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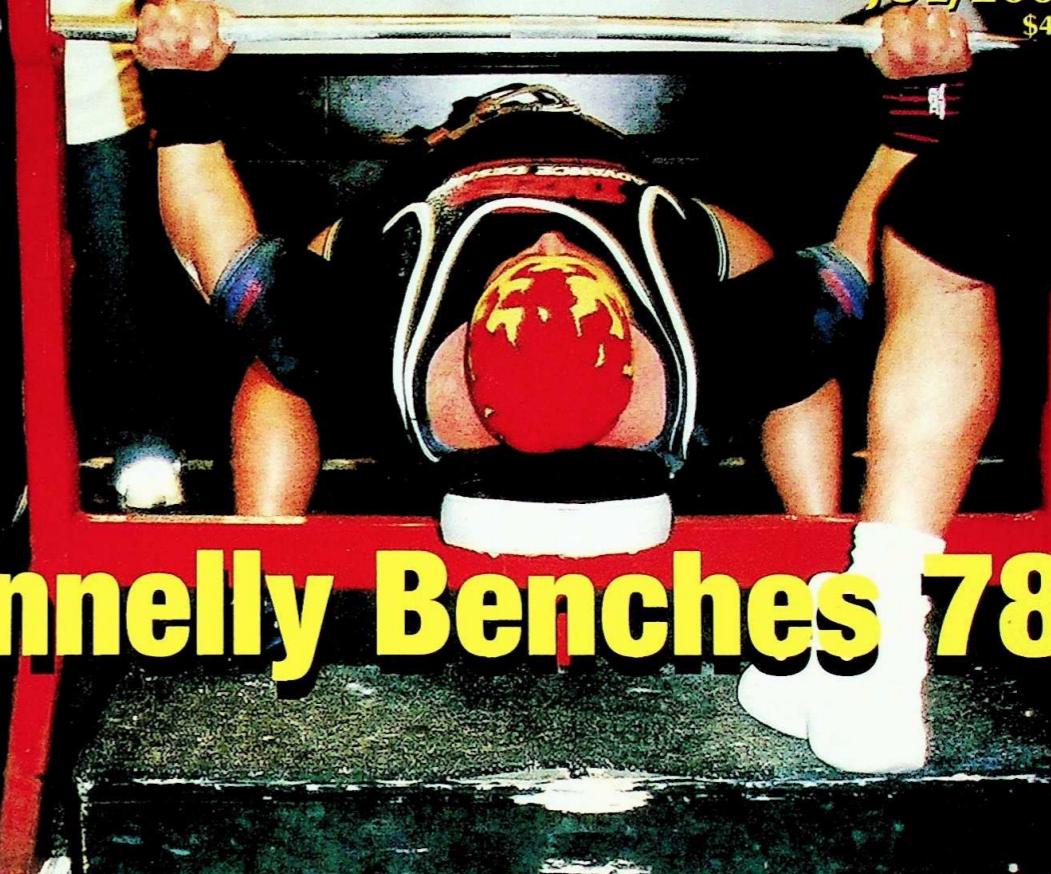


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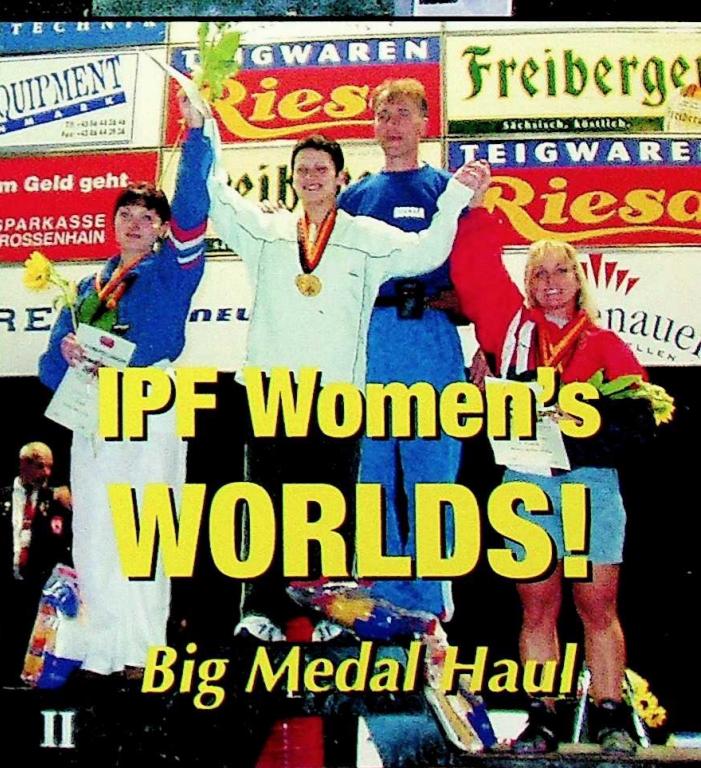
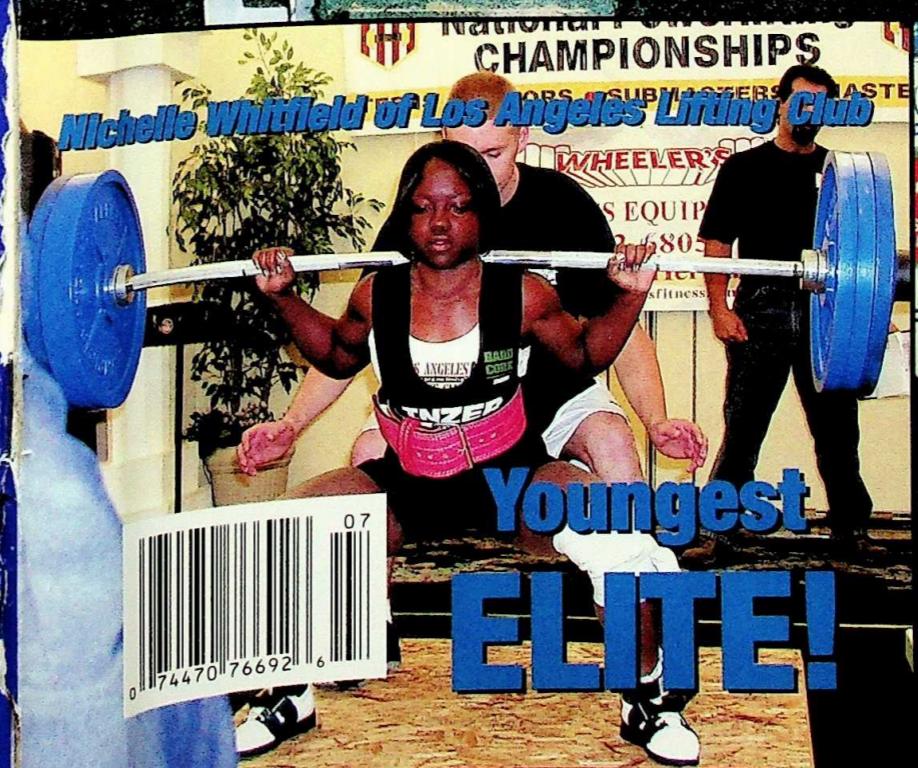
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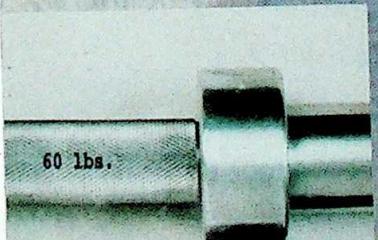
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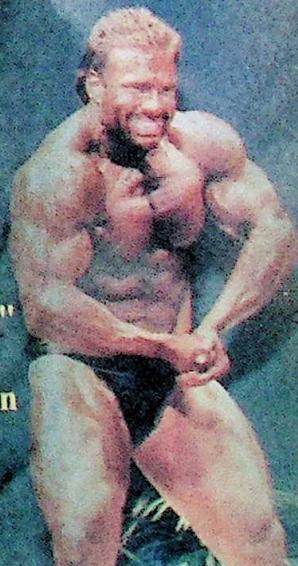
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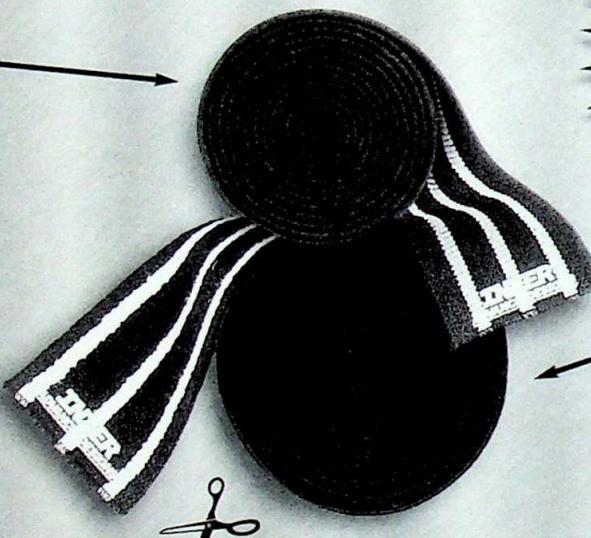
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MUSCLE MENU

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ON THE COVER Ryan Kennelly with his recent 780 bench press (Scott Taylor), Nichelle Whitfield at the APF Nationals (photo by Lemm/CSS), and medal winners at the IPF Women's World Championships in Riesa, Germany (Hartwig photo)

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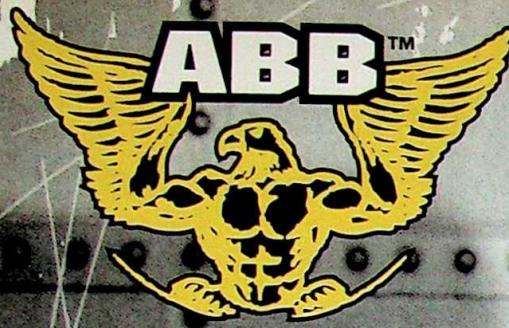
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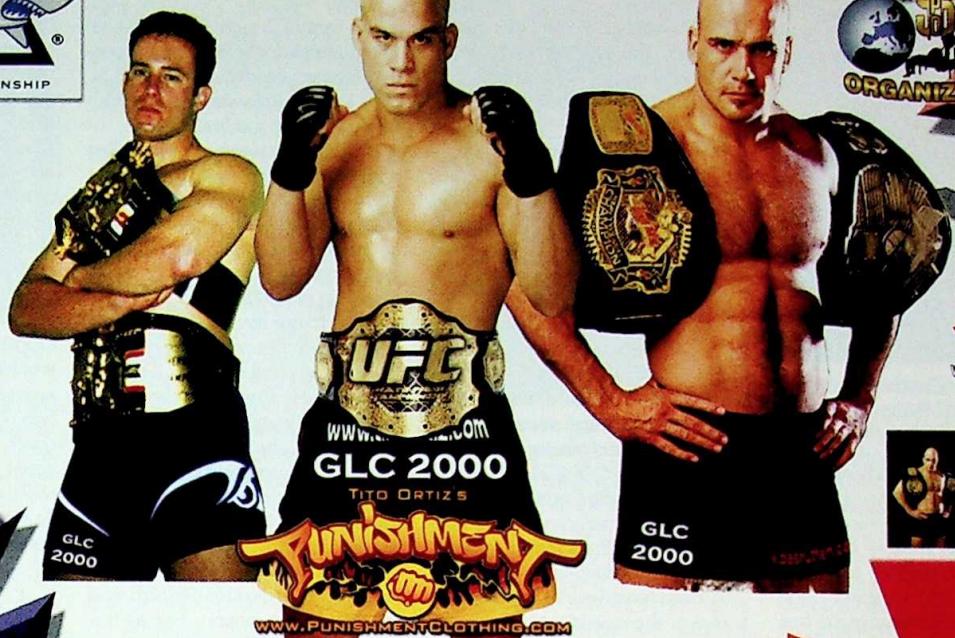
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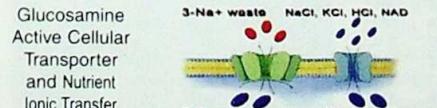
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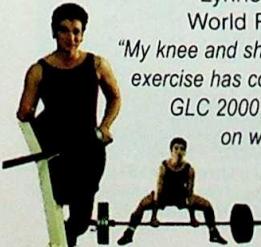
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Neuschwanz Castle in picturesque Germany. (Sioux-z photos)

Riesa, Germany was host of the 2002, 23rd IPF Women's World Powerlifting Championships. 103 women came to answer the challenge and give it their all to be the best of the best in the World. The venue was an impressive arena less than 10 minutes from our hotel by car. Meet staff made sure transportation was readily available for lifters and coaches. The meet promoter was Forder und Verwaltungsgesellschaft, a firm in Riesa. German Federation President, Detlev Albrings, and Vice-President Bernd Rimarzig, were on hand throughout the competition. Bernd keep busy taking numerous photos and flashing them on the big screen that was set up for all to enjoy. Familiar faces John Stephenson, Heiner Koberich and Alan Ferguson, to name a few, helped with organization and jury duty.

Team USA shined bright, placing 3rd as a team with 5 individual overall BRONZE medallists and multiple new records and PRs. This

IPF Women's World Championship

as told to PL USA by Team USA's Sioux-z Hartwig

great showing wouldn't have been possible without the fantastic coaching team and support staff. Larry Maileled the pack as Head Coach. 5 years ago Leslie Look and I met Larry at his and our first open IPF Women's Worlds. I can honestly say he is truly dedicated to our sport and team. He is always willing to help, not only at the competitions, but in training as well. The "Mike's" were back for their 2nd year. Mike O'Donnell was my "hands on" coach, always on top of the game and happy to help whenever needed. He did an AWESOME job. Mike Overdeer, USAPL President, assisted with me and many of the other ladies, as well as taking and passing his CAT 1 Referee test. CONGRATS Mike! Tod Miller, Bernie Gagne, and Daryl Chalifour were welcome additions to the coaching staff, all new to Women's Worlds but definitely not novices. Tod, head coach for Plainwell School, is one of the reasons we have such quality young lifters coming up in the ranks. Newcomer to the team, Erin Dickey is proof of Tod's dedication, inspiration and coaching ability.

Bernie Gagne is no newcomer to the sport. In Vicky's words: "Bernie Gagne has been my coach forever. He has coached nine world champions. Bernie was the World Coach in 1986 in Sweden. He is a technical lifting expert and loves the sport of power." He's also a very proud father. His face glowed as he watched his daughter Vicky give it her all. Daryl Chalifour, a real fun guy, came to us via the Iron Maidens of Alaska, enough said.

Next... the ladies on the staff. Angie Overdeer came as traveling team alternate and numbers coach. Being the "First Lady" of Powerlifting

she also was sure the lifters were taken care of (a note of congratulations to Angie for breaking the American Record deadlift in the 132 lb. class just a couple weeks ago). With four women in the final session, we were blessed to also have Sue Hallen and Ruth Welding assisting. Sue ran numbers and assisted warm-ups while Ruth rounded out the crew doubling as referee and coach, helping with hands on work whenever needed. Speaking of hands on, another new addition to our team was Dr. Bernie Miller, team chiropractor. THANKS for keeping us all-straight! (Did you keep the little Russians in line too?) Last, but not least, our Official Weigh-In Coach: Gabe Wiegand. Gabe, I want you to know that I (1) Went in, (2) Took my clothes off, (3) Got on the scale and (4) Looked at it... Just like you taught me! Everyone worked very hard, from squeezing us into our suits, psyching us up to perform, and tracking our numbers. For all this and more, we THANK YOU.

Travels ... I arrived early and spent a few days touring in Berlin. I visited the Pergamon Museum, Check Point Charlie, and the Berlin Wall to name a few sites. Germany is a beautiful country, full of mystique and history. I arrived in Riesa on Tuesday afternoon with most of the team already settled in. It's a quiet town with a charming little train that ran every half hour during the day taking us from Hotel Mercure around the town center and shopping area. Unfortunately there were 2 hotels, so getting together with our fellow competitors wasn't always easy. Luckily, The Factory, a dance club in our hotel, served as a great meeting place. More on that later.

Some of the last to arrive; Sue

and Ruth came Wednesday evening. They spent a few days in Bavaria visiting friends they've made in Powerlifting over the years and, of course, drinking a few German Beers along the way. Tired of driving and ready to eat, Leslie and I joined them in a hunt for food. We weren't having much luck until we decided to try a little Greek shop standing alone near a park. It proved to be quite a find with Gyros and rotisserie chicken (Hachen). Sue and Ruth went for the Gyros; I stuck to chicken since it was pre-contest. When I ordered 1 Hachen (one of the only German words I know, I even had it for breakfast in Berlin), he gave me 1/2. I motioned I wanted 2 - 1/2s. You wouldn't believe the look on his face; amazed I could eat so much. Truth was, I planned on sharing and leftovers, but it was so good, I could've eaten it all. By Sunday word had really gotten out and the owner was limiting the # of chickens Team USA could buy. I guess he didn't have any left for his regulars.

Arrival wasn't smooth for everyone. Dr. Bernie Miller was due in early Wednesday but airline troubles caused him to arrive late, tired, and without his table. Trooper that he is, Bernie made due and took care of us all. A bright pink bench became his new working space at the meet site - really sharp Bernie; maybe you need a shirt to match? On to the competition.

21 countries competed this year with a couple pulling out of the competition at the last moment. To my disappointment, Japan was one of them. I was looking forward to seeing Yukoko Fukushima, a 48 kg. lifter who has benched a reported 280 lbs. and one of my dear friends, Junko Kitamura, whom I hear has just moved to South Africa. Maybe next year..

Day One started with a short

IPF Women's Worlds

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Hompson GB	286	154	325	766
Kleszczynska POL	286	165	292	744
Serrano FRA	292	154	286	733
Tronke GER	259	137	270	666
Macken AUS	242	115	303	661
Rutka POL	264	115	264	644
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114 lb. class				
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Elstova RUS	396	214	358	970
Hartwig USA	358	214	369	942
Sirkia FIN	336	198	380	914
Cornette FRA	363	198	330	892
Primenchuk UKR	330	192	347	870
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Groves AUS	259	165	292	716
Mahanta IND	231	132	297	661

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123 lb. class

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Amsden USA

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Kehanen FIN

Kemper GER

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Moosova CZE

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Petrocki HUN

Nelubova RUS

Guminskaya UKR

Poplavska UKR

Nikander FIN

Matejova SLO

Fischer GER

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Keizer NDL

Szekelyne HUN

Schreiber GER

Kaur IND

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Haapoja FIN

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Bohigian USA

Gibson GB

242

407

1003

Nafe GER

Wendl GER

Moscianese ITA

Dittler HUN

Giffin AUS

Borgaard DEN

Shukla IND

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Dedulia RUS

Ivanova UKR

Bahry UKR

Stiklestad NOR

Ribic USA

Kudryavtseva KAZ

Jamin FRA

Parra SPA

Gall GER

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4th

297

1328

Look USA

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490

1240

Polichuk UKR

496

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1234

Strik NDL

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286

429

1179

Watkins USA

473

253

451

1179

Buckley NZ

418

242

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Slivinska POL

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Tsai TAI

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Nokua FIN

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1052

Meulen NDL

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Busby GB

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Ganenko UKR

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Schaefer NDL

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Last GB

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Monte NDL

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Guha IND

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970

Teams: Russia 72, Ukraine 52, USA 47, Taipei 39,

Finland 35, France 29, Germany 25, Great Britain 25,

Netherlands 19, Kazakhstan 18, Norway 15, Slovakia

13, India 12, Australia 10, Poland 9, Italy 8, Denmark

6, New Zealand 6, Spain 3, Czech Republic 3, Hungary 3, Champion of Champions: Kudinova 635.93,

Nikolaenko 622.96, Neluhova 593.77



Raija Koskinen (FIN) - Gold at 97

opening ceremony followed by the 44 kilo (97 lb.) class. This year was an exact repeat of last year's medal platform. Returning Champion Raija Koskinen of Finland took GOLD in the 44s with only 6 of 9 attempts. 167.5 SQ, 75 B, and 162.5 D for a total of 405 kg. She tried a World Record (WR) squat on her third attempt, but was unsuccessful. It hurts my back watching her squat. She virtually folds her chest onto her thighs. Raija definitely has her own style - on the platform and the dance floor! Wei-Ling Chen of Chinese Taipei took SILVER with 8 of 9 attempts missing only her second bench and achieving 152.5 SQ, 65 B, and 165 D which earned her Gold in the deadlift. BRONZE went to Benedicte Lepanse of France who went 6/9. She was followed by Marion Friedrich of Germany in 4th, Eva Svanekova of Slovakia in 5th (and a WR Bench of 95.5 kg.), and USA's own Erin Dickey in 6th. Erin went 6/8. She was unable to take a 3rd attempt in the deadlift due to being called on time putting the attempt in there were questions of when the clock was started. Erin performed well her first time out and would've moved up another placing had she taken her last pull and

achieved it. Her second had gone up with pure ease. I have a feeling we'll be seeing a lot more of this talented young lady.

By this time, some of us were getting a little hungry. Unfortunately, Day 1 had no food in the venue, but in true German fashion there were mass quantities of beer available. On to the 48s.

48 kilo (105 lb.) - This was a battle to the last lift. Both Kuan-Ting Chen of Chinese Taipei and Natalya Shapovalova of Russia were tied for the lead at the start of the deadlift and Jennifer Maile of the USA was close behind and ready to take the lead on her final pull. In the end both Chen and Shapovalova had identical scorecards: 172.5 SQ, 87.5 B, and 160 D for totals of 420 kilos. GOLD was given to Chen and SILVER to Shapovalova. In the past, with a tie the award would go to the lighter lifter, as it seems it did, since Chen weighed less. However, there's slight confusion on my part as Larry Maile had told me there was a new rule change and the award would go to the lifter who achieved the total first. Shapovalova achieved the total on her second pull and Chen on her third, so either that was overlooked accidentally or the rule is not yet in effect. Both performed beautifully in 2 of their 3 lifts with Chen having some troubles in the bench and Shapovalova dropping her first deadlift and missing her third. Their other lifts were performed with ease. BRONZE was awarded to the USA's own Jennifer Maile. Jenn was ranked #1 coming into the championships, but had a trying day with her deadlift. Having troubles with the bar, her opener came out of her hands about 1/2 way up. She came back and easily pulled her second attempt. Jenn's 3rd would've secured her Gold overall, but alas, the cards weren't in her favor. Having a 6/9 day this incredible young woman squatted 150 kg. for bronze, and came away with Gold in the bench and deadlift with 95 and 167.5 respectively. Her bench is a new 18-19, and Open American Records and Sub Junior World Record. Way to go ,Jenn!

This amazing trio was followed in 4th by Sabine Guillaume of France, 5th by Heather Hampson of Great Britain, 6th - Marta Kleszczynska of Poland, 7th - Vanessa Serrano of France, 8th - Inese Tronie of Germany, 9th - Mary Macken of Australia and 10th - Aneta Rutka of Poland. Yi-Ju Chou of Chinese Taipei was unable to get a bench passed and was out of competition.

52 kilo (114 lbs) - The star of this class was Champion Svetlana Nikolajenko of Russia who had a 8/9 day and performed incredibly setting 3 new World Records (WR). She started the day with a WR 195 kg,



Sioux-z Hartwig and her 114 "loot"

SQ, very impressive, followed it with an easy 2nd attempt WR bench of 112.5 kilo and technically beautiful and easy 3rd of 117.5 kg., smashing the previous record. She missed her second pull of 185 kilos, but came back and got it on her 3rd, setting a WR total of 497.5 kilo. Moving up a weight class proved to be a big success for Svetlana. She was 2nd best lifter of the meet by formula. Last year's champ Tatyana Yelsova of Russia took SILVER going 7/9 and doing 180 kg. SQ, 97.5 kg. B, 162.5 kg. D for a total of 440 kilos. I, Sioux-z Hartwig, had a GREAT day and received the BRONZE overall. It was a near flawless day going 8/9, missing only my last bench on technicality. Going into the competition, I had hoped to try the WR bench, and the weight did not feel heavy, but I wasn't "in the groove", like the squat and deadlift (possibly due to overtraining). Nevertheless, with Svetlana crushing the record, I'll need to work much harder for next year. The squats went great with each one feeling better and getting easier. I ended with 162.5 Kilos, a new Personal Record (PR) and American

Record (AR). I benched 97.5 kilos for a silver, matching the American Record I set at the Nationals this year and ended the day with an easy pull of 167.5 kilos for bronze, a new PR and giving me a new AR Total of 412.5 kilos. The crazy thing was the Mikes (Mike O'Donnell and Overdeer) told me I had between 7.5 and 10 kilos left in both the squat and pull. THANKS so much to my coaches, you helped make this possible, and a special thank you to Kirk Karwoski who couldn't be here, but spent hours on the phone with Mike O'Donnell telling him secrets of how to help me do my best. 4th went to Mervi Sirkia of Finland, a gal with strength and a fun personality, followed by Stephani Cornette of France, Tetyana Primenchuk of Ukraine, Teresa Sawyer of Great Britain, Deborah Groves of Australia, Mandakini Mahanta of India. Mervi Rantamaki of Finland was disqualified on the squats.

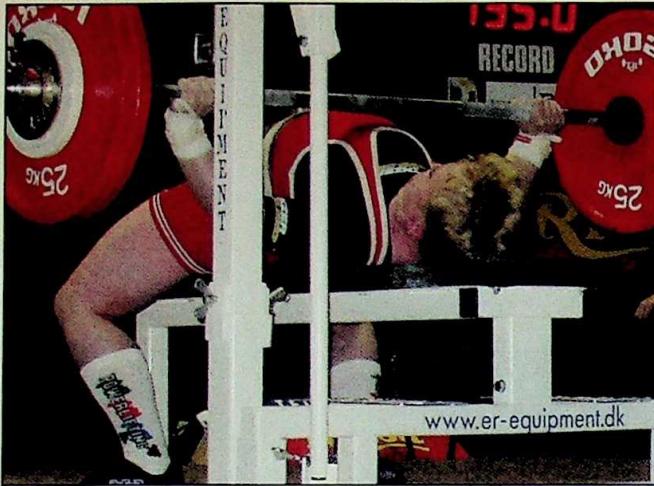
56 kilo (123 lbs) - Newcomer Inna Filimonova of Russia started the day with a WR SQ of 213 kg., and it did it with style. She benched 100 kg and deadlifted 182.5 kg for a total of 500 kilos and the GOLD overall. Last year's SILVER medallist was back and looking as good as ever. Pirjo Savola, of Finland did a 187.5 kg SQ, 87.5 kg B, and impressive 200 kg D that gave her a PR total of 475 kg. 3rd place was down to the last pull between the USA's Michelle Amsden, Italy's Laura Locatelli and Finland's Virpi Kehanen. Each of Amsden's deadlifts was easier than the last and she took Team USA's 3rd BRONZE by ripping the weight off the ground with style. Michelle had quite a day going 8/9. She did a 165 kg SQ, 100 kg B (silver), 180 kg D, and 445 kg Total. The squat, deadlift and total are all new American Collegiate and Junior Records and the Total is an Open AR. GREAT job Michelle! I think we will be seeing a lot more of Michelle in the future, she's fairly young in the sport and doing phenomenally well. Following



Jennifer Maile (Bronze @ 105) with one of the "Mikes" ... O'Donnell



Award Winners in the 123s ... (l-r) Savola, Filimonova, and Amsden



Valentina Nelubova of Russia used her great bench to win the 132s.

in 4th was Locatelli of Italy who set a Master World Record (MWR) deadlift with 190 kg and total of 435 kg, 5th - Kehanen of Finland, 6th - Antoinette Kemper of Germany, 7th - Jeanette Gevers of Australia, 8th - Dana Moosova of the Czech Republic, 9th - Tanja Green of New Zealand and Magdolna Petrocki of Hungary was disqualified in the squat.

60 kg (132 lbs) - Lesya Gumincka of the Ukraine took the lead by squatting a very impressive 207.5 kilos, but Valentina Nelubova's awesome benching ability kept Lesya from achieving Gold overall. Valentina of Russia moved up a weight class this year and did it with style. Taking the GOLD, she missed only her second attempt squat, but came back on her third without problems. (I think this is 3 or 4 Golds in a row now) Next, she benched an incredible new WR 137.5 kg on her 2nd attempt and boosted it to 142.5 kg on her third. Valentina has been competing and winning for years now. Never a disappointment to watch, she finished the day with 185 kg in the D for a total of 525 kg - 17.5 kilos up over last year, which gave her a repeat of 3rd best lifter by formula of the entire competition. Ukraine received their first 2 team medals with Gumincka taking SILVER and Svitlana Poplavskaya, who moved down a weight class from last year, taking BRONZE. Only 10 kilos behind in 4th was Finland's Eeva Nikander and 5th Slovakia's Dana Matejova - both with 482.5 kilo total. (Another example of the lighter lifter getting the placing and not the person who achieved the total first.) In 6th and 7th, totaling 467.5 kilos were Birgit Fischer of Germany and Aigul Gaifulina of Kazakhstan. 8th was Holland's Aly Keizer, who set a MWR 82.5 kg in the bench, 9th Hungary's Rita Szekelina, 10th Germany's Romy Schreiber and disqualified on the squat was India's Kaur Mandeep.

67.5 kg (148 lbs) What can be said about the winner of this class other than FANTASTIC and FLAWLESS. Marina Kudinova of Russia, repeating as Champion of Champions with a 595 kg total, an amazing 635.94 on Wilkes formula, went 8/8 passing on her 3rd deadlift. It was down to the last pull for the SILVER between Valida Iskandarova of Kazakhstan and Inger Blikra of Norway, who were neck and neck throughout the competition. Quite a battle, but in the end, Iskandarova prevailed by 5 lbs. receiving silver and Blikra received BRONZE moving up a placing from last year's performance. (Congrats, Inger, from all of your friends on Team USA) 4th and 5th went to Paivi Haapoja of Finland, and G. Rajarajeswari of India, respectively. 6th went to USA's Kara Bohigian, who looked really strong in the squats, but was turned down on both her 2nd and 3rd attempts. Having trouble with the bench, she achieved only her second of 107.5, though looking very strong.



Marina Kudinova - 1st in the 148s

Not one to quit, Kara came back and nailed all three deadlifts with style setting a new PR of 195 kilos. You will get them next year Kara!! (I would like to also add that Kara is a true joy to be around and quite a hoot. I absolutely loved having you as a roomy and I know the whole team thanks you for all your fabulously funny stories!! I have never seen Larry Maile laugh so hard!) Following Kara in 7th was Marian Gibson of Great Britain, Nafe and Wendt both of Germany, Moscianese of Italy, in 11th Anna Dittler of Hungary, who set the MWR in the squat (though she only got her opener) and MWR total of 412.5 kg. Finishing up the class was Giffin of Australia, Borgaard of Denmark and Shukla of India.

GOLD in the deadlift went to USA's Priscilla Ribic. I believe Priscilla has been following the same deadlift routine as Jenn Maile as her pull went up to 217.5 kilos, 30 kg. more than last year's worlds. She also had a 195 kg SQ, and a PR 117.5 kg B for a PR total of 530 kg. Doesn't it feel great to get PRs at the Worlds! In 6th with the same total was Tatiana Kudryavtseva of Kazakhstan followed by Jamin of France, Parra of Spain, Gall of Germany, Joke vander Meulen of Netherlands, who rewrote the record book with all new MWRs, and Cleve of Germany.

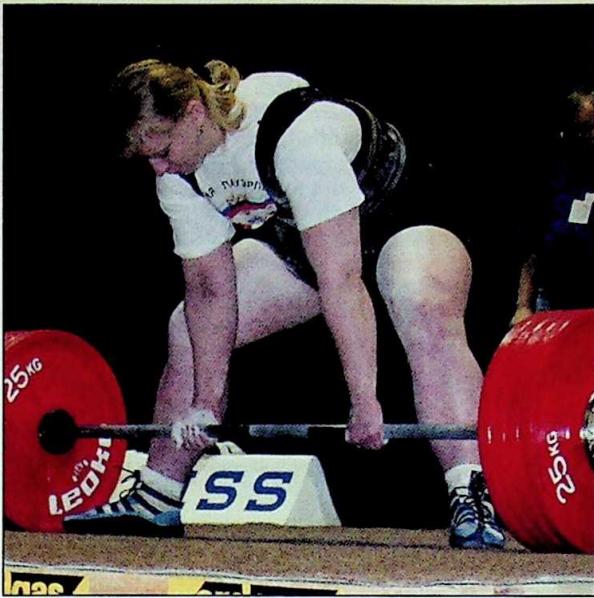
82.5 kg (181) - For the third time in the competition we had a Russia - Ukraine - Ukraine finish. Tatyana Puzanova of Russia had a strong



Representing the USA ... Kara Bohigian (148) and Priscilla Ribic (165).

75 kg (165 lbs) - I think I may change my name to Svetlana. Last year's champ was Svetlana Miklasevich of Russia and this year's GOLD went to Svetlana Dedulia of Russia. Dedulia did 242.5 SQ, an incredible PR 165 kg B, and a 210 kg D, totaling a PR 617.5 kg. The battle in this class was between teammates Larysa Ivanova and Tamara Bahryl of the Ukraine. Larysa moved up a weight class from last year and with her 235 kg squat she took and kept the lead for SILVER. Bahryl lifted well repeating her BRONZE from last year. 4th went to Anne Stiklestad of Norway who did 2.5 kilos over last year. 5th place and a

meet and a new PR total of 625 kg. She was followed by Viktoriya Posmitna of the Ukraine for SILVER, who also had a PR day and totaled 602.5 kg, and Iryna Yavorska repeating her BRONZE of last year. 4th went to Chia-Hua Hsieh of Chinese Taipei, a delight to spend time with though I speak not a word of Chinese and she speaks no English. (Thank you to Brenda, the CTP team manager, who is always translator for Team USA as we have many friends and a big language barrier.) The class finished up with newcomer Monika Porter of Great Britain and Sannah Mogensen of Denmark.



Tatyana's First Deadlift led to her victory in the 181 lb. division

90 kg (198 lbs) - Wow, this was quite a class. 15 lifters and a fight for #2, 3, and 4 spots. Leading the pack was Irina Lugovaya from Russia. She is a fantastic lifter and repeated her GOLD from last year. Irina took gold in each lift and with style. She started with an impressive 245 kg SQ, followed with a 165 kg WR bench and then ended the day with a 225 kg deadlift. No wonder I often see her with a beautiful smile on her face! The true battle was between USA's own Leslie Look and the Ukraine's Inna Orobets and Natalia Polichuk. This battle was down to the last deadlift. Unfortunately for Leslie, one of the only mishaps Team USA had was a miscalculation on her third pull. Leslie crushed 222.5 kg., setting a new American Deadlift and Total Record and secured 3rd. However, she had wanted to shoot for silver and felt she had the 230 kg in her. This mishap allowed Inna Orobets of Ukraine to secure the Silver, Look took BRONZE and Polichuk followed 2.5 kg behind in 4th. Leslie performed great, taking silver in the

had a 160 kg B and PR 225 kg D for a PR 670 kg total. She was followed, only 15 kgs. behind, by Chen-Yeh Chao of Chinese Taipei, last year's Gold medallist. Chao had a great day with a PR squat of 265 kg and PR total of 655 kg. Taking Bronze was the lovable Liz Willet of the USA. What a day she had. Out squatting Chao, something she has dreamed of for a couple years now, Lizzy took Silver in the squat with 267.5 kg, a PR and American Record (AR), followed with a silver medal PR AR 165 kg B, a nice 195 kg D and a PR AR Total of 627.5 kg. What a day, WAY TO GO Liz! I know you plan on bigger and better things in the future and I am looking forward to seeing it. Coming in 4th, with style, was USA's Vicky Hembree. Vicky broke 3 Master World Records with 227.5 kg SQ, 150 kg B and 592.5 Total. She also matched her own 215 kg MWR pull and took Bronze doing it. That was an interesting story ...

(the Worlds article is continued on page 80)



Leslie Look gets ready to squat big in the 198s, winning yet another bronze medal for the USA.

squat and deadlift and looking strong as an ox doing it! 5th and 6th with the same total went to Ilja Strik of the Netherlands and Jessica Watkins ("Squatkins") of the USA. Jess did awesome in her first time at the Open Worlds. What a day she had, setting every American Collegiate and JR record, except for the squat, which is already hers. Coach and boyfriend Mike O'Donnell was very proud of her. Following was Buckley-Gray, Sliwinska, Tsai, Nokua, Vander Meulen (Hey wait, could Brenda and Joke, 67.5 kg. class, be mother and daughter ... ?), Jennifer Busby of Great Britain, Trum, Kardosova and Mendon.

90+ kg (198+ lbs) - Starting the class off with a WR 285 kilo SQ was the winner of the GOLD, Galina Karpova of Russia. This class was full of some strong ladies. Karpova

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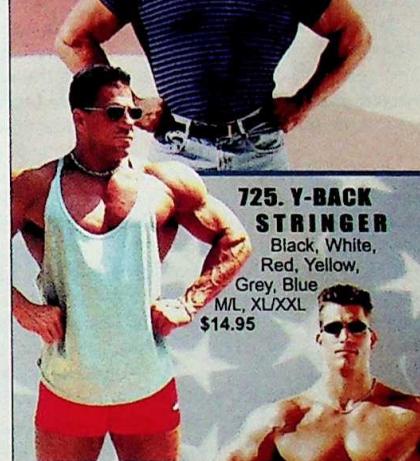
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WORKOUT of the Month

RYAN KENNELLY'S EIGHT WEEK Bench Press Training Routine

The following routine has been designed for a 400 pound bench presser. If done correctly, one could expect to put 25 pounds on their bench during the course of this 8 week routine. However, before starting there are some key things that will greatly effect your training that need to be kept in mind:

1. Eat at least 6 meals per day. The meals should be high in protein and you should be careful not to neglect your carbs as they will give you extra energy/strength in the gym.

2. Get at least 8-10 hours of sleep each night. If you can't get that much, then take naps. Your body needs this time to recover.

3. Stay away from alcohol. It will keep you from making gains and may even take you backwards depending on how much you consume.

4. If your training partner is a partier, you need to find a new partner. All you need is for them to no-show to the gym when he/she has a hangover. You need to train with someone who is just as serious about lifting as you are.

5. You need to have your "game face" on when you go to the gym. You're not there for a barbecue, you're there to train. Keep the socializing separate or at least wait until you are finished with your workout so you can maintain intensity and stay in the right mindset.

6. Make sure you always warm up properly on your maximum effort day. Your shoulders, rotator cuffs, and chest especially. Doing this will help prevent injuries.

7. If you want to be a champion you have to live, eat, and sleep this lifestyle.

WEEK 1: Bench Press 200 pounds - 10 x 10; heavy tricep pushdowns - 6 x 6; heavy skull crushers - 6 x 4

WEEK 2: Bench Press 220 - 8

x 8; heavy tricep pushdowns - 6 x 6; heavy skull crushers - 6 x 4; light hammer curls - 4 x 8 (squeezing at top of movement for 1 second)

WEEK 3: Bench Press 240 pounds - 6 x 6; rack lockouts 6" from lockout using 340 pounds - 3 x 6; heavy tricep pushdowns - 6 x 4

WEEK 4: Bench Press 275 - 5 x 5; rack lockouts 6" from lockout using 360 pounds - 3 x 6 (explode off rack); close grip bench with 250 pounds - 5 x 5; light tricep pushdowns - 3 x 10 (snap these out one rep at a time and hold at the bottom for one second, if you can't snap it, it's too heavy, lighten the weight)

WEEK 5: Bench press 315 - 4 x 3; rack lockouts 6" from lockout using 380 - 3 x 3 (explode off rack); close grip bench with 250 pounds - 5 x 5; light tricep pushdowns - 3 x 10 (snap these out one rep at a time and hold at the bottom for one second, if you can't snap it, it's too heavy, lighten the weight)

WEEK 6: Bench Press 345 pounds - 3 x 3; rack lockouts 6" from lockout using 415 - 3 x 3; close grip bench press using 250 - 5 x 5 (explode out of the bottom with these); light tricep pushdowns 3 x 10 (same as week before)

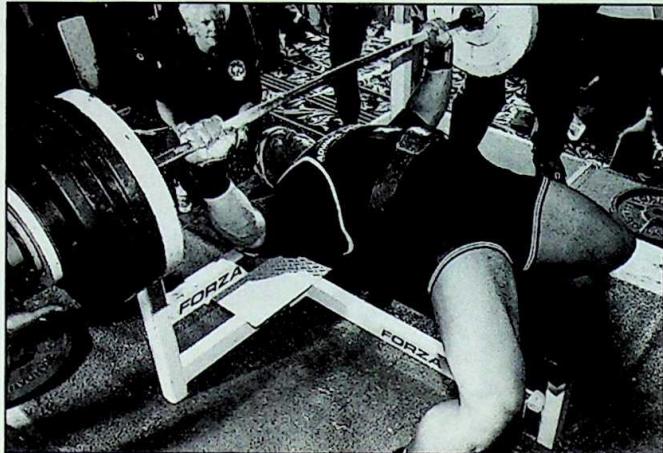
WEEK 7: Bench press 365 - 3 x 3 or 2; rack lockouts 6" from lockout using 420-430 pounds - 3 x 3; light tricep pushdowns 3 x 10 (same as week before)

WEEK 8: 1 WEEK PRIOR TO COMPETITION. Warm up with: 135 lbs x 10, 155 lbs x 8, 195 lbs x 6, 225 lbs x 6, 275 lbs x 3, 315 lbs x 1. Now, put your shirt on and do the following: 345 touch n' go x 1; 370 or 380 touch n' go x 3; light tricep pushdowns - 3 x 10 (same as week before)

COMPETITION DAY: Attempts should look like the following: 1st - 375 lbs. 2nd - 405 lbs. 3rd - 425 lbs.

Any inquiries can contact me by mail at the following address: PO Box 5847, Kennewick, WA 99336

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



Three Weeks after benching 767 at Gus Rethwisch's WABDL meet in Pasco, Washington, Ryan Kennelly came back at Scott Taylor's APA West Coast meet (results below) to jam up a further incredible lift of 780 lbs. Just over 2.5% improvement will put him at 800 pounds.

APA West Coast Championships 25 MAY 02 - Kennewick, WA

	SQ	BP	DL	TOT
K. Antolick	167		190	
Teenage				
M. Seath	252	600	380	575
4th		620		1575
Submaster				
A. Russo	212	480	355	505
B. King	239		365	1340
40-49				
D. Piggee	198		510	
J. Morrison	261		475	
S. Stevens	198		355	
50-59				
R. Patterson	344		610	
Open				
148				
K. Phanekhan			320	
181				
S. Hauger			390	
198				
M. Miner			360	
220				
J. Sandberg			620	
275				
K. Jensen		600	490	580
			4th	625
M. Davis			470	
308				
R. Kennelly			740	
4th			780	

The APA West Coast Open was a spectacular event. A huge number of competitors was not expected due to the Memorial Day Weekend holiday, but the quality of lifting was indeed courageous to say the least. The event was held at the beautiful Celebrities Casino in Kennewick, Washington. It was a great meet and enjoyed by all. Gold's Gym of Kennewick was the sponsor and host of this incredible lifting festival and the equipment and meet help provided was fantastic. Special thanks to the referees and spotters for providing the lifters with top notch officiation and safety. Surprisingly, a huge crowd of spectators showed. Many were witnessing powerlifting for the first time and it was a real surprise to see what happened this day. They say powerlifting history took place. Not only that, but Channel 25 showed up and televised the event, giving the lifters some great exposure. Randy Patterson shocked the heck out of everybody with a 610 world record bench press

at 54 years of age. Darris Piggee benched 510 at 198 bodyweight and 43 years of age. Kam Phanekhan benched 320 at 143 bodyweight. The spectators went wild when Ryan Kennelly appeared on the platform and smoked a 705 bench quicker than you or I could blink an eye. He repeated this lightning fast performance for his second attempt with 740. When his 3rd attempt was specified you could hear the gasps in the audience. 780 pounds was on the bar just waiting for Ryan to set the all time biggest lift in history at a mere bodyweight of 290 pounds. Again, Ryan smoked the weight. Near the top something happened, apparently with his groove, and he stopped, almost-but not quite-locking out his elbows. Determined to set the all time record, Ryan returned for a 4th attempt for the record and smoked the weight as fast as his opener. The lift was picture perfect, with no hesitation during the lift and a relatively long pause on the chest. In my opinion, Ryan could have hit the 800 mark had he not missed the 3rd attempt and attempted a 4th after just a few minutes rest. 800 will come very soon. It is there and the man capable of doing it the right way is Ryan Kennelly. I have personally witnessed many of the big lifts in powerlifting history. What separates Ryan's lift from some of them is the fact that he had steady power throughout the movement and not just lock strength and pulling strength. By this I mean that some of the lifters today try to wear shirts designed so they expend a great deal of energy trying to get the bar to touch their chest in hopes of rocketing it upward and just relying on lockout strength to get the lift. Ryan's lift was truly incredible because he did not have such a restrictive shirt and the entire range of motion was truly his own power. Ryan used an Inzer velcro back shirt to perform this incredible feat of strength. I would like to thank the folks of Celebrities Casino and Gold's Gym of Kennewick for providing a meet that the world will remember for years to come. Stay tuned as the WPA World Bench Press Championships and World Deadlift Championships come to Kennewick in October. Along with it will be plenty more all time greatest lifts.

Yours in Powerlifting,
Scott Taylor, APA President

The BENCH

Speeding Up Your Progress

as told to PL USA by GEORGE HALBERT

Having trained for over 17 years, I have had to overcome several plateaus. The tool which has been most useful in overcoming these plateaus has been speed work. Let me give you my favorite example. For over a year, I was stuck at a 380 lb. bench and I was actually starting to regress. My training consisted of heavy benching, between 1-6 reps, and I even did some heavy negatives. Being frustrated with my progress, I decided if I couldn't get stronger, I could at least get bigger, so I decided to do sets of 12 reps to gain size. To my surprise, within 4 weeks I benched 425 at a meet. Now, first, let me tell you that sets of 12 are not a good strength training program. Actually, what had happened was all my heavy benching had caused me to become slower and slower, and when I went to sets of 12 I inadvertently introduced speed back into my workout, causing my sudden increase in strength. Unfortunately, at the time, I was not smart enough to figure this out and it wasn't until years later that I came to understand what happened.

Let me explain how the speed workout is set up. First, you will be training with 50-60% of your maximum bench press weight. You will train using 3 grips - close, medium, and wide. First, you will want to warm up. After you warm up, you will start with your close grip. You will want to do 3 sets of 3 repetitions. You will want to rest 60-90 seconds between sets. You will follow your close grip with 3 sets of 3 reps for medium and then 3 sets of 3 reps for wide grip, using the same

rest pattern. Another useful tool for speed work are the bands, which will make you even quicker. I recommend using 30-40% band weight (measured at the top) with 60-70% free weight. For example, let's say you can bench 280 close grip, 290 medium grip, and 300 wide grip. You would work out with 60 lbs. of band weight (measured at lockout) for all your sets. For close grip, you would train with 85 lbs. free weight, 90 lbs. medium grip, and 95 wide grip. This would equal 145, 150, and 155 lbs. respectively at lockout. So, now you have the workout weights, but more important is the method. The bar must move as quickly as possible, both down and up. Lowering the weight quickly will help you build tremendous explosive power, because when you reverse the weight, the force required will be much greater than just the weight on the bar because of the velocity of the bar. For example, lay a basketball on the ground and then throw the basketball at the ground and you will see the power of velocity. The next most important part is the ascent of the lift. Here you must accelerate the bar through the top of the lift so the bar is moving fastest at the top. This is called Compensatory Acceleration Technique or "CAT". This technique is enhanced by the use of bands because of the bands' effect on momentum. This seems easy enough, but let me give you some tips.

This method of training is extremely effective, but has some inherent hazards. The ballistic method of lowering the weight quickly and reversing it quickly builds tremendous explosive power, but puts a lot of torque on your body. This is where you must keep your form tight and your groove perfect. When I first began training this way I would occasionally "tweak" my pecs because I would sometimes kick my elbows back and push back over my head. However, when I learned to stay in the groove and not kick my elbows out this was no longer a problem. I realize the concepts of "all out speed" and "staying tight and in control" do not seem to go together, but for this to work they must, and, over time, you will realize to have all out speed you must

stay tight and in control. Another error you may make is bouncing the bar off your chest. If you lower the weight quickly and bounce it off your chest, you will not be developing explosive power, but you will develop a bruise on your sternum. What you want to try to do is reverse the weight when it touches the shirt you wear to work out in or even 1 centimeter above your shirt. The thought you should have is "faster, faster, faster". Make your muscles respond faster. Make your muscles produce force faster. Make your muscles contract faster. Think "faster, faster, faster" and you will be come faster, faster, faster. This brings me to my next point - this is speed work. Stop trying to train with more weight than your buddies, and instead become *faster* than your buddies. If you raise your training weight up and your speed goes down, your progress goes

down also. I have seen on more than one occasion when someone lowered their training weight on speed day that their bench went up. I have yet to see the opposite, so pick your training weight with your brain and not your ego.

You should train speed day once a week and follow up your speed work with 3 bench press assistance exercises. For instance, J.M. presses for 3 sets of 5, rows for 3 sets of 8, and rear delts for 3 sets of 12. I realize that there is a lot more to speed work than I have gone into, however, this will get you started and you will learn the most by actually doing it and seeing for yourself. If your program starts to go stale, you should check to make sure you are not training too heavy on speed day. Remember, think "faster, Faster, FASTER" and you will be come stronger, Stronger, STRONGER.

To MASTER The BENCH PRESS

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Footage of George's Spectacular 683 BP at 198 and 733 at 220 are included - "*one 'solid gold' training tip after another*" - Send your check for \$44.95 plus \$5 shipping and handling to George Halbert, 3063 Noelle Ct., Columbus, OH 43232, 614-237-0932

... "Stop trying to train with more weight than your buddies, and instead become FASTER than your buddies."



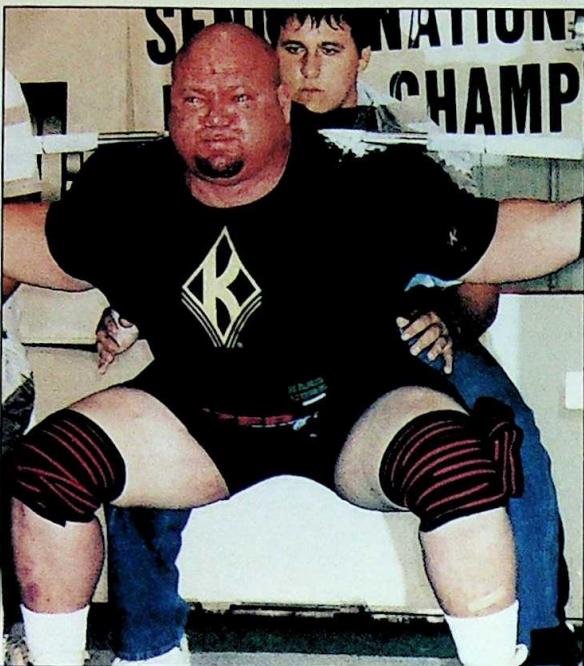
POWER FLASH!!

ED COAN DOWN, BUT NOT OUT

... at the Mountaineer Cup Ed Coan opened with 903, but on his 2nd attempt something tore in his leg, and the weight came crashing down (behind him, thanks to the spotters, who "saved me" according to a thankful Ed). Ed had to be carried out of the venue in the arms of his comrades, and things did not look good. Ed's girlfriend Hege indicated that he had a ruptured patellar tendon, and he was going back to Chicago for surgery. Though the leg was swollen, Ed noticed he still had considerable function, and Ed's cousin, an orthopedic surgeon, tentatively diagnosed the rupture of an "inferior" tendon. Ed is scheduled for a one day surgery session, at this point, and he reports he "will be back" to take care of some unfinished business. Ironically, Ed felt that he was in good shape to "finally" (as he puts it) bench 600 at the Mountaineer. We expect a full report on the event in the next issue of *PL USA*. (photograph by Bert Wagner)



Rob Capozzolo weighed 232 at a meet at Chaillet's Fitness in York, PA and hit benches of 685, 715, and missed a 740. Rob is seen at left with his training partner Doug Carmack. (photo courtesy of Rob Capozzolo)



Garry Frank had a phenomenal day at the APF Senior Nationals in York, Pennsylvania, once again breaking the all time total record. This time he squatted 1014, which he made on a repeat (he had done 1065 in training), then he benched 722 (missing a final at 744). He broke the 900 barrier in the deadlift on his 2nd attempt, with 903 giving him the 2460 total, and then he jumped to 927 to break Gary Heisey's all time record, but he came up too quick with it and got out of good pulling position. (photo from the meet by Herb Glossbrenner, whose report we expect for the next issue of *PL USA*)

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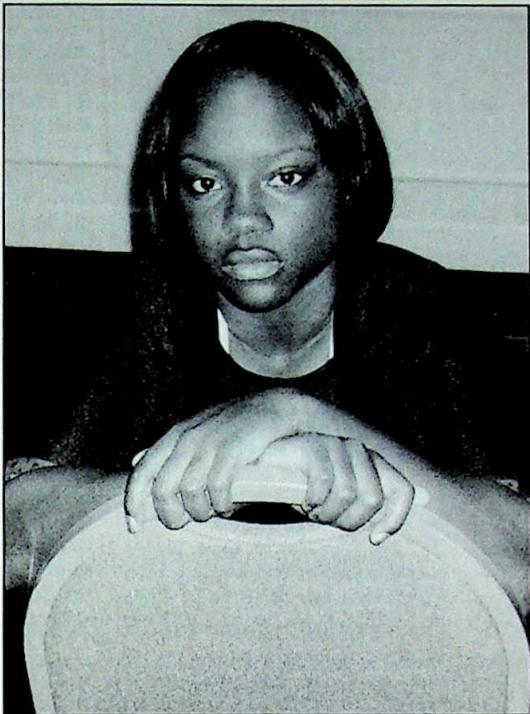
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The APF Nationals for 2002 returned to the West Coast. Wheeler's Fitness Equipment and Z & S Distributing Co. sponsored the event. Kim and Bob Packer were the Meet Directors. The Piccadilly Inn of Fresno, CA was a great site to hold the competition. It was within a blocks walking distance of places to eat, and the venue for lifting was right within the motel. It was air conditioned and spacious and so was the warmup area. For the PL competition, there were 13 states represented - 100 lifters plus three guests. The host state had the most lifters (65). The Midwest was well represented with 11 from IL, 7 from IN, 3 from MI, and 1 from IA. From the East came 3 from PA, and 3 from ME. In the West: NEV - 3, NE - 3, with one each from OR, TX and WA plus one guest from Canada. The Bench Press Nationals saw 30 lifters compete. California had the largest contingent with 20. Michigan, Indiana, Illinois, Nebraska had 2 each. Sole entrants came from Iowa and Arizona.

FEMALES: Chris Brigham, 53, of Gold's Gym in Walnut Creek, CA, 112 lbs. set 4 American Records in her 50-54 114 class group; 214 SQ, 126 BP, 281 DL, 622 TOT. She earned her gold medal and first National Title, but didn't get her 132 BP passed. The Womack family was there in full force. Mother, Elodia, 38, won the 33-39 submasters 132 div. with a 446 TOT. Daughter Kelly, 19, and 175, captured the 181, 18-19 female teen group setting a W/R BP of 209 on a 2nd attempt - TOT - 711. Youngest son Josh, 16, took the boys 16-17, 123 class gold, getting his feet wet, with a nice 181 BP along the way. Eldest son, Mike, 20 won the Junior (20-23) div. BP with a big 474 lift. Talk about a family group activity! Margot O'Halloran, 13, took 148 class honors (13-15). Robbin Finnerty, 42, 142.4 came through for the 40-44 group, 148 class victory (573 TOT). Lisa Dennison, 37, was back in APF action again: SQ 363, as well as 33-39 group 165 class CA State Records with a 181 BP, 369 DL, 914 TOT. This erased the records which had belonged to Kim (Pfeiffer) Packer. Lisa's DL was also a Women's Open state record. Speaking of Kim, she didn't get any records today, but won her 40-44, 165 class, national title

The 2002 A.P.F. Nationals as told to PL USA by Herb Glossbrenner



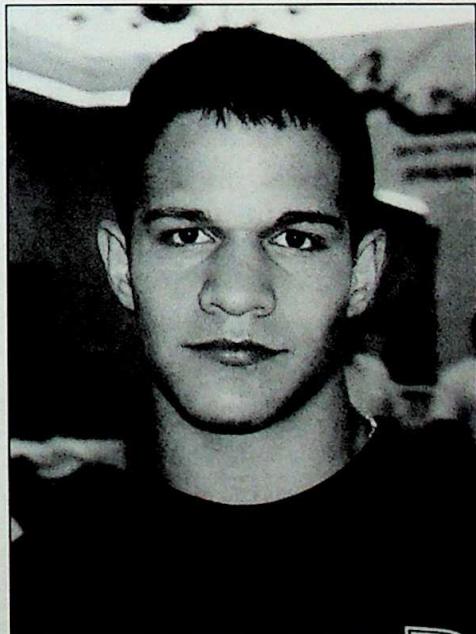
Nichelle Whitfield, the youngest lifter to ever go Elite.

with an 892 TOT. Karen Polansky, 55, of Sacramento, CA had exhausted herself helping her daughter move back in NY. Despite this was she was game and came. She set a WR 297 SQ @ 181 (55-59) but ran low on fuel. Still, she won with a 749 TOT, way less than her best. Delia Chilgren, 53, 210 won the Supers along with Karen for Al Garcia's Sacramento B.C. The show stopper for the ladies was the rising young superstar from the L.A. Lifting Club in Burbank. In only her third competition, Nichelle Whitfield - only 14 and a mere 120.8 bwt. - continued her meteoric rise in the ladies ranks of PL. She went through her paces with calm deliberation and almost effortlessly smashed no less than 10 WPC World Records in the process. Her SQs were awesome: 341, then 363! On a final try she succeeded with 374 as well. It was just a hair's breadth from being low enough, according to the judges. Each of her BPs were likewise monstrous efforts: 170, 181 and finally a technically picture perfect 187! Remarkable! Her DL ability is just as phenomenal: 341 and 363 - perfect lifts - 3W

(3 whites). She raised 374 to completion as well, which was ruled out for some mysterious infraction. Nichelle, all business on the platform, is mostly quiet and reserved, but she does have her frivolous moments in training. Her TOTALS of 892 - 914 brought her to a level never before achieved in PL History. Whitfield became the youngest lifter, Male or Female, to achieve the rating of ELITE. Is that incredible or what? We may be seeing the female counterpart to Lamar Gant, who made his astronomical rise at age 16 to become the greatest male lifter in the history of USA powerlifting. She is destined for greatness and has already achieved in a mere trio of platform appearances what many strive a lifetime to do. Her efforts earned her the Outstanding Lifter award for all

teens (male and female) as well as the Best Lifter of the Women Overall by a virtual landslide.

MALE: Bobby Sanders, 46, 120.3, is a Californian who was one of USA's best 114s (TOT - 1102) way back in 1986, then age 30. He's even better now returning to the platform here with a World Class



Nick Hatch (16) of Nebraska ... 341 BP at 132!

performance at 123: 424 SQ, 253 BP, 457 DL, 1135 TOT. He missed only his final DL try with 473. Dan Carpenter, 23 and only 125.2, easily took the Junior (20-23) 132 gold with 358 253 413 1025.

At 148, Brad Miller, 16, only 144.6 from IL won the 16-17 age group (760). Scott Richey, 44, of Nevada was light @ 138. He topped the 40-44 group. Scott set a WPC WR SQ of 380 (3rd attempt) on way to a 986 TOT. Steve Summerman, 49, was uncontested in his 45-49 victory. Steve established an APF AR 424 SQ for a 997 TOT. Two battled for 55-59 championship gold. Ted Feight, 55, MI, engaged with Herb Glossbrenner, 59, of Eagle Rock, CA, who dropped weight to make this category. After the SQ, both men were tied. Feight had the lead, being lighter in bwt 145.5 to 146.4. Ted aced his 192 BP opener but couldn't do more. Herb saw his chance and went BP bananas. His 242 opener was an AR. Then he made back to back WPC WR lifts of 254.7 and 259, breaking his own mark he'd set back in March at Bruce Greig's CPC Nationals in Red Deer, ALB, CAN of 253.5! This sealed Herb's victory and his first APF National title. Feight DLED 336 for an 865 TOT. Herb raised 352 for a TOT of 948 and the win. Richard Gidcumb, 65, 144.6 from Michigan had a great day: 325 242 369 for 937 to take the 65-69 age group victory. What a pair of "pump arms" this guy has got. Robert Mattison, CA, age 65, contested Richard. After SQing 220 he bombed on the BP.

165s: Brian Miller, 15, 162.3 from IL, came, saw, and conquered.

