds among silvers and bronzes for Total in the display case. His numbers would have earned him 8<sup>th</sup> at the 2004 Men's World, had he attended. Richie Rosales racked a 182.5kg BP in winning the 67.5s. The twenty-eight year old has a future: he finished seventh at 75kg in last year's World and has several Asian BP golds in his pocket.

Look for 56kg Rose Vasquez on the world scene in a year or two. Her 362.5kg total broke all the P.I. records and looked good for more. Karen Villanueva hit a new P.I. BP

mark in edging veteran Yollie Mendigoria in the 48s. A Manila "Great Body" titleist and big-cash aerobics marathon winner in California last year, Karen slimmed from a 140 lb. teen to 104 to go for it all.

Lily and Torres, both just forty, and other Philippine lifters will journey to South Africa in October for the Masters. Likely to go are four-time 52kg M-1 world champ Colonel Tony Taguibao and car importer Ronnie Martinez, M-2, who broke all Philippine 125kg records for his age group. That is, if the government sports authority will approve the travel money, waiting, as is their custom, to inform the lifters at the last minute.

President Nick Cabalza's outfit ran a smooth if small meet, with 20 women and 21 men. The University of the Philippines placed first with almost perennial winner Zest Gym second among teams. Nick, who judged at several men's worlds, introduced me to the crowd as a PL writer "all the way from the USA" and then hooked me to present trophies. I was proud to do it.

When I first met the Philippine gang twelve years ago at the Asians in Taiwan, they had never won an international medal. Now they have had a world champion, a masters WR, Asian golds, international team placings and IPF gold in the DL. Pretty good for a country with only 200 or so serious lifters.

Former Vice-Pres and Asian BP champ Mon DeBuque's twelve year old son Raymond bears watching. Already 5'6" and 190+ pounds, the lad plans a 180 kg squat in the fall. Gadzooks! He 'guest' lifts locally because of the IPF minimum age.

Mon is a force in organizing Paralympics competitions, staging meets and sending teams to Asian and world contests. His Zest Gym lifters, which include Lily and Eddie, are a tight-knit bunch, with long-standing friendships and mutual support based on the concept of "lam-bing," a word that does not readily translate, but group camaraderie and affection for each other would be close. They also like to party.

Their after-meet bash featured karaoke and guitar playing and upheld the locals' reputation as a nation of singer/entertainers. Food ranged from noodle dishes and BBQed meat to a "bulalo" soup of beef knuckle, bone marrow and veggies. One joker shook the celebrants by announcing he would serve the legendary "Soup # 5," whose secret ingredient is the...er...business apparatus...ahem...of a bull, sliced wiener-style. Believed to boost libidos, apprehension rocked the ladies present until assured that his bubbling concoction was minus those morsels.

I have had a long love affair with the Philippines. My wife Sumiko and I are considering retiring there. We spent the week after the contest visiting promising locations, even turbulent Mindanao.

Other powerlifting expats are already in the islands. Tony Koykka, a top early '80s Finnish lifter, now lives in Ormoc, Leyte. Rick Olson, whom Americans will recall as a Masters big bencher, is in Manila. He has lifted at several P.I. BP nationals in recent years. And, a lately arrived Russian lifter was astounded to learn that the use of AAS or other enhancers is extremely rare among Filipino lifters.

Who needs the "juice" when they have "Soup # 5"?

See [www.pap1982.com](http://www.pap1982.com) for more P.I. news.

R. Rosales	230.5*	175.5	235	640*
J. Catral	195	112.5	190	497.5
		4th-SQ-205.5*		
A. Valenzuel	175	130	185	490
75 kgs.				
K. Estrada	165	130	202.5	497.5
82.5 kgs.				
R. Dio	265	177.5*	257.5	700
90 kgs.				
C. Uichanco	250	172.5	240	662.5
100 kgs.				
E. Torres	315*	180	310*	805*
J. Bautista	210	175	230	615
A. Espanola	220	160	232.5	612.5
110 kgs.				
N. Tiglao	270	180	235	685
J. Buen	220	120	230	570
P. Rivera	175	127.5	225	527.5
		4th-DL-230*		

125 kgs.  
R. Martinez 250\* 145\* 230\* 625\*

125+ kgs.  
N. Cacao 100 100 125 325

!=World records (unofficial). \* =Philippine records. Best Lifters Women: 1st-Lily Pecante, Team Zest, Wilks 463.2. 2nd-Rose Vasquez, Team Zest, Wilks 427.7. 3rd-Audrey Ortiz, Team Base6ix, Wilks 399.6. Best Team: 1st-Zest 63 pts., 2nd-Base6ix 53 pts., 3rd-Gold's 39 pts. Best Lifters Men: 1st-Eddie Torres, Team Zest, 498 pts., 2nd-Richie Rosales, Team UP, 497.6 pts., 3rd-Rene Dio, Team UP, 473.5 pts. Best Team: 1st-UP 69 pts., 2nd-Zest 57 pts., 3rd-Gold's 16 pts. (These meet results from Paul Kelso)

### National Philippine Open 20-21 AUG 05 - (kg)

	WOMEN	SQ	BP	DL	TOT
44 kgs.	J. Santos	92.5	40	102.5	235
48 kgs.	J. Villanuev	90	60*	115	265
Mendigoria	115	40	107.5	262.5	
52 kgs.	N. Oca	110	67.5	115	292.5
		4th-BP-70*			
56 kgs.	E. Lorenzo	85	52.5	127.5*	265
R. Vasquez	140*	80	142.5*	362.5*	
		4th-BP-85*			
M. Cruz	127.5	70	135	332.5	
J. Gotangco	100	47.5	125	272.5	
L. Palispis	100	52.5	120	272.5	
60 kgs.	A. Ortiz	137.5	75.5	137.5	350
		4th-BP-76.5*			
M. Medina	140	75	117.5	332.5	
M. Cardenes	82.5*	60*	112.5	255*	
		4th-DL-117.5*			
67.5 kgs.	G. Vizmonte	125	52.5	142.5	320
C. Junterial	110	75	110	295	
75 kgs.	K. Ong	135	60*	145	340
M. Santos	102.5	55	110	267.5	
L. Pecante	210!	100*	205*	515*	
K. Nocom	80!	42.5*	100*	222.5*	
90+ kgs.	J. Darvin	115	97.5	120	332.5*
		4th-SQ-125.5*	BP-100*	DL-130.5*	
MEN	P. Tan	120	89*	155	362.5
52 kg	T. Taguibao	205	90	170	465
B. Balatbat	150	102.5*	190	442.5	
R. Bayona	140	87.5	170	397.5	
60 kgs.	D. Bustos	150	90	170	410
C. Macalinao	181.5	110	—	—	
A. Abano	165	110	—	—	
67.5 kgs.					

### SLP Missouri Open BP/DL 4 JUN 05 - Festus, MO

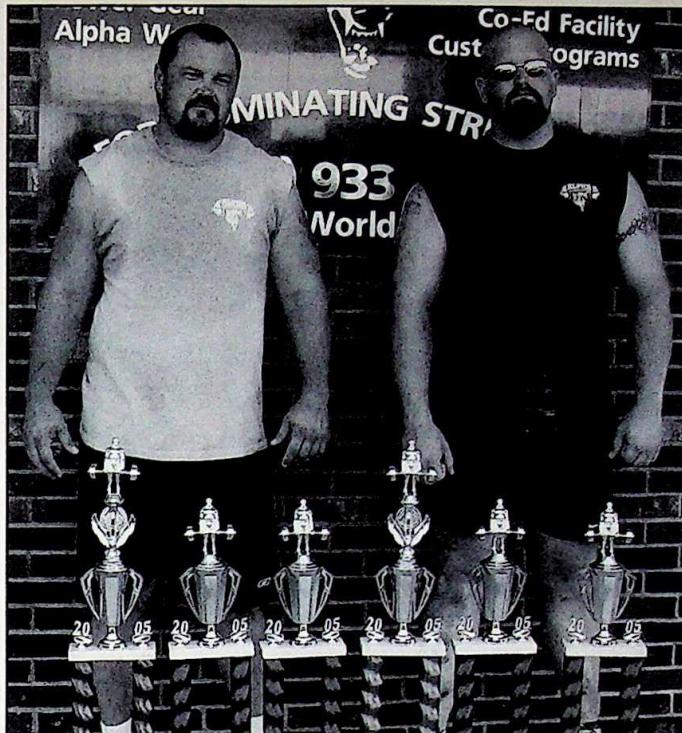
	BENCH	C. Holloway	365*
WOMEN	Junior		
Teen (13-15)	198 lbs.		
132 lbs.	R. Gendron	405	
L. Holloway	120	C. Winter	320
4th-125*		220 lbs.	
Open	J. Wantland	430	
132 lbs.	4th-455*		
L. Holloway	120*	Submaster	
4th-125*	165 lbs.		
148 lbs.	J. Ward	405*	
Austermann	195*	220 lbs.	
Teen (13-15)	R. Rojas	455*	
97 lbs.	242 lbs.		
Reisenbichler	110*	M. Hairston	605*
114 lbs.	4th-630		
L. Hobbeck	150*	275 lbs.	
165 lbs.	K. Hahn	650*	
C. Randen	240*	Master (40-44)	
198 lbs.	S. Cosma	220 lbs.	
A. Garritano	220*	4th-450*	
Teen (16-17)	J. Ortman	Master (55-59)	
242 lbs.	300*	220 lbs.	
Teen (18-19)	S. Jones	255	
148 lbs.	Open		
R. Russell	255	220 lbs.	
4th-270*	D. Noonan	242 lbs.	
181 lbs.	M. Hairston	605	



Paul Kelso (left) with Eddie Torres and the other 220 lb. champions

4th-630*	J. Ortmann	575*
275 lbs.	Teen (18-19)	
K. Hahn	650*	242 lbs.
308 lbs.	K. Waugh	550*
T. Watson	600	Junior
SHW	198 lbs.	
C. Hurd	580	C. Winter
DEADLIFT	Open	465
MEN	308 lbs.	
Teen (16-17)	T. Watson	650
242 lbs.		

\*Son Light Power Missouri state records. Best Lifter Bench Press: Kevin Hahn. Best Lifter Deadlift: Tilden Watson. The Son Light Power Missouri Open Bench Press/Deadlift Championship was held at Alpha Strength Systems. Thanks to owners Tilden Watson and Kevin Hahn for hosting this competition. Alpha Strength Systems is a great gym. I mean it's a real "lifter's gym", built for the ultimate powerlifter, full of energy; a great place for a powerlifting meet! In the bench press event, first-time competitor Lauren Holloway set both the teenage 13-15 and open 132 state records, with her 125 fourth attempt. Kim Austermann, in just her second meet, set the Missouri state record at open 148 with 195. In the 13-15 teenage men's division, we had four great lifters, each setting the state record for their respective classes. At 97 it was Jordan Reisenbichler with 110, while Levi Hobeck upped his own state record to 150, at 114. Cody Randen got 240 at 165, while 198 winner Antonio Garritano settled with his opener of 220. At 16-17/242 it was first-time lifter Jon Ortmann with a new state record of 300, making just his opener. In the 18-19 age group, Ryan Russell, in his first competition, finished with a new state record 270, which he made on his fourth attempt. At 181 it was Chris Holloway, with a state record lift of 365. Ryan Gendron won over Chris Winter 405 to 320, Ryan getting an new pr while Chris struggled with just his opener. Another state record fell in the junior 220 class, as Justin Wantland finished with a



SLPMO Best Lifters... Kevin Hahn & Tilden Watson (above) and Lauren Holloway's SR 125 @ 13-15, 132. (D. Latch)

fourth attempt 455. In the submaster division, Jeff Ward set the state record at 165 with 405 while Rico Rojas did the same at 220 with 455. Mark Hairston broke the state record at 242, with his 630 fourth

attempt. Kevin Hahn set the state record at 275 with an easy 650 personal best second attempt. A third with 675 would have went, except for

a lower back cramp. Kevin, who was awarded the best lifter trophy for his efforts, is dangerously close to 700. At 40-44/220 it was Scott Cosma, lifting in his first competition, finishing with a personal best and Missouri state record 450. Then at 55-59/220 it was Dr. Scott Jones with 255. For the open class, Dave Noonan won at 198 with 365. Mark Hairston tied the state record at 242 with his 630 while Kevin Hahn broke the record at 275 with his 650. Pro Tilden Watson got his first official 600 bench on his opening attempt, then just missed 635 at the top on his final attempt. Charlie Hurd, lifting "raw", finished with 580 at shw, after coming close with 605, on his third attempt. In the deadlift competition, Jon Ortmann won his second title of the day at 16-17/242, setting his second state record with a strong 575 pull. Keith Waugh broke the record at 18-19/242 with 550, while Chris Winter redeemed himself at junior 198 with 465. Best lifter Tilden Watson pulled a clean 650 at 308 open. With a little correction in from Tilden, who is also a great squatter, will pull well over 700 soon! Thanks to my son Joey, Justin Maurer and the lifters at Alpha for their help spotting and loading. A special thanks to Charlie Kelly. (Thanks to Dr. Darrell Latch for providing these meet results)



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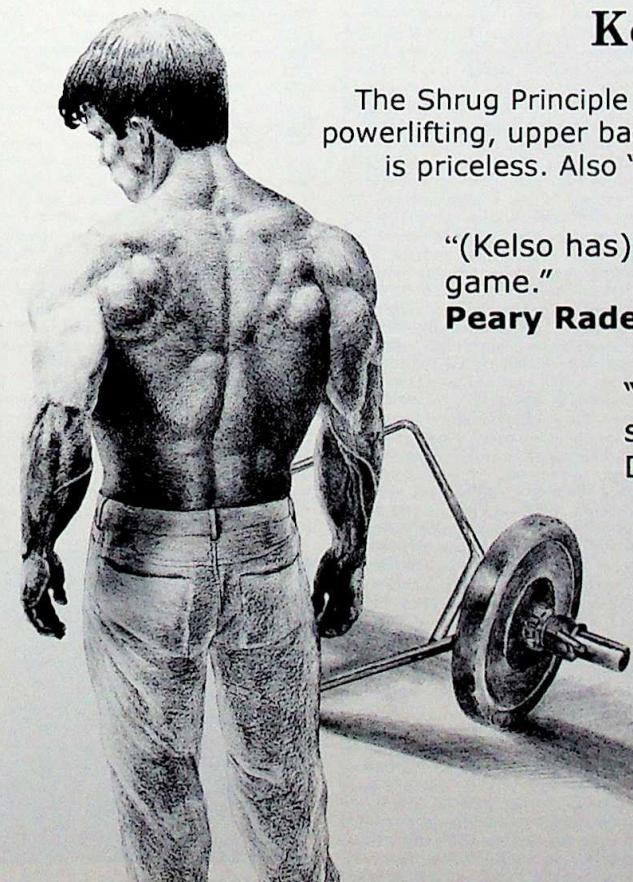
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The AWPC World Powerlifting and Bench Press Championships took place July 29-31, 2005 at the Purple Hotel in Lincolnwood, Illinois. This is the same venue as last year. It's a great place to have a meet. The hotel restaurants are good, but there's also a wealth of restaurants and shopping within walking distance or a short bus ride down the street. It's even an easy trip to downtown Chicago either by car or public transportation.

The meet began on Friday with the bench pressers. The women's Open had basically two weight classes. The 148s had Kim Hairston and Chicago Police Officer Kim Carter. Both are very strong, but Hairston won 203 to 187.5. The unlimited class was a true clash of the titans. World Champion, 51 year old Sidney Thoms faced newcomer, 37 year old Lisa Miller. Both women are from Illinois so every time these two show up at a meet, it's a contest. Sidney got a 325 within the meet with a 4<sup>th</sup> attempt world record 330, but it wasn't quite enough. Lisa came in strong, improving her result over her last meet. Her 347.5 world record was easily enough to take the Open Championship. A 3<sup>rd</sup> attempt 374.5 had just a slight bobble. She'll have that and more in no time. Sidney received the silver in the Open and Gold in the Masters. Both women shared the best lifter honors with Lisa winning the Open and Sidney winning the Masters.

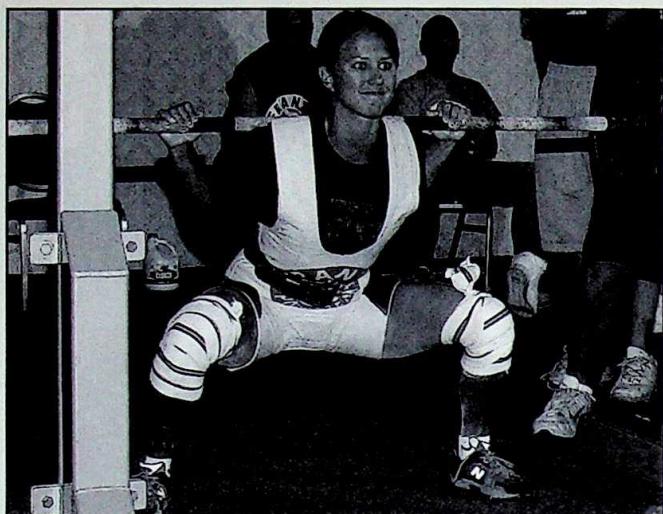
The women's Master division was dominated by world record holders and champions in each class. Carol Krochmal, Susan Mies and Lisa Petergal, all of Illinois, improve at each championship. Breast cancer survivor Betty Tenorio is one great woman. At 75 years old and 181 lbs she's returned from her valiant battle to compete again. She has a new world record. I look forward to seeing her at more meets soon.

Men's Teen lifter Ronnie Mueller went 3 for 3 for a 440 gold. Juniors had two athletes. 165 lb. Oleksandr Martynuk of Ukraine made a world record and won best lifter Junior/Teen. Oleksandr came with the Ukrainian team to compete. Slovakia and a British Military team were unable to attend at the last minute due to visa problems. Mark Engle Jr. (275) went 3 for 3 for a beautiful 479.5 gold medal.

Men's Open and Submaster 198er Jeff Rebera (Michigan) competed in the bench only due to injury. His 501.5 brought him gold in both divisions. Illinois lifter Kevin Farley went 3 for 3 for his 501.5 gold medal winner. The 242s had what looked like could have turned into a real battle. Unfortunately, neither lifter made anything past their openers. So, Rick Purdy (Texas) took the gold, and Vitaliy Bobchenko (Ukraine) took the silver. 275 lb Chicago Police Officer Tommy Harrison is another "heart attack kid". If he ever

# AWPC World Championships

*as told to Powerlifting USA by Maris Anne Sternberg*



**Alison Rogers ... (photographs by Alan & Sydney Thoms & Marita)**

harnesses that extraordinary strength he'll be a super 700 + bench presser. Making one lift, he got best lifter and the gold. 308er Mike Gerard finished out the open division with a strong finish for gold and a new world record.

Submaster 275 lb lifter Dale Szymanski, a Bolingbrook Police Officer, put up an enormous 573 for another victory. He's a nice guy and always is an impressive lifter. 40-44 Masters, Bill Blackstone and Sam Luciano both won golds. Bill had an outstanding 3 for 3 - 380. Bill, Sam and Mike Gerard all took gold. 45-49 Mark Fadke (198) went 3 for 3 for gold. The 242s had two fine competitors Mark Engle Sr. took silver. Gold medalist and Best Lifter Bob McCaughey blew the roof out with a 606. Retired Police officer Roger Ryan pushed 600 for his gold.

In the 50-54s we saw two veteran lifters. It's great to see Randy Egli back in competition. In addition to being a fine lifter, he's also coached many outstanding lifters. Welcome Back! Dave Murphy's been competing for quite a while. His 440 was enough for a gold and he had a good time doing it!

57 year old Dan Swift sort of blasted injured Ron Cuny out of the water. He took the 55-59 198s by 115 lbs. 308 lb train engineer Tom Nelson pulled into the station with a 446 for his gold.

60-64, 198 lb lifters Jim Hussey and Walter Anczerewicz went head to head. Wally lifts without a shirt and

lifts off for himself. Wally took silver by about 45 lbs. to gold medallist Jim Hussey.

65 year old Floyd Kucharski from Iron Mountain, Michigan went 4 for 4 for his gold. An outstanding performance. And finally 70 year old Bruce Bianco got a nice 242.5 for his gold.

The full power division began on Saturday morning. The Women's division had lifters from the teens to masters. One of the most impressive performances came from a trio of sisters: Sarah, Hannah and Abigail Biddle from Indiana. They need a lot more experience, but each has a bright future in the sport. And I must admit I'm partial. They're all musicians. Good combination! Returning champion of NY State, Rachael Mayer posted a stellar total. She's worked hard this year and it showed.

Another super performance came from junior lifter Jasmin Desrosier from Michigan. She's a college student who lifted last year. She's made outstanding progress this year coming away with her second World Championship.

The Master women came on strong from New England. Stephanie Ross just needs some confidence and she'll be handling much bigger weights than she realizes. Jane Stabile, at 176 lb. bodyweight, posted a very creditable 782.5 total. Susan McCallion in the 123s made some beautiful lifts, matching her squats and deadlifts. Twynia Brewton returned to the platform as a USA team alternate after almost a year off with a serious knee injury. She's back and will continue to make great gains.

The Open women showed real strength and finesse. 30 year old Alison Rogers (114 lb.) set several records including a 341 world record 4<sup>th</sup> attempt deadlift to claim her gold. Brooke Fineis-Curry has become a premier lifter in the world. She's really strong and a lot of fun. Her 1146 total establishes her up with the best in the 165s. Kathy Saunders (Maine) had her first full meet at AAPF Nationals in Saco, Maine in April. She's made extreme progress since then. If she keeps going (and I hope she will) the sky's the limit for her.

The Teen men has some really strong kids. Illinois lifters did some great lifting. Juan (Junior) Silvestre lifted in his first Worlds. With a huge smile he went 8 for 9 for his first World Championship. Eric Littlebridge stepped up to take Brother Ernie Jr.'s place when he was injured 2 weeks before the meet. As usual he did a fine job and set more records on his way to gold.

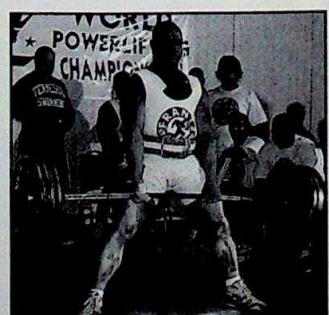
The 16-17 year old class showed remarkable strength and experience. Joshua Morris (181) and Paul Green (220) came in from the East Coast to compete. Both won gold, deservedly so. Zach Zenzen is one of our most experienced teen lifters. He set records with the largest total in his age group earning yet another World Championship.

In the 18-19 division Cam Clayton got off to a bit of a rocky start but picked up the pace nicely for a win. Kyle Davis of Maine posted the biggest total of all in the men's Teens and Juniors, and he didn't even have his best day. Once in a while a lifter comes along who shows such strength and perseverance that everyone just has to take note. Otis Brown is one of those lifters. Otis is a Special Ed student in Chicago. Call it karma or fate he was in the right place at the right time. He is fortunate enough to have a coach Dimitre (a former track coach from Bulgaria) who takes a huge interest in him. Otis lifts with power and a smile. He draws the crowd right along with him. He set all new world records and is now a World Champion.

The Junior men finished out the day on Saturday. 165er Eric Cressey posted the biggest total of the division Dan Diemert also became a World Champion on that day. In the 198s Travis (3000) Kaufman of Naperville, IL hadn't had the day he wanted, but he had a good solid meet! He works hard and it shows. Joliet, Illinois resident Nick Mezera is coached by multi World Champion and World Record holder Rudy Ruettiger. You can always tell when the lifter is one of Rudy's boys. Nick's been lifting since he was a teenager. He had a very nice day.

The Master men lifted on Sunday as did the Open men. In the 40-44 division 148er Mike Robinson of Illinois totaled 1240. He's one of those strong silent types. He just smiles and goes about his business. Dyke Naughton (New York) came in injured and still set world records in the bench press. Absent from competition for several years, Leo Welch returned with a beautiful 1708 total. Bruce McCord wanted a better day but still took the gold in the 220's. 275 champion Sam Tyler walked away with a 705-521-604-1841 total for his gold. He's just too cute and too much fun to have a bad day.

In the 45-49 age group, Vincent Scelfo was alone in the class, but he didn't slack. He went 9 for 10, setting a fourth attempt world record squat of 452. The 165 class Manuel Rivera emerged the winner by a hefty margin. One of the last true nice guys, Steve Lumpe (Indiana) took the silver. He's coached by the entire family and it works. Posting 1300 after a kind of tough day, he's always seen with a smile on his face. Taking the bronze was Mike Larsen, he's been off the competition platform for a while. It looks like this is just a new start for him. The 181s highlighted Bob Fabiano out of Michigan. His interest and support of the APF/AAPF are never in doubt. He got himself a very nice 413 world record bench press. Doug Morong finished out the age group with a nice 1604 total.



**Putt Houston- 2nd @ 181 Open**



**International Participants ... the Ukrainian lifters made it to the meet**

going 3 for 3 in the deadlift. Marc Terman (220) went 3 for 3 in the bench. Bob McConaughey out benched himself in the squat and deadlift. He put up a phenomenal 621 bench for a new World Record. Tim Lane (308) competed in his first World Championship. I think nerves played a bit of a role for this huge Mainer, but he still got a nice 446 World Record Bench.

The 50-54's had Rudy Ruettiger (181) from Joliet, IL, one of the all-time greats in Powerlifting. Not only is he a great lifter himself he gives back to the sport by coaching teens. In fact, he spent a good amount of energy coaching his "boys". He took yet another World Championship in the Police and Fire. Gordon Wolfe had a good day. It took all 3 attempts to get a bench press in, but once he got it together it was a nice looking lift. 198er Vince Donofrio's 1438 gave him the gold and his first World Championship. Legendary lifter Dick Zenzen from Dekalb, IL won both the Master and Police & Fire divisions. Joe Smolinski came from Michigan to

compete for his gold going 3 for 3 in the squat.

55-59 age group. Two well prepared and experienced lifters went to battle in the 148s, but it was Mike Wider (Indiana) who went 10 for 10 for a perfect day and the gold medal. Mike's another lifter who just goes and has a good time. His competition Ted Feight (Michigan) had a good time also, but just couldn't stay close and so received the silver. In the 165s Jon Smoker, a veteran from Indiana added another World Championship to his resume. He sets all kinds of records each time he competes and this was no exception. I really enjoy a meet in which Jon lifts. SHW John Magee, I call the heart attack kid. He's from Hammond and he always gives me a heart attack! It took all three squats to get in the meet, but he did it and his gold was saved.

60-64 148'er Tony Noplos (Dekalb, IL) had his class to himself. His 1008 total was a record for him.

65-69 age group. The 148s in this

### AWPC Worlds (kg) 29 JUL 05 - Chicago, IL

BENCH	T. Harrison	300						
WOMEN	308 lbs.							
Masters	M. Gerard	242.5						
105 lbs.								
C. Krochmal	67.5	198 lbs.						
132 lbs.	J. Rebera	227.5						
S. Mies	70	242 lbs.						
148 lbs.	R. Purdy	242.5						
L. Petergal	57.5	275 lbs.						
181 lbs.	D. Szymanski	260						
B. Tenorio	32.5	Masters (40-44)						
SHW	M. Gerard	242.5						
S. Thoms	150	S. Luciano	220					
Open		Blackstone	172.5					
148 lbs.	(45-49)							
K. Hairston	95	M. Fadke	142.5					
K. Carter	87.5	McConaughey	275					
SHW	M. Engle	215						
L. Miller	157.5	R. Ryan	272.5					
S. Thoms	150	(50-54)						
MEN	R. Egli	165						
Junior/Teen	D. Murphy	200						
165 lbs.	(55-59)							
O. Martynuk	180	D. Swift	187.5					
220 lbs.	R. Cuny	135						
R. Mueller	200	T. Nelson	202.5					
275 lbs.	(60-64)							
M. Engle, Jr.	217.5	J. Hussey	150					
Open	Anczerewicz	127.5						
198 lbs.	(65-69)							
J. Rebera	227.5	F. Kucharski	125					
220 lbs.	(70-74)							
K. Farley	227.5	B. Bianco	110	OUT				
242 lbs.								
R. Purdy	242.5	F. Woodson	—					
V. Bobchenko	220	M. Hairston	—					
275 lbs.								
WOMEN	SQ	BP	DL	TOT				
Teen (13-15)								
R. Mayer	127.5	57.5	120	305				
H. Biddle	102.5	50	110	262.5				
S. Biddle	70	47.5	82.5	200				
Teen (16-17)								
A. Biddle	102.5	60	135	297.5				
Junior								
J. Desrosier	170	85	117.5	372.5				
Open								
Fineis-Curry	215	122.5	182.5	520				
K. Saunders	185	77.5	165	427.5				
A. Rogers	137.5	72.5	150	360				
Masters (40-44)								
S. Ross	145	77.5	130	352.5				
T. Brewton	127.5	82.5	137.5	347.5				
Masters (50-54)								
J. Stabile	142.5	62.5	150	355				
Masters (55-59)								
S. McCallion	95	37.5	100	232.5				
MEN								
Teen (12-15)								
Lilliebridge	200	125	227.5	552.5				
J. Silvestre	115	47.5	137.5	290				
Teen (16-17)								
Z. Zenzen	250	142.5	245	637.5				
J. Morris	250	150	235	635				
P. Green	227.5	132.5	217.5	557.5				
Teen (18-19)								
K. Davis	275	217.5	250	742.5				
C. Clayton	207.5	167.5	232.5	607.5				
O. Brown	135	100	160	395				
Junior								

division has almost become a grudge match after all these years. Bronze medallist, newcomer Kirby Anderson went 9 for 9 in his first Worlds appearance. The fight for the gold pitted two long time challengers against each other. Fred Glass was ahead after the squat, but Richard Gidcumb out benched him by about 100 lbs. That made it virtually impossible for Fred to catch him, so Richard Gidcumb came away with records and the gold with a striking final total. 67 year old Rich Flores, it seems, just can't be beaten. Even coming in with an injured back, he still went 3 for 3 in the squats. Unfortunately, the back started getting in the way. After making only one bench press, he passed his 2 deadlifts and still he posted 1124 and Best Lifter honors. 66 year old Ed Brown came from the East Coast for his World experience. He went 3 for 3 in the squat to total 959 and takes the gold.

60-64 148'er Tony Noplos (Dekalb, IL) had his class to himself. His 1008 total was a record for him.

65-69 age group. The 148s in this



Eugene McCulloch - seniorstar.

and bronze (Ronnie Paras) were separated by only 38 lbs. It was the closest competition of the meet.

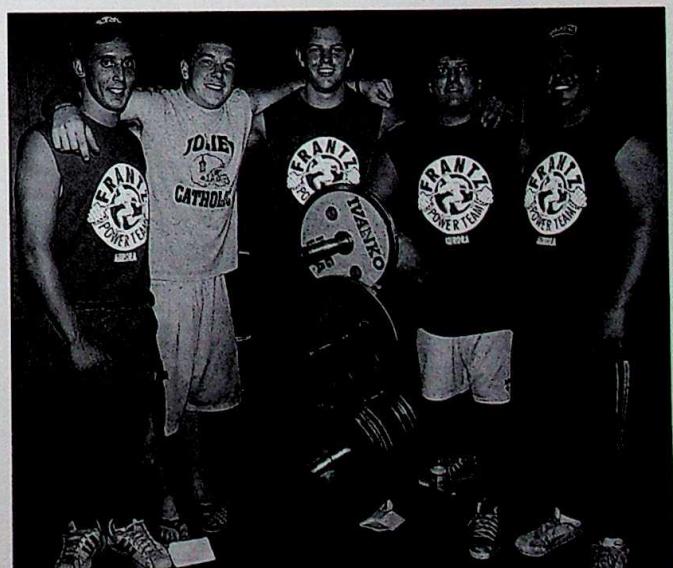
The 242s had two lifters who broke 2000. This was the only class to do it. Toby Libby went 8 for 9 for his gold. Tony Acome out of Nebraska took the silver with another one of his strong performances. Bronze went to Joshua Gottlieb who went 3 for 3 in the squat.

275er Brandon Williamson took gold after an extended absence from competition.

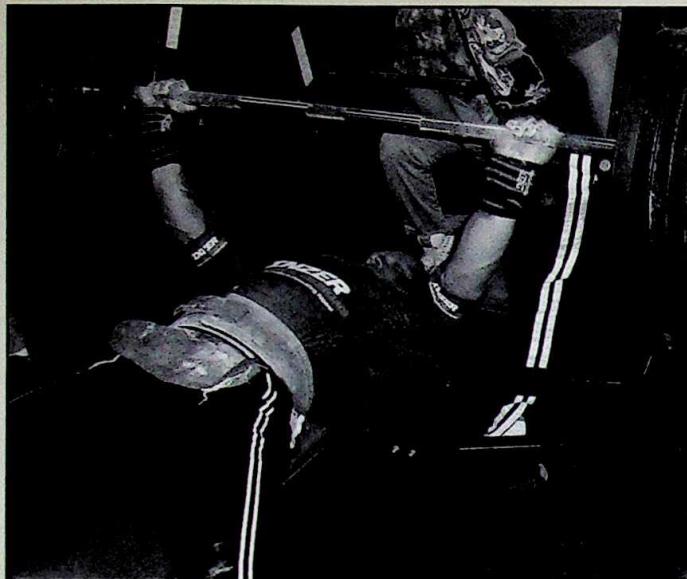
In the 308s Scott Edmiston lifted in Open and Master taking gold in the Masters and silver in the Open. Bob Bierschbach took gold with an outstanding 8 for 9 total.

Amy and Kieran put together a fine meet. Thanks to Officials John Burgard, Terry Dangerfield, Bob Kelly, Maris Anne Sternberg and Mike Sweeney. Without Amy Jackson expediting it would have been chaos. Also thanks to Pam Clayton and her daughter Jessica who kept the scoring totally under control so we had the placings out within minutes of the end of the meet. Rudy Ruettiger's team did a phenomenal job of loading and spotting.

Thanks to Kieran's crew who drove up the equipment. If I've left anyone out I sincerely apologize. It looks like AWPC Worlds 2006 is going to Michigan. Stay tuned for more info. Congratulations to all our new World Champions and to all the lifters. It was a great show.



Rudy's Rangers ... Coach Rudy Ruettiger's spotting and loading team



Bruce Stevens' state record 455 @ 40-44/198 at the SLP SE Missouri

SLP SE Missouri BP/DL 22 MAY 05 - Springfield, MO			
BENCH	MEN	DEADLIFT	
Novice	MEN		
198 lbs.	Master (40-44)		
K. Flick	250	220 lbs.	
Master (40-44)	C. Evans	475*	
198 lbs.	Open		
B. Stevens	455*	275 lbs.	
Open	J. Humbyrd	565	
198 lbs.			

=Son Light Power Missouri state records. The Son Light Power Southeast Missouri Bench Press/Deadlift Championship was held at St. John's Fitness Center. Thanks again to Linda Mercer and her staff for hosting this event. In the bench press competition Kevin Flick, lifting in just his second meet, finished with his opener of 250. Still getting used to his new shirt! Bruce Stevens, on his quest for 500, broke his own Missouri state record at 40-44/198 with a personal best 455. He did give 500 a ride, to show that weight is definitely in

the near future! In the open 198 class Tirial Luke also seemed to struggle with his shirt, making just his opener of 405. In the deadlift competition, Curtis Evans broke his existing Missouri state record at 40-44/220, with his second pull of 475. Big Joe Humbyrd, another great Missouri deadlifter, only got in his opener of 565, though he did come dangerously close with a personal best 615 on his second attempt! 650 ain't too far off! Thanks to the lifters and to Joey for all his help. See you again this fall! (results by Darrell Latch)

#### IPF 5th Masters Bench Press 20-24 APR 05 - Czechia, Zlin

	WOMEN	NAT	1st	2nd	3rd	Final
Master-1						
44 kgs.						
Friedrich	GER	176	183	187	183	
Held	GER	127	132	132	132	
48 kgs.						
Fallermo	SWE	163	176	182	176	
Kovacs	HUN	127	138	138	138	

	52 kgs.	DEN	198	209	220	209	60 kgs.	USA	215	220	220	215
Svahn	HUN	165	176	193	176		Sauer	NED	187	187	198	187
Simon	USA	165	165	165	0		Keizer	GER	121	127	132	127
Haines							Lankau	GER	121	127	127	121
56 kgs.							Nothnagel	GER	121	127	127	121
Forys	POL	176	187	198	198		67.5 kgs.					
Engelbrecht	GER	187	193	198	193		Sawa	JPN	243	243	265	265
Bodbacka	FIN	165	165	171	171		Thimm	GER	171	176	182	182
Peron-Sabut	FRA	160	165	171	165		Nemeth	HUN	165	176	176	165
Andreani	FRA	154	160	160	160		Wimmer	GER	121	127	132	127
Desfranges	FRA	143	154	160	154		75 kgs.					
Taret	FRA	220	237	237	220		Takacova	CZE	254	254	259	254
Schnoltzer	GER	198	209	220	209		Spronk	NED	220	234	0	100
Simmons	USA	165	198	198	198		Rohrmann	HUN	149	160	160	160
Mathias	FRA	165	176	182	176		Beninga	GER	154	165	165	154
Anger	GER	121	121	132	121		Gruber	HUN	121	132	132	121
Winiarska	POL	143	143	0			82.5 kgs.					
Taret	FRA	220	237	237	220		Meulen	NED	187	204	215	204
Schnoltzer	GER	198	209	220	209		Eulenstein	GER	165	176	182	182
Simmons	USA	165	198	198	198		Kimber	EST	154	160	160	160
Mathias	FRA	165	176	182	176		90 kgs.					
Anger	GER	121	121	132	121		Beer	AUT	265	276	287	276
Winiarska	POL	143	143	0			Speth	GER	243	259	270	270
Taret	FRA	220	237	237	220		90+ kgs.					
Schnoltzer	GER	198	209	220	209		Huston	USA	204	226	237	237
Simmons	USA	165	198	198	198		MEN					
Mathias	FRA	165	176	182	176		Masters-1					
Anger	GER	121	121	132	121		56 kgs.					
Winiarska	POL	143	143	0			Skirkanic	SVK	220	231	237	237
Taret	FRA	220	237	237	220		Virgi	GER	193	204	209	209
Schnoltzer	GER	198	209	220	209		60 kgs.					
Simmons	USA	165	198	198	198		Kolosovsky	SVK	320	331	342	341
Mathias	FRA	165	176	182	176		Dowers	GBR	254	265	276	265
Anger	GER	121	121	132	121		D'Alessandro	ITA	265	276	276	276
Winiarska	POL	143	143	0			265					
Taret	FRA	220	237	237	220		Jones	USA	204	226	226	226
Schnoltzer	GER	198	209	220	209		Perasalo	FIN	243	254	270	0
Simmons	USA	165	198	198	198		67.5 kgs.					
Mathias	FRA	165	176	182	176		Rajala	FIN	380	380	386	380
Anger	GER	121	121	132	121		Dacosta	FRA	358	358	386	358
Winiarska	POL	143	143	0			Landdeck	GER	331	331	342	341
Taret	FRA	220	237	237	220		Mori	JPN	336	353	364	336
Schnoltzer	GER	198	209	220	209		Muigg	AUT	336	342	347	336
Simmons	USA	165	198	198	198		Mishima	JPN	364	375	375	0
Mathias	FRA	165	176	182	176		Kihlstrom	SWE	369	369	369	0
Anger	GER	121	121	132	121		75 kgs.					
Winiarska	POL	143	143	0			Morioka	JPN	397	413	424	413
Taret	FRA	220	237	237	220		Gotzke	GER	397	413	413	397
Schnoltzer	GER	198	209	220	209		Ochlan	SVK	397	408	408	396
Simmons	USA	165	198	198	198		Lespoix	FRA	380	380	386	380
Mathias	FRA	165	176	182	176		Krueger	USA	375	375	397	375
Anger	GER	121	121	132	121		Turunen	FIN	375	375	386	374
Winiarska	POL	143	143	0			82.5 kgs.					
Taret	FRA	220	237	237	220		Ishimoto	JPN	474	474	474	474
Schnoltzer	GER	198	209	220	209		Heinrich	GER	441	452	452	440
Simmons	USA	165	198	198	198		Friedrich	GER	430	441	441	429
Mathias	FRA	165	176	182	176		Jezek	CZE	375	386	397	396
Anger	GER	121	121	132	121		Andersson	SWE	375	375	391	391
Winiarska	POL	143	143	0			VanDerWalt	RSA	342	364	380	364
Taret	FRA	220	237	237	220		Bergan	DEN	342	353	364	353

## PL USA BACK ISSUES

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

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

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

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

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

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

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

Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220s

May/94... USPF Collegiates, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s

Jun/94... USPA Men's, USPF Men/Women's Sis., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s

Sep/94... ADFPA Men's, USPF Men/Women's Sis., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s

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

Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s

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

Sep/95... Triple SENIORISSUEADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s

Dec/95... Walter Thomas Interview, IPF

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

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

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

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

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 123s

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

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

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

Sep/95... Triple SENIORISSUEADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s

Dec/95... Walter Thomas Interview, IPF

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

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

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

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

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

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

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

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

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

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

Bemendorff	DEN	347	380	380	347
LeBlevennec	FRA	430	430	430	0
90 kgs.					
Zubriks	LAT	507	507	507	507
		4th-529			
Klaus-Dieter	GER	480	491	491	479
Kitagawa	JPN	463	474	485	474
Kati	CZE	419	419	430	430
Rosenzweig	USA	424	446	446	424
Lewicki	POL	419	419	430	419
Vanhamaki	FIN	397	419	430	418
Arkle	GBR	419	419	452	418
Sekot	CZE	375	397	424	396
Norpila	FIN	386	386	386	386
Rasmussen	DEN	397	397	406	0
Nurmänen	EST	452	452	452	0
Normand	GBR	485	485	485	0
Pares	FRA	463	463	463	0
Paley	RUS	463	463	463	0
Farstad	NOR	468	468	480	0
100 kgs.					
Volkov	RUS	573	590	606	590
Raskin	GER	485	507	518	507
Lehto	FIN	468	485	502	485
Kinghorn	GBR	485	502	502	485
Turco	USA	468	468	491	468
Hagfors	FIN	452	463	491	463
Schoonraad	RSA	397	413	413	397
Klimo	SVK	397	413	413	397
Terada	JPN	441	441	441	0
Bozyczko	POL	551	551	551	0
110 kgs.					
Doan	USA	590	590	595	595
Semskij	GER	551	573	590	589
Lousich	NZL	507	529	535	534
Pamplin	USA	502	524	529	529
Kanal	CZE	441	463	491	491
Priller	AUT	452	474	491	474
Lampinen	FIN	463	485	485	463
Gulberg	DEN	430	441	480	440
Marcellin	FRA	408	430	446	430
Nielsen	DEN	353	375	386	375
Sullivan	AUS	347	347	358	358
125 kgs.					
Klinger	USA	573	584	601	584
Klobov	RUS	518	540	584	540
Sidenko	RUS	496	513	546	512
Moalli	FRA	452	480	491	490
Krcmar	CZE	452	463	480	479
Meyer	GER	474	491	491	474
Massey	GBR	408	430	441	408
Korhonen	FIN	408	430	441	408
Skala	CZE	386	386	397	396
Savonen	FIN	507	529	529	0
125+ kgs.					
Ujije	JPN	546	562	573	562
Hritz	SVK	507	529	546	546
Sundberg	SWE	529	546	546	529
Ambroz	CZE	463	485	507	485
Mohsen	EGY	441	463	463	463

Your Squat, Ken Ufford 800 lb. Deadlift Feb/98... WABDL Worlds, IPF BP Worlds, Workout, Pyruvate, the Art of Winning, World's Strongest Man, WPC Worlds, Deadlift Primer, TOP 100 275s. Bench Primer Pt. 1, IPF Seniors., Speed Jun/97... J.M. Blakley, Dream Team Pt. Strength, TOP 100 220s 2, ADFFPA Nationals Chronology, IPF Mar/98... Mark Philipp Interview, TOP 25, Good Mornings, Scott Smith 20 Women, Teen, Master Rankings, James BP Workout, TOP SHW Jul/97... Shane Hamman Profile, Doug Brad Gillingham backstage Heath Squat Workout Pt. 1, WDFP Apr/98... Bull Stewart Speaks, USAPL Champ Chronology, EPF Europeans, Women's, APF All Time TOP Women, The Warmup Room, TOP 100 114s. Westside Invitational, Foundational Aug/97... Power of Color, How to BPT Training by Louie, TOP 242s. 500 Easy by Louie S., ADFFPA TOP 25 All Jun/98... Mark Henry, Ernie Milian, Time, APF Seniors Chronology, Mark Olympic Cycle, Louie on "Researching Pasillo, TOP 100 123s Resistance", 10 Keys to Success, AAUPC/Sep/97... USAPL/USPF/APF Triple WDFP Split, TOP 100 SHWs. Seniors, IPF Women's Worlds, World's Jul/98... Kirk Karwoski, Angelo Strongest Team, NEW Mineral Orotates, Berardinelli, World's Strongest Man Jouko Progressive Overload, TOP 100 132s. Ahola, Jon Arenberg, IPF Women's Worlds, Oct/97... Brad Gillingham Profile, TOP 100 Flywts. Resistance Training by Louie Simmons, Aug/98... USAPL Men's, Platform Ken Emrich, Power Biceps Training, Deadlifts, ADFPA Women, Yueh-Chun Larry Miller interview, Top 100 Lwts. Chang, IPF World's, APF Nationals, Shane Nov/97... W. Strongest Man Contest, Hammon, Top 100 Bantams. World's FASTEST Bench Presser, Rick Sep/98... APF Seniors. Part 1, the Ed Coan Gaugler Profile, Light Training Days, Decision, Power Bells, York Summer Diabetes & PL, TOP 100 165s. Picnic, Visit to Westside, 3x3 Training Dec/97... Vicki Steenrod, Functional Plan Part 1, TOP 100 132s. Protein Powders, Louie Simmons Squat Nov/98... A Worlds to Remember, Japan Workout, USPF's Best Women, Walt Nationals, PL Weapons, Pat Beaumaster, Austen DL, TOP 100 181s Jan/98... IPF Men - Master - Jr. Worlds, Middlewts., Isoflavones. WDFP Men - Teen - Jr. - Master Worlds, Dec/98... IPF Masters - Juniors - Mens/World's Strongest Man Qualifiers, Best WPC/WDFP/AAU / AAPF World Meets, IPF Women, TOP 198s Injury Avoidance, USA All Time 800 DLs,

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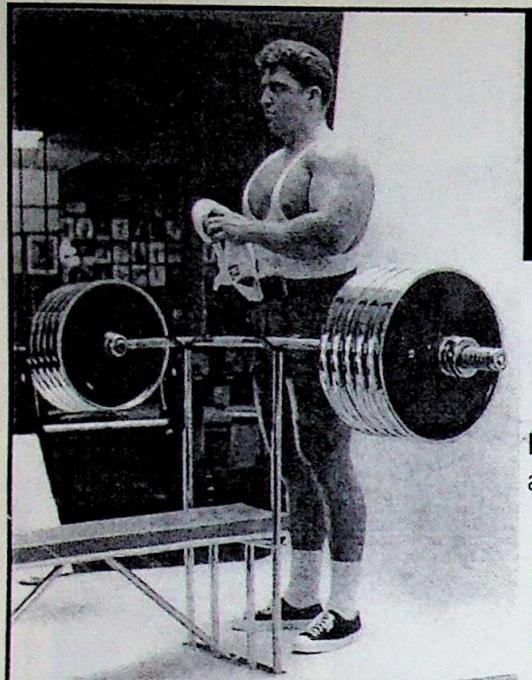
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Gersdorff	GER	419	430	441	430
Durocher	FRA	413	430	441	430
Schranz	AUT	424	424	435	424
Jaakola	FIN	375	386	397	375

Dennis Brady, TOP 100 181s Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s. Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s Apr/99... The ED COAN Book, Why Whey?, Gordon Sante, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s. May/99... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s. Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs Aug/99... the Rubber Band Man, the "Muscleton USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s Sep/99... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 100 148s Nov/99... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s Aug/00... USAPL Men's, APF SRs. Pt. 1, Away From Death, Dynamic Duo by Louie S., TOP 100 165s. Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Nats, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s. Feb/00... WPC Worlds Pt. 1, Battle of the Giants, The Real Triac, IPF World BP, IPA Nats, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s Mar/00... USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons Apr/00... Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s May/00... Dennis Cieri, J.M. Press!, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s. Jun/00... Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs. Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s Aug/00... USAPL Men's, APF SRs. Pt. 1,



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### 110 kgs.

