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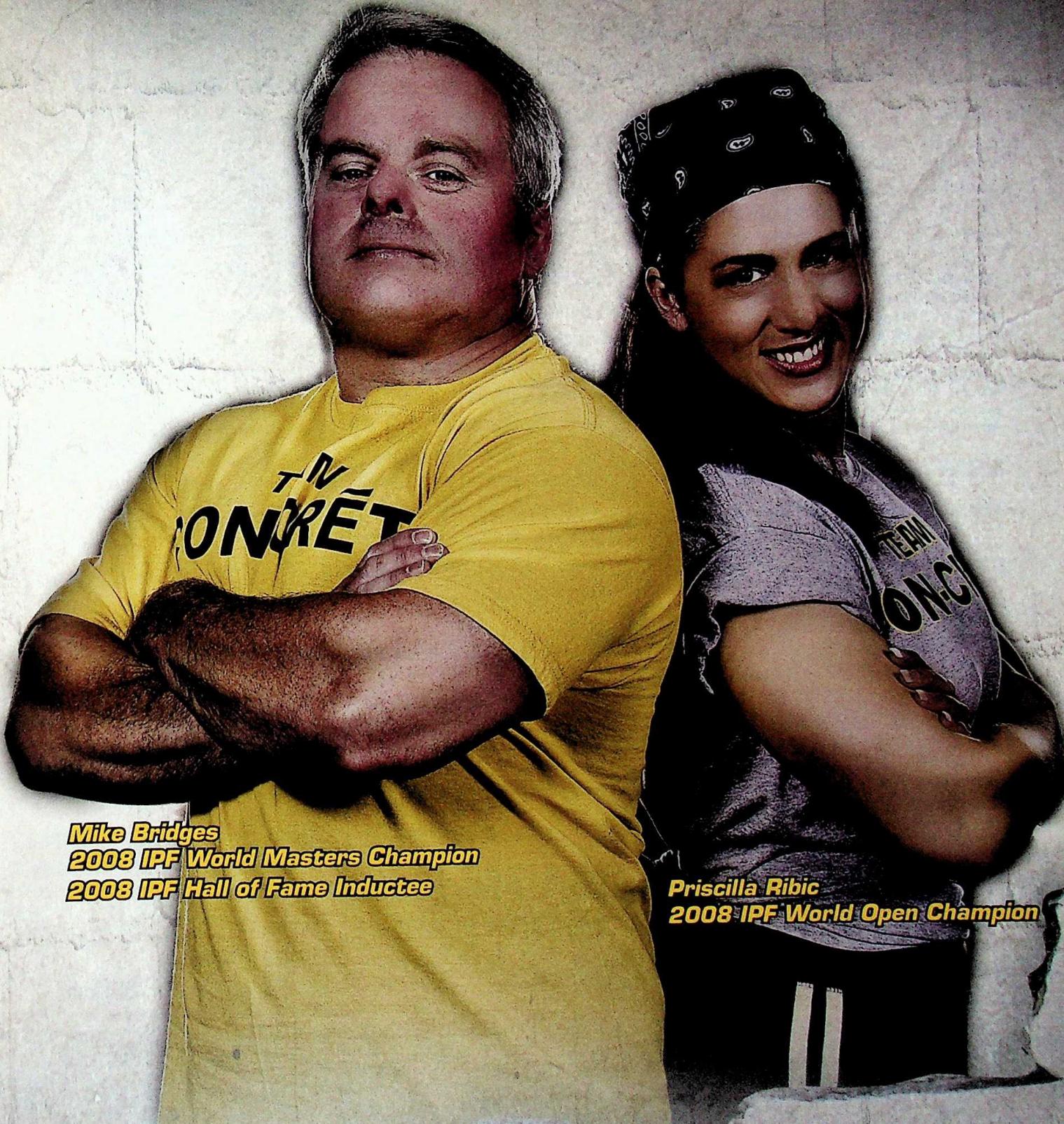
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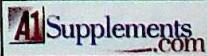


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# MUSCLE MENU

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*ON THE COVER ... Laura Phelps lifts at the Arnold Classic*

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When you think of great women powerlifters, a few names pop up. Olesia Lafina of Russia was the first to total 10 times her bodyweight. Margaret Kirkland of Florida made 10 times her bodyweight in two weight classes, 105 and 114. Next up is Amy Weisberger of Westside Barbell. She totaled 10 times bodyweight in the 132 class, and she holds the world record of 1440 in the 148 class. Becca Swanson of Big Iron of Nebraska with Rick Hussey at the helm made lifts no one thought were possible for a woman, lifts even the men have a tough time doing. Check this out: a 600 bench press, an 856 squat, and a 683 deadlift. I saw it. It was my pleasure and a distinct honor to have Becca represent the United States as the world's strongest woman, bar none.

Then, out of nowhere comes Laura Phelps. She holds the squat record in the 165 class at 740 pounds, and

## POWER PROFILE

### LAURA PHELPS

— Queen of the Iron Game —  
*as told to Powerlifting USA by Louie Simmons*

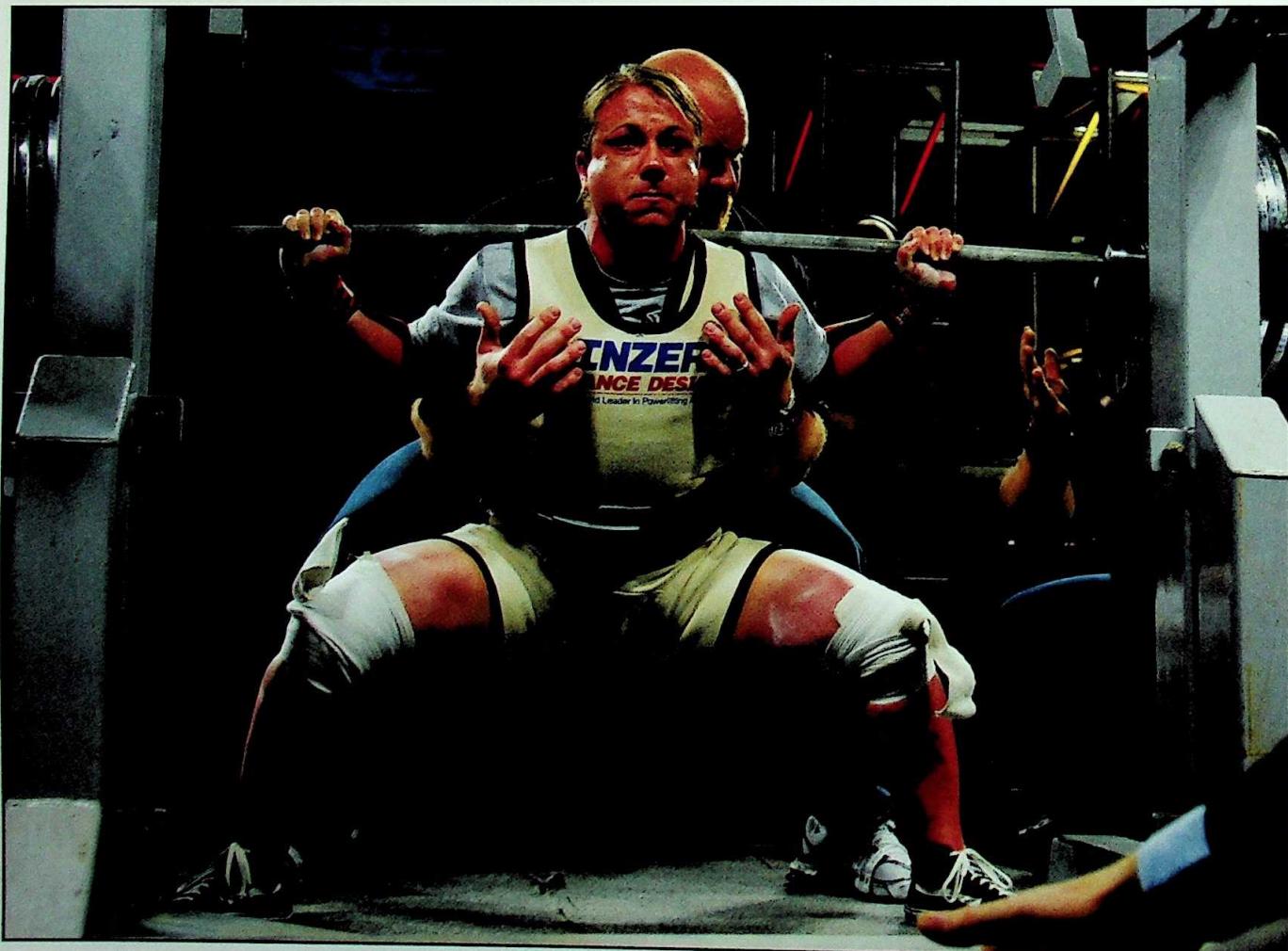
at 181 did a 770-pound squat. At 181 she benched a world record of 465 pounds. Later on she made 455 and 465 at the Powerstation Pro-Am at 165 bodyweight. Her total records at 165 bodyweight are 1715, and 1725 at 181 bodyweight. How did this all start? First, Laura was a gymnast for 14 years. Her flexibility is extraordinary. This aids in the perfect form she now possesses in all three lifts. After gymnastics she tried bodybuilding for a short time with good success but was bitten by the powerlifting bug. Most would like a virus like that. In

the beginning her potential was obvious to all that saw her train. Her husband, Shane, guides all of her nutritional needs, and it is beginning to show in her muscularity. She has traded fat for muscle, really changing her body composition. Shane sets the diets for many MMA competitors. His vast knowledge about recovery and adding muscle mass makes it very easy for Laura to worry only about herself and not other lifters. Laura and Shane set most of her training up with some small guidance from me with the Westside system. She rotates her

squat workouts from chains to bands on a hard box to a foam box. The hard box builds connective tissue strength for explosiveness. The foam builds muscle and strength by slowing down the process. I can't wait for schools to do studies on this subject with our recommendations.

Laura has squatted 640 in briefs and knee wraps. I wanted to take her to the Ohio State football facility, but I didn't want to see the kids cry. She uses her full gear about once a month to ensure she knows how to use it. She does a lot of belt squats, Reverse Hypers, and plyo swing jumps, making sure her abs are strong and to maintain her flexibility. She wears a Leviathan squat suit and a Rage X bench shirt from Inzer. For her bench she does speed work once a week and max effort work on Sunday. She always uses bands or chains on speed work to ac-

(continued on page 74)



Laura Phelps utilizes a classic wide stance squat form to move unbelievable weight; she has squatted 640 in briefs and knee wraps!

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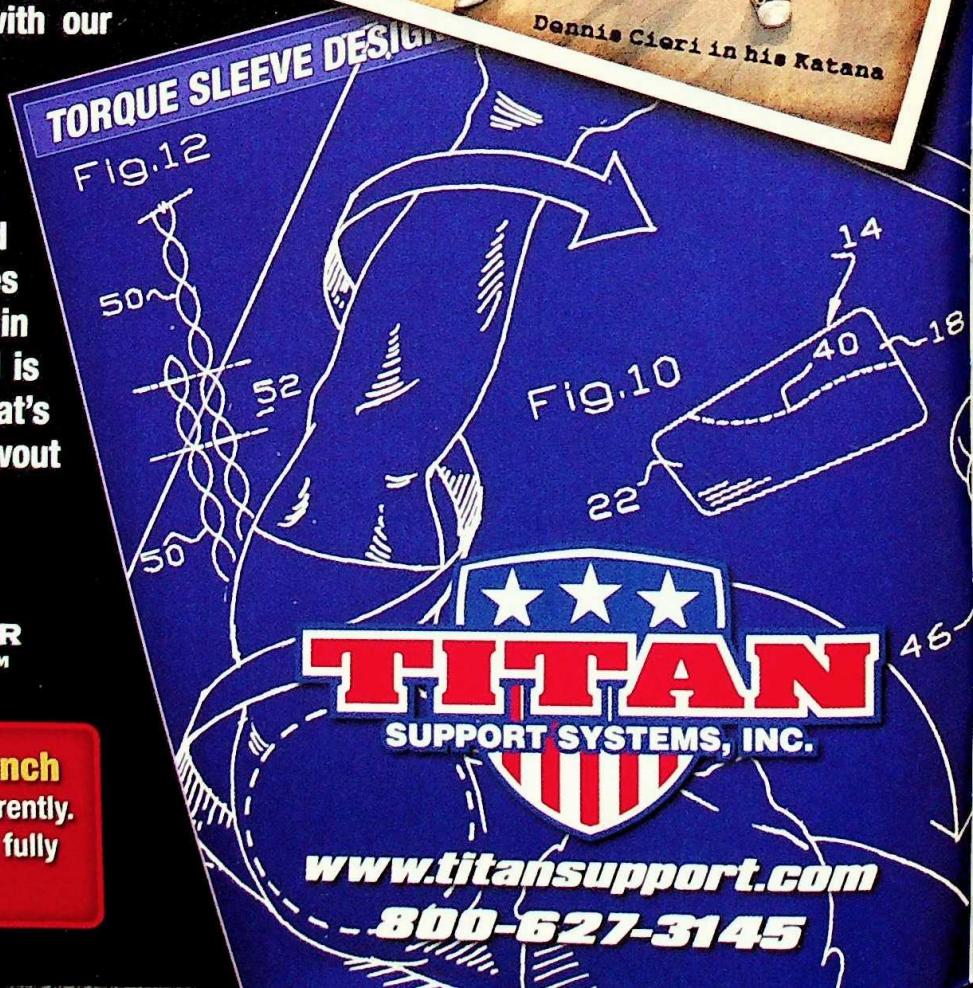
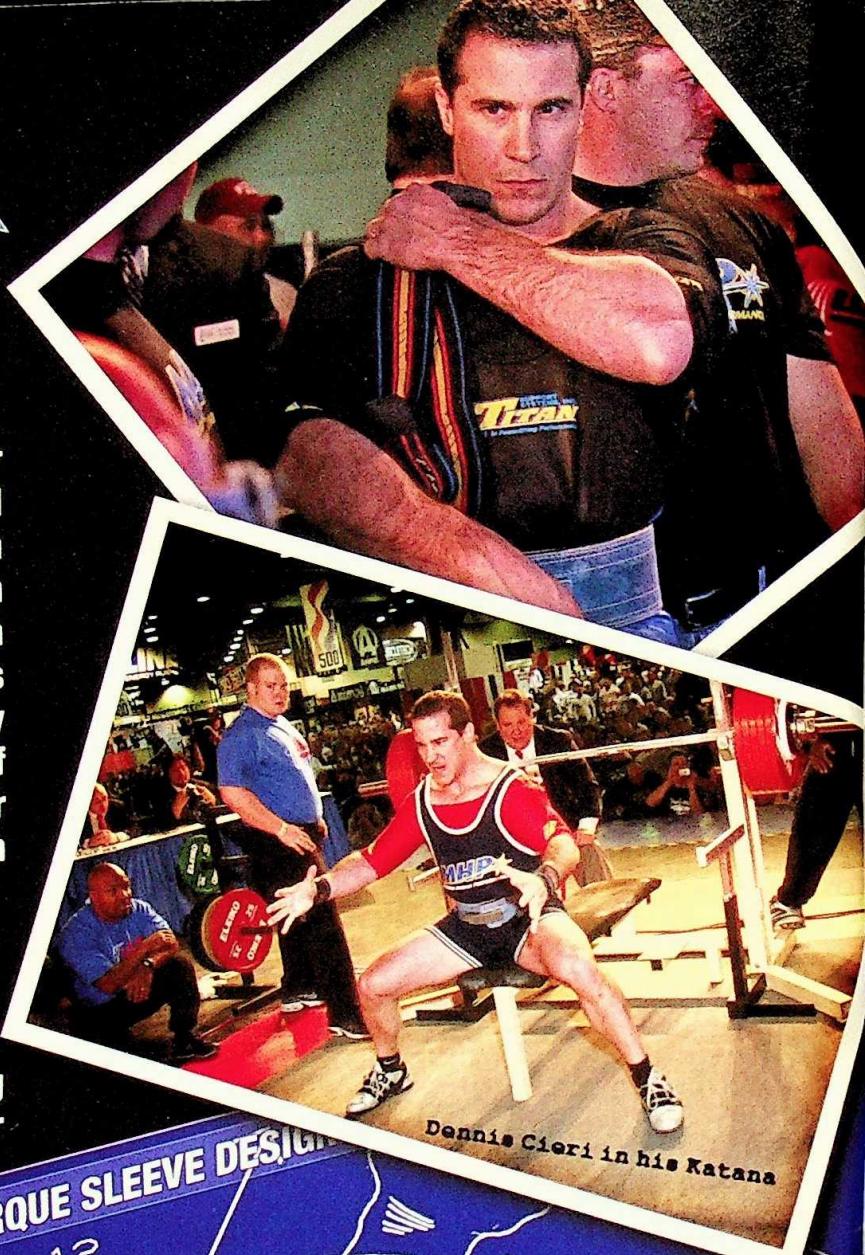
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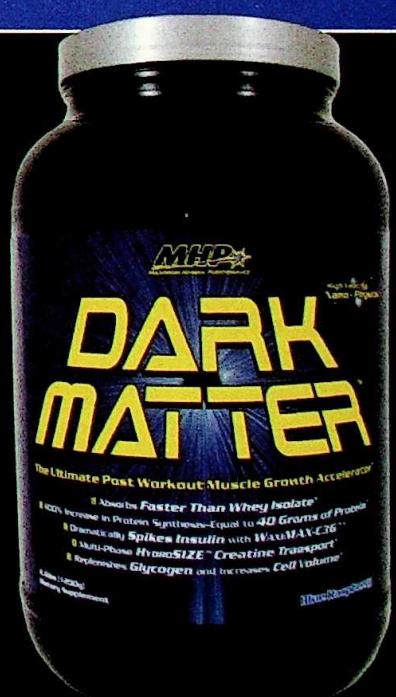
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**Bruce Citerman:** Give us some personal background about yourself.

**Jessica O'Donnell:** I am 27 years old, originally from New Haven, IN, and currently I reside in Davenport, IA, where my husband, Mike, is finishing the last year of his Doctorate of Chiropractic. I work as a chiropractic assistant which has proven to be the perfect job for a powerlifter. I met my husband and coach, Mike O'Donnell, at the 2001 IPF Junior Worlds in Bulgaria and we have been married for 3.5 years.

I have been powerlifting for nine years, since I was 18. I have been on four IPF Junior World Teams, gold medalist of the 2003 IPF Junior Worlds, 7 IPF Women's World Teams, 3x Silver Medalist in the IPF Women's World Championships and 2008 Gold Medalist, and in 2007 I broke the IPF World record squat in the 90 kg. class with 271 kg. (597 lbs.).

**BC:** What is your athletic background?

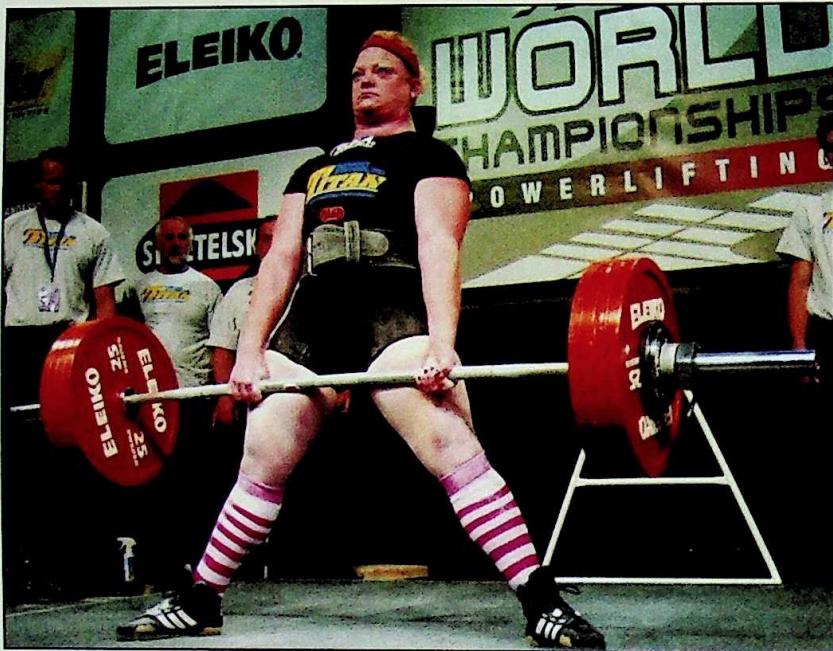
**JO:** As a youth and teenager I was involved in many different sports and proved to be very athletic. Growing up I played a lot of baseball and then in high school that had to develop into softball because it is the "girls" sport. After playing softball in high school, I was recruited by Indiana State University to play softball as a third baseman. As I found out when I got down there I was more interested in powerlifting than playing softball, after having only one meet under my belt. I also played basketball where my strength and aggression was used more than my skills.

**BC:** How did you get into powerlifting competitions?

**JO:** In my sophomore year of high school, at the age of 15, I decided to take a weight training class because my older brother was in it and it sounded like a fun class to try out. I was always deemed strong in my family and I thought it would be the perfect way to test it. The first time I squatted in the class I did 275 lbs. and was hooked from there on out. I worked up to 360 lbs. by my senior year with only one boy out-squatting me. The coach of the class then asked if I would be interested in doing a sport that involved lifting weights. He then introduced me to Michael and Angie Overdeer (president of the USAPL at that time) and they started laying down my

# INTERVIEW

## Champion Jessica O'Donnell as interviewed for PL USA by Bruce Citerman



Jessica O'Donnell achieved her goal of gold at the 2008 IPF World Championships

foundation to powerlifting.

**BC:** What contests did you enter? The results?

**JO:** My first meet was the Indiana State Meet where I went raw in the SHW class and did a 360 lbs. squat, 170 lbs. bench, 380 lbs. deadlift and a 910 lbs. total. This was after only training for 8 weeks. I then qualified for Teenage Nationals where I pulled out the win with a 413 lbs. deadlift. After finding out I could qualify for IPF Junior Worlds I dieted down to the 198 lbs. class and went to collegiate nationals where I squatted 402 lbs. and totaled 952 lbs. for the win and the invitation to junior worlds. It was in Taiwan that I discovered what it meant to have international competition, such as the Russian and Ukrainian Teams. I placed fourth overall and bronze in the squat.

From there on out I made the junior world team in 2001 through 2003, with 2003 ending in perfect fashion where I won against one of the deepest classes in the 181 lbs. class. My lifts were 529 lbs. squat, 314 lbs. bench, 501 lbs. deadlift and a 1350 lbs. total. I've also competed in IPF Women's Worlds from 2002 through present (excluding 2004), as well as 2005 World Games and the 2008 Ar-

nold Sports Festival Pro-Deadlift Challenge. The previous three worlds have netted me the silver medal and this year the gold. My last two domestic competitions have been 2008 USAPL Women's Nationals where I squatted 584 lbs., benched 380 lbs., deadlifted 540 lbs., for a 1504 lbs. total. Just recently I competed in the USAPL Southern Ohio Championships where I squatted 610 lbs., benched 400 lbs., deadlifted 520 lbs., and totaled the highest USAPL women's total ever of 1530 lbs.

**BC:** What is your training routine?

**JO:** I used to train five days a week when I first started powerlifting. This was beneficial to lay a foundation for my later years of training. Since my total has increased and my training weights have gotten higher I have taken it down to three days a week. On Mondays I squat and bench, on Wednesdays I bench and deadlift, and on Fridays I band bench and do a conventional deadlift off a 100 pound plate. Following each of these I do assistance work based around my weakness at the time. Such as good mornings, leg presses, bench lockouts, inclines, etc. All of my big movements I do are low in reps (2-3) but high in sets (5-7) keeping my weight

relatively high (80-85%) but never approaching failure.

**BC:** What kind of vitamins and supplements do you take?

**JO:** I mainly just take a multi-vitamin, extra vitamin C, Omega 3 and protein. When I am approaching a meet I add in creatine and glutamine.

**BC:** Why do you compete in the USAPL/IPF?

**JO:** In my opinion this is the only federation that is capable of putting out a level playing field by following IOC/WADA standards and providing a legitimate international platform for powerlifting. I take being a drug-free lifter seriously and I feel that they do too. Some do not realize the lengths the federation has gone to update their out-of-meet testing program. This is backed up when I fill out a form showing my whereabouts (ALF) for every quarter. This was followed up with an unannounced visit to my office for testing. This shows the great lengths that are being taken in the drug-testing program.

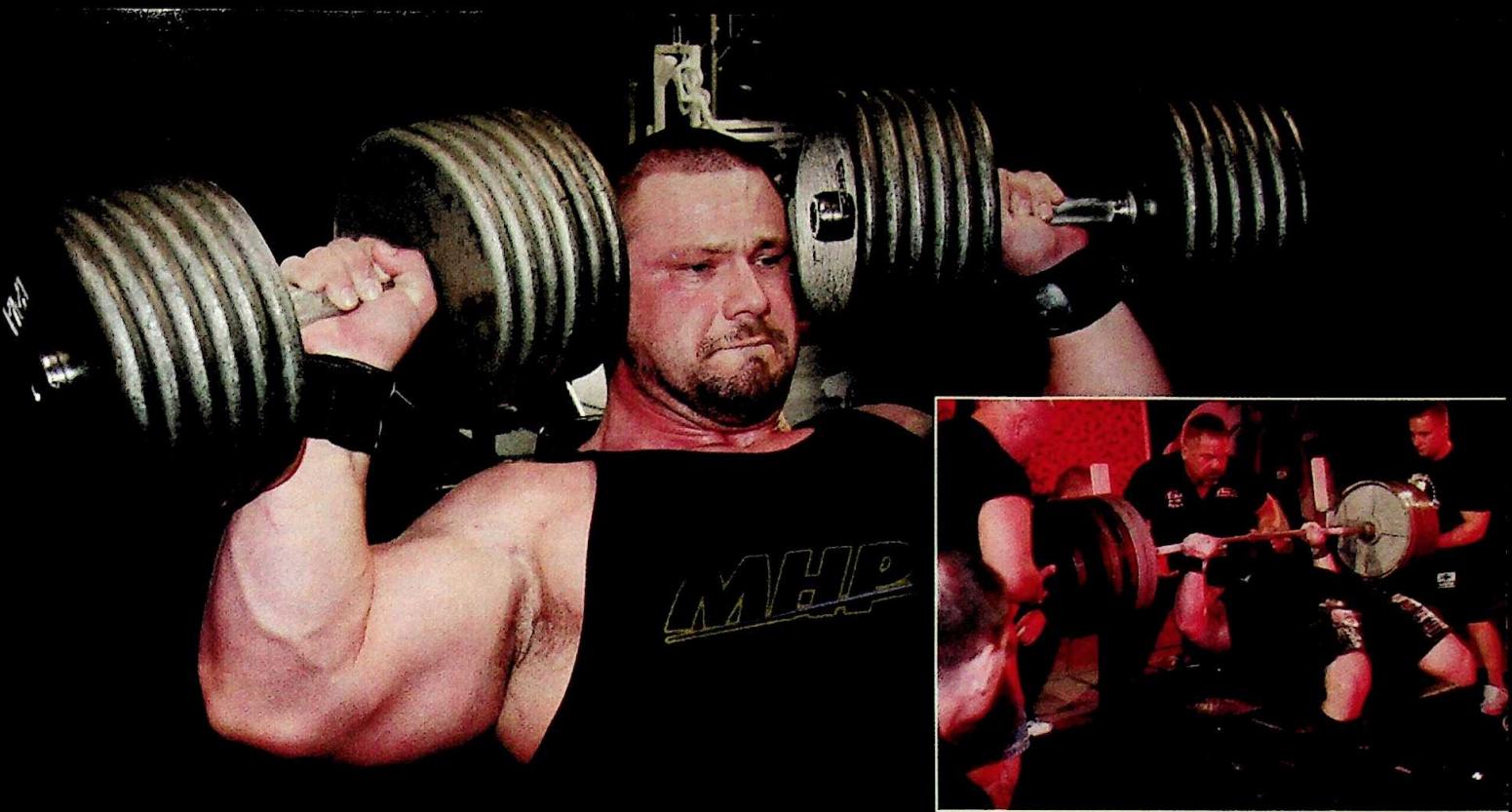
In short, the USAPL/IPF has the most consistent rules regarding equipment and judging out there.

At the end of each world championship I can say that I competed against the very best in the sport all over the world and it is a very satisfying feeling. The USAPL/IPF takes constant strides to make the organization better and is never satisfied with the war against doping. I applaud them for that and hope that I can provide people with an example of what can be done drug-free.

**BC:** What are your comments and plans in powerlifting?

**JO:** From the very beginning Pete Alaniz of Titan Support Systems has helped me every step of the way with his generous sponsorship and the best equipment. I appreciate all he does for me in the sport. Also, without the support and coaching of my husband Mike I would have never dreamed I would be lifting what I do. Mike and Angie Overdeer helped me train from the beginning in their gym and helped me establish a great foundation. I also I have an awesome family who support me, cheer me on, and travel with me. I also have a generous list of sponsors who have helped get me to all of my meets.

I hope to continue to set big goals and to strive to meet them. Conquering your goals is the best part about the sport!



**Jeremy Hoornstra -Team MHP Member  
World Record "RAW" Bench  
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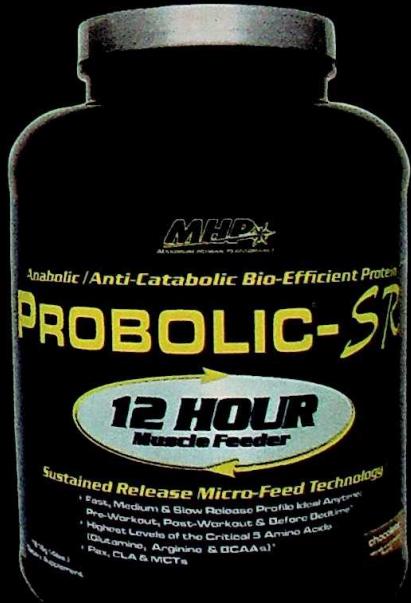
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**MHP**

**Sean Katterle:** You recently dieted down from 345 to 308 (at weigh-ins) to walking around at 300 pounds 24/7. What did you do in regards to your diet? Were there certain foods or types of food you eliminated from your daily intake? Did you maintain a specific macro nutrient ratio?

**Ryan Kennelly:** The first change I made was adding cardio back into my routine. Every day I spend 30-60 minutes on the treadmill, at a fast walking pace of 3.5 miles per hour and with the track at a 6% uphill grade. As for my food, I cut out fast food, candy, ice cream, frozen ready-to-eat meals and pretty much all snack foods. I increased my consumption of skinless chicken breasts, buffalo, fish and egg whites so my daily protein content went up but my main sources of protein were low fat and low carb. For supplements, I maintained what I was taking before but I added MHP's DREN (1 capsule per day) and BOSS's low carb The Shake RTD Cans were my drink of choice every time I was away from my kitchen blender (where I mix up my usual MHP's Proabolic

## INTERVIEW

### Ryan "BENCHMONSTER" Kennelly interviewed for PL USA by Sean Katterle

based shakes.) A lot of my daily carbs have been coming from oatmeal, brown rice, yams and whole wheat bagels. I try and take in a quality source of protein every two hours throughout the whole day (which is basically eating/drinking 7 protein rich meals per day.)

**SK:** You're trying to re-break the 308 class all-time shirted bench record again? You've got the record right now but a few weeks ago you said something in regards to "Getting the 308 record past 1,000 pounds would put it out of reach for awhile." Your reasoning for that being the mark?

**RK:** Psychologically, I think my bench shirt competition has a mental block about the 1,000 pound barrier. Once they venture into 1,000+ pound territory, they either fold or they start looking for

corners to cut; soft hand offs, partial lockouts, shirt sleeves over their elbows, lightening quick press commands, etc. I don't think they truly believe that they can legitimately bench 1,000 pounds at 308 so they don't have the proper frame of mind for taking the record if I put it up that high and it's my intent to do so. They'll be another generation of shirts that will allow them to catch up with me numbers wise but that's a ways off I'm guessing. That's partly why the current crop of top gear lifters are turning to rep contests instead of a max contest. They can stay within their numbers comfort range.

**SK:** On that note, do you think the powerlifting world is too addicted to "numbers and records"? In almost every other sport, people and teams compete for wins and they compete

for league championships. In geared powerlifting, people seem way too focused, in my opinion, to these all-time records, to having some kind of record certificate hanging on their wall and to constantly be pushing up the numbers via any route; getting stronger yes, but also increased gear layers and technology, looser judging, longer time frames between weigh-ins and lifting, etc. Do you agree that the sport's competitors and promoters should turn their attentions to building events where it matters to win with integrity (strict judging, same day weigh-ins, etc.) rather than simply trying to push the numbers higher and higher? I don't have a problem with equipment if the judging is like what you see in the USPF, IPF, etc., but so often it's not. Your thoughts?

**RK:** I do think powerlifters are addicted to numbers more than they're addicted to actually becoming stronger. I don't think of powerlifting, in its current state, as a sport and I won't think of it that way until it focuses more on quality of lifts and not just

(continued on page 90)



Ryan recently hit a 1075 bench press, weighing 305, for the heaviest bench of all time, the heaviest triple bodyweight bench of all time, and the highest Wilkes and Schwartz Formula performances of all time! (photos courtesy of <http://joshwinsor.googlepages.com>)



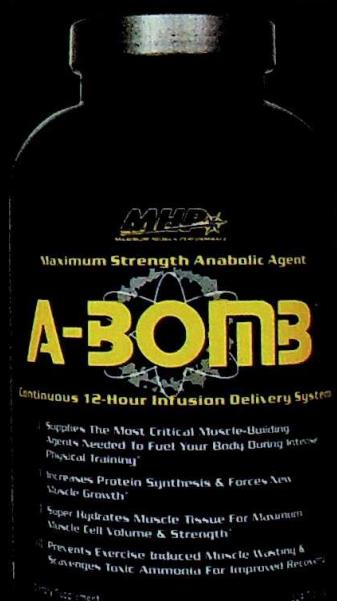
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**MHP**

Did you ever take an advanced class in college where you somehow bypassed taking the intro or prerequisite class? The professor most likely started out with the assumption that everyone in the class knew the basics of the subject that were covered in the intro class. If you skipped the intro class or it has been a long time since you took it, you can find yourself lost right away. There are lots of great articles in PL USA monthly on specific topics like bench and squat routines. Many of these articles assume the reader has some level of powerlifting knowledge and experience. But each month athletes new to powerlifting look to PL USA for info that can help them progress in the sport. Most new readers need powerlifting basics such as how many days a week to workout, the frequency of working the power lifts, etc.; more or less, the same type of information that would come in a Powerlifting 101 class. I obviously cannot compress an entire 101 course in this month's column, but I can layout some of the major basics of powerlifting.

My belief is that powerlifting training should be simple, basic training, with little frills, relying on basic exercises. Let's start with out a typical weekly schedule. Mr. or Ms. Newbie Powerlifter can progress on 3 workouts per week and even as little as 2. For example, a 2 times per week routine could look like this:

- Day 1: Squat and bench
- Day 2: Deadlift

With this scenario, arrange your workouts about 3-4 days apart. For example, Monday would be the squat and bench with Thursday, the deadlift. Some assistance work should be included. For the squat, you're out of luck; I suggest just the squat. Leg curls and extensions are a waste of time and energy. If you work your squat hard enough, you will have no desire to do anymore leg work. The best assistance exercise for the bench press is the close grip (shoulder width) bench press which would follow your benches. Include 3-5 sets of some sort of strict curls as well as calves, abs, and some stretching to finish. The deadlift workout can be augmented with shrugs for the traps and either rows or pulldowns for the lats. Again, finish with calves, abs and stretching.

A 3 times per week routine could look like this:

- Day 1: Squat
- Day 2: Bench
- Day 3: Deadlift

## STARTIN' OUT

### POWERLIFTING 101 as told by Doug Daniels

I suggest 3-4 days between your squat and deadlift days as they both stress the back, hips and legs. Monday could be squat, Tuesday or Wednesday the bench, and Friday the deadlift. As in the previous example, some assistance work can be added. On squat day, squats are about all you need, throw in 3-5 sets of rows or pulldowns and finish with strict curls. On bench day, add close grip benches and 3-5 sets of overhead presses, either barbell or dumbbell. On deadlift day, finish with shoulder shrugs. Calves, abs and stretching should be included in each workout.

Which routine you follow depends on several factors. First is how much time you have available to train. Another is if you're gaining on your current routine or not. If you're put off by benching or squatting once per week, I say give it a try before you discount it. You can gain with less training. The key is consistency and intensity. If you absolutely must bench twice a week, take your second bench workout using 75% of the weights of your heavy day. This 75% day is referred to as a light day. Add these light benches to another day you are working out. Be sure to at take at least 2-3 days between bench workouts. 75% is a number I chose as a place to start. There is no exact percentage for a light day, but I would stay within 50-90%.

Training tempo or the time taken between, sets is the next topic. The 'muscle' magazines stress blitzing-bombing methods with little rest between sets. This might or might not be great for getting ripped, but to build power, your time between sets should be longer. Powerlifters require more time to recuperate between sets to be able to exert max effort to move big weights. I suggest resting at least 5-10 minutes between heavy, max sets. This is especially important as you near the actual meet. Getting pumped up is not a powerlifter's goal. In short, slow down and get stronger.

Weight training writers always preach 'lift heavy'. But what actually does heavy mean? I de-

fine heavy as using a weight for a particular set, regardless of reps performed; that causes you to expend substantial, if not maximum effort to complete the set. The term heavy is not limited to low rep sets. A set of 30 reps with 50 pounds is heavy if you have to bust your tail to complete it. I must also include the phrase 'in good form' to my definition. Working out with sloppy form usually leads to sloppy results. Target the muscles you wish to work and perform your exercises properly. Also perform the powerlifts to contest specs. High squats or benching with your butt off the bench in training usually result into an early trip home on meet day. Train the three powerlifts in competition style. This will make proper execution at the meet second nature and automatic.

What the best rep scheme for powerlifting causes is a lot of controversy. My answer is there is none or I'm not smart enough to know what it is. I believe best results can be achieved by exploiting many different rep schemes in your training plan. This can be done by dividing a 12 week period or training cycle into 4 different 3 week phases. Every 3 weeks alter the rep scheme that is used for the work sets. The first 3 weeks could see work sets of 10 reps. The second 3 weeks would concentrate on 8 reps. The next 3 weeks would be 5 reps, with the last 3 weeks being 3 reps. By varying your rep scheme during this 12 week period, your body will never get a chance to adjust or become complacent. It will constantly be off guard and be required to adjust and grow to survive. This type of simple rep variation can be the one big change that can make a world of difference in your progress. After the 12 weeks are up, take a week off and start again. Some lifters may want to start at 8 reps and conclude with singles to prepare for a contest. There are many possible rep combinations, these are just initial suggestions. Keep in mind this is for work or top sets. You still should use moderate weight and reps to warm up.

Hopefully this article provided you with a few Powerlifting 101 basics that can help you sort through the huge amount of information available. If you are a more experienced lifter and not progressing, you may want to consider some of my suggestions. Look for more articles from me on the basics of powerlifting in the coming issues. In all endeavors, knowing the basics is essential to progress. Powerlifting is no different.

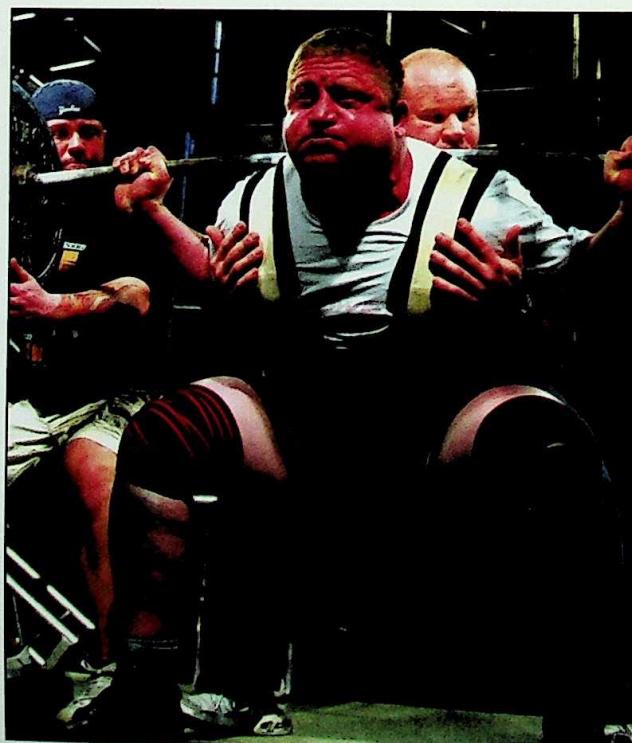
#### World Record Squatter Vlad Alhazov plans a comeback, but this time his sights are set on the Dead Lift WR!

At a mammoth 6'2" and 336lbs, MHP Athlete Vlad Alhazov's rigorous training regimen and supplement routine of MHP products helped propel him to the top of powerlifting world.

But on June 26th, 2008 at West Side Barbell, Vlad was going for a max at squat of 1,300lbs when his knee buckled. The worst happened-Vlad tore his ACL and MCL. Vlad had successfully hit a double for 1,100lbs and a single at 1,260lbs that same day, but when he went for the 1,300lbs, his knee just gave out.

Vlad has been working vigorously to heal his body. His rehab has consisted of leg extensions and flexion exercises using exercise bands. He has to work to get maximum blood flow to the injury for a faster and more successful recovery. Vlad is now squatting 600lbs for 5 sets of 8 to 12 repetitions.

While it will be awhile before the World Record Squatter is back squatting, Vlad is focusing on the dead lift and ready to show the world what he can do. Vlad plans to compete in his first competition since his injury this upcoming March and his goals are to attempt a world record dead lift. Vlad has a strict and successful supplement regimen that he follows, consisting of MHP's Probolic-SR 12 hour muscle feeder protein, Glutamine-SR, post-workout formula Dark Matter and testosterone booster T-Bomb II.





## King of the Squat!

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

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# NASA PRO SPORTS

NASA Pro Powerlifting 19 OCT 08 - OKC, OK					
Powerlifting	SQ	BP	DL	TOT	
MALE					
148 lbs.					
T. Eggers	—	—	502	502	
181 lbs.					
C. Harris	457	331	—	788	
198 lbs.					
Droegeimer	502	265	441	1207	
K. Brownfield	—	386	—	386	
R. Byars	—	342	—	342	
220 lbs.					
K. Foster	540	369	524	1433	
M. Bishop	446	375	606	1427	
C. Truoccolo	507	353	513	1372	
J. Hou-seye	342	—	—	342	
242 lbs.					
T. Meyers	711	441	678	1830	
J. Smith	551	424	711	1687	
C. Ford	—	474	573	1047	
275 lbs.					
R. Nicodemus	524	441	557	1521	
J. Behari	—	452	—	452	
L. Elliff	—	424	—	424	
308 lbs.					
C. Cookson	601	—	601	1202	
H. Thomason	672	369	606	1648	
SHW					
W. Johnson	705	457	634	1797	
S. Marcum	661	402	601	1664	

The first annual NASA Invitational Pro Powerlifting Championship was a huge success! A great vision by the founder of NASA (Rich Peters) to create a Pro meet that rewarded all the lifters, not just 1-3 lifters! The NASA main website is [www.nasa-sports.com](http://www.nasa-sports.com). This great meet took place at the Biltmore Hotel, 401 S. Meridian Ave., Oklahoma City, OK. The spotters and loaders were Terry Hedrick, Bill Anderson, Tad Peters, Mikey Hall, Rodney Stewart Roger Johnson, Tyler Cookson and Tom Bagby. The NASA Pro Judges were: Sabrina Bagby the 2008 NASA Hall of Fame Inductee and 2007 NASA female referee of the Year, George Wells the 2007 NASA finalist male referee of the Year, Bo Casto the 2008 NASA Hall of Fame inductee and 2007 NASA male referee of the Year, Danny Harris a NASA Pro Powersports Competitor, October, 2008 NASA Co-lifter of the month and top 10 ranked Powersports lifter, Jim McDermott the 2007 NASA Coach of the Year and Job Hou-seye the 2007 NASA meet director of the Year. A booth by Ricky & Kim Crain the owners of Crain Muscle World. The website is [www.crainsmuscleworld.com](http://www.crainsmuscleworld.com). The announcer was Danny Black. Cindy Wells and Mary Cookson handled T-shirts and admissions. Laura Anderson, Wendy Hou-Seye and Robbin were the cashiers for the day. The score keepers were Krysti Hughes and Heena Patel. Also,



## *NASA Pro Sport Squat Winners*



#### **NASA Pro Sport Bench Winners**



Terry and Robbin mail the certified checks to the winners and made the programs and brochures. There will be only one division and no weight classes in the Pro Division. This event is for only the Best of the Best in drug-tested powerlifting competition. Awards will be made according to the lifter's coefficient in each portion of the meet that the lifter chooses to enter the men's division only. To compete for the awards in the total division a lifter must be entered in all four categories, squat, bench press, and deadlift and total. The lifter will then be eligible for awards in all four award categories. The rules are Un-equipped Powerlifting & Unequipped Bench Press: Wrist wraps, knee wraps and belt allowed. No supportive suits and/or bench press shirts allowed. A total of 19 lifters from nine different states (KS, AR, TN, TX, CO, OK, OH, IN and WI) competed for a total cash prize of \$14,950.00 from more than 19 different sponsors. The distribution of the pro money: Squat \$2575, Bench Press \$2575, Deadlift \$2575, Total \$2575, Full Meet Overall Highest Total \$750, pound for pound \$1000, and sponsor bonus money \$2,900. A

total of 48 different categories or sponsor bonus award money for the NASA Pro Powerlifters. The "Highest Total in Pounds" cash awards: These cash awards will based entirely on the total in pounds, regardless of the lifters coefficient or bodyweight. The highest total in pounds will win these particular special awards. The lifter's bodyweight and/or coefficient have no bearing on the highest total in pounds award. Based entirely on the highest total in pounds all Pro Powerlifting prize money will be held in an escrow account and all prize checks (cash) will be awarded immediately following the competition. All lifters that are tested at the event will receive their checks as soon as drug testing is complete, usually one to two weeks. All prize Money is guaranteed by NASA. The winners are decided by the NASA drug-free coefficient: [www.nasa-sports.com/olcoef.htm](http://www.nasa-sports.com/olcoef.htm). All lifters are subject to urine testing. All lifters that are tested will not receive their Awards until the results of testing are complete. Top Lifters in each division of the meet may be tested during the meet according to NASA Standards. All lifters are encouraged to visit NASA's Banned Substance page on our web site at [www.nasa-sports.com](http://www.nasa-sports.com). Any Pro lifter may be tested at any meet he attends. In the event that a lifter tests positive for anabolic steroids in any meet he shall forfeit his Pro status for life. The Winner of each division and the top five Lifters based on total coefficient will be tested at this meet. Drug Test Challenges: Any lifter in this meet will be subject to a drug testing challenge by any of his fellow lifters in the competition. If a

lifter would like to challenge another lifter he must provide a check or cash deposit of \$100.00 to pay for the test and administrative expenses. If the challenged lifter fails his drug test the \$100 will be returned to the lifter filing the challenge. If the lifter challenged passes the test, the challenger will forfeit the \$100.00 deposit. All Drug Tests taken during the Pro Powerlifting and Unequipped Championships have been returned and all lifter have passed. Those tested were: Henry Thomason, Cyrus Ford, Jason Smith, Kevin Foster, Mike Bishop, Tyson Meyers, and Phillip Wylie. All entry fee's for the pro event: \$75.00 per division entered. Squat \$75, Bench Press \$75, Deadlift \$75, Total \$75. Separate prize awards will be paid in each division. To be eligible for the Total awards the lifter must be entered in all three portions of the meet (curl, bench press & deadlift) as well as the total. NASA Pro Card: All Pro Powerlifting Lifters will be required to be registered as Pro Lifters. Pro Cards are \$80.00 from on Pro Meet to the next. This Pro Card will be good in all NASA meets for that time period. Pro Cards must be purchased no later than 6-1-08 if the lifter plans to compete in the first annual Pro Powerlifting Championships in October of 2008. Pro Powerlifting cards are good for all powerlifting entries only in all NASA meets. Cards purchased in 2008 will be good until the Pro Meet in 2008. Once the lifter has registered as a Pro he will be required to enter a minimum of two separate NASA events for competition in powerlifting (equipped powerlifting or unequipped powerlifting or equipped or unequipped bench press only or push pull) between his date of registration and the Pro Championships. This is mandatory and no exceptions will be allowed under any circumstances. Please don't even ask. These two events must be entered after the lifter has purchased the Pro Card. The NASA Pro Lifter Requirements are: All Prospective Pro Lifters must have been an active member of NASA within the past year (2007 for the 2008 Pro Powerlifting and 2008 for the 2009 Pro Power Sports). "Active" includes participation in NASA as a lifter, referee or meet support personnel as long as your membership was current and they were active and are in good standing in NASA at this time. This requirement will be required of all Power Sports competitors beginning with the in 2009 Pro Power Sports sign ups and All Pro powerlifters beginning with the 2008 sign ups. Any former NASA lifter may petition for Pro Status by submitting their request to the NASA head office and asking for an exemption from these rules. Lifters who were active in other organizations and not concurrently in NASA during these required time frames will be excluded from Pro Status in NASA for 2008/2009. Under no circumstances will any person with a reputation of being an internet trouble maker, troll or discontent lifter or a history of unsportsmanlike conduct be granted Pro Status.

(continued on page 84)

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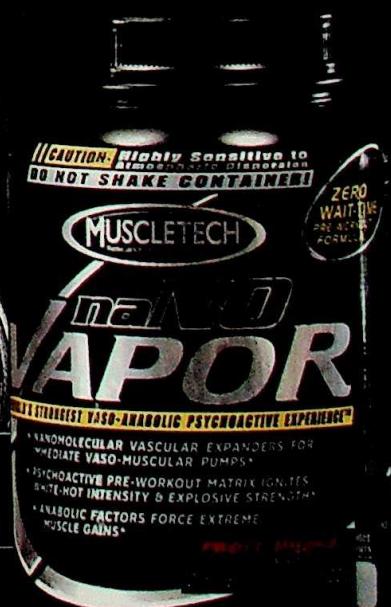
As a powerlifter, you know there are no such things as "light days." Every time you step into the pit you're after big numbers – it's make or break. Your ultimate goal is to crush your previous best lifts. This unforgiving sport can drain you physically and mentally. When you step up to the platform, your muscles need to be primed with endless strength and power and your mind needs to be focused to the point where every lift feels light.

There are a ton of supplements out there to choose from, but many lack the scientific support to yield any kind of noticeable results. That's why Team MuscleTech™ researchers engineered naNO Vapor™ – a zero wait-time pre-workout formula, ultra-dosed with scientifically researched ingredients that will make you stronger. With over 60 cutting-edge ingredients infused into six extremely powerful blends and backed by countless stacks of scientific research, you'll stimulate all the anabolic, neurological and metabolic pathways necessary to crush another PB. Join countless powerlifters that have made naNO Vapor America's #1 selling pre-workout nitric oxide formula and feel its vaso-anabolic power that will make you bigger and stronger, faster!

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# POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## Micronutrient Multivitamin Anabolic VITAKIC as told to Powerlifting USA by MuscleTech Research Team

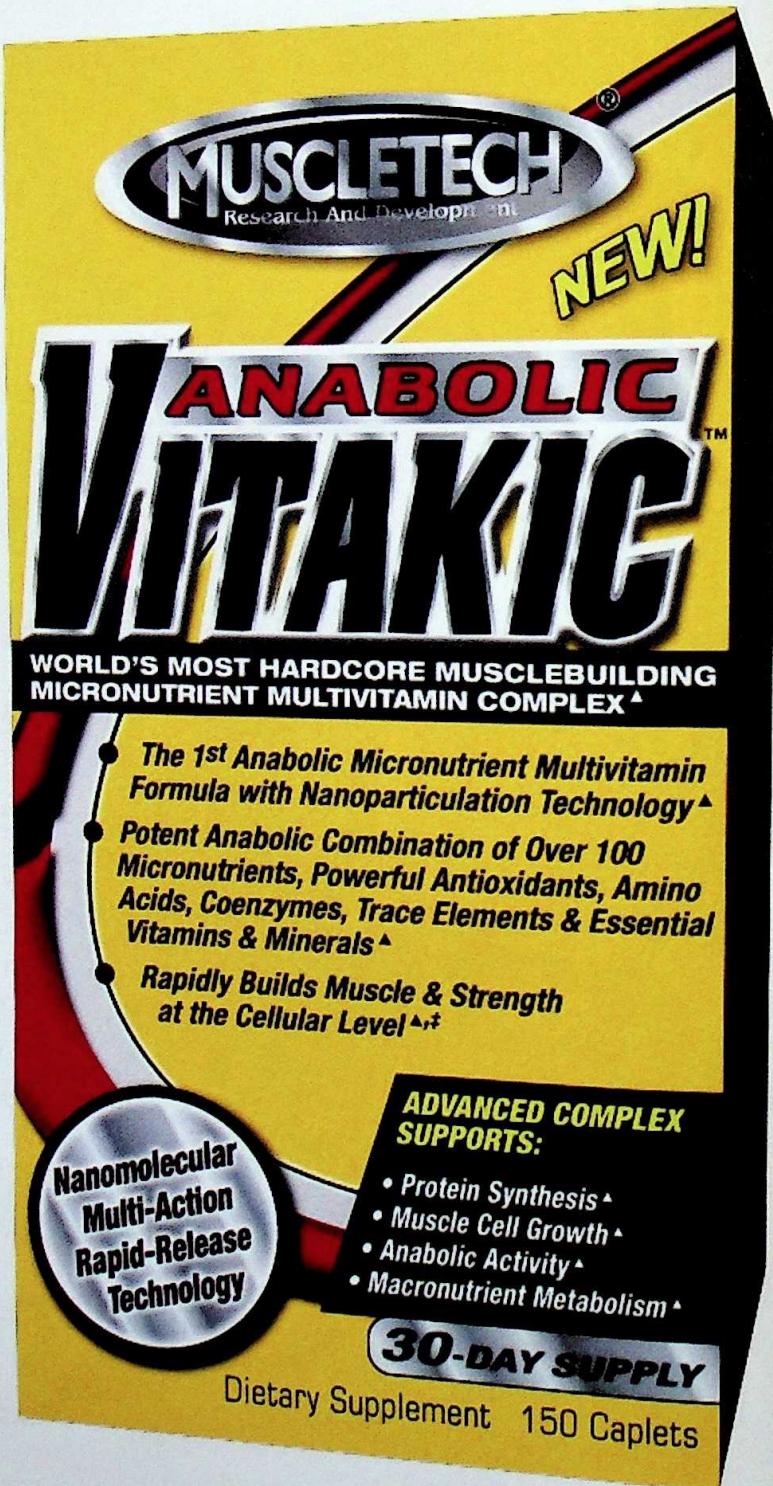
**Q.** As a powerlifter, I realize that taking a multivitamin every day is a good idea. But, is there any advantage to using a multi when it comes to building muscle and strength that I'm not aware of?

**A.** Just by raising this question you're way ahead of your competition. Your body does, in fact, utilize a wide variety of micronutrients that are used to create the foundation for building muscle and strength at the cellular level. It's also true that in order for muscle growth to occur, you need an advanced musclebuilding compound that targets the biochemical and intramuscular pathways that initiate explosive muscle growth and strength.

One obstacle that powerlifters face in their quest to build more muscle is free radicals. You see, due to the effects of intense training, these molecules can cause microscopic damage to the cells all over your body, even muscles. However, there is a perfect micronutrient multivitamin that takes care of your micronutrient demands, made even more powerful with a key musclebuilding ingredient that can actually target intramuscular processes to quickly drive up muscle growth and strength at the same time! It's Anabolic VITAKIC™ - The World's Most Hardcore Musclebuilding Micronutrient Multivitamin Complex. And it's the latest advancement in musclebuilding science from Team MuscleTech™ headquarters!

Designed specifically for serious athletes, renowned Team MuscleTech™ researchers equipped Anabolic VITAKIC with multiple key micronutrients that protect cells from the damage caused by free radicals. But they didn't stop there! They also engineered the formula with a potent anabolic agent proven to drastically drive up muscle growth and strength! What's more, Anabolic VITAKIC is the only anabolic micronutrient multivitamin formula to utilize Nanoparticulation technology. Powered by this novel technology, a precise portion of Anabolic VITAKIC's proven key anabolic driver is shuttled to your muscles, fast!

Always on the leading-edge of scientific advancements for bodybuilding supplements, Anabolic VITAKIC is just one of many innovative supplements to come out of our doors. In fact, our researchers from Team MuscleTech also developed Cell-Tech™ Hardcore and Nitro-Tech® Hardcore. Team MuscleTech is always developing new and innovative ways to use advanced technologies to keep your body anabolic. Don't take our word for it, though; give these cutting-edge supplements a try for yourself and see the difference in your training when you use the most advanced supplements available - MuscleTech® supplements!



### A New Breed of Multivitamin

You already know that taking a multivitamin every day is a smart choice. That's why Anabolic VITAKIC™ is designed to deliver a cutting-edge micronutrient multivitamin complex specifically for hard-training powerlifters. This complex includes multiple key micronutrients that protect cells from the damage caused by unstable molecules known as free radicals, making it extremely beneficial to any lifter. In addition, Anabolic VITAKIC is dosed with a key musclebuilding compound, forging the foundation for explosive muscle growth and strength!

### Why You'll Want to Experience Anabolic VITAKIC for Yourself

With Anabolic VITAKIC, your micronutrient needs will be covered, while at the same time a key musclebuilding compound is engineered to ensure you continue to build more muscle and strength and help to greatly improve your max bench. What's more, a precise portion of this powerful key ingredient will be hyper-shuttled to your muscles via a pharmaceutically inspired delivery technology!

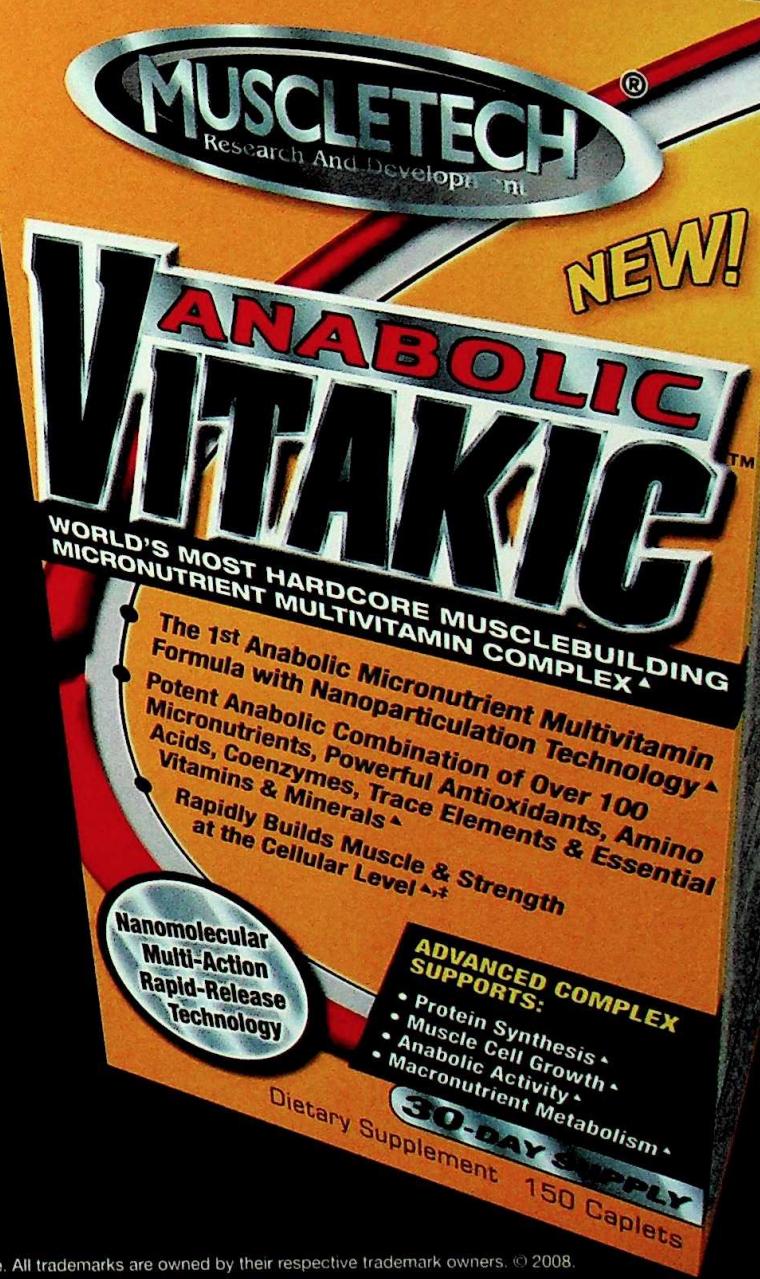
It took a potent combination of over 100 micronutrients, powerful antioxidants, amino acids, coenzymes, trace elements and essential vitamins and minerals before Team MuscleTech™ researchers were satisfied that Anabolic VITAKIC was up to their highest standards. Now, hardcore lifters, and IFBB pros, are choosing this revolutionary formula to help them get absolutely jacked.

So if you want to accelerate your muscle growth and strength faster than you ever thought possible, get the World's Most Hardcore Musclebuilding Micronutrient Multivitamin Complex scientifically engineered for today's powerlifters – Anabolic VITAKIC.

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# THE BUILDING BLOCKS FOR MASSIVE MUSCLE



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**Critical Bench:** Thank you for this interview opportunity, Cheryl. It was a pleasure meeting you at the APF Intramural Meet in GA a few weeks ago. Great job judging that day! We're ecstatic to find out what makes you tick, Cheryl! So, tell the readers a little bit about yourself.

**Cheryl Clodfelter:** Thanks, Mike. The Intramural was a fantastic meet. Tommy, Jon and the crew at NGBB brought together a lot of talent. I enjoyed sitting in the judge's chair that day. After all, it's the best seat in the house for seeing the action. As for me, I'm 46, reside in North Carolina, and have one daughter, Emily, who is 23 and my reason for being. Since 1997 I've been employed with Hutchison Allgood Printing Co. as a graphic artist in the prepress department. I work nights.

**CB:** How long have you been powerlifting? How did you first get introduced or started in the sport?

**CC:** In October of 2004 I attended the GNC Show of Strength in Atlanta. I had really made the trip for the expo and bodybuilding, but that day the powerlifting was attracting huge crowds so I went to watch. Just so happens that is the day Travis Mash beat Ed Coan's total, and the crowd was electrified. Watching that day, I became hooked. I came back to North Carolina, started training the three lifts, and did my first meet 13 months later, in December 2005.

**CB:** I know you're not supposed to ask a woman what her weight is, but may I be so bold as to ask what weight class you compete in? What federations have you competed in?

**CC:** No problem. There's nothing like competing in a sport where they introduce you by telling your age and weight. I've competed raw in the 181's in the AAU and APF, and equipped in the 198's and SHW, APF and IPA, Elite in both classes. I actually jumped up just so I could say I was a SHW, that and to put a deadlift on Michael Soong's All-Time list in that class. And I didn't like where I placed on the list (18th at SHW), so I'll do it again at some point.

**CB:** You totaled Elite at your first equipped meet in May of 2007. Tell us about that experience and how you felt.

**CC:** You know, totaling Elite was never much of an issue going into that meet; the main focus was on finishing. I first put on equipment

# INTERVIEW

**Cheryl Clodfelter - East Coast Barbell**  
by Mike Westerdal of CriticalBench.com



Cheryl Clodfelter has become one of the greatest women deadlifters of all time

just after the Arnold in 2007, and within the first month I ruptured the tensor fasciae lattae in my left hip while squatting. If you've never seen this injury you can't imagine just how gross it is. Everything that used to be packed neatly in my hip was now bulging out the front. But I kept training, it healed a little, then about 4 weeks out I re-injured it.

