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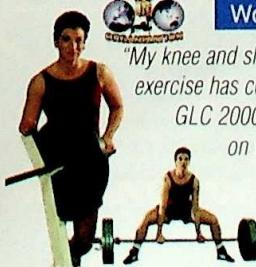
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ON THE COVER - Matt LaMarque went 801 at 228 body-weight at a WABDL competition in Hawaii (Namea Designs)

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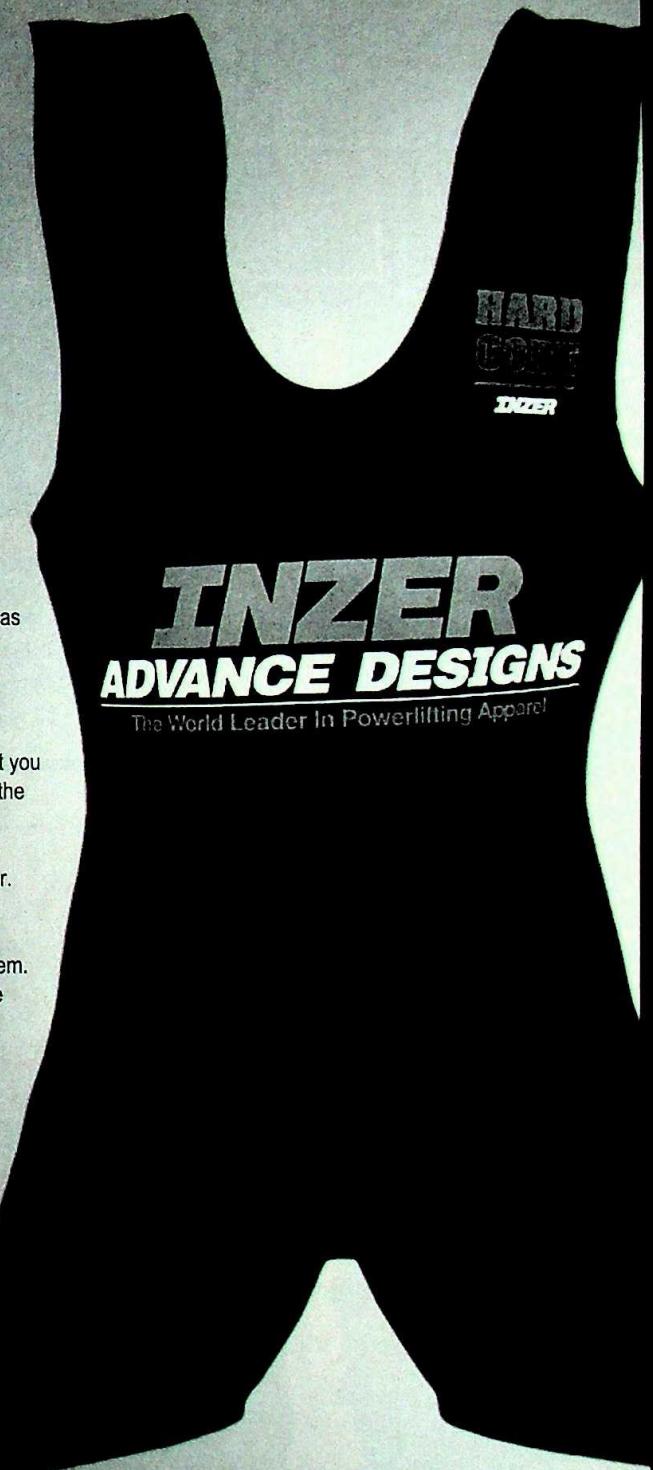
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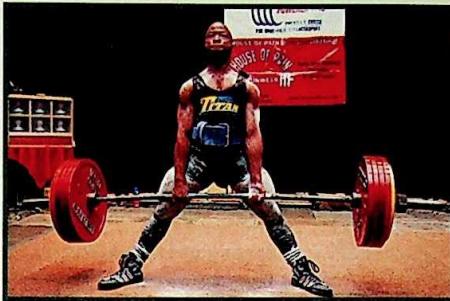
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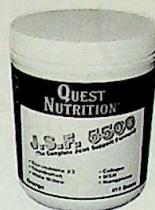
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TRAINING

PERIODIZATION: PENDULUM WAVE as told to Powerlifting USA by Louie Simmons

Periodization simply means organizing training plans of one year or more into shorter manageable plans, i.e., weekly or monthly. At Westside, a weekly

plan is used on max effort day.

Each week, the lifter switches a barbell exercise, always working up to a max single in a special squat or box, rack, or band deadlift. This

is the maximal effort method. Only good mornings with an eccentric phase preceding a concentric phase are performed, for a 3-rep max. This is the method of heavy efforts. Westside has proven the max effort method is superior.

Why? A new plateau is reached. This is positive not only physically but also psychologically.

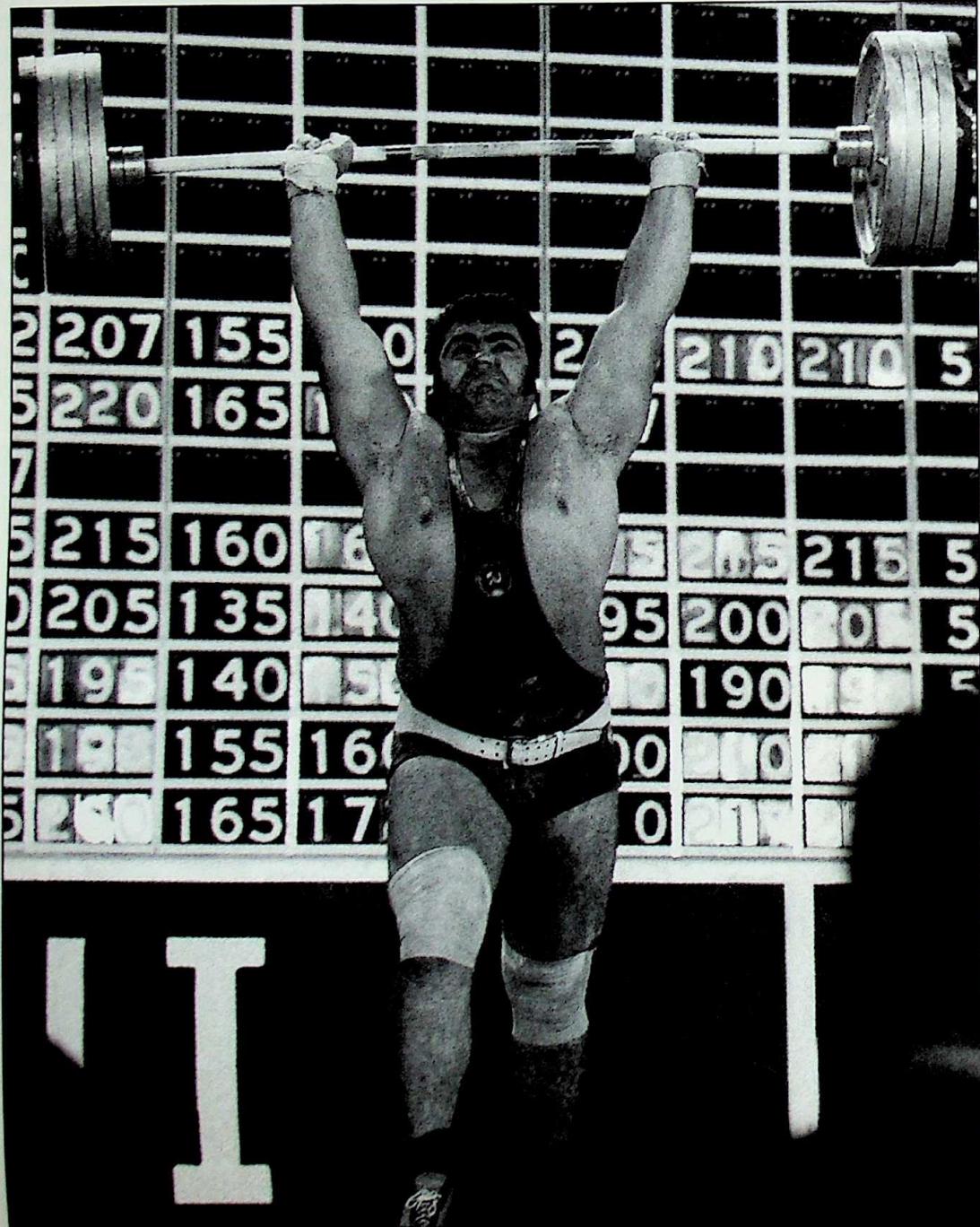
The method of heavy efforts raises a problem of high volume, yet no new absolute records. A heavy effort means weights above 90% of a 1-rep max. Lifting weights at 90% or more for 3 weeks or longer will cause a negative effect on the central nervous system. To

prevent this phenomenon, we switch the core lift each week. As one's special physical preparedness increases, the training effect decreases. This is why new means of training must be introduced constantly, which is why we rotate exercises each week. This is the conjugate system: using exercises that are similar to the classic exercise for either weightlifting or powerlifting. This provides unidirectional loading that highly stimulates motor potential and perfects technical skill.

The same holds true for bench pressing. The floor press, board press, rack work, incline, decline, etc., are conjugate exercises. To clarify, max effort work is done once a week. For bench pressing, it is done 72 hours after speed-strength benching. At Westside speed bench is on Sunday and max bench is on Wednesday. Speed squat and deadlift are on Friday. Max effort work is on Monday. Extreme workouts can occur every 72 hours. Max effort work is a weekly plan, but must be considered into a yearly plan.

Speed strength work is done for a 3-week cycle. The weight with bands, chains, or both is changed each week, normally increasing each week for the 3 weeks. On the fourth week, the load is decreased or changed, and again another 3-week wave is started. Why do we start again after 3 weeks? We found that after 3 weeks, one cannot become faster or stronger. That is exactly why a 3-week wave is used. Dr. Mel Siff informed me that Vasily Alexeev used a similar wave system for his remarkable training. Remember, he was a weightlifter and used no gear. It worked because he physically got stronger.

When squatting with different bars, each has a limit weight that has been obtained. For example, I have done 805 with a regular squat bar on a parallel box, 640 with a Safety Squat bar, and 675 with a 14-inch cambered bar. I mention this because when using a 3-week wave with one particular bar, the same percentage will be a different amount of weight. For example:
Squat bar: 50% = 402,
60% = 482
Safety Squat bar: 50% =



Vasili Alexeev with a 228 kg. world record clean & jerk. He reportedly used a wave program in his training.

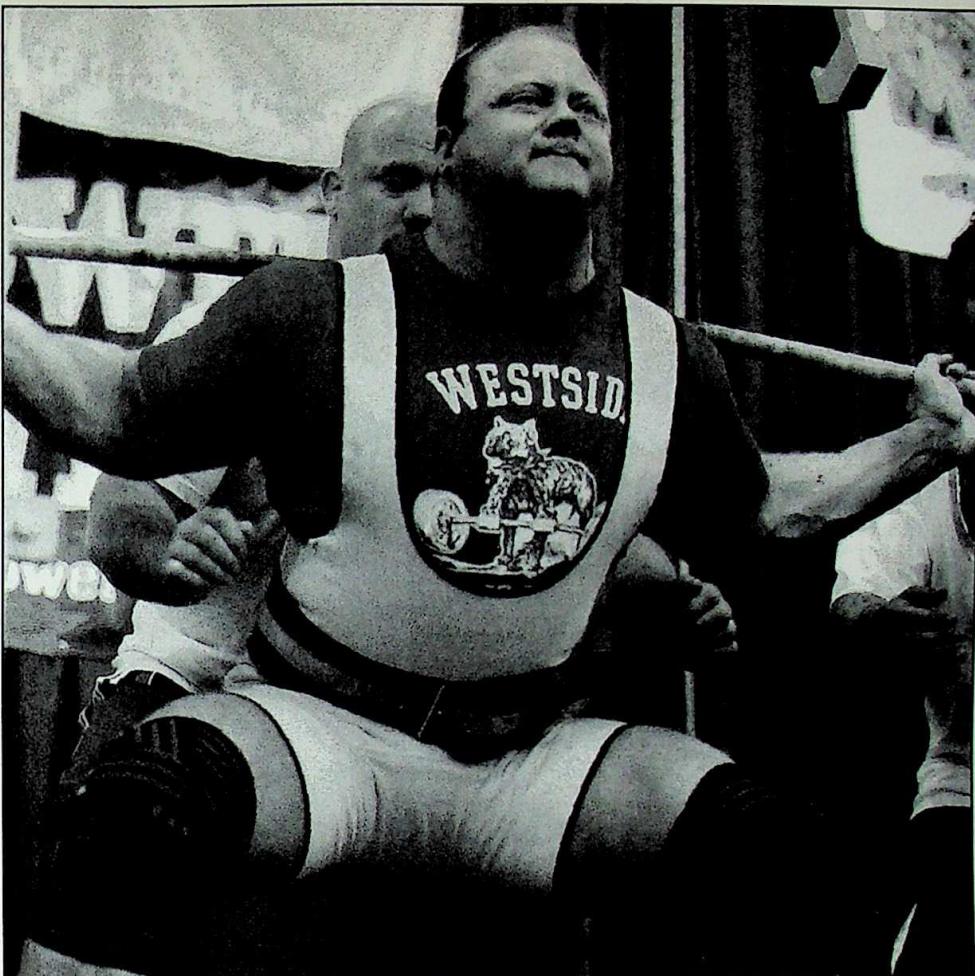
$320, 60\% = 384$
Cambered bar: $50\% = 337, 60\% = 405$

This must be closely governed. For myself, these numbers represent the weight equivalent to my max meet squat of 920. By changing bars each 3-week wave, a true max meet squat can be calculated. If one breaks a personal record on, let's say, the cambered bar, a new meet record should be expected. The percents must be calculated off which bar one is using and the contrast method used (bands, chains, or both). If weight releasers are used, they also must be taken into consideration. Note: use weight releasers for only a 2-week wave. Eccentrics are responsible for most muscle soreness due to damaged muscle cells.

Speed pulls are done after speed squatting. For a 3-week wave, three weight changes, one each week, can be used. The second method would be to use three different band tensions, starting with light bands and working up to a stronger tension band for the next 2 weeks. If a contest is the goal, a reverse wave must be used. Simply start with the strongest tension and reduce band tension each week for 3 weeks.

The top benchers I have talked to reduce bar weight or band weight as the meet approaches. This builds a greater rate of force development. This is part of the delayed transmutation phase, working with the maximal effort work.

Remember, each week change bar speed by altering the amount of chain, band, or weight releasers, or a



John "Chester" Stafford ... rotates box squats, sled pulls, reverse hypers, glute ham, abs, and bands

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I have covered speed work and max effort work, but what about GPP? For squatting, John "Chester" Stafford rotates box squats with and without added weight, sled pulling for the upper or lower body, the Reverse Hyper machine, glute/ham raises, ab work, and band work.

For band work, one or two extra workouts a week are done. The workouts are 20-30 minutes long. Band leg curls are done for about 60 reps in 2 or 3 sets. Next, good mornings (arched or rounded back), also for 2 or 3 sets, are done. Then pull-throughs for 3 sets of 15 reps can be done. The

combinations are endless. After 7-10 days start a different complex.

Remember, the conjugate system is employed for speed work, max effort work, and extra workouts for strength development or GPP. Don't forget about restoration methods. They must be included as well. Water therapy, massage, spinal adjustments, acupressure, and acupuncture can be constantly rotated throughout the year, divided into weekly and monthly plans.

When people come to Westside, they witness training for an upcoming meet: the training just preceding a meet and the training months before a meet and how a particular type of training is utilized. Seventy percent of the world is covered by water. It is constantly moving in waves. Some are just ripples; others as large as tsunamis. Yet they somehow are coordinated together, sometimes by the seasons. Just as our training is. It is truly very natural to train in waves if one just thinks about it in a systematic way.

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INTERVIEW

MIKE FERRANTELLI interviewed by Greg Jurkowski

Greg: Mike has 4 National titles and 4 World titles in his 20 years of powerlifting. Please list your PRs.

Mike: I've done an 837.5 squat, 573 bench press, and 670 deadlift.

Greg: What have you done to stay at an elite level in powerlifting for over 18 years?

Mike: I compete only once a year. In my off season, when I'm not getting ready for a contest, I do a lot of volume training. I feel the volume training with lighter weights helps save my ligaments and joints from any damage.

Greg: So, you do one main strength cycle a year and then your off season training becomes extremely important, right?

Mike: Yes, very important. I believe that's where your next contest is won, is through your volume training.

Greg: Your brother is into Chiropractic, isn't he?

Mike: Yes, my brother, who owns Advanced Chiropractic Associates, is my Chiropractor and I take him to all my competitions.

Greg: You continue to compete with a herniated disk in your neck?

Mike: Yes, but under his care it has improved and allowed me to lift pain free.

Greg: Tell me about yourself personally.

Mike: I'm 38 years old. I've worked with the county sheriff's office for over 20 years. I'm married to my wife, Julie, and we have a daughter Alexis, who is 2 1/2.

Greg: Where were you born and raised?

Mike: I was born in Long Island, New York. We moved to New Port Richie Florida when I was two years old. I've lived here ever since.

Greg: Your wife Julie trains too.

Mike: My wife Julie just made national qualifying for the figure championship for Miss Figure.

Greg: I heard you're going back to school.

Mike: I'm getting my criminology degree.

Greg: Tell me about your father.

Mike: My father is a retired police officer. He started bodybuilding in the early Eighties, and he is the one who motivated me to work out. He told me that working out would change my life, and it has. He was the main reason why I started.

Greg: I've seen him at a few contests. He's a great supporter and impressive himself too.

Mike: He also competes in powerlifting. At one point, he totaled 1725 as a master lifter in the 242 pound class.

Greg: What sports in your younger days led you to powerlifting?

Mike: I played football and baseball. In football I was way too small to compete, so I started exercising. Then I no

(article continued on page 61)



Mike Ferrantelli at the USAPL Nationals. (S. Hartwig)

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Force Training: Max Effort Waves

A lot of people have been wondering what different kinds of max effort training they can use. Below are a couple of samples that have been used over the years.

Bulgarian Method

This is a three week phase designed for those who have a tremendous work capacity. This is NOT for beginners! For those that do this cycle, you should have at least 8 weeks of prep work that includes conditioning and progressively training your body for a large amount of volume and intensity. The same exercise is to be used for three weeks, the last week being a de-load week. After doing the one exercise, not much is to be done for the workout. This is because of the tremendous load; you will be physically and mentally exhausted.

A good way to prepare for this cycle is to perform the first 7 sets (from 50% to 100%) and then dropping down to 90% for 1 set. After that set, stop the workout; the next week add in one more set or above 90%. Deload the following week and begin the training cycle listed below. I would not recommend doing this style of training for very long as it can be very difficult on the body and mind.

Week I:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100+%

(try to beat old record)

Week II:

Same as week one
(same exercise)

Week III:

This is a deload week
(same exercise)

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%

NOTES:

- Same exercise to be used for all three weeks.
- For advanced lifters and those that have great work capacities.
- Must prepare for this wave; don't jump right

into it.

Old School Method

This is the traditional max effort method and probably the most popular. In this cycle you will have 3 lifts at or above 90%. This is the recommended number of lifts (in that percent range) in accordance to Prilipin's chart. When using this method, the lift is changed every week or every other week. This has been done for years at Westside Barbell with incredible results.

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%

NOTES:

- This is the most popular method.

- Switch exercises every 1-2 weeks.

6 Week Progressive Overload

This method can be done several different ways. The first way is to pick one exercise and perform a 6 week wave. This is best done using an exercise that you are very familiar with and know your max. Obviously this is easier for an advanced lifter that knows his max effort lifts.

Here is the six week program:

Week 1: 4x6 @ 65%
Week 2: 3x6 @ 70%
Week 3: 3x6 @ 75%
Week 4: 4x3 @ 80%
Week 5: 3x2 @ 85%
Week 6: 3x1 @ 90%

Another variation of this program is to use a different exercise each week. This was written about in another article, "Variation on Max Effort Training." Here is part of the article.

This is a six week plan and you will notice that the volume during your workouts will be significantly increased. Because of this, I would monitor your accessory and supplemental work and be careful of overtraining.

Week 1: 4x6 @ 65%
Week 2: 3x6 @ 70%
Week 3: 3x6 @ 75%
Week 4: 4x3 @ 80%
Week 5: 3x2 @ 85%
Week 6: 2x1 @ 90%

The basic premise on how to use this training is to max out on whatever max effort exercise you are doing and then drop down and perform a certain amount of sets/reps at a given percentage of the max THAT YOU JUST DID on the very same exercise. For example:

Week 1: ME Bench; 2 Board Press - work up to 500x1, then 4x6@325 (65% of 500); Triceps; Shoulders; Lats.

Week II: ME Bench; Floor Press - work up to 455x1, then 3x6@315 (70% of 455); Triceps; Shoulders; Lats.

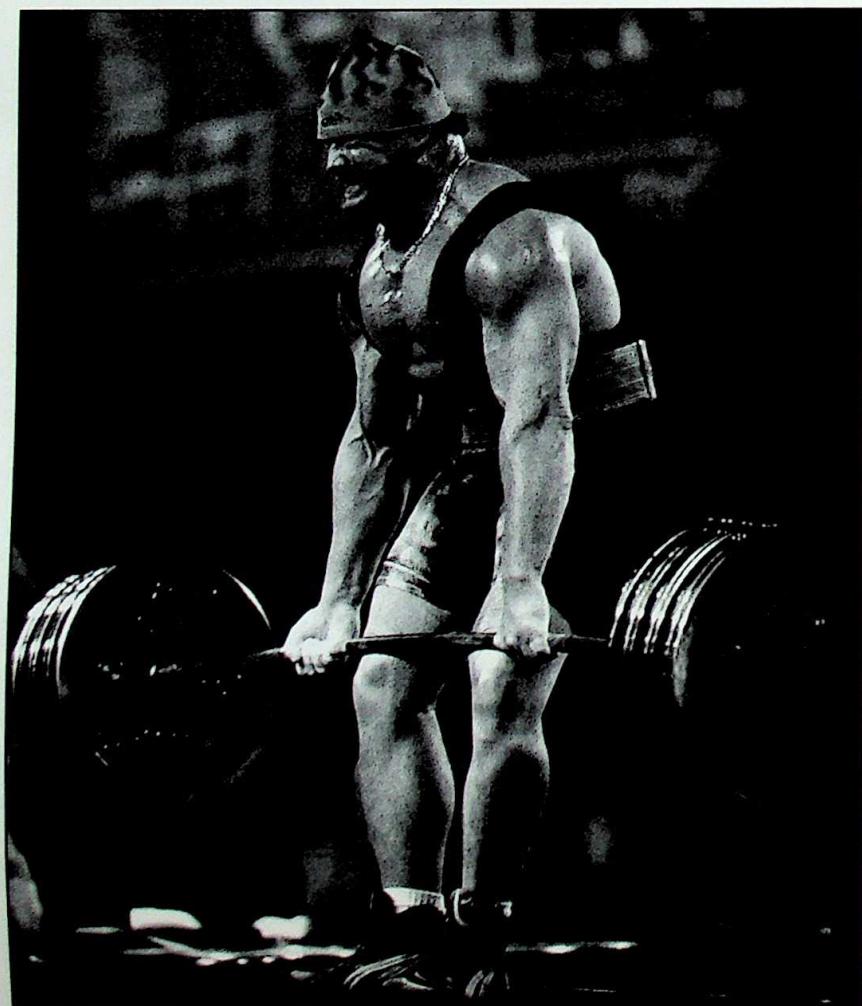
Week III: ME Bench; Incline Press - work up to 375x1, then 3x6@280 (75% of 375); Triceps; Shoulders; Lats.

And so on...

Because the ME movement takes longer than usual, I recommend super setting lat work and upper back work between the sets. This will allow you to keep your workout time fairly short.

5/3/1 Method

This is a three week cycle and uses the same exercise for all three



Chuck Vogelpohl has made tremendous strength gains, with little bodyweight increase, and is the lightest man on Herb Grossbrenner's 1000 lb. Squat Club in this issue (pgs. 14-15)

weeks. This is great for all lifters, from intermediate to advanced. For an intermediate lifter, it allows them to get used to an exercise and the form. For an advanced lifter, it allows for a lower intensity for two weeks which gives their bodies time to recover. The percents listed below are estimates for an advanced lifter. An intermediate lifter may be able to use +2.5% on the last set.

Week I:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x5 @ 82.5%

Week II:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 85%
1x3 @ 90%

Week III:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%

Repetition De-load

In this max effort method, you take 1 exercise, perform a max effort with the exercise for 2 weeks and de-load the third week. The third week is usually a high repetition day with dumbbells. The exercises used on the third week are dumbbell bench press, dumbbell incline press or dumbbell floor press. A sample wave would look like this:

Week 1: Floor Press

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%

Week 2: Floor Press

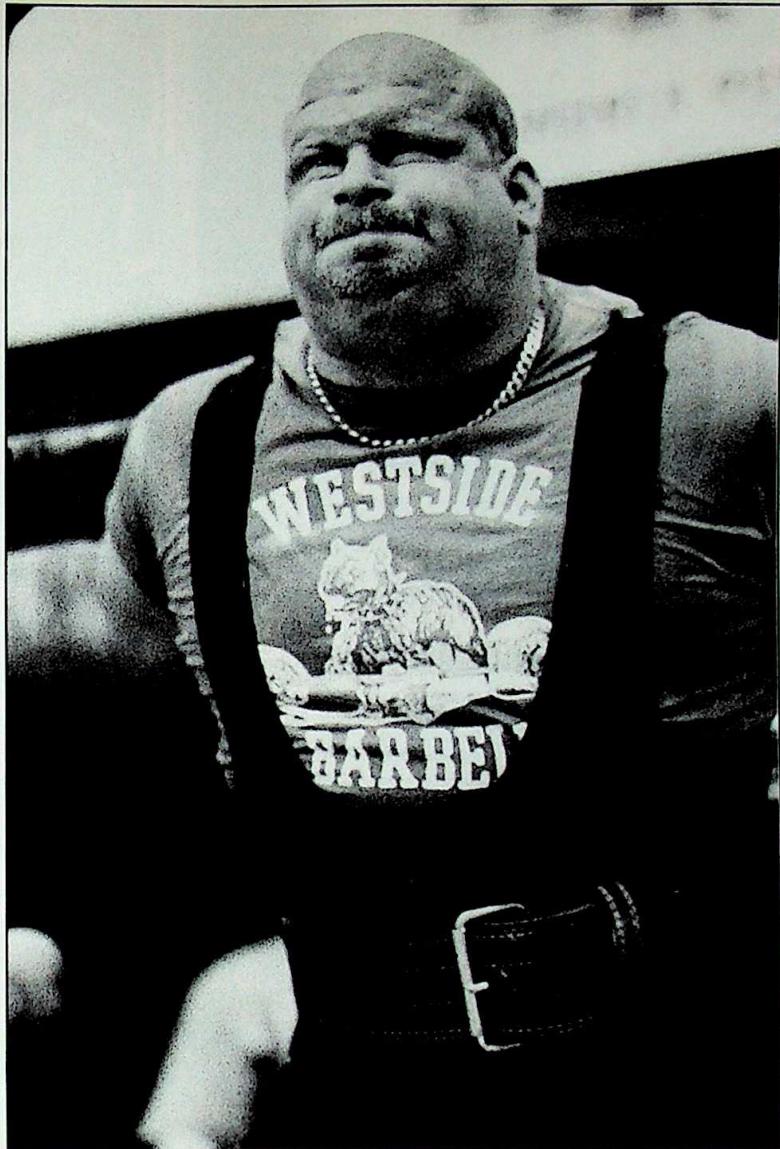
1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%+

(try to break record from last week)

Week 3: Dumbbell Bench Press – 3-5 sets of 8-20 reps.

When picking the weight for the dumbbell bench press, start with a very light weight and work up from there. For example, I like to do my last two sets of dumbbell bench work with the 150lbs dumbbells. So a workout will look like this:

35lbs x 15
55x10



Matt Smith is another Ohioan in the 1000 lb. Squat Club ... at # 26 with his 1074

80x10
100x10
115x10
130x10
150x8
150x8

There is not an exact set/rep scheme when using dumbbells. The point of this training workout is to do some lighter repetition work. If you understand why you are doing what you are doing, the workouts will make sense. Some people will like to take a pair of dumbbells and perform as many reps in three sets as possible. They record the number and try to break it at a later time. Other people try to break a repetition record with a dumbbell. For example, if my best set with the 130lbs dumbbells is 25 reps, I will try to break that record.

2 Week Method

This is something that I learned from Buddy Morris, who was the strength coach for the Cleveland Browns as well as the University of Pittsburgh. This has been slightly modified, but the spirit remains the same. Basically, you perform a max effort exercise for two weeks. The first week is done to accumulate the body

to the lift as well as a heavy (but not maximal) load. The second week is an all-out effort, trying to break your personal record.

Week I:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 85%
1x1 @ 90%
1x1 @ 92.5%

Week II:

1x5 @ 50%
1x3 @ 60%
1x2 @ 70%
1x1 @ 80%
1x1 @ 90%
1x1 @ 95%
1x1 @ 100%

You will notice that the first week is done up to 92.5% of your 1RM. You can do this last set, cut it out, or do another set at 90%. The point of this workout is to still handle heavy weight but not mentally and physically fry yourself. Remember that when choosing your attempts.

Timed ME work

This is something that is new to me. I have NOT done this yet, so I will write this with caution. But Mark McLaughlin, a coach that I know and trust, has used it. He got this idea from the book "Explosive Power and Jumping Ability for All Sports" by Starzynski and Sozanski, PhD.

With this method, you begin with 50% of your max.

Perform 6 repetitions and time the

set with a stop watch. Perform the reps as quick as possible but DO NOT let your form suffer. I suggest doing a couple of warm-up sets with the 50% before doing the test set of 6 reps. This will warm up your body and get your rhythm down. You should fall within 6.5 – 8.5 seconds.

Add one second to the time. So if it took you 7.3 seconds to do 6 reps your time would now be 8.3 seconds.

For your second set, add 10-20lbs to the bar and try to complete the set in under 8.3 seconds (or whatever time you came up with).

Every set after, add 10-20lbs to the bar and try to complete the prescribed time frame.

Once you cannot complete a set at or under the prescribed time frame, the workout is over and move onto the next exercise.

Try to complete more sets every workout.

Using a stop watch can help quantify the work, but be careful of the breakdown in form.

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NATE FOSTER: passed away, at age 62, from organ failure at the Long Beach Veterans Hospital on May 30, 2003. He had a kidney transplant back in 1984 and lived far longer than doctors expected at the time. Details of his passing were not available to the lifting community until just recently, due to the diligent efforts of his longtime friend and Army buddy Jim Cash. Nate lifted (setting many masters records, national and international, over 300 records in total), coached (to the world level), directed meets (particularly for the military in Europe), refereed (IPF Category 1), and served in numerous administrative capacities for powerlifting (from the local level to the IPF). He served in Viet Nam, earning the service medal with 1 silver and 1 bronze star, and resigned after 15 years service to his country in the U.S. Army with the rank of Major. In college, at Central State University in Xenia, Ohio he was a member of two NCAA Cross Country Championship teams ('62, '62) and set many track records. He was father to two sons, Nathaniel and Jonathan. Jim noted that although many of today's lifters may not know the name of Nate Foster, his contributions to the sport are "immeasurable".

This issue of Powerlifting USA is dedicated to the memory of Nathaniel Walter Foster Jr.

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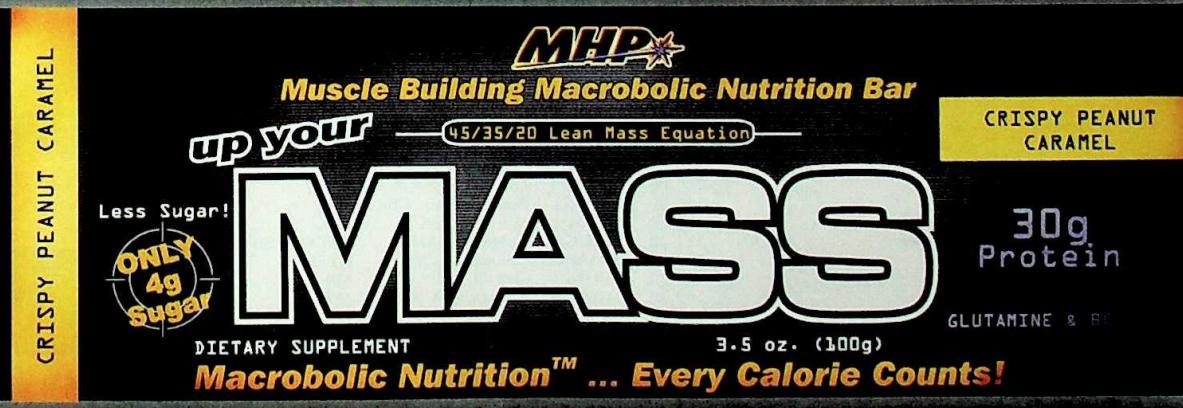
Photo by Bob Curry

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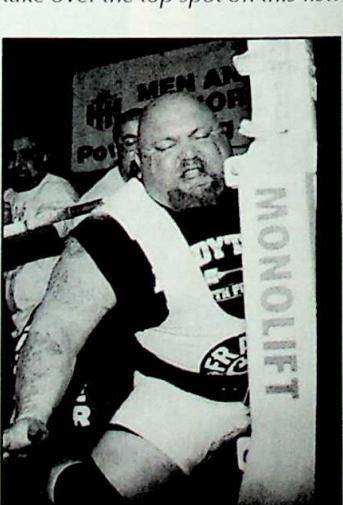
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The One Thousand Squat Club by Herb Glossbrenner

Kg.	Lbs.	Att.	Lifter	YOB/NAT	Bwt.(kg.)	Date	Location	Org.	Rank
1	517.5	1140.892	(3)	Mikesell, Brent	67USA	145.00	30NOV03	Calgary, CAN	WPC 1
2	510.5	1125.459	(4)	Moore, Beau	65USA	151.10	05MAR05	Columbus, OH	WPO 2
3	510.0	1124.358	(2)	Mikesell	71USA	139.80	10OCT04	Marietta, GA	WPO 3
4	510.0	1124.358	(3)	Childress, Paul	70GBR	151.70	05MAR05	Columbus, OH	WPO 4
5	510.0	1124.358	(3)	Bolton, Andrew		151.20	10OCT04	Marietta, GA	WPO
6	507.5	1118.846	(3)	Bolton		147.50	09NOV03	Marietta, GA	WPO
7	505.5	1114.437	(4)	Bolton		153.75	09NOV03	Marietta, GA	WPO
8	505.0	1113.335	(3)	Mikesell		151.50	28JUN03	Newport, OR	APF
9	502.5	1107.824	(3)	Mikesell		149.50	22MAR03	Red Deer, CAN	WPC
10	500.5	1103.413	(3)	Mikesell		140.00	10OCT04	Marietta, GA	WPO
11	500.0	1102.311	(3)	Goggins, Steven	63USA	120.45	01MAR03	Columbus, OH	WPO 5
12	500.0	1102.311	(3)	Alkhazov, Vyacheslav	77RUS	139.50	27MAR05	Calgary, CAN	WPC 6
13	498.952	1100.0	(-)	Miller, Michael	68USA	179.17	11SEP	New Oxford, PA	IPA 7
14	495.0	1091.288	(2)	Childress		139.20	05MAR05	Columbus, OH	WPO
15	495.0	1091.288	(3)	Hoskinson, James	65USA	137.00	05JUN05	Detroit, MI	APF 8
16	493.0	1086.879	(2)	Childress		140.00	10OCT04	Marietta, GA	WPO
17	492.5	1085.777	(2)	Mikesell		153.75	09NOV03	Marietta, GA	WPO
18	492.5	1085.777	(3)	Childress		140.00	06MAR04	Columbus, OH	WPO
19	492.5	1085.777	(3)	Frank, Garry	64USA	170.50	03APR04	Jacksonville, FL	APF 9
20	490.0	1080.265	(4)	Turtianen, Aino	67FIN	130.70	01MAR03	Columbus, OH	WPO 10
21	490.0	1080.265	(3)	Frank		174.35	09NOV03	Marietta, GA	WPO
22	488.5	1076.959	(3)	Goggins		120.45	01MAR03	Columbus, OH	WPO
23	487.5	1074.754	(4)	Mikesell		150.00	17MAR02	Red Deer, CAN	WPC
24	487.5	1074.754	(3)	Bolton		147.50	09NOV03	Marietta, GA	WPO
25	487.5	1074.753	(3)	Moore		151.10	05MAR05	Columbus, OH	WPO
26	487.5	1074.753	(3)	Smith, Matthew	64USA	161.00	05MAR05	Columbus, OH	WPO 11
27	482.5	1063.731	(2)	Bolton		174.35	09NOV03	Marietta, GA	WPO
28	482.5	1063.731	(2)	Bolton		151.70	05MAR05	Columbus, OH	WPO
29	482.5	1063.731	(3)	Stratakis, Paul	68USA	150.50	05JUN05	Detroit, MI	APF 12
30	480.0	1058.220	(2)	Mikesell		149.01	14SEP03	Calgary, CAN	WPC
31	480.0	1058.220	(2)	Bolton		148.35	06MAR04	Columbus, OH	WPO
32	480.0	1058.219	(-)	Turtianen		130.00	18APR04	Helsinki, FIN	WPC
33	480.0	1058.219	(2)	Bolton		151.20	10OCT04	Marietta, GA	WPO
34	480.0	1058.219	(3)	Bartley, Marc	68USA	124.80	05MAR05	Columbus, OH	WPO 13
35	477.5	1052.707	(2)	Mikesell		150.00	17MAR02	Red Deer, CAN	WPC
36	477.5	1052.707	(3)	Childress		139.65	09NOV03	Marietta, GA	WPO
37	477.5	1052.707	(1)	Mikesell		145.00	30NOV03	Calgary, CAN	WPC
38	477.5	1052.707	(2)	Smith		161.00	05MAR05	Columbus, OH	WPO
39	477.5	1052.707	(2)	Aichs, Chad	72USA	160.00	05JUN05	Detroit, MI	APF 14
40	416.272	1050.0	(3)	Ruggiera, Michael	67USA	156.04	04APR04	Newark, OH	IPA 15
41	476.272	1050.0	(-)	Miller		181.00	JUN04		IPA
42	475.0	1047.195	(2)	Mikesell		151.50	29JUN02	Newport, OR	APF
43	475.0	1047.195	(2)	Mikesell		149.50	22MAR03	Red Deer, CAN	WPC
44	475.0	1047.195	(1)	Frank		169.40	06MAR04	Columbus, OH	WPO
45	475.0	1047.155	(2)	Childress		140.00	06MAR04	Columbus, OH	WPO
46	475.0	1047.155	(2)	Moore		151.10	05MAR05	Columbus, OH	WPO
47	474.0	1044.991	(3)	Goggins		109.65	05MAR05	Columbus, OH	WPO
48	472.5	1041.684	(3)	Mikesell		146.51	07OCT01	Lethbridge, CAN	WPC
49	472.5	1041.684	(3)	Goggins		109.90	06MAR04	Columbus, OH	WPO
50	472.5	1041.684	(1)	Frank		170.50	03APR04	Jacksonville, FL	APF
51	472.5	1041.684	(3)	Moore		150.55	10OCT04	Marietta, GA	WPO
52	472.5	1041.684	(-)	Hoskinson		140.00	12MAR05	Attalla, AL	APF
53	472.5	1041.684	(2)	Lewis, Jeffrey	70USA	238.13	05JUN05	Detroit, MI	APF 16
54	472.5	1041.684	(3)	Frank		165.74	05JUN05	Detroit, MI	APF
55	471.736	1040.0	(1)	Hutson, Anthony	62USA	159.00	10AUG03	Camp Hill, PA	IPA 17
56	471.0	1038.371	(3)	Coan, Edward	63USA	107.60	12AUG01	Orlando, FL	WPO 18
57	471.0	1038.377	(4)	Basson, Oan	77ISR	136.70	01MAR03	Columbus, OH	WPO 19
58	470.0	1036.174	(2)	Goggins		116.70	12AUG01	Orlando, FL	WPO
59	470.0	1036.174	(3)	Turtianen		130.70	01MAR03	Columbus, OH	WPO
60	470.0	1036.174	(3)	Mikesell		150.00	08JUN03	Los Angeles, CA	APF
61	470.0	1036.174	(-)	Bolton		150.00	27JUL03	Bournemouth, GBR	WPC
62	470.0	1036.174	(2)	Bolton		147.50	09NOV03	Marietta, GA	WPO
63	470.0	1036.174	(3)	Mehan, Allen	72CAN	121.20	21AUG04	Calgary, CAN	WPCM 20
64	470.0	1036.174	(2)	Bartley		124.80	05MAR05	Columbus, OH	WPO
65	470.0	1036.174	(3)	Mehan		124.10	05JUN05	Detroit, MI	APF
66	468.5	1032.867	(3)	Goggins		109.70	01JUN96	Atlanta, GA	APF
67	468.0	1031.765	(2)	Turtianen		123.60	26OCT02	Helsinki, FIN	WPC
68	467.5	1030.661	(0)	Pasanella, David	62-90USA	124.80	28MAY89	Rosemont, IL	APF 21
69	467.5	1030.661	(1)	Mikesell		153.75	09NOV03	Marietta, GA	WPO
70	467.5	1030.661	(-)	Hoskinson		136.54	06NOV04	New Smyrna, FL	AAFP
71	467.5	1030.661	(1)	Childress		139.20	05MAR05	Columbus, OH	WPO
72	467.5	1030.661	(2)	Ruggeria		158.49	05JUN05	Detroit, MI	APF
73	467.5	1030.661	(3)	Gallo, Craig	72USA	147.41	05JUN05	Detroit, MI	APF 22
74	467.2	1030.0	(3)	Hoskinson		137.21	20NOV04	Shamokin Dam, PA	IPA
75	466.0	1027.355	(3)	Basson		136.70	01MAR03	Columbus, OH	WPO
76	465.0	1025.149	(4)	Clark, Anthony	66-05USA	150.60	08APR88	Honolulu, HI	APF 23
77	465.0	1025.149	(3)	Gallo		139.75	09NOV02	New Orleans, LA	WPO
78	465.0	1025.149	(-)	Frank		163.80	15MAR03	Jacksonville, FL	APF
79	465.0	1025.149	(2)	Mikesell		151.50	28JUN03	Newport, OR	APF
80	465.0	1025.149	(1)	Frank		174.35	09NOV03	Marietta, GA	WPO
81	465.0	1025.149	(2)	Childress		139.65	09NOV03	Marietta, GA	WPO
82	465.0	1025.149	(1)	Frank		170.60	10OCT04	Harietta, GA	WPO
83	465.0	1025.149	(1)	Childress		139.80	10OCT04	Marietta, GA	WPO
84	465.0	1025.149	(2)	Frank		170.00	17OCT04	Fresno, CA	WPC
85	465.0	1025.149	(3)	Hoskinson		134.00	17OCT04	Fresno, CA	WPC
86	465.0	1025.1-9	(2)	Thompson, Donald	64USA	170.50	05MAR05	Columbus, OH	WPO 24
87	465.0	1025.149	(1)	Stratakis		150.50	05JUN05	Detroit, MI	APF
88	465.0	1025.149	(3)	Henderson, Shedrick	76USA	181.80	05JUN05	Detroit, MI	IPA 25
89	464.932	1025.0	(-)	Vogelpohl, Charles	65USA	99.79	29KAR02	Charleston, WV	IPA 26
90	462.669	1020.0	(2)	Ruggeria		157.85	17APR05	Newark, OH	IPA
91	464.932	1025.0	(-)	Hutson		162.39	11JUL04	Shamokin Dam, PA	IPA
92	462.5	1019.637	(3)	Pasanella		124.74	08APR88	Honolulu, HI	APF
93	462.5	1019.637	(3)	Coan		110.00	25JUL99	Dallas, TX	USPF
94	462.5	1019.637	(3)	Gallo		146.55	16JUN02	York, PA	APF
95	462.5	1019.637	(3)	Gallo		123.40	09NOV02	New Orleans, LA	WPO
96	462.5	1019.637	(2)	Frank		164.66	01MAR03	Columbus, OH	WPO
97	462.5	1019.637	(2)	Childress		139.00	01MAR03	Columbus, OH	WPO



Brent Mikesell leads the list, but was injured at the WPO Superfinals

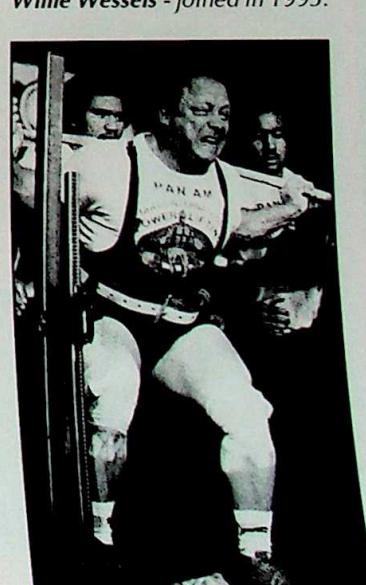


Andy Bolton... could he ultimately take over the top spot on this list?

98	462.5	1019.637	(3)	Basson		137.80	08JUN03	Los Angeles, CA	APF	
99	462.5	1019.637	(-)	Hutson		158.00	29NOV03	Marietta, GA	WPCOM	
100	462.5	1019.637	(3)	Bernor, Jonathan	75USA	139.90	10OCT04	Harietta, GA	WPO	27
101	462.5	1019.637	(1)	Hoskinson		137.00	05JUN05	Detroit, MI	APF	
102	460.5	1015.230	(3)	Goggins		116.00	09NOV02	New Orleans, LA	WPO	
103	460.396	1015.0	(3)	Clark		151.27	28MAR93	Lancaster, PA	APA	
104	460.396	1015.0	(3)	Ruggiera		157.85	15APR03	Newark, OH	IPA	
105	460.396	1015.0	(3)	Miller		190.00	16NOV03	Harrisburg, PA	IPA	
106	460.0	1014.126	(3)	Hatfield, Frederick	42USA	117.03	23MAR87	Honolulu, HI	APF	28
107	460.0	1014.126	(2)	Turtianen		123.30	24FEB02	Columbus, OH	WPO	
108	460.0	1014.126	(3)	Frank		164.60	16JUN02	York, PA	APF	
109	460.0	1014.126	(3)	Childress		139.25	09NOV02	New Orleans, LA	WPO	
110	460.0	1014.126	(-)	Hutson		159.00	29MAR03	Marietta, GA	APF	
111	460.0	1014.126	(2)	Mikesell		150.00	08JUN03	Los Angeles, CA	APF	
112	460.0	1014.126	(1)	Frank		173.20	18OCT03	Gautier, MS	APF	
113	460.0	1014.126	(3)	Kuttroff, Holger	69GER	142.50	09NOV03	Marietta, GA	WPO	29
114	460.0	1014.126	(3)	Mehan		130.45	30NOV03	Calgary, CAN	WPC	
115	460.0	1014.126	(-)	Hoskinson		125.00	28MAR04	Lewiston, ME	APF	
116	460.0	1014.126	(-)	Aichs		151.70	22AUG04	Lincolnwood, IL	AAPF	
117	460.0	1014.126	(2)	Kuttroff		139.85	10OCT04	Marietta, GA	WPO	
118	460.0	1014.126	(2)	Frank		165.74	05JUN05	Detroit, MI	APF	
119	459.0	1011.921	(3)	Kuttroff		139.70	06APR03	Dessau, GER	WPC	
120	458.5	1010.819	(3)	Mehan		130.45	30NOV03	Calgary, CAN	WPC	
121	458.128	1010.0	(3)	Dimel, Matthew	60-94USA	144.70	03MAY86	Sandusky, OH	USM	30
122	458.128	1010.0	(3)	Lowe, Gregory	57USA	117.93	14NOV98	Huntingdon, PA	USM	31
123	457.5	1008.615	(2)	Hatfield		113.40	06APR86	Honolulu, HI	USPF	32
124	457.5	1008.615	(2)	Hamman, Shane	72USA	169.40	10MAR96	Philadelphia, PA	USPF	
125	457.5	1008.615	(2)	Goggins		109.70	01JUN96	Atlanta, GA	APF	
126	457.5	1008.615	(3)	Mehan		135.00	20MAY00	Daytona, FL	WPO	
127	457.5	1008.615	(2)	Mikesell		146.51	07OCT01	Lethbridge, CAN	WPC	
128	457.5	1008.615	(3)	Frank		170.51	01DEC01	Daytona, FL	WPO	
129	457.5	1008.615	(1)	Mikesell		149.01	29JUN02	Newport, OR	APF	
130	457.5	1008.615	(2)	Tregloan, Peter	57GBR	169.00	08DEC02	Innsbruck, AUT	WPC	33
131	457.5	1008.615	(1)	Mikesell		151.00	01MAR03	Columbus, OH	WPO	
132	457.5	1008.615	(2)	Russ, Edward	67USA	168.35	08JUN03	Los Angeles, CA	APF	34
133	457.5	1008.615	(3)	Hoskinson		125.00	07DEC03	New Smyrna, FL	APF	
134	457.5	1008.615	(2)	Smith		154.50	06MAR04	Columbus, OH	WPO	
135	457.5	1008.615	(3)	Bartley		124.80	06JUN04	Baton Rouge, LA	APF	
136	457.5	1008.615	(3)	Garcia, Jose	77USA	116.15	09OCT04	Harietta, GA	WPO	35
137	457.5	1008.615	(2)	Moore		150.55	10OCT04	Marietta, GA	WPO	
138	457.5	1008.615	(1)	Ewing, John	80USA	140.06	05JUN05	Detroit, MI	APF	66
139	457.5	1008.615	(3)	Forbes, Theodore	71USA	124.73	05JUN05	Detroit, MI	APF	37
140	456.0	1005.309	(3)	Turtianinen		124.40	12AUG01	Orlando, FL	WPO	
141	455.860	1005.0	(3)	Gallo		143.06	23MAR02	Metro Beach, MI	APF	
142	455.860	1005.0	(3)	Hutson		162.40	16NOV02	Worthington, OH	IPA	
143	455.860	1005.0	(-)	Rychlak, Eugene	68USA	170.00	13APR03	Leesport, PA	38	
144	455.860	1005.0	(-)	Poremba, John	80USA	116.12	20NOV04	Shamokin Dam, PA	IPA	39
145	455.5	1004.206	(3)	Wessels, William	63USA	106.10	11OCT95	Chicago, IL	APF	40
146	455.0	1003.103	(3)	Waddington, David	53USA	139.70	13JUN81	Zanesville, OH	USPF	1
147	455.0	1003.103	(3)	Karwoski, Kirk	66USA	121.45	23JUL95	Baton Rouge, LA	USPF	42
148	455.0	1003.103	(3)	Goggins		109.54	29OCT95	Columbus, OH	WPC	
149	455.0	1003.103	(3)	Coan		108.80	17DEC98	Las Vegas, NV	USPF	
150	455.0	1003.103	(3)	Coan		109.75	25JUL99	Dallas, TX	USPF	
151	455.0	1003.103	(3)	Mikesell		151.70	11JUN00	Warren, MI	APF	
152	455.0	1003.103	(2)	Mikesell		148.78	17JUN00	Newport, OR	APF	
153	455.0	1003.103	(3)	Mehan		135.00	29JUN00	Okotoks, CAN	WPC	
154	455.0	1003.103	(3)	Mikesell		152.70	16NOV00	Las Vegas, NV	WPC	
155	455.0	1003.103	(2)	Goggins		117.20	24JUN01	Daytona Beach, FL	APF	
156	455.0	1003.103	(3)	Frank		170.01	24JUN01	Daytona Beach, FL	APF	
157	455.0	1003.103	(2)	Coan		107.60	12AUG01	Orlando, FL	WPO	
158	455.0	1003.103	(1)	Mikesell		149.64	24AUG02	Red Deer, CAN	WPC	
158	455.0	1003.103	(3)	Kidder, Kieran	68USA	141.50	26OCT02	Helsinki, FIN	VPC	43
160	455.0	1003.103	(3)	Basson		138.10	09NOV02	New Orleans, LA	WPO	
161	455.0	1003.103	(2)	Gallo		139.75	09NOV02	New Orleans, LA	WPO	
162	455.0	1003.103	(2)	Mikesell		148.80	09NOV02	New Orleans, LA	WPO	
163	455.0	1003.103	(1)	Goggins		120.45	01MAR03	Columbus, OH	WPO	
164	455.0	1003.103	(3)	Bolton		148.00	01MAR03	Columbus, OH	WPO	
165	455.0	1003.103	(-)	Hoskinson		131.54	06SEP03	Kennesaw, GA	APF	
166	455.0	1003.103	(1)	Mikesell		149.01	14SEP03	Calgary, CAN	WPC	
167	455.0	1003.103	(3)	Smith		154.15	09NOV03	Marietta, GA	WPO	
168	455.0	1003.103	(1)	Mikesell		152.20	06MAR04	Columbus, OH	WPO	
169	455.0	1003.103	(3)	Moore		149.20	06MAR04	Columbus, OH	WPO	
170	455.0	1003.103	(-)	Hoskinson		131.99	19JUN04	Ft. Lauderdale, FL	APF	
171	455.0	100(10)	(-)	Patrick, Jason	72USA	109.80	26JUN64	Waukegan, IL	APF	44
172	455.0	1003.104	(-)	Aichs		150.00	26JUL04	St. Louis, MO	APF	
173	455.0	1003.104	(3)	Griffin, Michael	75USA	125.00	06NOV04	Plano, TX	APF	45
174	455.0	1003.104	(1)	Bolton		151.70	05MAR05	Columbus, OH	WPO	
175	455.0	1003.104	(1)	Smith		161.00	05MAR05	Columbus, OH	WPO	
176	455.0	1003.104	(1)	Alkhazov		139.50	27MAR05	Okotoks, CAN	WPC	
177	455.0	1003.104	(3)	Crumbley, Sylvester	68USA	141.60	02APR05	Jacksonville, FL	APF	46
178	455.0	1003.104	(-)	Ewing		146.00	23APR05	Baton Rouge, LA	APF	
179	455.0	1003.103	(3)	Tillman, Karl	64USA	125.00	15MAY05	Round Rock, TX	APF	41
180	455.0	1003.103	(-)	Kalliola, Kari	63FIN	141.00	28MAY05	Helsinki, FIN	WPC	48
181	455.0	1003.103	(3)	Grandick, James	68USA	120.57	05JUN05	Detroit, MI	APF	49
182	455.0	1003.103	(3)	Allocco, Michael	78USA	122.83	05JUN05	Detroit, MI	APF	50
183	455.0	1003.103	(3)	Fay, Charles	80USA	123.29	05JUN05	Detroit, MI	APF	51
184	455.0	1003.103	(1)	Bernor		147.50	05JUN05	Detroit, MI	APF	
185	455.0	1003.103	(2)	Henderson		181.80	05JUN05	Detroit, MI	APF	
186	455.0	1003.103	(3)	Weech, Scott	85USA	139.25	18JUN05	Boynton Beach, FL	APF	52
187	454.5	1002.0	(3)	Wilson, O.D.	55-91USA	172.36	16FEB89	Long Beach, CA	USPF	53
188	454.5	1002.0	(3)	Passillo, Mark	60USA	138.35	30OCT99	Troy, NY	APF	54
189	453.69	1000.44	(3)	Moran, Lee	55-99USA	143.60	08JUL84	Dayton, OH	USPF	55
190	453.592	1000.0	(3)	Ware, John	60USA	163.29	12MAY90	East Moline, IL	USM	56
191	453.592	1000.0	(2)	Hamman		170.00	16SEP95	Dallas, TX	USM	
192	453.592	1000.0	(3)	Lowe		117.93	21MAR98	Huntingdon, PA	USM	
193	453.592	1000.0	(3)	Bryan, Terry	65USA	172.36	19NOV00	York, PA	IPA	57
194	453.592	1000.0	(3)	Ruggiera		152.41	24FEB01	S. Charleston, WV	IPA	
195	453.592	1000.0	(3)	Vogelpohl		100.00	18NOV01	Columbus, OH	IPA	
196	453.592	1000.0	(3)	Hutson		159.21	29MAR02	Charleston, WV	IPA	
197	453.592	1000.0	(-)	Weston, Brian	68USA	105.69	30MAY04	Bethlehem, PA	IPA	58
198	453.592	1000.0	(-)	Brand, Benjamin	81USA	145.60	11JUL04	Shamokin Dam, PA	IPA	59
199	453.592	1000.0	(3)	Wendler, Jim		124.51	17APR05	Newark, OH	IPA	60



Kari Kalliola joined on 5/28/05. There were 199 1000+ squats by 60 lifters. Most: (1st) Mikesell (21); (2nd) Frank (16); (3rd) Childress (11); (4th) Bolton (11); (5th) Goggins (11); (6th) Hoskinson (9). Oldest: Tregloan (age 45). Lightest: Vogelpohl. Heaviest: Miller. Youngest: Weech (age 20).



Fred Hatfield - made two entries.