Vilppola	FIN	507	524	530	530
Grabowski	POL	496	518	530	496
Georg	GER	474	491	502	491
Plavka	SVK	364	375	386	385
Warren	NZL	364	380	380	363
Caldwell	USA	331	334	334	331
Piowar	POL	287	309	331	309
Maliniemi	SWE	452	452	491	0
125 kgs.					
Sota	CZE	474	485	491	491
Pawlak	POL	491	491	502	491
Vana	CZE	474	474	494	474
Hutchinson	USA	463	485	491	463
Speth	GER	430	452	452	451
Tesch	GER	430	446	452	430
Fuglsang	DEN	402	402	430	402
Halmond	NZL	375	375	397	397
Toman	SVK	375	375	397	375
Bostrom	SWE	165	0	0	165
Bartnik	POL	386	386	386	0
125+ kgs.					
Beeler	USA	573	585	590	590
Schwanke	GER	529	562	584	584
Sipilainen	FIN	507	529	529	507
Beuch	USA	463	463	463	0
Masters-3					

### 56 kgs.

Gallard	FRA	270	276	276	276
Fushimi	JPN	243	265	265	243
60 kgs.					
Shiraida	JPN	226	237	248	237
Geese	GER	215	226	231	231
Diebold	GER	209	220	231	231
Hansen	DEN	176	187	198	187
67.5 kgs.					
Magome	JPN	355	355	375	355
Russo	FRA	276	276	292	292
Epineau	FRA	270	281	298	281
Zwick	USA	265	270	281	270
Tsukuda	JPN	243	243	243	243
Vento	FIN	204	215	226	226
75 kgs.					
Tolli	FIN	325	336	342	336
Kawashima	JPN	309	309	320	320
Peschl	GER	320	331	334	319
Akagi	JPN	281	292	309	292
Eriksson	SWE	325	325	336	0
82.5 kgs.					
Escolano	FRA	364	376	376	364
Kallio	FIN	353	353	364	364
Raiha	FIN	331	347	364	347
Pasternak	GER	298	314	325	314
Hemenway	USA	309	309	309	309

### Wimmer

GER	243	259	265	265
Jurgensen	DEN	334	334	347
Kumakura	JPN	320	320	320
90 kgs.				
Phillips	USA	391	402	402
Silvander	FIN	364	380	397
McFadyen	GBR	375	394	394
Reetz	GER	309	320	331
Battisson	GBR	334	331	342
Fell	GER	292	309	320
Zimmermann	CZE	287	298	309
100 kgs.				
Wittkowski	GER	375	397	408
Lebolay	FRA	397	397	408
Kawabe	JPN	334	334	347
Madsen	DEN	331	342	347
Waldeck	SWE	336	347	347
Uher	CZE	320	320	331
Bolgarfalvi	HUN	298	314	314
Rohrbacher	AUT	265	276	276
Feldmann	GER	243	259	243
110 kgs.				
Vergnes	FRA	358	369	369
Kolar	CZE	331	342	364
Yanovitch	USA	281	303	303
Tallman	USA	402	402	402
125 kgs.				

**AAPF/APF Natl., IPF Women's Worlds**, Wade Hooper Interview, Joe Onosai, TOP 100 123s  
**Sep/00** ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s  
**Oct/00** ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.  
**Nov/00** ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz! Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s  
**Dec/00** ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s  
**Jan/01** ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s  
**Feb/01** ... Gary Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.  
**Mar/01** ... TOP 20 Women - Teen Masters Rankings, Hooking Up the Bands, USAPL Women's Nats, Westside

Deadlifting, WPC Worlds Pt. II/BP Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s  
**May/01** ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's  
**Jun/01** ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs  
**Jul/01** ... IPF Women's Worlds, Bill Crawford, APF Nationals,, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s  
**Aug/01** ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit!, TOP 100 123s  
**Sep/01** ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s  
**Oct/01** ... World Games, TornManno, Jamie Harris Interview, John Corcello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s.  
**Nov/01** ... Nance Avigliano, USAPL BP

Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s  
**Dec/01** ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s  
**Jan/02** ... IPF Men's Worlds, WABDL BP Worlds, Gary Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s  
**Feb/02** ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s  
**Mar/02** ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"  
**Apr/02** ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s  
**Jun/02** ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.  
**Jul/02** ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen

Rumbler	GER	386	402	419	419
Marsh	USA	364	364	364	364
Nylund	FIN	444	464	464	0
Huberth	SWE	331	331	331	0
125+ kgs.					

Sofferdine USA 391 402 419 419  
Bjornsson ISL 358 386 386 358  
Women Master-1 Nation (points): 1st Germany 66, 2nd U.S. America 45, 3rd France 41, 4th Poland 21, 4th Sweden 21, 6th Finland 20, 7th Denmark 19, 8th Hungary 18, 9th Norway 8, 9th New Zealand. Women Master-1 Champion of Champions: 1st Sawa Chiomi from Japan, 2nd Beer Rosemarie from Austria, 3rd Sauer Helen from USA. Women Master-2 Nation (points): 1st Germany 49, 2nd Netherlands 42, 3rd France 38, 4th USA 30, 5th Finland 27, 6th Austria 25, 7th Hungary 22, 8th Czechia 21, 9th New Zealand 14, 10th Japan 12, 10th Slovakia 12, 12th Estonia 8. Women Master-2 Champion of Champions: 1. Ferrell Deborah of USA, 2nd Svahn Hanna of Denmark, 3rd Friedrich Marion of Germany. Men Master-1 Nation (points): 1st Germany 54, 2nd Japan 51, 3rd USA 50, 4th Slovakia 44, 5th Finland 38, 6th Czechia 35, 7th Russia 29, 8th France 25, 9th Great Britain 23, 10th Sweden 14, 11th Latvia 12, 12th Austria 11, 13th Denmark 11, 14th South Africa 9, 15th Italy 8, 16th New Zealand 8, 17th Egypt 6, 18th Poland 5, 19th Australia 1, and Norway 0, Estonia 0. Men Master-1 Champion of Champions: 1st Volkov Vladimir from Russia, 2nd Doan Dave from USA, 3rd Klinger Brad from USA. Men Master-2 Nation (points): 1st Japan 60, 2nd Poland 52, 3rd Czechia 45, 4th Germany 45, 5th USA 39, 6th Finland 35, 7th France 33, 8th Norway 24, 9th Sweden 16, 10th Russia 15, 11th Slovakia 15, 12th Belorussia 12, 13th Austria 12, 14th New Zealand 9, 15th Italy 8, 16th Great Britain 6, 17th Denmark 4, 18th Canada 1, 18th South Africa 1. Men Master-2 Champion of Champions: 1st Isagawa Hiroyuki from Japan, 2nd Yokoyama Mutuo from Japan, 3rd Beeler Frank from USA. Men Master-3 Nation (points): 1st France 62, 2nd Japan 57, 3rd Germany 56, 4th USA 53, 5th Finland 43, 6th Czechia 18, 7th Great Britain 14, 8th Denmark 14, 9th Iceland 9, 10th Sweden 6, 11th Hungary 4, 12th Austria 3. Men Master-3 Champion of Champions: 1st Magome Toru from Japan, 2nd Phillips Bill from USA, 3rd Gallart Pierre from France. (results courtesy IPF)

**NASA Western States (kg)**  
9 JUL 05 - Mesa, AZ

BENCH Only	Junior
MEN	T. Ling bloom 60
114 lbs.	148 lbs.
Submaster/Open	Master-1
T. Ling bloom 60	A. Martinez 142.5

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

PS	CR	BP	DL	TOT	B. Hawkins	150	150	185	485
148 lbs.					Master/Pure				
High School					P. Harrity	215	142.5	192.5	550
C. Dickison	20	27.5	60	107.5	High School				
181					C. Clark	165	112.5	192.5	470
Master-1					198 lbs.				
C. Brown	—	—	227.5	227.5	Police/Fire				
Master-3					B. Hawkins	150	150	185	485
J. Cole	52.5	95	175	322.5	220 lbs.				
198 lbs.					Teen				
Submaster-2					D. Ware	142.5	75	155	372.5
D. Diehl	57.5	127.5	250	435	Submaster-2				
220 lbs.					D. Hamblin	170	137.5	182.5	490
Master-2					Submaster/Pure				
B. Lacey	70	132.5	230	432.5	D. Wade	300	200	262.5	762.5
WOMEN					Master-1				
114 lbs.					J. Wiseman	285	182.5	265	732.5
Master-1					242 lbs.				
V. Morgan	32.5	55	102.5	190	Open				
123 lbs.					J. Carlisle	260	191	260	711
J. Dutra	30	50	90	170	Teen				
132 lbs.					J. Carlisle	260	191	260	711
Open					Junior				
Christopher	20	60	117.5	197.5	J. Carlisle	260	191	260	711
Police/Fire					242 lbs.				
Christopher	20	60	117.5	197.5	Submaster/Pure				
Submaster-2					K. Mitchell	312.5	200	302.5	815
E. Hammonds	27.5	47.5	85	160	Submaster-2				
148 lbs.					D. Wade	300	200	262.5	762.5
Master-3					T. Burke	—	195	262.5	172.5
S. Billington	22.5	35	82.5	140	275 lbs.				
Int					High School				
B. Colbert	25	42.5	90	157.5	J. Demaric	242.5	125	250	617.5
165 lbs.					Master/Pure				
A. Moreno	30	60	97.5	187.5	M. Morin	262.5	175	265	702.5
Powerlifting	SQ	BP	DL	TOT	Master-1				
WOMEN					M. Morin	262.5	175	265	702.5
132 lbs.					Pure				
Master-3					R. Kahle	355	265	312.5	932.5
S. Sermay	95	50	87.5	232.5	308 lbs.				
198+ lbs.					Submaster-2				
Novice					N. Feliciano	320	280	265	865
F. Guess	110	52.5	140	302.5	Master-1				
Submaster/Pure					R. Morton	207.5	137.5	200	545
F. Guess	110	52.5	140	302.5	SHW				
MEN					Submaster/Pure				
148 lbs.					D. Kravoltz	355	—	82.5	—
Master-3					(Thanks to Richard Peters for the results				
L. Janhunen	127.5	85	172.5	385					
165 lbs.									
Teen									
P. Tucker	182.5	117.5	165	465					
181 lbs.									
High School									
J. Rowell	165	—	170	222.5	SLP Big BP/DL at the French				
Junior					5 JUN 05 - Cordova, TN				
D. Jones	132.5	85	155	372.5	BENCH				
Submaster/Pure					MEN				
B. Rach	110	85	155	350	Novice				
Master-1					220 lbs.				
A. Fonseca Jr.	175	95	175	445	E. Timmons	380*	Master (45-49)		
198 lbs.					Junior				
Master-1					165 lbs.				
					B. Perry	295*	Master (50-54)		
					Submaster				
					198 lbs.				
					J. Coil				
					S. Kennedy	365	Open		
					320 lbs.				
					380 lbs.				



**David Willis.. Best Lifter at the SLP  
Big Bench at the French (D. Latch)**

G. Thomas 375 MEN  
4th-405 Teen (18-19)  
220 lbs. 148 lbs.  
B. Bryant 425 J. Harrum 295\*

**B. Bryant** 425 **J. Hamm** 295  
**DEADLIFT** 4th-305\*

\*=Son light Power Tennessee state records.  
 Best lifter Bench Press: David Willis. The Son light Power Big Bench at the French Classic II was held at the French Riviera Spa. Thanks to the staff there who helped with the promotion of this competition. In the bench press event Eddie Timmons, who hadn't competed since his Navy days sixteen years ago, won at novice 220, setting the Tennessee state record there with 380. Brian Perry, competing for the first time, broke the state record at junior 165, with 295. Stacey Kennedy won at submaster 198 with 365, while best lifter David Willis took the title at 220, with a new state record 550 final attempt. In the master men 40-44 division, Kennedy Ballentine broke his own state record there with 405, just missing a final attempt with 420. At 45-49/220 it was Bill Bryant with an easy 425, for the win. Bill also took the open 220 class. Joe Coll, another first-timer, matched his best at 50-54/220 with 385. Our final lifter was Glen Thomas, who was away from competition for about a year, came back with a solid 405 final attempt at 181. Our lone deadlifter was a good one, 18-19/132 state record holder Justin Hamm. Justin moved up to the 148 class, setting the state record there with a new personal best 305. Thanks to my son Joey and Justin Maurer for their help loading and spotting. See you all again this fall in Memphis! (results from Dr. Darrell Latch)

SLP Big BP/DL at the French  
5 JUN 05 - Cordova, TN

FENCH	D. Willis	550*
MEN	Master (40-44)	
Novice	198 lbs.	
20 lbs.	K. Ballentine	405*
J. Timmons	Master (45-49)	
Junior	220 lbs.	
65 lbs.	B. Bryant	425
S. Perry	Master (50-54)	
Submaster	220 lbs.	
98 lbs.	J. Coil	385
S. Kennedy	Open	
20 lbs.	181 lbs.	

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

Louie Simmons, TOP 100 114s  
**Oct/04** ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s  
**Nov/04** ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100, 132s

Squat Workout, TOP 125.  
Dec/04 ... Rychlak BPs 1005, IPF Worlds,  
Siders Interview, Louie on DL Training,  
Women's/Men's All Time BPs, Scott  
Lade BP Workout, TOP 100 148s  
Jan/05 ... WARDL Worlds, IPF World

**Jan/05 ... WABDL Worlds, IPP World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s**

Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL

Club, All Time DLers, TOP 100 165s  
**Mar/05** ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers,

All Time BP/DL lists, TOP 100 198s  
**Apr/05** ... WPO Arnold Classic BP & PL,  
USAPL Women's Nationals, Karwoski  
Re-Emerges, Jim Kilts Interview, 800#  
Drug Free DL Workout, TOP 100 220s

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

**Masters-Women-Teenage** ranking lists  
**Jun/05 ... Anthony Clark Passes, USAPL**  
**Men's & Masters, Beau Moore & Brad**  
**Kelley Interviews, John Black**  
**Paul Hartman, Pt. 1, TOP 100, 242**

Recollections Pt. 1, TOP 100 242s.  
**Jul/05** ... Roger Estep Passes, APF Seniors,  
IPF Women's Worlds, Louie on BP  
Training WSM Super Series, Scott

Mendelson Profile, TOP 100 275s.  
Aug/05 ... Louie Simmons on the

Pendulum Wave, 1000 lb. Squat Club,

**Marc Bartley (1058 lbs.) Squat Workout,  
Best Master Lifters, TOP 100 SHWs.  
Sep/05 ... IPA Worlds, York Hall of**

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

**LIST THE ISSUES YOU WOULD LIKE  
(AND ALTERNATES) MAKE OUT A**

(AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACK ISSUES, P.O. BOX 145, CAMARILLO, CA.

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NEGOTIATE A BETTER PRICE)**



Jarod Davis .... 675 SQ @ 308 Jr.

**APA Missouri Summer Classic**  
16 JUL 05 - West Plains, MO

	WOMEN	SQ	BP	DL	TOT
114 lbs.					
Open	V. Robins	206	116	235	557
132 lbs.					
Teen (18-19)	Elderlinghoff	240	116	300	656
Open	S. Wood	200	145	257	602
148 lbs.	D. Hicks	315	140	305	760

MEN					
148 lbs.					
Teen (13-15)	D. Tait	—	140	320	460
181 lbs.					
Teen (16-17)	J. Hawkins	—	235	460	695
Open	T. Mikles	570	—	475	1045
198 lbs.					
Teen (16-17)	B. Vasquez	495	285	420	1200
Master (42)	B. Stevens	—	—	—	—
220 lbs.					
Junior	T. Davis	515	315	510	1340
Open	J. Brewer	—	425	530	955
242 lbs.	B. Neal	—	552	600	1152
Junior	T. Luke	—	405	—	405
Open	K. Flick	—	330	440	770
242 lbs.	Master (44)	—	345	—	345
Junior	G. Heleine	—	345	—	345
Open	J. Cook	—	225	476	701
275 lbs.	J. Long	600	365	550	1515
Open	B. Cass	660	530	770	2160
Submaster	J. Robins	445	360	475	1280
275 lbs.	M. Ridings	460	350	460	1270
Master (44)	S. Hazen	405	—	—	405
308 lbs.	Master (73)	—	160	245	405
Junior	J. Davis	675	495	386	1556
The Firm Health and Fitness Club host the APA Missouri Summer Classic. I would like to thank everyone that judged, spotted, loaded, and contributed to the meet. There were several outstanding performances of the day in which I would like to highlight. Brandon Cass hit an easy 860 lbs. squat for					



Dawn Hicks .... 305 DL @ 148  
Submaster at the Summer Classic

a World and American record and barely missed a 900 on a two red light decision. Brad Neal walked away with a new state and Midwest regional record in the Open

220 with a bench press of 552.5. Big Jarod Davis, a 308 junior, set a new World Record DL with a pull of 675 lbs. which also lead to a record total of 1855. Dawn Hicks was the outstanding women's lifter of the meet in a very good women's division. Dawn totaled 755 lbs. pounds for a new state and midwest regional record and a big Pro Stephanie Wood had the best female bench of the day with a lift of 145 lbs. at a BWT of 125. Shuna Elderlinghoff set several teenage American and World records and was the meets best female DLer with a pull of 300 lbs. in the 132 lb. weight class. Rocky Rockenbach in his first meet at the age of 73 set a new American World Record DL with a pull of 245 lbs. in just five weeks of training. We also had a host of state and Midwest regional records set by Ty Davis, Jake Long, Venessa Robins, Steve Hazen, Brandon Vasquesz, George Heleine, Jessie Hawkins, Josh Cook, and David Tate. (Thanks to Rodney Wood, MO APA State Chair, for providing these contest results to Powerlifting USA)

**USAPL Ron Falcone Invitational**  
30 JUL 05 - Lafayette, NJ

MEN	SQ	BP	DL	TOT	
181 lbs.					
Teen	C. Miller	55	215	145	415
Open	C. Welsch	455	265	475	1195
220 lbs.					
Open	R. Hansen	515	380	630	1525
242 lbs.	R. Krusely	525	465	510	1500
Master (40-44)	R. Falcone	545	350	465	1360
Master 940-44)	W. Martinez	525	335	545	1405
Master 965-69)	S. Chatis	425	320	505	1250
Coordinator: Ron Falcone.					
(Thanks to USAPL for providing these meet results)					

# drjudd.net

Your Inside Source

## SHOCKING, GUTWRENCHING, ENTERTAINING, INSPIRING

*Treading with Demons, Walking with Angels* has already been forecast as a sure-fire best seller by a number of National publications. The book chronicles the true-life story of Josh McKenzie - a Hell's Angel, an Aryan racist, a drug dealer, a thief and a killer who finds Jesus Christ and in so doing discovers the path to salvation. It is a riveting insider's account of the lured world of one of the most powerful underground organizations in North America...the Hells Angels. It is a bold book that will shock you, entertain you, and at times turn your stomach, but ultimately it will convince you that with Jesus Christ nothing is hopeless, nothing is impossible, and that there are no boundaries for man.

"The Josh McKenzie story empowers the reader to believe that regardless of life's circumstances, we all have the capacity to overcome evil with good"

Ben Lockett, a former U.S. Secret Service agent

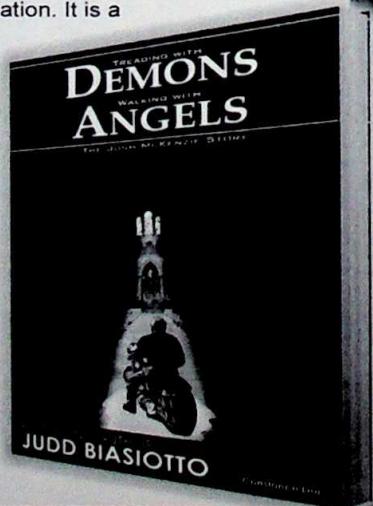
"... an emotional roller coaster. The author delivers an incredible thrill ride that keeps the reader on the edge of his seat, anticipating the next drop. It will stir emotions in your soul. I absolutely loved it."

Best selling author Lynn Gray

"One of the most inspiring books I have ever read. It is absolutely sensational. Pick it up and then try to put it down."

Larry Valis, Vice President Equitable Life

Visit us at <http://www.drjudd.net> to view all of Dr. Judd's books!



**MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in your meet.**

**14, 15, 16 OCT, (new location) WDFPF Single Lift Worlds (Whitney, England near Oxford) jm-gedney@wiu.edu**

**15 OCT, 100% Raw Illinois State BP, Paul**

Bossi, 139 Marlas Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com

**15 OCT, Decatur Family YMCA Regional,**

Decatur County Family YMCA, 1301 Kathy's Way, Greensburg, IN 47240, 812-663-9622, FAX 812-662-7280, deenahamer3@hotmail.com

**15 OCT, Walker's Gym Bench Press Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918**

**15 OCT, NASA Kentucky Regional PS/PL/BP/PP (Louisville, KY) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com**

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

**15 OCT, The Ashtabula YMCA Bench Press Championship, Ashtabula, OH, Lonnie Anderson, 440-964-3013, anderson1142@yahoo.com.**

**15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.COM**

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

**15-16 OCT (corrected dates), AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports@org or aaupower@aol.com, Va PL Assn - 1811 Southcliff Road, Richmond, Va 23225**

## COMING EVENTS

**16 OCT, USAPL DL/Ironman/SQ Nationals (Denver, CO) Dan Gaudreau, 720-858-0700 or rmlcco@aol.com**

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

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

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

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

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

**22 OCT, USAPL Southwest New Mexico Open, Doug Lees, 1216 N. Bennet St., Silver City, NM 88061, 505-538-8806**

**22 OCT (NEW DATE), PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM**

**22 OCT, 100% Raw Raleigh BP Challenge, Paul Bossi, 139 Marlas Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com**

**22 OCT, USAPL Florida Collegiate PL (Ft. Lauderdale, FL) Robert Keller, rk@verizon.net, 954-790-2249, www.geocities.com/floridausapl**

**22 OCT, 3rd Tom Foley BP/DL Classic, Drug Free (Nanuet, NY) Brian Fahrenfeld 845-920-0501. Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10545, www.premierfitnessny.com**

**22 OCT, NASA Eastern States Regional PL/BP/PS/PP (Wheeling, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com, www.vhepower.com**

**22 OCT, 1st NASA Unequipped Nationals (Biltmore Hotel, Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-**

**527-8573 sqbpdl@aol.com**

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

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

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

**23 OCT (NEW DATE), USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800**

**23 OCT, USAPL Southeastern USA Regional BP/PL (Ft. Lauderdale, FL) Robert Keller, rk@verizon.net, 954-384-4472, www.geocities.com/floridausapl**

**23 OCT, 3rd Mid-Western USA Power Day PL/BP/DL/SC Championships (Cedar Falls, IA) Scott Taylor, P.O. Box**

**27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apawpa.com.**

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

**29 OCT (NEW DATE), Open Bench Press, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452**

**29 OCT, Night of the Living Dead (\$500 best per bodyweight DL) Alex Campbell, 615 Swimmingpool Rd., Hampton, TN 37658, 423-725-2415, abcampbell69@hotmail.com.**

**29 OCT, APA Gatorland Open BP/DL/PP/SC (Bartow, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apawpa.com.**

**29 OCT, 4th Atlantis Strongest Man in New England, (HOSTED BY BILL KAZMAIER) Trap Bar/DL/BP/Weighted Chin-Up/Thomas Inch (Paxton Center School, Paxton, MA) Benefits Paxton Fire Dept., 508-885-3686.**

**29 OCT, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com**

**29 OCT (corrected date), USAPL Blue Ridge BP Raw & Assisted, John Shiflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net**

**29 OCT, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735,**

## APF/AAPF/WPO Schedule

**November 3rd-6th, WPC Worlds/WPO European Semifinals/**

**November 5th, APF/AAPF Pine Tree State, Russ Barlow**

**175 Kennebec Trail, Turner, ME 04282, 207-225-5070**

**WPO European BB4Cash. Helsinki, Finland. Minna & Ano Turtainen**

**November 19th, AAPF Southern States, Kieran Kidder**

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

**25,26 March 06, APF Junior National & Maine State PL/BP, Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393**

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

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

**(worldpowerlifting.org) (worldpowerliftingcongress)**

## ATTENTION: MEET PROMOTERS

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# 10,11 December 2005

**APC 52nd Annual Iron Man Open  
Powerlifting & Bench Press Challenge  
(open, masters, teenage, women, junior)**

**Mr. Iron Man, Ms. Iron Woman,  
Over 40 Mr. Iron Man,  
(Fresno, CA) Bob & Kim Packer**

**559-658-5437, 322-6805**

Noble, OK 73068, 405-527-8513,  
SQBPDL@aol.com

**29 OCT**, Iowa/Midwest Open BP or DL  
(teen, novice, open, submaster, master  
1-2-3, women) Wayne Hammes, Box  
433, Oskaloosa, IA 52577, 641-673-  
5240

**29 OCT**, 8th Fred Rogers/Paul Smart  
BP/DL, Clyde, NY. Steve Rogers 315-  
365-3377. Seeper67@tds.net.

**30 OCT**, USAPLNW Regional Women's  
Powerlifting Championships, Paula  
Houston, 3401 E. Pike St. #211, Seattle,  
WA 98122, (206)760-8742.

**30 OCT**, The Power Gym's Halloween  
Havoc BP (limited to 50 entries, all  
weight classes and divisions - Taylor,  
PA) Joe Moe 570-562-3642,  
m o e y u n j @ n e i u . o r g ,

rhsvpme@ns.neiu.k12.pa.us

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

**OCT**, 8th Granite State Open DL/Cheat  
Curl (men, women, teen, jr., submaster,  
master, all ages) Louie LaPoint, 337  
Roxbury St., Keene, NH 03431, 603-  
352-8590

**OCT**, WNPF Michigan State and Open,  
Benton Harbor, MI, Richard Van Eck  
(269)521-4031

**OCT**, NHSP PL Championship, Jamie  
Fellows, NUTRITION 101, 865 Second  
St., Manchester, NH 03102,  
AmericanPowerlifting.com,  
NHBodybuilding@yahoo.com

## UPCOMING WNPF MEETS DRUG FREE POWERLIFTING

**12-13 NOV** - WNPF World BP, DL,  
Ironman & Power Curl - Atlantic City, NJ,  
Troy Ford - 678-817-4743, wnpf@aol.com  
**3,4 DEC** - WNPF Drug Free for Life/Battle  
of the Countries - Orlando, FL, Troy Ford,  
678-817-4743, wnpf@aol.com

**10 DEC** - WNPF New Jersey State/Open,  
Bordentown, NJ, Troy Ford - 678-817-4743  
or wnpf@aol.com

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

**- COMING ON OCT. 29, 2005 AT 12:00 PM ~**  
PAXTON CENTER SCHOOL (RT 31, PAXTON, MA)

### THE 2005 ATLANTIS

### "STRONGEST MAN IN NEW ENGLAND" CONTEST

*Hosted and Judged  
by ED COAN*



*The Greatest  
Power Lifter of All Time!*

#### 5 CASH PRIZES

- 1st prize \$500.00
- 2nd prize \$300.00
- 3rd prize \$200.00
- 4th prize \$100.00
- 5th prize \$50.00

(Pound for Pound Winners as well)  
A \$50.00 entry fee

#### 5 EVENTS

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

#### Contest Rules:

1. No supersuits, erector suits, benchshirts, straps, elbow or knee wraps.
2. Weightlifting belts, wrist wraps and chalk are allowed.
3. All lifts are single rep max with three (3) attempts.
4. Must wear singlet.

Tickets: \$10.00 in Advance  
\$15.00 at the Door.

**Call Now: 508-885-3686**

**(All Proceeds Go To Paxton Fire Department)**

**OCT**, NASA Kentucky Regional PL, BP,  
Push/Pull & Power Sports, Louisville, Ky.

Greg & Susan Van Hoose, Route 1 Box  
166, Ravenswood, WV 26164. Call: (304)

273-2283 or e-mail gvh@wirefire.com

**OCT/NOV**, USAPL Carolina Iron Man  
Push-Pull Championships (Charlotte, NC)

Jennifer Thompson, 704-483-6332,  
jennifer@132poundsopower.com

**3-6 NOV**, WPC Worlds/WPO  
European Semifinals/WPO European  
BB4Cash, Minna & Ano Turtiainen  
Helsinki, Finland, 386-734-3128,  
worldpowerlifting.org

**5 NOV**, USAPL Hudson Natural Open,  
Shawn Cain, 1040 Richmond, WI 54017,  
(715)246-3560.

**5 NOV**, Bucknell Power Day (open,  
teen, junior, submaster, master), Matt  
Lampart, Bucknell University, 701  
Moore Ave., Unit C2363, Lewisburg, PA  
17837, 570-577-4725,  
mlampart@bucknell.edu

**5 NOV**, USAPL Dakota Open PL/BP,  
Nicole Craig, 4716 Trail Dr., Rapid City,  
SD 57703, 605-393-2151

**5 NOV**, APA Powerhouse Classic BP,  
DL, PP (\$1500 cash prizes, Louisville,  
KY) Jeff Ruwe, 502-339-0118,  
www.KentuckyMuscle.com

**5 NOV**, APF/AAPF Pine Tree State  
(national qualifier) Russ Barlow, 175  
Kennebec Trl., Turner, ME 04282, 207-  
225-5070

**5 NOV**, 2nd Atlantis New England  
Powerlifting Championships, (HOSTED  
BY ED COAN) must wear singlet, belts,  
wrist wraps, and chalk only (Leicester,

MA), 508-885-3686.

**5 NOV**, Gym Yard Dog Open (Richmond,  
VA) Johnny Bender 804-262-8004

**5 NOV**, NASA Illinois Regional PL/BP/  
PS/PP (IL) Greg Van Hoose, RR1 Box  
166, Ravenswood, WV 26164, 304-273-

2283, gvh@wirefire.com,  
www.vhepower.com

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

**5 NOV**, APA 4th annual Battle of the  
Badasses BP, DL, PP (Georgetown, SC)  
Scott Taylor, Box 27204, El Jobean, FL  
33927, 941-697-7962, FAX 413-828-  
6102, scott@apa-wpa.com

**5 NOV**, Northern Virginia Raw PL & BP  
Meet (Sterling, VA) John James, 703-475-  
9 8 8 5 ,  
www.northernvirginiarawpower.com

**5 NOV**, NASA Iowa Regional (PL, BP,  
PP, PS) Rich Peters, Box 735, Noble,  
OK 73068, 405-527-8513,  
SQBPDL@aol.com

**5 NOV**, USAPL California State (PL, BP  
- Dublin, CA) Jason Burnell, 510-232-  
4755, deepsquatter@deepsquatter.com,  
Lance Slaughter, 310-995-0047,  
lanceslaughter@yahoo.com, www.usapl-  
ca.org

**5 NOV**, USA 'RAW' BENCH PRESS  
FEDERATION WORLD  
CHAMPIONSHIP (Tuscola, IL) Son  
Light Power, 122 W. Sale, Tuscola,

**IL 61953, 217-253-5429,**  
**www.sonlightpower.com,**  
**sonlight@netcare-il.com**  
**5 NOV, USAPL NJ State, Joe Morreale,**  
350 Rt 46, Rockaway, NJ 07866, 973-  
627-9156

**5 NOV, AAU Star City Classic (Lincoln, NE) Howard Huffman**  
**6 NOV, Battle of the Bench II (Buffalo, NY) Al Lewis, JCC, 716-886-3172 xtn 474**  
**6 NOV, 2nd Atlantis Strongest Man in America, (HOSTED BY ED COAN) Trap Bar DL/BP/PP/Weighted Chin-up/Thomas Inch (Leicester, MA) 508-885-3686.**

**8-13 NOV (REVISED NEW DATE - new website) - IPF Men's Worlds (J.L. Knight Center, Miami, FL) Robert Keller, 954-384-4472, rhk@verizon.net, www.ipfworlds.com**

**8-13 NOV (REVISED DATE), IPF Pan-American Men's & Women's PL (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.ipfworlds.com**

**12 NOV, APF/AAPF Asylum Power (full & single lifts), Sandi McCaslin, (518) 858-7002, candyazz@ironasylumgym.com, www.ironasylumgym.com**

**12 NOV, NAP World Championships (Houston, TX) Bob Garza, 281-820-5923**

**12 NOV, APA Great Lakes Open PL/PP/BP/DL/SC (Bay City, MI) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.**

**12 NOV, WLOP C.T. Classic Bench**

Press Competition (all weight classes, all ages, trophies, elite, masters, amateurs, youth) WLOP 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005, www.worldlegionofpower.com

**12 NOV, 12th Berkshire Nautilus Memorial Push N' Pull (all wt. classes/divisions, awards to top 5, no late entries) Glenn McBurney, 413-499-1217, Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201**

**12 NOV, NASA WV Regional PL/BP/PL/PP, Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com, www.vhepower.com**

**12 NOV, ADAU BP/DL Meet (raw/drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888**

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

**12 NOV, SLP OHIO STATE BP/DL CHAMPIONSHIP (Hamilton, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**12 NOV, NASA Arizona Regional, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, SBPDLL@aol.com, P.O. Box 735, Noble, OK, 73068**

**12-13 NOV, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com**

**13 NOV, 14th Southside Barbell Annual BP Championships (Shenango Township**

**~ COMING ON NOV. 6, 2005 AT 12:00 PM ~**  
**LEICESTER HIGH SCHOOL (RT 56, LEICESTER, MA)**

## **THE 2005 ATLANTIS "STRONGEST MAN IN AMERICA" CONTEST**

**Hosted and Judged  
by ED COAN**



**The Greatest  
Power Lifter of All Time!**

### **3 CASH PRIZES**

- First Place -**  
\$2,500.00
- Second Place -**  
\$1,500.00
- Third Place -**  
\$500.00  
(Pound for Pound  
Winners as well)

A \$100.00  
entry fee

### **5 EVENTS**

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

### **Scheduled to Compete:**

**★ Josh Bryant**

**★ Vincent Dizenzo**

**Mike Miller**

**Contest Rules:**

1. No supersuits, erector suits, benchshirts, straps, elbow or knee wraps.
2. Weightlifting belts, wrist wraps and chalk are allowed.
3. All lifts are single rep max with three (3) attempts.
4. Must wear singlet.

Tickets: \$10.00 in Advance  
\$15.00 at the Door.

**Call Now: 508-885-3686**

(All Proceeds Go To Leicester High School)

**~ COMING ON NOV. 5, 2005 AT 12:00 PM ~**  
**LEICESTER HIGH SCHOOL (RT 56, LEICESTER, MA)**

## **THE ATLANTIS 2005 NEW ENGLAND POWERLIFTING CHAMPIONSHIPS**

**Hosted and Judged  
by ED COAN**



**The Greatest  
Power Lifter of All Time!**

### **5 WEIGHT CLASSES**

1. 180 lbs. and under
2. over 180 lbs. to 210 lbs.
3. over 210 lbs. to 245 lbs.
4. over 245 lbs. to 280 lbs.
5. over 280 lbs.

### **CASH BONUS PLAN**

1. Each Class Winner Gets \$300.00
2. A \$1,000.00 BONUS for any world record in the Squat, Bench Press or Deadlift.

### **Rules:**

1. No supersuits, erector suits, bench shirts, straps, elbow wraps or knee wraps will be allowed.
2. Lifting belts, wrist wraps and chalk are allowed.
3. All contestants must wear a singlet.
4. Each contestant must pay a Fifty Dollar (\$50.00) entry fee.

Tickets: \$10.00 in Advance  
\$15.00 at the Door.

**Call Now: 508-885-3686**

(All Proceeds Go To Leicester High School)

Volunteer Fire Department, 2424 East Washington St., New Castle, PA) Carlo Dinardo, cell (724) 333-7000, phaze04@juno.com

**13 NOV, 14th Annual Southside Barbell Bench Press (New Castle, PA) Carlo Dinardo (cell) 724-333-7000**

**13 NOV, SLP Central Illinois Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**11-13 NOV (NEW DATE), IPA Senior National Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillet@aol.com or Mark Chaillet 717-495-0024, chailfit@suscom.net.**

**16-21 NOV, WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch, 503-901-1622 or 763-545-8654**

**19 NOV, APF South Dakota Push-Pull Fall Brawl (Summit Activities Center, 1801 Summit St., Yankton, SD 57078) Josh Law, (605) 660-3392, lawamerica@hotmail.com, www.APFS.D.com**

**19 NOV, USAPL Alaska State, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, (907) 345-7996**

**19 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burleson Rd., Austin, TX 78744, (512) 385-5420.**

**19 NOV, Omaha Open (Full, BP, DL, Push-Pull) Keith Machulda, A.V. Sorensen Rec. Ctr., 4808 Cass, Omaha, NE 68132, 402-444-5596**

**19 NOV, 15th USAPL ID State/Open / Bill's Bad Ass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035**

**19 NOV, The Allentown YMCA BP/DL Competition (Allentown YMCA/YWCA, 425 S. 15th St., Allentown, PA 18102) Mike Lauderberger 610-434-9333**

**19 NOV, Sacramento Open PL/Push-Pull/BP/DL/Strict Curl Championships (Sacramento, CA) Chip Conrad bodytribefitness@hotmail.com or Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.**

**19 NOV, AAPF Southern States, 386-734-3128, worldpowerlifting.org**

**19 NOV, YMCA Nationals (Austin, TX) We accept all federation and YMCA cards. All weight classes and divisions. Raw, single ply and unlimited equipment. Les Cramer/PLJ, PO Box 300966, Austin, TX 78703, www.powerlifting-journal.com.**

**19 NOV, 100% Raw World BP (Currituck, NC) www.rawpowerlifting.com, rawlifting@aol.com, 252-339-5025**

**19 NOV, USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK 73107, 405-321-1775**

**19 NOV, SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

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**19, 20 NOV.**, USAPL MA/RI State Open PL Championships, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714

**20 NOV.**, ADFPF Indiana State/Michigan Open (full power & BP - Granger, IN), Anson Wood, 574-903-4586, info@e-nomous.biz, www.e-nomous.biz

**26 NOV (NEW DATE)**, NASA Kansas City Regional, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1141, 626-1142, jduree7086@aol.com, www.lenexastrengthandfitness.com

**NOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com**  
**NOV, APF Northern California, John Ford, 650-303-7518**

**2 DEC**, USAPL Kentucky State/Blue Grass Open (powerlifting, BP, open and raw - Henderson, KY) S&M Fitness, 201 N. Gum, Harrisburg, IL 62946, Mark Motsinger (618) 252-0881 or Paul White (270) 831-1261, smfit1@hotmail.com

**2-5 DEC, AAU World Bench, Deadlift and Push-Pull (Laughlin, NV)** Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4797, MARTIN.J.DRAKE@BOEING.COM

**3 DEC (CORRECTED DATE)**, USAPL Clemson Challenge (full power & BP), Jon Mouzon, 101 Sycamore Dr., Clemson, SC 29631, 864-844-

0083www.carolinastrength.org

**3 DEC**, USAPL Nation's Capitol Holiday Classic, Anita Tallirico, 9232 Brian Dr., Vienna, VA 22180, 703-587-0727

**3 DEC**, 7th Annual Big Bench Shootout (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**3 DEC**, APF New Hampshire Record Breakers BP (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**3 DEC**, Red Swain Memorial Open PL & NC State BP (raw and equipped divisions, national qualifier) John Howie, Enterprise Workout Center, 209 Myers St., Monroe, NC 28110, 704-289-4940, jhowie@carolina.rr.com

**3 DEC**, Walker's Gym Deadlift Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

**3 DEC**, USAPL Ed Nellor Memorial HS Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672

**3 DEC**, Ed Nellor Memorial Collegiate Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672

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

**3 DEC**, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**3-4 DEC**, APF Southern States (Jacksonville, FL), 386-734-3128, worldpowerlifting.org

**3,4 DEC (NEW DATE)**, WNPF Drug Free for Life/Battle of the Countries Championships (Orlando, FL or Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com

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

**4 DEC**, 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

**9-11 DEC (REVISED NEW DATE)**, WDFPF World PL Championships (Turin, Italy) jm gedney@wiu.edu

**9-11 DEC**, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, rk@verizon.net, 954-384-4472, www.purepowerlifting.com

**10 DEC**, 7th Immaculate Heart of Mary Holiday BP/DL/Ironman, Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

**10 DEC**, APA/Sam Houston Open, Tom McCullough tom\_mccullough@txpowerscene.com, Sam Houston High School, 9400 Irvington Blvd., Houston, TX 77076.

