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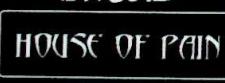


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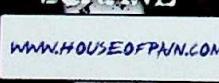
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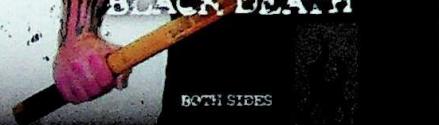
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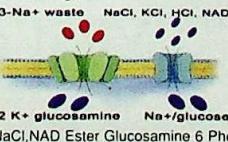
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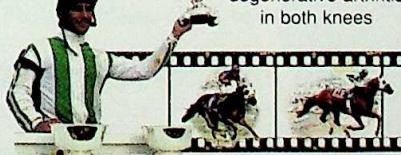
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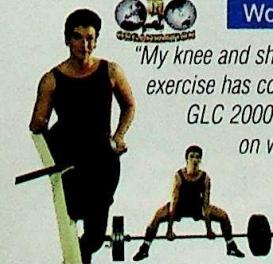
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ON THE COVER ... Shawn Frankl ... "doing his part" at the APF Senior Nationals at the Plaza Hotel in Las Vegas, Nevada.

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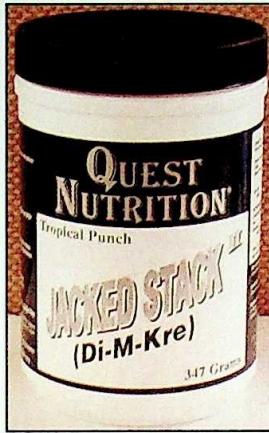


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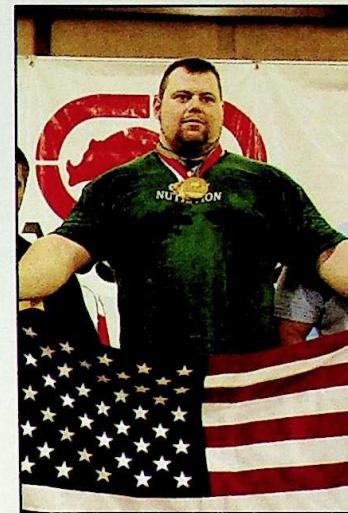
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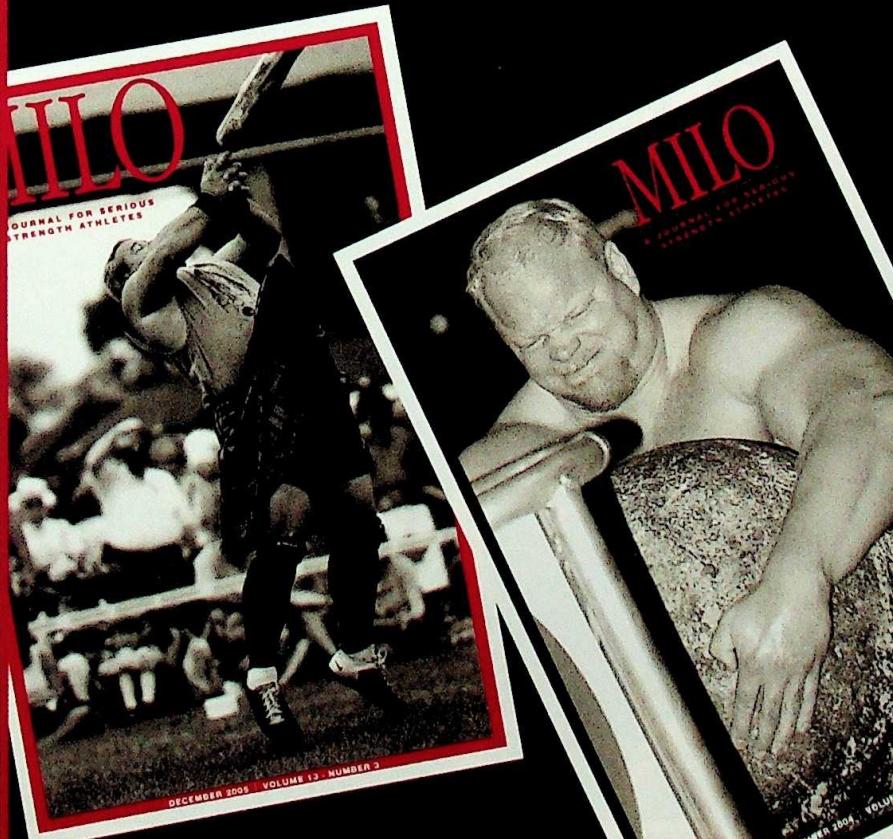
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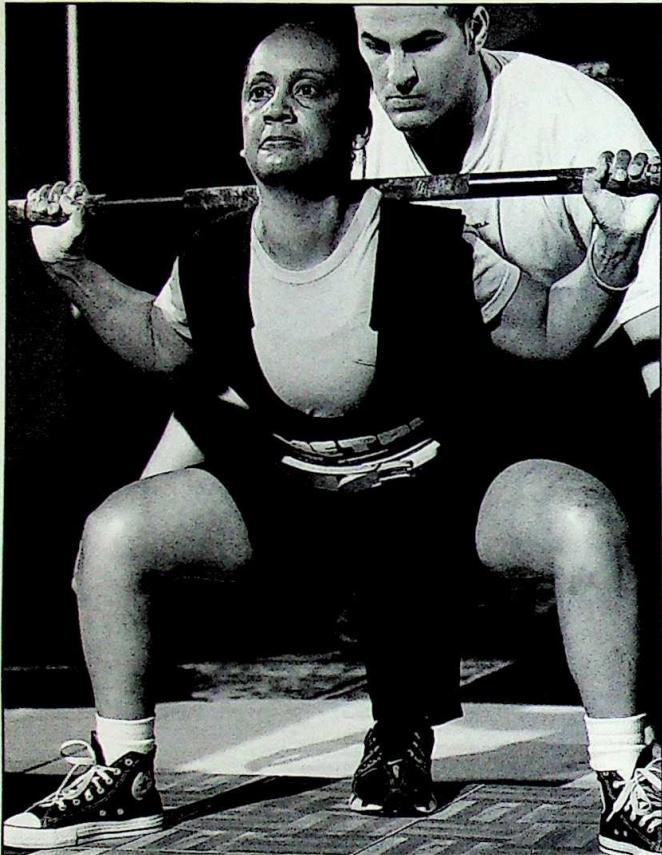
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APF Senior Nationals

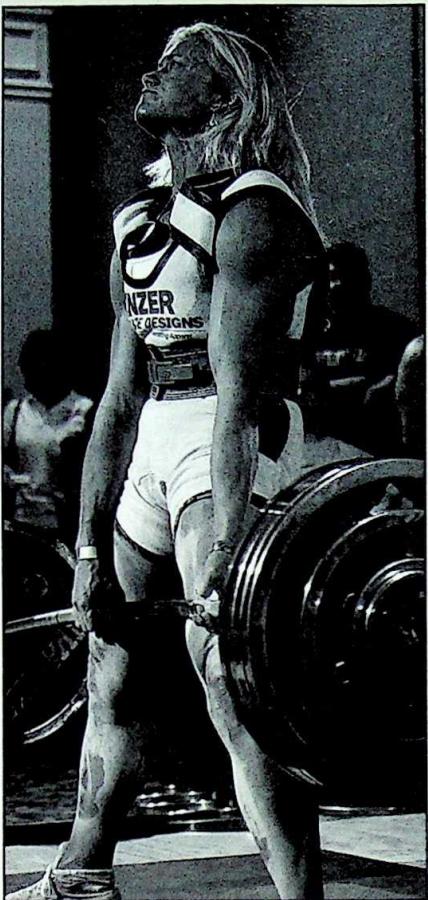
as reported by PLUSA's Mike Lambert



Linda Barnes ... so perfectly proportioned for the 97 pound class.