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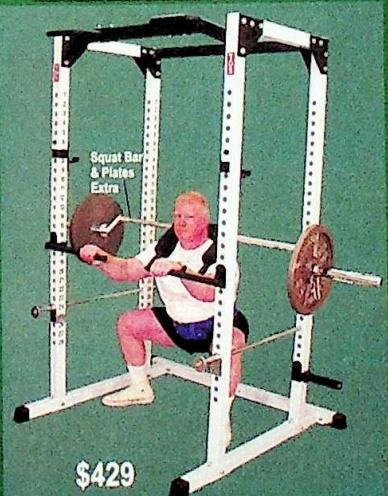
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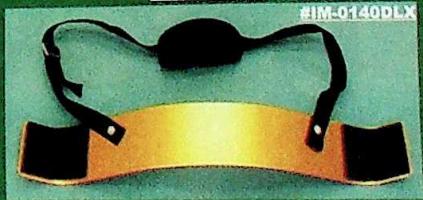


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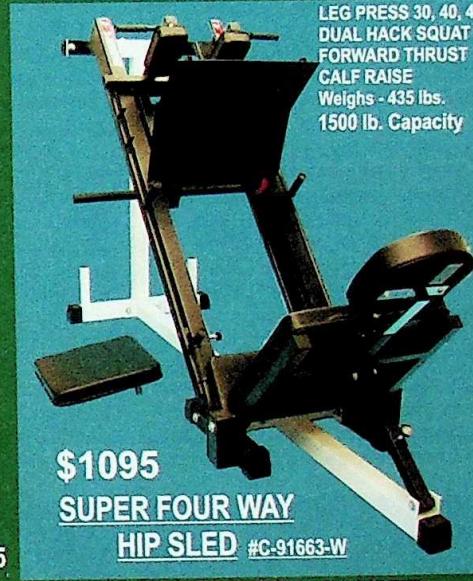
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WORKOUT OF THE MONTH

MARC BARTLEY'S SQUAT ROUTINE

Squatting big in a meet is every powerlifter's dream. For some, it can make or break the meet. The big squat sets the tone for the meet. This is truly the case for me. Therefore, my focus is always on the BIG SQUAT. I only squat once a week, which as you will see, is enough by itself. On squat night, every Wednesday, 15-20 guys show up and controlled chaos ensues and the only thing on everyone's mind is the BIG SQUAT. At the Maximus Compound, we currently have four 1000 lb. plus squatters (almost five at the APF Seniors), two 900 lb. + squatters, two 800 lb. + squatters and a fresh young crop that are eager to take our place at the top. The following routine has proven very effective in producing large gains in a very short period of time. This program has no fancy names attached to it.

It is simply a hybrid of different training strategies that work very well together. The 12 week routine consists of three consecutive 3-week waves, two de-load weeks and the rest/meet week. You can add an extra de-load week after each 3-week wave if you need more rest. If you follow it, you will get stronger, without a doubt.

The first 3-week wave is a strength-speed cycle or, as I call it, Super Band Tension torture where extreme amounts of band tension and low bar weights are employed. We use the boxes which are parallel or slightly below in height. Briefs and belts are the only gear allowed. The band tension will provide 2/3 of the weight and 1/3 will be regular weight. Each blue band yields about 100-125 lbs. Green bands are around 70-100 lbs. and purple are 50-75 lbs. each slip

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

knotted at the bottom. The total tension at the top should be 15-20% over your best 1RM. When you reach the box, it should be reduced by 1/3 making the load manageable, but frying your brain in the process. This is the only box squatting in the cycle. The rest are regular squats.

The second 3-week wave is an old Russian routine which is slightly modified. Bar weights will range from 65-85% each week over the three weeks. There are 5 worksets with the following reps-5, 3, 3, 3, 5. You can wear briefs only on sets 1, 2 and 5. Sets 3 and 4 are the meat and potato sets. On these sets you wear a belt with your briefs. Once you determine your start weight, you simply add 30-50 lbs per set through set 4 and then you go back down to set 2 weight for the five rep final set.

The third 3-week phase is to adjust to squatting in full gear. I like to get within 20 lbs. of my opening attempt in the first week and then work down the next two weeks. This way I still get gear work, but I don't kill myself before getting to

the meet.

The final three weeks consist of 2 de-load weeks and the rest/meet week. I only use briefs and a belt and keep the bar weight at 55-65% of my 1RM. The following is my exact training schedule prior to the 2005 WPO Super-Finals where I squatted a PR 1058 lbs.

SUPER BAND TENSION BOX SQUATTING

Week 1: 2 Blue bands and 1 green band each side w/ 375 lbs./ 5 sets x 2 reps, deadlifts or good mornings, reverse hypers, ham-glute raises, abs (aux work pretty much stays the same throughout the entire cycle)

Week 2: 3 Blue bands w/ 325 lbs bar weight / 5x2

Week 3: 3 Blue bands, one purple w/ 285 lbs bar weight/3 sets x 2 reps, 415x 1, 505x1.

RUSSIAN ROUTINE

(B=belt, NB= no belt)

Week 4: NB 685x5 reps, NB 735x3, B 775x3, B 825x3, NB 735x5

Week 5: NB 735x5, NB 775x3, B 825x3, B 865 x 3, NB 775 x 5

Week 6: NB 775x5, NB 825x3, B 865x3, B 905 x3, NB 825 x5

HEAVY SINGLES

Week 7: 145x3repsx2 sets, 255x3x2, 345x3x2, 455x1, Briefs-545x1, 655x1, 745x1, Suit W/ Straps Down-855x1, Full Gear-945x1, 1005x1

Week 8: 145x3x2, 255x3x2, 345x3x2, 455x1, Briefs-545x1, 655x1, 745x1, Suit w/ straps down- 855x1, Full gear-945x1

Week 9: 145x3x2, 255x3x2, 345x3x2, 455x1, Briefs-545x1, 655x1, 745x1, Suit w/ straps down-855x1, Full gear 905 x1

DE-LOAD WEEKS

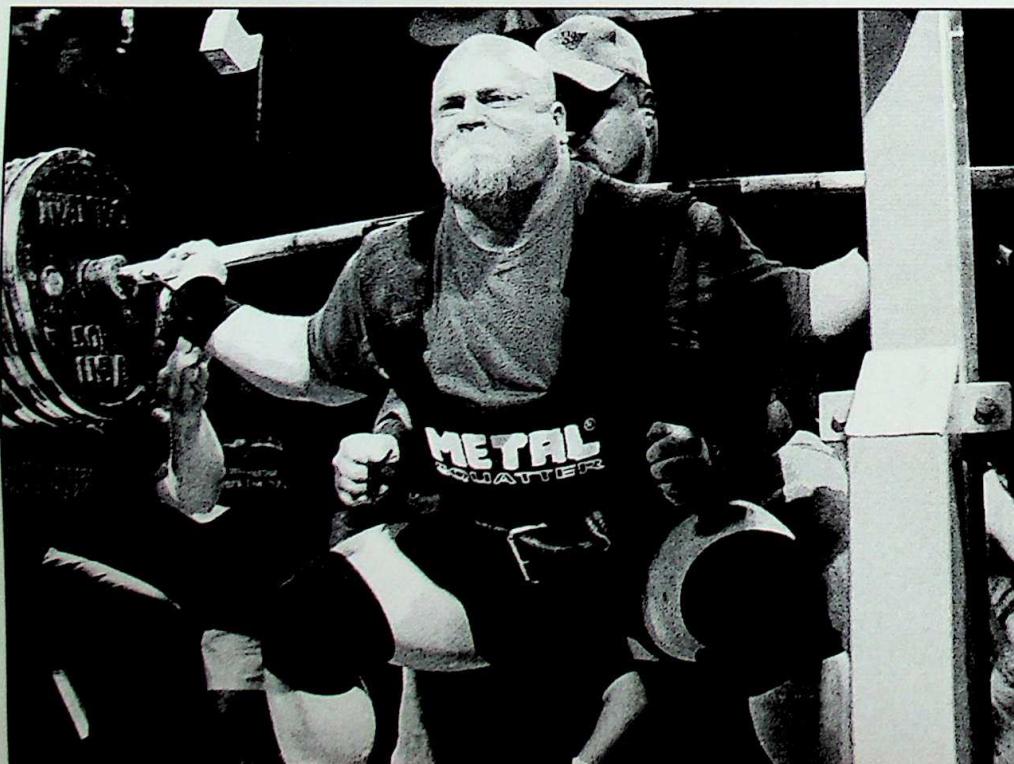
Week 10: 145x3repsx2 sets, 255x3x2, 345x3x2, 455x1, Briefs-545x1, Work sets 655x3 reps x 6 sets

Week 11: Same warm-up, Work sets 655x 3 reps x 5 sets

MEET WEEK

Week 12: 145x3x2 sets, 225x3x2, 315x1, Briefs-455x1, 545x1, 655x1, 745x1, Suit w/ straps down 855x1, Full gear 925x1

Opener: 1014lb, 2nd 1036lbs, 3rd- 1058lbs.



Marc Bartley led the way on the TOP 100 list for the 275s with his 1058 lb. squat at the WPO Superfinals.

FOR REVIEW . . .

"Starting Strength"

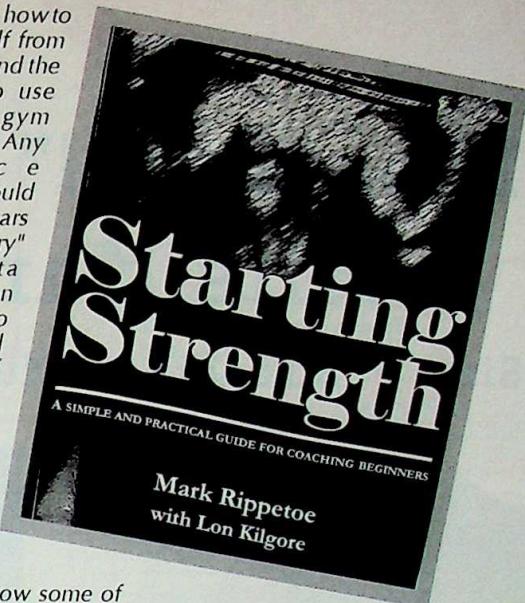
by Mark Rippetoe with Lon Kilgore

A SIMPLE AND PRACTICAL GUIDE FOR COACHING BEGINNERS

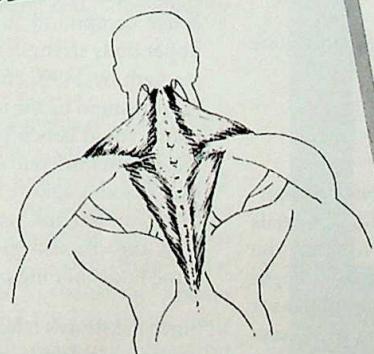
This book is many times more than the subtitle implies. It is a decades-deep depository of the common wisdom of the Iron Game, from Powerlifting, to Olympic lifting, and strength training for all sorts of sports. It has been brought to reality by Mark Rippetoe, a "True Grit" character who has run what may well be the nation's oldest sole proprietorship black iron gym, in Wichita Falls, Texas, for decades. He has personally trained thousands of individuals and every one of them learned how to squat, deadlift, and bench the right way before they went onto any kind of specialization. Mark has a crystal clear notion as to what coaching is about, and a natural combination of wit and wisdom that makes what he writes meaningful and enjoyable to read. The book establishes, particularly in the chapter about the squat (followed by chapters on the bench press, the deadlift, and the overhead press, and the power clean), a broad array of brilliant points regarding how to do each movement, punctuated by profoundly informative line drawings of the exercises and isolated muscle groups to show how your body really operates when you're doing a lift. Interspersed throughout the book are pertinent quotes, one of them (page 66) from Heinlein, "When one teaches, two learn". That's obviously true in the case of Rippetoe, who has taught and learned from so many, and now offers to share his storehouse of knowledge. He has that rare, intuitive instinct to understand things both physiologically and functionally. There is just one fabulous tip after another on how to

"do" each lift, how to keep yourself from being hurt, and the best way to use standard gym equipment. Any novice powerlifter could save a few years of "cut and try" futility and get a head start on the road to their personal level of success, just by reading this book first. The photography covers all the bases as well.

If you don't know some of the fundamentals, a matter mostly taken for granted by those who do, these visuals will be of tremendous benefit. Additionally, Dr. Kilgore put together a chapter on the science of training young people, impressively documented with references galore. Dr. Kilgore actually did most of the illustrations, and it is amazing what an understanding artist can reveal with the power of a simple line drawing. When we saw a draft copy of the squat chapter, months back, we knew this was going to be a good book, but it turned out even better than we imagined ... this will be one of the great classic books about the World of Weights for years to come. For further information on ordering this book contact the Aasgaard Company at 3118 Buchanan, Wichita Falls, Texas, 76308, or www.startingstrength.com



The Trap Chronicles



By Tod Becroft

"The Trap Chronicles"

by Tod Becroft

Tod has made a personal specialty out of training the traps, and in this book he promises a revolutionary approach to their development. He points out the traps have almost always taken a back seat to other body parts, which make his book one of the very few resources available. Todd's lifting history reveals the vivid impression that Hawk, of the professional wrestling team "The Road Warriors", made with his extraordinary trap development, as well as another friend of Tod's, massive Scott Doring, who ended up in pro wrestling as well. The interest sparked by those two individuals propelled Tod on a lifelong journey to build exceptional traps for himself. Tod's definition of the traps indicates the wide range of actions this set of muscles is involved with, from the neck down to almost the middle back. Todd makes an adamant point that if you want traps, you must use straps, and because you don't want the intensity of your trap program to be limited by your gripping strength, he recommends them for training, with one exception. There are numerous valuable training insights and 'how to' photographs in this book, underscoring the key points, with a special focus on the t-bar machine, and what Tod calls "trap cleans". Ultimately, he reveals the secret super set he's found that produces the best trap development in the shortest time possible. Tod details the specific trap routine you should use to satisfy every need for development in this area. A bonus is the chapter on neck development, where you can find your own inspiration in the rugged form of Mike Ruggeria, who has a 24 inch neck setting on top of his traps. You can get more information on the trap manual by looking at the website www.JulieHavelka.com/trapmanual.html, or contact havelkaj@spiretech.com

New "Legal" Performance Pill Hits Market

Size ■ Strength ■ Musculature



In a remarkable turn of events, arguably one of the strangest in the history of athletic performance, an offshoot of research directed to help victims of muscle atrophy has now become an underground cult phenomenon among body-builders, world-class athletes and, strangely enough, couch potatoes from the "boomer" generation. And, if consumer sales are any indication of a product's effectiveness, Endothil™-CR is nothing short of a miracle. Both professional athletes and weekend warriors are buying so much Endothil-CR (especially after the ban on steroids and steroid precursors) that finding a box has become

just about impossible. Has everyone gone crazy? Well... not really.

Scientific Breakthrough or Dumb Luck?

Although Endothil-CR's functional component was already backed by clinical trials documenting its ability to impact the proper development of muscle and strength programs, the success of Endothil-CR as a bodybuilding product was "dumb luck," says Louis Rinaldi, spokesperson for Novex Biotech,™ the compound's developers.

"When research was first published on the compound's ability to help rebuild traumatized muscle tissue, trainers (believe it or not,

a lot of athletic trainers are physical therapists who help get trauma victims back in shape) began suggesting the compound's muscle- and strength-building attributes could be a safe replacement for the most controversial performance enhancers (which are currently targets of Congressional investigation)," says Rinaldi. "As these cutting-edge trainers began recommending the compound to their competitive clients, they began to receive feedback like, 'I can't believe how much it helps my muscle and strength program' and 'I never experienced anything like this.'"

Dr. Daniel B. Mowrey, Ph.D., Novex Biotech's Director of Scientific Affairs, says, "Clearly, people were seeing results, but we didn't have a scientific explanation as to why this muscle mass and strength impact was occurring. However, based on the incredibly positive reports, it is impossible to just ignore the effectiveness of Endothil-CR."

Dumb Luck Strikes Again!

Then, in 2003, the results of an independent study of 31 fit males was released. During a double-blind, 6-week bodybuilding study, the active compound in Endothil-CR increased upper body strength by 100% and lower body strength by 249% after concentrated exercise (as measured by the amount of weight participants could bench press and leg press). And biceps circumference increased dramatically over placebo – more than a four-fold increase in circumference versus almost no increase with the placebo group (who were on the same bodybuilding program).

Since the study's release in December of 2003, researchers have been seeking a natural source for the active Endothil-CR compound. Finally, Novex Biotech discovered that, of all things, an extract of a special strain of green tomatoes could provide the active compound in the precise amount needed.

Who would have thought a compound developed to help people overcome muscle atrophy would go beyond nitric oxide, beyond so-called "precursors," to become the bodybuilding breakthrough of the decade?

That discovery led to Endothil-CR... a unique and proven method for muscle size and strength beyond what is acquired through the normal recruitment and differentiation of progenitor muscle cells. Finally, a way to assist your bodybuilding program for muscle and strength without steroids or steroid-like precursors.

But Is Endothil™-CR Illegal?

As of this writing Endothil-CR has not been banned by any amateur or professional organized sporting body including the World Anti-Doping Agency (WADA) or the International Olympic Committee (IOC).

Mowrey explains, "Most doctors understand the cumulative, detrimental effects steroid abuse has on the human body. Obviously, a compound that can impact muscle mass and strength has a clear and unambiguous benefit to both professional and amateur athletes..."

So, if you see athletes popping a tiny little pink tablet developed to help trauma victims regain muscle size and strength, don't think they've gone off the deep end... they may be smarter than you think.

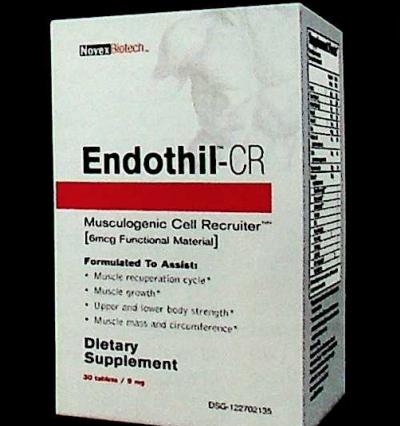
So, What's the Catch?

To experience the full benefits of Endothil-CR you'll have to completely alter your workout routine. You can no longer do generalized, full-body workouts... you'll have to focus on a single, specific muscle group and exercise that muscle group to exhaustion. Why? Because exercise to exhaustion creates "trauma" and Endothil-CR helps your body by impacting the recruitment of progenitor muscle cells to repair (build) traumatized muscle tissue. The results? An increase in both upper and lower body (whichever area you exercise) muscle size and circumference... and increased strength.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Having a hard time finding Endothil™-CR? If you've been searching for Endothil-CR, you already know it's become almost impossible to find. This tiny little tablet has attained "cult" status. Try your local **GNC** retailer (they always seem to keep it in stock), or try ordering through your local gym or supplement retailer. Can't wait? Your best bet is to call Novex Biotech™ at **1-800-919-5365**, or order online at www.Endothil.com. The price is \$59.97 for a full 30-day supply... one tablet taken 30 minutes prior to your workout every day.

By the way, Endothil-CR is backed by a 100% no questions asked, money-back guarantee: if for any reason you're not satisfied with Endothil-CR, simply return the empty container within 30 days for a full refund.



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Novex Biotech™

RESEARCH SUMMARY

Endothil™-CR Helps Build Muscle Mass and Strength in Exercising Adult Men

Dr. Daniel B. Mowrey, Ph.D.

INTRODUCTION

It is well known that increased muscle mass and strength occur in the most effective manner when exercise training is done to exhaustion, where exercise becomes "trauma" that causes muscle repair and growth in the area of strain. One of the goals of weight training is to build muscle without scar tissue. Too much exertion can tear muscle to the point where scarring will result. Too little exercise produces little increase in mass or strength. There appears to be an optimal point for maximal growth without scarring. Hence, currently the attempt to increase muscle mass and strength that occurs is controlled by exercise.

As researchers begin to untangle the mechanism involved in building muscle mass, it has become apparent that it should be possible to enhance muscle growth by stimulating certain aspects of the muscle building process. For example, we know that ischemia or hypoxia, with attendant inflammation and activation of so-called growth factors, produces signals that recruit the migration of progenitor cells from the bone marrow to the site of exercise damage to the hypoxic area to be used in rebuilding the muscle. The discovery of a method for enhancing the recruitment of the progenitor cells might increase the incorporation of these progenitor cells into the matrix of new muscle tissue, contributing to an increased muscle mass.

One of the crucial points in the muscle rebuilding process following exercise trauma may be the activation of receptors located on the muscle cells as well as on cells of the microvasculature in the muscle tissue. The most important of these receptors is the α -7 ntr (alpha-7 neurotrophic receptor). It is known that the activation of this receptor by a specific ligand that contains EGF-like motifs results in the repair of muscle and growth of new muscle. Repeated stimulation of the α -7 ntr actually results in the up-regulation of this receptor such that the efficiency of the system is improved and ever greater muscle growth becomes a distinct possibility. The activated receptor can be targeted by a specific ligand that stimulates the receptor to attract muscle progenitor cells to migrate toward the site of muscle exercise. Thus, by isolating a muscle group in the right leg and exercising it using a specific exercise, you create an hypoxic zone in that area, so to speak, and you would expect only that leg muscle to benefit. This is good in that it allows you to work on specific areas of the body in a systematic manner.

Recently, a compound has been discovered that contains a naturally occurring active molecule that is similar to EGF and is called Endothil™-CR (EGR). It is theorized that based on its ability to interact with α -7 ntrs, the active molecule in EGR should stimulate the migration of progenitor cells from bone marrow and blood stream in much the same way that exercising to exhaustion does. Thus, this is in fact the case we predict that the combination of exercise and the consumption of EGR will produce even greater muscle growth and increments in strength than either agent alone.

THE STUDY

A study was designed to test the hypothesis that the administration of the core compound in Endothil™-CR on exercising men will lead to increases in muscle growth and strength exceeding those achieved through exercise alone.

SUBJECTS AND METHODS

Thirty one adult males ages 39-55 who had been following a weight training program to build muscle mass for over 2 years were invited to participate in the study. All subjects were non-smokers, taking no medications, and in good health. Weight training consisted of a three times per week weight training routine for six weeks. Sixteen received the active compound in EGR and fifteen subjects received a placebo pill identical in appearance. Both groups took this pills by mouth 30-45 minutes before workouts.

MEASUREMENTS

A number of anatomic and functional measurements were obtained on each subject prior to starting and at the completion of the study. These measurements included height (as measured with a calling height O Meter stadiometer), weight, a balance beam, and a sit-up test. Arm circumference (measured at the level of the umbilicus), biceps measurement (the circumference of the dominant biceps muscle measured at the middle of the muscle belly of the flexed muscle), quadriceps measurement (circumference of the dominant thigh measured 4" above the kneecap while the subject was standing on a flat surface), and sit-ups. Abdominal measurements were performed in duplicate. Upper body strength was measured by asking each subject to do 10 repetitions on a bench press or an incline barbell at the maximum possible weight at which they were able to complete the 10 reps. Lower body strength was measured by asking the subject to perform 10 repetitions at the maximum weight possible on a leg press or leg extension machine. Both baseline and final press weights were recorded for upper and lower body strength. Compliance was determined by subtracting the number of capsules retained by the subject at the final visit from the number of capsules dispensed at the outset of the study.

RESULTS

After six weeks, the subjects who took the active compound experienced a significant ($p<0.05$) increase in both upper and lower body strength as well as in circumference of the biceps muscle. Specifically, the amount of weight bench pressed increased by 20 lbs. in the experimental group versus placebo. The amount of weight leg pressed increased 70 lbs. in the experimental group versus placebo. The treatment group experienced a significant increase in biceps circumference that was more than four times that of the placebo group, who experienced almost no increase in biceps circumference ($p<0.05$). There were no significant changes between the two groups in quadriceps circumference, % lean body fat, % lean body mass, weight or body mass index.

DISCUSSION

Based upon the observations from laboratory experiments in order for Endothil™-CR to exert a maximal effect it must be incorporated into an exercise routine. The exercise routine will have the most impact if it incorporates events that produce cellular exercise. For example, doing pushups on a floor that you can't lift your body off of, floor training to do more pushups, doing sit-ups on a mat until abdominal muscles fatigue and then doing more sit-ups. As mentioned at the outset, this kind of training should not be either over done or under done. It is not our goal to produce extensive damage with the idea that the greater the damage the greater the subsequent muscle growth. We feel the exercise should be enough to recruit the greater number of muscle cells to the site of the trauma, that is, the muscle cells and muscle stress (trauma) to produce the required signals for exercise. Hence, for practical purposes, the end point of this kind of training is exercise to the point of exhaustion.

It should be emphasized that the impact of EGR is probably to augment a naturally occurring sequence of events that normally follows exercise to exhaustion; it is not to overlay a different process to cause the body to do something unusual, unusual or unusual. However, the results are strikingly extraordinary in that a possibly synergistic interaction exists between hypoxia and EGR in the up-regulation of α -7-ntrs, a result greater than that produced by exercise alone.

Ultimately, the increase in muscle mass depends upon the recruitment and differentiation of progenitor cells into muscle cells. Excessive exercise causes hypoxia, ischemia, and muscle cell damage in localized areas of muscle, which in turn produce the signals that attract progenitor cells to the site of damage. In the case of Endothil™-CR, the core compound in EGR is hypothesized to likewise stimulate the microvasculature in the area distant from the bone marrow and blood stream to the oxygen starved, fatigued tissue to rebuild muscle. It should also enhance the microvasculature of muscle which improves the efficiency of the recruitment of progenitor cells.

The mode of action for both EGR and EGR+Endothil™-CR is to activate and upregulate a family of growth receptors that are activated primarily from the site of exercise damage from the exhausted muscle. These signals are probably in the form of cytokines and growth factors. Differentiation at the site of the sore muscle cells occurs in the presence of activated α -7-ntrs and improved oxygen and nutrient supply arising from improved microvasculature and a load of progenitor cells. Together, this mixture of factors results in differentiation, repair and growth.

In addition, it is hypothesized that the core compound in EGR is attracted to the site of trauma and acts to augment the differentiation and proliferation processes through any number of ways, but especially in attracting more progenitor cells to the area, which get caught up in the repair and growth processes, resulting in a net gain not possible without the presence of the EGR compound.

It should be noted that Endothil™-CR is not a miracle pill that will make your muscles grow while you sleep. EGR is an extremely specific and potent natural product that is believed to target the molecular and cellular mechanisms central to the repair and growth of muscle cells. It is not an exercise enhancer or recruitment of muscle progenitor cells. EGR is believed to work in synergy with the exercise to cause the body to increase muscle size and strength.

In summary, these findings confirm the hypothesis that Endothil™-CR's active compound, in conjunction with exercise, produces a significantly greater increase in both upper and lower body strength and in biceps circumference than exercise alone. Although several of steps in the process remain to be fully elucidated, the current study demonstrates congruence between the normal muscle building process and processes initiated by the consumption of EGR.

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POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

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

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

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

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

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

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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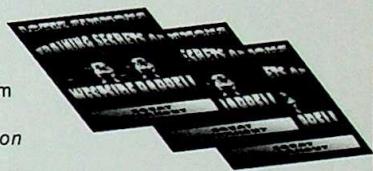


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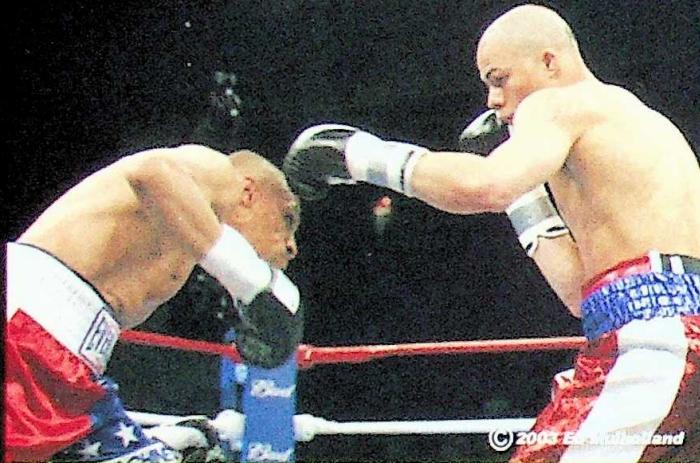
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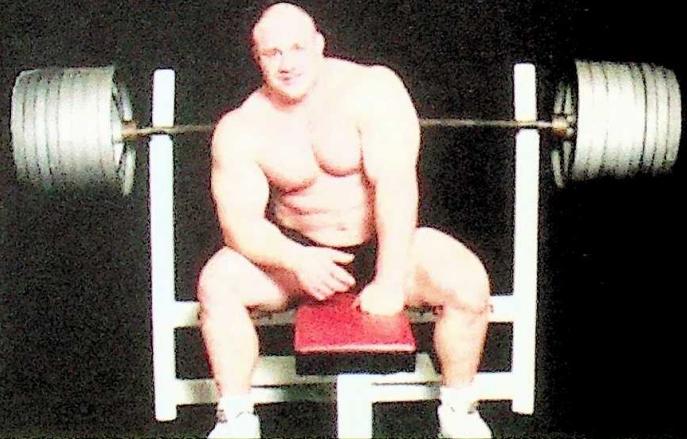
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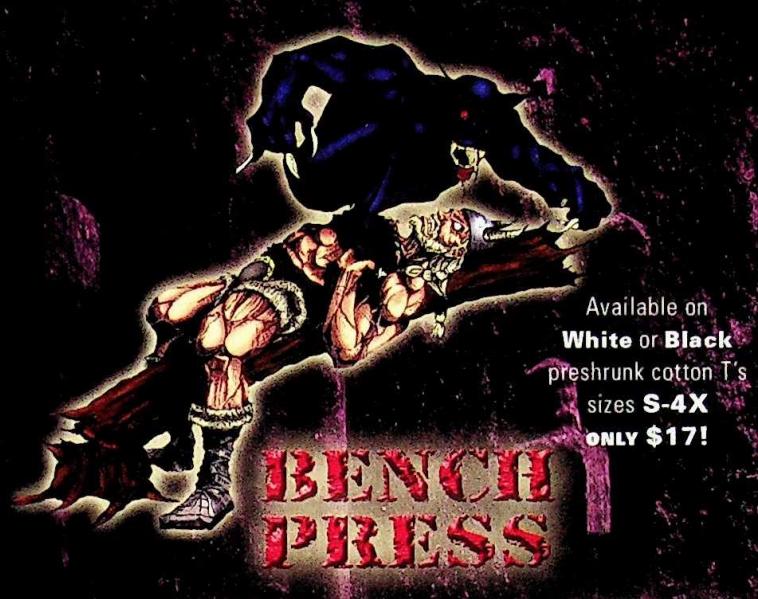
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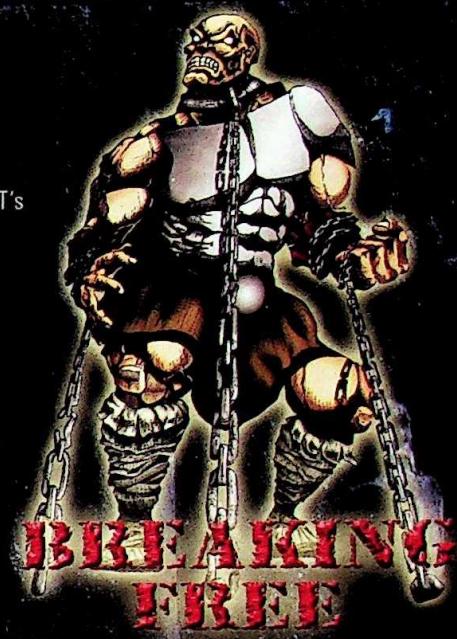
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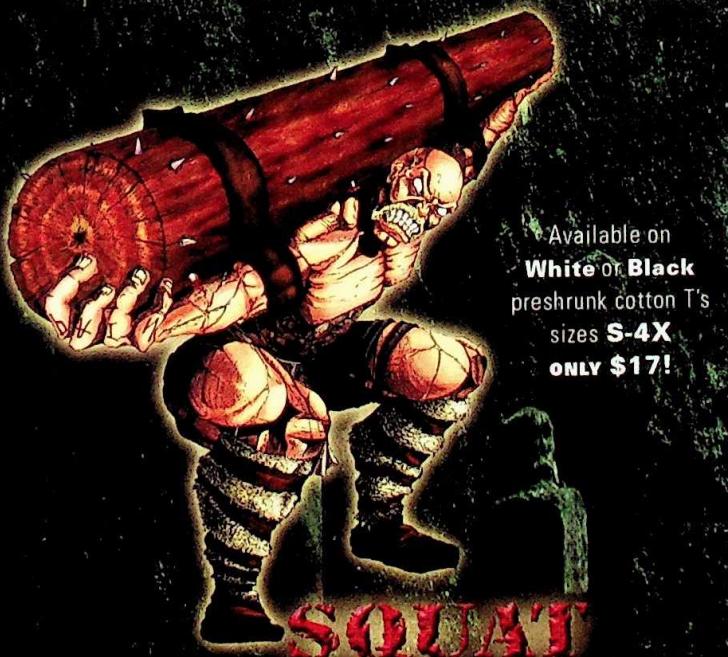
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The notion that the United States has become a vast wasteland for unethical and immoral behavior is really not surprising considering our country's recent history. And it is certainly not astonishing that sports in America has enveloped itself in the very muck that the rest of our society finds itself in. Why should it be surprising when we as a nation have generated religious fakes and phonies who take money from the poor in the name of God... a nation that elects political leaders who outright lie and engage in immoral and illicit behavior ... a nation whose corporate leaders lie and cheat to line their own pockets at the expense of others ... a nation whose people support illegal billion dollar industries in drugs, sex, and gambling a nation where religious leaders prey upon children, and the weak. Picture this for a second. The chairman of a global manufacturing and service company has been accused of pilfering his employees and investors out of \$600 million. Grade school kids were found pirating music and films off the Internet. Christian leaders were caught pirating and selling the movie *The Passion* to the members of their church. A celebrated historian was caught plagiarizing another author's manuscript. Even the world's most famous gardener, a woman who built a billion-dollar empire by selling here products to every-day-folk, was convicted of obstructing justice and lying to investigators about a well-timed stock sale. And that is just the very tip of the iceberg.

Why would we expect anything different in sports when the leaders of our land project the notion that lying, cheating, and fraudulent behavior is only wrong if you get caught. Why would anyone expect a coach or an athlete to abide by the rules of their game when the people they look to for guidance endorse immoral and unethical behavior by their very actions. And if it is true that we as a people are driven by greed, fame, status, and power it is even easier to

DR. JUDD

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

understand why sports is a breeding ground for corruption.

The obsession with sports in America is incredible. With war raging all around us, you would think that the major interest in the United States would be getting things right in the Middle East or trying to budget our economy, right? Wrong, it's sports! There is more interest in sporting events than there is in our political totality, our defense programs, our foreign policy, our children's education, our health care, our scientific advancement, or in our economic progress — even though those issues directly affect our well being and livelihood. There is more television and newspaper coverage devoted to sports than there is to contemporary world affairs. More time and money is spent by colleges to recruit good athletes than good college professors. Our college coaches are paid more money, a lot more money, to coach than Nobel Prize winners are paid to teach. And superstars are by far and away better known than super scientists and much better paid. Do you want statistics? Try these out for size. Alex Rodriguez will make 258 million dollars to play baseball for the next ten years, Mike Tyson has been making approximately 25 million dollars a fight and Tiger Woods makes 40 million dollars a year just for the use of his name. Listen to this - the 15 highest-paid NBA basketball players make more money a year than Iceland's gross national product. Is that vulgar or what? The average salary last year for a professional athlete in America was over one million dollars. According

to Forbes, the top 50 sports stars in 2004 will earn a collective \$1.1 billion. There is tons and tons of money in sports. Money is everywhere you look. And with money comes fame. And with fame comes power. And with power comes glory.

Intertwined with this obsession with sports by the American public is the absolute conviction that winning is the only measure of success. The American psyche has been brainwashed into believing that "winning isn't everything; it's the only thing." If you're not "NUMBERONE," you're nothing. Only by winning can you achieve greatness. Through a strange kind of psychic chemistry, athletes raised on this all-or-nothing diet begin to define their own self-worth in very simplistic terms. One is either a "winner" or a "loser," and there is no middle ground. The media, fans, and society in general celebrate success in such a way that the feeling of winning, no matter how it was attained, is a far better feeling than the alternative. Finishing second is great, but who cares?

Actually, the whole concept that Americans have about winning scares the heck out of me, because it teaches us to judge ourselves and others, not by intrinsic qualities, but rather by how well we play a game. Amazingly, people go around believing that self-worth is a process of chasing down fly balls or lifting record poundages. They have this mentality that superior athletes are better human beings than less successful athletes. Of course, they also believe that unsuccessful athletes are better human beings than non-athletes. A few years ago, for instance, Seth Brady conducted a clever little study which clearly supports the "halo effect" that winners enjoy. In the study, the subjects were asked to make personality ratings of amateur boxers who were viewed on film. The findings were sadly predictable. The winners of the matches were almost always seen as being more mature, better looking, more valuable, more potent and more active than the loser. In other words, the winners were perceived as being better human beings than the losers are. Of course, winning also reinforces winning. If you're a "winner" in



Dr. Judd Biasiotto sounds off on the state of American sports.

America you get it all — trophies, travel, money, prestige, even women. Winners are even given special privileges in school, in politics, in the media, in business, in the courts — in fact, I can't think of a single place in our society where athletes aren't given special privileges. Generally, the winner gets everything, the loser nothing. Worse yet, even when you are crowned with success the fulfillment is fleeting. Once an athlete becomes a "winner," there is automatically a new problem. There's no place left to go... but down! The question isn't "if," but "when" and "by whom."

It doesn't take a genius to figure out that we live in a sports-oriented culture where the game is more important than any other aspect of life. In fact, in America sports transcends every other aspect of human behavior. It's sad, but that's the way it is. That's the type of world we've created for ourselves.

With all of this pressure to win and keep winning it is easy to see why athletes justify almost any means in the name of winning ... cheating, lying, even taking life threatening drugs. In fact, today cheating has evolved into epidemic proportions. In reality, cheating has now become an acceptable part of competing. It is almost has if cheating is just another part of the training process. Unfortunately, that attitude has become pervasive in our thinking. Collectively athletes are now rationalizing that cheating is just a part of the game and that everyone does it. Worse yet, they feel that the benefits that can be derived from cheating are so great that it is worth the risk of being caught. It's competitive moral erosion that is destroying the integrity of sports in America.

"How many Alabama College football players does it take to change a light bulb?"

Only one, but he gets 5 hours of credit for it, \$10,000, and his choice of any three cheerleaders."

ANONYMOUS

Warming up at a meet is essential in getting the best from all your training and preparation. I feel too many lifters overlook how important it is and as a result do not get the results they expect on the platform on meet day. Most athletes of other sports precede their competition with some sort of warm up. Runners stretch their Achilles tendons and hamstrings and run short bursts to warm-up. Baseball players warm-up by stretching and playing catch or fielding grounders. Over years I have noticed a lot of powerlifters do not warm-up in the most effective manner or, for that matter, do they even have a warm-up plan. Many lifters are warmed-up too early or too late in preparation for their initial attempt at each lift. On top of that, many do too many warm-up sets and come to the platform for their first attempt as if they were on their second or third attempt. By the time the third attempt comes, they're essentially taking their fourth or even fifth. All this can add up to lower totals, bombouts and increased chance for injury.

A warm-up has two purposes. The first is to prepare the body and mind for the heavy lifting to follow. Going straight to max attempts without warm-up is sure suicide. The second purpose is to practice your meet technique to get into the groove and build confidence for the lifts that count. If your warm-ups fail to satisfy either of these two requirements, all that time training and preparing could be down the drain.

Warm-up conditions at meets can vary drastically. I've been to meets where there was great equipment and facilities with spacious and well ventilated, temperature controlled lifting areas. Other meets I've attended had warm-up areas literally in hallways or off a beach or by an indoor swimming pool where temperature and humidity can really drain your strength and energy level. This is not to mention absolutely terrible bars, benches and squat racks or just too little of all of it to go around. This part of the meet is uncontrollable for competitors. In order to make best use of whatever facilities are available, a lifter must warm-up effectively and efficiently and to accomplish this, the lifter must have a plan.

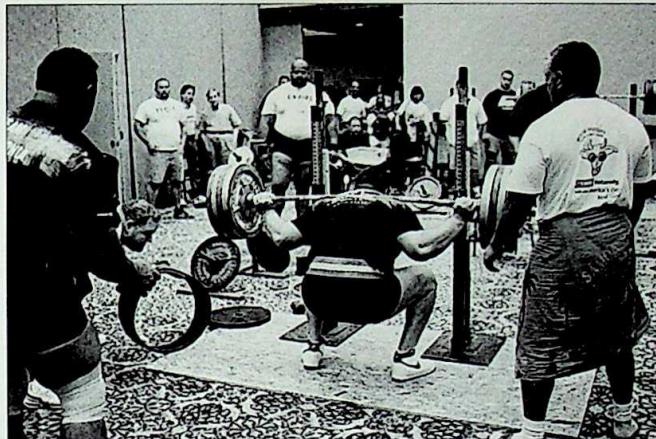
However, timing your warm-ups is one factor you have some control over. By having an idea of when you will lift, you can prepare and execute your warm-up plan to be ready to lift with the necessary time between your last warm-up and your first attempt on the platform. The rounds systems, used in just about all meets, has made timing warm-ups much easier. First, find out how many lifters are in your flight and your position in it. For example, if your flight has 10 lifters and you are fifth, you have at least 5 minutes after the flight starts before you will lift. If weight changes are involved, that time could be slightly higher. That also means you have at least 5 more minutes to complete your warm-up

STARTIN' OUT

*A special section
dedicated to the
beginning lifter*

MEET WARMUPS

as told to Powerlifting USA by Doug Daniels



The Warmup Room can be an intimidating issue for a novice lifter.

plan than the first lifter in the flight. Remember that after each flight, the lifting order can change, so you may not always be fifth, but by then, warm-ups no longer are a factor.

If you are lifting in the second or succeeding flights, you also can approximate when you will lift. Count the total lifters in the previous flight and multiply that number by 3 for the total amount of attempts. For example, if there were 10 lifters in the previous flight, the total amount of attempts would be 30. Allow a minimum of 1 minute per attempt; allow an additional half minute for the weight changes and that would come out to be about 45 minutes for the flight which still could be on the low side. As a rule, the squat will take longer than the other 2 lifts, with the deadlift going the fastest. It's important to find out if there will be a break between flights or lifts, or if the meet will continue without interruption. As in the first example, estimate when you will lift in your flight. If you lift in a later flight, you have the advantage of seeing just how smoothly the meet is running to help fine tune your estimate. Your opening lifting position will most likely differ in each of the three lifts, so you must have a unique plan for each lift.

The unforeseen can occur at any time, so have a meet helper or coach keep track of the flow of the contest in case your anticipated timing is no longer valid. There is no perfect period of time between your last warm-up and first attempt. This, of course, would vary from lifter to lifter. A rule of thumb would be about 5-15 minutes. Again, this is not etched in stone; it's just a number to start with. If for some reason you are not warmed up properly for your opening attempt, I

would suggest passing on it and taking the same weight as your second attempt rather than taking it while unprepared. The chance of injury or missing the attempt is greatly increased. Get warmed up, learn from your error, and move on.

Estimating when you will lift is just one part of getting the most out of your meet warm-up. Another critical part is the actual progression of weights, reps, etc. that you follow to warm-up. Previously, I said many lifters do either too few or too many warm-ups for the meet. For the most part, I would say the biggest problem is too many. Often I've seen lifters take their opener, or close to it, as their last warm-up, just to be sure they can make their opener. If you are not sure if you can get your opener, then you should re-evaluate your choice. The purpose of an opener is to get in the meet, not to win it or to set PRs. A weight you can double or triple is best to open with for a novice lifter. As your experience increases, you can hopefully make better decisions on openers.

What follows is an example of what a warm-up progression could look like for a lifter who will open with a 500 pound squat. If you are doing more reps or sets than this, you should really think hard as to why. This example also includes my suggestions as to how squat gear should be added during your warm-up. This warm-up progression should take about 15-25 minutes.

135 x 8 no equipment
225 x 5 as above
275 x 3 add belt
335 x 3 add wraps
405 x 1 add squat suit, shoulder straps down

465 x 1 as above, pull up straps

If you are starting at a higher weight, you may need a set or two more, so make necessary time adjustments. If you are opening lower, you may need a set less. Don't go blindly to your next meet and give this progression a whirl just because I have it in this article. Try this progression, adjusted for your strength level, during your last couple squat workouts prior the meet where you take a big single. In my example, you get an adequate warm-up, technique practice, and confidence building without literally taking a workout before hitting the platform. Remember that you want to hit the platform warmed-up but fresh, not feeling like you've already taken several attempts. This progression also can be applied to the bench and deadlift.

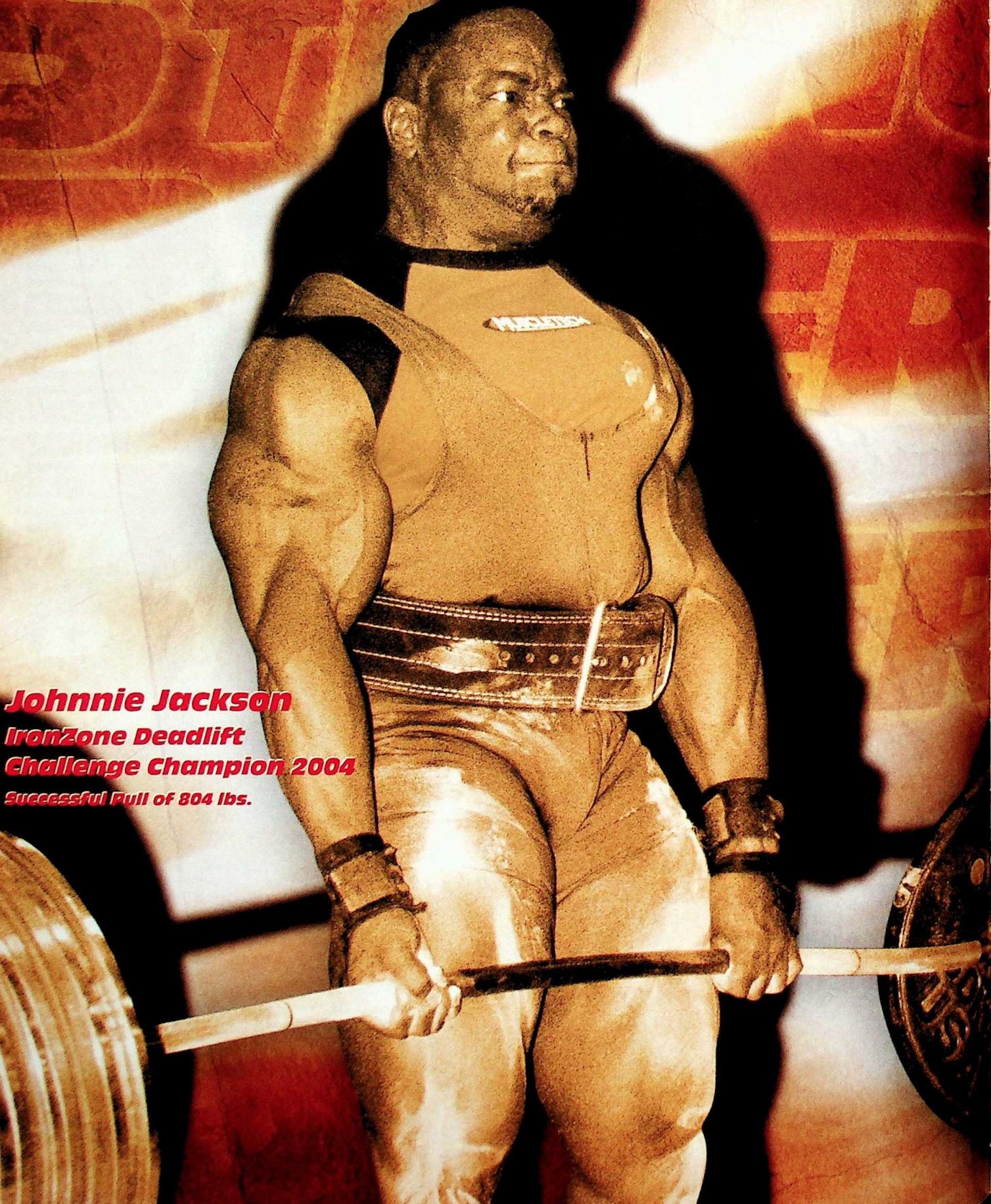
Another factor to consider in timing your warm-ups is the time and energy required to get your squat suit or bench shirt on. For some lifters, these are loose fitting and go on easily. For others, this can be a real ordeal. If your helpers are doing their job, they will do most of the work for you, especially when putting on your bench shirt and squat suit. Make sure you have tried on and used this gear before the meet. This way you know it fits and works correctly.

Lastly is to be considerate of other lifters at meets who are not as organized as you may be. You still should be able to get your warm-ups in even if you allow a lifter who is only minutes away from his opener to get in his last warm-up. By the same token if you find lifters who are warming up too early and are delaying you please tell them what your timeframe is and ask to get your warm-ups in as you are actually going to lift before they will. Most lifters will accommodate you.

You or your helpers will most likely have to help load and spot for other lifters you are warming up with. Also remember to pick up the weights to help keep the warm-up area clear of loose weights for safety. I strongly suggest you warm-up with lifters of close to your strength level. If you are opening at a 300 squat, do not ask to warm-up with Mr. National Champ. This also applies to stronger lifters warming up with 300 pound squatters. Use common sense and please be courteous.

I trust this article gave you a few things to consider in rounding out your training plan. You can do everything calculated just right prior the meet, but if you don't warm-up in the most efficient and effective manner according to a predefined plan, all that could go down the drain. My articles always stress that there are other factors to powerlifting success than following the latest work out of the month or using the latest quadruple-layer bench shirt, or downing the latest hi-protein drink. Try out some of the suggestions I made during the last few weeks prior the meet. Regard meet warm-ups as an important part of your training plan for best results on meet day.

IMMEDIATELY



Johnnie Jackson
IronZone Deadlift
Challenge Champion 2004

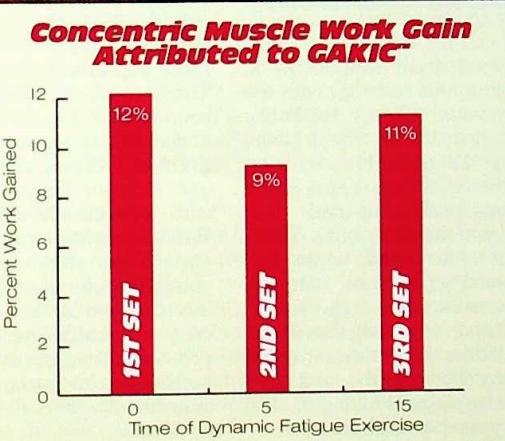
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Stevens, B., et al. (2000). Medicine & Science in Sports & Exercise, 32(12):2102.

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The science behind proper eating principles for the powerlifter has really come full circle over the last few years. Let's be honest for a minute. Before I came onto the scene to help guide the powerlifting masses, the nutrition void in our sport resembled a black hole. The science behind "Power Nutrition" has gained the interest of tens of thousands of powerlifters all over the globe and for good reason. It works! I have worked with world champion athletes from all over the world. I have nutrition clients from all parts of the United States, Canada, England, South Africa, Israel, Australia, Bahamas, Germany, Barbados, Russia, Italy, Greece, Kuwait, India and I am just getting started. One thing that is for sure is that fads don't last long in our sport. So making sure the proof is in the pudding so to speak is of the greatest concern for the hardcore lifter. In this article I am going to cover some of the basic yet fundamental aspects of Power Nutrition. It is from this base can you then seek more advanced knowledge to take your performance to unseen heights. Here I will focus on the tried and true basics that will make you a believer in what a proper nutrition plan can do for your powerlifting success.

1. FEED THE MACHINE

This has been my trademark slogan over the years and it has many meanings. First off this refers to eating enough total calories per day. The hardcore powerlifter needs to make sure that he is eating enough calories to sustain his lean tissue, maintain his strength, keep his energy level high, and to help him recover from his intense training sessions. Consider calories as the first layer of the base because without this part fulfilled then all else will fail. The second meaning of my slogan here is to make sure you are "Feeding the Machine" with foods that are "Fueling the Machine". This refers to quality food and quality calories. If you are just loading in all types of empty calories with little or no nutritional value then believe me you are just going to turn into a fat ass fast and your performance will backslide faster than you can imagine.

2. EAT ENOUGH PROTEIN

I have said this time and time again because it is another very fundamental part of your nutrition plan. Your body needs optimal amounts of protein so that basically all your hard work in the gym isn't a big waste of time. I see lifters who weigh over 300 pounds and yet they are lucky if they take in 70 grams of total protein for the day. I can't believe my ears when I hear some of the things that come out of lifter's mouths. Yet it is these same guys that are fine tweaking their

NUTRITION

THE FUNDAMENTALS OF POWER NUTRITION

12 Basic Steps to a Bigger Total

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



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

for those that are in their natural state. The closer they are to their natural state the healthier they will be for you. Try your best to avoid the processed and manufactured versions of carbohydrates as they will play havoc with your performance and even more importantly your health. I am going to break this down super simple. When choosing your carbs go with the brown ones. Choose foods like brown rice, whole-wheat pasta, Flax or 12 grain breads, large flaked Steel Cut Oats, Yams, Sweet Potatoes, and bran cereals. Stay away from the white ones. These include white bread, white rice, processed sugar laden oatmeal, pastries, white pasta, cookies, muffins, French fries, bagels and numerous other processed carbs that stock the shelves of the supermarket like a plague looking to take down your powerlifting success. Remember these simple words brown - good, white - bad. That is about as basic as I can put it so that even those without any nutritional background can reap the benefits of choosing the right carbohydrate sources.

3. CONSUME LOW GI COMPLEX CARBS

Carbohydrates are another very important part of your plan. They have many purposes in your nutrition plan but correctly implementing them is a little more complicated than with protein. The first problem I see with most powerlifters is that they eat way too many refined carbs. This refers to any source that has been processed to leach away the nutritional value. This leaves them with the nutritional value of sugar. So instead of referring to the Glycemic Index rating of different carbohydrate sources I will simplify things. When choosing a carbohydrate source try and opt

poses and they will make a big difference in your training performance and health. One way to do this is start eating fish several times per week. I know a lot of powerlifters are not into the fish thing, but this should change because there are way too many benefits from consuming them. I personally eat fish at least once per day. Since I am eating 6-8 meals per day having one that includes fish is pretty easy. Fatty fish like salmon, herring trout, sea bass and mackerel are all good sources of Omega 3 fats. To get some healthy Omega 9 fats in your plan start using extra virgin olive oil on your salads and vegetables. Avocados, olives, and nuts also good sources to make sure that you are getting enough of this "Heart Helper" in your plan. For those of you that can't eat fish then supplement with fish oil to make sure that you are going to get the health and power benefits that this wonder fat has to offer. The one that my athletes and I use is called Ascenta Nutra Sea. This formula is made from Herring Oil and it is my personal favorite on the market right now. It is pharmaceutical grade fish oil with impurities and the fish taste taken out so that it is easy to get down. It has a nice lemon and thyme flavoring so even those who don't like fish can handle taking it on a daily basis. It provides the lifter with an excellent source of Omega 3 fats and even more importantly the best types. These are your EPA and DHA sources that you should be most concerned about since they have the most to offer the lifter. You can get it from their website at www.ascentahealth.com. Once you start consuming a proper dose of Omega 3s in your daily meal plan you can look forward to bigger lifts, less joint and tendon pain, an increased testosterone level, an improved insulin sensitivity level, lower bodyfat percentage and most of all a healthier heart and cardiovascular profile.

5. EAT 5-6 TIMES PER DAY

If you want to be strong then you better eat. This sport is just as much about eating as it is lifting and fine-tuning your gear. Many lifters hate that I have put so much emphasis on the nutritional science end of our sport. This is usually the lazy lifter who is afraid to open his mind to the truth and likes living in the past. This is the same for a lot of lifters who don't like the advancements in gear as well. As powerlifters we have to look to every angle to improve our performance. Let's face reality for a minute here. The advancement in powerlifting gear technology, the improved pharmaceutical application, and the nutritional sciences has made lifts that most thought would never happen. So whether

you are for or against gear, pharmaceuticals or the nutritional sciences, the reality is that by combining them properly they will give you totals unheard of in the past. This is the reality of powerlifting today. Before I forget what I was telling you, the point is that as a strength athlete you have to eat at least 5-6 times per day as a minimum. I know this sounds like a lot and it may take some time to get used to. There are many tricks to make this painless so that it won't suck up your valuable time and cause a major inconvenience.

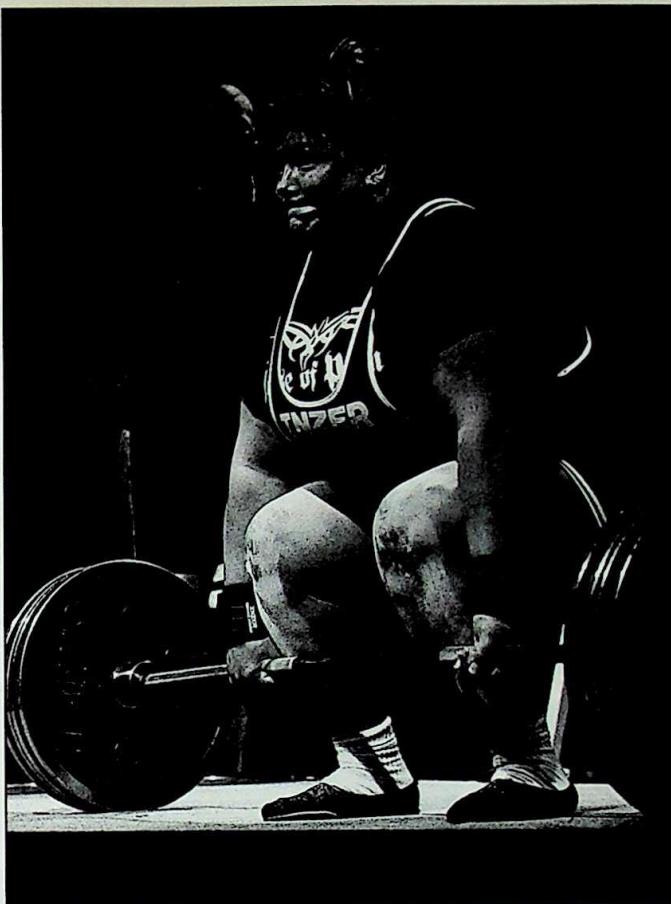
6. DRINK YOUR WATER

Water is essential for life so drinking enough in your nutrition plan is of great importance. Not drinking enough water is another folly that a lot of powerlifters ignore. When I say drink water I mean water, not soda, juice, coffee, or sports drinks. The body does not process them the same way and the above are usually loaded down with tons of sugar and other chemicals that are not beneficial for a bigger total. The powerlifter should be getting in at least 3 liters per day no less. This is regardless of what your weight or gender is. In reality you should be taking in 4-8 liters per day depending on your goals, weight, health conditions, protein intake and your pharmaceutical enhancement program. Water will help you eliminate toxins from the body, prevent many different health conditions, help in cell volumization, and help reduce body fat levels among others. As you can see, water is a very important part of the powerlifter's nutritional plan so make sure that you are getting in enough water to benefit your training program.