**10 DEC**, 18th Annual Elkhart BP Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683

**10 DEC**, 5th Annual Pocket Samson's Christmas BP (men's & women's classes/divisions) Island Athletic Club, 448 Kent Narrows Way N., Grasonville, MD 21638, 443-340-8918 (9-11 pm EST)

**10 DEC**, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-687-4182, timanderson@hunet.net, www.usapl-ne.com

**10 DEC**, SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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**10 DEC**, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

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

**10 DEC (date change)**, WNPF New Jersey State/Open (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA. 30214, 678-817-4743 or wnpf@aol.com

**10 DEC**, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com

**10,11 DEC**, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

**11 DEC**, SLP Turner Classic BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**17 DEC**, River Valley BP (Horseheads High School, Horseheads, NY) Ed Patten, 27 Arcadia Rd., Elmira, NY 14904, 607-733-4997

**17 DEC**, USAPL Eastern USA PL/BP/Ironman/Raw/Assisted (Holiday Inn, Culpeper, VA) John Shifflett, P.O. Box 9941, Stanardsville, CA 22973, 424-985-3932, valifting@aol.com or Will at 434-985-6858

**17 DEC**, 3rd Annual BP/DL Classic (Leighton, PA) Robert Eckhart, 610-377-5852, lucykan@enter.net

**31 DEC**, SLP "THE LAST ONE" BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**DEC, 100% Raw World PL**, www.rawpowerlifting.com, rawlifting@aol.com

**7 JAN 06**, Florida Police/Fire (Full power, push-pull, BP - Lake Mirror Complex, Lakeland, FL) FL Police/Fire Hdqtrs. 1-800-354-3536, Jim Gaczewski 813-782-7965, Jack or Debbie at Deb's Gym 863-683-9300, jana@lawgames.org, alert@tampaabay.rr.com, debsgym@verizon.net

**14 JAN 06**, APF Michigan Bench for Cash. Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017. 313-610-2019. Jimharbourne@comcast.net.

**27-29 JAN 06 - 2005 AAU Worlds**

## UPCOMING SLP COMPETITIONS

**22 OCT** - SLP Mid American Open (Metropolis, IL)

**23 OCT** - SLP Hard Core Open II (Chicago, IL)

**30 OCT** - SLP Midwest Open (Indianapolis, IN)

**12 NOV** - SLP Ohio State BP/DL (Hamilton, OH)

**Son Light Power, 122 W. Sale, Tuscola, IL**

**61953, 217-253-5429,**

**www.sonlightpower.com,**

**sonlight@netcare-il.com**

All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

**25,26 MAR**, APF Junior & Nationals & Maine State PL & BP Championships, Chris Weirs, 14 Fern St., Auburn, ME 04210, (207) 777-3393

**MAR 06**, Mass State Open High School Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711. www.newenglandusapl.com and www.nextlevel-fitness.com.

**MAR**, IPF/NAPF North American Regional Open (San Juan, Puerto Rico) Robert Keller, rk@verizon.net, 954-790-2249

**1 APR**, ABA Arkansas State Bench Press (Little Rock, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

**1,2 APR**, Iron House Classic/IPA Full Power & BP (Newark, OH) Mike Maxwell 7 4 0 - 7 0 4 - 4 7 4 7 . www.ironhousezanesville.com

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

**13-16 APR**, USAPL Collegiate Nationals (W. Palm Beach, FL) Robert Keller, rk@verizon.net, 954-790-2249, www.geocities.com/floridausapl

**19-23 APR**, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rk@verizon.net, 954-384-4472, www.ipfworlids.com

**19-23 APR**, IPF World Men's & Women's Masters BP (Miami, FL) Robert Keller, rk@verizon.net, 954-384-4472, www.ipfworlids.com

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

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

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

**6 MAY**, APC Excalibur Classic Powerlifting & Bench Press Championships (open, novice, masters, teens, women - Birmingham, AL) Jeff Green, Birmingham Barbell, Andrews Sport & Fitness, 700

(3 lifts) and International Bench

Press Contest (Richmond, VA - Holiday Inn): aaupower@aol.com or Va PL Assoc., 1811 Southcliff Road, Richmond Va 23225

**11 FEB**, New Castle's 15th Annual BP Championships(open, masters, raw, teen, women) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, (724) 658-7529

**11 FEB**, NASS Braggin' Rights District 5 & 6 High School Strongman Championships(teens - Birmingham, AL - Samford University)Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, 205-817-6811, 205-823-4745(gym).

**11 FEB**, APC Bench Press Nationals (Athens, GA) L. B. Baker, 770-725-6684, 770-713-3080, www.americanpowerliftingcommittee.com

**11-12 FEB**, NASA Ohio State High School/Teenage Nationals PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

**18,19 FEB (revised date)**, USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdunder@gcu.edu, 239-590-7709, www.geocities.com/floridausapl

**FEB**, New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, 401-952-9166, joemusclehead@cs.com

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

**4 MAR**, APC Southeastern High School Powerlifting Invitational (teen - Birmingham, AL), Jeff Green, Birmingham Barbell/Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, 205-817-6811, 205-823-4745(gym).

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

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

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

**25 MAR**, USAPL Washington State, Richard Schuller, 12916 475th Ave. SE, North Bend, WA 98045, 206-280-8122

**25 MAR**, AAU Bench Press Nationals (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, 410-265-8264, Brian@usbf.net

**25 MAR**, AAU Eastern Regional Ironman/Ironwoman Open (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, 410-265-8264, Brian@usbf.net

**25 MAR**, AAPF Frank Kostyo Memorial, 25 MAR, AAPF Frank Kostyo Memorial,

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

### Upcoming Meets:

**October 17-23, 2005**, Global Powerlifting Committee (GPC) World Powerlifting and Bench Press Championships, Dessau, Germany

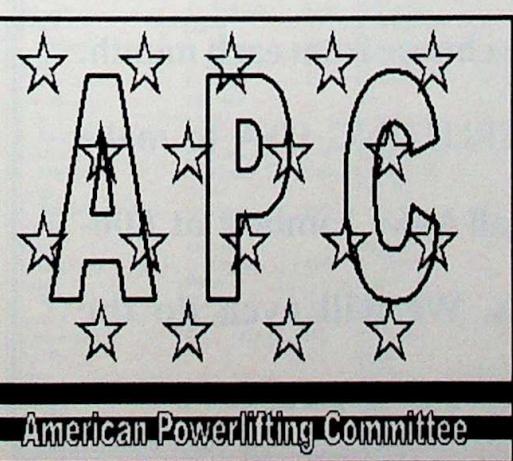
**December 11, 2005**, 52nd Annual Iron Man, Bob Packer, 559-322-6805

**February 11, 2006**, APC Bench Press Nationals, L B Baker, 770-713-3080

**April, 2006**, Georgia State Open Powerlifting and Bench Press Championships

**July, 2006**, APC National Powerlifting and Bench Press Championships

For more information: [www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com),  
[IronDawg Power, www.irondawg.com](http://www.irondawg.com)



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## The C.T. Classic Bench Press Competition

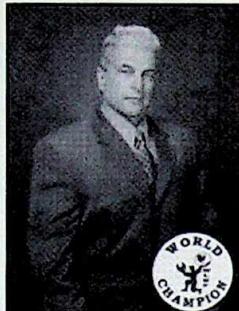
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\*\*It is the intention of the World Legion of Power to add to the well being of the world spiritually, emotionally, and physically for at least 1,000 years.\*\*

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ E-Mail: \_\_\_\_\_  
Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
I know that my participation in WLOP activities is potentially hazardous and can cause bodily injury or death. I understand that by involvement in WLOP sports activities, I assume all risk for any injury resulting therefrom.

Date: \_\_\_\_\_  Check here if already a member.

Member's Signature. Participants can bring own music for their lifts.

Parent's/Guardian's Signature (If member is under 18 years old)

\*\* We would appreciate receiving your application by 10/1/05\*\*

Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller [rkh@verizon.net](mailto:rhk@verizon.net), 954-790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

7 JUL (06), USAPL Women's US(Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller 954-790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

8 JUL (06), USAPL Men's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller 954-790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

15-22 JUL (06) Gay Games Powerlifting (Chicago, IL -register by 15 JUL 05 for out of competition testing program), [info@GayGamesChicago.org](mailto:info@GayGamesChicago.org), [www.GayGamesChicago.org](http://www.GayGamesChicago.org)

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

3 SEP 06 , USAPL Florida Qualifier Contest (Ft. Lauderdale, FL) Robert Keller, 954-790-2249, [rkh@verizon.net](mailto:rkh@verizon.net)

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

14,15 OCT 06, WDFPF Single Lift Worlds (Bendigo, Australia) [jm-gedney@wiu.edu](mailto:jm-gedney@wiu.edu)

OCT 06, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, [jdundon@fgcu.edu](mailto:jdundon@fgcu.edu), 239-590-7709

1-5 NOV, 2006 GPC World PL/BP (Gent, Belgium) LB Baker 770-725-6684 or 770-713-3080, [www.globalpowerliftingcommittee.com](http://www.globalpowerliftingcommittee.com)

[www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)  
10-12 NOV 06, WDFPF World PL (Cork, Ireland) [jm-gedney@wiu.edu](mailto:jm-gedney@wiu.edu)

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

Montgomery Hwy.. Suite 100,  
Birmingham, AL 35216, 205817-6811,  
205-823-4745(gym)

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

13 MAY, USAPL Florida State HSPL (Fl. Lauderdale, FL) Robert Keller, [rkh@verizon.net](mailto:rkh@verizon.net), 954-384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

14 MAY, USAPL Florida State BP & DL (Fl. Lauderdale, FL) Robert Keller, [rkh@verizon.net](mailto:rkh@verizon.net), 954 384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

26-28 MAY 06, WDFPF European Single Lift Championships (Varese, Italy) [jm-gedney@wiu.edu](mailto:jm-gedney@wiu.edu)

MAY 06, New England States Open Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711. [www.newenglandusapl.com](http://www.newenglandusapl.com) and [www.nextlevel-fitness.com](http://www.nextlevel-fitness.com).

6 JUL, USAPL National Governing

**MEET DIRECTORS ... there are HUNDREDS of meets**

**for the readers of PL USA to choose from each month.**

**Put a display ad in POWERLIFTING USA to make**

**YOUR MEET stand out. Call Mike Lambert at 800-**

**448-7693 for full details. We will even do the**

**typesetting for you ... FOR FREE!!**

**FOR REVIEW ... POWERLIFTER VIDEO** Issue #42 starts with in-gym footage of Mark Swank's Sin City Barbell Club, where he and his gang of fast rising lifters are hitting a deadlift workout despite the heat of the Las Vegas summer. It's a well done presentation, insightfully demonstrating principles of speed training. There is also a visual sidebar on how to use the safety squat bar, and a truly unique way of doing stiff-legged deadlifts out of the rack. Mark plugs what should be an outstanding meet - his upcoming APF Senior Nationals, in June 2006. Next up is spectacular high quality footage that Ned Lowe shot of Scott Mendelson's recent bench press attempts of 914 (almost too easy!). He came very close with a 1008, the all-time all-federation record, on a second attempt, and again was very close with an even slower descent to the chest with a 1008 on his third. This historic footage proves that Scott's definitely back and Ned caught his direct challenge to Gene Rychlak in his post lift comments. This issue of PLVID also shows transplanted Norwegian Mari Asp working out with the help of famous bodybuilding guru, Charles Glass, and Iron Game celebrity Mike O'Hearn (who indicates he recently pulled a 770 raw deadlift!). The workout is extensive, from warm-ups to PR attempts, with close-up footage and commentary from a bench pressing superstar in the making. Ned next heads to New Jersey to visit one of the hottest new players in the competitive world of performance supplementation, MHP, who are key sponsors of top level powerlifters and strongmen. He interviewed Frank Dejianne and Gerard Dente, and they indicated the reasons for their support of powerlifters like Joe Mazza, Gene Rychlak, and Mike Miller, as part of a plan that will lead to significantly greater appreciation of strength sports among the American public. Next up was a return visit with Odd Haugen, a remarkable 55 year old who is still competing at the highest of strongman competition while he's promoting such events as well. He goes through a stone lifting session in what has to be one of the greatest private strongman training facilities in the world, his very own extra deep double wide garage, packed with all varieties of the implements of strongman competition. For further information of this issue of *POWERLIFTER VIDEO* (#42), you can give them a call at 1-800-BARBELL or see their ad on page 3 of this magazine.

**Junior**  
 S. McShane 380 605 985  
**Master-1**  
 B. Birchmeier 260 430 690  
**Master-5**  
 D. Finley 220 375 595  
**Open**  
 C. Herrick 395 680 1075  
 S. McShane 380 605 985  
 C. Kennedy 405 465 870  
 242 lbs.  
**Teen-3**  
 J. Cunningham 415 575 990  
**Open**  
 L. Lopez 500 550 1050  
 A. Johnson 330 530 860  
 D. Currie 385 460 845  
 M. Alton 265 455 720  
 275 lbs.  
**Master-2**  
 M. Marcotte 360 550 910  
**Open**  
 R. Bucholtz 335 525 860  
 M. Hamilton 340 835 835  
**SHW**  
**Master-1**  
 M. Casey 380 500 880  
**Open**  
 A. Gibbs 320 600 920  
 M. Casey 380 500 880  
**Meet Directors:** Matt Smith & D. Miguel Ruelan. Location: IronWork's Gym. Best Women's Bench: Sara Hogan. Best Men's Lightweight Bench: Dr. Miguel Ruelan. Best Men's Heavyweight Bench: Bob Lipinski. Best Ironwoman Lifter: Barb Zintsmaster. Best Lightweight Ironman: Craig Terry. Best Heavyweight Ironman: Chad Herrick. (results courtesy of USAPL)

**One KILOGRAM** equals 2.2046 Pounds ... 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.

USAPL Michigan High School 21 MAY 05 - Fenton, MI					
	FEMALE	SQ	BP	DL	TOT
Teen-1					
132 lbs.	K. Douglas	300	165	315	780
148 lbs.	A. Searies	225	135	305	665
Open					
165 lbs.	K. Paff	235	130	245	610
181 lbs.	S. Beebe	235	140	260	635
198 lbs.	K. Cole	240	150	315	705
214 lbs.	M. Cole	240	150	315	705
230 lbs.					
246 lbs.	J. Eaton	195	—	255	450
262 lbs.	Z. Wood	225	125	275	625
278 lbs.	Z. Newmeyer	270	225	315	810
294 lbs.	J. Hadley	185	120	230	535
310 lbs.	K. Williams	335	220	385	940
326 lbs.					
342 lbs.	D. Spiekermann	350	190	405	945
358 lbs.	D. DeBois	280	205	385	870
374 lbs.	M. Carpenter	400	275	450	1125
390 lbs.	J. Tuinstra	510	340	500	1350
406 lbs.	J. Pratt	405	265	390	1060
422 lbs.					
438 lbs.	B. Fiebiger	550	300	640	1490
454 lbs.	S. Edwards	420	300	445	1165
470 lbs.	M. Barry	350	210	370	930
486 lbs.					
502 lbs.	A. Galczak	480	365	505	1350
518 lbs.	A. Easton	450	365	455	1270
534 lbs.	R. Luke	480	315	465	1260
550 lbs.	Z. Newmeyer	270	225	315	810
566 lbs.	M. Arman	625	475	530	1630
582 lbs.					
598 lbs.	A. Lawrence	920	670	820	2410
614 lbs.	J. Sheridan	300	185	415	900
630 lbs.					
646 lbs.	A. Lawrence	920	670	820	2410
662 lbs.	J. Sheridan	300	185	415	900
678 lbs.					
694 lbs.	A. Lawrence	920	670	820	2410
710 lbs.	J. Sheridan	300	185	415	900
726 lbs.					
742 lbs.	A. Lawrence	920	670	820	2410
758 lbs.	J. Sheridan	300	185	415	900
774 lbs.					
790 lbs.	A. Lawrence	920	670	820	2410
806 lbs.	J. Sheridan	300	185	415	900
822 lbs.					
838 lbs.	A. Lawrence	920	670	820	2410
854 lbs.	J. Sheridan	300	185	415	900
870 lbs.					
886 lbs.	A. Lawrence	920	670	820	2410
902 lbs.	J. Sheridan	300	185	415	900
918 lbs.					
934 lbs.	A. Lawrence	920	670	820	2410
950 lbs.	J. Sheridan	300	185	415	900
966 lbs.					
982 lbs.	A. Lawrence	920	670	820	2410
1008 lbs.	J. Sheridan	300	185	415	900
1024 lbs.					
1040 lbs.	A. Lawrence	920	670	820	2410
1056 lbs.	J. Sheridan	300	185	415	900
1072 lbs.					
1088 lbs.	A. Lawrence	920	670	820	2410
1104 lbs.	J. Sheridan	300	185	415	900
1120 lbs.					
1136 lbs.	A. Lawrence	920	670	820	2410
1152 lbs.	J. Sheridan	300	185	415	900
1168 lbs.					
1184 lbs.	A. Lawrence	920	670	820	2410
1200 lbs.	J. Sheridan	300	185	415	900
1216 lbs.					
1232 lbs.	A. Lawrence	920	670	820	2410
1248 lbs.	J. Sheridan	300	185	415	900
1264 lbs.					
1280 lbs.	A. Lawrence	920	670	820	2410
1296 lbs.	J. Sheridan	300	185	415	900
1312 lbs.					
1328 lbs.	A. Lawrence	920	670	820	2410
1344 lbs.	J. Sheridan	300	185	415	900
1360 lbs.					
1376 lbs.	A. Lawrence	920	670	820	2410
1392 lbs.	J. Sheridan	300	185	415	900
1408 lbs.					
1424 lbs.	A. Lawrence	920	670	820	2410
1440 lbs.	J. Sheridan	300	185	415	900
1456 lbs.					
1472 lbs.	A. Lawrence	920	670	820	2410
1488 lbs.	J. Sheridan	300	185	415	900
1504 lbs.					
1520 lbs.	A. Lawrence	920	670	820	2410
1536 lbs.	J. Sheridan	300	185	415	900
1552 lbs.					
1568 lbs.	A. Lawrence	920	670	820	2410
1584 lbs.	J. Sheridan	300	185	415	900
1600 lbs.					
1616 lbs.	A. Lawrence	920	670	820	2410
1632 lbs.	J. Sheridan	300	185	415	900
1648 lbs.					
1664 lbs.	A. Lawrence	920	670	820	2410
1680 lbs.	J. Sheridan	300	185	415	900
1696 lbs.					
1712 lbs.	A. Lawrence	920	670	820	2410
1728 lbs.	J. Sheridan	300	185	415	900
1744 lbs.					
1760 lbs.	A. Lawrence	920	670	820	2410
1776 lbs.	J. Sheridan	300	185	415	900
1792 lbs.					
1808 lbs.	A. Lawrence	920	670	820	2410
1824 lbs.	J. Sheridan	300	185	415	900
1840 lbs.					
1856 lbs.	A. Lawrence	920	670	820	2410
1872 lbs.	J. Sheridan	300	185	415	900
1888 lbs.					
1904 lbs.	A. Lawrence	920	670	820	2410
1920 lbs.	J. Sheridan	300	185	415	900
1936 lbs.					
1952 lbs.	A. Lawrence	920	670	820	2410
1968 lbs.	J. Sheridan	300	185	415	900
1984 lbs.					
2000 lbs.	A. Lawrence	920	670	820	2410
2016 lbs.	J. Sheridan	300	185	415	900
2032 lbs.					
2048 lbs.	A. Lawrence	920	670	820	2410
2064 lbs.	J. Sheridan	300	185	415	900
2080 lbs.					
2096 lbs.	A. Lawrence	920	670	820	2410
2112 lbs.	J. Sheridan	300	185	415	900
2128 lbs.					
2144 lbs.	A. Lawrence	920	670	820	2410
2160 lbs.	J. Sheridan	300	185	415	900
2176 lbs.					
2192 lbs.	A. Lawrence	920	670	820	2410
2208 lbs.	J. Sheridan	300	185	415	900
2224 lbs.					
2240 lbs.	A. Lawrence	920	670	820	2410
2256 lbs.	J. Sheridan	300	185	415	900
2272 lbs.					
2288 lbs.	A. Lawrence	920	670	820	2410
2304 lbs.	J. Sheridan	300	185	415	900
2320 lbs.					
2336 lbs.	A. Lawrence	920	670	820	2410
2352 lbs.	J. Sheridan	300	185	415	900
2368 lbs.					
2384 lbs.	A. Lawrence	920	670	820	2410
2400 lbs.	J. Sheridan	300	185	415	900
2416 lbs.					
2432 lbs.	A. Lawrence	920	670	820	2410
2448 lbs.	J. Sheridan	300	185	415	900
2464 lbs.					
2480 lbs.	A. Lawrence	920	670	820	2410
2496 lbs.	J. Sheridan	300	185	415	900
2512 lbs.					
2528 lbs.	A. Lawrence	920	670	820	2410
2544 lbs.	J. Sheridan	300	185	415	900
2560 lbs.					
2576 lbs.	A. Lawrence	920	670	820	2410
2592 lbs.	J. Sheridan	300	185	415	900
2608 lbs.					
2624 lbs.	A. Lawrence	920	670	820	2410
2640 lbs.	J. Sheridan	300	185	415	900
2656 lbs.					
2672 lbs.	A. Lawrence	920	670	820	2410
2688 lbs.	J. Sheridan	300	185	415	900
2704 lbs.					
2720 lbs.	A. Lawrence	920	670	820	2410
2736 lbs.	J. Sheridan	300	185	415	900
2752 lbs.					
2768 lbs.	A. Lawrence	920	670	820	2410
2784 lbs.	J. Sheridan	300	185	415	900
2800 lbs.					
2816 lbs.	A. Lawrence	920	670	820	2410
2832 lbs.	J. Sheridan	300	185	415	900
2848 lbs.					
2864 lbs.	A. Lawrence	920	670	820	2410
2880 lbs.	J. Sheridan	300	185	415	900
2896 lbs.					
2912 lbs.	A. Lawrence	920	670	820	2410
2928 lbs.	J. Sheridan	300	185	415	900
2944 lbs.					
2960 lbs.	A. Lawrence	920	670	820	2410
2976 lbs.	J. Sheridan	300	185	415	900
2992 lbs.					
3008 lbs.	A. Lawrence	920	670	820	2410
3024 lbs.	J. Sheridan	300	185	415	900
3040 lbs.					
3056 lbs.	A. Lawrence	920	670	820	2410
3072 lbs.	J. Sheridan	300	185	415	900
3088 lbs.					
3104 lbs.	A. Lawrence	920	670	820	2410
3120 lbs.	J. Sheridan	300	185	415	900
3136 lbs.					
3152 lbs.	A. Lawrence	920	670	820	2410
3168 lbs.	J. Sheridan	300	185	415	900
3184 lbs.					
3200 lbs.	A. Lawrence	920	670	820	2410
3216 lbs.	J. Sheridan	300	185	415	900
3232 lbs.					
3248 lbs.	A. Lawrence	920	670	820	2410
3264 lbs.	J. Sheridan	300	185	415	900
3280 lbs.					
3296 lbs.	A. Lawrence	920	670	820	2410
3312 lbs.	J. Sheridan	300	185	415	900
3328 lbs.					
3344 lbs.	A. Lawrence	920	670	820	2410
3360 lbs.	J. Sheridan	300	185	415	900
3376 lbs.					
3392 lbs.	A. Lawrence	920	670	820	2410
3408 lbs.	J. Sheridan	300	185	415	900
3424 lbs.					
3440 lbs.	A. Lawrence	920	670	820	2410
3456 lbs.	J. Sheridan	300	185	415	900
3472 lbs.					
3488 lbs.					

**NEWS RELEASE TO U.S. DRUG-FREE POWERLIFTERS FROM THE  
AMERICAN DRUG-FREE POWERLIFTING FEDERATION**

**As the sole U.S. Affiliate to the World Drug-Free Powerlifting Federation, Inc., the ADFPF is in the process of organizing our U.S. Teams entering the 2005 W.D.F.P.F. World Championships.** This international competition allows our U.S. drug-free lifters the unique opportunity of participating on an international platform against lifters who are also committed to drug-free training and competition. Additionally, the ADFPF as well as the WDFPF provides competition in both the EQUIPPED Division (single ply suits; single ply shirt for bench event only, canvas shirts not allowed; belt; knee & wrist wraps) and the UNEQUIPPED Division (the only supportive equipment allowed in the UNEQUIPPED Division is the lifting belt and wrist wraps). Or websites [www.worlddrugfreepowerlifting.org](http://www.worlddrugfreepowerlifting.org) and [www.adfpf.org](http://www.adfpf.org) provide all EQUIPMENT specifications as well as technique rules via the WDFPF rulebook which can be downloaded.

If you as a drug-free lifter would like to participate internationally, contact us via the websites or at the ADFPF information listed below. Don't miss this opportunity to apply for U.S. Team membership for the following events:

The **2005 W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS** held in Witney England on October 14<sup>th</sup> (Squat events), 15<sup>th</sup> (Bench Press events) & 16<sup>th</sup> (Deadlift events).

The **2005 W.D.F.P.F. WORLD POWERLIFTING CHAMPIONSHIPS** held in TORINO, Italy  
on DECEMBER 10<sup>th</sup> & 11<sup>th</sup>.

Specific information for each of the above international events is available on our website.

## **ADFPF POINTS OF INTEREST**

**Meet our ADFPF Board of Directors:** Dennis Brady; Judith M. Gedney; Richard Van Eck.  
Check out our 2005 & 2006 ADFPF competitive schedules:

Our first sanctioned event: The ADFPF MOTOWN OPEN; held August 13th in Livonia, MI. Congratulations ADFPF record setters! See meet results, article and pictures on our website.

Congratulations ADP IT record setters:  
**Our first STATE CHAMPIONSHIPS:**

**October 1<sup>st</sup>:** The ADFPF Michigan State Championships & OPEN; held in Benton Harbor, MI. For meet information, contact Meet Director Richard Van Eck (45451 Peninsula Dr.; Grand Junction, MI; 49056; phone: 269-521-4031.).

We are in the process of arranging for an Indiana ADFPF event this year; it will be posted on our website.

Our 2006 competitive schedule includes ADFPF National Championships for the SINGLE EVENT National Championships in **February**; The Powerlifting Nationals for men & women in **April** and The Masters' National Championships in **May**. More information to follow. The state of Florida will host an ADFPF event early in 2006.

**ADFPF Mission Statement:** The ADFPF has been formed to provide all amateur athletes with legitimate drug-tested powerlifting, strongman/women and Highland Games competitions through local, state, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

The ADFPF is currently developing their membership; look for our ADFPF membership registration form in this magazine or on our website; also available at ADFPF events. If you are supportive of our drug-free philosophy and our Mission Statement, the ADFPF wants you! The ADFPF is searching for volunteers. If you have an interest in the development of the ADFPF, please contact us at your earliest convenience. We need MEET DIRECTORS, STATE CHAIRS, COMMITTEE MEMBERS, REFEREES, RECORD KEEPERS, ADMINISTRATORS; one goal at this point is to develop our potential LEADERSHIP.

We hope to hear from you in the near future. Contact the ADFPF via the website: [www.adfpf.org](http://www.adfpf.org) or via the following:

ADFPF

E-mail: Gedney@macomb.com or jm-gedney@wiu.edu  
27 Elmo Drive, Macomb, IL; 61455 U.S.A.  
Phone: 309-837-2111 (turns into a fax after 6<sup>th</sup> ring)

NASA World Cup		198 lbs.	Master-1	275 lbs.	B. Thompson	72.5	High School					
13,14 AUG 05 - Okla. City, OK		G. Garner	185	J. Gossard	167.5	Master-1	181 lbs.					
BENCH Only	L. Elliff	245	S. Wingert	162.5	165 lbs.	PS SQUAT	B. Cooper	68.5	105	182.5	356	
WOMEN	N. Eddins	—	Pure	181 lbs.	Master-3	WOMEN	Intermediate					
SHW	Master-2	D. Torrez	182.5	G. McGuire	95	198 lbs.	Master-3	220 lbs.				
A. Hurley	102.5	198 lbs.	198 lbs.	Master-2	Master-2	165 lbs.	165 lbs.	H. Rodriguez	72.5	150	235	457.5
MEN	J. Parsons	172.5	T. Stuart	215	G. Norris	155	MEN	Junior	114 lbs.			
Intermediate	275 lbs.	220 lbs.	E. Lytle	92.5	G. McGuire	130	Master-1	C. Anderson	30	40	92.5	162.5
181 lbs.	G. Carlson	147.5	J. Thompson	251	SHW	108 lbs.	108 lbs.	181 lbs.				
D. Torrez	182.5	Master-4	4th-260	Submaster	Pure	Youth	R. Newton	J. Smith	77.5	155	220	452.5
Junior	198 lbs.	275 lbs.	C. Causin	237.5	Push-Pull	BP	BP	198 lbs.				
114 lbs.	S. Helton	117.5	M. Hauser	—	CURL	DL	DL	242 lbs.				
C. Anderson	40	B. Lumpkin	102.5	Submaster-2	275 lbs.	TOT	TOT	D. Davis	92.5	182.5	235	510
132 lbs.	275 lbs.	198 lbs.	Master-1	Master-1	165 lbs.	T. Mills	50	Master-1				
R. Ballard	142.5	D. Murphy	130	S. Wingert	162.5	E. Waugh	45	220 lbs.				
181 lbs.	Master Pure	G. Garner	185	J. Gossard	165 lbs.	Pure	97.5	J. Arnold	72.5	140	236	448.5
T. Dillard	147.5	165 lbs.	PS BENCH	Master-3	165 lbs.	142.5	242 lbs.					
198 lbs.	B. Anderson	127.5	WOMEN	G. McGuire	58.5	H. Fry	57.5	R. Snowton	92.5	182.5	240	515
A. Mickelson	212.5	275 lbs.	Master-3	4th-60	Submaster-2	125	275 lbs.					
Master-1	G. Carlson	147.5	165 lbs.	220 lbs.	132 lbs.	182.5	C. Frazier III	77.5	157.5	227.5	482.5	
165 lbs.	Open	J. Petray	42.5	Master Pure	L. Anderson	57.5	R. Newton	57.5	132.5	222.5	412.5	
B. Anderson	127.5	181 lbs.	MALE	E.Lytle	350	110	308 lbs.					
242 lbs.	T. Dillard	147.5	308 lbs.	DEADLIFT	Submaster Pure	167.5	J. Gossard	57.5	167.5	185	410	

Master-2				
148 lbs.				
C. Kennedy	35	85	100	220
Master-3				
165 lbs.				
C. Lynn	52.5	105	145	302.5
G. McGuire	58.5	95	130	283.5
Master Pure				
220 lbs.				
E. Lytle	35	92.5	60	187.5
242.5				
R. Lacey	80	180	260	520
275 lbs.				
C. Frazier III	77.5	157.5	227.5	462.5
308 lbs.				
J. Gossard	57.5	167.5	185	410
Novice				
165 lbs.				
M. McNeely	60	102.5	170	332.5
181 lbs.				
J. Smith	77.5	155	220	452.5
198 lbs.				
H. Standridge	57.5	137.5	235	430
275 lbs.				
R. Grace	70	130	235	435
Open				
148 lbs.				
J. Phillips	67.5	122.5	217.5	407.5
181 lbs.				
J. McDougal	72.5	170	265	507.5
220 lbs.				
T. Tucker	85	162.5	292.5	540
308 lbs.				
J. Crone Jr.	90	195	260	545
J. Gossard	57.5	167.5	185	410
Police/Fire				
308 lbs.				
B. McGlottin	85	155	250	490
Pure				
220 lbs.				
T. Tucker	85	162.5	292.5	540
308 lbs.				
J. Gossard	57.5	167.5	185	410
Submaster-1				
181.75				
J. McDougal	72.5	170	265	507.5
308 lbs.				
M. Jones	77.5	182.5	242.5	502.5
Submaster-2				
148 lbs.				
J. Phillips	67.5	122.5	217.5	407.5
220 lbs.				
T. Tucker	85	162.5	292.5	540
242 lbs.				
R. Storment	70	117.5	212.5	400
308 lbs.				
J. Crone Jr.	90	195	260	545
Submaster Pure				
148 lbs.				
J. Phillips	67.5	122.5	217.5	407.5
181 lbs.				
J. McDougal	72.5	170	265	507.5
220 lbs.				
T. Tucker	85	162.5	292.5	540
308 lbs.				
R. Bewley	72.5	172.5	242.5	487.5
308 lbs.				
J. Crone Jr.	90	195	260	545
M. Jones	77.5	182.5	242.5	502.5
Teen				
114 lbs.				
Z. Sprague	30	62.5	107.5	200
181 lbs.				
D. Board	62.5	122.5	182.5	367.5
Youth				
55 lbs.				
S. Hou-sey	10	15	23.5	48.5
88 lbs.				
C. Anderson	20	30	65	115
Pwrlifting	SQ	BP	DL	TOT
WOMEN				
Junior				
181 lbs.				
J. Tanner	127.5	90	130	347.5
Master-1				
165 lbs.				
S. Bagby	132.5	67.5	135	335
Master Pure				
SHW				
A. Hurley	102.5	102.5	102.5	307.5
Open				
105 lbs.				
N. Choy	87.5	60	112.5	260
114 lbs.				
H. Fry	115	57.5	125	297.5
Police/Fire				
105 lbs.				
N. Choy	87.5	60	112.5	260
Pure				
105 lbs.				
N. Choy	87.5	60	112.5	260
Submaster Pure				
148 lbs.				



## THE DEVIL'S ADVOCATE (IGDA) – PDA Solves the Adjustable Gripper Problem

### Piedmont Design Associates (PDA)

has maintained the lowest price in the world for the venerable **Ivanko Super Gripper (IG)** for several years. The **IG** offers the convenience of a single cost effective adjustable gripper unit that assured that literally anyone could find a starting point yet the strongest grip enthusiast could be challenged. The only drawback was the smooth, non-round handles that could become slippery. The simple, quick, and messy, solution was tape. On the other side of gripdom were the torsion spring gripper (TSG) enthusiasts focused on round knurled aluminum handles. Their bipartite dilemma has been that they either *could* or *could not* close a certain model of gripper, and that the exact same model purchased on a different day was easier or harder than that same model they already had. So, the search was on – for easier TSGs to get certified on and for “tweener” TSGs that would permit progressive training. Buy, swap, trade. The result: wasted search time, lost training time, and a closet full of TSGs.

Enter **The Devil's Advocate (IGDA)**. The same preferred round knurled handles applied to an **IG** resulting in guaranteed progressive training, certification “credit card spread” starting (set) point, and the equivalent of thousands of dollars of TSGs storables in a briefcase. The **IGDA** is the equivalent of purchasing

over 100 grippers at \$1 each. Add extra springs to fine tune progression or challenge the strongest grip and the equivalent cost drops to 50 cents per gripper. Endorsed by **Ivanko**, the adjustable gripper problem has been solved.

See the predecessors of and the development behind the **IGDA** and order it at [www.fractionalplates.com](http://www.fractionalplates.com). **Ivanko Super Gripper (IG) \$23.99-\$15.99** The Lowest Price On The Planet For The Classic Grip Tool That Anyone Can Use For Progressive Grip Training, Plus \$9.95 S&H US Mainland. A nice present - **Add A Second Super Gripper For Only \$19.99** Unit Cost (That's \$21.99 Each) And \$2 Additional S&H, Add Up To 2 Extra Springs At No Additional S&H. **Add A Third Super Gripper For Only \$15.99** Unit Cost (That's \$19.99 Each) And \$2 More Additional S&H, Add Up To 2 More Extra Springs At No Additional S&H. Now - **The Devil's Advocate (IGDA)** option (adds \$80) with true-round, knurled aluminum grips (Warning - once you try the **Devil's Advocate**, you will never touch a regular **IG** again.). Prices listed are available through our streamlined online system – phone and mail orders carry a service charge. Soon to be released: the **IG Spring Tool (IGST)** to install or remove springs in seconds with a flip of the wrist, and the **IG Choker (IGC)** for close range training.



198 lbs.	M. McLean	137.5	102.5	205	445
220 lbs.	C. Frazier	242.5	170	262.5	675
Open					
165 lbs.	G. Reichert	245	152.5	262.5	660
181 lbs.	Droegmeier	235	—	215	—
198 lbs.	G. Bishop	240	167.5	250	657.5
275 lbs.	J. Ransbottom	375	260	320	955
SHW	A. Borden	332.5	177.5	265	775
Police/Fire					
220 lbs.	R. Tavanello	250	182.5	212.5	645
242 lbs.	T. Meyers	347.5	205	295	847.5
Pure					
181 lbs.	D. Torrez	280	182.5	211.5	677.5
198 lbs.	T. Stuart	245	215	250	710
220 lbs.	C. Payne	287.5	155	—	—
Open					
J. Thompson	342.5	251	300	893.5	4th-BP-260
242 lbs.	T. Meyers	347.5	205	295	847.5
275 lbs.	J. Ransbottom	375	260	320	955
SHW	A. Borden	332.5	177.5	265	775
Submaster-1					
148 lbs.	R. Perry	237.5	140	222.5	600
181.75					4th-DL-232.5
198 lbs.	Droegmeier	235	—	215	—
242 lbs.	G. Alvarado	235	150	212.5	597.5
Submaster Pure					
181 lbs.	Droegmeier	235	—	215	—
242 lbs.	C. Smith	300	212.5	250	762.5
SO					
242 lbs.	B. Tanner	227.5	125	205	557.5
Open					4th-SQ-237.5 DL-220
Teen					
165 lbs.	J. Cox	72.5	45	95	212.5
Youth					
75 lbs.					
R. Bean	30	27.5	57.5	115	
Teen					
114 lbs.					
Z. Sprague					
181 lbs.					
D. Board					
Youth					
55 lbs.					
S. Hou-sey					
88 lbs.					
C. Anderson					
Pwrlifting					
WOMEN					
Junior					
181 lbs.					
J. Tanner					
Master-1					
165 lbs.					
S. Bagby					
Master Pure					
SHW					
A. Hurley					
Open					
105 lbs.					
N. Choy					
114 lbs.					
H. Fry					
Police/Fire					
105 lbs.					
N. Choy					
Pure					
105 lbs.					
N. Choy					
Submaster Pure					
148 lbs.					
P. Kellum	105	55	122.5	282.5	
MEN					
High School					
198 lbs.	A. McKay	187.5	107.5	195	490
					4th-DL-200
Intermediate					
181 lbs.	D. Torrez	280	182.5	215	677.5
220 lbs.	J. House	272.5	170	65	507.5
242 lbs.	T. Meyers	347.5	205	295	847.5
Junior					
198 lbs.	A. McKay	187.5	107.5	195	490
					4th-DL-200
220 lbs.	C. Anderson	255	195	267.5	717.5
					4th-DL-275
275 lbs.	C. Walls	295	167.5	—	462.5
Master-1					
165 lbs.	J. Stone	262.5	147.5	265	675
Woodworth					
198 lbs.	D. Brown	237.5	152.5	220	610
SHW					
A. Oyler	322.5	190	295	807.5	
Open					242-275 lbs.
105 lbs.	G. Bishop	240	167.5	250	657.5
220 lbs.	R. Tavanello	250	182.5	212.5	645
S. Jones	320	165	197.5	682.5	
Novice					
148 lbs.					