The 13-15 National Teen title of 2002 belongs to him. Good lifting for Brian with a 380 SQ, 192 BP, 363 DL, 937 TOT. His only miss all day was his 204 BP try. Haywood Blake, 17, CA, and a John Ford protege, started out like a house afire. He smashed his state record SQ with his opener 523, but missed a 551 try, and passed his 3rd. Blake continued his record assault, smashing his state record BP on all 3 tries: 319, 336 and 347. Not done yet he took 160.5 (353.8) on a 4th, and got it, breaking the 352 WPC WR lift of USA's Joe McCoy. Then the scaffold dropped beneath him and Haywood hung himself! Opening with 518 DL, Haywood missed it 3 times. BIG MISTAKE - BLAKE! Steve Lumpe, 41, brought his charming wife and young son all the way from Bedford, IN. Runner-up last year,

Steve finally captured the elusive National title he's been stalking for several years. Lumpe went 518 SQ, 308 BP, 473 DL for a 1300 TOT. Richard Cirigliano, 47, another Golden State Great, topped off his 45-49 win with a new SR pull - a huge 595 for a 1399 TOT. Oregon's Gordon Olson can best be described as "Mr. Extreme". Returning at age 53 from a serious leg injury a few years back, Gordon ran rampant for the 50-54 title. He cuts his weight rapidly and re-hydrates himself following weigh-in. He was 180 the night before weigh-in, made weight (no sweat) at 164.9, then had his bodyweight back up another 15 lbs. heavier when he lifted - seemingly no worse for wear. He marched through his SQs: 523, 562, and finally a new WR - 606! He BPed 297 (chronic shoulder problem) then pulled 562. After pulling his winning DL, Gordon tried 606, missed, and then collapsed from the tremendous effort. TOT 1466 - amazing! Runner-up Paul Boute celebrated his 54th birthday lifting here. This Texan is

father-in-law to T.J. Hoerner, who was present, nearly recovered from the serious accident he had 9 months earlier. Boute lifted great as runner up to the incredible Olsen: 540 SQ, 319 BP, 540 DL 1399 - not so far back. In the submasters, Brad Halderman, 38, was champ (1179). Runner-up was LALC's Rudy Martinez who set all PRs: 380 SQ, 242 BP, 391 DL, 1014 TOT. After lifting, he mysteriously disappeared. Frank Richey, 71 from MI, @ 150.8 - might've made 148 if he'd tried a little harder. He thought he might be lifting with a hernia, but it must have just been gas, cause he was really cooking! SQ 369 (almost got a 402 WR), BP 253, and an incredible 424 DL for a 1047 TOT. This output won Frank the Outstanding Master lifter award for the whole championship. He didn't start lifting at all until he was 60, and came into PL just a few years back - with healthy joints - and thrived.

181 - Jason Schroepfer, 18, claimed CA gold in 18-19s. He finished with a 451 DL (1025 TOT).

Scott Nautel, 34, came from Maine and yanked up 540 to top off his 1361 TOT win @ 33-39. David Brekke, 42, from CA pocketed the 40-44 medallion (986). Doug Peterson, 47, came out from Iowa to win yet another National title. Doug complains that he never has any competition. It's no wonder that no one wants to face him because he's quite awesome. This year: 573 SQ, 330 BP, 551 DL for 1455 TOT. He waltzed to a perfect 9/9 victory. Can he win the WPC World title this year that seems to elude him? Mitch Sperling, 57, upped two of his own CA State Records in his 55-59 category win: 468 SQ and 1229 TOT. Martin Garry, 73, NV established 2 new WPC WRs in the BP with 220 and 225, taking the 70-74 age group National title. This erased the former record of 214 by USA's Connell.

198 - Dan Krasinski, IL came up the winner against John Brockway, CA in the 16-17 Teens. Junior entrant David "Tough Puppy" Hanson, 22 from Connersville, IN let his big bench do his talking for him. He's inexperienced in SQ & DL and has been doing them only a couple of

months. His 429 BP is within striking distance of the WPC WR of 468 held by Meiring (RSA). Hanson's 1328 TOT beat out CA's Tyson Orwell (1267) even though Tyson outdid Hanson in both SQ & DL. James Kegrice, 39, took the submasters (33-39) easily with a 699 SQ and 396 BP. His 639 pull clinched the title. Next he missed both further tries: 683 and 701. TOT 1736. Jim has grim resolve and I know he'll break the 1800 barrier like he badly wants to do before very long. The 40-44 age group had good competition. Keith "Beast from the East" McNeish wished for more, but earned a solid 3rd place bronze medal with a 666 SQ, 386 BP, 611 DL - 1664. He is improving with each outing and should be a threat for top honors next year. The battle for gold was between Keith Kanemoto, 43, of CA and the 'Michigan Mauler' Ken Richardson, 42. Richardson knew he had an uphill battle because Kanemoto had done some great lifting back in Feb at the CA State Meet (705 485 578 1769). Richardson, with calm resolve, made all 3 SQs - 650. Kanemoto missed,

APF National Championships - 24-26 MAY 2002 - Fresno, California													
Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT		
52 kg. 50-54													
Chris Brigham	80	97.5#	+05	50	57.5#	60	155	105	120	127.5#	282.5#		
56 kg. 13-15													
N. Whitefield	155*	165*	+70	77.5*	82.5*	85*	250	155*	165*	+70	415*		
60 kg. 33-39													
Eloida Womack	57.5	57.5	62.5	52.5	57.5	60	370	70	77.5	82.5	202.5		
67.5 kg. 13-15													
M. O'Halloran	25	25		32.5	37.5	37.5	62.5	57.5			120		
40-44													
Robbin Finnerty	80	85.5	95	60	67.5	67.5	145	102.5	107.5	115	260		
75 kg. 33-39													
Lisa Dennison	145	155	165	67.5	75	82.5	247.5	150	167.5	+72.5	415		
Kathy Blair	132.5	+97.5	+40	60	70	+22.5	202.5	130	+45	145	347		
40-44													
Kim Packer	165	177.5	+05	67.5	72.5	75	252.5	140	152.5	+62.5	405		
82.5 kg. 18-19													
Kelly Womack	90	90	+07.5*	80	95*	+00*	185	125	137.5		322		
55-59													
Karen Polansky	135#	+45		65	70	70	200	140	+55*		340		
SHWT 50-54													
Delia Chilgren	25	45		37.5	42.5	45	90	95	105		195		
MALE													
56 kg. 16-17													
Josh womack	80	85	90	70	75	82.5	167.5	70	100	127.5	295		
45-49													
Bobby Sanders	165	185	192.5	107.5	112.5	115	307.5	192.5	207.5	+25	515		
60 kg. 20-23													
Dan Carpenter	140	147.5	162.5	110	115	+22.5	277.5	+00	187.5	+97.5	465		
67.5 kg. 16-17													
Brad Miller	115	132.5	+40	62.5	75	87.5	207.5	97.5	120	137.5	345		
40-44													
Scott Richey	132	155	172.5*	92	102.5	+07.5	275	147	165	172.5	447		
45-49													
S. Summerman	175	192.5#	+05*	77.5	85	92.5	277.5	175	+00	+92.5	452		
55-59													
H. Grossbrenner	+52.5	152.5	+65.5#	110#	115.5*	+117.5*	270	145	160	+75	430		
Ted Feight	135	152	+67.5	87.5	90	90	240	135	152.5	+62.5	392		
65-69													
Richard Gidcumb	125	147.5	+55	87	105	110	257.5	137.5	157.5	167.5	425		
Robert Mattison	95	100	+07	95	+00	+00	100						
75 kg. 13-15													
Brian Miller	142.5	160	172.5	75	87	92.5	260	125	145	165	425		
16-17													
Haywood Blake	237.5	+50		145	152.5	157.5	395	+25	+35	+35			
40-44													
Steve Lumpe	205	227.5	235	140	+50	+50	375	205	215	+27.5	590		
45-49													
R. Cirigliano	192.5	205	227.5	122.5	137.5	+40	365	240	270		635		
50-54													
Gorden Olson	237.5	255	275*	135	+37.5	+37.5	410	237.5	255	+25*	665		
Paul Boule	217.5	235	245	120	140	145	390	215	227.5	245	635		
70-74													
Frank Richey	145	167.5	+00.5*	102.5	115	+22.5	282.5	157.5	187.5	192	475		
33-39													
Brad Halderman	200	220	+40	107.5	115	+22.5	335	172.5	187.5	+00	535		
Rudy Martinez	160	167.5	172.5	102.5	110	+45	282.5	160	170	177.5	460		
82.5 kg. 13-15													
Jason Agrella	105	117.5	125	105	110	+45	235	137.5	150	160	395		

18-19	Jason Schroepfer	130	155	+70	105	+15	260	170	195	205	465		
33-39	Scott Nautel	197.5	215	+22.5	137.5	150	157.5	372	205	227.5	245	617.5	
40-44	David Brekke	130	150	+57.5	105	112.5	262.5	150	182.5	185	447.5		
45-49	Doug Peterson	227.5	247.5	260	137.5	145	150	410	227.5	242.5	250	660	
55-59	Mitch Sperling	192.5	207.5	212.5	140	+47.5	147	360	190	197.5	202.5	557.5	
70-74	Martin Garry	142.5			90	100*	102.5*	244.5	170	190	200	445	
16-17													
18-19	Dan Krasinski	142.5	167.5	+77.5	87.5	100	105	272.5	142.5	165	165	437.5	
John Brockway	+00	115	145	80	85	92.5	230	70	115	125	355		
20-23	N. Kroncke	165	+02.5	+02.5	+22.5	122.5	127.5	292.5	197	215	227.5	520	
David Hanson	+02.5	190	210	+92.5	192.5	195	405	165	190	197.5	602.5		
Tyson Orwell	195	207.5	217.5	135	142.5	150	360	200	215	+27.5	575		
33-39	James Kegrice	285	310	317	155	175	180	492.5	290	340	382.5	200	550
Scott King	172.5	185	195	150	+55	155	340	182.5	200	210	210		
40-44	Ken Richardson	265	282.5	295	182	195	200	490	272.5	285	295	785	
Keith Kanemoto	285	+05	305	200	215	+22.5	520	242.5	262.5	+22.5	782.5		
Keith McNeish	287.5	302.5	310	+75	175	+02.5	477.5	265	277.5	+07.5	755		
50-54	Scot Velliquette	212.5	+20	220	152.5	+57.5	157.5	357.5	205	217.5	+22.5	595	
65-69	Pete Wilson	190	210	+27.5*	147.5	155	160	387.5	182.5	192.5	200	587	
Floyd Irons	157				127.5	+32.5	132.5	285	157.5	172.5	185	470	
GUEST													
Ronald Palmer	300	300	330	182.5	+02.5	212.5	542	287.5	320	+22.5	862		
100 kg. 16-17													
S. DuPlessis	292.5	+35*	325*	140	160	170	495	+37.5	242.5	262.5	757*		
Treston Shull	185	195	205	135	142.5	+47.5	347.5	+20	220	+25	567.5		
18-19	Adam Fuller	252.5	275	305	145	152.5	160	465	250	277.5	+07.5	742.5	
Chris Fredette	250	262.5	+22.5	157.5	167.5	172.5	435	240	250	255	675		
20-23	Phillip Davi	295	317.5	+32.5	210	+33.5	+33.5	527.5	265	295	300	822.5	
Mark Reward	240	260	272.5	170	+02.5	182.5	455	265	280	295	75-		
33-39	Eric Maroscher	300	+32.5	+32.5	172.5	185	190	512.5	272.5	292.5	304*	816.5	
40-44	George Pessell	277.5	+95	295	200	207.5	+47.5	502.5	275	300	307.5	810	
Jeff Hayes	227.5	+55	+55	182.5	192.5	+47.5	420	257.5	265	265	685		
Thomas Riemer	285	+42.5	+30	125	+05	+05	410	255	+22.5	272.5	682.5		
Mark Straley	232.5	242.5	+27.5	142.5	150	155	397.5	220	+37.5	+37.5	617.5		
45-49	R. Arrendondo	227.5	+40	240	1								

then made, 672 to take the lead. Richardson pushed up 429, then missed his final try with 440. Kanemoto aced his pet lift - 440, then a big 473. Keith wanted to make 501. It proved to be too much. Subtotals: Richardson - 1080, Kanemoto led by 66 with 1146. Richardson, a prodigious puller, would not abandon hope. Kanemoto hoisted 534, then matched his PR - 578. 600 wouldn't go - TOT 1725. Now, it was Ken's turn. He opened at 600, and next lifted 628 with effort. He had one shot to win. 650 was loaded. Deep within the hearts of all men lays the crouching tiger, ready to spring. The bar was waiting. He dipped, tugged, and with a superhuman effort inched it into the finished position. Good lift. The moment of exhilaration consumed Ken. There is nothing like coming from the back of the pack in a tight race and, with that final kick, tasting sweet victory. TOT 1730. Scott Velliquette, 54, the defending WPC World Champ in the 50-54 group finally won the National title that has eluded him in the past. Scot bounced back from 2nd attempt misses with a 485



Hoosier Connection ... back row (left to right) Rocky Tilson, John Ford, Adam Fuller, Brent Oertel; front row (l-r) Ron Palmer, Justus Owens, Herb Gossbrenner, Michael Coe and David Hanson. (photos by Herb C.)

SQ and 347 BP to secure thirds. He pulled 479, and almost had the 501 he wanted. TOT 1311. Pete Wilson,

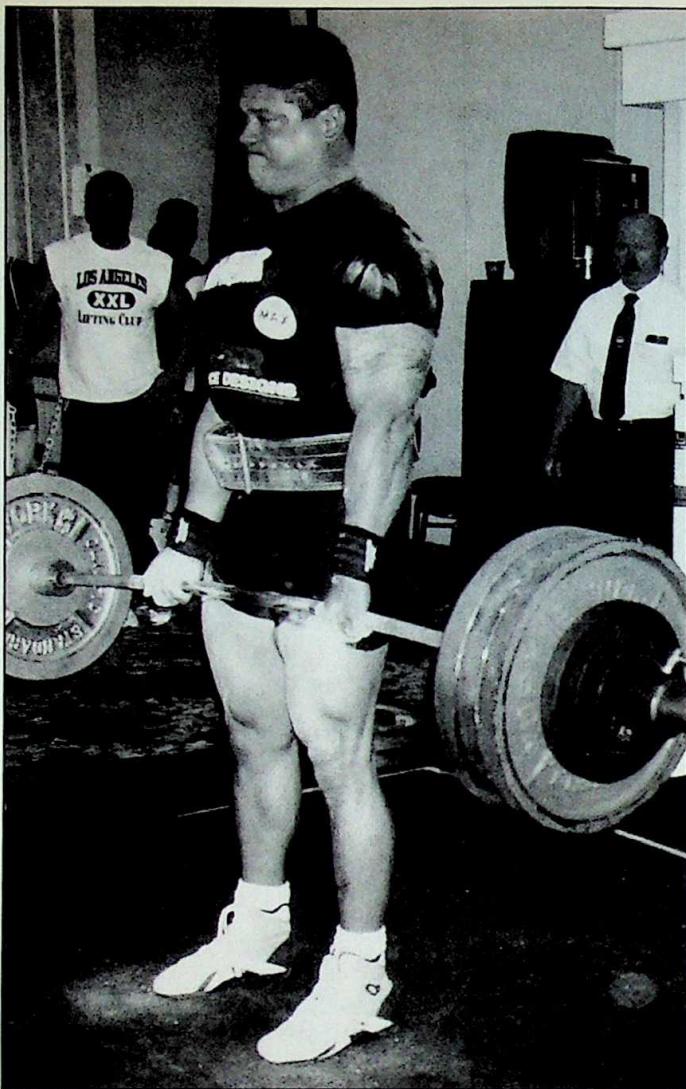
65, from Fresno is built like a bull and is just as strong as he looks. Pete demolished all his SRs, winning the

National title. His 501 SQ broke the WPC WR held by the late, great Larry McCauley (at 479). Wilson

Clinton Haflich	142.5	150	+60	107.5	115	122.5	272.5	167.5	182.5	197.5	455	Kelly Womack	80	95*	97.5*	95
GUEST																
Andrew Dexter	275	307.5	307.5	200	210	220	527.5	290	308.5*	836		Alison Shay	30	92.5	92.5	30
Michael Coe	282.5	320	325	195	210	215	540	250	272.5	277.5	812.5	MALE				
110 kg												60 kg. 16-17				
18-19												Nick Hatch	132.5*	142.5*	150*	150
Brent Oertel	250	275	295	170	182.5	407.5	457.5	235	257.5	272.5	715	4th 155*				
20-23												67.5 kg.				
Morgan Bugbee	305	320	325	177.5	185	192.5	517.5	265	265	275	782.5	18-19				
Juan Zumbado	195	210	227	190	197.5	497.5	417.5	200	217.5	232.5	650	Robert Gernert	105	115	125	125
33-39												Richard Gidcumb	85	100	105	105
Dan Jesolva	327.5	337.5		205	215	227.5	565	277.5	287.5	297.5	862.5	82.5 kg.				
James Grandick	290	297.5	307.5	215	222.5	227.5	535	287.5	295	302.5	837.5	13-15				
Randale Ward	297.5	307.5	320	175	182.5	190	510	290	302.5	310	820	Jason Agrella	110	115	117.5	115
Steve Landry	267.5	272.5	280	195	205	210	490	282.5	305	312.5	802.5	Adam Contreras	70	75	80	75
Robert Ciano	215	230	240	167.5	177.5	180	407.5	232.5	250	272.5	680	40-44				
M. Debenedetti	300	300	300									Jack McMeekin	110	115	117.5	115
40-44												90 kg.				
John Simonovich	292.5	320	327.5	145	157.5	157.5	485	250	272.5	290	775	20-23				
45-49												Dennis Ricketts	215	227.5	235	
Jeffery Anderson	280	292.5	302.5	170	177.5	185	477.5	240	250	257.5	735	David Hanson	192.5	192.5	192.5	
Ken Wheeler	282.5	297.5		125	132.5	137.5	435	250	267.5	275	710	33-39				
Delmar Brown	250	265			172.5	182.5	185	450	250		700	Scott Marcinek	182.5	195	202.5	195
60-64												Ron Cuny	145	150	152.5	145
Larry Sandberg	227.5	282.5*	297.5*	172.5	185	195	482.5	227.5	277.5		760	40-44				
125 kg.												Byron Gregory	217.5	227.5	227.5	217.5
18-19												Neil Schoenebeck	220	225	225	
C. Field-Eaton	285	310	330	170	190	200	520	260	285	297.5	817	45-49				
20-23												Dennis Ruiz	165	175	182.5	182.5
Greg Panora	330	345	362.5	230	240	240	575	307.5	325	332.5	900	Ruben Arrendondo	162.5	170	172.5	172.5
Joshua Lindsey	230	250	265	155	155	167.5	405	200	225	230	617	55-59				
33-39												Bob Evans	160	172.5	172.5	160
Rocky Tilson	250	320	320	160	175	182.5	410	250	287.5	320	697.5	GUEST				
Alvin Hardridge	240	275	290	160	177.5	185	452.5	185	220	230	672.5	Steve Pena	220	220	220	
40-44												110				
Troy Morris	295	307	317.5	205	205	247.5	522.5	295	307.5	317.5	830	20-23				
Delbert Shay	245	260	272.5	147.5	160	165	437.5	205	220	230	667.5	44-44				
45-49												Jeremy Hauger	210	217	222.5	222.5
Ron Perkins	277.5	277.5	295	217.5	227.5	232.5	510	182.5	230	265	775	40-44				
Manuel Sanchez	240	255	272.5	147.5	157.5	162.5	430	220	227.5	235	657	Tom Starkweather	192.5	200	205	205
Rob Carbo	290	300	307.5									65-69				
55-59												Ernest Anderson	170	177.5	182.5	177.5
Brian Meek	347.5*	377.5	397.5	227.5	240*	250*	587	290*	310*		897.5	Doug Gronin	97.5	100	102.5	100
60-64												125 kg.				
Daniel Herrera												20-23				
140 kg.												Mike Womack	182.5	205	215	215
40-44												45-49				
Walt Faulkner	327.5	365	367.5	185	195	195	522.5	267.5	302.5*	310	825	Thomas Aguiar	155	165	172.5	165
45-49												50-54				
Frank Cable	325	340	340	227.5	240	240	562.5	250	272.5	282.5	840	Gary Ridgeway	180	192.5	192.5	180
140+												60-64				
40-44												Danny Herrera	102.5	102.5	102.5	
Nick Benjamin	272.5	295	305	222.5	230	235	540	255	265	277.5	805	33-39				
45-49												Tom Holzapfel	242.5	250	257.5	
John Ford	327.5	327	350	185	195	512	300	310	320	832	40-44				242.5	
50-54												Thomas Manno	292.5*	310*	310*	292.5
Tim Nugent	227.5	245	245	150	157.5	162	407.5	175			582.5	Arturo Ramsey	262.5	272.5	275	272.5
33-39												# Denotes APF American Record, * Denotes WPC World Record. Best Lifters: Teen- Nichelle Whitfield, Junior - Greg Panora, Woman - Nichelle Whitfield, Submaster - Dan Jesolva, Masters - Frank Richey, Team Ranking (1) Gold's Gym - 4-pits (2) Big Iron - 38, Kym's Gym - 30. Scorekeepers - Tim Daley, Kym Packer, Emcees- Maris Sternberg, Linda Higgins, Bob Parker. Referees: A. Garcia, B. Packer, E. Frantz, G. Sanlee, K. Wheeler, M. Higgins, L. Higgins, M. Sperling, P. Wilson, R. Capehart.				
Garry Garcia	355	370	370	220	227.5	575	315	330	342.5	917.5	57.5					
BENCH PRESS																
FEMALE																
48 kg. 40-44																
Sandra Talavera																
82.5 kg. 18-19																

added a 352 BP, and 440 DL for 1295 TOT. Pete beat out a former over 40 Mr. America physique champ, Floyd Irons, 66, who still looks ripped. Floyd was struggling in the first two disciplines, but fired up all 3 DLs (407) for runner-up. He's the eldest Senior Master Blaster from the LA Lifting Club. Indianapolis, IN's BEST GUEST award had to go to Ronald Palmer, 28. Ron is a serious challenger to Gordon Olson for the "Mr. Hardcore" title. He came in at 192 and proved he's one of the most promising up and coming superstars in the country. Ron hit personal bests of a 727 SQ and 705 DL here, in loose fitting, "borrowed" equipment.

220: The teens showcased a couple of budding stars: Stan DuPlessis, 17, @ 218 is originally from RSA. He holds the WPC 13-15 WR SQ in 4 different bdwt. categories: 165 (551), 181 (573), 198 (617) & 220 (639). Now living in IL, he blew away the World Record SQ for 16-17's here with his opener 644. He jumped to a huge 716 on a 2nd and missed, but then came back on a 3rd to get it! After flawless benches (374), he pulled 578 for a 1669 WR TOT, and then on a 4th Stan hoisted 281 kg. (619.5) for yet another WR. Runner-up Treston Shull swept all the CA records: 451 SQ, 314 BP, 485 DL - 1251 TOT. In 18-19 group Adam Fuller, 19, of Indianapolis, IN posted a big 672 3rd SQ. He also made 705 on a 4th. Fuller got his BPs), then pulled 611 for 1636 - a big win for a first time lifter. He has a great potential. Chris Fredette, ME took silver with 1488! Phillip Davi, 21, won the Juniors by a landslide. Phil risked a quantum leap from his 462 BP opener to a monster 512 effort, twice, that didn't pan out. He eclipsed the CA State SQ records with 699, and a 650 DL for an 1813 TOT. IL's Mark Rewart got the silver medal with 1653! The 33-39s belonged exclusively to IL's Eric Maroscher. With no one to push him, he still delivered big - 711 SQ and he also pulled 670.2 - an AR - for an 1800 TOT. George Pessell, 43, a low key Californian, upped his own state record bench (457) and followed his 2nd attempt 650 miss on a repeat for a successful lift. George pulled 661 and finally 677 to eclipse Dusty Caldwell's 1988 State Record total of 1755 with 1785! Satisfaction and a National title for a real nice guy! Tom Riemer, 43, 215 took 3rd with a 1510 TOT, but was edged out for silver by CA's Jeff Hayes who scored 1510! Ruben Arredondo, 47, another lifter from Gold's Gym in CA, busted Brad King's State Record BP with 396 to capture the 45-49 title (1427). Big deadlift legend Kent Bush, 50, from CA (738 @ 198 and an 1807 totaler



Dan Jesolva winning the 35-39/110 kg. class with his 277.5 deadlift.

in 1983) proved he could still pull off the win as John Burgard found out (3rd with a 1278 TOT). Kent went 628 SQ, and 347 BP, before hoisting his 3 big ones to win: 595, 639, & 655 - TOT 1631. Once a DLer, always a DLer. Kent's SQ erased Bob Evans name from the CA record book. His DL blew away Larry Blum's record away by a full hundred lbs. In 2nd place to Kent was PA's Robert Olinger with 1433. The cream of the crop at 55-59 was Manuel Frutoz, whose 1399 TOT surpassed Bob Evans who scored 1317. Clinton Haflich, 62, made a 1003 aggregate in capturing the 60-64 group. A couple of guest lifters were impressive at 220: Andrew Dexter came down from Calgary, Alberta, Canada and TOT 1843 @ 209 bodyweight, which included a huge 680.1 DL, a Canadian record. Michael "Sled Dogg" Coe, 31, another great Hoosier lifter, broke all of his PRs: at 206.8 bwt: 716 SQ, 473 BP, 600 DL and 1791 TOT.

242 - Another strongboy from Tilson's Team out of Indy was Brent

Oertel, 19, 240. Brent zoomed to National prominence and won the 18-19 title here with a 606 SQ (650 miss), 402 BP, and 567 DL - 1576 TOT. The Junior victory went to tree-stump legged Morgan Bugbee. He's yet another budding star making great progress under the coaching of Joe Avigliano at the Los Angeles Lifting Club. "Bug", a stocky 236, used his ultra-wide stance to bury his 3rd SQ - 716 - a state mark. Morgan hit a PR 424 BP, then pulled 584 on his 2nd attempt in his plate to plate spread legged sumo stance. He wanted to bust the SR DL, and tried 606. He got it up, but was begrimed by the judges for nudges. TOT 1725. The 33-39 division was won by Dan Jesolva, 37, Joe's prize bull from the LA Club. Dan had one of those days that everyone dreams of. He was hotter than a firecracker on the 4th of July: SQ - 722, then 744, and good for much more, but a cramp in his calf made him decline a 3rd attempt as a precaution. Dan's red hot streak continued in the BP: a 451 opener

was followed by a 490 PR and finally a barrier busting 501 that was as strong as Moose on the loose! In the DL, Dan smoked his lifts - 611, 633, and finally 655, looking good for at least 672! Quite a comeback for a guy who has torn both biceps in the last couple of years. Dan lifted all PRs to capture his first National title, 347 lbs. improvement on his total in 2 years time. Can anybody top that? His magnificent lifting won Dan the meet's Outstanding Sub-master award. James Grandick, in 2nd place, did some impressive lifting himself: 677 SQ, 501 BP, 666 DL, 1846 TOT. Finishing in 3rd was his NE teammate, Randale Ward with an 1807 TOT topped off by his great 683 pull. Steve Landry was in 4th among such tough company with his fine 1769 sum. Landry salvaged some glory for himself by out deadlifting everyone in this impressive group - 688. In 5th was IL's Debenedetti (1499). John Siminovich, 43, IL, SQ'd all 3 (722). He missed his 347 BP (2nd) and came back and made it on final try. Flawless DLing (639) saw him TOT 1708 for 40-44 1st place. Best in the 45-49 class bracket was NV's Jeff Anderson with a 1620 TOT via his 644 SQ, 407 BP, and 567 DL. Ken Wheeler and Delmar Brown dueled to decide who'd get the "medals of lesser brilliance", Wheeler's superiority in the SQ and DL (655 and 606 respectfully) gave him the silver medal, 1565 to 1543. Larry "Skip" Sandberg was so overwhelming that no one dared to show up to challenge him in the 60-64 group. Skip added two more WR SQs to his extensive collection; a 622 2nd attempt, then a last dunk of 655. Very impressive for the 62 year old from Washington State. Sandberg punched home a 407 BP and pulled a 611 DL, following a "safe" 501 opener - TOT 1675.

275: tremendous lifting from CA's 19 year old 271 lb. Cameron Field-Eaton: 727 SQ, 418 BP, 655 DL for an 1802 TOT. A great future in store for this talented youngster. Likewise, Maine's Creg Panora, 21, won the 20-23s in grand fashion. The 255 pounder had an exquisite day - 760 SQ, 507 BP (missed 529 twice), and a 2nd attempt 716 DL for a 1984 TOT. IL's Joshua Linsey took 2nd place (1361). Tall, lanky, Rocky Tilson, 39, from Indy has always been able to "talk the talk". He brought a fine group of young lifters from the Hoosier State and was ready to prove that he could also "walk the walk". I was anxious to see just what the "Rock had cooking". His strategy was to open safe and then "shoot for the moon"! Rocky faced a tough challenge with Alvin Hardridge, whose famous brother

(article continued on page 76)

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FORCE TRAINING

by Dave Tate of
Elite Fitness Systems

Question: I have two questions about the Westside methodology. First, if you train with 50-60% of your max on dynamic effort bench day can you recruit and train a maximum number of fibers to contract explosively? A powerlifter that I know likened this (as an extreme example) to trying to do bicep curls with a pencil. No matter how fast you try to curl your arm, you aren't recruiting fast twitch muscle fibers, and therefore not training a maximum number of motor units to fire simultaneously.

Only a weight close to or at your max will cause a majority of the type II's to fire. The other question is regarding max effort. He believes the central nervous system can't tell the difference between a max effort exercise; for example an incline press or flat bench press. The CNS only interprets this as a maximum effort involving the pectorals, triceps and deltoids. I tried arguing with him but he would not listen. I have been training using the Westside method since last May and have had results, but how

do you respond to these questions?

Answer: I will address the first question about the use of submaximal weights for explosive strength. Explosive power with a high velocity is designed to train the nervous system. To quote Tudor Bompa "The changes in performance can be based on neural changes that help individual muscle to achieve greater performance capability. This is achieved by shortening the time of motor unit recruitment, especially fast

twitch muscle fibers, and by increasing the tolerance of the motor neurons to increased innervation frequencies". In short, you must train explosive to be explosive. As for the example of doing biceps curls with a pencil. Sure if you train a pencil fast you will not get stronger, but what if the pencil was equal to 60% of your one rep max? This is the dumbest example I have ever heard. How can you compare speed with a weight equal to 60% of your max with the speed of a weight under 1%. He is using examples of the CNS with max effort work and muscle recruitment with speed work. He has this all backwards. The speed work is for the CNS while the max effort work is for the muscular system. The max motor unit recruitment he speaks of that is lacking on dynamic day is the positive aspect of the max effort day. The lack of CNS stimulation he speaks of as a lack of the max effort day is the positive of the dynamic day. Ask him this: If the body does not know the difference then why can one movement have a greater effect on the bench press while another may not? I know some people who would swear by the floor press, but feel that inclines are not worth the effort. Every lifter is different. Also, if the body does not know the difference then why do we even bench press at all? Why not just spend all of our time on machines and other exercises? So how do you answer these questions? This is simple, you don't! It is not worth your time. You could tell him to start reading other material (There is a great list of books at EliteFts.com I am sure he has never read.) You could also ask him how many 500 benchers or 800 squatters he has trained or created. Or you could tell him we have 2 1000 lb. squatters, 9 900 pound squatters, 23 800 pound squatters, 6 or 7 600 pound benchers and 3 700 pound benchers. We do not even count the 500 benches. If he is interested in what we have done check out www.westsidebarbell.com to see the lists. Also let him know these lifts were not recruited, but created in our gym. If we were to add all the lifters across the world that use our methods and bench over 600 and squat over 900 it would astonish you. You could ask him where his lifters are, but you will probably just

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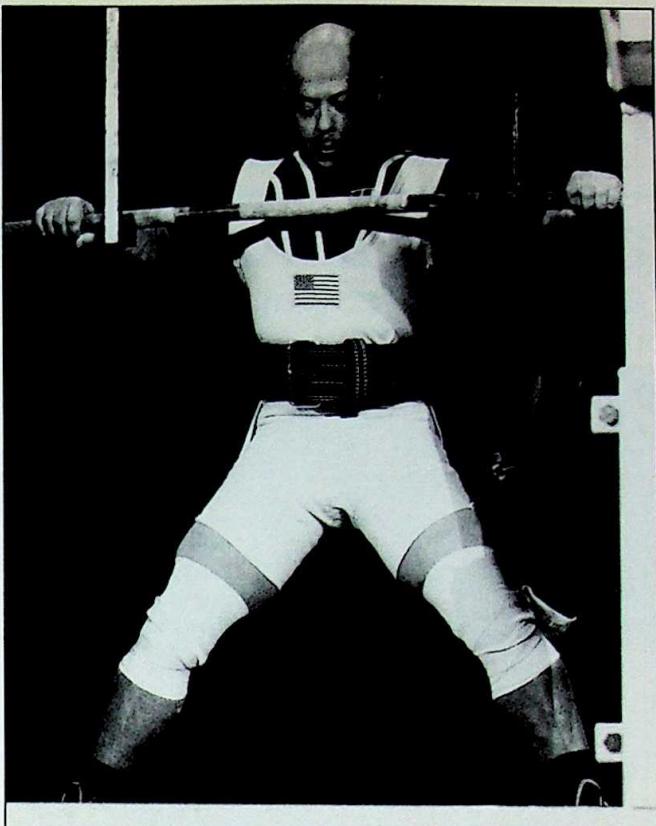
get more excuses about why this doesn't work. Keep training hard and after you put a couple hundred pounds on your total ask him why he has not done the same.

Question: What are some techniques, outside of extra workouts and sled dragging that will help with recovery. I am talking about muscle soreness or aid the nervous system to recover faster. Thanks a lot for all the help!!!!

Answer: EliteFTS.com sells a great text on recovery by Mel Siff "Sports Restoration and Massage." It outlines showers, saunas, icing, massage, restorative workouts, and every other type of modality you could think of. I suggest getting it for ideas and find out what works for you. Simply put, there are many techniques and unfortunately, just like training, nothing works forever. You have to constantly change your restorative measures and use them at the right time for training. I like a hot/cold shower mix focusing on the muscles trained that day for five minutes. Also self massage the muscles during the shower to free up the damaged muscle fibers. Ice anywhere there is excessive soreness. Generally, ice for about 20 minutes. Also arnica montana gel has also been found to help. A good sports massage at least one time per week can also work wonders. Throwing an aspirin in your post workout shake and about 20 grams of L glutamine before the workout can also help you get back into the gym. Creatine can also aid in faster recovery. Finally, watch how often you switch to new exercises and how much eccentric component you are using. You should not sore all the time. Experiment with these and check out the book; they are worth your time.

Question: I have read many times that you and Louie don't feel an arch is that important while bench pressing. Can you elaborate on this anymore than you did? I understand your example of decline vs. incline, but when you arch, you sort of put your body into that decline position (with your lower chest being higher than the upper). Not to mention that arching can take inches off your bench press stroke. How do you overcome the additional distance you need to push the bar?

Answer: The number of



Westside Training has helped Angelo Berardinelli squat huge weights.

inches a big arch takes off your bench stroke is not worth the number of pounds it will take off your deadlift. Or if you squat first, many times your low back will start to cramp during the bench press because of the arch. The arch is also not the best thing for your back in

the first place. The last reason is also the one that makes the most sense to me. All our benchers besides JM Blakely who have tried to arch have had better benches without the arch. This is because the leg drive is producing force through the bench, while with an arch much

of the force is lost in the hips with the arched leg drive. There is also a greater degree of stability when your back is flat and your feet are spread wide. For you to get stability with an arched position you have to remember to squeeze your legs into the bench as hard as possible. I have benched with both an arch and without one. I have found that because both of my pectorals are torn off, I get more power with an arched position because it takes some of the stress off the pectorals. But, I can only get away with it for so long. My squatting begins to suffer in training because my back is tired. So there is a trade off for everything. Practice them both and see what works for you.

Question: How many total reps and sets do you do for the assistant exercises after a dynamic effort and max effort lifts? For example, after max effort bench day how many sets/reps do I do for triceps, delts and lats? Is there a set number?

Answer: This depends on the individual. Some lifters respond very well to reps over 10 while others like to stay with reps under 6. I feel you need to switch it up as much as possible. Certain movements respond better to lower reps such as a 5-board press, JM Press while others seem to work better with higher reps. These include shoulder raises, triceps extensions, lat work. If you are having trouble figuring out what works best for you, there are several sample work-outs at EliteFTS.com that will give

you examples. You will be able to see recommendations for someone who is not really sure. After going through several cycles, you should have a better idea of how your body responds. The best thing is to go by feel. Your body will know when to keep the volume high and when to bring it down. The best thing about this program is that it is not a cookie cutter program. Everyone is different and responds to different things. This is also the hardest part of this kind of training. You have to figure things out for yourself. The ones that do are the ones that succeed.

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A very common, in fact, standard piece of equipment in every serious gym is the power rack. Use of the power rack is definitely not new. Old time strength heroes like Bob Peoples and Paul Anderson bent plenty of racks in their time. Their legacies proved the results that can be gained on the rack. In order to create our own legacy of power, we must look at its pros and cons and examples of its usage.

The rack allows use of heavy weights with increased safety. You can now more safely perform partial movements like half squats and deadlift lockouts. This allows you to overload the muscles or range of motion desired. On any exercise, you are limited to using the weight that your weakest position can handle; thus your stronger muscles or ranges of motion will not be overloaded by weights they need to further develop. Also, your weaker positions or muscles cannot be isolated to be brought up to par. With the power rack both of these situations can be addressed.

Back to safety for a moment. By setting the pins in the rack under the weight, they will prevent the weight from hurting the lifter and the spotters. The bar should fall on the pins, not the floor, other lifters, or you. Yes, you still should use alert spotters. Also, insure the rack is sturdy and in good condition before using it.

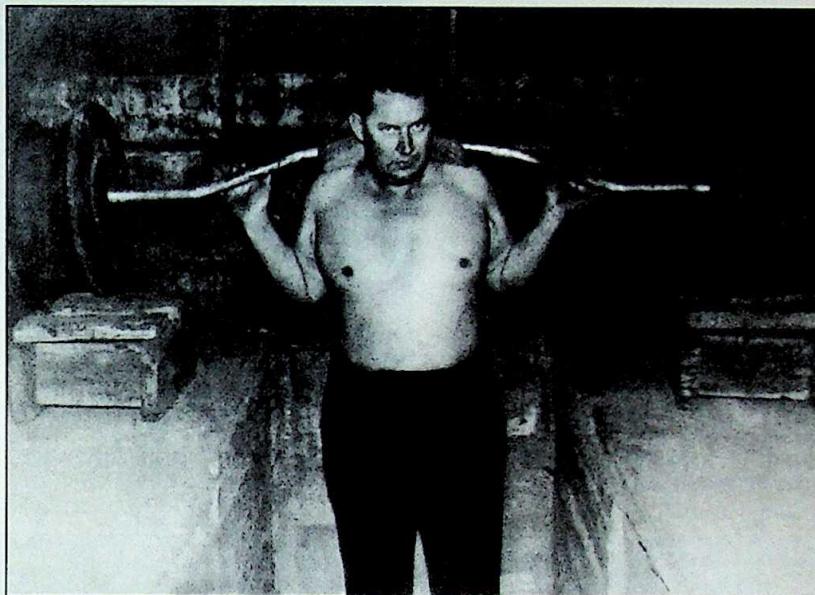
Along with its pros, the power rack has its cons. Because of the potential of using heavy weights, the chance of muscle strains, etc., and overtraining are increased. In order to prevent unnecessary injury, be sure you are warmed-up properly and use proper form with any rack lift. Signs of overtraining must be watched for. The shear weight you can now employ will add up quickly on your recuperative powers. Rack training, like other assistance methods, only serves as a means to an end, not as an end to itself. A careful mix of the power rack and other exercises must be maintained. Experience and common sense must be your guides.

Now that we know the pros and cons on the power rack, how can we include it in our routines? Of the three lifts, the deadlift has the most applications. Here, partial deadlifts and shrugs are the most popular. As I mentioned earlier, partial movements can allow us to use more

STARTIN' OUT

A special section
dedicated to the
beginning lifter

POWER RACK TRAINING *as told to Powerlifting USA by Doug Daniels*



Before Power Racks strength training pioneer J.C. Hise had a "power pit" to do partial movements in, as well as an early version of the Buffalo Bar. (by courtesy of Joe Roark)

weight than the full movements, especially in stronger positions. You can set the pins in the rack at your weak point and do lockouts from that position. Varying the height of the pins can strengthen other positions as well. Your stronger positions can now be overloaded with more weight so they can progress without being limited by weaker positions. Further strengthening of stronger positions can have a positive effect on the weaker positions as well, as long as you don't get carried away and overtrain. A few sets of lockouts or shrugs after your regular deadlift workout will do the job without pushing your recuperative limits.

The bench press can also be worked in the rack. If your sticking point is just off the chest, set the pins just below or at that point and finish your workout with a few reps, each with a dead stop from that position. If working the lockout is your goal, set the pins accordingly.

Full squats can be performed in the power rack with the pins set to catch the weight if you miss a rep. Also, you can do partial squats with heavier than normal weights. In this case, set the pins higher, just above

where your bottom position will be. If you are training with partners, you may need to reset the pins and the bar between sets. If that's the case, be careful when moving the bar around. It may be safer to unload the bar, at least partially, to make it easier and safer to do so.

Isometric training can be used readily in the power rack. Isometrics consists of exerting and maintaining force against an immovable object for several seconds. Another variation of isometrics that can be used in the rack combines it with isotonics or regular weight moves. For example, in the bench press, if your weak point is near the lockout; set the pin just below or above that point. Press a weight to that pin and hold it for a three to five count. This technique can be used for the deadlift and squat also. I'm personally not a big fan of isometrics etc., but if you are, the rack can help.

One other item on partial lifts: strive to use the same bar path and body position as you do when doing complete lifts. This way the power transfer to the targeted lift

will be greater. Changing your body position to do a lockout may result in a bigger lockout weight but at meet time, you may come up short. This is really common when doing deadlift lockouts. Lifters tend to make it a quarter squat, not even using the lockout muscles concentrated in the back, but - rather - the thighs.

The rack also lends itself to exercises like presses and chins. Again when you use one, make sure that it's sturdy and the pins can be adjusted to many heights. This will facilitate its use for many exercises as well as lifters of varying heights. Unfortunately many lifters use the rack to hold their curls and upright rows between sets. When the gym is not busy it may not be a problem, but if you're curling a whopping 75 pounds using the rack and you see some big guys with squat suits evil-eyeing you, courtesy and fear should say - "rest that 75 pounder elsewhere". Let squatters and such use the rack in those cases. In many cases a squat rack can work out just as well as a power rack.

You can set the bar on the squat rack for heavy shrugs and deadlift lockouts.

As you can see, the power rack has many uses and benefits. Lifters have been swearing by it for decades. It can prove to be a powerful assistance tool. It can enable you to more safely handle heavy weights. But we must be aware of its pros and cons. Its misuse or overuse can be detrimental to your final results. To avoid overtraining, limit its use to once per week for 6-8 weeks per contest cycle and eliminate its use about 1-2 weeks prior to competition. Power rack training may be too strenuous to be used all year around. Remember that the term heavy is relative, don't go overboard and use weights that are unrealistic in the rack. Simply, heavy is what's heavy for you, not the world champion. As with all assistance work, evaluate its effectiveness by answering one question - are your competitive lifts improving? The correct answer to that question will help you establish your own legacy.

Doug Daniels's
Web address:
[members.aol.com/ddani12345/
default.htm](http://members.aol.com/ddani12345/default.htm)

POWER PROFILE

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

If we use the criteria of who has totaled more than anyone else on the three powerlifts to determine who the Strongest Man in Canada might be, then Steve Wiseman, 33 years old, wins hands down.

Our Northern Neighbor has a long and illustrious history of producing legendary strongmen. Around the turn of the Twentieth Century you had Louis Cyr, a Montreal policeman. This was in the days before Powerlifting was a recognized sport. When Cyr raised over 4000 lbs. in a back lift he became an icon and was called the "Strongest Man Who Ever Lived". No one really argued this claim, until a man similar in body structure and uncanny power appeared in the mid 1950's named Paul Anderson. About that time another Canadian earned everlasting fame. Doug Hepburn of Vancouver, British Columbia held the official World Record

STEVEN WISEMAN Canada's Strongest Man

as told to PL USA by Herb Glossbrenner

in the standing "clean and press" with barbell - 381 lbs., but gained his greatest fame when he became Canada's first and only World Weightlifting Champion in 1953 in Stockholm, Sweden. It was there he defeated American John Davis, who had been hitherto "unbeatable". Canada claimed a World Championship in Powerlifting first in 1976 when Mauro Di Pasquale captured the 148 World PL title in York, PA, and following in his footsteps was 198 pounder Tom Campbell (1979). The first Canadian Big Man to claim an IPF World Title was Tom Magee when, on

November 7, 1982 weighing a mere 125.3 kg. (276.23), he won the IPF World Superheavyweight PL Championship tying the American Wayne Bouvier with 942.5 kg. (2077.85 lbs.) and winning the title by virtue of being by 49.39 lbs. the lighter man! Magee laid claim to being "Canada's Strongest Man" and fortified it by becoming the first Canadian to reach the magic "1000 kilo" sum (2204.6 lbs). Tom managed this feat on April 17, 1983 in Vancouver, British Columbia with lifts of 826 SQ, 573 BP and an 804 DL.

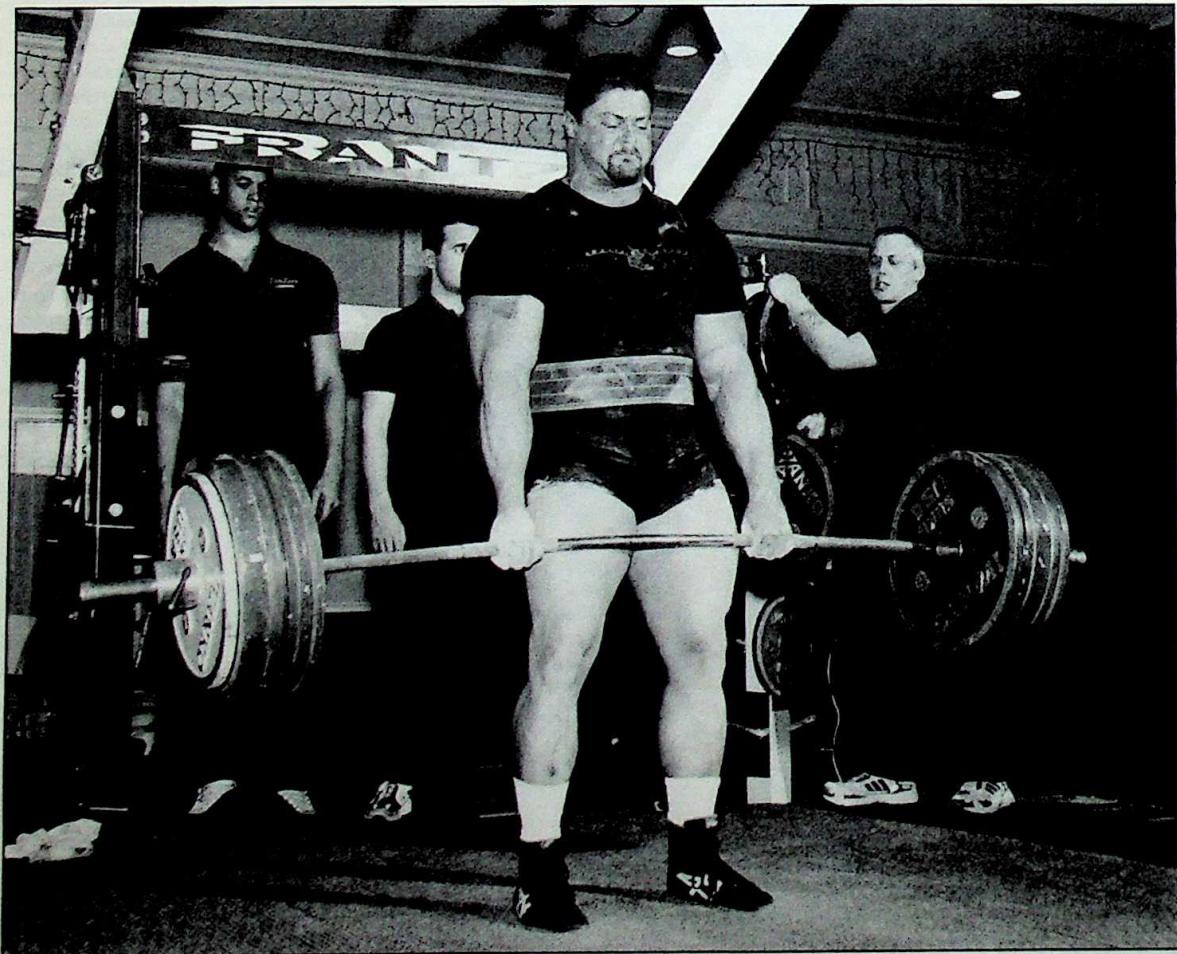
Then - on May 15, 1991 - a 39

year old tough guy named Bruce Greig of Calgary, Alberta hit 2210 via 815 SQ, 585 BP and 810 DL, at 275. This mark remained unbroken until Michael Fortier of Montreal, Quebec upped this sum to 2220 on April 30, 1995 via 905 SQ (first Canadian to go over 900), 525 BP, and 790 DL @ 275. At the WPC Worlds, Nov. 19, 2000, I witnessed Allen Mehan (at 284.4 bodyweight) score 2221 via 931 SQ (4th attempt 1010 WR), 529 BP, and 711 deadlift in Las Vegas, NV. Now, let's trace the roots of the man who was destined to smash this aggregate.

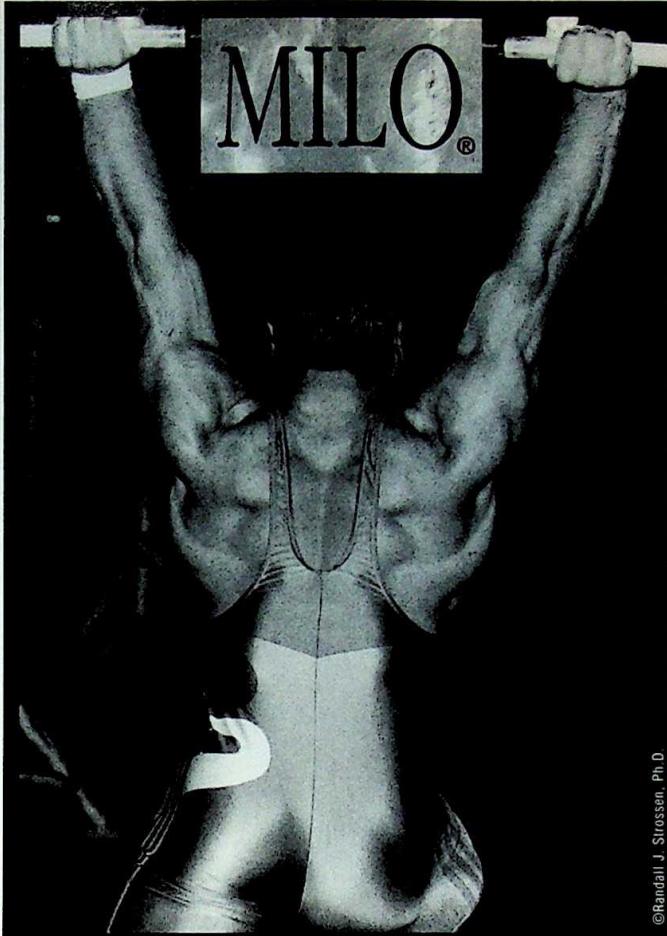
Steve Wiseman was born July 11, 1968 in St. Johns, Newfoundland, the most eastern point in North America. His father Robert is only 5' 1" tall. His mother is short also (5' 2"). Steve's maternal grandfather was a fisherman, and this is where he believes he gets his strength and athleticism, skipping a generation. Wiseman has both a brother and sister, who these days live in the USA, but neither have a proficiency for power like Steve.

St. Johns, where Steve lives, is the oldest city in North America and is comprised mostly of people with English and Irish ancestry. Newfoundland is a harsh environment, right on the Grand Banks, reknowned for its fishing. The winters are long. In fact, there are only 2 months of summer during the year. Brrr. You have to be tough to survive there.

Needless to say, Steve adapted. During High School, Steve was 5' 8" and played Hockey. At age 19, he hit a late growth spurt and soon became a bona-fide six footer. Wiseman attended college at



Steve Wiseman has pulled his way into the top all time spot in Canadian Powerlifting history. (photo courtesy Steve)



©Randall J. Strossen, Ph.D.

Montreal University. He got involved in Athletics and tossed the javelin 230 feet and chuck the shot 16 meters without having a coach to polish his technique. Steve was always fascinated by lifting and was inspired by Bert Squires who finished 5th at 110 kg. in the 1984 Olympic Games in Los Angeles. Steve learned to do the Olympic Lifts. In 1997 he did a 286 snatch and 396 clean and jerk at 231 bodyweight. Okay, but nothing earth shattering. Steve went to the Canadian National Championships for Track and Field in Montreal. At this competition the National Team Coach for Bobsledding noticed Steve. He was scouting for talent and approached Steve and asked if he'd be interested to see if he "had what it took" to be a champion bobsledder. Wiseman decided to give it a go and was flown to a training camp. He was tested on the front squat, where he did 495, and he power cleaned 396, and did a narrow grip bench press. He did a 30 meter sprint and was tested on his vertical jumping ability. Since he had an elbow injury from doing snatches and throwing the javelin, he decided to devote his athletic focus to the bobsled. He competed on the World Cup circuit and participated in the World Championships. He was the brakeman (pushes

from behind) and foreman (push from the side). He did bobsledding from 1993 to 1998. Steve had high hopes of making the 1996 Olympic Team, but was frustrated when his team got beat by a couple of hundredths of a second. Steve seemed to have more strength than speed, so he decided to quit the bobsled.

The 1999 WPC World Powerlifting Championships were held by Bruce Greig in Calgary, Alberta. Steve decided to go watch. A need to utilize his true strength seemed to be gnawing away at him and he wanted to get a firsthand look at the sport of Powerlifting. It was there he met two true giants of power, both 6'4" tall and 375 lbs. of pure, primeval power. I'm speaking of Jim Voronin and Garry Frank. Steve was mesmerized by their size and strength and was inspired by watching them lift. They chatted late into the night. It was then and there that Steve Wiseman decided to become a champion powerlifter. He did his first meet that next Spring, in March 2000. The CPC Canadian Championships were held by Bruce Greig in Okotoks, and it was there he made a stunning impression in his very first competition: 804 SQ, 473 BP (no shirt) and a 766 DL - TOT 2000. He trained in earnest for his next meet, the WPC World Championships. At 275 he finished 3rd

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O.K., so we're into overhead lifting, not just what you can bench, and, yeah, to us, backs are sort of what biceps are to bodybuilders, but that's only the beginning. Strength is our thing—what you can do, not what you look like. That's why we cover Olympic lifting, Highland Games, strongman, and arm wrestling as our main events. Training. Athlete profiles. Major contest coverage. We feature the top writers in the strength world, and even though we don't lure you with bikini shots, we recognize the value of good photography, so we strive to bring you the best anywhere when it comes to lifting, throwing, and pulling.

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behind Ano Turtainen, Finland (2325) and Bill Nichols, USA (2116), doing a 760 SQ, 529 BP (with an Inzer shirt) and a 782 DL - TOT 2072. Not bad in only his 2nd contest. Steve was really bitten by the barbell bug and wanted to become the best he could be. Under the tutelage of the old Master himself - Steve worked out under the guidance of Bruce Greig at the Back Alley Gym. All the hard work paid off.

On Mar 19, 2001 in Lethbridge, Alberta, Canada, Steve weighed in at 139.4 kg. (307.32 lbs.) and he gave birth to the biggest three lift PL TOT in Canadian History: an 804 SQ, a 639 BP, and he topped it off with a 799 DL for a 2243 TOTAL! Steve had the WPC World Powerlifting Championships in mind that following November in Capetown, South Africa. He'd been impressed meeting Neville Primich and wanted to showcase the big improvements he'd made. Then calamity struck. In September 2001 he was doing preacher curls and tore his bicep. Steve has gone through rehab and hopes to return to the lifting platform on August 25, 2002 at Bruce Greig's big CAN-AM Championships to be held in Red Deer, Alberta, Canada. Preparing for this event, Steve is training with his mentor Bruce Greig and is very grateful to

Bruce for all the help he has given him.

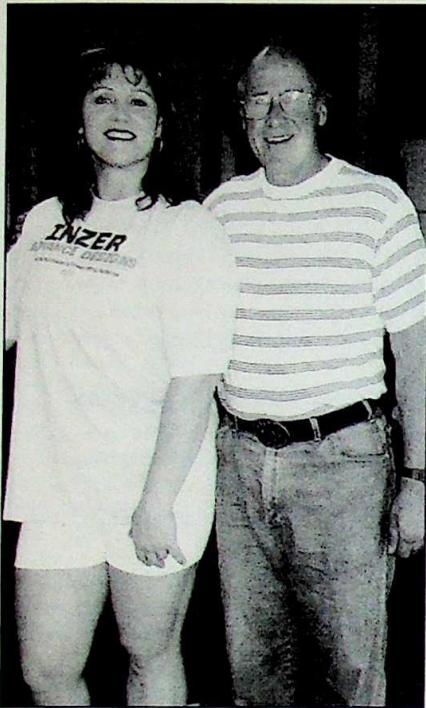
Steve works with young offenders in a group home setting providing guidance and assuming a role model profile. He is also a Certified Fitness Consultant for the Air Force Recruiting Agency. Steve is unassuming and very modest about his accomplishments. "I've only scratched the surface," he told me.

I asked him if he is ready to claim the title "CANADA'S STRONGEST MAN" since in only 3 contests he's posted the biggest Canadian PL TOTAL ever (2243). Matter of factly he told me, that honor goes to his coach Bruce Greig who (at age 50) has best official lifts of 905 SQ, 585 DL, 860 DL spread over the past decade from 275 to 308 bodyweight. He hasn't made them all in one meet "but if you add them up that's 2350!" Steve noted. "Plus, Bruce has deadlifted over 800 more than 50 times in competition."

So, Steve pays homage to his coach and mentor rather than take any credit himself. One thing is certain - he is not finished yet - in fact, he's only just begun. I hope to be in Red Deer, Alberta this August to see another giant step in the career of Steve Wiseman, the NEW-FOUNDLAND POWERMAN.

Herb Glossbrenner

POWER SCENE



Vicky Hembree & her father Bernie Gagne

Power Scene returns, and we're happy to be back. After appearing every month for 7 1/2 years (1994-2001), we took a little break, but we're back covering the lifting world, and we'll be here in Powerlifting USA on an occasional basis.

them good luck and good lifting.

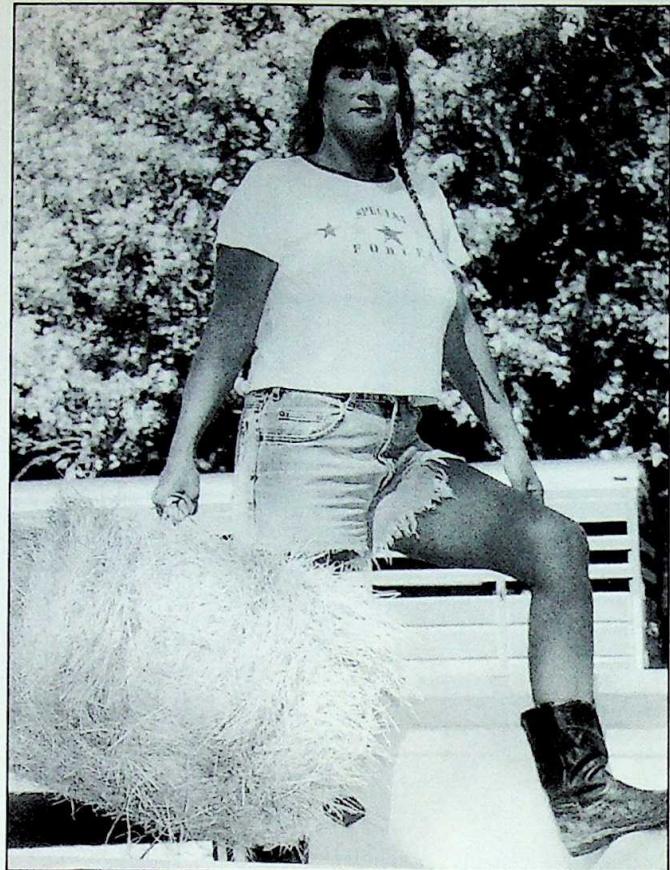
Also at the Women's Worlds in Germany was former USPF President Peter Thorne, who must have amazing frequent flier miles from all the powerlifting traveling he does. Peter had recently been in Killeen,

Texas for the IPF's return to the United States. USAPL meet director Johnny Graham gave Peter a plaque to honor the support Inzer advance Designs has given the IPF in helping it return to the U.S. after an absence of many years, and the IPF has plans for many future American meets.

