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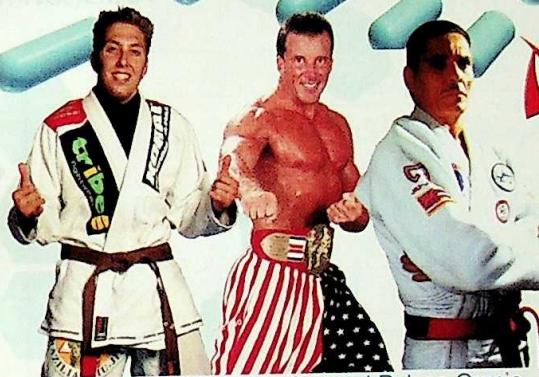
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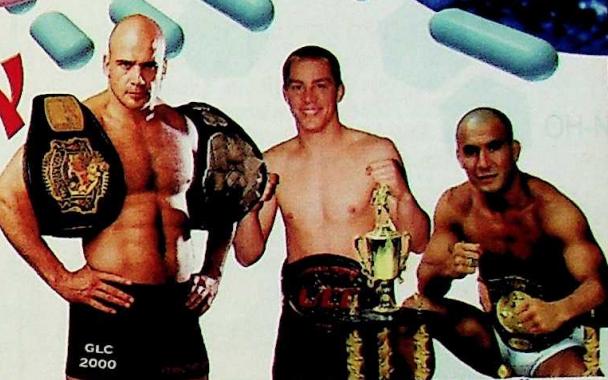
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Todd Margolis, Rob Fletcher and Relson Gracie

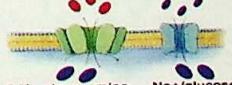
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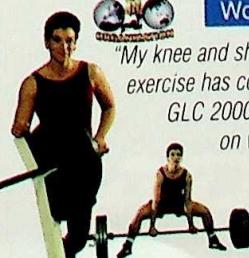
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Powerlifting USA

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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, through their own love for the sport this is their magazine."

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MUSCLE MENU

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ON THE COVER ... Jerry Capello, the lightest 50 year old plus man to pull 800 pounds at the WABDL Northwest Regional (results are on page 40) in a photograph taken by Phil Porter

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POWERLIFTING USA Magazine

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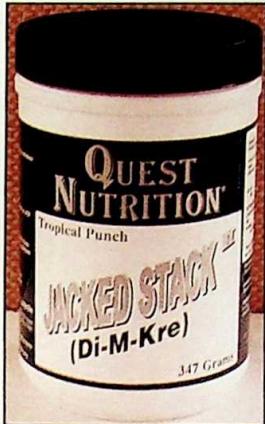


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THE PATH TO POWER

STERLE AND JOSAITIS

"RYAN KENNELLY IS LIKELY THE MOST SUCCESSFUL BIG BENCHER OF ALL TIME...HE HAS BEEN 700 PLUS IN COMPETITION MUCH MORE OFTEN THAN ANYONE ELSE, AND HIS PERFORMANCE RECORD IN THE BIGGEST OF BENCH CONTESTS HAS BEEN CONSISTENTLY PRODUCTIVE. IN THIS RARIFIED ATMOSPHERE OF NEW AGE BENCHING, HE IS JUST AS SMART A LIFTER AS HE IS STRONG A LIFTER." MIKE LAMBERT, EDITOR AND PUBLISHER, POWERLIFTING USA MAGAZINE, MARCH, 2005

"I'VE BEEN POWERLIFTING NOW FOR ELEVEN YEARS. SO, THIS IS NOT SOMETHING THAT HAPPENED OVERNIGHT. THIS IS SOMETHING I'VE PUT IN WORK FOR. I TAKE A HIT OF AMMONIA. I LOOK AT MY PARTNER. BASICALLY, I CAN GO THROUGH WALLS WHEN THAT'S HAPPENING. THEY CALLED IT 'HEADBUTTING'. MY TEAMMATES, SEE MYSELF BEING STOPPED. I THOUGHT 600. I THOUGHT 650, 700. NOW I'M 67 POUNDS AWAY FROM 800 POUNDS. NOBODY AND NOTHING IS GONNA GET IN MY WAY." - RYAN "BENCHMONSTER" KENNELLY, SUMMER, 2000, DURING A LOCAL NEWS TV INTERVIEW.

"HE'S THE STRONGEST BENCHER IN THE WORLD. RYAN HAS DONE 645 RAW. I'VE SEEN TED ARCIODI, KEN LAIN, JEFF MADDY, ANTHONY CLARK, BILL KAZMAIER, MIKE MACDONALD, RICK WEIL, PACIFICO, KIU TUITA AND JAMES HENDERSON. HE'S THE MOST IMPRESSIVE 700 POUND BENCHER I'VE SEEN." - LEGENDARY POWERLIFTING PROMOTER AND DEADLIFTER (OFFICIAL 865 POUND PULL) AND HOLLYWOOD SCREEN ACTOR (INCLUDING PLAYING "BUZZSAW" IN SCHWARZENEGGER'S THE RUNNING MAN) GUS RETHWISCH, POWERLIFTING USA, 2000

"THE ONLY REASON I BENCHED 800 IS BECAUSE OF SCOT MENDELSON. AFTER SEEING HIM AT THE ARNOLD I HAD TO GET ON MY HORSE AND START RIDING, OR TRAINING, LIKE A MADMAN. I WANT HIM TO BEAT MY RECORD. THAT WILL MAKE ME TRAIN EVEN HARDER, AND SO ON. THIS IS JUST A HOBBY. NONE OF US ARE GETTING RICH OFF OF THIS. I WISH WE WERE. BUT IT'S JUST GOOD COMPETITION. I WISH HE WOULD GIVE ME SOME ADVICE ON HOW TO GET MY RAW BENCH UP TO THAT LEVEL, SO I CAN BENCH 700 RAW AS WELL. I CAN DO A 670 RAW NOW BUT THAT'S NOT ENOUGH. IN MY MIND SCOT MENDELSON WILL BENCH 850. I TOLD HIM THAT ON THE PHONE AND HE WILL! SO I HAVE TO BE AT THAT LEVEL TOO. I FEED OFF OF WHAT HE DOES, LIKE THE 701 RAW. I HAVE TO REALLY PUSH MYSELF FROM HERE ON OUT. I THINK THE ARNOLD CLASSIC WILL BE A GOOD BATTLE OF THE MONSTERS!!!!!!" - RYAN KENNELLY, OCTOBER 15TH, 2002, POWERLIFTING FORUM, WWW.POWERMAGONLINE.COM

February
1st A

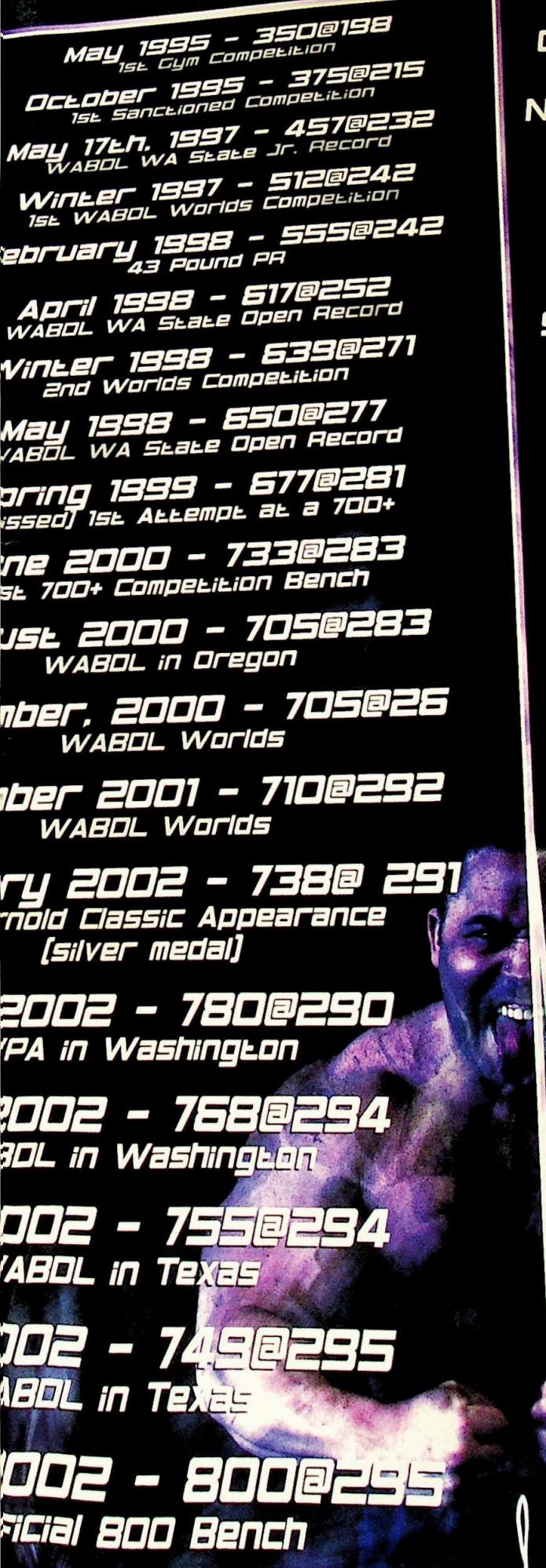
May

May
WA

May
2

July
2

August
1st O



May 1995 - 350@198
1st Gym Competition
October 1995 - 375@215
1st Sanctioned Competition
May 17th, 1997 - 457@232
WABOL WA State Jr. Record
Winter 1997 - 512@242
1st WABOL Worlds Competition
February 1998 - 555@242
43 Pound PR
April 1998 - 517@252
WABOL WA State Open Record
Winter 1998 - 639@271
2nd Worlds Competition
May 1998 - 650@277
WABOL WA State Open Record
Spring 1999 - 677@281
missed 1st Attempt at a 700+
June 2000 - 733@283
1st 700+ Competition Bench
July 2000 - 705@283
WABOL in Oregon
September, 2000 - 705@26
WABOL Worlds
October 2001 - 710@292
WABOL Worlds
January 2002 - 738@ 291
Arnold Classic Appearance
(silver medal)
February 2002 - 780@290
WPA in Washington
March 2002 - 768@294
WABOL in Washington
April 2002 - 755@294
WABOL in Texas
May 2002 - 749@295
WABOL in Texas
June 2002 - 800@295
Official 800 Bench

October 2002 - 710@303
WPA in Washington
November 2002 - 766@304
WABOL Worlds
March 2003 - 766@298
Arnold Classic Gold Medal
April 2003 - 710@303
WPA in Washington
September 2003 - 765@275
WPA in Washington
November 2003 - 750@300
APA in Idaho
December 2003 - 804@299
WABOL Worlds
March 2004 - 821@303
Arnold Classic (bronze medal)
March 2004 - 850@294
APA in Washington
July 2004 - 855@299
PRIDE in Idaho
December 2004 - 902.5@308
1st Official 900 Bench
February 2005 - 854@308
1st FIT Expo Appearance (1st place)
March 2005 - 848@308
Arnold Classic (gold medal)
May 2005 - 840@308
1st Push Pull Contest
September 2005 - 771@308
1st BenchAmerica Appearance
(Drug Tested and Limited Gear)
(silver medal)
October 2005 - 854@308
WPO Bench Bash For Cash (1st place)
February 2006 - 826@308
FIT Expo (2nd place)
March 2006 - 826@308
Arnold Classic (gold medal)

TO WIN MENDELSON'S PRO SHOW IN L.A. AND A 402 POUND BENCH IN THE 165 POUND CLASS YEAR'S ARNOLD CLASSIC! RYAN WAS HOME LAST WEEK TO SUPPORT BJ DIRK, HIS 1ST LIEUTENANT, WHILE HE PREPARED FOR HIS NEXT NO HOLDS BARRED FIGHT (BEEJER'S ALMOST AS MUCH AN AVID SUBMISSIONS GRAPPLER AS HE IS A BENCHER AND HE ENDED UP WINNING THAT BOUT!) SO I MANAGED TO GET HIM ON THE PHONE TO PICK HIS BRAIN FOR A FEW MINUTES.

SEAN - YOU'VE HAD A LOT MORE ACCURACY WITH YOUR PRO SHOP LIFT ATTEMPTS THAN THE OTHER HIGHLY ACTIVE COMPETITORS (OTHER BENCHERS WHO SHOW UP TO MOST OF THE BIG SHOWS.) SINCE THE 2004 ARNOLD CLASSIC, YOU'VE DONE 6 APF/WPO PRO EVENTS AND YOU'VE MADE AN 821 OR BETTER AT EVERY SHOW. YOU ALSO BENCHED AT BENCHAMERICA 3 (DRUG TESTED AND BENCH SHIRTS LIMITED TO SINGLE PLY FABRIC) AND YOU TIED FOR THE BIGGEST LIFT OF THE SHOW WITH A 777. COMPARE YOUR RESULTS WITH TINY MEEKER'S (THE BENCHER WHO OUT LIFTED KENNELLY AT THIS YEAR'S FIT EXPO WITH A 942) WHO'S BOMBED OUT AT 3 OF THE 4 APF/WPO PRO SHOWS HE'S BEEN AT SINCE SPRING 2004 AND WHO BOMBED AT 1 OF THE 2 BENCHAMERICA SHOWS HE DID AND POSTED A 665 AT THE OTHER AND MENDELSON WHO PRESED OFFICIALLY BENCHRESSED THE BIGGEST "NO BENCH SHIRT" LIFT IN HISTORY WITH A 715 AT THE NEW ENGLAND RECORD BREAKERS BUT WHO BOMBED OUT AT THE 2004 AND 2006 ARNOLD CLASSICS. I THINK THAT ONE FACTOR IN THESE RESULTS IS THAT YOU'RE COMING IN WITH A REASONABLE OPENING ATTEMPT AND YOU'RE NOT WEARING A SHIRT THAT'S SO RESTRICTIVE THAT YOU CAN'T GET A SUB MAX BENCH TO TOUCH YOUR CHEST BUT I THINK THAT THE OTHER PART OF THE EQUATION IS YOUR TRAINING PROGRAM. WHAT ARE YOU DOING IN THE GYM TO GET READY FOR THESE CONTEST ATTEMPTS?

KENNELLY - I LIKE TO PERFORM FULL RANGE, HEAVY TRIPLES IN MY SHIRT EVERY OTHER WEEK AND THEN HEAVY SHIRTED TRIPLES ON THE ALTERNATE WEEKS. AFTER I WORK THESE HEAVY TRIPLES I TAKE OFF THE BENCH SHIRT AND ROCK OUT 5 HEAVY SETS OF 5 REPS EACH. AFTER ENCHING I FOLLOW UP WITH MY TRIED AND TRUE ROLLING DUMBBELL EXTENSIONS ON THE ENCH OR ON THE FLOOR. IN THIS TRAINING I'M ALSO FOLLOWING A MAPPED OUT PEAKING SCHEDULE OF PERCENTAGES THAT ENSURES THAT I'M AT OR NEAR MY STRONGEST POINT IN THE CYCLE DURING A CONTEST. TO GET MYSELF READY FOR MY RECORD SETTING 902.5 POUND BENCH PREPARED MY CENTRAL NERVOUS SYSTEM BY WORKING UP TO A DOUBLE WITH 900 OFF OF A 2 BOARD, THEN A SINGLE WITH 900 OFF OF A 1 BOARD AND THEN A SINGLE WITH 990 OFF OF A 2 BOARD. I WORKED UP TO THOSE WEIGHTS OVER THE COURSE OF WEEKS AND WAS HITTING THOSE NUMBERS JUST PRIOR TO COMPETITION. SO, WHEN I RUSHED THE PLATFORM TO TACKLE THE 902.5 FULL RANGE I WAS PSYCHOLOGICALLY PREPARED AND CONFIDENT.

SEAN - WHAT'S SOME OF THE PREPARATION WORK THAT YOU DO PRIOR TO THESE HEAVY DUTY SINGLES AND DOUBLES?

KENNELLY - TO GET ACCUSTOMED TO THE WEIGHT, WE PERFORM LOCKOUT TRAINING USING 3, 4 AND 5 BOARDS. THIS LOCKOUT WORK UTILIZES BAND TENSION OF AT LEAST 200 POUNDS. I HAVE TO TEAM TRAIN 5 WORKING SETS OF 5, AFTER WARMING UP, FOR EACH EXERCISE. THERE'S ONLY ONE WAY TO GET ACCUSTOMED TO THE WEIGHT. YOU HAVE TO HANDLE IT IN THE GYM, PERIOD. MY VORITE "BEYOND MAX" TRAINING LIFT IS REVERSE BAND PRESSES WITH 100 POUNDS OF BAND SUPPORT. THIS LIFT ALLOWS ME TO HANDLE THE BIG NUMBERS AND MOVE IT AROUND WITH MY BENCH SHIRT ON. I TRAIN THESE REVERSE BAND PRESSES FULL RANGE AND OFF OF BOARDS. THAT'S HOW I GOT MY FIRST TASTE OF 1000 POUNDS. MAKE SURE THAT YOU HAVE PLENTY OF COTTERS WHEN GOING INTO THESE UNCHARTED WATERS! MY BUILD UP FOR THESE IS 135X10, 315X5, 405X2, 495X1, 585X1, (PUT ON BENCH SHIRT) 700X2 OFF 2 BOARDS, 800X2 OFF 1 BOARD, THEN (USING A 2 BOARD THIS PARTICULAR DAY) 900 FOR 1 REVERSE BAND PRESS OFF 1 BOARD AND THEN ADD WEIGHT FROM THERE AS NEEDED. MY TEAM ALWAYS SHIRTS UP WHEN WE GET TO AROUND 75% OF OUR CONTEST MAX IN BAR WEIGHT.

SEAN - YOU LOOKED SUPER SWOLE THIS LAST FALL AT THE BENCH BASH FOR CASH (WHERE KENNELLY WON WITH AN 854.) WHAT WERE YOU DOING IN THE KITCHEN TO PACK ON THAT KINDA MASS?

KENNELLY - WELL, MY DIET PROGRAM CHANGED A BIT FROM DAY TO DAY, DEPENDING ON WHETHER I WAS DINING AT HOME OR AT A RESTAURANT. BUT, WHAT I BASICALLY TRIED TO FOLLOW WAS MEAL 1 WAS A LARGE BOWL OF HEALTHY CEREAL OR OATMEAL, SIX EGGS, COFFEE, MILK AND ORANGE JUICE. MEAL 2 WAS EITHER AN ECLIPSE "THE SHAKE" RTD CAN OR A CHAMPION NUTRITION SUPERHEAVYWEIGHT GAINER SHAKE AND THEN I TOOK 1 ECLIPSE COMPLEX 24 MULTIVITAMIN AND SOME ESSENTIAL FATTY ACID CAPSULES. FOR MY 3RD MEAL I'D EITHER MAKE A GREEN SALAD WITH A CAN OF TUNA MIXED IN OR I'D MAKE A COUPLE BIG TUNA FISH SANDWICHES AND I'D MIX 5-10 GRAMS OF ECLIPSE CREATINE INTO A GLASS OF WATER. MEAL 4 IS ANOTHER ECLIPSE RTD DRINK CAN OR A MUSCLE MILK SHAKE AND ANOTHER ECLIPSE MULTIVITAMIN. MEAL 5 WOULD BE EITHER A BIG STEAK AND A BAKED POTATO OR A WHOLE FAMILY PACK CORTON'S FISH STICKS. AN HOUR OR TWO LATER I'D HAVE A GLASS OF ORANGE JUICE WITH 10 GRAMS OF ECLIPSE BRAND GLUTAMINE AND A GLASS OF WATER WITH 5-10 GRAMS OF ECLIPSE CREATINE. FOR MEAL 6 I'D EITHER MAKE A BIG HAMBURGER OR A PLATE OF PASTA WITH 100% BEEF AND I'D ALSO EAT A SIDE SALAD AND A BOWL OF FRESH FRUIT. THEN, JUST BEFORE I'D TAKE IN ANOTHER PROTEIN DRINK AND A GLASS OF WATER. FOR ADDITIONAL SNACKS I'D SNACK ON MUSCLE SANDWICHES AND MILK BETWEEN MEALS. MUSCLE SANDWICHES ARE SO GOOD THAT I DON'T EVEN NEED TO BE HUNGRY TO EAT THEM AND MY BODY DIGESTS THEM QUICKLY.

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MENDELSON CLASSIC
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WARM UP ROOM

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800+ POUND CONTEST BENCHES
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405X20 THEN 315X20
UNCENSORED TALK
100% HARDCORE!

RYAN
BENCHMONSTER
KENNELLY'S
PREMIER
HARDCORE LIFTING
DOCUMENTARY!

HOUSE OF PAIN
IRONWEAR
COPPER TODAY!

THE NEWEST "EQUIPMENT" TO JACK YOUR STRENGTH!

At 198 lbs. and using only a single ply shirt, Dennis Cieri broke the IPF World Record Bench Press with a 590 lb. bench! What helped him get there? Dennis says, "It wasn't a triple or quadruple ply shirt—it was hardcore training and hardcore nutrition provided by MHP's TRAC Extreme-NO and Up Your MASS!" These revolutionary supplements blasted Dennis' bench to the next level!

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Just one scoop of this Nitric Oxide powerhouse formula before training will give you the most intense training session ever! TRAC Extreme-NO provides explosive power, maximum muscle growth, insane energy and mind blowing muscle pumps that last for hours. Leave the ammonia at home, because with TRAC Extreme-NO, you're not gonna' need it. TRAC Extreme-NO is the first pre-workout supplement with NitroFolin-ATP™, a new patent protected, Nitric Oxide-maximizing technology that combines Arginine, Biofolin™ and other co-factors to override the body's natural NO inhibitors, allowing for uninhibited, unrestricted and unparalleled strength and fiber-tearing muscle pumps!

UP YOUR MASS

Where there is massive strength, there is dense nutrition. The proprietary nutrient blends in Up Your MASS feed your muscles ultra-dense nutrition 24/7, giving your body the ammo it needs to blow your strength gains sky high! Formulated to the precise Macrobolic Nutrition ratio of 45% carbohydrates, 35% proteins and 20% fat, Up Your MASS creates the ideal metabolic and hormonal environment to increase muscle size, strength, endurance and recovery. Loaded with 46 g of high-powered Proabolic protein, low glycemic carbs provided by oats and barley and EFAs like flax and CLA, Up Your MASS provides the perfect nutrition base to fuel your hardest training sessions.



"This was the best I've ever felt going into a bench meet. My 501 RAW opener was light! MHP's TRAC Extreme-NO and Up Your MASS made a huge impact on my strength!"

Dennis Cieri

501 RAW opener - 590



MHP

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INTERVIEW

KARA BOHIGIAN interviewed by Mike Lambert

ML: What sort of knee surgery did you have? I understand there were some complications. Does this have long term implications for your squatting, etc.? I am assuming that because of the surgery and the brace, you had to flare your legs further out to the side to achieve the kind of stability you want in the bench.

KB: I had surgery to reconstruct my ruptured ACL using 1/3 of my patella tendon for the graft along with repair of a torn meniscus and a fractured knee cap. The ACL is 100% now, but the knee cap fracture is still healing and giving me trouble. While I thought this would be this would be extremely detrimental to my squat, I now believe the long term implication may be some new PRs! The significant quadricep atrophy that accompanies this surgery, along with the knee cap complications have forced me to abandon my close stance, Olympic-style squat in favor of the wide stance, knees out form. Louie Simmons suggested I squat like this after seeing me miss a 562 attempt with my narrow stance back in 2004. I wish I'd taken his advice sooner as I'm far stronger and more powerful out wide and can take advantage of my natural leverages that have given me success in the sumo deadlift.

Fortunately, both my conventional and sumo deadlift were not harmed by the surgery and I'm already back in PR territory despite minimal training. I spent many, many hours doing grueling sled work to rehabilitate my knee (thanks to wise recommendations by Louie Simmons and Jim Hoskinson) along with a great deal of heavy back work for my bench, and I believe that training preserved my deadlift.

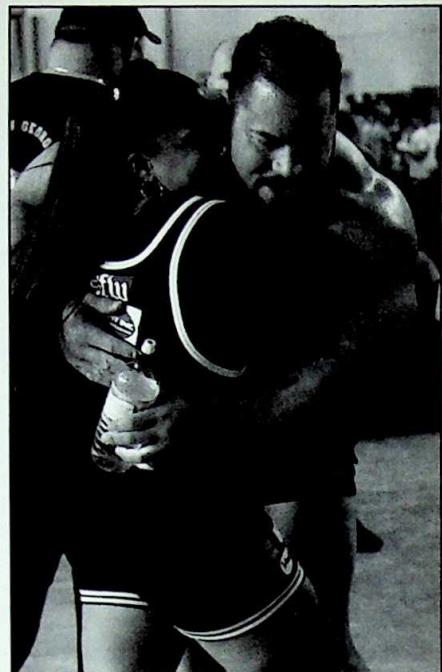
My knee surgery also made it impossible for me to bench with my feet tucked under me like I loved to do. Even when I regained enough flexibility, the pressure on my knee cap would cause painful swelling and limping for days afterward. House of Pain's Mark Phillips suggested I put my feet in front of me and sent me a whole bunch of PL USA's with pictures of George Halbert and Matt Lamarque utilizing this stance with great success. Moving my feet to the front alleviated the pressure on my knee, but I had to move my feet out very wide to achieve stability, as you noted, and lock my legs straight so as not to irritate my knee cap. The wide stance is a perfect match for my wide grip and

creates a rock solid base!

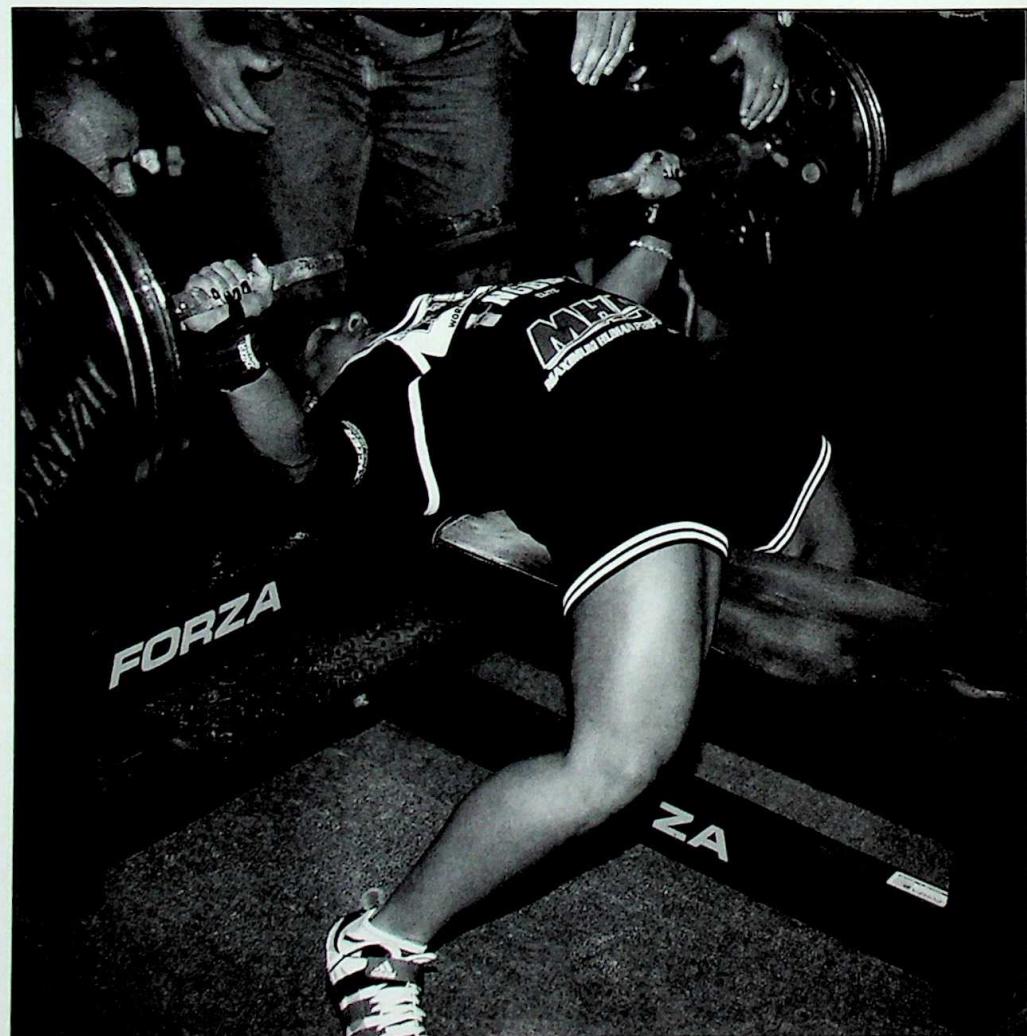
ML: You've found success using a looser bench shirt. Had you been in the situation of using tighter and tighter shirts in the past, without getting much more out of it? Does the looser shirt put the support just at the point you need it, more so than being tight throughout the lift? Was this discovered by intent, or accidentally?

KB: You are exactly right about the looser shirt putting the support just where I need it. My Rage X is loose enough to easily put on by myself, yet I get better results than with all the smaller shirts I've tried. Triceps are my genetic gift, so if I can just get support through the first few inches of the ascent I'll gladly grind the weight to lockout. I realize a tighter shirt may give me more rebound, but with that often comes a fight to touch the chest and a minuscule margin of error. I'd rather have to work harder to lock out and make more successful attempts, than have difficulty touching or risk coming out of my groove. In "Bench Shirt Utopia" I'd be able to touch comfortably, get huge rebound off my chest, and maintain a perfect line every time, but for now I've made 12 out of 15 of my last contest bench attempts, so I'll just keep on grinding.

Re-uniting with my estranged (loose) Rage X bench shirt was certainly not intentional and a rather amusing irony. Though I'd hit my previous PR of 385 in it in



TEN 400 lb. plus benches in 28 days! For a while she thought she'd never break 400!! Above, she is congratulated by Ryan Kennelly



A New PR by 66 pounds! ... from an already lofty 385 @ 148 at the WPO Finals in October 2004 (above)

2004, things went spiraling downward after that when I tried smaller sizes and continued to wear the shirts improperly. I had completely sworn off the Rage X until I stumbled across a internet post by Vincent Dizenzo about how he'd been unsuccessfully messing around with 6 shirts and Bill Crawford made him pick his least favorite and learn to operate it. I'm ashamed to admit I was entertaining 12 to 15 different shirts before my 'intervention'.

The Rage X was hands down the perfect candidate for Metal Militia's "master your worst shirt" philosophy. To really make myself suffer I opted to wear it stock, with a closed back and high neck, which was very awkward for me as I wore all my shirts open back with the neck pulled so low that you couldn't even see it under my singlet.

Much to my surprise, my first workout was a huge success. The tight closed back offered unfathomable shoulder stability and the higher neckline provided support off my chest that I hadn't experienced in any other shirt. All this time I had been trying to wear the Rage X like an open back denim. I got to thinking about how many of the top benchers were wearing these new age polyester shirts in single ply and obliterating the numbers they'd put up in double denims. Tiny Meeker, Steve Wong, Mike Womack and Jason Jackson came to mind. I scoured the pages of

PL USA to see exactly how they were wearing the shirt and every one of them had it with a high neck and tight closed back. Tiny Meeker, who has helped me so much, explained that the Rage X is already designed to mimic the results of an open back denim, so cutting the back and pulling it too low is detrimental.

Each workout was better than the last. It seems like every week I became more comfortable and 'fluent' in my shirt. I also learned how much easier it is to make progress when you train consistently in the same equipment, which I imagine applies to the squat and deadlift as well.

ML: You've been training 'Strict Standing Overhead Presses' ... by that I guess you mean you don't lean back at the start of the press. How did you come up with this idea? Was it just because it allowed you to press without involving stress on the knees?

KB: I'm very lucky that my Olympic Lifting coach John Coffee is so supportive of my equipped powerlifting endeavors. Although his primary focus is Olympic Lifting, his knowledge base is infinite and transcends any strength feat or odd lift you could concoct. I knew that despite never coaching a shirted bench presser he would still somehow mastermind a valuable contribution to this exercise.

I told Coffee that I needed brutally strong triceps and shoulders for my style of shirted

bench and that seated and laying pressing movements were still precarious with my knee. It was almost unbelievable how quickly he located his pristine 1966 copy of Strength & Health magazine from his vast archives, knew exactly which page to turn to for Bill Starr's article "Views on Training for the Olympic Press" and placed it on my lap, motioning for me to read.

I began overhead training immediately. It was such a relief to do a heavy pressing exercise without constantly worrying about my knee or having to wear my brace. Coffee was very excited about me "benching standing up" as I called it, and diligently coached every one of my workouts. I believe this exercise has an impact to my shirted bench on par with all my years of raw benching! When performed with no back lean or leg drive, you'll be hard pressed to find a movement more taxing to the triceps, deltoids, and core!

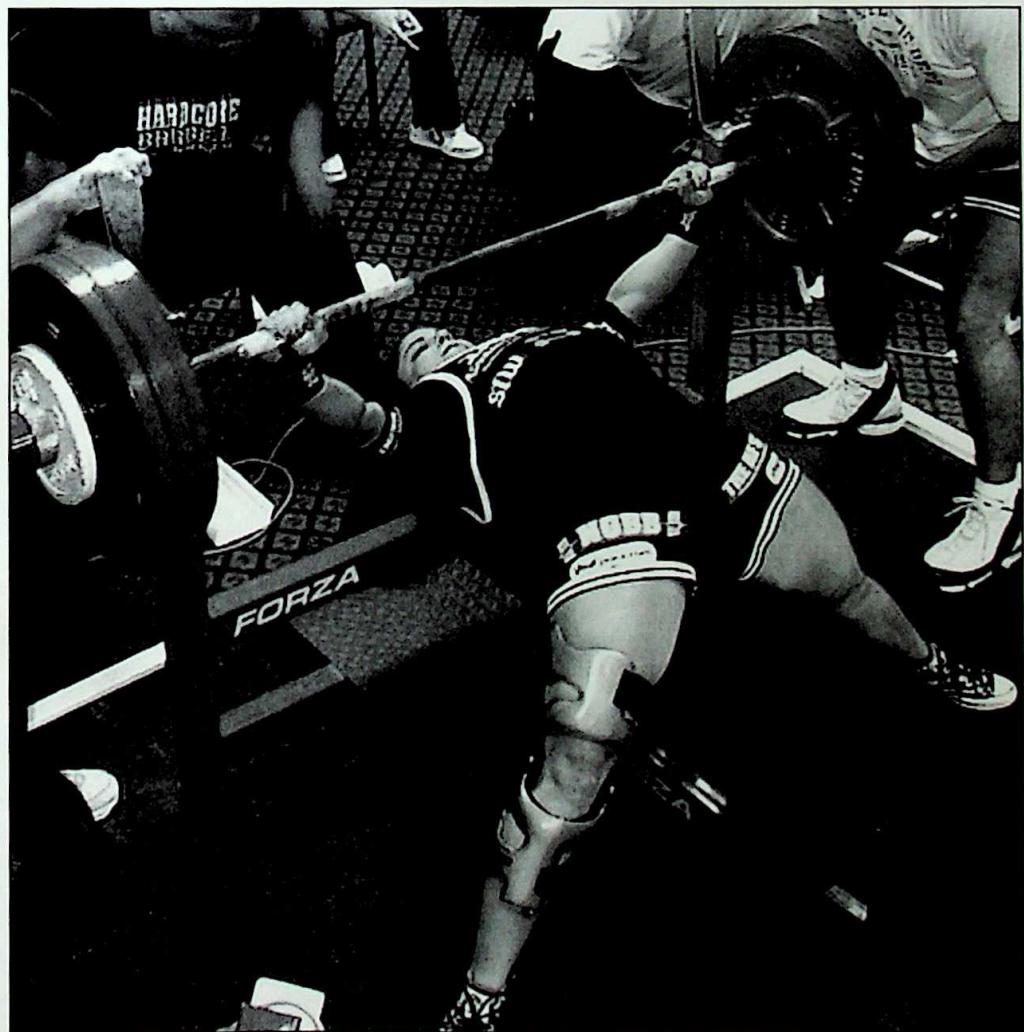
ML: How do you use chains in your workouts?

KB: This last training cycle I opted to try something a bit different. Instead of using a relatively light bar weight and a large amount of chain, I used fairly heavy bar weight with only 40 pounds of chain for full range reps. This allowed me to learn to handle challenging weights through a full range of motion while providing just enough extra resistance to work on top end strength. I added the chain to the bar at the beginning of my workout and did full range reps the whole way through. The results were excellent, so I will keep experimenting with different chain combinations and possibly band tension.

ML: How long did it take you to gain 65 lbs. on your PR before this big surge ... 2-3 years? The last few weeks must just seem like magic ... do you feel a lot stronger, or do you feel your technique is just that much more effective ... or both? Is there yet more to come?

KB: At the 2003 WPO Show of Strength I benched a very easy 374. At the very same meet in 2004 I ground out a limit hard 385 and missed 402. So an 11 lb PR in a year followed by 18 months of none whatsoever. The only other time I experienced gains in the 65 pound rage was when I was still new to powerlifting and just learning the equipment.

My deltoids are a lot stronger now thanks to overhead pressing. This shoulder power combined with my new technique and mastery of the Rage X is what allowed me to utilize the tricep strength I had all along. Prior to my knee injury, as a three lift powerlifter and Olympic lifter, I never put this kind of emphasis on mastering the bench shirt. I'd just train raw and throw it on a few weeks out. Even with my return to full meets I will continue the training style and shirt work necessary to increase my equipped bench numbers. With focus on training smart, strategic, and injury-free I hope to keep the PRs coming for many years.



to 451 weighing 154 at the APF Alabama State Meet (above). Note how the leg position has changed

WORKOUT OF THE MONTH

KARA'S WORKOUT

Routine for a 500 pound bench press. Let me preface this workout by saying that as a former Olympic lifter I respond well to very high volume, and I'm also considered somewhat of an overtraining lunatic by my peers. Ryan Kennelly has graciously agreed to be my guinea pig on this routine, but he has informed me that I already ran off two of his training partners due to the exorbitant raw work loads.

Before I begin my shirted bench workout I perform an entire high rep raw routine (10, 8, 6, 4, 2, 5x5, etc.) alternating between full range and 2 boards every other week. I believe building and maintaining a raw foundation (on all lifts) is crucial, so try to get in as much unequipped volume as you can tolerate while you're warming up to your work weights.

If you feel overtrained, by all means make it a light day and work on your form and technique. Sometimes it's best to let your body dictate your recovery days rather than a calendar. Just be sure you're adequately rested for the contest so you can feel fresh and explosive on the day it counts the most.

I should also add that my training methods are constantly evolving almost to the point where I consider every routine to be somewhat experimental. I'm always learning new ideas to incorporate, and in this rapidly changing era in powerlifting there is certainly no one routine that fits all. But for an equipped bencher, who likes to train their butt off, is willing to try something alternative, and is aiming for a 500

pound bench press, give this routine a shot.

Train in your shirt and learn to master every fiber of it. Try to make all weights touch, but if you can't, just push the weight back up and try to touch on your next rep. The full range weights start off relatively light so you can establish precise groove, timing, and accuracy for when things get heavy. Chains should be set up so they are barely touching the floor at lockout.

WEEK 1: 365+ 40 lbs chain x 3 sets of 5

WEEK 2: 2 boards - 405x5, 430x5, 455x5

WEEK 3: 395 + 40 lbs chain x 3 sets of 4

WEEK 4: Rest week - just do raw work

WEEK 5: 2 boards - 485x4, 500x2, 1

board - 465x2, Full range - 450x1

WEEK 6: 425 + 40 chain x3, 450 + 40

chain x2, 470 + 40 chain x1

WEEK 7: 2 boards - 505x3, 530x1,

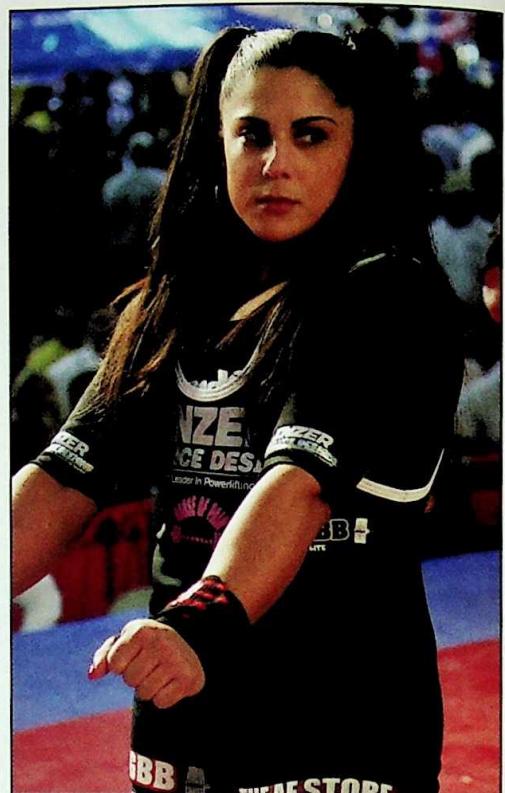
550x1, 1 board - 510x1, Full range -

Take a weight a little heavier than your opener with a pause and rack command. Being able to do this pre-exhausted will be a huge confidence builder for the meet.

WEEK 8: Rest week - light raw work

WEEK 9: Contest

On a separate assistance day, the main emphasis is on the standing overhead press. Other exercises include seated military press with no back support, side and rear lateral raises, incline dumbbell presses, weighted push-ups, and heavy tricep push downs. The standing overhead press should be performed as strictly as possible with absolutely no leg drive, just dead weight off the chest, and no bend in the back whatsoever. This will make embarrassingly light weights extremely hard so be sure to perform your OHPs when no one is looking! Most people are horrified at the weights they have to use on this exercise ... even compared to seated military press. For reference, being able to do either



A Looser Shirt ... combined with a new training exercise, and lifting form equals huge new gains

your bodyweight or half of your raw bench for one immaculate rep would be a huge feat. Cycle your reps in accordance with the contest. 12, 10 and 8 rep sets at the beginning of your training, 6 and 5 rep sets in the middle, then 3s, 2s and 1s until the meet. Play your volume and weight selections by ear, starting light and adding weight as your overhead strength and form improves.



A hybrid training plan ... Old and New ... she trains with chains along with a 1966 STRENGTH & HEALTH overhead pressing program

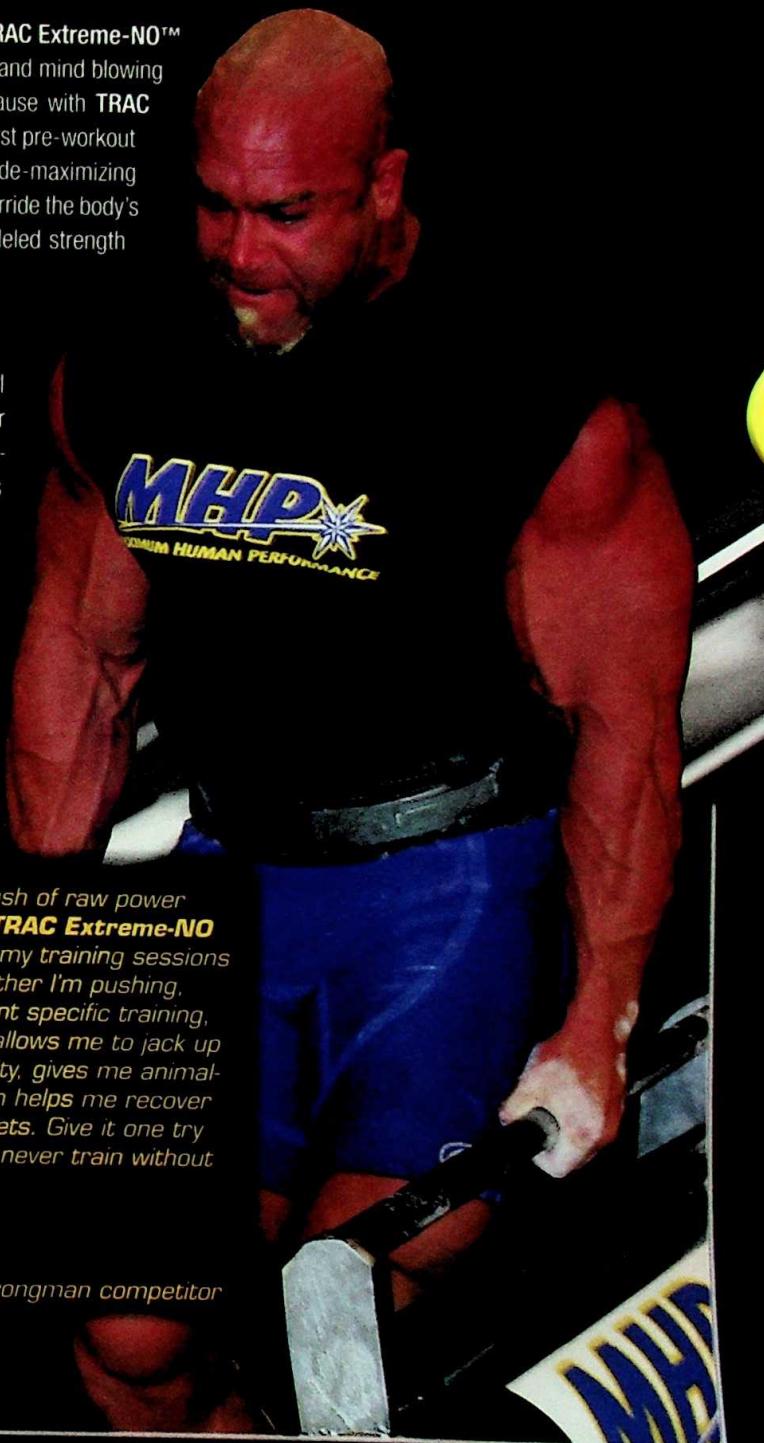
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*"What an insane rush of raw power and energy! I take **TRAC Extreme-NO** 30 minutes before my training sessions and no matter whether I'm pushing, pulling or doing event specific training, **TRAC Extreme-NO** allows me to jack up my workload capacity, gives me animal-like energy and even helps me recover faster in between sets. Give it one try and I promise you'll never train without it again!"*

*Jon Andersen
Top-ranked pro Strongman competitor*

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TRAINING

THINGS YOU SHOULD KNOW as told to Powerlifting USA by Louie Simmons

Did you know there are three main methods of weight training?

The Dynamic Method

This method develops and

improves a fast rate of force development, or explosive strength. Approximately 60-90 lifts per month should be devoted to explosive strength.

The Repetition Method

We use the repetition method to near failure. The number of reps should be limited to just before the point of failure. It is not intended for the squat, deadlift, bench press, clean, or snatch, but rather special exercises such as lat work, tricep work, back extension work, ab work, and exercises that attempt to isolate a muscle group.

You cannot determine a 1-rep max from a rep max. Why? Men and women possess different muscle types. The more fast twitch, the worse one will be with reps because they hold less oxygen per cell. Someone who has an abundance of slow twitch fiber will have greater endurance because they can't contract the muscle as intensely. In addition, a novice cannot use as much muscle fiber as an advanced lifter.

Everyone should know that HIT (high intensity training) is really low-intensity training, by looking at the intensity zones. High intensity is defined as 1 to 2 reps at 90% and above. Doing 8 or more reps is low intensity. When doing high repetitions, you produce less force with each rep. When lifting 300 lbs. in the bench for reps, each successive rep has less force. If you go to failure and miss with the 300 lb. bench, it should be obvious that the missed rep produced less than the 300 lbs. of force. This system builds muscular endurance in a fatigued state.

Maximal Effort Method

Using this method, one works up to a 1-rep max in a barbell exercise: rack pull, box pull, floor press, incline press, low box squat, parallel box squat, etc. At Westside, our maximal effort method is copied after the *Bulgarian System*: the most weight lifted on a particular training day. This may not be an all-time max, but rather the max weight lifted depending on your state or preparedness. If your best floor press is 500 and you make a true max single of 480, you are at 96% of your best. One should

always be at least at 90% of your best, or it becomes too strenuous to regain top form.

After a good warm-up, 3 lifts are performed. One at about 90%, then one at near max, or a small max, then one more. For Olympic lifting, the lifts done at greater than 90% are 4-10, according to A.S. Prilepin's findings. Our findings at Westside for near-max work or circa-max lifts are that Prilepin's Chart works fine, but when attaining a true absolute max, no more than 3 lifts should be performed. This is because powerlifts take longer to perform. This means that the time under tension is much longer. After gathering this information for the past 35 years, this is our conclusion.

Did you know that the *Dynamic Effort Method* was designed to replace a max effort workout? Both are extreme and must be separated by 72 hours. Both workouts are accompanied by 3 or 4 special exercises.

The Westside system allows you to become faster, bigger, and stronger continuously throughout the year.

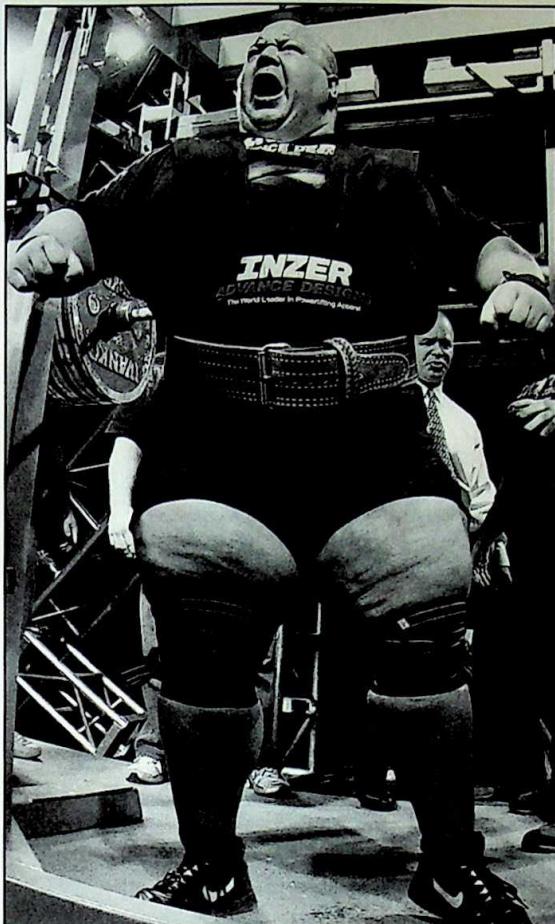
Did you know that speed and quickness are determined by external resistance? "No one tries to lift a heavy weight slowly", as Fred Hatfield said. Olympic lifting is a speed-strength sport, but requires great strength. In powerlifting, one must lift great loads. While these loads appear to move slowly, explosive strength is a must. In the United States, every university does some Olympic lifting. I ask them why. Their reply is that it builds explosive power. But in Europe, particularly in the old C.C.C.P., who invented the term "explosive power", they never mention using the Olympic lifts. Dr. Yuri Verkhoshansky, who invented shock training, or as we call it, plyometrics, talks about bounding, jumping, plyometrics, and depth jumps jumping off a high platform, resulting in a high-speed landing - but never Olympic lifts.

In the book, *"Explosive Power and Jumping Ability for All Sports"*, by T. Starzynski and H. Sozanski, Olympic lifting is never discussed. Starzynski coached two Olympic gold medalists, and Sozanski is a coach and professor specializing in problems of training for jumping ability. Seated barbell press off the floor is illustrated in their book.

Did you know that there are much better exercises than the standard Olympic lifts, as follows? **Kneeling Squats:** After kneeling down with the heels touching the glutes, jump into a full squat; **Kneeling Power Cleans:** The next progression is the kneeling power snatch; **Kneeling Split Snatch and Kneeling Power Snatch;** **Straight Leg Power Clean and Snatch and Clean.**



Andy Bolton stunned the world with a 971 lb. deadlift at the WPO Finals.



Jeff Lewis posted the biggest official squat in history with his 1212 lb. lift in Columbus, Ohio... Jeff and Andy both inspire Louie Simmons and the Westside Barbell Club guys to think up even more productive training methods.

Power Snatch while sitting with the bar across the legs.

We have a thrower who trains with us occasionally, who can do a kneeling jump squat with 255. John Stafford has jumped onto a 35-inch box with a pair of 70 lb. dumbbells.

We concentrate on box squatting and using the contrast and reactive methods. Thomas Kurz has stated in *The Science of Sports Training*, that to develop explosive strength, explosive efforts can be used, such as jumps, shotput, or jerking dumbbells or a barbell. "But it is easiest and safest to increase it by increasing maximal strength."

Did you know that a wide stance squat works the quads to the same degree as a close stance squat, but with the bonus of using more hip, glute, and hamstring muscles? Anyone who tries to squat as much as possible soon learns that a wide stance produces greater results. This was proven at a test at Ball State University.

Did you know almost all college and high school football teams do power cleans and power snatches, yet they are not used in the NFL combines?

Did you know that when lifting barbells, there is a deceleration phase? For this reason, you must use Jump-Stretch bands or chains. They accommodate resistance. When joint angles become more favorable, such as at lockout, one can lift considerably more weight. With barbell weight, the bar can be too heavy at the start to generate sufficient acceleration to complete the lift, or the bar can be too light and as it nears completion, the barbell slows down, causing a deceleration. The bands also can be used as a contrast method. As the bar descends, the band tension decreases. As one rises concentrically, the bands increase the load, causing a contrasting load difference. The contrast and reactive methods must be used for the development of speed strength and explosive power.

Did you know that attaching bands to the bar produces an over-speed eccentric phase? Why is this important? When velocity is tripled, a nine times greater kinetic energy is produced. It has been proven (Samoyloff, Kisseloff, 1928; O. Foerster, Altenlurgey, 1933; Lippold, 1957) that the stretch reflex (or the myotatic reflex) has great value for increasing the effect of eccentric work. This proves the great contribution to over-speed eccentrics.

Did you know that muscles contract harder and faster the higher their temperature?

Did you know that Westside has only two men on its staff: John "Chester" Stafford, and Matt Wenning? John talks about nutrition on his website. He has, I believe, the biggest push-pull for a 275 pounder: a 733 bench, and an 832 deadlift, in addition to a 2502 total. Matt Wenning is a graduate of Ball State University with a Masters in biomechanics and has already made a 950 squat, a 650 bench, and a 725 deadlift at 275. These two people, along with myself, are the only qualified people to talk about the real truth of what goes on at Westside.

We see the evolution of strength training every day, and every day it changes for the betterment of our lifters. If you follow our articles and talk to me occasionally, you know that the experiments we conduct are performed on our top men at two or three major meets to prove that the tested methods work. I don't write B.S., I write about what I see at Westside. Some things work, some don't. We put forth a lot of effort to help our lifts, and I hope yours. I appreciate how cooperative our lifters are, young and old, and how loyal they are. Some

have been here for years. Bob Coe has been here over 20 years, and Chuck Vogelpohl, Amy Weisberger, and Jimmy Richie for 20 years.

Did you know that Westside contributes to the development of many sports? A former top soccer player from Manchester United stayed at Westside for more than a month to learn our system. After returning home, Ben Plevey opened up a training facility to pass on the system to young athletes in his home country.

Four rugby coaches from all over the world spent considerable time at Westside, and the results have been quite favorable to say the least.

Many pro football players come to Westside and have made great strides. Also, many major universities have adapted the Westside system to fit their needs. Did you know that the football players never ask me to make them faster, but ask to become stronger? Making them stronger makes them faster.

There would not be a Westside if not for the likes of Huge Iron, Donnie Thompson, Spud Barkly, Paul Childress, Andy Bolton with his 971 deadlift, and Jeff Lewis, with his 1200+ squat. Because of them, and many like them, we never miss a workout for fear that some of you dudes are working on a secret of your own. I am proud to be associated with powerlifting, and I hope you are too.

And, oh yeah, did you know Dr. Judd must be a hell of a man to take the abuse he gets each month? My hat's off to you, Dr. Judd.

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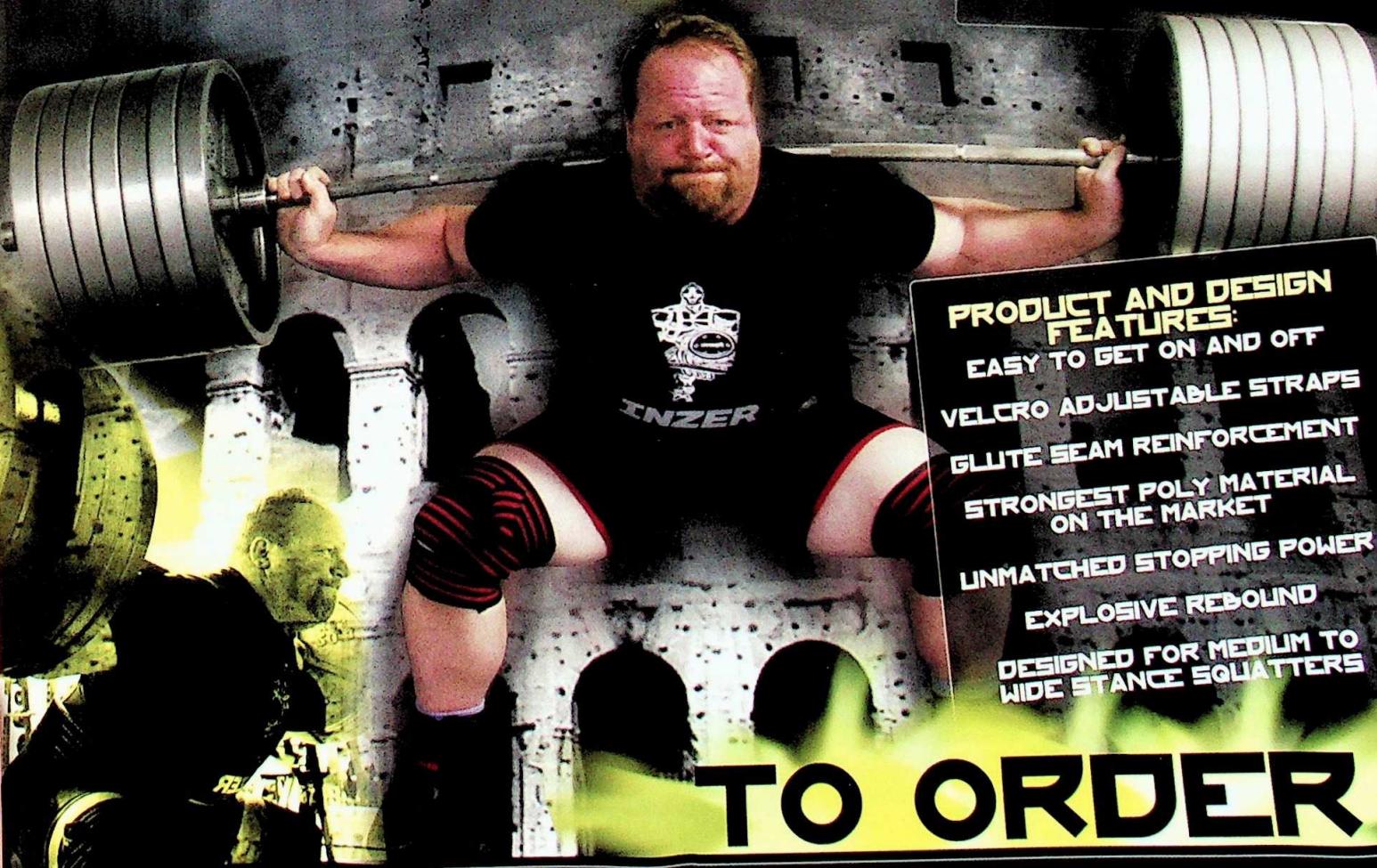
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Powerlifting is a sport of constant change. Whether it is the hottest current training system, that new super duper squat suit or the latest apparatus to help you bench more, powerlifters are always looking for that extra edge. The fact is powerlifters in large numbers are taking heed of all the ranting that I have been doing over the last few years and are actually putting some faith in what I have been preaching. Finally lifters are burying those horrendous old nutritional blunders and actually eating like true athletes. This is not just due to my monthly babbling, but is also due to the fact that they have seen that their favorite lifters have incorporated my nutritional methodology. Most importantly they have seen it work with these world class lifters first hand in the pages of this magazine. I thought for this month's column I would do something a little different. You usually get a question and answer column or an article about specific foods or supplements. Not this month. This month I am going to take you into the kitchen of one of the world's top powerlifters. That kitchen is owned by none other than Phil "Squatzilla" Harrington. You have seen him in the pages of Powerlifting USA and have seen him compete with the utmost ferocity on the platform. Phil's 900 pound squat at 181 is ranked the highest all time record and this has brought his name into the bright lights of Powerlifting history. Phil has been one of my personal clients for over 3 years and during this time he has seen some unbelievable changes in his body composition and also his lifts. Phil is one of the most dedicated students that I have ever had the pleasure to work with and I will take you inside this superstar's kitchen to see what fuels this superhuman lifting machine.

Protein Sources

Phil takes protein very seriously and that is why you won't find him going more than a couple of hours without wolfing down either a protein shake or a power packed protein meal. Phil loves to eat meat and fish so one thing I made sure is that he incorporates variety in his nutrition plan. Here is a look at some of the protein sources that Phil uses to pack on muscle and to help him recover from those gut-busting workouts.