(Thanks to Officer Vic Selvaggi for results)

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Phone \_\_\_\_\_

Qty. Color \_\_\_\_\_

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Extra High Performance Heavy Duty \$100

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chest \_\_\_\_\_ arm \_\_\_\_\_

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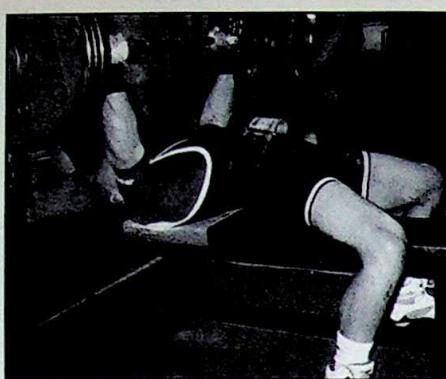
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**ADFPF Motown Open**  
13 AUG 05 - Livonia, MI

BENCH	Raw
Master	SHW
Equipped	J. Dolan
165 lbs.	260
S. Hazelton	180 DEADLIFT
242 lbs.	Two-Man
D. Lawrence	142.5 Masters (85/83)
D. Meloche	135 R./J. Merrell
Open	100
Push-Pull	BP DL
TOT	
Junior	
Raw	
220 lbs.	
T. Schneider	130 190
320	
Open	SQ BP DL
TOT	
Equipped	
198 lbs.	
J. Decker	272.5 200 305 777.5
242 lbs.	
F. Givens	285 200 322.5 807.5
L. Lopez	272.5 232.5 275 780
Teen-3	
148 lbs.	
Equipped	
C. Ault	145 120 180 445
Master	
Raw	
132 lbs.	
R. Merrell	20 30 65 115
148 lbs.	
J. Meadows	32.5 37.5 70 140
J. Merrell	15 20 35 70
T. Drotar	40 35 90 165
165 lbs.	
C. Sell	27.5 37.5 95 160
181 lbs.	
McClelland	102.5 87.5 135 325
198 lbs.	
J. Jachim	137.5 150 180 467.5
B. Creech	92.5 50 120 262.5
220 lbs.	
D. Meadows	45 32.5 75 152.5
L. Turner	45 82.5 137.5 265
C. Roush	40 35 85 160
309 lbs.	
N. Manning	142.5 125 199.5 467
Master	
Equipped	
165 lbs.	
J. Harris	182.5 137.5 215 535



**Scott Hazelton - opens with 385 (D. Van Eck)**

275 lbs.  
T. Damon 227.5 137.5 200 565  
Meet Director: Dick Van Eck. Announcer: Mike Lawrence. Referees: Dick Van Eck, Ross Arnold, Jim Schroder. Scorer's Table: Jan Van Eck, Eddie Lawrence, Dave Lawrence. Location: Unity Church of Livonia. Twenty-three lifters competed in the first official sanctioned American Drug-Free Powerlifting Federation meet and, although the attendance was not at optimal numbers, the lifters and volunteers alike had a great time. The age gap was very impressive, from the youngest with 18 year old Caleb Ault, to the likes of Roger Merrel and James Meadows both 85. Of the many meets I have lifted, volunteered, and coached, this had to be the most entertaining meet I have ever witnessed. Watching these Senior Citizens compete in a young man's sport and refuse to let nature takes it's course, what inspiration. My hat's off to the Master lifters at this meet. A special thanks to Ben Creech for introducing the sport of powerlifting to the numerous masters lifters. Without Ben, most, if not all of these individuals would have never known this sport even existed. Until this event, Roger and wife Josie Merrell, had not competed for some time, and the reason being was a 2 for 1 triple by-pass surgery. These great people have been married

320 lb best will be conquered. The open class was very small but the weights lifted were gigantic. Each of the only (3) lifters that competed in the open class totaled over 1700 lbs. Josh Decker lifted in the 198 lbs. class but gave up 11 lbs. of strength at 189 lb body weight. He squatted 600 lbs., benched 440 and deadlifted 672. Lutario Lopez and Floyd Givens competed in the 242 lbs. class and gave the crowd an impressive show. Floyd won the battle in the squat with a 285 kgs. lift to Lutario's lift of 272.5 kgs. Lutario as usual benched impressive numbers of 232.5 kgs. He missed his final of 242.5 kgs. but lifted enough to surpass Floyd's 3rd attempt of 200 kgs. Floyd missed his first and gave the crowd a jolt when the bar went screaming downward toward his throat. The spotter's were on their game, with hands cupped they caught the weight. The bench is by far the most dangerous of the 3 lifts and the method used to spot has to be echoed throughout the sport. I have personally witnessed the bar crash down on the throat of one lifter, the sternum of another, and most recent the bar landed, yes landed, on the side of a lifter's head. All were OK but the ending could have been much worse. Enough of that. Lutario was in the lead at the subtotal with 505 kgs. to Floyd's 485 kgs. The 53 year old Floyd, with his patented sprint to the bar

over 61 years and I guess they do everything together, even triple bypass surgery. Both entertained with their full meet lifts but as they have done for over 61 years, together in unity, as one. They entertained the crowd with the 2-man deadlift, or shall I say man and wife deadlift. The bar is loaded, they approach the platform, Josie on the left and Roger on the right, hand in hand, they ease up to the bar, look at each other, sequence their breathes, bend down, grab the bar and lifted 100 kgs. to the top. Stay tuned to see if their

and lift, would later school the younger lifters how to deadlift and take the crown. Old school prevailed with a 322.5 to Lutario's impressive 275 kgs. deadlift. Floyd's total of 807.5 kgs. earned a 1st place over Latario's 780 kgs. total. Caleb Ault was the only teenager in the meet with a total of 445 kgs. in the 148 lbs. class. This young man, if he stay's with the sport, will become a great deadlifter. His form is already there with a 180 kgs. (396 lbs.) pull and just missing a 190 kgs. pull. The unequipped masters men had 6 lifters, with Roger Merrell being the only 132 lbs. class, Master 10 (85 years of age) totaling 115 kgs., James Meadows totaled 140 kgs. in the 148 lbs. class, Master 10 (85 years of age) and Curvin Sell totaling 160 kgs. in the 165 lbs. class, Master 8 all in the lighter divisions. Blade McCleland 82, totaled 135 kgs. and will be competing in World Competition later this year. Ben Creech finished the day with a 9 for 9 day total of 120 kgs. and Leon Turner was the



**Ben Creech - is 77 years young!**

heaviest Masters unequipped division lifter with a combined total of 265 kgs. The unequipped masters women had 6 lifters, with Josie Merrell totaling 70 kgs. in the 148 lbs. class, Terry Drotar totaled 165 kgs., also in the 148 lbs. class but was in a younger age group. Dorris Meadows finished the day with a 152.5 kgs. total and Carol Roush totaled 160 kgs. in the 220 lbs. class, Master 5. The equipped masters men was a crowd pleaser with Jim Harris, 165 pounder totaling 535 kgs., for his first meet back in over a year and half. John Jachim finished the day with 467.5 kgs., Tommy Damon finished his day 9 for 9 with a total of 565 kgs. and Neil Manning totaling 467 kgs. in the 309 lb class. The bench only competition entertained the crowd with Chicago's own, John Dolan. John opened the day with an easy 250 kgs. (551 lbs.) in only a t-shirt and singlet. Unequipped lifting at it's best. His second attempt of 260 kgs. (573 lbs.) press looked easier than his first and finished the day with an unsuccessful attempt at 272.5 kgs. (600 lbs.) press. The weight stalled half way up and tilted to his right side. Daryl Meloche finished with 135 kgs. press in the 242 lbs. class for his first meet ever. Dave Lawrence completed his day in the 242 lbs. masters-3 (50-54 years) equipped division with a 142.5 kgs. press and Scott Hazelton wowed the crowd as usual with an impressive 180 kgs. (396.8 lbs.) press. That's almost 2.5 times body weight. Tim Schneider was the only lifter to compete in the Ironman division (bench and dead) and totaled 320 kgs. Thanks very much to Unity Church of Livonia, Anna Collins, Ben Creech, Eddie Lawrence, Dave Lawrence, Jan Van Eck, and all the volunteers that helped make this meet a success. The ADFPF State Championship is October 1st in Benton Harbor, MI. For more information contact Dick Van Eck at 269-521-4031. (Thanks to Richard Van Eck for providing these meet results)

**AMERICAN DRUG-FREE POWERLIFTING FEDERATION Active & Non-active Membership Application Form**  
Complete this form and mail with member ship fee to: ADFPF, 27 ELMO DR., MACOMB, IL, 61455.  
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**Conditions of Membership:** As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED OUT-Of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules &/or constitution. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership. As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substances or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF & the WDFPF 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, in RAW POWER, or any other publication that the ADFPF & WDFPF so choose.

Signature: \_\_\_\_\_ If under 21 yrs., Parent initial: \_\_\_\_\_ Date: \_\_\_\_\_ Prior Registration #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ ADFPF Registered Club Member: \_\_\_\_\_

Referee Ranks & Organizations: \_\_\_\_\_

Active ADFPF Membership fee \$20.00 Paid via (CIRCLE ONE):

CASH CHECK made out to the ADFPF

MONEY ORDER made out to the ADFPF

The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, Meet Directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership fee is \$20.00. (It is possible to change the NON ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).

Non-Active ADFPF Membership fee (\$20.00) Paid via (CIRCLE ONE):

CASH CHECK made out to the ADFPF

MONEY ORDER made out to the ADFPF

All membership cards expire on Dec 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable

**ADFPF Mission Statement:** To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competitions through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

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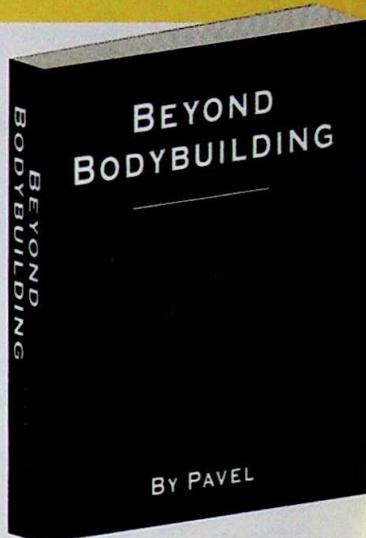
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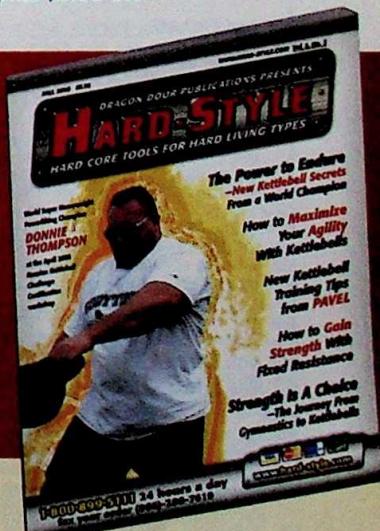
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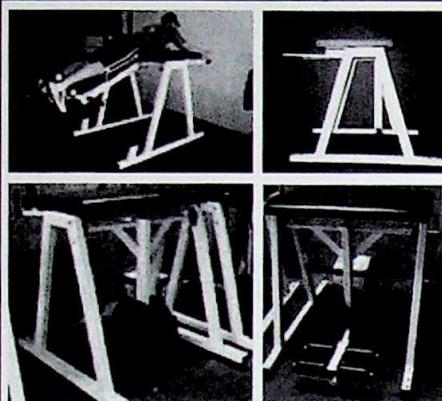
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DATE

**WNPF Carolina Championships**  
2 APR 05 - Greenville, SC

BENCH	(40-49) Raw
148 lbs.	Jones 405
17-19 Raw	Smyth 350
Miller 150!	220 lbs.
165 lbs.	Open
(35-39) Raw	Davis* 625
Digrazia 120	(60-69) Raw
(50-59) Raw	Bayard 305
Roby 130	242 lbs.
SHW (50-59)	(50-59)
Levy* 210!	Raines 610
MEN SQUAT	
165 lbs. 123 lbs.	
(17-19) (50-59)	
McAteer 205	Calais 225!
181 lbs. 165 lbs.	
(20-23) Raw (50-59) Raw	
Chesson 290	Roby 200
(40-49) Raw Smyth —	POWERCURL 165 lbs.
198 lbs. (50-59)	
(17-19) Bassett 275	Roby 70
220 lbs. MEN 181 lbs.	
(13-16) Blake 295	(40-49) Smyth 140
(50-59) Raw Caterisano* 320	Open Smyth 140
242 lbs. (60-69)	198 lbs. Open
Summers 235	Moseley* 155
275 lbs. (40-49) Raw O'Neill 300	220 lbs. (50-59) Caterisano 140
SHW Graydon 125	
(40-49) Raw Ferguson 350	242 lbs. Bayard 135
DEADLIFT 60 lbs. (60-69)	242 lbs. (60-69)
(9-10) Raw Summers 125!	Summers 125!
Sabato 85!	275 lbs. (40-49) O'Neill 155
165 lbs. (50-59) Raw Roby 210	SHW (40-49) Ferguson 140
MEN 181 lbs. WOMEN SQ BP DL TOT	

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Roby did well in all four events that she entered. Wade McAteer son did well in his first meet also with a 805 pound total. The Grooms (father and son) did well also winning their first WNPF event. Welcome back Scott Kauffman. Scott set several state records in his comeback. Steve Yeargin solid as always squatted 600 and pulled 615 for a 1575 total. I believe this was Steve's highest total ever. Chip Davis defeated Dave Graydon in the over 50 class. Anthony Davis another solid lifter just missed the 1600 mark with a 1595 total. Jim Raines is one of the best WNPF lifters ever, he is solid, consistent and brute strong! Willis Lewis the Giant at 6'5" has a long way to go in the squat and he is a great puller. He just missed a 600 plus deadlift. In the Women's bench newcomers Miller and Levy did very well with Levy setting new records and winning best lifter. Blake and Bassett did well also, they are both up and coming teenage lifters coached by Carl Summers. Tony Caterisano won his first best lifter award in the bench with a solid raw 320 bench. Welcome back Walter Ferguson. He benched 350 lbs. and curled 140 lbs. Walter is one of my favorite WNPF lifters and were glad to have him back. Amelia Sabato stole the show at 56 lbs. she pulled a big 85 lbs. for an American record. Mr. Jones beat Mr. Smyth with a 405 pull, he was also lifting in his first meet. Ken Bayard the oldest man in the meet pulled an impressive 305 lbs. and he was more impressive with his curling technique curling 135 lbs. Mr. Moseley came in and curled his way to the best lifter award with a 155 lb. curl which looked easy and then he went to a track meet at 1pm to compete there. Thanks to Kate Taillon (APA Chairperson), Bryan , Dina, Carl Summers, William, Rob Wess, Thomas Shipman, Cindy Yeargin, Moms, Jamie and Lester and thanks to the many spectators that came out to support the lifters. (Thanks to WNPF for providing these meet results)

**WNPF USA/Women's Nationals**  
10 JUL 05 - Atlanta, GA

BENCH	220 lbs.
105 lbs.	Open Raw
(40-49) Raw	Moore 365
Mondragon 80!	(40-49)
114 lbs.	Williams 310
(40-49) Raw	
13-16 Raw	
Wilcox 115!	Kayes 335
148 lbs.	
(0-49) Raw	
275 lbs.	
Haynes 175!	Luster* 625
Benedict 120	Open Raw
Smith 95	Raynor 450
165 lbs.	
Open Raw	
Sternberg 135	Muncy 250
SHW	
Levy 185	Cawley 540
MEN	Ferguson 340
60 lbs.	Lifetime Raw
(11-12) Raw	
Wilcox 50!	Cawley* 540!
132 lbs.	(40-49) Raw
(11-12) Raw	Cawley 540!
Luster 200!	Ferguson 340
148 lbs.	
(13-16) Raw	
Wilcox 205	Sternberg 245
165 lbs.	
(40-49) Raw	
165 lbs.	
Wright 320	(40-49) Raw
Wilcox 310	Wright 550!
(17-19) Raw	Berman 375
Cawley* 290	(20-23) Raw
(20-23) Raw	Brown 500!
Brown 350	181 lbs.
Open Raw	(13-16) Raw
Ashe 350	Lavin 300
(13-16) Raw	198 lbs.
Youney 225	(40-49)
181 lbs.	Meyers* 730
(13-16) Raw	220 lbs.
Maffeo 185	Open Raw
Open Raw	Clark 605
McCurley 225	(40-49) Raw
198 lbs.	Thomas 635
Open Raw	Kayes 510
Burritt 350	275 lbs.
Subs Raw	Open Raw
Burritt 350	Braden 615

**World Natural Powerlifting Federation (WNPF)  
Membership Registration**

LASTNAME \_\_\_\_\_ FIRSTNAME \_\_\_\_\_ INT. \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY,STATE,ZIP \_\_\_\_\_

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AGE \_\_\_\_\_ SEX \_\_\_\_\_ CHECK ONE: LIFETIME DRUGFREE \_\_\_\_\_ 5YRSMIN. \_\_\_\_\_

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(678) 817-4743

**SIGNATURE/PARENTS SIGNATURE IF UNDER 18**

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

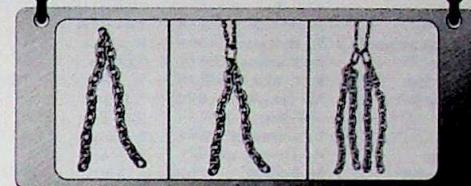
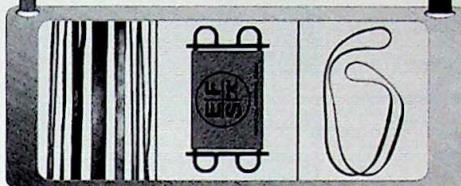
I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is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

SHW		198 lbs.
(40-49)		Open
Wright	650	Burritt
POWER CURL		190
165 lbs.		220 lbs.
165 lbs.		(40-49)
Open		Thomas
Sternberg	80	175!
Digrazia	80	Kayes
MEN		160
165 lbs.		Williams
Open		155
Ashe*		SHW
181 lbs.		(40-49)
(13-16)		Ferguson
Lavin	170!	145
WOMEN		
114 lbs.		100!
(13-16) Raw		SQ BP DL TOT
Wilcox	135	115!
MEN		185
123 lbs.		435
(9-10) Raw		
Climmons	165!	95!
148 lbs.		205!
(13-16) Raw		465!
Wilcox	345	205
(40-49)		375
Wess	395	275
165 lbs.		425
(17-19) Raw		1095
Moody	275	—
(40-49) Raw		—
Wilcox	450	310!
181 lbs.		475!
(13-16) Raw		1235!
Lavin	345	205
Subs Raw		300
Kauffman	400	315
198 lbs.		455
Open		1170
Yeargin*	575	350
(50-59)		600
Gilbert	345	235
220 lbs.		385
(40-49) Raw		965
Housworth	400	265
Open		300
Shelter	405	285
Open Raw		430
Klimowicz	400	285
242 lbs.		400
(40-49)		1085
Craft	375	375
275 lbs.		425
Open		1175
Freiwald	465	305
Open Raw		510
Campbell*	650	550!
Braden	500	600
(50-59)		1800
Mack	540!	400!
=American & National records. *Best	500!	500!
lifters. Team Champs Powerlifting: Merritt		1440!
Power Team. Bench Press: Merritt Power		
Team. Deadlift: USA Power Team.		
Powercurl: USA Power Team. 54 lifters		
from 9 states came to have some fun at the		
2005 USA Powerlifting Championships.		
We were very happy with the turnout of		
this contest being that many lifters in the		
Georgia area did not attend and Hurricane		
Dennis was hitting the southeast very		
hard. We gave out some new and very		
unique awards and also gave out many best		
lifter awards and specialty awards like the		
highest squat, bench press and more.		
There was also another event in Georgia		
this weekend, hopefully they had a good		
turnout also at their event. I want to		
personally thank all of the lifters that came		
to this event. I'm sure it was an event that		
many of you won't forget. Thanks to the		
Merritt Power Team and USA Power Team		
for bringing their teams to this event. A big		
thank you to Wade and Wes Johnson for		
coming down from Nashville to give us a		
hand. Wade is one of our favorite guys, he		
is always supportive. Wade runs APA		
meets in Tennessee he also ran the suc-		
cessful APA/WPA World Championships.		
Thanks to Cindy Yeargin for holding down		
the score table again. Thanks to Tee		
Meyers from Python Gym and Brian Burritt		
from the House of Pain for bringing their		
attire and equipment to the event to sell.		
We had many female lifters in this event.		
The two standouts were Katie Haynes who		
got only her opener at 175 pounds and		
missed 200 for a new WNPF record and		
Lynn Levy who had the highest bench in the		
meet. Maya Sternberg won all three of her		
classes and she beat Dina Digrazia in the		

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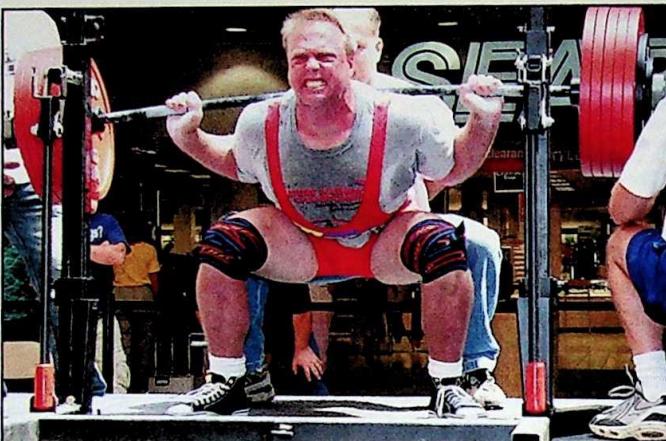
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curl. They both curled 80 lbs. but Maya was the lighter lifter. Mondragon, Benedict & Smith all did some great lifting. Wilcox in the teen 13-16 114 class set a new WNPF record in the bench. Climosons set new WNPF records in the youth 9-10 division. Climosons was hyped for this meet. Rob Wess from NC came out screaming and hyped and won his first WNPF USA title. Clarence Wilcox set new bench, deadlift and total records in the 165 40-49 raw division. Steve Yeargin was noted by one lifter as the crowd favorite until someone else came to the platform. We will let you know about him later. Steve won the best lifter award and set a personal best in the deadlift with help from Tee Meyers. Roy Gilbert came down from TN. and lifted well. Shelter, Klimowicz and Freiwald won their first USA titles for 2005. They were all consistent and lifted well. Training partners Jack Craft and Mike Mack both won their classes with Mighty Mike Mack setting new WNPF records. Chad Braden still on the comeback trail is getting better and better with each meet. He has bumped his total up over 100 lbs. since his comeback. Greg Campbell weighed in at 275 lbs., when Greg first started in the WNPF he weighed in at 165 lbs. He has set records

in every class 165, 181, 198, 220, 242 and now 275. He squatted a good 650 lbs., he benched an awesome 550 lbs. and his deadlift was right at 600 lbs. for a 1800 lb. total and he lifted RAW. Little Wilcox and Luster both set new records in their class. Little Wilks lifted 50 lbs. and Luster benched 200 lbs. Greg Wright just beat Clarence in the bench with a 320 bench. Clint Cawley from Tifton, GA. won the best bench in the teenage division and he lifted 290 lbs. Jabali Brown and Mr. Ashe both lifted 350 lbs. in the junior and open raw division. Brian Burritt went for the submasters record in the 198 class, he just missed a 380 bench for the record. Jonathan Moore hit 365 in the 220 raw division. Adrian Luster benched 625 lbs. in a loose, I mean very loose bench shirt. He could have went raw and bench 625 lbs. this is one strong dude. Buddy Cawley benched 540 lbs. raw and set new records in the masters and lifetime division. Buddy is shooting for a 555 bench later this year so he can have all three records (open, lifetime and masters) divisions. Cornell Raynor made his comeback after a major accident two years ago. Cornell broke several bones in his body but he came back to bench 450 lbs. and squat 625 lbs. We are

all glad that Cornell made it back. Tee Meyers, what can you say. Tee did his usual thing, lifted well, lifted big and he was the crowd favorite. Perry Thomas tried 675 lbs. but missed it twice but it was enough to beat Kevin Kayes. Kevin is coming along in this sport. He is very strong in the deadlift and powercurl, he just have to work on his technique in these lifts, especially the curl. Lifters better no sleep on this guy because he is on his way. Big Dorian Wright lifted well with a 650 deadlift. He wanted me to thank the massage therapist that we had at the meet for his help. He said that we could not have done his lifting without Sterling Hill there a great massage therapist in the Fayetteville, Georgia area. Kenny Clark lifted well with a 580 squat and 605 deadlift. The meet started at 10:30 am and we were handing out trophies at 3:25 pm. Not a bad day at all. This was one of those rare meets where everything went right and I mean everything. I have never seen so many lifters that did not know each other help each other out. Everyone was screaming for everyone. IT WAS GREAT to see this. Drug test results are pending at this time. Thanks again to everyone, we appreciate you. (results courtesy WNPF)

USAPL Pennsylvania BP/DL					
21 MAY 05 - Bethlehem, PA					
BENCH	P. Hubbard	127.5	Utermahlen	210	A. Elkin 237.5
WOMEN	Out of State		N. Huislander	282.5	R. DeStefano 250
Master	Master		T. Forella	172.5 SHW	
148 lbs.	Bardsley, Jr.	155	181 lbs.	M. Christian	272.5
N. Hubbard	J. Mitsopoulos—		Out of State	220 lbs.	
Open	David Pora —		Open	Out of State	
123 lbs.	198 lbs.		D. Pora	—	Junior
J. Brown	S. Nocek	140	220 lbs.	Robortaccio	—
165 lbs.	P. Horan	185	M. Barcelone	—	Masters
J. Borzio	T. Sulton	157.5	242 lbs.	165 lbs.	
181 lbs.	220 lbs.		K. Stephens	232.5 N. Theodorou	262.5
C. Cooper	J. Bertocki	187.5	Police/Fire	198 lbs.	
Teen	242 lbs.		181 lbs.	B. Nupieri	215
123 lbs.	J. Hirsch	212.5	S. Davenport	S. Nocek	190
A. Tatarowicz	T. Harman	195	DEADLIFT	242 lbs.	
148 lbs.	R. Murhon	187.5	WOMEN	M. Jenkins	182.5
K. Dormer	R. Cowl	127.5	Masters	275 lbs.	
R. Palumbo	M. Jenkins	97.5	148 lbs.	R. Olinger	—
MALE	275 lbs.		N. Hubbard	130	275 lbs.
Teen	B. Donnelly	175	Open	A. Thompson	245
114 lbs.	A. Thompson	175	123 lbs.	Out of State	
X. Derstine	S. Roesch	195	J. Brown	152.5 Master	
132 lbs.	Open		165 lbs.	181 lbs.	
J. Koontz	123 lbs.		J. Borzio	147.5 D. Pora	145
T. Williams, Jr.	M. Kuhns	165	181 lbs.	Open	
62.5	132 lbs.		C. Cooper	77.5	148 lbs.
148 lbs.	F. Garvey Sr.	167.5	Teen	J. Smith	200
J. Keller	148 lbs.		123 lbs.	S. Davenport	225
M. Derstine	Bahchevanov	167.5	A. Tatarowicz	165 lbs.	
165 lbs.	J. Smith	112.5	148 lbs.	M. Cagliola	—
Bradley, III	165 lbs.		K. Dormer	117.5 N. Theodorou	
A. Teti	105 Ambrosano	142.5	R. Palumbo	—	W. Kelly 182.5
S. Pattison	90 S. Henrick	—	MALE	181 lbs.	
P. Redline	95 181 lbs.		Teen	S. Davenport	215
S. Smith	92.5 M. Cagliola	205	114 lbs.	T. Dickey	217.5
181 lbs.	T. Dickey	172.5	X. Derstine	127.5 198 lbs.	
J. Giglotti	112.5S. Davenport	160	132 lbs.	P. Grohoski	237.5
M. Pattison	70 G. Passman	155	148 lbs.	Williams, Jr.	120 R. Zsido
N. DeRemer	77.5 G. Welsh	—	148 lbs.	R. Baum	217.5
J. Davis	95 198 lbs.		M. Derstine	247.5 D. Nocek	192.5
198 lbs.	P. Horan	185	165 lbs.	J. Keller	132.5 220 lbs.
C. Grow	142.5R. Baum	182.5	165 lbs.	F. Garvey Jr.	192.5
J. Hirsch	115 D. Nocek	145	Smith	220 C. Dickey	210
242 lbs.	R. Zsido	—	P. Redline	187.5 B. Dorell	297.5
J. Pettine	147.5P. Grohoski	220	S. Pattison	—	F. Peters 255
P. Godshall	157.5220 lbs.		181 lbs.	R. Eckhart	262.5
K. Weiss	122.5F. Garvey Jr.	150	J. Giglotti	205 K. Voce	272.5
275 lbs.	D. Wilson	165	N. DeRemer	130 R. Olinger	257.5
I. Shupp	122.5C. Dickey	172.5	M. Pattison	170 B. Dacosta	247.5
C. Nase	92.5 242 lbs.		J. Davis	182 A. Thompson	245
Junior	P. Klacik	160	198 lbs.	J. Moll	197.5
198 lbs.	F. Peters	210	J. Hirsch	187.5 SHW	
Cravensande	172.5R. Murhon	187.5	Casey Grow	230 Utermahlen	250
A. Elkin	162.5J. Hirsch	212.5	242 lbs.	N. Huislander	325
R. DeStefano	160 K. Voce	165	K. Weiss	232 T. Forella	242.5
J. Hitchings	145 B. Myers	182.5	P. Godshall	—	Out of State
275 lbs.	R. Eckhart	205	J. Pettine	205 Open	
F. Ruch	207 275 lbs.		275 lbs.	181 lbs.	
SHW	J. Moll	—	I. Shupp	185 D. Pora	—
M. Christian	192.5B. Dacosta	140	C. Nase	167.5 220 lbs.	
Masters	D. Ratchford	235	Junior	Robortaccio	230
132 lbs.	J. McElwee	—	R. Ragland	192.5	
F. Garvey Sr.	A. Thompson	245	198 lbs.	M. Barcelone	—
181 lbs.	SHW		J. Hitchings	192.5	
G. Passman	155 Open		Teams: Pennridge Athletic Association, Garage Ink. (Thanks to USAPL for results)		



**Bill Schmidt** breaks the NC State Masters 220 lb. class mark with 661.

USAPL Minnesota Push/Pull 11 JUN 05 - New Hope, MN				K. Locklear	325!	K. Hall	408!
Flight-2	J. Fjelstad	355*	165 lbs.	Wysokinski	254	Master (40-44)	
BENCH	198 lbs.					148 lbs.	
114 lbs.	E. Alter	310	J. Mouzon	424	Wysokinski	254	
Shuttleworth	R. Lisleard	450	N. Miceli	320	198 lbs.		
T. Scheldrup	270*	220 lbs.	C. Kiziah	424!	D. Peeler	314!	
165 lbs.	T. Odell	—	D. Wilson	408	Guest		
K. Kowarsch	365	275 lbs.	J. Adams	342	B. Rush	529	
181 lbs.	J. Whitaker	400	242 lbs.		WOMEN		
J. Czech	T. Petersson	460	C. Smith	254	Teen (14-15)		
Flight-1	BP	DL	TOT	SHW	132 lbs.	S. Miller	105!
165 lbs.				A. Coleman	634!	Open	
J. Ochs	180	350	530	M. Neal	634	132 lbs.	
198 lbs.				Open Raw		S. Miller	105
S. Timonen	350	660	1010	181 lbs.		165 lbs.	
J. Carlin	240	405	645	J. Adams	342	A. Libby	154!
220 lbs.				Masters (50-54)	181 lbs.	K. Stone	143!
D. Roggenbuck	225	500	725	242 lbs.			
242 lbs.				C. Littlejohn	391!		
G. Grahn	340	465	805	Master (45-49)			
275 lbs.				242 lbs.			
N. Foster	350	485	805	MEN	SQ	BP	DL
E. Edberg	350	585	950	Teen (18-19)			
S. Born	415	580	995	148 lbs.			
Guest Lifter				R. Bilancione	353	226	380
165 lbs.				Open			
T. Williams	320	490	810	165 lbs.			
*=State records. (results courtesy USAPL)				N. Miceli	424	320	430
				220 lbs.			
				B. Schmidt	661	424	667
				G. McCaulley	562	320	579
				C. Carter	265	220	364
				242 lbs.			
				C. Smith	457	254	413
				275 lbs.			
				T. Bowman	485	303	584
				SHW			
				M. Neal	805	634	667
USAPL Carolina Classic 23 JUL 05 - Shelby, NC				198 lbs.			
BENCH	242 lbs.						
MEN	C. Hood	298					
Teen (18-19)	Open						
198 lbs.	114 lbs.						
J. Wyatt	309	W. Jones	198!				
Teen (14-15)	148 lbs.						

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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 of USAPL. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for failure to comply with 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.

**SIGNATURE:** \_\_\_\_\_ If under 21 yrs., Parent Initial: \_\_\_\_\_ Date: \_\_\_\_\_ Prior Reg. # \_\_\_\_\_

Name: \_\_\_\_\_ Phone: (      ) \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

Date Of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ USAPL Registered Club Represented: \_\_\_\_\_

**Membership Prices:** (please circle one)      • Adult - \$40.00      • High School Division (Full year, any meet) - \$30.00      • Special Olympian - \$10.00

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**Competing Divisions:** (please circle all that apply)      Open      Teen (14-19 yrs.)      Junior (20-23 yrs.)      Master (40 yrs. & up)      Collegiate

High School - Full Year - Right Angle - Special Olympics - T-CH11-245-00 (image) - Medium - All green and black-yellow purple indo arm tunicise)

~~• Polo Shirt - \$35.00(s-xd) \$37.00(xd & up) (size atv. ) (colors: navy, white)~~ •Navy Sweatshirt - \$30.00(s-xd) \$32.00(xd & up) (size atv. )

•White Referee Designation Polo - \$30.00 (s-sd) \$32.50 (sd & up) (size \_\_\_\_ qty. \_\_\_\_)

\*Letter Classification Patch - \$5.00 (qty. ) (must provide meet results) \*Hats - \$15.00 (qty. ) (colors: white, navy, black)

**Check/Money Order #** \_\_\_\_\_ **Membership Price:** \$ \_\_\_\_\_  
**Membership Total:** \$ \_\_\_\_\_

Merchandise Total: \$ Merchandise Shipping: \$

Total Purchased: \$ \_\_\_\_\_

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**Merchandise Total:** \$ \_\_\_\_\_

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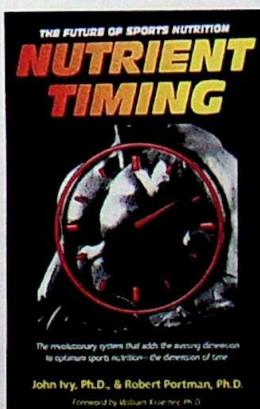
**Carolina Classic Best Lifters:** A.J. Coleman, Patty Burnette, Mike Neal

Masters (65-69)		D. Smith	145	172.5
242 lbs.			317.5	
T. Arrington	540	276	502	
1317!			242 lbs.	
Masters (60-64)		A. Haines	142.5	147.5 290
275 lbs.		FEMALE	SQ	BP DL TOT
F. McCann	452	320	452	1224
Masters (55-59)			105 lbs.	
181 lbs.			(55-59)	
M. Brady	364	226	314	904
Masters (50-54)		E. Newton	47.5	35 82.5 165
220 lbs.			123 lbs.	
T. Acker	386	281	441	1108
Masters (45-49)		Y. White	107.5	62.5 135 305
242 lbs.			165 lbs.	
K. Fortner	353	303	402	1058
Masters (40-44)		L. Nelson	160	97.5 205
198 lbs.			462.5	
D. Peeler	441	314	491	1246
220 lbs.			MALE	
B. Schmidt	661	424	667	
1753!			181 lbs.	
242 lbs.			(65-69)	
E. Hinton	524	375	502	1400
Guest			W. Breeden	137.5 95 185
P. Wells	386	265	502	1152
WOMEN			417.5	
Open			198 lbs.	
165 lbs.			Raw (50-54)	
P. Sokolski	204	94	224	524
181 lbs.			D. Morris	147.5 77.5 190 415
K. Stone	226	143	237	606!
T. Gaydon	176	88	237	502
SHW			220 lbs.	
A. Anderson	226	160	347	733!
Master-1			(40-44)	
132 lbs.			M. Hill	215 160 242.5
P. Burnett	248	149	265	661!
!=Records made. (courtesy J. Thompson)				

USAPL Mid Atlantic Open (kg) 9 JUL 05 - Charlottesville, VA				
BENCH	D. Maouy	202.5	USAPL National Qualifier 26 MAY 05 - Louisville, KY	
MALE	D. Smith	145		
165 lbs.			123 lbs.	SQ BP DL TOT
(14-15)	M. Mullin	170	123 lbs.	
Z. Pressley	120	Raw	230	140 310 680
181 lbs.		275 lbs.		
(16-17)			N. Colmore	315 160 275 750
C. Stratton	165	Raw	132 lbs.	
Open			Hendrickson	310 175 335 820
Ironman			148 lbs.	
165 lbs.			Teen-2	
(14-15)			S. Lanning	370 230 395 995
B. Haines	60	92.5 152.5	K. Markwell	355 205 365 925
Raw			T. Redmon	350 225 350 925
(40-44)			165 lbs.	
J. Cook	90	137.5 227.5	Teen-1	
(14-15)				
Z. Pressley	120	137.5 257.5		
181 lbs.				
(45-49)				

R. Tronzo	360	185	380	925	Master (40-44)	
A. Knotts	325	215	385	925	L. King	176
Teen-2					123 lbs.	115
E. May	370	240	385	995	Teen-3	
J. Mullins	315	225	380	925	L. Marietta	347
E. Grundy	370	205	320	895	132 lbs.	325
181 lbs.					Teen-3	854
Teen-2					L. Marietta	308
D. Eckman	420	210	405	1005	148 lbs.	220
198 lbs.					Open	512
Teen-1					L. Craig	181
W. Green	310	210	300	820	MEN	88
Teen-2					148 lbs.	198
M. Tullis	425	285	525	1140	Open	468
M. Meyer	400	280	395	1040	L. Wolfe	—
220 lbs.					165 lbs.	—
Teen-1					Teen-3	—
J. Hardison	365	260	435	1060	J. Fettlers	292
Teen-2					181 lbs.	281
N. Molestina	420	250	465	1135	Open	—
242 lbs.					C. Laing	225
Master-1					281	319
M. Smith	435	245	440	1120	J. Crowson	358
Master-3					A. Eller	—
R. Ganong	450	365	480	1295	Master (50-54)	—
HWT					T.s Nique	292
Master-2					198 lbs.	104
C. O'Daniel	450	260	390	1100	Teen-2	314
					L. Nique	710
(Thanks to USAPL for providing results)						

USAPL Kansas State				
18 JUN 05 - Lenexa, KS				
BENCH	T. White	352		
181 lbs.	220 lbs.			
Teen-2	Open			
C. Stratton	G. Poremski	—		
Open	Master (55-59)			
J. Clark	275	242		
J. Crowson	220	Open		
Master (55-59)	M. Poremski	424		
J. Adcox	270	M. Patten	—	
198 lbs.	275 lbs.			
Open	Teen-2			
J. McFadden	374	M. Wegener	352	
S. Craig	363	Open		
Master (60-64)	N. Butler	—		
WOMEN	SQ	BP	DL	TOT
114 lbs.				
Open				
L. King	176	115	220	512
Meet Director: Wayne D. Heri. (USAPL)				



cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

**WABDL Record Breakers Classic**

19 MAR 05 - Pasco, WA

DEADLIFT	L. Harison	568*	J. Gillen	523	165 lbs.	R. Panza	165
WOMEN	220 lbs.		Submaster (34-39)		198 lbs.		
Law/Fire	K. Eslick	—	F. Ramirez	413*	K. Cash	170	
Master (40-47)	B. Parsons	473	M. Ireland	501	Teen (13-15)		
114 lbs.	275 lbs.		Teen (13-15)		105 lbs.		
S. Ferguson	220*	J. Miskimens	617	132 lbs.	S. Moorman	113*	
Master (40-46)	Master (40-46)	V. Vasquez	303	Teen (16-19)	E. Bierce	89*	
148 lbs.	132 lbs.			148 lbs.	C. Marshall	104	
D. Damminga	236	K. Southwood	325	132 lbs.	J. Otto	126*	
181 lbs.	4th-336*	R. Segura	347	132 lbs.	Submaster		
Michaels-Ols	286	M. Zuidema	209	132 lbs.			
S. Southwood	286	M. Straley	468	132 lbs.			
Master (57-53)	242 lbs.	Teen (16-19)		220 lbs.			
165 lbs.	G. Damminga	518	T. Martin	521*	148 lbs.		
N. Huxley	314*	SHW		242 lbs.	R. Panza	165	
181 lbs.	P. Ratsch	644	J. Seath	633*	MEN		
J. Pope	259	J. Place	578	UL	Class-1		
198 lbs.	Master (47-53)			132 lbs.	132 lbs.		
K. Cash	308	WOMEN		132 lbs.	R. Segura	192	
Master (54-60)	148 lbs.			132 lbs.	148 lbs.		
181 lbs.	D. Higgins	402	S. Smith	121	Hilderbrand	—	
P. Robey	259*	D. Rodgers	529	4th-137*	F. Ramirez	287*	
Open	242 lbs.			165 lbs.	G. Langmead	281	
148 lbs.	M. Landon	578	J. Brooks	181	165 lbs.		
R. Panza	330	L. Jones	573	Master (40-47)	Z. Bryson	275	
181 lbs.	259 lbs.			114 lbs.	M. Ireland	—	
J. Pope	259	S. Smith	606	114 lbs.	A. Mickelson	303	
198 lbs.	J. Mickelson	556	Master (40-46)		242 lbs.		
K. Cash	308	Master (54-60)		105 lbs.	T. Pennella	435	
Submaster	198 lbs.			198 lbs.	C. Anderson	303	
148 lbs.	G. Holzinger	457	C. Moorman	159	259 lbs.		
R. Panza	330	114 lbs.		114 lbs.	T. LaFors	352	
165 lbs.	242 lbs.			275 lbs.	R. Soland	363	
L. Ellis	253	C. Sandberg	622	148 lbs.	J. Garcia	347	
MEN	259 lbs.			308 lbs.	C. Huwe	314	
Class-1	M. Magruder	545	L. Powell	181*	SHW		
132 lbs.	Master (68-74)			181 lbs.	J. Place	540*	
R. Segura	347	242 lbs.		148 lbs.	M. Peterson	308	
148 lbs.	L. Corulli	407*	M. Clairmont	148	Master (47-53)		
G. Langmead	451	Master (75-79)		Junior (20-25)	148 lbs.		
F. Ramirez	413	181 lbs.		165 lbs.	D. Barden	319*	
165 lbs.	C. Anderson	385!	148 lbs.		242 lbs.		
Z. Bryson	402	B. Heriford	181	181 lbs.	M. Urrutia	385	
181 lbs.	Open	4th-185*		165 lbs.	D. Higgins	237*	
R. Saenz	546*	165 lbs.		165 lbs.	D. James	501	
198 lbs.	123 lbs.	N. Huxley	209*	242 lbs.	M. Landon	451	
M. Ireland	501	K. Hauser	330	242 lbs.	4th-501*		
D. Dietz	407	198 lbs.		259 lbs.	G. Johnson	314	
242 lbs.	K. Eslick	—		259 lbs.	Open		
H. Higgins	551	Master (54-60)		275 lbs.	165 lbs.		
275 lbs.	T. Tilford	639		275 lbs.	D. Linerud	473	
J. Garcia	523*	181 lbs.		308 lbs.	T. Furusho	485	
SHW		242 lbs.		308 lbs.	D. Dooley	584*	
J. Place	578	B. Matheson	705	181 lbs.	J. Luther	462	
Junior (20-25)		H. Higgins	551	200 lbs.	J. Mickelson	501	
198 lbs.	K. Jensen	622	C. Moorman	159	198 lbs.	T. Furusho	485
308 lbs.		105 lbs.		220 lbs.	4th-518*		
J. Mickelson	556	148 lbs.		220 lbs.	J. Mickelson	501	
		B. Heriford	181	242 lbs.	M. Klindt	490	
					4th-501*		
					SHW		



The Winning Team at the Pasco meet was Buzz Landon's, seen above eating ice cream and hot fudge out of the team trophy cup. (Gus R.)

V. Eldridge	479	V. Vasquez	126
Submaster (34-39)		148 lbs.	
148 lbs.		J. Davis	159
		Hilderbrand	—
		Teen (16-19)	
		F. Ramirez	287*
		132 lbs.	
		R. Segura	192
		181 lbs.	
		M. Zuidema	148
		K. Denham	203
		J. Hickman	501*
		M. Radezy	165
		181 lbs.	
		T. Furusho	485
		181 lbs.	
		D. James	501
		M. Ireland	424
		D. Soto	418
		S. Olson	407
		C. Anderson	303
		308 lbs.	259 lbs.
		V. Aleaga	556
		T. Hamilton	402
		Teen (13-15)	275 lbs.
		C. Sarada	473

\*=State Records, !=World Records. This is the 12th year I've directed a meet in the Tri-Cities Washington area. The Red Lion Hotel has a great restaurant and a great lounge with great music. The ballroom is more than adequate and the hotel rooms are better than average. In the deadlift in Class-1, Ray Segura was first at 132 with 347. At 148, Garrette Longmead beat Filemon Ramirez of Idaho, 451 to 413. Rich Saenz set a Washington record of 546.6 at 181. Joe Garcia set an Oregon record at 275 with 523.5. In junior men's deadlift, Leonard Harrison set a Washington record with 368.6. In law/fire master women 40-47, Shauna Ferguson set a Washington record with 220. In master men 40-46, Kajohn Southwood set a Washington record at 132 with 336. At super, Paul Ratsch pulled 644.7. In master men 54-60, Cliff Sandberg was impressive with a 622.7 at 242. In master men 68-74, Lou Corulli, who still looks great at 70, pulled a Washington state record 407.7 and in master 75-79/181, an old ex-logger chuck Anderson pulled a World Record 402 with room to spare. In master women 47-53/165, Nadine Huxley easily pulled 314 for a Washington record 314. At master 54-60, 60-year-old Pat Robey pulled a Washington record 259 at 181, on a 4th attempt. She had all of Joe Head's Headquarters Fitness Team yelling and screaming for her and she wasn't about to give up. She didn't have a pound left in her, but she got it. It submaster 148, Filemon Ramirez set an Idaho record with 413.2, and in open 259 Kris Jensen looked strong with 622.7. At open 242, Ben Matheson pulled a tough 705. He's not in shape yet. He's coming back from an injury. He will hit over 750 at the Worlds. In teen men 16-19/220, Toby Martin pulled a Washington record 521.3 and in teen 16-19/242, Jeff Seath, out of Don Bell's gym, pulled huge with a Washington record 633.7. In the bench at 148 in Class-1, Filemon Ramirez set an Idaho record with 287.6. Filemon will hit 300 before the year is over. At 242, Tom Pennella hit a nice 435. Tom is 6'2", so that lift is exceptional. At 308, newcomer Mitch Klindt of Montana set a state record 501.5. In junior women

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

**WABDL**

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

**Registration Fee:**

Adults \$25

Teens \$15

Make checks payable to and mail to:  
**WORLD ASSOCIATION OF BENCH  
PRESSERS AND DEADLIFTERS**

P.O. Box 27499

Golden Valley, MN 55427

If under 18, have parent initial \_\_\_\_\_

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

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

Signature \_\_\_\_\_

bench, Stacey Smith set an Idaho record 137.7. In junior women unlimited, Jessica Brooks put up a nice 181.7 and came close with 198. In master men 40-46, Jeffrey Place, who is 6'5" at 320 lbs., set an Oregon record with 540. He played two years with the New England Patriots at defensive end. In master 47-53, David Higgins set a Washington record 237.8 at 148, and Bennie Dooley broke loose with a picture perfect 584 World Record at 275. Bennie works at Hanford Nuclear Reservation and contributes his success to Mac Urrutia, his training partner, "the best a weightlifter could ask for." At 308, Joe Mikelson set a Washington state record of 518. Both Joe and Bennie are hard working family guys, and a pleasure to be around. They lift great because they like the meets and they train smart. Bill Gillespie has given great advice to Joe Mikelson, and Ryan Kennelly has helped Bennie Dooley with training tips. In master 54-60, Nin Beseda set a Washington state record at 220 with 462.7. At 259, my old friend Mike Magruder set a Washington record with 451.7. In master 61-67, Donald Barden set a Washington record at 181 with 325. At 242, Mac Urrutia jammed up 385 with authority at age 64. In superheavy, Donald James became only the third lifter ever to bench 500 at age 60 or better, with a 501.5 Oregon state record at super heavy, at age 63. In master women bench, Christine Moorman put up 159.7 raw, weighing only 104.8. She just missed a World Record 172 in master 40-46. She is pound for pound one of the best master benchers in the world. Lani Powell set a Washington state record of 181.7. Lani used to train at the Power Pit in Hawaii, back in the 80's. In master 47-53, Betty Heriford set a Oregon state record with 185 at 148. At 165, Nadine Huxley set a Washington state record of 209 in master 47-53. Nadine is from Goldendale, Washington, right at the Columbia River, and she and her husband own a farm. In 47-53/198, Kathy Cash set a Washington state record of 170.7. In open men, Joe Luther was impressive at 165 with 462.7, and Tolan Furusho, who is a lawyer, popped 485 at 181. Tolan is the youngest lawyer to ever argue a case before the 9th Circuit Court of Appeals. Don Linerud was a close 2nd with a respectable 473.7. At 308, Joe Mikelson put up a 518 to beat Mitch Klint, a newcomer from Kalispell, Montana who set a Montana record with 501.5. In submaster men, Ray Hickman set a World Record at 165 with a superman 501.5, which ranks him 3rd all-time in WABDL. He's shooting for Michael Hara's all-time open record of 523.5. At 148, Filemon Ramirez set an Idaho record of 287.6. At 308, Vic Aleaga put up a huge 556.5 and was very close with 584. Vic used to train at the Power Pit in Hawaii when he was a teenager. In teen men 16-19/275, Chris Barada was impressive with 473.7 and Toby Hamilton pushed 402.2 at 259. In teen women, Sarah Moorman set a World Record of 113.3 at age 14, weighing 105. Sarah and her mother Christine, both hold World Records. They are the only mother-daughter in WABDL to hold World Records at the same time. In 13-15/132, Emily Bierce set



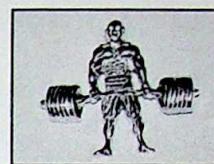
Bennie Dooley got a 584 BP WR. (results were provided by Gus Rehwisch).