7. TAKE A MULTIVITAMIN

Taking a multivitamin/mineral formula is very important for the powerlifter. These nutrients are known as micronutrients as the body needs them in small amounts usually in milligram dosages. Unlike protein, fats and carbs which are known as macronutrients and are calculated in gram portions. Micronutrients play a major role in many different functions in the body. These include such things as protein absorption, regulation of your heartbeat, hormone production, regulation of your immune system and much more. I recommend for all powerlifters to take a proper formula for many reasons. First off most powerlifters do not eat a perfect diet. That's an understatement if I have ever heard one! There are cockroaches in New York that consume a better nutrient spectrum than some of the lifters I have witnessed. This leaves a lot of powerlifters with what is known as micronutrient deficiencies. This is not something that you want when you are training to be at your best. This can also have negative health related problems as well. When choosing a good multivitamin/mineral formula you have to make sure that it is designed for strength athletes. Don't just take some generic formula that is intended for sedentary individuals, as it will not have enough of the key ingredients. Powerlifters will need more of certain vitamins and minerals over a couch potato so having the proper formula is essential.

8. CUT DOWN ON THE JUNK



Liz Willett got a nice deadlift in at the WPO Superfinals in Columbus

I hate to say this, but sometimes I think the powerlifting community is what keeps the junk food industries alive. If powerlifters were to boycott the above we would see the stocks of these companies plummet. To be serious here for a minute the fact remains that powerlifters do eat way too much junk in their diet. This includes fast food, candy bars, potato chips, ice cream, cookies, desserts, pie, fatty cuts of processed meats and enough sugar to put a mountain gorilla into a diabetic coma. Don't think that I am trying to preach that powerlifters should live off grains and grass. If you have talked with any of my elite clientele they will tell you that I feed them a power packed nutrition plan but the key to it is that it is of clean, nutrient-dense foods. These are foods that are going to increase your strength, pack on pounds of muscle, melt away fat and improve your energy. They are not just a bunch of foods that are full of empty calories that will do nothing but make your waist line thicker and make you into a heart attack just waiting to happen. There are too many powerlifters that just eat to fill their stomachs and this is the wrong attitude to have, not only for improving your performance, but for your health and longevity as well. I don't want you to think that I want you to never have a piece of your mother's awesome apple pie, or you can never have a bowl of ice cream after your dinner. The problem with many powerlifters is that piece of pie turns into the whole pie and that bowl of ice cream turns into the whole container. Second, I always recommend cheat meals for my athletes because this gives you a mental break from your plan and gives you something to look forward to. The problem with most powerlifters is that everyday is a cheat day, and every meal in that cheat day is a cheat meal.

Are you starting to see my point?

8. INCREASE YOUR FIBER INTAKE

Fiber ... the word that most powerlifters don't like to hear. Yes, just like all the other important nutrients out there, powerlifters are also deficient in fiber as well. Fiber has many benefits for the powerlifter. Yes, I know fiber really doesn't taste that good. It doesn't taste like a piece of banana cream cheese cake that's for sure. But the fact remains that if you want to stay a healthy lifter you need to get in a proper dose of fiber in your nutrition plan. I will be dead honest here. Most of the powerlifters that I work with don't like the taste of high fiber foods. The oatmeal, the bran flakes, the broccoli, the salad all don't sit that well with a lot of lifters. Well, ... too bad! If you don't want the arteries in your heart clogging like a New York freeway at rush hour, or desire that the cells in your colon start mutating into some form of carcinoma, then I suggest you start getting into fiber. Powerlifters should get in a minimum of 30 grams of fiber per day. The optimal for colon and heart health would be around 50 grams per day. Try telling a lifter who lives at the local Pizza Hut that he needs 50 grams of fiber per day when for the last 10 years he is lucky if he consumed that much fiber in a month. With fiber, start off slow and then increase. Just by adding a cup of dried oats to your breakfast a few times a week, adding some vegetables to your meal plan a couple times a day, and throwing in a piece of fruit with your snacks can really make a difference in getting this fiber train started.

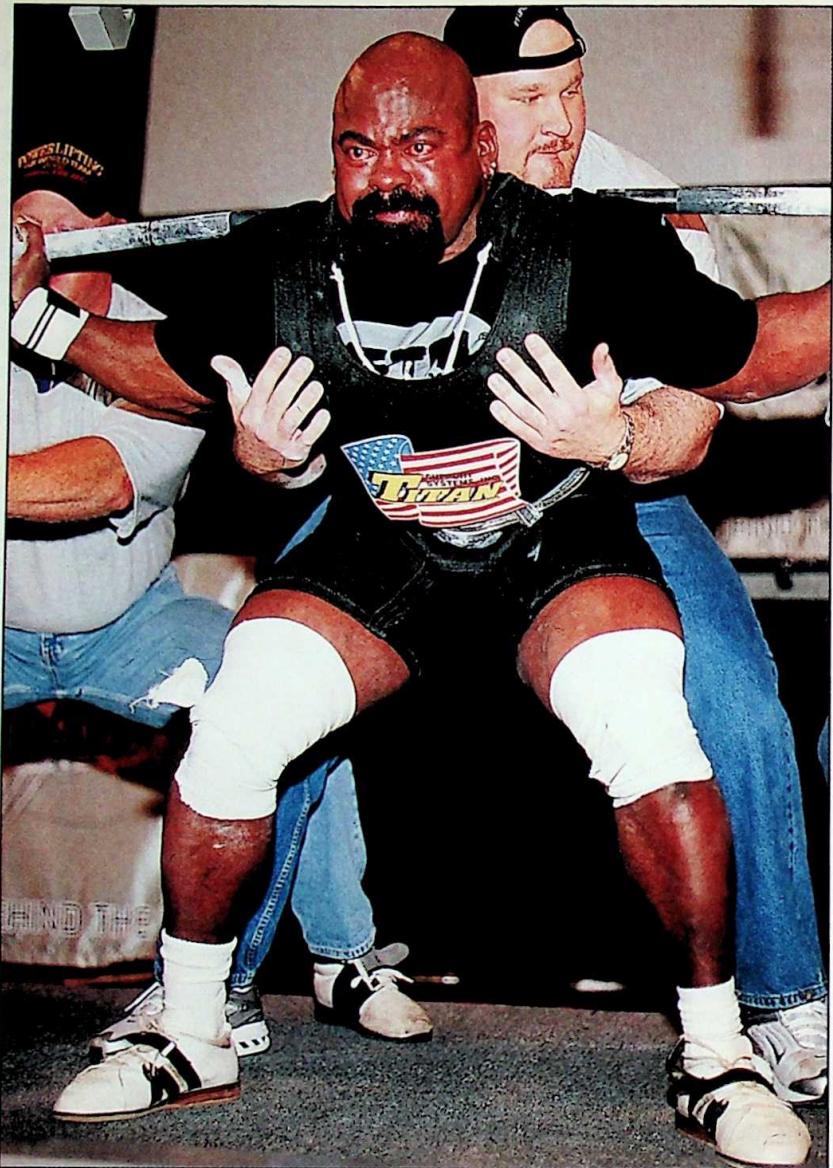
9. USE A PROTEIN SUPPLEMENT

Most of us are working at least 9 hours per day. Throw in commute time and we are looking at anywhere from a 10-12 hour total workday. Then there are the wife and kids and every other responsibility that has to be taken care of on a daily basis. The reality of eating 6 full food meals per day for most of us seems impossible. At the same time we can't let our performance go down the drain because of life's daily chores. One very easy way to get in all your protein requirements is to take in 2-4 protein shakes per day. This way you are still just eating your Breakfast, Lunch and Dinner, like the rest of the free world. See, it's not so hard now is it? The next thing to address is the type of formula that you are going to use. Protein isn't just protein so don't let the geek at the local health food store tell you any different, because he is lying to increase his commission check. First off, you have to get a high quality supplement from a reputable brand that has the right spectrum breakdown needed for your personal needs and complements the goals that you are trying to accomplish. Don't just grab what's on sale or some no name brand because you get what you pay for. Next, you need to know how to incorporate your protein formula according to what your current goals are. If you are trying to go up or down a weight class your needs will

be different and it will make a difference in what you should be drinking.

10. BALANCE YOUR MEALS

Now when I say balance your meals I don't mean that you should have a beer for every slice of pizza. Yes, that may sound sweet to the ears of many lifters, but it is not what I am referring to here. In nutritional terms balancing your meals refers to the macronutrient ratio and breakdown for each of your meals. This will, in turn, give a macro breakdown for the day. When you get into the deep sciences of nutrition this is actually one of the more complicated aspects of customized program design. One reason behind this is because each athlete is different from another. One ratio of nutrients that works wonders on athlete A, but that doesn't necessarily guarantee that it will produce the same results with athlete B. When I am designing a pre contest nutrition plan for a powerhouse ass kicker like Dave Tate, it's not going to be the same for someone who has been lifting for a couple of years. Just to give you all a heads up. Now that Dave is working with me he is going to be dialed in like never before. Now since this article is one that is targeted for the beginner the meaning behind balancing your meals is quite basic. Try to get an optimal balance from each of your macronutrients with each meal. Just to remind you, macronutrients refers to the Big 3. No - not the squat, bench and deadlift, but your Proteins, Carbs and Fats. Make sure that there is no macronutrient ignored - that way you will provide some balance to your eating plan. For example, a bowl of pasta with a half loaf of garlic bread sure as hell may be tasty, but it doesn't conform to the rule of balancing your meals. Yes, we have some carbs and fat, but where the hell is the protein? A better choice would be a bowl of whole-wheat pasta with a nice big grilled chicken breast, a slice of garlic bread and a big Italian salad on the side. Now you have some protein, carbs and fat and even fiber - all in the same meal. Another bad example for breakfast would be the lifter who has a couple cups of coffee, a bagel with cream cheese, and a small pastry on the side. Here again, we have a lot of simple carbs, sugars, refined carbs and saturated fats, but no protein whatsoever to speak of. This is not a good breakfast unless you are looking to drop your performance and welcome some daily Insulin injections in the next couple of years to help control your new found friend ... Type II Diabetes! A better power breakfast would be 3 whole eggs/8 egg white omelet with low fat cheddar



The Amazing Steve Goggins is on Anthony Ricciuto's Nutrition XP3 client list.

cheese sprinkled on top, 2 pieces of flax toast, 1 cup of low fat yogurt and an apple. This is a powerlifter's breakfast, not like the "Heart Attack in a Handbag" you read about above. Keep it simple, but make sure you don't neglect the Big 3 for optimal performance and health.

11. EAT YOUR FRUITS AND VEGETABLES

How do I say this without sounding like your mother? Well, all along, mom was right when she told you to finish your vegetables at dinner and to eat some fruit instead of those cookies. Fruits and vegetables are two very overlooked areas in the powerlifter's diet. Many lifters do not even eat 1 piece of fruit per day. When it comes to vegetables some lifters don't take in a single serving in an entire week. This is horrible to say the least. Both fruits and vegetables have many important benefits for the lifter. They contain a wide spectrum of vitamins and minerals that are essential for proper body functions as well as performance. They also contain fiber, which - if you read above - is another thing that powerlifters are deficient in. Let's not forget the all-important anti-oxidants that they provide to the lifter. Since we train intensely, powerlifters need

even more anti-oxidant protection than your everyday couch potato. This is because intense training can increase free radical production in the body. A lot of lifters will overlook this and would rather think about how to wrap their knees tighter with a new Russian technique, but this is a big mistake. A body over-ridden with free radicals, combined with nutritional habits that resemble the greasy "Meth Junkie" who controls the Ferris wheel at your local carnival is setting you up for the Big C. For those of you who don't know what the Big C is then how about a word you may understand ... Cancer! Don't think because you can bench over 600 pounds that Cancer can't come in and take away all your strength as well as your life. The mistakes that you make in your youth, whether they are with your nutrition plan, pharmaceutical program or lifestyle choices will come and bite you on the ass like a rabid pitbull if you do not monitor them and take the necessary precautions and preventive measures to make sure that you stay healthy.

CONCLUSION

Ok, here you have it. Here are twelve very basic powerhouse nutrition tips that should be the base in every lifter's nutrition plan. Many of you may already be aware of what I presented above, but there are many out there who need a basic refresher to get them back on track. The sports nutritional sciences are very complex indeed, and without a solid base then there is no point in trying to induce advanced physiological concepts like cell volumization, insulin manipulation, glycogen depletion and replenishment, cell super-saturating, organ cleansing and purification and much more if you don't have the basics down. You all have to start somewhere, and these 12 Power Tips should be the base from which you start. Once they are mastered (which, by the way, is pretty easy), you then can start applying more advanced nutritional tactics to make your total skyrocket. So, until next time lift big, eat big but clean, and most of all — stay healthy.

If you would like to know more about my Customized Nutrition System the Nutrition XP3, check out my website or email me for more info and availability.

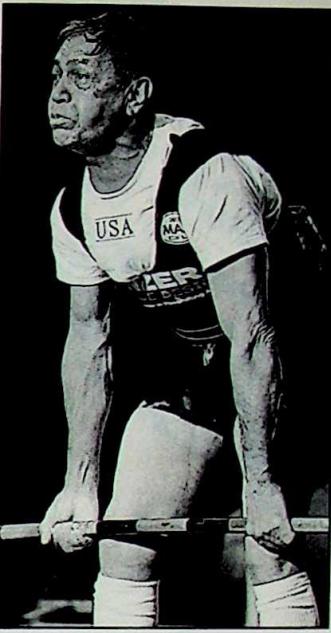
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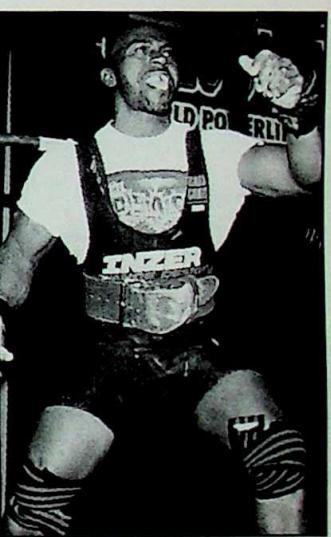
according to the Glossbrenner Men's Formula and McCulloch Age Correction Factor

Rating	Lifter	YOB/Nat.	TOT	Bwt.	Coeff.	Result	MACF	Age	Date	Sanct.
1	694.664	Cortes, Robert	30USA	510.0	.6750	.7484	381.684	x1.820	73	09OCT03 AAU
2	678.929	Conyers, Tony	58USA	907.5	.7420	.6940	629.805	x1.078	46	02APR05 APF
3	669.508	Inaba, Hideaki	44JPN	555.0	.5133	.982346	545.202	x1.228	54	10NOV98 IPF
4	663.603	Flores, Richard	38USA	597.5	.7400	.69545	415.531	x1.597	67	14OCT04 WPC
5	661.853	Frantz, Ernest	34USA	807.5	.100.0	.5813	469.399	x1.410	61	04JUN95 APF
6	661.179	Milian, Ernesto	47USA	527.5	.5200	.9664	509.776	x1.297	57	14MAY05 APF
7	660.085	Sandberg, Larry	40USA	780.0	.109.1	.5638	439.764	x1.501	64	28NOV03 WPC
8	658.292	Richey, Frank	30USA	467.5	.6660	.75705	353.920	x1.860	74	14MAY05 APF
9	655.680	Bederin, Nikolai	35RUS	512.5	.5860	.85235	468.829	x1.501	64	19OCT99 IPF
10	654.462	Johnson, Daryl	30USA	654.5	.102.965	.57467	376.128	x1.740	71	09JUN02 NASA
11	646.383	Isagawa, Hiroyuki	53JPN	628.0	.5585	.89502	562.072	x1.150	50	04NOV03 IPF
12	646.127	Meek, Brian	46USA	930.0	.124.69	.54576	507.561	x1.273	56	25AUG02 WPC
13	639.041	Stockinger, Joe	30CAN	455.0	.6680	.7551	343.570	x1.860	74	14OCT04 WPC
14	638.816	Kawasaki, Nori	28USA	430.9	.6000	.83285	358.885	x1.780	72	10NOV00 WPC
15	637.713	Bell, Gene	56USA	935.0	.8990	.61225	572.453	x1.114	48	14MAY05 APF
16	637.517	Richards, Mac	+22-03USA	572.5	.9000	.61185	350.284	x1.820	73	04NOV94 WPC
17	634.561	Goggins, Steven	63USA	1121.5	.109.65	.5630	631.404	x1.005	41	05MAR05 WPC
18	632.068	West, Bill	46GBR	875.0	.106.80	.56745	496.518	x1.273	56	24OCT02 WPC
19	623.263	Butler, Laurie	47USA	835.0	.9800	.58635	489.602	x1.273	56	30MAR03 WPC
20	621.099	McCauley, Larry	+27-93USA	648.6	.9000	.61185	396.868	x1.565	66	06JUN93 APF
21	620.627	Coleman, Arnold	65USA	960.5	.8220	.64615	620.627	x—	40	04MAR05 WPO
22	617.355	Ferreira, Jan	46RSA	765.0	.8230	.6456	493.884	x1.250	55	08NOV01 WPC
23	615.755	Heath, Douglas	55USA	750.7	.6750	.7484	561.820	x1.096	47	13DEC03 IPA
24	611.695	Frank, Garry	64USA	1195.0	.165.74	.51187	611.695	x—	40	05JUN05 APF
25	606.814	Crain, Rickey	53USA	857.2	.7500	.68855	590.286	x1.028	43	22NOV96 IPA
26	605.191	Fushimi, Hiraku	37JPN	445.0	.5520	.90605	403.192	x1.501	64	17OCT01 IPF
27	602.913	Player, William	37USA	547.5	.7485	.68955	377.528	x1.597	67	04DEC04 APF
28	601.626	Thompson, Donald	64USA	1182.5	.170.5	.50877	601.626	x—	40	05MAR05 WPO
29	599.779	Whitney, Dean	44USA	580.0	.6740	.74935	434.623	x1.380	60	02APR05 APF
30	598.112	Rouse, James	41USA	707.5	.8980	.6126	433.414	x1.380	60	19MAY01 APF
31	596.010	Collins, Ronald	34GBR	855.0	.8210	.64665	552.885	x1.078	46	17MAY80 IPF
32	593.766	Greig, Bruce	52CAN	965.0	.135.5	.53504	516.318	x1.150	50	25AUG02 WPC
33	591.658	Ramsrud, Bill	28USA	598.7	.8250	.6446	385.948	x1.501	64	06JUN93 APF
34	587.456	Giller, Richard	27USA	485	.7170	.7125	345.562	x1.700	700	03MAY98 APF
35	587.332	Mills, Don	36USA	748.4	.100.00	.5813	435.068	x1.350	59	19NOV95 IPA
36	586.700	Coan, Edward	63USA	1035.0	.108.91	.56404	583.781	x1.005	41	25JUN05 USPF
37	585.828	Phillips, Ross	31USA	555.0	.7500	.68855	382.145	x1.533	65	25JAN97 APF
38	582.823	Urchik, Paul	59USA	1017.5	.105.4	.56995	579.924	x1.005	41	19MAY01 WPC
39	582.588	Austin, Richard	31USA	630.0	.100.95	.57905	364.801	x1.597	67	03MAY98 APF
40	580.716	Hoskinson, Jim	65USA	1080.0	.137.0	.53377	580.716	x—	40	05JUN05 APF
41	579.634	Lem, James	28USA	745.0	.8250	.64446	480.227	x1.207	53	05DEC81 USPF
42	578.770	Wambsgans, Fabia	46USA	743.9	.8250	.64446	479.511	x1.207	53	28FEB00 APF
43	577.775	Liciaga, Angel	35PUR	620.0	.8200	.64715	401.233	x1.440	62	14OCT97 IPF
44	575.012	Bridges, Michael	57USA	827.5	.8250	.64446	533.407	x1.078	46	03MAY03 USAPL
45	572.861	Cavelier, Jean-Mar	39FRA	712.5	.123.7	.54695	389.701	x1.470	63	02 WPC
46	570.586	Olson, Gordon	49USA	672.5	.7465	.69092	464.647	x1.228	54	10MAY03 APF
47	569.750	Powell, Roger	36GBR	492.5	.5960	.8383	412.862	x1.380	60	10OCT96 IPF
48	569.645	Nagy, Ernie	+22-95USA	695.0	.100.0	.5813	404.003	x1.410	61	01APR84 USPF
49	569.138	Moir, James	36CAN	727.5	.6740	.74935	545.182	x1.044	44	07NOV80 IPF
50	567.945	Leproit, Michael	38FRA	525.0	.6720	.75125	394.406	x1.440	62	17OCT00 IPF
51	563.648	Garry, Martin	29USA	430.0	.7480	.6899	296.657	x1.900	75	14OCT04 WPC

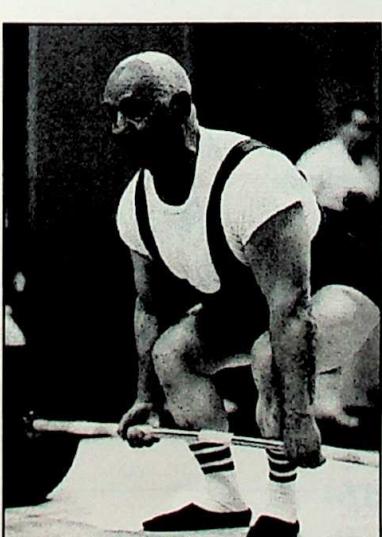
Determining the Top Masters: The Total (kg.) is multiplied by the coefficient for the lifter's bodyweight from my Glossbrenner Men's Formula. The result is multiplied x the McCulloch Age correction factor for the lifter's age. The Rating is the final result. Note: Robert Cortes, my lifelong friend, edged out the multi-organization phenom Tony Conyers for the honor of greatest Master. Note: Bob's 510.0 kg. (1124) TOT at 67.5 kg.(148) bodyweight, at age 73. Cortes hates equipment and doesn't wear a bench shirt. His incredible 493.835 lb.(224 kg.) DL was done at Gus Rethwisch's WABDL Worlds at age 73 and made a segment of the cover of Feb. of 2004 (Vol. 27 No.6) PL USA. He is a lifetime drug free lifter. Conyer's recent 907.5 (2000.6) TOT at 75 kg. age 46 makes him the lightest man in history to TOT a Ton. Tony once won the APF and ADFPA Senior Nationals weeks apart and will tell you the strength of TONY CONYERS comes from the HOLY FATHER. He denies emphatically that his power is transmitted through his golden tooth from parts unknown. No, I didn't forget Louie Simmons. He strongly requested that I not include him in this listing. Louie does not like formulas or age correction factors. When it comes to MASTER it reminds him of the HEREAFTER. He's AGELESS and HATES THIS. I personally know, or have known, 44 of this listing's 51 ageless wonders. POWERLIFTING IS FOREVER.



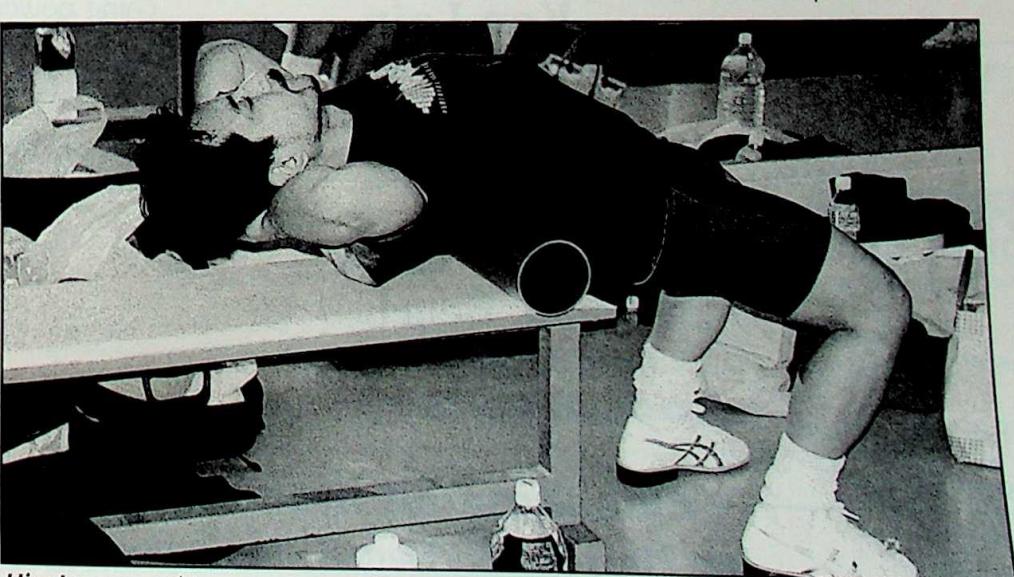
Robert Cortes - Best Master ever.



Tony Conyers - among the very best of all time open and masters



The Late ERNIE NAGY - ranked #49.



Hiro Isagawa - this veteran international competitor loosens up his back after squatting. (Paul Kelso)

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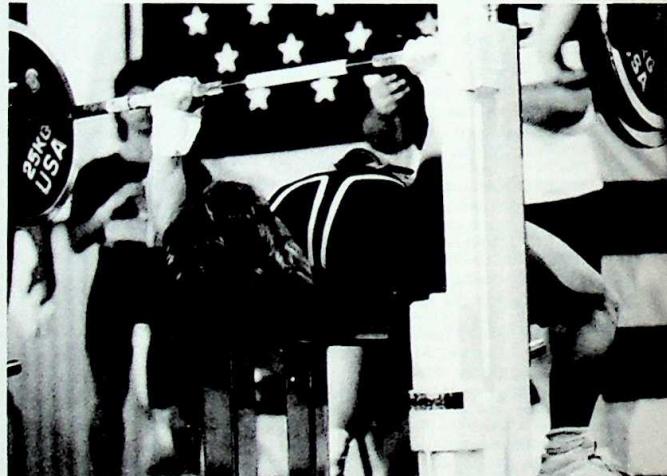
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Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

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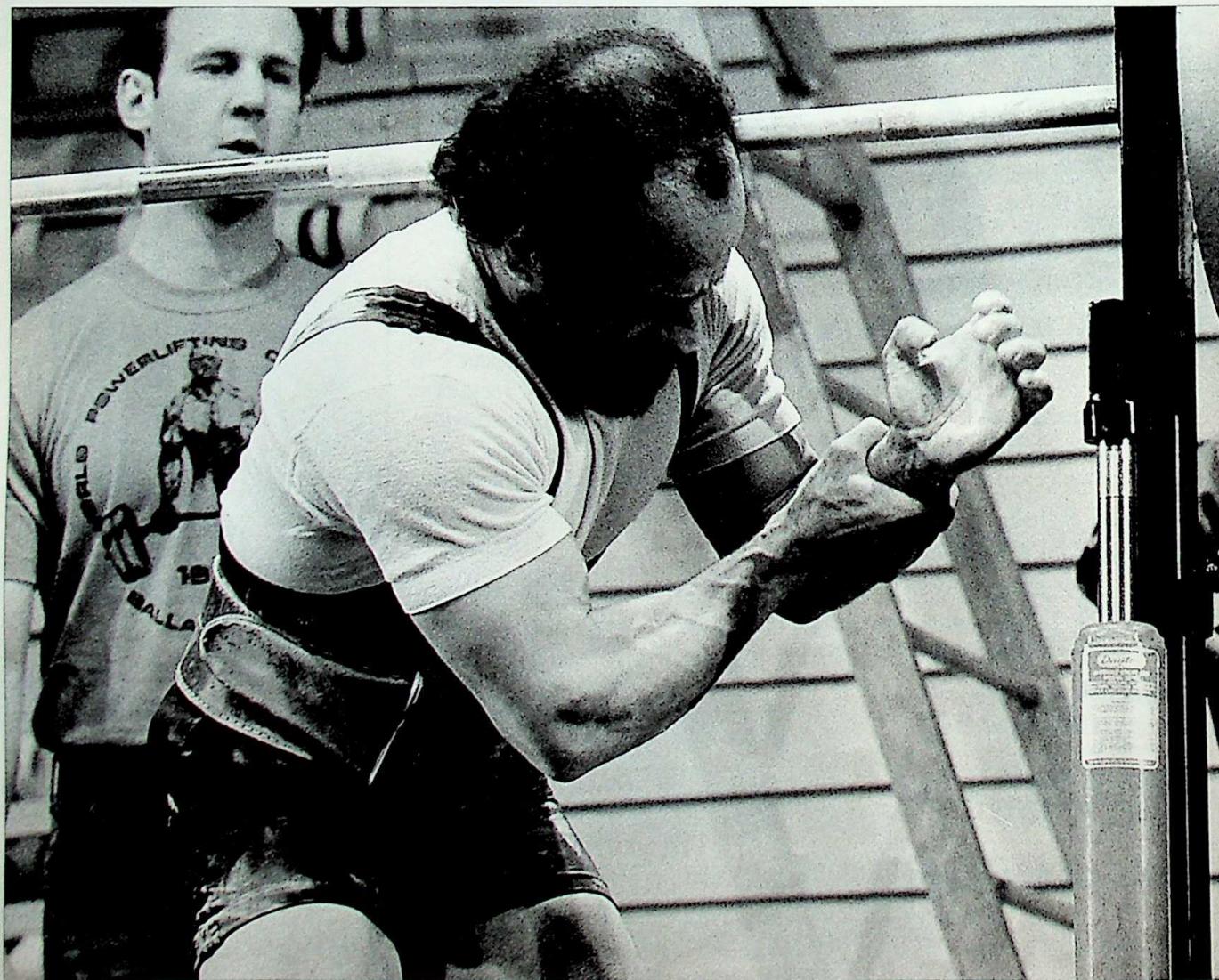
ASK THE DOCTOR

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

DEAR DR. DI PASQUALE: I recently had a back injury from squatting and cleaning. The doctors and physiotherapists treating me have not been able to find the cause of the pain. At first, I had a huge soreness in the lower right side of my back after attempting a 10 rep max squat. I was unable to stand up without pain. The pain went away and I was squatting heavy again in 2 days. I then went for another workout after the squats in the afternoon and did full cleans. As I started the second pull

of the clean with 75% max weights, my right lower back could not straighten, but my left could. I also felt the right lower back muscle stretched to the max in a horizontal front-back kind of fashion. I did not hear any crunching sound and I didn't feel anything tear. Since then, I've been unable to lift as the pain comes with warm up weights in the back squat and deadlift type motions. Supporting a weight on the traps or clavice is ok. I would like to ask for your assistance, what are your opinions on my injury, and how can I help my doctor look for the pain. I feel no pain now, but once the back is rounded and pressure is applied, something "slips" and I feel the pain for 24 hours. I hope you can find the time to help. I would like to visit you for consultation, if possible. **Ben Ho**

HI BEN: The first things that come to mind are the commonest injuries - to the disc or supporting structure in the lumbar region on the left side - perhaps even some degree of spondylosis/spondylolisthesis. However, it's hard for me to help you pinpoint it without more info. What tests have been done to try and find out where the problem is? For example, have you had an MRI or CAT Scan done? I gather you had the basic front, side and lateral X-rays done and they didn't show anything obvious at least as far as the bony structures. What do your doctor and therapist think as far as differential diagnoses? Is there a family history of back problems or in fact any cardiovascular, inflammatory, hormonal or other problems? As far as a visit for consultation, as of the beginning of 2005 I've essentially retired from my regular medical practice and am no longer seeing patients. However I will do what I can to help you pinpoint and deal with your back problems. I've limited access to emails right now as I'm on an island in the Atlantic. However, I'll be back home this coming Tuesday and will get back to you then. Best regards, **Mauro**



A Rare Combination... of world class strength athlete and medical doctor, Mauro Di Pasquale M.D., represented Canada at the 1984 IPF Men's World Championships in Texas. Above, he is seen looking after a severe cramp in his hand suffered after a squat attempt.

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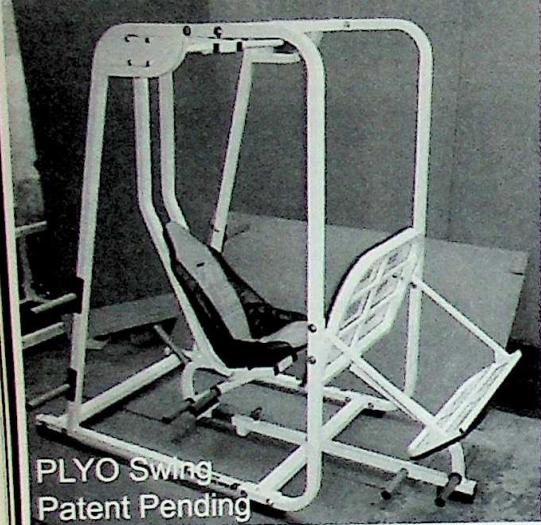
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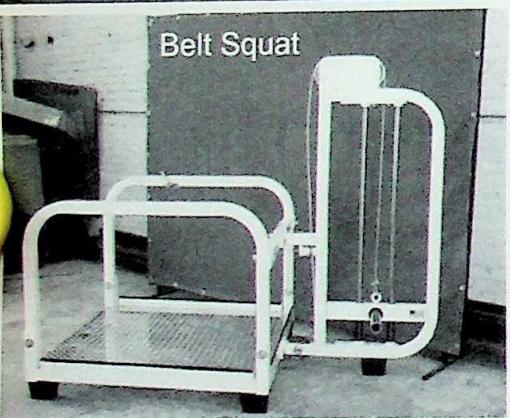
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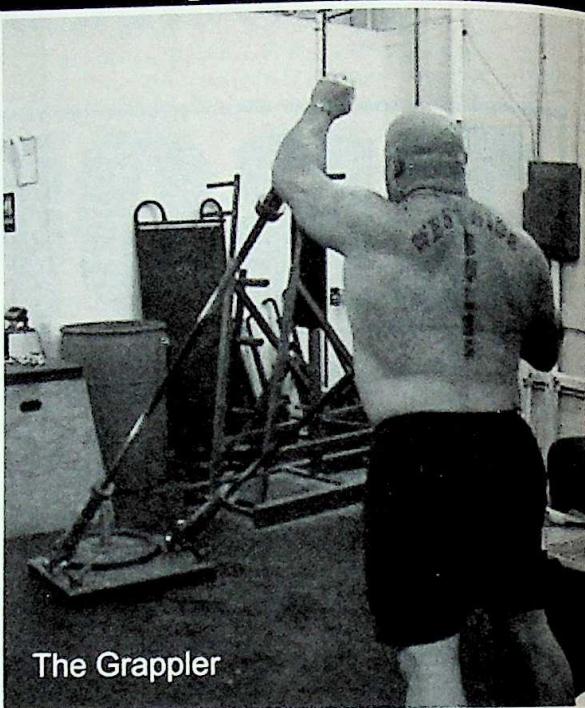
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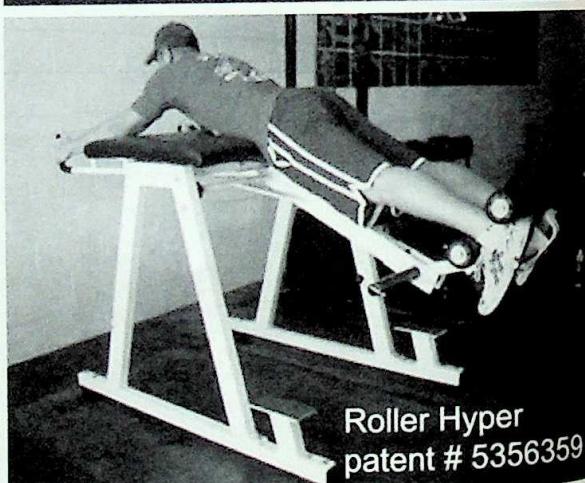
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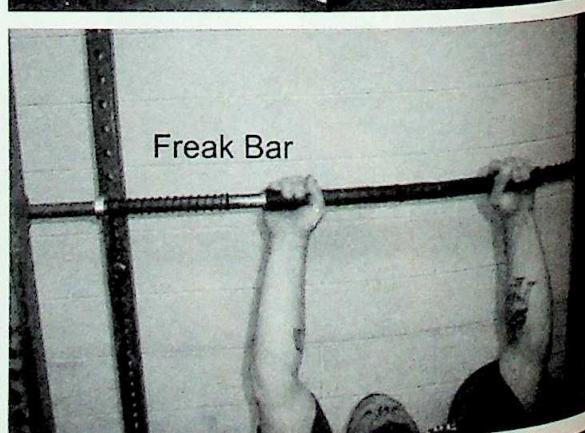
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POWER PROFILE

MIKE WOLFLEY A Man on a Mission

as told to Powerlifting USA by Sandi McCaslin

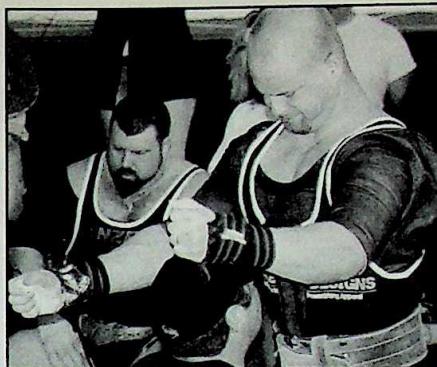
Sometimes they just come out of the woodwork. I tell myself this every time I meet someone who is totally new to the scene and impresses the hell out of me with tremendous strength, strong perseverance and a personality that just blows you away.

This is my opinion of Mike Wolfley. I met Mike nearly 2 years ago. He showed up at a meet I was doing at Nazareth Barbell. He was tagging along with Carl Seeker, the trophy guru. He seemed like a nice enough kid. He had his sidekick Aaron Oburn (AKA Weas) with him. My only thought really was, nice guys....if they are alright with Carl, they are alright with me.

A month later, Carl would bring Mike up to Bill Crawford's 2003 APF Mark Rexroad

Memorial Meet. This is where my jaw started to drop. This is where I would watch him bench 560 in the 198 class. This was a huge bench from a hick from the sticks. The wheels started turning.....I'm thinking "this from a kid who is so new to the bench war.....there is a lot more in the tank here". He would prove me right by benching consecutively in 2004 the 198 class, 600 in March, 620 in August, 634 in September with an Orlando hurricane to contend with, and in 2005, 625 in February, and 660 in March with a real close shot at 700, which I predict will be inevitable at the Arnold Classic WPO Bench Bash in March of 2006.

After getting to know Mike and his family better, and them



Mike Wolfley has benched 660 as a 198er

becoming a big part of our lives, I would learn what a fabulous person this man truly is. He began lifting as a young teen of 13 to train for wrestling. His first meet was in Clearfield, PA where he benched 150 lbs. At the age of 17, he set an IPA world record of 315 @ 165. Mike benched his first 500 in May 2002 in the 198 class.

After he completed high school, Mike would purchase "Humps Gym" from Larry "Hump" Everly, who is responsible for getting Mike started in competitions. He moved it to McClure and did his training there. He changed the name to "Mike and Hump's Gym". Mike owned the gym for about 6 years and then sold it to the Middle Creek Area Community Center,

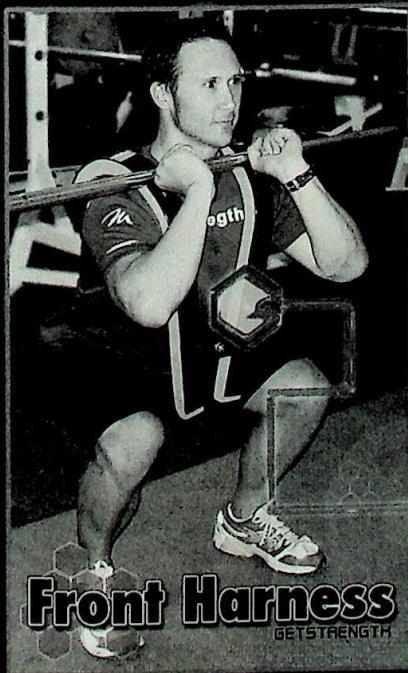
Beaver Springs, which is where he trains now, and hosts his own annual bench meet. Mike also trains teenagers twice a week here.

Mike is listed as #3 in the world in the 198 class, and #2 in the US. Strength and tenacity has taken him far. Mike attributes much of his success to his training partner Aaron "Weas" Oburn. I've seen these 2 in action. Weas is an incredible and supportive coach to Mike, as well as his best friend. Mike usually trains for about 12 weeks prior to a meet, and has a weekly deep sports massage, which he claims to be another attribution to his success.

Mike's other inspirations include Carl Seeker, my husband Zane and myself, his wonderful wife BJ (without whom I could not have written this article - thanks BJ), his son Hunter (who will be a big brother in December). Mike is looking at a future sponsorship with Americore. His career has just begun, and in the months to come, he will be well "out of the woodwork".

- SANDI MCCASLIN

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FRONT SQUAT HARNESS

Last month we visited Central Illinois, and this month we'll skip over to Ohio. There are tons of good gyms in Central USA, but we found one with a unique blend of old and new – and we like it. Kind of like Robert Plant – old dogs can still put out good/new sounds!

I'll let Jon Elick explain:

"The Circleville Barbell Club officially began in the garage belonging to Dean Glitt in 1978, but its history goes back even farther. According to Dean, a man named Les Cramer moved to Circleville from California around 1965. He was already involved in weight training and placed an ad in the paper for young men who might be interested in starting a weightlifting club. Dean and several others lifted in Cramer's basement, under his guidance, until Cramer moved out of town. Some years later, many of the original crew were still working out and decided to combine their weight equipment in one location at Dean's house. At the time, there were no gyms in Circleville and the YMCA did not have a weight room. Word soon spread around the area that some guys had put together a small gym and the number of members frequenting the garage grew to more than twenty. After about three years, they realized that they had outgrown the garage and decided to each pitch in money every month to rent a building and buy more equipment. Over the years we have added a considerable amount of equipment and moved locations four times to accommodate our growth. We have all the powerlifting basics - chains, bands, as well as a Reverse Hyper and Monolift. Recently, we just moved from a building where the heat didn't work, the roof leaked, the whole place flooded during heavy rain, the ceiling had exposed insulation, and the list goes on.

Many of the club's lifters were respectable competitors in their time, some at full meets and others at bench-only competitions. Dean was a Masters World and National Champion in 1990. His late wife, Joellen, held over 20 records, including several National and World titles. Jeff Chorpennig started at CBC and went on to great success lifting at Westside. We have also had several lifters who have ranked in the Top 100, including Mark Monroe, John Ramsey, Tom Huffer, and

HARD CORE GYM #44

CANNONBALL DUMBBELLS AND SWIPE CARDS ACCESS (OLD & NEW)

as told to PLUSA by Rick Brewer, House of Pain



The "Evening Crew" at Circleville Barbell Club: (left to right) Derek Weaver, Donnie Haddix, Dave Raines, Barry Sowers, and Jon Elick (seated, front)

Chet Monroe. I have posted a 500 bench at 180. Rich Donley, one of my training partners, has hit 375 at 153 and is expected to be a force in the 165s this year. Another partner, Barry Sowers, is on the verge of hitting a mid-400 bench in the Masters 198 class and 17-year-old Ben Kelley nailed 380 at 190. We also have several other promising teens who are training for their first meet. Circleville Barbell hosts the longest-running meet of any kind in the United States. It is one of the biggest

meets in Ohio and draws a huge audience.

CBC is a non-profit gym. The monthly dues cover rent, utilities, and various expenses. We have between 40-80 active members each month. The front door is controlled by a swipe-card system to allow members access 24/7, 365 days a year, which makes it perfect for shift workers to train. The club is governed by a Treasurer (currently me) and four other officers who oversee day-to-day operations. However, for all

major decisions, we call a general meeting and all members in attendance have say in the issues. This really is a club for the members and by the members.

The number of members who actively compete has, unfortunately, dwindled over time (although I am trying to change that). Lifters get injured, take on new jobs or family commitments, move away, etc., and leave competition behind. Many younger lifters would rather lift to look good for the ladies than work on getting stronger (yet another thing I am trying to change!). Most of our current competitors participate in bench-only competitions. Despite our small team, the atmosphere here has changed. Traditions and expectations are a big part of lifting here. You join and immediately are welcomed as part of the brotherhood. You are expected to help guide the younger guys. You are expected to bust your ass and force me to bust mine. Everyone pushes everyone regardless of strength level. Sure, some members lift for different reasons, but the majority have the "go heavy or go home" attitude. "Hardcore" can mean many different things. For Circleville Barbell,

it means surviving through nearly three decades in the face of commercialization. It is the attitude of our members that we will continue to do whatever it takes to maintain the club so that our kids might one day train here."

The first thing you should notice in the pics are the cannonball dumbbells (old) – honestly, when was the last time you saw those? And the swipe-card access (new) is just the ticket for late night workouts. I remember trying to finish our workout by midnight when I was younger – we never quite got finished! Thankfully, TX Gym owner Kim Jones would just go lay in the tanning bed and ask us to wake him up when we left. He was the best! (Hello Kim!)

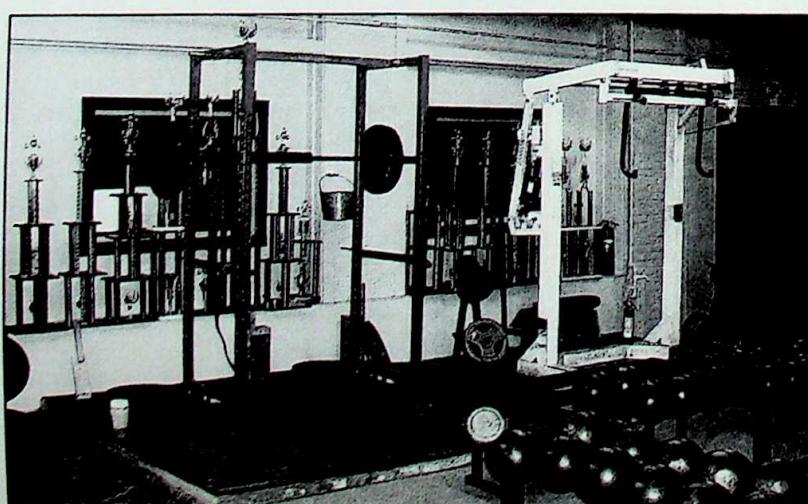
Old and new. Old dogs can learn new tricks, and can exhibit a lot of heart and soul in the process. See Circleville Barbell. Hear Robert Plant. Lift big, live large.

Questions/Comments

rick@houseofpain.com

or

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NASA New Mexico Regionals (kg)
16 OCT 04 - Albuquerque, NM

PS BENCH	198 lbs.
MEN	Law/Submaster
242 lbs.	L. Chavez 130
Master-4	220 lbs.
E. Evatt	117.5 Master-1
275 lbs.	G. Schuster 145
Master Pure	308 lbs.
E. Kiser	137.5 Pure
BENCH Only	R. Kahle 255
MEN	WOMEN
181 lbs.	123 lbs.
Master-2	Submaster
E. Duran	T. Adelmann 105
Law	
Master Pure	
S. Burke	157.5
Push-Pull	BP DL TOT
MEN	
242 lbs.	
Master-1	
N. Eddins	205 292.5 497.5
WOMEN	
165 lbs.	
Master-3	
E. Waugh	CR 45 105 180
WOMEN	SQ BP DL
97 lbs.	
Youth	
A. Romero	15 17.5 17.5 30
148 lbs.	
Novice	
L. Burdette	32.5 92.5 57.5 122.5
165 lbs.	
Master-3	
E. Waugh	30 55 45 105
MEN	
181 lbs.	
Novice	
R. Romero	62.5 102.5 115 167.5
220 lbs.	
Pure	
A. Towers	67.5 — — 67.5
Int	
A. Towers	67.5 — — 67.5
308 lbs.	
Master-3	
H. Heyman	60 — 115 190
Pwrlifting	
MEN	SQ BP DL TOT
148 lbs.	
High School	
T. Baker	150 85 152.5 387.5
165 lbs.	
Pure	
T. Duran	182.5 115 197.5 495
Submaster	
T. Duran	182.5 115 197.5 495
198 lbs.	
Master Pure	
S. MacKay	230 190 245 660
#REF!	
D. Madrid	192.5 — — —
220 lbs.	
Master-1	

Of all the pioneers present at the beginnings of Powerlifting on the West Coast, one of the most unforgettable was Bill "Peanuts" West. He was a record setting squatter (600+) and 1966 Sr. National champion in the 198 lb. class, and it was actually his garage that was the original Westside Barbell Club. Photos of Peanuts and his famous cronies and the unique training they did in that gym appeared in Joe Weider's MUSCLE BUILDER/POWER magazine and they influenced an entire generation of weight trainees, worldwide. Back in the early days when Olympic lifting, bodybuilding, and powerlifting all shared roots in the sands of Muscle Beach, you'd usually find him at the focal point of any iron-related action replete with his trademark 'buzz' haircut and long sleeve gray sweatshirt, munching from a bag of peanuts (that's where the nickname came from). As Powerlifting moved on, Peanuts drifted away. As he did, virtually none of his former comrades in iron realized that his life began taking serious downward turns. Bill Ennis, whose recent work with the California Powerlifting Hall of Fame has been so well-received, took an interest in Peanut's fate, which led to shocking revelations. Bill "Peanuts" West died homeless on the beach in Santa Barbara in 1984. Ironically, powerlifter Dr. Kevin Fisher had seen Peanuts merely two days before his death,

BILL "PEANUTS" WEST



bloodied and disheveled from a street fight. An autopsy indicated that Peanuts had died from a drug overdose, apparently having used heroin briefly. Bill Ennis searched for the burial site, and after an investigation with many twists and turns, he found it. Peanuts, who was Jewish and whose real name was actually William Weiss, is buried at Holy Cross Catholic Cemetery back in Culver City, California, hometown of the original Westside Barbell Club. Bill Ennis and his wife Evelyn went to the cemetery to locate Peanut's grave and take a photo, only to find that it was not marked, though the original burial documents indicated that it could have been. To honor the memory of Peanuts West, Bill Ennis is

taking up a collection to purchase a headstone for him. The approximate cost is \$950 for a 28" by 16" inscribed stone. About two hundred dollars have been collected at this writing, with the balance being solicited from the general powerlifting community, in the form of checks payable to the "Bill 'Peanuts' West Memorial Fund" in care of Bill Ennis, 20810 Arline Ave., #13, Lakewood, CA 90715. A checking account will be created, with co-signers, to distribute the funds for the headstone. On a date to be announced, there will be a ceremony at the cemetery, to commemorate the placement of the headstone, with the contributors noted in a memorial program. In further recognition of what Peanuts meant to our sport, Bill would like to use any funds available beyond the cost of the headstone to establish a National Powerlifting Hall of Fame award, in Peanuts' name, so that pioneers of powerlifting who had national influence will be appropriately recognized in the future. Tentative plans include an annual induction ceremony, individual recognition awards, and a cumulative National Hall of Fame display with the names of the pioneers to be added following each annual induction. For further information, Bill Ennis can be contacted at 800-621-9550, FAX 562-809-8493, weightlifterswarehouse@earthlink.net, or at www.weightlifterswarehouse.com.

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M. Teupell	247.5	200	275	717.5	A. Towers	207.5	155	190	412.5	G. Schuster 205 145 205 555
A. Caceres	220	115	205	540	Master-1					G. Schuster 205 145 205 555
Pure					A. Caceres	220	115	205	540	High School

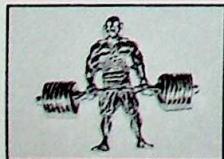
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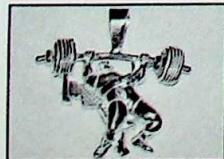
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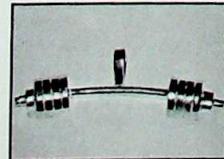
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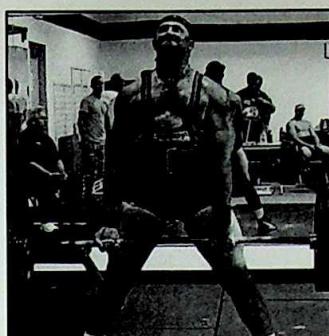
Master-4	K. Williams	237.5	172.5	210	620
308 lbs.					
Master-3	C. Clonce	267.5	160	237.5	665
C. Anderson	N. Barreiter	325	—	—	—
WOMEN					
165 lbs.					
Master-4	M. DiBlasi	60	47.5	65	172.5
Novice	S. Yazzie	92.5	60	122.5	277.5
Pure	Master Pure	92.5	60	122.5	277.5
	S. Yazzie	92.5	60	122.5	277.5
181 lbs.					
198 lbs.	A. Kahle	115	55	110	280
Master Pure					
A. Hurley	102.5	75	135	312.5	

(Thanks to Richard Peters for the results)

APA Indy Open
25 JUN 05 - Greenwood, IN

BENCH	P. Geyman	475	
WOMEN	Junior		
123 lbs.	D. Ewen	425	
Drug Tested	Master-1		
N. Brooks	115	R. Ryan 605!	
MEN	SHW		
123 lbs.	Junior		
Junior	N. Winters	650!	
T. Haag	210	DEADLIFT	
220 lbs.	MEN		
Open	198 lbs.		
D. Minor	450	Submaster	
242 lbs.	M. Fensler	555	
Drug Tested	J. Ellis	565	
B. Hoffman	500	242 lbs.	
Open	Open		
B. Hoffman	500	S. Mendel	
Submaster	275 lbs.	600	
R. Coots	550	Open	
275 lbs.	J. Howery	525	
Open			
J. Howery	510		
Push-Pull	BP	DL	
MEN		TOT	
275 lbs.			
Open			
J. Howery	510	525	1035

!=World Records. Referees: Derek Minor, John Beggs, Roger Ryan, and Scott Taylor. Meet Site: Revolutions Fitness, in Greenwood, Indiana. Deadlift Best Lifter: Mark Fensler. Bench Press Drug Free Best Lifter: Roger Ryan. Bench Press Overall Best Lifter: Nick Winters. Push-Pull Best Lifter: Jeremy Howery. Special thanks to the referees, spotters, loaders for doing a great job and a very special thanks to Revolutions Fitness for hosting a great event that all enjoyed. Although the meet size was not very big, the lifts certainly were with 49 year old Roger Ryan benching 610, and 23 year old Nick Winters benching a 650 pounds! The APA will be returning to Greenwood in the fall, when we will have another event which will possibly be a full power meet. (Thanks to Scott Taylor, APA President, for results)



Steve Mendel deadlifting at the APA Indy Open. (photo is courtesy of Meet Director Scot Taylor)

total. His 1540 pound total gave him Best Lifter of the meet honors and saw him squatting over 500, benching 400, and deadlifting 605 for all new personal bests! Way to go Pat. The meets couldn't happen without all the volunteers. Lisa and Arlindo Machado ran the podium and kept things running smoothly, Bill Harney, Deborah Harney, and Julie Sianaker were the judges, The spotter loaders included: Mike Slenkamp, Roger Fawcett, and Toby Spears. (Thanks to USAPL for providing these meet results to Powerlifting USA)

USAPL Time is Winding Down
17 APR 05 - Napa, CA (kg)

MEN	SQ	BP	DL	TOT
Master-1				
220 lbs.				
P. Stack	535	400	605	1540
275 lbs.				
G. Gass	145	435	505	1085
148 lbs.				
K. Orr	130	130	180	440
Junior (20-23)				
123 lbs.				
T. Gregg	180!	120!	210!	510!
Master (55-59)				
148 lbs.				
I. Rosen	255!	155!	315!	725!
Master (50-54)				
220 lbs.				
B. Hewitt	350	315!	400	1065
Master-3				
165 lbs.				
D. Gregg	325	260!	325	910
Master-2				
220 lbs.				
F. Frank	385	285!	450	1120
Teen (16-17)				
220 lbs.				
T. Eubanks	355	245	—	600
Teen (14-15)				
242 lbs.				
M. Bruce	185	215	370	770

!=State Records. Ketchikan is setting another blistering pace in its 13th year of powerlifting competition and 25th meet in Ketchikan! The Teen lifters collected four Ketchikan High School Records with Mike Bruce taking 3 and Trevor Eubanks adding A. Zwiebel another one to his resume, Taylor Gregg 198 lbs. moved up to the Junior Division and set a new record in the 123 pound class. The Master's lifters showed the youngsters how it should be done as they captured seven state records between the four D. Bougeois up to 500 but he pulled it in the deadlift. M. Gilbertson — 365 lbs. Greg Gass couldn't push his bench up to 500 but he pulled it in the deadlift. M. Gilbertson — 365 lbs. Kelly Orr returned to competition after a several year absence. We hope to see him Master-3 at the winter meet. Pat Stack pushed his F. Givens total up 70 pounds to smash the 1500 pound Open

J. Prusha	650	425	520	1595	A. Bachmann	430	300	475	1205
M. Poirier	480	380	540	1400	M. Jamrozek	300	155	385	840
J. Post	375	300	425	1100	198 lbs.				
D. Gonzalez	—	440	—	440	S. Balin	315	295	390	1000
Master-4					242 lbs.				
D. Finley	340	195	370	905	G. Jensen	405	265	405	1075
Teen-2					D. Hubert	365	215	435	1015
M. Berry	320	205	370	895	E. Thompson	310	245	380	935
2421bs					275 lbs.				
M. Hamilton	550	315	405	1270	S. Katoz	585	350	585	1520
M. Swisher	365	275	465!	1105	K. Anderson	460	230	530	1220
275lbs					Open				
B. Kovach.	635	405	500	1540	181 lbs.				
A. Galzack	450	380	500	1330	T. Fonder	475	420	510	1405
SHW					J. Cooper	485	320	485	1290
Teen-3					S. Myre	410	295	470	1175
M. Arman	610	490!	530	1630	(Thanks to USAPL for providing results)				
A. Gibes	550	270	545	1365					

USAPL Zumbro Valley Open
30 APR 05 - Kasson, MN

WOMEN	SQ	BP	DL	TOT
Open				
148 lbs.				
J. Welbom	320	190	315	825
198 lbs.				
R. Ginderlin	210	100	275	605
SHW				
B. Madvig	800	600	740	2140
MEN				
Novice				
148 lbs.				
Z. Sulinger	280	235	345	860
165 lbs.				
K. Anderson	235	190	300	725
181 lbs.				