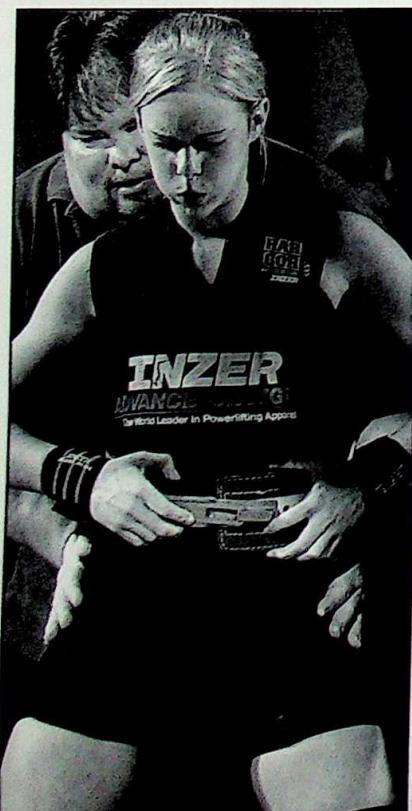
Petite yet powerful, Linda Barnes fiercely fought out several attempts, most critically in the bench press, to finish up with an excellent 688 lb. total, in the lightest of women's classes. In the 114s, Amanda Harris had her own challenge in the squat, but she faced the matter intently and finished up well, as probably the youngest APF Senior National Champion ever. At 14,

she's already well experienced, having started training with weights at nine years of age. There's a lot more to come from her, including a trip to Russia to compete. In the 123lb. class, Sabra (ne Lucchesi, now going by the name Callahan) passed a couple attempts as she had her title well in hand, but she did make all three bench presses. Suzette O'Neil almost bombed in the bench, but came through when she absolutely had to for second place. Margaret Kirkland serenely bombed with huge squat attempts of 407, 451, and 451. Obviously she possesses tremendous strength, but it didn't get posted on the scoresheet this time. In the 132lb. class, Julia Ladewski had a balanced performance to win her title. At 148, Kara Bohigian unveiled her recently reconstructed knee, and it worked pretty well. With a bit of a wobble, she made a 501 squat on a repeat. She benched 407 over again, and then jumped to 446 for a miss. Considering what she's done in the bench press lately, it's tantalizing to imagine what she'll do in future three lift competition. In 2nd place, Shannon Hartnett, former strongwoman superstar, almost made one of the most impressive deadlifts we've ever seen. She burst 512 from the floor, and despite



Shannon Hartnett had a 512 DL up this far.

twisting and unevenness, she steadily forced it to lock out, before suddenly losing her balance and catapulting



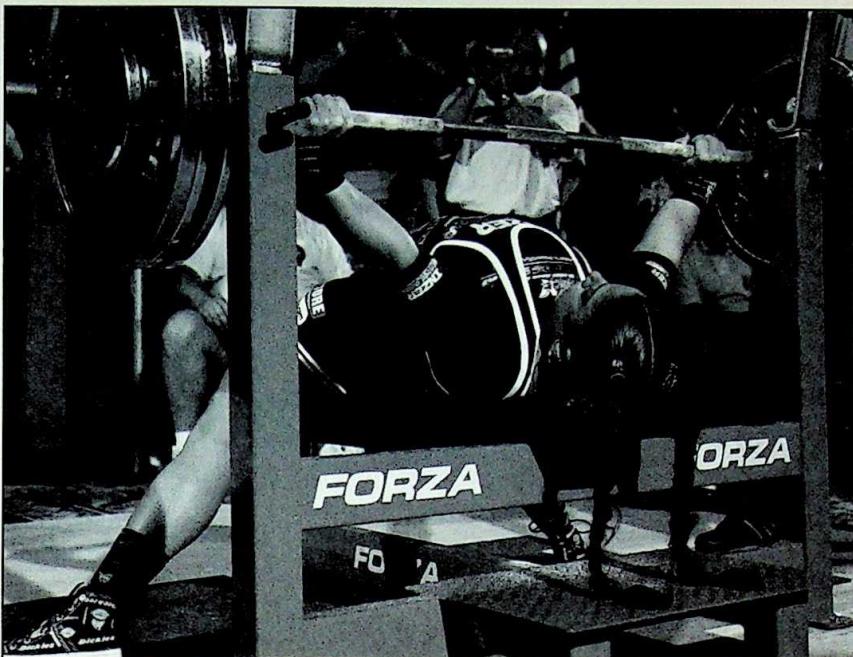
Amanda Harris & father Mark prepare.



Sabra Callahan rammed three great benches.



Julia Ladewski is good in all of the disciplines

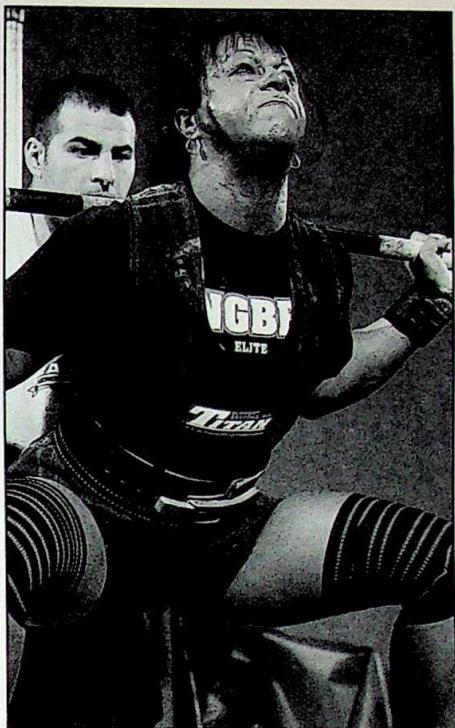


Kara Bohigian added yet another 400 pound plus bench press to her lifting resume.

forward over the bar. Lynn Silbert, an active and successful open/masters PLer and sometimes strongwoman competitor, lifted impressively in a performance made even more unforgettable as all the hair on her head had been shaved off. Debra Damminga made several great lifts and fought admirably hard on a couple of misses, to come in 4th. In the 165s, Carol Ann Myers jumped big to 600 in the squat, which wasn't quite there, but she still finished ahead of Stella Krupinski, who missed started low and then moved up substantially on her following

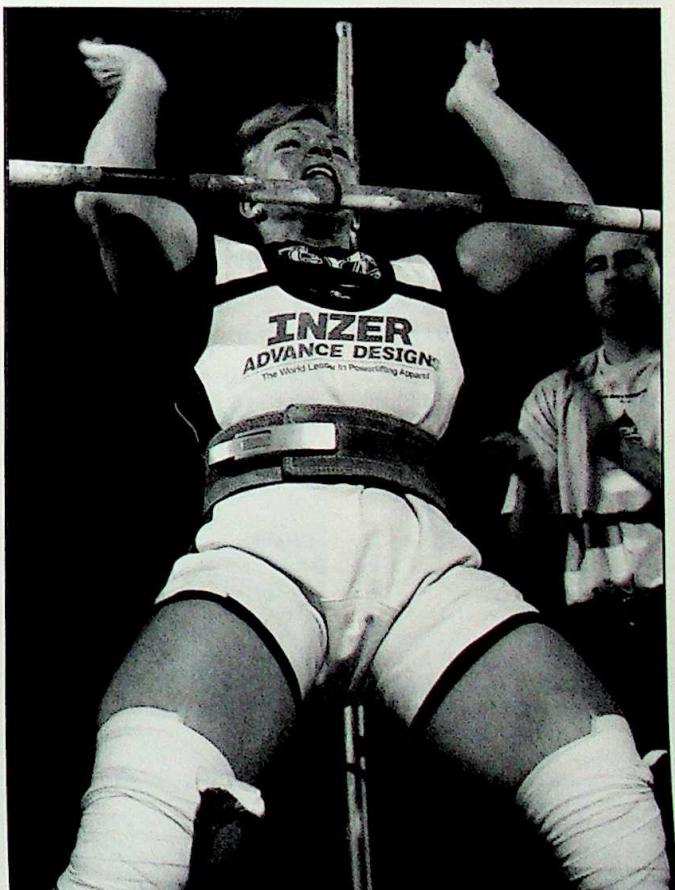
attempts, exhibiting lots of future potential. Hilary Harper only missed one attempt (opening squat) and cruised on to third place in one of the most competitive classes for the women. Laura Phelps, who opened with a 683 squat, was not as sharp as she's been in previous appearances, and bombed, though she'll likely come back and squat deep into the 700s the next time she lifts. In the 181s, Deb Widdis of Big Iron bunch, out of Omaha, Nebraska, did terrific lifts, including a 600 squat, with which she was very pleased, and she closed it out with a 501 2nd attempt deadlift. Krista Ford was back (and blonde!) and very impressive. Unfortunately, she still has a bit of a deficit in the bench, and that kept her from pressuring Deb more closely. In the SHW division, we had three lifters, and none of them finished. Kate Radon, a namesake of the very well thought of Radon Boat Company

out of Santa Barbara, CA, couldn't get a squat in, but did manage a bench and is rapidly closing in on the 400 barrier. Machia "Big Mac" Dudley, also of Big Iron and following in the historic footprints of Becca Swanson, couldn't quite get her



Carol Ann Myers tried the Big Six in the squat

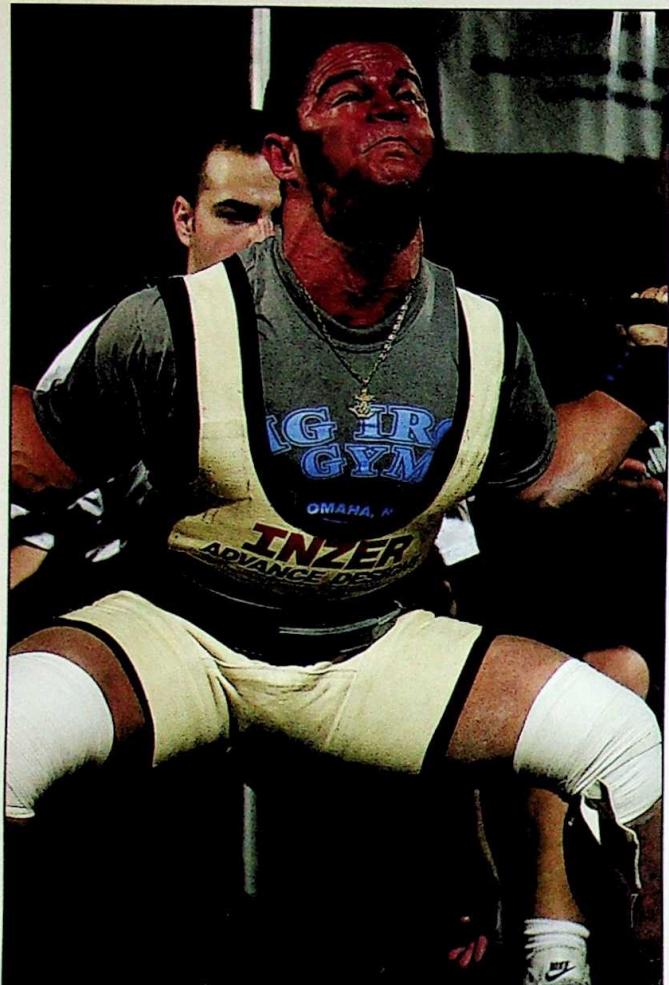
squats down, and then couldn't get a bench in, but she is destined to post huge numbers in the future. Stacy Motter likewise had trouble in the squats and had to leave the competition prematurely.