Steak

Oh yeah, there is quite nothing like a nice big lean steak! If you want the beef then you got to eat the beef. That's right and Phil downs enough beef to keep all the cattle farmers in the Northwest in business. Phil prefers either a nice lean T-bone steak or when he wants to do it up a bit he will go for a filet mignon. Red meat is high in protein and let's not forget creatine as well. There is something about red meat that builds muscle and strength like nothing else. The main thing to remember is that fatty cuts should be avoided and the leanest of cuts should be incorporated into your plan.

Lean Ground Turkey Breast

Turkey is not only for Thanksgiving, and Phil uses this quite heavily in his nutrition plan. Phil likes to make meatballs out of them or he uses it in his stir fry mixes to jack up the protein. Turkey is one of the leanest sources of protein in existence and one of the highest in protein per gram of weight. Not taking advantage of this super protein food is just not smart

NUTRITION

Power Nutrition Kitchen

An inside look into the Kitchen of Powerlifting's Phil Harrington

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

and that is why Phil incorporates it into his plan at least a few times per week.

Bison

Well, you were probably very surprised to see this in here, but you shouldn't be. Bison is one of the best sources of protein and is also very lean as well. Not too many people are into this simply because they don't know about it. It tastes very similar to beef yet the meat is more tender. I myself am very big on bison for my clients as it provides variety and at the same time possesses an excellent amino acid spectrum for strength athletes.

Salmon

I have written about salmon many times in the past. Salmon is another excellent source of protein for the strength athlete. Another benefit to this king of fish is the fact that it is high in Omega 3 fats. For those of you who have read my articles in the past you all know that I am a big believer in the benefits of fish fats due to their high EPA and DHA Omega 3 content. Phil gets in some salmon at least 3-4 times per week to make sure that he is getting some solid EFAs on top of his fish oil supplementation that he uses in his plan.

Chicken Breasts

Yes, chicken breasts are also on this list. Even though Phil doesn't eat as many of them as a competitive bodybuilder he still takes them in at least once daily. On days that he can handle a little more he may up them up to three of his meals. Of course, Phil uses skinless boneless breasts to make sure that he is getting a high source of protein without the fat that is in the skin.

Extra Lean Ground beef

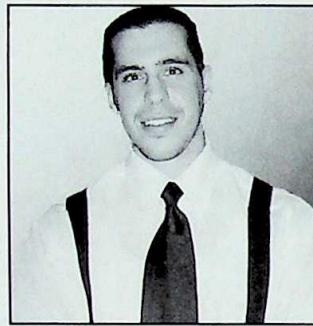
This is the other form of beef that Phil takes in regularly. Not even a king can eat just steak all day long, sometimes you need a little variety. Phil loves beef no matter what the form. Phil likes using this in his stir fries or adds it to some rice to make a nice hearty carb rich power meal.

Whole Eggs and Pasteurized Liquid Egg Whites

Eggs, which were once thought of as nature's perfect food, are also found in Phil's fridge. Phil consumes both whole eggs as well as egg white omelets. Due to the high quality protein found in eggs Phil makes sure that he gets them in several days a week. Phil may make omelets and other times he will boil up 6-12 eggs and bring them with him so he can munch on them throughout the day as a snack.

Cottage Cheese

Don't be a cottage cheese hater.



Anthony Ricciuto this is the Man Behind NutritionXP3.com

I know many of you think of fat 50 year old women in a leotard doing a Richard Simmons "Sweating to the Oldies" routine when you think of cottage cheese in your diet plan but you shouldn't. Cottage cheese is one of the best sources of protein for the strength athlete and this is why Phil consumes up to one full tub per day. You heard that right. Cottage cheese is high in casein protein, which is a slow digesting protein that clots in your stomach releasing the amino acids over close to 6 hours. This is exactly what you need to take in at bedtime. Phil will add some yogurt or fruit to it as this really helps make it palatable.

Low Fat Cheddar/Swiss/Parmesan and Feta Cheeses

Phil also loves cheese, but he makes sure to get the low fat versions. This way he gets all the protein that he needs from them, but limits the saturated fat that usually accompanies most cheese. He uses the Parmesan on his pasta dishes, the Feta and Cheddar in his salads and the Swiss in his omelets.

Carb Sources

If you have been an avid reader of my column you all know that you need carbohydrates to fuel you through your workouts. They provide the body with an optimal fuel source and also play a role in glycogen replenishment and recovery. Phil consumes plenty of carbs in his nutrition plan, but most important is the quality not the quantity that he uses to fuel his granite physique. Let's take a quick look at Phil's top choices for both before and after his training sessions.

Yams and Sweet Potatoes

Before Phil started working with me he had never tried a sweet potato. Once I got Phil to give them a try he has been eating them almost daily. They are one of the most highly consumed carb choices for Phil because they are great low glycemic

carbs that will give you a sustained energy release throughout the day. Phil will usually bake them and eat them mashed as this helps to get more in without getting full. This is an excellent fuel source for the powerlifter and Phil is living proof of how good they are for your training.

Oatmeal

Phil loves his porridge in the morning, in the after noon and all day long. This is another one of Phil's favorite carb choices and with a man who squats 900 pounds at 181 pounds, could he be wrong? Phil likes to have this for breakfast several days per week. He will throw in some fruit or yogurt to spice it up a little. Other times Phil will add this right to his protein shakes in the blender and he actually drinks it down in one shot.

Quinoa/Millet/Amaranth

I wrote an article several years ago about ancient grains. Phil is one of the wise men who took heed of my words and incorporates them into his nutrition plan. Phil loves quinoa as do many of the athletes who bring these grains into their nutrition plan. He will use it instead of rice in some of the dishes that he makes. He also uses some millet and amaranth from time to time to change things up, but quinoa is his staple food choice.

Cream of Wheat and Cream of Rice

Yeah, your mother was right all along when she would force that cream of wheat down your throat back when you were nothing more than a big brat. Well, if you are looking to get strong and stay energized then cream of wheat and rice should also be part of your nutrition plan. Phil utilizes both of these in his plan changing them up according to his particular taste. Here again he throws in different fruits or he will mix in some of his favorite chocolate protein Nitrean to make it a high carb and high protein breakfast.

12 Grain/ Flax Bread/Rye and Whole Wheat Pitas

Inside Phil's bread box you will find different types of bread. One form that you won't find though is white bread in any form. Phil knows that white bread is a refined carb and is the equivalent to eating a bowl of sugar. He uses the breads to make different sandwiches with chicken breasts or turkey. He may also use a couple slices of Rye bread with his egg white omelet to round things out.

Brown Rice

Brown rice is another staple that you will find in Phil's kitchen. He will eat this almost daily to help provide his body with the energy he needs to energize him through his tough workouts. He consumes the brown version to the white version since it has a lower Glycemic Index and provides him with a more sustained energy release. It also contains more fiber and will have less chance to be stored as fat than the white variety.

Baked Potatoes

Phil also likes to incorporate baked potatoes into his nutritional arsenal. Since these are a high glycemic index carb choice these are eaten after his training sessions to help replenish his muscle glycogen stores. He usually combines them with chicken breasts or sometimes adds it to one of his T-bone steak dinners as the perfect side dish.

Whole Wheat Pasta

especially post workout. Phil will consume up to 3-4 per day after his training session is over. He is also big on them during his "Reloading Phase" after he has made weight for a contest to provide his body with energy as well as valuable electrolytes like potassium.

Grapes: These are another food that Phil likes to snack on. Like I said before, you won't find him munching on Cheetos or other junk foods. Phil's body is a well-tuned machine and if it's not going to affect his performance you can be sure that he isn't going to stick it in his mouth. The fact that he looks like a competitive bodybuilder just a few weeks out from competition year round is proof that he is dialing his nutrition plan in constantly to maximize his strength and muscle mass. He will add them to other fruits to make a fruit salad or he will throw them on his green salad to spice things up a little.

Blueberries/Raspberries/Blackberries: These three types of berries are also a Harrington trademark. When it's time to down that big bowl of oatmeal or cream of rice you can be sure that he is going to be lacing it with a nice bunch of berries to compliment it so it is much easier on the palate. He will alternate these according to what his taste is and what is currently in season.

Apples: Here is another one of Phil's favorite fruits. He sometimes eats this with a protein shake before training to get in some fast acting carbs or he may add it to his oatmeal or cream of rice to add some flavor.

Grapefruit: This is one of the best low GI fruits that you can have. Phil knows the deal and that is why he is always stocked up. This makes one of the best breakfast fruits around to give you a sustained energy release throughout the day.

Vegetables

Spinach: Well, if it made Popeye strong and Phil is eating plenty of it, maybe we have something that we should all look at here. Phil uses a lot of spinach in his nutrition plan because it is one of the best green vegetables around. It provides him with fiber and nutrients and is a base for the many salads that he consumes daily.

Carrots: Phil uses these as yet another food that he likes to munch on when he feels like nibbling on something. They provide him a healthy dose of fiber along with some much needed Beta Carotene. He will either eat them straight or he will dice them up and include them on his salads.

Romaine Lettuce: This is the other green base that Phil uses for his salads when he is not using spinach. Phil knows that iceberg lettuce provides just about no nutrition, and he is always looking to maximize his nutrient intake even when it comes to something as simple as a salad. Phil will alternate this or he may use this exclusively for a few weeks until he switches things up again.

Peppers: These are another vegetable that Phil likes to dice up and include in his salads. He also likes to include them in his omelets as well to provide that extra flavor and texture needed to make all those egg white omelets he consumes not so boring.

Cucumbers: This is another favorite of Phil's top choices in vegetables. He will dice them up to add to his salad or he will cut them in slices and add them to his turkey pitas. Phil will consume usually at least one full cucumber per day over the course of his many meals.

Tomatoes: This is another staple in his plan as well. Phil uses them in his salads and also dices them up and puts them in his omelets. He also will slice them up to add to his chicken breast sandwiches on flax bread which is another one of his lunchtime favorites.

Stir Fry Vegetables: Phil will have several different bags of frozen and fresh stir fry vegetables available to him at all times. There is not single meal that he consumes that doesn't have some sort of veggie included in it so with this in mind he has to stock enough to feed a small army. Phil probably eats more vegetables in a week than most of you powerlifters consumed throughout the 90's. This is another weak point for most lifters since they don't consume an adequate intake of vegetables. Phil knows how important they are for digestion, antioxidant protection and for keeping him healthy, so you can be sure that he goes the extra mile (unlike most of you reading this) to get them in consistently

in his nutrition plan.

Condiments

Balsamic Vinegar/ Apple Cider Vinegar: These are just a couple of the different vinegars that Phil uses to decorate his salads with. It will help to add in some nice flavor especially when combined with his olive oil.

BBQ Sauce: With the amount of chicken breasts that Phil consumes on a daily basis you better have some good old BBQ sauce on hand to take the edge off. Phil uses this to baste his chicken breasts or to add flavor to his different stir fry dishes.

Low Sugar Ketchup: Here is another one that Phil loves. Ketchup sure does taste good, but there is a ton of sugar in it. To maximize taste without taking in all those harmful sugars Phil uses low sugar ketchup. This way he can still pour it on his eggs without having to worry about the consequences.

Sun Dried Tomato seasoning: This is just another seasoning that Phil will douse on just about anything. He throws it in his salads as well as his chicken breasts to help spice things up to the next level.

Pam Spray: What powerlifting kitchen would be complete without a can of Pam cooking spray? Phil uses this when he is using his good old George Foreman Grill cooking up some type of meat or in his frying pan when he doing up some of his famous omelets.

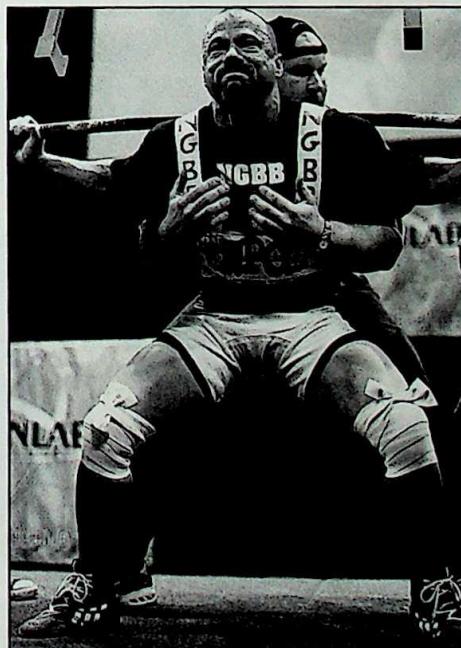
Beverages

Purified Water: Water is the key to life so you better be getting it in if you want to have any powerlifting success. Phil understands how important it is to fully hydrate his muscle cells for optimal performance. That is why he drinks 1-2 gallons of water per day. Of course, it is not tap water but purified water to make sure toxins and chemicals have been removed.

Green Tea: I have praised the benefits of green tea for along time now and Phil is not one to take my advice for mere ramblings. This is why he drinks several cups of Japanese organic green tea daily to help keep his immune system strong, fight free radical production and burn fat.

Crystal Lite: Now trying to get down 1-2 gallons of water per day can be quite a chore. Just all the bathroom visits alone would be enough to tire out most powerlifters. Phil from time to time incorporates Crystal Lite in his water to help get it all down. It is much easier to drink something that tastes good. Phil just loves sweet tea so you can be sure to find several of the Crystal Lite Iced Tea packets sitting in his cupboard.

Skim Milk: We all know that milk does a body good



Phil Harrington has been a squatting machine of historic proportions lately, capping off with a 900 at 181 lbs. bodyweight, the heaviest on record for any lightheavyweight competitor.

and Phil just loves it in his protein shakes. Phil uses skim milk because he doesn't want the extra saturated fat to blur his abs and also slow down his digestion time. He will usually use 2 cups in each of his protein shakes as well he uses some in his breakfast dishes.

Supplements

You will also find in Phil's kitchen a multitude of different supplements. These advanced formulas help Phil to supplement his nutrition plan to make sure that he is going to maximize his performance from every angle possible. Phil understands the benefits of supplements and how they play a role in taking your performance above and beyond what you could do with mere food. Here are some of the supplements that you will find in Phil's cupboard so take note.

Nitrean: Phil's protein of choice is Nitrean from At Large Nutrition. This formula is an advanced protein matrix to provide the body with both slow and fast acting proteins. This gives Phil the right combinations of proteins and provides an excellent spectrum of amino acids. Phil drinks 4-5 protein shakes per day to help pack on muscle and to keep his strength on the up and up. Even with Phil's ravenous appetite he still would not be able to physically eat all the protein his body needs to enable him to squat and recover from using over 900 pounds in training. Nitrean is an excellent formula and this is why several of my elite athletes use it in their supplement plan. Phil absolutely loves the taste of the chocolate Nitrean and this makes it easy for him to get in the many shakes he consumes each day.

ETS: Phil is also a big believer in ETS. He has found that it helps him recover at a super fast rate. The way that he trains with the intensity of a lion would cause him to need a supplement that could take his recovery over the top. ETS is that supplement and Phil is a heavy user of it consuming it daily while jacking up the dose in his pre contest phase.

Multi Plus: You will also find a multivitamin in his cupboard as all powerlifters should have in theirs. Phil uses Multi Plus to help him get in a complete spectrum of micronutrients so that he doesn't have any deficiencies. Since his intense training style will rapidly deplete them, Multi Plus is a much needed supplement to make sure his vitamins and minerals are topped up.

Creatine 500: Phil uses a product called Creatine 500 to help replenish his ATP stores as well as help him increase cell volumization. This product has helped him keep his weight up as well as help pack on valuable weight after weigh ins before a meet. Phil cycles this during his training program and increases the dosage as a contest approaches.

Conclusion

Well, here you have it folks - a look inside the kitchen of powerlifting's top lightheavyweight squatter. You may have hoped to see some junk food in here only to make yourself feel better about all the garbage you eat, but that isn't going to happen. Phil treats his body like a temple, only putting inside it what will benefit him in his quest for that 1000 pound squat. If you don't have the above mentioned foods in your kitchen then you better give your head a shake and get with the program. You are what you eat, so if you look like a fat out of shape lifter you just may well be one. Just one look at Phil's diced abs and chiseled pecs shows the truth of his nutrition and supplementation philosophy. Take it from me, if you want to look and lift like Phil you better start eating like him because if you don't guarantee you won't stand a chance when its time to step up on the platform against him.

For those of you interested in knowing more about the Nutrition XP3 program feel free to contact me at:

Arcicciuto@nutritionxp3.com
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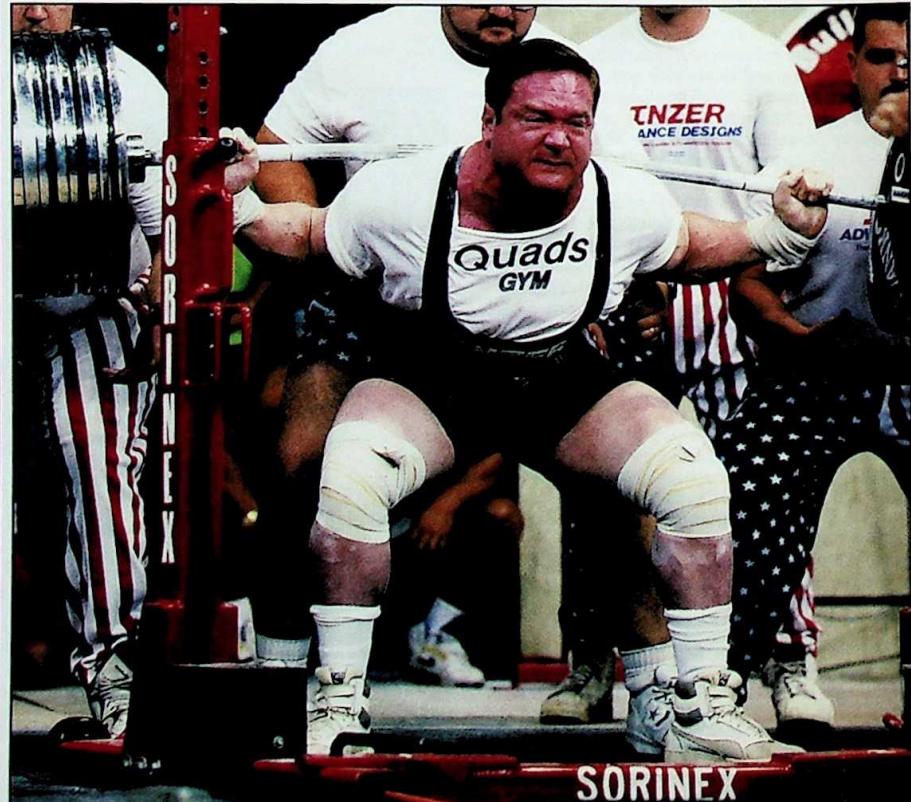
The World's Five Greatest Athletes No One Knows

as told by *Judd Biasiotto Ph.D.*

"There's been such little publicity on Jim Thorpe in the last decade or two, many young Native Americans don't know who he is."

BILLY MILLS

When it comes to recognizing some of the greatest athletes in the world, we are rather myopic in our viewpoint. There are so many magnificent athletes who are not given the recognition that they deserve because they participate in sports that are not media visible/friendly. If you were beamed down from another planet, you would think that the only sports we play in America are football, basketball, and baseball. That is so sad because there is a wealth of phenomenal athletes, who participate in extremely challenging sports like wrestling, gymnastic and weightlifting, that go virtually unnoticed. Here are just a few of some of the greatest athletes who ever walked the face of the earth, whom no one in the general public seems to know. Amazingly, none of these athletes even received an honorable mention on the 100 greatest athletes of the last millennium list. You be the judge as to whether they should have been listed among the greatest of all-time.



Ed Coan is a legend among all powerlifters, but how well is he known to the general public?

Eddie Feigner

There is no one, and I mean no one, who has dominated his sport like Eddie Feigner has. Michael Jordan, Tiger Woods, or Mohammad Ali is not even close when it comes to sheer domination of their sport. Feigner, whose fastball has been clocked at 114 miles an hour, has pitched over 10,000 games. The statistics that he has put up in those games are beyond mindboggling. He won 8,870 games, pitched 1,916 shutouts, 930 no-hitters and 238 perfect games. He also struck out 132,070, while walking less than 2000 hitters. Then there was the time in 1967 when Feigner struck out Willie Mays, Willie McCovey, Brooks Robinson, Maury Wills, Harmon Killebrew, Pete Rose and Roberto Clemente, in succession. Oh, I forgot to mention that those stats were compiled while playing with only three other teammates against teams that had nine players. He is the "king," and the other three players are referred to as his court... "The King and His Court." Actually, Feigner once said, "I would play nine men teams with only my catcher, but they would walk us both." Interestingly, Feigner did play on one nine man team, earning All-America status before he was banned from all Amateur Softball Association competition - basically because he was so dominating that no one could hit him. I saw him pitch on numerous occasions, and I can tell you straight out he was the greatest athlete of all-time if dominating your sport is the ultimate criterion.

Eddie Coan

There have been a number of athletes in the sport of powerlifting who have dominated their weight class for years ... Hideaki Inaba, Lamar Gant, Larry Pacifico, Mike Bridges and more recently Sivokon and Gary Frank ... but no one has dominated powerlifting or any sport, for that matter, like Ed Coan has. In his prime, Coan could defeat 99.9% of the greatest superheavyweights in the world, and on any given day could defeat the other .1%. At 237 pounds

Coan squatted 1003, benched pressed 578 and deadlifted 887 for a mindboggling 2463 pound total. At a mere 216 pound bodyweight, he became the lightest man to break the 2400 pound barrier. He has captured world titles in four different weight classes and has set over a hundred world records ... a world record for world records. In a sport where championships are won by a single kilo, and a butt whooping would be losing by 50 pounds, Coan captures world titles with 200, 300, 400, even 500 pound margins of victory. I am talking about world titles here, not some local backyard competition. To add even more credence to his total dominance in the sport consider the fact that Coan won his first national championship in 1983, his first world title in 1984 and has not tasted defeat as of this writing. Powerlifting historian, (and my favorite writer) Mart Gallagher says, "Coan is an all-time great, an immortal; he is easily the best ever at what he does. His reign of domination is unprecedented in both altitude and length in any sport." I love the frame of reference Gallagher uses to make his point. He says, "Imagine if the great Sugar Ray Leonard, as a 155 pound boxer, knocked out 220 pound Mike Tyson to win the heavyweight boxing title. Let us further stretch credulity and imagine that Sugar Ray would then whip the bejeezus out of every heavyweight contender that challenged him for the next decade. Does that sound like an athletic version of a science fiction novel ... a phantasmagoric fairy tale ... some ridiculous, fantasy island flight of fancy? Hardly: Coan's degree of dominance in powerlifting is dead-on analogous to this outlandish boxing scenario."

Baron Eddy Merckx

Everyone knows who Lance Armstrong is, and many considered him to be the greatest cyclist of all-time, but the truth is Eddy Merckx is the greatest cyclist who ever lived. In the sport of cycling, Merckx is an icon equal to the likes of Muhammed Ali, Michael Jordan or Pele. Nicknamed "The Cannibal" for his unrelenting competitiveness, he is five-time champion of the two most important races in professional cycling, the Tour de France and the Giro d'Italia. Merckx still holds the records for stage wins (34) and number days in the Yellow Jersey (96) for the Tour de France. Few people doubt that he could have won five or six more Tours if he hadn't stopped competing in that event after just 7 starts. In addition he is one of only four cyclists to have won all three of the Grand Tours (Tour, Giro and Vuelta a Espana), and one of only two men to have won the Triple Crown of Cycling (Tour, Giro, and the World Cycling Championship) in the same year. In addition, he is one of only three riders (all Belgian) to have won all five "Monument" one-day Classic races at least once during his career and won the season-long Super Prestige Pernod International competition a record seven consecutive times. During his thirteen year career he totally dominated both single-day and stage races, a feat that is otherworldly in cycling history. In addition to his achievements in regular professional cycling, Merckx also set the bicycle hour speed record in 1972 by covering 49.431 km at high altitude in Mexico City. The record would remain untouched until 1984, when Francesco Moser broke it using a specially designed bicycle. If career can be considered an objective measurement of greatness, Merckx clearly dominates. Daniel Marszałek has kept an internationally acknowledged "weighted ranking" to determine the best cyclists since 1892. The

ranking takes into account the relative importances of races in order to get valid indicator of cycling performance. In the overall ranking, 2004 edition, Merckx had almost twice as many points (5,844 pts) as the second greatest cyclist of all-time (Bernard Hinault). Only 15 other racers totaled more than 2000 pts. Amazingly, he holds similar margins in separate classifications for Classic races and Tours. As a comparison, Lance Armstrong was ranked 19th with 1,847 pts. at the end of 2004.

Alexander Karelin

When it came to sheer dominance, few athletes who ever walked the face of the earth can compare to Alexander Karelin. Let me tell you about Russia's invincible Karelin. Karelin is universally considered the greatest Greco-Roman wrestler of all time. Over a span of 13 years, he never lost a single match in international competition. In fact, he only lost two matches in his entire life. All together he won nine world titles and three Olympic gold medals. God knows how many other titles he has won. In Russia they only count the important stuff. It is estimated that his wrestling record is somewhere in the neighborhood of 887 wins and three losses. Two of those defeats were recorded when he was literally a child. If you think that is extraordinary, listen to this: during the last ten years that he competed, no one scored a single point against Karelin until he was upset at the last Olympics. Think about that for a second. Here is a guy that competed hundreds of times against the greatest wrestlers in the world and never gave up a single point. It's mindboggling! That would be like Pedro Martinez having a lifetime ERA of zero or Muhammad Ali never losing a single round in his boxing career. It is almost beyond comprehension. Needless to say Karelin is the prototype of the world's greatest athlete ... big, powerful, and highly skilled. Basically a killer! The survey we conducted revealed that only 67 people of the 500 we interviewed ever heard of the Russian bear Alexander Karelin.

Karch Kiraly

When it comes to athletic dominance in his sport, Karch Kiraly has to be put right at the top. Without question he is the greatest volleyball player to ever play the game. While at UCLA he led the Bruins to three national titles (1979, 1981 and 1982). He also made his first appearances for the senior national team while at UCLA. In 1984, he won gold indoor volleyball for the United States. Two years later he repeated the feat at the 1988 Olympics. He was also named by International Volleyball Federation as the top amateur player in the world in 1986, 1987, and 1988. After the '88 Olympics, he retired from indoor volleyball in order to concentrate on beach volleyball. After a short stint of club volleyball in Italy (Il Messaggero of Ravenna), he returned to the U.S. to play beach volleyball full-time. He immediately dominated the sport, winning the first ever beach gold in 1996. He would eventually shatter Sinjin Smith all-time victories record with an astonishing 146 professional beach volleyball titles. He has won over \$3 million in prize money in beach volleyball, which is also a record. Now in his forties, he continues to dominate against athletes almost half his age. Kiraly is never mentioned among the great athletes who ever lived, but he truly is one of the greatest.

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

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

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

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

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

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

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

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

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect.

That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

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

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

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

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

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

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

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

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

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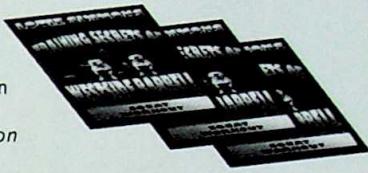
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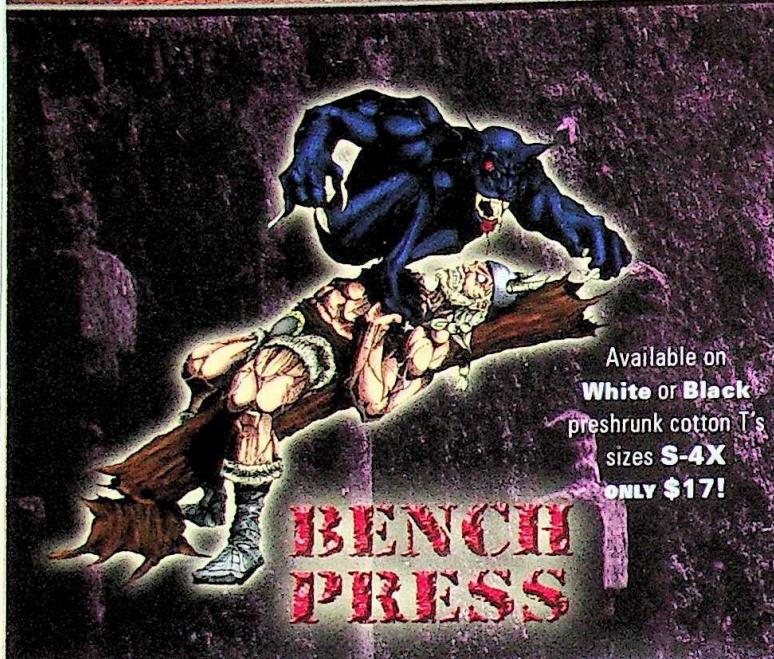
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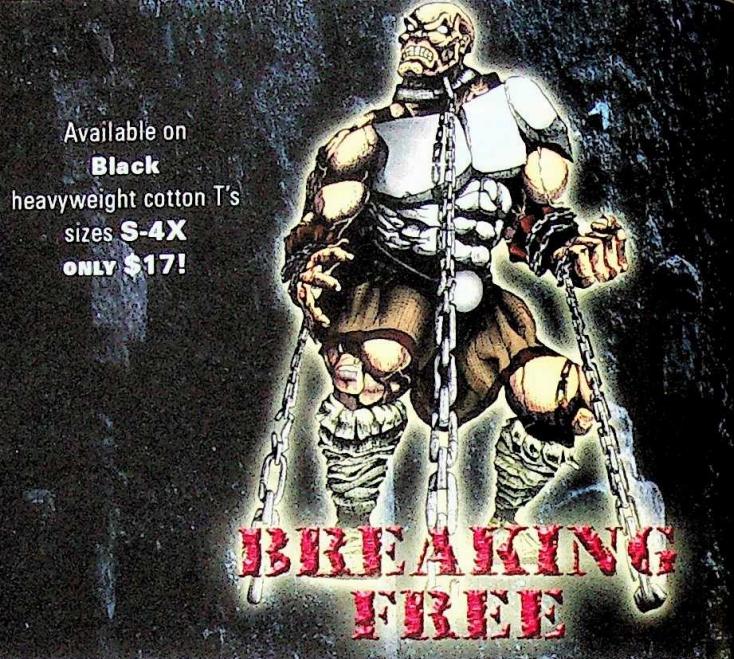
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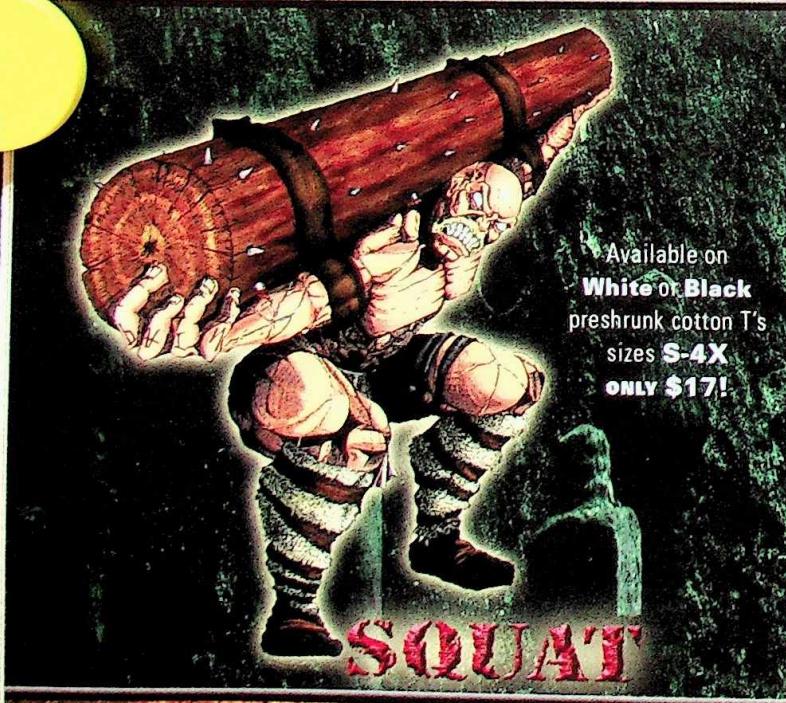
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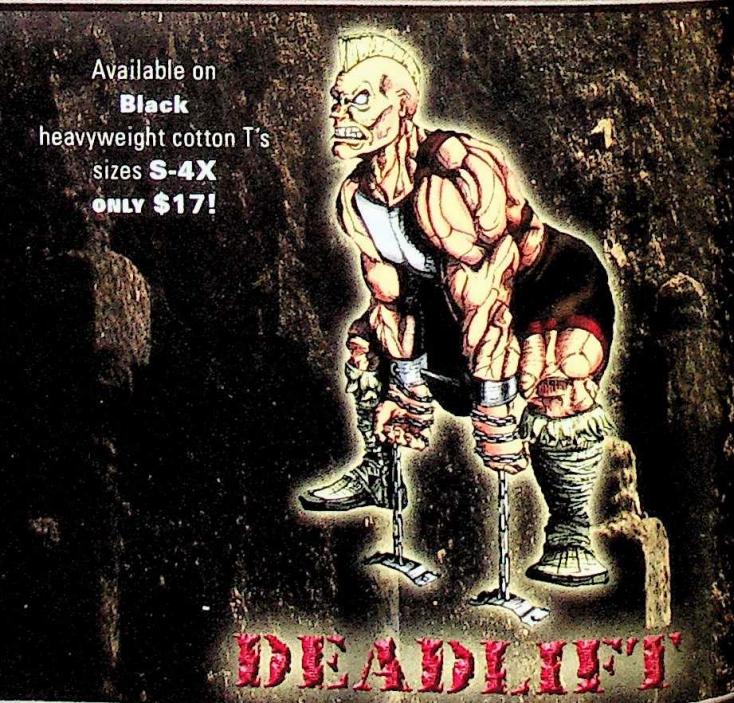
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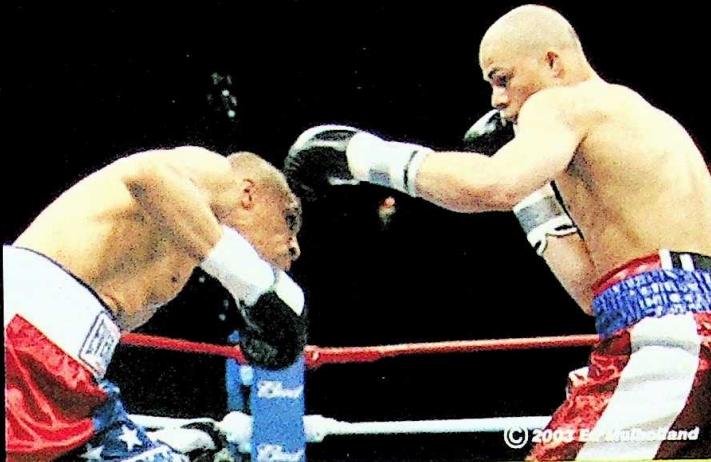
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9 World Records in Powerlifting

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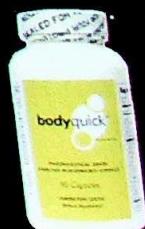
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HARD CORE GYM #54 DINOSAUR GYM

as told to PLUS by Rick Brewer, House of Pain

Last month we went to war with the Gym Warriors. I've got ideas swimming around in my head for tons of articles on cool HardCore gyms, but most HardCore GymRats are afraid of cameras. For the 1000th time; 'magazine articles without photos suck! Don't even think about sending info on your gym if everyone is afraid to pose for pictures!'

There are cool gyms all over the world, from San Marcos to Iraq, from Dublin to Dubai, from London to Hyde Park, and Portland to Miami ... but without photos - none of these gyms will be discussed here! So put on that bright red lipstick, and slip into your party dress & fishnet hose, and **TAKE SOME PICTURES!!**

This month, we'll take a quick look at a letter from Casey Miller about crossover success (like when they crossed a frog with a chicken and got waterproof wings), then we'll go to a gym so primitive - they don't allow cameras. Only pictographs.

Casey's email: 'I was just reading your article "Olympic Oddballs" and I found it

interesting. (Great, that's why we write them!) I have been competing in both types of lifting (Olympic & Powerlifting) for four and a half years. I agree that the training is different between the two groups, but I would have to say that the results are more or less the same. In other words, if you work your tail off, under the direction of a good coach, you can definitely dominate both sports. (Like being an astronaut and a Wal-Mart greeter, or a spelunker and a gynecologist; the skills sort of overlap.)

I was ranked third in the country for the 56kg weight class in '04, and the following summer, I won the USAPL Florida High School Powerlifting Championship. The same kind of thing is true for my brother, my girlfriend, and many of my close friends.

(Rick's note: my friend Jason has a girlfriend who was a track & field star when she was a man, and then she continued to excel at synchronized swimming after all of the surgeries and hormone treatments transformed her from a

male to a female. Look for her in shaving cream commercials geared at unsightly beard stubble.)

Back to Casey: My girlfriend is currently training at the Olympic Training Center in CO Springs, but at the same time, she recently set records for Squat, Bench Press, and Deadlift in Florida. (See similar notes above about Jason's gf.) The only thing we have all have in common is that we all trained together in the same gym and under the same coach (or coaches).

Casey, we enjoyed all of your comments on crossover success! I can think of several other notable cases of crossover success in the Powerlifting & Olympic Lifting worlds, from Liz to Shane. Speaking of crossover success; a hearty hug to all of the cross-dressing PowerLifters out there, cuz we love y'all too!

Remember what Max Ehrmann said: "You are a child of the Universe, no less than the moon and stars; you have a right to be here. And whether or not it is clear to you, no doubt the Universe is unfolding as it should." (OK, OK, I don't really know if the universe is unfolding right either - but have you ever noticed how easy it is to unfold a map - and then how hard it is to fold the map back up the right way; while you're driving and talking on the phone?)

For this month's HardCore Gym, we're going to show you this: an article with no photos. The DINOSAUR GYM in Boulder,

Colorado is for old-school RockHeads only, and no cameras are allowed! It has no contracts, no treadmills, no steel, no chrome, and no photos. These guys are so HardCore, they train with ROCKS. No bars or dumbbells in this cave - just good old-fashioned troglodytes, with bare feet and hairy chests. And yes, I mean the women too! These guys literally lift ROCKS, indoors and out. Up and down a hill in the parking lot, and all over the gym. Big rocks, little rocks, granite to limestone, boulders to gravel - these guys love to get their rocks off (the ground)!

The owner-operator Mark O. Marks is a true hard-rock fan from way back. He has rocks in his blood. In Mark's words: "I said to myself - SELF, why waste money on equipment? Rocks are heavy. They come in different sizes and weights. Why not just TRAIN WITH ROCKS?" Well, it turns out that Mark knows a bunch of guys who were training like cave-men anyway; lifting big & crazy, eating wild game & roadkill, dragging their women by the hair - so he just got 'em all together and asked 'em what they really had to have. Then, since he wanted a gym (not a bordello), he asked 'em what ELSE they had to have. Next thing you know, the DINOSAUR GYM was born. Now old Mark has a rock-band, and a successful gym full of rock-busting idiots! More proof that you don't need smarts to run a gym! I wish I couldshow you a photo of these guys

training in this cave-like gym, 'cause it is WAY CRAZY. But, alas, they have no camera.

This article is also proof that you don't need photos for an article. Mark got famous, even though you can't see him. But it's the last time we grant this favor! After this, no one gets famous without pictures!

Next month, we'll look at real photos of almost normal people in their right mind - wearing clothes and everything. Until then; lift big, eat big, and take pictures. Without real-live shocking photo-proof; I won't believe anything you say - even if you really did party with Paris Hilton!

Comments, complaints,
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Basic Training Implements at the Dinosaur Gym include small rocks and bigger rocks. (photo courtesy of R.B.)

INTERVIEW

GREGORY WRIGHT

as told to Dan Matthews, DSW, CSSC

Dan: Tell us about yourself.

Greg: My name is Gregory Wright. I am 44 years old. I live in Ft. Lauderdale, FL, and I work as an entrepreneur. My wife, Vanessa, is a knockout. My kids are Tequisha (22), Gregg (17), Ashley (17), and Gregory Jr. (8).

Dan: When did you win your first world championship?

Greg: I won my first world championship lifting as a middleweight in the AAU Worlds in Atlantic City, in 1999.

Dan: What other world championships have you won?

Greg: Since then I have won a total of 16 world championships, lifting at 165, either in masters or open, or both. I am undefeated in world competition in WNPF, NASA, AAU, and WDFPF.

Dan: Do you know how often you have been named best lifter, or how many records you have set?

Greg: I truly don't keep up. I know Tony Conyers has beaten me for best lifter, and Ken Snell beat me once in a deadlift competition. Let's say my records are more than 20, and less than some other number.

Dan: What other honors have you received?

Greg: My deadlift was first on PL USA's TOP 20 masters list for 2004, and I was seventh in the total. The year before I was second in the total. This year I was 19th in the TOP 100 deadlift, and 47th with a raw total. I am president of the World Gym - East Ft. Lauderdale USAPL lifting team, and I am USAPL state referee. I am a member of the WNPF Team USA. And last year, I was nominated by Rob Keller of the USAPL team, to represent the USA in the IPF-NAPF Championships.

Dan: Have you ever been beaten as a middleweight?

Greg: Sure. Tony Conyers beat me. No shame in that, huh? Tony told me that every time he beat me, I would become a better lifter, and he was right.

Dan: What are your lifetime best lifts?

Greg: Squat 525, bench 370, and deadlift 610.

Dan: How many times have you made a 600 or better deadlift?

Greg: I have pulled 600 pounds or more nine times officially.

Dan: How did you get started powerlifting?

Greg: My high school coach, Pat Utley, started me bench pressing in my junior year because I was too small for football. I could control my body weight easily, and competed from 123 to 181 in powerlifting and bodybuilding. In 1979, I joined Rafael Guerrero's

famous Gold Coast Gym, and Rafael took me under his wing. Rafael is the greatest ever. By 1983, I had won more than 30 powerlifting and bodybuilding trophies. I had never taken an aspirin or even drunk a bottle of soda. I became disgusted with drugs in the sports, and I quit competing. Then, in 1994, I saw a Powerlifting USA cover story about drug-free competition, and I began to compete again.

Dan: What do you remember as your best day lifting?

Greg: It took me 20 years to put all three lifts together in one meet. In the 2001 WNPF Worlds, I went 9 for 9 and totaled 1460. Also, I'll always remember the NAPF Championships as my first truly international competition. And, in last year's WNPF Pan American, I lifted raw for the first time and had a perfect day.

Dan: Where do you presently train, and why?

Greg: At World Gym, East Ft. Lauderdale, which is kind of a legacy from Rafael's old Gold Coast. Bob and Eva Tavadia, the owners, welcome powerlifters, supports us, and have equipped the gym to meet the needs of heavy lifters. We have five world champions training there and an undefeated USAPL team.

Dan: What is your training method?

Greg: I still use a basic program I got from Ed Coan, which is a mixture of percentage training, max effort, and some bodybuilding. Pre-contest I work legs and abs on Monday, chest and tris on Tuesday, shoulders, biceps, and calves on Thursday, back and legs Friday, and chest Saturday. Three times a week I run on the treadmill.

Dan: How often do you compete?

Greg: When I was young, we competed every week. Today, three or four times a year.

Dan: Which kind of competition equipment do you use?

Greg: My prized possession is a Marathon deadlift suit, which can't be bought anymore. I wear Inzer shoes, HPHD shirt and squat suit, and Max DL suit, all single ply.

Dan: Do you use any supplements?

Greg: Only protein powder and creatine. I take the creatine on a five week cycle, on and

off.

Dan: What is your favorite keepsake?

Greg: I have a 1979 issue of Powerlifting USA, which I think Mike Lambert printed by hand. It has some of my results, as well as some of Rich Peters. I guess it could be purchased, but it would be very expensive.

Dan: Why do you compete in so many different organizations?

Greg: Nobody owns me. I lift where I please, and anybody who wants to challenge me can take it out on the platform. Look, this is an amateur sport, and we all compete for fun. If the organizations ever become more important than the lifters, all the fun will be over, and so will open competition.

Dan: Which lifters do you admire most?

Greg: Tony Conyers, certainly. Ken Snell for his longevity. Ed Coan, who taught a lot of us how to train. And Louie Simmons, for resurrecting chains and bands.

Dan: Single lift and push-pull competition is increasingly in popularity. What do you think is the future of the sport?

Greg: The specialists will eventually take over. Training for a full meet is a lot of work, and there are only about three good cycles in the year. Besides, shorter meets are easier to follow, and draw more lifters and spectators.

Dan: What do you think are the greatest mistakes lifters make in training or in competition?

Greg: Training too heavy. There are no trophies in the gym, save it for the platform. In competition, starting too high. And never, never, never increase the weight after a failed attempt. Plus, all young lifters should remember that success in our sport depends on time and effort, not on anything which comes in a bottle.

Dan: Who has been most helpful in your career?

Greg: My dear friend and training partner, World Bench Press champion Jerry Kluft; my training partners World Champ Michael Brown, Jackie Calloway, and Marton Nelson; Jeff Lawson and his guys from Just Lifting; Willie Halloway, who is now coming into his own lifetime best; my Gold Coast training partner Jeremy Langford, and Rafael Guerrero, who gave me more than I can ever repay.

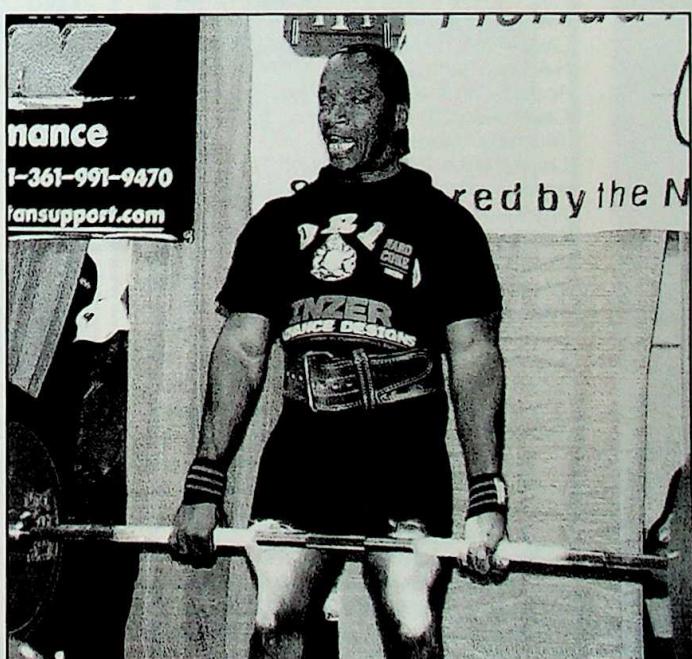
Dan: What ambitions do you have?

Greg: To be the oldest competitor on the platform.

Dan: Is there anyone else you'd like to thank?

Greg: Yeah, my big brother Mark, who has been my strongest sponsor and supporter; Vanessa and the kids, who have supported me despite the time and money competition has taken; my sponsors Troy Ford and the WNPF, Bob and Eva Tavadia and their World Gym; and Ric and Jason at House of Pain for helping our team. I sincerely thank Rob Keller for his attention and support, and finally, our coach, Kamikaze Dan Matthews.

Dan: Greg, you are a gentleman and a true champion, and I'm proud to know you. Thank you for telling us your story.



Greg Wright, deadlifting at the USAPL-USOC Tropical Games (this photograph was provided by the courtesy of Dan Matthews)

Greg Wright can be reached c/o World Gym, East Ft. Lauderdale, 1440 N. Federal Highway, Ft. Lauderdale, FL 33304, worldgymfl@bellsouth.net

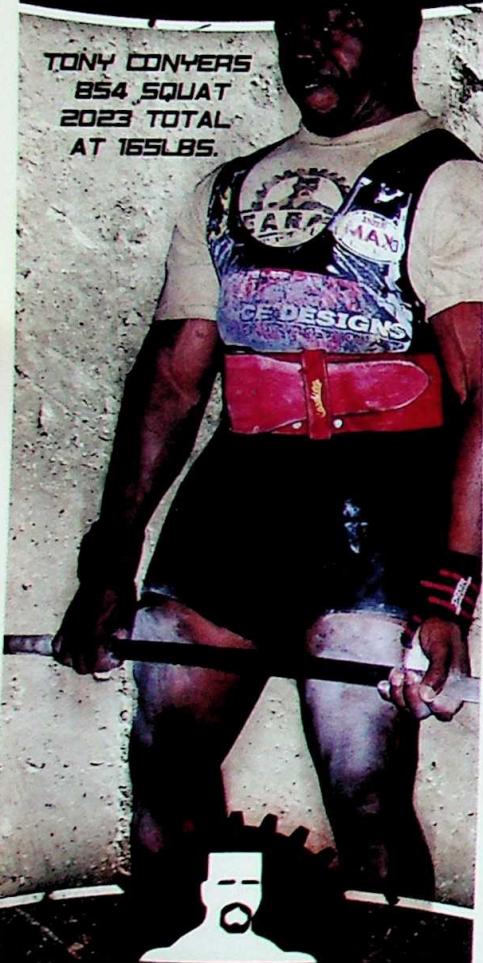
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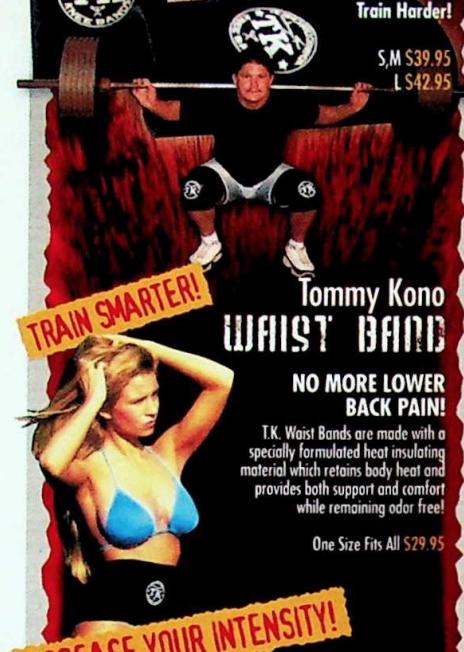
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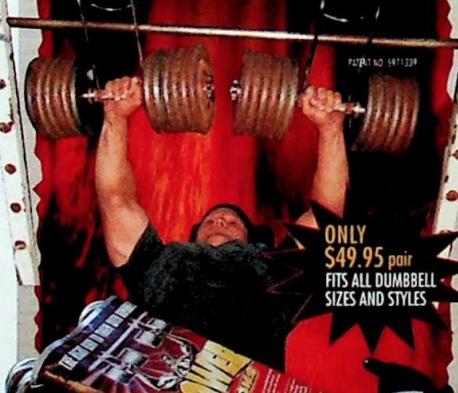
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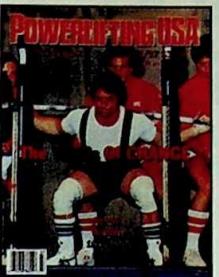
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BACK ISSUE OF THE MONTH

July 1997 - Dennis Wright was so humble he would never sit down and do an interview, but when he passed away, we put him on the cover. Feature article was "Winds of Change" by Herb Glossbrenner, and it focused on Shane Hamman's conversion from powerlifting to Olympic lifting. The dedication to Dennis Wright included a photo of him with Shane, Rickey Crain and Hugh Dunagan. Also in this issue was Part Two of the J. M. Blakeley interview and Herb Glossbrenner's reprise of the 17th Senior Nationals in Texas. Among the winners were Chuck Dunbar at 114, Ernesto Milian at 123, Lamar Gant at 132, Joe Bradley at 148, Rick Gaugler at 165, Mike Bridges at 181, Walter Thomas at 198, Jim Cash at 220, Dan Wohleber at 242, Ernie Hackett at 275, and Paul Wrenn at SHW. In this edition we included the



Chronology of Champions of the WDFPF World Championships, by Herb Glossbrenner. Nick Best was interviewed by Fred Rice, and Louie Simmons talked about training for the back. The EPF European Championships were reported by Peter Thorne. On our Top 100 rankings, for the 114 lb. class, first place in the squat with 425 was Mr. Brant. Bench press leader was Pham with a 297. Rich Green had the top deadlift with 501, and Mr. Nguyen had the best total with 1091. Sue Rinn was 85th in the squat with 248; Judy Gedney was 86th with a 154

bench press; Susie Hartwig was 48th in the deadlift with 319; and Kim Ryman was 97th in the total with 655. You can check out our entire inventory of back issues, by looking at the synopsis of each available edition, on pages 48-51 in this issue of Powerlifting USA. (There are special price breaks if you order more than two issues at a time).



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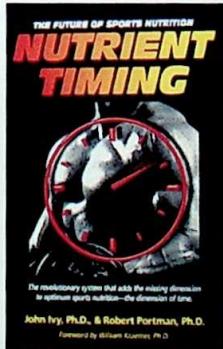
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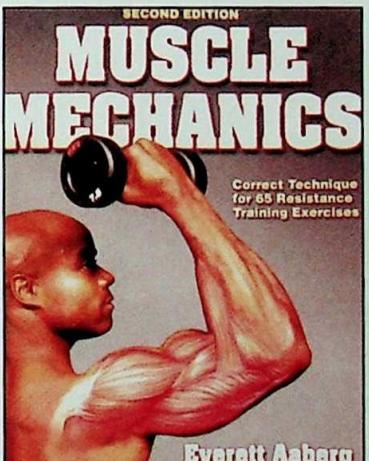
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The muscle groups and leverages involved in each of the three powerlifts do not necessarily overlap, meaning if you've got what it takes to be a good bencher; it does not mean you have the right stuff for the squat. Therefore, the vast majority of lifters have weaknesses in at least one of the three lifts. Long arms are desirable for deadlifts, but detrimental for benching and visa versa. Lifters usually address a weak lift by increasing the volume work and intensity they devote to it. Unfortunately this usually results in overtraining, leading to further weakness and frustration. Increasing the volume of work is not always the answer. In three lift competition, we simply can not blow off our weak lift. What are the best ways for a lifter to address his weaknesses?

First let's deal with over-training. As I mentioned earlier, increasing training volume is the most common course of action. For example, if a lifter is weak in the bench, he usually adds numerous sets of assistance work like inclines, declines, close grips, tricep work, overhead presses and dips, not to mention more sets of benches. The lifter eventually exceeds his recuperative abilities and overtrains, and the already weak bench press becomes more of a weakness, compounding the problem. Perhaps the answer may be to lower the volume of work. Overzealous training could have been the culprit all along. Adding more work may

STARTIN' OUT

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WEAKNESSES

as told to Powerlifting USA by Doug Daniels

only increase the problem.

Inefficient lifting form or technique could be another reason for a substandard lift. Over the years I have written numerous articles about bad lifting technique. Examine your lifting form on video or have an experienced lifter evaluate it. If you uncover a technique flaw, cut back the weight and work on improving your technique. Lowering the weight helps you to properly learn the new style of execution and reduces the chance of injury in the meantime. For example, you may lean forward in the squat as you descend, decreasing your leverage. In the deadlift you may straighten your legs out too quickly during the pull hindering their contribution to the lift. Your bench may lag because due to failing to maintain a tight position on the bench throughout the lift. You can refer to many of my past articles for more tips on technique and execution.

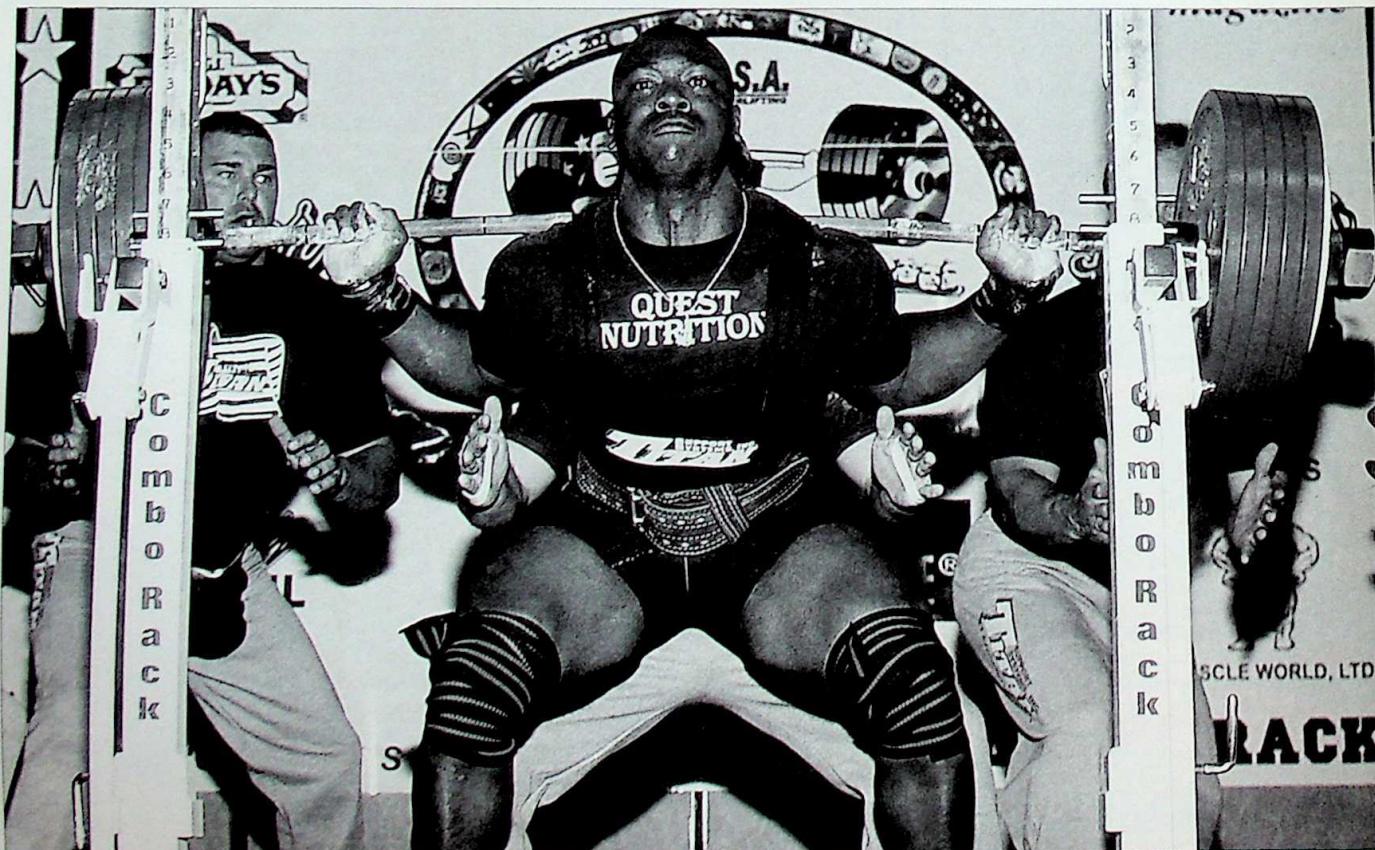
Lack of flexibility can also be a factor affecting your lifting technique. Working on flexibility may allow you to attain a more upright and flat back in the squat and deadlift. Enhanced spinal flexibility can help to achieve a solid bench arch and maintain tightness. Hip and shoulder suppleness may enable you to increase the width of your squat stance or bench grip (up to legal limits) to compensate for long legs and arms, not to mention using more of the stronger trunk and torso musculature.

Your bodyweight can have a huge impact on your lifts. Your bench may not start to improve until you move up in weight class. The rule of thumb I go by is the bench is the most affected by a bodyweight change, followed by the squat, and, lastly, the deadlift. In the case of the deadlift, dropping bodyweight (bodyfat) can improve your results because it may enable you to assume a more efficient pulling position. If

you want to change your bodyweight make all efforts to make your weight gain (or loss) a gradual transition and of high quality, meaning more muscle is added than fat when you go up in weight and more fat is lost than muscle if you drop weight. It may take a full year to grow into a different weight class, so exercise patience.

Our own self-fulfilling prophecies may be at fault. We talk ourselves into the idea that we are bad at a lift, so we do not train hard and smart. In such cases, we've lost before we even start. We naturally enjoy pursuing activities we are good at and too many times lack real dedication to succeed or improve at things that are difficult. Look back at the improvement you have made so far in your lifting. Think of the positives, not the negatives. Use the positives to keep your motivation high, but never be satisfied. You must be realistic, however, if you have long arms like an NBA power forward you will never crack the 1000 lb mark in the bench press.

We must address and learn to live with our weaknesses. Devoting more work and volume to a weakness may only worsen the situation. Instead, try to examine other factors beyond training - like bodyweight, body structure, lifting technique, flexibility and negative attitude. Very few can excel at all three lifts, but we can use the abilities we do have to push ourselves to realistically higher levels and improve against your toughest opponent; yourself.



Charr Gahagan, a born deadlifter, has moved his squat up recently to the point where it exceeds his pull on the TOP 100 list for 220s

Growth hormone levels decline as you get older. And athletes have found that increased levels of growth hormone helps to optimize body composition, increasing muscle mass and decreasing body fat.

However there's a lot of controversy over using growth hormone injections because of the potential side effects. But there's a better way.

Increasing your own natural endogenous levels of growth hormone is safer and in the long run more effective for increasing growth hormone levels and maximizing body composition than using exogenous GH. There are two main reasons for this view.

First of all the use of recombinant or synthetic GH (the only kind available since 1985 when the possibility of prion infection resulting in Creutzfeldt-Jakob disease,¹ a variant of mad cow disease, halted the use of GH harvested from the pituitaries of cadavers) only provides limited GH exposure.