This time my sports chiro/ART practitioner used Graston to help the swelling and speed healing. But going into the meet I couldn't squat. I watched videos, used visualization and made a deal with the Doc to only take one squat at the meet. I did take an opener about ten days out, but that was it. Meet day I passed on my first attempt, got 415 on my second and then took the gear off and iced the hip down. I went on to bench 225 and pull 515 for 1155 and Elite at 198. Thankfully the injury did not affect me much in the deadlift, pulling modified Sumo. So, there was never any big celebration or fuss over the Elite total. We did, however, celebrate the 515 deadlift.

**CB:** Wow, what a way to start off. What is your favorite lift? Let me guess, is it the deadlift? After all you do own the WPC World Record

in that lift!

**CC:** And an IPA Open record, and entries in Soong's Top-20 list in both 198's and SHW... but no, the deadlift is not my favorite. The squat is. Which is more exciting, climbing under a loaded bar and taking it below parallel and back up, or walking up to the bar, reaching down and picking it up?

**CB:** What was your all-time favorite moment so far in your powerlifting career?

**CC:** Walking into Orlando Barbell to weigh in for the February '08 meet and having Brian Schwab say, "Hey Cheryl, how are you doing?" before I even told him who I was ranks at the top. The fact that I was known outside of my immediate circle blew me away. Falling on my butt after I set down the 510 IPA WR deadlift (on a fourth attempt) ranks second.

**CB:** Cheryl, every lifter is different when it comes to getting motivated for a big lift. What goes through your head moments before you step on to the platform?

**CC:** Let's see, chest up, knees out, tight back, arch, arch, arch... Seriously, I'm not one to show a lot of emotion on the platform, but lately I have been trying

some methods to jump start the adrenalin. We'll see how successful that is at the Pro/Am in August.

**CB:** Why the change to equipped powerlifting? Do you still compete or plan on competing un-equipped?

**CC:** In my last unequipped meet (January 2007) I did total high enough to qualify for the APF Senior Nationals. But gear definitely adds a whole new dimension and challenge. I mean, what fun is it knowing you can break parallel or touch? Lifting heavy weights is exciting and gear lets me lift a lot heavier weight. There have also been a few times where I missed a lift and I think it held me together. But lifting unequipped is not out of the question in the future. I just have a few goals to meet, first.

**CB:** You train at East Coast Barbell. Tell us about the atmosphere, what your teammates are like and what you've learned since you started training there.

**CC:** As a partner in East Coast Barbell, I'm very proud of the facility we have put together. We have two of everything, Monos, benches and platforms, plus everything else you need to be strong: rev hyper, sumo

GHR (extra wide platform), the Mechanical Ox, chains, bands, logs, tires, sled and prowler plus indoor space to push them. One of our members, Dennis Campbell, can fabricate just about anything, so we are constantly adding and improving.

But equipment aside, I think it's the variety of training methods being used that benefits us most. We have members training Sheiko, three-day templates and standard four-day templates, and all are making progress. So we benefit by seeing how another program works without having to risk our own time experimenting. When we see lifter X increase his lifts by Y amount on a program, we can gauge how it will work for ourselves. The teamwork comes when the bar is loaded. No matter what program you are doing, we are there to spot, support and coach each other.

**CB:** Sounds like a very positive environment. Let's talk training. What are your workouts like over at East Coast Barbell? Do you incorporate speed days? How many days a week do you train?

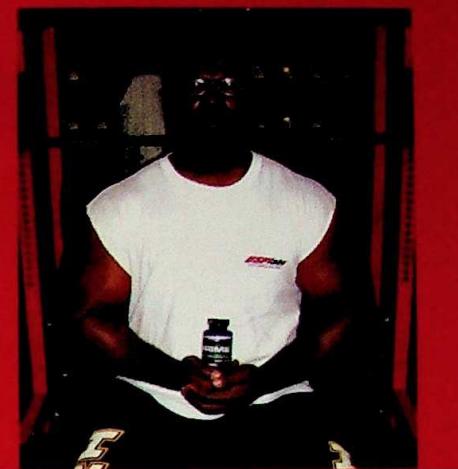
**CC:** I use a standard Westside

(continued on page 102)

# "NASA HALL-OF-FAMER & MAY 2008 PLUSA COVER BOY J.T. HALL BREAKS 15 PR'S IN JUST 30 DAYS ON USPlabs PRIME!"

*"In 30 days, I set more than 15 personal records (pr). My biggest PR is a 680 reverse band bench press and a 455lb x 3 flat barbell bench press. I'm a drug tested national/pro bench press competitor and always looking to get the advantage over my competitors. If you want to set some big PR's in a short time, I highly suggest get several bottles of USPlabs Prime!!"*

J.T. Hall – NASA Hall Of Famer- 8 time PLUSA Top 100 Bencher 1999-2007



## STEROID-LIKE STRENGTH, YET COMPETITION LEGAL?

### USPlabs has hit the *motherload*...

A product that delivers **massive strength & recovery**, on par or *better* than pro-hormones (and even mild steroids), yet is *completely legal* to use in **ALL** competition because it's:

- A. 100% Natural
- B. Won't skew hormones & cause failed drug test or false positive.

I know, I know...it sounds WAY good to be true...But, if that was the case, why are powerlifters setting PR's virtually **EVERY** workout?

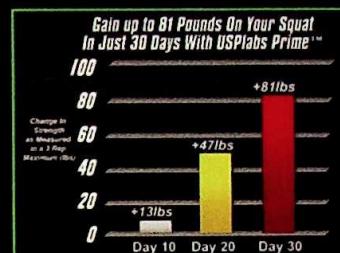
There's **NEVER** been anything like USPlabs Prime before...A potent natural anabolic that delivers *all* the goods, yet none of the sides...

- **Permanent Muscle Gains** – Hormonal levels are not affected, therefore there's no drop-off – What you gain is yours to keep! Permanent Muscle Gains – No "rollercoaster" effect.
- **Enormous Strength Gains** – Own The Weight Room...Own the Platform!
- Increase your lockout, PRIME will allow you to press harder for longer - **Can you imagine training without sticking points!**
- **Does not cause shut-down** or suppression - NO Post Cycle Therapy required!
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- **Extremely Potent Re-composition Effects** – Even test subjects consuming 750-1000 calories a day ABOVE baseline lost bodyfat while gaining mass & strength!
- **Incredible Recovery Speed** – Feel like you've had a two-week layoff – even the day after the most intense workout of your life! Overnight recovery, be ready to train the very next day. No more sore days off. Recover from GPP work instantly. Do not skip any more workouts because you are 'too sore'.
- All-Day Muscle Fullness/Hardness – **Your Muscles Will Feel Like Granite** - Pumps that do not negatively affect strength/performance like N.O. boosters...
- **Balls-To-The Wall Training** – Train harder and longer than you ever have – and like it!
  - Aggression and drive like never before, feel the rage
  - Fight yourself to leave gym and/or take an off day
- Incredible Euphoria – **Feel Like Superman!**
- **ZERO Bloat** – Increase vascularity – even while gaining mass & strength! **No puffy look, rock hard**
- Safe to use in all competition – all-natural ingredients - **WILL NOT** cause positive drug test! Complies with. This is the product that they don't want you to know about. With the ability to train more frequently, **have a HUGE step up on the competition.**

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## DEMOLISH Your Current PRs.



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Best,

*Jacob Geissler* - CEO USPlabs

P.S. Even if you use "prescription anabolics", Prime is the perfect bridge with PCT between cycles. In fact, you'll be able to maintain, and even gain strength when you're "off".

P.P.S. Little "Instant Strength" trick...If you need to gain a lot of strength in a very short period of time such as pre-comp, "load" 9 capsules of USPlabs Prime a day for a super-charged anabolic effect. Even at 9 caps a day, there's still no negative sides!



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If you truly want to have THE best training experience of your life, I HIGHLY suggest you give USPlabs Prime a shot for 6 weeks. I want you to shatter your previous best while using our product. Why? Because I know once you do, you'll tell everyone about your awesome experience. I'm going to make this a "no-brainer" & take ALL risk away from you. Give USPlabs Prime a legit shot for 6 weeks. If you don't hit at least 1 major PR (most are hitting 3-5 NEW PR's or more) I'll refund every last cent of your purchase price. That's a pretty ballsy statement. And I'd be an idiot to offer it if I wasn't completely sure how much USPlabs Prime can help you.

# The Making of a POWERLIFTER!

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

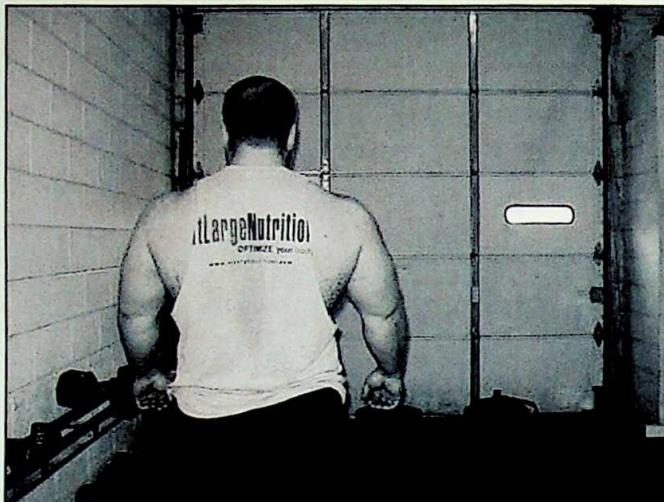
The thought of Westside Barbell and its iconic owner, Louie Simmons, can be an intimidating one for many an aspiring powerlifter. As we all know, thoughts and myths sometimes stray far from reality. For those who know Louie, or who have met him, they will tell you that he is one of the most accessible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

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

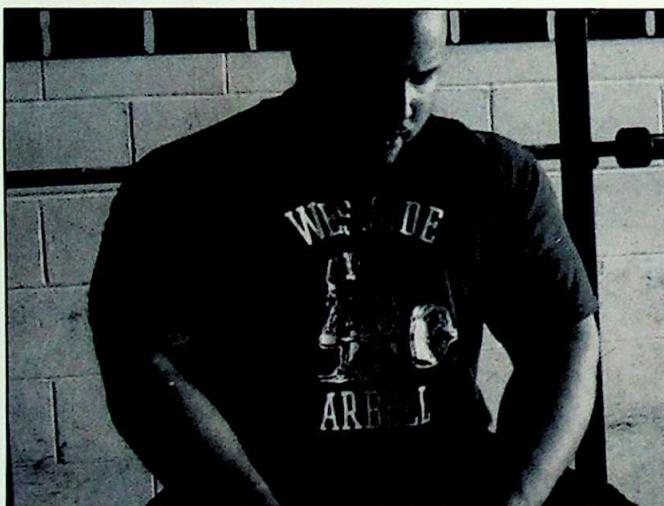
Enter powerlifting. Travis was highly competitive by nature and knew he loved the iron, so powerlifting was the obvious choice as it did not require the aforementioned starvation diets. Early success only proved to fuel his fire with a win in his very first meet (a solid 320 lbs raw bench in the 181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

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

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



Travis Bell (image above) and contemplating his next move (below)



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

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

proper training and help him to optimize his strength potential. In short, teach him the Westside training methodology.

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

#### TRAVIS' WESTSIDE TRAINING TEMPLATE

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

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

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

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

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

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

A recent ME Wednesday for Travis:

#### FOAM PRESS

Travis: "I've never done these before so it was a new experience for me. I must say I really liked them! All sets were done raw with a medium grip (pinkie on the ring)."

135x8; 225x5; 315x3; 405x1; 495x1; 585x1; 675x1; 725x1; 765x1; 815x1; 835x1.

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

"Next was some triceps work. I did what we (at Westside) call

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

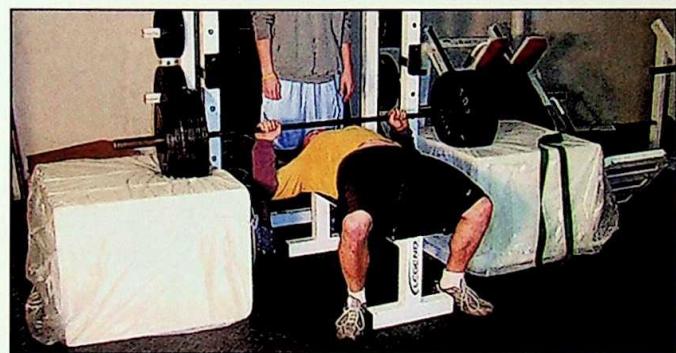
Pec Deck: 140x15; 140x15; 140x15; 140x15.

#### TRAVIS' DIET AND SUPPLEMENTATION

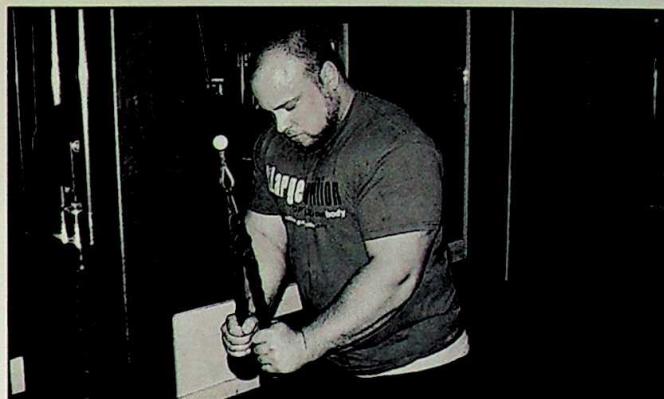
Like most powerlifters, Travis does not follow a regimented diet in the classic sense of calorie counting and the consumption of specific foods at specific times. Travis is a lifter who has a hard time putting on and maintaining body weight thus he consumes a minimum of 5, and up to 7 meals per day. The meals consist of high protein, calorie dense foods such as

meats, eggs, whole milk, and just about anything else that he feels will add to his daily calorie count and be of some benefit to building size and strength.

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



A recent ME Wednesday workout for **Travis**: The Foam Press



*Travis performing a Panora Press to focus on working his triceps*

Travis' daily supplement intake includes the following AtLarge right now they are coming in **much** bigger jumps than before. I recover faster and have gotten significantly faster. What more could you ask for from a supplement?"

Travis' thoughts on the products in his own words:

"I feel that a high protein intake is vital for powerlifters, so I supplement 200g+ of Nitrean daily in addition to the protein I get from solid foods. Opticen is my supplement of choice for post-workout purposes. ETS, RESULTS, Multi-Plus, and Fish Oil are all taken daily. I honestly cannot say enough about RESULTS. I've been taking it for almost 3 months now and I've never felt this strong before! I typically hit PRs on ME day, but

#### WRAP

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

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## Stone

Courtesy of Markus Schick

Two friends were walking  
Through the desert.  
During some point of the  
Journey, they had an  
Argument; and one friend  
Slapped the other one  
In the face.

The one who got slapped  
Was hurt, but without  
Saying anything,  
Wrote in the sand,  
Today my best friend  
Slapped me in the face.

They kept on walking,  
Until they found an oasis,  
Where they decided  
To take a bath.

The one who had been  
Slapped got stuck in the  
Mire and started drowning,  
But the friend saved him.

After he recovered from  
The near drowning,  
He wrote on a stone:  
'Today my best friend  
Saved my life.'

The friend who had slapped  
And saved his best friend  
Asked him, 'After I hurt you,  
You wrote in the sand and now,  
You write on a stone, why?'

The friend replied  
'When someone hurts us  
We should write it down  
In sand, where winds of  
Forgiveness can erase it away.'

But, when someone does  
Something good for us,  
We must engrave it in stone  
Where no wind  
Can ever erase it.'  
Learn to write  
Your hurts in the sand and to  
Carve your benefits in stone.

They say it takes a  
Minute to find a special person,  
An hour  
To appreciate them,  
A day  
To love them,  
But then,  
An entire life  
To forget them.

Take the time to live!

Do not value the things you have in your life,  
but value  
Who you have in your life!

Be kinder than necessary, for everyone you  
meet is fighting some kind of battle

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105 lbs.	Trevino-UTSA	198	
Lewis-UHD	60	199+ lbs.	
114 lbs.	Sosa-UHD	292	
Trevino-UTSA	110	MEN	
198 lbs.		105 lbs.	
Hernan-UHD	110	Nguyen-UHD	187
199+ lbs.		123 kbs,	
Sosa-UHD	137	Gonzal-UTSA	383
MEN		132 lbs.	
105 lbs.		Nguyen-UHD	275
Nguyen-UHD	132	148 lbs.	
123 lbs.		Mahon-UWLC	501
Gonzal-UTSA	198	Tamayo-UTSA	501
132 lbs.		Brown-UTSA	314
Nguyen-UHD	170	Olofinb-UHD	297
148 lbs.		165 lbs.	
Mahon-UWLC	303	McMast-UIUC	573
Lopez-UHD	303	Hussein-UTSA	457
Tamayo-UTSA	303	Rojas-UHD	347
Brown-UTSA	236	Cranioti-UHD	236
165 lbs.		181 lbs.	
Hussein-UTSA	369	Herrma-EMU	622
McMast-UIUC	341	Ridings-SIU	573
Despres-SIU	331	Rosenc-UWLC	545
Rojas-UHD	264	Barton-UTSA	540
Larson-WISC	253	Ilye-UIUC	529
181 lbs.		Schmidt-WISC	468
Herrma-EMU	486	Schuetz-STLU	462
Ilye-UIUC	424	198 lbs.	
Barton-UTSA	347	Sager-WISC	451
Rosenc-UWLC	330	220 lbs.	
198 lbs.		Ridings-SIU	661
Cantrel-WISC	347	Jewett-UTSA	600
Sager-WISC	209	Ortiz-UIUC	468
220 lbs.		Perkins-UHD	435
Jewett-UTSA	705	Trejo-UHD	347
Perkins-UHD	418	Villarre-UHD	325
259 lbs.		242 lbs.	
Bergma-UIUC	407	Bielski-UIUC	622
275 lbs.		Ramos-UHD	319
Bingha-WISC	413	259 lbs.	
SHW		Bergma-UIUC	633
Ginez-UTSA	479	275 lbs.	
DEADLIFT		Bingha-WISC	562
WOMEN		SHW	
105 lbs.		Ginez-UTSA	563

The Inaugural WABDL National Collegiate Bench Press and Deadlift Championship, directed by WABDL National Collegiate Chairman Dr. John Hudson, was held at the Gateway Convention Center, just northeast of downtown Saint Louis, Missouri. This was a fun meet with tremendous lifting and great camaraderie among the lifters. For the record, the WABDL

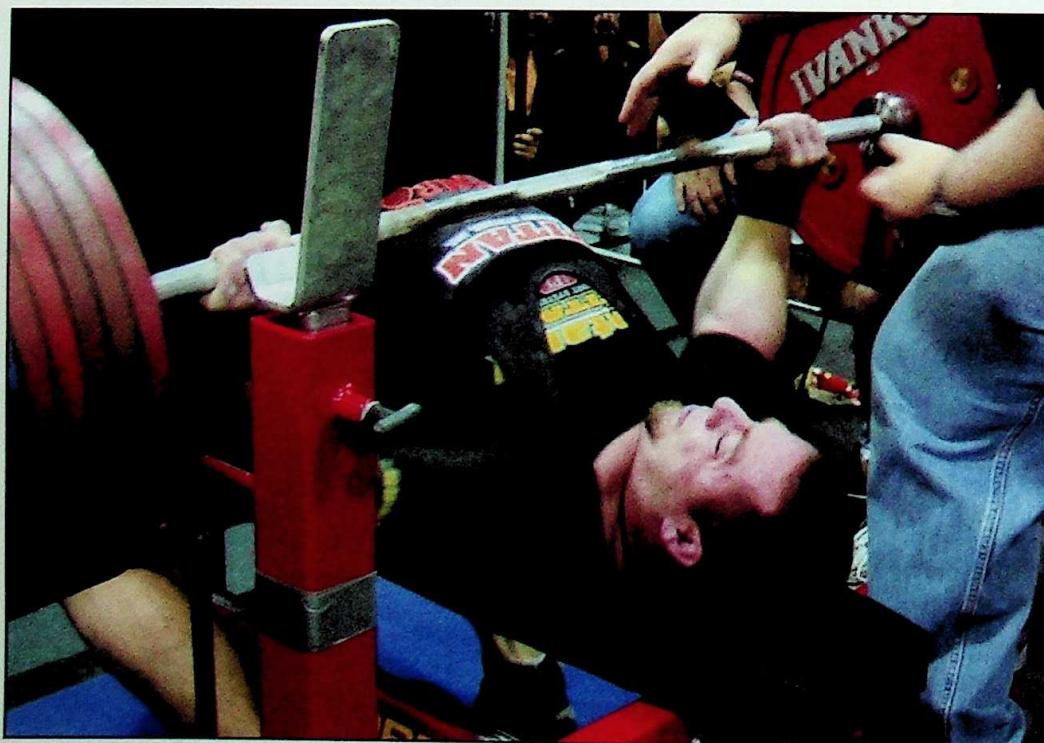
# WABDL National Collegiate Championships

National Collegiate Bench Press and Deadlift Championship was not intended to directly compete with any other federation's national collegiate event. Instead, our intention was to provide an opportunity for collegiate lifters across the United States to enjoy single-lift competition in a national championship meet. Many collegiate lifters are simply unable, for a variety of reasons, to train all three powerlifts, but are indeed able to train bench press and/or deadlift. We hope that our National Collegiate event becomes the "championship of choice" for these lifters. WABDL collegiate eligibility rules differ from those of other federations. WABDL collegiate meets are open to any collegiate lifters enrolled at least half-time in an accredited post-secondary institution up to the age of 26. This offers graduate and professional students an opportunity to participate. Since collegiate powerlifting is a non-scholarship sport, we do not impose a five year limit on collegiate eligibility. We believe our eligibility rules reflect the evolving demographics of higher education, where the average age of students is increasing and more students interrupt their studies for military duty, work, or extended internships. In addition to setting WABDL collegiate records at this meet, lifters were also eligible to set any applicable teen and junior records. Also, this meet established collegiate push/pull total records for WABDL, the first time WABDL has kept such records. At the 2009 WABDL National Collegiate Championship, we will offer a push/pull total division in addition to bench press and deadlift. For the time being, these push/pull records and divisions will remain confined to the collegiate division. As this was the first foray into collegiate lifting for WABDL, all collegiate state and national records were open. Since WABDL allows lifters to take four attempts for records, this meet saw a large number of fourth attempts. Let's start with the women's bench press. At 105, Chanel Lewis of the University of Houston-Downtown (UHD) won, making lifts of 55.0 and 60.5 before missing a third attempt with 66.0. Her 60.5 was both a Texas State Collegiate Record and a National Collegiate Record. Chanel, a junior in Spanish, was lifting without a bench shirt, so she was doing some good RAW benching at 105. At 114, Olivia Trevino, a junior in International Business at the University of Texas-San Antonio (UTSA) was the winner, making lifts of 99.0 and 110.0 before missing a third with 121.2. Olivia's 110.0 was a Texas State Collegiate Record and a National Collegiate Record. At 198, sophomore Nursing major Olga Hernandez of UHD was the winner, going three-for-three with attempts of 88.0, 99.0, and 110.0 before missing a fourth with 115.5. Her 110.0 was a Texas State Collegiate Record and a National Collegiate Record. Like her UHD teammate Chanel Lewis, Olga was lifting without a bench shirt. Also lifting RAW was Corina Sosa, a senior in Interdisciplinary Studies at UHD who won at 199+. Corina went four-for-four, hitting lifts of 104.5, 121.2, 137.7, and 148.7 for a Texas State Collegiate and Junior Record and a National Collegiate Record. Think "Tommy" Nguyen, a sophomore in Accounting at UHD, started out the men's bench press at 105, making successful lifts of 110.0, 121.2, and 132.2 for a Texas State Collegiate and Junior Record, a National Collegiate and Junior Record, and a World Junior Record. Tommy, who weighed in at only 100.4 lbs., missed a close fourth attempt with 143.2. At 123, UTSA's Jamie Gonzales, a freshman, was the winner with a big three-for-three day, hitting lifts of 176.2, 187.2, and 198.2 for a Texas State Collegiate Record and a National Collegiate Record. At 132, freshman Biotechnology major Robert Nguyen (no relation to Tommy) of UHD won with a three-for-four day. He opened with 143.2, missed 165.2, and hit 170.7 before getting a fourth with 187.2 for a Texas State Collegiate Record and a National Collegiate Record. We had a tremendous battle at 148, with three lifters ending with the same weight and the decision having to be made by bodyweight. The winner was Jake Mahoney, a junior in Biochemistry at the University of Wisconsin-La Crosse (UWLC),



**Steve Herrman** deadlifted 622

who weighed in at 144.6. Jake went 286.5 and 303.0 before missing twice with 319.5. His 303.0 was a Minnesota State Collegiate and Junior Record and a National Collegiate Record. Weighing in at 145.4 at placing 2nd was UHD's Luis Lopez, a sophomore in Chemical Engineering. Luis got his opener of 275.5 before getting 303.0 on second for a Texas State Collegiate Record. He missed subsequent attempts at 319.5 and 330.5. In 3rd, weighing in at 147.8, was UTSA's Joshua Tamayo, a freshman. Joshua went three-for-three, getting lifts of 248.0, 275.5, and 303.0. In 4th place was UTSA's Phillip Brown, a freshman in Architecture. Phillip made attempts of 209.2 and 236.7 before missing a third with 259.0. UTSA's Jed Hussein, a junior in Kinesiology, was the star at 165, making attempts of 336.0 and 369.2 before missing twice with 402.2. His winning 369.2 was a Texas State Collegiate and Junior Record and a National Collegiate Record. In second was Laramie McMasters, a graduate student in Civil Engineering at the University of Illinois at Urbana-Champaign (UIUC) and leader of Illini Powerlifting, the team I helped found back in 2003. Laramie is best known for his tremendous deadlifting, but his bench has been steadily improving. He went three-for-three on this day, making lifts of 314.0, 330.5, and finally 341.5, all with a pair of very long arms. His 341.5 was an Illinois State Collegiate Record. In 3rd was Ryan Despres of Southern Illinois University (SIU), a sophomore in Finance. Ryan started out rough, missing attempts at 314.0 and 315.1 before hitting 331.6 on third. In 4th place was Ilian Rojas of UHD, a freshman in Kinesiology. Ilian got his opener of 253.5, then missed 264.5. He pulled it together on third, though, and drove up the 264.5 successfully. In 5th was Erik Larson, a sophomore in Political Science and Pre-Law at the University of Wisconsin (WISC). Erik hit lifts of 236.7 and 253.5 before missing with 259.0. He came back on a fourth-for-a-record and was successful with 259.0, a Wisconsin State Collegiate Record. We enjoyed some impressive lifting at 181, where Steve Herrmann, a graduate student in Exercise Physiology at Eastern Michigan University (EMU), was the winner. Steve went three-for-three with lifts



**Trey Jewett's** amazing 705 bench press at 220 lbs. (photos courtesy of Dr. John Hudson)

(continued on page 86)

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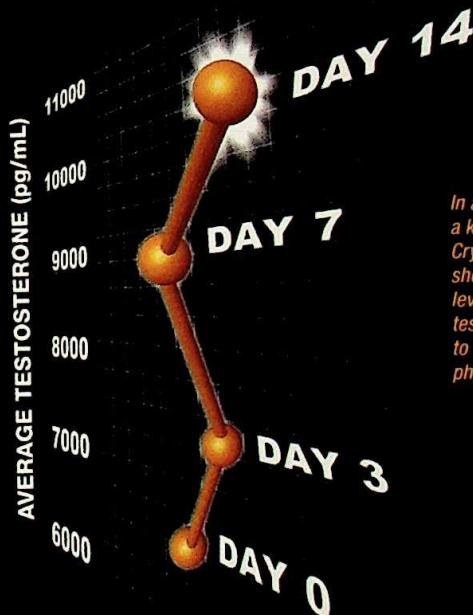
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- Drives Anabolically Active Testosterone Directly into Muscle Cells <sup>a,††</sup>
- Lowers Unwanted DHT <sup>a,○</sup>
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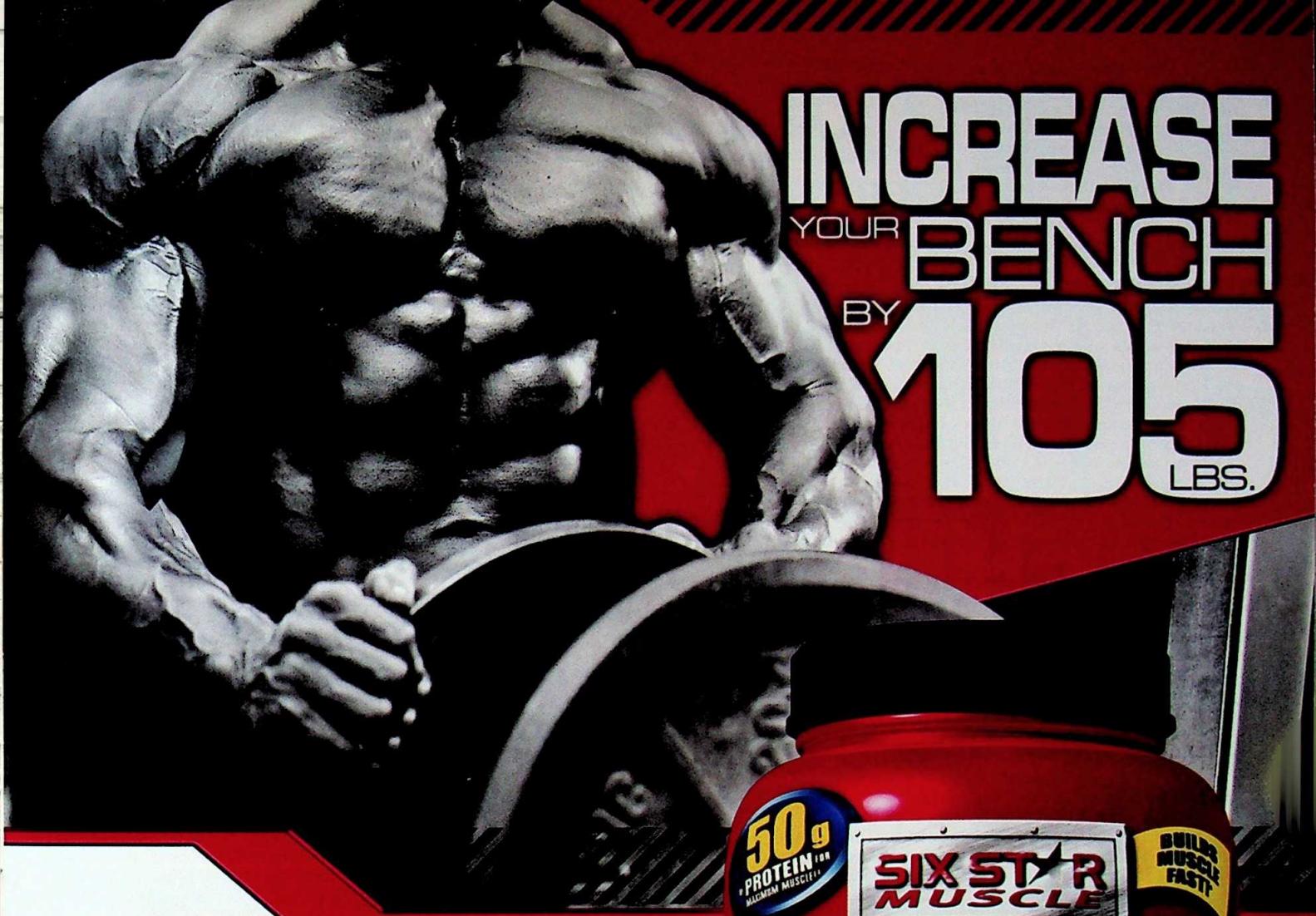
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WOMEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	Perry-USA	380	402	413	215	226	231	380	408	408	1051
105 lbs.											Hoiland-NOR	342	364	369	187	198	204	364	380	380	952
Fukushima-JPN	353	375	386	259	276	289	331	353	358	1031	Terada-JPN	342	353	364	204	215	226	358	375	375	941
Lepanese-FRA	320	342	358	193	204	215	320	336	347	891	Johage-SWE	342	358	375	176	198	198	342	353	364	897
Lee-TPE	298	314	325	176	187	187	353	375	380	864	Payne-GBR	281	298	309	154	165	176	353	375	391	864
Apuli-FIN	320	320	342	154	154	154	320	347	369	842	Bishop-CAN	287	303	320	154	171	182	375	402	402	858
Schwendgl-AUT	265	281	287	187	198	209	287	298	298	770	Tachibana-JPN	292	309	309	149	160	171	287	303	314	765
Tanaka-JPN	231	254	265	149	160	160	254	270	276	671	Ip-HKG	237	259	270	149	160	160	287	320	325	743
115 lbs.											Cruz-PHI	314	314	314	182	193	193	320	342	342	—
Chen-TPE	419	446	457	165	176	182	386	408	419	1056	Ribic-USA	491	513	529	287	309	320	496	524	529	1348
Sri-INA	397	419	435	220	243	254	364	386	397	1056	Solovyova-UKR	430	457	474	320	342	360	452	480	513	1311
Ochoa-ECU	386	402	413	193	198	209	375	391	391	1001	Kitamura-JPN	402	430	441	320	336	347	397	424	430	1216
Chou-TPE	342	353	364	154	165	176	386	413	424	963	Orsini-ITA	441	457	468	298	309	309	441	457	457	1216
Hartwig-USA	342	364	375	209	209	220	331	353	364	957	Hatfield-USA	391	413	413	292	292	309	397	424	435	1155
Klymenko-UKR	331	353	364	243	254	265	331	364	397	957	Hsu-TPE	419	435	457	220	248	259	430	463	480	1139
Sirkka-FIN	353	364	375	193	198	209	342	342	353	935	Gibson-GBR	386	402	402	265	276	287	397	419	424	1111
Sandvik-FIN	314	331	342	226	231	231	298	320	320	880	Lund-NOR	408	435	446	237	248	248	375	391	402	1095
Lindstrom-SWE	342	364	364	154	171	176	309	331	342	858	Guosteinsdottir-ISL	380	391	391	209	220	231	375	397	413	996
Barbosa-BRA	325	347	353	160	171	176	320	336	358	858	Durrant-CAN	386	397	397	215	226	231	353	369	375	985
Martin-FRA	314	331	342	182	182	193	287	303	314	825	Kaas-DEN	375	402	402	198	198	209	375	397	424	968
Nakai-JPN	298	314	325	187	198	198	298	309	314	809	Porter-CAN	364	380	380	187	198	209	298	320	336	897
Sinclair-RSA	254	276	276	127	138	149	309	336	342	743	Barbosa-BRA	309	342	353	160	171	176	298	314	331	825
123 lbs.											Blikra-NOR	452	474	496	314	325	325	463	474	480	1293
Prymenchuk-UKR	397	424	441	265	276	287	364	386	419	1111	Fowler-CAN	463	491	513	298	309	320	397	424	441	1271
Kehanen-FIN	419	441	452	176	187	193	397	419	424	1051	Ylitalo-FIN	408	430	452	276	320	430	457	480	1161	
Ikeya-JPN	375	397	408	243	243	243	380	402	413	1051	Pedersen-DEN	364	364	380	270	281	292	408	446	463	1117
Rantamaki-FIN	402	419	419	209	220	231	386	408	430	1029	Teruya-JPN	386	386	386	309	309	309	287	309	325	1018
Abdulina-UKR	408	430	452	209	220	220	375	391	391	1023	Wahlander-SWE	397	419	430	187	204	220	408	441	—	—
Eriksson-SWE	342	364	375	220	231	237	353	364	375	963	Fernandez-VEN	485	485	485	231	243	254	463	485	485	—
Ayles-CAN	342	369	369	176	187	198	342	364	375	913	Ivanova-UKR	485	507	518	287	309	314	452	452	452	—
Courqueux-FRA	369	380	380	160	171	176	336	353	358	891	181 lbs.										
Gutierrez-PER	320	347	364	154	154	171	336	358	375	891	Karpova-UKR	463	485	507	331	353	364	463	485	496	1364
Matherne-USA	314	314	347	220	237	243	303	331	353	880	Blyn-USA	463	491	507	292	314	325	457	480	491	1320
Steenkamp-RSA	259	287	298	121	127	127	320	331	342	759	Hille-NOR	430	452	463	259	270	281	424	441	452	1172
Wender-BRA	298	309	309	154	165	171	281	292	303	754	Wang-TPE	397	430	441	209	220	220	457	468	491	1128
Richard-CAN	265	281	298	154	154	165	265	287	298	732	Mohanty-IND	397	419	435	176	198	209	397	419	—	1040
Buriel-VEN	408	408	—	176	198	220	397	424	430	—	Fowler-CAN	309	331	347	204	215	226	287	309	320	891
132 lbs.											198 lbs.										
Bachhaus-GER	430	430	452	325	331	331	397	424	441	1221	Strik-NED	529	557	573	364	380	380	485	507	529	1441
Noviana-INA	419	441	474	231	254	259	419	463	485	1177	Chang-TPE	551	573	600	287	309	474	474	496	1353	
Ivanova-UKR	430	452	463	276	287	287	397	419	430	1144	Buckley-NZL	419	452	452	303	309	463	485	502	1238	
Akhmamyeteva-UKR	419	452	463	243	259	265	402	424	435	1144	Pecante-PHI	463	474	480	265	276	386	430	430	430	1172
Chou-TPE	386	408	419	209	231	243	430	457	468	1117											
Thompson-USA	353	375	380	309	309	314	353	386	402	1078											
Matejova-SVK	424	441	457	259	259	276	353	375	397	1073											
Bueno-BRA	353	375	397	254	276	287	369	369	397	1051											

**USA Winners at the IPF Worlds:** (l-r) Priscilla Ribic (photo credit), Dan Williams, and Jessica O'Donnell. (this report continued on page 88)





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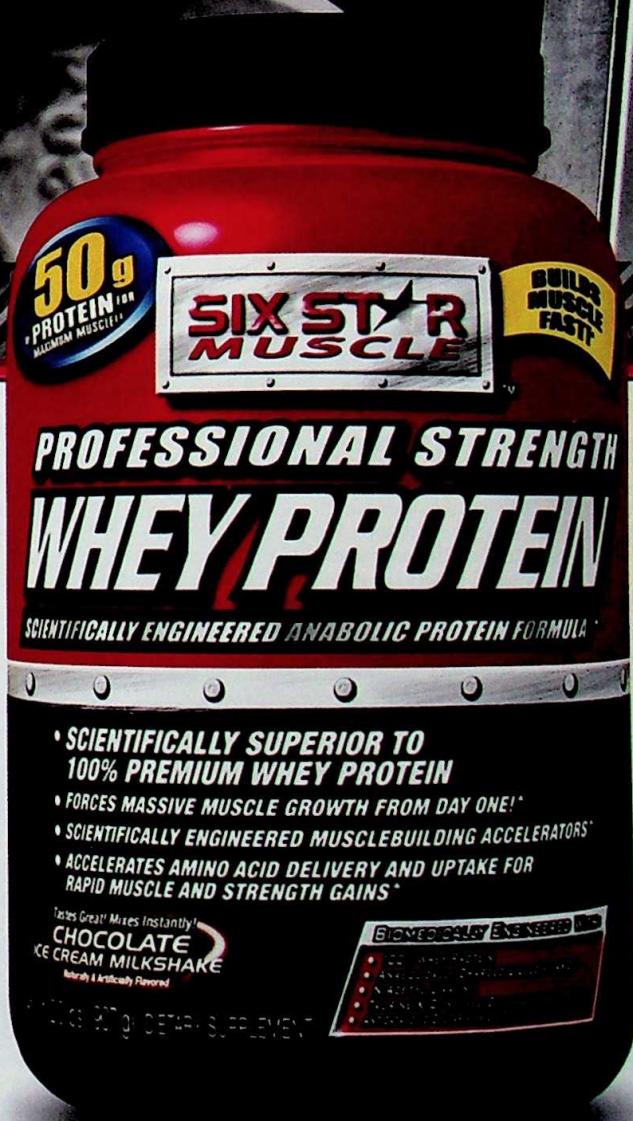
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*"The top players in every field think differently when all the marbles are on the line. Great performers focus on what they are doing, and nothing else. They let it happen, let it go. They couldn't care less about the result."*

*John Eliot*

On ESPN's *Mike and Mike in the Morning*, Mike Greenberg asked Tiger Woods what he was thinking on the 18th green standing over the 12 foot putt that would either send the match into a playoff or send him home in second place. Woods unemotionally said, "I was thinking that the putt would drift left to the edge of the cup and then drop. Then I just putted it." Greenberg, commenting on Tiger's remarks said, "That is why he is Tiger Woods and the rest of us are who we are...when I stand over a putt, I am thinking about all the consequences of missing the thing, what I had for dinner and what I am going to wear the next day. I can't clear my mind. It is incredible how he can focus on just that single moment."

It is incredible what Woods can do, but to be perfectly candid, that is the mindset of most great athletes. They have the ability to live in the moment. That is the capacity to focus all of their energies on the task that they are performing. When you are totally focused in this manner, you can put yourself mentally and physically into whatever you are trying to accomplish. Once you are capable of doing that, you can make something extraordinary happen. When nothing exists except the game, or the task that you are engaged in, that is when you can perform at a higher level of existence.

This type of control is very typical of the great athletes that I have come in contact with. They don't run away from the experience; they participate in it...they stay in the moment, the feeling, the development. They are a part of it all. Nothing occupies their awareness, only the present. They live totally in the moment, not in the past or the future.

Arnold Schwarzenegger was a master at this type of focused concentration when he was competing in bodybuilding. He would centralize all of his body's energy into the muscle he was training. Let me read to you what Schwarzenegger says about focusing on the moment and/or the task at hand. He says: "When I trained, the most important thing was that my mind was always in touch with my body. That not only helped my training, it was like meditating. I could get into myself. I locked my mind into the muscle during training, as if I transplanted my mind into the tissue itself. I became one with the weights. Nothing else in the world mattered to me."

For most of us such single mindedness is difficult, but not impossible, to achieve. The great athletes though, the Jordans, the Montanas, the Pacificos, the Schwabs, have all achieved this type of single-mindedness in which they become totally immersed into each event that they encounter. For them each moment is infused with importance and necessity. When you reach that point, you can go beyond what even you think is possible.

Case in point: A number of years ago I saw this guy on *Wide World of Sports* named Mas Oyama demonstrate what he called the powers of the consciousness, which happens to be a fancy way of saying focusing. Oyama was teaching karate in Tokyo. At the time he was considered by most karate experts as a master of masters, and the greatest martial artist since Bruce Lee. People who were close to him claimed that he had absolute control of every muscle in his body and that he could generate super-human power by fusing his mind and body into a single, disciplined unit.

In all honesty, I thought they were selling wolf tickets...selling wolf tickets is just a nice way of saying that they were b\*\*\*\*ing. Oyama's demonstration changed my mind significantly. (Try to apply this to

# DR. JUDD

## GREATNESS...WHAT IT REALLY TAKES - PART IV as told by Judson Biasiotto Ph.D.



**Arnold** was well known for his ability to concentrate on the task at hand in his bodybuilding days, and that has helped him succeed in other avenues as well

a drop of about 100 feet to the ground? I would be willing to bet a walk across that same board would cause considerable anxiety for most of us. I'll bet some of you would not be able to do it. The skill level required to walk across the board is exactly the same, whether it is 12 inches or 100 feet off the ground.

The difference is the psychological response to the perceived trepidation. Instead of totally focusing on the task, your attention is directed to the possibility of what could happen. If you were totally focused on walking across the board ... if your mind became one with that task ... you would not experience any fear or uncertainty. Walking the board would be...well, a "cake walk."

Our thoughts create our reality...where we direct our focus is the direction we tend to go. The key to success is to focus the full power of our conscious mind on things that we are engaged in, not things that we fear. I like what Katarina Witt says about this very issue. She says, "When I go out on the ice, I just think about my skating. I forget it is a competition." That is what great athletes do...they perform so naturally and so instinctively that they seem to be able to enter a pressure-packed situation that would terrify or freeze the rest of us as if nothing matters. "They let it happen, let it go." That's greatness!

your lifting.) He walked unarmed into a bull ring and faced off with a 2,000 pound bull. At first the bull walked around the ring rather peacefully. Then, when it saw Oyama, the bull stiffened, began snorting and pawing the dirt, and then charged straight at Oyama with its horns lowered in the classical attack position. Oyama stood squarely in front of the bull until it was a foot or two away; he then took one step sideward and slammed two punches into the bull. His first blow sliced one of the bull's horns in half. The second blow brought the huge beast down killing it instantly.

Oyama explained in a post-event interview how a man of moderate stature could drop a 2,000 pound bull with his bare hands. "I relaxed until the moment; then I brought every energy source of my body into play, but I concentrated all of that power into just my fist. To generate great power you must first totally relax and gather your mind and all your strength on hitting your target. When you have this union of mind and body, you have the power of many."

The great athletes have all discovered through experience that the ability to fuse mind and body into each and every task is of paramount importance in reaching an optimum level of performance. Having complete communication with your mind and muscles is a significant edge, a power if you will that can help transcend performance beyond what most people believe is possible.

When you are totally focused on each and every activity, when your mind is fused with your muscle in a single-minded focus, the will to perform is transmitted into the act of performing. At that moment, muscle and mind are mixed in a crucible of intensity. It is at that moment that the awesome power from within surfaces. That is when you become AWESOME! That type of ability is what you will find in most great athletes.

It should also be noted that when your mind becomes totally focused on a task, all doubt and uncertainty is pushed aside. In brief, you cease to experience a body that is inhibited by mental or physical distractions. The mind becomes one with the task at hand.

I have used this illustration before in a past article, but it is such a meaningful one for understanding the power that can be derived from totally focusing on an event and not the outcome. Consider for example what would happen if I asked you to walk across a board that was 12 inches wide, 15 feet long and a foot off the ground. I'm sure you would be able to complete that task without any difficulty at all. In fact, you probably could do it blindfolded. On the other hand, what if I extended the board between two New York skyscrapers with

**Johnnie Jackson**

World Record 760 lb. Pull

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in preparation for the USPF National Powerlifting Championships, he needed a pre-workout supplement that would provide more than just a boost of energy.

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GAKIC Hardcore is the ultimate pre-workout supplement for the competitive powerlifter. It's specifically designed to dramatically and instantly jack up your strength! As a result of the raw power of the key

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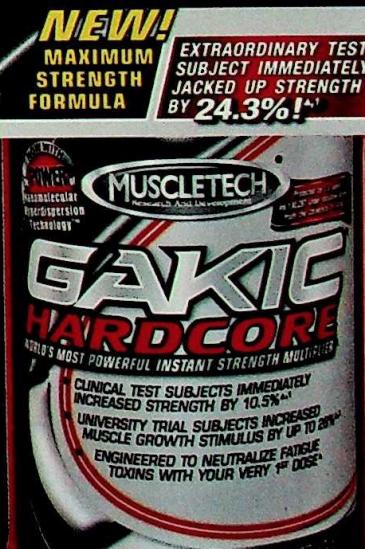
Johnnie Jackson and competitive powerlifters everywhere are choosing GAKIC Hardcore to fuel their training. Why? Because it WORKS!

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Numerous times I have heard lifters complain about the multitude of federations in powerlifting. What about the massive amount of divisions within each of these organizations? I wonder if the leaders of these federations have a clue as to just how many divisions they have actually created? Are these divisions a benefit to the lifters and the general health of the sport or simply good business sense? Quality vs. quantity has been a debate for the ages.

I think lifters have a reason to be concerned and to complain. Let's take a quick look at the creation of the 259 lb-weight class, the numerous age categories, and separate law/fire and military categories. Are these divisions actually relevant to the sport as a whole? Does there come a time when all the divisions become trivial and meaningless? Is there no end in sight? Will we also feel the need to start dividing ourselves according to height classes? For those of you contemplating this, don't - I was being sarcastic. But, in truth, there has to be a line drawn.

I think most federations truly have the best interest of the lifters in mind. Everyone is concerned with fairness and clarity of rules, impartial judging, and set standards, but let us not lose sight of the "Golden Rule." He who has the gold, makes the

# OPINION

## Everyone's a National Champion! as told to Powerlifting USA by Bobby Myers

rules. Although money does not make the world spin on its axis, it definitely makes lifestyles more comfortable. In today's economy, financial concerns rate at a very pivotal point in most of our minds. Any meet director can tell you that there is major planning and preparation that goes into an event. The just reward for the meet director is a safe and profitable venture. No one can afford to put on meets at a loss. I can't and I won't: Economics-101.

Divisions make it easier and less daunting for most lifters to compete on a platform with more experienced lifters, but if everything in life were easy, there would be very few goals worth obtaining.

Recently I heard a federation president complaining about lifters running from their competition by searching for alternate categories in which to compete. This inspired me to conduct a little investigation to see why, how, and if this was truly possible. I was dumb-founded at my discovery!

Here is a brief account of a few of the federations and the divisions that I located. Although these numbers may seem ludicrous, please don't start laughing. Just because your federation is not listed, does not mean it is any better! I ask you to use these numbers as fuel for thought.

These numbers pertain to the Men's Full Power categories only, they do not include: women's divisions, bench only, law/fire, military, any single lifts, specialty lifts, or Special Olympians lifts.

Beginning with the:

### IPF

TESTED, Single-ply Federation,  
11 basic weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, and 275+

Seven age classes: Open, Sub-Junior, Junior, Master 1, Master 2, Master 3, Master 4.

(77 possible divisions!)

### USAPL

TESTED, Raw / Single ply.

11 basic weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, and 275+

Seven age classes: Open, Sub-Junior, Junior, Master 1, Master 2, Master 3, Master 4.

(77 possible divisions!)

Seven age classes: Open, Sub-Junior, Junior, Master 1, Master 2, Master 3, Master 4.  
(144 possible divisions!)

### 100% RAW

TESTED, Raw

12 weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SH  
Open + 14 age classes, 13-15, 16-17, 18-19, 20-23, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+  
(180 possible divisions!)

### APC

NON-TESTED, Multi-ply

12 weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SH  
Open + 14 age classes, 13-15, 16-17, 18-19, 20-23, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+  
(180 possible divisions!)

### USPF

NON-TESTED, Single-ply / Multi-ply

12 weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SH  
Open + 14 age classes, 13-15, 16-17, 18-19, 20-23, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+  
(360 possible divisions!)

### SPF

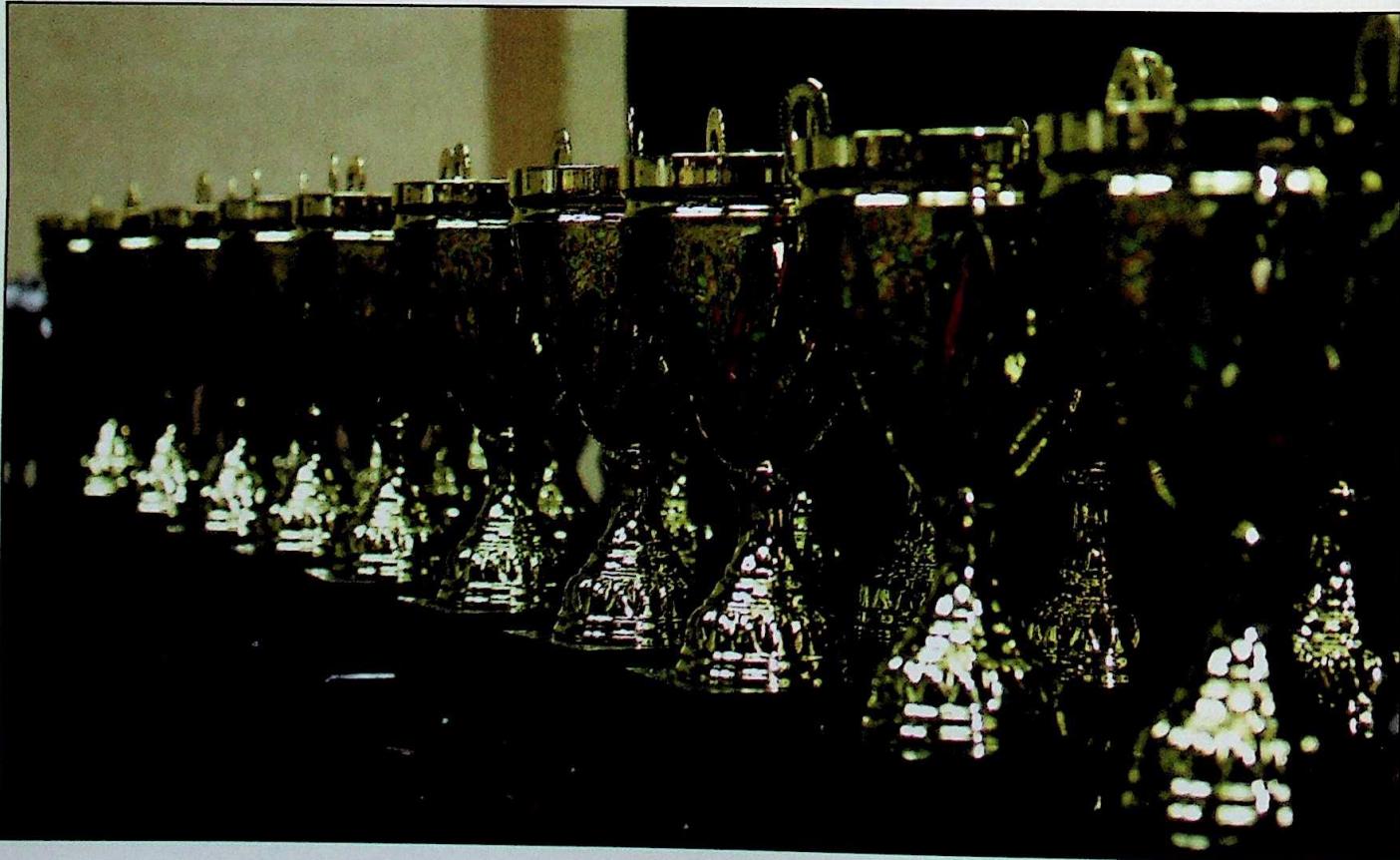
NON-TESTED, Raw, Single-ply / Multi-ply

15 weight classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SH  
Open + 15 age classes, Pre-Teen, 13-15, 16-17, 18-19, 20-23, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+  
(720 possible divisions!)

### APF/AAPF

TESTED / NON-TESTED, Raw / Multi-ply

(continued on page 81)



# BORN ELFT

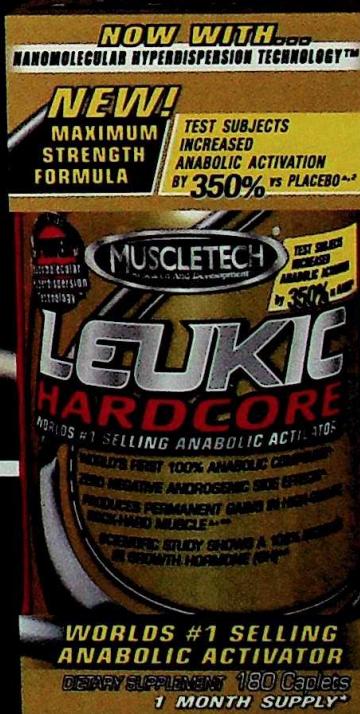
"Stronger than a tank and more muscular than a ... who the hell cares, he's absolutely huge!" As you lug your blood-filled legs to the squat rack, the gym goes silent except for the whispers coming from a couple of newbie lifters. You're determined, confident and ready to unleash hell. Powered by LEUKIC® Hardcore, it's time to step up to the rack and experience the difference a 100 percent anabolic compound can make on your lifts.

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World's Strongest Bodybuilder



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Two month's ago we talked about dead fat girl, and quite a few people had comments. I was so excited that so many lifters could read! Some of these people (lifters smart enough to read the article) even had inspiring comments and stories. Thanks to all of you!

Last month we went to Muscleworks in FL, and saw a first class gym from the Sunshine State. This month, we're gonna see whassup in the land of ice and snow!

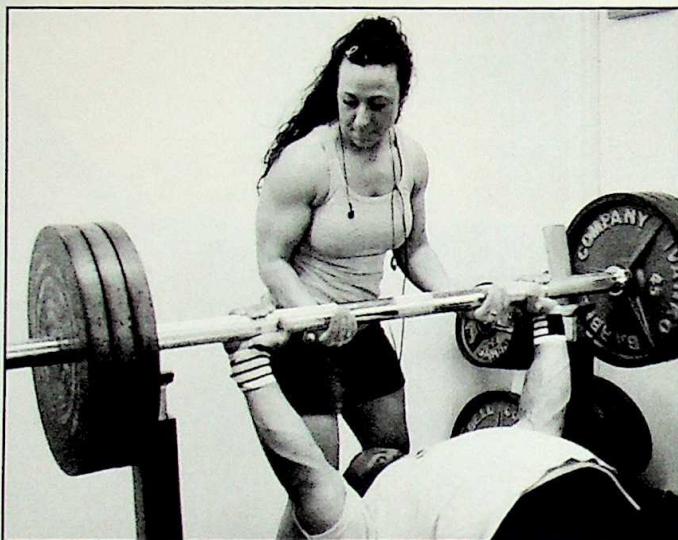
I first met fellow powerlifter John Casciato at the Arnold Classic; a great place to meet lifters from all over the world! John's a 43 year old production manager at a large wood-working company in PA. More important to our story; John is also a serious 275 lb. powerlifter. After John bombed at a couple of meets, he hired Ryan Celli to help him get his lifting back on track for the IPA Nationals (11/23/08). John was one of three lifters from Celli's gym to compete at the IPA National's—so Ryan (owner & namesake) must be doing a few things right. John has nothing but high praise for Ryan (Celli), and for Ryan's wife, Dana, so I'll let him tell you more:

If you're looking for a great place to train, Celli's Fitness Center is it. Tucked away in Lawrenceville, Pennsylvania, ten minutes from downtown

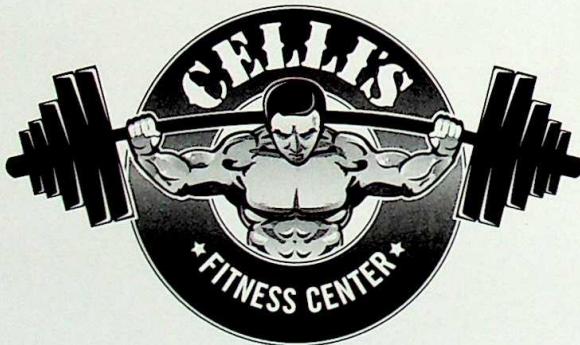
# Hard Core Gym #80

## CELLI'S FITNESS CENTER

*as told to Powerlifting USA by Rick Brewer*



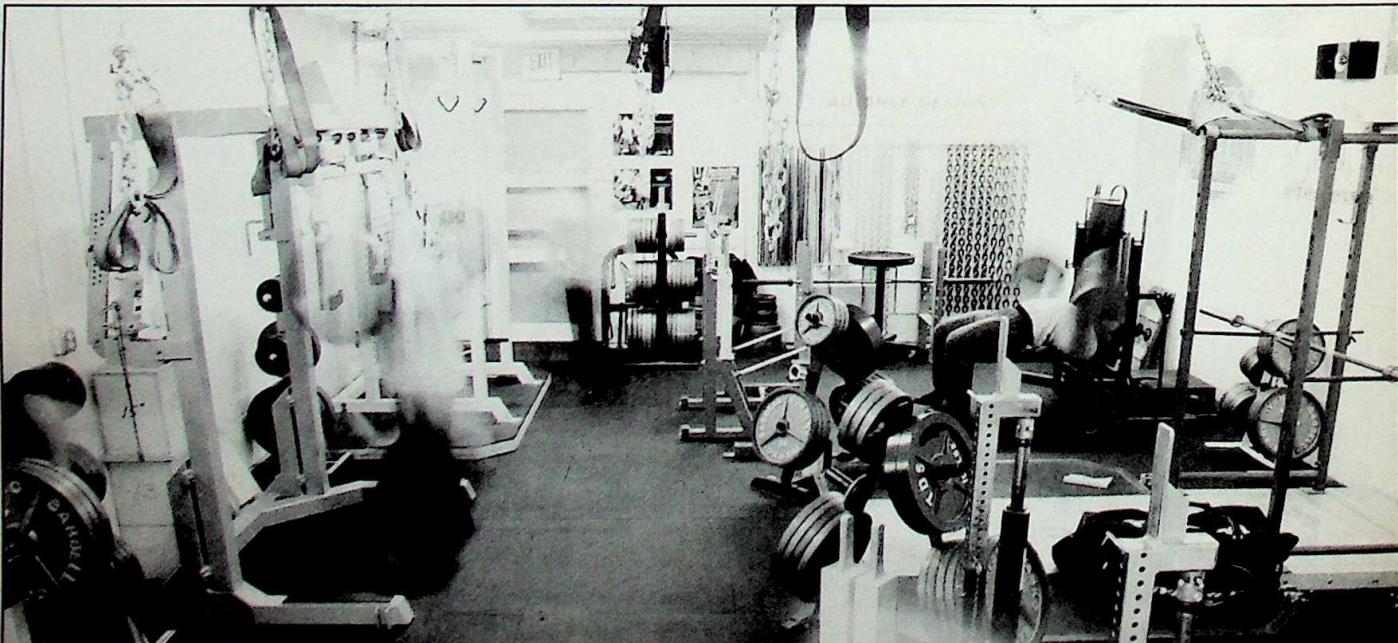
Dana, Ryan's wife and a personal trainer, helps out at the gym



Pittsburgh and two blocks from the infamous market district known as the Strip District, Celli's is a multi-purpose, coed facility offering all of the essential equipment and tools that an average Joe (fitness fanatic, athlete, bodybuilder, or powerlifter) will truly appreciate.

Housed in a commercial building; the concrete floors, steel beams, and metal ceilings give it a warehouse feel. It's known for its atmosphere, which is created by the dedicated members who are there to train and reach their goals. All lifters are welcome; from powerlifters to bodybuilders, village people to college students and grandmothers. Celli's wants anyone looking to make a change in their body or who wants to get healthy and strong. It's a place that's serious about personal fitness goals of any caliber.

