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MUSCLE MENU

- Volume 25, Number 1 - August 2001 -

APF SR. NATIONALS.....Herb Glossbrenner.....6
USAPL MEN'S NATIONALS.....Mike Lambert.....8
STEVE SANDERSEN.....Marc Cavigioli M.Ed.....10
POWERLIFTING @ FIBO.....Thomas Klose.....13
POWERLIFTING'S FIRST FAMILY.....Alex Galant.....14
ALL TIME TOP 50 165s.....Herb Glossbrenner.....16
POW!ER SCENE.....Ned Low.....17
STRETCHING WITH BANDS.....Dr. Larry Miller.....18
HARD CORE GYM #6.....Rick Brewer.....24
BOX SQUATS.....Louie Simmons.....26
WORKOUT OF THE MONTH.....Lou Saviano.....32
ACCESSING THE WARRIOR SPIRIT.....J.M. Blakley.....34
ELENA/ALBERT FOMIN.....Larry Maile Ph.D.....37
ASK THE DR.....Mauro Di pasquale MD.....41
DR. JUDD.....Judd Biasiotto Ph.D.....42
WESTSIDE Q&A.....Dave Tate.....44
WPO DIFFERENCE #6.....Russ Barlow.....45
LIFTING BELTS.....Doug Daniels.....46
THE DYNAMIC DUO.....Jeffy Stout Ph.D.....48
COMING EVENTS.....Mike Lambert.....57
BACK ISSUE LISTING.....81
TOP 100 123s.....Mike Lambert.....102

ON THE COVER.... Garry Frank at the APF Seniors (Herb G.)

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APF Senior Nationals

as told to PL USA by Herb Glossbrenner

The return of the APF Sr. Nationals to Daytona, FL following a one year interim was not only the qualifying event for the WPC Worlds the first week in November in Capetown, South Africa; but was a tune-up for the big WPO Semi-Final on Aug 12th for several lifting stars. This year's event took place June 23-24 in the luxurious Plaza Hotel in Ormond Beach. Huge Iron Productions was the sponsor, with Kieran Kidder (it's President) along with Russ Barlow combining efforts as co-meet directors. Barlow had just one month earlier staged one of the finest APF Nationals ever in Bath, ME. Kieran is the strongest man ever to come out of New Hampshire and is a former WPC World Champion. He posted his best total @ SH doing 2182 in Nov. last year. His best competition lifts of 942 SQ, 551 BP, and 727 DL add up to a whopping 2221. He's recovering now from a torn quad injured trying a 953 SQ.

Some of the top stars wanted to save themselves for the August meet and weren't present, but we still were treated to some unbelievable lifting. The action began Saturday morning with the Women. Then the benchers had their moment in the spotlight, and the Open Men through 181 also showed their stuff:

OPEN WOMEN - 105: Becoming the first APF champion of the meet was as easy as pulling teeth for Margaret Kirkland, a 37 year old Florida dentist. She started with 237, a deep SQ, then 286, also good. She also upped a big 314, but was denied on depth. Add a 154 BP lift and three successful DLs (a PR 303) and she had the big title - 749 TOT. 132 - The two time APF Women's Open Senior National Champ at 123 decided not to keep her weight down anymore. Superstar Amy Weisberger has outgrown the 123s also, and was absent here waiting for the WPO meet in August. Last year's champ Melanie Diamond, 41, from Oceanside, NY out of the famous Iron Island Gym was here to defend. Nance Avigliano had stolen the show at the APF Master's Nationals, shattering 40-44 age group records in everything but the bench press, but before the meet she found she had a very small hernia (the size of a golfball) but it didn't seem to affect her lifting. Melanie, however, had a really big one (extending from high midriff to groin left side) and would have been excused for bowing out, but she wouldn't relinquish her title without a fight. Nance awaited in the wings as Melanie gave it her best shot. With a 386 opener she tilted coming up - miss. The next two were judged high, but she was allowed to continue because the head ref had given her a red for depth when only the side referees are allowed to do that. However, a 209 bench was incomplete on 3 tries and she was out. Avigliano had been on fire leading up to this meet. She'd SQed 460, 475, 485, and almost got 500 in practice. Her 441 SQ opener was easy. She went to 468, which seemed conservative in view of her big practice lifts. She started up, but rounded forward, and missed again on her last try. Even the strongest can be affected by prolonged stress. The Aviglianos had been at the bedside of beloved team member George Rada during his terminal illness. After the Nationals, they tried to unwind for a week visiting relatives in NY. Upon their return, Rada succumbed to Hodgkins Disease and since his family from Venezuela didn't speak English, they took care of all the funeral arrangements. In time of need, the Aviglianos always step in to help others, putting their own needs on the back burner. Nance now focused on the objective at hand. She'll never concede that the bench is her 'Achilles Heel' lift; and she vanquished any doubts here. She blew up her 220 opener, then to 105.5 kg. to better the old mark held by Melanie Diamond by one half kg. A done deal. On a 3rd Nance wanted 237. It was way overloaded; 50 kg. plates were put on the bar, which should have been noticed, plus change on top of that. Joe told them 3 times it was wrong. Nobody listened. Joe handed off, but rescued her immediately when she cried 'Re-rack it before it crushes me.' Nance got the attempt over, but missed, having pulled her pec due to the momentary supporting on locked arms of 2.7 times her own bwt! On to the deadlift: Nance pulled first 418, then a Masters 40-44 WR 435. She missed her final try with 446 when the weight got out front. Total - 508 kg. - enough to surpass her own record total by one half kg. 148 - 42 year old Mariah Liggett captured her 14th APF Senior National title here, making her the most prolific woman, by far, in APF History, but she'll tell you that numbers, not titles, are the thing that matters. I've often suggested that if anyone is deserving of a full cover on *PL USA*, she's the one. Mariah would rather someone else got it. In her own words: "It would mean much more to them." Liggett opened with 452. She used the wide stance to ease herself slowly to the required position. She upped 501 on a 2nd try, but had to repeat it to satisfy the judges on depth. She called for a WPC WR 534; but had problems setting up. The bar pitched forward, and she never got to try it. In the BP, Liggett succeeded with 275, then a PR double bodyweight lift - 297! She missed a close one with 303 on a 3rd. Mariah sealed her victory with a 407 DL, then pulled 424 for a 1223 TOT. A final with 441 barely budged. Runner up went to Kasey Demarest, 37, a newcomer on the National scene from Oklahoma City. She debuted with a perfect 9/9 day: SQ - 341, 369, 386; BP - 187, 203, 214; DL - 319, 347, and finally 369 - TOT 970. 165 - Kristina Grandick, 32, a registered nurse living in San Diego, has home ties with the Nebraska team. She's looking for a new place to train. Hey, it's only a couple hours drive to the L.A. Lifting club. Come on up Christina, and follow the road to success! She went on a 9 for 9 tear, but with her 308 SQ opener she did a funny little twist and almost lost it at the top. Her 325 and 341 final looked much better. Her NE homies shouted: "Tight 'N Light", as she delivered all 3 benches (204)! She pulled 336, 358, and 374 - all perfectly - TOT 920. 181 - Krista Ford, 34, now makes her home in Stone Mountain, GA, but she's in training to make the Women's bobsled team in the 2002 Winter Olympic Games. Obviously, she's found time to do some heavy metal training too. She SQ'd 441 easy as pie, but broke form with 485, then came back to execute it perfectly on her last. BP: 253, then 292, but 303 stalled. In the DL came 441 followed by a strong 485. A final hoist of 496 stopped her cold - TOT 1262. SHW - Becca Swanson, 27, co-owns a gym along with her husband and coach in Nebraska. She's a former bodybuilder, fed up with the politics on the flexing circuit, and I believe her destiny is to become the undisputed STRONGEST WOMAN OF ALL TIME. The ease with which she handled her monster lifts indicate that she's just feeling her way. Her SQ's were delivered in a narrow stanced manner - deep and effortless. She smoked 529, 556, and finally 578. I kid you not, she could have done well over 600! She benches close grip style and with a bench shirt so loose that it couldn't be doing anything for her: 314, 330 - pow! Her last attempt with 341 required effort to get through the sticking point. From that point on the bar exploded like a rocket to lockout! Her deadlift prowess is remarkable. She pulled a 573 opener like nothing. This broke the APF & WPC record of 567 established by the late great Dawn Reshel. Next the small incremental plates were added to make 274.5 kg. (605 lbs!) This would be the most ever pulled by an American, surpassing the 198 mark of 604 that Reshel had done. Up it came, no hesitation. Amazing. Her first lift of 573 gave her a 1493 TOT, surpassing the WPC WR held by Dorothy Shaw, GBR. The 2nd lift upped her TOT to 690 kg., actually it was 692 kg. (1525.29). At 6 feet tall and 231 lbs. of solid muscle, Swanson is a very athletic looking strongwoman. Only on her final attempt (277.5 kg/611.8) did she finally lose the battle with gravity. I can see Swanson becoming the first Woman to SQ 700, DL 650 and TOT 1700. It is not that far away.

The final tally for outstanding female lifter by Reshel Women's

***Nance Avigliano** gets set for a bench press attempt, with hubby Joe waiting to hand it off for her.*

***Becca Swanson** with a huge 605!*

formula was: (1) Swanson - 927.912, (2) Liggett - 910.200, (3) Avigliano - 907.263. If the MAM - Master's Age Multipliers (McCulloch numbers) - had been allowed for Liggett, 42, and Avigliano, 44, the results would have been: (1) Avigliano - 947.183, (2) Swanson - 927.912, (3) Liggett - 922.948. Using the Malone Formula, according to Michael Soong, it would have been (1) Avigliano - 965.2 (2) Swanson - 887.9, and as close as you can get with the Wilkes formula: Swanson - 1250.0, Avigliano - 1249.7.

The APF National BP Championships were held during an intermission between the SQ and BP for all flights of lifters. The only woman this year was Traci Saba, 31, who made 214 @ 145 bwt. Two men contested @ 132. Duane Radel, 34, won with 303 @ 129.7, topping Jeremy Brubaker, 30, an Ohioan (coached by J.M. Blakley) with 281. Joe Mukite, 35, made an AAPF WR 407 @ 148 on his 2nd, then missed 418 twice (including a 4th attempt). Bill Gallagher, 28, last year's 181 winner from Morton, IL reduced to 165, and popped 3 big ones; 474, 485, and 496. Bill Carpenter, 28, looked sharp @ 220. He secured a huge 622 2nd attempt for outstanding lifter and gave 639 a go on his 3rd and almost got it. On a 4th, he tried 661 (300 kg.) for an APF single lift record that went up halfway. Shawn Watford, 25, made 3 at 228 bwt (562) and captured the 242 gold. This left the two big boys. Scott Mendelson, 32, weighed in at 259.4, and represented the LA Lifting Club, and he was coached by Joe Avigliano. The other man was well known for his fluctuating bodyweight, all the way from 220 to 308: James Mark Blakley. J.M. scaled in at 284.5 and was back in Columbus, OH after a brief stay on the West Coast. Blakley blew up his 650 opener like tissue paper, then leaped big to 722. Twice he almost locked it out, but the lift was nullified before that by butt raise twice. Although J.M. was competing at 308 the scorekeepers thought he was lifting against Mendelson in the 275 class. When the awards were given out they mistakenly issued Blakley the silver thinking Mendelson had tied him and beaten him on bodyweight. I'm getting ahead of myself. Scott must have taken J.M.'s recent article and philosophy to heart. IF YOU'RE TO BEAT THE MAN, YOU MUST FIRST OUT-EAT THE MAN. That's why everyone was confused. Scott drank about 4 gallons of Gatorade after weigh-in and refurbished himself with a dozen bananas, 10 Big Macs, along with curly fries and apple pies. He looked positively enormous and may have been in the 290 range. Blessed be the 24 hour weigh-in. Avigliano used a clever ploy. Mendelson opened with 501 sans shirt and smoked it. Now there was no pressure to make the shirt work. Scott, having sealed his victory, geared up and made a PR 650 2nd attempt. He tried 672, but missed his 3rd. Had he known that 661 would have beaten Carpenter for Best Lifter I'm sure Scott would've made it. If Scott doesn't join the 700 Club this year. I'll miss my guess!

***Scott Mendelson**, LALC, was the Bench Champ at 275 with a 650.*

MEN'S OPEN - 123 - The Gold Coast Master Blaster with the Jay Leno chin won his 2nd APF Seniors title. Ken Snell, 42, won the 114s two years ago here. This time he captured the 123 class unopposed. In the SQs, 374 was pie, then 441 - no sweat. His PR is 463, so he tried 468. He nearly got it, but tilted when the spotters grabbed the bar. If he'd protested he'd have gotten another try, but he waited several attempts to ponder it - too late. He went for a 40-44 age group WR on a 4th (479), but the gusto was gone. Ken got all 3 BPs (270) but missed a WR 4th. His best DL is 479, so after making an EZ 452 opener he jumped to 501 - stalling twice at the knees - TOT 1162.

148 - The 3 time reigning champ Tim Judge didn't show. There would be a new champ at 148 this year. Duane Campbell, 31, a project engineer from Dayton, OH ended up claiming bronze. Duane coached himself perfectly, with no misses except his 336 final BP try. Before that he popped a 468 SQ and pressed 325. His DL was 424 on a final try - TOT 1218. At 5'10", Oceanside, NY newcomer Eric Adolph is a real beanpole. His strength comes from somewhere and it was amazing. A Chris Taylor find (on the internet), he has only been lifting 6 months. Eric spread his feet way wide , and upped a 452 SQ. He spread his arms to the max, and popped a 303 BP. He ripped up his last 501 DL, and looked good for 44 more - TOT 1256 - 9 for 9. This year's champ at 148 is a schoolteacher from Tampa, FL. Not tall, and mild mannered, he moves big weights on the platform. Only 25, Rick Grayes hit a PR 1388 TOT, putting the works to a 501 SQ before 523 stopped him cold. He pumped a 308 BP, the failed the small increase. His DL looked strong - 540, then a great 578, before failing the big Sixer.

***165 lb. Champ Rich Salvagni** (left) with friends (l-r) Brendan Yoder, Dick Giller, Michael Soong, and Jon Smoker. (Glossbrenner photos)*

165 - Rich Salvagni, from Goshen, IN made his first APF Seniors appearance last year, where he finished 4th. He's coached by an all time Hoosier PL great and my longtime platform rival and friend Jon Smoker. Jon is assisted by Brendan Yoder, who scrutinizes Rick's BP. Besides Salvagni, the only other competitor in the competition was Mike Pluckett, 35, a personal trainer from Eagle Springs, NC. Mike therefore claimed silver. He SQ'd a 501 2nd, and got pinned with an increase to 545. He benched two (341), but waived his 3rd. In the DL, Mike raised 540, but the jump to 595 proved too heavy - TOT 1383.

A couple of Florida guest lifters lifted for exhibition and WPO tune-up purposes. Levi Alday, 27, went 551, 386, 523 - 1460 - having no failures, but passing 3rds in both BP & DL. Tony Conyers, 42, came in at 160.7. Tony brandishes a gold front tooth with the letter "T" (for Tony) boldly engraved on it. He's says he's moved up to 165 for good and hit a 3rd attempt 705 SQ - deep and super strict. With his 429 BP, and opener DL (622) he had a PR 1758 TOT. Tony made two huge tries with a 705 DL that cleared his knees both times. The challenge was thus laid down to Angelo Berardinelli (here observing) and Wade Hooper that Tony has his own plans to claim top Middleweight WPO money come August.

181 - It was all new faces except for one familiar one. Sam Cuevas, 28, a construction worker from Portland, OR sank a good 628 SQ opener, but didn't get low enough with 672. Then he failed to lock out any of his BP attempts. Bob Walker, 41, a Master lifter and salesman from North Carolina found the going tough. He pulled 578 on his 2nd try to TOT 1388 - 4th place. Mike Maxwell, 26, is the younger brother of Charles (a 220 contender). Mike thwarted oblivion to get the judge's nod on his final 650 SQ. He got all BPs, and on the final one he finished a hard fought 380. On a last ditch effort Mike raised 578 - following a miss - TOT 1609 - a PR for bronze. This left two to engage for the title. John Wood had never won the Big One. To accomplish this, he had a hurdle to overcome - Michigan rival John Cuciurean, 31, who had Mark Fanone (last year's Jr. WPC World Champ) in his corner coaching. Cuciurean made the 20 hr. drive in his Mustang with his wife and kids to make it a family outing, but he struggled to make weight. Cuciurean SQ'ed 611 to start things off - then he waited. Wood lost his 633 opener when he sat too far back, and lost his balance. He repeated easily. Cuciurean tried for the lead with 639. First, he was shallow, the he missed his final try. Wood popped up so easily with 661, that he looked good for the 705 he'd wanted. Wood pressed all 3 (429), and Cuciurean tried to catch up with 446, a good second round lift, then failed 457. Wood led by 33 going into the DL. It was a question of who could literally pull out the win. Cuciurean reached 606 on his 2nd try. With newfound DL prowess Wood made all 3 - finishing with a 611 PR as well as a PR TOT of 1703! Cuciurean had the last say, and took 650 on his last lift for 1708 and the outright win as heavier man. Not today. He ended

(article continued on page 94)

USAPL Men's Nationals

as reported for Powerlifting USA by Mike Lambert

The roots of Powerlifting run deep through the state of Nebraska, in fact, one of the tap roots of the sport sprang from Alliance, the home of Peary and Mabel Rader, who published *IRON MAN* Magazine for 50 years and who had their hands on the tiller when what we recognize as our sport emerged from a mixed bag of 'odd lifts' that had come to be contested in post WWII America. Some 200 miles away in Omaha, the site of this year's USAPL Men's Nationals the torch was passed to new Nebraska hands, as Jim Hart took on the challenge of directing this prestigious event. Jim's powerlifting roots run deep as well. He started out in the Iron Game in Nebraska, and during his years of traveling the world on military service assignments, he competed and promoted meets each step of the way. Such experience leads to events such as this - a beautifully arranged venue, an exceptional meet site hotel, a spectacularly capable staff, some truly innovative equipment and features to benefit lifters and fans alike, and this all provides the catalyst for the spirited competition and great individual achievements this competition elicits.

The turnout of lifters for this competition was a subject of considerable discussion. Several classes were heavily entered, but in more cases than not, there were fewer than expected, and in some classes - it was shocking. There are probably more 181 pounders in the United States than in any other weight class, but only Dan Austin entered this division at these championships, and there were only 2 Middleweights on the entry list, until Greg Simmons moved up from the 148s. Some people blamed the location of the event, but it was actually within practical driving distance for a good number of competitors. Omaha does not have the airline connections of Chicago, for example, but only minutes separated the baggage claim from the front door of the gorgeous Doubletree Hotel that hosted this event. The weather during the event was pleasant, whereas a week or so earlier it had been well over 100 degrees for several days.

In the 114s, there was a mixture of youth and experience. David DeWaters was one of several Plainwell, Michigan teens in the meet, and he was close to Yutan, Nebraska's Mike Hafenbrack, another teen taking advantage of this local national championship opportunity. Now for experience - Ervin Gainer has no unusual leverage advantages to explain his success. He's just good at everything in PL, and in a class where there is no

***Ervin Gainer** - big winner at 114*

spare bodyweight to be found, he continues to make PRs. What a magnificent strength athlete he is. He timed out the 473 squat, perhaps to buy time for other lifters, and set a new USAPL American total record on both his second and final deadlift successes - 1201 at 114 - that is pretty darn good. Herb Glossbrenner had a quick explanation for the Indianapolis lifter's success - he's a HOOSIER!

One of the neat features of Jim Hart's meet presentation was a laptop driven projection system that displayed on one of the walls of the hotel ballroom the weight on the bar (in both lbs. and kilos) and a timer, but it also showed, graphically, which color-coded plates should be loaded on the bar to provide the proper weight. No $1500 or so for a scoreboard was necessary for Jim, who was able to borrow both the operators and equipment to provide this service.

In the 123s, more youth and experience. Lean and rugged Sam Meadows is a Master lifter from Elletsville, Indiana, and Damarrio Holloway - currently out of Ruston, Louisiana (who had originally qualified in the 114s at 1003) and Vince Niedoliwka of Otseyo, Michigan are

*Remember **Damarrio Holloway***

both youthful prodigies, but they all came together at subtotal time with identical 595 lb. aggregates. From there, Niedoliwka (called to the platform by only his first name after the announcer had difficulty pronouncing his last name) got a new American Teen record for the deadlift in the 14-15 age category; and Meadows came back stunningly after missing a Masters American Record to make it nicely. Damarrio Holloway showed no emotion, but must have felt some suspense after missing the 473 deadlift he needed for the win. With his cowrie shell choker nearly throttling his muscular neck, he took advantage of his short pulling stroke for a quick success on his final try. Finally, after receiving his award from winning the USAPL Men's Nationals, he allowed a brilliant smile to emerge.

In the 132s, experience and youth were both impressive. Tim Taylor earned his 11th world team shot, with an 8/9 performance, but it wasn't easy. Tim had tweaked the musculature around his tailbone and had to take a month off his training for this meet. He lifted strong, but looked a bit rusty. He was obviously hurt on his 545 deadlift, straining something in his glute. He didn't

***Tim Taylor** wins yet again at 132!*

need to take his final shot at 562, and let it time out. Tim is mulling over the notion of taking a year off and moving up a weight class in the future. He looks forward to several more years of his career with the Air Force, and perhaps an assignment to Europe before he 'retires' at barely over the age of 40. We remember when Tim was competing on the national platform as a teenager, and Trey Cunningham is not long out of that category. He had a super day - making each attempt. His first two squats were very fast, but he couldn't scoot through the sticking point on 485, and had to fight it out for a 2/1 judge's decision. With his experience on the Jr. Worlds platform, the USA's hopes in this class could be in good hands if Tim does go to the Lightweights.

Lightweights were in good supply. Young, but experienced, phenom Jeremy Arias of Greeley, Colorado fought back after a miss at 578 in the squat, but a 600 pull proved a bit awkward to handle. He later indicated that he might have overtrained the D-lift for this meet. Still, on a tough day, he is still the best lightweight in the USAPL. Greg Page distinguished himself into 2nd place via the deadlift, with 3 of the

***Arias** and the trouble with 600.*

smoothest, most efficient hefts you will ever see. Scott Layman just about bought it in the bench, but this lean, muscular Californian recovered and also made his place via three good deadlifts. From Colorado, Keith Scisney, (who would be well cast as a crew member in a pirate movie) was able to take 4th over yet another Colorado lifter. Mark Sigala has a rough record of making few attempts per lift in recent Men's Nationals and he kept it up, but as a new Master lifter, he put his massive lats (too big to fit inside his lifting singlet) to work on some record shots, making a Masters American record on his 600 opener, missing a further increase to 622, and then jumping yet further to attempt to break the IPF Masters World Records with a 645 that wasn't that close. Chris Hughes of - Colorado - was next up in the places, but he hurt himself on a 540 lb. deadlift attempt. David Kibler of Plainwell, Michigan was 7th among the finishers. Lance Slaughter stalled surprisingly on 3 tries at a 385 lb. bench, as if his normal pressing groove had been left in California.

Sponsors goods were well in evidence at the championships. Neat Inzer logo sweat pants and House of Pain t-shirts adorned various spotters and loaders, and there were periodic raffles of all kinds of gear,

including some nice House of Pain gym bags - USAPL President Mike Overdeer was the happy winner of one.

Wade Hooper has recently moved to Texas, but he still knows how to move the weights as the thickly statured strength coach got up with a new IPF world record poundage of 733 on his final squat, after suffering with balance problems on his first try. Wade took Best Lifter for the first day's competition, and is looking forward to some of that WPO cash at Kieran Kidder's Semi-Final match on August 12th. Greg Simmons looked very strong at 156 or so, and used that bodyweight differential to edge the fine performance of New Jersey's Kenny

***Wade Hooper** almost got carried away by USAPL Prez Mike Overdeer aftering winning the Best Lifter award for his session*

Davis for 2nd place. James Benemerito was on hand at the meet, helping out Kenny and other lifters at this meet, but he had recently spent time building a house and that, combined with the heavy toll of his physical job, led him to pass up this meet.

Joel Armstrong of Vantage Imaging, Post Office Box 5157, Lincoln, NE 68505 (800-869-0430, www.vantageimaging.com) was on hand with some state of the art digital imaging equipment and an able staff. Joel, who was educated at the world renowned Brooks Institute of Photography in Santa Barbara, California, can do amazing things with his digital camera and output devices. He produced the awards for the competition minutes after the lifting was over - combining the digital photo of the lifter with a *POWERLIFTING USA* Magazine logo, on a plaque to produce a memorable souvenir of each lifter's achievement. Fans could order shots of their favorite lifters, and Joel could produce t-shirts with the digital image on the front in short order as well. You can access the images Joel's guys shot at the contest on his website.

*Was nice to see **Dan Austin** again.*

There are many great Lightheavyweights in the United States, but if you have to settle for just one, many time world champion Dan Austin is a good choice. Looking like a midheavy, Dan's new mass pushed him over the 700 mark in the squat (2/1 decision) and deadlift, but he had to deal with one white light decisions against him on both his 363 and 374 lb. bench attempts. Dan went for a new American Record in the deadlift and had it almost all the way up before his grip failed in an explosive fashion.

In the Midheavies, Rob Wagner displayed a new, longer hairstyle and some fine improvement in the bench and deadlift. Always noted as a speed squatter of ponderous weights, Rob dumped 799 in error, but made 3 nice benches, and almost had 3 good deadlifts, but even his new hook grip couldn't hang on to his final 677 deadlift attempt. Fellow Pennsylvanian Mike Mastrean got one white light on his 755 squat, then only got one white on his first bench try at 457. His recovery on a 2nd attempt was a bit shaky. Wagner's lead expanded to 20 kilos when Mike could only manage his opener deadlift. Craig Terry was primed to break the American Record in the deadlift, but 788 had him violently lurching virtually from the get go and he had to drop it back to the deck. Tom Hines from St. Paul, Minnesota had family on hand to watch his fine performance in 4th place. None of these lifters made a third attempt pull. Greg Jones returned to the Nationals, but his platform senses were a bit dulled. His first two tries at a 672 squat seemed high, but he took it deeper on his 3rd to stay in the meet, but his benches were all a bit awkward, and he was out. He wasn't on hand to receive the honor at it's initial presentation, but Rob Wagner won the Best Lifter award for his day.

Midheavyweight class fans wondered where Ray Benemerito was. The answer was in the 220 lb. class. Ray came in a couple pounds over his normal training weight for the 198s, at just over 214, and looking huge. He had just got his training together shortly before the meet and decided the stress of making weight would expose him to a bit too much chance of injury. Ray lifted strongly, but not sharply. His first try at 744 came up with a weird hitch near the bottom and was called. On his final effort he could not get his balance figured out and had to re-rack. With ten seconds left, he actually tried to get the lift going again, to no avail. His bench was fine, but a national meet record 518 would not go. His opener deadlift was shown as 65 kilos/143 lbs. for quite a while, but he actually started with 722, and then let two tries at 738 time out, as he was well ahead. Ray looks forward to eventually lifting in the ranks of the Master lifters, where he predicts the USA will have an awesome team in the years to come, and he thinks he might even move up to the 242s by the time he reaches that category. There was a great battle for 2nd place, with Char Gahagan using a visually spectacular 788 deadlift to secure silver over steady Scott Zwaanstra (who got one white light for his 688 squat), and when Jr. World Champ P.J. Chovanec's big jumps in the deadlift did not materialize and he was relegated to 4th. The 716 squat he was too high with would have kept him in the hunt. Char even took the bold step of going for 804 on a 3rd attempt national meet record, but he lost his grip near the top. Tony Succarotte only got openers in the squat and bench press, and was timed out on his opening deadlift. The 540 bench he tried would have been a new meet record. Lincoln, Nebraska's Marty Drueppel finished up the finishers with a 7/9 day. Guest Lifter Michael Kalter of Holland has spent lots of time in the USA and even helped coach our lifters internationally and he was determined to make his last contest at 220 a great one. He topped it with a magnificent new European Record in the deadlift with 801. 810 was too much to get going on a 3rd attempt. He will reportedly represent Holland in the IPF Men's Worlds in the 242 lb. class this year. Among the casualties, Jason Burnell dumped his first attempt at 661, and looked high with the repeat and his jump to 705. Steve Pincock hurt something in the glute area on his first try at 672, timed out his 2nd, and did not take a third squat. Scott Waits squats very upright, but may have been high on his attempts at 705 and 716.

Incidentally, several of the top lifters in the meet have made the team for the World Games, to be

***Rob Wagner** takes a very quick dip with a 777 pound squat attempt.*

(article continued on page 98)

POWER PROFILE

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

STEVE SANDERSEN

as told to PL USA by Marc Cavigioli M.Ed.

***Steve Sandersen** (right) with his friend Ernie Hackett. (Marc Cavigioli)*

The refreshing humility of elite powerlifters always surprises me. Steve Sandersen is a case in point. "You know, maybe this isn't such a good idea," he hesitated, "if you're interviewing big names, I think I'd be out of place".

Yeah, right. Out of place like when he squatted 904. Out of place like his two outings in Rethwisch's Hawaii Record Breakers. Out of place like the total of his best lifts being 2236. Put him in the company of greats and I'll tell you who's out of place, the rest of us.

While Sandersen may not be a household name, his ability warrants a closer look, a look that reveals elite strength - placing him among a handful of men on the planet. The handful includes Ed Coan, Mark Chaillet, Jerry Jones, Ted Arcidi, and Ernie Hackett to name a few. I met Steve at an AAU banquet in which his prowess was referred to several times by Hackett.

An article about Sandersen in the November '83 issue of *PL USA* billed Steve as the man with 'Powerlifting's Most Massive Legs'. Looking at that issue I saw a heavy Steve glancing back at the camera with one titanic thigh flexed for display.

Born in LA, Steve began lifting in '69 for high school football. He recognized his leg strength was beyond normal when the coach decided to hold a lifting contest for the players. The team 'stud' put the seat way back on the Universal leg press station and pushed up 7 reps with the entire pile. Steve, taking his turn, put the seat all the way forward. With amazed teammates counting out loud, he banged out 47 reps with the pile, no bouncing.

After high school, Steve played running back for the U.S. Air Force Academy, and then went on to Wichita State as a linebacker. It was at this position that he was spotted by the Giant's scouts, who had him sign a contract. By 1978 Steve had finished college and he and training partner, J.K. Parker (IV), traveled east to try out for the New York team. He was capable of perhaps a 405 squat - high bar and no knee wraps - and a 365 bench. His forty yard dash time was about 4.7 seconds. At Meadowlands Stadium he was put through medical screening. A victim of past knee surgeries, Steve was hooked up to the physician's computer, which spit back the disheartening message, "Send this one back to mom." At a loss, with a teaching degree but no desire to teach, Steve decided to further his long-standing interest in engineering through night classes.

For income he managed a local iron oasis known as Bob Backus' Olympic Gym in Pembroke, Massachusetts. It was the late Seventies with Backus, an Olympian hammer thrower and regional legend, fostering a productive environment. Many of the areas strongest people trained in this eclectic cauldron of performance, swirling Steve away in powerlifting enthusiasm. Steve, a self-made man, was not taken under anyone's wing. He subscribed to *Powerlifting USA*, at that time a photocopied, stapled affair, and taught himself.

He also began flirting with a girl who was worked out at Backus' Gym after school. Rather than send him packing, this woman recognized quality when she saw it and married him. They've been together for 22 years, a success Steve attributes to maintaining a balance in life.

After a year of training on the powerlifts, Sandersen entered his first meet, the New England Novice meet under the direction of the USPF's Joe Zarella. A 678 squat, 472 bench, and 650 deadlift in the 275 class earned him second place. The winner was none other than Don Reinhoudt, totaling over two thousand on a comeback trail. Not to be discouraged when juxtaposed with so eminent a competitor, Steve went back to the iron drawing room, qualified, and then competed in the Junior Nationals posting 1650 for 5th place.

Standing six feet even, Steve realized his height would best be suited in the SHW class. He increased his weight to about 320 pounds, prompting immediate leaps in his lifts. The squat alone soared - from 720 to 820. Competing in Rethwisch's '84 and '85 invitational meets were the highlights of Sandersen's lifting career. The annual meets were called 'The Record Breakers', and to be invited you had to have a decent shot at shattering a world record of some sort. While Steve sought the big half-ton squat, in those days, with scant, inferior equipment, 900 pounders were rare. Having achieved 904, Steve felt complacency creep into his training.

Moving extremely heavy weights takes its toll on the human body and Steve was entertaining thoughts of retirement before incurring the debilitating injuries so common in strength sports. He had begun to scale back his training when he received a call from Tony Fitton who was putting together a strength team for a South African tour. That government had a keen interest in American strength athletes and was willing to foot the entire tour expense for the elite team. In return, the athletes would give several exhibitions of prodigious strength and allow government researchers to study their training, nutrition, recovery and lifestyle. The lifters agreed but asked to be privy to the results of physiological and medical tests.

Steve jumped at the chance and, not wanting to embarrass himself, stepped up his training. The South African tests revealed what Steve intuitively sensed. While he was still healthy, years of heavy tonnage were taking their toll, and he was warned about potential decrements if he continued to abuse his body.

Back in the States, Steve once again eased up and focused on engineering. Steve had always carefully maintained a balance between personal life and training. Upon retiring from lifting, his support network eased the transition.

Over the course of his competitive career, Steve registered official lifts of 904, 525 and 711 with training bests of 950 and 575 in the squat and bench. As an engineer, one would expect Steve to have tried all types of routines and exercises. While this holds true for exercises, Steve found early on that he progressed most effectively by training three days per week. From high school to the present he has followed this methodology. Each bodypart is trained once per week. Tuesdays are for heavy squats, Wednesday for benches, and deadlifts are on Saturday. Each day is comprised of the heavy core lift followed by three to five assistance exercises specific to that lift.

One of Backus' friends was Californian George Frenn, who occasionally flew out to train at Backus' Gym. It was from Frenn that Steve learned to eschew many of the single joint bodybuilding exercises in favor of more effective multi-joint ones. He also learned the finer points of power rack work. Frenn instructed him to use rack bench presses to improve his competitive lift. He would perform four singles starting with the bar four inches off his chest, and another four singles starting four inches short of lockout. He would then take the bar out of the rack and do a set of ten full reps. This protocol was followed once per week and his bench press shot upward, via the classic overload principle. Steve recommends such rack work to athletes who may be experiencing pervasive sticking points.

Backus' Gym also introduced Steve to weightlifting. Working power cleans and similar lifts under the tutelage of Backus, Steve was spotted by veteran weightlifter, Bob Bacon, who coaxed him into competing at an upcoming regional meet where he clean and jerked 360 and snatched 250 for second place. Regarding the effect of weightlifting on the powerlifts, Steve felt no benefit whatsoever.

He hoped weightlifting would increase his deadlift, but it provided no boost. He did however find the olympic lifts to benefit his coordination and general athleticism and he continued to pursue them out of enjoyment.

I found it strange that Steve's deadlift was so resistant to improvement. He believes the starting point for the lift puts him into a position particularly unsuited to his body's mechanics. He formulated this opinion when he found that in a power rack, starting with the bar at mid-shin, he could consistently pull 1500!

Another spin-off from his weightlifting exploits was a penchant for front squats. Though he has since relinquished them to protect his knees, he was doing sets with 405 early in his career.

***Big Steve** compares his 35 inch thigh to 185 lb. Pete Vuono's*

During competitive days, Steve was in close contact with Ernie Hackett and the two agreed undertraining was preferable to overtraining. This is evident in Steve's training philosophy which can be encapsulated as "get the most from doing the least." This requires self-restraint for intensely motivated individuals such as himself. "I enjoy training and endorphins so much that it's easy to overtrain, but quality is definitely superior to quantity." Many upcoming lifters would benefit from this message, as he feels overtraining is the most common error in gyms today. Today, Steve's workouts last at most and hour and a half, usually less.

Every exercise follows the same protocol. Beginning with warm-up work, Steve follows the classic five sets of five protocol. This usually builds to one heaviest set, but he occasionally holds a top weight constant for five full sets. "No singles or sets of ten?" I asked. "Once in a while but not to any significant amount." he replied.

Regarding pre-competition cycling, Steve used no structured periodization. Adjusting his training by how he felt on any given day, Steve merely reduced sets and reps in a gradual manner.

A cornerstone to Steve's training has been to have fun. He trains because he enjoys it and conversely structures his workouts so they appeal to him. This is getting rare in an age when elite lifters often pursue objectives through quasi-scientific principles. Steve has always felt if training is broken down too minutely, too scientifically, it loses something, and becomes dry and uninspired.

Nutritionally, Steve worked to keep his bodyweight in the super-heavy range. His diet was high protein, high fat, and basically eating anything he could get his hands on, including a lot of protein shakes. Eggs were a staple. A couple times per week a little farm girl from down the street would walk to his house to sell him a basket full. With Steve weighing more than three hundred pounds and lumbering about on Tyrannosaurus thighs, one can only wonder what the little girl thought. I imagine a sort of Norman Rockwell image meets Master of the Universe.

Other than a "good protein powder," Steve believes only a multivitamin/mineral necessary for performance. For joint health though he supplements with Nutraceutical's glucosamine and chondroitin sulfate.

While competing, recuperation was supplied by a nightly minimum of eight hours sleep. Steve also napped as needed. To further catalyze recovery between workouts, Steve ices his joints regularly. After training he places an ice pack on each knee and one on his lower back and he watches TV for maybe twenty minutes to a half-hour. He swears by regular icing for joint health and turned his friend Ed Coan on to the technique.

Visualization, mental rehearsal and self-hypnosis are common themes among elite athletes and Steve is no exception. Such techniques are applied whenever he needs to increase physical output. He still visualizes during current training.

I asked him how he maintains interest now that he is no longer lifting leviathan barbells. "I set goals for my current bodyweight and age. Let's face it," says Steve, "each time you pass a birthday, you have a fresh set of goals ahead of you. A six hundred squat might be nothing at thirty but at fifty it's pretty impressive. At sixty you have something to write to Cousin Tilly about." In spite of advancing age, Steve describes his current goal as attaining "the strength of Ed Coan with the look of Arnold at his peak." While he realizes these are high ideals, but he enjoys plugging away at them.

In the late Seventies and early Eighties Steve was the owner of a Powerhouse Gym franchise. After several years he tired of the business, lamenting that owning a gym involves more catering (read baby-sitting) to folks than he cared for. Hence his shift to engineering. He now prefers to train at home.

Steve descends his cellar steps, turns on *Metallica*, *Rage Against the Machine* or *Corrosion of Conformity* and pops a cork of Iron Champagne. He owns his own equipment, a trend gaining popularity in a time when serious lifting is perversely discouraged from commercial establishments, a practice akin to having libraries turn away scholars.

Contemporary Sandersen workouts involve modified circuit training. The day I spoke with him he performed five rotations of two circuits the first being squats, pull-ups, and calf raises, then behind the neck press to failure and continued as a seated press, shrugs and sit-ups. The next day's circuit was to include inclines, curls and shrugs, then sit-ups, lunges and neck work. The shrugs are performed facing away from the stack on a standing calf machine and along with sit-ups are done every training day. Steve feels his traps are dense, slow twitch, red fiber and benefit from being worked hard with high reps each training day. Neck work is done wearing a specially designed football helmet that has a bar sticking out of the top. Adding plates to the shaft, Steve becomes a Clydesdale version of a unicorn.

As part of this circuit, squats are executed in an off-hand manner, no belt, no knee wraps, and in whatever sneakers he might be wearing at the time. Still sticking to five sets of five reps, Steve Sandersen at age 46 squatted 500 for 5 X 5! The enormity of his strength did not hit me until I later reflected on it. Considering the U. S. population as a whole, at his age how many men are capable of squatting such weight, perhaps one in five hundred thousand? One in a million? Less? And Steve weighs only about two hundred and fifteen pounds. To squat a quarter ton, (227% bodyweight) for five reps, and then repeat that feat five times without the benefit of any supportive gear and to do so as part of circuit training program is mind boggling. Put five hundred pounds on the bar in most any gym in the country and people will stop and stare. This guy handles the poundage as casually as I'd reach for peanuts.

After competitive retirement and subsequent weight loss, Steve found bench presses uncomfortable. He lost his power groove, an effect he believes was resultant of his lighter bodyweight and new biomechanical angles. About ten years ago he decided to focus on inclines instead. They felt better, and worked his shoulder girdle more fully. Steve's current heavy set on inclines is 340 X 5. Occasionally, he does partial flat benches out of a rack.

His current training showed at the AAU strength banquet where Steve could have passed for a mystery guest. His aura of strength conveyed by a massive yet athletic appearance - he looked the part of an unearthed superhero. And like those comic book muscle men, his demeanor reflects a good-guy persona.

Asking Steve his thoughts on life, he said, "I try to treat others the way I like to be treated, and to be honest." To lifters out there he says "have fun, lifting is something to enjoy."

For those lucky enough to meet Steve Sandersen, he will appear an ordinary (albeit stalwart) guy - the type of guy with whom you'd watch football or play poker. If the conversation turns to strength, you'll quickly realize you're in the company of a man of rare ability. That he garbs extraordinary talents with personable affability and humility, makes him that much rarer.

Marc Cavigioli M.Ed.

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Powerlifting at FIBO 2001

as told to Powerlifting USA by Thomas Klose

The FIBO show is a success story stretching back over 16 years. Held in the famous Messe Expo complex in Essen, Germany, it fills 9 massive exhibit halls spread over an area of 76,000 square meters. It is the largest Expo for fitness and bodybuilding in the world with over 450 companies participating from USA to Europe, from the UK to Pakistan, and to the Far East including Taiwan, China, Hong Kong and many more too numerous to mention .

Powerlifting has been part of FIBO from Day One. Several top athletes have demonstrated their immense physical strength at the various sales booths or on the big event stages. USA heroes like Bill Kazmaier, Ted Arcidi, Chris Confessore, Anthony Clark, Shane Hamman, and James Henderson have taken part over the years and sometimes overpowered the bodybuilding and fitness performances.

A few days after the Arnold Classic Stephan Korte of All Stars Fitness Products (himself a successful lifter) called me to ask what we could do at this year's event. We both agreed that it would be great to set up an officially sanctioned bench meet just like the event in Columbus, Ohio. After a few phone calls WPF World champ Harald Selsam took over the responsibility to organize this meet with his friends from WPC Germany. To make a long story short, the All Stars Bench Press Challenge was a huge success. Several thousand people followed the action on the main stage on Saturday 28th April. 8 Top German athletes were invited to compete for overall prizes of approximately 3000 USD. To determine the best lifters we choose a simple pound for pound based scoring system: performance minus bodyweight. That way the audience could easily follow the event.

Before the actual lifting started,

(this article continued on page 92)

***The All Stars Team at at the FIBO 2001 Show**: front row, left to right, L. Gayek, R. Berndt, S. Forutan, M. Schick, H. Selsam, F. Schutze; back row, left to right, U. Haase, A. Hirner, M. Schroder, I. Czeplinski, C. Brueck, M. Miermordt., O. Kutroff, Stephan Korte. The Double Deadlift Team of Ralf Gierz (left) and Michael Brugger(seen below) successfully negotiated what was declared to be a new world record of 1609 pounds.*

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The FIBO Bench Press Challenge

1. Mario Biermordt	(240)	551	584	606
2. Uwe Haase	(218)	507	~~529~~	529
2. Arthur Hirner	(207)	485	501	518
4. Ingo Czeplinski	(341)	595	~~617~~	617
5. Claude Brnck	(198)	451	473	~~496~~
6. Roy Berndt	(165)	396	418	~~441~~
7. Holger Kutroff	(297)	551	~~595~~	~~595~~
8. Shahram Forurtan	(163)	396	~~441~~	~~441~~

POWER PROFILE

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

Powerlifting's First Family

as told to Powerlifting USA by Alex Galant

World championships, national championships, American records, and soon some world records. That's pretty much it for the Maile Family - powerlifting's first family. Larry (42), Janna (41), Justin (18), and Jennifer (16), have won almost everything there is to win in USA Powerlifting and the International Powerlifting Federation and no one who knows them is betting against the youngest Maile, Kalyssa (9), carrying on the winning tradition when she's old enough to lift in competition.

The celebrity spotlight currently burns brightest on Jennifer, 48 kg., who during an 8 week period early this year dominated the USAPL Women's Nationals by winning best teenage lifter, best women's open lifter, set American records in the squat, bench press, and total, and then went to Russia and finished third as a guest lifter in the Russian national championships.

Lifting since she was 13 1/2, Jennifer entered her first meet on her 14th birthday and won her weight class with a 295 kg. total at 45 Kg. Since then she's had a career that most lifters only dream about - 14-15 age group winner at the 1999 and 2000 USAPL Women's Nationals, teen and women open's champion at the 2001 Women's Nationals; and 2000 IPF Junior World champion, 3rd place 1999 IPF Junior Worlds, and 4th place 1998 IPF Junior Worlds.

She has lifted against the best in the world and has shown she's one of the strongest women in the world. Her best competition lifts are: Squat - 152.5 kg., Bench - 92.5 kg., Deadlift - 150 kg.

The Youngest Maile *..... Kalyssa, when she was just 9 years of age.*

Jennifer Maile *in Mo-I-Rana, Norway, where she served as Assistant Team Manager for the Team USA at the '98 Women's Worlds.*

Besides powerlifting Jennifer enjoys photography and hanging out with her friends. A typical comment from Jenn came after a gym class at school, when she was criticized for not being conditioned all-around after refusing to run two miles the week of Women's Nationals. She said, "I don't care if I drop dead walking up the stairs, I just want to be strong."

Next in line is dad. Not only does he get the spotlight thrown on him as the 2000 IPF World Masters Champion, 40-49, but he also gets a lot of heat as USAPL Vice President. And, he still finds time to coach the USAPL/IPF Women's World Team and Junior World Team. This year he'll also lead the team USAPL is sending to the World Games.

Larry's a little embarrassed to compare lifting resumes with the rest of the family, because he has the fewest titles. Along with his IPF title he won the 1989 Lifetime Drug Free Nationals. However, he's got a good reason for not racking up the medals and trophies - he's the family coach and the coach of the most respected women's team in the USAPL - The Alaska Iron Maidens.

Larry started lifting in high school and hasn't stopped since, except for "a detour into bodybuilding" when he entered three contests, and did well, but decided to focus on powerlifting because of the subjective judging and "that in order to succeed you had to make decisions that I wasn't willing to make. I didn't like the drug scene and had some difficulty with the personalities of the people involved." Since 1985 he's lifted in 7 USAPL Nationals and, of course, the 2000 IPF Masters Worlds.

Justin, the brand new Marine, is next. He started lifting at 15 at the Alaska State Fair Powerlifting Competition totaling 820 at 123 lbs. - you could already see he had lots of potential. Since that great beginning he's won the USAPL Jr. Nationals twice and High School Nationals once, and placed fourth at the 1999 and 2000 IPF Junior World Championships, the last at 148 lbs. Like his sister, he holds many American age group records and the Open American Record in the squat at 60 Kg. He narrowly missed an IPF world record at the 2000 Jr. World Championships.

Depending on his Marine schedule (he was just posted to Japan) we may see Justin at this year's Nationals at a full 165. However, he will definitely lift in the World Games.

Last, but certainly not least, is Janna - the best athlete of the group and, if not for a recurring back injury, also a potential world champion. Janna also is the backbone for training and diet for the Maile family and for the Iron Maidens. She is responsible for fitting gear to the many athletes who train with the Iron Maidens, and organizes fundraisers and manages the team's finances.

Janna went to college on a volleyball/basketball scholarship and played basketball professionally in Europe. While attending graduate school in London to study photography - Janna's a commercial photographer - she also had an ill advised detour into bodybuilding be-

Janna Maile *pulling 435 at athe '97 ADFPA Women's Nationals.*

fore coming back to the United States and switching to powerlifting. She's lifted in 11 USAPL Nationals since 1985, placing in the top five in all but the first one. She won the USAPL Bench Nationals in 1999. She's also been a valuable assistant team coach on a number of USAPL/IPF World Teams.

Right now she's still rehabbing at back injury "that has not let me lift in three lift meets in several years, so I'll have to play it by ear."

Kalyssa isn't quite ready to lift yet, but Janna says "like the other two she is becoming a good analyst of powerlifting, and can critique form and attitude well from the crowd or the warm-up room."

So, what about training and lifting philosophy in this ultra-successful family? "We all use the same training system that Janna and I have evolved over the years," Larry says. "Our philosophy is to perform our best at the highest level possible. This is reflected in Jennifer's decision to pass on the High School Nationals and Sub-Junior Worlds in 2001 in favor of the Open Worlds and Russian Nationals. We always say it's better to be beaten in heavy competition than to win without competition."

Asked whether there's more or less pressure to succeed because of how talented everyone is Larry answered with "I think both. On the one hand we have a culture of success and a family work ethic in this sport that makes it easier. The expectations to perform are always there though."

Until Justin, just transferred from Camp Lejeune, North Carolina to Japan, left for the Marines, the Mailes had always trained together. Their routine is simple and straightforward, according to Larry. "We train 5 days a week taking off Thursdays and Sundays. We bench twice, and do upper body exercises 4 days a week. We squat and deadlift once each week. Our training cycles vary depending on what we have coming up and what our base level of strength and conditioning is. We don't have a set cycle. It varies from 13 weeks down to 3. We train year round without any time off except for trips to meets. We start back Tuesday (or Thursday if I'm feeling generous) after a meet."

Because of everything he and his family are involved in Larry says he has lots of people to thank: "Pete at Titan has been very generous with both lifting gear for our family, and with support for the National Teams we've managed. Peter Thorne has been helpful and supportive of our lifters when competing internationally. Our team (Alaska Iron Maidens) provides a training environment that is both supportive and competitive. This has allowed us to work hard and be safe doing it. We would also like to thank all the fine people who we've met over the years that have given this sport the comradeship that makes it worthwhile returning. This has always been true nationally, but is becoming truer internationally as well. The powerlifting world is becoming a smaller and friendlier place. I would also like to express my gratitude to Mr. Vladimir Bogatchev, President of the Russian Federation and the senior coaching staff from Russia. Since 1998, they have taken both me and my family under their wing in terms of assistance in competition, and critique of technique. It is probably not any secret that we strive to compete with the same exacting standards as our Russian competitors, to attack the weight the same way, and to emulate the same serious competition demeanor. I believe this has paid off and will continue to do so."

***Larry** has an IPF World Championship title of his own to be proud of.*

Larry would also like to see powerlifting become an Olympic sport. "I think that this will bring some of the recognition that our lifters deserve, and help with sponsorship opportunities, etc. I would like to see the continual complaining stop, particularly in USA Powerlifting. It makes it difficult to get the work done that has to be done. It discourages people who don't have a thick skin and makes them leave. We can't afford them to leave. There is too much work to do to make this an organized and successful sport. To my fellow administrators and competitors I would say, 'stop criticizing others for what they are not doing unless you are willing to do it yourself.' I would also add that they should not be suspicious of those who are more accomplished as competitors than they are unless they are willing to work as hard, desire it as much, and make the same sacrifices."

***Justin** tried an world record at the IPF Junior World Championships. (photographs courtesy of Maile)*

MEN'S TOP 50 of ALL-TIME

75 kg. (165 lb.) as ranked by Herb Glossbrenner

SQUAT

800	CRAIN, R	23NOV96
766	ROSCIGLIONE,J	31MAY96
765	PEREZ,J	20NOV94
755	BERARDINELLI,A	08FEB98
751	ALEXANDER,A	02APR89
744	INZER,J	16JUL88
727	HOOPER,W	20MAY00
722	BRIDGES,M	19APR80
711	GAUGLER,R	13MAR82
705	ALMODOVAR,J	08FEB98
	10	
705	LAVELLE,T	31OCT98
705	CONYERS,T	23JUN01
700	CALMESE,A	28SEP91
700	GRIDER,W	27MAR93
699	WAHL,R	08JAN83
694	TOINS,F	29JUL96
694	BOSSE, J	96
694	CARTINIAN,M	01FEB97
690	WAGNER,R	05APR87
688	GAY,D	23JUL83
	20	
688	BELL,G	07JUL84
688	TOPSOGLOU,J	07JUL84
683	HERRING,G	31JUL82
683	AUSTIN,D	15NOV96
675	STONE,L	16FEB80
675	MCCARTY,J	15SEP85
672	ROY,M	21OCT82
672	RICKS,D	18NOV94
672	GUZMAN,Q	28APR95
670	FINCH,J	12FEB84
	30	
670	TRICE,A	26JUN93
666	RUSH,J	10JUL82
666	POWERS,B	06DEC87
665	BEAVERS,M	16DEC95
662	CRAWFORD,G	01JUL79
661	VOLPE,D	11JUL82
661	JACKSON,J	03DEC83
661	KELLUM,J	28JUN86
661	SARDO,D	06JUL91
661	MACLEAN,M	23NOV91
	40	
661	TAOY,M	15JAN94
660	ATHEY,P	87
K655	COAN,E	08JAN83
655	DIAL,C	01MAY92
655	GIBSON,L	11DEC93
K650	WINQUIST,M	01DEC84
K650	HULTQUIST,C	11OCT86
K650	HODISON,E	01NOV86
K650	BROWN,R	06DEC86
K650	BRADY,T	22NOV87
	50	

BENCH PRESS

550	WARR,G	16SEP95
530	WERNER, S	10APR93
520	FOKKEN,R	JUN01
515	DECOURT,R	03APR93
507	PEREZ,J	26MAR94
507	ITO,D	10DEC95
496	GALLAGHER,B	23JUN01
490	COURTNEY,B	09MAR91
490	MILLER,L	09OCT99
490	BERARDINELLI,A	18MAR00
	10	
485	WEIL.R	23JUL83
485	HARA,M	
479	ROUSE,J	08NOV80
479	KERNAN,S	16SEP00
475	DEMATTEO,J	25APR92
475	THURMAN,D	03JUN95
475	SATTERFIELD,T	18FEB95
475	ROBBINS,D	30JAN99
473	SALVAGNI, R	23JUN01
470	ALLOR,G	APR86
	20	
470	MCCORMICK,L	18APR92
470	KILTS,J	22FEB98
465	MORRISON,E	13APR91
463	BRIDGES,M	19APR80
463	GRANT,B	07JUN86
460	CONFESSORE,C	14DEC85
457	BELLAMY,R	21JUL90
457	BELLMORE,D	04APR98
457	HOOPER,W	18NOV99
455	EARNEST,A	10SEP88
	30	
455	HUFFER,T	25MAR00
455	SINICROPI,M	26MAR00
451	GAUGLER,R	11JUN81
451	PHILLIPS,M	23JUL83
451	MENDOZA,L	21NOV88
451	ROOKER,J	24OCT92
450	MATHIS,A	02JUL86
450	ROGERS,M	04AUG90
450	LINK,C	24APR93
450	AUDIA,J	11JUN98
	40	
450	WEST,C	06MAR99
450	KALBACH,C	01APR00
450	CROWE,B	19NOV00
447	KANESHIRO,S	16NOV00
446	RAFAEL,A	25AUG85
446	SAKAGUCHI,R	13MAY89
446	STAPLETON,T	15AUG92
446	YOSHIMURA,J	22JAN00
445	LAWRENCE,M	08FEB92
445	SCHALL,A	23NOV97
	50	

John Inzer's 780 at the Greatest Bench in America contest remains #1

DEADLIFT

780	INZER,J	16SEP95
744	AUSTIN,D	30JUL24
740	TRICE,A	DEC97
735	CULBERSON,T	24AUG95
722	ALEXANDER,A	02APR89
716	GAUGLER,R	13APR92
716	CRAIN,R	23JUL83
711	BRIDGES,B	03OCT23
K705	CAVALIER,b	13MAR83
K705	EISEMAN,T	17NOV90
	10	
705	TOINS,F	28MAR92
702	BELL,J	21MAY78
700	GRIDER,W	27MAR93
690	MCCARTY,J	15SEP85
688	RHODES,J	26AUG78
688	HICKS,T	07AUG82
688	TOPSOGLOU,J	07JUL85
688	RICKS,D	18NOV94
688	CAPRARI,T	10JUN00
685	WATERS,H	22APR78
	20	
685	ALLEN,R	07DEC85
683	HERRING,G	31JUL82
683	COAN,E	08JAN83
680	SPACK,J	12NOV78
680	GRIFFIN,K	01APR89
680	KISER,G	20MAR99
677	KEYHEA,V	21AUG81
677	FEIGHT,M	27MAR82
677	ROSCIGLIONE,J	31MAY96
677	HOLMES,E	
	30	
676	BURNETT,R	21APR68
675	SHIELDS,K	27AUG88
675	BEAVERS,M	16DEC95
672	GAY,D	23JUL83
672	HOFFMAN,H	02JUN84
672	BELL,G	07JUL84
672	HANCOCK,M	15FEB89
672	BENEMERITO,R	17SEP94
670	WELCH,J	23JUN84
666	HUNDLEY,D	31MAR84
	40	
665	WEHUNT,L	04OCT80
665	FACTEAU,M	27MAR82
665	GAROFALO,R	05OCT96
661	BRIDGES,M	03NOV79
661	FORD,M	03NOV79
661	KOBETZ,R	21FEB81
661	BROWN,C	05JUN83
661	TURNER,C	15JUN96
660	KEEL,B	27APR84
660	PENKETH,P	20SEP87
	50	

TOTAL

1890	CRAIN,R	23NOV96
1884	ALEXANDER,A	02APR89
1879	GAUGLER,R	13MAR87
1865	BERARDINELLI,A	08FEB98
1835	BRIDGES,M	19APR80
1802	BELL,G	07JUL84
1802	INZER,J	16JUL88
1796	ROSCIGLIONE,J	31MAY96
1785	TOINS,F	27JUL90
1780	TOPSOGLOU,J	07JUL84
	10	
1780	RICKS,D	18NOV94
1770	GRIDER,W	27MAR93
1769	PEREZ,J	28JUL90
1765	BEAVERS,M	16DEC95
1760	MCCARTY,J	15SEP85
1758	GAY,D	23JUL83
1758	CONYERS,T	23JUN02
1752	HERRING,G	31JUL82
1750	TRICE,A	26JUL93
1747	HOOPER,W	20MAY00
	20	
1741	COAN,E	08JAN83
1741	AUSTIN,D	30JUL94
1735	ALMODOVAR,J	08FEB98
1730	ROUSE,J	08NOV80
1730	CONYERS,A	02DEC00
1725	SALVAGNI,R	23JUN01
1714	WELCH,J	11JUL82
1708	WEIL,R	23JUL82
1703	WAHL,R	08JAN83
1697	PHILLIPS,J,M	23JUL83
	30	
1691	CAVALIER,B	08APR88
1686	TURNER,C	15JUN96
1675	VOLPE,D	11JUL82
1675	FACTEAU,M	27MAR82
1675	CORTINIAN,M	01FEB97
1675	BELLMORE,D	04APR98
1670	FINCH,J	12FEB84
1670	GRANT,B	07JUN86
1670	SARDO,D	06JUL91
1670	KISER,G	20MAR99
	40	
1665	MENDOZA,I	05JUL87
1664	BOLIN,J	23JUL83
1664	HULTQUIST,C	16OCT86
1658	RHODES,J	26AUG78
1653	MACLEAN,M	21NOV91
1653	TAOY,M	15JAN94
1653	BENEMERITO,R	16JUL94
1650	THOMAS,W	22MAR75
1647	KEE,L	06AUG82
1647	ALLOR,G	07JUL85
	50	

430 GRAIN

POW!ER SCENE

***George Brink** at the Ventura Gold's Gym.*

It's Summertime, and *POW!ER SCENE* decided to do a little traveling around Southern California. An hour or so out of Los Angeles, and about 15 minutes away from Camarillo, home of *Powerlifting USA*, is the town of Ventura, the lifting home of George Brink and Josh Bryant. Monday afternoon is bench press time, and Wednesday morning is deadlift time, and we made the trip twice to capture both of the workouts.

George is phenomenal deadlifter, currently ranked #6 on the *PL USA* Top 100, with a pull of 804, and he's 51 years old, and still getting better. George recently retired after 29 years in law enforcement, and with more free time, all his lifts may soon be climbing. He has PR's of 462 in the bench and 727 in the squat, and he's aiming for 800/500/900.

George has been lifting competitively since 1987, and has no plans to retire from powerlifting. "Why quit?" was what he said, as long as he remains healthy. There are a lot of age groups records to be broken, and George is going after them.

How many lifters do you know whose training partner is more than thirty years younger? Well, you know of one now, and that's George because his training partner is Josh Bryant who is only 20.

Josh is a phenom, and even though he's not old enough to legally buy a drink, he's already benched 562 pounds in a meet! Josh has also hit a 755 squat and a 650 deadlift, so he's nearing his next lifting goal, a 2000 lb. total. Josh is aiming at the WPO meet in Florida in August, and the USPF Santa Barbara meet this summer, so he'll have a couple of chances to hit that level soon, and then he'd have a total that's 100 times his age. That's not a very common thing to have. (And obviously even harder to achieve and you get older.)

***Josh Bryant,** George's 20 year old lifting partner. (All photographs provided courtesy of Ned Low to Powerlifting USA).*

Good luck to both George and Josh, who were lots of fun to be with as *POW!ERLIFTER VIDEO* taped their workouts, and we'll keep you posted on their continuing lifting. The videotaping was done where they train, Gold's Gym of Ventura, and it was a terrific gym. The facility opened in 1999, and last year affiliated with the Gold's organization, and it's a great facility - 30,000 square feet, high ceilings, bright, clean, and very friendly, but with a lot of serious lifters.

We met David York, one of the owners, and he's being trained by George to try some powerlifting. At a bodyweight of 155, David is aiming at a 405 bench and has done up to 47 reps with 135. David trains people, working with some top athletes on their weight training, diet and nutrition, and conditioning.

***David York,** one of the owners of Gold's Gym in Ventura. (Ned Low)*

***Josh Bryant,** already able to bench 562 pounds in a meet at 20 years old. (Photo provided by Ned Low).*

The day after the trip to Ventura, it was back in the car and up the 101 Highway all the way to Santa Barbara, to visit Dr. Sal Arria and the International Sports Sciences Association (ISSA). Sal was a top powerlifter years ago - he retired in the early 90's and was third in the USPF Senior Nationals in 1988. He had PR's of 750, 500, and 698, and he was a doctor for the 1984 U.S. Olympic team and three U.S. National Powerlifting teams.

In 1988, Sal and Fred Hatfield (aka "Dr. Squat") founded the ISSA to address the need for standardized education about weight training and nutrition, and the ISSA has grown mightily since then. Many, many thousands of people have signed up with the ISSA for their courses, and with a major website, the ISSA is helping educate people all over the world.

WWW.fitnesseducation.com is the website for the ISSA, and its courses cover an array of topics, from personal training certification to performance nutrition, to youth fitness and senior fitness, to sports conditioning for elite athletes. And that's leaving out a lot. Check out the website and see for yourself what they offer.

As for *POW!ER SCENE*, that's all we have to offer this month. Next month, we'll be back with a look at some of the summer meets, including West Virginia's Mountaineer Cup, where Ed Coan is scheduled to be defending his title, and where there's a bench press contest with scheduled lifters Clay Brandenburg, Anthony Clark, and Jamie Harris.

'Til next month, we'll see you on video. *NED LOW*

***Dr. Sal Arria** at his ISSA office in Santa Barbara.*

TRAINING to AVOID INJURY

Stretching with Rubber Bands *Dick Hartzell interviewed by Dr. Larry Miller*

Photo 1

Photo 2

LM: Okay, Dick (Hartzell, a.k.a. the Rubberband Man), I've been looking forward to this interview. My shoulder and my back have been bothering me as of late and I am hoping that you can show me how to traction these areas and to avoid future injuries. Let's start with the shoulder and, knowing you, I am sure we will get sidetracked, but that's all right! I am willing to listen to whatever you have to say.

DH: Larry, let's start with some shoulder traction exercises. There are a number of lifters that have problems with shoulder flexibility, which causes them discomfort during the squat. *(Editor's note: Several of the exercises shown in this article involve a band that is suspended from or attached to a stabilized pipe arrangement. The hook-up involves wrapping the band around the bar and through itself to form a slipknot. Make sure that the pipe you are using is secured, not on a machine that could tip over.)* Begin by taking the hand up through the band. It is important that the band actually stick on the back of the hand - you don't want it loose. What you want to do is step out, place the feet out wide, relax the shoulder and lean into the band (Picture #1).

Turn the hand over and stretch down (Picture #2). You want to lean, relax and stretch the joint out. We traction or stretch the joint to get rid of pain that may have been caused by overuse, bursitis, arthritis, a partially-torn rotator cuff or even a

Photo 3

Photo 6

Photo 9

Photo 12

Photo 7

Photo 10

Photo 13

Photo 8

Photo 11

dislocation in an effort to allow the joint to move and heal and become pain-free, so that it can function normally again. The amount of pressure applied is proportionate to the nature and degree of the injury. You can move and turn in any direction that feels good.

Now, we'll move and face the attached area (Picture #3). Move the shoulder back, keeping the arm as straight as possible. Next, move the shoulder in a circular manner. This works the back side of the shoulder and the upper back.

As soon as we turn sideways, we are now stretching the upper back area (Picture #4). For taking care of the shoulder, we are going to do a lateral stretch, a forward stretch, and a cross- body stretch. When you go cross body, you get a great deal of stretch in the upper back. When we bend down, we get shoulder and lower back. Now, if I place my hand on my knee and bend down, I work the shoulder and lower back (Picture #5).

Another thing we do for the shoulder is to loop the band over the elbow (Picture #6). This let's us work the shoulder in any direction. The important thing is internal and external rotation. We can go from in front (Picture #7) or behind the back (Picture #8) or overhead (Picture #9). This is great for flexibility. We can also drive the band out and up. The pressure is controlled by the left hand (Picture #10 and #11).

As far as injuries, the big deal is to do some upright rows with the bands (Picture #12). You want to avoid compression on the AC Joint. We want to pull up and out. This will help the areas adjacent to the rotator cuff. Reverse curls should also be done (Picture #13). You can also do a standing bench press with the bands (Picture #14) as a warm-up exercise. A wide grip works the triceps, while a narrow grip works the pecs.

As far as back traction goes, we can use a single band or we can do it at a band station with multiple bands. First, we want to fold the band over and place it around the waist and on the knees (Picture #15). My hands go on my thighs and I just push (Picture #16). Move your hips in all directions. This will take pressure off the lower back. Now, pull the knees up toward the chest (Picture #17). Take the legs cross-body, keeping both shoulders on the floor and using the opposite hand to pull the opposite knee cross-body. (Picture #18).

Grasping the bottom of the band with your hands to hold it in place, lift the buttocks up and work the glutes (Picture #19). The stronger your glutes, the better your back will be. The key is movement. Now, turn over on all fours, arch the back, round it, and move the hips every which way (Picture #20 & #21). Move the bands up and down on the back to work different areas (Picture #22).

Another good thing for the low back is to hook two bands up to a vertical pole. Place one band over the right shoulder and under the left arm. Then place the other band over the left shoulder and under the right arm to keep the bands in place. Hold onto the top of the bands, pulling them apart to keep

Photo 18

Photo 20

Photo

pressure off of the neck. As you lean forward, you will get a nice stretch in the low back (Picture #23). When you sit back, you strengthen the low back.

The big mistake with the low back is that we teach people to always lift in straight lines, when nothing in this world is straight. We need to lift in what is classified an "improper" range (Picture #24) to actually keep the back healthy. We live in spiral-diagonal planes, therefore the body needs to be trained and stretched in all of those planes. The only way that you can do this safely is with Flex Bands. For most of these exercises, you want to use either the average (green) or the strong (blue) bands.

Next, stand up and slide the bands down around your waist. With the band around the waist, you can arch the back, move the hips, turn and move (Picture #25). Position the band wherever it does you the most good. Arch your back and round your back. Spread the feet, sit down, band and move. Any way that you can move is healthy and good. The conventional treatment with back pain is to restrict movement. This actually causes individuals to have more problems in the long run.

Position the one band at waist level on the pole and the other higher up (7-ft. level). The lower band should be positioned around the waist, while the higher band comes down under the arms. (Picture #26). Now just sit back and move the hips.

Now, slide the band that's under the arms down around the lower back. Go down to the floor and lift up the hips (Picture #27). Now, you can bring your feet up and push on the legs to stretch the low back (Picture #28).

Next, we position the bands across the base and slide under the band so it is positioned across the thighs (Picture #29). Push the base with your hands to do a hip extensor and then twist and tilt. Raise the hips up high to work the glutes (Picture #30). The key here is strengthening the glutes. Drive up and down.

With the band still attached across the base, turn over so you can position the band across your waist-line.

Photo 34

Alternately arch and round the back (Picture #31 & #32).

Another good exercise is to position the band up high on the pole and loop it around the foot (Picture #33). Lie on the floor and move the hips around in all directions. (You would repeat this exercise attaching the band to your other foot.)

For back extensions, attach the bands onto the short end of the base. Criss-cross the bands so that each side goes over the opposite shoulder and position your feet inside the end-loops of the base (Picture #34). Lie back and then sit up. The assistance of the bands allows you to move in positions that you normally wouldn't be able to.

Photo 38

Photo 35

Photo 39

Last year when I decided to go into a professional boxing show at age 60, I was concerned with two areas: my neck and my abdominals. To strengthen the neck, I position the band on the back of the neck (Picture #35). By gently pulling and tilting in all directions, you can give yourself a neck adjustment similar to what a chiropractor would do for you.

Another way to do traction for the neck is to attach the band at the 42" level and lie down on the floor with the band under the neck (Picture #36). Move the head up and down in all directions to strengthen and traction the neck muscles. For additional pressure, you can add an extra band.

For my abdominals, the thing that works best for me is to take a 45-lb. plate, hold it up at arm's length and drop it onto my flexed abs (Picture #37). (If you are just starting out, use a smaller plate and drop it from a shorter distance.)