That's because human GH represents a family of proteins rather than a single hormone. In fact, the circulation contains over a hundred GH forms. And because we have yet to discover enough about the various forms, the net biological activity of this mixture is difficult to predict since the exogenous recombinant GH represents only 20 percent or so of the mix.

Thus far, most of the research has been largely confined to monomeric 22K, the same GH that is available for exogenous use. However, while it is certainly effective for its original intended purpose, namely growth promotion, it's not known if it's sufficient for optimal growth and body composition. It's unlikely that it can fulfill all the functions of the GH family that are naturally present in the body.

As well, the use of one GH variant, as is the case with GH injections, likely decreases the production of the other variants in the body² thus limiting the normal biological activity of GH. This very fact has been explored as a means of detecting GH use by athletes.³

The second reason is that the use of exogenous GH shuts down your own growth hormone production. And that's a bad thing since it takes away some of the natural variations in GH that takes place in the body.

For example it's been shown that the use of GH, even in low doses, decreases the natural GH peak that occurs a few hours after you fall asleep.⁴ In my view it's the peaks of GH levels in the body that stimulates the anabolic and fat burning effects of GH. If you lower these peaks, you're not getting the most from your GH.

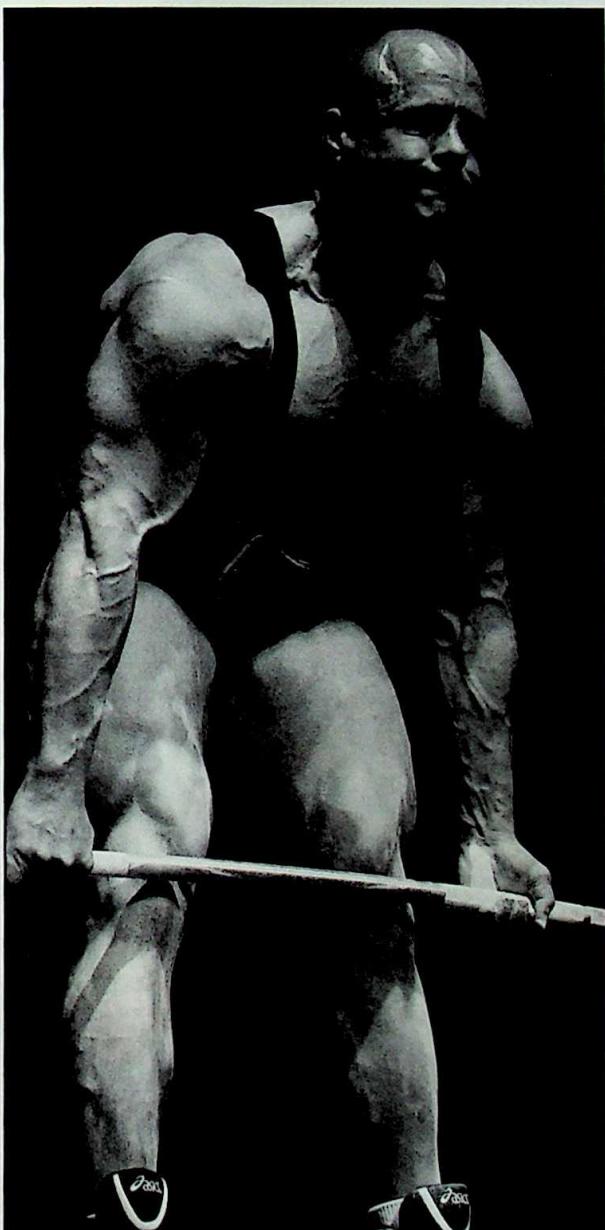
But it's worse than that. When you use exogenous GH it shuts down your own natural GH producing machinery. And it takes time for your body to ramp up this machinery once you discontinue the GH injections. In some cases, with extended use (as is sometimes the case in athletes who

MORE FROM MAURO DI PASQUALE MD

Boosting Endogenous Growth Hormone ... The Better Way

The problems with Exogenous Growth Hormone

abuse anabolic steroids and find that their testosterone levels are permanently depressed) it's possible that the natural production of GH may be permanently impaired, making it necessary for you to go back on the injections to feel normal.



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None of this happens when you effectively boost your natural endogenous GH levels. First of all you produce the full gamut of growth hormones, and secondly, by ramping up your GH producing machinery rather than shutting it down it's never going to fail you even when you're not ramping it up.

All that will happen is that your levels will go back to what they were before you started ramping it up.

The bottom line is that boosting endogenous GH production is more natural, more effective, and has considerably fewer (actually nil) side effects compared to the use of injectable GH.

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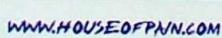
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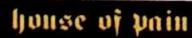
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Many times I sit and ponder all the factors it takes to be a good powerlifter. We know that it takes strong muscles and lots of training. Beyond that, what is the most important factor? Periodization, education, good equipment, all of these factors could be argued, but in my experience as a lifter and a coach it's ATTITUDE. Attitude is what sets us apart from being part-time, mediocre lifters, to any level of respected champion (state, national, international). Trust me when I say (as I'm sure other coaches, no matter what sport, would agree) that I would rather have a hard working, motivated person on their team, than a genetically gifted athlete who was lazy, any day of the year. That's because in the long run, the driven athlete, at least in my eyes, will get further than the genetically gifted person. A lifter with a good attitude will find out the best ways to train, will educate themselves and others, and will drive 2 hours if need be to get to the proper equipment and atmosphere.

Think of the best lifters in this game. One that comes to mind is Chuck Vogelpohl. This cat is the very meaning of attitude. He will train like an animal, week in and week out, and will push to the very limits and ask for more. Training with him gave me an idea of what it takes to be a champion and then some.

Powerlifting, no matter what federation or age group, is one of the greatest sports in existence. One of the main reasons is that NO ONE can give you a 600 lb. squat or a 500 lb. bench; you must earn it every step of the way. It teaches you that anything good in life takes time and hard work, a mindset that's missing in many of the people of my generation, and younger folks. Powerlifting can be an attitude builder in this way. It also seems to transfer into other aspects of life, by consuming you, and making you push everything to the limits, including your job, education, and your life.

I used to hold educational seminars for my powerlifting team. Many of them would listen, and some of them would rather just lift. Some brought great attitudes to train and some looked like they just drug themselves in from a bar. The point is this: my best lifters could always be spotted, quite easily. They came into the gym ready for war. Their attitudes was to lift to their potential that day in practice; whether they just got finished taking a test, or needed to go home and study didn't matter, it was now time to train. Their attitude would not let the workout itself, their teammates, or external factors affect their lifting on a consistent basis unless it was in a positive way. This is really what it takes to be a champion, to be a

STRAIGHT BAR TALK

The Most Important Factor in Powerlifting

by Matt R. Wenning, M.S. Sports Biomechanics / Westside Barbell

student of the game, and to constantly get better. If I threw in a max day, they would usually PR, due to pride and competition, and they would not let the weight psyche them out. If the holidays were close, they would stay to train that extra day to make sure the environment and competition was there.

Many people tell me that my attitude is what sets me apart from most people, and that is one statement I would have to agree with. If there were a couple of words that I hope would come up when people speak my name, one of them would have to be DRIVEN. When people ask me how to get as strong as I have (and I'm not even close to being done), I say, "You have to be willing to go in when you're not feeling good, or when you have other things to do, and - above all - you must be willing to leave your ego at the door." Many times that's enough to scare most average people away. Ego can come in the form of changing workouts, or driving someplace where you're not the strongest lifter, anything it takes to get the job done. Some top lifters have problems with this and that is why you see lifters who haven't got any stronger in 10 or more years. Attitude also deals with education, and experimentation. A strong attitude will make you learn how to progress, get stronger, and push your body past what you, your friends, or outsiders think it could do.

Attitude will take you places you never imagined. I remember as a teenager when I went to the Arnold Classic, and saw the Westside crew from a distance. Even though I was a pretty jacked 250 lb. kid at the time, I was intimidated. I knew they were the best, and that's what I wanted to be. My attitude and drive, along with a kick in the ass from a friend, made me go talk to Louie Simmons. A few weeks later, I showed up in Columbus and got my ass handed to me. After a year or two of pushing through the workouts, working hard, and wanting to rent a hotel room and crash instead of drive 2.5

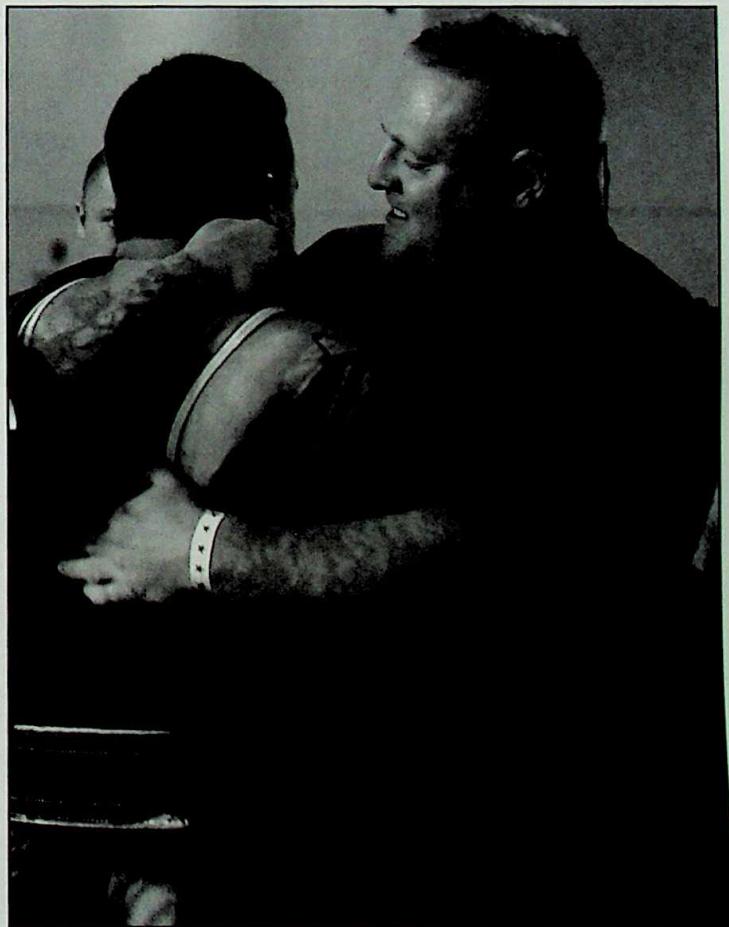
hours back home, my attitude was recognized and respected. Now I train there full time and get pushed every workout. If it weren't for those guys, I wouldn't be where I'm at today, or have near as much potential.

On the flip side attitude will take you away from places. I used to train at a gym near home. I lifted with the strongest guys in the area, but neither the intensity, education, or experimentation was present. This atmosphere eventually drove me away, and changed my entire philosophy. As my teachers always used to say "there is no excuse for ignorance". I go back there now, and it's a funny feeling being stronger than everyone else, and answering questions that I learned the answers to about 5 years ago.

Stagnation is a killer, and if you're staying the same that means you're getting worse. Why waste 2 or more hours a day, 3 or 4 times a week, if you're not going to get better? The key is never to be satisfied with your lifts. Learn to enjoy your accomplishments without settling for them being the best you can do.

The whole point of this article is to remember some of the basics. Have a strong attitude to push you, and always try to learn and teach. You may find yourself, in a few years, doing things you never thought possible. And after lots of hard work has laid a foundation, you may glance in the mirror, and wonder who the hell you're looking at.

Matt Wenning



WESTSIDE ATTITUDE ... Fred Boldt hit a 628 bench to win his division at the Arnold Classic and author Matt Wenning was there to help him beforehand and congratulate him on mission accomplished afterwards.

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- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench-press. Bench-pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength-gains will result from handling the increased weight. Confidence will rise from one training session to the next.

• The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

• **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.

• **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

PHEONOM

The *Phenom* is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary *HardCore* material. The only technology of this kind, the *Phenom* will provide you with incredible power off the chest through the mid and top range of motion and it will keep this power lift after lift, competition after competition.



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep its memory and will not stretch out. You will be able to use the *Phenom* for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the *Phenom* has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

Extreme performance technology makes the *Radical Denim* the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The *Radical Denim* will provide you with the top end denim experience.



- The *Radical Denim* is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

ULTIMATE DENIM

• The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!

• The *Ultimate Denim* has virtually no stretch to it and works best for lifters with a beefier upper body.

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Inzer Advance Designs Logo T-Shirts

This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, California blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

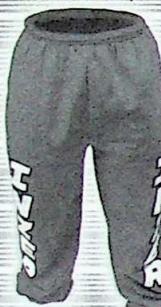
\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



Warm Up

Pullover Crewneck
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



Camo T-shirts

Inzer Camo T-shirts are available in red camo, green camo, blue camo, and yellow camo.

\$10.00



Tank Tops

Quality summer weight Tank Top with two color logo. Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, and red.

\$10.00



Jersey Knit Short
50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

\$12.95



Warm Up Pants

This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

\$23.95

Hoodie
Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

\$19.50



Suit Slippers

Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

\$19.95



Gym Bag

This large deluxe embroidered gym duffel is easy to look at! Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"

\$25.00



Stickum Spray
Use this excellent tool for a variety of performance tweaks in training and competition.

\$5.95



Gym Chalk
Essential for workouts and competitions, magnesium of carbonate block chalk.

\$10.00

Elbow Sleeves XT

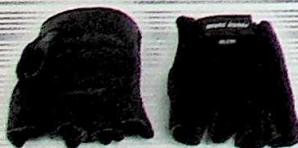
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

\$55.00



Knee Sleeves XT
The high tech knee support advantage for strongman competitors and other athletes.

\$55.00



Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

\$4.95



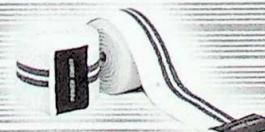
Form-Foam™ Lifting Gloves
Custom gripping power and supreme stability control. Power-Surge.

\$12.95



Power-Surge Red Line Wrist Wraps
Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

\$12.50



Power-Surge Red Line Knee Wraps
Power-Surge Double Red Line Competition Knee Wraps. Extra thick. Strong support. Easy to wrap to full tightness. Comfortable.

\$16.50



Iron Wrist Wraps Z
The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

\$17.00



Iron Wraps Z
The most powerful, most popular, most effective knee wrap in the world!

\$22.00



Forever Lever Belt 13MM

The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

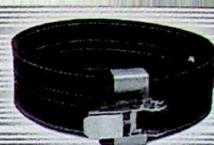
\$70.00



Forever Buckle Belt 13MM

The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.

\$70.00



PR Belt

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.

\$140.00



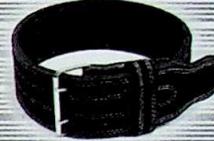
Forever Belts™
are guaranteed
forever!



Forever Buckle Belt 10MM

Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.

\$60.00



Power Belt Quality Economy

Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.

\$39.95



Max DL

The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.

\$145.00



Lifting Singlet

Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.

\$33.00



Z-Suit

The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

\$42.00



Champion Suit

Champion Suit has proven itself countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.

\$42.00



The Pillar

The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

\$115.00



Standard Blast Shirt

Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

\$38.00



High Performance HD Blast

Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality HD™ polyester material.

\$77.00



Heavy Duty Erector Shirt

HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.

\$55.00



Heavy Duty Groove Briefs

Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

\$26.00

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Running a Successful Power Meet as told to Powerlifting USA by Larry Miller DDS

If you've ever thought about running a powerlifting meet then hopefully I can pass along some good advice.

Some things to consider right from the start would be the type of meet to run and when to run it. It is without question easier to start with a bench/deadlift competition instead of a full powerlifting meet. You won't need as much equipment and help. Do you want to run a sanctioned meet or an anything goes meet? My friend Pat Wilson just ran a non-sanctioned meet and the feedback from the lifters who usually attend a sanctioned meet was very positive. It was laid back and everyone had a good time. I personally prefer a sanctioned meet. If you run a sanctioned meet there may be additional costs from the powerlifting federation you choose. You will also need to get certified referees for a sanctioned competition. If you need referees, look into having some of your local lifters take a referees exam. You can never have enough referees.

Browse through "Powerlifting USA" magazine and check to see if there are any other meets close to your proposed date within your

state and surrounding states. You don't want to force lifters to choose between your meet and an established meet. Lifters also need time to recuperate, so if someone just ran a big three lift meet the month prior to your proposed meet, you may not do well. Make sure you contact the meet directors in your area. Ask them if it is ok to bring entry forms to their competition. You should also ask if it would be ok to get their mailing list. Some organizations such as USAPL have mailing lists available for meet directors.

When you pick a date promote it in as many places as possible, as early as possible. Lifters may plan what meets they will do a year in advance so you need to take this into consideration. Make sure you contact Mike Lambert and place a listing in his magazine. This might be the only free ad you get. You should also check your local newspaper. They may allow for a free announcement. Have some posters made up. Take the posters to all the local gyms and high schools. (If you know of a company that supplies fitness drinks to gyms and fitness centers, ask them to take your posters to their customers

throughout the state). You can also place them in nutrition stores, supermarkets, sporting good stores, drug stores etc. Make sure the posters catch the eye and promote it as a family event. You can even try some local magazines. You can also promote your meet on the internet. Often times you will find local health-oriented magazines.

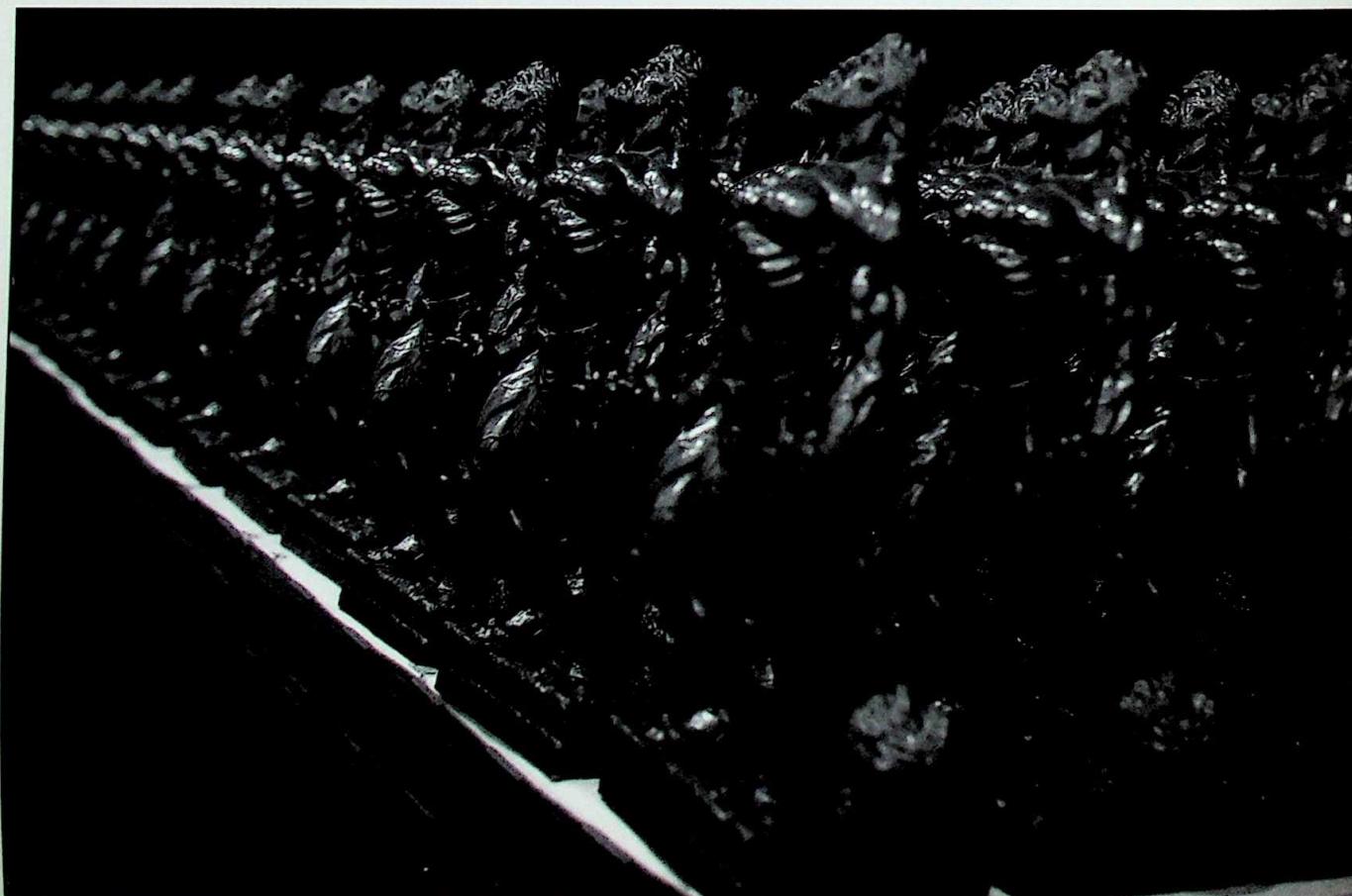
Selecting your meet site is extremely important. First time options might include a local gym or a recreation center. High Schools are also good possibilities. More expensive locations would include hotels. Until you know how many lifters you are likely to have, keep your costs down. Schools and gyms are great places to hold a first meet, because the equipment is already there.

If you want to have a successful meet, don't compromise on trophies. There are all kinds of awards you can go with and some are much cheaper than you think. Most lifters want to bring a nice trophy, plaque, sword, battle axe, etc. home and show it off to everyone. Most lifters train long and hard and want a just reward. Don't skimp here. You can also purchase some inexpensive medals to give to those who finish out of the top 3 or 5.

Running a smooth meet requires a great deal of advance

work. Design your entry form to include everything you need. Make sure you also check on insurance in case someone gets hurt. This is one good reason to run a sanctioned meet, which should cover you in case of an accident. I just recently purchased a set of safety racks from Eric Rasmussen who manufactures ER bench/squat racks. The safety attachment fits into the ER rack. The safety rack will help prevent anyone from getting seriously injured and is the best bench rack I have ever seen. Your entry form should have as much information as you can place on an 8 1/2 x 11 or 14 piece of paper. The obvious things are: meet date, location, cost, rules, waiver and release from liability, entry deadline, divisions and awards, weigh-in dates and times, contact names and contact information. Make sure you arrange for plenty of help. Figure that half the people who say they will be there will not show. You'll need people to run the scorer's table, check lifters in and weigh them, handle admissions, spotters and loaders and, of course, referees.

You will need the proper paperwork to run a smooth meet. Have a 'flight list' indicating who is lifting in flight one, two, three etc. You will also need an attempts sheet and scorecard. The attempts



TROPHIES ... lots and lots of great trophies are a necessity for a successful powerlifting meet, like these from the WABDL Worlds.

sheet will list who is lifting first, second, third etc. I like to leave some space between attempts in case someone wants to change their attempt. Score cards should have the following basic information; name, age, residence, bodyweight, opening attempt, weight class, coefficient, personal best, rack height, attempts, coefficient total, place finish. You should even have a referee's schedule so everyone knows when they will be required on the platform. Don't forget, you'll need some communication system, whether it be lights or flags, for the referees to indicate a good or bad lift.

Powerlifters are well known for procrastinating. Have an entry deadline and I recommend charging extra for those who enter late. Make sure this is indicated on your entry form. The extra fee will make it a bit less aggravating. If you accept late entries, but you can't get trophies to cover the extra entries, you may have some angry lifters. Try to deal with a trophy company who can accommodate your needs.

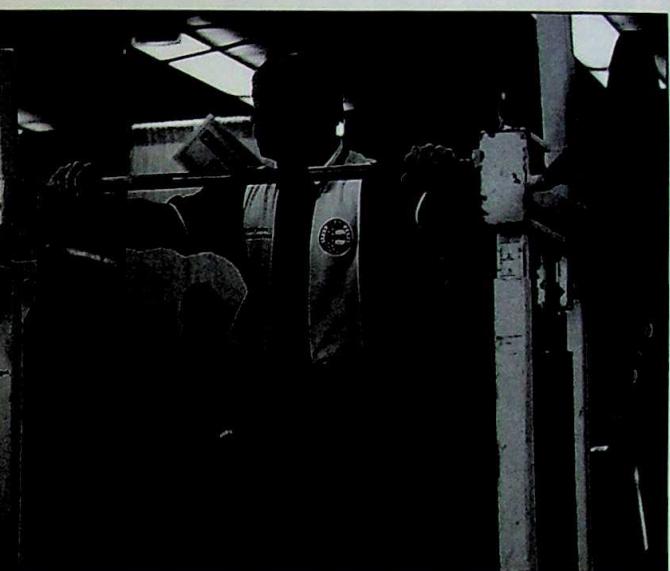
The best computer program I ever saw was developed by Mr. Joe Marksteiner. Joe's program does everything, including a bar load program and a 60 second clock. You need to have someone who is good on the computer to run the program. Gary Kanaga (Gary.Kanaga@Nordonischools.org) has a similar program.

If you run a sanctioned contest, it might not be a bad idea to have some equipment on hand, for those in need. If you need singlets, go to the local sporting goods store. Whatever you don't sell, you can

return. Wraps and ammonia inhalants can also be sold. You should also have a concession stand so that lifters can stay close and have something to eat. Have both breakfast and lunch available. Doughnuts, muffins and bagels are easy to do as are hot dogs and pizza for lunch. You'd be surprised how much revenue you can generate from a good concession stand.

Meet T-shirts should be unique. I have seen some great t-shirts and some very plain designs. You might want to get some professional help here and then price the shirts out. I prefer selling shirts separately as opposed to including them into the cost of the entry fee. If I don't like the t-shirt, I don't want it. If I do like it, I'll probably attempt to purchase a few shirts. There are a number of vendors in "Powerlifting USA" who can help with t-shirts or you can go to a local vendor.

Look to get sponsorship early on. You can give them credit by putting their name on the back of the meet t-shirt. You can go to local stores and even search through "Powerlifting USA" magazine for some potential sponsors. You might even look into being a distributor for one of those companies manufacturing bench shirts such as Titan or Inzer. Let's say your meet is across the street from a restaurant and you won't be selling food. Work



A Good Head Referee, like Gordon Santee (above), can make a huge difference in the event. Gordon has served many organizations as an official.

something out with them. If you're running a local meet, look at getting a local Chiropractor and Massage Therapist to donate some time. They may meet some potential patients. Have some local vendors purchase booth space. Nutrition and clothing stores and maybe sporting goods companies are good choices.

If you don't make money as a meet director, you probably won't run any more meets. Charge for admission, but don't gouge. Young kids should always get in free. See if you can get on local radio the week of the meet and promote it as a family affair. Between entry fees, admission fees, food and clothing sales, and booth sales you should do all right. Your costs will include awards, renting a facility, food and beverage, printing, paying for help etc.

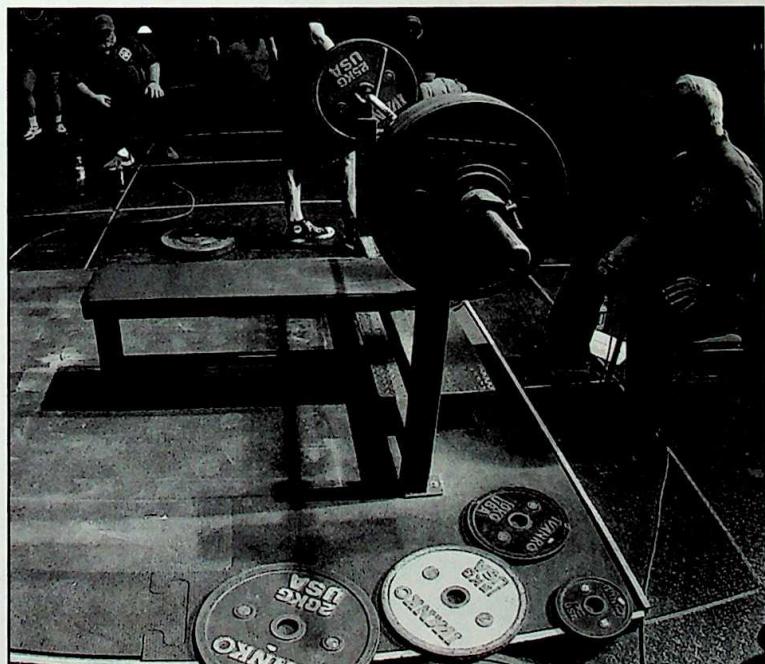
Make sure you treat your help well. At minimum, you should supply them with food and drink throughout the day. You should also give them a meet t-shirt. A little cash can't hurt especially if you know in advance that you will have a profitable meet.

Make sure you have a certified weight scale. You should be able to go through your local county auditor and the weights and measures division. No one wants to go to a meet on weight and finds your scale weighing 2 pounds heavier. Invest in a good power bar. Ivanko has some great bars that are reasonably priced. They even have price breaks for meet directors.

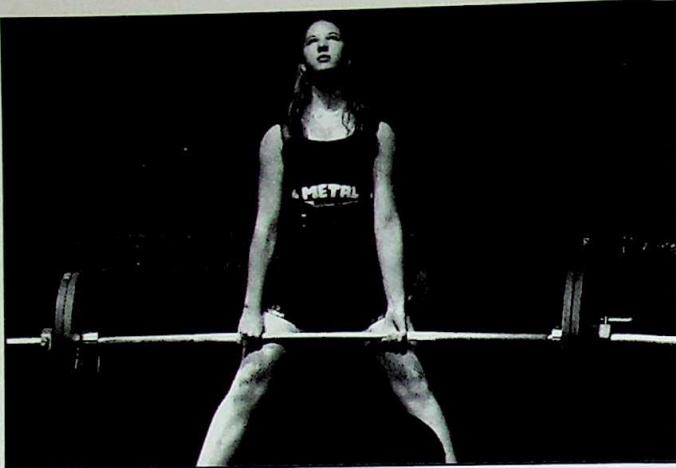
Contact Chet or Adam at Ivanko (www.ivanko.com). Make sure you have a decent platform and bench. Your platform should have carpet. It is easy to clean and provides for the best footing. It is nice to have similar equipment in the warm-up area as to what will be on the platform. Go to the IPF website to get information on ER racks. They are the best I have seen and will help expedite the meet. In case you have computer problems make sure you have loading charts for the judges.

Once you are comfortable with a bench/deadlift meet, try a three lift meet. A three lift meet will significantly add to the length of the competition. If you run a meet whereby you are drawing 60-70 lifters, you'll probably have to go to a two platform meet which means more help and equipment. Once you are capable of running a smooth powerlifting meet, try for a national competition. Personally I prefer a meet venue within a hotel. That way you can go back and forth from your room to the competition. You will have to make sure you have enough room nights to cover the cost of the venue. Paying for a ballroom can be expensive. Some hotels may have off-season rates for their guest rooms and even their ballrooms. You might check on this prior to picking the date of your competition.

Hopefully you have a better understanding of how to run a successful meet. You might want to have some evaluation forms available for the lifters. Hand them out along with the trophies and ask the lifters to complete them. See what they liked about your meet and what they didn't care for. There is nothing like having an experienced meet director by your side for your first meet to help you out.



The Basics for the Bench Press ... a rugged non-slip platform, a solid bench rack, a great power bar, and some of those close tolerance Ivanko weights.



Amanda Wass started deadlifting in January 2005. At her first meet in Medford, OR (March 2005) she broke the Oregon record with a 236 lb. deadlift on her 2nd attempt, and then the state and world record on her 3rd and 4th attempts, ending with 253. In her 2nd meet in Portland (August 2005) she again broken her own state and world records with 275 lbs. and took 1st place in the open women and teen women (13-15) 123 lb. class. At the WABDL Worlds (November 2005) in Reno, she broke her records again with a 281 lb. lift, and won Best 13-15 Lifter. In March 2006, at the WABDL Northwest Regional in Medford, she broke her records yet again with a 282 lb. lift. Her Father, Robert Wass, says "At 14 years old, she has a lot of potential and will go a long way" (photograph and information by Robert Wass)

WABDL Northwest Regional 11 MAR 06 - Medford, OR

BENCH	242 lbs.	198 lbs.	Warrington	600
WOMEN	J. Dassel	413	E. Georgeon	341
Master (40-46)	308 lbs.	220 lbs.	K. Doeffer	374
165 lbs.	R. Griffin	490	J. Anthony	473
S. Klocke	242	242 lbs.	E. Macauley	530*
4th-259*	4th-501*	259 lbs.	R. Fisher	402
B. McGowan	159	259 lbs.	T. Chun	—
199+ lbs.	Junior (20-25)	259 lbs.	Submaster (34-39)	—
K. Sandoval	225	259 lbs.	J. Schaeer	402
Master (57-53)	391*	259 lbs.	D. Jacobson	451
123 lbs.	E. Stafford	148 lbs.	Master (47-53)	—
D. Ruff	165	148 lbs.	J. Ditty	105*
Master (54-60)	198 lbs.	148 lbs.	Teen (12-13)	105*
181 lbs.	S. Mahoney	181 lbs.	123 lbs.	105*
B. Heriford	214	181 lbs.	G. Nelson	—
4th-220*	Law/Fire	181 lbs.	D. Hawkins	325
Open	Master (40-47)	181 lbs.	Teen (14-15)	—
165 lbs.	4th-330*	181 lbs.	105 lbs.	—
S. Klocke	242	181 lbs.	M. Davis	104*
4th-259*	Law/Fire	181 lbs.	Teen (16-19)	—
181 lbs.	Open	181 lbs.	S. Enloe	236
B. Heriford	214	181 lbs.	D. Gilbertson	319
4th-220	R. Harris	309+ lbs.	A. Munsey	606
Teen (16-19)	Master (40-47)	309+ lbs.	A. Munsey	363
132 lbs.	4th-523*	309+ lbs.	A. Munsey	303
R. Miller	93	148 lbs.	E. Yagin	—
148 lbs.	R. Griffin	148 lbs.	DEADLIFT	—
M. Rocat	181	148 lbs.	WOMEN	—
MEN	Law/Fire	148 lbs.	R. Harris	—
Class I	Submaster	148 lbs.	Teen (12-13)	—
165 lbs.	220 lbs.	181 lbs.	J. Stafford	407
E. Yagin	—	181 lbs.	J. Stafford	369
220 lbs.	J. Taylor	181 lbs.	A. Pecktol	170
D. Wilcox	402	181 lbs.	4th-181*	—
J. Frazier	347	181 lbs.	198 lbs.	—
M. Olson	325	J. Noblit	380	—

Teen (14-15)	J. Taylor	600*	
123 lbs.	Master (40-46)	181 lbs.	
A. Wass	282*	D. Guches	600*
Teen (16-19)	282	220 lbs.	
132 lbs.	R. Miller	551	
148 lbs.	369*	242 lbs.	
M. Rochat	369*	R. Fisher	562
Open	Master (47-53)	Master (47-53)	
123 lbs.	282	220 lbs.	
A. Wass	282	B. Collins	556
181 lbs.	B. Heriford	242 lbs.	
253 lbs.	358	J. Capello	770
Master (40-46)	Master (40-46)	4th-800*	
148 lbs.	4th-800*	Master (54-60)	
H. Gantz	402	220 lbs.	
4th-429*	4th-429*	R. Wass	479
K. Kennedy	330	242 lbs.	
165 lbs.	B. Anderberg	529	
T. Holte	365*	4th-562*	
J. Rayburn	319	Master (61-67)	
199+ lbs.	B. McGowan	198 lbs.	
K. Sandoval	363	R. Erikson	446
Master (47-53)	Master (47-53)	Master (68-74)	
123 lbs.	123 lbs.	148 lbs.	
D. Ruff	352	L. Vincent	370*
Master (54-60)	Open	148 lbs.	
148 lbs.	Master (54-60)	R. Martin	402
P. Pendergast	330*	165 lbs.	
B. Heriford	358*	R. Godard	573
MEN	MEN	181 lbs.	
Class I	Class I	D. Guches	600
198 lbs.	198 lbs.	198 lbs.	
D. McFarland	—	McClennan	567
242 lbs.	242 lbs.	242 lbs.	
C. Muir	573	J. Capello	770
J. Dassel	573	4th-800*	—
308 lbs.	308 lbs.	J. Ahony	611
R. Roeser	551	Submaster (34-39)	—
Junior (20-25)	Junior (20-25)	165 lbs.	
181 lbs.	181 lbs.	P. Lawyer	391*
E. Stafford	352	220 lbs.	
M. Enloe	319	D. James Jr.	374
198 lbs.	198 lbs.	M. Enloe	446
A. Georgeon	391	198 lbs.	
S. Mahoney	352	S. Mahoney	529
Master (54-60)	Master (61-67)	Law/Fire	
181 lbs.	181 lbs.	Master (40-47)	
R. Griffin	490	259 lbs.	
Master (47-53)	Master (47-53)	259 lbs.	
123 lbs.	148 lbs.	T. Chun	—
D. Jacobson	451	Submaster (34-39)	—
Master (48+)	242 lbs.	D. Jacobson	451
220 lbs.	220 lbs.	220 lbs.	
C. McFarland	523*	220 lbs.	
132 lbs.	220 lbs.	220 lbs.	
J. Mugleston	220	Teen (12-13)	105*
J. Beleta	325	123 lbs.	105*
R. Eriksen	292	123 lbs.	105*
Open	242 lbs.	123 lbs.	105*
181 lbs.	242 lbs.	123 lbs.	105*
R. Harris	—	123 lbs.	105*
4th-220	309+ lbs.	123 lbs.	105*
Teen (16-19)	309+ lbs.	123 lbs.	105*
132 lbs.	309+ lbs.	123 lbs.	105*
R. Miller	490	198 lbs.	105*
4th-501*	275+*	198 lbs.	105*
J. Taylor	—	198 lbs.	105*
Master (40-46)	275+*	198 lbs.	105*
220 lbs.	275+*	198 lbs.	105*
D. Wilcox	402	198 lbs.	105*
Master (40-46)	275+*	198 lbs.	105*
220 lbs.	275+*	198 lbs.	105*
J. Stafford	407	198 lbs.	105*
J. Stafford	369	198 lbs.	105*
A. Pecktol	170	198 lbs.	105*
4th-181*	—	198 lbs.	105*

*=State Records. !=World Records. Ninety lifters competed in this very well run event, in a class ballroom with lots of great deadlifting. Usually, after the bench trophies have been passed out, the crowd thin out, but not in Medford. The crowd got bigger. This is a loggers town and they relate to deadlifts. In law/fire master 40-47/259, Don Bodenstab set an Oregon record 551. In law/fire master 48+, Charles McFarland set an Oregon record 523.5. he also set one in law/fire open. Both records were in the 220 lb. class. In law/fire master 48+, Jeff Holloway, after a seven year absence, returned to the platform and

One KILOGRAM
equals 2.2046
Pounds

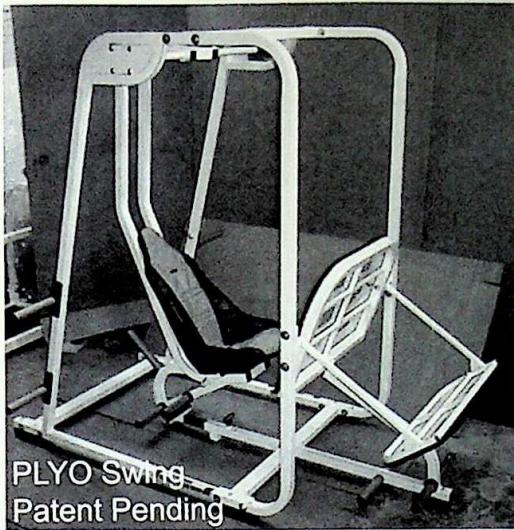
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

ripped up 501.5 for an Oregon record. In law/fire submaster 308, James Taylor pulled an Oregon record 600.7. In master men 40-46/181, Don Guches, one of the meet directors, pulled an Oregon record 600.7, weighing only 178. He came close with 622. In master 47-53/242, Jerry Capello became the oldest lifter in the world to pull 800, with a World Record 800.1. He also set an Oregon state record in the opens with 800.1. It was a fourth attempt. On his third, he pulled 777, which also was a World Record at the time. In master 40-46/242, Bill Anderberg pulled an Oregon record 562 and was real close with 573. He trains with Capello. In master 40-46/148, Heidi Gantz pulled a huge 429.7 World Record, weighing 146. At 165/40-46, Theresa Holte pulled an Oregon record 365.7. In master 54-60, there were two more women's world records. At 148, Patty Pendergast came back from major cancer surgery to pull 330.5 at 148, for a World Record. She set a World Record just prior to the surgery and one shortly after. I doubt it has ever been done. She's very courageous. Betty Heriford also set a World Record at 181 with 358, which was her seventh World Record in the bench and deadlift in the past two years. Phillip Lawyer set an Oregon record in submaster 165 with 391. In the new 12-13 age group, Austin Smith set a World Record deadlift at 97 lbs., with 154.2. Amos Grizzel set a World Record 126.7 at 114 and Ramsdall set a World Record 303 at 132 lbs. In teen women 12-13/79, Alex Pecktol, the daughter of meet director, Sam Pecktol, set a World Record 181.7! Amanda Wass set a World Record 282.1 in teen 14-15/123. In teen 16-19/148, Marie Rochat set a World Record. 369 in the deadlift. Moving on to the bench, in class I 308, Richard Griffin set an Oregon record 501.5. In junior 181, Joe Stafford set an Oregon record 391.2. In law/fire open and law/fire master 40-47/259, Don Bodenstab set two Oregon records with 523.5 to go along with his two Oregon deadlift records. In master men 40-46/242, Ed Macauley set an Oregon record 530.1. In master 61-67/181, Daryle Hawkins set an Oregon record 330.5. In master men 68-74/148, Larry Vincent set a World Record 275.5. Larry had set the World Record numerous times in 61-67/148, ending up with 287. In master women 40-46/165, Sherri Hocke set a World Record 259 and is in line to hit 300 by the Worlds. In master women 54-60/181, Betty Heriford set a World Record 220.2. In open men 198, Gustavo Warrington who was stuck with the World Record 584 for three years finally broke loose and put up 585, 600.7, and 611.7, which were all World Records. Jimmy Ditty set a World Record in 12-13/123 with 105.6. The computer was handled by Elma Thomas, and weigh-ins were run by Gary Thomas. The judges were Terry Luehrs, Don James, Gus Rethwisch, Dan Guches, and Sam Pecktol. The scorekeeper was Rhonda Guches. The MC was Gus Rethwisch and Sam Pecktol. The meet directors were Sam Pecktol and Dan Guches. (results courtesy Gus Rethwisch)

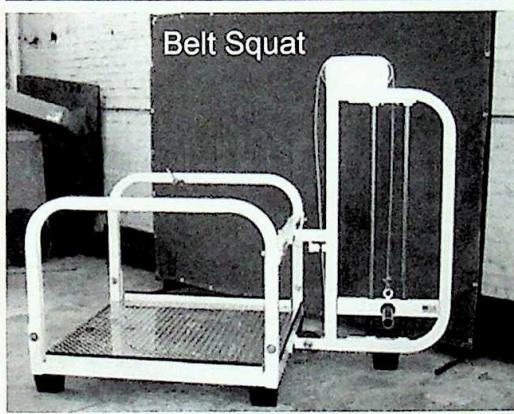
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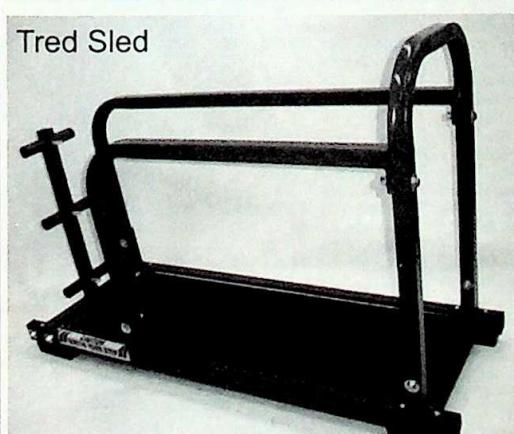
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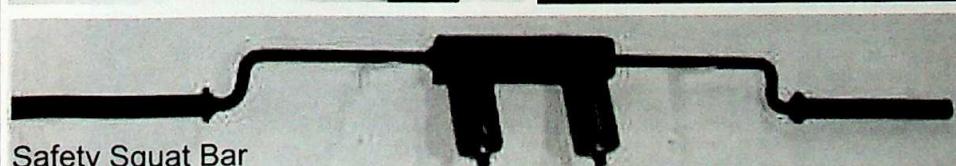
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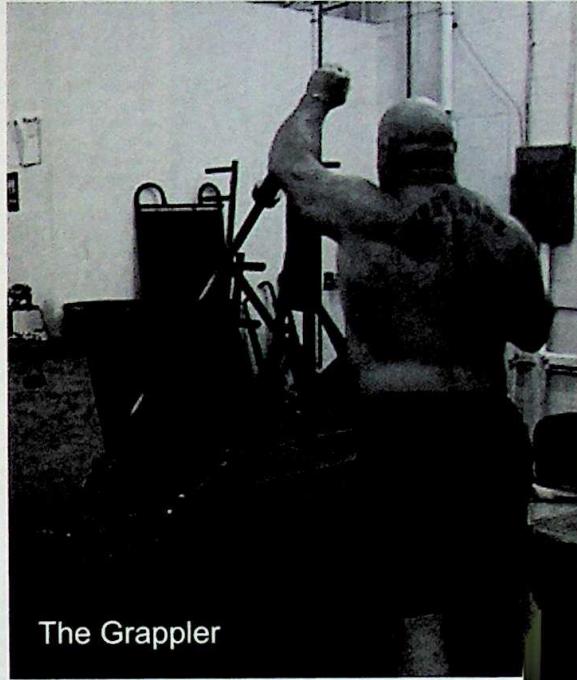
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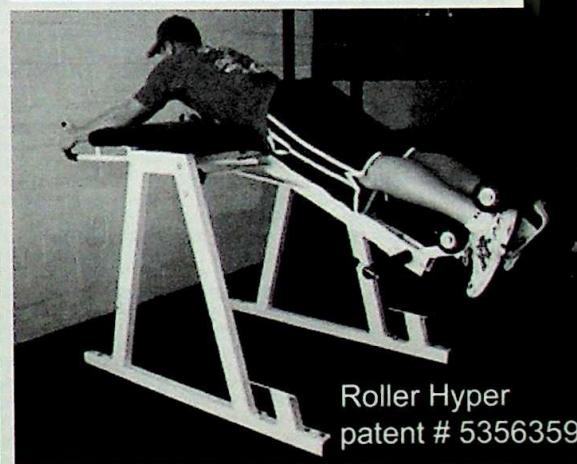
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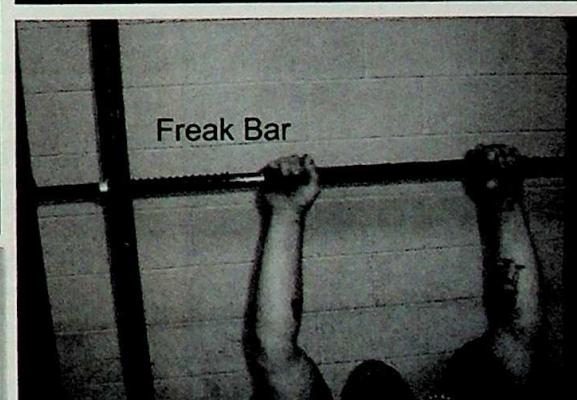
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The Grappler



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patent # 5356359

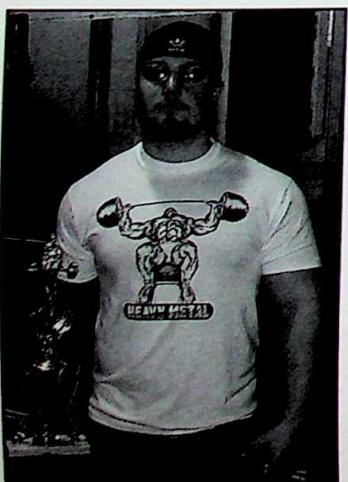


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**SLP Big Bench at the French
22 JAN 06 - Memphis, TN**

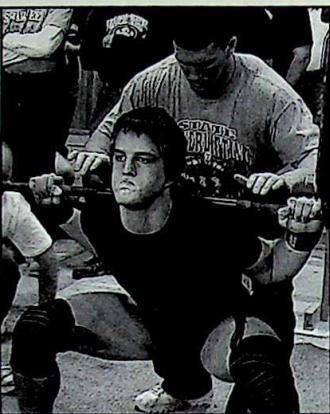
BENCH 198 lbs.
WOMEN R. Acuff 365*
Novice Master (45-49)
148 lbs.
J. Randall 135* E. Acuff 285
Submaster Open
114 lbs.
K. Emry 155* L. Dunn, Jr. 305
Open 4th-325
114 lbs.
K. Emry 155* CURL
148 lbs.
K. Emry 155* MEN
148 lbs. Teen (16-17)
J. Randall 135* 165 lbs.
MEN J. Wingfield 145*
Novice Teen (18-19)
165 lbs.
N. Prather 250 A. Hugoboom 185*
Teen (16-17) 4th-190*
165 lbs.
J. Wingfield 205* DEADLIFT
Teen (18-19) MEN
181 lbs. Master (40-44)
220 lbs.
M. Watts 205* R. Gray 365*
*Son Light Power Tennessee state records.
Best Lifter Bench: Ryan Acuff. The Son Light Power Big Bench at the French Bench Press & Deadlift Championship was held at the French Rivera Spa in. Thanks to the staff for hosting this event and helping with its promotion. In the curl competition we had two young lifters, each of which set the state record for their respective classes. At 16-17/165 it was Jacob Wingfield with 145. Anthony Hugoboom won at 18-19/198 with 185, followed by a successful fourth of 190! For the bench press event, first-time competitor Julie Randall set the Tennessee state record at novice women/148 with 135. Kristine Emry set the state record for the submaster 114 class with an easy 155. Kristine, who was forced to lift conservatively, was nursing a slight pec tear. She has done over 200 in training! Kristine's lift also qualified as a state record in the open class as well. Lifting in his first competition was novice men's 165 champ, Nathaniel Prather. Another one of those Prather boys! At 16-17/165 it was Jacob Wingfield with another state record of 205. Matthew Watts got a state record at 18-19/181 with 205 while Ryan Acuff did the same at 18-19/198 with 365. Ryan's lift also gave him his first ever best lifter award! In the master men's 45-49/165 class it was Ryan's Dad, Eddie Acuff for the win! Eddie finished with a solid 285. For the open division it was 181 winner Larry Dunn, Jr. with 305, followed by a successful fourth of 325. Lots of potential for this first-timer! In the deadlift competition Robert Gray was our lone competitor. Overcoming some recent injuries, Robert finished with his second attempt of 365, which was a new state record for the 40-44/220 class. Thanks to my son Joey and others who helped with the loading and spotting. (results from Dr. Darrell Latch)



Best Lifter Ryan Acuff at the SLP Big Bench on the French meet. (photograph Dr. Darrell Latch)

**SLP Ultimate Fitness Open
4 FEB 06 - Appleton, WI**

BENCH Open
WOMEN 181 lbs.
Teen (16-17) C. Neal 450
165 lbs.
J. Kildahl 120 J. Schielke 400
MEN DEADLIFT
Teen (13-15) MEN
123 lbs. Teen (13-15)
D. Weight 140* 198 lbs.
4th-145* K. Rabe 350*
Teen (16-17) Teen (16-17)
198 lbs. 220 lbs.
K. Rabe 155 S. DeRosso 450
220 lbs. 4th-500
S. DeRosso 320* Teen (18-19)
Junior 165 lbs.
148 lbs. J. Mountjoy 385
D. Maes 240 198 lbs.
220 lbs. G. Rocheny 500*
M. Clark 380 Submaster
SHW 275 lbs.
Wojciechowski 500* T. Theama 500*
Submaster Master (45-49)
198 lbs. 242 lbs.
C. Castmen 295 Breuckman 405
275 lbs. Master (60-64)
T. Theama 300 220 lbs.
Master (40-44) M. Vogt 300
SHW Open
Wojciechowski 400 97 lbs.
Master (55-59) J. Theama 160*
148 lbs. 198 lbs.
B. Heiner 275* K. Rabe 350
Master (60-64) 2-MAN
220 lbs. 198 lbs.
M. Vogt 200* D.K. Rabe 650*
4th-210*
*Son Light Power Wisconsin state records.
Best Lifter Bench Press: Chris Neal. Best Lifter Deadlift: George Rocheny. The Son Light Power Ultimate Fitness Open Bench Press & Deadlift Championship was held at Ultimate Fitness. Thanks to the staff at Ultimate Fitness for sponsoring this event. In the bench press competition, Julie Kildahl won at 16-17/165 with a solid 120. For the teenage men's 13-15/23 class it was Dakota Weight setting new Wisconsin state records, for his third and fourth attempts, with 140 and 145. Kevin Rabe won at 16-17/198 with 155, while Scott DeRosso won at 16-17/220 with 320, tying the state record there. For the junior division, D.J. Maes won at 148 with 240, while Mitch Clark took the 220 class with 380. Jake Wojciechowski broke the state record at shw with 500. Chris Castmen won at submaster 198 with 295 along with 275 winner Tom Theama, who finished with his first official 300 bench! John Wojciechowski won at 40-44/shw with 400 while Bob Heiner returned to competition, moving to a new age division. Setting the state record at 55-59/148, Bob finished with 275. For the 60-64/220 class it was Martin Vogt with a new state record 200. A fourth with a new personal best 210 was also good. In the open division, Chris Neal won at 181 with 450, giving him also best lifter honors for the meet. Our final lifter was 242 winner Jeff Schielke, who finished with 400. In the deadlift competition, Kelly Rabe broke the state record at 13-15/198, along with the open 198 class with 350 as well. Scott DeRosso won his second title of the day at 16-17/220 with his 450 third, followed by his 500 fourth attempt. Jake Mountjoy got a new PR at 18-19/165 with 385 while George Rocheny set a new state record at 18-19/198 with 500. Tom Theama finished a great day of lifting with his first 500 pull, a new state record for the submaster 275 class. Dan Breuckman settled with his 405 opener, after missing his second attempt 585, in an attempt to break the state record there. Martin Vogt set his second state record of the day, along with his second title of the day at 60-64/220, finishing with 300. For the open division it was newcomer Jesse Theama who set the state record for the 97 class with a personal best 160. Jesse is just eight years old. Our final event was the two-man team of father and son, Dave and Kevin Rabe. Breaking their own state record at open 198, the two were successful with 650. The best lifter award went to George Rocheny, who pulled 500 @ 220. Thanks to my sons Joey and D.C. for running this competition. (Darrell Latch)



Cody Shaw was the best male Frosh-Soph lifter at the NASA Ohio State High School/Teenage Nationals meet (photographs provided by Greg Van Hoose)

**NASA High School/Teen Nationals
18,19 FEB 06 - Springfield, OH**

BENCH	B. Wright	259
GIRLS	165 lbs.	
Teen	A. Hollenback	314
114 lbs.	Junior/Senior	
V. Pendleton	110	165 lbs.
K. Cline	203	Hollenback 314
198+ lbs.	Frosh/Soph	
T. Palmer	198	184 lbs.
Junior High	S. Kipp	242
123 lbs.	Teen	
T. Seeling	55	181 lbs.
165 lbs.	D. Williams	332
M. Leece	71	Junior/Senior
Frosh/Soph	198 lbs.	
198 lbs.	C. Pencil	325
C. Anderson	270	J. Reid 203
Junior/Senior	275 lbs.	
132 lbs.	A. Crawford	374
C. McCuddy	110	High School
148 lbs.	275 lbs.	
E. Algeo	99	J. Keathley 407
BOYS	275 lbs.	
Teen	B. Warnock	181
148 lbs.	Push-Pull	BP DL TOT
GIRLS		
Junior High		
105 lbs.	T. Smiddy	88 159 248
L. McGonagle	77	159 237
123 lbs.	S. Smiddy	82 203 286
S. Griffith	66	137 203
Frosh/Soph		
123 lbs.	M. Cross	82 176 259
132 lbs.	A. Pence	115 181 297
J. Zinkhon	71	192 264
148 lbs.	T. Barlow	88 181 270
181 lbs.	J. Stevens	104 214 319
A. Walden	110	176 286
Junior/Senior		
132 lbs.	C. McCuddy	110 181 292
148 lbs.	E. Algeo	99 209 308
A. Ferrell	110	187 297
165 lbs.	M. Leece	82 159 242
198 lbs.	H. Lewis	143 270 413
Teen	V. Pendleton	110 281 391
114 lbs.	B. Heronimus	93 220 314
132 lbs.	M. Winterhoff	115 264 380
148 lbs.	B. Snyder	93 214 308
BOYS	Frosh/Soph	
132 lbs.	D. Hazlett	159 275 435
	B. Ingerman	121 253 374
	D. Dunn	214 330 545
	R. Dolph	165 308 474
	C. Dobson	176 352 529
	M. Clark	148 226 374
	M. Shardo	104 231 336
	181 lbs.	
	S. Kipp	242 402 644
	S. Davidson	187 347 534
	C. Clark	192 292 485
	198 lbs.	
	Z. Ray	242 485 727
	220 lbs.	
	T. Baughman	198 264 463
	242 lbs.	
	A. Puckett	— 319 319
	275 lbs.	
	A. Judy	— 231 231
	Teen	
	123 lbs.	
	B. Lindeman	148 297 446
	132 lbs.	
	M. Sparks	143 374 518
	148 lbs.	
	B. Wright	259 440 700
	198 lbs.	
	C. Shaw	231 463 694
	242 lbs.	
	J. Collier	347 468 815
	Junior High	
	165 lbs.	
	D. Estridge	114 187 303
	Junior/Senior	
	148 lbs.	
	A. Holmes	143 308 451
	165 lbs.	
	E. Brackney	137 314 451
	GIRLS	CR BP DL TOT
	105 lbs.	
	T. Smiddy	44 88 159 292
	L. McGonagle	49 77 159 286
	123 lbs.	
	S. Smiddy	44 82 203 330
	165 lbs.	
	M. Leece	44 826 159 286
	Junior/Senior	
	148 lbs.	
	C. Wilson	55 104 259 418
	198 lbs.	
	H. Lewis	66 143 253 463
	BOYS	
	Teen	
	165 lbs.	
	D. Easter	110 165 303 578
	181 lbs.	
	T. Mills	121 203 385 711
	275 lbs.	
	E. Batton	121 203 385 711
	Junior/Senior	
	198 lbs.	
	C. Pencil	132 237 325 694
	242 lbs.	
	J. Reid	— 187 385 573
	BOYS	
	Frosh/Soph	
	148 lbs.	
	R. Dolph	82 165 308 556
	C. Espich	82 — 270 352
	181 lbs.	
	S. Davidson	104 187 347 639
	198 lbs.	
	Z. Ray	121 203 485 810
	B. Estridge	99 220 226 545
	242 lbs.	
	A. Puckett	93 159 319 573
	J. Collier	121 — — 121
	275 lbs.	
	A. Judy	115 231 396 744
	GIRLS	SQ BP DL TOT
	Frosh/Soph	
	97 lbs.	
	A. Beidle	110 77 148 336
	105 lbs.	
	V. Clark	154 82 181 418
	123 lbs.	
	E. Bohaychuk	192 99 237 529
	J. Williams	165 99 214 479
	A. McCourt	170 88 209 468
	S. Johnson	110 82 165 358
	132 lbs.	
	A. Pence	159 115 181 457
	J. Zinkhon	143 71 192 407
	148 lbs.	
	L. Cartner	209 88 253 551
	T. Barlow	143 143 181 325
	165 lbs.	
	J. Gheen	220 121 264 606
	181 lbs.	
	Bowermaster	259 154 220 633

J. Stevens	165	104	214	485
198 lbs.				
C. Anderson	259	165	270	694
198+ lbs.				
A. Benninger	325	165	336	826
Junior				
132 lbs.				
K. Tom	363	214	314	892
181 lbs.				
K. Cline	242	203	297	744
198+ lbs.				
T. Palmer	303	198	303	804
Junior/Senior				
97 lbs.				
H. Schmaatz	82	60	99	242
114 lbs.				
V. Pendleton	214	110	281	606
123 lbs.				
L. Reed	203	99	253	556
B. Heronimus	187	93	220	501
C. Pierce	143	77	165	385
132 lbs.				
M. Winterhoff	242	115	264	622
R. Ihazs	231	115	248	595
L. Mullins	181	99	198	479
148 lbs.				
A. Bruen	214	93	270	578
K. Boyd	209	99	242	551
B. Snyder	226	93	214	534
A. Ferrell	209	110	187	507
E. Algeo	187	99	209	496
H. Rousculp	181	104	187	474
165 lbs.				
C. Grant	418	181	380	981
S. Cartner	181	82	198	463
181 lbs.				
K. Cline	242	203	297	744
B. Mosely	192	126	226	545
A. Frock	192	126	226	545
198 lbs.				
C. Cochran	286	121	270	677
A. Warnock	237	115	242	595
198+ lbs.				
T. Palmer	303	198	303	804
K. Cochran	303	154	286	744
BOYS				
Frosh/Soph				
114 lbs.				
C. Alloway	148	77	203	429
123 lbs.				
B. Lindeman	237	148	297	683
K. Kinney	187	88	286	562
132 lbs.				
M. Sparks	281	159	374	815
D. Hobson	237	148	303	688
J. Davis	187	137	253	578
148 lbs.				
F. DiMarco	259	198	319	777
A. Papesh	275	154	336	766
T. Heistand	281	154	264	700
S. Guthrie	275	121	286	683
165 lbs.				
B. Spangler	385	253	402	1041
A. Cattell	220	154	264	639
184 lbs.				
L. Bartee	248	176	308	733
198 lb.				
J. Roberts	391	237	429	1058
J. Downing	418	220	380	1019
D. Toops	231	187	275	694
220 lbs.				
B. Clymer	352	264	402	1019
L. Taylor	363	264	385	1014
T. Baughman	297	198	264	760
J. Schramm	159	143	214	518