Deb Widdis was very ecstatic after her final successful squat effort.

APF Senior Nationals 2-4 Jun 06 - Las Vegas, NV

	1st	2nd	3rd	TOT
FEMALE				
114 lbs.				
A. Harris	132	148	159	439
165 lbs.				
M. Asp	325	341	363	1029
SHW				
K. Radon	363	363	402	1128
M. Dudley	341	385	396	1022
Open				
	SQ1	SQ2	SQ3	
	BP1	BP2	BP3	
	DL1	DL2	DL3	
				TOT
FEMALE				
97 lbs.				
L. Barnes	220	248	270	748
114 lbs.				
A. Harris	237	237	242	716
123 lbs.				
S. Callahan	231	253	—	700
S. O'Neill	275	292	292	859
M. Kirkland	407	451	451	1309
132 lbs.				
J. Ladewski	424	463	463	1350
148 lbs.				
K. Bohigian	468	501	501	1470
S. Harnett	424	454	451	1329
L. Silbert	418	418	424	1250
D. Damminga	275	297	319	901
165 lbs.				
C. Myers	551	600	600	1751
S. Krupinski	407	451	474	1332
H. Harper	418	418	446	1272
L. Phelps	683	683	683	2058
181 lbs.				
D. Widdis	554	573	600	1727
K. Ford	501	562	578	1641
SHW				
K. Radon	468	468	468	1394
M. Dudley	683	683	683	2058
S. Motter	424	424	424	1272



Nick Hatch representing the future of the APF, says Mark Swank

In the men's competition there were no 114, 123, or 132s entering the contest. Young Brad Conant could have had the 148 lb. title, after coming back for a desperate but successful third attempt at 418 in the squat, but he couldn't get in any of his benches. Real competition began in the middleweight division. Of course, when you get somebody like Nick Hatch, who's only 20 and is squatting 837 (miss with 854), benching 540 (missing 562), and explosively deadlifting 551, to total 1929, then he's practically in a class by himself. Brian Tincher was way improved and nailed a big time comeback with a 749 squat, had a close miss at 518 in the bench, and a noble try at 661 in the deadlift, for his excellent 1867 total. Long lean Eric Talmant put together big lifts, beginning with a 644 squat, for a 1658 total. Al Caslow, a new face, opened big at 300 kgs., but got it on a second attempt. Leon Josaitis was much stronger than last year, although he had the same difficulty in the squat as most did, and he darn near got a 501 bench with his unique form. Eric Cressey did not continue in the deadlifts. Devin Cagnolotti and Angela Mazza could not get a squat passed. Dre Valleza was hurt on a

650 squat attempt and withdrew. Chris Mehmel and Justin Cantwell also had trouble in the squat.

The 181 lb. class, it was a dog fight, even with the likes of Shawn Baker, Tony Garland, Louie Morrison, and Tony Ramos leaving early after the squat. Greg Crook came back on a third attempt with a 722, made it, and that made his day, as he won the class. Mark Van Alstyne, Doctor of Chiropractic and Physical Therapist, took his opening miss and jumped considerably, making two great follow-on squats, and a strong 485 bench press for second place over WPO veteran Brian Strickland. Bob Benedix, master lifter, came very close with a 716 squat twice. Hal Scholnick had a few too many misses to challenge Bob, a World Gym owner in Florida.

Phil Delmonte missed only his final deadlift, but had already run away with the 198 lb. title, with a class leading 832 squat, and a 551 bench. Adam Driggers is down a weight class, but is still making 220 lbish lifts. If he'd gotten a couple of his misses, he would have been in line for the title. Jason Coker had a big grin on his face, as in "I know somethin' you don't know." He revealed what was up in the bench press, opening with an

APF world record 633 (with big time bencher Mike Cartinian watching from the sidelines). Then he went up to 710, an incredible all time world record in the 198 lb. class, and didn't quite get it, but he came back and skillfully drove it up for a historic success on a third. Brent Tracey had a few problems in the bench press, or he may have challenged Coker for third. Popular Wayne "Dutch" Flesh likewise was close. Jeremy Thomas, of Detroit Barbell, had a nice comeback with a 722 squat, which put him in good position. Al Strang had the coolest haircut, but a doubly missed 749 squat kept him from finishing higher. Mark Caplan, at age 49, tried some very big lifts, and ended up just ahead of Jamie Hanson on bodyweight. Josh Power (aptly named) just got his opener in the squat, and Scott Kuderick likewise got just one squat, and actually only made three attempts all day. Vic Calia of Las Vegas showed balanced lifting. Mike Prewitt came back to get a 677 squat, and that carried him to a nice finish. Mike Grubach was the last of the three lift competitors to post a total. Phil Harrington got a big 865 squat, and went on to try 920, but three good looking benches with 496, done with a reverse grip, but did not get majority lights. Terry Buckley had serious difficulty in the

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Greg Crook thinks about getting everything right on his last squat

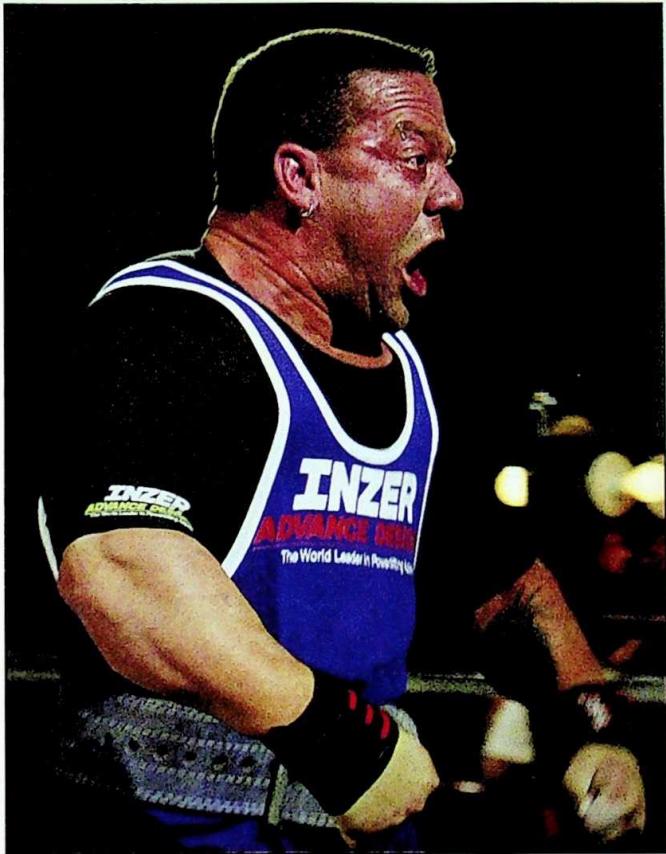


Phil Del Monte was well in control of the Midheavyweight class.

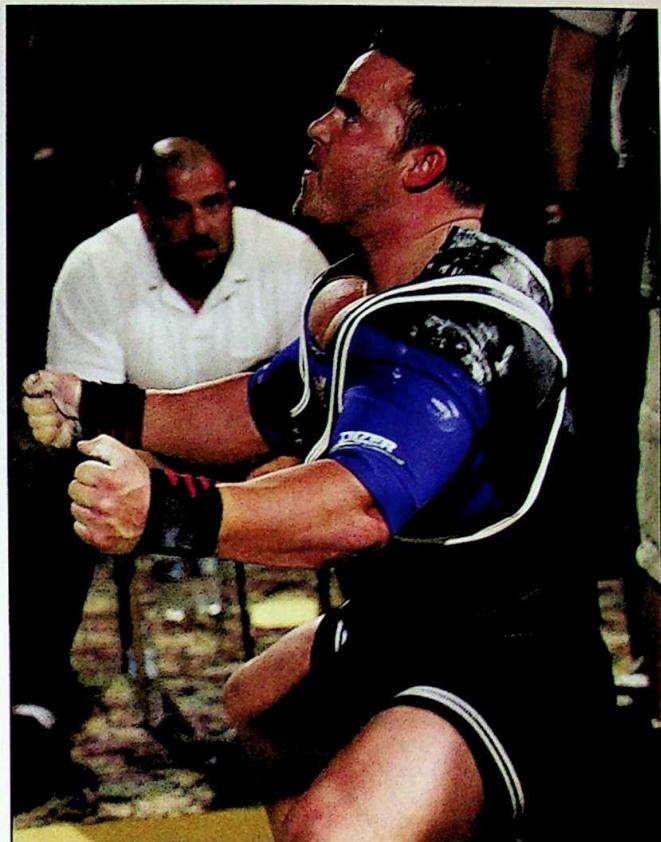
squat, as did Michael Hicks and Mike Luckett.