Another important thing for the shoulders is that people be able to handle their own body weight. What I recommend is to attach two mini bands over the top of the power rack and do assisted chin-ups (Picture #38). This is good for people with dislocations or who have had shoulder surgery. It is also helpful for younger kids who may be overweight. You can add bands if necessary.

Another thing for the shoulders is to do my wheelbarrow exercise (Picture #39). What I do is hook one mini band around the arch of each foot and over the axle of an abdominal wheel. As you roll the wheel out and back, you get great shoulder and ab work.

You can also do shoulder shrugs with a single band (Picture #40).

[For info on Flex Bands, you can reach Dick Hartzell at Jump Stretch, Inc. by calling 1-800-344-3539.]

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HARD CORE GYM#6

Dead Animals & MetroFlex Gym

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

MetroFlex Gym opened in 1987 (with eleven members). It is in Arlington, TX in a large, dark warehouse. It has minimal heat in winter and no A/C for the hot TX summers. Let me say that again; it has no A/C for the hot, 9 month long, TX summers. Ok, it does have fans, but the average indoor summer temperature is 100 degrees F. Needless to say, the faint-of-heart go elsewhere.

***Heavy end** of the dumbell rack 95-205 lbs. (Photo by House of Pain).*

Owner Brian Dobson catered to competitive lifters from the start and even has a discounted membership rate for members who compete! They have no contracts and are proud of the fact that they have no electronic fund transfers - just pay for the desired membership length.

***Fitness Model Brandi Webb** drags sled in front of gym. (All photographs provided by House of Pain).*

MetroFlex is like a huge above ground hellhole with everything the serious powerlifter needs. It has equipment by Hammer Strength, Nautilus, Titan, Flex Steel, Champion, BSN, Cobra, King Extreme, MAC, etc. Some of the equipment is old; all of it is well used, but it all works. You thought your cambered bar was special? Well, it is, but ... they have many specialty bars including Hatfield bar, Buffalo Bars, Deadlift Bars (including extra thick ones), and Texas Power Bars. As seen in the photo, the dumbbells go to 200+.

From the start, they have catered to hardcore powerlifters, competitive bodybuilders, submission martial artists and boxers, collegiate football players, and anyone who doesn't want to "conform to the weak fitness center ideal" (in the words of Brian Dobson). If you want to know the words of wisdom offered by other gym members; just go and look on the "wall of honor," where they have written encouraging words for years. You can draw inspiration from this, or you can just look around (once your eyes adjust to the darkness).

A typical day might find *Mr. Olympia* Ronnie Coleman (member since 1990) deadlifting 800# for reps. Others are doing walking lunges in the parking lot, while Fitness Model Brandi Webb drags a sled (see photo), champion powerlifters are squatting (see photo), and a full contact sparring match is going on. LOUD heavy metal music kills the houseflies and charges the atmosphere with energy.

Brian reminded me that they have more than their share of beautiful ladies who aren't afraid to lift hardcore and heavy - and I know firsthand that this is true! Some of the most beautiful girls in the Metroplex darken the MetroFlex doorway, and they have photos on their website to prove it at www.metroflexgym.com.

The gym has always promoted powerlifting and bodybuilding, here are some highlights:

Steve Goggins Deadlift Classic: Big Steve pulled 950 with straps!

Texas Power Tour: Ed Coan was head judge, cool event.

Ronnie Coleman Strength Extravaganza: Bodyweight bench press for reps, 1 1/2 times bodyweight squat (parallel) for reps, 2 times bodyweight D/L for reps, and - yes - this really was a grueling event - I was there!

Ronnie Coleman Classic: Big BodyBuilding show they promote every June

Brian claims they also have some little old ladies who don't even compete. He even sent a photo of an attractive Bernadette Razo training 1 week prior to delivery of her baby girl, as proof they have lifters of all ages, races, religions, and abilities. All MetroFlex asks is that they train with intensity. Whatever it takes to produce a high level of intensity is allowed; face slapping, screaming, throwing weights around, etc. is all encouraged. "Intensity and proper attitude have produced countless winners, and this is all that is required. Whether you are squatting 700 for reps or 135 for a single - you will be accepted as part of the MetroFlex family as long as you give maximum effort."

***Jay Moore** (left) NPC TX state bodybuilding champ (265 lbs.) Owner **Brian Dobson** (right) 245 lbs. (Photograph provided by House of Pain)*

***2000 USPF World Champion** 198 pound class, Jesse Vasquez warming up. (Photographs provided courtesy of House of Pain to PL USA).*

Cool, huh?

There is only one thing they don't allow, and that is spitting in the drinking fountain. Spitting on the floor is OK, but no one spits in the drinking fountain. Just ask Mick Foley (AKA Mankind or CactusJack of the WWF) who found out the hard way and never did it again.

I almost forgot one of the more interesting things: dead animals! During most of the events held at MetroFlex, I've noticed them serving barbecued or smoked wild pork out front - protein for the athletes. Source? MetroFlex Gym is also home to "Texas War Dog Kennels" specializing in serious hot dogs of all breeds (American Bulldogs, Blackmouth Curs, Blue Tick Hounds, Plott Hounds, Airedale Terriers, and Pit Bulldogs to name a few). After the hunt, hogs are often processed right in front of the gym, and then barbecued on site. Fresh meat for protein starved lifters! Is this a great gym or what?! (Note to vegetarians: If God didn't want us to eat animals, He wouldn't have made them out of meat).

MetroFlex Gym - congrats on a great place to lift! You've got it all (except A/C). Readers - go visit MetroFlex when you're in the Dallas/Fort Worth area - you've got go to believe!

Next month, we'll see another gym that courses with Heavy Metal tunes, and see someone pull a dumptruck...

Comments?
Rick@houseofpainironwear.com Or HOUSE OF PAIN, PO Box 333, Fate TX 75132

IPF World Bench Press Records

For the first time in the history of IPF competition, single lift bench press records may now be set at National Single Lift Championship meets. This means that you may now set a World Bench Press Record at this year's USAPL Bench Press Nationals in Cleveland, Ohio this September 22 & 23, 2001.

Although there are a number of World Record Holders within the United States, you should attend this meet if you really want to proved that you are the best in the world. You will have to use a single ply polyester shirt, you will be drug tested, you will have to weigh in 2 hours before lifting begins and strict IPF rules will be enforced. You will now have the chance to prove how you compare to the best in the world. Master Records can be found on the IPF web page. Any individual breaking an IPF record will be subjected to a full screen IOC urinalysis and must pay for this test. (approximately $160.00). *- Dr. Larry Miller*

MEN	kg.	lbs.
52 kg. - 114 lb.		
Stanaszek Andrzej	172.5	379.5
56 kg. - 123 lb.		
Makoto Ohtsubo	181.5	399
60 kg. - 132 lb.		
Tagy Pamian	190.5	419
67.5 kg. - 148 lb.		
Alexi Sivokon	217.5	478.5
75 kg. - 165 lb.		
G. Warr	225	495
82.5 kg. - 181 lb.		
Susumu Otani	237.5	522.5
90 kg. - 198 lb.		
Onozo Szabolcs	247.5	544.5
100 kg. - 220 lb.		
Laszlo Meszaros	265	583
110 kg. - 242 lb.		
Wieslaw Kruk	267.5	588.5
125 kg. - 275 lb.		
Daisuke Midote	282.5	624.5
125+ - SHY		

James Henderson	320	704
WOMEN		
44 kg. - 96 lb.		
Eva Svjantekova	97.5	214.5
48 kg. - 105 lb.		
Yakako Fukushima	112.5	247.5
52 kg. - 114 lb.		
Irina Krylova	120	264
56 kg. - 123 lb.		
Tamara Althaus	127.5	280.5
60 kg. - 132 lb.		
Elena Fomina	127.5	280.5
67.5 kg. - 148 lb.		
Clara Kasbarian	150	330
75 kg. - 165 lb.		
Svetlana Miklazevich	160	352
82.5 kg. - 181 lb.		
Timea Zavodszky	160	352
90 kg. - 198lb.		
Cathy Millen	175	385
90+ kg. - 198 + lbs.		
Chen-Yeh Chao	179	394

BOOK REVIEW... "I read every book on strength training I can get my hands on. There are three I would highly recommend for any lifter or coach. Two are by Pavel Tsatsouline. BEYOND STRETCHING is a scientific approach to gaining flexibility. This is how one should learn and perform proper stretching. The second is Pavel's BULLET-PROOF ABS. In this book, Pavel discusses and provide pictures of the correct methods for ab training. I urge all lifters to read these two books by Pavel. I am sure the benefits will be many.

J.M. Blakley, who is truly a thinker and innovator, has written a book, SECRETS OF BODY-WEIGHT MANIPULATION FOR COMPETITIVE SPORT, which everyone should read. If you've ever wondered how some lifters are able to make weight for contests and gain it all back for the meet, this book will provide much insight. Having made a top 10 lift in five weight classes, I know how difficult it is to lose or gain a large amount of weight and perform at a high level, J.M.'s book can make it easier to do this (read all precautions).

You can purchase these books through Elite Fitness Systems. Call 1-888-854-8806"

Louie Simmons.

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TRAINING

WHY YOU SHOULD BOX SQUAT

as told to Powerlifting USA by Louie Simmons

At Westside Barbell we have about 24 lifters. Seven of them have squatted 900 or more. In the 220 class, Chuck Vogelpohl has made 900. Mike Ruggiera, SHW, has gone from a meager 780 to join the elusive 1000 pound club, along with the late, great Matt Dimel. Marv Phillips set many world records by box squatting, as did the late Lee Moran. There is nothing new about box squatting.

The original Westside Barbell Club in Culver City, CA, was years ahead of its time in the late 1960's and early 1970's. Their *Muscle Power Builder* articles were my foundation in training. Roger Estep traveled from West Virginia to Culver City, and his squat jumped from a low 600 to a world record 765 at 198 due to box squatting. I noticed he was not only much stronger but also much more explosive.

I started doing box squats in the late 1960s. In 1973 I entered a meet that was what they now call raw: no power equipment, even to the point that I wore an Olympic weight belt backwards, so that the narrow side was in the back. Box squats made it possible for me to squat 630 in the 181's and deadlift 670 to total 1655 in that meet. I made a 920 squat 27 years later at 235. The only man on the planet to do more in 2001 was Eddie Coan.

That's enough history. Let's get to why one should box squat.

Box squatting is the easiest way to learn to squat properly. Most everyone will start descending correctly, but at some point problems occur. To fix this, start on a box several inches above parallel. Squat down to the box. Then have a training partner take out a 1/2 or 1 inch mat or board. Again sit back, not down, on the box. When this feels right, take out a mat or board again until you are breaking parallel. Anyone can squat correctly if your coach or training partner is smart. You can't teach what you don't know.

You can squat very deep when using a box. Angelo Berardinelli has used a 6 inch box, and Amy Weisberger has squatted on a 4 inch box. Olympic lifters squat very deep, but they bounce out of the bottom. We flex.

Because one sits on a box and then flexes to overcome the resistance, box squats will quickly improve your pulling strength for deadlifts or Olympic pulls.

Box squats are much less taxing on the lifter, and by training at 50-60% of a 1 rep max for 10-12 sets of 2 reps, you can easily break your squat record. The muscular soreness is much less than with regular squatting. One of my former training partners, the No. 1 198 in 1984, could full squat only every 10 days due to the extreme soreness. However, learn-

Matt Smith *recently squatted 930 lbs. and totaled 2355 - another product of box squatting. (Photograph taken by Eskil Thomasson).*

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ing to box squat, he found he could squat twice a week, once for speed day and once for max effort day, without any difficulty.

Many trainers have found that a great deal of flexibility can be developed while box squatting: by going lower than normally possible, and by using a wider stance.

You can isolate all the correct squatting muscles by sitting extremely far back on the box. By sitting back on the box to the extent that your shins are positioned past vertical, the glutes, hips, hamstrings, spinal erectors, and abs are totally pre-stretched and overloaded simultaneously, producing a tremendous stretch reflex.

When squatting on a box just below parallel, all your squats will be just below parallel. When doing regular squats, when the weight gets heavier, one will invariably squat higher and higher.

Doing static-overcome-by-dynamic work will build a great amount of explosive and absolute strength. Going from relaxed to dynamic work will also build tremendous explosive and absolute strength. Both types of work occur when box squatting. Some muscles are held statically, while others are actually relaxed.

Safety is always important. In powerlifting as in all other sports, injuries occur. I suffered a complete rupture of the patella tendon in 1991. At that time my best squat was 821 at 242. Rehabing myself, I gained full range of motion and came back to squat 900 in two meets at 52 years old. I have never used knee wraps in training. I have used bands and bar weight combined at the top to equal over a grand with the weight on the box around 800 with no knee problems at all. How? I sit back far enough on the box where there is no pressure on my patella tendons.

Box squatting has made it possible for me to make a Top 10 total in 1972 without gear and to be no. 3 in 2001 in the open division at 242.

Let's finish with how and how not to box squat. First, how not to. The term rocking box squat has confused many, and this is understandable. At Culver City Westside Barbell Club, Bill West invented a method referred to as a "rocking box squat". First they would place a squat bar on safety rack pins at a level that would allow the lifter to sit on a box and by just arching the back the bar would clear the pins. A spotter from behind would place his arms around the lifter and by rocking him backward and then forward, the lifter could stand up with a large load assisted on the first rep and unassisted on a rep or two more. That is a rocking box squat, 60's style. They may or may not have slammed their feet down in a shock method.

Here is the more modern, Columbus Westside method. First, use as wide a stance as possible. Wear groove briefs or a suit with the straps down. Position your feet so they point straight ahead and sit back, never down, until you are sitting on the box. The back is arched, the chest is held high, and the knees are pushed out to the sides. Use a wide hand grip to prevent bicipital tendinitis, and pull the elbows up and under to utilize the lats. When you are on the box, relax the hip muscles for an instant, then forcefully flex them by pushing against the bar. This will cause the spinal erectors to instantly flex, which activates the hips and then the hamstrings. The action is like doing a jerk in Olympic lifting. Try to flex on the box strong enough to stand up in one motion.

We are not trying to build muscles, but rather a huge squat. Your quads will sometimes get smaller, but your hamstrings and hips will grow greatly.

Remember to raise the traps into the bar first to ascend. If you push the feet into the floor first, you will find yourself in a semi- good-morning position, which is wrong and dangerous.

I know someone out there will say there have been great squatters who never box squat. Well, are you one of those greats, or one of those who can't squat off the toilet with the Sunday paper?

Give it a try. I've given many reasons why you should try box squatting, and I can't think of one reason not to.

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Lou Saviano's Bench Press Routine

Lou Saviano with his latest BP of 507 at 242 at the Ironmen Bench, Deadlift, and Record Breaker Championship.

To all the benchers out there, I am writing the "Workout of the Month" this time to emphasize the importance of establishing a good base. My name is Lou Saviano. I am 32 years old, and have been powerlifting since I was 24 years old. I am married and have one son who is 5 years old. I work a full time job as a union land surveyor for Local 15 in New York City, and also am a bouncer in a bar on the weekends. So, this workout isn't coming from a guy that just works out for a living. I am able to do both by staying focused and by keeping a strict regimented schedule. In 1997 I went to Newark, New Jersey and competed in the Bench Press Nationals, where I pressed a 475 and won first place. Since then my most recent presses are a 507 in a contest and a 515 in the gym. In 1993 I did my first contest, I weighed 228 and benched 390. In the short span of 8 years and only an increase of 14 pounds of body weight, I have increased my bench press 120 pounds. This has been accomplished by knowing what I wanted to do from the beginning, "to be the best drug-free bench presser in the world." I strongly feel this all starts at the base, your body's base. You can't build a building without a foundation, how do you expect to be a good bencher without a good base. Now, you might be thinking that the workout you have been doing for the last couple of years has been setting you back, well, don't go there. There is nothing that you have done that can't be fixed. The workout that I am going to give you is going to bring back the basics. It's the "old cave man" workout, so be prepared to bench big. I would like to thank a few special people for my success, the Olympian Tony Harlin, Bench Press World Champion Brad Klinger, my "phone friend" Louie Simmons and most of all my wife Heather for feeding me, and my friends and family for their confidence in me from Day One. I work out 4 days a week: Monday, Tuesday, Thursday and Friday for one hour a day. Monday is chest, Tuesday is legs, Thursday is shoulders and triceps, and Friday is back and biceps. This workout will help you put 20 to 25 lbs. on your bench in 8 weeks. There are a couple of things to remember: #1 - triceps are as important as chest, #2 - drink at least a gallon of water a day and last, but not least, if it hurts don't do it. If you would like more information please write to Lou Saviano at 24 Sterling Ave., Sloatsburg, NY 10974 or phone (845) 753-5849. Thank you, Bench Press National Champion, *Lou Saviano.*

These numbers are for a 400 lb. bencher trying to increase to 425 in 8 weeks time.

Week #1 - Flat Bench: 135x10, 225x8, 275x5, 315x3, 330x3, 330x3. Assistance Work on Thursday: Shoulders - Military Press to Front - warm-up then 3x8 with weight that you can get with moderate effort. Triceps - Close Grip Bench - warm-up then 3x8 with weight that you can get with moderate effort.

Week #2 - Flat Bench: 135x10, 225x8, 275x5, 325x3, 340x3, 340x3. Assistance Work on Thursday: Shoulders - Seated Military Press with dumbbells - warm-up then 3x7 with weight that you can get with moderate effort. Triceps - Reverse Flat Bench - warm-up then 3x7 with weight that you can get with moderate effort.

Week #3 - Flat Bench: 135x10, 225x8, 275x4, 325x3, 340x2, 345x2. Assistance Work on Thursday: Shoulders - Military Press to Front - warm-up then 3x6 with 20 lbs. more than week #1. Triceps - Close Grip Bench - warm-up then 3x6 with 20 lbs. more than Week #1.

Week #4 - Flat Bench: 135x10, 225x8, 275x3, 330x2, 345x2, 350x2. Assistance Work on Thursday: Shoulders - Seated Military Press with dumbbells - warm-up then 3x5 with 20 lbs. more than week #2. Triceps - Reverse Flat Bench - warm-up then 3x5 with 20 lbs. more than Week #2.

Week #5 - Flat Bench: 135x10, 225x8, 275x2, 335x2, 355x1, 370x1. Assistance Work on Thursday: Shoulders - Military Press to Front - warm-up then 3x4 with 20 lbs. more than week #3. Triceps - Close Grip Bench - warm-up then 3x4 with 20 lbs. more than Week #3.

Week #6 - Flat Bench: 135x10, 225x8, 3150, 350x1, 390x1 with bench shirt, 405x1 with bench shirt. Assistance Work on Thursday: Shoulders - Seated Military Press with dumbbells - warm-up then 3x3 with 20 lbs. more than week #4. Triceps - Reverse Flat Bench - warm-up then 3x3 with 20 lbs. more than Week #4.

Week #7 - Flat Bench: 135x8, 225x5, 315x2, 350x1, 365x1, 400x1 with bench shirt. No Assistance Work, go home and rest.

Week #8 - Contest Day: Lift #1 - 390, Lift #2 - 405, Lift #3 - 420. **GOOD LUCK!!!**

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Accessing the Warrior Spirit:

as told to PowerliftingUSA by J.M. Blakley

Let me first apologize to any and all true warriors reading this. I have a friend and master lifter who was a medic in Viet Nam and a younger friend who lifts off for me on occasion when I travel who was a Marine in Desert Storm. They are true warriors. They have seen battle. They have had to make decisions that may have ended other men's lives. They have had to face choices that could have even ended their own. War is the defining event that qualifies one as a true warrior. Period. Nothing else is quite a suitable substitute. Thank God most of us never have to know what being a true warrior is all about.

The word *warrior* is used all too commonly these days. It has become a substitute for anyone who does an activity with deep passion. There are books about "warriors" in almost every facet of daily life... including daily life! I have read most of them. And while I agree that we should learn and apply the principles of warriorship, that certainly does not make us warriors. I, indeed, advocate the daily practice of the ideals of warriorship applied to many facets of life, but I discourage the moniker "warrior" for such trivial things as sports. Calling one's self a warrior without the fire of war I find insulting to the true warriors I know. I will refer to "warrior spirit" and "warrior principles" and avoid the false labeling of "warrior" out of respect.

Having said that, I do believe the "warrior spirit" is alive and well in the world today outside the realm of actual war. Policemen and Firemen are very close to it. And it does take root in competitive sport and the world of business. I also believe that cultivating the essence of warriorship has innumerable benefits both in and out of sport. What is the warrior spirit and how can we access it?

Defining The Warrior

On the surface a warrior is one who engages in warfare. This is the most superficial explanation of what a warrior does. But it gives little insight into what a warrior is. A better way to understand the warrior is to ask "What makes up a warrior?" What is on the inside that drives a warrior? What enables a warrior to do the things a warrior has to do?

Books have been written on the definition of a warrior. To attempt to simplify, let's say that a warrior has qualities and ideals that enable him to do things other men can't (or won't) do and that the warrior is one who acts on those tenets. Having ideals is one thing, acting on them is quite another. The warrior follows through. He acts in the moment. Furthermore the warrior takes responsibility for his actions ... always.

The true warrior's defining moment comes when he is forced with a choice. This is the Moment of Truth. In war, it is life or death (in sport it is win or lose). What makes a warrior is his willingness to act under extreme consequences. With his life on the line, the warrior relies on his training and his instincts and overcomes his fears and chooses a course of action. Then he instantly acts. He lives or dies with the repercussions of his choice. And he accepts that as the warrior's life. That is warrior defined as simply as I can put it.

An Example

Imagine a duel between two Samurai in post-feudal Japan. Duels between Ronin (master-less Samurai) were quite common and often a duel was incited solely for the purposes of testing one's skills. No duel was ever refused. Imagine the confidence! If a swordsman was "off" on that particular day so was his arm or leg or head! This challenge was fatal for one of the participants and often both died if their skills were closely matched with the momentum of the blades literally cutting each other in two simultaneously!

Each warrior stands still and awaits the Moment of Truth in which they will make a decision which could be their last. The moment arrives and one or both strike! In a second it is over! One Samurai cleans his blade with sackcloth and the other lies on the ground bisected from shoulder to hip in a diagonal line.

At this point both warriors are equal. That's right, equal. Life and death are the same to Samurai and the outcome was unimportant. Facing the Moment of Truth was all that was important. Standing in the face of fear and acting is all that matters. The rest is incidental. Both warriors acted in the Moment of Truth and the living warrior sees no special distinction between himself and the fallen warrior. Had the fallen warrior been cowardly or hesitated, the living warrior would have considered him no warrior at all and would have felt a distinction between them.

Action in accordance with one's beliefs is more important than outcome. That is the way of the Samurai.

Back to Reality

OK, fine. But how does that apply to the bench press? Should you load the bar to 880 and take a real "do or die" effort saying "if I don't get this it will cut me in half!?" Of course you should!! But not with 880. With your personal record best. It may not be do-or-die, but just how important is it to you?

What are the consequences of you failing on your next max attempt? There are no consequences! You can try it again next week - for crying out loud! The fallen Samurai can't ask for a rematch. Do you think that when you face your Moment of Truth on your next max bench attempt you and the Samurai are feeling the same things? WHY THE HELL NOT!

That's the lesson we can learn from the warriors. To emulate them and glean from their work things we can use to empower our own endeavors. That is the purpose of this article. Practicing warriorship doesn't make us warriors, but it can make us incredibly fierce competitors! We can face our fears and act in the Moment of Truth and rarely is our life on the line. We can live the warrior lifestyle by testing ourselves over and over and we don't have to pay the high prices that true warriors do for their lessons. We can access the warrior spirit and look for opportunities to face the Moment of Truth and grow richer for both our failures as well as our victories. I truly feel that competitive weightlifting is a perfect place to exercise the principles of warriorship.

Three Tenets of Warriorship

Commitment

One basic principle of warriorship is that of TOTAL COMMITMENT. As already mentioned, this is the "do-or-die" attitude that permeates a warrior's thinking. "Kill or be killed" is also used to refer to this kind of total dedication to the task. This is single point focus that has only one possible acceptable outcome for the warrior. He must take the hill or die in the effort, in which case he is released from his obligation (this does not imply success, the hill still needs taking, but his work falls now to another) and his honor is intact.

He is determined to do anything that must be done to accomplish the goal. He will not be thwarted even if the effort burns him up in the process. He holds no reservations and this frees him of hesitation. He never thinks of himself, only the task. This ensures complete effort. He has given himself over to the goal and if he loses a limb or even his life it is of no concern. This rules out the specter of self-preservation which may cause distraction. His commitment is total. He keeps nothing back for himself and gives all that he is to the task. If he lives, he lives. If he dies, he dies. But he is certain that he will not live with the goal unaccomplished.

Commitment in our realm need not be total. But imagine the benefit of increasing your level of commitment to your lifting. Imagine the benefit of fewer missed workouts. Imagine the benefit of a few extra training exercises on neglected body parts. Imagine the benefit of a few extra reps on training sets in your next cycle. Imagine the benefit of turning off your cell phone for the duration of your workout ("hold all my calls - I'm not to be interrupted" is your new battle cry). Imagine the benefit of leaving all your problems and concerns at the foot of the door outside the gym and attacking your workout unburdened by any thought of family, job, wife, kids, debts, house or yard work, or even yourself! I can promise you that your problems will all still be there when you leave, so why carry them through your workout? Finally, imagine pushing yourself harder than you ever thought you could and what effect that would have on your next meet.

"The true warrior's defining moment comes when he is forced with a choice. This is the Moment of Truth. In war, it is life or death (in sport it is win or lose). What makes a warrior is his willingness to act under extreme consequences."

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Increased commitment toward a more warrior-like ideal of total commitment can have many benefits. I'm not saying we should lose ourselves in abandon, but rather we should question how deep our dedication actually is and strive to improve it in the example of the warrior.

Belief

Another essential component of warriorship is a deep BELIEF IN THE CAUSE. To act in the Moment of Truth and not be paralyzed with fear, the warrior relies on his sincere belief that his actions are right or noble or true or holy or pure. He believes in what he is doing. HE HAS PURPOSE. His actions matter. Even if he dies, he feels he is doing the right thing. His life is less important to him than his beliefs. Therefore, he is a man of principle. What makes him a warrior is that he is also a man of action. He acts on his beliefs. When is the last time you believed in something so strongly? What would you be willing to die for? The warrior can answer this question quickly and easily. The rest of us need some time to think it over carefully to say the least! Belief in something bigger than one's self has tremendous motivational force. It can separate those who can do something from those who can't. It is the power behind the warrior. It moves him to do things he normally would not do or be able to do.

The Kamikaze pilots of WWII would fly their planes loaded with explosives directly into U.S. Naval destroyers and carriers. Absolute suicide. But their belief was that if they did so, their spirit would find favor with their ancestors and their soul would go directly to heaven and be richly rewarded there. They did not need to draw straws to find a pilot for the mission ... they had to draw straws from among the huge number of volunteers begging for the privilege to assign the honor! Their belief empowered them to ask for a duty that those who don't share this belief find shocking.

Belief is fuel. Belief moves men. An easy application of this in weight training is that belief moves iron. Or, at least, belief moves a man to give more effort in trying to move iron than he normally would. Belief also makes the endeavor worthwhile. If you believe that the reward of the weight training is worth it, you will gladly give the extra effort. If you are not certain of the rewards of weight training every set will be a burden, and you will not give yourself over to it completely.

An off-shoot of this is the generation of believing in oneself and one's abilities. If a man believes he can lift a weight, he may or may not do it. But a man who does not believe he can lift a weight most certainly will never do it. A warrior not only believes in a reward of lifting a weight (the cause), he also believes in his training and his abilities (in himself). This belief is so strong that it enables him to do extra-ordinary things.

Sacrifice

A third principle of warriorship is SACRIFICE. This has been alluded to earlier in the concept of "do or die" and giving oneself completely over to the goal. A warrior acknowledges that he may die at any time. It comes with the job. To deal with this, he consciously and subconsciously comes to terms with the loss of himself (his death). Having done so, yet continuing to live, he is unburdened and free to act without regard to his future. He makes decisions based on what is right for the moment and carries out his actions completely, even if doing so brings about his own demise. He has mentally made the ultimate sacrifice. Any other small discomforts or hardships he may encounter pale in comparison to this sacrifice he has already made. All sacrifices seem smaller and easier to bear in the face of this. Going without food, sleep, enduring harsh conditions, losing friends or loved ones, and even extreme physical pain are all made more tolerable in contrast to the sacrifice of himself which he has already accepted. A Viking who lost an arm in battle was surprisingly unaffected at his loss because he still had another arm with which to fight.

Sacrifice is no stranger to the warrior. It is an essential part of his life. And sacrifice is no stranger to the athlete. Few athletes die in competition and this ultimate sacrifice is never expected in sport. What we can learn from this attitude is that if one is willing to sacrifice more than is required, then when sacrifice is demanded we should register no complaints. An extra set, five more pounds, additional auxiliary work at 5am, whatever the price, if you are willing to sacrifice more than is required you will not flinch when the rent comes due. You will never hear an athlete who is practicing the principles of warriorship complaining about extra work or extra sacrifice, for he has already determined his willingness to give more than he will be asked to give because he BELIEVES IN THE CAUSE and he is TOTALLY COMMITTED.

The Lesson

Applying the principles of warriorship to the hobby of weightlifting is a very individual matter. More than specific applications comes a sense of awareness of what warriorship is all about. It is not about attacking, destroying or winning (although it can be). What it is about is facing fear and taking action in the Moment of Truth. The principles I have discussed bear mostly on your attitude to training and preparation. Warriorship permeates all that you do, especially things away from the actual battles. The actual time spent in battle may only be seconds and the time spent in the Moment of Truth only split seconds, but facing fear and developing courage, occur around the clock. The battles themselves are simply outward extensions of the inner process of cultivating the warrior spirit. The warrior is not always warring, but he is always developing warriorship.

I have chosen only three tenets to discuss here, though there are many more. Sacrifice, Total Commitment, and Belief in the Cause all have easily understood applications back toward the discipline of weight training and competition. In truth, these principles apply toward your daily life and your attitude toward daily tasks just as readily as towards anything else. We should find ways to reflect the warrior spirit in all that we do. And above all, this we should do quietly. Boasting of warriorship and it's practice is a sure sign that you've missed the mark. Quiet, intense, inner practice is what is required.

I have left out specific methods of practice of the above principles by decision. It's up to you to discover how to mesh these ideals into your world. Understanding them is enough. You do not need me to tell you how to use them. You must learn that for yourself. Be creative and become more aware of opportunities for expressing them in your unique situation. I believe that by mimicking the true warrior (up to a reasonable point that is appropriate) we can benefit from their world in our own. I feel that the max attempt in powerlifting bears remarkable similarity to the Moment of Truth faced by the true warrior on a theoretical level. It is a "battleground" which we can use to become victors over our fears, our weakness, our doubts, and ourselves.

Semper Fi to Jim and Jimmy

"The actual time spent in battle may only be seconds and the time spent in the Moment of Truth only split seconds, but facing fear and developing courage, occur around the clock."

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Elena Fomin & Albert Fomin *as told to PL USA by Dr. Larry Maile*

Albert trains a number of accomplished lifters, including Oxana Belova, World Champion '97 and '98, Elena Fomin (his wife), Irina Ayugina, Sergei Zharovlyou, Alexie Siderov, and Tatiana Formina (his mother) a perennial medalist at European and Master Worlds.

Elena is the 1998 and 2001 World Powerlifting Champion, and the 2000 World Bench Press Champion. She won the silver medal at the 1999 Worlds as well. Elena has been 2x European Bench Press Champion and won the silver medal in powerlifting twice. She competes in the 60 kg. class.

Elena is 32 years old and is the mother of an 11 year old daughter, who has also been competitor in powerlifting. Albert and Elena believe that participating in powerlifting at an early age is healthy for youngsters, but have allowed their daughter to decide whether to continue training or not. She is currently "tired" of competition and wants to try other sports. Her best lifts weighing 35 kgs. (77 lbs.) are 62.5 kgs. (137 lbs.) in the squat, 25 kgs. (55 lbs.) in the bench, and 65 kgs. (143 lbs.) in the deadlift.

Elena placed 1st in the 2001 Russian Nationals, totaling 540 kgs. (1190.25 lbs.). She squatted 212.5 kgs. (468.25 lbs.), benched 125 kgs. (386.5 lbs.) and deadlifted 202.5 kgs. (446.25 lbs.). This victory was especially satisfying as she defeated Irina Abramova after two consecutive losses at both the Russian Nationals and World Championships.

Elena balances a successful lifting career with full time employment. She is employed, and sponsored, by the auto factory in the city of Ulyanovsk. She teaches physical education to children in the factory kindergarten. She trains between 3 and 5 hours in the evening 3 to 4 days per week. Albert is the trainer at the factory sports club, where all of the Fomin/Fomina family train.

They are considered the 'First Family' of powerlifting in Russia by virtue of their success and the success of the lifters they work with. They attribute their accomplishments to a family focus on powerlifting. They train and travel together, and share common goals in powerlifting which include winning international powerlifting titles. Both of them say that powerlifting is on their minds 24 hours every day.

*(L-R) Hahn (Ger), **Elena Fomina** (Rus) Thompson (USA) at the 2000 IPF Bench Press World Championships. (Isagawa).*

Elena's would like to continue competing for several more years at the international level, but if fortune smiles on her, she may follow the example of the mother-in-law, who remains competitive in masters competition as a Master II (50+) lifter.

The Fomin's have made a successful distinction between their sporting life and their personal relationship. Observing Albert coach both Elena and Tatiana demonstrates the respect they have for him as a coach and the professional nature of their relationship in this setting. Both ladies refer to him in the Russian formal style during competition, but interact as family members always do at other times.

Albert offers the following pieces of advice to help lifters achieve powerlifting success:

1. "Maintain intensity year-round. My lifters take no more than one three week lay off each year. This keeps them in shape so they don't have to start over. Train hard 3-4 times each week."

2. "Set both short term and long term goals." Albert described these as specific numerical goals as well as longer goals related to success in competition. "Check your progress against your goals frequently."

3. "Focus on sports. Make it your main pursuit. You only have a certain amount of energy. You must make decisions about what you want to achieve if you are to be successful. Don't waste energy on things that either distract you from your goals or cause you distress."

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USAPL Masters Nationals (kg)
5-6 MAY 01 - Killeen, TX

WOMEN	SQ	BP	DL	TOT
123 lb.				
ages 40-44				
D. Barleen	152.5	115	190	457.5
ages 50-54				
I. Rosen	175	90	187.5	452.5
H. Shivaie	152.5	87.5	187	427
132 lb.				
ages 40-44				
J. Carr	180	122.5	240	542.5
J. Corsello	160	125	187.5	472.5
ages 45-49				
G. Landess	105	77.5	160	342.5
ages 60-64				
T. Bishop	130	85	160	375
148 lb.				
ages 40-44				
M. Lofing	182.5	122.5	197.5	502.5
J. Stanley	155	120	212.5	487.5
ages 45-49				
A. Bridges	210	152.5	232.5	595
ages 60-64				
I. Zwick	65	117.5	75	257.5
ages 65-69				
D. Matier	165	75	192.5	432.5
ages 70-74				
R. Cortes	165	120	220	505
ages 80-84				
R. Merrell	35	35	70	140
165 lb.				
ages 40-44				
R. Wahl	242.5	137.5	267.5	647.5
C. Lewis	245	155	240	640
ages 50-54				
G. Bartotti	145	125	182.5	452.5
B. Kline				
ages 55-59				
S. Aldwenda	205	147.5	232.5	585
J. Yeats	170	117.5	227.5	515
ages 60-64				
J. Wolff	110	87.5	165	362.5
ages 65-69				
F. Archabault	160	102.5	130	392.5
D. Goodwin	75	75	130	280
181 lb.				
ages 40-44				
B. Scully	265	170	265	700
M. Harrison	255	130	242.5	627.5
B.Fabiano	200	177.5	227.5	605
D. Mathieson				
ages 45-49				
D. Wiley	245	162.5	252.5	660
L. Everett	200	135	270	605
B. Clayton	217.5	142.5	215	575
D. Barnes	167.5	127.5	187.5	482.5
ages 50-54				
A. Menton	215	150	217.5	582.5
J. Wold	195	127.5	222.5	545
J. Rizza	210	92.5	227.5	530
J. Klustergard	175	190	165	530
M. Rosenwald	157.5	107.5	190	455
ages 60-64				
W. Callahan	140	115	197.5	452.5
C.E. Wettach				
ages 70-74				
C. Everett				
198 lb.				
ages 40-44				
M. Lohmann	260	160	282.5	702.5
T. Whitton	265	175	257.5	697.5
R. Baxter	265	172.5	255	692.5
W. Kellett	165	127.5	200	492.5
B. Brown	250			
ages 45-49				
L. Traub	277.5	170	315	762.5
A. Byas	265	160	310	735
M. Godawa	185	165	210	560
D. Bertier	187.5	137.5	230	555
ages 50-54				
E. White	232.5	155	275	662.5
A. Christo	192.5	140	247.5	580
K. Mulholland	185	132.5	227.5	545
M. Mooney	160	105	205	470
J. Lucio				
D. Mansfield				
ages 55-59				
L. Langlinais	170	125	205	500
B. Bower				
ages 60-64				
J. Waters	137.5	90	205	432.5
220 lb.				
ages 40-44				
S. Roberts	317.5	180	282.5	780
B. Vivier	227.5	165	245	637.5
S.Heyl	200	160	210	570
K. Jordan	220	145	140	505
ages 45-49				
P. Accordino	232.5	165	237.5	635
R. Randall	240	160	222.5	622.5
J. Valpatic	235	137.5	237.5	610
M. Berg	227.5	140	227.5	595
R. Harvey	205	145	227.5	577.5
B. Coury	240	150		
S. Rosenberg				
220 lb.				
ages 50-54				
D. Clark	252.5	130	282.5	665
J. Yakubovsky	220	132.5	227.5	580
O. Guzman	207.5	132.5	205	545
R. Morton	180	120	190	490
ages 55-59				
G. Aron	155	117.5	170	442.5
S. Chatis	185	137.5	225	547.5
B.Fleming	145	107.5	200	452.5
ages 70-74				
B.Remley	185	137.5	210	532.5
242 lb.				
ages 40-44				
S.Cain	305	215	332.5	852.5
N. Crabbe	252.5	195	272.5	720
R. Kolbeck	277.5	177.5	260	715
T. Babcock	237.5	205	247.5	690
G. Pamplin				
ages 45-49				
C. Cornelius	180	150	200	530
ages 50-54				
B. Sindelar	227.5	165	252.5	645
D.Worley	260	125	257.5	642.5
R.Burnett	240	152.5	250	642.5
ages 60-64				
R. Rood	217.5	157.5	250	625
R. Grisham	232.5	132.5	225	590
H. Hudson	160	100	182.5	442.5
ages 65-69				
L. Corulli				
275 lb.				
ages 40-44				
R. Brose	272.5	187.5	290	750
D. Bowie	287.5	170	290	747.5
ages 45-49				
T.Weeks	307.5	195	307.5	810
D. Day	205	155	272.5	632.5
ages 50-54				
E. Surrell	272.5	182.5	250	705
A. Wood	190	165	227.5	582.5
ages 55-59				
W. Morris	250	190	245	685
C. Clonce	257.5	152.5	227.5	637.5
ages 60-64				
D. Ritter	175	120	232.5	527.5
SHW				
ages 40-44				
J. Pope	320	207.5	320	847.5
M. Cochran	350	222.5	272.5	845
D. Gaudreau	330			
J. Mersberg				
ages 45-49				
S. Pecktol	250	175	282.5	707.5
R. Giancola	227.5	147.5	240	615
ages 50-54				
B. McCune	280	180	312.5	772.5

The 2001 Master Nationals was held at the Plaza Hotel in Killeen Texas. 121 of the best guys over 40 flexed their muscle for the chance to represent the US in the IPF World championships in Canada. With the Masters Worlds being this close to the USA, many old names came back to vie for a spot on the team. Before I really get started, I must mention the staff and lifters of the Phantom Corps Powerlifting Team who made this meet run smooth. Many times, when a meet is run greatly or badly, the meet director gets all the credit or blame. But this time, the credit goes to these hard working lifters, family members, and the staff of the Plaza Hotel. A special thanks to Lanette Lopez, Wanda O'Quain, and Terry Brady for the outstanding job of keeping the contest running smoothly. After the meet, I was receiving phone calls and e-mails for weeks from lifters telling me how they enjoyed the meet. One lifter even said he couldn't believe how fast the contest was run. Thanks guys, you make it all worthwhile. The awards were specially made USA Powerlifting medals of gold, silver, and bronze. Plaques were given to 4th and 5th place winner, and also for team and best lifter. As the new Masters chairman, I wanted to let the lifters know that I will be working for them. They made me enjoy my new job by showing up for the National meeting on Friday night. During the meeting, the site for the 2002 and 2003 Masters National was confirmed. Paul Fletcher presented his bid for the 2003 Nationals for Baton Rouge, LA, and it was accepted. 2002 was awarded to Will Morris, in Charlottesville, VA. The lifting started right on time on Saturday morning, and if the lifters were looking for easy calls, they had a rude awakening. The judging was strict with P.J. Couvillion overseeing the officials. Also the loaders were moving fast, with 25 seconds between lifts. These guys were moving fast. Denny Barleen started the day by winning the 123 lb. 40-44 age group, and he was the first person to put one of the great medals around his neck. The 123 50-54 class saw Ira Rosen come to break some records, and he did it with great lifting. Placing second to Ira was Homie Shivaie. He contacted me a week before the meet, requesting a coach to help him out, and Hy Taylor from the Phantom Corps did a great job of keeping him focused. Without a doubt, one of the best deadlifters in the world in the 132 lb. class is J.D. Carr. I have known him for over 20 years from our days with the military teams, and he has always waited for the deadlift to catch his opponent. Nothing has changed. He won this class 40-44 with a great 529 lb. lift. Only one other lifter under 181 could match his pull. John Corsello is one of the nicest guys in powerlifting, and finished up in second. Gary Landess won the 45-49, and Tom Bishop won the 60-64 age group. Monte Lofing is a lifter from Nebraska, who is trained by Jim Hart (I'm sorry), but he can move some weight. He picked up his first National championship, and when he wasn't lifting, he was in the referee chair making some calls. One guy who I am very glad to see back on the US team is Arval Bridges. He is truly a great lifter, friend, and all around sportsman. With the absence of Lloyd Weinstein, he easily won his spot. Arval is not as young as he looks, and even I was surprised when I saw he was in the 45-49 age group. GET WELL FAST LLOYD. WE ALL MISSED YOU HERE. Ivan Zwick was another lifter that competed in the 1st Masters Bench Press Worlds the month before, and came back to show that he is also a three lift man, and won the 60-64 age group. Dillon Maier won the 65-69 age group. What can you say about Robert Cortes. The man NEVER ages. I have seen this guy lift with a broken finger, hurt back, and every other pain you can have at the age of 70 and he still finds a way to win. His 484 lb. deadlift, had the crowd looking on in amazement, myself included. 81 year old Roger Merrell won his class, and after the morning session was over, he and his wife did a two person deadlift for the crowd. There was a dogfight all the way to the end in the 165 40-44 between Roger Wahl and Carlos Lewis. At sub-total Carlos had a 20 kilo lead, but Roger came back with a great 267.5 kilo deadlift to win this class. We may see this dogfight again, as both lifters have been selected for the US team at the Masters Worlds. George Bartotti won the 50-54 age group. Sam "I Am" Alduenda has been on many World teams, and I guess he must like the traveling, because he is going again. Sam had another great day in winning the 55-59 age group, beating out James Yeats for the gold. Fred Archambault won the slot in the newly 60+ age group in the 165 lb. class. He beat out Dan Goodwin, and Jack Wolff who won the 60-64 age group. Bill Scully is a guy that is never at a loss for words. Even between lifts he is keeping you in laughter. It was great to see him win the 181 40-44. He had a bad day at last year's Worlds, and vows to make it up this year. Along with his great 700 kilo total, he won the best lifter award for the lightweight 40-49. If you ever need help, at any event, Dave Wiley is the man you want on your team. This guy always stops to help a fellow lifter, even if it's his opponent. Winning the 45-49 age group was great, after he lost the bar on his first squat. Even then, he was making sure that the spotters were ok. Thanks for the concern, Dave. He was followed by Lawrence Everett who traveled from Alaska, Bill Clayton, and David Barnes. Art Menton has waited 7 months to get back on the team after missing it last year with an injury before the Worlds. Art, DON'T WRESTLE WITH YOUR KIDS - THEY ARE YOUNGER. This was a tough class, with Jim Wold, Joe Rizza, and world bench press record holder Jim Klostergard, and Mike Rosenwald finishing up

242 lbs. 40-44 Champions *(left-right): Nolan Crabbe (2nd); Shawn Cain (1st, outstanding lifter); R. Kolbeck (3rd); Tom Babcock (4th). (Photo provided by courtesy of Johnny Graham to Powerlifting USA).*

Bill Scully: *265 kilo squat; 1st place in the 181 40-44 class. He, also, was named Outstanding Lifter. (Photograph provided courtesy of Johnny Graham to PL USA).*

John Corsello: 160 kilo squat; 2nd place in the 132 40-44 class. (Photos provided by Johnny Graham).

the top five. Jim broke his world record that he had just set the month before in Luxembourg with a 190 kilo lift. William Callihan won the spot for the 60+ with a fine 452.5 kilo total. Charles Everett won the 70-74 age group. When day two started, all the lifters in the 198 lb. class were asking about Gene Bell. Gene was scheduled to lift, but a new Air Force assignment was moving him and his family during this time period. When that question was answered, it was up to the lifters to win the world team spot. Everyone loves a good fight, and they all got the chance to see one in the 40-44 age group. 1st thru 3rd was decided on one missed lift from each lifter, and with a good lift, we could have had a different champion. Mike Lohmann's great pulling power jumped him up from 3rd, at subtotal, to first. He needed all of the 282.5 kilo lift to win by 5 kilos over 2nd place lifter Todd Whitton, and 3rd place Ray Baxter. William Kellett placed 4th. Not to be outdone was the great Larry Traub. The 40-44 age group forgot how strong the 45-49 guys were. Larry has always been a lifter that makes his lifts look smooth, and did what he had to do to make the team. I made him promise, in front of all the spectators, that he will be in Canada this year. Aaron Byas is another great lifter in this class, and has been on the world team before, and placed second to Larry. Aaron lost some much needed lifts on his squat and bench press, and was not able to catch up. Mike Godawa, and David Bertier finished up this class. The 198 50-54 saw Eddie White beating out multi-time team member Andy Christo for the gold. Eddie had some great lifts in all three events and left no ground for anyone to catch him. The Red Lights God was in full force, and we had half of the meet's bombouts come from this weight class. Ken Mulholland and Mike Mooney were able to get through this round, but Joe Lucio and Dave Mansfield were not as lucky. Bud Bower was another guy who has been around, but was also not able to get a squat passed. That left the door open for an easy win in the 198 55-59 age group for Lewis Langlinais. Jim Waters used his many years of lifting to win the 60-64 age group. One of the smoothest lifters around is Scott Roberts. This guy knows how to handle heavy weight, and do it with style. He doesn't leave weight on the platform and makes even the heavy ones look easy. Chalk that up to another National championship, and the chance to take back his gold medal. Bob Vivier also had some great lifts, and finished up 2nd. Steve Heyl and Kevin finished up the class. Phil Accordino had to make that 237.5 deadlift to win the 45-49 age group over Ronnie Randall. John Valpatic wasn't too far behind in 3rd, with Micheal Berg taking 4th. 5th went to Ricky Harvey, after Coury, and Rosenberg was unable to get lifts passed. David Clark is another guy who doesn't look his age, but has the power needed to make those international trips. He won the 54 age group over Jim Yakubovsky who was scheduled to lift in the 198 lb. class, but the food monster was with him. Another great lifter from Texas, Oscar Guzman, got the bronze, followed by Robert Morton. Dr. Gary Aron has lifted in more meets than I can count, but the one that counts the most was his gold medal performance in winning the 55-59 age group. Stan Chatis won the 60-64 over Bob Fleming, and the always great to see Bill Remley won the 70-74. 2000 IPF 242 lb. World Champion Shawn Cain was back for another trip to the Worlds. Words cannot describe the respect I have for this lifter. We have had the many meets against and with each other for the past 16 years, and he is the true meaning of the words DRUG FREE POWERLIFTING. He has always been on my side supporting me, and I can't count the number of times we have sat in LONG National meetings, fighting for what we believe this sport means to us. And from looking at his lifts, there will be no slowing down in the near future. His 852.5 kilo total was the highest of the meet, and it also was good enough to win the best lifter award for the 40-49 heavyweight. Another great guy who travels the world helping, lifting, and supporting this organization is Nolan Crabbe. His 3rd deadlift of 272.5 kilos gave him the silver medal. He needed every ounce of it since Rick Kolbeck was right behind in 3rd by 5 kilos. Tom Babcock finished 4th, and military lifter Gary Pamplin was not able to get a squat passed. Cal Cornelius won the 45-49 age group with an easy win. Another war was on in the 50-54 age group with 2.5 kilos and bodyweight separating 1st-3rd. Bill Sindelar won with a 645 kilo total, but had to wait for Delvan Worley and Ron Burnett deadlift misses for the victory. Ron was also another lifter who was in the referee's chair when he wasn't lifting. I had to check the books to see if what I was reading was right. Robert Rood did not have one of his better days, but still walked away with the 1st place award in the 60-64 age group and best lifter for 60+ heavyweight. This guy can bench and deadlift, and that was too much to catch up for Rob Grisham. Hal Hudson has more international patches than anyone I know, and he proudly shows them off on his jacket. Along with his patches came 3rd place in this class. The great benching power of Richard Brose made up for his squat, and that also made him the champion in the 275 40-44 over David Bowie. Tom Weeks has one of the best crowd pleasing acts before every lifts. When this guy is on, no one can stop him. He ran away with the 45-49 age group, and had the best total for another shot at the worlds. Tom got some bad calls at the 2000 Worlds, but all that will change in Canada. If anyone has ever seen Ernie Surrell squat, try not to take a nap on his way down. I have never seen anyone go as slow as he does, but once he makes depth, he springs back up as if the weight was made of paper. He took a commanding lead in the squat over Al Wood, and never looked back for the win at 50-54. 2002 Master Nationals meet director, Will Morris, has recovered from an elbow injury from an arm wrestling contest that kept him out of the 2000 Worlds. Don't try this at home either. He beat out the guy that took his spot last year, Charles Clonce, for his trip again. Remember Will, NO ARM WRESTLING! Retired Air Force Colonel David Ritter took the 60-64 age group, and will be on the team. See David, the Army do get along with the pigeons. Some big guys missed some big lifts that cost them a National championship, but don't tell that to James Pope. This guy is possibly the most muscular 350 lb. man I have ever seen. He is coached by Will Morris, "remember no arm wrestling," and won the SHW class over Mike Cochran by 2.5 kilos. He needed his 705 deadlift for the win, and it took all of his effort to get it. Pre meet favorites Dan Gaudreau and James Mersberg couldn't get lifts in. Dan was the surprise, as he bombed out in the bench press, and he just finished winning the world bench press championships the month before. Sam Pecktol is another of those lifters who's a true gentleman in the sport. He won the 45-49 age group over Reggie Giancola. Brent McCune finished up the golds for the weekend with a win in the 50-54 SHW. He wrapped up the day with an American record deadlift. Outstanding Lifters: Ltwt 40-49: Bill Scully; Hvywt 40-49: Shawn Cain; Ltwt 50-59: Sam Aldwenda; Hvywt 50-59: Brent McCune; Ltwt 60+: Robert Cortes; Hvywt 60+: Robert Rood. I want to take this time to thank the officials, P.J. Couvillion, Anthony Hambric, Kim Beckwith, Lanette Lopez, Mike Mooney, Bill Clayton, Ron Burnett, Monte Loring, Willie Mastin, and Jim Klostergard. Guys you did a wonderful job. My security personnel, spotters, loaders, Rita Shorter, Monique Graham, Jennifer Graham, the great lifters of the Phantom Corps Powerlifting team, the staff of the Plaza Hotel, and anyone else I may have forgotten. A special thanks to my sponsors that have supported me for the past year, House of Pain, Steel in your Life, Power Quest, Inzer Advance Designs, Muscle Tech, Crain's Muscle World, ER Equipment, Advocare, and American Bodybuilding Products. Thanks for a wonderful year. And last but not least, the lady that keeps me aware of things around me, my great wife Elke. (Thanks to Johnny A. Graham, USAPL Masters Chairman, for these contest results).

Tom Weeks with a 307.5 kilo pull in the 275 lb. 45-49 class. He was the National Champion. (All photographs provided courtesy of Johnny Graham).

***Some of the Competitors backstage at the Men's** National Masters USA Powerlifting Championships held in Killeen, Texas. Left to Right: Mike Rosenwald, Donna Aliminosa, Andy Christo, Michael Roy, Robert Cortes, Alex Galant, Sam Alduenda, Amal Bridges. (Photograph provided courtesy of Hillary Rosenwald to Powerlifting USA).*

Powerlifting USA Dedications

*To my comrade in arms and thoughts, my compadre in the battles and everyday baptisms of life... **Pete Fernandez (Lobo)** passed away recently from a heart attack after suffering many years with diabetes. Lobo was Fudpucker's Barbell Club's superheavyweight during the 1970's. His antics both on and off the platform will be well remembered by those who witnessed them. Lobo was a very powerful and intelligent man, a nonconformist who tempered living life to its fullest with respect for the system and his fellow man. Lobo worked for 23 years for the city of Gardena's Human Services as a youth counselor. He tutored and rehabilitated hundreds of wayward youths that were headed down the wrong path in life. Because of his intelligence and "larger than life" appearance the vast majority of these kids responded to his mentoring and turned their lives around. When Lobo retired a few years back these same "problem" kids, now successful members of society, threw a party in his honor paying tribute to the man whom they considered turned their lives around. Lobo graduated from Bishop Montgomery High School at the top of his class. He was a great football player at both the high school level and at the local college he attended. A man of many talents, he played bit parts in both movies and television. A life long love of "riding in the wind", he was an avid Harley rider and at one time test-drove Honda motorcycles across country for the Honda Motor Company. Lobo is survived by his loving mother, Mary, a schoolteacher, his wife Leona, his sister Linda, daughters Regina and Marianne, and sons Xavier and Andrew. His mother says that her son left meaningful footprints on the sands of time. Those of us who loved him and were fortunate enough to call him a friend wholeheartedly agree. Farewell my brother, until we meet again. T. Myers Badura*

George Rada Memorial *"The world of powerlifting knew George Rada as the man with the big arms. To anyone who knew him personally, he was the man with big heart. George was born in Caracas, Venezuela, April 5, 1961. He came to the US in 1983 and began powerlifting in 1989. He became a member of the Los Angeles Lifting Club in January 1999. November 1999 won a silver medal at the WPC Worlds in Calgary, Canada. In May 2000 he became an APF National Champion in Aurora, Illinois. On June 2, 2001, George succumbed to Hodgkin's Lymphoma. He was 40 years old. There are certain people you meet that enrich your life and give you hope for all mankind. George was one of those people. The Los Angeles Lifting Club has lost one of its leaders and dearest friends. The sport of powerlifting, which George loved, has lost one of the noblest man who has ever stepped on the platform. A man is measured by how much he gives and sacrifices rather than by the amount of weight he lifts. If that were the deciding factor in powerlifting, George's total might never be broken. "What we do in life in the present will echo in eternity." Anyone who knew and loved George knows he will always be part of our lives. That's the way he was, always thinking of others before himself. George Rada is now one of the Lifting Gods and he will be watching over all of us. (Nance Avigliano)*

Powerlifting Loses A Good Friend *(by Maris Anne Sternberg) "I met George Rada for the first time at the 1999 APF Nationals in Fresno, California. I liked him immediately. He didn't do very well, but he stayed around the whole day to help his teammates from L.A. Lifting Club. That's the way he's been since I've known him. His strength and team spirit have been more than impressive. He was a good man and a good friend. Although I rarely got to see him except at meets, it was as if no time had passed since the last time. I will miss him greatly"*

Further Tribute to Bill Decker (by Ron Fernando) "I got home after my usual hectic 13 hour day, ready for my Speed Bench Workout. There on my desk was *POWER HOTLINE*, which I have always considered my "fix" for up to the minute news on our beloved sport. This issue, however, had a bit of news which I could have done without: a small piece under the heading "Passings" - "... we understand that veteran master lifter and referee Bill Decker has passed away ..." So, here I am at 11 PM doing something, something very small and insignificant, for a man who gave so much to the sport and exemplified the word "selflessness". As I wrote, my mind's eye was filled with memories of this great lifter, official, and most of all - person - who gave so much of himself to Powerlifting for as long as the sport has been in existence. I don't claim to have known Bill Decker well, but I have had the pleasure - yes, pleasure - of being refereed by him many times both in Arizona, where I grew up, and California where I started my serious PL training. The thing that crossed my mind was when I, as a young 19 year old novice lifter, bombed out of one of the early AAU Arizona State Powerlifting Championships in the early 70s. I remember starting waaay too high on the squat and in the process getting literally stapled to the platform with the weight. Humiliated beyond belief, dejected and, frankly, ready to give up on the sport, I was trudging out of the gym when Bill approached me and said "Young man, we all fail, all of us, at one point or another. That is what life and this sport is about. Just strap on your belt and get back in the game - you'll be fine, you'll see." 25 plus years later, I am still at it and a better person for it. I am sure that I am not the only lifter Bill helped out in this manner. Bill was the type of guy who could referee a World Record lift one minute and crack a joke the very next - he wore his blue official's blazer, emblazoned with lifting pins and patches like a General on parade. Not content with just judging, Bill was a record setting master lifter, up until very recently. Bill Decker was one of the unsung heroes of the sport, a guy who gave a lot more than he ever took, driving and flying thousands of miles a year to lend a hand at meets all over the country without so much as a thought for personal gain or compensation. His death, like those of so many of the - I hesitate to use the word - old timers, fills 40+ guys like me with infinite sadness. After all, most of us grew up, were weaned, and cut our teeth under the tutelage of guys like him. It seems that we are losing, at a terribly high rate, a lot of the elder statesmen of our sport. Too many of the younger lifters these days have absolutely NO idea of the horrible conditions lifters and officials like Bill Decker toiled in during the sport's infancy, like a bunch of rich kids, having grown up in a fancy home, never knowing what it was like to live in humble surroundings and eat plain food. Well, Bill Decker started in the sport when it was but a hovel, and remained until it is the amazing edifice we all know today. To say he will be missed is a gross understatement. I for one will remember his laugh, his good humor, and the fact that you could be damn proud of any effort that he deemed as a "Good Lift". Until we meet again, old friend.

Ask the Doctor

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

Dear Sir: I am a medical student at Midwestern University in Chicago, IL and am a competitive bodybuilder. Please let me say thank you for authoring all of your books, as I have learned a tremendous amount from the text themselves, as well as the application of the concepts in my training. I am truly a big fan of your work, and hope to be doing similar work in the future. I had a couple of questions regarding your stance on the metabolic shift to fat burning and ketosis. In many of the resources I've been able to gain access to, they have indicated that one of the most important metabolic adaptations which spares nitrogen/protein losses during carbohydrate restriction is the adaptation of the CNS/brain to metabolizing ketones for fuel, thereby decreasing the drive for gluconeogenesis. This apparently coincided with the adaptation of skeletal muscle shifting a strong metabolic preference to fatty acids instead of ketones and/or glycolysis. Preventing ketogenic adaptations appeared to maintain nitrogen losses on starvation/ketogenic diets. I noticed that your Metabolic Diet places little emphasis on ketosis and that the protein/fat ratio in the metabolic diet would likely keep someone out of the significantly ketogenic state. Do you feel that the CNS adaptations to ketosis are not significantly important to decreased catabolism/protein sparing effects of low carb/high fat diets or that the metabolic shift of skeletal muscle is independant from the adaptations of the CNS and are more a result of primary fuel availability? Or is it that the increased protein intake is able to overcome gluconeogenic drive for catabolism of muscle mass? I would very much appreciate your insight into this question, and if there is a charge for this service, I will be happy to compensate you for your time. Thank you very much for your time, and for so much you have taught me. **Aaron N.**

Hi Aaron: *Thank you for the kind words. And I apologize for the late reply. Things have been extremely hectic for me the past several weeks and I'm way behind in my email and other correspondence.*

As you've gathered from my books, for various reasons I'm not a fan of excessive ketosis (at least to the point of obsessing over ketonuria). First of all I believe that staying in ketosis may have long-term adverse effects (such as dehydration of various tissues and possible deterioration of cartilage and connective tissues, especially those that are weight bearing such as the vertebral disks). Secondly, being constantly in ketosis is catabolic and counter productive for keeping or enhancing muscle mass. And thirdly I don't believe that achieving ketosis to the point of showing significant ketonuria is necessary for any of the beneficial effects of the Metabolic Diet on body composition.

There are several reasons for my views and I'll try and outline them below. Keep in mind, however, that one of the more important ones is that the lack of the insulin-mediated anabolic effect. Insulin has been shown to both increase protein synthesis and decrease protein catabolism. In the Metabolic Diet, the anabolic effect of insulin (both direct and indirect - for example insulin in concert with GH leads to increases in muscle IGF-1 and subsequently to muscle hypertrophy) are harnessed while at the same time its lipogenic and anti-lipolytic effects are controlled.

Purely ketogenic diets have other drawbacks as well. First of all staying inketosis can lower metabolic rate and thyroid hormone levels and activity (specifically T3 levels). This can make it more difficult to increase protein synthesis and muscle hypertrophy. Also, as mentioned above, chronic ketogenic diets dehydrate the body and can have adverse effects on joint tissues, including spinal discs, and may result in increased injuries.

Those that argue that it's vital to show significant ketonuria, and that without it the protein sparing effect of the ketogenic diet is lost, are confusing the issues involved in switching the metabolism from a carb burning to a fat burning one. The point is that by titrating the Metabolic Diet to the lowest carb level that works for you, you're maximizing the fat loss, minimizing muscle catabolism, and more importantly using a macronutrient mix that is in tune to your genotypic and phenotypic makeup.

The bottom line is that you shouldn't worry about ketosis and ketone levels in the urine and instead concentrate on the progress you

(Dr. DiPasquale's response will be continued next month)

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Mauro DiPasquale, M.D.

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Dr. JUDD

Enjoy Life Now! This is not a dress rehearsal *by Judd Biasiotto Ph.D.*

It was the late Eighties and I was perched on top of the world. It seemed like I was one of God's chosen people. Everything I touched turned to gold. My company World Class Enterprises was doing extremely well. My two latest books *2001: A Sports Odyssey* and *The Search for Greatness* were getting outstanding reviews and were selling like hot cakes. I was a feature writer for seven magazines and every day it seemed like another magazine would call me to write for them. My athletic career was going just as well. I was named as one of the top ten lifters of the year by *Powerlifting USA* and I held all of the ADFPA National and American records. In addition I was constantly being besieged for speaking engagements. I was in demand... BIG TIME!

It seemed like I had everything. A beautiful house, three cars, more money then I ever imagined possible, friends, fame and endless opportunities. Everything was so great and wondrous for me that I couldn't imagine it getting any better. Like I said, I was literally on top of the world ... or was I?

All of my friends would say, "Man you are lucky. You have it made." Of course, I had to pay a price for all of that. I would get up in the morning, brush my teeth, and then immediately shift my body from first gear to fifth. From there I would grind it out for the rest of the day. Everything I did, I took right to the limit. I showed myself no mercy. My day knew no hours, no limit. I would teach school for six hours, then drive to the gym and train for three hours. From there I would drive home, grab something to eat and sit down at my computer and read and write for another five or six hours. Actually, it wasn't uncommon for me to sit at my computer until two or three in the morning working. And it was nothing for me to get out of bed at four in the morning to write something that caught my mind while I was sleeping. Yes! Even my dreams were filled with my goals and work.

I functioned on the premise that there was no free ride in life. That if you want something in life you had to work for it. I firmly believed that nothing worthwhile came easy. Whatever you want in life you have to work for. In other words you reaped what you sowed. If you were not willing to work, no one was going to help you, not even the Lord. Work was the price. We all had to pay to travel the road to success. Like Einstein said, "work is the foundation of all business, the source of all success, and the parent of genius." That was my point of view and I followed it to the "Tee".

I had a work ethic that would have literally killed most people. I was totally driven. I was determined to get the most out of my life. I wasn't going to rust out; I was going to wear out. I was going to matter, I was going to be somebody, accomplish things. I was determined to be the very best that I could be. I was going to be a person to be reckoned with.

Believe me, I sacrificed a lot. I hardly dated, I never drank, I constantly watched my diet and I worked my body and mind unmercifully. I thought 'this what it takes to be great'. You have to be willing to take yourself to the very limit. The highway to success is definitely a toll road. Everything in life has a price. If you are not willing to work, I asserted, you would never achieve any real success in life. I was totally convinced of that. Consequently my basic philosophy of life was work hard, achieve success, and happiness will follow.

Aristotle pointed out, long ago, that true happiness resides in physical and mental activity, not in entertainment or amusement. Happiness comes from hard work and accomplishment, from performing things that we can take great pride in accomplishing. William J. Bennett said basically the same thing. He said, "Life's greatest joys are not what one does apart from the work of one's life, but with the work of one's life." So did Einstein, J.F.K. and just about every other successful person in the world. In order to reach the pinnacle in any field you have to pay your dues. There is just no other way around it. Hard work was the secret to happiness because hard work lead to accomplishments and accomplishments lead to happiness. That was my belief system.

Well, I worked and I achieved and I was happy, but there was some-

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" ... I hardly dated, I never drank, I constantly watched my diet and I worked my body and mind unmercifully. I thought 'this what it takes to be great'...."

thing missing. When I couldn't figure out what it was, I buried myself in even more work and accomplished more and more, instead of taking the time to investigate what was missing in my life. I clung to my principle that work would lead to achievement and achievement would eventually lead to happiness.

I might have stayed that course if it had not been for an extremely poignant experience in my life. Let me share the incident with you with the hope that you can learn from it as I did. If you read my column with any consistency you probably know that my father was the man I respected most in my life. I never met a man that I admired and loved as much. For me, he represented everything that was right about this beautiful world of ours. Still, he had his flaws like everyone else. Case in point: my father had been promising my mother for decades that he was going to take her back to Venice, Italy to tour the streets of their birth place. He would tell her, "We are going to go to Venice and rent the most magnificent gondola and experience the absolute beauty of this exquisite city." It was their dream and they talked about it often. Every time they got ready to make the trip, something came up that kept them from going. First it was money for the house, then money for their children's education, after that they started a business that required their time. It was one thing right after the other. I hate to say this, but they constantly put their pleasures aside because of ambition, misplaced priorities and guilt-ridden anxieties.

Then do you know what happened? My father, who was built like a Greek god and who was healthy as a horse, unexpectedly and without warning died. And do you know what? My mother had to make her dream excursion to Italy by herself. She had to sit in that majestic gondola and tour the streets of Venice alone. I hated that! My parents were supposed to enjoy that trip together. My father who worked his entire life to support his family and give his children an education never got to see his beautiful homeland and my mother who sacrificed so much for the same things had to bare the pain of seeing it without the man she loved. I hate it! It bothers me till this very day, but it was a great learning experience. It taught me that life is uncertain and that we need to enjoy it NOW.

From that day on, I stopped telling myself that I was going to enjoy life later on. I realized that my rationale for not enjoying myself ... financial security, athletic and business success foremost, fun later ... had kept me mired in joylessness. I also came to the realization that it is important to work hard, but it is just as important to enjoy yourself. When you die and go to heaven, God is not going to ask you how much money you have in your bank account or how many weightlifting titles you have. More likely He is going to ask you if you experienced and shared His joy with the world ... did you reach out and enrich your life and the lives of others? Did you enjoy yourself He will ask because (as the saying goes) there is no room in heaven for people who have not enjoyed themselves on earth.

Now, I am not suggesting that life should be one big blast or that we should experience heaven right here on earth. In fact, I'm convinced that people who equate happiness with fun have some misguided ideas about the true nature of happiness. The truth is that fun and happiness are barely related. Fun is a short-term feeling of pleasure that we experience during an event or act. Happiness is a long-term feeling of accomplishment and contentment that we experience after an event or act. Happiness is a more profound and enduring emotion then fun.

Still joy and/or fun are essential for contentment and well being. Joy nourishes self-esteem, and joyful people are more likely to like themselves, feel accountable for their behavior, and respect the rights and feelings of others. Consequently joy is not something to be avoided but rather something to be pursued? And let me warn you, life is very uncertain and time is very short. One moment you are breaking the world record and the next moment you are seventy years old sitting on your porch wondering were your life went. Even more disconcerting is the fact that you can be here one day and gone the next. Life is not a dress rehearsal. We don't have forever. And if you want life, you'd better live it now, because if you wait it might not be there. EMBRACE LIFE NOW!

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WESTSIDE Q&A

by Dave Tate of Elite Fitness Systems

***Rob Fusner** squatting under the eye of Louie Simmons at Westside Barbell Club. (courtesy of Dave Tate)*

Question #1 Dave, I'm so weak in the hips that my grandmother could out-squat me. But so far, I feel the best hip exercise for me is the squat. Squatting wider helped a little, but I never cured the hip pain until I took my stance in a bit. Could I somehow work the squat into WSB training? If not, what could you suggest to get my hip strength up? I'm really lanky, which is causing "squat-impairment". Thanks.

Answer: Try squatting on a lower box. Ankle dragging with the sled is what I use to build up my hips. For myself I have not found anything better. I like to drag three trips of 200 feet using between 25 and 100 pound depending on the day. I ankle drag one time a week in the off season (we really do not have a off season, but if a meet is not close I cut back) About 8 to 10 weeks out I will ankle drag two to three days per week.

Question #2 Dave, could you give me a sample of the Circa Squat cycle for 7 weeks showing the percentages used and the bands to use during each week? This would be very helpful. I currently have the blue, green and pink bands.