We hooked up with Peter at his farm as he was preparing for his trip to Germany (we wished him a good trip), and that's where we met Yvette Heaston. Now Yvette's not a powerlifter, but anyone moving bales of hay is doing a lot of heavy lifting — "practical deadlifting" — so we wanted to show Yvette doing it.

Finally, someone who's technically not a powerlifter, but has rep-

resented the U.S. in international lifting competition, is Gea Johnson. Gea, who we've covered in Power Scene before, competed in the 2002 Winter Olympics in Salt Lake City, where she and partner Jean Racine came in 5th in women's bobsled. Gea and Jean had previously set a track record on the course, but Gea suffered a hamstring injury before the Olympic bobsled runs, and was not at full speed for the event. While she aims for the 2006 Olympics in bobsled, she's also aiming for the 2004 Summer Olympics to be held in Athens, Greece (birthplace of the Olympic Games), in weightlifting. She's a former national champion, and is debating which weight class to compete in. Meanwhile, following hamstring surgery in March, it's rehab time, so Gea is just starting to get back to the gym. We caught up with her in front of Gold's Gym in Venice, California, but it will still be a while before she's back moving heavy iron. You can catch up on her training and other activities (speaking, tv, etc.) at her



Yvette Heaston doing what might be called "practical deadlifting"

website, www.geajohnson.com

Well, that's our report for now. Stay strong and healthy, and keep enjoying the world's strongest sport.

NED LOW



Inzer's Peter Thorne with USAPL Meet Director Johnny Graham. (courtesy of Thorne)



Gea Johnson at Gold's Gym in Venice

CHART 1A

SIMPLE CARBOHYDRATES

Monosaccharides- are known as simple sugars

1. Glucose
2. Galactose
3. Fructose

Disaccharides- are formed from 2 monosaccharide molecules

1. Sucrose
2. Lactose
3. Maltose

COMPLEX CARBOHYDRATES

Polysaccharides- are formed from multiple chains of monosaccharides

1. Starch
2. Fiber
3. Glycogen

NUTRITION

The Carbohydrate Manifesto, Pt. I

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

At the present time the most written about macronutrient is the carbohydrate. This macronutrient has gone through some major changes over the years. Well, the carbohydrate hasn't actually gone through physical changes, but the way dieticians look at them and the way people consume them over the past decade has changed 360 degrees. You have your high carb diets, low carb diets, no carb diets, Zone type diets, and more variations than you could shake your powerlifting belt at. What is it about carbs that makes them so interesting compared to fats and proteins? Ok, they really aren't that interesting, they just taste much better than the other two macronutrients and that is where all the interest lies. This article is the first part in a two part series on carbohydrates and

the role they play in the powerlifter's diet. In this article we will take a look at what carbohydrates are, their types, and where they can be found in your diet. Believe me, carbs are more complex (no pun intended) than you imagined!

CARBOHYDRATES 101

Carbohydrates are composed of carbon, hydrogen and oxygen atoms. They are the preferred nutritional source of energy. In the United States the average adult male consumes approximately 300 grams of carbohydrates per day. Females consume approximately 180 grams of carbohydrates per day. Carbohydrates contain 4 calories per gram, which is the equivalent of protein. The average American diet is not only too high in fat and sodium, but

also simple carbohydrates. In recent years, Americans have reduced their consumption of complex carbohydrates, and have increased their intake of simple and refined carbohydrates. It is this fact that has scientists and dieticians studying the effects of carbohydrates on our performance and health.

TYPES OF CARBOHYDRATES

Just as with fats, there is more than one type of carbohydrate. They can be broken down into two main categories. They include your simple and complex carbohydrates. They can be further broken down into categories, including different types in each of the categories. I have outlined the categories and types of carbohydrates in Chart 1A.

MONOSACCHARIDES

The most basic unit of carbohydrates is the monosaccharide, also known as the sugar molecule. Scientists have discovered over 200 different monosaccharides, but most of us powerlifters don't really care ... right! Let's find out where each of the major ones can be found and what it does.

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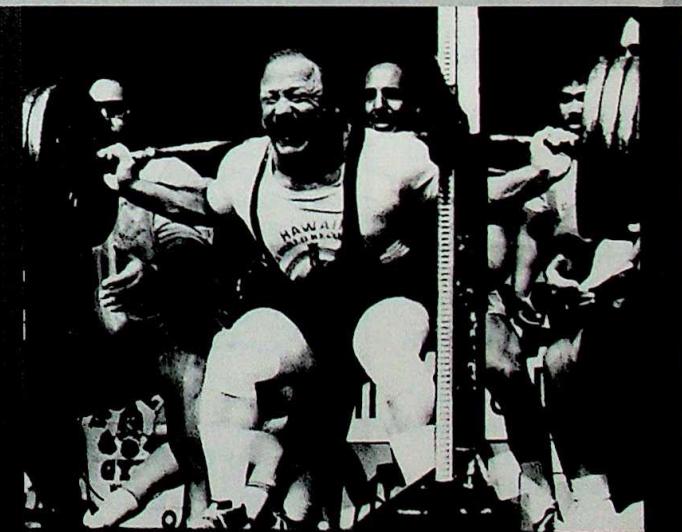
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CHART 2A

TYPES OF FIBER AND SOURCES

INSOLUBLE FIBER

- Cellulose**
- * Fruits
- * Vegetables
- * Legumes

Hemicelluloses

- * Celery
- * Lettuce

Lignins

- * Flax Seeds
- * Carrots
- * Strawberries

SOLUBLE FIBER

- Pectin**
- * Citrus Fruits
- * Vegetables
- * Apples

Hemicelluloses

- * Rolled Oats
- * Oat Bran

Gums and Mucilages

- * Guar Gum
- * Carrageenan
- * Gum Arabic

carbohydrates, but its forte is to replenish depleted liver glycogen. This is why it is a main ingredient in energy drinks customized for endurance athletes. When muscle glycogen is depleted, stored liver glycogen is then used as an energy source. The brain also utilizes the majority of its energy supply from liver glycogen.

Galactose is unlike the other simple carbohydrates as it is not found in plants. Galactose can be found in milk as it is produced by the mammary glands of lactating animals like cows.

DISACCHARIDES

Sucrose is the most widely known sugar since it is also known as table sugar. It is composed of one glucose, and one fructose molecule. This is the main culprit for tooth decay, so stay away from this as much as possible. It also plays a major role in obesity in the United States. It can be found in maple syrup, candy, and chocolate bars, just to name a few. I know, it always seems like the foods that taste good are the worst for you.

Lactose is well known since many individuals, especially from Asian and African countries, do not possess the enzyme lactase to properly digest this sugar. It is found in milk and dairy products. Lactose is composed of one galactose and one glucose molecule. You may have experienced the wrath of Montezuma's Revenge when you

ing children.

Fructose is also known as fruit sugar. It is mainly found in fruits and honey. It can be found in some energy drinks mainly designed for endurance athletes. It is also used in some supplements as a sweetener since it is the sweetest of all the simple sugars. The absorption of fructose into the blood stream is much slower than that of glucose. This leads to less problems associated with roller coaster blood glucose levels that leave us feeling tired. Fructose doesn't replenish muscle glycogen stores like other

chugged down one of those cheap bargain basement protein or weight gain powders in the years past. Presently, most supplement companies have the lactose reduced so it can be consumed more often with out discomfort.

Maltose is composed of two glucose molecules. It is also known as malt sugar. Since it is mainly present in cereals, beer, and germinating seeds, it isn't a major player in most individual's diets. That's unless you eat a lot of germinating seeds or you have your own brewing station in the basement. One side note. Just because you read that maltose is present in beer, don't take advantage of this information. Please don't tell your wives that you are taking expert nutritional advice from PL USA, so you need that extra brew to prevent a maltose deficiency. You could try, but I don't think it will work!

POLYSACCHARIDES

Starch is also known as complex carbohydrates. Unlike the simple carbohydrates mentioned above, starch is composed of long chains of glucose molecules. Starch can be found in such foods as bread, grains, pasta, rice, cereal, potatoes, and beans. There are also processed forms of polysaccharides. This would include glucose polymers and maltodextrin. These forms of polysaccharides have shorter polymers than a solid form of starch like a potato. They are highly soluble in water so they enter the bloodstream faster than trying to stuff down a Yam between your lifts. Plus, it won't cause the bloating like solid food. Eliminating complex carbs in your diet for simple carbohydrates is not a good idea. This is one of the reasons why we have seen an increase in diabetes and obesity in the United States. Complex carbohydrates provide the best energy source of all carbohydrates, so this is one reason why they should be a staple in the powerlifting diet.

Fiber is another very valuable nutrient that is deficient in the majority of American's diets. Ok, I know what you are thinking, "What does fiber have to do with powerlifting?" Fiber has many benefits for the powerlifter and they are outlined in Chart 6A. We all know the reputation of powerlifters when it comes to this topic ... so enough said, I'll continue on with the lecture. Fiber is considered a non-starch polysaccharide. To the mainstream public it is known as dietary fiber. Unlike the other carbohydrates, fiber cannot be digested as it is resistant to digestive enzymes in the human body. Fiber is found in

CHART 3A

TYPES OF CARBOHYDRATES AND SOURCES

SIMPLE CARBOHYDRATES

MONOSACCHARIDES

- Glucose**
- * Sports Drinks
- * Creatine Transport Formulas
- * Energy Bars
- * Soda
- * Weight Gainer Drinks

- Fructose**
- * Fruit
- * Endurance Drinks
- * Energy Bars

- Galactose**
- * Milk
- * Dairy Products

COMPLEX CARBOHYDRATES

POLYSACCHARIDES

- Starch**
- * Potatoes
- * Rice
- * Grains
- * Pasta
- * Yams
- * Maltodextrin

- Soluble Fiber**
- * Legumes
- * Fruits
- * Rolled Oats

- Insoluble Fiber**
- * Wheat
- * Cereal
- * Vegetables

DISACCHARIDES

- Sucrose**
- * Table Sugar
- * Brown Sugar
- * Maple Syrup
- * Candy
- * Chocolate Bars
- * Cookies

- Lactose**
- * Milk
- * Dairy Products

- Maltose**
- * Beer
- * Cereal
- * Germinating Seeds

CHART 4A

VARIABLES FOR CARBOHYDRATE CALCULATION

- * The individual's bodyweight, both lean mass and fat weight
- * The individual's Basal Metabolic Rate or B.M.R.
- * The Type of Carbohydrates consumed
- * The Glycemic Index Rating of the carbohydrate consumed
- * The Grams of Carbohydrates per meal
- * The Grams of Carbohydrates per day
- * The degree of Insulin Sensitivity or Insulin Resistance
- * The individual's Body Fat Percentage
- * Total amount of Daily Energy Expenditure
- * Activity Type: Anaerobic or Aerobic in nature
- * The Thermic Effect of Food
- * Meal Timing
- * Macronutrient Balancing

(2A), fiber isn't as simple as you probably thought. Fiber is broken down into the following types and forms. Cellulose is found in fruits, vegetables and legumes since it is the main property of plant cell walls. Hemicelluloses are mainly found in oatmeal and bran cereals. Since they are composed of several different monosaccharides, this leads to some being insoluble while others are soluble. This is why they are in both columns in Chart 2A. Pectins are present in citrus fruits and vegetables. They are also used to thicken jelly since it controls the consistency and texture. Gums and Mucilages are used for different purposes. Gums are used as additives for food, and mucilages are used as food stabilizers. Lignins can be found in small seeds such as in strawberries and carrots. Lignins are considered to be a non polysaccharide fiber.

THE MAJOR ROLES OF CARBOHYDRATES

CHART 5A

BENEFITS OF CARBOHYDRATES

- * Provides energy to working muscles
- * Increases endurance for prolonged exercise
- * Increases brain function
- * Replenishes muscle and liver glycogen stores after workouts
- * Helps in the recovery process
- * Increases anabolism through the release of Insulin
- * Plays major role in cell volumization
- * Controls blood sugar levels to prevent hypoglycemia
- * Causes "Protein Sparing" effect so that protein is used to increase muscle tissue and recovery

fruits, vegetables, legumes, grains, and nuts. Consuming a high fiber diet helps prevent such diseases as colon cancer, diabetes, and cardiovascular disease. It can also have a positive effect on lowering bad or LDL cholesterol. Soluble fiber transports bile acids out of the body. Bile acids are needed to produce cholesterol, so eliminating them leads to a lower blood cholesterol rating. The two main types of fiber are insoluble and soluble. The types and categories of fiber can be further broken down. They are outlined in Chart 2A. Insoluble fiber speeds up GI transit, slows down starch hydrolysis, increases fecal weight and delays glucose absorption. Soluble fiber delays GI transport, lowers blood cholesterol (LDL), and delays glucose absorption as well. As you can see, fiber has many benefits that the powerlifter can take advantage of so make sure it is part of your power meal plan.

As you can see from the chart

Even though I am not a major advocate of super high carbohydrate diets especially for the powerlifter, carbs play a major role in the functioning of our bodies. One of the most important functions that carbohydrates perform is to serve as the main energy source or fuel. As powerlifters, we need a specific amount of carbohydrates to perform at our optimal levels. This is a variable that is different for everyone. The variables must be analyzed to find out how much carbohydrates you need per day. These variables are outlined in Chart 4A. As you can see, just stuffing in mounds of any type of carbs as often as you like won't cut it in terms scientific powerlifting nutrition. We will be discussing some of these ideas in part two of this series.

Another very important aspect of carbohydrate consumption is the effect they have on protein. Carbohydrates are known to be "Protein Sparing". What this means is that carbohydrates protect the protein you do consume from being converted to glucose to serve as an energy source when glycogen and plasma glucose levels decrease. This process is known as gluconeogenesis. This occurs when blood glucose concentrations are too low. This in turn causes the release of the hormone glucagon. It is released by the alpha cells in the Islets of Langerhans. This is an area of the liver that controls both insulin and glucagon. This hormone is known as an "Insulin Antagonist", since both insulin and glucagon work at opposite ends of the same scale. The major problem with good old gluconeogenesis is that it can also consume lean muscle tissue. This puts you into a catabolic or muscle wasting state, thereby reducing your lean muscle mass. This is something we all want to avoid like the plague unless you enjoy losing muscle, gaining fat, decreasing your metabolism, and losing strength.

Carbohydrates serve another important purpose. Carbs are very important for the proper functioning of the central nervous system (CNS). The human brain uses blood glucose as its main fuel source. The brain doesn't have a stored supply of blood glucose the way the muscles and liver store glycogen. This is why the last time you were on a low carbohydrate diet you may have not been the sharpest tool in the shed. Having a proper supply of carbohydrates in your diet will also prevent hypoglycemia or what is known as low blood sugar. Symptoms include hunger, dizziness, weakness and fatigue. Nothing will shoot down performance like a nice bout of hypoglycemia during your training, so make sure you have the right

carbs when your body needs them.

These are some of the major roles carbohydrates play in your power diet, but this is not all of them. We will take an in depth look into some of the other roles of carbohydrates in part two of this series.

CONCLUSION

Now that you understand the different types of carbohydrates and fibers, where do we go from here? Don't worry; I wouldn't bog you down with all this serious nutrition lingo without explaining how all this info affects the powerlifter. I know that this article was a bit science based, but I will lay out all the important information on how we can use it to help increase our performance in the next part of this series. With this base of knowledge, we can now put together a plan that will best maximize the use of carbohydrates in the powerlifter's diet. So until next month, make sure you get adequate supplies of your complex carbs, and don't over dose on the maltose!

If you have any questions or comments please write me at powertrainer45@hotmail.com

CHART 6A

BENEFITS OF FIBER

- * Reduces your chances for colon cancer, cardiovascular disease and diabetes
- * Lowers LDL or bad cholesterol
- * Helps the absorption of glucose into the bloodstream
- * Increases satiety
- * Helps eliminate toxins from the body
- * Regulates proper bowel movements
- * Increases fecal weight
- * Slows down starch hydrolysis

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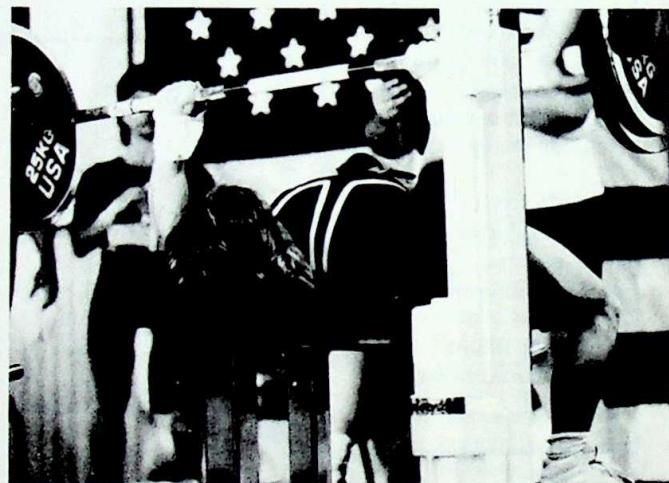
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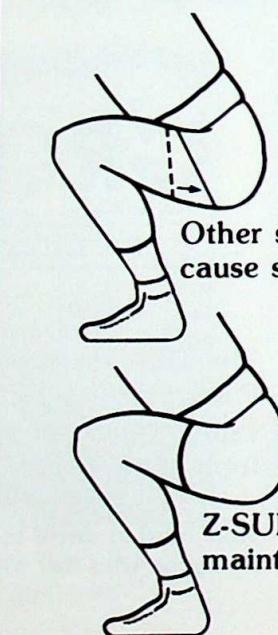
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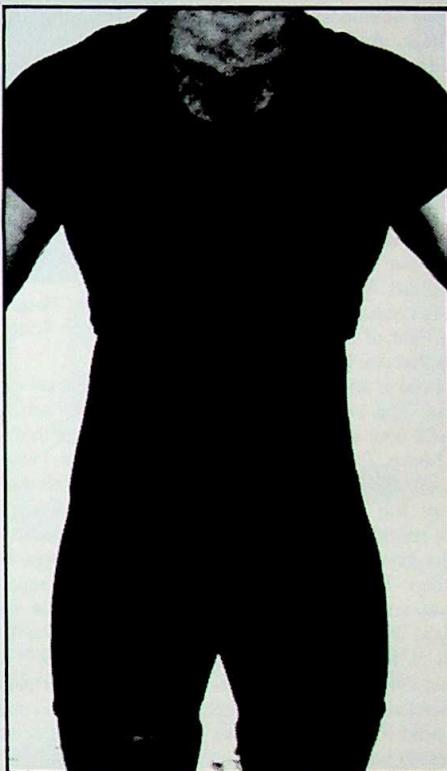
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Material things are not important, people are.
Leo Buscaglia

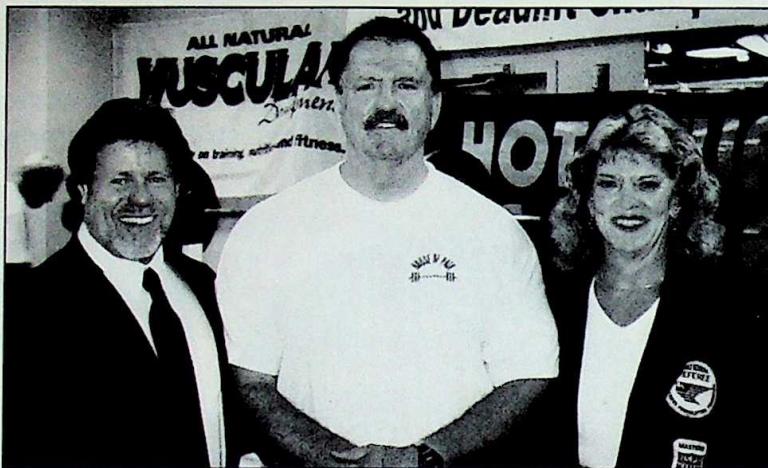
When I was a little boy, I loved to go over to my friend Bobby's house – just to look at it. I want to tell you – Bobby had the most excellent house in the entire neighborhood. It was absolutely magnificent. Every room was like a picture out of *Southern Living*. There wasn't a thing out of place, and there was no way in the world that you could find a speck of dust or dirt in the entire house. Believe me, the place was completely sterile. You couldn't find an operating room that hygienic. And the furniture there was elegant. Stuff that looked like it was purchased right out of Alexander Julian. In short, the entire place looked like a museum that no one lived in. In reality, that was basically the case. Bobby and his family stayed there all right, but they really didn't live there. At least, not what I would consider living.

First of all, there were rules that you had to follow if you lived in and/or visited Bobby's house. For instance, you had to take off your shoes before entering the house. Once inside you were not allowed to sit in any chairs except the ones in the kitchen. Also, you were not allowed access to the living room, bedrooms, or the den. You could stand in the hallway and look into these rooms, but you were not allowed entry to them. When I would visit Bobby's house, I would essentially stand in one spot in the middle of the kitchen and hold my breath until we left. Generally, we would spend a minute at Bobby's house and then run over to my house where we would play tackle football in the living room or WWF on my mother and father's king size bed. Now don't get me wrong; we had a nice house too, and my parents were just as prophylactic as any parents in the neighborhood. In fact, my sisters and I had cleaning chores to do every day. We were required to keep the house neat and clean. Still we were allowed to live in our house. We just couldn't run rough shot through the entire place, but we were allowed to enjoy our home and everything that was in it. My mother would say, "Have fun, but if you mess something up, you clean it up. Capeshi?"

To be honest, I always felt sorry for Bobby. Sure he had the best house in the neighborhood, but he couldn't do anything while he was inside it. It seemed to me that his mother put more emphasis and

Dr. JUDD

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importance on her house than on Bobby. I am sure that was not the case, but that's the way it looked to me when I was younger. I wonder if Bobby felt that way, too.

Buddha once said an incredible thing. He said, "The more you have, the more you have to worry about." Everyone says, "Isn't that the truth." And in the next breath they are saying, "Don't use the good China to eat with." Why the hell not? A plate was made to eat off of, not to sit in a curio and look at. What good is it if you can't use it? What is the point of living in a magnificent house if you can't really enjoy it? A wonderful realization will be one day when you wake up and realize that material things are not important, people are. Here is something you need to put in your notebook. People don't care what you have until they know you care. Therefore you should give people what you are, not what you have.

I don't know how many of you are familiar with the movie *America the Beautiful*. It is a pretty neat flick. There was this one scene in the movie where this guy was on the couch drinking a beer and watching television. His wife comes over and sits down beside him. They had been struggling in their relationship for some time. In fact, they hadn't been affectionate with each other for some months. Then, all of a sudden, something magical happens. The guy turns to his wife, and they start making out. It is beautiful

... a really spontaneous thing. They are really getting into it hot and heavy when accidentally the guy spills a little beer on the couch. Guess what happens? The wife freaks out. She says, "Are you crazy? This is a \$2000 couch, and you are spilling your damn beer all over it." And then the guy gets up and says an extremely poignant thing. He says, "It is just a couch. It means nothing. It's not life; it is a damn couch, for God's sakes." The guy was right you know. It was just a damn couch; it wasn't life, but how many of us really understand that. We have this idea that material things are more important than any other aspect of life. There is an old cliche that states, "You can't take it with you." The way some people act, you would think you could.

I remember when I first moved to Albany, Georgia, a woman stalled her car on the railroad tracks outside of the city limits. Suddenly, a train appeared. She had plenty of time to abandon her car. In fact, the woman who was in the car with her did get out and actually went around to the drivers side, opened the door and tried to get her friend out. She said, "Get out! Let the car go or you are going to get killed." Amazingly, the woman in the car said, "I can't - I just bought this car. My father will kill me." So she just sat there trying to start her car. Well, not only did she lose her car, but she also lost her life.

The next day her father was on

the news. I remember exactly what he said. He said, "I would give a thousand cars ... I would give everything I have, if I could only get my daughter back." As crazy as this may seem, people are constantly jeopardizing their health and happiness to accumulate things. Maybe it is not as overt as the aforementioned case, but the fact remains that some times we tend to put a higher priority on things than people. Whatever the insight, it is pitiful that we must sometimes suffer tragedy in order to learn the real value of things.

Recently I met this wonderful woman named Becky Valestea. She is a single parent with the enjoyable but extraordinary task of raising four young children. The other day she told me that she felt sad sometimes because she couldn't afford to get her children the things that the other kids had. She said, "My children never complain, but they see that they don't have what the other children have. The only thing I can give them is my love and heart. It makes me feel embarrassed and inadequate at times."

I sat there thinking about what she said. The only thing she can give is her love. My God, what is more important than love and what price tag do you place on such a majestic gift? I'll tell you its value ... it is priceless. What do you think is more important nice clothes, a house full of toys or someone loving you with all of their heart and soul? Love is what is essential in life. Being loved is the greatest of all human experiences. I will tell you why her children never complain because they feel the grace of love. You can have all the riches in the world, but without love, life is hollow and meaningless. Things won't make you happy; people will.

Now don't misunderstand me; I am not saying that it is wrong to give people what you have ... your money, your car, your house, or some type of expensive gift. Without question, it's great to be able to express your love with a gift now and then. There is certainly nothing wrong with that. In fact, I really think that it is wonderful to share your material wealth with others. But what is really essential is that you give people what you are, not what you have. When you give your mind, heart and soul to the people that you love then you have something extraordinary and wonderful. Then, and only then, can you capture the true magic of life.

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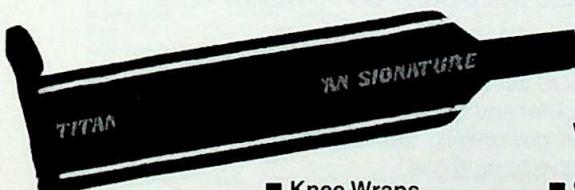
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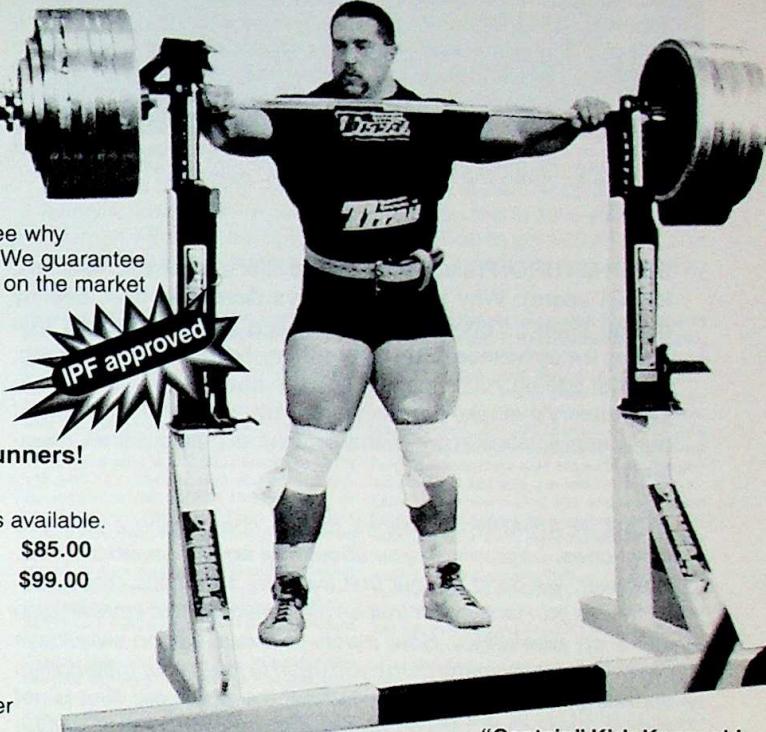
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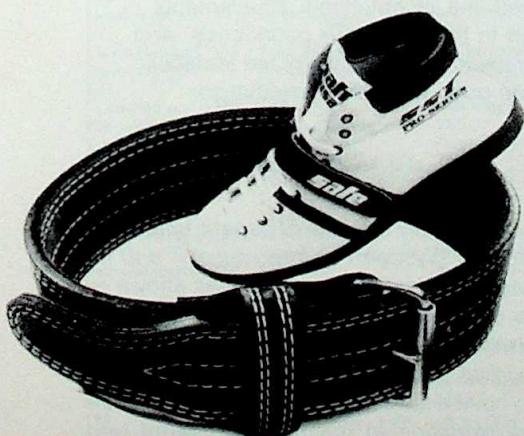
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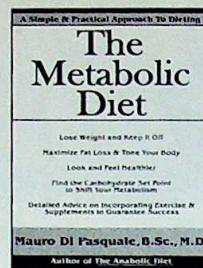
Ask the Doctor

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

DEAR MAURO: Fruits would seem to offer a lot (phytochemicals, low GI score). Why are they always dismissed from healthy dieting plans? There is a bodybuilding article I read on fruit saying it may be more than a good thing, but don't get me wrong, I'm with you on your theories. You are one of the very few pros in the industry that take time to answer my questions/comments. I really appreciate that. Many thanks for your precious time. Jean-Marc

DEAR JEAN-MARC: Thanks for the copy of the article you mentioned. I agree with you about fruit and its health benefits. However, we don't cut out fruit from the Metabolic Diet. Obviously you can tank up on fruit on the weekend, but you can also eat it on weekdays. How much you can eat on weekdays depends on how many carbs you need to keep your metabolism operating optimally. Don't forget that the Metabolic Diet is not simply a low carb, cycling diet. It adjusts itself to your unique metabolism by allowing you to find out what baseline carbohydrate level works for you. Check out the troubleshooting chart in the book and you'll see what I mean. As far as fructose, the article mentions only the plus side, and there's a lot of that. Unfortunately in the Metabolic Diet, fructose isn't all that much different from glucose when taken in quantity and can cause many of the same problems. While the article isn't too bad it is glib and is pushing the use of fructose in their product - basically praising the good and ignoring the bad and as such giving a very slanted look at fructose. For example, he quotes that "fructose has been shown to increase the absorption of a few important minerals, like zinc and magnesium." The paper he quotes actually deals mainly with iron, zinc and copper absorption in rats. Fructose affects to some extent the bioavailability of iron, zinc, and copper. Its effect on copper has been studied most intensively. Fructose forms stable complexes with iron and promotes its absorption and also that of zinc. Compared with starch, fructose and sucrose decrease copper bioavailability in rats fed diets based on egg white and containing 60% carbohydrate. There is no apparent fructose effect on copper bioavailability in pigs. In humans fructose consumed as 20% of energy has no effect on copper balance and minimal effects on the criteria of copper status. A more recent study shows in fact that fructose adversely affects macromineral homeostasis and can disrupt the absorption and balance of minerals like magnesium, calcium and phosphorus.

There is evidence that there are differences in energy expenditure and macronutrient oxidation when different sources of carbohydrate (e.g., glucose, fructose, and sucrose) are com-



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pared. Fructose has an especially fast rate of hepatic uptake (in fact it fills up the liver with glycogen before muscle) and its metabolism is independent of insulin. Fructose was shown to increase carbohydrate oxidation, reduce fat oxidation, and increase thermogenesis more than was an isoenergetic amount of glucose or starch. Sucrose (the disaccharide of fructose and glucose) was shown to have a similar effect on energy expenditure and carbohydrate oxidation to fructose, compared with glucose and starch. **Mauro Di Pasquale MD**

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MEN	MEN		181	Mac Umutia	385
Teen 13-15	Jr.M 20-25		198	Tolan Furusho	413
97	181		220	G. Warrington	540
Vince Vasquez	192	Vice Lujan	545	Michael Miner	363
123	220	Cody Ratliff	573	Jack Sandberg	413
Josh Hughes	236	Tim Smith	584	John Anthony	242
220	275			220	242
Anthony Trevino	358	James Vereide	573	Tim Martin	485
Teen 16-19	132	Sub M 34-39		Sub M 34-39	
Cal Bishop	352	Roland Garza	584	Steve Olson	380
Sean Magruder	303	Buz McCanse	573	198	308
148	275			Ed Slim	502
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Andy Jacoby	418	220		SHW	
165	Jack Sandberg	611		Vince Eldridge	424
S. Hildsheim	429	Evan Amtzen	606	Law/Fire Master	
181	Henry Higgins	556		Woman 48+ UL	
Jim Bristow	314	Ben Matheson	710	Carolyn Fay	93
198	Troy Fryar	639		198	198
Theodore Brown	490	Matt Foreman		Open Women	
220	275	Chales Symons	540	132	Carie Novikoff
Ollin Perkins	562	Women 40-46		148	Heather Myers
242	148	148		121	Class 1 Men
Marv Landon	501	Teresa Hughes	336	148	Shawn Hildsheim
242	UL 47-53	UL 47-53		165	
Troy Fryar	639	Carolyn Fay	259	Kelly Mahoney	154
308	Women 54-60	Women 54-60		Don Linerud	375
Jason Gillen	529	Pat Robey	203	UL	Jim Bristow
SHW		Law/Fire SubM		242	242
Tim Pfeifer	225	Crish Lydon	242	Carrie Novikoff	209
Law/Fire		Sue Brooks	203	181	181
Master Men 40-47		Heather Myers	143	Yvonne Peterson	104
165	198	UL		Sub W 34-39	
Robert Straker	413	198		148	148
Law/Fire		Pat Robey	203	Chris Vareia	121
Master Men 48+		Law/Fire SubM		165	165
198		148		154	Kelly Mahoney
Les Peratovich	529	David Smith	600	148	Don Linerud
Bob Keynon	429	M 40-46		165	375
220	148	148		181	Jim Bristow
Patrick Fay	584	James Woodford	352	198	242
242	220	148		220	242
308	Jim Waldon	600		220	242
Isaac Panratz	534	David Rodgers	518	220	242
Law/Fire		242		220	242
Open Men		Al Dawson	661	220	242
220	308	Pam Jenkins	143	220	242
Jack Sandberg	611	Tersea Huges	159	220	242
242	Paul Ratsch	663		220	242
Troy Fryar	639	Joe Mickelson	556	220	242
308	M 47-53	Zo Fritts		220	242
Loren Dieter	480	F. Evangelista	451	220	242
Women		David Higgins	352	220	242
123	181	148		220	242
Danna Snow	265	Terry Henderson	551	220	242
148	220	Orville Kuipers	93	220	242
Victoria Reese	364	Les Peratovich	529	220	242
Zandra Brooks	275	Skip Sandberg	402	220	242
165	242	208		220	242
Kristi Fay	281	Eric Twaites	402	220	242
Krista Pankratz	248	David Perkins	366	220	242
198	M 54-60	242		220	242
Heather Myers	325	Harold Smith	352	220	242
UL	275	M 75-79		220	242
Carrie Novikoff	319	Perry Plush	325	220	242
Junior W 20-25	606	K. Pennington	159	220	242
132	Bobby Dodd	429	220		
D. Lundstrom	231	165		220	
165	M 61-67	165		220	
Kristi Fay	281	165		220	
198	148	165		220	
Heather Myers	325	165		220	
Sub W 34-39	208	165		220	
123	G. Holzinger	165		220	
Rebecca Sexton	259	165		220	
165	Donovan Phillips	336		220	
Kelley Mahoney	270	220		220	
UL	242	220		220	
Lindy Eubanks	330	220		220	
Carrie Novikoff	319	220		220	
Law/Fire W		220		220	
132	Jr. M 20-25	220		220	
Yvonne Peterson	248	220		220	
Law/Fire W 40-47	275	220		220	
148	James Vereide	363		220	
Kathi Bolton	203	Law/Fire SubM Men		220	
Law/Fire W 48+	198	Ed Slim	502	220	
UL	Open			220	



As a guest at the Monster Muscle.com meet, **Ryan Kennelly** opened at 705, and then went 744, 755, and a 4th at 767. According to **Gus Rethwisch**, all lifts were perfect and Ryan looked to have 40 more lbs. in him. In Houston this July, Gus expects Ryan to get 810 or 820, and he feels that Ryan is either the best ever, or he will be soon. (Baertlein)

record at 165 with 375. Tolan Furusho was named outstanding lifter in lightweights with 413 at 181 and a Wash. State record. Jerame Cinnell was best lifter in heavyweight with a 436 bench and an Oregon State record at 220. Terry Bork set a Wash. State record at 242 with 424. Eric Twaites set a Wash. State record at 198 with 402. In Teen men bench Kevin Pennington set a Wash. State record at 13-15 with 159. Chris Barada was named outstanding lifter with a 308 at 16-19 220. In sub master law/fire 198 class Ed Sim has made a complete recovery from wrist surgery 1+ years ago and put up a picture perfect 502 world record. In open men law/fire David Perkins set a Wash State record with 386 at 198 but then Eric Twaites came along and broke it with 402. At 220 Jack Sandberg set a Wash. State record with 418 and at 308 Isaac Pankratz set an Oregon State record with 369. In master men law/fire Robert Strakes set an Oregon State record at 165 with 209 in master 40-47. In master 48-57 148 class David Higgins bunched a Wash. State record with 386 at 198 but then Eric Twaites came along and broke it with 402. At 220 Jack Sandberg set a Wash. State record with 275 with 523. Jim Cunningham, who is training with George Nelson and Shelley Radcliffe, benched a huge 623 for an Oregon state record. In master 47-53 148 class David Higgins bunched a Wash. State record with 192. However Freddie Evangelista benched a world record 396 - a big time lift. At 165 Jack Kasper set a Wash. State record with 264. At 220 Ray Dohaniuk set a world record with 519 - Ray is one of the best master lifters in the world. At 242 Bennie Dooley and Will Crossen JR had a battle with Bennie winning 501 to 496. Will is the current world record holder in 40-46 242 with 525 and Bennie is a former world record holder. In master 54-60 George Nelson set another world record, with 519 at 242. George dropped about 24 lbs and claims he will head back up to a 600 bench once he is used to the lighter weight. George is lifetime drug free and is 57; George was named outstanding lifter of the master division heavyweight. In master 68-74 242 Harold Smith of Montana set a Montana State record with 358 and Bryan Christenson set a world record 292 at age 77 and almost made 300 at 198. He was named outstanding lifter master in the lightweight. In Submaster bench Ed Sim was named outstanding lifter with 396 at 148 and Gustavo Warrington benched 540 at 198 for best lifter. In open women bench Shelley Radcliffe set a world record 236 at 123. Carrie Novikoff set a Wash. State record 209 at 198+. In master Woman 40-46 148 Carolyn Fay set a Wash. State record in 40-46 148 with 159 and Pam Jenkins was named best lifter with 143 at 123. In junior women Christie Hansen set an Oregon State Record with 203 at 148 and at 198+ Lynelle Brode set a world record with 187. In the deadlift in class I Vince Vasquez set a Wash. State record with 192 in the 97 class. Perkins set a Wash. State record at 198 with 562 and Jason Gillen set a Wash. State record with 529 at 308. In master men law/fire Patrick Fay was best lifter for all law/fire with 534 at 308. In open men law/fire Tory Fryar set a Virginia State record with 480 at 308. In submasters law/fire David Smith set a Wash. State record with 600 at 242. In Master men deadlift 40-46 James Wood Ford set a Wash. State record at 148 with 262. Al Dawson set a Wash. State record with an impressive looking 661. Paul Ratsch set a Wash. State record 633 at 308. In master 47-53 David Higgins set a world record at 148 with 363 and Freddie Evangelista was 1st with an Oregon State record 451 and a world record. At 181 Terry Henderson pulled 551 and was named best lifter for lightweight master. At 242 Cliff Sandberg set a world record with 663 and was named best lifter in masters heavyweight. In master 68-74 Donovan Phillips set an Oregon State record with 336 at 165 and Harold Smith set a Montana state record with 473 at 242 at age 69. In teen men dead lift Josh Hughes set 220. Tim Smith battled Cody Ratliff and won 584 to 573. In sub master men dead Roland Garza pulled 584 at 220 and was outstanding lifter William Pontius won at 275 with 573. In Open Men Ben Matheson was best lifter with a big 710 at 242. He keeps on improving and will lift 800 someday. Evan Amtzen, Jack Sandberg, and Troy Fryar came all the way from Virginia for a state record 639; Sandberg edged Amtzen 611 to 606. In women's deadlift in the open division Danna Snow pulled a Wash. State record 265 at 123. At 148 Victoria Reese was best lifter with 364. She is coached by Joe Head of Headquarters Fitness. In Master Women 40-46 at 148 Teresa Hughes pulled a Wash. State record 336 and Sue Brooks pulled an Oregon State Record 203 in master 54-60 148. In master women 54-60 123 Crish Lydon set a world record 242. In open women law/fire at 132 Yvonne Peterson set a world record 264 and in master women 48+ Carolyn Fay set a world record at 198+ with 260. In sub master women Rebecca Sexton set a world record with 259 at 123 and was named outstanding lifter. Lindy Eubanks set an Oregon State Record at 198+ with 330. I want to thank Ted Davis who was the MC, Beth Mallory was the ace scorekeeper. Elma Thomas on the computer, Gary Thomas ran the weigh-in room. The judges were Ross Phillips, Donna Deller, Terry Luchs, Gus Warrington and Christie Hansen. I want to thank our sponsors Wes Kampen of Powerlifting Superstore and Monster Muscle the magazine, Rich Brewer of House of Pain, Mike Lambert of Powerlifting USA, John Inzer of Inzer Advanced Designs, Neal Spruce and Jim Starr of Apex Fitness and Nutritional Analysis, Giorgio USAi of Forza Strength Systems, Scott Mischnik and Dave Silver of Thermalink, Renea Metzger of Rattlesnake Mountain Brewery, Roger Sergeant of Columbia Basin Racquet Club, Kelly Mahoney of Golds Gym, Janelle Klashke of Tricity court club, OJ of Columbia fitness, Bill Tilton of Pepsi, Dave Smith of Smitty's Gym, Jonas Rosenberg of Celebrities Casino and Steve Schwartz of Superior Tree Service. (thanks to Gus Rethwisch for the results and report)

In the last 25 years or so, the different types of weight training equipment to come to the marketplace has been mind boggling. In the 70s, Arthur Jones came out with his Nautilus line of weight equipment and the weight machine business has never been the same. Some companies developed machines that use water pressure for resistance, others use air or cables. Others rely on a fixed weight stack or are able to accept barbell plates, but with unique differences in machine operation. All this competition has given the discriminating lifter many choices. The unfortunate thing about all these machines is that they cost an arm and a leg and you need hundreds of square feet of space to handle enough equipment to get a complete body workout.

While these machines have their place in many peoples' training, for the powerlifter many of them are not necessary or even desirable. Plain old barbell and dumbbell exercises have produced many legendary men and women of great strength like Bob Peoples, Paul Anderson, Pat Casey, Jon Cole, Don Reinhardt, and Jan Todd. These lifters didn't capitalize on access to modern high-tech equipment, but became legends in our sport. So when we look to equip a home power gym, we should look to them for what's needed for success.

Listed below are the minimum requirements for a productive home gym:

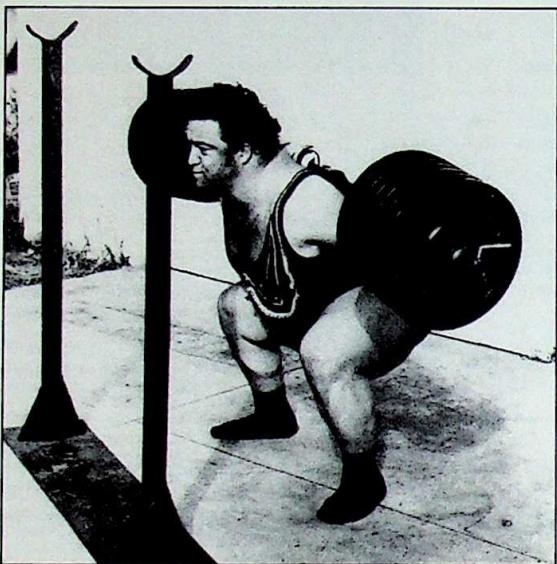
- 1) 400-1000 pounds of plates
- 2) competition bench
- 3) power bar and collars
- 4) adjustable squat rack
- 5) non-slippery lifting platform

You'll need at least 400 pounds of weights to load the bar for heavy squats and deadlifts. If you aren't capable of using 400 pounds in any lift at the present time, you will need to have that much before you know it. You should invest in at least one pair of 100 pound plates. Many meets use 100s on lifts over 250 pounds, so you should accustom yourself to their use, especially for mental purposes. 100 pound plates can be intimidating to novice lifters who are used to training with 45s as their heaviest plates. If you have stronger lifters that are going to lift with you, get 2 pairs of 100s. Get at least 2-4 pairs of 45s, one pair of 35s and 25s, 3 pairs of 10s and 5s and one pair of 2-1/2s. This should do

STARTIN' OUT

A special section dedicated to the beginning lifter

Designing Your Home Gym as told to Powerlifting USA by Doug Daniels



Paul Anderson became very strong with basic equipment

unless you have Ed Coan or Gary Frank over for a workout. If you want to use these plates for dumbbells, purchase Olympic or power style dumbbells and collars.

A sturdy regulation flat bench is next. Purchase one that is of high quality. Some are adjustable for rack height to fit lifters of different sizes. They also vary in height, width and cushioning, so try them out first. Don't necessarily buy one of those benches you find at a local department store. The inexpensive ones often can not handle the weight and abuse you will subject them to. Remember, your own bodyweight counts as load on the bench in addition to the loaded bar.

A power bar is the cornerstone of your home gym. For that reason, purchase the best one you can afford. Don't buy an Olympic bar as it has more spring and a different feel than a regulation power bar. Also purchase a set of high quality collars that lock tight and loosen easily. These are critical for safety. Also available are quick on and off collars that can be very useful for lighter lifts. For heavy lifts, especially squats, use properly fitted regular collars.

Next are adjustable squat stands. Again, sturdy is the key word. They should be well supported and hard to

tip. Purchase squat stands that are height adjustable. Many feature a car jack-like mechanism that allows easy height adjustment, up and down, without removing the bar from the rack. If you buy stands that have removable pins, you'll burn a lot of energy by lifting one side of the bar at a time and re-inserting the pins at the newly desired height for each lifter's attempt. This height adjustability also makes them useful for other exercises like overhead barbell presses.

No one wants a heavy loaded bar crashing down on the basement or garage floor. To help in this regard, construct a safe lifting platform out of wood. A little carpentry will be required. You can cover it with non-slip, rubber gym floor padding. I've also seen indoor/outdoor carpet used, just make sure it's not slippery. Backing out of the squat rack on a slippery surface can be dangerous. Think safety with all your equipment! Experiment until you find the right surface.

Now that we have our basics covered, we can look at some luxuries. A power rack is first on that list. A power rack can enable a lifter to perform heavy squats in safety. Heavy partial movements such as deadlift lockouts can now be done, again in safety. A chin-up bar can be attached to the rack also. If possible, secure the rack to the floor or wall to increase its safety. Consult a previous article of mine on the power rack for more info and tips on its use.

A deadlift bar is a luxury for sure. These are constructed a bit differently with a wider inner layout and a different spring to the bar. Since not all meets use a deadlift bar, there may not be an advantage to owning one. If you do own a

deadlift bar and one will be used in an upcoming meet, by all means, train with it.

Dumbbells can be useful for curls, etc. You can use dumbbells that fit regular non-power bar plates that may already be cluttering up someone's basement.

Some racks to stack weights on are highly desirable for safety and to keep everything in order around your gym. Little things like a clock, chalk, baby powder, rugs, etc., come in handy and should be included.

We can't forget good lifting conditions. If your gym is located in a heated garage or basement, there's no problem. But if your gym area is not heated, consider purchasing a space heater. Think safety again, and get proper ventilation and always have a fire extinguisher handy and in working order if you use a heating source like a torpedo heater. For cooling purposes, a fan or air conditioner would be desirable. Again ventilation is important. The best equipment in the world can't make up for a non-conducive gym environment.

Since you are your own gym staff, it is your responsibility to insure that your equipment is safe and in good working condition at all times. Keep your gym clean and uncluttered, especially where you are lifting at that moment. Lifting itself can cause injuries, let alone falling over an errant barbell plate or loose gym mat.

If you examine the success of the powerlifters I talked about earlier, you may not need to go much farther in equipping your home gym than my suggestions here. Generally, too many types of equipment make it more likely to overtrain. If you keep it simple, your progress will be more consistent. By pooling resources together with a few friends, you can equip your home gym for about the same price as a year at a health club. You can find ads for quality equipment in this magazine or you can visit a local supplier.

If you are not looking to equip a home gym, make sure the gym you are joining can fulfill at least the minimum requirements described. Success in powerlifting does not require high tech equipment. Basic power movements revolving around a power bar are your best bets; legends like Peoples and Anderson provide the testimonials.

*Doug Daniel's
Web address:
[members.aol.com/ddani112345/
default.htm](http://members.aol.com/ddani112345/default.htm)*

INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

BC: Karen, can you provide some personal background information:

KS: My name is Karen Sizemore and I was born and raised in Oxford, Ohio, the home of Miami University, where I attended college. I also have a Masters degree from Arizona State University. I am 38 years old and I teach and work in the athletic department at an all girl parochial high school, Mt. Notre Dame. It is located in Cincinnati, Ohio (where I have lived with my two cats, Spike and Rover for the past 13 years). I currently do the school's athletic and athletic facility scheduling, teach physical education and weightlifting, and I am the coach of the school's first ever high school powerlifting team.

BC: What is your athletic background?

KS: I was never a star in any sport in high school, though I played field hockey and participated in field events on the track team. I loved playing around in my high school's weight room and actually helped to start the first ever weightlifting club at TalaWanda High School. I had some strength, and I thank my coaches Barry Parsons and Don Kelly for encouraging me to lift at a time when women didn't do those things. I was always a big gal so I must say my dad's strong farmer genes are finally paying off in a great way!

BC: How did you get into Powerlifting and competing?

KS: Actually, in my beginning years of lifting I never thought about competing, but when I did think about it, just the thought of being called a superheavyweight was unbearable. I did love lifting, though, and for countless years I trained (and overtrained) trying to be that size 10 ok, well I would have been happy as a 14. I had convinced myself that I could look like the gals in the bodybuilding magazines, so stupidly I continued my struggles with starvation diets, liquid diets, and over-excessive cardio (3 hours a day!). I eventually found out that the thing I loved most was being able to lift a heavier weight than I was

KAREN SIZEMORE

as interviewed for PL USA by Bruce Citerman



Karen Sizemore has posted the heaviest bench in the history of Women's powerlifting - 450 lbs.

able to lift the workout before. Over the years, as I continued to train on and off in various gyms, I would keep hearing people say: you are strong, you should compete in powerlifting. One day I just decided to show up at a local meet. I entered the bench press, won, and decided at that point that I would be a powerlifter. I was able to see a full meet for the first time and thought, "I can do that, too". That was in 1995. From 1995 until 1998 I competed in local NASA competition, getting stronger every meet. Then, while just hanging out at the gym I was reading a Powerlifting USA article on how to bench 500 easily. The program looked completely foreign to me; it was nothing like the training I was doing. A number was at the bottom of the article, so I thought, "what the heck ... I will call this guy listed at the bottom of the page ... he's just in Columbus". I had a long chat with some guy name Louie (laughing) and decided I was still clueless ... he even quizzed me to make sure I was reading his articles and was for real. Anyway, he invited me to come to Westside and see for myself. I incorporated some of his techniques and my numbers began to climb. After accomplishing a 314 lb. bench, I called Lou again and was invited to come train at Westside. 4 days a week

I made the four hour drive (up and back from Columbus) for 2 years. It was hard at first to learn and be able to do the program, but the powerlifting training I received was well worth the drive, thanks to Louie, Amy Welsberger, Traci Arnold-Tate, and John Stafford. Around April of 2000 I began training in Cincinnati again and also drove to Chicago several times and got plenty of tips and motivation from Ed Coan and Internet help and motivation from Chris Taylor. That June, I got that

405 bench, and in November - 410. Terry Bryan (the guy that squatted 1000 in his first meet ever) was my training partner in Cincinnati, along with Bill Hays. Terry was injured (blown ACL) in his second meet in February of 2001 and with the death of my Dad and Bill's inconsistent work schedule, it made training next to impossible ... six months passed ... I did nothing! Of course, loving to lift, I began to train hard again. I felt I was stronger and I was actually stronger in the gym ... but my next meet didn't show it (when my best lift at a contest is the deadlift, I know I had a bad meet). Anyway, Lou was there and saw me and he was ready to teach me the new things they were doing at Westside. I am currently training there once again, two times a week, and obviously making a lot more progress.

BC: What contests have you competed in and what were the results?

KS: I have competed in both IPA and APF meets most recently. My best lifts are a 600 squat, a 450 bench press, a 475 deadlift, and a 1500 total. My meet goal is always the same and that is to break my personal records.

BC: What is your training routine?

KS: I currently train using all Westside barbell methods. I do my two speed-work days at Westside barbell. Without a doubt, the

ballistic bench speed work and all the band work has been what I needed to really bring my bench and squat numbers up. I train my max days in Cincinnati and do a different main activity every week. If anyone is that interested, I have my main activity and the weights I used posted on my web site. www.KarenSizemore.com, I have no special or secret training program or knowledge, but I am willing to do whatever needs to be done to do a good job. I also have massage therapy done closer to the meet as I can afford it (thanks Bill Neff), and chiropractic work and active release (thanks Dr. Dave Zipko for the sponsorship). And, with my recurring arm problem I even did 6 treatments of acupuncture.

BC: What about your diet, vitamins, and supplements?

KS: Well, diet is something I am always working on ... what a struggle! I have been trying, at every meet, to go in weighing less than the last one. I take a lot of quality supplements, especially since my diet isn't always the best. I take multi-vitamins, glutamine, joint care, protein powder, meal replacements, anti-oxidants, and flax seed oil. I also tend to live on coffee. I thank Pinson's Fitness Products for the vitamin and supplement sponsorship and Lynette Peterson for the food sponsorship ... she caters, and it is awesome!

BC: What are your plans in powerlifting?

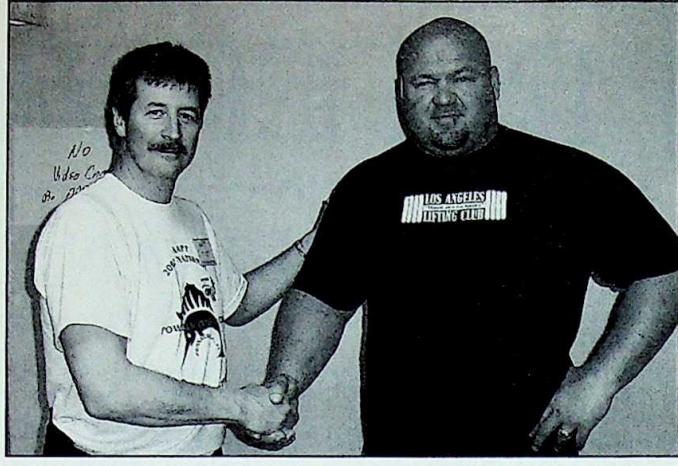
KS: Well, being the first woman to bench 500 really sounds good to me. And, of course, bringing all my PRs up is on my agenda ... I suppose a 1600 is next to shoot for. I know I am not getting any younger, but I have no intention of quitting at this point.

BC: Any additional comments?

KS: I am so lucky; my mom travels with me to every meet. She is the greatest mom and fan ever! Special thanks to Big Bill Hays, my most faithful training partner in Cincinnati. I am also lucky because I have met so many great folks (too numerous to list) in the powerlifting and general lifting community willing to help, lend advice, and services. Without these people my lifting could not begin to be as successful; to them I am grateful.

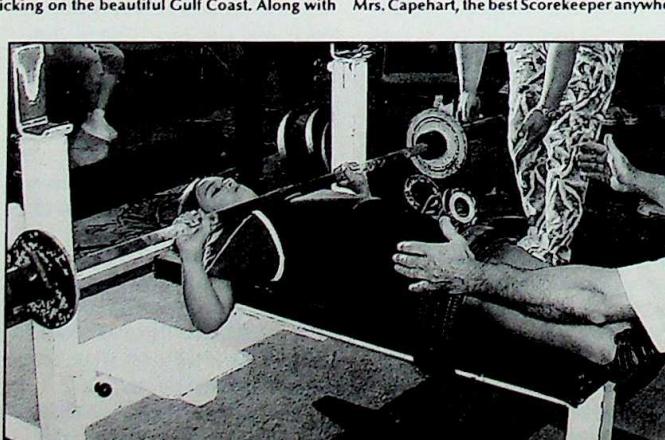
AAPF NATIONALS					
6-7 APR 02 - Gulf Breeze, FL (kg)					
Teen Women	SQ	BP	DL	TOT	
123 (16-17)					
C. Lesson	112.5	55	122.5	290	
Women SubMasters					
114					
M. Kirkland	143	75	142.5	355	
148					
D. Montgomery	120	72.5	142.5	345	
Women Open					
114					
M. Kirkland	142.5	75	217.5	355	
148					
S. Baldwin	157.5	105	162.5	425	
D. Montgomery	120	72.5	142.5	345	
165					
B. Fineis	185	97.5	150	432.5	
181					
M. Aguirre	65	40	95	200	
Women Master					
123					
P. Casper	112.5	67.5	125	305	
Men Teen					
114 (13-15)					
N. Smith	65	32.5	77.5	175	
132 (13-15)					
D. Van Huse	102.5	67.5	120	290	
165 (10-12)					
Z. Aguirre			80		
181 (13-15)					
Z. Zenzen	190	108	185	483.5	
C. Frizzel	182.5	105	182.5	470	
(18-19)					
E. Stone	225	135	205	565	
220 (16-17)					
P. Allen					
Men Juniors	181				
L. Bevill	215	145	192.5	552.5	
D. Beasock	212.5	122.5	195	530	
198					
A. Escobar	230	115			
275					
N. Dutile	262.5	182.5	272.5	727.5	
Men Open					
123					
R. Leoni	112.5	55	122.5	290	
148					
T. Frieght	142.5	87.5	152.5	382.5	
165					
J. Espy	220	142.5	205	567.5	
181					
S. Sheppard	212.5	157.5	225	595	
J. Keith	210	112.5	210	532.5	
I. Aguirre	115	80	160	355	
198					
C. Holston	280	190	265	715	
B. Ottey	202.5	147.5	230	580	
220					
M. Szudarek	322.5	157.5	282.5	762.5	
D. Zenzen	262.5	147	227.5	637.5	
242					
A. Connors	300	237.5	297.5	825	
R. Ingrisano	245	132.5	242.5	625	
D. Holm	192.5	142.5	245	580	
275					
T. Lie	295	210	250	755	
D. Vonton	290	185	255	730	
P. Schaub	237.5	182.5	250	670	
308					
S. Edmiston	350	205	290	845	
R. Johnson	307.5	222.5	242.5	625	
SHW					
V. Mafuli	320	185	272.5	802.5	
Men SubMaster					
165					
D. Naughton	323.5	171.5	192.5	596.5	
A. Yezzer	142.5	137.5	205	585	
198					
B. Ottey	202.5	142.5	240	580	
B. Davis	155	102.5	160	417.5	
275					
M. Wlosinski	332.5	207.5	305	845	
Men Master	148 (40-44)				
T. Sunshine	160	117.5	180	457.5	
148 (55-59)					
T. Feight	142.5	87.5	152.5	382.5	
148 (65-69)					
F. Glass	175	67.5	192.5	435	
165 (60-64)					
R. Flores	232.5	120	242.5	595	
165 (75-79)					
J. Upton	102.5	102.5	132.5	337.5	
181 (40-44)					
J. Mumaw	235	130	255	620	
K. Penny	217.5	125	275.5	617.5	
J. Keith	210	112.5	210	532.5	
M. Larsen	197.5	87.5	192.5	477.5	
181 (60-64)					
L. Cramer	206	127.5	172.5	506	
198 (40-44)					
G. Clayman	257.5	192.5	265	715	

198 (50-54)	E. Sapienza	185	132.5	185	502.5
198 (55-59)	R. Bames	247.5	145	175	567.5
198 (70-79)	B. Rosenfield	150	130	182.5	462.5
220 (40-44)	R. Darosh	210	157.5	192.5	560
220 (45-49)	L. Gnat	267.5	185	215	667.5
242 (40-44)	D. Zenzen	262.5	147	227.5	637.5
275 (45-49)	W. Cooper	230	150	230	610
275 (49-54)	242 (40-44)	275.5	205	250	732.5
275 (55-59)	T. Roman	245	160	240	645
308 (40-44)	H. Miller, III	192.5	150	227.5	570
308 (55-59)	F. Rucker	235	180	240	655
308 (55-59)	C. Clonce	262.5	165	250	677.5
Bench Only Lifters					
Women					
100 (13-15)	A. Aguirre	25			
(O) 123	(O) 123				
S. Reese	67.5				
(55-60) SHW	M. Clonce	70			
Men					
(70-79) 165	J. Upton	102.5			
(SM) 165	L. Cramer	127.5			
(A) 181	(O) 181				
N. Gorman	N. Gorman	185			
(SM) 198	B. Davis	155			
(45-49) 198	R. Darosh	157.5			
(40-44) 220	M. Frizzell	210			
(40-44) 242	Z. Aguirre	80			
(O) 242	S. Bevill	200			
A. Connors	A student, Dentist, Personal Trainer, Retailer, Law Enforcement Officer, Investment Attorney, third grade Teacher, Police Officer, Speed & Strength Coach, Gym Owner, Banker, Electrician, System Specialist, Construction Worker, Security Officer, Nuclear Engineer, Rigger, Operations Director, Mechanic, Operating Engineer, Public Relations, Bench Hand, Attorney, Web Designer, Landscaper, Commercial Real Estate Consultant and Food sales professional all competed in the RECORD breaking, TOTAL Smashing AAPF Nationals held in Gulf Breeze, Florida, the weekend of April 6-7, 2002. Gulf Breeze is located just outside Pensacola, Florida. With the weather at 72 degrees, clear blue skies and a light breeze, lifters from the age of 10 through 79 years young, breezed through two days of lifting and fun filled frolicking on the beautiful Gulf Coast. Along with	83			
(40-44) 242	T. Lie	755			
(40-44) 275	D. Vonton	730			
(R) 275	P. Schaub	670			
308	S. Edmiston	845			
308	R. Johnson	625			
SHW	V. Mafuli	802.5			
Men Master	148 (40-44)				
T. Sunshine	457.5				
148 (55-59)	T. Feight	382.5			
148 (65-69)	F. Glass	435			
165 (60-64)	R. Flores	595			
165 (75-79)	165 (75-79)				
J. Upton	337.5				
181 (40-44)	J. Upton	337.5			
J. Mumaw	620				
K. Penny	617.5				
J. Keith	532.5				
M. Larsen	477.5				
181 (60-64)	L. Cramer	506			
198 (40-44)	G. Clayman	715			



Dr. Steve Haas, Meet Chiropractor, with Garry Frank, World's Strongest PLer, just after adjusting Garry's back at the 2002 AAPF Nationals.