Celli's Fitness Center opened to the public in June 2007. Located on a main road that gets plenty of vehicular and foot traffic, the 3,000 square foot facility has everything you need for a great training session. They have two deadlift platforms, three competition benches, three power racks, Frantz squat stands and a wide variety of universal machines all with smooth cables and non-sticking plates. (Wait just a minute! I thought the rusty



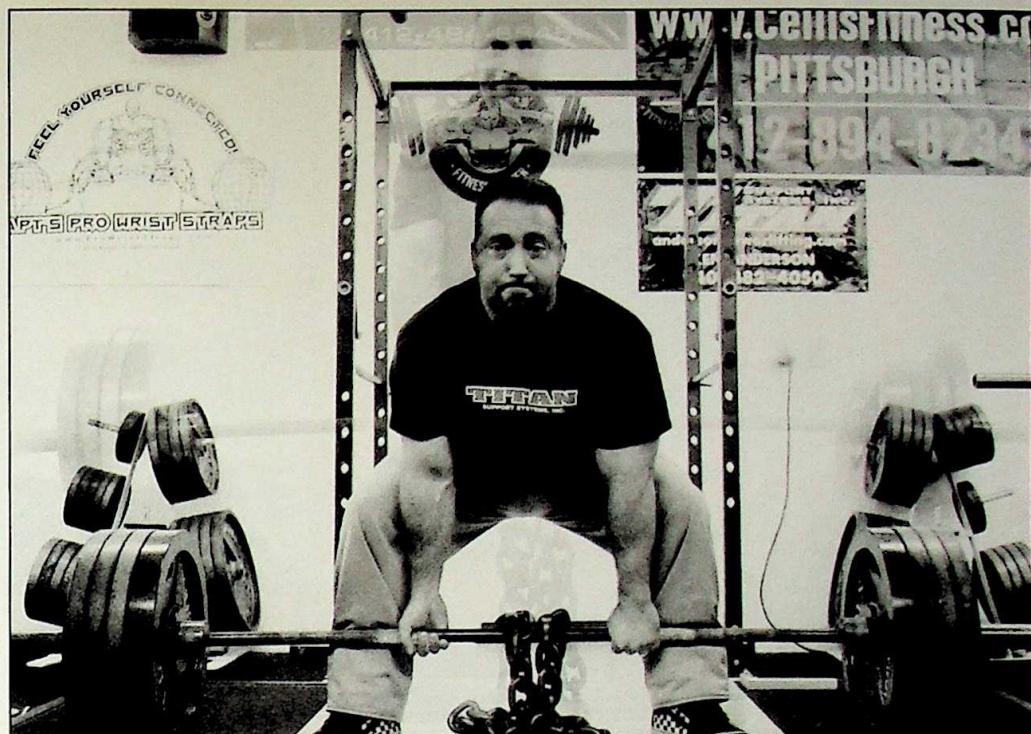
Inside Celli's Gym: An efficient layout with all the heavy duty gear, fit for any fitness fanatic, bodybuilder, or powerlifter

cables were supposed to be frayed and worn. RB) Chains and bands hang from the ceilings so it's easy to set up for assistance work or access safety straps for your heavy single, which assures safety for both lifters and spotters. (OK, that's very cool. RB)

All of the plates are Ivanko machined so there's no need to waste time searching for a "matched set." (Did I say, wow? RB) There's a full line up of kettlebells, free weights, and a wide variety of specialty bars, including Texas and Okie squat bars. And the biggest attraction for powerlifters—the monolift. Always on the lookout for equipment upgrades and things to aid members in their personal goals, Celli's just added a brand new set of Forza squat stands to accompany the hardcore monolift. (Way cool. RB)

Safety is very important at Celli's. Owner, Ryan Celli, takes great pains to make sure the equipment is well-maintained and safe. He doesn't believe in long term "out of order" signs so he's quick to take care of any issues that may arise. He also believes very strongly in having a clean gym. While he does allow chalk, dust bunnies should train elsewhere.

There's a sled on site and plenty of space to pull it, either outside by the parking lot or



Ryan Celli starts and finishes a deadlift with chains in the same picture (courtesy of Fei Lung)

around the block. You're safe on the sidewalks but might turn some heads. They even have cardio equipment, including stationary bikes, treadmills and ellipticals.

When you're done training, clean up in the fully equipped men's or women's locker rooms with showers. On your way out the gym door, grab something for the road; Celli's sells nutrition bars and sports drinks.

Need some motivation or guidance? Celli's offers a range of personal training packages catering to the goals and body type of the individual. In addition, there's a massage therapist a flight of stairs away.

Unhappy with his career and personal training on the side, owner, Ryan Celli, opened the facility because he needed a change. His dream was to have a place where he could continue powerlifting in his personal life, continue personal training, and still make a living all at the same time. Ryan envisioned an old school, hardcore gym where powerlifters could train but not so hardcore that regular Joes were scared off. He also wanted more of the variety and amenities of commercial gyms. So, he quit his job and with the help of good friend John Casciato, found the right location—Celli's Fitness Center was born.

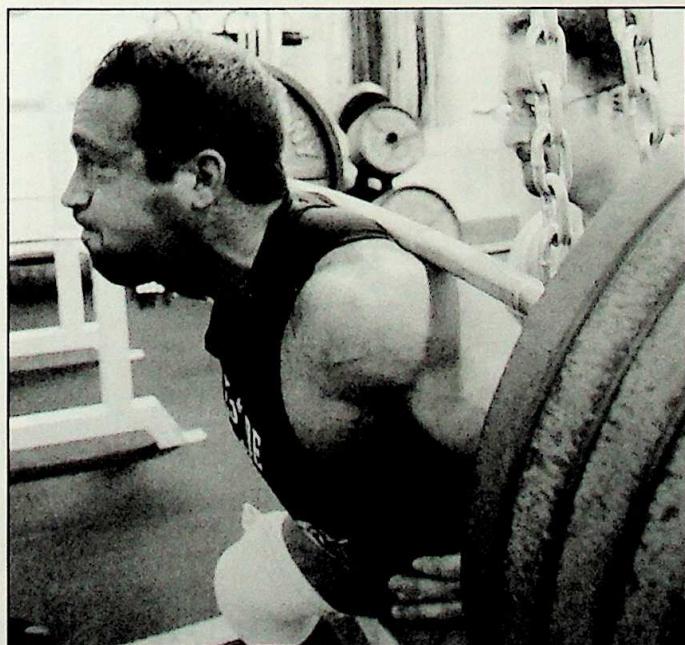
Ryan and his wife, Dana, have a combined total of over sixteen years experience as personal trainers and sports nutritionists. They are certified through the International Fitness Association and have been CPR-certified by the American Red Cross. In addition, they are both certified as kettlebell instructors.

A native of the South Hills area of Pittsburgh, Ryan has competed in bodybuilding and has been a competitive powerlifter for eighteen years. He has earned titles and records in federations including the USPF, APF, WPC, and the Raw Unity Meet. Dana's powerlifting experience includes a bench press of 215 lbs at a body weight of 123 lbs.

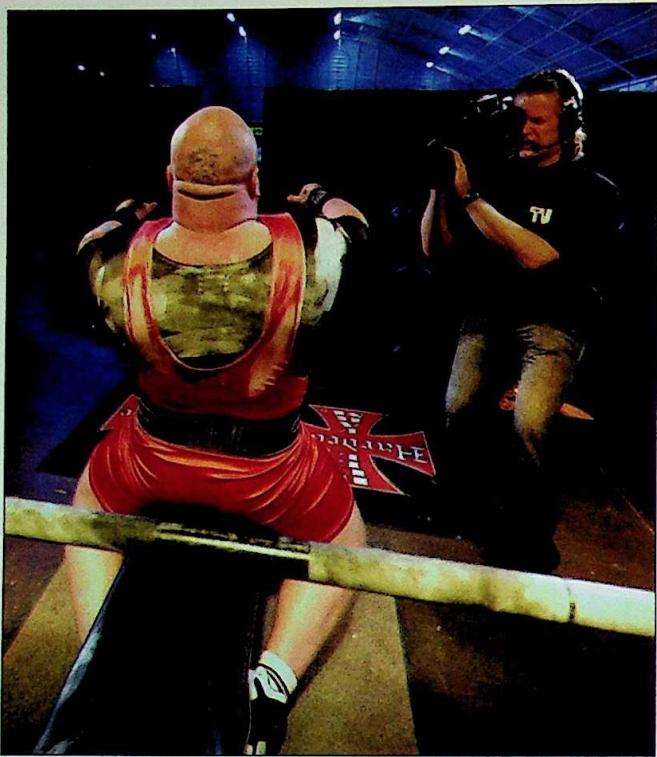
Congrats to Dana on her BP, and kudos to Ryan for switching to powerlifting! In fact, almost all of that sounds good, except for the 'aversion-to-dirt' part where they don't allow dust-bunnies. (How will we remember to change our clothes, if we never get dirt on them?) Big thanks to John Casciato for all of this cool info on Celli's! Thanks to Fei Lung for the photos, and thanks to Ryan & Dana Celli for running a cool gym where serious powerlifters can better themselves, instead of merely shoveling snow from the icy PA streets. For more information on Celli's Fitness Center, visit [www.cellisfitness.com](http://www.cellisfitness.com).

For other info or comments, email me: [rick@houseofpain.com](mailto:rick@houseofpain.com).

Until next month; lift big & live well—indoors! It's cold outside!



Ryan Celli, owner of Celli's Fitness Center, squatting with chains



**Bull's Bench Bash**  
4 OCT 08 - Lahti, Finland

BENCH	1st	2nd	3rd	Pts
All Lifters				
198 lbs.				
T. Väkila	485	551	551	311
220 lbs.				
Haaparanta	628	661	661	389
242 lbs.				
J. Someroja	728	761	783	429
E. Vinni	617	639	661	379
A. Kousa	529	546	562	307
V. Rinkinen	441	463	485	266
J. Pukkila	463	485	496	266
275 lbs.				
R. Rapelo	606	628	628	340
M. Niemel	606	628	628	334
J. Ihälainen	606	672	672	333
M. Lehto	595	617	617	325
J. Holviala	507	535	551	297
308 lbs.				
J. Rantanen	750	772	816	414

	O. Selin	496	507	518	274
308+ lbs.					
J. Murtomki	772	772	816	406	
Disqualified					
242 lbs.					
J. Kallio	672	672	683	—	
H. Selsam	551	551	551	—	
J. Nummijrvi	485	485	485	—	
I. Mursu	683	694	—	—	
275 lbs.					
J. Tuomainen	716	716	716	—	
L. Pajunoja	683	683	766	—	
J. Vilen	661	694	705	—	
Lappalainen	529	551	573	—	
308+ lbs.					
K. Kari	838	838	838	—	

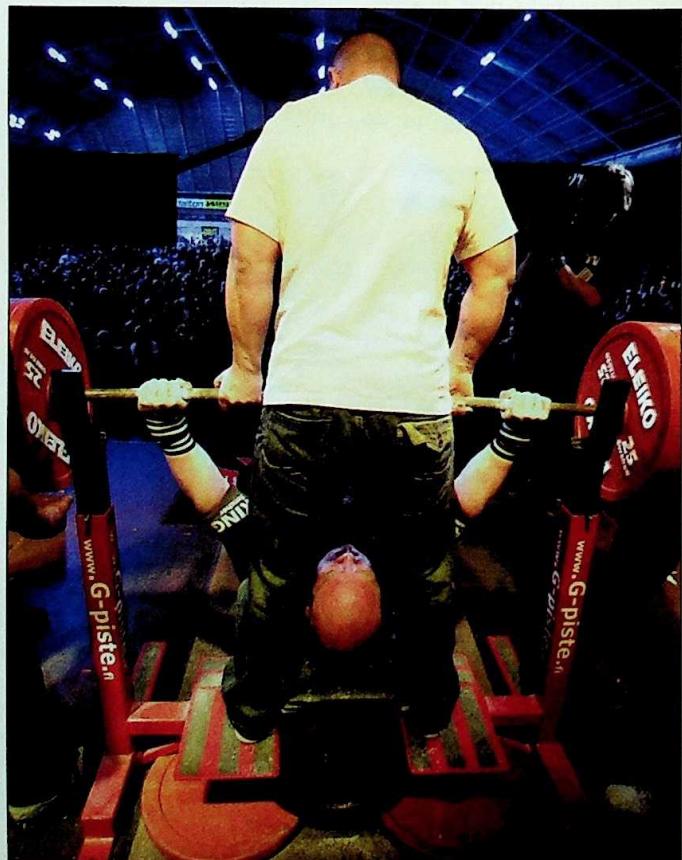
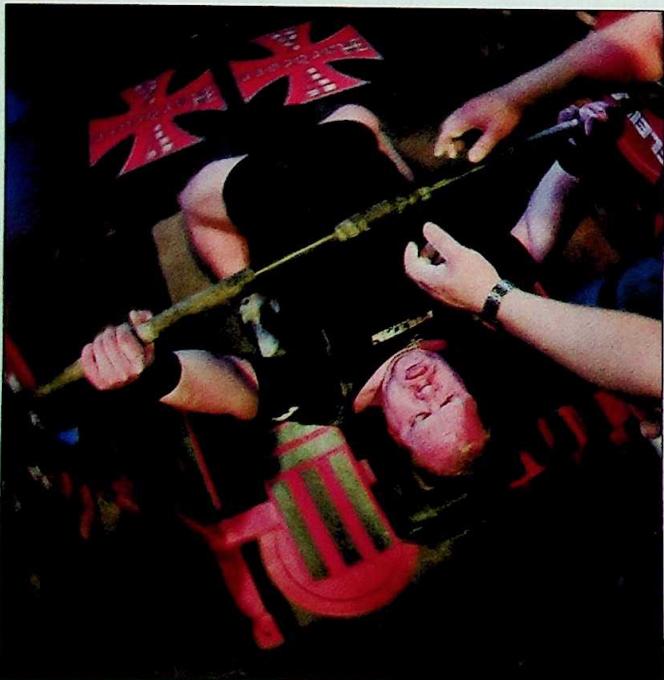
Bull's Bench Bash was the third consecutive podium position for Juha Someroja in Bullfarm competitions when this 240 pounder took home the gold medal in Lahti on October 4th. A cautious start from 727 lbs. because of a few months' break in lifting due to a



shoulder injury. All in for the second lift and the spotters loaded 760 lbs. to the bar. The crowd held their breaths while Juha finished his lift little by little, inch by inch. The previous tense lift had taken its toll and the 20 pound raise to the third one was too much. Joonas Rantanen, Bullfarm's biggest prospect and GPC European champion, opened his game with 750 lbs., but missed the lift by hitting the uprights. That didn't shuffle Joonas's plans and he cleared 770 lbs. with ease in the second lift. The third lift and the gold medal with 815 lbs. was just a lock out away. A wrist wrap opening in the middle of the lift blew Jani Murtomki's chance to finish his opener, but a comely performance on the same weight, 770 lbs., showed why he is the only 400 kgs. (880 lbs.) club member in Finland. Focusing his training on all three events had taken its toll and Jani humbled under 815 lbs. in his

third lift. Rami Haaparanta made a fumbling opener at 630 lbs. and missed 660 lbs. in his second lift, but after that he showed what a fighter he was. Gathering all his strength for the last try and 660 lbs. was finished with more white lights than red ones. More spotters were called to the stage, 840 lbs. was loaded to the bar. Kari Kallio was getting ready for his lifts. Unfortunately all his lifts had the same manuscript: lock out missed and a new PR remained a dream. (report and photographs are courtesy Lasse Arkela)

At Top Left - Joonas Rantanen, At Top Right - Kari Kallio, At Bottom Right - Juha Someroja, At Bottom Left - Rami Haaparanta



**Branch Warren**  
Team MuscleTech™ Athlete

# PACK ON THE PLATES

Pain, desire and determination – all are necessary in order to survive the ruthless training sessions of a hardcore powerlifter! Only the strong survive this life and only the few willing to go past their limits reap the rewards of being a true powerhouse.

To take your grueling training sessions to the max and load more plates onto the bar, you've gotta make sure you're maximizing your creatine absorption. Why? Because more creatine in your muscles means bigger, heavier lifts! This is why Team MuscleTech™ brings you CREAKIC® Hardcore – the world's most powerful creatine pill! CREAKIC Hardcore clears the pathway for maximum creatine saturation by fighting off Reactive Oxygen Species (ROS), which can block creatine transport. In one study, subjects consuming the key ingredient in CREAKIC Hardcore increased their muscle fiber protein content by an astounding 58 percent! Just imagine the damage you could do in the gym!

Get on CREAKIC® Hardcore and experience the true meaning of powerhouse!

- ✓ America's #1 Musclebuilding Creatine Pill!
- ✓ Increase Muscle Fiber Protein Content by 58%!
- ✓ Designed to Crush Reactive Oxygen Species!



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**The Bang behind BōKU™**  
A Roundtable discussion with  
Leading Experts on this new Super Food

## Part II

Now just like I promised in the first part of this series I have some really interesting stuff for you this month. I am here again with our roundtable of experts in Holistic Nutrition and Medicine. In this part those answering questions include Lynn and Reno Rolle, Chakra Earthsong, and Dr. BJ Adrezin. Now like I always seem to do I wanted to touch on some controversial questions that I had for Dr. Adrezin. Many of these are in regards to some of the different health conditions that are most common in Powerlifters. Of course I wanted to pick his brain on some of his thoughts on Pharmaceutical Enhancement and the health of the Enhanced Powerlifter. I know this would be a hot topic and most people wouldn't want to touch it with a ten foot pole but being the diehard that I am I thought I would go for it. You can also look forward to some different recipes as well to help make that BōKU™ smoothie go down even better. Ok I don't want to babble on too long here I know you are looking forward to all the juicy parts so let's get back to the discussion.

**Anthony Ricciuto:** Many lifters wear down their immune function from the hard training they do day after day. Can you tell me a little about BōKU™ and its effects on the immune system and how this could benefit the lifter?

**Dr. BJ Adrezin:** A conservative estimate is that at least 70% of the body's immune is located in the gut (intestines). This makes sense because there is always plenty of bacteria, viruses, fungi, chemicals, and other toxins being consumed through normal eating and drinking. The body is all set to protect itself with plenty of gut immune cells, along with "good" bacteria that work with the immune system to detoxify chemicals and produce vitamins.

When this special balance ("symbiosis") is disrupted, "bad" bacteria and fungi begin to populate the gut, and a state of imbalance ("dysbiosis") occurs. Through various mechanisms, many doctors believe the imbalance in the intestines can lead to immune system problems, which could lead to inflammatory conditions such as: arthritis, muscle pain, allergies, headaches, depression, etc.

# NUTRITION

## Power Nutrition Q & A

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

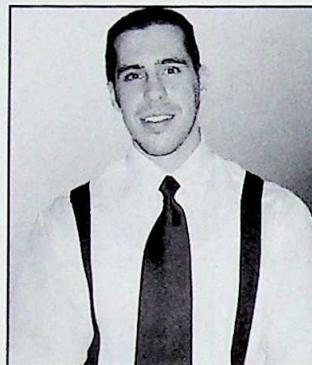
curs. Through various mechanisms, many doctors believe the imbalance in the intestines can lead to immune system problems, which could lead to inflammatory conditions such as: arthritis, muscle pain, allergies, headaches, depression, etc.

Many of the things lifters do can be direct contributors to this state of "dysbiosis" and immune system problems, such as: imbalanced diet, NSAID use, steroid use, mental/physical stress, prior antibiotic use (even years ago), etc.

BōKU™ Super Food is a great support for the gut. It bathes the intestines in nutrients that support the growth of "good" bacteria and healthy immune cells. Many of the Boku ingredients, especially the young green grasses, herbs, algae, sea vegetables, and green juices, aid the body in many of its detoxification tasks. Remember, lifters are constantly breaking down and rebuilding tissue. Many acidic waste products are produced that the body has to buffer. A great number of metabolic enzymes are involved in the process, and the body has to break down these enzymes as waste as well. This places a heavy burden on all of the body's organs of detoxification, such as the intestines, liver, kidneys, lungs and skin. I formulated Boku to support the work of all of these organs.

**AR:** Lifters cause more free radical damage because of the intense training they perform several times per week and this makes them a prime candidate to use antioxidants. Everyone knows that antioxidants are a very important for the prevention of several diseases. Can you give us some information about BōKU™'s antioxidant formula?

**Dr. A:** I am very aware of the importance of antioxidants. It's important to understand that free radicals serve a useful purpose in the body as well. Immune cells make free radicals (such as hydrogen peroxide) to kill certain "invad-



Anthony Ricciuto - the food guru behind [www.NutritionXP3.com](http://www.NutritionXP3.com)

ers," such as unwanted bacteria and other organisms. It's only when the body produces more free radicals than necessary that there is a problem. A common illustration of free radical damage is a piece of metal rusting outside. When too many free radicals are produced, the body starts to "rust" from the inside out. There are many things that can cause an increase in free radicals in the body, including: strenuous exercise, poor diet, drugs, lack of sleep, mental stress, pollution, etc.

I formulated Boku Super Food with a wide array of antioxidant containing ingredients. I definitely prefer antioxidants in their "whole food" form. Most of the BōKU™ Super Food ingredients are great sources of antioxidants, including: hawthorn berry, goji berry juice, acai berry, blueberry juice, blackberry juice, raspberry juice, strawberry juice, and cranberry juice. Don't forget that all of these ingredients are organic certified (Pesticides can be a source of free radicals.). Other ingredients that are great sources of antioxidants are the Boku Greens, maca root, and the cacao (organic raw chocolate).

**AR:** Many powerlifters have high cholesterol and triglycerides; can BōKU™ help with cardiovascular health improvements?

**Dr. A:** BōKU™ Super Food has a significant amount of hawthorn berry. Hawthorn is

considered a very safe food, yet in Europe it is considered one of the most powerful "medicines" for heart health. It is traditionally considered to support the heart in doing its work with less effort. All of the antioxidant rich foods previously mentioned are great for the heart. Many of the Boku ingredients are very supportive of blood vessels throughout the body.

Our newly formulated BōKU™ Super Cleanse would be wonderful support for those lifters trying to normalize their cholesterol and triglycerides. Filled with soluble and insoluble fiber, BōKU™ Super Cleanse is superb at pulling cholesterol out of the body, as well as helping to balance blood sugar and carbohydrate cravings.

**AR:** What about improved blood pressure readings? This is a problem for many lifters as well especially in the heavier weight classes so could BōKU™ help naturally bring it down?

**Dr. A:** Hawthorn has also traditionally been used to normalize blood pressure. Many of the ingredients in BōKU™ contain potassium and magnesium, which can lower blood pressure. That said, it's important that anyone with high blood pressure (or any health condition) be monitored by a health professional. Many times, high blood pressure, or even low blood pressure, can lead to serious illness. BōKU™ is there to provide super high quality nutritional support.

**AR:** Can you explain how BōKU™ can help benefit someone who is Insulin Resistant or Type II Diabetic?

**Dr. A:** The good news is that Powerlifting is really intense anaerobic exercise. Diabetic doctors recommend anaerobic exercise to increase insulin sensitivity in their patients. Both BōKU™ Super Food and Cleanse contain sweet mesquite pods that are delicious, and are currently being used to curb the diabetes epidemic in the Native American community. Nopal cactus is another diabetic superfood that is a hot area of research and is in both BōKU™ products. The wide array of "Boku Super Berries" in BōKU™ Super Food support heart, blood vessel and eye health, which are major areas of concern with uncontrolled blood sugar. The wide array of greens and trace



Dr. Adrezin

minerals are also quite important for blood sugar regulation and diabetic health. The BōKU™ Super Cleanse is filled with healthy fiber that can help balance blood sugar and curb carb cravings.

**AR:** Now I want to touch on a topic that is quite controversial right now in America and that is about Pharmaceutical performance enhancement. In the sport of Powerlifting just like every other sport in America, the use of performance enhancing drugs is an issue without a doubt. Can you explain some of the health benefits a lifter using anabolic steroids will find from using BōKU™?

**Dr. A:** BōKU™ Super Food contains a significant amount of maca root from Peru. Maca is a mineral rich, turnip like root that grows at about 15,000 feet in the Andes Mountains. It is actually the highest growing food crop in the world. Maca is renowned for its "hormone balancing" effect. Although research into the workings of maca is relatively new, the best guess at this point is that it is directly supporting the pituitary gland and hypothalamus. The pituitary controls the body's other glands, such as the adrenals, thyroid, testes and ovaries. Many athletes report a great increase in strength/endurance during workouts and increased muscle recovery afterwards. All of the body's hormones work together and affect each other. Maca can be a support for lifter's endocrine system. The system is no doubt significantly stressed when taking steroids.

Many ingredients in BōKU™ Super Food, such as the young grasses, spirulina, chlorella, nettles, dandelion leaves, etc., are wonderfully supportive for the liver and kidneys. The liver creates and breaks down hormones, and the kidneys (and colon) have to excrete them. Anyone choosing to take powerful hormones should make sure to support both organs. Liver and kidney dysfunction can lead to very serious issues later in life.

**AR:** One of the more popular steroids lifters use is Trenbolone Acetate or any in the Trenbolone family like Parabolon or Trenbolone Enanthate. These drugs are particular hard on the kidneys. Can BōKU™ help in cleansing the kidneys, can you expand? Other pharmaceuticals especially oral steroids like Anadrol



Reno Rolle – creator of BōKU™

50, Dianabol and Halotestin when they can get their hands on it, are some of the favourites among powerlifters. This is due to the aggression and increased strength gains, but they can be hard on the liver. How can BōKU™ help in this regards in terms of cleansing and help lowering elevated liver enzymes?

**Dr. A:** It's very important to drink a large amount of pure water to support BōKU™ in cleansing the kidneys. Not drinking enough water while on many drugs can be a precursor to kidney inflammation and disease. Remember, by the time you see elevated liver enzymes, the liver is significantly inflamed. It is important to monitor liver enzymes carefully and is something that should be overlooked by your physician.

**AR:** Believe me Doc I always push to all my lifters to drink plenty of clean water daily for numerous health and performance reasons. It's nice to hear it from someone else for a change. Obesity in America is reaching epidemic numbers. Can you let our readers know some of the numbers of what is really going on? Why do most Americans eat so horribly and how can BōKU™ fit into this equation?

**Chakra Earthsong:** Obesity in America results first and foremost from the standard American diet (SAD). A diet that is primarily white in color that consists of white flour-based products, such as white bread and pasta, other baked and fried foods, white sugar-filled products, and inorganic pasteurized and homogenized dairy products is enough to cause obesity. These, along with processed foods, fast foods, and foods laden with

artificial sweeteners and chemical preservatives, undermine us further. Add food grown in de-mineralized soil, and traditional rather than organic growing methods, and we now have a big, fat, toxic mess, literally. BōKU™ SuperFood plays an important role in addressing this mess by offering a pure, plant-based solution that fills the body with dense, wholesome nutrients. In the USA obesity has reached epidemic proportions. Recent evidence indicates that the only way out is whole, organic foods, super nutrition, exercise, and drinking lots of clean water. Look at these statistics:

58 million overweight; 40 million obese; 3 million morbidly obese

Eight out of 10 over 25 years old are overweight

78% of Americans not meeting basic activity level recommendations

25% completely sedentary

76% increase in Type II Diabetes in adults 30-40 yrs old since 1990

**AR:** That last figure about Type II Diabetes increased 76% since 1990 really struck a chord with me. I do plenty of blood work with my athletes and one of the main things I see very common with lifters is signs of Insulin Resistance. This really is crazy to say the least. What about childhood obesity? Can you give us some numbers and the reality of what is going on in the United States in this regard?

**CE:** The situation is even sadder when it comes to our children. We must change the SAD, for ourselves and our children. Boku is a great option for kids. Even replacing one nutrient empty, sugar-laden snack or soda with a fresh fruit BōKU™ Smoothie will make a huge difference in the life of an obese, nutritionally starved child.

**Childhood Obesity Running Out of Control:** 4% overweight 1982 | 16% overweight (1994). 25% of all white children overweight (2001). 33% African American and Hispanic children overweight (2001).

Hospital costs associated with childhood obesity rising from \$35 million (1979) to \$127 million (1999)

**AR:** Can BōKU™ be taken by those that have cancer or are currently in chemotherapy? Could this benefit them? Could it help reduce the side effects of the chemo?

**Lynn Rolle:** Here is a quote from James Wm. Forsythe,

MD, HMD.  
November 30, 2007

Dear Reno:

I want to inform your Company on how successfully Boku Super Food is working on my cancer patients. Boku has become an important part of my cancer dietary protocol. I feel that all oncology practices should be putting Boku into their cancer management therapy.

I have been practicing integrative cancer care for over 15 years. I treat all adult cancers and I am very impressed with the Boku dietary supplement that you recently launched. Most all cancer patients also show signs of poor nutrition due to the body's adverse reaction to the cancer toxins. These patients are very dehydrated and lack proper nutrition from their dietary intake due to the aggressive nature of the cancer cells.

Boku Super Food gives patients the opportunity to put important vitamins, minerals and antioxidants back into their bodies with the ease of its administration. Since cancer patients have diminished immune systems, the intake of Boku with all of its powerful nutrients is important, as it stimulates this vital body protective mechanism. It also increases the body's pH balance to be more alkaline and, as a result, has an adverse effect on cancer cell growth.

It is imperative that every cancer patient in my practice receive a bottle of this amazing food supplement to bring the intricate balance of the body back to a pre-cancerous state. I also recommend that all my surviving patients receive this product on their semi-yearly and yearly follow up exams.

**AR:** What about the topic of skin health? I know a lot of the 300 pound goat tee, bald headed bad ass lifters might not be interested in this area but there are a lot of women lifters in the sport so I thought I would ask about this in particular for them?

**LR:** The ingredients found in BōKU™ Super Food greatly enhance skin health and, if consumed regularly, will clear up unhealthy skin and greatly improve both the underlying health of the skin and its appearance.

**AR:** Are there any other specific benefits to women that they can

(continued on page 92)

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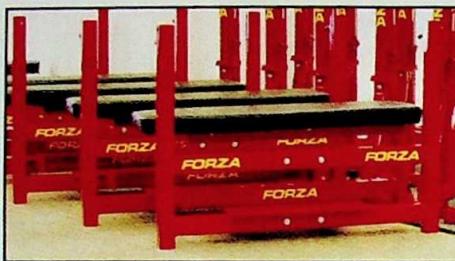
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**THE NEW GORILLA KC-4 tm**  
**KRE-ALKALYN BUFFERED CREATINE**

New!! **GRAPE** or **ORANGE** Flavor

Unmatched Vascularity. Awesome Pumps And Dramatically Enhanced Muscle And Strength Gains! Bodybuilder's 1st Blood Plasma Expander! Creatine PHD program. Why? Kre-Alkalyn is the only stable creatine. Kre-Alkalyn is the only creatine in the world with a pH above 12 because its molecules are synthesized with "buffering" agents using a patented manufacturing process. As a result, it passes intact to the bloodstream and reaches the muscle cells at full strength. What does all this science mean to the person taking it? You receive all the benefits of what creatine has to offer with "zero" side effects. Immediate results--it works the first time with NO LOADING PHASE!!! It is 10 times stronger than any other creatine. Most importantly Kre-Alkalyn neutralizes lactic acid so you can perform at even higher levels. 2.8lb. Container with 65 Servings for \$ 46.95.

Call 1-800-852-0425  
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## Forza Strength Systems

Large Supply of F-200 Super Bench Being Manufactured December 2008

Spokane Washington based Forza Strength Systems has announced that despite manufacturing cost increases, they will continue to manufacture the widely used F-200 Super Bench. Since it was first introduced to power lifting in the early 1990's the bench has become a regular sight at competitions, health clubs, and training gyms throughout the US and the world. However in the last few years, rising manufacturing cost in the US have threatened the future of the Super Bench. Forza President, Giorgio Usai, Sr. says, "Our cost to manufacture now is actually more than the retail price of 6 years ago." The rise in cost to produce had Forza questioning whether they would be able to continue to manufacture the Super Bench, but recent negotiations with suppliers mean there will be a large supply available for 2009. "We went to all the suppliers and brought our prices back down a little by ordering in more volume. But this means we have to sell a greater number to warrant the inventory we are carrying. Our hope is to be able to maintain the price we have now if the volume stays high enough," Giorgio says.

Forza says they did not give up easily on the Super Bench because they understand that it is important to the power lifting community, "We would love to keep this product alive because it is really the only bench mass produced that is designed specifically for powerlifting competitions. There are others out there, but none as widely used and at this quality." More information is available from Forza at [www.forzastrength.com](http://www.forzastrength.com) or 1-800-769-9259.

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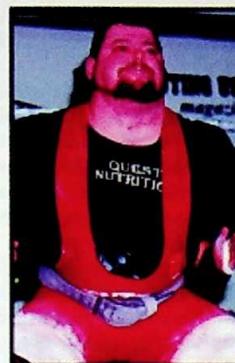
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**DEAR MAURO:** I would like to get a few answers and clarifications about the Metabolic Diet. I am trying to build muscle mass while losing about fifteen pounds.

1. Is it okay to have some whey protein in the evening, prior to bed? Will doing that adversely affect sleep?

2. I currently ingest a small whey drink within 30 minutes following an intense weight workout. Is this the recommended procedure? Should I include any carbs?

3. I also take a whey drink about one hour prior to my workout. I include a small amount of carbohydrates—half a banana, some oatmeal. Is that recommended or am I better off just having the whey?

4. Should I have more or fewer carbs prior to a workout?

5. When phasing the metabolic diet, Dr. DiPasquale recommends 1-1.5 grams of protein per pound of body weight. What is his recommended amount of carbs per pound of body weight during the week (high protein phase)? What is the minimum?

6. Is age an important factor in regard to any of the questions above?

Your help is very much appreciated. Dr. W.E. Davis

Dear Dr. Davis:

Answer to Question 1: The best overnight protein is my Myosin Protein, which I formulated for night time use although it's also an excellent day time protein. Info on Myosin protein is at <http://www.mdplusstore.com/pdfs/myosin.pdf> and its use in Nitabol is at <http://www.mdplusstore.com/pdfs/nitabol.pdf>.

Answer to Question 2: Carbs are counter productive as far a post-workout supplement. I've attached an article in which I explain why. Whey protein is not a good protein to use soley after training as it has a high conversion rate to glucose in the resting state. As such, it should be reserved for use while training when the response is less towards gluconeogenesis and more towards a more anaplerotic process. In Exersol I've optimized the pre, during and immediately after supplement regimen – see <http://www.mdplusstore.com/pdfs/exersol.pdf>.

Answer to Question 3: See above for info. Both carbs and whey are again counter productive before training.

Answer to Question 4: See previous

Answer to Question 5: I recommend that you keep it around 30 grams or less regardless of your weight if you're makeup does well at those levels. If not then you can gradually increase your carb intake until you find the level that works best for you.

Answer to Question 6: Genetic makeup is more important than

## ASK THE DOCTOR

### Questions answered by Mauro Di Pasquale MD

age. Most do well following the advice that's in Anabolic Solution for Bodybuilders, which I've revised this year and has just become available even though we haven't announced it as yet.

I hope this info helps.  
Best regards, Mauro

#### POST EXERCISE CARBOHYDRATES ARE COUNTER -PRODUCTIVE

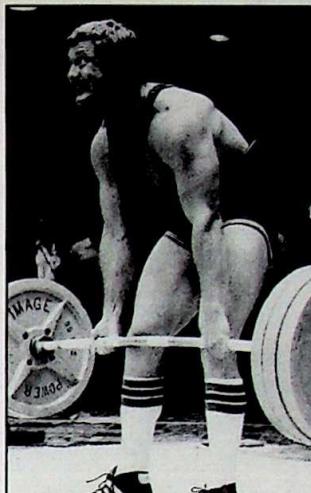
There is no doubt that the timing protein nutrition after exercise is crucial for increasing skeletal muscle protein synthesis and an overall net balance. Exercise provides an adaptive response so that the body is able to make use of any nutrition supplied post exercise.

Nutrient intake on its own provides a storage response so that if one is fed or receives an infusion of mixed amino acids after a fasted period, protein synthesis increases, whereas protein breakdown remains the same or decreases slightly, which is different from the response after exercise.

Without nutrient intake after exercise protein synthesis and protein breakdown are increased but net balance does not become positive as it does after amino acid intake after fasting. Because of the exercise stimulus, when amino acids are provided after exercise protein synthesis increases more than that after exercise or AA feeding alone, and protein breakdown remains similar to exercise without feeding. Thus the provision of AA enhances protein synthesis and leads to a positive net protein balance and an overall increase in protein accretion. 2

In addition, while the increase in protein synthesis after feeding is a transient storage phenomenon, physical exercise stimulates a longer-term adaptive response. Providing nutrition after physical activity takes advantage of the anabolic signaling pathways that physical activity has initiated by providing amino acid building blocks and energy for protein synthesis.

Glycogen compensation and super compensation (after glycogen depleting exercise) after exercise requires a substantial carbohydrate load that results in a quick and large increase in glycogen levels in both liver and skeletal muscles. Once the stores are full, or even super full, the stimulus declines dramatically. However, if no carbohydrates are given post exercise the muscle will maintain a capacity to fully compensate or supercompensate glycogen until enough carbs are either available through the diet or by



*Is it good to load carbohydrates after a heavy training session, or?*

gluconeogenesis to fill the glycogen stores as much as possible. 3

Because of the over-emphasis placed on maintaining glycogen stores to maximize exercise performance, much of the research has centered around the effects of post exercise carbs, and post exercise carbs combined with protein, 4 and the effects these have on glucose transporters (GLUT1, GLUT2, GLUT4), glucose metabolism, including levels of hexokinase and glycogen synthase, and insulin, 5, 6 there's not much out there dealing with just the use of protein and fat after exercise.

The usual advice is that carbs, with some protein thrown in, are a necessary part of post exercise nutrition regardless of diet that you're following, including a low carb diet. 7, 8 However, that's not true. In fact the use of carbs post training can be counter productive and eliminating post training carbs can have added anabolic and fat burning effects.

That's because the intake of carbs after exercise blunts the post exercise insulin sensitivity. That means that once muscle has loaded up on glycogen, which it does pretty quickly on carbs, insulin sensitivity decreases dramatically.

This statement runs counter to present thinking and research about post exercise nutrition. As such, let's take it step by step so that I can make my reasons for the above statements clear and easier to understand.

First of all it's well known that a single session of exercise increases insulin sensitivity for hours and even days. 9, 10

It's also known that a bout of resistance exercise results in a significant

decrease in glycogen and that total energy content and CHO content are important in the resynthesis of muscle and liver glycogen. 11

Glucose uptake and glycogen synthesis are enhanced in the presence of insulin following an acute exercise bout that lowers the muscle glycogen concentration and activates glycogen synthase. 12, 13

Muscle glycogen concentration dictates much of this acute increase in insulin sensitivity after exercise. 14 Therefore, an increased availability of dietary carbohydrate in the hours after exercise and the resultant increase in muscle glycogen resynthesis reverses the exercise-induced increase in insulin sensitivity. 15

Along with glucose uptake, amino acid uptake and protein synthesis also increase. As well, the use of fatty acids as a primary fuel also rises after exercise since glycogen resynthesis takes priority to the use of glucose for aerobic energy.

However, as liver and muscle glycogen levels get replenished, insulin sensitivity decreases, as does amino acid uptake, protein synthesis and the use of fatty acids as a primary fuel.

By increasing insulin levels and not providing carbs you shunt your body's metabolism to the use of more fatty acids for energy while at the same time keeping muscle glycogen levels below saturation and amino acid influx and protein synthesis elevated for a prolonged period of time post exercise.

This increased capacity for glycogen synthesis, and everything that goes with it, can persist for several days if the muscle glycogen concentration is maintained below normal levels by carbohydrate restriction.

By keeping carbs low and protein and energy high after training, you can increase protein synthesis over a prolonged period of time and get long term anabolic effect. 16

As mentioned above in the discussion on insulin, we've seen that one of insulin's actions is to increase microvascular (nutritive) perfusion of muscle, which is enhanced by exercise. 17, 18 This enhancement is crucial to maximizing the anabolic effects of exercise and targeted nutrition.

For example a recent review looked at the effects of insulin on the vascular system and on nutrient delivery to muscle. 19 The paper points out the fact that there are two flow routes in muscle: one in intimate contact with the muscle cells (myocytes) and able to exchange nutrients and hormones freely and thus regarded as nutritive, and a second with essentially no contact with myocytes and regarded as nonnutritive (felt to provide blood to muscle connective tissue and adjacent fat cells, but not muscle cells).

The point to take home here is that in the absence of increases in bulk flow to muscle, say after a training

(continued on page 98)

# THE RAGE

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

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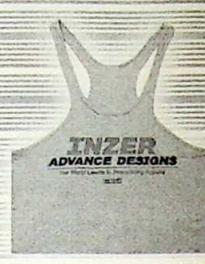
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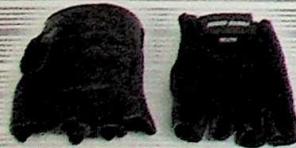
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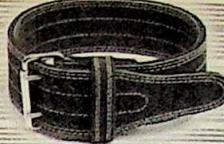
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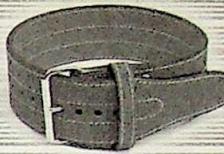


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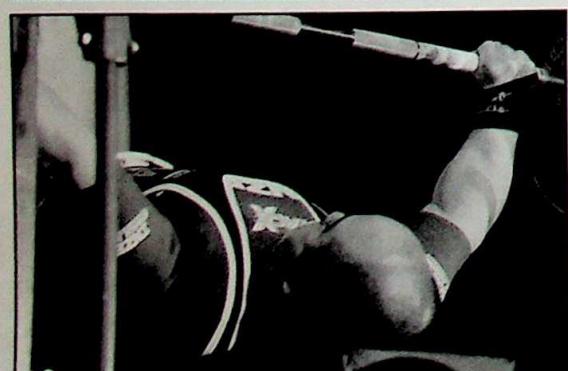
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Bench Press	X-Bwt	Male American Lifter / YOB / Date / Actual Weight / Exact Bodyweight / Location / Federation
1. 655.0 (297.1)	*3.98X	Joe Mazza/66 10/13/07 (655.0 lb. @ 164.5 lb.) (Leesport, Pennsylvania) (IPA)
2. 605.0 (274.4)	*3.79X	Brian Schwab/74 8/23/08 (605.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)
3. 578.7 (262.5)	*3.51X	Brad Heck/81 11/29/05 (262.5 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF)
4. 575.0 (260.8)	*3.48X	Kalin Chester/84 8/22/08 (575.0 lb. @ 165.1 lb.) (Sharonville, Ohio) (IPA)
5. 562.2 (255.0)	*3.42X	Mike Hara/60 11/17/07 (255.0 kg. @ 74.56 kg.) (Denver, Colorado) (USAFL/IPF)
6. 556.7 (252.5)	*3.37X	Dan Petrillo/79 3/2/07 (252.5 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
7. 551.2 (250.0)	*3.36X	Fred Boldt/76 3/1/03 (250.0 kg. @ 74.4 kg.) (Columbus, Ohio) (WPO)
8. 550.0 (249.5)	*3.35X	Greg Warr/69 9/16/95 (550.0 lb. @ 164 lb.) (Dallas, Texas) (NSM)
9. 540.1 (245.0)	*3.28X	Nick Hatch/85 6/2/06 (245.0 kg. @ 74.8 kg.) (Las Vegas, Nevada) (APF/WPC)
10. 540.0 (244.9)	*3.33X	Damian Osgood/84 6/26/05 (540.0 lb. @ 162.0 lb.) (Norwich, Connecticut) (APA)
11. 540.0 (244.9)	*3.30X	Angelo Berardinelli/65 8/23/08 (540.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)
12. 540.0 (244.9)	*3.27X	Al Caslow/80 8/23/08 (540.0 lb. @ 165.0 lb.) (Sharonville, Ohio) (IPA)
13. 535.7 (243.0)	*3.26X	Ray Hickman/71 11/20/05 (243.0 kg. @ 164.2 lb.) (Reno, Nevada) (WABDL)
14. 534.6 (242.5)	*3.26X	Larry Miller/54 8/25/02 (242.5 kg. @ 74.5 kg.) (Bedford Heights, Ohio) (USAFL)
15. 534.6 (242.5)	*3.23X	Wade Hooper/70 7/8/06 (242.5 kg. @ 75.0 kg.) (Miami, Florida) (USAFL/IPF)
16. 530.0 (240.4)	*3.21X	Scott Werner 4/10/93 (530.0 lb. @ 165.0 lb.) (Fresno, California) (APA/WPA/UBPF)
17. 529.1 (240.0)	*3.25X	August Clark/62 3/6/04 (240.0 kg. @ 73.8 kg.) (Columbus, Ohio) (WPO)
18. 529.1 (240.0)	*3.23X	Lance Kirchner/74 10/1/05 (240.0 kg. @ 163.75 lb.) (Elgin, Illinois) (Bench America3)
19. 525.0 (238.1)	*3.18X	John Reese/80 2/4/05 (525.0 lb.) (Spokane, Washington) (APF)
20. 520.3 (236.0)	*3.15X	Taylor Tom/76 7/14/07 (236.0 kg.) (Honolulu, Hawaii) (WABDL)
21. 520.0 (235.9)	*3.42X	Roy Fokken/70 6/3/01 (520.0 lb. @ 152.0 lb.) (Sherbrooke, Quebec) (NSM)
22. 518.1 (235.0)	*3.13X	Andres Valleza/84 8/12/06 (235.0 kg. @ 75.0 kg.) (Dubuque, Iowa) (APF)
23. 518.1 (235.0)	*3.21X	Andrew Kim/82 11/19/06 (235.0 kg. @ 161.6 lb.) (Las Vegas, Nevada) (WABDL)
24. 518.1 (235.0)	*3.14X	Brian Tincher/70 3/2/07 (235.0 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
25. 510.0 (231.3)	*3.09X	Brian Crowe/70 12/8/07 (510.0 lb. @ 165.0 lb.) (Leesport, Pennsylvania) (IPA)
26. 507.5 (230.2)	*3.10X	Jose Perez/60 3/26/94 (507.5 lb. @ 163.75 lb.) (Lancaster, Pennsylvania) (APF/WPC)
27. 507.1 (230.0)	*3.09X	Derek Ito/12/10/95 (230.0 kg. @ 164 lb.) (Honolulu, Hawaii) (NSM)
28. 507.1 (230.0)	*3.07X	Adolfo Davila/77 11/18/06 (230.0 kg. @ 165.2 lb.) (Las Vegas, Nevada) (WABDL)
29. 502.7 (228.0)	*3.06X	Brandon Leming/86 9/9/06 (228.0 kg.) (Manchester, Texas) (WABDL)
30. 501.6 (227.5)	*3.05X	Ron "Lionheart" Palmer/73 11/7/03 (227.5 kg. @ 74.65 kg.) (Atlanta, Georgia) (WPO)
31. 496.0 (225.0)	*3.01X	Bill Gallagher/73 6/23/01 (225.0 kg. @ 74.8 kg.) (Daytona Beach, Florida) (APF/WPC)
32. 490.5 (222.5)	*2.97X	Levi Alday 8/12/01 (222.5 kg. @ 75.0 kg.) (Orlando, Florida) (WPO)
33. 490.0 (222.2)	*2.96X	Bill Courtney 3/9/91 (490.0 lb.) (Danvers, Massachusetts) (NSM)
34. 485.0 (220.0)	*2.94X	Rick Weil/58 7/23/83 (220.0 kg. @ 74.9 kg., without a bench press shirt) (Austin, Texas) (USPF)
35. 485.0 (220.0)	*2.94X	Tony Conyers/59 9/24/05 (220.0 kg. @ 74.84 kg.) (New Port Richey, Florida) (APF)
36. 485.0 (220.0)	*2.95X	George Baker/57 11/15/07 (220.0 kg. @ 164.4 lb.) (Anaheim, California) (WABDL)
37. 485.0 (220.0)	*2.93X	Tom Albano/62 10/27/07 (485.0 lb.) (Pine Bush, New York) (USAFL)
38. 485.0 (220.0)	*2.93X	Miguel Ruelan/70 10/27/07 (485.0 lb.) (Plainwell, Michigan) (USAFL)
39. 481.7 (218.5)	*2.91X	Joe Luther/82 3/24/07 (218.5 kg.) (Pasco, Washington) (WABDL)
40. 480.0 (217.7)	*2.90X	Fred Taylor 3/30/02 (480.0 lb.) (Charleston, West Virginia) (IPA)
41. 480.0 (217.7)	*2.91X	Dave Sands/84 6/28/08 (480.0 lb. @ 165.1 lb.) (York, Pennsylvania) (IPA)
42. 479.5 (217.5)	*2.90X	Jim Rouse/41 11/8/80 (217.5 kg., without a bench press shirt) (Arlington, Texas) (USPF/IPF)
43. 479.5 (217.5)	*2.90X	Scott Kernan 9/16/00 (217.5 kg.) (Saint Louis, Missouri) (USAFL/IPF)
44. 479.5 (217.5)	*2.91X	John Alves 11/20/05 (217.5 kg. @ 164.6 lb.) (Reno, Nevada) (WABDL)
45. 479.5 (217.5)	*2.90X	Leon Josaitis/83 6/2/08 (217.5 kg. @ 75.0 kg.) (Las Vegas, Nevada) (APF/WPC)
46. 475.0 (215.5)	*2.87X	Joe Dematteo/69 4/25/92 (475.0 lb.) (Dedham, Massachusetts) (NSM)
47. 475.0 (215.5)	*2.87X	Tracey Satterfield/66 2/18/95 (475.0 lb.) (Murfreesboro, Tennessee) (NSM)
48. 475.0 (215.5)	*2.87X	Daniel Thurman/68 6/3/95 (475.0 lb.) (Bend, Oregon) (NSM)
49. 475.0 (215.5)	*2.87X	Donald Robbins/68 1/30/99 (475.0 lb.) (Bluefield, West Virginia) (NSM)
50. 475.0 (215.5)	*2.87X	Rich Salvagni/78 10/28/01 (475.0 lb.) (Wyoming, Michigan) (NSM)

(\* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.



**Top Left – Dr. Miguel Ruelan of the Ruelan Back and Neck Care Center, bench pressed 485 pounds, 2.93 times his bodyweight.**

**Bottom Left – IPF star, Mike Hara, bench pressed 562.2 pounds, 3.42 times his bodyweight.**

**Top Right – Joe Mazza leads the way with a 655 at 164.5 pounds; 3.98 times his bodyweight.**

**Bottom Right – Al Caslow at the 2006 APF Nationals; he bench pressed 540, 3.27 times his bodyweight.**

# ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 132 Pound (60 Kilogram) Weight Division — BENCH

Bench Press	X-Bwt	Female American Lifter/YOB/Date/Actual Weight/Exact Bodyweight/Location/Federation
1. 402.3 (182.5)	*3.04X	Tina Rinehart/68 3/6/04 (182.5 kg. @ 60.0 kg. Has benched 3X bodyweight.) (Columbus, OH) (WPO)
2. 353.0 (160.1)	*2.67X	Janet Farone/67 6/28/08 (353.0 lb. @ 132.0 lb.) (Albany, New York) (APF)
3. 340.0 (154.2)	*2.60X	Amy Weisberger/65 1/27/07 (340.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)
4. 325.2 (147.5)	*2.47X	Kara Bohigian-Smith/75 3/15/08 (325.2 kg. @ 59.6 kg.) (Rainbow City, Alabama) (APF)
5. 319.7 (145.0)	*2.42X	Jeri Lynn Lippert/73 11/16/01 (145.0 kg. @ 132.25 lb.) (Reno, Nevada) (WABDL)
6. 319.7 (145.0)	*2.43X	Jennifer Thompson/73 9/2/06 (145.0 kg. @ 59.56 kg.) (Charlotte, North Carolina) (USAPL/IPF)
7. 308.6 (140.0)	*2.33X	Rachel Mathias/60 8/21/94 (140.0 kg.) (Zionsville, Indiana) (USPF)
8. 308.6 (140.0)	*2.34X	Bettina Altizer/62 1/31/04 (140.0 kg. @ 59.8 kg.) (Omaha, Nebraska) (USAPL/IPF)
9. 303.1 (137.5)	*2.30X	Jennifer Robertson/80 9/11/04 (137.5 kg. @ 59.7 kg.) (Killeen, Texas) (USAPL)
10. 302.5 (137.2)	*2.30X	Anna Blakely 12/11/93 (302.5 lb. @ 131.5 lb.) (Port Charlotte, Florida) (APA/WPA)
11. 286.6 (130.0)	*2.19X	Jalena Bennett/84 5/30/08 (130.0 kg. @ 131.0 lb.) (Omaha, Nebraska) (APF/WPC)
12. 285.0 (129.3)	*2.19X	Jenny Burkey/70 12/15/07 (285.0 lb. @ 130.0 lb.) (Lake George, New York) (APF)
13. 280.0 (127.0)	*2.14X	Jennifer Thompson/73 8/11/06 (280.0 lb. @ 130.7 lb. No BP shirt.) (Orlando, FL) (100% RAW)
14. 275.0 (124.7)	*2.09X	Bianca Stone/64 8/22/08 (275.0 lb. @ 131.8 lb.) (Sharonville, Ohio) (IPA)
15. 270.1 (122.5)	*2.09X	Jill Darling/78 8/24/02 (122.5 kg. @ 58.6 kg.) (Bedford Heights, Ohio) (USAPL)
16. 265.0 (120.2)	*2.00X	Ashley Boyce/61-04 12/13/97 (265.0 lb.) (New Holland, Pennsylvania) (NSM)
17. 265.0 (120.2)	*2.00X	Jodi Teter 6/25/99 (265.0 lb.) (York, Pennsylvania) (IPA)
18. 264.6 (120.0)	*2.00X	Vanessa Schwenger-Ware/63 11/6/97 (120.0 kg.) (Blackpool, England) (APF/WPC)
19. 253.5 (115.0)	1.92X	Mariah Liggett-Brock/58 11/25/88 (115.0 kg.) (Johannesburg, South Africa) (APF/WPC)
20. 253.5 (115.0)	*1.96X	Julia Kaufman-Ladewski/80 4/19/08 (115.0 kg. @ 58.6 kg.) (Columbus, Ohio) (UPA)
21. 250.0 (113.4)	1.89X	Marla Swiatek 8/3/96 (250.0 lb.) (Dunkirk, New York) (NSM)
22. 249.1 (113.0)	*1.97X	Janice Roge 11/4/90 (113.0 kg. @ 126.5 lb.) (San Francisco, California) (USPF)
23. 248.0 (112.5)	*1.88X	Vicky Steenrod/49 1/26/85 (112.5 kg. @ 59.9 kg.) (Boston, Massachusetts) (USPF)
24. 248.0 (112.5)	1.88X	Mary Ellen Jerumbo-Warman/58 10/27/95 (112.5 kg.) (Columbus, Ohio) (APF/WPC)
25. 248.0 (112.5)	*1.96X	Carrie Boudreau/67 7/11/97 (112.5 kg. @ 57.3 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
26. 248.0 (112.5)	1.88X	Amy Hughes/68 7/30/99 (112.5 kg.) (Bend, Oregon) (WABDL)
27. 248.0 (112.5)	*1.88X	Alexandra Wawrzynski 6/16/07 (112.5 kg. @ 59.95 kg.) (Concord, California) (UPA)
28. 248.0 (112.5)	*2.00X	Margaret Kirkland/63 12/1/07 (112.5 kg. @ 56.2 kg.) (Jacksonville, Florida) (AAPF)
29. 245.0 (111.1)	*1.96X	Brenda Tarver 7/6/91 (245.0 lb. @ 124.75 lb.) (Baton Rouge, Louisiana) (USPF)
30. 245.0 (111.1)	1.85X	Traci Arnold-Tate 6/25/99 (245.0 lb.) (York, Pennsylvania) (IPA)
31. 245.0 (111.1)	*1.88X	Jules Furniss/83 6/28/08 (245.0 lb. @ 130.0 lb.) (York, Pennsylvania) (IPA)
32. 242.5 (110.0)	*1.85X	Judith Averbach 2/1/86 (110.0 kg. @ 59.3 kg. No BP shirt.) (Salt Lake City, Utah) (USPF/IPF)
33. 242.5 (110.0)	1.83X	Andrea Raider 6/17/89 (110.0 kg.) (Houston, Texas) (USPF)
34. 242.5 (110.0)	1.83X	Juli Field 3/7/92 (110.0 kg.) (Asheboro, North Carolina) (USPF)
35. 242.5 (110.0)	*1.92X	Teale Maguirek-Adelman/71 8/14/04 (110.0 kg. @ 126.6 lb.) (Oklahoma City, Oklahoma) (NASA)
36. 242.5 (110.0)	1.83X	Sandy Gomez-Leon 11/11/04 (110.0 kg.) (Reno, Nevada) (WABDL)
37. 242.5 (110.0)	*1.83X	Jeanne Watts/67 3/18/06 (110.0 kg. @ 132.2 lb.) (Monterey, California) (WABDL)
38. 240.0 (108.9)	1.81X	Carrie Boudreau/67 5/17/97 (240.0 lb. No BP shirt.) (Taunton, Massachusetts) (AAU)
39. 240.0 (108.9)	1.81X	Melanie Diamond-Sefcik/55 11/19/99 (240.0 lb.) (York, Pennsylvania) (IPA)
40. 240.0 (108.9)	*1.83X	Angie Overdeere/70 9/6/03 (240.0 lb. @ 131.5 lb.) (East Lansing, Michigan) (USAPL)
41. 238.1 (108.0)	1.80X	Rachel Mathias/66 7/26/91 (108.0 kg. No BP shirt.) (Dallas, Texas) (USPF)
42. 237.0 (107.5)	*1.86X	Angela Simons/61 4/10/04 (107.5 kg. @ 57.8 kg.) (Fort Lauderdale, Florida) (USAPL/IPF)
43. 237.0 (107.5)	*1.79X	Beth LaPierre/79 8/4/07 (107.5 kg. @ 60.0 kg.) (Rosemont, Illinois) (AAPF/AWPC)
44. 237.0 (107.5)	*1.79X	Jennifer Perry/82 10/17/07 (107.5 kg. @ 59.9 kg.) (Soelden, Austria) (USAPL/IPF)
45. 235.0 (106.6)	1.78X	Carrie Packard 8/16/87 (235.0 lb.) (Machesney Park, Illinois) (APF/WPC)
46. 235.0 (106.6)	1.78X	Patty Battreal 3/28/92 (235.0 lb.) (Omaha, Nebraska) (NSM)
47. 235.0 (106.6)	*1.80X	Brenda Woody/63 9/11/04 (235.0 lb. @ 59.25 kg.) (Mount Clemens, Michigan) (APF)
48. 232.6 (105.5)	1.76X	Nance Avigliano/56 6/23/01 (105.5 kg.) (Daytona Beach, Florida) (APF/WPC)
49. 231.5 (105.0)	*1.76X	Vicky Steenrod/49 6/1/85 (105.0 kg. @ 59.6 kg. No BP shirt.) (Vienna, Austria) (USPF/IPF)
50. 231.5 (105.0)	1.75X	Nora Cline 7/16/88 (105.0 kg.) (Austin, Texas) (USPF)

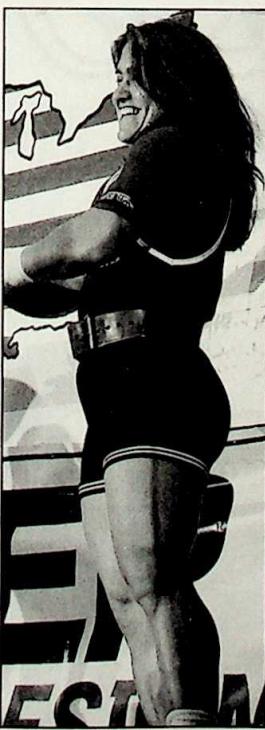
(\*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.



Rachel Mathias – 1992 Seniors



Judith Averbach in San Francisco



Janice Roge – 249 @ 126.5



Top Left –  
Tina Rinehart  
is #1 with a  
402 @ 132.

Bottom Left –  
Dr. Jerri Lynn  
Lippert.

Bottom Right –  
Jennifer  
Thompson –  
USAPL/IPF  
superstar.



1973 started with rule changes. The 220 lb. class was added. It was decided the weights could be weighed before the contest began, rather than stopping and weighing record attempts. Weigh-ins could now be one hour and fifteen minutes before the meet began. The age limit was dropped to sixteen. The sequence was changed to squat, bench press, deadlift. The biggest change was in dealing with wraps. There would be no wraps of any type allowed.

We also had a new publication in 1973. Les Cramer of Erie, PA was publishing Powerman.

The 73 Juniors were to be held in Stillwater, OK and the Seniors in Scranton, PA.

The new wrap rule had a dramatic effect on some and very little on others. The lifters who were using just the legal ace bandages saw little difference. The ones using illegal equipment had real problems. The record setting may have slowed, but there was still some outstanding squatting. At 148 Gary Groome and a teen-

## The History of Powerlifting

### The 1970s, Part 2 as told by Bob Gaynor

ager by the name of Crain were exchanging the squat records. At the Northern Plains Open Ricky squatted 485. In January, in Albany, NY, JoJo White squatted 800 and missed 855 on depth. JoJo could squat any weight, about two inches high.

The previous winter JoJo has spent three weeks staying at a room in the Scranton Y to train with Kuc and Williams. JoJo's life for those three weeks were training, eating and walking around Scranton. The corner diner where JoJo ate four or five times a day, sure missed him when he went home. One of JoJo's training methods was use three pairs of wraps and take a weight about 200 lbs. over his best and attempt to squat it. We all tried to talk him out of this, but he wanted to do it. So we loaded the bar to 1050 lbs. The collars were

backward and just barely holding. JoJo stepped back and he started to shake. The bar began vibrating, the collars came off and the 45s began to fly off. During this, JoJo was yelling "Jimmy, Jimmy, Jimmy!" I am not sure what he wanted him to do. We all just got out of the way. The bar emptied to just two 100s on each side and JoJo got control and ended it. Williams told him in no uncertain terms that was the last time he would attempt that.

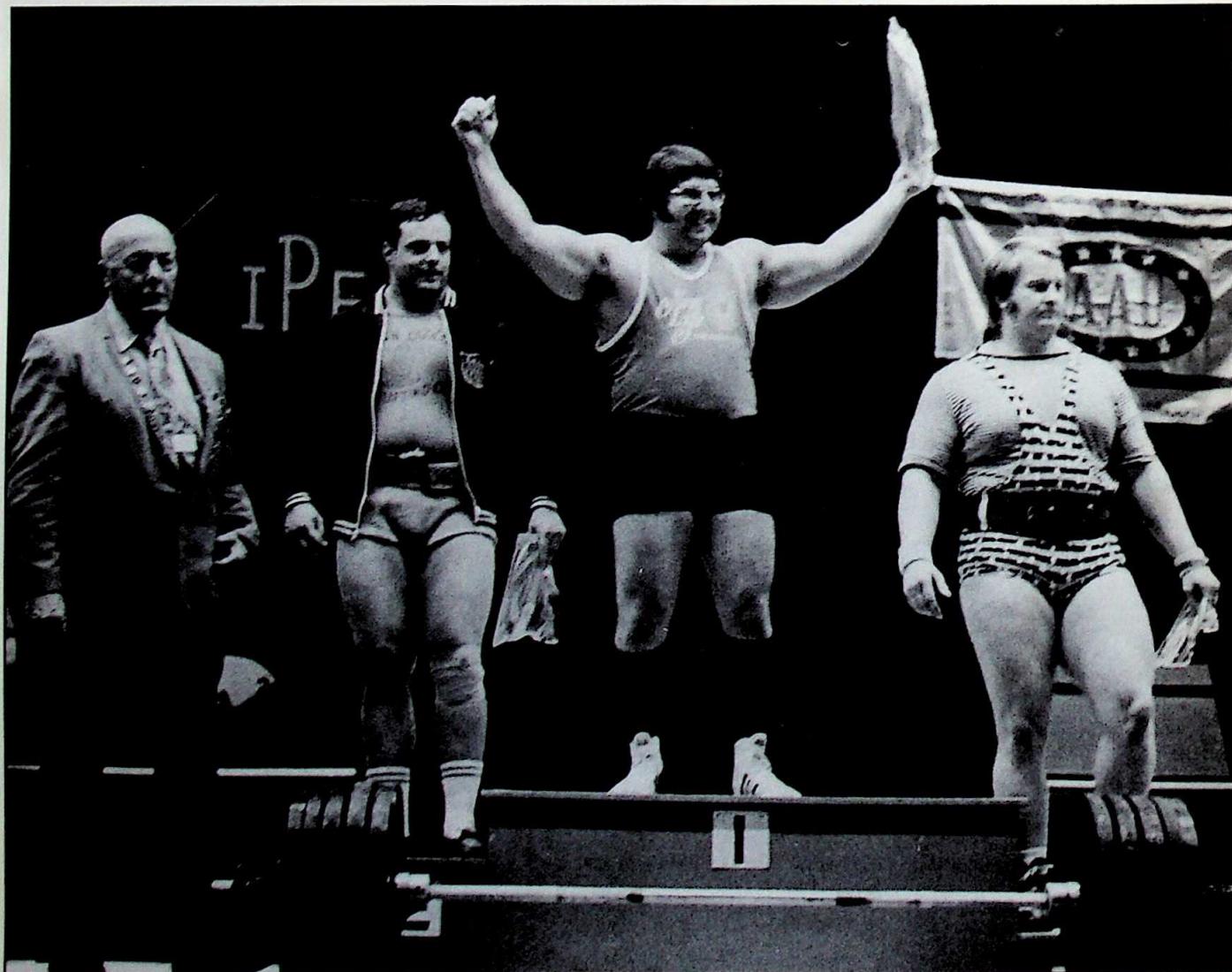
The 220 lb. class had records set and reset every couple of weeks. Bostic, Pacifico, O'Brien, Seno, Gaynor, Ennis were just some of the record setters. Anello went up to around 206 and put the deadlift mark out of sight with a 770. Dan Dewelt and Les Cramer continued with their publications. Dan's frequency began to slip. The pub-

lishing cost and lack of advertising dollars were to tough to offset. Les's Powerman came out on a much more regular schedule.