In the 220 lb. class, Shawn "Freak" Frankl, shook off misses on his opening squat and bench to post a gigantic 2353 total. His 705 bench was quite memorable. Brian Carroll, merely 20 years of age, valiantly tried a 1003 squat, came back to get a 600 bench, and finished up with a fine 755 deadlift for a tremendous 2303 total, and if not for Frankl, we would have walked away with a clear win. Corey Akers impressed with a 903

squat, making all three, and finished up with a key 705 deadlift which put him ahead of mighty Joe Norman, who was just an attempt or two from third. Larry Hook had a large 870 squat, and followed up with a big, big 777 deadlift to close out 5th place. Gene Bell, well into the master category, had a terrific 914 squat, but a 584 bench press was too much, twice. His 705 deadlift gave him a total mark among several world masters records. Tyson Hubbard, of Big Iron, showed balanced lifting in



Jason Coker ... a new all time record in the bench @ 198 - 710#



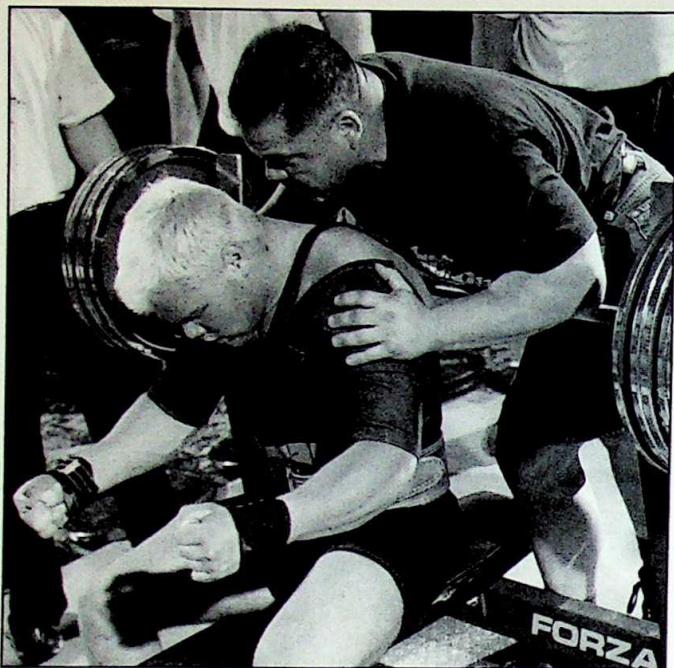
Big Iron Lifter ... Shawn Frankl has ferocious all round strength.

this tough class. Larry Hoover only got four attempts, which understandably pushed him down the list. Scott Blanchard looked dog gone good, coming back with a 766 squat. Josh Gotleib used his big 815 squat to total 2000. Mike Szudarek tried to crash the magic 800 barrier in the squat, but didn't quite do it. Mike Hill reportedly tore a bicep, which kept him from a third attempt deadlift. Jim Gorrell had a nice comeback effort with a 744 squat. Shea Jones had a tough meet - only three attempts, and Kevin Champion also left some



Alberto Franco who else on earth has made 800 pounds plus look so easy in the bench press?

APF Senior Nationals 2-4 Jun 06 - Las Vegas, NV					
MALE					
148 lbs.	234	234	253	—	
S. Tamerius	234	234	253	—	
165 lbs.					
M. Ruelan	380	402	440	402	
E. Cressey	374	391	391	374	
181 lbs.					
B. Mendoza	507	518	529	518	
N. Marinis	457	503	512	503!	
A. White	402	402	402	402	
T. Hensley	496	496	518	—	
A. White	—	—	—	—	
198 lbs.					
J. Coker	633	711	711	711!	
B. Williams	573	611	—	573	
M. Coleman	545	562	562	562	
L. Lacy	507	523	551	523	
220 lbs.					
C. Dexter	584	633	661	633	
M. Minuth	504	501	545	545	
G. Hayes	485	518	523	485	
K. Millitary	650	650	650	—	
242 lbs.					
L. VanDuke	655	705	705	—	
R. Girard	650	683	683	650	
J. Bachmeier	639	705	705	639	
M. Hummel	606	639	639	606	
E. Clark	562	578	578	562	
E. White	529	551	551	—	
R. Luyando	772	772	772	—	
275 lbs.					
A. Franco	837	854	870	854	
R. Briggs	727	755	782	782	
R. Luyando	749	760	782	760	
T. Harrison	705	744	815	744	
C. Tallman	694	694	716	694	
J. Smith	655	705	727	655	
B. McKee	600	705	716	600	
D. Gross	562	562	584	562	
M. DeLaval	731	733	771	—	
308 lbs.					
R. Kennelly	859	859	903	859	
M. Womack	804	804	859	—	
T. Manno	700	700	700	—	
B. Meek	540	—	—	—	
SHW					
R. McCary	722	755	771	771	
D. Dickey	639	677	705	677	
R. Vick	727	755	777	—	
S. Mendelson	1030	1030	1030	—	

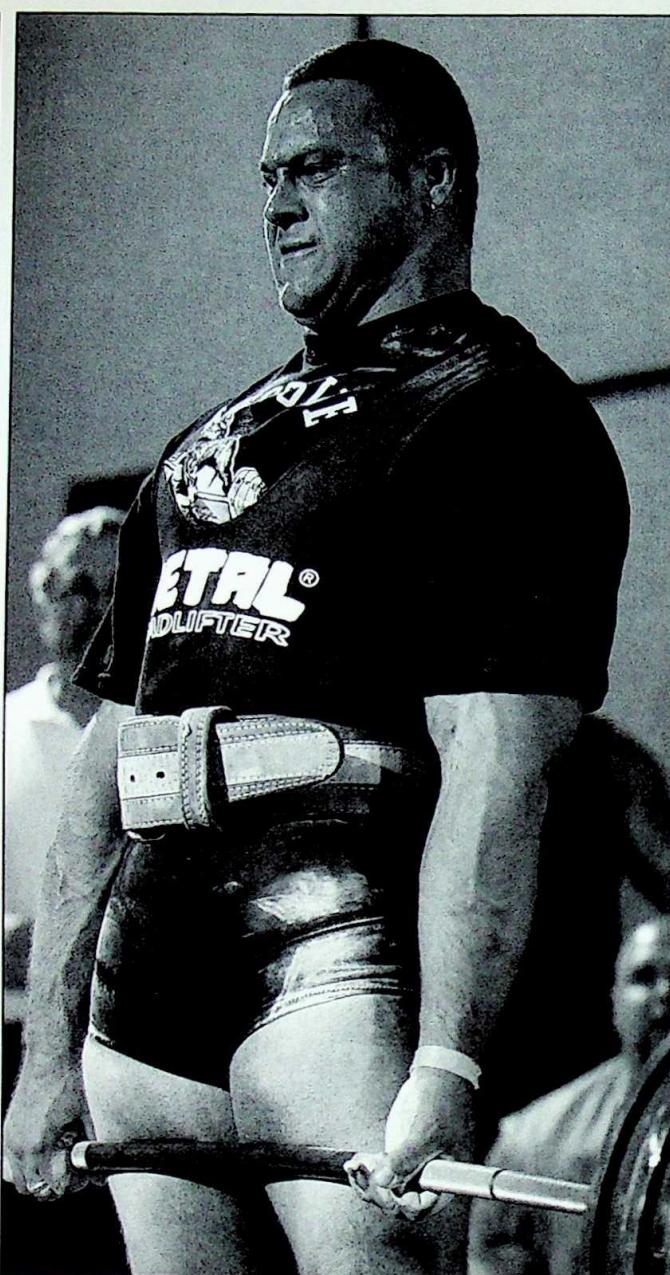


Elliott Shults, 19 and from Las Vegas, was immaculately prepared for this contest by Mark Swank, and he had a vocal cheering section

pounds on the platform. Tall, lean, 148 lbs. might have held up for the total. Dustin Minks came back heroically to claim a 705 squat. Jeff Allen, the son of Marvin Allen - long time training partner of Jon Cole, made some good lifts to finish out the totalers at 220. Mark Plescia was clearly very strong, but somehow started too high on the bench. Lance Mosley was not very close with his 749 squats, and Doug Carroll also had trouble with 826. Charlie Telesco ended up bombing with 683.