(Thanks to the USAPL for these results)

SECOND EDITION

POWER EATING

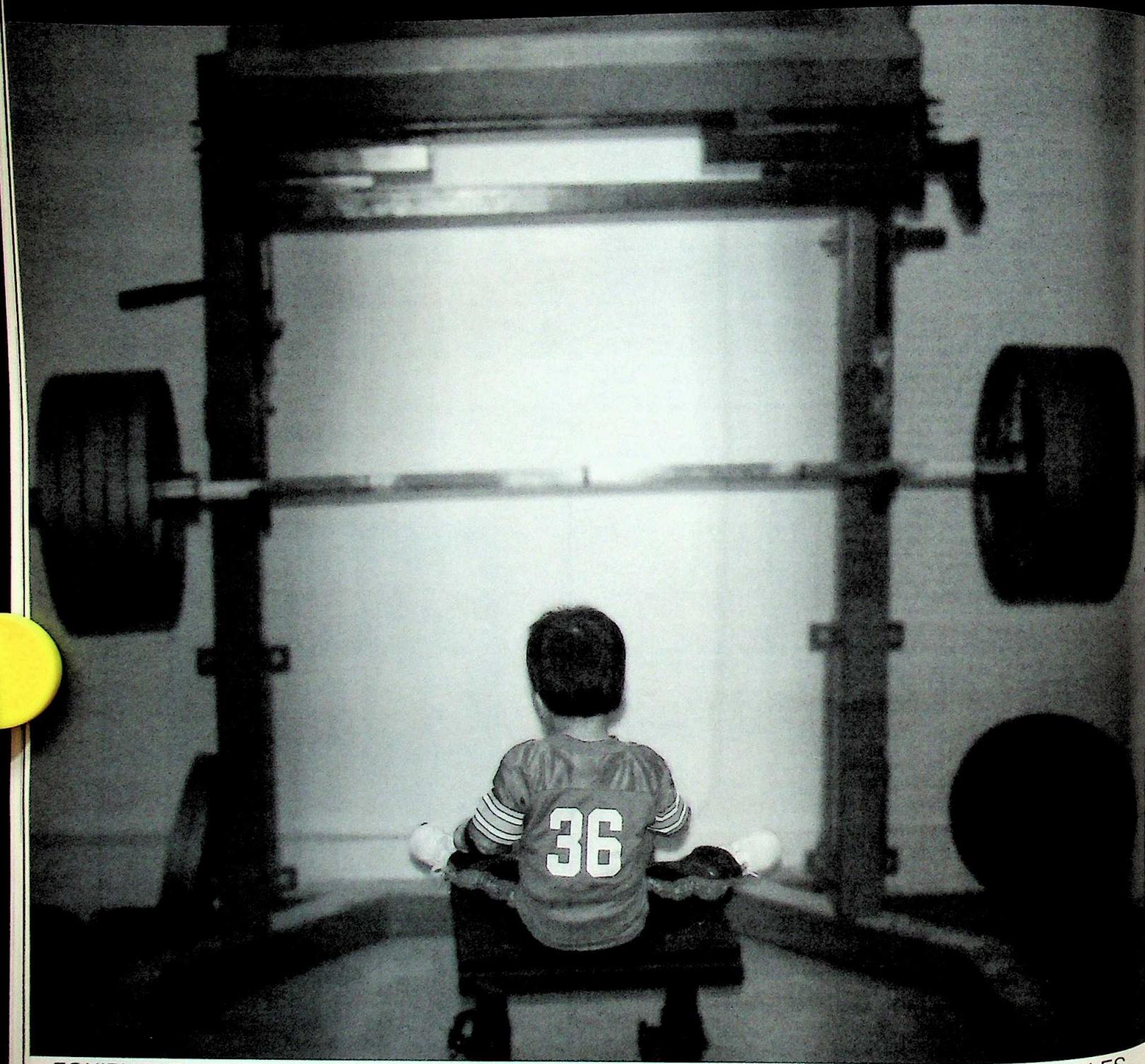
SUSAN M. KLEINER, PhD, RD

with Maggie Greenwood-Robinson

POWER EATING... is your nutritional guidebook to gaining muscle while cutting fat. Written by a consultant to the NBA, NFL, and world class bodybuilders, POWER EATING focuses on the specific dietary needs of serious strength trainers. This 2nd edition contains all the updated info on building strength and power, increasing energy, and losing fat. A unique rating system is available in the book to determine if a particular supplement will be worth the investment to you, possibly useful, a waste of time, or harmful. POWER EATING is available from Powerlifting USA, Box 467, Camarillo, CA 93011 for \$17.95 plus \$4.00 shipping and handling.

!=State Records. Ketchikan is setting another blistering pace in its 13th year of powerlifting competition and 25th meet in Ketchikan! The Teen lifters collected four Ketchikan High School Records with Mike Bruce taking 3 and Trevor Eubanks adding A. Zwiebel another one to his resume, Taylor Gregg 198 lbs. moved up to the Junior Division and set a new record in the 123 pound class. The Master's lifters showed the youngsters how it should be done as they captured seven state records between the four D. Bougeois up to 500 but he pulled it in the deadlift. M. Gilbertson — 365 lbs. Greg Gass couldn't push his bench up to 500 but he pulled it in the deadlift. M. Gilbertson — 365 lbs. Kelly Orr returned to competition after a several year absence. We hope to see him Master-3 at the winter meet. Pat Stack pushed his F. Givens total up 70 pounds to smash the 1500 pound Open

Someday I will...



EQUIPMENT

SEMINARS

FORUMS

Q&A

ARTICLES

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

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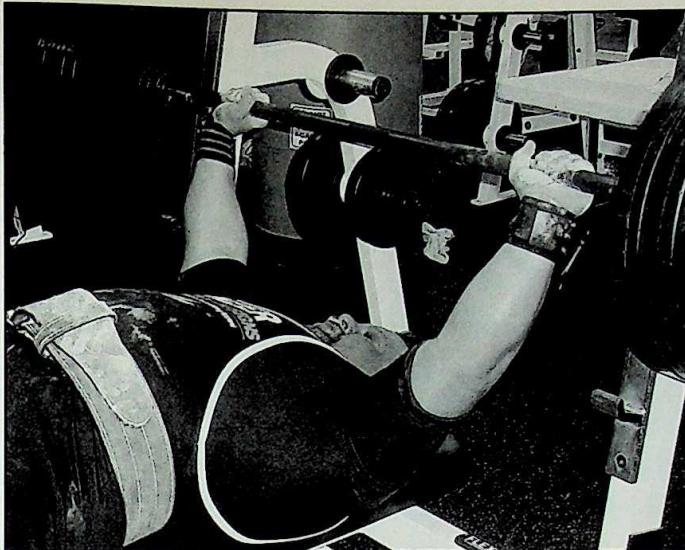
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**SLP Big Bench at the French
17 APR 05 - Memphis, TN**

BENCH	148 lbs.
MEN	J. Parish 275
Novice	308 lbs.
165 lbs.	K. Dowell 420
D. Woods	290! Open
4th-325!	275 lbs.
220 lbs.	A. Gwinn 510
S. Horton	345! DEADLIFT
4th-350!	MEN
Junior	Teen (18-19)
198 lbs.	132 lbs.
J. Wallace	350 J. Hamm 275!
Submaster	Junior
308 lbs.	198 lbs.
K. Dowell	420 J. Wallace 535!
Master (40-44)	Submaster
198 lbs.	198 lbs.
K. Ballentine	400! M. Ferguson 585!
Master (60-64)	Master (40-44)
242 lbs.	181 lbs.
J. Turner	350! Shettlesworth 395!
Police/Fire	198 lbs.
(40-44)	K. Ballentine 510!
198 lbs.	Open
E. Jackson	365 198 lbs.
Police/Fire	E. Faulkner 610!

Best Lifter Bench: Anthony Gwinn, Best Lifter Deadlift: Ernest Faulkner. !=Son Light Power Tennessee state records. The Son Light Power Big Bench At The French was held at the French Riviera Spa. Thanks to manager David Keener for hosting this competition. In the bench press event we had two lifters in the novice division, both of which set new state records for their respective classes. At 165 it was Dermall Woods with 290, followed by a successful fourth of 325. Shane Horton also got in four good lifts, finishing with 350 at 220. Jack Wallace had a tough time getting started at junior 198, but finished with a respectable 350. Holding the Tennessee state record for that class, Jack had lost a little too much bodyweight in the past week, and it showed on the platform. Newcomer Kirk Dowell won both the submaster and police & fire/308 classes with a fine 420 showing. Lots of potential here! At master 40-44/198 it was Kennedy Ballentine with a new state record of 400, which was also his first official 400! Over from Arkansas was Jim Turner, who set the state record at 60-64/242 with 350. Jim has always lifted "raw", and continues to dominate the master's division wherever he lifts. Current state record-holder Ennis Jackson won at police & fire, 40-44/198, making just his opener of 365. In the open police & fire division Jason Parish won at 148 with 275, a little below his state record of 290. In the open division Anthony Gwinn got his first official 500 bench on his second attempt, but finished with a personal best 510. This gave Anthony the win at 275 as well as the best lifter award for the bench competition. In the deadlift event teenager Justin Hamm set the Tennessee state record at 18-



Kirk Dowell with 420 @ the SLP Big Bench on the French (D. Latch)

19/132 with his 275 final pull. Jack Wallace felt as if he redeemed himself a little after he broke his own state record at junior 198 with a solid 535 pull. Mike Ferguson looked strong at submaster 198, pulling a strong 585 at a 192 bodyweight! In the master 40-44 division Marty Shettlesworth got in three good pulls to finish with a new state record of 395 at 181. Then at 40-44/198 it was Kennedy Ballentine with 510 for the title. Taking the best lifter award as well as the open 198 class was Ernest Faulkner, who finished with a new state record of 610. And he had another thirty pounds in him! Thanks again to my son Joey and Marticus Muhammad for their help loading and spotting. See you all again next month at Cordova! (Thanks to Dr. Darrell Latch for providing these results)

J. Stewart 317.5 S. Finnegan 290
Master-3 W. Wakefield 230

R. Duncan 180 FEMALE SQ BP DL TOT

114 lbs.

Teen-1 S. Mayberry 127.5 55 145 327.5

181 lbs.

Master-1 M. Baum 132.5 105 160 387.5

198 lbs.

Teen-1 K. Foster 130 72.5 145 317.5

UNL

Teen-1 B. Stewart — 92.5 140 —

MALE A. Linehan 137.5 72.5 142.5 347.5

114 lbs.

Teen-1 C. Messimer 110 60 115 265

132 lbs.

Master-1 B. Murray 120 95 127.5 292.5

148 lbs.

Teen-2 J. Wilson 162.5 102.5 172.5 422.5

Junior J. Snodgrass 152 Teen-3

A. Caffery 65 Teen-3 S. Martin 107.5

MALE 242 lbs.

Teen-1 J. Sills 182.5 142.5 172.5 497.5

Open R. Perry 215 130 195 522.5

Teen-1 165 lbs.

J. Mayo 40 T. Godby 162.5 Teen-1

Open J. Norman 92.5 67.5 132.5 292.5

Teen-3 J. Jackson 307.5 L. Dunlap 122.5 65 137.5 315

A. Hinkley 142.5 275 lbs. Master-1

165 lbs. Teen-3 Guest

K. Jones 247.5 132.5 247.5 587.5

Teen-3 D. Horton 175 132.5 195 485

E. Messinger 127.5 115 165 407.5

Collegiate R. Skidmore 177.5 97.5 200 450

Teen-3 L. Howard 157.5 90 165 412.5

Master-3 A. Menton 222.5 132.5 230 570

Open J. Vasquez 242.5 177.5 235 655

H. Tan 232.5 165 230 612.5

181 lbs.

Teen-3 N. Saltemier 152.5 110 205 427.5

Novice A. Garcia, Jr. 205 165 — —

Master-3 R. Contreras 205 152.5 245 595

Open J. Shurley 230 152.5 265 632.5

T. Wade 290 197.5 285 701.5

Teen-3 G. Stein 142.5 117.5 190 440

198 lbs.

Master-1 S. Atkins 230 172.5 230 620

G. Kaiser 250 177.5 262.5 690

220 lbs.

Teen-2 D. Markin — 155 237.5 —

Teen-3 C. Wallace 245 150 260 655

Master-1 T. Glawe 287.5 195 — —

Master-2 R. Garcia 222.5 162.5 — —

Brockelman 265 142.5 245 605

S. Karigan 220 167.5 235 495

A. Martin 220 100 220 520

Junior D. Widman 150 122.5 185 430

A. Ramos 227.5 142.5 227.5 566.5

Open F. Stevens 150 127.5 — —

J. Guerra 320 265 — —

242 lbs.

Teen-2 Mueller-Allen 192.5 105 195 487.5

Master-2 G. Pamplin 317.5 245 250 787.5

Junior S. Greenlee 260 180 227.5 655

Open J. King 290 202.5 282.5 772.5

275 lbs.

Master-1 Ringer, Sr. 325 180 310 780

Open Foreman, Jr. 317.5 175 345 770

SHW

Teen-3 J. Lavern 250 115 160 502.5

Open N. Lehman 310 — — —

(Thanks to USAPL for providing these meet results to POWERLIFTING USA magazine)

**USAPL Texas State (kg)
9-10 APR 05 - Irving, TX**

BENCH	P. Durbin 145
FEMALE	198 lbs.
114 lbs.	Master-4
Junior	J. Snodgrass 152
A. Caffery	65 Teen-3
MALE	S. Martin 107.5
114 lbs.	242 lbs.
Teen-1	Teen-2
J. Mayo	40 T. Godby 162.5
148 lbs.	Open
Teen-3	J. Jackson 307.5
A. Hinkley	142.5 275 lbs.
165 lbs.	Master-1

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

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

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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Date of Birth: _____ Age: _____ Sex: _____ UAPC Registered Club Represented: _____

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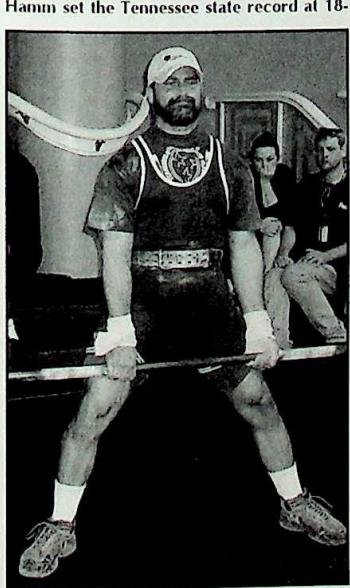
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Marty Shettlesworth pulls a 395





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		AGE		
		SEX		
		US CITIZEN		
		YES NO		
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SIGNATURE X _____

APF 2nd IronGladiator Classic 3 APR 05 - Spokane, WA

BENCH	198 lbs.	Junior (20-23) 132 lbs.	Master (45-49) 198 lbs.	198 lbs.	220 lbs.
WOMEN	B. Owens 500	J. Lamberson 235	D. Piggee 580	Adalsteinsson 350	C. Jackson 475
Submaster (33-39)	220 lbs.	Submaster (33-39)	Submaster (33-39)	Master (60-64)	
165 lbs.	J. Gast 525	242 lbs.	181 lbs.	181 lbs.	
K. Mahoney 225	M. Weil 520	R. Durbin 325	R. Soland 385	R. Durbin 460	D. Holmes 500
MEN	J. Bachmeier 460	198 lbs.	Master (60-64)	WOMEN	SQ BP DL TOT
Raw Submaster	R. Clugston 400	M. Miner 350	198 lbs.	Open	
148 lbs.	S. Hauger —	275 lbs.	D. Holmes 355	198 lbs.	
J. Hauger 205	242 lbs.	R. Rigdon 605	DEADLIFT	G. Costas 455	270 500 1225
Open	B. Dirke 515	308 lbs.	MEN		
132 lbs.	C. Masenten 515	Open	Raw Junior		
J. Lamberson 235	J. Getchell 375	198 lbs.	181 lbs.		
148 lbs.	308 lbs.	Master (40-44)	181 lbs.		
Baldassarre 225	J. Borton —	T. Pyle 365	G. Costas 500	K. Moerke 405	245 430 1080
165 lbs.	SHW	B. Read 600	165 lbs.	220 lbs.	
J. Rosario 275	R. Lee 540	SHW	275 lbs.	Q. Ishmael 475	335 550 1335
		R. McClung 650	B. King 465	C. Masterson 360	280 425 1065
			Teen (14-15)	275 lbs.	
				T. Gehring 625	435 555 1615

PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Nats., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hemia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP

100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nats., WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s
Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s.
Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP

Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater, Grimwood BP Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAliffe SQ Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Nats., Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF

Unsanction Jr
198 lbs.
P. Cappetto 325 225 405 955
Unsanction Teen
D. Montague 405 285 465 1155
Unsanction Master
181 lbs.
T. Crane 475 300 525 1300
Open
132 lbs.
T. Durbin 185 95 300 580
165 lbs.
J. Rosario 535 275 420 1230
J. Reese — 525 — —
181 lbs.
P. Wallace 425 340 500 1265
220 lbs.
E. Arntzen 740 450 610 1800
G. Sallee 705 425 565 1695
242 lbs.
B. Stussey 815 700 710 2225
M. Connor 700 515 605 1820
R. Lacey 525 325 385 1235
275 lbs.
Adalsteinsson 810 530 710 2050
T. Fannon 815 55 600 1470
Teen (14-15)
308 lbs.
M. Lee 315 305 405 1025
4th-BP-320

Junior (20-23)
148 lbs.
L. Josaitis 525 315 405 1245
198 lbs.
Heinemann 515 405 535 1455
4th-BP-425

M. Connor 525 350 450 1325
242 lbs.
A. Roberts 705 505 610 1820
275 lbs.
B. Bishop 700 315 525 1540
Submaster (33-39)
181 lbs.
R. Durbin 500 325 460 1285
275 lbs.
R. Ridgon 705 605 590 1900
SHW
C. Symons 880 550 575 2005
Master (40-44)
242 lbs.
M. Connor 700 515 605 1820
B. McCance 640 425 585 1650
Master (45-49)
220 lbs.
M. Straley 575 330 510 1415
242 lbs.
R. Lacey 525 325 385 1235
SHW
P. Ratsch 705 550 675 1930
Master (50-54)

World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPFWorldMasters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF Jrs., DHEA, '65 vs. '95 Top Ten, "Chain Reacts" by Louie S., Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Nats., "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Nats., Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800-Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start

198 lbs.	D. Walker	375	215	375	965
275 lbs.	B. Foster	350	335	505	1190
Master (55-59)			4th-DL-535		
181 lbs.					
G. Olson	565	270	500	1335	
Master (60-64)					
242 lbs.					

N. Flom 480 285 470 1235
 This meet was home for 68 lifters and 80 contested entries. The meet saw over 200 visitors come through the doors to watch this event, which started at 8:30 am and finished around 9:45 p.m. Central Valley High School, of Spokane, WA, was the meet site. It had its own sound system, with plenty of space for warmups. Also they broadcast the lifts on closed circuit throughout the venue. Special guests that showed up were none other than Ryan Kennelly, to help his team of lifters that were here to compete, and his new honey bun, Kara Bohigian. Kara was in town to do a photo shoot for House of Pain and just happened to hang out with Ryan all day. In the bench only division, Kelly Mahoney was the only female contestant, and just like last year, she blasted up a state record 225 at 165. Her 235 4th attempt was close. Raw, submaster bench press saw Jon Hauger hit a first meet pr of 205 at 148. He desperately took 2 shots at 225 but not today. Jon's goal coming into this meet was to finally press two plates a side. Next time, Jesse Lamberson pushed 235 at 132 as a double entry for junior bench only and open bench press. Bench press submaster and master saw some great action. Rick Durbin blasted 355 at 181 and Mike Miner took 350 for a ride at 198. Double entry Ryan Rigdon, who also did full power, hit an Oregon State Record with 605 at 275. Chris Masenot hit 515 at 308 to round out the submasters. Bench press master 40-44 saw three guys put on a clinic. Timothy Pyle hit a 365 at 242. Then Bruce Read did an easy 550 at 242 then took two cracks at 600, just missing twice. Rick McClung then did a waste of time 605, then blasted 635 only to miss with 650. I've personally seen Rick's bench climb nearly 200 pounds in the last year and a half. Rick and Bruce came up to Spokane via Amtrack. Their train derailed on the way home causing them painful injuries. Bruce ended up with a concussion and Rick separated his shoulder. Both men are lucky to be alive. Bench press master 45-49 saw Rick Soland

hit a 385 at 242 and then made a 405 state record on a 4th. At 198, Darris Piggee took 580 twice and got it, then tried to beat his own state record with an attempt at 620-no go. Apparently he had hit this in training and was hoping to get it today. For a man only 198 pounds and in his mid 40's, he's built like the proverbial brick house. Long time competitor Dave Holmes did a 355 at 198, in the 60-64 class. After a year of messing around with his bench shirt, he (we) finally got it to fit. In the bench press only open class, Dominic Baldasserre saw a 225 take a ride at 148, only to have 2 narrow misses at 275. For a kid only 18 years old, he has a lot of potential. He'll be over 300 at 165 very, very soon. Jose Rosario did 275 at 165 in his first APF meet. For the story on Jose, he is from Puerto Rico and brought another lifter up named Giselle Costas. The two of them held a clinic to raise funds to be able to come all the way up from Puerto Rico to lift in this meet. Communication sometimes was a problem, but they happened to bring an interpreter to make things easier. Both are outstanding lifters. It was a pleasure to have them here. Bernie Owens, of the Kennelly power team, hit a 500 at 198 and took a shot at 525. Bernie looked very strong and has a lot of potential in the future as well. The 220 class was the most contested class in the meet. In 5th saw Steve Hauger push a 405 like nothing only to have it taken away for butt lift. Jumped to 505 and missed on a mis-groove. Steve took himself out of the meet as he was visibly in pain. It was later determined by an MRI that he had 2 herniated discs in his back. Smart move Steve, to play it safe. Another day will come for you. In 4th was Rod Clugston hitting a 400. 3rd place was Jared Bachmeier who broke his string of bombs and got on the board with 460. Looks like he's good for low 500's as he missed 565 twice. 2nd place was Mel Weil who really struggled on his call for a 3rd. He pushed 520 with just a tad more in the tank. I tried to convince him to take 530 on his 3rd. 525 won it and he settled with 520. Sometimes it's more about the numbers you get rather than what place you get. James Gast was the 220 open bench winner with 525 and almost had a 550. BJ Dirk was uncontested in the 242 open and did an easy 515 then made big jumps to 585 and 615 only to miss both. No doubt he'll get those soon. James Getchell was uncontested in the 275 as well and did 375 on a second and tried 405 on a third. John Burton bombed at 308.

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

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

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

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

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

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.

Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

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

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

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

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

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

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

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

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

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

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

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

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YEAH!!!

Every dog has his day, and John's will come again. Robert Lee did a meet best 540 in the unopposed SHW class. Robert looked very strong and will very soon hit the 600

mark. Robert only trained twice in his new Rage X shirt and tried to learn an entire new groove. Best lifters in the bench only division were Darris Piggee in the master's

DLs, Dennis Brady, TOP 100 181s Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie

Simmons on Bands and Chains, WNPW Worlds, Jerry Tancil, TOP 100 198s.

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

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

May/99... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's National, Russian Stretches, TOP 100 275s.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

division, and Bernie Owens in the open division. By formula, Darris had the highest formula of all the bench press only lifters.

DEADLIFT ONLY: This division saw some really good lifts for a local meet. In the Masters 60-64 division, Dave Holmes doubled and pulled an awesome 500 at 198. That's a heck of a pull at that age and that bodyweight. Nice job Dave. In the submaster, Rick Durbin won the 181 class with a 460 and a near miss at 500. Casey Jackson won the 220's with a 475 first attempt, only to miss twice with 545. Casey came a long way for the meet, and I know he reflected on his lifting on the way home. Next time my friend. The only teen deadlift contestant was the son of my training partner. His name is Kindrik Adalsteinsson. Kindrik has only been lifting a short time and wanted to compete for the first time and made it a goal to pull 405 in his first meet at 15 years old at 181. He fell short of that goal, but still did an outstanding job of training and being dedicated to a goal he wanted. He pulled 350 and just missed 375. He can get 405 off the ground now. Just needs more time and it will come. In open deadlift, Giorgio Usai Junior of Forza Strength Systems, went three for three and absolutely killed 600 at 165 on a third attempt. Giorgio only trained 4 weeks for the meet and this came on the heels of him working 16 hour days for weeks to help his gym and Forza. Nice work on a terrific outing. At 275, uncontested Bob King did an easy 415 opener, easy 465 and then tried the 515 he so badly wanted before the meet. Not long ago, Bob had heart surgery and his lifting future was in doubt. He has since come back strong and looked good for 500+ soon with more time. The only female in the deadlift open was Giselle Costas, one of our Puerto Rican friends who made the trip for the meet. She pulled 450, 470 and then 500 on a tough 3rd. More on her later. There was no best lifter awards in the deadlift only category, but of all the competitors, Dave Holmes had the highest formula total taking age into account.

FULL POWER: There were three teens who competed in the full power. Matt Lee at 15 years of age made it through his first meet. For his first time he did very well. His numbers were all done with only a belt and wraps. He went 315, 305 and 405. He blasted 320 in the bench on a 4th and pulled 420 on a 4th in the dead. With gear, and some time, he'll be over 2000 quick. The second teen was Tyler Durbin, a strapping 13 year old who got to spend the day with dad wrestling with the iron bars. Tyler did really well and pulled an amazing 300 pounds at 132 and just 13. Incredible. The last teen was none other than Tommy Fannon Jr., Dan Montague. Dan's idol is Tommy and he too exhibits terrific young strength. His day saw him go 405, 285 and 465 at 198 and 19 years old. Dan was part

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

of the crew of young men that came up from Washington State University to compete under the tutelage of Matt Ludwig. A former training partner of mine and good friend. Matt has been training this group of young men to help their strength and compete in this meet. Matt's crew has been nick named the "Big Lud's Powerlifting". The rest of Matt's crew were Phil Capetto, Clark Masterson, Tim Gehring, Qeed Ishmael, Kyle Moerke, and Vejohn Heinemann. Phil competed in the 198 Junior class and uncontested. Phil went 325, 225, 405 for an 1155 total. Kyle Moerke lifted raw at 181 and hit 405, 245, 430 for a 1080 total in his first meet. I've personally seen Kyle come a long way in his squat, since seeing him for the first time in January of this year. At 220 in the juniors, Clark and Qeed went against each other as part of Big Lud's crew. Clark finished 2nd lifting raw with a 1065 total. All of his lifts were clean and easy. With gear and time, Clark will be over 1500 within a year. Qeed won the 220's lifting raw as well, in the most outrageous spider man outfit powerlifting has ever seen. His 1335 total took the title. The spider man outfit caused such a commotion, that Qeed never got a press call on one of his lifts as Tommy Fannon was mesmerized by the outfit. In the squat, Qeed was given a "rack" call instead of a "squat" command. Qeed finished the easy

squat only to have the entire platform crew and judges howling in laughter after the judges mistake. I still laugh thinking about it. The most promising of Big Lud's crew was Tim Gehring. Tim lifted entirely raw and is an outstanding shot-putter for WSU. Tim did 625, 435, 555 and 1615. Tim never trained for the meet and has outstanding raw strength. The rest of the juniors all competed with gear. At 148, the new king on the block is Leon Josaitis. Leon has tremendous strength and is getting famous in the powerlifting world fast with his website work and photography. Leon won the 148's with a 525, 315, 405, 1245. All four are Washington State records. At 198 was a battle between two young men named Vejohn Heinemann and Michael Conner Jr. After the squat, Michael had a 10 pound lead with a 535. After the bench, Vejohn lead at the subtotal with a 405 third attempt bench and a state junior record 425. Conner totalled 1325 and Heinemann ended with 1455. Two outstanding young lifters with great futures. At 242, Ashley Roberts of Team Irongladiators went 705, 475 and 610 for a 1790 total. Ashley just missed a 750 squat on a technical miscue and his 630 dead attempt was an almost. He will be over 2000 within 6 months. A big thanks to Ashley for the making of the contest poster and helping with publicity. Another bright prospect at 275 was another

new kid on the block named Brian Bishop. This might have been his first meet and it was a dandy. He absolutely killed 705 and buried 750 on a 4th. 800 will fall at his next meet. He ended with a 1540 total. Once he grows into his body and learns the bench and gets his deadlift up, he too will be over 2000 very soon. In the master's group, we had some terrific lifting. Tyler Crane made the trip from Montana to compete at 181 and post a very respectable 1300 total to win the 181's. In the 40-44 group, there were two lone contestants at 242, Mike Conner and Buzz McCance. Both are fine lifters. I had the pleasure of watching Buzz do his first three lift meet in nearly 10 years last year, and this year he got even better. He dunked a 640, pressed 425 and grinded out a 585 pull that gave him state records in every lift including his total of 1650. This earned him 2nd place. Mike Conner has shown tremendous progress in his bench press and that was the key to his super 1820 total. Mike went 700, 515, 605 to finish an outstanding day. In the 45-49 group, Rick Lacey took the 242's with a 1235 total. Mark Straley won the 220's with a 1415 total. Finally, Paul Ratsch had his finest total in 1930 at SHW via 705, 550, 675. Paul was mis-loaded on his first squat and possibly cost him a 750 4th attempt that almost went and had he hit his last bench and dead, would have hit the 2000 mark. It's only a matter of time for him to put a 800+ squat in with a 600 bench and 700 pull. At 50-54, we had two contestants. Dan Walker was uncontested at 198 and lifted raw. His sore shoulder caused him not to do his best in the bench but he still competed strong. He's built like a pro volleyball player, lean and no body fat. Nice job today Dan with your 965 total and your toughness. At 275, and actually only weighing 253 was Barry Foster. I first met Barry in the gym and found out quickly that he is a pastor of his own church and a man of God. Barry himself had a stroke just about 6 months ago from benching heavy in the gym. The doc cleared him for this meet, and with only a belt and wraps, he did an 1190 total. This comes with some near misses in the squat, and a bench he actually got but was turned down for beating the press. Barry also stayed the night before the meet and helped me for a couple hours set up. Thanks be to Barry. The third and final heart victim for this meet was none other than Gordon Olson. Gordon just had open heart surgery about 9 months prior to this meet and had one of his heart valves replaced with a valve from a pig. Gordon is one tough guy, and he proved it today. In his first meet since the operation, Gordon totaled 1335 at 181 in the 55-59 age group. He ended up with a massive 500 pull and jumped to 550 for his last. He tried for what seemed like minutes to pull it and wouldn't let go. He pulled to

Masters Rankings, Hooking Up the Bands, USAPL Women's Nats, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie , TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, , Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, TOP 100 123s
Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01 ... World Games, TomManno, TOP 20 Women - Teen -

Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Gary Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s
Feb/02 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s
Mar/02 ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02 ... Meet Scot Mendelson, IPF

World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
Aug/02 ... APF Seniors, USAPL Men's Nats, USPF Srs/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.
Sep/02 ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s
Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Ed Coan DL, TOP 100 165s
Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181
Jan/03 ... IPF Men's Worlds, WABDL BP

he passed out and fell over backwards with blood spewing out his nose. I came running up to check if he was OK, thinking the worst at this time, and he looks at me laughing and says, "Aren't you glad I signed your insurance waiver before the meet!" Still laughing over that one. Our oldest three lift competitor was a man named Norm Flom. I have known Norm since I first started competing in high school. He is an admirable man, often showing up at meets with his grandson on his shoulders and a terrific attitude. It was an honor to have him here. Norm competed at 242 in the 60-64 group, getting a 480 squat, 280 bench and 470 pull for a 1235 total. Congrats Norm. The overall award for the master's division was a close race between Paul Ratsch and Gordon Olson. Gordon won by three formula points. Best of luck to you and Marc at Master's Nationals. And now for the open lifters: Giselle Costas from PR was the only female three lifter. What a day she put together. At 198, she dunked 470 on a 4th, 270 bench and a 500 pull. She tried 510 on a 4th and it wouldn't go. This woman will go far. Not only did she use minimal gear, but all of her lifts were flawless and her squats were deep! Our lightest competitors in the open were Jose Rosario and Irongladiators sponsored John Reese. Jose really had a good day going 535, 275, 420 for a 1230 total. Not too bad for one of his first meets and flying all the way across the country. I should also mention that on his travels here, he was forced to stay overnight in Denver and had to fly to the meet and arrived in Spokane just in time for weigh-ins. John Reese is a future superstar at 165 as soon as he gets his squat in. He double 750 in training just a tad high. He opened with 775 and came up with it easy but got called for depth. John took two shots at 800 and missed both. He will do 800 sometime soon. He was allowed to bench and microgrooved his first and came back to nail 525. Nice bench for a 165er. Pete Wallace took the 181 title and coming all the way from Mt. Helena to compete. Pete's lifts have steadily crept up and look for big things from him soon. The 220's saw two training partners go at it from the Tri Cities, just south of here. Garrett Sallee has made incredible progress in his lifting and put up a well done 1695 total. I think his squat has made the biggest gain as he hit a 705. Capturing the weight class for the 2nd year in a row was Evan Arntzen with a big 1800 total. Evan came up with an 800 squat but was called for depth. Had he hit that he would have been knocking on the door of a 1900 total. The 242's were 3 deep with double entries in Rick Lacy and Mike

"WHY NOT???" "When I entered my first meets back in 1965 and 1966, I asked the meet directors why couldn't you go down in weight after missing an attempt? They said it was to save time for the loaders who wouldn't have to re-load to lower the weight. Back then, there was no rounds system. Sometimes lifters had to lift back to back, with only a two minute break between attempts, as the weight went up progressively for everyone, like one big flight where everybody did all their attempts. Today, the meets are in three rounds per flight, and the bar has to be downloaded two times anyway. The rule was for the loaders, not the lifters. I give meets where the lifters can do a lighter weight if they miss one. This has not created any problems. Most of the time, the stronger lifter will win and the totals will be higher. When a lifter loses weight, travels a long distance, lifts on someone else's equipment and loses sleep, it becomes easier for the lifter to start with too high a weight. This rule is obsolete. Let's give powerlifting back to the lifters. Why can't this rule be changed to benefit the lifter? Just because something has always been done a certain way doesn't mean it is the right way for today. Things change. Why not this obsolete rule?"

DANIEL SINGLETON, Hot Springs, AR.

Conner. The last contestant was Blaine Stussey. Rick as mentioned earlier, totaled 1235 to take 3rd. Mike Connor did a terrific 1820 to take 2nd. 1st place went to Blaine who did 815 on his 3rd attempt and put together a massive 700 bench for the

bigest bench of the day. No doubt that lift was clean. It would have passed in any organization. Blaine also pulled a beautiful 710 to give him a 2225 total for the day. After he was done, he graciously judged the rest of the day when all he wanted to

do was go sleep somewhere. Thanks for the help Blaine and congrats on one of your finest days. The list of 800 pound squatters and 700 benchers is small, but Blaine is on it. The 275's were anti-climactic as Tommy Fannon was in no condition to bench due to an injury. Tommy squatted 815 and then took 905 twice. The 2nd try he was just a hair away from getting it. He pulled an easy 600 but the nemesis lift missed at 650. I think Tommy has the ability to put together a 2300 total on a perfect day. The 275 crown went to Agnar Adalsteinsson, one of my long time training partners. Agnar decided in January he was going to do this meet, and as has been his practice as of late, he doesn't have to work that hard to achieve the lifts he did this day. Agnar dunked an 810, pushed a pr 535 with a narrow miss at 550 and yanked 710 pretty easily. Had he got his last 740 pull, that would have given him the state record total back. He went 2050 for the day and I can't say I'm more proud of the man. This man never ducks competition, as he could easily chew up the masters divisions, but he chooses not to because it's too easy for him. The man competes at 275 at 43 years of age and has the body of a 25 year old. He is the hardest working man I have known my entire life and he's probably also one of the toughest. Agnar detached his patella tendon in an accident with his daughter playing soccer just two years ago. I watched him go through the surgery and painful recovery period, to the point of being laid up for nearly 6 months. He never once complained and went to work just a day later. For the man that he is, I greatly admire him. I am honored to be one of his friends. The best lifter in the open class went to Blaine Stussey. Blaine not only had the highest formula total in the open class but also of the entire meet. I cannot say thank you enough to our sponsors, spotters, loaders, announcer and the many volunteers that made this happen. Thank you to Pepsi, Red Bull, MonsterMuscle.Com, Forza Strength Systems and Irongladiators.Com. Thank you to the many spotters and loaders who gave your time and muscle to help this meet happen. Thanks to Judy Svercheck for announcing the meet on a 5 minutes notice. Thanks to Barry Foster, Steve and Jon Hauger, Ashley Roberts, Matt Ludwig and many others for helping me setup and take down. Finally, thank you to my father for giving up a whole Saturday to watch the door. To my wife, Connie, for helping me financially put on this meet, for your support and your time to make this successful. (Results provided to Powerlifting USA by Brent Mikesell)

Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s. Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s. Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking Back by Louie, TOP 100 242s. May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s. Jul/03 ... IPF Women's Worlds, APF Nationals, Bill Kazmaier Pt. 2, APF Nationals, DL on the Rise by Louie S., Best Male PLers, TOP 100 SHWs. Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs. Sep/03 ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s

Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s. Nov/03 ... Bench Bash for Cash-Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s Feb/04 ... IPFWorld BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s. Mar/04 ... USAPL Women's Nats, Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s. Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.

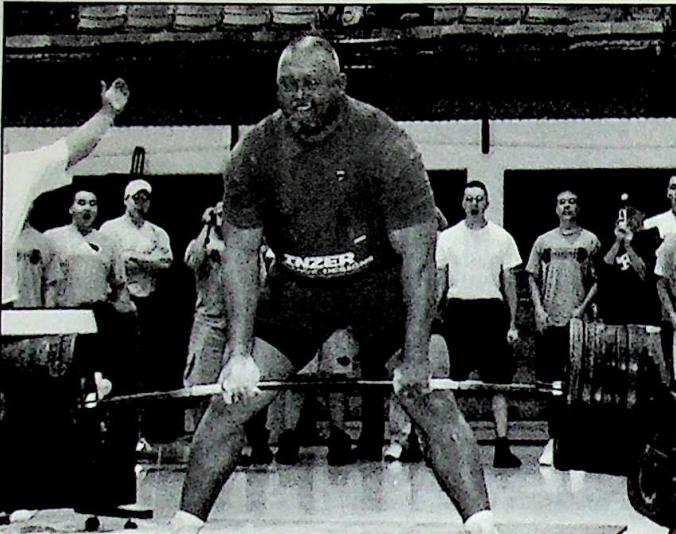
Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s. Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Time SQ/TOT, TOP 100 SHWs. Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s. Nov/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s. Dec/04 ... Rychlak BPs 1005, IPFWorlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s. Jan/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s. Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s

Mar/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s. Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s. May/05 ... Pat Casey Passes, "Then and Now" by Louie S., Mike Miller Interview, Performance Supplementation, TOP 20 Masters-Women-Teenage ranking lists. Jun/05 ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s. Jul/05 ... Roger Estep Passes, APF Seniors, IPF Women's Worlds, Louie on BP Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s.

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK ISSUES - \$4.50 EACH, 4-9 BACK ISSUES - \$4 EACH, 10-24 BACK ISSUES - \$3.50 EACH, 25+ BACK ISSUES - WE NEGOTIATE A BETTER PRICE)

25th Hamon High School BP/DL
30 APR 05 - Hampton, TN

BENCH		DEADLIFT		
WOMEN		MEN		
Open		Light		
S. Manley	185	Open	A. Campbell	575
MEN			T. Isaacs	505
Light				
C. Galliher	460	Heavy	J. Manley	700
A. Campbell	335	Masters	M. Nease	865
Heavy			T. Isaacs	505
Manley	405			
Masters				
T. Walsh	260			
GIRLS		BP	DL	TOT
McGuire		120	270	390
Newborn		60	215	275
M. Oaks		—	—	—
BOYS				
114 lbs.				
T. Garret	160	275	435	
J231hs.				
B. Scott	150	235	385	
L. Clifton	125	215	340	
132 lbs.				
B. Higgins	150	315	465	
J. Barrell	165	275	440	
H. Scott	170	265	435	
W. Kilby	135	250	385	
A. Guyn	125	230	355	
C. King	120	220	340	
K. Heaton	100	195	295	
148 lbs.				
D. Price	175	405	580	
N. Mashburn	185	350	535	
A. Broyles	225	280	505	
N. Smith	195	295	490	
C. Jarrett	165	315	480	
B. Floyd	235	—	235	
165 lbs.				
A. Townsend	305	400	705	
T. Smilh	260	405	665	
L. Birchfield	205	455	660	
J. Alwood	250	375	625	
C. Bryant	235	370	605	
B. Smithpeters	220	375	595	
J. Buck	170	420	590	
K. Sendal	240	345	585	
B. Johnson	220	350	570	
J. Evens	205	335	540	
N. Gillespie	190	315	505	
J. Carter	170	305	475	
J. Hughes	165	310	475	
J. Beckett	185	275	460	
S. Helton	180	265	445	
181 lbs.				
S. Nelson	270	445	715	
A. Sizemore	185	450	635	
J. Brinker	205	410	615	
R. Moody	205	400	605	
A. Savage	210	385	595	
D. Graham	235	345	580	
D. Vance	200	365	565	
M. Howell	185	315	500	
D. Davis	—	370	370	
198 lbs.				
N. Paisley	285	405	690	
J. Johnson	255	395	650	



Mike "The Bull" Nease with 866 @ 360 bodyweight. (Campbell photos)

K. Paddock	230	420	650
G. Buchanan	230	400	630
J. Powers	225	400	625
C. Turbeyfield	260	350	610
S. Calahan	235	350	585
G. Shoun	225	330	555
S. Potter	165	365	530
220 lbs.			
R. Burt	275	575	850
M. Garmer	310	500	810
B. Mounts	265	450	715
S. Nease	175	410	585
B. Moltern	245	300	545
T. Horton	150	280	430
C. Charlton	265	—	265
C. Walsh	250	—	250
J. Thomas	245	—	245
242 lbs.			
D. Stout	255	405	660
J. Bentley	225	400	625
D. Tester	225	395	620
A. Coleman	200	345	545
M. Jenkins	185	330	515
275 lbs.			
S. Clawson	400	470	870
J. Miller	225	430	655
C. Gentry	240	355	595
J. Sammons	210	335	545
B. Johnson	215	320	535
SHW			
M. Stout	355	420	775
H. Warden	300	450	750
K. Raines	290	420	710
J. Price	300	390	690
L. Paladino	250	400	650
D. Davis	215	430	645
J. Hilton	235	380	615

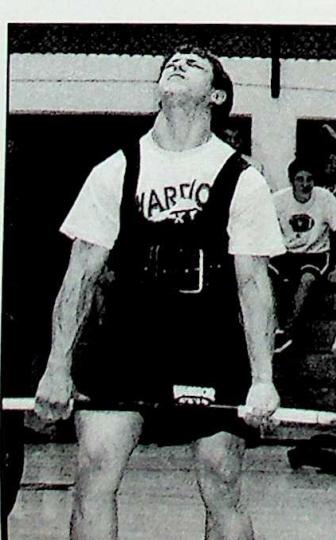
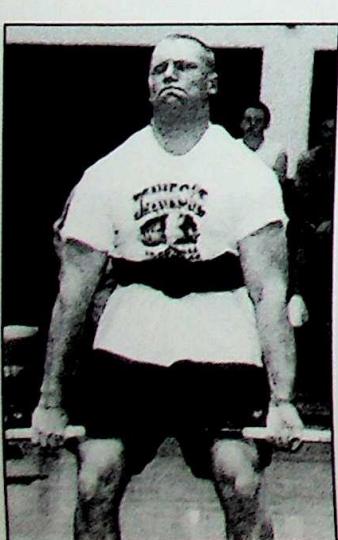
Team Points: David Crockett High School-30, Johnson County High School-23, Happy Valley High School-12, Hampton High School-10, Tennessee High School-8, South Greene High School-8, Cloudland High School-3, Unicoi High School-2, Hampton High School was the sight of the 25th Annual Hampton High School BP and DL Competition. Bill Anderson has done an excellent job in hosting the meet all of these years and has done quite a bit to promote powerlifting and sports in general in the area. This year there was 78 high school and 7 open liners competing, making this one of the bigger local meets in the entire Southeast region. Considering that almost 80 were high school participants, I would say this is one of the biggest high school meets in the Southeast. Not only were the number of participants good, but the quality was deep as well, and Anderson has seen a great improvement in the quality of lifting over the years. There were six 300+ lifts and one 400 in the bp. There were 25 deadlifts over 400 and two over 500 just from the high school class. The best lifter for the high school light division was Adam Townsend with an awesome 305 bp at only 165. Others were gunning for him in the dl, but he fended them off with a nice 400 of his own. A 705 push/pull total is not bad for a sophomore. The heavy division best lifter was Rees Burt. He had a nice 270 bp and trailed, but his 575 dl was too much for anyone else to overcome. The highlight of the meet is always the presentation of the Bob Peoples

Deadlift Award given to the high school lifter with the best deadlift per body weight coefficient. Peoples was the world record holder in the dl with a 725 at 181, a mentor and coach to meet promoter (Bill Anderson), and even helped judge the meet before his death. Rccs Burt claimed the trophy with a Herculean 575 at 207. He was able to edge out Logan Birchfield by mere decimal points. The scary pan is Burt is only a freshman with 6 months of training under his belt. We are looking for great things in the future from Rccs and many more of these fine high school lifters. Some other notable high school lifts were Price with a 405 dl, Broyles with a 225 bp, and Floyd with a 235 bp at 148. Townsend hit a stupendous 305, and Atwood a fine 250 on the bp. Townsend, Smith, Birchfield and Buck all went over 400 in the 165 class with Logan Birchfield having the only high school 3X bodyweight dl of the entire meet with a 455 at just over 151. Nelson had a nice 270 bp and Sizemore a good 450 dl in the 181's. Paisley scored a solid 285 on the bp in the 198's. The 220's had 2 greats at the top with Rees and Garmer. Garmer got the edge with a 310 bp, but Burt came back to rip up a huge 575. That beat the meet record for a freshman by over 130 pounds. Seth Clawson was tops in the 275 with a huge high school meet record 400 bp to go with his nice 470 dl. In the supers, Matt Stompede borne a nice 355 bp. The big lifts didn't end with the young guys. In the Open BP, Galliher and Manley both topped 400. In the Open DL, Campbell hit his first 3X pull with a 575 at a tad over 191. Manley managed a big 700 in the heavier division. The fireworks were not over in the Master's Division. Isaacs hit a nice 505 at 48 years of age. But when 43 year old Mike "the Bull" Nease opened up with a huge 810 raw, the crowd was in awe. I had told Mike earlier that the biggest master's pull in the world that I knew of was 865. He said, "It just might go down today." When I saw that lift, I believed it. Mike put on his dl suit but had to follow himself and scratched his second to get some more time to catch his breath. The bar was loaded to 865 (actually 866 with the 11 pound collars) and Mike was ready to rewrite the record books. Mike ripped it up to the pleasure of the ecstatic crowd. A few days later I found that the lift was the second biggest in the world after an 875 by an Englishman. Mike's lift, however, is still the biggest master's pull by an American and the second biggest master's pull in history. Mike is a highland games and strongman competitor, so just imagine what would happen if he ever concentrated on his pull. (Thanks to Alex Campbell for providing these historic results to Powerlifting USA)

Harbor Walk Bench Press
25 JUN 05 - Georgetown, SC

WOMEN	J. Hubbard	315
S. Pack	205	242 lbs.
X. White	150	K. McFadden 450
M. McKnight	150	C. Griggs 420
G. McCall	105	275 lbs.
MEN	M. Phipps	550
Teen	C. Williams	530
C. Watts	300	Master (40-44)
Driggers, Jr.	315	R. Nesbit 305
D. Johnson	275	S. Hines 360
A. Moore	245	C. McKnight 330
A. Williams	120	Master (45-49)
148 lbs.	W. Braveboy	390
F. McNeil	335	Master (50-54)
K. Locklear	320	J. Tancil 610
165 lbs.		Master (55-59)
J. Mouzon	460	D. Ricafrente 405
R. Alvarado	345	G. Haslam 400
J. McElveen	335	Master (60-64)
181 lbs.	J. Powell	360
F. Allen	350	
A. Brenner	330	
198 lbs.	L. Butnik	465
N. Adams	450	
M. Johnson	325	
J. Armstrong	315	
220 lbs.		

Best Lifter: Jon Mouzon. **Master Best Lifter:** Jerry Tancil. Jerry Tancil's 9th year in a row with a 600+ lbs. bench press! (Thanks to Alan Bremmer for these meet results)



Rees Burt with 575 @ 207 (above)... Alex Campbell's 576 @ 192 Logan Birchfield with 455 @ 151.

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

20 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 AUG, Belle Chasse Military/Civilian Powerlifting Contest (intra-service teams, open, masters, special Olympian, women, teens, school teams), Bob Hafner, 1205 Lake Louise Dr., Gretna, LA 70056, 504-393-9521.

20 AUG, USAPL Southern Regional (Radisson Hotel, Tucson, AZ) John Pena, 520-312-2110

20 AUG, NAS Hudson River Strongman (Milton, NY) Steve Mann, 845-489-2304, steve@purepowerlifting.com

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

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

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

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

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

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

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

20 AUG, 21st Annual Iowa State Fair

BP/DL-Pure, Natural, Novice, Master 1 & 2, Submasters, Women, Teens, Beginner. Jeff Baird, bairdzz@aol.com
20 AUG, APF South Dakota Bench Bash, Summit Activities Center, 1801 Summit St., Yankton, SD 57078. Josh Law, 605-665-2705, lawamerica@hotmail.com, www.upfsd.com.

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

21 AUG, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP (Springfield, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 AUG, APF/AAPF Summer Heat PL/BP (Gold's Gym, Rock Hill, SC) Will Millman, APF/AAPF SC Chairman, 843-886-5366, Fax 843-886-3509, Shelter223@aol.com

27 AUG, APC Region-III Powerlifting & BP Championships - Athens, GA. LB Baker 770-725-6684 or 770-713-3080, www.americanpowerliftingcommittee.com or www.irondawg.com.

27 AUG, WABDL 9th annual Alki Beach BP/DL (Seattle (Alki Beach), WA) Bull Stewart, 206-725-7894

27 AUG, 2nd Drug Free Summer Time Splash Southern Ohio PL/BP (Moraine, OH) David Ricks, 937-435-2127, RICKS181@HOTMAIL.COM

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

27 AUG, SPF Strongest BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

27 AUG, USAPL 2nd Annual Southern OH PL & BP Championships, Dave Ricks, 8835 Winston Farm Ln., Dayton, OH 45458, 937-435-2127.

27 AUG, WABDL Scandinavian BP/DL (WABDL World Qualifier-Tampere, Finland) Sakari Selkainaho, 358-14-423-856

28 AUG, Central BP League & Enormous PL 15th Endless Summer Class Push/Pull (Granger, IN-Fit Stop) Anson Wood, 574-903-4586, www.enormous.biz

AUG, USAPL Florida State Powerlifting Training Camp (novice, intermediate/advanced lifters, West Palm Beach, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl

AUG, USAPL Florida State Referee Clinic (certifications of state/national referees, Ft. Lauderdale, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl

AUG, WNPF AL-MS-LA State Championships- Lester Fields, 770-842-2137 or lesterfields@aol.com

AUG, WPO Qualifier (sanctioned APF) 386-734-3128, worldpowerlifting.org

3 SEP, SPF Virginia State Push/Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410,

COMING EVENTS

30214, 678-817-4743 or wnpf@aol.com

10 SEP, USPF Venice Beach PL/BP, Steve Denison, powerlifters@microsoft.com, www.powerliftingca.com, 661-333-9800

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

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

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

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

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

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

11 SEP, United We Stand (BP, DL, Ironman, Ironwoman, Raw, Equipped, all classes, trophies, 1st-5th \$30.00

APF/AAPF/WPO Schedule

Aug, WPO Qualifier, Kieran Kidder

September 10th (new date), APF Georgia State PL/BP, Kennesaw, GA, Jon Grove

September 17th, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

September 24th (new date - Garry Frank Guest Lifter), APF Gulf Coast Open PL/BP, Hudson, FL, Rick Lawrence

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

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

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

November 5th, APF/AAPF Pine Tree State, Russ Barlow 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

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

November 19th, AAPF Southern States, Kieran Kidder

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

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

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entry fee, free meet t-shirt). Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117

17 SEP, Nor-Cal Championships (PL/BP/PP - San Mateo, CA) Helen 650-642-4598 or John 650-305-7518

17 SEP, APA Upper Carolina BP/DL/PP (Williamston, SC) Kate Taillon, 310 Thornblade Blvd., Greer, SC 29650, 864-286-0532, kathryn264@charter.net

17 SEP, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

17 SEP, WNPF Upstate NY II PL/SQ/DL/BP/PC (Clyde, NY) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

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

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

17 SEP (New Date), NPA (drug free) Nationals BP&DL, Fitness Festivals, 641 W. Stephenson St., Freeport, IL 61032, 815-33-2292, fitlifedb@cs.com

7 SEP, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, IL) Son light Power, 122 W. Sale, uscola, IL 61953, 217-253-429, www.sonlightpower.com, sonlight@netcare-il.com

7 SEP, Sci Fit of GA 7th annual Bench Press, Joe Derville, 2055 Eisenhower Pkwy, Macon, GA

31206, 478-750-7005

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

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

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

17-18 SEP, USAPL Bench Press Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-275-7069

18 SEP, SLP St. Louis Open II BP/DL Championship (Pontoon Beach, IL) Sunlight Power, 122 W. Sale??, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com.

18 SEP, USPF US Open BP/DL Championships (Ramada Inn-Morgantown, WV) Matt McCase, 210 Bilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com

18 SEP, 7th Deadlift on the River, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 574-674-6683

24 SEP (new date) - Garry Frank Guest Lifter, APF Gulf Coast Open PL/BP (Hudson, FL) Rick Lawrence, 3 8 6 - 7 3 4 - 3 1 2 8 , worldpowerlifting.org

24 SEP, APA Georgia Open Power Fest BP/DL/PP/SC (Conyers, GA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

24 SEP, APA Baddest Bench in the South/Louisiana State Powerlifting Championships BP-only, BP for cash, PL/PP (Monroe, LA) Ryan Cizik, 315-794-1836, RCizik@yahoo.com, www.apa-wpa.com.

24 SEP, NASA VA Regional PL/BP/PS/PP (Wytheville, VA) Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirebase.com, www.vhepower.com

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

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

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

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

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

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

24,25 SEP (2nd NEW DATE), WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339

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

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6762, 3010 N. Torrey Pines Dr., Las Vegas, NV 89108, thegymlasvegas@earthlink.net

25 SEP, 1st Paxton Power Gym Strongman (Paxton, MA) Nathan Fitzgerald, 508-791-3291, paxtonpowergymorders@att.net

25 SEP (corrected date), SLP Genesis Open Push/Pull Classic(Celina, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

SEP (Date Change), WNPF Northern Florida BP, DL, Ironman & PC (Lake City, FL) Lester Fields, 770-842-2137 or lesterfields@ao1.com

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

1 OCT, ADFPF Michigan State Championships/Open (equipped, unequipped - Benton Harbor, MI) Dick Van Eck, 45451 Peninsula Dr., Grand Junction, MI 49056

1 OCT, USAPL Albany Strength Powerlifting Championships, John Payette, 518-433-1703, 332 Central Ave., Albany, NY 12206

1 OCT, 2nd Ironman PL/BP (Cleveland, OH) Gary Kanaga, 591 Cornell Dr., Broadview Hts., OH 44147, 440-717-9624, gary.kanaga@nordoniaschools.org

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

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

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

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

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

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING

20 August, WNPF Ralph Peace Memorial/- Asheville, NC, Lester Fields, 770 842 2137

Sept 10 - WNPF Lifetime Drug Free Nationals - Bordentown, NJ, Troy Ford - 678 817-4743 or wnpf@aol.com

Oct. 1-2 - WNPF World Powerlifting Championships - Philadelphia, PA. Ron DeAmicis, 330-792-6670

Oct. 8 - WNPF All-American Championships - Orlando, FL, Brian Burritt, 772 621-8988 or brianburritt@bellsouth.net

Oct. 15 - WNPF Palmetto Classic - Greenville, SC, Troy Ford - 678 817-4743 or wnpf@aol.com

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

44515
1 - 3 OCT, WPA - APA World BP/
DL/SC Championships (Hanover,
PA) Scott Taylor, P.O. Box 27204,
El Jobean, FL 33927, 941-697-
7962, fax 413-828-6102,
scott@apa-wpa.com.

2 OCT, ADAU Connecticut State
Open PL/BP, Rob Delavega,
Powerhouse Gym, 71 Commerce Dr.,
Brookfield, CT 06804, 203-775-
8584, phbrookfield@sbcglobal.net
2 OCT, SLP IOWA STATE BP/DL
CHAMPIONSHIP (Clinton, IA) Son
Light Power, 122 W. Sale, Tuscola, IL
61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

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

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

8 OCT, NASA Big River Classic (full
meet, BP/PS), Tobey & Daryl
Johnson, Blytheville, AR, 870-763-
9094, daryltoebey@aol.com

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

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

8 OCT, NASA Ohio Regional (PL,
BP, PP, PS - Springfield, OH) Rich

Peters, Box 735, Noble, OK 73068,
405-527-8513, SQBPDLL@aol.com
9 OCT, SLP Missouri State BP/DL
(Springfield, Mo.) Son Light Power,
122 W. Sale, Tuscola, IL 61953, 217-
253-5429, www.sonlightpower.com,
sonlight@netcare-il.com
14, 15, 16 OCT, (new location)
WDFPF Single Lift Worlds
(Whitney, England near Oxford)
jm-gedney@wiu.edu

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

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

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

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

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

15 OCT, The Ashtabula YMCA Bench
Press Championship, Ashtabula, OH,
Lonnie Anderson, 440-964-3013,
anderson142@yahoo.com.