Teenage lifting took off in 1973, partly due to lowering the age. We ran a teenage meet in Scranton that drew about 60 lifters. We had one lifter aged 21 that tried to sneak in. That same fellow, by the name of Steve, had the previous year tried to weigh-in at a local meet with his clothes on and 5 lb. plates in his pants. The first Teenage Nationals were held in Erie, PA by Les Cramer.

The previous year the Supers had dominated most of the Powerlifting news. Williams was not lifting due to personal reasons, Kuc was losing weight, Cole was not heard from, Cundy and Fletcher had retired. Only Don and JoJo remained. At the Chattanooga Open, Reinholdt squatted 911 for a new record.

The 1973 Collegiate Nationals drew 95 lifters from the forty seven different colleges. Some of the name winners were Enrique



Left to right, Bob Hoffman, Tom Scott, World Champion Larry Pacifico, and England's Tony Fitton, at the IPF World Championships

Hernandez at 132, Rick Crain at 148 and Mike Lettieri at 165.

Stillwater, Oklahoma in August was the site of the Juniors. The Juniors during the 70s became a huge meet, sometimes having 15 or 18 lifters in a class. Ron Mercer and Ernie Thayer were the winners at 123 and 132. At 148 Bob Cortes took the title. Bob is still winning Master Competitions today, as he approaches 75. At 165 future superstar Walter Thomas beat nine others for the title. Bill Johnson took the 181 lb. class. At 198 Buddy Ravenscroft, with balanced lifts, beat Paul Salisbury. I was fortunate enough to win at 220, but totaled about 75 lbs. less than what I wanted, making only four lifts. I deadlifted 710, which Hollie Evert told me was the first 700 lb. deadlift in the state. In this meet they mixed the weight classes. I believe the 165, 220 and 242 lb. classes were together. To this day, Buddy Ravenscroft is still upset about this. Just months ago, he told a friend of mine, that I stole the Best Lifter Trophy from him. If the weight classes were in the normal order, he would have won. Terry McCormick won the 242s with Hollie Evert taking second. There were nine Supers, but Reinhoudt was the story. Don did 900-560-780-2240.

The Seniors were in Scranton, about 25 miles from where I lived in Mountaintop. I had not planned on lifting at that meet, but to go to the Worlds in November. My poor performance in Stillwater changed my mind.

There were 54 lifters, a large turnout. Some of the top names did not come, because you could enter the World's at that time without lifting at the Seniors. Herb Glossbrenner called the meet well run with super strict judging. Many lifters made only one squat and one bench.

Mike Cross, who some referred to as the Miracle Man for his return from near fatal auto accident, won at 123. At 132 Alan Lord took his third Senior Title. Jack Welch won his third Seniors title by beating J. Kammerer at 148. The 165 lb. class created one of those memories that will last my lifetime. The lineup included Walter Thomas, Tony Carpino, George Crawford and Doc Rhodes. The no wraps policy took about 40 lbs. off Crawford's squat, but he was still 25 lbs. above everyone else. In the bench, Rhodes was attempting 365 and it rolled out of his hands (thumbless grip), and crashed onto his ribs. Doc was helped off the platform and got dressed. Crawford had a 55 lb. lead at subtotal. Crawford started high for him, and much more than he would have needed to win, 580 lbs. Keep in mind this was the progression system, not the rounds. George missed all three

attempts. Doc dressed and sitting in the stands, realized he could win. He went into the locker room, changed and appeared on the platform. With no warm-ups, the weight was 605 and Doc pulled it with very badly bruised ribs. Upon completion, a good lift, Doc passed out and smashed his head on the Awards Platform. He was rushed to the hospital for 16 stitches, but he was the winner.

At 181 it appeared to between McKee, Anello and former champion Felix Gomes. Three time winner Jack Barnes had retired in protest of the no wrap rule. McKee had some solid lifts, including a 670 deadlift to hold off Anello for the win.

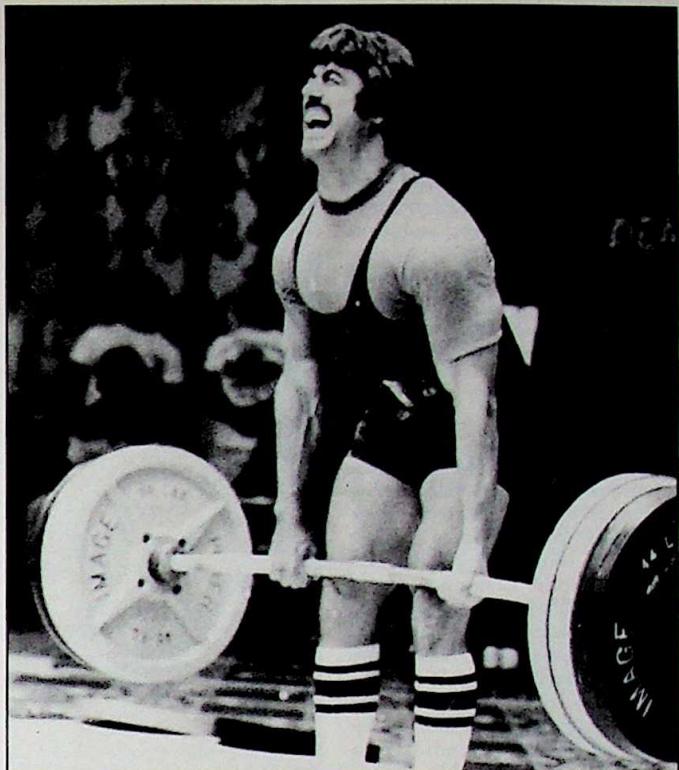
The 198s were a tough class with Jones, Fratto, 1969 Champion Weinstein, Matz, Farchione, Russell and Stevens. I was checking my weight on Saturday morning and right behind me was Jerry Jones, who had rode his motorcycle from Minnesota. I was 223 and worried. Jones stepped on the scale and it read 215. I said, I guess you will be 220 and Jerry just smiled and said 198 without a problem. The following morning he made it and I made 220. He lost 17 pounds, I lost five pounds, and I ended up with massive cramps and he rode his motorcycle home.

The lifting after the squats was down to Jerry and Tony. At subtotal Jones was up by 35 lbs. and held on to win by 15.

At 220 it was Pat O'Brien, Bill Seno, Terry Moneymaker and myself. Sunday morning Jim Williams told me he had left Moneymaker passed out in a bar at 2:00 AM. Terry made one squat and was done. The penalty for not being able to bench was proven to me. I set National Squat and Deadlift records, but finished 2nd to Bill Seno. Bill had a good squat and deadlift and a great bench. O'Brien was third.

At 242 Tom Scott was the winner. About 15 months ago Tom had suffered a terrible pec injury and never recovered his bench, but still managed to post a fine 1860 total. JoJo took the Supers with an 800 lb. wrapless squat and a 1990 total.

The last weekend in November at the Zembo Mosque in Harrisburg, PA was the 1973 World Championships. A funny thing happened on the way to the Worlds. Wraps were back. The simple reason is England was not going to compete without them. Some of the lifters used them, and some did not. England's Precious McKenzie again won the 123s. A teenager from Flint, Michigan, finished second. His name was Lamar Gant. At 132, Alan Lord with wraps totaled 75 lbs. more than he did at the Seniors to take the victory. At 148 it seemed like



Doc Rhodes pulling in a big deadlift at the National Championships

the competition would be great with Welch, Crain, Kammerer, McHugh and Nebraska prisoner Don Blue. Welsh and Crain were not there. Blue was the easy winner posting the highest bench press and deadlift, totaling a fine 1410. Defending champion Ron Collins was back at 165, but Crawford and Thomas were also there. Thomas squatted 570, Collins did 600, Crawford 640. Collins benched 380 compared to 350 for Thomas and Crawford. Collins opened with 610 for the win. He tried 665 twice, but no third. The 181s were the largest class with 11 entries. National Champion, Bob McKee, had an easy victory with three solid lifts, including a 700 lb. deadlift. England's Bob Memery was second, Anello was third. At 198 it was Jones and Fratto. Jones had physical issue and was not at his best. His bench was off by 55 lbs. from last year. Tony Fratto was the 1973 World Champion. Bill Seno cruised at 220 to take the title. Larry was back at 242 for title #3. Tom Scott was second. If Tom had not had the pec injury it might have been very close. The Supers, what a shame, one entry. Fredonia's Don Reinhoudt lifted without using wraps, 900-580-800-2280. Don was close with a 940 squat attempt. This World Championship had lifters from seven different countries.

The rules changed again in 1974. Knee wraps 3-1/8"x78" were allowed. Wrist wraps were allowed. For whatever reason, the metric system was adopted. The

114 lb. class was added. There were many rules regarding the bar and plates. World Records were established, but only including lifts made at or after the 1973 Worlds. Big Jim Williams, American bench press record set at the '72 Worlds would last for years, but not be accepted as a world record. The uniform rules were tightened. Muscular Development stated "no hippie attire would be allowed", they did not like Jerry Jones' uniform.

Early on the 1974 Don Reinhoudt stated that a 1000 lb. squat was his goal. Don was the most friendly and humble person I ever met in powerlifting. He seemed to be extremely happy with everything. He and his wife Cindy were welcome wherever they went.

Clay Patterson had taken over as National Chairman. Wild Card Meets were approved. This gave you seven attempts, two in each lift and your choice as to what lift to take the third attempt. Many thought this was a great idea. It is something that should be considered today. Rarely does a lifter make nine lifts at most National Meets, the average is five. I think it would keep more lifters in the contest and it would be spectator friendly, in that the meets would be shorter.

Powerlifting News was just about finished, but Les Cramer and Powerman was going strong. The first big time sponsor came on board. George Zangas of Thompson Vitamins became the biggest sponsor of powerlifting. Cramer

also ran the first YMCA Nationals that year. In the late 70s and early 80s this was a big meet.

The 148 lb. class was very hot that year. Tom Lafountain, Rick Crain, Gary Grooms and Don Jones kept breaking a re-breaking the squat record. None of these squatters had enough in the other two lifts to touch Don Blue that year.

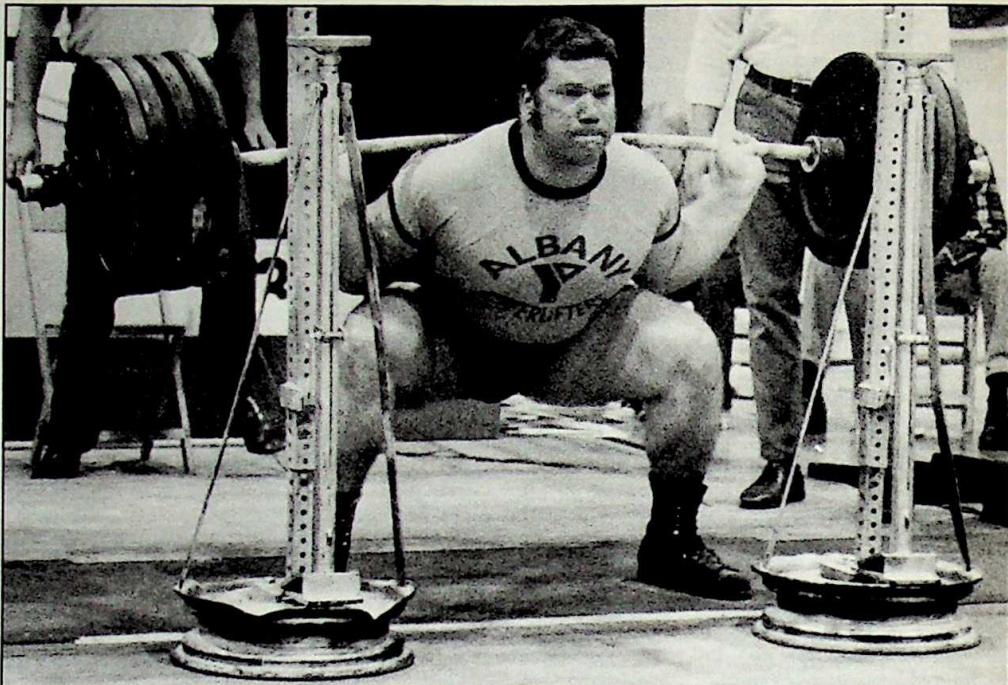
The lifters in that era seemed to compete more frequently than they do today. Vince Anello lifted in three different weight classes that year. Mike McDonald set bench press records in 181, 198 and 220 lb. weight classes.

Buddy Ravenscroft was setting squat and bench press records. Larry Pacifico was just setting records. Jack Barnes came back when the wraps came back. Doyle Kenady went over 2000, and future World Champion Doug Young totaled 1845 at the Texas Powerlifting Championships. Walter Thomas, who lifted in the Juniors, Seniors and Worlds in 1973 was also a very active lifter in 1974. Walter was coached by Dick Burke. In the South Dakota States held May 11th, 1974, Rick and Don Crain both lifted. I am sure it was the first time that father and son lifted in the same meet.

The 74 collegiates again drew a large number of lifters. Some of the winners were Walter Thomas, Chuck Boornazian, Jake Boyer, and Wayne Bouvier. Gus Rethwisch was third.

Jim Taylor's Chattanooga Open was a huge meet with 126 lifters. Jim was smart enough to make it a wild card meet. Lamar Gant, age 16, won at 123 and Mike Cross took the 132s. World champion Bob McKee won at 181. Rochester, NY's Tom Farchione was the top gun at 198. Pacifico, with two new world records was an easy winner at 220. Big Don with 915-600-830-2345 was the Super Winner. Don and his wife Cindy became the first husband and wife to lift together. Cindy was also the first woman to lift in a power meet back in 1965.

The National and World Meets were spread out in 1974. The Juniors were in California, the Seniors in Texas and the Worlds in York. The Juniors had 59 entries. Leroy Mabie and Tom Grodecki were the 132 and 148 lb. champions. At 165 Tom Servais was the winner. Dennis Wright came on the National scene at 181 with a nice 1625 total. Larry Russell, who is still competing, took the 198 lb. class. Marv Phillips was the 220 lb. champion. Dan DeWelt and Mike Lambert were among the ten lifters in this class. Larry Kidney at 242 and Doyle Kennedy at Super took the title.



Jo-Jo White was a big factor in the Super Heavy Weight class due to his tremendous squatting ability

The Seniors were held at Texas Christian University in Ft. Worth, Texas. Roger Hopkins was the first 114 lb. National Champion. Mike Cross beat Bob Lech and Lamar Gant at 123.

At 132 Allan Lord trailed Ernest Thayer by 25 lbs. at subtotal, but pulled a world record deadlift to take the title. Jack Kammerer had an easy victory at 148. Rick Gaugler was second, but far from what he would do in the coming years. Walter Thomas captured his first Senior Nationals title by defeating George Crawford at 165. Joe Spack, third at 165, set a World Record in the deadlift. Bob McKee won again at 181, but not by much. Ernie Frantz was only five pounds behind Bob. This class was so deep that world champion Vince Anello was 5th. Tom Farchione, Jack Barnes, Bud Ravenscroft and Paul Woods, a very strong lineup at 198. Barnes had the best squat, but could not keep pace in the other two lifts. Going into the deadlift Buddy had a 100 lb. lead. Paul pulled a World Record 725 to tie Buddy and won on bodyweight. Junior Champion Marv Phillips had an easy time at 220.

At 242 John Kuc, down 80 lbs. from 1972, was back on the platform. John could not handle the 325 lbs. needed to be a super, but was lean at 242. Kuc squatted 700 and benched 475. At this point the contest was over. John, without a belt, pulled a Word Record 815 to win by 130 lbs. McCormick was second, Doug Young third and Larry Kidney fourth.

At Super Jo-Jo White squatted 815 and finished third. Paul

Wrenn with the heaviest squat was second with 2120. Big Don did not have his best day, but totaled 2200 for the win. Clay Patterson and John Pettit were the co-meet directors.

Dan Dewelt, who had been working for Weider, tried again to make a go of Powerlifting News.

York, PA, ran the fourth World Championship. The new weight class 114 lbs. had nine lifters. The fellow from Japan, Hideaki Inaba, set four world records. His total would have won the 123s and finished third at 132. Veteran John Bojazi was the 123 lb. world champion. Allan Lord took another title at 132.

At 148 all the big squatters stayed home, but there were still 13 entries. Dr. DiPasquale was fourth and Bob Cortes was fifth. The contest was between Mike McHugh, Jack Kammerer and Don Blue. Blue got a world record bench and totaled 1405 for the win.

Defending champion, Ron Collins, was back at 165, as was Senior National Champion Walter Thomas and world record holder George Crawford. Crawford had a 35 lb. lead at subtotal, but was never a great deadlifter. Collins pulled 644 and Walter got 633 and Ron took the title again. At 181 Bob McKee did not lift. Ernie Frantz with balanced lifts beat John Barefield and Dennis Wright. Paul Woods and Buddy Ravenscroft were entered at 198. Also in the class was defending world champion, Tony Fratto, former world champion Vince Anello, Larry Russell and Tony Farchione. Fratto squatted 688,

Farchione 655 and Ravenscroft 650, Woods got 560. Buddy got a World Record 490 bench press. This time Buddy had a 105 lb. lead. Buddy pulled 632, which meant Paul needed 738. I was back stage working with Kuc, so I had a great view as Paul pulled the 738. At completion his left bicep let go and rolled up his arm. Paul was able to hold on for the win. Two major meets in a row, Paul came from way behind to win.

At 220 Sweden's Ulf Morin, Mike McDonald and Marv Phillips challenged Larry. Phillips got a World Record Squat. McDonald got a World Record Bench, but in the end Pacifico had an easy victory for his fourth title.

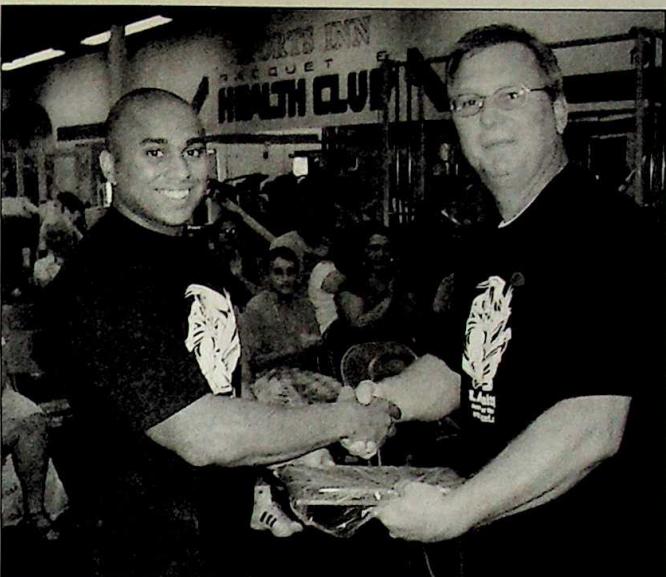
At 242 defending 220 lb. champion, Bill Seno and New Jersey's big bencher Billy Horwitz and John Kuc were in this class. Kuc had the largest squat with a 727, he also benched 490 to lead at subtotal. Seno deadlifted 672, Kuc opened at 777 for the win. John then went to 848. The 848 was easier than the 777. I saw every one of Kuc's training sessions for the previous two years. I knew he would have a shot at the 848, but I was amazed how easy it was. Two World Records for John.

At Super Jo-Jo White totaled 2050 for third, Doyle Kennedy 2094 for second, and Big Don did 904-562-832-2298. The total was a Word Record even though it was 50 lbs. less than Kuc's 72 total. Dan's 832 deadlift was also a World Record.

The next five years in powerlifting would be really exciting. It seemed like the sport was really taking off.

RAW United Mid-Atlantic Open					
13 SEP 08 - Greencastle, PA					
Powerlifting	SQ	BP	DL	TOT	
WOMEN					
105 lbs. (35-39)					
C. Rowland	105	75	170	350	
148 lbs. (55-59)					
K. McGee	80	70	160	310	
T. Wiles	—	75	145	220	
165 lbs. (18-19)					
H. Schroyer	225	110	275	610	
181 lbs. (40-44)					
M. Stocks	180	155	225	560	
L. Michael	80	65	195	340	
MEN					
132 lbs. (75-79)					
Dr. Pat	100	90	155	345	
148 lbs. (40-44)					
R. Murphy	335	275	405	1015	
165 lbs. (16-17)					
Tshontikidis	335	205	470	1010	
(20-24)					
C. Castellar	385	330	490	1205	
J. Keene	215	185	345	745	
(45-49)					
L. Martin	280	300	350	930	
(65-69)					
J. Osbourne	225	145	325	695	
181 lbs. (40-44)					
M. Moyer	—	295	—	295	
198 lbs. (40-44)					
D. Koser	—	335	—	335	
(60-64)					
D. Junkins	300	220	435	955	
220 lbs. (25-29)					
T. Monninger	225	200	435	860	
B. Leonard	—	480	—	480	
(45-49)					
P. Simmons	325	210	445	980	
(55-59)					
E. Angell	215	205	385	815	
242 lbs. (50-54)					
D. Reeder	—	410	—	410	
308 lbs. (20-24)					
Z. Spidel	650	545	705	1900	
308+ lbs. (25-29)					
B. Younker	485	340	615	1440	
(35-39)					
K. Prosser	475	315	500	1290	

Venue: The Sports Inn. The 2008 Mid-Atlantic Open marked the return of "Powerlifting



Holli Schroyer (below) and Clint Castellar (above) receive their Best Lifter plaques from R.A.W. United Chaplain Paul Simmons. (Spero)



Pennsylvania nailed an awesome 480 pound bench in the 220s. Special thanks to John Polak of PolakMade Hardcore Gym Equipment for furnishing all the platform equipment utilized at the Mid-Atlantic Open as well as judging, spotting, loading, and supporting all the lifters; to Dave Lhota for serving as Head Referee; to Chaplain Paul Simmons for judging and leading our pre-contest prayer; to Dylan and Yanni for spotting and loading; to Kevin Prosser for serving as platform manager and center spotter; to Richard Murphy for the P.A. system; and to Doc Junkins and the Sports Inn for hosting the meet. More thanks to 100% RAW President Paul Bossi of Elizabeth City Trophy for the awesome plaques, to Charles Venturella for the awesome eagle sculpture, and to Brigid and the folks at Sandpiper Sportswear for the incredible contest shirts! Finally, thanks to our soldiers, sailors, airmen, marines, and their families for enduring the hardship required to preserve freedom in the greatest country on the face of the earth! May God richly bless you for your service and sacrifice! And thanks to our Lord and Savior Jesus Christ for the TRUE STRENGTH He showed us on the Cross of Calvary! Thanks, and God Bless. (results provided to PL USA by Spero Tshontikidis)



Doc Junkins with an awesome eagle sculpture award provided for the meet by Chuck Venturella



At 76 Years Young, 132 lb. Dr. Pat proved to be the crowd favorite

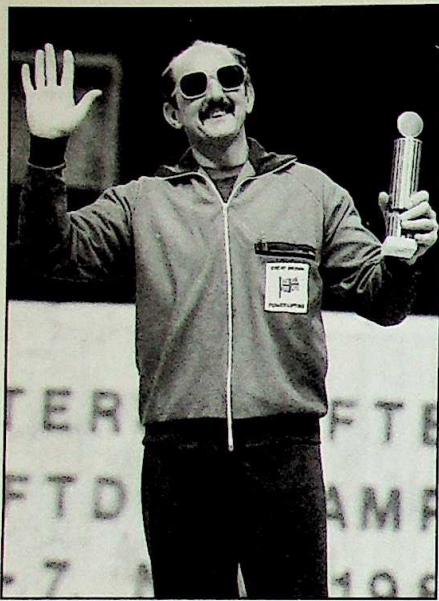
with a Purpose" to the Mid-Atlantic States! It was great to be back home and to share the platform with lifters that helped me introduce raw powerlifting to the area several years ago. Before we discuss the lifting, however, please take a moment to pray for the brave men and women of our Armed Forces and their families; may God protect them, give them strength, and bring them home to us with Godspeed! And thanks to Sarah Hopkins and Channel 27 for their coverage of the event and their support of the RAW United mission of honoring and serving our nation's military families. Nineteen year old Holli Schroyer of Greencastle, Pennsylvania, was the meet's top female competitor with impressive lifts of 225, 110, and 275. Holli was joined on the platform by Greencastle's Cherie Rowland (350 total in the 105s) and Melody Stocks of Hagerstown, Maryland, who finished with an awesome 155 pound bench. On the men's side, Clint Castellar (Greencastle, Pennsylvania) clinched Best Lifter honors by edging out Master lifter Richard Murphy of Mercersburg, Pennsylvania. Clint's lifts of 385, 330, and 490 translated into a total close to 7.5 times his bodyweight. Richard's lifts were equally impressive, totaling over seven times his bodyweight in the 148s. Impressive numbers were also posted by teenage lifter Yanni Tshontikidis (including a record deadlift of 470 pounds) of Melbourne, Florida, and Master lifter Doc Junkins of Ft. Loudon, Pennsylvania,

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Brian was awarded by the IPF for his efforts

### Brian Smith

Died with heart failure aged 70 on November 29th, 2008 after a long illness.

He will surely be missed in the world of powerlifting for his dedication, frankness and honesty.

He served powerlifting for over 50 years. He was British Champion in 1960 when the three lifts were squat, bench press, and curl.

Brian travelled the world for 16 years in the late 1970's and 1980's as Platform Manager and became renowned for the words "bar loaded," which meant: athlete, the bar is ready for you to perform your lift. Brian had influenced the great platform managers of today, such as Gordon Santee.

Brian was an International figure in the powerlifting fraternity and quickly adjusted to an International Referee and was later elevated to Technical Officer over all referees.

Brian was founder member of the British Powerlifting Organisation in 1994 and founder member of the European Powerlifting Congress in 1996. When the World Powerlifting Federation was formed in 1999, Brian was elected its Founder President. In 2003, Brian was made Honorary President of the WPF.

Brian has dedicated his life to our sport of powerlifting. We are sure, he will be looking upon us with the same affection. Powerlifting athletes around the world will all have a moment in memory of their experiences with Brian.

Brian was married to his lovely wife Margaret for 46 years and has twin sons Steven and Mark, who have given him grandchildren Abigail and Callum.

If you wish to send your expression of condolences, please write to:

Mrs Margaret Smith  
"Shangri-La"  
8 Greaves Gardens  
Kidderminster  
Worcestershire  
DY11 5QQ  
England



### David McCarthy

David McCarthy, age 51, of Missoula, Montana, died peacefully on November 3, 2008.

McCarthy's life centered around three passions: Family, corrections, and powerlifting. Dave competed in many regional meets, and held records in both the dead lift and the squat in the Master's Division. Six months prior to his death, he was still able to bench 290 pounds, while receiving immunotherapy twice a week.

He spent 30 years working for the Montana Department of Corrections. In August 1978, he was hired as a correctional officer at the Montana State Prison. He moved up the ranks and resigned in 1991 as a shift lieutenant. He then enrolled in college and completed a four-year degree with a double major in political science and sociology in less than three years. He was then hired as a parole officer in Kalispell. In 1999, he transferred to the Missoula office and retired as the Region I Administrator for Probation and Parole.

Those who knew him can attest to his tenacity in his fight against "The Big C." It began with the removal of his right kidney in 2002. The next six years were filled with extensive treatments, risky therapies, and dangerous surgeries. The combination of being physically fit and having a stubborn 100 percent Irish soul provided him with 15 months of remission. He was a true inspiration for anyone battling cancer.

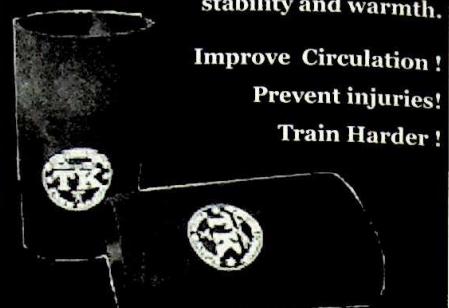
Dave is survived by his loving wife and best friend, Mary Helen Kassel. They shared three grown children: daughters, Victoria and Raquel; son, Lance, and daughter-in-law, Carmen; four grandchildren, Taylor, Ryan, Nicole, and Daphne Maria; and his two beagles, Barnaby and McKenzie.

A college fund for his granddaughter Daphne Maria was made in his honor.

Express condolences at [www.mtstandard.com/obits](http://www.mtstandard.com/obits).

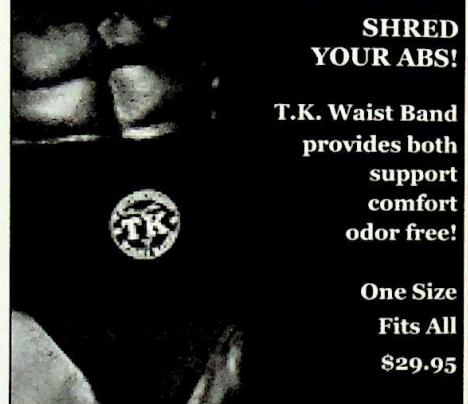
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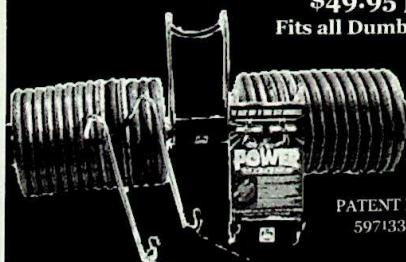


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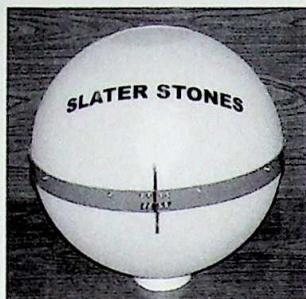
eFS

CHARLES BAILEY

WNPF Upstate New York II  
7 SEP 08 - Rochester, NY

BENCH	Lifetime				
FEMALE	W. Bearce	335			
Raw	B. Moroni	300			
148 lbs.	(50-54)				
Lifetime	D. Campbell	290*			
D. Musser	185*	220 lbs.			
165 lbs.	Lifetime				
Lifetime	M. Allen	310			
C. Macri	115	(60-64)			
(45-49)	S. Shales	335			
C. Macri	115*	242 lbs.			
MALE	(35-39)				
22-0 lbs.	D. Morgan	335			
Open UNL	(45-49)				
A. Peara!	600*	J. Mitchell Jr.	410*		
(60-64)	275 lbs.				
S. Shales	380*	(45-49)			
Raw	M. Pullyblank	375*			
148 lbs.	DEADLIFT				
(20-23)	MALE				
R. Tran	205	165 lbs.			
165 lbs.	(45-49) Raw				
(20-23)	J. Stallworth	450*			
S. Falcone	275	POWER CURL			
(40-44)	FEMALE				
J. Sykes	275*	165 lbs.			
181 lbs.	(45-49)				
Lifetime	C. Macri	60			
M. Akerly!	360*	MALE			
198 lbs.	198 lbs.				
Open	Open				
S. Shales Jr.	355	W. Bearce	135*		
BENCH for REPS	Lbs.	Reps			
FEMALE					
Open					
148 lbs.					
D. Mussel	75	61*			
MALE					
165 lbs.					
(40-44)					
J. Sykes	155	19*			
198 lbs.					
Open					
S. Shales Jr.	185	34			
W. Bearce	190	25			
242 lbs.					
(45-49)					
J. Mitchell Jr.	220	24*			
Powerlifting	SQ	BP	DL	TOT	
(40-44) UNL					
R. Pearo	725*	225	640*	1590	
(45-49) Single Ply					
T. Schrader!	605*	395*	575*	1575*	
Raw					
198 lbs.					
Lifetime					
D. Conti	400	250	450	1100	
242 lbs.					
(20-23)					
F. Chatman	365	225	415	1005	

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award. In the raw bench press female lifters Denise Musser and Christi Macri both set new state records and Christi also took home a first in the powercurl. Denise turned in an impressive win in the bench for reps doing 61 reps. Junior lifter Richard Tran and Sal Falcone put up nice lifts winning their weight classes and master Jamie Sykes took home two first setting records in the bench and bench for reps. In the 181lb class Matt Akerly put up an impressive bench winning his division and taking home best lifter. In the 198lb classes master Dave Campbell set a new state record and William Bearce edged out Brian Moroni in the lifetime division. Brian's wife Kelly has competed in several WNPF events but had to sit this one out because the Moronis are expecting their first child in February of next year so congratulations to them, they are a great couple. Scott Shales Jr turned in a strong lift in the open division and put up an impressive 34 reps in the bench for reps division edging

out Bearce who had 25 reps. Bearce also set a new state record winning the power curl. In the 220 lb. class strong lifts were put up by Mike Allen and Scott Shales winning their divisions with Scott also winning the equipped division with a new state record. 242 lb. lifters Dean Morgan and James Mitchell Jf did some strong lifts with Mitchell setting new state records in the bench and bench for reps. 275 lb. lifter Mark Pullyblank set a new state record winning the masters division. In the equipped division Anthony Peara put up an impressive 600 lb. bench winning the unlimited open division and taking home best lifter. Anthony has attempted this amount in previous meets but today he had everything working and the weight looked easy. We had one deadlift only lifter master John Stallworth who did a nice pull winning his division. A special thanks to my crew and Mike Kenny's crew and the great spotters who made this meet a great success. (courtesy Ron Deamicis)

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

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INT. \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

AREA CODE, TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ CHECK ONE: LIFETIME DRUGFREE: \_\_\_\_\_ 5 YRS. MIN. \_\_\_\_\_

REGISTRATION FEE  
\$10.00 SPECIAL OLYMPICS  
\$20.00 HIGH SCHOOL  
\$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:  
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_

DATE: \_\_\_\_\_ (memberships are valid for one 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.

### Kinross Summer Meet 19 JUL 08 - Kincheloe, MI

All Lifters	SQ	BP	TOT
Assisted			
220 lbs.			
Payne	565	405	970
Master 1			
165 lbs.			
Jancar	445*	215*	660
181 lbs.			
Toler	475	225	730
Raw			
132 lbs.			
Wasmundt	275	235	510
148 lbs.			
Rydmann	345	225	570
165 lbs.			
Taylor	335	225	560
Cobb	205	225	430
181 lbs.			
Brown	475	325	800
Jarrell	465	335	800
198 lbs.			
Worden	405	275	680
Allyn	315	275	590
Hollis	245	345	590
Vitale	315	235	550
220 lbs.			
Prozors	365	325	690
Master 1			
198 lbs.			
Allen	135	115	275
242 lbs.			
Sheehan	315*	245*	560
Master II			

148 lbs.

Marshall

210 175 385

\*=Kinross PWC Records. Venue: Kinross Correctional Facility. Kinross Powerlifting club President: Michael Toler, Vice President: Joe Duke, Secretary: Hans Nelson. While we had scheduled our meet to take place at our outdoor location, unfortunately the weather chose not to cooperate. Just the same, we had excellent participation and an overall good meet. All participants gave 100%, making for a good competition, while still supporting each other in the spirit of good sportsmanship. Two of our members, Mr. Sheahan and Mr. Jancar, gave an outstanding performance setting new Kinross PWC records. Our next meet is scheduled for this December, and there is a standing open invitation to all lifters who would like to participate. If you're interested in competing here at KCF call 806-495-2282 and ask for Mr. Mastaw, the recreation director. (Hans C. Nelson)

### IMH Festival BP/DL/Ironman 7 JUN 08 -

BENCH	B. Seidita	185
220 lbs. (17-19)	DEADLIFT	
J. Combine	181 lbs. (17-19)	
W. Valentine	405	
242 lbs. (50-59)	M. Lyden	475
S. Borushko	165 lbs. (40-49)	
Raw	C. Macri	
148 lbs. Open	MALE	
R. Dubas	165 lbs. Open/(60-69)	
181 lbs. Open	R. Staab	
J. Cambert	165 lbs. Open	
J. Clark	L. Spiritos	
198 lbs. (13-16)	198 lbs. Open	
Brandenstein	275	
A. Zordich	R. Gregory	
Ironman	BP DL TOT	
242 lbs. (40-49)		
T. Nugent	510	625
275 lbs. (35-39)	1135!	
J. Smith	605	515
308 lbs. Open	1120!	
N. Courtad	555	705
Raw	1260!	
181 lbs. (17-19)		
M. Lyden	290	475
198 lbs. (17-19)	765	
M. Welsh	—	—
220 lbs. Lifetime/(50-59)	—	—
L. Eleuteri	—	—
242 lbs. (60-69)	—	—
B. Bindinotto	—	—

!=Meet Records. Teams: Anytime Fitness - Mike



### REFEREE

#### STATUS:

National Referee \_\_\_\_\_

State Referee \_\_\_\_\_

Club No.	Club Name:
----------	------------

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---------------	-----	---	------------------	------------------------

First Name \_\_\_\_\_ Middle Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail \_\_\_\_\_ Phone (With Area Code) \_\_\_\_\_

I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature \_\_\_\_\_

Parent/Guardian  
Signature \_\_\_\_\_

For more information, contact:

Allan Siegel, President, CFO  
304 Daisy Street • Clearfield, PA 16830

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Lenzi, Bill Lenzi, Chase Bagnall, Chris Mosely, Courtney Ivan Miller, Jared Neal, David Ogan, Steve Rinehart, Mike Willett, Tim Ramey, Ed Freeman. (Thanks to Ron DeAmicis for providing the results)

### USAPL Blue Ridge Classic 27 SEP 08 - Stanardsville, VA

BENCH	242 lbs. College
165 lbs. Raw (45-49)	A. Saaveedra 355
181 lbs. Raw (45-49)	C. Kozub 260
181 lbs. Raw (45-49)	D. Brensinger 305
181 lbs. Raw (45-49)	E. Frey 215
181 lbs. (70-74)	F. Marshall 55
198 lbs. Raw (18-19)	G. Epelbaum 540
198 lbs. Raw (18-19)	H. Teeter 465
242 lbs. Open	I. Tooley 465
275 lbs. (70-74)	J. Penn 295
275 lbs. (70-74)	K. Minns 450
220 lbs. (50-54)	L. Hough 480
220 lbs. (50-54)	M. Carson 360

(Thanks to the USAPL for providing results)

### ADAU Raw Central PA Open 25 OCT 08 - Clearfield, PA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
165 lbs. Open	R. Clarke 230	105	275	610
165 lbs. Open	P. Moore 180	110	255	545
148 lbs. Open	A. Saaveedra 355	4th-SQ-232		
165 lbs. Open	D. Brensinger 305	230	42	955
165 lbs. Open	E. Frey 215	315	405	920
165 lbs. Open	F. Marshall 55	290	190	390
165 lbs. Open	G. Epelbaum 540	320	625	1485
165 lbs. Open	H. Teeter 465	315	575	1355
165 lbs. Open	I. Tooley 465	515	475	1200
165 lbs. Open	J. Penn 295	315	555	1320
165 lbs. Open	K. Minns 450	315	555	1320
198 lbs. Open	L. Hough 480	345	520	1345
198 lbs. Open	M. Carson 360	300	430	1090

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Outstanding Lightweight Lifter: Gleb Epelbaum, and he also won the coveted Dr. Nick Deadlift Award, which was presented by Dr. Nick Theodorou. Outstanding Heavyweight Lifter: Robert Mostoller. American age group records were set by Rachel Clarke, James Alicardi, Donnie Brensinger, Jared Minns and Jackson Lee. Judging was done by Brenda Siegel, Allan Siegel, Moe Orngia, Nick Theodorou, Bugs Bayer and Nick Vasic, with Jay Siegel, Bear Norris, Bill Ogden and Helen Ludwig assisting in other spots. Don Reinhardt attended the meet as our guest and gave two much appreciated talks between the different lifts. Of course he answered specific questions and talked to individual lifters and spectators all day long. All in all, a great day at the longest drug tested powerlifting event in the world, having started in 1983. Official results with Tyler Wagner, Brian Stoner, Dennis Rayback, and Jordan Furnell passing the urine tests performed by Quest Diagnostics. One lifter failed the test and has been removed from the meet results and will be suspended by the ADAU. (from Al Siegel)

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\$14.44

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200 gm \$33.39

**SAVINGS: \$33.39**  
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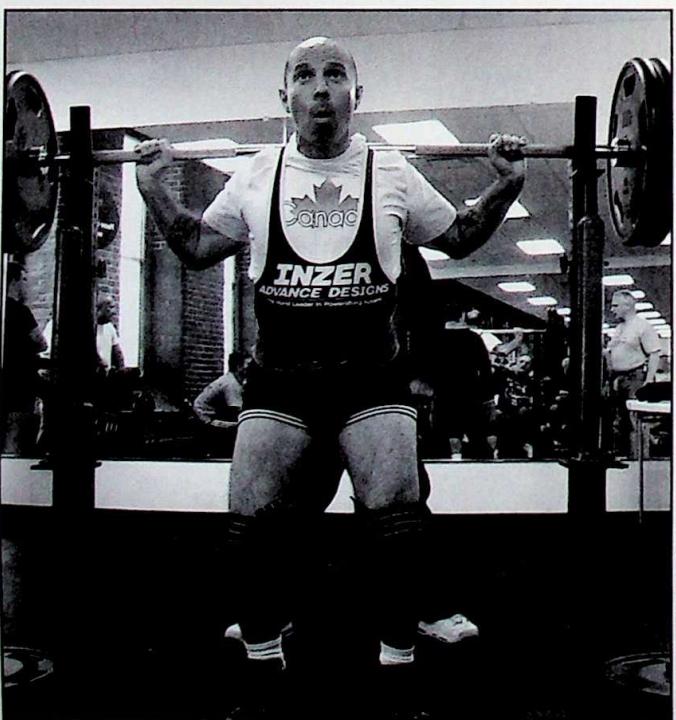
First Name	Last Name	Middle Initial	Today's Date		
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**USAPL Hudson Natural Open  
8 NOV 08 - New Richmond, WI**

Powerlifting    SQ    BP    DL    TOT

FEMALE	SQ	BP	DL	TOT
Open				
C. Anderson	255	170	335*	760
Shuttleworth	250	190*	240	680
L. VanBuskirk	275	230	275	780
Meyer-Miller	185	165	280	630
Masters				
L. VanBuskirk	275	230	275	780
Schouweller	225	125	265	615
Open Raw				
F. Friday	240!	105	280	625
A. White	210	120	270	600
M. Augustine	220	190	325	735
E. Mathison	160	75	210	445
Master Raw				
J. Drenth	210	145	275	630
Schouweller	225	125	265	615
MALE				
Teen				
C. Jones	525	305	455	1285
F. Webb	315	180	455	950
D. Pasholk	—	345	515	—
Master (40-49)				
M. Braun	375	310	440	1125
Master (50+)				
B. Briggs	390	275	395	1060
D. Parker	300	320	340	960
R. Corey	55	290	145	490
Open				
Schwalbach	505	320	530	1355
D. Parker	300	320	340	960
S. Maly	325	250	460	1035
C. Jones	525	305	455	1285
T. Urbanos	535	330	550	1415
T. Rootes	565	330	625	1520
S. Lade	830	—	630	—
Master (40-49)				
Raw				
J. Monahos	455	330!	520	1305
J. Dorsher	455	300	555	1310
Master (50+)				
Raw				
G. Edwards	385	320!	535!	1240
J. Valpatic	400	265	480	1145
D. Priebe	415	290	485	1190
R. Corey	55	290!	145	490
Open				
Raw				
B. Madvig	655!	465!	690	1810
M. Schuelke	455	240	435	1130
C. Staeven	500	335	495	1330
C. Mathison	505	300	500	1305
E. Lohman	375	260	400	1035
C. Erickson	320	265	390	975
M. Day	305	245	425	975
M. Bedard	325	275	—	—
K. Milnes	600	—	—	—

\*=State Records. !=American Records pending acceptance of paperwork. Best Lifter: Brad Madvig. (Thanks to Angela Simons)

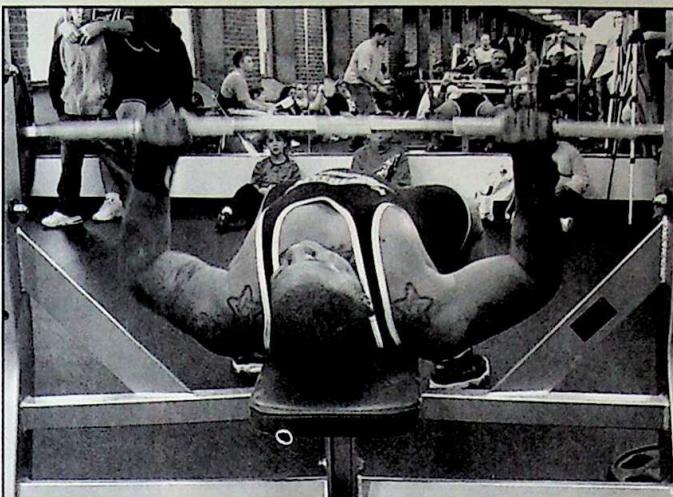


Joseph Lamonica, from Canada, at the APA Northeast Regional contest in Dover, NH. (Photograph was provided by Scott Taylor)

Teen Raw				
A. Worobec				
Open Raw				
A. Worobec				
220 lbs.				
Submaster				
C. Melanson				
Full Power	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
Open Raw				
K. Hickey	155!	120!	175!	450!
123 lbs.				
Master II Raw				
D. D'Eangelis	165	100	195	460
132 lbs.				
Master I				
W. Poitras	200	125	250	575
148 lbs.				
Master I Raw				
M. Tower	255	135	250	640
165 lbs.				
Open				
C. Barrett	265*	200*	300*	765
Master I				
C. Barrett	265*	200*	300*	765
UNL				
Submaster Raw				
M. Beane	255!	160!	300	715
4th-BP-165				
MALE				
148 lbs.				
Master II Raw				
D. O'Connor	245	150	305	700
165 lbs.				
Open Unl Gear				
M. Hall	630*	365	530	1525
Open Raw				
L. Louie	225	185	330	740
Master I Unl Gear				
M. Hall	630	365	530	1525
Master I Raw				
J. LaMonica	315!	175!	405	895
Master I				
J. O'Connell	325	225*	415	965
Master III Raw				
C. Merrill	345	215	450!	1010
198 lbs.				
Teen Raw				
F. McBride	300!	175!	380	855
Master I Raw				
D. Riter	380!	315	490	1185
220 lbs.				
Open/Master I Raw				
G. Guilbeault	450	380	605	1435
242 lbs.				
Open				
C. Mower	475	305	500	1280
275 lbs.				
Open Raw				
S. Lassonde	500	350	500	1350
Open				
C. Proulx	500	—	—	—
308 lbs.				
Master I Raw				
S. Hall	400	250	510	1160

\*=Assistive Gear Records. !=Raw Records.

Raw Records Set: Kate Hickey: Massachusetts squat record, Women's 114 lb. class, 155 lbs., Massachusetts bench press record, Women's 114 lb. class, 120 lbs., Massachusetts deadlift record, Women's 114 class, 175 lbs., Massachusetts total record, Women's 114 lb. class, 450 lbs. Nona Hubbard: New Hampshire deadlift record, Women's 45-49 Master 148 lb. class, 265 lbs., American deadlift record, Women's 45-49 Master 148 lb. class, 265 lbs., Brian Cunningham: Massachusetts bench record, Men's 132 lb. class, 180 lbs., Massachusetts bench press record, Men's Submaster 132 lb. class, 180 lbs. Beverly Charland: New Hampshire deadlift record, Women's Master 50-54/132 lb. class, 200 lbs., American deadlift record, Women's Master 50-54/132 lb. class, 200 lbs., World deadlift record, Women's Master 50-54/132 lb. class, 200 lbs., Michelle Beane: New Hampshire bench press record, Women's Submaster Unlimited class, 165 lbs., American bench press record, Women's Submaster Unlimited class, 165 lbs., World bench record, Women's Submaster Unlimited class, 165 lbs., New Hampshire squat record, Women's Submaster Unlimited class, 255 lbs., American squat record, Women's Submaster Unlimited class, 255 lbs., World squat record, Women's Submaster Unlimited class, 255 lbs., Joe LaMonica: Canadian Squat record, Master 40-44/165 class, 315 lbs., Canadian deadlift record, Master 40-44/165 lb. class, 405 lbs.



**Jermaine Scott** benching 395 lbs. raw in the 242 division, at the APA Northeast Regionals in Dover, New Hampshire. (Scott Taylor photo)

Clint Merrill: Maine deadlift record, Master 60-64/165 lb. class, 450 lbs., American deadlift record, Master 60-64/165 lb. class, 450 lbs., World deadlift record, Master 60-64/165 class, 450 lbs. Frank McBride: World Squat record, Teen 13-15/198 class, 300 lbs., American Squat record, Teen 13-15/198 lb. class, 300 lbs., Rhode Island Squat record, Teen 13-15/198 lb. class, 300 lbs., Rhode Island Bench Press record, Teen 13-15/198 lb. class, 175 lbs., American Bench Press record, Teen 13-15/198 lb. class, 175 lbs., World Bench Press record, Teen 13-15/198 class, 175 lbs. Dave Riter: New Hampshire squat record, Master 45-49/198 lb. class, 380 lbs., American squat record, Master 45-49/198 lb. class, 380 lbs., World squat record, Master 45-49/198 lb. class, 380 lbs. Jermaine Scott: Connecticut Bench Press record, 242 lb. class, 395 lbs. Assistive Gear Records Set: Donna Aliminosa: New Hampshire deadlift record, 97 lb. class, 255 lbs., New Hampshire deadlift record, Master 55-59/97 lb. class, 255 lbs., American deadlift record, Master 55-59/97 lb. class, 255 lbs., World deadlift record, Master 55-59/97 lb. class, 255 lbs. Clair Barrett: New Hampshire squat record, 165 lb. class, 265 lbs., New Hampshire squat record, 165 lb. class, 265 lbs., New Hampshire squat record, Master 40-44/165 lb. class, 265 lbs., New Hampshire bench press record, Master 40-44/165 lb. class, 200 lbs., New Hampshire deadlift record, Master 40-44/165 lb. class, 300 lbs. Mark Hall: New Hampshire squat record, Mens Open 165 lb. class, 630 lbs., New Hampshire squat record, Mens Master 40-44/165 lb. class, 630 lbs., American squat record, Mens Master 40-44/165 lb. class, 630 lbs., World squat record, Mens Master 40-44/165 lb. class, 630 lbs. Joseph O'Connell: Vermont Bench Press record, Master 55-59/165 lb. class, 225 lbs. Joe Bistany: New Hampshire bench press record, Submaster 181 lb. class, 400 lbs. Steve Cormier: New Hampshire bench press record, Submaster 220 lb. class, 610 lbs. James Bourgault: Rhode Island bench press record, 308 lb. class, 550 lbs., James Bourgault: Rhode Island bench press record, Master 45-49/308 lb. class, 550 lbs., American bench press record, Master 45-49/308 lb. class, 550 lbs. Raw Powerlifting Female Best Lifter: Mary Tower. Raw Powerlifting Best Lifter: Grant Guilebeau. Raw Push Pull Female Best Lifter: Nona Hubbard. Raw Bench Press Best Lifter: Jermaine Scott. Overall Powerlifting Female Best Lifter: Claire Barrett. Overall Powerlifting Best Lifter: Mark Hall. Overall Push Pull Female Best Lifter: Donna Aliminosa. Overall Push Pull Best Lifter: Curtis Stapleton. Overall Bench Press Best Lifter: Steve Cormier. A very special thanks to Craig Annis of Vision Fitness Center for providing one of New Hampshire's best facilities as a meet site for this event. I would also like to thank all who officiated at this event and our spotters and loaders for doing a spectacular job. I would also like to

thank Pete and Nona Hubbard for all the assistance they provided during weigh-ins and the help they provided throughout the day with scorekeeping and other functions that greatly aided the efficiency of the event. There were 44 entrants with lifters coming from Canada, Connecticut, Rhode Island, Massachusetts, Maine, New Hampshire, and Vermont. The majority of the lifters chose to lift RAW and several records were set in both the RAW and assisted categories. Both the RAW and assisted categories showed some outstanding lifts. (results courtesy from Scott Taylor, APA President)

	SQ	BP	DL	TOT	Open	M. Bishop	485	375	612	1472
<b>Powerlifting FEMALE</b>					<b>Raw</b>	242 lbs.				
Junior	132 lbs.				Novice	J. Birch	496	347	584	1427
C. Barker	237	132	336	705	Police/Fire	B. Manno	419	347	524	1290
Master I	165 lbs.				Submaster Pure	D. Deiwert II	452	353	524	1328
C. Schulze	—	165	—	165	4th-DL-551					
<b>181 lbs.</b>					<b>Junior</b>	275 lbs.				
Woodworth	165	110	254	529	Master II	E. Martin	424	336	529	1290
4th-SQ-187			DL-265		Pure	J. Maynard	463	298	518	1279
<b>198+ lbs.</b>					SHW	H. Liviskie	391	254	441	1086
Pure	243	193	342	777	Pure	Power Sports	CR	BP	DL	TOT
J. Doll	4th-DL-353				MALE					
<b>MALE</b>					148 lbs.	H. Liviskie	391	254	441	1086
<b>181 lbs.</b>					Submaster Pure	H. Liviskie	391	254	441	1086
Master III	331	248	342	920	Power Sports	CR	BP	DL		
L. Donahue	573	270	474	1317	MALE					
Teen	275 lbs.				148 lbs.	D. Deibel	127	276	331	733
T. Russell	573	386	601	1560	Submaster II					
275 lbs.					181 lbs.					
Master II	573	386	601	1560	Junior	J. Sanders	143	276	474	893
M. Lumumba	165 lbs.				Master III	L. Donahue	110	248	342	700
High School	—	—	—	—	Teen					
C. Gillespie	—	—	—	—	McGonagle	320	193	336	849	
Master III	—	—	—	—	J. Sanders	143	276	474	893	
C. Gillespie	—	—	—	—	181 lbs.	220 lbs.				
Teen	—	—	—	—	C. Gillespie	—	—	—		
R. Weaver	380	243	452	1075	Master V	J. Baltimore	171	342	650	1163
220 lbs.					Junior	242 lbs.				
J. Garza	237	—	364	601	High School	M. Brown	149	309	551	1009
220 lbs.					Master III	M. Brown Sr.	165	353	402	920
J. Harder	408	342	513	1262	208 lbs.					
Pure	—	—	—	—	A. Insley	452	281	502	1235	
A. Insley	452	281	502	1235	Master I	D. Phillips	204	485	761	1450
Submaster Pure	—	—	—	—	SHW	H. Liviskie	132	254	441	827
220 lbs.					Pure					
Master I	358	353	568	1279	165 lbs.					
W. Rice					(Results courtesy from Rich Peters - NASA)					

### NASA Ohio Regional 20 SEP 08 - Lancaster, OH

BENCH					Junior	Breckenridge	259
FEMALE					Master II	L. Miller	314
165 lbs.					220 lbs.	Novice	
Master I	165	—	4th-176		C. Ernest	413	
220 lbs.					242 lbs.	Open	
Novice					D. Deiwert II	353	
S. Yeakley	276	181 lbs.	181 lbs.		Police/Fire	B. Manno	347
Int	276	181 lbs.	181 lbs.		B. Manno	347	
A. Kelble	314	275 lbs.	275 lbs.		PS BENCH	S. Marcum	231
198 lbs.	314	275 lbs.	275 lbs.		FEMALE		
Submaster I	—	275 lbs.	275 lbs.		114 lbs.	M. Shuffett	342
W. Beckett	—	275 lbs.	275 lbs.		Master I	M. Shuffett	342
Submaster II	—	275 lbs.	275 lbs.		L. Lowery	127	
J. Montebon	454	220 lbs.	220 lbs.		MALE		
220 lbs.	454	220 lbs.	220 lbs.		165 lbs.	C. Ernest	413
Master III	342	220 lbs.	220 lbs.		Submaster Pure	C. Underhill	480
M. Shuffett	342	220 lbs.	220 lbs.		242 lbs.	J. Breen	270
Master Pure	342	220 lbs.	220 lbs.		275 lbs.	J. Behari	468
M. Shuffett	342	220 lbs.	220 lbs.		Pure		
Novice	413	220 lbs.	220 lbs.		PS CURL	J. Kennedy	—
C. Ernest	413	220 lbs.	220 lbs.		Submaster I	J. Behari	468
Submaster II	480	220 lbs.	220 lbs.		G. Simpson	G. Simpson	165
C. Underhill	480	220 lbs.	220 lbs.		BP	BP	165
242 lbs.	480	220 lbs.	220 lbs.		DL	DL	TOT
Submaster Pure	—	220 lbs.	220 lbs.				
J. Kennedy	—	220 lbs.	220 lbs.				
Raw	165 lbs.	165 lbs.	165 lbs.				
High School							
C. Gillespie	237	165 lbs.	165 lbs.				
Push Pull							
MALE							
165 lbs.							
High School							
C. Gillespie	237	165 lbs.	165 lbs.				
Master III	237	165 lbs.	165 lbs.				
M. McGonagle	193	165 lbs.	165 lbs.				
242 lbs.	193	165 lbs.	165 lbs.				
Police/Fire							
B. Manno	347	165 lbs.	165 lbs.				
Submaster Pure							
D. Deiwert II	347	165 lbs.	165 lbs.				
4th-DL-551	347	165 lbs.	165 lbs.				



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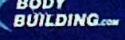
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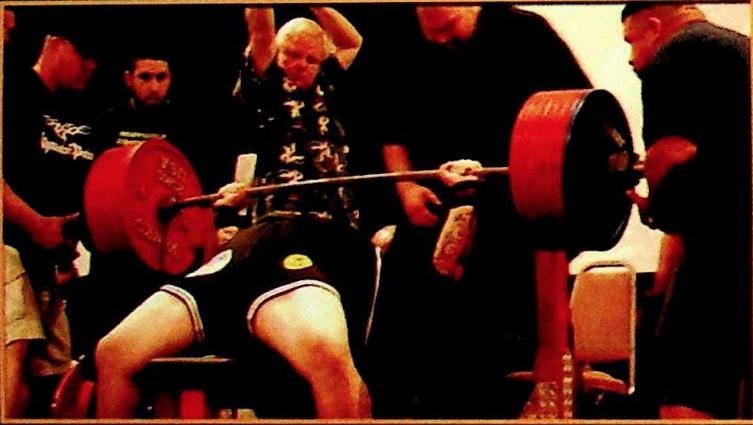
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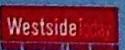
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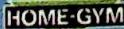
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**10 JAN**, ADAU Raw Power Steel City Challenge (BP, DL - Community College of Allegheny County, Boyce Campus Gymnasium, Monroeville, PA) 412-335-7569, [www.adauraw-power.com](http://www.adauraw-power.com), [monsters\\_unlimited@msn.com](mailto:monsters_unlimited@msn.com)

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

**10 JAN**, IBP Regional Push Pull (Mocksville, NC) Keith Payne, [keith@ironboypowerlifting.net](mailto:keith@ironboypowerlifting.net)

**10 JAN**, SLP Central Illinois Winter Open BP/DL (Athens, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**17 JAN**, WLOP C.T. Fletcher Competition, WLOP, 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005, [www.worldlegion-of-power.com](http://www.worldlegion-of-power.com)

**17 JAN (NEW DATE)**, USAPL Louisiana State (Lafayette, LA) Meet Director, Travis Werner, 337-349-2006, [traviswerner123@yahoo.com](mailto:traviswerner123@yahoo.com), [www.ragincajunpowerlifting.com](http://www.ragincajunpowerlifting.com)

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

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

**17 JAN**, 100% Raw Virginia State Single (BP, DL, SC - Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, [valifting@aol.com](mailto:valifting@aol.com) [www.virginiapow-erlifting.blogspot.com](http://www.virginiapow-erlifting.blogspot.com),

## COMING EVENTS

**17-18 JAN, IPA Columbus Pro Am (Courtyard Marriott, Columbus, OH)** Dan Dague, 614-554-8824, [lexenxtreme@aol.com](mailto:lexenxtreme@aol.com), [www.lexenxtreme.com](http://www.lexenxtreme.com)

**24 JAN**, SLP Flex Fitness West Michigan Open BP/DL (Holland, MI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**24 JAN**, Capital District Tri-City BP/DL, Bethlehem Area YMCA, 900 Delaware Ave., Delmar, New York 12054, Tom Corazzini, 518-439-4394, ext. 1442, [tcorazzini@cdymca.org](mailto:tcorazzini@cdymca.org)

**24 JAN**, USAPL Capitol City Clash (Lincoln, NE) Bill Sinclair, 1497 Rd. R, Howells, NE 68641, 402-986-1784

**24 JAN**, ADFPF PL & Single Event Challenge (Mexico High School, Mexico, MO) Bill Duncan, [www.adfpf.org](http://www.adfpf.org)

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

**24-25 JAN, Raw Unity Meet (New Port Richey, FL)** [erictalmant@yahoo.com](mailto:erictalmant@yahoo.com), [www.rawunitymeet.com](http://www.rawunitymeet.com)

**24-25 JAN, USPF American Cup PL/Fit Expo BP/DL (Los Angeles Convention Center)** Steve Denison, [pwrfltrs@msn.com](mailto:pwrfltrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com), 661-333-9800

**25 JAN**, USPF Los Angeles Fit Expo BP & DL (open - Los Angeles Convention Center) Steve Denison, [pwrfltrs@msn.com](mailto:pwrfltrs@msn.com)

[msn.com](http://msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com), 661-333-9800

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

**30-31 JAN, UPA Iowa & Midwest PL**, Bill Carpenter, UPA Vice President, (563) 599-1390, [BCar-penter@UnitedPowerliftingAssociation.com](mailto:BCar-penter@UnitedPowerliftingAssociation.com)

**31 JAN, SLP Black Iron Gym Open BP/DL (Beech Grove, IN)** Dr. Darrell

Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**31 JAN**, USPF 4th PowerBowl BP & DL (Parkersburg, WV) Matt McCase, 304-376-7538, [mccase@yahoo.com](mailto:mccase@yahoo.com), [www.uspf.com](http://www.uspf.com)

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

**31 JAN (NEW DATE)**, USAPL Raw HS (Scranton, PA) Steve Mann, [www.purepowerlifting.com](http://www.purepowerlifting.com)

**31 JAN (NEW DATE)**, USAPL NE Regional HS (Scranton, PA) Steve Mann, [www.purepowerlifting.com](http://www.purepowerlifting.com)

**1 FEB (REVISED DATE)**, USAPL Raw Collegiate (Scranton, PA) Steve Mann, [www.purepowerlifting.com](http://www.purepowerlifting.com)

## APF/AAPF/WPO Schedule

**17 JAN**, APF/AAPF Battle on the Bay

**14 FEB**, APF Arizona Open State

**14 MAR**, APF/AAPF Spring Challenge

**14-15 MAR**, APF/AAPF Illinois State

**15 MAR**, AAPF Raw Bench Press

**4 APR**, APF Cassstrength Missouri Open

**4-5 APR**, AAPF Nationals

**APR**, APF High School Nationals

**MAY**, APF Master/Teen/Jr. Nationals

**27 JUN**, APF/AAPF Chicago Summer Bash

**22 AUG**, APF/AAPF Summer Challenge

*Dates subject to change*

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or go to our websites:

[www.worldpowerlifting.org](http://www.worldpowerlifting.org)

[www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

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**1 FEB**, USAPL NE Regional Collegiate (Scranton, PA) Steve Mann, [www.purepowerlifting.com](http://www.purepowerlifting.com)  
**7 FEB**, SLP Friendship Classic BP/DL (Conway, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**7 FEB**, Slaughterhouse & Iron Age Gym (PL, BP, DL, Raw, Equipped - Minerva, OH) Craig Hurst, 330-868-7925 or Dave Bosler 330-412-4571

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

**7 FEB**, SSA CandyAzz Classic (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, [www.sonlightgym@verizon.net](http://www.sonlightgym@verizon.net)

[ironasylumgym.com](http://ironasylumgym.com).