Answer: I have been getting tons of questions like this. It would be easier if I give the percents and recommended bands for everyone:

Squat Cycles with Bands

A. Regular Training Phase (or Strength Speed): Week 1: 47% (RG Band) 8 sets of 2. Week 2: 51% (RG Band) 8 sets of 2. Week 3: 53% (RG band) 8 sets of 2. * 4 to 6 reps over the three weeks must be above training percent. This is done in addition to.

B. Speed Strength Phase: Week 1: 15% (SS Band) 5 sets of 2. Week 2: 20% (SS Band) 5 sets of 2. Week 3: 25% (SS band) 5 sets of 2. * 3-5 reps over the three weeks must be above training percent. This is done in addition to.

C. Circa-maximal Phase Week 1: 47% (CM Band) 5 sets of 2. Week 2: 51% (CM Band) 5 sets of 2. Week 3: 53% (CM Band) 5 sets of 2. Week 4: 47% (CM Band) 5 sets of 2. * 3-5 reps over the three weeks must be above training percent. This is done in addition to.

D. Deload Phase: Week 1: 53% (RG Band) 5 sets of 2. Week 2: 47% (RG Band) 5 sets of 2. Week 3: Meet or Test Date

* To run the waves stick with the Regular training phase for most of the year. Once or twice a year cycle through the Speed Strength Phase and before a meet run through the circa-maximal phase followed by the deload phase:

Recommended Bands for Squat Training Phases:

Squat: Max: 300-500 RG Band: Pink, SS Band: Blue, CM Band: Green

Max: 501-750 RG Band: Green, SS Band: Blue Green, CM Band: Blue Pink

Max: 751-1000 RG Band: Blue, SS Band: Two Blue Green, CM Band: Blue Green

* These are recommended band tensions, if you are not used to band training they may be too high. The Speed Strength and Circa-maximal Phases are advanced phases. If you are not an advanced lifter do not do them. They will not work for you! Stick with the Regular phase.

* For the bands to work properly, you must have tension at the bottom!

Question #3 Dave, your website is very informative and lifting the Westside way has greatly improved my strength. A question about bench pressing: About how wide should the grip be when benching for a max? Thanks for your help.

Answer: Depends on if you are using a bench shirt or not. If you are using a shirt you want to tax the max legal grip. This is as wide as possible but still covering the lines. If you are not using a shirt bring it in two or three fingers. For more Q and A's visit our "Ask Dave" section on our site located at www.elitefts.com.

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World Powerlifting Organization News (TM)

What's the Difference?#6

While surfing the Internet, I came across a powerlifting website where an individual was questioning WPO(TM) equipment standards (i.e., bench shirts) and equipment checks. The contest in point, the 2001 Arnold Classic. One very observant spectator noticed two shirts that were not legal according to WPO(TM) specs. To this observer, I would say "touche'" and ask her if she would like a part-time job as WPO(TM) fourth referee. This observation was 100% correct. There were two illegal WPO(TM) shirts, both used on third attempts, the results were one lift made and one missed. The lift made did count toward the biggest bench in the division that day, but not a WPO(TM) World Bench Record. Remember, this contest was a dual-sanctioned APF (American Powerlifting Federation) and WPO(TM) (World Powerlifting Organization), and with this in mind, it was the APF rules that presided over the contest. If a lifter wished to use APF standard equipment they could. However, they were not eligible to set WPO(TM) records and this would eliminate them from the bonus dollars given for all new WPO (TM) records.

Questions:

1. *What is the WPO's (TM) rule on squat depth?* Upon receiving the head referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint (B) are lower than the top of the knees (A). This is a direct quote from pg. 9 of the WPO (TM) Rule Book. (See illustration.)

2. *Are any type of elbow wraps or supportive sleeves allowed when squatting, benching or deadlifting?* NO! In order to eliminate any controversy about extra supportive gear, there are no elbow supports or wraps allowed in any WPO (TM) contests.

3. *Why are kilograms used rather than pounds in all WPO (TM) contests?* WPO (TM) Rule Book, pg. 1., rule 2, under General Rules - "All competition under WPO (TM) rules must be conducted in kilograms." As most people are aware, the United States is the only country in the world that recognizes pounds as a measure of weight. In the interest of being a world organization, the WPO (TM) recognizes the true international measure of weight as kilograms for the convenience of all lifters. Kieran and I are currently working on spectator friendly ways to keep true powerlifting fans abreast of the weights on the bar (i.e., scoreboard; monitors.)

4. *Can you explain the WPO's (TM) fourth "roaming judge?"* Yes, the basis of the fourth judge is to make sure all lifters are in compliance with the equipment rules. The "roaming judge" is just an extra pair of eyes watching and making sure all equipment rules are strictly enforced. We realize that the equipment an athlete provides judges at the check may not be the actual gear he will use in the contest. To combat this possible problem, we have instituted the "roaming judge policy." In the WPO(TM), we have the three traditional platform judges, plus a fourth that will roam periodically checking lifting equipment.

5. *What are the dates and locations of WPO(TM) upcoming events?* August 12,2001 - WPO (TM) Semi-Finals Qualifier - Orlando, Florida. September 8, 2001 - WPO(TM) Bench Bash for Cash - Daytona Beach, Florida. November 17, 2001 - WPO (TM) Professional Powerlifting Championship - Orlando. Kieran and I have nothing but the best interests of the elite lifters all over the world in mind. We do not frown upon criticism. In fact, this is how we grow in strength and numbers. If you have any questions about the rules, call Huge Iron at 904-677-4000 and request a WPO(TM) Rule Book. Remember - Stay Hardcore!

Russ Barlow, WPO(TM)
Technical Director

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STARTIN' OUT

A special section dedicated to the beginning lifter

LIFTING BELTS

as told to Powerlifting USA by Doug Daniels

Lifting belts and lifters are as synonymous as baseball players and mitts it seems. The vast majority of lifters in gyms wear a lifting belt of one kind or another. The problem is many lifters do not use lifting belts optimally. Ineffective use of a belt many actually weaken the lifter and expose him to a higher chance of injury, but on the flip side, its proper use can increase results and safety.

The oldest form of lifting belt is the thin, narrow in front, wide in back type worn by the Olympic lifters we've all seen on TV. This type of belt may work for them, but not necessarily for the powerlifter. Olympic lifters tend to lean back, while powerlifters tend to lean forward during execution of their respective competitive lifts. That difference necessitates more support in the front of the body for the powerlifter. Legendary lifter, Lamar Gant, realized this long ago and wore a thin in front, wide in back style belt backwards so the support would be in the front of his body. Belt makers caught on and marketed belts that are the same width around the whole circumference for the discriminating powerlifter.

Using a lifting belt allows the abdominals to push against the belt during exertion. This stabilizes the spine, giving the lifter greater power, stability and support. This increase in intra-abdominal pressure relieves pressure on the spinal disks. Less spinal pressure lessens the likelihood of injury to the disks, reducing chance of injury. This pushing also helps to work your abs in the process. Lamar was scientifically ahead of his time in addition to lifting prowess.

The negative side of this is, constantly using a belt doesn't permit the lifter's abdominals to work and develop. The belt is used as a crutch and limits the development of the abs. The best answer is to use a belt only for sets of 3 or less reps. Use of this method allows your abs to develop on the lighter, higher rep sets and still provides the lifter protection on heavy sets. Obviously, abdominal exercises like crunches are an absolute requirement. This can also pay off in every day life. Many retail stores like hardware stores provide employees with belts to wear during work hours to 'protect' them while they are lifting merchandise on the job. What they have found is many of these employees injure their backs while off work. The reason is simple, since they are wearing belts at work, they fail to keep their abs in shape due to the belt doing the work of their abs. When they lift off the job without belts, they have a greater tendency for injury. Using a belt during the bench should be reconsidered. First, there would seem to be less pressure on the spine than during the squat or deadlift. Second, using a belt will restrict your ability to achieve an arch. If you absolutely must use a belt to bench, use a thin one, not a double or triple thick belt used for squatting. One possible use for a belt while benching is to help keep your bench press shirt on tight. Get the shirt on and cinch the belt around it to better hold it in place. I would not recommend wearing a belt while doing assistance work like curls, presses, tricep work, etc. There is simply no need for it.

***Guest Lifter Michael Kalter** pulled a new European Record of 801 lbs. in the 220s at the 2001 USAPL Men's Nationals utilizing a typical modern lifting belt.*

How tight to cinch the belt is another consideration. The tighter the belt, the more support, but that can have its drawbacks. First, if worn too tight, it could cause breathing problems or elevate the heart rate and blood pressure. If worn too high above the waist, it could crack a rib. Common sense is the best solution as to the tightness and placement. If it causes shortness of breath or pain, it's too tight or too high. A no-brainer would be to draw the belt tight just right before you take your attempt or set. After the set, loosen or remove the belt as soon as possible. To get a belt on really tight, it may require 2 helpers. One could pull on the belt and the other to hold the lifter and fasten the buckle or lever. If you must wear the belt for the whole workout, keep it on loose during the lighter sets and rests between sets. After a heavy lift, loosen your belt before removing any wraps or squat suit straps. Common sense is usually the right answer.

There are many types of belts. Most lifters wear belts made of leather, which is your best choice. Belts also vary in thickness. Some are single layered, others are double or triple thickness. I would suggest if you use a belt for the bench, choose a light, single thickness belt to least restrict the arch. Most belts come with buckles but others use a 'lever' to open and close. I would suggest trying both to see what works best for you. As with all power gear, I can't emphasize enough to not try any new gear at a meet for the first time. This also goes for degree of tightness and belt placement around your waist. Use your gear in training so you know how it works. This will help prevent costly surprises. Bring a backup belt in case your main belt gets lost, stolen or breaks. If you have to borrow one, lower your attempts to reduce the risk. The same goes for degree of tightness.

The rules of powerlifting have no requirement to use a belt, unlike a one-piece singlet or shoes. The width of the belt must not exceed 10 centimeters and the thickness must not exceed 13 millimeters. This eliminates yard wide in the backside belts worn at sissy health spas. Please check the rules of the organizations you compete in beforehand to be sure.

I hope this article has given you a few more things to think about concerning belts for lifting. A lifting belt can be a definite positive in competition and training. Using it optimally can translate into higher totals and increased safety. The key is to know when and how to use one. Its misuse can be counterproductive to both your lifting and even everyday activities. Don't use a lifting belt instead of your abs; use it in conjunction with your abs. It can almost be like playing baseball with your glove on the wrong hand.

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ADAU Nationals
26,27 May 01 - Pittsburgh, PA

WOMEN	SQ	BP	DL	TOT
114 lb. Open				
A. Hickey	155	90	240	485
Open 148 lb.				
K. Iszkula	230	125	300	655
S. Elchynski	200	130	290	620
165 lb.				
K. Blair	200	120	260	580
Boys (10-11)				
88 lb.				
0. Perhacs	130	75	155	365
105 lb. (12-13)				
B. Elchynski	150	105	210	465
MEN				
Open 114 lb.				
D. Perhacs	130	75	155	365
123 lb.				
J. Careri	185	110	225	520
(12-13)				
J. Careri	185	110	225	520
132 lb.				
T. Tullio	185	165	290	640
(55-59)				
T. Tullio	185	165	290	640
148 lb.				
R. Cruz	415	270	465	1150
(14-15)				
N. Green	265	210	340	815
(40-44)				
R. Cruz	415	270	465	1150
165 lb.				
J. Braca	450	335	610	1395
M. Catalino	490	340	540	1370
J. Folmar	430	245	520	1195
(16-17)				
J. Folmar	430	245	520	1195
(18-19)				
A. Hersperger	355	295	475	1125
R. Hanes	340	240	430	1010
J. Wakeman	275	225	370	870
(20-23)				
M. Catalino	490	340	540	1370
Open 181 lb.				
B. Woolston	480	365	540	1385
D. Teeter	475	325	560	1360
A. Brown	475	275	500	1250
A. Joseph	395	315	520	1230
R. Chariton	400	310	455	1165
(16-17)				
M. Fiorelli	345	240	495	1080
J. Post	350	255	470	1075
B. Kuchta	330	230	410	970
J. Stempka	350	230	470	1050
R. Chariton	400	310	455	1165
J. Siegel	390	240	475	1105
181 lb. (40-44)				
S. Fisher	365	245	440	1050
198 lb. Open				
M. Mastrean	575	400	660	1635
E. Cridge	525	400	575	1500
J. Cared, Sr.	470	325	525	1320
M. Matthews	460	290	525	1275
B. Bayer	480	245	520	1245
(16-17)				
M. Rojas	420	275	480	1175
S. Randall	355	240	435	1030
R. Hall	270	215	435	920
P. Guzenski	250	206	435	890
C. Engelskirger	400	245	510	1155
S. Wright	410	225	495	1130
(45-49)				
J. Cared, Sr.	470	325	525	1320
B. Bayer	480	245	520	1245
220 lb.				
J. Braun	535	390	620	1545
N. Viasic	545	440	550	1535
M. Schmidt	580	290	580	1450
G. Davis	485	350	585	1420
T. Brace	465	305	535	1305
(35-39)				
N. Viasic	545	440	550	1535
M. Schmidt	580	290	580	1450
242 lb. Open				
S. Protomastro	600	420	635	1655
R. Davis	540	325	680	1545
M. Magyar	540	310	605	1455
G. Lewis	500	375	555	1430
(12-13)				
J. Lee, Jr.	270	175	330	775
(16-17)				
M. Magyar	540	310	605	1455
S. Protomastro	600	420	635	1655
C. Tune	450	360	450	1260
(40-44)				
R. Davis	540	325	680	1545
M. Bowen	475	300	480	1250
275 lb. Open				
M. Kantz	470	315	585	1370
319 lb. Open				
J. Lee, Jr.	525	350	585	1460
R. Blanchard	515	325	575	1415
T. Wallick	250	250	300	800
(16-17)				
A. Byerly	480	255	440	1175
J. Lee, Jr.	525	350	585	1460
D. Stoner	430	385	485	1300
T. Wallick	250	260	300	800
SHW (16-17)				
S. McHenry	405	300	455	1160

The 2nd ADAU Nationals was held at the spacious Iceoplex in Southpointe, the practice facility of the NHL's Pittsburgh Penguins. The lifting platform and warm-up area was actually on an unfrozen hockey rink! The lifters seemed to enjoy this site, with its sports bar and wide open spaces, so much, that the Nationals will be hosted again next year by Mike Mastrean and his capable crew. The first day's lifting included all the women and the men's classes up to and including the 181s. Lifting started at 9:30 AM and was done by 2:30 PM each day; including breaks between lifts and the trophy presentation. The modified conventional system was used. It is faster and easier on the spotter/loaders than other methods. All contestants at ADAU meets lift without the aid of supportive gear, except a belt, and are subjected to drug testing. Those drug tested at this championship and those out-of- meet tested prior to the contest are listed near the end of my report. All lifters were tested by urinalysis through Quest Labs of California. Now, on to the lifting. WOMEN'S: Competing as a 114er, 17 year old and 108 pound Adrienne Hickey set all the American records for her age group while going 8 for 9. Her best lifts on the day were 155 - 90 - 240 for a 485 total. The 148's saw Sherry Elchynski win the Masters 40-44, highlighted by her record BP of 130. Teenager Kaleena Iszkula won the Open 148's with her 655 total. The last woman lifter was Kathy Blair; who totaled 580 to win the Submaster 165's. Lightweight Men: At a whopping 81 pounds and 11 years of age, our smallest and youngest competitor, Doug Perhacs won the 88 lb. Youth division and the Open 114# class. His 135# 4th attempt squat was an age group record. Bryan Elchynski, son of Sherry Elchynski, won the 12-13 105# class with his American Record lifts of 150 - 105 - 210– 465. A perfect 9 for 9 day! 13 year old John Careri won the Teenage and Open 123's with his 520 total. John didn't miss an attempt until his last DL. It was good to see the youngest lifters lifting "within themselves" and making most of their attempts. At 132, 56 year old Tim Tullio was the only entrant. He made the most of his day though, by establishing the American Records in the 55-59 age group. At 148, Ramon Cruz came to defend his 2000 National title, Being 41 years old, Ramon won both the open and Masters for the second time. None of his eight children were there to see it though! Norm Green, 15, came down from the 165's to win the 14-15 Teenage division. Defending champion at 165, Joe Braca was returning from a back injury; but had just enough to hold off Junior lifter Matt Catalino for the title. Joe's squat was down considerably from last year's 500; but his 635 DL was close to completion. Matt missed only his last squat, 510, and last deadlift, 565, which if completed would have forced a tie and a re-weigh, as both lifters weighed in at 163.75. Matt did repeat as Jr. National champ. These two fine lifters have gone head-to-head three times in the last year in ADAU competition with Catalino getting closer and closer each time. Not to be lost in the shuffle +was the lifting of 17 year old Jim Folmar. Jim almost bombed in the bench, having to get it on his third, but broke American Records everywhere else with his 430 squat, 520 deadlift and 1195 total. A trio of 18 year olds were led by Adam Hersperger's 295 bench press and 1125 total. Hersperger won the 16-17 division last year. You may not be able to tell from the final results, but three lifters had a legit shot at the 181# Open division gold medal. Brian Woolston rode the strength of his double bodyweight BP and 6 for 6 start to obtain what seemed like a commanding subtotal lead, but you know what they say about the meet and when it starts. Well, it started here. Woolston lifted very intelligently and completed a perfect 9 for 9 day with his 540 DL and 1385 total. Donald Teeter was 4 for 6 at subs and 45 pounds down. 19 year old Andy Brown was only 2 for 6, almost bombed in the bench, and was down by 95. Teeter pulled his first two, then gave 585 and the win a try, but couldn't quite complete it. Brown opened conservatively with 500, then jumped to 600 for an American Teenage record. The lift was completed, but turned down due to a lack of knee lock. The strength was there. Brown went to 635 for the win, got it past his knees, but couldn't lock it out. Andy then won the Pittsburgh Strongman Contest later that evening! Roy Charlton easily outdistanced Jay Siegel to win the Submasters title 1165 to 1105. A tight battle was also waged in the 16-17's. It was won when Michael Fiorelli outdeadlifted Jeremy Post 495 to 470, to win 1080 to 1075. Stephen Fisher won the 40-44's and Jeremy Stempka won the 18-19's with identical 1050 totals. Heavyweight Men: The second day's lifting started with a full slate of 198ers. Unfortunately for those entered, our meet director also lifted. Mike Mastrean went 8 for 8, passing his last BP, and smashed the deadlift and total records with his 660 and 1635 respectively. A distant second was 19 year old Ed Cridge who totaled an excellent 1500. He broke his own teenage records in the squat, bench, and total. Joe Careri, Sr. wasn't 100% healthy for this meet, but totaled a respectable 1320 to place third in the Open and win a second National Masters title. He also added a third title for the Careri family this weekend, as it was his son who won the 123 teenage and Open titles. Bugs Bayer didn't lift as well as he usually does, but set a squat record along the way towards his 1245 total and title in the 55-59 age group. A quality group of teenagers was led by 17 year old local football player Manny Rojas who set a record with his 4th attempt record of 425. Carson Engelskirger won a back and forth battle with last year's champion Sam Wright, 1155 to 1130, to capture the 18-19 teen title. Just like in the 181's, the winner at 220 wasn't determined until the final deadlift. Submaster Nick Vlasic appeared to be in control from the outset. Vlasic made a 545 squat after missing it on his second attempt and blasted a record 440 BP to have a 60 pound subtotal lead over last year's runner - up Joe Braun. Braun was having a good day also, hitting 5 for 6 after the benches to give him a shot. When Vlasic missed his final DL at 570, Braun took that shot and made a great 620 to move up one place from last year's silver medal. Mark Schmidt squatted and deadlifted his way past a couple of younger lifters to place third in the Open and win his second National title in the 45-49 age group with a 1450 total. At 242, Junior lifter Steve Protomastro ended up with the heaviest total of the weekend when he finished with a 1655. Last year Protomastro won the 275 Junior class with a 1650. Steve's easy 420 BP, 635 DL, and total were all age group records. The title was made easy for Steve when Rick Davis missed a big jump to a 590 squat. Davis won the 40-44 title but unfortunately just missed the big 725 DL that he wanted. 17 year old Matt Magyar, a member of Pennsylvania's state champion football team, won the 16-17's with a great 8 for 9 day. All of his final lifts were American Records on his way to his second teenage National title. Mark Bowen squatted well and totaled 1250 to win the 45-49 Master's class. Jack Lee, III missed his first squat, perhaps on nerves, then cruised through 8 successful attempts on his way to the 12-13 age group title and four American records. Matt Kantz's biggest struggle of the day was to make the 275# limit. But once he sweated that out, he went 9 for 9 to total 1370 and earn his Gold Medal. Jack Lee, Jr. matched his son's 8 for 9 day, set the squat record, and totaled 1460 to win the Open and Masters 40-44 National titles, The Lee's were our third "family affair" of lifters at this meet! Not too far off was Rob Blanchard and his 1415 total. 17 year old Anthony "Tank" Byerly made all of his squats and totaled 1175 to win his first title. After a several year hiatus from competition, Terry Wallick only did token lifts to establish the records in the 55-59 age group and win a Masters title. Our only super heavyweight was 340 pound and 16 year old Scott McHenry. Even though there was no one there to push him, McHenry went 9 for 9 and broke all of his own American records on his way to an 1160 total. Meet Prologue: The outstanding lightweight lifter for the second year in a row was 38 year old 165 pounder Joe Braca. The outstanding heavyweight lifter was 198 pounder Mike Mastrean. The outstanding woman lifter was Kaleena Iszkula. The team champions were Joe's Gym of Erie, PA for the second consecutive year. The runner-up team was The Underground Gym. All lifters that were drug tested at this contest and those out of meet tested for this contest passed their urinalysis, as determined by Quest labs. Tested at the meet were the following: Iszkula, Cruz, J. Braca, Woolston, Teeter, Mastrean, Cridge, Braun, Vlasic, Prolomastro, Lee, Jr. Tested out of meet for this contest were the following: Siegel, Bayer, T. Braca Tested in their previous meet (all within the last 3 months) were the following: Post, Folmar, Brown, Cared, Sr., G. Davis, Tune, Magyar. This just shows that we're testing our best lifters as much as we can. As mentioned earlier, next year's National Championships will also be held in Pittsburgh, PA. Information will be sent out to all members as soon as it becomes available. Anyone who is willing to lift raw, and is drug free for 5 years is eligible to attend. (Thanks to Jay Siegel for providing the results of this contest to *PL USA*).

Paul Guzenski: *17, 198 lb. class with a 435 deadlift. Paul at 6 ft. 6 must have the 'highest' DL around. (Photograph provided by Joe Pyra).*

Outstanding lifters *from left to right: Joe Orengia, Joe Braca, Al Siegel. (Photograph provided by Joe Orengia).*

G.N.C. NUTRITION UPDATE

The Dynamic Duo *by Dr. Jeffrey Stout, Ph.D.*

***Dr. Jeffrey Stout** (seen in photo above) is the Director of Sports Science for GNC's Pro Performance (R) line.*

Recently, GNC scientists designed one of the most potent synergistic supplements ever to appear on the market—MEGA Creatine. This combination of five grams creatine with one gram of phosphates, along with a patented effervescent delivery technology, has provided a one-two punch like nothing before. Take a gander at the science and I bet you will be as impressed as I was.

Phosphates, or Phosphorus, is a non-metallic element and, following calcium, is the most abundant mineral in the body. Accordingly, phosphates are extremely important in human metabolism. Approximately 80-90% of the phosphorus in the body combines to form calcium phosphate, which is used for the development of bones and teeth. Other phosphate salts, such as sodium phosphate, are involved in acid-base balance. The remainder of the body's phosphates are found in a variety of organic forms, including phospholipid, which help form cell membranes and DNA, which is part of your genetic material. (Bucci, 1993).

Phosphates are also essential to normal function of most of the B vitamins involved in the energy processes within the cell. They are also part of the high-energy compounds found in the muscle cell, such as ATP and phosphocreatine, which are needed for muscle contraction. Glucose also needs to be phosphorylated in order to proceed through glycolysis, which is a metabolic pathway that produces ATP. Finally, organic phosphates are also part of a compound in red blood cells known as 2,3-DPG (2,3-diphosphoglycerate), which facilitates the release of oxygen to the muscle tissues. (Bucci, 1993). So in a nutshell, you need phosphates for your skeleton, DNA, energy systems, and for oxygen delivery. If that doesn't convince you of the importance of this nutrient, then Elvis truly is alive and kicking.

Creatine, a nitrogenous amine, is naturally occurring in the body (mainly muscle) and in food such as meat. For instance, you'll find about five grams of creatine in 2.5 lbs of meat. Creatine is an essential, natural substance required for energy metabolism and muscular movement. The human body makes creatine from three amino acids: glycine, arginine, and methionine.

How the Combo Works

The mechanism by which phosphate works is based on its ability to buffer lactic acid, improve the body's ability to deliver oxygen to contracting muscles, and enhance the cardiovascular system's ability to deliver more nutrients to the muscle. Creatine supplementation works by increasing creatine phosphate levels in the muscle. Creatine is clearly one of the best and most effective supplements on the market. But when creatine is ingested, it enters the bloodstream as free creatine. It must first be phosphorylated (here comes the need for phosphates again!) in order to be trapped by the muscle cell (the same goes for glucose to make glycogen). The amount of creatine that is phosphorylated (a phosphate is attached) is dependent on how much phosphate is available. The human body can only supply a limited amount, and unfortunately, that may not be enough. As a result, a lot of creatine may be lost during the loading phase. Furthermore, during intense exercise, muscle fatigue develops quickly as the ability to produce enough ATP for muscle contraction diminishes. The regeneration of ATP for repeated reps and sets in the gym relies more on glycolysis and creatine phosphate. It has been suggested that if phosphates can be provided to the muscles during intense exercise it would prolong the exhaustion of creatine phosphate stores.

Show ME the evidence!

A recent study investigated the effect of supplemental creatine alone versus creatine plus phosphate. Male and female subjects were give either five grams of creatine four times per day or five grams of creatine plus one gram phosphate four times per day for five days. The combination of creatine plus phosphate resulted in a significantly higher performance, suggesting performance benefits over creatine alone (Wallace et al. 1997).

In agreement, a more recent study examined the effects of creatine vs. creatine plus phosphate (Mega Creatine) on anaerobic working capacity (AWC). Male subjects were randomly put into one of three treatment groups: placebo (PL), five grams of Creatine (Cr) or five grams of Creatine + one gram phosphates (Mega Creatine). Each subject was asked to dissolve his supplements in 16 oz of water and ingest it four times per day for six consecutive days. The subjects preformed a cycle ergometry test to determine AWC. The placebo and Cr group increased AWC by -3.0 and +16.0%, respectively. The Mega Creatine group increased their AWC by an incredible +49% percent (see Figure below; Eckerson et al. 2001). To date, I am unaware of any supplement being able to improve AWC this much.

Conclusion

Taking phosphates with creatine may form a potent one-two punch. If you want to boost the effects of creatine, take a one-gram serving of phosphates (preferably a sodium-potassium mix) with every serving of creatine, or just take GNC Pro Performance's MEGA Creatine.

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

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73 year old: Allen Glass pulls a SLP Indiana State record of 300 @ 220 age 70-74. (Photo provided by courtesy of Dr. Darrell Latch to PL USA).

Son Light Power Indiana BP/DL
5 May 01 - Frankfort, IN

BENCH		165 lb.	
MEN		M. Walker	280
Submaster 198 lb.		181 lb.	
M. Hinders	385*	L. Betts	315
220 lb.		220 lb.	
M. Woods	350*	A. Glass	255
275 lb.		242 lb.	
P. Linville	435	J. McKinzie	415*
Master (45-49)		M. Struck	385
275 lb.		275 lb.	
J. Helsley	425*	J. Helsley	425
Master (50-54)		308 lb.	
198 lb.		D. Shumaker	550*
F. Medvescek	300	DEADLIFT	
Master (60-64)		MEN	
242 lb.		Junior 275 lb.	
T. Richardson	270*	S. Fishers	—
Master (70-74)		Master (70-74)	
220 lb.		220 lb.	
A. Glass	255	A. Glass	300*
Police/Fire		Open 198 lb.	
198 lb.		C. Dailing	555*
J. Uitts	315	242 lb.	
Open 148 lb.		M. Struck	565*
S. Sussman	255*	308 lb.	
A. Roa	205	B. Myers	550

Best Lifter BP: Don Shumaker. Best Lifter DL: Chad Dailing. *–Son Light Power Indiana State record. Team Champions: Clinton County YMCA Bench Press Team. The Son Light Power Indiana State Bench Press/Deadlift Championships were held at the Clinton County YMCA. A special thanks to Mike Hinders for all his efforts in organizing this event. In the bench press competition Mike Hinders led off with a new Indiana state record by capturing the submaster 198 class, finishing with 385. At 220 submaster Michael Woods returned to competition after a few years off, setting a record there with a strong 350. Our last submaster lifter was 275 winner, Paul Linville. Paul finished the day with a personal best 435, just missing a final attempt with 445. Jim Helsley took both the master 45-49/275 and open 275 classes with a great 425 effort. This was a new state record in the master class for Jim. At 50-54/198 Frankie Medvescek, who holds the state record with 330, finished with 300 for the win there. Another fine master lifter was 60-64/242 winner, Tom Richardson. Tom broke his existing record with a strong second attempt of 270. Our final master lifter was seventy-three year old wonder Allen Glass. Allen continues to be consistent, coming within five pounds of his own state record with a clean 255. Allen also won the open 220 class. Josh Uitts captured the Police/Fire/198 class with a solid 315. In the open division it was Scott Sussman over Armando Roa 255 to 205. Scott's 255 was a new state record at 148. Mark Walker won at 165 with 280, taking his first state title at that weight. Lance Betts took the 181 title, getting just his opener of 315. Jeff McKinzie got a new state record at 242 with a 415 final attempt. Mark Struck was second at 242 with a personal best 385. Last up was big Don Shumaker from Davenport, Iowa. Don had some problems with his opener, but came back with a strong 550 for the win at 308. This was also a new Indiana state record for Don which complimented his best lifter award. In the deadlift event junior men's competitor Sanders Fisher had some problems getting his opener in, failing with 550 three times. Allen Glass pulled 300 for a new state record in the master 70-74/220 class. Chad Dailing won the best lifter award in the open 198 class, finishing with a great 555 state record. Mark Struck took the open 242 class with a personal and state record 565, while Bruce Myers won at 308 with 550, just missing a state record pull of 580 on his final attempt. The team award went to The Clinton County YMCA Bench Press Team. Thanks to my son Joey, Mike Hinders and the gang from Clinton County YMCA for all their help. (Thanks to Dr. Darrell Latch for providing the results of this contest to *PL USA*).

CPC Canadian Nationals (kg)
19 May 01 - Lethridge, Alberta

BENCH		N. Russell		75
WOMEN		SHW		
Open 75 kg.		C. Hargrove		200
L. Stewart	75	MEN		
MEN		Master 82.5 kg.		
Open 75 kg.		K. Railton		90
S. Corey	130	90 kg.		
90 kg.		J. McKevziz		125
GIRLS	SQ	BP	DL	TOT
Teen 67.5 kg.				
L. Kravitz	130	45	127.5	302.5
WOMEN				
Submaster 45 kg.				
C. Dirks	100	40	90	230
60 kg.				
J. Eckstrand	90	35	95	220
67.5 kg.				
K. Smithson	137.5	60	152.5	350
C. Tucker	127.5	60	125	317.5
Open 56 kg.				
W. Greig*	150	70	160	380
60 kg.				
C. Stuckey	150	65	132.5	347.5
D. McCluskey	95	40	85	220
75 kg.				
S. Spencer	165	90	145	407
Master 67.5 kg.				
B. Cameron	125	60	125	310
P. Thomas	102.5	47.5	120	269.5
82.5 kg.				
J. Jameson	130	47.5	130	307.5
110 kg.				
L. Miller*	190	110	185	485
BOYS				
Teen 60 kg.				
K. Kravitz*	100	35	117.5	252.5
82.5 kg.				
J. Sommerville*	200	100	220	520
100 kg.				
H. Karnes	190	105	245	540
MEN				
Junior 82.5 kg.				
B. Lama	155	115	182.5	452
D. Howser	185	100	195	480
110 kg.				
K. Readmen	300	177.5	300	775
D. Simms	240	87.5	117.5	515
Open 60 kg.				
G. Bobrouite	102.5	105	130	337.5
75 kg.				
V. Graham*	282.5	162.5	250	695
82.5 kg.				
J. Skow	205	100	202.5	507.5
D. Hansen	140	140	155	435
90 kg.				
C. Evans	317.5	200	260	777.5
B. Cydeyko	232.5	162.5	202.5	597.5
100 kg.				
D. Feddema	322	200	250	774.5
S. Ritter	250	160	220	630
110 kg.				
C. Kitt	342.5	170	277.5	790
P. Urchick-g	420	245	347.5	1027
140 kg.				
S. Wiesman	365	290	362.5	1017
SHW				
D. Renberg	340	217.5	320	872.5
M. Schultz	335	220	280	835
G. Snelgrove	335	227.5	245	807.5
S. Phillips	220	150	210	580
Submaster 67.5 kg.				
R. Harder	210	125	220	555
82.5 kg.				
B. Johnson	240	130	230	600
90 kg.				
T. Andus	235	1005	235	635
100 kg.				
T. Kay*	295	215	272.5	782.5
R. Estkum	295	185	287.5	767.5
D. Marion	210	137.5	240	587.5
D. Murphy	235	110	220	565
B. Straokski	265	90	200	555
110 kg.				
P. Smith	260	155	195	610
SHW				
L. Desjarias	320	190	305	825
Master 90 kg.				
D. Miller	152.5	80	155	387.5
R. Knox	225	110	235	570
K. Dunford	210	110	225	545
110 kg.				
D. Fuss	320	205	267.5	792.5
C. Yelting	250	140	230	620
125 kg.				
T. Brook	300	170	300	770
140 kg.				
B. Greto*	380	190	380	965

*–Best Lifter. Canadian Powerlifting Championships had a good group of lifters who excelled to world class level, including several 100 kg. lifters in the Open and Submasters. Notably, Terry Kay, Randy Etzel, Dan Feodema and Corey Evans achieved and surpassed the 1700 lbs. barrier for their totals. The SHW class was a very close group where 1st to 3rd was a hard fought battle; Derrick Renburgh, Megs Shultz and Glen Snelgrow taking 1st to 3rd respectively. Steve Wiseman achieved over a 2200 lb. total, surpassing the 600 lb. bench barrier, 1st time in Canada, eclipsing Bruce Greig's long standing record. Paul Urchick, Guest lifted (from Detroit, Michigan) was a true gentleman in the sport achieving a 2260 lb. total, his best ever. Vince Graham in the 165 lb. was Best Lifter in the Open division. The women's division combined of new young lifters and veteran lifters, had some hard fought decisions. Kimberly Smithson and Nicole Tucker lifting in their 1st meet fought for 1st and 2nd in the 148 lb. In the 90 kg., Les Miller again dominated over the Master's division, achieving Best Lifter status. 42-Year old Wendy Greig competed in the Open division at 120 lb., totaled 850 lb., winning Best Lifter. Candy Stucki in the Open division achieved a personal best squat of 150 kg. (330 lbs.), winning 1st in the 132 lb. 66-Year old Pat Thomas achieved best total ever as well as did 78-year old Darwin Miller, proving age is not a factor in success for achievement. Bruce would like to thank everyone involved in setting up this meet too numerous to mention but all valued and appreciated just the same. Bruce Greig was Outstanding Lifter. (Result by Bruce Greig).

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USAPL Southern NM Open
31 Mar 01 - Silver City, NM

WOMEN	SQ	BP	DL	TOT
Open 114 lb.				
B. Araujo	215	125	250	590
148 lb.				
E. Byrnes	155	110	230	495
MEN				
Teen (16-17) 132 lb.				
E. Grado	210	195	290	695
148 lb. (18-19)				
A. Grado	265	245	365	875
165 lb. Open				
D. Bracken	525	310	520	1355
181 lb. Master (45-49)				
W. Lujan	375	230	455	1060
198 lb. Submaster (33-39)				
M. Jimenez	425	310	400	1135
220 lb. Junior (20-23)				
J. Rottman	335	235	400	970
242 lb. Open				
D. Riley	405	245	500	1150
275 lb.				
C. Rhodes	675	500	665	1840
M. Lausen	670	450	700	1820

(Thanks to USAPL for providing these results).

WABDL Oklahoma State and Drug Free World Record Breakers
17 Mar 01 - Muskogee, OK

BENCH		T. Sisson	475
WOMEN		Class-I	
114 lb.		Novice	
T. Decasper	135	132 lb.	
123 lb.		D. Verrett	245
K. Gordon	160	181 lb.	
148 lb.		T. Birkhead	270
M. Branchcomb	130	198 lb.	
198 lb.		W. Trentham	275
T. Frizell	240	220 lb.	
MEN		D. Royse	430
Open 242 lb.		M. Dorman	310
R. McCoy	512	242 lb.	
275. lb.		D. Lewis	405
K. West	450	275 lb.	
SHW		T. Davis	340
R. Richter	450	World Record	
Master		Breakers Challenge	
132 lb.		WOMEN	
A. Young	295	165 lb.	
148 lb.		L. Blackburn	330*
R. Charles	230	MEN	
J. Heizelman	180	Teen	
165 lb.		132 lb.	
D. Berry	220	J. Forehand	265
198 lb.		220 lb.	
P. Fears	390	R. Myers	—
P. Radmilovich	340	220 lb.	
J. Snodgrass	320	J. Jackson	570*
220 lb.		Masters 275 lb.	
B. Lumpkin	360	R. Hood	500
J. Parham	320	DEADLIFT	
242 lb.		WOMEN	
G. McCoy	465	114 lb.	
S. Finegan	455	T. Decasper	135
T. Ward	440	123 lb.	
K. Anderson	420	K. Gordon	320
J. Harper	305	S. Decker	300
J. Duckett	265	148 lb.	
J. Schulz	250	M. Branchcomb	265
275 lb.		Teen 50 lb.	
A. Webb	400	K. Brownfield-9	125
SHW		97. lb.	
C. Rosborough	450	C. Roberts	165
Submaster		132 lb.	
220 lb.		C. Pinson	235
D. Chesmore	400	Junior	
242 lb.		B. Berry	505
T. Putnam	335	Submaster	
275 lb.		165 lb.	
M. Hamby	475	T. Jackson	440
R. Mayes	460	181 lb.	
R. Elliott	425	J. Stone	425
Teen 105 lb.		220 lb.	
J. Stanley	130	R. Harlow	625
C. Hart	110	275 lb.	
114 lb.		M. Hamby	550
L. Watson	137	Law/Fire	
132 lb.		242 lb.	
J. Rose	140	M. Irwin	550
C. Pinson	140	Master	
198 lb.		148 lb.	
B. Ward	305	R. Charles	435
M. Micky	125	165 lb.	
220 lb.		D. Berry	350
J. Quickle	235	198 lb.	
SHW		T. Barth	455
S. McDaniel	455	242 lb.	
Junior 148 lb.		J. Duckett	385
M. Fraley	225	308 lb.	
165 lb.		D. Lowery	555
M. Bivin	230	Novice 220 lb.	
181 lb.		M. Dorman	480
R. McKeefer	385	2-Man DEADLIFT	
B. Berry	325	Irwin/Harlow	1175
242 lb.		Romero/Mayes	1170

The 2001 3rd Oklahoma State BP/DL Championships, along with the World Record Breakers Challenge, was a very fine way to bring in St. Patrick's Day. There was some incredible lifting with Linda Blackburn breaking her own 165 lb. World women's WABDL record with an incredible 330 lb. lift! Linda has become one of the world's premiere female benchers. Every attempt she made looked easy and very strong. Jason Jackson also had an incredible day of lifting breaking the World Law/Fire Submasters record with a 570 lb lift. There were also some very impressive lifters from Texas and Illinois that came to lift some heavy weights on St. Pat's Day. Thanks to Ken Anderson and Michael Irwin for lifting and bringing some great lifters with them. Michael Irwin is an Illinois State Trooper and I had the privilege of swapping a few war stories with him after the competition. The two man deadlift was an exciting grand finale with both teams lifting close to 1200 lbs. I would also note that both teams had much more in them on this day. We just ran out of room on the bar! This will not happen next year. Kim Brownfield also did a repetition exhibition on this day. Kim lifted 405 lbs. for 15 reps raw! Fine lifting. Thanks goes out to Richard McKeefer and his wife Carie for building one of the finest benches ever built for the competition. Thanks to the McKeefers, Phil Cozzoni, Ken Anderson, Marlene Welch and Trooper Daniels for judging during the event. Also thanks to all of the lifters who support us at our meets. 90 great lifters on this day. I have not seen a state meet in Oklahoma draw over 50 lifters in years other than the WABDL meets we promote. Again, Thanks. (Thanks to Sugar Brownfield for providing report and results).

Team Illinois at the WABDL Oklahoma State (l-r): Michael Irwin, Susan Decker, Kim Brownfield (meet promoter), Ron Harlow, and Karen Gordon. (Photograph provided courtesy of Kim Brownfield).

USAPL Texas State PL/BP
19 MAY 01 - Fort Hood, TX

BENCH		P. Calhoun	240*
WOMEN		MEN 198	
148		J. Medina	385
J. Fentl	140	242	
D. Ryan	115	L. Fentl	460
165		J. King	430
T. Jones	185	275	
198		J. Delagarza	335

WOMEN	SQ	BP	DL	TOT
114				
L. Carroll	195	90	205	490
132				
K. Conway	300	150	325	775
148				
R. Clark	315	175	430	920
165				
M. Baum	320	180	360	860
198				
P. Calhoun	300	230	320	850
SHW				
I. Taylor	330	165	340	835
MEN				
132				
B. Green	420	225	550	1195
148				
H. Tan	400	265	470	1135
D. Toro (18-19)	430	225	450	1100
165				
I. Chapa/ JR.	415	285	450	1150
T. North/MAS	420	275	385	1080
M. Vallejo	390	225	435	1050
H. Taylor	325	240	370	935
181				
A. Hambric	465	365	575	1405
G. Gomez	520	330	545	1395
J. Perez	365	280	450	1095
C. St. Romain/JR	505	335	520	1350
M. Robinson/JR	350	300	425	1075
Nemec (14-15)	450	285	475	1210
Ernest (14-15)	350	280	460	1020
198				
R. Geyer	425	265	440	1130
220				
J. Hilliard/JR	550	300	600	1450
N. Urrea/JR				
275				
L. Williams	460	325	450	1235
R. Purdy	145	490	145	780
SHW				
DJ Jenkins	750	400	630	1780

Best Lifters: Rhonda Clark (Women Ltwt); Malinda Baum (Women Hywt); Greg Gomez (Men Ltwt); DJ Jenkins (Men Hywt). (Thanks to USAPL for providing the results of this meet).

USPF New Hampshire State BP
24 Mar 01 - Manchester, NH

WOMEN		SHW	
Junior		T. Saunders-379	475
M. Roose-113	105	198 lb.	
Open		B. Topol-194	330
M. Ferrara-113	110	J. Dearborn-194	300
C. Khoury-146	110	220 lb.	
Submaster		P. Sussman-208	350
M. Ferrara-113	110	Open	
Master		165 lb.	
C. Khoury-146	110	M. Hall	305
MEN		181 lb.	
Junior		G. Monmaney	320
J. Morse-197	295	J. Morrison	310
D. Fragola-157	240	220 lb.	
Submaster		J. Dowst	420
181 lb.		T. Comeau	390
J. Morrison-178	310	SHW	
198 lb.		T. Saunders	475
J. Pettigrew-192	325	D. Egan	—

Referees: Jamie Fellows, Rod Roy, Dave Miller, Dave Follansbee. Announcer: Rocco Boulay. Expeditor: Carole Fellows. Submaster Men and Masters Men divisions are listed by lifters weight class for Powerlifting USA Ranking, and not necessarily by placement at the competition. This years contest was held at the Comfort Inn in Manchester, NH. A great venue conveniently located off of Exit 4 on Interstate 293, it hosted one of the best contests I've ever seen! We had a full day of great lifting and the camaraderie between everyone was outstanding! Never in my eight years of this sport have I seen such a great group of people! You guys can all come back to my contests anytime! Special Thanks go out to Rocco Boulay, Jamie and Carole Fellows, Rod Roy, Lance Taylor and the gang at Europa Sports who support powerlifting, Dale "Squirrel" Murdough, Jeff Morrison, Dave Miller, Mom and George, William Dugay, Don and Brian, and everyone else for all of their help. Also, our sponsors: NUTRITION 101, Europa Sports Products. Remember, to see what's happening in New England powerlifting check out our USPF NH State website: www.AMERICANPOWERLIFTING.com or www.USABODYBUILDING.com See ya all next year! (Thanks to Dave Follansbee, NH State Chair, for providing the results of this meet).

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ZMA RESEARCH

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

L.R. BRILLA[1] AND VICTOR CONTE[2]

[1]Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and [2]BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

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

Key Words: vitamin B_6, anabolic hormones, testosterone, IGF-I, muscle

INTRODUCTION

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

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

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

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

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Team Jax was Team Champs *at the USPF Region III Championships: (left to right) Charles Fennell, Jaimie Thrift, Lorinda Nelson, Mike Jones Jason Schottell, Randy Boynton, Dennis Pittman, Steve Bessert. Wayne Pullum, Thomas Haller, Lester Estevez, Jay Griffis. (photo from Leverett)*

USPF Region III Championships
9 JUN 01 - Savannah, GA (kg)

WOMEN	SQ	BP	DL	TOT
Open				
148				
L. Nelson	137.5	77.5	142.5	357.5
MEN				
Open				
181				
W. Pullum	240	135	245	620
198				
J. Norman	252.5	150	252.5	655
220				
D. Blue*	317.5	200	275	792.5
K. Seaman	312.5	172.5	265	750
242				
L. Estevez	295	207.5	262.5	765
J. Schottel	260	197.5	285	742.5
J. Griffis	295	182.5	255	732.5
275				
R. Boynton	277.5	200	260	737.5
M. Jones	272.5	187.5	272.5	732.5
308				
K. Southwood	320	220	260	880
Class II				
198				
C. Fennell	90	162.5	190	442.5
220				
C. Driggers	277.5	182.5	245	705
C. Jones	250	172.5	252.5	675
J. Thrift	227.5	182.5	205	615
242				
L. Estevez	295	207.5	262.5	767.5
J. Griffis	295	182.5	255	732.5
F. Shook	282.5	160	272.5	715
O'Shaughnessy	250	137.5	250	637.5
S. Bessent	217.5	147.5	257.5	622.5
T. Garland	245	165	202.5	612.5
275				
J. Hoskinson*	317.5	250	260	827.5
G. Dobson	235	152.5	210	597.5
K. Lee	192.5	145	182.5	520
J. Bryan	132.5	160	182.5	475
By Formula				
Masters over 40				
Lightweight				
F. Shook (242)	282.5	160	272.5	715
R. Wright (220)	227.5	185	250	662.5
C. Jones (220)	250	172.5	252.5	675
O'Shaughnessy	250	137.5	250	637.5
Heavyweight				
Boynton (275)	277.5	200	260	737.5
G. Dobson (275)	235	152.5	210	597.5
Masters over 50				
Lightweight				
Pittman (165)*	217.5	130	227.5	575
T. Haller (165)	112.5	102.5	170	385
Heavyweight				
J. Sanders (198)	182.5	100	210	492.5
C. Fennell (198)	90	162.5	190	442.5
G. Hagan (198)	160	80	170	410

* denotes best lifters. Team trophy went to Team Jax. A good turn out with some great lifting taking place. We would like to thank Nancy and Ben Parker and David Coleman for judging as well as Sandy Ellis, Gene Showalter, and Johnny Orvin working the scorer's table. Also Jenkins High School and Coach Bond as well as all of our spotters - loaders who have been so faithful over the years. Those included Glenn Nesbitt, Bob Dimmitt, Ronnie Williamson, Michael Soong, Mark McGlothin, Dave Chatti, Dan Carter, Al Truslow, and Christopher Leverett, our expeditor. (Thanks to Ann Leverett for providing the results of this meet).

2nd Thunder at the Beach
16 Jun 01 - Little Egg Harbor, NJ

Teen	SQ	BP	DL	TOT
123 lb.				
J. Burgagni	300	185	350	845
M. Severin	55	215	—	—
132 lb.				
J. Ross	325	195	380	900
148 lb.				
J. Gilly	185	150	300	635
P. Kohr	195	185	340	720
165 lb.				
P. Drinkwater	225	165	345	735
M. Fuller	325	200	370	895
D. Grotts	200	175	320	695
R. Huber	285	215	325	825
181 lb.				
M. White	375	280	455	1110
198 lb.				
N. Mercurio	350	—	—	—
220 lb.				
B. Burkley	370	230	400	1000
C. Pasqual	295	245	345	885
242 lb.				
F. DeFeo	405	300	500	1205
O. Luby	345	265	370	980
275 lb.				
R. Rodriguez	365	235	400	1000
Raw 181 lb.				
J. Olender	395	255	425	1075
220 lb.				
C. Maher	410	315	410	1135
R. Murphy	455	355	560	1370
Open 165 lb.				
S. DiCataldo	—	—	—	—
M. Ciupinski	385	335	440	1160
D. Sonne	485	275	565	1325
181 lb.				
A. Biasetti	580	325	585	1490
198 lb.				
R. Moyen	500	320	475	1295
M. Moylen	—	—	—	—
J. Daily	505	305	545	1355
220 lb.				
F. McNeary	135	320	145	600
242 lb.				
R. DeLaVega	590	345	600	1535
M. Dolce	635	—	—	—
275 lb.				
W. Croner	825	450	700	1975
Master 165 lb.				
B. Grunwerg	215	455	370	825
WOMEN 165 lb.				
C. Shea	225	120	255	600

Meet Directors: Betty Milby & Art Margulies. This was the 2nd Annual "USAPL THUNDER AT THE BEACH" Power Meet. Attendance was up from last years contest, and hopefully, the contest will continue to grow. A well-run meet is only as good as the people who volunteer to help. My personal thanks for your time and energy and enthusiasm to: Armondo Gonzalez, Jose Perez, Drew Smith, Damian D'Adamo, Andy Capriglione, Lowell Ulshafer, Tom Rodriguez, Jeff Olender, Colin Maher, Matt and Josh Milby, and Rob Hurrell. The Team Title was won by Monsignor Donovan (Toms River, N.J). The Best Lifters were Anthony Biasetti and Willie Croner. Thanks to Bill Clayton for his refereeing expertise. Thanks to the LIGHTHOUSE ALLIANCE CHURCH for the use of their facility. Next years contest will be scheduled tentatively for late May/early June - hope to see everyone there! (Thanks to A. Marqulies for providing these meet results).

Hoosier Last Chance Qualifier
09 JUN 01 - Bloomington, IN

MEN	SQ	BP	DL	TOT
Teen 16-17				
67.5				
A. Rebecca	325	185	350	860

(Thanks to USAPL for providing these results).

10th Larry Frederick Jr. BP
3 Mar 01 - Lansdale, PA

Open		(50-59)	
148 Lb.		Division B	
T. Pinkett	395	M. Dennis	360
165 lb.		C. Augustine	340
L. Dellmyer	340	D. Ohler	315
181 lb.		F. Adler	300
P. Contastatnes	385	WOMEN	
R. Yeaney	380	(Malone Scoring)	
B. Kizer	325	G. Kopp	145
C. Katila	320	B. Honore	100
C. Zwicker	315	Masters	
J. Teklits	285	Division A	
J. Robb	265	B. Honore	100
198 lb.		Division B	
S. Thomas	340	E. Lonnberg	75
P. Kirstner	270	Division C	
D. Iawniuk	240	A. Quinby	60
220 lb.		Teen	
J. Norell	415	(14-16)	
S. Damon	405	Division A	
D. Esquirell	375	W. Poole	151
D. Ratchford	360	B. McMagle	136
J. Piperato	350	L. Piperato	133
C. Augustine	340	Division B	
R. Ambrose	335	(17-19)	
M. Dennis	280	C. Zuicker	197
W. Schoenhut	275	J. Musselman	167
242 lb.		D. Iwaniuk	145
P. Green	475	TEAM	
S. Esposito	460	Competitors	1645
M. Waldspurger	415	N. Penn YMCA	1450
B. Ranberger	375	Phillipsburg	1160
275 lb.		SPECIAL Olym.	
M. Mann	415	E. Briner	160
J. Rigous	400	C. Zelmer	150
SHW		E. Evans	145
J. McKenney	500	B. Quinn	135
F. Adler	305	T. Herman	135
MEN		L. Wiley	130
Masters		G. Weaver	125
(40-49)		J. Griffith	125
Division A		R. Johnson	120
R. Ceriani Jr.	440	D. Miller	120
A. Butler	360	K. Kleimer	115
J. McNamee	355	M. Pavlinski	115
O. Honere	400	C. Nissley	95
J. Rigous	400	N. Boynes	90
B. Musselman	355	B. Mengel	85
J. Piperato	395	M. Guerin	70
M. Murphy	260	M. Harrison	55
		J. Ortiz	55

BEST Overall Lifter: Terrance Pinkett (148) 395 lb. (Thanks to Steve Unrath, of North Penn YMCA, for providing the results of the meet).

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If Under 18 have Parent Initial _____

Signature _____

FORD'S GYM

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Wisconsin State Bench Press
5 May 01 - Madison, WI

MALE		K. Bonde	420
Teen 148 lb.		Open	
D. Pope	285	148 lb.	
A. Good	235	J. Reeves	300
165 lb.		E. Toske	275
P. Steinbergs	265	D. Aldag	245
181 lb.		165 lb.	
J. Falke	300	R. Weske	340
WOMEN		J. Rodriquez	330
Master		181 lb.	
123 lb.		J. Roberts	440
D. Huset	150	S. Berger	255
Open 123 lb.		198 lb.	
D. Huset	150	M.Ischo	370
165 lb.		R. Hanson	315
L. VanBuskirk	230	J. Deitrich	275
L. Styrlund	220*	220 lb.	
K. Stewart		L. Malcomson	510
198 lb.		J. Widmar	410
J. Berger	205	T. Lisack	380
198+ lb.		J. Markham	375
C. Reynolds	200	J. Winchel	340
MEN		242 lb.	
Masters		C. Alsteen	525
148 lb.		P. Rohde	420
D. Aldog	245	A. Kostuck	410
181 lb.		P. Carreon	395
A. McCredie	310	T. Depner	350
220 lb.		275 lb.	
T. Lisack	380	S. Cole	500
J. Markham	375	G. Powell	440
T. Bartley	—	SHW	
275 lb.		D. Martin	600*
J. Twet	340	M. Hodge	585
SHW		S. McMahon	440

*=Best Lifters. (Thanks to Ford's Gym for providing the results of this contest to *PL USA*).

27th USAPL Ozark BP (kg)
21 Apr 01 - St. Louis, MO

BENCH		125+ kgs./275+ lbs.	
WOMEN		J. Lewis	280
Open		M. Jones	187.5
67.5 kgs./148 lb.		Masters (40-44)	
C. Trosper	100	60 kgs./132 lbs.	
K. Jones	80	K. Womack	85
Teen (14-15)		75 kgs./165 lbs.	
60 kgs./132 lbs.		D. Heleine	127.5
C. Kemna	37.5	(50-54)	
Teen (16-17)		82.5 kgs./181 lb.	
67.5 kgs./148 lbs.		J. Springmeyer	137.5
K. Trudo	32..5	B. Harris	130
75 kgs./165 lb.		90 kgs./198 lbs.	
I. Pledger	52.5	D. Ludwig	167.5
82.5 kgs./181 lbs.		R. Scholz	125
D. Hill	45	(50-54)	
90 kgs./198 lbs.		90 kgs./198 lbs.	
S. Neuman	37.5	C. Poling	135
Masters (40-44)		100 kgs./220 lbs.	
56 kgs./123 lbs.		A. Kisrow	167.5
A. Apple	45	(55-59)	
67.5 kgs./148 lbs.		A. Dicandia	152.5
K. Jones	80	(60-64)	
MEN		J. Bourisaw	150
Open		(45-49)	
60 kgs./132 lbs.		110 kgs./242 lbs.	
J. Hunn	85	G. Chrun	205
75 kgs./165 lbs.		(60-64)	
B. Snelling	145	J. McGuire	130
82.5 kgs./181 lbs.		(40-44)	
D. Riney	188	125 kgs./275 lbs.	
Y. Russell	165	T. Fletcher	172.5
90 kgs./198 lbs.		C. Trosper	155
R. Petzoldt	172.5	(45-49)	
M. Evans	172.5	J. Pledger	182.5
D. Ludwig	167.5	125+ kgs./275+ lbs.	
N. Young	165	J. Pledger	182.5
100 kgs./220 16.		E. Finnell	182.5
K. Richardson	172.5	Teen (18-19)	
N. Kannady	150	67.5 kgs./148 lbs.	
110 kgs./242 lbs.		C. Edwards	117.5
K. Hahn	195	(18-19)	
125 kgs./275 lbs.		100 kgs./220 lbs.	
S. McKelvey	160	D. Farrar	95

Best Lifters Open Women: Carla Trosper. Open Men: Dennis Riney. Masters Women: Kathleen Jones. Masters Men: James Bourisaw. Teen Women: Lindsay Pledger. Teen Men: Clint Edwards. 1st Place Team: Rolla Power. The bench press competition was a bit smaller than both the Missouri State and Ozark Powerlifting meets. However, with that, some of the lifts posted were very good, as the number of records set will attest to that. The meet brought out quite a few new lifters as well, especially teenage women. Members of the Missouri Warcats softball team were getting their feet wet and set several records in the process. Another bencher in her first meet was Kathleen Jones, who lifted an impressive 176 lbs. in her first sanctioned meet. Along with Kathleen, her Wally World teammate Andrea Apple also did some fine lifting. Andres made 99 lbs. on her 2nd attempt, making 2 out of 3 bench presses on the day. For first time lifter Yarnell Russell, he did good also making 2 out of 3. Yarnell finished 2nd in the 181's with a fine 363 lb. lift. I met him last month at the Ultimate Gym's High Rep contest where he was a winner doing 37 reps with his bodyweight. That being said, it's obvious once he learns more about the rules and training, he could go far. The winner of the 181's though, was no stranger to members of the Misouri USAPL. Dennis Riney, a buzzsaw of a lifter built low to the ground with thick limbs, won this battle in a landslide. Riney finished with 407 lbs. but actually pressed 429 lbs. on his third. Had he kept his hips on the bench, he would've upped his own full meet record. He looked strong though, and good for plenty more than what he attempted. Count on him to push his records up even higher in the future... I GAR-OWN-TEE IT! In the 198s, Roger Petzoldt completed the triple crown by taking the Ozark Bench title as well as the Missouri and Ozark PL titles. He pressed 380 lbs., which I'm sure has to be close to PR land for the Rog. In the 220's Nick Kannedy of Walty World placed 3rd with a lift of 330 lbs. Runner up in this class was longtime Missouri lifter, Kurt Richardson. Kurt made 380 on his 3rd attempt, and looked good for several more lbs. Although he lifted as a 220 lber. he only weighed 205.5 that morning. He indicated that his goal before totally abandoning the 198's was to hit the 400 lb. milestone. From the way he looked, it won't be long. The winner of the 220's was Mike Metheny, who recently relocated to Kansas. Talk about dedication, he continued to train even though he had the task of loading up the truck and moving to his proverbial Beverly Hills. His lift of 396 lbs. gave him the victory in what I believe was his third USAPL meet. He has become a regular at our meets and is also a good lifter. I'd expect Mike to also go over 400 lbs. soon. Speaking of handling some weight, Jeff Lewis brought the show to St. John the Baptist that day and what a show it was. King Louie opened up with a laughable 573. After blowing this off of his chest, his goal was to up his own record set back in Sept. at ME Bench press Nationals. After this lift. 611 lbs was wiped away and replaced with a new mark of 617 lbs. for his third. 628 was a bit much as he missed at the top. He indicated that his shoulder had gave him a little trouble in the weeks prior to the meet. When healthy, expect him to go even higher because he's more than capable of doing it. I can even begin to list each and every one of the Master benchers. I'm glad to say that we have a high number of lifters in that division, which is good because it sets a great example to all of us young guys that age and treachory overcomes youth and skill. I would urge all that are capable, to go to Ohio in September and compete in the Bench press Nationals I or the Masters, the World. Masters BP meet will be in the USA held down in Texas in early 2002. This is the chance of a lifetime. If your lifts are up, get to the meet because you could very well be selected for the World team. There were a handful of lifters that missed their chance to go to this year's Worlds in Luxembourg because they didn't compete in our Nationals last year. For Maureen Post, Jim Bourisaw and Greg Chrun, this wasn't the case. They lifted, they were selected and all three represented their country in the inaugural Masters BP Worlds. So, strike while the iron is hot and compete! In the team division, we had only one team entered and it was a team from Rolla Missouri, headed up by Ed Fnnell and George Helaine. Could we see a friendly rivalry developing between the Wally World gang and Rolla Power? Stay tuned, because it could get fun. Wally brings a whole gang of lifters of all ages and sizes that just keep going through the door. This guy has been in the lifting business as long as this author has been breathing, so expect him to have his team ready. You can also expect to got something in print from the Wellmiester soon, too. In trying 10 recruit authors to pen some articles for the webpage, with all of his history and experience Wally was the first person I called. Congratulations to all who competed in the bench press competition. (Thanks to Rick Fowler for providing the results of this meet).

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2001 Wisconsin State Bench Press: *Men's Best Lifter - Dave Martin with 600; Women's Best Lifter - Laura Styrlund with 220. (Photograph by Ford Sheridan).*

USPF New England Bench
24 Mar 01 - Manchester, NH

WOMEN		M. Martins-176	330
Junior		D. Horton-167	260
M. Roose-113	105	198 lb.	
Open		B. Topol-194	330
M. Ferrara-113	110	220 lb.	
C. Khoury-146	110	D. Montembault	410
Submaster		T. Whalen-202	320
M. Ferrara-113	110	MEN	
Master		Open 181 lb.	
C. Khoury-146	110	B. Napierata	440
MEN		J. Morrison	310
Submaster		J. James	285
181 lb.		220 lb.	
J. Morrison-178	310	M. Ahern	425
198 lb.		D. Montembault	410
J. Pettigrew-192	325	T. Comeau	390
242 lb.		H. Kemp	350
E. Basile	—	242 lb.	
SHW		E. Basile	—
T. Saunders-379	475	275 lb.	
Master		S. Sequin	355
D. Montembault	410	J. Bourgault	440
181 lb.		R. Discipio	—

SHW	SQ	BP	DL	TOT
T. Saunders-379	820	475	135	1430

Referees: Jamie Fellows, Rod Roy, Dave Miller, Dave Follansbee. Announcer: Rocco Boulay. Expeditor: Carole Fellows. *Submaster Men, and Masters Men divisions are listed by lifters weight class for Powerlifting USA Ranking, and not necessarily by placement at the competition. This years contest was held at the Comfort Inn in Manchester, NH. A great venue conveniently located off of Exit 4 on Interstate 293, it hosted one of the best contests I've ever seen! We had a full day of great lifting and the comradery between everyone was outstanding! Never in my eight years of this sport have I seen such a great group of people! You guys can all come back to my contests anytime! Special Thanks go out to Rocco Boulay, Jamie and Carole Fellows, Rod Roy, Lance Taylor and the gang at Europa Sports who support powerlifting, Dale "Squirrel" Murdough, Jeff Morrison, Dave Miller, Mom and George, William Dugay, Don and Brian, and everyone else for all of their help. Also, our sponsors: NUTRITION 10 1, Europa Sports Products. Remember, to see what's happening in New England powerlifting check out our USPF NH State web site: www.AMERICANPOWERLIFTING.com or www.USABODYBUILDING.com See ya all next year! (Thanks to Dave Follansbee, NH State Chair, for providing these competition results).

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4 AUG, Matt Heydinger BP Memorial (men, women, teen by formula) Steve Alcholz, 424 S. Kibler St., New Washington, OH 44854, 419-492-2715

4 AUG, ADAU NE Championships (open, women, teen masters - all raw) Bart Wood, 906 W. 5th, Erie, PA 16507, 814-461-8926

4 AUG, 4th Horseheads Pre-Season PL, Bert Conklin, 643 Terry Hill Rd., Horseheads, NY 14845, 315-727-5970 or Ed Patten 607-733-4997

4 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

4,5 AUG (expanded date & meet), WNPF New Jersey Championships & **USA BP, DL, Ironman** (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

5 AUG, KPO Show-Me Push Pull (BP & DL) Jim King, 3229 Queen Ridge Dr., Independence, MO 64055, 816-985-3196, BIGBENCH2001@aol.com

6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com

11 AUG, APA Power Rebel's Open PL & BP Meets (Montgomery, AL) Gold's Gym 334-271-7575 or johnnyslxx@aol.com or Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com

11 AUG, Pennsylvania State PL & DL (open, teen, jr., submaster, master, fire & police - outdoor BBQ - Horsham, PA) Robert Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net

11 AUG (new phone number), INSA North American Championships (Mesa, AZ - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fitness 817-268-3488

11 AUG, Lincoln Summer BP (Lincoln, NE - open, teen, master, P & F, novice, women) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@huntel.net

11 AUG, APA Midwest Regional BP/DL/Push Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

11 AUG (new date), APF Vench Beach Push/Pull PL, Venice Beach Rec. Ctr., 310-399-2775

11 AUG, 6th APF Granite State Open BP $ 4th Granite State Open DL (men, women, teen,jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

11 AUG, 2nd APF USS Escanaba Memorial PL/BP Classic (Grand Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrienta@iserv.net, www.apfmichigan.com

11 AUG, USAPL Mississippi State, Rhodes Fitness, Hardy Court Shopping Center, Gulfport, MS 39507, 228-868-0190 or 896-3277.