Coach Don Graham of Phio High School with Courtney Grant, who was the recipient of the female Senior Scholarship at the NASA Ohio State HS/Teenage Nationals.

have lifted in this meet all four years. Courtney's lifts were 190 kgs. squat, 82.5 kgs. bench and 172.5 kgs. deadlift for a total of 445 kgs. or 981 lbs. She shattered the squat record and barely missed the bench press record. Her deadlift and total were records also. The scary thing about this young lady is that if she would have got all her lifts she would have totaled 485 kilos or 1069 pounds which is the highest total in the women's 165 class in NASA. Kyle's lifts were 245 kgs. squat, 125 kgs. bench and 207.5 kgs. deadlift in the 181 lb. class. Kyle broke the american record in the squat and was ever so close to the total record. Kyle really could have lifted in the 165 lb. class but he gained enough weight to lift 181 class because they were chasing the team overall which worked out in their favor. I got a chance to talk to Kyle and he had recently come off of an injury and had only been able to train a couple of weeks for the event. As always thank you so much for all the adults that make this meet run so smoothly. NASA has the best support staff and bunch of friends anyone can ever have. Thanks goes out to Steve & Lori Lanneck, Bo Casto, Pat Frock, Michael McGonagle, Stevie Holland, Larry Donahue, Spanky Cordial, Art Wooten, Big Tony Lawrence, Bud Leffel, Larry Smith and Iron Smith Gym, Taylor Mills, Daniel Easter and Ethan Batton. A big thanks goes out to our spotters from Wittenberg College and Capital University. The spotters did an awesome job and had some great catches. Thanks also goes out Shawnee High School for bringing so many good lifters to this event. They had entries in powerlifting, push/pull and single lift bench press. They had the most junior high lifters. Tim Seelig and his staff did a super job and have always been a mainstay at this event. Chillicothe area schools were well represented by the coaches at the Sweat Shop gym and again their technique was awesome. What do you feed that super heavyweight Nick Jones from Zane Trace. Nick stands about 6'4 or 6'5 and is 320lbs and will be playing football at University of Toledo next year if I am not mistaken. I always look forward to seeing all the coaches every year and catching up on everyone's lives. Thanks coaches for all you do because all your hard work is not in vain. When you see the faces of those young men and ladies after they accomplish something they have worked so hard for it makes you feel like it is all worth the long hours in the gym. This event is an annual event and has been in existence since 1992 and has seen some of the best lifters the state of Ohio has to offer. (Thanks to Greg & Susan Van Hoose for providing these competition results)



Chris Fulscher with a state record 480 @ 18-19/181 at the Cold Day in Tuscola meet. (photo provided by the courtesy of Dr. Darrell Latch)

SLP A Cold Day In Tuscola 29 JAN 06 - Tuscola, IL

BENCH	220 lbs.
MEN	D. Schrock 230
Teen (16-17)	DEADLIFT
148 lbs.	MEN
B. Baldwin	205 Teen (16-17)
Teen (18-19)	148 lbs.
181 lbs.	B. Baldwin 355
C. Fulscher	280 Teen (18-19)
Master (40-44)	181 lbs.
220 lbs.	C. Fulscher 480*
L. Schrock	175
275 lbs.	
C. VanTress	450
Open	

*=Son Light Power Illinois state records. Best Lifter Bench Press: Clint VanTress. The Son Light Power A Cold Day In Tuscola Bench Press & Deadlift Championship was held at Son Light Power Gym. In the bench press event Brad Baldwin won at 16-17/148 with 205 while at 18-19/181 it was Chris Fulscher with a solid 280. First time competitor Lavern Schrock won at 40-44/220 with 175, making just his opener. Best lifter Clint VanTress, making his first appearance since his motorcycle/deer accident of two years ago, finished with a strong 450 at 40-44/275. For the 220 open class it was Dennis Schrock with a personal best 230. In the deadlift competition, for the teenage men's 16-17/148 class it was Brad Baldwin with a personal best 355 while Chris Fulscher broke the Illinois state record at 18-19/181 with 480. Thanks to my son Joey and Floyd Hershberger for loading and spotting. (Dr. Darrell Latch)

USAPL Anchorage Spring Classic 11 MAR 06 - Anchorage, AK

BENCH	
MEN	
181 lbs.	
S. Deans	319
Master VI	
220 lbs.	
M. Newton	446
WOMEN	SQ BP DL TOT
Master IV	
H. Hall	600 352 473 1427
Open	
148 lbs.	
V. Raymon	264 143 292 699
MEN	
Open	
198 lbs.	
J. Kiser	512 253 485 1251
E. Keib	402 325 451 1179
220 lbs.	
C. Lau	451 396 584 1432
Master II	
220 lbs.	
M. Newton	132 446 132 710
Master IV	
R. Burnett	143 143 143 429
Master VI	
220 lbs.	
R. Anselm	303 214 325 843
Coordinator: Ron Burnett, Best Male Lifter: Chris Lau, Best Female Lifter: Harriet Hall. (Thanks to USAPL for these results)	

USAPL Ron Falcone Invitational 4 MAR 06 - Rockaway, NJ

MALE	SQ	BP	DL	TOT
Teen				
198 lbs.				
C. Miller	145	250	485	875
Master (45-49)				
198 lbs.				
B. Scully	235	235	235	705
Open				
198 lbs.				
A. Scolaro	525	325	600	1450
242 lbs.				
L. Samuels	575	300	600	1475
Place: Fitness Factory, Coordinator: Jerry Dally. (Thanks to USAPL for the results)				

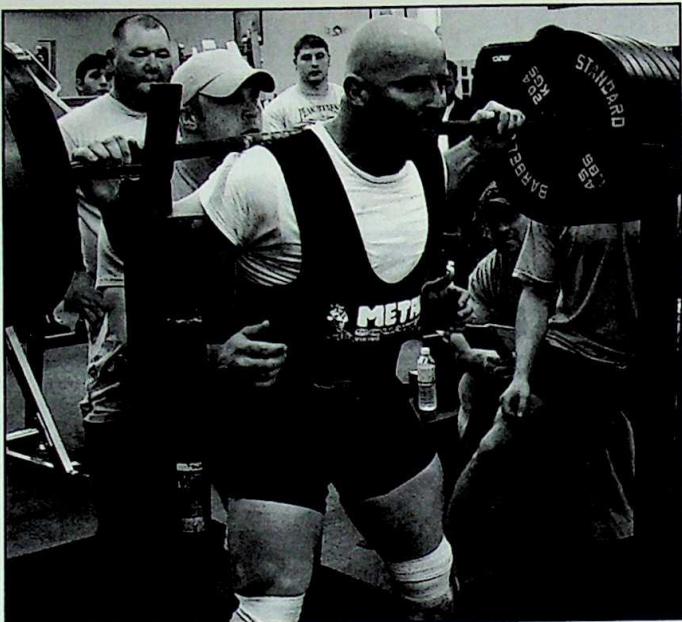
APA Yellowhammer Open
18 MAR 06 - Saraland, AL

BENCH	R. Steed	—
WOMEN	Master III/Formula	
148 lbs.	J. Junsch	340
A. Micka	Open	
Teen	220 lbs.	
R. Jordan	190	J. Holmbeck
MEN	242 lbs.	
Teen/Formula	E. Holmbeck	430
D. Pierce	500	275 lbs.
P. Parnell	250	J. Parrish
Junior/Formula	J. Foster	465
J. Hays	575	B. Beasley
D. Maherg	405	308 lbs.
J. Bailey	360	J. Micka
Master I/Formula	G. Jordan	600
WOMEN	350	SQ BP DL TOT
Teen	—	—
R. Jordan	—	—
MEN	—	—
Junior	—	—
Z. Darnell	550	320 510 1380
Open	165 lbs.	
R. Steed	285	305 — —
220 lbs.	—	—
J. Steen	700	435 625 1760
B. Skelton	620	455 600 1755

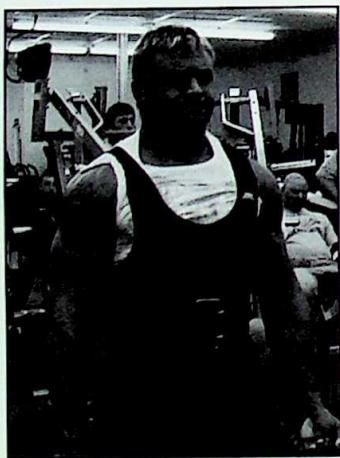
Best Lifters: Jody Steen and John Micka. I would especially like to thank Rita Sullivan and Tom Moss for making this event possible. And, I would like to thank the spotters, loaders, and referees who did an outstanding job the entire day. The spotters saved several close calls, which could have resulted in injury had they not been right there for the lifter at every second. Needless to say, the spotting was outstanding and judging was excellent as well. Several records were set and they should be reflected on the APA website soon, at <http://apa-wpa.com>. Sportsmanship was excellent throughout the day, with several competitors cheering on the person they were competing against. This is what separates powerlifting from other sports and puts us a notch above them. I enjoyed directing this event, and I look forward to the next APA event in the Mobile area. (Thanks to Scott Taylor, APA, for results)

USAPL Louisiana State
21 JAN 06 - Baton Rouge, LA

BENCH	Master V	
MEN	C. Lambert	—
Open	Master VII	
198 lbs.	D. Boyes	132
J. Townsend	440	College
J. Vining	—	198 lbs.
Master IV	A. Crappel	369
C. Siddle	325	SQ BP DL TOT
WOMEN	—	—
College	—	—
165 lbs.	—	—
Schexnayder	297	170 292 760
Open	—	—
181 lbs.	—	—
K. Hooper	336	181 336 854
C. Smith	314	259 — 573
Master I	—	—
D. Hogg	203	121 253 578
MEN	—	—
High School	—	—
220 lbs.	—	—
Charbonnet	540	385 485 1410
242 lbs.	—	—
T. Whitmore	429	242 363 1036
College	—	—
132 lbs.	—	—
T. Ballard	380	248 424 1052
148 lbs.	—	—
W. Veal	347	226 457 1030
D. Brignac	314	181 336 832
165 lbs.	—	—
T. Seaman	308	187 363 859
198 lbs.	—	—
A. Crappel	562	369 512 1444
P. Hodges	391	242 474 1107
220 lbs.	—	—
S. Arnold	551	330 573 1455
M. Peterson	512	352 523 1388
K. Louque	490	270 551 1311
242 lbs.	—	—
V. Kreamer	413	336 518 1267
275 lbs.	—	—
B. Bizette	617	429 529 1576
UNL	—	—



Jody Steen (above) and Brandon Skelton (below) had a terrific battle at the APA Yellowhammer Open in the 220 lb. class. (photographs were provided by the courtesy of Scott Taylor, President of the APA)



275 lbs.	Wainwright	600	407	518	1526
Master IV	—	—	—	—	—
181 lbs.	J. LeBlanc	402	303	369	1074
B. Bienville	192	176	297	666	—
Master VII	—	—	—	—	—
R. Curtis	231	231	341	804	—

(Thanks to USAPL for providing results)

NASA West Virginia Regional
12 NOV 05 -

BENCH	J. Straight	463
MEN	CURL	
132 lbs.	MEN	
J. Delbert	148	181 lbs.
198 lbs.	Master II	
HSP	J. Alcoff	121
Higinbotham	275	242 lbs.
Law/Fire	Pure	
K. Baker	380	T. Bachman
J. Vavrek	363	203
SHW	MEN	
Novice	242 lbs.	
J. Straight	463	K. Bardos
SMP	30	—
MEN	BP DL TOT	
148 lbs.	—	—
Master Pure	—	—
D. Dessau	303	402 705
181 lbs.	—	—
Pure	—	—
R. Gregory	286	485 771
Submaster Pure	—	—
R. Gregory	286	485 771
SHW	—	—
Master II	—	—
R. Knically	380	611 992
WOMEN	CR	BP DL TOT
123 lbs.	—	—
Master II	—	—
C. Pennington	55	66 — 121
MEN	—	—
75 lbs.	—	—
Youth	—	—
W. VanHoose	33	33 104 170
148 lbs.	—	—
Master Pure	—	—
D. Dessau	132	226 363 722
WOMEN	SQ	BP DL TOT
123 lbs.	—	—
Master II	—	—
C. Pennington	126	66 154 347
MEN	—	—
148 lbs.	—	—
Junior	—	—
A. Burkhardt	303	220 429 953
Teen	—	—
A. Burkhardt	303	220 429 953
165 lbs.	—	—
Pure	—	—

M. Muchek	507	336	451	1295
Teen	—	—	—	—
M. Muchek	507	336	451	1295
181 lbs.	—	—	—	—
Master II	—	—	—	—
J. Alcoff	314	259	418	992
198 lbs.	—	—	—	—
HSP	—	—	—	—
Higinbotham	325	275	402	1003
4ths-SQ-352	—	—	—	—
DL-418	—	—	—	—
Master II	—	—	—	—
S. Lamineck	617	374	567	1559
Submaster II	—	—	—	—
G. Green	661	407	551	1620
Submaster Pure	—	—	—	—
G. Green	661	407	551	1620
220 lbs.	—	—	—	—
Pure Natural	—	—	—	—
A. Blakemore	363	314	501	1179
242 lbs.	—	—	—	—
Master I	—	—	—	—
K. Bardos	523	330	600	1455
K. Hall	529	407	540	1477
Submaster Pure	—	—	—	—
T. Parson	573	479	534	1587
275 lbs.	—	—	—	—
Pure	—	—	—	—
J. Voelkel	540	369	523	1433
Submaster Pure	—	—	—	—
N. Sabatino	584	507	573	1664
SHW	—	—	—	—
Master II	—	—	—	—
R. Knically	622	380	611	1614

WABDL Alabama Classic
4 FEB 06 - Gadsden, AL

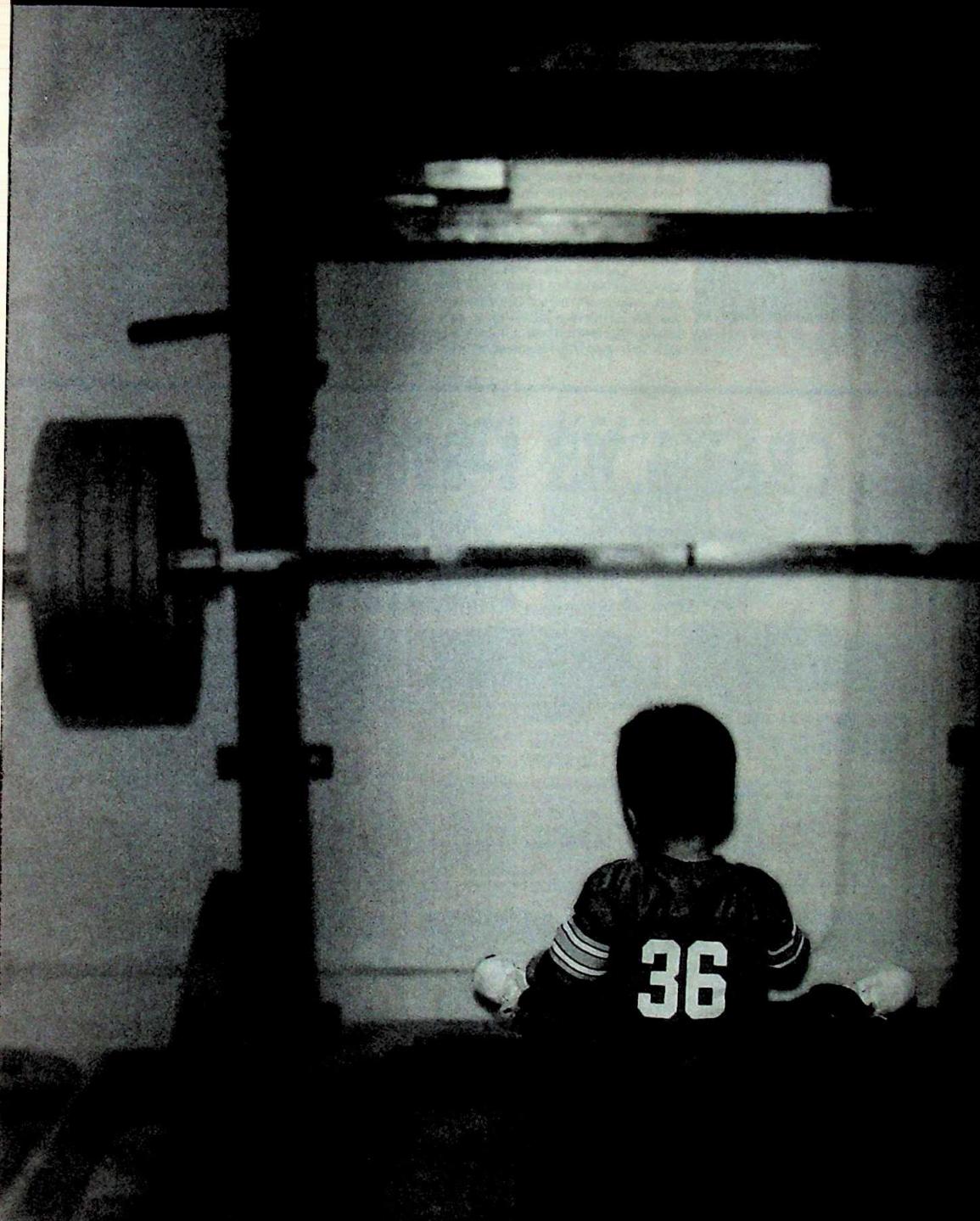
BENCH	M. Green	622*
MEN	308 lbs.	
Teen (16-19)	J. Carter	—
148 lbs.	K. Overby	523
P. Duke	281*	Master (40-46)
Junior (20-25)	—	259 lbs.
259 lbs.	K. Millrany	633
C. Senese	639!*	4th-662!*
Class I	Law/Fire	
198 lbs.	Master (48+)	
R. Champion	430*	220 lbs.
220 lbs.	T. Butler	363
J. Ray	407	Open
275 lbs.	—	259 lbs.
M. Harden	497*	K. Millrany
SHW	—	633
C. Coaker	523*	4th-662!*
Submaster (34-39)	J. Ros	551
242 lbs.	—	SHW
B. Bishop	529*	B. McConnell

*=State Records. !=World Records. This was a small meet with 14 lifters, but some big benches were put up. Chris Senese set a World Record 639 in Junior 259. Ken Millrany of Tennessee set two world records in master 40-46 and open 259 with 662.3. Bubba McConnell put up 573 at super. Michael Green of Florida popped a 622.7 in submaster 242. Brent Bishop, the meet director, set an Alabama record 529 at submaster 242, and Chris Cooker set a class I Alabama record at super with 523. (Thanks to Gus REthwisch for the results)



Ken Millrany got a WR 662 lb. BP at the WABDL Alabama Classic.

Someday I will...



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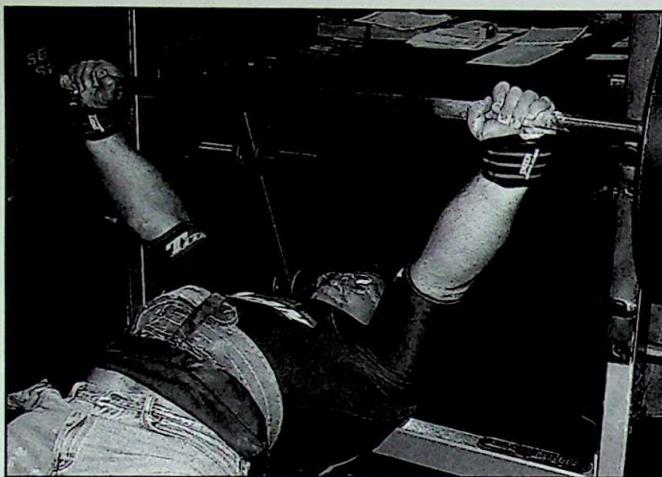
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Someday I will prevail.**

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Mark LeClair with a state record 600 BP @ 45-49/220. (Dr. D. Latch)

**SLP Michigan Open
28 JAN 06 - Holland, MI**

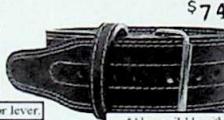
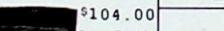
BENCH	MEN
Raw	Submaster
WOMEN	165 lbs.
Master (45-49)	K. Gidcumb 310*
242 lbs.	242 lbs.
C. Muessman 175*	L. Lopez 425
MEN	4th-515*
Novice	Master (40-44)
165 lbs.	181 lbs.
S. Duong 290*	C. Houser 335*
4th-295*	Master (45-49)
181 lbs.	198 lbs.
E. Case 375*	J. Dylewski 300*
B. Breuker 305	220 lbs.
198 lbs.	M. LeClair 465*
P. Sabala 315*	Master (50-54)
242 lbs.	198 lbs.
C. Molenaar 275*	G. Huey 340*
Teen (16-17)	Master (65-69)
148 lbs.	148 lbs.
M. Hall 185*	R. Gidcumb 240*
4th-200*	Open
Teen (18-19)	220 lbs.
198 lbs.	M. Travis 425
J. Kapla 200	242 lbs.
4th-210	C. Lambersie 355*
275 lbs.	275 lbs.
C. Wickman 305*	D. Ewen 405*
Submaster	DEADLIFT
220 lbs.	WOMEN
B. Crum 325*	Novice
275 lbs.	148 lbs.
J. Garza 425	S. Sanaghan 190*
Master (40-44)	4th-200*
148 lbs.	Junior
J. Ebihara 250*	181 lbs.
Master (45-49)	L. Carr 275*
198 lbs.	4th-285*
B. Fraley 290	Submaster
Master (55-59)	148 lbs.
220 lbs.	S. Adamczak —
P. Obetts 305*	Master (45-49)
Master (60-64)	242 lbs.
242 lbs.	C. Muessman 255*
D. Melouche 260*	Master (50-54)
4th-280*	148 lbs.
Police/Fire	S. Sanaghan 190*
242 lbs.	4th-200*
B. Stanton 370*	Open
Open	148 lbs.
123 lbs.	S. Sanaghan 190*
V. Voeun 260*	4th-200*
148 lbs.	MEN
C. Loyola 285*	Novice
165 lbs.	165 lbs.
K. Lefke 320*	S. Duong 385*
181 lbs.	4th-405*
E. Case 375*	181 lbs.
220 lbs.	B. Breuker 450
K. Warstler 425*	4th-475
M. Loyola 390	Teen (13-15)
242 lbs.	148 lbs.
K. Rowland 365	Z. Xidis 245*
Assisted	4th-265*
WOMEN	Junior
Submaster	275 lbs.
132 lbs.	A. McKay 540*
S. Harrison 160*	4th-565*
148 lbs.	Submaster
S. Adamczak —	220 lbs.

B. Crum	575*	C. Polena	465
4th-600*	220 lbs.	M. Travis	500
242 lbs.	SHW	T. Carr	600*
L. Lopez	585*	MAN-WOMAN	
Master (65-69)		Open	
148 lbs.		Travis-Muessman	675*
R. Gidcumb	340*	123 lbs.	
Open		V. Voeun	340*
		181 lbs.	

=Son Light Power Michigan state records.
Best Lifter Bench Press Raw: Kory Warstler.
Best Lifter Bench Press Assisted: Mark Eclair.
Best Lifter Deadlift: Lutario Lopez.
A great turnout in Michigan! Thanks to owner Shawn Miller, who worked very hard to promote this event, the Son Light Power Michigan Open Bench Press & Deadlift Championship was held at Flex Fitness. In the bench press event, for the 'raw' division, we begin with the ladies 45-49 age division. Here, Carolyn Muessman finished with a new Michigan state record of 175 for the 242 class. For the men's novice division it was Son Duong with 290 at 165. A fourth with 295 was also good, giving Son a new state record for the class. At 181 it was Ed Case with a new state record 375, taking the win over Bryan Breuker, who finished with his opener of 305. Pedro Sabala got the state record at 198 with 315, as did Chris Molenaar at 242 with 275. Mike Hall set the state record for the 16-17/148 class with 185. He then came back with a solid 200 fourth attempt. Josh Kapla won at 18-19/198 with 210 while Chad Wickman set the state record for the 18-19/275 class with 305. Brian Crum set the state record for the submaster 220 class with 325, while Jesse Gaza, state record-holder at 275, finished with 425. In the master men's division, Jeff Ebihara broke the state record at 40-44/148 with 250. At 45-49/198 it was Brad Fraley with 290. Phil Obetts only got in his opener with 305, but it was good enough for the win and a new state record at 55-59/220! Another great master lifter was Daryl Melouche, who broke the state record at 60-64/242 with 260, followed by a solid 280 fourth! Bryan Stanton, state record-holder at police & fire/242, upped his record to 370 with his win there. For the open division it was Vinny Voeun at 123

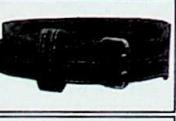
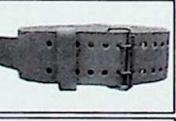
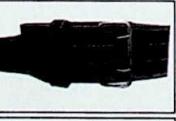
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with his state record 260 along with 148 winner Cristina Loyola, who finished with 285, another Michigan state record! At 165 it was Kyle Lefke with a new state record of 320. Ed Case captured his second title of the day and set his second state record of the day with his win at open 181. With this Ed was also awarded the best lightweight lifter award. For the 220 class it was best heavyweight lifter Kory Warstler with a new state record 425. Second place at 220 went to Marcos Loyola with 390. Taking the title at 242 was Kevin Rowland with 365. For the assisted division, in the submaster women's 132 class it was Sandy Harrison with a new state record of 160. Shelly Adamczak, who was eagerly awaiting her first competition, broke her collarbone during her warm-ups and was forced to withdraw from the competition. We wish her a speedy recovery! Moving to the men, also a submaster was 165 winner, Kirk Gidcumb. Kirk finished with 315, establishing a new state record there! At submaster 242 it was Lutario Lopez, who finished with 425, before changing shirts and making his fourth with a new state

record of 515. At master 40-44/181 it was Chuck Houser with a new state record of 335, while John Dylewski did the same at 45-49/198 with 300. Mark LeClair won at 45-49/220 with a great 465 state record, giving him the best lifter award for the assisted division. At 50-54/198 it was Greg Huey with a new state record of 340. Richard Gidcumb, who this past year won his twentieth APF world championship, set the record at 65-69/148 with 240! For the open division it was Michael Travis at 220 with a solid 425. Christian Lambeir won at 242 with 355 while Dave Ewen took the 275's with 405. Both set new state records along the way! In the deadlift competition Susan Sanaghan, competing for the first time, competed at 148, winning the novice, master 50-54 and open classes. Finishing with 190, a fourth of 200 was also good, setting new records in each class. Lacey Carr had a great day, finishing with new state record at junior 181 with 285, breaking her previous best by fifty pounds! Carolyn Muessman also set a new state record for the 45-49/242 class with 255. In the novice men's division Son Duong set the record at 165

with 385, followed by a fourth of 405. At 181 it was Bryan Breaker, who also got in four good attempts, finishing with 475. Zachary Xydias set the state record at 13-15/148 with 245. His fourth with a personal best 265 topped that record. For the junior division, Andrew McKay set a new personal record at 275 with his fourth attempt of 565. Brian Crum pulled a big 600 fourth attempt at submaster 220, setting the state record there. Also at submaster was 242 and best lifter winner Lutario Lopez, who finished with a new state record 585, after missing a final attempt with 675. At 65-69/148 it was the legendary Richard Gidcumb with another state record of 340! For the open division Vinny Voeun set the record at 123 with 340 while Chris Polena got a new pr at 181 with 465. Michael Travis won at 220 with 500, then big T.J. Carr set the state record at shw with a solid 600 pull. Our final event was a man and woman pull by Carolyn Muessman and Michael Travis. Their final pull of 675 set the state record at 242. Thanks to my son Joey and the staff for helping with the loading and spotting. (Thanks to Dr. Darrell Latch for results)



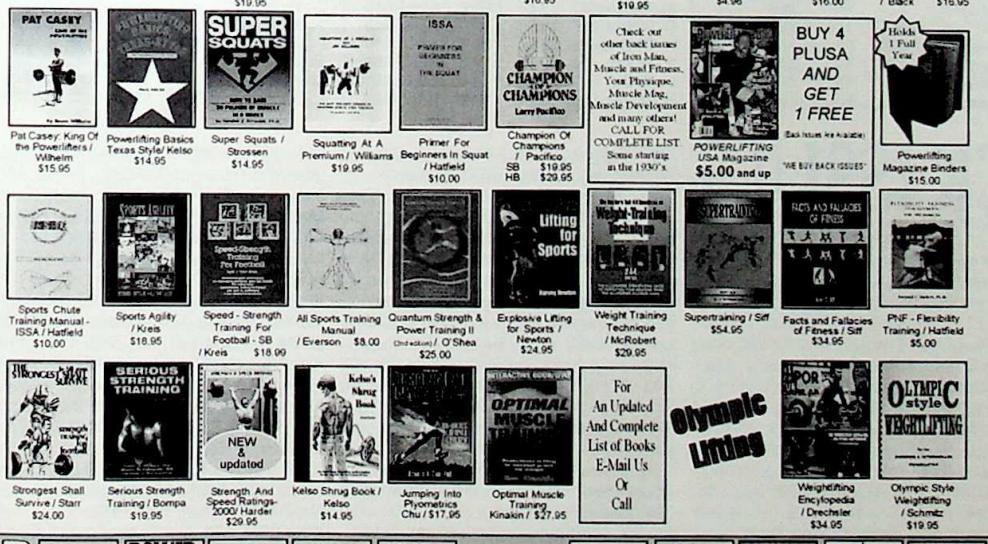
Vinny Voeun sports a Son Light Power(SLP) tattoo! (Dr. D. Latch)



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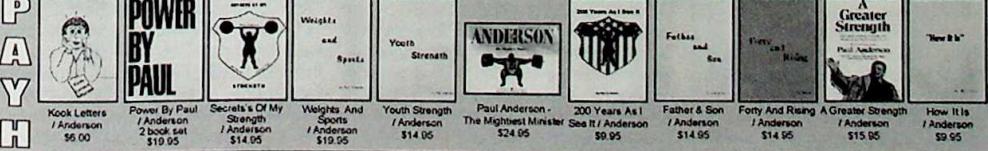
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USAPL Palmetto Invitational 18 MAR 06 - Columbia, SC

	WOMEN	SQ	BP	DL	TOT
Open					
123 lbs.	A. Austin	155	100	205	460
148 lbs.	R. Bagnal	225	95	230	550
MEN					
Open					
114 lbs.	C. Brack	180	90	180	450
123 lbs.	R. Riddle	—	100	210	310
148 lbs.	P. Edwards	265	195	295	755
165 lbs.	P. Wells	510	350	510	1370
181 lbs.	D. Austin	710	410	725	1845
198 lbs.	A. Smith	—	285	—	285
210 lbs.	B. Cooper	485	435	475	1395
220 lbs.	T. Roberts	—	—	—	—
220 lbs.	J. Adams	500	350	560	1410
220 lbs.	J. Corbett	285	265	345	895
220 lbs.	B. McRavin	—	410	—	410
220 lbs.	Fitzmaurice	—	345	—	345
242 lbs.	K. McFadden	600	500	550	1650
SHW					
114 lbs.	J. Bruff	520	445	550	1515
123 lbs.	A. Coleman	—	—	—	—
134 lbs.	S. Scott	450	380	450	1280
Master I					
181 lbs.	K. Riddle	440	300	425	1165
198 lbs.	R. Sulton	—	250	—	250
210 lbs.	E. Hinton	530	390	500	1420
Master II					
181 lbs.	K. Walton	450	280	470	1200
198 lbs.	W. Kellett	340	250	430	1021
210 lbs.	M. Steck	430	310	415	1155
Master III					
220 lbs.	R. Price	—	345	—	345
220 lbs.	T. Ackner	435	350	485	1225
Master V					
275 lbs.	D. Ricafrente	500	395	405	1300
Teen I					
220 lbs.	J. Hilliard	295	250	335	880
Teen III					
242 lbs.	M. Driggers	350	300	480	1130
Teams:	1st-USC Iron Cocks. 2nd-Sports Gym. Best Lifter Women: Raquel Bagnal. Best Lifter Overall: Dan Austin. Best Bench Presser Overall: Kenneth McFadden. I very much enjoyed putting on my first meet. I need to work on equipment as well as time management. Everyone had fun and enjoyed themselves. I hope everyone continues lifting. Coordinator: Lilani Taylor. (USAPL)				



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

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

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Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

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

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

**USAPL Wisconsin High School
10,11 MAR 06 - Holmen, WI**

FEMALE	SQ	BP	DL	TOT
97 lbs.				
S. Seebuck	225	90	260	575
M. Williams	225	95	210	530
M. Johnston	190	85	225	500
C. Brady	175	85	190	450
L. Vetsch	175	65	200	440
E. Bennett	140	80	190	410
S. Johnson	150	75	175	400
B. Fortek	140	65	185	390
J. Miller	185	70	—	255
105 lbs.				
VandeVoort	220	95	260	575
K. Mason	200	85	270	555
S. Binash	240	90	220	550
V. Baldwin	230	80	225	535
M. Mueller	210	75	235	520
G. Trinidad	230	85	205	520
B. Cox	205	75	225	505
K. Hendricks	165	75	235	475
S. Gerzmehle	185	80	205	470
S. Hohensee	160	85	205	450
J. McCormick	150	75	200	425
114 lbs.				

K. VanDusen	325	145	320	790	A. Leme	195	90	235	520	Wildenberg	230	85	270	585
J. Kromrey	225	120	285	630	A. Raab	185	80	240	510	A. Lagerstrom	215	100	245	560
A. Schroeder	235	80	275	590	K. Hyman	160	95	250	505	K. Miller	210	100	240	550
A. Wilson	225	85	270	580	B. Gorka	205	100	200	505	W. Elsner	175	85	275	535
F. Guadalupe	225	95	260	580	M. Strike	190	85	225	50	K. Beckius	200	100	225	525
B. Carlson	235	95	245	575	J. Miller	200	85	200	485	S. Holter	185	90	230	505
M. Cernicka	210	85	260	555	B. Kelcul	190	65	225	480	T. Cichantek	175	95	235	505
B. Abraham	190	85	240	515	K. Brzezicka	195	90	—	285	A. Jones	215	—	—	—
E. Miller	205	75	200	480	C. Wolf	190	—	—	190	J. Pendzich	—	—	—	—
L. Begley	180	100	195	475	Brandsmeier	—	—	—	—	K. Flaherty	—	—	—	—
C. Miller	140	105	220	465	N. Use man	—	—	—	—	142 lbs.				
J. Davis	170	70	205	445	123 lbs.					A. Brenneman	300	135	300	735
R. Kutchera	285	130	300	715	S. Cross	295	135	300	730	S. Faga	300	130	270	700
E. Houle	245	100	300	645	B. Manse	260	105	280	645	K. Fowler	280	135	280	695
R. Dutschbeck	275	100	270	645	C. Trim	275	100	270	645	K. Zempel	300	90	290	680
K. Portwine	240	115	265	620	A. Liska	220	110	295	625	H. McLaren	280	115	280	675
A. Bigalk	220	115	280	615	E. Parker	245	120	260	625	B. Black	270	115	275	660
M. Yanich	240	95	270	605	N. Simon	245	100	27	620	J. Rominske	240	120	290	650
M. Cox	225	100	265	590	J. Buhk	240	95	280	615	A. Koellken	240	120	290	650
A. Johnson	225	90	260	575	K. Gregory	235	95	280	610	C. Simon	225	115	300	640
C. Feranex	200	100	265	565	R. Kozlowski	235	110	265	610	T. Daley	255	110	270	635
A. Peplinski	195	95	275	565	D. Gaudette	195	130	275	600	S. Anderson	250	95	275	620
H. Brenengen	220	90	220	530	S. Baumann	225	125	245	595	L. Hawley	255	100	225	580
A. Oens	205	85	240	530	S. White	225	95	270	590	N. Matson	255	115	205	575
N. Cowling	215	85	225	525	L. Rallo	215	95	275	585	L. Paul	220	105	245	570
H. McAnallen	195	110	280	585	J. Lehrek	230	80	260	570					

PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
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 Ware 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 Grimmwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP

100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s.
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, Jesse Kellum Squat Workout, Willie Williams

705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Okt/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Nov/95... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley, Dream Team Pt.

K. Hellerud	205	120	230	555
R. Bork	190	100	245	535
B. Woestman	185	90	220	495
S. Fones	160	95	240	495
153 lbs.				
S. Bolwerk	330	130	300	760
E. Lowney	285	120	320	725
S. Hood	315	110	290	715
J. Hrabak	285	125	300	710
J. Parrott	225	120	315	660
J. Fusak	245	135	280	660
A. Burch	310	120	220	650
E. Anschutz	230	120	300	650
J. Riedel	235	125	275	635
L. Bouressci	235	105	270	610
C. Happel	235	115	255	605
L. Lipke	230	110	260	600
A. Amyx	215	100	260	575
T. Jenkins	220	85	265	570
D. Halverson	235	95	240	570
A. Tengblad	210	90	255	555
165 lbs.				
K. VanMeter	315	125	320	760
L. Harvey	315	115	305	735
A. Sharpelss	315	105	270	690
K. Buell	305	100	285	690
S. Lan	275	130	285	690
C. Retzlaff	245	95	270	610
K. Preston	215	100	285	600
T. Blackstone	225	—	225	—
A. Heggie	—	—	—	—
181 lbs.				
J. Stupecky	325	135	315	775
L. Stirk	290	150	285	725
B. Decker	315	120	285	720
J. Rychecky	24	115	285	645
B. Galvin	225	100	300	625
L. Stühr	255	135	215	60
198 lbs.				
L. Simerud	300	155	350	805
D. Soi	325	160	295	780
L. Knack	315	95	300	710
D. Woods	280	125	295	700
A. Lizak	240	110	280	630
S. Fosterling	215	110	250	575
K. Mier	—	—	—	—
242 lbs.				
J. Pasch	410	145	355	910
J. Nachtigal	360	155	295	810
R. Kelty	340	130	335	805
K. Marsh	345	135	295	775
A. Parker	240	125	330	695
S. Ott	315	120	260	695
A. Juen	265	155	245	665
243+ lbs.				
A. Court	330	160	325	815
C. Costello	355	115	320	790
Nonnemacher	305	145	310	760
B. Dobratz	275	170	275	720
MALE				

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 S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEWMineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austin DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98 ... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/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

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P O W E R L I F T I N G AUSTRALIA on OCT. 20th, 21 & 22nd.

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Lifters are encouraged to get their ADFPF Membership Application Form completed and mailed to the ADFPF office a.s.a.p. so that they will have their ADFPF Membership Card in hand for the morning meet weigh-in. The ADFPF CONDENSED RULEBOOK containing RULES for personal equipment, Squat, Bench Press & Deadlift technique along with other helpful RULE information will be sent with your membership card. Please review this material in preparation for the National Championships. All Drug-Free lifters are welcome; there is no qualification total required for entry.

For answers to questions please contact Judith M. Gedney via e-mail at jmgedney@wiu.edu or gedney@macomb.com or by phone at: 309-837-2111.

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

M. Docken	330	195	400	925
L. Schmidt	395	160	365	920
K. Hinz	350	165	405	920
K. Kim	345	175	400	920
K. Zuleger	360	185	370	915
J. Scarberry	325	265	325	915
W. Peters	330	185	400	915
B. Bethe	350	155	405	910
A. Rallo	34	170	385	895
J. Feltz	305	210	365	880
R. Hebron	315	210	355	880
R. Olaf	310	215	355	880
T. Springer	315	185	355	855
P. Rahmlow	295	180	370	845
K. Warner	315	170	360	845
K. Geste	335	185	325	845
M. Marcusis	315	170	355	840
J. Olson	315	170	350	835
J. Dinan	305	155	360	820
K. Zachary	330	160	320	810
K. Gauthier	315	180	315	810
Swannington	290	155	335	780
L. Steinhiber	255	165	340	760
D. Merritt	345	180	—	—
153 lbs.	—	—	—	—
B. Barney	415	255	460	1130
G. Kuehn	405	255	420	1080
R. Hickman	370	220	430	1020
D. Johnston	375	225	420	1020
B. Bartley	345	235	420	1000
D. Bergh	380	180	430	990
A. Towner	345	215	415	975
J. Vlasak	345	195	425	965
J. Rice	330	185	435	950
J. Ruffing	365	175	370	910
E. Schuh	330	190	—	—
D. Willman	335	—	—	—
165 lbs.	—	—	—	—
S. Winchel	510	285	480	1275
A. Goehring	470	250	475	1195
W. Kavelaris	410	230	480	1120
N. Martzahl	415	215	480	1110
B. Woodward	430	210	430	1070
A. Thesing	425	220	400	1045
T. Ventuino	380	210	455	1045
R. Kmecheck	385	215	440	1040
D. LaFountain	420	205	410	1035
A. Stillman	395	210	415	1020
B. Gerris	400	190	405	995
C. Vlachakis	425	155	415	995
D. Strike	390	190	400	980
C. Kamps	345	215	410	970
L. Nowinsky	340	205	385	930
J. Meyer	330	195	370	895
J. Raehl	—	—	—	—
181 lbs.	—	—	—	—
N. Cox	485	245	500	1230
P. Chiller	490	245	475	1210
J. Riedel	460	250	495	1205
M. Berzinski	425	260	510	1195
R. Thomas	455	240	485	1180
B. Mikulecky	440	210	505	1155

BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s

Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.

Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz[Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s

Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s

Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s

Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nats, Westside Deadlifting, WPC Worlds Pt. II/BP

Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s

May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob

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S. Rigden	435	225	485	1145	S. Ramsey	—	—	—	—
J. Vandenberg	450	255	435	1140	J. Pollock	425	—	—	—
J. Farrell	405	280	425	1110	N. Dobson	—	—	—	—
T. Kirschenlohr	405	225	475	1105	198 lbs.	—	—	—	—
D. Stockowitz	425	205	460	1090	T. Schultz	470	285	520	1275
T. Morning	365	260	455	1080	K. Fuhrman	420	300	500	1220
M. Brady	385	265	425	1075	J. Dahm	460	260	500	1220
A. Volkman	405	215	450	1070	VanZeeeland	435	230	460	1125
T. Jorgensen	400	230	425	1055	A. Brueggen	390	255	480	1125
N. Revels	390	240	420	1050	D. Kroepelin	425	255	435	1115
Fredrikens	400	195	450	1045	M. Spaeth	415	260	425	1110
J. Deno	385	195	455	1035	M. Praha	445	200	440	1085
L. Haarsma	390	250	390	1030	T. Krombholz	400	225	450	1075
J. Runde	385	200	430	1015	J. Ertl	385	225	450	1060
B. Widmar	380	190	420	990	D. Anderson	390	190	470	1050
A. Berg	375	210	395	980	K. Coddington	375	240	430	1045
B. Beilke	390	215	365	970	D. Schmidt	400	225	395	1020
A. McCoy	350	180	405	935	D. Wentzel	385	215	405	1005

(Thanks to Chris Sepich for these results)

Feb/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s

Dec/02 ... WPO Semis (931 DL!), Bench Bash for Cash, WPC Worlds, IPF SubJr.

Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181

Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.

Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.

Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists

Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s.

May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.

Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs

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BENCH	Master III	C. Caputo	440	363	445	1248
MALE	G. McGuire	214				
148 lbs.	181 lbs.	B. Young	226	137	347	659
Junior	Open	242 lbs.				
R. Ballard	J. Powell	Master I				
198 lbs.	Submaster	D. Scott	705	407	628	1616
Master II	J. Powell	Master II				
J. Parsons	363	R. Carlson	479	352	545	1278
242 lbs.	242 lbs.	275 lbs.				
N. Dwinell	C. Hickson	Master I				
275 lbs.	308 lbs.	R. Henshaw	534	—	—	—
Master I	Junior	SHW				
M. Wren	J. Brown	Open				
SHW	CURL	S. Williams	253	203	253	659
Submaster I	MEN	Power Sports	CR	BP	DL	TOT
J. Freeman	148 lbs.	MEN				
PS BENCH	G. McGuire	148 lbs.				
WOMEN	242 lbs.	Master III				
114 lbs.	Novice	G. McGuire	145	214	314	626
N. Owen	C. Hickson	220 lbs.				
MEN	159	Submaster				
148 lbs.	J. Rocker	275 lbs.				
Push Pull	BP	Submaster				
MEN	159	K. Golding	154	352	540	971
198 lbs.	BP	(Thanks to Richard Peters for the results)				
Maser I						
G. Bishop	396	523	854			
220 lbs.						
Master I						
P. Daniels	474	584	982			
242 lbs.						
Master I						
D. Scott	407	628	961			
Powerlifting	SQ	BP	DL	TOT		
MEN						
132 lbs.						
Teen						
Underwood	336	181	369	823		
148 lbs.						
Youth						
C. Wren	165	115	220	465		
165 lbs.						
High School						
J. Wren	209	132	242	542		
Open						
M. Fleming	501	330	551	1283		
181 lbs.						
Master II						
R. Werner	341	259	391	920		
198 lbs.						
AAU						
G. Bishop	529	396	523	1345		
Master I						
J. Dotson	474	325	435	1145		
Master III						
B. Crouch	363	165	402	864		
220 lbs.						
Master I						
J. Donaldson	540	402	529	1365		

SEP/03 ... USAPL Men's Natls, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s

OCT/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s

DEC/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s

JAN/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s

FEB/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s

MAR/04 ... USAPL Women's Natls, Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s

APR/04 ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "The Staggered Load", California Hall of Fame, TOP 100 242s

JUN/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.

JUL/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his

Master III	C. Caputo	440	363	445	1248
	Submaster				
	D. Carter	319	264	446	956
	B. Young	226	137	347	659
	242 lbs.				
	Master I				
	D. Scott	705	407	628	1616
	Master II				
	R. Carlson	479	352	545	1278
	275 lbs.				
	Novice				
	C. Hickson	369			
	308 lbs.				
	Junior				
	J. Powell	336			
	Submaster				
	J. Powell	336			
	242 lbs.				
	Novice				
	C. Hickson	369			
	308 lbs.				
	Junior				
	J. Brown	485			
	CURL				
	MEN				
	J. Cooper	385	27	430	1090
	148 lbs.				
	Master III				
	G. McGuire	145	214	314	626
	220 lbs.				
	Submaster				
	J. Rocker	181	413	468	987
	275 lbs.				
	Submaster				
	K. Golding	154	352	540	971
	(Thanks to Richard Peters for the results)				

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220 lbs.		Open	(40-49)
J. McLaughlin	425	275	510
J. Cooper	385	27	430
T. Finnegan	300	215	425
242 lbs.		165 lbs.	S. Self
J. Stanley	380	300	500
M. Calogero	450	225	455
B. Pascal	335	285	505
S. Kadlac	405	300	430
N. Torcasio	405	225	425
P. Prus	365	220	405
275 lbs.		1135	1135
J. Gary	425	235	555
C. Wood	465	275	470
J. Sharp	325	330	405
Team Awards: 1st-St. Joseph High School.		1215	1215
2nd-Deptford High School.		1180	1180
East High School.		1130	1130
4th-Monsignor Donovan High School.		1055	1055
5th-Egg Harbor Township High School.		990	990
Trophy Sponsors: H&R Block Hammonton and Tom and Joann Dixon.		160	160
(Thanks to Paul Sacco for these results)			

APA Southeast USA Open
11 MAR 06 - Amory, MS

BENCH	J. Hays	570
MEN	(40-49)	
(13-15)	J. Lockett	355
B. Pierce	250	41h-370
M. Jams	145	S. Self
(16-17)	370	370
D. Prestage	305	R. Snell
(18-19)	270	270
J. South	315	B. Bryant
Junior	(60-69)	405!*
L. Spiller	200	405!*

Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800+ DR Drug Free DL Workout, TOP 100 220s

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

Jun/05 ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s

Jul/05 ... Roger Estep Passes, APF Seniors, IPF Women's Worlds, Louie on BP Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s

Aug/05 ... Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs

Sep/05 ... IPA Worlds, York Hall of Fame, Equipment for Sumo, Reactive Methods by Louie Simmons, Mendelson Tries 1008 BP, TOP 100 114s

Oct/05 ... Deadlift Training by Louie Simmons, Raw Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Words, TOP 123s

Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s

Mar/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s

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USPF California State 25 MAR 06 - Los Alamitos, CA								
BENCH								
WOMEN								
114 lbs.								
Master (40-44)								
A. Tronske	110	S. Hoekstra	644	S. Belanger	440	Master (45-49)		
132 lbs.		F. Toledano	600	Junior (20-23)		M. Brown	341	
Master (44-44)		B. DeWeese	573	R. Castro	650	Womelsdorf	303	
T. Morgia	82	S. Williams	463	Submaster (35-39)	Open	Master (50-54)		
Master (70-74)		275 lbs.	R. Nash	391	R. Castro	650	G. Baxter	330
R. Witsshire	66	Open	Master (45-49)	J. Dyhrfeld	551	Master (55-59)		
165 lbs.		S. Hoekstra	644	WOMEN	SQ	K. Croxdale	463	
Open		F. Toledano	435	BP	DL	242 lbs.		
M. Asp	—	C. LaMantia	396	TOT		Open		
Master (40-44)		Master (45-49)	132 lbs.			B. Marum	606	
T. Reed	231	C. LaMantia	396	Junior		A. Acevedo	512	
MEN		308 lbs.	M. Hefley	181	203	R. Costa	424	
114 lbs.		Junior (20-23)	R. Castro	418	440	R. Garcia	—	
Junior (13-15)		Junior	Submaster	148 lbs.		Master (40-44)		
T. Schrader	121	R. Castro	418	Submaster		R. Garcia	—	
148 lbs.		Master (45-49)	K. Matthews	321	713	Master (50-54)		
Junior (13-15)		D. Smith	468	Open		M. Sandstrom	314	
C. Schrader	154	C. McGuire	—	K. Matthews	321	275 lbs.		
Open		DEADLIFT	198 lbs.	115	713	Junior (20-23)		
A. Lopez	198	WOMEN	Open	N. Ianson	286	R. White	650	
Master (70-74)		D. Bergfield	275	176	325	Open		
J. Andre	181	97 lbs.	198 lbs.	176	777	R. Speno	716	
165 lbs.		Open	198+ lbs.			D. Reece	738	
Open		N. Foster	66			L. Bergfield	611	
D. Davis	314	N. Ianson	286			R. White	650	
181 lbs.		Submaster	176			Submaster (35-39)		
Open		N. Ianson	286			R. Nash	325	
K. Kasulko	330	165 lbs.	176			Master (45-49)		
Master (70-74)		Junior (18-19)	176			S. Belanger	485	
R. Simon	264	Master (70-74)	A. Maihofer	319	898	308 lbs.		
198 lbs.		R. Hill	435	214	898	Junior (20-23)		
Open		Master (65-69)	T. Miller	369	1003	R. Catsro	622	
B. Jones	286	181 lbs.	Master (75-79)	198	1003	Open		
220 lbs.		Open	P. Cortes	341	1019	R. Catsro	622	
Junior (20-23)		K. Kasulko	451	237	1019	308+ lbs.		
J. Mouton	292	198 lbs.	K. Kasulko	451	1019	Open		
Master (40-44)		Open	Junior (20-23)	198 lbs.	1019	J. Peterson	606	
J. Hernandez	496	N. Foster	512	Junior (16-17)	1019	Thanks for All of Our Valuable Help: Steve Denison, National Referee, Meet Director; Chuck Lamantia, National Referee, Announcer; Kellie Lamantia, State Referee, Scorekeeper; Jim Merlino, National Referee; Gordon Santee, International Referee; Bill Ennis, International Referee; Don Haley, International Referee; Jack Hughes, International Referee; Dr. David Foster, State Referee, Spotter Loaders: Roy Lamont, Brad Iannucci, Gordon Santee, Scott Vincent, David Olson, State Powerlifting Records Set: Alex Decker, 114 Junior Women 18-19, 154 Squat, 83 Bench, 220 Deadlift, 440 Total; Morgan Hefley, 132 Junior Women 16-17, 110 Bench, 264 Deadlift, 556 Total; Karen Matthews, 148 Submaster Women 35-39, 321 Squat, 275 Deadlift, 713 Total; Donna Bergfield, 198 Submaster Women 35-39, 275 Squat, 325 Deadlift, 777 Total; Nicki Ianson, 198+ Submaster Women 35-39, 330 Deadlift, 793 Total; Thomas Miller, 165 Master 65-69, 369 Squat, 435 Deadlift, 1003 Total; Robert Cortes, 165 Master 75-79, 341 Squat, 236 Bench, 440 Deadlift, 1019 Total; John Caputo, 181 Submaster 35-39, 551 Deadlift; Daniel Brown, 198 Junior 16-17, 264 Bench; Rick White, 275 Junior 20-23, 650 Squat; Robert Speno, 275 Submaster 35-39, 716 Squat, 529 Bench. State Single Lift Bench Records Set: Ruth Witsshire, 132 Master Women 70-74, 66 Bench; Terry Morgia, 132 Master Women 40-44, 83 Bench; Tanya Reed, 165 Master Women 40-44, 231 Bench; Tyler Schrader, 114 Junior Men 13-15, 121 Bench; Jim Andres, 148 Master Men 70-74, 181 Bench; Scott Hoekstra, 275 Open, 644 Bench; Scott Hoekstra, 275 Submaster 35-39, 644 Bench; State Single Lift Deadlift Records Set: Tanya Reed, 165 Master Women 40-44, 347 Deadlift; Gretchen Slover, 198 Master Women 50-54, 270 Deadlift; Pavel Tsatsouline, 181 Submaster 35-39, 473 Deadlift; Chase Craft, 220 Junior 16-17, 462 Deadlift. American Powerlifting Records Set: Karen Matthews, 148 Sub Women 35-39, 321 Squat; Donna Bergfield, 198 Sub Women 35-39, 325 Deadlift, 777 Total; Thomas Miller, 165 Master 65-69, 369 Squat, 1003 Total; Robert Cortes, 165 Master 75-79, 341 Squat, 237 Bench, 440 Deadlift, 1019 Total. American Single Lift Bench Records Set: Angela Tronske, 114 Master Women 40-44, 110 Bench; Ruth Witsshire, 132 Master Women 70-74, 66 Bench; Scott Hoekstra, 275 Sub Men 35-39, 644 Bench; Ronnie Castro, 308 Junior 20-23, 418 Bench. American Single Lift Deadlift Records Set: Tanya Reed, 165 Master Women 40-44, 347 Deadlift; Gretchen Slover, 198 Master Women 50-54, 270 Deadlift; Chase Craft, 220 Junior 16-17, 462 Deadlift. (results from Steve Denison)		
R. Costa	451	Master (50-54)	J. Hernandez	501	1344			
R. Garcia	—	M. Sandstrom	507	Master (50-54)	1344			
Master (40-44)		275 lbs.	L. Vallot	231	1344			
R. Garcia	—			203	716			

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Master (65-69)				
R. Taylor	330	—	—	—
220 lbs.				
Junior (16-17)				
C. Craft	341	242	463	1047
Open				
M. Tronske	507	468	562	1537
D. Horine	358	248	407	1014
Hernandez	347	203	435	986
P. Ownes	314	226	418	959
J. Simon	264	170	374	810
Open				
B. Karr	418	319	407	1146
K. Garcia	226	220	248	694
Master (40-44)				
M. Tronske	507	468	562	1537
K. Lux	374	—	—	—



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Signature _____

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17 JUN, SLP Olympic 24 Hour Fitness BP/DL Classic (Clarksville, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

17 JUN, USAPL NorCal Summer Classic BP (El Cerrito, CA) Jason Bumell, 2327 Alva Ave., El Cerrito, CA 64530, 510-232-4755

17 JUN (date assigned/New Title), WNPF Raw Nationals (BP, DL, PC) & Maryland State (Equipped & Raw, Baltimore, MD) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

17 JUN, WABDL AquaVIBE Great Northern Championships (BP/DL - Red Lion Hotel, Olympia, WA) Gus Rethwisch, 763-545-8654

17 JUN, SPF/WBPLA Nationals (open or Raw P/P, BP, DL, River Terrace Hotel, Gatlinburg, TN - right at red light No. 6, www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

17 JUN, Summer Push/Pull (Elkhart, IN) Jon Smoker, 574-674-6683

17 JUN, APF Florida States, Kieran Kidder, Ft. Lauderdale, FL, pamelaclayton@aol.com, 386-734-3128

17 JUN, USAPL New Jersey State High School PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-5843

17,18 JUN, USAPL New York State, Pat Carroll, 48 Hillcrest Ave., Kingston, NY 12401, after 6pm 845-339-6381

17,18 JUN, USAPL Teen/Junior Nationals, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

17,18 JUN, NASA USA Nationals (PL/BP Only/PS/PP & Unequipped PL/BP - Las Vegas, NV) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

18 JUN, USAPL Florida (Sunshine State Games) BP (Miami) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

24 JUN (NEW DATE/LOCATION), APA Louisiana State (Northwestern State Univ., Natchitoches, LA - PL, P-P, BP, DL, SC) Ryan Cidzik, 315-794-1836,

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COMING EVENTS

RCidzik@yahoo.com, www.apa-wpa.com
24 JUN, Kansas City Push Pull, Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com

24 JUN, SLP Express Fitness Open BP/DL (Benton, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

24 JUN, NASA Missouri Grand (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

24 JUN, USAPL Badger Open (Neenah, WI) Joe Lewis, 1144 Appleblossom Dr., Neenah, WI 54956, 920-886-3238

24 JUN, APA Central Florida Open BP/DL, P-P, SC (Main Street Fitness, Zephyrhills, FL) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apa-wpa.com

24,25 JUN, APF/AAPF Snake River Championships (PL, BP, DL, youth "fun" division - Idaho Falls, ID) 208-521-3434, snakeriver@yahoo.com

24-25 JUN, AAU North American PL, BP, DL, PP (Rancho Buena Vista Performing Arts Center, Vista, CA - entry deadline 25 MAY) Martin Drake, Box 108, Nuevo, CA 92567, naturalpower@earthlink.net

24,25 JUN, WDFPF European PL (Maromee, France) www.wdfpf.cc

24,25 JUN, ADAU Powerlifting Nationals (Raw/Drug Tested - Catasauqua, PA) Nick Theodorou, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

25 JUN, USAPL Big Bench Blow-out/ Fireworks in the Rockies, Gary Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657

25 JUN, ISS Wisconsin Bench Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

JUN, Joe's Gym "We Don't Need No Stinkin' Drugs" Bench Press Contest, Joe Orenja, 4319 W. 26th St., Erie, PA 16506

JUN, 100% Raw National Bench Press & Powerlifting Championships, Paul Bossi, rawlifting@aol.com

1 JUL, Oregon Invitational BP (Portland, OR - Guest Lifter: Ryan Kennedy) Tod Becroft, Box 66474, Portland, OR 97290, t m a n 5 5 1 @ a o l . c o m , www.juliehavelka.com

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

6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com, (260) 248-4889, usapl@fwi.com

7-9 JUL (NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

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

7-9 JUL, APC National PL & BP Championships (Doubletree Hotel, Sacramento, CA) Al Garcia, 916-

482-2868

8 JUL, WNPF Minnesota Championships (Montgomery, MN) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

8 JUL, YMCA Austin Open & Novice PL/PS (raw, single ply: men & women; all divisions & ages, free meal for lifters) Les Cramer, Box 300966, Austin, TX 78703, leslifter@netscape.com, 512-329-8528

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

8 JUL, SLP Ft. Hamilton Days BP/DL (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

8 JUL, WABDL AquaVIBE Capitol City Classic Championships (BP/DL - Marriott Hotel, Rancho Cordova/Sacramento, CA) Gus Rethwisch, 763-545-7654

8 JUL, Allentown Sports Fest (BP/DL - Allentown, PA) Mike Laudenberger, Allentown YMCA & YWCA, 425 South 15th St., Allentown, PA 18102, 610-434-9333

8 JUL, NASA Houston Summer Open (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

8 JUL, USAPL Kansas State Powerlifting Championship (??, KS) Wayne Herl, 3503-A Chaumont Dr., Hays, KS 67601, 785-625-1761

8 JUL, ADFPF Nationals (South Bend, Indiana), ADFPF Office, 27 Elmo Dr., Macomb, IL 61455, www.adfpf.org

8 JUL, APA Arizona Open, Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com

8 JUL, USAPL YMCA Seattle Summer Classic, Paula Houston, 1700 23rd Ave., Seattle, WA 98122, 206-760-8724

8 JUL, UNS Beast of the Chrome & Steel BP/DL (Youngsville, PA) Carl Seeker, 814-563-4821, seeker4@verizon.net

APF/AAPF/WPO Schedule

17 JUN, APF Florida States

24,25 JUN, APF/AAPF Snake River

22 JUL, APF Teenage Nationals

5 AUG, APF Backyard Bench Meet

5 AUG, APF Florida State Bench Press/Ironman

26 AUG, APF Georgia State

26 AUG, APF Debbie Kruck Police/Firefighters BP

9 SEP, APF/AAPF Midwest Classic

9 SEP, APF Gulf Coast Open BP/DL/PL

16 SEP, APF/AAPF Power Quest

16 SEP, APF Hawg Farm Open

7 OCT, APF New England Open Bench

14 OCT, APF/AAPF Asylum Power

18 NOV, AAPF Southern States

NOV, APF Galaxy Gym Invitational

9,10 DEC, APF Southern States

Dates subject to change Call 386-734-3128 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

8,9 JUL, Battle of the Bench Gods (Niagara Falls, NY - Nick Winters Seminar) Jason Fiori, 716-531-6039, jason@fallsfactory.com

9 JUL, WABDL Eastern Seaboard Regional Championships (BP/DL - Best Western Hotel and Conference Center, Westminster, MD) Brad Myers, 717-471-9177

15 JUL, Young's Health Club Outdoor Bench, Mike Young, 319 E. Superior St., Alma, MI 48801, 989-463-8574, mike.young@ispmtl.com

15 JUL, WNPF New Jersey States (Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

15 JUL, AAU Larry Garo Powerfest (PL, Ironman, BP, PC - Dumbarton School, 300 Dumbarton Rd., Towson, MD 21212) Brian Washington, Brian@usbf.net, 410-265-8264

15 JUL, USAPL Ironworks BP & DL II, Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 989-948-3738

15 JUL (revised new date), PPL Southeastern Drug Free (BP/DL/PP/ Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym

15 JUL, APA 4th Maine Annual Open Iron Bash (Newport, ME) Scott Taylor, APA President, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, 941-626-4247, scott@apa-wpa.com, http://apa-wpa.com

15 JUL, ANPPC World Cup, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

15 JUL, WABDL Deep South Regional Championships (BP/DL - Holiday Inn Select, Baton Rouge, LA) Reed Bueche, 225-718-2646

15 JUL, WABDL World Cup Championships (BP/DL - Sheraton Airport Hotel, Portland, OR) Gus Rethwisch, 763-545-8654

15,16 JUL, NASA vs. AAU Team Challenge (Official NASA Team Only - Oklahoma City, OK) (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

15,16 JUL, AAU National Powerlifting Championships (Oklahoma City, OK) Rickey Dale Crain, 3803 North Bryan Rd., Shawnee, OK 74804, (405) 275-3689, rcrain@charter.net

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

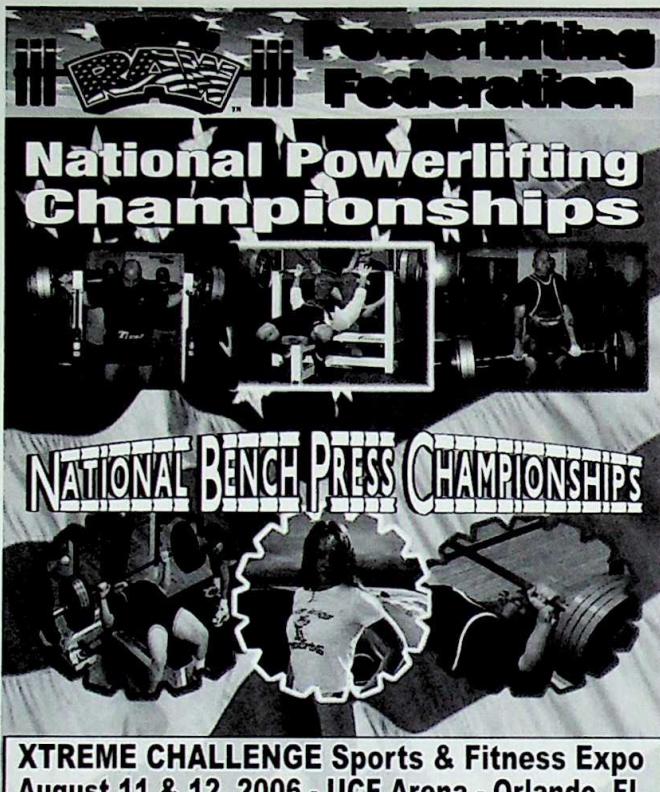
16 JUL (NEW DATE/TITLE), WNPF Submasters & Masters Nationals & North American Open (BP, DL, Ironman, PC - Danbury or Stamford, CT) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

16 JUL, World Gym Bench Press Championships (Columbus, OH) Meet Director, Kenny Patterson, ASC, 4423 Gaffney Ct., Columbus, OH 43228, 614-563-0279

20/21 JUL, USAPL/USOC Palm Beach Sports Commission Youth & Fitness Festival (W. Palm Beach, FL) Robert Keller, rk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

22 JUL, USAPL South Carolina State, Dan Austin, 215 Windsor Crest Rd., Columbia, SC 29229, 803-777-8464

22 JUL, USAPL Commonwealth Games of VA, John Shifflett, Box 941,



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Event information: RawPowerlifting.com
252-336-4188 Paul Bossi (Pres.)
312-498-4043 Shawn Lyte (VP)

Stanardsville, VA 22973, 434-985-3932

22 JUL (NEW DATE), 7th WNPF USA Open Teen/Junior/Subs/Masters Championships (BP, DL, PC) & WNPF Bodybuilding Championships & USSA Georgia Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

22 JUL, AAU Florida High School BP (Jacksonville, FL - raw only) Rick Samples, 912-577-1436 after 6pm. Rick@oldschoolgyms.com

22 JUL, SLP Arkansas Open BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

22 JUL, WABDL Great Lakes Regional

Championships (BP/DL - Holiday Inn South, Lansing, MI) Gus Rethwisch, 763-545-8654

22 JUL, NASA Grand Nationals (PL/ BP Only/PS/PP - Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

22 JUL (corrected phone number/date), ADAU Raw Single Lift National Championships (Johnson City, NY) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikutip.com

22-23 JUL (NEW DATE), IPA World Championships, York Barbell Company, 3300 Board Rd., York, PA 17042, Mark Chaillet, 717-495-0024, chalfit@suscom.net, Ellen Chaillet, echaillet@aol.com

23 JUL, Old Heritage BP, DL (Oil City, PA - for cerebral palsy) Chris Snyder, 814-676-3750

23 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

26 JUL, NASA Tri-State Regional Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lesmitty@bspeedy.com

29 JUL, SLP Big Daddy's Iron Horse Open BP/DL (Muncie, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

29 JUL, Vermont State Open BP (men, women, teen, masters, grandmasters) All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, Rick Poston.