15 OCT, PPL "Drug Free"

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Rules:

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2. Lifting belts, wrist wraps and chalk are allowed.
3. All contestants must wear a singlet.
4. Each contestant must pay a Fifty Dollar (\$50.00) entry fee.

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

Call Now: 508-885-3686

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\$1,500.00
- Third Place -
\$500.00
(Pound for Pound
Winners as well)
A \$100.00
entry fee

5 EVENTS

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

Scheduled to Compete:

★ Josh Bryant

★ Vincent Dizenzo

★ Brian Schoonveld

Contest Rules:

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

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

Call Now: 508-885-3686

(All Proceeds Go To Leicester High School)

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

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

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

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

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

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

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

o
www.americanpowerliftingcommittee.com
22 OCT (NEW DATE), PPL "Drug
Free" Nationals and Body
Challenge, PPL, 2250 Lumpkin
Rd., Augusta, GA 30906, 706-

7 9 0 - 3 8 0 6 ,
PYTHONGYM@AOL.COM

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

22 OCT, 3rd Tom Foley BP/DL
Classic, Drug Free (Nanuet, NY) Brian
Fahrenfeld 845-920-0501. Premier
Fitness, 430 Nanuet Mall South,
Nanuet, NY 10954,
www.premierfitnessny.com

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

22 OCT, 1st NASA Unequipped
Nationals (Biltmore Hotel,
Oklahoma City, OK) Rich

floridausapl
Peters, Box 735, Noble, OK
73068, 405-527-8573
sqbpdll@aol.com

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

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

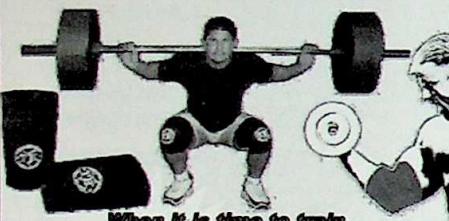
22 OCT, 23rd Annual Raw
A.D.A.U. "Central PA Open"
Powerlifting Championships Open
and All age Groups for both men
and women The longest continually
conducted DRUG-FREE meet in

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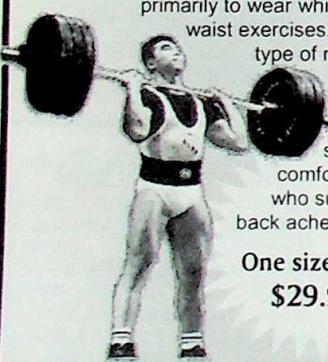
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M	\$39.95	130 lb to 250 lb	over 14" circ.
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Inquiries 808-696-1979

WWW.POWERHOOKS.COM

Pennsylvania Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

23 OCT, USAPL Southeastern USA Regional BP/PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridaspapl
23 OCT, 3rd Mid-Western USA Power Day PL/BP/DL/SC Championships (Cedar Falls, IA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apawpa.com.

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

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

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

29 OCT, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

29 OCT, 8th Fred Rogers/Paul Smart BP/DL, Clyde, NY. Steve Rogers 315-365-3377. Sleeper67@tds.net.

30 OCT, The Power Gym's Halloween Havoc BP (limited to 50 entries, all weight classes and divisions - Taylor, PA) Joe Moe 570-562-3642, moceyunj@neiu.org, rhspvmo@ns.neiu.k12.pa.us

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

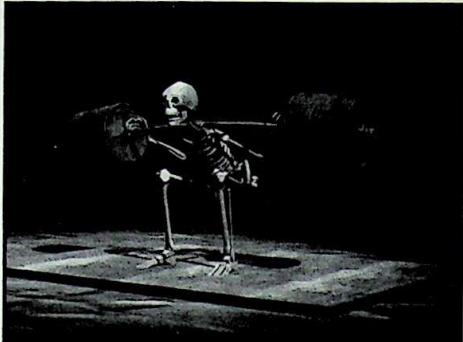
OCT, 8th Granite State Open DL/Cheat Curl (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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

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

OCT, NASA Kentucky Regional PL, BP, Push/Pull & Power Sports, Louisville, KY. Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or e-mail gvh@wirefire.com

3-6 NOV, WPC Worlds/WPO European Semifinals/WPO European BB4Cash, Minna & Ano Turtiaisen Helsinki, Finland, 386-734-3128,



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

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

5 NOV, 2nd Atlantis New England Powerlifting Championships, must wear singlet, belts, wrist wraps, and chalk only (Leicester, MA), 508-885-3686.

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

5 NOV, NASA Illinois Regional PL/BP/PS/PP (IL) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com, www.vhepower.com

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

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

5 NOV, Northern Virginia Raw PL & BP Meet (Sterling, VA) John James, 703-475-9885, www.northernvirginiarawpower.com

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

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

5 NOV, USA 'RAW' BENCH PRESS FEDERATION WORLD CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5 NOV, USAPL NJ State, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

5 NOV, AAU Star City Classic (Lincoln, NE) Howard Huffman

6 NOV, 2nd Atlantis Strongest Man in America, Trap Bar DL/BP/PP/Weighted Chin-up/Thomas Inch (Leicester, MA) 508-885-3686.

8-13 NOV (REVISED NEW DATE - new website) - IPF Men's Worlds (J.L. Knight Center, Miami,

FL) Robert Keller, 954-384-4472, [rhc@verizon.net](mailto:rhk@verizon.net), www.ipfworl.com
 8-13 NOV (REVISED DATE), IPF Pan-American Men's & Women's PL (J.L. Knight Center, Miami, FL)
 Robert Keller, rhc@verizon.net, 9 5 4 - 3 8 4 - 4 4 7 2 , www.geocities.com/floridausapl
 12 NOV, APA Great Lakes Open PL/PP/BP/DL/SC (Bay City, MI) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

12 NOV, WLOP C.T. Classic Bench Press Competition (all weight classes, all ages, trophies, elite, masters, amateurs, youth) WLOP 7238 S. Painter Ave., Whittier, CA 90602, 5 6 2 - 6 9 3 - 8 0 0 5 , www.worldlegionofpower.com

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

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

12 NOV, ADAU BP/DL Meet (raw/drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888
 12 NOV, USAPL Ohio BP/PL, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464.

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

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

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

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

11-13 NOV (NEW DATE), IPA Senior National Powerlifting Championships, York Barbell

Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillet@aol.com or Mark Chaillet 7 1 7 - 4 9 5 - 0 0 2 4 , chailfit@suscom.net.

16-21 NOV, WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch, 503-901-1622 or 763-545-8654
 19 NOV, The Allentown YMCA BP/DL Competition (Allentown YMCA/YWCA, 425 S. 15th St., Allentown, PA 18102) Mike Laudenberger 610-434-9333

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

19 NOV, AAPF Southern States, 3 8 6 - 7 3 4 - 3 1 2 8 , worldpowerlifting.org

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

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

19 NOV, USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK

73107, 405-321-1775

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

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

NOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

NOV, APF Northern California, John Ford, 650-303-7518

NOV, Mass/Rhode Island State Open PL. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-5 2 7 - 3 7 1 1 . www.newenglandusapl.com and www.nextlevel-fitness.com.

2-4 DEC (NEW DATE), WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu

2-5 DEC, AAU World Bench, Deadlift and Push-Pull (Laughlin, NV) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4 7 9 7

MARTIN.DRAKE@BOEING.COM

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

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

470-3672

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

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

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

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

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

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

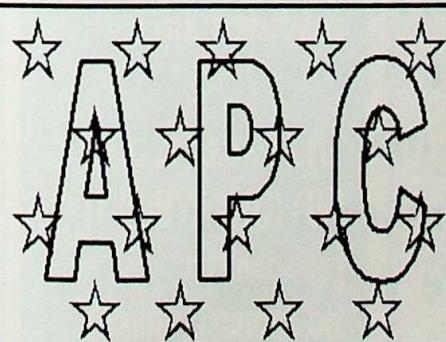
4 DEC, 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA. Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

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

10 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 4 0 2 - 6 8 7 - 4 1 8 2 . timanderson@hunet.net, www.usaplne.com

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

10 DEC, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL



American Powerlifting Committee

August 13, 2005 San Diego Open, James Kegrice www.kegricegym.com

August 13-14, 2005 APC Region I, Dayville, Ct., Scott Lee, 860-779-0673.

August 27, 2005 APC Region III, L B Baker 770-725-6684 cell 770-713-3080

September 17, 2005 APC Northern California Open, John Ford 650-303-7518

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

December 11, 2005 52nd. ANNUAL IRON MAN BOB PACKER (559) 322-6805

February 11, 2005 APC Bench Press National Championships, L B Baker 770-725-6684

For more information, www.americanpowerliftingcommittee.com

L B Baker@americanpowerliftingcommittee.com

Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

10 DEC, NASA Missouri Regional (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
10 DEC (date change), WNP New Jersey State/Open (Bordentown, NJ) WNP, BOX 142347, Fayetteville, GA. 30214, 678-817-4743 or wnp@aol.com

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

10 DEC, USAPL Christmas BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

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

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

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

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

27-29 JAN 06 - 2005 AAU Worlds (3 lifts) and International Bench Press Contest (Richmond, VA - Holiday Inn): aaupower@aol.com or Va PL Assoc., 1811 Southcliff Road, Richmond Va 23225

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

11-12 FEB, NASA Ohio State High School/Teenage Nationals PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh1@wifirefire.com, www.vhepower.com

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

25 MAR, AAPF 10th annual Frank Kostyo Memorial, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

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

MAR, IPP/NAPF North American Regional Open (San Juan, Puerto Rico) Robert Keller, rk@verizon.net

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

13-16 APR 06, USAPL Collegiate Nationals (W. Palm Beach, FL) Robert Keller,

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2. Bench Press
3. Push Press
4. Chin Up with Most Weight
5. Thomas Inch Dumbell Lift

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2. Weightlifting belts, wrist wraps and chalk are allowed.
3. All lifts are single rep max with three (3) attempts.
4. Must wear singlet.

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19-23 APR, IPF World Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.ipfworlds.com
22 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268
APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, 501-860-6851
26-28 MAY 06, WDFPF European Single Lift Championships (Varese, Italy) jm-gedney@wiu.edu
13 MAY, USAPL Florida State HS PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

14 MAY, USAPL Florida State HS BP & DL (Ft. Lauderdale, FL) Robert Keller, rk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

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

6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com
7-9 JUL (06-NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl

7 JUL (06), USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl

8 JUL (06), USAPL Men's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl

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

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

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

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

1-5 NOV, 2006 GPC World PL/BP (Gent, Belgium) LB Baker 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com o
www.americanpowerliftingcommittee.com
10-12 NOV 06, WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu

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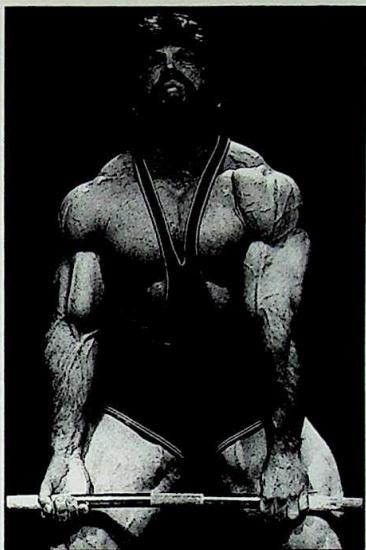
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MORE ON ROGER ESTEP ...



Roger's muscularity - he was considered a "Conanesque Power Being"

I first met Roger Estep on April 26, 1975 in Ambridge, PA. He was not lifting, but coaching Jack Wilson, a 148 lber, at the Ambridge V.F.W. Powerlifting Championship. Roger's muscular development was nothing short of awesome! When I had the audacity to ask him "What workouts do you do to become so muscular," he smiled and said, "For starters, Box Squatting." Roger spoke frequently about Box Squats, Westside Barbell (then on the West Coast), and a lifter he had the greatest respect and admiration for: the legendary George Frenn. Roger emphasized the importance of Box Squatting as a major contributor to squatting maximum poundages and overall leg development. We talked more the next day at another meet on April 27, 1975 at the BUCKEYE OPEN in Bedford Heights, Ohio [Meet Director Frank Picha. No mistake...the next day...back to back meets]. On October 25, 1975, Roger came to the 2nd ANNUAL MOUNTAINEER OPEN BENCH PRESS CHAMPIONSHIPS held at the Parkersburg YMCA in Parkersburg, WV as a coach for young Jeff Jandik from Ohio University. Roger was an advocate of very strict lifting and made it clear to me, the WV Chairman, that the rules "would be strictly enforced" for the benefit of everyone.

In 1976, Roger coached 148 lb. Jack Wilson very well as Jack won the NATIONAL COLLEGIATE CHAMPIONSHIPS held at Ohio University. Later that year, we all competed in the JR. NATIONALS in Bedford, Ohio. It was not our finest hour, but the event would serve as a foundation for greater things to come. In 1977, Roger lifted in the WV State Championships on 5/21/77 going 705-425-645-Totalling 1775 and winning the 198s. Later in 1977, Roger competed in the SENIORs, 2nd only to Larry Pacifico.

In 1978, Roger won the WV State Championships @ 198 with 740-470-670-1880! It was on this day that Roger actually gave away the Outstanding Lifter Award he earned and won to Herb Fitzsimmons. Although very focused with his lifting, Roger was a humble person and definitely one of strong character. Roger's talents and personality were very important to the early success of WV Powerlifting. Later in 1978, his legendary performance at the YMCA Nationals gave him an American Record Squat at 769.5, Bench Press of 490, Deadlift of 685, and a Total of 1940 (actually 1945 as the 765 Squat weighed heavy at 769.5). Needless to say, all of Roger's lifts on 12/10/78 remain USPF WV State Records.

In 1979, Roger won the SR. NATIONALS in Bay St. Louis, Mississippi, with a victory over Jerry Jones, Jim Cash, and Vince Anello. Brother Bennet was Meet Director and the contest was covered by NBC Television. I witnessed an interview (not sure if it was aired) between Roger and the NBC Network Sportscaster. During the interview, Roger praised his competition and thanked a number of people in Powerlifting as contributors to his success.

The memories I have of Roger are in the theatre of my mind and everyone who had the pleasure to have known him and witnessed his amazing feats of strength. With condolences to his wife and family, Powerlifting and the Sport of Iron has lost a pioneer and a friend.

Paul Sutphin
WV Powerlifting Chairman
35 Year Powerlifter

WNPF National BP/DL (kg)
7 MAY 05 - Lansing, MI

BENCH		275 lbs.	
WOMEN		K. Hanson	182.5
Raw		Master-3	
Open		181 lbs.	
132 lbs.	D. Herbert	G. Huey	140
Master-1	52.5	220 lbs.	
148 lbs.	T. Horvath	242 lbs.	142.5
K. Veltema	55	Washington	145
Master-2		Master-4	
132 lbs.	T. Striverson	235	
K. Hockeborn	95	Open	
MEN		181 lbs.	
Raw		C. Polena	132.5
Teen-1		198 lbs.	
181 lbs.	M. Coleman	232.5	
J. Molewyk	90	J. Jachim	165
Teen-3		220 lbs.	
242 lbs.	B. Wittum	200	
A. Keo	192.5	R. Huestis	147.5
Open	J. Mirales	185	
123 lbs.		Teen-3	
V. Vneun	102.5	181 lbs.	
165 lbs.	C. Carpenter	162.5	
R. Langwell	160	DEADLIFT	
A. Sharpe	132.5	WOMEN	
SHW		Raw	
J. Ebaugh	175	Master-1	
Junior		148 lbs.	
148 lbs.	K. Veltema	112.5	
T. McCrum	125	Master-2	
220 lbs.	T. Schreider	132 lbs.	
Master-2	130	K. Hockeborn	130
198 lbs.		Junior	
D. Covey	182.5	181 lbs.	
242 lbs.	L. Carr	112.5	
F. Schneider	157	MEN	
Master-3		Raw	
220 lbs.	D. Lhota	Open	
SHW	160	123 lbs.	
N. Manning	120	V. Vneun	165
Master-4		198 lbs.	
181 lbs.	J. Schroder	D. Berrera	157.5
220 lbs.	92.5	SHW	
J. Brodski	140	J. Ebaugh	300
242 lbs.	T. McCrum	Juniors	
R. Arnold	140	165 lbs.	
S. Cohle	140	T. Schreider	205
Master-6		Teen-1	
220 lbs.		181 lbs.	
L. Turner	82.5	J. Molewyk	115
Master-7		Open/SM	
198 lbs.	A. Chimento	198 lbs.	
S. Simko	90	SM	
WOMEN		220 lbs.	
Equipped		L. Lopez	250
SM		Master-1	
148 lbs.		198 lbs.	
S. Harrison	67.5	J. Jachim	180
Master-2		Master-3	
148 lbs.		220 lbs.	
K. Waugh	80	S. Cohle	227.5
SHW		Master-4	
A. Atkinson	80	SHW	
MEN		N. Manning	197
Equipped		MEN	
Open		Equipped	
165 lbs.	S. Hazelton	Open	
275 lbs.	175	181 lbs.	
M. Newman	210	J. Decker	310
SM/Open		220 lbs.	
242 lbs.	J. Casemier	J. Casemier	300
L. Lopez	202.5	L. Lopez	260
J. Juska	200	R. Klein	320
SHW		Master-2	
Washington	300	181 lbs.	
SM		G. Platsko	215
242 lbs.		242 lbs.	
J. Casemier	202.5	R. Strong	295
319 lbs.		Master-4	
S. O'Hollaran		220 lbs.	
295	R. Balko	R. Balko	227.5
Master-1		Master-5	
181 lbs.		242 lbs.	
C. Houser	145	A. Wenzlaff	245
275 lbs.	J. Peshek	Junior	
J. Peshek	295	SHW	
Master-2		T. Carr	237.5
198 lbs.			
A. Jones	205		
J. Jachim	165		
J. Marentette	170		
220 lbs.	M. LeClair	185	

(Thanks to Rich Van Eck for these results)

(article continued from page 8)

longer wanted to play football, I just wanted to exercise with weights.

Greg: How much did you weigh in your first contest?

Mike: I was 174 pounds, competing in the 181 pound class.

Greg: How much did you bench in that contest?

Mike: 345 pounds.

Greg: I heard you were on TV before. Can you elaborate on that?

Mike: In 1997 I was attempting to surpass the World Record I had in the bench. Maybe you've seen it - it was featured on *Real TV*. I was benching 570 and got to the top and my arm didn't lock out. My wrist came forward slightly, and the bar slid out of my hands and hit me in the chest.

Greg: Did you sustain any injuries?

Mike: I tore cartilage on the right side. I show the video when I do my strength seminars regarding proper techniques of spotting and paying attention. I thank God for supportive equipment. I really believe that wearing that bench shirt the way that I do helped bear the brunt of the potential injury when the weight hit me.

Greg: Where do you train?

Mike: I'm sponsored by World Gym of Palm Harbor, in Florida.

Greg: I heard your style of lifting earned you the name "Gear Master."

Mike: That came about when I really tried to master the art of equipment. I'm sponsored by Inzer Advanced Designs. With John's help, I really learned how to tweak any equipment he makes to get 110% out of it.

Greg: John Inzer has done a lot for this sport, and is quite a lifter himself. It's amazing what he's done through the years.

Mike: Yes, he ranks among the best.

Greg: Do you have any training tips that you'd like to share?

Mike: Always lift in a bio-mechanically correct way. Lift in a way that uses your body's leverage. Always train volume. Don't train heavy all the time. Don't wear your body out. I believe that volume training, multiple repetitions, is what stimulates muscle growth and strength. What you do in the off season is fine tuned during your cycle preparing for your contest.

Greg: Any supplements that you like?

Mike: Gear Man Supplements. The protein powder is outstanding.

Greg: Do you have any advice to the new powerlifter?

Mike: Leave your ego at the door. When you go to the gym, remember, Rome wasn't built in a day. Build your foundation, and your lifts will come from there.

Greg: I've heard you do some work in the local high schools.

Mike: I do motivational strength seminars for the high schools and middle schools in our county. I teach them the right way to get strong, lift properly, and avoid injuries. I was appointed to the Governor's task force on obesity, where we're trying to develop a healthy lifestyle for the state of Florida.

Greg: Does your job and career work well with your powerlifting?

Mike: Absolutely. In the Sheriff's office, it's helped when I've had to chase down a bad guy. I haven't lost one yet.

Greg: You have set 41 National and World records in five different federations. Are they all in the 220 weight class?

Mike: They're in the 198 pound class and the 220 weight pound class.

Greg: Anyone you'd like to thank?

Mike: I'd like to thank my wife and daughter for their support; my Dad, Joe Ferrantelli for getting me involved in exercise, my last coach Ken Harriman for teaching me how to powerlift; my sponsor, Inzer Advanced Designs, for the great equipment, and my brother of Advanced Chiropractic Associates. And of course, the place that I train, World Gym of Palm Harbor.

The AMERICAN DRUG-FREE POWERLIFTING FEDERATION Mission Statement: The ADFPF has been formed to provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman and Highland Games competitions through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration. A.D.F.P.F. Membership Application form is available in various powerlifting media sources, at ADFPF events, and in a package located on the ADFPF website. ADFPF membership is valid from the registration date to December 31, of that year. Registrations taking place during the month of November will carry over through the next full year. The membership fee is \$20.00 per year payable when returning the completed application form. International Competition: Drug-free lifters wishing to apply for membership on the U.S. Teams entering the 2005 WORLD DRUG-FREE POWERLIFTING FEDERATION World Championships may do so by completing the U.S. Team application process found on the ADFPF website. The application forms include the A.D.F.P.F. Membership form, membership requirements, a chart to record competitive lifting experience (which will be used in the U.S. Team selection process), and a form specifying the U.S. Team/s the applicant wishes to be considered for (application deadlines are noted on the form). The A.D.F.P.F. follows the W.D.F.P.F. Rulebook & Constitution which can be viewed on the ADFPF website. 2005 WDFPF Sanctioned scheduled events. The WDFPF schedule open to U.S. lifters is as follows: The 2005 SINGLE EVENT WORLD Championships; October 14, 15 & 16th in WITNEY ENGLAND (near Oxford). The 2005 POWERLIFTING WORLD Championships; December 3 & 4th in TURIN, ITALY (home of the Turin Shroud & host of the 2006 Winter Olympics). Please get your applications on file as soon as possible. U.S. Teams Membership participating in WDFPF competition will be via a selection process using the above mentioned application forms. The ADFPF is allowed to fill each U.S. Team with up to 3 lifters per weight class, in each Division (EQUIPPED & UNEQUIPPED), in each of the following categories: OPEN (minimum age 14); TEENAGE 3 (18-19); TEENAGE 1 (14-15); JUNIOR (20-23) TEENAGE 2 (16-17); POLICE/FIRE/MILITARY MASTERS (40-44; 45-49; 50-54; 55-59; 60-64; and so on in 5 year increments. Teams selection will be from lifters who have established totals from drug tested powerlifting organizations including WDFPF sanctioned events. For more information, go to the ADFPF Website (www.adfpf.org) and/or contact: The ADFPF E-mail: 27 ELMO DRIVE MACOMB, IL 61455

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

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Name: _____ Phone: (_____) _____ E-Mail: _____

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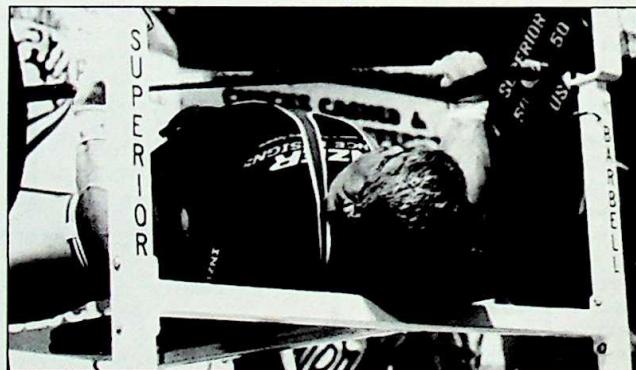
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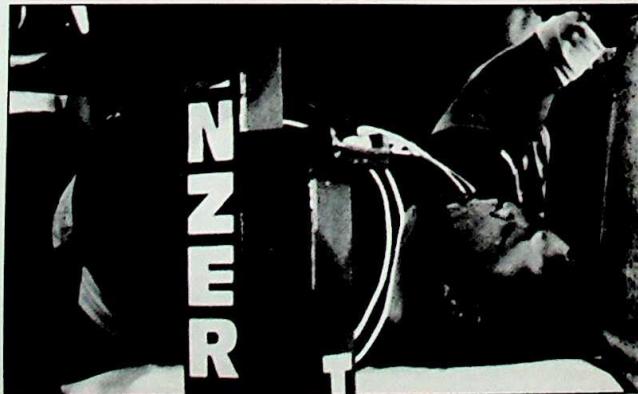
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148 lbs.	198 lbs.
Open	Raw
C. Truesdell 94	K. Bedore 380
MEN	Master (50-54)
148 lbs.	W. Desuris 232
Junior	220 lbs.
R. Brothers 287	Novice
Master (45-49)	A. Mouli 325
R. Coisson 276	Police/Fire
165 lbs.	W. Stanton 303
Raw	Raw
M. Geraghty 358	A. Meoli 325
J. Beamis —	Master (50-54)
C. Dejavay —	M. Varden 353
WOMEN	SQ BP DL TOT
88 lbs.	
Youth (10-11)	
E. Sexton 88	50 105 281
105 lbs.	
Submaster	
W. Slicer 132	127 226 485
Raw	
W. Slicer 132	127 226 485
Novice	
W. Slicer 132	127 226 485
114 lbs.	
Master (40-44)	
T. Ward 198	99 221 518
148 lbs.	
Lifetime	
C. Truesdell 182	94 226 502
Novice	
C. Truesdell 182	94 226 502
Master (50-54)	
D. Lehans 254	154 314 722
Master (55-59)	
C. Truesdell 182	94 226 502
MEN	
132 lbs.	
Youth (12-13)	
T. Decamp 110	66 165 342
Teen (16-17)	
B. Buell 276	215 325 816
Raw	
M. Farle 254	182 391 827
Master	
M. Farle 254	182 391 827
148 lbs.	
Master-7	
D. Maier 325	176 408 909
Open	
T. Albano 375	375 452 1202
165 lbs.	
Teen (18-19)	
D. LaPierre 397	204 435 1036
Junior	
D. Fragola 375	265 391 1031
Master (45-49)	
K. Buddle 441	221 502 1164
Master (60-64)	
T. Fleming 364	198 386 948
Open	



**Tyler Decamp .. 12 years old,
deadlifting 165 at the USAPL NYS**

B. Tupol 458 380 474 1312
T. Harman 424 331 502 1306
W. Sedurivs 375 232 424 1031
W. Lyon 502 276 446 1224
220 lbs.
Lifetime
N. Deon — — — —
Teen (14-15)
C. Pike 397 254 408 1058
Open
M. Muylen 639 375 573 1587
R. Hansen 551 380 650 1582
T. Ravesi 590 402 579 1571
J. Bellaria 562 364 579 1505
C. Soleyona 524 336 606 1466
242 lbs.
Raw
W. Meldfeld 232 193 342 766
Lifetime
W. Meldfeld 232 193 342 766
Police/Fire
W. Meldfeld 232 193 342 766
Junior
J. Peirce 502 364 590 1455
Master (40-44)
T. Middleton 55 55 485 595
Master (60-64)
V. Meldfeld 232 193 342 766
Open
T. Stoddard 628 468 551 1648
S. Gagnor 562 402 562 1527
R. Ebner 678 — — —
C. O'Bryan — — —
275 lbs.
Raw
J. Boshoy 446 402 485 1334
Master (40-44)
R. Flannery 584 375 540 1499
Open
A. Burree 458 336 474 1268
SHW
C. White 458 276 518 1251
Lifetime
G. Rendinu 508 281 540 1328
Submaster
G. Randoni 508 281 540 1328
Master-3
G. Beck 562 303 579 1444
Master-4
K. Turi 391 292 435 1119
Open
T. Piazza 524 331 540 1394
198 lbs.
Novice
R. Hanington 342 248 408 998
Raw
L. Munley 397 298 485 1180
R. Hanington 342 248 408 998
Teen (18-19)
M. Sessions 463 270 524 1257
J. Seigel 402 287 496 1185
Submaster
A. Jackson 402 342 540 1284
Master (40-44)
A. Yvars 623 353 606 1582
Master (45-49)
J. Payette 573 325 524 1472
Master (50-54)

and help was appreciated in more ways than I can say with words. Also, a big thanks to John Payette, Dan Leferre, and Robert Hansen. These guys helped every chance they had and still lifted like pros. Thanks go out to my spotters/loaders Marc Fortier, Leonard Young, Marc Varden, and my wife Linda, who put up with me through all of this. (These met results were provided to POWERLIFTING USA courtesy Meet Director Tim Sexton)

USAPL ASH

MEN	SQ	BP	DL	TOT
J. Warren-114250	100	250	500	
Bordelon-121280	155	315	750	
N. Boutee-131300	120	310	730	
C. Brown-139310	220	300	830	
Stockdale-161350	250	400	1000	
J. Gilbert-174395	190	455	1035	
Edwards-168405	225	405	1035	
Sciaccia-172405	225	405	1035	
Jackson-181400	240	400	1035	
D. Yates-170405	265	365	1035	
J. Ellie-196405	260	405	1070	
Domicia-198410	230	430	1070	
C. Favret-187375	250	450	1075	
K. Lougve-210434	235	465	1145	
A. Guidry-271500	300	400	1200	
Ceville-286450	245	275	1070	
B. Ross-319500	315	405	1220	
T. Hollis-289425	220	425	1070	
WOMEN				
Alexandet-97140	60	135	335	
S. Smith-83155	60	55	370	
B. Smith-100160	80	160	400	
K. Riley-108200	80	225	505	
Roberts-119185	110	185	480	
V. Rini-122150	80	185	410	
A. Holms-145205	100	220	525	
T. Cedars-139180	90	250	520	
J. Bossier-145230	145	250	625	
H. Cottton-314265	135	275	675	
Wallace-233230	120	275	625	
Weaver-238275	130	270	675	
Collins-211255	130	290	675	
Alvarado-339325	140	270	735	
L. Willis-105140	80	160	415	
S. Deville-99150	80	185	415	
A. Martin-106180	110	185	460	
Johnson-127185	80	200	485	
M. Lewis-159200	80	220	520	
T. Walls-150250	100	250	600	
K. Smith-171250	100	300	650	
R. Elliott-185220	110	280	610	
L. Carter-103235	100	250	585	
D. Turner-117240	140	320	700	
Herrin-132300	160	350	810	
J. Dunlap-147350	220	360	930	
Mathewes-158350	200	445	995	
Messina-161350	235	410	995	
Thomas-178400	200	500	1100	
A. Bolen-239450	250	450	1150	
C. Lewis-114200	80	200	480	

(Thanks to USAPL for providing results)

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

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

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

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

Name: _____ Phone: (_____) _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

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

Membership Prices: (please circle one) • Adult - \$40.00 • High School Division (Full year; any meet) - \$30.00 • Special Olympian - \$10.00
• High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

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

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• White Referee Designation Polo - \$30.00(s-xl) \$32.50(xd & up) (size ____ qty. ____)

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• Navy Sweatshirt - \$30.00(s-xl) \$32.00(xd & up) (size ____ qty. ____)

• Logo Patch - \$5.00 (qty. ____)(Shpg for patch: .50)

• Hats - \$15.00 (qty. ____)(colors: white, navy, black)

Check/Money Order # _____

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

Card # _____

Cardholder Signature: _____

All memberships expire 12 months from date of purchase.

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Merchandise Total: \$ _____

Merchandise Shipping: \$4.00

Total Purchased: \$ _____

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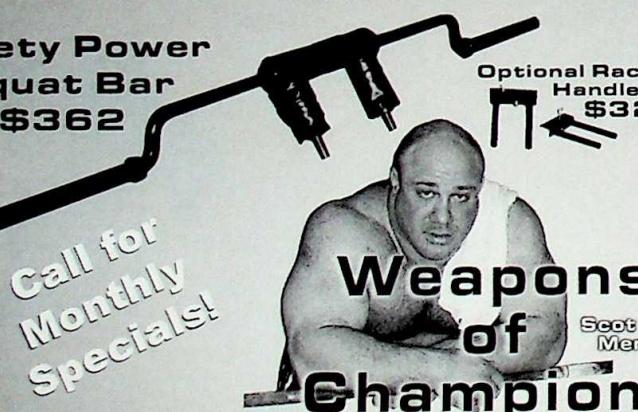
USAPL WHSPA State Meet									
11-12 MAR 05 - S. Milwaukee, WI									
GIRLS	SQ	BP	DL	TOT	C. Langhoff	265	125	280	670
97 lbs.					R. Kutchera	245	120	295	660
S. Seebruck	200	85	240	495	H. Baumann	230	105	240	575
K. Somers	170	80	220	470	H. Brenengen	215	95	245	555
M. Williams	175	90	190	455	S. Deering	215	95	235	545
G. Trinidad	185	75	195	455	N. Workman	205	100	235	540
C. Kleppen	165	90	200	455	B. Manske	215	80	240	535
J. Miller	185	70	180	435	A. Bigalk	185	90	245	520
S. Johnson	175	70	175	420	B. Jorgensen	200	85	230	515
C. Brady	155	75	180	410	M. Mullen	175	95	235	505
105 lbs.					A. Lagerstrom	205	90	210	505
T. Haeuser	210	115	235	560	K. Beaver	195	90	215	500
M. Mueller	225	80	240	545	K. Esser	190	75	230	495
A. Oens	210	80	230	520	K. Hammer	185	95	205	485
J. Pennings	205	75	205	485	M. Ritt	175	95	210	480
S. Tennessem	170	75	235	480	E. Miller	185	70	200	455
K. Mason	160	80	230	470	C. Bosworth	170	90	185	445
B. Gorka	160	95	215	470	A. Raab	185	—	—	—
J. Sabin	185	80	205	470	S. Baumann	205	115	—	—
J. Vandevoort	170	85	205	460	K. Brzezicka	165	—	—	—
B. Cox	170	70	220	460	132 lbs.				
J. Breit	165	70	225	460	Jovanovich	320	140	300	760
S. Gerzmehle	180	75	205	460	S. Cross	295	125	285	705
D. Machovec	135	65	220	420	C. Trim	240	115	275	630
E. Svejda	—	—	—	—	K. Flaherty	260	105	255	625
114 lbs.					L. Houle	245	95	285	625
J. Brewer	275	120	295	690	E. Smith	210	105	300	615
L. Houle	285	110	275	670	K. Gregory	230	95	270	595
B. Carlson	245	125	265	635	D. Skubis	240	100	255	595
K. Sullwold	215	120	275	610	J. Burhr	200	115	275	590
S. Sitkawikitz	225	105	260	590	A. Koxlien	215	115	260	590
A. Johnson	215	100	265	580	A. Liska	210	115	260	585
A. Schroeder	215	85	265	565	K. Zempel	245	80	250	575
A. Wilson	210	75	275	560	L. Silvinski	225	95	235	555
R. Dutscheck	230	90	240	560	A. Daniels	185	105	260	550
N. Useman	205	80	270	555	M. Skotzke	185	85	260	530
E. Parker	225	90	240	555	D. Pirter	210	85	230	525
K. Portwine	205	115	225	545	B. Warren	180	85	245	510
J. Kromrey	210	120	210	545	H. McAnallen	150	100	250	500
L. Flores	200	85	240	525	142 lbs.				
C. Ferancec	175	95	255	525	D. Budi	315	135	290	740
P. Patrykus	190	90	215	495	A. Brenneman	280	140	300	720
A. Weimer	190	95	205	490	K. Jindrick	250	120	290	660
S. Meyers	175	85	230	490	S. Faga	255	130	270	655
M. Fischl	170	95	220	485	K. VanMeter	255	100	275	630
L. Bigley	—	—	—	—	E. Dunning	225	110	285	620
123 lbs.					V. Hasselhof	225	105	275	605
K. VanDusen	320	145	305	770	L. Hauley	250	115	235	600
B. Black	245	105	245	595	K. LaCasse	185	125	225	535
					181 lbs.				

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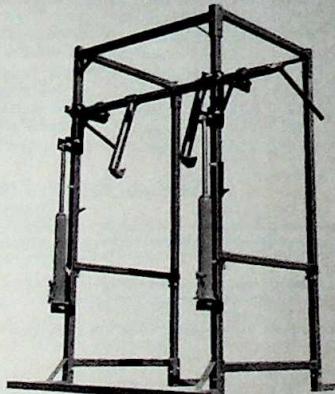
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M. Dunn	275	160	300	735
J. Binsthor	2005	165	330	700
K. Gregory	230	125	325	680
T. Kundinger	205	145	315	665

Warrachaiet 215 125 285 625

W. Kellar 235 130 250 615

T. Conner 280 — — —

132 lbs.

Z. Karbula 390 190 420 1000

M. Islami 315 205 450 970

J. Eigermann 350 190 420 960

C. Williams 340 195 400 935

Kammueler 300 210 390 900

N. Johnson 315 165 390 870

R. Hardie 335 170 330 835

N. Ryttilahti 330 165 330 825

S. Parrott 270 175 345 790

E. Kordus 280 160 350 790

J. Zimmerman 255 175 360 790

K. Kim 285 140 340 765

J. Olson 270 1685 330 765

J. Leathers 285 150 325 760

M. Marculis 280 155 325 760

M. Dicken 260 160 335 755

S. Hein 270 155 325 750

K. Geske 250 170 330 750

N. White 300 150 300 750

D. Smith — — — —

K. Gauthier — — — —

142 lbs.

J. Bell 315 210 455 980

B. VanDyke 365 205 405 975

J. Dunn 365 175 405 945

Q. Moller 300 195 450 945

L. Comstock 310 205 395 910

T. Rallo 315 170 405 890

W. Peters 305 185 375 865

J. Durik 325 200 335 860

B. Stacker 320 155 380 855

N. Lockhart 310 170 370 850

D. Kunz 335 185 330 850

D. Salewski 315 170 350 835

K. Warner 330 165 330 825

D. Bergh 305 155 365 825

K. Pelsiket 275 190 345 810

T. Rodgers 290 210 300 800

H. Heinrich 280 185 330 795

M. Gamoke 270 145 380 795

J. Andreska 330 170 — —

H. Yang — — — —

153 lbs.

R. Johnston 440 250 440 1130

B. Barney 390 235 435 1060

K. Brady 345 230 420 995

Henricksen 405 185 405 995

C. Lascelle 365 215 400 980

R. Miroslaw 355 165 455 975

B. Mikulecky 375 165 420 960

A. Towner 330 210 410 950

K. Mikulecky 365 160 420 945

G. Kuehnl 340 235 355 930

A. Thesing 335 155 385 875

A. Wolf 330 170 365 865

165 lbs.

S. Winchel 490 270 500 1260

N. Brilla 425 265 550 1240

N. Cox 480 225 475 1180

A. Goehrung 405 235 435 1075

D. Swanson 370 245 440 1055

J. Chouinard 375 165 480 1020

B. Woodward 415 205 385 1005

J. Vlasak 360 190 450 1000

M. Brady 370 230 400 1000

N. Karow 350 210 440 1000

G. Danforth 340 230 410 980

T. Venturino 335 205 435 975

S. Rigdon 375 195 400 970

J. O'Laughlin 330 210 425 965

T. Slovensky 350 210 405 965

B. Nytes 325 205 350 880

C. Hanson — — — —

J. Raehl — — — —

T. Kirschenlohr — — — —

181 lbs.

S. Hickey 450 295 495 1240

R. Trettin 470 260 470 1200

G. Rbinson 450 260 465 1175

M. Schmeizle 445 225 500 1170

R. Thomas 405 235 495 1135

K. Coddington 430 225 450 1105

B. Raeder 400 215 475 1090

J. Weingarten 375 215 460 1050

E. Kradecki 400 215 420 1035

C. Jacobs 385 200 450 1035

K. Joiner 335 220 470 1025

198 lbs.

C. O'Day 520 265 570 1355

B. Miller 525 250 560 1335

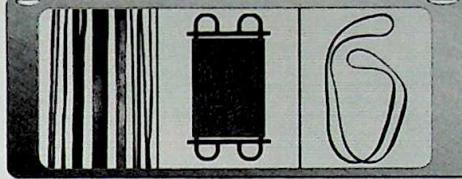
J. Hackman 520 250 545 1315

L. Schultz 500 250 500 1250

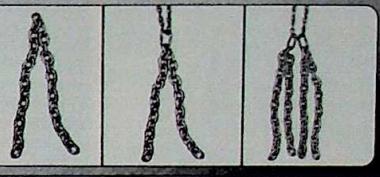
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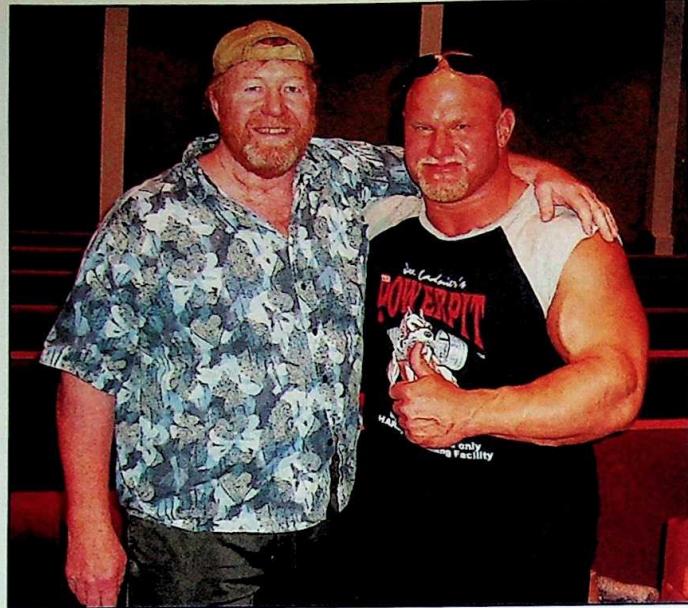


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L. Sieber 425 275 445 1145	S. Schaus — — — —	VandeWetter 570 250 495 1315
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J. Michaels 390 290 450 1130	A. Kautza — — — —	A. Bach 440 245 460 1145
C. Kaplanek 405 245 475 1125	Miklaszewski — — — —	J. Hietpas 480 225 440 1145
S. Hanzlak 420 220 460 1100	242 lbs.	Z. Webber — — — —
B. Housworth 430 210 445 1085	T. Uecker 555 290 540 1385	Girls Team: Neehan 92, Wisconsin Rapids 60, Holmen 43, Kaukauna 26, Seymour 25, Manitowoc 22, Kimberly 15, Racine Case 9, Superior 8, South Milwaukee 5, Badger 1 pt. Girls Best Lifters: Katie Vandusen, Devan Doan, Jasmine Brewer. Boys Teams Division 2: GET 77, Neecedah 49, Hillsboro 37, Hayward 36, Osceola 27, Mauston 15, Markesan 12, Phillips 10, Luxemburg-Casco 9, Random Lake 7, Berlin 5, Adams-Friendship 5, West Salem 4, Boys Teams Division 1: Neehas 42, Racine Horlick 40, Kaukauna 30, Manitowoc 25, WR Lincoln 24, Superior 23, South Milwaukee 23, Rhinelander 21, Racine Case 18, Lacrosse Logan 14, Seymour 12, WR Assumption 12, Clear Lake 11, Menasha 9, Ashland 9, Appleton West 7, Appleton Xavier 7, Milwaukee Marquette 7, Holmen 5, Kimberly 4, Badger 4, Green Bay 4, Antigo 1 pt. Boys Best Lifters: 1st - Sam Winchel, Hillsboro High School. 2nd - Nick Ludwig, Manitowoc High School. 3rd - Jake Switalski, Racine Horlick High School. (courtesy of USAPL)
M. thrson 375 255 445 1075	J. Taylor 455 315 575 1345	
T. McCarthy 405 220 430 1055	Steinbrecher 550 210 480 1240	
J. Zellner 405 210 430 1050	W. Bemis 460 275 500 1235	
T. Monahos 420 205 420 1045	S. Pavlik 510 250 465 1225	
J. Hare 375 235 425 1035	D. Barilani 450 290 475 1215	
T. Krombholz 405 225 400 1030	D. Garrett 450 260 500 1210	
K. Fuhrman 440 290 — —	Baumgartner 400 325 440 1165	
F. Minervini 405 235 — —	M. Wochinski 380 210 435 1125	
VanZeeland — — — —	C. Duescher 405 290 405 1100	
Baumgartner — — — —	J. Stommler 455 225 405 1085	
220 lbs.	J. Oshasky 370 270 370 1010	
J. Huss 455 245 530 1230	275 lbs.	
J. Tlachac 425 320 480 1225	A. Gamez 550 335 550 1435	
R. Siekert 475 235 485 1195	A. Schmeizle 610 260 490 1360	
J. VanBeek 405 235 485 1195	J. Greenberg 450 270 445 1165	
J. Romiske 420 235 510 1165	R. Stainbrook 500 225 405 1130	
B. Detrie 495 190 470 1155	T. Walz 550 — — —	
T. Rouse 405 230 500 1135	C. Wage 705 385 — —	
A. Peeters 435 235 4555 1125	Christensen 455 255 — —	
G. Haack 390 240 450 1080	SHW	
B. Savage 420 205 410 1035	J. Switalski 590 405 610 1605	
N. Erdman 405 220 405 1030	N. Ludwig 675 375 550 1600	
T. Santori 365 220 405 990		

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MEN	
Novice	308 lbs.
198 lbs.	B. Snyder 385!
T. Gray	345!
242 lbs.	R. Wilkerson 535!
R. Gray	275!
Teen (16-17)	MEN
148 lbs.	Novice
M. Mayhall	198 lbs.
198 lbs.	T. Gray 435!
J. Gonnering	275!
4th-290!	148 lbs.
275 lbs.	M. Mayhall 405!
B. Petrey	355!
Teen (18-19)	J. Gonnering 405!
148 lbs.	275 lbs.
P. Duke, Jr.	B. Petrey 480!
165 lbs.	4th-500!
B. Rushing	265!
4th-280!	148 lbs.
B. Crandall	P. Duke, Jr. 450!
Junior	250
165 lbs.	Junior
B. Woods	165 lbs.
4th-315!	P. Griffin 465!
181 lbs.	242 lbs.
K. Dogan	J. Werner 675!
308 lbs.	4th-700!
B. Snyder	Submaster
Submaster	198 lbs.
198 lbs.	J. Ray 655!
T. Gray	Master (45-49)
Master (40-44)	181 lbs.
242 lbs.	N. Wilson 580!
R. Gray	275!
275 lbs.	D. Davidson 725!
T. VanHorne	Master (50-54)
Master (45-49)	198 lbs.
198 lbs.	K. Stuart 490!
J. Griffin	Master (55-59)
Master (50-54)	220 lbs.
198 lbs.	T. Butler 525!
J. Stopp	Open
K. Stuart	165 lbs.
Master (55-59)	A. Hyche 460!
220 lbs.	181 lbs.
T. Butler	N. Wilson 580!
Open	C. Sloan 575
165 lbs.	198 lbs.
A. Hyche	J. Ray 655!
181 lbs.	C. Dunaway 570
C. Sloan	220 lbs.
198 lbs.	A. Mellow 500!
C. Dunaway	181 lbs.
440!	J. Werner 675!
220 lbs.	4th-700!
A. Mellow	275 lbs.
450!	A. Guin 500!
Best Lifter Bench:	Robert Wilkerson.
Best Lifter Deadlift:	Dan Davidson. !=SLP Alabama state record.
The first annual Alabama Push Pull Championship was held at the Lord of the Harvest Baptist Church. A special thanks goes out to Phil Duke, Jr. who worked so hard organizing this event and to the numerous members of the church who helped out in so many ways. In the bench press competition, beginning with the novice division, we had two lifters,	



Dr. Darrell Latch & Joe Ladnier @ the SLP Alabama Push/Pull Meet.

cousins Tony and Robert Gray. Tony, hailing from Michie, Tennessee, won at 198 with 345. Robert, from Corinth, Mississippi, took the 242 class with 275. In the teenage 16-17 division it was Michael Mayhall at 148 with 255 for the win. Josh Gonnering won at 198 with 275, followed by a successful fourth of 290, while Brad Petrey took the honors at 275 with 355. At 18-19 Phil Duke, Jr. got a strong 275 at 148 for the win there. At 165 we had two competitors, Brett Rushing and Ben Crandall. Brett finished with 265 plus a fourth with 280 for the win while Ben took second with 250. In the junior division Brandon Woods took the 165 class with 305, before finishing with a state record fourth of 315. At 181 it was Kole Dogan for the win with 350 while Bobby Snyder took the 308's with 385. Taking a second title was Tony Gray at submaster 198. In the master division we had several great lifters from throughout the southern states. At 40-44 it was Robert Gray at 242 with his second win of the day and Tracy VanHorne with a great 480 at 275. Jamie Griffin finished with 365 at 45-49/198. For the 50-54 age group it was James Stopp over Kirk Stuart at 198, 380 to 340. Then in the 55-59 division it was Ted Butler at 220 with a solid 375. In the open division Artis Hyche won at 165 with 265 while Chris Sloan took the 181's with 335. Casey Dunaway got a big 440 at 198 while Andy Mellow won at 220 with 450, followed by a 475 fourth. Bobby Snyder won

his second title of the day with his win at 308. The best lifter award went to Robert Wilkerson who took the open shw class, finishing with 535. In the deadlift competition Tony Gray won at novice 198 with 435, making this his third title on the day. At teenage 16-17 it was Michael Mayhall again at 148 with 405, Josh Gonnering at 198 with 405 and Brad Petrey at 275 with 480, plus a fourth with a personal best 500. This gave all three lifters their second titles of the day. Phil Duke, Jr. also won his second title of the day at 18-19/148, finishing with a triple bodyweight pull of 450! At junior 165 it was Patrick Griffin with 465 while big John Werner got a big 700 fourth attempt at 242! In the submaster division Jeff Ray pulled a big 655 for the win at 198. Nathan Wilson, another great master lifter, got a personal best at 45-49/181 with 580. But the biggest pull of the day and the best lifter award went to Dan Davidson who pulled 725 @ 257, for the win at 45-49/275! Kirk Stuart got a win at 55-59/198 with a solid 490. In the open division Artis Hyche won his second title at 165 with 460 while Nathan Wilson captured the title over Chris Sloan 580 to 575 in a close one! Jeff Ray won at 198 over Casey Dunaway 655 to 570 while Andy Mellow pulled 500 as a guest lifter at 220. John Werner, "The California Kid", won his second title at 242 and Adam Guin rounded out the field with the title at 275, finishing with 500. All the winners in both the bench and deadlift established new Son Light Power Alabama state records, since this was our first competition within the state. It was a great meet, with great lifters and a great church filled open-hearted Christians who are trying to meet the needs of everyone in the community, especially the young people. If you are ever in the Northport, Alabama area please visit the Lord of the Harvest Baptist Church. Thanks again to everyone who helped out with the competition and to my son Joey, who does everything for me. Thanks to Rev. Martin Houston for the inspiring talk afterwards. I also would like to thank Joe Ladnier for being there and for the great seminar he provided to the lifters. Joe, who recently set the masters world record for the 242 class with 733 at the Arnold Classic, is a great guy with a great attitude, one of the true ambassadors of the sport of powerlifting. You can contact Joe at www.joeladnier.com. See you again next year! (These results by Dr. Darrell Latch)

J. Castiglione	160	G. Hayes	230
275 lbs.		D. Kouf	205
D. Bowman	280	242 lbs.	
P. Horton	227.5	R. Lawrence	280
Masters		275 lbs.	
181 lbs.		T. Lemanski	272.5
D. Agostini	170	OUT	
198 lbs.		BENCH	
D. Beckinsale	162.5	MEN	
220 lbs.		Open	
G. Hayes	230	275 lbs.	
B. Kelly	175	D. Rollins	—
Open		148 lbs.	
B. Moorehead	170		
198 lbs.			
R. Conti	170		
220 lbs.			
WOMEN	SQ	BP	DL
Open	Lightweight		
132 lbs.			
A. Franciscus	147.5	60	145
G. Sanchez	120	65	140
Open	Heavyweight		
165 lbs.			
C. Myers	227.5	110	182.5
181 lbs.			520
S. Motter	302.5	167.5	272.5
MEN			742.5
Special Award			
181 lbs.			
N. Cafaro	60	115	150
Junior/Teen			325
123 lbs.			
D. Conyers	142.5	65	147.5
242 lbs.			355
N. Moretto	302.5	167.5	272.5
308 lbs.			742.5
S. Weech	422.5	245	307.5
C. Marsh	250	175	205
Master			630
123 lbs.			
E. Milian	210	110	212.5
165 lbs.			532.5
B. Player	195	150	202.5
220 lbs.			547.5
J. Thrift	272.5	200	237.5
242 lbs.			710
S. Bessent	227.5	155	245
SHW			627.5
K. Southwood	365	272.5	272.5
Open			910
123 lbs.			
E. Milian	210	110	212.5
148 lbs.			532.5
J. Green	272.5	132.5	232.5
W. Holloway	192.5	157.5	235
165 lbs.			585
J. McElroy	290	162.5	262.5
McWilliams	217.5	157.5	205
D. Barnes	200	115	200
B. Beasley	130	105	157.5
181 lbs.			392.5
S. Wunz	275	182.5	257.5
D. Klein	227.5	172.5	2050
B. Ellers	182.5	132.5	205
198 lbs.			520
D. Flesh	332.5	202.5	267.5
J. Norman	320	175	295
R. Parker	282.5	170	227.5
R. Conti	266.5	170	227.5
T. Jones	215	157.5	217.5
C. Norman	205	130	197.5
220 lbs.			532.5
L. Mosley	352.5	255	307.5
J. Oliksowycz	317.5	167.5	220
D. Peterson	240	205	227.5
S. Franz	250	192.5	220
G. Bianchino	227.5	152.5	227.5
242 lbs.			607.5
C. Simmons	427.5	295	285
R. Jones	365	257.5	327.5
D. Sharkey	320	237.5	255
S. Grimm	285	187.5	275
N. Moretto	302.5	167.5	272.5
275 lbs.			742.5
C. Bailey	435	250	307.5
C. Fay	422.5	252.5	295
G. Jurkowski	385	217.5	355
L. Estevez	370	250	287.5
308 lbs.			907.5
J. Vaughn	410	237.5	327.5
S. Weech	422.5	245	307.5
J. Abbott	352.5	262.5	330
SHW			945
S. Crumbley	410	227.5	295
OUT			932.5
MEN			
Master Open			
181 lbs.			
A. Morrell	227.5	—	—
198 lbs.			227.5



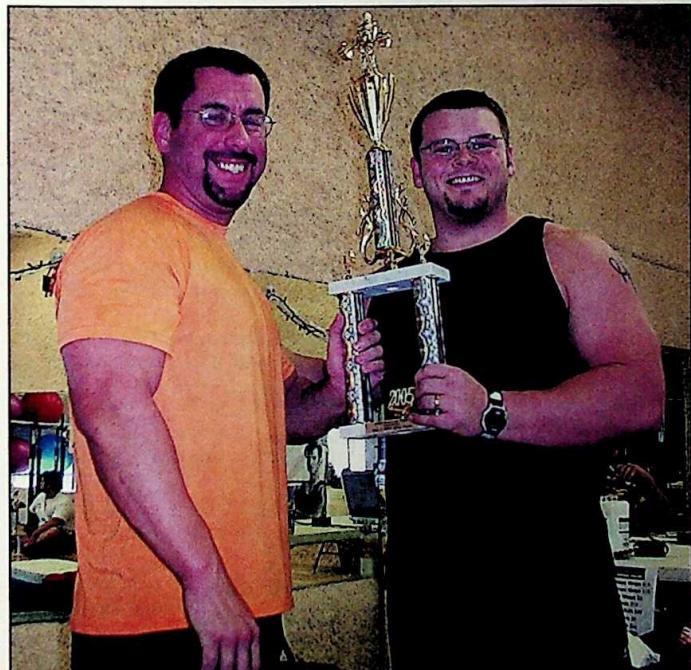
Tracy Van Horne with his SLP AL SR 480 BP in the 40-44/275 lb.

APF Southern States
4,5 DEC 04 - New Smyrna Bch, FL
BENCH Only **Junior/Teen**
MEN **181 lbs.**

C. Rekas	—	—	—	—
148 lbs.				
Williamson	160	—	—	160
198 lbs.				
J. Wisenbaker	—	—	—	—
220 lbs.				
J. Howe	—	—	—	—
275 lbs.				
R. Gregg	310	—	272.5	582.5
K. Guledge	410	272.5	—	682.5
(Thanks to Pam Clayton for the results)				

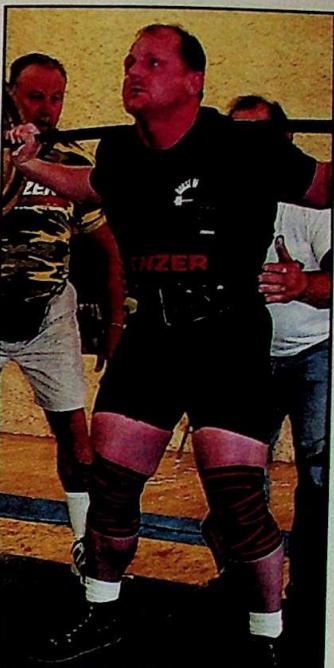
APA Summer Bash
7 MAY 05 - Katy, TX

BENCH	Drug Free	McCullough	405
97 lbs.			
Teen (11-12)	Master 40-44		
J. Geiser	50	D. Moser	—
148 lbs.		242 lbs.	
Submaster (33-39)	Open		
J. Geiser	235	E. Wright	—
198 lbs.		275 lbs.	
Open		Teen (18-19)	
J. Sappington	—	E. Owens	385
Submaster (33-39)	DEADLIFT		
W. Hinds	430	181 lbs.	
Master (50-54)	Teen (16-17)		
B. Kline	—	R. Guzman	430
220 lbs.			
WOMEN	SQ	BP	DL
123 lbs.			TOT
Master (45-49)			
C. Suggs	180	80	215
MEN			
165 lbs.			
Teen (11-12)			
J. Burtschell	250!	165!	255!
181 lbs.			670!
Teen (16-17)			
R. Guzman	405	185	430
Master (40-44)			1020
R. Jolly	480	315	500
198 lbs.			1295
Open			
J. Evans	650	385	525
Submaster (33-39)			1560
W. Hinds	575	430	575
220 lbs.			1580
Teen (13-15)			
S. Mize	385!	170	—
Open			—
D. Adams	505	315	470
242 lbs.			1290
Open			
C. Matthews	645	550	650
Junior (20-23)			1845
J. Suggs	600!	410!	505
Submaster (33-39)			1505!