11 AUG, USAPL N.J. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

11,12 AUG, WABDL Alki Beach BP & DL (12th) & Strongman (11th) Contest (world championship qualifier - drug tested), Bull Stewart, 206-725-7894 or 343-4692

11,12 AUG, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

12 AUG (new date), WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17-21 AUG, IPF World Games PL (Akita, Japan)

18 AUG, AAU East Coast World Qualifier & North Carolina State Assisted (Randleman Sr. High School) Sandy Lemonds, Box 704, Randleman, NC 27317, 336-672-5433

18 AUG, 5th King Fitness Pound for Pound (Most reps/total tonnage - open & 20 and under) Matt Kelly or Ralph Lara, 3253 Hwy 35 N., Hazlet, NJ 07730, 732-335-0911

18 AUG (new date), APA Bench Press Nationals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

18 AUG, USAPL Power Surge 2001 PL & BP, Michelle James, 1239 Duncan, Alliance, NE 69301, 308-762-7043, Michelle@bbc.net

18 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

18,19 AUG, 8th AAPF/APF Snake River PI & BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Ave., Idaho Falls, ID 83402, MWF 5-7, 208-523-0600, apf_id_mhiggins@yahoo.com

19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24-26 AUG, WDFPF World Single Event Championships (Community Center, Taber, Alberta, Canada) Randy Sparks, 403-223-2479

24 AUG, APF Maine State Push/Pull & Bench Press (outdoor) Russ Barlow, 175 Kennebec Tr., Turner, ME 04282, 207-225-5070 & Scott Blanchard 207-795-0016

25 AUG, 1st annual YMCA of Saratoga BP (Saratoga, NY) John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000

25 AUG, APA Ohio Open PL & BP Contests (Toledo, OH) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com

25 AUG, "Lynch Mob Classic" Shirtless BP (Circleville, OH) John Weaver, 740-477-6847 or John Elick, 740-420-3063

25 AUG, 1st Annual Carolina Bench Meet (Monroe, NC) Danny @ Box 2524, Matthews, NC 28106, 704-764-2145, 283-5587

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

25 AUG (new contact info), WABDL Budweiser Summer Strength Festival (Bend Riverside Motel) Gus Rethwisch, Box 90305, Portland, OR 97290, 503-762-5066, FAX 503-762-5067

25 AUG, 11th Endless Summer BP & DL Classic (Elkhart, IN) Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471

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

25 AUG (modified date), USAPL Lifetime Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

25,26 AUG, AAU Raw Nationals & North American BP (Radisson Hotel) (San Bernadino, CA - Open, Lifetime, Masters, Life masters, junior, youth, teen, submasters, law/mil, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntripwr@pe.net

26 AUG (new date), USAPL National Police & Fire PL/BP, John Shifflett, Box 941,

2001

World Mens/Women's Masters I.P.F. Powerlifting Championships

October 18,19, 20, 21st

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Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
AUG, WNPF Palmetto Classic PL, BP, DL (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
AUG, NASS Dino Day VIII - Ohio Valley Strongman (Columbus, OH) Nick Osborne, 614-481-9839, nick@phostraining.com
AUG, AAU Nevada/California & Utah High School PL & BP Regionals on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)) Mike Grajek, 702-498-9867, grajek@sisna.com
***1 SEP,** WABDL Idaho State Meet (Nampa, ID) James Preston, 208-465-0532*
1 SEP, 4th AAU Hawaii Push/Pull (Windward Mall, Kaneohe) Keith Ward, 259-9800
1 SEP, AAU Maryland State BP, Gold's Gym, 5620-B, Buckeystown Pike, Frederick, MD 21704, 301-698-4653, Fax 301-698-7238
1 SEP, WABDL Southern States BP & DL (Houston, TX) Bob Garza 281-820-5923
1 SEP, NASS Oklahoma Strongman Contest (Tulsa, OK - open men & women, teen) Sean Baker & James Griggs, 918-834-6376
2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
8 SEP, 5th Eclipse Supplements USAPL Judgement Day BP, Joe Luciano, Greater Scranton YMCA, 706 N. Blakely St., Dunmore, PA 18512, 570-342-8115 Ext. 230
8 SEP, NASS Tri-States Strongman (open men - Canton, MO) Pete Hettinger, 217-231-7076, phettinger@culver.edu
8 SEP, ADAU Single Lift Nationals SQ, BP, DL - Open & All age groups both men & women, lift in 1, 2, or 3 events - no total, Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 or al@pikitup.com
8 SEP, WABDL West Coast BP & DL (Sacramento) Jody Woods, 916-431-5503, FAX 443-6200
8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
8 SEP, APF Venice Beach W. Coast Open BP, Venice Beach Rec. Ctr., 310-399-2775
8 SEP, WPO (TM) Bench Bash for Cash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
8,9 SEP, APA Powerlifting Nationals (Laurel, MD) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
***9 SEP,** APA Lakeland Open BP, DL, Push-Pull (Lakeland, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com*
***9 SEP,** NPA Central States Open (PL, BP, DL - Drug tested) Champions Fitness Center, 1360 S. Alpine Rd., Rockford, IL 61108, 815-232-7542 (Duane) or 815-398-8684*
12-16 SEP, IPF World Juniors (Sofia, Bulgaria)
***15 SEP,** Beast of the East BP & DL & **World Tandem Deadlift Championships** (O.C. Convention Center) YES Inc., Box 279, Fruitland, MD 21826, yes@ezy.net*
***15 SEP,** New York State Xtreme Bench Press (men's open, women, teen, master - Body Mechanics Fitness Center - Baldwinsville, NY) Tom Kristoff * 82-315-652-0094 (leave message) or Dave Kingwater 518-437-5130*
***15 SEP,** APA Washington State PL Championships & single event BP/DL, Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com*
15 SEP, NASS Strongest Man in Arkansas (open men and women, teen, novice, master) Ed Morrison, Box 1397, Bald Knob, AR 72010, 501-724-9664
15 SEP, USPF Ohio State & Open BP (Open, law enforcement, fire, masters, women) Anthony Spencer, 217 Cline St., Mansfield, OH 44907, 419-774-9980, sqbpdl79@aol.com
15 SEP, 1st "Iron Boy" Classic BP (Winston - Salem, NC) 336-924-1754, addanotherplate@hotmail.com
15 SEP, USAPL California State Bench Press (Bakersfield, CA) Eddie Haflich, 661-327-2582
15 SEP, Harbor Days Bench Press (Oceanside, CA) Randy Gallan, 1424A Phillips St., Vista, CA 92083, 760-724-3947, rgallan@vusd.k12.ca.us
15 SEP, IPA North American BP (Pittsburgh, PA - All divisions & wt. classes, pro & amateur) Rob Capozzolo, 412-466-4866
15 SEP, KPO Mike's Main Event (BP & DL) Jim King, 3229 Queen Ridge Dr., Independence, MO 64055, 816-985-3196, BigBench2001@aol.com
15 SEP, APA Colorado State (PL, BP, DL - Denver, CO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
15 SEP, WABDL Louisiana State BP/DL (New Orleans) Arrid Hansell, 504-491-5061, 392-9743
15 SEP, 3rd Annual Deadlift on the River, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683
15 SEP, USAPL Michigan Hall of Fame (BP, DL, PL) Dick Van Eck, 616-521-4031
15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513
15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
16 SEP, WNPF Natural, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670
16 SEP, USAA New England Firefighters Arm Wrestling Challenge, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength
16 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press (men & women, native, youth, teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, Jay.Toth@fredonia.edu
16 SEP, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhota, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306
***22 SEP,** N. Florida BP (male & female) World Gym, 5810-3 Normandy Blvd., Jacksonville, FL 32205, Velvet or Jenee' 904-378-1551*
22 SEP (new title and date), 4th AAU East Coast Regional PL & BP Championships (raw & assisted, youth, teen, men & women, masters, deadline 9/1/01, can qualify for Raw & Assistend Nationals and Raw ONLY Worlds) Barbara Beasley, AAU State Chair, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570 or Roger Ernst, 804-320-1456, rlernst@aol.com
22 SEP, 3rd Sci-Fit BP Championships (open, novice, women, master, teen) Joe Deverulle, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005
22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513
22 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
22,23 SEP, APA Powerlifting Nationals (Laurel, MD) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com
22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464
23 SEP, WNPF Connecticut PL, BP, DL, SQ (Stratford, CT) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
24 SEP, APA Arizona State PL, BP, DL (Tucson, AZ) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
29 SEP (new date), 1st Fall Strongman Challenge, Graham Barthlolomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com
29 SEP, WABDL Washington State BP & DL (Hoquian, WA - world championship qualifier - drug tested) Don Bell, 360-533-5711
29 SEP, NASA West Texas Regional (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513
***29,30 SEP,** ISA Regional BP & Rep Contest (Douglasville, GA Boys & Girls Club) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-PUSH-PULL, www.isapower.tv*
30 SEP, SLP NATIONAL 'RAW' POWERLIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
SEP, ISA Regional BP & BP for reps (Douglasville, GA) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv
SEP, I.S.A. Regional BP & BP bodyweight for reps (Douglasville [GA] Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299
SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513
SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
***6 OCT,** APA Star City PL Classic & BP Contest (Roanoke, VA) Mike Brookman, mbrookman@us.inter.net, Lancerlot Sports Complex 540-981-0205, Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com*
6 OCT, WNPF E. Coast BP, DL, Ironman (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
6 OCT, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158
6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513
6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
6,7 OCT, Cam-Am World Cup PL/BP (Lethbridge, Alberta, Canada) Bruce Greig, 403-938-3067, Fax 403-938-0489
7 OCT, USAPL Deadlift Nationals (new date) (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
***13 OCT,** Walker's GYm BP Classic (raw & open, teen, women, men, military, police, fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918*
***13 OCT,** East Coast Strongman/woman Championship, Gayle Schroeder, 757-481-6963, strength@exis.net*
***13 OCT,** APA Arizona State PL Championships, Arizona State BP & DL Championships (University of Arizona, Tuscon, AZ) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com*
***13 OCT,** 7th APF Wolverine Open PL/Ironman/BP/DL, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114, www.apfmichigan.com*
13 OCT, Olympus Fitness BP (teenage boys & girls, women open, women masters, open, submasters, masters) Olympus Fitness Center, 5470 St. Barnabas Rd., Oxon Hill, MD 20745, Vernell Morris, 301-505-2255 or Paul Eberle
13 OCT, Super Bench 2001 (men, women, teen, jr., submaster, master - deadline 10/1/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength
13 OCT, NASS North America's Strongest Man (Euless, TX - open men & women, teen, masters) Bill Holland, 817-263-1800 (d), 847-6082 (e), wwilly@swbell.net
13 OCT, 5th Pennsylvania Power BP/DL Power Challenge, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
13 OCT (new contact), NASA Big River Clas-

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sic PL/BP (Blytheville, AR) Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094

13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

***14 OCT,** Muscle Bound Fitness Fall Classic BP and/or DL, Muscle Bound Fitness, 102 E. Main St., W. Lafayette, OH 43845, John or Kayleen Blackstone, 740-545-0840 or 6577*

16-21 OCT, IPF World Masters (Moose Jaw, Canada) Wayne Cormier, 10929 Scott Dr., N. Battleford, Saskatchewan, Canada S9A 3N2, 306-446-1330 or fax 306-445-2829

***19 OCT,** 6th Pennsylvania Power Challenge (BP/DL) Gene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823*

***20 OCT,** Training Center Classic BP (open men and women - New Castle, DE) Joyce Smith, 302-533-3438, JSmith3287@aol.com*

20 OCT, 10th Muscle Beach Special Olympics Lift-Off (Muscle Beach - Venice, CA) 310-399-2775

20 OCT, 19th ADAU Raw Drug Free "Central PA Open" (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

20 OCT, NASA East Texas Regional (Longview) NASA, Box 735, Noble, OK 73068, 405-527-8513

20 OCT, SLP Fall BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

***21 OCT,** USAPL "2001 Iron malden Potomac Push Bench Press Contest" Geroge Shoemaker, 10 S. Loudoun St., Lovettsville, VA 20180, 540-822-5829, GeoShoe@aol.com*

21 OCT, SLP Pecatonica Fitness Fall BP/DL (Pecatonica, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

21 OCT (specified date), 1st Southeastern Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

21 OCT, CAN AM BP & DL & Push/Pull (Montreal) Marcel St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, J1E 2S2, Canada, 819-346-9466, Fax 819-346-6104.

26-28 OCT, WNPF World PL, BP, DL, SQ & Ironman (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

26-28 OCT, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

***27 OCT,** APF/AAPF "The Power House" PL & BP, Nick, 5634 S. 107th East Ave., Tulsa, OK 74141, 918-459-5956*

***27 OCT,** AAPF Indiana State & Hoosier State Open, Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471*

27 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

27 OCT (new phone number), INSA World Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fitness, 817-268-3488

27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com

27,28 OCT, USAPL Nevada State, Jim Kralich, 150 Chris Ave., Elko, NV 89801, 775-777-7591

27,28 OCT, NASA North Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

27,28 OCT, ANPPC NATIONALS (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 OCT, Best of the Southwest V (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Siwiak, 724-941-7270

OCT, USA/Icelandic Strongman Challenge, Huge Iron Gym, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-hug-iron, www.hugeiron.com

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August 6, 2001 - Police & Fire Nationals (Las Vegas, NV)

November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue, Daytona Beach, FL 32176, (904) 677-4000

OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

OCT???, NASA W.V. Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

OCT???, NASA Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

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

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

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

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

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

3 NOV, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

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

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

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

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

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

***10 NOV,** 8th Ed Jubinville BP (men, women - all age groups/wt. classes) Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201, 413-499-1217*

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

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

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

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

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

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

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

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

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

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

15-19 NOV (new contact info), 24 Hr. Fitness WABDL World BP & DL Championships (Pepper Mill Hotel, Reno, NV)

Gus Rethwisch, Box 90305, Portland, OR 97290, 503-762-5066, FAX 503-762-5067

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

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

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

17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

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

17 NOV, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513

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

24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

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

1 DEC, Y.E.S.P.A. PL & BP Nationals, Trend Dashiell, Box 279, Fruitland, MD 28126, 410-742-9201, 749-9101, ask for Trend, Jimmy, or Fred

1 DEC, USPF Winter Classic BP/DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, Kostas@frazmtn.com or Steve Denison, 661-664-7724

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

***1 DEC,** "Miller Chev" Christmas BP Classic (open, teen, women, masters, police/fire/military) The Gym In Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064*

1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

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

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

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

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

2 DEC, New England Raw PL, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728

2 DEC, SLP Rhinos Fitness BP/DL Classic (Roscoe, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

***8 DEC,** USAPL Hawaii State, Tony Lelato (808)988-6378, alelato@D14.USCG.mil*

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

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

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

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

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

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

9 DEC, ADAU 9th Raw Drug Free "Coal Country" BP & Dl Classic (separate meets - no total - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

12-16 DEC (new date), 100% Raw World Championships (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

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

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

DEC, I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299

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

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

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

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

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

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

2 MAR, 11th Annual Larry Frederick Jr. Memorial Bench Press Challenge, North Penn YMCA, 608 E. Main St., Lansdale, PA 19446, Steve Unrath, 215-369-1601 ext. 230

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

9,10 MAR, I.P.A. Teenage Nationals (12-19 - Columbus, OH) Dan Dague, 5406 Kirkwood Dr., Grove City, OH 43123, 614-877-1391

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

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

***MAR,** USAPL Pennsylvania State (Greater Scranton YMCA, Dunmore, PA) Joe Luciano 570-961-0915 (w), 342-8155, www.geocities.com/steventmann/vmeets.html*

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

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

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

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

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

APR, USPF North American PL/BP (men/women open, 14-23, 35-39, 40+, collegiate) Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

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

4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested) Craig DeSoto, 808-667-4363

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

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

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

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

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

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

10-15 SEP 02, IPF World Juniors (Venezuela)

9-13 OCT 02, IPF World Masters (Cordoba, Argentina)

13 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

12-17 NOV 02, IPF World Men's (Bratislava, Slovakia)

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

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

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

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Pocket Samson's NASA US BP/CL
17 Sept 01 - Hagerstown, MD

WOMEN	BP	CURL	TOT
Master 119 lb.			
B. Barnowich	140	60	200
Open			
K. Edgel	140	70	210
T. Raney	—	30	—
Submaster 138 lb.			
S. Paul	110	75	285
L. Dicaprio	95	35	130
Open 154.3 lb.			
C. Kireta	160	70	230
MEN			
HS 170.3 lb.			
J. Zentz	200	—	—
Open			
G. Deramus	280	—	—
B. Edwards	—	150	—
HS			
J. Raney	150	70	220
187 lb. Open			
M. Quarto	—	155	—
Submaster			
P. Clark	—	115	—
205 lb. Open			
J. Brown	430	160	590
T. Weaver	350	175	525
276 lb. Junior			
R. Crist	—	145	—
Submaster			
M. Smith	—	160	—
250 lb. Raw Open			
J. Kenney	405	—	—
W. Denes	375	—	—

I praise the Lord for the nineteen lifters we had at the Hagerstown, Maryland Gold's Gym. Female Best Lifter Award was earned by a very strong-sexy-cute lifter named Barbara Barnowich on a vantastic day. Best Male Lifter Award and Biggest Bench Press Award was earned by Big Jimmy Brown. Biggest Curl Arard was earned by Todd Weaver. Q-Fitness won the Team Trophy: Coach Mike Quarto, Lisa DiCaprio, and Jon & Teresa Raney. Congrats to everyone. Thank you Gold's Gym. Jesus Bless. (Thanks to Glen Murphy Jr. for these results).

1st AAPF West Michigan
31 May 01 - Grand Haven, MI

BENCH				
MEN				
Open 148 lb.				
T. Feight	185			
165 lb.				
T. James	275			
242 lb.				
T. Pearch	350			
SHW				
B. Wheeler	270			
Master (40-44)				
MEN	SQ	BP	DL	TOT
Open 198 lb.				
T. Doll	500	335	520	1355
S. Kuderick	630	380	550	1560
242 lb.				
J. Wagner	450	330	480	1260
Teen (13-15) 165 lb.				
C. Evans	145	180	—	—
Junior (20-23) 220 lb.				
C. Olszewski	—	345	500	—
Novice 165 lb.				
D. James	—	—	—	—
181 lb.				
R. Rynbrant	400	270	4050	1075
220 lb.				
M. King	475	275	465	1215
242 lb.				
J. Wagner	450	330	480	1260
Submaster 198 lb.				
J. Proce	455*	330*	450*	1235*
220 lb.				
M. King	475*	275	465	1215
Master (50-54) 220 lb.				
J. Jeurink	505*	300	560*	1365*
Master (50-54) 220 lb.				
J. Woughter	280*	220	320*	820*
(70-74) 181 lb.				
B. Creech	205*	125*	260*	590*
WOMEN				
Open 165 lb.				
L. Rivers	150*	115*	260*	525*
Teen (18-19) 148 lb.				
H. Sterzick	280!	150!	330!	760!
Submaster 165 lb.				
C. King	120*	85*	145*	350*
Master (45-49) 198 lb.				
B. Larr	130!	120!	200!	450!
(65-69) SHW				
A. Collins	95!	85!	195!	375!
242 lb.				
F. Schneider				380*
308 lb.				
B. Edwards				520!
(50-54) 148 lb.				
T. Feight				185!
165 lb.				
J. Martin				235*
WOMEN				
Open 165 lb.				
L. Rivers				115*

Barb Barnowich was Female Best Lifter at Pocket Samson's NASA US Bench and Curl meet. (Glen)

* – AAPF state record. ! – APF and AAPF state record. Twenty four lifters made the trek to the Antioch Christian Center in downtown Grand Haven, MI just a few blocks from the beach for the 1st AAPF West Michigan Championships. The weather was gorgeous, the competitors fierce, and the meet crew was as efficient and helpful as ever. Strict, consistent judging was provided by Dante Fortin, Mike Andrus, and John Maddox. Spotting/loading work was provided by the strong backs of Paul Sazy, Dr. James Chantler, and Jim Hinze. The best lifter in the men's open heavyweight category was John Wagner (1260 @ 242), men's open lightweight was Scott Kuderick (1560 @ 220), men's bench Bruce Edwards (520 @ 308), women's bench was Lyn Rivers (115 @ 165). A number of state records fell today, including the 308 pound weight class bench press record for both the AAPF and the APF! Bruce Edwards stormed out for an impressive 505 opener on the beach. The weight flew up fast and sure for a new state record! He came back to handle 520 with ease and came within a short lockout of making 530, and did it all in a single ply poly shirt. I can't wait to see what he can do in denim at the MI Bench For Cash meet in January (that's a hint, Bruce). Scott Kuderick put on an inspiring display from his 600 opening squat right through to his 550 pull. We had teen lifter Christopher Evans competing in his first meet, and making record worthy squats and bench presses, before bombing when he didn't get in a deadlift. Not to be outdone by the youngun's, the masters put on quite a show with Jim Jeurink less than 200 pounds behind mighty Scott's total! Ben Creech set some personal records today, as did submaster and new lifter Charlene King. Heather Sterzick had a rough start, collapsing under her opening squat, but came back determined and focused to get a 760 total at 18 years old in the 148's. Taggert Doll got the 335 bench I knew he could do, and looked good for 340. Chris Olszewski bombed on the squats, but was permitted to continue on to show us a fine 500 pound pull. Somehow or another James Proce managed to get approval to compete on his anniversary, putting up a 1235 total in the 198's. Mike King (coach and hubby to Charlene King) had an off day but still got 1215. The double hitch kid shied away from the big lifts and just did the bench; he said he forgot his special cream so he couldn't squat. All in all, it was a great meet. A huge thanks to Ernie Frantz for the use of a Monolift and to Paul Sazy for getting and returning it for us! Our sponsors helped to make the meet possible, especially Powerhouse Gym's of Grand Rapids who supplied iron and benches to the warm-up room. Optiprise consulting donated a laptop to run the incomparable Meet Director by Visionary Business System's Jim Hinze. Crain's Muscleworld (hppt://www.crainsmuscleworld.com) donated $20 gift certificates to our best lifters. Grand Haven Jewelry helped to pay the cost of the venue. Hard Boddies Discount Supplements (http://www.hbstores.com) donated a lot of bars and powder for us to sell to the lifters. All my deepest thanks go to my wife, Alexandra, who really runs those things! Be sure to check out http://www.apfmichigan.com for all the happenings with the APF in Michigan. We look forward to seeing you all at the next APF Michigan meet on August 11 at this same great venue. (Thanks to APF Michigan Co-chairman Tommy O'Brien for providing these results).

USAPL Quest Qualifier
26 MAY 01 - Duluth, GA

MEN	SQ	BP	DL	TOT
Teen 14-15 123				
S. Wachtel				
A. Tavormena	305	220	325	854
Teen 16-17 165				
B. Tavormina	418	303	462	1185
Teen 18-19 275				
B. Gerlone	534	347	551	1433
Junior 20-23 220				
F. Ducille	584	341	606	1532

(Thanks to USAPL for providing these results).

USAPL Dave Martin Memorial
18 Apr 01 - Bloomington, IN

WOMEN	SQ	BP	DL	TOT
132 lb. (M1)				
A. Romero!	275	185*	340*	800*
148 lb. Open				
S. Simmons	—	170	—	—
L. Nelson	—	160	260	—
165 lb.				
A. Pankoke	—	155	—	—
MEN 123 lb. (M1)				
S. Meadows	335*	245*	435	1015*
148 lb. (T16-17)				
D. Bruckman	285	225	360	870
165 lb. (T18-19)				
J. DaViera	400	285	425	1110
D. Blackford	405	240	420	1065
181 lb. (Open)				
R. Perine	565	410	550	1525
(Junior)				
D. Fletcher	475	325	565	1365
198 lb. (T18-19)				
S. Davies!	470	315	515	1300
220 lb. (Open)				
M. Willett	255	410	710*	1375
(T16-17)				
J. Montoya	425	300	430	1155
242 lb. (Open)				
D. Ballard!	720*	380	720*	1820*
M. Swift	665	425	635	1725
(T18-19)				
J. Hisaw	450	340	425	1215
319 lb. (Open)				
M. Hartle	255	475	145	875

*–State Records. !–Best Lifter. Meet Directors: Doug Ballard & Greg Simmons. Judges: Greg Simmons, Ervin Gainer, Mike Willett. Spotters/Loaders: Adam Schaeuble, Tom Smith, Sean Malecha, Lannie Pullon, Tyler Thompson. Scorer's Table: Stephanie Smith, Susan Simmons. (Thanks to USAPL for the meet results).

7th Midwest BP
17 Mar 01 - Green Bay, WI

MEN	
Teen 148 lb.	
T. Schreiber	185
M. Onkels	135
165 lb.	
S. Griep	300
M. Clark	225
181 lb.	
T. Mettum	220
M. Mueller	205
K. Loberg	205
G. Weber	185
198 lb.	
M. Warwick	215
220 lb.	
B. Wallace	240
D. Thome	215
T. Weber	205
242 lb.	
J. Jansen	225
SHW	
K. Kroll	255
WOMEN	
Teen 148 lb.	
D. Doan	120
D. Harvey	110
Open	
J. Folk-160	180
S. Cagle-156	160
D. Harvey-146	110
B. Turner-199	105
MEN	
Open 132 lb.	
A. Kinnard	230
165 lb.	
M. Zwiers	405
M. Kattchem	325
S. Dax	310
J. Abts	300
J. Majewski	290
J. Detert	250
198 lb.	
C. Dunham	430
J. Zwiers	420
M. Amobia	375
T. Bournoville	360
J. DeCleene	320
242 lb.	
C. Alsteen	540
D. Doan	540
T. Polishinski	425
C. Phillips	415
K. Niles	400
T. Depner	370
D. Hengst	370
SHW	
J. Shell	660
J. Christus	505
C. Hoffman	500
4th	510
J. Watt	500
R. Harvey	450
S. Delene	450
D. Jansen	390
J. Zynda	380
R. Campshure	325
148 lb.	
J. Beaudry	300
C. Majewski	290
B. Schulke	265
J. Morelia	245
D. Aldag	230
181 lb.	
J. Roberts	405
M. Menor	360
C. Hardison	325
J. Moericke	310
A. McCredie	310
J. McDonald	305
R. Zuege	290
B. Ebert	255
220 lb.	
L. Malcomson	505
N. Schoenebeck	485
E. Klapps	460
T. Schmidt	455
M. Becker	450
M. Cimicud	440
K. Dymond	425
B. Wessley	350
A. Lee	335
275 lb.	
S. Lade	555
M. VanBoxel	540
D. Balthazor	490
D. Forstner	430
B. Redepenning	425
A. Kostack	390
Submaster	
198 lb./under	
R. Kell	425
T. Bournoville	360
T. Muir	275
Master	
198 lb./under	
J. Sot-56	300
A. McCredie	310
J. DeCleene	320
D. Aldag	240
K. Parrson	195
Master	
220+ lb.	
Schoenbeck-42	485
SHW	
J. Watt-43	500
R. Harvey-44	450
D. Jansen-52	390
M. Nagel-40	405
B. Vivier-43	375
S. Koroff	—
Submaster	
220+ lb.	
K. Bessler	500
D. Balthazor	490
M. Becker	450
S. Delene	450
T. Depner	370
B. Wessley	350
R. Campshure	325
T. Bauer	280
DEADLIFT	
WOMEN	
B. Turner	225
MEN	
165 lb.	
D. Felton	540
M. Clark	350
198 lb.	
Constantineau	510
M. Amobia	475
220 lb.	
T. Conklin	625
B. Wallace	475
275 lb.	
D. Forstuer	645
Master	
D. Felton-43	540
T. Conklin-46	625
B. Vivier-43	580
DelMarcelle-47	425
K. Parrson-42	350
148 lb.	
J. Morella	360
T. Schreiber	325
181 lb.	
D. Bohne	555
R. Zuege	510
B. Anderson	475
242 lb.	
J. Kohler	585

Team Trophy: Wisconsin Health & Fitness; Larry Malcomson, David Balthazor, Mike Van Boxel, Andy Kinnard, Jim Sot. (Results were provided by Meet Director David Balthazor).

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Python Power League Iron Warriors Drug-Free
21 Apr 01 - Augusta, GA

BENCH	
LADY Pythons	
181 lb. Raw	
S. Thompson	125
4th	135*
MEN 165 lb.	
(14-16)	
J. Johnson	225*
Novice	
T. Taylor	—
181 lb. (17-19)	
E. Billings	276
(50-59)	
M. Norris	155*
198 lb. Raw	
H. Bull	335*
220 lb. (50-59)	
P. Newsome	395*
G. Jones	365
(40-49)	
R. Austin	270
Raw	
G. Bartley	385
242 lb. (40-49)	
T. Price	350*
275 lb. (50-59)	
R. Weaver	456*
Subs	
A. Harris	385
DEADLIFT	
LADY Pythons	
105 lb. Novice	
D. Austin	115
123 lb. Novice	
S. Epperson	185*
MEN	
85 lb.	
(10-13)	
C. Fowler	70
123 lb. (10-13)	
T. Poole	225*
220 lb. (40-49)	
R. Austin	380
(70+)	
M. Branham	450*
242 lb. (40-49)	
T. Price	505
275 lb. Subs	
A. Harris	500
SHW Raw	
J. Ferns	585*
L. Hoagland	565

LADY Pythons	SQ	BP	DL	TOT
123 lb. Raw				
R. Pomeroy	150*	95*	235*	480*
132 lb. Novice				
S. Epperson	180	90	160	430
148 lb. (40-49)				
S. Walker	245*	120*	325*	690*
MEN 85 lb. (10-13)				
R. Fowler	95*	60*	135	290*
123 lb. (10-13)				
T. Poole	125*	90*	225*	440*
181 lb. Raw				
P. Catina	480*	265	420	1145*
Novice				
M. Parker	305	275	325	905
198 lb. PFM				
D. Gurth	475*	330	455	1316*
Open				
J. Calhoun	570*	370	630	1570
220 lb. (14-16)				
P. White	300*	145*	350*	795*
(40-49)				
B. Bridges	370	315	390	1075
B. Hickey	275	215	320	945
Novice				
A. Fowler	450	310	460	1220
Open				
G. Campbell	615	520	555	1700*
(70+)				
M. Brenham	300*	260*	450*	1025*
PFM				
B. Warren	600*	400	585*	1585*
242 lb. Novice				
J. Ammons	385	355	500	1240
(40-49)				
R. Lockhart	626*	456*	475	1455*
275 lb. Sub				
R. Muhammad	650*	475*	525*	1750*
(50-59)				
R. Money	485*	315	475*	1275*
Novice				
B. Smith	485	280	580	1285
SHW Novice				
B. Bak	600	410	450	1460
Open				
L. Hoagland	550	405	525	1540
Raw				
J. Ferris	625*	375	555*	1555*

FEMALE- Best Bench: Sandra Walker. Biggest Bench: Susan Thompson. Best Deadlift: Sandra Walker. Biggest Deadlift: Sandra Walker, Best Lifter: Sandra Walker. Highest Tow: Sandra Walker. MALE- Best Teen: Paul White. Best Legend: Mack Branham. Bast Beach Press: Greg Campbell. Biggest Bench Press: Greg Campbell. Best Deadlift: Jeffrey Calhoun. Biggest Deadlift: Jeffrey Calhoun. Best Lifter: Jeffrey Calhoun. Highest Total: Muhammad. (Thanks to PPL for providing the meet results).

Roy and Andy Fowler *competed at the Iron Warriors contest. (PPL)*

USAPL Tribute to Charlie Schroeder
26 MAY 01 - Kingston, NY

WOMEN	BP	DL	TOT
135			
A. Boyle	135	255	390
T. Janiewicz	75		75
148			
H. Saver	230		
H. Pampinela	150	275	425
H. Morizio	95	245	340
Master			
J. Funaro	115	290	385
165			
Raw			
W. Connors	115		
E. Brown	115	275	390
Guest Deadlift			
E. DeCamp		275	
MEN			
132			
Ironman			
B. Caisson	255	335	590
148			
Iron - Teen			
S. Smith	200	315	515
Teen Raw			
D. Cease Jr.	225		225
Ironman			
R. Salinas	265	325	590
Junior			
C. Dejoy	290		290
165			
Ironman			
G. Nieves	225	440	665
Raw			
R. Daly	320		320
181			
Masters Deadlift			
S. Grossman		300	300
Master 50-59			
M. DiBattista	350		350
Ironman			
B. Marchett	325	510	835
R. Jeffords		340	340
Teen			
JR Bates	255		255
Bench/Jr			
J. Delgado	405		405
M. Geraughty	400		400
Master			
P. Carroll	355		355
198			
Open/Teen			
N. Speach	225		225
Open			
B. Swanson	500		500
G. Weber Jr.	400		400
Teen			
D. Betell		425	425
220			
Master			
A. Speach	275		275
Master Raw			
K. Carroll	325		325
Police/Fire			
M. Taggard	365		365
Open			
J. Melanson		500	500
D. Caddington	380		380
Open/Iron			
R. Hansen	340	650	990
Open/Raw/Master/Iron			
F. Panaro	300	600	900
Master			
R. Greenspan	375		375
242			
Master Guest			
J. Dassenbary		140	140
Iron/Masters			
J. O'Brien	225	300	525
Master			
M. Murphy	360		360
Fire/Police			
S. Bower	300		300
Open			
L. Saviano	490		490
D. Robinson	490		490
Iron/Raw/Police/Fire			
B. Turch	225	455	680
275			
Ironman Raw			
B. Ramage	355	600	955
Masters			
F. Dini	500		500
Police/Fire			
T. Osborne	375		375
Raw			
R. Moncehan	470		470
Open			
R. Madera	380	550	930
Master			
B. Newell	275		275
Ironman Guest			
S. Mann			985
Unlimited			
Open P/F			
D. Taggart	370		
S. Cullen		785	785

(Thanks to USA Powerlifting for providing these results to *POWERLIFTING USA* Magazine).

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SLP Indiana Summer BP/DL
3 JUN 01 - Franklin, IN

BENCH PRESS		Lane Clark	385
police & fire women		4th	395
165		Keith Otto	365
Michelle Sultzer	130*	Lance Betts	330
teenage men 18-19		198	
181		Chad Dailing	370
Josh Hiles	315*	242	
Brent Oertel	275	Chris Staples	300
Doug Ding	225	DEADLIFT	
198		youth men	
M. Von Bruaene	285	Devon Jocquin	155
junior men		police & fire women	
220		165	
Josh Doran	330*	Michelle Sultzer	275*
submaster men		teenage men 18-19	
275		181	
Paul Linville	450	Brent Oertel	455*
master men 45-49		Doug Ding	385
198		198	
Dave Bledsoe	335*	M. Von Bruaene	440
220		junior men	
Tom Boyer	365	275	
242		Sanders Fisher	550*
Tom Blacketer	510*	submaster men	
275		275	
Jim Helsley	475*	Rocky Tilson	605*
shw		master men 40-44	
Mike Boyer	325*	198	
master men 50-54		Jerry Kemna	605*
181		master men 45-49	
Lane Clark	385	198	
4th	395*	Dave Bledsoe	365*
198		242	
F. Medvescek	320	Tom Blacketer	550*
Steve Miscoi	295	shw	
master men 55-59		Mike Boyer	510*
181		4th	525*
Jon Howard	305*	master men 55-59	
198		242	
Don Shotts	250*	Barry Donovan	460*
master men 60-64		master men 60-64	
275		275	
J. D. Richards	265*	J. D. Richards	325*
4th	270*	master men 70-74	
master men 65-69		198	
198		Harry Landers	335*
John Palumbo	255	open men	
220		181	
Gaylord Good	300*	Ron Palmer	605*
open men		198	
148		Chad Dailing	560*
Tony Burrello	340*	Shawn Miller	520
181		308	
Ron Palmer	405*	Bruce Myers	580

Best Lifter: Tom Blacketer (BP); RON PALMER (DL); * denotes SLP Indiana State record. Team Champions - BROAD RIPPLE FITNESS. The Indiana Summer Bench Press/ Deadlift Classic was held at Franklin Health & Fitness in Franklin, Indiana on June 3, 2001. We had a great turnout with forty-six entries and many new SLP Indiana state records. Thanks to owner Damien Katts for once again hosting this event and his continued support of powerlifting. In the bench press event we began with our only women's competitor, Michelle Sultzer. Michelle lifted in the police & fire women's 165 class, setting the state record there with 130. Michelle is training for the upcoming World Police & Fire Olympics to be held in Indianapolis later this month. Josh Hiles took the teenage men 18-19/181 class over Brent Oertel and Doug Ding with a state record performance of 315. Brent, lifting in his first competition, was second with 275, while past record-holder Doug settled for third with 225. Matt Von Bruaene won the 18-19/ 198 class with a new personal best 285 which he made on his second attempt. In the junior division, it was Josh Doran with a new state record of 330, lifting in the 220 class. Paul Linville won at submaster 275, posting a new personal record there with 450, Paul has gone from 365, in his first competition a year ago, to where he is today, 450 @ 250 bwt! Great job Paul! Moving to the master division, where we had thirteen competitors, the 45-49 age group had five alone ranging from 198-shw. At 198 it was Dave Bledsoe with a new state record of 335, which he made on his final attempt. Tom Boyer, who holds the record at 220 with 380, only got his opener of 360, missing 385 twice for his win there. Tom Blacketer took the 242 class as well as best lifter honors with his great 510 pr and state record attempt at a 237 bwt. Tom's 510 was so easy, he moved to 530 for his third attempt but filed to lock it out. Jim Helsley also got a new pr and a new state record at 275, finishing with a solid 475. Big Mike Boyer set a new Indiana state record, winning the superheavies with 325. At 50-54, Lane Clark came within five pounds of his personal best with his state record fourth attempt of 395 to win the 181 class. At 50-54/198 Frankie Medvescek continued his undefeated streak with 320 over Steve Miscoi, who finished with 295. It was good to see Steve again after a few years absence, who brought Dave Bledsoe, Barry Donovan and John Palumbo with him from Kokomo, Indiana. Jon Howard set the state record at 55-59/181 with an easy 305 for the win there. At 50-59 198 Don Shotts also set a record with his 250 second attempt, just missing a pr 265 for his third. J.D. Richards set all new pr's with his win at 60-64/275, finishing with a state record 265 third and 270 fourth attempt. John Palumbo got a big pr with his win at 65-69/198, posting 255 on his final attempt. Then at 65-69/220 Gaylord Good got an easy 300 for another new SLP Indiana state record. In the open division Tony Buffello came back on his third attempt, after missing his second, with a state record 340 for the win at 148. At 181 Ron Palmer settled with his opener of 405 for the win, after missing his next two tries with a personal best 450. Second place went to Lane Clark and third place to Keith Otto, who finished with 365. Lance Betts placed fourth at 181 with 330, coming close with a final attempt of 350, which would have been a new pr for him. Chad Dailing took the 198's with a solid 370, just missing his final attempt for a pr 385. Maybe it had something to do with that stupid hat he was wearing!? Our final lifter was Chris Staples, who won the 242 class with 300. This was Chris's first competition and he did well, getting all three of his attempts in. In the Deadlift event first time competitor Devon Jocquin pulled a great 155 pr at a 115 bwt. Devon, who is ten years of age, is the grandson of Harry Landers. In the women's police & fire division Michelle Sultzer claimed her second title of the day, along with her second state record, finishing with 275 for her win at 165. Brent Oertel won at teenage 18-19/181 with a new state record of 455, pulling just his opener after missing 500 twice. Second place finisher Doug Ding got all three of his lifts in to end with 385 on the day. Matt Von Bruaene won his second title of the day by capturing the 18-19/198 title with a personal best 440. Two pr's on the day; not bad! Sanders Fishers overcame the disappointment of his previous competition to pull a state record 550 to win the junior/ 275 class. Rocky Tilson returned to competition with a strong 605 pull for the win at submaster 275. Rocky set a new state record there, even though he was busy all day helping coach his teammates along the way. Jerry Kemna locked out a state record 605 at 198 in the master's 40-44 class for the win there. Jerry weighed in at only 193! In the 45-49 division we had our biggest class with three competitors. At 198 it was Dave Bledsoe again with a new state record of 365. Dave just missed a lockout with 405 for his final attempt. Tom Blacketer only got his opener of 550 in for the win at 242. That big bench probably took a little out of him, as he missed his second with 600 and passed on his third. Mike Boyer finished out a great day of lifting with prs on his third (510) and fourth (525) attempts in the shw class. These were also new Indiana state records for Mike. Barry Donovan won his first title in his first competition, pulling just his opener of 460 for the win at 55-59/242. This was also a state record for Barry. J.D. Richards got a new pr and state record at 60-64/275 with his final attempt of 325. Then at master 70-74 it was Harry Landers with a state record 335 at 198. Weighing in at only 183, Harry only got his opener in after a muscle pull with 355 on his second. Ron Palmer opened with 500 lbs. then jumped to 605 lbs., in typical Ron Palmer fashion, before missing at a pr 630 on his third for the open 181 title. Weighing in at just 170 lbs., Ron not only set the state record there, but also captured the best lifter title for the day. Chad Dailing continued his winning ways with his title at 198, breaking his own existing record there with a great 560 lbs. Shawn Miller was second at 198 with a solid 520 lbs. pull. Bruce Myers won at 308 with a great 580 pound, breaking the existing record there by five pounds. Broad Ripple Fitness, consisting of Mike Boyer, Tom Blacketer, Jim Helsley, Gaylord Good, Jon Howard, Jerry Keamna and Chris Staples won the team title. Thanks to my son Joey, Damien, Paul Linville and others for their help. See you all again in November. (Thanks to Dr. Darrell Latch for providing the results of this competition to *PL USA*).

IPA Forum by Rob Capozzolo

As a lifter, it's very important to find a federation that best suits us. Like most of us, I have been on many different platforms. Since the conception of the IPA, I have noticed the world's top athletes have migrated here. It's easy to see why. The IPA creed, "Lifters for lifters" stands alone. The competitions are all first class. No other federation can boast the use of Monolifts on the platform, several in the warm-up room, the use of the Sutherland bar, and the Oakie deadlift bar at all national events.

The IPA has divisions to comply with all competitors' preference. Totals are established for elite and amateur classifications. All age brackets for both men and women are available. There is a drug testing in the amateur divisions. What more could you ask for?

Through the years, many organizations have failed. Why is this? It's simple. If I become angry, I quit, take my ball and go home. Now what? I call my friends and start all over again! Much like boxing, the expansion of different federations never ceases to amaze me. Just look at the upcoming events listings and tell me what all those letters mean.

Meet day is what we all live for. The preparations begin long before. We did not cut the grass today because I have a heavy squat day. Does this sound familiar? The trials and tribulations leading up to contest time are all worth it, until the meet director's neighbor sits in the judge's seat when you are up. I think he's laid off again. This is not the case with the IPA. We provide sanctioned referees, most of who still compete themselves.

An attempt to conjoin all the powerlifting federations is an exercise in futility. Does the perfect powerlifting world exist? The opportunity for each individual lifter to select one of the various classifications provided by the IPA leads me to believe that is does. The next time you are on the platform, look around. Who's there?

Is the equipment right? Is the meet running smoothly? Are you in the right atmosphere? Perhaps the fact that I have recently attended the IPA World Championship, York Strength Spectacular, has left me with a very strong commitment to forward my beliefs about the IPA. Last November's IPA Senior Nations also boasted the world's best competitors along with a smooth running operation. I am proud to have taken part in both of these events. With directors like Mark and Ellen Challiet, and Dave and Traci Tate the conditions are flawless. This is due to the fact that they know from the lifter's perspective of what is necessary on meet day.

If you are as serious as I am about your own personal training (I know you are) and want the best conditions available, then I am sure to see you as part of the IPA. In the upcoming months I will be touching on many specifics regarding our sport and events. This article, in particular, is an introduction of what I hope to be many.

I deemed it necessary to emphasize my perspective, the direction of our sport and the IPA creed "LIFTERS FOR LIFTERS." All meet updates, questions regarding the IPA, or just comments can be addressed to me at Rob Capozzolo, Titan Gym and Fitness Center, Village Shopping Center, 1816 Homeville Rd., West Mifflin Pa. 15122, (412) 466-4866, RobCapozzolo@MSN.com

Best Lifters at SLP Indiana BP *(l-r): Tom Blacketer (BP), Ron Palmer (DL). (Photograph provided courtesy of Dr. Darrell Latch).*

W.D.F.P.F.

Attention: USAPL members interested in W.D.F.P.F. Championships: The ADFPF is the US affiliate to the W.D.F.P.F. Current USAPL members may register to become ADFPF members and can then apply to fill slots on the various US Teams entering the 2001 WDFPF Schedlue. Basic date & location information concerning the WDFPF 2001 SINGLE EVNET and the 2001 POWERLIFTING WORLD CHAMPIONSHIPS are listed below. THE ADFPF would like to fill EQUIPPED Division and UNEQUIPPED Division Teams for men and women in each of the following age categories: Open, Teenage 14-15, Teen 16-17, Teen 18-19, Junior (20-23); and Masters (40-44, 45-49; and so on in 5 year increments). Please contact WDFPF Secretary General for registration and application materials: address below. **WORLD DRUG - FREE POWERLIFTING FEDERATION, Inc. MEMBERSHIP:** "The W.D.F.P.F. is the only international powerlifting federation which requires BOTH laboratory evidence of every member nation's Out - of - Competition Drug Testing program and full agreement to participate in Target Drug Testing. For a complete listing of membership requirements, request the W.D.F.P.F. Membership Application Form from: Judith M. Gedney; W.D.F.P.F Secretary General, Brophy Hall, Western Illinois University, Macomb, Illinois 61455 USA, Phone: 309-298-1757, Fax: 309-298-2981, E-mail: <Judith_Gedney@ccmail.wiu.edu> Note: W.D.F.P.F. membership requirements must be fulfilled prior to participation within the W.D.F.P.F. Nations wishing to enter the 2001 Single Event World Championships must fulfill W.D.F.P.F. 2000-2001 registration requirements as soon as possible. Before entering the 2001 Combined World Championships the official annual Membership Application Form for the 2001-2002 competitive season must be completed and membership requirements must be fulfilled by the WDFPF Congress, October 19th. **The 2001 W.D.F.P.F. Championships Schedule:** August 24, 25, 26: The 2001 Single - Event World Championships (Squat World Championships, Bench Press World Championships and Deadlift World Championships) will be hosted by The Taber Powerlifting Club and CDFPA President, Randy Sparks in Taber Alberta Canada. Unequipped and Equipped Squat Championships are scheduled for Friday, Aug. 24; Bench Press for Saturday, Aug. 25 and Deadlift for Sunday, Aug. 26th. Meet information and entry forms have been mailed to the International Liaisons of the W.D.F.P.F. registered membership. Friday, October 19, Birmingham England: The 2001 World Congress. October 20 & 21: The 2001 Combined World Powerlifting Championships will be hosted by Bill Andrews in Birmingham, England. Meet information and entry forms will be mailed to the W.D.F.P.F registered membership in the near future. The venue will be the Theater of the Novotel Hotel. **W.D.F.P.F. Materials:** The following materials are available through the WDFPF Secretary General's Office (mailing, phone, fax and e-mail addresses listed previously). Please consider each of the following items as potential gifts for powerlifting friends. When placing orders, send postal address, check or money order made out to the WDFPF, along with quantities of items. W.D.F.P.F. Logo Emblems: Cost = $10.00 U.S. per emblem. These beautifully colorful badges are suitable for decorating personal lifting equipment, blazers/clothing, warm - up suits & equipment bags. WDFPF World Record Certificates: Colorful World Record Certificates artistically completed by a professional calligrapher are available to our member nation's record - setting athletes. W.D.F.P.F. World Record Certificates are available in both the EQUIPPED and the UNEQUIPPED Divisions for POWERLIFTING and for SINGLE - EVENT competitions. Records may be ordered at a charge of $10.00 U.S. per certificate. Send name & nation, meet date & title, specify EQUIPPED or UNEQUIPPED, specific events and record amounts. WDFPF Records Package: Cost = $15.00 U.S. per package. Includes all World, European and North American Records for all age categories & weight classes of men & women in the EQUIPPED Division and all World Records for all age categories and weight classes of men and women in the UNEQUIPPED Division. This package has been updated through May of 2001. Coaches, athletes and gym owners will appreciate this pertinent information to help athletes train for the WDFPF sanctioned events". (from Judy Gedney)

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USAPL "Battle of Great Lakes IV"
24 Mar 01 - Macedonia, OH

BENCH				
MEN				
Open				
123 lb.				
S. Petrencak-BL	320			
132 lb.				
M. Curtis	275			
165 lb.				
M. Vail	310			
181 lb.				
T. Richards	400			
R. Goldsmith	350			
D. Sustin	330			
J. Lupia	320			
198 lb.				
M. Crawford	490			
S. Spinelli	—			
220 lb.				
R. Young-BL(2x)	530			
M. Landino	500			
C. Basmagy	360			
J. Pierce	360			
242 lb.				
Kevin Mayer	515			
Ken Kmetz	400			
275 lb.				
T. Lamoureux	500			
P. Aracri	466			
SHW				
W. Likens	555			
F. Palmer	515			
Collegiate				
181 lb.				
J. Beaudry	320			
220 lb.				
J. Pierce	360			
148 lb.				
Juniors				
J. Caputo	250			
MEN	SQ	BP	DL	TOT
Open				
148 lb.				
G. Page-BL	540	340	600	1480
E. Ankrcm	425	295	475	1195
R. Tompkins	405	285	410	1100
165 lb.				
J. White	555	350	580	1485
P. Keenan	530	340	500	1370
A. Raffaele	505	315	500	1320
M. Vail	410	310	440	1160
S. Herrick	330	250	420	1000
181 lb.				
J. Schupbach	555	360	555	1465
J. Lupia	475	305	510	1290
J. Sensenbaugh	475	305	485	1265
198 lb.				
S. Taylor	570	350	490	1410
D. Waterman	510	300	540	1370
S. Day	470	265	505	1240
220 lb.				
N. Keleman	610	430	600	1640
A. Gamelli	525	455	570	1550
C. Basmagy	475	360	525	1360
242 lb.				
B. Helmer	650	425	650	1725
D. Wallace	475	405	600	1480
275 lb.				
T. Lamoureux	650	500	550	1700
J. Wallace	515	470	615	1600
P. Aracri	610	445	535	1590
SHW				
W. Likens-BL	630	555	650	1835
R. Giancola	530	350	575	1455
Collegiate 181 lb.				
J. Beaudry	430	320	515	1265
HS-I(Fr./So.) 132 lb.				
C. Warren	230	145	340	690
275 lb. HS-II(Jr./Sr.)				
G. Quin-BL	315	330	405	1050
242 lb. Juniors				
S. Newark	600	445	510	1555
FORMULA				
Grandmasters				
C. Evans	405	330	405	1140
K. Lanci	145	145	450	740
Novice				
J. Sensenbaugh	475	305	485	1265
Masters				
M. Terman	515	340	650	1505
R. Hall	450	350	550	1350
R. Meyer	360	240	430	1030
Police/Mili/Fire				
E. Ankrorn	425	295	475	1195
R. Hall	450	350	550	1350
D. Day	525	350	580	1455
G. Foy	400	240	390	1030
Raw				
D. Waterman	510	330	540	1370
J. Ross	435	365	500	1300
WOMEN				
Open 148 lb.				
D. Sheridan	250	140	305	695
165 lb.				
B. Wessler-BL(2x)	330	195	375	900
FORMULA				
Masters				
D. Sheridan	250	140	305	695

Best Lifter Bench Press Light Weight: Steve Petrencak 123 lb. Men's Open. Best Lifter Bench Press Heavy Weight: Ralph Young (2X BL) 220 Lbs. Men's Open. Best Lifter Female Full Power Meet: Brooke Wessler (2X BL) 165 lbs. Women's Open. Best Lifter High School Full Power Meet: Gannon Quinn 275 Lbs. Men's HS-II (Jr./Sr.). Best Lifter Full Power Light Weight: Greg Page 148 lbs. Men's Open. Best Lifter Full Power Heavy Weight: Wade Likens SHW. Men's Open. 1st Place Bench Team: King's Gym (Ed & Frank King). 1st Place Full Power Meet: Pierce Construction Team (Big Brett Helmer). The 2001 USAPL "Battle of The Great Lakes IV" Full Powerlifting Meet and/or Separate Bench Press Tournament were held once again at Nordonia High School in Macedonia, Ohio. The meet was a bigger success than last year's meet. Nearly 100 lifters from Ohio, Pennsylvania, Indiana, Kentucky, New York and as far away as Canada came to compete in this event. All were striving for the 6th Pete Lanzi Memorial Swords, which are 47 inches long "Conan the Barbarian Swords." As last year, this year's meet was a two platform meet and we will continue in that fashion for years to come. Fans from every aspect of the lifting realm saw some great lifting. This tournament was exciting from start to finish and at times very hard fought. Each of the lifters sacraficed and trained very hard for this meet. Some attained American Records, and some attained Personal Records. Some won 1st Place and some 2nd, but when all was said and done, they all walked away Champions, giving it their all. This year's meet began with a moment of silence as the Lifters, Meet Officials and Fans paid their respect to a fallen lifter. Peter E. Lanzi, a 19-year old powerlifter on Big K's Powerlifting Team and a freshman at Kent State University died very unexpectedly on February 4, 2001 of a brain aneurysm at home in his mother's arms. Peter was the heart of this tournament. In his sophomore year of high school, Peter and I decided to create our own meet. Our vision was to have hundreds of lifters pour into our gym to compete in an all-out battle. Thus we came up with the name The Battle of The Great Lakes. It was through his efforts that The Battle of The Great Lakes is what it is today. Peter went a step farther in developing what I believe is one of the Top Best Lifter Awards of any meet. Pete wanted our lifters to get a "Conan the Barbarian Sword" for their efforts. Peter just happened to be the first recipient of that sword as he won the top lifter honors in The Battle of The Great Lakes II. In tribute to Peter the best lifter award is now called, The Pete Lanzi Memorial Award. This year Six (6) Swords were awarded and next year we will award ten (10). The tournament committee presented John and Nikki Lanzi, Peter's Parents, with a plaque highlighting Peter's Accomplishments in powerlifting and life. He will be deeply missed! Top Lifting honors went to Steve Petrencak in the Light Weight Bench Press Division, Ralph Young (2X BL) in the Heavy Weight Bench Press Division, Brooke Wessler (2x BL) in the Female Full Powerlifting Meet, Gannon Quinn in the High School Full Powerlifting Meet, Greg Page in the Light Weight Full Powerlifting Meet and Wade Likens in the Heavy Weight Full Powerlifting Meet. Our Top lifters won an engraved, 47 inch long "Conan the Barbarian Sword" and Display Rack for their efforts. In the Team Race, Pierce Construction (2X Team Champions), led by Big Brett Helmer walked away with their second consecutive Full Powerlifting Meet Team Title. KINGS GYM (4x Team Champions) continued to show their dominance, as Ohio's Top Bench Pressers won their fourth consecutive Bench Press Team Title. Congratulations to both teams and Captains Big Brett Helmer and Frank and Ed King on your accomplishments. I would like to thank some very special people, who without, this meet would not have been made possible. First of all to State Director and Co-Head Official Greg Page, for organizing officials and taking care of Drug Tests. Your assistance was greatly appreciated. Congratulations on your Top Lifter Honors. To Dr. Bench Press himself, and Co-Head Official, Dr. Larry Miller. Your help and assistance was invaluable. I greatly appreciate and respect you, thank you. A special heartfelt Thank you to our judges Ed and Frank King, Marc Terman, Nick Keleman, Frank Palmer, and Jason Ross. To "King's Gym" and especially Ed and Frank, you guys are always a "Class Act." To my lovely wife Stacy, thank-you for your patience and support in running this meet. A special Thank-you goes out to my father Glenn Kanaga and his wife Julie for running the main gate. To my sisters Sarah and Kate Kanaga for selling T-shirt sales and enjoying the Hot Guys as they say. Thank-you to my assistant wrestling coach Rob Merhar for all your help. I would like to extend a wonderful thank-you to John and Nikki Lanzi in helping with registration, scoring and running the meet. I thank Ms. Barb Crysler, Kathy Baraga and the Nordonia Hills Athletic Boosters Club for your continued support of this meet and for running our concessions stands. To Bob "Bob Dog" Reszler and Wood Pride in North Royalton. The platforms were perfect. A big Thank you Great American Awards. The personalize awards and swords were a big hit. Everyone liked their name and information on their awards. You guys are a class act and welcome back any time. I will definitely pass your name to other area meets. A huge Thank you goes to all our sponsors and supporters of this meet, especially the Macedonia, Northfield, and Sagamore Hills Business District. I would like to extend a very special thank you to three important people. First of all to Kelly "The Lovely Announcer" Toth who has been the voice of the Battle of The Great Lakes. You took over the task of being our announcer four years ago and you've made our meets run very smoothly. I've said it before and I'll say it again, I think the lifters come just to see Kelly and hear her lovely voice. It was a difficult task running a two-platform meet but you made it a success. There are no worries when you're in charge of something! I know this meet was tough due to some personal issues but you came through for us as always. Thank-you Kelly, for both your friendship and support, it is greatly appreciated. To SW, Wilder and The United States Army Paratrooper's Un for providing 12 Class Act spotters/loaders for the day. Theirs was a very hard job! These guys were professionals and sharp in every aspect. They showed up in camo pants and black paratrooper T-shirts. They were quite a sight to see on the platform. For their efforts year after year, The Battle of The Great Lakes Tournament Staff presented them with an Engraved Sword of Honor! And Finally I would like to thank John Lanzi. Four years ago John's son Peter and I had a vision for a powerlifting meet. At that time Peter was a sophomore in high school. Peter was taken very unexpectedly form this us in February of this year. John came out to support us and make sure Peter's Dream continued to flourish. It was very difficult for John and his lovely wife Nikki but the Outstanding Men and Women Powerlifters made it easy for them as they paid their respects for Peter with a moment of silence, a roaring round of applause and many personal comments to the Lanzi's. Thank you John, for a wonderful son in Peter and for your unselfish support of his dream. The Battle of The Great Lakes V will take place on Saturday, March 23, 2002. Please contact me at Gary Kanaga, 6346 Chestnut Hills Dr., Parma, Ohio, 44129 or by phone at (440) 884-7608 or email at bench500@MSN.Com. So if you want A Great Drug Tested Meet, Huge Trophies, A Full Service Concession Stand and a 47 Inch Long "Conan the Barbarian Sword" For the Best Lifter, come to the meet that is destine to become one of the best, "The Battle of the Great Lakes V" next year! I hope to see you there. Lift Drug Free, Good Luck and God Bless You! (Thanks to Gary "Big K" Kanaga, of Big K's Powerlifting Team, for providing these results).

Best Lifter *Full Meet - Light Weight - Greg Page. (Photo provided by Stacy Kanaga).*

John & Nikki Lanzi *present Best Bencher - light weight, Steve Petrencak with the Pete Lanzi Memorial Sword as Best Lifter! (Photograph provided by courtesy of Stacy Kanaga to Powerlifting USA).*

Lifetime Natural Powerlifting Society Nationals
19 MAY 01 - Tuscola, IL

BENCH PRESS
junior men
242
Josh Parker 345*
submaster men
181
Daryl Evrard 400*
220
Rod McIntosh 520*
master men 40-44
198
Dennis George 345*
shw
Fred Sorg 420
Loren Betzer 355
master men 45-49
148
Dennis Belt 295*
master men 50-54
242
Doug Krause 405*
4th 420*
master men 65-69
308
John Luallen 230*
openmen
148
Dennis Belt 295*
198
Allan Barr 275
4th 305
220
Rod McIntosh 520*
shw
Fred Sorg 420
Loren Betzer 355

Full Meet	SQ	BP	DL	TOT
master women 40-44				
114				
Debbie Huset	260*	160*	315*	735*
teenage men 16-17				
132				
David Toothman	200*	150*	300*	650*
4th			325*	675*
181				
David Kibler	345	190	355	890
teenage men 18-19				
165				
Ryan Suits	350	215	360	925
submaster men				
181				
Daryl Evrard	455*	400*	430*	1285*
master men				
40-44				
165				
Darrell Kibler	425	215	400	1040
198				
Dennis George	415	345*	400	1160
220				
D. Burlingame	625	365	620	1610
Kim Long	475	280	600	1355
4th		300		1375
Darryl Silver	495	285	525	1305
shw				
Fred Sorg	700*	420*	605*	1725*
master men				
45-49				
148				
Dennis Belt	455*	295*	555*	1305*
198				
Rick Palmer	485	325	495*	1305
4th			510*	1320
master men				
50-54				
242				
Larry Readman	450	275	545*	1270
open				
148				
Dennis Belt	455	295	555	1305
220				
D. Burlingame	625	365	620	1610
Dennis Long	500	320	500	1320
Jeff Robinson	460	325	405	1190
shw				
Fred Sorg	700	420	605*	1725*

Best Lifter PL - Dennis Belt; Best Lifter BP- Rod McIntosh; * denotes LNPS national record; Team Champions - Southern Illinois Uplifters. The eighth annual Lifetime Natural Powerlifting Society Nationals were held May 19, 2001 at Son Light Power Gym in Tuscola, Illinois. We had a good turnout with a great bunch of lifters. Thanks to all my help, everything ran very smoothly and we finished the competition in less than five hours. In the powerlifting competition our lone women's competitor was Wisconsin's own Debbie Huset. And what a great lifter she is! Competing in the master 40-44/114 class, Debbie set all new national records for that class. Weighing in at just 112, Debbie went nine for nine to finish with a 260 squat, 160 bench and a strong 315 deadlift for a great 735 total. In the teenage men's 16-17 division we had two lifters, David Toothman at 132 and David Kibler at 181. Toothman, competing in his first full meet, did well, finishing eight for nine and establishing all new records for his class. David finished with a 200 squat, a 150 bench and a 325 deadlift for a fine 675 total, all at a 124 bwt! David Kibler also did well, though the year layoff from competition showed as he missed each of his final attempts. David finished with strong second attempt, going 345-190-355-890, all new personal records for him. Our final teenager was 18-19/165 winner Ryan Suits. Ryan had a great day, setting all new prs in the squat (350), bench (215), deadlift (360) and total (925), representing his team well. Daryl Evrard came back strong, breaking all the existing records in the submaster 181 class. Daryl went 455-400-430-1285 for the win with the determination of a baby bull. Great lifting, Daryl! In the master 40-44 division we had six great lifters. At 165 it was local favorite, Darrell Kibler, 1998 WPC world masters champion. Darrell finished with a 425 squat, 215 bench and a national record 400 deadlift for a 1040 total. At 198 it was Dennis George, who broke the existing bench record with a strong 345 on his final attempt. Dennis finished with a 1160 total, squatting 415 and pulling 400. We had three competitors at 220, but once again Duane Burlingame came out on top with a solid 1610 total. Without the use of a Monolift, Duane's squat suffered, struggling to get his opener in at 625. Duane followed that with a 365 bench and a 620 deadlift for the win. Second place at 220 went to Kim Long, another great master puller. Kim finished with a 475 squat and a 300 bench to go along with his big 600 deadlift for a 1375 total. Darryl Silver was third with 1305 on the strength of his 495 squat, 285 bench and 525 pr deadlift. At shw it was Fred Sorg, finally moving up to the master's division. Boy, and did he! Fred posted all new national records with a strong 700 squat, 420 bench and a 605 deadlift for a big 1725 total. The 45-49 division saw the return of defending champion Dennis Belt, one of the greatest natural lifters ever at 148. Dennis not only won his class but broke all of his existing records in the process. He squatted 455, benched 295, deadlifted 555 for a great 1305 total. Dennis also won the open 148 class as well as the best lifter award for the competition. You are an inspiration to us all, Dennis, and a great example of what a truly natural lifter can accomplish. Teammate Richard Palmer also did well, taking the 45-49/198 class with a 485 squat, 325 bench and a great 510 fourth attempt national record pull for a 1320 total. Rick's deadlift and total were new personal records for him. Larry Readman won the 50-54/242 title with a 1270 total, going 450-275-545 on the day. Larry broke the existing national record in the deadlift with each of his three attempts, finishing with that great 545 pull. In the open division, as mentioned earlier, Dennis Belt won at 148, coming within five pounds of George Temmerman's 560 national deadlift record. At 220 it was Duane Burlingame at 1610, followed by Dennis Long with 1320. Dennis had a very respectable day, finishing with a 500 squat and deadlift and a 320 bench. Jeff Robinson was third at 220 with a 1190 total. Jeff finished the day with a 460 squat, 325 bench and a 405 deadlift. Not bad for his first national competition! In the shw class, once again it was Fred Sorg, this time posting new records in the deadlift (605) and total (1725) to erase his own existing records in that class. In the bench press competition we had a team that came from Ohio consisting of Josh Parker, Doug Krause, Allan Barr and Rod McIntosh. Of these, Josh and Doug were competing for the first time. Josh won the junior men's 242 class with a great national record attempt of 345, coming on his final lift. Doug also set a national record in the 50-54/242 class finishing with 405, following that with a strong fourth attempt of 420. Allan Barr also had a good day in the open 198 class, getting 275 for his second attempt then making a 305 pr on a fourth attempt after missing 290 for his third. But it was Rod McIntosh who stole the show, taking both the submaster and open 220 class as well as the best overall lifter award. Rod opened with an easy 465 before moving to 480 to break his existing record of 475. He then changed shirts and jumped to 520 for a new personal record, locking it out with perfect form. New records in both the submaster and open 220 classes! Also at submaster was 181 winner Daryl Evrard, who posted a new pr and national record with 400. In the master 40-44 division Dennis George's 345 was also a record at 198. Dennis dedicated his great day of lifting to the memory of his lifelong friend and training partner, Darrell Garrett, who passed away a while ago, but who remains in his thoughts and prayers. Fred Sorg took the shw title with 420 over Loren Betzer's 355. Dennis Belt won both the master 45-49/148 and open 148 title with 295, a record in each class. John Luallen won the 65-69/308 class with 230. Making just his opener, John set the national record there. And in the open shw class, Fred Sorg again won over Loren Betzer. Loren, a determined competitor who came all the way from Leavenworth, Kansas, set a new personal record with his final attempt of 355. The Southern Illinois Uplifters from Marion, Illinois, consisting of Dennis Belt, Daryl Evrard, Richard Palmer, Dennis Long, Jeff Robinson and Ryan Suits repeated as team champions. Noticeably absent was team member Walter Allen, who has had some health problems lately. Hope to see you back in competition soon, Walter; our prayers are with you. Thanks to John Sorg, Joey Latch, D. C. Latch, Dave Bragg and Daniel Moutria for all their help. See you all again next year! (Thanks to Dr. Darrell Latch for these results).

Rod McIntosh *at the Lifetime Natural PL - Best Lifter in the bench press. He did a NR of 520 at 220 lbs. (Photos provided by Dr. Latch).*

Debbie Huset *with 315 lbs. at 112 which was a NR in the master women 40-44/114 at the Lifetime Natural PL Society. (Photo provided by Dr. Darrell Latch to PL USA).*

Best Lifter *at the Lifetime Natural PL Society - Dennis Belt locks out a NR deadlift of 555 lbs. @ Master 45-49/148. (Photograph provided by courtesy of Dr. Darrell Latch).*

STF Spring Powermeet
6 May 01 - St. Louis, MI

	SQ	BP	DL	TOT
148 lb.				
Howard	295	225	405	925
165 lb.				
Hudson	365	335	525	1225
McDonald	250	280	430	960
Higgins	275	205	370	850
Serverin	165	195	200	560
181 lb.				
Watson	305	255	405	965
198 lb.				
Charrier	520	305	580	1405
Martin	450	355	550	1355
Gomez	455	270	500	1225
Nadrowski	280	245	500	1025
Barker	315	200	435	950
220 lb.				
Herrick	535	315	725	1575
Ferguson	450	325	550	1325
Luqnan	380	325	455	1160
242 lb.				
Tamachaski	590	415	610	1615
Stribling	500	365	551	1416
Thompson	405	425	550	1380
Pattan	175	145	315	635
SHW				
Luna	455	425	650	1530
DelMonte	315	365	585	1265
Master				
148 lb.				
Wymer	275	225	315	815
Bayer	165	200	325	690
165 lb.				
Washington	135	135	135	405
181 lb.				
Simpson	205	250	325	780
Ward	225	225	225	675
Pike	135	185	200	520
198 lb.				
Duncan	350	295	495	1140
Bateman	260	255	480	995
220 lb.				
Smith	135	305	425	865
Hudson	225	205	350	780
242 lb.				
Wall	225	225	405	855
Zimmer	135	135	405	675
SHW				
Abdullah	135	135	225	585

Best Lifter (Light): Hudson. Best Lifter (Heavy): Herrick. Head Judge: Miller. Judges: Jones, Salani. Spotters: Browm (220), Brown (224), Buchanan. Announcer: Donahue. Stat Keeppper: Fournier. Camera Man: Johnson. Meet Director: Miller. (Thanks to Ronald Miller for providing the results of this competition).

APF/AAPF Me State
18 Mar 01 - Lewiston, ME

MEN AAPF				
A. Connors	633	451	628	1713
R. Ingrisano	501	281	523	1306
T. Sunshine	352	225	418	997
O. Sylvester	352	231	402	986
C. Dow	352	198	451	1002
Guest				
M. Mitchell	143	507	705	1355
S. Blanchard	—	451	600	1052
T. Bruce	—	—	—	—
JR				
D. Carpenter	225	225	330	782
C. Dow	352	198	751	1002
Master (40-49)				
T. Sunshine	352	225	418	997
Master (50+)				
M. Scott	391	259	413	1063
A. Carr	407	308	424	1139
Open 165 lb.				
T. Sunshine	352	225	418	997
Open 181 lb.				
C. Kanavas	485	319	534	1339
J. Higgins	462	341	501	1305
Open 198 lb.				
G. Sotirakos	529	440	600	1570
Open 220 lb.				
P. Collings	688	380	584	1653
R. Bickford	573	369	518	1460
R. Ingrisano	501	281	523	1306
Open 242 lb.				
A. Connors	633	451	628	1713
Open 275 lb.				
T. Lane Sr.	644	380	677	1702
Open 308 lb.				
C. Wiers	644	34	677	1857
T. Frost	551	391	551	1493
Teen				
J. Higgins	462	341	501	1305
D. Geis	440	259	402	1102
WOMEN Guest				
C. Turcotte	—	225	—	225
Open 123 lb.				
T. Clarke	198	137	225	561

Best lifters: MEN: Chris Wiers. WOMEN: Tiffany Clarke. I would like to thank everyone that helped to make this a great meet: Russ and Lynne Barlow, Scott Worthing, Steve Cote, Frank Vonneau, Norm Guay, Michelle and Chad Curns, Erka Blanchard, Dan Levasseur, Steve Smith, Dan Bellmore, The Bird Toucan Lounge and all the spotters and loaders. (Thanks to Scott Blanchard for these contest results).

APF/AAPF Illinois State
31 Mar 01 - Aurora, IL

APF BENCH	
Open 165 lb.	
H. Medina	182.5
181 lb.	
B. Gallagher-BL	237.5
198 lb.	
S. Webb	232.5
M. Mangum	197.5
220 lb.	
B. Carpenter	—
(55-59) 181 lb.	
W. Anczerewicz	130
AAPF BENCH	
WOMEN	
Master (40-44) 114 lb.	
C. Krochmal-BL	57.5
(45-49) 114 lb.	
C. Spaletto	50
MEN	
Open 148 lb.	
J. Mukite-BL	175
198lb.	
G. Alton	170
220 lb.	
T. Corsi-BL	215
J. Pinchard	200
242 lb.	
S. Kramer	207.5
275 lb.	
D. Kraph	210

APF	SQ	BP	DL	TOT
WOMEN				
Open 165 lb.				
Vandeweghe-GL	215	122.5	172.5	510
MEN Open 198 lb.				
. Chalmers	280	200	280	727.5
242 lb.				
S. Parkhurst	305	202.5	280	787.5
275 lb.				
N. Levario	380	230	287.5	897.5
Junior 198 lb.				
A. Dahm	267.5	132.5	237.5	637.5

Teen (16-17) 148 lb.	
S. Bazarek	125
165 lb.	
M. Spralding	125
Teen (18-19) 220 lb.	
T. Kapsch	170
Submaster 165 lb.	
M. Schaefer	172.5
181 lb.	
E. Adams	160
N. Gorman	172.5
220 lb.	
P. Ball	182.5
242 lb.	
T. Nelson	170
Master (40-44)	
181 lb.	
D. Rosenzweig	182.5
220 lb.	
G. Anderson	180
275 lb.	
M. Hargens	185
(45-49) 181 lb.	
J. Marudecki	147.5
242 lb.	
D. Murphy	142.5
308 lb.	
K. Earley	170
(50-54) 198 lb.	