The exceptional lifters attending the meet, we were honored to have the number one officiating crew on the planet on hand; Gordon Santee, Ernie Frantz, Radar Capehart, Eddie Angstrom, Jim Rouse and "Flipper" of all lifters; LB Baker ("flipper" is the nickname for the monolift operator). Speaking of LB. Baker, who happens to be this year's director of the AAPF World Championships in Athens, Georgia, he also has 30 World Titles under his belt and at the young age of 65 years is one of the best lifters in the world. The lifters had an opportunity to visit the hometown of Emmitt Smith, Dallas Cowboy running back; go to Roy Jones Jr.'s hometown gym; or drive by Jimmy Buffet's Pensacola Beach home on the whitest beaches of the world. Some of the participants even took time out to visit McGuire's Irish Pub, world famous for its beef and 'dollar bill covered walls'. The lifters that weighed in on Friday were treated to a pizza and drinks party by the director of the meet in a hospitality suite that overlooked the beautiful bay at sunset. Ten percent of the lifters were drug tested with the new "Immediate" drug kits, which present the results in 3 to 5 minutes. The kit, which costs less than \$20 is less expensive than the standard testing, and is followed up with the routine urine lab test if the results show positive. The AAPF places a lifetime ban on lifters that test positive, and we are happy to say that there were no positives at our meet. A new bench press unit made its debut at the AAPF Nationals for use in the warm up area by the lifters. The best way to describe the unit is a "baby monolift". Most of the lifters would agree that if used on the platform their bench would increase by 5 to 10 percent. The use of the bench unit would eliminate two rules: hitting the uprights and racking too soon. Look for it on the platform world wide real soon. The World's Strongest Man arrived at 3 AM Saturday morning. Garry Frank's 2606 total makes him the most powerful man in the world today. Garry made the four hour drive from Baton Rouge, Louisiana to bring the monolift for the platform for the meet starting at 9 o'clock Saturday morning. He was met by the meet director, Les Cramer, in the lifting venue and together they unloaded the monolift and then sat around and chatted until 5 AM. Garry has a reverence for the sport of Powerlifting that closely resembles a religion. He expressed great respect for the heavy weights from the past like Reinhardt and Kazmaier. People like to make comparisons of him to the past heavyweights and his response is, "That was a different time and era. Those guys had great natural strength and I don't compare myself with them." Garry considers the APF the "Big One". He currently resides in the Baton Rouge area and has a gym he built for power. He works out there with the youth of the area offering coaching and a place for hardcore lifting. At the age of 37 he is in the beginnings and the next five years will tell the story and set his legacy. While in town, Garry decided to put in a squat workout. So, after the last deadlift on Saturday night Garry started his workout with 135 for 8 reps, no suit, no wraps, and no belt. He called for two more hundreds on each side, low fast rep this time. Then two more hundreds for 645, set of 3, two more for a fast low 850. Now it was time for the suit, a Frantz double denim, straps down, no wraps with 920. For 950, Gary did



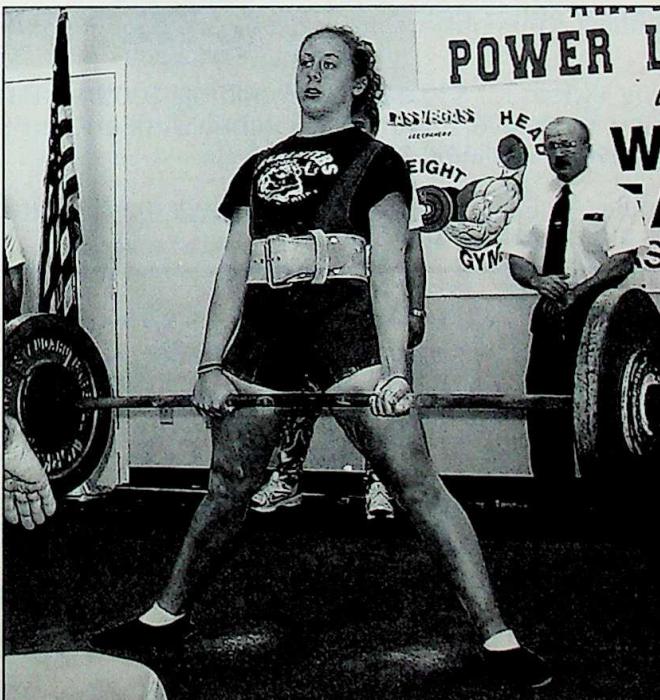
Angelia Aguirre, of the Iron Eagle Team from Texas, was our Special Olympian and benched her bodyweight as shown in the picture.

put the wraps on. That was in 445, 645, 850, 920 and 950 for a total of five sets and only 5 reps total. What a show. Now for the meet: The Outstanding Lifters were: Men's Teens: Eric Stone. Men's Juniors: Luke Bevil. Women's Open: Margaret Kirkland. Men's Open: Robert Leon. Men's Sub-Masters: Mike Wlosinski. Men's Masters: Richard Flores. In the women's teen division, two lifters competed. Weight Head Gym's Courtney Lesson, weighed in at 121# and literally destroyed the world records. She squatted 248#, benched 4th attempt with 127#, and deadlifted a 4th at 272#. This gave her five world records. The meet had a Special Olympian entry from the Iron Eagle Team out of Texas. Angelia Aguirre, weighing 55#, benched her body weight. She was inspiring. Keep up the good lifting Angelia. The men's Teen Division had seven entries. Nathan Smith took the 114# class with a 175 kg total in the 13/15 age group. Daniel Van Huss lifted a 290 kg total to win at 132#. Young Z. Aguirre deadlifted 176# and only participated in the deadlift event. The three previously mentioned lifters all lifted for Iron Eagle Team out of Kemp, Texas. Their coach is Steve Bevill. In the 181 # class there were two good teen lifters; Zach Zenzen, son of Dick Zenzen and Casey Frizzell, son of Mike Frizzell. These two teens, also in the same age class, went head to head right up to the last lift. Zach took the lead with a 190 kg Squat, Casey did a 182.5 kg. Both lifters went for world record benches of 108 kg, but fell short in their efforts, next time though they will succeed. Casey finished the bench with 105 kg and Zach took 100 kg to success. The deadlift went to Zach with 185 kg and a total of 482.5 kg. Casey finished with a 172.5 kg deadlift and a total of 470 kg. Sixteen-year-old Paul Allen completed several personal records with a PR in the squat of 227.5 kg, bench of 112.5 kg and the deadlift at 215 kg, giving him the winning total of 555 KG in the Men's Teen Division. Only 22.5 kg separated Luke Bevill from Donald Beasock for the first and second place positions. The winning total was 552.5 kg for Luke Bevill and 530 kg for Donald with second place. At 198#, Alex Escobar of the Miami team, squatted 230 kg, then on his third bench attempt dislocated his shoulder and: first aid was administered by our meet medical team and was then sent to the emergency room. Upon his return, with his right arm in a restraint sling, he asked if he could get at least one deadlift in, NOW that is a POWERLIFTER! Twenty-year-old Nathan Dutille squatted 262.5 kg, benched 195 kg and his deadlift was 272.5 kg for a wonderful winning total of 730 kg at a body weight of 275#. The Nationalals had seven of the countries best women full meet lifters present for competition. Margaret Kirkland took the 114# class with a world record squat of 143 kg and went 8 for 9 in her lifts. She also won the Women's Submaster Best Lifter. Pat Casper lifting for the team champions; Weight Head Gym, and coached by Radar Capenhart went 8 of 9 making a 112.5 kg squat, 75 kg bench, and a 142.5 deadlift for a winning total of 355 kg in the Women's Master division. Pat is also a National Official. A new lifter to the AAPF sanction was Sonji Baldwin from the Atlanta area who lifted in the 148# class. Sonji is a law enforcement officer and set 4 world records. Her records were: Benches of 90 and 105 kg, deadlift of 162.5 kg and the total of 425 kg. Deborah Montgomery from south Florida finished second in the women's division with a 325 kg total. Not only is she a great lifter, but a beautiful lifter to boot. But, Weight Head Gym's Brooke Fineis stool the show for the women. On Saturday evening she made 11 of twelve lifts and set 11 world records in the 165# class. Brooke is a third grade teacher in New York and again another beautiful female lifter. Her only miss was a 347# deadlift on her 4th attempt and 12th lift of the meet. She gave a great attempt, go the bar and weight lifted but was called for riding the bar up her thighs. She squatted: 352-386-407-419 # all being world records. Her benches were: 187-203-215#, deadlifts were: 292-319-330 pounds. All of her deadlifts also set a total record and she ended up with a total of 432 kg or 953 pounds. Melissa Aguirre from Texas and a novice lifter at 181 # totaled 200 kg in her: first meet, she was also the mother of our Special Olympian. Pascale Lercangee failed to total after squatting 225# when she bombed out in the bench event. Margaret Kirkland at 114# and Deborah Montgomery at 148#. Both lifted Open and SubMasters. Both are excellent lift-



John Upton, from Las Vegas, NV and lifting for Weight Head Gym, was the meet's oldest lifter at the age of 79. John set 5 World Records.

ers. Men's Open Robert Leon at 123# won the men's Open Title award with a world record squat of 167.5 kg, a 100 kg bench and a 197.5 kg (world record) deadlift. He topped this off with a world record total of 465 kg. Robert is a cancer survivor from Illinois and was lifting for the Miami team coached by Carl Smith. Joe Espy, 29 year old, won the 165# class with a 1250 total. Three competitors lined up for the honors in the 181 # division. Scott Sheppard won early with a 595 kg total, Joey Keith, all the way from South Dakota was second with a 532 kg total and Joseph Aquille, and another Novice lifter took the bronze with a 355 total. The 1984 division saw some great lifting by Gulf Breeze, Florida favorite, Chip Holston. Chip owns the local gym, appropriately named "Chip's Gym". Chip gave his gym over to the meet participants to use for pre-meet workouts and the use of the sauna for making weight. Chip is an outstanding athlete who deadlifts in a singlet with NO belt. He was also the number one bobsled pusher on the national team and has toured the world as noted by the many medals he displays all about his gym. Chip's 420# bench was higher than the next weight classes' top lift. Chip added another first place team member total for his former training partner, Les Cramer, and his Weight Head Gym Championship Team. Bryan Ottey finished second. A 220# masterlifter, Dick Zenzen was a last minute entry into the open division and finished second for the defending champs, Miami Team. Michael Szudarek won with a 1678# total. Three open lifters took the platform in the 242# class. Andrew Connors came out on top with a squat of 315 kg, bench of 237.5 kg, deadlift of 287.5 kg and finished with a total of 825 kg or 1815 pounds. Roland Igrisano was second, Dave Hanson took third as a Novice lifter stationed in the Pensacola area as a Naval officer. In the 275# class, Tim Lie finished first, David Vonton second and Pat Schaud took the bronze. Scott Edmiston, of the Miami team set a world record in the squat by GROWLING his way through a 770 pounder. In the 308# division Robert Johnson took the Silver some 40 kg back of Scott. The Super Heavy's saw an awesome squat by Vae Mafuli giving him first in the Super. The Masters Forty-two year old Tom Sunshine, that's Doctor to you, totaled 457.5 kg in winning the Masters 148# division. Fifty-five year old Thomas Feight established a world record in the 148# class with a 142.5 kg squat, 87.5 kg bench, and a 152.5 kg deadlift and a 382.5 total. Fred Glass from Allentown, PA stepped on the platform for meet number 190 and promptly opened with a world record squat of 341#, then jumped to a personal life time record of 385#, and all this at the ripe young age of 65. Way to go Fred! His second deadlift and total were all AAPF world records. Rich Flores at 165# won the outstanding lifter in the



Courtney Lesson sets a World Record Deadlift of 126 kg @ 123 lbs

Masters Division, while setting three world records; Squatting 513#, Deadlifting 534# and Totaling 1311 pounds at the age of sixty-four, and Rich has found the fountain of youth. The oldest lifter in the meet was John Upton from Las Vegas, Nevada and the Weight Head Gym. John broke his own world record in all three lifts. His squat of 253.5#, bench of 226# (barely missing 240#) and his deadlift of 292# gave him a total of 744# making him one of the strongest 79-year-old boys on the Planet. John was coached by his former coach Ernie Frantz. In the 181# class Jeff Mumaw totaled 1366# to take the 40-44 age group. Keith Penny was second setting a world record deadlift of 608#. Joey Keith totaled 1173# for the bronze. Les Cramer, coach of the Weight Head Gym team, pulled off the impossible double by competing in his own sponsored meet. This he did after staying up until 3am the night before waiting on Gary Frank to arrive with the monolith, talking until 5am, getting up at 7am to weigh-in, announcing the meet until 4:30 pm then starting his lifting at 5pm. Just like the old days in Erie, PA. Les opened with a world record squat in the 181#, 60-64 class. His squats were: 413#, 440# then 457#. He finished his benches with only two lifts the last being 281#. His deadlifts began to show his exhaustion, he started with a light 380#, then two attempts at a world record 420# just wouldn't go. No gas in the tank at this point. Gary Clayman, 198#, 40-44, out of Columbus, Ohio and lifting for Weight Head Gym totaled 1575# to take this group. It took Roy Barnes three attempts to get his 544# squat passed, but persistence pays off and he took the 55-59 group. Eric Sapienza took the silver in this group. Seventy year old, Burt Rosenfield set a world record squat of 330#, two world record benches, 264 and 286 pounds and a world record total of 1019 pounds. Robert Darosh, lifting for the Miami team and just had turned forty won the 220# with 1232 total. The 45-49 age group went to Larry Gnat. Larry set a world record bench on his third attempt with 407#. Dick Zenzen, from Chicago and lifting with his son Zach in the meet also, badly wanted the gold, but missed it with a narrow margin and took the silver. "Coop" Cooper to the bronze. At 242#, Barry Shepherd, or as he was nicknamed, "Miami" and of course lifting for the Miami Team set a world record bench with 453# to win the 40-44 group. In the 275's, Tom Roman set a world record deadlift of 529# for the win in the 45-49 age group. Howie Miller took the silver in that group. Fred Rucker totaled 1444# to win in 308's. Bench only Event Gary Benford, one of our Master Benchers, started his Powerlifting career at Slippery Rock University of Pennsylvania, where he organized the Powerlifting team. Gary's accomplishments as a meet director are legendary. He picked up the YMCA Nationals after Les Cramer started them in Erie, PA in 1970. Gary ran the Y's for eight years and has conducted many world-class competitions in his now home state of Ohio. On this day, he came to bench. After making a world record lift on his second attempt, his handler called for a 100# increase in the bar weight, much to the amazement of every one at the score table. After checking with the handler two times, the weight for the next lift was recorded. To Gary's amazement, two lifts out from his, he noticed the weight and told the expeditor that he had only wanted a 2.5 kg increase. Gary politely asked for the weight he actually wanted. The platform official refused to lower the weight. Ernie Frantz, the AAPF President stepped in and asked for the weight to be lowered, Les Cramer the meet director agreed. Was this the right decision? Let's consider the circumstances: #1, Gary was a bench only lifter, #2 he was uncontested in his class, #3, his handler was reading the chart wrong (she speaks very broken English). This was an honest mistake. So, as Ernie put it, we are a lifters organization, let's forget the petty B.S. and ruled in favor of the lifter, even though it was against the rulebook. You would have never gotten this ruling from any other sanctioning body. Whether you agree with this decision or not, it was BEST for the lifter and that is what really counts in the AAPF / APF sanction. The Weight Head Gym Team established its presence with a first in the Team battle after only being in existence four months. Anyone in need of meet equipment for a Power meet in the Las Vegas area can contact Weight Head Gym, Les Cramer at weightheadgym@aol.com. (thanks to Les Cramer for providing the results and report)

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Jump Stretch, Inc. has over 20 years' experience in the rubberband strength training arena. We carry the complete line of Flex Bands, developed by "Rubberband Man" **Dick Hartzell**. Ours are **the only bands endorsed by Louie Simmons of West Side Barbell**. Beware of imitators with inferior bands that are moulded or bonded together. Our bands are built in layers on mandrels, with no seams for potential breakage. They are backed by a full 1-year warranty.

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<u>Bands</u>	<u>Cost/Pair</u>
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Monster (4" wide, BLACK) New!	\$105.00

We also offer 2 different **platform bases** for doing deadlifts:

<u>Standard Base</u> (approximately 3 ft. wide)	<u>Cost</u>
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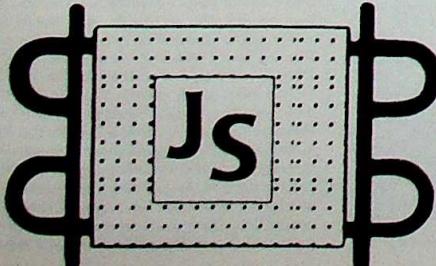
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 MITCH CLARK 255 QUINCY KOLTZ 315
 A. BRUNGRABER 185 198
 181 ANDY ADRIAN 405
 SCOTT GRIEP 380 220
 ERIK ALHOLM 375 MALCOMSON 520
 MARK MENOR 340 MIKE FLEMING 380
 RONFRANK 330 242
 NICK HOSFELT 225 STEVE HENRY 305
 TOMJANOVICH 215 275
 JASON WILKE 175 KURT BESSLER 500
 198 SHW
 ANDY ADRIAN 405 JAMIE ZYNDY 380
 CRAIG EITING 365 DEADLIFT RESULTS
 D. D RAIN 225 132
 220 DANIEL REDLIN 255
 MALCOMSON 520 148
 SCHOENEBECK 515 C. MAJEWSKI 450
 MIKE CIMICUD 460 165
 MIKE AMOBIA 425 DAVEFELTON 550
 P. DIAMOND 415 CONSTANTINEAU 505
 M. BOWLING 370 TONY LASKY 405
 TIM KOEFFLER 225 181
 242 RYAN ZUEGE 540
 CHAD ALSTEE 510 ANGLEBRANDT 525
 MATT PAGEL 435 ERIK ALHOLM 520
 KELLY NILES 430 B. ANDERSON 500
 TODD DEPNER 400 198
 NICIC SELIC 385 TOM CONKLIN 620
 D. THOME 265 TOM LANING 520
 275 D. ANDERSON 520
 SCOTT LADE 560 STEVE BOWERS 455
 M. VAN BOXEL 550 220
 D. FORSTNER 530 DAVID LUMP 660
 D. BALTHAZOR 500 NEIL HAKKILA 550
 SHW P. DIAMOND 540
 C. HOFFMAN 510 DAVE CIMICUD 520
 SCOTT DELENE 450 242
 KEVIN KROLL 305 NICK STURM 675
 S/M 198UNDER MATT PAGEL 675
 RONFRANK 330 M. GUNVILLE 600
 PAUL DEGENEF 275
 330 W. BAILEY 580
 275
 TIM ALDAG 240 D. FORSTNER 705
 S/M 220 & OVER SCOTT LADE 635
 DAVE BALTHAZOR SHW 500
 J. CHRISTUS 605
 TODD DEPNER 400 MASTER
 MASTER 198 & UNDER TOM CONKLIN 620
 C. CLEEREMAN 270 DAVE FELTON 550
 AL MC CREDEE 305 JERRY KIDD 405
 MATT WALLER 300 D. ANDERSON 520
 DENNIS FELD 260 BOB VIVIER 565
 THEO M-LIJR 320 A. QUADRINI 525
 JON DECLEENE 330 MICHAEL TRUE 485
 BEST BENCHER: 198 & UNDER: ANDY
 ADRIAN. BEST BENCHER: 220 & OVER:
 SCOTT LADE. BEST DEADLIFTER 198 &
 UNDER: TOM CONKLIN. BEST DEADLIFTER
 220 & OVER: DAVID LUMP. (THANKS TO
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Body Factory Challenge
2 FEB 02 — Bangor, PA

BENCH PRESS	Dan Rimbey	170		
Men	David Keller	175		
A. Thompson	Dirk Stroni	200		
Joe Border	Justin Young	200		
T. Evangelista	Chad Rels	185		
Ryan Defal	Frankis Jacobs	185		
Dave Harman	Phil Doran	160		
Stan Martin	Dan Flizack	185		
Ryan Brownell	J. McConigal	185		
Bob Bowlin	16-17			
Mike Miller	C. Mousseau	185		
Women	Matt Hawk	200		
Karen Stefanci	Aaron Heydt	200		
Teen 14-15	Brandon Krajnak	165		
Ryan Moussaeu	Joe Perz	195		
Chris Coosspoti	Dave Vukovic	280		
	Jacob Heydt	205		
Women Open	SQ	BP	DL	TOT
Kathy Miller	250	140	300	690
Tonya Black	185	90	205	480
Joanne Ciarone	100	90	175	265
Men Open 148 lb.				
Kenneth Cramer	400	265	385	1050
Bob Brown	230	170	300	700
181 lb.				
Chris Colondrillo	410	285	540	1235



At the Beyond Fitness 8th annual Midwest Open Bench Press and Deadlift Championships (left to right) **Larry Malcomson** (520 lb. bench press in the 220 lb. class), **Scott Lade** (560 lb. bench press in the 275 lb. class), and **David Balthazor** (500 in the 275 lb. class). Thanks to Beyond Fitness for the photograph.

198 lb.	242 lb.	Gary Bensdeth 550 435 550 1535
Scott Hoak 530 310 550 1390	Jim Parrish 670 410 650 1730	Matt Kleckner 330 — 365
220 lb.	Tom Skelly 610 405 560 1575	SHW
Jason Mink 545 370 570 1485	Pete Banby 530 465 530 1525	Gene Rychlak, Jr. 775 620 610 2005
Dick Crane 640 360 425 1425	Barry Smith 620 360 525 1505	Tony Gianotti 700 400 600 1700
Blaine Rundle 600 300 500 1400	Mark Hoffman 550 425 475 1450	James Grove 410 — 455
Luke Dalton 575 300 500 1375	275 lb.	(Thanks to Body Factory for providing results).

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Social Security Number		Occupation		Date of Application
IF UNDER 18 PARENT MUST INITIAL		<small>BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™</small> <small>SIGNATURE _____</small>		

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23 MAR 02 - Pasquotank, NC

OVERALL	S. Williams	135
114	MEN	
H. Bateman	95 (10-11)	
K. Bullocky	60 77	
J. Brathwaite	50 J. Brathwaite	50
E. Cole	50 97	
123	E. Cole	50
A. Morris	125 114	
C. Walker	90 K. Bullocky	60
132	123	
J. Morris	110 A. Morris	125*
J. Grissom	95 132	
D. Biggs	80 D. Biggs	80
148	181	
D. Transfiguration	315 C. Haskell	90
B. Zak	220 (12-13)	
T. Hayes	165 105	
J. Whitehurst	155 H. Bateman	95*
R. Lamb	145 123	
J. Stevens	145 C. Walker	90
C. Kems	117 132	
L. Williams	115 J. Morris	110
D. Perry	105 165	
165	J. Hayden	135
L. Bond	300 181	
E. Roark	225 J. Bushee	120
R. Young	225 242	
T. Broyles	215 A. Chamblee	150
J. Hayden	135 R. Abbott	110
181	(14-15)	
P. Herrington	350 132	
C. Pannell	325 J. Grissom	95
K. Williams	315 148	
D. Bryant	305 T. Hayes	161
L. Jobe	295 J. Whitehurst	155
T. Lyle	275 R. Lamb	145
A. Crenshaw	250 J. Stevens	145
J. Barnes	250 C. Kems	117
S. Micchelli	250 L. Williams	115
P. Taylor	170 181	
J. Bates	135 J. Barnes	250
J. Bushee	120 P. Taylor	170
C. Haskell	90 J. Bates	135
198	198	
W. Lynch	427 A. Brathwaite	
D. Floyd	380 220	
A. Beane	340 B. Brooks	150
J. Freeman	300 242	
W. Bateman	230 K. Baskerville	225*
P. Kersner	205 275	
J. Thompson	185 Tieo Doyle	175
A. Brathwaite	319	
220	T. Harris	275*
K. Burkell	460 (16-17)	
S. Freeman	385 242	
L. Cohens	370 B. Melson	160
D. Young	360 (18-19)	
V. Armstrong	350 242	
J. Mitchell	325 J. Hood	250
B. Freethy	260 (20-24)	
G. Holzmillier	255 165	
B. Brooks	150 E.RoaA	225
242	198	
S. Reid	530 D. Floyd	380
A. Proctor	445 J. Freeman	300
K. Maltory	430 319	
T. Ruffin	420 D. Melson	225
D. Lawrence	405 (35-39)	
D. Owens Jr.	375 148	
R. Stalon	335 D. Transfiguration	315
D. Asher	325 181	
S. Deuel	305 C. Pannell	325
J. Hood	250 T. Lyle	275
K. Baskerville	225 198	
B. Melson	160 A. Beane	340
A. Chamblee	150 220	
R. Abbott	110 K. Burkell	460
275	S. Freeman	385
A. Robens	440 242	
M. Leibacher	360 A. Proctor	445
S. Cassell	355 T. Ruffin	420
C. Battle	330 D. Lawrence	405
J. Dishman	330 S. Deuel	305
L. Moore	300 275	
Tieo Doyle	175 S. Cassell	355
319	319	
C. Elliott	555 R. Biggs	405*
G. Briggs	450 (40-44)	
R. Blackwell	425 220	
R. Biggs	405 D. Young	360
T. Harris	275 319	
D. Melson	225 G. Briggs	450
Assisted	225 R. Blackwell	425
181	405 (45-49)	
P. Herrington	430 181	
220	L. Jobe	295*
P. Bossi	510 198	
242	W. Bateman	230
C. Elliott	580 242	
WOMEN	R. Stalon	335
148	275	
J. Zak	115 M. Leibacher	360*
K. Taylor	110 C. Battle	337
165	198	
M. Bertrand	170 P. Kernser	205*
181	135 (55-59)	
N. Goode	135 (55-59)	
198	181	

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lifter 40-49, and Albert Crenshaw who benched 250 earning best lifter 50-59. Both lifters posted new state records. In the 198 class we had a match up of two former state champions with Will "Chill" Lynch, and David Floyd. In the end will would bench a open/meet state record 427, and garner himself the six foot Champion of Champion award in the process. Equally impressive was David Floyd who benched 380, but at a young age of twenty two he crushed the junior state record and has a limitless future. In the 220 class Kenny Burkett of the Gladiator's missed his second attempt at 460, but came out plenty fired up on his third, and nailed it for top honors, and set three Virginia State records. Defending state champion Paul Bossi took himself out of the running by lifting assisted, but dazzled the crowd with a 510. Hopefully we'll see a raw match up of Kenny and Paul at the nationals. The class of the day was 242 which held 14 lifters. The class held three lifters which never almost lost in Albert Proctor, Kinla Mallory, and Shawn Reid... which means someone had to lose. Kinla is the youngest of the bunch, just fresh out of the juniors, and his 430 was good enough for third place. Albert Proctor would bench 445 for second place, and a Virginia state record. Winning the class, is the man who dominated the weight class for the last three years. Shawn Reid who benched a meet/state record 520, and won the best lifter heavy award. In the 275 class I'm sure there are many

people that are happy that Carl Elliott has moved up to 319. In his absence it was Anthony Roberts who would take top honors with a 440 weight class. Finishing in second was Michael Leibacher, who set a master state record with 360, making him the only lifter to hold a state record in four different weight classes!!! In the 319 class Carl Elliott is getting huge, and easily won with a 555 state record, then returned to do a guest lift of 580 assisted. Finishing in second is Gerald Briggs with 450, Rob Blackwell with 425, and Ronnie Biggs with 420. The interesting part is Gerald, Ronnie, and Rod are all power-lifters, and we may see a rematch at the PL state championships. My money is on Gerald if he doesn't sandbag on the deadlifts. In the team competition their were four categories with MCM Auto Sales coached by Michael Leibacher winning the open division, the Intruders for Virginia winning the Police/Fire division, Beach Boys Barbell Club winning the Mixed Division, and River Roads Middle School coached by Carl Elliott winning the teen division. Just for the record the top 5 team overall was River Roads Middle School with 68 points (four time state champion), Beach Boys Barbell Club 65, Project Lift 58, Team Gladiators 57, and the Intruders 47. And important factor to remember is that the Gladiator's were missing over half their top lifters, so we truly look forward to seeing what they can do!!! Finally I want to congratulate Kelly Taylor for best Teen female,

Josh Barnes Best teen male. David Floyd best JR, Sylvester Freeman best Police/Fire, Kenny Burkett best sub-master, and Michelle Bertrand best open female. Winners of the rep competition were Kelly Taylor female, Phil Herrington light, and Kenny Burkett Heavy. (thanks to Ben Zak for the results)

EPF European Championships 8-12 MAY 02 - Eskilstuna, SWE

	SQ	BP	DL	TOT
52 Kg	639	374	308	1322
Slanaszek POL	518	319	396	1234
Kazakov RUS	429	270	407	1107
Wszola POL	56 Kg			
Pavlov RUS	529	369	451	1350
Sledz POL	485	308	462	1256
Valyuk UKR	440	325	473	1234
Fleming GB	446	236	473	1157
Nemeth AUT	462	264		
60 Kg				
Andryukhin RUS	595	330	573	1499
Teleusa UKR	518	347	496	1361
Olech POL	518	286	529	1333
Brandzaeg NOR	507	292	512	1311
Boyer FRA	485	264	529	1278
Nurmelo EST	496	286	490	1273
67.5 Kg				
Olech POL	694	363	661	1719
82.5 Kg				
Soloviov UKR	710	473		661 1846
Wegiera POL	683	490		628 1802
Turesson SWE	683	424		688 1796
Gandner FRA	650	418		683 1752
Clementi FRA	650	396		688 1736
Malinen FIN	639	407		683 1730
Singh GB	595	429		622 1647
Skogly NOR	617	374		650 1642
Hoek NDL	584	363		622 1570
Grossbeck AUT	529	385		562 1477
90 Kg				
Tarasenko RUS	804	545		760 2110
Freydun UKR	760	551		727 2039
Theusser CZE	766	490		683 1940
Szymkowiak POL	716	446		749 1912
Coimbra LUX	699	429		705 1835
Desachy FRA	672	446		639 1757
Silbaum EST	639	429		683 1752
Sohlman FIN	628	396		705 1730
Arnesen NOR	617	429		639 1686
Hausburg GER	617	385		672 1675
100 Kg				
Federenko RUS	815	485		799 2099
Rokochy UKR	804	496		727 2028
Vyschnytsky UKR	810	440		771 2022
Sohlman FIN	683	462		705 1851
Gustafsson SWE	727	440		666 1835
Bilican BEL	727	473		622 1824
Burke GB	705	440		650 1796
Peeters FRA	683	440		672 1796
Jalonin FIN	661	462		661 1785
Nugleren NDL	628	440		617 1686
Rain EST	639	396		628 1664
Bontekongen NDL	644	336		644 1625
Welna POL	749	490		
110 Kg				
Dedyukov RUS	380	518		771 2127
Ljungberg SWE	815	523		771 2110
Karpik UKR	380	507		733 2077
Arvai HUN	793	507		749 2050
Kopola FIN	727	468		738 1934
Taksdal NOR	722	507		666 1895
Hulden SWE	694	451		683 1829
Neele NDL	716	446		628 1791
Kalter NDL	705	396		683 1785
S.riige DEN	644	473		628 1747
Vorup DEN	694	374		639 1708
125 Kg				
Muravylov UKR	815	556		749 2121
Lehto FIN	716	573		777 2066
Bowring GB	760	551		694 2005
Parashkevov BUL	749	407		755 1912
Heinil FIN	749	496		661 1906
Rui NOR	733	435		710 1879
Schrader GER	672	523		661 1857
Svaneland SWE	672	457		683 1813
Willebrand SWE	672	457		683 1813
Collart BEL	771	451		584 1807
Sorig DEN	705			
125+ Kg				
Papazov UKR	949	606		782 2336
Mihalichuk LBL				

(thanks to Thomas Klose for providing the results)



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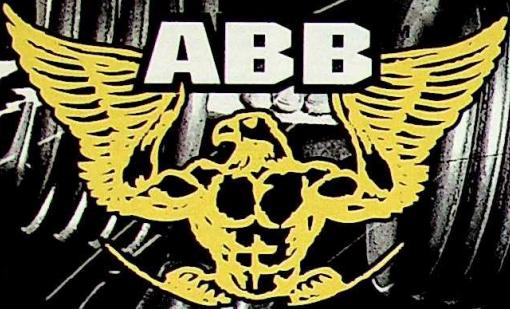
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Oswego State University BP 10 FEB 02 — Oswego, NY

	Women	Men
Cindy Bishop	170	220 lb.
Deb Mazurek	65	Jason Bauer
Teen		Rob Darling
Josh Pierce	365	430
Andy Dziedzic	270	Mike Ferlito
Mike McMullen	245	350
Trevor Heath	155	320
Men 148 lb.	275 lb.	300
Bill Giuerra	265	Sebastian Burns
181 lb.	260	610
Jim Kilts	470	Heavy Masters
Kelley Bedore	410	Dan Virgo
Jake Roberts	405	Light Masters
198 lb.	400	Steve Nash
Craig Conte	450	260
Scott Rowe	440	Frank Jordan
Anthony Ciappa	405	Bob Jeffords
Bob Jeffords	225	325
Pound X Pound Best Lifter	325.52	Sebastian Burns, Coach Frank Paine
		would like to thank all you attended and made the meet a success for its 10th year! (Thanks to Frank Paine for results).



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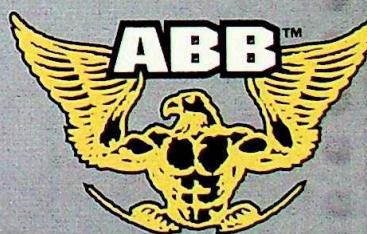
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Bluegrass	SQ	BP	DL	TOT										
114 lb.														
Chou TAI	330	154	407	892	Rajeswari IND	462	253	407	1124	Chitra IND	396	176	330	903
Kikuiri JPN	253	148	352	755	Iskandarva UZB	385	192	396	975	Junior				
Salam IND	253	137	281	672	Sol PHI	198	143	297	639	Tsai TAI	457	270	407	1135
Rani IND	264	99	303	666	Junior					Subjunior				
Junior					Hsu TAI	352	220	396	970	Stesenko UZB	396	231	407	1036
Marlina INDO	381	231	341	953	Lee TAI	341	192	352	887	SHW				
4th	238				Das IND	286	121	314	722	Chao TAI	551	396	440	1388
Tejaswini IND	336	198	347	881	Bhavani IND	275	99	308	683	Guha IND	451	225	396	1074
Hsieh TAI	297	137	314	749	Elizabeth INDO					Mallika IND	407	132	330	870
Irin IND	292	93	330	716	Subjunior					Subjunior				
123 lb.					Chen TAI	347	165	352	865	Weng TAI	185	209	374	970
Lin TAI	308	176	358	843	165 lb.					Men				
Noguchi JPN	242	159	308	710	Leonova UZB	385	225	385	997	114 lb.				
Ip HK	187	115	253	556	Job IND	180	154	391	925	Junior				
Junior					Sujatha IND	286	137	330	755	Kumar IND	308	220	418	947
Chou TAI	253	192	363	810	Kulkarni IND	286	126	308	722	Subjunior				
Tiwari IND	308	110	308	727	Leonova UZB	385	225	385	997	Brasdad IND	374	214	473	1063
132 lb.					181 lb.					Anbu IND	512	253	551	1317
Malyugina UZB	440	198	418	1058	Hsieh TAI	418	281	451	1151	4th	587			
Juor					Rani IND	363	176	352	892	Rakhmnklv UZB	496	253	551	1300
Malyugina UZB	440	198	418	1058	Junior					Kuan TAI	385	220	48	1091
Thakur IND	242	115	220	578	Hemalata IND	330	154	314	799	Razvikanh IND	407	231	507	1146
Subjunior					Subjunior					Dwivedi IND	374	286	418	1080
Lo TAI	330	176	336	843	Chang TAI	396	176	397	970	Subjunior				
148 lb.					198 lb.					Nagappan IND	352	209	462	1025
Josh Dixon	440	255	480	1175	Thamrin INDO	473	253	429	1157	Anand IND	297	187	297	782
165 lb.					Malyugina UZB	396	230	407	1036	132 lb.				
Jason Figg	460	270	450	1180	Stesenko UZB									
181 lb.														
Bob Clark	520	255	545	1320										
Jason Watson	400	350	450	1200										
242 lb.														
Stephen Nagle	505	360	505	1370										
275 lb.														
Bruce Posey	575	350	555	1505										
Novice														
123 lb.														
L. Thomas	270	135	335	740										
Teen														
148 lb.														
David Phillips	350	210	380	940										
220 lb.														
Tony Hall	430	235	435	1100										
Submasters														
181 lb.														
Bob Clark	520	255	545	1320										
Brian Ely	405	245	415	1065										
198 lb.														
Bruce Thomas	550	300	520	1370										
Masters														
148 lb.														
Andy Meyer	155	125	255	505										
220 lb.														
Eddie Williams	455	270	500	1225										
275 lb. 50-54														
John Hurle	500	305	450	1255										
60-64														
Price Foster	270	220	370	860										
Submasters														
181 lb.														
Steve Lawson	390	250	455	1095										
198 lb.														
Bruce Thomas	550	300	520	1370										
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Asian Championships

15-19 May 02 - Dong Hae City, Korea					
Women	SQ	BP	DL	TOT	
97 lb.					
Chou TAI	286	137	352	777	
Sadashiv IND	110	66	154	330	
105 lb.					
Chou TAI	369	214	358	942	
Fukushima JPN	319	264	330	914	
Tanaka JPN	242	143	286	672	
Junior					
Renuka IND	297	148	330	777	
Subjunior					
Setowati IND	308	200	347	854	

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4th 204 Rajeswari IND 462 253 407 1124 Chitra IND 396 176 330 903

Chou TAI 330 154 407 892 Iskandarva UZB 385 192 396 975 Junior

Kikuiri JPN 253 148 352 755 Sol PHI 198 143 297 639 Subjunior

Salam IND 253 137 281 672 Hsu TAI 352 220 396 970 Sleskeno UZB

Rani IND 264 99 303 666 Lee TAI 341 192 308 683 SHW

Junior

Marlina INDO 381 231 341 953 Bhavani IND 275 99 308 683

Elizabeth INDO 4th 238 347 881 Subjunior

Tejaswini IND 336 198 347 881 Chen TAI 347 165 352 865 Men

Hsieh TAI 297 137 314 749 165 lb.

Irin IND 292 93 330 716 Leonova UZB 385 225 385 997 Junior

Subjunior

Garaide IND 198 88 231 518 Kulkarni IND 286 126 308 722 114 lb.

Subjunior

123 lb.

Lin TAI 308 176 358 843 Leonova UZB 385 225 385 997 Junior

Subjunior

Malyugina UZB 440 198 418 1058 Hemalata IND 330 154 314 799 Rakhmnklv UZB

Junior

Juor

Malyugina UZB 440 198 418 1058 Subjunior

Thakur IND 242 115 220 578 Chang TAI 396 176 397 970 Rakhmnklv UZB

Junior

Subjunior

Lo TAI 330 176 336 843 181 lb.

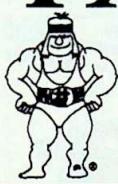
Subjunior

148 lb.

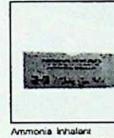
181 lb.

Strisno INDO	608	374	595	1576	165 lb.	Sivokon KAZ	694	496	688	1879	Mishra IND	518	358	628	1504
Isagawa JPN	485	425	518	1426	Elangovan IND	661	347	584	1592	Chang TAI	440	220	529	1190	
Hsieh TAI	501	319	578	1399	Vadoakan IND	551	319	584	1454	Yong KOR	330	231	352	914	
Vijaya IND	518	319	562	1399	Ito JPN	523	358	551	1432	Subjunior					
Chang KOR	440	330	485	1256	Yamada JPN	496	369	551	1416	Singh IND	220	165	352	738	
Nasirov UZB	418	264	440	1124	Chong KOR	396	385	396	1179	Panfilov KAZ	705	512	710	1929	
Gomez III PHI	220	330	264	815	Junior					Luzanov UZB	573	440	672	1686	
Junior					Mustakim					Nakamura JPN	705	451	529	1686	
Ajith IND	440	225	551	1218	Subjunior					Torres PHI	606	380	694	1681	
Shekar IND	451	275	462	1190	Dhor IND	330	198	446	975	Toora IND	639	374	617	1631	
Kakudate JPN	440	297	418	1157	181 lb.					Fukushima JPN	606	385	606	1598	
Nasirov UZB	418	264	440	1124	Turakhanov KAZ	672	385	672	1730	Makarov UZB	639	440	110	1190	
Subjunior					Bisht IND	661	385	666	1714	Junior					
Su TAI	457	286	518	1262	Sahrioni INDO	606	341	639	1587	Singh IND	661	358	639	1658	
148 lb.					Bautista PHI	440	407	440	1289	Lin TAI	617	308	617	1543	
Huang TAI	540	385	617	1543	Yong KOR	485	308	374	1168	Kumar IND	617	369	485	1471	
Lapshin KAZ	617	385	534	1537	Junior					Subjunior					
Sahi IND	518	325	595	1438	Hsieh TAI	661	330	606	1598	Huang TAI	485	264	529	1278	
Noguchi JPN	440	358	496	1295	Yessipov KAZ	551	369	600	1521	Fateyev KAZ	755	473	760	1989	
Rizvanov UZB	435	253	534	1223	Miya JPN	551	440	529	1521	Minami JPN	617	529	462	1609	
Rosales PHI	462	358	385	1206	Kuo	573	297	611	1482	Singh IND	573	352	622	1548	
Lau HK	374	220	451	1047	198 lb.					Chen TAI	595	374	573	1543	
Lee KOR	352	264	374	991	Vorona KAZ	722	407	727	1857	Subjunior					
Gun KOR					Rao IND	650	336	722	1708	Babu IND	644	352	485	1482	
Junior					Khardin UZB	606	347	694	1647	Singh IND	330	165	396	892	
Lapshin KAZ	617	385	534	1537	Leon PHI	275	396	507	1179						
Subjunior															
Lee TAI	479	231	567	1278	Junior										
Borker IND	330	159	380	870	Vorona KAZ	722	407	727	1857						

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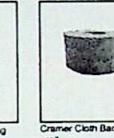
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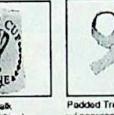
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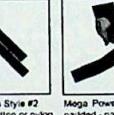
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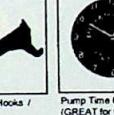
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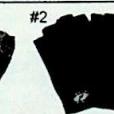
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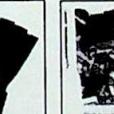
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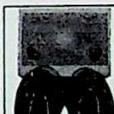
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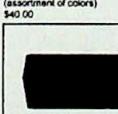
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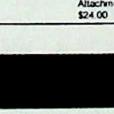
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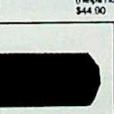
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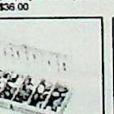
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Chao TAI	793	518	705	2017	
Kumar IND	650	374	573	1598	
Junior					
Cheema IND	760	451	529	1741	
Huang TAI	666	374	595	1636	
Balaje IND	617	297	617	1532	
Subjunior					
Sayal IND	440	253	396	1091	
IPF World Records: Women's 105 lb. Open					
Total 942 lbs. Chen Kuan Ting. Women's 105 lb., Subjunior Bench 204 lb. Setowati. Women's 114 lb., Junior Bench 238 lb. Marlina. Women's 114 lb., Master II Deadlift 352 lbs. Hiroko Kikui, Women's SHW Open Bench 396 lbs. Chao Chen Yeh. Men's 132 lb., Open Total 1576 lbs. Strisno. Men's 132 lb., Open Bench 425 lbs. Hiroyuki Isagawa. Men's 132 lb., Master I Bench 425 lbs. Hiroyuki Isagawa. Men's 132 lb., Master I Total 1427 lbs. Hiroyuki Isagawa. Men's 165 lb., Open Bench 496 lbs. Alexey Sivokon. Men's 165 lb., Open Total 1878 lbs. Alexey Sivokon (bodyweight 156.4)					

11th New Castle Bench Press 9 FEB 02 - New Castle, PA

Women	Chris Carson
Diane Benedict	125
Lacy Brogan	242
Margareln Leymarie	Scott Prozy
Teen 16 and under	Scott Pollard
Teen 16 and under	525
Bill Wharry	Paul Vargo
Chris Beer	Terry Gibson
Nick Pica	275
Chuck Sapienza	James Smith
Teen 17-18	Bill Boy
Bill Boy	SHW
Bill Boy	Blaise Karlovic
Scott Prozy	Gary Goodrick
Nikitas Katsonakis	Nick Mailis
Rick Underwood	Master 35
148	Jeff Peshek
C. Ventrella	Rick Scarnati
Rob Wilson	Mike Maroni
Dave Klamer	Geroge Caroff
165	Master 40
Matt Cuffman	C. Ventrella
181	340
Rick Scarnati	340
Paul Prozy	415
Mike Maroni	45
198	Greg Langham
Greg Tarr	Duane Duck
Dave Perrino	Master 50
Ben Davis	Master 50
220	Rob Wilson
Overall Champion	Bill Koling
Rob Rathmell	Ron Dennison
Overall Champion	Overall Champion
Rob Rathmell	Jeff Peshek

The New Castle 11th Annual Bench Press Competition turned out to be another successful event with a total of 45 lifters competing. In the teenage divisions Bill Wharry and Bill Boy were the top lifters, the women's division was led by Diane Benedict and Lacy Brogan. Chuck Ventrella won both the 148 and Master 40 Divisions. In the 181 Open Rick Scarnati had a strong lift, followed closely by Mike Maroni, T. R. Russo, and Paul Prozy. Greg Tarr had a super lift in the 198 open. The 242 open was an exciting division led by an exciting individual, Scott Pollard, followed closely by Paul Vargo and Terry Gibson. In the SHWs, Blaise Karlovic put up a nice lift followed by Gary Goodrick. We can't forget Jeff Peshek who did a fantastic lift of 610# to win both the Master 35 and Overall Champion. In the Master 45 Greg Langham had a very nice lift. Rob Wilson led the Master 50 followed by Bill Koling and Ron Dennison. A special thanks to everyone who helped make this another successful event. Spotter/Judges/Committee: Bob Hites, John Ulrich, Jamie Punnett, Marc Snyder, Shawn Wynn, Chuck Brogan, and Greg Rosati. Also a very special thank you to Powerlifting USA. (thanks to Chuck Ulrich for the results)

USAFL Fall Gateway Qualifier

1 DEC 01 - Seattle, WA

FEMALE	SQ	BP	DL	TOT
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2202 Huge Iron Powerlifting Schedule

9-7-02 WPO Bench Bash for Cash

10-7-02 WPO Powerlifting Semi-Finals
(Loc. tba)

11-02-02 AAPF Southern States Powerlifting Championships

11-30-02 APF Southern States Powerlifting Championships (light day)

12-09-01 APF Southern States Powerlifting Championships (heavy day) (qualifier for APF Senior Nationals)

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18-20 JUL, IPA Worlds, Fitness America, 9109 Dyer St., El Paso, TX 79924, 915-755-3032, 915-544-6559 (FAX), Jesse Lopez or David Karam

20 JUL, ABF Monster Bench Tour (Columbus, GA) Rusty Irby, Box 2335, Bushnell, FL 33513, 352-793-8796, kineticstrength.com

20 JUL, IPA Return of the Iron House Classic PL (Zanesville, OH) download entry form @ www.ironhousezanesville.com or call Mike Maxwell, 740-704-4747

20 JUL, APA Southern Record Breakers PL/BP (Nashville, TN) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

20 JUL, LaCrosse Interstate Fair BP (W. Salem, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693

20 JUL (new name), California State PL & BP Championships, Kevin Fisher, 25 E. Arrellaga, Santa Barbara, CA 93101, 805-963-3439, KFISHER54@aol.com

20 JUL, AAPF Michigan Coopersville Powerlifting Classic, (Grand Rapids, MI) Andy Briggs, 616-844-6350, thebriggs@novagate.com

20 JUL, (sanction designation) APF/AAPF Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183

Coming Events

820-5923

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

26-28 JUL, MetRX ADAU National Championships & Strongman Competition brought to you by Strongman Productions (Iceplex Arena @ Southpoint, Pittsburgh, PA) Mike Mastrean, 412-400-1691

27 JUL, CAP Championnat Nord-Est Canadien (Matane, Quebec) Roberto St. Pierre, 418-566-2659

27 JUL, The Training Center's 6th annual Strongman Competition, John Green, 102 Beaver Court East, Bear, DE 19701, 302-322-0926, JSmith3287@aol.com

27 JUL, APA Southeastern Regional PL & BP (Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

27 JUL, NASA Bluegrass Powersports, BP and DL Open (Henderson, KY) David Anguish, 270-830-7209, [ShowtimesGym@aol.com](mailto>ShowtimesGym@aol.com)

27 JUL, NASA Tri-State PL, BP, PS (monolift, special olympians encouraged) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-3413

27 JUL, 26th Southeastern Illinois BP & DL Classic (open, teen, police & fire, masters, d.o.c.) Mark Motisinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

27,28 JUL, NASA Grand Nationals (all events, Hickory, NC) SQPBBL@aol.com

28 JUL, APA Summertime Blast BP, DL, Push-Pull (Hartland, VT) Calvin Frost, Box 330, 5 Fitch Ct., Windsor, VT 05089, VTNHAPA@cs.com

28 JUL, Lake County Fair Iron Man BP / DL (Grays Lake, IL - deadlift 1 JUL) Preston Olsen, 847-543-0843

JUL, NASA Arizona State PL, BP, PS SQPBBL@aol.com

1-4 AUG, AAU Youth, Teenage and High School, & Junior Nationals in conjunction with the AAU Jr. Olympics (Knoxville, TN) Rudy Garcia, Rt 1 Box 212, New Canton, VA 23123, 8 0 4 - 5 8 1 - 1 9 1 0 , irportssofva@hotmail.com

2-4 AUG, AWPC Amateur Worlds (Athens, GA) L.B. & Nadine Baker, 770-7 2 5 - 6 6 8 4 , lbaker@musclemaker.net or www.irondawg.com or www.musclemaker.net

3 AUG, Vince Soto Ohio State

10 Aug. Wisconsin State

11 Aug. Missouri State

17 Aug. Indiana State

18 Aug. Illinois State

24 Aug. Kentucky State

31 Aug. DuQuoin State

7 Sep. Tennessee State

* all include 2-man, 2-woman deadlift

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3 AUG, Fiesta Days BP (no sanction, low entry fee, in conjunction with Frazier Park's Fiesta Days Carnival) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-215-0115, kostas@frazmin.com

3 AUG, APA Battle of the Badasses PL & BP (\$1000 cash prizes - Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

3 AUG, 1st APA Houston Record Breakers (Houston, TX) Tom McCullough, Paul Revere Middle School, Weightroom T-5, 10502 Brilar Forest Drive, Houston, TX 77049

3 AUG, Summer BP + DL Classic, Brendan Yoder, 55745 CR 117, Goshen, IN 46528, 574-875-0471

3 AUG, ADAU Raw Broome County Bench Press Classic (national qualifier for single lift nationals - Johnson City H.S., NY) Wayne or Hunter Claypatch, 1028 Whittemore Hill Rd., Owego, NY 13827, 607-786-9720

3 AUG, Outlaw Meet "Bench for Bucks" (Randallman High School - prize money 1st-3rd by formula) Sandy Lemonds, 1511 N. Fayetteville St., Asheboro, NC 27203, 336-672-5433, Sandra@asheboro.com

3 AUG, 1st United Way of Saginaw County BP/DL Challenge Fundraiser, Carroll Wolicki, 100 S. Jefferson, Saginaw, MI 48607, 989-755-0505

3 AUG, USPF American Bench Press Championships, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

3 AUG, USPF American Deadlift Championships, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

3 AUG, Central Virginai BP & DL (The Gym, Rt. 1 & Courthouse Rd., Fredricksburg, VA) Petey Cropp or John Graube, 9839 Courthouse Rd., Spotsylvania, VA 22553, 540-898-5139, superbeast@cyer-right.net

3 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

3 AUG, USPF Gulf Coast (Vidor, TX - men/women - open below 1, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

3,4 AUG, WNPF World Bench Press - World Deadlift - Single Lift or Combined - Lancaster, PA - lifters must qualify at a WNPF national or major championship) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

3,4 AUG, WABDL North American BP & DL (drug tested - Holiday Inn Airport - Portland, OR) Gus Rethwisch, 503-762-5066

4 AUG, Tri-State BP (all divisions/classes - American Fitness, Erie, PA) Dan Swope 814-833-9590

4 AUG, AAU Missouri-Kansas BP-DL (X-treme Fitness, Union, MO) Darin Gilley, 2820 Old Gray Summit Rd., Pacific, MO 63069, 636-742-4537, daringilley@aol.com

10 AUG (new date), USAPL North

Carolina East Coast BP/DL, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614
10 AUG, APA Southwest Florida Open BP (Ft Myers, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

10 AUG, IPA National Bench Press (Adirondack Nautilus, Glens Falls, NY) Bill Crawford, 518-793-5353
10 AUG, USAPL Mississippi State Meet, Rhodes Club Fitness, Gulfport, MS 39507, 228-868-1090, 228-896-3277, woldaudio@aol.com

10 AUG (NEW DATE), Muscle Beach/APF Push/Pull Powerlifting Championships (open, masters, juniors & special olympians) Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

10 AUG (new date), Team Weber Strength Powerlifting, Robert Weber Jr., 1412 5th St., Camanche, IA 52730, 563-259-8695

10 AUG, WABDL Midwestern Regional BP & DL (Fargo, ND) Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764

10 AUG, USAPL New Jersey Bench Press Open, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-1956

10 AUG, WABDL Midwest Regional BP & DL (drug tested) Rich Edinger, 701-298-0764 or 361-8813

10 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 AUG, Greene County Fair Strongman/woman, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

10,11 AUG, NASA World Cup (all events, Oklahoma City, OK) SQPBBL@aol.com

11 AUG, SLP Missouri State Fair BP/DL

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17 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
17 AUG, WABDL West Coast BP & DL (drug tested - Rancho Cordova, CA) Jody Woods, 916-417-7647, FAX 916-443-6200

17 AUG, USAPL Mid-Atlantic Open PL/BP, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

18 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24 AUG, North Florida Bench Press (male/female - prizes for top 3 t-shirts to all competitors, World Gym Jacksonville, 5810-3 Normandy Blvd., Jacksonville, FL 32205, 904-378-1551

24 AUG, USAPL Power Surge PL & BP (Eagles Club, Alliance, NE - Men & Women - open, teen, masters) Michelle James, 308-762-7043 or michelle@bbc.net

24 AUG, Body Factory Power Challenge/BP, Body Factory, 436 Blue Valley Ln., Bangor, PA 18013, Jim Parrish 610-863-1090

24 AUG, WABDL Alki Beach BP & DL (drug tested - Seattle, WA) Bull Stewart, 206-725-7894

24 AUG, SLP Kentucky State Fair BP/DL (Crestwood City, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24,25 AUG, North American Powerlifting Championships (Westener Park, Red Deer, Alberta, Host Hotel - Capri Center - 403-346-2091 - reservations by 8/1/02) Bruce Greig, box 4, Okotoks, Alberta, Canada T1S 1A4, 403-938-3067, FAX 403-938-0489

24,25 AUG, USAPL Bench Press Na-

(Sedalia, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 AUG, APA World Gym Barbenders BP & DL (Ft. Washington, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

17 AUG, APA Central America BP, DL, Push-Pull (Degrado, OH) Bruce Stoiler, Box 348, Quincy, OH 43343, 837-585-5985, apo_ohio@yahoo.com

17 AUG, South Florida Summer Bench Blast (Lantana, FL) Bob Youngs 561-718-9877, southsidebarbell@hotmail.com

17 AUG (date specified), Virginia's Strongest Man with the METRX/Worldwide Extravaganza (Virginia Beach, VA) Gayle Schroeder, 757-481-6963, strength@exis.net, www.powerandstrength.com

17 AUG, ABF Monster Bench Tour (Tal-

lahassee, FL) Rusty Irby, Box 2335, Bushnell, FL 33513, 352-793-8796, kineticstrength.com

17 AUG, 18th APF/AAPF Snake River BP/PL, YMCA, 155 N. Corner St., Idaho Falls, ID 83402, 208-523-0600, Mike & Linda Higgins

17 AUG, ADAU Single Lift Nationals (3 separate raw, drug free contests)

Nick Theodorou, Nutritional Technologies, Box 3368, Palmer, PA 18043, 610-258-1894, nutritek@aol.com

17 AUG, 18th Iowa State Fair BP/DI & Law Enforcement/Fire, Jeff Baird, 6804 Starview St., Des Moines, IA 50320, 515-953-6833, Bairdz@aol.com

17 AUG, Granite State Open BP/DL (separate contests - men, women, teen, jr., novice, submaster, master) Louie LaPointe, 337 Roxbury St., Keene, NH 03431, 603-

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tionals, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed & Frank King, Dr. Larry Miller

24,25 AUG (added competition), AAU National PL (equipped) & Raw USA PL & International BP & AAU National DL & Push/Pull (Convention Center, San Bernardino, CA - last world qualifier for Virginia & Laughlin, NV: Nationals - open, masters, lifetime, jr., mil/law, submasters; Raw USA & BP: open, masters, lifetime, jr., youth, mil/law, disabled, submasters - book rooms @ 909-381-6181) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

25 AUG, USSA Teen, Jr., Submaster, Masters Nationals (Lake City, FL - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), ussa@bellsouth.net

31 AUG, East Penn Amateur Strongman Open (open to all - trophies to top 3, Tire Flip, Truck Pull, Block/Sled Drag, Keg Toss, Farmer's Walk) Nazareth Bell, 610-746-7000 or Nazbar@enter.net

31 AUG, YMCA Bench Press, Elm Grove Chambers YMCA, 55 Lounez Ave., Wheeling, WV 26003, 304-242-8086

31 AUG, USPF Bench Press Nationals (Ocean Dunes Resort Hotel, Myrtle Beach, SC) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, 732-886-0199, USPFehorton@aol.com

31 AUG, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

31 AUG (new date and info), APF/AAPF IronDawg Push Pull, L.B. & Nadine Baker, Athens, GA, 770-725-6684, lbbaker@irondawg.com

7 SEP, WNPF Atlanta Open, Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

7 SEP, APF Maine State Push/Pull, Russ Barlow, 175 Kennebec Tr., Turner, ME 04282, 207-225-5070

7 SEP, NASA VA Regional Qualifier (PL, BP, PS - Charlottesville, VA) Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

7 SEP, WPO Bench Bash for Cash (Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

7 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 SEP, APF West Coast Open BP (Venice Beach, CA) 310-399-2775

10-15 SEP, IPF World Jrs (Venezuela)

14 SEP (NEW DATE), WNPF Lifetime National PL, BP, DL, SQ & Sarge McCrary BP/DL (single lift or combined) & Power Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

14 SEP, APA California State PL, BP, DL (Sacramento, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, APA Nevada State PL, BP, DL Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, United we Stand BP (Touch 'n Go - Men + Women - New Castle, PA - Open, Novice, 14-16, 17-19, 20-23, 33-39, 40-49, 50+, Police/Fire, 24" Trophies 1st-5th, \$100 - Best lifter 97-181 + 198-SHW. Portion of Proceeds Donated to

help families of 9/11 tragedy.) Charles 724-654-4117

14 SEP, Pittsburgh Legends of the Platform BP & DL, Jamie Harris, 412-384-5051 Ext 1, OATJEFZ@AOL.COM

14 SEP, Muscle Beach/APF West Coast BP Championships (open, masters, juniors, spec. olympians - t-shirts & medals to all participants) Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

14 SEP (correct state), YMCA Challenge 1st annual Open BP, 19550 N. 10th St., Covington, LA 70433, Linda, 985-893-4800

14 SEP, SLP Village Square BP/DL (Elflingham, IL) Dr. Darrell Latch, 122 W. Sale St., IL 61953, 217-253-4249, www.sonlightpower.com

14 SEP, Iron Boy Bench Press Classic (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboyenterprises.com

14 SEP, WABLDF Washington State BP & DL (drug tested - Hoguam, WA) Don Bell, 360-533-5711

15 SEP, 4th Deadlift on the River, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

15 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press Championships II (open men & women, native, youth & teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716-673-4613, Jay.Toth@Fredonia.edu

21 SEP, NASA New Mexico Regional, Mike Adelman, Box 44651, Rio Rancho, NM 87174, 505-301-3887

21 SEP, 4th Sci-fit of Georgia BP (Georgia State Farmers Market) Joe DeVerville, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005

21 SEP, SLP Open National Powerlifting Championships (Hooperston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22 SEP, ADAU Connecticut Raw Drug Free PL & BP, Robert De La Vega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548

22 SEP, SLP Wisconsin State BP/DL (Burlington, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP, APA Southeast Coast BP, DL (Winter Park, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

5 OCT, SLP Fall Bench Press/Deadlift Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

5 OCT, 2nd annual Record Breakers Meet, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

5 OCT, NASS North American Strongman Championships (St. Louis, MO) Willie Wessels, 314-609-6031, dwes370162@msn.com

5 OCT, NASA Ohio Regional PL, BP, PS (Springfield, OH) SQPBDL@aol.com

6 OCT (NEW DATE), SLP Iowa State BP/DL (Coralville, IA) Dr. Darrell Latch,

28 SEP, USPF Florida State PL, Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063

28 SEP, SLP National 'Raw' Powerlifting Championships (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 , www.sonlightpower.com

28 SEP (additional contest, change in designation), USBF BP Nationals & USPC Power Curl Nationals (open, masters, teen, police/fire, military-wraps & belts allowed) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

28 SEP, NASA Wisconsin Regional PL, BP, PS (Marshfield, WI) SQPBDL@aol.com

28 SEP, IPA Pennsylvania State/Northeast Regional PL & BP, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

5 OCT, Central California PL & BP (open men, teen, 20-23, 35-39, master, women) Lisa & Steve Denison, 5012 Rogue Water Ct., Bakersfield, CA 93313, 661-664-7724, pwrlfrs@powerliftingca.com, www.powerliftingca.com

5 OCT, 100% Raw Nationals, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

5 OCT (date determined), NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

5 OCT, APA Bay State Open BP, DL (Northampton, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

5 OCT, SLP Fall Bench Press/Deadlift Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

5 OCT, 2nd annual Record Breakers Meet, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

5 OCT, NASS North American Strongman Championships (St. Louis, MO) Willie Wessels, 314-609-6031, dwes370162@msn.com

5 OCT, NASA Ohio Regional PL, BP, PS (Springfield, OH) SQPBDL@aol.com

6 OCT (NEW DATE), SLP Iowa State BP/DL (Coralville, IA) Dr. Darrell Latch,

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9-13 OCT, IPF World Masters (Argentina)

12 OCT, WPA World Bench Press Championships (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

12 OCT, APA Northwest Region BP (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

12 OCT (NEW DATE & phone number correction), Olympus Gym Open BP & DL (raw & assisted - men/women open - novice, teen, jr., submasters, masters, police, fire, military) Vernell Morris, 5470 St. Barbarus Rd., Oxon Hill, MD 20745, 301-505-2255

12 OCT (revised date), APF N. California Open PL & BP (San Francisco, CA) John Ford 650-757-9506

12 OCT, 8th APF Wolverine Open PL & IronMan, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharbourne@comcast.net

12 OCT, 4 Seasons Association Fall Bench Press, Kevin Deming, The Four Seasons Association, 904 Four Seasons Rd., Bloomington, IL 61701, 309-663-2022 ext 34 or kevin@4-seasons-club.com

12 OCT, SLP Arkansas State BP/DL (Paragould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

12 OCT, NASA Tennessee Regional PL, BP, PS (Nashville, TN) SQPBDL@aol.com

13 OCT, APA Northwest Region DL (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

13 OCT, WPA World Deadlift Cham-

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DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

pionships (Kennewick, WA) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

13 OCT, White's Truck Stop YMCA BP/DL, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

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

19 OCT, Ashtabula YMCA BP Touch 'n Go (Ashtabula, OH) Lonnie Anderson, 440-964-3013

19 OCT, Thunder Mountain Open (Barnes Fieldhouse Gym, AZ 85613) Maj. William Wheeler, 520-538-4328, & Kathy Gray 520-533-3180

19 OCT, 11th Muscle Beach Special Olympics Power Lift-Off, Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

19 OCT (updated), Bob Hafner Championship (PL, BP, DL - open, women, teen, master, special olympian) Bob Hafner, 12105 Lake Louise Dr., Gretna, LA 70056, 504-393-9521 or ottohaf@aol.com

19 OCT, USBF Maryland State Bench Press, BAAC, 658 Bolton St., Bel Air, MD 21014, Dave Capozzoli or L.D. Augustus, 410-515-1607, Gtrdave99@aol.com

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

19 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

19,20 OCT, NASA Iowa Regional PL, BP, PS (Des Moines, IA) SQPBDL@aol.com

20 OCT (tentative), East Coast Strongman Challenge (Virginia Beach, VA) Gayle Schroeder, strength@exis.net, www.powerandstrength.com

20 OCT, SLP Pecatonica Fitness Fall BP/DL Classic (Pecatonica, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

25 OCT (new address & terms), AAU Richmond International Bench Press (cap of 100 benchers), VAPowerlifting Association, 1811 Southcliff Rd., Richmond, VA

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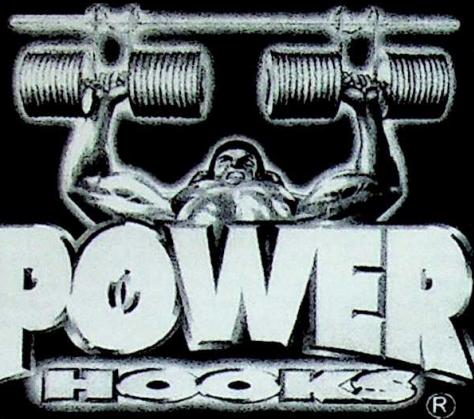
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Finalists will be contacted during the first week of November 2002. If an official judge is not available in your area, we will then need a video of you weighing yourself in on a scale and then weighing the dumbbells individually. All finalists will receive a prize. The winner will receive \$1,000.00.