The Best Bencher at the APA Summer Bash - Jason McCullough - with the General Manager of Katy Family Fitness - Jason Phelps - (at left).

giving him yet another Texas Masters record total of 1345. Teen lifter Mitch Juenke (16) also set a Texas Teen record with his 400 squat and 215 bench. Mitch had to leave the meet and was unable to finish. Master 308 Steve Burtschell missed 660 two times and ended with a 635 squat. Steve nailed 550 in the bench on a 4th attempt for a Texas Masters record. He ended his day with a 585 deadlift and a Texas Masters record total of 1770. In the women's full power masters lifter Cindy Suggs, lifting for the first time ever took home a 1st place win in the 123's and all Texas Masters records by going 180, 80, 200, and a total of 460. In the bench press only division, 9 year old Zachary Geiser, in his first meet ever took home a win with a 50 pound bench press. Zachary was not only 9 years old, but he only weighed 60 pounds. Submaster, 148, John Geiser took home a win with his 235 bench on his 3rd attempt lifting in the 198's Justin Sappington just missed 420 on all three attempts. Submaster lifter Wayne Hinds got a win with his 2nd attempt of 430. Also in the 198's master lifter Brian Kline was almost there with 3 attempts of 440. In the 220's Jason McCullough took home the win with his opener of 405 and also giving him Best Bencher of the day. Master lifter Don Moser missed all three of his attempts of 450. In the 242's, Eric Wright opened up with a huge 625 and his shirt blew. Putting on a new shirt, he went 640 and 660 but could not get either to touch the chest. In the 275's, teen lifter Elija Owens took home a win with his 3rd attempt of 385. In the deadlift only division, Rudy Guzman took home a win with his 2nd attempt of 430. Rudy just missed locking out 450. I would like to thank our spotters and loaders and judges Josh Ash, Maria McCullough, Don Broseman, Shannon McDougald, and Brian Kline. Also a big thanks to Jason Phelps, General Manager of Katy Family Fitness and The Health Clubs of America. Jason runs one of the best gyms I have seen and is very open to



Chad Matthews.. Best Lifter overall at the APA Summer Bash (TM)

supporting powerlifting. Also a big thanks to Mike Lambert of Powerlifting USA for his continued support of this sport and its lifters and a special thanks to John Inzer of Inzer Advance Designs for all the support he has given this sport. Without the help of these people, all of the great lifters in this meet would have not had a chance to lift. (results courtesy Tom McCullough)

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The revolutionary system that adds the missing dimension to optimum sports nutrition—the dimension of time.

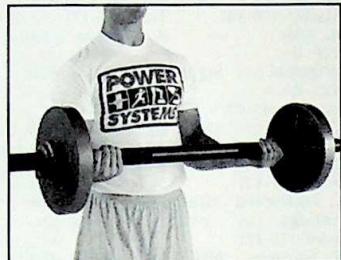
John Ivy, Ph.D., & Robert Portman, Ph.D.
Foreword by William Krajecki, Ph.D.

cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

WNPF Natural Northeastern											
26 FEB 05 - Piscataway, NJ	198 lbs. (40-49)		Open	Marshall	150	Tortorelli	480	285	475	1240	
BENCH	Litowsky	160	Williams	155		275 lbs. (13-16)					
123 lbs. (40-49)	148 lbs. (17-19)		220 lbs. (40-49)			Raw					
Raw	Raw		Howard	140		Diamond	275	185	370	830	
Benner	190*	Careri	310	242 lbs. (40-49) Raw	SQ BP DL TOT	Hawrylack	265	185	320	770	
MEN	165 lbs. (20-23)		Powerlifting			Open					
148 lbs. (17-19)	123 lbs.					Becker-bl	530	400	575	1505	
Raw	Dimura	490	Benner	200	190* 320* 710*	Subs					
Careri	185	Open				Becker	530	400	575	1505	
165 lbs. (17-19)	Neary	465	100 lbs. (11-12) Raw			*=WNPF American Records. !=Best Lifters.					
Rigney	290	Raw	Litowsky	135	70 160 365	Team Champs: Calvary Christian Academy.					
(60-69)	Neary	465	148 lbs. (13-16)			What a great meet this was. 54 lifters					
Raw	198 lbs. (20-23)		Richardson!	370	170 375 915	in 2005, we had 42 lifters at this same event					
Robinson	205	Brown	425	165 lbs. (13-16)		last year. The Calvary team was great and					
(40-49)						this is mainly because of their coach Tom					
Caliguri	350	Skinner	520	Raw		Conway. They lifted great and they were					
181 lbs. Open			Montanez	230	160 355 745	well behaved. Big Nat Litowsky improved					
Archielo	300	Raw	(17-19)			his total from last year and his dad Dennis					
Novice		Careri!	560	Marshall	300 145 320 765	was very proud of him. Bonnie Benner from					
Archielo	300	Skinner	500	(20-23)		PA. had a very impressive total of 710					
198 lbs. (40-49)		Raw				pounds and she also set a few WNPF					
Raw		Skinner	500	Vassallo	315 290 395 995	American records. Richardson of Calvary					
Careri	320	Novice				totaled 915 in the 148's and he also won					
(40-49)	Raw	Raw				the teenage best lifter. Vassallo almost put up					
Williams	280	Careri	400	181 lbs. (17-19)		a grand. He missed it by 5 pounds. I'm sure					
Novice		220 lbs.		Trusty	390 145 370 905	he will hit this mark at the next WNPF					
Raw		Raw		Hall	305 175 415 895	event. Trusty and Hall battled it out in the					
Careri	240	Caffrey	500	Open		teenage 181 class with Trusty winning by					
220 lbs. (40-49)				Raw		only 10 pounds. Mark Taylor beat Dan					
Raw				Keller	440 — — —	Caffrey with a 1280 total in the open raw					
Howard	355	Znaczko	380	220 lbs. (13-16)		220 class. Frank Ble made his comeback.					
242 lbs. Open		Open	425	Raw		Frank has been with the WNPF since 1990					
Haley	385	(40-49)		Stonehill	250 165 325 740	I believe, Frank hit a 1325 total and he also					
Marshall	270	Dibble	560	McKain	240 155 300 695	set some new records. Brian Becker won					
Open		275 lbs.		(13-16)		both the subs and open 275 classes. He has					
Raw				Tidy	370 160 330 860	a very impressive squat where there's no					
Haley	370	Raw		Maletta	270 140 335 745	doubt about his depth. Robinson got his					
Marshall	—	Chiavacci	575	Open		opener at 205 pounds, this was only his					
(40-49)	SQUAT			Raw		second meet. Big Joe Caliguri hit 350					
Dibble!	500	105 lbs.		Taylor	425 355 500 1280	pounds in the 165 masters class. Archielo					
Haley	385	(40-49)		Caffrey	430 300 500 1230	won both the novice and open class in the					
Raw		Raw				181's. John Howard, 2005 WNPF strongman					
		Desbiens	110	Raw		runner up hit a 355 on the bench press.					
Dibble	370	MEN		Ble	510* 290 525 1325	Haley won three divisions in the 242 class					
275 lbs. (40-49)		220 lbs.		Schemel	390 260 410 1060	in the raw and equipped divisions. Dibble					
Dupont	375	Open		242 lbs. (13-16)		from Long Island, NY hit the 500 mark in					
DEADLIFT		Caffrey	430	Raw		his first WNPF meet and he won the bench					
123 lbs. (40-49)	POWERCURL			MacDonald	340 135 345 720	press best lifter award. Joe Dupont hit 375					
Raw		165 lbs. (17-19)				with the flu. Grant Neary hit 465 pounds					
Benner	320*	Rigney	145	Raw	445 225 480 1150	in the open 165 deadlift division. Daddy					
MEN		Open		Florez		Joe Careri hit 560 pounds and missed 600					
100 lbs. (11-12)		Edwards!	155	Open		pounds. Andy Skinner won two classes in					
Raw		(40-49)		Marshall	400 — — —	the 198's. Andy has been with the WNPF					
		Edwards	155	Raw		since 1990 and he is coming to the end of					
						his lifting career. He has so many injuries					
						that he is thinking about retirement. We no					
						one thing for sure he has a lot of heart					
						because he will keep pulling no matter how					
						much pain he's in. Znaczko and Chiavacci					
						made their returns to the WNPF with strong					
						pulls of 380 & 575. Desbiens made a 110					
						pound squat in the 105 pound class. Dan					
						Caffrey won the squat and deadlift only					

divisions in the 220 class. Dan is one of the nicest lifters in the WNPF. Brian Edwards won his 100th best lifter award in the curl, well maybe not his 100th best lifter award but it sure seems like that because he wins it every meet, he's no doubt the best curler in the WNPF. Mr. Marshall from Canada hit a few Canadian records in the 242 class. This was the first time Marshall tried the full meet and he did well in the squat but he had some problems when it came to the equipped bench and he missed his attempts to keep him in the meet. He did make his raw bench to take second in that division. Thanks to the following people for helping us out. We had out first timers Wayne Kiefer, Dave Corsi, Chris Loomis and Joe Caliguri and also a big thank you to our old timers Ron Ehrhardt, Annette, John, Kenny, Perry, Steven and Jamie. I can't leave out the best MC and my good friend Lester Fields. (courtesy the WNPF)

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WNPF Tennessee Championships 26 MAR 05 - Cleveland, TN

BENCH	Raw	
WOMN	Muncy	245
148 lbs.	SQUAT	
Subs Raw	Only	
Digrazia	130!	123 lbs.
MEN	Open	
148 lbs.	Woods	225!
(17-19)		
Smith	225	(40-49)
181 lbs.	Wess	390!
Open Raw	Powercurl	
McCurley	205	WOMEN
220 lbs.	148 lbs.	
Open Raw	Open	
Moore*	385	Digrazia 80!
242 lbs.	MEN	
(40-49)	198 lbs.	
Melling	420	Open Waters 125
275 lbs.		
(40-49)		

World Natural Powerlifting Federation (WNPF) Membership Registration

LASTNAME _____ FIRSTNAME _____ INT. _____

STREETADDRESS _____

CITY,STATE,ZIP _____

AREACODE,TELEPHONE: _____ DATEOFBIRTH: _____

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FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(678) 817-4743

SIGNATURE/PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)
I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

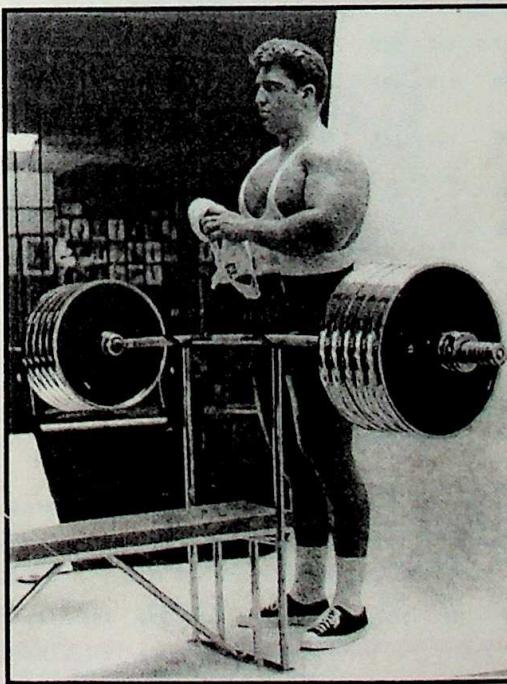
MALE	SQ	BP	DL	TOT
123 lbs. Open Raw Woods	225	135	325	685
148 lbs. (40-49)	390	270	440	1100
Wess				
198 lbs. (50-59)	365	255	430	1050
Gilbert				
Open Raw Gann	405	340	455	1200
220 lbs. (40-49)				
Ward	550	350	600!	1500
!=American Records. *=Best Lifters. Team Champs: Endunamoo. Thanks to all of the lifters that attended this event. Although it was small we did not want to cancel this event. We enjoyed it just as much as the lifters did. For 12 lifters and 20 spectators it was loud at times, with all the cheering from the audience members. Thanks to the following people for helping me Out: Wade and Kris Johnson, Rodney Murray, Jeff Dwyer, Thomas Shipman and Scott. We will be setting up a 2006 meet in Cleveland soon. (Meet results by Lester Fields)				



A. Brodie with his 855 lb. squat weighing 212 at the Sullivan contest.

NASA E. Texas State (kg) 28 MAY 05 - Longview, TX					Sullivan Powerlifting 30 APR 05 - Fallsburg, NY				
BENCH	242 lbs.	242 lbs.	Submaster Open		D. Askew	100	60	97.5	257.5
Junior		D. Askew	57.5		J. Little	250	150	242.5	642.5
B. Mitchell	210	PS BENCH			R. Perry	227.5	135	207.5	570
Master-1		MEN			R. Perry	227.5	135	207.5	570
L. Elliff	261	220 lbs.	Master-1		Submaster-1				
198 lbs.					SHW				
Open		J. Arnold	77.5		Submaster-2				
G. Garner	182.5	198 lbs.			T. McMillan	57.5			
308 lbs.		Open			D. McCaskill	297.5	225	272.5	795
Open		C. Spurri	57.5		198 lbs.				
C. Spurri	245	148 lbs.	Submaster-1		Submaster Pure				
Shw					L. Askew	205	160	210	575
Submaster-2					165 lbs.				
D. McCaskill	225	198 lbs.			Teen				
198 lbs.		Open			E. Holland	170	77.5	177.5	425
Submaster Pure		D. Hancock	215		Pwr Sports	CR	BP	DL	TOT
G. Garner	182.5				D. Holland	50	95	195	340
Push-Pull		BP	DL	TOT	181 lbs.				
MEN					Master-3				
181 lbs.					L. Cramer	55	100	155	310
Int					165 lbs.				
B. Reeves		142.5	150	292.5	Teen				
198 lbs.					T. McPherson	60	127.5	215	402.5
Int					(Thanks to Richard Peters for the results)				
A. Howard		120	210	330					
242 lbs.									
Master-1									
L. Elliff		261	222.5	483.5					
275 lbs.									
Master-1									
T. Howard		207.5	292.5	500					
148 lbs.									
Novice									
R. Taylor		67.5	132.5	200					
275 lbs.									
Pure									
R. Coffey		215	245	460					
WOMEN									
123 lbs.									
Master-1									
R. Hedrick		50	110	160					
148 lbs.									
Open									
P. Kellum		55	115	170					
148 lbs.									
Pure									
P. Kellum		55	115	170					
148 lbs.									
Submaster-2									
P. Kellum		55	115	170					
148 lbs.									
Submaster Pure									
P. Kellum		55	115	170					
Pwrlifting	SQ	BP	DL	TOT					
WOMEN									
123 lbs.									
Master-1									
R. Hedrick	87.5	50	110	247.5					
MEN									
148 lbs.									
Junior									
A. Muntz	160	112.5	165	437.5					
220 lbs.									
Master-1									
K. Romero	230	145	245	620					

powerful 275 lb. bench, & 375 lb. deadlift. He ended the day with a nice 1,035 lb. total. Goolsby represented 132 lb. class. He also displayed pure strength as he squatted 385 lbs.. benched 205 lbs., and pulled an eye-popping 450 deadlift, totaling 1,040 lbs. At 47 years old, he announced he's retiring. Middleweight class was held down by Johnson, 165 lbs. performance. A new member to the team, he did great with an easy 430 lb. squat, very powerful 350 lb. bench, & 510 lb. deadlift, totalling 1,290 lbs. The 181 lb. class was dominated by Lourick who squatted 315 lbs., benched 275 lbs., & deadlifted 315 lbs., totaling 905 lbs. Oyague, 181 lbs., also did good with his 305 lb. squat, 270 lb. bench, & 375 deadlift, totaling 1,050 lbs. 181 lb. First Place Snare stepped up with 365 squat, 310 bench, 475 deadlift, totaling 1,150 lbs. In the 220 lb. class, last year *<MVP>* became this year's *<MVP>* of the meet Again. Brodie, 212 lb., came out the starting block a man on a mission, the 13 year squat record of 825 lbs. put up by his mentor Kenny Hoss in 1992 was the aim. Brodie opened up with a 700 lb. squat and made it look like child's play. His next call was 855 lbs., which silenced the audience. Brodie went under the weight and came out in control well-deep and blasted up midway, then the fight began which was conquered quickly, with a well executed and magnificent style. BRODIE'S day was completed with a 405 lb. bench and 600 lb. deadlift, totalling 1,860 lbs. and again, *<MVP>* of the meet! 242 lb. class once again was claimed by Moore. This year Moore's agenda was to break all his personal records, which he most certainly did. Moore stepped on deck calling for a 700 lb. squat, which he dropped deep and sprung up with ease. The bench was another personal record he broke (which he still Dons the bench crown) 450 lb. bench well executed, 600 lb. deadlift was a powerful pull. Moore proved his worth with a 1,750 lb. total. Unlimited was represented by Monroe (276 lbs.), who had to do his lifts the following day, that still didn't stop Monroe from getting his. His 600 lb. squat and 405 bench (with room to spare) wasn't all he had. His pull was a sure fight, but determination and strength was to be displayed that day and Monroe showed every bit of both by fighting that 600 lb. up, totaling 1,605 lbs. Every man today proved power & pure determination! While others displayed fear & defeat & still becoming no shows. You know who you are. 21 salute to all the performers! Good luck next year! (results courtesy A. Brodie)



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

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NASA Masters Nationals (kg)	
4,5 JUN 05 - Oklahoma City, OK	
PS BENCH	K. Hughes 77.5
MEN	(40-44)
165 lbs.	K. Hughes 77.5
(60-64)	148 lbs.
G. McGuire 92.5	Master Pure
181 lbs.	M. Hetzel 85
Submaster Pure	SHW
A. Harrell —	Master Pure
198 lbs.	A. McTighe 108.5
(60-64)	(50-54)
W. Smith 115	A. McTighe 108.5
Master Pure	MEN
W. Smith 115	148 lbs.
220 lbs.	Submaster Pure
(50-55)	D. West 147.5
J. Fickel 142.5	Master Pure
242 lbs.	A. Niskoch —
Master Pure	(30-34)
J. Klutt 155	D. West
PS CURL	(40-44)
WOMEN	J. Lewis 102.5
148 lbs.	A. Niskoch —
(35-39)	165 lbs.
S. Brilliant 30	Master Pure
MEN	G. Balser 210
114 lbs.	181 lbs.
Submaster Pure	Submaster Pure
H. Patel 33.5	D. Lawrence 190
148 lbs.	(30-34)
(40-44)	D. Lawrence 165
J. Lewis 63.5	Master Pure
165 lbs.	J. Brydon 172.5
(60-64)	198 lbs.
G. McGuire 55	Submaster Pure
181 lbs.	T. Stuart 235
Submaster Pure	Master Pure
A. Harrell 78.5	D. Woosley 182.5
(50-54)	(35-39)
T. Bowland 67.5	J. Hou-Seye 155
220 lbs.	(50-54)
(50-55)	J. Guardado 120
J. Fickel 73.5	(55-59)
308 lbs.	J. Parsons 160
(35-39)	(60-64)
C. Spimson 85	W. Smith 115
PS DEADLIFT	220 lbs.
MEN	Master Pure
Youth	G. Jumper 190
S. Hou-Seye 25	(40-44)
114 lbs.	G. Jumper 190
Submaster Pure	(55-60)
H. Patel 140	J. Turpin 167.5
165 lbs.	242 lbs.
(60-64)	(45-49)
G. McGuire 135	L. Elliff 247.5
275 lbs.	(70-79)
(40-44)	J. Klutt 156
J. Kooper 261	275 lbs.
PS SQUAT	(35-39)
165 lbs.	J. Lynn III 182.5
(60-64)	(40-44)
P. Miller 115	J. Kooper 207.5
SHW	R. Geller 237.5
(40-44)	(45-49)
A. Borden 275	S. Cyranoski 232.5
BENCH Only	Master Pure
WOMEN	308 lbs.
114 lbs.	C. Spirrison 230
Submaster Pure	(35-39)
H. Patel 77.5	(40-44)
(30-34)	K. Rogers 25
H. Patel 77.5	148 lbs.
123 lbs.	Submaster Pure
Master Pure	S. Brilliant 30
Push-Pull	BP DL TOT
WOMEN	45 — —
114 lbs.	S. Brilliant 30
Submaster Pure	45 — —
H. Patel 77.5	32.5 60 102.5 195
(30-34)	MEN
H. Patel 77.5	148 lbs.
123 lbs.	(40-44)
Master Pure	J. Lewis 63.5
K. Hughes 77.5	102.5 165 331
(40-44)	165 lbs.
K. Hughes 77.5	(60-64)
148 lbs.	R. Tavanello 250
Master Pure	C. Lynn 50
M. Hetzel 85	103.5 136 288.5
SHW	P. Miller 47.5
Master Pure	47.5 82.5 156 285
A. McTighe 108.5	G. McGuire 55
(50-54)	92.5 135 282.5
A. McTighe 108.5	308 lbs.
MEN	(35-39)
165 lbs.	J. Crone, Jr. 82.5
Master Pure	190 267.5 540
T. Hedrick 130	Master-2
198 lbs.	B. Rogers 70
Master Pure	152.5 237.5 460
A. McTighe 108.5	Master-3
(50-54)	H. Heyman 62.5
A. McTighe 108.5	120 202.5 385
MEN	J. Crone, Jr. 82.5
165 lbs.	190 257.5 540
Master Pure	Pwrlifting SQ
T. Hedrick 130	BP DL TOT
198 lbs.	WOMEN
114 lbs.	C. Clonice 196
Submaster Pure	150 237.5 582.5

NASA National Championships



The McDermott Lifting Team: front row, l-r, Jim McDermott, Krysti Hughes, Heena Patel, Mary Hetzel, Troy Stuart, Robbin Hedrick, Terry Hedrick, John Lynn III, Alannah McTighe. They won Team honors at the NASA National Masters in the Bench Press, Push Pull, PL, and Power Sports categories

NASA W. Virginia State (kg)	
30 APR 05 - Ravnoswood, WV	
PS BENCH	Submaster Pure
MEN	C. Boram 135
181 lbs.	181 lbs.
Master-5	HSP
R. Budrow 130	S. Conkright 95
198 lbs.	Junior
Master-3	A. McGrath 157.5
D. Dolin 92.5	Master-1
PS CURL	B. Conkright 122.5
MEN	Master-5
148 lbs.	B. Conkright 122.5
Submaster Pure	Natural
P. Sholes 50	S. Higgins 157.5
165 lbs.	Pure Natural
Master-3	D. Case 160
K. Samples 47.5	B. Conkright 122.5
181 lbs.	S. Conkright 95
Master-5	Submaster
R. Budrow 60	S. Higgins 157.5
Submaster Pure	Submaster Pure
S. Higgins 65	S. Higgins 157.5
198 lbs.	HSP
Master-3	G. Schaffer 162.5
D. Dolin 52.5	198 lbs.
PS DEADLIFT	HSP
MEN	McWilliams 142.5
85 lbs.	Master-1
Youth	M. Pelfry 185
W. VanHoose 45	Master-2
198 lbs.	J. Judy 140
Master-3	R. Legg 135
D. Dolin 122.5	Master-3
242 lbs.	S. Milam 142.5
Master-1	Pure Natural
D. Bloxton 220	J. Swann 137.5
BENCH	D. Diaz 137.5
114 lbs.	Submaster Pure
D. Diaz 137.5	D. Diaz 137.5
Junior High	Teen
D. Rager 60	G. Schaffer 162.5
123 lbs.	220 lbs.
Junior	C. Rojak — HSP
D. Scott — — — —	J. Johnson 132.5
165 lbs.	D. Wooten 105
HSP	J. Hodges 257.5 140 327.5 735
308 lbs.	J. Hurle 245 145 205 595
Master-3	812.5
H. Heyman 200	202.5 622.5
Pure Natural	A. Hayes 157.5 Natural
K. Samples 100	D. Taylor 185
Natural	K. Samples 100 Master-4
K. Samples 100	T. Eskins 142.5
Pure Natural	A. Hayes 157.5 Natural
K. Samples 100	D. Taylor 185
Pure	M. Morriston 170
K. Samples 100	R. Lucas 157.5

(Thanks to Richard Peters for the results)

Pure Natural	G. Carter	117.5	275 lbs.	HSP	D. Vealey	167.5	112.5	172.5	452.5
C. Nungester	182.5	Master-3	K. Burgess	217.5	L. Copley	105	140	245	
Submaster			K. Burgess	Natural	Pwr Sports	CR	BP	TOT	
C. Wolfe	160		K. Burgess	217.5	MEN				
242 lbs.				275 lbs.					
HSP									
D. Kipp	157.5	D. Canter	220	Pure					
Pure Natural				K. Burgess					
A. Ford	—	Pure Natural		WOMEN	SQ	85	217.5	302.5	
275 lbs.				148 lbs.					
HSP				High School					
Push-Pull		BP	DL	H. Neal	60	35	110	205	
WOMEN		TOT		148 lbs.					
181 lbs.				Master-5					
HSP				T. Tucker	142.5	80	142.5	365	
C. Box	90	142.5	232.5	Pure					
MEN				T. Tucker	142.5	80	142.5	365	
123 lbs.				181 lbs.					
Youth				High School					
M. Hughes	40	82.5	122.5	C. Box	150	90	142.5	382.5	
132 lbs.				198+ lbs.					
HSP				High School					
J. Nelson	62.5	125	187.5	A. Sears	142.5	94.5	147.5	384.5	
Youth				Teen					
Z. Tomblin	52.5	92.5	145	A. Sears	142.5	94.5	147.5	384.5	
A. Hale	52.5	92.5	145	MEN					
Submaster	Pure			114 lbs.					
P. Sholes	95	170	265	HSP					
148 lbs.				M. Carden	92.5	55	132.5	280	
HSP				123 lbs.					
M. Parsons	87.5	140	227.5	Youth					
165 lbs.				M. Hughes	75	40	82.5	197.5	
HSP				148 lbs.					
A. McDonald	100	170	270	J. Keseker	157.5	137.5	162.5	457.5	
198 lbs.				165 lbs.					
HSP				HSP					
M. Toth	105	150	255	D. Lester	130	95	160	385	
220 lbs.				181 lbs.					
HSP				HSP					
T. Riggins	125	170	295	S. Burgraff	195	107.5	207.5	510	
HSP				J. Renn	125	80	147.5	352.5	
P. Trent	77.5	175	252.5	J. Ross	172.5	147.5	205	525	
242 lbs.				Submaster-1					
SMP				D. Webb	207.5	157.5	192.5	557.5	
R. Nicosia	195	297.5	492.5	Submaster Pure					
HSP				D. Webb	207.5	157.5	192.5	557.5	
L. Collins	115	182.5	297.5	198 lbs.					
Natural									
W. McComas	—	—	—						

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

HSP	B. Cooper	57.5	97.5	172.5	327.5
D. Easter	42.5	70	142.5	255	
Int					
D. Dent	67.5	125	180	372.5	
181 lbs.	HSP				
D. Slone	57.5	152.5	230	440	
A. Mullenix	67.5	125	205	397.5	
Master-2					
T. Ballengee	55	97.5	152.5	305	
Pure					
B. Kimble	65	140	195	400	
Submaster	Pure				
B. Kimble	65	140	195	400	
Teen					
D. Board	62.5	125	172.5	360	
T. Mills	42.5	82.5	142.5	267.5	
220 lbs.					
Master-2					
C. Brus	57.5	105	132.5	295	
242 lbs.	HSP				
J. Hicks	62.5	137.5	182.5	382.5	
308 lbs.					
D. Blackwell	52.5	85	137.5	275	
Submaster	Pure				
M. Dotson	82.5	185	250	517.5	
HWT					
Youth					
J. Belue	22.5	30	70	122.5	
(Thanks to Richard Peters for the results)					



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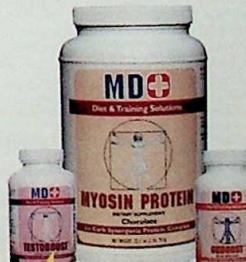
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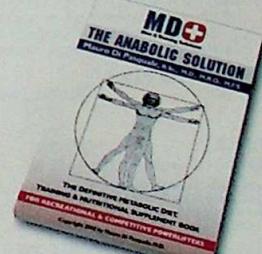
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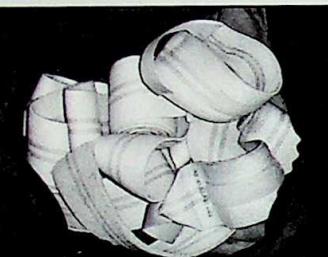
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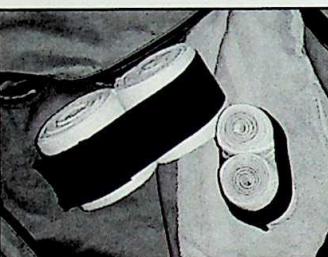
NASA Missouri State (kg)				
26 FEB 05 - Joplin, MO				
BENCH				
MEN				
Pure				
198 lbs.				
W. Smith	115			
Master-3				
MEN				
Pure				
165 lbs.				
T. Crim				
Natural	107.5	182.5	290	
198 lbs.				
S. Wingert	157.5	220	377.5	
Master-2				
165 lbs.				
T. Crim	107.5	182.5	290	
220 lbs.				
D. Dillard	117.5	165	282.5	
WOMEN				
Master-1				
132 lbs.				
K. Rogers	27.5	62.5	122.5	212.5
148 lbs.				
S. Hadden	27.5	50	101	178.5
MEN				
Teen				
114 lbs.				
S. Ellefson	30	52.5	107.5	190
Z. Sprague	30	50	105	185
123 lbs.				
A. Thornburg	30	55	110	195
220 lbs.				
J. Davis	45	90	170	305
Pure				
165 lbs.				
T. Crim	60	107.5	182.5	350
308 lbs.				
J. Cole	75	147.5	137.5	360
Master-2				
165 lbs.				
T. Crim	60	107.5	182.5	350
181 lbs.				
T. Bowland	65	112.5	170	347.5
308 lbs.				
B. Rogers	77.5	157.5	235	470
High School				
123 lbs.				
S. Sonaty	40	52.5	117.5	210
132 lbs.				
W. Lisle	40	55	125	220
148 lbs.				
B. Roark	45	65	187.5	297.5
165 lbs.				
A. Coffey	60	115	192.5	367.5
C. Harris	45	70	167.5	282.5
198 lbs.				
R. Jackson	60	117.5	182.5	360

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Adult Athletes in the Following Sports:	Not Available	25.00
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I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony, or, if so, I must apply for membership (and receive approval) through the AAU National Office.

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

Member's Signature _____

Parent/Guardian Signature _____

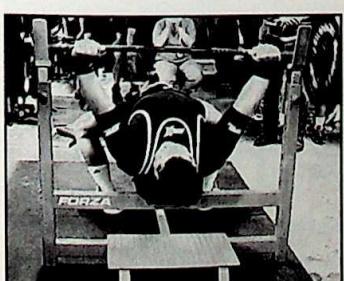
242 lbs.	C. Hughey	50	102.5	227.5	380	Pwr Sports	BP	DL	TOT
275 lbs.	J. Brock	47.5	87.5	142.5	277.5	Submaster-2			
WOMEN	SQ		BP	DL	TOT	D. Harris	205	297.5	595
High School						Pwrlifting	SQ	BP	DL
114 lbs.	S. Seaton	35	32.5	77.5	145	WOMEN			
123 lbs.	K. Miller	52.5	40	105	197.5	132 lbs.			
MEN						Submaster-2			
Teen						M. Carter	150	75	160
98 lbs.	R. Harris	110	95	165	370	SHW			
125 lbs.	M. Elliot	187.5	150	182.5	520	Master-1			
High School						K. Berryman	92.5	62.5	140
132 lbs.	M. Copeland	102.5	65	152.5	320	MEN			
148 lbs.	J. Dickson	100	85	130	315	114 lbs.			
165 lbs.	J. Boyer	110	97.5	172.5	380	Teen			
181 lbs.	J. Garber	105	90	150	345	Williamson	105	70	137.5
198 lbs.	S. Trent	120	102.5	150	372.5	317.5			
220 lbs.	M. Farrar	140	85	185	410	Novice			
235 lbs.	W. Dyal	217.5	150	207.5	575	Police/Fire			
242 lbs.						R. Freeman	182.5	127.5	197.5
244 lbs.						198 lbs.			
248 lbs.						Master-Pure			
250 lbs.						S. Kivela	207.5	152.5	195
255 lbs.						220 lbs.			
260 lbs.						Int			
265 lbs.						T. Hodge	227.5	155	237.5
270 lbs.						Master-1			
275 lbs.						K. Romero	210	137.5	227.5
280 lbs.						242 lbs.			
285 lbs.						Master-1			
290 lbs.						D. Scott	285	150	272.5
295 lbs.						707.5			

NASA East Texas Regionals (kg)

25 SEP 04 - Longview, TX

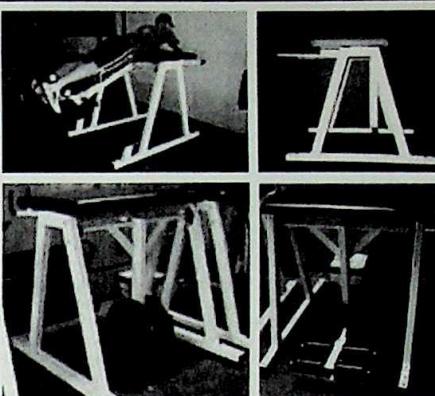
PS BENCH	Master-1				AAU Massachusetts State (kg)				
MEN	L. Elliff	237.5			20 MAR 05 - Scituate, MAR				
123 lbs.	Pure				Flight-1	SQ	BP	DL	
Teen	J. Colbert	207.5			WOMEN				
M. DelaCruz	92.5	275 lbs.			Raw				
148 lbs.		Master-5			131 lbs.				
Junior	D. Brackin	185			C. Coman	52.5	35	70	
C. Strength	117.5	SHW			Raw				
BENCH Only		Submaster Pure			110 lbs.				
MEN	C. Anderson	232.5			K. Lyons	85	52.5	102.5	
220 lbs.					125 lbs.				
Novice					K. Donovan	70	55	107.5	
					148 lbs.				
					Hendrickson	105	87.5	145	
					337.5				
					Master				
					148 lbs.				
					J. Gardella	127.5	107.5	147.5	
					382.5				
					Master Open				
					169 lbs.				
					R. Fahey	75	60	75	
					210				
					Flight-2				
					MEN				
					Equip				
					Open				
					Kupperstein	230	122.5	265	
					G. Marshal	270	197.5	260	
					N. Kraszyk	122.5	150	170	
					Master				
					R. Johnson	232	75	272.5	
					Master (40-44)				
					C. Peters	237.5	172.5	250	
					Master (55-59)				
					D. Driscoll	295	187.5	275	
					Raw				
					M. Dee	150	145	185	
					Junior				
					L. Maida	142.5	112.5	130	
					Master (40-44)				
					R. Becht	155	90	175	
					Master (45-49)				
					K. Malther	150	125	165	
					Open				
					D. Mansfield	217.5	110	227.5	
					Master (55-59)				
					J. Virden	217.5	175	250	
					Junior				
					M. Ambrose	250	142.5	245	
					Open				
					L. McGrane	227.5	160	252.5	
					Master (50-54)				
					R. Cross	185	137.5	200	
					Open Sub				
					G. Doherty	205	135	235	
					575				
					(Thanks to Larry Larsen for the results)				

APA California Open 18 JUN 05 Sacramento, CA						
BENCH		Master-2				
MEN		L. Contreras	420			
148 lbs.		SHW				
(13-15)		Drug Tested				
J. Laija Jr	175	A. Ramsey	555			
198 lbs.		Master-1				
Junior		A. Ramsey	555			
B. Gelana	375	CURL				
220 lbs.		WOMEN				
Master-1		198 lbs.				
J. Hunter	380	N. Ianson	95			
T. Robinson	365	MEN				
242 lbs.		Master-1				
Open		220 lbs.				
S. Pena	525	T. Robinson	125			
Drug Tested		Open				
J. Laija	467	308 lbs.				
Submaster		L. Contreras	125			
J. Laija	467	Drug Tested				
Master-1		L. Contreras	125			
A. Nita	500	Master-2				
Drug Tesed		L. Contreras	125			
M. Lutz	—	DEADLIFT				
Master-1		MEN				
M. Lutz	—	198 lbs.				
Master-3		Master				
M. Bonifield	335	K. Kirk	355			
308 lbs.		308 lbs.				
Submaster		Open				
W. Alex	455	L. Contreras	455			
Open		Drug Tested				
L. Contreras	420	L. Contreras	455			
Drug Tested		Master-2				
L. Contreras	420	L. Contreras	455			
Push-Pull		BP DL TOT				
308 lbs.		BP	DL	TOT		
Master-2						
L. Contreras	420	455	895			
Open						
L. Contreras	420	455	895			
Drug Tested						
L. Contreras	420	455	895			
WOMEN	SQ	BP	DL	TOT		
165 lbs.						
Master III						
J. McHale	125	80	200	405		
Open		4th-SQ-130	DL-205			
M. Smythe	150	85	180	415		
198 lbs.						
N. Ianson	200	165	250	615		
MEN		4th-DL-265				
165 lbs.						
(13-15)						
C. Rayner	505	325	425	1255		
198 lbs.						
Drug Tested						
A. Contreras	195	260	375	830		
(18-19)						
A. Contreras	195	260	375	830		
220 lbs.						
Junior						
A. Martinez	350	250	405	1005		
Submaster						
T. Weston	375	335	475	1185		
Master-2						
D. Knapp	240	200	290	730		
242 lbs.						
Drug Tested						
S. Pena	485	525	460	1470		
Open						
J. Crow	500	365	550	1415		
308 lbs.						
Master-1						
L. Contreras	410	420	455	1285		
Open						
L. Contreras	410	420	455	1285		
Drug Tested						
L. Contreras	410	420	455	1285		
Meet Site: Body Tribe Fitness. Meet Dir						



Alex Nita @ the APAC A State meet

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tors: Chip Conrad & Scott Taylor. Lifters came from as far away as Oklahoma and British Columbia to compete in this event. Special thanks to the referees, spotters, and loaders for doing a great job throughout the day, with a few real good saves. I would like to especially thank Chip Conrad for hosting this great event. Lifting quality was great. Everybody was especially impressed with 15 year old Chris Rayner from Oklahoma. At a bodyweight of 163- $\frac{1}{2}$ this young drug free athlete squatted an incredible 505, and went on to just miss a 567- $\frac{1}{2}$ squat. In the bench press he did an incredible 325, and in the deadlift he pulled 425. He just missed 452- $\frac{1}{2}$, with 2 red lifts and one light. He was right at the very top, but apparently his shoulders were not totally erect which caused him the lift. It was unfortunate because he was there with just a fraction to go to make it legal. This should still put this 15 year old near the very top of the teenage all time ratings! Chris is trained by Terry Putman and works out at the Pit Power Club of Tulsa, Oklahoma. Whatever methods Terry uses to train him they apparently work very well. The next APA event in Sacramento will take place November 19th. We look forward to seeing many old faces and many new faces on the platform. (Thanks to Scott Taylor, APA President, for these results)

Master-1	P. Bray	230		
J. Turner	165	SQUAT		
Master-5	J. Turner	181 lbs.		
		Pure Natural		
		B. Hood	52.5	
Submaster	D. England	65		
		DEADLIFT		
		MEN		
		275 lbs.		
		Pure		
Push-Pull		BP DL TOT		
	165 lbs.			
	Pure			
	M. Withers	155 200 355		
	181 lbs.			
Submaster	Pure			
D. Gast	125	205 330		
Pure Natural				
D. Gast	125	205 330		
198 lbs.				
Natural				
T. Jackson	187.5	245 432.5		
Pure				
T. Jackson	187.5	245 432.5		
Submaster	Pure			
T. Jackson	187.5	245 432.5		
Submaster	T. Jackson	187.5 245 432.5		
T. Jackson	187.5	245 432.5		
220 lbs.				
Pure	C. Poore	212.5 227.5 440		
242 lbs.				
Pure Natural				
M. Riggs	155	200 355		
Master Pure				
S. Young	142.5	202.5 345		
275 lbs.				
Law/Fire				
B. Heselschwerdt	150	182.5 335.5		
308 lbs.				
Submaster				
S. Katoa	165	280 445		
Pure				
J. Raley	152.5			
S. Katoa	165	280 445		
Pwr Sports	CR	BP DL TOT		
H. Chaffin	147.5	Pure		
N. Chaffin	167.5	C. Poore	212.5	
181 lbs.				
J. Raley	152.5	242 lbs.	Pure Natural	
C. Hale	145	242 lbs.	Youth	
198 lbs.				
D. Anderson	230	W. VanHoose	10	12.5 35 57.5
275 lbs.				

NASA Kentucky Regional (kg) 23 OCT 04 - Louisville, KY

BENCH	HS Pure			
MEN	A. Ballou	135		
148 lbs.	Natural			
Submaster	T. Jackson	187.5		
D. England	112.5	Submaster Pure		
Pure Natural	T. Jackson	187.5		
P. Moss	65	Master-1		
Junior	J. Raley	152.5		
H. Chaffin	147.5	Pure		
N. Chaffin	167.5	C. Poore	212.5	
181 lbs.				
J. Raley	152.5	114 lbs.		
C. Hale	145	Pure Natural	Youth	
198 lbs.				
D. Anderson	230	W. VanHoose	10	12.5 35 57.5
275 lbs.				

Pure	M. Evans	52.5	102.5	200	355
Master-1	M. Evans	52.5	102.5	200	355
220 lbs.					
Master-1	R. Belanger	65	147.5	65	277.5
MEN	SQ	BP	DL	TOT	
132 lbs.					
Master-5	M. Evans	85	102.5	200	387.5
165 lbs.					
Master-1	B. Kemper	197.5	130	220	547.5
181 lbs.	Pure				
J. Figg	230	145	222.5	597.5	
198 lbs.					
HS Pure					
C. Allen	185	115	190	490	
Submaster	L. Frith	250	150	237.5	637.5
Submaster	T. Jackson	100	187.5	245	532.5
Master-1	B. Ely	200	130	207.5	537.5
220 lbs.	Submaster	T. Reed	62.5	62.5	187.5
Novice					
M. Riggs	227.5	155	200	582.5	
275 lbs.					
Junior	B. Lilly	282.5	205	285	772.5
Master-2	J. Hurle	227.5	137.5	205	570
308 lbs.	Submaster	S. Katoa	300	165	280
Submaster	S. Katoa	300	165	280	745
Pure	S. Katoa	300	165	280	745

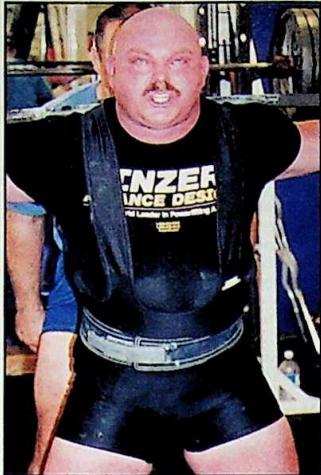
(Thanks to J.T. Hall for providing results)

7th Wisconsin's Best Bench

2 APR 05 - Independence, WI

BENCH		T. Nelson	425	220 lbs.
WOMEN		Fire/Police	440	B. Penzkofer
Teen		181 lbs.	181 lbs.	440
114 lbs.		N. Jenkins	440	242 lbs.
B. Olson	85	C. Neal	300	S. Gates
123 lbs.		R. Fuchs	475	335 S. Becker
K. Pope	115	T. Jenkins	415	530
132 lbs.		B. Larson	390	112 lifters traveled to Independence, WI
Schaufenbil	100	P. Zanchetti	375	for the 7th Annual Wisconsin's Best Bench
148 lbs.		E. Jacobs	370	Press. Lifters from all over the Midwest
L. Olson	100	B. Johnson	215	competed with all proceeds going to the
J. Shaske	95	220 lbs.		Athletic Department of Independence High
165 lbs.		T. Breuer	530	School. I would personally like to thank all
B. Cook	110	M. Nielsen	495	the judges, spotters, head table workers;
SHW		K. Kromroy	405	concession workers, friends and family
D. Sol	145	B. Gehrt	365	who helped make this event such a huge
Open		Dingfelder Jr.	300	success. In the Teenage girls division,
165 lbs.		J. Hamble	225	Brynn Olson was unchallenged in the 114#
J. DesRosier	210	242 lbs.		class with a lift of 85. As was Kayla Pope,
SHW		T. McFarland	560	Heather Schraufenbil, who all took first in
R. Nutter	255	T. Bowe	450	the weight classes of 123, and 132#. In
Masters-1		M. Turner	405	the 148# Laura Olson beat out Jamie
148 lbs.		M. Sias	375	Shaske for first place by 5 pounds putting
R. Shull	185	C. Husom	305	up 100. In the 165 and SHW classes Britta
165 lbs.		B. Pechmiller	625	Cook and Dawn Sol went uncontested, with
S. Meyer	190	J. Franco	560	lifts of 110 and 145 to take firsts
MEN		308 lbs.		respectively. In the Teenage boys division,
Teen		J. Kester	600	the 114# Kertis Jensen bested Joe
114 lbs.		G. Riggs	405	Buchmann by 15 pounds to take 1st place.
K. Jensen	100	Submasters		In the 132# Sam Parrott bested Austin
J. Buchman	85	165 lbs.		Russell by 65, to bench 185. In a very tight
L. Patkowsky	55	P. Sullivan	330	148 class John Donnelly came out on top
132 lbs.		181 lbs.		by 10 pounds over second place Josh
S. Parrott	185	M. Pope	350	Scarberry. Charlie Martell was right there
A. Russett	120	198 lbs.		with a lift of 235 to take third place. Caleb
148 lbs.		T. Smith	425	Prusinski in the 165# bested the class by
J. Donnelly	250	S. Omernick	375	35 pounds with a 315 bench, as Nick Buck
J. Scarberry	240	J. Weinert	345	followed with a 280 to take second. Tyler
C. Martell	235	B. Michal	225	Kirschenlohr continued his bright lifting
B. Michal	225	T. Matzek	225	career with a 275 pound lift as he won the
T. Matzek	225	B. Gustavson	150	181#; the next closest lift was a 260# lift
Z. Jenkins	200	J. Easterly	460	by Brandon Hager. The 198# was a dog
B. Gustavson	165 lbs.	D. Buckman	440	fight between Mike Johnson and Matt
C. Prusinski	315	K. Kulig	405	Stegen as they both ended up with 315, but
N. Buck	280	275 lbs.		it was Johnson who won based on
M. Komperud	250	S. Wahl	450	bodyweight. Ben Steinmetz hit a nice 335,
J. Holden	250	T. Soley	385	as he won the teen 220# over Justin
R. Cook	245	308 lbs.		Michels's 330 pounds. The 242# saw Ervin
J. Fox	225	G. Woychik	465	Tuschel bench 290 to win the class over
J. Larson	225	SHW		Clinton Cook. The 275# had Floyd Score
J. Walek	160	S. Bromeisl	460	bench 270 to take first in the class. In the
C. Jensen	135	J. Riggs	415	open women's division we had two entries
181 lbs.		Masters-1		in different weight classes. Jasmin
T. Kirschenlohr	275	181 lbs.		DesRosier in the 165# did 210, Rachel
B. Hager	260	D. Sullivan	335	Nutter in the SHW's benched 255 both
T. Mish	195	D. Laehn	235	received first place. In the men's open,
A. Buchman	160	220 lbs.		Todd Stinson returned take first again in
198 lbs.		A. Jensen	455	the 165# as he benched 425 to beat out Dan
M. Johnson	315	M. Maloney	350	Pope who followed with a 340 bench. In the
M. Steger	315	R. Delisi	330	181 pound class, Nick Jenkins smoked 440
D. Sylla	180	242 lbs.		pounds to win the class over next closest
220 lbs.		S. Carlson	405	Chris Neal who managed 300#. The class
B. Steinmetz	335	275 lbs.		of the 198# six entries. In the end it was
J. Michaels	330	D. Reiter	415	Rick Fuchs pushing up 475 to win over
T. McVinnie	315	Masters-2		Tanner Jenkins who went 415, followed by
S. Larson	300	J. Profitt	270	Brandon Larson's 390. Todd Breuer, in the
D. Zindars	245	181 lbs.		220# had a very impressive 530 to take
T. Ducote	180	T. Sullivan	380	first over Matt Nielsen's 495. Next closest
242 lbs.		242 lbs.		was Kurt Kromroy at 405. The 242#
E. Tuschel	290	R. Marske	320	belonged to Tim McFarland, as he put up
C. Cook	230	275 lbs.		an amazing 560 to win over Troy Bowe's
275 lbs.		275 lbs.		450. In the 275-pound class, Bill Pechmiller
F. RayScore	270	R. Brost	300	thrilled the crowd with a 625 on his third
Open		D. Dyer	270	attempt to take first. J.C. France was next
165 lbs.		Masters-3		closest, taking second with a nice 560. Jon
T. Stinson	425	181 lbs.		Kester in the 308#, smashed up a 600 pound
D. Pope	340	J. Carlson	215	bench, Greg Riggs finished second with a
D. Draeger	325	C. Roffler	195	405 push. The submaster men had lone
S. Keller	275	SHW		entries in the 165 and 181 classes as Pat

Easterly as he put up a personal best 460 and tried a fourth attempt at 500 to take first over Dan Buchmann and his 440. Kevin Kulig came in third with a conservative 405. The 275# belonged to Scott Wahl, as he blasted up 450 to win over Tim Soley's 385. In the 308# Glen Woychik put up 465 to notch a first place. In the SHW class Scott Bromeisl benched 460 to take first over Jon Riggis and his 415. The Masters I division Men's division, had Dan Sullivan at 181, and Dave Laehn. Dan finished first with a 335 and Dave with a 235. In the 220#s Andy Jensen's 465 gave him the win over Mark Maloney's 350. The 242-pound class had Scott Carlson all by himself as he did a big 405 to take first. Daniel Reiter and Jay Proffitt were also unopposed in the 275 and 308 classes as they benched 415 and 270 to take firsts. In the Masters II men's, Tim Sullivan benched 300 to take first. The 242's saw Rick Marske bench 320 as the lone entry for first. Bob Brodt and Dave Dyer duked it out in the 275's. In the end it was Brodt, who by 30 pounds with a 300 bench, to take first all alone in the 275's. He did a 335 pound bench to secure first place. In the Masters III men's division, James Carlson hit 215 and Chris Roffler in the 181# benched 195 to be first and second. Big Tom Nelson made 425 look very easy as he took home first place in the SHW's. The final division, Police and Fire had three entries all by themselves in the 181, 220, and 242 pound classes. Scott Gates's 335, Brandon Penzkofer's 440, and Shawn Becker's 530 all good enough for first place finishes. Again a Huge Thank you to all the people who helped make this event a great success, without you people there wouldn't be an event. (Thanks to Glen Woychik, Meet Director, for results)



Donald Daubert squatting at Scott Taylor's Ft. Myers contest.

APA SW Florida Gulf Coast
11 JUN 05 Ft. Myers, FL

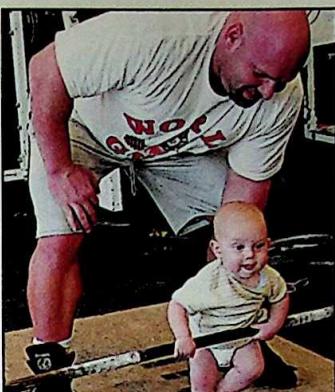
BENCH		V. Lopez		Drug Tested
FEMALE		222.5		Bodenbender —
132 lbs.		308 lbs.		Submaster
Drug Free		T. Lie	215	Bodenbender —
R. Moreyra	100	190		Master-1
Master		227.5	E. Rios	G. Boldissar 390
R. Moreyra	100	155		Master-3
MALE		227.5		Churchman 375
123 lbs.		187.5		J. May 280
Teen (13-15)		275 lbs.		242 lbs.
J. Kaminsky	140	187.5		Drug Tested
Drug Tested		275 lbs.		M. Flynn 430
J. Kaminsky	140	205		Open
132 lbs.		181 lbs.		L. Adams 450
Drug Tested		275 lbs.		Submaster
B. Goelz	360	275 lbs.		M. Flynn 430
165 lbs.		265		Drug Tested
Master-3		265		C. Arminger 440
L. Lichtle	265	265		G. Biggs 405
Master-4		265		Open
G. Casey	205	265		J. LaComb 450
175 lbs.		265		Teen (16-17)
M. Allococo	295	265		J. Rubio 330
J. Negron	227.5	265		Submaster
WOMEN	SQ	BP	DL	J. LaComb 450
Open				M. Biggs 405
SHW				Master-1
J. Conner	227.5	112.5	177.5	308 lbs.
MEN		517.5		Open
Junior/Teen				M. Fields —
J. Thomas	227.5	E. Rios	190	4th-DL-375
M. Carvajal	155			Teen (13-15)
242 lbs.				C. Hood 335
L. Jordan	187.5			210 355 900
275 lbs.				4th-DL-375
M. Allococo	295			Master-2
J. Negron	227.5			S. Cunicelli 331
WOMEN	SQ	BP	DL	J. McNeal 305
Open				220 lbs.
Junior				308 lbs.
S. Ribaldo	405			Open
MALE	SQ			M. Fields —
181 lbs.				4th-DL-375
J. Morris	227.5	150	185	Teen (13-15)
Masters				C. Hood 335
181 lbs.				210 355 900
D. Pittman	250	165	245	4th-DL-375
198 lbs.				Master-2
R. Paras	320	227.5	242.5	S. Kylis 405
D. Herring	240	125	205	— — —
A. Reiss	192.5	142.5	165	198 lbs.
Open				Open
R. Paras	320	227.5	242.5	J. Breece 525
242 lbs.				822.5
T. Irby	310	227.5	285	J. Jordan 320
Guest Lifter				187.5 267.5 775
J. Hoskinson	467.5	262.5	317.5	S. Montrose 110
Open				220 lbs.

(Thanks to Pam Clayton for these results)

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M. Franc	370	340	490	1200
G. Lutz	550	—	—	—
Submaster				
B. Luce	550	360	565	1475
Master-1				
G. Lutz	550	—	—	—
242 lbs.				
Submaster				
D. Daubert	650	510	565	1725
275 lbs.				
Open				
C. Arminger	525	440	535	1500
Junior				
D. Beers	650	415	640	1705
308 lbs.				
Open				
K. Mink	595	460	625	1680

This was a spectacular event thanks to John Romoser owner of World Gym of Fort Myers, Florida, our outstanding spotters and loaders who did an excellent job, and the referee's Christie Witmer, Mike Flynn, Jimmy May, Brian Highnote, and Mike Witmer. Judging was consistent and fair. Lots of big lifts were registered and there were competitors in several age brackets including an 88 year old and a 78 year old. Lifting quality was great. We had some great contest equipment which included a Monolift, Forza bench, specialty bars, digital display indicating lifter up and weight on the bar, a separate platform for each lift, and an awesome referee light box mounted to the wall up high where everybody could clearly see it. Thanks to Mike Flynn for building this light system. We have plenty in the works for Fort Myers. Look for upcoming APA meet announcements in that area soon. (Thanks to Scott Taylor, APA President, for these results)



Mike Witmer and Son. Mike referred to at the APA Gulf Coast meet.