**Be the first to show off your sport with these beautiful textured powerlifting pendants from Michelle's jewelry collection. They look great worn in competition or at leisure. These pendants are 14k gold. Silver Pendants are also available. All pendants are also available as tie tacks and lapel pins.**

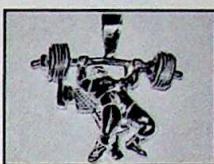
### SQUATTER



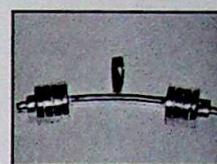
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**The Mother - Daughter WABDL Record Setters...** Sarah Moorman (left, 15) and Christine Moorman (right, 41) an Issaquah Press photo

A Washington record of 89.1 in the bench and Jennifer Otto pushed 126.7 for a Washington record at 181. Buzz Landon's gym in Boardman, Oregon won the team title. I want to thank Gary and Elma Thomas, who did weigh-ins, computer and scorekeeping. The judges were Terry Luehrs, Donna Delleere, Don James, Brian Baertlein and Gus Rehwisch. The MC was Ted Davis. Many thanks to our sponsors Rick Brewer of House of Pain, Pete Alaniz and Ken Anderson to Titan, Chat Groskreutz of Ivanko, Neal Spruce and Odd Haugon of Apex Fitness Group, Matt LaMargue of Bovine Strength Systems, Michelle Kampon of Powerlifting Superstore, Mike Lambert of Powerlifting USA, Gus Samuelson of Universal Nutrition, Shawn of GLC Direct, the greatest joint formula on the planet, Jim Wendler and Dave Tate of Elite Fitness Systems, Kelly Mahoney of LifeQuest Fitness, Roger Sargent of Columbia Basin Raquet Club, and Janell Klashke of Tri-City Court Club. A special thanks to Bennie Dooley and Mac Urrutia for cultivating new members, and to Roger Nelson who worked as hard as anybody by bringing all the warm-up weights and benches, and he also supplied the spotters. Mitch Klint and Bennie Dooley were drug tested and passed. (results were provided by Gus Rehwisch).

### ADAU Hagerstown Maryland 25 JUN 05 - Hagerstown, MD

	WOMEN	SQ	BP	DL	TOT	
105 lbs.						
Teen (13) & Open	N. Kinard	132!	66!	187!	385	
123 lbs.						
Master (49)	C. Wantz	55	72	50	177	
148 lbs.						
Submaster (39)	D. Crampton	154	105	215	474	
Master (42)	R. Douglas	231	132	298	661	
SHW	J. Sheller	248	149	303	700	
MEN						
132 lbs.						
Open	C. Bloom	314	220	419!	953	
148 lbs.						
Open	J. Strayer	292	259	375	926	
165 lbs.						
Open	J. Pentz	347	231	512	1090	
181 lbs.	D. Calimer	314	226	457	997	
Teen (18)						
S. Shuck	331	342	424	1097		
Open	S. Shuck	331	342	424	1097	
Master (55)	E. Lough	276	209	353	838	
Master (61)	D. Junkins	276	226	402	904	
220 lbs.						
Teen (17)	N. Kinard	281	176	275	732	
Junior (20)						
Master (47)	A. Wachter	298	287	391	976	
L. Creatora	546	364!	546	1456		
220 lbs.						
Open	B. Keener	546	353	606	1505	
C. Miller	540	364	584	1488		
L. Creatora	546	364!	546	1456		
B. Lapole	424	419	501	1344		
McCammon	513	259	452	1223		
A. Wachter	298	287	391	976		
N. Kinard	281	176	275	732		
242 lbs.						
Master (44)	J. Goodie	424	358	424	1206	
Open	J. Goodie	424	358	424	1207	
J. Sanderson	375	287	408	1070		
C. Barger	220	226	441	887		
275 lbs.						
Master (44)	P. Kelley	402	380	540	1322	

319 lbs.  
Junior (21)  
P. Tompkins 457 319 485 1261  
Open  
P. Tompkins 457 319 485 1261  
A. Siegel 292 220 419! 931  
!=American Records. Best Female Lifter: Ruth Douglas. Best Male Lifter: Brian Keener. This meet was a tremendous success. 25 lifters showed up for the first ever RAW Championships held in Hagerstown, MD. The atmosphere was high and everyone had a great time. Kevin Prosser, meet director, would like to thank all those who helped make the meet such a success. I could not have done this without the support of the ADAU and my friends and fellow lifters. The ADAU is a top notch organization, one which I am a proud member of. This was my first meet as a meet director and all the credit goes to guys like John Polak, who made benches and squat racks for the warm-up area, and was one of the spot loaders. John's Benches and Squat racks are competition caliber and he is now selling them to anyone who is interested. Jim Bardsley helped by spot loading, donating plates for the warm-up area, as well as the plates for the platform. Doc Junkins also assisted by loaning some plates for the warm-up area. Allen Siegel came to support and lift, and his knowledge is invaluable. Brenda Siegel ran the mic, assisted in weigh-ins, and provided assistance at the table. Jay Siegel was a life-saver and assisted in the weigh-ins, equipment checks, and rack heights, as well as numerous other tasks. Without him I would have been lost. My sister, Judy Prosser helped collect money at the door. Nick Theodora, Paul Griffith, and Bernard Vasquez came up to judge and bring some equipment. Ruth Souders, Dave Perkins, the UAW Hall in Maugansville, and the women's committee sold food and provided us a place in which to hold this competition. It was a first class facility and all those involved with the UAW and the Women's Committee were most helpful. Last, but certainly not least, is my devoted girlfriend Cindy Bitner, who ran the table and was there until late at night, helping me set up and stayed after the meet to help me tear everything down. She ran errands and generally kept everything rolling smoothly. She is a blessing and without her the meet would not have been such a success. There will be two meets held here next year and I look forward to seeing RAW lifting continue to grow here in Washington County. (results of this competition were provided to Powerlifting USA courtesy John Prosser)



The NORTH STAR PRIDE Powerlifting Team at the AAU Winston Salem Bench Press Challenge (Payne)

**Tournament of Champions BP  
25 JUN 05 - Kingston, NY**

WOMEN	P. Carroll	330
97 lbs.	181 lbs.	
Teen/Open	Open/Lifetime	
M. Albizu	M. Geraghty	390
114 lbs.	198 lbs.	
Open	Junior	
F. Geraghty	B. Nordstrom	—
148 lbs.	Open/Raw	
Masters-3	R. Harrington	265
F. Ioriene	220 lbs.	
165 lbs.	Novice/Fire&Police	
Open	G. Pitts	310
DeDominicis	Novice/Open	
MEN	E. Vatillo	300
123 lbs.	242 lbs.	
Teen-16	Open	
R. Dobert	L. Saviano	—
148 lbs.	Masters-5	
Masters-1	C. Tallman	300
T. Albano	Masters-7	
Masters-2	S. Levy	210
B. Coisson	SHW	
165 lbs.	Open/Fire&Police	
Open/Lifetime	B. Klinger	600
J. Delgado	Masters-4	
Open	F. Dini	430
C. Paridy	Submaster	
Masters-2	P. Porcelli	485

The Tournament of Champions Bench press

contest was held at Fitness Unlimited in Kingston, NY. 23lifters and 7 state records were set. It was a who's who of powerlifting, with Brad Klinger, world's masters 5 time gold medalist. Also Fred Dini along with Sheldon Levy and Cliff Tallman, all whom have competed in world competition, everyone else (except 3) were state record holders. Special thank you to special guest lifters Big Lou Saviano and Little Bobby Snyder (5 years old) competed 4 competitions in children's, special plastic air weights). Also to Fitness Unlimited. (Thanks to Pat Carroll for providing these results)

\*=Son Light Power Illinois state records. Best Lifter: Ed Bridges. The third annual Heart of Illinois Fair Bench Press/Deadlift Championship was held at the fairgrounds in Peoria, Illinois. In the bench press event we only had a single competitor, but he was a good one. Starkey Hedger finished with a personal best 390 before returning to the platform and nailing his first ever 400 bench! In the deadlift competition first-timer Bozena "Buzz" Mulvenna broke the state record at submaster women 148 with her 255 final attempt. A fourth with 260 was also good, moving the record even higher. Another first time lifter was 50-54/220 winner Margie Vincent. Margie made all four of her attempts, finishing with a personal best and state record 245! Great job, girls! Winner of both the master men's 40-44 and open 181 class, Ed Bridges, broke both state records with his strong 645 pull. Weighing in at just 175, Ed was also awarded the best lifter trophy for the competition. In the open division at 198 it was Starkey Hedger with his second win of the day, finishing with an easy 525. Thanks to Wee Man, John Bressner, Tom Oberle and Mike Dykeman for helping with the competition. (Thanks to Dr. Darrell Latch for providing these contest results)

**SLP Heart of Illinois BP/DL  
10 JUL 05 - Peoria, IL**

BENCH	220 lbs.
MEN	M. Vincent 230*
Open	4th-245*
198 lbs.	MEN
S. Hedger 390	Master (40-44)
4th-400	181 lbs.
DEADLIFT	E. Bridges 645*
WOMEN	Open
Submaster	181 lbs.
148 lbs.	E. Bridges 645*
B. Mulvenna 255*	198 lbs.
4th-260*	S. Hedger 525

**ASSOCIATION OFFICE COPY**

- > This is a membership application form. Complete all areas and return Part One to the address shown.
- > For information on registration and program, call 1-800-AAU-4USA.
- > AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

**ANNUAL MEMBERSHIP DUES**

	Regular Fee	'AB' Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

AAU National Headquarters  
do The Walt Disney World Resort  
PO Box 10,000  
Lake Buena Vista, FL 32830

SPORT CODE      ASSOCIATION CODE

MEMBERSHIP CATEGORY	CHECK ONE: _____			
	Athlete	Coach	Official	Volunteer
CHECK ONE:	Youth Program _____ Adult Program _____ Added Benefit _____ Yes _____ No _____			
Club No.:	Club Name:	E-Mail		

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE?  Yes  No

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature \_\_\_\_\_  
Parent/Guardian Signature \_\_\_\_\_

**AAU Winston Salem BP Challenge  
13 AUG 05 - Winston Salem, NC**

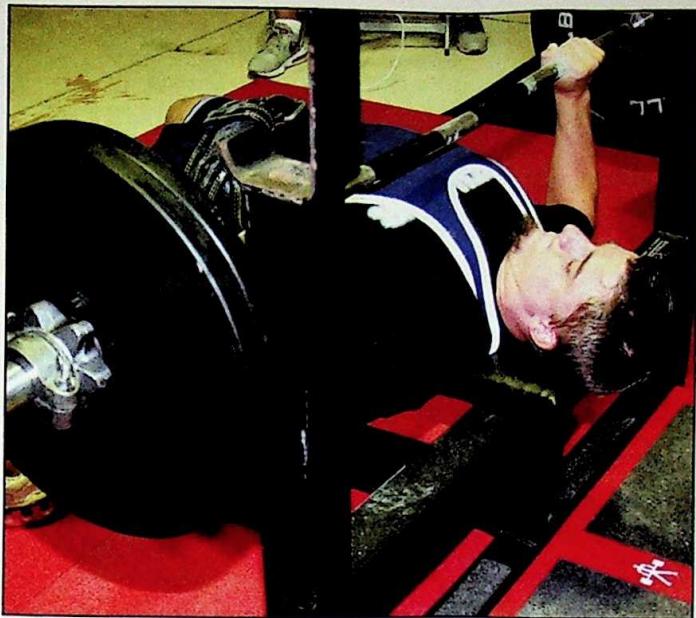
<b>MEN</b>	220 lbs.
220 lbs.	Masters (60-64)
Police/Fire	B. Liles 230
C. Smith	225 Junior (20-23)
Open	L. Bullins 420
B. Duncan	300 242 lbs.
Master (40-44)	Masters (45-49)
M. Sunter	335 V. Sherard 370
Raw	Masters (40-44)
114 lbs.	G. Crotts 355
Teen (14-15)	Masters (50-54)
A. Nelson	135 H. Davis 255
4th-145	275 lbs.
Teen (12-13)	Open
T. Payne	70 S. Jordan 350
148 lbs.	Masters (40-44)
Teen (12-13)	Marrow Sr. 325
J. Haley	95 SHW
165 lbs.	Open
Teen (16-17)	J. Gentry 405
C. Martin	235 C. Neal 630!
181 lbs.	WOMEN
Teen (18-19)	Raw
G. Marrow II	240 L. Marrow 132 lbs.
14-15	Open
J. Marrow	215 C. Gervais 198 lbs.
Masters (40-44)	Teen (18-19)
B. Upchurch	300 A. Marrow 155
Open	Masters (40-44)
E. Sheppard	185 M. Boyles 175
198 lbs.	Masters (55-59)
	198+ lbs.
Y. Summer	285 Masters (40-44)
4th-295	L. Marrow 175

!=American Records. Male Outstanding Lifter: Michael Neal. Female Outstanding Lifter: Maria Boyles. Team: North Star Pride. (Thanks to Keith Payne for results)

**NASA Ohio State (kg)**

**16 APR 05 - Springfield, OH**

Pwrlifting	181 lbs.
BENCH	B. Hawks —
MEN	Master-1
Teen	181 lbs.
148 lbs.	R. Burns 147.5
N. Augur	117.5 A. Furnas 100
165 lbs.	Police/Fire
T. Cleland	152.5 220 lbs.
High School	B. Weber 195
148 lbs.	WOMEN
R. Burns	82.5 Master
165 lbs.	Pure
M. Hoffman	95 165 lbs.
242 lbs.	P. Frock 75
McWhorter	132.5 Master-2
Junior	165 lbs.
181 lbs.	P. Frock 75
T. Bell	145 Submaster
198 lbs.	114 lbs.
A. Roberts	172.5 Y. Hao —
275 lbs.	Pure
A. Oster	182.5 97 lbs.
Novice	K. Reed 47.5
181 lbs.	114 lbs.
T. Bell	145 Y. Hao —
242 lbs.	Open
S. Diel	205 97 lbs.
Int	K. Reed 47.5
Push-Pull	BP DL TOT
Junior	275 lbs.
N. Snyder	182.5 257.5 440
Int	165 lbs.
T. Hensley	147.5 197.5 345
242 lbs.	147.5 215 362.5
T. Bailey	165 lbs.
Police/Fire	T. Hensley Submaster Pure
147.5 197.5 345	308 lbs.
T. Hensley	M. Speer Submaster-2
165 lbs.	308 lbs.
T. Hensley	M. Speer Natural
147.5 197.5 345	308 lbs.
M. Speer	M. Speer Push-Pull WOMEN Pure
150 200 350	132 lbs.
SQ	L. Kobl BP DL TOT
150 200 350	100 47.5 117.5 265



Chris Martin benched 235 in the 16-17s at the Winston Salem meet

Pure		Master	
148 lbs.		Pure	
K. Cowl	87.5	242 lbs.	
MEN	52.5	M. Tussing	195 135 215 545
Natural	102.5	F. Soboleski	230 185 232.5 647.5
220 lbs.	242.5	J. Grimmett	182.5 95 137.5 415
D. Clayton	250	Submaster-2	
Master-1	182.5	308 lbs.	
198 lbs.	245	M. Speer	225 150 200 575
Stephenson	182.5	Master-2	
Novice	127.5	220 lbs.	
198 lbs.	200	V. Dermolen	150 142.5 202.5 495
Stephenson	510		

Pure		Master	
148 lbs.		Pure	
K. Cowl	87.5	242 lbs.	
MEN	52.5	M. Tussing	195 135 215 545
Natural	102.5	F. Soboleski	230 185 232.5 647.5
220 lbs.	242.5	J. Grimmett	182.5 95 137.5 415
D. Clayton	250	Submaster-2	
Master-1	182.5	308 lbs.	
198 lbs.	245	M. Speer	225 150 200 575
Stephenson	182.5	Master-2	
Novice	127.5	220 lbs.	
198 lbs.	200	V. Dermolen	150 142.5 202.5 495
Stephenson	510		

SHW		MALE	
L. Smith	195	114 lbs.	Open
Junior	92.5	Teen-1	M. Georgiev 375
132 lbs.	60	D. Wellington—	J. Norrell 440
A. Pearl	137.5	123 lbs.	242lbs.
High School	70	Teen-1	Open
181 lbs.	145	J. Kaminsky 145	C. Kitchen 450
T. Rock	112.5	132 lbs.	Master-1
198 lbs.	82.5	Teen-1	J. Murphy 315
E. Hilaman	150	Woodeshick 100	Master-2
T. Gantner	90	148 lbs.	L. Reese 340
J. Zang	172.5	Open	275 lbs.
242 lbs.	92.5	M. Powerll 240	Junior
275 lbs.	100	Bahchevenov 360	F. Ruch 465
B. Johnson	120	Teen-2	DEADLIFT
SHW	112.5	167.5 400	FEMALE
M. Rossi	92.5	167.5 122.5	148 lbs.
Pwr Sports	CR	TOT	Open
	BP		S. Sunday 225
	DL		181 lbs.
			Open
MEN			L. Vereen 225
Novice			MALE
242 lbs.			114 lbs.
S. Diel	205	287.5 225	Teen-1
Submaster		512.5	D. Wellington 310
Pure			148 lbs.
242 lbs.			Open
S. Diel	205	287.5 225	Behchevenov 475
Int		512.5	M. Powell 360
165 lbs.			165 lbs.
K. Kimbrell	62.5	142.5 200	Open
Pure		405	J. Rubio 365
275 lbs.			198 lbs.
S. Schmidt	77.5	147.5 272.5	Master-1
Submaster-1		497.5	R. Steinhouse 300
275 lbs.			Open
S. Schmidt	77.5	147.5 272.5	T. Ivanov —
Master-2		497.5	220 lbs.
275 lbs.			Master-1
T. Hayden	40	72.5 177.5	D. Phillips 360
		290	Junior
(Thanks to Rich Peters for these results)			J. Getz 365

Allentown YMCA & YWCA BP  
9 JUL 05 - Allentown, PA

BENCH	S. Sunday	115
FEMALE	181 lbs.	
148 lbs.	Open	
Open	L. Vereen	120

Best Overall Women's Bench Press: Shannon Sunday. Best Overall Men's Bench Press: Kostodon Bahchevanov. Best Overall Women's Deadlift: Shannon Sunday. Best Overall Men's Deadlift: Kostodon Bahchevanov. (Thanks to Mike Laudenberger for providing these results)

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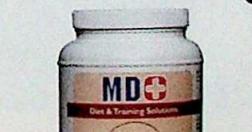
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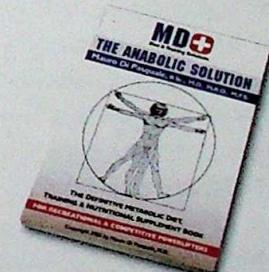
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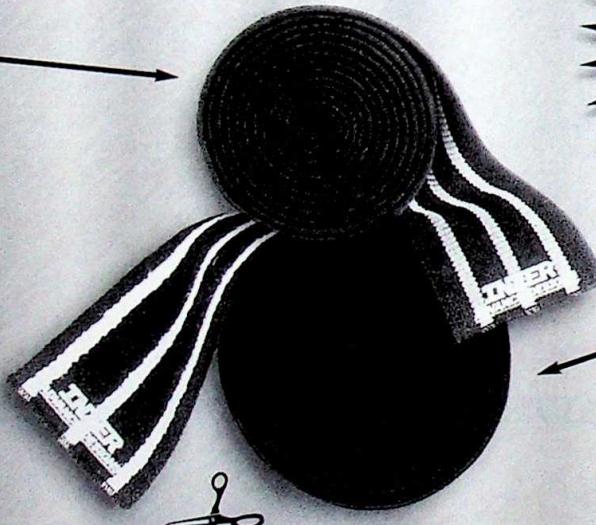
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Patrick Hall

Top National Competitor,



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USPF West Coast BP/DL		4th-214	4th-253
11 JUN 05 - Venice Beach, CA		Master (40-44)	MEN
BENCH	B. Brubaker	512	M. Silva 242
WOMEN	S. Williams	485	Junior (13-15)
Master (55-59)	275 lbs.	148 lbs.	198 lbs.
114 lbs.	S. Hoekstra	567	M. Sparango 203!*
S. Mann 88*	P. Collard	507	D. Horine 374
Master (40-44)	E. Paez	413	Junior (16-17)
148 lbs.	R. Stewart	369	
M. Sparango 121*	A. Valdez	347	
Open	308 lbs.		
198 lbs.	D. Marr	496	
N. I'Anson 192*	B. Meek	457	
MEN	S. Cartwright	—	
Junior (13-15)	Master (40-49)		
148 lbs.	220 lbs.		
D. Bodine —	J. Lara	330	
165 lbs.	242 lbs.		
T. Hopson 226	S. Williams	485!*	
198 lbs.	B. Brubaker	512*	
D. Horine 209	275 lbs.		
Junior (16-17)	D. Hester	402	
148 lbs.	Master (50-59)		
T. Hunnewell 226*	181 lbs.		
220 lbs.	K. VanBuren	275	
J. Hoffman 336*	242 lbs.		
275 lbs.	S. Stone	429	
F. Rodriguez 385	275 lbs.		
Junior (18-19)	D. Knapp	—	
181 lbs.	308 lbs.		
J. Longfellow 237	B. Meek	457	
220 lbs.	Master (60-69)		
S. Demarinis 424*	181 lbs.		
242 lbs.	C. Whyte	242	
A. Topchi 402*	198 lbs.		
308 lbs.	S. Bloom	270	
A. Segretario 429!*	242 lbs.		
Junior (20-23)	D. Smith	402!*	
181 lbs.	4th-408		
T. Olson 248	Master (65-69)		
Open	275 lbs.		
165 lbs.	D. Herrera	413!*	
L. Nelson, Jr. 220	Master (70-74)		
181 lbs.	220 lbs.		
L. Sparango 303	N. Spurlock	275	
198 lbs.	Master (75-79)		
M. Valencia 385	181 lbs.		
220 lbs.	A. Hale	132!*	
C. Bell 501	DEADLIFT		
S. Demarinis 424	WOMEN		
S. Myers 336	Open		
242 lbs.	198 lbs.		
M. Bell 534	N. I'Anson	203!*	If Under 18 have Parent Initial _____

220 lbs.	A. Kovach	501	Ibs., Sheila Mann, 114 Master Women 55-59, 88 lbs., Jonathan Hoffman, 220 Junior 16-17, 336 lbs., Troy Hunnewell, 148 lbs., Sean Demarinis, 220 Junior 18-19, 424 lbs., Anthony Segretario, 308 Junior 18-19, 429 lbs., Andres Topchi, 242 Junior 18-19, 402 lbs., Steve Williams, 242 Master 45-49, 485 lbs., Bryon Brubaker, 242 Master 40-44, 512 lbs., Daniel Smith III, 242 Master 60-64, 409 lbs., Danny Herrera, 275 Master 65-69, 413 lbs., Arvid Hale, 181 Master 75-79, 132 lbs. State Single Lift Deadlift Records set: Nicki I'Anson, 198 Submaster Women, 214 lbs., Monica Sparango, 148 Master Women 40-44, 253 lbs., Francisco Rodriguez, 275 Junior 16-17, 551 lbs., Sean Demarinis, 220 Junior 18-19, 529 lbs., Anthony Segretario, 308 Junior 18-19, 407 lbs., Javier Avila, 181 Master 45-49, 600 lbs., David Foster, 181 Open, 457 lbs., Anthony Valdez, 20-23, 600 lbs., Gordon Santee, 165 Master 55-59, 540 lbs., American Single Lift Bench Records set: Anthony Segretario, 308 Junior 18-19, 429 lbs., Steve Williams, 242 Master 45-49, 485 lbs., Daniel Smith III, 242 Master 60-64, 409 lbs., Danny Herrera, 275 Master 65-69, 413 lbs., Arvid Hale, 181 Master 75-79, 132 lbs. American Single Lift Deadlift Records set: Nicki I'Anson, 198 Submaster Women, 214 lbs., Monica Sparango, 148 Master Women 40-44, 253 lbs., Francisco Rodriguez, 275 Junior 16-17, 551 lbs., Sean Demarinis, 220 Junior 18-19, 529 lbs., Anthony Segretario, 308 Junior 18-19, 407 lbs., Ronnie Castro, 308 Junior 20-23, 551 lbs., Javier Avila, 181 Master 45-49, 600 lbs., Raymond Harper, 242 Master 55-59, 672 lbs., Gordon Santee, 165 Master 55-59, 540 lbs., Larry Manly, 198 Master 65-69, 341 lbs., Daniel Smith III, 242 Master 60-64, 352 lbs. Thanks to all of our valuable help at the meet: Gordon Santee, International referee, Bill Ennis, International referee, Kevin Meskew, National referee, Steve Denison, National referee, announcer, David Foster, State referee, Scott Layman, State referee, Scott Cartwright, State referee, Venice Beach Staff for providing spotters and loaders. (Thanks to Steve Denison for providing the results to Powerlifting USA)
<small>*=State Records. !=America Records. Best Lifter Bench Women: Nicki I'Anson. Best Lifter Junior Bench: S. Demarinis. Best Lifter Light Bench: M. Valencia. Lifter Heavy Bench: S. Hoekstra. Best Master Bench: D. Herrera. Best Lifter Women Deadlift: M. Silva. Best Lifter Junior Deadlift: S. Demarinis. Best Lifter-Light Deadlift: R. Spencer. Best Lifter Heavy Deadlift: R. Harper. Best Master Deadlift: R. Harper. Best Single Lift Bench Records set: Nicki I'Anson, 198 Open Women, 192 lbs., Nicki I'Anson, 198 Submaster Women, 192 lbs., Monica Sparango, 148 Master Women 40-44, 121</small>			



## Application for Registration UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	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				

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 \_\_\_\_\_

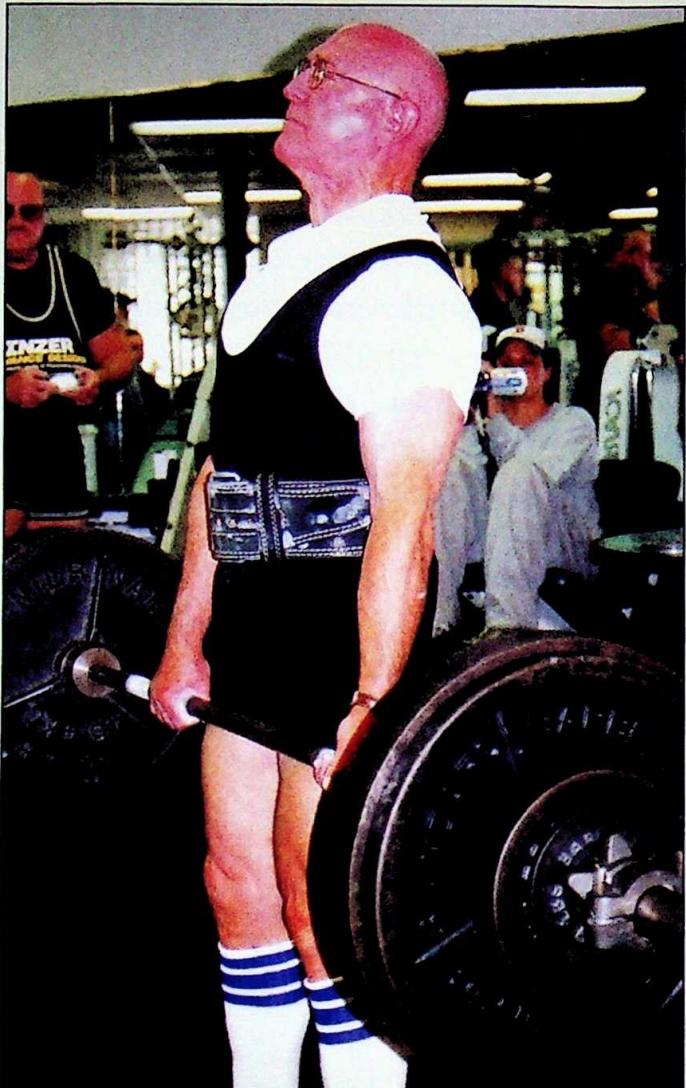
Registration Fee \$25.00  
Make checks payable to and Mail to:  
**UNITED STATES POWERLIFTING FEDERATION**  
**NATIONAL HEADQUARTERS**  
P.O. Box 650  
Roy, Utah 84067

**12th Miller's Ironhouse Natural BP**  
11 JUN 05 - Cumberland, MA

<b>WOMEN</b>	J. Richard	345	<b>FEMALE</b>	J. Jackson	315
Light	G. Hess	365	123 lbs.	220 lbs.	
T. Reffner	145	Master (40-49)	Raw	Raw (40-49)	
J. Scritchfield	90	T. Davis	340	K. Self	160
L. Rodrigues	80	L. Brown	230	MEN	325
<b>Heavyweight</b>	Master (50-54)		132 lbs.	242 lbs.	
J. Robertson	295	B. Pochiba	505	(14-15)	
M. Rizzella	230	Master (55+)		Open	280
D. Grimes	105	B. Shaffer	350	T. Lilly	140
<b>MEN</b>	Fleckenstein	220	148 lbs.	Open	420
<b>High School LT</b>	Open		Open	F. Becker	420
Hunbertson	230	148 lbs.	C. LaRue	280	
K. Dunn	225	N. Jackson	280	R. Barley	570
B. Tvorva	185	165 lbs.	(35-39)	275 lbs.	
<b>High School HW</b>	M. Davis	365	P. Whitacre	185	
L. Darby	280	J. Paluce	270	181 lbs.	Raw
C. Wilkinson	285	181 lbs.	(18-19) Raw	S. Kuzma	440
<b>Teen</b>	J. Ricard	345	J. Peachey	260	(40-49)
M. Davis	365	T. Davis	340	S. Kuzma	525
J. Carusi	360	L. Brown	230	Raw	Supers/Raw
L. Darby	280	220 lbs.	J. Self	365	(20-23)
J. McDanel	270	W. Patrick	445	Open	S. Dillenger
T. Westwood	160	D. Jenkins	425	(40-49)	415
<b>Raw</b>	275+ lbs.	Raw	R. DiBattista	405	Open/Raw
S. Crocker	365	B. Clark	600	198 lbs.	L. Thompson
G. Hess	360	4th-620	Raw	Open	360
J. Lerrick	300	B. Younker	385	R. Gormus	625
<b>Submaster (35-39)</b>					
W. Patrick	445				

Brian Miller, of Miller's Ironhouse Gym, held the 12th annual bench press championships in the Allegany High School Gymnasium. Men and women from ages 14 to 68 traveled from Delaware, Virginia, West Virginia, Pennsylvania, and as far away as Florida. Those in attendance witnessed Barry Clark from Hyndman, PA, who is one of the top lifters in the area, press a 620 pound bench and the biggest lift in the 112 year history of the annual event. National and world champion Jennifer Robertson, from Inwood, WV, lifted the most by any female with a 295 pound effort at a bodyweight of only 133 lbs. "This meet was a huge success with an awesome display of quality drug free lifters and some of which are nationally ranked," says Miller. The meet was dedicated to Sharon Miller who passed away in February. Sharon is Brian Miller's mom, and she was at every meet selling tickets, shirts, and drinks. I wanted to give special thanks to Randy Brooks and Weight Lifters Unlimited for supporting this event every year since it started 12 years ago. I also recognize Mike Miller, Gary Allen, Andy Pannone, Bill Arnold, Larry Darby, and all the help from Miller's Gym for making this year's meet another great success. I also give the Lord all the credit and glory. (Brian Miller)

**11th Independence Bench**  
2 JUL 05 - Stanardsville, VA



**Fred Archambault**, age 82, pulled a fantastic 410 lb. deadlift in the Middleweight division at the APA Twin State Open Championships.

**APA Twin State Open**  
20 AUG 05 - Keene, NH

<b>BENCH</b>	Master-I	
<b>WOMEN</b>	A. Fomaro	530
132 lbs.	CURL	
Open	WOMEN	
R. Leavitt	185	132 lbs.
Drug Tested	Open	
R. Leavitt	185	R. Leavitt
Master	Master	85
R. Leavitt	185	R. Leavitt
Master	Drug Tested	85*
R. Leavitt	185	R. Leavitt
MEN	MEN	
123 lbs.	165 lbs.	
Teen (16-17)	Drug Tested	
D. Quach	170	L. Lichle
148 lbs.	4th-135	130
Teen (16-17)	181 lbs.	
J. Willey	275	Teen (16-17)
165 lbs.	D. Anneser	165
Drug Tested	4th-180*	
L. Lichle	270	Open
4th	275	D. Anneser
D. Mannion	—	165
Master-III	4th-180	
P. Bennett	—	198 lbs.
60-69	Open	
L. Lichle	270	E. DiFruscia
4th	275	150
242 lbs.	4th-155	
Open	Master-I	
S. Miller	445	242 lbs.
M. Lackie	340	Master-III
Master-III	260	B. Matchett
B. Matchett	4th-135*	130
SHW	DEADLIFT	

**APPLICATION FOR REGISTRATION**  
American Powerlifting Association World Powerlifting Alliance



First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Today's Date \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone Number \_\_\_\_\_ E-Mail address \_\_\_\_\_ Date of Birth \_\_\_\_\_

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

\$25 Adult Membership  \$15 High School Student

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

MEN	D. Cospito	505	
198 lbs.	Master-I	505	
Master-I	D. Cospito	505	
E. DiFruscia	535	242 lbs.	
Teen (16-17)		Junior	
M. McHugh	525	D. Anderson	650
Open		Master-III	
E. DiFruscia	535	B. Matchett	460
Master-III		275 lbs.	
P. Bennett	400		
220 lbs.		P. Forgione	660
Open		Submaster	
Push-Pull		P. Forgione	660
MEN	BP	DL	TOT

165 lbs.			
Master-V			
F. Archambault	230	410	640
Drug Tested			
D. Mannion	—	—	—

4th-BP-360



APA Twin State Best Lifters .. (photographs courtesy of Scott Taylor)

181 lbs.	C. Preble	305	230	380	915
Drug Tested	D. Cure	360	160	320	840
A. Abbott	220	425	645		
Teen (16-17)					
D. Anneser	—	—	—		
Open					
D. Anneser	—	—	—		
198 lbs.					
Open					
T. Pigeon	445	580	1025		
220 lbs.					
Teen (18-19)					
K. Burbank	285	525	820		
Junior					
K. Roberts	405	535	940		
242 lbs.					
Junior					
D. Anderson	295	650	945		
Master-III					
B. Matchett	260	460	720		

=American Records. !=World Records.  
Best Lifter Push-Pull: Tim Pigeon. Master  
Best Lifter Push-Pull: Fred Archambault.  
Best Lifter Bench Press: Allan Fomaro.  
Teenage Best Lifter Bench Press: Jared  
Willey. Best Lifter Deadlift: Derek Ander-  
son. Master Best Lifter Deadlift: Eddie  
DiFruscia. Best Lifter Strict Curl: Don  
Anneser. Judges: Jim Crowley, Ken Mattson,  
Scott Taylor. Meet Site: Golds Gym of  
Keene, New Hampshire. 47 entrants com-  
peted in this event and came from a variety  
of places including Florida, Canada,  
Maine, New Hampshire, Vermont, New  
York, Connecticut, and Massachusetts,  
making this a very well attended and  
exciting event. I would especially like to  
thank James Ruggierio owner of Golds Gym  
of Keene, New Hampshire for hosting this  
fine event and providing some fantastic  
spotters who did an awesome job. I would  
also like to thank the referee's who did a  
great job with some very consistent and  
fair judging the entire day. Our oldest  
lifter of the day was Fred Archambault who  
did some incredible lifting. At a bodyweight  
of 161-3/4, he benched 230 and pulled a  
awesome 410 deadlift and just missed a 430  
attempt. This is great lifting for anybody in  
the 165 class but considering this man is  
82 years young it is simply outstanding!  
The man simply wowed all of us. Lots of  
quality lifting took place from the teenag-  
ers up throughout the master categories.  
Several events are coming up soon in  
the New England area in the states of  
Maine, New Hampshire, Vermont, Massa-  
chusetts, and Connecticut so stay tuned to  
our website <http://www.apa-wpa.com> to  
find out when one is coming near you.  
Special thanks to Mike Lambert and  
Powerlifting USA magazine for sponsoring  
this event. (Thanks to Scott Taylor, APA  
President, for providing the meet results)

lbs., in the deadlift with 540 lbs. and he  
almost got a 570 lb. deadlift up, and a new  
record total of 1440 lbs. In the master 220  
lb. class, Bill Rardon broke records in the  
squat, dead lift, and total. Courtney Atlas,  
in the golden master 220 lb. class at the age  
of sixtytwo years young, broke all previous  
records in his weight division, with a  
grand total of 745 lbs. It has not been long  
ago that Courtney went through open heart  
surgery, he's doing fine now. Zack Stenberg,  
in the open 242 lb. class, did an awesome  
job with a total of 1325 lbs. Zack weighed  
in at 221 lbs. and it was his first powerlifting  
meet. At the age of fiftyfour, Jack Griffin,  
lifting in the grand master 242 lb. class,  
broke two previous records, one in the  
squat at 650 lbs. and one in the total with  
1690 lbs. Here at Montana State Prison, we  
only have vitamins so it makes it hard. Jack  
gives thanks to God for his strength. In the  
master 275 lb. Class, Rich "Show Boat"  
Schaff broke all previous Low Side records  
in squat, bench, dead lift, and total. In the  
master 319 lb. class, John Grixli broke a  
bench press record with a 335 lb. press. I  
would like to thank the prison staff who  
made this meet possible: Our sponsor  
William Sanders for coordinating our ac-  
tivities and his positive attitude and influ-  
ence. Director of Rehabilitative Services,  
Don Berryman. Security Major Tom Wood.  
Associate Warden Myron Beeson. Assoc-  
iate Warden Leonard Mihelich. Deputy  
Warden Ross Swanson. Warden Mike  
Mahoney, and all the correctional officers  
in attendance. I would also like to say  
thanks to everyone who helped out at the  
event. Our judges, correctional staff mem-  
bers Terry Wilkerson, Terry Cochrane,  
and Dave Pentlan. The inmates who helped  
out as spotter's, Tony Leba, Berry Beach,  
and Dave Aliff, and stats keepers. Dewy  
Coleman (Announcer), Fritz Krantz (Cam-  
era Man), and Kristofor Hans (video taping  
the event). A special thanks to Steve  
Macomber Producer and Editor, and Paul  
Harris for helping coordinate the  
powerlifting meet. (Thanks to Jack Griffin  
21755, Chairman of Low Side Barbell Club,  
for providing these competition results.)