**7 or 21 FEB**, USPF San Jose Open PL, BP, DL, Steve Denison, 661-333-9800, [PWRLFTRS@MSN.COM](mailto:PWRLFTRS@MSN.COM)

**13-14 FEB**, USAPL Women's Nationals (Miami, FL) Robert Keller, 954-790-2249, [rkh@verizon.net](mailto:rkh@verizon.net), [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

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

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

**14 FEB**, SLP Brickyard Open BP/DL (Milwaukee, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**21 FEB**, Prove it on the Platform, United PL Association, Push/Pull, 5820 Augusta Rd., Greenville, SC, [k.taillon@hotmail.com](mailto:k.taillon@hotmail.com), Bart Kelley 864-704-7152

**21 FEB**, SLP Bluegrass Open BP/DL (Bartlett, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**21 FEB**, SPF Tennessee State PL & BP (Knoxville, TN) Jesse Rodgers, 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)

**21 FEB**, NASA Upper Midwest BP, PP & Power Sports (Newark, OH) Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, [ggreg@vpower.com](mailto:ggreg@vpower.com)

**21 FEB**, USPF 2nd Ohio BP & DL (Columbus, OH) Matt McCase, 304-376-7538, [mccase@yahoo.com](mailto:mccase@yahoo.com), [www.uspf.com](http://www.uspf.com)

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

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

**28 FEB**, SPF Virginia State PP & BP (Salem, VA) Jesse Rodgers, 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)

**28 FEB**, NASA Indiana State, NASA, Box 735, Noble, OK 73068, [SQBPDL@aol.com](mailto:SQBPDL@aol.com), 405-527-8513

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

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

**28 FEB**, USAPL 3rd Aggie Invitational, Dustin Wilde, 177 Oak Run, College Station, TX 77845, 830-534-8441

**28 FEB**, USAPL South Dakota PL & BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, 605-201-2411

**28 FEB**, SLP Tennessee Open BP/DL (Bartlett, TN) Dr. Darrell Latch,

Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**1 MAR**, WNPF Ohio (Youngstown, OH) Ron DeAmicis, 330-792-6670

**5-8 MAR**, Arnold Sports Festival PL/BP (Columbus, OH), 614-431-2600, [www.arnoldsports-festival.com](http://www.arnoldsports-festival.com)

**7 MAR**, USA Raw Bench Press Federation Spring Nationals & SLP Illinois Open BP/DL Classic (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**7 MAR**, Alabama State Powerlifting & BP Championship (Albertville, AL) Jesse Rodgers, 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)

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

**7 MAR**, 11th Winter Bench Press (open, teen, women, submaster, master, trophies, cash prizes - Atilis Gym, Wildwood, NJ) Chris Lambert, 609-729-2050

**7 MAR**, USPF 2nd Pennsylvania BP & DL (Pittsburgh, PA) Matt McCase, 304-376-7538, [mccase@yahoo.com](mailto:mccase@yahoo.com), [www.uspf.com](http://www.uspf.com)

**7 MAR**, Gym Warriors PL & BP (trophies, prizes - Peabody, MA), [pauldesimone01@aol.com](mailto:pauldesimone01@aol.com)

**8 MAR**, Welsh & England PL, BP & DL (Qualifiers for British Championships - Four Seasons, Trallwn Rd., Llansamlet, Swansea) Entry to BPO no later than February 15th, Meet Director Ken Williams, 07970-625946, [www.wplpowerlifting.com](http://www.wplpowerlifting.com)

**14 MAR**, ADFPF Single Event Nationals (SAL, Grand Rapids, MI) Richard Van Eck & John Jachim, [JM-Gedney@wiu.edu](mailto:JM-Gedney@wiu.edu)

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

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

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

**14 MAR**, IPB King of Hill Push Pull (Asheville, NC) Keith Payne, [keith@ironboypowerlifting.net](mailto:keith@ironboypowerlifting.net)

**14 MAR**, WABDL National Collegiate BP & DL (University of Houston Downtown, Houston, TX) John Hudson, 217-377-4640, [hudson@uhd.edu](mailto:hudson@uhd.edu)

## NASA Powerlifting & Power Sports

### January

10th - Gilmer Open (Gilmer, TX)

17th - Chippewa Classic (Chippewa, WI)

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

### February

7th - Arizona State (Mesa, AZ)

14th - Missouri State (Joplin, MO)

14th-15th - Teen Nationals & Ohio State HS (Springfield, OH)

21st - Upper Midwest Championships (Newark, OH)

28th - Indiana State

28th - East Texas State (Tyler, TX)

### March

7th - Colorado State (Denver, CO)

14th - Tennessee State (Pickwick Park, TN)

28-29th - PS Nationals/Pro Power Sports (OKC, OK)

### April

4-5th - High School Nationals (OKC, OK)

11th - Iowa State (Des Moines, IA)

18th - Kansas State (Salina, KS)

25th - WV State Championships (Ravenswood, WV)

25th - Wisconsin Regional

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

### May

2nd - Western States Nationals (Mesa, AZ)

9th - Kentucky State (Motorhead, KY)

9th - Oklahoma State (OKC, OK)

16th - Bench Press Nationals (Denver, CO)

### July

11th - NASA Youth Nationals & WV Open (Ravenswood, WV)

### August

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

### October

17th - 100% Tested Nationals & KY Regional (Morehead, KY)

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

24th - Unequipped Nationals (OKC, OK)

31st - Wisconsin State

### November

14th - WV Regional (Ravenswood, WV)

21st - Kansas Regional (Salina, KS)

21st - North Carolina Regional (Hickory, NC)

Coming Events/ Entry Forms at: [www.nasa-sports.com](http://www.nasa-sports.com)

## UPCOMING SLP COMPETITIONS

- 10 JAN**, SLP Central Illinois Winter Open BP/DL (Athens, IL)
- 24 JAN**, SLP Flex Fitness W. Michigan BP/DL (Holland, MI)
- 31 JAN**, SLP Black Iron Open BP/DL (Beech Grove, IN)
- 7 FEB**, SLP Friendship Classic BP/DL (Conway, AR)

**Son Light Power**  
 122 W. Sale, Tuscola, IL 61953  
 217-253-5429  
[www.sonlightpower.com](http://www.sonlightpower.com) [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

- 14 MAR**, SLP Iron House Open BP/DL (St. John's, MI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)
- 14 MAR**, Kentucky State (Mt. Washington, KY) Jesse Rodgers, 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)
- 14-15 MAR**, APF/AAPF Illinois State (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, [www.apf-illinois.com](http://www.apf-illinois.com), [www.chicagopowerlifting.com](http://www.chicagopowerlifting.com)
- 15 MAR**, 7th Street Gym Open BP/DL (Clinton, IN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)
- 15 MAR**, AAPF Raw BP (Haverhill, MA) Bret Kernoff, [brett@vermont-powerlifting.com](mailto:brett@vermont-powerlifting.com)
- 21 MAR**, USAPL Missouri State & Ozark Open, Harold Gaines, 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044
- 21 MAR**, USPF 28th Texas State PL & Single Lift (Austin, TX) Matt McCase, 304-376-7538, [mccase@yahoo.com](mailto:mccase@yahoo.com), [www.uspf.com](http://www.uspf.com)
- 21 MAR**, Georgia State PP (Trion, GA) Jesse Rodgers, 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)
- 21 MAR**, SLP Northeast Arkansas Open BP/DL (Jonesboro, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)
- 21 MAR**, USAPL Battle on the Border & North vs. South Carolina (PL, BP, Raw, Equipped - Dowd YMCA, Charlotte, NC) (Out-of-state lifters welcome) Meet Director Jon Mouzon, 864-844-0083, 101 Sycamore Dr., Clemson, SC 29631, [mouzonchckhawk99@aol.com](mailto:mouzonchckhawk99@aol.com)
- 28 MAR**, USAPL 12th Battle of the Great Lakes (FP, BP, PP - Cleveland, OH) Gary Kanaga, 440-241-7984, [www.bikgspowermeets.com](http://www.bikgspowermeets.com)
- 28 MAR**, USAPL Alabama State, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2198
- 28 MAR**, Northern Virginia Raw PL/BP, John James, 703-475-9885, [www.northernvirginiarawpower.com](http://www.northernvirginiarawpower.com)
- 28 MAR**, USPF California State PL, BP, DL (Los Alamitos, CA) Steve Denison, 661-333-9800, [PWRLF-TRS@MSN.COM](mailto:PWRLF-TRS@MSN.COM)
- 28 MAR**, 100% Raw Nebraska State (A.V. Sorenson, 4808 Cass St., Omaha, NE) DJ Satterfield, 402-592-1243, [djnechair@yahoo.com](mailto:djnechair@yahoo.com)
- 28 MAR**, SLP Lift For The Lord BP/DL (Bowling Green, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)
- 28 MAR**, Arkansas State PL & BP (Russellville, AR) Jesse Rodgers, 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)
- 28-29 MAR (new date)**, NASA Power Sports Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPDL@aol.com](mailto:SQBPDL@aol.com)
- 29 MAR**, 10th Pittsburgh Monster BP/DL (men & women, all classes, cash prizes - Pittsburgh Airport Crown Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996
- 29 MAR (New Date)**, NASA Pro Power Sports (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPDL@aol.com](mailto:SQBPDL@aol.com)
- MAR**, USAPL Mass High School PL, Eric Cordeiro, [eccbeast@yahoo.com](mailto:eccbeast@yahoo.com)
- MAR**, APF-AAPF Illinois State (Willowbrook, IL) Eric Stone, 630-794-0594, [thestone@chicagopowerlifting.com](mailto:thestone@chicagopowerlifting.com)
- 4 APR**, SLP Land of Lincoln BP/DL (Athens, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)
- 4 APR**, APF Cassstrength Missouri State Open (Blue Springs, MO) Brandon Cass, 816-690-6769, [cassstrength@cs.com](mailto:cassstrength@cs.com)
- 4 APR**, USPF Collegiate National/ Las Vegas Open PL, BP, DL, PP (UNLV, Las Vegas, NV) Joe Dentice, [ljoe700@aol.com](mailto:ljoe700@aol.com)
- 4 APR**, APC Georgia State PL/BP (Athens, GA) L.B. Baker, 770-713-3080, [www.americanpowerlifting-committee.com](http://www.americanpowerlifting-committee.com)
- 4 APR**, USPF4th Works PL & Single Lift (New Martinsville, WV) Matt McCase, 304-376-7538, [mccase@yahoo.com](mailto:mccase@yahoo.com), [www.uspf.com](http://www.uspf.com)
- 4-5 APR (new date)**, 26th NASA High School Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPDL@aol.com](mailto:SQBPDL@aol.com)
- 4-5 APR**, AAPF National Championships (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434, [snakeriver@yahoo.com](mailto:snakeriver@yahoo.com)
- 11 APR**, SLP National Raw BP/DL Championship (Sallisaw, OK) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)
- 11 APR**, SPF Tri States PL (LA) Jesse Rodgers, 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)
- 11 APR**, SSA Imperium (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, [www.ironasylum-gym.com](http://www.ironasylum-gym.com)
- 11 APR (REVISED DATE)**, NASA Iowa State (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513, [SQBPDL@aol.com](mailto:SQBPDL@aol.com)
- 18 APR (REVISED DATE)**, NASA Kansas State, NASA, Box 735, Noble, OK 73068, 405-527-8513, [SQBPDL@aol.com](mailto:SQBPDL@aol.com)
- 18 APR**, SLP Wisconsin State BP/DL (Delavan, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)
- 18 APR**, MHP Kings of the Bench III & MHP Clash of the Titans II PL (\$10,000 total cash prize money, four weight divisions, wraps, chalk, belt only - Ronnie Coleman Classic Expo, Mesquite Convention Center, Dallas, TX) Sean Katterle, (503) 221-2238, [SeanZilla@HardcorePowerlifting.com](mailto:SeanZilla@HardcorePowerlifting.com), [www.HardcorePowerlifting.com](http://www.HardcorePowerlifting.com), [www.MaxPerformance.com](http://www.MaxPerformance.com), [www.MetroFlexGym.com](http://www.MetroFlexGym.com), [www.MetroFlexGymProductions.com](http://www.MetroFlexGymProductions.com).
- 18 APR**, 14th Dungeon Powerworks Slam (BP, DL - Three Rivers, MI) Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 4904, 2269-506-5386
- 18 APR**, ADFPF Chicagoland PL/Single Event (B&W Gym) Clint Phillips, Bill Lotter, JM-Gedney@bellsouth.net
- 1-3 MAY**, USAPL Master Nationals, Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044
- 2 MAY**, SLP Southwest Missouri Open BP/DL (Branson, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

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**18 APR**, 3rd Power Promotions Sports & Fitness Expo (Parkersburg, WV) Matt McCase, 304-376-7538, [mccase@yahoo.com](mailto:mccase@yahoo.com), [www.uspf.com](http://www.uspf.com)

**18-19 APR**, British PL, BP & DL (University of Bath, Claverton Down, Somerset, GBR) Entry to BPO no later than March 27th, Meet Director Greg Ashford, 01373-859997, [www.wfpowerlifting.com](http://www.wfpowerlifting.com)

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

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

**19 APR**, WNPF 13th Upstate New York (Buffalo, NY) Ron DeAmicis, 330-792-6670

**24-26 APR**, UPA PL & Bench Press National (Grand River Center, Dubuque, IA) Kenny Patterson, UPA President, (614) 563-0279, [KPatterson@UnitedPowerliftingAssociation.com](mailto:KPatterson@UnitedPowerliftingAssociation.com), Bill Carpenter, UPA Vice President (563) 599-1390, [BCarpenter@UnitedPowerliftingAssociation.com](mailto:BCarpenter@UnitedPowerliftingAssociation.com). Entry form: [www.upa-iowa.com](http://www.upa-iowa.com).

**25 APR**, SLP National BP/DL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**25 APR**, NASA Wisconsin Regional, NASA, Box 735, Noble, OK 73068, [SQBPDL@aol.com](mailto:SQBPDL@aol.com), 405-527-8513

**25 APR**, Kern County High School (Golden Valley HS, Bakersfield, CA) Toby Henry, 661-330-2600, [toby\\_henry@khsd.k12.ca.us](mailto:toby_henry@khsd.k12.ca.us)

**25 APR**, NASA Arizona State HS BP/PL (Mesa, AZ) Walt Swope

**25 APR (REVISED DATE)**, NASA WV State PL, BP, PP & Power Sports Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, [greg@vhpower.com](mailto:greg@vhpower.com)

**APR**, APF High School Nationals, (Baton Rouge, LA) Garry Frank, 225-241-8154, [bulldogbr@bellsouth.net](mailto:bulldogbr@bellsouth.net)

**1-3 MAY**, USAPL Master Nationals, Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

**2 MAY**, SLP Southwest Missouri Open BP/DL (Branson, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

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Chairman & Co-founder  
World Champion



Saturday  
January 17, 2009



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World Champion

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## CASH CHALLENGE

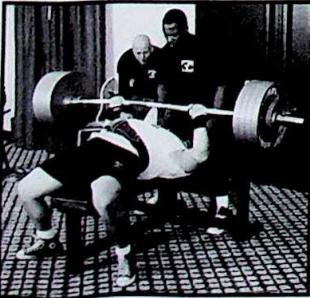
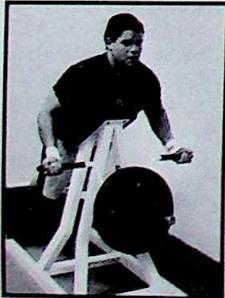
**\$500** For the strongest, drug-free man over 65 who can lift as much weight as Dr. Nerenberg (67 yrs. old) on the Power-Pull-Up (with Ivanko weights hanging from a waist belt).

**\$300** For the person over 60 • **\$200** For over 55 • **\$100** For over 50 years of age

The World Legion of Power offers this challenge. The strongest lift in each age category will be compared to what Dr. Nerenberg lifted in the contest or his prior record (whichever is higher).

Location:	The C.T. Fletcher Power Competition	Registration
World Legion of Power 7238 Painter Avenue Whittier, CA 90602 562.693-8005 By Whittier College Between Penn & Earlham	All Wt. Classes • All Ages • Trophies Awarded Elite, Masters, Amateurs, Youth Entry Fee: \$40.00 Per Event • Membership Fee: \$25.00 Make checks payable to: WLOP 7238 S. Painter Ave. • Whittier, CA 90602 562.693.8005 <a href="http://www.worldlegionofpower.com">www.worldlegionofpower.com</a>	Check In: 9:30 am Weigh In: 10:00 am Competition Starts: 10:30 - 11:00 am

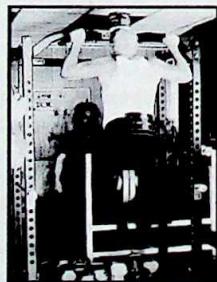
### T-Bar Strongman Pull      Strict Curl      Bench Press      Power Pull-Up



"Mr. Universe Street Physique", a Body-Building contest for Power-Lifters. Tank-top required.

Set World, National & State Records

\*NO BENCH-PRESS SHIRTS  
\*SINGLETT PREFERRED



- The C.T. Fletcher Power Competition • Sanctioned by The World Legion of Power -

Name: \_\_\_\_\_ Phone # \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

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

I know that my participation in World Legion of Power activities is potentially hazardous and can cause bodily injury or death. I assume all risk for any injury resulting from my involvement in WLOP sport activities.

Email: \_\_\_\_\_

X \_\_\_\_\_ Date: \_\_\_\_\_

I'm competing in: **Bench Press**  **Power Pull-Up**   
(\$40.00) (\$40.00)

(Participants Signature (Parent/Guardian Signature if participant is under 18 years old))

Check here if already a WLOP member.

**Street Physique**  **T-Bar Pull**  **Strict Curl**   
(\$40.00) (\$40.00) (\$40.00)

\*\*We would appreciate receiving your application by 12/15/08\*\*

**2 MAY**, Ohio USPF Division I & II PL & Single Lift State(Linton Community Center, Plainfield, OH) Tim Cochran, Ohio USPF Chairman, Box 11, Belpre, OH 45714, tncochran@yahoo.com

**2 MAY**, USPF San Diego Open PL, BP, DL (San Diego, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

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

**9 MAY, Lifetime Natural PL Nationals, Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net**

**9 MAY, NASA KY State Powerlifting, BP, PP & Power Sports (Morehead, KY)** Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com

**9 MAY, IBP NC State Youth/Teen PL (Statesville, NC)** Keith Payne, keith@ironboypowerlifting.net

**9 MAY, NASA Oklahoma State (OKC) NASA, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

**9 MAY, WNPF 13th Western Penna (Beaver Falls, PA)** Ron DeAmicis, 330-792-6670

**9 MAY, 100% Raw National Masters/North American Open PL (Zion Crossroads, VA)** John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com,

**16 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

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

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

**23 MAY, SPF National PL & BP (Nashville, TN)** Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

**23 MAY, IBP SC State P-P (Seneca, SC)** Keith Payne, keith@ironboypowerlifting.net

**23 MAY, USPF Military Nationals PL, BP, DL (Venice Beach, CA)** Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

**24 MAY, USPF Muscle Beach BP/DL (Venice Beach)** Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

**30 MAY, USPF 4th Summer Fest BP & DL (Parkersburg, WV)** Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

**30 MAY, SLP Ho-Chunk Nation Open BP/DL (Baraboo, WI)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**30 MAY, AAU 2nd High School Team PP Challenge (Lee Davis High School, Mechanicsville, VA)** Coach Jason Meade, 804-513-2460, meade@leedavisfootball.com or Judy at 804-559-4624, VAPowerlifting@zol.com

**31 MAY, AAU Triple Crown Classic & AAU East Coast BP Classic & AAU Virginia State Championship (Lee Davis High School, Mechanicsville, VA)** VAPowerlifting@aol.com

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

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Reading, PA 19608  
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**5-7 JUN, WDFPF World Single Event (Bradford, England)** JM-Gedney@wiu.edu

**5-7 JUN, RAW United National Championships, Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cfl.rr.com.**

**6 JUN, SLP Missouri Open BP/DL (Chesterfield, MO)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**6 JUN, USPF Sierra Nevada Cup PL, BP, DL (Grass Valley)** Karen and Steve Matthews, 530-477-2946 or 432-1426, Karen@mail2freedom.com

**6 JUN, USAPL Big K's 7th annual PL Meet, (FP, BP, PP - Cleveland, OH)** Gary Kanaga, 440-241-7984, www.bikgspowermeets.com

**13 JUN, SLP Superman Classic BP/DL (Metropolis, IL)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**13 JUN, IHM Festival BP (Youngstown, OH)** Ron DeAmicis, 330-792-6670

**13-20 JUN, USPF Western States Police & Fire Games (College of the Canyons, Santa Clarita, CA)** Sgt. Jonna Wiltshire, 626-300-3122, www.wspfg2009.org

**14 JUN, IHM Strongman (Youngstown, OH)** Ron DeAmicis, 330-792-6670

**20 JUN, SLP Michigan Open BP/DL (Ionia, MI)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

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

**26-28 JUN, European PL, BP & DL (Amsterdam, HOL)** entry to BPO no later than May 15th, Meet Director Ed Fennema, www.wpfpowerlifting.com

**27 JUN, SLP Samson's Gym Open BP/DL (Hamilton, OH)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**27 JUN, APF/AAPF Chicago Summer Bash VI (Velocity Sports, Willowbrook, IL)** Eric Stone, 630-794-0594, www.apf-illinois.com, www.chicagopowerlifting.com

**3-5 JUL, USPF National PL, BP, DL (Anaheim, CA)** Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

**11 JUL, ANPPC World Cup PL (Tuscola, IL)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**verizon.net**

**11 JUL, NASA Youth Nationals & WV Open BP, PP & Power Sports, Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com**

**12 JUL, USAPL Deadlift Push Pull Nationals (Miami, FL)** Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

**18 JUL, SLP Arkansas Open BP/DL/Curl (Bryant, AR)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

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

**24-25 JUL, Vermont State Open Raw BP (S. Burlington, VT)** All American Fitness Center (802) 999-7845.

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

**25 JUL, USPF 2nd Virginia State BP & DL, Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com**

**1 AUG, SPF Southern States (Russellville, AR)** Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

**1 AUG, USPF Muscle Beach Push-Pull (Venice Beach, CA)** Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

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

**2 AUG, SLP Vince Soto Memorial & Ohio State Fair BP/DL (Columbus, OH)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**8 AUG, Northern Virginia Raw PL/BP, John James, 703-475-9885, www.northernvirginiarawpower.com**

**15 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

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

**16 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

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

**22 AUG, 100% Raw Eastern USA Open (BP, DL, SC-Standardville, VA)** John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

**22 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**23 AUG, SLP Illinois State Fair BP/DL (Springfield, IL)** Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net



**APA Golden State Raw**  
14 SEP 08 - Sacramento, CA

BENCH	275 lbs.			
FEMALE	Master III			
123 lbs.	D. Yancy	340		
Master I	308 lbs.			
B. Aerts	96	Master II		
Open	A. Aerts	525		
B. Aerts	96	4th-535		
132 lbs.	Open			
Teen (13-15)	A. Aerts	525		
M. James	85	4th-535		
MALE	SHW			
165 lbs.	Open			
Master III	A. Ramsey	505		
D. Cain	260	OVERHEAD PRESS		
T. English	215	MALE		
198 lbs.	SHW			
Junior	Open			
E. Miller	250	A. Ramsey	225	
Submaster	Master I			
J. Young	330	A. Ramsey	225	
Master I	STRICT CURL			
C. Young	245	FEMALE		
220 lbs.	123 lbs.			
Master I	Master I			
B. Watts	330	B. Aerts	60	
T. Monteith	—	Open		
275 lbs.	G. Puckett	60		
Master III	MALE			
D. Yancy	330	198 lbs.		
P. Crawford	290	Master I		
308 lbs.	T. Seibel	130		
Open	4th-140			
A. Aerts	405	C. Young	115	
Master II	Master III			
A. Aerts	405	B. Starbuck	115	
4th-415	4th-122			
DEADLIFT	D. Knapp	100		
FEMALE	220 lbs.			
123 lbs.	Master I			
Master I	B. Watts	135		
B. Aerts	205	275 lbs.		
Open	Master III			
B. Aerts	205	R. Marks	150	
132 lbs.	4th-160			
Teen (13-15)	Master III			
M. James	242	P. Crawford	125	
MALE	308 lbs.			
198 lbs.	Master II			
Open	A. Aerts	140		
J. Stewart	485	4th-150		
Master I	Open			
C. Young	375	A. Aerts	140	
Push Pull	4th-150			
FEMALE	BP DL TOT			
123 lbs.				
Master I				
B. Aerts	96	205	301	
Open				
B. Aerts	96	205	301	
181 lbs.				
Open				
L. Young	85	205	290	
4th-BP-90		DL-220		
MALE				
198 lbs.				
Master I				
C. Young	245	375	620	
Master III				
B. Starbuck	275	410	685	
275 lbs.				
Master III				
D. Yancy	330	340	670	
308 lbs.				
Master I				

**Jan. 31, '09**  
**"Wild West USPF Powerlifting Shootout"**  
**Full Meet, SL Bench/Deadlift Meets**  
**Tombstone, AZ**  
**www.coldirongym.com**



Art Ramsey pressing 225 at the APA Golden State Meet. (Taylor)

Z. Jereb	365	270	425	1060
Master II				
A. Aerts	300	405	525	1230
4th-DL-535				
SHW				
Open				
J. Rodgers	515	370	515	1400
Open				
J. Rodgers	515	370	515	1400
4th-SQ-525				
Strength Sports OP				
CR				
DL				
TOT				

The APA Golden State "All Raw" Championships took place at Body Tribe Fitness. Best Lifter Male Full Power Event: Andy Laughlin. Best Lifter Female Full Power Event: Georgiann Puckett. Best Lifter Male Push & Pull Event: Alan Aerts. Best Lifter Female Push & Pull Event: Bonnie Aerts. Best Lifter Male Bench Press Event: Alan Aerts. Best Lifter Female Bench Press Event: Bonnie Aerts. Best Lifter Male Deadlift Event: Alan Aerts. Best Lifter Female Deadlift Event: Bonnie Aerts. Best Lifter Male Strength Sports Event: Alan Aerts. Best Lifter Female Strength Sports Event: Georgiann Puckett. Best Lifter Male Overhead Press Event: Art Ramsey. Best Lifter Male Strict Curl Event: Thomas Seibel. Best Lifter Female Strict Curl Event: Bonnie Aerts. The APA Golden State "All Raw" Championships was a well attended event. Several Raw records were set. Al and Bonnie Aerts Power Team took the first place team spot with a crew of awesome lifters. A very special thanks to Chip Conrad and the Body Tribe crew for hosting this event and providing a great staff of officials, spotters, and loaders. It was refreshing to run an event without all the near mishaps that occur when bench shirts throw the bar out of control and lifters are actually lifting the weight they can handle so the strongest can truly end up on top with no question. Thank you to the lifters and meet staff for making this a very memorable event. (results from Scott Taylor, APA)



Georgiann Puckett @ Body Tribe

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 Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

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**ADFPF Last Chance Qualifier**  
**4 OCT 08 – Evansville, IN**

Powerlifting	SQ	BP	DL	TOT
FEMALE				
175 lbs.				
Teen I				
P. Sutton	170	90	195	455
MALE				
123 lbs.				
Master I				
D. Hall	230	130	265	625
165 lbs.				
Teen III				
W. McBrien	375	215	410	1000
181 lbs.				
Teen II				
J. Seeling	365	195	365	925
Teen III				
T. Morrison	340	275	510	1125
198 lbs.				
Master II/PMF				
R. Utley	275	345	420	1040
Master III				
S. Campbell	340	250	395	985
Teen III				
J. Scott	335	170	425	930
220 lbs.				

Open  
 M. Munson 495 415 545 1455  
 242 lbs.  
 Master III  
 P. Tyring 405 250 500 1155  
 Master IV/PMF  
 McWilliams 315 330 405 1050  
 Open  
 E. Caswell 455 345 460 1260  
 275 lbs.  
 Master I  
 J. Adkins 480 425 550 1455  
 J. Adkins! 425 330 500 1255  
 C. Phillips 440 360 430 1230  
 !=Lifted Raw. Venue: The Pit Barbell Club. Co. Meet Directors: Michael Stagg & Dick Connor. Meet Highlights: Lifters came from Michigan, West Virginia, Indiana, and Ohio to get one last chance to qualify for the 2008 WDFPF World Championships. Fourteen lifters made the most of their opportunity with 13 qualifying in their respective divisions. Dano Hall failed to qualify but still had a personal best total on the day. Dano is a veteran lifter and I'm sure he will be back even more determined next year. Paris Sutton went 9 for 9 in her first meet qualifying in the unequipped teen (14-15) category. Mike Seeling, Josh Scott, Roger Utley and Chris Phillips came back and upped their totals from this year's nationals and all qualified with room to spare. First time lifters Travis Morrison and Ed Caswell both qualified in their categories as well despite each having misses due to technicalities in their lifts. I am sure they will remember those mistakes when November gets here! Pat Tyring has been nursing a hamstring injury and only did openers and easily qualified. In fact, I had to question the logic in having your last warm-up rep actually be higher than your opener. Jim Adkins came all the way from West Virginia and only took openers to qualify in both equipped and unequipped divisions. His lifting partner, Steve Campbell did just enough to get himself qualified. Kim McWilliams shouted out to Dick Conner while putting his deadlines down "super slow" style. Jake McBrien qualified in the 165 lb category but wanted to get the 181 qualifying total just in case he gains weight. Finally, Matt Munson made everything look easy by not missing an attempt on the day. In fact, he never really even seemed to struggle. It was a fun day and I was pleased with the level of lifting as well as the strict judging. I am sure a few lifters were disappointed when some squats were called on depth and

other, seemingly insignificant technicalities nullified a lift. However, everyone took it in stride and stepped up on their following lifts. Congratulations to all. (results provided to PL USA by courtesy of Judy Gedney)

**100% Raw Jacksonville Open**  
**13 SEP 08 - Jacksonville, NC**

BENCH	Open	
FEMALE	R. Strange	360
Master (45-49)	SHW	
114 lbs.	Open Sub	
D. Wofford	140	H. Canada 460
Sub (35-39)		DEADLIFT
123 lbs.		FEMALE
D. Olson	130	114 lbs.
Submaster		Master (45-49)
198+ lbs.		D. Wofford 245
R. Fields	160	4th-250
MALE		123 lbs.
Master (50-54)		Sub (35-39)
132 lbs.		D. Olson 285
G. Raisin	155	198+ lbs.
Teen (16-17)		Open Sub
148 lbs.		R. Fields 300
A. Grantham	205	MALE
Sub (35-39)		181 lbs.
165 lbs.		Master (45-49)
M. Mason	300	N. Grantham 435
Master (40-44) PFM		Open PFM
181 lbs.		K. Dickhut 450
R. Sarmento	330	Teen (18-19)
Master (45-49)		J. Tatum 550
J. Smith	270	198 lbs.
N. Grantham	270	Sub (35-39) PFM
J. Shope	260	R. Herring 750
Open PFM		Teen (16-17)
K. Dickhut	275	J. Braswell 360
Teen (18-19)		220 lbs.
J. Tatum	305	Teen (18-19)
PFM		C. Wood 485
198 lbs.		242 lbs.
C. Stiley	275	Master (40-44) PFM
Teen (16-17)		P. Serra 560
J. Braswell	230	4th-570
Master (60-64)		Master (45-49) PFM
220 lbs.		L. Corbin 545
J. Strange	130	CURL
Teen (18-19)		FEMALE
R. Dillen	295	114 lbs.
242 lbs.		Master (45-49)
Master (40-44)		D. Wofford 65
S. Deuel	310	MALE
Master (40-44) PFM		148 lbs.
P. Serra	345	Teen (16-17)
Master (45-49) PFM		J. Smith 105
L. Corbin	345	A. Grantham 75
BENCH Reps		Lbs. Reps Place
FEMALE		

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**ADFPF Mission Statement:** To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition 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.

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

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

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

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

Name \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

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

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

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 officials 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 December 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.



 <b>Application for Registration</b> <b>UNITED STATES POWERLIFTING FEDERATION</b>				
Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
		Y	N	
Street Address		City		
State	Zip	Area Code/Telephone		
Email	Referee Status	Current High School	Special Olympian	Inmate
	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	/ /
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<small>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.</small>				
If Under 18 have Parent Initial _____ Signature _____				
White: USPF Office    Yellow: Member    Pink: Meet Director				

**USPF Regional Championships**  
**1 NOV 08 - Parkersburg WV**

	SQ	BP	DL	TOT
<b>FEMALE</b>				
132 lbs.				
Junior (20-23)				
B. Williams	—	88	248	336
148 lbs.				
Master (40-49) Div. II				

C. Williams	—	303!	—	303	T. Lambiotte	—	—	—	—
165 lbs.					82 lbs.				
Junior (20-23)					Guest				
C. Harman	—	77	215	292	L. Haga	—	—	110	110
198 lbs.					148 lbs.				
Master (40-49)					Junior (18-19)				
L. Gilbreath	143	88	231	463	T. Knight	—	276	—	276
MALE					181 lbs.				
75 lbs.					Junior (18-19)				
Guest					D. Edwards	—	204	347	551

Open							
M. Baveltz	623	—	551	1174			
198 lbs.							
Junior (18-19)	—	—	—	—			
T. Smith	—	—	—	—			
Junior (20-23)	—	182	419	601			
J. Chase	—	215	369	584			
E. Timbalin	—	287	430	716			
Master (50-59)							
D. Walters	—	—	—	—			
Open							
C. Stewart	—	—	—	—			
220 lbs.							
Junior (16-17)	—	—	391	391			
S. Brown	—	—	—	—			
Master (40-49)	—	601	358	601	1560		
S. Grigsby	—	—	—	—			
Master (50-59)							
M. Modesitt	—	518!	—	518!			
Master (70) Police/Fire							
L. Stinson	—	—	452	452			
Open							
F. Goff	—	419	—	419			
Open Junior (20-23)	—	—	—	—			
R. Pinelli	—	551!	—	551			
Submaster (35-39)							
R. Ramirez	—	435	—	435			
242 lbs.							
Junior (18-19)	—	—	364	623			
P. Holland	259	—	—	—			
Master (40-49)							
R. Perkins	—	419	—	419			
Open							
J. Deutsch	480	—	524	1003			
275 lbs.							
Master (40-49)							
C. Young	700	584	667	1951			
Submaster (35-39) Police/Fire							
K. Underwood	502	480	705	1687			
308 lbs.							
Junior (20-23)	—	—	—	—			
C. Robinson	259	193	—	452			
Open Master (40-49) Div. II							
J. Potts	—	540	—	540			
Submaster (35-39)							
M. Feathers	—	—	535	535			

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liams, Elite Best Lifter: Chris Young. (Results provided courtesy of Matt McCase)

USAPL SQ/DL/Push-Pull Nationals 13 SEP 08 - Denver, CO					
	WOMEN	SQ	BP	DL	TOT
123 lbs.					
Open					
W. Wiesjahn	—	138	270	408	
148 lbs.					
Open					
P. Winter	—	105	259	364	
181 lbs.					
Open					
L. Smith	—	143	298	441	
Open					
R. Burkholder	—	105	254	358	
UNL					
Junior					
Manuel-Edge	176	—	—	176	
MEN					
132 lbs.					
Master V					
R. Trujillo	—	—	435	435	
148 lbs.					
Teen III					
J. Sigler	—	209	281	490	
Master II					
B. Sato	474	—	—	474	
165 lbs.					
Open Master III					
Constantineau	—	319	491	810	
Teen II					
M. Morrissey	—	248	502	749	
Teen I					
A. Weisiger	—	176	419	595	
Master II					
M. Sigala	—	—	562	562	
181 lbs.					
Open					
J. Blindauer	402	424	617	1443	
Teen II					
G. Garrison	358	270	413	1041	
Master II					
D. Thurman	—	578	446	1024	
Master II					
T. Cencich	—	—	413	413	
198 lbs.					
Open					
T. Craig	—	341	540	881	
Teen II					
A. Cross	—	303	513	815	
Master II					
LeBeaumont	—	281	353	633	
Master III					
R. Keele	419	—	463	882	
220 lbs.					
Junior					
M. Vassilev	—	330	518	848	
Open					

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14 JUN 08 - McComb, MS

BENCH 198 lbs.  
WOMEN Junior Raw

148 lbs. B. Pitts 465\*

A. Mckia 215\* Open Raw

K. Boone 205\* PUSH PULL

MEN WOMEN

148 lbs. Open Raw

C. Herrington 130\* Open

Submaster K. Boone 855\*

181 lbs. Open

Submaster C. Alles 845

148 lbs. Open

C. Neal 430\* Master (65-69)

Teen (18-19) R. Jenkins 790

Raw K. Boone 290\* Open

Submaster C. Cliburn 75\*

148 lbs. Open

J. Bailey 365\* Teen (13-15)

Junior C. Cliburn 75\*

148 lbs. Open

H. Ladner 405\* H. Ladner 125\*

Open B. Pitts 135

Submaster M. Mason 135

WOMEN 198 lbs. Junior

Open S. Fountain 160\*

MEN 148 lbs. Open

K. Boone 170\*

Teen (13-15) 242 lbs.

Junior K. Boone 170\*

242 lbs. Open

H. Ladner 140

165 lbs. Open

J. Bailey 140

Open C. Herrington 135

4th-250 J. Barnes 135

=State Records. !=World Records. Best Lifters:

Kevin Harmon, Brandon Pitts, Kevin Boone.

(Thanks to John Micka for results)

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

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

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

Address: \_\_\_\_\_

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

Date of Birth: \_\_\_\_\_

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

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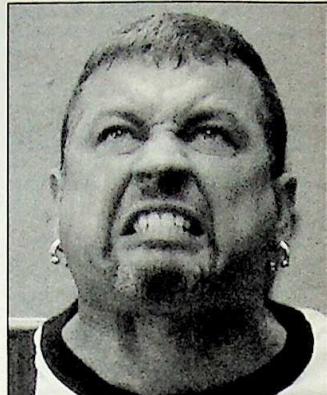
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### APA Hoosier State Open 20 SEP 08 - Plainfield, IN

BENCH	220 lbs.
FEMALE	Open Raw
165 lbs.	J. Brooks
Open Raw	Junior Raw
M. Carter	200 J. Blaugh
MALE	Submaster Raw
132 lbs.	K. Herron
Open Raw	Master I
T. Haag	240 R. Gray
181 lbs.	Master II
Teen Raw	D. Shorter
S. Wellman	250 242 lbs.
198 lbs.	Master II
Master II	D. Goble
Zimmerman	295 —
Push Pull	BP DL TOT
MALE	
165 lbs.	
Master I	
R. Davis	330 475 805
198 lbs.	
Submaster	
J. Ellis	285 520 805
Teen Raw	
R. Young	275 405 680
Powerlifting	SQ BP DL TOT
FEMALE	
148 lbs.	
Open Raw	
A. West	180 80 180 440
Master Raw	
R. Bruner	250 135 275 660
Master Raw	
M. Bischoff	175 120 255 550
181 lbs.	
Master Raw	
D. Gordon	130 90 180 400
MALE	
165 lbs.	
Open Raw	



**Tim Glass @ APA Hoosier Open**

R. Riley	495	315	500	1310
Teen				
C. Oakley	300	185	300	785
Submaster Raw				
R. Riley	495	315	500	1310
Master I				
R. Davis	375	330	475	1180
198 lbs.				
Open Raw				
D. Yeiter	315	215	475	1005
220 lbs.				
Open Raw				
J. Flynn	500	420	540	1460
Master I				
T. Glass	450	385	475	1310
242 lbs.				
Open Raw				
S. Richardson	400	285	430	1115
Junior				
A. Tumbusch	500	340	505	1345
Master I Raw				
W. Newby	410	315	555	1280
275 lbs.				
Submaster				
Cunningham	600	350	450	1400
341 lbs.				
Submaster				
C. Bryant	—	—	—	—
SHW				
Master II Raw				
D. Oaks	410	295	455	1170
Female Best Lifter: Rachel Bruner. Raw Best Lifter & Overall Best Lifter: Robert Riley. Raw Best Lifter & Overall Best Lifter: Robert Riley. Raw Best Lifter Push Pull: Richard Young. Overall Best Lifter: Robert Davis. Raw Best Lifter & Overall Best Lifter Bench: Keith Herron. Venue: Next Level Fitness. (from Scott Taylor)				

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City	State	Zip Code			
Area Code	Telephone Number	Date of Birth	Age	Sex	U.S. Citizen
Registration Fee (Circle Appropriate Fee)		Registration Number		Email Address	
AFPF: \$30	AAFPF: \$30	AFPF & AAFP: \$40		YES	NO
Fill out card completely, make check payable to AFPF/AAPFP and mail to: Are you a previous AFPF/AAPFP Member? <input type="checkbox"/> YES <input type="checkbox"/> NO			AFPF/AAPFP - West 3010 N. Torrey Pines Drive. Las Vegas, NV 89108 702-656-6762 630-546-3769		AFPF/AAPFP - East 62 So. Broadway Aurora, IL 60543 603-546-3769
If under 18, have parent initial here	I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFPF or AAPPF	Signature X			

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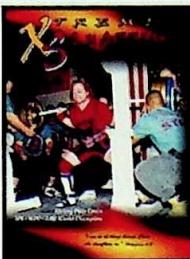
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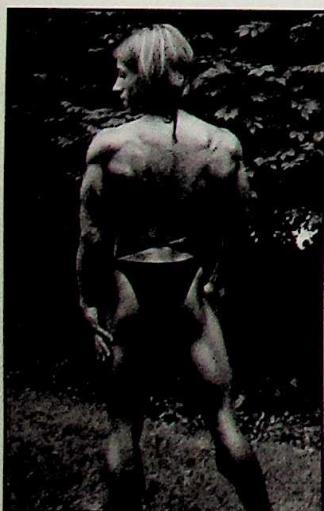
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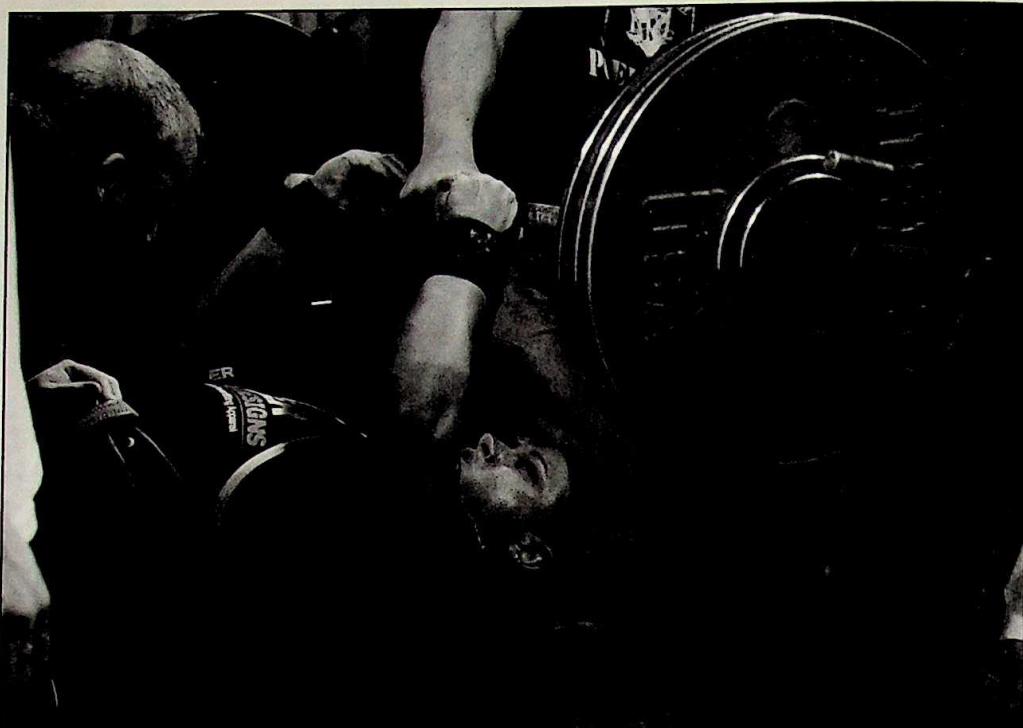
commodate resistance. This is followed by two sets of moderate dumbbell presses at different angles, which are switched each week. They are rotated with one set close and one set very wide, benching on a flat, incline, or decline just like the dumbbell press and done moderately for 5 to 8 reps per set. Then she does triceps work with barbells or dumbbells, sometimes supersetting with light push-downs for around 15 reps. Next, she does lat work of every kind possible with shrugs, rear and side delt work, and that's it.

After max effort workouts she does two sets of light reps for muscle hypertrophy. Her main lifts are foam press, floor press, and the future method with several variations. They are intergrated with many forms of presses with bands over the bar, and dumbbell presses are very common in her workouts. She wears a shirt for about half the max effort workouts, and just like on speed day Laura will do lots of triceps, lats, upper back, and rear and side delt work. She is constantly working on her bench form and flexibility. Shane has also been working on Amy Weisberger's bench style with great success.

Laura is very good at dead-lifting, having pulled 560 at 165. She will own that world record as well. She used to windmill her pulls until I had her take an uneven stance with the underhand grip side by offsetting the foot spacing by two



*She's even tried physique competition (courtesy Doris Simmons)*



**Laura** is just as exceptional in the bench press; at 181 she benched a world record of 465 pounds!

inches. She does a lot of ultrawide sumo deadlifts, which are done for her hip extension and flexibility. She also does 45-degree hypers, Reverse Hypers, low pulley rows, chest-supported rows, and shrugs with barbells and dumbbells. She does sled pulling for both squatting and deadlifting, which also aids in recovery and GPP, glute/ham raises, band leg curls, and walking with ankle weights.

Everyone must pass the test of time to be considered a great, but I believe Laura will continue to blow everyone's mind with her flawless form and immense strength combined with beauty and being a very nice and down to earth person. It is a true honor to have Laura on the Westside team. She represents us with integrity and strong values and a lasting commitment to her husband Shane, her family and friends.

and Westside.

If anyone can challenge Laura at 165 or 181, I don't see her running or retiring prematurely, but rather rising up to the challenge. She knows her place, and it's on top for

some time to come. Long live  
the queen, Laura.

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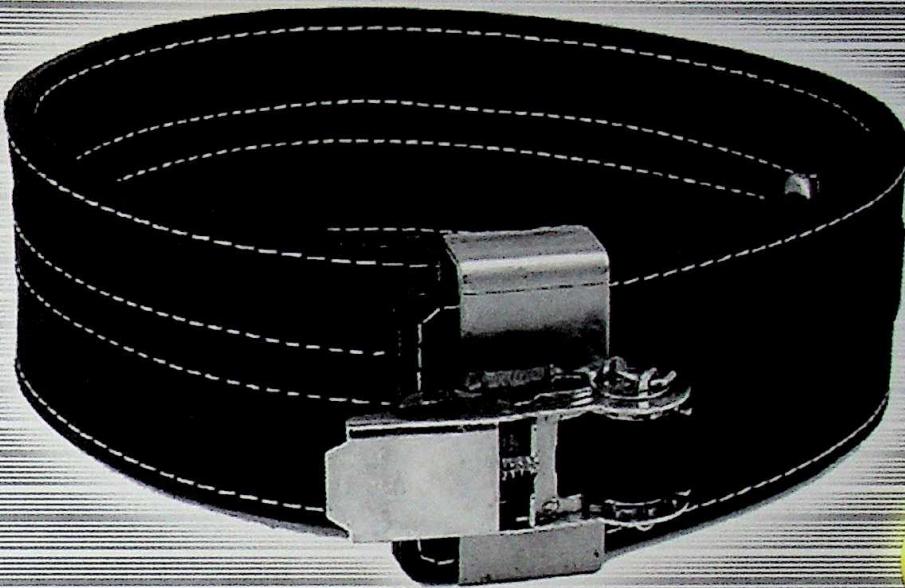
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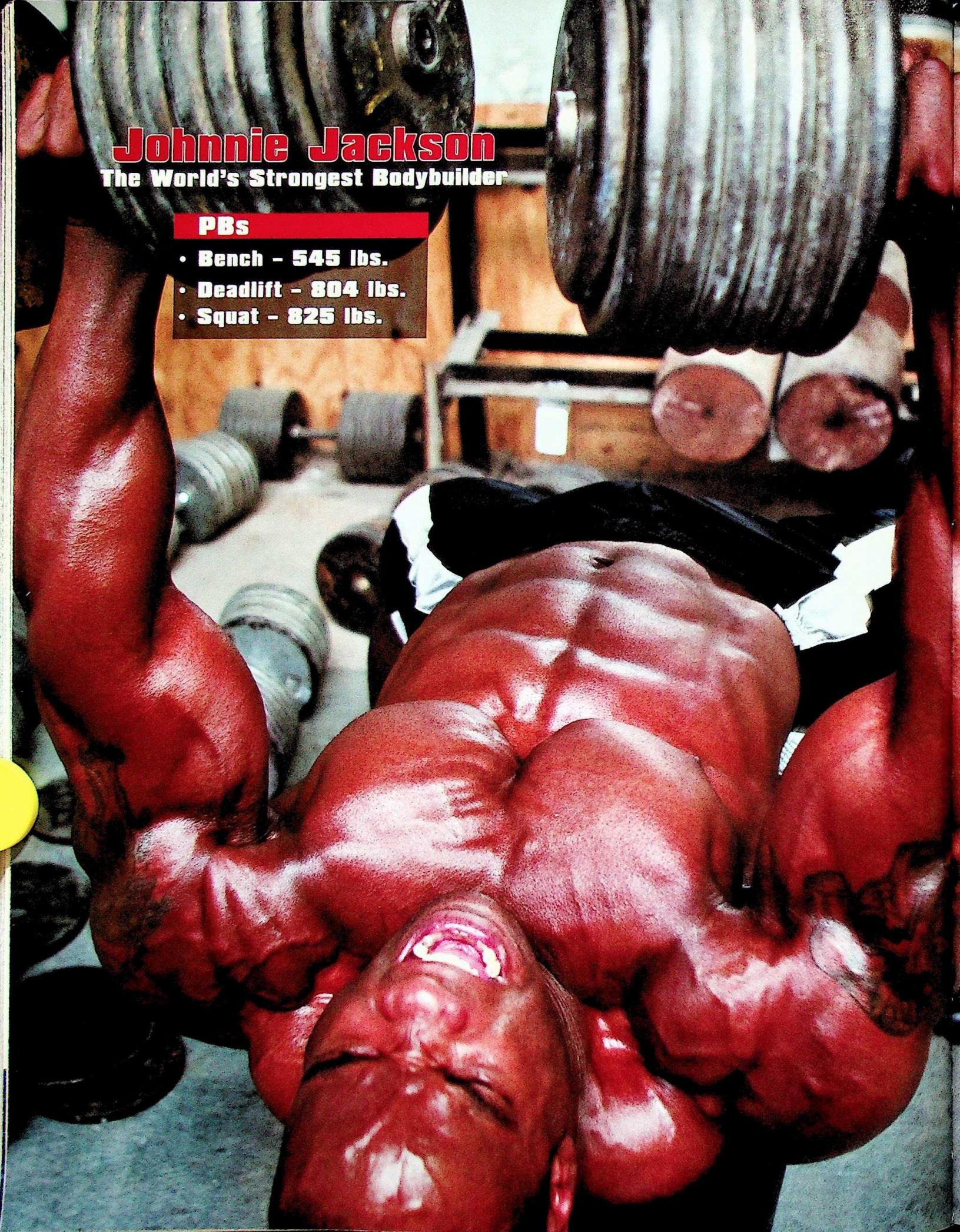
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City		State	Zip	Area Code/Telephone
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Signature \_\_\_\_\_

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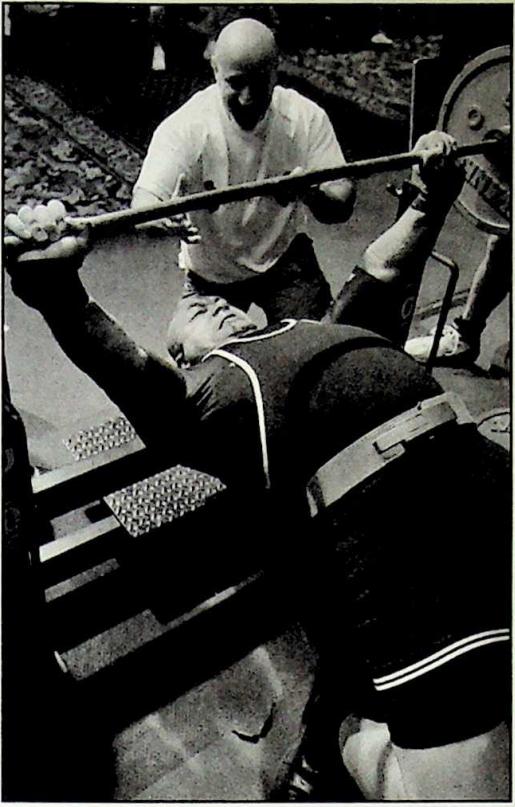
BENCH	148 lbs.	220 lbs.	G. Witzel	281	J. Crawford	766	242 lbs.
WOMEN	N. Huxley	248	B. Reynolds	441*	J. Beteta	358*	B. Henry
Law/Fire	L. Thierolf	203	Master (48-55)		K. Schleif	198	Teen (18-19)
Master (40-47)	165 lbs.	220 lbs.			308 lbs.	105 lbs.	192
123 lbs.	S. Klocke	264	J. Jones	429*	R. Smith	573!	T. Belen
L. Lamp	199	4th-303*	F. Sua	479*	Master (68-74)	105 lbs.	347
4th-203!*	198 lbs.		Open		148 lbs.	181 lbs.	
Master (40-46)	A. Bowman	259	165 lbs.		L. Vincent	259	D. Better
114 lbs.	P. Robey	242	Crossen III	447	4th-277!*	J. Mugleson	220 lbs.
R. Moore	132	Submaster	4th-451*		198 lbs.	281*	J. Huitt
148 lbs.	148 lbs.		Master (40-46)		D. Barstow	236	452*
T. Jacobs	225	V. Reese	259*		220 lbs.	315	D. Dunham
165 lbs.	R. Unson	203	165 lbs.		J. Garbush	4th-325*	473
S. Klocke	264	Teen (16-17)	D. Unson	330	A. Whinston	88	4th-507*
4th-303!*	123 lbs.		Master (80-84)		248		
Master (47-53)	R. Talley	71	198 lbs.		J. Gladson	248	
114 lbs.	198 lbs.				Master (80-84)		
J. Morris	82	K. Sua	214		148 lbs.		
123 lbs.	Teen (18-19)		J. Noblit	—	148 lbs.		
C. Sasnuik	137	148 lbs.	E. Aleaga	418	Open		
132 lbs.	A. Konzal	176	B. Harner	457	165 lbs.		
D. Sutton	—	4th-187*	259 lbs.		A. Jackson	347	
148 lbs.	MEN	275 lbs.	J. Schaer	473	148 lbs.		
N. Huxley	248!*	Class I	D. Sugimoto	440	D. Simpson	402	
P. Michaels	209	148 lbs.	B. Fleming	650*	220 lbs.		
N. Carpenter	199	209	SHW		S. Edmondson	523	
4th-203#	165 lbs.		SHW		4th-541*		
UL	M. von Inter	325	J. Place	678*	242 lbs.		
M. Huston	220	198 lbs.	E. Aleaga	677	T. Canaday	402	
Master (54-60)	B. Walker	462*	E. Evangelista	418	242 lbs.		
114 lbs.	D. Sugimoto	440	181 lbs.		T. Eldridge	440	
I. Pantilat	214	385	181 lbs.		259 lbs.		
198 lbs.	E. Dowd	385	L. Woodley	396*	T. Chun	—	
K. Cash	192*	B. Nikolaus	462	SHW	490		
UL	B. Hafner	457	242 lbs.		J. Crawford	766	
M. Lewis	—	T. Canaday	402	181 lbs.	766		
Master (61-67)	259 lbs.	275 lbs.	D. Brewer	473	E. Aleaga	677	
114 lbs.	G. Loss	308 lbs.	D. Better	418	Special Olympian		
M. Buchanan	132*	308 lbs.	181 lbs.		181 lbs.		
198 lbs.	4th-523*	308 lbs.	J. Mickelson	496	Submaster (33-39)		
P. Robey	242!*	T. Blas	303	181 lbs.	126*		
Master (75-79)	308 lbs.	220 lbs.	D. Brack	303	Master (54-60)		
165 lbs.	V. Brumfield	451	R. Chwalek	303	165 lbs.		
M. Turner	121	R. Sanchez	319	242 lbs.	S. Edmondson	523	
4th-126!*	198 lbs.	Junior (20-25)	N. Beseda	440	4th-541*		
Master (80-84)	E. Dowd	385	4th-457*		259 lbs.		
148 lbs.	242 lbs.	259 lbs.	T. Chun	—	T. Chun	—	
M. Whinston	69!*	A. Munsey	374	275 lbs.	275 lbs.		
Open	SHW	275 lbs.	S. Pecktol	457	S. Amavae	661	
114 lbs.	R. Sanchez	429*	Master (61-67)	181 lbs.	4th-701!*		
I. Pantilat	214	242 lbs.	181 lbs.		308 lbs.		