There was close competition in the 242s, led by Greg Panora, looking almost lean at this bodyweight but lifting like he was like a 275 pounder. He dropped the hammer with his final deadlift of 782, over Justin Graalfs, who is another very scary strong person from Big Iron (and/or Mad Max!) He too got a big deadlift - 760, which

improved and carried through to a convincing third place finish. Floridian Ron Jones, another lean guy, was good in all the lifts, and that made him good for fourth place. Dave McLeod tried some big lifts, and might have challenged Jones had everything gone his way. Muscular Luke Edwards was just behind. Nineteen year young Elliott Shults was so well prepared by Meet Director Mark Swank out of The Gym, in Las Vegas, and only missed at a bold 876 squat and a 688 deadlift. James Schneider had some troubles, made up for them, and posted a 2000 plus total. Phil Wiley, of Texas, didn't get that many attempts in and didn't total close to his potential. In what might have been his first contest in equipment, Matt Moore was stunning, so



Greg Panora drops the hammer on Graalfs with a 782 lb. deadlift

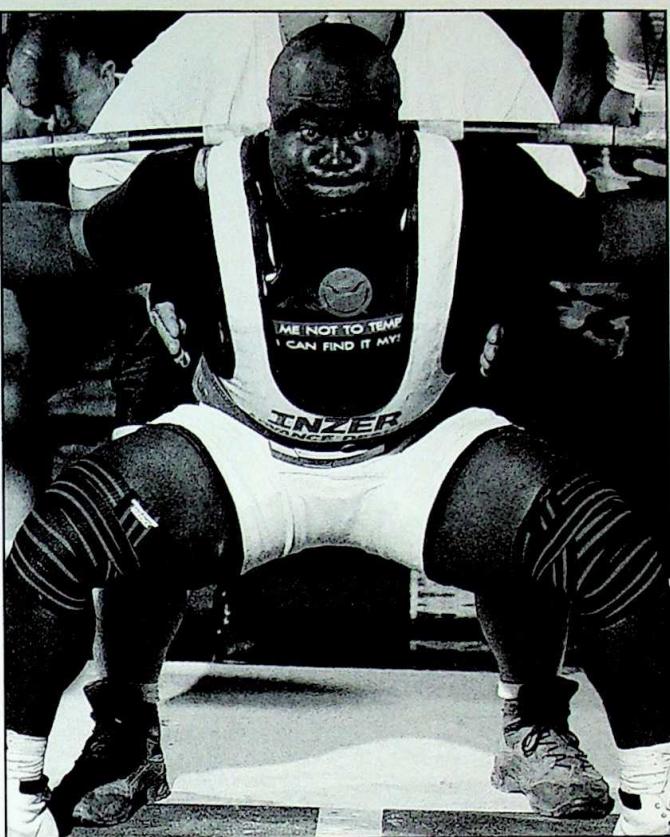
Open MALE	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
148 lbs.										
B. Conant	418	418	418	237	237	237	330	—	—	418
165 lbs.										
N. Hatch	815	837	854	518	540	562	529	551	562	1929!
B. Tincher	727	749	749	479	496	516	600	622	661	1868
E. Talamant	644	644	705	341	358	369	577	644	655	1659
A. Caslow	661	661	705	407	424	446	529	562	584	1647
L. Josaitis	600	617	617	440	479	501	429	474	501	1598
E. Cressey	501	534	545	374	391	391	573	—	—	876
D. Cagnolatti	683	683	683	485	—	—	501	—	—	—
A. Mazza	622	622	622	380	—	—	501	—	—	—
D. Valleza	650	650	650	496	—	—	451	—	—	—
C. Mehmel	523	523	540	424	—	—	474	—	—	—
J. Cantwell	650	650	650	396	—	—	573	—	—	—
181 lbs.										
G. Crook	705	722	722	463	496	512	551	595	622	1813
M. VanAlstyne	688	705	738	440	446	485	501	546	540	1725
B. Strickland	683	722	722	440	474	485	512	540	562	1697
B. Benedict	661	716	716	369	391	—	523	551	573	1603
H. Scholnick	606	650	650	434	463	463	507	567	567	1587
S. Baker	633	677	677	467	—	—	584	—	—	—
T. Garland	672	672	672	463	—	—	523	—	—	—
L. Morrison	661	661	66	424	—	—	589	—	—	—
T. Ramos	683	683	683	545	—	—	578	—	—	—
198 lbs.										
P. DelMorti	766	804	832	501	534	55	606	672	746	2055
A. Driggers	804	832	832	534	584	584	606	639	672	2028

J. Coker	700	705	705	633	711	711	523	551	584	1967!
B. Tracey	744	771	793	496	523	523	606	628	650	1918
W. Flesh	749	749	810	474	512	523	584	617	628	1879
J. Thomas	722	722	771	463	463	501	628	661	700	1846
A. Strang	705	749	749	485	501	523	551	600	639	1807
M. Caplan	683	760	804	424	474	507	573	647	617	1774
J. Hanson	633	672	705	501	523	523	562	589	600	1774
J. Power	650	683	683	474	501	501	518	534	551	1703
S. Kuderick	727	727	771	385	423	423	523	573	573	1636
V. Calia	529	562	600	418	418	429	617	633	650	1625
M. Prewitt	639	677	677	385	413	429	529	529	600	1620
M. Grubach	501	501	573	363	226	424	501	551	567	1455
P. Harrington	865	865	920	496	496	496	606	—	—	865
T. Buckley	633	633	661	424	—	—	507	—	—	—
M. Hicks	688	688	716	457	—	—	567	—	—	—
M. Luckett	832	832	832	551	—	—	650	—	—	—
220 lbs.										
S. Frankl	892	892	937	688	688	705	677	694	711	2353
B. Carroll	887	948	1003	562	600	600	705	744	755	2303
C. Akers	815	870	903	523	578	578	440	672	705	2188

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explosive in the deadlift and in the bench presses. Ahmad "Joe" Atef from Illinois, a big framed lifter, showed lots more is to come. Donovan Boell missed a major jump in the squat and bench press, which kept him from placing higher. Kevin Thomas looked to be on a roll, but missed two big squats and two big deadlifts. John Tenbroeck, of New York, scored solid lifts, and finished up the meet ahead of Harlan South. Among the bombers were Ross Bowsher and Dalen Randa, neither of which could get in a bench. Matt Ladewski, Tim Higgins, and Ryan Tinney all zeroed in the squat.

In the 275 pound class, the quickly emerging super star, Charles Bailey, took it over to nail a big time squat and then maneuvered from there to first place in a very competitive division. John "J.Z." Zemmin got a super 804 bench, tried an 843, and showed he's got the credentials as a three lift man to place second in the Seniors. Texan Michael Griffin is a really strong guy, but had a couple misses in the squat which have done him a lot of good, as well as a couple of misses in the bench press. Matt Wenning had just the kind of performance you'd expect from an Westside guy. His 1003 squat try was just a bit too much, as 981 would have gone and that would have helped. Charles Fay, quite tall, had a solid squat followed by balanced lifting to pick up the next spot. John Poremba faltered in the squat, which kept him down a notch or two. Anthony Carlquist was impressive, and just a little bit more in the deadlift and maybe that third bench would have bumped him up. Mark Bell had a terrific blue Mohawk, and didn't miss any lifts, a notable achievement on this day. Rugged Dan Steltenkamp missed twice at 705 in the bench, otherwise he would have moved up. Steven Richards, another Big Iron lifter, had a few misses in the squat and bench keep him down. Lester Estevez was the same story.



Charles Bailey ... mastering a 1036 lb. squat set him up for the win.

Cameron Field-Eaton had only one miss, resulting in a fine total of 2088. Noel Levario was not very close with a 622 bench on any opportunity. Mike Askew apparently got injured on his opening squat. Buddy McKee could not get a squat passed, but continued in the bench press

competition. Vascular and ripped, Dan Kovacs looked like a Nick Moretto, a junior, did astonishing lifting in the squat, and has a big future ahead of him, Andrew Zavala did a 2044 total, and in this class that was 11th. Steve Coppola ended up with 2011, and Greg Damminga came in just under 2000. Richard Gregg has come up fast, and he was the last of those to total. Among the bombers, Noel Levario was not very close with a 622 bench on any opportunity. Mike Askew apparently got injured on his opening squat. Buddy McKee could not get a squat passed, but

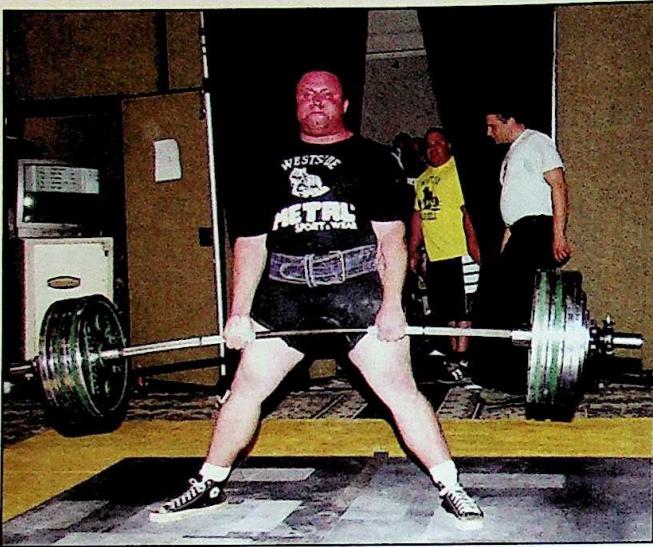
continued in the bench press

squat would have helped him a great deal. Monte Sparkman came back to get a 650 bench to stay in the meet. William Lee was the final totaler. There were many bombers: Tony Bologone, Scott Burgess, J.R. Bolger (who judged much of the rest of the competition), mighty Chris Weirs, John Manly, Max Higgins, Brian Meek, even Russ Barlow, and Scott Wheetch, who opened with 1107 in the squat.