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23225, Barbara 804-233-9570, barbeeze@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810
19,20 OCT, WNPW World PL & SQ Championships (Youngstown, OH) lifters must qualify at a WNPW national or major championship Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
26 OCT, APA Bench Press Nationals (St. Petersburg, FL) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com
26 OCT, NASA Big River Classic (Blytheville, AR) Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR

72315, 870-763-9094

26 OCT, INSA / INSA World Championship (Plano, TX) David Newingham, 4347 Floramar Terrace, New Port Richey, FL 34652, 727-781-0417, StroudsFitness-817-268-3488

26 OCT, 1st annual PPL USA Championships, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.COM

26 OCT, 20th ADAU "Central PA Open" (open and all age groups for both men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

4624, Jill 804-730-8810

26,27 OCT, NASA North Carolina Regional PL, BP, DL, PS (Hickory, NC) SQPBDL@aol.com

27 OCT, APA Deadlift Nationals (St. Petersburg, FL) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

OCT, South Florida Halloween Bench Blast, Bob Youngs 561-718-9877, southsidebarbell@hotmail.com

OCT, NASA PA Regional Qualifier PL, BP, PS, Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283

OCT, WPO Powerlifting Semi-Finals (loc. tba) 877-HUG-IRON, hugeiron@logicalcity.com

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

2 NOV, 2nd Body Structure Bench Press (touch and go, 24" trophies 1st-5th, men & women, open, novice, 20-23, 33-39, 40-49, 50+, 14-16, 17-19 - no formulas) Chuck Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117

2 NOV, USPF Texas Cup (Austin, TX - men/women - open, below 1, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguintfitness.com

2 NOV, SLP Illinois State BP/DL, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

2 NOV, AAPF Southern States PL (Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

2 NOV (added category), USBF Eastern Regionals Raw & Assisted Bench Open, USPC Power Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

3 NOV, CPA Championnat Quebecois PL (Marcel St. Laurent, 457, 7 leme Avenue Nord #1, Sherbrooke, QC J1E 2S2, 819-346-9466, marcelstlaurent@sympatico.ca

3 NOV, USA "Raw" Bench Press Fed-

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eration Grand Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9 NOV, APA Longhorn Open PL/BP (Brenham Fitness Center - Brenham, TX) Scott Taylor, Box 27204, El Jolean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-upa.com

9 NOV, 11th Mon Valley Fitness Center BP Classic (BP, DL, BP for reps) MVFC, Box 567, Dunlevy, PA 15432, 742-483-2438, MVFC@comcast.net

9 NOV, NASA Illinois & Indiana Regional PL, BP, PS (Flora, IL) SQPBBL@aol.com

9 NOV, SLP Fitness One Fall Classic BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9,10 NOV, USAPL New Jersey State PL, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

10 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 NOV, Iowa/Midwest Open BP, DL, Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

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

14-17 NOV, 100% Raw World Championships (all ages, wt. classes, 5 yr. drug testing period, 10/19 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

14-18 NOV, WABDL World BP & DL Championships (drug tested - Peppermill Hotel, Reno, NV) Gus Reithwisch, 503-762-5066, FAX 503-762-5067

15-17 NOV, IPA Nationals (Holiday Inn Worthington) Elite Fitness Systems, 1695 Itawamba Tr., London, OH 43140, 888-854-8806, www.elitefts.com

16 NOV, SLP Kentucky State BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 NOV, USAPL Rhode Island State PL + BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, T_Isabella@msn.com

17 NOV, SLP Rhino's Fitness BP/DL Classic (Rosco, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22-24 NOV (new description), 1st WNPF Drug Free for Life World Powerlifting, BP, DL, SQ, and Ironman Championships (West Palm Beach, FL) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

23 NOV, Eastern American BP (Holiday Inn - Forsyth, GA - I-75/Exit 186 - Open - Over 40 - Women - Novice - Teen - Police/Fire, Submasters) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 302, 770-474-2633

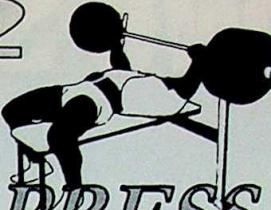
23 NOV, Omaha Open (full meet, BP, DL, Push-Pull) 4808 Cass, Omaha, NE 68132, Keith Machula 402-444-5596

23 NOV, USAPL Police & Fire Nationals PL & BP, Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King

23 NOV, USPF Pan American Bench Press Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 6 0 3 - 6 2 6 - 5 4 8 9 , www.usabodybuilding.com, usabodybuilding@hotmail.com

23 NOV, USPF Pan American Deadlift Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 6 0 3 - 6 2 6 - 5 4 8 9 , www.usabodybuilding.com, usabodybuilding@hotmail.com

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Contact: Brian Washington, 410-265-8264 or Brian@usbf.net

Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

24 NOV, APF Pine Tree State Open + National Qualifier, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

24 NOV, USAPL Ohio State PL & BP (2 contests - open mens and women, mens and women raw, mens master, mens masters raw, police & fire, mens teen) Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King.

30 NOV, 100% Raw Bench Press Works, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

30 NOV, APA Mississippi Open BP, DL (Vicksburg, MS) Scott Taylor, Box 27204, El Jolean, FL 33927, 941-697-7962, scott@apa-upa.com

30 NOV, CPA Championnat Quebecois BP & DL, Push & Pull, Curl (Montreal)

Marcel St. Laurent, 457, 71eme Avenue Nord #1, Sherbrooke, QC, J1E 2S2, 8 1 9 - 3 4 6 - 9 4 6 6 , marcelstlaurent@sympatico.ca

30 NOV, APF Southern States (light day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

NOV, NASA WV Regional Qualifier PL, BP, PS, (Ravenswood, WV) Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283

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

1 DEC, APF Southern States (heavy day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

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

7 DEC, APA Patriot Open (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

7 DEC, APF 49th Iron Man Open PL & BP Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658-5437, 322-6805

7 DEC, MPA Miller Chevrolet Christmas BP Classic (Teen 19 & under, open - non-residents welcome, masters 40+, police / fire / military, 40+ police / fire / military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

7 DEC, USAPL New York State BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, <http://www.geocities.com/bruceswan500/index.html>

7 DEC, SLP Christmas For Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 DEC (new title and info), APF/AAPF IronDawg Open PL, BP, (APF Sr. Nationals Qualifier - Athens, GA) L.B. & Nadine Baker, 770-725-6684, lbbaker@irondawg.com

7,8 DEC, AAU World BP, Push-Pull, DL (River Palms Casino - Laughlin, NV - open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

7,8 DEC 02, USAPL Virginia State PL/BP, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

8 DEC, 10th Raw ADAU "Coal Country"

Classic (separate BP & DL contests, open & all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

8 DEC, WNPF South Florida BP/DL (single lift or combined) & Power Curl - West Palm Beach, FL, Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

14 DEC, CPA Championnat Regional PL & BP (Granby, Quebec) Benoit Brodeur, 450-378-7666, 450-372-0087

14 DEC, Christmas Bench Press, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

15 DEC, WNPF Sarge McCray BP, DL + Ironman (Bordentown, NJ) Troy Ford, Box 142347, GA 30214, 770-996-3418

28 DEC, SLP The Last One! BP/DL Classic, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

11 JAN 03, 3rd APF Michigan Bench for Cash, State BP Championships (cash prizes 1st-5th based on Reshel Formula - \$1000 for 1st place) Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharbourne@comcast.net

18 JAN, APA Texas State (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

JAN, PPI Augusta Open Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

1 FEB, APA Houston Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

1 MAR, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

1 MAR, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

8 MAR, All Church Contest (open to all church members and church sponsored teams) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

22 MAR, ADAU Great Lakes Championship (National Qualifier - Open + All Age Groups, Men and Women) Joe Orengia, 4468 W. 26th st., Erie, PA 16506 814-833-3727, www.pikitup.com

23 MAR, USPF Rhode Island State PL + BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921 T_Isabella@msn.com

12,13 APR, Power Palooza V PL, BP, DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

APR, Laughlin's River Run BP (Laughlin, NV - men, women, masters - book early!!!) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-215-0115, kostas@frazmtn.com

17 MAY, ADAU "NO druggies Allowed" Squat- Bench- Deadlift Championships (No total - single lift national qualifier - open + all age groups - men + women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.pikitup.com

7 June, USPF/AAU Sooner State Games PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

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

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

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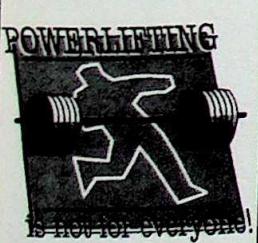
DON'T TELL ME what you used to live
I DON'T CARE about the past
SHOW ME what you've got now!

HOLD THIS T

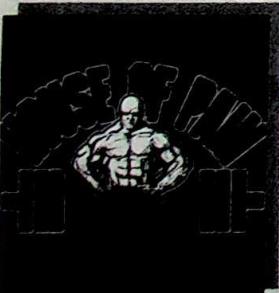
CHAMPIONS
MEN

POWERLIFTING
T-SHIRTS

GREAT DIVIDE T



CHALK OUTLINE T

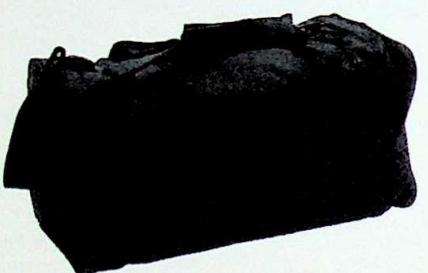


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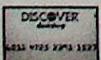
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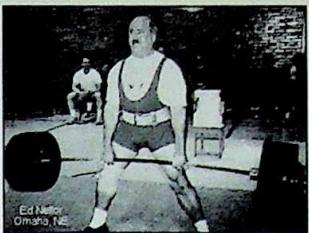
House Of Pain, P.O. Box 333
Fate, TX 75132



IOWA OPEN
13 APR 02 - Oskaloosa, IA

WOMEN		Tim Jennings	315
114		Ken Crosser	240
Kelly Renluma	130	Master 1	
123		Grant Townsell	355
Novice		Danny Hoy	265
Lora Earnest	100	Master 2	
SubMaster		Frank Sergio	340
Terri Kosidowski	145		
Master 1			242
Jill Simbro	115	Novice	
148 Teen		Scott Troutman	385
C. Richtsmeier	95	Jeff Hansen	330
TEEN BENCH		Open	
114		Brandon Cass	500
Colin Hoy	75	Ron McCullough	500
123		Tim Meeker	440
Robert Vestal	155	Steve Arnold	335
132		SubMaster	
Ryan McGee	195	Tim Meeker	440
148		Jake Mathews	410
Robbie Hurley	250	Master 1	
165		Marvin Lawson	430
Brandon Millage	300	Duane Green	420
Tom Wilken	265	Mark Hennessey	375
M. Shawgo	235	Jeff Hansen	330
Jesse James	220	Novice	
181		Jeff Leach	485
Dillon Burns	205	Open	
Cody Green	185	Eric Jordan	500
Shawn Sullivan	155	Jeff Leach	485
198		Cozy Cozine	460
Andy Meyer	220	Rusty Bonjour	450
Chris Hendricks	210	Luther Holmes	530
220		HWT	
Karl Wagner	325	Novice	
Richard Stange	290	Jerry Kaldenberg	290
Brian Hendricks	290	John Quasdorff	255
Brandon Hansen	225	SubMaster	
242		Jerald Brantley	505
Daniel Christy	365	Bug Morgan	245
Josh Curry	275	TRAP DEADLIFT	
Nathan Schafer	235	114 Teen	
275		Colin Hoy	135
Chris Alitz	340	148	
Tyler Thomas	265	Heathe Hansen	415
165		165	
Novice		Brent Keninger	205
Jeremy Towsley	275	181 Master 2	
Master 1		Scott VanDusen	350
Andy Olson	290	198	
181		Open	
Roger Hennigar	360	Doug Ruse	490
Kirk Dressier	335	Ken McCanna	460
Sub. Master		SubMaster	
Roger Hennigar	360	Jake Matthews	500
Bill Maynard	340	DEADLIFT	
Master 2		123 Women	
M. Gustaison	265	Lora Earnest	170
Scott VanDusen	200	132	
198		Terri Kosidowski	215
Novice		181	
Brian Rossie	410	Master 2	
Holland Sullivan	370	M. Gustafson	470
Jake Engle	290	Tony Fox	300
Sub.Master		198 Open	
Ken McCanna	380	Jake Engle	535
Doug Ruse	315	220	
Master 1		Teen	
Jerry Swank	350	Ryan Kunth	455
Rick Dexter	320	Richard Stange	370
Master 2		Novice	
Bob Walla	255	Josh Power	500
Gene May	265	D. Witherspoon	480
220		Open	
Novice		Jeff Becker	535
Josh Power	365	Master 1	
D. Witherspoon	350	James Reed	465
Tim Jennings	315	242	
Dennis Dunkin	295	Novice	
Open		Jacob Becker	555
Jim Westphal	445	Nick Barlett	530
Craig Ford	445	Open	
Jeff Becker	405	Brandon Cass	765
Tom Anderson	315	HWT Master 3	
Sub. Master		Bud Morgan	365
Brian Phillips	370		
Lifters from Iowa, Illinois, Missouri, Wyoming and Kansas made this a very competitive meet. Kelly Routama and Terri Kosidowski benched big in the women's classes. Brandon Millage, Karl Wagner, Daniel Christy, and Chris Alitz were notable in the teenage classes. Andy Olson's 290 at 165 master 1 went well as did Brian Possie's 410 at 198, 220 pounds. Jim Westphal and Craig Ford looked good putting up 445. Craig had driven from Wyoming to attend this meet! Tim Meeker and Marvin Lawson were strong in the 242 classes with Jeff Leach pushing up 485 at 275. Our			

In Memory ... this issue of Powerlifting USA is dedicated to these lifters who have recently passed.



ED NELLOR - MULTI-TIME MASTER'S NATIONAL CHAMPION AND ONE OF THE PIONEERS OF POWERLIFTING IN NEBRASKA AND ONE OF THE LEADERS OF USA POWERLIFTING IN NEBRASKA PASSED AWAY ON APRIL 23, 2002 AT THE AGE OF 51. ONE OF ED'S BIGGEST CONCERN'S IN HIS LAST DAYS WAS THE FUTURE OF HIS DAUGHTER BROOKE AND HER EDUCATION. TO HELP HIS FAMILY, A COLLEGE FUND HAS BEEN SET UP FOR BROOKE NELLOR. ANYONE WANTING TO MAKE A DONATION TO THIS GREAT MAN'S DAUGHTER MAY MAIL DONATIONS TO: GARY PEATROWSKY, 1521 WEST LAKE COURT, LINCOLN, NEBRASKA 68522 OR TO NEBRASKA DRUG FREE POWERLIFTERS, PO BOX 82264, LINCOLN, NEBRASKA 68501. PLEASE MAKE CHECKS AND MONEY ORDERS PAYABLE TO: BROOKENELLORE EDUCATION FUND. PLEASE HELP US HELP ED'S DAUGHTER

500 pound benchers included Brandon Cass, Ron McCullough, Eric Jordan, Jerald Brantley, and Luther Holmes. Lora Ernest had a personal best deadlift with 170. Jake Engle had a strong 535 in 198 open. Ryan Knuth, Josh Power, Jeff Becker, Jacob Becker, and Nick Bartlett had good deadlift performances. Brandon Cass pulled a very strong 765 at 242, the big deadlift of the meet. Special thanks to Cozy Cozine, Roger Broeg and all the others who made the meet run smoothly. (Results were provided to PL USA by Wayne Hammes)

DANNY BENNETT, AGE 28, PASSED AWAY ON APRIL 29, FOLLOWING A BREIF ILLNESS. A FIREFIGHTER, EMT, AND OWNER OF THE MAXIMUM FITNESS GYM IN LEWISBURG, TN, DANNY WAS A FORMER ALL-STATE FOOTBALL PLAYER, AND IN 1992 HE WON THE TEENAGE NATIONALS, DEFEATING JERRY OBRADOVIC WITH A TEENAGE WORLD RECORD SQUAT OF 710 LBS. AND HE ALSO WON THE TEENAGE WORLD CHAMPIONSHIP IN LONDON THAT YEAR. MORE RECENTLY HE WON A NATIONAL BENCH PRESS TITLE WITH 584 LBS., MISSING 606 ON A TECHNICALITY. CONTRIBUTIONS CAN BE MADE TO THE NATIONAL KIDNEY FOUNDATION OR TO THE AMERICAN HEART ASSOCIATION ON DANNY'S BEHALF.

Steve Rohde	355	205	350	910
220				
Marty Becker	660	420	610	1690
Ryan Stills	650	405	630	1685
Kevin Pingel	510	370	600	1480
Fred Nowak	600	430	565	1595
Darin Heyerdahl	575	385	605	1565
Jackson Emmott	625	340	540	1505
Matt Pagel	495	360	600	1455
275				
Scott Lade	750	570	630	1950
R. Simmons	545	445	6615	1620
SHW				
Jason Christius	685	530	615	1830
MEN'S MASTERS				
40-44				
Shawn Cain	680	460	675	1815
Mike Saunders	675	430	615	1720
Rob Keyes	585	435	625	1645
Greg Steele	560	345	550	1455
Bob Vivier	510	360	530	1400
Todd Dierks	515	315	490	1320
Kelly Parson	335	195	365	895
45-50				
Steward Coogan	465	230	535	1230
Ed Piwoski	405	265	375	1045
50-54				
R. Sadowski	470	265	530	1265
Robert Morton	405	260	455	1120
55+				
Bill Dove	425	290	490	1205
Brian Briggs	440	300	450	1190
Jerry Donatell	85	315	405	1105
Peter Jensen	225	205	345	775
GUEST LIFTER				
242				
Pete Andrich	620	400	625	1645
Richard Auxer	615	415	660	1690
Not Completing the Competition				
David Impola	365	265	430	1060

242	Joe Nault	505
275	Ryan Benson	545
SHW	C. Wanserski	590 385
BEST LIFTER MALE:	Shawn Cain. FEMALE:	Lisa VanBuskirk. NEW STATE RECORD HOLDERS:
		Brian Briggs Master's 55+ 440 Bench Press. Jerry Donatell Master's 55+ 315 Bench Press. TEAM PLACES 1ST ACADEMY OF POWER, 2ND TEAM POWER PLANT. (USAPL)

FINNISH CHAMPIONSHIPS

9-10 MAR 02 - Ylitornio, Finland (kg)

WOMEN	SQ	BP	DL	TOT
44 kg				
Sanna Apuli	120	55		137.5 312.5
48 kg				
Raija Koskinen	180	80		162.5 422.5
V. Viitasari	135	75		160 370
Tarja Lampliuto	127.5	67.5		140 335
Irmeli Vaulakorpi	120	60		120 300
52 kg				
M. Rantamaki	162.5	87.5		165 415
Mervi Sirkia	150	90		162 405
Sirpa Viartainen	110	50		120 280
56 kg				
Virpi Kehanen	175	75		170 420
60 kg				
Eeva Nikander	170	122.5		197.5 490
Pirjo Savola	190	92.5		200 482.5
Heini Latinen	170	95		192.5 457.5
67.5 kg				
Paivi Haapoja	192.5	87.5		202.5 482.5
Maria Koskinen	170	95		157.5 422.5
75 kg				
Kirsik Stahl	140	75		150 365
Eija Selkala	132	70		157.5 360
K. Blinnikka	140	90		155 400
Katarina Nokua	210	105		185 500
90+ kg				
Sari Saksa	180	125		165 470
MEN				
56 kg				
Pentti Rimpi	155	120		187.5 462.5
Tommi Rinne	165	92.5		170 427.5
60 kg				
Marko Kalliola	170	95		157.5 422.5
Petri Toivomaki	150	145		180 475
67.5				
Sami Nieminen	237.5	145		282.5 665
Jouni Kvist	245	85		270 600
K. Lundsten	200	142.5		215 557.5
75				
Pekka Anttila	265	132.5		267.5 685
Marko Kyrola	255	150		260 665
Hannu Hakala	200	150		240 590
Mika Laiho				
82.5				
Hannu Malinen	275	175		320 770
Mika Parvinen	267.5	177.5		280 725
Jari Kyntaja	260	170		252.5 682.5
Janne Hakaniemi	275	165		240 680
Jarkko Rantala	250	165		255 670
Mika Lukkarinen	240	180		250 670
Kai Siren	245	140		250 635
Henrik Nyström				
90				
Seppo Sohlinen	285	190		320 795
Kyosti Kehanen	267.5	172.5		310 750
Petri Kahari	240	152.5		277.5 670
100				
Jarmo Sohlinen	320	222.5		310 852.5
Tommi Jalonen	310	222.5		307.5 840
Janne Salo	290	187.5		295 772.5
Harri Hadipras	260	175		285 720
Marko Salovaara	260	180		270 710
Kari Herranen	265	177.5		262.5 705
110				
Hannu Kopola	335	205		345 885
Mika Smura	297.5	170		337.5 805
M. Laukkainen	292.5	170		292.5 755
K. Sommarstrom	275	165		280 720
Juha Keskinen	287.5			
125				
Ove Lehto	340	247.5		365 952.5
Harri Heinila	360	235		337.5 932.5
Jari Martikainen	352.5	205		342.5 907.5
Kari Vilppola	305	217.5		330 852.5
Esa Jantunen	320	220		310 850
Jari Laitinen	320	170		300 790
125+				
Raimo Lumijarvi	330	225		290 845
Juha Kokkonen	320	190		307.5 817.5
Reijo Hanninen	320	200		285 805
Kenneth Sanvik	325	220		250 805
Patrik Nyman	290	170		280 740

(thanks to Heikki Orasmaa for these results)

USAPL COLLEGIATE NATIONALS

12-14 APR 02 - Killeen, TX (kg)

FEMALE	SQ	BP	DL	TOT	K.Johansen	120	67.5	117.5	305
97					S. Lundsford	102.5	57.5	117.5	277.5
E.Crap	107.5	55	107.5	270	K. Louque	137.5	72.5	152.5	362.5
J. Porter	82.5	35	100	217.5	M. Bearden	135	70	140	345
B.L.Perez	62.5	40	87.5	190	M. Lewis	115	60	130	305
105					MEN				
K. Hunter	95	50	107.5	252.5	114				
E. Schuwerk	87.5	40	102.5	230	D. Holloway	180	87.5	222.5	490
A. Braud	75	40	105	220	M. Holmes	140	97.5	162.5	397.5
B. Jaubert	75	40	97.5	212.5	M. Barbier	130	80	157.5	360
J. Callais	72.5	35	100	207.5	123				
M. Ribeiro	55	35	90	180	M. Kiletico	192.5	125	210	527.5
M. Cahilly	114				R. Leonard	145	90	175	410
C.Grubbs	145	70	137.5	352.5	J.R. Ono	147.5	82.5	177.5	407.5
J. Hollier	117.5	70	125	312.5	132				
E.Mitkevicius	102.5	57.5	142.5	302.5	M. Williams	227.5	117.5	257.5	602.5
J. Hasty	85	50	115	250	A. Sisti	167.5	105	180	
123					452.51				
S. Newman	112.5	65	137.5	315	D. Thomas	142.5	107.5	182.5	432.5
P. Ramirez	120	55	132.5	307.5	B. Vallot	152.5	85	185	422.5
A.K. Smith	105	52.5	132.5	295	P. Balke	147.5	105	165	417.5
L. Remero	122.5	57.5	112.5	292.5	M. Wiley	147.5	85	165	397.5
K. Kageyama	97.5	60	120	277.5	148				
J. Brown	90	47.5	110	247.5	C. Grubbs	215	125	245	585
132					K. Kibler	227.5	115	227.5	570
R. Niederkorn	147.5	82.5	147.5	377.5	D. Hammers	215	120	235	570
J. Kaufman	122.5	72.5	150	345	C. Edwards	210	137.5	207.5	555
N.Sperbeck	130	77.5	135	342.5	J. Grubb	185	120	230	535
A. Matt	122.5	57.5	155	335	T. Pulido	200	125	210	535
J. Morello	122.5	67.5	137.5	27.5	S. Portis	207.5	122.5	202.5	530
K. Dunn	107.5	60	125	292.5	H.Tan	187.5	122.5	215	525
D. Adams	102.5	60	115	277.5	D. Hargrove	182.5	142.5	192.5	517.5
A. Elias	87.5	52.5	102.5	242.5	M. Wolfe	185	115	205	505
C. Gamborg	125	65			B. Clark	182.5	127.5	187.5	497.5
148					J. Martinez	195	95	205	495
Callier-Hooper	162.5	85	162.5	410	J. Morris	187.5	142.5	195	495
D.Joyner	140	72.5	152.5	365	165				
C. Knutson	150	62.5	142.5	355	C. Gaullo	235	142.5	240	617.5
S. Harmon	130	70	140	340	R. Garza	207.5	155	245	607.5
T. Szivak	120	67.5	137.5	332.5	J. Sweger	220	162.5	225	607.5
R. Odom	120	60	147.5	327.5	D. Carinci	217.5	142.5	245	605
A. Dunivan	130	62.5	120	312.5	P. LeBlanc	190.	142.5	225	580
D. Tiemann	90	55	120	265	R. Dowlearn	197.5	155	220	572.5
A. Ouellette	102.5	55	100	257.5	J. Bell	215	132.5	210	557.5
SHW					A. Fry	205	137.5	217.5	560
M. Holt	175	85	177.5	437.5	T. Hockridge	205	127.5	215	547.5
E. Crittenden	62.5	2.5	130	255	H. Carter	182.5	122.5	227.5	532.5
165					B. Brooks	195	117.5	217.5	530
J. Loya	185*	7.5	72.5	455	E. Chin	175	142.5	210	527.5
D.Johnson	132.5	2.5	132.5	337.5	I. Chapa	192.5	125	205	522.5
S. Dencausse	105	62.5	160	327.5	R. Cockerham	180	112.5	210	502.5
K. Cartus	120	50	125	315	C. Zwicker	172.5	127.5	195	495
C. Day	125	60	122.5	307.5	T. Ghazal	170	145	160	475
P. Pederson	105	62.5	117.5	285	T.Tsen	157.5	100	192.5	450
H. Warncke	112.5	52.5	107.5	272.5	181				
181					S. Macgillis	250	132.5	260	642.5
E. Ferrer	110	75	185	370	R. Michael	240	145	240	625
J. Albright	132.5	60	140	332.5	R. Hillery	230	135	250	615
L. Picou	137.5	50	145	332.5	C. St. Romain	235	147.5	230	612.5

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C. Caffery	220	147.5	22.5	590	P. Newell	227.5	182.5	237.5	647.5
B. Wergeland	200	160	227.5	587*.5	B. Kavanagh	227.5	152.5	242.5	622.5
J. Mroczky	190	152.5	225	580	T. Pigeon	217.5	160	230	607.5
T. Abilez	205	145	220	570	B. Felice	212.5	152.5	237.5	602.5
T. Heyman	190	155	232.5	577.5	K. Buda	215	160	215	590
J. Nicolosi	210	142.5	222.5	575	C. Weber	160	170	252.5	582.5
K. Gwin	195	142.5	230	567.5	T.Duff	212.5	130	240	582.5
C. Cohn	230	122.5	205	557.5	T. Stegeman	207.5	145	227.5	580
J. Hasty	187.5	120	232.5	540	M. Newton	192.5	137.5	225	555
K. Lebouf	187.5	112.5	220	520	B. Buchanan	220	107.5	232.5	560
M. Robertson	175	120	210	510					
K. Westbrook	180	130	197.5	507.5	P.J. Chovanec	312.5	195	310	817.5
					B.Shannon	282.5	205	257.5	745
					J. Werner	295	182.5	260	737.5
					K. Reynolds	265	155	295	715
					S. Kouimanis	275	185	252.5	712.5
					J. Townsend	255	177.5	272.5	705
					B. Baldwin	235	157.5	282.5	675
					S. Hutson	212.5	182.5	245	640
					R. Sanford	207.5	152.5	260	620
					A. Franks	232.5	132.5	255	620
					N. Horton	205	157.5	230	592.5
					M. Thibodaux	227.5	162.5	200	590
					S. Tropea	215	135	235	585
					B. Guillot	220	140	220	580
					H. Potts II	207.5	135	227.5	570
						242			
					E. Whalen	320	200	300	820
					C. Kahanek	285	207.5	295	787.5
					J. King	272.5	200	277.5	7150
					A. Smoot	232.5	182.5	247.5	662.5
					P. Najemy	227.5	132.5	275.1	635
					A. Plagens	225	142.5	247.5	615
					275				
					M. Wanning	305	215	295	815
					E. Saidierna	42.5	190	272.5	805
					D. Sharon	272.5	162.5	232.5	667.5
					S. Hay	192.5	150	235	577.5
					C. Hayes	197.5	162.5	217.5	577.5
					SHW				
					T. Stott	302.5	227.5	297.5	827.5
					C. Bradford	287.5	192.5	237.5	717.5
					S. Laviolette	257.5	192.5	242.5	692.5
					J. Mitchell	240	155	215	610

(thanks to USAPL for providing these results)

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SLP Xtreme Physique BP/DL
13 APR 02 - Poplar Bluff, MO

BENCH PRESS	open men
teenage men 16-17	165
shw	Glen Thomas 325
Jan Reed	300*
teenage men 18-19	Lay Khoan 300
181	181
Jason Hobbs	285* 198
junior men	Ricky Coggins 435
165	220
Jonathan Harris	300* 480
181	Bruce Head 360
Ervin Nance	245 4th 380
master men 40-44	Paul Tracy 350
181	242
Dean Dye	335* Jim King —
220	275
Kevin Tucker	330 Lany Young 425
master men 50-54	DEADLIFT
220	teenage men 18-19
Bill Gresham	300* 165
master men 80-84	Justin Stratton 455*
148	open men
Jack Heizelman	165* 165
police & fire	Glen Thomas 455*
220	220
Jon Rogers	350 Jack Groves 650*
'raw'	Paul Tracy 640
220	
Garrett Senciboy	255

* Son Light Power Missouri State record. The Son Light Power Xtreme Physique Bench Press/Deadlift Championships were held April 13, 2002 at Xtreme Physique in Poplar Bluff, Missouri. Thanks to owners Steve and Karen Johnson for hosting this event. Thanks also to Justin Peters and Monte Gaiser for their help loading and spotting, along with my son Joey. Thanks also to our trophy girl Jessica Wells for all her help. In the bench press event first-time competitor Jan Reed set a state record with 300 as he captured his first title at teenage 16-17/shw. Jason Hobbs also got a new state record with his win at 18-19/181, finishing with 285. Jonathan Harris took the junior 165 class with a solid 300, another state record! Ervin Nance competed "raw" to win the junior 181 title with 245, making just his opener. Dean Dye was also competing for the first time, finishing with a state record 335 for the win at master 40-44/181. At 40-44/220 it was Kevin Tucker, who won with a strong 330. Bill Gresham won at 50-54/220 with 300, which set the state record there. Our final master competitor came all the way from Texas to win the 80-84/148 class, finishing with a new state record of 165. Jack's goal is to lift in as many states as he can while he's still competitive. One look at this "kid" and you have no doubts he'll make them all! In the police & fire division Jon Rogers won at 220, finishing with 350. Another "raw" lifter, Garrett Senciboy, won at 220 raw with 255. In the open division it was Glen Thomas over Lay Khoan in the 165 class 325 to 300. Both lifters seemed to have an off day, both finishing with just their openers. At 181 it was Chris Ellsworth for the win, finishing with just his opener of 280. Hometown favorite Ricky Coggins also struggled with his opener, finally getting 435 for the win at 198. The 220s was our biggest class with three entries. Taking the win was best lifter Jack Groves, who finished with 480, after coming close with a pr 505 on his final



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Volunteer or Official	12.00	Not Available	Adult Athletes in the Following Sports:	20.00 25.00
Adult Athletes in the Following Sports:	10.00	12.00	Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling	
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County	Phone (With Area Code)			
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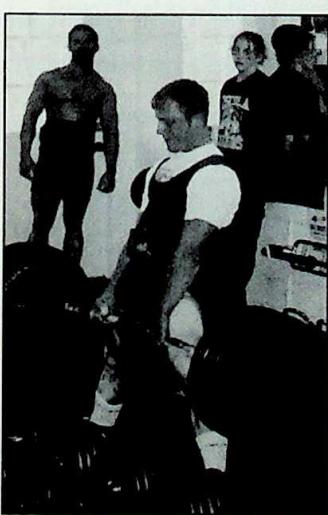
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Dungeon Gym BP Challenge
02 MAR 02 - Galt, CA

BENCH	165 lbs. (Raw)
MEN	T. Knight 235*
Youth (5)	Open
66 lbs. (Raw)	220 lbs.
D. Knight	30* N. Gomez 405*
Youth (10)	275 lbs.
66 lbs (Raw)	M. Knight 545
M. Knight	65* Master(40-44)
Youth (13)	275 lbs.
	M. Knight 545

* Personal Record 2002, in Galt, CA. First up was David Knight, weighing in at a ripped 51 lbs., at 5 years old, benched a big 30 lbs. RAW - a new PR - this kid "starts" the lift at his chest - so you know it's paused! Next, was Michael Knight age 10, at 64 lbs. BWT, benching a big 455 lbs. RAW - I don't know many 10 year olds that can bench more than their bodyweight - a new PR! Next up, coming off of a win at the California State WABDL Championships was 13 year old, Tony Knight, who weighed in at 164 lbs., benching a new PR, 235 RAW. And in the Open division, all the way from Santa Clara, California, professional wrestler and champion bodybuilder, Nitto Gomez, brought his cannon ball belts and blasted up a HUGE, 405 bench press at 220 lbs bodyweight - a new PR! This was Nitto's first meet - and he went 3 for 3 on his lifts. It's the first time we've seen Nitto in over 10 years, welcome back! And finally, master lifter, Mike Knight, bench pressed a big 545 at 275 lbs, bodywt., to close the show - and yes he took it out of the rack himself, without a lift-off, again - unreal. I'd like to thank the spotters, loaders, and judges that made this event possible, Joe Weiss, and company. Thank you to POWERLIFTING USA. (from Kurt Heath)



Justin Stratton locks out a State Record 455 at the SLP Xtreme Physique BP/DL (photograph provided courtesy of Dr. Darrell Latch)

attempt. Second place at 220 went to Bruce Head who got 360 on his third attempt, then came back with a personal best 380 for a fourth. Paul Tracy came up from Muscle Shoals, Alabama, taking third place with 350. Jim King, whose pr is 540, had a disappointing day, failing to get his opener of 500 in at 242. Larry King, one of the most unconventional (?) benchers to come out of Missouri, won at 275 with 425. We only had four lifters in three classes in the deadlift competition, but set three state records for the meet. In the teenage 18-19/165 class Justin Stratton pulled just his opener of 455 for the win. Glen Thomas, who also holds the Arkansas state record in the open 165 class, did the same here with 455. In the open 220 class we had a close one between Jack Groves and Paul Tracy. Making just his opener of 640, the "Alabama Kid", Paul Tracy, finished second to Jack Groves, who pulled 650. Jack also won the best lifter title for the competition. Thanks again to everyone involved with this meet. See you all again next fall. (thanks to Dr. Darrell Latch for providing the meet results)

Powhatan CC Competition
2 FEB 02 State Farm, VA

165 lb.	SQ	BP	DL	TOT
S. Seals	280	235	305	820
198 lb.				
K. Mundy	450	285	600	1335
N. Dave	400	330	595	1325
S. Bowles	425	315	575	1315
D. Edmonds	455	325	525	1305
T. Brandon	425	245	525	1195
T. DeBerry	405	235	445	1085
220 lb.				
R. Green	555	345	545	1445
275 lb.				
M. Reid	470	330	540	1340
308 lb.				
J. Tuller	400	265	505	1170
Guest Lifters				
198 lb.				
S. Tschontikidis	420	280	505	1205
P. Simmons	350	200	450	1000
S. Johnson	—	—	525	525
308 lb.				
K. Ryder	—	—	650	650

On Saturday, February 2, 2002, the Powhatan Correctional Center hosted the 2nd Annual R.A.W. Powerlifting meet. First off, I wish to thank Dr. Spero Tschontikidis, Barry Waller, Kenny Ryder, Sonny Johnson and Paul Simmons for coming in and bringing some excellent trophies and plaques. Thanks fellas for the fine awards and very consistent judging. Beno did an excellent job in running the platform, making sure the bar was loaded properly and helped set up and put back everything when the contest was over. Thank you my friend! Recreation Supervisor John Tielman did a fine job in making sure we were able to have the event and being there when we needed him. Thanks also to Warden Baskerville for attend-

ing and allowing the contest. The contest opened up with Powhatan lifter "Shorty" Seals making some nice squats in the 165s and setting the tempo in the first round of squats. We had no one representing the 181s, but were loaded with 198s. K. Mundy had the biggest DL (600) and won the weight class, but it was close. N. Dave (Ice) was dead on Mundy's heels by doing a nice 330 BP and 595 DL. Also in hot pursuit of the 198 title was D. Edmonds (Brotherman), Tony (B-Shop) Brandon and my training partner "Red" Bowles. Dr. Spero made some nice lifts as well in the 198s, but when the chalk settled 10 lbs is all what separated 1st-5th place in that weight class. The 220s was dominated by R. (Jasz) Green. Jasz totaled 1445 at a body weight of 207. He just missed a 600 squat and this is with no squat suit or knee wraps, Baby, this is raw lifting at its best! Just you and the iron, no help from the phar-macy and no fancy equipment to help move the iron. The two big guys in the meet for Powhatan were Big Mike Reid and Coach Jack. Mike battled a lot of injuries over the years but just seems to be getting better. No fear in Mike when it's time to get on the platform. Sonny Johnson and Kenny Ryder put on a deadlift exhibition. I believe Sonny was holding back because a 525 DL was pulled with no problem. Big Ken weighed in at a solid 282 lbs and his DL power brought the crowd to its feet. Kenny's final pull at 650 was awesome and believe he had more to spare. I'm glad I wasn't lifting against him! Best lifter in the contest was N. Dave, heavy, and Tony Brandon, light. On behalf of all the lifters here at Powhatan, thanks fellas for caring and taking the time to help keep the program alive and well. God bless. (Thanks to Jack Tuller, Coach, Powhatan Iron Warriors, for providing the meet results).

The 2002 AAU National Deadlift and PushPull Championships, originally scheduled for June in North Carolina has been moved to August 24th-25th. This year's event will be held in conjunction with the 2002 AAU National Powerlifting, USA Raw Powerlifting and International Bench. The site will be the San Bernardino Convention Center in the Radisson Hotel San Bernardino. All events are World qualifiers. The hotel is filling very fast. Call today at 909-381-6181 and reference the event. The 2002 Powerlifting World Championships will be held October 25-27 in Virginia. Contact: Barbara Beasley at barbbeeze@aol.com. The 2002 World Bench, Deadlift, and PushPull Championships will be held December 7-8 at the River Palms Casino in Laughlin, Nevada. Laughlin is on the Colorado River just south of Las Vegas. For applications contact Martin Drake at ntrlpwr@pe.net or martin.drake@hsc.com, or Martin Drake, PO Box 108, Nuevo, CA 92567, 909-928-4797.

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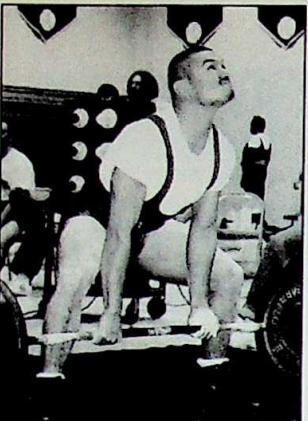
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USAPL Illinois State/Great Rivers
6 APR 02 - Harrisburg, IL

BENCH PRESS	Illinois T3
Women	Caleb Hall 270
Illinois Open	198 Illinois Open
181	Mark Curnyle 340
DeAnn Ital	Brett Masuoka 305
198	220 Illinois DOC
Mallory Hanks	Lloyd Edwards 380
Jesse Parker	Great River DOC
132 Illinois T2	Lloyd Edwards 380
Jason Agin	Illinois Open
Josh Gill	Jeff Porritt 380
Illinois T1	Great River Open
Brian Head	Al Probyn 230
148 Great River Jr.	Great River M1
Josh Dixon	Eddie Williams 250
165 Illinois T2	242 Illinois DOC
Robbie Dunk	George Johnson 410
Great River T1	Illinois Open
Loren Kaylor	Pete Andrich 400
Illinois Jr.	Illinois T2
A. Maldanado	Jerad Bickett 150
Illinois Open	275 Illinois T1
Roberto Tirado	Austin Goodson 235
Great River T2	Illinois M1
Robbie Dunk	Peter Walters 385
Illinois Open	308 Illinois M2
Roberto Tirado	Butch Adams 390
181 Illinois Open	Illinois DOC
Mike Ward	Mark Bowers 420
Great River M1	SHW GR M1
Roger Utley	Carl Schmitt 275
FEMALE	SQ BP DL TOT
Illinois Teen	105
14-15	Chelsea Ballard 95
105	70 155 320
Chelsea Ballard	Brandi Hansen 110
198+	Barbie Bishop 120
Whitnee Grimes	175 300
16-17	Amanda Bethel 135
123	181
Emily Osman	Chrystal Platis 200
132	DeAnn Ital 240
Barbie Bishop	Jayna Pate 205
Tove Fatland	Lee Brown 135
148	S. Hamilton 145
Amanda Bethel	Jesse Parker 185
198	Great River Open
Jayna Pate	97
198+	Tonya Smith 110
Mallory Hanks	132
17-18	Barbie Bishop 120
148	148
S. Patton	Sammy Patton 145
198+	Great River Master 1
S. Hamilton	165
Great River Teen 16-17	Crystal Platis 200
198+	Illinois Collegiate
Jesse Parker	181
Illinois Junior	De Ann Ital 240
97	181
Tonya Smith	MEN Open
Illinois Open	114 Illinois
	Caleb Motsinger 130
	70 165 365



Alejandro Maldonado at the USAPL Illinois State/Great Rivers Meet. (photograph provided to PL USA courtesy of S&M Fitness)

Illinois T1	Austin Goodson 315
Kenny Mayhall 160	235
132 Great River/M1	330
Sam Meadows 350	880
Bob Pickrell 135	257
Open	415
Curtis Reintz 375	1065
Josh Gill 225	1410
Illinois T1	The 2002 Illinois State meet was held in Harrisburg, Illinois once again this year. Meet promoters Mark and Suzanne Motsinger hosted the meet on April 6. Southeastern Illinois college gymnasium was full of male and female lifters alike. Twenty-four Illinois State records were set or broken. Our teen-age team took most. S&M Fitness took the women's team trophy and 20 Illinois State records. Mark and Suzanne Motsinger coach the team. Caleb Motsinger, 12, lifted in his first full power meet and did an outstanding job. With a body weight of 94 lbs. he squatted 130, benched 70 and deadlifted 165 with perfect form. The male Best lifter trophy went to Pete Andrich. Pete weighed in at 241.4 with a squat and a deadlift of 625 and a 400 lb. bench. Pete has also competed in the Strongman contest held at S & M Fitness where he placed first. Pete won the best lifter in the Illinois State division and the Great Rivers division. The female best lifter came from Peoria, Illinois, Crystal Platis. Crystal weighted in at 163 with a 200 lb. squat, 135 bench, and 300 deadlift. De Ann Ital gave her a run for her money. De Ann and Crystal both deadlifted more than they ever had. They made a good-natured bargain that if Be Ann tried 285 then Crystal would try 300. Both successfully pulled their weight. The 300 LB deadlift pushed Crystal over the top for the best lifter trophy. One of the S&M Fitness power team set four Illinois State records in the 14 year old 275 pound male class. Austin Goodson, an eighth grader at Harrisburg Jr. High, did an excellent job at his first meet. With friends and plenty of family there to cheer him on he squatted 315 benched 235 and dead lifted 330. All in all, spirits were high and most of the lifters were satisfied with their performance. The Illinois State meet always boasts of qualified judges, good spotters and an efficient team of scorekeepers. Scorers table consisted of announcer Kevin Stubblefield, score keepers Terri Rae Pate, Shawna Pate, Semone Boone, Mina Jo Thompson, Marsha Bias and Pam Bard. Marsha Bias also did an awesome job singing the National Anthem. National judges Mike Cissell and Rick Fowler were on hand to help with technical support and the rules meeting. We would also like to thank judges Don Emery, Butch Melvin, Ivan Zwick, Paul White, Kelvin Hayes, Morean Post and Mike Cissell. Spotters always do most of the lifting in the meet and do not even get to take home a trophy. We would like to thank Kevin Wintizer, Scott Dearing, Greg Richards, Jesse Ital and Keith Parrish for all their help. Spotters are the lifters best friend, and the meet promoters. (thanks to S & M Fitness for providing PL USA with results)
Brian Head 155	Illinois Jr.
T-2	M. Norwood 500
Josh Gill 225	380
148 Illinois M1	530
Jim Marchio 325	1410
165 Illinois Open	The 2002 Illinois State meet was held in Harrisburg, Illinois once again this year. Meet promoters Mark and Suzanne Motsinger hosted the meet on April 6. Southeastern Illinois college gymnasium was full of male and female lifters alike. Twenty-four Illinois State records were set or broken. Our teen-age team took most. S&M Fitness took the women's team trophy and 20 Illinois State records. Mark and Suzanne Motsinger coach the team. Caleb Motsinger, 12, lifted in his first full power meet and did an outstanding job. With a body weight of 94 lbs. he squatted 130, benched 70 and deadlifted 165 with perfect form. The male Best lifter trophy went to Pete Andrich. Pete weighed in at 241.4 with a squat and a deadlift of 625 and a 400 lb. bench. Pete has also competed in the Strongman contest held at S & M Fitness where he placed first. Pete won the best lifter in the Illinois State division and the Great Rivers division. The female best lifter came from Peoria, Illinois, Crystal Platis. Crystal weighted in at 163 with a 200 lb. squat, 135 bench, and 300 deadlift. De Ann Ital gave her a run for her money. De Ann and Crystal both deadlifted more than they ever had. They made a good-natured bargain that if Be Ann tried 285 then Crystal would try 300. Both successfully pulled their weight. The 300 LB deadlift pushed Crystal over the top for the best lifter trophy. One of the S&M Fitness power team set four Illinois State records in the 14 year old 275 pound male class. Austin Goodson, an eighth grader at Harrisburg Jr. High, did an excellent job at his first meet. With friends and plenty of family there to cheer him on he squatted 315 benched 235 and dead lifted 330. All in all, spirits were high and most of the lifters were satisfied with their performance. The Illinois State meet always boasts of qualified judges, good spotters and an efficient team of scorekeepers. Scorers table consisted of announcer Kevin Stubblefield, score keepers Terri Rae Pate, Shawna Pate, Semone Boone, Mina Jo Thompson, Marsha Bias and Pam Bard. Marsha Bias also did an awesome job singing the National Anthem. National judges Mike Cissell and Rick Fowler were on hand to help with technical support and the rules meeting. We would also like to thank judges Don Emery, Butch Melvin, Ivan Zwick, Paul White, Kelvin Hayes, Morean Post and Mike Cissell. Spotters always do most of the lifting in the meet and do not even get to take home a trophy. We would like to thank Kevin Wintizer, Scott Dearing, Greg Richards, Jesse Ital and Keith Parrish for all their help. Spotters are the lifters best friend, and the meet promoters. (thanks to S & M Fitness for providing PL USA with results)
Great River Open	1005
Roberto Tirado 390	1110
Great River Open	1110
Roberto Tirado 390	1110
Great River Open	1110
Justin Miles 375	1035
Pat Payne 145	1035
Illinois Junior	1035
A. Maldinado 360	1010
Great River Teen 14-15	1010
Loren Kaylor 285	875
Great River Master 1	875
Johnny Burris 450	1210
Illinois T2	1210
Robbie Dunk 305	875
181 Illinois Open	875
David Wiley 600	1500
Great River Open	1500
David Wiley 600	1500
198 Illinois Open	1500
Brett Masuoka 405	1200
Illinois Junior	1200
Lauren Cohen 525	1450
220 Illinois Open	1450
Terry Stanley 540	1500
William Loomos 490	1300
Great River Open	1300
Bruce Thomas 565	1425
Derek Wallace 255	825
Great River M1	825
Eddie Williams 500	1290
Al Probyn 415	1085
Illinois M1	1085
Al Probyn 415	1085
Great River T1	1085
C. Tuchscherer 315	1020
Great River 70-75	1020
Arlen Hoffman 135	495
Great River Submaster	495
Bruce Thomas 565	1425
242 Illinois Open	1425
Pete Andrich 625	1650
Great River Open	1650
Pete Andrich 625	1650
Illinois T2	1650
Jerad Bickett 225	705
275 Illinois M1	705
Peter Walters 650	1605
Illinois T1	1605

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

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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, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

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

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

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

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

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

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

Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police
Fire High School - Full Year High School Seasonal - 6 mo. Dec. 1-May31

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qt. ____)(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)

• Polo Shirt - \$35.00(s-xl) \$37.00(xxl & up) (size ____ qt. ____)(colors: navy, white)

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

• Lifter Classification Patch - \$5.00 (qt. ____)(must provide meet results) • Logo Patch - \$5.00 (qt. ____)(Shpg for patch: .50)

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

Check/Money Order # _____ Membership Price: \$ _____

Credit Card: Visa-Mastercard-Discover Exp. Date: _____ Merchandise Total: \$ _____

Card # _____ Merchandise Shipping: \$4.00

Cardholder Signature: _____ Total Purchased: \$ _____

All memberships expire 12 months from date of purchase. (White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)



Power Palooza 3

7-8 MAY 01 — Leesport, PA

BENCH PRESS	Heavyweight
MEN Teen (14-15)	Kevin Ravenell 475
Matt Machmer	Bob Nagle 410
(16-17)	M. Waldspurger 410
Matt Bealer	Joe Border 405
Matt Levan	Mike Buffington 360
Derrick Weand	John Andrieux 345
John Weisman	Peter Schwarze 160
Ryan DeLong	Law & Fire
Craig Schaeffer	Joe Mazza 410
Bryan Weyandt	Joe Border 405
(18-19)	Jason Mink 390
Josh Gianotti	Vin Laurentino 315
Chris Zwicker	Submaster
Kevin Bast	Laurence Kaye 415
Frank Shemansik	Bobby Kutzler 300
Jason Culp	Larry Johnson 255
Juniors	Master (40-44)
John Shemansik	John Doherty 470
Doug Smith	Bob Nagle 410
Jon Sell	Fred Lokuta 275
MEN Open	Todd Evangelista 305
148 lb.	Phil Yoder 280
Terrance Pinkett	Peter Schwarze 160
Frek Lokuta	Master (45-49)
165 lb.	Julio Alicea 380
Joe Mazza	Bob Hill 380
Duane Pauley	Tom Brown 375
Larry Johnson	Michael Butler 400
123 lb.	Bruce Weidan 340
Matt Stokes	Al Moatz 320
RAW Light	R. Cavanna 290
Duane Pauley	Master (50-54)
DEADLIFT	Dale Ohler 330
MEN Teen (16-17)	Anthony Butler 385
Matt Tullio	Master (55-59)
Adam Keppley	Mick Dennis 350
Allen Heck	J. Newman Sr. 250
Ryan DeLong	(60+)
WOMEN Teen (14-15)	Shawn Stanislaw 410
Nisha Dearholt	John Dorylis 155
Tasha Culpepper	DEADLIFT
(16-17)	MEN Open
Jill Wisniewski	181 lb.
Samantha Loeb	M. Christopher 450
BENCH PRESS	198 lb.
Men Open	Chris Morris 620
181 lb.	4th 630
Pete Contastathes	Scott Hoak 560
Steve Lewis	Judd Weber 485
198 lb.	220 lb.
Pete Grohoski	Jason Mink 555
Cory Bentzoni	275 lb.
Julio Alicea	Shane Weber 550
Scott Thomas	17 Light
220 lb.	Doug Croley 515
Jeremy Baer	Raw Middleweight
Jason Mink	Ernest Pendleton 505
Paul Ream	Clain Crew 505
220 lb. Special Equip	Heavyweight
Michael Dennis	Doug Croley 515
242 lb.	Peter Schwarze 300
Jeff Zimmerman	Master (40-44)
Bob Nagle	Phil Yoder 420
275 lb.	Peter Schwarze 300
John Sanders	Master (45-49)
Troy Bausher	Master (55-59)
SHW	Allen Heck 215
Mark Moyer	J. Newman Sr. 415
Jeff Weidan	Tim Tullio 300
Raw Middleweight	(80+)
Chris Scarlata	P. Eberhardinger 215
Ernest Pendleton	Law & Fire
350	Jason Mink 555
Bobby Kutzler	Judd Weber 485
R. Cavanna	Doug Croley 515
Jared Baer	Wayne Norris 350
Jeff Krick	DAY 1
111 lb.	SQ BP DL TOT
WOMEN Open	
Shannon Parrish	295 160 345 800
122 lb.	
Lori Martin	195 135 285 615
129 lb.	
Jessica Kratz	280 150 310 740
139 lb.	
Terri Kunsman	320 195 330 845
Kathy Miller	210 150 275 635
Teen (14-15)	
Tasha Culpepper	145 75 190 410
(16-17)	
Jill Wisniewski	225 105 240 570
Sallie Loeb	180 105 205 490
(18-19)	
Anne Fegely	250 135 280 665
Beth French	215 100 225 540
Emily Yoder	175 115 235 525
Holly Whittimore	130 90 155 375
MEN	
Teen (14-15)	



Application for Registration
UNITED STATES POWERLIFTING FEDERATION

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

Registration Fee \$25.00
Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P O Box 650
Roy, Utah 84067

If Under 18 have Parent Initial _____ Signature _____

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

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

Open: Shannon Parrish, Male Teen: Pat Curley, Female Teen: Anne Fegely, Master: Ron Zavacky, Raw: Garry Brady, Juniors: Jason Bowman. BENCH PRESS: Men's Open: Terrance Pinkett, Master: Mick Dennis, Submaster: Larry Kaye, Law & Fire: Joe Mazza, Raw: Kevin Ravenell, Male Teen: Josh Gianotti, Juniors: John Shemansik. DEADLIFT: Men's Open: Chris Morris, Master: John Newman Sr., Raw: Ernest Pendleton, Law & Fire: Jason Mink, Male Teen: Matt Tullio, Female Teen: Nisha Dearholt, FULL MEET Grand Champion: Ron Zavacky. BENCH PRESS Grand Champion: Mick Dennis. (results courtesy Gene Rychlak).