Robert Wass with a WABDL State Record 523 lb. deadlift at 220 lb., 61-67 age group (courtesy Wass)

DEADLIFT	A. Jackson	574!*
WOMEN	220 lbs.	
Law/Fire	W. Snyder	622*
Master (40-47)	Master (40-46)	
123 lbs.	165 lbs.	
L. Lamp	242*	Cunningham
UL	242	529
K. Pruitt	225*	D. Unson
Master (40-46)	198 lbs.	485
148 lbs.	D. Guches	607*
T. Jacobs	402	R. Garza
181 lbs.	220 lbs.	633
J. Taylor	424!*	D. Bell
Master (47-53)	259 lbs.	551
114 lbs.	Christensen	—
J. Morris	264	275 lbs.
123 lbs.	J. Fernandez	683
C. Sasnuik	209	308 lbs.
148 lbs.	D. Munsey	606
N. Huxley	341*	SHW
165 lbs.	J. Place	628
T. Holte	402	Master (47-53)
UL	181 lbs.	181 lbs.
P. Michaels	369*	L. Woodley
Master (54-60)	220 lbs.	633
114 lbs.	J. Waldo	681!*
I. Pantilat	281	242 lbs.
198 lbs.	L. Benner	584
K. Cash	303*	275 lbs.
UL	D. Better	562
A. Medak	308 lbs.	
M. Lewis	330	A. Mickelson
M. Johnson	214	540
Master (61-67)	Master (54-60)	
165 lbs.	181 lbs.	
J. Rankin	429	
D. Backiel	275 lbs.	
Master (80-84)	275 lbs.	
148 lbs.	S. Pecktol	683!*
M. Whinston	198 lbs.	Master (61-67)
4th-155!*	4th-523*	198 lbs.
Open	220 lbs.	
K. Clark	319	
123 lbs.	R. Wass	518
148 lbs.	4th-523*	
T. Jacobs	402	Master (68-74)
L. Thierolf	314	220 lbs.
165 lbs.	J. Huggins	419*
T. Holte	402	Master (80-84)
198 lbs.	148 lbs.	
A. Bowman	314	A. Whinston
Submaster	Open	110
148 lbs.	181 lbs.	
V. Reese	380*	L. Woodley
R. Unson	292	198 lbs.
Teen (12-13)	198 lbs.	
97 lbs.	D. Simpson	681
B. Jackson	154	J. Anthony
Teen (14-15)	175 lbs.	
132 lbs.	J. Fernandez	683
J. Jackson	281*	308 lbs.
148 lbs.	S. Erhardt	661
O. Houseman	253*	A. Medak
Teen (16-17)	242 lbs.	600
123 lbs.	J. Mickelson	540
R. Talley	187	Submaster (33-39)
165 lbs.	A. Jackson	574
4th-192*	242 lbs.	
K. Sua	380	D. VanSkihe
4th-409*	148 lbs.	507
UL	220 lbs.	
A. McGlothlin	286	M. Sandoval
MEN	165 lbs.	380
Class I	D. Harris	
148 lbs.	J. Fernandez	402*
W. Baxter	469*	181 lbs.
165 lbs.	B. McCauley	341*
J. Fernandez	330	220 lbs.
181 lbs.	J. Garbush	507
Marxheimer	523	242 lbs.
M. Hyser	501	B. Henry
R. Scherff	501	352*
198 lbs.	Teen (18-19)	
J. Collins	501	148 lbs.
242 lbs.	W. Baxter	469
V. Nikolaus	617	181 lbs.
SHW	N. Wilks	264
J. Place	628*	198 lbs.
Junior (20-25)	B. Rice	622*
242 lbs.	220 lbs.	
A. Munsey	551	B. Knowles
Law/Fire Open	242 lbs.	413
165 lbs.	C. Rounds	634*

!=World Records. \*=State Records. #=National Records. The Red Lion Hotel was a world class venue. It has a great restaurant, with big picture windows overlooking a lake, and huge 150 foot cedar trees. At certain times you will even see deer and fox roaming. There were 149 lifters at this championship. Fourteen world records were set. Now, onto the meet

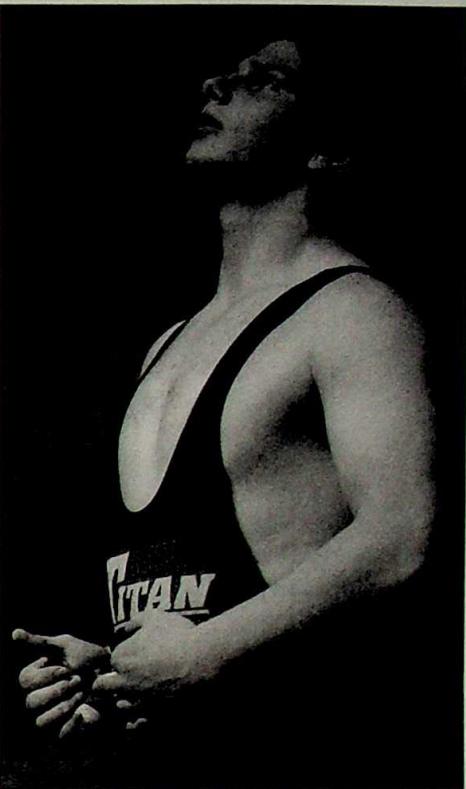


**Sam Amavae** benched 661 pounds at 275 as well as an impressive 701 pounds on a 4th attempt!

results. World records in the deadlift were set by Alfred Jackson in the Law/Fire Open 165 lbs. division, with an exceptional 574.1. Alfred recently served a tour of duty in Iraq and is stationed at Fort Lewis, Washington, in the Army. In the Master (47-53) 220 lbs. division, Jim Waldo set his third world record of the year with a 681. He has done 701 and 703 at 259 for world records. He works on a crab boat in Alaska part of the year. He's 53 and he has passed two drug tests, and he got a PR on top of it. At age 53 that's impressive! In the Master Women (40-46) 181 lbs. division, Jennifer Taylor set a world record 424.2. She's a no-nonsense, "let's get it done" lifter, who keeps improving. In the Master (80-84) 148 lbs. division, Melicent Whinston, at age 81, set a world record deadlift of 155.3 and she only weighs 137 lbs.! She competes in masters track & field and is in incredibl shape for her age. Notable state records in the deadlift were Jeffery Place with an Oregon record 628.2 in the Class I Super division, William Snyder with a 622.7 Law/Fire Open at 220 lbs. for an Oregon record, Dan Guches with a 607.3 in the Master (40-46) 198 lbs. division for an Oregon record, Al Dawson with a 667.8 Washington record in the Master (47-53) 242 lbs. division. Al coaches numerous kids who have had troubles with the law and has done a tremendous job with them along with his girl friend Trish. Trish had deadlifted 402. Al has tremendous passion for the deadlift and he should hit 700 some day. Robert Woss of Medford, Oregon, set a state record 523.5 in the master (61-67) 220 lbs. division. His daughter Amanda deadlifts 342 at 148 lbs. as a teenager. Nadine Huxley set a Washington record 341.5 in the Master (47-53) 148 lbs. division, and Pamela Michaels-Olson, who's fighting cancer, set a very inspirational Washington record 369.2 in the Master (47-53) 165 lbs. division. Notable teenage records in the deadlift were set by Derrick Harris Teen 16-17/165, a Washington record 402.2, Ben Rice (18-19) 198 lbs. a Washington record, three weeks later, Ben set a world record 633.7. He's a deadlifting machine who develops a lot of thrust at the bottom to make the bar have "life." Connor Rounds, who is coached by Al Dawson, set a Washington record 634.8 at

Teen (18-19) 242 lbs. Conner's life has been a walk on the wild side and Al has given him and a few other teenagers some direction that's positive. Right now that direction is pointing due north to 700 land. Kayla Sua is the heir apparent to Kayla Tauli who has the highest deadlift in WABDL at age 17 with 501.5. Kayla Sua pulled a Washington record 409.9 in Teen (16-17) 198 lbs. and her future in deadlifting is as good as she wants to make it. At her age there are a lot of distractions. Moving onto the bench press, world records were set by Lauri Lamp in Law/Fire Master (40-47) 123 lbs. with 203.7. She is an accomplished deadlifter and has only been benching for two years. Robert O. Smith of Canada, at age 65, set a world record 573 in the master (61-67) 308 lbs. division. It was his 11th world record in super and 308 in the last four years. He's a member of the Screen Actors Guild, which among powerlifters is an exclusive group. He, Gus Rethwisch,

and Randy Rainey are the only powerlifters to belong to the Screen Actors Guild. Randy Rainey was a tough looking bearded biker that competed at one of Dayle Kenady's meets in 1985. He lifted raw except for an old marathon single-ply squat suit and went 788-534-826. Gus Rethwisch, at the same meet, did an exhibition five reps in the deadlift at 775 in a singlet. Randy had a huge fight scene with Stallone in Rambo II and he and Gus Rethwisch auditioned head to head for a Miller High Life commercial in 1987 that Gus Rethwisch got. He played a Russian weightlifter and it aired half of 1987 and all of 1988. It was an Olympic promo commercial for Miller Brewing for the 1988 Olympics in Seoul, Korea. He filmed the commercial in two days and made \$60,000 because it was a national commercial and not a regional one. Robert O. Smith has acted in movies, television, and has done numerous voice over for Action Carleton shows, especially the Incredible Hulk. He lived in the LA area in the sixties and was competing in Olympic lifting as far back as 1961. He then moved to Bellingham, Washington in 1971 and then finally to Vancouver, Canada in 1980. He's a true Ironman Guru. Very few lifters stay in competition as long as he has. Other world records in bench were set by Larry Vincent 27.7 in the master (68-74) 148 lbs. division. Larry has set six world records in (61-67) 148 lbs. and (68-74) 148 lbs. and deadlifts close to 400 at age 70. Sheri Klocke set a world record 303 in the master (40-46) 165 lbs. division, and her happiness was only exceeded by her accomplishment. Nadine Huxley set a world record in the master (47-53) 148 lbs. division, with 248 - her third world record in the last three years. In (61-67) 198 lbs. Pat Robey set a world record 242.5 at age 66. Pat should be an inspiration to all who are around her and who witness her determination on the platform. Marcia Turner, after an absence of three years set a world record 126.7 in the master (75-79) 165 lbs. division, and Melicent Whinston set a world record 69.3 at age 81 in master (80-84) 148 lbs. State records that were notable were Scott Edmondson 541.1 Oregon open record at 220 as well as a Submaster record. Jake Garbush set a Washington record 325 in Teen (16-17)



**Teen Jake Garbush** pulled a 507 at 220 at the Iron Gladiator sponsored championship on Aug. 2nd for results

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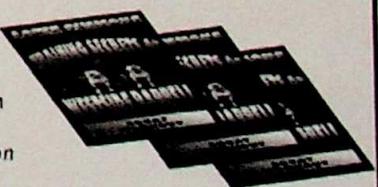


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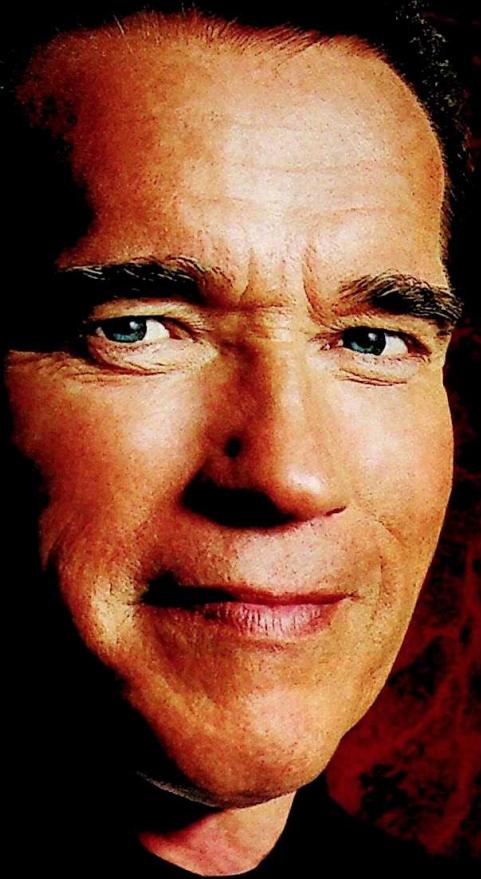


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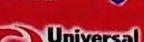
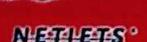
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(continued from page 32)

12 weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SH  
Open + 14 age classes, 13-15, 16-17, 18-19, 20-23, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ (720 possible divisions!)

#### IPA

TESTED / NON-TESTED, Raw / Multi-ply  
12 weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SH  
Open + 14 age classes, 13-15, 16-17, 18-19, 20-23, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ (720 possible divisions!)

#### APA

TESTED / NON-TESTED, Raw, Single-ply / Multi-ply  
12 weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SH  
Open + 15 age classes, Pre-Teen, 13-15, 16-17, 18-19, 20-23, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ (1152 possible divisions!)

Remember the above information pertains to MEN'S FULL POWERLIFTING DIVISIONS ONLY. This is every possible combination for weight and age. I took a few minutes to figure EVERY conceivable combination possible for a male lifter to enter; including (law, fire, military, single lifts, bench for reps, strict curl) and one federation has a potential for 3,705 possible combinations for entries, with one other federation recording a figure well over 6000 entries. These statistics are mind-boggling. Can you imagine having to keep the records for these federations? The federation secretary/record keeper is due a raise!

Now, let me explain why some of the numbers of divisions are so high. The first line under the federations' initials will designate what category of equipment they recognize. Some will only recognize one style of lifting, such as (tested, single ply) while others try to cater to every lifter by offering: tested & non-tested, raw, single, and multi-ply choices. Certain federations also recognize a larger variety of weight classes. So, the numbers of divisions continue to climb exponentially, while the competition factor travels in the reverse direction on the number line! If all federations were to recognize just one type of lifting (with or without gear and those specifications), the divisions would still range from 77 to 240 divisions and this would be due to weight and age class alone!

I personally do not believe that any federation in the USA intentionally wants to damage the sport of powerlifting. I believe powerlifting has become

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overly concerned with only what the lifters want, but not what is truly beneficial for the sport. Is there not a time when we have to ask, "When is enough, actually enough?" Do the leaders of the federations know how many divisions they have created? I honestly don't think so! There are 3,456 possible National Champs listed above. Again, these numbers only reflect combinations of men's full power in only eight listed federations. There are currently 26 national federations in the United States listed on Powerlifting Watch. Thus, this is only 31% of the federations listed. How many National Champions would there be if you counted

them all: 8,000 or maybe even 10,000? But, let us not forget the recognized single lifts, so our number could continue to climb as high as 15,000-16,000 national champions!!! Then Everyone's a National Champ!

Currently, the best national championships I know of in the full-power divisions are (Tested) USAPL Nationals, and (Non-Tested) APF Senior Nationals. What can be done if anything to create more true National Championships like the two mentioned above with 200+ open-class only lifters competing for weight class titles? Can a federation require a lifter to compete in an open-class first and then cross over to

their age class? I do not know, but surely there exists a way in which to create more competition at the national level.

I want to take the time to express that this article is not aimed at any one federation. I personally lift in several organizations that carry some of the higher numbers of divisions (APF & SPF), and will continue to do so! I did not take the time to figure the division standings for all federations, simply due to the amount of time invested! Remember these figures are approximations; so, if you are interested in seeing how many divisions your federation has listed on its agenda, check the math for yourself on their website.

**APF Orlando Barbell Classic**  
18 OCT 08 - Orlando, FL

BENCH		W. Hurley	—
MALE		308 lbs.	
Submaster (33-39)		J. Hoskinson	705
181 lbs.		Raw	
B. McDaniel	415	Open	
Master (65+)		165 lbs.	
242 lbs.		K. Chester	375
Churchman	405	275 lbs.	
Open		M. Wood	315
275 lbs.			
Ironman		BP	DL TOT
MALE			
Submaster			
148 lbs.			
S. O'Grady	375	430	805
165 lbs.			
P. O'Grady	355	475	830
Open			
165 lbs.			
P. O'Grady	355	475	830
220 lbs.			
O. Garcia	425	625	1050
275 lbs.			
B. Thomas	500	650	1150
308 lbs.			
M. Stuchiner	560	—	560
Powerlifting	SQ	BP	DL TOT
MALE			
Junior			
220 lbs.			
D. Jenkins	725	480	505 1710
M. Lessman	705	320	465 1490
Submaster			
198 lbs.			
L. Hosterman	555	410	550 1515
Open			
181 lbs.			
T. Garland	690	510	530 1730
198 lbs.			
T. Walyus	675	395	620 1690
220 lbs.			
C. Despain	605	500	580 1685
242 lbs.			
E. Fair	770	565	620 1955
S. Ho	625	435	570 1630
275 lbs.			
B. Thomas	685	500	650 1835
G. Staruk	600	430	570 1600
L. Estevez	—	—	705 705
308 lbs.			
C. Fay	975	—	— 975
SHW			
M. Fields	550	505	500 1555
Master (40-44)			
198 lbs.			



Best Full Meet Lifter at the APF Orlando Classic – **TONY GARLAND**

S. O'Malley	700	400	540	1640	Open
242 lbs.					165 lbs.
R. Weinstein	750	545	610	1905	J. Fudge
Bodenbender	700	525	545	1770	295 225 345 865
Master (50-54)					275 lbs.
220 lbs.					J. DeGiovine 650 575 710 1935
B. Thomas	685	500	650	1835	Master (40-44)
G. Staruk	600	430	570	1600	242 lbs.
L. Estevez	—	—	705	705	Montgomery 465 370 505 1340
308 lbs.					Best Lifter Overall: Tony Garland. Best Lifter
C. Fay	975	—	—	975	Ironman: Brad Thomas. Best Lifter Bench: Jim
SHW					Hoskinson. Best Lifter : Joey DeGiovine. Orlando Barbell held it's 4th meet (2nd full meet) at the DoubleTree Hotel across from Universal
M. Fields	550	505	500	1555	A. DiBiase 550 — — 550
Master (40-44)					
198 lbs.					

### APF/AAPF Membership Application

Check the box that applies below

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



LAST NAME	FIRST NAME	INITIAL
STREET ADDRESS		DATE OF APPLICATION
CITY		STATE
AREA CODE		ZIP CODE
MO	DATE OF BIRTH YEAR	AGE
TELEPHONE NUMBER	SEX	US CITIZEN
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)	REGISTRATION NUMBER	E-MAIL ADDRESS
APF \$30	AAFP \$30	APF & AAPPF \$40
ATHLETES, fill out card completely, make check payable to and mail with fee to: APF/AAPPF		
ARE YOU A PREVIOUS APF OR AAPF MEMBER? <input type="checkbox"/> YES <input type="checkbox"/> NO		
505 Westgate Drive Aurora, IL 60506		
worldpowerliftingcongress.com • 1-866-389-4744		
IF UNDER 18, HAVE PARENT INITIAL _____		
I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF OR AAPF		
SIGNATURE X _____		

Studios. It was an ideal location for lifters looking to make a short vacation out of the meet at one of Florida's great theme parks. As always, we had a great turnout with some great lifting by central Florida's own. Tony Garland squatted 690, benched 510, and deadlifted 530 for a 1730 total in the 181s to take best lifter for the full meet. Big Joey DeGiovine competed in the open 275s and went 650-575-710 to win best raw lifter. Brad Thomas competed in the open 275s where he squatted 500 and pulled 650 to win best Ironman lifter. Jim Hoskinson competed in the Open 308s and took best lifter in the bench only with 705. I would like to thank everyone involved for making yet another Orlando Barbell meet a huge success. Thanks to everyone from Orlando Barbell for helping to move equipment, spot, load, judge, score, announce, and everything else involved. I would also like to thank Tampa Barbell and Space Coast Barbell for providing us with their monoliths to use as well as some great lifting by their team members, and Southside Barbell and the Fort Myers Power Performance Team for bringing their teams to compete as well. Thanks to our sponsors EliteFTS, Critical Bench, and my client Al Reiss. John Hawley already has the meet pictures up and the videos ready to order at [www.spacecoast.barbell.com](http://www.spacecoast.barbell.com) and [www.musclepapa.com](http://www.musclepapa.com). I also have to congratulate my training partners who competed. Kalin Chester, Mark Lessmann, Tom Walyus, and Jim Lynch all got at least one PR. (Thank you to Brian Schwab for results)

### USAPL University Cup Challenge NOV 08 - LA

Powerlifting	SQ	BP	DL	TOT
Collegiate				
WOMEN				
105 lbs.				
Becnel-LSU	210	120	240	570
Balli-UTX	190	110	240	540
Peebles-ULL	190	100	230	520
114 lbs.				
Comier-ULL	160	80	235	475
Davis-LSU	175	110	155	440
123 lbs.				
Heim-LSU	290	125	305	720
Thibodeau-ULL	255	130	260	645
Badeaux-LSU	160	95	190	445
132 lbs.				
Baker-LSU	320	145	330	795
Spinney-LSU	285	160	265	710
Fletcher-ULL	85	100	280	465
148 lbs.				
Barron-LSU	245	150	290	685
165 lbs.				
Holmes-ULL	330	175	345	850
198 lbs.				
Scott-ULL	320	250	310	880
SHW				
Kean-LSU	370	—	—	370
Open				
123 lbs.				
T. Mabile	205	140	225	570
181 lbs.				
A. Louque	245	115	275	635
UNL				
R. Ross	315	165	330	810
B. Storks	305	145	250	700
MEN				
Collegeiate				
114 lbs.				
Naquin-ULL	365	185	475	1025
Doan-ULL	290	180	305	775
Torres-SLU	325	215	215	755
Bui-UTX	—	150	235	—
132 lbs.				
Wright-ULL	365	250	430	1045
Thomas-ULL	370	230	390	990
Dear-LSU	345	240	360	945
Whitehurst-ULL	135	190	405	730
148 lbs.				
Broussard-ULL	550	380*	540	1470
Calloway-UTX	465	305	425	1195
Guillory-ULL	360	255	425	1040
Warner-LSU	335	205	395	935
Renfrow-Holm	375	175	350	900
165 lbs.				
Bennet-ULL	520	420!	480	1420
Dupuisq-SELLA	460	325	450	1235
Hughes-LSU	420	280	450	1150
Button-UOM	405	265	450	1120

Lasseign-ULL	280	215	330	825
181 lbs.				
Higginbotham-ULL	560	360	525	1445
Melanco-ULL	455	360	485	1300
Credeur-LSU	465	280	535	1280
Berrileau-ULL	500	305	405	1210
Mooney-LSU	440	260	445	1145
Walker-LSU	440	275	430	1145
Cole-ULL	415	255	420	1090
Sims-Hinds	415	245	415	1075
Gulino-SLU	400	235	415	1050
Jumonville-ULL	265	245	375	885
198 lbs.				
Crappel-ULL	615	405	570	1590
Godawa-LSU	570	360	625	1555
Coleman-LSU	535	335	490	1360
Thompson-ULL	430	365	475	1270
Vincent-ULL	510	345	405	1260
220 lbs.				
Louque-ULL	680	405	645	1730
McGregor-MSU	550	400	650	1600
Sutera-LSU	405	295	405	1105
Savoy-ULL	375	330	365	1070
Martin-ULL	385	245	425	1055
Scallan-LSU	360	180	370	910
242 lbs.				
Stampley-LSU	580	390	630	1600
Dailey-LSU	515	315	525	1355
White-ULL	615	—	—	615
275 lbs.				
Traweek-ULL	485	390	450	1325
Levy-SLU	405	335	425	1165
Craig-SLU	—	—	425	425
SHW				
Godeaux-ULL	630	405	475	1510
Open				
181 lbs.				
J. Gallmeier	400	275	415	1090
220 lbs.				
L. Leger	355	245	355	955
242 lbs.				
T. Womack	485	440	520	1445
Raw				
165 lbs.				
R. Verbois	475	305	525	1305
S. Wilcox	340	280	355	975
T. Naugle	235	135	260	630
181 lbs.				
D. Credeur	465	280	535	1280
198 lbs.				
T. Godawa	570	360	625	1555
B. Rosa	405	290	450	1145
M. Opelka	330	225	405	960
275 lbs.				
C. Albright	550	265	590	1405
R. Levy	405	335	425	1165
SHW				
A. Leblanc	565	350	600	1515
*CAR. !=TAR. Collegiate Women LSU 41 pts., ULL 39 pts. Collegiate Men: ULL 68 pts., LSU 35 pts. (courtesy Jon Magendie)				



### Application for Registration

*Office use only, do not complete*

LAST NAME	FIRST NAME	INITIAL	NEW MEMBER	RENEWAL	EXP. DATE
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STREET ADDRESS	CITY			
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STATE OR PROVIDENCE	ZIP CODE	COUNTRY		
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TELEPHONE	EMAIL ADDRESS	DATE OF BIRTH	AGE	SEX
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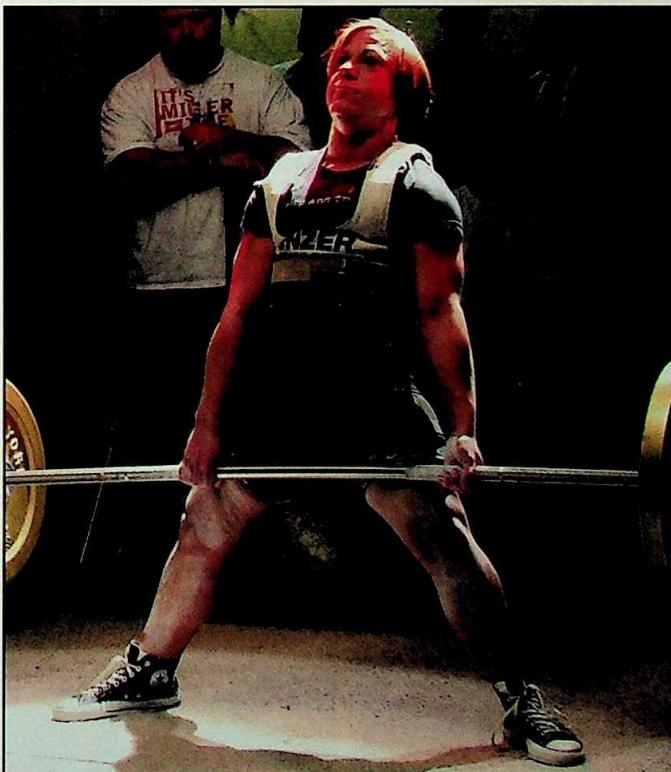
PRO AM

SIGN IF ABOVE ANSWERS ARE CORRECT. PARENT SIGN IF UNDER 18 YEARS. DATE

REGISTRATION FEE: ADULT \$30 — HIGH SCHOOL & 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 CHAILLET, 190 ARSENAL ROAD, YORK, PA 17404

198 lbs.	Open Raw	T. Howard	550	350	500	1400
Teen	D. Wilson	550	310	490	1165	
K. Dague	350	205	280	835		
Professional	Open	M. Meade	505	305	500	1310
132 lbs.	Open	165 lbs.				
Open	S. Luker	550	320	510	1380	
N. Harrington	430	230	360	1020		
165 lbs.	181 lbs.	181 lbs.				
Open	Master	R. Hampshire	495	380	470	1345
M. Henry	—	D. Kindell	350	250	415	1015
Powerlifting	MALE	198 lbs.				
MALE	Amateur	Junior				
Amateur	148 lbs.	A. Harrod	685	475	585	1745
Master						



**Natalie Harrington** was awarded the Best Female Lifter trophy at the IPA Lexen Extreme Fall Classic and Chris Chila was the Best Male Lifter. Meet Director Dan Dague provided this photograph and wishes to thank all of his staff for their help in putting on the contest.

	SQ	BP	DL	TOT
FEMALE				
Amateur				
165 lbs.				
Teen				
A. Streacker	—	—	—	—

(Thank you to Dan Dague for these results)

(continued from page 16)

like conduct be allowed to participate in NASA's Pro Programs. All lifters must apply for acceptance as a Pro Lifter. Once accepted you will be notified and you may then enter the Pro Event. Those not accepted will receive a full refund on their Pro Card application fee. If the entries for the Pro Championships exceed early expectations the prize money may be extended, (proposed), to even more places up to 15th place and at the sole decision of the meet director. This is totally dependent on the number of entries in the actual meet and the final decision of the meet director. NASA also reserves the right to cancel, reschedule or postpone this and any meet at any time. If this should occur, all lifters will be given a 100% refund on their Pro Card fees and entries for this meet only. The Pro Selection Committee: Rich Peters, Dan Black, Tad Peters, Greg Van Hoose, Job Housey, JT Hall, John McKay and others will be selected. All Pro applicants must be approved by the selection committee to be issued an invitation to lift in any NASA Pro Event. The NASA Pro World Records can only be set or broken at the annual Pro Championships. These records will include squat, bench press, subtotal, deadlift and total. There will also be Over-All World Records for the best lift in each specific lift, no weight classes. The Pro Championship t-shirts: The official NASA Powerlifting Pro Championship t-shirts will have all of the competitors names listed on the back of the shirt. Going Pro: Going Pro in NASA, as in most organizations, will have no effect on your overall status in NASA as far as competing in regular PS, powerlifting, bench only, push pull or any other events. NASA Pro Powerlifting Total Winnings: Tyson Meyers KS \$3,400.00, Jason Smith AR\$2,200.00, Mike Bishop TN \$1,250.00, Henry Thomason TX \$1,200.00, Cyrus Ford CO \$1,050.00, Wade Johnson TN \$975.00, Kevin Foster OK \$900.00, Chris Truccolo OK \$600.00, Kim Brownfield OK \$450.00, Todd Eggers KS \$400.00, Scott Marcum OH \$325.00, Chris Droegeemeier KS \$300.00, Chuck Cookson KS \$300.00, Ronald Nicodemus IN \$275.00, Joseph Behari OH \$200.00, Lee Elliff TX \$150.00, Charlie Harris KS \$100.00, Job Houseye WI \$100.00. The lifters won a total of \$14,100.00. Special Sponsor Bonus Award Money: First \$50.00 BP Highest Coefficient TX, OK, AR Doug Holland's Intelligent Exercise, second \$50.00 BP Highest Coefficient KS, IN, CO & NM Doug Holland's Intelligent Exercise, third \$50.00 BP Highest Coefficient OK or KS 114-220 Rich Peters, NASA, fourth \$50.00 BP Highest Coefficient for TX Lifter Terry & Robin Hedrick, Kilgore, TX, fifth \$50.00 BP Highest Coefficient

KY, TN, KS, IN or OH LiftersLifting Large.com, sixth \$50.00 DL Highest Coefficient 114-198 Rich Peters, NASA, seventh \$50.00 DL Highest Coefficient 220-SHW Rich Peters, NASA, eighth \$50.00 Highest DL Coefficient OH, TN, CO & NM Doug Holland's Intelligent Exercise, ninth \$50.00 Highest DL Coefficient for a TX Lifter Terry & Robin Hedrick, Kilgore, TX, 10th \$50.00 Highest DL Coefficient OK, TN, KY or NM Doug Holland's Intelligent Exercise, 11th \$50.00 Highest DL Coefficient AR, KY, TX or AR USP Labs Direct, 12th \$100.00 Highest Coefficient Ok Lifter Full Meet Doug Holland's Intelligent Exercise, 13th \$50.00 Highest Total Coefficient TX Lifter Full Meet Terry & Robin Hedrick, 14th \$50.00 Highest Coefficient for KS, KY, OH or TN Lifter Full Meet Robin & Terry H., 15th \$100.00 Highest Masters Total Coefficient (Full Meet - 40+ years old) Pat Frock, 16th \$50.00 Best Full Meet Total Coefficient NM, CO or KY Lifter Lifting Large.com, 17th \$50.00 Heaviest BP Overall Critical Bench, 18th \$50.00 Heaviest Bench Press M-1 Grove City VFW, Grove City, Ohio, 19th \$50.00 Heaviest BP OK, KS, NM, TN or TX Lifter Lifting Large.com, 20th \$50.00 Heaviest Bench Press 114-198 Doug Holland's Intelligent Exercise, 21th \$50.00 Heaviest Squat 114-198 Doug Holland's Intelligent Exercise, 22th \$50.00 Heaviest Squat 220-SHW, M-1Heaton Family Chiropractic Hilliard, Ohio, 23rd \$50.00 Heaviest Squat 275-SHW Grove City VFW Grove City, Ohio, 24th \$50.00 Heaviest Squat 220-SHW American Legion Post 164 Grove City, Ohio, 25th \$50.00 Heaviest Deadlift 114-198 CO, KS or OK Lifter Doug Holland's Intelligent, 26th \$50.00 Heaviest Deadlift KY, TN, KS or TX Doug Holland's Intelligent Exercise, 27th \$50.00 Heaviest Deadlift OH, TN, KY, NM or OK Doug Holland's Intelligent Exercise, 28th \$50.00 Heaviest Deadlift 220-242 American Legion Post 164 Grove City, Ohio, 29th \$50.00 Heaviest Deadlift 275-SHW American Legion Post 164 Grove City, Ohio, 30th 50.00 Heaviest Deadlift Oklahoma Lifter Marcus Austin, OK, 31st \$50.00 Heaviest Total Lbs 114-181 Rich Peters, NASA, 32nd \$50.00 Heaviest Total Lbs. 220 Rich Peters, NASA, 33rd \$50.00 Highest Total Lbs 242-SHW Doug Holland's Intelligent Exercise, 34th \$50.00 2nd Heaviest Total Lbs 114-SHW Rich Peters, NASA, 35th \$50.00 Highest Total - Lbs NM, TN, KS Doug Holland's Intelligent Exercise, 36th \$50.00 Heaviest Total - OH, KY, OK Grove City Karate 4068 Hoover Road, Ohio, 37th \$50.00 Highest Total-Lbs KY, TN, CO or 114-198 lb Lifters Doug Holland's Intelligent, 38th \$50.00 Oldest Pro Lifter to go 9 for 9 Clyde Lynn Texas State Chairman, 39th \$50.00 Youngest Pro Lifter to go 9 for 9 Clyde Lynn Texas State Chairman, 40th \$50.00 Lowest Lb for Lb Total Terry & Robbin Hedrick Kilgore, TX, 41st \$100.00 Prize Money for pound for pound Awards Doug Holland's Intelligent Exercise, 42nd \$100.00 Prize Money for Lb for Lb Awards Lifting Large.com, 43rd



NASA Pro Sport Deadlift Winners

\$150.00 Prize Money for Lb for Lb Awards American Legion Post 164, Ohio, 44th \$200.00 Prize Money for Lb for Lb Awards Power Quest Gym, Gilmer, TX, 45th \$50.00 Prize Money for Lb for Lb Awards Tom & Diane Manno, AZ, 46th \$50.00 Prize Money for Lb for Lb Awards Richard Byars, CO, 47th \$50.00 Prize Money for Awards Lighthouse Landscape Lighting of Delaware, Ohio, 48th \$100.00 Heaviest Squat 220-below KS Lifter Blue Chip Spine Star of Andover, KS \$2,900.00 Total Thus Far 48 Total Bonus Awards As Of 10/12/08. NASA Pro Squat Competition (kgs.): The squat competition had 10 pro competitors. The first place winner of \$750 and the poster check went to Tyson Meyers from KS. Tyson Meyers squatted 322.50 kgs. at a body weight of 239 lbs. Tyson Meyers is currently the #1 ranked unequipped NASA Powerlifter in the USA. Tyson Meyers is the NASA April and October, 2008 Co-lifter of the month. Tyson Meyers is the 2007 NASA Co-Pure PL of the Year. The second place winner of \$500 is Henry Thomason from TX. Henry Thomason squatted 305 kg. at a body weight of 282 lbs. Henry Thomason is currently the #6 equipped NASA Powerlifter, #9 NASA Push/pull and #12 unequipped NASA Powerlifter in the USA. Henry Thomason is the NASA May, July and September, 2008 Co-lifter of the month. Henry Thomason is the 2007 NASA Open Powerlifter of the Year. The third place winner of \$400 is Wade Johnson from TN. Wade Johnson squatted 320 kg. at a body weight of 352 lbs. Wade Johnson is currently ranked as the #54 unequipped NASA Powerlifter in the USA. The fourth place winner of \$300 is Jason Smith. Jason Smith bench press 192 kg. at a body weight of 235 lbs. Jason Smith is currently ranked as the #1 NASA Push/Pull, #1 NASA Powersports, #8 equipped powerlifter and #16 unequipped bench press in the USA. The fifth place winner of \$200 is Kelvin Foster from OK. Kelvin Foster squatted 245 kg. at a bodyweight of 219 lbs. Kelvin Foster is currently ranked as the #36 unequipped NASA Powerlifter in the USA. The fifth place winner of \$200 is Chuck Cookson from KS. Chuck Cookson squatted 272 kg. at a bodyweight of 278 lbs. Chuck Cookson is currently ranked as the #37 NASA unequipped powerlifter in the USA. The sixth place winner of \$150 is Jason Smith. Jason Smith bench press 192 kg. at a body weight of 235 lbs. Jason Smith is currently ranked as the #1 NASA Push/Pull, #1 NASA Powersports, #8 equipped powerlifter and #16 unequipped bench press in the USA. The seventh place winner of \$100 is Lee Elliff from TX. Lee Elliff bench press 192 kg. at a body weight of 249 lbs. Lee Elliff is currently ranked as the #23 NASA unequipped bench press in the USA. Lee Elliff is the 2007 NASA Men 40+ Bp only of the Year.



NASA Pro Sport Total Winners

NASA Pro Powerlifting

Results - \$14,100.00 In Prize Money!

Lee Elliff competed at the March, 2008 Pro Powersports Championship. He finished 20th in the curl competition, 14th in the bench press, and 8th in the deadlift competition. The 8th place winner of \$75 is Mike Bishop from TN. Mike Bishop bench press 177 kg. at a body weight of 199 lbs. Mike Bishop is currently ranked as the #9 NASA unequipped powerlifter in the USA. The ninth place winner of \$50 is Kelvin Foster from OK. Kelvin Foster bench press 167 kg. at a body-weight of 219 lbs. Kelvin Foster is currently ranked as the #36 unequipped NASA Powerlifter in the USA. The 10th place winner of \$50 is Charlie Harris from KS. Charlie Harris bench press 150 kg. at a body-weight of 178 lbs. NASA Pro Deadlift Competition (kgs.): The deadlift had 10 pro competitors. The first place winner of \$750 and the poster check is Jason Smith from AR. Jason Smith deadlifted 322 kg. at a body weight of 235 lbs. Jason Smith is currently ranked as the #1 NASA Push Pull, #1 NASA Powersports, #8 equipped powerlifter and #16 unequipped bench press in the USA. Jason Smith is the NASA August and Oct, 2008 Co-lifter of the month. Jason Smith competed at the March 2008 NASA Pro Powersports Championship. He took 19th place in the curl, 13th place in the bench press and first place in the deadlift competition. Also, he got first place in total weighted lifted and won more than \$2000. The second place winner of \$500 is Tyson Meyers from KS. Tyson Meyers deadlifted 307 kg. at a body weight of 239 lbs. Tyson Meyers is currently the #1 ranked unequipped NASA Powerlifter in the USA. The third place winner of \$400 is Mike Bishop from TN. Mike Bishop totalled 647 kg. at a body weight of 199 lbs. Mike Bishop is currently ranked as the #9 NASA unequipped powerlifter in the USA. The fourth place winner of \$300 is Todd Eggers from KS. Todd Eggers deadlifted 227 kg. at a bodyweight of 148 lbs. Todd Eggers is currently the #92 NASA unequipped powerlifter in the USA. The fifth place winner of \$200 is Cyrus Ford from CO. Cyrus Ford deadlifted 260 kg. at a body weight of 223 lbs. Cyrus Ford is currently ranked as the #3 NASA unequipped bp and #6 NASA Powersports lifter in the USA. The 6th place winner of \$150 is Henry Thomason from TX. Henry Thomason deadlifted 275 kg. at a body weight of 282 lbs. Henry Thomason is currently the #6 equipped NASA Powerlifter, #9 NASA Push/pull and #12 unequipped NASA Powerlifter in the USA. The seventh place winner is Chuck Cookson from KS. Chuck Cookson deadlifted 272 kg. at a bodyweight of 278 lbs. Chuck Cookson is currently ranked as the #37 NASA unequipped powerlifter in the USA. The eighth place winner of \$75 is Chris Truccolo from OK. Chris Truccolo deadlifted 232 kg. at a bodyweight of 208 lbs. Chris Truccolo is currently the #40 NASA unequipped powerlifter in the USA. The ninth place winner of \$50 is Kelvin Foster from OK. Kelvin Foster deadlifted 237 kg. at a bodyweight of 219



NASA Top Pro Sport Ib. for Ib.

Ibs. Kelvin Foster is currently ranked as the #36 unequipped NASA Powerlifter in the USA. The 10th place winner of \$50 is Ronald Nicodemus from IN. Ronald Nicodemus deadlifted 252 kg. at a body weight of 267 lbs. Ronald Nicodemus is currently ranked as the #9 NASA unequipped bench press and #34 NASA unequipped powerlifter in the USA. The NASA Pro Total Competition (kgs.): The full meet had 10 pro competitors. The first place winner of \$750 and the poster check went to Tyson Meyers from KS. Tyson Meyers totalled 830 kg. at a body weight of 239 lbs. Tyson Meyers is currently the #1 ranked unequipped NASA Powerlifter in the USA. The second place winner of \$500 is Jason Smith from AR. Jason Smith totalled 765 kg. at a body weight of 235 lbs. Jason Smith is currently ranked as the #1 NASA Push/Pull, #1 NASA Powersports, #8 equipped powerlifter and #16 unequipped bench press in the USA. The third place winner of \$400 is Mike Bishop from TN. Mike Bishop totalled 747 kg. at a body weight of 282 lbs. Henry Thomason is currently the #6 equipped NASA Powerlifter, #9 NASA Push Pull and #12 unequipped NASA Powerlifter in the USA. The fifth place winner of \$200 is Kelvin Foster from OK. Kelvin Foster totalled 650 kg. at a bodyweight of 219 lbs. Kelvin Foster is currently ranked as the #36 unequipped NASA Powerlifter in the USA. The sixth place winner of \$150 is Chris Truccolo from OK. Chris Truccolo totalled 622 kg. at a body-weight of 208 lbs. Chris Truccolo is currently the #40 NASA unequipped powerlifter in the USA. The seventh place winner of \$100 is Wade Johnson from TN. Wade Johnson totalled 815 kg. at a body weight of 352 lbs. Wade Johnson is currently ranked as the #54 unequipped NASA Powerlifter in the USA. The eighth place winner of \$75 is Ronald Nicodemus from IN. Ronald Nicodemus totalled 690 kg. at a body weight of 267 lbs. Ronald Nicodemus is currently ranked as the #9 NASA unequipped bench press and #34 NASA unequipped powerlifter in the USA. The ninth place winner of \$50 is Scott Marcum of OH. Scott Marcum totalled 755 kg. at a bodyweight of 357 lbs. The tenth place winner of \$50 is Chris Droegeleier from KS. Chris Droegeleier deadlifted 547 kg. at a bodyweight of 195 lbs. Chris Droegeleier is currently ranked as the #55 unequipped NASA

Powerlifter in the USA. Full Meet over All Highest Total (lbs.): Only the top five lifters qualified for this cash payout event. First \$200.00 Meyers 1829.82 lbs., second \$175.00 Johnson 1796.75 lbs., third -\$150.00 Smith 1686.52 lbs., fourth \$125.00 Marcum 1664.47 lbs., and fifth \$100.00 Thomason 1647.94 lbs. Pound for Pound Winners Coefficient (total divided by bwt.): Only the top five lifters qualified for this cash payout event. First \$300.00 Meyers 7.631, second \$250.00 Bishop 7.159, third \$200.00 Smith 7.158, fourth \$150.00 Truccolo 6.582, and fifth \$100.00 Foster 6.528. The Top five NASA Pro powerlifters with the highest winning are: Tyson Meyers with \$3,400.00, Jason Smith with \$2,200.00, Mike Bishop \$1,250.00, Henry Thomason with \$1,200.00 and Cyrus Ford with \$1,050.00. The sponsors of the NASA Pro Powerlifting Championship: Doug Holland's Intelligent Exercise, Shreveport, LA. 318-219-0098, a total sponsorship bonus money of \$800; Heaton Family Chiropractic, Hilliard, Ohio, a total sponsorship bonus money of \$50; American Legion Post 164, Grove City, Ohio, a total sponsorship bonus money of \$300; Blue Chip Spine, 550 N Andover, Andover, KS 67002, a total sponsorship bonus money of \$100; Marcus Austin, Tulsa, OK, NASA Lifter, a total sponsorship bonus money of \$50; Rich Peters (NASA President), a total sponsorship bonus money of \$300; Grove City Karate, Grove City, Ohio, a total sponsorship bonus money of \$100; Terry & Robbin Hedrick, Kilgore, TX, a total sponsorship bonus money of \$250; Power Quest Gym Gilmer, Texas, Lee & Kathy Elliff Owners, a total sponsorship bonus money of \$200; Bill & Laura Anderson, Missouri; Tom & Diane Manno, Phoenix, AZ, a total sponsorship bonus money of \$50; Richard Byars, Colorado, a total sponsorship bonus money of \$50; Lighthouse Landscape Lighting, Delaware, Ohio, a total sponsorship bonus money of \$50; VFW, Grove City, Ohio, a total sponsorship bonus money of \$100; Chris Droegeleier, Kansas, made the large poster checks for all the first place Pro winners in the squat, bench press, deadlift and total; Liftinglarge.com Mike & Teale Adelmann, New Mexico, a total sponsorship bonus money of \$250; Springfield Health & Fitness Center, owner Pat Frock, Springfield, Ohio, a total sponsorship money of \$100; USP Labs Direct, a total sponsorship bonus money of \$50; and Critical Bench with

a total sponsorship bonus money of \$50. Please support the companies that support you! Thank you sponsors for your generous support. Several internet warriors attacked this great meet on PLW, but the NASA Pro lifters are laughing all the way to the bank. I will never understand why internet warriors try to bring your fellow man down. I believe in uplifting and helping your fellow lifter reach their goals. NASA is a great lifter organization that continues to give back to the Powerlifting Community. NASA is proud to support and promote Real Drug Free Powerlifting, Bench Press, Power Sports and Push Pull Events where the lifter does the lifting, supportive equipment is restricted to single ply and true Powerlifting Rules are enforced! NASA is setting the standard for Pro meets: 1. The lifters are guaranteed to get paid because the money is in an escrowed account., 2. The lifters have to be approved by a Pro Committee., 3. The lifters can't be internet troublemakers., 4. The lifters have to do two qualifiers after purchasing Pro membership card., 5. The total \$\$ payout focuses on all the lifters, not just 1-3 overall lifters., 6. Drug testing the top lifters! 7. Great judging, loading and spotting., 8. Large cardboard checks & cups for the winners., 9. Any lifter in this meet will be subject to a drug testing challenge by any of his fellow lifters in the competition., 10. Deadline to register for the Pro meets., 11. Names of all NASA Pro lifters on the back of the official NASA Pro T-shirts., 12. Great meet location., 13. No weight class or division! 14. Those not accepted will receive a full refund on their Pro Card Application Fee., 15. 100% sponsorship money goes to the lifters! Rich Peters said "The rules meeting and lifters meeting were recorded on DVD in its entirety this time to prevent and false accusations by anyone. This meet was flawless with absolutely no complaints, problems, debates or attitudes. Thanks for the finest group of Pro lifters NASA have been associated with in this sport. Everyone was truly a class act. This meet was a real pleasure to conduct. Thank You! The complete results, \$\$ payout and sponsors are listed on the NASA result web site: <http://www.nasa-sports.com/Pro%20Powerlifting/Pro%20Powerlifting.htm> So far, NASA has held two different Pro meets in 2008 meets (Pro Powersports and Pro Powerlifting) that gave out more than \$32,000.00 in cash. NASA has the number one federation Pro meets in the USA. Also, NASA is the largest private owned federation in the USA and the overall second largest federation in the USA! The date for the 2009 NASA Invitational Pro Powersports Championship is March 29 at OKC, OK! This is for all the lovely ladies in the USA; there will be a Pro Women Division at the 2009 NASA Invitational Pro Powersports Championship! If you will like to be a sponsor of the March 29 NASA Pro Powersports Championship, send me an email at [nasakentuckystatechairman@yahoo.com](mailto:nasakentuckystatechairman@yahoo.com). God Bless ("Big Willie" Hall, AA & BS)



NASA Pro Sport Group Photo  
(photos are courtesy J.T. Hall)

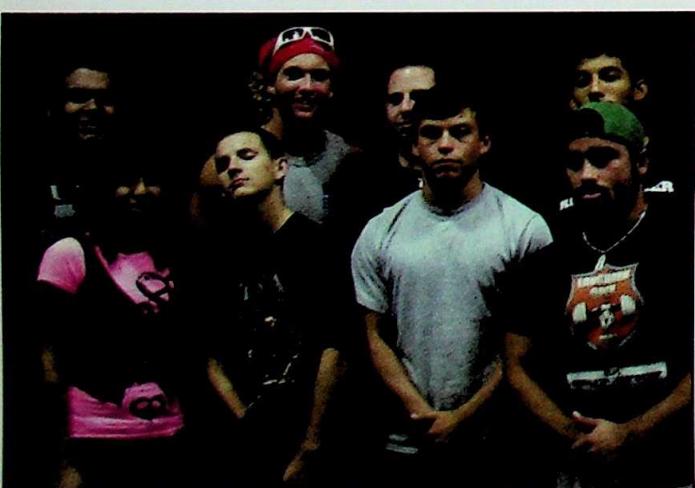
(continued from page 26)

of 451.7, 473.7, and 486.1 for a Michigan State Collegiate and Junior Record and a National Collegiate Record. Steve took 501.5 for a ride on fourth but couldn't lock it out. Galen Lyle, a graduate student in Computer Engineering at UIUC, was second, getting his opener of 424.2 for an Illinois State Collegiate Record before missing twice with 435.2. In 3rd place was UTSA's Ishmael Barton, a sophomore in Kinesiology. Ishmael got his opener with 325.0 and a second with 347.0 for a Texas State Collegiate Record before missing twice with 369.2. In 4th was Nick Rosencutter, a senior in Exercise and Sports Science at UWLC. Nick went 314.0, 330.5, missed 347.0, then came back to get 347.0 on a fourth for a Wisconsin State Collegiate Record. At 198, Ben Cantrell, a graduate student in Engineering at the University of Wisconsin, was the winner with his opener of 347.0 for a Wisconsin State Collegiate and Junior Record and a National Collegiate Record. Ben missed subsequent attempts with 358.0 and 363.7. Ben got his start with Illini Powerlifting at UIUC back in his undergrad days and he's been instrumental in getting the Wisconsin club started. In 2nd place was Nick Sager, a junior in Mechanical Engineering at Wisconsin, who hit his opener of 209.2 before missing twice with 242.5. Trey Jewett, a junior in Kinesiology at UTSA, put on a show in winning the 220s. Trey opened with 705.2. That's not a misprint. He opened with 705.2. Unfortunately, the touch was a little off and the bar stalled short of lockout. He came back and nailed it cleanly on second attempt for a Texas State Collegiate and Junior Record, a National Collegiate and Junior Record, and a World Junior Record. Trey then called it a day. I was giving the handoffs for Trey and believe me when I tell you that no one wanted to see him get that 705 more than me. I do some respectable benching myself so I know how crucial a good handoff is to a successful press. In 2nd place was Gabriel Perkins of UHD, a senior in Criminal Justice. Gabriel got his opener of 402.2 and his second with 418.7 before missing 435.2. At 259, David Bergman of UIUC, a graduate student in Computer Engineering, won, hitting lifts of 385.7 and 407.7 before missing with 435.2. David changed shirts for fourth and hit a clean 457.2 for an Illinois State Collegiate Record and a National Collegiate Record. At 275, Wisconsin's Bradley Bingham, a sophomore in Kinesiology, was the winner. Bradley made his opener with 413.2 for a Wisconsin State Collegiate and Teen 18-19 Record and a National Collegiate Record. At SHW, big Frank Ginez, weighing in at 349.2, was the winner. Frank a freshman in Computer Science at UTSA. He had a huge four-for-four day, going 424.2, 451.7, 479.5, and 519.1 for a Texas State Collegiate and Teen 18-19 Record, a National Collegiate and Teen 18-19 Record, and a World Teen 18-19 Record. On to the women's deadlift, where UHD's Chanel Lewis was the winner at 105, hitting

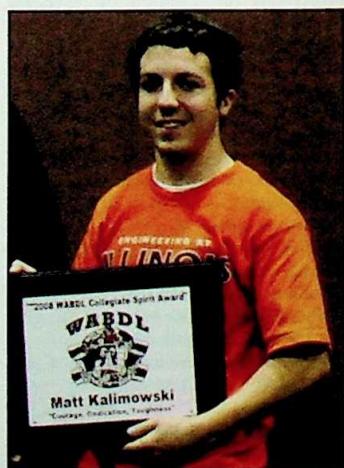


The First Place Team - University of Houston-Downtown. John Huston (far left) is the head coach

lifts of 121.2, 154.2, 176.2 and finally 187.2 for a Texas State Collegiate Record and National Collegiate Record. At 114, UTSA's Olivia Trevino was the winner, with lifts of 154.2, 170.7, 198.2, and 214.7 for a Texas State Collegiate Record and National Collegiate Record. Olivia weighed in at only 110.8. At 199+, UHD's Corina Sosa won with lifts of 225.7, 270.0, 292.0 and 308.5 for a Texas State Collegiate and Junior Record and a National Collegiate Record. UHD's Tommy Nguyen again started off the men at 105, where he won, going 137.7, 165.2, 187.2, and 201.5 for a Texas State Collegiate and Junior Record and National Collegiate Record. Tommy was only about 35 pounds away from the World Junior record. At 123, Jamie Gonzales of UTSA did some good pulling for the win, hitting 330.2, 369.2, and 383.7 for a Texas State Collegiate and Teen 18-19 Record and National Collegiate Record. UHD's Robert Nguyen won at 132, going 225.7, 264.5, and 275.5 for a Texas State Collegiate Record and National Collegiate Record. Robert missed a fourth with 304.1 in an attempt to break the Texas State Teen 18-19 Record at 132. The 148s were again decided by bodyweight, with UWLC's Jake Mahoney, weighing in at 144.6, coming out on top. Jake hit lifts of 473.7 and 501.5 before missing twice with 518.0. Jake's 501.5 was a Minnesota State Collegiate and Junior Record and a National Collegiate Record. In 2nd place at a bodyweight of 147.8 was UTSA's Joshua Tamayo. Joshua made lifts of 457.2 and 501.5 before missing with 534.5 and 541.1. Joshua's 501.5 was a Texas State Collegiate and Teen 18-19 Record. Another UTSA lifter, Phillip Brown, placed 3rd at 148. Phillip got his opener of 314, but then missed 369.2 twice. In 4th place was UHD's Olowale Olofinboba, a freshman. Olowale made lifts of 248.0, 275.5, 297.5, and 314.0 for a Canadian National Teen 18-19 Record. At 165, it was Laramie McMasters' time to shine. The UIUC lifter opened with 518.0 and then moved on to pull 573.0 for an Illinois State Collegiate and Junior Record and National Collegiate Record. Laramie was unsuccessful with two attempts at 600.7. In 2nd was UTSA's Jed Hussein. Jed uncharacteristically missed his opener of 424.2, but came back to get it easily on second before going on to make attempts at 457.2 and 479.5 for a Texas State Collegiate Record. UHD's Ilian Rojas was 3rd, going three-for-three with lifts of 259.0, 341.0, and 347.0. In 4th was another UHD lifter, Swami Reyes-Cranios, a sophomore in Interdisciplinary Studies, who made lifts of 143.2, 192.7, and 236.7. At 181, EMU's Steve Herrman showed that he's more than just a big bencher, pulling 600.7 and 622.7 before missing two tries with 650.2, attempts which he missed with the bar well above the knees. Steve's 622.7 was a Michigan State Collegiate and Junior Record and National Collegiate Record. In 2nd was Eric Ridings, a sophomore in Business Economics at SIU. Eric is redshirt with the Salukis football team so probably didn't have an ideal deadlift training cycle for this meet. Nevertheless, he managed lifts of 507.0, 551.0, and 573.0 for an Illinois State Collegiate Record, just five pounds short of the Illinois State Junior Record he already holds. In 3rd was UWLC's Nick Rosencutter. Nick got his opener of 545.5 for a Wisconsin State Collegiate and Junior Record before missing two tries with 573.0. In 4th was UTSA's Ishmael Barton with lifts of 486.0, 518.0, and 540.0 for a Texas State Collegiate Record. Ishmael missed a 562.0 on fourth. UIUC's Galen Lyle placed 5th with lifts of 507.0 and 529.0. He missed a third attempt with 540.0. Ethan Schmidt of the University of Wisconsin, a Classics major, placed 6th with pulls of 429.7, 451.7, and 468.2 before missing a fourth with 475.9. His 468.2 was a Commonwealth of Pennsylvania Collegiate Record. Saint Louis University's (SLU) Christopher Schuetz was 7th. Christopher opened with 391.2, missed a second with 451.7, but bounced back on third with a good 462.7. He wanted 500+ in this meet and he's very close to getting it. The sole competitor at



University of Texas-San Antonio was the Second Place Team



Matt Kalimowski holding the WABDL collegiate spirit award

# 2009 WABDL National Collegiate Bench Press and Deadlift Championships



No Qualifying Total!  
First-time Lifters Welcome!  
Bench, Deadlift, and  
Push/Pull Total Events!

March 14, 2009  
at the University of Houston-Downtown

Contact Meet Director Dr. John Hudson  
(713)223-7902 or (217) 377-4640  
HudsonJ@uhd.edu  
[www.wabdlcollegatenationals.info](http://www.wabdlcollegatenationals.info)

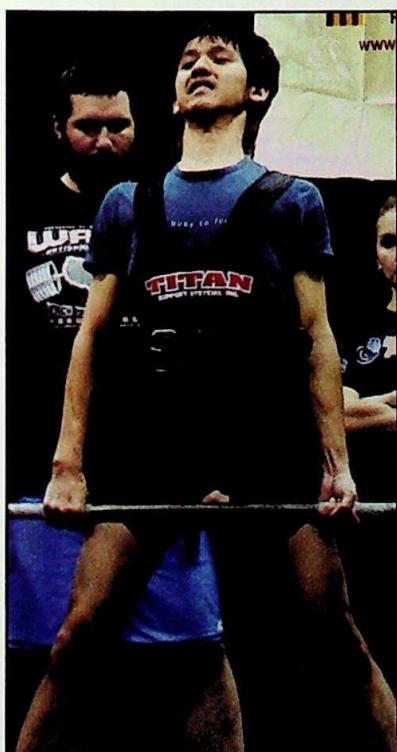
Record. UHD's Robert Ramos, a freshman in Structural Design, was 2nd with pulls of 225.7, 286.5, 319.5, and 352.5 for a Texas State Collegiate Record. UIUC's Big David Bergman was the winner at 259. David made strong pulls of 584.0 and 633.7 for an Illinois State Collegiate Record and National Collegiate Record. David gave 650.2 a good but unsuccessful try on third. Wisconsin's Bradley Bingham won at 275, going 496.0, 534.5 and 562.0 before missing a fourth with 589.5. His 562.0 was a Wisconsin State Collegiate and Junior Record and National Collegiate Record. Finally, at SHW UTSA's Frank Ginez was the winner. Frank pulled 529.0 on his opener, then 563.1 on second for Texas State Collegiate and Teen 18-19 Record, National Collegiate and Teen 18-19 Record, and WorldTeen 18-19 Record. Frank missed two subsequent tries with 600.7, but he looks to be right on the verge of successfully breaking the 600 barrier. Best lifter for both women's bench press and women's deadlift was Olivia Trevino of UTSA. Best lifter in the bench press for lightweight men was Jed Husein of UTSA, and for heavyweight the best lifter was Trey Jewett, also from UTSA. Trey also won the "Champion of Champions" trophy for the highest bench press coefficient. UTSA swept the bench press best lifter awards. For deadlift lightweight men, best lifter was Laramie McMasters of UIUC. The heavyweight best lifter was Steve Herrmann.

of EMU, who also won the "Champion of Champions" trophy for highest deadlift coefficient. Matthew Kalimowski of UIUC received the first WABDL Collegiate Spirit Award. Matthew was making great progress and looking forward to breaking some records at this meet at 123. Little did anyone know that he had been training with a serious health condition that Matt had not disclosed to anyone at UIUC. His condition was such that power training caused a great deal of pain and discomfort for him. But he never complained; he continued training because he loved the sport. Unfortunately, his training for this meet was cut short when he needed major surgery. Matt's surgery was a success and he is back in the gym training again. Matthew earned this award for, as the award says, his "Courage, Dedication, Toughness." All lifters selected for drug testing at this meet passed. In the team standings, it was the University of Houston-Downtown in 1st with 240 points, the University of Texas-San Antonio a very close 2nd with 230 points, the combined University of Wisconsin/University of Wisconsin-La Crosse team in 3rd with 167 points, the host team University of Illinois at Urbana-Champaign in 4th with 132 points, Southern Illinois University in 5th with 48 points, Eastern Michigan University in 6th with 40 points, and Saint Louis University in 7th with 3 points. A lot of credit goes to the members of UHD Powerlifting. I'm a little biased since I'm their head coach, but the fact that they even made it to Collinsville for the meet is a testament to their determination and tenacity. One week before the meet, on the night of September 12, Hurricane Ike delivered a direct hit to Houston, Texas, with the eye of the storm passing directly over downtown. We suffered hours of sustained winds in excess of 100 miles per hour, causing massive power and utility failures. Houston, America's fourth largest city, was totally shut down. In the days that followed, I struggled to contact my lifters with the very limited cell phone service that remained. In some cases, I was only able to make contact by text messages. On the Monday following the storm, I had made contact with only four of the fifteen lifters slated to make the trip. By Tuesday, I had reached seven, and by Wednesday I was finally able to make contact with all fifteen. In spite of damage to homes and personal property, in spite of the massive power and water outage, and in spite of shortages of food, water, and ice, twelve of my fifteen lifters made the trip. We rounded up three vehicles, scraped together enough gas to get us far enough north where we hoped there would be gas stations with power for their pumps, and set off early Thursday morning. I was prouder of them than they could ever know just seeing them on the platform at the meet. For them to win the team title was icing on the cake. This meet would not have been possible without the help of a number



Combined University of Wisconsin/U of W Lacrosse team – 3rd place

of good people. First, I'd like to thank our major sponsor, Brian Welker of Welker Engineering and Welker's Competitive Edge Gym in Sugar Land, Texas. Brian is a tireless supporter of WABDL and his support of this meet was instrumental in making it a success. I would also like to thank Ken Anderson of Anderson Powerlifting and Titan Support Systems for their support. Ken has helped equip me over the years and has been equipping the members of UHD Powerlifting from the start. The fact that the vast majority of bench shirts worn at the meet were Titan products testifies to the quality and performance of Titan gear. Serge Ceralde of Absolute Power Gymwear designed the very well-received meet t-shirt and provided a variety of t-shirts at the meet. Charles Ventrella, a world-class bender at 148, provided trophies and made the long drive from Pennsylvania to provide photography. WABDL President Gus Rethwisch drove all the way down from Minneapolis with Forza benches, bars, extra kilo plates, lights, a display board, a scale, and platform materials. He was also the emcee, providing, as always, the best announcing and commentary in the sport. Gus is a good friend and has been a great mentor for me in the sport, and I appreciate his faith and confidence in me in letting me get WABDL involved in collegiate powerlifting. His presence at the meet meant a great deal to me. My friends Erica Haislar and Andrew Kim provided tremendous help and advice. They provided a Forza Bench and an Ivanko kilo set, as well as help in setting up before the meet and tearing down after. Erica's dad graciously allowed us the use of one of his company vans to move equipment and transport warmup weights. Our spotter/loaders were outstanding: Ryan Brault, Lynn Brault, and Royce Greenberg, all of UIUC's Illini Powerlifting. I was fortunate to be able to put together an excellent judging crew for this meet, headed up by my friend Mike Scott, who flew in all the way from Washington with his wife Kristy, who provided excellent help at the computer. Mike was one of the first WABDL officials I met when I went to my first WABDL Worlds, and I will never forget his warmth and kindness. I was honored and grateful to have him serve as head judge at our first National Collegiates. Also serving as a judge was my good friend and world-class bender Ken Millrany, the WABDL Tennessee State Chairman. Ken is one of the true gentlemen in the sport and I was glad to have him in the judge's chair. Last but not least, a very special judge at this meet was Ron L'Hullier of Grand Rapids, Michigan. Ron, a native of Marquette, Michigan (and thus a true Yooper), was, along with Mr. Steve Kehler, my very first coach in the sport back in our Petoskey/Charlevoix days in the '80s. I was very proud to have him judging at this meet. The 2009 WABDL National Collegiate Bench Press and Deadlift Championships will be held on March 14 at the University of Houston-Downtown in Houston, Texas. At the 2009 meet, we will be offering competition in the bench press and deadlift, as always, but in addition we will be offering for the first time a push/pull total division. If anyone would like information about this meet, please contact me at 217-377-4640 or [HudsonJ@uhd.edu](mailto:HudsonJ@uhd.edu). You can also find out more at our website: [www.wabdlcollegatenationals.info](http://www.wabdlcollegatenationals.info). I hope to see you there! (Dr. John Hudson)



100 pound Tommy Nguyen (UHD)

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Marion-CAN	430	457	474	292	309	314	353	380	391	1155	
Arnow-USA	391	402	413	270	270	287	391	408	408	1089	
Hung-TPE	342	364	369	331	353	364	276	353	375	1084	
Sekone-NZL	364	386	408	220	237	248	397	419	441	1084	
Kato-JPN	353	380	402	187	209	220	364	386	397	946	
Kaur-IND	353	353	375	176	187	198	287	309	331	869	
198+ lbs.											
O'Donnell-USA	551	579	590	358	380	391	491	513	529	1507	
Orobets-UKR	540	562	584	386	413	430	457	480	496	1474	
Schaefer-NED	463	507	529	375	391	402	452	480	491	1408	
Manaena-NZL	491	513	518	292	309	309	491	502	529	1298	
Meulen-NED	474	502	518	331	347	358	397	424	424	1282	
Chao-TPE	463	513	535	309	364	386	276	419	419	1194	
Romao-BRA	331	353	364	209	231	231	320	353	353	891	
Gottimukkula-IND	353	353	353	88	110	110	287	309	—	—	
MEN											
123 lbs.											
Wszola-POL	518	540	551	342	342	364	430	452	457	1356	
Isagawa-JPN	457	474	474	380	391	391	474	496	507	1350	
Osmialowski-POL	496	518	535	254	276	276	446	468	474	1268	
Tinebra-FRA	463	485	502	309	320	325	419	452	468	1262	
Cancel-PUR	446	446	446	281	298	298	408	424	452	1152	
132 lbs.											
Hsieh-TPE	562	579	595	397	408	424	584	595	623	1604	
Sutrisno-INA	573	606	606	375	402	419	551	584	584	1527	
Lited-FRA	529	551	551	309	320	331	485	507	535	1405	
Garsia-VEN	485	513	529	342	358	358	468	502	529	1372	
Lu-TPE	540	557	562	198	220	231	529	551	584	1328	
Heisel-CAN	441	463	468	276	292	303	485	507	507	1246	
Sato-JPN	485	518	518	397	397	397	463	485	513	—	
Guido-MEX	441	441	441	287	287	287	485	485	485	—	
148 lbs.											
El-FRA	573	606	617	342	353	353	639	683	704	1642	
Oishi-BRA	584	606	617	375	391	391	573	595	606	1615	
Shalokha-UKR	584	601	612	386	402	413	540	562	584	1609	
Koiwai-JPN	507	540	540	386	397	408	584	612	628	1576	
Lin-TPE	562	579	579	397	408	413	518	562	579	1554	
Noppers-CAN	507	540	557	331	342	353	496	579	612	1461	
Otani-JPN	551	579	579	375	391	402	485	507	518	1450	
Leite-BRA	496	507	507	320	320	342	518	535	535	1367	
Yang-TPE	353	375	397	220	243	254	562	590	601	1202	
Singh-IND	397	419	441	220	243	265	397	419	430	1135	
165 lbs.											
Olech-POL	750	750	794	441	463	496	639	683	705	1940	
Huang-TPE	606	634	639	459	452	474	480	628	656	694	1769
Nieminen-FIN	617	617	639	391	408	413	645	650	656	1703	
Kean-CAN	584	595	623	397	419	419	606	634	656	1698	
Nickson-USA	573	595	617	391	413	413	595	628	667	1698	
Tepper-GER	518	551	573	441	463	474	557	584	595	1620	
Rosales-PHI	529	557	568	468	468	480	535	557	568	1604	
Kuan-TPE	485	507	529	287	309	331	639	656	694	1494	
Okutani-JPN	518	551	551	419	441	463	496	496	529	1455	
Muir-AUS	518	540	551	331	331	342	540	573	573	1400	
Carvalho-BRA	441	474	496	320	331	347	463	485	502	1323	
Kariv-RSA	480	480	480	342	364	380	430	446	480	1323	
Rysev-UKR	639	650	650	419	441	468	601	606	612	—	
181 lbs.											
Wegiera-POL	683	705	716	551	568	579	606	617	623	1907	
Hooper-USA	761	761	805	524	551	562	562	579	590	1901	
Espinosa-VEN	716	733	744	452	452	468	683	694	700	1885	
Naniev-UKR	705	728	728	441	463	474	628	650	700	1852	
Michailov-BUL	617	617	661	430	452	468	661	705	705	1819	
Kobayakawa-JPN	667	689	700	457	457	468	606	628	639	1797	
Kvist-FIN	650	672	683	419	449	424	650	667	683	1758	
Tapia-PUR	672	716	739	408	424	435	562	562	595	1714	
Palmer-CBR	562	595	606	485	496	502	573	595	606	1709	
Kirino-BRA	639	639	672	413	413	441	546	590	601	1703	
Berglund-SWE	606	628	650	397	424	441	551	579	612	1670	
Garcia-MEX	540	568	579	402	413	424	573	606	628	1598	
Dunn-CAN	573	601	612	331	342	601	601	601	601	1543	
Alvarado-MEX	507	529	551	397	397	413	540	562	579	1505	
DaSilva-BRA	507	529	551	375	397	408	474	496	513	1472	
Kailey-NED	535	535	562	331	353	364	540	573	584	1461	
198 lbs.											
Williams-USA	672	705	722	424	441	452	667	716	722	1885	
Turesson-SWE	716	750	777	419	441	457	672	678	694	1885	
Ricks-USA	700	700	700	446	480	491	661	694	744	1841	
Arakawa-JPN	606	628	645	474	496	513	617	639	656	1813	