29 JUL, 100% Raw Strongman 5-Lift Rep Challenge (CR/CU/BP/SQ/DP - Jarvisburg, NC) Gene Berry, dberry90@mchsi.com

29-30 JUL, AAU Jr. Olympics PL/BP (Hampton, VA) 804-559-4624 after 7PM (EST), www.aausports.org

JUL, 100% Raw New York State Bench Press Championships, Bob Hannington, fhanington@hvc.rr.com

JUL, 100% Raw Great American Challenge, Shawn Lyte, rawlifting@bmfsports.com

JUL, ADFPF Battle at the Drag Strip (Osceola, IN), Anson Wood, info@enomous.biz, 574-903-4586, www.enomous.biz

5 AUG, APF Backyard Bench Meet (Tribes Hill, NY) Sandi or Zane McCaslin, 518-855-7002, candyazz@ironasylumgym.com, www.ironasylumgym.com

5 AUG (NEW DATE), NOVA Raw BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com

5 AUG (NEW DATE), WABDL House of Pain National Championships (BP/DL - Crown Plaza Hotel, Dallas, TX) Gus Rethwisch, 763-545-8654

5 AUG (NEW DATE), USAPL Mid Atlantic Open PL/BP/DL/Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifiting@aol.com, www.virginiausapl.com

5 AUG, APF Florida State Bench Press/Ironman Championships (Boca Raton, FL) Bob Youngs, Ed Rechtenwald, or Lance Mosley, 561-718-9877, southsidebarbell@hotmail.com

5 AUG, 7th Power Works Gym Push Pull & Bar B Que (Perham, MN) Tom Haggemiller, Power Works Gym, 949 W. Main St., Perham, MN 56573, 218-346-5320

5 AUG, SPF Georgia State (open - raw P/P, BP, DL - City Club Fitness Center, Lafayette, GA) www.southempowerlifting.com or call Jesse Rodgers, 423-876-8410

5 AUG, USPF Venice BP & DL, Joe Wheatley & Steve Denison, pwrlifts@msn.com, 661-333-9800

5,6 AUG, NASA World Cup Championships (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

5,6 AUG, USAPL Rocky Mountain State Games, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

5-6 AUG, WNPF International Cup PL, BP, DL, PC (Las Vegas, NV) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

6 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) SLP,

UPCOMING SLP COMPETITIONS

17 JUN, SLP Olympic 24 Hr. Fitness BP/DL (Clarksville, TN)

24 JUN, SLP Express Fitness Open BP/DL (Benton, AR)

1 JUL, SLP Big Bench at the French II (Memphis, TN)

8 JUL, SLP Ft. Hamilton Days BP/DL (Hamilton, OH)

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122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

6 AUG, Max Muscle & Gym Warriors present Massachusetts Teen/Collegiate Scholars Meet, Paul 978-766-6280, xtralargemuscle@aol.com

6 AUG, APA Magnolia State Open (Amory, MI) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com

11-13 AUG, World United Amateur Powerlifting Championships (St. Louis, MO) James Rouse, jsrouse41@aol.com

11,12 AUG, 100% RAW National Powerlifting & Bench Press Championships (Orlando, FL) www.RawPowerlifting.com, Paul Bossi, 252-336-4188, Pres@RawPowerlifting.com

12 AUG, Detroit Barbell Meet (Detroit, MI), J.J. Thomas, 734-642-7877

12 AUG, 11th Granite State Bench Press (men, women, teen, jr., submaster, master-all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

12 AUG (NEW SANCTION), AAU Vermont Powerlifting Full Power Iron Meet (PL, BP, DL, PP - First in Fitness, Berlin, VT) Bret Kemoff, Meet Director, 8 0 2 - 8 6 5 - 2 7 4 7 , vtpowerlifting@adelphia.net

12 AUG, USPF National BP/DL Championship in conjunction with the 2nd US Open Strength Challenge (Parkersburg South High School, Parkersburg, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com

12 AUG, SPF Open/Raw P/P, BP, DL (Holiday Inn, Birmingham, AL) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

12 AUG, SLP Wisconsin State Fair BP/DL (W. Allis, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12 AUG, NASA Colorado Grand Championships (PL/BP Only/PS/PP - Denver, CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@ao.com

13 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

18,19 AUG, Nevada Police & Fire PL/BP (Las Vegas, NV) Jason Auschitz, 702-408-5919, bigjaya54@hotmail.com

19 AUG, APA Keystone Open (Hanover, PA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com

19 AUG, 22nd Iowa State Fair Drug Free Bench Press/Deadlift Contest (Pure/Natural, Masters/Submaster/Teen/Novice/Team - IA) Jeff Baird, 515-953-6833, Bairdz@aol.com

19 AUG, 3rd Drug Free Summer Time Splash & Southern Ohio Powerlifting & Bench Press Championships (NeoLimits Fitness Center, 51 E. Spring Valley Rd., Centerville, OH) David Ricks, Meet Director, 937-435-2127, ricks181@hotmail.com

19 AUG, WABDL Nevada State Championships (BP/DL - Stockmen's Hotel & Casino, Elko, NV) Raul Lopez, 775-753-2374

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

19 AUG, ADAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer,

sonlight@netcare-il.com, www.sonlightpower.com

26 AUG, WABDL 10th Alki Beach Championships (BP/DL - Seattle, WA) Bull Stewart, 206-725-7894

26 AUG, ADAU Powerlifting Championship (Hagerstown, MD) Kevin Prosser, 11218 Greenmount Ave., Hagerstown, MD 21740, 301-573-7853, jkprosser@yahoo.com

26 AUG, Midwest Masters Open (masters only, PL, BP, DL, PP) Keith Machulda, 48084 Cass, Omaha, NE 68132, 402-444-5596

26 AUG, APF Georgia State Powerlifting & Bench Press Championships (Kennesaw, GA) Jon Grove, 850-974-2880, kennesaw@fitnessresource.com, www.ngbb.net

26 AUG, APF Debbie Kruck Police/Firefighters BP Challenge, Daytona Beach, FL, pamelaclayton@aol.com, 386-734-3128

2 SEP, Paxton Power Strongman/Strongwoman (Paxton, MA) 508-991-3291, paxtonpowergym@charter.net

2 SEP, APA Nationals (Ft. Myers, FL) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com

2 SEP, NASA New Mexico Regional (PL/BP Only/PS/PP - Rio Rancho, NM) Mike & Teale Adelmann, mike@liftinglarge.com

2 SEP, SLP World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

2,3 SEP, USAPL National Bench Press Championships (Charlotte, NC) Jennifer Thompson, 704-483-6332, jennifer@132poundspower.com

9 SEP, APF/AAPF Midwest Classic (Overland Park, KS) Susan Patterson, www.midwestbarbell.com/catalog, 816-668-2005

9 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9 SEP, APF Gulf Coast Open BP/DL/PL (New Port Richey, FL) Rick Lawrence, 727-376-1707

9 SEP, USPF Venice Beach PL/BP/DL, Joe Wheatley & Steve Denison, pwrltrs@msn.com, 661-333-9800

9 SEP, WABDL Tennessee State Championships (BP/DL - Manchester, TN) Ken Millrany, 931-454-0935

9 SEP, NPA Drug Free National BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

9 SEP, 15th WNPF Lifetime Drug Free Nationals (BP, DL, PC - Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

9 SEP, Wolf River Day of Strength Strongman and Powerlifting, (New London, WI) Tom Theama, 920-359-90432, theama@charter.net

9 SEP, 15th WNPF Lifetime Drug Free Nationals (Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

9 SEP, 100% Raw Jacksonville Open (Jacksonville, NC) Paul Bossi, rawlifting@aol.com

10 SEP, 15th WNPF Pennsylvania State (PL, BP, DL, PC - Ephrata, PA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

10 SEP, United We Stand BP-DL, Iron Man-Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Venturella,

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING (Raw, Single Ply, Unlimited)

17 JUN WNPF Raw Nationals

8 JUL, WNPF Minnesota State

15 JUL, WNPF New Jersey State

16 JUL, WNPF Submasters & Masters Nationals & North American Open

WNPF, PO Box 142347,

Fayetteville, GA 30214

678-817-4743 or wnpf@aol.com

website - members.aol.com/wnpf

Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

19 AUG, AAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

19 AUG, SPF Kentuckiana Open or Raw P/P, BP, DL (Metro Fitness, Shelbyville Rd. (US 60) Louisville, KY)

www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

19 AUG, USAPL 3rd annual Southern Ohio PL/BP, Dave Ricks, 8835 Winston Farm Ln, Dayton, OH 45458, 937-435-2127

19,20 AUG, YMCA Nationals (raw, single ply, unlimited gear, PL, plus individual lifts & power sports, all

age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

20 AUG, IPA Long Horn Cup (open) and Texas State (residents only) (all age groups and divisions, men & women, amateur, elite, amateur, pro) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528

20 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

26 AUG, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429,

sonlight@netcare-il.com, www.sonlightpower.com

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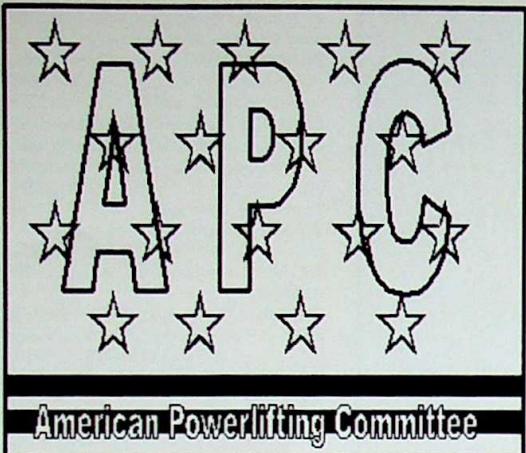
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16 SEP, APF Hawg Farm Open (PL/BP/
DL - Evansville, IN) Larry Hoover, 812-
385-9932, quad4hoov@peoplepc.com

16 SEP, 8th Sci-Fit of Georgia Bench
Press Championships (Macon, GA) Joe
Deverville, 478-750-7005

16 SEP, NASA East Texas Regional (PL/
BP Only/PS/PP - Longview) Rich Peters,
Box 735, Noble, OK 73068, 405-527-
8513, sqbpdl@aol.com

16 SEP, 1st APF/AAPF PowerQuest PL/
BP (limited to 50 lifters - Days Inn,
Fremont, OH) Rob Twining, 419-332-
2982, rob_at_outlawbarbell@yahoo.com

16 SEP, APA Northeast Regional Cham-
pionships (Wallingford, CT) Scott Taylor,
6097 Boca Colony Dr. #1615, Boca Raton,
FL 33433, scott@apa-wpa.com, http://
apa-wpa.com

16 SEP, 6th Iron Boy BP Classic & IBP
Curl Championships, (Winston-Salem, NC)
Keith Payne, keith@ironboypowerlifting.net

16 SEP, ISS KAC Bench Press Classic,
Mike Strom, KAC, 4211 Green Bay Rd.,
Kenosha, WI 53144, (262) 654-6020,
mikesbench@hotmail.com

16 SEP, APC Northern California Open & Novice PL & BP,
John Ford (650)303-7518

16 SEP, USA Raw Bench
Press Federation Fall Na-
tional, (Holland, MI) SLP,
122 W. Sale, Tuscola, IL
61953, (217) 253-5429,
sonlight@netcare-il.com,
www.sonlightpower.com

16 SEP, 7th WNPF Michigan
Teen/Junior/Open Subs/
Masters/Novice (BP, DL,
Ironman, PC) & USSA Strong-
man Championships (Romulus,
MI) Troy Ford, WNPF, PO Box
142347, Fayetteville, GA 30214,
678-817-4743, wnpf@aol.com

16 SEP, WNPF Upstate New
York II (Clyde, NY) Ron
Dearicis, 303-792-6670

17 SEP (DATE ASSIGNED),
AAU Florida State PL/BP(Bran-
don YMCA), Vincent Lombardi,
1605 Cresson Ridge Lane,
Brandon, FL 33510,
lombardistrength@yahoo.com,
813-391-8719

23 SEP, SLP National PL
Championships, SLP, 122
W. Sale, Tuscola, IL 61953,
(217) 253-5429,
sonlight@netcare-il.com,
www.sonlightpower.com

23 SEP, 100% Raw Pennsyl-
vania State & Mid Atlantic Pow-

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July 7, 8, 9, 2006, APC National PL and BP, Sacramento, Ca.

September 16, 2006 APC Northern California Open & Novice PL and BP John Ford 650-303-7518

November 1-5, 2006 GPC World Championships 2006, Gent, Belgium, Promoter GPC-Belgium.

December 9, 2006 APC 53rd. California IronMan, Fresno, Ca. Bob Packer 559- 322-6805

L B Baker 770-713-3080

For more information; www.americanpowerliftingcommittee.com

IronDawg Power; www.irondawg.com

ters, P.O. Box 735, Noble, OK 73068,
405-527-8513, sqbpdl@aol.com

7 OCT, IBP Carolina Classic Powerlifting
Championships (Shelby, NC) Keith Payne
3 3 6 - 7 6 6 - 3 3 4 7 ,
keith@ironboypowerlifting.net

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

7 OCT, 100% Raw southern Open BP &
Am Wrestling Championships (Jarvisburg,
NC) Gene Berry, dberry90@mchsi.com

7 OCT, APF New England Open Bench
Press Championship (Ramada Inn Con-
ference Center, Manchester, NH) Jamie
Fellows, Dave Follansbee, c/o USA
Bodybuilding.com, 865 Second St.,
Manchester, NH 03102, 603-626-5489,
nhbodybuilding@yahoo.com or
www.usabodybuilding.com

7 OCT, USPF Central California Open
PL/BP/DL (Modesto, CA) Dave
Cummerow & Steve Denison,
pwrlfrs@msn.com, 661-333-9800

7 OCT, NASA Ohio Regional ((PL/BP
Only/PS/PP - Springfield, OH) Rich Pe-

ters, P.O. Box 735, Noble, OK 73068,
405-527-8513, sqbpdl@aol.com

14 OCT, APF/AAPF Asylum Power (full
power, single lift - Iron Asylum Gym,
Tribes Hill, NY) Sandi or Zane McCaslin,
5 1 8 - 8 5 8 - 7 0 0 2 ,
candyazz@ironasylumgym.com ,
www.ironasylumgym.com

14 OCT, Iron Chamber Gym BP/DL
(East Canton H.S., Canton, OH) Jeff
Begue, 330-844-1011.

14 OCT, SPF/WBPLA Worlds: Open/
Raw P/P, BP, DL (Riverview Terrace
Hotel, Gatlinburg, TN, turn right at
red light #6)
www.southernpowerlifting.com or
call Jesse Rodgers, 423-876-8410

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

14 OCT, NASA Colorado Re-
gional Championships (PL/BP
Only/PS/PP - CO) Rich Peters,
P.O. Box 735, Noble, OK 73068,
405-527-8513, sqbpdl@aol.com

15 OCT, 1st USPF Regional
BP/DL Championships for Re-
gions 1,2,3,4 (Robert C. Byrd
High School, Bridgeport, WV)
Matt McCase, 210 Gilbow St.,
Fairmont, WV 26554, 304-376-
2432, mcase@yahoo.com

15 OCT, SLP Missouri State
BP/DL (Springfield, MO) SLP,
122 W. Sale, Tuscola, IL 61953,
(217) 253-5429,
sonlight@netcare-il.com ,
www.sonlightpower.com

20-22 OCT (NEW DATE),
WDFPF Single Lift Worlds
(John Clow, Bendigo,
Australia) jmg-
gedney@wiu.edu

21 OCT (new date), PPL USA
Powerlifting Drug Free (BP/DL/
Full Power/Body Challenge,
1st-5th prizes in each division)
Tee "Skinny Man" Meyers, 2250
Lumpkin Rd., Augusta, GA
30906, (706) 790-3806,
pythongym@aol.com ,
www.hometown.aol.com/pythongym

21 OCT, USPF Monster Bench
& Night of the Living Deadlift

Double Tree Inn - Sacramento, CA
916-929-8855

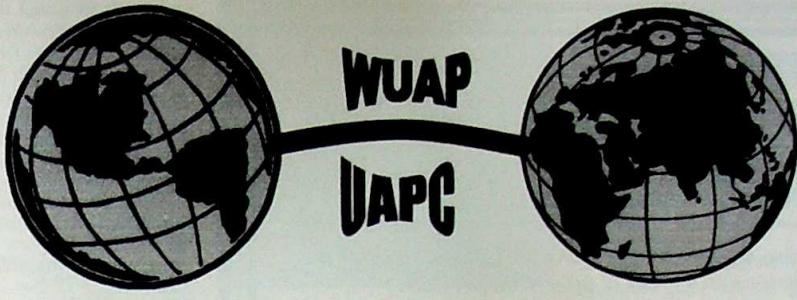
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(Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net

21 OCT, 100% Raw Virginia State Bench Press/Curl Championships (Stanardsville, VA) John Shifflett, valifiting@aol.com

21 OCT, PPL Drug Free Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806

21 OCT, SLP Ultimate Body Fitness Chicago Open BP/DL (Chicago, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifiting@aol.com

21,22 OCT, NASA 2nd "Genuine" Unequipped Nationals (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

22 OCT (NEWDATE), SLP Fall BP/DL Classic (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

27-29 OCT, 15th WNPF World PL & USSA World Strongman Championships & WNPF USA Body Building Championships & WNPF Men's and Women's Elite Championship II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

28 OCT, ANPPC National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

28 OCT, 2nd annual Open BP, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452

28 OCT (corrected phone number), ADAU 24th Raw "Central PA Open" (Drug

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

28 OCT, NASA Iowa Regional Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

29 OCT, SLP Southern Illinois Open BP/DL (Anna, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

OCT, ADAU Connecticut State Powerlifting Championships (PL/BP - Brookfield, CT) Robert Del La Vega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, pghbrookfield@sbcglobal.net

OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifiting@aol.com, www.virginiapusl.com

OCT, USAPL Florida Collegiate BP & PL and Southeastern USA Regional

BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249, rk@verizon.net, www.geocities.com/floridausapl
OCT/NOV, AAU World PL (Virginia) 804-559-4624 after 7PM (EST), www.aausports.org
1-5 NOV, GPC World PL/BP (Gent, Belgium) LB Baker (770) 725-6684 or (770) 713-3080, www.globalpowerliftingcommittee.com, www.americanpowerliftingcommittee.com
4 NOV, NASA Kansas City Regional (PL/BP Only/PS/PP - Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1111, 442, www.lenexastrengthandfitness.com

4 NOV (NEW DATE), WNPF Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

4 NOV, USA "Raw" Bench Press Federation Worlds, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

4 NOV (NEW DATE), NASA Arizona Regional (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

4 NOV, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com
10-12 NOV, WDFPF World PL Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jm-gedney@wiu.edu

11 NOV, NASA Veteran's Memorial Meet, Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

11 NOV, APA Best in the West Championship (Sacramento, CA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com

11 NOV, SLP Ohio State BP/DL (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12 NOV, 1st annual SLP Doreen M. Chapman Memorial BP (Antioch, IL - men, women, teen, submaster, master) Leroy Chapman, 847-731-3769

15-20 NOV, WABDL World Championships (BP/DL - Las Vegas, NV) Gus Rethwisch, 763-545-8654

18 NOV, USAPL Ohio PL/BP (Men's, women's, open, raw, master, teen, police/fire) Ed or Frank 440-439-5464, www.kingsohio.com

18 NOV, AAPF Southern States (Lake City, FL) 386-734-3128, worldpowerlifting.org

18 NOV, 100% Raw World Bench Press Championships (Currituck, NC) Paul Bossi, rawlifting@aol.com

18 NOV, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

18-19 NOV (NEW DATE), WNPF USA vs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

19 NOV, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

25 NOV, NASA Kansas Regional Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com



**★ REVISED ★
2006**



AAU POWERLIFTING MEETS

*Below is a list of meets being offered by the Virginia Powerlifting Association
VAPowerlifting@aol.com or 804-559-4624 after 7:00 pm (EST)*

- June 3 - 4** **AAU National Raw Powerlifting Championships**
 Crowne Plaza Hotel - Richmond, Virginia - *2006 World Meet Qualifier*
 Three lift meet, Raw only - Run during the three meets listed below - Crossovers available
 More information: www.aausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- June 3 - 4** **AAU Virginia State Powerlifting Championships**
 Crowne Plaza Hotel - Richmond, Virginia - *2006 World Meet Qualifier*
 Three lift meet, Raw & Assisted - Virginia Residents Only - Crossovers available
 More information: www.aausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- June 3 - 4** **2006 Triple Crown Powerlifting Meet**
 Crowne Plaza Hotel - Richmond, Virginia - *2006 World Meet Qualifier*
 Three lift meet, Raw & Assisted - Run during Raw Nationals - Crossovers available
 More information: www.aausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- June 3 - 4** **East Coast Bench Press Regional Meet**
 Crowne Plaza Hotel - Richmond, Virginia - *2006 World Bench Press Qualifier*
 Bench Press Only, Run during the Raw Nationals - Crossovers available
 More information: www.aausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- July 28** **Military National Full Power and Bench Press Championships**
 Portsmouth, Virginia - *2006 World Meet or World Bench Press Qualifier*
 Three-lift and Bench Press Only meets, Raw & Assisted - Crossovers available
 More Information: www.aausports.org
 Phone 804-559-4624 after 7:00 pm (EST)
- July 29 - 30** **2006 AAU Junior Olympic Games - Full Power & Bench Press Championships**
 Portsmouth, Virginia - *2006 World Meet or World Bench Press Qualifier*
 Three lift & Bench Press Only meets, Raw & Assisted - No crossovers
 More information: www.aausports.org
 Phone: 804-730-8810 after 7:00 pm (EST)
- Oct. 20 - 22** **2006 AAU World Powerlifting Championships (LIMITED NUMBER OF LIFTERS EACH DAY)**
 Crowne Plaza Hotel - Richmond, Virginia
 Three lift meet, Raw & Assisted - Crossovers available
 More information: www.aausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)
- Oct. 20 - 22** **2006 AAU International Single-Lift/Push-Pull Championships (LIMITED NUMBER PER DAY)**
 Crowne Plaza Hotel - Richmond, Virginia
 Bench Press, Deadlift and Push-Pull Meets, Raw & Assisted - Crossovers available
 More information: www.aausports.org
 Phone: 804-559-4624 after 7:00 pm (EST)

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worldpowerlifting.org

10 DEC, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 DEC (corrected phone number), ADAU 14th Raw "Coal Country" Classic (SQ/BP/DL/Open/Allages - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

16 DEC, NASA Illinois "Christmas" Regional (PL/BP Only/PS/PP - Flora, IL) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@ao.com

16 DEC, 9th WNPF Sarge McRay Championships (BP, DL, Ironman, PC - Borden town, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

16 DEC, 100% Raw Bowie-Robinson

Memorial Cup (Chicago, IL) Shawn Lyte,

rawlifting@bmfsports.com

16 DEC, 100% Raw Christmas Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com

16, 17 DEC, AAU World BP, DL, PP (Plaza Hotel, Las Vegas, NV) Martin Drake, Box 108, Nuevo, CA 92567, naturalpower@earthlink.net

30 DEC (New Date), SLP "The Last One" BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

17 FEB '07, WABDL Penn-Ohio-New York Regional BP/DL Championships (World Qualifier - Beaver Falls, PA) Charles Venturella 724-654-4117

17 APR, NASA The HUGE One (Milwaukee, WI) Job Hou-Seye, statechairman@wisconsinpowerlifting.com

21 APR, Dungeon Powerworks Drug Free Bench Slam & Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 269-506-5386 or 269-435-7586

27, 28 APR '07, WDFPF European Single Event Championships (Horgen, SWI) www.wdfpf.cc

OCT '07, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc

MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc

OCT/NOV '08, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc

25 NOV (New Date), SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

NOV, APF Galaxy Gym Invitational Powerlifting & Bench Press Championships, J. Fellows, 17 Circle Dr., Meredith, NH 03253

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

2 DEC, NASA Missouri Regional Championships (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@ao.com

2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

2 DEC, NASA Push it - Pull it - Lift it Championships (Rio Rancho, NM) Mike or Teale Adelmann, mike@liftinglarge.com, 505-981-1237

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

9 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9 DEC, NASA West Texas Regional (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@ao.com

9 DEC, USAPL Midwest Senior State, Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182

9 DEC, USAPL Virginia PL/BP/DL (Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

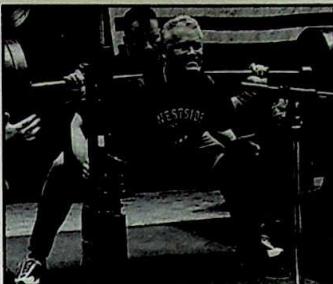
9, 10 DEC, APC 53rd California Iron Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437

9, 10 DEC, APF Southern States (Jacksonville, FL) 386-734-3128

MEET DIRECTORS ... there are HUNDREDS of meets for the readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for full details. We will even do the typesetting on your advertisement for you ... FOR FREE!!

IBP North Carolina State
18 MAR 06 - Shelby, NC

BENCH Police/Fire
MEN T. Isbell 440
165 lbs.
Master (40-44) 242 lbs.
B. Flattery 225 Master (45-49)
Open 400
M. Allah 350 123 lbs.
181 lbs.
Master (60-64) 198 lbs.
J. Shoaf 275 Raw/Intermediate
Open 345
D. Wilson 440 220 lbs.
198 lbs.
Master (50-54) Raw/Intermediate
365
S. Durham 370 275 lbs.
Novice Raw/Novice
S. Durham 245 M. Newman 280
WOMEN
198 lbs. SQ BP DL TOT
Raw/Junior A. Marrow 260 200 300 760
198+ lbs.
Raw/Master (40-44) L. Marrow 250 195 315 760
MEN
132 lbs.
Open S. Warren 265 255 380 900
181 lbs.
Junior C. Kiziah — — — —
198 lbs.
Master (40-44) B. Nichols 600 410 560 1570
220 lbs.
Police/Fire C. Smith — 275 430 —
275 lbs.
Master (50-54) G. Potoka 415 250 360 1025
97 lbs.
Raw/Youth (10-11) C. Rhymer 105 75 180 360
132 lbs.
Raw/Teen (16-17) C. Ladd 225 145 305 675
Raw/Tee (18-19) J. Young 255 155 330 740
165 lbs.
Raw/Novice J. Wines 280 235 320 835
Raw/Teen (14-15) J. Bolton 185 135 200 520
Raw/Teen (16-17) C. Martin 305 245 405 955
181 lbs.
Raw/Master (45-49) G. Bolton 350 255 405 1010
Raw/Teen (14-15) J. Marrow 330 270 360 960
Raw/Teen (18-19) G. Marrow II 350 280 500 1130
198 lbs.
Raw/Open S. Carringer 350 305 400 1055
Raw/Intermediate J. Gaston — 365 525 —
220 lbs.
Raw/Intermediate C. Carter 300 260 340 900
Raw/Junior D. Howe 460 355 525 1340
Raw/Teen (18-19) W. Flattery 380 245 420 1045
242 lbs.
Raw/Master (40-44) M. Ferris 550 415 540 1505
Raw/Open R. McMillan 475 300 475 1250
Raw/Submaster B. Moore 545 380 565 1490
R. McMillan 475 300 475 1250
S. Jones 330 350 470 1150
275 lbs.
Raw/Master (40-44) Marrow Sr. 405 345 425 1175
308 lbs.
Raw/Master (40-44) T. Langdon 500 360 535 1395
W. Marrow 405 330 535 1270
308+ lbs.
Raw/Submaster N. Terrell 485 315 505 1305
Team Project Lift: Stephen Jones, General Marrow Sr., William Marrow, Leontyne Marrow, America Marrow, General Marrow II, and Jonathan Marrow. America Marrow Open Outstanding lifter (female), Leontyne Marrow Master Outstanding



Buddy Nichols and young Collin Ladd, squatting at the IBP North Carolina State meet. (photos are provided courtesy of Keith Payne)



Lifter (female), Bobby Moore Open Outstanding Lifter (male), General Marrow II Teen Outstanding Lifter (male), Buddy Nichols Master Outstanding Lifter (male). (Thanks to Keith Payne for these results)

USAPL Glen Mills Invitational
25 FEB 06 - Concordville, PA
MALE SQ BP DL TOT
High School Jr./Sr.
114 lbs.
K. Wronski 295 135 300 730
J. Hughes 280 160 290 730
123 lbs.
D. Edwards 325 150 325 800
D. Duff 325 150 325 800
132 lbs.
M. Medina 375 175 375 925
M. Bladesshear 375 175 375 925
925
M. Goods 375 175 375 925
K. Garvin 375 175 375 925
148 lbs.
D. Beltrant 400 195 400 995
165 lbs.
K. Gary 400 235 400 1035
J. Perkins 400 235 400 1035
S. Ellison 400 235 400 1035
181 lbs.
S. Berrios 420 235 415 1070
J. Graybill 420 235 415 1070
T. Locklear 420 235 415 1070
198 lbs.
T. Hill-Price 445 255 435 1135
A. Bryant 445 255 435 1135
R. Hashim 445 255 435 1135
220 lbs.
D. Rucker 445 255 450 1150



James Gentry benched 435 at 308 Plus Raw Open at the Iron Boy Bench Press meet. (both photographs are courtesy of Keith Payne) (Thanks to Keith Payne for these results)

	R. Smith	445	255	450	1150
BENCH	242 lbs.				
MEN	K. Touch	465	265	460	1190
165 lbs.	C. Boyd	465	265	460	1190
Master (40-44)	275 lbs.				
B. Flattery	M. Woods	465	265	485	1215
Open	SHW				
M. Allah	R. Williams	465	265	485	1215
350	I. Glover	465	265	485	1215
181 lbs.	Place of Meet: Glen Mills Schools. Coordinator: Sean Cosgrove. (courtesy USAPL)				

USAPL New Jersey States
5 NOV 05 - Rockaway, NJ

	WOMEN	SQ	BP	DL	TOT
Open	123 lbs.				
Roguemore	159	126	209	496	
165 lbs.	D. Mauriello	237	137	237	611
By Formula	Out of State				
T. Holmberg	187	110	242	540	
L. Hughes	181	115	209	507	
Master					
M. Conte	104	104	159	369	
S. Hernstadt	115	88	165	369	
MEN					
Submaster	A. Cavello	341	336	418	1096
Open	165 lbs.				
K. Davis	529	336	540	1405	
181 lbs.	D. Nemow	540	402	600	1543
S./ Ajirade	529	363	584	1477	
198 lbs.	R. Heinen	468	352	435	1256
B. Haley	319	237	396	953	
220 lbs.	M. Moylen	611	402	551	1565
R. Pachuta	545	369	600	1515	
R. Kruszely	501	485	529	1515	
H. Schmeding	507	352	523	1383	
242 lbs.	J. Posinski	578	413	622	1659
B. Lowery	611	418	600	1631	
275 lbs.	M. Clark	666	501	595	1763
M. Louder	545	391	303	1240	
SHW	J. Weiss	677	402	655	1736
By Formula					
Junior	R. P Achuta	545	369	600	1515
M. Mercurio	518	358	501	1377	
R. Simmons	341	314	501	1157	
J. Sowle	369	325	—	—	
Raw	D. Martobey	440	275	529	1245
T. Jones	336	264	451	1052	
P. Zingone	314	248	446	1008	
Teen					
E. Dubus	573	474	633	1681	
A. Teti	292	242	374	909	
G. Volkes	314	253	369	937	
N. Nickerson	363	226	413	1003	
W. Wright	170	104	248	523	
Lifetime					
F. Caine	110	242	418	992	
Best Squat by Formula:	Matty Clark.	Best			
Best Bench by Formula:	Rich Kruszely.	Best			
Best Deadlift by Formula:	Darren Nemow.	Best			
Best Lifter:	Darren Nemow.	(Thanks to Bill Clayton for providing these meet results)			



Vincent Sherard pulled 550 at 242 Raw Master 45-49 at the Red Swaim Memorial Deadlift meet.

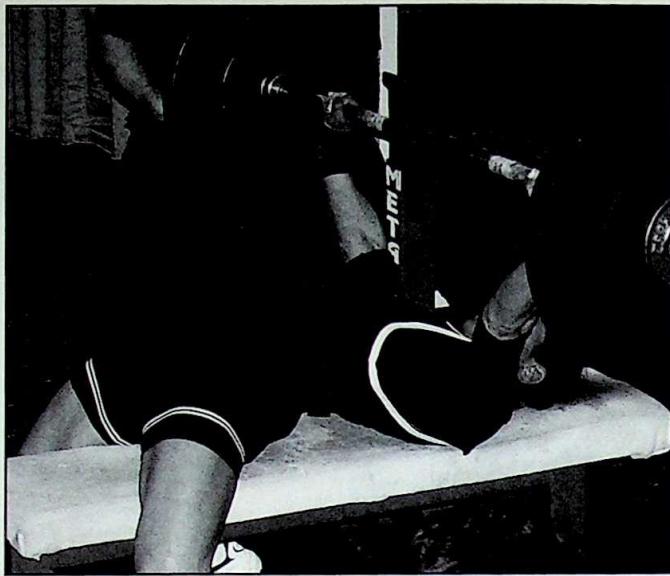
IBP Raw BP/Red Swaim DL

21,22 APR 06 - Winston Salem, NC

BENCH	Police/Fire			
MEN	K. Mackey	505		
308+ lbs.	308+ lbs.			
Open	M. Neal	525		
Teen (12-13)	T. Payne	75	J. Gentry	435
148 lbs.			DEADLIFT	
Teen (14-15)			WOMEN	
D. Phipps	125		Raw	
165 lbs.			148 lbs.	
Submaster	S. Garten	300	Master (85-89)	
Teen	S. Garten	300	R. Zelnak	90
C. Martin	280		MEN	
Novice			181 lbs.	
D. Phipps	220 lbs.		R. Mabe	280
A. Klinefelter	225			
Teen	T. Bowman	565	Intermediate	
C. Martin	240		D. Pierce	450
181 lbs.	T. Wells	365	Submaster	
Raw	C. Rhymer	190	Teen (10-11)	
97 lbs.	T. Dubus	123 lbs.	Teen (16-17)	
Open	J. Shoaf	250	Teen (12-13)	
4th-370	T. Payne	190	Teen (14-15)	
Master (60-64)	B. Upchurch	310	Teen (13-18)	
123 lbs.	D. Phipps	275	Teen (18-19)	
Teen (12-13)			Teen (18-19)	
Master (45-49)			Teen (18-19)	
132 lbs.			Teen (18-19)	
Master (40-44)			Teen (18-19)	
Teen (16-17)			Teen (18-19)	
Teen (12-13)			Teen (18-19)	
Teen (14-15)			Teen (18-19)	
D. Phipps	275		Teen (18-19)	
165 lbs.			Teen (18-19)	
J. Young			Teen (18-19)	
Junior			Teen (18-19)	
W. Johnson			Teen (18-19)	
Teen (16-17)			Teen (18-19)	
C. Martin			Teen (18-19)	
198 lbs.			Teen (18-19)	
A. Smith	310		Teen (18-19)	
4th-315			Teen (18-19)	
Police/Fire			Teen (18-19)	
A. Smith	310		Teen (18-19)	
4th-315			Teen (18-19)	
D. Ezzell	315		Teen (18-19)	
Submaster			Teen (18-19)	
K. Hubbard	295		Teen (18-19)	
Master (40-44)			Teen (18-19)	
275 lbs.			Teen (18-19)	
V. Sherard	550		Teen (18-19)	
Master (40-44)			D. Phipps	455
275 lbs.			Open	
W. Dzukewicz	510			

APF Adirondack Bench Wars
15 APR 06 Lake George, NY

BENCH	S. Rowe	635
WOMEN	R. Brunk	500
123 lbs.	S. Nilsen	455
Open	E. Nilsen	315
J. Faraone	320 Submaster	
165 lbs.	G. Isom	550
Open	S. Nilsen	455
A. Ramsey	260 242 lbs.	
198 lbs.	Open	
Open	B. McIntyre	600
C. Seymour	255 M. Ferlito	415
MEN	M. Newton	—
132 lbs.	N. Cuomo	—
Junior	Teen (18-19)	
S. Tepper	305 C. Donovin	240
165 lbs.	Master (45-49)	
Master (75-79)	B. McIntyre	600
P. Bush	130 Master (55-59)	
181 lbs.	W. Stanton	350
Open	275 lbs.	
E. Frank	405 Open	
Junior	Woody	615
S. Hogleud	315 Teen (18-19)	
Submaster	J. Jackson	275
B. Sheldon	— Master (40-44)	
Junior	F. Shover	335
D. Pace	— 308 lbs.	
198 lbs.	Open	
Open	J. Hart	655
J. Mata	445 M. Harris	620
Teen	Master (40-44)	
N. Fox	280 C. Schultz	545
220 lbs.	SHW	
Open	Open	
C. Jenkins	640 C. Harwood	740
(Thanks to Sandi McCaslin for results)		



ALL TIME WORLD RECORD ... Janet Faraone benched 320 at a bodyweight of just 122 lbs. at the APF Bench Wars in Lake George, New York. (photograph provided by courtesy of Sandi McCaslin)

NASA Tennessee State
22 APR 06 - Pickwick, TN

BENCH Only	Master I	
MEN	T. Price	330
181 lbs.	Master Pure	
Master I	T. Price	330
S. Fickes	363 198 lbs.	
198 lbs.	Open	
Open	P. Hammond	341
P. Hammond	341 Submaster	
220 lbs.	P. Hammond	341 Pure
Master II	T. James	220
M. Shuffett	341 Submaster Pure	
Master Pure	P. Hammond	341
M. Shuffett	341 PS DEADLIFT	
PS BENCH	MEN	
181 lbs.	220 lbs.	
MEN	Master I	
181 lbs.	Shackelford —	
Push Pull	BP DL TOT	
MEN		
220 lbs.		
Master Pure		
R. Ellis	220 385 606	
Power Sports CR	BP DL TOT	
MEN		
165 lbs.		
Submaster Pure		



Application for Registration

Office use only, do not complete

Last Name First Initial New Member Renewal Exp. Date

Street Address City

State or Province Zip Code Country

Telephone Email Address Date of Birth Age Sex

Pro Am

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

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

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

J. Rowley	375	225	400	1000
G. Kroon	350	200	385	935
181 lbs.				
R. Daniels	425	250	435	1110
198 lbs.				
S. Fujimoto	535	280	525	1340
T. Dowers	480	270	435	1185
G. Sutton	410	290	450	1150
D. Markel	400	280	420	1100
K. Clark	420	205	445	1070
J. Ford	300	200	450	950
220 lbs.				
D. George	500	255	515	1270
242 lbs.				
D. Flonta	560	405	535	1500
275 lbs.				
C. O'Hare	210	175	340	725

(Thanks to USAPL for providing results)

ABA Arkansas Raw State
1 APR 06 - Little Rock, AR

BENCH	165 lbs.
WOMEN	T. Robinson
T. Berry	125 181 lbs.
MEN	R. Raper
Teen	220 lbs.
B. Echols	215 E. Nash
Master	242 lbs.
Washkowiak	340 R. Barker
Open	SHW
132 lbs.	L. Jorda
R. Nichols	120

Overall Winner: Roger Barker. The Arkansas Bench Press Association has gone raw! We really had a great turn out of talent and strength this weekend! The ABA is an official absolute raw federation. The weight lifters are pleased to be able to compete on a level playing field. The bench shirt situation has gotten out of hand. The bench press records that were set this weekend are true testaments to strength of these young men and women. No help from shirts, just true raw power. There was a rather large turnout for the teenage division, which was won by Bryan Echols, who benched 215 lbs. The masters division was won by Dennis Washkowiak. Reid Nichols competed for his first time in the 132 class. Tyndale Robinson, Rodney Raper, Eric Hash, Roger Barker, and Larry Jordan each won their class and have now set the records for the raw federation books for the Arkansas Bench Press Association. Roger Barker also won the overall trophy. DD Nichols, along with Dennis Washkowiak and Roger Barker owns Express Fitness, which is the new home of the Arkansas Bench Press Association, here in Benton, Arkansas. (Meet results provided by DD Nichols)

USAAPL Idaho High School
4 FEB 06 - Boise, ID

MALE	SQ	BP	DL	TOT
123 lbs.				
Master IV				
T. White	275	137	292	705
242 lbs.				
Junior				
S. Donahue	435	336	451	1223
275 lbs.				
Master I				
T. Johnson	474	341	440	1256
Master Pure				
T. Johnson	474	341	440	1256
Natural				
T. Johnson	474	341	440	1256
308 lbs.				
Master II				

MALE	220 lbs.
WOMEN	S. Levi
Junior (13-15)	242 lbs.
132 lbs.	M. Tronske
C. LaMantia	158 R. Garcia
MEN	Master (45-49)
Junior (18-19)	220 lbs.
220 lbs.	M. Long
S. Demarinis	959 M. Brown
Junior (20-23)	275 lbs.
308 lbs.	C. LaMantia
R. Castro	826 308 lbs.
Open	C. McGuire
198 lbs.	Master (55-59)
M. Lambert	789 148 lbs.
242 lbs.	M. Hake
R. Garcia	— 242 lbs.
275 lbs.	B. Evans
C. LaMantia	838 Master (65-69)
R. Nash	704 198 lbs.
S. Denison	1045 R. Lozano
308 lbs.	Master (70-74)
R. Castro	826 181 lbs.
4th-850	R. Simon
Master (40-44)	571

California state single lift bench records set by: Catherine LaMantia, Sean DeMarinis, Spencer Levi, and Richard Simon. American single lift records set by: Sean DeMarinis and Ronnie Castro. Thanks to Meet Director and National Referee Kevin Meskew, International Referee Jack Hughes, and National Referees Jim Merlino, Steve Denison, and Chuck LaMantia. (Results SteveDenison)

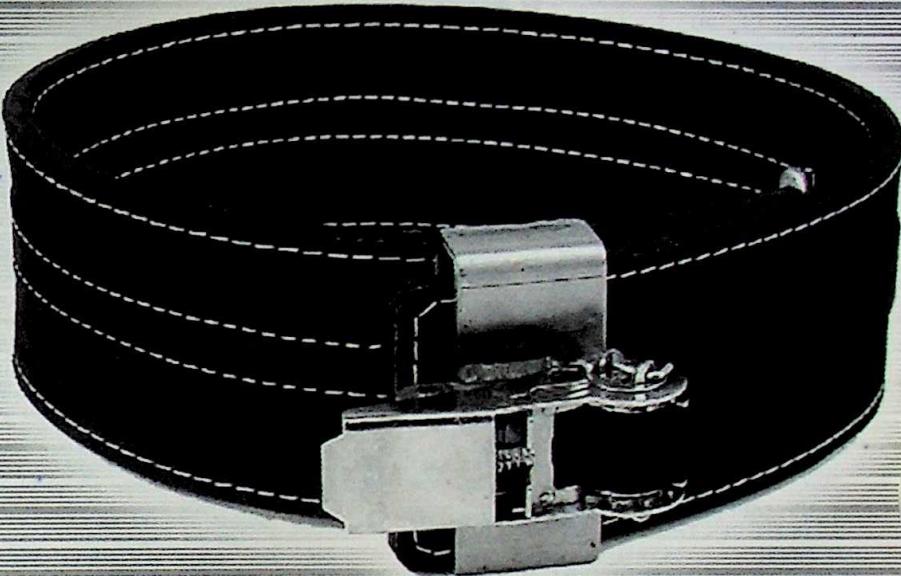
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APF/AAPF Candyazz Classic 18 FEB 06 - Tribes Hill, NY

APF BENCH	S. Wiggins	455	148 lbs.	Open/Raw	J. Furniss	145	285	430	181 lbs.	Junior
WOMEN	APF DEADLIFT		MEN	MEN					J. Colenzo	365
60 lbs.			165 lbs.						220 lbs.	275
10 Yrs Old			Teen (18-19)/Raw						Teen (18-19)	500
K. McCaslin	85	181 lbs.	C. Allgaier	275	400	675			M. Baily	485
181 lbs.	Teen (18-19)/Raw	C. Rosario	181 lbs.						308 lbs.	1495
Open			Junior/Raw						Open	
K. Goliszek	—	275 lbs.	F. Adler	235	330	565			R. Fishbein	650
MEN	Master (55-59)		S. Summerville						440	500
165 lbs.			220 lbs.						200	1590
Open			Open						Another meet pulled off without a hitch.	
R. Hillyard	375	308 lbs.	M. Ferlito	430	500	930			This was the third annual CandyAzz Clas-	
181 lbs.	AAPF BENCH	P. Mlarcik	B. Henderson	295	375	670			sic. This meet started out as a push/pull,	
Junior	WOMEN	710							but with all the space we have, it seemed	
P. Nicholson	405	148 lbs.	M. Cole	320	510	830			only right to turn it into a full meet. There	
220 lbs.	Open		Master (55-59)						were some great lifts, and a nice turnout	
S. Rowe	615	M. Borzok	F. Adler	255	335	590			of newcomers to the sport. As always,	
Teen (18-19)/Raw	MEN	315	AAPF IRONMAN						there are just so many people to thank for	
P. Williams	220 lbs.	220 lbs.	MEN						their help and continued support. I think	
Submaster	Teen (18-19)/Raw	Z. Lazore	Open						the very first volunteer we had was Tony	
S. Nilsen	—	320	R. Fishbein	440	500	940			Barbaccio. As soon as the date was an-	
242 lbs.	Junior/Raw	R. Risucci	Guest Lifter	S. Lattimer	725	500	605	1830	nounced, he said he would be there to work	
P. Grosso	660	375	MEN	BP					his ass off all day, and believe me, he did.	
242 lbs.	Master (55-59)	Master (55-59)	APF	DL					His wife, Chelle, printed up a bunch of our	
Master (55-59)		L. Bagnoli	WOMEN	TOT					sponsor banners, and I can't even begin to	
W. Stanton	350	290	148 lbs.						tell you how much that took off me. She also	
275 lbs.	Open	242 lbs.	Junior						came to the meet and helped out at the head	
Master (40-44)		K. Stephens	565	S. Keller	325	235	385	945	table, even though it looked like she had one foot in the	
J. Kilen	Open	Open/Raw	565	MEN					grave and one on a banana peel. Fortunately	
Master (55-59)	—	J. Farina	365	181 lbs.					after some rest, she was able to come out later on as	
F. Adler	255	AAPF SQUAT		Teen (18-19)/Raw					well. Jay Nolan of Fortified Iron and Powerlifting Store came out	
308 lbs.		MEN		C. Rosario	—	—	—		to help out all day as well. He spotted,	
Submaster				220 lbs.					loaded, helped and encouraged the competi-	
P. Kurdziel	565	R. Fishbein	650	J. Howell	605	440	625	1670	tors, and treated us to an awesome deadlift	
P. Porcelli	530	APF DEADLIFT		Junior					workout as well. Carl Seeker and Buster Godden, always right there	
SHW				J. Guicheteau	—	—	—		as always. Buster helped out spotting,	
Master (40-44)				Master (40-44)					judging, etc. With an ample amount of judges on hand,	
M. Montano	605	198 lbs.		J. Howell	605	440	625	1670	Carl was able to run the mic for quite	
APF SQUAT		Master (60-64)		J. Hopkins	480	242 lbs.			some time. He doesn't get to do that so much anymore. Of course	
MEN		308 lbs.		J. Hopkins	480	Open			it's a given that the amazing trophies were done by Carl	
242 lbs.		Open		T. Reynolds	565	460	560	1585	Seeker. EC Stumpf helped judge all day	
Junior		R. Fishbein	650	G. Hopkins	—	—	—		long. He also developed the cool meet tees with his business	
AAPF IRONMAN			Teen (18-19)	E. Korbel Jr	550	500	550	1600	Infamous Graphics. He made awesome	
MEN				Submaster					laminated matching stickers as well. These	
308 lbs.				T. Reynolds	565	460	560	1585	went on the Outstanding Lifter plaques. They	
Open				275 lbs.					looked absolutely killer. Evan Seftel, Luke Cicarelli and Ted	
R. Fishbein	440	500	940	N. Mazan	755	450	750	1955	"Road Head" Morris helped out	
APF IRONMAN				AAPF						
WOMEN				MEN						
123 lbs.										
Open										
J. Faraone	265	370	635	181 lbs.						
Submaster				Open						
J. Faraone	265	370	635	D. Kirschen	660	500	560	1720		

on the platform as well. It's great to have the support of friends and family when you need it. The girl's aunt Kathy worked in the kitchen all day. She has no affiliation with powerlifting whatsoever, but is more than willing to spend her Saturday helping out. Sebastian Burns and Cassy Seymour came down on Friday night and spent the entire weekend. They filmed the entire meet for footage in their Underground Strength Magazine. Sebastian helped out in the judge's chair and spotting on the platform as well. They stuck around Saturday night and joined in on the festivities, and my what festivities there were. Bridge Street Barbell supplied the monolift in the warm-up room, while Adirondack Barbell supplied the squat bars and the Okie deadlift bar. At Large Nutrition gave us an incredibly generous sponsorship for our lifters. They sent numerous samples of their supplements, such as Nitrean Protein Powder, Opticen Meal Replacement Powder, Thermocin Fat Burner, Multi Plus Vitamins and the infamous ETS, which promotes recovery and endurance, while preventing joint pain and muscle soreness. They also sent \$300 in cash to contribute to Outstanding Lifter awards. Everyone was thrilled with their products. Many of our friends in the antique community helped out as well. These amazing people include Great American Auction, Castle Antiques & Reproductions, HogEye Auctions, Mooney's Antique & Merchantile and Ralph Fontaine's Heritage Auctions. Also big thanks to House of Pain Ironwear, Inzer Advance Designs, Market Street Pizzeria & Subs, Powerlifting USA, Renaissance Floral Designs and Total Image Health Club. Our meet success relies greatly on the support that we receive. We thank you all and appreciate all you do. The lifting was impressive, with many newcomers attending. We had impressive numbers from full power, ironman and single lift lifters as well. Outstanding lifters included Sarah Keller, only 22 years old, competed in the 148 class, totaling 945, which included and impressive 235 bench and 385 deadlift. Outstanding also was Dave Kirschens of Cliffside Park, NJ. He totaled 1720 @ 181. Kerrigan "Little Evil" McCaslin received Outstanding Lifter with her 85 lb bench. She was headed to the WPO at the Arnold Classic in 2 weeks. Janet Faraone received Outstanding Lifter for her Ironman total of 635. Mike Ferlito received Outstanding Lifter as well, with his Ironman total of 930. Peter Grossko was also included with his phenomenal bench of 660 in the 242 class. Eddie Korbel received Outstanding Lifter for totaling 1600 in the Teen Division. For a great selection of pictures and videos of the meet, please visit ironasylumgym.com Our next meet is scheduled for May 20, 2006. Hope to see you all there. (Thanks to Sandi McCaslin for providing the meet results)

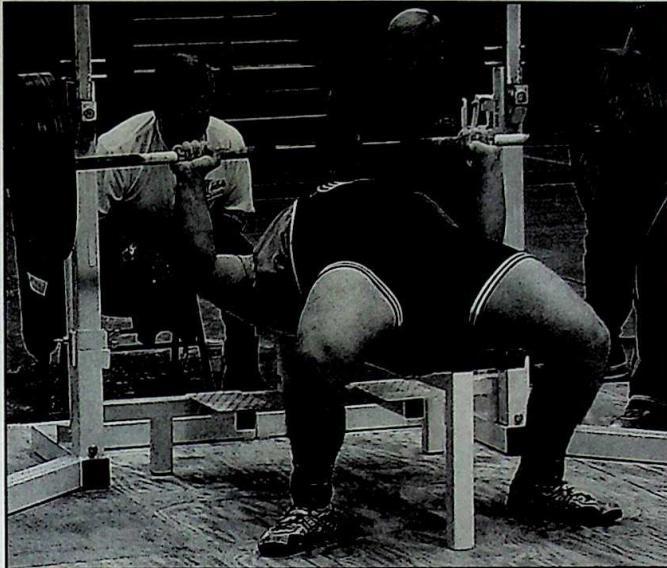


Zane & Kerrigan McCaslin of Iron Asylum Gym debut the new style Outstanding Lifter plaques during the awards presentation at the Candy Azz Classic. (photograph Sandi McCaslin)

**USAPL NJ High School BP
8 APR 06 - Hillsborough, NJ**

BENCH	198 lbs.
FEMALE	Fresh/Soph
114 lbs.	B. Maher 259
Junior/Senior	S. Smith 248
A. Harnish	66* S. Montano 187
148 lbs.	D. Stone 148
C. Arribe	93* Junior/Senior
165 lbs.	B. Wheeler 352
Fresh/Soph	G. Cintorino 292
C. Sperber	104* Mychalczuk 264
MALE	220 lbs.
123 lbs.	Junior/Senior
Junior/Senior	C. Fugee 363
J. Gazzara	192 M. Mele 352*
148 lbs.	Q. Molesko 303
Fresh/Soph	242 lbs.
B. Moat	181 Fresh/Soph
165 lbs.	C. Rossi 198*
Junior/Senior	275 lbs.
C. Cooper	270 Junior/Senior
D. Schwartz	231 K. Goodman 330*
181 lbs.	SHW
Junior/Senior	Junior/Senior
J. Kaine	214 L. Eliades 369*

*=Records. Best Lifter Female: Angel Harnish. Best Lifter Male: Jeffrey Gazzara. This year the Hillsborough Strength & Conditioning held the 2nd Annual New Jersey High School Bench Press Championships at Hillsborough High School. Over 10 different high schools throughout the state competed for the title of Strongest High School Bench Pressers in New Jersey. For the second year the Hillsborough High School and Middle School children took First Place in the State for the Team Competition. Each child must be between the ages of 14 and 18 to compete in the High School divisions. Coach James McFarland, who is in charge of the Hillsborough Strength and Conditioning program at the High School, trained and coached 10 competitors, three of whom were girls that each took home first place in their divisions. Hillsborough competitors took home a total of five first places, two second places, and three third places, in the individual competition. Mark Salandra, meet director for USA Powerlifting, states "I am amazed at the progress each of these children have made over the past year in their strength training. Coach McFarland does a great job in motivating and encouraging each of these children to work hard and achieve their potential in a safe and fun environment. These contests give the children a way to test their strength skills as they progress through the High School Strength & Conditioning classes during the year." The next contest to be held at Hillsborough High School will be the New Jersey State High School Powerlifting Championships,



Chris Fugee bench presses at the USAPL New Jersey High School meet, with Jules Pellegrino judging and his coach Roger Ulland urging him on. (photo by courtesy of meet director Mark Salandra)

on Saturday June 17th. This contest will

(14-15)/Open/Raw include the three lifts squat, bench, and deadlift. Registration forms can be found at www.strengthcondition.com or from Coach Jim McFarland at the High School. (Thanks to Mark Salandra for the results)

M. Granger 200 165 300 665
181 lbs.
Open
J. Pruitt 485 385 530 1400
B. Nelson 350 250 400 1000
(70-74)
W. Breeden 200 200 415 815
198 lbs.
Open
C. Riggleman 235 225 275 735
(45-49)
A. Yakulis 415 300 510 1225
220 lbs.
Open
A. Campbell 535 315 545 1395
Open/(20-23)
C. Pullen 475 455 400 1330
Raw/Open
J. Harris 465 (40-44)/Police
DEADLIFT
G. Stang 475 410 515 1400
(40-44)
MEN
P. Sulphin 460 300 485 1245
B. Criner 385 250 450 1085
Raw/(55-59)
D. Reid 300 250 350 900
L. Buccioni 460 242 lbs.
WOMEN SQ BP DL TOT
165 lbs.
Raw/Open
T. Emrich 200 105 240 545
123 lbs.