Creekside 1st Annual Benc Press
13 APR 02 - Boardman, Ohio
Teen 14-16 Steve Sardella 320
242 275
Robert Cruciger 270 Jeff Peshek 625
Teen 17-18 SHW
198 Nate Rolle 370
Scott Prozy 320 Nick Maillis 330
220 Dave Champ 265
Jason Machling 380 Masters 40-44
242 148
N. Katsonrakis 340 C. Venturella 350
MEN OPEN 280
148 Nate Rolle 370
C. Venturella 350 Masters 45-49
Brian Abied 305 197
181 Butch Smock 325
Paul Prozy 400 Masters 50+
Rick Scarnati 395 238
242 Bill Autoun 340
Paul Vargo 540

OVERALL CHAMPION JEFF PESHEK His Body-weight was 272 and he benched 625. (thanks to Charles Venturella for providing results)



Creekside Benchers from Sunsational Tanning & Fitness ... front (l-r) Brian Abied, Paul Prozy, Nikiras Katsonrakis; back Scott Prozy, Paul Vargo, Charles Venturella, Jeff Peshek, Nick Maillis (courtesy Chuck)

SLP BP DL CLASSIC
30 DEC01 - Tuscola, IL.

BENCH PRESS		Open Men
Junior Women	181	Chad Mullenix 300
181	Christina Phelps 150	198
Submaster Women	Randy Coble 335	4th 350
198	Brenda Wylder 150*	220
M. Women 40-44	Mike McCabe 450	242
123	Andrea Apple 120*	Glenn Buechlein 640*
Teenage Men 16-17	275	275
165	Eric Maney 440	440
Jason Shepherd 215	308	308
Teenage Men 18-19	Dustin Minks 415	415
132	4th 450*	450*
Garrett Devers 215*	SHW	SHW
198	Erik Foggy 550*	550*
Eric Powers 225	DEADLIFT	DEADLIFT
Junior Men	Teenage Men 18-19	Teenage Men 18-19
148	132	132
Dennis Frost 195	Garrett Devers 390*	390*
165	4th 405*	405*
Jason Diviera 340	198	198
198	Eric Powers 450*	450*
Bobby Boothe 390	Junior Men	Junior Men
Submaster Men	132	132
198	Duane Frost 325*	325*
Tony Coduto 450*	Master Men 40-44	220
198	4th 450*	450*
Bruce Stevens 440	Darryl Silver 530	530
4th 450*	Master Men 45-49	198
220	220	220
Brad Scroggin 425	Dave Newman 525	525
Master Men 40-44	Master Men 50-54	181
220	220	220
Darryl Silver 295	Mike Huddleson 530*	530*
Master Men 45-49	Master Men 65-69	198
181	198	198
M. McNairy 250	Dave Bragg 400*	400*
4th 265	Open Men	265
198	148	148
Dave Newman 430	Otis Anderson 420*	420*
4th 450	181	181
Master Men 50-54	Chad Mullenix 470*	470*
198	275	275
Wally Strosnider 375*	Tim Bonasiak 500	500
Police & Fire	4th 530	530
165	308	308
Anton White 350	Jason Davidson 650*	650*
4th 370*	Dustin Minks 575	575
242		

Tommy Harrison 500
Best lifter - Glenn Buechlein Best Lifter - MIKE HUDDLESON "Son Light Power Illinois state record. The last Son Light Power sanctioned meet of 2001, "The Last One!" Bench Press/ Deadlift Classic was held at Son Light Power Gym on December 30. We had a great turnout and a great crowd to cheer on the lifters. With several new prs and state record being set, a good time was had by all. In the bench press event we had three great lady lifters. First, in the junior women's 181 class was Christina Phelps who finished with a new state record of 150 for the win. A final attempt with 155 got a little out of the groove and failed to lockout. Christina is the daughter of Duane Phelps, a great master lifter out of Southern Illinois. Duane also coached our next competitor, Brenda Wylder. Lifting in her first competition, Brenda showed great form as she captured the submaster 198 title, establishing a new state record with 150. Brenda finished out her day with final attempt of 165, coming off her chest strong but failing at the top. Our final women's competitor was master 40-44/123 winner, Andrea Apple. Andrea broke the existing state record with her 120 second attempt, coming close with a pr 125 twice. Andrea is a current national and world champion hailing from St. Louis, Missouri. In the men's teenage 16-17 division, Jason Shepherd set a new state record at 165 with a solid 215. This was Jason's first competition. At 18-19/132 it was Garrett Devers, breaking his own state record there with 215. A final attempt with 225 failed just off his chest. Also competing for the first time was 18-19/198 winner Eric Powers. Eric finished with his opener of 225 but showed plenty of potential. Dennis Frost tied his own state record at junior 148 with 195, just missing a final attempt with 205. Jason Diviera came down from northern Indiana to take the junior 165 title with 340. This was a new personal record for Jason. Bobby Boothe also got a new pr at 198, finishing with 390. Bobby just moved up from the teenage division where he



Biggest Bench on the TOP 100 242 list was this 640 at "The Last One" Classic by Glenn Buechlein (D. Latch)

holds the 198 record at 350. In the submaster 198 class there was quite a battle going on between Bruce Stevens and Tony Coduto right up to the final attempts. After Bruce tied his own existing state record at 440 on his second attempt, Tony called for and broke that record with a strong 450 pr. After Bruce missed his third with 450 he came back with that weight again to tie the state record on a fourth attempt, though he had to settle with second place. Brad Scroggin, Tony's ugly training partner, also had a great day, taking the submaster 220 class with a personal best 425. All three of these lifters have made great progress in the past year and we all look forward to three new 500 benchers by this time next year. (Even you, ugly-boy!) In the master 40-44 age division, Darryl Silver got a pr at 220 with 295, just missing 300 for his fourth attempt. At 45-49/181 Michael McNairy finished with 250, then came back for a fourth with a personal best 265. Dave Newman came to check his shirt out and just kept getting stronger with each new attempt. Finishing with a strong 430 and an even stronger 450 fourth attempt, Dave looked close to his personal best of 480. Up next was the 1999 team champion winner, Wally Strosnider. Lifting 'raw', Wally established a new record at master 50-54/198 with a strong 375. In the police and fire division Anton White finished with 350 after missing his third attempt with a pr 370 for a new state record. But true to form Anton came back on his fourth to make that 370, breaking his existing state

record by five pounds. In the 242 weight class Tommy Harrison was the happiest person at the meet as he finished with 500, his first ever 500! Tommy said he had been working for that weight since he was sixteen. Congratulations, Tommy! In the open division another first-timer, Chad Mullenix, took the 181 class with his first 300 bench! Randy Coble won at 198, getting two new prs with his third (335) and fourth (350) attempts. Mike McCabe continues to improve as he finishes here with a new personal best 450 for the win at 220. One of the top bench pressers in the country at 242, Glenn Buechlein, had a great day, taking just two attempts, but 'smoking' a personal and state record 640 for the title. Eric Maney tied his own pr with his win at 275, finishing with 440. Dustin Minks had some problems getting started, finally getting his 415 opener in on his final attempt. He then came back on his fourth and blew away 450 for a new pr which also tied the existing state record at 308. But probably the most impressive lift of the day came from Erik Foggy. Lifting in his first competition, Erik finished with a new state record of 550 for the 188 class. This thirty year old 'kid' stands at least 6'6" and weighs about 350, but with arms about five feet long; it seemed like it took forever for him to lock out the weight. And he lifted 'raw'! Glenn Buechlein easily won the best lifter title, but gave his trophy to Erik, saying, "His lift was much more impressive than mine!" That, was so nice of Glenn, and that's the kind of attitude I love about this sport... great attitude, great lifters, and great fun! In the deadlift competition it was Garrett Devers again for the win at 18-19/132. At a bwt. of 130 Garrett pulled a triple bodyweight 390 for his third attempt, then came back with a successful fourth of 405 for the win and a new state record! Eric Powers won his second title of the day at 18-19/198, pulling a state record 450 on his final attempt. Duane Frost, Dennis' twin brother, established the state record at junior 132 with 325. Duane also holds the record at 18-19/148. Darryl Silver finished out a great day of lifting with a 530 pr pull for the title at 40-44/220. Dave Newman finished with a solid 525 for the win at 45-49/181 it was Mike Huddleson, who at a 180 bwt pulled a clean 530 state record, giving him the win and the best lifter trophy. Dave Bragg was our final master competitor, taking the 65-69/198 class for another state record pull with 400. In the open class Otis 'Baby Oil' Anderson broke the existing state record at 148 with a strong 320 final attempt. Chad Mullenix equalled the state record at 181 with a pr 470 pull, lifting in his first deadlift competition. Tim Bonasiak also had a good day, pulling his first 500 on his third attempt, then locking out 530 on his fourth for the win at 275. Jason Davidson broke his own state record at 308 with a great 650 pull, which was also a new personal record for him. Dustin Minks was second at 308 with 575. Thanks to Linda Middleton who served as head judge, and thank you to Dave Bragg and Joey Latch for judging, spotting and loading. Thanks also to Darrell Kibler for all his help loading and judging. (from Dr. Darrell Latch)

International Powerlifting Association

"Lifting for Lifters"

Application for Registration

Last Name	First	Initial	New	Renewal
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Street Address	City
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State or Province	Zip Code	Country
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Telephone	Date of Birth	Age	Sex	Pro _____ Am _____ Elite Am _____
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Sign if above answers are correct. Parents sign if under 18 years. Date

Registration Fee: Adult \$25 ~ High School and Special Olympics \$15

Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

WABDL Regional/Georgia State
20 APR 02 - Atlanta, GA

DEADLIFT	Robbie Lee	264
Teen Men	242	
13-15	John Groomes	457
C. Johnson 131	Joey Murphy	424
A. Padgent 48	David Callas	363
W. Turner 119	Trevor Pierce	352
16-19	275	
M. Christy 192	Larry Mooney	385
A. Francis 177	Bill Burke	352
C. Proctor 210	Peter Lindstrom	

Junior Men 20-25	308	
K. Mann 344	David Dunn	501
J. Marsh 159	SHW	
J. Groomes 242	457	

Open Men	James Hughes	468
148	Keith Mann	
Marvin Wideman	Women Lightweight	

470	J. Tanner 97	104
198	P. Reinheil 129	132
Mike Rainey	L. Collier 123	55

562	L. Johnson 97	88
Joe Abousand	S. Martinez 92	55
SHW	K. Padgett 103	104

James Hughes 617	Women Middlewt.	
Submaster Men	K. Boehm 130	137
R. Padgent 232	C. Taylor 145	115

G. Lands 223	B. Gaye 139	93
Southwood 305	S. Larson 145	93
Master Men 40-46	M. Proctor 145	99

J. Walker 205	G. Deal 137	88
Master Men 47-53	Women Heavywt.	

R. Proctor 196	R. Lewis 175	236
Master Men 61-67	N. Williams 163	148

J. Padgent 145	G. England 165	143
Master Men 75-79	K. Williams 198	176

C. Bailey 139	C. Williams 198	132
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Women	Mary Yale 158	99
M. Proctor 145	B. Brown 198	104

N. Williams 163	K. Williams 153	77
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BENCH PRESS	Teen	
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Open	13 and Under	
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132	T. Corey 96	121
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Danny Dickie	B. Hunt 97	115
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Jeremy Itson	A. Olivaris 279	259
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148	A. Christy 170	143
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Randall Wrye	Dallas Lee 181	143
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Brian Brown	Cody Wood 189	154
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165	Ty King 189	154
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Otis Bullard	A. Padgett 47	60
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Josh Wrye	Shanye Shilling	
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181	T.J. Mitchell	
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Patrick Lewis	Teen Lightweight	
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Torin McKellar	J. Duncan 122	203
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198	J. Itson 126	198
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George Herring	Will Magill 112	154
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Steve Ramey	W. Turner 119	165
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Miek Rainey	374	
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Matt Christie	Kyle Burge 121	159
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Daniel Stowe	Corey Johnson	
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Joe Abovsaid	Teen Middleweight	
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220	Jarod Hall 178	385
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Mike Overbey	Alex Francis 177	303
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Ray McElreath	K. Brown 172	281
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242	T. Goodfrey 145	236
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Ronnie Edwards	M. Kanalis 156	220
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Joey Murphy	Matt Cook	
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Keith Martins	Teen Heavyweight	
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275	Jeff Walden 306	363
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Larry Mooney	J. Strickland 199	330
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308	Masters Lightweight	
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David Dunn	R. Wrye 145	364
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K. Southwood	C. Bailey 139	132
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Class I	J. Padgett 143	154
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132	R. Smith 147	248
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Jeremy Itson	Masters Middlewt.	
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148	R. Hunt 179	248
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Dale Kitchens	Anthony Davis	
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165	Masters Heavywt.	
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Josh Wrye	S. Ramey 198	435
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John Marsh	T. Fuller 216	358
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Nate Siler	T. Callahan 217	358
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181	H. Smith 210	424
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Jarod Hall	Masters SHW	
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385	R. Edwards 226	457
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Art Sumerlin	C. Sanford Jr.	424
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Alan Trailor	F. Reinhardt 224	341
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Justin Hall	Police and Fire	
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George Bristela	M. Overbey 218	380
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Anthony Davis	L. Mooney 258	385
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198	C. Davidson 192	341
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Matt Christy	358	
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Ron Proctor	297	
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Terry Lou	D. Stowe 195	275
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220	P. Reinhardt 129	132
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The 220 George State Bench Press and WABDL Qualifier was a huge success. The mee	K. Laudeback	
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lured 137 entries and over 500 people as 24		
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World Records fell at the brilliant, sunny		
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outdoor venue. Deadlift World Records in-		
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cluded: Cory Johnson 375 @ 132, Nikke Wil-		
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liams 254@165, Mandy Proctor 270@148, and		
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a great submaster pull by Rick Padgett		
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APA Iron Warrior BP & DL
23 FEB 02 - Montgomery, AL

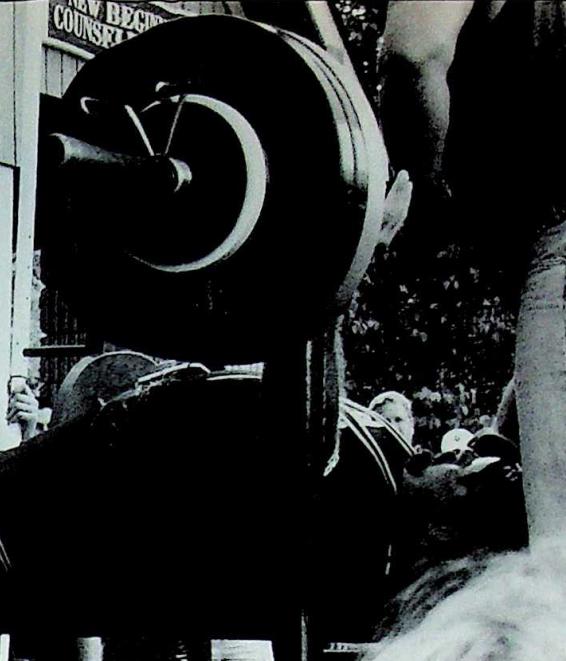
BENCH PRESS	308 lb.
WOMEN Open	C. Savage 385
S. Endress	175
MEN	SHW
Teen (18-19)	B. Endress 290
J. Adkisson	265
Submaster	DEADLIFT
H. Woods	S. Endress 310
R. Moley	MEN
T. Van Horne	455
C. Phillips	Master (40-49)
148 lb. Open	N. Wilson 505
D. Cornelison	365
S. Parker-Vaughn	148 lb. Open
181 lb.	D. Cornelison 385
C. Phillips	181 lb.
N. Check	N. Wilson 505
N. Cheek	N. Check 480
J. Finlayson	J. Finlayson 405
H. Woods	220 lb.
220 lb.	B. Eastham 585
B. Eastham	B. Eastham 585
D. Young	D. Young 530
242 lb.	B. Thornton 635
B. Thornton	B. Thornton 635
B. Whittington	B. Whittington 570
S. Sloan	275 lb.
275 lb.	C. Wade 560
C. Wade	308 lb.
C. Wade	C. Savage 580
J. Ladner	J. Ladner 430
B. Endress	B. Endress 430

Best lifter, lightweight: BP: Charles Phillips, DL: Nathan Wilson. Best lifter, heavyweight: BENCH PRESS: Harry Woods, DEADLIFT: Brett Thornton. Special thanks to Gold's Gym of Montgomery, Alabama, for hosting a great meet and to John Shealy, Bob Eastham, all the spotters, loaders and gym staff for making this a memorable and enjoyable event. (Thanks to Scott Taylor, APA President, for the results.)

LSU Collegiate Qualifier
13 Mar 02 — Baton Rouge, LA

132 lb.	Ansley Elias 205	105	190	500
148 lb.	Jenny Newman 250	155	270	675
181 lb.	Kirk LeBouef 415	245	485	1145
220 lb.	Chris Holman 400	285	500	1185
220 lb.	Shelton Hudson 425	385	515	1325
242 lb.	Roberto Eger 415	—	505	—
James Woodard 450	300	450	1200	
275 lb.	David Sharon 580	335	500	1415

Meet Coordinator: David Brewer. (Thanks to USAPL for providing these contest results)



George Herring with a 562 pound bench press at 197 lbs. bodyweight - drug free and drug tested. (photo courtesy of B.B.C.)

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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal) <input type="text" value="Y N"/>
Street Address		Club Name		
City		State	Zip	Area Code/Telephone
Current WABDL Classification <input type="checkbox"/> Elite Master <input type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/> IV	Referee Status <input type="checkbox"/> World <input type="checkbox"/> National <input type="checkbox"/> State	U.S. Citizen? <input type="checkbox"/> Y <input type="checkbox"/> N	Date of Birth	Sex <input type="checkbox"/> M <input type="checkbox"/> F
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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 _____

Georgia State PL and BP
13 APR 02 - Athens, GA (kg)

AAPF Bench	100	110	Clay Clastile	350	222.5	312.5	885
MEN	David Pate	175	Pat Watson	255	200	272.5	727.5
100	Open Men		David Jones	305	167.5	250	722.5
Joe Horton	170	125	Mike Lanier	347.5	212.5	312.5	872.5
Pat Hall	82.5	Jeffery Hudson	210	Kevin Thomas	317.5	237.5	307.5
Master Men 50+	100	Rico Bravo	307.5	260	280	862.5	
82.5	David Pate	175	Curtis Savoy	320	242.5	272.5	835
Robert Lovelace	142.5	140	Jay Rhyne	332.5	182.5	272.5	787.5
APF Bench	Rico Bravo	140+	Kieran Kidder	395	242.5	287.5	925
Submaster Men 35-39	242.5	Submaster Men	140+	Jeff Henley	365	197.5	320
82.5	Master Men 40-49	82.5	R. Canecchio	190	147.5	205	542.5
Jeffery Hudson	210	100	Andy Fowler	170	132.5	192.5	495
R. Canecchio	147.5	140	John Hamilton	285	220	267.5	772.5
AAPF Power SQ	Scott Kroll	125	Master Men	125	Scott Kroll	287	19
Teenage Men 15-17	BP DL TOT	110			The meet drew 45 entries from GA, TN, AL and FL. A new heavy-duty Irondawg Power Monolift and 3 Irondawg bench presses were used. Thanks to John Grove for supplying another Monolift for the warmup room. The Holiday Inn Express provided a great venue, with a large warm-up room. Many thanks to our great judges, Eric Stoker, Ronnie Baker, Mark Vickers, Earl Leverett and Ann Leverett, and our table crew, announcer Madeline Colbert, table chief Ann Leverett, expeditors Jamie Green and Ed Angstrom and platform manager Jim Rouse. Final mention and top praise must go to the hardest working and most important people in any contest, the spotter/loaders. Brilliant teamwork and perfect spotting were provided by Ben Howard, Joe Jordan, Ryan Cieslak, Chris Stewart, Eric Stoker and monolift lever operator extraordinaire Michelle Clover. Bench press Meet: In the AAPF open men's division, Joe Horton had a good day, getting his second attempt 170K. His fellow 100K open lifter Pat Hall opened with a whopping 250K, but this wasn't his day. In the AAPF Master Men 50+ division, Robert Lovelace had a great day going 3/3. In the APF open and submaster men's divisions, Jeff Hudson also had a 3/3 day, ending with 210K. David Pate also competed as an open and submaster lifter, settling for his opener. Open lifter Rico Bravo hit 242.5K on his second attempt and submaster lifter Robert Canecchio couldn't get past his opener. Master lifter Scott Kroll got his 2nd attempt, but couldn't quite bring home 205K. Full Power Meet: The first lifter of the day was 11 year old Roy Lee Fowler (one half of Team Fowler, along with his dad Andy) who squatted 45K,	242.5	725
Nick DiLunzio	225	120	120	210	555	82.5	242.5
Junior Men 20-23	200	132.5	240	572.5	100	140	140
Ken Moody	205	142.5	200	547.5	125	125	125
Dru Fuller	140	140	140	140	140	140	140
Open Men	125	125	125	125	125	125	125
82.5	125	125	125	125	125	125	125
Sean LePage	205	142.5	227.5	575	125	125	125
Jocy Keith	100	100	100	100	100	100	100
Danny Dover	280	185	307.5	772.5	100	100	100
Stephen Fogle	185	122.5	205	51150	100	100	100
Kevin Prickett	182.5	115	200	497.5	100	100	100
Submaster Men 3-5-39	125	125	125	125	125	125	125
Rusty Whitson	175	137.5	170	482.5	125	125	125
Thomas Wright	272.5	140	237.5	650	125	125	125
Master Men 40-49	90	90	90	90	90	90	90
William Hickey	182.5	120	205	507.5	90	90	90
Master Men 50+	82.5	82.5	82.5	82.5	82.5	82.5	82.5
D. Thompson	182.5	125	212.5	520	82.5	82.5	82.5
Robert Lovelace	195	142.5	212.5	550	82.5	82.5	82.5
AFF Power	125	125	125	125	125	125	125
Teenage Men under 13	48	48	48	48	48	48	48
Bey Lee Fowler	45	27.5	70	142.5	48	48	48
Teenage Men 15-17	125	125	125	125	125	125	125
Kyle Davis	205	115	175	495	125	125	125
Teenage Men 18-19	100	100	100	100	100	100	100
Will Key	100	97.5	162.5	360	100	100	100
Junior Men 20-23	56	56	56	56	56	56	56
Dan Carpenter	142.5	112.5	185	440	56	56	56
Open Men	82.5	82.5	82.5	82.5	82.5	82.5	82.5
David Williams	282.5	190	252.5	725	100	100	100
C. Reynolds	235	162.5	272.5	1670	100	100	100
John Brandon	185	160	240	585	100	100	100



Roy Fowler ... future great AAPF Powerlifter. (courtesy of L.B. Baker)

benched 27.5 and deadlifted a whopping 70K. 15 year old Kyle Davis was inspired to enter this meet after helping spot/load at a meet the week before. With virtually no lifting gear, Kyle had a great 8/9 day, with a 205K squat, 115K bench and 175K deadlift, at a bodyweight of 120.9K. A 16 year old lifter with enormous potential is Nick DiLunzio, who attempted AAPF American Teenage records on all 3 lifts, and established a new record in the squat with a 225K at a 109.1K bodyweight. Nick also walked away with a nice 120K bench and 210K deadlift. 18 year old Will Key had one of those days, getting his opening squat on his third attempt but still posted a nice 100K squat 97.5K bench and 162.5K deadlift. 3 men entered the Junior division. APF lifter Dan Carpenter day progressively improved as he got his opening 142.5K squat, 2nd attempt 112.5K bench and made all three deadlifts with a 185K. Ken Moody had a 7 for 9 day, getting all 3 squats ending with a 200K, making his second bench on his third attempt with 132.5K and his second attempt deadlift at 240K. Dru Fuller went 6/6 with a 205K squat, 142.5K bench and 200 deadlift at a bodyweight of 126K. The lightest weight class in the Open Men's division

sion was 82.5K. In the AAPF, Joey Keith hoped to lift but in the end had to bow out due to injury so Sean Fuller found himself alone in his weight class. Although he didn't have his best day, he did a very respectable 205K squat, 142.5 bench and 27.5 deadlift. In the APF, David 'Tank' Williams was the sole 182.5K lifter and had a stellar 9/9 day, squatting 282.5K, benching 190K and deadlifting 252.5K. In the 100K class AAPF, Danny Dover went 7/9, making an American Record deadlift on his 2nd and 3rd attempts. Danny ended the day with a 280K squat, 185K bench and a whopping 307.5 deadlift, earning him the AAPF best lifter trophy. Stephen Fogle had a good day with a 185K squat. He only got his opening bench passed, but then went 3/3 on his deadlifts, ending with 205K. Close on Stephen Fogle's heels was Kevin Prickett, who went 8/9 with a 182.5K squat, 115K bench and 200K deadlift. In the APF, Christopher Reynolds went 7/9, posting a 260K squat, 162.5K bench and 272.5K deadlift. John Brandon's day improved as it went along, getting a first squat attempt with 185K, then making all attempts in the bench and deadlift, with a 185K and 240K respectively. The 110K class was occupied by 3 APF lifters. Although Clay Castile didn't go 9/9 this day he still posted some massive numbers and earned the APF best lifter trophy with a 350K squat 222.5K bench and 312.5K deadlift. Pat Watson's day started slow with only his 1st 255K squat passed but he proceeded to nail every lift after that, ending with a 200K bench and a 272.5K deadlift. David Jones also started slow and finished strong, getting openers in the squat with 305K and bench with 167.5K, then going 3/3 in the deadlift with 250K. The 125K APF division was hotly contested. Mike Lanier posted the highest total with a 347.5K squat, 212.5K bench and 312K deadlift, despite missing his 3rd attempts in all 3 lifts. Kevin 'KT' Thomas was right on his heels also missing some 3rd attempts but posting big numbers with a 317.5K squat, 237.5K bench and 307.5K deadlift. Nathan Bramlett had an excellent day, missing only a 3rd attempt squat, making a 307.5K squat, a massive 260K bench and 280K deadlift. Although Rico Bravo didn't have his best day, he still posted some impressive numbers with a 320K opening squat, 242.5K bench press and 272.5K deadlift. Savoy Curtis, coached by world class 82.5K lifter Krista Ford, rounded out the class going 3/3 on his squat and deadlift ending up with a 332.5K squat, 182.5K bench and 272.5K deadlift. The 140K class had one outstanding APF lifter, Jay Rhyne. Although going 4/9, he still posted some big numbers with a 370K squat, 237.5K bench and a 302.5K deadlift. In the 140K+ class, Kieran Kidder (of WPO fame) posted the biggest numbers of the day with a 395K squat, 242.5K bench and 287.5K deadlift. 82.5K lifter Rusty Whitson had a nice 8/9 day missing only his final deadlift and posting a 175K squat, 137.5K bench and 170K deadlift. Athens own Tom Wright went 5/9, nailing his missed second attempts on the third try and ending with a 272.5K squat, 140K bench and 237.5K deadlift. Master lifter 40-49 William Hickey had a great day. Hickey's lifts were 182.5K squat, 120K bench and 205K deadlift. The two master lifters 50+ were Danny Thompson, in the 75K class and Robert Lovelace an 82.5K lifter. Danny went 6/6 in the squat and deadlift, but had to try his opening bench 3 times. He ended with a 182.5K squat, 125K bench and 212.5K deadlift, earning him a master best lifter trophy. Robert Lovelace went 9/9 and posting a 195K squat, 142.5K bench and 212.5K deadlift for a new American Record in the AAPF Master's 50-54. The APF had 4 submaster lifters and one master lifter. In the submaster division, big 140K+ lifter Jeff Henley hit all his seconds and missed his thirds, still pulling off a best lifter win as an APF Master with a 365K squat, 197.5K bench and 320K deadlift. John Hamilton had a happy 9/9 day with a 285K squat, 220K bench and 267.5K deadlift. Robert Canecchio had one of those hit and miss days, ending with a 190K squat, 147.5K bench and 205K deadlift. Andy Fowler had a near perfect day going 8/9 and nailing his missed second attempt bench the third time around, posting a 170K squat, 132.5K bench and 192.5K deadlift. In the master 40-49 class, Scott Kroll also had a great day, missing only his final bench, ending with a 287.5K squat, 195K bench and 242.5K deadlift. This meet is dedicated to Athens powerlifter Dale Lott. Dale, those Masters records are just waiting for you...see you on the platform next year! (results courtesy Nadine Baker)

Membership Application



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TELEPHONE NO		ZIP CODE MUST BE PRESENT
DATE OF BIRTH		U.S. CITIZEN
MO	DAY	YES
YR		NO
NAME OF CLUB YOU REPRESENT		
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SIGNATURE X		

**The Gym BP/DL Championship
10 NOV 01 - Spotsylvania, VA?**

BENCH	148 lb.	PUSH/PULL COMPETITION	WOMEN	BP	DL	TOT	
WOMEN	Karl Corbin	90	Rosalind Morgan	135	280	415	
Heather Griffith	120	181 lb.	MEN				
Faith Hammett	120	Kris Angstadt	295	165 1/4 lb.			
Amy Robie	105	Mallory Anspach	115	Chad Peasley	205	565	
Mallory Anspach	115	Linda Plowett	90	Steve Baupre	385	925	
Linda Prowett	90	220 lb.	Roger Garband	240	405	645	
TEEN	Mike Canaday	315	181 3/4 lb.				
William Hitt	255	242 lb.	Chris Peasley	245	445	690	
Submaster	Kyle Pighini	600	Louie Morrison	370	530	900	
Chris Anspach	405	SHW	198 1/4 lb.				
Master	Carol Thornton	380	Eric Fortin	360	635	995	
(40-49)	DEADLIFT	George Souza	360	540	900		
Sam Morris	500	WOMEN	Josh Gotlieb	370	585	955	
David Stanley	325	Mallory Anspach	200	John Flaherty	300	—	
Master (50-59)	OPEN	220 1/4 lb.	Jim Haskell	365	470	835	
Dale Taylor	400	148 lb.	Mike Dube	335	475	810	
Raw	Kyle Corbin	225	George Peterson	300	450	750	
Steve Appell	325	220 lb.	Joe Moses	350	500	850	
OPEN	Mike Canaday	375	Mike Kalter	385	700	1085	
132 lb.	242 lb.	275 1/2 lb.	Ben Willoughby	330	580	910	
Amy Robie	105	Andy Bozewicz	470	Garret Boudreau	455	590	1045
(Thanks to Petey Cropp for providing results)		Glen Duckworth	275	Walter Sabine	370	500	870
USAPL Maine State Push-Pull/BP		Roland Flewellling	365	475	840		
15 SEP 01 - Dexter, ME		Jason Pouliot	325	495	820		
BENCH PRESS	Submasters	TEEN					
181 3/4 lb.	220 1/4 lb.	165 1/4 lb.					
Brian Jones	360	Chris Kienzle	350	Eric Coyne	180	300	480
M. Magnusson	300	275+ lb.	Submasters				
Louie Morrison	370	Andy Miller	465	242 1/4 lb.			
198 1/4 lb.	Masters	Dan Mackod	350	590	940		
Josh Gottlieb	370	Albert Stork	425	Masters			
220 1/4 lb.	275+ lb.	220 1/4 lb.					
Terry Martin	375	Mike Padham	—	Mike Padham	—	—	
Mike Dube	335	Grandmasters		Grandmasters			
Chris Kienzle	350	242 1/2 lb.		275 1/2 lb.			
242 1/2 lb.	Police/Fire	Garret Boudreau	455	590	1045		
Jamie Guay	360	198 1/4 lb.	Police/Fire				
Lynn Athearn	400	275+ lb.	198 1/4				
275 1/2 lb.	275+ lb.	Dave Claroni	300	350	650		
G. Boudreau	455	Andy Miller	465	State Records broken: Glen Duckworth, Grand-			
275+ lb.	Grandmasters	465	181 3/4 lb.	masters, 250 lb bench (@ 181 3/4 lb wt. class);			
Andy Miller	465	Glen Duckworth	250	Andrew Miller, Submasters, 465 lb bench (@			
Albert Stork	425	Glen Duckworth	250	275+ lb wt. class); Garnet Boudreau, Masters			

(45-49), 455 lb bench (@ 275 1/2 lb wt. class); Lynn Athearn, Masters (45-49), 400 lb bench (@ 242 1/2 lb wt. class); Albert Stork, Masters (45-49), 425 lb bench (@ 275+ lb wt. class); Andrew Miller, Police/Fire, 465 lb. Bench (@ 275 lb wt. class). Team Award: 1st place - Gilly's Gym, from Waterville. Best Lifter Award: Steve Beaupre, 925 total, 165 1/4 lb. wt. class. Meet Coordinator: Lance Reardon. (Thanks to USAPL for providing these results to PL USA).

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

**I.H.M. Holiday Bench Press
8 DEC 01 - Youngstown, OH**

FEMALE	181	Mike Alvetro	340
114	Submasters		
S. Hennebert	80	Mike Lockso	185
132	220 lb.	Bob Detson	420
TEEN 14-16	181 lb.	Jeff Morean	400
198	242 lb.	Gary Combs	410
Frank Duraney	242 lb.	Ralph Young	520
17-19	198 lb.	Denny Martin	445
148	275 lb.	Rusty Block	445
165	275 lb.	Kent Burgess	525
Nick Gennaro	280	Kent Burgess	525
181	220 lb.	Matt McCall	250
198	123 lb.	Jamie Harris	650
Nick Mailis	220	Toni Combs	115
220	Deadlift	Stephen Higgins	255
198	Teen (13-16)	132 lb.	181 lb.
242	132 lb.	Keny Cobb	370
242	165 lb.	Casey Warren	365
242	181 lb.	Bryan Gardner	315
242	220 lb.	Tyson Whyde	370
242	220 lb.	Mike Leikari	330
242	Bill Porteus	440	
242	220 lb.	Raw Masters	
242	220 lb.	Open	
242	220 lb.	Mike Leikari	330
242	George Earlington	540	
198	Meet Director: John and Kayleen Blackstone.		
198	Judges: Rajeen Deb, Jim Whyde, Dave Roof,		
198	Scotti Stofer. Spotters: Greg Eisenberry, John		
198	Maloy. Special thanks to Jamie Harris, for use		
198	of equipment and seminar. Also thanks to		
198	Jason Prater and Meet Site Host Ridgewood		
198	High School. (courtesy Musclebound Fitness)		

(Thanks to Ron DeAmicis for providing results)

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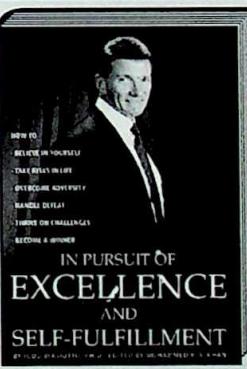
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USA "RAW" BP Winter Natioals

16 FEB 02 - Tuscola, IL

submaster women	Tyrone Carson	230
123	198	
Lynn Atchley	125*	Russ Carney
4th	130*	4th
master women 40-49	220	410*
148	Kurt Hess	305
Anne Davis	205	242
open women	M. McDaniel	440
123	master men 50-59	
Lynn Atchley	125*	242
4th	130*	Jim Bridges
novice men	4th	405*
308	open men	410*
Kerry Myers	330*	165
junior men	Daniel Callahan	320
181	4th	325
Charles Wolf	330	181
master men 40-49	Jason Carson	415*
165	Jack Hamady	350
Butch Davis	365*	4th
181	275	360
Leeroy Banks	420*	Owen Neill
		385

* USA "RAW" Bench Press Federation national record. Best Lifter - women - ANNE DAVIS. Best Lifter - men - LEEROY BANKS. The USA "RAW" Bench Press Federation Winter Nationals were once again held at Son Light Power Gym in Tuscola on February 16, 2002. Our turnout was smaller than usual but still provided us with a great competition. Thanks to my son Joey for all he did and to all the other lifters who helped out. We had two fine women's competitors, one first-time "RAW" lifter and another multi-national title holder. Lynn Atchley came all the way from Hannibal, Missouri to capture both the submaster and open title at 123. This was Lynn's second competition ever, but she walked away with two new national records, making all four of her attempts to finish with 130!. Anne Davis continued her undefeated reign as the best ever female lifter, finishing with 205 to take the master 40-49/148 title. Anne's final two attempts were close with 215 which would have broken her own national record of 210. Anne was also awarded the best lifter trophy for the women. Kerry Myers established the record at novice men 308 with a great 330. Kerry, who hails from Greenwood, Indiana, was lifting in his first competition. In the junior men's 181 class Charles Wolf was the winner, finishing with 330. This was Charles' first



Best Lifters at the USA RAW Bench Press Federation Winter Nationals were Anne Davis (women) and Leeroy Banks for the men (Latch)

competition also. In the master 40-49 division we had six fine lifters coming from Ohio, Indiana and Illinois. At 165 it was Butch Davis, who successfully defended his title, finishing with a new national record of 365. This bested his previous effort by five pounds. Leeroy Banks captured the title at 181, finishing with a national record 420. Leeroy was also awarded the best lifter title among the men. Tyrone Carson finished second to Leeroy with 230. This was Tyrone's first competition, and he will be back! Russ Carney had his best 'raw' day ever as he methodically 'moved' through all four of his attempts, finishing with 410. This was a new national record at 40-49/198 for Russ who came all the way from Miamisburg, Ohio to defend his crown. In every competition there tends to be a perpetual aggravation; ours was Kurt Hess, winner at 220.

Just kidding: it's always great to see Kurt, and great to see him lifting so well after shoulder surgery of a few years back. Kurt finished with a solid 305 for the win. (Who said I was still mad about Kurt breaking my record at 242 five years ago? And who's counting, anyway?) Monte McDaniel had a good day at 242, making all three of his initial attempts to end with a strong 440. Monte then called for a fourth to tie the existing record at 470 but failed at lockout. Lone competitor in the master 50-59 division was Hannibal, Missouri's own Jim Bridges. Jim won the 242 class with a great fourth attempt effort of 410, which broke the national record there and gave him a new personal record for the day. In the open division it was Daniel Callahan for the win at 165. Daniel finished with 320 then called for and made a personal best

325 on his fourth attempt. Jason Carson was runner-up for best lifter, finishing with a national record 415 for the win at 181. Jason also came close with a personal record of 420 on a fourth attempt. Jack Hamady finished second to Jason with a solid effort of 350. Jack then came back with a successful fourth attempt of 360 to establish a new personal record for himself. Our final open competitor was Owen Neill who won at 275, finishing with 385. A fourth attempt with a personal best 400 failed to lockout, but was close! A special thanks to House of Pain who awarded twenty dollar gift certificates to the two best lifters. (thanks to Dr. Darrell Latch for providing results)

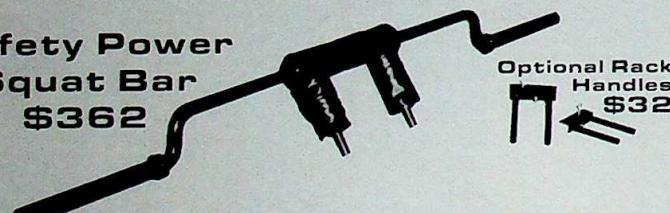
**4 Seasons Association Spring BP
20 MAR 02 - Bloomington, IL**

Guest (non-members)	165	
J. Koziol	220	315
N. Bressner	221	315
Teen 13-18		181
J. Jackson	142	220
N. Rappa	272	300
M. Wilson	157	225
M. Lewis	149	185
M. Wilson	141	180
Women		220
T. Rassi	128	125
C. Curtiss	152	140
J. McCarey	128	115
S. Davis	156	115
Open		242
Joe Schmidt	220	275
M. Devendiran	170	Randy Johnson
148		405
Andrew Whalen	265	SHW
Todd Smedley	225	Craig Canfield
Best Overall Lifter	Tom Ragusa	435
Spotters, loaders, recod keepers, adn judges	- Dustin Wilson, Aaron Calhoun, Mike Fay, Dwight Lewis, Brooke Stroh, Kelly Wickenhauser, and Demetrius Harper.	320
Meet Director	Kevin Deming.	335
Prize Sponsors	LifeFitness/Hammer Strength, Ortho Tech Sports Medical Equipment, American Nutrition Wholesalers (American Bodybuilding), and Midwest Commercial Fitness.	335
Our next meet is October 12, 2002.	(results from Kevin Deming)	420

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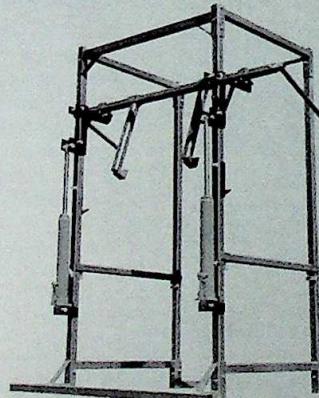


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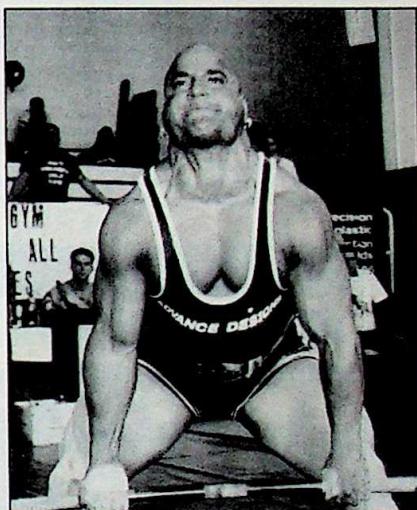
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**ADAU Great Lakes Championships
16 MAR 02 - Erie, PA.**

WOMEN	SQ	BP	DL	TOT		Pat Hakola	565	400	570	1535
97						Matt Devyanar	560	335	625	1520
Kelsey Ott	90	60	115	265		Tim Devine	470	385	570	1425
105						Gary Lewis	485	385	535	1405
Benita Steffan	150	85	255	485		Ben Horner	495	315	555	1365
4th	155	87	255			Terry Johnson	470	300	515	1285
114						Ben Ott	400	305	530	1235
Adrienne Hickey	180	95	265	540		Jeff Lawson	405	300	515	1220
123						Joe Bevelacqua	280	255	440	975
Becky Skal	200	150	335	685		Justin Posten	275			
4th	155					Tank Byerly	430	255	500	1185
132						Pat Burrati	300	230	475	1005
M. Matuszewski	225	35	375	735		Steve Laskowski	290	180	425	895
ShannaKaizer	155	90	225	470		Dennis Gray	215	200	415	830
148						Rick Emerick	585	410	605	1600
Sherry Elchynski	205	120	265	590		Bryan Moody	530	365	565	1460
Michelle Lawson	185	100	235	520		4th	380			
165						Bruce Pacolay	505	380	530	1415
Christen Case	185	115	275	575		Bill Ogden	445	305	425	1175
Kayla Coan	205	100	250	555		Craig Amstone	425	240	460	1125
181						Terry Wallack	370	300	300	970
B. Zimmerman	135	85	200	420		TEEN 12-13				
TEEN 12-13						181				
B. Zimmerman	135	85	200	420		Zappitella	105	60	150	315
TEEN 18-19						123				
165						Chris Michalak	140	80	200	420
Christen Case	185	115	275	575		165				
Kayla Coan	205	100	250	555		Matt Martin	275	170	345	790
SUBMASTER 35-39						TEEN 14-15				
Benita Steffan	150	85	255	485		148				
4th	155	87	255			Mike Artise	225	145	305	675
MASTER 40-44						Eric Falkenberg	180	110	300	590
148						165				
Sherry Elchynski	205	120	265	590		Tom Davis	170	115	265	550
MEN OPEN						220				
114						Steven Morse	375	270	475	1120
Mike Zappitella	105	60	150	315		Travis Stetson	355	250	415	1020
Doug Perhacs						275				
123						Dennis Gray	215	200	415	830
Jake Reed	220	145	320	685		TEEN 16-17				
4th	335					123				
Chris Michalak	140	80	200	420		Jake Reed	220	145	320	685
132						4th	335			
Ben Brown	215	140	250	605		148				
148						J.J. Tomasino	285	205	340	830
Ramon Cruz	445	285	465	1195		165				
Joe Martucci	340	240	455	1035		Derek Specker	300	230	375	905
Jason Stazer	350	215	460	1025		181				
J.J. Tomasino	285	205	340	830		Tim Lesondak	360	210	430	1000
Mike Artise	225	145	305	675		198				
Eric Falkenberg	180	110	300	590		John Kmetz	405	290	485	1180
165						Ben Mills	380	270	500	1150
Rich Martucci	370	315	520	1205		Rickie Thomson	300	245	470	1025
A. Hersperger	400	300	505	1205		220				
Jeff Sly	390	230	465	1085		J. Kutterna	275	185	375	835
Rich Hutchinson	350	235	415	1000		275				
Joe Dibello	340	205	365	910		Tank Byerly	430	255	500	1185
Derek Specker	300	230	375	905		Steve Laskowski	290	180	425	895
Matt Martin	275	170	345	790		TEEN 18-19				
Tom Davis	170	115	265	550		165				
Paul Ott	155	115	215	485		A. Hersperger	400	300	505	1205
Mike Decker						181				
181						Steve Gregg	340	260	375	975
Matt Catalino	535	370	580	1465		JUNIOR 20-23				
Matt Clickett	560	355	480	1395		148				
Roy Charlton	420	320	550	1290		Jason Stazer	350	215	460	1025
Joshua Ferraro	450	285	530	1265		181				
Rob Susann	330	285	435	1050		Matt Catalino	535	370	580	1465
Mike Hertner	340	225	440	1005		Jamar James	265	285	355	905
Tim Lesondak	360	210	430	1000		198				
Steve Gregg	340	260	375	975		Scott Reichard	350	225	450	1025
Jamar James	265	285	355	905		220				
198						Tony Manzi	300	210	440	950
Mike Mastream	610	415	640	1665		319				
Andy Brown	500	300	623	1423		Bryan Moody	530	365	565	1460
4th	650					SUBMASTER 35-39				
Bugs Bayer	525	260	560	1345		165				
C. Engelskirger	450	260	575	1285		Joe Dibello	340	205	365	910
Keith Massing	430	300	520	1250		181				
Dave Heintzel	380	295	525	1200		Roy Charlton	420	320	550	1290
Wilfredo Ruiz	400	300	500	1200		220				
John Kmetz	405	290	485	1180		Pat Huntley	410	305	500	1215
Ben Mills	380	270	500	1150		242				
4th	520					Jeff Lawson	405	300	515	1220
Rickie Thomson	300	245	470	1025		148				
Scott Reichard	350	225	450	1025		Ramon Cruz	445	285	465	1196
220						198				
Mike Martucci	510	370	580	1460		Dave Heintzel	380	295	525	1200
Phil Kaufman	465	310	560	1335		Wilfredo Ruiz	400	300	500	1200
Jeremy Green	425	325	530	1280		242				
Pat Huntley	410	305	500	1215		Ben Ott	400	305	530	1235
Scott Thomas	400	280	475	1155		319				
Perry Atkinson	375	300	475	1150		Bill Ogden	445	305	425	1175
Steven Morse	375	270	475	1120		MASTER 45-49				
4th	271					220				
Mark Euliano	335	300	465	1100						
Travis Stetson	355	250	415	1020						
Tony Manzi	300	210	440	950						
J. Kutterna	275	185	375	835						

Phil Kaufrman	465	310	560	1335
James Mcnamee	55	355	55	465
MASTER 55-59				
198				
Bugs Bayer	525	260	560	1345
275				
Pat Burrati	300	230	475	1005
319				
Terry Wallick	370	300	300	970
MASTER 60-64				
165				
Rich Hutchinson	350	235	415	100
CHAMPION OF CHAMPIONS: Women-Becky Skal, Men-Lt.Wt. Matt Catalino, Hvy.Wt. Mike Mastream. Team Champions: OPEN-Joe's Gym of Eire. Mixed-Northeast High. A huge "THANK YOU" to all the help that i received, to make this the best Great Lakes Championships ever. It was our 39th and words cannot express how wonderful i feel about the turn-out and the final results. Everyone tested passed the drug test. Since we've started sanctioning the contest with the ANTI-DRUG ATHLETES UNITED the contests are intense, very exciting but never out of control. DRUG free and RAW is the reason and it's only way to advance our sport. Follow the ADAU rules and the only unhappy people are the ones that try to cheat. Brenda and Al Siegel, Nick Theodorou, Damian Fronzaglia, Jegg Carlucci, Don Reinhardt, Mike Smith, Matt Catalino, Terry Johnson, Bugs Bayer, Steve Fisher and yours strongly kept the referee seats warm. Tom Heath, John Emling, Jamie Neubeger, Dave Grandinetti, Ken Zappitella, Jason Munch and Dana Munger did most of the heavy lifting by spotting all day. Ed Belza, Tammie Johnson, Dot Krupa, Kirsten Kalicky, Audrey Dibello, Lucinda Hawes and Al Mangini went non-stop at the score tables and it was flawless. My LADY, Sondralee was on her feet all day, keeping everything in order and was a lifesaver, as always. I love you, baby. Without these people I would be lost. If i forgot anyone, forgive me. Thank you all again.				
THE CONTEST: To save the spotters we ran the heavy weights first. It worked. We got the big squats out of the way while they were fresh. As the contest went on the weights got lighter and we finished up with the Ladies, who seemed to like this method. THE LADIES: Eleven year old Kelsey Ott off to a great start with her GOLD in the 97 pound class, by way of a 265 total. At 105 pounds Benita Steffan set 12 new records including all new submaster AMERICAN records, while winning the GOLD in her division. Adrienne Hicky was the champion at 114 pounds. Her lifts included Teenage AMERICAN records in the deadlift and total. Multi- National and WORLD champion, Becky Skal, won ladies Champion of Champions award with her first place Victory in the 123 pounds class. Becky's lifts included a 155 AMERICAN record bench press. At 132 pounds Michelle Matuszewski was on top, again while setting AMERICAN records in the deadlift (375) and total (735). Sixteen year old Shanna Kaizer placed second and set all new Pennsylvania State teen records. Sherry Elchynski coming off a recent knee operation, managed a 590 total at 148 pounds to win the open and masters, while newcomer Michelle Lawson had a great day for SILVER. In the 165 pound class, two teenagers battled it out for the title with Christene case setting three teenage state records for the GOLD while Kayla Coan set one record and took SILVER. Twelve year old Britney Zimmerman was the 181 pound champion and set all new teen state and AMERICAN records. THE MEN: The teenage divisions were loaded and many of the ended up winning the open divisions. Such as Mike Zappitella at 13 years and 87 pounds did by winning the 88 pound youth division and the mens 114 pound class. Sixteen year old Jake Reed was our 123 open and teen champ. Jake set all the teen (16-17) state and AMERICAN records, while the SILVER went to 12 year old Chris Michalak who set a teen state squat record. The 132 open was handled by 14 year old Ben Brown with the GOLD medal. Ramon Cruz dominated the 148 class while setting 10				

records which included the AMERICAN squat record of 445 pounds and a master AMERICAN total of 1195. Other records set were J.J. Tomasino's lifts which were all teen state records. The big battle at 165 was between Rich Martucci and teenager Adam Hespberger, who went first and second, respectively. Both lifters totaled 1205 with Martucci winning on bodyweight. Hespberger's lifts included teen state records in the deadlift (505) and total. Also at 165, sixty-one year old, Rich Hutchinson was impressive with his fourth place finish in the open and all new Masters AMERICAN records. At 181, Matt Catalino and Matt Cicklett jumped back and forth though the whole contest with Catalino ending up in first when the chalk dust cleared. His 1465 total included all new Junior AMERICAN squat record of 535. His efforts earned him the Light Weight CHAMPION OF CHAMPIONS award. Cicklett's SILVER medal included the Open AMERICAN record with an awesome "RAW" 560. Roy Charlton won the BRONZE at 181 and the GOLD in the Sub-masters. He pulled a beautiful 550 state sub-master deadlift record. The AMERICAN squat (610) and total (1665) records put the incredible Mike Mastream in the spotlight at 198 pounds. His "RAW" lifting was east and STRONG. This man will total over 1700 "RAW" at 198. Mike was our Heavy Weight CHAMPION OF CHAMPIONS and had the highest total of the contest. SILVER in this class went to Junior lifter A. Brown, who pulled a Junior AMERICAN record in the deadlift with 650. BRONZE went to B. Bayer, who like fine wine gets better with age. At 56 years old he set all new Master AMERICAN records to win the



Mike Mastrean looks impressive while dead-lifting at the ADAU Great Lakes Championship. (photograph provided by Joe Orengia)

record bench press. At 132 pounds Michelle Matuszewski was on top, again while setting AMERICAN records in the deadlift (.375) and total (.735). Sixteen year old Shanna Kaizer placed second and set all new Pennsylvania State teen records. Sherry Elchynski coming off a recent knee operation, managed a 590 total at 148 pounds to win the open and masters, while newcomer Michelle Lawson had a great day for SILVER. In the 165 pound class, two teenagers battled it out for the title with Christene case setting three teenage state records for the GOLD while Kayla Coan set one record and took SILVER. Twelve year old Britney Zimmerman was the 181 pound champion and set all new teen state and AMERICAN records. The MEN: The teenage divisions were loaded and many of the ended up winning the open divisions. Such as Mike Zappitelli at 13 years and 87 pounds did by winning the 88 pound youth division and the mens 114 pound class. Sixteen year old Jake Reed was our 123 open and teen champ. Jake set all the teen (16-17) state and AMERICAN records, while the SILVER went to 12 year old Chris Michalak who set a teen state squat record. The 132 open was handled by 14 year old Ben Brown with the GOLD medal. Ramon Cruz dominated the 148 class while setting 10 GOLD in the Masters. Other records set in the 198 pound class were J. Kmetz's Teen AMERICAN total with 1180 and B. Mills Teen AMERICAN deadlift (.520). M. Martucci had a good day and won GOLD at 220 pounds while Master lifter Phil Kaufman took SILVER. In this class Steve Morse set a teen (14-15) AMERICAN bench record with 271 1/2 and J. McNamee got the Master (45-49) AMERICAN bench record with 355. At 242 pounds, P. Hakola, in his first "RAW" contest had a GREAT day to win GOLD and just beat put Teen national Champion, Matt Magyar, who set new Teen(18-19) records in the squat (.560), deadlift(.625) and total(.1520) The 275 pound class was all teens or masters. Teenager, T. Byerly won GOLD with master Pat Burrail taking the SILVER while setting all master state records. R. Emerick was the Top man at 319. His winning total included a state record bench press (410). Junior lifter Bryan Moody took SILVER and set a new Junior AMERICAN record in the bench (.380). The winners of this years "Joe O'rengia's Powerlifter Plus" award were my GREAT friends and powerlifters, that are always there to help, Ed Betza and Jamie Neuberger. Yours Strongly, Joe O'rengia. "After a victory, sharpen your knife." - Guess who.

**SLP Mason-Dixon Open BP/DL
9 FEB 02 - Paducah, KY**

BENCH PRESS	open men
teenage men 13-15	198
Derek Stepp	165*
submaster men	220
198	Ricky Coggins 460
Kevin Bolen	390*
master men 40-44	Ed Clark 565*
148	Stacy McIntyre 505*
Haywood Lee	310*
198	Shawn Jones 450
Kevin McDonald	360* teenage men 13-15
198	275
Bo Cole	315 Cory Zirbel 450*
master men 45-49	master men 40-44
165	148
Gerald Watkins	315* Haywood Lee 370*
4th	320* master men 55-59
master men 55-59	275
275	Butch Adams 440
Butch Adams	420* open men
	242 Joe Carter 670*

* Son Light Power Kenlucky state record. The Mason-Dixon Open Bench Press/Deadlift Championships were held February 2, 2002 at Gold's Gym in Paducah, Kentucky. A special thanks goes out to Gold's Gym manager Bo Cole for hosting this event and to Butch Adams for all his help organizing the competition. We had a much smaller turnout than in years past, but still had some great lifting, with several personal and state records set. Thanks also to my son Joey, Kevin Bolen and Pal Stephenson for their help loading and spotting. In the bench press event, competing for the first time was fourteen year old Derek Stepp. Derek finished the day with a win and a new Kentucky state record of 165 in the 13-132 class. Kevin Bolen set the record for the submaster 198 class with his win there, finishing with 390. Haywood Lee returned to competition after a year off to break his own state record in the master 40-44/148 class. Haywood finished with 310 for the win. Kevin McDonald also broke his state record in the 40-44/198 class with his final attempt of 360 for the win there. Bo Cole was second with 315, still having some problems with his elbow. Gerald Watkins won at 45-49/165 with new state records for his third (315) and fourth (320) attempts. This was Gerald's first competition. Butch Adams continues to get stronger with each new competition, finishing here with a new



Dewayne Nealy locks out 650 at 192 bodyweight at the SLP Maxon Dixon Championships. (D. Latch)

Kentucky state record of 420, lifting in the master 55-59 275 class. In the open division Dewayne Nealy, the number two bench presser in the world at 198, and number three at 220, had another great day. Weighing in at 192, Dewayne opened with 585 then moved to 650 for his second attempt, failing just at lockout. Coming back with that same weight for his third, Dewayne locked out with a solid, steady press. 650 lbs, at a legitimate 192 lb. bodyweight! Guess who won the best lifter award? Ricky Coggins came over from Missouri for the title at 220. Weighing in at a light 200, Ricky settled with 460 after missing his final attempt with a pr 480. In the open 242 class we had four great benchers hailing from Illinois and Tennessee as well as the great state of Kentucky. Taking the title was Illinois' own Ed Clark with a personal best and Kentucky state record 565. Stacy McIntyre was second with 505, joining the 500 lb. club for the first time! Shawn Jones was third with 450 while Tennessee's Joe Carter was fourth with a personal best 450. Joe outweighed Shawn by seven pounds. In the deadlift competition fifteen year old Cory Zirbel won the 13-15/275 class with a personal best 450 pull. This was also a new state record for Cory. Haywood Lee set his second state record of the day at master 40-44/148 cleanly locking out 370 for his final attempt. Butch Adams had to settle

with his opener of 440 after his second attempt for a new state record of 485 was turned down. Best lifter Joe Carter got a new state record of 670 on his second pull then called for a 690 pr third. When the bar was misloaded to 655 Joe came right back for a second attempt with 690 but was already out of gas. Sorry Joe. But being the Southern Gentleman he is, Joe just shrugged and said, "That's alright, Darrell, it'll just have to get it next time!" Everyone had a great time. Thanks again to Gold's Gym general manager Bo Cole, Butch and my son Joey. (thanks to Dr. Darrell Latch for the results)

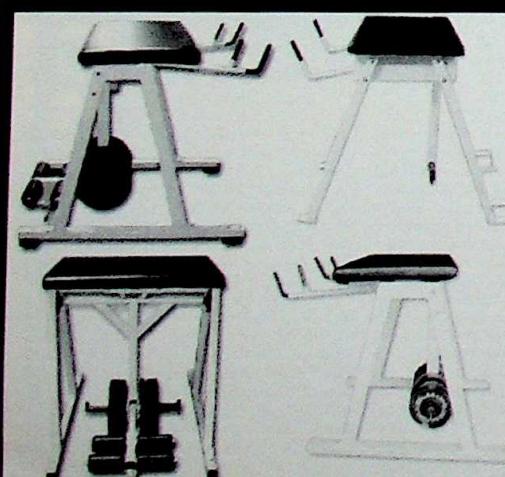
S.C.I. Rockview Invitational

19 JAN 02 - Rockview, PA

Class/Lifter	SQ	BP	DL	TOT
114				
Riccardi	240	185	300	725
148				
Keinn	485	275	460	1220
165				
Clay	530	280	500	1310
Kling	440	260	445	1145
181				
Guaba	655	300	630	1585
Ireland	330	215	455	980
198				
Jordan	730	360	640	1730
Nuble	650	385	650	1685
McCode	645	425	600	1670
Boczkowski	405	285	405	1095
220				
Evans	635	380	625	1640
Johnson	575	375	575	1525
McCabe	480	325	475	1280
242				
McFerren	745	420	605	1770
Collins	575	455	615	1645
275				
Lowe	925	450	800	2175
Ford	600	400	620	1650
Ratchford	525	385	485	1395
319				
Skelley	735	415	680	1830
Smith	655	340	615	1610
Several neighboring colleges were invited to compete in this Drug Free event. 22 athletes participated in the four hour competition. The 114 lb class was the only to be won non-contested by E. Riccardi. Raymond Jordan who lifted in the 198 lb class broke a Masters American 40-44 age category squat record hitting 730 lbs on his third attempt. Jordan totaled 1730 and also won light weight lifting honors. Greg Beetle Lowe broke a Masters Open Squat Record in the 275 lb 45-49 category, hitting 925 lbs on his first attempt.				
opener. Lowe also deadlifted 800 lbs and totaled 2175 lbs giving him the Outstanding Heavy Lifter Award. Meet Promoter Ed Schnars would like to thank Richard Davis for helping to coach the lifters and for creating a positive meet environment. Thanks also go out to U.S.A. PL officials Steve Mann, Jenny Swartwood, Kim Newman, Dennis Huislander, Erik Steiner, Al Siegel. We appreciate the efforts of all the athletes who were involved in this event and we look forward to seeing you again in the near future. (meet results by Tommy A. Peterman)				
Patent #5356359				
USAPL SWT Invitational 2 FEB 02 - Southwest Texas St. Women/College SQ BP DL TOT				
105				
Melanie Cahilly	192	99	248	540
Jordan Callais	148	66	203	419
Tyrone Wilson 408 SHW College Corey Bradford 512 347 501 1361 Jesse Portillo 501 231 347 1080 Master Ernie Surell 716 418 622 1758 (thanks to USAPL for providing these results)				

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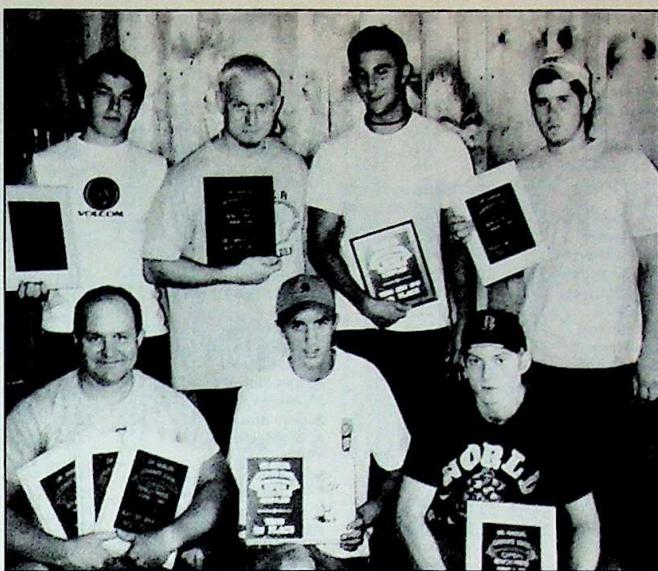
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Patent #5356359

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6th Granite State Open Bench Press
11 AUG 01 - Keene, NH.