Submaster 242 lb.				
M. Chellino	352.5	252.5	227.5	832.5
Master (40-44) 165 lb.				
S. Lumpe	227.5	150	205	582.5
(45-49) 220 lb.				
B. Kelly	272.5	142.5	250	665
220 lb.				
D. Zenzen	275	147.5	225	647.5
275 lb.				
Vendeweghe-GL	320	185	285	790
AAPF				
WOMEN Open 148 lb.				
H. Pichman	112.5	70	115	297.5
Master (40-44) 181 lb.				
T. Black	142.5	70	145	357.5
MEN Open 181 lb.				
S. Gawlick	245	142.5	230	617.5
220 lb.				
J. Black	235	160	207.5	602.5
198 lb.				
E. Calkins	245	172.5	252.5	670
Junior 198 lb.				
M. Reverts	230	—	—	—
Teen (16-17) 165 lb.				
M. Spradling	147.5	125	140	412.5
242 lb.				
D. Koren	205	125	235	585
(18-19) 165 lb.				
B. Simonvich	177.5	—	—	—
Submaster 132 lb.				
R. Leoni	137.5	97.5*	162.5	392.5
148 lb.				
M. Robinson	205	130	222.5	562.5
Master (40-44) 198 lb.				
D. Winkler	265	172.5	270	707.5
275 lb.				
T. Mitchell	265	195	227.5	687.5
(45-49) 220 lb.				
M. DeTolve	275	100	260	635
(50-54) 181 lb.				
M. Nigro	245	115	182.5	542.5

Ernie Frantz and his staff at Frantz Sports hosted the Illinois APF/AAPF State Powerlifting and Bench Press Championships. The meet took place at the Frantz Sports facility. The new heavy duty Monolift platform that was used at the World Championships in November was used here. Ernie always does his best to provide the lifters with the newest and best equipment. In the APF division, there was some good quality lifting. The Open division was dominated by 275er Noel Levario going 837 on a third attempt squat. He got 507 on a third attempt bench press after missing 501 on his second. His 633 deadlift gave him 1987.5 for the hightest total in the meet and best lifter honors. Scott Chalmers won the 198's going 617-440-545-1603. Stephan Parkhurst won his class also with 672-446-617-1735. Junior lifter Andrew Dahn had a very creditable 1405 total. Submaster 242 Mark Chellino took master/SM best lifter by way of 777-556-501-1832. 40 year old World competitor Steve Lumpe did nicely. In the 45-49 group, Bob Kelly and Dick Zenzen had quite a battle going at subtotal. Zenzen's 606 squat gavehim the lead by 6 lbs. The bench press looked as if Zenzen was on the road to another win with Kelly going 314 to Zenzen's 325. Zenzen was ahead 931 to Kelly's 914. But Bob Kelly had the superior deadlift power finishing 551 over Zenzen's 496. When the dust settled Bob Kelly's 1462 was 39 lbs. over dick Zenzen. If these two stay in the same class this will be a battle worth watching in every meet they enter. Kelly and Zenzen are both strong and motivated. It could go either way at any time. World Champion Stephanie Van de Weghe is back on the platform and recovered from the injury that kept her from competing last year. She and world champion husband Jan guest lifted to qualify for nationals. The AAPF division included 2 women world champion. Terrie Ann Black added another state championship to her groaning list. Heidi Pickman, lifting in her first meet did very well. Watch for this 148 lb. fire cracker. She is strong and her form is excellent. That's a great combination for strength and longevity. In the open division 181 lber Steve Garulik returned for another state championship, strong as usual. Jason Black and Eric Callens won the 220's and 198's respectively. Outstanding teen lifter was Doug Koren with a total of 1248. Submaster lifters Rob Leoni (132) and Michael Robinson (148) did very well. Master lifters meant business that day. Duane Winkler (44-198) had the highest master total of the meet with 1565.tim Mitchell and Mark deTolve had great shwoings. World Champion Mario Nigro still battling injuries and pain still totaled 1200 for his win. The APF bench press division had some very strong competitors, 165er Humbert Medina went 3 for 3 to a 402.5 gold medal won easily over Matt Mangum. World competitor Bill Gallaher but benched everyone with 523.5 and best lifter honors. Master Walter Andczerevicz, smiling as always, took home his gold medal. The AAPF Bench press competition had two women master competitors, Carol Krachmol took best lifter over Chris Spaletts. The Open division delivered frist place trophies for Joe Mukit, Gary Alton, Tom Carsi and Stan Kramer and Joe Mukite and Tom Corsi won best lifter awards for light and heavy respectively. The teen lifter did well. Steve Bazarek (148) and Mike Spradling (165) both benched 275 to win their classes. 19 year old Tom Kapach (220) put up 375 for his win. The submaster were all in the same ball park with their lifts. Marc Schaefer, Norman Garman and Tom Nelson all palces 1st. Preston Ball had the highest submaster Bench press with 402.5. Master lifters Dana Rosenweig (402.5) Greg Anderson (396) and Michae's. The 45-49's were controlled by Jim Marudecki, Dave Murphy and Keith Earley 53 years old 198er Dan Swift finished out the division with 391. Thanks go out to the loaders and spotters and certainly the judges who judged all day. Bob Spaulding even came all the way from Michigan to help out. The entire staff did a great job. (Thanks to Maris Anne Sternberg for results).

2001 Steeler High School Meet
19 MAY 01 - Granite City, IL

WOMEN	SQ	BP	DL	TOT
105				
Jen Ray	92.5	42.5	110	245
114				
Jes Ray	95	57.5	120	272.5
123				
A. Jackson	95	55	87.5	237.5
L. Walters	57.5	32.5	82.5	172.5
132				
K. Farmer	57.5	40	85	205
148				
B. Bishop	60	42.5	92.5	192.5
K. Murrow	62.5	37.5	75	162.5
165				
L. Pledger	110	55	132.5	297.5
181				
D. Ital	102.5	57.5	115	275
198+				
B.J. Rhine	80	42.5	107.5	230
MEN				
123				
Z. Branson	135	77.5	162.5	375
148				
R. Accardi	177.5	100	200	477.5
D. Bruckman	135	107.5	185	427.5
A. Rebecca				
181				
J. Stratton	195	130	217.5	542.5
Z. Tuck	165	112.5	162.5	440
J. Saffle	95	85	142.5	322.5
220				
J. Montoya	170	157.5	170	497.5
D. Farrar	155	102.5	182.5	340
242				
J. Hisaw	215	160	207.5	582.5
D. Gan	175	117.5	182.5	475
W. Maynard	115	65	122.5	302.5
275				
E. Ray	137.5	102.5	140	380
T. Forsythe				
SHW				
J. Newsome	227.5	112.5	252.5	592.5
D. Hayes	107.5	75	130	312.5

The meet didn't quite have the turnout we expected, but it ran well and there was some great lifting. I was especially happy about the turnout of young girls that were in the competition. We're beginning to see more and more girls show up at our meets, which goes to show you that everyone can benefit from strength training. (Thanks to USAPL for these results).

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Spring Bench Press
14 Apr 01 - Independence, MS

WOMEN		K. Hernandez	400
Teen		K. Temple	400
M. Wilcoxson	115	M. Anderson	395
Open		J. Gossard	340
M. Baker	200	Open Lhtwht.	
T. Geiss	140	B. Stevens	365
Men		M. Johnson	300
Teen Lhtwt.		D. Collins	340
Z. Craig	250	Midwht.	
C. Wilcoxson	230	K. Parrish	465
A. Watkins	245	B. Cass	450
Teen Midwht.		A. Lackey	405
M. Vandeelen	275	S. Magill	435
S. Lacey	265	A. Rayburn	360
Masters Lhtwht.		T. Hoy	375
M. Scalise	285	Hvywht.	
Masters Midwht.		M. Carpenter	405

This was a pound for pound bench press meet. The most weight lifted over bodyweight wins. We are trying to build the sport of powerlifting in Kansas City and would like to thank our lifters for competing. Please help spread the word. Our best bench press for (women) was Michelle Baker. (Men) best lifter was Keith Parrish. The $100.00 money winner went to Bruce Stevens. In our (teen) lightweight class we had a battle between Chad Wilcoxson at a (bw) of 151 pounds and Zac Craig at a (bw) of 172 pounds. Chad took 2nd place with a 230 pound bench and Zac took first with a 270 bench. In the teen woman's division was Megan Wilcoxson hit a 115 at a (bw) of 148. She is a 15 year old teen with a lot of potential. In the open women's division Tammy Geiss lifted at (bw) of 140 and hit a 134 bench taking 2nd. Michelle Baker also a competitive body builder slammed 200 pound bench at a (bw) of 153, taking 1st place. Teenage middleweight division at a (bw) of 193 pressed Steve Lacey pressed a 265 taking 2nd place. 1st place went to Matt Vandeelen with a 275 bench at a (bw) of 193. In the men's masters lightweight division Mike Scalise hoisted 285 at a (bw) of 182. In the mens master middleweight division (moose) Mike Anderson lifted 395 at a (bw) of 210 taking 3rd place. Mike just keeps getting stronger and prettier with age. In 2nd place Kevin Temple benched 400 pounds at a (bw) of 208. Kevin did very well for his first meet. 1st place went to the awesome Ken Hernandez, Ken and Mike Anderson are training partners with a lot of experience. Ken pressed a 400 pound bench at a (bw) of 200 pounds. In the open lightweight at a bodyweight of 189, Daniel Collens, benched 340, taking 3rd place. 2nd place went to Mark Johnson with a 300 pound bench at a (bw) of 164. 1st place went to "country boy" Bruce Stevens. Bruce benched 365 pounds. At a (bw) of 168 (strong)! In our mens open middleweight class, military man Steven Magill benched a 435 after blowing out his shirt. We all know what blowing out your bench shirt can do to your psyche. In 3rd place Adam Lackey benched an impressive 405 at a (bw) of 205. 2nd place went to Brandon "Strong Man" Cass. Brandon hit a strong 450 at a (bw) of 222. Brandon, not to brag about a Missouri boy, also deadlifts 750 and squats over 700 pounds, he is our pride of K.C. it place goes to Keith Parrish at a (bw) of 217. In our heavyweight class raw bencher Matt Carpenter benched 405 at a (bw) of 297, taking 1st place. He has a lot of untapped potential. We would like to thank Mark Auston, and Rich Divers for their help in loading and spotting. I would like to thank my wife Jennifer and my best friend Jim King for relentless help and patience. (Thanks to Keith Parrish for providing results).

At the Spring Bench Press: (l-r) Tera Mathis (ring girl), Keith Parish (Best Bench), Michelle Baker (Female Best Bench), Jim King (MC), Bruce Stevens (Money man). (Photo provided courtesy of Keith Parrish).

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APF/AAPF Iron Island BP/DL
28 Apr 01 - Oceanside, NY

AAPF	BP	DL
WOMEN		
123 lb.		
J. Scholz	145!	
L. Harris	125	
I. Grunewald	110	260!
132 lb. Master		
D. Cuilla	75	230
132 lb.		
C. Cullen	105	
148 lb.		
K. Caggiano	150	260
MEN 114 lb.		
S. Cintron	255!	315
148 lb.		
E. Adolph*	300	485
J. Silano	265	393
V. Centauro	250	450
181 lb. Master		
R. Maxwell*	280	540
181 lb.		
M. Sherman*	310	455
V. Cofield	300	
R. Maxwell	540	
J. Devito*	535	
P. Ryan	365	
198 lb. Master		
T. Shaw	360	
198 lb.		
S. Fisher	365	365
J. Jenkins	350	475
S. Suicutella	335	420
220 lb. Master		
J. Fox	500	
220 lb.		
D. Lew	550	
T. Hallenback	525	
242 lb.		
W. George*	465	575
T. Perna	425	600
M. Ferlito	445	
SHW		
S. Culnan	800!	
APF		
MEN 181 lb.		
J. Cabrera	335	
220 lb.		
K. Sabino	370	
L. Aguilera	320	
242 lb.		
R. Delamare Jr.	480	
275 lb.		
J. Toranzo	705!	
P. Cunningham	500	
Guest Lifter		
c. Taylor	615	600!

*–Iron Island Gym Team Member. !–Best Lifter. Once again, with the help and support of the Iron Island Gym OWNERS, Ralph and Michelle Raiola, the Island Gym Powerlifting Team ran a top notch meet. The equipment and atmosphere are second to none! Novice lifters are treated with the same respect as world class veterans! Dr. Ken Leistener and Ralph Raiola set the standard for powerlifting meets in the Tri-State area and we are trying our best to continue to live up to those standards. The 32 lifter turnout was small, for a typical Iron Island Gym contest. But as always there was some spectacular lifting! Highlights of the AAPF women's division were Joan Scholz's 145 bench press at 123 and Iris Gruenwaldi's 260 deadlift at 123. In the AAPF men division we had some outstanding lifting! At a bodyweight of 109 Storm Cintron bench pressed 255 and deadlifted 315. His bench press earned him the best lifter award in the open AAPF Men's division. Eric Adolph continues to improve in each contest and won a competitive 148 lb. class with a bench press of 300 and a deadlift of 485. Both were PR's for Eric! Master lifter Roy Maxwell deadlifted 540 at 181. This was good enough to earn him the 1st place award in both the open and master's categories. William George had a tremendous day at 242 with lifts of 465 in the bench press and 575 in the deadlift. Last but not least, Sean Culnan came down from Albany, NY to support our meet and take a heavy deadlift workout in preparation for the upcoming USAPL Nationals. Sean opened with 800 and had two close misses with 840. Obviously, Sean was the best deadlifter in the AAPF Open Men's division! We are honored to have someone of Sean's caliber compete in our meets. Sean is a credit to the sport of powerlifting both on and off the platform. The APF open men's division also had some exceptional lifting. The highlight of the day was Joel Toranzo 705 bench press At 275! Joel felt he needed to redeem himself for his performance at the Arnold Classic where he only made his opener OF 644.75. But he needed to hit a 700+ BP to be invited back to compete at the Arnold Classic 2002. He opened with an easy 645 and went straight to 705 on his second attempt! It was an easy 3 white light success! He missed 720 on a third attempt at lockout, but his goal of 700+ was achieved. Joel obviously won the best bench press award in the APF Open Men's Division. Chris Taylor used the meet as a heavy workout and hit 615 at 275. Pat Cunningham and RJ Delaware made the trip down from Mass. And hit PRs of 500 and 480 respectively! Our next meet is the Iron Island "Halloween" Bench Press and Deadlift Championships on 10/27/2001. For info. call OR e-mail John Bott at 201-585-8338 or JTB2040@aol.com. Until Next time, stay real thy strong! (Thanks to John Bott for results).

World Gym Spring Push/Pull
20 May 01 - Mishawaka, IN

BENCH			
WOMEN		J. Dylewski	290
123 lb.		220 lb. (45+)	
B. Shupert	105	T. Horvath	320
132 lb.		242 lb. (50+)	
J. Kaufman	130	G. Washington	325
MEN 148 lb.		DEADLIFT	
R. Langwell	280	WOMEN	
198 lb.		123 lb.	
S. Hudson	335	B. Shupert	185
242 lb.		MEN	
R. Donati	557.5*	181 lb.	
M. Wynn 350		R. Butler	540
275 lb.		198 lb.	
G. Lealiifano	580	S. Hudson	425
R. Reed	530	220 lb.	
320 lb.		M. Ladewski	555
A. Wood	420	242 lb.	
Novice 181 lb. (70+)		R. Donati	675
M. Abraham	240	M. Wynn	500
198 lb.		320 lb.	
S. Hudson	335	A. Wood	500
220 lb.		Novice 198 lb.	
L. Monnier	300	S. Hudson	425
Master 198 lb.		Master (50+)	
D. Horn	310	390 lb.	
		M. Wider	390

*–Central Bench Press League record. Special thanks to: Mr. & Mrs. Jeff Butler, Mike Wider, Brendan Yoder, David Franks, Jason Babbit, Al Reed and Curtis Brown and his crew of renown. (Thanks to Jon Smoker for these results).

***Clarion University of Pennsylvania Barbell Club** was recognized for service to the community during the University's 8th Annual Volunteer Recognition Reception. Some of the things they were recognized for were "Service Project by a Student Organization," "Bench-A-Thon," and the club lifted weights to help raise money for the U.S. Marine Corp's annual "Toys for Tots." The people accepting for the club are (l-r): Sara Miksa, Rock Wyrwas, Diana Anderson, Mark Watts, and Alan Miller. (Photograph provided courtesy of Mark Watts to Powerlifting USA).*

Pennsylvania State Open
5 May 01 - Clarion, PA

BENCH				
Open 165 lb.				
C. Hartle	265			
Junior (20-23)				
M. Esmond	305			
J. Joyce	290			
181 lb. Open				
C. Richard	330			
J. Eisman	325			
Junior (20-23)				
T. Eppley	290			
198 lb.				
Junior (20-23)				
S. Keiper	400			
M. Sable	355			
Teen (17-19)				
R. Barr	310			
R. Boczkowski	280			
WOMEN	SQ	BP	DL	TOT
Open 165 lb.				
S. Miksa	195	95	230	520
MEN				
132 lb.				
B. Johnson	225	215	245	685
148 lb.				
K. Shaffer	290	275	450	1015
Teen (13-16)				
D. Farkas	305	140	320	765
165 lb.				
Submaster (33-39)				
G. Foy	390	230	420	1040
Open 181 lb.				
A. Brown	525	275	600	1400
J. Armstrong	365	300	460	1125
198 lb.				
D. Scott	440	310	480	1400
A. Perkins	405	—	425	—
Teen (17-19)				
R. Boczkowski	405	280	420	1105
Open 220 lb.				
B. Bennett	675	465	545	1680
R. Eckhart	470	380	560	1390
S. Thomas	350	260	500	1050
242 lb.				
M. Watts	630	470	520	1620
E. Barr	550	375	600	1525
M. Wick	400	275	475	1150
Teen (17-19)				
B. Fratto	500	430	430	1360
SHW				
Masters (40-49)				
R. Graham	730	400	600	1730

Best Lifter Bench Press: Dan Swope. Best Lifters 114-181: Andy Brown. 198-SHW: Bill Bennet. The Clarion University Barbell Club hosted its first ever PA State Championships in Tippin Gymnasium. The event had over 40 lifters and boasted some outstanding efforts. Carl Seeker was on-hand to ensure a smooth and professional meet. The Barbell Club kicked off the weekend with a Strength Seminar on Friday night. The Founders of the Grimwood Strength Systems, Bob and Terry Grimwood were on hand with other world class lifters including Elaine "Scraps" Grimwood and Chris "Bull" Riedy from the Grimwood Power Plant Gym. It was an outstanding seminar with tons of information on lifting technique, powerlifting routines, psychology of lifting, and sports specific training. The Clarion Barbell Club would like to thank the following individuals for their outstanding efforts in helping us run a great meet: Carl Seeker, Bob and Elaine Grimwood, Terry Grimwood, Chris Riedy, The Clarion Golden Eagle Football Team, The Clarion Golden Eagle Women's Basketball Team, Bob Carlson, and all of the lifters who participated in this event. I would also like to personally thank Bill Burns, Mark Fair, Bridget Hammond, Doug Knepp, Scott Creighton, Gie Parsons, Scott Feldman and everyone else who supported the Clarion Barbell Club. (Thanks to Mark Watts for providing these meet results).

Submaster (33-39)				
J. Viglione	400			
B. Lolling	325			
Open 220 lb.				
R. Miller	520			
S. Pollard	500			
B. Pochiba	480			
B. Bennett	465			
K. Smay	400			
Submaster (33-39)				
P. Parks	410			
Masters (40-49)				
W. Valentine	315			
Open				
275 lb.				
D. Swope	550			
G. Plowman	415			
R. Plowman	410			

USPF Georgia State
31 Mar 01 - Forsyth, GA

BENCH				
148 lb.				
Yarbrough, M.	100			
198 lb.				
Fennelle, C.	165			
Wachtel, J.	155			
Goodrum, R.	147.5			
MEN	SQ	BP	DL	TOT
Master-1 220 lb.				
Duke, B.	305	65	320	690
275 lb.				
Brose, R.	265	185	285	735
220 lb.				
Jones, C.	250	155	260	665
148 lb.				
James, K.	172.5	135	210	517.5
242 lb.				
Shook, F.	250	155	262.5	667.5
198 lb.				
Wachtel, J.	25	155	242.5	422.5
242 lb.				
Mosley, R.	157.5	110	152.5	420
Baker, R.	—	—	—	—
Master-2 308 lb.				
Robinson, J.	320	182.5	292.5	795
242 lb.				
Taylor, C.	255	170	255	680
148 lb.				
Coleman, B.	157.5	92.5	142.5	392.5
Novice				
181 lb.				
Sisa, B.	250	125	240	615
Francis, A.	180	122.5	215	517.5
198 lb.				
Lowe, C.	237.5	192.5	212.5	642.5
Howard, B.	227.5	172.5	227.5	627.5
Rainey M.	192.5	—	—	—
220 lb.				
Jones, H.	250	155	260	865
Wells, D.	140	125	185	450
242 lb.				
Mosley, R.	157.5	110	152.5	420
275 lb.				
Hulston, M.	305	—	—	—
308 lb.				
Robinson, J.	320	182.5	292.5	795
Stoker, E.	250	112.5	282.5	645
Open 148 lb.				
Wideman, M.	220	120	227.5	587.5
181 lb.				
Register, K.	265	167.5	280	712.5
198 lb.				
Jones, G.	315	202.5	307.5	825
Adams, M.	282.5	142.5	255	680
Thornton, J.	205	165	242.5	612.5
Rainey, M.	192.5	—	—	—
Baker, R.	—	—	—	—
242 lb.				
Lipsey, R.	272.5	185	300	757.5
275 lb.				
Curtis, S.	307.5	207.5	260	775
Brose, R.	265	185	285	735
PF 198 lb.				
Marshall, D.	227.5	165	272.5	665
Sisa, B.	250	125	240	615
Teen-1 220 lb.				
Williams, K	137.5	60	105	302.5
Teen-2 198 lb.				
Howard, B.	227.5	172.5	227.5	627.5
Smith, J.	182.5	125	227.5	535
Frances, A.	180	122.5	215	517.5
WOMEN				
Novice				
148 lb.				
Colbert, M.	120	55	125	300
Bernal, M.	67.5	60	95	222.5
220 lb.				
Williams, K.	137.5	60	105	302.5
Open				
97 lb.				
Baker, N.	97.5	60	132.5	290
220 lb.				
Williams, K.	137.5	60	105	302.5

TEAMS: 1st Place: Team Adel, 2nd place: UGA P/L Team. Powerlifting - State Masters Records (45-49): Buddy Duke, 305 SQ, 320 DL, 690 TOT. Best Lifter Novice: Jerry Robinson. Best Lifter Open: Grey Jones. Teenage American Record: Krista Williams, age 15, 137.5 SQ. Bench Press - American Masters Record: Charles Finnell, age 61, 165 kg. @198 class. The 2001 USPF Georgia State Powerlifting Championships and Deep South Bench Press Championships were held at the Holiday Inn Convention Center. The venue was arranged perfectly with three spacious warm-up areas, a very large holding area for the lifters and the competition area was large enough to accommodate the 200 plus in attendance an the vendors present. The Holiday Inn (Exit 186 I-75) served as the meet motel for the event, so all accommodations were within walking distance, even to the Waffle House across the street. I would like to thank all the good folks we have in South Georgia that assisted with the production of this special event. Thanks to David Sewell - Alabama, Sandy Ellis - Stockbridge. Georgia and Ann Leverett - Savannah, Georgia, for running the score table. Judges for the event included Ben and Nancy Parker Marietta Georgia and David Coleman - Jacksonville, Florida, Spotters/Loaders included a whole host of people from the South Georgia Fitness Center, as well as others from the gym that helped in the production, i.e. collect money at the door, sold t-shirts and operated the concession stand. One final thought I feel is necessary is a big thank you to all the former state, national and international winners that train younger lifters that continue to compete in powerlifting. People such as Ann Leverett, David Sewell, Curtis Leslie and George Herring are always lending a helping hand to young lifters all over the state. These past winners are always helping people in powerlifting all over the south. Whether you are in Georgia, Alabama or Florida, people can always recognize with their names in powerlifting. (Thanks to Buddy Duke for providing the results of this meet).

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19 year old Casey Pelletier squatted 600, benched 480, deadlifted 600, and totaled 1680 with plenty to spare. He did all this at a bodyweight of 216 lbs. at the APA Montgomery Open PL & BP. (Photograph provided courtesy of Scott Taylor to Powerlifting USA).

APA Montgomery Open PL & BP
09 JUN 01 - Montgomery, AL

MEN		Open		
Submaster		181		
Van Hoorne/251	325	J. Ullrich		385
Master 40-49		242		
B. Hutchinson	410	B. Hutchinson		410
WOMEN	SQ	BP	DL	TOT
Under 148				
D. Joyner/148	280	135	320	735
R. Stringer/120	160	90	215	465
Over 148				
S. Endress/170	250	165	320	735
K. Johansen/160	190	115	220	525
Master (formula)				
S. Endress/170	250	165	320	735
S. Adkison/198	230	130	290	650
Teenage Under 148				
D. Joyner/148	280	135	320*	735
4th			325*	
R. Stringer/120	160	90	215	465
Teenage Over 148				
K. Johansen/160	190	115	220	525
MEN				
Teenage Lightweight				
M. Barnes/143	300	160	365	825
Teenage Heavyweight				
C. Pelletier/216	600	450	600	1650
4th		480*		
Master 50-59				
R. Eastham/197	485	305	480	1270
Open				
148				
M. Barnes	300	160	365	825
165				
L. Washington	475	300	475	1250
D. Cornelison	360	225	365	945
4th			400$	980$
181				
A. Phothisane	500	270	480	1250
220				
P. Watson	580	380	540	1500
J. Gomez	560	330	510	1400
A. Smart	475	300	500	1275
242				
B. Eastham	660	460	585	1705
308				
R. Endress				

$ denotes Alabama Jr. Record; * denotes teenage world record. Lifters came from the states of North Carolina, Florida, Tennessee, Louisiana, and of course Alabama to compete in the APA Montgomery Open. I would like to thank Johnny Sheakley for all the effort he put into making this a great event and of course the referees and spotters who put in a long day doing a fantastic job. Special thanks also to Tom Beale who bought a great team of young lifters with him and when not helping them out was helping out anybody else that needed it. Several records were set. State chairpersons will be updating the state records and websites, but I will mention those offhand that I know broke records. I was very impressed with the quality of all the teenage lifters in this event. Casey Pelletier wowed everybody with his 600 squat (near miss with 630), 480 bench (he had much more in him), and 600 deadlift (just missing 640). At 19 years of age, this was a phenomenal performance! Barrett Eastham took home best lifter honors in the full power event with Casey trailing right behind him for runner up position. Best lifter in the bench press event was Jason Ullrich. This was a great event. Once again, special thanks to all who made this event exciting and successful. (Thanks to Scott Taylor, APA President, for the results).

18 year old Destiny Joyner broke several teenage records and totaled a nice 740 at the APA Montgomery Championships(Photos provided courtesy Scott Taylor).

WPA World Championships
28,29 APR 01 - Lancaster, PA

BENCH		Masters 40-49	
WOMEN		198	
132		M. Theriault	480
master 50-59		220	
J. Sturniolo	115	M. Patton	
SHW		SHW	
J. Sheller	160	C. Marceau	355
MEN		Masters 50-59	
Teen		B. Paoletti	450
181		4th	470*
D. Rivers	330	Masters 60-69	
220		N. MacKay	290*
R. Yard		Masters 70-79	
308		W. Daryman	215
J. Ward	450*	DEADLIFT	
Juniors		WOMEN	
165		132	
E. Sanfilippo	370	Master 50-59	
198		J. Sturniolo	275*
M. Page	390	4th	280*
Open		Teen	
181		242	
L. Ryan	400	J. Hartman	600
A. Vellake (sub)	500	275	
220		W. Frisch	425
D. Stitt (BL)	540	Juniors	
242		181	
J. Kaeser	430	S. Rutsis	500
275		Open	
K. Troupe (sub)	425	308	
308		J. Allen Snyder	545
K. Hampe	480	R. Librandi	
Drug Free		Drug Free	
132		Masters	
B. Shoemaker	310	40-49	
C. Byrnes	335	McCullough(BL)	765*
220		SHW	
M. Rintz	300	C. Marceau	425

WOMEN	SQ	BP	DL	TOT
105 Teen				
Schmoyer (BL)	220	105	260	585
Submaster Drug Free				
J. Hautaniemi	175	105	225	530
114 Drug Free				
L. Stitt (BL)	225	150	280	655
123 open submaster				
L. Landry	265	185*	385*	835
4th	275!			
Master 70-79				
J. Merrell	25	50	75	165
165				
Teen				
M. Malkasian	350	160	330	840
Open				
J. Scanlon (BL)	410	275	400	1085
MEN				
Teen				
148				
L. Mangino	340	310	440*	1090
275				
F. Turcotte	575	350	500	1425
4th	600*	360*		
Open				
198				
J. McVicar (sub)	585	465	580	1595
D.J. Jarrell	455	265	500	1220
242				
J. Birley	460	300	520	1280
M. Salazar	550	415	570	1535
275				
D. Howard	680	530	560	1770
M. Dimiduk	685	355	635	1675
C. "Bull" Riedy	650	400	550	1600
Drug Free				
148				
B. Moorehead	420	340	375	1135
165				
B. Crow	635	415	560	1600
K. "Spike" Kuhn	285	275	400	1060
181				
J. Jefferson (sub)	530	320	630	1480
198				
B. Young	500	350	510	1360
H. Reece	465	285	500	1250
B. Shaffer	400	300	450	1150
220				
M. Fausey	630	400	620	1650
A. Cabrerra	640	390	590	1620
R. Crist	405	300	450	1155
J. Stahl	500	335	540	1375
275				
P. Simpson	610	420	575	1605
S. Comereski	500	400	500	1400
308				
Johnson (sub)	705	445	580	1730
M. Jovanovic	800	485		
SHW				
Lawrence (BL)	785	525	720	2030
Masters 40-49				
165				
P. Sacco	525	325	455	1305
G. Ruth	465	255	435	1155
W. Weibley	385	230	440	1055
181				
F. Piermattei	605	375	565	1545
220				
G. Marceau	420	280	420	1120
275				
J. Ingram	605	430	645	1680
M. Dimiduk (BL)	685	355	635	1675
P. Simpson	610	420	575	1605
Masters 50-59				
165				
M. St. Laurent	551	340	530	1421
4th		351*		
181				
D. Junkins	315	235	375	925
Masters 60-69				
198				
M. Costello	300	175	335	810
Masters 80-89				
148				
R. Merrell	100	75	170	345

* denotes world record. ! denotes Canadian record. (Thanks to APA for these meet results).

USAPL Last Chance Qualifier
3 JUN 01 - Napa, CA

WOMEN	SQ	BP	DL	TOT
M6				
165				
G. Cloninger	198	110	270	578
J. Alcouloumre	55	88	154	297
MEN				
Open 220				
M. Edelstein	595	413	633	1646

(Thanks to USAPL for providing these results)

APPLICATION FOR REGISTRATION
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I Certify that the above answers are correct

X _____

PPL Augusta Open
13 Jan 01 - Augusta, GA

BENCH				
148 lb.				
(10-13)				
J. Bridges	125			
Novice				
C. Brooks	285			
165 lb.				
(17-19)				
W. Stephens	180			
(47-53)				
D. Thompson	260			
Open				
M. Judge	310			
181 lb. Open				
B. Corley	405			
J. Tillman	375			
Subs				
H. Bull	390			
198 lb. Open				
P. Hammonds	390			
Novice				
C. Morgan	380			
Subs/Raw				
R. Watkins	330			
(61-67)				
J. Herbein	265			
220 lb. (47-53)				
G. Jones	350			
R. Austin	260			
FEMALE	SQ	BP	DL	TOT
132 lb. (40-46)				
S. Walker	240	110	305	655
165 Lb. (Subs)				
P. Hitt	275	120	300	695
MALE 148 lb. (10-13)				
J. Bridges	115	125	230	470
165 lb. (17-19)				
W. Stephens	245	180	435	860
OPEN				
M. Judge	460	310	515	1285
(47-53)				
D. Thompson	400	260	405	1065
181 lb. (40-46)				
P. Catina	505	290	485	1280
(17-19)				
T. Newberry	400	230	490	1120
198 lb. (61-67)				
J. Herbein	400	265	540	1195
Subs				
J. Ray	440	330	600	1370
Open				
J. Calhoun	560	365	650	1575
220 lb. Subs				
J. Weaver	625	350	585	1560
(40-46)				
B. Hickie	285	215	350	850
242 lb. (47-53)				
A. Isaac	355	175	405	935
(40-46)				
B. Bridges	405	320	405	1130
Raw				
L. Noland	530	335	550	1415
275 lb. (68+)				
H. Howard	155	165	245	565
SHW Novice				
J. Casteel	600	440	600	1640

Best Female Bench: Sandra Walker. Biggest Female Bench: Paige Hitt. Best Female Deadlift: Sandra Walker. Biggest Female Deadlift: Sandra Walker. Big Fox: Paige Hitt. Best Female Lifter: Sandra Walker. Best Male Bench: Bobby Corley. Biggest Male Bench: Keith Mackey. Best Male Deadlift: Marvin Judge. Biggest Male Deadlift: Jeffrey Calhoun. Best Male Lifter: Marvin Judge. Big Dawg: Jamie Casteel. Best Legends Lifter: John Herbein. Best Teen Lifter: Terrence Newberry. The new year is here and so are the "Pythons"! Alabama, South and North Carolina Florida, Tennessee, Georgia and Pennsylvania came and represented in a great way! Some of the highlights: John "Giggolo" Herbein came in from Pennsylvania and showed the young guys what a "legend" can do! This guy stepped and smoked 540 pounds! Somebody needs to tell him he's over 60 years old! Sandra "Cocoa" Walker of Augusta, Georgia continues to be the "baddest chick" as she won the biggest and best deadlift award plus the best female lifter Award. Paige "Da Hamma" Hitt is no slouch either because in only her third meet she is posting some good numbers! Keith "White Leggs" Mackey showed us what 505 lbs. in the bench press looks like now if he could get some "Coppertone" on those legs! "I'll be back!" were the words uttered by Terrence "Terminator" Newberry last year and he is back at the best teen lifter with a 490 lb. deadlift and 400 lb. squat with no suit! Listen the drums, the rumble in the jungle look behind a tree and you will see the "Ebony Warrior" Jeffrey Calhoun of South Carolina who "straight-legged" (ouch!) 650 lbs in the 198 lbs class and garnered the "Biggest Deadlift Award". But the biggest dawg award went to Alabama's Jamie "Man of" Casteel with a 1640 lb. total and enough sweat to start a flower garden! Hey! Next time Jamie... bring your own towels! All in all and as usual, we had a great time! Lifters ranged from 12 years (TJ "Big Swole" Tillet) to 73 years old with Albert "Buck" Harris. Thanks for coming and a special thanks to my judges, spotters, concessions and anyone else who made this meet possible. Stay clean, stay stron and I'll see ya on the platform! (Thanks to Tee "Skinny Man" Meyers, PPL President, for providing these meet results).

Warren	280			
Raw				
G. Bartley	405			
242 lb.				
Open/PFM				
K. Mackey	505			
Novice				
J. McQuire	315			
275 lb. Open				
A. Harris	385			
SHW (68+)				
B. Harris	300			
DEADLIFT				
FEMALE				
123 lb.				
(54-60)				
R. Calais	230			
MALE				
198 lb. Raw				
J. RAY	500			
Open				
J. Herbein	480			
220 lb.				
R. Austin	375			
(68+) PFM				
M. Branham	460			
242 lb. (10-13)				
Tillet	260			

Best Lifters *at the Southeast Iowa BP/DL: (l-r) Jim Schrader (bench); Cozy Cozine (deadlift). (Photo provided courtesy of Dr. Darrell Latch).*

Son Light Power SE Iowa BP/DL
6 May 01 - Coralville, IA

BENCH		181 lb.		
WOMEN		H. Ruhser	315*	
Master (40-44)		Open 220 lb.		
165 lb.		B. Mixer	330*	
C. Irons	140*	SHW		
(60-64) 165 lb.		L. Betzer	325*	
J. Christensen	135*	DEADLIFT		
Open 198 lb.		MEN		
J. Phillips	165*	Submaster		
MEN		198 lb.		
Submaster		K. Hilsenbeck	440*	
198 lb.		4th	450*	
K. Hilsenbeck	350*	242 lb.		
242 lb.		J. Schrader	560*	
J. Schrader	340*	Master (55-59)		
Master (40-44)		181 lb.		
242 lb.		H. Ruhser	405*	
C. Cozine	400*	Open 242 lb.		
SHW		J. Schrader	560*	
L. Betzer	325*	F. Campos	500	
(55-59)		4th	525	

Best Lifter BP: Cozy Cozine. Best Lifter DL: Jim Schrader. *=Son Light Power Iowa State record. The Son Light Power Southeast Iowa Bench Press/Deadlift Championships were held at Gold's Gym. Many thanks to owner Brian Allen for his hospitality in hosting this event. Our turnout was smaller than expected but we're hoping this event will grow and fill a void in the sport in this area. The bench press event brought the return of Vernon Phillips' girls to competition. Taking the master 40-44/165 class was Cindy Irons, who finished with a new Iowa state record of 140. This little "troublemaker" only got her opener in, missing 150 twice. Jeanne Christensen won the master 60-64/165 class with another state record, here with a strong 135. Open winner at 198 was Jo Phillips who finished with her opener of 165. This was also a new Iowa state record for Jo. In the submaster men's division we had two lifters, both setting new state records for their respective classes. At 198 it was Ken Hilsenbeck making just his opener with 350. Jim Schrader won at 242 with a strong 340, getting all three of his attempts there. Cozy Cozine took the master 40-44/242 class with 400, setting the state record there and capturing best lifter honors for the competition. Loren Betzer got another state record to his credit with his win at SHW, finishing with 325. Harry Ruhser had some problems with his opener, but came back strong to finish with a 315 state record for the win at master 55-59/181. In the open division Brent Mixer set both a personal and state record with his win at 220, finishing with 330. Loren Betzer also won the open SHW class with his second state record of the day, closing with 325. In the deadlift competition Ken Hilsenbeck pulled 440 for his third attempt, then went on to lock out 450 on his fourth for the win at submaster 198. This was Ken's second state record for the day. Jim Schrader pulled a big sr 560 for the win at submaster 242 capturing the best lifter title along the way. Harry Ruhser pulled 405 for the win at master 55-59/181 setting the record there. In the open division it was Jim Schrader for the win at 220 with 560, another state record, followed by Florencio Campos who finished with 500, also making a fourth attempt of 525. This was Florencio's first competition where he finished with a new personal record. Thanks to my son Joey and Loren Betzer for helping out. See you all at the SLP Iowa State Championships September 16! (These results by Dr. Darrell Latch).

IPA High School Nationals
24 Mar 01 - Pomfret, MD

WOMEN	SQ	BP	DL	TOT
114 lb.				
S. Lilly	145*	85*	175*	395*
123 lb.				
M. Levesque	130	100	185	415
132 lb.				
J. Guy	175	105	185	465
148 lb.				
K. Hunt	130	95	205	430
SHW				
S. Eller	175	145	190	510
MEN 123 lb. (15-16)				
B. Merchant	185	165	275	625
132 lb.				
M. Wagner	235	190	315	740
148 lb.				
F. Bryant	300	225	400	925
C. Tolson	285	215	350	850
(17-18)				
T. Lacefield	300	215	375	890
D. Revels	250	245	350	845
J. Mason	295	200	315	810
T. Burbano	265	170	350	850
165 lb. (15-16)				
T. Fernanders	375	260	400	1035
S. Wilkinson	350	175	385	910
J. Kiessling	250	240	325	815
(17-18)				
B. Veney	325	230	375	930
E. York	285	225	350	860
W. Mayhew	225	170	285	680
D. Oxenham	205	180	215	600
181 lb. (15-16)				
B. Grasso	280	205	325	810
C. Turner	270	165	275	710
(17-19)				
N. Carrington	455	285	500	1240
A. Roberts	450	295	435	1180
L. Hamilton	350	240	375	965
198 lb. (15-16)				
M. Messink	285	185	400	870
M. Stonestreet	250	150	365	765
P. Taft	175	175	305	655
(17-18)				
A. Anderson	425	290	525	1240
W. Smith	360	255	480	1095
C. Hayes	300	235	320	855
220 lb. (15-16)				
J. Muschette	400	325	485	1210
B. Simpson	450	300	455	1205
S. Thompson	205	200	300	705
(17-18)				
B. Wilson	365	290	450	1105
J. Buitrago	420	295	375	1090
242 lb. (15-16)				
R. Robinson	375	235	400	1010
(17-18)				
R. Wilkerson	475	310	450	1235
J. Dean	435	295	430	1160
275 lb. (16-18)				
D. Ziegler	415	215	455*	1085
(17-18)				
M. Kelly	425	355*	460	1240
C. Mitchell	400	230	400	1030
(15-16)				
R. Henning	505*	330*	450*	1285*
SHW (15-16)				
J. Jonnes	650*	350*	500*	1500*

*=IPA World Record Lift. Team Placings: 1st McDonough, 2ndCalvert. Best Lifter Female: Jenn Guy McDonough. Best Light Lifter 114-181: Nick Carrington McDonough. Best Heavy Lifter 199-SHW: Aaron Anderson McDonough. McDonough High School held the IPA High School National Competition. There were fifty lifters at the competition from six high schools. There were some good young liters competing and several IPA records were broken. Jay Jones from McDonough High School had a great day competing in the SHW class at 15 years of age. He broke four records including a 650 squat. Robert Henning from Clavert High School also had an outstanding meet competing in the 308 class at 16 years of age breaking four records. The meet ran very smoothly thanks to the help from our IPA judges and platform workers. A special thanks to Mark & Ellen Chailler from York Barbell and Mr. & Mrs. Ken Wood for all of your dedication toward helping young lifters. (Thanks to David Bradshaw for results).

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IPA Virginia State BP
26 May 01 - Fredericksburg, VA

Special Olympics		M. Tingler	390
148 lb.		**308 lb.**	
K. Corbin	100	A. Moats	245
220 lb.		**MEN**	
M. Cameday	355	**Open 165 lb.**	
WOMEN		D. Bauren	235
Open 114 lb.		**198 lb.**	
L. Reynolds	102	L. Petrepules	310
181 lb.		**220 lb.**	
M. Anspach	95	S. Morris	485
198 lb.		M. Canada	355
C. Johnson	150	**275 lb.**	
Master 148 lb.		**Submaster**	
B. Gravbe	175*	**242 lb.**	
Teen 148 lb.		C. Anspach	385
K. Corbin	100	**Master 275 lb.**	
242 lb.		B. Morgan	390

Best Lifters: Bonnie Graube, Allen Hicks. Meet Director: Peter Cropp. (Thanks to The Gym for providing the results of this meet to *PL USA*).

USAPL Rocky Mountain States
19 May 01 - Pocatello, ID

BENCH		Compton, B	375
WOMEN		Baker, B	345
Open		**220 lb.**	
148 lb.		Leavitt, A	420*
Stevens, T	110	Cook, B	345
MEN		Unione, A	265
Open 148 lb.		**275 lb.**	
Edmondson, D	280	Palmer, S	410
198 lb.		Godoy, M	—
Hernandez, J	440*	**319 lb.**	
Brown, T	385+	Marchant, D	520

WOMEN	SQ	BP	DL	TOT
Open 132 lb.				
Casey, S	220	130	225	575
148 lb.				
Ginsberg, S	250	155	275	640
Compton, E	200	155	280	635
Stevens, T	170	110	225	505
198 lb.				
Oxford, H	355	205	375	935
MEN				
Open 132 lb.				
Payton, G	255	220	315	790
148 lb.				
Edmondson, D	490	280	490	1260
165 lb.				
Hudson, M	515+	295	495+	1305
Winslow, D	465	315	510	1290
181 lb.				
McCarthy, D	500	320	490	1310
Collins, B	440	350	405	1195
Bradley, A	400	150	440	1090
Barrett, J	355	230	430	1015
198 lb.				
Clayton, D	470	360	575	1405
Mecham, S	475	385	505	1365
Compton, B	440	375	500	1315
Perry, T	350	215	445	1010
Montanez, G	320	230	405	955
Scardino, A	—	—	—	—
Leavitt, A	530	420	580	1530
Ragain, R	550	315	605	1470
Ohlman, M	410	265	425	1100
242 lb.				
Carlin, CI	705	375	680	1760
Clark, B	655	370	605	1630
Anderson, S	550	370	535+	1455
Robinson, J	505	365	550	1420
Casey, M	500	355	550	1405
Stewart, B	475	275	535	1285
Wolf, D	425	325	470	1220
275 lb.				
Thompson, J	640	405	675	1720
Thompson, P	500	365	550	1415
Galvin, J	500	380	510	1390
Korenke, K	405	290	525	1220
Otto, H	415	305	485	1205
Anderton, B	375	260	430	1065
Westbrook, M	525	315	55	895
Schultz, S	570	—	—	—
Teen 114 lb. (14-15)				
Perkes, T	180	105	225	510
148 lb. (14-15)				
Winslow, D	315	155	365	835
198 lb. (16-17)				
Thompson, D	250	240	375	865
275 lb. (18-19)				
Westbrook, M	525	315	55	895
Master (40-44) 148 lb.				
Perkes, L	350	190	300	840
165 lb. (40-44)				
Hudson, M	515+	295	495+	1305+
181 lb.				
McCarthy, P	500	320	490	1310
198 lb.				
Clayton, D	470	360	575	1405
Brown, T	500	385+	500	1385
(50-54)				
Scardino, A	—	—	—	—
220 lb. (45-49)				
Lukens, J	470	325	480	1275
Marchant, R	—	—	—	—
242 lb.				
Anderson, S	550	370	535+	1455
Robinson, J	505	365	550	1420
(55-59)				
Davis, B	400	350	660	1410
(45-49)				
Wolf, D	425	325	470	1220
275 lb. (40-44)				
Eyre, K	460	360	535	1345
Schultz, S	570	—	—	—

BENCH: *–State Open Record. +–State Masters Record. !–Best Overall Lifter. Placement BY FORMULA: WOMEN: Stevens MEN: Marchant. Hernandez, Leavitt, Brown, Compton. PLACEMENT BY FORMULA: WOMEN: Division I Ginsberg, C; Casey, S; Stevens, T. Division II - Oxford, H; Compton, E. MEN MASTERS: Davis B, Anderson, S; Clayton, D; Hudson, K; McCarthy, P. TEEN: Winslow, D; Thompson, D; Perkes, T; Westbrook, M. TEAM:

***Photo shows winners of placings in meet**: Front row (l-r) Mike Casey, Suanne Casey, Trevor Perkes, Danny Winslow Sr., Danny Winslow Jr., Gabriel Montanez, Brad Compton and Doug Clayton; Middle Row (l-r) Dave McCarthy, Coty Ginsberg, Scott Mecham, Mike Bradley, Devin Thompson, Eula Compton, Tammie Stevens, and Chris Carlin; Back row (l-r) Holly Oxford, Paul Thompson, Ryan Ragain, Allen Leavitt, Jonah Galvin, Brandon Clark, David Edmondson, and Jim Thompson. (Photograph provided by courtesy of Wayne Rhoden to PL USA).*

Bullet Gym (33 points), Team Fitness (19). Fitness Inc., of Pocatello, Idaho hosted the 10th Annual Rocky Mountain States Powerlifting Championships, in which 53 powerlifters participated along with the Big Cat Bench Press in which 13 competed. Competitors came from Idaho, Montana, Utah, and Wyoming. A sizable contingent from Bullet Gym in Missoula, Montana also participated. The Rocky Mountain States meet has been held each year in Pocatello, Idaho on the 3rd Saturday in May but beginning next year the date will be moved to the 2nd Saturday in May to prevent conflicts with state university commencement ceremonies. The Big Cat Bench Press will be held each year along with the Rocky States Powerlifting meet. The most impressive male lifter was Chris Carlin (242 class) from Billings, Montana, who also posted the biggest total for the meet with 1760 pounds. The most impressive female lifter was Holly Oxford (198 class) from Missoula, Montana who squatted 355, benched 205, and deadlifted 375 lbs. on her way to a 935 total. The most impressive teenage lifter was 14 year old Daniel Winslow, Jr. who, at a bodyweight of 145, squatted 315, benched 155 and deadlifted 365 for a total of 835. The most impressive male bencher was Dave Marchant (319 class) from Murray, Utah, who benched 520. This meet normally attracts some very competitive seasoned lifters from throughout the Rocky Mountain States area. Thanks to the commitment of time, energy, and personal resources shown by Meet Director Bill Davis and his wife Nancy, as well as by their excellent crew of scorers, announcers, spotters and loaders, and other volunteers, and others like them in communities throughout the nation, ordinary lifters have the opportunity to enjoy the sport of powerlifting. Also we would like to thank our many sponsors including Rickey Dale Crain's Muscle World, which provided knee wraps for each 1st place finisher; Rick Brewer's House of Pain, which provided shirts, caps, and water-bottles for spotters and loaders; and Inzer Advanced Designs which provided five gift certificates for lifting suits. Other sponsors who generously supported the meet included Coors Lite, Frito-Lay, Econo-Lodge, Pizza Hut, Pepsi, New Day Products, Taco Bell, Warbonnet Electric, who generously supported this meet, Safe USA, for donating 2 competition belts, and our local media, especially KOOL 94.5 FM, Television Station KPVI and the Idaho State Journal for their support and coverage of this event. (Thanks to Bradley B. Compton for the results).

***Brad Compton** attempting a 460 lb. squat. (Photos provided courtesy of Wayne Rhoden to PL USA).*

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Son Light Power National BP/DL
28 Apr 01 - Tuscola, IL

BENCH		Teen (16-17)	
MEN		242 lb.	
Teen (16-17)		M. Mahalik	500*
242 lb.		Submaster	
M. Mahalik	255*	198 lb.	
Submaster		T. Carnaghi	660*
165 lb.		220 lb.	
W. Phillips	420*	E. Maroscher	660*
4th	435*	242 lb.	
Master (45-49)		J. Schrader	550*
220 lb.		Master	
M. Byrnes	350*	(45-49)	
Master (50-54)		198 lb.	
220 lb.		J. Metzger	550*
S. Mahalik	225	Master (50-54)	
Police/Fire		220 lb.	
181 lb.		S. Mahalik	540*
B. Smith	340*	(80-84)	
198 lb.		165 lb.	
A. Jones	425*	B. Stephan	350*
Police/Fire		Police/Fire	
Master (50-54)		Master (55-59)	
242 lb.		242 lb.	
C. Kuester	300*	C. Kuester	500*
Open 165 lb.		Open 165 lb.	
W. Phillips	420*	W. Phillips	475*
4th	435*	198 lb.	
220 lb.		T. Carnaghl	660*
G. Walsh	390*	220 lb.	
R. Pasquini	260	E. Maroscher	660*
242 lb.		B. Finch	630
B. Cass	455*	R. Pasquini	410
DEADLIFT		242 lb.	
MEN		B. Cass	750*

Best BP Lifter: Wade Phillips. *=Son Light Power National record. Best DL Lifter: Brandon Cass.

80 year old Robert Stephan locks out a National Record of 350 at 160 bodyweight! (Photograph provided by Dr. Darrell Latch).

Best Lifters *at the National BP/DL (left-right): Wade Phillips (BP) 435 @ 165; Brandon Cass (DL) 750 @ 223. (Photo provided courtesy of Dr. Darrell Latch).*

The Son Light Power National Bench Press/ Deadlift Championships were held at Son Light Power Gym. With twenty-six entries we had a smaller than expected competition though the level of lifting was still high. Enthusiasm among the lifters and spectators added to the fun and excitement as we saw several national records fall. In the bench press competition lone teenager Murphy Mahalik took the 16-17/242 class with a new national record 255. Murphy, who is also one of the top high school wrestlers in the Chicago area, made all three of his attempts. At submaster 165 was Wade Phillips, who stole the competition with his great lifting. Wade finished with 420, but followed that with a successful personal record attempt of 435 on his fourth attempt. Wade also captured the open 165 class, setting new nationals records in both classes. Weighing in at just 164, Wade also won best lifter honors for the competition. Michael Byrnes finished with a pr and national record 350, while capturing the master 45-49/ 220 class. Mike weighed in at 210 and got all three of his attempts with ease, missing only a final with 360. Dr. Steven Mahalik, who is nursing a shoulder injury back to health, won at master 50-54/220 with an easy 225. Bob Smith was competing for the first time in a national meet, but captured the Police & Fire 181 class with a national record 340 final attempt. Training partner Alex Jones also set a national mark at police & Fire/198 with 425. Alex had missed that weight on his second attempt, but came back strong for his final attempt. Another lifter in the police & fire division was master 55-59/242 winner Carl Kuester. Lifting in just his second competition ever, Carl took that class with a strong 300 personal and national record final attempt. In the open division George Walsh bested his personal mark by five pounds, finishing with a 390 national record at 220. Second place at 220 went to Rick Pasquini, who finished with a personal best 260. At 242 it was Brandon Cass, finishing with a pr and national record 455. Brandon was also close with a fourth attempt of 475. In the deadlift competition Murphy Mahalik won his second title of the day with a great 500 final attempt pull! Murphy was called for hitching that weight on his second attempt before coming back with his third, which was another national record for him. Tom Carnaghi, who is training for an all-time record squat at 198, used this meet as a training day, taking both the submaster and open 198 classes with record 660 pulls. Eric Maroscher, who is training for the APF Submaster Nationals in May, also pulled 660 for the wins at open and submaster 220. These were also new national records for Eric. Also at submaster was 242 winner Jim Schrader. Jim finished with a national record 550, which he pulled on his final attempt. Jim Metger had his best competition to date, pulling a pr and national record 550 for the win at master 4549/198. Dr. Steven Mahalik took his second title of the day at master 50-54/220, pulling a strong 540 for the win. Up next was our royal competitor, his majesty Robert Stephan. Robert came from Wisconsin to pull and just turned 80 years of age! To say the least, he does not look his age, and at a bodyweight of 160 pulled a great 350! Of course, this was a new national record and is most likely the best deadlift ever by anyone in the world in Bob's age group! Great to have you here, Bob! In the master 55-59, police and fire division, Carl Kuester continued his assault on the record books with a strong 500 pull here. This equalled Carl's previous best, though he just missed the lockout with 530 on his final attempt. In the open division Wade Phillips got a national record at 165 with a strong 475 pull (all back!). Benny Finch got a pr at 220, finishing second to Eric Maroscher with 630. Third at 220 was Rick Pasquini with his second pr of the day, 410. Pulling last was 242 winner Brandon Cass. Brandon started with 650, then 700 and finished with 750; all strong pulls. Brandon then called for 800, and would have locked it out if he had not gotten out over the bar. Great pulling, Brandon. Oh, yes, Brandon did win the best lifter title for his efforts. The team championship went to the Maroscher Power Team of Park Forest, Illinois. Thanks to judges Susie Latch, Linda Middleton and Keith Earley along with spotters Joey Latch, Keith Earley and George Walsh for their help. (Thanks to Dr. Darrell Latch for providing these meet results).

Lawrence Garro Memorial
7 Apr 01 - Baltimore, MD

CURL		230 lb.	
140 lb.		MTR (33-39)	
JR. (14-16)		C. Walsh	165
D. Verdugo	75	Open	
180 lb.		P. Maizels	150
MTR (33-39)		MTR (70-79)	
A. Frederick	135	R. Debaufre	95
200 lb.		260 lb.	
N. Blocker	160	MTR (33-39)	
T. Getsinger	160	G. Develengas	165
MTR (33-39)		JR. (17-19)	
N. Blocker	160	R. Machlin	115
MTR (33-39)		SHW	
C. Heuisler	145	Open	
JR.		C. Smith	155
MTR (50-59)		MTR (50-59)	
G. Piccinini	85	C. Smith	155
97 lb.	BP	DL	TOT
JR MS (14-16)			
D. Davis	85	—	85
LADIES			
114 lb. Open			
S. Fasick	80	—	80
148 lb.			
BNH+DL:JR. (14-16)			
D. Verdugo	130	300	430
165 lb.			
Raw Bench: Jr. (20-23)			
R. Robinson	300	—	300
181 lb.			
LADIES MTR (33-39)			
J. Rhodes	180	—	180
LADIES MTR (33-39)			
J. Rhodes	—	300	300
BNH+DL: LADIES MTR (40-49)			
M. Mclean	130	315	445
198 lb.			
Raw Bench: Open			
T. Getsinger	370	—	370
Dlift: Open			
T. Getsinger	—	530	530
BNH+DL: Open			
N. Blocker	365	570	935
BNH+DL:MTR (33-39)			
N. Blocker	365	570	935
Bench MTR (60-69)			
J. Litzenberg	300	—	300
BNH+DL: MTR (60-69)			
W. Richardson	280	410	690
220 lb.			
Bench: Open			
J. Brown	450	—	450
K. Barrett	440	—	440
BNH+DL: Open			
K. Barrett	440	515	955
BNH+DL: MTR (40-49)			
R. Pope	315	550	865
Deadlift: Open			
K. Barrett	—	515	515
Deadlift: MTR (33-39)			
C. Walsh	—	450	450
Deadlift: MTR (40-49)			
T. Quinn	—	550	550
242 lb.			
Deadlift: MTR (50-59)			
A. Thornburgh	—	375	375
275 lb.			
Raw Bench Open			
G. Develengas	415	—	415
Raw Bench: MTR (33-39)			
G. Develengas	415	—	415
JR (17-19)			
R. Machlin	215	420	635
Raw Bench: MTR (33-39)			
G. Develengas	415	550	965
BNH+DL: Open			
Disantostefano	520	565	1085

(Thanks to Brian Washington for these results).

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USAPL Alaska State
12 May 01 - Anchorage, AK

BENCH		R. Masek		65
WOMEN (frmla)		T. Schuck		65
H. Hall	130	67.5-90 kg.		
G. Wolfenberger	100	D. Ross		165
D. Calhoun	75	C. Chong		157.5
S. Wennen	55	D. Sarafin		137.5
MEN		Over 90 kg.		
(Frmla):		M. Anselm		192.5
Under 67.5 kg.		J. Friesen		175
A. Isaacs	87.5	G. Loyd		147.5
WOMEN	SQ	BP	DL	TOT
75 kg. (Division in parentheses)				
Wolfnbrgr(O,M)	147.5*	100*	157.5	405*
S. Wennen(O)	125	55	125	305
90+ kg.				
H. Hall(O,M)	215!*+	130	215!*+	560!*+
D. Calhoun(O)	130	75	162.5	367.5
MEN 67.5 kg.				
T. Schuck(O,T)	115	65	127.5	307.5
R. Masek(O,T)	115	65	70	250
75 kg.				
D. Sarafin(O)	195	137.5	227.5	560
J. Rchrdsn(O,M)	77.5	55	122.5	255
82.5 kg.				
B. Huffinan(O)	190	125	197.5	512.5
B. Woods(O,M)	160	127.5*	185	472.5
90 kg.				
C. Chong(O)	250	157.5	272.5	680
G. Loyd, Jr.(O)	200	147.5	265	612.5
R. Glover(O)	215	137.5	210	562.5
J. Rabley(O)	180	127.5	200	507.5
100 kg.				
G. Moore(O)	177.5	120	205	502.5
R. Anselm(O,M)	182.5*	125	192.5*	500*
110 kg.				
J. Friesen(O,M)	227.5	175	250	652.5
R. Moody	237.5	130	250	617.5
125 kg.				
M. Anselm(O)	285	192.5	220	697.5

!–American Master Record. *–State Master Record +State Open Record. +–State Open Record. Al Fenumiai(0) Did not finish. Best Lifter Men: Cruz Chong. Best Lifter Women: Harriet Hall. Best Lifter Teen: Tanner Schuck. Best Master Men: Ray Anselm. Best Master Women: Harriet Hall. (Thanks to USAPL for providing the results of this contest to *PL USA*).

USAPL Michigan High School
5 May 01 - Niles, MI

114 lb.	SQ	BP	DL	TOT
Teen (14-15)				
J. Keeler	220	105	325	650
C. Nogle	225*	100	240	565
(16-17)				
D. DeWaters	305*	165	330	800
123 lb. (14-15)				
V. Niedeliwka	400*	225	375	1000
D. Lepert	265	150	305	720
M. Pacheco	165	100	190	455
(16-17)				
C. Jacobs	280*	130	300*	710
(18-19)				
D. Walters	300	215	375	890
132 lb. (14-15)				
T. Kibler	290	140	350	780
T. Reid	225	150	285	660
(16-17)				
P. White	300	175	340	815
A. Mesik	300*	125	350*	775
R. Christensen	225	125	260	610
E. Schuelke	160	90	180	430
148 lb. (14-15)				
J. Jacobs	340	185	380	905
B. Bruischart	260	150	355	765
P. White	245*	135	250	630
(16-17)				
M. Denanny	335	175	370	880
S. Pacheco	195	155	310	660
J. Kelch	135	85	145	365
(18-19)				
D. Kibler	500*	260	525*	1285*
C. Mikewski	365	185	380	930
165 lb. (14-15)				
A. Smith	225	165	250	640
R. Meninga	425	235	475	1135
C. Saltzman	345	175	415	935
D. Papesh	285	145	375	800
P. Bruce	205	150	255	610
B. Chapman	315	165	300	780
(16-17)				
R. Burns	365	215	445	1025
L. Saunders	350	240	435	1025
B. Witherow	260	160	320	940
K. Smest	220	130	290	640
K. Hatfield	235	90	275	585
181 lb. (14-15)				
A. Hughes	145	105	175	425
(16-17)				
R. Summors	385	260	480	1125
J. Jackson	275	275	350	900
J. Casnave	255	205	375	835
M. Miller	300*	180	320	800
(18-19)				
M. Clark	415	265	400	1080
S. Beckman	350	270!	400	1020
198 lb. (14-15)				
B. Clark	355	235	385	975
J. Heit	410	220	300	930
R. Schuelke	300	200	350	850
198+ lb. (14-15)				
S. Wallus	225	120	280	625
220 lb. (14-15)				
J. Cunningham	410	295	470	1175
A. Zandars	240	205	375	820
M. Richardson	235	170	315	710
242 lb. (14-15)				
S. Carnedy	240	180	280	700
(18-19)				
J. Iwaniuk	405	295*	500*	1200
275 lb. (14-15)				
N. Bagley	460	280	410	1150
D. Sullivan	315	210	370	895
C. Relinson	255	130	335	720
(16-17)				
R. Hughey	290	225	310	825
J. Alexander	200	205	350	755
319 lb. (14-15)				
J. Gipson	255	185	280	720
(16-17)				
J. Pletcher	405	265	450	1120
319+ lb. (16-17)				
C. Hauser	315!	185	350!	850
Master (45+) 181 lb.				
D. Steele	140	130	280	550
Open 165 lb. (24-44)				
D. Steele	250	160	285	695

*–State Record. !–School Record. Previous Championship Results (Women's Teams) 1999: 1st Plainwell, 2nd Mt. Morris, 3rd Niles. 2000: 1st Mt. 2nd Morris, Niles. 2001: 1st Plainwell, 2nd Niles. Previous Championship Results (Men's Teams) 1999: 1st Plainwell, 2nd Mt. Morris, 3rd Bendle, 4th Montrose, 5th Goodrich, 6th Niles. 2000: 1st Bendle, 2nd Goodrich, 3rd Niles, 4th Waterford Mott, 5th Mt. Morris. 2001: 1st Plainwell, 2nd Niles, 3rd Mt. Morris, 4th Buchanan, 5th T.C. West. Special Awards: Best Lifter Heavy Male :Justin Iwaniuk, Female: Maggen Miller. Best Lifter Light Male: David Kibler, Female: Amber Mesik. Best Lifter Overall Male: David Kibler, Female: Amber Mesik. Best Squat Male: David Kibler, Female: Amber Mesik. Best Bench Press Male: Justin Iwaniuk, Female: Maggen Miller. Best Deadlift Male: David Kibler, Female: Amber Mesik. Best Teen Male: David Kibler, Female: Maggen Miller. Best Lifter Junior/Adult/Master Male: Don Steele, Female: Dawn Steele. Teams Male: 1st Plainwell, 2nd Niles, 3rd Mt. Morris, 4th Buchanan, 5th T.C. West, 6th Climax Scot., 7th Midland B.C., 8th Gull Lake. Teams Female: 1st Plainwell, 2ndNiles, 3rd Mt. Morris. Outstanding Male Lifter: David Kibler. Outstanding Female Lifter: Maggen Miller. National Qualifiers: Plainwell (20 Lifters). State Records: Plainwell (8 Lifters) 11 total. School Records: Niles (3 Lifters) 5 total. (Thanks to USAPL for the meet result).

USAPL Ketchikan Record Breakers
18 May 01 - Ketchikan, AK

FEMALE	SQ	BP	DL	TOT
Williams-19	85	90	125	300
Jensen-15	170	70	120	260
Gregg-16	115	100	125	340
Sloneker-31	385	165	335	885
MALE				
Izatt-14	100	—	125	225
Pike-16	315	290*	405	1010
Slenkamp-14	250	170	365	785
A. Gregg-14	225	130	280	635
Wilson-17	295	150	370	815
Boles-17	350	215	415	980
H. Laws-15	310*	150	355*	815
Lisac, Jr.-17	465*	245	465	1175
Smith-28	385	240	375	1000
Orr-32	180	130	170	480
Fama-44	225	305*	325	855
Frank-42	355	245	430	1030
Wyman-65	250	180	325	755
Hewitt-48	385	245	385	1015
Jones-51	330*	280	445	1060*
Stillman-55	400	285*	415	1100*

The Best Lifter awards were as follows: Taylor Gregg, Teenage Female; Julie Slanaker, Open Female; Jeff Lisac, Jr., Teenage Male; Jeff Smith, Open Male; Richard Stillman, Master Male. Friday was an evening of powerlifting at The Gym. This was a nationally sanctioned meet by USA Powerlifting. Nine high school students set a total of 25 new Ketchikan High School records. Three of the students also set four new Alaska State teenage Powerlifting Records. The students were in good company as three Master lifters joined them in setting 7 more Alaska State Powerlifting Records for a total of 11 new state records! Ketchikan continues it's tradition of powerlifting with a total of 40 Alaska State Powerlifting records! The successful powerlifting meet was followed by the Best Body Contest. Four teens and one master competed in the male competition and two open and one master female competed. Richard Harney, Richard Hulse, Danny Cook, Houston Laws and Jeff Lisac, Sr. were the male competitors. Nissa Clemmen, Romney Round and Deborah Harney were the females. It is a credit to our community that the many volunteers needed to run this event continue to stop forward. John Cote, Jeff Lisac, Bill Harney and Doug Gregg were the nationally certified Judges. Lisa and Arlindo Machado with Mary Gregg ran the scoring table. The spotters included Dan Walker, Tynan Netherland, Ken Ariola, and Dean Henderson. THE GYM allowed the meet to take over on Friday and Saturday. (Thanks to Gregg for these results).

South Dakota State PL & BP
12 MAY 01 - Sioux Falls, SD

BENCH		M. Dowling	374
MEN		198	
Teen 16-17		J. Blindauer	402
C. VandeWeerd	236	S. Junker	374
J. Hanson	225	220	
Teen 18-19		M. Jorgenson	298
J. Christensen	330	242	
M. Graham	231	B. Slining	413
Open		F. Groff	298
123		275	
P. Wong	303	D. Pearce	380
165		Masters 40-49	
B. Rilling	341	M. Mason	292
J. Dalen	303	Masters 50-59	
181		K. Leisinger	214

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

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•Logo Hats (denim – black – white) = $15.00
•Referee Designation Polo w/Logo- (s-xl)=$30.00 (xxl & up)=$32.50
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WOMEN	SQ	BP	DL	TOT
Teen 14-15				
C. Payne	154	115	192	462
Open				
A. Engel	231	170	286	688
B. Howard	236	132	281	650
N. Gresenbrock	154	115	187	457
Masters				
B. Howard	236	132	281	650
MEN				
Teen 14-15				
N. Mollman	259	148	319	727
Teen 16-17				
D. Dyce	418	292	501	1212
C. Thurman	380	220	457	1058
C. Larson	385	253	396	1036
J. Fliehs	407	341	462	1212
R. McManigal	374	281	440	1096
J. Welke	413	231	435	1080
T. Spitzer	473	275	468	1218
C. Collnick	308	220	380	909
T. Sartorius	303	209	330	843
Teen 18-19				
E. Wendel	540	352	650	1543
J. Christensen	424	330	462	1218
Open				
148				
M. Mason	451	292	429	1172
165				
B. Rilling	435	341	500	1276
J. Dalen	352	303	380	1035
198				
J. Blindauer	501	402	523	1427
S. Heirigs	518	325	523	1366
220				
E. Wendel	540	352	650	1542
242				
B. Leisinger	551	352	617	1520
B. Slining	473	413	473	1360
A. Morgan	490	275	435	1201
275				
B. Adams	374	225	402	1002
319				
T. Spitzer	473	275	468	1216
R. Newman	341	236	341	919
Masters 40-49				
M. Mason	451	292	429	1172
Masters 50-59				
K. Leisinger	187	214	297	699
Masters 60-69				
J. Ochs	303	225	380	909

(Thanks to USAPL for providing these results).

Message from USAPL President

Mike and Angie Overdeer *at the Women's Worlds. (Photo by Sioux-z Hartwig).*

There can be no other current issue that has evoked the passions and sentiments of USA Powerlifting than that of the modern plague of over-the-counter steroids. Since their introduction in 1997, they have been added to snacks, drinks, bars, mixes, capsules, powders, and only Heaven knows what else.

Every time an athlete, I know of either personally or by reputation, fails a drug test for low-level nandrolone, my gut wrenches - I am torn with empathy and filled with disgust for the lack of action by those agencies that should be monitoring what goes in to food supplements. To be sure, some of these positives represent, and always have, someone who used Deca, got off, thought they would test clean - but their fat cells squeezed out a remnant for us to detect. However, this is no longer always the case. In my family, we are not only administrators. We are also athletes, coaches, and promoters of strong, drug-free lives. How can it be that to champion this lifestyle, we must tread with paranoia when putting anything into our bodies? Angie & I have come to the point that we will only take supplements manufactured by two companies, whom we have researched extensively, and will provide us with lot-certified analysis of their products. We have seen too many of our fellow athletes, whom we admire and respect, go down because of chemical technology, in the hands of unscrupulous manufacturers has laid them low.

We already know that Norandro compounds are being "spiked" into products that do not carry this information on the label. Until the FDA actually pulls their head out of the sand and acts on this issue, what do these manufacturers have to lose? Lets see, if I want to develop a line of "Mike's Natural Power Vitamins" and I can get the manufacturer to add a nice little blend of Norandrostenedione and Androstenediol, then I can expect that my "customers" will get a bonus anabolic kick, be happier with their training cycle, and buy more of my vitamins. The only real risk would be that someone might have my vitamins analyzed, and then they would have to make a case based on truth in advertising laws. After all, the stuff is legal to sell. What single individual is going spend that much money and go through that much effort? Not too much to worry about, the way things stand now.