USAPL Virginia Open
25 MAR 06 - Charlottesville, VA

BENCH	220 lbs.
MEN	(20-23)
123 lbs.	C. Pullen 455
(14-15)/Open	275 lbs.
M. Granger	165 Raw/(40-44)
165 lbs.	J. Fullen 465
A. Crider	315 (16-17)
198 lbs.	J. Harris 465
Raw/Open	DEADLIFT
(40-44)	G. Stang 475
J. Shifflett	300 MEN
C. Riggleman	225 Raw/(55-59)
WOMEN	BP DL TOT
165 lbs.	242 lbs.
Raw/Open	242 lbs.
T. Emrich	200 105 240 545
MEN	123 lbs.

M. Hill	500	390	520	1410		
(45-49)/Open	R. Shiley	405	295	480	1180	
Supers	Open/(20-23)	J. Wehrmann	625	525	635	1785
Open	P. Battle	700	455	625	1780	
Raw/(45-49)	J. Pope	560	405	640	1605	
(thanks to John Shifflett for these results)						

USAPL SE USA/Florida Collegiate
18 DEC 05 - Ft. Lauderdale, FL

BENCH	Master (50-59)			
MEN	M. Maxwell 320			
148 lbs.	UF			
Teen (16-17)	L. Nguyuen 365			
J. Ianno	213 MDCC			
165 lbs.	T. Gary 320			
Open	220 lbs.			
G. Rubin	404 Open			
R. Dicchio	252 B. Burnitt 353			
MEN	A. Speech 331			
SQ	BP DL TOT			
148 lbs.				
Teen (16-17)	J. Ianno 230 209 402 837			
L. Bianchi	207 231 374 810			
165 lbs.				
UCF				
A. Prisco	359 286 463 1102			
181 lbs.				
Open	M. Joseph 466 281 501 1240			
M. Joseph	Teen (18-19) 466 281 501 1240			
198 lbs.				
Open	V. Garcia 359 264 374 992			
Teen (14-15)	L. Bush 393 214 424 1025			
FIU				
S. Brooks	550 369 534 1444			
242 lbs.				
Open	M. Brith 269 231 352 848			
275 lbs.				
Open	M. Minster 432 352 512 1289			
A. Suarez	381 352 424 1151			
Master (40-49)				
A. Suarez	381 352 424 1151			
Master (60-65)				
R. Braunstein	460 341 440 1234			
275 lbs.				
M. Nelson	— — — —			
Location of meet: Nova Southeastern University. (Thanks to USAPL for the results)				

USAPL Wisconsin Qualifier
28 JAN 06 - Holmen, WI

WOMEN	SQ	BP	DL	TOT
K. VanDusen	315	140	315	770

(Thanks to USAPL for providing results)

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

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

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

SIGNATURE: _____

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

Name: _____

Phone: (_____) _____ E-Mail: _____

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City: _____ State: _____ Zip Code: _____

Date Of Birth: _____

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• Lifter Classification Patch - \$5.00 (qtly. ____)(must provide meet results) • Logo Patch - \$5.00 (qtly. ____)(Shpg for patch: .50) • Tanks - see e.store on website
• Singlets - see e.store • Caps and Beanies - \$15.00 (qtly. ____)(colors: Navy)

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

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All memberships expire 12 months from date of purchase.



Membership Price: \$ _____

Merchandise Total: \$ _____

Merchandise Shipping: \$5.85

Total Purchased: \$ _____

(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

Iron Chamber Gym BP/DL
21 JAN 06 - E. Canton, OH

BENCH	C. Lee	215
WOMEN	220 lbs.	
114 lbs.	Open/Raw	
Open/Raw	B. Dillon	380
A. Miskinis	50	
High School/Raw	M. Kapas	340
A. Miskinis	50	
High School/Raw	M. Costa	325
A. Miskinis	50	
165 lbs.	T. Davis	305
Police/Fire/Raw	Police/Fire/Raw	
Fenstemaker	E. Collins	420
50	Masters/Raw	
SHW	E. Collins	420
High School/Raw	A. Berry	335
J. Handshue	242 lbs.	
205	Open/Raw	
MEN	C. Hull	370
132 lbs.	Police/Fire/Raw	
Open/Raw	M. Frank	300
D. Miskinis	180	
High School/Raw	Masters/Raw	
D. Miskinis	180	
148 lbs.	D. Miskinis	300
Open	275 lbs.	
D. Dessau	Open/Raw	
300	D. Sledge	450
Masters	Open	
D. Dessau	J. Smith	505
165 lbs.	High School/Raw	132 lbs.
Open/Raw	A. Hessman	275
P. Manfredi	SHW	
300	Open	
J. Houghton	M. Lyons	405
295	High School/Raw	
F. Costello	Police/Fire	
275	M. Lyons	405
J. Kelly	J. Nichols	365
155	181 lbs.	
Open/Raw	Masters	
D. Myers	J. Peshek	730
198 lbs.	DEADLIFT	
Open/Raw	WOMEN	
M. Ezzo	114 lbs.	
C. Gregory	Open/Raw	
300	A. Miskinis	105
K. Izer	High School/Raw	
420	A. Miskinis	105
Police/Fire/Raw	D. Miskinis	340
B. Michaels	165 lbs.	
M. Seruch	Police/Fire/Raw	
200	Fenstemaker	120
High School/Raw	SHW	
McCutcheon	SHW	
300	Open/Raw	
M. Torrence	Masters	
225	M. Nichols	240
Masters/Raw	J. Peshek	640
B. Begue	275	
MEN	IRONMAN	



Walsh College Linebacker Nick Roman pulls a personal best 600 pound raw deadlift at the Iron Chamber Gym Bench/Deadlift Championships in East Canton, Ohio. (photo Jeff Begue - I.C.G.)

Goodemote	815	242 lbs.	
High School/Raw	Open/Raw		
D. Nulick	505	N. Roman	950
Masters	D. Miskinis	640	
D. Noebe	810	Open	
R. Hodge	715	C. DiMauro	1070
198 lbs.	Masters/Raw		
Police/Fire/Raw	D. Miskinis	640	
Fenstemaker	Open		
585	T. Harbinson	970	
Masters/Raw	Open		
J. Bednar	575	D. Coleman	1220
220 lbs.	T. McFarland	1150	
Open/Raw	E. Frasher	1070	
M. Kapas	755	D. Bosler	965
Open	SHW		
R. Burrell	1080	Open	
Police/Fire/Raw	D. Willaman	995	
J. Henkel	565	Masters/Raw	
R. Combest	645		
J. Henkel	565		

Team Competition: 1st-Slaughterhouse Gym/Louisville, Ohio, 2nd-Fitness Masters Gym/Louisville, Ohio, 3rd-The Iron Chamber Gym/Canton, Ohio, 4th-The Old School Gym/Pataskala, Ohio. Best Lifters: Men Best Lifter Bench Press/Equipped: J. Peshek. Men Best Lifter Bench Press/ Raw: E. Collins. Women Best Lifter Bench Press/Raw: A. Tressler. Men Best Lifter Ironman: D. Coleman. Guest Lifter: Aeden Begue, 3 years old pulled a strong deadlift of 11 pounds in his first competitive powerlifting action. He weighed in at a rock solid 42 pounds. Great Job Aeden, Daddy loves you! Remarks: January 21st marked the date of the inaugural Iron Chamber Gym Bench Press and Deadlift Championships in East Canton, Ohio. Over 60 lifters from 3 states gathered for what turned out to be one of the most exciting and adrenaline pumping meets in recent memory. Complete with stadium style seating, chest pounding music a 12 foot movie screen projecting each lift, custom 8x10 photos of each lifter and more than 250 spectators this meet was just what northeast Ohio needed to kick start the sport of competitive powerlifting.

in our area. Competitors for this meet ranged from ages 3 to 85 and each lifter received gift bags complete with items from Inzer Advance Designs, Met-Rx, Animal-Pak/Universal Nutrition, Titan Support Systems and Bodybuilding.com. On behalf of the Iron Chamber Gym, I would sincerely like to thank all who contributed to making this event a huge success. To the competitors, I can assure you that we will continue to hold events for all of you and will strive to promote the tremendously talented lifters in the Ohio, Western Pennsylvania area. We are working on our next event at this time so start preparing for battle. Visit our website at www.ironchambergym.com for meet information or e-mail us to be put on our mailing list. Until then, train hard. (Thanks to Jeff Begue of ICG, for results)

USAPL FGCU Collegiate Qualifier
18 MAR 06 - Ft. Myers, FL

WOMEN SQ BP DL TOT
Collegiate

148 lbs.	L. Erwin	200	16	250	610
165 lbs.	S. Franco	185	130	230	545
198 lbs.	K. Fournier	170	145	295	610
MEN	College				
181 lbs.	M. Lee	265	—	315	580
198 lbs.	C. Edwards	370	260	405	1035
220 lbs.	C. Nyguard	500	280	510	1290
R. Hall	385	285	500	1170	
B. Kelly	350	365	440	1155	
242 lbs.	N. Hernandez	430	315	495	1240
Ogundauusi	405	300	550	1255	
275+ lbs.	H. Sherburne	440	280	460	1180

Held at Florida Gulf Coast University. Lifters were students from the University of Florida or the Florida Gulf Coast University. (Thanks to USAPL for these results)

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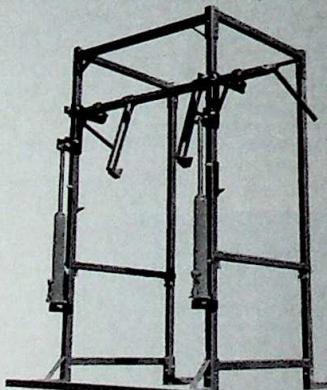
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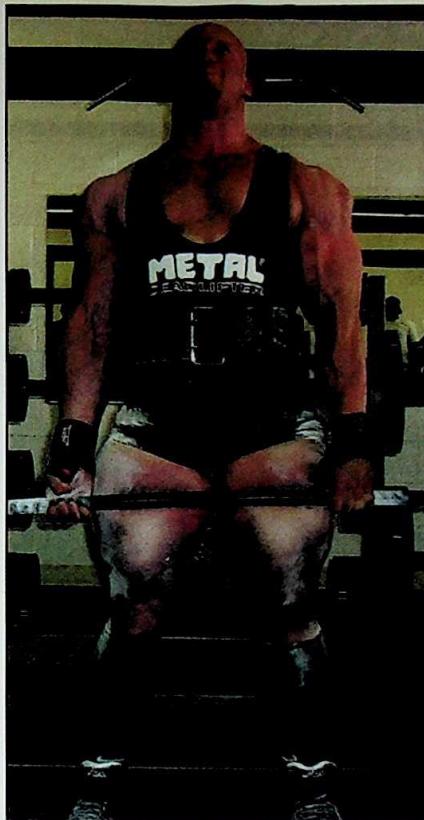
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SLP Leo's Black Iron Gym Open
21 JAN 06 - Beech Grove, IN

BENCH	165 lbs.
WOMEN	M. Harmon 210*
Master (55-59)	4th-220*
148 lbs.	MEN
M. Hampton 60*	Special Olympian
165 lbs.	148 lbs.
M. Harmon 105	K. McNamara 250
MEN	Novice
Novice	242 lbs.
242 lbs.	M. Carman 225*
M. Carman 230	4th-235*
4th-245	275 lbs.
275 lbs.	K. White Jr. 400
K. White Jr. 400	Teen (13-15)
Teen (13-15)	97 lbs.
97 lbs.	L. Zielinski 185*
L. Zielinski 115*	4th-190*
Teen (16-17)	Teen (16-17)
Teen (16-17)	165 lbs.
R. Carman 215	B. Furbee 385
Teen (18-19)	198 lbs.
181 lbs.	R. Carman 365
L. Ruiz 355*	4th-375
Junior	Submaster
132 lbs.	220 lbs.
J. Wolfarth 195*	B. Newby 450
Submaster	Master (45-49)
165 lbs.	242 lbs.
D. Matlock 300	C. Riesenmey 475
Master (45-49)	308 lbs.
308 lbs.	B. Rhoades 565*
B. Rhoades 410	Open
Open	220 lbs.
275 lbs.	E. Schmid 525
C. Beck 375	242 lbs.
DEADLIFT	L. Edwards 700*
WOMEN	275 lbs.
Novice	C. Beck 560
275 lbs.	
J. Eads 300*	
Master (55-59)	

*=Son Light Power Indiana state records.
Best Lifter Bench Press: Luis Ruiz. Best Lifter Deadlift: Luke Edwards. The Son Light Power Leo's Black Iron Gym Bench Press & Deadlift Championship was held at



BEST DEADLIFTER LUKE EDWARDS @
the SLP Black Iron Gym Open, pulled a state record 700 lbs. @ 242. (Dr. D. Latch)

Leo's Black Iron Gym. Thanks to owners Gary and Beth Starker for sponsoring this event. In the bench press competition first timer Mary Hampton won at 55-59/148 with a new Indiana state record of 60. Marianne Harmon tied her own state record at 55-59/165 with 105. At novice men it was Michael Carman with 230, then a personal best 235 fourth at 242 while Kenneth White, Jr. finished with 400 at 275. Logan Zielinski set the state record at 13-15/97 with 115. For the 16-17 age group Ricky Carman won at 198 with 215 while Luis Ruiz broke the record at 18-19/181 with 355. James Walforth broke the state record at junior 132 with 195, lifting in his first competition. Derek Matlock won at submaster 165 with 300 while Bert Rhoades finished with 410 at 45-49/308. For the open division it was Chip Beck, lifting "raw", with 375. The best lifter award went to Luis Ruiz, who competed at a 176 bwt. In the deadlift event state record holder Kyle McNamara won at Special Olympic 148 with 250. Josie Eads set the state record at novice women 275 with 300 while Marianne Harmon again set the stat record at 55-59/165 with 210. A personal best 220 fourth was also good. Lifting in hi first competition was 242 novice winner Michael Carman. Mike finished with a personal best and new state record fourth of 235! Logan Zielinski won his second title of the day at 13-15/97, also setting his second state record of the day, with

USAPL Mountain States 11 MAR 06 - Aurora, CO

BENCH	T. Acosta	562
WOMEN	Open	
123 lbs.	T. Acosta	562
Master II	M. Rodriguez	451
K. Hughes	132	198 lbs.
SHW	Teen II	
Open	J. Dugger	402
J. McInish	55	Master III
MEN	R. Keele	463
165 lbs.	Open	
Open	J. Whitcomb	573
220 lbs.	Open	
198 lbs.	B. Radulovich	617
Teen II	T. Howell	474
242 lbs.	242 lbs.	
Teen II	Teen III	
B. Carl	253	B. Carl
DEADLIFT	253	457
MEN	275 lbs.	
165 lbs.	Open	
Teen III	S. Wojahn	650
J. Torres	380	
Junior		

(Thanks to USAPL for providing results)



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The USPF Multi-Nationals Event: Seniors, Masters, Juniors, Teenage, Women, Police/Fire and BP/ DL Nationals along with the Strength Challenge for Cash. More info on www.uspf.com.

ED COAN has confirmed he is coming, along with Brian Sliders, Jim Compton, and Kara Bohigian

This meet will be held August 19th in Chester, West Virginia at the Mountaineer Race Track and Gaming Resort, promoted by Matt McCase. Contact him at 304-376-2432 or mccase@yahoo.com

WWW.ATLARGENUTRITION.COM will add \$1000 to the \$2500 prize money for anyone deadlifting over 1000 lbs.!

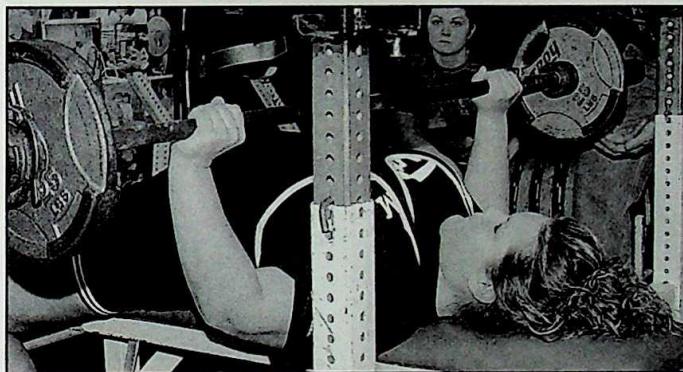
NASA Illinois High School
4 MAR 06 - Flora, IL

WOMEN	SQ	BP	DL	TOT
105 lbs.				
G. Brown	185	125	225	535
123 lbs.				
L. Harrison	150*	75	220	445
148 lbs.				
O. Richardson	185*	110*	205*	500*
198+ lbs.				
K. Tjarks	315	195	305	815
MEN				
123 lbs.				
A. Lutman	230	165	290	685
J. Sutter	245	115	300	660
132 lbs.				
C. Harris	275	170	340	785
165 lbs.				
P. Schick	375	205	440	1020
C. Langhoff	270*	150	330	750
J. Ogden	280	155	315	750
A. Schwab	250	150	300	700
198 lbs.				
A. Winkle	365	225	405	995
242 lbs.				
J. Denham	350	190	410	950
275 lbs.				
M. Zielsdorf	405	280	365	1050
SHW				
T. VanNote	525	305	505	1335
Power Sports				
181 lbs.				
R. Flood	115	185	330	630
G. Keeler	100	165	300	565

*=Personal Bests. The next scheduled event at The Gym will be the annual NASA Tri-State Regional on July 29. NASA President Rich Peters will return to Flora for the Dec. 16 Illinois Christmas Regional. Flora High School senior Rylan Flood turned in an excellent effort in the curl portion of the 2006 Illinois High School Championship with a meet best final curl of 115 pounds. The Power Sport win came less than 24 hours after Rylan and his high school team captured the first annual Jobs For Illinois Graduates Dodgeball Tournament. Kristi Tjarks turned in the day's biggest numbers in squat, bench and deadlifts with lifts of 315, 195, and 305 for an 815 total. Some meets are just more fun than others. The 2006 NASA Illinois High School Championships was such a meet. Good numbers were posted and outstanding technic shown, but more importantly, every one left feeling good about their day. Numbers for the meet weren't down, they were just right with the Mustang Power Team bringing a Lucky 13 lifters, while The Gym had a quartet of competitors participating. Gym teammates Rylan Flood and Grant Keele squared off against each other in Power Sports with the tennis player edging the distance runner by 65 pounds. The senior classmates both hit their first two curls in the amount of 85 and 100 pounds before Rylan squeezed the 115 pounds to the top, while it hung about halfway up for Grant. Rylan added another 20 pounds to his lead in with a 185 to 165 bench press, when pulled away with a perfect day of deadlifting culminating in a 330 final effort for a 630 total. Grant was also perfect, but closed out the day with a 300 pound lift for a 565 first-meet total. The boys side of the meet was all about the Mustangs with Randy Biggiam's team taking home all the championship t-shirts. Pictures of the lifters were taken during their opening attempts, then transferred to



ABOVE: Rylan Flood made an excellent 115 lb. curl at the Illinois High School Championships, less than 24 hours after Ryland and his team captured first in the first annual Jobs for Illinois Graduates Dodgeball tournament. BELOW: Kristi Tjarks had the day's biggest women's numbers at the NASA IL HS meet with 315 195 305 for an 815 total. (photographs provided by the courtesy of Smitty)



shirts with their name and Illinois State Champion embossed on it. Leading the team was Superheavyweight Travis VanNote, who began competing years ago as a Youth Lifter. Travis opened with an each 500 pound squat, the powered up 515 before capping off squats with a 525. The big man stumbled slightly in bench when his second attempt, after an easy 275 opener, failed to get three white lights. He came back at 305 on his third try and pushed it through the ceiling. The day closed with Travis ripping up lifts of 450 and 505 before 525 refused to come up. His day's best of 525, 305, and 505 still gave him the meet's heaviest total of 1335. Teammate Patrick Schnick not only won the 165 pound class, but took home the Best Lifter Award with a 1,020 total at a bodyweight of 154 pounds. Patrick also posted one of those rare "Perfect" days without going nine-for-nine. Patrick was rock solid hitting squats of 315, 365, and

375 before showing no weakness in bench attempts of 180 and 205. Patrick opted to pass on his third bench. Rested, he jerked 405 off the floor, then hoisted 440 pounds on a second before also passing on his third deadlift. The senior's coefficient of 6.623 was nearly a full point better than the next best. Seventh grader Caleb Langhoff posted a trio of final lift Personal Bests in posting a 750 total and a nine-for-nine day. Caleb's third lift bests were 270, 150, and 330 for the 750 total. Big Matt Zielsdorf, lifting in the 275 pound class posted the meet's third 1,000-pound total with lifts of 405, 280, and 365 for a 1,050. Also posting perfect nine-for-nines were Josh Denham with a 950 total in the 242s. Josh Sutter with a 660 total in the 123s and Calvin Harris with a 758 in the 132s. Just one girl, Kristi Tjarks turned in a perfect day on the platform, hitting an 815 total with third lifts of 315, 195, and 305. Young lifters Lauren Harrison, from The Mustangs, and Olivia Richardson, from The Gym, enjoyed a good day on the platform with Lauren hitting a Personal Best of 150 pounds in the squat, while Olivia capped off her first meet with a PR 205 deadlift. But, the Outstanding Female Lifter trophy went to Gabrielle Brown, who benefitted from the absence of older sister Felicia, who was participating in the IHSA's Regional Cheerleading Championships. Gaby survived a scary start, missing her first two squat attempts at a Personal Best 185 pounds before powering it up as if it were an opener. The 104 pound, 13 year old came back after squats to hit PRs of 125 pounds in the bench press and 225 pounds in deadlifts to turn in the girls best coefficient. The Mustangs naturally took home the team trophy as they focused in on their National Championships, while The Gym lifters took aim at their own NASA High School Championships in Oklahoma City. (Thanks to Smitty for these results)

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USAPL Ketchikan Spring

22 APR 06 - Ketchikan, AK

FEMALE	SQ	BP	DL	TOT
123 lbs.				
T. Gregg	185*	120	215*	520*
Junior				
114 lbs.				
J. Peterson	80*	95*	170*	345*
132 lbs.				
D. Mann	200	270*	315*	785*
181 lbs.				
C. Douglas	350	245	385	980
K. Johnson	425	260	475	1160
Teen II				
T. Winchester	250	255	415	920
198 lbs.				
F. Frank	425	315*	450	1190
242 lbs.				
T. Eubanks	300	255	425	980
275 lbs.				
M. Bruce	375	—	450	825

*=State Records. The Spring Record Breakers lived up to its name, again! The nine lifters competing set 11 state records and two K-High records. In the junior division, three competitors set state records. Joseph Peterson moved up in age this meet, from the teen-3 to the junior age group, and set four new state records to set new squat, deadlift, and total records in the 123 lb. class. David Mann, lifting at junior 132, set state records for the bench, deadlift, and total. Floyd Frank passed his own state record bench press in the master 198 lb. division. His total, adjusted for his age and weight, also gave him best lifter honors. Mike Bruce set two Ketchikan High School record in the teen-2 275 class, in the bench and deadlift. Trevor Eubanks was welcomed back after missing December's meet and had a solid performance. He opened conservatively and nailed his opener in each of the three lifts. Troy Winchester traveled from Wrangell to compete and put up the third best adjusted total. Troy lifted in December and now he has the bug. Hopefully, we'll see him in the future and maybe he can talk some of the other brutes from Wrangell to join him at the next meet. Chris Douglas and Kevin Johnson lifted in the open 181 class. Chris, in his first 3-lift meet, went 7 for 9 attempts and will hopefully stick with it and improve for the future. Kevin had trouble in the bench but made a 475 deadlift look easy on his way to the second best total. The meet had a supportive group of spectators, which the lifters always appreciate. The volunteers make the meet possible and we are lucky to have a group dedicated to making these meets happen through Ketchikan's 14th year of powerlifting competition. Thanks go out to Greg Middag, Roger Fawcett, and William Bates for spotting and loading. They really do the heavy lifting and protect the competitors. Arlindo Machado and Mary Gregg our scorekeeper, kept all the numbers straight. Deborah Harney, Bob Hewitt, and Doug Gregg were the referees. Special thanks to Lisa Machado, the mother of Ketchikan powerlifting, for all of her help. This event was sponsored by Ketchikan Parks and Recreation, the Get Fit Stay Fit Gym, Floyd's Carpentry, and the No Pain No Gain No Brain Masters. Powerlifting consists of three weightlifting exercises: the squat, the bench press, and the deadlift. Each competitor chooses weight for three attempts in each exercise. The best successful attempt, as judged by the referees, is recorded and the three best lifts are added together to make the total. Lifters compete in 12 different weight classes for men and ten for women. Lifters are further divided by age group: Teen I (14-15) years old, Teen II (16-17) years old, Teen III (18-19) years old, Junior (20-23) years old, Open (24-39) years old, and Masters (40+). Formulas have been developed to adjust the weight each lifter lifts for his body weight, called the Wilks Formula, and age to allow comparisons across groups. (Thanks to Doug Gregg for these results)

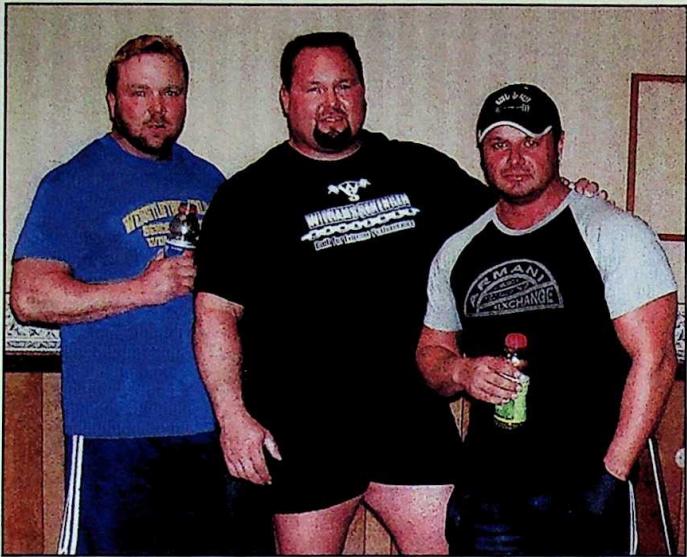
**16th Weightlifting Unlimited BP
1 APR 06 - Winchester, VA**

BENCH	Novice			
MALE	K. Spittler	315		
Teen	E. Delshanty	310		
A. Crider	315	R. Cook	300	
C. Daube	285	242 lbs.		
R. Thomas	285	Open		
A. Carter	210	R. Robinson	600	
148 lbs.		Novice		
B. Rouzer	230	J. Kidwell	385	
165 lbs.		275 lbs.		
Open		Open		
C. Daube	285	B. Tabler	580	
Novice		B. Drummond	500	
J. Neal	170	S. Kuzma	490	
181 lbs.		L. Short	430	
Open		Heavy		
J. Baer	460	B. Youker	405	
Novice		Submaster		
L. Brown	250	B. Drummond	500	
198 lbs.		B. Miller	420	
Open		Master (40-49)		
B. Miller	420	R. Robinson	600	
Novice		C. West	440	
E. Nesselead	315	S. Kuzma	490	
220 lbs.		Master (50-59)		
Open		B. Shaffer	365	
J. Shifflett	320	B. Carmack	385	
D. Reed	270	D. Reed	270	

Best Lifter Light: Jason Baer. Best Lifter Heavy: Randy Robinson. This year special guest was Donnie Thompson. What a powerful guy and a great gentleman, helping everyone with some great tips on lifting. Some highlights were teen winner Adam Crider, with a 315 bench at 163 bwt., Jason Baers 460 at 181, and Brian Miller's 420 in the 198 class. Randy Robinson hit 600 weighing 238 in the open and master class. Bud Drummond won the submaster's with an easy 500 bench. Barry Shaffer won the master (50-59) with 365. Brandon Tabler benched 580 to win the 275 lb. class. Scott Kuzma won the raw heavy class with 490. We would like to thank all Weightlifting Unlimited members who helped with the meet. Thanks to the Eagles Club, Carl Seeker awards, our sponsors, and judges Marty Mouboy, Jeff Hickerson, Roger Ernst. A special thanks to you John Shifflett who did a great job at the head table. Also, thanks to Sheila Brooks. The club will take her to Piggy's for a drink. (Randy Brooks)

**UAPC Nationals & UAPC/APC IL
15 APR 06 - Joliet, IL**

BENCH	Master			
WOMEN	M. Gutierrez	154		
UAPC	MEN			
132 lbs.	UAPC			
Richardson	127	198 lbs.		
165 lbs.	Master (45-49)			
Teen (13-19)	M. Frizzell	402		
B. Moore	215	220 lbs.		
4th-220	Master (60-64)			



Randy Robinson (left) who hit a 600 BP @ 238 was joined by big Donnie Thompson and Marty Macaboy at the Weightlifting Unlimited 16th annual bench press meet. (photo courtesy Randy Robinson)

M. Collet	254	APC				J. Black	639	463	535	1637		
Open		220 lbs.				242 lbs.						
R. Casey	485	Open				Open						
242 lbs.		D. Grayling	—			5. Parkhurst	650	474	601	1725		
Open		242 lbs.				Congratulations to the athletes who came to the first UAPC National and UAPC/APC Illinois State meet. Thanks to all of the people who helped make it a success. Without spotters, loaders, and judges, there is no meet. So, thanks again from meet promoter James Rouse to Scott Angstrom, Jay Gaskey, and Dave Wyatt, for helping with the spotting and loading. Great job! He also wants to thank Bob Packer, Ed Angstrom, Dave, and Vince, for helping with the judging. We had no complaints. Also, thanks to Carol Angstrom for announcing, and her daughters, Tracy Fischlein and Stephanie Angstrom, for working the tables. The meet started off with the squat, and the lifting was terrific. In the first flight, the first lifter was Sheila Rouse, lifting in the 60 kgs. master (55-59). Her first attempt was successful with 87.5 kgs., her second successful attempt was 102.5 kgs., and her third attempt with 110 kgs. She was strong enough to get it back up, but she didn't go deep enough to get the lift. The next lifter was Michael Novak, lifting in the 82.5 kgs. open. Starting off with a successful 142.5 kgs., then going to 155 kgs. He missed his third lift with 167.5 kgs., but with the strength he showed that						
P. Rodriguez	568	Open				S. Parkhurst	—					
308 lbs.												
Open												
N. Blakney	468	WOMEN	SQ	BP	DL	TOT						
UAPC												
132 lbs.												
Master (55-59)												
S. Rouse	226	121	270	617								
148 lbs.												
Open												
M. Moodie	380	231	369	980								
APC												
181 lbs.												
Master												
K. Packer	429	220	380	1029								
MEN												
UAPC												
181 lbs.												
Open												
M. Novak	342	276	452	1070								
220 lbs.												
Master (55-59)												
B. Ferro	639	375	606	1620								
APC												
220 lbs.												
Open												

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

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

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

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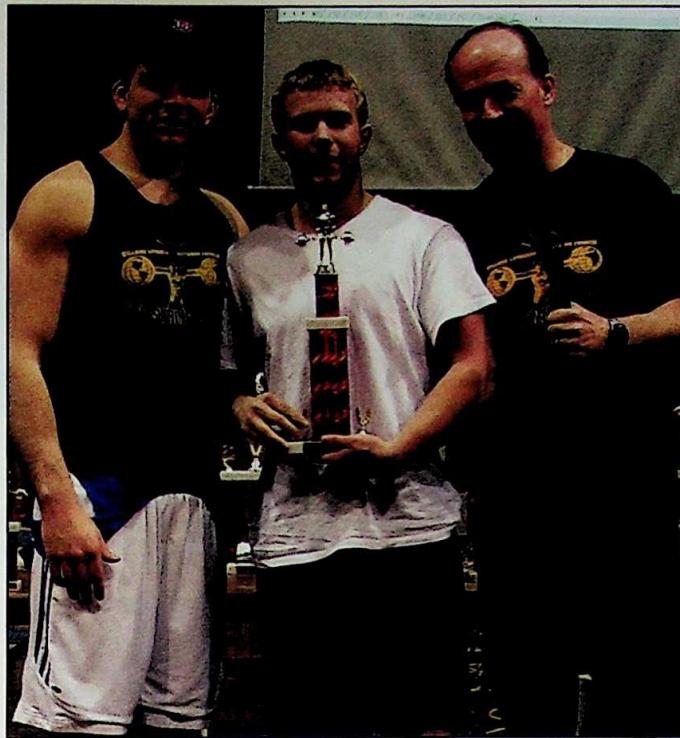
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All memberships expire 12 months from date of purchase.



day, I know in his next meet that will come easy for him. Michael got off to a terrific start, for his first meet. Keep up the good lifting Michael. Next we had Michelle Moodie, who lifted in the 67.5 kgs. open, and coming back after not being in a meet for almost a year. But, she proved that she still has her strength. She opened with a successful 160 kgs. On her second attempt of 172.5 kgs., she was a little out of her groove, so she missed it. But, she came back with a very strong successful squat of 172.5 kgs. Next was Kim Packer, lifting in the 82.5 kgs. master. Her first successful attempt of 165 kgs. was very easy for her, and after watching her squat, I saw why. Her second successful attempt was a very strong 180 kgs., and she wasn't finished yet as her third attempt seemed to be even stronger, coming up out of the pocket with a powerful 195 kgs. Kim had a great day in her squat, going 3 for 3, and it was really great having her lift in our meet. Kim and her husband Bob came all the way from California. We just want you both to know that we really appreciated you taking the time out of your busy schedule to be here. Next we had Bernie Ferro, who lifted in the 100 kgs. masters (50-59). His first successful attempt was 262.5 kgs., and his second successful attempt was 280 kgs. You could tell he still had a lot of strength left for his last squat of 290 kgs., which he handled with strength of steel. Bernie was on a roll of 3 for 3 in the squat, and you could tell he was just getting started. Bernie also is getting ready for a body building contest, and we wish him good luck. Next up was Jason Black, lifting in the 100 kgs. open. He opened with a very strong successful attempt of 272.5 kgs., and he came back with an even stronger successful attempt of 290 kgs. But, he missed his third attempt of 305 kgs., but 290 kgs. is something of which to be very proud. Our last squatter of the day and lifting in the 110 kgs. open was Stephen Parkhurst. He opened with a great successful attempt of 275 kgs., and had a very strong second successful attempt of the highest squat of the day, as he squatted 295 kgs. He came back for a powerful 317.5 kgs., but unfortunately he couldn't master it. We had a great day with the squatting, and then it was time for the bench only class. Our first bencher of the day was Martha Gutierrez lifting in the 75 kgs. masters. She opened with a successful 55 kgs., and had a successful second attempt of 62.5 kgs. Her third successful attempt was 70 kgs., having a great day by going 3 for 3. This was Martha's first bench press meet, so we hope she enjoyed herself and wants to come back next year. Next was Misty Richardson lifting in the 60 kgs. open. This was her first championship meet also, but she got over her jitters after missing her first two attempts and benched a powerful 57.5 kgs. Keep up your lifting and we hope to see you in another meet. Next was Brittany Moore, lifting in the 75 kgs. open. She opened with a world record of 87.5 kgs. She came back with a second successful attempt of 92.5 kgs., and for her meet total her third successful attempt was a very strong 97.5 kgs. world record. She decided to take a fourth attempt, breaking her record, with a dynamite blast of 100 kgs. Her lifting was very exciting since it was her first meet, and all of her lifts were world records. Hopefully she will keep her training going, and we'll see a lot of her. Next on the bench was Michael Collet, lifting in the 100 kgs. master (60-64). He was just in Powerlifting USA saying how he was back lifting again, and a great job he did. He opened with a strong 112.5 kgs., and after that successful attempt, his second bench, which he had no trouble blasting to the top was 115 kgs. His third attempt with 117.5 kgs. was a miss, but it was great having him lift in our meet. He's back lifting in the raw, but he still has great strength. We hope our meets will bring a lot of the old timers out of retirement. Our next bencher was Mike Frizzell, lifting in the 90 kgs. master (45-49), and opening with a powerful 182.5 kgs. successful attempt, but didn't quite hit it for his last attempt of 190 kgs. Next up was Neal Blakney, who lifted in the 140 kgs. open. With arms as big as a house he had 3 for

3 opening with 195 kgs. for his first successful attempt, and then going 207.5 kgs. with ease. For his third attempt a powerful 212.5 kgs., we've been trying to get him to wear a bench shirt, but he loves benching without a bench shirt. Robert Casey was up next, opening with 220 kgs., lifting in the 100 kgs. open. He looked very strong on his first attempt, but his second and third were unsuccessful, even though they blasted off of his chest. He just couldn't lock them out. The last bench only was Paul Rodriguez, lifting in the 110 kgs. open. He opened with the strongest bench of the day, making it look very easy with a 242.5 kgs., and then came back with even more aggressive on his second successful attempt and locked out a powerful 257.5 kgs. But, on his third attempt he tried 262.5 kgs., but it just wasn't there. It was great having our bench only, and we hope to see you again in our next meet. The second flight of benches began with Sheila Rouse, who opened with 52.5 kgs. With that being successful, she went to 55 kgs. and locked it out at the top, but her third bench of 60 kgs., which flew off her chest. But, she just couldn't get it locked out. I'm sure it will be there next time. The second bencher, Michelle Moodie, got off to a roaring start with a successful 87.5 kgs. She then came back with a very strong 100 kgs. that gave her no trouble at all, and for the world record on her third attempt, she mastered it with a 105 kgs., which she had total control of at all times. She showed she had a lot left, but was saving it for the deadlift. Michelle had the strongest bench of the women, going 3 for 3. Next up was Kim Packer. Her first successful lift was 87.5 kgs., and then she went to a powerful 95 kgs., which she did with ease, and for her third attempt she did 100 kgs., which gave her 3 for 3 in the bench. Great job, Kim. Next up was Michael Novak. He opened with a successful 110 kgs., and came back with a strong 120 kgs. for his second attempt. Handling that with ease, his third successful attempt with 125 kgs. seemed just as easy. Michael went 3 for 3 in the bench also. Next up was Bernie Ferro, opening with a powerful 155 kgs., and doing it with no strain. His next bench was strong enough for a world record at 170 kgs., and he took a third with 175 kgs., but it was unsuccessful. Next we had Jason Black opening with a strong successful lift of 210 kgs., then he went to 215 kgs., which he missed on his second and third attempt. The last bencher of the day was Stephen Parkhurst, who missed his first attempt of 215 kgs., but came back very strong and locked it out with no trouble. He missed his third of 227.5 kgs. With the bench press behind us, we were ready for the deadlifts. The first lifter was Sheila Rouse, who started off with a strong successful 105 kgs., and going into her next lift with a 115 kgs., which was no problem. She came back with a powerful 122.5 kgs., and pulled it with ease, which gave her a total of 280 kgs. for the day. Next was Kim Packer who opened with a strong pull of 150 kgs., which was a piece of cake, so she went to a powerful 165 kgs. and mastered it with no problem. She came back with an explosion of 172.5 kgs. and locked it out with ease. Kim had a great day, she went 9 for 9 and ended with 467.5 kgs. Next was Michelle Moodie, opening with a very powerful successful 157.5 kgs., and coming back with a dynamite explosion of 167.5 kgs., locking it out with ease. Her last attempt was 172.5 kgs., but it got out in front of her and she couldn't bring it back, but a great attempt anyway. Michelle ended up with a grand total of 445 kgs. for the day. Next up was Michael Novak opening with a strong successful lift of 167.5 kgs. He came back with determination and mastered his second lift of 190 kgs. with total control. His third lift of 205 kgs. was pulled with strength of steel and he was 3 for 3 in the deadlift, which gave him a grant total of 485 kgs. for the day. Michael had a great day, it was his first meet, but he mastered it's though he had been lifting for a long time. He went 8 for 9 and we hope to see a lot of Michael in the future. Next was Jason Black, opening with a powerful 235 kgs., and lifting it with ease, he came back with an explosive



Jason Nolan receives his first of 5 trophies at the All Church PL meet.



Richie Madera (2nd place in the supers) made this 700 lb. squat.
(Above photographs provided by courtesy of Pastor Pete Amerman.)

242.5 kgs. successful lift. He missed his third attempt of 250 kgs., but ended up with a grant total of 742.5 kgs. Next was Bernie Ferro, blasting out with 260 kgs. for his opener, and handling it with poise, he came back with a very explosive 275 kgs., which gave him a world record and the strongest deadlift of the day. He missed his third attempt of 280 kgs., but he still ended up with a grant total of 735 kgs., which is also a world record. Bernie had a great day and mastered the world records in the squat, bench, deadlift, and total, in his weight class and age. Great job, Bernie. The last lifter of the day in the deadlift was Stephen Parkhurst, opening with a powerful 272.5 kgs. and blasting it off the floor with ease, but his second and third attempt with 295 kgs. just wasn't there. But, he ended up with a grand total of 782.5 kgs., which was the strongest total of the day. Great job, Steve. All fo the lifters were UAPC, except for Kim Packer, Jason Black, and Stephen Parkhurst, as they were APC.

Everyone will get a state record for all of their lifts, since this was the first state meet ever held in Illinois. You will be the proud owner of the state record, for at least a year. Congratulations to all of you and thanks so much for helping our organization grow. (Thanks to Jim Rouse for results)

USAPL House Power Invitational 4 MAR 06 - Baton Rouge, LA

WOMEN	SQ	BP	DL	TOT
181 lbs.				
K. Smith	250	105	250	605

Both are current members of the USAPL. Both lifters attend Alexandria Senior High School. The meet was held at Fletcher's House of Power. Paul Fletcher, the Louisiana USAPL state chairman, is the owner of the meet location and was present during the meet. (results courtesy USAPL)

All Church Open Powerlifting 18 MAR 06 - Succasunna, NJ

WOMEN	SQ	BP	DL	TOT
Davidowich	310	125	315	750
J. Gill	310	125	290	725
T. Ball	275	140	235	650
MEN				
114 lbs.				
M. Parker	130	90	170	390
B. McDonald	75	85	165	325
148 lbs.				
J. Theriault	185	110	200	495
165 lbs.				
C. Johnson	305	165	385	855
M. Parker	170	200	210	580
M. Thompson	165	150	225	540
C. Ball	170	80	150	400
181 lbs.				
J. Nolan	575	400	575	1550
C. Welsch	480	335	475	1290
M. Nolan	365	280	510	1155
M. Romeo	385	245	415	1045
R. Waskis	355	275	355	985
T. Allerdings	315	200	415	930
T. Henderson	255	215	350	820
S. Walls	190	205	340	735
W. Shubert	150	105	235	490
198 lbs.				
M. DiBella	450	340	475	1265
T. Nina	480	300	420	1200
J. Ross	350	285	500	1135
S. Welsch	365	265	405	1035
E. Johnson	315	200	455	970
G. Ribe	550	—	585	—
220 lbs.				
J. Szorosy	470	365	565	1400
M. Abramson	550	400	440	1390
C. Ribe	405	315	435	1155
F. Vogel	145	265	145	555
242 lbs.				
J. Durante	580	340	600	1520
W. Martinez	545	375	585	1505
G. Suarez	450	405	545	1400
Makridakes	440	340	455	1235
L. Gonzalez	—	500	505	—
242.5 lbs.				
N. Ball	700	575	600	1875
R. Madera	700	460	540	1700
C. Kondik	405	315	455	1175
R. Schindler	425	225	500	1150
J. Watkinson	350	275	450	1075
Best Squat: Jason Nolan. Best Bench Press: Jason Nolan. Best Deadlift: Jason Nolan. Best Lifter: Jason Nolan. Guest Lifter: Joel Toranzo. (results courtesy Peter Amerman)				

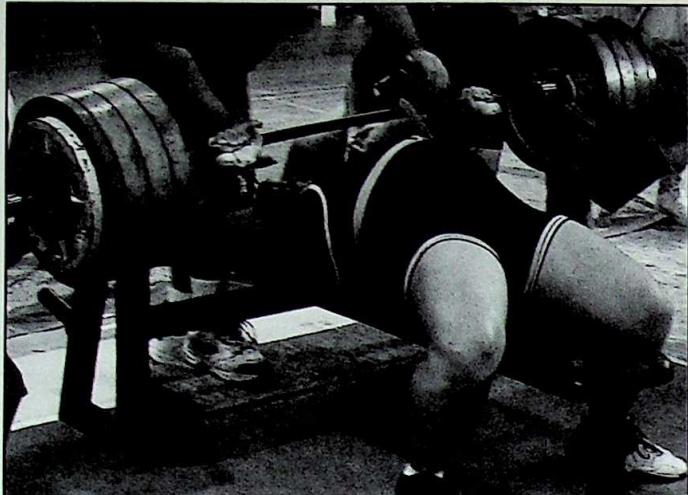
USAPL Ash Qualifier

25 FEB 06 - Alexandria, LA

GIRLS	SQ	BP	DL	TOT
97 lbs.				
C. Richmond	130	60	150	340
114 lbs.				
S. Braxton	135	70	185	390
R. Boys	145	80	185	410
123 lbs.				
J. Woods	165	95	235	495
R. Roberts	180	85	180	445
C. Arceneaux	170	85	185	440
148 lbs.				
B. Mameul	165	100	250	515
D. Travis	200	80	240	520
D. Bishop	185	95	240	520
A. Leger	230	100	225	555
L. Watson	225	135	225	585
C. Batcher	185	130	220	535
165 lbs.				
J. Gatlin	210	100	215	525
K. Deville	210	100	215	525
J. Terr	210	100	215	525
198 lbs.				
D. Collins	240	110	310	660
SHW				
A. Lee	275	130	275	680
M. Davis	250	125	260	635
F. Orphrey	220	155	260	635
BOYS				
114 lbs.				
B. Haley	195	140	250	585
123 lbs.				
K. Chretien	245	135	300	680
R. Wiltz	300	165	315	780
132 lbs.				
J. Dunn	275	180	275	730
165 lbs.				
D. Otis	335	250	410	995
181 lbs.				
S. Strong	320	245	360	925
Both are current members of the USAPL. Both lifters attend Alexandria Senior High School. The meet was held at Fletcher's House of Power. Paul Fletcher, the Louisiana USAPL state chairman, is the owner of the meet location and was present during the meet. (results courtesy USAPL)				

APA Texas State
4 MAR 06 - Houston, TX

BENCH	Submaster (33-39)
WOMEN	C. Maylone 400
132 lbs.	308 lbs.
Teen (16-17)	Master (40-44)
A. Terrazas 60	B. Leitz —
MEN	DEADLIFT
165 lbs.	MEN
R. Ortiz 200	220 lbs.
198 lbs.	Teen (16-17)
Open	Q. Lewis 320
R. Powell 385	308 lbs.
Teen (18-19)	Master (40-44)
C. Morris 240	J. Hirt 630
275 lbs.	WOMEN
Teen (18-19)	123 lbs.
L. Torres 325	Open
Open	S. Davidson 235
C. Maylone 400	
MEN	SQ BP DL TOT
123 lbs.	
Teen (11-12)	
C. Burtschell 145!	100! 180! 425!
4th-SQ-165!	
132 lbs.	
Teen (16-17)	
J. Romero 215	155 270 640
165 lbs.	
Teen (16-17)	
J. Gonzalez 135	185 315 635
181 lbs.	
Teen (11-12)	
J. Burtschell 295!	200! 305! 800!
Teen (18-19)	
J. Hennings 345	245 405 995
Master (40-44)	
R. Jolly 500	325 500 1325
Master (45-49)	
G. Routhouska 435	280 435
1150	
198 lbs.	
Open	
A. Ayala 495	315 475 1235
Junior (20-23)	
A. Ayala 475	— 500 —
Submaster (33-39)	
B. Stone 510	340 500 1350
220 lbs.	
Open	
B. Hodge 530	405 585 1520
P. Schwarz 340	290 425 1055
Teen (13-15)	
S. Mize 415!	240 360 1015!
242 lbs.	
Teen (18-19)	
M. Guerra 410	305 470 1185
R. Gonzalez 225	250 370 845
242 lbs.	
Submaster (33-39)	
B. Propst 405	365 496 1265
275 lbs.	
Submaster (33-39)	
J. Dunn 710	395 600 1705
Master (50-54)	
R. Abendroth 550	385 505 1440



Bobby Leitz attempting an 825 bench at the APA Texas State Meet
(photo provided to Powerlifting USA by courtesy of Tom McCullough)

=World Records. Thanks to Houston ISD and Sam Houston High School for allowing us to put on this meet. Also, a huge thanks to judges Brian Kline, Josh Ash, and Tom McCullough, score keeper Maria McCullough, spotters and loaders Joe Sassy, Sherman Patterson, and Big Mike Salinas, April Terrazas, and the Sam Houston High School tiger Powerlifting Team. Without the hard work of these individuals, the meet would not have taken place. Thanks to all the lifters who attended this meet and all of the people who drove out to watch. You guys and gals are what this sport is all about. A special thanks to Inzer Advance Designs for supporting this sport and our meets for many years, Mike Lambert of Powerlifting USA, who has been these supporting s'all for a long time, and Brandon Smith of RockHard Threadz. (Thanks to Tom McCullough for the results)

USAPL Indiana High School					
18 MAR 06 - Indianapolis, IN					
GIRLS SQ BP DL TOT					
105 lbs.				220 lbs.	
K. Totleden 190	70	175	435	J. Bournes 475	255 550 1280
114 lbs.				C. Swartz 460	275 525 1260
K. Totleben 170	75	170	415	N. Moore 430	300 525 1255
123 lbs.				L. Wall 475	300 425 1200
K. Spencer 225	105	225	555	E. Smith 460	230 445 1135
C. Jones 180	85	180	445	242 lbs.	
148 lbs.				W. Watson 480	300 500 1280

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



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Telephone Number	E-Mail address		Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)		

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275 lbs.					
A. Johnson 470	300	450	1220		
Z. Hahn —	—	—	—	—	
SHW					
S. Johnson 355	175	320	850		
Guest Lifters					
A. Willis 525	350	540	1415		
Outstanding Male Lifter: Tyrone Frye.					
Outstanding Female Lifter: Quinn Tew.					
High School Boys Team State Champions: North Central High School.					
High School Girls Team State Champions: North Central High School.					
Meet Director: Marc Anderson. (thanks to Marc for the results)					

USAPL Kansas Heavy Metal Open
4 MAR 06 - Hays, KS

BENCH	198 lbs.
MALE	D. Schartz 440
Teen I	S. Craig 369
SHW	SHW
C. Carden —	C. Espinosa —
Teen II	Master II
148 lbs.	220 lbs.
K. Becker —	B. Rome 319
Open	Master IV
181 lbs.	220 lbs.
J. McFadden 325	J. McClure 264
WOMEN	SQ BP DL TOT
132 lbs.	
Open	
L. Craig 181	110 242 533
MEN	
181 lbs.	
Open	
C. Laing 473	275 485 1233
J. McFadden 352	325 407 1084
Master III	
T. Nique 308	143 385 836
198 lbs.	
Open	
S. Craig 413	369 18 1300
R. Richards 407	270 501 1178
B. Marietta 352	248 385 985
Teen II	
T. Nique 314	165 358 837
Teen III	
B. Marietta 352	248 385 985
J. Sanders III —	— — —
Master II	
R. Richards 407	270 501 1178
Master V	
D. Detmann 231	292 402 925
220 lbs.	
Open	
B. Elder 600	363 556 1519
M. Tuley 551	275 606 1432
S. Bronoski 451	253 462 1166
J. Gaston —	380 551 —
Teen III	
S. Rous 424	297 451 1172
Master IV	
J. McClure 314	264 462 1040
242 lbs.	
Open	
J. Kramer 518	391 512 1421
Master I	
G. Johnson 501	314 501 1316
Master III	
D. Joiner 600	— — —
SHW	
Open	
B. Bowman —	529 551 —
All lifters from Kansas. (Thanks to Meet Director, Wayne David Heel, for providing these results to Powerlifting USA.)	

Brodhead Health & Fitness
5 NOV 05 - Brodhead, WI

BENCH	G. Koch 230
FEMALE	SHW
Open	J. Belcher 405
J. McCubin 190	R. Hanson 380
MALE	M. Baker 240
Open	Master
Middlewht	R. Hanson 380
S. Gates 315	S. Pribbenow 290
Matmanlvong 315	DEADLIFT
A. Jorenby 250	FEMALE
Heavywht	Open
B. Bibier 280	J. McCubin 340
Open Heavywht	K. Maldonado 185
G. Burg 395	MALE
K. Carlson 275	Master
Light Heavywht	S. Coogan 500
Another successful bench press & deadlift competition was held at Brodhead Health & Fitness, with several participants and spectators on hand. Congratulations to all.	



Participants at the 2006 N.P.A. Midwest Open held in Freeport, IL
(photograph provided by the courtesy of Duane Burlingame)

**NPA Midwest Open
4 MAR 06 - Freeport, IL**

BENCH	F. Michaels	550
MEN	275 lbs.	
Open	C. Cozine	440
165 lbs.	DEADLIFT	
E. Greenwood	225	
198 lbs.	MEN	
D. Scott	310	Open
220 lbs.	220 lbs.	
M. Murray	435	M. Murray
242 lbs.	275 lbs.	600
P. Mercado	405	L. Gaffigan
275 lbs.	SHW	650
L. Gaffigan	405	A. Miller
308 lbs.	Submaster	555
J. Miller	460	275 lbs.
Junior	Master	480
220 lbs.	165 lbs.	
C. Simmons	315	R. Lee
Master	181 lbs.	210
181 lbs.	181 lbs.	
C. Blain	350	C. Blain
198 lbs.	Teen	375
J. Zimmerman	205	165 lbs.
242 lbs.	B. Folgate	440

The 2006 NPA Midwest Open had some great lifting, with athletes competing from Illinois, Wisconsin, Iowa, and Indiana. We gave out awards that stood over three feet tall. A big thank you to Powerlifting USA magazine and Titan support for their help! I would also like to thank our loader/spotters, side judges, and everyone that helped clean up. The meet started with John Zimmerman competing in his first meet and getting an impressive 205 lb. bench to win the 198 masters class. Next was first time competitor, Ed Greenwood. Ed was a bit nervous and forgot to wait for the press signal, therefore missing his first attempt. He made his second lift look easy at 225 lbs., to take the win in the 165 open class. His shirt came days before the meet, so he was unable to compete with gear. The 181 master class was won by Chuck Blain, with his opener of 350 lbs. Chuck is a cancer survivor and a true credit to the sport. Dennis Scott too the 198 open with an easy 310 lb. press. Cory Simmons, lifting in his first meet, put up an easy 315 bench to win the 220 junior class. Joel Miller, from Team Miller, got a PR with a solid bench of 460 lbs.! Joel will be looking for 500 in the future, I'm sure. Mike Murray took the 220 open with a nice bench of 435 lbs., getting a new PR. Cozy Cozine came out of retirement to press a solid 440 lbs. and win the 275 masters class. Paul Mercado took the 242 open with his opener of 405 lbs., using the meet for a practice session before WABDL regional. Big Lee Gaffigan took the 275 open with an easy opener of 405 lbs. Fred Michaels took best lifter honors, with a solid 550 lb. press, winning the 242 masters class. This guy has a lot of power and what I saw in the warm-up room tells me he short charged himself on the lifting platform. In the deadlift, we had Richard Lee pulling an easy 230 lbs. to win the 165 master class. Richard is a great guy and I'm happy to have him come to our events. Chuck Blain pulled a strong 375 lbs. to win the 181 master class. Jon

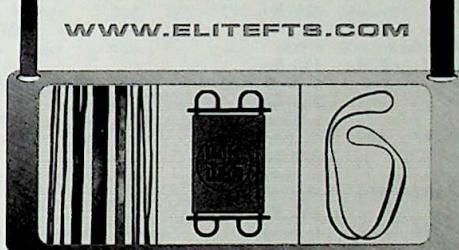
Miller got a PR with a big pull of 480 lbs., winning the 275 submaster class. Adam Miller won the SHW with an easy 550 pull, coming back from an injury, as I have seen

him pull lots more. Team Miller is a great group of guys that all have lots of potential. Barry Folgate used the meet for a WABDL warm-up, taking the win in the teenage 165 class, pulling 440. Mike Murray won the 220 open with a solid pull of 220 lbs., getting a PR. The big pull of the day went to Lee Gaffigan, pulling a strong 650 lbs. on his second lift. Lee went for 700 lbs. on his third pull, but did not get it. This guy has a lot of potential to pull and may be on our team, along with Michaels, this year. The meet was a big success and the lifters and spectators all had a good time. Again, a big thank you to Titan Support Systems, Powerlifting USA magazine, and everyone that helped out. Till next time, train hard and try to do something to make the world a better place for our children. (Duane)

M. Grohoski	255	150	290	695
132 lbs.				
J. Badour	305	155	315	775
A. McCarthy	280	185	365	830
M. Fauth	315	155	355	825
165 lbs.				
M. Bolduc	160	85	190	435
181 lbs.				
T. Zintsmaster	395	295	465	1155
198 lbs.				
J. Winston	405	245	505	1155
275 lbs.				
S. Bonar	415	270	375	1060
Junior/Senior				
114 lbs.				
S. Kapala	190	155	305	650
148 lbs.				
P. Eggert	350	225	305	880
165 lbs.				
B. Miller	450	210	445	1105
181 lbs.				
M. Embury	380	260	450	1090
198 lbs.				
E. Fridline	350	205	400	955
242 lbs.				
T. Birchmeier	500	340	450	1290
Hippensteel	405	300	445	1150
Master (44)				
275+ lbs.				
M. Casey	225	405	225	855
(Thanks to USAPL for providing results)				

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NASA Natural Nationals
29,30 JAN 06 - OK City, OK

BENCH FEMALE	220 lbs.	J. Hammond	363
Ant 198 lbs.	Junior		
A. McTighe 148	308 lbs.	J. Brown	463
Master I	Master I		
123 lbs.	220 lbs.		
K. Hughes 170	242 lbs.	N. Judd	457
132 lbs.	275 lbs.	L. Ellif	562
D. Siveny 176	275 lbs.	S. Cyranski	529
M. Hetzel 192	308 lbs.	M. Lawson	385
D. Manno 148	308 lbs.	M. Adelman	534
Master II	220 lbs.		
132 lbs.	242 lbs.		
T. Ishimatsu 110	220 lbs.	T. Manno	677
198 lbs.	242 lbs.		
A. McTighe 148	242 lbs.	M. Hammond	374
Master III	242 lbs.		
132 lbs.	275 lbs.		
S. Sermay 115	275 lbs.	N. Dwinell	503
Master Pure	242 lbs.		
123 lbs.	242 lbs.	M. Lawson	385
K. Hughes 170	242 lbs.	B. Helmick	385
132 lbs.	275 lbs.		
T. Tucker 220	275 lbs.	M. Adelman	534
148 lbs.	220 lbs.		
M. Hetzel 192	242 lbs.		
D. Manno 148	275 lbs.		
198 lbs.	275 lbs.		
A. McTighe 148	275 lbs.		
Open	275 lbs.		
123 lbs.	275 lbs.		
T. Adelmann 231	275 lbs.	J. Lynn III	446
Submaster I	220 lbs.		
123 lbs.	242 lbs.		
T. Adelmann 231	242 lbs.	B. Marselus	286
Pure		J. Chaney	—
198 lbs.		Police/Fire	
A. McTighe 209	275 lbs.	M. Austin	407
MALE			
Master II			
198 lbs.		Unequipped	
J. Parsons 347	198 lbs.	Master I	
B. Walla 264	198 lbs.		
J. Guardado 237	330	M. Schmeecker	
Master III	PS BENCH		
181 lbs.	FEMALE		
C. Lynn 275	High School		
198 lbs.	132 lbs.		
T. White 352	132 lbs.	J. Rutledge	156
J. Moskowitz 330	132 lbs.	MALE	
Novice	132 lbs.		
198 lbs.		High School	
P. Bonsignore 286	132 lbs.		
Open	132 lbs.	T. Lewis	159
165 lbs.	148 lbs.		
G. Baker 468	148 lbs.	T. Lewis	143
Master I	198 lbs.		
308 lbs.			
C. Spirrison 501	198 lbs.	M. Schmeecker	
SHW	330		
T. Manno 677	220 lbs.	E. Waugh	101
Pure	G. Norris	Master V	330
165 lbs.	165 lbs.		
J. Murphy 451	165 lbs.	K. Hughes	170
T. Stuart 485	165 lbs.	132 lbs.	214
242 lbs.	148 lbs.	J. Tucker	220
T. Meeker 479	148 lbs.	192	396
Submaster I	G. McGuire	347	540
165 lbs.	211	MALE	
J. Murphy 451	Submaster I		
198 lb.	Teen		
T. Stuart 485	123 lbs.	T. Adelmann	231
242 lbs.	165 lbs.	MALE	
J. Nichols 424	165 lbs.	Master I	
275 lbs.	M. Austin		
M. Hauser 358	374		
SHW	275 lbs.	M. Woodworth	369
J. Freeman 523	275 lbs.	242 lbs.	529
Submaster II	MALE	L. Ellif	562
148 lbs.		J. McKay	275
S. Goldberg 237	308 lbs.	308 lbs.	435
198 lbs.	C. Spirrison	308 lbs.	711
S. Wingert 369	181 lbs.	M. Adelman	534
242 lbs.	MALE	Master III	
J. Chaney —	MALE		
275 lbs.	Master II		
J. Lynn III 446	242 lbs.		
Submaster Pure	Master III	G. Clock	330
220 lbs.	181 lbs.	Master III	
J. Thompson 578	148 lbs.	C. Lynn	275
242 lbs.	Master III	Master III	
T. Meeker 479	PS DEADLIFT	220 lbs.	
275 lbs.	MALE	242 lbs.	
R. Kahle 540	Master III	B. Helmick	385
Teens	148 lbs.	308 lbs.	600
132 lbs.	G. McGuire	H. Heyman	165
J. Dement 253	310	Master Pure	220
Int	181 lbs.	Master Pure	385
	R. Davidson 314	165 lbs.	
		165 lbs.	
		M. Woodworth	369
		181 lbs.	529
			898



Samson Hou-Seye, 5, took 1st in the 55 lb. youth division at the NASA Natural Nationals, and was honored as the 2005 Youth Athlete of the Year at the NASA Awards banquet, where NASA President Rich Peters indicated that Samson had set an overall youth record by competing in 10 meets in 5 different states in '05. Father Job Hou-Seye, who supplied this photo, was Submaster Athlete of the year, and his wife Wendy was runner-up for Female Referee of the Year, and the whole group was honored as runner-up Powerlifting Family of the Year.