BENCH PRESS	16-17 Teen Men
MEN OPEN	K. Fisk 150 230
148	J. Willette 167 215
J. O'Connell	165 T. Tucker 190
165	18-19 Teen Men
P. Soto	325 A. Crowder 150 195
E. Lacerete	290 Issa Moody 161 285
198	B. Weiss 170 275
J. Blair	385 J. Kuhnen 315 340
P. Shedd	350 20-23 J.R. Men
B. Cote	350 H. Gordon 181 380
M. Michael	335 K. Fisk 186 285
220	Bonneville 258 425
S. Decato	475 J. Miller 275 400
K. Mattson	435 33-39 SubMaster Men
P. Thomsen	350 B. Cote 197 350
F. Sousa	250 G. Dovas 230 440
242	40-44 Master Men
S. VanBrunt	460 N. Giroux 206 340
G. Dovas	440 K. Mattson 207 435
J. Fellows	365 P. Thomsen 216 350
275	R. Brogna 230 455
S. Lawliss	450 45-49 Master Men
G. Bonneville	425 J. O'Connell 143 165
308	J. Van Allen 181 400
K. Schofield	450 B. ToPol 195 350
WOMEN Open	M. Rainey 260 415
132	55-59 Master Men
T. Marceau	160 P. Solo 163 325
148	B. Matchett 227 315
M. Filgate	190 65-69 Master Men
B. Berndt	170 E. Mard 265 300
181	Novice Men
S. Minor	150 B. Cote 197 350
20-23 JR. Women	P. Thomsen 216 350
B. Berndt 148	170 S. Billington 220 375
A. Merchant 123135	Judges - Joe Romano, Jim Supry, Bill Durant, Spotters - Lionel Fisk, Ken Mattson, Phil Thomsen. Meet Director - Louie LaPoint. Scorer's Table - Dave LaRoche. Best Lifters - Teen Issa Moody, Men-Shane Decato, Women - Meghan Filgate, Master - P. Soto, 1st Place team - M.R.H.S. Power Club, 2nd Basement Benchers from N.Y. (courtesy of Louie LaPoint)



At the 6th Annual Granite State Open Bench Press ... (front row, left to right) Phil Thomsen, Drew Armstrong, Kyle Fisk; (back row, left to right) Todd Tucker, Kevin Fisk, Andy Crowder, Justin Willette. (LaPoint)

E. Dixon via a 525 squat, 375 bench, and a 550 deadlift to total 1450. Malik Thompson came in second with out being able to deadlift due to a visit. In the 242 class it was Donnie "Big Daddy" Eisenhour who was not having his best day. Eisenhour squatted 565, benched 400, and deadlifted 590 to total 1555. Eisenhour believes he peaked early in training and may have overtrained for this meet but plans on hitting big #s in July. The 275 class was dominated by Michael "Mr. Bench Press" Pepe. Pepe set a new Waymart Record in the squat with a huge 660, also a new record in the bench with a big 480, and pulled 650 setting yet

another record for total with 1790. Karl "Big Ock" Pernsley moved up into the 275 class for this meet and made marked improvement. Pernsley squatted 550, benched 380, missing 395 twice on technicalities, and strongly pulled 575 to total 1575. The SHW's saw Roberto Marte set a SHW squat record with 525 and total 1490, also a record. The Outstanding lifter awards went to Joey Diaz in the Light-weight Division and Michael Pepe is the Heavy-weight Division. All the lifters would like to thank: Activities Manager Jerry Matous and Powerlifting Coach Robert Pegula for providing a well run meet. A special thanks goes to

SCI Waymart Invitational
10 FEB 02 - Waymart, PA

123 lbs.	SQ	BP	DL	TOT
Toro	250	200	325	775
132 lbs.				
Semidey	250	230	450	1030
Beezup!	320	165	375	860
148 lbs.				
Weand	410	240	430	1080
Ciskowski!	290	175	340	795
165 lbs.				
Peterson	485	300	530	1315
Rivas	480	295	475	1250
181 lbs.				
Diaz	550	340	610*	1500*
Fredmonski!	450	275	540	1265
198 lbs.				
Welcome	475	370	450	1295
220 lbs.				
Dixon	525	375	550	1450
Thompson	430	355	-	785
242 lbs.				
Eisenhour	565	400	590	1555
275 lbs.				
Pepe	660*	480*	650	1790*
Pernsley	560	380	635	1575
SHW				
Marte	525*	350	615*	1490*

* - New Waymart Record. ! - Outside Community Lifter. This year's Waymart invitational was relatively small and we hope to have more competition from the outside next time. Highlights of the competition were: The 123 class saw Richard Toro hitting a 775 total. In the 132 class Jose Semidey totalled 1030 earning the victory over outside lifter Beezup! with an 860 total. In the 148 class, our star, Vic Rodriguez was injured. This allowed Mike Weand to compete and he was victorious with a 1080 total over outside lifter Ciskowski who totalled 795. In the 165 class Tyrone "Breeze" Peterson once again came out on top with a 1315 total. Juan Rivas put up a mighty effort for 2nd with a 1250 total. In the 181 class Joey "La Bestia" Diaz put on a fine display of his powerlifting skills. Diaz squatted 550, missing 590 on depth, benched 340, and pulled a beastly 610 to total 1500 setting new Waymart Records in the deadlift and total to earn top spot over outside lifter Fredmonski who totalled 1265 in a valiant effort. The 198 class saw master lifter Claude Welcome total a fine 1295 with little effort. The 220 class was won by Justin "Wile

the officials who came in: Claude Welcome, Mike Welcome, Scott Pentasuglio, and Mart Fentasuglio. Also thanks to the loaders and spotters: John "the Dog" Funt, John Dillabough, Charles Broadnax, Carlos Diaz, and camera-man Andy Pabon. Activities Clerk Specialist Nick "Big Duke" Duca, and Gym Equipment Manager: Vic Ferree. (Thanks to R. Pegula for providing this report to POWERLIFTING USA)

USAPL Oregon State Meet

23 MAR 02 - Medford, OR (kg)

WOMEN SQ BP DL TOT

60 kg.

Trisha Vickrey 82.5 45 115 242.5

67.5 kg.

Teen 17-18

T. Ellingsworth 67.5 37.5 110 215

75 kg.

Teen 17-18

Tara Call 65 42.5 110 217.5

82.5 kg.

Teen 16-17

Sabrina Freed 115 70 142.5 327.5

90+ kg.

Master 4

Adele Ullman 90 52.5 127.5 270

MEN

52 kg.

Teen 14-15

Vaughn Brown 57.5 32.5 85 175

60 kg.

Teen 14-15

Justin Berman 72.5 42.5 100 215

67.5 kg.

Master 40-44

Scott Ricchey 157.5 100 162.5 420

Master 45-49

Brendon Rohan 175 130 227.5 532.5

Master 50-54

Joe Randazzo 140 90 155 385

Open

Ben Rudolph 125 100 165 390

75 kg.

Jake Scheid 190 110 197.5 497.5

Marlon Lopez 150 122.5 205 477.5

Oscar Veneegas 165 110 192.5 467.5

Teen 14-15

Andy Munsey 140 72.5 122.5 335

Teen 16-17

Anthony Lucas 147.5 115 175 437.5

Teen 18-19

Jeff Lee 102.5 97.5 177.5 377.5

82.5 kg.

Tony Ruggiero 215 147.5 245 607.5

Eric Fox 235 137.5 227.5 600

90 kg.

Master 45-49

C. McFarland 197.5 132.5 245 575

Master 55-59

Bud Bower 250 167.5 245 662.5

Open

Geoffrey Preston 272.5 165 262.5 700

Greg Buffington 262.5 175 260 697.5

Joe Farmer 255 155 237.5 647.5

Teen 16-17

D. McFarland 145 97.5 200 442.5

100 kg.

Master 40-44

Bruse Wellborn 165 132.5 182.5 480

Master 50-54

Mike Noble 172.5 142.5 220 535

Master 55-59

John Benner 182.5 145 212.5 540

Open

Jason Burnell 292.5 190 272.5 755

John Morasco 195 167.5 227.5 590

Nathan Eller 195 137.5 205 537.5

110 kg.

Master 45-49

Larry Jones 272.5 147.5 242.5 662.5

Open

Tim Davis 722.5 207.5 285 815

Kevin Eller 242.5 137.5 240 620

125 kg.

Master 45-49

Roger Hendrix 332.5 217.5 285 835

Open

Robert Speno 297.5 212.5 285 795

Sam Glover 260 167.5 250 677.5

Sam Schulz 282.5 182.5 262.5 727.5

125+ kg.

Master 50-54

Don Thomson 122.5 127.5 185 435

Open

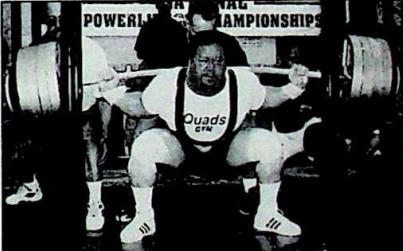
Dean Munsey 320 192.5 320 832.5

Steve Saddler 305 195 305 805

Andrew Snider 260 187.5 235 682.5

Best Teenage Lifter - Anthony Lucas. Best Master Lifter - Bud Bower. Best Open Lifter - Tim Davis. (thanks to Mike Mooney for the results)

The Videotapes



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ED COAN: The Man, The Myth, The Method" by Marty Gallagher. 190 pp, 400 photos - biography, competition chronology, and Ed's training philosophy. \$29.95 + \$5 Shipping (Ill res. + 7 1/4%)

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2002 HighSchool Nationals						
15,17 MAR 02 - St. Louis, MO.						
	SQ	BP	DL	TOT		
GIRLS JV						
97						
Beith Scimeca	77.5	32.5	87.5	197.5		
Kasey Parker	67.5	35	77.5	177.5		
105						
Jennifer Ray	90	50	115	225		
Chelsea Richard	92.5	45	110	247.5		
Joarden Ryder	57.5	37.5	85	175		
Jenny Beck	57.5	30	82.5	170		
114						
Jasmine Brewer	95	42.5	125	262.5		
Megan Payne	90	40	100	230		
Dayna Fitzgerald	67.5	32.5	97.5	197.5		
Jessica Ray	123					
S. Jacobson	87.5	52.5	120	260		
J. Rasmussen	92.5	45	120	257.5		
Jessica Carlness	90	40	100	230		
H. Schaufenbil	80	32.5	87.5	195		
Corrie Gallien	62.5	32.5	97.5	192.5		
132						
Sheila Docken	102.5	55	117.5	275		
Kayrie Spinney	90	47.5	122.5	260		
M. Jovanovich	95	47.5	105	257.5		
Annelise Nelson	102.5	40	107.5	245		
K. Longwell	82.5	35	105	222.5		
148						
Rachel Moore	110	52.5	120	282.5		
Devan Doan	100	65	117.5	282.5		
Ashley Bordeaux	100	42.5	135	277.5		
Jessica Eake	107.5	50	117.5	270		
Sarah Dodson	97.5	45	110	252.5		
Candice Thonn	85	55	105	245		
Autumn Brush	80	45	80	205		
165						
Amy Hocutt	127.5	72.5	142.5	342.5		
Natalie Poff	130	60	137.5	327.5		
Lindsay Pledger	125	62.5	132.5	320		
Heather Landry	115	55	132.5	302.5		
Kate Savoie	122.5	47.5	120	290		
L. Lebakken	100	45	142.5	287.5		
Amanda Martin	97.5	57.5	125	280		
L. Wisniewski	110	55	110	275		
Marquisa Holt	102.5	52.5	112.5	267.5		
Lindsay Bockin	100	47.5	115	262.5		
H. Jo Brenengen	105	32.5	120	257.5		
181						
Ashley Porche	130	52.5	137.5	320		
198+						
Elise Monan	137.5	55	107.5	300		
Delana Charles	92.5	40	85	217.5		
GIRLS VARSITY	97					
Erin Dickey	112.5	62.5	127.5	302.5		
Jennifer Prejan	92.5	47.5	130	270		
Annette Axt	100	47.5	110	257.5		
Maura McMillian	87.5	32.5	117.5	237.5		
Reanna Johnson	70	35	92.5	197.5		
J. Stedlien	67.5	35	77.5	180		
JS						
isa Luc	105	62.5	110	277.5		
B. Waggespack	105	47.5	122.5	275		
Ashley Warren	100	42.5	115	257.5		
Leslie Kiletilo	105	45	122.5	257.5		
M. Robichanux	90	47.5	117.5	255		
Angie Mikrot	90	47.5	110	247.5		
Gayle Sampson	97.5	42.5	105	245		
M. Weltzien	85	40	107.5	232.5		
Lacine Ryland	75	40	97.5	212.5		
Wendy Popik	75	30	100	205		
114						
Carley Nogle	132.5	62.5	142.5	337.5		
Amy Taylor	120	55	130	305		
Amanda Foret	115	47.5	110	280		
Raquel Tapia	100	50	115	265		
Lauren Grubb	95	47.5	122.5	265		
Rachel Pittman	90	52.5	117.5	260		
Danielle Cross	92.5	42.5	112.5	247.5		
Stephanie Nick	80	47.5	115	242.5		
Lauren Houle	80	47.5	115	242.5		
Sarah Casperson	72.5	37.5	102.5	212.5		
123						
Alyssa Hitchcock	135	60	147.5	342.5		
Angelle Matt	125	60	135	320		
R. Fernandez	122.5	47.5	130	300		
Stephanie Baer	117.5	52.5	135	297.5		
Andrea Seeling	97.5	47	120	265.5		
Jaclyn Wolff	87.5	50	125	262.5		
Lainey Branham	100	40	115	255		
D. Roseboom	82.5	45	115	242.5		
Kristy Robert	75	50	95	220		
132						
Amber Mesik	140	62.5	150	352.5		
Adrian Queen	122.5	62.5	140	325		
Libby Cable	122.5	55	147.5	325		
L. Vlachakis	120	52.5	142.5	315		
R. Christensen	122.5	55	127.5	310		
Cassie Dahl	112.5	52.5	140	305		
Stacy Vlachakis	122.5	45	137.5	305		

Kristy Vanderlick	115	50	135	300	Alison Maurer	125	72.5	145	342.5	Tina Fontenot	137.5	75	150	362.5
Katherine Tyrell	112.5	52.5	122.5	287.5	S. Marie Ecker	125	67.5	130	322.5	Shea Wallus	135	92.5	147.5	362.5
Jillian Gurlaski	100	52.5	125	227.5	Amy Schmidt	117.5	62.5	135	312.5	S. Beth Stratton	125	65	137.5	327.5
Candice Pierre	105	47.5	122.5	275	Jessica Crain	115	50	142.5	307.5	Tessa Browning	95	42.5	95	232.5
Natasha McLean	95	62.5	112.5	270	Kelli Hatfield	110	47.5	117.5	275	Megan Baldauf				
Athena Stedman	95	42.5	117.5	255	Tonika Ali	105	47.5	125	267.5	Jennifer Kuhnell				
Alana Burnett	87.5	52	112.5	252.5	Haley Meyer	90	47.5	115	250	BOYS JV				
Kelsey Fayard	100	47.5	102.5	250	Alissa Rynearson	92.5	37.5	105	235	114				
Allison O'Quin	97.5	42.5	105	245	Kristy Denney	148	181			Eric Kratz	112.5	65	137.5	315
Amy Ingram	87.5	45	105	237.5	Amy Hasner	127.5	140			Timothy Cross	125	70	115	310
					Randy Roberts	120	60			Robert Blusehi	107.5	52.5	142.5	302.5
					L. Marie Brown	125	55			Kyle Dahl	112.5	60	130	302.5
					Ashley Proctor	115	57.5			Joshua Painter	105	60	122.5	287.5
					K. Michiels	120	57.5			Brady Courville	110	50	120	280
					M. Lydia Emmott	120	62.5			C. Terrell	75	55	117	247.5
					M. Guldry	135	70			Kyle Mikulecky	87.5	45	112.5	245
					A. Kummer	127.5	130			David Albus	72.5	45	117.5	235
					A. Hampton	130	67.5			Even Mathews	70	50	102.5	222.5
					A. Amanda Set	112.5	57.5			Joe Cefalu	75	35	102.5	212.5
					J. Jennifer Terre	112.5	57.5			Jeremy Meyer				
					M. Mindy Guidry	160	75			Daniel Brignac	140	67.5	147.5	355
					S. Maggen Millen	140	100			Bart Marks	125	77.5	155	325.5
					S. Sara Lind	127.5	67.5			John Miller	140	72.5	140	325
					M. Jennifer Guldry	160	100			Nick Sharpless	102.5	52.5	137.5	265
					A. Lydia Emmott	110	62.5			Zach Branson				
					M. Anna Herman	95	75			Nick Renderer				
					J. Jessica Schiff	97.5	65			Thomas Roshto	105			
					P. Patty White	107.5	67.5							
					E. Emily Hasner	120	42.5							
					S. Stacy Jarred	112.5	52.5							
					M. Jenni Danes	107.5	57.5							
					R. Randi Smith	120	47.5							
					C. C. Hawkins	92.5	55							
					S. Traci Till	147.5	72.5							
					A. Ashely Sanders	170	72.5							

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Derek Baker	245	117.5	272.5	635
Dustin Lejeune	237.5	135	257.5	630
Brennan Patrick	237.5	125	260	625
Harold Senegal	235	127.5	285	582.5
S. Blackwell	227.5	120	222.5	570
Jessie Betzinger	220	120	222.5	562.5
Austin Randolph	195	125	240	560
Jerry Jarreau	222.5	115	217.5	555
G. Malbreau	207.5	115	230	552.5
J.E. Michael	200	127.5	220	547.5
David Turnage	205	122.5	195	522.5
J. Brockway	190	127.5	205	522.5
Bryan Lemoine	200	85	227.5	512.5
Partick Krieger	195	117.5	185	497.5
Glen Henderson	177.5	95	207.5	480
Adam Wyant	142.5	102.5	200	445
Joey Evans	160	95	170	425
Cardy Tronfante	235			
	220			
Terrance Beasley	267.5	157.5	287.5	712.5
Ed Queen	242	130	272.5	645
Bryan Forte	230	130	245	605
Garet Koxlien	237.5	112	235	585
John Fox	192	142.5	240	575
Joshua Stedman	197.5	125	230	552
Chris Locke	222	107.5	205	535
Tim McGlothlin	200	112.5	195	507.5
Ervin Tuschel	170	112	195	447.5
Ian Maland	190	127.5		
	242			
Ed Niermann	272.5	172.5	275	720
Ryan Arroyo	292.5	120	290	702.5
Cody Walters	262.5	160	277.5	700
Nick Martin	255	142.5	267.5	665
Ivory Grant	257.5	132.5	250	640
John Robert	240	122.5	267.5	665
Nate Bagley	222.5	132.5	190	545
	275			
Greg Theriet	320	155	287.5	762.5
Greg Kiraki	265	160	252.5	677
L. Hammonds	252.5	132.5	230	622.5
D. Waddington	215	130	262.5	607.5
Kyle Konpela	205	152.5	237.5	595
Edward Lewis	212.5	110	260	582.5
Robert Gotz	250	105	185	550
Joseph Charlot	212.5	115	217.5	545
Paul Bone	205	105	220	530
D. Shoemaker	180	125	207.5	512.5
Kyle Fischer	137.5	72.5	170	372.5
Adam LaMarsh	102.5	107.5	152.5	362.5
Pat Osborne	245	157.5		
Dan Kennedy				
SHW				
Charlie Martin	295	175	255	725
Ryan Risner	275	207.5	242.5	725
Omain Gullette	280	150	280	695
Andrea Harrell	262.5	152.5	242.5	657.5
Everette Walker	255	147.5	245	647.5
Jakob Langhoff	230	127.5	240	597.5
Zachary Leger	237.5	112.5	247.5	590
(thanks to USAPL for providing these results)				

Super Bench 2001
13 OCT 01 - Fitchburg, MA

MENS OPEN	J. Joyce	232	400
148	33-39 SubMaster Men		
Al Haase	D. Bloom	160	335
165	E. Paskell	236	550
David Bloom	S. Casey	252	380
181	Jackman	275	565
Joel Monroe	Brian Keller	318	475
Sam Malone	40-44 Master Men		
220	K. Mattson	207	420
Shane Decato	R. Brogna	230	450
Ken Mattson	Jody Berndt	231	430
Justin Boughton	Men Novice		
242	Limbaugh	120	305
Elwin Paskell	Lloyd Miles	237	340
Jody Berndt	50-54 Master men		
275	Al Haase	142	270
Jackman	C. Frost Jr.	192	370
Shawn Casey	WOMENS OPEN		
Pat Herrick	165		
SHW	Meghan Filgate	185	
Brian Keller	181		
20-23 JRMen	Sheri Minor	155	
V. Paskell 132	40-49 Master Women		
T. Monroe 165	C. Khouri	144	135
H. Gordon 180	50-54 Master Women		
M. Limbaugh	M. Barba	265	185
Super Bench Meet Director - Louie LaPointe.			
Scorer - Dave LaRoche. Judges - Bill Durant,			
Dave Miller, Marilyn Barba, Ken Mattson. Spotters - Lionel Fisk, Jerry Boucher. Best lifter: Men - Elwin Paskell. Women - Meghan Filgate. Master Men - Calvin Frost Jr. Master women - Marilyn Barba. Highlights of the meet were: Al Haase at 142 benching 270 for 1st at 148 and 2nd in the master 50-54, 24 year old Shane Decato doing 480 at 220. This young man has			

a great future. 242 pounder Elwin Paskell got an easy opener with 550 and just missed 600. He was also Men's best lifter. 54 year old Clavin Frost from Windsor VT. won masters best lifter with a fine 370 at 192 lbs. Calvin is one of those people whom you enjoy having at your contest. He's always smiling and is a great competitor. 53 year old Marilyn Barba won the womens master best lifter. Marilyn is also a joy to have at my contests. She's always willing to help. Marilyn also judged and did a great job as usual. This women knows her lifting. I must mention Ryan Desmond. Although Ryan bombed it was on a technicality. He locked out 750 lbs. weighing 284. Just before the signal to rack it his right arm barely unlocked. This man will exceed 800 lbs very soon. (thanks to Louie LaPoint for providing the competition results)

Christa Swenson	215	110	95	420
165 lbs				
Savanna Tale	170	85	210	465
165+ lbs				
Deb Anderson	265	135	280	680
Jenny Steinkopf	140			
JUNIOR MEN				
114 lbs				
Corey Burton	115			
123 lbs				
Mitch Johnson	230	115	245	590
132 lbs				
Brady Kovank	165			
148 lbs				
Tyler Soderstrom	240	220	275	735
Austin Bachman	190			
165 lbs				
Derek Mickelson	245			
Kyle Hanson	195			
Adam Mostad	195			
181 lbs				
Jeremy Christensen	365	265	350	
980				
Mike Neels	280	230	450	960
Jay Axness	300	200	365	865
Francis Nelson	290	185	380	855
Herman Sanchez	255			
198 lbs				
Dustin Ulmer	270			
220 lbs				

Andrew Bachmann
220+ lbs
Dan Kennedy 550 340 470 1360
Foster Lydahl 420 225 450 1095
Jon Moore 375 315 410 1100
Sam Ross 315 300 452.5 1067.5
Joel Vacek 405 240 400 1045
Nick Kuvaas 350 245 395 990
Art Escobar 265
Keith Kinnen 270
The annual Heart of Lakes High School Powerlifting and Bench Press Championship was held on March 23rd at the Pelican Rapids High School gymnasium. This year's event marked the first time competitors were offered the opportunity to compete in a full powerlifting meet rather than only the bench press, and we were pleased that 20 lifters stepped up to the increased challenge. However, due to scheduling conflicts at schools with some of the larger contingents of lifters, there was an abnormally small turnout for the bench press only competition. Only six junior women entered the competition, but five of them performed all three lifts. Deb Anderson of Fergus Falls was the women's overall champion with a squat of 265 lbs, bench press of 135 lbs, and a deadlift of 280 lbs for a total of 680 lbs. On the junior men's side, 15 competitors vied for trophies in the full powerlifting meet. Dan Kennedy of Eagan was the overall champion with a squat of 550 lbs, bench press of 340 lbs, and

Heart of Lakes High School PL & BP
23 MAR 02 - Pelican Rapids, MN
JUNIOR WOMEN

	97 lbs	SQ	BP	DL	TOT
Erin Nelson	115	72.5	165	352.5	
	132 lbs				
Trista Erickson	170	130	210	510	
	148 lbs				

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a deadlift of 470 lbs for a total of 1360 lbs. Several lifters found that getting down to, and then up from, legal depth in the squat was their greatest challenge. A few were disappointed with their personal results, though they knew they were all being held to the same standards by the judges. Minnesota Powerlifting Association President Jerry Gneffe and other MPA officials graciously offered to judge the competition, and drove three hours from the Elk River area to get here. Because they judged it, all lifting records attained this year are recognized by the MPA. The MPA website posts these records at <http://www.minnesotapowerlifting.com>. Trophies were awarded to the top three lifters in each weight class for both full powerlifters and bench press only competitors. Placements in the women's 165+ and the men's 220+ classes were computed using the Wilks formula. Additionally, sculptures were awarded to the women's and men's overall best lifters. Once again, thanks go to the Pelican Rapids High School administration for making their facilities available for this event. Their continued support and efforts to provide positive activities for all the kids is commendable. Also, thanks to Coach John Anderson for helping behind the scenes to ease the burden of preparation and conducting the competition. Finally, thanks to Vera Nelson, the 2002 USAPL Master's 114 Champion, who ran the head table. (thanks to Jerry Gneffe for this report)

USAPL Military Nationals 10 MAR 02 - Killeen, TX (kg)

BENCH PRESS	TODD NERLIN	132.5	M/O	132
WOMEN	198	D. AMOS	92.5	67.5
132	CHRIS TURNER	148	JENNIFER FENTI	65
JENNIFER FENTI	65	O/J		
198	MILIK RASHEED	197.5	K. WALFORD	142.5
P. CALHOUN	97.5	170	O	92.5
	M. FILUSETA	152.5	C. BURROUGHS	130
132	220		72.5	140
CODY HYNES	95	RICKY DALE	237.5	342.5
165	ENNIS WHITE	210	M. JESUS	92.5
JOE WILLIAMS	152.5	J. REED	172.5	60
PHILL TAYLOR	147.5	S. PETERSON	150	122.5
TONY LASZACS	92.5	242	D. COVINGTON	160
181			70	270
J. MARTINEZ	177.5	ROBIN RILEY	205	167.5
KENNETH RICE	162.5	GARY PAMPLIN	205	397.5
J. BURDETTE	157.5	AL HORNE	220	
TONY HIBBERT	150	LARRY FENTI	212.5	
DIANE SIVENY	117.5	C. THOMPSON	212.5	
D.JACKSON	95	WOMEN	SQ	
	65	BP	DL	TOT
114				
M				
LISA CARROLL	75	40	95	210
123				
M/O				
DIANE SIVENY	117.5	67.5	142.5	327.5
D.JACKSON	95	65	150	310

JR	R. HANDZIAK	152.5	125	172.5	450	
M	KEITH JAMES	165				
O	J. BOURGEAULT	217.5	145	245	607.5	
O/I	ERIC WALTON	202.5	140	250	592.5	
O	V. CARDWELL	215	132.5	237.5	590	
O/M	FULTON WHITE	192.5	132.5	245	570	
O	J. WILLIAMS	177.5	152.5	210	540	
A. LASZACS		92.5				
T. EDWARDS	181					
O/M	L. WOODLEY	282.5	160	305	747.5*	
O	TONY HIBBERT	257.5	150	260	667.5	
TODD NERLIN	177.5	132.5	222.5	532.5		
J. BURDETTE	170	157.5	200	527.5		
JUAN PEREZ	162.5	127.5	217.5	507.5		
JASON CAROS	167.5	115	145	435		
M	A. HAMBRIC	215	162.5	265	642.5	
J. MARTINEZ		177.5				
KENNETH RICE		162.5				
198	O					
MIKE HAYDEN	240	177.5	227.5	645		
MAX RIPPEL	225	160	235	620		
ADAM UPSON	175	147.5	235	557.5		
T. PARMITER	185	160	170	515		
DAVID REEDER	M					
RAY BAXTER	262.5	165	237.5	665		
JR	S. ROBINSON	205	165	240	610	
F. MARCANO	207.5	140	232.5	580		
BRETT BECKER	190	112.5	260	562		
220	O					
ENNIS WHITE	262.5	210	290	762.5		
F. SCHUETZ	260	195	265	720		
S. PETERSON	227.5	150	232.5	610		
F. RICHARTZ	212.5	125	245	582.5		
J. ADAMS	175	120	180	475		
JR	MARIO ROJAS	252.5	187.5	257.5	697.5*	
242	O					
DARRELLE EVANS	287.5	215	287.5	790*		
ROBIN RILEY	265	205	300	770		
JACK REAPE	287.5	192.5	272.5	752.5		
DAN HUGHES	260	192.5	260	712.5		
R. WILLIAMSON	180	150	150	480		
M1	GARY PAMPLIN	295	205	242.5	742.5	
O	ROBERT HUNE	200	150	200	550	
JR	MATT LAWLESS	200	155	237.5	592.5	
275	O					
RICH LAWTON	310	215	290	815*		
LARRY FENTI	280	212.5	287.5	780		
JERRELL RICE	150	137.5	182.5	470		
M	C. THOMPSON	275	212.5	282.5	770*	



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165 Bench Press	Tom Skiver
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181	Teen Bench
D. Herndershot	355
Eric Wooley	350
198	Tom Skiver Jr.
Tom Proffit	435
Mike Mascott	405
220	Mark Sanchez
Jason Hillard	430
Joe Becker	365
Dave Madar	325
242	Mark Mascott
Steve Imkamp	550
A.J. Zoolensky	405
Deadlift	Andy Bates
	Ray Zimmerman
	425

(thanks to Pump Total Fitness for the results)

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WDFPF Assisted Worlds (kg)
20-21 OCT 01 - Birmingham, GB

WOMEN	SQ	BP	DL	TOT
58.5 kg				
M3				
Brigitte Guyot	90	52.5	150	292.5
63kg				
M3				
Sylvie Auger	100	55	110	265
SNR				
Maryse Peluhet	160	75	155	390

MEN

52 kg

SNR

Barry Crowley

67.5 kg

M10

Ron Cluer

SNR

Mark Quinn

180

117.5

227.5

525

Peter Bedford

75 kg

JNR

Robby Pauwels

195

130

210

535

M1

Patrick Breton

210

120

270

600

Allen Ottolangui

205

120

160

485

Tony Pierce

150

100

155

405

George Troullis

M6

T. Johnston

110

85

150

345

M7

Derek Marshall

142.5

80

180

402.5

SNR

Dean Mikosz

255

155

225

635

George Troullis

82.5 kg

JNR

Neil Aberry

262.5

160

250

672.5

M1

Martin Farrow

120

95

145

360

M1

Steve Young

210

125

262.5

597.5

John McKay

207.5

135

252.5

595

M2

E. Van Niekerk

260

130

220

610

M4

Roger Murray

165

125

230

520

SNR

Benny Verbeke

275

140

317.5

732.5

Rick Meldon

285

165

250

700

Niel Aberry

262.5

160

250

672.5

90 kg

M2

Andy Bonner

287.5

165

285

737.5

M4

Andy Davies

212.5

135

240

587.5

T2

100 kg

T3

Nicolas Riccardi

190

120

222.5

532.5

SR

Matt Saunders

305

212.5

332.5

850

Derek Roast

265

175

285

725

A. Krasikov

262.5

190

250

702.5

Gianni Vermotte

250

147.5

252.5

650

A. Mc Donagh

140

20

170

430

Mark Norton

M1

Philippe Nezosi

240

150

220

610

M2

Les Pilling

265

140

280

685

SR

Peter Fisher

285

162.5

265

712.5

M1

Les Harriot

340

225

320

885

M2

Brian Mitchell

220

150

250

620

SR

Correy Ferrell

330

182.5

340

852.5

Maxim Tikhonov

305

185

290

780

M2

Peter Sutton

M2

H. Davidson

235

160

250

645

M4

Noel Cogne

250

135

240

625

M5

Roy Olsen

240

160

250

650

JR

Marin Vlahovic

240

185

240

665

SR

Audley Baker

350

230

340

920

WDFPF UnAssisted Worlds (kg)

20-21 OCT 01 - Birmingham, GB

WOMEN

53 kg

M1

Rose Lozano

100

0

55.5 kg

M2

Glenis Tudor

90

50

102.5

242.5

58.5 kg

SR

Claire Swain

70 kg

SR

Melanie Golding

105

52.5

145

302.5

58.5 kg

M1

Melanie Golding

100

67.5

145

312.5

58.5 kg

M5

H. Hollingsworth

85

47.5

125

257.5

58.5 kg

SR

Maureen Sage

50

45

185

58.5 kg

M6

Grace Cloninger

90

55

112.5

257.5

58.5 kg

SR

Brian Forbes

130

102.5

170

402.5

58.5 kg

M1

Brian Forbes

130

102.5

170

402.5

58.5 kg

SR

Steve Williams

capabilities. He tried to equal his personal best total with his third deadlift of 335 kg, which was lifted easily but unfortunately was hitched slightly at the top so it was not passed. His best deadlift is 340 kg, which he still looks capable of pulling. Les has become notorious with blowing out bench shirts (I believe he blew two out at the British championships last April), and on his last warm up he blew a shirt. He replaced it and made his first two attempts strongly, but on his last attempt he again blew his shirt. When Les sorts out a bench shirt properly he will go 240 kg+ in the lift. With the ability to squat 350 kg and deadlift 340 kg, a 930 kg total is possible next year, and I would not bet against him passing the 935 kg total WR of Bull Stewart in the near future. I should also mention that Les also won the M1 (40-41) title - that's right - he is a master lifter. An interesting incident actually occurred when Les was just about to take his second attempt bench, as the hotel fire alarm went off. Les just ignored it and completed his attempt, but after it everyone had to march out to the front of the hotel (including some rather nimble young ladies in their night clothes who obviously were running in early as it was only about 6:30 in the evening) and wait while the firemen who arrived in three fire engines, and checked for a fire. There was none, so everyone marched back in and carried on with the lifting. This is actually a funny coincidence as the last time a Powerlifting World championship event was held in Birmingham it was the IPF worlds in 1992 when the fire alarm was set off in the hotel where the lifters were staying at Sam, and apparently Kirk Karwoski is still looking for the guy who set it off. Well, Kirk, it appears the same guy was in at the Novotel hotel on the 20th of October so next time a world championship is held in Birmingham you know where to find him. Second in the class was Peter Fisher from England who has only started lifting equipped this year. He is built for Powerlifting and is an excellent squatter, he opened with 285 kg but unfortunately got red lights for depth, though it was very close. He made the lift easily on a second attempt, but he missed his third at 292.5 kg, again on close depth call. Pete totalled 712.5 kg. World champion at 125 kg. was Corey Ferrel of the USA with an excellent total of 852.5 kg. Corey's first squat was high, so he repeated the 292.5kg very easily on his second. He then made a big jump to 330 kg that was also made with ease. Cory was good for at least 10 kg more. He benched solidly with a last attempt 182.5 kg pressed strongly. Cory is an excellent deadlifter and pulled a personal best 340 kg on his third. Cory could have done more in all his lifts. Second place Maxim Tikhonov of Russia had moved up from 110 kg and a so had his lifts. His form looked very filled out and his total was an excellent 780 kg at only 111.8 kg bodyweight. The extra weight gave him good leverages in the squat and bench, meaning at subtotal time he was not too far back from Ferrel, but his body type does not suit the deadlift and even though he pulled a good 290 kg he could not do anything to catch the American. Pete Sutton of Wales would have been contention if had got a bench in, as he squatted 300 kg, but unfortunately he bombed out at his opening bench weight of 200 kg. President of the BDFPA (WDFPF British affiliate) Roy Olsen set more WRs than anybody else, with a record in the squat, bench, deadlift and total at M5 (60-64) - he totalled 650 kg - an incredible performance. At 145 kg last year Audley Baker had really exploded with an amazing performance, setting a new squat WR at 390 kg and total WR at 970 kg - the second highest total ever in the WDFPF competition. This year Audley was not quite in that form but still totalled 920 kg, which gave him third on the Schwartz formula. Audley seemed to be uncomfortable in the squat, but dug in on his final try with 350 kg for a success. His benching went well and he made his second at 230 easily. He tried a personal best 235 kg on his third and, judging by his other attempts, it looked like it would go, but it was just missed at the top. Audley made a 340 kg deadlift very easily on his third after missing it on his second; and it looked like he could have pulled 360 kg. Audley will squat 400 kg in the near future and be the second person ever to total 1000 kg in the WDFPF, it is only a matter of time. Audley, like Matt Saunders, has now won 5 WDFPF titles in a row and is also chasing Bull Stewart's record. Martin Vlahovic of Croatia won the juniors with a 665kg total.

Day 2: Unequipped - Women - There were more women lifting on this day, but the numbers were still very low. There were some notable performances, however. Claire Swain of England won the 58.5 kg class with an impressive 302.5 total and a close to triple bodyweight deadlift of 145 kg, which was made easily. Melanie Goldring of England totalled 317.5 kg at 70 kg she also won the M1 category and was best lifter for the women. The M6 (65-69) 80kg class was won by Grace Clonninger of the USA, with an amazing 257.5 kg total. Winner of the junior and senior title at 90kg+ was Stacie Sullivan of Australia, who is the current Australian junior shot put and discus champion. She has only been squatting and deadlifting for a short while, but benching since the age of 12. She totalled a strong 393 kg total for a junior WR and shows good

From the World Drug Free Powerlifting Federation, Inc. - Attention U.S. Citizens seeking competitive and/or administrative positions (including positions on the ADFPF Board of Directors, W.D.F.P.F. Committee membership, and/or International Referee rank) within the WDFPF. The World Drug Free Powerlifting Federation offers various annual international championships in POWERLIFTING as well as in the individual SINGLE EVENTS. 2002 Calendar of W.D.F.P.F. Sanctioned events: May 11 & 12: The W.D.F.P.F. European Powerlifting championships - MELUN, FRANCE (1/2 hour drive South Southeast from Paris) SEPTEMBER 27, 28, & 29th: The W.D.F.P.F. European Single Event Championships - ANTWERP, BELGIUM. Meet Director Wim Backelant. Tentative Schedule: Friday, Sept. 27 EQUIPPED and UNEQUIPPED SQUAT competition. Saturday, Sept. 28 EQUIPPED and UNEQUIPPED BENCH PRESS competition. Sunday, Sept. 29 EQUIPPED and UNEQUIPPED DEADLIFT competition. OCTOBER 18th: The 2002 W.D.F.P.F. CONGRESS - EDINBURGH SCOTLAND (00 to 10:00 a.m.: WDFPF Registration of nations. 10:00 a.m.: Start of Business meeting. 1:30 p.m.: Bid presentation for 2003, 2004 and/or 2005 seasons. 7:00 p.m.: Referee's meeting 8:00 p.m. To 9:30: Equipment Check for athletes OCTOBER 19 & 20th: The W.D.F.P.F. World Powerlifting Championships - Marco's Leisure Club; 55, Grove Street, EDINBURGH SCOTLAND. Meet Director: Hamish Davidson. NOVEMBER 22, 23 & 24th: The W.D.F.P.F. World Single Event World Championships - CAPIAGO INTIMANO ITALY (near Como in Northern Italy). Meet Director: WDFPF-Italia. The 2002 W.D.F.P.F. Schedule follows: Each sanction competition provides opportunities for lifters to compete in both the EQUIPPED Division and/or the UNEQUIPPED Division (lifting belt and wrist wraps are the only supportive equipment allowed). EQUIPPED Division W.D.F.P.F. World, Police/Fire/Military and European Records for men and women are kept in each weight classes and age categories listed below. UNEQUIPPED Division W.D.F.P.F. World and Police/Fire/Military Records for men and women are kept in each of the weight classes and age categories listed below: The W.D.F.P.F. includes competitions in the following weight classes: FEMALE: 44.0 kgs. (Top limit 97.00 lbs.) 47.5 kgs. (97.01 - 104.50 lbs.) 50.5 kgs. (104.51 - 111.25 lbs.) 53.0 kgs. (111.26 - 116.75 lbs.) 55.5 kgs. (116.76 - 122.25 lbs.) 58.5 kgs. (122.26 - 129.00 lbs.) 63.0 kgs. (129.01 - 139.00 lbs.) 70.0 kgs. (139.01 - 154.25 lbs.) 80.0 kgs. (154.26 - 176.25 lbs.) 90. kgs. (176.26 - 198.26 lbs.) +90.0 kgs. (198.26 - unlimited) MALE: 52.0 kgs. (Top limit 114.50 lbs.) 56.0 kgs. (114.51 - 123.50 lbs.) 60.0 kgs. (123.51 - 132.25 lbs.) 67.5 kgs. (132.26 - 148.75 lbs.) 82.5 kgs. (148.76 - 165.25 lbs.) 90.0 kgs. (181.76 - 198.25 lbs.) 100.0 kgs. (198.26 - 220.25 lbs.) 110.0 kgs. (220.26 - 242.50 lbs.) 125 kgs. (242.51 - 275.50 lbs.) 145.0 kgs. (275.51 - 319.50 lbs.) +145.0 kgs. (319.51 - unlimited) The W.D.F.P.F. offers competition in the following AGE Categories: OPEN (minimum age 14 years; no maximum age constraint); TEENAGE 1 (14 - 15 years); TEENAGE 2 (16 - 17 years); TEENAGE 3 (18 - 19 years); JUNIOR (20 - 23 years); MASTERS' 1 (40 - 44 years); MASTERS' 2 (45 - 49 years); MASTERS' 3 (50 - 54 years), etc. in 5 year increments. Directions for participation within the structure of the World Drug Free Powerlifting Federation, Inc. follow: The American Drug Free Powerlifting Federation is the US affiliate to the WDFPF, US Citizens wishing to participate within the WDFPF must be ADFPF members. For ADFPF membership information, registration form and a US Team application form, send your postal address to the WDFPF Secretary General via addresses given below. Military personal stationed in Europe may contact the Secretary General or our ADFPF/WDFPF European Liaison, Paul Waits, for membership information concerning the WDFPF and the ADFPF. Paul's e-mail address is: <Paul.Waits@mildenhall.af.mil> at internet. Additionally, military personal may phone Paul FREE OF CHARGE, from any base using a military DSN number at Paul's base in Mildenhall: DSN 238 2339 RAF MILDENHALL. Send questions along with ADFPF membership Information packets to the W.D.F.P.F. Secretary General: Judith M. Gedney Brophy Hall Western Illinois University Macomb, IL 61455 U.S.A. E-mail address: <JM-gedney@wiu.edu> Fax: 309-298-2981

potential.

The Men: Brian Forbes of Ireland won the 60 kg class with a 402.5 kg total he also won at M1. Brian is the president of the IDFPA (Irish Drug Free Powerlifting Federation). At 67.5 kg Mark Quinn of England repeated his win from the day before and became a double world champion with a 462.5 kg total. Andrew Jones of England was the junior and

Senior champion at 75 kg with a 497.5 kg total. Andrew has only just turned 20 and won the British champs as a teenager. It was a close battle with Carl Granfield of Finland who totalled 482.5 kg for second. At 13 (18-19) Paul Morris of England totalled 452.5 kg for the win and Michael Marcinkowski of Canada totalled 480 kg at M3 and also came third in the Snrs. He also squatted a new

master WR of 155.5 kg on a fourth. Winner of the 82.5 kg class was junior equipped champion Neil Abery with a 595 kg total. The day before Neil had been a bit disappointed, just missing out on a number of records, but he more than made up for it this day with a Jnr and Snr WR squat of 217.5 kg, Jnr WR deadlift and a Jnr WR total. All in all it was a great weekend for Neil as he was also best junior lifter both days. Second was world total record holder in this class Mike Joseph of England with a 580 total, which was a bit off his 602.5 kg record. Mike cut his last squat even though there was plenty left and had problems with secondary knee lock in the deadlift. In the bench though it was a different story! Mike has only been doing all three lifts for one year, before that he only competed in the bench press where Mike really is something special. He has been after a WR in the bench for a while and when he was at 75 kg he came close to the WDFPF raw bench record of the great USA lifter Martin Beavers. At 82.5 kg he has also been close to the WR for a while, but today was the day that he made it after a strong third attempt with 190 kg. He called for the 193.5 needed for the record. It moved slowly, but kept moving the whole way. Mike finally had that WR. Mike will bench 200 kg raw before he is finished in the 82.5 kg class. Third place was Glen Stephens of Australia, who made all lifts look like limit even though he made every attempt in totalling 577.5 kg. At M5 Keith Murdie totalled a strong 447.5 kg, which was also good enough for fourth in the Snrs. Julien Mealey of England totalled 380 kg for the win at T2 (16-17). Mark Lane of Ireland won the Snrs at 90 kg with a 635 kg total. He also won at M1, but had a much harder job only just beating Frances Pascal Mauhoural, who totalled 632.5 kg. Mark deadlifted a 290 kg which was a long hard pull he never gave up on, the lift was also a WR. At Jnr former natural bodybuilder Jean-Pierre Uldemolins of England won with a 548 kg total WR that included a WR squat of 211 kg. Gorindo Vendell of Italy won the T3 class with a 492.5 kg total. At 100 kg Dave Franklin of England totalled 617.5 kg for the win achieving personal bests on both the squat and deadlift with room to spare. Les Pilling became a double world champion again by winning the M2 class with a total of 640 kg. At M3 Chris Ward of England totalled 590 kg and tried to better his own WR deadlift with a 271 kg effort, but he unfortunately missed it. In the 110 kg class Stephen Fisher of England totalled 677.5 kg for the win. Steve tried to up his own WR squat on his second and third attempts with 257.5 kg, but it just would not go. At M1 Derek Cop of England totalled 605 kg for a WR. His 202.5 kg WR squat was performed very easily and he also pulled a WR deadlift of 268 kg. Derek is a very entertaining when he deadlifts as he gets in a raging psyche which really entertains the crowd. At M3 (50-54) the winner was Ian Tudor of England or as Wim the announcer pronounced it in his Belgium accent 'Iron' Tudor, a name that proved to be a very appropriate, as he totalled 702.5 kg. Ian has been lifting for years and is still improving in his fifties, showing just how long you can keep improving if you are drug free. Ian in fact was the only lifter present that competed in the first ever WDFPF world championships in 1988 - where he totalled 685 kg with equipment, which again shows his improvement. Ian is infamous for his sink-in bench press style, which was best described by Andy Kerr in his *Powerlifting USA* report of the first WDFPF Worlds with the words, 'A sink in style so pronounced that the bar was nearly touching the bench'. It obviously works for Ian as he has been benching around the 200 kg mark raw for years. Both Ian's bench and deadlift were slightly down on his past best so expect to see an even bigger raw total soon. At 125 kg Raymond Christie of Scotland totalled 645 kg with some strong lifting. At M2 Hamish Davidson also of Scotland totalled 600 kg. Hamish is a former winner of the Highland Games and one of only three men to ever press the Inver stone overhead, and the list of three includes Bill Kazmierl David Fitzhenry of Ireland won the 145 kg class with a 675 kg total and some strong solid lifting. Second was Alastair Christie of Scotland who had recently been ill and because of it lifted was well below his best totalling only 590 kg. The lifting ended at around 9pm each day. The awards were in the form of large silver cups varying in size for the placings. The best lifter awards were crystal decanters set in wooden bases, which were very classy. A nice touch was that all the refs and officials were awarded plaques as a way of saying thank you for all their efforts to make the meet a success. The Equipped lifting awards were given out after the lifting on Saturday and the Unequipped lifting awards were given out at the banquet that was held on Sunday night. The banquet was well attended and all who stayed for it had a good time. As always 10% of lifters were subject to target urine analysis drug testing, which were conducted by WDFPF president Andrew Cominos, with the help of Mark Lane, the IDFPA's drug testing officer. All results are subject to the outcomes of the drug tests. All in all the championships were a great success. Next year the WDFPF worlds will be held in Scotland, again in late October. (thanks to Alasdair Mealy for results and report)

(article continued from page 16)

Tony won the APF Seniors @ 220 just 3 years ago. Rocky leaned and went low with 551. Good! After Hardridge SQ'ed 606 (missing 639) Tilson quantum-leaped to 705. He got pinned on his 2nd attempt, but came back and buried it, struggling until near the finish. It appeared the spotters touched the bar prematurely and what seemingly would have been a good lift was nullified. On to the bench. Tilson shoved up 352, but didn't finish tries with 386 and 402. Hardridge muscled up 391 and had a commanding lead- 997 to 903 - going into the DL. Hardridge had a hurt back, which enabled Tilson to make up lost ground. Alvin got only 485 and finished with a 1482 TOT. Tilson pulled a 551 opener, and then won his first National title with a well executed 2nd attempt (633) - TOT 1537. He tried 705 bravely, but the bar came just knee high. Troy Morris was outstanding winning the 40-44 age group. Morris went: SQ 699, BP 451, DL 677, TOT 1929. Delbert Shay, who had survived a terrible vehicle accident, gamely hit SQ 600, BP 363, DL 507, for a TOT of 1471 in 2nd place. Ron Perkins came in with a back injury and was way down in his lifts. With Joe Avigliano helping coach him Ron survived, winning the 45-49 division w 1708 TOT. Manuel Sanchez, 46, 253 did a TOT of 1449 placing 2nd. Bad luck for Ron Carbo as missed all his SQs, as he did in the State meet. Brian Meek, 56, swept the 55-59 WRs. He SQed 766 and actually got up with 876, a full hundred lbs. more than he took to parallel. When he saw the red lights Brian got as angry as a rhinoceros, but that kept him full

of adrenaline. Meek benched 501, then a 529 WR, and he almost had 551! Wow! In deadlift, Brian got WRs with 661, 683, and then called it a day - 1978!

308: Walt Faulkner, 44, 281.7 of Monterey, CA got his SQ opener with 722, then missed big tries of 804 & 810. Walt missed, the made a 429 BP on a 3rd. A 584 DL opener won for him, and set Walt up for his AR success with 666! No go with 683 - 1818 TOT. Frank Cable, 49, 299.4, with his salt & pepper beard, has a deceptive gentle demeanor. He is nothing but business on the platform and well deserving of his first National title. He successfully repeated his 749 SQ on his last try! Quite a powerhouse when it comes to benching - his 501 EZ opener was followed by two heavy misses (529). With his 600 pull Frank totaled 1851. Well done.

SHW - Nick Benjamin, 42, 337.7 went through 8 successful lifts like precision clockwork before missing his last DL of 611: SQ 672, BP 518, DL 584, TOT 1774. "Big Daddy" John Ford of Daly City, CA came in at 308.86 and took the 45-49 Super title. Ford was in a jovial mood. Recruited by Kim's Gym to lift for them here, Daddy made a good 722 SQ, but could not sink 771 low enough. John got a 407 BP, then ripped up three DLs that looked to be the easiest of anyone in the whole meet: 661, 683, and finally 705. He was good for a whole lot more - TOT 1835 - and big John had won! Tim Nugent, 53, @ 341.3 owned the distinction of being the heaviest man in the PL competition. He took the 50-54 Super title (1284 TOT)! Garry Garcia, 35, from Paul Leonard's gym in Yorba Linda, CA had a great day. Weighing 331 he commenced



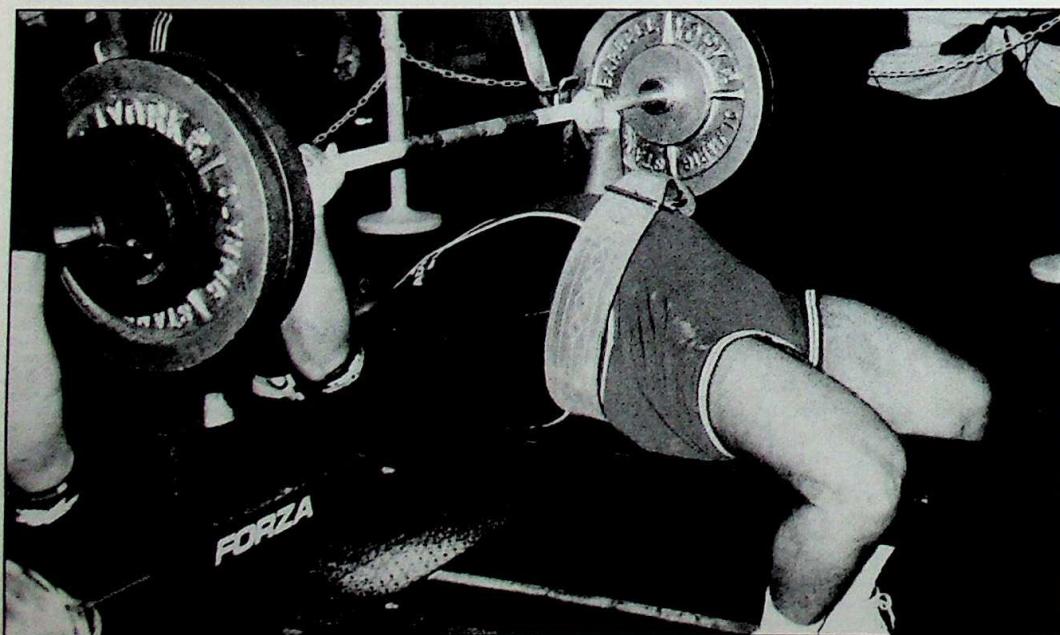
Duplessis (RSA) trying to break his own world record with 342.5 kg.

with a 782 SQ, but couldn't handle the 815 he tried twice. BP - 485, miss at 501, and pass his last. The DL is Garry's forte, and he made three terrific tugs: 694, 727, and finally 755. He had the biggest deadlift and total of the entire meet (2022)! Garcia is only 35 so he has a lot of years to improve. L

BENCH PRESS - Sandra Talavera, 42, handicapped from polio as a child, removed her braces and BPed a State Record 126.7 at 104 bodyweight. The outstanding BP of the whole competition was delivered by 17 year old Nick Hatch from Iowa. At 131.4 bwt: he rode

the jet stream with 292, 314, 330 and a WR (for the 4th time) 341 on an extra attempt. Nick tells me he may start doing all 3 lifts soon. Robert Gernert, 18, set a CA record at 148 - 275 with no misses. Soft spoken and humble is IL's Byron Gregory, 40. Coming back from tricep tear and surgery he made 479 here, but twice missed the 501 he'd wanted. Byron holds the WPC 198 submasters WR at 524.5. set 3 years ago in Elmhurst, IL. It will be awhile before that record gets broken. Guest lifter Steve Pena, CA, is legally blind. He gave us a scare when his shirt blew and 485 came crashing to his chest. He came back on a final attempt to get the lift. How's that for courage and determination? Old timer Ernie Anderson, 69, showed us why he's the GRANDMASTER of Bench Pressing. He made 391 at 242 without the use of a supportive shirt. Why? Because he can, that's why! Tom Holzapfel, 37, opened with a good 534 at 255, then missed two big attempts with 551 and 567. The battle of the big boys excited the crowd. Art Ramsey, 40, came in at 358.7. He zapped his 2nd attempt with 600 for a CA Masters record. Arturo gave 606 a spirited try, but it came up shy. Tom Manno, 42, 313, from Phoenix, AZ is the strongest Master Bencher in the World (677). He tried to become the first man over age 40 to make 700 here. He smoked 644, an opener, but fell short of lockout twice with a barrier busting 701 loaded on the bar.

Everyone takes their hat off to Bob & Kim Packer and their entourage of helpers for giving us what we all had hoped for - a great meet!



Brian Meek set a WPC World Record in the bench with 240 kgs. in the 55-59 age group, 125 kg. class.