David Beers pulls 640 at the APA Southwest Florida meet (Taylor)

ISS Big Bench Challenge 4 JUN 05 - Kenosha, WI

Junior	181 lbs.	J. Duvall	350
198 lbs.	198 lbs.		
E. Walker	260	198 lbs.	
Open	S. Delaney	380	
165 lbs.			
M. Saldana	210		

Of the four lifters that competed in the ISS Big Bench Challenge, three were competing for the first time. Our only Junior lifter was Eric Walker. Weighing in at 198, Eric managed a 260 and had a close attempt with 270; a very good showing for his first meet. Mario Saldana was in the Open 165 class and hit a PR 210. Mario has only been training his bench for about 1 month so far, and is up 30 lbs. in that time frame. Jason Duvall was our Open 181 lifter, he pressed 350 on his 2nd attempt and had a close miss with 365. He should break double body-weight very soon. At Open 198, Shawn Delaney posted a 380 bench. This was also enough to edge out Jason for best lifter honors by 4 points on Schwartz formula. I'd like to thank Kenosha Athletic Center for hosting the ISS Big Bench Challenge, Sean Corbett for providing excellent spotting and loading for the lifters, and Mike Lambert at PLUSA for posting the meet and sending some free magazines for our lifters. KAC provided a great atmosphere with some good metal music in the background and the competitors all had a great meet. (Thanks to Meet Director, Mike Strom, for providing these meet results)

Open (Seniors)	242 lbs.			
M. Sparango	77.5	50	90	217.5
165 lbs.				
Masters (45-49)	Juniors (20-23)			
L. Silbert	200	137.5	182.5	520
Open (Seniors)	S. Porter	272.5	170	260
L. Silbert	200	137.5	182.5	520
181 lbs.	Masters (40-44)			
Masters (45-49)	E. White	290	245	310
A. Razor	175	100	147.5	422.5
SHW	Masters (60-64)			
Masters (45-49)	R. Berendsen	200	152.5	200
T. Merenkov	155	97.5	140	392.5
Open (Seniors)	Open (Seniors)			
T. Merenkov	155	97.5	140	392.5
MALE	Submasters (35-39)			
123 lbs.	S. Landry	295	222.5	320
Teen (16-17)	275 lbs.			
N. Lucchesi	97.5	62.5	125	285
148 lbs.	Juniors (20-23)			
Masters (40-44)	A. Oseguera	295	185	297.5
V. Tanabe	207.5	110	210	527.5
165 lbs.	Masters (50-54)			
Juniors (20-23)	D. Brown	250	190	227.5
C. Mehmel	227.5	170	207.5	605
Masters (45-49)	Masters (55-59)			
F. White	205	127.5	225	557.5
Open (Seniors)	B. Meek	337.5	225	290
R. Rhinehart	275	122.5	250	647.5
A. Stephens	C. Stumbo	260	195	320
181 lbs.	D. Varela	—	—	—
Masters (45-49)	E. Toczek	—	—	—
S. Williams	F. Burgess	—	—	—
Open (Seniors)	308 lbs.			
B. Benedix	305	205	240	750
MALE	Open (Seniors)			
L. Silbert	B. Benedix	305	205	750
242 lbs.	C. Varela	195	140	225
181 lbs.	R. Sparango	180	142.5	177.5
Masters (40-44)	500			
D. VanAffelen	205	Open (Seniors)		
205	R. Girard	285		
T. Hendron	90	Teen (18-19)		
Open (Seniors)	A. Topchi	220		
D. VanAffelen	205	275 lbs.		
205	S. Master	160		
Submasters (35-39)	B. Mendoza	—		
198 lbs.	VanBrocklin	160		
Open (Seniors)	Open (Seniors)			
J. Alvarado	D. Varela	—		
235	S. Burgess	—		
R. Conti	182.5	308 lbs.		
182.5	J. Lewis	172.5	Juniors (20-23)	
Submasters (35-39)	M. Higgins	—		
198 lbs.	R. Conti	182.5	308+ lbs.	
Open (Seniors)	R. Roberto	140	Open (Seniors)	
220 lbs.	C. Aichs	—		
FEMALE	SQ	BP	DL	TOT
114 lbs.				
Masters (55-59)				
C. Brigham	117.5	72.5	120	310
Open (Seniors)	J. Williams	290	210	250
C. Brigham	117.5	72.5	120	310
123 lbs.	K. Kim	260	160	220
Open (Seniors)	P. O'Neal	205	145	230
S. Lucchesi	117.5	90	130	337.5
148 lbs.	Teen (18-19)			
	E. Shultz	362.5	227.5	267.5
				857.5

Open (Seniors)	242 lbs.			
Juniors (20-23)	S. Porter	272.5	170	260
Masters (40-44)	E. White	290	245	310
Masters (60-64)	R. Berendsen	200	152.5	200
Open (Seniors)	C. Smith	342.5	265	275
L. Silbert	E. White	290	245	310
181 lbs.	A. Zavalta	320	230	287.5
Masters (45-49)	L. Rectos	320	240	242.5
T. Merenkov	J. Auschwitz	280	195	265
Open (Seniors)	Submasters (35-39)	240	195	240
T. Merenkov	S. Landry	295	222.5	320
123 lbs.	275 lbs.			
Teen (16-17)	Juniors (20-23)			
N. Lucchesi	A. Oseguera	295	185	297.5
148 lbs.	Masters (50-54)			
Masters (40-44)	D. Brown	250	190	227.5
Masters (55-59)	Masters (55-59)			
F. White	B. Meek	337.5	225	290
Open (Seniors)	C. Stumbo	260	195	320
R. Rhinehart	D. Varela	—	—	—
A. Stephens	E. Toczek	—	—	—
181 lbs.	F. Burgess	—	—	—
Masters (45-49)	308 lbs.			
Open (Seniors)	Open (Seniors)			
G. Harper	G. Harper	375	257.5	297.5
D. Saldivar	D. Saldivar	280	247.5	245
N. Rice	N. Rice	250	215	272.5
SHW	273.5			
Open (Seniors)	A. Braunbeck	395	240	275
C. Aichs	C. Aichs	—	—	—
Submasters (35-39)	D. Kralovetz	350	285	275
D. Kralovetz	D. Kralovetz	350	285	910

USAPL Racine Invite	12 FEB 05 - Racine, WI			
12 FEB 05 - Racine, WI				
FEMALE	SQ BP DL TOT			
122 lbs.	A. Mewes	200	100	210
165 lbs.	B. Thompson	220	130	260
MALE				
148 lbs.	S. Mikulecky	350	225	450
165 lbs.	S. Ridgon	390	200	415
181 lbs.	J. Weber	450	250	450
198 lbs.	P. Nees	475	295	495
242 lbs.	A. Lyons	520	330	600
255 lbs.	G. Kiriaki	525	355	535
275 lbs.	B. Semisek	495	350	515
285 lbs.	E. Shultz	362.5	227.5	267.5
308 lbs.				857.5

(Thank you to USAPL for providing results)

APPLICATION FOR REGISTRATION American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	
<input type="checkbox"/> \$25 Adult Membership <input type="checkbox"/> \$15 High School Student			
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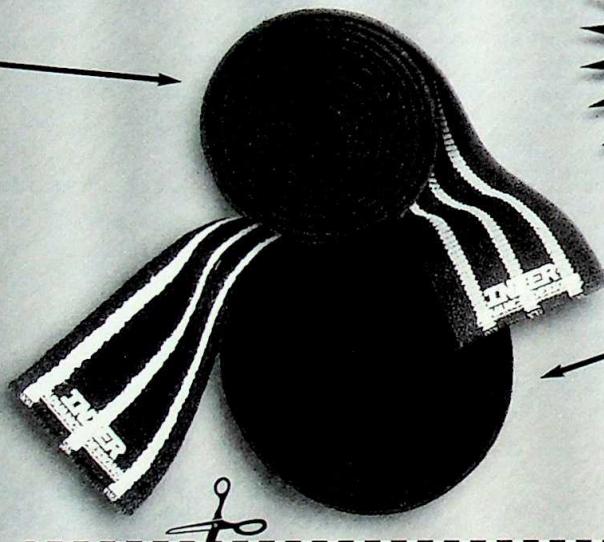
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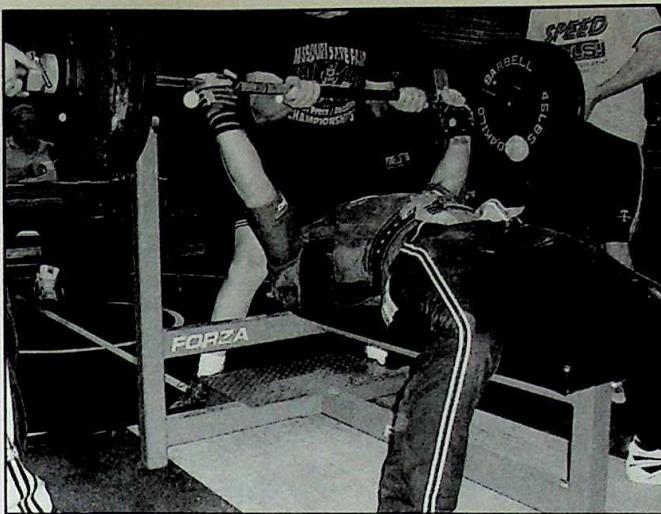
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**A PARADIGM
SHIFT IN KNEE
WRAP DESIGN!**

SLP John Ware Classic
23 APR 05 - Kirksville, MO

BENCH	220 lbs.
WOMEN	L. Goering 265!
Junior	165 lbs.
123 lbs.	W. Keith 330
M. Doosong	105
MEN	220 lbs.
Novice	T. Lake 435
198 lbs.	242 lbs.
K. Flick	275!
275 lbs.	K. Parrish 585
C. Wellman	455!
Teen (13-15)	MEN
123 lbs.	Teen (13-15)
J. Blair	123 lbs.
Junior	180! J. Blair 325!
181 lbs.	Master (50-54)
C. Cooper	390
Master (40-44)	L. Ligouri 515!
198 lbs.	Master (60-64)
B. Stevens	430!
Master (50-54)	L. Goering 375!
Open	
181 lbs.	181 lbs.
L. Ligouri	330
Master (60-64)	W. Keith 425
WOMEN	SQ BP DL TOT
Junior	
97 lbs.	
A. Armstrong	165! 100! 210! 475!
114 lbs.	
A. Mayer	120! 70! 185! 375!
275 lbs.	
K. Davis	185! 150! 270! 605!
Teen (18-19)	
181 lbs.	
Papadopoulos	250
242 lbs.	170 305 725
J. McGuire	250 185 305 740
Junior	
165 lbs.	
A. Armstrong	505! 360! 470 1335
Submaster	
242 lbs.	
S. White	600 500 580 1680
Master (40-44)	
220 lbs.	
C. Evans	505 135 450 1090
Master (50-54)	
181 lbs.	
L. Keith	415! 335! 450! 1200!
Police/Fire	
242 lbs.	
C. Garrett	480 330 480 1290
Open	
165 lbs.	
R. Snelling	530 360 610! 1500
220 lbs.	
D. Fanshier	520 350 480 1350
242 lbs.	
W. Stech	550 405 510 1465
275 lbs.	
N. Weite	630 465 650 1715
J. Weite	605 465 550 1620
SHW	

R. Saylor 600 475 555! 1630
Best Lifter Bench: Keith Parrish, Best Lifter Powerlifting: Ryan Snelling, 1st Son Light Power national records. The Son Light Power John Ware Classic was held at Truman State University. A special thanks goes out to the Truman State University Iron Dogs Powerlifting Team who once again hosted this event. In the powerlifting competition we had three fine female lifters, all representing the Iron Dogs, all lifting in the junior women's division. At 97 it was Audrey Armstrong with a 165 squat, a 100 bench and a 210 pull for a 475 total. Alyssa Mayer won at 114 with her 120 squat, 70 bench and 185 deadlift for a 375 total. Then at 275 it was Kendra Davis with her 185 squat, 150 bench and 270 deadlift, giving her the highest total for the ladies with 605. All of the ladies lifts were new national records. In the teenage men's division first-time lifter Nikos Papadopoulos won at 18-19/181 with his 250 squat, followed by his 170 bench and 305 pull for a 725 total. John McGuire won at 242 with a 250 squat, 185 bench and a 305 deadlift, giving him a 740 total. Both lifters were also Iron Dogs members, lifting in their first competitions. Meet director Aaron Armstrong had a good day of lifting, taking the win at junior 165. Aaron's 505 squat broke the existing national record there. His 360 bench tied the record, and that along with his 470 deadlift gave him a great 1335 total. Stephen White looked strong at submaster 242, taking the win there with



Bruce Stevens with an SLP NR 430 @ 40-4/198 (Darrell Latch photo)

a fine 1680 total. Steve only got in his opening squat of 600, but came back strong in the bench with his first ever 500! A 580 pull gave him his total. At 40-4/220 Curtis Evans won with a 505 squat, a token bench of 135 and a 450 pull for a 1095 total. Take care of that shoulder, Curtis! Les Keith set all new national marks at 50-54/181 with his 415 squat, 335 bench, 450 deadlift and 1200 total, taking only two attempts in each lift! In the police & fire division Cory Garrett won at 242 with a 1290 total. Cory finished eight for nine on the day which included his 480 squat, 330 bench and 480 deadlift. In the open division best lifter Ryan Snelling, weighing in at just 160, finished with a 530 squat, 360 bench and a 610 national record pull for a great 1500 total! Darold Fanshier won at 220 with 520-350-480 for a 1350 total. Then at 242 it was William Stech, "Wild Bill" finished with a 550 squat, followed by a 405 bench. A 510 pull gave him a respectable 1465 total. Brothers Nick and Jason Weite battled it out at 181 lbs. with 390. Bruce Stevens broke his own national record at 40-4/198 with 430, just missing a pr 455 final attempt. Louie Ligouri won at 50-54/181 with 330 while 60-64/220 winner Luke Goering

broke the national mark there with 265. In the open division Wesley Keith won at 165 with 330 while Tiral Luke took the 220 class with 435. Best lifter Keith Parrish finished with just his opener of 580 after a close miss with 640. In the deadlift competition Jarrod Blair broke his second national record of the day at 13-15/123 with his 325 final pull. Louie Ligouri broke the national record at 50-54/181 with 515, as did Luke Goering at 60-64/220 with his 375 final attempt. Lifting s a guest lifter in the open 165 class, Wesley Keith finished with his opener of 425. Thanks again to the Truman State University Iron Dogs and to my son Joey for all their help. See you all again next year! (Meet results provided courtesy of Dr. Darrell Latch)

USAPL Dave Martin Memorial
9 APR 05 - Bloomington, IN

	SQ	BP	DL	TOT
Master (45-49)				
148 lbs.				
A. Guess	314	165	325	804
Master (50-54)				
220 lbs.				
D. Miller	132	93	75	391
MEN				
123 lbs.				
Master (45-49)				
S. Meadows	336	242	435	1014
Teen (14-15)				
C. Coffey	253	148	310	711
Teen (18-19)				
C. Ferree	264	203	369	837
148 lbs.				
Open				
C. Flowers	—	319	—	319
165 lbs.				
Master (40-44)				
J. Buck	413	336	418	1168
Master (60-64)				
J. Buck	138	231	220	589
220 lbs.				
C. LaPointe	—	308	—	308
198 lbs.				
Spl. Ply				
S. Chapala	314	253	287	854
275 lbs.				
Open				
M. Brown	—	413	—	413
Meet Directors: Greg Simmons & Doug Ballard. (Thanks to USAPL for the results)				

Application for Registration
UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	
Street Address		Club Name		
City		State	Zip	Area Code/Telephone
Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1 Cat. 2 Nat. State	Y N	Y N	Y N
Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date
Y N	Y N	/ /	M F	/ /
Card Issued By				

Registration Fee \$25.00

Make checks payable to and Mail to:
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Roy, Utah 84067

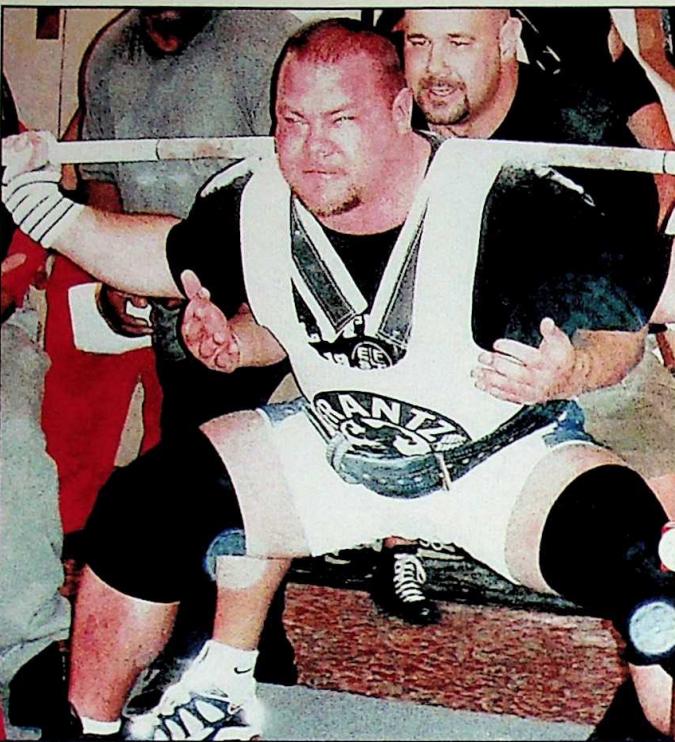
NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

If Under 18 have Parent Initial _____

Signature _____

IPA Iron House Classic 16,17 APR 05 - Newark, OH					
WOMEN	SQ	BP	DL	TOT	
148 lbs.					
Open					
M. Weisberger	565	355	480	1400	
M. Liggett	490	275	435	1200	
MEN					
114 lbs.					
Open/Master					
G. Zeolla	410	215	405	1030	
165 lbs.					
Open					
R. Maynard	605	440	485	1530	
Teen					
C. Chaney	520	280	430	1230	
Master					
R. Dodson	335	195	375	905	
H. Rome	240	160	280	680	
181 lbs.					
Open/Junior					
J. Lindsey	620	460	520	1600	
A. Rouan	550	390	600	1540	
Submaster					
B. Routzong	635	330	560	1525	
Master					
R. Hamsher	500	335	505	1340	
Teen					
C. Williamson	405	335	405	1145	
198 lbs.					
Junior					
A. Gualtieri	—	430	525	955	
Open					
B. Bishop	675	500	650	1825	
J. Brown	680	550	545	1775	
J. Jester	650	500	550	1700	
A. Griffin	620	450	540	1610	
P. Biales	650	370	535	1555	
A. Stotts	340	240	500	1080	
K. Dean	—	480	—	480	
R. McNult	600	—	—	—	
P. Lauffer	—	525	600	—	
Submaster					
M. Gugino	750	525	625	1900	
S. Hailey	630	455	545	1630	
M. Yontz	450	325	475	1250	
Master					
D. Kerr	530	405	505	1440	
S. Bond	475	325	460	1260	
J. McNeill	—	332	—	332	
220 lbs.					
Teen					
McGonigle	515	280	475	1270	
J. Terry	—	—	—	—	
Open					
V. Cook	765	666	670	2101	
R. Bluck	750	500	615	1865	
J. Murphy	720	440	625	1785	
D. Hoff	700	470	600	1770	
D. Miller	650	520	540	1710	
D. Minks	500	410	625	1535	
S. Shanklin	525	430	500	1455	
F. Cooper	525	350	525	1400	
C. Scott	—	525	—	525	
C. Moody	—	430	—	430	
M. Hill	—	—	—	—	



Force Training Author Jim Wendler with his beautiful 1000 lb. squat

M. Bash	—	440	—	440
Steltenkamp	780	—	525	—
Z. Cole	820	—	650	—
Open/Submaster				
R. Burns	775	—	650	—
Submaster				
N. Sabatino	600	480	600	1680
S. Glover, Jr.	625	455	560	1640
Open/Master				
S. McKinnie	—	530	550	—
Master				
B. Saunders	700	550	600	1850
P. Aracri	700	530	555	1785
G				
M. Schimpf	585	450	315	—
308 lbs.				
Junior				
W. Noble	605	385	500	1490
Open				
M. Wilson	940	645	730	2315
J. Vaughn	950	520	735	2205
T. Forby	810	600	625	2035
M. Schott	700	560	650	1910
C. Summer	635	435	605	1675
Submaster/Open				
J. Contakos	—	525	—	525
Submaster				
J. Yoder	625	—	575	—
SHW				
Open				
M. Ruggiera	1020	675	815	2510
J. Gibson	920	532	150	1602
T. Fletcher	—	725	—	725
J. Denlinger	420	—	460	—
C. Moore	875	—	600	—
M. Wolfe	—	—	—	—

The '05 HC surpassed the 100 lifter plateau for the first time in its four year run. I'm really excited to have this exceptional turnout; it speaks volumes for how we run our meets, and for the IPA organization. I would like to start off by thanking everyone who made this meet possible: Westside Barbell for providing (and delivering) half of the equipment for the meet; Lou and Doris always provide us with anything we need to run the meet. Thanks to Mark Chaillet for the IPA sanction, and for changing the Nationals to another date besides OSU-Michigan weekend - good job Gritter. The entire Iron House Crew: Julius Oliver, Kevin Clark, Jeannine McCabe, Jeremy Ehmke, George McElroy, Ed Owens, Lloyd Owens, Matt Hershberger, Jason Mills, Jon Roberts, Heather A., Amy Porter, and the rest of the crew. Also thanks to Paul Childress and Amy Weisberger for judging; Big Tim Harold (The Next Big Thing in Powerlifting) and Joe Bayles (pronounced B-A-I-L) when we're drinking) for moving monolifts and other heavy equipment for two days. Saturday featured the lightweights, 114 through 220, and all Women, Juniors, and Teens. Gary Zeolla set several world records in the 114 class and finished with a 1030 total. Sam Glover, Sr. set several world records once again in the 220 Master AM and finished with a 1275 total. Amy Weisberger had another good day with a strong 1400 total on 8 of 9 lifts. Mike Gugino hit an even 1900 in the 198 Submaster. In the Open Pro classes, Brad Bishop took first place at 198 with an 1825 total. Vinnie Cook finished with an impressive 2101 total to win the 220's and take Best Lifter. The heavyweights took the platform on Sunday and the lifting was impressive in all classes. At 242, the top 3 all totaled over 2000. Jim Laird took first place with 2100 and Grant Austin finished strong in the deadlift giving him a 2025 total. Mark "Chickenhawk" Burrows made his return to the platform after breaking his arm a year ago and finished with 1915 including a 500 bench. In the 308's, Matt Wilson took first place with a big 2315 total. Jeff Vaughn went 3 for 3 in the squat finishing with 950 and a 2205 total for second. Tim Forby went 9 for 9 and finished in third with a 2035 total. In the SHW, Mike Ruggiera once again reigned supreme. Mike hit 1020 on a second attempt squat and went for a PR attempt on a 3rd at 1060 but couldn't get setup. A 675 bench and 815 deadlift gave Mike a PR total at 2510. Jim Wendler owned the 275 class and the Best Lifter award for the heavyweights, destroying every lift he attempted. Jim opened with an easy 850 on the squat, 925 on a second was a smoke show, and finally the jump to 1000 on a third. I spotted on the 1000 attempt so I had the best seat in the



Application for Registration

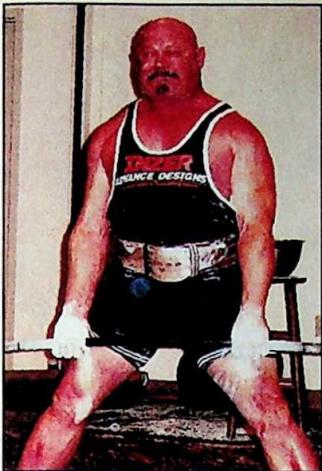
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Last Name	First	Initial	New Member	Renewal	Exp. Date
Street Address	City				
State or Province	Zip Code	Country			
Telephone	Email Address	Date of Birth	Age	Sex	Pro _____ Am _____

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

Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404



Louie Simmons pulled a 650 DL

house and this was by far the best squat attempt I have ever seen by any lifter. Jim sets up smooth with the weight, settles for about 2 seconds, descends with perfect form, and fires out of the hole like a rocket. I believe 1100 would not have been a problem. Jim took token attempts on his opener bench and dead to preserve the big squat and still finished with a 675 bench and 700 dead for a 2375 total. On a side note, Jim talks to his hands in some foreign language as he steps up to the platform. I'm not sure what he's saying

but I like it, and it seems to work! In the Bench only division Travis Fletcher went 3 for 3 and finished with 725. This gave him a spot on the board at Westside for the SHW. I overheard Tim Harold and Matt Smith telling him to enjoy it while it lasts, and it won't last long! No rest for the wicked! We will run the Iron House meet again next year around the same time, mid-April. We are also hosting another Push/Pull on August 13 in Zanesville, OR. Meet information, entry forms, results and pictures as well as training log info can be found at www.ironhousezanesville.com or call Mike at 740-704-4747. Thanks to all the lifters for another great meet! (Thanks to Mike Maxwell for providing the results)

NASA East Texas Open (kg) 22 JAN 05 - Longview, TX

BENCH Only	R. Hazlerig	157.5
242 lbs.	220 lbs.	
Master-1	Submaster-2	
Lee Elliff	250 G. McCasland	165
SHW	242 lbs.	
Master-1	Master-3	
G. Wells	145 G. Wilkerson	142.5
Master Pure	PS BENCH	
A. Borden	167.5 MEN	
198 lbs.	242 lbs.	
Natural	Master Pure	
G. Garner	177.5 R. Tippett	190
Pure	PS SQUAT	
K. Chitty	152.5 MEN	
Submaster Pure	220 lbs.	
G. Garner	177.5 Master-1	
K. Chitty	152.5 K. Romero	202.5
Master-2		

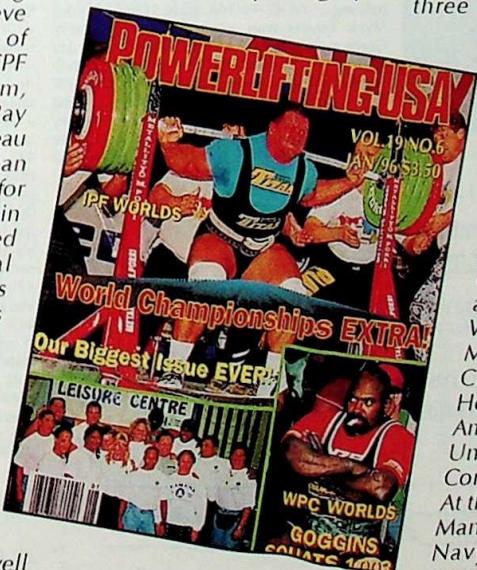
	BP	DL	TOT	
Push-Pull WOMEN				Int
123 lbs.				J. Springer 127.5 115 195 437.5
Submaster Pure R. Hedrick	55	115	170	MEN
132 lbs.				165 lbs.
Submaster Pure P. Kellum	37.5	92.5	130	High School
198 lbs.				E. Holland 80 175 420 148.25
Submaster-1 K. Neal	40	100	140	Junior
SHW				A. Muntz 157.5 100 167.5 425
Int C. Baker	42.5	102.5	145	181 lbs.
Master-1 M. Gailey	77.5	182.5	260	Submaster Pure
Novice J. Parton	62.5	115	177.5	K. Freeman 165 137.5 207.5 510
A. Green	55	115	170	242 lbs.
Pure J. Springer	115	195	310	Junior
Submaster Pure N. Curcio	60	115	175	C. Walls 280 157.5 240 677.5
MEN				SHW
148 lbs.				Master-1
Teen S. Hughes	82.5	150	232.5	A. Borden 282.5 167.5 255 705
165 lbs.				Master Pure
Natural J. Walker	85	142.5	227.5	A. Borden 282.5 167.5 255 705
181 lbs.				Pwr Sports CR BP DL TOT
Pure W. Smith	142.5	207.5	350	WOMEN
198 lbs.				SHW Pure
Novice J. Willis	152.5	192.5	345	J. Springer 47.5 115 195 357.5
Junior P. Hughes	102.5	150	252.5	Master-1
Powerlifting Powerlifting SQ	BP	DL	TOT	M. Gailey 47.5 77.5 182.5 307.5
WOMEN				Pure
SHW				R. May 35 62.5 115 212.5

(Thanks to Richard Peters for the results)

BACK ISSUE OF THE MONTH

The January '96 edition of Powerlifting USA covered three World Championships: the IPF Men's Worlds, the WPC Worlds, and the WDFPF Worlds. It was our biggest issue ever to that point. On the cover were the likes of Kirk Karwoski squatting his way to a world title, Steve Goggins with his first squat of over a thousand, and the WDFPF World Championship Team, which included Jim and Ray Benemerito, Joe McCauliffe, Beau Moore, and Mark Henry. Coan and Karwoski were winners for the USA at that IPF World's in Pori, Finland, and interspersed between our international championship reports was Dennis Cieri's bench press routine. (He concluded the article on his routine with a quote that, "The wolf on top of the mountain is not as hungry as the wolf climbing the mountain"). Herb Glossbrenner reported on the WPC Worlds, held in Columbus, Ohio. Among the women lifters who did well were Dorris Simmons, (Louie's better-half), Mary Ellen Warman, as well as the spectacular Debbie Earney. Other impressive champions included Doug Heath, Rickey Dale Crain, Chuck Vogelpohl, and - of course - Goggins. The WDFPF World Championships were held in

Sussex, England. This was the meet where Mark Henry won the superheavyweight competition by over a thousand pounds. He went 2336 and the second place man totaled 1306. Ned Low had a very interesting photograph



of USPF

President Peter Thorne with Yuri Kalishnikoff, a General in the Ukraine Army, a Champion at the IPF World Masters Championships, and the son of the man who developed the famous Iron Curtain rifle. Louie Simmons' article concerned

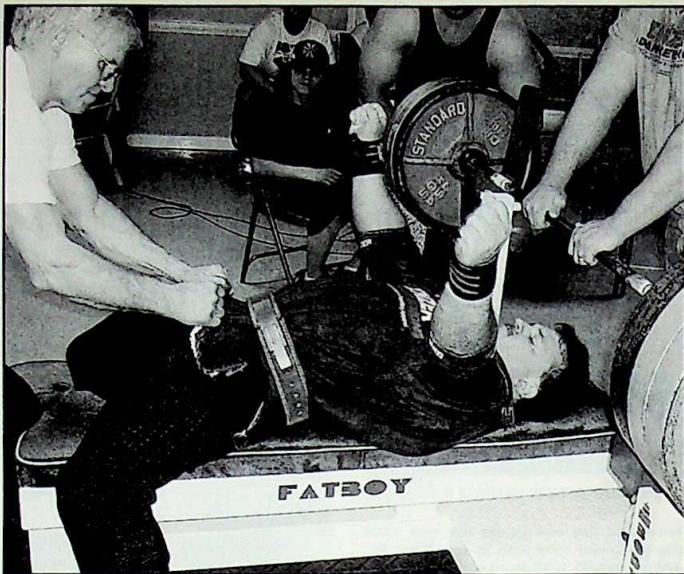
"Percent Training, and What Is Really, Part Two". He points out, at the end of his article, that Westside qualified 10 lifters for the WPC Worlds by training by the guidelines that he'd described in his article. Bob Gaynor interviewed deadlifting sensation, Chad Holmes. Dr. Dan Wagman continued with part three of his article on the foundation and application of periodized training. We also had a report on the IPF World Masters Championships, held in Copenhagen, Denmark, by Alex Galant, who won a gold medal at the competition himself. We also had the report of the WDFPF World Teenage Masters and Junior Championships, held in Holstholm, Great Britain. Among the winners from the United States were Robert Cortes and Johnny Graham. At the APF/WPC Bench Press Mania Meet, held at Chicago's Navy Pier, Willie Wessels squatted 1004 at 242, Craig Tokarski bench pressed 733, and Kenny Patterson benched 728 in the 275 lb. class. Debbie Earney did 391 at age 41, and at a bodyweight of 160.5. A very interesting Hank Hill, superheavyweight lifter, was interviewed by Chris Lydon. We

also had a report on the World's Strongest Man competition, held in the Bahamas. ADFPA champion Joe Onosai was seen doing well in the behind-the-neck press. On Herb Glossbrenner's All-Time Top 50 Women in the 198 and superheavyweight classes, Dawn Sharon led the 198s with a 1564 total and Lorraine Costanzo, the first woman to squat 600 pounds, had the number one spot in the superheavyweight class. We had a photograph of Lee Rorie pushing up 606 lbs. in the 198 lb. class, a new all-time bench press record in that division. On our Top 100 for the 198 lb. class, Lee led the bench press category while Jesse Kellum had the top squat at 876 and the biggest total at 2099. Tee Myers had the biggest deadlift at 760. Joe Corsitto had the 95th squat with a 617. Bubba Stokes was the 95th bench presser at 435. John Wardell was the 81st deadlifter at 620. Gary Benford was 99th in total, with 1592, just ahead of Bill Beekley, who did 1590. The Assistant National Chairman for the AAU Powerlifting Committee, Jumpin Jersey Joe Pyra described his approach to raw lifting. You can still order this back issue, and dozens of others. For information, see our complete listing of the available issues on pages of 48-51 on this edition of Powerlifting USA.

SLP "Lift for the Lord" BP/DL
26 MAR 05 - Scottsville, KY

BENCH	Police/Fire	
WOMEN	242 lbs.	
Junior	D. Keen	405
165 lbs.	4th-440!	
M. Templeton 215!	308 lbs.	
MEN	D. Chandler	255
Wheel Chair	Open	
114 lbs.	220 lbs.	
H. Logsdon 200	D. Nealy	610
198 lbs.	4th-675!	
L. Morgan 150!	C. Poore	490
4th-65!	4th-500	
Novice	A. Carter	475
97 lbs.	4th-500	
T. Kirby 50!	B. Templeton	—
220 lbs.	242 lbs.	
J. Kennedy 350	J. Centers	380
275 lbs.	4th-400	
V. Tuttle 380	J. Gaddis	325
Teen (13-15)	275 lbs.	
148 lbs.	R. Schultz	475
D. Chandler 155	DEADLIFT	
SHW	WOMEN	
D. Kennedy 170!	Novice	
Teen (16-17)	148 lbs.	
114 lbs.	L. Chandler	145!
R. Ford 150!	Teen (13-15)	
181 lbs.	123 lbs.	
J. Meador 320!	L. Greer	175!
B. Francis 265	4th-190!	
4th-275	MEN	
Teen (18-19)	Novice	
123 lbs.	165 lbs.	
C. Weaver 200!	B. Cardwell	375!
165 lbs.	4th-400!	
C. Witcher 315!	198 lbs.	
181 lbs.	S. Huff	365
J. Atwood 350!	4th-400	
198 lbs.	242 lbs.	
J. Hernandez 250	J. Duncan	350
242 lbs.	Teen (13-15)	
R. Everts 390!	SHW	
275 lbs.	D. Kennedy	260!
J. Law 430	Teen (16-17)	
Submaster	114 lbs.	
308 lbs.	R. Ford	305!
B. Harper 430	4th-315!	
SHW	165 lbs.	
L. Southerland 450	G. Pace, Jr.	300
Master (40-44)	4th-310	
220 lbs.	181 lbs.	
D. Thompson 440	J. Meador	470!
R. Brooks 280	Teen (18-19)	
275 lbs.	220 lbs.	
R. Richey 550	B. Moore	500!
Master (45-49)	Submaster	
148 lbs.	242 lbs.	
M. Evans 235	J. Cockrill	550
4th-240	Master (45-49)	
Master (55-59)	148 lbs.	
165 lbs.	M. Evans	415
L. Greer 175	Master (55-59)	
308 lbs.	165 lbs.	
B. Adams 445!	L. Greer	375!

!-Son Light Power Kentucky state records.
 Best Lifter Deadlift: Mark Evans. Best Lifter Bench: Dewayne Nealy. The Son Light Power "Lift For The Lord" Bench Press/Deadlift Championship was held at Victory Hill Church. Thanks to Randy Richey and the Omega Force Christian Power Team for all their efforts in promoting this event and for all the work they did setting up the meet site. All of their hard work was greatly appreciated by both the lifters and the spectators. In the bench press event we had two inspirational lifters in the wheel chair division. At 114 it was state record-holder at 114, Heath Logsdon, who finished with 200. Lifting in his first competition ever was 198 winner Lee Morgan who finished with a new Kentucky state record of 165. Miranda Templeton broke the state record at junior women 165 with a personal best 215! In the men's novice division it was Tanner Kirby with a new state record of 50 at 97. This was Tanner's first competition. At 220 it was Jon Kennedy with 350 while Vincent Tuttle took the title at 275 with 380. In the 13-15 teenage division Dylan Chandler won at 148 with 155 while David Kennedy broke the state record at shw with 170. At 16-17 it was Ron Ford for the 114 title, finishing with a state record 150. Jake Meador won



Dewayne Nealy sets up to BP at the SLP Lift for the Lord competition



SLP Best DLer Mark Evans in KY.

at 181 with a new state record of 320 over Blake Francis, who finished with 275. Cody Weaver took the 18-19/123 class with a state record 200, this being his first meet. Cody Witcher won at 165 with 315, making just his opener. Jordon Atwood broke the existing state record at 181 with 350, weighing in just over the 165 limit at a 166 bwt! Jon Hernandez captured the title at 198 with 250. Then at 242 it was Ryan Everts for the win, finishing with a new state record there of 390. Jacob Law, our final teen lifter, won at 18-19/275 with 430. In the submaster division first-timer Berry Harper won at 308 with 430 while Lynn Southerland broke the state record at shw with 450, making just his opener. Dale Thompson took the 40-44/220 class with his 440 opener, but just barely missed a personal best 500, which would have been a new state record also. Roger Brooks was second at 220 with 280. Randy Richey got in his opener at 550 for the win at 40/44/275, even with all the lifters he was helping. At 45-49/148 state record holder Mark Evans won again with 240. Larry Greer won his first of two titles on the day at 55-59/165 with his 175 opener. Butch Adams broke his own state record at 55-59/308 with his 445 final lift, making a great comeback from a serious shoulder injury of two years ago! In the police & fire division another first time lifter, Dwight

Keen, won at 242 with 440, setting the state record there. Darrin Chandler won at 308 with 255. In the open division Dewayne Nealy finished with 610 before taking and making a fourth with a new state record of 675 at 220! Dewayne was also awarded the best lifter trophy for his efforts. Finishing second at 220 was Clint Poore with 490. A fourth with 500 was also good. Adam Carter ended up with the third place trophy at 475, but came back to match his personal best with a solid 500 fourth. Billy Templeton failed to get in his opener due to a shoulder injury. Jonathan Centers won at 242 with 380 but came back with his first official 400 bench for his fourth attempt! Jarrod Gaddis finished second to Jonathan with his opener of 325. Rob Schultz won at 275 with an easy 475. In the deadlift competition, another newcomer to the sport, Lauren Chandler, broke the state record at novice women 148 with 145. Lauren Greer, aka, Carroll-Top, broke the state record at 13-15/123 with 190. In the novice men's division Brian Cardwell set the state record at 165 with 400 while Scott Huff matched that weight with his title at 198. At 242 it was Josh Duncan with 350. In the teenage division David Kennedy set his second state record of the day at 13-15/shw with a 260 personal best. Ron Ford also broke a second record of the day in his class with 315 at 16-17/114. Gary Pace, Jr. took the title at 165 with 310 while Jake Meador pulled a 470 state record at 16-17/181! A fourth with 500 was locked out but called for hitching. Bill Moore looked strong with his win at 18-19/220, finishing with a state record 500. Jeff Cockrill pulled an easy 550 for the win at submaster 242. Best lifter Mark Evans won at 45-49/148 with an easy 415 pull, weighing in at just 141! Finally, "Grandpa" Larry Greer broke his own state record at 55-59/165 with 375, his best pull of the day. Thanks to my son Joey and Wee-Man for loading and spotting and to everyone else who helped out in any way. See you all again next year! (Thanks to Dr. Darrell Latch for providing these results)

American Powerlifting Committee (APC)

www.americanpowerliftingcommittee.com

P O Box 40
 Bogart, Ga. 30622

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

Name _____ Date _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email _____
 Date of Birth _____ Age _____ Sex _____ US Citizen _____ Club _____
 Prices: Adult \$30.00 Teenage \$15.00 Special Olympian \$10.00

Signature _____ If under 21 Parent or Guardian _____

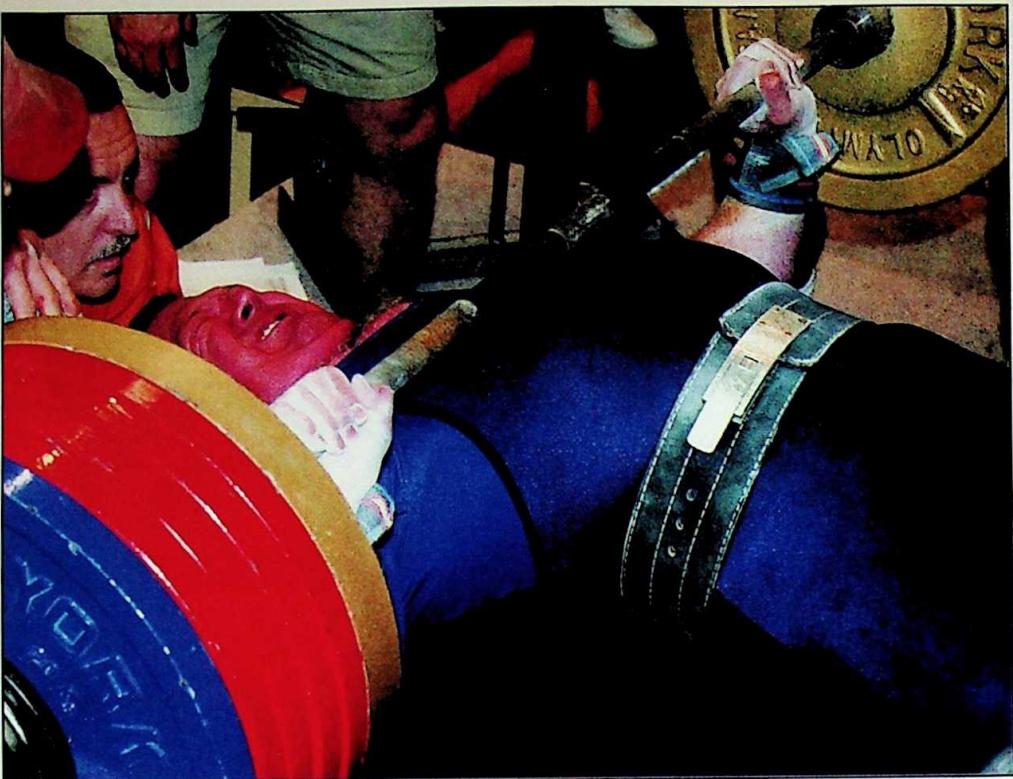
Card expires 12 months from date of purchase

NASA Colorado State (kg)
 30 APR 05 - Loveland, CO

PS BENCH	T. Prutch	55
MEN	Master-5	
Master	181 lbs.	
Pure	T. Trujillo	37.5
165 lbs.	Master	
K. Kaiser	125 Pure	
Submaster	165 lbs.	
Pure	K. Kaiser	67.5
165 lbs.	PS DEADLIFT	
J. Angel	137.5 MEN	
PS CURL	Master-2	
MEN	181 lbs.	
High School	F. Thrall	182.5
181 lbs.	Master	

Pure		220 lbs.	D. Banks	225	157.5	237.5	620
165 lbs.	S. Trujillo	150	242 lbs.				
K. Kaiser	155	Submaster-2	Pure				
PS SQUAT		165 lbs.	181 lbs.				
MEN	N. Arguello	160	R. Guerrero	235	142.5	235	612.5
Master-2		275 lbs.	C. Orchard	165	90	187.5	442.5
181 lbs.	J. Whitbread	210	220 lbs.				
F. Thrall	150	J. Lynn III	K. Losey	—	—	—	—
Master		175	Submaster-1				
Pure		123 lbs.	J. Wilson	295	177.5	255	727.5
K. Kaiser	137.5	K. Hughes	Submaster-2				
181 lbs.	85	198+ lbs.	181 lbs.				
M. Cooper	167.5	A. McGaugh	C. Orchard	165	90	187.5	442.5
BENCH		102.5	Submaster				
MEN	Pure		Pure				
High School		123 lbs.	275 lbs.				
181 lbs.	K. Hughes	85	R. Batie	232.5	162.5	257.5	652.5
T. Prutch	140	198+ lbs.	(Thanks to Rich Peters for sending these results to POWERLIFTING USA Magazine)				
Master-1	A. McGaugh	102.5					
165 lbs.		Submaster-1					
T. Rickett	187.5	114 lbs.					
T. Cencich	155	H. Patel	75				
220 lbs.		Submaster	USAPL YMCA Great West PL/BP				
B. Betz	160	Pure	18 JUN 05 - Rapid City, SD				
K. Losey	130	114 lbs.					
275 lbs.	H. Patel	75	BENCH	242 lbs.			
R. Geller	235	132 lbs.	WOMEN	R. Lang	489		
Master-4	M. Cencich	65	Teen (14-15)	D. Wolf	352		
242 lbs.			D. Michalld	Martinmaas	302		
C. Doggett	155		Teen (16-17)	93	275 lbs.		
308 lbs.			J. Tetreault	462			
J. McIntyre	192.5		105 lbs.	SHW			
Master			K. Carlow	W. Turner	423		
Pure			Teen (18-19)	D. Pearce	385		
181 lbs.			132 lbs.	Master (40-49)			
T. Trujillo	132.5		D. Gorecki	110	181 lbs.		
Open			Master	M. Dowling	390		
165 lbs.			165 lbs.	J. Probasco	357		
N. Arguello	165		J. Lerew	B. Steinbach	341		
T. Cencich	155		Teen (14-15)	220 lbs.	341		
T. Rickett	187.5		Teen (16-17)	C. Kirsch	352		
Submaster-1			123 lbs.	Master (50-59)			
PUSH-PULL	BP	DL	Jealousofhim	126	181 lbs.		
MEN		TOT	132 lbs.	N. Backous	302		
Junior			D. Clifford	121	220 lbs.		
220 lbs.			Teen (18-19)	R. Mulant	374		
T. Wright	170	242.5	198 lbs.	242 lbs.	374		
Novice		412.5	N. Foolhead	209	165 lbs.		
220 lbs.			Open	B. Oliver	357		
K. Losey			148 lbs.	D. Wolf	352		
Pwr Sports	CR	BP	J. Amo	Master (60-69)			
MEN		FL	302	165 lbs.			
Master-2		TOT	165 lbs.	J. Ochs	214		
198 lbs.			J. Opp	Master (70-79)	165 lbs.		
J. Lynn, Jr.	62.5	110	335	181 lbs.	J. Zohner	192	
Master		102.5	M. Dowling	390	126	247	566
Pure		275	C. Hill	302	220 lbs.		
165 lbs.			T. Mason	269	J. Lerew	286	731
K. Kaiser	67.5	125	347.5	T. Anderson	544	165 lbs.	
Natural		155	G. Elliott	412	G. Handley	176	
181 lbs.					181 lbs.		
A. Harrell	70	147.5	185		D. Killerd	247	583
Pure		402.5			MEN		
165 lbs.					Teen (12-13)		
M. O'Hara	55	110	170		148 lbs.		
181 lbs.		335			A. Meyer	115	583
M. Cooper	70	132.5	222.5		115	115	363
220 lbs.		425			132		
A. Ueunten	62.5	160	255				
Pwrlifting	SQ	BP	477.5				
MEN		DL					
High School		TOT					
165 lbs.							
B. White	142.5	—	190				
Master-1			205				
181 lbs.							
R. Nicollelli	175	130	210				
198 lbs.		515					
R. Martinez	217.5	147.5	222.5				
Master-2		587.5					
181 lbs.							
R. Machen	160	105	65				
Master-3		330					
220 lbs.							
J. Robinson	185	105	190				
Novice		480					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
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Open		727.5					
181 lbs.							
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181 lbs.							
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225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
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R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				
Open		727.5					
181 lbs.							
C. Orchard	165	90	187.5				
198 lbs.		442.5					
R. Keele	167.5	105	202.5				
225 lbs.		475					
J. Wilson	295	177.5	255				

WABDL Southeastern 30 APR - 1 MAY 05 - Atlanta, GA			
BENCH	J. Saunders	—	
WOMEN	198 lbs.		
Teen (13-15)	D. Millina	424	
C. Nutt	104	275 lbs.	
Teen (16-19)	L. fox	507	
B. Burroughs	110	308 lbs.	
N. Williams	264!	S. Ford	457
M. Proctor	170	Super	
B. Brown	154	B. Campbell	369
D. Pratt	215!	Open	
Open	148 lbs.		
198 lbs.	K. Poitvint	286	
S. Jackson	270	165 lbs.	
Submaster	A. Jackson	—	
198 lbs.	181 lbs.		
G. Cables	215!	D. Millraney	352
L. Johnson	—	A. Zaffino	435
Master (40-46)	198 lbs.		
181 lbs.	T. Carter	352	
Wolverinton	170	Class-1	
198 lbs.	165 lbs.		
S. Jackson	270!	c. Cooper	281
(54-60)	165 lbs.	R. Jacobs	330
L. Glasco	104	181 lbs.	
(85+)	D. Millraney	330	
123 lbs.	198 lbs.		
L. Vann	275	L. Vann	
L. Rowe	51!	R. Wright	462
MEN	M. Cook	—	
Teen (13-15)	220 lbs.		
97 lbs.	M. Lucas	402	
J. Bruno	100	242 lbs.	
181 lbs.	R. Samples	501	
A. Brown	132	259 lbs.	
J. Lansford	214	J. Murphy	480
198 lbs.	Submaster		
J. Fain	275	148 lbs.	
242 lbs.	K. Poitvint	286	
M. Holland	225	165 lbs.	
Super	J. Colen	325	
J. Vanover	220	220 lbs.	
Teen (16-19)	M. Rhetter	319	
123 lbs.	242 lbs.		
B. Lewis	248	C. Edalgo	600
132 lbs.	220 lbs.	308 lbs.	
A. Ramos	275	C. Berry	440
165 lbs.	242 lbs.	K. Grizzle	380
S. Mixion	270	R. Proctor	402
181 lbs.	Master (40-46)	259 lbs.	
Z. Fox	281	B. Arnold	—
165 lbs.	165 lbs.	198 lbs.	
S. Grizzle	303	J. Ramano	347
198 lbs.	181 lbs.	J. Saunders	—
D. Wilson	414	A. Traylor	341
275 lbs.	D. Warren	Master (54-60)	181 lbs.
J. Stevens	391	R. Edwards	485
Junior	181 lbs.	M. Glasco	303
181 lbs.	G. Bonner	DEADLIFT	198 lbs.



Bill Gillespie benched 800 at the WABDL Southeastern Championships (photo courtesy of G. Herring)

T. Hallmark	264	WOMEN	MEN	S. Ford	—
J. Hedrix	236	Teen (13-15)	Teen (16-19)	Super	
J. Jackson	209	105 lbs.	181 lbs.	B. Campbell	407
J. Grizzle	380	242 lbs.	165 lbs.	Open	
B. Brown	203	165 lbs.	363 165 lbs.	Z. Fox	424
J. Ramano	347	Submaster	220 lbs.	S. Grizzle	440
J. Saunders	—	Master (54-60)	A. Jackson	512	
G. Cables	303	181 lbs.	628 181 lbs.	Class-1	
L. Fox	314	220 lbs.	DEADLIFT	R. Proctor	562
S. Jackson	374	198 lbs.	D. Millraney	512	
		259 lbs.	MEN	Master (69-74)	
		242 lbs.	198 lbs.	512 259 lbs.	
		242 lbs.	Junior	H. Linstrom	440!
		242 lbs.	T. Carter	523	
		242 lbs.	617	J. Seary	804!
		242 lbs.	T. Bowmen	Master (47-53)	
		242 lbs.	688 B. Morris	380	
		242 lbs.	523	165 lbs.	
		242 lbs.		T. Corey	
		242 lbs.		181 lbs.	
		242 lbs.		T. Hallmark	
		242 lbs.		242 lbs.	

Class-1	R. Proctor	562
181 lbs.	Master (69-74)	
D. Millraney	512	259 lbs.
242 lbs.	H. Linstrom	440!
B. Morris	523	
Submaster		
J. Seary	804!	
Master (47-53)		
165 lbs.		
T. Corey	380	
181 lbs.		
T. Hallmark	374	
242 lbs.		

!World Records. The 2005 WABDL meet was fantastic! Great quality. Great lifts by newcomers Charlene Nutt and Brittany Burroughs (national record). World records by Nikki and Daniel Pratt, who has benched over 300 as a teen girl, this was her first meet! Stellar performances by Susan Jackson, just missing 300, and a World Record mark for Gwen Cables. Good lifts by Glasco and Wolverinton, and 2 WR's for 89 years young Louise Rowe! In the teen men, narrow World Record misses by Vanover, Fain and Wilson. Great lifts by Bruno, Ramos, Mixion and Stevens. Junior lifters Luke Fox and Shawn Ford were hot, and an SR was made by Brad Campbell. Class-1 standouts were Rick Samples (501), Dr. Ron Wright (462)! In the open, nice lifts by don (not Ken) Millraney & Anthony Z. The master stand-outs included newcomer Jack Ramono 352, Glasco 303, Proctor 402, and a narrow 507 miss by Ron Edwards. The STAR of the show was Mr. Bill Gillespie. He smoked World Record 800 like a toy! Then to 833! The weight came down within 2 inches of the chest and he blew it up; no tough though-oh-so-close next time. What a class guy. In the deads, Mandy Proctor World Record 330! Wow, you go "Cool Whip". Gwen Cables did a 303 SR and Susan Jackson did 374. Not bad. The men were led by Jake Taylor 628 in the teens! Ted Carter 617! Trevor Bowman 688, and finally Big Pitbull 804.5 WR sub - what a man. The star, along with Pitbull, was Harry Lindstrom's 2 WR's at 70 years young, with a large 440 lift. A class gentleman and great friend. All in all, super quality lifting. Special thanks to Sandra, Steve, Gary, Tom, Ron, Trent, and Ken Millraney, and all of the BBG team. See ya in Tennessee. (Results provided to Powerlifting USA by George Herring)



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

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
		Y N		
Street Address			Club Name	
City		State	Zip	Area Code/Telephone
Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		M F

Registration Fee:

Adults \$25

Teens \$15

Make checks payable to and mail to:

WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS

P.O. Box 27499

Golden Valley, MN 55427

If under 18, have parent initial _____

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

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

Signature _____

7th YMCA Touch N' Go BP
23 APR 05 - Lima, OH

FEMALE
Master (40-49) 242 lbs.
123 lbs.
N. Proctor 145 R. Brown, Jr. 438
148 lbs.
R. Mills 115 SHW
181 lbs.
S. Cary 185 Master (70-79)
D. Sutherland 105 242 lbs.
B. Canters 85 V. Banks 308
Open
123 lbs.
T. Monford 115 Master (80-89)
T. Dross 108 198 lbs.
C. Lee 220
N. Carr 123 Open
181 lbs.
A. Lolo 175 J. Helms 278
S. Tryon 180 148 lbs.
SHW
D. Newsome 148 J. Smith 465
Teen (13-14) 165 lbs.
181 lbs.
A. Canters 85 K. Smith, Jr. 208
Teen (15-16) 181 lbs.
M. Muterebaugh 98 B. Butler 455
MALE
Master (40-49) N. King 410
220 lbs.
J. Thomas 465 T. Miller 305
C. Jones 418 220 lbs.
S. Long 348 J. VanDyne 458
275 lbs.
R. Manns 550 C. Bates 410
SHW
M. Ridgeway 435 B. Hild 408
Master (50-59) 242 lbs.
181 lbs.
C. Freese 285 S. Tanner 508
198 lbs.
D. Trent 290 R. Manns 558
220 lbs.
C. Jammebirt 308 S. Kellogg 508
Open
G. Munis 275 SHW

C. Hoffer 568 J. Boehler 185
A. Falls 425 T. Taylor 275
Teen (13-14) 242 lbs.
N. Perez 408 S. Wray 135
275 lbs.
R. Brown, Jr. 438 Teen (15-16)
Master 960-69
132 lbs.
J. Dement 248
148 lbs.
M. Rone 265
148 lbs.
J. Howard 215
K. Schulz 205
R. Whohigamuth 165 lbs.
R. Newman 285
R. Allen 315
A. Bader 235 220 lbs.
B. Banks 350
181 lbs.
This was a well attended meet, held in one of the three basketball courts of the facility. The director of this activity program is Alicia Bell. Joey Simpson moderated the M. Vaughter very well managed meet. His wife, Carla, Open was the statistician. There were some B. Beasley outstanding lifts. The most prominent was 165 lbs. by Joe Smith at the 148# class. He benched Military 465#, which is more than three times his Masters (40-44) bodyweight. His lift would have been good J. Johnson in any association. Amongst the ladies was 198 lbs. Sandy Cary with her 185# bench. Sandy Masters (45-49) was the best lady lifter. The ladies are L. Hawkins really getting into this sport. Roger Manns Military weights, with his 550# bench. Virgil Banks L. Hawkins at 244#, was the best lifter of the heavy Masters (45-49) and Jeff Telljohn were doing great as usual. 198+ lbs. First time lifters from Family Fitness Center were Cliff Freese, 59 years old, with Masters (40-44) 285# in the 181# class; Chad Bates in the L. Marrow open with his 410#, Bobby Banks of New York int eh 220#, with his 350#, in the 17-19 class. Best lifter awards by formula Y. Ross went to Joe Smith and Roger Manns. Many Teen (18-19) thanks go to the spotters and loaders Corey A. Marrow Kohli, Chris Jones, Jason Casey, Jasper MALE Ellis, Kevin Davis and Mike Hunter. Team Assisted awards: 1st place - the Lima Lifters of 165 lbs. Darke County Ohio YMCA. (Thanks to Military Charles W. Lee, WDFPF World Champion, Teen (18-19) for providing these competition results) N. Rigney

Teen (18-19) 114 lbs.
S. Wray 135
Teen (15-16) 132 lbs.
J. Dement 248
148 lbs.
R. Lemberg 225
148 lbs.
M. Allen 295
198 lbs.
N. Zachamah 325
B. Beasley 137
C. Allen 315
B. Beasley 137
B. Beasley 137
Masters (50-54) 132 lbs.
B. Beasley 137
D. Harris 132
D. Richards 77
Masters (55-59) 148 lbs.
P. Dubose 242
Teen (14-15) 137
S. Talley 143
Youth (12-13) 123 lbs.
C. Cannady 93
165 lbs.
Military
Masters (40-44) 165 lbs.
R. Tanksley 242
4th-248
Teen (16-17) 121
S. Madrid 192
C. Oliver 170
Teen (14-15) 181
J. Marrow 181
Youth (12-13) 259
T. Warren 121
181 lbs.
Lifetime/Open
T. Dance 288
4th-300
Masters (45-49) 121
V. Tarabay 325
Military/Open
J. Gardner 319
Open
J. Gardner 319

AAU Spring Break
23-24 APR 05 - Richmond, VA
BENCH
Raw
FEMALE
123 lbs.
N. Auger 308
165 lbs.
C. Chaney 328
R. Lemberg 225
148 lbs.
M. Allen 295
198 lbs.
N. Zachamah 325
B. Beasley 137
C. Allen 315
B. Beasley 137
B. Beasley 137
Masters (50-54) 132 lbs.
B. Beasley 137
D. Harris 132
D. Richards 77
Masters (55-59) 148 lbs.
P. Dubose 242
Teen (14-15) 137
S. Talley 143
Youth (12-13) 123 lbs.
C. Cannady 93
165 lbs.
Military
Masters (40-44) 165 lbs.
R. Tanksley 242
4th-248
Teen (16-17) 121
S. Madrid 192
C. Oliver 170
Teen (14-15) 181
J. Marrow 181
Youth (12-13) 259
T. Warren 121
181 lbs.
Lifetime/Open
T. Dance 288
4th-300
Masters (45-49) 121
V. Tarabay 325
Military/Open
J. Gardner 319
Open
J. Gardner 319

A. Falls 425
Teen (13-14) 114 lbs.
S. Wray 135
Teen (17-19) 148 lbs.
N. Auger 308
165 lbs.
C. Chaney 328
R. Lemberg 225
148 lbs.
M. Allen 295
198 lbs.
N. Zachamah 325
B. Beasley 137
C. Allen 315
B. Beasley 137
B. Beasley 137
Masters (50-54) 132 lbs.
B. Beasley 137
Teen (16-17) 121
H. Foster 126
123 lbs.
Youth (12-13) 123 lbs.
D. Cheese 93
4th-99
132 lbs.
Youth (12-13) 121
D. Harris 132
D. Richards 77
Masters (55-59) 148 lbs.
P. Dubose 242
Teen (14-15) 137
S. Talley 143
Youth (12-13) 123 lbs.
C. Cannady 93
165 lbs.
Military
Masters (40-44) 165 lbs.
R. Tanksley 242
4th-248
Teen (16-17) 121
S. Madrid 192
C. Oliver 170
Teen (14-15) 181
J. Marrow 181
Youth (12-13) 259
T. Warren 121
181 lbs.
Lifetime/Open
T. Dance 288
4th-300
Masters (45-49) 121
V. Tarabay 325
Military/Open
J. Gardner 319
Open
J. Gardner 319

T. Dance 288
4th-300
Teen (16-17) 121
G. Marrow II 225
198 lbs.
Military/Open
W. Thacker 374
C. Dabney 303
Military
Submasters (35-39) 154
C. Dabney 303
Submasters (35-39) 303
C. Dabney 303
Teen (14-15) 303
K. Glover 154
Teen (14-15) 303
A. Belfield 374
M. Jones 121
220 lbs.
Lifetime
Masters (40-44) 308 lbs.
M. Lewis 314
Marrow, Sr. 325
Military
SubMasters (35-39) 308 lbs.
A. Jones 369
N. Jamison 303
Teen (14-15) 308 lbs.
Richardson 159
Youth (12-13) 308 lbs.
M. Chavis —
242 lbs.
Law/Fire/Open
Fleischauer 341
Masters (40-44) 341
D. Adams 418
Military
Submasters (35-39) 341
T. Norman 259
Teen (14-15) 341
Best Lifters: Best Female Open Raw - Barbara Beasley, Jennifer Tossas. Best Female Master raw - Barbara Beasley, Jennifer Johnson. Best Male Open Raw - William Thacker. Best Male Master Raw - Paul Dubose. Team Awards: 1st place adult: National Guard Team, Virginia. 1st place youth: Project Lift Team Two. 2nd place youth team - Project Lift Team One. (Thanks to Barbara Beasley for results)

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- ★ **No. 4** @ 365 lb. — the ultimate feat of (crushing) grip strength*

*close our No. 3 or No. 4 Captains of Crush Gripper under official conditions and you will be certified your matchless grip strength!