Then there is the criminal law issue that nobody is looking at. If the substance on the shelf is one molecule away from a controlled substance, and it converts enzymatically in your body to an actual controlled substance - then aren't you guilty of possession by consumption? As a law enforcement officer, I routinely enter charges on people who fail the chemical tests. They are found guilty of being in possession of alcohol, marijuana, cocaine, ecstasy, etc., because the substance was detected, in their body by breathalyzer, blood, or urine samples. If the FDA is even looking at the situation this acutely, are they saying "Well this is potentially a criminal issue, so the Justice Department will have to handle it." I don't know, but I am incredulous that there is a "whole lotta nothing" going on with this situation, from the legal standpoint.

Where is the Department of Health and Human Services on all this? Millions, Billions of dollars are spent looking for cures for cancer - one of the primary killers in the USA. Yet, pre-cursors/prohormones that become controlled substance steroids in the human body are sold without apparently any monitoring across the supplement market. My understanding is that giving someone with cancer anabolic steroids is something akin to pouring "Miracle Gro" on your weed patch. Who's asleep at the wheel here? Have they forgotten the sad lessons learned from athletes like Lyle Alzado?

What I do know is that the anger and passion surrounding this issue needs to be directed where it belongs, and not at USA Powerlifting, or the labs, or at the officers/administrators whose duty it is uphold drug-testing standards for the organization. "Killing the messenger" is not going to make the situation any better. Sure it's more convenient, but is it right? What will you have left it you tear up the system of accountability in our sport? Remember that we follow the drug testing standards used by the International Olympic Committee. We hope, and believe that we will become an Olympic sport one day. The dark history of steroid use in strength sport still casts its shadow over us, even though we have pioneered the concept of drug-free strength sport across the world. Remember that vote in Seoul, where Weightlifting survived by a single vote as an Olympic sport, over the steroid issue? Yes, we know that we have busted our _sses for over 20 years to become a model for drug-free athletics, but an uneducated layman can't help but note that we use the same toys. Our standards must be higher than status quo, not less, if we expect to prove to the world that our strength sport is something to be proud of.

Lately, I've been hearing people preach the new gospel that nandrolone should now be recognized as being endogenous to the human body, in moderate levels. They would assert that the human body may have evolved or adapted into nandrolone production. Interestingly enough, what is completely overlooked by proponents of this theory is the precise coincidence with marketing of over-the counter steroids. As justification, it has been cited that trace amounts of the base metabolites have been found, mostly in pregnant women, by newer, high resolution equipment. Perhaps for this reason, the IOC Medical Committee has adopted 2ng/ml for men - 5ng/ml for women as a nominal threshold for registering a positive result. This does not mean that the IOC, the medical community at large, nor mainstream science recognizes nandrolone is an endogenous compound. Rather, that a nominal value needed to be established for a defensible positive result. Please remember, the IOC and WADA set the standards that we must adhere to, not the other way around.

USA Powerlifting is adamantly in direct opposition to the burgeoning over-the counter steroid market. We hope that whatever regulatory agencies should be involved, be it FDA, Health & Human Services or Justice Dept., that they lift their heads, and get committed to this problem. We cannot, nor should we bend/break or change our rules to address this tragic situation. We want our athletes to be able to compete with healthy bodies, free of the health risks, free of the stress, worries, and pitfalls of positive drug tests caused by "legal for sale" controlled substances. I will guarantee that our forefathers did not intend that our right for "the pursuit of happiness" should include having to worry about drugs in our food.

Sincerely,
Michael W. Overdeer
President, USA Powerlifting

ADAU New Jersey Raw
5 May 01 - Hopatcong, NJ

BENCH		J. Fitzpatrick!	250
WOMEN		220 lb. Open	
123 lb.		T. Matchick	450*!
Masters (50-54)		R. Arline	355
S. Anthony	85*!	Masters (50-54)	
MEN		R. Arline	355!
88 lb.		Law/Fire	
Teen (12-13)		R. Arline	355!
J. Fitzpatrick	75*!	Novice	
148 lb.		J. Sawyer	400
Teen (18-19)		319 lb. (30+)	
J. Lattig	210!	P. Cuntrera	300
165 lb. Open		DEADLIFT	
M. Riggleman	305	MEN 181 lb.	
(30+)		Teen (18-19)	
M. Riggleman	305	C. Nasser	535*!
181 lb.		Novice	
Master (45-49)		W. Weygandt	390!*
R. Whitney!	250	198 lb.	
Teen (18-19)		Teen (18-19)	
R. Whitney	200	P. Guzenski	420!*
198 lb.		Open	
Masters (45-49)		K. Ksepka	670*!

Two-Lift	BP	DL	TOT
88 lb.			
Teen (12-13)			
J. Fitzpatrick	75	145	220
198 lb.			
Masters (45-49)			
J. Fitzpatrick*	250	305	555
319 lb. Masters (40-44)			
J. Lee	340	570	910

WOMEN	SQ	BP	DL	TOT
181 lb. Novice				
C. Shea	180*	125*	225*	530*
MEN				
123 lb. Teen (12-13)				
J. Cared	170!	105!	200!	495!
148 lb. Teen (16-17)				
J. Vassallo	245!	185!	340!	770!
Teen (18-19)				
J. Lattig	135	210!	325	690
Junior				
J. Vassallo	180!	190!	315!	685!
Novice				
J. Vassallo	245	185	340	770
J. Vassallo	180	190	315	685
165 lb. Teen (16-17)				
C. Magotta	300!	230!	360!	890!
Teen (18-19)				
J. Merlette	360!	250!	435!	1045!
Submaster				
C. Sumeome	225	275	225	725
181 lb. Teen (18-19)				
C. Nasser	360!	255!	535!*	1150!
Junior				
D. Montaluo	240	270	350	860
Masters (40-44)				
M. Benducci	325!	225	375	925
Masters (55-59)				
R. Simons	255!*	170!	345!	770!
198 lb. Open				
J. CaredSR	520*	240	580*	1440*
M. Keller	450	325	570	1345
Teen (16-17)				
P. Guzenski	250!	200!	420!*	870!
Masters (45-49)				
J. CaredSR	520!	340	580!	1440!
220 lb. Teen (18-19)				
A. Finland	430!	280!	510!	1220!
242 lb. Out of State				
T. Kelly	430	320	500	1250
Novice				
T. Kelly	430	320	500	1250
275 lb. Masters (40-44)				
P. Gisondi	585*	370	705*	1660*
Teen (12-13)				
J. Lee	255!	160!	300*	715!

*–American Record in noted division. !–State Record in noted division. Best Two Lift Total: Jack Lee Jr. Best Pl Female 181: Chrysten Shea. Best Pl Male 88: Jim Fitzpatrick Jr. 123: John Cared, 148: Jamau Vassallo, 165: Juston Merlette, 181: Chris Nasser, 198: Joe Cared SR, 220: Andy Finland, 242: Tom Kelly, 275: Pete Gisondi. Best Powerlifting Team: Joe's Gym. Tom Snelgrove Sportsmanship Award: Rich Simons. This year's State Championship was a small meet but had some quality lifting as noted by the number of American Records set. Many new teenage lifters began their careers and it should be noted the many father & son lifters that competed. It is very rewarding to see so many men bring their son into the sport. It would be even nicer if some women brought their daughters into the sport. Among the young lifters 12 year old Jim Fitzpatrick Jr. started his career with a single lift bench press of 75 in the 88 lb class. His father lifted in the 198 class benching 250. Both also competed in the two lift, bench and DL for total meet. John Cared has followed his brother Joseph into powerlifting by competing in the 123 class at age 13, setting 4 State Records with lifts of 170-105-220-495. His father Joe Cared Sr. won the 198 class setting American Master Records of 520 squat-580-DL and 1440 Total. With four sons he can have his own power team. Of course they are supported by their lovely mother, Kim Cared. In the 148 class 18 year old Jeff Lattig attempted an American Teenage Record in the bench of 230 but nerves got in the way, he'll be back. At 165 Chris Sumeone suffered thru a bad back but put together token lifts for his team, the Missing Links. Most guys would have called it a day, but never a Fighting Link. After a ten year forced lay off, 181 Master lifter, Dick Simons 59, came back setting an American Master Squat Record of 255. For his efforts he was awarded the Tom Snelgrove Sportsmanship Award. Mike Riggleman of Phoenix Gym benched 305 to win. At 181 came our sole lady powerlifter in her first meet, Chrysten Shea setting four American sub Master Records of 180-125-225-530. She enjoyed herself and promised to be back. New Teenage lifter Chris Nasser of Red Bank set an impressive American Teenage 18-19 Single Lift DL Record of 550. Rich Whitey Jr & SR competed in the bench division, Rich Jr did 200 and Rich Sr did 250. In the DL division. William Weygandt pulled 392 for an American Master Record at age 48. The 198 was a lively class with 6'6" Paul Guzenski pulling an American Single lift Teenage DL Record of 420. He has to have the highest DL of any PLer. Joe Cared SR won the class on 520-340- 580-1440. Matt Keller took second on 450-325-570-1345. In the bench our good friend Todd Matchick just missed making the 198 class but set an American Single lift Bench Record of 450 at 200.2 bwt. He may go to the Nationals just to set the bench record there. Andy Finland, 18 set four State Teenage Records with 430-280-510-1220 in the 220 class. Rich Arline won the Masters with a bench on 355 just missing a State Record of 360. New comer Jason Sawyer benched 400 to win the Novice. The OTHER big guy in the class was Krzyszloe Ksepka, former European Champion who pulled three DL of 580-630-670 braking his American Single Lift Open and sub Master record of 663. That's real Polish power. New lifter Tom Kelly of the Missing Links won the 242 Out of State division on 430-320-500-1250. He is a diamond in the rough. At 244, 13 year old Jack Lee III set four American Teenage Records of 255-160-300-715. His father also lifted in the 319 two lift meet doing 340-570-910. The really BIGG man at the meet was the leader of the Missing Links, Pete Gisondi. Pete is a lifter, meet director and referee, doing all things well. Pete put together lifts of 585-370-705-1660 winning the master division and setting American Master Records of 585-705-1660. He made all three DL too. In the 319 class 30+ division was won by Pat Cuntrera with a 300 bench. I would like to thank all those who made this meet possible. Tom Vara Athletic Director for Hopatcong HS, he allows us the use of the facility. Thank you Tom, Tracy Duffy, Senior Class Advisor who runs the food stand and listens to my complaints. Great referees, Rich Schmidt, Nick Theodorou, Russ Barnickle and Sandra Iasiello. These loyal folks have stayed with meyear in and year out, Thank You. My table staff, Barbara Schmidt, and Miss Amanda Finland. Anyone who can read my hand writing and still help at the scorers table is a saint. Our loaders, Dan and Tin Ross, Randall Moore, Matt Torres, Emmanuelle and Corey Tunes. We had plenty of strong backs who saved more that one lifter from a crushing experience. To Paul Guzenski, any teenager who gets up at the crack of dawn to help load, set up, compete and reload afterwards has got to be a great teenager, Thanks Paul. To the Lucky Garden, thanks for not running out of food. To anyone I may have forgotten, a sincere thank you. To the lifters without whom, there is no meet, thanks for your support. On a technical note, the Nov 17 the North American Bench Meet will most likely be changed to DEC 3rd, in Wayne, NJ. Keep an eye on "UPCOMING EVENTS", for exact information. Until we meet again, train well, train drug free and lift RAW. (Thanks to Jumpin Jersey Joe for providing the results).

Mike Benducci did a total of 925 at the ADAU New Jersey State Raw PL. (Photograph provided courtesy of Joseph Pyra).

USAPL Pro Fitness Ironman
24 Mar 01 - Rockaway, NJ

BENCH		W. Foster-46	172.5
MEN		DEADLIFT	
Open		MEN	
181 lb.		Open	
J. Bongiovanni	165	165 lb.	
R. Leonard	145	D. Picard	242.5
Open		181 lb.	
198 lb.		W. Leonard	237.5
B. Burritt, Sr.	182.5	R. Remigio, Jr.	225
220 lb.		198 lb.	
J. Plummer	217.5	G. Bernstein	272.5
T. Jackson	185	C. Slaybaugh	272.5
J. Brennan	180	D. Noriega Jr.	226
B. Maurer	180	A. Scotto Jr.	216
A. Kahn	160	W. Fahrenfeid	–
242 lb.		220 lb.	
D. Robinson	230	K. Fahrienpeld	246
L. Saviano	230	M. Bernstein	200
J. Mc Elwee	202.5	242 lb.	
D. Beggs	182.5	C. Slaybaugh	272
F. Vogel	125	K. Toth	272.5
275 lb.		D. Beggs	235
D. Nemow	227.5	275 lb.	
R. Scott	227.5	D. Nemow	272.5
K. Hebert	215	Juniors	
J. Sullivan	182.5	M. Ciupinski	212.5
T. Mossorne	182.5	A. Cassiere-224	242.5
SHW		J. Cohen-187	205
B. Dunkerley	172.5	Special Olympics	
Juniors		V. Yarnall-128	145
M. Ciupinski	166	WOMEN	
J. Balducci-178	137.5	Open	
A. Cassiere	147.5	Lite	
Special Olympics		M. Bertoli-101	147.5
V. Yarnall-128	87.5	S. Ares-142	150
WOMEN		T. Caruselle-136	132.5
Open		D. Poiteuien-166	120
Lite		J. Kraemer-141	105
M. Bertoli-101	62.5	B. Patnode-201	127.5
G. Kussner-116	67.6	Masters	
Coca-Mc Dowell	37.5	M. Bertoli-101	147.5
Heavy		MEN	
T. Carvselle-130	75	Submaster	
J. Kraemer-141	82.5	D. Picard-184	242.5
B. Patnode-251	75	J. Plumber-218	255
Submasters		R. Madera-283	240
D. Robinson	230	Masters	
C. Neal-237	205	M. Rosenwald	190
R. Madera-263	173	J. Sullivan-40	245
Masters		B. Gunwerg-54	167.5
B. Phillps-53	182.5	J. Ventura-40	252.5
D. Beggs-40	182.5	D. Beggs-40	235

Record Breakers	SQ	BP	DL	TOT
L. Saviano-32	65	230*	85	380*
C. Neal-37	65	207*	65	337*
M. Bertoli-50	47.5	82.5	147.5*	267.5!
B. Patnode-15	82.5	75*	127.5	295!
B. Phillips-63	25	182.5*	25	232.5!
M. Rosenwald	65	85	190	320

*–State Records. !–American Records. Best Bench: Dane Robinson. Best Deadlift: Gregg Bernstein. (Thanks to USAPL for providing the results of this competition to *Powerlifting USA*).

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USAPL Washington State
21,22 Apr 01 - Everett, WA

WOMEN	SQ	BP	DL	TOT
97 lb. M3				
E. Newton	47.5	32.5	75	155
Open				
C. Loukprasong	52.5	25	67.5	145
M1 148 lb.				
D. Sweezea@	97.5	45	112.5	255
M2 148 lb.				
T. Lee%	110	72.5	127.5	310
B. Cromwell%	110	57.5	122.5	290
G. Bennett	105	57.5	125	287.5
M4				
F. Ireland%	92.5	52.5	110	255
M1 165 lb.				
L. Coleman	142.5	77.5	142.5	362.5
M3				
C. Chapman	77.5	62.5	120	260
SO 198+ lb.				
D. Fleming%	52.5	2.5	92.5	187.5
C. Schurman	110	57.5	137.5	305
P. Wbic@&	192.5	105	205	502.5
165 lb.				
K. Slocum	77.5	52.5	100	230
M2 181 lb.				
L. Smith%	120	60	120	300
Open				
S. Chow	165	77.5	177.5	420
MEN T2 132 lb.				
D. Lewis%	125	92.5	137.5	355
T2 148 lb.				
R. Baradari%	147.5	82.5	185	415
A. Lucas	125	90	157.5	372.5
T. Uomoto%	192.5	185	127.5	305
SO 181 lb.				
E. Fleming%	82.5	60	132.5	275
T1 165 lb.				
D. Borchardt	115	65	142.5	322.5
T2				
C. Willey	175	125	185	485
Junior				
E. Dodd	115	72.5	172.5	360
T1 181 lb.				
J. Meeks	167.5	65	142.5	275
T2 181 lb.				
J. Kim%	167.5	110	182.5	460
T2 198 lb.				
J. Hawkins	125	127.5	125	377.5
T2 220 lb.				
C. Johnson	187.5	100	205	492.5
T1 242 lb.				
I. Moore%	65	70	92.5	227.5
Mil 220 lb.				
J. McCarty	220	235	160	255
PF 165 lb.				
B. Williams	137.5	100	170	407.5
PF 275 lb.				
T. Ovens	227.5	172.5	230	630
M3 198 lb.				
N. Santora	195	132.5	182.5	510
M2 220 lb.				
D. Stratton	242.5	160	305	707.5
M. Noble	177.5	142.5	217.5	537.5
M2 242 lb.				
M. Murphy	145	135	172.5	452.5
M3 242 lb.				
T. Hennessy	220	160	230	610
M8 275 lb.				
C. Davis	170	105	160	435
Open 165 lb.				
V. Ledford	147.5	135	192.5	475
M1				
V. Ledford	147.5	135	192.5	475
C. Guzman	172.5	92.5	185	450
181 lb.				
M. Berry	257.5	182.5	265	705
J. Legard@	237.5	150	285	672.5
D. Travis	227.5	142.5	287.5	657.5
198 lb.				
G. Preston	272.5	185	252.5	710
T3 220 lb.				
J. Theorell	272.5	175	250	697.5
Open 220 lb.				
B. Heck&	330	187.5	305	822.5
E. Leland	165	155	292.5	712.5
J. Morasco	165	155	210	530
M1 220 lb.				
B. Wellborn	142.5	110	170	422.5
T3 275 lb.				
D. Milliken%	262.5	197.5	275	735
M2 275 lb.				
R. Hendrix Sr.	307.5	192.5	270	770
Open 275 lb.				
G. Young	195	177.5	200	572.5
275+ lb.				
A. Anderton@	277.5	220	322.5	820

&–Best Lifters. %–Pacific Powerlifters 1st place. @monstermuscle.com 2nd place. This year the meet venue moved to the Everett Naval Station providing a large facility with a lot of extras to satisfy everyone. We had one of our largest turnouts of women and teenagers this year. Evelyn Newton returned to the platform putting up some fine numbers in her division. Once again, a big favorite was the lightest lifter in the meet Candy Loukprasong. The women masters (45-49) was a very close competition with Terry Lee taking the top place followed by a very close 2nd and rd from Bonnie Cromwell and Gloria Bennet, respectively. Taking the best women lifter was Priscilla Ribic with some outstanding lifts by any standard. Sami Lee Chow tweaked her back in the squat, but stayed with it to finish the meet with some fine numbers. Ramyar Baradari looked sharp winning the 16-17 year old 148 lb. men division, 165 pound Caleb Willey demonstrated solid lifts totaling 485 kilos. The men's open divisions were exciting to see as well. Joel Legard's deadlift wasn't enough to overtake Matt Berry for first in the 181 lb. division. Super heavy Aaron Anderton had the best bench and deadlift of the day. Bob Heck in the 220's with the best squat and highest total of the meet also took the men's best lifter award. The 2nd place men's best lifter position, and inspiration to us all, went to 77 year old Cal Davis. Two teams entered. Pacific Powerlifters are back and had a large showing at the meet to take the first place team award. A new team, monstermuscle.com, was represented as well. Hopefully we'll see more of them in the future. I would like to express a special thanks to Diana Booth and the U.S. Navy for the use of the beautiful facility and the top quality equipment made available to us. I would also like to thank all the Pacific Powerlifters members that didn't enter that helped out to run the meet. Finally, I want to thank all the spotters/ loaders, announcers, judges, scoring table, and setup/tear down help. Without the efforts of the entire powerlifting community in the Northwest we could not run quality events like the one we enjoyed this weekend. (Thanks to USAPL for providing the results of this meet).

USPF Texas State
24 Mar 01 - Ft. Hood, TX

BENCH	
WOMEN	
114 lb.	
Richardson-36	65
123 lb.	
S. Rinn-38	107.5
148 lb.	
C. Anders-35	85
148 lb.	
M. Sisneroz-34	82.5
(60-64) 220 lb.	
J. Chase-60	142.5
242 lb.	
D. Ritter-60	115
Masters (40-49)	
165 lb.	
S. Weingust-46	160
181 lb.	
P. Wainscott-40	155
(50-54) 275 lb.	
B. Wright-51	137.5
(55-59) 275 lb.	
T. Lucas-56	117.5
(60-64) 148 lb.	
L. Dacey-64	80
(70+) 148 lb.	
J. Heizelman-83	65
Open 165 lb.	
S. Weingast-46	160
S. Gallegos-25	142.5
165 lb.	
L. Schuchart-24	—
198 lb.	
C. Washburn-25	—
220 lb.	
WOMEN	SQ
Submaster (35-39)	
148 lb.	
C. Anderson-35	137.5
Below Class I	
132 lb.	
A. Womack-29	100
Open 114 lb.	
D. Gagliardi-24	102.5
123 lb.	
V. Tyree-28	177.5
132 lb.	
J. Cowan-43	132.5
148 lb.	
C. Anderson-35	137.5
M. Sisneroz-34	—
165 lb.	
J. Mills-29	222.5
K. Everett-17	182.5
Masters (40+)	
132 lb.	
J. Cowan-43	132.5
148 lb.	

G. Womack-28	—
242 lb.	
E. Molina Jr.-185	—
275 lb.	
B. Ledbetter-31	217.5
P. Guerrero-27	175
308 lb.	
L. Polk-31	—
Junior (13-15)	
275 lb.	
J. Trevino-14	112.5
(16-17) 148 lb.	
L. Gray-16	110
(20-23) 123 lb.	
C. Zepeda-20	90
198 lb.	
A. Rodriquez-22	—
220 lb.	
E. Wright-23	210
A. Meek-23	125
242 lb.	
J. Blackwell-22	177.5
Submaster (35-39)	
242 lb.	
J. Hendrix-38	190
Disabled	
198 lb.	
A. Markham-34	67.5
Police/Fire	
165 lb.	
P. Arriaga-30	122.5
198 lb.	
E. Carvajal-30	155
275 lb.	
K. Wilkerson-30	182.5

WOMEN	SQ	BP	DL	TOT
Submaster (35-39)				
148 lb.				
C. Anderson-35	137.5	85	170	392.5
Below Class I				
132 lb.				
A. Womack-29	100	52.5	115	267.5
Open 114 lb.				
D. Gagliardi-24	102.5	65	137.5	305
123 lb.				
V. Tyree-28	177.5	92.5	197.5	467.5
132 lb.				
J. Cowan-43	132.5	80	160	372.5
148 lb.				
C. Anderson-35	137.5	85	170	392.5
M. Sisneroz-34	—	—	—	—
165 lb.				
J. Mills-29	222.5	125	227.5	575
K. Everett-17	182.5	70	172.5	425
Masters (40+)				
132 lb.				
J. Cowan-43	132.5	80	160	372.5
148 lb.				
W. Wall-46	87.5	42.5	120	250
165 lb.				
V. Laubach-40	85	50	127.5	262.5
Junior (20-23)				
123 lb.				
Y. Jimenez-21	115	55	110	280
148 lb.				
J. Kersh-22	105	60	100	265
(18-19) 105 lb.				
A. Wilder-19	72.5	37.5	92.5	202.5
114 lb.				
C. Boutte-18	117.5	45	132.5	295
148 lb.				
A. Bush-18	170	67.5	150	387.5
(16-17) 105 lb.				
M. Baker-17	85	37.5	105	227.5
132 lb.				
A. Schulze-16	90	32.5	92.5	215
148 lb.				
K. Ogle-16	115	62.5	112.5	290
165 lb.				
K. Everett-17	182.5	70	172.5	425
MEN				
Open 165 lb.				
S. Gallegos-25	—	—	—	—
181 lb.				
T. Riffe-35	227.5	150	257.5	635
J. Jimenez-24	232.5	160	242.5	635
198 lb.				
J. Vasquez-19	277.5	165	277.5	720
E. Luna-27	275	165	245	685
220 lb.				
M. Davis-33	295	187.5	265	747.5
D. Roe-29	270	190	245	705
242 lb.				
M. Griffin-25	3050	190	317.5	812.5
M. Blankley-41	285	227.5	297.5	810
L. Neef-29	280	—	—	280
B. Zaworski-28	—	—	—	—
275 lb.				
J. Fowler-33	335	200	320	855
Junior (13-15) 114 lb.				
T. Seward-13	95	60	107.5	262.5
S. Tillman-13	87.5	45	112.5	245
132 lb.				
Z. O'Quinn-13	105	65	117.5	287.5.
275 lb.				
J. Trevino-14	220	112.5	180	512.5
(16-17) 148 lb.				
L. Gray-16	177.5	110	192.5	480
181 lb.				
T. Reiniger-16	137.5	80	182.5	400
198 lb.				
K. Bowen-16	150	80	187..5	417.5
(18-19) 165 lb.				
M. Vallejo-19	160	102.5	202.5	465
220 lb.				
J. Ward-18	142.5	102.5	197.5	442.5
G. Bilbrey-19	—	—	—	—
(20-23) 123 lb.				
C. Zepeda-20	150	90	155	395
148 lb.				
H. Tompkins-20	82.5	45	137.5	265
198 lb.				
N. Urrea-22	—	—	—	—
220 lb.				
C. Matthews-23	285	177.5	285	747.5
B. Irwin-21	—	—	—	—
242 lb.				
J. Blackwell-22	272.5	177.5	272.5	722.5

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

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

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

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

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

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

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

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

Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

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

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

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

Aug/94... APF SRs, Paula Suzuki Interview, 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 Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

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

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

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

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

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

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

Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine,

A. Key-21	240	135	260	635
Submaster (35-39)				
181 lb.				
T. Riffe-35	227.5	150	257.5	635
Tracy May-39	240	112.5	230	582.5
E. Garcia-39	165	115	202.5	482.5
R. MaCarty-37	75	195	75	345
198 lb.				
J. Vasquez-39	277.5	165	277.5	720
T. Glawe-38	260	157.5	250	667.5
C. Beall-36	195	127.5	230	552.5
220 lb.				
E. Carpenter-36	227.5	145	230	602.5
T. Valdez-37	200	160	170	530
242 lb.				
M. Christian-38	262.5	195	272.5	730
D. Broseman-36	285	160	257.5.	702.5
B. Moore-36	250	165	267.5	682.5
E. Hernandez-36	177.5	127.5	185	490
B. Zaworski-38	—	—	—	—
275 lb.				
J. Williamson-36	252.5	187.5	235	675
Masters (40-44)				
148 lb.				
B. Worley-140	132.5	112.5	160	405
165 lb.				
R. High-40	187.5	117.5	205	510
181 lb.				
Dobrovolski-43	192.5	112.5	210	515
198 lb.				
D. England-44	140	110	180	430
220 lb.				
R. Nesuda-40	265	152.5	277.5	695
D. Ford-44	200	140	230	570
242 lb.				
G. Marcell-43	142.5	157.5	220	520
308 lb.				
C. Bryant-40	295	162.5	247.5	705
SHW				
T. Knighton-44	227.5	170	272.5	670
Masters (45-49)	181 lb.			
J. Tyree-47	262.5	157.5	252.5	672.5
220 lb.				
B. Wright-45	232.5	165	232.5	630
R. Sorensen-45	145	115	160	420
(50-54) 181 lb.				
P. Boutte-51	232.5	120	232.5	585
S. Sampson-51	192.5	127.5	200	520
198 lb.				
B. Johnson-54	285	125	245	655
275 lb.				
B. Wright-51	195	137.5	200	532.5
(55-59) 308 lb.				
C. Wahl-55	145	90	160	395
SHW				
D. Martin-59	167.5	112.5	230	510
Police/Fire 165 lb.				
A. Ellis-36	185	140	227.5	552.5
P. Arriaga-30	160	122.5	185	467.5
181 lb.				
T. Riffe-35	227.5	150	257.5	635
198 lb.				
E. Carvajal-35	210	155	210	575
M. Salazar-34	157.5	125	172.5	455
D. England-44	140	110	180	430
242 lb.				
M. Christian-38	262.5	195	272.5	730
B. Moore-36	250	165	267.5	682.5
308 lb.				
R. Sorensen-45	145	115	160	420
Below Class I				
148 lb.				
B. Worley-40	132.5	112.5	160	405
165 lb.				
A. Elllis-36	185	140	227.5	552.5
R. High-40	187.5	117.5	205	510
P. Arriaga-30	160	122.5	185	467.5
181 lb.				
T. Grant-33	185	182.5	220	587.5
J. Woodward-26	210	142.5	207.5	560
T. Botting-35	195	130	205	530
T. Dugan-30	175	117.5	187.5	480
198 lb.				
M. Dugan-32	227.5	157.5	235	620
R. Felux	227.5	142.5	230	600
W. Smith-26	210	127.5	260	597.5
E. Carvajal-30	210	155	210	575
D. Field-29	190	135	227.5	552.5
N. Urrea-22	—	—	—	—
M. Pearce-32	—	—	—	—
G. Record-36	—	—	—	—
220 lb.				
A. Gibson-25	272.5	175	242.5	690
V. Barren-24	225	190	245	660
242 lb.				
M. Christian-38	262.5	195	272.5	730
D. Broseman-36	285	160	257.5	702.5
P. Dungan-26	242.5	185	255	682.5
B. Moore-36	250	165	267.5	682.5
A. Key-21	240	135	260	635
C. Fournet-31	192.5	165	210	567.5
M. Trepanier-31	170	105	177.5	452.5
275 lb.				
P. Carley-33	252.5	175	255	682.5
J. Williamson-36	252.5	187.5	235	675
W. Bacon-28	207.5	155	227.5	590
D. Embrick-27	187.5	130	220	537.5

BEST LIFTER MEN: Open: John Fowler. Best Deadlift: Michael Griffin. Best Bench: Ralph Mccart. Best Squat: John Fowler. Best Bench Masters: Sheldon Weingust. Best Junior Lifter: Chad Matthews. Best Lifter Below Class I: Mark Christian. Best Lifter Submaster: Jesse Vasquez. BEST LIFTER WOMEN: Open: Valerie Tyree. Best Bench: Susan Rinn. Best Squat: Valerie Tyree. Best Deadlift: Valerie Tyree. RECORDS ESTABLISHED WOMEN: Susan Rim 123 Submaster, American Record Single Lift Bench Press 236.7. Susan Rinn 123 Open Women, State Record Single Lift Bench Press 236.7. Susan Rinn 123 Submaster, State Record Single Lift Bench Press 236.7. Kimmie Everett 165 Junior Women (16-17), State Record Squat 402.2. Kimmie Everett 165 Junior Women (16-17), State Record Deadlift 380.2. Kimmie Everett 165 Junior Women (16-17), State Record Total 936.9. RECORDS ESTABLISHED MEN: Eric Wright 242 Junior (20-23), State Record Single Lift Bench 462.7. David Ritter 242 Master (60-64), State Record Deadlift 507. Don Martin SHW Masters (55-59), State Record Squat 369.3. Don Martin SHW Masters (55-59), State Record Bench Press 253.5. Don Martin SHW Masters (55-59), State Record Deadlift 507. Don Martin SHW Masters (55-59), State Record Total 1189.5. J.J. Trevino Jr. 275 Junior (13-15), State Record Squat 485. Ralph McCarty 181 Submaster, American Record Single Lift Bench 429.9. Ralph McCarty 181 Submaster, State Record Single Lift Bench. 429.9. Ralph McCarty 181 Open Men, State Record Single Lift Bench 429.9. Chad Matthews 220 Junior (20-23), State Record Squat 628.3. Chad Matthews 220 Junior (20-23), State Record Bench Press 391.3. Chad Matthews 220 Junior (20-23), State Record Deadlift 628.3. Chad Matthews 220 Junior (20-23), State Record Total 1647.9. Sheldon Weingust 165 Masters (45-49), State Record Single Lift Bench 352.5. Mark Christian 242 Police Submaster, State Record Squat 578.5. Mark Christian 242 Police Submaster, State Record Bench Press 429.7. Mark Christian 242 Police Submaster, State Record Deadlift 601. Mark Christian 242 Police Submaster, State Record Total 1609.2. Mark Christian 242 Police Open Men, State Record Deadlift 601. Mark Christian 242 Police Open Men, State Record Total 1609.2. Bill Johnson 198 Masters (50-54) State Record Squat 628.2. TEAM Competition: Team Fitness Duncanville: 1st Valerie Tyree Open Women 123. 2nd John Tyree Masters (45-49) 181. 3rd Andy Ellis Police 165. 4th Tim Riffe Police 181. 5th Merissa Baker Junior Women 16 148. 6th Logan Gray- Junior (16-17) 148. 7th Zach O'Quinn Junior (13-15) 132. 8th Kirsha Ogle Junior Women 16 148. 9th Ashley Wilder Junior Women l8 105. 10th Kevin Bowen Junior (16-17) 198. 11th Buddy Wright Masters (50-54) 275. 12th Donna Gagliardi Open Women 114. 13th Jesse Vasquez Submaster 198. TOTAL 144. (Thanks to Seguin Fitness for providing the results of this meet to *PL USA*).

ADAU PA State
21 Apr 01 - Lehigh Valley, PA

88 lb.	SQ	BP	Dl	TOT
Youth (to age 11)				
D. Perhacs	120	75	160	355
4th	129*			
132 lb. Open (14-15)				
M. Kuhns	385	230	270	885
4th	400*			
(16-17)				
J. Slupski	165	125	245	535
148 lb. (18-19)				
J. Wakeman	260	205	314	805
165 lb. Junior				
Frim Bruder(BL)	405	275	515	1193
(18-19)				
A. Hersperger	355	300	465	1120
R. Hanes	335	230	485	1050
(16-17)				
J. Folmar(BL)	400	245	500	1145*
4th	410*			
(14-15)				
N. Green	245	205	315	765
181 lb. Open				
S. Sheppard	370	310	480	1160
D. Banik	350	260	530	1140
G. Welsh	315	290	350	955
(18-19)				
J. Strempka	325	225	475	1025
(16-17)				
A. Romano	390	225	435	1050
M. Fiorelli	345	235	440	1020
J. Post	325	235	410	970
198 lb. Open				
M. Barcelone	465	310	505	1280
(18-19)				
C. Engelskirger	385	240	480	1105
S. Wright	390	210	490	1090
(16-17)				
B. Kuchta	325	522	385	930
S. Randall	130	225	255	810
R. Hall	180	210	365	755
220 lb. Open				
R. Eckhart	375	360	530	1265
J. Gaumer	375	295	450	1120
(18-19)				
P. Delvey	430	300	580	1310
242 lb. Open				
B. Wigmore	515	375	565	1455
J. Kane	465	350	575	1390
J. Lawson	370	295	500	1165
Junior				
B. Miller	500	325	630*	1455
4th			630	
(14-15)				
E. Arriaga	365	285	400	1050
4th		301*		
275 lb. (16-17)				
E. Malinowski	540*	255	600*	1395*
4th	539		599	
319 lb. (16-17)				
A. Byerly	465	253	465	1185
SHW (16-17)				
S. McHenry	375	285	155	815

*=American Record. Quality is the best word to describe the lifting at the 2001 ADAU PA State Mens Powerlifting Championships held at the Lincoln Middle School. Nearly forty of the strongest lifters in the state did battle in RAW drug tested competition. Stealing the show was the team from North East, coached by Bart Wood, that won the Teen Team Plaque. Winning the Open Team Plaque was Tayoun's Powerlifting Team from Philadelphia coached by Baptist Nupieri closely followed by perennially strong Joe's Gym of Erie, coached by the great Joe Orengia, 88 Pound Youth: Doug Perliacs, representing Joe's Gym of Erie, the youngest lifter of the meet at 11, started the day by winning the 88-pound class and setting a Youth American record 130 squat on a fourth attempt after missing it on his third! He added a 75 pound bench and a 160 deadlift to his in-contest 120 squat for a fine total of 355. Doug represents the future of powerlifting and will be heard from for many years in this sport. 132-Pound Class: Weighing exactly 130 pounds, local teen phenom, Mike Kuhns of nearby Whitehall, did a triple bodyweight squat of 400 on a fourth attempt to set a Teen AND Open American record in winning both the Open and 14-15 age group in the 132 class. He benched 230 on his second attempt, just missing 240 on his third. Mike pulled a 270 dead to go with his in contest third attempt squat of 385 for an 885 total. Joe Slupski of North East did some balanced lifting with 165, 125 and 245 for a 535 total to win the 16-17 age group. 148-Pound Class: Joe Wakeman of North East also did some balanced lifting to win first place in the 148 pound 18-19 age group with 260, 205 and 340 for an 805 total. The 165-pound class Produced BOTH Best Lifters! Young Jim Folmar of North East stole the show with a tremendous performance, actually making 9 of 10 attempts. His highlights, were, a "smoked" 410 fourth attempt squat and a strong 500 deadlift, both for 16-17 Teen American records! He added a 245 second attempt bench to his in-contest 400 squat for another Teen American total of 1145! According to his Coach, Bart Wood, "Jim is not a repper but can he turn it on for a single!" Adam Hersperger of Joe's Gym looked good in posting a solid 1120 total with lifts of 355, 300 and 463 to win the 18-19 age group. Finally, Norman Green also had a good day in winning the 14-15 age group. Fran Bruder was named Best Junior/Open Lifter

Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

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

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

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

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

Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

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

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "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 profile, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

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

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

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

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

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

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

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

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

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

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

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

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James

with an excellent 1190 total to win the Junior 165 class. Fran showed real balanced lifting with 405, 275 and 515 looking good for much more! The 181 class was the largest with seven lifters totaling. Winning the Open was Scott Sheppard with a solid 1160 total featuring a 310 bench to edge out veteran lifter Dave Banik of Swoyersville, who pulled a nice 530 dead for an 1140 total! Coming in third was George Welsh who got off to a bad start by having difficulty finding the meet site due to some recent changes in traffic, patterns. (Sorry about that, George). Jeremy Strempka of North East won the 18-19 age group with balanced lifting of 325, 225 and a nice pull of 475 for 1025. Nice battle in the 16-17 age group with Pen Argyl native, Anthony Romano, demonstrating excellent technique in posting personal bests of 390, 225 and 435 to win with a nice 1050 total. This edged out Michael Fiorelli of North East who did 345, 235 and 440 for a solid 1020. Jeremy Post of North East came in third with a 970 total, just missing a 450 dead twice. 198-Pound Class: Shawn Boylan of Tayoun's was cruising in the Open but unfortunately had to withdraw during the deadlift because of an injury. This left the door wide open for class act Mike Barcelonc to win first place with nice lifts of 465, 310, and 505 for an excellent total of 1280. Carson Engelskirger of North East edged out Sam Wright of Joe's Gym to take the 18-19 198 class with nice lifts of 385, 240 and 480 for 1105. Sam also lifted well with 390, 210 and 490 for 1090, but lost a little too much ground to Carson on the bench. Ben Kuchta of North East won the 16-17 age group 198 class with 325, 220 and 385 for a fine 930 total to beat Seth Randall who was actually ten pounds ahead of Ben at sub total with 330 and 225 but only took a 255 dead because of an injury. 220-Pound Class: Rob Eckhart of Lehighton bad a perfect nine for nine day to total 1265 that included an excellent 360 bench and a solid 530 pull to win the Open 220 class. Rob entered at the last minute and I am sure he is real pleased with his decision. Easton lifter Brian Gaumer was off-form somewhat in the squat but came back strongly in the bench and dead to win the Junior division. Pat Delvey set a State Teen record with an awesome 580 deadlift, and tried 605, to go with a 430 squat and 300 bench to win the 18-19 age group with another State Teen record 1310 total. 242 Pound Class: representing Tayoun's was Bill Wigmore who took the Open with solid lifts of 515, 375 and 565 for 1455. Bill made a good try at a 610 dead on his second and third attempts but it was just a bit much. Bit, edged out veteran lifter Joe Kane of Wilkes-Barre who was two pounds over the 220 limit, even alter bitting the sauna for two hours, so had to lift 242. The attempt to make weight seemed to sap Joe's strength as he was off a bit from previous efforts. He still posted a nice 390 total of 465, 350 and 575. Jeff Lawson comported himself with class while making eight attempts to come in third. Another star of the show was the youthful looking birthday boy, Brian Mi tier, Brian turned 20 on the day of the contest so lifted in the Junior class. He looked unstoppable in making eight attempts to finish with easy lifts of 500, 325 and a State Junior and Junior American record 630 dead to total a State Junior record 1455 and win the 242 Juniors for Tayoun's. Emmanuel Arriaga of Catasauqua had a blast lifting and winning first place in the 14-15 age group. He made eight attempts to finish with State Teen records of 365 squat, 285 bench and 1050 total, with his 400 dead. He actually missed his first attempt bench of 255 but then came back to make 270, 285 and a fourth attempt Teen American record of 300! Great job, Emmanuel! 275-Pound Class: Big Ben Cangelosi was also cruising in the 275 class and was probably on track for a shot at Best Lifter when he hurt his back and withdrew after missing his first attempt dead of 635. Ben had squatted 645 strongly and made an impressive 460 bench! He will be back. Putting on quite a show and having a great time doing it was Ed Malinowski from nearby Easton. Ed has been compared to a young Paul Anderson... you old timers will know what that means! Ed easily set four State records and three Teen American records with a strong 540 squat and a 600 deadlift to go along with a 255 bench for a very impressive 1395 total to win the 16-17 age group! Way to go, Ed! 319-Pound Class: Young Anthony Byerly of North East had a great day making eight attempts to finish with State Teen record squat, dead and total of 465, 255 and 465, 1185 to win the 16-17 age group. SHW: Scott McHenry of North East posted some nice lifts before, hurting his ribs forcing him to take only a token 155 dead to total. He had set State Teen records of 275 squat and a nice 285 bench to win the 16-17 age group. In keeping with the Bylaws of the ADAU, four lifters were tested using urinalysis. A fifth out of meet test was also done and I am pleased to report that all five athletes were found to be negative for any banned substance. Too many people to thank but I will give it a try. First of all, all the members of the great Twin City Powerlifting Team who were everywhere and did everything! Great job, guys! Especially, spotter/loaders: Greg Yeager, Dave Harman, Barry Pensyl and Brand Pensyl. Sponsors: Dr, John Rizzotto of Rizzotto Rehabilitation Chiropractic Center, who was kept busy all day working on the, lifters! Similarly, Don Kuhns, Certified Massage Therapist and Reflexologist gave massages in between coaching his son. Michael Hitcho, Jr. who represents Immunotec Research Ltd. and their remarkable product, Immunocal which is destined to be the #1 nutritional supplement of choice, worldwide! Last but not least is my wife, Cathy who manned the Nutritional Technologies supplement table. ADAU President Al Siegel and his wife, Brenda, both National Referees who came all the way from Clearfield to judge, announce, score and, of course, supply the, great awards! Also, ADAU Vice President and PA State chairman Joe Orengia. from Erie and Mr. Class Act, my dear friend, Bob DeRisi. State referees Dean Lewis, Frank Schlofer and Big Bill Barnhart. Announcer Chris Border, bead table Dan and Sharon Thierry, Fran Schlofer and Nikki. Big thanks to Mr. Jim Angeline, Athletic Director of the Catasauqua Schools for coordinating use of theMiddle School. Finally, the guy without whom the meet would not have occurred, Frank Schlofer. Frank, with his left arm in a sling from rotator cuff surgery the week before, still did everything from judging, expediting, loading, food service and general jack-of-all-trades. Thank You, Frank. Thank you, everyone! Keep pulling big. (Thanks to Nick Theodorou for results).

27th USAPL Missouri State
21 Apr 01 - St. Louis, MO (kg)

WOMEN	SQ	BP	DL	TOT
Open 90+kg./198+lb.				
S. Pledger	175	80	180	435
Teen (16-17)				
82.5 kg./181 lb.				
L. Pledger	110	52.5	130	292.5
Teen (10-19)				
90+ kg./198+ lb.				
S. Pledger	175	80	180	435
Masters (40-44)				
52 kg./114 lb.				
L. Schoonmaker	25	37.5	100	162.5
MEN Open				
56 kg./123 lb.				
Z. Branson	115	—	—	—
60 kg./132 lbs.				
K. Womack	182.5	85	185	452.5
J. Hunn	122.5	85	157.5	365
K. Otte	115	100	127.5	335
Open 75 kgs./165 lbs.				
R. Snelling	200	145	240	585
G. Schoonmaker	100	82.5	165	347.5
82.5	kgs./181		lbs.	
D. Riney	237.5	185	222.5	645
Krockenberger	242.5	137.5	252.5	632.5
90 kg./198 lb.				
R. Petzoldt	220	172.5	252.5	645
D. Ludwig	242.5	167.5	227.5	637.5
S. Reando	227.5	155	240	622.5
125 kg./275 lb.				
T. Rubey	310	205	332.5	847.5
125+ kg./275+ lb.				
D. Garris	295	245	310	850
J. Pledger	322.5	182.5	272.5	777.5
M. Werges	290	185	2825	757.5
P. Rankin	—	—	—	—
Master (40-44)				
60 kgs./132 lb.				
K. Womack	182.5	85	185	462.5
Master (50-54)				
75 kgs./165 lb.				
G. Schoonmaker	100	82.5	165	347.5
Master (40-44)				
82.5 kgs./101 lb.				
Krockenberger	242.5	137.5	252.5	632.5
90 kgs./198 lb.				
G. Ludwig	242.5	167.5	227.5	637.5
R. Scholz	82.5	125	160	367.5
Masters (45-49)				
90 kgs./198 lb.				
W. Cooper	192.5	137.5	222.5	557.5
Master (55-59)				
L. Bargatze	192.5	117.5	207.5	517.5
Masters (50-54)				
100 kgs./220 lbs.				
E. White	192.5	135	257.5	585
Masters (55-59)				
100 kgs./220 lb.				
A. Dicandia	195	152.5	200	547.5
Masters (45-49)				
110 kgs./242 lb.				
Q. Chrun	25	205	25	255
Masters (40-44)				
125 kgs./275 lb.				
C. Trasper	55	155	250	460
125+kgs./275+ lb.				
J. Pledger	322.5	182.5	272.5	777.5
Master (45-49)				
125+ kg./275+ lb.				
V. Finnell	227.5	182.5	210	620
Teen (14-15)				
56 kgs./123 lbs.				
Z. Branson	115	—	—	—

Best Lifters Open Women: Sabrina Pledger. Open Men: Travis Rubey. Masters Women: Lisa Schoonmaker. Masters Men: Lance Bargatze. Teen Women: Sabrina Pledger. The 27th annual Missouri St/Ozark meet was held at St. John the Baptist HS. I can't say enough about Rick Koettker, who allows us to hold our meet here. It has turned out to be a nice facility with adequate space. Most of the time, meet directors have a hard time returning to places to hold meets and this is certainly not the case. So, hats off to the lifters who have done a great job keeping the place in one piece. What a competition we had! It's been a few years since we've had the type of buildup we had for our annual event. With the popularity of the internet, we were able to hype it even more than usual. With lifters coming from as far as Texas, Oklahoma, and the mega crew from Michigan, we were honored to be their host. In the Missouri Women's division, Sabrina Pledger continues her winning ways. After a successful high school lifting career she has kept her training up, even with going to SEMO down in Cape. And true to the form of a budding college kid, she arrived tan and leaner then ever, like she had just returned from a spring break trip or something. All of this and some big lifts. I think her 396 lb. deadlift has to be close to her best in a meet. I look for her to eventually be really competitive in the Open division of the Nationals as she gets closer and closer to the 198 lb. class. We had yet another Pledger competing, Lindsay Pledger. Lindsay has done a great job getting her feet wet in her first year or two and her total just keeps climbing. A winner at the Women's Teenage Nationals in January, she has taken in quite a few meets in her short career. She should be a mainstay in the Women's class for a long time. Lifting the Women's Master division, Lisa Schoonmaker indicated that she had a bit of hip trouble and had to take a token lift in the squat. She did make 37.5 kgs. In the bench press, which was up 11 lbs. since she began in November. Lisa is handled by the Donovan and the Above All Gang. In the 123 lb. Missouri class, Zach Bronson just couldn't get it together. In his first sanctioned meet some of the rules tripped him up a bit and he failed to complete a bench press. Just a youngster at 14 years old, this guy has a nice future ahead of him. Rumor has it that this kid can really pull. On May 19th we'll find out at the Steeler HS meet, when he goes after a little redemption. Hang in there Zach. It gets better! In the 132's we had three lifters vying for the title, which was up from the previous years. In his first meet, Above All's Kevin Otte "Too Hotty" made all but one lift the entire day, placing third. Runner up in the class was John Hunn, who upped his total by half a hundred since the Cape meet. The champion for the 132's was master lifter Keith Womack, who totaled just under 1,000 lbs. Keith's only miss came in the bench. For now, I'd expect Keith to be able to repeat as champion next year, but after that it's anyone's ball game. Hunn and Otte are new and will be closing the gap with more training. In the 165's Ryan Snelling missed making weight in the 148's and had to go up, which gave him some competition in the form of a lifter named Cane Schoonmaker. Both were new to our scene, but I have a feeling Ryan has

Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

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

May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s.

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

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

Aug/98... USAPL Men's National's, Platform Deadlifts, 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 Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.

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

Dec/98 ... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

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

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

Mar/99 ... L.A. Lifting Club, Doyle Kenady Tribute, Stretching Your Limits, Visitors to Westside, Tiny Meeker, Women, Masters, Teenage TOP 20 lists, Partials

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

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

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

Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s

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

Sep/99 ... USAPL Men's Natls., 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, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Infor-

been training a little longer than Schoonmaker, who is a Master. It was rough going initially for Schoonmaker, who made just a squat and bench to stay in the meet. He is another lifter from the Above All powerlifting team. Snelling, however, came to lift and did he ever look good. He had power to spare, especially in the deadlift, where he pulled 629 lbs. Ryan will do well if he competes in this year's Teenage Nationals in Chicago. In the 198's we had two faces familiar to the Missouri USAPL. George Krockenberger squared off against Dennis Riney for all the marbles. Krockenberger, a previous winner of 6 state titles, was trying to make it no. 7; Riney had other plans though. After the squats, George led by 11 lbs. going into the bench, which is Riney's specialty. With quite a bit of shoulder trouble through the years, George has had a tough time benching. He indicated that his 303 lb. lift was the first ever in his career. It just goes to show you that this is a long race and that all of us, just like George has done, can continue to progress over the long haul. Riney ended up benching a nice 407 lbs. lift and looked good for plenty more. On his third attempt his hips came up a bit, so the 429 was no good. After the dust settled, they were only separated by 25 lbs. with Riney coming out as the winner over the venerable George Krockenberger. In the 198's, it was a three way race for the title. After wavering in the squat, Roger Petzoldt capitalized on his class loading bench press and deadlifts to emerge victorious. It was a light one though, with just a few lifts, the piston-like Greg Ludwig could've change things, but ended in the runner up spool. Just 15 kilos behind Ludwig, Steve Reando also missed a few that could've shook things up a bit. Steve ended up with third place on a 5 for 3 day. The victory for Roger the dodger gave him his 4th title, and his first since 1991. This moves him up on the list just ahead of Jerry Pledger and ties him with Chad Holmes at 4 state titles. Congratulations Roger! With a void of competitors, we skip up to the 275's where he had just one. Travis Rubey on Rolla, MO, came, saw and dominated! This guy didn't need anyone in his class to push him into making some big lifts. Folks, this guy has potential! He cruised through the squats unscathed, ending with 683 lbs. On the bench where his only miss was, he managed to crank out 451 lbs., and the deadlift? Well that's another story. I had inside info from ahead of time George Helaine of Rolla Power that he would pull big. Did he ever! On his opener he ripped up 650 lbs., like it was a bag of trash. For his 2nd attempt he went after Donovan Garris's state record pull of 706 lbs. set a few years back. Again, he went out and just pulled it with ease for a new state record. On his third attempt, Travis set his sights on the 275 lb. total record of 1,862, set by Mike Anderson in 1996. So, after the math was done, he needed 733 lbs. to eclipse Anderson's mark set 5 years ago. Out Rubey went once again, with a determined look and the whole house rockin', he pulled 733 lbs. for a new record deadlift and record total! Not only that, but he was the Missouri State best lifter and he looked good for even more! He has plans on going to the Men's Nationals in Nebraska this coming July, to compete with the big boys. Good luck Travis, and congratulations on a fine performance! The supers were billed as the class or the meet prior to the meet. We had a lineup of Pat Rankin, Donovan Garris, Jerry Pledger and Mike Wergas: all who are longtime Missouri USAPL lifters. Rankin came riding into town with 6 titles to his name and plans to earn a 7th. After a year or so of Strongman competition and promotion, he was ready to give it a go again on the platform. For Garris, this was his second meet back since he returned in November and I knew he'd have it together after his Cape performance. Big Jerry, with his squat ability, is always in the running. Mike Werges was also back after a long hiatus, sporting a much bigger body since his days as a Jr. lifter. He is now a police officer, married and has his little Werges on the way. Going into the battle, I know Rankin would have his hands full after dealing with a minor back injury a few months prior, then a spring head cold early in the week. His training was just good enough to get him into shape, but not to win it. After three failed attempts in the squat, "Crankin" Rankin had been stopped dead in his tracks. Expect him to return full of fire and better than ever because he is a competitor. After the squats, Pat hung around to help the other lifters and even did a great job announcing some of the deadlifts. Big Mike, in his comeback, nailed three dunks and ended at 639 lbs. Garris came out of the squats with 650 lbs., missing 677 lbs. on his third. The class leader was the big guy, Jerry Pledger. On his opener, things got a bit out of the groove and he had to fight to come out of a lift that seemed to take forever. On his way up though, there was so much noise and yelling. 14 year old spotter Justin Newsome, thought he heard someone give the command to take the bar. As it turned out, this lift was no good and with the adrenaline flowing some tempers flared briefly. After it was explained to Jerry what happened and why the spotter grabbed the bar order was restored and all was well. Jerry apologized for getting excited and Justin apologized for taking the bar too quick. In all of this big ruckus, the kid never batted an eye when most men would've had their tail between their legs heading for the door. Jerry did take his lift over and not only did he complete it, he completed all his squats and came out with a fine 711 lb. attempt. In the bench press, Garris made up some ground and then some. On his second attempt, he upped the full meet BP record to 540 lbs. and prepared to up it to 551 lbs. After lowering 551 lbs. to his chest, he gave a brief bull borderline pause and easily rammed it back up. Unfortunately the refs felt he came a up a bit quick. To his credit, the good news is that he will blow right past 551 lbs. In his next meet, Garris also had the biggest deadlift of the Supers with his 683 lb. deadlift, which was plenty more than he needed for the victory. After it was over, Werges placed third while only missing one lift on the day Pledger was the runner up. totaling 1,714 lbs. and Garris was the new SHW state champ with 1,873 lbs. and the biggest total of the meet. Garris is another young lifter who has potential to spare. Although the competition is tough, he should also consider going to the Nationals in July for the experience. A few final notes... I'm pleased with the influx of new litters. We saw a lot of new faces, and I'm glad to see that. However, there are quite a few weight classes where state was are left up for grabs with no competitors entered. If you have a lifter that can compete, by all means have them compete. It would be an honor to on the list that includes names like Sample, Mafull, Krockenberger and others. Rolla Powers, George Heleine looked like a completely different person from when I last seen him at Cape. He is one of the few that do powerlifting AND bodybuilding, and lost 33 lbs. in the last 5 months. No wonder his BP shirt fit like a windbreaker. The Missouri team title was won by the Bodyworks/Universal Fitness/Universal Physique powerlifting team. Heck the guys from Cape have changed their names so many times. I'm not exactly sure what they go by these days. It was a close one though. The above all team has re-emerged and should give the crew from Cape G some trouble next year. Jerry Pledger indicated that in all the years of the state meet, they've never been beat. Thanks to the crew that spotted and loaded. They were Jim Bell, Justin Newsome, Josh Anderson. Bob Scott and a host of other I'm sure I missed. This is by far, the hardest job of the meet. Thanks to the Cissell family who keeps on putting out a great product for the lifters. Dr. Mike could easily have generic plates printed for the awards that say only "1st Place", etc., but he likes to make it a bit nicer and include the weight class and division along with the placing. That's why it sometimes takes longer to got the awards presented at the end. Everything is ordered ahead of time, counting on the being in certain weight classes. But when they fail to make weight, it throws a wrench into things. So thanks for bearing with us when we figure the results. And to wrap it up, Dr. Mike pulled a fast one on this author. We present the Leroy Marsh award annually to a lifter, coach or staff member that goes out of their way to promote the sport. Each year Mike and I decide and agree on who it should be. After the bench presses, we planned on presenting the award while the house was still full. Since I was close to Leroy, I usually announced who the winner was, and followed it with a brief speech on the person. Well, was I ever in for a surprise. Dr. Mike had the award and started announcing it, I thought, "Cool, Mike's gong to present it this year." What I didn't know, was that he was presenting it to me. The award means a lot to this author because we try to put so much into making out meets better for the lifters sake. So essentially, in my eyes, it's a "By the lifters, for the lifters" situation. Thanks again. Next stop? The Steeler HS powermeet on May 19th. Bring your kids, it'll be a great meet! For more Info, contact us at www.USAPLNationals.com. (Thanks to Rick Fowler for these meet results).

IPA Bench/Deadlift Nationals
28 APR 01 - Avon Lake, OH

Teen	BP	DL
181 lb.		
R. Boesch-15	245	475
198 lb.		
K. Immel-15	215	460
181 lb.		
J. Harris-18	265	590*
198 lb.		
D. Rinehimer-15	290	565*
242 lb.		
E. Gregorek-19	350	480
MEN 132 lb.		
S. Fellows	270	—
181 lb.		
P. Fillaggi	320	—
198 lb.		
J. Bartlome	—	470
220 lb.		
G. Scott	510	600
Masters (65-69)		
J. Logan	280*	410*
J. Spevock	365*	
242 lb.		
K. Knisley	420	
P. Fought	400	—
B. Baron	570	—
C. Focht	520	650
D. Swope	570*	—
275 lb.		
E. Covey	400	530
S. Wilson	505	760*

Thanks to all the loaders, spotters and referees that made this a success, especially Rick Ramerz and Chris Constantino. In the teen division 15 year old Ryan Boesch BPed 245 and then got the excitement going with a 280 WR attempt but 3 reds for his efforts. Ryan went on to DL 475 Jimmy Harris did a WR DL of 590 and Dan Rinehimer set 2 WR's 280 BP and 565 DL. In the Mens Masters Jim Logan 66 set 2 WR's with a 280 BP and 410 DL, our best lifters are Mike Blake with a masters WR 475 bench and Steve Wilson with a WR of his own a 760 DL and the man of steel also BPed 505. Thanks again to the guys at the Outlaws with out your DL bar it would have been just another meet. (Thanks to Drew Landsley for providing the meet results).

USAPL Minnesota State
17 Mar 01 - Plymouth, MN

BENCH				
WOMEN		181 lb.		
Shuttleworth	145	M. Hutnagel-J	340	
J. Krasky-161	95	198 lb.		
L. Loughney-219	200	M. Heruth-O	450	
132 lb.		T. Lohman	425	
B. Fischer-O	205	D. Johnson-M	375	
M. Lohman-J	270	D. Hawkinson-M	350	
D. Bristlin-J	245	D. Lux-M	305	
J. Grant-J	330	220 lb.		
B. Kegler-J	295	D. Szambelan-M	340	
S. Naspinski-J	265	242 lb.		
J. Miller-O	375	C. Lane-O	440	
P. Baer-M	340	R. Bement-M	300	
J. Tini-M	300	275 lb.		
123 lb.		R. Schubert-M	390	
V. Nelson-M		BP	DL	TOT
MEN 181 lb.		105	235	340
S. Friday-O		395	580	975
M. Bums-O		405	540	945
T. Reid-O		360	570	930
198 lb.				
Haggenmiller-M		325	525	850
S. Lindquist-O		335	615	950
G. Grahn-O		280	500	780
J. Richer-O		302.5	405	707.5
220 lb.				
M. Edelstein-O		415	630	1045
242 lb.				
B. Mozis-M		245	470	715
275 lb.				
S. Johnson-O		405	525	930
J. Bentley		340	515	855

Director: Jim Cahill. O–Open. J–Junior. M–Master. (Thanks to Jim Cahill for results).

mation Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s
Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00 ... Arnold Classic,WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press 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 Flyweights.
Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls.,IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
Oct/00 ...Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies
Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s
Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, 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 Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s

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All American Bench Press
29 Apr 01 - Taylor, PA

BENCH	
WOMEN	
Junior 132 lb.	
J. Hughes-21	67.5*
Teen 148 lb.	
S. Dolson-19	87.5*
Open 114 lb.	
P. Kovalchick	87.5*
165 lb.	
Encarnacion-31	90
Master 165 lb.	
B. Rought-46	82.5
198 lb.	
V. Marcikonis-37	110*
MEN Teen 114 lb.	
M. Chapman-14	57.5
132 lb. (14-15)	
C. Strohl	75
B. Krajnak-15	65
A. Heydt-16	92.5
148 lb.	
D. Strohl-14	80
L. Mangino-16	137.5*
J. Lyons-19	145*
J. Wentworth-19	110
165 lb. (14-15)	
J. Young	85
D. Oskins-15	100
198 lb. (16-17)	
B. Taroli-16	137.5
220 lb. (16-17)	
S. Baronski-16	172.5*
C. Donati-16	130
(18-19)	
C. Raymond-18	122.5
S. King-14	107.5
242 lb. (16-17)	
C. Hoover-16	147.5
J. Oliveri-17	150
(14-15)	
C. Cadispot-14	107.5
Open 123 lb.	
F. Garvey-52	125*
148 lb.	
G. Teeter-36	140
165 lb.	
J. Rubio-37	160
B. Legg-48	97.5
McDonnell-33	145
181 lb.	
D. Boldberg-32	175
T. Dickey-31	187.5
Swackhammer	182.5
198 lb.	
R. Baum-26	162.5
T. Klazas-35	167.5
P. Shannon-38	192.5
220 lb.	
N. Williams	217.5
R. Ludwig-41	197.5
J. Plummer-39	202.5
275 lb.	
J. DeFoor-30	230
319 lb.	
J. Gentile-46	207.5

Junior	
M. Shiffer-20	107.5
181 lb.	
T. Myer-21	137.5
198 lb.	
D. Patrisso-20	150
J. Bartell-20	160
220 lb.	
R. Calvey-23	172.5
Master	
R. Garvey-52	125*
132 lb.	
G. Napp-42	82.5
148 lb. (45-49)	
R. Burnett-4830	
165 lb. (45-49)	
B. Legg	97.5
(50-54)	
J. Freemont-54	120*
181 lb. (40-44)	
D. Wilcox-42	122.5
198 lb. (50-54)	
R. Jeffords-52	102.5
(55-59)	
R. D'Angelo-59	87.5
(45-49)	
B. Selzheiser-45	160
(40-44)	
T. Rome-44	155
220 lb. (40-44)	
L. Gerczak-40	197.5*
R. Ludwig-41	197.5
J. Gliveri-43	147.5
(60-64)	
E. Robinson-63	137.5
242 lb.	
M. Gavin	182.5
275 lb. (55-59)	
J. Graham-57	142.5
(45-49)	
J. Sullivan-46	182.5
319 lb.	
T. McCarthy-54	182.5
J. Gentile-46	207.5
R. Smith-41	217.5*
Lifetime 148 lb.	
R. Burnett-48	130
F. Lokuta-40	125
G. Teeter-36	140
165 lb.	
J. Rubio-37	160
B. Legg-48	97.5
198 lb.	
G. Averill-24	137.5
P. Shannon-38	192.5
B. Halashinski-29	
172.5	
220 lb.	
J. Plummer-39	202.5
R. Lubwig-41	197.5*
C. Dickey-33	170
242 lb.	
B. Grippo-39	182.5
M. Brill-27	157.5
R. Wywoda-38	177.5

Heavyweight Best Lifter at *All American Bench Press: 250 lb. John Defoor with 506 lb. bench. (Photo provided by Bob Granko).*

Lightweight Best Lifter at *All American Bench Press: 170 lb. Terry Dickey 413 lb. bench press. Photograph provided by Bob Granko.*

*–Records. All new state record holders were required to perform a token squat/deadlift of 25 kils before 3 judges on platform. All token lifts performed without incident. Meet Directors: Joe Moceyunas & Bob Granko, Sr. The Power Gym hosted The All American Bench Press Invitational Championships. This meet was beyond the meet directors imagination. Having invited the finest lifters of Pa., Connecticut, Virginia and New Jersey, proved that there is literally strength in numbers. Numerous Pa. State records were set and broken by some of these fantastic lifters. The Women's best Lightweight was awarded to Ms. Paula Kovalchick and Heavyweight Vicky Marcikonis, both who broke and set new State records. Approximately 275 spectators were present. Having been involved in Powerlifting for over 4 decades, I can say that this was the finest contest that I had the privilege of co-directing. Special thanks to Joe (Moe) Moceyunas, my partner at the Power Gym. What a guy! Great Powerlifter and beyond an expert putting shirts on, and especially guiding the young powerlifters to victory. I can never thank him enough. This meet could not have been held without the expertise of the scoring table. My bride Toni G., Cathy Moceyunas and one of the best statisticians around, Ms. Dot McGowan. John (Coach) McGowan, Joe Lutkowski (330 lb. bencher 148 lbs.), Paul Duffy (420 @220 lbs.) and of course my son Jamie (Tank) who incidently looked great in the N.J. Mid Atlantic Classic. Sure wish that I had his arms and shoulders! He along with my wife and older son Bobby Jr. (Also a great Powerlifter) Yes! This was a family sport to us. Along with my wife these guys have seen my good and not so good of late days in this magnificent sport. Bobby Legg, spotter/loader, scoring table official, and above all a great powerlifter and dear friend. Yes! I appreciate Mimmi, Mike and Steve Gavin, Mike Roberts, Tracy and John Svalina (500 lb. Reverse grip bench @242 lbs.) and our new law school graduate, Jason Mattioli, who will be elevated to contest official status in the future. (maybe). Best Lightweight Lifter was awarded to Mr. Terry Dickey (His brother Cliff and he train in their basement and are an inspiration to watch benching). The Heavy Weight Best Lifter was close with John Defoor, gaining the nod over Nate Williams (a fine lifter with the genes of Mr. Chimsey Williams). To all of my lifters, yes they were mine, I wish you good luck and God Speed in your future contests. I have made many true friends and lost some not so good friends in this sport. Mr. Moe and I thank you for your support. May God Bless all of you. (Thanks to Bob Granko Sr. for these results).**

USAPL Zumbro Valley Open
28 Apr 01 - Kasson, MN

WOMEN	SQ	BP	DL	TOT
Open 114 lb.				
K. Sommers	245	160	270	675
M. Shuttleworth	170	145	200	515
148 lb.				
A. Simons	270	225	290	785
Master				
J. Drenth	155	130	260	545
MEN				
Open				
148 lb.				
P. Wong	405	335	425	1165
P. Kadlec	390	280	410	1080
J. Swedel	330	235	450	1015
Master				
C. Wong	330	200	430	960
T. Cooper	270	200	330	800
165 lb. (50+)				
C. Mattson	285	170	300	755
Open 181 lb.				
N. Harmon	375	280	425	1080
Master (50+)				
S. Reid	450	270	530	1250
Novice				
J. Cooper	435	250	430	1115
Open 198 lb.				
T. Hines	590	420	600	1610
J. Johnson	450	240	440	1130
198 lb. Master (50+)				
A. Langdon	460	330	500	1290
J. Donafell	375	315	400	1090
Novice				
M. Campeau	345	155	400	900
Open 220 lb.				
M. Edelstein	585	420	600	1605
B. Reibeling	570	335	575	1480
J. Adamski	490	420	550	1460
K. Belisle	525	395	505	1425
Master				
J. Tarman	555	390	540	1485
J. Bakstrom	470	330	470	1270
T. Dierks	465	275	485	1225
Master (50+)				
P. Markert	300	200	360	860
Novice				
N. Armstrong	435	280	480	1195
Open 242 lb.				
J. Cahill	665	440	805	1910
M. Budensiek	650	415	640	1705
Master				
G. Steele	575	370	625	1570
Novice				
J. Lehnertz	400	320	500	1220
Open 275 lb.				
A. Holley	600	390	550	1540
Master				
D. Rgnonti	610	380	635	1625
Novice				
K. McKinnon	475	280	475	1230
J. Stevenson	385	275	385	1045

"The 2001 Zumbro Valley Open Powerlifting Championship" was held in the Kasson Mantorville gymnasium, with 36 Men and Women lifters. James Cahill, had a fine day lifting 665 in the Squat, 440 in the Bench, and in his Division a Minnesota State Record in the Dead Lift of 805, with a Total of 1,910. The Women's top lifter was Angela Simons lifting 270 in the Squat, 225 in the Bench, and 290 in the Dead Lift with a Total of 785. Meet Director Steve Johnson would like to thank the lifters for coming, and the following people who assisted in making the meet a success: Kurt Baker, Don Coughlon, Archie Langdon, John Lynch, Jason Murphy, Nate Nord, Sid Reid, Jeff Rendler, Scoff Rendler, Dean Tlougan Mike Tully, Jerry Unger, and Tony Williams. The announcer was Scott Safe, and a thank you to "Safe USA" who provided invaluable support, and the Kasson Mantorville High School for the use of their excellent facilities. The scorers were Jim Coughlon and Dawn Johnson. Referees were Eric Alter, Charlie Bradford, Mike Bradford, Brad Gillingham, Dennis Green, Brian Hudyma, and Angela Simons. A special thank you is also in order to Dawn Johnson who as well as working at the scorers table gave valuable assistance in organizing the meet. The success of the meet assures this will continue as an annual event. (Thanks to Steve Johnson and the USAPL for providing these meet results).