**SLP Chain O' Lakes BP/DL
2 FEB 02 - Waupaca, WI**

BENCH PRESS	275
teenage women 18-19	Jamie Kuffel 430*
132	openmen
Toni Buschke	130* 198
master women 40-44	Chris Draeger 300
123	220
J. Dombrowski	115* Joe Cozza 455*
master women 55-59	R. Houghton 440
114	Thomas Lisack 400
Marilynn Dixon	100* 242
open women	Shawn Becker 480
181	275
Wanda Jenson	120* Sean Coffey 415
teenage men 16-17	4th 420
181	Dan LeClair 405
Brian Kundert	285* 308
teenage men 18-19	Ray Flint 470*
148	shw
J. Christensen	245* Jerr Walt 500*
4th	255* 4th 515*
J. Christensen	235 DEADLIFT
Matt McCredie	225 junior women
181	132
Ryan Wendt	245* Casey Lowney 245*
220	master women 40-44
Enrique Ramirez	270 123
4th	J. Dombrowski 225*
junior men	master women 55-59
181	114
Pete Bowen	315 Marilynn Dixon 165*
198	open women
B. Hanneman	360* 97
220	M. Johnson 250*
Eric Leverance	405* 181
4th	265*
220	Wanda Jenson youth men
A. Mickelson	385 (7) Aleck Muir 70
submaster men	junior men
20	165
Tony Bauer	300* Evan Hagen 400*
master men 40-44	4th 410*
181	242
Theo Muir	325 Travis Pire 575*
220	4th 600*
Thomas Lisack	400 submaster men
275	220
Jeff Reed	420* Chris Kundert 500*
shw	master men 40-44
Jerr Walt	500* 181
4th	Hugh Perone 505
master men 45-49	4th 525
198	Theo Muir 450
D. Mickelson	225 master men 45-49
220	198
Joe Cozza	455* Bob Branam 425
275	4th 440
Steve Fronek	425* 220
master men 50-54	Tom Glebin 590*
148	master men 50-54
Bob Heiner	270* 148
242	Bob Heiner 400*
Kurt Seeman	340* 165
master men 55-59	Garry Sofya 340*
181	242
Bary Hein	300* Kurt Seeman 425*
police & fire	master men 55-59
198	181
Andy Adrian	390* Bary Hein 425*
4th	400* openmen
Jack Klarkowski	360 181
220	Hugh Perone 505*
Mike Fleming	365* 4th 525*
242	Tim Lencki 400
Shawn Becker	480* 275
	Sean Coffey 585

Best Lifter - women - MICHELLE JOHNSON. Best Lifter - men - TOM GLEBIN. Son Light Power Wisconsin state record. The Son Light Power Chain O' Lakes Push/Pull Bench Press/Deadlift Championships were held February 2, 2002 at Health & Fitness Headquarters in Waupaca, Wisconsin. Thanks to owner/manager Tim Lencki for the use of the facility and for his efforts in promoting this event. In the bench press event we had some great local women lifters, most of whom were competing for the first time. Taking the teenage 18-19/132 title was Toni Buschke. Toni got all three of her attempts, finishing with a new Wisconsin state record of 130. In the master 40-44/123 class, Jane Dombrowski set a new state record with 115. This was Jane's first competition. Marilynn Dixon was also competing for the first time, though she has a number of bodybuilding titles to her credit. Lifting in the master 55-59/114 class Marilynn set the state record here with 100. Another first-time lifter, Wanda Jenson set the state record in the open women's 181 class with 120. Best lifter honors went to Toni Buschke who also had the top lift of the day among the ladies. In the teenage men's 16-17/181 class Brian Kundert was the winner with a state record 285 final attempt. At 18-19 we had five competitors, three alone at 148. Justin

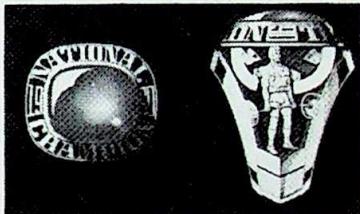


Best Lifter at the Chain O'Lakes Meet - MICHELLE JOHNSON locks out a 250 lb. deadlift in the 97 lb. class. (photo courtesy Darrell Latch)

Christensen won the class with 245, followed by a 255 fourth attempt which established the state record there. Brother Jeremy was second with 235 followed by Matt McCredie with 225. Ryan Wendt won the title at 181 with 245, breaking the existing state record by five pounds. At 220 it was Enrique Ramirez who finished with a 270 third and a 290 pr

fourth attempt. Lifting in his first competition, Pete Bowen won the junior 181 title with 315. Brad Hanneman took the 198 title with 360, a new state record. Eric Leverance had a great day, taking the 220 title with 405, followed by a successful 410 fourth attempt. Both of which were new state records. Aaron Mickelson, who just moved up

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from the teenage class, was second at 220 with 385. Tony Bauer won the submaster 220 title, establishing a new record there with 300. At master 40-44/181 it was Theo Muir for the win with 325. Thomas Lisack captured the 40-44/220 title with 400, while Jeff Reed won at 275 with 420. This was Jeff's first competition, where he also set the state record for that class. At 40-44/shw it was Big Jerr Walt. Jerr finished with 500, then called and made his fourth attempt with 515, both of which were new state records. David Mickelson won the 45-49/198 title with 225. This was the forty-nine year old master's first competition. Great to have you with us, David! Joe Cozza took the 45-49/ 220 class with 455, breaking his own state record by fifteen pounds. Then at 275 Steve Fronek set the state record with 425. At 50-54/181 it was Bob Heiner for the win and a new state record there with 270. This was also a new personal record for Bob. At 242 Kurt Seeman set the record with 340, winning the first of his two competitions of the day. Our final master lifter was Gary Hein, who won at 55-59/181, making all three of his attempts to finish with a state record 300. In the police & fire division we had five great lifters. Taking the title at 198 was Andy Adrian who finished with 390, then called for and made 400 for the first time ever! Both were new state records at 198. Second place at 198 went to Jack Klarkowski, who finished with 360. Mike Fleming won at 220 with 365, another state record! Shawn Becker established the record at 242 with a personal best 480. Then at 275 it was Jamie Kuffel who set the state record there with 430. In the open division Chris Draeger, another first-timer, won at 198 with 300. Joe Cozza won his second title of the day, setting his second state record of the day with his win at 220, finishing with 455. Robert Houghton got a new personal record at 220 with 440 to finish second. Thomas Lisack was third at 220 with 400. Shawn Becker, weighing in at 233, took the open 242 title, taking also best lifter honors for the competition. Sean Coffey won at 275 with 415 over Dan LeClair who finished close behind with 405. Sean then came back to get a new pr with 420 on his fourth attempt. Ray Flint broke his own state record with 470 for the win at 308. Then it was Jerr Walt winning at shw, finishing with new state records at 500 and 515. In the deadlift competition it was Casey Lowney for the junior women's title at 132 with 245. This was a new personal record for Casey as well as a new state record for that class. Jane Dombrowski won her second title of the day, setting her second state record of the day with her victory in the master 40-44/123 class, finishing with 225. Another big day was had by fifty-five year old Marilynn Dixon who won at 114, setting the record there at 165. Way to show those youngsters how it's done, Marilynn! In the open class, the loudest lifter of the day turned out to be the lightest lifter of the day, Michelle Johnson. Michelle set the state record at 97 with a great pull of 250 on her final attempt. This also earned her best lifter honors for the ladies. Also in the open division was 181 winner Wanda Jenson. Wanda finished with a state record 265, the biggest pull of the day by the women. We had one very special lifter in the deadlift, seven year old Aleck Muir. This little guy weighed in at forty-four pounds and ended up pulling 70 pounds for the win in his first competition. Great job, Aleck! In the junior men's division Evan Hagen won at 165, finishing with 400 for his final attempt, then coming back for a fourth with 410, both new state records. Travis Pire, who won at 242, finished with the biggest pull of the day after making a fourth attempt with 600! That along with his 585 third attempt were new state records there. At submaster 220 Chris Kundert pulled 500 for the win and a new state record. Hugh Perone won at master 40-44/181 with a solid 505 followed by a 525 fourth attempt. Theo Muir, Aleck's dad, was second at 181 with a big personal record 450. Bob Branam won at 45-49/198 with a 425 third and a 440 fourth attempt, while Tom Glebin won at 220 with a state record 590 pull. A final attempt with 620 failed to lockout, but Tom's 590 was good enough for best lifter honors for the competition. Bob Heiner continued his winning ways with his second victory of the day, setting the state record with a 400 personal best at 50-54/148. Gary Sofya won at 50-54/165 with 340, breaking his own state record in that class. At 242 it was Kurt Seeman, finishing with 425 for the record there. In the 55-59/181 class it was Gary Hein, setting his second record of the day, finishing with 425. In the open division Hugh Perone set the record in the 181 class with his 505 and 525 fourth attempts. Tim Lencki was second with 400, lifting in his first competition. Sean Coffey was our only other open lifter, taking the 275 class with 585. Thanks to my son Joey for all his help and to Randy O'Connell, Dan LeClair and Bob Heiner for loading and spotting. Also to Big Tony Scrivens, who is a world class strongman competitor, for helping out. Tony was there to do whatever, autograph pictures and just be BIG! Another very special thank you to Bob and Janet Heiner for all of their hospitality. You are both very special! See you all again July 27! (thanks to Dr. Darrell Latch for providing these results)

"March Madness" Power Classic

WL Class	SQ	BP	DL	TOT
148				
JORDAN	460	280	470	1210
165				
THOMAS	500	325	525	1350
181				
DAVIS	515	350	560	1425
WILLIAMS	400	360	385	1145
198				
EVERETT	600	250	640	1490
GARDNER	605	305	INJ	INJ
220				
HUNT	630	435	605	1670
R. BETHEL	700	365	595	1660
WILLIAMS	670	375	575	1620
GARCIA	650	300	630	1580
242				
L. PACE	705	380	670	1755
PETERSON	675	405	INJ	INJ
275				
WILLIAMS	550	BMB	600	BMB
MASTERS DIVISION				
40-44				
220				
R. BETHEL	700	365	595	1660
242				
L. PACE	705	380	670	1755

The March Madness Power Classic was a spring production of Greg Watson. This meet ran very smoothly with lots of highlights and sometimes drama. 148 - As of late this class has been vacant due to lifters not making weight, however, Jordan came up a class, and decided to give it a go. Getting his opening squat of 460, this little dynamo blasted up with 480 as well - twice - only to meet reds on depth, but after seeing this raging machine go at it I think the 148s is where he belongs. Jordan also posted a personal best in the bench as well as the deadlift with 280 and 470. Nice job Jordan. 165 - Thomas, a lone entrant as was Jordan, didn't let the lack of competition slow him down, hitting nice lifts of 500 & 525 in the Sq & DL for personal bests and a really nice 325 bench for this first time lifter, suggestive of a future power man in the making, however he is very tall for his class and will likely go up in bodyweight for next year's event. 181 - Most of

the time when a lifter is going through pre-lift hysteria to prepare, there sits a guy who seemingly can turn it off and on at will. Davis is so calm at a meet it scares people, but this only alludes to confidence in his ability to move big weights, and maybe that's what is scary. A quiet demeanor doesn't mean quiet on the platform because the eruption of power in the squat with 515 (just missing 535) was awesome. Davis benched well with a nice smooth 350 and only did an opener of 560 to ride out on a really nice total of 1425. 198 - Our premier 198er has had a lot of time off lately due to surgery to repair a rotator cuff injury, but he came back in fine fashion to post some very good lifts to reclaim his title. A 575 opener was not a problem, and a repeat with 600 was as perfect as could be with room to spare. On the bench Everett was careful, with a 250, to conserve more energy for his forte - the Deadlift, opening up with a 640 that was very easy, but misses at 670 were a surprise to everyone, but they were close - very close. Topping off the day was a 1490 - close to his best and after time off, with more training, Everett will be very tough and perhaps chase down that 700 deadlift - coming so close to getting it on many occasions. Welcome back, T-Bone. Gardner came into the meet with many expectations and worked very hard to break about every personal record he could to get in shape for this one, but after a slight twist that hurt his back with a 605 opener on the squat and then after a hard fought success on a 3rd bench with 305, Gardner knew it wasn't a good day but being the champ he is stayed in the meet as long as he could, but just couldn't get the deadlifts going. No doubt Gardner will be back to pay tribute to the sport he loves and will break the records that are within his grasp. 220 - The battle of the day was in the 220s, with lots of drama and friendship to go around but everyone was fighting for a position and this led to a lot of PRs for everyone. Hunt came out strong with a 630 effort, barely missing attempts at 650, and next was Garcia, up from the 198s last year. Garcia steamrolled through attempts of 600, 630, and finally a perfect 650 that surprised a lot of people. Williams (in his first meet) just wouldn't quit and, looking

stronger as the weights got heavier, hit a 620 opener that looked like paper and then on to a 650, another personal best that was easier and finally a 670 effort that was 30 pounds over his best training max. What a day for Williams. Master lifter Bethel opened with a 165 squat that wasn't easy, a 680 attempt was turned down on depth, and a furious attempt at 700 proved to be successful for a joyous reaction. Hunt, opening the highest in the deadlift @ 425, had an unusual miss and had to repeat for a fine lift. Garcia hit a 300 to go along with his quality squatting ability and Bethel and Williams settled for 365 and 375 in that order to set up one big finale. In the deadlift Williams started the knockout punch with a very easy 525 opener. Next was Bethel with another easy success of 565. Hunt rocked up 575 and Garcia, with his newfound strength in his new weight class, hit a really nice 600 to start things off. Next Williams went to 550, another 3 white light masterpiece, along with Bethel's equally nice and smooth 585. Hunt also pulled 585 and it looked to be a max effort. Garcia again came storming out and did another easy success @ 630, leaving us wondering how much he was going pull this day. As the stage was set, in so many situations coming into the deadlift, this day proved to be no different, and all 3rd attempts counted. Garcia finished off the day with a valiant effort at a 650 pull, which would have been another PR for him, but after riding it up to the knees, it was not to be, a very nice day for a very nice gentleman. I wish you well and many power meets to come. Williams, after an already record setting day, did it again by pulling 575 and totalling 1620 in his first meet. 7 of 9 PRs and a nice start to a person who deserves it because this man works hard - nice going Dee. Hunt and Bethel finished up the day going neck and neck. Bethel pulled 595 to force Hunt into a pull for the win, and he just didn't go for the tie, he went for the win, with a 605 PR that proved to be the winning margin and the finish to a lot of fun, hard work, and friendship. Thanks for all the PRs and the new totals, Hunt - 1670, and Bethel - 1660. 242 - another master lifter by the name of Pace opened with the highest squat of the meet, an easy 705, but

efforts to set up with 725 and 730 proved to be some trouble, but should be no problem in the future as this mammoth master lifter has done a 765 training lift and looks good for more. Just finding the right day is all it takes and it will be there for sure. Peterson looked good also to have a shoot out with Pace, and squatted a very deep and easy 675, but two misses at 715 took a toll on Peterson and his need to get good placement in the bench was obvious. Peterson managed 405, and then it happened, just after finishing lockout with a 420 effort, right at the top, the bar came out of Peterson's hands and came crashing down on his chest full force. With all quiet, we were hopeful that he was going to be alright, and he seemed to only be bruised and we are thankful because BIG JOE has taken his knocks in the past and is a fine lifter and we wish him well and look forward to his return to the platform. After finding the class open, Pace didn't slow down, he drove through a 670 deadlift and put up one of Danville's finest totals - a 1755 with some room left to grow, at least 50 pounds left on the squat and 25 or so left on the bench. Pace isn't done yet for sure and will be in strong contention for a high Masters Ranking. Way to go, Pace, on a fine day! 275 - Williams was in a class by himself today and in his first meet as well did a good job even without the benching mistakes. A nice guy who has nothing but respect for others, you hate to see someone like him have a bad day on miscues when you know they are capable of doing so much more. I look forward to much more from Williams, who is hungry and determined to do better and better. Good luck and thanks for being there to help and learn - your day will come. In closing I would like to thank all the spotters and loaders who helped out. To Taylor who kept track of lifters and attempts. To Big LA and JR and Greg Watson & Groppi for judging and helping out and many thanks to Williams for wrapping everyone and helping out with the meet itself. A special thanks to Greg Watson who continues to be the heart of the Danville Powerlifting Team & also a special thanks to Mike Lambert and Powerlifting USA mag for supporting the sport, see you in Oct. at the Halloween Bash!! (from ROBERT BETHEL).

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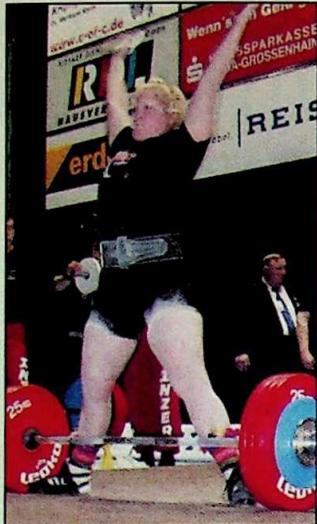
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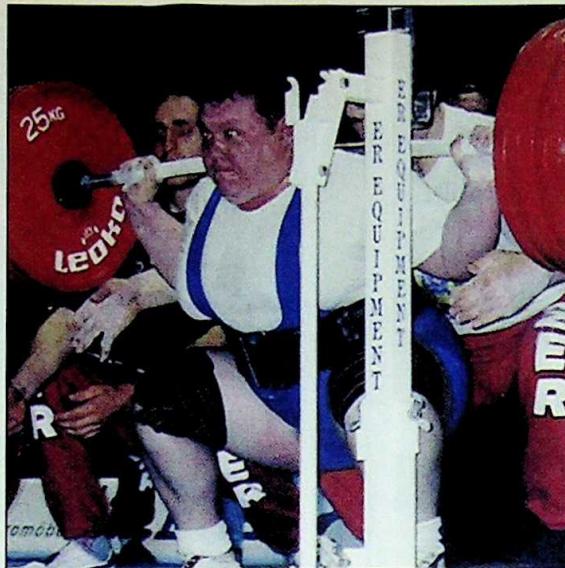




Jessica "SQUATKINS" Watkins.

Vicky was surprised when they called her to the platform to receive the Silver for the Deadlift, as she hadn't realized she had medaled. Then they said there was a mistake, she was Bronze, no Silver, no Bronze. Vicky was a champ, chuckling all the way through the mishap. Overall things ran very smoothly, but I also had a similar occurrence in the 114 lb. class. I was given the Bronze in the squat and bench. They then realized, I had gotten Silver in the bench and 4th in SQ so I returned the Sunflower,

medal and my Noodles. (We were given a bag of Noodles made in Riesa when we received individual medals and a package of three if we medalled overall. I think TEAM USA could've fed the entire competition with the noodles we received.) A little note about Vicki, as a teenager she set a WR, pulling 501 lbs., the first woman to pull 500. She took a 17 year break and then entered a bench meet with her son when he was 10, which was about 5 years ago. We are glad to have you back! Now, back to the 90+. Following the awesome USA lifters were Ganna Ganenko of Ukraine, Joanne



Galina Karpova is the IPF World SHW Women's Champion



Liz Willett with one of her several PR & American Record lifts



Vicky Hembree back at IPF Worlds

Schaefer of the Netherlands, Suzanne Last of Great Britain, who had PRs in both the deadlift and total (What a gal! She was part of the team who came to USA Nationals this year, keep up the good work!), Wilna Monte of the Netherlands and Sampa Guha of India.

Overall Team placing found Russia in 1st, Ukraine in 2nd and USA in 3rd. It was a pleasure and privilege to compete with such great athletes and ladies, as well as being coached by a phenomenal staff of talented lifters themselves. Team USA came home with more medals than ever before: here is a list of what we brought home: Jenn - bronze SQ, gold B, gold D, and bronze Overall - 4, Sioux-z - silver B, bronze D, and bronze Overall - 3; Michelle - silver B and bronze Overall - 2; Priscilla - gold D - 1; Leslie - bronze SQ, silver D, and bronze Overall - 3; Vicky - bronze D - 1; Liz - silver SQ, silver B, and

We can't forget DANCING, one of my favorite things to do. On Friday night Finland, Russia, Australia, Germany, Alan Ferguson of South Africa, and the USA team members met at The Factory and danced the night away. In nights to follow, Norway and France joined in too. Erin, Jenn, Bernie Miller, Daryl, Dan Wagman (of Pure Power), Tod, Alan and I certainly had our share of late nights dancing. Naps are definitely something to be cherished on these trips. THANKS guys and gals for all the fun! Hey Michelle, have you had any flaming drinks lately? Tod found a great Irish Pub; I think the owner

wanted to adopt him!

The competition festivities ended Sunday night at the banquet. The top 3 teams and individual awards were given with Russia sweeping the top honors of #1 team and Kudinova, Nikolaenko and Nelubova placing top three respectively in the Champion of Champions category. After speeches and awards, there was a mad rush to the food followed by silence (everyone eating), and then dancing, laughter, and reminiscing. I think almost everyone there joined in at least one of the conga lines.

Many of the team stayed and took in bratwurst, pastries, chocolates, and historical sites - churches, castles and beautiful scenery. In Bavaria, you could see castles with snow-covered mountains in the background, lakes, and beautiful greenery. The train is a great way to travel Europe and if you are brave enough you can go 240 kph on the Autobahn. A special thank you to Dan Wagman, who is fluent in German and did a bit of translating for us.

Next year, the Women's IPF Worlds is coming to the USA. Let's all be sure to come to Chicago and show the world how much we support our sport!

For more pictures of the 2002 IPF Women's Worlds and Germany, go to my website (created by Rick Fowler) at <http://www.siouxzhartwig.com>, or visit Pure Power's Website at <http://www.purepowermag.com> and click on Pure Power Live.



Dancers at the Banquet ... newcomer Erin Dickey and new PL author Sioux-z Hartwig

APF Southern States
01 DEC 01 - Orlando, FL (kg)

WOMEN	SQ	BP	DL	TOT
Ufret 44	102.5	62.5	140	305
Kirkland 49	137	80	145	362.5
Baldwin 64	135	97.5	140	372.5
Mason 52	92.5	57.5	137.5	287.5
Montgomery 62	120	70	145	335
Szivak 66	117.5	72.5	140	330
Harman 68	127.5	70	137.5	335
Floyd 66	100	72.5	137.5	310
Vlers 45	65	62.5	77.5	205
Pederson 67	95	62.5	120	277.5
TEENAGE/ Junior				
Hopper 98	317.5	195	272.5	785
Aspuru 133	320	220	250	790
Portis 70	187.5	130	205	522.5
Mroszokyk 78	190	145	232.5	567
Terrolola 97	207.5	170	275	652.5
Shakarian 87	220	132.5	260	602.5
Heyman 81	175	155	242.5	567.5
Wolfe 66	172.5	105	187.5	465
Curry79	157.5	147.5	235	540
Gil 67	145	110	202.5	457.5
Direnzo 63	147.5	97.5	182.5	427.5
Horton 88	187.5	150	290	567.5
Hill 56	130	95	122.5	337.5
Lewis 90	167.5	155	220	542.5
Waits 62	102.5	65	112.5	270
Hamburg 54	110	60	92.5	262.5
Machlin 105	165	90	192.5	447.5



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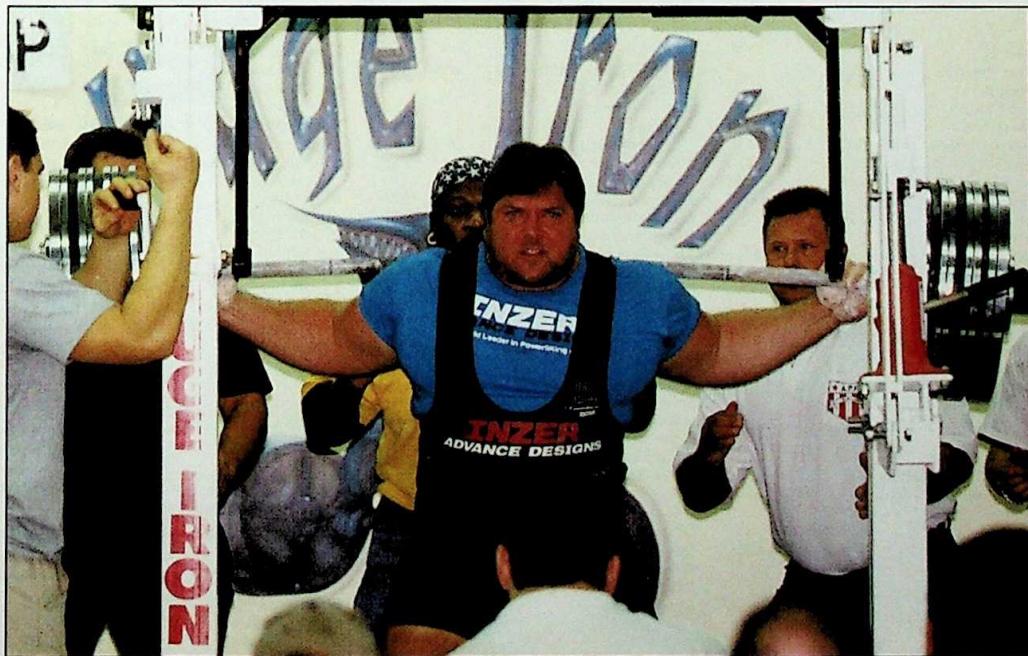
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MASTERS

MASTERS					
Edward 112	137.5	142.5			
DeVerville 107	297.5	205	292.5	795	
McNeish 80	260	180	275	700	
Callahan 109	245	185	272.5	702.5	
Baker 88	240	155	227.5	622.5	
Mertz 97	227.5	195	227.5	650	
Wood 88	200	110	255	565	
Douglas 89	195	155	176	525	
Cochran 84	165	117.5	182.5	465	
MENS OPEN					
114					
LeValley	70	62.5	92.5	215	
123					
Sutherland	197.5	117.5	195	510	
148					
Millian	190	127.5	247.5	565	
Romanello	182.5	137.5	185	505	
Ward	112.5	100	137.5	350	
165					
Portis	187.5	130	205	522.5	
Wunz					
181					
McNeish	260	165	275	700	
Scarborough	195	145	227.5	567.5	
198					
Herrera	285	185	272.5	742.5	
Kauf	290	182.5	265	737.5	
Baker	240	155	227.5	622.5	
Freytes	197.5	127.5	222.5	547.5	
220					

Taylor	227.5		Conyers	73	347.5	195	542.5	Angela McGee	135	105	270	510			
Blue	365	225	305	895	Strickland	83	280	190	272.5	742.5	198 lb.+ Open				
Bell	317.5	222.5	297.5	837.5	Frank	170	457.5	332.5	382.5	1182.5	Joanna Connor	315	155	375	845
Hopper	317.5	195	272.5	785	Moore	151	417.5	320	342.5	1080	198 lb.+ Master (40-44)				
Williams	270	172.5	257.5	697.5	Team-Miami Powerlifting Team, TeamSynergy, USMA Powerlifting Team, (Huge Iron)						Nancy Edelson	225	160	430	815
242					MEN										
Castilla	327.5				114 lb. Open										
Ladnier	332.5	247.5	327.5	907.5	Sco't Beasley						140	120	230	490	
Myer	327.5	235	290	852.5	132 lb. Open										
Macartney	322.5	225	275	822.5	Brian Goelz						325	275	375	975	
275					165 lb. Teen (14-15)										
Story	365	282.5	340	967.5	Nick Cooper						255	230	275	760	
Jacobs	365	285	317.5	947.5	181 lb. Open										
Lainer	367.5	245	312.5	915	Brian Strickland						575	380	550	1505	
Zimmy	350	260	295	895	Vincent Lysobey						550	340	530	1420	
Thomas	345	227.5	295	867.5	Tim Calhoun						405	275	465	1145	
Jurkowski	340	210	312.5	862.5	Master (45-49)										
Strickland	252.5	192.5	282.5	727.5	Joe Sansevere						425	300	450	1175	
308					Master (55-59)										
Necolettes	295				Don Hunt						440	265	520	1225	
Aspuru	320	220	250	790	Master (60-64)										
Guest Lifters					Bill Player						405	315	450	1170	
Grayes 67	230	155	245	630	Master (65-69)										



Beau Moore did a 2380 total in Florida on the same day **Carry Frank** did his 2606. (Notaras photograph)

Coordinator: Louis Baltz. (courtesy of USAPL).

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.C., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr./Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198s, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220s, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs./Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squat, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhold, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Kravet, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jun/96... WPA Worlds, ADFPA Womens, Subtotal Supermen, HMB, KIC, LEUCINE, Homeopathic Testosterone, All Time Records, Lifting Belts, TOP 100 SHWs

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Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Grossbrenner "Responds to the Response", TOP 100 148s
Nov/96... APF Can-Am, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wren profile, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s
Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo
Apr/97... Clark Benches 800 - Waterman 600@181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start

Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP 100 SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltws.
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,

USAPL Bill Beckwith Memorial 2 FEB 02 - Wayland, MI

	WOMEN	SQ	BP	DL	TOT
97 lb. (Masters 2)					
Camille Coleman		70	120		
132 lb. (Masters 1)					
Cindy Mulloy		135	260	395	
148 lb. (Teen 2)					
Ann Herman	200	175	260	635	
148 lb. Junior					
Julie Damico	145	265	410		
148 lb. Open					
Shannon Barker	185				
165 lb. (Teen 2)					
Jessica Crane	255	110	275	640	
165 lb. (Masters 3)					
Betsy Lanman	115	215	330		
198 lb. (Teen 3)					
Sarah Stratton	230	140	275	645	
MEN					
132 lb. Open					
Dan Lepart	325	200	395	920	
(Teen 1)					
Travis Kibler	325	170	430	925	
148 lb. Open					
Miguel Ruelan Jr.	340	405	745		
Todd Greenman	300	425	725		
Tim Holloway	275				
(Teen 1)					
Alex Geode	180				
(Masters 4)					
Gary Morrison	185	205	335	725	
165 lb. Open					
James Delaney	285	405	690		
Scott Lake	315				
Torn Williams	285				

(Teen 1)	Corey Perdaris	220	415	635
(Teen 2)	Bobby Logan	250		
(Masters 4)	George Bartotti	295		
181 lb. Open/Junior	Josh Decker	400	600	1000
Open	Don Hogle	350		
(Teen 2)	Ryan Menrauga	475	530	1260
(Teen 3)	Brett Hewitt	280		
Junior	Rusty Bailey	205	445	650
Nicholas Deluse	350			
Submaster	Mark Borgsma	325		
(Masters 4)	Tom Keller	195	365	560
(Masters 2)	Gary Coleman	185	275	505
198 lb. Open/Masters 1	Jerry Marentette	340	605	945
Open	Jason Tate	325	440	765
Rich Rynbrandt	280	415	695	
Scott Outman	525			
Wade Blyly	385			
(Masters 1)	Fred Stokes	330		
Darrell Horn	320			
Kevin Cribbs	320			
(Masters 1/Police Fire)	Sean Tracy	135	405	

(Teen 2)	Nick Hobbins	350	295	425	1070
(Masters 5)	Ron Homenway	310			
(Masters 4)	Greg McMillan			555	
220 lb. Open	Jesse Soula	430	585	1055	
Open	Ty Ward	315	610	925	
(Teen 2)	Oscar Fidelino	265	500	765	
Ryan Menrauga	Doug Henkins	400			
(Teen 3)	Brent Barker	385			
Brett Hewitt	Mark LeClair	385			
Junior	Toro Hayes	350			
Nicholas Deluse	Chris Marlow	385	470	855	
Submaster	Brad Whaley	365			
(Masters 4)	Kelley Jennings	415			
(Masters 2)	Jeff Hoffman	300			
198 lb. Open/Masters 1	Greg Fay	325			
Open	Doug Finley	225	200	300	725
Jerry Marentette	(Masters 5)				
Open	Al King Jr.				
Jason Tate	242.5 lb. Open/Masters 1				
Rich Rynbrandt	Ron Strong	345	580	925	
Scott Outman	Open				
Wade Blyly	Seth Miller	325	560	885	
(Masters 1)	Kevin Cribbs	485			
Darrell Horn	Bob Lipinski	390			
Kevin Cribbs	Greg Miller	390			
(Masters 1/Police Fire)	Sean Tracy	135	405		

Joshua McMillan	485
Open/Masters 4	
Rich Van Eck	150
(Master 2)	250
Ray Rogers	315
(Masters 3)	485
George Washington	800
(Masters 5)	320
Clifford Soles	375
Murray Marsh	370
275 lb. Open	
Kip Miller	445
Open/Masters 1	655
Ken Slaughter	530
(Teen 3)	
Kyle Kujala	475
Submaster	325
Mark Skinner	400
(Masters 1)	
Brian Martin	530
(Masters 2)	
Tim Knarachi	340
(Masters 5)	
Ralph Sofredine	255
Tim Andrews	319 lb. Open
T. Robert Bucholtz	315
Open/Masters 3	550
Gary Krueger	865
Junior	
Ben Henry	200
SHW Submaster	375
Kevin Hillard	455
(Our thanks go out to USA Powerlifting for providing these and other included competition results to Powerlifting USA Magazine)	680

**8th Capital District BP & DL
16 FEB 02 - Albany, NY**

BENCH PRESS	
165 lb. Masters (45-49)	
Warne Clapatch	250
165 Open	
Jerry Curio	400
Ron Daly	375
181 lb. Masters (45-49)	
Mike McCormick	245
181 lb. Masters (40-44)	
Pat Carroll	345
Matt Jones	250
181 lb. Teen (17-19)	
J.R. Bates	275
181 lb. Novice	
Courtney Headley	250
181 lb. Open	
Micah Geraghty	410
181 lb. Great Grandmasters (60-64)	
Tom Quinn	280
181 lb. Masters (50-54)	
Skeeter Carpenter	320
198 lb. Masters (45-49)	
Jim Van Allen	410
198 lb. Teen (17-19)	
Dan Pillett	350
Alex Keyser	295
220 lb. Novice	
Colin Jenkins	350
220 lb. Open	
Paul Wagner	500
Leigh McCuncchie	370
220 lb. Masters (45-49)	
Fred Mink	405
220 lb. Submasters (35-39)	
Fred Engel Jr.	
220 lb. Masters (55-59)	
Herb Bachovlik	
220 lb. (45-49)	
Walter Savage	435
242 lb. Open	
Tyrone Daniels	430

World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

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

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

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

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

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

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

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

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

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

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

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

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

Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench

242 lb. Submasters (35-39)	
Tim Dalaba	
242 lb. Great Grandmasters (70-74)	
Sheldon Levy	245
275 lb. Masters (45-49)	
Kevin Johnson	505
275 lb. Open	
Ben White	550
Geoff Plante	460
275 lb. Masters (50-54)	
Fred Dini	520
SHW Novice	
Maurice Harling	450
SHW Open	
John Hart	500
Chris Senton	490
BENCH PRESS & DEADLIFT	
165 lb. Teen (17-19)	
Gilberto Nieves	235 475 710
165 lb. Novice	
Mike Morelli	330 360 690
165 lb. Submasters	
Keith Nantel	290 375 665
165 lb. Masters (45-49)	
Chip McCann	285 400 685
181 lb. Masters (40-44)	
Bob Kent	295 405 700
181 lb. Masters (45-49)	
John Cerutti	310 470 780
198 Open	
Jim Ford	385 540 925
198 lb. Novice	
Isaac Bookheim	235 425 660
198 lb. Masters (40-44)	
Scott Smith	370 500 870
198 lb. Grandmasters (60-64)	
Mike Casatelli	335 480 815
220 lb. Open	
Ray Brunk	525 565 1090
Robert Hansen	355 650 1010
Melford Bibens	315 540 855
Tarene Lieberman	350 400 750
242 lb. Open	

Anthony Funaro	530	670	1200
Mike Harris	450	630	1080
Jeff Rock	385	600	985
John Bogart	395	470	865
242 lb. Masters (40-44)			
Ken Bowens Sr.	350	535	880
242 lb. Grandmasters (50-54)			
John O'Brien	245	340	585
275 lb. Open			
Rocco German	275	450	725
275 lb. Masters (40-44)			
Mike Brown	260	500	760
DEADLIFT			
220 lb. Open			
Corey Palmer		520	
Will Ramsey		515	
242 lb. Open			
Jim Regan		575	
275 lb. Open			
Mark Swatting		700	
SHW			
Marc Delnichi		700	
Dave Collier		500	
WOMEN BENCH PRESS			
116 lb. Open			
Faydra Geraghty		115	
139 lb. (40-44)			
Pam McCann		145	
154 lb. (40-44)			
Carol Bosco		105	
139 lb. (55-59)			
Deb Winslow		85	
139 lb. (50-54)			
BENCH PRESS & DEADLIFT			
Betsy Pelliotti		125	205 330
154 lb. Open			
Sherlie Cintron		180	375 555
154 lb. (40-44)			
Carol Bosco		105	245 350
Teen (13-14)			
Samantha Ryan		85	130 215
Teen (15-16)			
Valeria Merighe		165	250 415

176 lb. (45-49)
Alida O'Brian 110 175 285
Meet Director: Tom Corazzini. Best Lifters:
Anthony Funaro, Sheila Cintron. Judges: Joseph Bunarriago (head), Dave Kingwater, Anna Radkowski-Lee. (thanks to Tom Corazzini)

**USAAPL Georgia State
2 MAR 02 - Duluth, GA**

165 lb. Open	
Marcus Brandon	600 402 556 1559
198 lb.	
Adrian Johnson	584 391 617 1592
Sonny Singh	485 292 507 1284
275 lb.	
Patrick Anderson	683 446 644 1774
N. Gewirtzman	562 385 584 1532
SHW	
Ray Pelis	512 440 622 1576
275 lb. Teen (18-19)	
B. Gergone	600 385 562 1548
198 lb. Teen (18-19)	
Matt Christie	396 341 512 1250
181 lb. Teen (18-19)	
Alex Franges	440 275 451 1168
148 lb. (Teen 14-15)	
A. Tanormina	352 253 380 985
242 lb. Master (55-59)	
Crayton Taylor	600 429 600 1631*
165 lb. Master (45-49)	
Kent Davis	440 275 540 1256
SHW (Master 40-44)	
Ray Pelis	512 440 622 1576
148 lb. Master (50-54)	
Bob Coleman	358 209 347 914
275 lb. Master (40-44)	
Paul Ciaramello	468 137 584 1190
GUEST LIFTER/BENCH PRESS ONLY	
132 lb. Open	
Eric Knight	330

*new American record. Meet Coordinator: Sherman Ledford. (results courtesy of USAAPL)

J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
 Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
 Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s
 Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
 Oct/01 ... World Games, TomManno Interview, Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
 Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s
 Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s
 Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s
 Feb/02 ... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s
 Mar/02 ... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
 Apr/02 ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtiainen Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s
 Jun/02 ... MeetScot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs.
LIST THE ISSUES YOU WAN (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWER-LIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CALIFORNIA 93011, USA.

10th APA Dr. Martin Luther King Memorial Bench Press

MASTERS DIVISION	275
148	40-44
55-59	Jose Rivera 250
Sam Cannady	274 John Eastman 245
181	308
45-49	70-74
Joe Steele	225 Ron Rohmer 306!
55-59	45-49
Neal Wellins	220 William Rogers 300
220	MEN'S DIVISION
40-44	148
Ted Phillips	275 Sam Cannady# 275
242	242
45-49	Mark Hogan 300
Mark Hogan	300 275
40-44	Jose Rivera 250
Bill Forbes	290

- Best lifter ! - World Record. Place: World Gym. Meet Director: Joe Steele, Head Judge: Joe Steele, Side Judges: Neal Wellins and Mark Hogan. Announcer: Joe Steele. Sponsor: United States Army's New Haven Recruiting Command. The 10th annual Dr. Martin Luther King Memorial Bench Press Championships went very well with a total of 10 lifters taking part, with a New World Masters Record. In the Masters division, 71 year old Ron Rohmer set a New World Master record, won the 308 lb. class, and had the heaviest lift of the day with a 306 lb. lift. This was Ron's first meet in a year after recovering from a heart attack a year ago. In the 220 lb. class, Ted Phillips won with a 275 lb. lift, his first meet in over a year and a half. He has been recovering from a cancer surgery. This contest was in honor of Dr. Martin Luther King, who was a hero and role model of many Americans. (thanks to Joe Steele for report)

USAPL University Cup Challenge
1 DEC 01 - Thibodaux, LA

WOMEN	SQ	BP	DL	TOT
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97				
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L. Johnson LTU	105			
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105				
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E. Schuwerk LSU	160	95	215	470
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J. Callais NICH	115	55	155	325
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E. Metkevich LSU	114			
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C. Grubbs LTU	300	150	300	750
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Campanille LSU	215	130	275	620
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J. Paray NICH	215	110	265	590
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K. Hunter LTU	220	105	235	560
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J. Hollier ULM	210	120	225	545
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123				
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S. Newman LTU	200	135	280	615
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P. Ramirez ULM	220	100	275	595
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K. Boyer NICH	205	115	240	560
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K. Buras LUS	130	110	200	440
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132				
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C. Gamborg LTU	290	135	350	775
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N. Blanchard NICH	148			
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R. Phelps GST	340	180	370	890
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D. Joyner LTU	290	145	320	755
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S. Dencausse LSU	250	135	345	720
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J. Newman LSU	225	150	270	645
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D. Tieman LTU	185	115	275	575
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B. Reed NICH	130	75	175	380
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H. Warncke SWT	165			
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M. Hebert NICH	250	120	305	675
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L. Picou NICH	250	100	265	615
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D. Johnson ULM	225	105	260	590
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K. Johnson LTU	215	120	250	585
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181				
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C. Day LTU	285	140	320	745
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K. Louque NICH	290	140	310	740
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L. Ferrer LSU	235	140	320	695
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M. Dean NICH	280	110	280	670
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198				
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M. Bearden LTU	300	135	295	730
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A. Hampton LSU	SHW			
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M. Holt LTU	400	175	400	975
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C. Guidry ULL	205	105	255	565
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MEN				
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114				
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M. Holmes LSU	300	210	330	840
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Barbier NICH	225	190	350	765
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123				
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Holloway LTU	410	205	455	1070
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Leonard NICH	265	160	330	755
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132				
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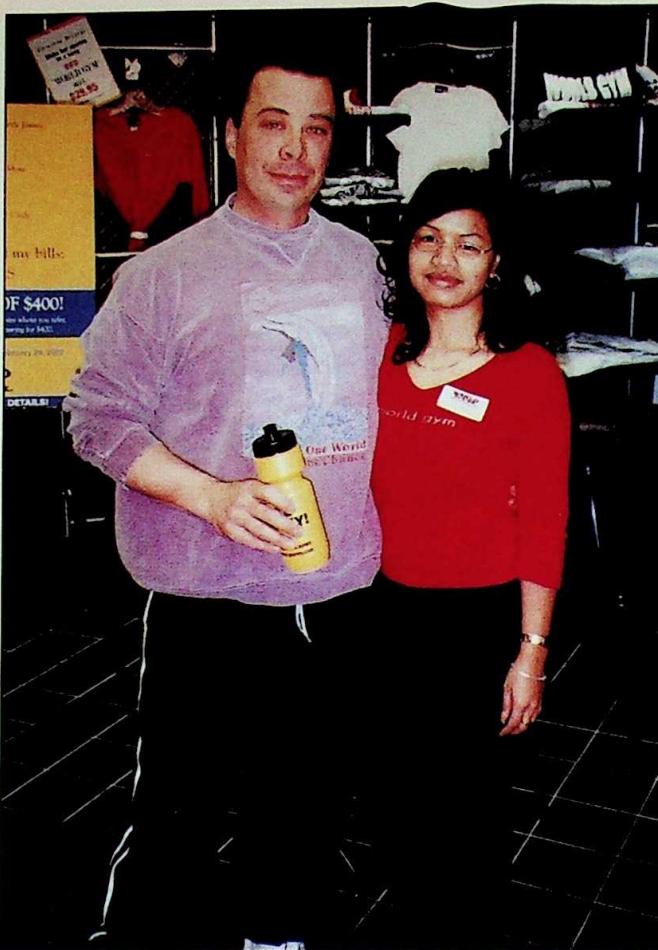
M. Kiletoic LTU	420	265	505	1190
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B. Vallot NICH	325	180	410	915
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M. Wily NICH	330	175	370	875
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Hamilton LTU	210	150	270	630
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148				
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Ted Phillips – the winner of the 220lb. class at the APA Dr. Martin Luther King Memorial Bench Press Championships was presented his award by **Sorya Prum**. (thanks to Joe Steele for providing the photo)

Bainbridge LTU	470	300	520	1290
J. Jones ULL	390	315	500	1205
Westbrook LTU	355	280	375	1010
J. Clavier LSU	355	240	400	995
C. Welch LSU	275	210	410	895
198				
J. Faulk LTU	550	370	580	1500
D. Brewer LSU	560	330	550	1440
A. Martinez LSU	445	300	530	1275
Buchanan LTU	485	220	500	1195
Alexander NICH	315			
J. Cornelius LTU				
K. Buda ULL	455			
220				
J. Townsend LTU	560	400	600	1560
K. Reynolds LSU	535	290	650	1475
B. Baldwin LTU	470	290	600	1360
Thibodaux NICH	475	320	480	1275
S. Tropea SWT	470	290	490	1250
B. Guillot NICH	450	270	475	1195
A. Coasts LTU	420	290	430	1140
J. Bowen LTU	425	235	445	1105
T. Wilson SWT	242			
T. Werner ULL	650	430	580	1660
E. Whalen LTU	610	415	610	1635
J. Woodard LSU	375	300	425	1100
P. Chovanec LTU				
N. Ruppert LSU	360			
275				
E. Saldieria LTU	730	405	600	1735
H. Strickland LTU				
J. Ladnier MILL	530			
SHW				
S. Laviolette NICH	505	315	470	1290
J. Mitchell LTU	500	290	465	1255
T. Waldron LTU	365	340	515	1220
D. Sharon LSU	620			
Team Standings: Women - 1st - Louisiana Tech, 2nd - Nicholls State, 3rd - Louisiana State, 4th - U.L.Lafayette, Men - 1st - Louisiana Tech, 2nd - Nicholls State, 3rd - Louisiana State, 4th - U.L.Lafayette.				
University Cup Champions: Louisiana Tech University, 52 men, 34 women. (Thanks to USAPL for providing these results)				

Estonian Championships

30,31 MAR 02 - Korvula (kg)

FEMALE	SQ	BP	DL	TOT
67.5 kg				
Kristina Reial	97.5	57.5	120#	275#
MALE				
56 kg				
Urmars Muldmaa	152.5+70			172.5+395
S. Muralov	135*	85*	145	365*
Risto Kaju	120	100.5#	145	365
60 kg				
Tarmo Indus	140	90	180	410
Ants Torri	145	80	165	390
Janek Poldme	125	85	172.5	382.5
Mario Melde	145+	87.5*	145	377.5*
67.5 kg				
Janek Nurmeots	220	135	215	570
Kaarel Saar	170	95	207.5	472.5
M. Prussakov	165	115	190	470
75 kg				
Raul Koster	245	170#	255	670#
Peep Uall	240	152.5	252.5	645
82.5 kg				
Kosmar Lempu	260+	150	261+	670+
Eriki Krimann	240		252.5	645
Eero Ilvest	237.5	145	260	642.5
Aivar Krupp	230	160	240	630
Rain Suurkivi	235*	150	235	620*
N. Makarevits	150	160	200	510
90 kg				
Aivo Nurmine	255	200	280	735
Margus Reel	270+	165+	260	695+
Dmitri Basun	190	155	230	575
Sergei Musijev	185	140	225	550
Valeri Matejev	190	160	195	545
100 kg				
Margus Silbaum	290#	185	310#	785#
Raigo Raamat	250	145	260	655
A. Kabantsev	215	180	230	625
110 kg				
Rain Karu	280	182.5	285	747.5
V. Kondratenkov	225	197.5	252.5	675
N. Nekrassov	260	145	255	660
125 kg				
Erkki Laiv	240+	202.5#	255+	697.5+
Aimar Reimann	255	172.5	250	677.5
+125 kg				
Tarmo Mitt	280	210	320	810
* Subjunior Estonian Record, + Junior Estonian Record, # Open Estonian Record, " Master I Estonian record, (courtesy Heikki Orasmaa)				

APPLICATION FOR REGISTRATION
American Powerlifting Association

Registration Fee: \$20 High School Athlete: \$10

Parents Initial
If Under 18 yrs.

I Certify that
the above answers
are correct

X

Iron Man Championships
05 JAN 02 - Wetumpka AL

BENCH

220				
J. Amerson	335			
R. Lowery	315			
242				
H. Davis	370			
275				
J. Tally	315			
148	SQ	BP	DL	TOT
R. Shell	320	205	315	840
181				
J. Phelps	275	190	370	835
C. Ogden	270	185	365	820
198				
C. Zeigler	550	330	550	1430
220				
D. Carpenter	600	365	500	1465
T. Evans	315	225	405	945
Unassisted				
220				
S. Brock	350	365	455	1170

Meet Director - Chris Zeigler. Head judge - Scott Ward. Side judges - Tony Crenshaw, and Jack Exum. First of all I would like to thank my Lord and Saviour Jesus Christ for a safe and fun day. Secondly, I would like to thank everyone for their help because without their help we could not have had the meet. It was the first Iron Man Championships and there is more to come. We had a small group of lifters and for the majority it was their first time. Next time we will have more. In the 148 class it was Ryan Shell who at age 15 did a great job raw with a 320 SQ, 205 BP 3 15 DL. If he keeps lifting he will be a powerhouse! In the 181 Raw it was J.J. Phelps and Chris Ogden who were within 15 lbs of each other in total, and both did very well. In the 198 class it was C. Zeigler who squatted 600, but only got one white light. On the bench he only got his opener of 330, but did a 550 DL. In the 220 Asst. it was Danny Carpenter who man handled a 600 squat, benched 365, and deadlifted 500. Danny is a excellent lifter. Troy Evans was next and did very well for the first time doing a PR in the DL. In the 220 Raw it was Steve Brock who easily did a 365 BP and is hungry for another meet. In the BP only was 220 asst. J. Amerson with a close 350, and R. Lowery with a close 340. A good job to you both! At the 242 was H. Davis with the best BP of the meet with a strong 370! Great Job! In the 275 was J.Tally who went raw and only got his opener but did well. Thanks again to everyone! (thanks to Chris Ziegler for providing these results and congratulations on your first meet promotion!)

USAPL Nor Cal Winter Classic				
12 DEC 01 - Napa, CA				
WOMEN OPEN	SQ	BP	DL	TOT
114				
Teen 18-19				
Emily Kubaik	176	154	231	562
MEN				
Teen Men 14-15				
132				
Michael Spector	192			
165				
Adam Contreras	143	253		
Men Open				
198				
Chad Cordes	264	468		
M1				
275				
Chuck McGuire	330	529		
M5				
198				
Ed Rust	286	325		
220				
Garry Furry	286			
M. Bonifield				
242				
Rich Ludlam	475			
319				
Leo Contrears	407			
M7				
165				
Robert Fornachon	187			
Teen 3 Men				
181				
Nick Luiz	451	281	523	1256
220				
Mike Koufos	429	264	496	1190
319				
Josh Bryant	501	501	457	1460
M1				
220				
Pat Pawlowski	462	341	501	1306



Wetumpka Iron Man lifters included (front row, l-r) C. Zeigler, R. Shell, D. Carpenter, S. Brock; (back row) J. Tally, R. Lowery, J. Amerson, H. Davis, C. Ogden, T. Evans, and J.J. Phelps. (photo by Chris Zeigler)

Doug Carroll	485	330	534	1350	Frank Cable	705	490	584	1780	319
M2					M3					R. Hamilton
220					181					451
Mike Musto	611	418	644	1675	Edgar Martinez	413	275	413	1102	M5
275					198					220
Gary Stevens	562	303	518	1382	Mike Mooney	363	220	462	1047	D. Lagerwerff
319					M4					M6

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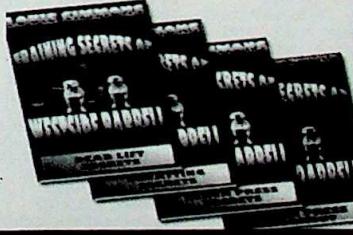


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Back View of dog appears on back of t-shirt



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4th Annual State Open Deadlift 11 AUG 01 - Keene, NH.

MEN'S OPEN	Bonneville 258	615
132	SubMaster Men 33-39	
Chris Michael	355	E. Difruscia 180 560
165		Master Men 40-44
Emile Lacerte	440	Bob Rogers 208 550
198		Master Men 45-49
Mickey Michael	525	M. Rainey 260 575
242		master men 55-59
Jamie Fellows	610	B. Matchett 227 500
Brian Matchett	500	Master Men 65-69
275		Eli Mard 265 550
Gabe Bonneville	615	Master Men 70-74
JR Men 20-23		L.Larssila 195 380
Kevin Fisk	186	Novice Men
		B. Golden 198 500
Meet director-Louie LaPoint, Scorer - Dave LaRoche. Judges-Joe Romano, Bill Durant, Jim Supry. Spotters - Phil Thomsen, Lionel Fisk. 1st place team Rekon, B. Matchette, E. Mard, Lauri Lassila, Ed Difruscia, Gabe Bonneville. Mens best lifter - J. Fellows. Master best lifter - E. Mard. (thanks to Louie LaPoint for the results)		

TOP 100

For standard 114 lb./52 kg. USA lifters in results received from May/2001 through April/2002.

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - add 7% tax).

NEXT MONTH... TOP 123s

Corrections... Lynda Christoper should have received credit for her WABDL Arizona State Record 137 bench press in the 105 lb. class on the Women's TOP 10 rankings for 2001. Ed Coan was incorrectly listed in the TOP 100 for the 275s, as his actual bodyweight at the 2001 Mountaineer Cup has been stated as 239 1/4 rather than just over the 242 limit as we had initially heard. Joe Deverville should have had his lifts of 655 451 644 1752 counted in the compilation for the Masters TOP 20 rankings for 2001 in the 242 lb. class. Meet Director Randy Brooks indicates that Frank Lupis should have been credited with a 350 bench at 148 in the Masters TOP 20 ranking list. David L. Ellis should have been listed as 90th in the TOP 100 Superheavyweight listing, rather than D. Lewis. We make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the results from the meet director, and occasionally the meet results themselves contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "PL USA ERRORS", Box 467, Camarillo, California 93011.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 429 Gainer, E. 11/15/01	360 Booker, M. 12/1/01	501 Gainer, E. 11/15/01	1218 Gainer, E. 11/15/01
2 418 Scruggs, J. 7/14/01	286 Gainer, E. 11/15/01	490 Holloway, D. 4/13/02	1080 Scruggs, J. 7/14/01
3 396 Holloway, D. 4/13/02	260 Beasley, S. 5/6/01	435 Scruggs, J. 7/14/01	1080 Holloway, D. 4/13/02
4 347 Maile, J. 8/20/01	245 Ekhtiarzadeh, A. 5/12/01	400 Kerr, D. 2/9/02	914 Hartwig, S. 2/9/02
5 341 Hartwig, S. 2/9/02	225 Scruggs, J. 7/14/01	400 Drummond, J. 2/9/02	905 Drummond, J. 2/9/02
6 340 Hafenbrack, M. 12/16/01	214 Hartwig, S. 2/9/02	385 Goff, K. 9/11/01	905 Kerr, D. 2/9/02
7 325 Khan, S. 5/12/01	214 Holmes, M. 4/13/02	380 Jackson, G. 11/3/01	898 Maile, J. 8/20/01
8 325 Drummond, J. 2/9/02	210 Furneaux, J. 4/27/02	375 Hafenbrack, M. 12/16/01	881 Bray, J. 6/16/01
9 325 Kerr, D. 2/9/02	203 Bray, J. 6/16/01	370 Parrish, S. 11/17/01	880 Hafenbrack, M. 12/16/01
10 319 Bray, J. 6/16/01	200 Goodman, B. 8/18/01	369 Rogers, T. 3/15/02	876 Holmes, M. 4/13/02
11 319 Grubbs, C. 4/12/02	198 Maile, J. 8/20/01	365 Street, B. 11/17/01	850 Street, B. 11/17/01
12 315 Street, B. 11/17/01	192 Barbier, M. 2/2/02	363 Dupuis, J. 4/13/02	843 Dupuis, J. 4/13/02
13 314 Kirkland, M. 11/3/01	192 Holloway, D. 4/13/02	358 Jacobs, C. 6/2/01	840 Khang, P. 2/9/02
14 310 Khang, P. 2/9/02	190 Koch, A. 10/27/01	358 Bray, J. 6/16/01	830 Parrish, S. 11/17/01
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17 308 Holmes, M. 4/13/02	187 DeWalters, D. 7/13/01	358 Khang, P. 3/15/02	804 Rogers, T. 3/15/02
18 305 Parrish, S. 11/17/01	187 Dupuis, J. 4/13/02	358 Holmes, M. 4/13/02	799 Barbier, M. 2/2/02
19 303 Meyer, J. 6/23/01	185 Riccardi, J. 1/19/02	352 Maile, J. 8/20/01	793 Meyer, J. 6/23/01
20 292 Clark, Z. 2/23/02	182 Clark, Z. 2/23/02	352 Teruya, K. 12/8/01	793 Goff, K. 9/11/01
21 292 Nogle, C. 3/15/02	181 Wada, N. 9/1/01	350 Meyer, J. 9/23/01	785 Khan, S. 5/12/01
22 292 Dupuis, J. 4/13/02	181 Distalito, T. 9/23/01	341 Brown, J. 4/6/02	777 Grubbs, C. 4/12/02
23 286 Barbier, M. 4/13/02	181 Rinderer, N. 12/1/01	340 Ekhtiarzadeh, A. 5/12/01	760 Jackson, G. 11/3/01
24 285 Leggett, T. 3/14/02	181 Griggs, R. 3/9/02	336 DeWalters, D. 7/13/01	755 Clark, Z. 2/23/02
25 285 Traylor, A. 12/15/01	181 Drummond, J. 3/15/02	336 Rinderer, N. 11/17/01	749 Hurley, B. 11/3/01
26 280 Cross, T. 3/8/02	180 Rambally, R. 10/27/01	331 Griggs, R. 3/9/02	744 Teruya, K. 12/8/01
27 275 Trzaskas, N. 6/23/01	180 Kerr, D. 2/9/02	330 Rambally, R. 10/27/01	744 Nogle, C. 3/15/02
28 270 Bullara, C. 10/6/01	180 Khang, P. 2/9/02	330 Panizari, M. 11/17/01	738 Rinderer, N. 11/17/01
29 270 Rogers, T. 12/15/01	180 Bechel, J. 4/13/02	330 Bookler, M. 12/1/01	738 Brown, J. 4/6/02
30 270 Silvas, A. 3/14/02	176 Kirkland, M. 11/3/01	325 Keeler, J. 5/5/01	735 Huset, D. 5/19/01
31 265 Hogan, L. 3/14/02	176 Hurley, B. 11/3/01	325 Nogle, C. 2/9/02	730 Leggett, T. 3/14/02
32 264 Hurley, B. 11/3/01	170 Hafenbrack, M. 7/13/01	319 Bowers, T. 10/18/01	727 Jacobs, C. 6/2/01
33 264 Rinderer, N. 11/17/01	170 Parrish, S. 8/25/01	319 Kirkland, M. 11/3/01	725 Riccardi, J. 1/19/02
34 264 Demmers, E. 2/9/02	170 Street, B. 11/17/01	319 Chapman, T. 3/15/02	722 Trzaskas, N. 6/23/01
35 260 Khang, T. 5/12/01	170 Rogers, T. 12/15/01	315 Huset, D. 5/19/01	720 Maldonado, J. 6/2/01
36 260 Huset, D. 5/19/01	165 Lee, S. 5/19/01	315 Blusehi, R. 3/15/02	715 Goodman, B. 6/24/01
37 260 Maldonado, J. 6/2/01	165 Meyer, J. 8/11/01	314 Mitkevicius, E. 4/12/02	705 Furneaux, J. 4/27/02
38 260 Jordan, S. 3/14/02	165 Mendoza, E. 12/1/01	310 Maldonado, J. 6/2/01	700 Murillo, F. 6/2/01
39 260 Schwertner, S. 3/14/02	165 Birchak, S. 12/14/01	310 Murillo, F. 6/2/01	695 Khang, T. 5/12/01
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68 240 Chapman, T. 10/27/01	143 Chapman, T. 3/15/02	286 Dahl, K. 3/15/02	645 Campanille, S. 10/27/01
69 240 Riccardi, J. 1/19/02	143 Kratz, E. 3/15/02	285 Langel, C. 3/8/02	645 Meyer, W. 3/8/02
70 240 Ryman, K. 3/9/02	143 Brown, J. 4/6/02	285 Hogan, L. 3/14/02	645 Ryman, K. 3/9/02
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USAPL Ron Falcone Invitational
10 FEB 02 - Rockaway, NJ

	165 lb.	SQ	BP	DL	TOT
Kenny Davis	490	375	560	1425	
Mike Kenney	435	255	435	1125	
Mark Richman	350	350	400	1100	
198 lb.					
Ray B.	665	485	705	1855	
Jerry Dally	525	325	505	1355	
Francis Arcibal	465	345	535	1345	
220 lb.					
Ron Falcone	555	390	525	1450	
Eric Grusbeck	515	365	535	1415	
Jeff Walker	435	165	500	1100	
275 lb.					
Charlie Neal	255	460	325	1040	

Meet Coordinator: Ron Falcone. (Thanks to USAPL for providing these contest results)

S.C.I. Mahanoy BP & DL Meet
01 DEC 01 - Frackville, PA

	BP	DL	TOT
BELGRAVE	250	485	735
IBZICKI	260	405	665
BROWN	235	425	660
GILMORE	170	375	545
165			
WHITE	305	540	845
MATHIS	320	425	745
POMPA	280	440	720
181			
CARTER, J.	350	600	950
RAWLS	320	515	834
JOHNSON	295	525	820
RIGGINS	350	450	800
MITCHELL	300	500	800
MOSLEY	280	475	755
MANNING	300	430	730
198			
WOFFARD	405	625	1030
JUNIOUS	330	575	905

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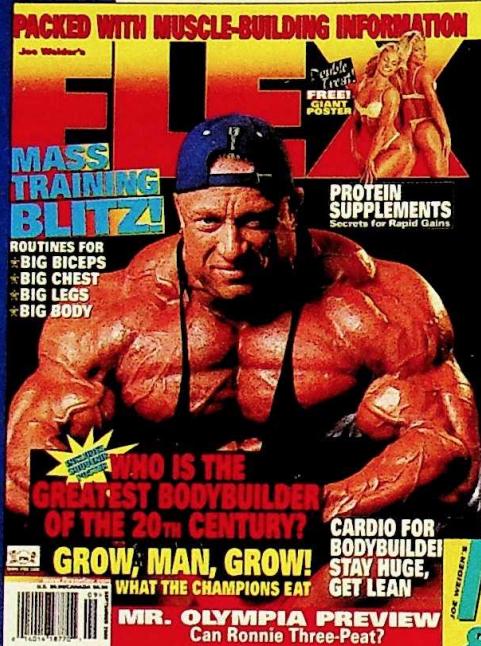
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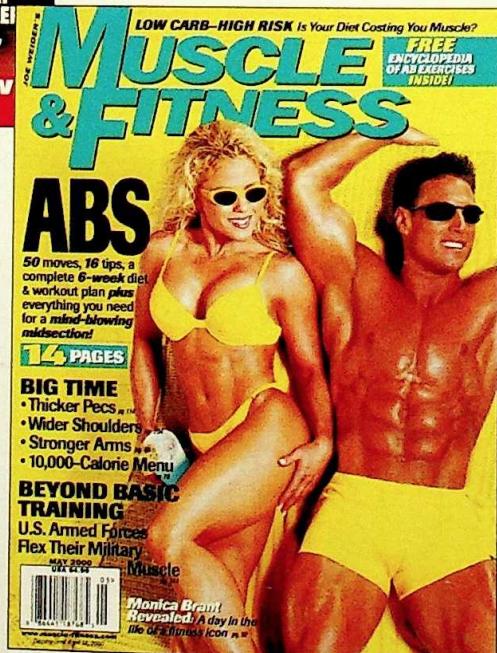


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