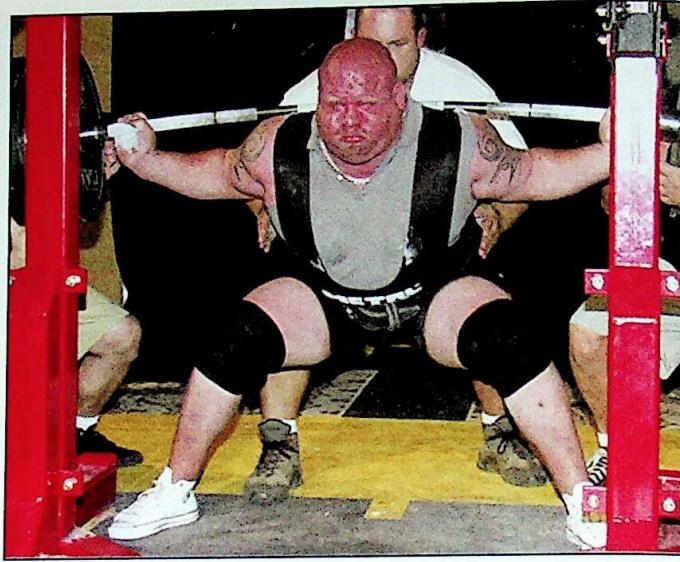
In the SHWs, there were many more casualties, but Matt Smith was not one of them. Another Westside guy who doesn't make many major mistakes, his was a gigantic total. On a day when many big squatters went down in flames, he posted a 517.5 kilo lift, and didn't have a miss. Huge Tim Harold missed a few key attempts, but still came up with a total to match his stature. Todd Greninger was followed by Thad Coleman and Mike Beatty. Among the bombers were Chris Clark, who didn't get in a bench, and Gary Frank, who, unfortunately, posted nosquats. Paul Childress passed his opener, obliterated his second attempt (not passed) and didn't take a third. Chad Aichs had a vision of a 1225 squat, but didn't get anything but big Xs on his scorecard, as did Jesse Burdick.

In the bench press competition, most of the entrants were also lifting in the three lift competition, but there were exceptions. Mary Asp did a smooth 363 in the women's 165. In the men's divisions, Steve Tamerius, handled by 343 pound Scot Mendelson, couldn't get a lift on the board. Miguel Ruelan came out to take the title at 165, thanks to excellent handoffs from Horace Lane. Santa Barbara's Bruce Mendoza earned the overall win at 181, though Nick Marinis secured a world master's record with 503 in 2nd place. In the 198s, Jason Coker prevailed magnificently with his world record 710 over Barry Williams' 573. Corey Dexter

J. Norman	865	914	937	523	578	578	672	705	738	2175	M. Moore	777	777	804	501	551	600	584	655	655	1912
L. Hook	749	826	870	501	529	554	705	744	777	2177	A. Atef	705	749	760	501	523	567	606	628	662	
G. Bell	815	865	914	540	584	584	683	705	722	2160!	D. Boell	733	804	804	512	540	540	622	622	672	1868
T. Hubbard	837	870	903	529	551	562	683	705	746	2138	K. Thomas	731	804	804	451	490	—	650	705	705	1834
L. Hoover	826	881	881	551	606	606	606	655	688	2033	J. Tenbroeck	650	683	705	451	501	523	529	573	573	1736
S. Blanchard	766	766	804	512	551	573	650	711	—	2028	H. South	600	600	644	231	253	303	556	595	595	1460
J. Gotlieb	766	815	843	479	501	504	650	705	746	2000	R. Bowsher	749	749	799	496	496	—	647	—	—	749
M. Szudarek	733	771	804	374	413	435	584	633	661	1868	D. Randa	705	705	731	584	584	584	573	—	—	731
M. Hill	744	788	788	479	501	518	578	622	—	1840	M. Ladewski	777	810	810	463	—	—	655	—	—	463
J. Gorrell	744	744	744	270	490	507	606	622	—	1840	T. Higgins	848	848	870	463	—	—	639	—	—	
S. Jones	716	771	771	507	523	523	606	606	633	1829	R. Tinney	903	903	903	507	—	—	603	—	—	
K. Champion	722	755	771	424	451	451	573	606	628	1780	275 lbs.										
D. Minks	705	705	705	451	451	501	578	606	617	1774	C. Bailey	975	1036	1036	584	600	633	672	722	744	2392
J. Allen	688	733	731	402	429	429	600	622	639	1773	J. Zemmin	859	903	903	760	804	843	584	633	661	2342
M. Plescia	815	859	859	545	545	545	578	—	—	815	M. Griffin	975	1058	1058	551	606	606	749	815	848	2342
L. Mosley	749	749	749	562	—	—	639	—	—	—	M. Wenning	865	942	1003	617	655	672	633	688	722	2336
D. Carroll	826	826	826	545	—	—	584	—	—	—	C. Fay	953	1014	—	567	600	622	655	716	749	2331
C. Telesco	628	683	683	474	—	—	545	—	—	—	J. Poremba	937	981	981	556	606	628	705	705	760	2248
242 lbs.											A. Carlquist	810	854	903	611	650	677	611	655	677	2232
G. Panora	903	942	970	595	617	644	744	771	782	2369	M. Bell	788	810	843	633	666	705	606	644	666	2215
J. Graafls	1030	1074	1074	556	573	584	722	755	760	2364!	D. Steltenkamp	826	854	881	688	705	705	622	644	666	2210
R. Pierce	881	953	953	584	606	628	650	694	716	2204	S. Richards	859	909	909	573	606	606	661	683	705	2116
R. Jones	804	804	865	584	621	677	705	722	744	2170	L. Estevez	859	920	920	600	633	655	600	639	655	2116
D. McLeod	826	826	881	644	661	705	567	600	628	2088	C. Field-Eaton	749	804	832	496	518	529	683	733	755	2088
L. Edwards	777	815	815	496	529	551	694	744	744	2072	N. Moretto	909	948	948	424	463	518	600	650	694	2061
J. Redding	804	832	859	518	540	562	606	628	644	2066	A. Zavala	804	804	854	584	584	567	606	639	2044	
E. Shults	749	810	876	551	573	600	622	655	688	2066	S. Coppola	749	804	804	573	600	600	611	677	687	2011
J. Schneider	738	788	788	644	644	666	633	633	672	2039	G. Damminga	766	837	837	485	507	529	628	705	716	1978
P. Wylie	804	859	859	405	485	518	644	705	705	1995	R. Gregg	777	832	854	463	485	501	589	622	622	1868



Mike Brown .. pulled a fine 804 to cap off his 308 lb. class win.



Matt Smith squatted 1140 in the SHWs. (CSS Design photographs)

emerged to take the 220s, and Levi Van Duke and Ryan Girard tussled for the 242 title, after local lifter Jarod Bachmeier missed his jumps to 705. The remarkable Mike Hummel clamped his prosthetic arm to the bar and pushed up 606 for fourth place. Rob Luyando bombed with 772, but lifted again in the 275 pound class. Winner of that 275 class was Alberto Franco, who showed amazing promise at the Fit Expo meet a couple years ago. This Los Angeles cop has a stare that burns right through the bar and the first 20 rows in the audience, and his opener with 837 was the fastest, smoothest, 800 pound bench press I have ever seen. He went on to get 854, an all-time world record for this class, exceeding the 845 of Bill Crawford. 870 was a bit too much, but he only weighed 260ish. This guy is the real deal, and 900 is not out of the question. Richard Briggs obliterated teenage world record after teenage world record, finally missing a fourth attempt at 804. Rob Luyando's move up was a good one - third place. Tommy Harrison found 815 to be too much, but he's got the goods to be deep in the 700s. Mike Delaval had some shaky struggles with his lifts and did not get one to the good. At 308, reliable Ryan Kennelly won



Brent Mikesell with his winning Iron Gladiator Team Championship award, flanked by meet directors Carol Upton & Mark Swank.

yet another major title, with 859, missing at 903. Mike Womack missed them all, 804 twice and 859. Tom Manno bombed at 699. Robert McCrary took the SHW title with 771 over David Dickey, after Robert Vick bombed out. Scott Mendelson opened at a stratospheric 1031, but also missed three times.

like this one, an 'all or nothing at all' attitude develops in some lifters who think if I'm not going to lift big I might as well bomb, because there's no point to angling my way to 13th place. There were definitely lifters who started too high.