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SLP Hard Core Gym BP/DL
20 May 01 - Chicago, IL

BENCH		A. Oliver	385*
WOMEN		Police/Fire	
Submaster		165 lb.	
123 lb.		A. White	365*
L. Menninger	125*	220 lb.	
Open 132 lb.		T. Harrison	440
E. England	120*	A. Kennedy	425
Men Teen (13-15)		242 lb.	
165 lb.		M. Brzeczek	425*
M. Collins	305*	4th	445*
4th	310*	275 lb.	
Junior 181 lb.		C. Gholston	500*
M. Strom	360	Open 148 lb.	
4th	375*	O. Anderson	270*
181 lb.		4th	280*
R. Schaffer	350	165 lb.	
242 lb.		K. Brown	345
S. Corbett	345*	181 lb.	
4th	360*	T. Gentry	420*
Submaster		R. Murphy	320
242 lb.		198 lb.	
F. Collins	405*	T. McCray	455*
Master (40-44)		S. Medina	365
220 lb.		4th	400
A. Kennedy	425*	220 lb.	
C. Gordon	—	T. Harrison	440
Master (45-49)		242 lb.	
181 lb.		D. Walker	510*
J. Marudecki	365*	4th	520*
4th	375*	M. Brzeczek	425
242 lb.		4th	445
B. Blackmon	390	275 lb.	
4th	405	M. Smith	500
Master (50-54)		DEADLIFT	
220 lb.		MEN	
H. Collins	430	Open	
(55-59)		242 lb.	
275 lb.		A. Sanders	630*

*–Son Light Power Illinois state record. Best Lifter: David Walker. The Hard Core Gym Bench Press/Deadlift Classic was held at the Hard Core Gym in Chicago on May 20, 2001. Thanks once again to owners Harry and Kim Zaras for their continued support of powerlifting. In the bench competition Lisa Menninger took the submaster women's 123 class, setting a new Illinois state record with a strong 125. Eva England had some problems with her opener, finally getting her third attempt with 120. This set the state record in the open 132 class. Teenager Marell Collins keeps getting stronger with each new competition, finishing here with a 305 pr third, followed by a 310 fourth attempt. Marell broke his own state record in the 13-15/165 class. In the junior men's division we had three lifters, but there was a real battle at 181 between Mike Strom and Ryan Schaffer. Both weighing in at 180, Mike finished the meet with 360, while Ryan had to settle with his 350 second attempt, after missing his third with 365. Mike went on to a successful fourth attempt with 375, which established a new state record there. Sean Corbett also set an Illinois state record as he took the 242's with 360. First-time competitor Fabray Collins set a new state record as he captured the title at submaster 242 with a solid 405. In the master 40-44/220 class Al Kennedy broke Tim Widner's state record with 425 for the win. Al had a new shirt that just was not working for him so he took it off and lifted raw! Not a bad lift for a 218 bwt.! Craig Gordon was going for a personal best of 500 on this day but missed his opener of 480 when his new shirt blew out and he was not able to get a lift in. Jim Marudecki showed great form as he methodically moved through his attempts, going four for four on the day to finish with a new state record. Weighing in at just 175, Jim's 375 gave him the title at master 45-49/181. Also at 45-49 was 242 winner Barry Blackmon. Barry finished with 390, but went on to score a personal best of 405 after missing that weight for his third attempt. Hank Collins continues to be consistent, as he finished with 430 at master 50-54/220, just ten pounds shy of his own state record. Archie Oliver returned to competition after some time off to take the 55-59/275 class. Archie finished with a strong 385, a new state record! Good to see you again, Archie. In the police and fire division, Anton White set the state record at 165 with a solid 365 on his final attempt. This was Anton's first competition. Tommy Harrison took the 220 class over teammate Al Kennedy 440 to 425. Tommy was only able to get his opener in, missing 475 and 485 for his last two attempts. Bad shirt problems; just wasn't giving him anything. Another new lifter, Mark Brzeczek, won at 242, setting new state records on his third (425) and fourth attempts (445). Our final police & fire competitor was 275 winner Chris Gholston. Chris also struggled with his new bench shirt, managing only 500 after missing his final attempt with a state record 520. Chris's big 500 did tie the existing record at that weight class, but with his natural strength Chris should be up to 540-550 with a good shirt. In the open division, Mr. Baby Oil himself regained his state record title at 148. Looking stronger than ever, Baby Oil finished with a 270 third attempt and a stronger 280 fourth attempt for the record. Kenneth Brown, weighing in at 160, won the title at 165 with a solid 345. At 181 it was Tommie Gentry with a state record 420 to his credit. Second place at 181 went to Robert Murphy who finished with 320. Taking the 198's was Tim McCray, who stopped at a state record second attempt of 455. Tim was hoping for 500, but wisely backed off when his shoulder began to bother him. Sal Medina was second at 198 with a 365 second attempt, missing 400 for his third, but coming back for a successful fourth. Tommy Harrison also took the open 220 class along with his win at police & fire/220. David Walker came down from Wisconsin to take both the open 242 class and best lifter honors with a state record 510 bench. A fourth attempt with 520 was also a new personal record for David. Second place at 242 went to Mark Brzeczek who finished with 445. Taking the open 275 class was Marty Smith with another strong 500 bench, weighing in at only 250. In the deadlift competition we only had one (?) lifter, Andrew Sanders. Taking the open 242 class, Andrew opened with an easy 550, then called for 600. Knowing the state record was 605 I accidentally (on purpose) loaded the bar to 610 and after Andrew pulled the weight he was estatic! His final pull was a tough 630, but a good lift for another SLP Illinois state record! Thanks again to Harry and Kim and to my son Joey for all their help. See you all again at the Chicagoland Open on October 7. (Thanks to Dr. Darrell Latch for providing the results of this competition to *Powerlifting USA*).

Andrew Sanders deadlifted 630 lbs. which was a Son Light Power Illinois State record in the 242 lb. open class. (The photograph provided courtesy of Dr. Darrell Latch to Powerlifting USA).

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NASA Wisconsin State
17 Feb 01 - Marshfield, WI

BENCH		M. Heruth	460
154 lb. JR		227 lb.	
B. Schuelke	275	M. Nielson	420
187 lb.		280 lb.	
J. McDonald	305	T. Matic	440
CM1 315 lb.		170 lb. SM1	
B. Eder	175	S. Ginkel	300
CM2 205 lb.		S. Baker	415
B. Hoffman	100	205 lb. SM2	
JR 154 lb.		M. Heruth	460
B. Tafelski	300	154 lb. Teen	
187 lb.		B. Tafelski	300
J. McDonald	305	170 lb. M2	
250 lb.		R. Corey	270
A. Kostuck	380	250 lb.	
M1 187 lb.		J. Jones	385
R. Tefelski	250	280 lb. M3	
280 lb.		J. Twet	305
S. Felton	515	170 lb. MPure	
T. Matic	440	R. Corey	270
250 lb. Nat		187 lb.	
J. Franco	455	R. Tefelski	250
154 lb. Novice		227 lb.	
B. Tafelski	300	T. Lisack	390
227 lb.		250 lb.	
T. Lisack	390	J. Jones	385
250 lb. Novice		280 lb.	
J. Keller	310	T. Matic	440
154 lb. Pure		NAT	
B. Tafelski	300	187 lb.	
205 lb.		B. Hardy	405

Junior	SQ	BP	DL	TOT
187 lb.				
R. Zuege	370	285	500	523
205 lb.				
T. Dankemeyer	500	370	505	623
M1 170 lb.				
D. Felton	365	255	560	535
205 lb.				
T. Conklin	630	340	615	718
D. Anderson	500	270	500	576
227 lb.				
B. Vivier	570	370	565	682
280 lb. M2				
R. Sadowski	450	270	480	544
M3				
J. Twet	350	305	500	523
Mpure 170 lb.				
G. Kleyn	375	235	465	487
SHW Novice				
J. Andreae	600	380	615	723
205 lb. Pure				
S. Miller	600	360	600	707
K. Simplot	425	365	500	585
315 lb. SM1				
J. Page	680	405	620	773
227 lb. SM2				
J. Broadhurst	465	350	450	573

(Thanks to Bob Vivier for providing the results).

SLP Cross Country Pull BP/DL
12 May 01 - Mattoon, IL

BENCH		A. Jones	435
MEN		4th	445*
Teen (16-17)		Open 148 lb.	
123 lb.		K. Clodfelder	245
D. Toothman	145*	4th	255*
Junior 198 lb.		165 lb.	
N. Young	485*	H. Baker	345
4th	500*	220 lb.	
275 lb.		J. Shimchick	405
J. Hanson	325	J. Sanders	350
Master (40-44)		SHW	
242 lb.		L. Betzer	340
R. Thomas	200	DEADLIFT	
SHW		MEN	
L. Betzer	340	Teen (16-17)	
Master (45-49)		123 lb.	
181 lb.		D. Toothman	290*
D. Rigsby	185	4th	310*
275 lb.		Master (40-44)	
J. White	285	242 lb.	
4th	295	R. Thomas	410*
Master (50-54)		Master (45-49)	
308 lb.		242 lb.	
J. Welker	355*	J. Ewing	525*
4th	370*	Master (65-69)	
Police/Fire		165 lb.	
181 lb.		D. Sidwell	300*
B. Smith	340	Open 198 lb.	
220 lb.		A. Look	510

Best Lifter BP: Nick Young. Best Lifter DL: Andy Look. *=Son Light Power Illinois state record. The seventeenth annual Cross County Pull Bench Press/Deadlift Classic was held at the mall. Thanks once again for the support of the Mall Association which has promoted more than fifty powerlifting events in the past eighteen years. In the bench press event seventeen year old David Toothman returned to competition with a win in the 123 class. David made all three of his attempts, finishing with a new state record 145 for the teenage 16-17/123 class. In the junior division, 198 winner Nick Young came from Missouri to post his first official 500 bench! Weighing in at only 187 Nick opened with an easy 450 followed by an even easier 470, both new state records. A final attempt with 485 then led to his record-setting 500 fourth attempt. Congratulations, Nick, who also won best lifter honors! Our second junior lifter was 275 winner Jim Hanson. This was Jim's first competition, where he finished with a personal best 325. Rick Thomas came all the way from Wyoming, Michigan to take the master 40-44/242 class with a strong 200 bench. Also at master 40-44 was SHW winner Loren Betzer. Loren finished with an easy 340, taking also the open SHW class. Dana Rigsby got a personal record at master 45-49/181 with his 185 second attempt to take that class. John White took the 45-49/275 class, getting two new pr's, a 285 third and a 295 fourth attempt. Jeff Welker was looking strong as he set the record at master 50-54/308 with his 355 final attempt, followed by a 370 fourth attempt. Bob Smith matched his own state record at police & fire/181 with his 340 second attempt, just missing 350 for his third. Alex Jones moved up a class, lifting at police & fire/220, but set a new state record there on a fourth attempt with 445, after tying the record at 435 on his second attempt. In the open division Kevin Clodfelder had a great day in his first competition, going 4 for 4 and finishing with a new state record 255 at 148. Howard Baker was also lifting in his first competition, where he took the open 165 class with a personal best 345. John Shinichick got a pr with his win at 220, ending up with a strong 405. Second place at 220 went to Jeff Sanders who also got a new pr, finishing with 350 on the day. In the deadlift competition 123 lb. teenager David Toothman continued to shine, finishing the day with another state record, pulling 310 on his final attempt. Rick Thomas broke his own state record at master 40-44/242, locking out 410 on his second attempt. James Ewig, the unofficial mayor of Gays, Illinois, (the home of the world's only two-story outhouse) pulled a great 525 state record, blue jeans and all, taking the master 45-49/242 class. In the master 65-69/165 class, sixty-six year old Darrel Sidwell set a new Illinois state record with a great 300 pull. This was Darrel's first deadlift competition, though he does hold the bench record in that same division. Best lifter and open 198 winner was Andy Look. Andy pulled a strong 510 @195, before missing with his final attempt of 525. Thanks to Randy Franklin, Andy Look, Jeff Welker and my son Joey for all their help. (These results by Dr. Darrell Latch).

66 year old Darrel Sidwell locks out state record of 300! (Photo provided by Dr. Darrell Latch).

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AAU Combine Nationals
19-20 May 01 - Jacksonville, AR

BENCH				
220 lb.				
Master (40-44)				
C. LEE	160			
(50-54)				
R. Stopp	172.5			
(55-59)				
A. Williamson	157.5			
L. McLean	160			
Open				
B. Smith	82.5			
S. Battista	160			
C. Newsom	165			
Submaster				
R. Zuber	125			
242 lb. (40-44)				
T. Ward	200			
(50-54)				
K. Counts	145			
Submaster				
R. Rice	167.5			
275 lb. (40-44)				
R. Stafford	212.5			
(50-54)				
R. Cross	147.5			
319 lb. Open				
K. Shinn	—			
198 lb.				
Master (40-44)				
R. Mace	127.5			
FEMALE	SQ	BP	DL	TOT
148 lb. Master (45-49)				
P. Fitzgerald	60.5	42.5	115	218
MALE Open				
T. McGuffey	145	107.5	197.5	450
R. Rodgers	195	117.5	175	487
FEMALE				
T. Moskwa	107.5	60	112.5	280
Open 132 lb.				
T. Collins	90	47.5	137.5	275
MALE				
Teen (13-14) 114 lb.				
C. Carroll	92.5	65	117.5	275
(14-15)				
T. Madding	67.5	67.5	105	240
123 lb.				
J. Whiteside	87.5	52.5	105	245
M. Resendez	110	75	142.5	327.5
132 lb.				
C. Carlisle	105	82.5	132.5	320
148 lb. (14-15)				
J. Fortner	110	70	125	305
FEMALE 114 lb.				
E. Hartmere	80	47.5	87.5	215
MALE				
S. Lee	92.5	75	137.5	305
C. Gunn	162.5	77.5	165	405
Teen (16-17) 148 lb.				
R. Saxton	210	102.5	127.5	440
G. Byrkhart	120	75	152.5	347.5
A. Ward	145	95	160	400
FEMALE				
132 lb.				
P. Medlock	45			
198 lb. (40-44)				
D. Williams	77.5			
MALE (50-54)				
D. Singleton	105			
(55-59)				
L. McLean	162.5			
FEMALE (60-64)				
J. Watkins	40			
MALE (65-69)				
H. Hager	80			
T. Lewis	125			
148 lb. Open				
J. Chesshire	125			
165 lb.				
D. Merriett	—			
198 lb.				
J. Colman	160			
123 lb.				
L. Warren	—			
165 lb.				
S. Weaver	—			
Submaster 181 lb.				
K. Mattison	130			
Teen (16-17) 198 lb.				
J. Jones	107.5			
(18-19) 165 lb.				
J. Paul	142.5			
FEMALE 132 lb.				
S. DUFF	80	37.5	100	217
148 lb.				
K. Pangburn	100	60	125	195
L. Smith	87.5	55	95	237.5
165 lb.				
J. Shelton	110	50	112.5	272.5
198+ lb. (18-19)				
J. Norton	160	60	173	393
MALE 132 lb. (14-15)				
B. Vognet	87.5	70	110	267.5
148 lb.				
E. Mauler	62.5	32.5	85	180
FEMALE				
K. Miller	57.5	30	70	157.5
C. Miller	75	32.5	100	207.5
A. Harris	27.5	20	27.5	75
MALE Master (50-54)				
J. Kennett	190	122.5	195	507.5
Open 165 lb.				
T. Caffery	185	142.5	180	507.5
J. Stewart	232.5	120	240	592.5
(14-15)				
J. Stewart	232.5	120	240	592.5
(16-17)				
L. Kimble	212.5	102.5	272.5	587.5
Master (40-44)				
T. Fletcher	—	—	—	—
(65-69)				
J. Miller, III	55	55	100	210
Open 165 lb.				
B. Thomas	167.5	122.5	195	485
D. Gilley	182.5	132.5	227.5	542.5
Teen (12-13)				
Z. Roberson	60	40	85	185
(12-13)				
N. Kumpe	85	55	95	235
(14-15)				
T. Valdez	115	87.5	142.5	345
C. Brandon	135	87.5	132.5	355
A. Sowards	140	90	195	425
(16-17)				
S. Garpino	175	100	225	500
181 lb. (18-19)				
T. Kimble	200	122.5	227.5	550
(16-17)				
C. Exson	237.5	90	250	577.5
(15-16)				
A. Bider	202.5	110	197.5	510
Submaster				
H. Yarbrough	—	—	—	—
Open				
C. Caffery	227.5	145	197.5	570
W. Pennell	227.5	167.5	252.5	647.5
(18-19)				
R. Roten	190	142.5	227.5	560
(16-17)				
T. Brown	150	100	220	470
198 lb. Master (55-59)				
J. Stoval	172.5	102.5	197.5	472.5
(40-44)				
T. Hawkins	100	132.5	182.5	415
(14-15)				
J. Williams	112.5	—	145	257.5
Submaster				
J. Billman	215	150	247.5	612
Open				
J. Colman	192.5	160	235	587.5
(55-59)				
K. Jordan	137.5	97.5	160	395
(40-44)				
R. Mace	170	127.5	192.5	490
R. Fitzgerald	180	132.5	205	517.5
220 lb.				
D. Kenne	242.5	125	252.5	620
(50-54)				
D. Mansfield	240	122.5	235	597.5
(55-59)				
A. Williamson	262.5	157.5	245	665
Open				
J. Bider	292.5	155	247.5	695
J. Johnson	227.5	160	285	672.5
S. Battista	215	160	240	615
Submaster				
R. Zuber	125	125	115	365
(18-19)				
B. Smith	—	—	—	—
J. Bider	292.5	155	247.5	695
J. Johnson	227.5	160	285	672.5
Open 242 lb.				
B. Simmons	225	192.5	215	632.5
(40-44)				
B. Campbell	155	127.5	175	457.5
(50-54)				
J. Roten	227.5	145	247.5	620
T. Roberts	215	115	247.5	577.5
242 lb.				
N. Arthur	255	167.5	265	687.5
W. Roten	192.5	122.5	240	555
(16-17)				
B. Nesbitt	182.5	100	205	487.5
275 lb. (40-44)				
R. Stafford	275	212.5	232.5	720
M. Denton	205	137.5	185	527.5
M. Harris	200	127.5	200	527.5
(50-54)				
R. Cross	192.5	147.5	200	540
R. Cross	192.5	147.5	200	540
SHW				
P. Wrenn	302.5	155	255	712.5
275 lb. Open				
L. Kye	320	170	247.5	737.5
R. Stafford	275	212.5	232.5	720
319 lb. Open				
S. Robbins	332.5	217.5	272.5	822.5
Submaster 275 lb.				
K. Whittaker	235	140	240	615
319 lb.				
J. Farrer	195	162.5	227.5	585
SHW				
E. Robenson	257.5	152.5	237.5	647.5
(14-15)				
J. Vick	227.5	130	227.5	585
(16-17)				
J. Waddle	295	145	240	680
C. Johnson	197.5	127.5	217.5	542.5
C. Gilbert	220	140	205	565
(18-19)				
R. Toatley	260	197.5	275	732.5

(Thanks to Larry Kye for providing the results).

James Steel won best lifter at the APA Old Line State. Unfortunately he just missed a 700 deadlift when he passed out near completion of the incredible lift. (Photo provided courtesy of Scott Taylor to PL USA).

APA Old Line State PL & BP
16 JUN 01 - Laurel, MD

BENCH		J. Snyder		320
Teenage		181		
S. Yard/215	400	S. Voshell		340
Submaser		198		
J. Peterson/214	400	J. McVicar		500
J. Snyder/161	320	S. Kopalchick		280
Master		B. Zemaitis		
J. Wikler/195	225	220		
Open		J. Peterson		400
165				
Teenage	SQ	BP	DL	TOT
A/ Turner/164	445	285	540	1270
4th	460*			1285*
Submaster				
S. Vickery/241	475	360	535	1370
Open				
165				
A. Turner	445	285	540	1270
G. Rozier	320	300	480	1100
181				
S. Voshell	405	340	430	1175
N. Denny	305	325	450	1080
198				
R. Bent	360	235	450	1045
242				
S. Vickery	475	360	535	1370
275				
J. Steel	700	350	665	1715

* denotes Maryland Teenage Record. The Old Line State Powerlifting and Bench Press was loads of fun even though the turnout was relatively light due to several other events taking place this weekend. Special thanks to all who spotted and loaded for doing an excellent job. I'd like to thank Lester Maslow and Julie Scanlon for officiating at this event and doing a fine job. Big James Steele almost had a much higher total. He made it all the way up with 700 in his deadlift and just as the center referee was giving the command to put the weight down, James lost consciousness and fell backwards. What a fluke to have happen when you're completing a lift! Special thanks to Jeff McVicar for making this meet possible and the entire crew who lugged loads of meet equipment upstairs to set up a great platform in the gymnasium. The APA returns to Laurel, Maryland in September for our Nationals. Hope to see many of you there! (Thanks to Scott Taylor, APA President, for providing the meet results).

ASSOCIATION OFFICE COPY

- This is a membership application form. Complete all areas and return Part One to the address shown.
- For information on registration and program, call 1-800-AAU-4USA.
- AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES

	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

	Regular Fee	"AB" Fee
Adult Athletes in the Following Sports:	20.00	23.50

Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting

Adult Athletes in the Following Sports:	20.00	25.00

Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling

Adult Athletes in the Following Sports:	Not Available	25.00

Chinese Martial Arts, Judo, Jujitsu, and Karate

Adult Tae Kwon Do Athletes	20.00	Not Available
Adult Powerlifting Athletes	30.00	35.00

SPORT CODE ____ ____ ASSOCIATION CODE ____ ____

MEMBERSHIP CATEGORY *CHECK ONE:* ___ Athlete ___ Coach ___ Official ___ Volunteer

CHECK ONE: ___ Youth Program ___ Adult Program | Added Benefit ___ Yes ___ No

Club No.: | Club Name: | E-Mail

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? ☐ Yes ☐ No

Date of Birth | Age | Sex ☐Male ☐Female | Application Date | Social Security Number

First | Middle | Last

Address

City | State | Zip Code

County | Phone (With Area Code)

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

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

Member's Signature _____

Parent/Guardian Signature _____

AAU Raw Teen State/Elizabeth City Open
17 Mar 01 - Elizabeth City, NC

BENCH	
114 lb.	
A. Armstrong	105
D. Battle	75
J. Scott	60
I. Reeves	60
M. Sauls	60
123 lb.	
R. Fey	185
J. Curcio	170
K. Houlroyd	145
M. Smith	70
132 lb.	
T. Lyons	155
G. Ake	135
J. Goodman	80
148 lb.	
D. Sylvester	205
M. Franklin	170
B. Blake	150
165 lb.	
B. Zak	260
J. Moore	235
G. Baker	200
C. Balance	200
D. Nelson	185
L. Midgette	175
181 lb.	
D. Kiefer	320
E. Patrick	315
R. Young	245
J. Lee	225
J. Riddick	220
J. Tiffer	200
K. Sutton	105
198 lb.	
A. Cabarus	330
E. Freethy	320
N. Deslodge	250
T. Bell	230
A. Felton	205
K. Snowden	105
220 lb.	
P. Bossi	480

114 lb.	SQ	BP	DL	TOT
A. Armstrong	140	105	255	500!
D. Battle	90	75	15	345
M. Sauls	95	60	155	295
J. Reeves	85	60	135	290
J. Scott	95	60	115	260
123 lb.				
K. Houlroyd	195	145	285	625!
M. Smith	110	70	140	320
132 lb.				
T. Lyons	210	155	310	675
G. Pike	160	135	300	595
J. Goodman	135	80	165	380
148 lb.				
D. Sylvester	315	205	430	950!
M. Franklin	210	170	330	710
B. Blake	180	150	300	630
165 lb.				
G. Baker	360	200	445	1005
B. Zak	300	260	430	990
J. Moore	330	235	395	960
D. Nelson	250	185	375	810
C. Ballance	45	200	45	290
181 lb.				
D. Kiefer	385	320	475	1180
J. Riddick	275	220	350	845
R. Young	260	245	330	935
J. Tiller	210	260	325	735
J. Lee	175	225	400	675
K. Sutton	75	105	205	385
198 lb.				
E. Freethy	340	320	460	1120
N. Deslodge	370	250	455	2075
A. Felton	200	205	350	755
220 lb.				
A. Bailey	450	390	530	1360!
B. Page	450	315	530	1295
V. Armstrong	330	350	475	1155
J. Pierce	315	275	500	1090
D. Young	305	365	415	1085
K. Barber	305	305	420	1030
B. Freethy	295	260	380	925
R. McCobb	160	215	250	625
242 lb.				
B. Strauss	520	325	455	1300
275 lb.				
T. Levesque	155	170	335	660
319 lb.				
M. Lovelace	475	290	600	1365
W. Riddick	350	380	440	1170!
J. Pendelton	365	335	425	1125
K. Cote	350	215	330	895
T. Gibson	200	215	365	1780
Teen 77 lb.				
A. Bailey	380			
J. Rascoe	375			
D. Young	365			
V. Armstrong	350			
B. Page	315			
K. Barber	305			
J. Pierce	275			
B. Freethy	260			
R. McCobb	250			
242 lb.				
B. Strauss	125			
M. Leibacher	320			
275 lb.				
C. Elliott	520			
T. Levesque	170			
319 lb.				
B. Simpson	465			
W. Riddick	190			
J. Pendelton	335			
T. Gibson	315			
M. Lovelace	290			
WOMEN				
132 lb.				
K. Westcott-41	155			
123 lb.				
R. Fey-17	85$			
J. Curcio-41	170			
165 lb.				
L. Midgette-45	175			
181 lb.				
E. Patrick-35	315			
198 lb.				
A. Cabarus	330			
T. Bell-42	230			
220 lb.				
P. Bossi-35	490			
J. Rascoe-39	375			
242 lb.				
M. Leibacher-45	320			
275 lb.				
C. Elliott-28	520			
319 lb.				
B. Simpson-30	465			

Atomic Athletic is now importing IPF Certified Leoko Powerlifting equipment. Leoko is a Finnish manufacturer of hand tooled Powerlifting and Olympic Weightlifting plates and bars. Founded in 1976 by Leo Koyvonen, who brought his expertise from the aircraft alloy casting business, Leoko quickly became preferred equipment for former Soviet Bloc countries. Atomic Athletic President, Roger LaPointe, said, "We are very pleased to be associated with Leoko as their importer to the United States. The level of craftsmanship exhibited in the Leoko design and manufacturing could only be accomplished by people who love the sport and want to elevate it to the highest levels." Leoko Powerlifting equipment has been used in numerous World, European and Baltic area powerlifting championships. Leoko equipment can be ordered by credit card on the Internet at www.atomicathletic.com and by phone at (517)540-1040. Full color brochures are available.

J. Soott-9	95	60*	115	260
97 lb.				
M. Sauls-12	95	60	140	295
J. Reeves-8	85	60*	145	280
105 lb.				
D. Battle-11	80	75	190	345
114 lb.				
A. Armstrong-13	140	105	255	500
123 lb.				
K. Houlroyd-13	195*	145	285*	625
M. Smith-12	110	70	140	320
132 lb.				
T. Lyons-14	210	155	310	675
G. Pike-14	160	135	300	595
J. Goodman-12	135	165	165	380
148 lb.				
0. Sylvester-16	315	205	430*	950
M. Franklin-15	210	170	330	710
B. Make-13	190	150	300	630
165 lb.				
G. Baker-15	360*	200	445*	1005*
D. Nelson-18	250	185	375	820
C. Ballance-14	45	200	45	290
181 lb.				
J. Riddick-15	275	220	350	845
J. Tiller-15	210	200	325	735
J. Lee-17	175	225	275	675
K. Sutton-11	75*	105*	205*	395*
198 lb.				
N. Deslodge-16	370*	250	455*	1075*
A. Felton-14	200	205	405	755
K. Snowden-13	—	105	240	—
220 lb.				
A. Bailey-19	450*	380*	530*	1360*
J. Pierce-15	115	275	500	1090
275 lb.				
T. Levesque-17	155	170	335	660
319 lb.				
W. Riddick-17	350	390*	440*	1110*
J. Pendelton-18	365*	335*	425*	1125*
K. Cole-16	350	315	330	995
T. Gibson-15	200	215	365*	790
Open 165 lb.				
B. Zak	300	260	430	990
198 lb.				
E. Freethy	340	320	460	1120
220 lb.				
K. Barber	305	305	420	1030
319 lb.				
M. Lovelace	475	290	600	1365
(35-39) 181 lb.				
R. Young-39	260*	245*	330*	835*
220 lb.				
V. Armstrong-37	330	350*	475*	1155*
Master (40+) 165 lb.				
J. Moore-43	330	235	395	960
181 lb.				
D. Kiefer-43	385*	320*	475*	1180*
220 lb.				
B. Page-49	450	315	530	1295
D. Young-43	305	365	670	1085
B. Freethy-58	285	260*	380*	925*
R. McCobb-53	160	215	250	625
242 lb.				
B. Strauss-47	520*	325*	455	1300*
Police/Fire 220 lb.				
K. Baber	305	305	420	1030
WOMEN 123 lb.				
P. Vanzyl-42	135	85*	205*	425*
132 lb.				
H. Jenkins-19	170*	90*	245*	505*
S. Glasper-13	150*	85*	200*	435*
148 lb.				
K. Houston-14	100	95*	200	395
165 lb.				
J. Zak-24	160*	140*	230*	530*
181 lb.				
S. Williams-12	90	105*	205*	400
198 lb.				
D. Luff-13	155*	95*	210*	460*
SHW				
E. Owens-15	165*	190*	250	605*

*–State Record. !–Teen state meet record. The fourth AAU Teen State Championships, and Elizabeth City Open drew 63 lifters, 60 of them RAW. Of the available eleven weight classes, five teen meet records were set, and one was tied, which signifies the highest caliber of lifters yet. Before I go any further I want to thank our judges of Dave Balduf, Tom Houlroyd., Donley Nelson, Carl Elliot, Tim Lyons, Ricky Young, Jennifer Zak, Victor Armstrong, and finally Debbie and Don Kiefer. Our spotters were Eric Freethy, Al Sanderlin, Corry Holmes, Matt Wilson, and Adrian Staley. Our concession workers were Brenda Rideos, Reene Reeves, Rue Lee, and Donna Luff. I also want to thank our table help of Charlamaine Lyons, Drema Lyons, Diane Perry, and OF COURSE THE ONE AND ONLY Dawn Nelson. Dawn is our original and still our all important organizer. Finally I want to thank the father of NC teen powerlifting, Paul Bossi. Although awards are given to lifters in a variety of categories, in the interest of space I'm going to mention the top overall, and teen lifter in each weight class, as well as mentioning closely contested classes. I will always state that the real winners are the lifters that had fun and always let your goals be your own. At 114 Adrian Armstrong would set a meet record 500 pound total, and become the first BACK TO BACK teen state champion of the day. In the 123 Kevin Houlroyd continues to show improvement, setting two state records, and a 625 meet record to win his first teen state title. The big bench of the class was teen 185 state record by Robert Fey. Robert may be in a wheel chair, but you can't confine the heart of a champion. At 132 Timmy "The Lion" Lyons used a meet record 675 to become the second lifter of the day to win BACK TO BACK teen titles. The 148 class always seem to draw big lifters, and Daryl Sylvester's 950 meet record continued the trend as he won a long over due state title. At 165 things started getting fan as the top three lifters, overall, were separated by a mere 10 pounds going into the deadlifts. New face Garret Baker saw a thirty five pound lead vanish after the bench, but a 445 dead- lift would reclaim first overall, as well as the teen state title, and two state records. Ben Zak would use a 430 deadlift to jump into second, over rapidly improving Jack Moore, Anyone can wear a "no fear" t-shirt but after pulling a muscle in his leg, Don Kiefer in essence said, "It's probably a mistake, but I didn't come here to take token lifts." Don would set 4 state records, win the overall in the class, and earn the best lifter masters award. Josh Riddick won the teen title in the class, and finishing in a close third sweeping the 35-39 records was Ricky Young. Eric Freethy trailed by thirty after the squat, but a big bench, and good choices in the dead-lift earned him his first overall title at 199. Up two entire weight classes from 2000, setting two state records, and becoming the third and last lifter of the day to win BACK TO BACK teen state title was Nathon Deslodge. The 220 class was the biggest of the day with eight lifers. 19 year old Alex Bailey was really trying to be nice when he said it might not be fair if he competed in the teen division. Alex ended up sweeping the teen state records, crushed the meet record with his RAW 380 bench and 1360 total, won the overall title, and easily %von the best lifter teen award. The second highest total went to long time veteran Bill Page. The big bench was a 480 by Paul Bossi. In the 242 class Bob Strauss was competing in his 60th meet, and managed three state records for the top total. At 275 Travis Levesque would win his first teen state title. The 275 bench title would go to Carl Elliott. Carl would win the best lifter award, and dedicated and gave it to 123 champ Robert Fey. The 319 class had five lifters, but Mike Lovelace's 600 pound deadlift would earn him the top spot, and earn him the best lifter heavy award. In the teen category Jamell Pendelton would lead after the squats, but William Riddick would set three state records to come back- and win the 319 state title. Jamell would still sweep the state records in Ins age group. Bobby Simpson is becoming a VERY strong competitor and his 465 was a state record and top bench of the class. We had a record eight women com ing, and they made us guys look bad as EVERY ONE OF THEM set state records. The top performance of the day was heather Jenkins 505 total, and four state records at 132. A lady to watch out for is 13 year old Sharonda Glasper, who totaled 435 in her second meet! A second lifter to worry about his Erin Owens whose 190 bench made her the only women to break an open record and she's only fifteen. I would also like to recognize the rest of the lifters that set state records including Kay Houston, Petra Vanzyl, Heather Jenkins, Jennifer Zak, Soliata Williams Danielle Luff, James Scott, Jaime Reeves, Ken Barber, Jim Curcio, Victor Armstrong, Bill Freethy, and Kwayme Sutton. In the team division Fitness Warehouse won the high school division. In the Middle School Division River Roads Middle School won it's fourth strait powerlifting title, and I'm still wondering when were going to see an upset? In the open division Coastal Carolina Powerlifters upped their record to 3-0. (Thanks to Ben Zak for providing the results of this competition to *Powerlifting USA* Magazine).

13th Florida State Deadlift
6 May 01 - Lakeland, FL

DEADLIFT		K. Snell!	480
WOMEN		181 lb.	
198+ lb. Open		M. Whitten	570
K. Sabin	385	242 lb.	
165 lb.		D. Crocks	540
Master (40-44)		(60-69) 220 lb.	
D. Allen	250	T. Tevorah	480
MEN		198 lb.	
Teen Formula		R. Roseman	465
148 lb.		Open 114 lb.	
J. Barbosa	485	S. Beasley	260
Jameson-Lee	410	123 lb.	
165 lb.		K. Snell	480
C. Trevorah	380	148 lb.	
148 lb.		J. Barbosa	485
K. Kroll	350	165 lb.	
242 lb.		M. Mann	525
C. Baixauli	470	J. Turner	405
198 lb.		181 lb.	
G. Folsom	410	M. Whitten	570
Junior Formula		198 lb.	
242 lb.		J. Bellemare	510
P. McCanon	725	V. Lopez	490
165 lb.		220 lb.	
M. Mann	525	J. Cerveero	610
220 lb.		J. Williams	580
K. Helgeson	555	P. Manganello	570
181 lb.		242 lb.	
D. Beasock	400	P. McCanon	725
Submaster		J. Schreck	550
220 lb.		D. Crocks	540
J. Williams	580	275 lb.	
Master (40-49)		R. Dey	630
Formula		319 lb.	
123 lb.		B. Hammock	650

This meet took place at Hooters on a beautiful sunny May afternoon. Kari Sabin pulled a nice 385 to take the women's 198+ class and Diane Allen won the women's master division with a 250 lb. pull. The highly contested teenage division was won on Schwartz formula by 15 year old Jose Barbosa who lifted an impressive 485 at 146 lb. bodyweight. Max Jameson-Lee and Corey Trevorah took 2nd and 3rd respectively. The junior division was won by Pat McCanon who lifted a very impressive 725 lbs., the highest deadlift of the meet. Mike Mann took 2nd with a nice 525 lb. pull and Kevin Helgeson lifted 555 to pick up 3rd place. In the submaster division, Jerry Williams took this division with a personal best of 580 lbs. Six hundred pounder should be within his reach soon. The men's master (40-49) was won by Ken Snell on formula with a 480 lb. deadlift at 123 lb. bodyweight. Mike Whitten pulled a personal best of 570 lbs. at 168 lb. bodyweight and Dave Crocks finished 3rd with 540 lbs. In the master over 60, Tom Trevorah pulled a nice 480 lbs. to win 1st place over Ron Roseman who took 2nd with 465 lbs. In the men's open division, Scott Beasley deadlifted a personal best of 260 lbs. Scott is hoping to go to the Special Olympics World Powerlifting Championships, representing the 114 lb. class for the USA. Ken Snell pulled a personal best of 480 lbs. at 123 lbs., to win 1st place and earn best lifter honors. Ken would like to thank Inzer Advance Designs for all their support and sponsorship. Jose Barbosa who won the teen division also won the 148 open division with his outstanding 485 lb. deadlift. Mike Mann placed 1st in the 165 lb. open with a 525 lb. deadlift followed by James Turner with 405 lbs. In the 181 lb. class, Mike Whitten took 1st with 570 lbs. Joel Bellemare pulled a ncie 510 to win the 198's and Victor Lopez took 2nd with 490 lbs. Jeff Cervero won the 220's with an impressive 610 lb. deadlift. Jerry Williams and Paul Manganello took 2nd and 3rd respectively. Pat McCanon also won the 242 lb. open class with his outstanding 725 lb. deadlift. Jeff Scheeck pulled a nice 550 to win 2nd, followed by Dave Crooks 540 for 3rd. Randy "Have a nice" Dey came out of retirement and pulled an easy 630 lb. deadlift to win the 275 lb. class. Bubba "Budweiser" Hammock used his special meet preparation liquid supplements (beer) to pull a personal best of 650 lbs. to win the 319 lb. class. Thanks to Doug Gokee and Hooters, Junk Yark Dogg, Stacey Arthur, Ellen Trevorah, Roy Richardson, Justin Allen, Mark Ingram, Tina Beasley, and Louie Baltz. Best Lifter: Ken Snell. Team: All American Gym. (Ken Snell).

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9th Red Baron Bench Press
21 Apr 01 - Corning, NY

Women		181 lb.	
B. Davey	135	R. Hillyard	410
BOYS		T. Bisker	350
Teen (17/under)		J. Devine	345
J. Hildreth	255	198 lb.	
D. Vanderpool	225	D. Conner	350
H. Claypatch	110	R. Bennett	320
Teen (18-19)		S. Lohmann	—
J. Wisneski	350	220 lb.	
MEN		J. Moore	480
Open		J. Howell	425
114 lb.		M. Thiem	260
H. Claypatch	110	242 lb.	
148 lb.		J. Spehar	500
S. Mosier	280	275 lb.	
K. Bisker	265	J. Behari, Jr.	470
M. Sieciesk	255	E. Heeman	325
165 lb.		SHW	
T. Madison	340	W. Aman	570
M. Kovacs	315	R. Cleveland	430
A. Yoder	270	M. Harling	430

Submaster (35-39): 1st J. Howell, 2nd A. Laurey, 3rd M. Harrison. Masters (40-55): 1st N. Santarone, 2nd B. Townsend, 3rd M. Siffrinn. 1st Place Team: River Run Fitness. 2nd Place Team: Team Bradford. (CCC Intramural Rec.).

1st Spartan Bench
19 May 01 - Granada Hills, CA

WOMEN		Master (55-59)	
Open 181 lb.		242 lb.	
L. Vasquez	225	D. Smith	413*
Master (40-44)		Master (60-64)	
105 lb.		198 lb.	
S. Talavera	121*	A. Nerenberg	303*
Submaster 148 lb.		Master (65-69)	
M. Williams-36	137*	198 lb.	
Special Olympic		F. Irons	275*
132 lb.		220 lb.	
A. Wilk	66	S. Colella	281*
MEN		Submaster	
Open		165 lb.	
165 lb.		S. Ward	402
S. Ward	402	198 lb.	
242 lb.		S. Marcinek	402
B. Dunham	534	SHW	
A. Thompson	534	O. Walker	457
D. Johnson	341	C. Lewis	440
275 lb.		Police/Fire	
S. Sims	—	181 lb.	
Master (40-44)		C. Angello	308
181 lb.		198	
K. Lee	413	P. Rebello	319
K. Tate	374	308	
198 lb.		B. Garvey	402
M. Brown	281	Special Olympics	
220 lb.		A. Wilk	143
M. Womelsdorf	281	148 lb.	
Master (45-49)		D. Tucker	165
220 lb.		181 lb.	
S. Winters	330	M. Rickin	165
Master (50-54)		J. Montemorra	126
220 lb.		198 lb.	
B. Evans	363	B. Denton	225
308 lb.		M Berman	126
B. Garvey	402	242 lb.	
B. Carriger	385	M. Bierman	209
SHW		308 lb.	
G. Brink	—	K. Ezell	209

*–State record. Best Lifters: Women-L. Vasquez. Master-D. Smith III. Open Lt.-S. Ward. Open Hvy-B. Dunham. *–State record. This contest was held in conjunction with the annual DeLa Salle International Festival, bringing me back to the school I graduated from in 1970 (from 8th grade that is). Many thanks go to Reverend Robert Milbauer, Brian and Jenny Kiley for allowing me to bring what will hopefully be an annual contest to their event. Also thanks to USPF Cal State Chair Dude Steve Denison for his administrative assistance, Don and Fran Haley referees, Chuck LaMantia of Digital Disc Jockeys. Steve Ward weighed only 154, but his 402 opener was smooth. Bob Dunham and Art Thompson waged a war in the 242's with Bob getting the nod on bodyweight each BPing 534 lbs. Daniel Smith III just gets better n' better with each passing year, a 413 ain't too shabby for a 57 year young man. Linette Vasquez continues to show why she's one of the best 181 lb. women in California. (Kevin Meskew).

World Natural Powerlifting Federation (WNPF)
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AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

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

WABDL Arizona State
7 FEB 01 - Mesa, AZ

BENCH
WOMEN
Open
114
L. Christopher 126
4th 132
123
Higginbotham 137
Junior
123
Higginbotham 137
Master 40-46
165
B. Smith 82.5
Submaster
114
L. Christopher 126
4th 132
198+
M. Williamson 159
4th 165
MEN
Teen 13-15
114
J. Cunningham 88
132
J. Seymour 121
198
A. Cole 220
Teen 16-19
181
B. Smith 248
220
J. Miller
275
R. Richardson 374
Open
132
S. Smith 214
148
E. Davidson 369
181
B. Smith 248
198
M. Desrosiers 429
J. Mendoza 418
220
R. Gingg 476
242
J. Peru 457
4th 479
275
J. Hinrichs 534
P. Holloway 512
F. Vezzosi 440
308
T. Manno 440
Junior
132
J. Harrison 270
S. Smith 259
181
M. Early 336
4th 347
308
J. Pritchett 427
Submaster
181
C. Tinoco 270
Open Law/Fire
220
R. Becsei 363
275
J. Hinrichs 534
Class I
148
R. Gidcumb 203
198
L. DeAlva
220
B. Thompson 385
R. Becsei 363
308
J. Pritchett 429
Masters 40-46
198
T. Jackson 330
B. Fraley 286
220
J. Seymour 336
308
T. Manno 661
Master 47-53
181
C. Folinus 308
4th 314
198
T. Zwolinski 231
A. Crane
220
R. Gingg 476*
242
F. Kendell 396
H. Wooten 347
Master 54-60
198
R. Matheson
220
L. Lense 281
Master 61-67
148
R. Gidcumb 203
220
S. Colella 270
DEADLIFT
WOMEN
Junior
123
Higginbotham 275
4th 286
Submaster
114
L. Christopher 253
4th 275
Open
114
L. Christopher 253
4th 275
123
Higginbotham 275
4th 286
198+
M. Williamson 275
4th 303
Master 40-46
165
B. Smith 148
4th 165
Master 54-60
132
C. Paulson 176
4th 192
MEN
Master 40-46
181
T. Moore 479
198
T. Jackson 551
B. Fraley 418
220
J. Seymour 402
A. Ashley 523
Master 47-53
181
C. Folinus 440
198
A. Crane 363
220
R. Gingg 485
Master 54-60
220
L. Lense 540
Master 61-67
148
R. Gidcumb 314
Open Law/Fire
220
R. Becsei 540
Teen 16-19
181
B. Smith 374
4th 380
Junior
181
M. Early 440
B. Roberts
308
J. Pritchett 716
Submaster
181
C. Tinoco 396
4th 402
Class I
148
R. Gidcumb 314
181
B. Roberts
198
L. DeAlva 473
220
B. Thompson 545
R. Becsei 540
242
J. Peru 567
Open
181
T. Moore 529
B. Smith 375
4th 380
198
J. Mendoza 451
4th 473
242
T. Burke 633
4th 644
J. Peru

In open men deadlift in the 181 lb. class, Tom Moore set an Arizona state record with 529. At 198, John Mendoza set a state record with 473. At 242, Tom Burke pulled a big 644 with room to spare for a state record. At 275, Patrick Holloway pulled his first 700 lb. deadlift with 705 and pretty close with 718. 705 was a state record. In 308, Jerry Pritchett pulled 716 and just missed 755. He's got huge thighs. The 716 was a junior world record. In class I deadlift, 62 year old Richard Gidcumb set an Arizona state record with 314 at 148. At 198, Lawrence DeAlva set a state record with 473. At 220 lbs., Bryan Thompson edged out Ryan Becseit 545 to 540 for the win and the state record. At 242, John Peru set an Arizona state record of 567. In submaster 181, Cesar Tinoco set a state record in the deadlift with 402. In junior men's deadlift at 181, Michael Early set a state record of 440 and the big story at 308 was Jerry Pritchett's 716 world record and a near miss with 755. In law/fire open men, Ryan Becsei set a state record at 220 lbs. with 540. In masters deadlift 40-46 age group, 198 lb. Thomas Jackson set a state record at 551. In age group 47-53, Alan Crane set a state record at 198 lb. with 363. At 220, Doc Lense set a state record with 540. Charles Folinus set a state record at 181 with 440. Back to master 40-46, Tom Moore set a state record at 181 lbs. with 529. At 220 lb., Anthony Ashley set a state record with 523. In master women deadlift, Bobbie Smith set a state record in master 40-46 165 with 165 and Carolyn Paulson set a state record with 192 in master 54-60 132 lb. class. In submaster women deadlift, Michelle Williamson set a state record with 303 lbs. at 198+ and Lynda Christopher set a world record with 275 at 114 lbs. In open women Lynda Christopher set a state record at 114 with 275 and Beth Higginbothem set a state record at 123 with 286 lbs. and Beth also set a state record in junior division 123 lbs. In masters division bench, Sam Colella set a California state record in masters 61-67 220 lb. class with 270 lbs. In age group 40-46 198 lb. Thomas Jackson beat Brad Froley 330 to 286. At 220, John Seymour set an Arizona state record with 336. At 308, Tom Manno was bigger than life with a 641 opener, then 650 and 661 for 3 world records. He took 672 on a 4th and got it half way up. In age group 47-53 181 lb. Charles Folinus set a state record with 314. At 198, Tad Zwolinski put up 231. At 220, Rocky Gingg who owns a big dairy farm set a world record with 476. The record had stood for about 3 years - previously set by Bill Sekermestrovich of Albany, Oregon. At 242, Harold Wooten set a state record with 347. In class I bench, Richard Gidcumb set a state record with 203 at 148. At 220, Ryan Becsei set a state record with 363 in law/fire open. Bryan Thompson holds the state record in class I with 396. Thompson benched 385 in this contest. At 308, Jerry Pritchett set a state record with 429. In law/fire open Jeff Hinrichs set a state record with a large 534 at 275. In submaster bench 181, Cesar Tinoco set a state record with 270. In junior men's bench Josh Harrison set a state record at 132 with 270. Michael Early did a 347 for a state record at 181 and Jerry Pritchett set a state record at 308 with 429. In open men's bench, Shane Smith won at 132 with 214. Evan Davidson put up an elite 402 at 148. Mike Desrosiers put up a 429 at 198 to beat John Mendoza who came close with 431. At 220, Rocky Gingg set a state record with 476. At 242, John Peru set a state record with 479 on a 4th attempt. At 275, Jeff Hinrichs beat Patrick Holloway 534 to 512. At 308, Tom Manno put up a 661 which was a world record in master 40-46. In teen men age group 13-15 114 lb. Joel Cunningham set a state record with 88 lbs. At 198, Adam Cole set a state record with 220. At 132, Jake Seymour set a state record with 121 lbs. In age group 16-19, Russell Richardson set a state record with 374 at 275 lbs. In submaster women bench, Michelle Williamson set a state record with 165 lbs. in the 198 weight class. Lynda Christopher set a world record at 114 lbs. with a 132 lb. bench. Beth Higginbothem set state records in junior and open at 123 lbs. with 137 lb. bench. I want to thank Steve Farnworth and Mike Desrosiers the meet director along with Tim Isaac, Tom Manno, Beth Higginbothem and Jerry Irvine. The head judge was Gordon Santee who always does a great job! (Thanks to Gus Rethwisch for these results).

GBC"No Druggies Allowed" BP
6 May 01 - Pittsburgh, PA

WOMEN
165 lb.
S. Kause 175
J. DiPaolo 150
Master 265 lb.
P. Grattan 445
182 lb.
G. Greenberger 280
162 lb.
E. Lipsman 215
MEN
Raw 165 lb.
J. Williams! 375
G. James 270
198 lb.
J. Surdyn 300
G. Sciulli 270
220 lb.
C. Sykes 380
242 lb.
R. Hennings 345
275 lb.
B. Jenkins 425
A. Clark 410
W. Denes 400
308 lb.
C. Washington 410
M. Thomas 400
Assisted 165 lb.
C. Winston 360
275 lb.
P. Grattan 445

!~Best Lifter. I would like to thank Paul Brown Jr., Stan White, and Gary Edmondson for their consistent and fair judging, and all their help with this meet. Thank you to Gene Brickley, Nick Stone, Tom Brodie, Rob Anderson, Bill Msyco, Mark Posel, Renee Rowe, and Beth Kreinin for all of their help. Thank you Tammie Parker and my mother-in-law Marlene Sciarretti for all their help at the post meet party. Special thanks to my beautiful wife Andrea Lynn and my beautiful step-daughter Lauren for all they do for this competition, I love you both with all my heart. Last but not least, I want to thank God for all his blessings, especially my new baby girl, Isabella Frances Verner, born March 9, 2001, 20.5" long, 7 lb. 12 oz. For she is truly a miracle and the greatest blessing of all. (Thanks to lifetime drug-free and proud, Bob "Bub" Verner, for providing the meet results).

For 30 Years *Harold Wooten (handsome man on the left) and Fred Kendell (WABDL World Bench Press Champion at right) have been best friends and powerlifting partners. Lifting together at the WABDL Arizona State meet in Phoenix this past February, Gus Rethwisch acknowledged "most marriages don't last as long as this friendship". Time, distance, ex-wives or girlfriends haven't broken their bond, illustrating that there is more to powerlifting than a strong bench, although Fred isn't so sure. Both friends will be competing at the WABDL World Championships in Reno on November 16th in the same class and division. (photo and info supplied by Mona Wooten)*

Astre Total Fitness & Rehab
21 Apr 01 - Boardman, OH

WOMEN
Open
(20-39)
132 lb.
M. Brinsko! 150
148 lb.
L. Krgnes 150
198 lb.
S. Carter 145
MEN
Teen (14-16)
114 b.
M. Raymon 175
F. Duraney 150
132 lb.
D. Willison 235
148 lb.
R. Rappach 225
R. Trimple 225
198 lb.
J. Budrovic 280
T. Acevedo 240
242 lb.
C. Brubaker 350
SHW
A. Basilon 270
Teen (17-19)
148 lb.
L. Kimble 250
J. Cambert 225
R. Vivelo 225
165 lb.
N. Gennero 275
T. Esposite 260
F. Campert 255
181 lb.
P. Prozy! 340
198 lb.
S. Prozy 310
220 lb.
N. Katsourakis 270
242 lb.
M. Saldutto 365
275 lb.
G. Silvidi 385
R. Chamura 355
SHW
N. Maillis 315
Open (20-39)
148 lb.
C. Venturella 330
D. Stephenson 280
165 lb.
J. Ferry 360
P. Thake 310
T. Ruminski 300
A. Costello 275
181 lb.
R. Scarnati 380
T. Russo 350
D. Gentry 340
F. Ruminsky 335
M. Krohn 315
198 lb.
G. Tarr 460
G. Johns 400
M. Haus 385
S. Torisk 375
C. Steepleton 360
D. Perrino 325
220 lb.
C. Berardino 405
G. Harris Jr. 340
242 lb.
P. Vargo 540
T. Gibson 500
275 lb.
B. Karlovic! 570
R. Pennell 300
J. Peshek-g 585
SHW
G. Goodrick 470
Masters (40-49)
148 lb.
C. Venturella 330
181 lb.
D. Mirone 320
220 lb.
Fr. S. Popovich 330
242 lb.
K. Tkatch 275
Grandmasters (50+)
242 lb.
B. Siers 440

!~Best Lifters. Overall Best Lifters: WOMEN, 132 lb., Michelle Brinsko. MEN Teen 181 lb., Paul Prozy. MEN 275 lb., Blaise Karlovic. TEAM Competition: 1st Sunsation Tanning & Fitness; 2nd Ron's Gym; 3rd Astre Total Fitness & Rehab. This years "Battle of the Bench 2001" turned out to best the best one yet again raising money for The American Cancer Society. Special thanks to all the people involved in making a successful and enjoyable competition. Michelle Brinsko turned in a bench of 150 pounds, which won her the Woman's Best Lifter award. The teenagers showed that there are some strong competition coming up in Northeastern Ohio with presses of 340 pounds turned in by Paul Prozy and 310 pounds turned in by his brother Scott Prozy. Paul Prozy took home the Best Teenage Lifter but not without some stiff competition from Mike Saldutto with a 365 pound press, Glenn Silvidi 385 pound press, and Nick Maillis 315 pound press. The open division didn't lack for thrills. The highest press of the day was turned in by Blaise Karlovic with a press of 570 pounds, which won him the Best Male Lifter. Not far behind, was an impressive show by Paul Vargo with a 540-pound press. Greg Tarr showed he is still a force to contend with hitting a 460 pound press. Gary Goodrick won his division with a 470 pound press. In the Masters (40-49) Father Steve Popovich hit an impressive 330 pounds. The team competition pitted some tough teams. Sunsation Fitness & Tanning came out on top winning every division they had represented. Thanks to Astre Total Fitness & Rehab, Dr. Richard Dustman, and all the made this contest test the best one yet. (Thanks to Jeff Peshek, Contest Director, for providing the results of this competition).

10th U.B. Open
7 Apr 01 - Buffalo, NY

BENCH		Master (55-59)	
WOMEN		132 lb.	
Junior (20-23)		P. Portnoy	280
165 lb.		198 lb.	
B. Fineis	175*	V. Peterson	315*
Open 165 lb.		220 lb.	
B. Fineis	175	S. Shales	385*
M. Scanlon	140	Master (60-64)	
Submasters		181 lb.	
123 lb.		J. Collazo	295
M. Woodard	150*	Police/Fire/Mil.	
165 lb.		181 lb.	
M. Scanlon	140	C. Brandt	340
B. Kelly	135	DEADLIFT	
MEN		WOMEN	
Teen (13-15)		Junior (20-23)	
132 lb.		165 lb.	
J. Gambino	215	B. Fineis	300
148 lb.		Open 165 lb.	
R. DiMartile	210	B. Fineis	300
T. Stevenson	85	B. Kelly	195
Teen (16-17)		Submasters	
165 lb.		123 lb.	
M. Bundy	230	M. Woodard	230
220 lb.		165 lb.	
J. Weiss	270	B. Kelly	195
275 lb.		MEN	
G. Puszczynski	270	Teen (13-15)	
Teen (18-19)		132 lb.	
165 lb.		J. Gambino	320
J. Dossett	280	148 lb.	
J. Wohlfahrt	250	R. DiMartile	340
181 lb.		T. Stevenson	225
M. Janis	230	Teen (16-17)	
198 lb.		165 lb.	
A Klatman	340	M. Bundy	325
N. D'Agostino	230	220 lb.	
Junior (20-23)		J. Weiss	530
148 lb.		275 lb.	
M. Panzarella	290	G. Puszczynski	520
165 lb.		Teen (18-19)	
T. Madison	340	165 lb.	
198 lb.		J. Woh1fahrt	390
T. Mann	270	181 lb.	
220 lb.		M. Janis	435
G. Burke	315	198 lb.	
Open 148 lb.		N. D'Agostino	350
A. Jackson	360	Junior (20-23)	
M. Panzarella	290	148 lb.	
P. Trusso	280	M. Panzarella	425
165 lb.		165 lb.	
J. Dossett	280	T. Madison	455
A. Brennen	205	C. Kennedy	365
181 lb.		198 lb.	
F. Boldt	400	T. Mann	365
J. Marsala Jr.	390	220 lb.	
198 lb.		G. Burke	480
V. Peterson	315	275 lb.	
N. D'Agostino	230	A. Egnoto	510
242 lb.		Open 148 lb.	
R. Frey	455	A. Jackson	520
D. Eddy	385	M. Panzarella	425
SHW		165 lb.	
T. Ducato	450	A. Brennen	425
Master (45-49)		198 lb.	
148 lb.		V. Peterson	525
P. Trusso	280*	N. D'Agostino	350
181 lb.		242 lb.	
C. Brandt	340	R. Frey	615
242 lb.		D. Eddy	450
G. Gerow	380	275 lb.	
275 lb.		A. Egnoto	510
T. Stevenson	325	Master (45-49)	
308 lb.		275 lb.	
J. Hawkins	405	T. Stevenson	475
Master (50-54)		Master (55-59)	
275 lb.		198 lb.	
L. Huff Sr.	360	V. Peterson	525*
		Master 181 lb.	
		J. Collazo	425*

***–SR. This was not your typical weekend at the University at Buffalo North Campus. That Saturday, instead of the usual sleeping-in late and getting ready to go out to spend some time away from textbooks and professors, the University at Buffalo Powerlifting Club was privileged to present the 10th Annual UB Open Bench Press and Deadlift Meet, a tradition at the university since 1991. Records were broken and the bar did hit the floor, while lifters of all ages and genders gave their best in the sport they love most. Powerlifting was on the menu. The competition consisted of the Bench Press and the Deadlift, which were organized as two separate contests. The meet was run under USPF rules to ensure a fair and legitimate contest as well as the best standard of powerlifting competition. Lifters in all age divisions and weight classes were welcome to compete and the audience consisted of the general public as well us the university's own students. World class Ivanko equipment did its job and the spacious atmosphere of the University's Triple Gym served to the lifters' as well as audience's delight. All lifters performed exceptionally well and the University's own Powerlifting Team's gladiators, which consisted of Mike Panzarella, Chris Kennedy, Jim Dossett, Nick D'Agostino, Greg Burke, Anthony Egnoto, and Paul Klatman, did what they do best on that spring Saturday. Brooke Fineis of Buffalo, NY pressed 175 lbs. to set a new USPF standard in the women's junior 20-23 165 lb. weight class. In the Teen 13/14/15, 132 lb. division, 15 yr. old Joe Gambino pressed a 215 lb. bar to tie the 1988 USPF NY State record and show his peers what bench pressing is all about. In the women's Submaster 123 lb. weight class, Michele Woodard of Stockton, NY came in ready and set a 150 lb. USPF NYS record on the bench press. In the men's Masters 45-49 148 lb. class, Paul Trusso of Fredonia, NY benched 280 lbs. to establish a new State Record. The 385 lb. bench press that belonged to the Master 55-59 in the 220 lb. weight class, Mr. Scott Shales of Rochester, increased the old state record by an incredible 150 pounds. Vince "VIP" Peterson of Ontario NY, in the Masters 55-59 198 lb. class meant business when he set two state records- a 315 lb. bench press and a 525 lb. deadlift, and showed the University at Buffalo Powerlifting Club how it's done. Mr. Juan Collazo of Fulton, NY fought hard only to succeed in the Masters 60-64 181 lb. class and set a new 425 lb. deadlift state record. The Outstanding Lifter trophies in the Open division went to Brooke Fineis in the female category and to Andre Jackson in the male category. A total of 7 USPF state records were broken and many PR's were set while the University at Buffalo Powerlifting Club in conjunction with the USPF was delighted and proud to bring the best of powerlifting to the Buffalo community. The referees, U.B. Powerlifting Club's own Matt Malisiewicz as well as Mike Wlosinski, Tim Jaworowicz, and Steve Helmicki from the USPF did a great job. The Spotters, U.B. Powerlifting Team's own John Michno and John Sottile from the Red Devils football team of Clarence, NY, were a dependable and precise crew. The U.B Powerlifting Club's Dennis Michno and Jeff Joseph did an outstanding job at the tables to allow a smooth order of competition. The University at Buffalo Powerlifting Club would like to thank the following contributors for making this meet a success: The U.B. Men's Crew/ Rowing Team, Wegmans, General Mills, Dr. Jason Cichocki from the Lancaster Depew Chiropractic, Tony Martin's Trophies, Mr. Dan Derenda of Law Sportswear, the Panzarella Family, the Sottile Family, Mr. Mike Wlosinski of the USPF, Mr. Jerry Ettaro of Poly Lam Products, Corp., the University at Buffalo Student Association Crew, Mr. Eric Cudek of the U.B. athletic dept., and many others who devoted -their time and effort in making this event a triumph. (Thanks to Matt Malisewcz, President, UB Powerlifting Club, for providing the results of this meet).**

(article continued from page 13)

experienced MC Michael Huelsen interviewed bench press phenomenon Markus Schick, who still is the best presser by formula on this planet. Markus retired after last years WPC Worlds, but who knows what will happen in 2002. He once mentioned he would like to go for 600 lbs. one day. At 25 years of age he has lots of time ahead of him.

The best lifter was Mario Biermordt, who pushed 606 lbs. at a bodyweight of only 240 lbs. This gym owner is still a newcomer to Powerlifting, but with years of bodybuilding under his belt he carries lots of raw upper body strength ideally proportioned for huge benches. With more technique he has a bright future in this sport and his coach Andreas Mrosek indicated that Mario soon will be the next 661 lb. (300 kg.) presser at 242 lbs.

We had 2 second place winners with Uwe Haase (529 lbs. @ 218) of Chemnitz and veteran Arthur Hirner (518 @ 207 lbs.) from Amberg, Bavaria. Uwe is an excellent athlete with an 1850 lb. total in the 3 powerlifts. Arthur, who organized a successful IPF Bench Worlds a few years back, made technically perfect attempts and impressed all experts as he is already in the masters ranks.

World Champ Lutz Gayek showed superior strength and was rewarded with the 3rd place He managed all attempts finishing with a fine 496 lbs. at only 187 lbs. bodyweight.

4th place went to Hamburg's Superheavy Ingo Czeplinski, who also got the biggest weight of the day with a mighty 617 lbs. Just a week before FIBO, Ingo won the German WPC title with another big lift of 606 lbs.

The 5th place trophy was captured by Luxembourg's Claude Brueck. He had big problems in the warm-ups, when he could not get used to his bench shirt. As soon as he stepped on stage, the difficulties disappeared. After his opener of 451 lbs. he managed to push up another good one with 462 lbs. at 198.

Powerhouse Holger Kutroff was disappointed with his performance. He only got 551 lbs. and failed with 595 twice. This was very surprising as a week earlier the 297 lb. massage therapist from Stuttgart handled 573 without a shirt easily at the WPC Nationals. Holger still holds the highest total in German PL history with 2237 lbs. and should be ready again later this year.

Middleweights Roy Berndt and Shahram Forutam came in 7th and 8th. Both had 396 up but further tries at 441 lbs. were not successful.

In a double deadlift demonstration following the bench meet, veterans Michael Bruegger and Ralf Gierz pulled an amazing 1609 lbs. It was declared a new world record. Both practice this spectacle frequently in Ralf's gym in Krefeld. The team is now very experienced in setting up and in synchronized pulling, which is always the critical part of this movement.

Michael Bruegger has been part of FIBO since 1986. This year he was again the crowd's favorite with his brutal looking arms of around 24 inches. Michael, who will turn 40 in November, mentioned that he has never received more photo requests than this year.

On Sunday the 29th, Harald Selsam showed his incredible leg power with 7 picture perfect reps with 683 lbs. in the squat. He planned to do as much as 10 reps, but his legs decided otherwise. It's no wonder to me, as he was very busy over the weekend, organizing the show. Harald will try to shatter the 900 lb. mark in the squat at 220 lbs., hopefully at the WPO qualifier in Florida.

As the Expo was about to close its doors for 2001, Big Ralf Gierz got a big response from the crowd by doing the 45 degree Leg Press loaded with beautiful ladies from the audience. It was a task in itself to assemble the gigantic apparatus on stage. The stage manager was feeling nervous as he a was afraid that the platform construction would not stand the weight.

Ralf was not worried for a second and handled 1581 lbs. for a single, but injured his thigh and limped off the stage. Later a quad tear was diagnosed, which means there will be a rest for the 34 year old German legend.

WPC Germany would like to say thank you to All Stars Fitness products (www.all-stars.de) and US companies Ivanko and Inzer Advance Designs who supported the event. Videos (all formats) can be purchased via GMV (www.gmv.com.au)

THOMAS KLOSE

UNIVERSITY AT BUFFALO-POWERLIFTING CLUB-
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(article continued from page 7)

up 2nd - 1664 and he'll go up a class where he'll be sure to make significant improvement. After years of trying John Wood proved he could win the Big One! Congrats, ole buddy!

198 - Tony Butson, 36, of Trenton, MI played the role of Lone Ranger, lifting solo, going through his lifts as a required formality to claim the APF Seniors 198 title. Two years ago Butson finished 3rd when the Seniors were here in Daytona. Last year, on home turf, he was runner-up. This year this personable fellow climbed the final rung of the ladder. Pacing himself wisely, Tony SQ'd 600, then 650 perfectly for 3w. He went for 699 on a 3rd. When the support arms on the Monolift were pulled back he hadn't lifted it enough, got clipped, lost his balance, and got driven down. The spotters got it off him, but not before he pulled a hamstring which would later effect his pulling ability. Butson got two benches (407) and missed 429. Come DL time he played it smart, not wanting to blow his title, and took a birdweight 501 to assure his victory! He'd wanted a shot at 633, but wisely scratched. There was a guest who participated at 198, outside the competition. Curt Wright, 37, is a local man likes to be called "Captain", so they announced him as "Captain Curt". He weighed 187 and SQ'd 573, 622, and missed 650. BP - 402, failed 424, pass 3rd. DL: got 633, but missed a PR 677 twice - TOT 1658.

220 - Rico Impastato, 30, succeeded with 672, then a 711 SQ. He dumped his 744 on his last try, hurt himself in doing so, and was forced to withdraw. Outside the competition Dondell Blue, 26, another local lifter, came in quite light (206). He scored a fine result of 1796 via 722, 452, 622. Richard Mertz, 43, 211, is tall and bespectacled from Tampa Bay, FL. He was a country mile under the qualifying total (1785) but was allowed to lift anyway - 5th overall - 1515 TOT. In 4th place this year, moving up a notch in Srs. placing, was Joe Avigliano, 41, coach and owner of the famous L.A. Lifting Club in Burbank, CA. Joe had lifted a month earlier in ME hitting a PR TOT of 1802. He dropped to 220 for one last performance here in this category. Joe came in real light - 213.8. If there'd been a best built lifter award, he'd have won it! Considering he'd dropped 22 lbs. in such a short time, he lifted most admirably. He never got to try his last squat warm-up with 630 after doing 490 backstage. Going straight to his opener on the platform - 688 - he

***Mike Fessenden** pulled in an APF Sr. National Championship.*

smoked it and a 716 2nd was also good. He made 733 on a 3rd, popping up like nothing, but the judges wanted him to go lower. The BP was a gut check with Joe providing the drama. His double denim blew at the chest with 407 - a missed opener. Up to 424 and he got it, but it wasn't picture perfect, and he had to repeat. ALERT AND CALM - HE AVERTED THE BOMB. As far as favorite lifts are concerned, the DL is not Joe's. Taking almost forever, he upped 578, then 601 for a PR 1741 TOT. Joe took 611 for his final, but it stalled on his thighs. The bronze medal went to Rick Lawrence, a BP specialist from the Sunshine State (600 club member) who was in his 2nd full 3 lift competition. He got all his SQs - a strong 705 - good! He shoved 556, then 578. Wham! A new submasters WR of 589 almost went. Rick was only 11 back of the leader. He pulled 573, but suffered a bicep tear, and couldn't take a 3rd - TOT 1818. Charles Maxwell, 47, a warhorse from Southgate, MI was a crowd favorite. He came back to redeem himself after last year's zero. He SQ'd 733, missed, then made 771. He got 3 benches, no doughnut this time (418). Gnarly Charlie pulled two: 705, then 744, but couldn't move 777 - TOT 1895. This year's champ panned out to be Mike Fessenden, 33, of Lenox, MI. He delivered a 3rd attempt monster 854 lb. SQ - a PR. He benched 452 for the lead and was ready for a sprint to the finish line. Mike hoisted 622, then 661 - no problems - TOT 1967. Mike tried 694, going for the one ton mark, but it jumped out of his hands. It was the first Srs. win for the laid back Fessenden!

242 - There was not a single returnee from last year's 242 lineup. Jay MacCartney, 31 and in the Air Force, SQ'd 650 before his suit ripped while trying 705. He didn't have a suitable replacement and passed his last. Jay, a powerful presser, muscled out 501, on a 2nd, but had a 518 stick 3/4s of the way to completion. He DLed 601 & 650, but 672 was too much - 1802 - 4th place. Stephen Parkhurst, 27, made good on 699 & 727 dunks, but couldn't get 744 - his only miss of the contest. No sweat on his other lifts: BP - 468, DL - 672, TOT - 1868, 3rd place. Jim Gorrell, 30, (233) is a stocky, compact athlete out of Oklahoma City, OK. He made his Sr. National debut a smashing success with an 804 SQ (pinned with 821), 463 BP, and a 639 DL for a 1906 TOT. This gave Jim the silver medal. Earning the gold was Jose Garcia, 24, and 237. Jose got 2R on his 810 SQ opener with a very slow recovery. He repeated for an excellent 3W success; but could not rise with 843. Jose's a strong presser - and manhandled 490 to begin with; but couldn't quite lock out 507 on two tries. Jose is a good puller: 694 and 722 came right up. His 733 was a miss - TOT 2022. He will be difficult to dethrone next year.