#### Dynamis Low Side Powerlifting 10 JUL 05 - Deer Lodge, MT

MEN	SQ	BP	DL	TOT
Open (18-39)				
148 lbs.				
S. Gratz	315	225	350	890
165 lbs.				
J. Gonzalez	405	300	500	1205
181 lbs.				
D. Dusler	375	300	450	1125
T. Sullivan	315	275	350	940
198 lbs.				
J. Cleveland	430	325	500	1255
R. Moskaloff	385	300	405	1090
W. Thomason	345	300	350	995

Greetings from M.S.P.: The Montana State  
Prison inmate population, in conjunction  
with the M.S.P. recreation department,  
conducted the annual Low Side Powerlifting  
Meet, which included all eligible inmates  
from the low side security compounds. For  
this years event, we reached out to the  
entire low side inmate population, encour-  
aging all inmates to attend the event  
regardless of age, health, or disability.  
The purpose of this event is to encourage  
and promote health and fitness, by encour-  
aging those who attend the meet to exer-  
cise and lift weights. This was a non-  
sanctioned powerlifting meet, however  
we used the USA Powerlifting (formerly  
the ADFPA) rules and regulations. Per  
prison policy, inmates competing in the  
event were not permitted to use supple-  
ments, bench shirts, or squat suits, making  
this meet by definition, a "raw meet".  
Twenty-nine (29) inmates competed in the  
competition, the winners being the best in  
each weight class, with the greatest com-  
bined total. Seth Gratz, in the open 148 lb.  
class, took first place weighing in at 146  
lbs. he also broke all previous records,  
with a grand total of 890 lbs. This was his  
first powerlifting meet and he trained  
hard. He thanks his team so much for  
showing him the challenge and strength of  
it powerlifting. Jesse Chewy Gonzalez  
broke two records in the open 165 lb. class.  
He broke the deadlift record and pulled an  
impressive 500 lbs. He broke the overall  
total with 1205 lbs., and he just missed a  
500 lb. squat. This kid only gets better with  
each power meet. He would like to thank  
his team and most importantly God for the  
power and strength only he can give. In the

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**WABDL Heart-of-America  
2 APR 05 - Collinsville, IL**

DEADLIFT		198 lbs.
WOMEN	C. Cobb	249*
Open	Open	
148 lbs.	148 lbs.	
M. Whitmer	231*	M. Whitmer 88
MEN	MEN	
Class-1	Class-1	
165 lbs.	165 lbs.	
P. Stanton	462*	P. Stanton —
H. Tsang	347*	B. Dreger 292
Y. Seong	297*	4th-297*
181 lbs.	H. Tsang	187*
A. Kim	512*	181 lbs.
J. Powell	473	R. Siale 286
R. Staley	402	198 lbs.
4th-418 *	T. Pruitt	451*
198 lbs.	220 lbs.	
Rabovianski	402	M. Berleaux 435
220 lbs.	4th-446*	
J. Boettger	551	Finkenstadt 413*
Flenkensadt	402	A. Siagell 319
242 lbs.	242 lbs.	
B. Morris	534*	D. Heiberger 242
D. Heiberger	479*	W. Hasty 242
275 lbs.	308 lbs.	
Heittokangas	485*	D. Bergman 356
308 lbs.	4th-369*	
D. Bergman	485*	Junior (20-25)
Junior (20-25)	132 lbs.	
148 lbs.	148 lbs.	
C. West	352	C. West 203
V. Kolesnikov	330	165 lbs.
165 lbs.	J. Reyes	352*
P. Halverson	418	B. Richards 319
J. Reyes	507*	P. Halverson 308
B. Richards	501*	H. Tsang 167*
H. Tsang	347*	181 lbs.
181 lbs.	A. Kim	451
A. Kim	512*	4th-468*
Derengowski	407	Derengowski 374
220 lbs.	198 lbs.	
B. Christoff	501	M. Bell 154
242 lbs.	242 lbs.	
M. May	518	M. May 369*
SHW	259 lbs.	
L. Mateer	600*	N. Lepine
Law/Fire	275 lbs.	
Open	B. Rogers	573
165 lbs.	4th-584*	
J. Liggett	303	SHW
4th-325*	L. Mateer	552!*
Master (40-46)	Law/Fire	
242 lbs.	Master (40-47)	
D. Silver	518	198 lbs.
275 lbs.	L. Banks	429
M. Phillips	611*	Law/Fire
Master (47-53)	Master (46+)	
259 lbs.	259 lbs.	
E. Morgan	655*	R. Ryan 540!*
Master (54-60)	Open	
275 lbs.	165 lbs.	
T. Morgan	551*	J. Liggett 220*
Open	220 lbs.	
132 lbs.	K. Millrany 556	
A. Kang	407*	4th-576S!
220 lbs.	242 lbs.	
M. Woody	672*	D. Haycraft 512
242 lbs.	Master (47-53)	
B. Morris	534*	220 lbs.
A. Doyle	501	G. Chrun 529
275 lbs.	M. Berleaux 435	
M. Phillips	611*	4th-448*
Submaster (34-39)	M. Frizzell 451*	
220 lbs.	242 lbs.	
Douglas	661*	B. Whiled 540*
Teen (13-15)	259 lbs.	
123 lbs.	G. Chrun	
J. Blair	314*	Master (47-53)
Teen (16-19)	SHW	
114 lbs.	D. Jackson 253*	
A. Lakhlani	181	Master (61-67)
32 lbs.	220 lbs.	
J. Pfeifer	380*	J. Bourlsaw 402*
48 lbs.	Open	
F. Faught	402*	181 lbs.
65 lbs.	Derengowski 374*	
M. McMasters	501*	220 lbs.
98 lbs.	K. Millrany 556	
J. Cantrell	507*	4th-576*
J. Hatch	496	J. Boettger 485
4th-501*	D. Haycraft 512	
42 lbs.	259 lbs.	
J. Silver	435*	R. Ryan 540*
08 lbs.	275 lbs.	
B. Bergman	485*	Heittokangas 584*
ENCH	SHW	
WOMEN	M. Hamby	—
Master (40-46)	Submaster (34-39)	

198 lbs.	L. McMesters	275
M. Happach	336	198 lbs.
220 lbs.	B. Cantrell	358
M. Smothers	473	4th-363*
4th-501*	G. DeClark	314
Teen (13-15)	220 lbs.	
123 lbs.	C. Frizzell	314
N. Raburn	214!*	242 lbs.
J. Blair	187*	J. Alwardt
Teen (16-19)	259 lbs.	341
114 lbs.	D. McCoy	330
A. Lakhiani	104	308 lbs.
148 lbs.	J. Quickie	—
B. Faught	236	D. Bergman
165 lbs.	4th-369*	358
=World Records. *=State Records. Team Standings: 1st-Old School Squad of Illinois Powerlifting, 232 pts., 2nd-Squad Ichiban-Crush, 222 pts., 3rd-Squad West, 214 pts., 4th-Squad Tuonela, 206 pts., 5th-Anova, 192 pts., and 6th-Team Illinois, 140 pts. This meet was held at the convention center. In the deadlift in Class-1, Paul Stanton of Illinois set a state record 462.7 at 165, and Harry Tsang set a Pennsylvania record 347, to come in 2nd. At 181, Andrew Kim set an Illinois record of 512.5. All of the aforementioned lifters		

are coached by John Hudson, at the University of Illinois, Champaign. John is completing his PhD in writing studies at the University of Illinois. He holds a M.A. in English from the U of North Dakota. At 242, Brent Morris set a Tennessee record with 534.5. Brent is very impressive looking with his tattoos and natural deadlift frame. David Heiberger was 2nd with an Illinois record 479.5. At 275, Janne Heittokangas from Finland, won Class-1 with 485. At 308, David Bergman set an Illinois record with 485. In Junior Men, Josh Reyes set an Illinois record at 165 with 507. Blake Richards was a close 2nd with 501.5, which was also an Illinois record until Josh broke it. Harry Tsang of Pennsylvania was a distant 3rd with a Pennsylvania record 347. At 181, Andrew Kim set an Illinois record 512.5. At Super, Lee Matee set an Illinois record with 600.7. In Law/Fire Open deadlift, Jayne Liggett set an Illinois record 325 at 165. In Master Men (40-46) 275, Mark Phillips set a Tennessee record with 611.7. Mark is a student of the history of the game. He used to train around Chuck Broxton and remembers when John Ford was in Ten-

nessee training, and the gym he trains at has been featured in Rick Brewer's section on hard core gyms. Eddie Morgan of Arkansas set an Arkansas record 655.7 in Master (47-53) 259 class. His brother Tom Morgan set an Arkansas record 551 in the Master (54-60) 275 class. They make a great team and help each other. It's not that often that you see brothers that close. In Open 132, Alexander Kang set a Maryland record with 407.7. At 220, Mike Woody, who is a personal injury lawyer in Indianapolis, pulled a huge 672.2 for an Indiana record. At 242, Brent Morris set a Tennessee record 534.5. Mark Phillips, who had set a record in Master earlier in the day, also set a record 611.7 at Open 275. In Open Women 148, Melissa Whitmer set an Illinois record 231.2 at 148. In Submaster Men, Jeff Douglas set an Illinois record DL of 661.2. Jeff is an associate professor of statistics at the University of Illinois. He holds a PhD from the U of Illinois and is co-director of the Educational and Psychological Measurement Lab at the university. In Teen Men, Jarrod Blair of Missouri set a state record 314 in Teen (13-15) 123 class. In (16-19)

132, Tony Pfeifer set an Illinois record 380.2. At 148, Brett Faught set an Illinois record 402.2. At 165, Laramie McMasters pulled a very respectable 501.5 for an Illinois record 507. Eli Hatch was 2nd with an Illinois record 501.5, until Ben beat it moments later. At 242, Trent Silver set an Illinois record 435.2, and at 308, David Bergman set an Illinois record 485. There were 7 state records set in the teenage division alone. Moving on to the bench press, in Class-1, Brent Dreyer at 165, set an Illinois record 297.5. At 198, Timothy Pruitt set an Illinois record 451.7. Mike Bertheaux of Colorado, who has lifted in more states in WABDL meets than any WABDL lifter, popped a 448.4 state record at 220. Dan Finkenstadt was 2nd with an Illinois record 413.2. Dan just completed his PhD in Theoretical Physics at the University of Illinois. At 308, David Bergman set an Illinois record 369.2. In Junior Men 132, Alexander Kang set a Maryland record 220#. At 165, Josh Reyes set an Illinois record 352.5. At 181, Andrew Kim pushed an Illinois record 468.2 to move up in the all-time WABDL rankings in the #9 spot. At 242, Macayne

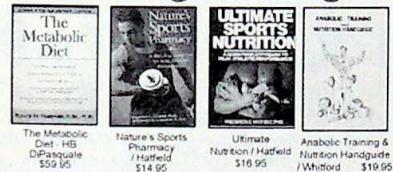


*Most of the Illini Powerlifting Team at the Heart of America Meet*

May set an Illinois record 369.2. At 275, 584.4 for an Illinois record, and he moved Brandon Rogers put up a world beater up to the top 15 all-time in WABDL at 275.

At super heavy, Lee Maleer set a World Record 552.1 and he moved up in the super heavy all-time rankings to the top 20. In Law/Fire (48+), 50 year old Roger Ryan set a World Record 540 at 259, which is a huge lift considering his weight and age. In Master Men (40-46) 220, Ken Millraney set a World Record 576.3 on his 3rd attempt. He missed badly on his 1st and 2nd attempts. Ken is the WABDL Tennessee State Chairman and puts on the Tennessee state meet in the middle of August every year. In Master (47-53) 220, Mike Bertheaux set a Colorado record with 448.4. However, he came in 2nd to Mike Frizzell, who set an Illinois state record 451.7. At 242, Brian Whited set an Oklahoma record 540. At 259, Greg Chrun blasted 529, but for some reason couldn't get a Missouri state record 545. In Master (61-67) 220, Jim Bourisaw put up a very strong 402.2 Missouri state record. In Master (40-46) Women 198, Cheryl Cobb set a Tennessee state record 249.1. Cheryl will bench 300 drug-free within a year. In Open 181, Andrew Kim set an Illinois record 468.2 and his U of Illinois record 374.7 for 2nd. Ken Millraney put up a Tennessee record 576.6 at 220, and Roger Ryan put up with authority a 540 Illinois record at 259. At 275, Janne Heittokangas put up a Finish National Record 584. He is an Associated Professor of Mathematics at the University of Illinois. He received his PhD in mathematics from the University of Joensuu in Finland. He is now back in Finland teaching at the university for the summer. In Submaster 220, Mike Smothers set an Illinois record 501.5. In Teen (13-15) 123, Nick Rabun set a World Record in his first meet in the bench with 214.7. Jarrod Blair was 2nd with 187.2 and a Missouri record. In Teen (16-19) 198, Ben Cantrell set an Illinois record 363.7. At 220, Casey Frizzell set an Illinois record 314. At 242, Jeremy Alward set an Illinois record 341.5, and at 259, David McCoy set an Illinois record 330.5. In 308, David Bergman set an Illinois record 369.2. John Hudson brought 24 lifters from the University of Illinois. In the Team competition, Team Illinois beat team Missouri 140 to 126, for the 1st Annual WABDL Illinois-Missouri "bragging rights" trophy. The trophy will remain in Illinois until next year. Illini Powerlifting had 40 members in this meet and they decided to have a team battle among their different training squads. The team standing are above. John Hudson was the Head Judge. Side Judges were Erica Haisler, Matt Bell, and Gus Reithweisch for world records. Other judges were Ken Millraney and Mark Phillips. The Meet Directors were Erica Haisler, Josh Reyes and Matt Bell. House of Pain was the main sponsor. (Janne Heittokangas, Brandon Rogers, and Ken Millraney were all drug tested at this meet and passed. Thanks to Gus Reithweisch for the results)

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### Nova Raw Bench Championships 20 Aug 05 - Sterling, VA

WOMEN	220 lbs.
	(20-24)
123 lbs.	155! C. Parks 325!
K. Self	275 lbs.
132	135! (35-39)
H. Austin	B. Powell 375
MEN	Master (40-44)
181 lbs.	375! S. Kuzma 465
J. Self	Military SHW
375!	J. Gardner 315! Master (40-44)
Master (45-49)	J. James 315
C. West	390!
198 lbs.	J. Jackson 325

!=Nova Raw Records. Best Lifter: Carl West. This was a fun meet. Some lifts that deserve special mentioning are Carl West's 390, John Self's 375, and Scott Kuzma's 465. Brian Powell is oh so close to 400, and Kerri Self broke records on every attempt. There were some new faces that also did very well. I would like to thank Carl Seeker for the great awards. Also thanks to Mike Lambert and PLUSA for their help. (Thanks to John James for providing results to Powerlifting USA)

**Paul W. "Sarge" Pendley**, a longtime resident of Baton Rouge, died peacefully at his home on Thursday, July 28, 2005, at 88 years old. He

## PLUSA DEDICATION

by Gus Rethwisch



PAUL W. "SARGE" PENDLEY

was born on May 1, 1917. He retired as a master sergeant from the U.S. Air Force, after 20 years of service that included World War II and the Korean Conflict.

He was a campaign organizer for Gov. John J. McKeithen during 1963-1964. He retired from the Louisiana State Employees Retirement System in 1977, having been employed as state property insurance manager under McKeithen's administration and employment with the Greater Baton Rouge Port Commission. He retired again in 1983 after employment with the U.S. Department of Agriculture, Grain Inspection Service.

Sarge was a lifelong advocate of physical fitness, after having coached boxing in the Air Force, he became deeply involved in Olympic weightlifting and powerlifting. He coached, trained, and produced many local and national champions.

Sarge competed in many powerlifting meets, both locally and nationally, and won nine consecutive national titles and a

world title as a master powerlifter. He is a member of the Louisiana Hall of Fame for Powerlifting. He was an official judge and referee at many national and international powerlifting competitions. He served as emcee and master of ceremonies for 27 years from Canada to Mexico for powerlifting, Olympic weightlifting, bodybuilding, and boxing competitions.

He was a member of World Association of Bench Pressers and Deadlifters, U.S. Powerlifting Federation, and the Louisiana and National Senior Olympic Games Associations. He was still competing at age 88.

Sarge had many words of advice for the powerlifters that he coached. Such as "You learn to lift by lifting," "You learn to compete by competing," "Either you win or the iron wins," and, "When you win, look up and grin."

We will miss you Sarge.  
The bar is loaded.

## USAPL Seattle Summer Classic

9 JUL 05 - Seattle, WA

Flight-C BP DL TOT

MEN

Youth (12-13)

275+ lbs.

Red-Stevens 155 225 380

242 lbs.

K. Moore 140 235 375

Teen-1

275+ lbs.

R. Harrison 145 315 460

Junior

148 lbs.

C. Real 350 350

Master-3

242 lbs.

M. Murphy 280 — 280

W. Jones 250 405 655

Master-4

181 lbs.

A. Tewer 260 — 260

Open

275 lbs.

G. Pharr 225 350 775

275+ lbs.

R. Simpson 405 405

Flight-A SQ BP DL TOT

WOMEN

Teen-1

165 lbs.

A. Fled 100 80 225 405

Teen-2

105 lbs.

K. McFarland 105 90 200 395

114 lbs.

B. Whitney 150 80 200 430

148 lbs.

A. McWeeney 145 110 220 500

D. Franklin 180 95 205 480

181 lbs.

A. Mitchell 135 105 275 515

Master-1

181 lbs.

D. Backiel 245 170 270 685

Master-2

198 lbs.

J. Arnow 315 225 340 880

Master-5

132 lbs.

F. Ireland 200 125 260 585

MEN

Teen-1

148 lbs.

T. Belen 360 230 390 980

Teen-2

132 lbs.

K. Farmer 375 225 350 950

Flight-B

MEN

Open

220 lbs.

K. Geck 500 375 500 1375

242 lbs.

T. Waters 570 340 500 1410

Teen-1

220 lbs.

M. Tuttle 365 335 460 1160

Teen-2

165 lbs.

A. Specht 300 225 300 825

198 lbs.

Z. Novak 350 265 465 1070

220 lbs.

D. Sullivan 365 210 410 985

275 lbs.

N. Byram 375 240 385 100

Teen-3

181 lbs.

D. Johnson 315 225 385 925

Junior

181 lbs.

D. Jurgens 435 305 600 1340

198 lbs.

K. Umetsu — 235 — 235

Master-2

220 lbs.

J. Dietz 300 320 385 1005

## Master-3

220 lbs.

S. Slavens 405 315 505 1225

275 lbs.

R. Hendrix 700 485 635 1820

(Thanks to USAPL for providing the results)

## ADAU Single Lift Nationals 23 JUL 05 - Catasauqua, PA

SQUAT C. Cinicola 230

FEMALE 4th-270

114 lbs. 220 lbs.

Teen (14-15) Open

S. Schlofer 155 M. Holbert 430

MALE Master (40-44)

114 lbs. P. Felix 405

Teen (14-15) 242 lbs.

E. Smith 215 Open

123 lbs. M. Eaton 455

Teen (12-13) Master (45-49)

D. Smith 150 M. Bowen 440

132 lbs. Teen (16-17)

Open N. Seiner 420

275 lbs. Submaster (35-39)

M. Minnifield 470

4th-375 Master (40-44)

G. James 385 D. Linton 450

Submaster (35-39) Teen (16-17)

J. Monk 365 I. Shupp 385

4th-375 4th-400

Open Teen (14-15)

Master (45-49) C. Nase 275

319 lbs. Master (40-44)

G. Teeter 250 A. Gonzalez 565

Teen (12-13) BENCH

J. Keller 165 FEMALE

114 lbs. 114 lbs.

165 lbs. Teen (14-15)

S. Schlofer 90 S. Schlofer 90

123 lbs. Junior (20-23)

E. Knapp 95 E. Knapp 95

181 lbs. Open

A. Scolaro 405 M. Borzak 230

Master (40-44) D. Grimes 110

D. Jones 275 MALE

4th-300 114 lbs.

Open Open

Master (45-49) H. Claypatch 190

MacGregor 275 Teen (14-15)

Special Olympics A. Mistiella 160

198 lbs. 123 lbs.

Teen (16-17) A. Chorney 150

J. Wood 430 Teen (12-13)

4th-440 D. Smith 115

Open Open

G. Lowe 365 132 lbs.

D. Fuchs 355 Open

Submaster (35-39) M. Kuhns 285

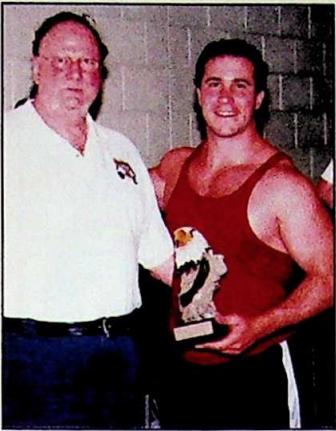
R. Weaver 300 Teen (16-17)

B. Kunkel 210 B. Kunkel 210



Mike Kuhns ... Best ADAU Squat

Teen (14-15)	B. Rieck, Jr	160	Teen (18-19)	D. Samuels	285
Open			Master (40-44)	J. Longinotti	260
Master (45-49)			Master (50-54)	D. Kuhns	265
I. Shupp	385	4th-306	Master (55-59)	T. Smith	265
4th-400			Special Olympics	K. Miller	205
Teen (14-15)			220 lbs.		
C. Nase	275	Open	Open		
319 lbs.			Master (45-49)		
Master (40-44)			P. Darbouze	410	
G. Teeter	245	Open	Open		
A. Gonzalez	565		Master (45-49)		
B. Fahrenfeld	325		P. Griffith	235	
Master (50-54)			Master (65-69)	R. Titus	260
E. Gaal	140	Open	4th-270		
165 lbs.			Master (70-74)		
T. Kunkel	275		Teen (18-19)	B. Weidaw	285
A. Teti	230	Open	Junior (20-23)		
J. Bardsley	215		A. Wachter	305	
Teen (18-19)			Master (40-44)		
V. Raynov	225	Open	P. Felix	300	
Master (50-54)			Master (45-49)		
M. Borzak	230		B. Weidaw	285	
D. Grimes	110	Open	Junior (20-23)		
MALE			A. Wachter	305	
114 lbs.			Master (40-44)		
Open			P. Griffith	235	
Teen (16-17)			Master (65-69)	R. Titus	260
B. Legg	220	Open	4th-205		
181 lbs.			Master (70-74)		
Open			Teen (18-19)	B. Weidaw	285
Teen (16-17)			Junior (20-23)		
B. Rebarchak	340	Open	A. Wachter	305	
Open			Master (40-44)		
Teen (16-17)			G. Haley	375	
S. Shuck	355	Open	Teen (16-17)	N. Seiner	375
Open			Open	M. Eaton	330
Submaster (35-39)			Open		
N. Seiner	375	Open	Master (45-49)		
P. Proudfoot	325	Open	G. Passman	335	
Open			D. Jones	320	
Master (40-44)			Open		
G. Geck	320	Open	Master (40-44)		
242 lbs.			D. Linton	330	
T. Waters	375	Open	319 lbs.		
Teen-1			Master (45-49)		
220 lbs.			MacGregor	285	
K. Farmer	375	Open	242 lbs.		
Teen-2			D. Bardsley	320	
165 lbs.			Master (50-54)		
A. Specht	300	Open	Shellhammer	300	
220 lbs.			Teen (12-13)		
Z. Novak	350	Open	D. Fairchild	175	
265 lbs.			Special Olympics		
D. Sullivan	365	Open	C. Maurer	165	
210 lbs.			198 lbs.		
T. Waters	570	Open	Open		
340 lbs.			K. Johnson	110	
N. Byram	375	Open	4th-120		
300 lbs.			Teen (14-15)		
500 lbs.		Open	S. Scholfer	195	
1410 lbs.			4th-205		
Teen-3			MALE		
220 lbs.			66 lbs.		
D. Johnson	315	Open	Youth (8-9)		
225 lbs.			D. Johnson	105	
385 lbs.			4th-115		
925 lbs.			114 lbs.		
Teen-1			Teen (14-15)		
181 lbs.			E. Smith	225	
D. Johnson	315	Open	Open		
225 lbs.			M. Tonkovich	350	
385 lbs.			123 lbs.		
925 lbs.			Teen (12-13)		
Teen-2			D. Franklin	210	
105 lbs.			Teen (16-17)		
K. McFarland	105	Open	A. Mitchell	325	
90 lbs.			132 lbs.		
B. Whitney	150	Open	Open		
80 lbs.					
200 lbs.					
430 lbs.					
148 lbs.					
A. McWeeney	145	Open			
110 lbs.					
D. Franklin	180	Open			
95 lbs.					
205 lbs.					
480 lbs.					
181 lbs.					
A. Mitchell	135	Open			
105 lbs.					
275 lbs.					
515 lbs.					
Master-1					



**Best ADAU BPer .... Dennis Cieri with Al Siegel (photos by D. Kuhns)**

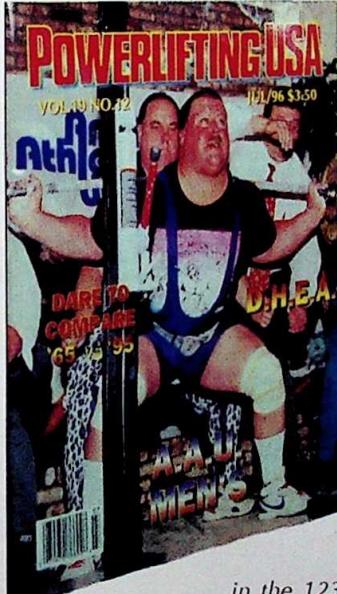
Teen (14-15)	Special Olympics
B. Rieck, Jr	215
Teen (16-17)	165 lbs.
B. Kunkel	330
148 lbs.	Master (50-54)
Open	N. Theodorou
Master (45-49)	580
D. Wilson	500
Open	Teen (16-17)
G. James	420
Teen (14-15)	Open
J. Keller	325
Master (40-44)	Master (50-54)
M. Teeter	310
4th-330	Open

A. Scolaro	545	Open
Junior (20-23)	590	J. Raebiger
L. Fuchs	460	Open
Master (40-44)	475	Junior (20-23)
D. Jones	445	Robortaccio
Master (45-49)	510	Master (40-44)
MacGregor	350	P. Felix
Master (50-54)	475	242 lbs.
Shellhammer	440	Open
Teen (12-13)	575	W. Spayd
D. Fairchild	305	M. Eaton
Submaster (35-39)	515	Junior (20-23)
G. Johnson	305	A. Finland
Special Olympics	550	Teen (18-19)
C. Maurer	285	F. Riccardi
198 lbs.	520	Open
Master (55-59)	570	Master (45-49)
T. Smith	570	M. Bowen
Teen (18-19)	460	Master (40-44)
D. Samuels	555	T. Middleton
4th-580	455	275 lbs.
Open	275 lbs.	Master (40-44)
G. Lowe	475	D. Linton
Teen (14-15)	500	Master (65-69)
C. Cinicola	350	A. Siegel
Open	430	Teen (14-15)
Master (40-44)	360	C. Nase
B. Haley	350	319 lbs.
Open	—	Master (45-49)
D. Fuchs	—	T. Finland
Special Olympics	660	Open
K. Miller	260	C. Eckroth
220 lbs.	Junior (20-23)	575
Master (50-54)	405	B. Trois
P. Rosenstern	620	Outstanding Female Squatter: Stephanie Schlofer.
Teen (18-19)	620	Outstanding Male Squatter: Michael Kuhns.
V. Raynov	335	Outstanding Female Bench Presser: Michelle Borzak.
Open	320	Outstanding Male Bench Presser: Dennis Cieri.
Michael Kuhns	181 lbs.	Outstanding Female Deadlifter: Stephanie Schlofer.
Outstanding Male Deadlifter: Dennis Cieri.	Open	Outstanding Male Deadlifter: Mike Hitchcock, Pat Huran, John D'Imperio (who

## BACK ISSUE OF THE MONTH

The July 1996 issue of Powerlifting USA featured on the cover the late, great Robert Dempsey squatting at the AAU Men's Nationals. We had a report on the USPF Juniors and Collegiates, with Shane Hamman squatting 1008 pounds, the first official IPF style 1,000 poundsquat. Veteran champion Scott Warman started his series on meet preparation, and Moris L. Silber (former Russian Sports Scientist) of Sport Med Elite Technologies demonstrated the science behind athletes' need for nutritional supplements. Joe McAuliffe described his bench press philosophy in our Workout of the Month, and Robert Wagner was interviewed by Stephan Korte. Terry Grimwood was profiled and one of the photos in that article proved to be among the most memorable ever published in Powerlifting USA, the one where Terry is flanked by enormous superheavyweight Grant Pitts and the incredible deadlifter Gary Heisey. Louie Simmons talked about chain reactions and accommodating leverages, showing how you can use chains in box squat exercises and how they can be incorporated into bench press training. Judd Biasiotti's article was entitled, "A Hit Dog Will Holler", which involves responses to his article entitled, "The More I Watch Powerlifting the Better".

Professional Wrestling Looks." Herb Glossbrenner came up with a very interesting top 10 ranking comparison from 1965 vs. 1995,



in the 123  
throug  
superheavyweight classes,  
not including the 220s, 242s,  
275s, which were not in existence,  
along with the 114s, in 1965.  
Only in the 123 pound class would  
a total made in 1965 that could  
still make the top ten list in 1995.  
Herb Glossbrenner also continued  
with his retrospective of the 5th  
Senior National Championships  
in 1969 in York, PA. In that piece,  
pages 48-51 of this issue.

Nicholas Theodorou. Wow, what a contest! The largest drug-tested raw contest yet held. The 2005 ADAU Single Lift Nationals took place at the Suburban North Family YMCA. This was also the Tenth Annual Catasauqua Classic fund raiser for the YMCA. This year's meet raised over \$2200.00 for the Y Youth Scholarship fund and the Twin City Powerlifting Team. To date, we have raised over \$10,000! And what lifting! 51 American Records including five Open American records. Outstanding Squatter Michael Kuhns made a 495 squat then a 285 bench at 132. Outstanding Female Bench Michelle Borzak made a terrific 230 bench at 148. Outstanding Male Bench Dennis Cieri, bench press specialist par extra ordinaire, easily made 480 on his second, and just missed 500 on a third as a 198, with NO hand-offs! Nicholas Theodorou pulled a strong 580 deadlift at 165, despite the trials and tribulations of being the meet director, to win the Outstanding Male Deadlift award. Also earning Outstanding Lifter Awards was none other than fifteen year old Twin City Powerlifter Stephanie Schlofer, who won Best Female Squatter and Best Female Deadlifter. In addition, numerous Youth, Teen, and Age Group American Records were also established. Raw (and drug-tested) competition is the best way to introduce our sport to youngsters who hold the key to future growth of this sport we love so much! The meet was organized and run by members of the Twin City Powerlifting Team, all active competitors. The platform ran smoothly under the able direction of Platform Manager Rob Eckhart. The spotter/loaders did a great job handling over 450 attempts; Mike Hitchcock, Pat Huran, John D'Imperio (who

designed the meet shirt and flyers), Brian DaCosta, Brian Ramage, Ian Shupp (who also squatted), Bob Thomas and Jon Tresslar. Special thanks to Head Expediter Chris Cimigliaro, who kept everything moving along. And certainly, the crew at the head table, Brenda Siegel, Bonnie Kuhns, Chris Spairana, Brian DaCosta, Chris Border and Lori Lucykanish. Thanks to the referees who worked tirelessly: Al Siegel, Chris Border, Rich Schmidt, Jay Siegel and the famous Bugs Bayer. Barry Pensyl, who coached our Special Olympians Michael Gaal, Craig Maurer and Kyle Miller. Great lifting fellows! We are so proud of you! Last but not least, our sponsors: Cathy Theodorou of Nutritional Technologies; Dr. Nalyn Marcus of Marcus Family Chiropractic; James Ochse of Speed, Agility & Quickness; Don Kuhns of Massage Therapy (who also benched); Patrick Horan of R.A. Horan Construction; John Shubert of Rutler Screen Printing (Major thanks to John for loaning us his trailer to move all of the equipment to and from the meet site. That was a huge help, John); Jay, Al and Brenda Siegel of Siegel Engraving and Louise Tusak of the Bethlehem Special Olympics. Finally, thanks to all of the athletes, drug-free and raw, who came out to support this contest and the ADAU. Check the ADAU website at 'www.picup.com' for these and other meet results as well as a schedule of upcoming ADAU contests. (Thanks to Don Kuhns, VP Publicity, Twin City Powerlifting Team, for providing these meet results)

### USAPL Southern California 13 AUG 05 - Sylmar, CA (kg)

BENCH	275 lbs.
FEMALE	D. Herrera
Master-2	182.5
198 lbs.	Open
V. Crowell	85 123 lbs.
MALE	J. Hadden
Master-1	107.5
UNL	220 lbs.
C. McGuire	190 J. Alvarezado
UNL	232.5
Master-4	UNL
R. Widner	107.5 S. Brown —
Master-6	Teen-2
198 lbs.	220 lbs.
L. Manly	112.5 J. Hoffman 165
FEMALE	SQ BP DL TOT
Open	
165 lbs.	L. Freel 160 112.5 195 467.5
UNL	
L. Lovall	157.5 — — —
MALE	
Master-2	
220 lbs.	G. Pessell 250 200 275 725
275 lbs.	T. Stewart 227.5 150 227.5 605
Master-3	
198 lbs.	L. Vallot 102.5 85 125 312.5
Master-4	
242 lbs.	B. Evans 207.5 175 160 542.5
UNL	
R. Widner	— 107.5 165 —
Master-6	
198 lbs.	L. Manly 145 112.5 152.5 410
Master-8	
220 lbs.	J. Kress 92.5 92.5 140 325
Open	
148 lbs.	J. Veloz 115 85 130 330
165 lbs.	A. Franks — — — —
198 lbs.	J. Sykora 230 130 277.5 637.5
D. Espinoza	— 177.5 232.5 —
J. Burnell	272.5 192.5 272.5 737.5
220 lbs.	A. Hudson 172.5 137.5 210 520
242 lbs.	D. Randa 250 205 250 705
UNL	A. Patalano 235 170 245 650
R. Lamont	215 170 220 605
Teen-2	
198 lbs.	Hernandez 90 70 205 365

(Thanks to USAPL for providing results)



**NPA Central Lifters:** front row l-r, Richard Lee, Pat Shippert, Willie Gaines, Jonathan Miller, Ryan Deets, Matt Bowman, rear, Taylor Dagostin, Dave Dagostin, Mike Murray, Chris Darnell, Dennis Scott, Stuart Coogan, Adam Miller, Joel Miller. (photo courtesy Burlingame)

**NPA Central USA**  
9 JUL 05 - Freeport, IL

BENCH	DEADLIFT
181 lbs.	165 lbs.
Teen (13-15)	Open
T. DaGostin 120	R. Deets 425
Master (47-53)	Master (65+)
D. DaGostin 240	R. Lee 210
198 lbs.	181 lbs.
Open	Open
D. Scott 300	C. Darnell 415
220 lbs.	220 lbs.
Open	Open
W. Gaines 365	P. Shippert 600
D. Felhauser 275	M. Murray 550
Submaster	Teen (17-19)
B. Hullberg 170	P. Shippert 600
Master (40-46)	Master (47-53)
W. Gaines 365	S. Coogan 570
D. Fehlhauser 275	242 lbs.
308 lbs.	Teen
Open	M. Bowmen 465
J. Miller 440	275 lbs.
SHW	Submaster
Open	J. Miller 465
A. Miller 375	

The 2005 N.P.A. Central U.S.A. had lifters from three states competing in bench and deadlift. We had people lifting in their first meet, most without gear. A big thank you to our sponsors, Titan Support Systems, Monster Muscle Magazine, Powerlifting U.S.A. Magazine, and Fitness Nutrition Center. I would also like to thank all that made the meet go smoothly. Landon Cross, Mike Pettinger, Barry Folgate, Spike Folgate, Dave Underhill, myself, and Paul Mercado. In the bench press we had first time lifter Taylor DaGostin taking the 181 Teen 13-15 y/o with a lift of 20 lbs. It was Dave DaGostin taking the 181 master with a lift of 240 lbs. Dennis Scott put up an easy 300 lb. bench to take the 198 open class. Bjorn Hullberg won the submaster 220 with a lift of 170 lbs. The 220 open and master class had Willie Gaines taking the win with a strong lift of 365 lbs. Second went to Donald Felhauser lifting injured with a press of 275 lbs. Joel Miller had the big bench of the day hitting an easy 440 lbs. Adam Miller got an easy 375 lb. lift to take the SHW class. Willie Gaines took best lifter in bench press. In the deadlift Richard Lee won the masters 165 class with a solid pull of 210 lbs. Stuart Coogan won the master 220 class with a pr lift of 570 lbs. Jonathan Miller won the 275 lb. submaster class with a lift of 465 lbs. He gets stronger each time he comes to compete. Matt Bowmen lifting in his first meet won the 242 teenage with a strong pull of 465 lbs. Pat Shippert took best lifter in deadlift with an awesome pull of 600 lbs. to win the 220 teenage and open class. Pat only decided to lift 3 days before the meet. He had nobody in his class in teenage so he also did open as he wanted to compete with someone. Not like some guys asking before a meet, am I the only one in my class? Mike Murray placed second in 220 open with a pr pull of 550 lbs. Chris Darnell won the 181 open with a strong pull of 415 lbs. in his first contest. Ryan Deets pulled an easy 425 lbs. taking the win in the 165 open

class. Until next time, try to do something to make the world a better place for our children. (results from Duane Burlingame)

**USA Raw BPF Summer Nationals**

12 JUN 05 - Mattoon, IL

BENCH	Master (50-59)
MEN	198 lbs.
Novice	B. Bean 375
198 lbs.	4th-390
R. Patton	325
308 lbs.	Police/Fire
D. Ballou	510
4th-530	275 lbs.
J. Hurtado	330
Junior	Open
181 lbs.	165 lbs.
J. Henderson	S. Bunch 425
Submaster	181 lbs.
181 lbs.	B. Hanrahan 370
T. Seats	4th-375
370	198 lbs.
Master (40-49)	J. Carson 450
198 lbs.	E. Mattox 315
L. Banks	460
220 lbs.	220 lbs.
J. Bunch	450
D. George	330
275 lbs.	J. Hoover 530

Best Lifter: Steve Bunch. The USA Raw Bench Press Federation Summer Nationals was held at Cross County Mall. Thanks again to manager Mike Witwicki and the Mall Association for their continued support of the sport of powerlifting. In the



**Steve Bunch .....** RBPF Best Lifter

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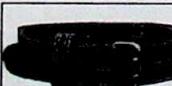
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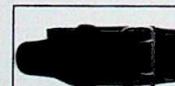
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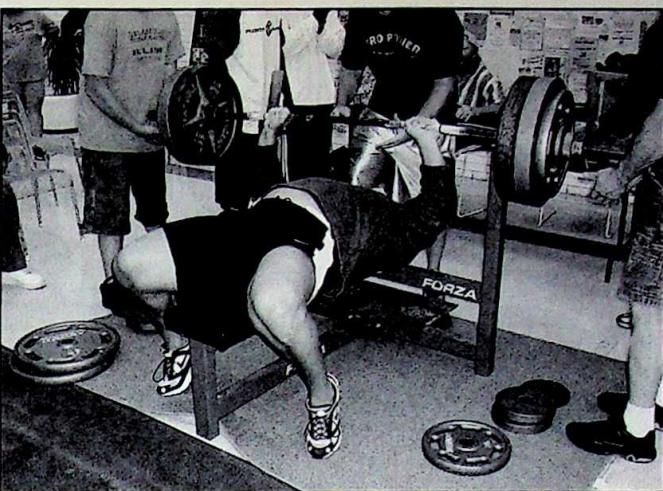
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novice division Roger Patton looked strong at 198, ending with 325. David Ballou set the national record at 308 with 510, but with everyone's urging came back with a personal best 530 on his fourth attempt. This kid from Indianapolis, Indiana, lifting in his first competition ever, has no idea how strong he is. A great lift! For the junior division it was Jason Henderson with a personal best 375 and the win at 181. Tim Seats also got a new personal best with his win at submaster 181, finishing there with 370. For the master men's 40-49 division Lee Roy Banks broke the national mark at 198 with his 460 second attempt while Dennis George won at 220 with 330. Ohio's Bob Bean set the national record at 55-59/198 with his 390 fourth attempt and John Hurtado won at police & fire/275 with 330. In the open division best lifter Steve Bunch broke the national record at 165 with his 425 final attempt, weighing in at just 165! Brian Hanrahan got 370 at 181 before coming back with a solid 375 fourth. In the 198 class Jason Carson won with a strong 450 over first-time competitor Eric Mattox, who finished with 315. James Bunch, all



David Ballou with a NR/PR 503 @ Novice Raw Nationals (D. Latch)

6'6" of him, (and 4' arms), won at 220 with 450, weighing in at just 199! Then at 275 it was Jason Hoover with an easy 530. Nursing a slight shoulder injury, Jason, who could have easily gotten 20-30 pounds more, wisely passed on his third attempt. Thanks again to my son Joey, grandson Daniel and Rob Mann for all their help. (Results by Dr. Darrell Latch)

### Ripped Gym Bench Contest 14 MAY 05 - MN

BENCH	D. Dunbar	244	
WOMEN	220 lbs.		
123 lbs.	M/Subs		
Open	M. Jorgenson	349	
M. Zorn	112	J. Cooke	300
4th-120	4th-311		
132 lbs.	Open/Subs		
Open	C. Staples	404	
A. Wernet	103	4th-410	
198 lbs.	J. Hirdler	395	
Open/Subs	R. Dahnke	371	
S. Gaudette	129	M/Open	
4th-134	B. Helmark	388	
SHW	242 lbs.		
Open	M/Open		
K. McWithey	175	J. Zorn	421
MEN	R. Pond	404	
132 lbs.	J. Swedlund	384	
Teen	J. Goodman	285	
J. Odegard	118	Zimmerman	255
4th-125	M/Subs		
R. Rhone	195	M. Parrow	316
4th-200	Open/Subs		
148 lbs.	S. Perkins	454	
Teen	275 lbs.		
J. Eastburn	217	Open/Subs	
4th-236	D. Douglas	404	
A. Welton	206	308 lbs.	
L. Bierman	217	M/Open	
4th-225	T. Hendricks	379	
D. Grant	217	4th-390	
165 lbs.	M. Stiel	366	
Teen	Open/Subs		
B. Balsiger	236	T. Hedtke	377
J. Donnelly	252	SHW	
4th-255	Open/Subs		
181 lbs.	T. Hedtke	445	
M/Subs			
Stanchfield	324		
4th-329			

The MRPBPF - Minnesota Raw Power Bench Press Federation had its 5th meet of its young beginning. Even with the fishing opener, the turnout was still good, with 35 competitors. There were 10 state records set and many personal bests. I would like to thank the judges and spotters on a job well done: Scott Nutter, Greg "Beef" Riggs, Todd Finer, Monica Zorn, Aaron Olson, Carista Olson, Scott Eickhoff, and Rustin Rhone. Thanks to Chris Harvey and Papa Johns Pizza for all the pizza for the participants and the crowd. Also, thanks to Ripped Gym owner Aaron Olson for use of his gym. (Special thanks to Wesley Kampen at Monster Muscle and Powerlifting USA for continued support of our federation. Look for upcoming info for the 1st Minnesota Raw State Championships coming in August. (Thanks to Trent Hedtke for providing the contest results to Powerlifting USA)

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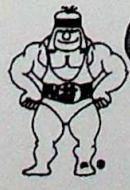
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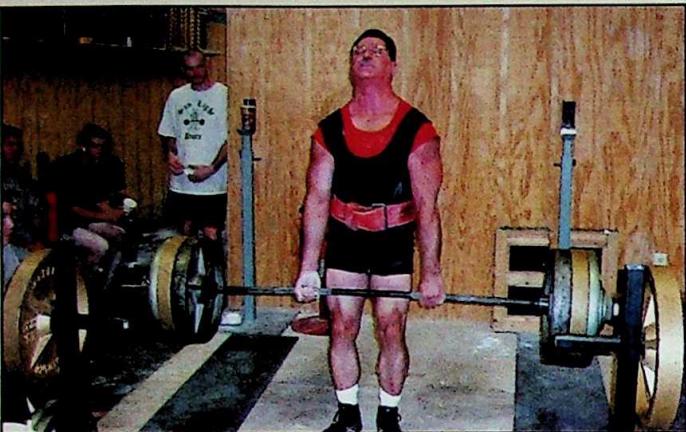
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### New Gym's Summer Slam 30 JUL 05 - W. Hempstead, NY

BENCH	E. Debus	485!	
WOMEN	275 lbs.		
Master (45-49)	Open		
J. Gill	130	M. Moore	530
MEN	D. Yannacci	500	
165 lbs.	R. Sjoberg	460	
Master (40-44)	Teen (18-19)		
R. Rawn	290	C. Hoffman	525
191 lbs.	308 lbs.		
Open	Open		
P. Harrington	505	M. Coulter	760
T. Langone	440	C. Taylor	750
242 lbs.	SHW		
Open	Master (40-44)		
J. Anderson	525	M. Montano	600
Teen (17-18)			

!American records. Best Lightweight Male: Phil Harrington. Best Male Bench: Marcus Coulter. Best Female Bench: Joanne Gill. (Thanks to Shawna Mendelson for providing these competition results)



**Mike Raya with an ANPPC World Record 570 @ 45-49/198 (Latch)**

**ANPPC World Cup  
16 JUL 05 - Tuscola, IL**

BENCH	Police/Fire
MEN	(40-44)
Teen (13-15)	198 lbs.
148 lbs.	L. Banks 440
B. Baldwin	185
Teen (16-17)	308 lbs.
181 lbs.	P. Newton 405!
S. Hartman	325!
Master (40-44)	Open
275 lbs.	308 lbs.
M. Hinkston	420!
Master (50-54)	Open
181 lbs.	220 lbs.
D. Sparks	485!
220 lbs.	242 lbs.
T. Boyer	—
275 lbs.	308 lbs.
B. Blackmon	450!
Master (55-59)	DEADLIFT
198 lbs.	MEN
B. Bean	400!
Master (70-74)	148 lbs.
165 lbs.	B. Baldwin 325!
H. Hager	230!
181 lbs.	181 lbs.
T. Lewis	410!
MEN	SQ BP DL TOT
Teen (16-17)	
123 lbs.	
E. Rivera	300! 225! 300! 825!
Junior	
165 lbs.	
P. Halverson	375 345! 425 1145!
Master (40-44)	
220 lbs.	
D. Silver	550 310 540 1400
Master (45-49)	
181 lbs.	
M. Rivera	575! 370! 525! 1470!
198 lbs.	
M. Raya	425 305 570! 1300
308 lbs.	
K. Simplot	625! 435! 600! 1660!
Master (55-59)	
181 lbs.	
R. Carlson	410 305! 425 1140
SHW	
J. Magee	800! 470! 500! 1770!
Open	
SHW	
J. Magee	800 470 500 1770

=ANPPC World records. Best Lifter Pl: Manuel Rivera. Best Lifter BP: Tom Boyer. The All Natural Power and Physique Con-

ference World Cup Powerlifting Championship was held at Son Light Power Gym. Another great competition with some great lifters representing several states. Thanks to all my help, Joey Latch, Daniel Cordes, Wee-Man, Phil Halverson, Rob Mann, Eric Ruff and Pete Hartman for the great job they did loading, spotting, judging and clean-up afterwards. In the powerlifting event, first time lifter Elijah Rivera proved he was a "chip off the old block", finishing with a perfect day of lifting, while setting all new world marks in the teenage men's 123 class. Also setting all new pr's on the day, Elijah hit 300 in both the squat and deadlift, along with a 225 bench for a great 825 total! At junior 165 it was Phil Halverson for the win with a 375 squat, 345 World Record bench and a 425 pull for personal best 1145 total. This was also a new World Record total for the class. Darryl Silver had a great day of lifting, with a personal best total of 1400 at 40-44/220. Darryl got a personal best 550 squat and 310 bench along with a 540 deadlift, missing only his first attempt with 310 in the bench. In the master men's 45-49 age group it was Manuel Rivera with a big win and his first overall best lifter award. Like son Elijah, Manny had a perfect 9 for 9 day, finishing with a 575 squat, 370 bench and a 525 deadlift for a 1470 total. All of his lifts were new world cup records, lifting at a 173 bodyweight. Mike Raya broke his own World Record in the deadlift with a strong 570 pull, to go with his 425 squat and 305 bench, finishing with a solid 1300 total at 45-49/198. Kerry Simplot rounded out the 45-49 division at 308 with all new world records, breaking all of his own from last year. Setting all new personal records as well, Kerry finished with a 625 squat, 435 bench and a first-time 600 pull for a great 1660 total. Richard Carlson retained his title at 55-59/181 with solid lifting of 410 in the squat, a 305 World Record bench and a 425 pull for a 1140 total. Big John Magee won both the 55-59 and open superheavyweight class with the biggest squat, bench and total of the meet. Setting all new world marks for the master class, John finished with a 800 squat, 470 bench and a 500 token deadlift or a 1770 total. In the bench press event Brad Baldwin set the national record for the 13-15/148 class with 185. This is only Brad's second com-

petition. Steve Hartman came all the way from Kentucky to set the World Record at 16-17/181 with 325. This was also a new national and Kentucky state record. Wisconsin's own Mark Hinkston set the world cup record at 40-44/275 with 420. In the 50-54 age division Darris Sparks broke the World Record at 181 with a solid 365 while Tom Boyer did the same at 220 with 485. Barry Blackmon broke his own world mark at 50-54/275 with his final lift of 450. Bob Bean also broke the World Record for his class, 55-59/198, finishing with 400. Then at master men 70-74 we had two of the most aggravating lifters of the meet. Of course, it didn't help that they were both from Arkansas, but from the moment they hit town they caused problems. Everywhere they went Harold kept falling on his head and T. C. "hit" on every woman in town, except for my wife, and only then because she was working out of town! Boy was I glad to see them leave! Well, back to the meet. Harold broke his own world cup record at 165 with a hard fought 230 while T. C., lifting in his first world cup finished with a strong World Record 275 at 181! Great lifting from two really great guys! Lee Roy Banks, one of the most motivating lifters in the sport, won at police & fire 40-44/198 with a strong 440 raw lift! Paul Newton won at police & fire 40-44/308, breaking his old World Record by forty pounds to finish with 405. In the

**Immaculate Heart of Mary  
11 JUN 05 - Youngstown, OH**

BENCH	181 lbs.
Equipped	Open
165 lbs.	R. Johnson 345!
(13-16)	Police/Fire
B. Adams	255! R. Johnson 345!
(20-23)	
A. Reino	340! (17-19)
Open	J. Purucker 330!
C. Venturella	380 242 lbs. (40-49)
C. Venturella	380! (17-19)
198 lbs.	D. Goodman 350!
(50-59)	DEADLIFT
R. Barna	260 242 lbs. (13-16)
(35-39)	B. Shreffler 390!
M. Keyser	440 (40-49)
S. Popovich	350 SHW
242 lbs.	Open M. Lenzi 430
(13-16)	C. Schaffer 350 (35-39)
F. McLaughlin	440 M. Brody 545
S. Borushko	370 DEADLIFT
Raw	W. Valentine 355 165 lbs. (13-16)
275 lbs.	Open A. Debonis 350!
C. Dinardo	455 B. Adams 315
(17-19)	T. Giffson 610! I. Biaw 430!
(50-59)	R. Boyer 350! L. Falconi 465!
Police/Fire	C. Dinardo 455 181 lbs.
Raw	M. Lenzi 500
165 lbs.	198 lbs. (13-16)
(13-16)	F. Costello 245! R. Barna 360!
A. Debonis	205 220 lbs. (17-19)
I. Heeter	285! A. Ciccone 405!
I. Biaw	280 SHW (50-59)
L. Falconi	295! L. Pusateri 325!
Ironman	BP DL TOT
Equipped	165 lbs. (13-16)
E. Dess	135 225 360!
Open	C. Venturella 380 365 745!
C. Venturella	380 365 745!
198 lbs. (50-59)	R. Barna 260 360 620
220 lbs. (50-59)	J. Phillips 380 495 875!
B. Bagnall	470 665 1135!
(40-49)	S. Borushko 370 385 755!
275 lbs. (40-49)	B. Lenzi 520 600 1120!
SHW	Open M. Lenzi 315 430 745!
(40-49)	R. Luklan, Sr. 470 580 1050
Ironman	Raw
148 lbs. (13-16)	A. Debonis 205 350 555!
R. Luklan, Jr.	200 330 530
Open	L. Falconi 295 465 760!
(35-39)	D. Dessau 285 400 685!
181 lbs. (17-19)	M. Lenzi 290 500 790!