The meet was held at the Plaza Hotel, near Fremont Street, the site of other previous powerlifting competitions, and several more (under different sanctions) later in 2006. The ballroom is quite adequate for these events, and this Mark Swank/Carol Upton production was professionally organized, with few glitches. The spotting crew were primarily active duty Air Force personnel. On a couple of occasions it was amazing how quickly they were on the bar, saving a lifter from harm. One of these spotters ended up with an injury to his hand, when a bar was dumped, and was rushed off to the hospital. Another gentleman, a strongman competitor, drove up from Arizona to watch the meet, but volunteered to be a back spotter and did an excellent job throughout. Sometime Superman Tim Daly did a terrific job keeping the results straight and getting them out. Off this meet, this crew has demonstrated they can handle any scale of competition, international or national.

N. Levario	914	942	942	622	622	622	633	—	—	942
M. Askew	953	—	—	705	—	—	705	—	—	705
B. McKee	804	804	804	600	705	716	600	—	—	600
D. Kovacs	815	815	815	650	—	—	727	—	—	—
J. Myers	848	909	909	639	—	—	744	—	—	—
M. Allocco	931	—	—	622	—	—	639	—	—	—
G. Theriot	981	981	981	622	—	—	749	—	—	—
308 lbs.										
M. Brown	953	1019	1019	600	650	683	683	771	804	2441
A. Roberts	937	1003	1003	628	661	661	672	700	727	2298
S. Cartwright	942	942	970	628	639	661	639	683	688	2221
W. Ramsey	837	903	903	600	622	639	600	655	700	2133
M. Sparkman	854	876	903	650	650	551	600	—	—	2127
W. Lee	705	731	731	507	540	551	639	666	666	1923
T. Bolognone	881	881	925	746	727	727	617	—	—	881
S. Burgess	903	903	903	600	—	—	650	—	—	—
J. Bolger	914	914	948	518	—	—	606	—	—	—
C. Wiers	887	925	942	661	—	—	774	—	—	—
J. Manly	903	953	953	672	—	—	727	—	—	—
M. Higgins	865	865	865	617	—	—	622	—	—	—
B. Meek	727	727	804	540	—	—	551	—	—	—
R. Barlow	826	920	920	429	—	—	683	—	—	—
S. Weech	1107	1107	1107	661	—	—	677	—	—	—
J. Grove	848	903	903	600	—	—	683	—	—	—
SHW										
M. Smith	1036	1106	1140	683	727	731	749	804	832	2673
T. Harold	959	1008	1030	661	705	705	804	804	903	2474
T. Greninger	953	1025	1025	595	644	677	716	738	777	2408
T. Coleman	824	837	881	518	540	573	677	705	727	2116
M. Beatty	677	716	733	507	534	551	650	683	683	1934
C. Clark	881	931	931	551	622	622	672	—	—	881
G. Frank	1036	1036	1036	788	—	—	854	903	—	854
P. Childress	1124	1124	—	727	744	755	744	—	—	—
C. Achs	1129	1129	1151	755	—	—	714	—	—	—
J. Burdick	881	903	920	308	—	—	633	—	—	—

World Records. Best Lifter Women: Kara Bohigian. Best Lifter Men Lightweight: Shawn Franklin. Best Lifter Heavyweight: Matthew Smith. (Thanks to Tim Daley for results)

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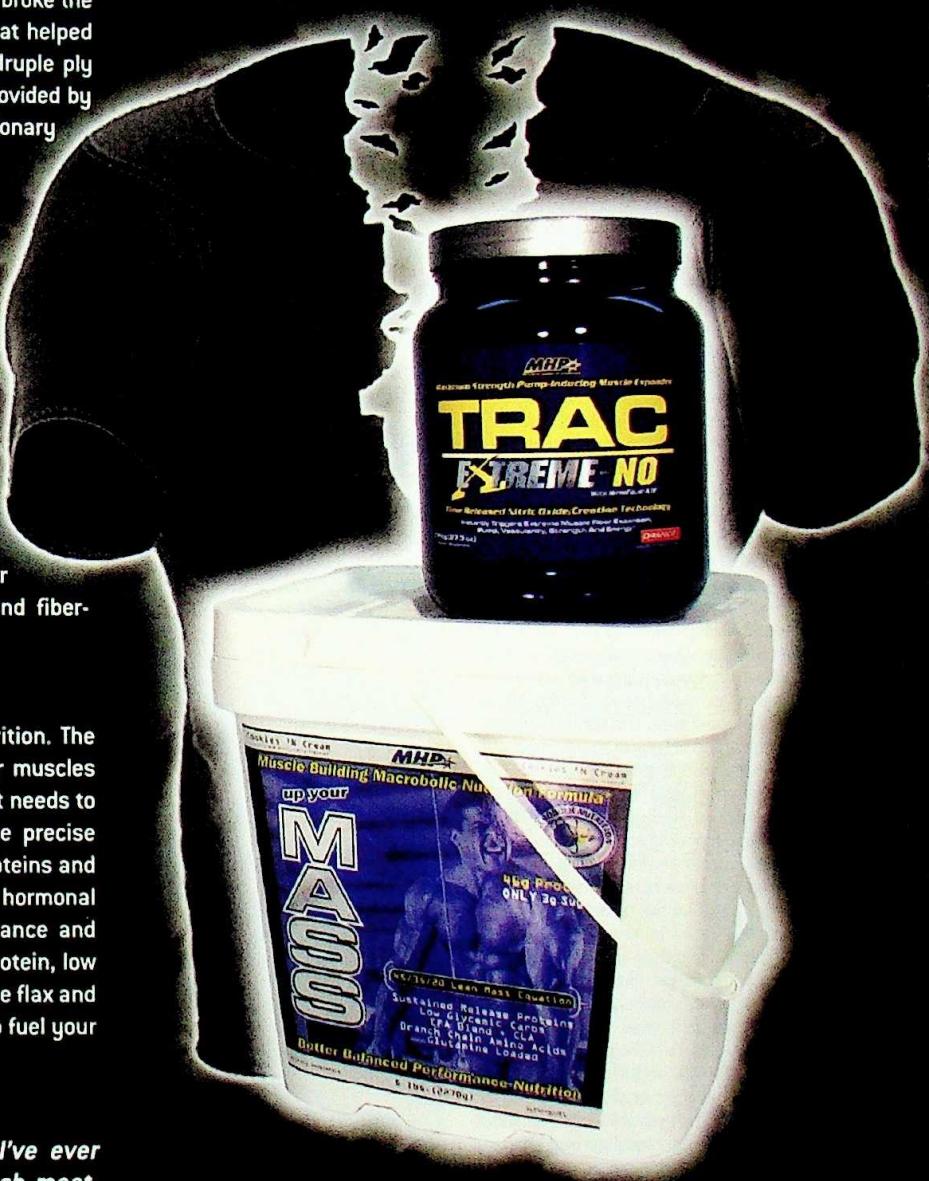
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Of the three powerlifts, the squat requires the greatest expenditure of energy and attention to detail. A competition squat can be divided into several parts; bar height and rack setting, knee wrapping, etc., walkout with bar into squatting position, the actual execution of the squat itself, and re-racking the bar after the attempt. By far, the greatest attention has been focused on the execution of the squat itself, but the other aspects of the lift are also critical and mistakes on any of them can have a profoundly negative impact on your results. In this article, let's explore how we can help insure optimal execution of these less often dealt with segments of the complete squat movement and direct their impact to the positive side.

Let's examine fictional lifter Doug's squat attempt. Doug has already been wrapped since the previous 2 lifter's attempts. Now it's his turn to squat. Doug steps onto the platform and gets under the bar. The rack, it seems, was set a little too high which requires him to tip toe the bar up and over the racks in order to get it out. Having succeeded with that, Doug proceeds to take 4 steps backwards with the heavy bar on his back, almost to the edge of the platform. Finally coming to a halt, Doug fidgets both his feet for about 30 seconds until he feels satisfied with his foot position. The referee gives the squat signal, and Doug drops to the bottom like a rock, the spotters narrowly saving him from becoming a permanent blot on the gym floor. The spotters have to essentially carry the bar back to the rack as Doug has no strength left to do it himself.

What went wrong? Doug had just hit a new training PR in the squat using the new high-tech Slinky-added resistance method and Macho-5 quintuple layer squat suit. The trouble was by the time Doug got the 'squat' signal at the meet, he had already burned a great deal of physical and mental energy, leaving little for the actual squat itself. This unnecessary miss could have been changed to a success with greater attention to squat set-up.