T. Ishimatsu	60	110	214	385
165 lbs.				
P. Frock	66	132	244	443
Master III				
S. Billington	49	71	198	319
Master V				
123 lbs.				
123 lbs.				
K. Hughes	82	170	292	545
MALE				
High School				
114 lbs.				
Z. Sprague	77	148	281	507
123 lbs.				
S. Ellefson	77	126	264	468
C. Anderson	77	115	220	413
132 lbs.				
A. Thornburg	88	148	358	595
148 lbs.				
165 lbs.				
J. Davis	99	203	402	705
198 lbs.				
M. Ryan	110	209	474	793
242 lbs.				
275 lbs.				
J. Brock	99	220	396	716
Junior				
M. McNeely	148	242	352	744
181 lbs.				
J. Smith	159	341	501	1003
198 lbs.				
H. Standridge	154	303	507	964
R. Grace	148	292	551	992
Master I				
165 lbs.				
B. Anderson	137	253	429	821
Master II				
198 lbs.				
J. Thomas	115	248	418	782
Master III				
148 lbs.				
G. McGuire	143	209	310	665
198 lbs.				
J. Lynn Jr.	134	231	253	619
Master IV				
198 lbs.				
M. Bishop	77	132	303	512
Master Pure				
148 lbs.				
J. Phillips	148	281	501	931
Open				
66 lbs.				
Q. Wingert	38	38	126	203
148 lbs.				
J. Phillips	148	281	501	931
165 lbs.				
B. Anderson	137	253	429	821
198 lbs.				
J. Hunn	143	—	402	—
198 lbs.				
J. McDougal	176	413	606	1196
220 lbs.				
T. Tucker	181	347	650	1179
Pure				
148 lbs.				
J. Phillips	148	281	501	931
198 lbs.				
T. Stuart	485	556	1041	—
220 lbs.				
T. Tucker	181	347	650	1179
Teen				
181 lbs.				
R. Davidson	82	137	314	534
242 lbs.				
Kilongkilong	121	242	435	799
Youth				
55 lbs.				
S. Hou-Seye	22	32	71	125
66 lbs.				
Q. Wingert	22	44	126	192
198 lbs.				
W. VanHoose	27	27	104	159
97 lbs.				
A. Wingert	38	38	143	220
198 lbs.				
K. Ishimatsu	22	44	110	176
114 lbs.				
C. Anderson	44	66	143	253
Submaster II				
220 lbs.				
T. Tucker	181	347	650	1179
242 lbs.				
P. Stormient	154	286	474	914
220 lbs.				
T. Tucker	181	347	650	1179
Novice				
308 lbs.				
B. Goins	148	264	479	892
Powerlifting	5Q	BP	DL	TOT
WOMEN				
Int				
148 lbs.				
D. James	226	143	297	666
132 lbs.				
M. James	82	170	292	545
Master I				
132 lbs.				

D. Siveny	319	176	336	832	G. Green	584	396	606	1587	C. Brown	540	308	551	1399	308 lbs.
148 lbs.					N. Judd	551	457	545	1554	C. Golden	440	303	451	1196	R. Lemmings
M. Heitzel	363	192	347	903	R. Tavanello	—	—	—	—	198 lbs.	551	358	573	1482	Police/Fire
Master III					242 lbs.					T. Stuart	578	485	556	1620	220 lbs.
132 lbs.					N. Eddins	562	479	628	1670	G. Green	584	396	606	1587	R. Tavanello
S. Sernay	214	115	198	529	J. McKay	507	275	435	1218	S. Wingert	474	369	479	1322	242 lbs.
Master V					275 lbs.					220 lbs.					J. Blaine
148 lbs.					S. Cyranoski	683	529	639	1851	J. Thompson	738	578	661	2022	275 lbs.
M. Heitzel	363	203	347	914	308 lbs.					J. House	600	358	600	1559	M. Austin
Master Pure					M. Adelmann	749	534	639	1923	N. Judd	551	457	545	1554	SHW
132 lbs.					R. Gains	628	529	600	1758	Droegemeier	529	325	463	1317	R. James
T. Tucker	—	220	—	220	Master II					Submaster I					Pure Natural
Open					198 lbs.					D. Oyler	650	—	—	650	242 lbs.
132 lbs.					B. Weber	463	380	518	1361	Submaster II					N. Holmes
T. Tucker	—	220	—	220	W. Johnson	341	231	369	942	165 lbs.					Unequipped
Pure					220 lbs.					J. Murphy	611	451	512	1576	Pure
132 lbs.					G. Clock	501	330	553	1385	T. Stuart	578	4894	556	6029	198 lbs.
T. Tucker	—	220	—	220	Master III					Submaster II					A. Pickell
Unequipped					181 lbs.					165 lbs.					242 lbs.
Master II					C. Lynn	297	275	330	903	J. Murphy	611	451	512	1576	T. Meyers
132 lbs.					242 lbs.					Submaster II					Novice
L. Abel	126	99	181	407	B. Helmick	507	385	600	1493	148 lbs.					198 lbs.
Master III					308 lbs.					F. Stroh	446	286	451	1185	A. Pickell
181 lbs.					H. Heyman	440	165	220	826	Submaster Pure					Submaster
E. Waugh	115	101	220	437	Master IV					148 lbs.					198 lbs.
MALE					181 lbs.					F. Stroh	446	286	451	1185	A. Pickell
High School					B. Brady	286	231	308	826	275 lbs.					Submaster Pure
132 lbs.					Master V					R. Kahle	738	540	606	1884	198 lbs.
B. Baver	297	187	—	485	198 lbs.					R. Osburn	628	132	—	981	C. Truccolo
165 lbs.					G. Green	584	424	606	1614	Teen					High School
R. Crain	402	209	418	1030	Master Pure					132 lbs.					148 lbs.
Junior					165 lbs.					J. Dement	396	248	396	1041	C. Fowler
132 lbs.					Woodworth	589	369	529	1488	198 lbs.					J. Wren
J. Dement	396	253	396	1047	181 lbs.					A. McKay	451	242	451	1146	165 lbs.
181 lbs.					B. Ammerman	501	396	485	1383	242 lbs.					E. Holland
T. Pearl	407	214	485	1107	R. Sherwood	496	303	490	1289	C. Anderson	606	429	567	1603	Master I
198 lbs.					198 lbs.					Int					148 lbs.
C. Kiser	600	325	556	1482	B. Weber	463	380	518	1361	220 lbs.					J. Phillips
Master I					220 lbs.					J. House	600	358	600	1559	Master II
148 lbs.					N. Judd	551	457	545	1554	242 lbs.					198 lbs.
C. Brown	540	308	551	1399	P. Strevett	562	402	567	1532	N. Holms	—	—	—	—	J. Thomas
165 lbs.					242 lbs.					Novice					Master IV
M. Woodworth	589	369	529	1488	J. McKay	507	275	435	1218	242 lbs.					181 lbs.
181 lbs.					SHW					R. Osburn	628	—	—	628	D. Brady
T. Perkins	622	374	518	1515	D. Oyler	650	—	—	650	275 lbs.					Youth
198 lbs.					Open					J. McKay	507	275	435	1218	148 lbs.
R. Sherwood	496	303	490	1289	148 lbs.					275 lbs.					C. Wren

(Thanks to Richard Peters for the results)



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WABDL Kari Tyler/Montana
4 MAR 06 - Missoula, MT

BENCH		Master (40-46)	
WOMEN		165 lbs.	
Junior	J. Anest	336	
198 lbs.		4th-342*	
A. Kent	110	181 lbs.	
4th-115*		J. Dobie	374*
Master (47-53)		B. Baker	336
132 lbs.			4th-347*
V. Anderson	176	198 lbs.	
4th-181*		R. Johnston	270*
198 lbs.		Master (54-60)	
H. Oxford	248	220 lbs.	
4th-254*		J. Pablo	303*
Open		309+ lbs.	
123 lbs.		P. Herdt	424*
D. Moretto	143	Master (61-67)	
132 lbs.		242 lbs.	
V. Anderson	176	S. Nummi	319*
4th-181*		Master (68-74)	
148 lbs.		220 lbs.	
A. Dyckhoff	82	H. Smith	341
165 lbs.			4th-359*
S. Dutton	198*	Master (80-84)	
198 lbs.		242 lbs.	
A. Kent	110	V. Starkel	225
4th-115*		Open	
Submaster		165 lbs.	
148 lbs.		J. Anest	336
K. Agnew	176*		4th-342*
S. Simmons	71*	181 lbs.	
165 lbs.		L. Blaskovich	413*
S. Dutton	198*	D. Linerud	451
Teen (14-15)		259 lbs.	
148 lbs.		E. Nettleton	402*
K. Johnson	99*	275 lbs.	
MEN		B. Prewitt	473
Class I			4th-502*
198 lbs.		309+ lbs.	
R. Routh	236	M. Klindt	573*
220 lbs.		Submaster (34-39)	
D. Andrews	385	309+ lbs.	
4th-419*		M. Klindt	573*
242 lbs.		Teen (14-15)	
A. Martinson	192	148 lbs.	
275 lbs.		T. Belen	304*
B. Prewitt	473	198 lbs.	
4th-502*		M. Moss	253*
308 lbs.		Teen (16-19)	
D. Wiling	242	198 lbs.	
Disabled		A. Kent	220*
220 lbs.		J. LaBelle	308
J. Jenkins	225		4th-170*
4th-242*		WOMEN	
Junior (20-25)		148 lbs.	
165 lbs.		Disability	
M. Menke	308*	148 lbs.	
		K. Johnson	187
		S. Simmons	154



Kara Johnson set a WABDL Montana record with a 4th attempt 198 lb. bp in the 148 lb. 14-15 year old class at the Kari Tyler meet. (courtesy Melinda Johnson)

Submaster (34-39)	198 lbs.	
275 lbs.	M. Moss	402*
R. Neff	666*	Teen (16-19)
Teen (14-15)	198 lbs.	
148 lbs.	J. LaBelle	501
T. Belen		

*=State Records. !=World Records. The attendance was 324, which was fantastic, with 43 lifters. Last year's meet had 22 lifters. Local TV coverage was evident. In the deadlift disabled, Jonathan Jenkins, with one arm, pulled a 435 Montana state record in both disabled and class I. He's a tremendous inspiration to all who come in contact with him. In disabled women 148, Sheila Simmons set an Idaho record 170.7. In junior women, Andrew Kent set a Montana record 275.5 at 190 bwt. In master men 47-53/198, Robin Johnston set an Idaho record 380 in his first meet. At 242, Roger Nelson pulled 540 and was named best lifter for master men. At 61-67/242, Sonny Nummi set an Idaho record 374.7. Sonny was a logger for 24 years. In master women 47-53/132, Vicki Anderson was very impressive with a 347 Montana deadlift record, weighing only 125.4, and was named outstanding female lifter. In open men 259, Eric Nettleton set a Montana record 584. In open women, Vicki Anderson also set a Montana open record at 132 with 347. At 198, Andrea Kent set a Montana record 275.5. In submaster men, Roger Neff set an Idaho record 666.7 at 275. Roger was one of the top collegiate heavyweight wrestlers in the country in 1996, and he came in fourth at the Olympic trials that year. In teen men 14-15/198, Mackenzie Moss set a Montana record 402.2. He had very good form and should advance quickly to 500 lbs. in the near future. In teen women 14-15/148, Kara Johnson pulled a Montana state record 187 and followed that up with a 198 on a fourth attempt. She had a lot of energy and really enjoyed deadlifting. Moving on to the bench, in class I 220, Darrell Andrews set an Idaho record 417.8 and jumped 35 lbs. from his third attempt to pull it off. At 275, Ben Prewitt benched 502.6 for a Montana record on his fourth attempt. In disabled 220, Jonathan Jenkins set a Montana record 242.5 with one arm. In junior 165, Matt Menke set a Montana record 308.5 and in junior women 1981, Andrea Kent set a Montana record 115.5. In master men 40-46/165, Jody Anest broke a ten year old Montana record with 342.6. At 181, Jim

Dobie set a Montana record 374.7. Jim had been semi-retired for the last six years. In master 47-53/181, Bob Baker set an Idaho record 347. At 198, Robin Johnston set an Idaho record 270. In master 54-60/220, Joe Pable set a Montana record 303, and at super, Peter Herdt set an Idaho record 424. In master 61-67/242, Jenny Nummi set an Idaho record 317.5 raw at age 65. In master 68-74/220, Harold Smith set a Montana record 359 at age 72. In master 80-84/242, Victor Starkel benched 225 raw. Victor and Harold train together and they bench three times a week, and their workload is extreme. In master women 47-53/132, Vicki Anderson set a Montana record 181.7, weighing 125. Holly Oxford, in master 47-53/198, set a World Record 254.6. She just missed that lift last year. In open men, Mitch Klinedt set a Montana record 573 at super. Ben Prewitt set the 275 open Montana record with 502.6. In open women 132, Vicki Anderson set a Montana record 181.7. At 165 open, Shauna Dutton set a Montana record 198.2. In submaster women, Kimberly Agnew set a Montana record 176 at 148 lbs. In teen men 14-15/148, Travis Belen set a World Record 304.1 after missing it on his first try. In 14-15/198, Mackenzie Moss set a Montana record 253.5. In teen 16-19/198, Alex Klaudt set a Montana record 220, but finished second to Jake LaBelle, who put up 308. Jake is from Washington. In teen 14-15/148, Kara Johnson set a Montana record 99 in her first meet. Next year Montana meet is already set in the same time frame. It's a fun relaxed good venue, held in the ballroom of Ruby's Inn. I want to thank James Greene, who came down from Ronon, Montana, with a bench and warm-up weights, and who did a great job of scorekeeping. Dave Edmondson and Dennis Shock judged and brought warm-up weights, and a kilo set, all the way from Provo, Utah. Don James and James Partch drove 520 miles from Portland, Oregon, to judge, and James Partch was the spotter/loader. Terry Baldwin brought warm-up weights and provided a couple of spotters. (Thanks to Gus Rethwisch for these meet results)



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

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

Registration Fee:

Adults \$30.00

Teens \$20.00

Make checks payable to and mail to:

WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS
P.O. Box 27499

Golden Valley, MN 55427

If under 18, have parent initial _____

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

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

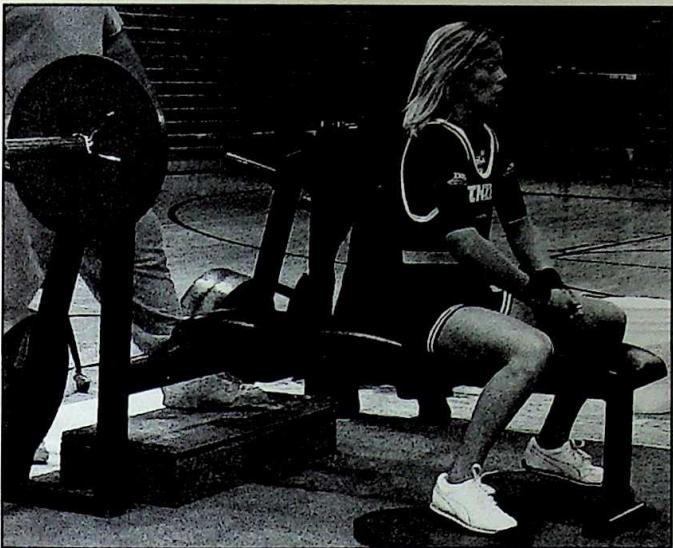
Signature _____

Clark Sports Center Bench Press 12 FEB 06 - Cooperstown, NY

BENCH	242 lbs.
WOMEN	R. Gunderson 505
148 lbs.	275 lbs.
A. Lewis	155
T. Ones	110
(40-44)	450
T. Reiss	125
C. Shultz	110
Heavyweight (40-44)	475
	3549
J. Sabella	135
MEN	385
Open	165 lbs.
148 lbs.	198 lbs.
R. Kimerer	175
G. Landon	80
165 lbs.	275 lbs.
R. Wilcox	225
T. Dingran	155
181 lbs.	50+
E. Haley	285
Martuscello	280
S. Yaple	265
198 lbs.	242 lbs.
C. Petrone	295
E. Johnson	260
J. Coe	225
220 lbs.	220 lbs.
R. Lewis	405
J. Torruella	335
Best Female Lifter: Amy Lewis. Best Male Lifter: Richard Putnam. Thanks to Clark Sports Center for providing these results.	

USAPL Harrisburg Qualifier 12 MAR 06 - Harrisburg, IL

BOYS	SQ	BP	DL	TOT
Frosh/Soph				
181 lbs.				
C. Kurtz	335	205	385	925
Varsity				
220 lbs.				
R. Burlison	465	250	420	1135
Meet Director: Mark Motsinger. (USAPL)				



Amanda Harris with her 135 lb. bench press effort at the APA Houston Open Push/Pull (photograph courtesy Tom McCullough)

A. Mendoza	195	370	565
Teen (11-12)			
J. Burtschell	190!*	300!*	490
198 lbs.			
Open			
Submaster (33-39)			
J. Chaney	270	505	740
220 lbs.			
Open			
J. Ash	375	625	1000
Drug Free			
B. Solis	335	415	750
Teen (16-17)			
J. Marroquin	275	350	625
242 lbs.			
Teen (18-19)			
R. Gonzalez	235	365	600
Teen (16-17)			
A. Rodriguez	225	385	610
M. Mata	235	290	525
275 lbs.			
Teen (16-17)			
B. Sepeda	270	435	705

!=World Records. *=American Records.

Best Lifters: Joe Ruiz and Josh Ash. Thanks to Houston ISD and Sam Houston High School for allowing us to put on this meet. Also a huge thanks to judges Mark Harris, Ann Harris, and Matt Wray, score keeper Maria McCullough., spotters and loaders JonTrey Reed, Sherman Patterson and Big Mike Salinas, Emmanuel Amaro, and the Sam Houston High School Tiger Powerlifting Team. Without the hard work of these individuals, the meet would not have taken place. Thanks to all the lifters who attended this meet and all of the people who drove out to watch. You guys and gals are what this sport is all about. A special thanks to Inzer Advance Designs for supporting this sport and our meets for many years. Also a big thanks to Powerlifting USA who has been there supporting us all for a long time. (Thanks to Tom McCullough for the meet results)



Ben Sepeda with a 435 lb. deadlift attempt at the APA Houston Open

APA Houston Open Push/Pull 18 FEB 06 - Houston, TX

		A. Harris	130!*	245!*	375
BENCH	242 lbs.	MEN	132 lbs.		
MEN	Master (40-44)	Teen (16-17)			
165 lbs.	M. Carolan 350	J. Romero	160	265	425
Teen (18-19)	DEADLIFT	C. Burtschell	90!*	180!*	270
J. Huerta 190	MEN		4th-DL-200!*		
181 lbs.	165 lbs.				
Teen (16-17)	Open				
D. Alberto —	D. Sanchez 470	J. Ruiz	225	330	555
220 lbs.	Teen (16-17)				
Teen (16-17)	E. Martinez 300	R. Royas	160	300	360
C. Morris 205	181 lbs.	Teen (18-19)			
	Master (55-59)	J. Gonzalez	175	350	525
	B. Kline 475	Teen (16-17)			
WOMEN	BP DL TOT				
114 lbs.					

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

USAPL Power Point Qualifier 28 JAN 06 - Waianae, HI

	WOMEN	SQ	BP	DL	TOT
148 lbs.	L. Anzai	275	210	290	775
198+ lbs.	B. Hirai	450	365	405	1220
MEN					
132 lbs.	J. Bareng	425	310	405	1140

(Thanks to USAPL for providing results)

drjudd.net

Your Inside Source

SHOCKING, GUTWRENCHING, ENTERTAINING, INSPIRING

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

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

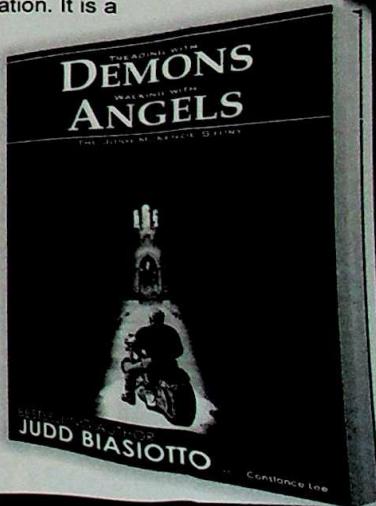
Ben Lockett, a former U.S. Secret Service agent

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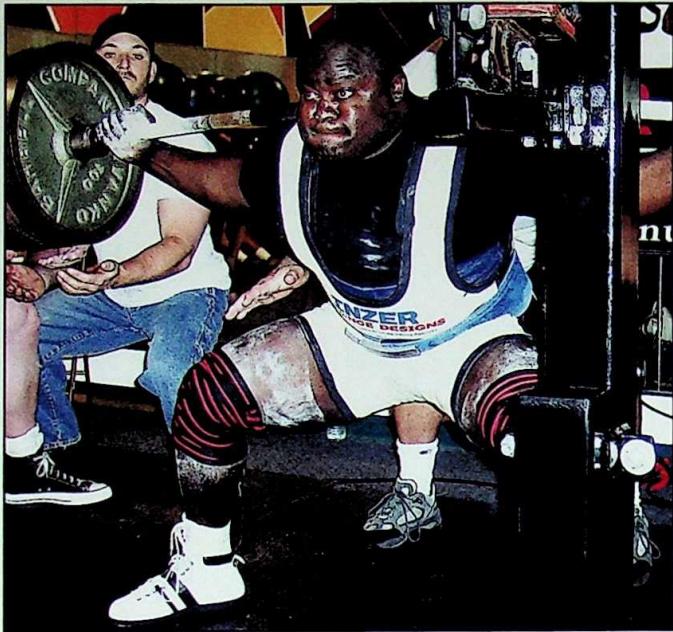
Larry Valis, Vice President Equitable Life



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

NASA Kansas State
8 APR 06 - ??location??

BENCH Only	J. Gossard	369
WOMEN	PS CURL	
148 lbs.	MEN	
Junior	181 lbs.	
L. McKay	71	Teen
MEN	R. Davidson	93
165 lbs.	198 lbs.	
Junior	Submaster I	
C. Whitted	214	T. Lyon 154
Pure		275 lbs.
D. Keiswetter	341	Master I
Teen	A. Davidson	143
A. Behrends	275	SHW
181 lbs.	Master I	
Submaster I	M. Mitchell	170
C. Beck	374	PS DEADLIFT
198 lbs.	WOMEN	
Junior	132 lbs.	
D. Nordman	308	High School
Master I	M. Deeds	165
G. Savoie	429	MEN
Open	123 lbs.	
T. Stuart	—	Youth
Police/Fire	H. Davidson	209
J. Nuci	237	220 lbs.
Submaster I	High School	
T. Lyon	380	M. Swider 325
Teen	242 lbs.	
M. Stalcup	264	Submaster Pure
220 lbs.	D. Lindstrom	413
Master III	308 lbs.	
G. Runge	264	High School
Open	C. Deeds	270
M. Wintholz	429	Intermediate
SHW	A. Say	446
Master I	Master V	
M. Mitchell	402	J. Gossard 418
Submaster II	PS SQUAT	
C. Espinosa	562	MEN
PS BENCH	181 lbs.	
308 lbs.	Teen	
Master I	R. Davidson	303
Push Pull	BP	DL TOT
WOMEN		
148 lbs.		
Novice		
L. McKay	71	176 248
MEN		
165 lbs.		
Junior		
C. Whitted	214	308 523
Submaster I		
S. Bennett	253	468 722
181 lbs.	4th-BP-259	
Master II		
L. Ligouri	325	529 854
198 lbs.		
Junior		
D. Nordman	308	451 760
Teen		
M. Stalcup	264	424 688
220 lbs.		
Master III		
G. Runge	264	402 666
L. Goering	259	380 639
Police/Fire		
R. Henderson	451	749 1201
Submaster I		
J. Newberry	336	534 870
Submaster Pure		
K. George	424	622 1047
242 lbs.		
Junior		
M. Sahlfeld	341	468 810
Master V		
P. Jackson	374	633 1008
Open		
J. McKay	275	457 733
Pure		
J. McKay	562	573 1135
SHW		
Submaster II		
C. Espinosa	562	573 1135
Power Sports CR	BP	DL TOT
WOMEN		
148 lbs.		
Master I		
L. Anderson	71	121 253 446
Master Pure		
L. Anderson	71	11 253 446
Novice		
L. McKay	55	71 176 303
MEN		
165 lbs.		
Submaster I		
S. Bennett	126	253 468 848
Teen	4th-BP-259	



Charles Bailey's squat has gone from 770 to 1080, at the Jacksonville Open, using a training routine of three weeks on, one week off.

APF Jacksonville Open
1 APR 06 - Jacksonville, FL

BENCH	Open
MEN	220 lbs.
Master	P. Trnauksis 385
L. Sposato	390 275 lbs.
T. Smith	450 A. Manse 365
F. Carpenter	450 SHW
K. Brantley	355 K. Southwood 575
MEN	SQ BP DL TOT
Master	
D. Whitney	505 245 500 1250
L. Barry	460 345 500 1305
R. Cowser	480 450 480 1410
132 lbs.	
J. Wilcox	315 280 375 970
181 lbs.	
T. Garland	680 460 545 1685
220 lbs.	
C. Smith	815 635 710 2160
S. Revels	725 465 590 1780
B. Trippe	725 375 630 1730
242 lbs.	
D. Blue	1000 655 745 2400
275 lbs.	
C. Bailey	1080 575 745 2400
J. Jacobs	905 600 705 2210
Best Lifter	Donnell Blue. (Pamela Clayton)

AAPF Nationals

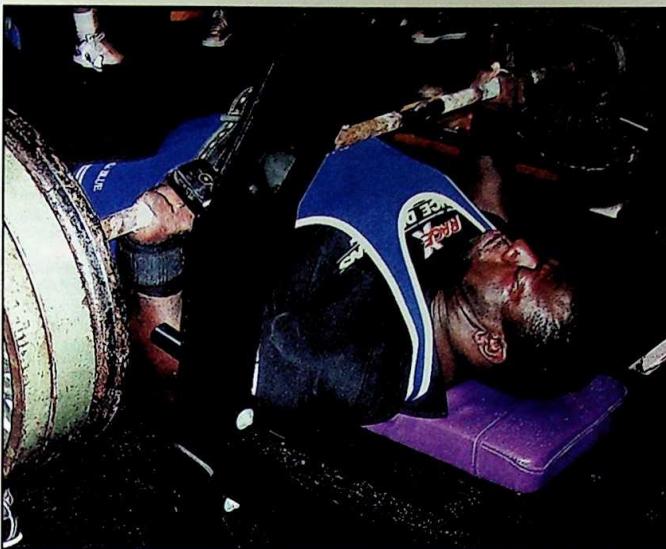
7-9 APR 06 - Baton Rouge, LA

BENCH	J. Kollauf 661
WOMEN	R. Johnson 551
Teen (16-17)	SHW
148 lbs.	T. Brostad 600
R. Mayer	154 A. Stomberg 551
Teen (18-19)	Submaster
165 lbs.	275 lbs.
E. Fitzpatrick	137 D. Szymanski 600
MEN	Master
Junior	148 lbs.
198 lbs.	D. Edmondson 319
J. Thomas	518 181 lbs.
Submaster	D. Naughton 457
148 lbs.	198 lbs.
C. Morse	297 E. Taber 429
Open	220 lbs.
T. Mitchell	529
J. Burdette	600 242 lbs.
J. Rebera	485 D. Murphy 485
242 lbs.	F. Kucharski 286
A. Acome	672 275 lbs.
J. Gibson	540 L. Hemenway 600
D. Murphy	473 308 lbs.
F. Kucharski	286 T. Nelson 446
308 lbs.	
WOMEN	SQ BP DL TOT
Teen (13-15)	
114 lbs.	
A. Harris	253 154 253 661
Teen (16-17)	
148 lbs.	
R. Mayer	292 154 270 716
Teen (18-19)	
165 lbs.	
E. Fitzpatrick	325 137 319 782
SHW	
M. Dudley	584 380 490 1455
Open	
132 lbs.	
D. Morrison	275 181 259 716
165 lbs.	
S. Pier	418 253 319 992
Out	
S. Mendelson	— — — —
MEN	
Teen (13-15)	
132 lbs.	
J. Dunn	507 253 374 1135
165 lbs.	
K. Arman	165 115 181 463
198 lbs.	
K. Hall	424 275 226 925
Teen (16-17)	
114 lbs.	
M. Golmon	248 154 347 749
165 lbs.	
H. Whitehead	474 319 418 1212
Winchester	413 253 429 1096
198 lbs.	
Z. Zenzen	573 352 567 1493
D. Jones	529 303 540 1372
242 lbs.	
C. Kinsey	551 429 474 1455
G. Allen	501 358 446 1306
275 lbs.	
J. Kimble	424 264 501 1190
Teen (18-19)	
165 lbs.	
Best Lifter Award Winners: Barb Davis and Tom Reese. Meet Director: Marty Akin. Scoring: Julie Akin and Jim Malone.	

3rd Galesburg Bench Blast

1 APR 06 - Galesburg, IL

BENCH	J. Pharr 375
WOMEN	J. Dial 315
198 lbs.	B. Davis 250 181 lbs.
Master I	A. Park 235 J. Akin 410
P. Jackson	556 325 584 1466 S. Martin 240 R. Malone 385
Open	T. Stuart 551 — — 551 J. Voss 190 198 lbs.
J. McKay	C. Bell 600 402 512 1515 J. Gray 125 T. Reese 515
SHW	Submaster II C. Bell 600 402 512 1515 MEN D. Hart 460
Submaster II	J. Whitted 303 214 308 826 Teen (16-17) J. Smith 400
C. Espinosa	198 lbs.
Power Sports CR	D. Nordman 330 308 451 1091 BENCH J. Dial 315 220 lbs.
WOMEN	148 lbs.
148 lbs.	M. Hayes 245 R. Hill 485
Master I	165 lbs.
L. Anderson	T. Police/Fire C. Bell 600 402 512 1515 M. Moty 205 J. Weabel 430
Master Pure	220 lbs.
L. Anderson	M. Stalcup 330 264 424 1019 Master (40-49) D. Marks 415
Novice	220 lbs.
L. McKay	J. McKay 529 275 457 1262 T. Reese 515 242 lbs.
MEN	J. McKay 529 275 457 1262 R. Malone 385 S. Wilson 525
165 lbs.	C. Bell 600 402 512 1515 T. White 440 T. Hill 510 K. White 450
Submaster I	High School P. Siebels 451 330 501 1284 148 lbs.
S. Bennett	242 lbs.
Teen	J. McKay 529 275 457 1262 J. Miller 385 M. Manns 305 SHW
4th-BP-259	Master I J. McKay 529 275 457 1262 J. Smith 285 B. Ware 540
Teen	Police/Fire B. Hudson 413 303 424 1140 165 lbs.
	Pure J. McKay 529 275 457 1262 D. Akers 430
	Best Lifter Award Winners: Barb Davis and Tom Reese. Meet Director: Marty Akin. Scoring: Julie Akin and Jim Malone.
	Teen (18-19) J. Kimble 424 264 501 1190
	165 lbs.



Donnell Blue had the biggest bench at the APF Jacksonville Open, a 655 while weighing just 108.6 kilos, and he had that big total he has been waiting for - 2400 lbs. (Greg Jurkowski/Gearman Nutrition)

D. Tinajero	573	440	540	1554	M. Lessman	573	424	523	1521
181 lbs.					220 lbs.				
A. Porcuna	259	187	363	810	J. Jenkins	540	369	407	1317
198 lbs.					275 lbs.				
J. Morris	600	407	501	1510	C. Briley	683	534	556	1774
J. Sagar	407	209	407	1025	Submaster				
242 lbs.					148 lbs.				
J. Jurich	490	314	407	1212	C. Morse	529	297	451	1278
275 lbs.					198 lbs.				
A. Galczak	567	407	567	1543	T. Judd	672	479	584	1736
308 lbs.					242 lbs.				
M. Arman	711	540	540	1791	S. Judd	727	512	567	1807
SHW					K. Czerwiec	—	—	—	—
D. Garvey Jr.	716	600	501	1818	Master				
Junior					148 lbs.				
165 lbs.					D. Edmondson	545	319	523	1388
J. Land	573	440	457	1471	M. Wider	435	226	451	1113
198 lbs.					M. Bigby	424	203	402	1030

165 lbs.
R. Flores 551 259 518 1328
S. Lumper 518 341 463 1322
G. Sager 369 187 380 937
M. Larsen 402 187 396 986
181 lbs.
G. Wolfe 595 336 518 1449
R. Ruettiger 573 314 479 1366
D. Naughton 529 457 418 1405
J. Sorrell 501 413 424 1339
R. Zeller 242 165 303 711
220 lbs.
D. Zenzen 677 352 545 1576
T. Mitchell 573 529 451 1554
E. Brown 385 292 275 953
242 lbs.
S. Sandberg 523 429 573 1526
275 lbs.
L. Hemenway 611 600 501 1714
Guest Lifter
J. Smolinski 655 — 551 1207
Open
148 lbs.
R. Blunschi 429 253 451 1135
165 lbs.
D. Cagnolatti 683 475 545 1703
J. Land 573 440 457 1471
198 lbs.
J. Rebera 722 485 600 1807
R. Paras 727 507 573 1807
220 lbs.
E. Arntzen 760 479 611 1851
J. Clay 551 402 451 1405
242 lbs.
A. Acome 881 672 661 2215
J. Gibson 832 540 644 2017
J. Jordan 782 545 611 1940
J. Atef 716 512 600 1829
B. Yourist 661 457 584 1703
R. Makiejus 644 442 600 1686
275 lbs.
T. Irby 903 606 672 2182
308 lbs.
Bierschbach 760 507 644 1912
SHW
C. Moore 903 650 650 2204
D. Garvey Jr. 716 600 501 1818
Out
K. Kirby — — — —
M. Hardy — — — —
Best Lifter Women Teen: Machia Dudley
Best Lifter Women Open: Shelly Pier. Best
Lifter Men Teen: Daniel Tinajero. Best
Lifter Men Junior: John Land. Best Lifter

Men Submaster: Tory Judd. Best Lifter
Men Master 165: Richard Flores. Best
Lifter Men Master 242: Skip Sandberg.
Best Lifter Men Open: Anthony Acome.
(Thanks to Pamela Clayton for the results)

USAPL Rocky Mtn. Invitational 21 JAN 06 - Aurora, CO

WOMEN	M. Berteaux	275
Master I	275 lbs.	
E. Anderson	93	Open
MEN	C. Rhodes	55
148 lbs.	SHW	
Teen (18-19)	Master IV	
A. Mauer	187	B. McCune 143
Master II	Open	
J. Vincent	242	M. Widom 501
220 lbs.	Master III	
Master III	WOMEN	SQ BP DL TOT
132 lbs.	Master VI	
D. Donaldson	55	55 55 165
114 lbs.	Teen (18-19)	
E. McNeil	154	77 187 280
148 lbs.	Junior	
E. Bina	192	126 60 600
MEN	165 lbs.	
165 lbs.	Open	
D. flagg	429	253 556 1240
181 lbs.	Teen (18-19)	
G. Gavran	—	275 407 683
220 lbs.	Junior	
Underwood	485	314 518 1317
Teen (18-19)		
M. Brittner	314	264 374 953
Master IV		
D. Worley	440	165 496 1102
Junior		
Nainsfurther	545	347 463 1355
275 lbs.	Master II	
R. Geller	308	308 468 1085
SHW		
Best Lifter Women Teen: Machia Dudley	Master II	
Best Lifter Women Open: Shelly Pier. Best	D. Gaudreau	165 165 165 496
Lifter Men Teen: Daniel Tinajero. Best		
Lifter Men Junior: John Land. Best Lifter		

(Thanks to USAPL for providing results)

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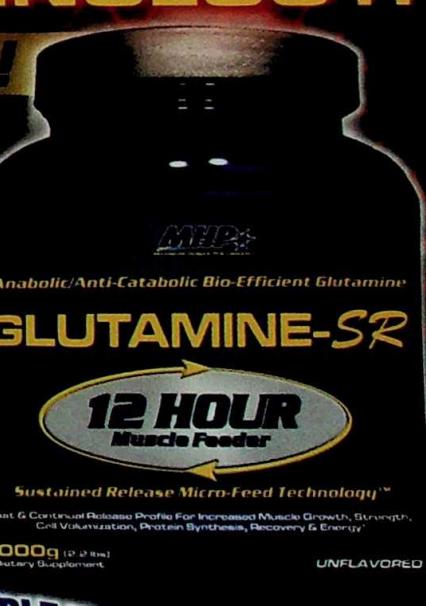
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WNPF Can-Am Nationals
1 APR 06 - Romulus, MI

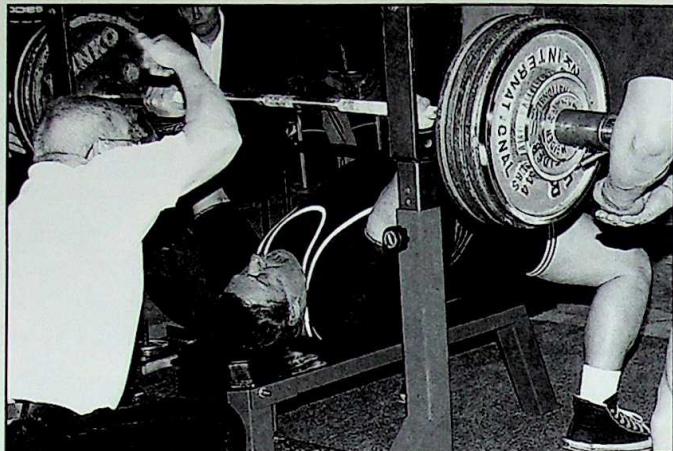
BENCH	DEADLIFT
148 lbs.	220 lbs.
Lifetime/Raw	Subs Unl
Sowards 331	Swirlie 501
(65-69)/Raw	(65-69)/Raw
181 lbs.	Turner 314
(80-84)/Raw	Turner
Simko 176*	(50-54)
198 lbs.	Gunter 501
(40-44)/Raw	242 lbs.
Jachin 319	Open Unl
(40-44)	Hoffman 402
Jachin 374*	(45-49)/Raw
220 lbs.	Tondo! 496
Subs	POWERCURL
Swirlie 374*	148 lbs.
(60-64)/Raw	Open
Brodski 286	Sowards 135
(65-69)/Raw	220 lbs.
Turner 192	(60-69)
242 lbs.	Turner 125
(60-64)/Raw	242 lbs.
Meloche 270	(60-69)
Open	Meloche 115
Hoffman 485*	SQUAT
Open Unl.	242 lbs.
Hoffman —	(45-49)/Raw
275 lbs.	Tondo 496
(45-49)	
Hansen 424*	
Powerlifting SQ BP DL TOT	
165 lbs.	
(50-54)	
Harri 441* 352* 512 1305*	
220 lbs.	
(60-64)/Raw	
Wenzlaff 429* 226* 529* 1184*	
(40-44)/Raw	
Fox 551 347 523 1421	
Open	
Byrne 402 214 429 1045	
242 lbs.	
Subs/Raw	
Lopez 501 435* 584 1521	
Lifetime/Raw	
Lopez 501 435* 584 1521	
Subs	
Lopez! 606* 534* 600* 1741*	
(45-49)/Raw	
Tondo 496 253 496 1245	
275 lbs.	
(45-49)	
Ostrom 485 325 407 1217	
(45-49)/Unl	
Brammer 628 463 501 1592	
950-54)	
Ninaber 507 424 485 1416	

(Thanks to Troy Ford for the meet results)

NOVA Raw PL/BP
15 APR 06 - Sterling, PA

BENCH	DEADLIFT
198 lbs.	
(45-49)	
A. Patterson 405!	
275 lbs.	
Open	
S. Kuzma 505!	
MEN SQ BP DL TOT	
198 lbs.	
Open	
Beauchamp 450 335 515 1300	
220 lbs.	
(20-24)	
M. Makara 405! 300 585! 1290!	
4th-600!	
242 lbs.	
Open	
J. Reynolds — 380 580 960	
4th-610!	

!=NOVA raw records. Best Lifter: Michael Beauchamp. This was a high energy meet with good lifting. In the bench press, Arthur Patterson did 405 with at most an 18 inch grip in 198/45-49. Who knows how much he will lift if he moves his grip out. In open 275, Scott Kuzma benched 505 to set a new NOVA raw record. He displayed a lot of mental toughness. In the powerlifting, 198 Michael Beauchamp went 450-335-515-1300 and won best lifter in his second meet. Matt Makara was in the 220s with 405-300-585-1290 for three records in 20-24. Matt is a sports psychology major at West Virginia University. John Reynolds broke the record in 242 open deadlift with 610. Thanks to Mike Lambert and PL USA, and to Carl Seeker for the great awards. (thanks to John James for providing results)



Roger Ryan won Best AAPF Bench Press Award with a 611 lb. bench @ 275, 50 plus years of age, at the APF/AAPF Windy City Ironman.

APF/AAPF Windy City Ironman
7 JAN 06 - Willowbrook, IL

BENCH Only	I. Aliu	451
AAPF MEN	242 lbs.	
148 lbs.	Open	
Teen	Z. Mulder	—
A. Gordon 275	R. Luyando	749
165 lbs.	275 lbs.	
Open	Open	
D. Williams 385	T. Harrison	—
198 lbs.	P. Harris	—
Open	SHW	
P. Henry 380	Open	
220 lbs.	R. Vick	—
Master (60+)	AAPF WOMEN	
Anczerewicz 303	UNL	
Teen	Master (50-59)	
T. Hartley 242	S. Thomas	336
275 lbs.	DEADLIFT Only	
Master (50-59)	APF MEN	
R. Ryan 611	242 lbs.	
APF MEN	Open	
181 lbs.	C. Haigh	622
Open	Submaster	
A. White 402	H. South	534
198 lbs.	275 lbs.	
Open	Open	

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T. Harrison	584	114 lbs.	Teen	T. Runde	534	551	1085	Deadlift: Ernie Lilliebridge, Sr. Best AAPF Bench Press: Roger Ryan. Best APF Bench press: Rob Luyando. Best Ironman: Tony Runde. (Thanks to Eric Stone for results)
SHW			A. Quattrochi	E. Lilliebridge	314	540	854	
Open			Submaster	T. Quattrochi	363	440	804	
R. Vick	584		242 lbs.					USAPL Florida State
APF WOMEN		BP	Open	C. Haigh	—	622	—	4,5 FEB 06 - Ft. Myers, FL
Ironman		DL	C. Haigh	T. Harrison	—	584	—	WOMEN SQ BP DL TOT
AAPF MEN		TOT	275 lbs.	308 lbs.				123 lbs.
148 lbs.			Open					Collegiate
Master (60+)			E. Lilliebridge	507	705	1212		A. Jones 209
K. Anderson	203	286	556	SHW	181	99	237	110 264 584
198 lbs.			Open					148 lbs.
Open			R. Vick	—	584	—		Collegiate
R. Brault	347	463	810	AAPF WOMEN				J. Wiersma 181
Teen			165 lbs.	165 lbs.				165 lbs.
E. Lilliebridge, Jr	286	556	843	Open				Master (40-49)
Master (50-59)								J. Shiver 132
J. Hummel	303	402	705					181 lbs.
242 lbs.								Open
Master (40-49)								L. Jaskewicz 220
B. McConaughey	584	501	1085					C. Phillips 253
Teen								Master (50-59)
J. Hines	562	606	1168					C. Phillips 253
APF MEN								— 259 512
165 lbs.								
Teen								
J. Babiarz	242	402	644					
198 lbs.								
Open								

This meet took place at Velocity Sports Performance. Best Lifters: Best Female Deadlift: Tywania Brewton. Best Female Bench Press: Sidney Thoms Best Male



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Electrolyte Gum Tub-O-Quench Sports Gum 300 mg tub Reg. \$10.00 NOV \$27.00	Autographed Color Picture Of Rickey Dale Crain (8 x 10) \$7.00	Crane's Muscle World Embroidered Hat \$15.00	The Bag (leather fanny pack) \$15.00	Embroidered Beanie \$15.00	Neoprene Bar Pad w/ leatherette covering \$20.00					
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Tywania Brewton pulled 325 @ 181 lbs. to win the Best Female Deadlifter Award at the Windy City Ironman (photos Eric Stone)

132 lbs.	Collegiate			
B. Creel	330	248	336	914
148 lbs.	Open			
M. Romanello	484	—	468	953
165 lbs.	Open			
S. Tsuda	396	—	440	837
T. Nicolini	242	176	275	694
Master (60-69)				
T. Nicolini	242	176	275	694
Collegiate				
J. Walker	402	237	440	1080
181 lbs.	Youth (11-12)			
M. McLain	314	159	281	755
Master (60-69)				
P. Currey	358	308	402	1069
198 lbs.	Open			
V. Garcia	330	264	352	948
Collegiate				
M. Banach	358	38	402	1063
Walgurney	—	325	540	865
220 lbs.	Open			
L. Wallen	595	330	650	1576
J. Ulvang	545	363	584	1493
Collegiate				
C. Nygaard	446	270	485	1201
B. Markham	314	286	529	1129
Master (40-49)				
J. Ulvang	545	363	584	1493
R. Burch	462	374	578	1416
A. Decker	187	336	275	799
Master (50-59)				
D. Blinn	396	281	429	1107
Master (60-69)				
A. Speech	55	330	325	711
242 lbs.	Open			
J. Dundon	611	474	562	1647
C. Calvano	165	474	165	804
B. Getchell	606	501	606	1714
Collegiate				
Ogundausi	380	297	501	1179
N. Hernandez	385	325	451	1162
Master (40-49)				
J. Dundon	611	474	562	1647
Disabled				
T. Conquest	55	270	170	496
275 lbs.	Open			
A. Suarez	402	330	402	1135
Master (50-59)				
A. Suarez	402	330	402	1135
275+ lbs.	Open			
M. Nelson	418	143	600	1162
1162	(Thanks to USAPL for providing results)			

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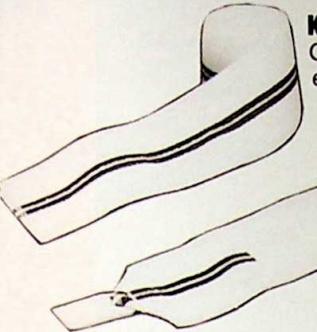
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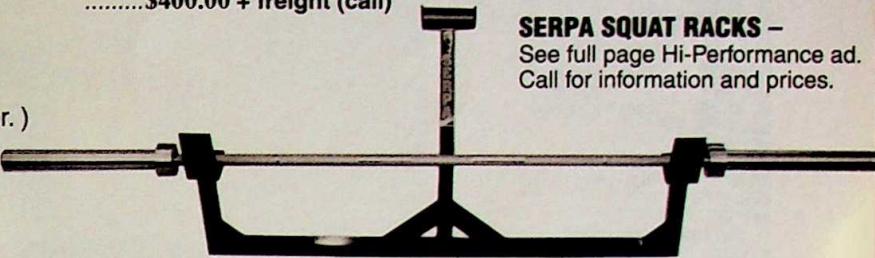
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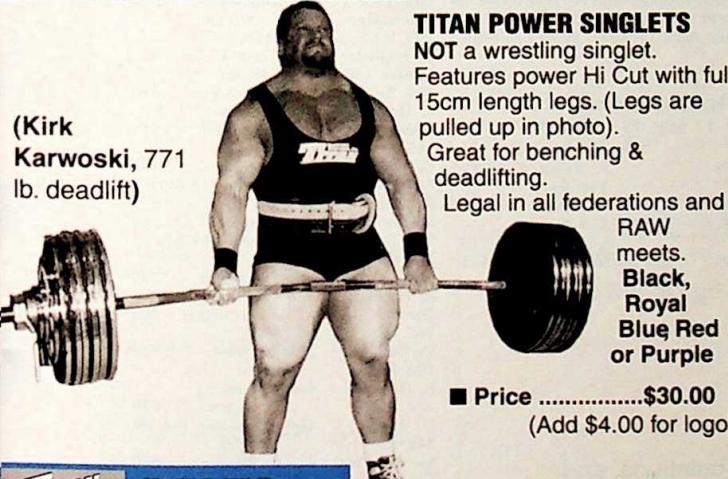
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USAPL T's:

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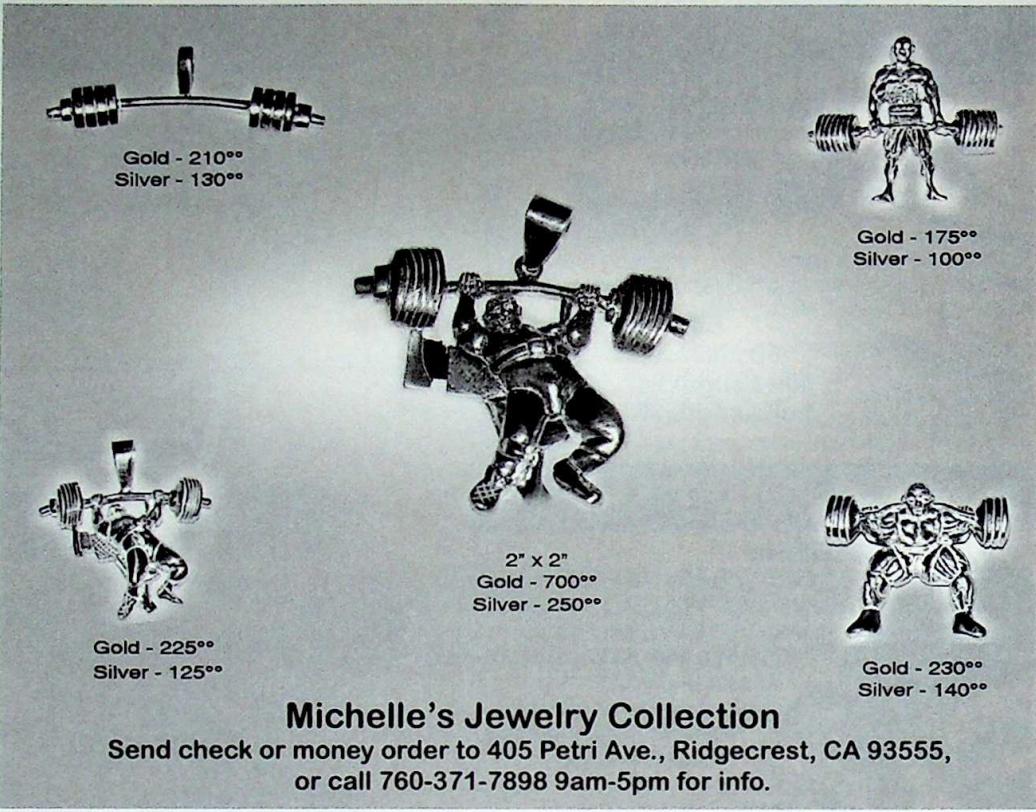
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APC Georgia State
8 APR 06 - Athens, GA

BENCH	Master (40-44)
MEN	220 lbs.
Open	D. Moore 468
198 lbs.	K. Dean 330
C. Minor	385
220 lbs.	A. Williamson 429
K. Dean	330
242 lbs.	Master (45-49)
W. Herman	451
A. Williamson	429
Teen (13-15)	Master (60-64)
114 lbs.	220 lbs.
C. Finch	154
181 lbs.	B. Coleman 372
M. Knight	248
Junior (20-23)	K. Rowan 281
198 lbs.	
M. Padgett	424
MEN	SQ BP DL TOT
Junior	
181 lbs.	
C. McClain	451
B. Chu	325
242 lbs.	363 281 523 1339
M. Harris	562
275 lbs.	369 600 1576
G. Williams	562
Teen (13-15)	418 562 1543
148 lbs.	
S. Smith	352
181 lbs.	231 369 953
R. Sims	325
275 lbs.	214 319 859
D. Bornhorn	314
Teen (16-17)	336 369 1019
148 lbs.	
R. Johnson	319
165 lbs.	226 319 865
T. Childress	319
220 lbs.	203 363 887
T. Shaffied	501
242 lbs.	336 529 1366
J. Decarish	341
Teen (18-19)	275 413 1030
165 lbs.	
W. Parrish	407
242 lbs.	314 407 1129
R. Smith	440
275 lbs.	336 518 1295
J. Strickland	650
Open	440 551 1642
181 lbs.	
G. Fields	749
198 lbs.	463 589 1802
D. Overbay	523
220 lbs.	281 474 1278
M. Driggers	650
220 lbs.	— — —
M. Brandon	749
242 lbs.	578 672 2000
T. Niblett	600
275 lbs.	407 622 1631
S. Roberts	507
309 lbs.	363 457 1328
T. Shaefer	540
J. Floyd	826
220 lbs.	341 — —
275 lbs.	578 672 1967



Hunter of the Jefferson Gym and Ben Howard of the Watkinsville Gym, for supplying the meet with the best spotter/loading I have ever seen. The table crew did their usual great job led by Michelle Clover and team. Thanks to APC State Chairman Mike Lanier, Jim and Sheila Rouse, and Tom Bowman for their expert help in the Judging Chairs. We will see all of you and more next year. Same place and same time April 14, 2007. (from L.B. Baker)

B. Nichols 428508 lbs.
A. Taylor 300 J. Heldt 350*
Teen (16-19)
M. Cordova 475 275 lbs.
Law/Fire T. Arthur 285*
Master (40-47) DEADLIFT
220 lbs. WOMEN
M. Kiusmack 415 Open
Law/Fire 148 lbs.
Submaster E. Stickler 245*
198 lbs. MEN
T. Hollister — Class 1
Master (40-46) 148 lbs.
198 lbs. F. Ramirez 430
F. Dena III 440 198 lbs.
Master (54-60) T. Eriksen 515
165 lbs. 220 lbs.
D. Cain 255 J. Avila 405
181 lbs. Master (54-60)
K. Cain 185 181 lbs.
Master (61-67) K. Cain 210
165 lbs. Master (61-67)
T. English 235 165 lbs.
SHW T. English 265*
R. Heldt 120 220 lbs.
Open Overholtzer 460*
165 lbs. SHW
C. Call 285 R. Heldt 300*
198 lbs. Open
F. Dena III 440 220 lbs.
220 lbs. D. Tracy 600
D. Tracy 460 Submaster (34-39)
242 lbs. 148 lbs.
M. Cordova 475 F. Ramirez 430
Submaster (34-39) 308 lbs.
148 lbs. J. Heldt 575*
F. Ramirez 285
220 lbs.

WABDL Nevada State
17 SEP 05 - Elko, NV

BENCH	148 lbs.
WOMEN	F. Ramirez 285
Open	198 lbs.
148 lbs.	T. Eriksen 380
E. Stickler	145* 220 lbs.
MEN	J. Avila 330
Class 1	M. Kusmack 425

*State Records. Raul Lopez was the meet director, and this was his first meet for WABDL. It was a modest beginning with about 22 lifters. Four Nevada state records were set in the deadlift: Thomas English, master 61-67/165 pulled 265, Ronald Heldt, master 61-67/super pulled 300, John Heldt, sub/308 pulled a good 575, and Elsie Stickler open women 148 elevated 245. Filemon Ramirez was above average with a 430 Idaho dead record in submaster. In master 61-67, Tommy Overholtzer pulled a California record 460 at 220. In the bench press, eight Nevada state records were set: Dennis Cain, master 54-60/165 with 255, Kelly Cain, Master 54-60/181 with 185, Thomas English, 61-67/165 with 235,

American Powerlifting Committee (APC)
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Ronald Heldt, master 61-67/super with 120, Cody Call open 165 with 285, Elise Stickler, open women 148 with 145, John Heldt, submaster 308 with 350, and Trevor Arthur, teen 16-19/275 with 285. I want to thank Raul Lopez for putting on a fun meet, in the Stockman's Casino. The food was great, from what I hear. (Thanks to Gus Relhwisch for providing the meet results)

WNPF Upstate New York 5 MAR 06 - Buffalo, NY

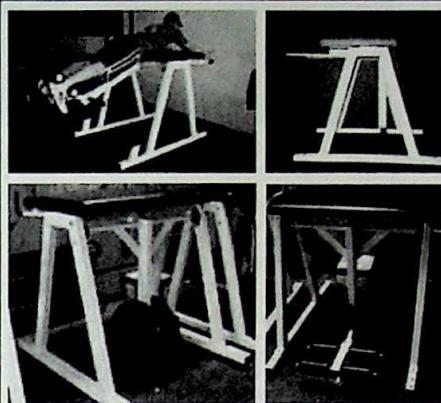
BENCH	123 lbs.
WOMEN	(50-54)
Raw	A. Kaukus 185*
181 lbs.	
Lifetime	
K. Moroni	115* MEN
Equipped	165 lbs.
123 lbs.	J. Didas 370*
(50-54)	(13-16)
A. Kaukus	E. Shill 470*
MEN	100* 181 lbs.
Raw	(75-79)
165 lbs.	O. Vanbuskir 345*
(13-16)	SQUAT
J. Didas	250* 123 lbs.
(35-39)	(50-54)
J. Sykes	225* A. Kaukus 150*
181 lbs.	MEN
Lifetime	242 lbs.
M. Akerley	335* Guest Lifter
(17-19)	P. Dick 750
T. Wilkenson	265* POWERCURL
Lifetime	MEN
B. Moroni	250 181 lbs.
(35-39)	(17-19)
J. Fiori	385* T. Wilkenson 115*
220 lbs.	198 lbs.
(60-64)	(17-19)
S. Shales	365* J. Didas 120*
242 lbs.	220 lbs.
(35-39)	Open
D. Lyle	365* J. Fiori 200*
(40-44)	
J. Mitchell Jr!	400*
(35-39)	
J. Hall	450*

DEADLIFT

WOMEN	Lifetime	
Ironman	BP	DL
Raw		TOT
MEN		
148 lbs.		
Youth		
P. Tronolone	70*	165* 235*
181 lbs.		
(40-44)		
T. Vanvalkenberg	330*	425* 755*
Equipped		
275 lbs.		
Lifetime		
J. Wnuk	515*	525* 1040*
SHW		
(40-44)		

M. Harling	420	500*	920*
WOMEN	SQ	BP	DL
Raw			TOT
165 lbs.			
(35-39)			
M. Schmidt	225*	110*	220* 555*
MEN			
Raw			
132 lbs.			
(45-49)			
K. Bealy	385*	210*	435* 1030*
198 lbs.			
Lifetime			
D. Fiori	500*	340*	525* 1365*
Novice			
D. Fiori	500*	340*	525* 1365*
Natural			
D. Fiori	500*	340*	525* 1365*
220 lbs.			
(40-44)			
R. Pearo!	603*	380*	575* 1585*
275 lbs.			
(35-39)			
D. Eddy	500	500	500 1500
SHW			
Lifetime			
Delorimiere	805*	365	525* 1695*
Equipped			
165 lbs.			
Lifetime			
J. Rosato	425*	345*	500 1270*
198 lbs.			
(13-16)			
M. Bellus	345*	165*	350* 860*
220 lbs.			

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Lifetime

A. Lewis! 575* 440 600 1615* (40-44)

Teen (17-19) 300 lbs.

Quackenbush! 505* 315* 500* 1320* (45-49)

242 lbs.

Lifetime

E. Dibari 530 400 500 1430 (35-39)

E. Dibari 530* 400* 500* 1430*

D. Lyle 450 365 440 1255 Police/Fire

E. Dibari 530* 400* 500* 1430*

275 lbs.

Lifetime

P. Land 425 250 400 1075 (40-44)

R. Francis 575* 450* 595* 1620*

300 lbs.

J. Schiemann 600* 360* 640* 1600*

*=State Records. !=Best Lifters. Again this

year, the Jewish Community Center was

the site for the WNPF Upstate New York

Competition. There were several state

records set by new and returning lifters.