**ANPPC World Cup Best Lifters:  
TOM Boyer and MANUEL Rivera**

open police & fire division John Massey broke the existing World Record at 308 with 450. Lifting also in the open 308 class, John broke the World Record there as well. In the open division Tom Boyer set his second World Record of the day with his 485 second attempt. David Walker, who holds the highest bench press of the ANPPC, was unable to get in his opener of 650, and bowed out of the competition. The best lifter award for the bench press competition went to Tom Boyer who finished with 485 at a 217 bodyweight. In the deadlift competition we had two young lifters, both of which set new world marks for their classes. At 13-15/148 it was Brad Baldwin with 325 and at 16-17/181 Steve Hartman got a new pr with 410. Both great young lifters! Thanks again to everyone who lifted and those who came to support the lifters. See you all again October 29 for the ANPPC Nationals! (These meet results provided courtesy of Dr. Darrell Latch)

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D. Brode 165 330 495!  
(17-19)

A. Ciccone 280 405 685!

!=Meet records. Several new lifters as well as returning lifters turned out for the IHM Festival 2005 Ironman, Deadlift and Bench Meet. In the ironman divisions Chuck Ventrella set new meet records winning the 165 lbs. open and masters division and also did the same in the deadlift divisions. Teen Lifter Easton Doss set new meet records winning his class. Master lifters John Phillips and Robert Barna turned in fine totals winning their divisions with Phillips setting a new meet record. 242 lb. lifters Brian Bagnall had the highest total of the day winning the submasters class and setting a meet record and Steve Borushko set a new meet record winning his class. Master 275 lb. lifter Bill Lenzi followed closely Bering Bagnall in total setting a meet record in his class and bills son Mike Lenzi came back after a few years off to win the shw open division with a meet record total. Rich Liuland Sr. turned in a strong total in the masters division. Raw ironman divisions were just as strong with a battle in the 148 lb. teen division with Adam Debonis edging out Rich Luklan, Jr. setting a new meet record. 165 lb. lifter Lou Falconi set a new meet record and also took a first in the bench and deadlift divisions. Submaster Darwin Dessau set a new meet record winning his class. 181 lb. teen Matt Lenzi set a new meet record and also pulled a strong lift in the deadlift division. 198 lb. teen lifters Dustin Brode and Anthony Ciccone both set new meet records with Ciccone also winning a deadlift division. In the equipped bench division, teen bryan adams set a new meet record in the 165 lb. class. 198 lb. master lifter Robert Barna did a strong lift as did our very own Father Steve Popovich in the 220 lb. master division. Barna set a new meet record winning the deadlift division. Mark Keyser did a strong lift in the 220 lb. submasters class as did 242 lb. teen BJ

## PDA INTRODUCES EXPANDED PLATE LINE UP

Piedmont Design Associates (**PDA**) recently added to their fractional plate selection with the first in a line of calibrated stainless steel conventional denomination Imperial Olympic plates. The **PDA Nickel (PDAN)** pictured, as denoted, weighs 5 pounds + 0.0 ounces. All **Nickels** are machined from solid billet stainless steel and calibrated in pounds and ounces to exact weight using a calibrated scale reading in tenths of an ounce. **Nickels** have no removable parts and no finishes



so the calibrated weight is permanent. These maintenance free slimline stainless steel plates are less than 1/2" thick and are stamped for clear identification of the actual weight instead of a target weight with a specified tolerance, the owner, a date code, and a serial number. The line will be expanded sequentially to include **Dimes, Quarters** and **Semis** (45s). Complete details are available at the **PDA** website catalog: [www.fractionalplates.com](http://www.fractionalplates.com).

Schaffer who also took a win in the deadlift division. In the 242 lb. masters class a battle occurred between Frank McLaughlin, Stephan Borushko and William Valentine with McLaughlin pulling out the win. Burushko also did a strong pull winning the deadlift division. In the 275 lb. classes, Carlo Dinardo did a strong lift in the open and police/fire divisions as did Robert Boyer, who set a meet record in the masters division. Submaster Terry Grison had the highest bench of the day setting a new meet record in his division. In the bench raw divisions 165 lb. teen lifters came to battle with Frank Costello edging out adam debonis in the 13-16 division and Lenny Heeter edging out Ian Bialo in the 17-19 division. Debonis and Bialo both set new meet records in the deadlift division. In the 181 lb. Class Ron Johnson set new meet records in the open and police/fire

divisions and teen Jason Purucker set a meet record in the 220 lb. class. 242 lb. teen Denver Goodman set a new meet record winning his division. Deadlifters Mark Brody and Larry Pusateri did some strong pulling winning their divisions with Pusateri setting a meet record. Thanks to my staff and all the people who helped make this another successful meet. Thanks to Father Popovich and Larry Ayers for all their help. (Meet results by Ron Deamicis)

### Dungeon Gym BP Challenge 07 August 05 - Galt, CA

BENCH	220 lbs.
MEN	T. Knight 335*
Teen (13-15)	Open
114 lbs.	198 lbs.
M. Knight	115* K. Harrison 405
Teen (16-19)	L. Mills 375

275 lbs. 275 lbs.  
M. Knight 700\* M. Knight 700\*

Master (45-49)\*=Personal Records. First up, 13 year old, Mike Knight, bench pressed a big 115 lbs. raw at 114 lbs. bodyweight for a new PR. In the 220 class, 16 year old, Tony Knight benched a new PR 335 raw. Tony weighed in at 210 lbs. bodyweight. In the open 198 class, Kevin Harrison benched a big 405. In the 275 class, 47 year old master lifter Mike Knight benched a huge 700 at 262 lbs. bodyweight for a new PR! Congratulations to Mike for entering the 700 pound bench club. There aren't many master benchers entering that club. Mike was wearing a single ply polyester bench shirt. I'd like to thank all the spotters, loaders, and judges that made this event possible, Joe Weiss, Darryl Skeva, and Robert Davis. (Thanks to Kurt Heath for the meet results)

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USAPL Pennsylvania State 2,3 APR 05 - York, PA (kg)					
WOMEN	SQ	BP	DL	TOT	
60 kgs.					
Open					
K. Morris	110	57.5	155	322.5	
Raw					
K. Morris	110	57.5	155	322.5	
67.5 kgs.					
Open					
G. Moore	87.5	52.5	105	245	
M. Borzok	25	125	25	175	
Master (55-59)					
G. Moore	87.5	52.5	105	245	
Raw					
T. Cockrell	87.5	55	117.5	260	
R. Weeber	80	60	117.5	257.5	
75 kgs.					
Open					
C. Smith	150	90	172.5	412.5	
Out of State					
R. Lair	137.5	82.5	145	365	
Police/Fire/Military					
R. Lair	137.5	82.5	145	365	
Raw					
L. Chappelle	87.5	47.5	112.5	247.5	
82.5 kgs.					
Open					
L. Smith	125	82.5	165	372.5	
Out of State					
E. Brown	105	40	140	285	
90+ kgs.					
Raw					
P. Keo	105	45	137.5	287.5	
R. Wilcox	—	—	—	—	
MEN					
48 kgs.					
Out of State					
C. Danzler	37.58	27.5	72.5	137.5	
Raw					
C. Danzler	37.58	27.5	72.5	137.5	
52 kgs.					
Raw					
J. Ladson	60	52.5	100	212.5	
67.5 kgs.					
Open					
Bahchevanov	230	175	240	645	
Out of State					
B. Kim	—	—	—	—	
Junior (20-23)					
B. Kim	—	—	—	—	
Taw					
B. Tate	142.5	80	177.5	400	
J. Castamby	—	—	—	—	
75 kgs.					
Open					
M. Cagliola	250	195	222.5	667.5	
M. Hastle	268	137.5	—	—	
Out of State					
K. Davis	227.5	162.5	257.5	647.5	



Joe Nealis (55) squats @ PA State.

Teen (18-19)	L. Hobbs	172.5	122.5	235	357.5
J. Banzhof	182.5	127.5	202.5	330	
Junior (20-23)	J. Hess	167.5	137.5	205	510
Master (40-44)	M. Izzi	182.5	137.5	205	525
Master (55-59)	J. Nealis	177.5	155	222.5	555
Raw	S. Klein	150	110	210	475
100 kgs.					
Open	G. Davis	247.5	182.5	260	690
B. Keener	240	160	272.5	672.5	
F. Peters	227.5	—	—	—	
Out of State	R. Hansen	237.5	175	285	697.5
R. Tamburello	200	165	220	585	
Teen (16-17)	D. Meshy	142.5	92.5	180	415
Teen (18-19)	A. Elkin	207.5	160	257.5	625
Master (45-49)	K. Jensen	—	—	—	—
J. Bertocki	160	180	145	485	
Master (50-55)	G. Katoff	147.5	125	182.5	455
Raw	M. Shirley	320	185	312.5	817.5
B. Keener	240	160	272.5	672.5	
R. Tamburello	200	165	220	585	
110 kgs.					
Open	D. Calmer	160	95	205	460
M. Hastle	268	137.5	—	—	
K. Portzline	100	85	105	290	
82.5 kgs.					
Out of State	F. Panaro	207.5	142.5	247.5	597.5
S. Davenport	170	110	205	485	
C. Miller	125	122.5	155	402.5	
Teen (16-17)	J. Pettine	137.5	—	200	—
J. Smith	205	112.5	230	547.5	
M. Clupinski	215	192.5	227.5	635	
K. Turi	185	130	195	510	
Teen (18-19)	F. Pettine	—	175	220	—
Master (40-44)	M. Smith	215	165	227.5	607.5
Master (50-54)	S. Chatis	187.5	142.5	222.5	552.5
Raw	R. McDonnell	245	172.5	260	677.5
K. Voce	215	165	215	607.5	
125 kgs.					
Open	P. Owens	242.5	167.5	255	665
Master (45-49)	B. Tozer	230	212.5	260	702.5
90 kgs.					
P. Grohoski	247.5	212.5	245	705	
R. Zsido	245	177.5	245	667.5	
A. Miller	227.5	165	205	597.5	
J. Hess	167.5	137.5	205	510	

Junior (20-23)	P. Tomkins	225	150	227.5	602.5
Raw	M. D'Amore	250	182.5	257.5	690
	P. Tomkins	225	150	227.5	602.5
(Thanks to USAPL for providing results)					

## 2ND Headhunter BP 12 JUN 05 - Wadsworth, OH

BENCH	308 lbs.
WOMEN	M. Miller 405
Lightweight	SHW
L. Gory	160 A. Leechler 460
L. Haught	130 G. Fox 250
Heavyweight	Masters
J. Handhue	225 J. Ritzler 500
MEN	Wigglesworth 450
148 lbs.	B. Jarvis 390
J. Kelly	115 T. Wyler 385
165 lbs.	Teen
D. Sowers	245 Lightweight
181 lbs.	T. Mural 285
T. Wyler	385 Z. Pressley 265
J. Tricomi	275 D. Sowers 245
198 lbs.	Heavyweight
J. Elick	530 M. Madjar 385
T. Mural	285 Youth
R. Bluck	540 D. Wrobel 120
B. Wrobel	330 T. Mural 75
242 lbs.	Special Olympics
J. Burke	630 Lightweight
275 lbs.	R. Albright 145
A. Hicks	625 Special Olympics
D. Raines	530 Heavyweight
J. Ritzler	500 S. Savage 175

The meet was a success with many lifters hitting pr's and a couple of lifters making our meet their first. Our Lightweight Outstanding Lifter Award went to Jon Elick, from Circleville, who hit a 530 at 198. Our Heavyweight Outstanding Lifter Award went to Jeremiah Burke, from Strongsville, who nailed 630 at 227 bwt. Thanks goes out to our judges from Outlaw Barbell, all spotter/loaders and our table help. Thanks again to everyone who competed and a special thanks to Fitness Zone for the use of their facility. (Results via John Kelly)

## 100% RAW Powerlifting Federation

Membership Application

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CITY / STATE / ZIP: \_\_\_\_\_

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PARENTS SIGNATURE IF UNDER 18 YRS. OLD

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

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



**Mike Maxwell with BIG Tim Harold**  
- at the IPA Iron House Push-Pull

IPA Iron House Push-Pull  
13 AUG 05 - Zanesville, OH

BENCH	Teen	N. McGonigle	300
WOMEN	Teen	R. Gualtieri	90
97 lbs.	DEADLIFT	M. Gualtieri	160
R. Gualtieri	90	WOMEN	160
MEN	97 lbs.	114 lbs.	165
114 lbs.	R. Gualtieri	Teen	165
Teen	165 lbs.	M. Galbraith	285
M. Gualtieri	160	123 lbs.	MEN
123 lbs.	114 lbs.	Teen	114 lbs.
Teen	V. Gualtieri	260!	Teen
V. Gualtieri	260!	165 lbs.	M. Gualtieri
165 lbs.	235	Open	123 lbs.
Open	123 lbs.	J. Brock	380
J. Brock	380	J. Ashworth	315
J. Ashworth	315	V. Gualtieri	335
181 lbs.	165 lbs.	J. Stazer	390
Junior	Junior	J. Punzone	300
N. Mason	370	A. Sturgill	485
Open	Open	J. Ashworth	545
A. Cress	335	J. Brock	475
198 lbs.	181 lbs.	FEMALE	SQ BP DL TOT
Teen	181 lbs.	Zimmerman	130! 80! 175! 385!
G. Shaffer	440	114 lbs.	J. Kenny
Junior	N. Mason	Junior (20-23)	180! 100! 230! 510!
A. Gualtieri	420	132 lbs.	L. Muldoon
Open	Open	Junior (20-23)	180! 125! 275 580!
A. Stotts	285	165 lbs.	S. Challis
220 lbs.	198 lbs.	Submaster (35-39)	220 130 265 615
Open	A. Gualtieri	SHW	A. Muscato
A. Swauger	550	Open	T. Fukousky
M. Senter	550	J. Laird	255 140 315 710
B. Kelley	535	D. Dague	135 155 350 640
M. Hill	510	G. Silvidi	T. Ecock
T. Minton	350	S. Nagle	315 215 400 930
L. Simmons	350	C. French	MALE
C. Moody	—	S. Rock	Junior (20-23)
J. Brown	500	530	
A. Hoff	—	530	
J. Watson	—	575	
242 lbs.	275 lbs.	575	
Open	Open	575	
T. Fellure	520	J. Laird	
S. Nutter	500	D. Dague	
M. Miller	430	G. Silvidi	
Master	430	S. Nagle	
C. French	400	Submaster	
275 lbs.	530	S. Rock	
Open	530	530	
R. Valentine	625	308 lbs.	
G. Silvidi	500	Open	
J. Kathman	440	Z. Cole	
S. Nagle	435	700	
Submaster	825	T. Harold	
S. Rock	415		

World Records. Best Lifter Bench: Rob Valentine. Best Lifter Deadlift: Tim Harold. On the Wednesday before the meet, we only had 12 lifters and considered canceling. Fortunately, by noon on Friday we had several more entries and ended up with 38 lifters for Saturday. In the Bench Press we started out with Chuck Vogelpohl's niece and three nephews. Rachele Gualtieri benched 90 lbs at 97 lb body weight, brother Marco went 3 for 3 and finished with 160 in the 114's, Vince benched a teenage World Record of 260 at 123, while the eldest Gualtieri, Anthony benched 420 as Junior 198. In the 198 Teen division Greg Shaffer was impressive with a 440 press weighing only 188. In the 220 Open class Adam Swauger and Marlon Senter both pressed 550, with the advantage of lighter

bodyweight giving Adam first place. In the 275 class Rob Valentine returned to the platform and pressed 625 to win the class and take Best Lifter in the overall Bench. Rob struggled a bit with getting weight to touch in a new Metal shirt but I would expect bigger benches from him in the near future. Rob is training with Travis Fletcher at the newly founded Big House Gym in Columbus. Thanks to Travis for bringing several lifters to the meet. In the Deadlift competition we had the privilege of watching Lou Simmons of Westside Barbell on the platform. Lou smoked 635 on his opener, jumped to 675 on a second which was also a smoke show but unfortunately got out of the groove with 705 and missed. The 675 was still enough for the win. We are looking forward to Lou competing in a full meet in November so he can show the world that he can still squat big weight. As usual, we had a few other Westsiders competing in the deadlift and putting up big weights. Zack Cole stroked an easy 700 opener at 279 bodyweight but was unsuccessful twice with 740. But the highlight of the day was SHW Big Tim Harold. Big Tim opened up with 735 and it looked like he could have pressed this over his head and threw it out of the gym. On his second attempt, Tim took the bar to 800 lbs. stroke with plenty to spare. Tim's final attempt was a moderately conservative 825 but I believe the reason for this was to claim the SHW slot on the board at Westside no problem. Tim killed it no question, knees locked out and he even stood there for an extra second or so at the top for good measure. Tim gets the Best Lifter Axe. Thanks to Westside for providing equipment as always; Iron House crew: Josh Murphy, Spence "Mr. O" McKimmie, Charlie Maxwell, Mitch Warne, Heather H., Kelsey, Gorge McElroy, Don Graham. (Thanks to Mike Maxwell for the results)

88 lbs. Youth (10-11)	T. Fox	150! 90	205	445!	P. Iannelli	340	150	330	840	
		4th-BP-100			220 lbs.					
97 lbs. Youth (14-15)	J. Wallace	165	90	190	445	M. Martucci	525	340	540	1405
123 lbs. Guest Lifter	R. Sahanoor	220	135	295	650	B. Ramage	450	340	570	1360
Open	D. Hall	225	135	275	635	S. Ramsey	350	355	580	1285
148 lbs. Open	J. Martucci	365	255	465	1085	M. Holbert	435	330	500	1265
	J. Martucci	Junior (20-23)	365	255	465	Open/Master (55-59)				
	D. Hirsch	325	215	460	1000	B. Bayer	530	235	575	1340
	I. Bonacci	330!	190!	380!	900!	Open/Junior (20-23)				
165 lbs. Open	A. Biasetti	475	295	545	1315	M. Allen	530!	240	505	1275
	J. Stazer	390	235	510	1135	P. Varani	330	205	405	940
	Open/Master (45-49)	R. Cruz	445	290	470	4th-BP-455!				
		4th-BP-455!				242 lbs. Open				
						J. Punzone	300	225	420	945
						Teen (14-15)	335	195	420	950
						C. Wallace	335	195	420	950
						181 lbs. Open/Junior (20-23)				
						A. Hersperger	455	325	540	
						1320				
						G. Knight	425	240	455	1120
						Master (45-49)				
						D. Wedding	415	210	475	1100
						Master (55-59)				
						J. Stevens	340	205	440	985
						Teen (16-17)				
						P. Knight	330	225	385	940
						E. Krause	230	165	365	760
						Teen (18-19)				
						F. Solo	295	190	365	850
						Junior (20-23)				
						D. Kelly	295	165	385	845
						M. Neziri	225	225	380	830
						198 lbs. Open				
						P. Horan	475	350	460	1285
						J. Murray Iv	290	265	450	1005
						R. Knight	—	—	—	—
						Submaster (35-39)				
						E. Kelly	405	320	515	1240
						Master (50-54)				
						D. Banik	350	255	505	1110
						Master (40-44)				
						R. Pace	400	250	425	1075
						Junior (20-23)				
						J. Childers	320	290	435	1045
						Open/Submaster (35-39)				
						R. Fornelli	365	230	420	1015
						Open/Master (50-54)				
						A. Mangini	320	230	410	960
						Guest Lifter				
						B. Ecock	315	215	400	930
						MALE				
						Junior (20-23)				

**INTERNATIONAL POWERLIFTING ASSOCIATION**

Fitness for Life Pro-At-Powerlifting

Application for Registration

Office use only, do not complete

Last Name	First	Initial	New Member	Renewal	Exp. Date
Street Address	City				
State or Providence	Zip Code	Country			
Telephone	Email Address	Date of Birth	Age	Sex	
				Pro	Am

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

Date

Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.  
Payment can be mailed to: IPA, c/o Mark Chailliet, 190 Arsenal Rd., York, PA 17404

**APF Iron Azz BP**  
6 AUG 05 - Tribes Hill, NY

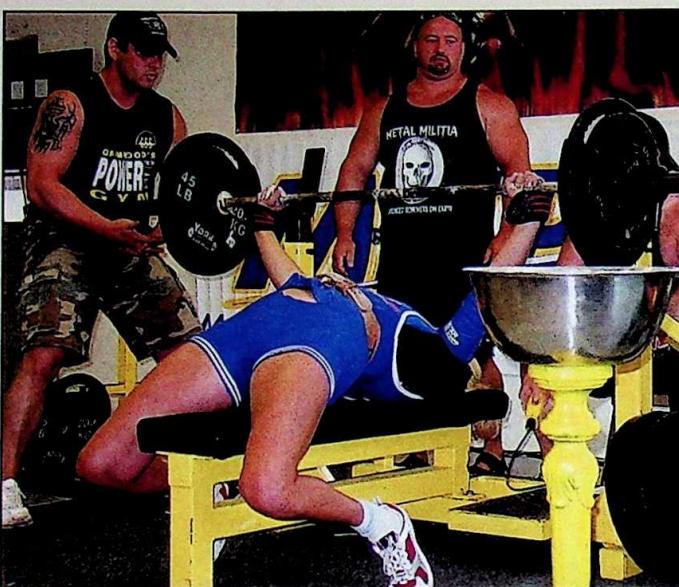
BENCH	242 lbs.
WOMEN	Open
181 lbs.	M. Ferlito 410
Open	B. Henderson 265
C. Seymour 230	275 lbs.
MEN	Open
165 lbs.	M. Newton 410
Open	Raw
R. Hillyard 360	M. Cole 315
181 lbs.	308 lbs.
Open	Open
T. Carrington 330	J. Hart 650
B. Sheldon 315	Submaster P. Porcelli 510
198 lbs.	Master-III
Open	M. Wolifley 605
220 lbs.	B. Godden 475
Open	
C. Weingroff 445	
T. Mayer	—

This APF Sanctioned Bench meet was conducted at the Iron Asylum Gym, www.ironasylumgym.com. (Thanks to Sandi McCaslin for providing these meet results)

**APF South Dakota Bench Bash**  
20 AUG 05 - Yankton, SD

BENCH	T. Borstad 575
WOMEN	Masters (45-49) 220 lbs.
Junior (20-23)	B. Hunhoff 300
165 lbs.	
N. Thomas 175	Open
MEN	242 lbs.
Teen (16-17)	B. Leisinger 460
308 lbs.	275 lbs.
C. Berke 330	J. Law 470
Teen (18-19)	SHW
165 lbs.	D. Lewis 635
J. Schrempf 275	
Junior (20-23)	
SHW	

Best Male Lifter of the Meet: David Lewis.  
Best Female Lifter of the Meet: Naqia Thomas. I would like to thank and congratulate all of the lifters who attended. It was a small meet, but many records were set. I want to thank the fans who came to support their friends and family members, as you make these big lifts possible. Finally, I also would like to thank the other two refs, Brian and Radim, the spotters, Paul, Sam, Alex and Lester, the score keeper Maria, and Brian for his helping hand moving chairs, etc. And to J.D. for letting us use his great facility for the meet. (Thanks to Josh Law for these meet results)



Cassy "Tall Girl" Seymour PR'd 230 at the APF Iron Azz BP (McCaslin)

**APF/AAPF Great Lakes Open**  
6 AUG 05 - Grand Haven, MI

BENCH	181 lbs.
MEN	242 lbs.
AAPF	T. Trombley —
Open	Men (Teen-16-17)
165 lbs.	165 lbs.
T. Hensley 430	T. Hensley 430
242 lbs.	181 lbs.
C. Tallman 650	S. Sweat 365
B. Yourist 420	220 lbs.
308 lbs.	M. Zweng —
R. Johnson 525	242 lbs.
SHW	T. Farrow 450
A. Stomberg 565	Submaster (33-39) 220 lbs.
AAPF	T. Nelson 560
Teen (18-19)	242 lbs.
220 lbs.	P. Stratakis —
L. Gritz —	Pro Open 220 lbs.
J. Martin 505	M. Sawyer 425
G. Flores 385	AAFP Open 242 lbs.
Submaster (33-39)	T. Farrow 450
SHW	B. Nassar 630
W. Pauley 405	242 lbs.
WOMEN	G. Elias 460
SQ	242 lbs.
BP	F. Givens —
DL	308 lbs.
TOT	C. Ewald —
AAPF	181 lbs.
Open	Teen (14-15) 181 lbs.

J. Stachowicz 405 200 405 1010  
AAPF Master (50-54)

242 lbs.

F. Givens — — — —

AAPF Master (65-69)

220 lbs.

L. Turner 100 185 300 585

AAPF Master (75-79)

198 lbs.

B. Creech 210 110 255 575

Open 4th-DL-260

198 lbs.

J. Thomas 760 470 600 1830

220 lbs.

R. Fuciarelli 760 480 625 1865

242 lbs.

R. Bailey 655 500 500 1655

A. DiPrima 100 405 600 1105

275 lbs.

J. Zemmin 740 715 600 2055

D. Sopelsa 800 500 550 1850

Novice

242 lbs.

J. Gunter 480 300 — —

Submaster (33-39)

SHW

T. Greninger 840 570 675 2085

(Thanks to Andy Briggs for these results)

**NASA Colorado Grand (kg)**

20 AUG 05 - Denver, CO

BENCH	WOMEN
WOMEN	148 lbs.

114 lbs.

Int

A. Miller 81

H. Patel 78.5

Pure

A. Miller 81

H. Patel 78.5

MEN

Submaster Pure 165 lbs.

H. Patel 78.5

Master-1

123 lbs.

K. Kaiser 120

Master-1

198 lbs.

K. Hughes 85

Master Pure

R. Roberto 140

K. Hughes 85

PS CURL

181 lbs.

MEN

165 lbs.

Master-1

275 lbs.

K. Kaiser 70

PS DEADLIFT

MEN

165 lbs.

Master-2

J. Whitebread 227.5

Master-1

H. Blackmon 187.5

K. Kaiser 160

Natural

J. Lynn III 190

PS SQUAT

308 lbs.

MEN

165 lbs.

Police/Fire

J. Ehrhardt 210

Master-1

K. Kaiser 125

PS BENCH

WOMEN

SQ BP DL TOT

114 lbs.

Submaster Pure

H. Patel 105 78.5 141 324.5

Submaster-1

H. Patel 105 78.5 141 324.5

MEN

148 lbs.

High School

D. Parrish 145 110 160 415

181 lbs.

Police/Fire

R. Guerrero 227.5 157.5 205 590

Pure

R. Guerrero 227.5 157.5 205 590

Master-1

R. Nicolelli 185 125 215 525

C. Bukowski 182.5 132.5 147.5 462.5

242 lbs.

Master-3

J. Robinson 182.5 107.5 190 480

Police/Fire

J. Anderson 295 172.5 275 742.5

275 lbs.

Natural

J. Lynn III 67.5 190 115 372.5

MEN

CR BP DL TOT

165 lbs.

Master-1

K. Kaiser 70 120 160 350

181 lbs.

Master-3

T. Kalen 55 95 137.5 287.5

220 lbs.

Pure

M. Baca 85 142.5 212.5 420

Master-1

J. Miller 47.5 127.5 185 360

(thanks to Richard Peters for these results)

**APF/AAPF Membership Application**

Check the box that applies below

AMERICAN POWERLIFTING FEDERATION

AMATEUR AMERICAN POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES



LAST NAME	FIRST NAME	INITIAL
-----------	------------	---------

STREET ADDRESS		
DATE OF APPLICATION		

AREA CODE	TELEPHONE NUMBER	MO	DATE	YEAR	AGE	SEX	US CITIZEN
							YES NO

REGISTRATION FEE (CIRCLE APPROPRIATE FEE)	REGISTRATION NUMBER	E-MAIL ADDRESS						
APF \$30	APF \$30	APF & AAPF \$40						

ATHLETES, fill out card completely, make check payable to and mail with fee to: APF/AAPF

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Aurora, IL 60506

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IF UNDER 18,  
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I CERTIFY THAT THE ABOVE ANSWERS ARE  
CORRECT AND THAT I AM ELIGIBLE IN  
ACCORDANCE WITH THE RULES OF THE  
APF OR AAPF

SIGNATURE X

# Will not leave you in the morning.



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**WNPF Maryland Championships**  
17 APR 05 - Colora, MD

BENCH	Raw		
165 lbs.	Hicks	310	
(50-59)	242 lbs.		
Raw	Open		
Cox	145!	Brown*	500
100 lbs.	SHW		
(11-12)	Open Raw		
Dantzler	60!	Ramos	460
148 lbs.	DEADLIFT		
(40-49)	100 lbs.		
Mueller	275	(11-12)	
(40-49)	Dantzler	150!	
Raw	SQUAT		
Mueller	260	220 lbs.	
(50-59)	(35-39)		
Raw	Raw		
Griffith	225!	Smith	460
181 lbs.	POWER CURL		
(40-49)	165 lbs.		
Mann	380	(40-49)	
Foltz	350	Edwards	155
Open	Open		
Mann	380	Edwards	155
Open Raw	181 lbs.		
Ramsey	325	Open	
220 lbs.	Wilhelm*	170	
(17-19)	Mann	145	
Raw	(40-49)		
Hafiz	350	Wilhelm	170
Open Raw	SHW		
Hicks	310	Open	
(40-49)	Ramos	175	
MEN	SQ	BP	DL
220 lbs.			TOT
Open Raw			
Jensen	405	245	525
242 lbs.			1175
Open			
Haddaway*	600	450	575
Miller	575	300	500
275 lbs.			1375
(17-19) Raw			
Fisher	360	185	400
Open Raw			945
Ross	430	390	390
=American Records. *Best Lifters. This was the first time in 4 years that we visited the Maryland area and we had a total of 20 lifters. There were many WNPF lifters that reside in the state of Maryland that did not attend this meet for whatever reason. We had several WNPF members that asked us last year to come to MD. In 2005 and they promised to bring several lifters with them if we did. Well, that did not happen but we did have a good time anyway with the 20 lifters that came and the 27 spectators that me to support us. We will not give up on e and we will return in April or May nks to Paul Griffith and the West Academy for allowing us to ity. Thanks to the lifters that the other states to MD, we Thanks to the WNPF staff e again put on a perfect	1210		

I must mention my man Zach Rhodes. Zach was in Iraq for over two years off and on and he returned to the WNPF staff to help us out. We were so glad to see Zach again. This was my third meet of the year and I'm enjoying the experience of putting on these shows. (Thanks to Lester Fields, of the WNPF, for providing these results)

**APA Bar Benders Classic**  
6 Aug 05 - Reston, VA

BENCH	Only	198 lbs.
165 lbs. DT	(18-19)	
Youth (18-19)	J. Smith	400
T. League	380!	J. Jackson
J. Self	370	S. Kuzma
Submaster		
Open SR		
S. Goodrich	315	
Youth (6-8)	SQ	BP
N. Duncan	75	45
4th-SQ-90	115	235
Youth (11-12)		
D. Duncan	115	95
181 lbs. ODT	175	385
T. Hamer	505	365
198 lbs. ODT	450	1320
B. Carson	600!	350
220 lbs. ODT	565!	1515!
D. Hawkins	305	240
242 lbs. JOT	400	945
H. Owens	530	280
ODT	500	1310
T. Khuu	485	295
T. Jenkins	425	350
J. Birley	600	450
=World Records. (Thanks to Len Walker, Meet Director, for providing the results)	510	1560

**ABA Arkansas Open**  
13 AUG 05 - Benton, AR

BENCH	B. Echols	215
Teen	181 lbs.	
(Wilks)	P. Brewer	410!
K. Taylor	135	A. Davis
C. Echols	135	R. Raper
Novice	198 lbs.	
(Wilks)	J. Scott	410!
R. Barker	425	220 lbs.
H. Young	385	D. Willis*
M. Brown	365	545!
S. Mills	300	4th-565
Police/Fire	L. Walker	435
C. Lambert	305	T. Venable
Master (40+)	T. Kitchens	560
(Wilks)	W. Vestal	340
R. Land	335	A. Harris
Master (40+)	DEADLIFT	
(Wilks)	(Wilks)	
C. Lambert	305	
Master (50+)	T. Kitchens	
(Wilks)	W. Vestal	
Washkowiak	345	A. Harris
Open		
148 lbs.		
*=Best Lifter Over-All. !=State Records Broken. The Arkansas Bench Press Asso-		

**American Powerlifting Committee (APC)**  
[www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)

P O Box 40  
Bogart, Ga. 30622

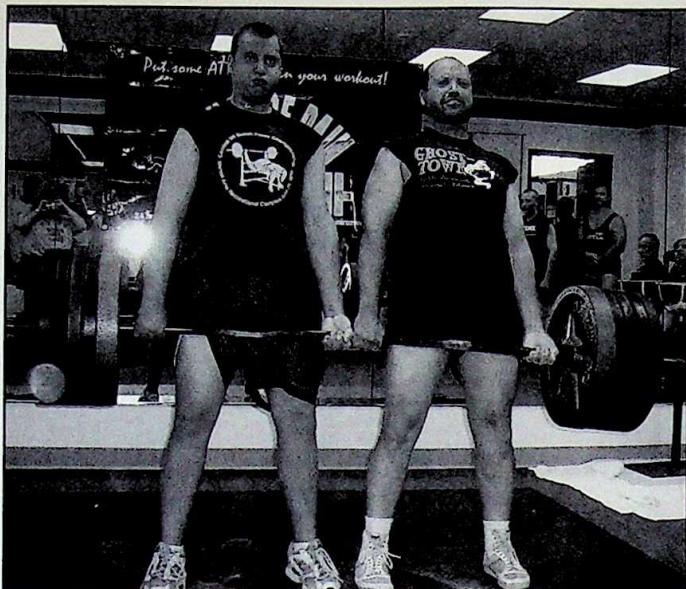
As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ US Citizen \_\_\_\_\_ Club \_\_\_\_\_  
Prices: Adult \$30.00 Teenage \$15.00 Special Olympian \$10.00

Signature \_\_\_\_\_

If under 21 Parent or Guardian \_\_\_\_\_

Card expires 12 months from date of purchase



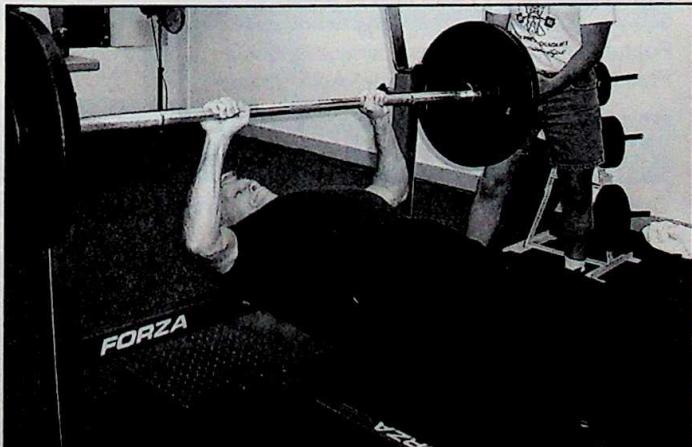
**SLP Wisconsin's Strongest included Dave & Kevin Rabe with 615/198**

**SLP Wisconsin's Strongest BP/DL**  
18 JUN 05 - Waupaca, WI

BENCH	Teen (13-15)
MEN	148 lbs.
Teen (13-15)	K. Rabe
105 lbs.	325*
K. Jensen	105*
132 lbs.	198 lbs.
B. Aldag	Guetchidjian 480*
165 lbs.	Submaster
C. Jensen	275 lbs.
Teen (16-17)	T. Theama
198 lbs.	SHW
K. Rabe	E. Ratzmann
150	575*
Submaster	Master (40-44)
275 lbs.	242 lbs.
T. Theama	T. Deprey
275	620*
Master (40-44)	Master (45-49)
148 lbs.	198 lbs.
T. Aldag	S. Hubert
220 lbs.	570
A. Jensen	S. Coogan
320	565
Master (45-49)	Master (55-59)
242 lbs.	R. Sadowski
148 lbs.	520*
Master (50-54)	Master (60-64)
181 lbs.	J. Kidd
220 lbs.	430
R. Gronowski	Master (70-74)
300	132 lbs.
275 lbs.	T. Turner
400*	Master (70-74)
Master (70-74)	181 lbs.
132 lbs.	S. Smith
155*	181 lbs.
Police/Fire	B. Stephan
Submaster	340*
181 lbs.	Police/Fire
S. Gates	SHW
350*	E. Ratzmann
Police/Fire	575*
242 lbs.	Open
S. Becker	148 lbs.
550	K. Rabe
4th-580	325
Open	Constantineau 430
165 lbs.	2-Man
198 lbs.	132 lbs.
Constantineau 330	D. Rabe &
220 lbs.	K. Rabe
B. Gehri	615*
415	220 lbs.
4th-430	S. Coogan &
DEADLIFT	J. Kidd
MEN	840
Novice	
SHW	
E. Ratzmann	575*

Best Lifter Bench Press: Shawn Becker.  
Best Lifter Deadlift: Steve Hubert. \*=Son Light Power Wisconsin state records. The Son Light Power Wisconsin's Strongest Bench Press/Deadlift Championship was at Health & Fitness Headquarters. Thanks once again to Bob Heiner for all he did to set up the lifting area, as well as loading and spotting during the competition. Any success we have ever had in the Waupaca area has been due mainly to Bob and his wife Janet's efforts, and we greatly appreciate all he has done for the sport over the years. In the bench press event we had

three fine young lifters in the 13-15 age group, all lifting with good form. At 105 it was Kertis Jensen with a new state record of 105. Brad Aldag won at 132 with 160, which was not only a new state record, but a new personal record for him as well. Christopher Jensen got a pr 150 with his win at 165. In the 16-17 age group Kevin Rabe got a new personal best with 150 at 198. Tom Theama had a good day at submaster 275, with a new personal record of 275. In the master 40-44 division, Tim Aldag won at 148 with 300. And Andy Jensen, lifting raw, finished with an easy 320. Dave Aldag set the state record at 45-49/148 with 270, breaking his old mark of last year by fifteen pounds. Ray Gronowski took the 50-54/220 class with 300, while Terry Turner got his first 400 raw bench at 275, breaking that record. At 70-74/132 Steve Smith set the state record with 155, making all of his lifts with ease. Scott Gates broke the state record at police & fire/ submaster/181 with 350 while Shawn Becker got a new personal record at police & fire/242 with his 580 fourth attempt! Weighing in at just 235, Shawn was also awarded the best lifter trophy for the meet. In the open division, Dave Constantineau won at 165, with a great double-bodyweight 330. And, Barron Gehri took the 220 class with 415, followed by a personal best fourth of 430. In the deadlift competition it was first-timer Eric Ratzmann with three wins and three new state records in the novice, submaster and police & fire/shw division. Eric, who usually competes in strongman events, finished with 575. Kelly Rabe broke both of his state records in the 13-15 and open 148 class with a great 325 final pull. Bob Guetchidjian only got in his opener of 480, but that was good enough for the win and a new state record at 18-19/198. Tom Theama tied his own state record at submaster 275 with 450, just missing 475 on his final try. In the master division, Todd Deprey set the state record at 242 with a strong 620 pr pull. Todd now owns the state records for this and the 220 class. Best lifter Scott Hubert pulled a solid 570 at 45-49/198 for the win there, while Stuart Coogan got a big PR 565 at 220. Richard Sadowski broke the state record at 55-59/242 with 520 while Jerry "Doc" Kidd won at 60-64/181 with 430. Steve Smith, "Mr. Sandbagger", won his second title of the day, setting his second state record of the day with his 220 pull at 70-74/132. The "darling" of the competition, though, was the "Myth, The Legend", eighty-four year old Bob Stephan. Bob finished the day with a new state record of 340 @ 181! In the two-man division Dave and Kelly Rabe broke their own state record at 198 with 615 and first-time 2-man pullers Stuart Coogan and Jerry Kidd pulled an easy 840 @ 220. Thanks to my son Joey for all his help and to our trophy girl Brook Theama for helping out. And to Janet Heiner as well. See you all at the SLP Wisconsin State Fair, August 13! (Thanks to Dr. Darrell Latch for providing results)



Steve Smith with his Son Light Power Wisconsin State Record 155 bench press at 132 lbs. in the 70-74 age group. (Dr. D. Latch photos)

### UAPC Powerlifting™ Application • PO Box 40, Bogart, GA 30622

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

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

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

**SIGNATURE**

If under 21 yrs. Parent Initial: \_\_\_\_\_ Date: \_\_\_\_\_ Prior Reg. # \_\_\_\_\_

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ UAPC Registered Club Represented: \_\_\_\_\_

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

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

Police & Fire      High School      Special Olympics

Cash/Check/Money Order # \_\_\_\_\_

Membership Price \$ \_\_\_\_\_

All memberships expire 12 months from date of purchase.