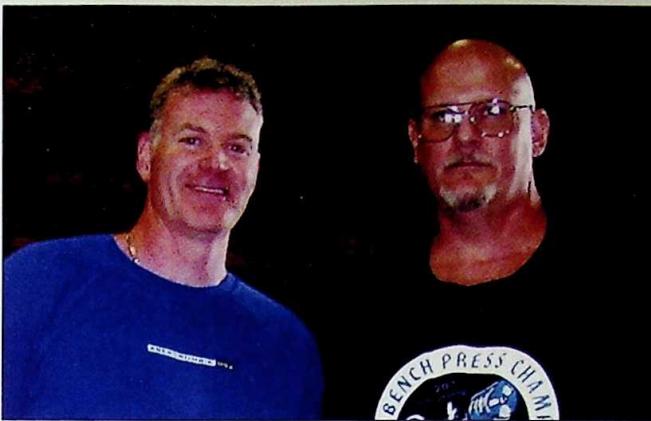


Mike Tuchscherer silver @ 275



Dave Ricks sets up for a big squat

Hoek-NED	661	694	705	441	457	468	628	650	650	1813
Butt-CAN	612	628	645	480	480	502	612	650	650	1797
Bilican-BEL	683	716	733	474	474	496	573	606	606	1780
Varchola-SVK	628	661	683	430	452	474	628	661	661	1775
Theuser-CZE	661	661	705	408	408	430	573	628	661	1742
Jensen-DEN	672	672	689	353	375	375	634	689	689	1714
Watkins-GBR	551	595	628	364	380	380	617	639	661	1648
Leung-HKG	540	573	584	364	375	391	573	590	601	1560
Smith-RSA	595	683	683	375	397	402	551	562	573	1554
Flood-SWE	661	661	705	386	386	386	728	728	728	—
Hornik-CZE	617	617	661	474	496	513	661	661	705	—
Martinez-ARG	739	772	788	413	413	413	683	705	722	—
Okamura-JPN	606	628	639	518	518	518	617	650	661	—
Krymov-UKR	661	689	705	595	595	595	—	—	—	—
Silbaum-EST	728	728	728	474	474	474	694	711	728	—
220 lbs.										
Pnevny-UKR	805	821	832	595	617	634	683	711	755	2149
Wiak-POL	772	805	816	551	551	573	683	705	728	2083
Coimbra-LUX	761	783	783	513	513	518	716	739	761	2039
Hartman-USA	689	716	728	474	474	502	711	750	783	2023
Peeters-FRA	716	761	777	485	507	513	705	739	761	2023
Tylutki-USA	728	744	772	468	485	502	694	700	750	1973
Theuser-CZE	750	794	810	463	485	513	639	672	700	1968
Kopienka-POL	750	750	772	452	468	474	705	750	783	1951
Erbz-GER	661	705	733	419	441	452	694	744	772	1890
Aguilar-CAN	716	716	750	485	502	513	650	667	667	1879
Blazek-CZE	584	584	617	397	419	441	529	557	557	1593
242 lbs.										
Rokochiy-UKR	816	843	843	584	601	612	750	772	799	2199
Karpov-UKR	816	849	860	551	568	579	705	728	755	2155
Mastrean-USA	849	887	887	513	551	568	683	716	750	2111
Omland-NOR	788	816	816	584	601	612	683	694	705	2105
Ceglarek-POL	772	805	816	518	535	535	711	744	772	2078
Yanchev-BUL	705	739	772	441	474	507	705	750	772	1995
Sarik-CZE	750	794	794	518	540	551	705	733	733	1995
Emberley-CAN	705	750	750	518	540	568	639	689	711	1962
Bak-DEN	661	705	739	529	551	562	628	667	689	1957
Mackenzie-CAN	705	728	728	480	502	518	705	728	739	1935
Banks-GBR	617	661	683	474	496	529	661	694	711	1901
Senn-AUT	678	700	700	468	468	491	661	694	716	1885
Virzi-GER	705	750	772	463	491	513	595	634	661	1874
Ueda-JPN	705	750	768							



**Dr. William Seeds & Ashtabula Meet Director Lonnie Anderson**

**20th Ashtabula YMCA Bench  
4 OCT 08 - Ashtabula, OH**

BENCH	198 lbs.
Teen (Formula)	R. Vanek 520
O. Hernandez	325 R. Jarvis 465
B. Bennett	295 A. Halko 380
L. Tulios	250 220 lbs.
T. Dufour	235 J. Hippis 340
J. Reeves	150 J. Gfeller 325
Master (Formula)	R. McEndree 315
R. Manes	310 242 lbs.
S. Gregori	280 C. Maki 600
J. Kelly	400 T. Lewitzke 365
W. Seeds	275 T. Perry 360
L. Anderson	315 275 lbs.
165 lbs.	C. Manes 555
T. Solomon	370 S. Sardella 435
O. Hernandez	325 M. Bennett 385
S. Gregori	280 308 lbs.
181 lbs.	M. Miller 455
T. Murat	365 L. Anderson 315
R. Manes	310 SHW
A. Jensen	285 L. Atkins 450

This year we had 31 participants up from 20 last year. We also had eight teenagers vying for five places. The competition was close with newcomer Omar Hernandez taking first place with a 325 bench, weighing 165 lbs. at 18 years of age. The Masters class had its usual amount of five lifters since the class was added ten years ago. This year we had a first, when one of our major sponsors entered the event. Dr. William Seeds, who has sponsored our event for the past ten years entered the contest as a competitor and placed fourth in the Masters Class with an impressive 275 lb. bench at 175 body weight. I heard through the grapevine that he is training for next years contest hoping to get a 300 lb. bench. Good luck! Weight classes 165 through 275 had at least three lifters in each class, and 308 had two and SHW one lifter. Once again, for the third straight year, Stephen Gregori took home the Furthest Distance Award. Stephen lives in Maryland. The Most Improved Award went to Fred White. In 2007 Fred benched 330 and this year he lifted 365. The Outstanding Lifter and Most Weight Benched Awards went to the same person, Chad Maki. Chad benched 600 lbs. in the 242 LB. Class which was 3.28% more than his body weight of 228 lbs. This is the second time that Chad has taken home these awards. In the 198 LB. Class, Rich Vanek took home the honors with a 520 bench, as well as Jesse Hippis, Chris Manes, Mike Miller and Lonnie Atkins placed first with a 340, 555, 455 and 450 lb. lifts. Great job guys. This year like many in the past, our sponsors made everything possible for the event. Inzer Advance Designs, Titan Support Systems, Powerlifting USA, Mueller Sports Medicine, MHP and Versa Cripps Inc. supplied the lifters with numerous items as giveaways. The food was provided by JD's Pizza, Salvato's Pizza, Capo's Pizza, Chapman's Food Service, and Subway. The drink was supplied by Deck Vending and Save-A-Lot. My wife Sherri and daughter Mandi made a cake to celebrate the contests 20th Anniversary. Special Awards were handed out to Dr. Seeds for his contin-

ued sponsorship as well as E&J Auto Glass and The Chalk Box for their support for the last fifteen and twenty years respectively. My wife Sherri was presented with a dozen roses for her help and support, making sure that everything goes smoothly at the scorers table with help once again this year from our daughter Mandi and son James sharing the announcing duties. At the beginning of the contest meet director, Lonnie Anderson handed out carnations to all the women and girls in the audience, thanking them for their supporting your husbands and boyfriends in the contest, then introduced about 15-20 guests from the past twenty years that were in attendance, thanking them for paving the way for the last twenty years, and making it possible for us to hopefully continue on with this event. I would like to say that over the past two decades I have met some incredible weight lifters, people, and families in general. Powerlifters are special people with very big hearts! (from Lonnie Anderson)

**ADFPF Canton Qualifier  
4 OCT 08 - Macomb, IL**

BENCH	Raw
FEMALE	140 lbs.
154 lbs.	Teen I (14-15)
Master I (40-44)	Open
Open	A. Mangold 165!*
L. Mangold	143!* 154 lbs.
Raw	Master I (40-44)
148 lbs.	Open
Teen I (14-15)	L. Mangold 309!*
Open	SQUAT
A. Mangold	66!* FEMALE
154 lbs.	154 lbs.
Master I (40-44)	Master I (40-44)
Open	Open
L. Mangold	138!* L. Mangold 287!*
MALE	Raw
220 lbs.	140 lbs.
Junior (20-23)	Teen I (14-15)
R. Trine	342 Open
DEADLIFT	A. Mangold 88!*
FEMALE	154 lbs.
154 lbs.	Master I (40-44)
Master I (40-44)	Open
L. Mangold	314!*
Powerlifting	SQ BP DL TOT
FEMALE	Raw
140 lbs.	Open Teen I (14-15)
A. Mangold	99!* 61!* 160!* 320!*
154 lbs.	Open Master IV (55-59)
K. Walker	132!* 94!* 204!* 430!*
MALE	319 lbs.
Open	C. Forrestier 502!* 529!* 683!* 1714!
Raw	123 lbs.
Open Teen I (14-15)	G. Frazier 165!* 99!* 187!* 287!*

220 lbs.  
Open Teen I (14-15)  
W. Duncan 320!\* 204!\* 331!\* 854!\*

275 lbs.  
Open Teen II (16-17)  
J. Stewart 303!\* 204!\* 331!\* 535!\*

319 lbs.  
Open Master II (45-49)  
B. Duncan 518!\* 298\* 5 1 8 \*  
1334!\*

!=American Records. \*=State Records. 17 ADFPF American records were set along with 24 state records. The father/son team of W. Dan Duncan and Bill Duncan qualified for the 2008 Powerlifting World Championships taking place in Evansville, Indiana on November 22 (unequipped division). Chris Forrestier set four ADFPF American records and four Illinois state records. He also qualified for the 2008 Powerlifting World Championships taking place in Evansville, Indiana on November 23 (equipped division). In the single event competitions, nine ADFPF American and nine state records were set. Congratulations to Lisa Mangold who Qualified for the 2009 Single Event World Championships (held in Bradford, England on June 5-7) in each of the three events (squat, bench press & deadlift) in both the unequipped and equipped divisions. Congratulations to 14 year old Alyssa Mangold who qualified in the unequipped deadlift event and to Ryan Trine who qualified in the junior category, unequipped bench press. This was the first time the ADFPF hosted a competition that included a mother/daughter team representing Lakewood, Wisconsin and a father/son team from Mexico, Missouri! The total 30 American records were set in this competition with 37 state records. In all, five States were represented: Illinois, Michigan, Missouri, Michigan and Wisconsin. "The last two opportunities to qualify for the 2008 WDFPF World Powerlifting Championships were held on October 4th. Dick Connor and Michael Stagg hosted the Evansville, Indiana qualifier, while Chris Silders ran the Canton event. This competition was primarily held for 5 Missouri competitors with 5 other lifters coming from Wisconsin, Michigan and Illinois. Nine competitors competed in the Unequipped Division with 2 entered in the Equipped Division. It is always a pleasure to host a meet supported by Bill Duncan and his team of teenage students from the Mexico, Missouri school where he teaches. Bill brought his son Daniel, along with 2 other teenagers: Teen 1 Grady Frazier and Teen 2, D.J. Stewart. Another Missourian new to the ADFPF was Kate Walker, a master lifter entering her first ADFPF event. A Mother/Daughter duo were in attendance from Lakewood, Wisconsin, Lisa Mangold (who had previously qualified for the World Powerlifting Championships) and her 14 year old daughter Alyssa, another first time competitor. In addition, Christopher Forrestier from Canton, Illinois came to brush up his already proven competitive skills for the November World Championships. Ryan Trine and his proud father Gene made the long drive from Coldwater, Michigan. The Missouri crew established 10 American Records, and 20 Missouri Records. The Duncan Duo of Bill and Daniel totaled well, thereby qualifying for the

international competition. Kate Walker had a great first meet with the ADFPF, setting 4 American and State records in both the Open & Master 4 categories. Junior Category (20 through 23 years of age) Ryan Trine entered his first ADFPF single event competition in the bench press. His first attempt qualified him for the 2009 Single Event World Championships to be held in Bradford, England on June 5 through 7th. Due to "first meet jitters" causing technique errors, he missed his remaining attempts. Canton's Christopher Forrestier had a very nice meet, establishing 4 American Open and 4 Illinois Open records in the +145 kilo weight class. Mom Lisa and daughter Alyssa Mangold of Lakewood, Wisconsin were exceptional. This was Alyssa's first competition in Powerlifting as well as in each of the Single Events. This young lady successfully completed 9 out of 9 attempts qualifying in the Deadlift for the 2009 Single Event World Championships in the Teen 1 Category. Seasoned competitor, Lisa Mangold, competed in both the Unequipped and Equipped Divisions, establishing 6 American and 6 WI State records. Thanks to the officials, spotter/loaders, meet director and scoring table help this event was efficiently run. As soon as the last deadlift was completed, the lifters helped to move all the competitive equipment back into the weight room. As soon as the drug testing was complete and the awards were presented. The lifters received medals, t-shirts, wrist wraps and Mike Lambert's gift of a copy of the current POWERLIFTING USA magazine. It was a quick and enjoyable competition. The audience added to the atmosphere by cheering on each athlete. Much appreciation extended to officials Donald Wynn, Tim Piper and Roger Gedney. Many thanks to Jamal and Larry for a morning of loading and spotting and to Whitney Piper who helped the scoring table & kept the meet moving." (report from Roger Gedney, courtesy Judy Gedney)

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Arginine Alpha KIC 750mg, 120 caps .....	11.25
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Tribulus Ext. 45% 100gm .....	7.50
Long Jack 100:1, 20gm .....	37.50
Yohimbe 2% Std. Extract! 50gm .....	7.50
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(continued from page 12)

on numbers. Right now it's just a fun hobby. I also like the IPF and the USPF and I like the federations that follow their examples in regards to officiating and to sticking to the rule book. In those organizations, judging is very strict and that adds to their legitimacy. You never have to doubt a world record lift from one of those organizations. If I read about someone breaking an IPF or USPF record then I know that they broke it fair and square.

The responsibility of turning the sport around is up to the magazines, the websites and the promoters. As long as people get the glory by any means necessary, then they'll continue to use any means necessary to get the glory. When the magazines and big websites only cover the deep squats, the locked out benches and the unhitched deadlifts, then the sport will start to change because people will discipline themselves to get

the reward of positive recognition.

**SK:** I was talking on the phone recently with Jason Fiori of The Falls Fitness Factory in New York. Jason's a wicked strong bencher and full powerlifter. He commented that he thinks building a big deadlift builds a bigger bench. I've always thought that building a big squat builds a bigger bench but that a bencher should stick more to heavy rows (t-bar, cables, dumbbells, etc.) for their back specific work. What do you think?

**RK:** I think everything works if you train hard and smart, but deads really depress your central nervous system. That's for sure. But, if you know how to specifically dial in your workouts to your body's limitations and growth response and if you give yourself the proper time to rest and recover, then you can work magic. Just look at guys like Brian Siders, Jim Williams and Bill Kazmaier. Those guys can/could post huge totals and bench big at



Ryan Kennelly demonstrates his power with a 675 raw rack press

the same time. Me personally, I don't train the deadlift but I do squat and when I squat I go heavy, convincingly below parallel and for medium reps like a power bodybuilder would (think Tom Platz or Ronnie Coleman). But again, I get a lot of sleep and I eat a lot of healthy food so I'm able to recover from the combination of heavy bench days and heavy squat days.

**SK:** There's three raw bench records that are within your body weight realm; Ted Arcidi's 650 @ 275 (which has stood for 25 years!) and Mendelson's 701 @ 308 and 715 @ SHW (both of which have been set over the last 6 years). Are you starting to seriously eye any of those three records? Which? Right now you're #1 in the world in the shirted bench game in both the SHW and 308 pound classes. But, in the raw bench record books, you're ranked 38th with your 600 @ 295 that you benched five years ago at MMA fighter Roger Neff's push/pull promotion. No one questions that you're good for a lot more than a six hundred (though being in the 600 pound bench club is nothing to sneeze at!) You've demonstrated more than once that you can punch up a 675 pound bench after a good old school bench training cycle. What's the future hold for, Ryan, in regards to classic power benching?

**RK:** The only paused bench to break the 700 pound barrier that I've heard of was James Henderson and I say that because he got his lift in the USPF/IPF. As for Mendel-

son's...they looked like touch 'n' go's to me. I'm OK with that, but it's Henderson who should currently be getting the credit for being the biggest raw bencher of all time. With that being said, when I get some spare time I'd like to put some training cycles in working old school power benching and I'd like to see if I can post a 675+ raw bench in competition that's recorded on quality video and with strict judging standards.

**Reporter's Note:** Ryan Kennelly is sponsored by MHP ([www.GetMHP.com](http://www.GetMHP.com)), House of Pain IronWear ([www.HouseOfPain.com](http://www.HouseOfPain.com)), BOSS ([www.BOSSOnline.net](http://www.BOSSOnline.net)), and by APT Pro Powerlifting Gear ([www.ProWristStraps.com](http://www.ProWristStraps.com)). MHP is also the title sponsor of The Kings of the Bench III and The Clash of the Titans II (full powerlifting). Both of these events are taking place on April 18th, 2009 at The Ronnie Coleman Classic Expo, which is held at The Mesquite Texas Convention Center (14 miles east of Dallas, Texas). These contests are paying out a total of \$10,000 in cash prize money and we're taking entry form applications through March 1st, 2009. Both The Clash of the Titans and The Kings of the Bench will be filmed and aired a week later on Bodybuilding.com in streaming internet video (available worldwide and free of charge for anyone who wants to watch the super showdown.) For more information please visit [www.HardcorePowerlifting.com](http://www.HardcorePowerlifting.com) or call my office at 1.503.221.2238.



Ryan maintains exceptional muscularity even over 300 pounds

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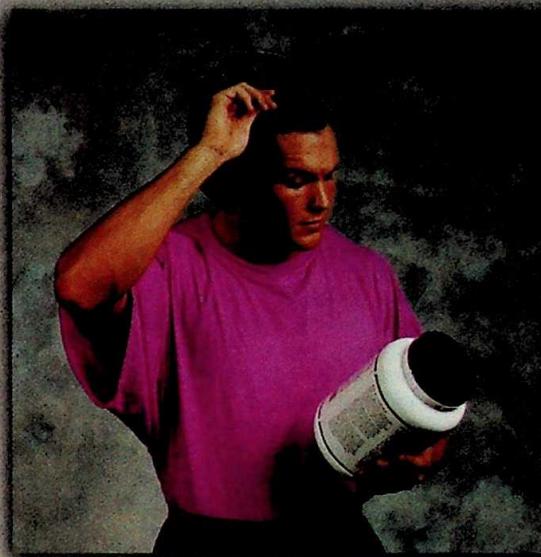
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Hot Stuff starts with an ionized whey protein base. To that we've added testosterone boosters, hormone precursors, energy boosters, fat metabolizers, muscle volumizers, herbs, sterols, and a whole lot more! Fifty-five supplements in all! Each glass of Hot Stuff is the equivalent of taking handfuls of pills and capsules.

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(continued from page 39)

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**CE:** BōKU™ SuperFood blended into a smoothie makes a great breakfast for women on the go; blended into juice or one of the milk alternatives, it makes a perfect snack. Women especially tend to experience a mid-afternoon energy slump. A blended BōKU™ boost is the perfect solution!

**AR:** Can you explain how BōKU™ can help reduce fat storage? You have mentioned the theory of fuelling up not filling up before so can you expand on this?

**Dr. A:** BōKU™ Super Food and Cleanse contain plenty of vitamins, minerals (including trace minerals), enzymes, and phytonutrients to support an optimal metabolism. This creates fewer craving for high caloric "empty calories." Blood sugar is supported and energy is increased. BōKU™ is so nutrient dense it supports the body to more efficiently process fats, carbs and protein, and convert them into energy, or in the case of protein, also into muscle tissue. A long with its great many other functions, the liver is in charge of processing fat. By providing many of the nutrients that support the liver, Boku can contribute to a more "streamlined" approach to metabolizing fat.

**AR:** What about children? Can kids take BōKU™ or is this product only for adults?

**LR:** BōKU™ is wonderful for children. The challenge is getting them to drink something green. I found with my own children that how it's presented to them makes a difference. I mixed it in chocolate soy milk and they never noticed. I made it seem like a really cool experience. They loved to check the mirror for their BōKU™ moustache. We have added a Boku Babies section on our site. Parents are contributing their creative ideas & recipes. The BōKU™ Chi Balls are amazing, and so is the ice cream! Soon we will be coming out with a great tasting formula specifically for kids.

**AR:** I know that you also produce a BōKU™ Super Bar. Can you tell us more about it and the nutritional profile it offers?

**LR:** This incredibly delicious chocolate and peanut energy bar is the perfect nutrient dense snack for those on the go! Far more nutritious than

traditional performance bars, BōKU™ Super Bars are low in calories, low in Carbs and you won't believe the taste! Each certified organic bar contains 2500 milligrams of pure Maca powder for enhanced immunity, unprecedented strength, endurance, mental clarity and hormonal balance. All with no fillers or harmful stimulants! Only the power of pure organic nutrition!

**AR:** Reno Rolle and Dr. Forsythe have recently released a new book. Can you please give the readers a little insight into what it is about?

**Reno Rolle:** We have recently released *The Ultimate Guide to Natural Cures, Quick Reference*. We know you will find this an essential addition to your health and wellness library and an indispensable resource for information on common ailments and the natural ways to cure them. Naturally, we could not include every possible ailment in this volume, nor could we include every possible cure or natural remedy associated with a problem. Instead, we have tried to include the best and most important information on each entry, including the causes and essential elements involved in its treatment.

Treatments may combine a variety of approaches, from food and diet to homeopathic remedies and alternative therapies. You should not use the information in this book as a replacement for sound medical advice from your doctor. Instead, the information provided is intended as opinion.

Besides the main information in each entry, we have added special elements, like sidebars and humorous quotations. When appropriate, we've added a "shopping list" of essential ingredients you may need to purchase in treating an ailment. This is intended as a handy shortcut to the information in the Treatment section. When you're shopping for natural cures, bring this book along with you and refer to these shopping lists as a guide to purchasing botanical and nutritional supplements.

**AR:** Hey Reno aren't you also going to do a volume series as well? This is what I at least heard through the grape vine?

**RR:** Yes I don't want to forget that our complete volume, *The Ultimate Guide to Natural Cures*, will soon be available just like you mentioned. This

expanded edition contains additional entries and more information in each entry, including healthy recipes, special added sidebars, and tips. It contains over 700 pages of information on natural cures in a hardbound, reference edition. It's the perfect book to keep in your library for years to come. For more information visit the publisher's site at [www.ultimatecures.com](http://www.ultimatecures.com)

**AR:** For those looking to get a copy of the book where can they find it?

**LR:** The book is available on our website [www.bokusuperfood.com](http://www.bokusuperfood.com)

**AR:** Does BōKU™ have to be consumed in only water or can it be added to natural juices like vegetable juices made from a juicer?

**LR:** BōKU™ can be added to whatever you desire. We tend to stay away from suggesting mixing with acidic juices. On our site we have recipes for delicious smoothies & juicing suggestions.

**AR:** Do you have some BōKU™ Recipes that you can share with the readers?

**LR:** I would love to give the readers some recipes that they can use. Here are some of my personal favourite recipes. Please try them all out and let me know your feedback.

½ C Olive oil, extra-virgin  
2 cloves Garlic, fresh minced  
1 tsp Sea salt  
1 tsp Dijon or stoneground mustard  
1 scoop BōKU™ Super Food  
1 Lemon, juiced  
Freshly ground pepper to taste

**Directions:** Place lettuce in large salad bowl and sprinkle walnuts on top. Combine dressing ingredients until smooth with either a whisk or in blender. Drizzle dressing on lettuce, and toss until lettuce is lightly coated. Top with parmesan shavings. Serve olives on the side as a condiment.

### Creamy Boku Ice Cream Recipe by Laura Lee

Ice cream makes everybody happy and what's special about it is, you have it eat it immediately before it melts which forces you to be present and in the moment while taking a deserved break and enjoy few a yummy experience.

This is the traditional rich ice cream recipe and reminds us of green tea ice cream ONLY BETTER with a richer more satisfying taste. The BōKU tastes really great and the subtle additional fruits in the BōKU powder come up in the ice cream as a welcome after taste. I make ice cream for my family and friends all the time and they simply loved the taste and rich color of this recipe.

#### Ingredients:

1 cup whole milk  
1 cup heavy whipping cream  
1 cup superfine sugar  
4 scoops BōKU

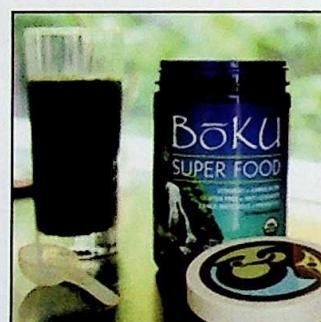
**Special Tools:**  
Electric ice cream machine  
Electric beaters or blender

**Directions:** Follow the manufacturer's pre-churning instructions. Whip the 1 C heavy cream in the blender or with the electric beater until just whipped. While still blending, Add the 1 C sugar followed by the 4 scoops BōKU powder and finally 1 C whole milk. Blend till mixed well.

Pour or spoon into the electric ice cream machine and churn for anywhere from 30 minutes to 45 minutes OR until it becomes soft ice cream. The time depends on the air temperature and varies. Spoon churned ice cream into a plastic freezer container and freeze until firm.

### Boku Chocolate Smoothie

This is a very simple and tasty way to take Boku Super



### BōKU™ Green Caesar Salad & Dressing

Enjoy BōKU's version of a Classic Caesar Salad Dressing, which traditionally contains raw eggs and anchovies. Our vegetarian version is refreshingly clean and green! Use organic ingredients whenever possible.

#### Salad Ingredients:

1 head Romaine lettuce, in bite-size pieces  
3 T Parmesan cheese, shaved  
½ C Walnuts, raw or lightly toasted, in pieces  
½ C Kalamata olives, pitted

#### Dressing Ingredients:

Food that will be a hit with kids and adults alike. There's nothing to it...just mix a tablespoon of Boku Super Food with 12 oz. of chocolate hemp milk. Use your blender or a shaker bottle to mix it thoroughly for a smooth consistency.

You can substitute chocolate soy milk, chocolate rice milk, or even regular cow's milk mixed with pure chocolate powder.

#### **Spicy Boku Mary**

Here's our webmaster's favorite Boku mixture. It's his healthy, nutrient-rich version of a spicy bloody Mary. Remember to mix this in a blender or shake well to mix completely.

#### *Ingredients:*

12 oz of organic vegetable juice or tomato juice  
2 tablespoons of Worcestershire sauce  
1 tablespoon of Boku Super Food  
1 teaspoon of celery salt  
1 teaspoon of Tobasco sauce or equivalent  
1/4 teaspoon of garlic salt  
1/4 teaspoon of freshly ground pepper

Juice from 1/2 freshly squeezed lime. Mix all ingredients in a blender or shaker until fully mixed. Serve over ice with a sprig of celery, if you use plain tomato juice instead of vegetable juice, then add another 1/2 scoop of Boku Super Food.

#### **Shaken Not Stirred**

Remember that Boku Super Food should be mixed well with your favorite juice, soy milk, or other liquid. We recommend using a shaker bottle like the one shown here. Put the juice in first, then a tablespoon or two of Boku Super Food. Close and shake.

Your Boku Super Food drink will be smooth and well mixed — with a smooth and consistent texture. You can also use a blender to mix Boku, but we don't recommend stirring, as you may experience lumpiness or uneven texture.

#### **Banana Peanut Delight with Boku**

Here's a favorite of one of our staff members, who happens to be a peanut butter lover. For best results, use an organic, sugar-free peanut butter in this recipe. We suggest soy or rice milk instead of cow's milk.

#### *Ingredients:*

1/2 banana  
1 cup peanut butter

2-3 cups cold soy milk or rice milk  
1 tablespoon Boku Super Food  
3 tablespoons honey  
1 teaspoon cinnamon (or 1/2 teaspoon fresh ground cinnamon)

**Directions:** Mix all ingredients in a blender until smooth. Serve immediately.

#### **BOKU Banana Smoothie**

The juices and smoothies that can be made with BOKU Super Food as a key ingredient are almost endless. Here's one of our favorite banana recipes for great juice taste with BOKU Super Food's health benefits:

#### *Ingredients:*

1 banana  
1 cup apple juice  
1 cup pure water  
1 Tablespoon BOKU Super Food  
1 teaspoon fresh mint leaves

**Directions:** Mix all ingredients in a blender on liquefy until fully blended. Garnish with a sprig of mint or piece of fruit and drink immediately.

#### **The Health Ranger's Super-food Smoothie Recipe**

Here is Mike Adams recipe for a delicious, superfood chocolate "ice cream" shake:

#### *Ingredients:*

1 ripe avocado (yes, an avocado)  
1 quart of almond milk (raw is best, but store-bought almond milk is ok, too)  
Small amount of natural vanilla flavoring



2 scoops of natural protein (hemp protein, yellow pea protein, brown rice protein)  
2 scoops of Boku Super Food  
1 tablespoon of raw cacao powder (or chocolate nibs)  
1/2 pear or Asian pear  
Add stevia to sweeten

**AR:** Wow those are some great recipes. I will be trying some of them out for sure. For those interested in trying Boku can you let us know where it is available? Can you get it at most health food stores?

**LR:** BOKU™ is currently available directly from our website: [www.bokusuperfood.com](http://www.bokusuperfood.com) or by calling our office Mon - Friday 9-5 PST. Our mission to get BOKU™ in the hands of as many people as possible is attainable by offering the best product at a value price. This is only feasible by dealing directly with the consumer and cutting out the middle man.

**AR:** Ok not to be a cheapskate here but the readers asked me to do this so don't blame me. Will you be running any special offers for lifters ordering that are interested in giving BOKU™ a try?

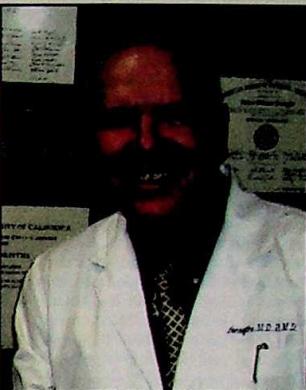
**LR:** We know that gaining and maintaining a healthy edge takes time and consistency, so we designed our Auto Ship Program to save you both time and money.

BOKU™ Super Food retails for \$59.95 per bottle when purchased individually. As an auto-ship customer you can purchase it for the deeply discounted price of \$29.95 per bottle, and order one at a time, or as many bottles as you like. It will automatically be delivered to you once a month.

You can save 50% off the regular retail price of BOKU™ Super Food by being on auto ship! What's more, when you order up to three bottles on the auto ship program, you pay shipping and handling for only one bottle!

**AR:** On a last note do you have any closing words that you would like to share with our readers about BOKU™?

**CE:** Keep an open mind in life. We have found BOKU™ Super Food to be a large piece of a huge nutritional and life-style puzzle. Most of us are stretched in every way possible in this day and age, working hard and cutting corners in every way imaginable just to get by. We want to give people an edge and a break, through our super nutrient-dense BOKU™



Dr. Forsythe - co-creator of BOKU

Super Food, and our delicious BOKU™ Super Bar. The quality, integrity and taste make BOKU™ an easy win. We hope you try BOKU™, and when you do, please let us know how you feel!!

**AR:** Well I would like to thank Lynn and Reno for taking the time to answer some of my questions. I would also like to thank Chakra for all her valuable input as well. Oh and of course I couldn't forget Dr. Adrezn who really went the extra mile to help explain some very interesting ideas in relation to the health of the "Enhanced" lifter. It has been a pleasure being here and I really appreciate your time to help inform the Powerlifting community on some very important issues.

#### **Conclusion**

Ok so here you have it folks. I hope you liked this series and as always I try hard to bring you the latest cutting edge information on valuable products that can help improve your health and performance. For those of you who are going to try BOKU™ please let me know your thoughts as well. Like I said before I have tried every Greens Super food product on the market and BOKU™ really stood out to me. This is why I thought interviewing the innovative minds behind this formula would be a great chance to help introduce it to your nutrition plan. Currently Dr. Adrezn is in the process of making BOKU™ Super Food even more potent. Please check [www.BokuSuperFood.com](http://www.BokuSuperFood.com) for further details and updates. So until next month, train hard, eat clean and eat green!

If you have any questions or comments please feel free to email me at:

Aricciuto@NutritionXP3.com  
Or check out my website at:  
[www.NutritionXP3.com](http://www.NutritionXP3.com)

**WABDL Great Lakes Regional  
19 JUL 08 - Lansing, MI**

BENCH WOMEN	220 lbs.	R. L'Hullier	425*	J. Mireles	545*	N. Bartell	352
Master (40-46)	D. Ewen 380	W. Denniston	374*	259 lbs.	242 lbs.	Teen (16-17)	
114 lbs.	W. Stirling 369	Law/Fire Open		T. Bennett	452*	A. Brown	540*
Y. Hao	148*	242 lbs.		Master (54-60)	452*	C. Schwarz	181 lbs.
Master (47-53)	L. Pokora 486*	A. Brown	540*	242 lbs.	259 lbs.	C. Ervasti	286*
123 lbs.	259 lbs.	J. Begue	587*	L. Pokora	486*	Teen (18-19)	
K. Denniston	J. Garza 452	SHW		Master (61-67)	270*	J. Begue	148 lbs.
4th-121*	4th-468*	C. Cline	611	D. Finley	270*	C. Cole	165 lbs.
Open	Disabled	Master (40-46)		A. Sububa	314*	D. Forstner	—
114 lbs.	181 lbs.	148 lbs.		Master (68-74)	Submaster (33-39)	J. Clay	253*
Y. Hao	S. Baker 132#	R. Reeder	231*	165 lbs.	181 lbs.	DEADLIFT	
Teen (16-17)	Junior (20-25)	P. Cameron	496*	J. McDermott	314	WOMEN	
148 lbs.	165 lbs.	J. Peshek	782	4th-331*	198 lbs.	Master (40-46)	
D. Doddy	D. Metz 319	Master 947-53)		4th-473*	198 lbs.	148 lbs.	
UL	181 lbs.	165 lbs.		M. Ogurek	468	S. Adamczak	253
S. Baty	S. Herrmann 485*	J. Marks	352	Master (85-89)	4th-259	4th-259	
MEN	198 lbs.	4th-369*		181 lbs.	220 lbs.	Master (47-53)	
Class I	M. Marsiglia 352	198 lbs.		B. McClelland	181	123 lbs.	
181 lbs.	D. Semans 336	D. Horn	352*	Open	220 lbs.	K. Denniston	154
C. Bos	303*	220 lbs.		R. Combest	275	4th-176*	
198 lbs.	SHW	M. LeClair	485*	Master (85-89)	259 lbs.	L. McKindra	370
M. Ogurek	D. Willaman 608*	W. Stirling	369	4th-540*	181 lbs.	Submaster	
4th-473*	4th-385#	4th-385#		D. Ewen	380	UL	
		242 lbs.		J. Johnston	501	MEN	
						Class I	
						181 lbs.	



Leilana McKindra set a WABDL Indiana State Record in Lansing

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!=World Records. \*=State Records. #=National Records. Venue: Holiday Inn South Lansing. There were 67 lifters, and four world records were set. Ron Ringewold at 68-74/198 set a deadlift world record 481.7 at age 70 and weighing 187.4, very impressive. William Klus in Teen 16-17/super, deadlifted 380.2 for a world record. In the bench, Joe McDermott of Florida at 68-74/165, set a world record 331.6 at 162.6, and Darilyn Doddy set a world record 187.2 in Teen women 16-17/148. Notable state records in the deadlift were set by Jacob Wig-



**Matt Ogurek** benched a WABDL Michigan record 473 lbs. at the Great Lakes meet, in Lansing, MI

gers 501.5 in Class I/198, Matthew Marsiglia 622.7 in Junior 198, Nathan Balanowski hauled in 611.7 in Law/Fire Open 259, Ron L'Huillier was very impressive with a 611.7 at 47-53/242 at age 52. It was a "could have given up at least three times lift." Aaron Brown in Open 242 ripped up 600.7. Other notable deadlifts were Leilana McKindra who pulled 380.2 in Submaster unlimited for an Indiana record and Russell Combest of Ohio hauled in a long 446.2 in 75-79/220. He's 6'4-1/2" adn the bar moves a long way. In the bench press notable Michigan records were Matthew Ogurek Class I/198 473.7 and his training partner Leonard Pokora in Class I/242 put up 486.1 and he also set a record in 54-60/242 with 486.1. Jeff Peshek of Ohio benched 782.5 in 40-46/308 but it wasn't a record. He's just coming back from surgery. Jeff Begue put up 587.3 in Law/Fire Open 259 for an Ohio record. In Junior superheavy, DJ Willaman set an Ohio record of 608.4. He weighed in at 379.6. Josh Decker set a Michigan record 540 in Open 198 to go long with a 672 deadlift. At 220 Open, Jose Mureles set a Michigan record 545.5 and Aaron Brown set a Michigan record 540 in Open 242. Jesse Garza set a Michigan record 468.2 in Class I/259. Nathan Bartell in 14-15/259 was huge with 352.5 and he's only 14. I want to thank Ron L'Huillier, Ted Feight, John Hudson, Kathy Feight, Brent and Diane Biddle, Darrell Horn, and Dave Forstner. (results courtesy Gus Rethwisch)

#### APA Carolinas Cup Championships 25 OCT 08 - Georgetown, SC

BENCH		Master I		
148 lbs.	S. Hines	540		
Master I Raw	Master I			
G. Ford	270	D. Trull	420	
220 lbs.		275 lbs.		
Submaster		Master I		
S. Berry	385	C. Burnette	500	
Open		SS CURL		
P. Byrd	415	MALE		
242 lbs.		242 lbs.		
Master I		Master I Raw		
D. Trull	—	D. Trull	130	
DEADLIFT		275 lbs.		
242 lbs.		Master I Raw		
Push Pull		C. Burnette	125	
198 lbs.		BP	DL	TOT
Open Raw				
R. Woods	335	455	790	
220 lbs.				
Open UNL Gear				
W. Kuenzel	425	—	425	
242 lbs.				
Open Raw				
F. Domingoes	425	675	1100	
275 lbs.				
Submaster				
J. Beasley	525	650	1175	
Open				

W. Hancock	—	—	—	Submaster Raw
308 lbs.				R. Woods
Master II Raw				160
W. Green	SQ	325	450	155
Powerlifting		BP	DL	435
220 lbs.			TOT	750
Junior				
L. Floyd	365	285	450	Submaster Raw
4th-SQ-385				R. Graham
Master I				200
J. Herrera	375	290	400	—
242 lbs.				200
Open				Full Power Best Lifter: Patrick Flynn. Push & Pull Best Lifter: James Beasley. Push & Pull Raw Best Lifter: Frank Domingoes. Bench Press Best Lifter: Pat Byrd. Bench Press Raw Best Lifter: Glen Ford. Curl Best Lifter: Dennis Trull. Overhead Press Best Lifter: Don Graham. Strength Sports Best Lifter: Sean Berry. Deadlift Best Lifter: Chris Burnette. Special thanks to Alan Bremner of Winyah Fitness Center, Front St, Georgetown, South Carolina for providing a great meet site and staff. Special thanks to those who spotted, loaded, and judged at the event for doing a great job throughout the day. Several state records were set with lifters coming from all corners of South Carolina and North Carolina. (from Scott Taylor, APA President)
P. Flynn	550	425	626	Submaster Raw
275 lbs.				S. Berry
Master I				190
W. Thanos	640	475	225	155
308 lbs.				435
Open				780
R. Petillo	605	365	655	4th-DL-445
Strength Sports	OHP	CR	DL	
MALE				
220 lbs.				
Submaster Raw				
S. Berry	190	155	435	

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Now if you guys know me as a regular here at PL USA you understand that my main focus for the magazine is Nutrition for the Powerlifter. As a strength coach as well as a nutritionist I have written strength training articles for other magazines. But with the likes of

Louie Simmons, Dave Tate, and Rick Hussey contributing articles to PL USA, I feel too shy to even think about writing about strength training in the company of minds like that. Every once in a while something stands out that gets my attention, and in this case the new book written by none other than Louie Simmons is that something special that all of you should take a look at. This book is called *The Westside Barbell Book of Methods* and it is no doubt something you want to get your hands on. If you have been part of this sport for even a short time you are well aware of the accomplishments that Louie has under his lifting and coaching belt. He has squatted over 900 pounds and benched over 600 at 50 plus years of age. That is crazy just to think about! On top of that the list of what his Elite Westside lifters have accomplished is beyond what other coaches could only dream of having as part of their roster. The likes of lifters and coaches coming out of Westside include Chuck Vogelpuhl, Dave Tate, Mike Brown, Kenny Patterson, Matt Dimel, George Halbert, Matt Smith, Matt Wenning, Phil Harrington, Greg Panora, Vlad Alhazov, Jason Fry and too many other world champions for me to name here. He has had more than a dozen guys squat over a grand and more than 25 guys have benched over 700 from his club. The number of world and national titles coming out of his gym is more than I could even count. On top of that, think of the numerous all time world records that have come out of Westside. Plus he has consulted with several NFL teams and 400 meter world record sprinter Butch Reynolds proves that Lou doesn't just talk the talk, he also walks the walk. Lou has put in his dues in the gym and on the platform not only with his lifting career but also the many students he has coached over the years. One thing you will find is that you can take the lifter out of Westside but you will never take Westside out of the lifter and that goes for anyone that has trained with him. Now instead of talking about all his accomplishments in coaching which I could probably write an entire book on, I would like to touch on another side of Lou as well.

As long as I can remember I have been reading Louie's articles and they are always the first thing I read as soon as I pick up an issue. I read his even before I go through my article for a second time. I remember back to my teenage years and Louie had an article I believe in the 1990 June issue about injuries that he has suffered and how he helped rehabilitate them. I don't have the issue in front of me so please Mike correct me if I am wrong in the issue cited. After I read that article which I really liked and found super interesting, I became a fan of Louie's work instantly. I still remember the picture in the article of Lou sitting on a chair watching his lifters compete. Of course he looked super intimidating with his bald head and big goat tee in the photo but that could be the farthest thing from the truth. For those of you who have met with him or talked with him on the phone you will find Lou to be one of the nicest and down to earth guys in our sport. If anyone has poured out his heart to this sport then Lou has to take the grand prize because he has done more for it over the last 3 decades than most of us could ever hope to do in 10 lifetimes. On top of this Lou is sincere about the sport of Powerlifting beyond what you could imagine. He even goes as far as inviting lifters to come down to Westside to train and help them with their programs all free of charge. Where else would you find someone so kind and generous to spend his time and energy without asking for a cent? He is also constantly on the phone answering questions day in and day out trying to help as many lifters as he can. In the materialistic and greedy world that we do live in today, there are very few people as selfless and giving as Louie Simmons. Just to give you an example from my own experience I have a story as well. It was way back in 1994 and I was competing as well as my sister at the time. We were both in high school then and lifting was and is a huge part of our lives. After reading and following one of Louie's programs my sister put about 45 pounds on her squat in about 6 weeks. She wrote a letter to Louie telling him about how great the results were. In response Louie just didn't say, "Hey that's great kid" he did much more. A few weeks later she received a package in the mail from Lou. He had sent her the entire set of his videos as well as some t shirts and hats. Plus she had never ordered them or sent him any money. This was a gift from Lou to help her out with her training and he did it not asking for anything back. This goes to show you what kind of guy Lou is, constantly helping out lifters, giving himself, his time and spending his own money to give back to the sport. Lou's heart is as big as his lifts.

One of the things that I have been very proud of is that I have worked with many of Lou's top lifters for nutritional consulting for several years. So this has kept me in the loop on some of the new and interesting training techniques that are always being implemented at Westside before it even comes out in the magazine. So when a man that puts everything into his passion of strength combined with the fact that Lou is always there to help anyone in the sport (even if you are a nobody just trying to

# The Westside Barbell Book of Methods Review

## As told to PL USA by Anthony Ricciuto

learn the ropes), I had to get myself a copy of his book to see what it was all about. I guess that goes to show you that if there is anyone that is going to influence the sport of Powerlifting then it is going to be this man right here-Big Lou. As you all know from reading my column, that if I believe in something like a certain herb or supplement that will help improve your performance or health, I am the first one to let you guys in on it. This is the main reason why I am doing the review for this book because if anything will open your mind to help increasing your strength from numerous different angles, then Lou's book is the book to make it happen.

Now the first thing that I want to say about this book is that it is super comprehensive. This is the be all and end all training manual on Westside Methods, bar none. One thing that is really nice about it is the fact it can be used by just about anyone. So if you are new to Powerlifting and want to learn the best secrets of Westside Training but don't know how to incorporate it, then this is the book for you. Or if you have been reading Louie's articles for the past 18 plus years like I have then you can also enjoy this book because he has included many secrets that he hasn't published before in his articles. Now you really need to understand that this is one very comprehensive book and I mean that. Lou has covered each topic and method very accurately and thoroughly so that you really understand what he is trying to convey to the reader. On top of that when you read the book you will like the feel to it. What I mean by this is the fact that when you are reading the book it's like having Lou right there talking to you. It's not like some of the strength text books you read and by the third page you start yawning because it's boring you to sleep. In fact Louie's book is just the opposite of that. It is packed with scientific information, yet it is presented in a fashion that makes you read and read until you finished the whole thing in one sitting. Just to give you an idea of what the book contains here is just the index so that you can see the topics that are presented in the book.

### PART I

#### FOREWORD

#### FOREWORD FROM THE EDITOR

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So as you guys and gals can see this is one very thoroughly designed manual. Lou has touched on just about everything you could think of. One of the things that I really liked about this book is how he discusses what his lifters are doing. Since no two guys at Westside are doing the exact same program because each one of them have their own needs, it is really cool to see up close what they are doing on a personal level. I found this very interesting and entertaining as well. Now another theme of the book which makes the Westside Method applicable to anyone is the individuality factor. Louie gives you examples of workout templates, but then goes on to tell you how they can be tweaked to best suit your needs. This is a very important factor in my opinion because so many people will need to alter things from a standard template. The fact that he emphasizes this and then helps you incorporate this factor makes the book worth it just on this point alone. The Westside Index is also very

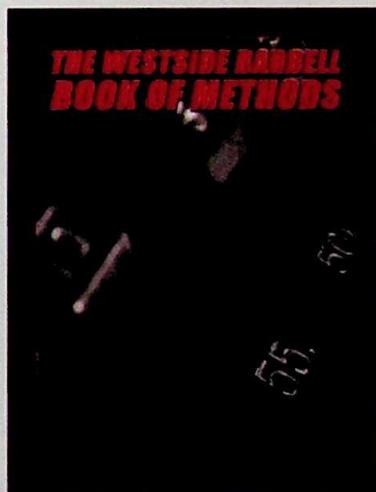
valuable. I have seen all the Westside DVD's and read probably every article he has ever published but I will say that I learned some new exercises from reading the book as well. For the beginner and the advanced lifter this book is a goldmine of knowledge that you can apply to your training. With all the years that Lou spent in the trenches trying this technique out or that lifting sequence, with this book it is all handed to you on a silver platter. For the beginner this book will literally save you years of wasted time on programs and theories that don't work. Believe me when you start training you try this and that program out only to be disappointed. With this book in your corner it is like a virtual coach helping you along each step of the way. All I know is I wish I would have had a copy of this book when I started getting involved in the sport way back when I was 14 years old. It would have saved me countless wasted hours in the gym that I spent on useless progressive overload programs that got me nowhere. I am quite knowledgeable about the Westside Methods but even I had my highlighter out going on a little rampage with this book. This is because of the new and interesting twists on training that was not covered in previous articles. Believe me if you take away even one new technique or tip, that alone will make the book a great investment. I can be a hard critique when need be, but I am truly impressed with this phenomenal strength masterpiece.

Now to help wrap things up with this review all I can really say is that this book is worth its weight in gold...literally. For the beginner lifter or the advanced, this book will teach you things that will most definitely add pounds to your total. Thousands of lifters follow the Westside Method plain and simple...because it works! For those of you who may be wondering if you should buy the book the answer is yes. You can get all of Lou's proven training techniques all in one place right at your fingertips. I am telling you this is one book that should be part of every Powerlifter's and every strength coach's library without a doubt. I thought I was well versed in Westside Theory but after reading this book there is always a ton of information that you can still learn from Louie because he is constantly trying new and creative methods to take that total to the next level. So if you are looking to get bigger, stronger and faster, then Lou's book should be an integral part of making that happen. There is too much valuable and applicable knowledge that this book offers for it not to be part of your strength collection. For those of you looking to get a copy you can get it online at [www.westside-barbell.com](http://www.westside-barbell.com). You can also call Louie over at Westside and talk with him directly at (614)801-2070 or email his wife Doris at das4westside@yahoo.com

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session, insulin may act to switch flow from nonnutritive to the nutritive route. This capillary recruitment results in an increase in nutritive blood flow so that muscles that have been stressed and are undergoing an adaptive response will have what they need to recover and grow.

This information is another piece of the anabolic puzzle. Putting it all together can give us ways to dramatically improve body composition – increase muscle mass and decrease body fat. In my view, the best way to do this is to figure out ways to increase the potent anabolic effects of insulin, both on nutritive delivery to the muscle cells and into the muscle cells, while at the same time minimizing the undesirable effects on body fat.

One of these ways is to increase insulin in a pulsed manner along with an increase in amino acid availability, but minimal carbs, at the times when the body is primed for growth and repair, for example in that window of opportunity that exists for several hours after training. It would also be desirable to increase growth hormone (GH) and insulin-like growth factor-I (IGF-I) levels at the same time as insulin, in order to further enhance the anabolic effects of insulin and decrease, and actually reverse, the undesirable effects of insulin on fat metabolism.

The bottom line is that the key to maximizing body composition, and to increase performance in fat adapted athletes is to keep carbs low and energy and protein intake high for several hours or even more after exercise.

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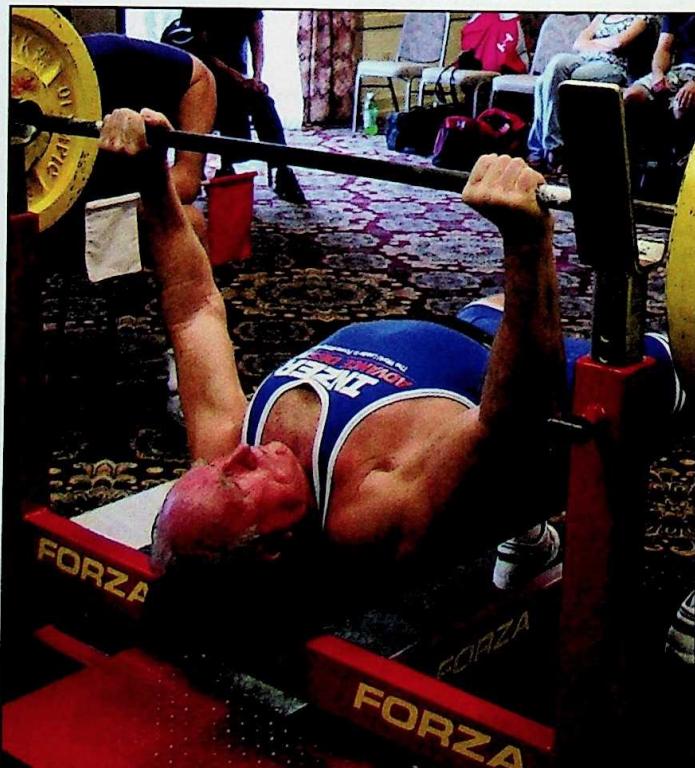
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#### WABDL Beaver Falls 14 SEP 08 - Beaver Falls, PA

S. Warburton	182!*	Law/Fire Open
198 lbs.	242 lbs.	
D. Pfeiffer	149*	J. Pfeiffer 326*
Master (40-46)	165 lbs.	
Teen (14-15)	132 lbs.	
M. Aiello	110*	R. Bruno 369*
Master (47-53)	148 lbs.	
N. Bauer	160	Master (47-53)
148 lbs.	148 lbs.	
H. Haiden	276*	J. Kavarnos 413*
259 lbs.	308 lbs.	
N. Bartell	380!*	R. Lukland 573*
Teen (16-17)	123 lbs.	
148 lbs.	F. Principati 303	
D. Miskinis	257*	B. Bidinotto 353*
Teen (18-19)	220 lbs.	
242 lbs.	J. Phillips 424*	
R. Ryan	526!*	Master (61-67)
DEADLIFT	242 lbs.	
FEMALE	220 lbs.	
Master (47-53)	220 lbs.	
105 lbs.	R. Combest 441	
132 lbs.	132 lbs.	
R. Patterson	237	Bochonowicz 257*
Open	132 lbs.	
123 lbs.	D. Miskinis 441*	
A. Marx	303*	198 lbs.
Open	132 lbs.	
132 lbs.	N. Bruno 530*	
R. Lukland	237	D. Swingle 496*
220 lbs.	Submaster (33-39)	
R. Patterson	237	Teen (12-13)
Open	165 lbs.	
123 lbs.	S. Warburton 276*	
A. Marx	198 lbs.	
Open	198 lbs.	
132 lbs.	R. Gregory 452	
R. Patterson	237	259 lbs.
Teen (12-13)	R. Skaris 540*	
105 lbs.	Teen (14-15)	
A. Miskinis	204	
148 lbs.	148 lbs.	
D. Meeks	237*	Teen (12-13)
MALE	165 lbs.	
Class I	220 lbs.	
220 lbs.	R. Gregory 254*	
J. Gfeller	331	198 lbs.
R. Combest	281!*	
Open	220 lbs.	
220 lbs.	R. Skaris 132 lbs.	
J. Conley	525*	275 lbs.
Bochonowicz	209	M. Aiello 276*
309+ lbs.	148 lbs.	
L. Atkins	452	Junior (20-25)
Evangelista	424!*	
D. Miskinis	257*	148 lbs.
Junior (20-25)	198 lbs.	
T. Pinkett	430*	D. Meeks 237*
Sparks	181 lbs.	
220 lbs.	MALE	
J. Ihlenfeld	436*	Class I
242 lbs.	220 lbs.	
R. Chmura	601	R. Gregory 452
220 lbs.	259 lbs.	
J. Gfeller	331	Teen (14-15)
275 lbs.	R. Skaris 132 lbs.	
J. Conley	525*	275 lbs.
242 lbs.	M. Aiello 276*	
J. Leonard	518	Junior (20-25)
C. Carson	656*	148 lbs.
Law/Fire	275 lbs.	
Master (40-47)	275 lbs.	
T. Gibson	705*	D. Pfeiffer 254*
242 lbs.	309+ lbs.	
J. Pfeiffer	327*	Teen (14-15)
K. Patterson	—	
Law/Fire	Submaster (33-39)	
Master (56+)	259 lbs.	
M. Zingaro	673!*	
209 lbs.	259 lbs.	
B. Lobins	601*	R. Skaris 540*
309+ lbs.	309+ lbs.	
Law/Fire Open	K. Patterson	
220 lbs.	Teen (12-13)	
S. Cook	314	198 lbs.
114 lbs.	R. Combest 325	
242 lbs.	N. Bruno 530*	
M. Gagnon	601	H. Haiden 309*
J. Pfeiffer	327*	J. Conley 562
165 lbs.	Junior (20-25)	
77*	148 lbs.	

!=World Records. \*=State Records. (results were provided by Chuck Venturella)



Russ Combest benching 288.7 @ 220 lbs. and 76 years of age, at the WABDL United We Stand BP/DL. (photograph by Chuck Venturella)

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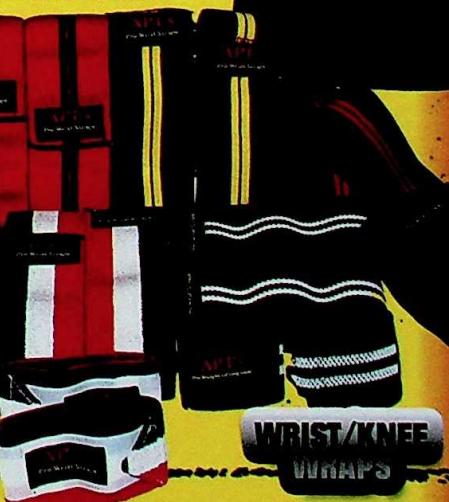


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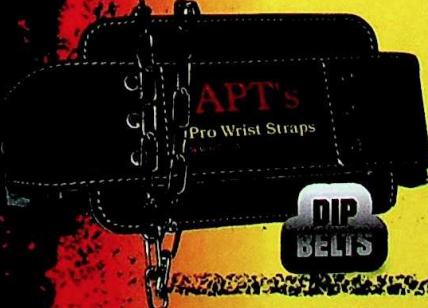
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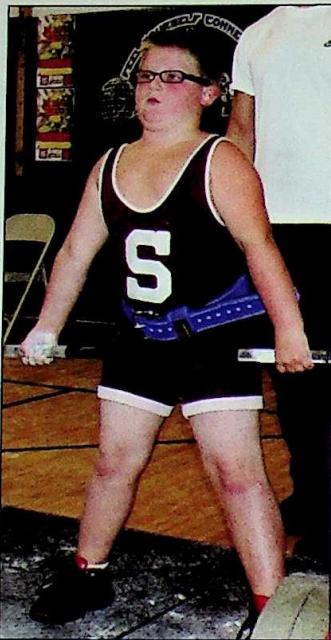
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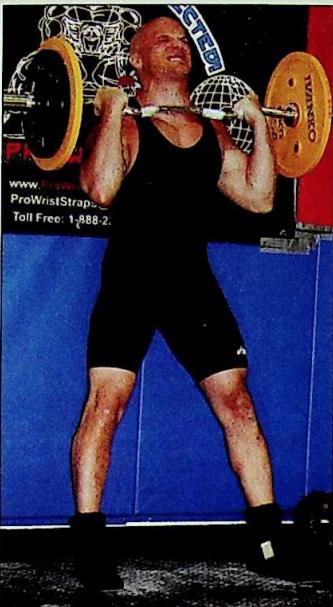
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BENCH	(14-15)			
MALE	N. Apseloff	321		
100% Raw	198 lbs.			
123 lbs.	(14-15)			
Open (12-13)	M. Kay	311		
B. Henson	171	SHW		
148 lbs.	(45-49)			
(40-44)	T. Brooks	391		
T. Barrett	265	DEADLIFT		
S. Asselin	303	MALE		
165 lbs.	100% Raw			
(40-44)	148 lbs.			
C. Byrnes	314	(35-39)		
Open (35-39)	D. Hartman	298		
D. Kimsey	270	275 lbs.		
181 lbs.	(70-74)			
(14-15)	F. Peterson	584		
N. Apseloff	321	AAU		
Open (40-44)	275 lbs.			
D. Henson	331	(70-74)		
(70-74)	F. Peterson	584		
P. Hubbard	256	STRICT CURL		
198 lbs.	MALE			
(14-15)	100% Raw			
M. Kay	311	181 lbs.		
242 lbs.	Open			
(40-44)	R. Lapadat	143		
C. Mueller	386	220 lbs.		
AAPF		Open		
198 lbs.	A. Drolc	160		
(14-15)	L. Mumley Jr.	138		
M. Kay	311	275 lbs.		
AAU	Open (40-44)			
123 lbs.	C. DeSanto	143		
(12-13)	SHW			
B. Henson	171	(45-49)		
181 lbs.	T. Brooks	143		
Push Pull	BP	DL	TOT	
FEMALE				
100% Raw				
132 lbs.				
(40-44)				
S. Wisdom	117	239	356	
(45-49)				
D. Kernoff	73	179	251	
148 lbs.				
(45-49)				
N. Hubbard	152	281	433	
165 lbs.				
(40-44)				
K. Furlong	110	287	397	
(55-59)				
E. Neal	105	303	408	
AAPF				
132 lbs.				
(45-49)				
D. Kernoff	73	179	251	
165 lbs.				
(55-59)				
E. Neal	105	303	408	
AAU				
132 lbs.				
(45-49)				
D. Kernoff	73	179	251	
165 lbs.				
(55-59)				
E. Neal	105	303	408	
(40-44)				
K. Furlong	110	287	397	
MALE				
100% Raw				
114 lbs.				
(Age 8)				
N. Paternoster	77	88	165	
165 lbs.				
Junior (20-24)				
J. Dodier	281	441	722	
(35-39)				
T. Roselli	303	463	766	
(50-54)				
E. Abromaitis	231	408	639	
(60-64)				
C. Merrill	215	419	634	
181 lbs.				
Open				
R. Lapadat	325	452	777	
220 lbs.				
(40-44)				
R. Wisdom	402	441	843	
Open				
L. Mumley Jr.	353	529	882	
A. Drolc	408	661	1069	
275 lbs.				
Open (40-44)				
C. DeSanto	441	584	1025	
308 lbs.				
(40-44)				
D. Villeneuve	419	711	1130	
AAPF				



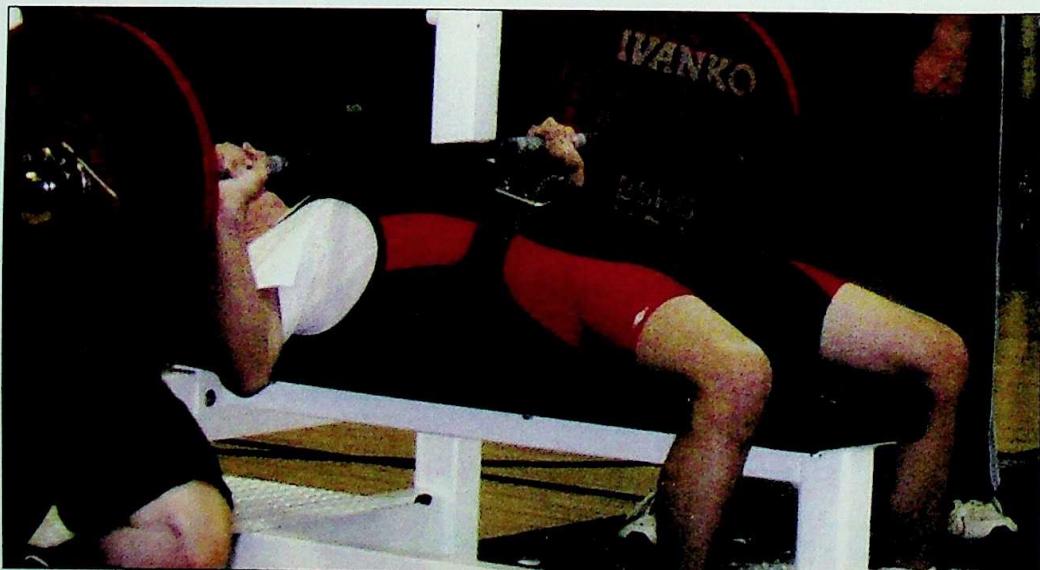
**Nicholas Paternoster, 114 lbs., 8 years old with a World Record DL**

federations sanctioned an international meet in the same venue on the same day. Thirty lifters competed in the bench press in two flights. Fourteen of the thirty broke national and world records today. In the first flight of bench press, Nicholas Paternoster, eight years old, set four world records on the bench. Diana Kernoff set a national master's woman's bench press record in the 45-49 masters group. Elaine Neal of Lyme, NH, set world records on the bench in the woman's 55-59 category. Shannon Wisdom of Waterbury also set a world record bench in the woman's master 40-44 group. Nona of New Hampshire set a world record lifting more than her body weight in the 45-49 women's master group. Benjamin Henson, 13 years old, set world records on each of his three bench presses. Peter Hubbard, broke the masters 70-74 world record with two of his lifts. Christopher Byrnes also set world records with his last two lifts. In the second flight of bench press, an equal number of lifters broke world and national records. Steve Asselin crushed the masters 148 world record by more than 50 pounds! Michael Kay, 14 year old from Colts Neck, NJ missed his first two lifts before breaking the world record on his third and fourth lifts. Ryan Lapadat of Ontario Canada set Canadian National records on all four of his lifts. Alex Drolc, also of Ontario set three Canadian national records. Ronald Wisdom of Waterbury, broke world and national records on each of his four successful lifts. Ted Brooks, the only super heavy weight of the day broke the world record four times as well. And finally Zbigniew Zatek of Canada, set Canadian National records on three of his four attempts. In the deadlift event, only five world records were broken. Elaine Neal, Kim Furlong, Clint Merrill, Ed Abromaitis and David Villeneuve all broke the world records in their age and weigh groups. National records were broken by Diana Kernoff, Kim Furlong, Ryan Lapadat and Alex Drolc. In the strict Curl only one world record fell. Ryan Lapadat of Ontario Canada easily curled 143 pounds for the world record. A bench press repetition contest was announced and 15 lifters participated. Men were asked to bench their body weight for reps while women were asked to compete directly against the men with half of their body weight. Zbigniew Zatek won the contest with 47 reps. Shannon Wisdom and Dan Henson tied for second and third with 41 amazing reps! Many employees of the Howard Center participated in making this fundraiser for the Baird School a success. Overall, Vermont Powerlifting was able to raise more than \$800 for the Baird School's new self regulation weightlifting program. This would not have been possible without the tremendous support of the powerlifting community and volunteers from Howard Center.