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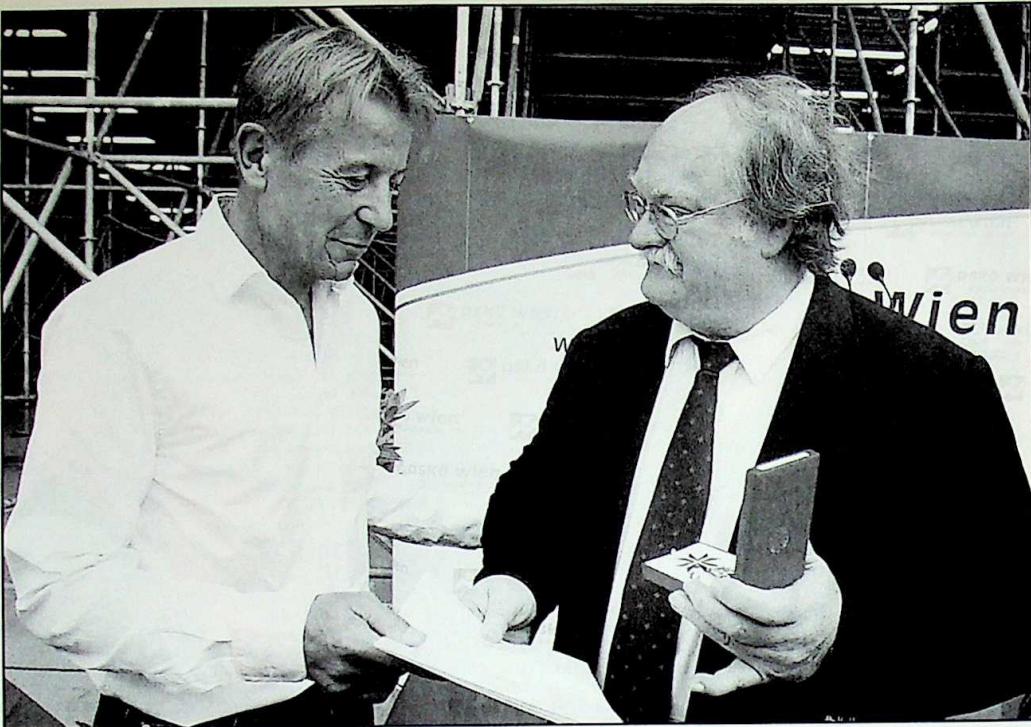
STRONGER MINDS,
STRONGER BODIES™

Made in USA

APA Space City BP Extravaganza
25 Jun 05 - Houston, TX

148 lbs.	242 lbs.
Master (45-49)	Novice
J. Beasley 290	M. Parker 455
165 lbs.	Open
Teen (11-12)	E. Wright* 630
J. Burtschell 190	M. Parker 455
Junior (20-23)	C. Matthews —
J. Cavillo 355	275 lbs.
Master (60-64)	Novice
L. Lichle 225	J. Phelps —
181 lbs.	Submaster (33-39)
Teen (16-17)	R. Plunkett 500
B. Abendroth 185	Master (44-49)
198 lbs.	R. Young 405
Submaster (33-39)	R. Abendroth 365
E. Anderson —	308 lbs.
220 lbs.	Open
Novice	S. Burtschell 555
L. Zabala 445	T. Meeker —
Submaster (33-39)	198 lbs.
R. Perez —	WOMEN
Master (45-49)	165 lbs.
K. Barbier 330	Master (50-54)
Master (50-54)	M. Young 130
S. Rosenberg 275	

*=Best Lifter. It was a hot day for benching at the Health Clubs of America in Houston, Texas. ABC's Channel 13 of Houston showed up to film the entire meet, giving our athletes and meet lots of local coverage. In the men's 146 masters, Jack Beasley missed his opener of 285 to come back and nail 290. In the 165's, 12 year old Jessie Burtschell opened his day with an easy 165. He came right back to hit 180 and 190 both for teen world records. Jessie took a 4th at 200 but just didn't have the gas lift to do it. In the junior division, John Calvillo got an easy opener of 315 and came back to hit 355, on his 2nd attempt for a Texas record. Master lifter Lee Lichle from Florida, got his opener of 225, but missed both his 2nd and 3rd attempts. In the 181 teens, Blaise Abendroth, lifting for the first time ever, got his 2nd attempt of 185. Abendroth just missed his 3rd attempt of 200. Lifting in the 198 novice division and submasters, Erik Anderson had a bad day missing all of his attempts. Erik opened up a little heavy for his first meet but will be back soon. Luis Zabala, also lifting in his first meet, nailed his opener of 445 only to come back and miss 470 and 480 on his 2nd and 3rd attempts in the 220 novice division. In the submaster division, Raul Perez had a rough day just missing all three of his

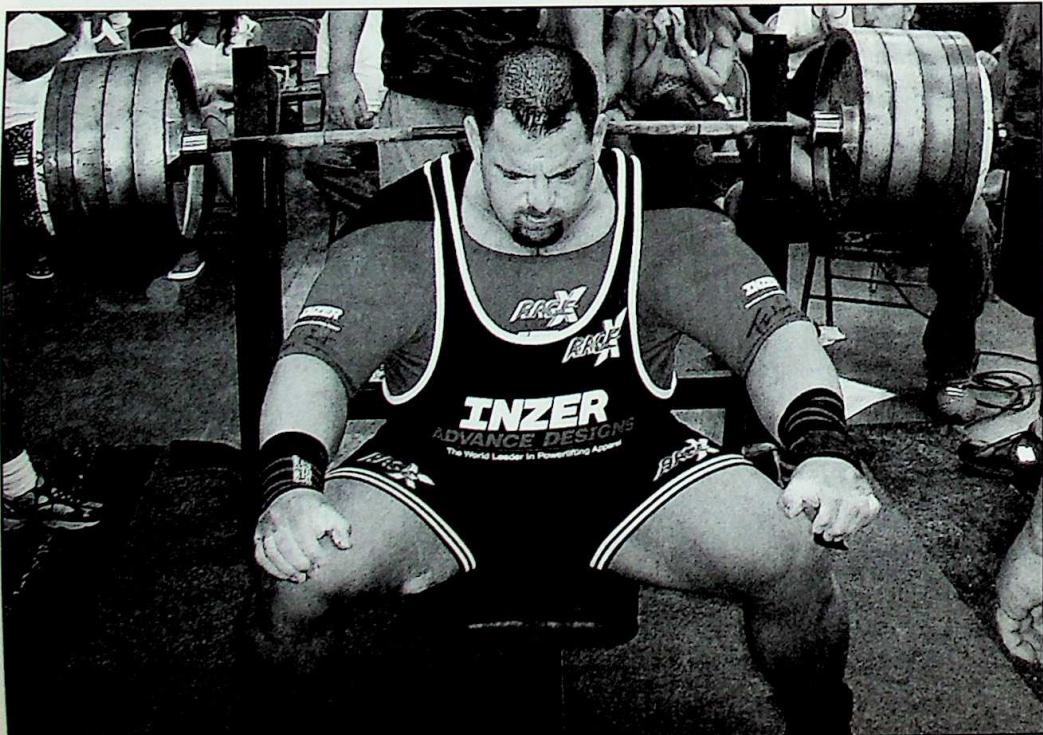


IPF President Receives Austrian National Honor ... Norbert Wallauch is presented the prestigious "Goldenes Ehrenzeichen fur Verdienste um die Republik Oesterreich" by Austrian Secretary of State for Sports, Karl Schweizer, for his 40 years of ombudsman service to various Austrian sports organizations.

attempts. Master lifter Keith Barbier, got his opener of 330 but just missed 355 and 360 on his 2nd and 3rd attempts. Also lifting in the master division, 52 year old Steve Rosengrub nailed his 1st attempt of 275 but missed his next two attempts of 300. Michael Parker, lifting in the 242 novice division had a great 1st meet nailing all three of his attempts of 405, 445 and 455. Look for this lifter to come back and set some big records soon. In the open division, Eric Wright got his 1st attempt easily putting 630 in the books. Wright came back with 650 and 660 but just didn't

have it. Eric walked away from the meet with the title of best lifter. Chad Matthews, also in the open division, had a rough day missing 575 all three attempts. Lifting in the 275 novice division, Jason Phelps started off a little heavy and just missed all three of his attempts going 545. In the submaster division, Raymond Plunkett had an easy win with his opening attempt of 500. Plunkett came back with 550 on his next two attempts but just missed them both. In the master division, 49 year old Raymond Young had a great day taking home 2 Texas records by going 385 and 405

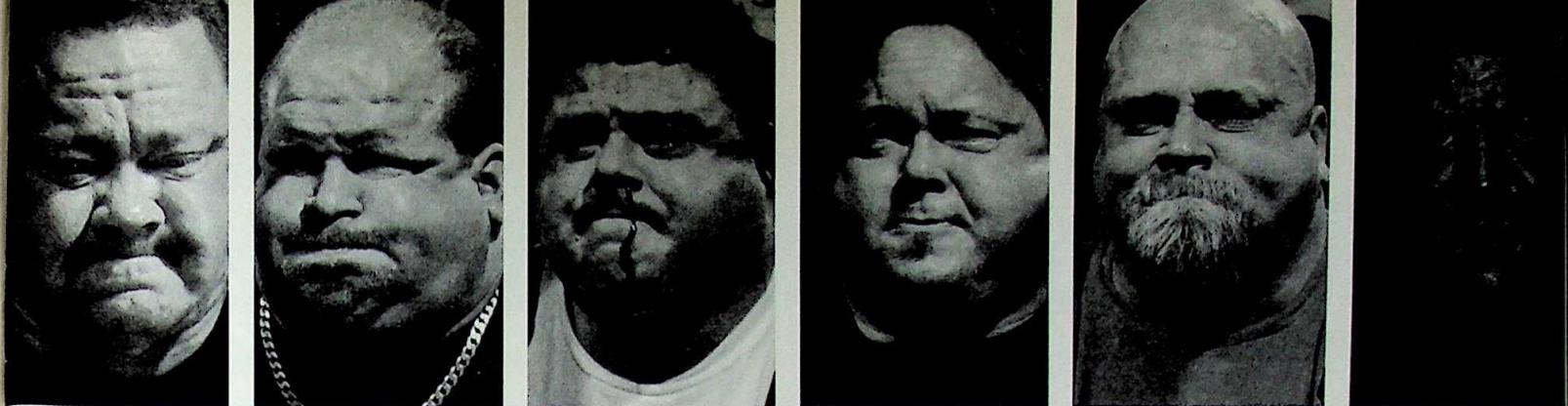
on his 1st two attempts. Young just missed 425 on his last attempt. Taking 2nd place in the master division, Randy Abendroth got his 2nd and 3rd attempts of 345 and 365. In the 308 submaster, Steve Burtschell nailed 555 on his 1st attempt for a Texas record only to come back and miss 585 twice. In the open division, Tiny Meeker took 905 for 3 attempts just missing all 3 of them by an inch from lock out. Meeker will no doubt hit 905 in the next few weeks. Thanks very much to Pete Lattanzi, Blake Sterling and Brian Nugier for the great work they did spotting and loading for the meet. Also a big thanks to Josh Ash, Brian Kline, and Brian Propst for the excellent job officiating the event. Thanks also to Maria McCullough for her hard work as score keeper, expeditor, and photographer. I also would like to thank Charlie Turco and his wife for setting up a House of Pain booth and the great photos. A special thanks also to John Inzer of Inzer Advance Designs for your continued help and support, as well as Mike Lambert of Powerlifting USA. Last but not least I would like to thank The Health Clubs of America for your support of this sport and for providing us with the space to hold these meets. Without all of the above, meets like this would not happen. (thanks to Meet Director Tom McCullough for providing these results to POWERLIFTING USA)



Tiny Meeker gets ready for an attempt at a 905 lb. bench press at the APA Space City meet (T. McCullough)

	MALE	SQ	BP	DL	TOT
Teen-18	R. Hawkins	250	185	325	760
Junior	I. Gonzales	435	335	475	1245
Master-1	R. Gains	605	445	605	1655
Master-5	S. Striepeke	470	315	490	1275
Master-7	B. Hawkins	340	315	370	1025
Master-4 (out of state lifter)	T. Fitzgibbon	280	175	320	775
Master-5	H. Heyman	440	260	445	1145
Master-7	W. Ortiz	205	105	145	445
Open (out of state lifter)	D. Riley	535	355	535	1425

(Thanks to USAPL for providing results)



What do these men have in common
besides an average squat of 1048 pounds?



Metal Pro Squatter

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Travis Mash (970 lb. squat): "The Metal Pro Squatter allows me to sit back with proper form, and then the craziest thing happens. The lower you go, the more dramatic of a rebound you get. It is crazy."

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Andy Bolton (1122 lb. squat): "The Metal Pro Squatter is a comfortable suit that allows me to breathe yet gives me explosive power out of the bottom of the hole."

Marc Bartley (1058 lb. squat): "There is no comparing the Metal Squatter, it's that far ahead of the other suits on the market today. Best suit for a big squat!"

Mike Ruggiera (1050 lb. squat): "The METAL Pro Squatter out performs any suit I've ever tried and believe me, I've tried a bunch."

Matt Smith (1075 lb. squat): "I like the Metal Pro Squatter because it allows me to arch better, keep proper position and gives me unbelievable speed out of the hole!"



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National Benchpress Championships and Fitness Weekend Extravaganza at the all new Elgin Community College Events Center



National Benchpress Champ Jennifer Thompson

National Benchpress Champ Horace Lane

National Benchpress Champ Wade Hooper

Friday, September 30

12PM - Golf Outing - Shotgun Start - Rolling Knolls Country Club
7-9 PM BA3 Women's National BP Championships - Gym

Saturday, October 1

8AM - 9AM - 5K Race for the Boys and Girls Club of America
9AM - 11AM - Jiffy Lube® "Who's the Most Fit" - finals
11AM - 12PM - Body Figure
12PM - 1PM - Body Building Preliminaries
1PM - 3PM - BA3 Men's Lightweight National BP Championships
3PM - 4PM - Dance Competition
4PM - 6 PM - BA3 Men's Middleweight National BP Championships
6PM - 7 PM - Body Building Finals
7PM - 9 PM - BA3 Men's Heavyweight National BP Championships

schedule - subject to change

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SEPT 30 - OCT 1, 2005

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12 TRADITIONAL WEIGHT CLASSES - \$500 TO 1ST PLACE IN EACH CLASS! (114-SHW)

LIGHTWEIGHT DIVISION (148 & UNDER) - \$1000 FOR BEST POUND FOR POUND BENCH!

MIDDLEWEIGHT DIVISION (220 & UNDER) - \$1000 FOR BEST POUND FOR POUND BENCH!

HEAVYWEIGHT DIVISION (242 & OVER) - \$1000 FOR BEST POUND FOR POUND BENCH!

\$10,000 FOR BIGGEST BENCH OVERALL!

\$2,500 FOR 2ND BIGGEST BENCH OVERALL!

\$1,000 FOR 3RD BIGGEST BENCH OVERALL!

WOMEN'S DIVISION

BEST WILKES FORMULA = \$2,500, 2ND BEST WILKES FORMULA = \$1,000, 3RD BEST WILKES FORMULA = \$500

BIGGEST BENCH OVERALL = \$1,000

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*SINGLE LAYER - POLY OR DENIM - STOCK THICKNESS - STANDARD COLLAR

*CLOSED BACK OR PARTIAL OPEN BACK (COLLAR CANNOT BE CUT)

*SCOOP NECK ALLOWED BUT MUST COVER EDGE OF COLLARBONE

*UP TO TWO 1" X 3" PATCHES PER SHIRT AND THE PATCHES CANNOT BE IN CONTACT WITH THE SEAMS.

*SLEEVES ABOVE ELBOW

*STRETCHY BACKS ARE ALLOWED (AS PER STOCK FURY AND RAGEX TYPE SHIRTS) BUT FLOPPY BACKS AND DENIM/POLY COMBO SHIRTS ARE NOT ALLOWED.

BONUSES

*COMCAST SPORTS NET WILL INTERVIEW THE BIGGEST BENCHER OF THE SHOW AND SOME OF THE FIRST PLACE FINISHERS

*ALL BA NATIONAL RECORDS SETTERS WILL RECEIVE A RING

*MEDALS TO 1-3 IN ALL WEIGHTCLASSES AND WOMEN'S WILKES

*HOST HOTEL - HOLIDAY INN HAS OFFERED ALL BA LIFTERS/FRIENDS/FAMILY \$20 OFF THEIR \$89 RATE - MUST BE BOOKED THROUGH BENCHAMERICA

*ALL BA3 COMPETITORS WILL RECEIVE 4 TICKETS TO THE FITNESS WEEKEND AND CHAMPIONSHIPS, AN OFFICIAL BA3 T-SHIRT AND AN INVITE FOR 2 TO THE VIP AFTER PARTY.

ALL CASH PRIZE WINNERS WILL BE DRUG TESTED VIA URINALYSIS BY AEGIS LABS.

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BENCHAMERICA WILL BE WORKING WITH ALL BA3 COMPETITORS ON THE MAKING OF THEIR TRAVEL ARRANGEMENTS.

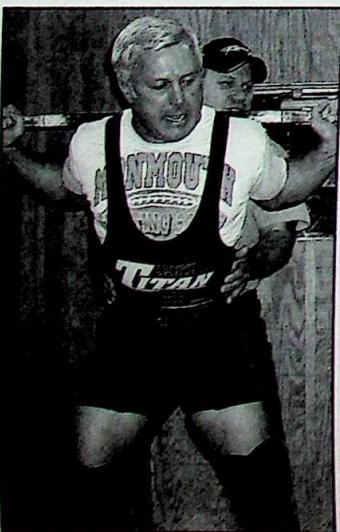
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RANKINGS, RESULTS, GALLERIES, INTERVIEWS, BA3 INFO & MORE!

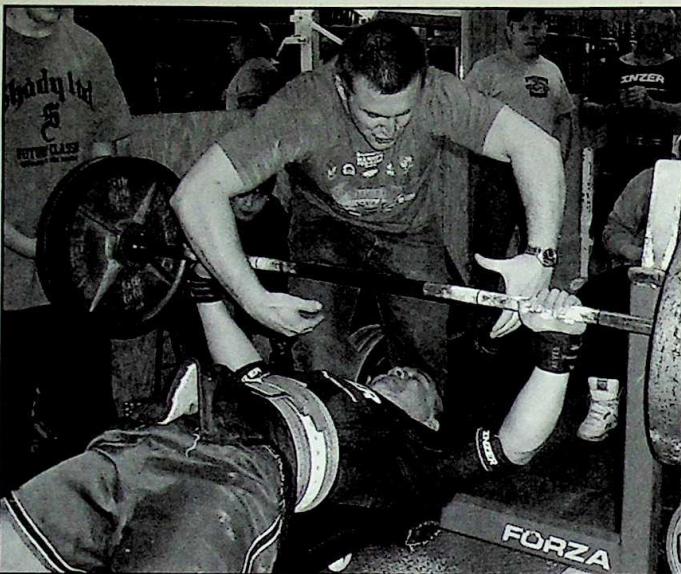
SLP Illinois State
18 FEB 05 - Tuscola, IL

BENCH	275 lbs.
MEN	J. Hassinger 375!
Teen (18-19)	410-385!
275 lbs.	DEADLIFT
T. Iverson	325! WOMEN
Police/Fire	Open
(18-19)	132 lbs.
MEN	E. Haislar 310!
Teen (16-17)	SQ BP DL TOT
198 lbs.	
M. Beer	250! 215 415! 880!
Junior	
181 lbs.	
J. Reyes	485 340 480! 1305
Master (55-59)	
181 lbs.	
R. Carlson	410! 305! 420! 1135
Police/Fire/Submaster	
198 lbs.	
M. Garrett	500! 365! 625! 1590!
Police/Fire/Submaster	
242 lbs.	
M. Gille	500 430 600! 1530

!-Son Light Power State Records. Best Lifter Powerlifting: Mike Garrett. The Son Light Power Illinois State Powerlifting Championship was held at Son Light Power Gym. Thanks to all those who helped out especially my son Joey, grandson Daniel and Wee Man for loading and spotting. In the powerlifting event first-time competitor Matt Beer had a great day, finishing with a national record 880 total for the win at 16-17/198. Matt posted national records of 250 in the squat, and a 415 deadlift, together with his 215 bench. Josh Reyes moved up to the junior 181 class, making a 485 squat, 340 bench and a 480 pull for a 1305 total. Josh's pull equalled the national record there. Richard Carlson set all new national records for the 55-59/181 class with his 410 squat, 305 bench and 420 deadlift for a 1135 total. Taking the award for best lifter was Mike Garrett. Mike won the police & fire/submaster 198 class, setting all new national records in the process. Mike finished with a personal best 560 squat, 365 bench and a 625 personal record deadlift for a 1580 total. In the open police & fire 242 class Mark Gille won with a 1530 total. Mark finished with a 500 squat, 430 bench and a great 600 personal best pull, which equalled the national record there. In the bench press event Tim Iverson set the national mark at teenage 16-17/275 with 325 while training partner Joe Hassinger won at police & fire 18-19/275 with a national record 375. A fourth with 385 was also good. In the deadlift event it was lone competitor Erica Haislar. Erica won the open women's 132 class with a new national mark of 310. Had a small competition, but a good one with lots of fun. (results by Dr. Darrell Latch)



Richard Carlson got an SLP National Record 410 in the 55-59 age group, 181 lb. class (Latch photos)



Josh Reyes and his 355 @ Junior/181 at the SLP Illinois State contest.

USAPL Louisiana State (kg)
29 JAN 05 - Baton Rouge, LA

BENCH	Master (70-74)
MEN	181lbs.
Teen	D. Boyes 57.5
181 lbs.	242 lbs.
A. Crappel	142.5 J. Longwell 70
Master (50-54)	DEADLIFT
181 lbs.	MEN
J. LeBlanc	145 Open
Master (60-64)	165 lbs.
275 lbs.	M. Story 192.5
M. Fleming	120
WOMEN	SQ BP DL TOT

165 lbs.	D. Credeur 192.5 107.5 220 520
181 lbs.	J. Hodges 232.5 160 240 632.5
S. Riedl	230 60 222.5 512.5
198 lbs.	T. Bennett 255 157.5 260 677.5
C. Sarver	— — — —
220 lbs.	T. Haphen 195 137.5 202.5 535
R. Scott	190 — — —
275 lbs.	Cressonnie 260 192.5 255 690
Duplechaine	187.5 187.5 227.5 602.5
Open	
132 lbs.	J. Impastato 255 202.5 250 708
A. Mele	182.5 117.5 210 510
181 lbs.	J. Pogue 142.5 — — —
K. Carnahan	165 lbs.
Junior	N. Gutierrez 237.5 160 225 622.5
97 lbs.	J. Impastato 255 202.5 250 708
J. Boulet	105 lbs.
S. Loebig	75 35 80 190
123 lbs.	E. Jacobs 120 60 210 390
P. Ramirez	120 52.5 112.5 295
C. King	95 60 113 268
181 lbs.	H. Hayes, Jr. 272.5 227.5 250 750
L. Ferrer	137 80 175 392
Master	
114 lbs.	J. Honeycutt — — — —
T. Rivers	45 35 107.5 187
123 lbs.	D. Hogg 55 47.5 92.5 195
MEN	
Teen	
114 lbs.	L. Bean 67.5 50 82.5 200
132 lbs.	R. Young 95 57.5 112.5 265
148 lbs.	M. Jenks 187.5 125 202.5 515
165 lbs.	Winchester 132.5 85 140 357.5
220 lbs.	G. France 250 235 235 622.5
Charbonnel	C. Fuller 197.5 120 220 537.5
Hutchinson	C. Friedman 212.5 135 257.5 597.5
242 lbs.	M. Melancon 197.5 130 202.5 530
B. Bizette	
J. Jackson	
Junior	
148 lbs.	J. Heintz — — — —
M. Ruiz	D. McGhee 185 112.5 230 527.5
210	W. Smith 182.5 122.5 215 520
220 lbs.	Charbonnel 217.5 137.5 200 555
Hutchinson	Hutchinson 205 125 250 580
242 lbs.	
B. Robert	167.5 102.5 182.5 453
J. Richard	220 150 237.5 607.5
275 lbs.	
B. Bizette	250 177.5 227.5 655
J. Jackson	232.5 140 255 627.5
Junior	
148 lbs.	M. Ruiz 210 122.5 260 592.5

165 lbs.	B. Kergosien 187.5 110 200 497.5
G. Kergosien	182.5 102.5 182.5 467.5
Master (45-49)	
220 lbs.	S. Norton 152.5 132.5 192.5 477.5
S. Norton	Master (50-54)
165 lbs.	T. Iverson 25 100 25 150
G. Brenner	181 lbs.
D. Fitzsimmons	170 122.5 190 482.5
J. LeBlanc	145 145 145 435
198 lbs.	T. Longo — — — —
C. Spicer	227.5 145 227.5 600
242 lbs.	C. Siddle 62.5 127.5 147.5 337.5
C. Wainright	230 172.5 235 637.5
Master (55-59)	
L. Langlinais	T. Langlinais 170 137.5 230 537.5
B. Bienvenu	B. Bienvenu 105 92.5 137.5 335
Master (60-64)	
181 lbs.	R. Roth 60 117.5 62.5 240
220 lbs.	R. Jenkins 142.5 142.5 227.5 512.5
242 lbs.	R. Perkins 90 — — —
R. Curtis	107.5 102.5 155 365

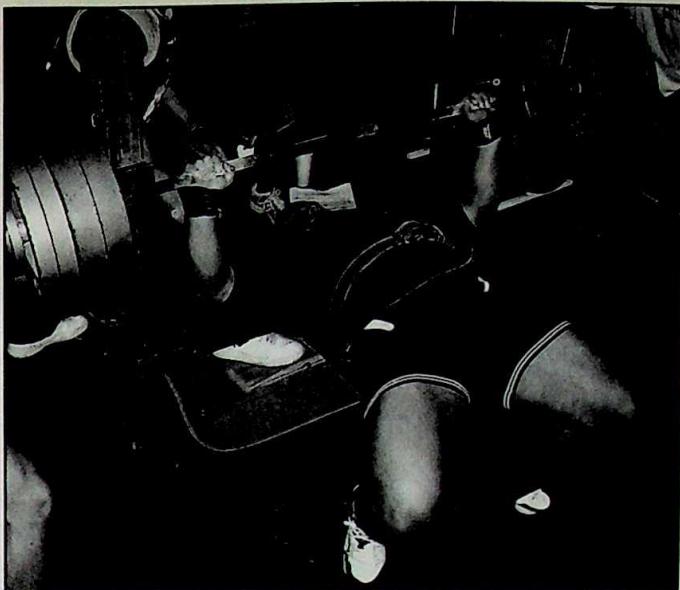
165 lbs.	D. Credeur 192.5 107.5 220 520
181 lbs.	J. Hodges 232.5 160 240 632.5
S. Riedl	230 60 222.5 512.5
198 lbs.	T. Bennett 255 157.5 260 677.5
C. Sarver	— — — —
220 lbs.	T. Haphen 195 137.5 202.5 535
R. Scott	190 — — —
275 lbs.	Cressonnie 260 192.5 255 690
Duplechaine	187.5 187.5 227.5 602.5
Open	
132 lbs.	J. Impastato 255 202.5 250 708
A. Mele	182.5 117.5 210 510
181 lbs.	J. Pogue 142.5 — — —
K. Carnahan	165 lbs.
Junior	N. Gutierrez 237.5 160 225 622.5
97 lbs.	J. Impastato 255 202.5 250 708
J. Boulet	105 lbs.
S. Loebig	75 35 80 190
123 lbs.	E. Jacobs 120 60 210 390
P. Ramirez	120 52.5 112.5 295
C. King	95 60 113 268
181 lbs.	H. Hayes, Jr. 272.5 227.5 250 750
L. Ferrer	137 80 175 392
Master	
114 lbs.	J. Honeycutt — — — —
T. Rivers	45 35 107.5 187
123 lbs.	D. Hogg 55 47.5 92.5 195
MEN	
Teen	
114 lbs.	L. Bean 67.5 50 82.5 200
132 lbs.	R. Young 95 57.5 112.5 265
148 lbs.	M. Jenks 187.5 125 202.5 515
165 lbs.	Winchester 132.5 85 140 357.5
220 lbs.	G. France 250 235 235 622.5
Charbonnel	C. Fuller 197.5 120 220 537.5
Hutchinson	C. Friedman 212.5 135 257.5 597.5
242 lbs.	M. Melancon 197.5 130 202.5 530
B. Bizette	
J. Jackson	
Junior	
148 lbs.	J. Heintz — — — —
M. Ruiz	D. McGhee 185 112.5 230 527.5
210	W. Smith 182.5 122.5 215 520
220 lbs.	Charbonnel 217.5 137.5 200 555
Hutchinson	Hutchinson 205 125 250 580
242 lbs.	
B. Robert	167.5 102.5 182.5 453
J. Richard	220 150 237.5 607.5
275 lbs.	
B. Bizette	250 177.5 227.5 655
J. Jackson	232.5 140 255 627.5
Junior	
148 lbs.	M. Ruiz 210 122.5 260 592.5

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165 lbs. Junior J. Cowles 198 lbs. Pure C. Smith Submaster Pure	102.5 197.5 500	Submaster-2 T. Prati 70 162.5 227.5 460 242 lbs. Novice C. Comes 72.5 132.5 205 410 275 lbs. Master-1 C. Frazier, III 72.5 140 222.5 435 SHW
D. Rhoades Natural D. Rhoades Police/Fire R. Anderson Submaster Pure D. Doobay 220 lbs. Pure J. Thompson Junior C. Frazier Submaster-2 D. Gulling Pure J. Thompson Youth D. Frazier 242 lbs. Submaster-2 R. Baker 275 lbs. Submaster Pure K. Nessa 308 lbs. Police/Fire L. Willison Pure L. Willison Pwr Sports MEN 123 lbs. Youth C. Stolt 165 lbs. Natural D. Strenstrom 198 lbs. Master-2 G. Eastman 220 lbs.	207.5 265 765 207.5 265 765 147.5 272.5 705 147.5 272.5 705 107.5 197.5 517.5 147.5 185 332.5 245 320 892.5 165 260 662.5 162.5 240 622.5 245 320 565 47.5 110 247.5 142.5 227.5 607.5 217.5 — — 220 227.5 667.5 220 227.5 667.5 CR BP DL TOT	70 162.5 227.5 460 242 lbs. Novice C. Comes 72.5 132.5 205 410 275 lbs. Master-1 C. Frazier, III 72.5 140 222.5 435 SHW Novice P. Clasi 62.5 132.5 — — (Thanks to Richard Peters for the results)
		BENCH S. Johnson 137.5 APF 308 lbs. MEN G. Theriot 220 Teen J. Micha — 132 lbs. 132 lbs. Super J. Ladnier 57.5 G. Frank 357.5 148 lbs. J. Ewing — N. Rocco 57.5 WOMEN 220 lbs. Open D. Pierce 197.5 148 lbs. Novice A. Micka 115 242 lbs. AAPF J. Shackleford 205 Novice Master 242 lbs. 198 lbs. J. Bailey 125 A. Massie 140 Open Raw 220 lbs. 198 lbs. C. McMullin 192.5 R. Dearman 182.5 242 lbs. Open T. Ford — J. Perkins 227.5 (Thank you to Joe Ladnier for these results)
		APA War on the Shore 4 JUN 04 - Daphne, AL
		BENCH A. Micka 245! WOMEN MEN 148 lbs. 148 lbs. Open Teen (13-15) A. Micka 245 J. Perkins 165 Submaster (33-39) 165 lbs.



John Micka with 650 @285 at the APA War on the Shore (R. Cidzik)

K. Hobden	250	J. Perkins	515	Push-pull	BP	DL	TOT
198 lbs.		B. O'Gwynn	350	MEN			
Open		Master (50-59)	198	lbs.			
C. Phillips	470	J. Stopp	385	Open			
Master (40-49)		275 lbs.		G. Duncan	255	400	655
C. Phillips	470	Open		Pwrlifting	SQ	BP	DL
220 lbs.		T. Sullivan	500	MEN			
Teen (18-19)		Master (40-49)	198	lbs.			
D. Pierce	440	T. Sullivan	500	Teen (13-15)			
Junior (20-23)		308 lbs.		M. Gacek	350	200	335
J. Bailey	285	Open		275 lbs.			
Open		J. Micka*	650	Open			
J. Perkins	515	Submaster (33-39)		B. Royston	700	515	615
E. Downey	500	J. Micka*	650	1830			
Submaster (33-39)		Submaster (33-39)		=Best Lifters. !=American Records. (Thanks to Ryan Cidzik for the results)			

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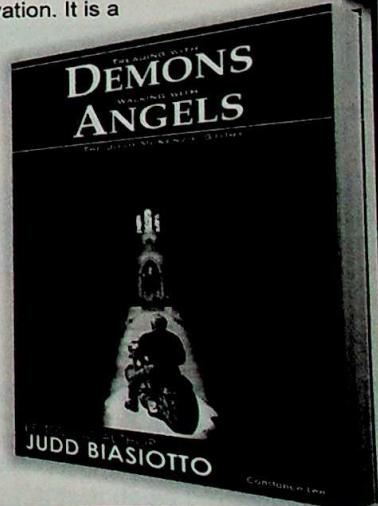
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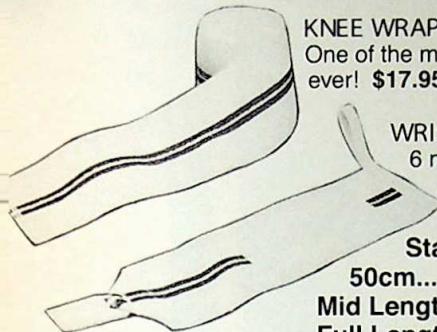
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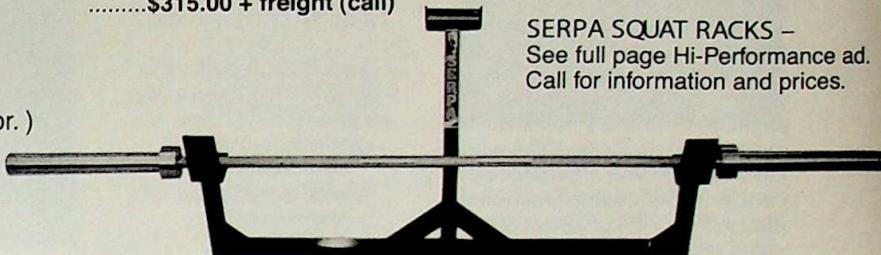


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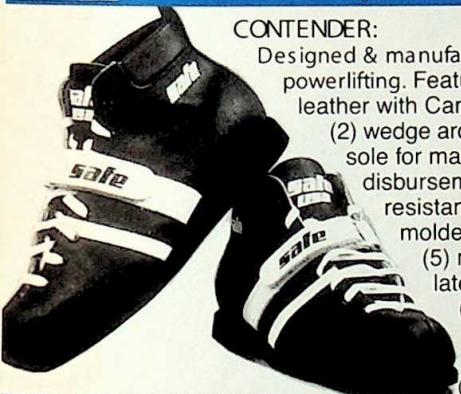


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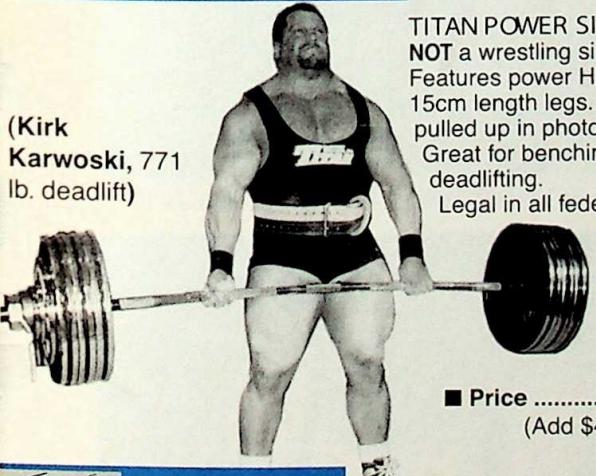
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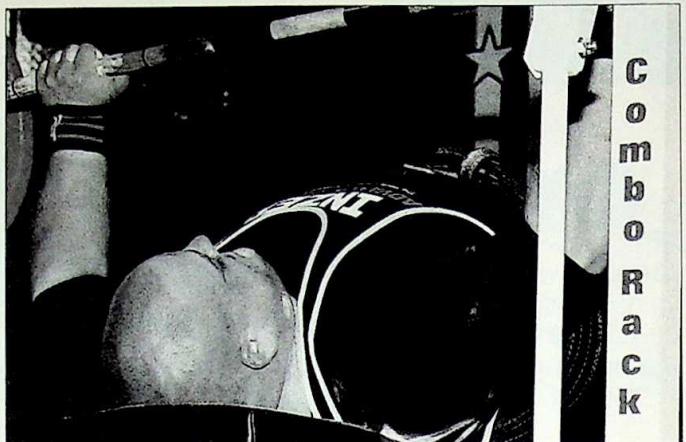
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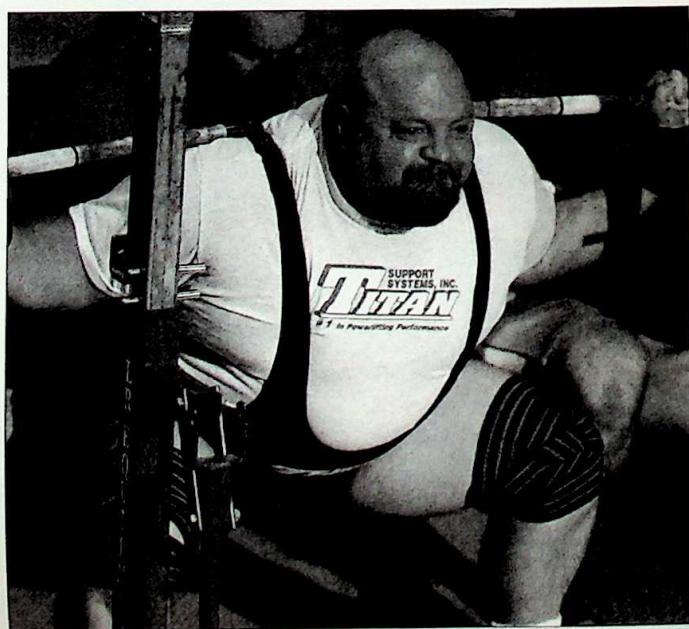


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1 1125 Moore, B..3/5/05	1005 Rychlak, G..11/21/04	866 Nease, M..4/30/05	2606 Thompson, D..3/5/05
2 1124 Childress, P..10/10/04	902 Knelly, R..12/4/04	837 Gillingham, B..7/11/04	2601 Smith, M..3/5/05
3 1074 Smith, M..3/5/05	850 Lattimer, S..7/10/04	826 Siders, B..8/14/04	2579 Childress, P..10/10/04
4 1053 Aichs, C..4/10/05	832 Wong, S..3/5/05	821 Thompson, D..3/5/05	2546 Moore, B..10/10/04
5 1041 Hoskinson, J..3/12/05	825 Wolfe, M..4/05	815 Smith, M..5/1/04	2529 Siders, B..11/14/04
6 1025 Huston, T..7/11/04	821 Brandenburg, C..3/5/05	815 Ruggeria, M..4/17/05	2510 Ruggeria, M..4/17/05
7 1025 Frank, G..10/10/04	820 Meeker, I..12/11/04	810 Mikesell, B..6/26/04	2455 Harold, T..11/21/04
8 1024 Thompson, D..3/5/05	805 Key, P..4/05	810 Harold, T..11/21/04	2400 Brand, B..7/11/04
9 1020 Ruggeria, M..4/17/05	804 Cooke, C..9/25/04	804 Wiers, C..6/6/04	2386 Wiers, C..6/6/04
10 1019 Bernor, J..10/10/04	800 Gillespie, B..5/1/05	804 Childress, P..3/5/05	2374 Aichs, C..8/22/04
11 1003 Crumbley, S..4/2/05	788 Frank, G..5/28/05	804 Searcy, J..5/1/05	2347 Bernor, J..6/6/04
12 1003 Ewing, J..4/23/05	785 Galligan, J..11/21/04	800 Minnetti, N..5/1/04	2341 Gillingham, B..7/11/04
13 1000 Brand, B..7/11/04	775 Desmond, R..2/27/05	800 Tuffanelli, N..6/5/04	2331 Schoenveld, B..8/14/04
14 975 Siders, B..8/14/04	771 Siders, B..5/8/05	790 Rubey, T..2/22/05	2315 Wilson, M..4/17/05
15 965 Stratakis, P..3/19/05	761 Leitz, B..7/24/04	771 Harris, R..5/8/05	2314 Hoskinson, J..3/12/05
16 960 Wilson, M..7/11/04	760 Thompson, D..3/5/05	771 Pearson, D..5/14/05	2300 Brown, M..11/21/04
17 950 Vaughn, J..4/17/05	755 Moore, B..10/10/04	766 Mott, W..6/26/04	2292 Mikesell, B..6/26/04
18 940 Henderson, S..12/11/05	755 Aichs, C..4/10/05	765 Rogers, D..9/11/04	2287 Harris, R..5/8/05
19 931 Weech, S..12/5/04	750 Karlovic, B..4/30/05	760 Grove, J..1/22/05	2276 Karabel, L..5/8/05
20 930 Harold, T..11/21/04	738 Lewis, J..5/2/04	755 Schoonveld, B..8/14/04	2275 Stratakis, P..3/19/05
21 925 Pearson, D..4/2/05	735 Brown, M..11/21/04	755 Saunders, C..8/28/04	2243 Crumbley, S..4/2/05
22 905 Pickens, A..12/11/04	725 Fletcher, T..4/17/05	755 Swatling, M..2/19/05	2210 Ewing, J..6/6/04
23 920 Gibson, J..4/17/05	722 Smith, M..3/5/05	749 Moore, B..5/1/04	2210 Henderson, S..12/11/04
24 920 D'Ambrosio, L..5/22/05	715 Harold, T..11/21/04	745 Ufford, K..3/26/05	2210 Pearson, D..5/14/05
25 909 Barlow, R..6/6/04	715 Mendelson, S..5/22/05	744 Oldham, B..11/15/04	2205 Laudadio, B..2/5/05
26 905 Johnson, Wade, S..3/19/05	707 Mann, T..5/22/04	740 Stratakis, P..3/19/05	2205 Vaughn, J..4/17/05
27 903 Wiers, C..6/6/04	706 White, S..5/28/05	740 Madvig, B..4/30/05	2204 Minnetti, N..5/8/05
28 903 Mikesell, B..6/26/04	705 Schoonveld, B..8/14/04	738 Lawrence, A..10/17/04	2188 Mimnaugh, B..6/6/04
29 903 Fannon, T..6/26/04	705 McCaslin, Z..11/6/04	738 Bryant, J..2/19/05	2185 Hunt, J..7/11/04
30 903 Karabel, L..5/8/05	705 Peshek, J..12/18/04	735 Rideout, J..5/15/04	2175 Sargent, H..11/21/04
31 895 Sargent, H..11/21/04	705 Skiver, T..3/19/05	735 Vaughn, J..4/17/05	2165 Johnson, Wade, S..3/19/05
32 885 Hunt, J.R..7/11/04	700 Brand, B..7/11/04	735 Karabel, L..5/8/05	2160 Rubey, T..1/22/05
33 881 Mimnaugh, B..6/6/04	700 Lane, H..10/10/04	730 Wilson, M..4/17/05	2160 Klaus, B..4/24/05
34 880 Grove, J..12/11/04	700 Laudadio, B..2/5/05	730 Forstner, D..3/19/05	2150 Gibson, J..6/04
35 880 Symons, C..4/3/05	700 Dizenzo, V..3/05	727 Cunnane, E..8/14/04	2149 Weech, S..12/5/04
36 876 Harris, R..5/8/05	683 Childress, P..10/10/04	727 Abbott, J..12/5/04	2140 Madvig, B..4/30/05
37 875 Moore, C..4/17/05	677 Wiers, C..6/6/04	727 Jacobs, B..12/11/04	2127 Lawrence, A..10/17/04
38 870 Gillingham, B..7/11/04	675 Patterson, R..12/4/04	725 Duncan, L..12/11/04	2121 Barlow, R..6/6/04
39 870 Schoonveld, B..8/14/04	675 Ruggeria, M..4/17/05	725 Ware, R..1/25/05	2120 Manly, J..12/11/04
40 870 Manly, J..12/11/04	672 Hodge, M..5/2/04	722 McDuffie, J.D..5/1/04	2116 Fannon, T..6/26/04
41 870 Braunbeck, A..4/10/05	672 Quinn, B..9/25/04	722 Medak, A..11/15/04	2105 Higgins, M..5/14/05
42 859 Klaus, B..4/24/05	666 Bernor, J..6/6/04	720 Kneueppel, K..9/25/04	2094 Wnuk, K..7/11/04
43 859 Minnetti, N..5/8/05	665 Weaver, E..8/8/04	716 Bernor, J..6/6/04	2088 Neal, M..5/23/04
44 854 Archer, H..5/8/04	661 Fannon, T..6/26/04	716 Lillebridge, E..1/8/05	2083 Quinn, B..6/6/04
45 854 Quinn, B..6/6/04	661 Leach, J..8/7/04	715 Page, J..9/18/04	2083 Abbott, J..12/5/04
46 854 Higgins, M..5/14/05	661 Washington, G..5/7/05	715 Brown, M..11/21/04	2070 Ufford, K..3/26/05
47 854 McDaniel, M..5/14/05	660 Hamby, M..12/12/04	715 Henderson, S..12/11/04	2055 D'Ambrosio, L..6/5/04
48 850 Vaughn, T..9/04	655 McCrae, R..7/17/04	710 Barlow, R..6/6/04	2050 Wagner, G..12/10/04
49 850 Brown, M..11/21/04	655 Karabel, L..9/12/04	710 Peckolt, S..6/26/04	2050 Harper, G..4/10/05
50 850 Delan, N..11/21/04	650 Gibson, J..6/04	710 Aichs, C..8/22/04	2044 Christus, J..7/11/04
51 848 Wagner, G..12/10/04	650 Shell, J..7/24/04	710 Hoskinson, J..10/17/04	2040 Toranzo, J..3/3/05
52 837 Neal, M..5/23/04	650 Baker, A..8/8/04	710 Garcia, G..10/30/04	2035 Dowling, B..6/12/04
53 837 Lawrence, A..10/17/04	650 Merchant, D..11/15/04	710 Davenport, S..11/6/04	2035 Kneueppel, K..9/25/04
54 835 Johnson, E..4/2/05	650 Jordan, S.W..11/15/04	705 Ryder, K..5/2/04	2035 Gallo, C..12/11/04
55 832 Southwood, K..4/2/05	650 McClung, R..4/3/05	705 Laudadio, B..5/15/04	2035 Forby, T..4/17/05
56 826 Marcus, S..6/12/04	650 O'Halleran, S..5/7/05	705 Mimnaugh, B..6/6/04	2033 Harper, G..6/6/04
57 826 Harper, G..4/10/05	645 Wilson, M..4/17/05	705 Fletcher, P..8/21/04	2017 Moore, C..11/6/04
58 825 Dowling, B..6/12/04	644 Gaudreau, D..4/3/05	705 Dippire, C..11/6/04	2015 Peckolt, J..6/13/04
59 815 Spencer, J..4/2/05	640 Toranzo, J..3/05	705 Munsey, D..11/15/04	2010 Nease, M..3/19/05
60 810 Icenhour, B..7/25/04	639 Reece, D..7/24/04	705 Sargent, H..11/21/04	2006 Pickens, A..7/10/04
61 810 Lamar, C..4/2/05	639 Harris, R..5/8/05	705 Stumpf, E.C..12/11/04	2006 Braunbeck, A..4/10/05
62 810 Forby, T..4/17/05	633 Gillingham, B..7/11/04	705 Dolan, C..1/29/05	2005 Kralovetz, D..4/10/05
63 810 Laudadio, B..5/8/05	633 Ewing, J..10/17/04	705 Johnson, E..4/2/05	2005 Symons, C..4/3/05
64 805 Gallo, C..12/11/04	633 Leo, J..2/19/05	705 Weaver, B..4/23/05	2000 Marcum, S..6/12/04
65 805 Johnson, Wes, J..1/05	633 Tovar, J..5/3/05	705 Nettles, D..5/15/05	2000 Fellows, J..1/15/05
66 804 Harper, G..6/6/04	630 Tancil, J..6/26/04	705 Gaudreau, D..5/22/05	1989 Archer, H..5/8/04
67 804 Christus, J..7/11/04	630 Neal, M..9/18/04	700 Horton, R..6/26/04	1984 Cornett, C..4/2/05
68 804 Dippire, C..11/6/04	630 Jarausch, S..12/4/04	700 Brand, B..7/11/04	1984 Southwood, K..4/2/05
69 804 Sparkman, M..4/9/05	630 Ratsch, P..5/14/05	700 Hunt, J.R..7/11/04	1978 McKee, B..4/23/05
70 800 Kneueppel, K..9/25/04	630 Barbaccio, S..5/22/05	700 Bradshaw, P..8/7/04	1978 Nettles, D..5/15/05
71 800 White, M..12/11/04	628 Shields, A..10/31/04	700 Heppner, N..11/15/04	1973 Stumpf, E.C..12/11/04
72 800 Fellows, J..1/15/05	628 Kralovetz, D..4/10/05	700 Rial, N..11/15/04	1962 Cunnane, E..8/14/04
73 800 Rubey, T..1/22/05	625 Twinning, R..6/12/04	700 Gallo, C..12/11/04	1962 Meek, B..5/14/05
74 800 Toranzo, J..3/05	625 Clark, C..9/18/04	700 Salscheider, B..3/19/05	1955 Brandon, J..3/19/05
75 800 Sierra, R..4/2/05	625 Bjork, C..3/26/05	700 Wesley, N..4/2/05	1951 Davenport, S..11/6/04
76 800 Madvig, B..4/10/05	625 Micka, J..3/26/05	700 Pressley, C..4/23/05	1935 Rideout, J..5/15/04
77 799 Cornett, C..4/2/05	623 Higgins, M..10/13/04	700 Manly, J..4/30/05	1930 Ratsch, P..4/3/05
78 799 Gaudreau, D..5/22/05	622 Grove, J..10/2/04	699 Klaus, B..4/24/05	1929 Dippire, C..11/6/04
79 777 Wnuk, K..7/11/04	622 Crawford, J..11/15/04	699 Klaus, B..4/24/05	1925 Ellis, D..6/26/04
80 777 Meek, B..10/14/04	622 Harris, P..4/2/05	688 Lane, T..8/22/04	1923 Peckolt, S..6/26/04
81 777 Abbott, J..12/5/04	622 Christus, J..5/8/05	688 Edgeli, D..11/15/04	1920 Fletcher, P..8/21/04
82 777 McKee, B..4/23/95	620 Bryant, J..5/22/05	688 Baker, S..11/20/04	1918 Labare, A..8/14/04
83 775 Burdick, J..7/11/04	617 Wnuk, K..7/11/04	685 Fellows, J..1/25/05	1918 Leo, J..2/19/05
84 775 Ufford, K..3/26/05	615 Doherty, J..11/21/04	683 Crumbley, S..4/2/05	1918 McDaniel, M..5/14/05
85 771 Bolger, J.R..4/2/05	615 Lewis, D..3/26/05	683 Ewing, J..4/23/05	1912 Swank, M..6/6/04
86 771 Kralovetz, D..4/10/05	611 Yannacci, D..8/7/04	680 Patterson, J..5/14/05	1910 Salscheider, B..10/23/04
87 766 Cross, J..4/24/05	610 Forstner, D..3/19/05	677 Archer, H..5/8/04	1910 Schott, M..4/17/05
88 765 Gormus, R..12/11/04	610 Graube, J..5/22/05	677 Harper, G..6/6/04	1906 Bryant, J..2/19/05
89 765 Williams, L..4/2/05	606 Wren, J..5/8/04	677 Weech, S..12/5/04	1905 Gormus, R..12/11/04
90 760 Deutsch, L..10/3/04	606 Feliciano, N..5/22/04	677 Liogier, R..2/12/05	1901 Gaudreau, D..5/2/04
91 760 Patton, A..4/2/05	606 Coleman Jr., A..5/7/05	675 Brandon, J..6/26/04	1901 Bierschbach, R..4/24/05
92 760 Bierschbach, R..4/24/05	606 Slaughter, S..6/8/05	675 Donretto, C..10/16/04	1906 Lamar, C..4/2/05
93 755 Wesley, M..4/2/05	605 Mason, E..10/16/04	675 Gormus, R..10/23/04	1896 Lillebridge, E..6/26/04
94 755 Lane, T..4/24/05	605 Johnson, Wade, S..3/19/05	675 Ratsch, P..4/3/05	1895 Garcia, G..3/19/05
95 755 Brickett, A..4/24/05	605 Stratakis, P..3/19/05	672 Atarian, V..7/17/04	1895 Johnson, E..4/2/05
96 750 Rideout, J..5/15/04	601 Watts, W..11/15/04	672 Gant, F..12/11/04	1890 Luciano, M..5/22/05
97 750 Bossowski, M..5/30/04	600 Hart, J..5/30/04	672 Perut, J..4/17/05	1889 Rogers, D..5/22/05
98 750 Brandon, J..6/26/04	600 Mimnaugh, B..6/6/04	672 Holata, M..5/14/05	1885 Johnson, Wes, J..1/05
99 750 White, R..7/24/04	600 Dowling, B..6/12/04	670 Greninger, T..8/7/04	1884 Holata, M..5/14/05
100 750 Hinze, J..10/23/04	600 Clark, K..6/19/04	670 Jones, M..9/11/04	1884 Ryder, K..5/22/05

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NEXT MONTH... TOP 114s

CORRECTIONS ... in our FEB/05 issue Mr. Smith's name was misspelled in the results of the IPA Nationals on pg. 19. Joe Cekovsky's 520 bench press in the 148 lb. class was not included in the All Time Bench Pressers list published in the March 2005 issue of PL USA. The actual lifts of Anthony "A.J." Ellis at the AAU Richmond International (p. 72, APR/05 PL USA) were 220 121 248 578, with successful 4th attempts in the SQ (220) and DL (261). C. Brigham's 220 lb. squat and 606 total at Master 114 from the APF California State meet (2/04) were not reflected on the TOP 20 rankings in our May issue. Chris Garcia should have been credited with a 699 squat on the TOP 20 Masters 242 lb. class listing in our May issue, and John Galligan should have been credited with his 785 4th attempt BP in the TOP 20 for the Superheavyweights in 2004. If you find errors in our lists or results, let us know at PL USA Errors, Box 467, Camarillo, CA 93011 for a correction.

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