### SLP Black River Open 24 APR 05 - Poplar Bluff, MO

BENCH	220 lbs.	
MEN	B. Goins	—
Novice	308 lbs.	
220 lbs.	R. Hudnell	600!
B. Baker	315!	Open
Submaster	242 lbs.	
220 lbs.	B. Way	405
T. Crossen	405	DEADLIFT
Master (55-59)	MEN	
242 lbs.	Submaster	
B. Gresham	315	198 lbs.
Police/Fire	B. Mitchell	500!
Submaster	Open	
242 lbs.	198 lbs.	
L. Edwards	500!	B. Mitchell
Police/Fire	220 lbs.	500!
Open	K. Garrett	635
Best Lifter Bench: Robert Hudnell. Best Lifter Deadlift: Kenny Garrett. !=Son Light Power Missouri state records. The Son Light Power Black River Open was held at the Black River Coliseum. A special thanks to Mandy Aikens and her staff for hosting this event. In the bench press event, lifting in his first competition was Brian Baker, who won at novice 220 with a new Missouri state record of 315. Brian only got in his opener, missing 385 twice. Terry Crossen also failed with more than just his opener at submaster 220, winning there with 405. Bill Gesham, state record holder at 55-59/242, finished with 315 for the title there. Lloyd Edwards, who is fast approaching 600, had an off day here, making just his		

opener of 500. This was a new state record for that class. Another lifter who had a tough day was Ben Goins. Lifting at police & fire/220, Ben failed with 455 three times. Then at police & fire 308 it was big Robert Hudnell, finally getting his first official 600 bench! Weighing in at 302, this also gave Robert the best lifter award as well. Our final bencher was Bryan Way, who took the open 242 class with 405. In the deadlift event Billy Mitchell set two new state records with his 500 pull. Records fell in the submaster and open 198 classes! Best lifter Kenny Garrett pulled just his opener at open 220 with an easy 635, but struggled with his grip at 670, which would have broken his own state record there. Thanks to my son Joey and others who helped out spotting and loading. (Dr. Darrell Latch)

Open  
D. Reimer      510      340      550      1445  
220 lbs.

Raw  
B. Bridges      365      290      420      1075

(40-49)  
M. Bennett      575\*      405      705\*      1685  
242 lbs.  
(17-19)

D. Anderson      315\*      265      475\*      1160\*

SHW  
PFM  
J. Melin      185      255      315      755  
(20-25)

R. Neal      600\*      425\*      550\*      1600\*  
4th-575

\*=New Python Records. Best Bench: Kenneth McBride. Biggest Bench: Brent Chathan. Best Female Lifter: Erica Luster. Best Teen Lifter: Jason Luster. Best Legends Lifter: Bruce Bridges. Best Deadlift: Mike Bennett. Biggest Deadlift: Mike Bennett. Biggest Total: Mike Bennett. The Georgia State meet was held outside with umbrellas, burgers and hot dogs grilling.

A great crowd, great lifting, and family fun! After the prayer was led by Michael "Big Tymer" Bennett, of Ft. Lee, Virginia, he then proceeded to destroy the competition, as he won first place, best lifter, biggest total, best deadlift, and biggest deadlift. But, the show stopper was when he proposed to his lady and got three white lights! Does a powerlifter wear knee wraps on his honeymoon? We'll never tell! We do wish him and his lady a happy, joyous and blessed marriage! Bruce "Mr. Mongo" Bridges of Irmo, SC, was here and he got the best legends lifter award. Bruce is one of the nicest guys you'd want to meet. If you don't believe me, just ask him. Jason "Skinny boy" Luster, of Powdersprings, GA, was awesome as he smashed record after record. This is not "gonna" be a great lifter. He already is! His sister, Erica "The Queen" Luster, won the best female lifter award and she's only 14 years old. Statesboro, Georgia sent us Kenneth "Cowboy" McBride, and weighing only 165 lbs. (most of it arms), and no bench shirt, he blew in 405 and got the best bench press award. Overall, we had a great time. I can't wait until July for the regionals. We are gonna be at the pool, swimming, lifting, posing and fellowshiping. Thanks to my staff, Lucy Griffin, NiNi Walker, Greg "Da Head" Campbell, Rhonda "Big Kuntry" Sams, Tony "Pokey" Francis, Willis "Soubpone" Morgan, Jeremiah "Jukebox" Smith, Vanilla Fred, our lord and savior Jesus Christ and anyone who helped, attended or competed in this competition. For without you, this could not have been. Until next time, stay strong, stay clean, stay in the word, and I'll see ya on the platform. (Thanks to Tee "Skinny Man" Meyers, PPL President, for results)

### PPL Georgia State Drug Free 16 APR 05 - Augusta, GA

BENCH	198 lbs.	
LADIES	(20-25)	
114 lbs.	T. Rich	470*
(14-16)	220 lbs.	
L. Brown	70*	(40-49)
148 lbs.	B. Chathan	480*
(40-49)	Open	
T. Elam	100	M. Phillips
(17-19)	242 lbs.	445
C. Rich	140	(20-25)
MEN	R. Hall	405*
123 lbs.	DEADLIFT	
(10-13)	MEN	
M. Tremble	85	242 lbs.
165 lbs.	(50-59)	
Raw	W. Morgan	575*
K. McBride	405*	4th-600
Ironman	BP	DL
LADIES		TOT
148 lbs.		
(14-16)		
E. Luster	150*	240*
(14-16)	390*	
132 lbs.		
(14-16)		
N. McLaury	—	—
165 lbs.		
(17-19)		
D. Lustser	230	290
(50-59)	520*	
A. Duncan	225	280*
(14-16)	505*	
MEN	4th-DL-300	
114 lbs.	BP	DL
(14-16)		TOT
J. Lustser	225*	200*
(14-16)	275*	700*
	4th-DL-280	
132 lbs.		
(14-16)		
T. Stenger	250*	155
(14-16)	280*	685*
148 lbs.		
(14-16)		
T. Jones	225*	155
198 lbs.	380*	735*

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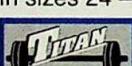
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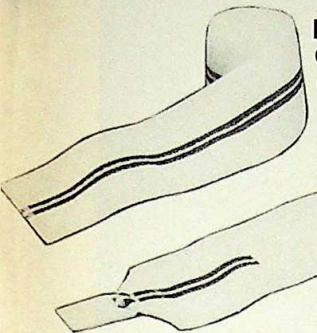
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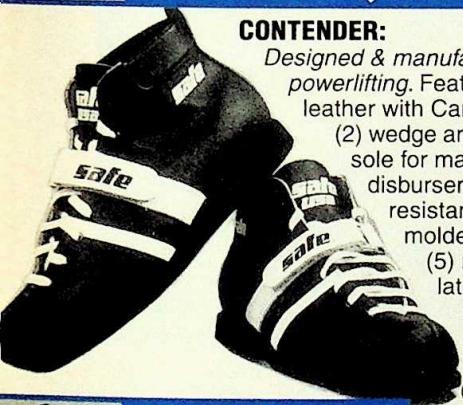
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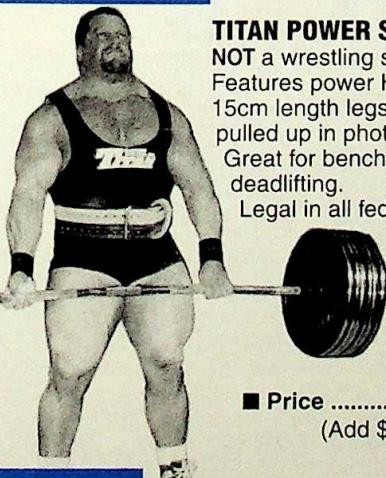
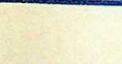
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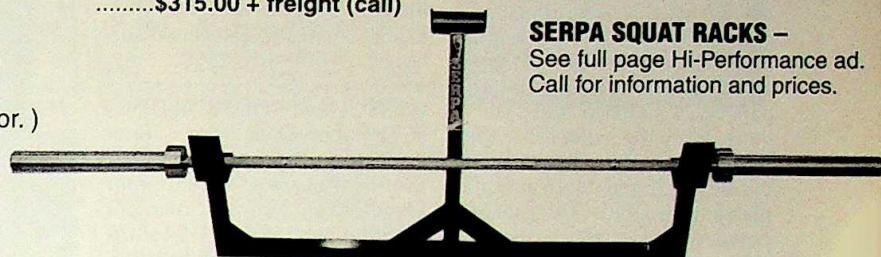
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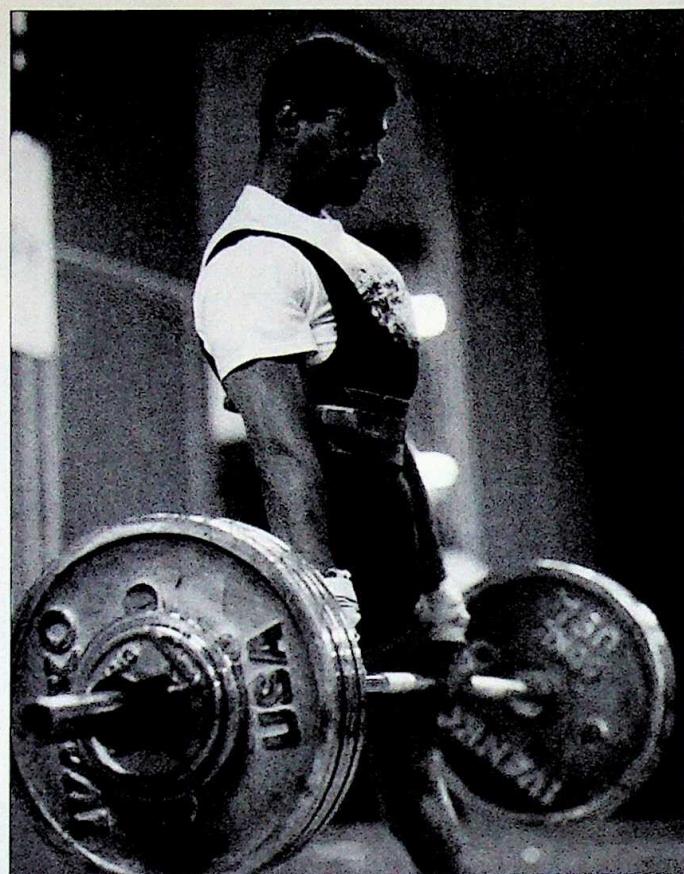
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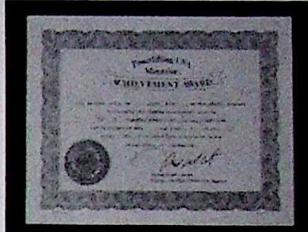
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USAPL State Games					
30-31 JUL 05 - Colorado Spr., CO					
BENCH	100 kgs.				Master-1
WOMEN	Master-1				B. Salo 192.5 120 192.5 505
48 kgs.	A. Fortunato 200				M. Siiala 227.5 160 267.5 655
Master-4	Open				90 kgs.
J. Harms 75	C. Ford 190				Master-3
52 kgs.	Master-2				S. Harms 200 170 182.5
Open	M. Raider 125				552.5
M. Cencich 70	110 kgs.				R. Keele 165 112.5 190
60 kgs.	Master-7				467.5
Master-2	C. Doagett 150				100 kgs.
C. York 80	125 kgs.				Master-2
82.5 kgs.	R. Geller 215				B. Steinback 210 155 227.5
Open	Open				522.5
T. Cencich 160	Santistevai 172.5				A. Pares 205 130 215 550
90 kgs.	Master-1				C. Bradley 192.5 115 215
Master-1	T. McKiernan 117.5				525 kgs.
R. Hennigar 177.5	125+ kgs.				M. Sampson 232.5 150 192.5 575
Open	Master-5				WOMEN
J. Gano 162.5	G. Duggan 155				Teen (14-15)
MEN	SQ BP DL TOT				82.5 kgs.
Teen					J. Keele 45 45 92.5
82.5 kgs.					182.5
(16-17)					Open
N. Meyers 147.5	125 215 487.5				67.5 kgs.
125 kgs.					J. Draper 160 115 182.5
(18-19)					457.5
A. Eyetoo 100	95 142.5 337.5				Master-1
Junior					52 kgs.
75 kgs.					S. Warren 55 40 72.5
R. Hawkins 207.5	120 185 512.5				167.5
C. Claunch 145	115 175 435				56 kgs.
82.5 kgs.					Master-4
J. Trotter 147.5	122.5 155 425				J. Hanns 82.5 75 110
Open					267.5
67.5 kgs.					75 kgs.
V. Rodriguez 200	117.5 212.5 530				Master-3
75 kgs.					P. Jones 82.5 47.5 80 210
D. Flagg 195	122.5 252.5 570				Women's - Best Lifters: 1. Juliet Draper,
A. Bellipanni 187.5	137.5 192.5 517.5				2. Jeanie Harms, 3. Pamela Jones. Best
100 kgs.					Squat: Juliet Draper. Best Bench: Jeanie
B. Radulovich 327.5	192.5 2n.5 797.5				Hanns. Best Deadlift: Juliet Draper. Men's - Best Bench: 1. Charles Doggett, 2. Rick
T. Howell 202.5	125 215 542.5				Gellar, 3. Mike Skelton. Best Squat: 1. Brian Radulovich, 2. Mark Sigala, 3. Victor Rodriguez. Best Deadlift: 1. Mark
M. Skelton 210	215 215 640				Sigala, 2. Darren Flagg, 3. Brian Radulovich. Best Total: 1. Robert Trujillo, 2. Mark Sigala, 3. Brian Radulovich.
Master-5					(Thanks to USAPL for these meet results)
60 kgs.					
R. Trujillo 152.5	95 192.5 440				
67.5 kgs.					

# TOP 100

For standard 123 lb./56 Kg. USA lifters in results received from Aug/2004 through Jul/2005

## PL USA Top 100 Achievement Awards

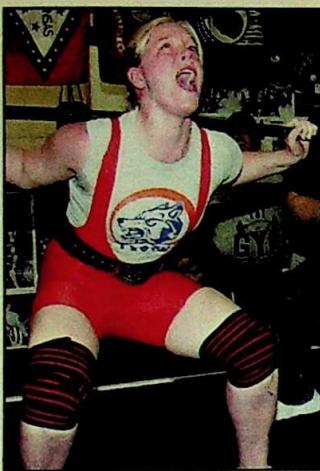


SQUAT	BENCH	DEADLIFT	TOTAL
1 507 Ewoldsen, M..2/13/05	363 Kuhns, M..5/21/05	573 Ewoldsen, M..2/13/05	1383 Ewoldsen, M..2/13/05
2 501 Holloway, D..12/11/04	336 Wong, P..9/10/04	573 Holloway, D..5/6/05	1361 Holloway, D..5/6/05
3 485 Garcia, R..12/4/04	314 Gainer, E..11/9/04	529 Kupperstein, E..5/6/05	1234 Garcia, R..12/4/04
4 475 Burke, J..6/25/05	393 Ewoldsen, M..2/13/05	507 Garcia, R..12/4/04	1218 Gainer, E..11/9/04
5 462 Milian, E..12/4/04	303 Holloway, D..5/6/05	501 Scruggs, J..11/6/04	1179 Scruggs, J..4/16/05
6 440 Riemann, M..3/12/05	290 Fellows, S..11/20/04	496 Gainer, E..11/9/04	1175 Snell, K..3/19/05
7 440 Snell, K..3/19/05	275 Williams, V..8/28/04	470 Snell, K..3/19/05	1173 Milian, E..12/4/04
8 435 Hafenbrack, M..4/16/05	275 Awalt, A..4/16/05	468 Milian, E..12/4/04	1168 Kupperstein, E..5/6/05
9 429 Scruggs, J..4/16/05	275 Cabeza, A..30/05	446 Hafenbrack, M..4/16/05	1113 Hafenbrack, M..4/16/05
10 420 Medina, D..4/2/05	270 Faarone, J..9/18/04	435 Meadows, S..4/9/05	1075 Riemann, M..4/2/05
11 415 King, N..4/2/05	265 Snell, K..3/19/05	420 Medina, D..4/2/05	1065 Medina, D..4/2/05
12 410 Prewitt, A..4/2/05	265 Prewitt, A..4/2/05	418 Lamb, B..10/29/04	1065 Prewitt, A..4/2/05
13 407 Gainer, E..11/9/04	259 Darling, J..9/10/04	418 Wiltz, R..4/2/05	1043 Burke, J..6/25/05
14 407 Kupperstein, E..5/6/05	259 Scruggs, J..11/6/04	415 Myers, C..11/10/04	1035 Cabeza, A..3/30/05
15 400 Atkinson, C..3/12/05	259 Adelman, T..5/7/05	415 Riemann, R..4/2/05	1030 Deas, A..4/2/05
16 400 Deas, A..4/2/05	259 Reinert, N..5/14/05	415 O'Brien, A..4/2/05	1025 O'Brien, A..4/2/05
17 400 Montelongo, D..4/2/05	253 Rinn, S..10/15/04	405 Deas, A..4/2/05	1025 Montelongo, D..4/2/05
18 400 Terrell, A..4/2/05	253 Ballard, R..4/2/05	405 Tony, M..4/2/05	1019 Awalt, A..4/16/05
19 390 O'Brien, A..4/2/05	250 Burke, J..6/25/05	400 Montes, G..11/6/04	1014 Ballard, R..4/2/05
20 390 Taylor, D..4/2/05	248 Lewis, B..4/30/05	400 Badagliacco, J..3/11/05	
21 385 Ballard, R..4/2/05	245 Riemann, M..3/12/05	400 Tronco, A..3/12/05	1014 Meadows, S..4/9/05
22 385 Hemmes, E..4/2/05	245 Tran, .5/22/05	400 Penna, C..3/12/05	990 Taylor, D..4/2/05
23 385 Johnson, C..4/2/05	242 Cross, T..9/8/04	400 Norfort, H..4/9/05	990 King, N..4/2/05
24 385 Awalt, A..4/16/05	242 Garcia, R..12/4/04	390 Ferguson, A..6/6/04	986 Cross, T..9/8/04
25 385 Cabeza, A..3/30/05	242 Milian, E..12/4/04	390 Morningwake, A..12/4/04	975 Shaw, J..4/2/05
26 380 Perez, E..4/2/05	242 Meadows, S..4/9/05	390 Morningwake, A..12/4/04	970 Tronco, A..3/12/05
27 380 Kirkland, M..5/22/05	240 Lamb, B..11/20/04	390 Prewitt, A..4/2/05	970 Reinert, N..5/14/05
28 375 Green, R..3/05	240 Voen, V..12/4/04	390 Torres, A..4/2/05	955 Torres, A..4/2/05
29 375 Tronco, A..4/2/05	240 Montelongo, D..4/2/05	385 Montelongo, D..4/2/05	955 Morales, A..4/2/05
30 374 Cross, T..9/8/04	240 Tronco, A..4/2/05	385 Morales, A..4/2/05	950 Atkinson, C..3/12/05
31 370 Shaw, J..4/2/05	235 Nellingher, E..12/04	385 White, S..4/2/05	950 White, S..4/2/05
32 369 Wiltz, R..4/2/05	231 Smith, T..9/25/04	385 Smith, T..4/9/05	945 Hemmes, E..4/2/05
33 365 Scott, J..3/18/05	231 Wiltz, R..4/2/05	385 Miller, C..5/26/05	940 Perez, E..4/2/05
34 365 White, S..4/2/05	231 Hafenbrack, M..4/16/05	385 Yamashita, J..2/13/05	936 Rinn, S..10/15/04
35 365 Louis, R..4/2/05	231 Kupperstein, E..5/6/05	386 Nogle, C..9/8/04	936 Knight, M..1/29/05
36 363 Knight, M..1/29/05	230 Oburn, J..3/12/05	386 Dahl, K..3/11/05	935 Luna, C..3/12/05
37 360 Torres, A..4/2/05	230 Guerrero, G..4/2/05	386 Shaw, J..4/2/05	930 Louis, R..4/2/05
38 352 Rinn, S..10/15/04	225 Campanile, M..1/15/05	386 Atkinson, C..4/2/05	930 Terrell, A..4/2/05
39 350 Luna, C..3/12/05	225 Diviney, J..3/5/05	386 Louis, R..4/2/05	925 Green, R..3/05
40 350 Travis, T..3/12/05	225 Garcia, S..3/12/05	386 Reinert, N..5/14/05	925 Adelman, T..5/7/05
41 350 Zamaron, M..3/12/05	225 Medina, D..4/2/05	375 Brown, Jarell, A..11/6/04	925 Tran, .5/22/05
42 350 Morales, A..4/2/05	225 Deas, A..4/2/05	375 Taylor, D..4/2/05	920 Nogle, C..9/8/04
43 350 Perry, J..4/2/05	225 Taylor, D..4/2/05	375 Snyder, L..4/2/05	920 Johnson, C..4/2/05
44 350 Flores, E..4/2/05	225 Shaw, J..4/2/05	375 French, R..4/9/05	910 Perry, J..4/2/05
45 347 Nogle, C..9/8/04	225 Rivera, E..7/16/05	375 Cabeza, A..30/05	905 Travis, T..3/12/05
46 347 Marietta, Leah, A..6/18/05	220 Arnold, G..9/25/04	374 Ballard, R..4/2/05	905 Flores, E..4/2/05
47 345 Maxwell, C..4/2/05	220 Murphy, G..10/29/04	370 Zamaron, M..3/12/05	900 Zamaron, M..3/12/05
48 336 Meadows, S..4/9/05	220 Myers, C..11/10/04	370 Perry, J..4/2/05	900 Tony, M..4/2/05
49 336 Miller, C..5/26/05	220 Ramos, A..12/12/04	370 Guidry, J..4/2/05	895 Guerrero, G..4/2/05
50 336 Adelman, T..6/4/05	220 Moore, A..2/26/05	370 Kubela, C..4/2/05	890 Badagliacco, J..3/11/05
51 335 Dahl, K..3/11/05	220 O'Brien, A..4/2/05	369 Cross, T..9/8/04	890 Dahl, K..3/11/05
52 335 Gutierrez, V..3/12/05	220 Morales, A..4/2/05	369 Knight, M..1/29/05	881 Montes, G..4/16/05
53 335 Dodds, D..4/2/05	220 Olinde, T..4/16/05	365 Flores, E..4/2/05	881 Kirkland, M..5/22/05
54 330 Schendel, R..4/2/05	215 Pattersons, J..9/11/04	365 Tran, .5/22/05	881 Miller, C..5/26/05
55 330 Warren, S..5/7/05	215 King, N..4/2/05	363 Hauser, K..11/10/04	880 Smith, T..4/9/05
56 330 Reinert, N..5/14/05	214 Raburn, N..4/2/05	363 Voen, V..5/7/05	875 Diviney, J..3/5/05
57 330 Van Dusen, K..6/25/05	210 Terrell, A..3/5/05	360 Warren, S..3/5/05	875 Norfort, H..4/9/05
58 325 Martinez, C..11/6/04	210 Green, R..3/05	360 Marquez, M..3/12/05	875 French, R..4/9/05
59 325 Hastings, W..3/5/05	210 Hemmes, E..4/2/05	360 King, N..4/2/05	870 Yamashita, J..2/13/05
60 325 Tally, S..5/7/05	210 Haag, T..6/25/05	360 Perez, E..4/2/05	865 Brown, Jarell, A..11/6/04
61 320 Tom, K..6/26/05	209 Yamashita, J..2/13/05	360 Achenbach, J..6/11/05	865 Schendel, R..4/2/05
62 319 Montes, G..4/16/05	209 Dunn, P..4/9/05	358 Awalt, A..4/16/05	860 Moore, A..2/26/05
63 315 Palacious, B..3/18/05	205 Morningwake, A..12/4/04	356 Pataka, B..10/30/04	860 Pena, V..4/2/05
64 315 Ortiz, A..3/18/05	205 Warren, S..3/5/05	355 Kirkland, 12/11/04	860 Rodriguez, S..4/2/05
65 315 Rotramel, T..3/18/05	205 Sabba, P..3/6/05	355 Rodriguez, S..4/2/05	859 Olinde, T..4/16/05
66 315 Guerrero, G..4/2/05	205 Travis, T..3/12/05	352 Campanile, M..1/15/05	854 Marietta, Leah, A..6/18/05
67 315 Pena, V..4/2/05	205 Torres, A..4/2/05	352 Adelman, T..5/7/05	850 Gutierrez, V..3/12/05
68 315 Rodriguez, S..4/2/05	205 Santoyo, R..4/2/05	350 Austin, D..12/11/04	848 Martinez, C..11/6/04
69 315 Smith, T..4/9/05	203 Sarris, M..9/10/04	350 Moore, A..2/26/05	845 Warren, S..3/5/05
70 315 Tran, .5/22/05	203 DelaCruz, M..9/25/04	350 Thomas, J..2/26/05	840 Marquez, M..3/12/05
71 315 Colmore, N..5/26/05	203 Knight, M..1/29/05	350 Diviney, J..3/5/05	835 Dodds, D..4/2/05
72 310 Tony, M..4/2/05	203 Hedman, S..3/5/05	350 Luster, A..4/2/05	835 Scott, J..4/2/05
73 305 Fair, K..3/18/05	201 Claypatch, H..9/11/04	350 Travis, T..3/12/05	830 Hastings, W..3/5/05
74 303 Reinhart, J..8/15/04	200 Guffy, B..11/20/04	350 Gutierrez, V..3/12/05	825 Guidry, J..4/2/05
75 300 Brown, Jarell, A..11/6/04	200 Atkinson, C..3/12/05	350 Fair, K..3/18/05	825 Rivera, E..7/16/05
76 300 Diviney, J..3/5/05	200 Weaver, C..3/26/05	350 Hemmes, E..4/2/05	815 Kubela, C..4/2/05
77 300 Marquez, M..3/12/05	200 White, S..4/2/05	350 Terrell, A..4/2/05	815 Luster, J..7/23/2005
78 300 Bowdrie, D..3/18/05	200 Perez, E..4/2/05	350 Guerrero, G..4/2/05	804 Reinert, N..8/15/04
79 300 Covey, L..3/18/05	200 Schendel, R..4/2/05	350 Dodds, D..4/2/05	800 Mobbs, C..3/5/05
80 300 Kubela, C..4/2/05	200 French, R..4/9/05	347 Reinert, N..8/15/04	795 Garcia, J..3/12/05
81 300 French, R..4/9/05	203 Knight, M..1/29/05	345 Mendoza, R..3/5/05	785 Talley, S..5/7/05
82 300 Rivera, E..7/16/05	198 Arndt, D..11/11/04	345 Johnson, C..4/2/05	795 VanDusen, K..6/25/05
83 297 Wilson, L..10/15/04	198 Luchesi, S..4/8/05	341 Sakai, S..11/10/04	790 Austin, D..12/11/04
84 297 Olinde, T..4/16/05	198 Trujillo, R..6/26/05	341 Olinde, T..4/16/05	790 Castillo, B..3/11/05
85 295 Badagliacco, J..3/11/05	195 Gualtieri, V..8/8/04	341 Stablein, J..7/16/05	790 Palacious, B..3/18/05
86 295 Castillo, B..3/11/05	195 Badagliacco, J..3/11/05	340 Huffman, B..3/5/05	790 Santoyo, R..4/2/05
87 295 Demar, J..3/11/05	195 Achenbach, J..6/11/05	340 Green, R..3/05	785 Pataka, B..10/30/04
88 295 Guidry, J..4/2/05	192 Nogle, C..9/8/04	340 Scott, J..4/2/05	785 Maxwell, C..4/2/05
89 290 Moore, A..2/26/05	192 Martinez, C..11/6/04	337 Ruff, D..3/12/05	785 Tom, K..6/26/05
90 290 Mendoza, R..3/5/05	190 Puja, C..9/11/04	336 Smith, D..5/20/05	782 Wilson, L..10..15/04
91 290 Cepak, B..3/18/05	190 Brown, Jarell, A..11/6/04	335 Manuel, G..11/27/04	780 Fair, K..3/18/05
92 290 Sanders, L..3/18/05	190 Bailey, S..12/5/04	335 Mobbs, C..3/5/05	771 Pierce, L..4/2/05
93 285 Mobbs, C..3/5/05	190 Benner, 12/11/04	335 Schendel, R..4/2/05	771 Dunn, P..4/9/05
94 285 Anderson, D..3/18/05	190 San Augustin, B..3/5/05	335 Luster, J..7/23/05	770 Mendoza, R..3/5/05
95 285 Tibbs, A..3/18/05	190 Johnson, C..4/2/05	330 Rinn, S..10/15/04	765 San Augustin, B..3/5/05
96 285 Lablanc, J..3/18/05	190 Perry, J..4/2/05	330 Martinez, C..11/6/04	765 Demar, J..3/11/05
97 285 Norfort, H..4/9/05	190 Flores, E..4/2/05	330 Neidlinger, A..12/11/04	760 Snyder, L..4/2/05
98 281 Froeschle, J..10/2/04	190 Rodriguez, S..4/2/05	330 Yukness, K..12/12/04	755 Johnson, I..3/5/05
99 281 Yamashita, J..2/13/05	190 Norfort, H..4/9/05	330 Johnson, I..3/5/05	755 Bowdrie, D..3/18/05
100 281 Leblanc, B..4/2/05	187 Wilson, L..10/15/04	330 Binstorh, J..3/11/05	750 Bordelon, T..3/3/05

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## NEXT MONTH... TOP 132s

**CORRECTIONS** ... the remarkable Fred Archambault should have been ranked #3 on Herb Glossbrenner's All Time Best Masters Ranking List that was published in the August 2005 issue of POWERLIFTING USA, for his 442.5 kg. total at 73.94 kg. bodyweight, at age 82, at the USAPL meet on May 21st, 2005, with a rating of 671.36. Additionally, Charles Bailey's 1003 lb. squat was not reflected on 1000 lb. Squat Club. Brian Durham was incorrectly credited with a 749 deadlift in the results of the Iowa WPO qualifier and on the TOP 100 275s, with actual lifts of 903 551 727 2182. Jeremy Benezra should have been credited with a 540 deadlift in the 165 lb. class in the results of the February 12th, 2005 USAPL competition in Aurora, Oregon, where his correct total should be 1218. If you find errors in our lists or results, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for analysis and a corresponding correction.



**Felicia Brown** squatted 300 at the NASA IL St. High School contest.

**NASA Illinois State High School**  
14 FEB 05 - Flora, IL

Push/Pull BP DL TOT

**FEMALE**

132 lbs.

R. Brown 75 170 245

**MALE**

132 lbs.

C. Lenhart 115 185 300

148 lbs.

W. Higgins 150 230 380

165 lbs.

T. Lenhart 165 300 465

T. Davis 170 230 400

**Special Olympics**

132 lbs.

C. St.Clair 95 190 285

**FEMALE**

SQ BP DL TOT

**Fresh/Soph**

105 lbs.

G. Brown 180 95 175 450

123 lbs.

L. Harrison 100 75 215 390

148 lbs.

F. Brown 300 145 300 745

R. Shimchick 125 95 205 425

165 lbs.

J. Mayernick 135 95 205 435

**Junior/Senior**

114 lbs.

H. Anderson 180 80 225 485

181 lbs.

J. Spells 75 100 275 450

220 lbs.

K. Tjarks 290 135 290 715



**Travis Van Note** has been lifting with NASA since his Youth Division days and continues to improve. (photographs by Smitty)

MALE					
Fresh/Soph					
L. Harris	200	120	280	600	
A. Lutman	190	90	250	530	
123 lbs.					
C. Harris	215	125	290	630	
D. McLeod	155	90	260	505	
165 lbs.					
J. Maffett	450	200	450	1100	
198 lbs.					
A. Winke	360	165	360	885	
220 lbs.					
M. Sharp	250	225	385	860	
A. Evans	240	145	300	685	
275 lbs.					
Z. Langhoff	405	275	435	1115	
M. Zielsdorf	360	240	325	925	
SHW					
T. VanNote	450	275	450	1175	
<b>Junior/Senior</b>					
165 lbs.					
N. Mike	290	235	400	925	
181 lbs.					
J. Hook	315	235	420	970	
220 lbs.					
A. Harrison	425	260	465	1150	
J. Elliott	390	240	435	1065	
Schaumburg	325	220	465	1010	
N. Poff	315	245	365	925	
242 lbs.					
C. Bailey	400	250	475	1125	
M. Clark	405	260	430	1095	
275 lbs.					
H. Beck	500	420	450	1370	
Team Results - Women: 1) Flora's Pale Brown Bombers; Junior Varsity: Colfax Mustangs 94 points, Roxana 82 points; Varsity: Alton 66 points, Mustangs 40 points. Outstanding Lifters - Women: Felicia Brown, Flora; Junior Varsity: Jacob Maffett, Colfax; Varsity: Nathan Mike, Alton. (Thanks to Smitty for the results)					

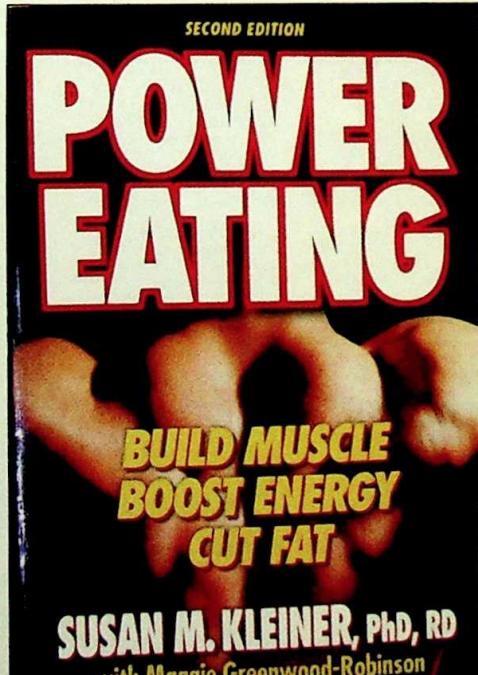
**Steve's Gym Push/Pull**  
11 JUN 05 - Elkhart, IN

BENCH					
<b>WOMEN</b>					
114 lbs.					
R. Brown	150	K. Herron	415		
165 lbs.					
L. Boshoven	240	181 lbs.			
<b>MEN</b>					
N. Lewis	410				
<b>Teen</b>					
DEADLIFT					
165 lbs.					
J. Smoker	125	Youth			
Novice		S. King	125		
165 lbs.					
H. Thornhill	270	Teen (14-15)			
181 lbs.		114 lbs.			
J. Shoup	290	181 lbs.			
D. Hogan	—	Teen (16-17)			
198 lbs.		165 lbs.			
J. Grzegorek	230	J. Smoker	280		
220 lbs.		181 lbs.			
A. Perkins	315	L. Berryman	415		
242 lbs.		WOMEN			
E. Tener	350	114 lbs.			
275 lbs.		R. Brown	280		
A. Bontrager	315	165 lbs.			
Master		L. Boshoven	480		
220 lbs.		Novice			
T. Berryman	350	165 lbs.			
A. Reed	—	A. Rice	450		
Master (55+)		181 lbs.			
242 lbs.		D. Hogan	500		
J. Altheim	250	Natural			
275 lbs.		220 lbs.			
T. Striverson	460	M. King	530		
Master (65+)		S. McKindle	450		
242 lbs.		242 lbs.			
T. Andrews	275	K. Robbins	560		
Master Open (50+)		Master			
220 lbs.		220 lbs.			
T. Sheehan	385	T. Berryman	555		
Natural		Master (50+)			
165 lbs.		Open			
D. Clark	375	220 lbs.			
181 lbs.		T. Sheehan	515		
R. Salvagni	420	Master (55+)			
220 lbs.		181 lbs.			
S. McKindle	—	J. Smoker	480		
SHW		242 lbs.			
		J. Altheim	390		
Best lifter Bench: Steve Jarausch. Special thanks to: Carol Smoker, Jon G. Smoker, Ron Cuny, Anson Wood, Larry Boynton, Rich Salvagni, and especially Scott McKindle. It was a very hot day for mid June, so any thoughts of doing it outside went by the wayside plus there was a threat of a thunderstorm which did happen, albeit					

only for a few minutes, but enough to rain on our parade. Without air conditioning it was still plenty hot inside, but not as hot as Steve Jarausch who continues his steady climb towards greatness with his latest best-day-ever (until the next one). He sailed through 3 attempts, including a pr 635, but he wasn't done. He got a phenomenal 650 on his third, which should land him in the top 50 for the first time. This meet also featured the return of Indiana's greatest powerlifter, Rich Salvagni since his tragic injury with a WR 556 that he made in April 2004, only to have it come crashing down with a tear in an elbow tendon. Lifting sans bench shirt, he made a great 420. Even though he's just coming back, that's a lift very few natural 181s are going to make raw, and there's a whole lot more where that came from. Dan Clark was also in the hunt for best lifter with a 375 which he made only weighing 153! There are certainly Central Bench Press League records that would be his for the taking if he ever dropped a few pounds and went to 148. The big news in the deadlift is that best lifter was copped by a master female lifter, the great Lynne Boshoven, who made an excellent 480 at 165. Yep, she whipped us all, myself included, and I know that kind of thing just makes her day. It will be awhile before all the boys can live that one down, because she has a way of not letting us forget. The other female lifter in the meet, Renae Brown, also made a great 280 at just 114. (Thanks to Jon Smoker for providing these meet results)

**17th Waialua Health Club Meet**  
13 AUG 05 - Waialua, HI

FEMALE	SQ	BP	DL	TOT
123 lbs.				
D. Nakamura	185	95	200	480
<b>MALE</b>				
Teen				
114 lbs.				
N. Ballesteros	155	105	205	465
132 lbs.				
T. Norton	155	105	205	465
J. Valmoja	225	225!	300	750
S. Pactol	225	185	295	705
J. Casey	205	205	275	685
J. Kaululaau	225	155	275	655
220 lbs.				
K. Biroan	210	155	2305	595
<b>Open</b>				
165 lbs.				
E. Manmano	475	305	565!	1345
C. Echinoe	225	165	315	705
B. Pactol	645!	475!	135	1255
<b>Master (40-49)</b>				
165 lbs.				
B. McDougall	225	200	300	725
198 lbs.				
D. Agaran	45	370!	135	550
220 lbs.				
L. Tabladillo	405	300	405	1110
!=WHC records. Most Outstanding Female: Dyan Nakamura. Most Outstanding Teen: Jacob Valmoja. Most Outstanding Male: Ed Manmano. Most Outstanding Master: Bob McDougall. Most Outstanding Overall: Ed Manmano. (Thanks to Dale Yoshizu for providing these meet results)				



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with Maggie Greenwood-Robinson

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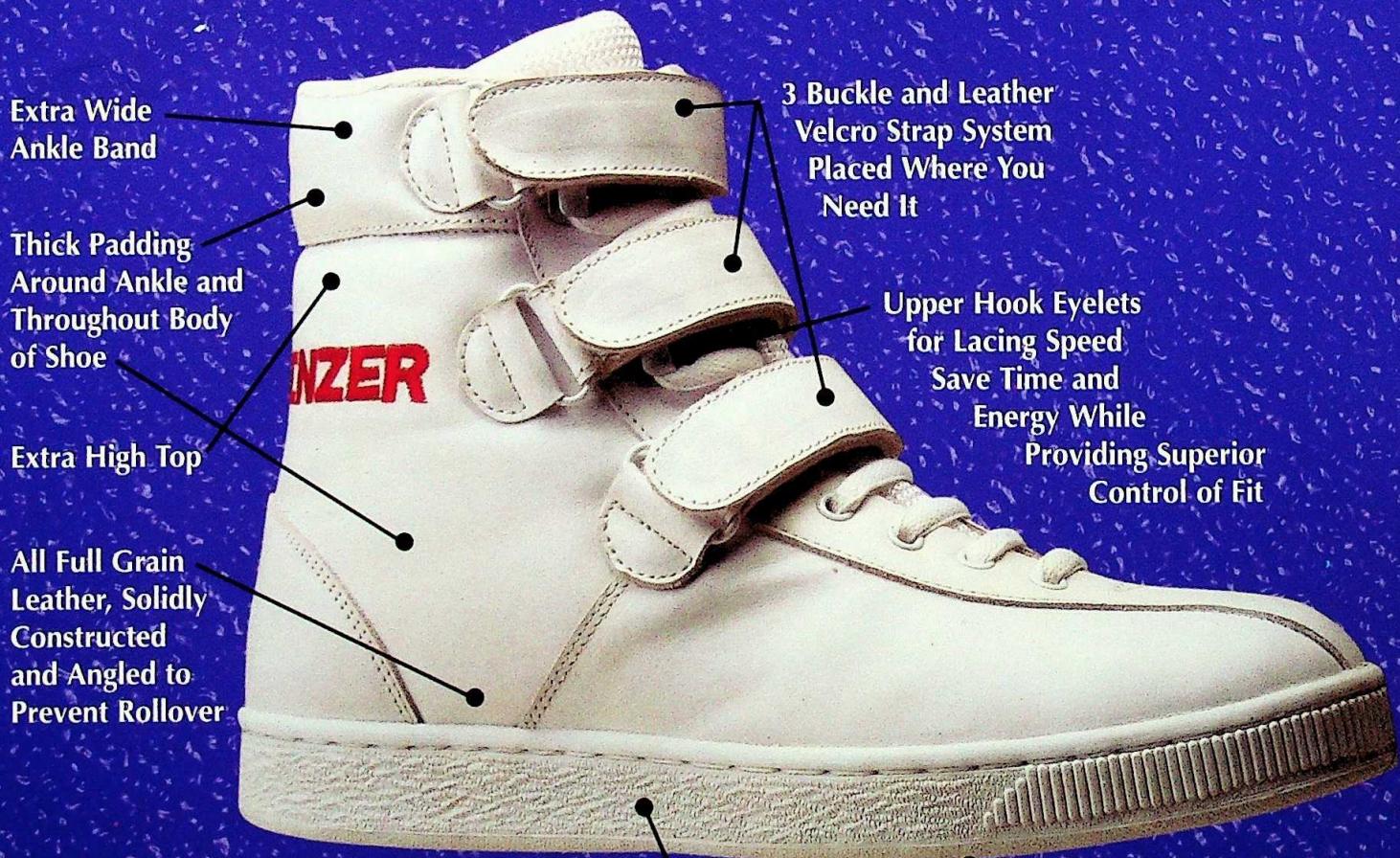


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