In the equipped powerlifting divisions, 132

lbs. lifter Kenneth Beaty, set all new state

records, winning the masters division. 198

lb. David Fiori set 12 new state records,

taking three divisions, 1 the single ply

class. 220 lb. lifter Ron Pears returned to break his own records in the masters divisions, and took home best lifter. 275 lb. lifter David Eddy turned in strong lifts, winning the submasters division, and SHW Tom Delorimiere set all new records in the lifetime division, with the highest squat of the day. In the raw divisions, female Melinda Schmidt set the pace, setting all new state records. 165 lb. lifter Joe Rosato set all new state records in the lifetime, as did 198 lb. teen Mike Bellus. 220 lb. Al Lewis returned to up some of his records in the lifetime division, and took home best lifter. 220 lb. teen James Quackenbush put up some big numbers, setting all new state records and taking home best teen lifter. In the 242 lbs. class, Ed Dibari edged out David Lyle in the submasters division, setting all new state records. Dibari also set records in the police and fire division, and took first in the lifetime division. Lyle took home a first in the bench only division. 275 lb. Paul Land did some strong lifts in his first contest, in the lifetime division, and Robb Francis set all new state records in the masters division. Former Buffalo Bill John Schiemann set all new state records, with strong lifts in the 300 lb. masters class. In the Ironman events, all new state records were set by Paul Tronolone, Tim VanValkenberg, Jon Wnuk, and Maurice Harling. In the single lift events, female Arlene Kaukus set new state records in the squat, bench, and deadlift, in the equipped division. Female Kelly Moroni and husband Brian Moroni did strong lifts in the raw bench only, with Kelly setting a state record. Female lifter Hather Doviak, also set a state record in the raw deadlift. 165 lb. lifters Jamie Sykes and Jacob Didas set records in the raw bench, with Didas doing the same in the deadlift. State records were set by 181 lb. lifters Matt Akerley and Travis Wilkenson with Wilkenson doing the same in the powercurl. 198 lb. Jacob Newbauer and Jason Fiori set new state records in both the bench and powercurl. New state records were set by master lifters Scott Shales in the 220 lb. class, and James Mitchell Jr. in the 242 lbs. class. Mitchell also took home best lifter. 300 lb. submaster Joe Hall also set a new state record. Deadlift only masters Ed Shill and Owen Vanuskirk did some strong pulls, setting new deadlift records. The team champion went to Falls Fitness Factory, out of Niagara Falls, NY. This team included Jason and Dave Fiori, Tom Delorimiere, Travis Wilkenson, and Jacob Newbauer. A special thanks to Al Lewis and the center for their help in setting up this meet. And, thanks to all the lifters, spectators, and my crew, who make every meet a success. (results by Ron Deamicis)

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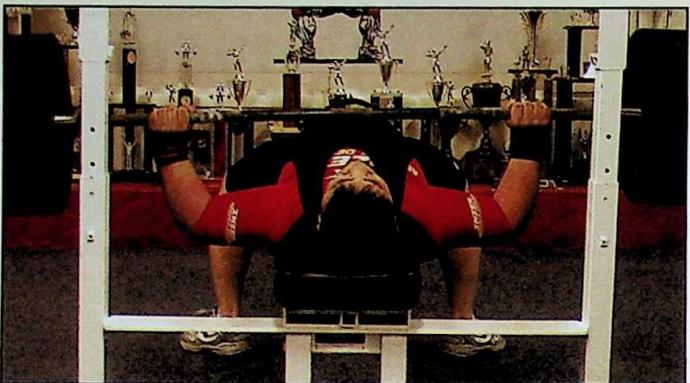
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I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or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

WNPF Western Penna
8 APR 06 - Beaver Falls, PA

BENCH	Open			
MALE	R. Gregory	140*		
Equipped	DEADLIFT			
165 lbs.	FEMALE			
Open	Raw			
C. Venturella!	390*	148 lbs. (35-39)		
181 lbs.	Lifetime	S. Piori	185*	
J. Williams	400	165 lbs. Lifetime		
220 lbs.		M. Hart	—	
(13-16)				
K. Beck	275	MALE		
300 lbs.		Raw		
Police/Fire		220 lbs.		
M. Lyons	415	(13-16)		
Raw		K. Beck	400	
181 lbs.		275 lbs. Lifetime		
Lifetime				
J. Williams!	400*	B. Hennebert	550	
(60-64)		Equipped		
J. Welch	290*	275 lbs. (35-39)		
198 lbs.				
Open				
Poffenberger	300*	M. Stas	550*	
220 lbs.		300 lbs. Police/Fire		
(50-54)		M. Lyons	430	
D. Lhota	370			
CURL				
MALE				
181 lbs.				
Ironman		BP	DL	TOT
MALE				
165 lbs.				
(14-16)/Raw				
R. Luklan Jr.	215	370	585	
Lifetime Raw				
L. Falconi	275	500	775	
SHW				
Police/Fire				
C. Cline	520	620	1140	
FEMALE	SQ	BP	DL	TOT
132 lbs.				
(65-69)				
Winkelblech	220*	100*	295*	615*
MEN				
114 lbs.				
(14-16)				
D. Worbel	230	140	210	580
181 lbs.				
Lifetime				
R. Gregory	305*	225*	465*	1025*
220 lbs.				
(35-39)				
B. Worbel	380	340	415	1135
242 lbs.				
Lifetime				
R. Burruss!	710	500	610	1820
J. Jones	615	435*	535	1585
275 lbs.				
(35-39)				
J. Prilla	475*	430*	480*	1385
(55-59)				
C. Evans	375*	335*	425*	1135*
300 lbs.				
Lifetime				
J. Peshek	760	700	600	2060
SHW				
(40-44)				
H. Kress	660*	400	500	1560
Raw				
123 lbs.				
Lifetime				
G. Zeolla	385*	190	400	975
(40-44)				
G. Zeolla	385*	190*	400*	975*
148 lbs				
(14-16)				



Toshimi Haraguni benched 450 in the Drug Tested Open 220s at the APA Eastern US Open. (photos provided by courtesy of Scott Taylor)

APA Eastern US Open
25 MAR 06 - Hanover, PA

BENCH	T. Battaglini	580
FEMALE	A. Criss	425
132 lbs.	Junior	
M. Jamieson	140	E. Merryman 500
MALE		4th-525
Subteen (11-12)	CURL	
N. Robertson	65	
4th-70	FEMALE	
Junior	132 lbs.	
E. Merryman	450	H. Austin 85
Submaster		
A. Criss	405	Subteen (11-12)
Master I		N. Robertson 35
D. Alba	365	Junior
Open		
148 lbs.		J. Bosley Jr. 140
J. Gelnett	360!*	B. Robertson 165
242 lbs.		J. Bosley 165!
E. Merryman	450	S. Grossman 140
DEADLIFT		Open
MALE		242 lbs.
Submaster		B. Robertson 165
SQ	BP	DL TOT

Powerlifting
MALE
Junior

N. Puorro	530	430	500	1460
4th-SQ-560				

Open
220 lbs.

A. Abbott	455	225	425	1105
Push Pull				

MALE
Teen (18-19)

M. Bloom	305	425	730
Open			

220 lbs.

T. Haraguni	450	500	950
This event was held in Hanover Pennsylvania and drew competitors from 7 states including West Virginia, Delaware, Maryland, Virginia, New York, Connecticut, and Pennsylvania. I would especially like to thank Dan from Club 2000 and the spotters he provided for all their assistance at making this a memorable event, Bill Duncan who drove a great distance to officiate at the event, and Len Walker who hauled a bunch of meet equipment including the Amerilift from Virginia and officiated the entire day. The events at Club 2000 are very well organized and the facility goes out of its way to make powerlifting a welcome event. We will be lining up more meets in Hanover, PA in the very near future. Happy lifting. (Thanks to Scott Taylor, APA President, for results)			

NASA New Mexico State
22 APR 06 - Rio Rancho, NM

BENCH	M. Mahone	314
WOMEN	Open	
132 lbs.	M. Mahone	314
Master III	Novice	
S. Sermay	110	M. Mahone 314
Raw	Natural	
132 lbs.	M. Mahone	314
Master IV	Master II	
M. Hudson	71	G. Gallagher 314
MEN	198 lbs.	
165 lbs.	Open	
Submaster I	A. Wolf	446
M. Mahone	314	Master III
Pure		J. Moskowitz 336
M. Mahone	314	High School
Police/Fire		A. Baucom 308

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World Bench Press & Deadlift Championships
Reno, Nevada - 2005

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Nic Puerro (Junior/198) got a CT record 560 squat on a fourth attempt at the APA Eastern US Open.

J. Mitchell	275	A. Shields	424
220 lbs.	M. Butkovich	352	
Submaster Pure	Master II		
K. Parker	C. Amerson	363	
Master I	Master V		
G. Schuster	A. Shields	424	
Master V	M. Butkovich	352	
G. Schuster	Raw		
242 lbs.	181 lbs.		
A. Shields	Pure		
Open	D. Torrez	352	
A. Shields	T. Kennedy	369	
Novice	J. Salazar	314	
A. Shields	Master IV		
Natural	E. Keen	143	
A. Shields	4th-SQ-148		
Master I	Master III		
Push Pull	E. Waugh	143	
WOMEN	MEN		
132 lbs.	132 lbs.		
Master III	High School		
S. Sermay	E. Romero	226	
	BP DL TOT	110 203 314	

165 lbs. Master III E. Waugh	93	209	303	T. Padilla	253	170	352	777	Intermediate
148 lbs. High School				J. Shomaker	352	209	341	903	G. Lewis
132 lbs. High School				A. Ramsey	314	253	369	937	407
181 lbs. Master III	192	319	512	R. Carr	226	198	336	760	297
J. Cole	220	418	639	Submaster Pure					407
Master V				C. Valencia	451	297	451	1201	242
B. Ammerman	396	507	903	T. Duran	407	226	446	1080	242 lbs. Master III
198 lbs. Junior				Intermediate					J. Whitlow
D. Pak	352	451	804	T. Thacker	203	132	325	661	429
220 lbs. Submaster I				Junior					325
K. Parker	—	—	—	M. Grado Jr.	303	259	424	986	457
Pure				Novice					DL
B. Koski	319	407	727	M. Fitts	—	—	—	—	1212
Submaster Pure				181 lbs. Master II					WOMEN
B. Koski	319	407	727	E. Duran	424	308	457	1190	97 lbs. Youth
Novice				B. Ammerman	523	396	507	1427	A. Romero
B. Koski	319	407	727	198 lbs. High School					49
242 lbs. Master I				E. Nelson	407	242	407	1058	123 lbs. Novice
M. Butkovich	352	518	870	220 lbs. Master I					M. Steinauer
Powerlifting	SQ	BP	DL	J. Berlin	501	446	474	1422	55
WOMEN				G. Schuster	—	—	—		104
165 lbs. High School				242 lbs. Master V					226
S. Moretti	55	71	159	E. Striepeke	490	352	501	1344	385
181 lbs. High School				275 lbs. Master I					Master III
S. Hand	143	115	242	J. Tie	407	297	451	1157	B. Williams
Raw				308 lbs. Master V					66
132 lbs. Raw				R. Antilla	622	407	512	1543	181 lbs. Submaster Pure
132 lbs. High School				181 lbs. Raw					R. Romero
D. Torrez	253	192	319	E. Keen	143	104	214	463	148
165 lbs. Master II				198 lbs. Pure					281
A. Ramsey				D. Torrez	507	352	474	1333	451
165 lbs. Master II				198 lbs. Raw					881
J. Salazar				N. Garcia	407	286	468	1162	J. Cole
Master IV				198 lbs. Teen					110
B. Hudson				N. Garcia	407	286	468	1162	220 lbs. Novice
143				N. Garcia	407	286	468	1162	B. Koski
Master III									159
E. Waugh	143	93	209						319
MEN									407
132 lbs.									887
High School									(results courtesy Mike & Teale Adelmann)
E. Romero	226	154	303						
110 203 314									

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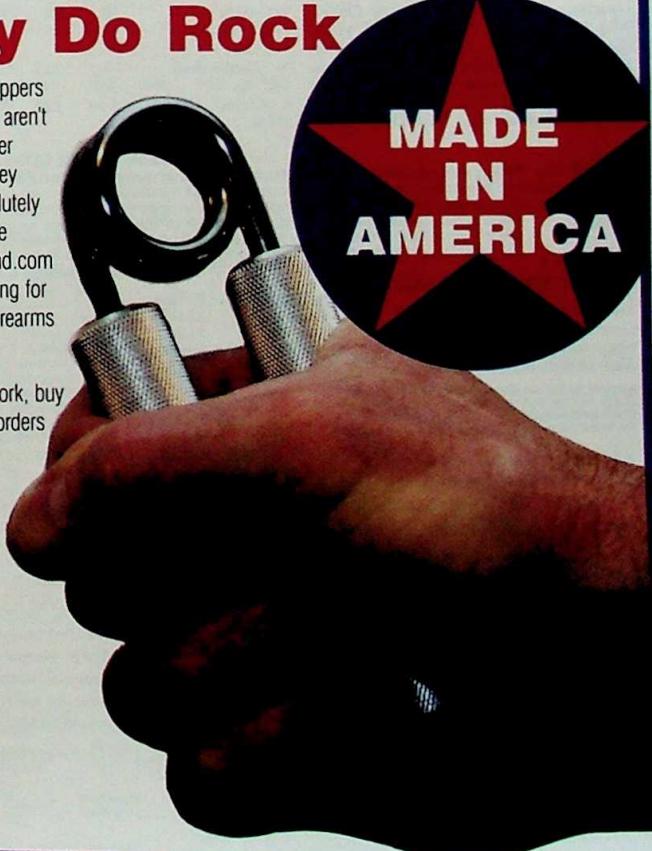
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**AAU Bench Press Nationals
25 MAR 06 - Baltimore, MD**

BENCH	Open	
FEMALE	K. Mattson	505
123 lbs.	Raw/Open	295
Raw/Open	M. Rowe	295
R. Moore	145 Master (40-49)	
Raw/Master (35-39)	K. Mattson	505
R. Moore	145 Master (50-59)	
MALE	J. Roberts	350
97 lbs.	Raw/Master (50-59)	
Raw/Youth (10-12)	D. Lhota	370
N. Litowsky	95 Master (60-69)	
105 lbs.	B. Arnold	380
Raw/Youth (10-12)	Raw/Military	
J. Bingham	120 M. Rowe	295
114 lbs.	242 lbs.	
Raw/Open	Raw/Open	
N. Litowsky	95 C. Junirs	425
148 lbs.	Raw/Teen (13-15)	
Raw/Master (35-39)	P. Collins	125
P. Parks	250 Raw/Master (35-39)	
Matthews Jr.	195 M. Herczak	365
165 lbs.	Raw/Master (40-49)	
Raw/Open	T. Matthews Sr.	400
T. Spartana	275 Master (50-59)	
Raw/Master (35-39)	J. Flynn	325
T. Spartana	275 lbs.	
181 lbs.	Open	
Open	P. Andrich	475
M. Bingham	390 Raw/Open	
Raw/Teen (13-15)	C. Bothwell	450
Matthews Jr.	355 Raw/Law/Fire	
Raw/Teen (16-19)	C. Bothwell	450
A. Lebrun	240 Master (35-39)	
Master (40-49)	P. Andrich	475
M. Bingham	390 Raw/Master (35-39)	
Law/Fire	C. Bothwell	450
M. Bingham	390 Master (40-49)	
Raw/Master (70-79)	C. Stephenson Jr.	
L. Atkinson	135 470	
198 lbs.	Raw/Master (40-49)	
Open	T. Quinn	375
R. Marrama	535 Master (50-59)	
M. Jones	415 B. Borofsky	335
W. Patrick	415 Master 970-79)	
Law/Fire	D. Joy	300
W. Patrick	415 308 lbs.	
Master (35-39)	Raw/Open	
W. Patrick	415 D. Adams	480
Junior	Open	
R. Marrama	535 R. Dryden	375
Military	Master (35-39)	
R. Marrama	535 R. Dryden	375
198 lbs.		

Location of Event: Best Western Conference Center, Meet Director: Brian Washington. Officials: Roger Ernst, Roger Shanks, Kenny Davis, & Brian Washington. Announcer: John Mogavero. Spotter: Larry Walker & Tim Guardino. Door: Erica & Amanda Nix. Best Lifter Open: Erica & Amanda Nix.



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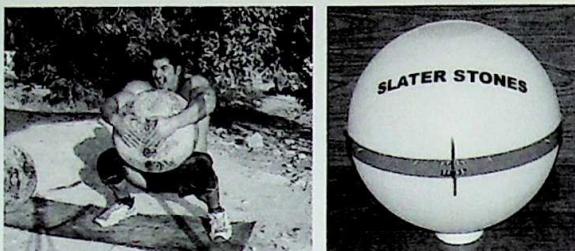
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Rick Marrama, Leominster, MA. Best Lifter Raw: Davin Adam, N. Wilkesboro, NC. Best Female Lifter: Regina Moore, Stafford, VA. New World Records: Nathan Litowski; Jake Bingham; Regina Moore; James Matthews Jr.; Mark Matthews Jr.; Rick Marrama; Charles Bothwell, and Davin Adams. (Results by Brian N. Washington, President USBF, Official Club of the AAU, and Maryland AAU State Chair)

Teen (12-13)
Teen (14-15)
Teen (16-17)
Teen (18-19)

Teen (12-13)
Teen (14-15)
Teen (16-17)
Teen (18-19)

R. Deutsch
220 lbs.
M. Rambo
275 lbs.
T. McClafferty
250 lbs.
C. Nase
235 lbs.
S. Moser
240 lbs.

— 420 420
— 375 375
— 250 250
— 235 235
— 480 480
— 220 lbs.
F. Riccardi
Open
123 lbs.
L. Matin
148 lbs.
B. Romanelli
135 430 745
M. Gaal
145 215 360
165 lbs.
D. Grega
— 300 300
B. Legg
220 325 545
C. Spairana
110 220 330
C. Colondrillo
275 520 795
J. Look
255 — 255
181 lbs.
G. Maurer
175 275 450
K. Miller
205 290 495
W. Feld
— 600 600
F. Rodriguez
260 450 710
198 lbs.
G. Distasio
— 505 505
M. Delsingore
38 550 588
M. Arrington
— 505 505
220 lbs.
B. Farhenfeld
— 640 640
M. Georgiar
380 — 380
S. Rambsey
— — —
S. Brey
440 — 440
242 lbs.
T. Skelly
450 — 450
C. Russo
430 — 430
D. Konek
400 — 400
275 lbs.
F. Ruch
490 — 490
M. Sayegh
320 425 745
R. Sott
500 — 500
319 lbs.
J. Schwartz
370 535 905
B. Tois
— 500 500
Master (45-49)
220 lbs.
P. Darbouze
440 — 440
Master (50-54)
165 lbs.
B. Legg
220 325 545
T. Shellhammer
285 425 710
198 lbs.
J. Tressler
380 380 380
Master (60-64)
148 lbs.
I. Bonacci
195 400 595

(Thanks to Rob Eckhart for these results)

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

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

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

Member's Signature _____
Parent/Guardian Signature _____

APA Southeast Regionals
18 MAR 06 - Piedmont, SC

BENCH		W. Lewis	400	
FEMALE		308 lbs.		
UNL		Junior (20-23)		
Open		R. Hoots	425	
Pole-Summers 531!*	DEADLIFT			
MALE	MALE			
198 lbs.	242 lbs.			
Submaster	Teen (18-19)			
M. Pritchard	502	K. Thomas	385	
242 lbs.	Master (60-64)			
Master (40-44)	J. Raines	605!*		
H. Wotring	540	308 lbs.		
E. Hubbs	495	Teen (18-19)		
Master (45-49)	W. Johnson	560!*		
K. Williams	430	UNL		
275 lbs.	Master (40-44)			
Submaster	W. Johnson	630		
MALE	SQ BP DL TOT			
181 lbs.				
Teen (16-17)				
A. Wotring	325	200	400	925
Open				
C. Atherton	620!*	340	585	1545
198 lbs.				
Master (50-54)				
L. Henderson	485	55	450	980
Master (65-69)				
T. Walters	375	105	350	830
Open				
E. Keiper	585	375	485	1445
S. Whaley	620	345	550	1515
Open/(40-44)				
S. Moore	650	515	500	1665!*
	4th-BP-525			

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242 M40-44 class. Eric took 1st with a bench of 495, followed by Killer with a bench of 430. Adam Dietterick benched a huge PR of 315 in the Men's 220 open. George Rollins had a good day in the Men's 242 open squatting 460, benching 345 and deadlifting 1250. Good job George! I can't wait to see more of you. I was also impressed to see George's wife, Rebekah, lifting off to him in the bench. Great team! There was some very strong lifting in the Men's 275's. Tim Mahoney, in his first meet, squatted 600, benched 350, and deadlifted 540. He handled himself like a veteran lifter. Troy Nash had a very good day. Coming back from bicep surgery and tons of rehab, he lifted like a pro. Troy took the WR and SC record in the Men's 275 open DT squat with a squat of 830. He also took back the SC State DL record with a 640 pull, and took the SC State Total record with 1820, enough to total Masters. Congratulations Troy! Willis Lewis was the sole member of Chip's Power Plant, and he benched a nicely done 400 in the 275's. One of my partners, Reo Hoots, had a good bench day as well. He took the SC State Record in the Men's Jr. 308's with a 50 lb. PR bench of 425. Wade Johnson was there and lifting without a care in the world. He calmly benched a PR of 630 and just missed 650 at lockout. We had some very strong deadlifters in the field. In the DL only, first time Kirk Thomas deadlifted a 385 raw. James Raines took a new World Record with a huge DL of 605. He is 60 years old and weighed in at 231. Wes Johnson also took a WR with a deadlift of 560. Not to be outdone by his son, Wade deadlifted 630 (good number for him!). Wade weighed in at a slim 316. Last but not least, our sole female lifter was none other than Shannon Pole-Summers on the hunt for a new WR and PR in the UNL class. She opened with 475, moved up to 500 and a third of 531. She took a fourth of 550 and came very close. Incredible lifting! Thanks to all that helped



Charlie Etherton got a 620 squat at 181 in the APA Southeast Regionals (photograph provided by courtesy of Kathryn Taillon)

me out. Bart Kelley, Brad Kelley and Mark Pritchard. You three have always been there for me and I love all three of you! Wade Johnson, Wes Johnson, Melissa, Mr. Bill and Rebecca came all the way from Nashville just to help me out. I am truly honored. Thank you Reo, Adam Dietterick, Carl Stanley, Shannon Pole Summers, Carl Summers, for spotting, cleaning up, moving equipment and judging. Survivor people Steve Moore, Mikki Free and Chris Liles thanks for all your help spotting and cleaning up. (results courtesy Kate Taillon)

	J. Williams	650	435	611	1697
D. Waddell	595	463	606	1664	
J. Scott	578	424	611	1614	
E. Hoskinson	485	424	463	1328	
R. Geyer	468	275	440	1185	
Open/Master I					
M. Bennett	518	352	683	1554	
Master II					
F. Richart	485	297	551	1333	
Master VI					
C. Manis	192	213	330	733	
Junior					
D. Widman	352	29	418	1074	
GL					
K. Knox	496	341	534	1372	
242 lbs.					
Open/Master I					
E. White	622	523	622	1769	
Open					
D. Baldwin	551	424	523	1510	
R. Riley	617	—	—	617	
Master II					
G. Mendoza	451	341	435	1229	
Master III					
J. Graham	606	303	606	1515	
Junior					
A. Ramos	529	374	507	1410	
C. Owens	—	—	—	—	
275 lbs.					
Open					
A. Gholson	485	451	474	1410	
W. Williams	501	352	545	1399	
T. Gauthier	672	—	—	672	
G. Sutton	529	—	—	529	
GL					
B. Flannery	485	341	507	1333	
SHW					
Open					
R. Lamont	545	440	507	1493	
Team Champions: Phantom Warriors, Ramstein AFB Germany. (courtesy USAPL)					

USAPL Plainwell Qualifier
4 FEB 06 - Plainwell, MI

	WOMEN	SQ	BP	DL	TOT
Teen I					
105 lbs.					
R. Shankster	185	100	205	490	
114 lbs.					
K. Douglas	135	100	200	435	
H. McFannin	205	85	185	475	
123 lbs.					
J. Steele	225	115	225	565	
Teen II					
123 lbs.					
A. Monawec	180	95	210	485	
MEN					
Teen I					
123 lbs.					
Z. Wood	270	160	300	730	
148 lbs.					
C. Mossman	335	195	350	880	
165 lbs.					
L. Hoffman	405	245	440	1090	
181 lbs.					
Z. Newmeyer	360	250	355	965	
Teen II					
148 lbs.					
D. Schuessler	370	295	405	1070	
165 lbs.					
D. Robyler	335	230	430	995	
220 lbs.					
SHW					
J. Cannon	500	315	550	1365	
Team Champions: Phantom Warriors, Ramstein AFB Germany. (courtesy USAPL)					

(Thanks to USAPL for providing results)



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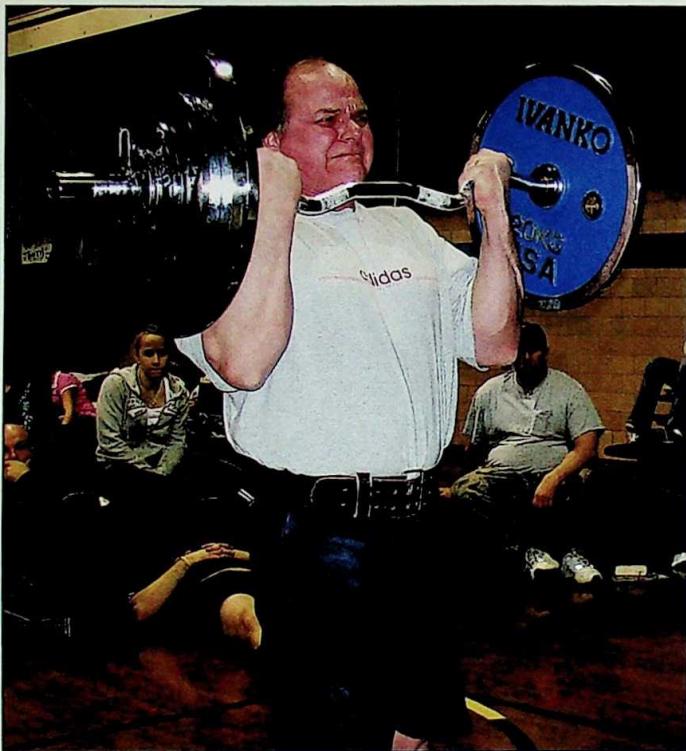
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**APA Vermont Winter BP
12 MAR 06 - Burlington, VT**

BENCH	J. Bonilla	155
WOMEN	Open	
165 lbs.	J. Sodano	169
Master (40-44)	c. Jenkins	272
Open	Submaster	
J. Cabot 70	N. Hughes	184
Master (45-49)	242 lbs.	
Open	Teen (16-17)	
J. Gardner 107	M. Gordon	132
MEN	Open	
132 lbs.	L. Cissorelli	193
Open	275 lbs.	
R. Gage 102	Master (40-44)	
148 lbs.	K. Clark	—
Teen (16-17)	SHW	
J. Staples 77	Open	
C. Dober 93	C. Cadorette	180
Junior (20-23)	4th-184	
E. Hoffmann 84	CURL	
165 lbs.	WOMEN	
Teen (13-15)	165 lbs.	
Open	Master (45-49)	
D. Currier 107	J. Gardner	30
Teen (16-17)	4th-32	
N. Disiomi 89	MEN	
Master (40-49)	148 lbs.	
P. Steinman 123	Teen (16-17)	
181 lbs.	C. Dober	50
Teen (16-17)	Junior	
D. Anneser 181	E. Hoffmann	48
Teen (18-19)	165 lbs.	
R. Glissman 103	Teen (13-15)	
Master (45-49)	D. Currier	46
S. Dassault 218	Teen (18-19)	
Master (65-69)	R. Glissman	58
M. Caselli 155	181 lbs.	
Open	Master (45-49)	
D. Markey 149	B. Kernoff	64
M. Berby 180	Open	
4th-182	M. Berby	69
Submaster	Submaster	
R. Daley 211	K. Hatin	65
198 lbs.	198 lbs.	
Teen (16-17)	Teen (16-17)	
N. Fox 115	D. Anneser	83
Open	Master (50-54)	
J. Matta 193	Hagerstrom	58
220 lbs.	4th-60	
Teen (16-17)	Open	
T. Gordon 120	J. Matta	66
Teen (18-19)	Submaster	
M. Flynn 175	P. Reynolds	60
Master (49)	220 lbs.	
Open	Teen (18-19)	
K. Mattson 250	M. Flynn	69
Teen (18-19)	Open	
W. Parker 91	K. Mattson	82
B. Cozier 151		
Junior (20-23)		

(Thanks to Brett Kernoff for these results)



Ken Mattson curled 180 at the APA Vermont Winter contest, about 1/3 of what he bench pressed - 551 lbs. (photo courtesy Bret Kernoff)

meet was held at the Pickaway County Fairgrounds Coliseum. The venue was spacious and provided great spectator viewing from the bleachers. The local cable station taped the meet from three different camera angles and broadcast it on television. We had free drinks for lifters, pizza, raffles, BL prizes, and a professional DJ. Some notable lifting was by Richard Douglas who hit his first 400 bench in the teen division, Jay Fry broke the 198 state record with 650, Mike Wolfe broke the SHW state record with 830, Rich Donley lifted a PR 405 at 154 bodyweight, Dave Raines hit a PR with 595 in the 308 class, Rock Lewis won the 242 class with a raw bench of 550, and Kevin Elick hit a PR 500 in the 220 class in only his second meet. The Women, Teen, and five Masters divisions were awarded placement based on formula. We had some awesome sponsors this year. APT ProWristStraps, Inzer Advance Designs, BulkNutrition.com, and Chemically Engineered. These companies provided tons of gear for the raffle we held during the meet and prizes for Best Lifters. Powerlifting USA provided free magazines. House of Pain was also present, selling t-shirts. Thank you sponsors! It is your support that turns a good meet into a GREAT meet. Circleville Barbell would also like to thank the APF chairman, Rob Twining and Powerquest, John Kelly for doing a kick-butt job running the scoretable, Mike Miller for rockin' the house, the rest of the Headhunter crew and APF judges. You made the meet run as smooth as I've ever seen. Look for this meet to be even bigger next year. (results from Jon Elick)

Collegiate

132 lbs.	S. Aoyagi	355	280	375	1010
W. Lee	380	225	400	1005	
M. Nash	330	245	375	950	
148 lbs.	J. Piccione	345	245	435	1025
M. Acosta	395	280	460	1135	
165 lbs.	M. Dyer	430	320	470	1220
A. Beatty	330	270	375	975	
S. Schultz	405	275	500	1180	
181 lbs.	J. Leone	450	395	585	1430
198 lbs.	W. Garner	440	440	570	1450
M. Ladner	500	315	600	1435	
E. Martin	440	265	560	1265	
L. Lepri	425	295	530	1250	
220 lbs.					



Randy Butcher, Dr. Charles Price, and Doug Phillippe pose with their awards from the Illinois State meet in front of Son Light Power headquarters. (photo provided by the courtesy of Dr. Darrell Latch)

**26th APF Central Ohio
25 MAR 06 - Circleville, OH**

BENCH	C. Smith	—
WOMEN	275 lbs.	
Hardbarger 140	D. Welch	660
MEN	G. Weaver	635
Teen	J. Vest	500
R. Douglas 400	S. Greene	—
D. Weaver 480	R. Valentine	—
B. Boggia 405	308 lbs.	
Open	D. Raines	595
165 lbs.	P. Key	—
R. Donley 405	B. Myers	—
R. O'Neal 365	SHW	
181 lbs.	M. Wolfe	830
B. Baker 330	T. Fletcher	—
198 lbs.	Masters (40-44)	
J. Fry 650	J. Ritzler	505
J. Bailey 435	B. Sowers	—
J. Elick —	T. Russell	—
220 lbs.	(45-49)	
S. Boardman 600	R. Largent	—
K. Elick 500	R. Largent	(50-54)
R. Largent —	S. Anderson	—
242 lbs.	S. Anderson	(55-59)
R. Lewis 550	J. Vest	325
M. Chenos 545	L. Champion	140
J. Bernal 500	M. Brown	385
S. Schaeffer —	L. Laughli	250
T. Ball —	S. Scarlato	245
Best Lifter Light: Jay Fry. Best Lifter Heavy: Mike Wolfe. Circleville Barbell hosted the 2006 APF Central Ohio Benchpress Championships. The event featured some great lifting this year, and everything was done in grand fashion. The	L. Dugan	280
	K. Mandelkow	280
	SHW	195
		320
		795

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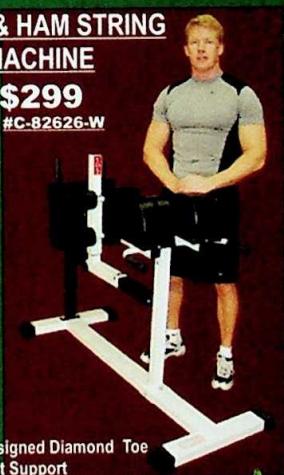


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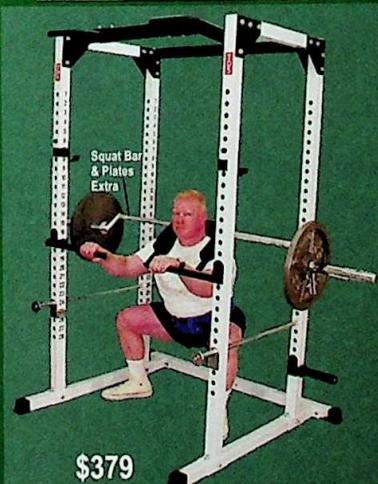
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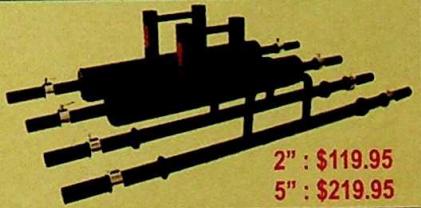
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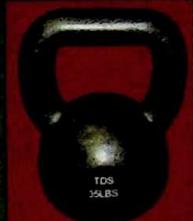
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5" : \$219.95

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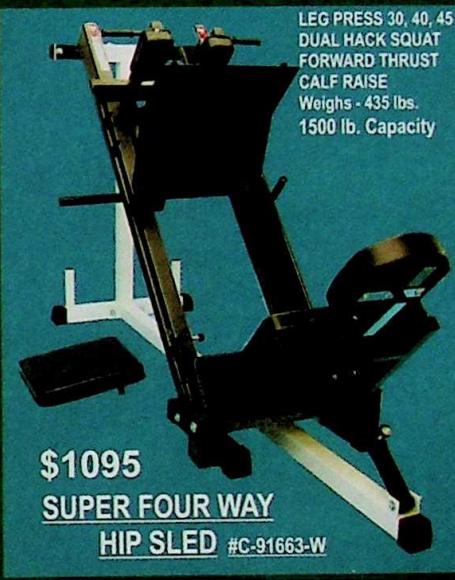
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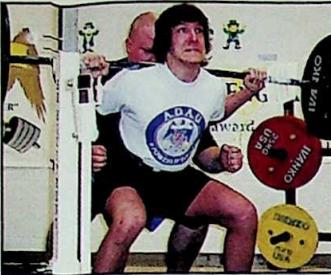
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ADAU Maryland State
25 MAR 06 - Hagerstown, MD

SQUAT	165 lbs.
WOMEN	Teen (18-19)
114 lbs.	A. Susmarski 209
Teen (14-15)	Junior (20-23)
N. Kinard 143	M. Miner 253
132 lbs.	181 lbs.
Junior (20-23)	Open
A. Hunter 170	M. Carson 264
Master (40-44)	Open
R. Douglas 181	M. Lishinski 319
4th-214	S. Shuck 358
148 lbs.	4th-363
Master (40-44)	Teen (16-17)
L. Hagmann 110	J. Light 231
SHW	A. Swisher 259
Open	Junior (20-23)
J. Krantz 176	K. Oaks 264
Master (60-64)	Master (45-49)
Snowberger 165	R. Patterson 209
MEN	Master (55-59)
148 lbs.	E. Lough 220
Open	Master (60-64)
G. James 374	D. Junkins 226
Teen (14-15)	198 lbs.
W. Seeaffer 192	Open
165 lbs.	D. Thompson 248
Teen (14-15)	J. Caola 281
T. Moon 292	C. Contakos 286
Teen (18-19)	Teen (18-19)
A. Susmarski 303	M. Thopson —
181 lbs.	Master (40-44)
Teen (18-19)	M. Sones 314
J. Moon 330	Master (45-49)
4th-341	K. Oaks 308
Junior (20-23)	Master (55-59)
Houseknecht 336	D. Thompson 237
Master (45-49)	Danchko 264
R. Patterson 231	Master (70-74)
Master (55-59)	S. Contakos 93
E. Lough 308	220 lbs.
Master (60-64)	Open
D. Junkins 286	M. Masland 319
198 lbs.	Teen (8-9)
Open	N. Amstone 104
D. Thompson 314	Youth (10-11)
J. Caula 325	N. Kinard 187
198 lbs.	L. Harmon 336
Open	A. Wachter 292
J. Orengia 369	Master (65-69)
4th-380	R. Dahlammer 253
C. Contakos 485	Master (70-74)
Master (55-59)	L. Burton 203
J. Orengia 369	4th-214
4th-380	242 lbs.
Master (70-74)	Open
S. Contakos 148	E. Danchko 363
220 lbs.	E. Korhart 429
Open	Master (45-49)
McCammon 529	D. Reeder 402
Teen (16-17)	275 lbs.
N. Kinard 303	Open
Teen (18-19)	G. Hess 330
J. Berkheimer —	Teen (16-17)
319 lbs.	G. Murtorff 264
Open	4th-277
D. Corridorean 644	Master (40-44)
Teen (16-17)	D. Cosentine 314
M. Cosentine 275	319 lbs.
BENCH	Open
WOMEN	M. Moyer 352
114 lbs.	R. Sank 407
Teen (14-15)	D. Corridorean 424
N. Kinard 71	Teen (16-17)
132 lbs.	M. Cosentine 330
Teen (18-19)	Master (45-49)
E. Steimling 93	R. Shank 407
Master (40-44)	DEADLIFT
R. Douglas 132	WOMEN
148 lbs.	114 lbs.
Master (40-44)	Teen (14-15)
L. Hagmann 88	N. Kinard 209
165 lbs.	132 lbs.
Submaster (35-39)	Teen (18-19)
C. Gaskill 137	E. Steimling 214
Master (55-59)	Master (40-44)
A. Gill 82	R. Douglas 248
MEN	148 lbs.
66 lbs.	Master (40-44)
Youth (8-9)	L. Haggmann 176
N. Amstone 33	165 lbs.
Youth (10-11)	Open
C. Amstone 44	Submaster (35-39)
132 lbs.	C. Bitner 270
Teen (18-19)	SHW
J. Kreiser 165	Open
148 lbs.	J. Krantz 242
Teen (14-15)	Master (60-64)
W. Sheaffer 165	Snowberger 176
66 lbs.	MEN



Brothers Thomas Moon (squatting) and Josh Moon (deadlifting) lifting at the ADAU Maryland State Single Lift Championship. (Kevin)



Youth (8-9)	Teen (18-19)
N. Amstone 104	J. Moon 451
Youth (10-11)	Junior (20-23)
C. Amstone 115	Houseknecht 440
4th-126	Master (45-49)
148 lbs.	R. Patterson 374
Teen (16-17)	Master (55-59)
M. Schneider 391	E. Lough 385
165 lbs.	Master (60-64)
Open	D. Junkins 402
J. Stater 507	198 lbs.
Teen (14-15)	Open
396	J. Caola 352
4th-413	C. Contakos 507
Teen (18-19)	Master (55-59)
A. Susmarski 385	Danchko 468
Junior (20-23)	Master (70-74)
M. Miner 363	S. Contakos 231
181 lbs.	220 lbs.
Open	Open
M. Carson 380	M. Masland 374



Jenny Krantz poses with Meet Director Kevin Prosser (who provided these photos) at the ADAU Maryland State Single Lift Championships

Teen (16-17)

N. Kinard	319	275 lbs.
L. Harmon	551	Open
Junior (20-23)	—	Grandinetti 474
D. Volokov	—	Teen (16-17)
A. Wachter	418	G. Murtorff 358
242 lbs.	242 lbs.	Master (45-49)
Open	Open	P. Kelley 501
E. Danchko	584	319 lbs.
Master (50-54)	319 lbs.	Open
R. Hill Jr.	518	M. Moyer 650
D. Corridorean	700	This meet went well with 65 lifters attending. The room was not large enough for all of the lifters and spectators, and the air conditioner had trouble keeping up. The PA system also was lacking in volume, and no one could hear very well. Despite that, I got a good bit of positive feedback. There were numerous American and state records set at this meet, so despite the heat and cramped conditions, things went well. I was surprised at the turnout. My first meet in June of 2005 was a 25-lifter event. This was quite a pleasant surprise. I had all of the support that the ADAU provides, with top rate judges, excellent spotter loaders, and superb table help. I would like to thank all of those who donated their time and efforts to make this meet a success. Allen Siegel, President of the ADAU, was head judge for most of the meet. Nick Theodore, Bernard Vasquez, Joe Orengia (Vice President of the ADAU), and Paul Griffith, assisted as my side judges. Brenda Siegel and Cindy Bitner worked the table. Jay Siegel was my "everything" guy. He did it all, assisting at the table, helping with weigh-ins, getting results together quickly, etc. thanks Jay. Also, I wanted to thank Joe Orengia and his crew for helping with the early weigh-ins. My spot loaders were phenomenal. Matt Oberholzer and Marty Martin spot loaded the entire meet, and that's after helping me set everything up the night before. And, Dean Griffin back spotted in the squat. I could not have asked for a better crew. John Polak was there, passing out information on his new powerlifting book and equipment. John manufactures hardcore powerlifting equipment. Squat racks, benches, vertical leg press machines, and pulley machines. He also has written a powerlifting book that is very good. You can contact him at www.polakmade.com . John helped me load and unload the equipment both days. We had some impressive lifters. Daniel Corridorean set Maryland state records in all three lifts with a 644.8 lb. squat American record, a 424 lb. bench press, and a 700 lb. deadlift. That is a 1768.8 lb. total raw. I also had an impressive team from Metamorosis lead by Mark Sones. His

guys took home quite a few American records and first place trophies. Joe Orengia showed up also with an impressive bunch of guys and he even set an American record in the squat. Another team from Pennsylvania was the team of Patrick and Teresa Kelley. Teresa worked hard up to Carlisle, PA, to get a good bunch of guys together for this meet. Their lifters were inspired and vocal with their support of one another, and I look to have a good turnout from them for my August meet. Patrick Kelley set an American record in the deadlift, despite being injured and off his game somewhat. Marty Gallagher brought some lifters from PA, and "Captain" Kirk Karwowski showed up to show his support. I would be remiss if I did not mention my girl friend, Cindy Bitner, and her impressive American record in the deadlift with a 270 lb. pull. Way to go. We have worked hard for that record. The most impressive event of the day for me was Allen Siegel's presence at the meet. What makes this so impressive is Allen underwent open heart surgery just a month or so before the meet. Allen is not only a fellow meet director and president of the ADAU, he has become my friend, and we are so glad to have him back. He even squatted the bar during a break in the meet with a spot from Kirk Karwowski. Soon he will be competing again. Ask him, he'll tell ya. Once again, I would like to thank all that came and lent their support. Another successful meet. (Thanks to Kevin Prosser for these results)

USAPL Fife Company BP/DL

17 DEC 05 - Tacoma, WA

	WOMEN	BP	DL	TOT
Open				
123 lbs.	P. Tidmarsh	110	286	396
181 lbs.	T. Gack	132	226	358
Teen II				
105 lbs.	K. McFarland	88	203	292
123 lbs.	A. Adams	82	176	259
132 lbs.	A. McWeany	115	231	347
148 lbs.	A. Stewart	82	259	341
165 lbs.	D. Franklin	93	209	303
Teen III				
114 lbs.	B. Whitney	77	192	270
MEN				
Teen I				
132 lbs.	J. Collins	126	209	336
148 lbs.	T. Balen	281	391	672
Teen II				
165 lbs.	D. Kohls	143	303	446
181 lbs.	J. Krupp	—	380	380
198 lbs.	J. Flynn	176	325	501
S. Miller	226	501	727	
242 lbs.	C. Pollock	231	446	677
Junior				
165 lbs.	C. Schaefer	187	374	562
Master V				
181 lbs.	A. Topper	275	325	600
Open				
181 lbs.	T. Hake	303	—	303
242 lbs.	M. Knight	292	474	766
K. Gack	451	600	1052	
275 lbs.	T. Waters	352	529	881
Teen III				
198 lbs.	A. Bohal	259	479	738
220 lbs.	G. Ruiz	214	451	666
D. Sullivan	214	501	716	
242 lbs.	J. Kline	303	556	859
275+ lbs.	J. Afoa	319	556	876
	(Thanks to USAPL for providing results)			

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The advertisement features a central collage of various Gearman Nutrition products, including protein powders, capsules, and liquid supplements, alongside black-and-white photographs of five elite powerlifters: Tony Conyers, Brent Mikesell, Beau Moore, Jim Kilts, and Greg Jurkowski. The products are displayed with descriptive text boxes and prices. The background is a dark, textured surface.

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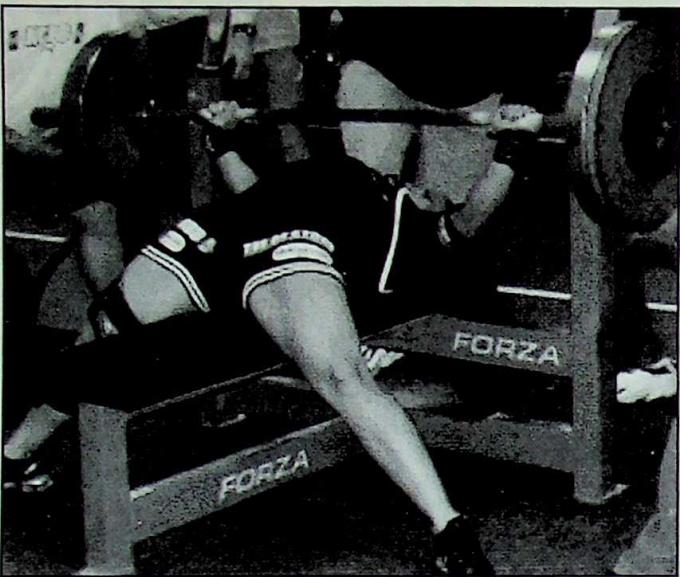
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MULTI-VITAMIN
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- BEAU MOORE - ALL TIME RECORD FOUNDER - 848 SQUAT
- JIM KILTS - 665 ALL TIME GEARMAN FOUNDER
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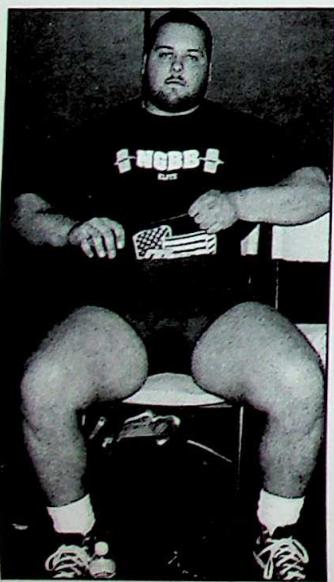


Kara Bohigian continued her run of unprecedented record bench presses with a 429 at the APF Stack's Gym meet, along with a 473 deadlift. (photographs were provided by the courtesy of Jon Grove)

6th APF Stack's Gym				
11 MAR 06 - Woodstock, GA				
BENCH	M. Gunter	440	D. Sheffield	440
MALE	220 lbs.	242 lbs.	Novice	270
Novice	G. Abbott	501	McLaughlin	369
198 lbs.	242 lbs.	435	C. Carmack	463
J. Duke	248	B. Pauley	435	1333
242 lbs.	275 lbs.	584	SHW	1267
R. Wright	463	C. Faulker	S. Lee	1383
J. Ontal	424	SHW	501	474
Open		R. Hodge	407	407
198 lbs.				
WOMEN	SQ	BP	DL	TOT
Guest				
165 lbs.				
K. Bohigian	—	429	474	—
MALE				
Teen				
165 lbs.				
B. Bonner	407	319	501	1229
198 lbs.				
J. Johnson	369	187	303	859
242 lbs.				
B. Pauley	666	584	628	1879
B. Pauley	595	418	600	1614
C. Carmack	435	330	501	1267

BENCH	M. Gunter	440	D. Sheffield	440	1212
Novice	220 lbs.	242 lbs.	Novice	270	501
198 lbs.	G. Abbott	501	McLaughlin	369	463
J. Duke	248	B. Pauley	C. Carmack	435	1333
242 lbs.	275 lbs.	584	SHW	S. Lee	1383
R. Wright	463	C. Faulker	B. Schull	600	407
J. Ontal	424	SHW	Open	369	1504
Open		R. Hodge	198 lbs.	534	
198 lbs.			K. Westhoven	562	1471
WOMEN	SQ	BP	DL	TOT	
Guest					
165 lbs.					
K. Bohigian	—	429	474	—	
MALE					
Teen					
165 lbs.					
B. Bonner	407	319	501	1229	
198 lbs.					
J. Johnson	369	187	303	859	
242 lbs.					
B. Pauley	666	584	628	1879	
B. Pauley	595	418	600	1614	
C. Carmack	435	330	501	1267	

The 6th Annual Stack's Gym East Coast PL/BP meet was once again a huge success. For six years, Stack's Gym owner bobby Pauley, with help from fellow lifters, friends, and family, has given 100% to provide lifters a fair and consistently judged competition. With an APF sanction, the meet promised all the best in lifting equipment, camaraderie, and fair and consistent judging. In the bench press only division, John Faulkner rammed up the biggest bench of the day with a strong 600 press. I was also proud to see NGBB lifter Ronnie Hodge back on the platform, as he massacred a 573 with much room to spare. The 3-lift lifters included several first timers getting the taste of a well run APF meet, as well as a few seasoned competitors. Nineteen year old Brent Pauley once again turned some heads and gave the auditorium a glimpse of the future with an 1880 total at 242, including a huge 584 bench and a 628 pull. Brent had expectations of even bigger numbers and only made four of nine attempts! NGBB powerhouse Steve Richards came to qualify for APF Senior Nationals in June, and did so with a solid 2045 at 275, the largest of the day. Also in the 275's, the heavily muscled former body builder Chip Edalgo took second but still totaled an impressive 1879. If Chip spent more time in his gear and altered his training he would be a 700 bencher and a force to be reckoned with, in all three disciplines. One of the highlights of the day was witnessing 21 year old Ben Garner in his first ever power meet. Big Ben is 305 pounds of untamed mass, and he's barely begun his rod to power training. Nonetheless, he effortlessly went 7 for 9 with a 777 squat, a comically easy 622 bench, and a token 551 pull, to



BEN GARNER, only 21, gets ready to total 1950 @ 305 in his first meet, the Stack's Gym meet.

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USAPL Navy Open

25 FEB 06 - Annapolis, MD

BENCH	Masters			
MEN	181 lbs.			
Teen	J. Bardsley Jr.			
165 lbs.	L. Atkinson			
J. Bardsley	253			
WOMEN	SQ BP DL TOT			
Collegiate				
132 lbs.				
J. Shultz	259	121	286	666
R. Tilton	203	104	259	567
B. Perkins	203	93	231	529
S. Weichel	165	99	214	479
148 lbs.				
D. Darby	192	132	297	622
S. Matt	237	132	242	611
S. Foxton	165	104	248	518
165 lbs.				
B. Zmitrovich	176	170	264	611
MEN				
Open				
148 lbs.				
D. Taylor	600	330	573	1504
165 lbs.				
M. Lozupone	270	220	358	848
198 lbs.				
D. Chesno	512	341	600	1455
J. Russo	435	369	551	1355
Masters				
165 lbs.				
T. Brayton	396	237	429	1063
A. Sheen	23	203	402	859
181 lbs.				
L. Atkinson	165	137	286	589
198 lbs.				
M. Daniel	468	385	451	1306
P. Driscoll	407	297	418	1124
220 lbs.				
W. Slade	385	297	274	1058
242 lbs.				
D. Benedict	297	264	369	959
A. McClung	303	203	363	870
Collegiate				
132 lbs.				

S. Rocha	341	203	374	920
148 lbs.				
J. Navarre	341	259	407	1008
F. Roberson	336	—	446	782
165 lbs.				
M. Boebe	407	270	501	1179
B. Pimentel	341	270	402	1014
M. Lozupone	270	220	358	848
181 lbs.				
J. Major	424	341	35	1201
B. Turner	341	286	529	1157
M. Barnes	435	248	463	1146
J. Moore	314	264	429	1008
220 lbs.				
A. Bracalente	314	270	385	970
G. Vick	220	242	363	826
242 lbs.				
A. Thomas	457	336	501	1295
Meet Director:	Jason Bowers. (USAPL)			

TOP 100

For standard 242 lb./110 Kg. USA lifters in results received from MAR/05 through MAR/06

PL USA Top 100 Achievement Awards



SQUAT

1	1047 Graafls, J..10/30/05
2	1044 Goggins, S..3/5/05
3	1003 Simmons, C..4/23/05
4	1000 Weston, B..7/17/05
5	975 Blue, D..12/4/05
6	953 Mash, T..6/4/05
7	931 Irby, T..11/19/05
8	925 Robertson, K..5/8/05
9	925 Bayles, J..10/30/05
10	925 Cox, J..11/13/05

BENCH

1	801 Lamarque, M..6/11/05
2	793 Jackson, J..11/16/05
3	772 Kelley, B..3/5/05
4	755 Luyando, R..1/14/06
5	740 Cumo, N..12/17/05
6	733 Ladnier, J..3/5/05
7	727 Simmons, C..9/24/05
8	722 Hein, B..4/2/05
9	720 Biewer, J..3/26/05
10	716 Fields, B..10/29/05

DEADLIFT

1	837 Coan, E..6/25/05
2	830 Courtney, A..8/13/05
3	826 Goggins, S..3/5/05
4	800 Capello, J..3/11/06
5	782 Harris, T..5/22/05
6	772 Herring, G..11/17/05
7	770 Cass, B..7/16/05
8	766 Bayles, J..6/4/05
9	765 Glover, N..10/22/05
10	760 Cooper, D..10/2/05

TOTAL

1	2472 Goggins, S..3/5/05
2	2374 Bayles, J..6/4/05
3	2369 Simmons, C..4/23/05
4	2347 Graafls, J..10/30/05
5	2325 Mash, T..6/4/05
6	2325 Blue, D..12/4/05
7	2281 Coan, E..6/25/05
8	2254 Panora, G..11/5/05
9	2225 Stussy, B..4/3/05
10	2215 Weston, B..7/17/05

11	920 Johnston, M..6/4/05
12	903 Coan, E..6/25/05
13	903 Mull, B..9/10/05
14	903 Panora, G..11/5/05
15	903 Pierce, R..11/5/05
16	875 Perrotta, J..11/13/05
17	865 Jones, R..6/4/05
18	865 Fredette, B..11/5/05
19	860 Cass, B..7/16/05
20	855 Higgins, T..3/19/05

21	850 Laird, J..4/17/05
22	848 Wylie, P..11/5/05
23	843 Myers, B..12/4/05
24	840 Nutter, S..11/13/05
25	840 Warren, B..12/17/05
26	837 Ward, R..4/2/05
27	837 Petersen, J..5/14/05
28	835 Ladewski, M..11/13/05
29	832 Roberts, M..6/4/05
30	832 Swanson, B..6/4/05

31	830 Avigliano, J..11/13/05
32	830 Covey, E..11/13/05
33	826 Tinney, R..9/24/05
34	825 Kitani, M..11/13/05
35	825 McLeod, D..12/17/05
36	821 DePalma, L..6/4/05
37	815 Stussy, B..4/3/05
38	815 Douglas, J..5/8/05
39	815 Smith, B..6/4/05
40	815 Austin, G..8/27/05

41	810 Harris, T..5/8/05
42	810 Mistric, L..11/5/05
43	810 Donega, S..11/5/05
44	810 Jordan, J..12/4/05
45	810 Tytlukti, N..2/25/06
46	804 Ferris, R..6/4/05
47	804 Carquist, A..6/11/05
48	805 Accone, T..7/29/05
49	804 Taylor, M..9/10/05
50	804 Zavala, A..9/24/05

51	800 Henson, T..4/2/05
52	800 Clark, E..9/24/05
53	788 Goldin, R..5/8/05
54	782 Mann, S..5/8/05
55	782 Waits, S..5/8/05
56	780 Burrows, M..4/17/05
57	780 Lewis, M..7/17/05
58	780 Glover, N..10/22/05
59	777 Thompson, M..12/4/05
60	775 DeWalt, B..5/8/05

61	611 Martin, M..7/23/05
62	600 Clark, E..9/24/05
63	600 Donels, J..4/16/05
64	600 Meyers, T..8/14/05
65	600 Seabrook, J..12/17/05
66	600 Radford, S..9/10/05
67	600 Weaver, J..9/10/05
68	600 Ritzler, J..9/25/05
69	600 Ball, T..3/26/05
70	600 Stephens, K..11/12/05

71	600 Read, B..4/3/05
72	600 Laird, J..4/17/05
73	600 Donels, J..4/16/05
74	600 Tanner, S..7/9/05
75	600 Clark, E..2/25/06
76	600 Mayer, K..9/18/05
77	600 Swank, M..9/24/05
78	600 Ball, T..3/26/05
79	600 Stephens, K..11/12/05
80	600 Jones, R..12/4/05

81	598 Varela, J..11/4/05
82	598 Ferguson, J..12/10/05
83	598 Pauley, B..3/11/06
84	598 Caporaso, J..3/19/05
85	598 Robinson, R..4/23/05
86	598 Becker, S..6/18/05
87	598 Reape, J..1/21/06
88	598 Fay, J..11/13/05
89	598 Tonini, R..11/5/05
90	598 Moxley, J..9/10/05

91	588 DesRosiers, M..7/9/05
92	588 Ellif, L..5/28/05
93	588 Nutter, S..11/13/05
94	588 Mann, S..3/19/06
95	588 Ota, M..3/5/05
96	588 Donati, R..5/7/05
97	588 Goldin, R..5/8/05
98	588 DePalma, L..6/4/05
99	588 Schaeffer, S..2/4/06
100	588 Prozy, S..2/11/06

91	588 Mangum, M..6/4/05
92	588 DesRosiers, M..7/9/05
93	588 Ellif, L..5/28/05
94	588 Nutter, S..11/13/05
95	588 Mann, S..3/19/06
96	588 Ota, M..3/5/05
97	588 Donati, R..5/7/05
98	588 Goldin, R..5/8/05
99	588 DePalma, L..6/4/05
100	588 Schaeffer, S..2/4/06

91	588 Hennessy, J..11/4/05
92	588 Shifflett, D..8/20/05
93	588 Hennessy, J..11/4/05
94	588 Anderson, D..8/20/05
95	588 Anderson, D..8/20/05

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 - 7.25% tax).

NEXT MONTH... TOP 275s

CORRECTIONS ... Bobbie Myers' 843 squat, 573 bench, and 2017 total were not reflected on the TOP 20 Masters ranking list for the 242 lb. class. Bentz Tozer Jr. had a 4th attempt squat of 732 at the IPA World Championships that was not counted on the TOP 20 Masters rankings for the 220 lb. class. In the results of the USAPL Police and Fire Nationals, Jason Auschitz should have been credited with a deadlift of 639 and a total of 1680 in the 242 lb. class. Carl Seeker's bench of 550 was not included on the Masters TOP 20 list for the 242 lb. class. Per Michael Soong's information, Tony Atkins benched 688 on the TOP 100 220s list, rather than 683, and Adam Driggers totaled 2105 at 220 rather than 2083. Rich Sadiv should have been listed with a 660 deadlift on the TOP 100 220s, and Ken Millany should have been credited with a 628 bench on the same list. If you find errors, let us know at PL USA Errors, Box 467, Camarillo, California 93011 for an appropriate correction.

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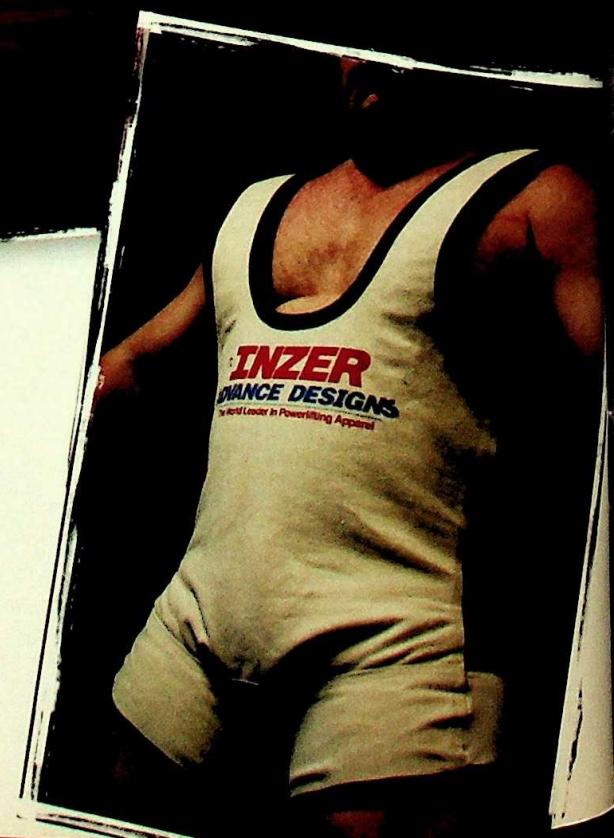
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