**Ryan Lapadat of Ontario, Canada takes the Strict Curl Record North of the border! (B. Kernoff photos)**

Vermont powerlifting would specifically like to thank the judges, Drew Markey, Justin Bonilla, and Jennifer Kernoff for volunteering their expertise all day. Carl Mueller and Peter Hubbard helped out with spotting and loading of the weights, but Jason Dodier of Rhode Island deserves an extra thank you for loading and spotting the entire meet. Good think he was strong because those 50 kg plates can get heavy. Diana and Jennifer Kernoff ran the scorers table flawlessly through out the day. Howard Center volunteers who staffed the concession stand and the gate included Michelle Phelps, Jayme Gaudette, and Melissa Perham. A very special thank you also goes out to Bruce Audette who helped to coordinate the use of the gym and made sure that everything was perfect for the meet. The 1138 Pine Street facilities team also gets special thanks for making sure the facilities were perfect! Overall history was written today. Fourteen of thirty lifters broke world or national Bench Press records. Seven of eighteen deadlifters broke world or national records and one Strict Curl world record was broken. A total of 22 World and National records were broken and more than \$750 was raised in a few short hours. (results courtesy of Bret Kernoff)



**Benjamin Henson, age 13, weight 119, bench press 171 lbs. AAU World Record. (courtesy Henson)**

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(continued from page 20)

template, four days a week, two days max effort, two days speed. At some points in the training cycle the speed days become more like assistance days, with emphasis on heavy unequipped lifting, but the dynamic work returns if the lifts slow any, and at planned times in the cycle.

**CB:** Gotta ask, what's the best way you have found to develop a big deadlift?

**CC:** Train your weaknesses! This training cycle I've turned to Chris Clark, Elite sponsored lifter, to design my program. I first went to Chris for help with gear, most specifically bench shirts, but then one thing (new bench shirt) led to another (new deadlift suit) so I challenged him to make all these new purchases work. That, I believe, he has done. I have a weak upper back (in comparison to the lower) that has limited me in all the lifts, so this training cycle we've hit it from every angle: cambered bar work, snatches, rows, partial GMs, stone trainer and Zerchers from obscenely low starting points. Anything and everything to teach me to engage the upper back and to strengthen it, we've used. As for the deadlift specifically, pulling from different heights in vary-

ing amounts of gear, reverse bands, chains, suitcase deads, but mostly . . . form.

**CB:** What are your best lifts in competition and in the gym?

**CC:** In competition at 198: 505-255-525; at SHW (201 lbs.) 510-255-530. I've left a lot on the platform in both classes. As for gym lifts, this cycle I haven't handled much straight weight in the squat and pull, but I did bench 280 for a PR.

**CB:** Impressive! If a young woman came to you interested in getting started in powerlifting, what words of advice or wisdom would you share with her that you wish you knew when you started out?

**CC:** I think my eyes were wide open from the beginning. My advice would be seek the best coaches and never shrink from the big lifts (or the big lifters). It's worked for me.

**CB:** Powerlifting is still pretty much an underground sport. Do you like it this way or do you hope that one day it gets more exposure and becomes popular as other extreme sports?

**CC:** Do we really want to be household names, with the paparazzi dogging us as we make our way into the gym, hoards of screaming fans begging for autographs, maybe a SHW modeling in Calvin Klein ads?

Seriously, I do wish there were bigger paydays for the lifters, and the idea behind the Pro/Am events is a great start. But to get more exposure we would need bigger corporate sponsors, and we would need to be unified. So unless we are ready and willing to package our sport attractively and under the banner of one (or two) federations, I think we will continue to be a self-sustaining fringe sport. But who knows, maybe Bigger, Stronger, Faster\* or Schwab's documentary will capture someone's attention in Hollywood, and we'll catch a break.

**CB:** If you could change one thing about the powerlifting community as a whole, what would it be?

**CC:** There are many lofty ideas that could be thrown out here, but instead let me share something that has made a big difference for me in terms of lifting and health. For 18 months I've been seeing Dr. Lawrence Gray, DC, Gray Chiropractic and Sports Associates, PA, for Active Release Technique (ART). I've been treated for a torn hamstring, ruptured TFL, strained wrist, chronic biceps tendonitis and a knee that just blew up three weeks before the IPA Nationals last fall. Dr. Gray has used ART, Graston, acupuncture and

traditional chiro to help me heal and keep me healthy. I urge other lifters to find an ART practitioner and incorporate this type of care into their training.

**CB:** ART is definitely catching on fast. You're a big supporter of APT Pro Lifting Gear. What are your favorite pieces of equipment that Alan offers?

**CC:** For training, I use ZRV-Pros and Black Mambas until I take my openers. At meets I usually open in Black Mambas then put on Strangulators, both knee and wrist. But the new Hybrids are a step up so I'll add those for the Pro/Am. The Convict elbow and knee sleeves are double ply and stout, but still allow a full ROM without pinching, which is cool. And I just received the new 3XH wraps to try. Every top level lifter should be wearing these, super strong for those making enormous lifts. The beauty of APT is that they realize not every lifter is suited for only one or two wrap choices, so they carry wraps and straps for every lifter's abilities (and preference for color).

**CB:** What's your diet and nutrition regimen like? Do you take any supplements?

**CC:** Well, you hit the nail on the head . . . my diet is regimented. I prepare everything in advance, freeze or refrigerate the portions,

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and pack all my meals. When I leave the house in the afternoon to train, I have all my meals for the next 15 hours with me, because I go straight to work from the gym. My diet is basically lean proteins, clean carbs (glycemic load adjusted for meals before/after training), and healthy fats for sustained energy, everything minimally processed. I don't measure anything anymore, but I did for years. I pack food when I travel and stay in hotels with at least a microwave and fridge, and I eat the same meal the morning of every meet (which is also the meal I eat before M/E Lower).

As for supps, I concoct a drink of BCAA's, vitamin C and waxy maize to consume during training, whey protein shake (along with whole food carbs) for post training, multi-vitamin, joint support and extra B vitamins and antioxidants. Two weeks before a meet I add a multi-mineral. Melatonin is a must for sleep support since I sleep during the daytime.

**CB:** It's refreshing to talk to a lifter with such attention to detail when it comes to nutrition. Do you ever find men or women to be intimidated by your strength, especially away from the gym? How do you deal with that? I mean you're stronger than a lot of male

powerlifters and we all know there are a lot of big egos out there. **CC:** I train with men, so that usually means I'm first in the rotation. I guess that keeps it in perspective for me. Yes, I might squat or pull more than some guys at a meet, but I probably weigh more, a lot more, or I'm wearing more gear, or have more experience. Once a male lifter did say to me, "I never thought I'd say this but I'm coming for you!" I thought it was a very sweet compliment. Maybe because I am comfortable with my abilities and size, I don't feel much intimidation myself, so I overlook what may be intimidation in others.

**CB:** What do you like to do away from the gym for fun?

**CC:** I enjoy the outdoors, anywhere. And I'm an avid reader, everything from current events to nutrition studies. I love to cook and collect cookbooks...I have ones from early American settlers, through the mid-century and modern times. The older ones tell more about life for women in those periods than any novel could.

**CB:** Interesting. What are your future goals Cheryl? Professionally, personally and in powerlifting.

**CC:** In my career it's important to stay on top of new technology, so that keeps the job fresh.

Personally, I want to stay healthy and vibrant, and be happy. In powerlifting, I have a few more numbers to put up in the deadlift, maybe some big ones. Cracking the top-20 all time in total in the 198's should come soon, followed by a top-20 squat. And I'd like to see East Coast Barbell grow and be home to a lot of top strength athletes. I'm co-chair of the IPA in NC so I'll be adding meet promoter to my resume as well.

**CB:** Last question, Cheryl. What has powerlifting taught you about yourself and life? Why do you love it so much and put yourself through the grueling workouts, what makes it all worth it?

**CC:** After I had been competing for about eleven months, I started working with Travis Mash, and that man has no negativity, he sees only the possibilities. As my coach he never said you can't total Elite in your first equipped meet, you can't do the Senior Nationals as your second meet, or you won't set records the first year. It was always you can...with the right training. Training the right way, training weaknesses instead of strengths, is difficult and frustrating. Why keep going even when you hurt and what makes it all worth it? The next big number...because there is

always a bigger number.

**CB:** Anyone else you would like to thank or anything else you'd like to say?

**CC:** I want to thank CB for this opportunity, Alan Thomas of APT for his support and friendship, and the management of Hutchison Allgood Printing for their backing. Chris Clark is a phenomenal coach and he has my respect and admiration, as do my training partners at Granite City Barbell and Donna Clark, a great inspiration. The team at East Coast Barbell, Kristi and Chris "Ox" Mason, Karen and Mike White, Andy Obermann, Joe Willard, Dennis and Andrej help me throughout the week. Steve Maxson has traveled all over to handle me at meets (on his own dime) and that's no easy task! Also Derek Wilcox, Tribe Powerlifting, Travis Mash and Dr. Gray for giving of their time and wisdom; and Ginny Phillips, without whom nothing would fit. Mike Schwanke and Brian Schwab have freely shared their experience and offered encouragement and advice, and thanks to Barry Williams for being the best travel partner (Florida meets rock). And thanks to you, Mike, for the support. See you on the platform.

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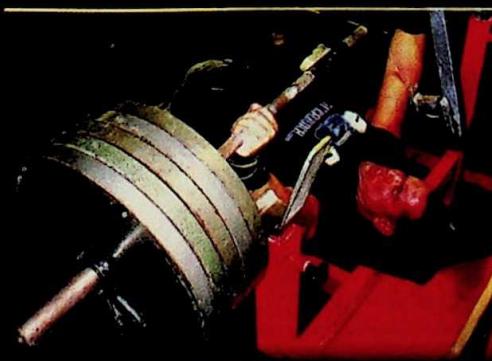
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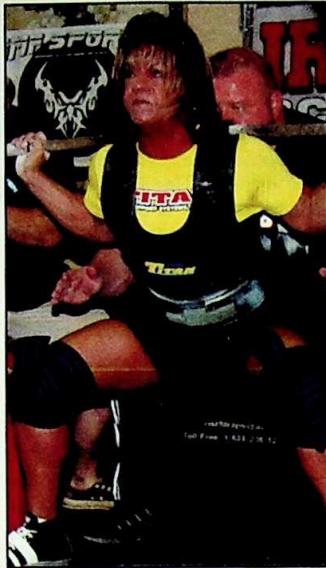
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BENCH WOMEN	132 lbs.	N. Drisig	345	J. Lewis	275	220 lbs.	242 lbs.
C. Myers	270	B. Harper	325	J. Ray	675	F. Green	150
148 lbs.	M. Cochran	275	McClaughey	380	Raw	308 lbs.	
165 lbs.	181 lbs.	198 lbs.	E. Jones	300	198 lbs.	J. Byrd	
A. Reel	300	B. Fisher	405	Teen (18-19)	160	308 lbs.	175
220 lbs.	D. Militana	520	F. Green	400	D. Fisher	160	308 lbs.
D. Dhirley	345	J. Kylo	340	J. Price	300	J. Byrd	175
242 lbs.	K. Millraney	635	D. Patrick	500	MALE	SQUAT	
A. Suter	225	J. Wells	475	R. Robinson	365	Police/Fire	WOMEN
Masters (40-44)	308 lbs.	SHW	Submasters	455	242 lbs.	Single Ply	
148 lbs.	R. Mangram	520	D. Garber	148 lbs.	220 lbs.	220 lbs.	
C. Myers	270	SHW	Submasters	181 lbs.	J. Byrd	A. Suter	
Raw	J. Robinson	745	165 lbs.	325	625	400	
165 lbs.	Submasters	E. Huffman	181 lbs.	198 lbs.	Submasters	Multi-Ply	
J. Brasseaux	275	181 lbs.	C. Bouyer	380	165 lbs.	165 lbs.	
Masters (40-44)	B. Fisher	405	DEADLIFT	181 lbs.	G. Brian	A. Reel	
165 lbs.	259 lbs.	D. Shirley	385	WOMEN	400	455	
J. Hill	615	G. Brian	275	Raw	Raw		
J. Brasseaux	Masters (40-44)	259 lbs.	165 lbs.	181 lbs.	J. Sneed	220 lbs.	
198 lbs.	220 lbs.	D. Martin	430	220 lbs.	T. Harris	McClaughey	
M. Blackstone	635	Masters (45-49)	220 lbs.	242 lbs.	Masters (80-84)	465	
4th-135	J. Ray	450	B. Blackstone	181 lbs.	E. Jones	Submasters	
MEN	505	Masters (50-54)	181 lbs.	242 lbs.	350	198 lbs.	
	Raw	W. Stover	460	MEN	G. Brian	242 lbs.	
	148 lbs.	Masters (40-44)	181 lbs.	148 lbs.	Masters (45-49)	A. Gavaldon	
				J. Phillips	150	400	



Carol Ann Myers with the #3 All Time squat in the 148 lb. class at the SPF Worlds. (photograph provided courtesy of Jesse Rodgers)

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Masters (40-44) C. Hart	315 175 370 860	J. Richardson Multi-Ply 165 lbs.	650 340 600 1590	APA Green Mountain 7 SEP 08 - Fairhaven, VT		MALE Junior M. Andersen	420 265 450 1135
242 lbs. A. Suter Multi-Ply 148 lbs. C. Myers	400 225 380 1005	P. Duke 198 lbs. B. Tracey D. Overbay	525 365 540 1430	DEADLIFT		181 lbs. Open A. Jones	500 340 500 1340
165 lbs. A. Reel	575 270 475 1320	M. Christie D. Millitary	825 575 625 2025	Raw Junior C. Fredette	535	(13-15) Raw H. Forte	505 315 — 820
Masters (40-44) C. Myers	455 300 405 1160	259 lbs. T. Eller SHW	640 440 530 1610	FEMALE Master (45-49) Raw	BP DL TOT	Open Raw D. Blake	265 115 280 660
WOMEN Juniors	575 270 475 1320	J. Williams Masters (40-44)	850 745 605 2200	A. Benett MALE	175 340 515	Master (40-44) Raw C. Ploof	230 160 335 725
114 lbs. K. Burgin	145 75 210 430	220 lbs. J. Ray	600 485 500 1585	(13-15) N. Bauman	210 BP DL TOT	Junior Raw J. Langevin	425 315 425 1165
148 lbs. J. Gonzales	220 155 320 695	242 lbs. B. Pittman	660 505 675 1840	Master (45-49)	350 255 325 930	Open Raw J. Aikey	440 315 570 1325
P. McAdow	210 125 290 625	Masters (45-49)	285 435 345 1065	T. Jones Raw	132 lbs. Submaster	Open UNL D. Hebert	565 345 550 1460
181 lbs. R. Blankenship	440 275 430 1145	D. Overbay	650 350 520 1520	T. Howard	205 105 225 535	Master (40-44) UNL J. Zibro	425 315 425 1165
198 lbs. T. Baggett	350 160 340 850	Masters (50-54)		165 lbs.		Venue: Fair Haven Fitness. (James Matta)	600 360 540 1500
Masters (45-49)							
132 lbs. M. Long	210 165 250 625						
148 lbs. P. McAdow	210 125 290 625						
MEN Teen (18-19) Raw							
165 lbs. R. Fay	385 245 525 1155						
Juniors Raw							
148 lbs. I. Hernandez	435 300 470 1205						
SHW							
J. Vick	665 440 655 1760						
Equipped							
148 lbs. J. Phillips	445 285 540 1270	RDC 800 lbs @ 165 lb	Bubba Dowling 705 lbs WR	RDC 716 lbs @ 165 lb			
165 lbs. J. McDougal	415 395 575 1385						
181 lbs. D. Aguirre	500 300 565 1365						
198 lbs. G. Fields	640 355 585 1580						
220 lbs. E. Whitfield	600 370 620 1590						
M. Steel	550 325 550 1425						
T. Burgin	480 305 500 1285						
242 lbs. J. Elkins	385 255 400 1040						
259 lbs. G. Baggett	720 385 545 1650						
J. Thompson	530 385 555 1465						
C. Drummond	600 475 145 1200						
SHW							
J. Vick	665 440 655 1760						
Police/Fire							
220 lbs. M. Steel	550 325 550 1425						
Submasters							
198 lbs. G. Brian	300 275 400 975						
220 lbs. T. Tucker	510 355 665 1530						
259 lbs. C. Drummond	600 475 145 1200						
Masters (40-44)							
148 lbs. J. Phillips	445 285 540 1270						
259 lbs. R. Storment	505 300 525 1335						
D. Martin	440 430 445 1315						
Masters (45-49)							
220 lbs. D. Stanley	500 360 500 1360						
MEN							
148 lbs. J. Morrow	600 365 550 1515						
220 lbs. K. Mattison	640 470 530 1640						
242 lbs. J. Nauhalfen	805 550 675 2030						
Police/Fire							
198 lbs. J. Quillin	490 280 455 1225						
Masters (40-44)							
220 lbs. K. Mattison	640 470 530 1640						
S. Hart	500 340 475 1315						
Masters (50-54)							
165 lbs.							

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NASA WV Open/Youth Nationals 12 JUL 08 - Ravenswood, WV						
BENCH		Novice				
FEMALE		S. Falbo	253			
165 lbs.		165 lbs.				
Junior		Submaster Pure				
K. Dean	198	K. Trippett	332			
Raw		Submaster I				
165 lbs.		G. Simpson	385			
Open		PS BENCH				
K. Dean	143	MALE				
Pure		181 lbs.				
K. Dean	143	Open				
MALE		S. Higgins	303			
165 lbs.		Pure				
K. Samples	214	S. Higgins	303			
Master V		220 lbs.				
K. Samples	214	Open				
198 lbs.		J. Hall	462			
Pure						
M. Metts	391	PS CURL				
220 lbs.		88 lbs.				
Junior		A. Higgins	33			
A. Petry	330	165 lbs.				
Law/Fire		Master III				
A. Petry	330	K. Samples	110			
Open		181 lbs.				
J. Hall	462	Open				
Pure Natural		S. Higgins	143			
J. Dean	435	275 lbs.				
Pure		Submaster I				
J. Hall	462	G. Simpson	165			
Submaster II		PS DEADLIFT				
J. Hall	462	FEMALE				
242 lbs.		55 lbs.				
Law/Fire		R. VanHoose	55			
L. Edwards	374	S. VanHoose	38			
Master II		MALE				
K. Dolin	374	88 lbs.				
Submaster II		A. Higgins	71			
C. Asbury	573	99 lbs.				
Raw		W. VanHoose	143			
148 lbs.		242 lbs.				
Junior		Master II				
S. Falbo	253	K. Dolin	374			
Push Pull		BP	TOT			
FEMALE		DL				
132 lbs.						
Junior						
C. Spinks	116	247	363			
165 lbs.						
HSP						
L. Beterman	88	248	336			
MALE						
99 lbs.						
Youth						
M. Brown	66	138	204			
123 lbs.						
Open						
A. Edwards	123	309	432			
148 lbs.						
Youth						
J. Rosser	77	160	237			
165 lbs.						
HSP						
A. Hale	270	430	700			
Junior						
R Crum	165	336	502			
Teen						

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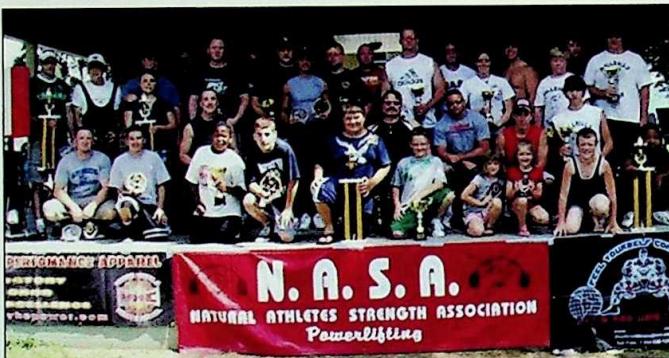
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Participants in the NASA WV Open/Youth Nationals (courtesy Hall)

### Submaster Pure

J. Peck 132 320 435 887  
The NASA West Virginia Open and Youth National Championships took place near the beautiful city of Ravenswood, near the Ohio River. The meet directors were Greg and Susan Van Hoose. The head judge was Bo Casto. The top lifter in the unequipped bench press was Kelvin Trippett of WV. Kelvin weighed 164 lbs. and bench pressed 332 lbs. with a bench press coefficient of 2.0806. The top lifter in the equipped bench press was Chris Asbury of WV. Chris weighed 222 lbs. and bench pressed 573 lbs. with a bench press coefficient of 3.0744. The top lifter in the push pull was Michael Myers of WV. Michael weighed 255 lbs. and his push pull coefficient of 7.2680. The top lifter in the power sports was Kelvin Trippett of WV. Kelvin weighed 164 lbs. and his power sports total was 917 lbs. with a coefficient of 5.7320. In the youth national competition, the top lifter in powerlifting was Zachary Tackett. Zachary weighed 242 lbs. and totaled 507 lbs. with a coefficient score of 4.4772. The top lifter in the push pull was Marquel Brown. Marquel weighed 92 lbs. and totaled 203 lbs. with a coefficient score of 4.8701. The top lifter in the power sports was Rebecca Van Hoose. Rebecca weighed 50 lbs. and totaled 55.12 with a coefficient score of 2.5000. Thank you to the community of Ravenswood, WV, for supporting NASA Drug Free meets! See everybody next year! God bless. (JT Hall)

### UK Open Championships

14 SEP 08 - Llansamlet, Swansea

BENCH		242 lbs.
MALE		Master (50+)
220 lbs.		C. Payne 331
Open		
R. Preston	491	
Powerlifting	SQ BP DL TOT	
WOMEN		
123 lbs.		
Master (45+)		
D. Hickman	231	117 265 613
165 lbs.		
Open		
J. Law	220	77 276 573
Junior		
L. Price	276	165 309 750
MEN		
148 lbs.		
Teen (15-19)		
A. Jones	375	254 419 1047
Master (70+)		
B. Evans	265	110 320 694
165 lbs.		
Teen (15-19)		
M. Wild	314	254 143 711
181 lbs.		
Junior		
A. Beeston	573	391 573 1538
Open		
N. Smith	265	220 419 904
Master (65+)		
S. Sandhu	176	176 287 639
198 lbs.		
Teen (15-19)		
J. Keys	364	265 441 1069
Master (40+)		
L. Hough	485	320 452 1257
M. Hughes	502	265 463 1229
220 lbs.		
Teen (15-19)		
C. Balfe	397	265 397 1058
Junior		
C. Murphy	672	342 595 1609
Open		
C. Guest	518	353 573 1444
W. Tinkler	535	331 524 1389
Master (65+)		
D. Clements	397	276 397 1069
242 lbs.		
Junior		
Williamson	—	— — —
Open		
S. Knight	661	430 623 1714
D. Mills	573	463 595 1631
308 lbs.		
Junior		
G. Kerr	557	474 628 1659
Open		
M. Jenkins	529	342 617 1488
(Thanks to Dave Carter for providing these results to POWERLIFTING USA)		

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Mailing Address- \_\_\_\_\_ City- \_\_\_\_\_

State- \_\_\_\_\_ Zip- \_\_\_\_\_ Phone- \_\_\_\_\_

Date of Birth - \_\_\_\_\_ Age- \_\_\_\_\_ E-mail Address- \_\_\_\_\_

Keep Copy Of This Card For Your Records - Memberships Are Kept On Computer File And Are Not Mailed

I compete in- \_\_\_\_\_ Powerlifting \_\_\_\_\_ BP Only \_\_\_\_\_ Power Sports \_\_\_\_\_

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Special Contoured Seat, Front & Rear Hand Grips



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2" X 4" Base for Stability

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TITAN POWER RACK-96"**  
(PLATE RACK INCLUDED)



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\*Plates not included

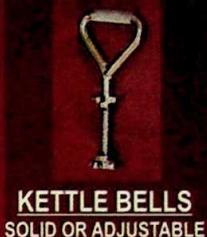
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**LEG CURL & EXTENSION**



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Rotary range-of-motion adjustment enables various start positions  
Easy pull pin adjustment to switch from leg curl to extension exercises



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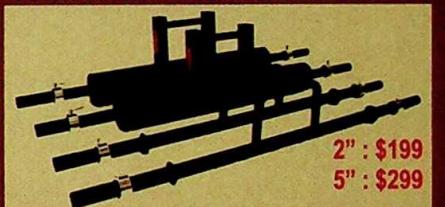


Cr. Collars  
Included

(IM-0260-O) MEGA TRICEP CURL BAR - 86" LONG-\$199  
(IM-0250-O) MEGA BOW BAR - 92" LONG-\$269  
(IM-0240-O) MEGA SPL. OLYMPIC BAR - 92" LONG-\$229

**FARMER'S WALK - 2" & 5"**

BLACK FINISH WITH CHROME COLLARS

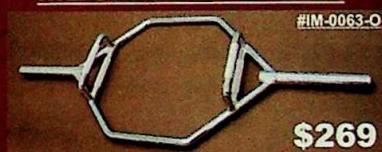


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**MEGA SHRUG BAR**



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1000 lb. Capacity  
Deep Knurled for Better Grip  
1.25" Dia. Steel Bar - Knurled & Chrome Plated Plates, Stand & Collars are not included

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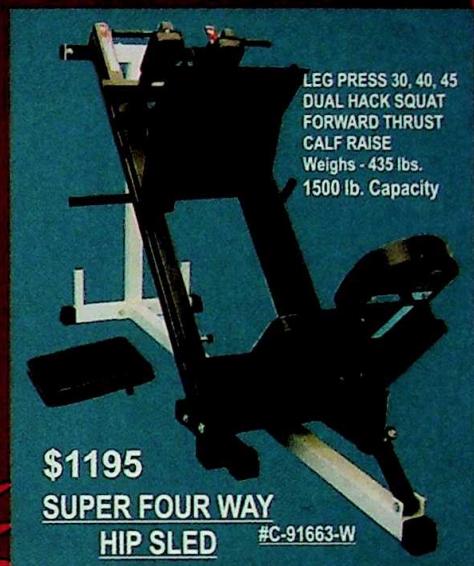
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FORWARD THRUST  
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**WEIGHTED VEST 50 lb.**



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30, 36 & 42"H  
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**AAU 11th Crain BP/DL Open  
25 OCT 08 - Shawnee, OK**

BENCH	181 lbs.
WOMEN	Junior
165 lbs.	T. Hatchcock 540
Open	Open
C. Raincrow	120 D. Dillon 375
181 lbs.	Submaster
Open	M. Fleming 600
D. Dillon	185 198 lbs.
MEN	Master
165 lbs.	B. Crouch 416*
Junior	Open
J. Caputo	— J. Winters 275
181 lbs.	N. Johnson 255
Junior	J. Winters 330
Hatchcock	360 N. Johnson 465
220 lbs.	220 lbs.
Master	Master
C. Caputo	350 C. Caputo 540
242 lbs.	242 lbs.
Master	Junior
L. Davis	225 G. Tignor 505
Open	Master
J. Weinstein	405 L. Davis 350
308 lbs.	A. Warner 375*
Open	Open
D. McConnell	505 W. Lawler 505
DEADLIFT	J. Weinstein 615
WOMEN	275 lbs.
Master	Master
165 lbs.	J. McClure 350
McClintock	215 308 lbs.
Open	Open
Raincrow	205 D. McConnell 605
198 lbs.	SHW
Master	Junior
S. Maupin	235 J. Jefferson —
MEN	
165 lbs.	
Junior	
J. Caputo	—

\*= State Records. Team 1st Place: Caputo's Gym. Team 2nd Place: Crain. Outstanding Lifter Bench Men Junior: Tyler Hatchcock. Outstanding Lifter Men Master: Carmen Caputo. Outstanding Lifter Men Open: Jeremy Weinstein. Outstanding Lifter Deadlift Men Junior: Tyler Hatchcock. Outstanding Lifter Deadlift Men Submaster: Marchand Fleming. Outstanding Lifter Deadlift Men Master: Carmen Caputo. Outstanding Lifter Deadlift Men Open: Jeremy Weinstein. Outstanding Lifter Women Master: Cindy Mc Clintock. Outstanding Lifter Women Open: Chrystn Raincrow. (results of this competition were provided to POWERLIFTING USA through courtesy of Rickey Dale Crain)



**BOB CROUCH - 66 Years of Age - with his AAU Oklahoma State Record Deadlift of 416 pounds. (photo courtesy of Rickey Crain)**

<b>CPA/APA/WPA Can-Am 26 OCT 08 - Sherbrooke, CAN</b>	
<b>BENCH Reps</b>	<b>CURL</b>
All Lifters	All Lifters
148 lbs. (13-19)	148 lbs. (60-69) Open
P. C't (60-69)	St. Laurent 110
St. Laurent 300	181 lbs. (20-23)
4th-310	R. Mares 110
Open	Open
St. Laurent 300	P. Gravel 125
4th-310	198 lbs. (33-39)
198 lbs. (33-39)	220 lbs. (50-59)
M. Rheume 325	J. Emond 115
Open	4th-120
S. Simard 345	242 lbs. (33-39)
4th-355	Oudovikine (50-59)
220 lbs. (50-59)	242 lbs. (50-59)
J. Emond 280	P. Banville 125
<b>BENCH</b>	<b>Oudovikine</b>
All Lifters	All Lifters
148 lbs.	308 lbs. (33-39)
Open	242 lbs. (33-39)
J. Lefuel 300	J. Lavoie 160
242 lbs. (33-39)	DEADLIFT Reps
Oudovikine 375	All Lifters
J. Gobeil 535	242 lbs. (33-39) Open
4th-560	Oudovikine DEADLIFT
(50-59)	P. Banville 125
P. Banville 340	All Lifters
Open	242 lbs. (50-59)
Oudovikine 375	P. Banville 560
275 lbs. (40-49)	
L. Lesage 440	
Open	
J. Pepin 308 lbs. (33-39)	
J. Lavoie 340	
Push Pull	BP DL TOT
All Lifters	
165 lbs. (50-59)	
H. Beon 215	215 365 580
242 lbs.	
Open	
M. Cote 370	370 525 895
(50-59)	
P. Banville 490	490 550 1040
SHW (33-39)	
L. Tilli 490	490 550 1040
(results by courtesy of Marcel St. Laurent)	



## **AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION**

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

**Use Legal Name**

First	Middle	Last
-------	--------	------

Street Address	City	County	State	Zip
----------------	------	--------	-------	-----

Application Date	Work Phone/Ext.	Home Phone
------------------	-----------------	------------

E-Mail Address	Fax Number
----------------	------------

Birth Date	Gender	Cell Number
------------	--------	-------------

Do you have Health and Accident Insurance? <input type="checkbox"/> YES <input type="checkbox"/> NO	Club Code (If Known)	Club Name (If Known)	Sport Code (see list below)
--	----------------------	----------------------	-----------------------------

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

Member's Signature	Parent/Guardian Signature
--------------------	---------------------------

Date	Date
------	------

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

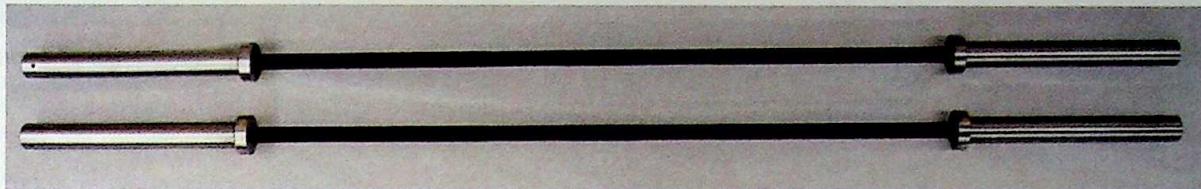
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- \* Thin plates allow more weight on bar
- \* Plates color coded for fast weight identification
- \* IPF approved

**Q-Competition (Starter Set): \$2289.00   Total 284KG (626Lbs.)**

Item Number	Qty.	Color Code	Weight (Kg)
CBP-.25KG	2	Black	0.25 Kg
CBPP-.5KG	2	Black	0.5 Kg
CBPP-1.25KG	2	Black	1.25 Kg
CBPP-2.5KG	2	Black	2.5 Kg
CBPP-5KG	2	Black	5 Kg
CBPP-10KG	2	Black	10 Kg
CBPP-15KG	2	Yellow	15 Kg
CBPP-20KG	2	Blue	20 Kg
<b>CBPP-25KG*</b>	<b>6</b>	<b>Red</b>	<b>25 Kg</b>
CO-2.5KG	2	Competition Forged Pressure Ring Collars	
Q-BAR	1	20Kg, IPF Approved, 1500 Lbs. Test	

**\*ADDITIONAL CBPP-25KG (Red): 20% OFF, \$125.00 EA.**

The Q-Competition Starter Set (total 284KG) has 2 additional 25KG (Red) plates, compared to our competitor's Starter Set (total 234KG).

Also our Starter Set is \$400 less than our competitor's Starter Set!

\* 6 Reds (25KG) + Bar & Collars = 385 Lbs. (175KG)



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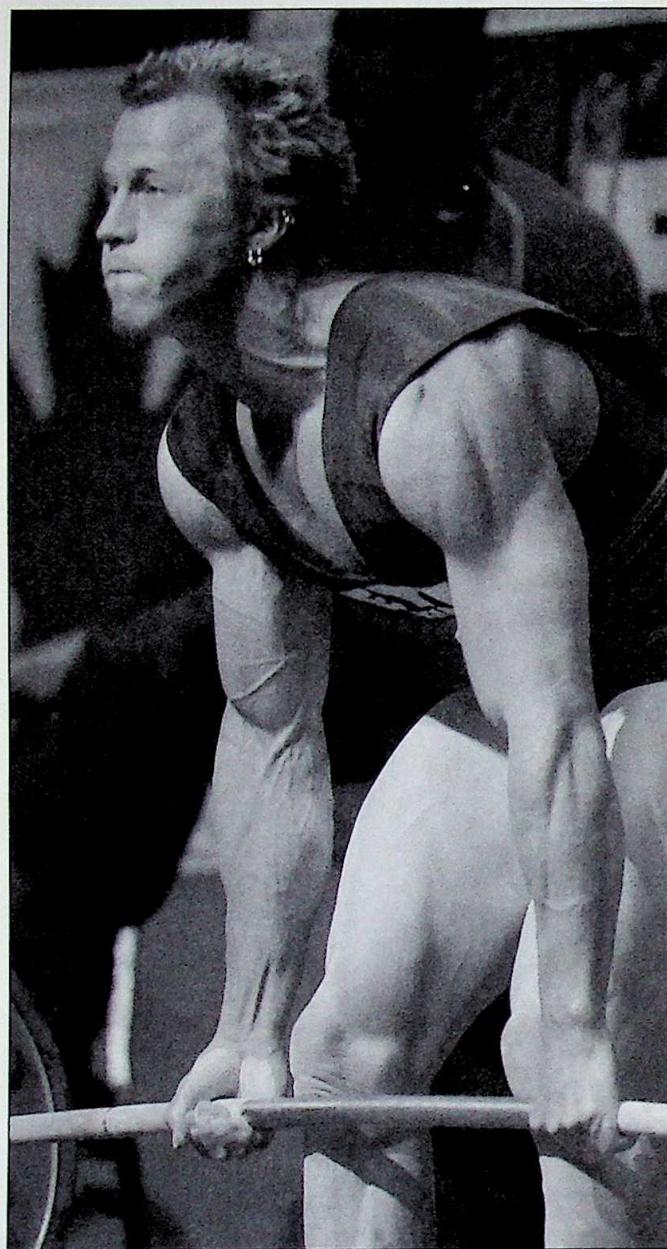
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# The TOP 100 Photo Page

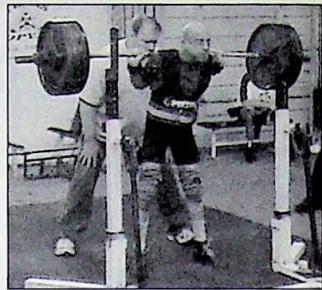
Do you think you might make the upcoming TOP 100 list for the 165 lb. class? Last time the minimum lifts to make that ranking were 501 squat, 365 bench, 525 deadlift, and 1300 lb. total. Each year the minimum lifts to make the list varies a bit, often upward, but not always. The time period for the next ranking of the 165 lb./Middleweights will be competitions held December 2007 through November 2008, and it will appear in our February 2009 edition. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page" send a photo of your recent lifting (or something off the wall, like your 1st grade portrait!?) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to [lambertplusa@aol.com](mailto:lambertplusa@aol.com) (recommend JPEG at least 200kb in size). If you haven't seen your best lifts in the results published in PL USA thus far, let us know where and when you made those lifts for the time period and we can try to confirm them prior to publication of the list.



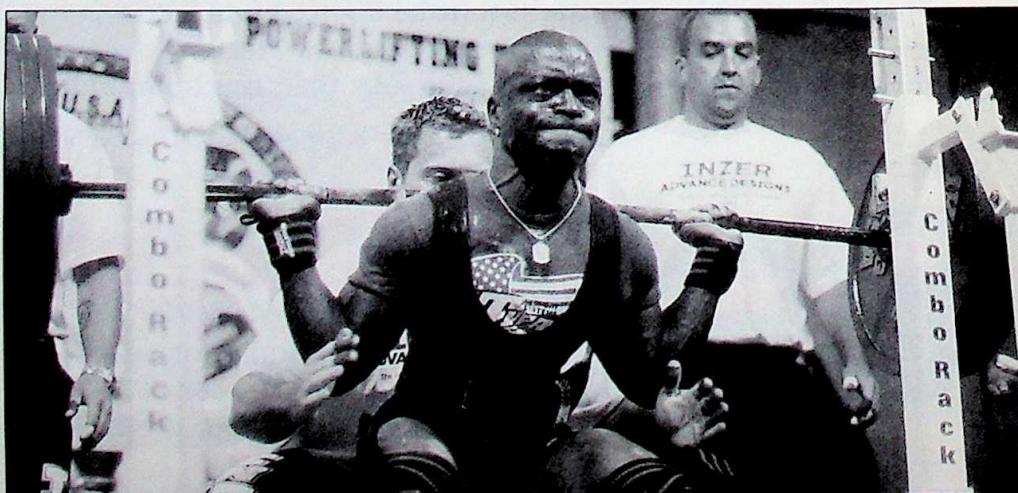
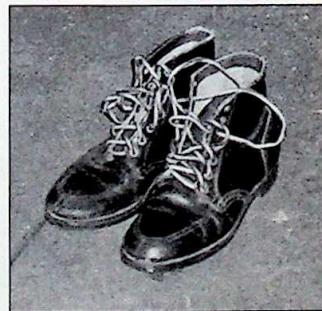
**Ellen Stein** (above) is a veteran of many competitions (and lifting federations) and she continues to show up as one of the TOP 100 very best strength athletes in her class, regardless of gender



**Nick Lenhart** is rapidly moving up the rankings, to #3 in the deadlift



**Ernesto Milian** is hanging up his lifting boots (see below). He had hoped to make his finale the WPC Worlds, but his wife had surgery. Since he was in shape, he found a local meet in McAllen, TX. Although it was a tough day, he still totaled 10 times bodywt. Ernie was the 9th US lifter to go 10 times bodyweight, back in 1979. Now, he is the oldest to do so, at the age of 61. In the February 1978 PL USA, we did our initial TOP 100 ranking for the 132 lb. class, and Ernie was there: #4 in the squat with 440, #48 in the bench with 250, 13th in the deadlift with 480, and 6th in total at 1168. On our current list, 31 years later, he is 13th in the squat with 462, 17th in the bench with 281, 8th in the deadlift with 490, and 6th again in the total with 1234. As an additional distinction, in Ernie's 40 years of olympic lifting and powerlifting, he has never even once bombed out of a meet. Anyone out there going to match that career?



**Hennis Washington** (at right) has that rare combination of immaculate lifting form, excellent balance among all 3 lifting disciplines, and spectacular strength

# TOP 100

For standard 132 lb./60 Kg. USA lifters in results received from OCT/07 through SEP/08

## PL USA Top 100 Achievement Awards



SQUAT	BENCH	DEADLIFT	TOTAL
1 584 Kuhns, M..6/12/08	424 Kuhns, M..6/12/08	556 Kupperstein, E..5/2/08	1405 Washington, H..6/12/08
2 567 Holloway, D..10/14/07	380 Tran, V..6/14/08	520 Washington, H..12/15/07	1399 Kuhns, M..6/12/08
3 567 Washington, H..6/12/08	353 Farone, J..6/28/08	501 Lenhart, N..10/12/07	1366 Kupperstein, E..5/2/08
4 529 Kupperstein, E..6/12/08	341 Holloway, D..10/14/07	501 Hafenbrack, M..3/1/08	1267 Hafenbrack, M..3/1/08
5 500 Burkay, J..12/15/07	330 Hanson, D..4/19/08	500 DeLaCruz, R..3/29/08	1240 DeLaCruz, R..3/29/08
6 500 Adanandu, S..3/29/08	320 Washington, H..12/15/07	500 Sanders, S..3/29/08	1234 Millan, E..12/1/07
7 495 Nanez, A..3/29/08	319 Lenhart, N..11/16/07	495 Allen, R..4/19/08	1200 Sanders, S..3/29/08
8 485 Kirkland, M..12/1/07	308 Petrenack, S..11/17/07	490 Millan, E..12/1/07	1200 Adanandu, S..3/29/08
9 485 Sharp, S..3/29/08	308 Thompson, J..3/2/08	485 Foddrill, B..10/22/07	1190 Sharp, S..3/29/08
10 479 Hafenbrack, M..3/1/08	303 Miller, B..11/17/07	480 Johnson, C..3/29/08	1179 Kirkland, M..12/1/07
11 465 Olivo, K..2/16/08	300 Nanez, I..3/29/08	475 Mitchell, B..2/24/08	1173 Lenhart, N..10/12/07
12 465 DeLaCruz, R..3/29/08	297 Kupperstein, E..6/12/08	473 Smith, 6/12/08	1170 Nanez, I..3/29/08
13 462 Millan, E..12/1/07	286 Hafenbrack, M..3/1/08	457 Crago, N..11/16/07	1146 Aulds, S..5/4/08
14 460 Lopez, S..3/29/08	286 Bennett, J..5/30/08	457 Hansen, S..5/10/08	1145 Johnson, C..3/29/08
15 457 Stevenson, S..6/12/08	285 Burkey, J..12/15/07	455 Adanandu, S..3/29/08	1140 Whitaker, R..3/29/08
16 450 Sanders, S..12/6/08	285 Sanders, S..3/29/08	451 Aulds, S..5/4/08	1140 Smith, S..6/12/08
17 450 Whittaker, R..3/29/08	281 Millan, E..12/1/07	456 King, P..3/29/08	1135 Mitchell, B..2/24/08
18 450 Garcia, S..3/29/08	280 Campbell, B..10/27/07	446 Kirkland, M..12/1/07	1135 Stevenson, S..6/12/08
19 440 Mitchell, B..2/24/08	280 Helms, J..3/29/08	442 Wong, C..5/17/08	1118 McCormick, S..6/12/08
20 440 Sanders, S..3/29/08	275 O'Halloran, A..11/3/07	440 Irby, S..3/29/08	1115 Olivo, K..12/16/08
21 435 Goudeau, A..5/4/08	275 Valmoja, J..12/8/07	440 Rocha, R..3/29/08	1115 Sanders, S..3/29/08
22 430 Johnson, C..3/29/08	275 Whitaker, R..2/2/08	440 Rodriguez, S..3/29/08	1113 Foddrill, B..5/2/08
23 430 Nguyen, B..3/29/08	275 DeLaCruz, R..3/29/08	440 A., Sidney, S..3/08	1110 King, P..3/29/08
24 430 McCoy, J..3/29/08	275 Sharp, S..3/29/08	440 Marchio, J..6/28/08	1100 Nguyen, B..3/29/08
25 429 Aulds, S..5/4/08	275 Miller, S..3/29/08	435 Trujillo, R..11/10/07	1100 A., Sidney, S..3/08
26 429 Smith, S..6/12/08	275 Stone, B..8/22/08	435 Weatherford, J..3/22/08	1091 Goudeau, A..5/4/08
27 429 McCormick, S..6/12/08	270 Hutson, N..2/23/08	430 Sharp, S..3/29/08	1090 Lopez, S..3/29/08
28 425 Denmon, L..12/1/07	270 Colisson, B..3/29/08	430 Tamayo, J..3/29/08	1085 Irby, S..3/29/08
29 420 Beckman, A..2/23/08	270 Cochran, M..3/29/08	429 McCormick, S..6/12/08	1080 Garcia, S..3/29/08
30 420 King, P..3/29/08	265 Villagome, S..3/29/08	425 Olivo, K..3/29/08	1080 Loznovsky, N..5/17/08
31 418 Loznovsky, N..5/17/08	270 Askwe, S..3/29/08	425 Stevenson, S..2/9/08	1075 Villagome, S..3/29/08
32 415 Williams, F..3/29/08	270 Thompson, M..4/19/08	425 Nguyen, B..3/29/08	1070 Williams, F..3/29/08
33 410 Stone, B..8/22/08	270 Grier, A..4/19/08	425 C., Evan, S..3/08	1070 Stone, B..8/22/08
34 405 Villagome, S..3/29/08	265 Varnado, S..3/29/08	424 Goudeau, A..5/4/08	1065 Caston, A..3/29/08
35 405 Nowlin, S..3/29/08	264 Burriss, R..3/15/08	420 Whitaker, R..3/29/08	1060 Burkey, J..12/15/07
36 405 A., Sidney, S..3/08	264 Foddrill, B..5/2/08	420 Williams, F..3/29/08	1058 Jones, K..5/2/08
37 402 Bennett, J..5/30/08	264 Jones, K..5/2/08	420 G., Austin, S..3/08	1058 Perry, J..6/18/08
38 402 Miller, S..6/12/08	264 Aulds, S..5/4/08	420 W., Josh, S..3/08	1055 Rocha, R..3/29/08
39 402 Starling, S..6/12/08	264 Yager, B..5/31/08	420 C., Brandon, S..3/08	1055 Rodriguez, S..3/29/08
40 402 Perry, J..6/18/08	264 Stevenson, S..6/12/08	418 Sheaffer, K..12/1/07	1055 Tamayo, J..3/29/08
41 400 Irby, S..3/29/08	260 Sanders, S..3/29/08	418 Loznovsky, N..5/17/08	1052 Bennett, J..5/30/08
42 400 Caston, A..3/29/08	260 Sander, B..6/28/08	418 Perry, J..6/18/08	1040 Allen, R..4/19/08
43 400 Rodriguez, S..3/29/08	259 Denney, Z..11/10/07	415 Mayer, R..12/1/07	1031 Miller, S..6/12/08
44 400 Divin, S..3/29/08	259 McCormick, S..6/12/08	415 Lara, S..2/23/08	1030 Nowlin, S..3/29/08
45 400 Velez, D..3/29/08	255 Kalka, C..3/15/08	415 Sanders, S..3/29/08	1030 Divin, S..3/29/08
46 400 Furniss, J..6/28/08	255 Caston, A..3/29/08	415 Lopez, S..3/29/08	1025 McCoy, J..3/29/08
47 396 Foddrill, B..5/2/08	255 A., Sidney, S..3/08	415 Garcia, S..3/29/08	1025 Miller, S..3/29/08
48 396 Jones, K..5/2/08	253 Ladewski, J..4/19/08	410 Caston, A..3/29/08	1015 Beckman, A..2/23/08
49 395 Tamayo, J..3/29/08	250 Ballard, T..11/3/07	410 A., Chris, S..3/08	1015 Varnado, S..3/29/08
50 385 Lenhart, N..10/12/07	250 Atkinson, C..11/10/07	407 Thompson, A..3/29/08	1015 G., Austin, S..3/08
51 385 Nelson, J..3/7/08	250 Demarius, B..3/29/08	407 Salvati, D..6/7/08	1003 Sheaffer, K..12/1/07
52 385 W., Josh, S..3/08	250 Haag, T..4/26/08	407 Miller, S..6/12/08	1003 Hansen, S..5/10/08
53 380 Rocha, R..3/29/08	250 Browne, J..4/26/08	407 Ottsuka, D..8/2/08	1003 Atkinson, C..11/10/07
54 380 Ellender, S..3/29/08	248 Trujillo, R..11/10/07	405 Wright, C..11/3/07	1000 Velez, D..3/29/08
55 380 Murphy, S..6/12/08	248 Kirkland, M..12/1/07	405 Schulz, C..3/7/08	1000 W., Josh, S..3/08
56 375 Miller, S..3/29/08	248 Ossola, M..12/18/07	405 Villagome, S..3/29/08	1000 Furniss, J..6/28/08
57 375 Varnado, S..3/29/08	245 Wright, C..11/3/07	405 Velez, D..3/29/08	1000 Sine, J..7/19/08
58 375 Demarius, B..3/29/08	245 Salvati, D..3/2/08	405 N., Evan, S..3/08	995 Ellender, S..3/29/08
59 375 A., Chris, S..3/08	245 Marquinez, F..3/16/08	405 B., Brad, S..3/08	992 Trujillo, R..5/2/08
60 375 B., Brad, S..3/08	245 Lee, J..3/22/08	402 Kraft, K..12/1/07	990 Nelson, J..3/7/08
61 375 Sine, J..7/19/08	245 Adamandu, S..3/29/08	402 Molina, G..9/27/08	986 Kraft, K..12/1/07
62 370 Vesta, G..2/9/08	245 Nguyen, B..3/29/08	400 Atkinson, C..11/10/07	986 Murphy, S..6/12/08
63 370 Askwe, S..3/29/08	245 Irby, S..3/29/08	400 Moreno, J..1/26/08	981 Ladewski, J..4/19/08
64 370 G., Austin, S..3/08	245 Divin, S..3/29/08	400 Nguyen, M..2/2/08	980 Denmon, L..12/1/07
65 370 Allen, R..4/19/08	245 Furniss, J..6/28/08	400 Gray, D..2/16/08	980 N., Evan, S..3/08
66 369 Baker, S..8/2/08	242 Kraft, K..12/1/07	400 Nelson, J..3/7/08	975 Demarius, B..3/29/08
67 365 Forgatsch, J..1/19/08	242 Bradley, G..4/12/08	400 Ellender, S..3/29/08	975 A., Chris, S..3/08
68 365 Stephens, J..2/1/08	242 Loznovsky, N..5/17/08	396 Rasia, J..11/9/07	965 Wright, C..11/3/07
69 365 Hernandez, R..2/23/08	242 Hood, John, S..5/17/08	396 Kuhns, M..12/1/07	965 Lara, S..2/23/08
70 365 W., Ivan, S..3/08	242 Molina, G..9/27/08	396 Cheng, T..12/8/07	965 Wheeler, S..3/29/08
71 363 Ladewski, J..4/19/08	240 Olivo, K..2/16/08	396 Jones, K..5/2/08	955 Jimenez, S..3/29/08
72 358 Carter, M..1/26/08	240 King, P..3/29/08	390 Pham, J..12/8/07	955 B., Brad, S..3/08
73 358 Renfrow, S..6/12/08	240 Jennings, S..3/29/08	390 Pham, B..2/9/08	955 P., Benjamin, S..3/08
74 355 Wheeler, S..3/29/08	240 Sine, J..7/19/08	390 Salm, B..3/7/08	947 Renfrow, S..6/12/08
75 355 P., Benjamin, S..3/08	240 Bochonowicz, S..10/08	390 Nowlin, S..3/29/08	947 Baker, S..8/2/08
76 352 Trujillo, R..5/2/08	238 Ottsuka, D..8/2/08	390 Jimenez, S..3/29/08	945 Salvati, D..3/2/08
77 350 Atkinson, C..11/10/07	238 Perry, J..10/14/07	385 Schulz, M..10/12/07	945 M., Reece, S..3/08
78 350 Pham, B..2/2/08	236 Healy, A..12/1/07	385 Dugan, L..1/19/08	936 Thompson, A..3/29/08
79 350 Lara, S..2/23/08	236 Smith, S..6/12/08	385 Harville, J..2/9/08	931 Molina, G..9/27/08
80 350 Mach, Z..3/7/08	236 Murphy, S..6/12/08	385 Jones, D..2/24/08	
81 350 N., Evan, S..3/08	235 Johnson, C..3/29/08	385 Divin, S..3/29/08	925 Stephens, J..2/1/08
82 350 M., Reece, S..3/08	235 Williams, F..3/29/08	385 McCoy, J..3/29/08	925 Harville, H..2/9/08
83 345 West, J..2/21/08	235 Roche, R..3/29/08	385 Wheeler, S..3/29/08	925 Jones, D..2/24/08
84 345 Jorgenson, N..2/23/08	235 Nowlin, S..3/29/08	385 M., Reece, S..3/08	925 Schulz, C..3/7/08
85 345 Devine, D..3/7/08	235 P., Benjamin, S..3/08	385 Sullivan, F..4/19/08	920 Carter, M..1/26/08
86 345 Jimenez, S..3/29/08	235 Moore, L..5/17/08	385 Renfrow, S..6/12/08	915 Valmoja, J..12/8/07
87 341 Stein, E..10/12/07	235 Wasmundt, S..7/19/08	385 Sine, J..7/19/08	915 Pham, B..2/2/08
88 341 Kraft, K..12/1/07	231 Klett, M..12/1/07	385 Stone, B..8/22/08	909 Starling, S..6/12/08
89 340 Myers, B..12/1/07	231 Mattis, J..3/29/08	380 Carter, M..1/26/08	903 Dotson, O..1/26/08
90 340 Hale, C.J..2/2/08	231 Sauer, H..4/16/08	375 Stephens, J..2/1/08	903 Bolt, J..3/29/08
91 340 Bailey, A..2/23/08	231 Goudeau, A..5/4/08	375 Herrera, R..2/1/08	900 Vesta, G..2/16/08
92 340 Jones, D..2/24/08	231 Gaudreau, J..6/25/08	375 Lee, J..3/22/08	900 Jennings, S..3/29/08
93 340 Salm, B..3/7/08	230 Beckman, A..2/23/08	375 Nanez, I..3/29/08	895 Mayer, R..12/1/07
94 340 C., Evan, S..3/08	230 Tamayo, J..3/29/08	375 Miller, S..3/19/08	890 Johnson, H..11/17/07
95 336 Hansen, S..5/10/08	230 Gagne, R..7/26/08	375 Varnado, S..3/29/08	890 Forgatsch, J..1/19/08
96 336 Schraub, S..6/12/08	226 Oyler, J..11/9/07	375 Miller, D..5/20/08	890 W., Ivan, S..3/08
97 335 Leopold, D..2/27/07	225 Serrano, W..1/12/08	375 Wegmann, C..8/15/08	885 Thomas, D..11/3/07
98 335 Kenton, J..2/16/08	225 Mangra, C..1/20/08	374 Baker, S..8/2/08	885 Herrera, R..2/1/08
99 335 Gaddy, T..2/23/08	225 Dotson, O..1/26/08	370 Stecker, D..3/7/08	885 Nguyen, M..2/2/08
100 335 Culver, K..3/7/08	225 Harville, J..2/9/08	370 Melo, M..7/12/08	885 Hale, C.J..2/2/08

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## NEXT MONTH - TOP 148s

**CORRECTIONS...** Linda Schaefer should have been credited with a 473 deadlift (AAU World Championship, December 2007 in Las Vegas, Nevada) on the Women's TOP 20 rankings for 2007 in the SHW class. Kevin Meskew's 303 squat, 391 deadlift, and 854 total (at the WPF World Championship, November 22, 2007 in Torreon, Mexico) were not reflected on our Masters TOP 20 rankings for 2007 in the 123 lb. class. In our Ultimate Top Ten Superheavyweight article in the October 2008 PL USA, Bill Kazmaier should have been credited with more than one IPF World Championship victory. If you find errors in our articles, TOP 100/20 weight class rankings or in the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the manner (which can take a variable length of time, depending on the specific situation) and an appropriate correction in a following issue.

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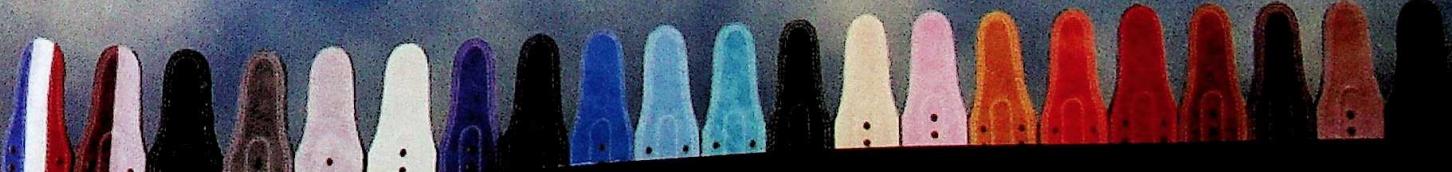


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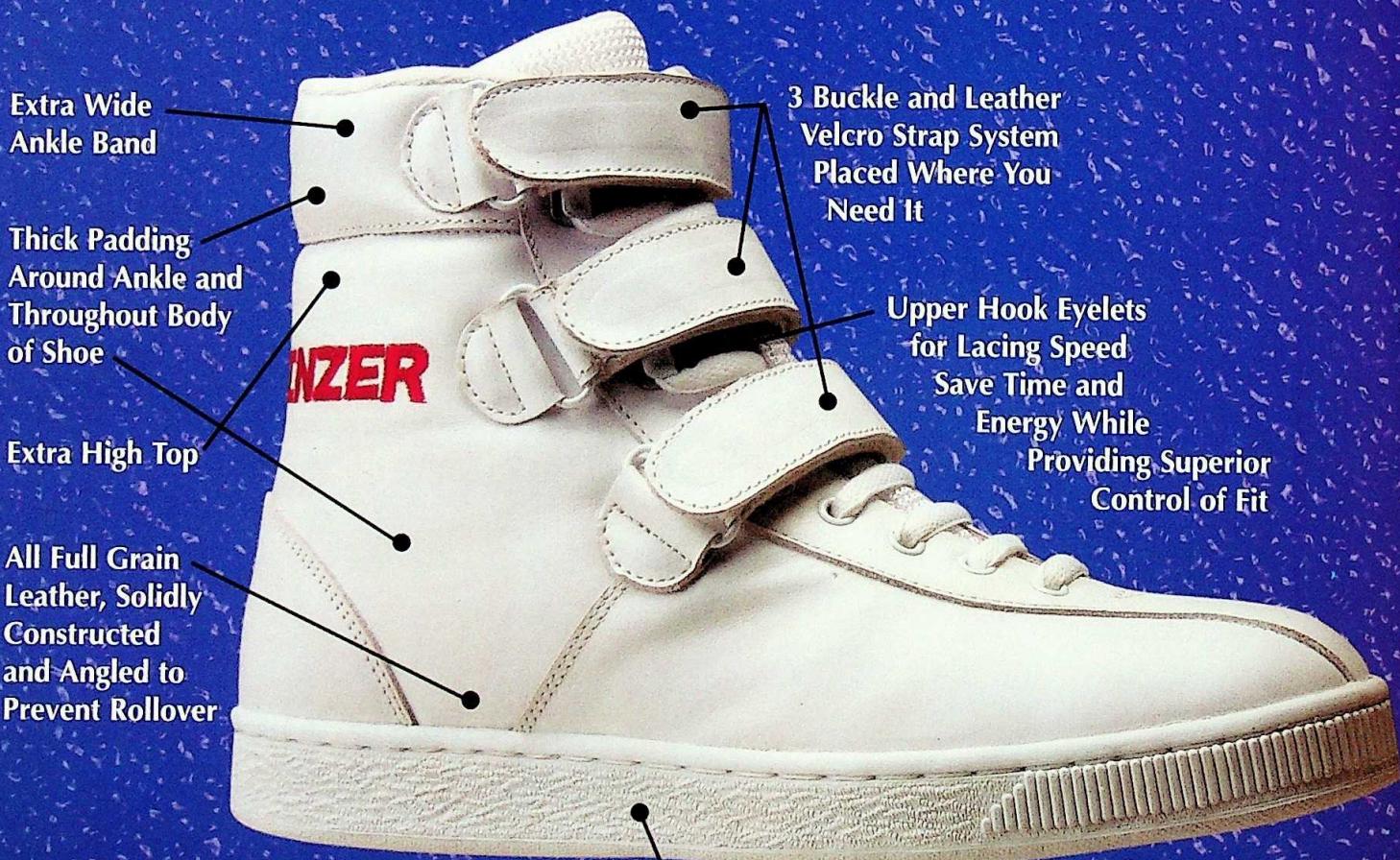
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