275 - A class of 5 with two returning: Shelby Robbins, 29 of Birmingham, AL - 2nd place last year (2105) and Noel Levario, 27, from Elgin, IL (27) who was 3rd with 1989 then. Michael Olmo, 26, was quite a pleasant surprise. Last Oct. he'd hit 1900 (825, 425, 650). In Feb. this year he improved to 2020 via 900, 460, 660. He looked like a big threat for a medal. Mike SQ'ed 826, a deep opener, and next was 881 - low and powered right up. He tried a huge 931, on a 3rd, and got pinned, collapsed, and was then rescued. He was much stronger than his previous record showed in the BP - 463, 501, then 518. Unfortunately his SQ mishap showed up when he missed his 661 DL opener and didn't appear for his next two tries. Robbins had finally resolved some ugly personal problems, and just wanted to feel his way back into the game here. He's an all round nice guy who's always willing to help his fellow lifter. Train hard and get strong again, Shelby. Taking bronze this year was a new face - Greg Jurkowski, 37, who finished 3 deep SQs (744), and had no bench misses either - 435, 452, 463! In the DL, a technical error caused a 688 missed opener. He compensated for it with a 2nd round success, then put the works to 722 - good - TOT - 1929. Noel Levario showed great improvement in the BP since last year, but didn't get the huge SQ this time (788 compared to 865 last year). He powered up 496, 534, and a huge 551. Noel got a 601 DL, and failed 633 twice - TOT - 2000. Phil Story, 37, from the Huge Iron Gym was, a mere 3 yrs. ago, hitting a 1750 TOT @ 242. In '99 he upped that to 1846. Last year he moved up to the 275s and scored 2066. Today, he bulled his way through 8 good lifts with no misses at all: SQ - 837 on a 3rd, 2W, a good, deep lift; Bench: 523, 551, and finally a great 567. Story pulled 705 to win with his opener, and increased to 733 - a maximum effort - and passed his last - TOT - 2138. At 256, Phil will most likely surpass 1000 kg. (2204) this year since he still can pack on 21 lbs. of muscle.

One of the strongest powerlifters on the planet made a surprise appearance as a guest lifter. A couple of days before the meet, Steve Goggins (now making his home in the Atlanta, GA area) gave Russ Barlow a call and asked if he could guest lift. He came specifically to send a message to the great Coan that it would be a three way dance for the big WPO bucks coming up. He came in here looking thick and huge at 258.4! Steve had made a modification his style, with his head up more upright to get the hips down lower. Steve opened with 903 and sat so low I couldn't believe my eyes. He vaulted straight to 1003 and buried that about 2 inches below parallel. Then he rose and his mighty back power kicked in and he ground it right up. Three whites flashed and he pointed his finger straight at me as if to ask, "Is that good enough for ya, Herb?" Yes, indeed it was. He passed his 3rd to showcase it at a later date. You can imagine my surprise and everyone else's when Steve came out for his opening BP at 75 kg. (165 lbs.) (yes, you read it right - 165). Zap. I figured he wanted to just get one and wouldn't do any more. Steve is full of surprises as he came out for his 2nd attempt with a shirt with 540. Pow! What a laugh it was. Steve made his SHIRT WORK in taking 562, yet another PR, on his final lift and muscling that through as well. Now poised for a monster total he pulled a ridiculously easy 749 opener. He had 2314 right off the hat. Goggins really asserted himself on his 2nd, and went to a lifetime best in competition of 854 and hauled it right up. Just like that he had 2419. He'd become the 10th man in PL History to smash the 2400 barrier. Steve used to be able to DL more than he could hang onto. He'd solved that dilemma, simply by reversing the positions of his hands. He called for 903 wanting to smash the 900 DL barrier as well giving him 2469, which would top Pasanella's all time total of 2458.

It came to mid thigh before stopping. What an incredible performance. Could anything yet to come top it??

308 - From the crossroads of America (Missouri) came a fierce looking fellow - Antonio De Leonibus, 37, 292, who registered openers in both the SQ (705) & BP (501), and took no other attempts. However, he was unable to satisfy the judges three times with his 705 DL and was out of the competition. James Crowder, 27, was allowed to lift in the Seniors and it was his first ever power meet. The guy didn't have a clue. He came out with his bench shirt on over the top of his singlet with about 30 seconds left on the clock. Somehow, Scott Mendelson, moving like the superhero FLASH, got him tucked in and handed off just in the nick of time. Crowder got his feet wet alright - it was just the wrong pond for him to be swimming in. Marvin Reeves, 36, 284, and a Floridian did 2100 as a 275er back in '95. He wasn't that strong these days but did 705, 501, 694 for 1901 and 6th. Bart Quinn, 33, 288, opened with 683, and got 727 with 2W. He rebounded with 755 but couldn't get through the sticking point. Bart was impressive in the BP - 534, 567, then 601 also good! His DL was 584, but he got 1912, a respectable total, and 4th place. Billy Mimnaugh, 37, squared off against newcomer Chris Wiers, 24, from Hardcore Gym in Lewiston, ME. It was nip and tuck to determine the bronze and silver. Billy, who'd zeroed at the Nationals a month earlier, was here to prove his worth. He missed 804 opener, but Bill got the repeat, then missed a big 854. Wiers started safe with 672 then gutted out a deep hard 733, 2W. He got pinned with 755 on his last try. Billy blew up his 512 opener, but 545 proved too heavy. Wiers zapped 562 like a toy, then destroyed 601 as well. Chris tried a 633, but lost his groove. Wiers had a 16 lb. advantage going into DL. He first lifted 699, then 733 - a maximum effort. 755 stayed grounded - TOT 2066. Mimnaugh, with great resolve, hoisted 705 and 744. They both weighed the same and Billy didn't want to take a chance on a reweigh. He took 755 going for the silver medal outright. He made it - TOT 2066 - and exulted in the fact that he'd denied the hungry young giant.

Jon Grove is easy to spot. He distinguishes himself with a flat top hairstyle and a long, pointed goatee. At 297, he looked big, solid, and ready to go. He aced his SQ opener at 810. Next he made 854, a PR, which looked good to me, but was denied. With huge improvement in his BP, he smoked 556, then hit a big 589. He wanted into the 600 Club, but not this time. His pull is strong as a bull. His opener with 722 was followed by a close call with 749 - judged good. His final lift with 777 was too heavy - a PR 2160 TOT.

***A Very Determined STEVE GOGGINS** was bigger, thicker, stronger, and buried his squats deep than ever.*

SHW - He's gone where no man has gone before. Back in December, Garry Frank, 37, from Baton Rouge, LA sent the year away with a bang, crashing the 2500 barrier TOT for the first time. Then in February, at a WPO qualifier, he upped that to 2535. Just a short time before this meet, Garry had cracked a couple of ribs dropping 700 on his chest at a bench contest. You'd figure he'd stay away, healing up for the WPO Semifinals in August, but Garry is not that sort of guy. If recent practice sessions were any indication, he was primed to unleash a monster total.

But first, let's hear about the others in this class of mastodons. Jim Sicuro, 33, a New Yorker scaled 373. Clad in what appeared to be a makeshift singlet, he came out for 815. He dunked it easily, but was denied for lack of depth. Jim increased to 914 and took that big weight on a round trip twice. It was denied - and he was out. If Jim can get himself a custom fitted suit he'll destroy a thousand. This dude is very strong! Aaron Lawrence, out of Falls Church, VA, weighed a robust 338. Without difficulty he handled his first two squats: 749 and 771, but 804 stopped him. He BPed strongly - all good! He opened his DLs with 699, good lift, then missed 716, but came back on his last try and got it - TOT 2061, a PR. Dave Nettles, 33, from Salisbury, NY weighed in at 335. His chest looked larger his waist seemed smaller than last year. Dave is easy to recognize with his huge thunder thighs and bleached blond Dennis Rodman hair. He squats very deep, debunking the theory that a big man can't go low. He popped his 903 opener right up, and went to 959 ,but stuck coming up. On a 3rd he ground right through the sticking point after taking it clear to the basement. Nettles ran into BP trouble. He blew his shirt with his 485 opener. He donned his backup and made it easily. He tried 529, but missed. Dave showed plenty of DL oomph and hauled up all 3: 705, 733, and finally 755 - TOT 2199 - same as last year, but not by choice. James Voronin, at 6'3" and 387, is the biggest school teacher in all of Texas. The man from El Paso has a chest bigger than a 55 gallon oil drum with pectorals that appeared to be 10 inches thick. His shoulder development would rival any Mountain Gorilla as would his tremendous back development. It's a chore getting his huge head through the hole in the bench shirt and he nearly choked before he got to the platform. Just ask Mendelson who helped get him in it. A 25 inch plus neck makes it necessary to have them custom fitted. As intimidating as he is in appearance, Jim is one of the kindest, gentlest giants I've ever known. He'd make a great caretaker in a petting zoo for children. He SQ'd 837, but missed depth with 870 and missed 914 also. The bench was another story. The big man was primed and ready to pump. He'd switched over to the reverse grip (palms forward) a couple of years or so ago because of a torn pec. It proved so successful he stayed with it. He was on fire - pistoning up 639, then 683 - a PR by 16 - and finally a huge 699 with no hesitation. He will join the 700 Club next outing. Jim has a sway back condition called lordosis that hampers his DLing. He failed his 699 opener, and then made it, securing runner-up (2237) and called it a day.

Time to UNLEASH THE BEAST: Garry Frank had been feeling more energized since procuring a device to prevent snoring at night, a problem that had interfered with him getting restful sleep for years. He was recuperating more quickly from his rigorous training regimen. Garry had also been working his SQ especially hard. He'd also begun using his bench shirt six weeks out from this competition, instead of just throwing it on at the meet. His lifting at this competition seemed almost unbelievable. He sank 909, then 964, and finally 1003 with strength to spare. Garry likes to walk out with the weight and sets his feet so easily and comfortably that you'd never know he had half a ton on his back. If his squat was hot, then his BP was sizzling. He vaporized a 666 opener. Next came 705 - effortless. He made a huge increase to 738. He powered it up like a freight elevator - not the slightest bit of deceleration from pushoff to lockout. It was a new WPC World Record, exceeding the 711 he'd done last year when he'd TOT 2453. He called for a monster 755 on a 4th. He took the huge load to his chest slowly and with a deliberate touch at just the right spot ... Rip! His shirt popped like a firecracker. I have no doubt he'd have made it, by the ease of his previous lift. Onto the DL. He opened with 837, and rushed to the bar quivering with energy. He ripped it right up - 3W. Immediately, he had 1170 kg. (2579.4). This beat his previous best of 2535 by 44 lbs. Gary took aim on the 2600 TOT.

barrier. The necessary weight to achieve this was loaded on the bar - 390 kg. (859.8 lbs). This was a lift 30 lbs. less than when he lifted 890 (a PR) last Dec. when he smashed the 2500 lb. barrier. Everybody was on the edge of their seats as he stormed out to the platform, and set himself for the pull that would make barrier breaking history once again. Concepts of dream and reality converged in one blinding instant, when time seemed to freeze and the shouts of the rabid fans were obliterated by the pounding pulse of my adrenaline laced blood through my veins with each heartbeat. He stood right up, the immense barbell dangling from his arms, locked rigid and secure. "Down" came the signal and bedlam erupted. Kieran Kidder, the announcer, was beside himself. We had just gotten used to the fact that he'd been the first man to go 2500 and now he had crossed the 2600 threshold. Surely the immortal Paul Anderson must have been looking down from the great beyond nodding his approval, applauding with a legion of departed power greats along side him - Hepburn, Braxton, Pasanella, Dempsey, Reshel, Grimwood - among a never-ending list. Garry had designs on more. The bar was loaded to 903.9. Would the unbelievable 1200 kg. TOT (2645.5 lbs) become a reality as well? My head was swimming. Just as he dipped to deliver, and even before he set himself in the lock and load position, Garry felt a stabbing twinge - he had pulled a groin muscle. He aborted the attempt and limped off stage.

Garry Frank lowers his 859 lb. second attempt deadlift after getting the "down" signal from the head ref and totaling an amazing 2601!

Garry, along with all the superstars, will be ready to show their WPO stuff August 12th at the Hard Rock Cafe. Garry is already setting his sights on 2700. Impossible? Just think about it. SQ - 465 kg. (1025.1); BP - 347.5 (766.1); DL - 412.5 (909.4) = 1225 kg. (2700.66). I think that he can do that - within a year. Garry is chasing the single lift specialists. His desire is to lift more in each of the three lifts than anybody else has done singly. The groin pull is only a minor distraction, according to Garry, whom I talked to a couple of weeks after the meet. He's coming along nicely and will be ready to go when the time comes. All the APF lifters, family, and friends were treated to banquet of finger food and assortments of delicacies at 6PM Saturday following the lifting. The video was shown of the WPO event held in February and already broadcast on the Sunshine Network in Florida. I can tell you it was fabulous! Thanks to Kieran for this courtesy and to he and Russ for running a fantastic Sr. Nationals this year. Kudos also to all who contributed to make this a rousing success. The World's Strongest Sport will thrive thanks to the WPO and these guys. All Powerlifting's superstars will be rewarded, recognized, and compensated for their efforts - most richly deserved!

HERB GLOSSBRENNER

APF Senior Nationals -23-24 JUN 01 - Daytona Beach, FL

WOMEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
Open										
105										
M. Kirkland	237	286	~~314~~	143	154	159	237	275	303	749
132										
N. Avigliano	441	~~468~~	~~468~~	220	232	~~237~~	418	435	~~446~~	1109
M. Diamond	~~386~~	~~386~~	~~386~~	~~209~~	~~209~~	~~209~~				
148										
M. Liggett	452	~~501~~	501	275	297	~~303~~	407	424	~~441~~	1223
K. Demarest	341	369	386	187	204	214	319	347	369	970
165										
J. Tactill	374	391	402	242	259	270	363	391	407	1080
K. Grandick	308	325	341	171	187	204	336	358	374	920
181										
K. Ford	441	~~485~~	485	253	292	~~303~~	441	485	~~496~~	1262
HWT										
B. Swanson	529	556	578	314	330	341	573	605	~~611~~	1525
MEN										
Open										
123										
K. Snell	374	441	~~468~~	242	264	270	452	~~501~~	~~501~~	1162
148										
R. Grayes	485	501	~~523~~	286	308	~~314~~	540	578	~~601~~	1388
E. Adolph	413	435	452	264	286	303	446	485	501	1256
D. Campbell	435	457	468	308	325	~~336~~	386	407	424	1218
165										
R. Salvagni	606	644	~~672~~	429	457	474	551	606	~~633~~	1725
M. Puckett	402	501	~~545~~	319	341	---	501	540	~~595~~	1383
Conyers (Guest)	601	666	705	413	429	~~441~~	622	~~705~~	~~705~~	1758
L. Alday (Guest)	501	523	551	363	386	---	501	523	---	1460
181										
J. Wood	~~633~~	633	661	396	418	429	567	595	611	1703
J. Cuciurean	611	~~639~~	~~639~~	429	446	~~457~~	584	606	~~650~~	1664
M. Maxwell	~~650~~	~~650~~	650	352	369	380	551	~~578~~	578	1609
B. Walker	441	490	~~523~~	292	308	319	534	578	~~589~~	1388
S. Cuevas	628	~~672~~	~~672~~	~~446~~	~~446~~	~~446~~				
198										
T. Butson	601	650	~~699~~	386	407	~~429~~	501	---	---	1559
K. Wright (guest)	573	622	~~650~~	402	~~424~~	---	633	~~677~~	~~677~~	1658
220										
M. Fessenden	760	804	854	429	452	~~463~~	622	661	~~694~~	1967
C. Maxwell	733	~~771~~	771	402	413	418	705	744	~~777~~	1896
R. Lawrence	628	672	705	556	578	~~589~~	534	573	---	1818
J. Avigliano	688	716	~~733~~	~~407~~	~~424~~	424	578	601	~~611~~	1741
R. Mertz	474	518	540	402	~~424~~	~~424~~	523	573	~~601~~	1515
R. Impastato	672	711	~~744~~							
D. Blue (guest)	650	699	722	441	452	~~468~~	606	622	~~650~~	1796
242										
J. Garcia	~~810~~	810	~~843~~	490	~~507~~	~~507~~	694	722	~~733~~	2022
J. Gorrell	744	804	~~821~~	418	435	463	606	639	~~661~~	1906
S. Parkhurst	699	727	~~744~~	435	452	468	617	644	672	1868
J. Maccartney	650	~~705~~	---	457	501	~~518~~	600	650	~~672~~	1802
275										
P. Story	760	804	837	523	551	567	705	733	---	2138
N. Levario Sr.	788	~~837~~	~~848~~	496	534	551	601	~~628~~	~~628~~	2000
G. Jurkowski	699	733	744	435	452	463	~~688~~	688	722	1929
S. Robbins	677	~~727~~	---	446	~~523~~	---	601	~~650~~	---	1725
M. Olmo	826	881	~~931~~	463	501	518	~~661~~	---	---	
Goggins (guest)	903	1003	---	165	540	562	749	854	~~903~~	2419
308										
J. Grove	810	~~854~~	~~854~~	556	589	~~601~~	722	760	~~777~~	2160
B. Mimnaugh	~~804~~	804	~~854~~	512	~~545~~	---	705	744	755	2072
C. Wiers	672	733	~~755~~	562	601	~~633~~	699	733	~~755~~	2066
B. Quinn	683	727	~~755~~	534	567	601	584	~~617~~	~~617~~	1912
M. Reeves	~~705~~	705	---	501	---	---	650	694	---	1901
J. Crowder	562	~~650~~	~~650~~	407	~~507~~	~~507~~	507	529	551	1521
A. Deleonibus	705	---	---	501	---	---	~~705~~	~~705~~	~~705~~	
SHW										
G. Frank	909	964	1003	666	705	738	837	859	~~903~~	2601
J. Voronin	837	~~871~~	~~914~~	639	683	699	~~699~~	699	---	2237
D. Nettles	903	~~959~~	959	~~485~~	485	~~529~~	705	733	755	2199
A. Lawrence	749	771	~~804~~	529	551	573	699	~~716~~	716	2061
J. Sicuro	~~815~~	~~914~~	~~914~~							
BENCH										
WOMEN										
148										
T. Saba				198	214	~~226~~				214
MEN										
132										
D. Radel				253	292	303				303
J. Brubaker				259	281	~~286~~				281
148										
J. Mukite				386	407	~~418~~				407
165										
B. Gallagher				474	485	496				496
220										
B. Carpenter				601	622	~~639~~				622
242										
S. Watford				512	545	562				562
275										
S. Mendelson				501	650	~~672~~				650
308										
J. M. Blakley				650	~~722~~	~~722~~				650

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(article continued from page 9)

held in Japan in less than a month from the date of this contest, which might explain why some of them did not push the envelope as hard as they might done have otherwise.

***More Benemerito** .... Ray @ 220*

Anthony Harris also moved up a class, but it was surprising to those who know him that he even lifted, after an L-4/L-5 back twinge had laid him low. His 744 squat was fought long and hard, perhaps too much so, but he got it. With the meet well in hand, the 234 pounder passed his 3rd deadlift. The lifting and the injury didn't stop him from helping out for the rest of the meet. Muscular marvel Kevin Stewart might well have challenged for the win, but he missed his 744 squat attempt, and seemed to injure himself on the 705 lb. 2nd attempt deadlift. Shawn Cain continued his unprecedented string of national meet appearances, and the current World Masters Champion showed the young guys how it is supposed to be done with a 9 for 9 day and 3rd place. The head ref thought the racks were set too high for Steve Mann, but then he showed him what a high bar squat is all about, and he used that unique strength to

***Tony Harris** fought a 744 squat.*

secure 4th, but his 1829 was hardly safe when a trim Deron Rogers got to show us how much he could pull. His deadlifts were beautifully strong and explosive and he probably had more than 749 in him. Patrick Johnson bulged with muscle tissue everywhere and cracked the 1800 barrier, making 1st and 2nd attempts in each lift. Dave Gonzalez was one of eight Colorado lifters at the meet, and took shots at a higher placing with some heavier attempts, but the 766 squat he asked for was just called to be timed out. Mitch Edelstein had his taller, but otherwise look-alike brother out to help him, but this serious strength athlete had matters under control with his deliberate concentration prior to each attempt. Another serious lifter, John Planas of Glendale, California, caught the same bug that Lance Slaughter had and could not get a bench on the board. Michigan's newcomer Matt Kroczaleski was in the hunt, but couldn't get the judges to pass a deadlift attempt and was out of the finishers. Fellow Michigan lifter Mike O'Donnell had serious squat problems.

The platform used at this event was put together by Steve Howard of South Dakota, and it proved to be very presentable and functional - the plate racks he designed were so ingenious in the way they reversed from the squats to the deadlifts. The ER racks owned by Michelle James were also in use, and they remain one of the cleverest equipment concoctions going. The way they switch from wide to narrow positions is so smart - no sense moving the whole rack when quickly adjusting the angle of the support stanchions does the job so elegantly.

The 275s had a big enough turnout to justify two flights. Tony Cardella boldly took his opener squat over again and then jumped 49 lbs. for a great 782 lb. 3rd attempt, and then he ran a string of three benches into a 1317 subtotal, and suddenly the title defender Pat McGettigan was 83 lbs. in the hole. He's got a monster deadlift, but Cardella wasn't going to make it easy. After timing out on 793 to see how Tony was going to do, McGettigan was forced to 821 and that was too much. With all that Jr. Worlds experience, Cardella knows how to handle himself on the platform, and he has now broken through as a factor on the Sr. World circuit. Ryan Goldin was sensational in the squats, bounding from one explosion of a lift to the next. He got a 'rocking' handoff on his opener bench and had to take it over again, and just missed a try at 540 (earning one white light). While Paul Fletcher was doing his

***Tony Cardella** broke the 2000 barrier*

best to handle massive Travis Rubey, Goldin deadlifted his way into 3rd. Paul will be entering the Masters ranks soon, but he remains game enough to mix it up in the open ranks. Rubey is a large Rolla, Missouri 30 year old who moved up with his rugged 738 lb. pull. Greg Wagner is an extra massive Granite Falls, Minnesota man, who was among the most impressive new faces at this national meet. Collin Rhodes' 4/9 day was highlighted by a 551 mini-stroke bench off a spectacular arch. Mike Kautz gets a 'Tough Luck' award for coming back from a blown suit miss of a 744 squat to get up with the same weight on his 3rd try, after a quickie suit change, only to see majority reds. He came close on that last 716 deadlift as well, 1 white to 2 red lights. Springfield, Pennsylvania's Big Wayne Droesser also got one of those 551 benches and ended up 9th in this busy class. Hank Sargent reminded us of a slightly smaller scale Harold Collins. The 35 year old Ballston, New York competitor benched in a hot pink singlet and got two attempts, but only openers in the other two lifts, which kept his placing well down from what might have been. Mike Anderson of Dallas (Georgia, that is) started conservatively in each lift, and moved up nicely from there in all but the deadlift. Dr. Mike Hartle saw the platform from both angles, as lifter and as head referee. He didn't wear a belt in the squat until his final try at 644, and timed out his 551 lb. deadlifts. Steve Davenport of Lincoln, NE got lost in the squat shuffle, and Dave Villeneuve was at the meet, but timed out all of his attempts at 655. There was another guest lifter in this class, and he was absolutely impressive. Jorgen Ljungberg of Sweden had developed a friendship with Brad Gillingham at the international venues they have shared, and took advantage of the chance to lift with big Brad once again. This guy is unbelievably strong - and he only weighed 251 and change. His first try at

Jorgen Ljungberg

815 in the squat was strong, but perhaps high. On the second, he stepped after getting the signal to squat, but on the 3rd he avoided the ignomy of coming all that way to bomb, by adjusting his depth meter nicely. Unfortunately, he had been hoping to handle nearer to 900 than 800 in this lift. The scoreboard indicated that he made his 540 bench on his final try, but that wasn't so. Perhaps even more impressive than his squats were his deadlifts. 793 was there, but just sprang out of his grip a few millimeters shy of completion. Jorgen smiled anyway. After the meet he spent some time fishing up in Minnesota with Brad, who was amazed how quickly he got back into training after the meet. Jorgen is a rugged guy, with a lot of things in common with Big Brad, who promises he will get us a story on Jorgen for a future International Platform feature.

Brad Gillingham is the focus of lots of attention these days. He was the subject of an item in *USA TODAY* prior to the event, and appeared on one of the Omaha television talk shows before the meet, and as part of Meet Director Hart's pre-meet media blitz, he arranged for Brad to be interviewed by the local TV sports crew for broadcast the Saturday night before he lifted. Brad has also hooked up a sponsorship deal with GNC, and made sure to give them the credit they deserve whenever the TV cameras were rolling. In his interview he predicted he would squat 837, bench 617, and deadlift around 850. He was hoping to total over 2300 and that might well have come to be, but after three excellent looking squats, only Brad's opener was circled on his scorecard, with both 810 and a careful jump to 821 getting only one white light. In the bench his left arm went astray, perhaps from fatigue. These SHW guys were really hustling between lifts to get equipment off, equipment on, and a few warmups under their belt. Speaking of warmups, it was pretty mind-boggling to see NFL Green Bay Packer All Pro Legend Gale Gillingham not only loading the bar for his son's warmups, but also for anyone else who needed it. (Lots of the fans were peeking through the door to check out the warmups - they probably could have sold tickets for that alone!) Brad wanted to get it together in the deadlift and his hook grip

***Brad Gillingham** hauls up 848!*

has allowed him to lose his sticking point in that lift. The 848 was an American Record, and just kept gliding upward, smooth as silk. Near the top of the lift, Brad started bobbing his head up and down, in an apparent demonstration of territorial dominance. Something in the territory of the 850s would have gone, and Brad has dreams of someday improving to the point that he can try to break that long-standing IPF world record in the deadlift. Sean Culnan looked like he'd just stepped off the golf course, tanned and fit, and bigger in the upper body. He timed out his 821 squat and 788 deadlift attempts, but the 793 pull was a bit much for the New Yorker on this particular July 15th. All welcomed the return of Tony Leiato, who now at SHW really looks as wide as he is tall. He had his problems, making only 3 attempts, but that trace of silver in his hair doesn't mean he won't have a big future in the biggest weight class. Big armed Van Hatfield had home folk fans on hand and did them proud with one of his better days on the platform. Burly Dan Gaudreau ripped a shirt wide open from the neck on his opening try in the bench press, and it was only a new IPF World Masters record he was starting with. Somehow, he wiggled into another shirt, came out, and made that same 567, and then - for the record - again - he got up a 578! The happy Coloradan wasn't through updating the record books, as he bumped the venerable name of Paul Wrenn from the American Masters Total list by making his 661 deadlift. 6th place in the Supers went to Team California's Bruce Lee, and next up was Wade Hanna, who came in around 284 and will probably stay at SHW after all the PR type lifting he came up with. P.J. Couvillion wondered if Brian Oldham of Bemidji, Minnesota was full grown yet? At 393 lbs. and 6 foot umpty ump, we hope so. He went lower with 744 on his final try at it, but it wasn't quite deep enough.

Team Champions were Team Titan, followed by Team Quest, Team Michigan, and Team California and Brad Gillingham took Best Lifter for the final day.

FROM JIM HART: "I wanted to ask you to mention my faithful assistants Michelle James and Steve Howard. Without them I would not have had the successful meet that we had. Also my brother Jeff Hart, Don McElravy, Mike Taylor and Brian Getschell, who worked almost everyday loading and spotting. Also, Sid Trost and Howard Huffman as spotters. Of course, there was Lucian and Andrea who volunteered time at the microphone. Annette Axt and Lori Spath at the overhead. And my sister Patricia Hart and Annette's mother Janette at the entrance, as well as my parents Milford and Marlene Hart. Also my daughter Jamie who worked the table the first day and Mary who ran the time clock and Liz Peterson who worked the table and Erin Crapo who worked at the overhead the final day. The other loaders who helped through the weekend were Mike Hafenbrack, Jake Johnson, Tom Laughlin, Steve Auxier, Biil Sindelar, Craig Cech and Jim Ballemenos. Then there was Brenda Howard at the scoreboard and Mr. Music, Matt James. Could you please also mention the sponsors - Powerlifting USA, Inzer, Titan, GNC, Vantage Imaging, Crain's Muscle World, Quest Nutrition, and House of Pain."

Jim Hart** (above) and **Michelle James** and **Steve Howard

USAPL Men's Nationals - 13-15 JUL 01 - Omaha, NE

114 lb.	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
E. Gainer	402	424	~~473~~	270	~~281~~	281	705	457	473	496	1201
M. Hafenbrack	297	314	330	148	159	170	501	319	352	~~374~~	854
D. DeWaters	270	292	~~314~~	159	176	187	479	292	319	336	815
123											
D. Holloway	330	374	402	176	192	~~203~~	595	~~435~~	473	473	1068
S. Meadows	~~341~~	341	352	231	242	~~253~~	595	435	~~451~~	451	1046
V. Niedoliwka	352	374	~~402~~	220	~~231~~	~~231~~	595	363	391	402	997
132											
T. Taylor	435	462	485	308	325	336	821	523	545	~~556~~	1366
T. Cunningham	440	468	485	253	275	286	771	485	512	529	1300
148											
J. Arias	545	~~570~~	578	330	358	~~369~~	936	567	~~600~~	~~600~~	1504
G. Page	523	~~551~~	~~551~~	~~330~~	330	347	870	545	584	595	1466
S. Layman	545	~~570~~	~~570~~	~~352~~	~~352~~	352	898	507	534	556	1455
K. Scisney	518	545	~~570~~	303	319	341	887	496	~~523~~	~~540~~	1383
M. Sigala	462	~~485~~	~~501~~	~~314~~	314	~~330~~	777	600	~~622~~	~~645~~	1377
C. Hughes	473	~~496~~	~~496~~	~~325~~	325	347	821	523	~~540~~	—	1344
D. Kibler	451	485	~~496~~	236	253	275	760	462	501	~~510~~	1262
L. Slaughter	440	451	~~462~~	~~385~~	~~385~~	~~385~~					
165											
W. Hooper	683	~~733~~	~~733~~	424	451	—	1135	562	589	~~606~~	1724
G. Simmons	501	523	534	330	347	352	887	540	556	573	1460
K. Davis	~~501~~	507	529	347	363	~~374~~	892	534	556	567	1460
181											
D. Austin	650	683	705	352	~~363~~	~~374~~	1057	650	705	~~745~~	1763
198											
R. Wagner	749	777	~~799~~	424	435	446	1223	650	666	~~677~~	1890
M. Mastrean	716	738	~~755~~	~~457~~	457	~~473~~	1195	650	~~672~~	~~672~~	1846
C. Terry	606	650	—	330	363	~~374~~	1014	683	749	~~780~~	1763
T. Hines	562	600	622	~~396~~	396	~~440~~	1019	595	622	~~633~~	1642
G. Jones	~~672~~	~~672~~	672	~~429~~	~~440~~	~~440~~					
220											
R. Benemerito	722	~~744~~	~~744~~	490	507	~~518~~	1229	722	~~730~~	~~730~~	1951
C. Gahagan	639	~~677~~	~~677~~	391	424	440	1080	733	788	~~804~~	1868
S. Zwaanstra	639	661	~~680~~	435	451	~~462~~	1113	655	683	705	1818
P.J. Chovanec	~~672~~	672	~~716~~	402	429	435	1107	705	~~755~~	~~760~~	1813
M. Drueppel	600	639	661	~~410~~	435	451	1113	650	688	~~699~~	1802
A. Succarotte	622	~~664~~	~~677~~	496	~~540~~	—	1118	~~633~~	650	661	1780
J. Burnell	~~664~~	~~664~~	~~705~~								
S. Pincock	~~672~~	~~672~~	—								
S. Waits	~~705~~	~~705~~	~~716~~								
M. Kalter Gst	606	661	~~722~~	385	418	~~501~~	1080	727	801	~~810~~	1879
242											
A. Harris	661	716	744	440	473	485	1229	694	733	—	1962
K. Stewart	~~722~~	722	~~744~~	507	~~523~~	~~540~~	1229	683	~~705~~	—	1912
S. Cain	622	655	683	429	457	468	1151	672	710	733	1884
S. Mann	699	722	~~744~~	451	468	479	1201	589	628	~~639~~	1829
D. Rogers	650	677	694	352	374	~~402~~	1068	655	705	749	1818
P. Johnson	672	705	~~716~~	473	501	~~507~~	1207	584	606	~~617~~	1813
D. Gonzalez	677	~~694~~	~~766~~	451	468	~~473~~	1146	617	~~650~~	~~677~~	1763
M. Edelstein	562	~~589~~	589	402	413	418	1008	611	622	633	1642
M. Kroczaleski	~~644~~	644	666	424	440	~~446~~	1107	~~672~~	~~672~~	~~672~~	
J. Planas	655	683	~~694~~	~~485~~	~~485~~	~~485~~					
M. O'Donnell	~~639~~	~~639~~	~~639~~								
275											
T. Cardella	~~733~~	733	782	490	523	534	1317	705	733	~~744~~	2050
P. McGettigan	~~760~~	760	~~777~~	473	~~490~~	~~490~~	1234	777	~~793~~	~~821~~	2011
R. Goldin	683	733	755	~~512~~	512	~~540~~	1267	617	650	666	1934
P. Fletcher	677	716	727	457	~~479~~	485	1212	677	716	~~727~~	1929
T. Rubey	650	688	710	451	479	~~501~~	1190	~~683~~	683	738	1929
G. Wagner	683	722	749	490	~~523~~	~~523~~	1240	611	644	677	1918
C. Rhodes	~~683~~	683	~~705~~	529	551	~~573~~	1234	661	~~683~~	~~683~~	1895
M. Kautz	722	~~744~~	~~744~~	451	473	490	1212	~~672~~	672	~~716~~	1885
W. Droesser	661	~~705~~	~~705~~	512	534	551	1212	617	639	~~664~~	1862
H. Sargent	705	~~730~~	~~730~~	440	446	~~462~~	1151	672	~~760~~	~~760~~	1824
M. Anderson	672	~~722~~	722	407	440	462	1185	622	~~677~~	~~677~~	1807
M. Hartle	573	622	~~644~~	446	468	~~485~~	1091	529	~~554~~	~~554~~	1620
D. Villeneuve	~~655~~	~~655~~	~~655~~								
S. Davenport	~~617~~	—	~~617~~								
Ljungberg Gst	~~815~~	~~815~~	815	518	~~540~~	~~540~~	1333	727	771	~~793~~	2105
SHW											
B. Gillingham	788	~~810~~	~~821~~	584	600	~~617~~	1388	793	815	848	2237
S. Culnan	771	804	~~821~~	540	551	562	1366	755	~~780~~	~~793~~	2121
T. Leiato	788	~~832~~	~~832~~	578	~~606~~	~~620~~	1366	~~740~~	710	~~733~~	2077
V. Hatfield	733	~~793~~	~~793~~	523	545	~~556~~	1278	710	749	~~772~~	2028
D. Gaudreau	~~722~~	722	749	~~567~~	567	578	1328	611	661	~~705~~	1989
B. Lee	~~716~~	716	766	485	~~507~~	~~507~~	1251	622	644	661	1912
W. Hanna	650	~~680~~	688	446	473	485	1173	661	694	~~727~~	1868
B. Oldham	~~744~~	~~744~~	~~744~~								

MHSAA Mississippi High School
6,7 Apr 01 - Coffeeville?, MS

(1A/2A)	SQ	BP	DL	TOT
MEN 114 lb.				
Phillips, W.	295	165	370	830
Hill, J.	335	135	360	830
Horton, M.	265	115	300	680
Odell, C.	190	175	285	650
Bourne, A.	220	125	250	595
123 lb.				
Sullivan, C.	325	170	340	835
Gordon, A.	275	175	325	775
Lewis, V.	270	175	325	770
Biglane, P.	265	180	320	765
Moore, M.	290	135	315	740
132 lb.				
Gunn, C.	350	190	355	895
Price, C.	295	170	400	865
Bobbitt, M.	300	180	360	840
Symmes, C.	280	160	305	745
Stokes, T.	225	165	350	740
Bennett, J.	250	130	280	660
148 lb.				
Bradford, E.	365	290	500	1155
Howard, D.	325	220	410	955
Smith, R.	320	250	380	950
Nolan, K.	350	195	385	930
Eaves, J.	335	190	385	910
Fuller, T.	290	195	405	890
165 lb.				
Kimble, L.	475	235	610	1320
Johnson, C.	440	240	500	1180
Hahn, J.	440	230	450	1120
Washington, J.	350	250	440	1040
Lang, B.	340	225	360	925
181 lb.				
Exson, C.	540	210	660	1410
Stone, R.	500	265	480	1245
Brooks, K.	430	260	505	1195
Dillon, A.	390	275	430	1095
Gray, C.	350	220	500	1070
198 lb.				
Tinnon, J.	500	215	560	1275
Rhodes, T.	465	235	550	1270
McKee, C.	410	260	550	1220
Barrett, L.	365	250	500	1115
Wooten, C.	405	225	460	1090
Morrow, R.	380	240	430	1050
Coffey, O.	360	230	425	1015
220 lb.				
Ryle, G.	515	230	560	1305
Odom, M.	475	325	505	1305
Mitchell, M.	490	215	440	1145
Pratt, M.	365	215	415	995
Poole, M.	—	—	—	—
242 lb.				
Davis, C.	510	275	470	1255
Sandridge, K.	500	265	470	1235
Drungole, P.	435	280	460	1175
Washington, K.	415	235	500	1150
McCaffery, C.	315	195	500	1150
Wright, M.	—	—	—	—
275 lb.				
Collins, L.	480	335	530	1345
Adams, A.	500	285	495	1280
Baker, J.	450	205	525	1180
Mallory, R.	450	215	430	1095
Lane, C.	445	220	420	1085
Edwards, J.	375	225	475	1075
SHW				
Hensarling, L.	670	290	600	1560
Waddle, J.	650	280	550	1500
Johnston, E.	400	285	510	1195
Moore, M.	500	210	480	1190
Powell, T.	380	260	475	1115
Stevenson, A.	330	185	425	940
(3A) 114 lb.				
Turner, A.	275	160	355	790
Kimbrough, J.	260	135	310	705
Gatson, T.	250	135	310	705
Lee, S.	230	155	310	695
Boclair, C.	255	145	265	665
Hill, J.	200	160	265	625
123 lb.				
Ivy, S.	275	160	370	805
Brown, M.	270	180	340	790
Lopez, J.	270	165	350	785
Austin, R.	240	195	300	735
Tate, J.	270	130	325	725
Palmer, J.	250	155	—	—
132 lb.				
Price, A.	370	235	435	1040
Morrow, J.	325	255	430	1010
Hunter, D.	375	205	405	985
Hannon, D.	270	145	410	825
Stanford, S.	200	150	255	605
148 lb.				
Jackson, J.	425	240	405	1070
Wright, E.	390	195	465	1050
Camel, Z.	365	225	455	1045
Wall, B.	350	220	460	1030
Lark, F.	330	220	420	970
Vance, C.	285	—	—	—
165 lb.				
Bass, L.	505	235	560	1300
Robinson, L.	400	300	455	1155
Bowie, J.	410	280	465	1155
Carter, G.	405	210	440	1055
Caffrey, C.	340	200	410	950
Davis, S.	305	195	350	850
181 lb.				
Moffett, A.	400	315	490	1205
Turner, Q.	340	235	525	1100
Kennedy, C.	410	230	450	1090
Senter, L.	415	210	440	1065
Lewis, B.	—	—	—	—
Williams, D.	—	—	—	—
198 lb.				
Anthony, G.	475	270	600	1345
Crum, K.	495	250	485	1230
Tate, K.	385	240	450	1075
Grant, D.	360	210	475	1045
Bilbro, B.	330	235	450	1015
Dewease, B.	—	—	—	—
220 lb.				
McBride, J.	555	270	540	1365
Frederick, M.	515	250	550	1315
Wright, T.	480	250	440	1170
Thomas, C.	410	265	450	1125
McCaplin, T.	325	265	525	1115
Moore, D.	390	240	480	1110
242 lb.				
Parten, J.	475	280	525	1280
Burge, J.	445	330	505	1280
Brewer, J.	430	280	450	1160
McDonald, R.	405	260	490	1155
Turner, B.	—	—	—	—
275 lb.				
Wilbanks, J.	560	280	540	1380
Speed, W.	435	350	500	1285
Ray, J.	485	260	505	1250
Hill, C.	440	285	485	1210
Brumfield, C.	385	330	490	1205
Eskew, D.	460	255	—	—
SHW				
Cherry, M.	610	300	570	1480
Johnson, T.	500	270	540	1310
Herndon, T.	400	170	465	1035
Bailey, P.	—	—	—	—
Davis, M.	—	—	—	—
(4A) 114 lb.				
Page, Q.	270	145	295	710
Hawthorne, R.	250	150	370	790
Brooks, M.	255	170	315	740
Groom, M.	190	155	280	625
Poisso, J.	210	145	270	625
Jasper, J.	190	120	250	560
123 lb.				
Watts, D.	330	155	355	840
Clay, W.	295	130	255	780
Mollett, M.	290	145	290	725
Nichols, L.	230	150	285	665
Pates, J.	230	145	275	650
132 lb.				
Rose, A.	385	220	440	1045
Price, H.	340	195	450	985
Ward, A.	370	200	405	975
McMillian, Q.	360	145	435	940
Wells, B.	315	175	370	860
Guthrie, C.	320	—	—	—
148 lb.				
McLendon, V.	410	215	550	1175
Davis, D.	440	215	470	1125
Pulliam, D.	445	215	460	1120
Landry, M.	405	215	475	1095
Guy, D.	405	245	425	1075
165 lb.				
Mitchell, N.	465	300	500	1265
Henderson, G.	440	250	440	1130
Gardiner, C.	390	215	425	1030
Jackson, L.	445	220	—	—
181 lb.				
Haralson, C.	525	285	600	1410

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Lao, F.	460	255	530	1245
Edwards, O.	405	260	460	1125
McBride, K.	445	240	385	1070
Roberts, J.	250	255	400	1005
198 lb.				
Ross, A.	530	245	590	1365
Lockett, E.	535	290	540	1365
Pickens, W.	520	315	525	1360
Vaughn, L.	470	245	480	1195
Hollinger, G.	425	235	500	1160
Seymour, C.	430	255	475	1160
220 lb.				
Werner, J.	585	305	535	1425
Ward, J.	565	250	565	1380
Hobock, J.	500	300	550	1350
Wilkins, J.	530	275	480	1285
Hamilton, E.	460	260	485	1205
242 lb.				
Adams, N.	530	325	535	1390
James, J.	600	235	535	1370
Brooks, C.	460	265	540	1265
Booker, A.	515	320	145	980
275 lb.				
Richardson, J.	650	320	565	1535
Gillard, W.	570	325	520	1415
Skinner, J.	555	305	530	1390
Ladner, J.	500	345	510	1355

McKenzie, T.	475	—	—	—
SHW				
Wadley, J.	550	370	565	1485
McMahon, M.	540	305	545	1390
McClellan, C.	545	285	535	1365
Dampier, A.	510	280	530	1320
Johnson, A.	505	290	520	1315
(5A) 114 lb.				
Jackson, H.	325	160	350	835
Clark, L.	255	170	315	740
Gandy, K.	245	160	300	705
123 lb.				
Harris, C.	380	220	400	1000
Ross, M.	350	225	370	945
Barlow, J.	285	175	390	850
Rice, M.	265	205	300	770
Lynch, C.	315	150	—	465
132 lb.				
Hill, K.	385	195	440	1020
Judge, J.	320	220	450	990
Mixon, V.	385	190	390	965
Davis, R.	350	205	380	935
Hayes, D.	225	240	355	820
148 lb.				
Sexton, R.	450	210	500	1160
Dubose, S.	385	225	465	1075
Woods, D.	375	250	450	1075

Naylor, D.	385	205	440	1030
Williams, D.	—	—	—	—
Sanders, A.	—	—	—	—
165 lb.				
Stewart, J.	525	270	520	1315
Dudley, C.	445	215	495	1155
Gandy, L.	450	230	475	1155
Nolan, C.	435	275	410	1120
McChristain, C.	375	215	410	1000
Fielder, D.	435	—	—	—
181 lb.				
White, T.	505	260	555	1320
Davis, D.	475	280	475	1230
Martin, F.	475	270	480	1225
Jones, B.	365	245	450	1060
198 lb.				
Ryan, N.	575	315	600	1490
Jones, B.	525	310	540	1375
Hatchett, T.	450	265	605	1320
Hill, J.	500	295	525	1320
Ledger, E.	470	270	500	1240
Jackson, O.	420	235	—	—
220 lb.				
Brown, J.	600	320	630	1555
Collins, T.	600	330	600	1530
Blakely, C.	525	300	525	1350
Harris, K.	500	300	500	1300

Carlo Exson - 181 lb. class; 16 years old with an all time state record of 660, 540 lb. squat, and 220 lb. bench. He is also a member of the Coffeeville High School powerlifting team 1A/2A state champion 2001. (Photo provided courtesy of Perry Liles to PL USA).

Wade, L.	420	330	475	1225
Caivit, I.	—	—	—	—
242 lb.				
Moore, G.	600	325	550	1475
Brown, S.	580	285	560	1425
Strickland, J.	545	285	550	1380
Brown, T.	525	310	500	1335
Sanders, K.	505	—	—	—
275 lb.				
Harrelson, P.	525	310	610	1445
Evans, W.	575	280	590	1445
Jackson, J.	545	315	545	1405
Grant, C.	600	285	500	1385
Mardis, J.	485	280	500	1265
Conner, T.	—	—	—	—
SHW				
Spencer, C.	725	335	615	1675
Morris, F.	725	300	540	1565
Hoskins, H.	575	410	535	1520
Hairston, D.	560	280	525	1365
Epps, C.	430	270	420	1120

TEAM Results (1A/2A): Coffeeville 47, St. John 46, Scott Central 25, Coldwater 22, East Marion 17, Europa 10, Sebastopol 7, Nanih Waiya 7, Bogue Chitto 7, Belmont 5, Natchez Cathedral 2, Baldwyn 1, Sumrall 1, Edinburg 1. TEAM Results (3A): Pontotoc 46, Wilkinson 41, McClain 18, West Lauderdale 12, Port Gibson 11, Senatobia 7, Forest 6, Haelhurst 5, Amory 5, Ripley 4, Charleston 3, North Pike 3, Water Valley 3, North Pontotoc 2, Nettleton 2, Franklin County 2, Independence 1. TEAM Results (4A): West Point 39, Quitman 34, Aberdeen 29, Northeast Jones 17, Hernando 16, St. Martin 12, Oxford 10, Mendenhall 5, T.L. Weston 5, Florence 3, Hancock 2, Pearl 1. TEAM Results (5A): Madison Central 54, Wayne County 47, Vicksburg 23, Warren Central 17, Northwest Rankin 9, Olive Branch 8, Tupelo 7, Columbus 6, Greenville 5, South Panola 5, Grenada 5, Meridian 3, Harrison Central 1, Southaven 1. Currently, there are four state champions recognized. This year was the ninth year for powerlifting in the Mississippi high schools. The sport has grown to over 150 schools participating each year in a playoff system in the months of February, March, and April. (Thanks to Perry L. Liles for providing the results of this meet). Picture: Carlo Exson's deadlift of 660 lbs., in the 181 lb. class. This lift is the all-time best deadlift in all classifications and weight classes since powerlifting has been a sport in Mississippi High School. Carlo is a sophomore at Coffeeville High School. Coffeeville won the 1A/2A state championship. I have been the head powerlifting coach at Coffeeville for the past three years. (results by Coach Perry Liles)

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3	460 Washington, K..5/12/01	325 Petrencak, S..2/4/01	480 Snell, K..5/6/01	1179 Cunningham, T..9/14/00
4	440 Cunningham, T..9/14/00	308 Morishige, M..6/3/00	473 Milian, E..11/17/00	1124 Milian, E..11/17/00
5	410 Jones, J..3/24/01	303 Rinehart, T..3/4/01	462 Gutierrez, P..6/9/00	1110 Washington, K..5/12/01
6	405 Casarez, T..3/24/01	303 Wong, P..5/12/00	450 Falcon, J..3/24/01	1102 Weisberger, A..11/17/00
7	402 Taylor, W..7/8/00	281 Weisberger, A..11/17/00	447 Meadows, S..5/20/01	1075 Jones, J..3/24/01
8	402 Milian, E..11/17/00	275 Richard, E..7/8/00	445 Jones, J..3/24/01	1058 Gutierrez, P..6/9/00
9	400 Burkey, J..2/10/01	275 Garvey, F..4/29/01	445 Washington, K..5/12/01	1041 Richard, E..7/8/00
10	400 White, D..3/24/01	270 Smith, L..6/3/00	440 Sutherland, J..8/26/00	1036 Meadows, S..5/20/01
11	400 Niedoliwka, V..5/5/01	270 Snell, K..11/11/00	435 DiDonato, A..10/7/00	1035 Falcon, J..3/24/01
12	396 Weisberger, A..11/17/00	265 Miller..1/21/01	435 Tyree, V..3/24/01	1030 Tyree, V..3/24/01
13	391 Tyree, V..3/24/01	264 Whigham, A..4/21/01	425 Holloway, D..10/28/00	1025 White, D..3/24/01
14	390 Kamp, M..3/24/01	253 Cunningham, T..7/8/00	424 Weisberger, A..11/17/00	1014 Barleen, D..10/18/00
15	385 Falcon, J..3/24/01	253 Barleen, D..5/5/01	420 Herring, B..3/24/01	1005 Casarez, T..3/24/01
16	385 Rosen, I..5/5/01	248 Milian, E..11/17/00	418 Miskell, R..12/9/00	1003 Miskell, R..12/9/00
17	380 Harris, C..4/6/01	248 Meadows, S..5/20/01	418 Barleen, D..5/5/01	1000 Harris, C..4/6/01
18	375 Heckman, N..5/12/01	245 Snider, C..10/14/00	413 Morishige, M..6/3/00	1000 Niedoliwka, V..5/5/01
19	374 Avigliano, N..6/10/00	242 Harvey, H..3/4/01	413 Casarez, T..3/30/01	997 DiDonato, A..10/7/00
20	369 Kelii..10/7/00	240 Maddelena, G..2/4/01	413 Rosen, I..5/5/01	997 Harvey, H..3/4/01
21	369 Miskell, R..12/9/00	236 Dunnahoe, B..6/9/00	413 Shivaie, H..5/5/01	997 Rosen, I..5/5/01
22	369 Marrero, S..3/31/01	236 Chavez, J..11/13/00	407 Dunnahoe, B..6/9/00	975 Dunnahoe, B..6/9/00
23	365 Tharp, C..3/24/01	236 Rinn, S..3/24/01	402 Richard, E..7/8/00	970 Kelii..10/7/00
24	363 Gutierrez, P..6/9/00	235 Dern..11/17/00	402 Garcia, H..11/16/00	965 Herring, B..3/24/01
25	363 Richard, E..7/8/00	235 Moseley, T..3/24/01	402 Sanders, B..2/17/01	960 Holloway, D..10/28/00
26	363 Harvey, H..3/4/01	231 Gutierrez, P..6/9/00	402 Moseley, T..30/3/01	960 Anderson, B..3/24/01
27	360 Green R..2/10/01	231 Payer, J..8/26/00	402 Baumann, A..3/30/01	959 Moseley, T..3/30/01
28	360 Anderson, B..3/24/01	231 Sanders, B..2/17/01	400 Parker, P..10/7/00	950 Green, R..2/10/01
29	352 Fair, T..6/9/00	230 Pham, L..3/24/01	400 White, D..3/24/01	945 Ross, M..1/26/01
30	352 Barleen, D..10/18/00	225 DiDonato, A..10/7/00	400 Sanchez, A..3/24/01	942 Avigliano, N..6/10/00
31	352 Foret, S..3/30/01	225 Ross, M..1/26/01	400 Harris, C..4/6/01	942 Shivaie, H..5/5/01
32	352 Adkins, M..3/30/01	225 Carpenter, D..3/18/01	396 Foret, S..3/30/01	940 Sanchez, A..3/24/01
33	350 Ross, M..1/26/01	225 Pichay, V..3/18/01	391 Avigliano, N..11/17/00	931 Marrero, S..3/31/01
34	350 Moore, T..3/24/01	225 White, D..3/24/01	391 Harvey, H..3/4/01	915 Kamp, M..3/24/01
35	345 Holloway, D..10/28/00	225 Downs, C..3/24/01	391 Holmes, A..3/30/01	915 Heckman, N..5/12/01
36	345 Rodea, L..3/24/01	225 Alvarez, A..3/24/01	390 Barlow, J..4/6/01	914 Kusar, P..3/25/01
37	345 Brown, J..3/24/01	225 Bailew, E..3/24/01	385 Anderson, B..3/24/01	914 Foret, S..3/30/01
38	341 Meadows, S..5/20/01	225 Niedoliwka, V..3/30/01	385 Marrero, S..3/31/01	910 Moore, T..3/24/01
39	340 Herring, B..3/24/01	220 Murphy, G..6/3/00	380 Kelii..10/7/00	909 Adkins, M..3/30/01
40	340 Downs, C..3/24/01	220 Kelii..10/7/00	380 Jackson, D..11/3/00	905 Rodea, L..3/24/01
41	336 DiDonato, A..10/7/00	220 Jones, J..3/24/01	380 Pham, L..3/24/01	903 Fair, T..6/9/00
42	336 Shivaie, H..5/5/01	220 Sanchez, A..3/24/01	375 Nora, D..1/26/01	900 Bowman, R..2/10/01
43	335 Williams, C..7/8/00	220 Moore, T..3/24/01	375 Bosley, D..1/26/01	895 Kasseroler, D..3/24/01
44	335 Offield, R..3/24/01	220 Harris, C..4/6/01	375 Bowman, R..2/10/01	895 Offield, R..3/24/01
45	330 Dunnahoe, B..6/9/00	215 Green, R..2/10/01	375 Kasseroler, D..3/24/01	895 Brown, J..3/24/01
46	330 Lewis, P..3/16/01	215 Anderson, B..3/24/01	375 Rodriguez, R..3/24/01	895 Downs, C..3/24/01
47	330 Gomez, N..3/16/01	215 Walters, D..5/5/01	375 Niedoliwka, V..5/5/01	892 Baumann, A..3/30/01
48	330 Kasseroler, D..3/24/01	214 Radcliffe, S..8/5/00	375 Walters, D..5/5/01	890 Pham, L..3/24/01
49	330 Esparza, Z..3/24/01	214 Miskell, R..12/9/00	374 Lewis, P..3/30/01	890 Esparza, A..3/24/01
50	330 Zepeda, C..3/24/01	214 Kusar, P..3/25/01	370 Ross, M..1/26/01	890 Walters, D..5/5/01
51	330 Kusar, P..3/25/01	210 Jenkins, T..10/14/00	370 Rodea, L..3/24/01	887 Holmes, A..3/30/01
52	330 Moseley, T..3/30/01	210 Balke, P..11/4/00	370 Offield, R..3/24/01	881 Amsden..5/24/01
53	330 Watts, D..4/6/01	210 Giambalvo..11/17/00	370 Esparza, A..3/24/01	880 Williams, C..7/8/00
54	330 McCook, D..4/28/01	210 Casarez, T..3/24/01	370 Ivy, S..4/6/01	880 Alvarez, A..3/24/01
55	326 Murphy, G..11/3/00	209 Garcia, H..11/6/00	369 Vallott, B..3/10/01	870 Rodriguez, R..3/24/01
56	325 Rinn, S..11/4/00	205 Miller, J..6/10/00	369 Kusar, P..3/25/01	870 Zepeda, C..3/24/01
57	325 Bowman, R..2/10/01	205 Dallas, N..11/11/00	369 McCreary, B..3/30/01	865 Murphy, G..6/3/00
58	325 Amsden..3/10/01	205 Herring, B..3/24/01	369 Amsden..5/24/01	865 Rinn, S..11/2/00
59	325 Logston, D..3/24/01	205 Rice, M..4/6/01	365 Kenner, S..7/9/00	860 Tharp, C..3/24/01
60	325 Sullivan, C..4/6/01	205 Washington, K..5/12/01	363 Tucker, T..10/28/00	854 Tucker, T..10/28/00
61	325 Davis, J..5/12/01	203 Tucker, T..10/28/00	363 Finklestein, J..11/2/00	854 Warnke, C..3/30/01
62	320 Sanchez, A..3/24/01	203 Remiticado, J..11/16/00	363 Adkins, M..3/30/01	850 Barlow, J..4/6/01
63	315 Alvarez, A..3/24/01	203 Tyree, V..3/24/01	363 Heckman, N..3/30/01	848 Jackson, D..11/3/00
64	315 Lynch, C..4/6/01	200 Bowman, R..2/10/01	360 Williams, C..7/8/00	840 Watts, D..4/6/01
65	314 Holmes, A..3/30/01	200 Falcon, J..3/24/01	358 Branson, Z..5/19/01	837 McCreary, B..3/30/01
66	314 Warnke, C..3/30/01	198 Fair, T..6/9/00	355 Brown, J..3/24/01	835 Sullivan, C..4/6/01
67	314 Melancon, S..4/7/01	198 Zepeda, C..3/24/01	355 Clay, W..4/6/01	832 Finklestein, J..11/2/00
68	314 Maupin, M..5/12/01	198 Warnke, C..3/30/01	352 Fair, T..6/9/00	832 Smith, R..3/30/01
69	310 Rodriguez, R..3/24/01	198 Rosen, I..5/5/01	352 Au, B..6/10/00	830 Bailew, E..3/24/01
70	308 Finklestein, J..11/2/00	198 Amsden..5/24/01	350 Kamp, M..3/24/01	826 Branson, Z..5/19/01
71	308 Smith, R..3/30/01	195 Moledina, M..6/10/00	350 Lopez, J..4/6/01	820 Nora, D..1/26/01
72	305 Caraway, S..1/26/01	195 Bernath, J..8/5/00	350 McCook, D..4/28/01	820 McCook, D..4/28/01
73	305 Brazil, M..1/26/01	195 Henries, D..12/2/00	347 Smith, R..3/30/01	815 Lewis, P..3/16/01
74	305 Bailew, E..3/24/01	195 Brown, J..3/24/01	347 Melancon, S..4/7/01	810 Balke, P..3/10/01
75	303 Jackson, D..11/3/00	195 Austin, R..4/6/01	347 Dupuis, J..4/7/01	805 Ivy, S..4/6/01
76	303 Baumann, A..3/30/01	195 Heckman, N..5/12/01	341 Bryant, P..8/5/00	804 Wilson, J..3/30/01
77	303 McCreary, B..3/30/01	195 Stokes, M..5/12/01	341 Zepeda, C..3/24/01	800 Bosley, D..1/26/01
78	300 Walters, D..5/5/01	192 Bailey, D..6/9/00	341 Warnke, C..3/30/01	799 Vallott, B..3/10/01
79	297 Branson, Z..5/19/01	192 Avigliano, N..11/17/00	341 Xong, M..3/30/01	799 Maupin, M..5/12/01
80	295 Waller, L..3/17/01	192 Adkins, M..3/30/01	341 Burgagni, J..4/28/01	795 Reeves..1/14/01
81	295 Clay, W..4/6/01	192 Shivaie, H..5/5/01	341 Salem, N..4/28/01	790 Brown, M..4/6/01
82	290 Moore, M..4/6/01	192 Caldwell, S..3/01	340 Waller, G..6/3/00	788 Burgagni, J..4/28/01
83	290 Mollett, M..4/6/01	190 Heverley, W..9/23/00	340 Caraway, S..1/26/01	785 Caraway, S..1/26/01
84	286 Wilson, L..8/12/00	190 Holloway, D..10/28/00	340 Brocklesby, C..3/17/01	785 Lopez, J..4/6/01
85	286 Tucker, T..10/28/00	190 Toro..1/14/01	340 Moore, T..3/24/01	783 Datner, P..11/4/00
86	286 Datner, P..11/4/00	190 Rodea, L..3/24/01	340 Alvarez, A..3/24/01	782 Carpenter, D..3/18/01
87	286 Wilson, J..3/30/01	190 Kasseroler, D..3/24/01	340 Sullivan, C..4/6/01	780 Macy, J..11/18/00
88	286 Courville, S..3/30/01	190 Offield, R..3/24/01	340 Brown, M..4/6/01	780 Clay, W..4/6/01
89	285 Reeves..1/14/01	190 Esparza, Z..3/24/01	337 Patterson, C..11/16/00	775 Gordon, A..4/6/01
90	285 Vallott, B..1/20/01	190 Logston, D..3/24/01	336 Murphy, G..8/12/00	770 Lewis, V..4/6/01
91	285 Nora, D..1/26/01	190 Jenkins, D..4/28/01	336 Remiticado, J..11/16/00	770 Rice, M..4/6/01
92	285 McDaniel, S..3/16/01	189 Datner, P..11/4/00	336 Wilson, J..3/30/01	766 Bailey, D..6/9/00
93	285 Rodgers, E..3/16/01	187 Solais, T..9/16/00	335 Martinez, M..10/21/00	766 Courville, S..3/30/01
94	285 Hernandez, L..3/16/01	187 Bertram, B..3/24/01	335 Franklin, M..2/3/01	765 Bigiane, P..4/6/01
95	285 Barlow, J..4/6/01	187 Melancon, S..4/7/01	335 Lyons, T..2/3/01	760 Brazil, M..1/26/01
96	281 Edgar, B..6/3/00	187 Perry, J..4/7/01	330 Pollard, J..7/29/00	755 McNulty, D..11/3/00
97	281 McNulty, D..11/3/00	187 Baumann, A..3/30/01	330 Gnerre, B..11/18/00	755 Stokes, M..5/12/01
98	281 Coody, B..11/4/00	185 Pyeatt, B..6/3/00	330 Reeves..1/14/01	751 Wilson, L..8/12/00
99	280 Macy, J..11/18/00	185 Dugas, J..6/11/00	330 Balke, P..3/10/01	749 Payer, J..8/26/00
100	280 Pham, L..3/24/01	185 Williams, C..7/8/00	330 Carpenter, D..3/18/01	749 Siveny, D..1/20/01

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Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is $6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $6 per certificate or $21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - add 7% tax).

NEXT MONTH... TOP 132s

Corrections... . Randy Brooks reports that in the report of the Weightlifting Unlimited meet, Frank Lupis benched 335 lbs. rather than 305, and Petie Cropp did his 600 lb. press in the 275 lb. weight class. We certainly do apologize for any errors that our readers find in the various lists we publish, and we encourage you to please send any corrections to "PL USA ERRORS", Box 467, Camarillo, CA 93011. Sometimes we miss the lifts, sometimes the results are not available, and sometimes the bodyweights of the competitor are not indicated - there are several possible reasons for a mistake. (Sometimes, it takes a while to verify the correction.).

In the ad on p. 57 of the July 2001 issue of *PL USA*, for Dr. Darrell Latch's series of state fair meets, the Missouri State Fair competition will actually take place on August 12th, and the Indiana State Fair meet will actually be on August 18th.

WABDL N. Dakota State Meet
16 JUN 01 - Fargo, ND

BENCH PRESS
Women's Open
123
D. Siveny BL 160
4th 172
148
A. Alarcon 125
165
L. Puza 130
4th 135
Women's 40-46
123
D. Siveny 160
4th 172!
Men's Open
148
B. Mayo BL 275
198
D. Reeder 275
Men's 40-46
148
B.Mayo 275
Men's 16-19
220
C. Trionfante 275
4th 290
DEADLIFT
Women's Open
123
D. Siveny 285
148
A. Alarcon 250
4th 265
165
L. Puza 260
Men's Open
198
D. Reeder 420
Men's 16-19
220
C. Trionfante 495
Minnesota State Meet
BENCH PRESS
Men's Open
242
C. Oen 365
Men's Junior
198
J. Randt 365
242
C. Oen 365
Men's 16-19
148
D. Bristlin 280
Men's 54-60
198
D. Hawkinson 350

DEADLIFT
Men's Open
181
J. Icenhour 540
Men's Junior
198
J. Randt 575
4th 580
Men's 16-19
148
D. Bristlin 315
4th 330
Men's 54-60
198
T. Haggenmiller 530
D. Hawkinson 400
MIDWEST REGIONAL
BENCH PRESS
Men's Open
148
B. Mayo 275
Men's Junior
165
R. Snelling BL 350
242
C. Oen 365
Men's 40-46
198
D. Anderson 280
Men's 54-60
198
D. Hawkinson 350
T. Haggenmiller 320
DEADLIFT
Men's Open
165
R. Snelling 535
4th 555
Men's Junior
165
R. Snelling 535
4th 555
Men's 40-46
165
D. Felton 540
1908
D. Anderson 465
Men's 54-60
198
T. Haggenmiller 530
220
D. Johnson 620!
4th 630!
SHW
G. Rethwisch 530
Men's 80+
165
R. Stephan BL 337!
4th 345!

! - WABDL World Record. "Rich Edinger, who is a lawyer, put on a first rate meet. I was picked up at the airport in a big stretch limo - a nice touch. I would highly recommend this meet to any lifter in the upper Midwest. There was a lively get-together at a sports bar after the meet and some lifters from Minot Air Force Base partied at poolside at an indoor pool at the Doublewood. On to the lifting: Minnesota State Championship: In the bench press, Chris Oen set a Minnesota State Record in 242 open and junior with 365#. Josh Randt set a Minnesota State Record in junior 198 with 365#. Josh is very chiseled and he passed the drug test. He has many good years of lifting ahead of him. In teenage 16-19, 148# Dustin Bristlin set a Minnesota State Record with 280# and Dan Hawkinson did a very impressive 350# bench in age group 54-60 198#. In the deadlift portion of the Minnesota State meet Joe Icenhour did a fine 540 at 181#. In the open, Josh Randt with less than stellar form did 575 on a 3rd and ripped up 580 on a 4th. He was all aggressive animal in the way he ripped up his lifts. In the North Dakota State Championship, Diane Siveny set a world record on a 4th attempt with 172.5# in the bench press in master 40-46 123#. Diane also won the open division with 160# on a 3rd. She is the North Dakota USAPL State Chairwoman. In 148# open Aracelli Alarcon set a North Dakota State Record with 125# and Laura Puza benched 130# on a 3rd and 135 on a 4th for a North Dakota State Record at 165# open. In men's open, Bret Mayo benched 275 for a North Dakota State Record at 148# and was named Best Lifter. David Reeder set a North Dakota State record in open 198 with 275. In master 40-46, 148#, Bret Mayo set a North Dakota State Record with 275#. In men's teenage 16-19 220# class Cardyl Trionfante put up 290# on a 4th attempt for a North Dakota State Record. In the Deadlift, Diane Siveny set a North Dakota State Record in the open women's 123# with a nice 285. Aracelli Alarcon got a 265 at 148 for a North Dakota State Record and Laura Puza gave it her all on 260 at 165#. In the Midwest Regional, Ryan Snelling of Missouri set a Missouri State Record Bench Press of 350 at Junior 165#. In men's master 40-46, David Anderson set a Wisconsin State Record with 280# at 198 and in men's master 54-60, Dan Hawkinson set a Minnesota State Record with 350# to beat fellow Minnesotan Tom Haggenmiller, who did 320. Chris Oen of Minnesota set a Junior State Record at 242 with a 365 bench. Bret Mayo of North Dakota set a North Dakota State Record with 275 at 148 open. In the deadlift, Ryan Snelling pulled a huge 555 weighing 155 for a Missouri State Record in both Junior and the Open divisions. In men's master 40-46, David Felton of Green Bay pulled a very big 540 at 165! David Anderson, also of Green Bay, pulled 465 at 198. In men's master 54-60, Tom Haggenmiller pulled a 530 at 198, for a Minnesota State Record. At 220, 54-60, Dennis Johnson of Janesville, Wisconsin broke the World Record twice with 620 and 630!! Dennis is one of the best in the world in masters. The real story of the whole meet is 80 year old Robert Stephan, who drove from LaCrosse, Wisconsin by himself on Friday, June 15 - a 7 hour drive. Then he weighed in, had a few beers, went to bed, got up and broke the World Record twice - 337.5 and 345 at 80+ 165# class!! Then, he got in his car, after getting his trophy, and drove 7 hours and got home at 11:00 PM. I called him up to see if he was OK. He said "Two extra cups of coffee, and I was fine." That's impressive. We all lift weights to get strong, but I believe lifting for your health is the #1 reason we lift. Bob Stephan lives by that credo every day. The Midwest Regional was represented by lifters from Wisconsin, Missouri, Minnesota, and North Dakota. Diane Siveny was best lifter for women. Ryan Snelling was best lifter in open deadlift and Robert Stephan was the best lifter in master deadlift and Bret Mayo was outstanding bencher. Ryan Snelling, Diane Siveny and Dennis Johnson were also drug tested and passed. Paid attendance was 50. Paul Whitney, an old time lifter who knew all the old timers: Jerry Jones, McDonald, etc., was the M.C. He was the best I've ever seen. The judges were Troy Weippert, Rich Edinger, Ann Schuler and Gus Rethwisch. The scorekeeper was Julie Schulz. The loader spotters were Shawn Friday and Corey Grenz and Pat Torok was the loader. If you want to attend a class meet in a 4 Star hotel with a great indoor pool and very plush rooms with shuttle service from the airport and the meet site right at the hotel, and good, consistent, fair juding then Fargo is for you." (results from Gus Rethwisch)

***80 Year Old Robert Stephan** with WABDL North Dakota State Meet Director Rich Edinger (photograph provided courtesy of Rethwisch)*

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