It all starts at the weigh-ins. At the weigh-in, lifters usually get measured for bar height and choose their preference to have the racks in or out. Having the racks 'in' means the lifter places his hands outside the racks near the inside of the collars. Most larger lifters chose racks 'in' because they can not comfortably bring their arms in close to the body due to their size. Smaller lifters tend to set the racks 'out', meaning the lifter's hands go inside the rack, away from the collars, closer to the shoulders. Some lifters have their helpers set their bar height for them. I strongly suggest each lifter personally get measured for the right height. A valuable tip to remember is that wearing a tight squat suit may 'shorten' you up a bit. For that reason, set your bar height one notch below where you measure without a squat suit on. If after your first attempt, you find it is set too high or too low, have the spotters adjust your bar height for your next attempts. In general, lifters set the bar too high. This requires them to tip toe with the bar on their back to get it out of the racks and into the starting position. Obviously, this can be very strenuous and precarious with maximum weights. On the other side of the coin if the rack height is set too low, the lifter needs to perform a quarter squat to get the bar up and out. Both scenarios waste a lot of energy and increase your anxiety levels. Getting the bar height set properly makes the whole event less stressful and increases your chances of success.

The next challenge for the squat is in

STARTIN' OUT

A special section dedicated to the beginning lifter

SETTING UP FOR THE SQUAT

as told to Powerlifting USA by Doug Daniels



Mike Bridges did everything right as a squatter, including an efficient and energy saving setup, at the 1982 Senior Nationals.

the 'on-deck' and 'in-the-hole' circle. Being organized and staying in touch with how the meet is progressing is key here. When you are called to be in-the-hole, (which means you are third in line to squat) proceed to the on deck area with your squat suit on and shoulder straps down. When the lifter on the platform takes the weight out of the rack, start wrapping your knees. Remember, in addition to the time it takes the lifter to take the lift and the spotters take to get the bar back into

the rack, there may be a weight change involved. Combining this with the customary 'one minute between lifts' should provide you with ample time to get into full squat gear. It is important to not begin the wrapping process too soon as having all that confining gear on for even a second too long can sap energy.

After your knees are wrapped you should be second in line to squat or on-deck. Have your helper get you up from your chair and have him get the shoulder

straps of your squat suit up. Next put your wrist wraps on if you use them. Follow this with getting your lifting belt cinched on. It's best for your helper to cinch the belt on tightly, again saving your energy. Ask your helper spread chalk on your back where the will bar rest to reduce the chance of the bar slipping during the squat. Lastly, chalk your hands for a better grip and you're ready for your attempt. As you can see, your helpers are extremely important here, as their responsibilities are to keep tabs of when you are due to lift and completing your gear-up process in the meantime.

With the pre-lifting stuff done, let's move on to positioning to squat. The goal of setting up is to get into a ready-to-squat position quickly and safely and with as little expense of energy as possible. Having that energy available later during the squat attempt can mean the difference between success and failure. Too many lifters waste extreme amounts of energy backing out of the rack, and they add to this waste by shuffling the position of their feet, searching for that perfect stance. Some lifters take numerous steps back setting up, taking the spotters on the trek with them. Never mind that they will also have to walk all the way back to the rack with the weight after the attempt.

Optimally, the squatter should take only one step back with each leg, getting into starting position and ready for the head judge's 'squat' signal. This can only be accomplished with dedicated practice during training. Back out of the rack and into position with one step on every set you do in training, from you first warm-up to your max lifts. Practicing in this manner will make efficient setting up automatic. If you find you need more than one step back to clear the rack, re-examine your squatting style. You do not need as much room between yourself and the rack as you may think. This is very similar to how far a major league catcher is behind the batter. He positions himself just far enough away as to not get hit by the swinging bat.

By positioning yourself only one step back from the rack, the trip to re-rack the bar should be short and safe for both you and the spotters. This saves a lot of energy for any succeeding squats as well as for the other powerlifts to follow. On the other hand, if you positioned yourself more than one step away from the rack, the energy expended to re-rack will be considerably higher. Also the trip to re-rack after a miss is always a lot longer than after a good lift.

Spotters also have an impact in squat set-up. Your helpers can assist in this department. Have them verify that the bar is loaded correctly or at least evenly on both sides and that the racks are set to the correct in or out position. The platform gets covered with chalk and powder over the course of the meet. Ask your helper to request the spotters clean it up before you take the platform if there is a lot of residue. Get this all done before you are set to lift. Waiting for the spotters to reset the rack or clean off the platform while tightly wrapped and belted can really sap your precious energy.

A lot of hard work and thought go into your contest preparation. All that effort can go up in smoke if you waste too much energy setting up for the squat. Practice setting up efficiently for the squat on every set and rep in training. This type of focus is the only way to insure you have the best chance to get maximum results on contest day. Paying attention to all aspects of the squat can make a huge positive impact on the lift, as well as providing added safety.

TRAINING

THE LIGHTENED METHOD as told to Powerlifting USA by Louie Simmons

At Westside Barbell, we often use the contrast methods: bands, chains, and, of course, the lightened method.

For squatting, we use three different bands: the light band, the monster mini-band, and the mini-band. A light band hung over the Monolift will reduce the load around 200 pounds in the bottom of the squat. Remember, we always box squat just below parallel.

A monster mini will reduce the load 110 pounds, and a mini-band will unload the bar about 55 pounds. If our intention is to become stronger, we start with the mini-bands. We add weight for three weeks and wave back and start a second three week wave with the monster minis. Again, we wave back and start a new three week wave with the light bands. The stronger the band, the greater the contrast.

A nine week wave example:

Mini-band at the top:

Wk.	Wgt.	Set	Rep	Top	Btm
1	455	8	2	455	400
2	505	8	2	505	450
3	555	6	2	555	505
4	605	8	2	605	495
5	655	8	2	655	545
6	705	6	2	705	595

Light band at the top:

7	755	8	2	755	555
8	805	8	2	805	605
9	855	6	2	855	655

This series of squats is done off a box just below parallel. The rest between sets is one minute 15 seconds to one minute 30 seconds. We use this system at Westside on a regular basis. It is less taxing on the body. It is important to learn acceleration. It is even more important to change the rate of acceleration. The lightened method is just one way to accomplish this.

This method is also used on max effort day as one of our rotations. Tim Harold made a lightened method squat of 1115 at the top, and 1000 at the bottom. His best squat is 1005. Matt Smith has used the same method with 1150 at the top and 1035 on the box, which has produced a 1102 squat. As you can see, Tim's effort falls short of Matt's, but this sets a standard to realize a contest potential.

Although this method was

used for youth training in the old Soviet Union, at Westside it is used in many of our exercises with great success. It has helped produce two 1100 squats, one at 268, Chuck Vogelpohl (a world record), plus five 1000 pound squats.

Westside often uses the lightened method in the bench press. For benching, we use four different strength bands. For max effort work, we primarily use the strong bands and the medium bands. The bands are choked at the top of a seven foot power rack. This reduces the bar weight at the chest by 155 pounds. With 455 pounds on the bar, the weight is reduced to 300 at the chest, but the weight is reloaded progressively until lockout, which is again 455.

In a second max effort workout we would use a medium band, to reduce the load 95 pounds at the bottom. After unstacking the bar loaded to 455, it reduces to 360 at the chest and returns to 455 at lockout. A light band at the top of the rack will reduce the load at the chest by 65 pounds. This time 455 at the top will weigh 390 at the chest. As you can see, the greater the band strength, the greater the contrast. This system builds speed or absolute strength depending on band tension.

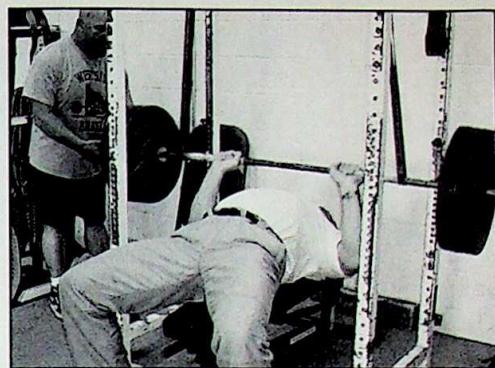
For speed benching, we use a light band or a monster mini-band. A 500 pound raw bencher would use a bar weight of 315. Light bands would reduce the bar weight to 250, or 50%, at chest level. This is a good alternative to other speed work. The three most common are bands, chains, and weight releasers.

For pulling, we use a strong band looped over a pin five feet six inches off the ground, which will unload the

bar at floor level about 135 pounds. Joe Bayles pulled 745 with the lightened method. This resulted in a 775 PR at a meet. This was greater than a 30 pound positive result. Tim Harold pulled 900 pounds and later pulled 855 at a meet, which was a PR, but a 45 pound negative result. Regardless, this will give some guidelines to go by.

This method is also very good for high pulls as well as increasing the second pull. Kneeling cleans, snatches, and squats are used in the same way.

Use your imagination. You can use the lightened method for JM presses, triceps extensions, overhead presses, inclines, and declines. It is a fantastic tool for all sports. It will increase not only your vertical jump and long jump, but also your hand speed. It teaches you to accelerate throughout the entire range of motion. Conventional weight training has a distinct deceleration phase. The lightened method will help eliminate this phenomenon. Look at it this way, with this method, a young ballplayer can unstack 135



Louie Simmons oversees some bench pressing with bands at Westside Barbell Club. (D. Simmons)

in the squat, but at the bottom it weighs nothing: 225 at the top would be 90 pounds in the bottom; 315 at the top would be 180 in the hole, and so forth. This teaches acceleration.

One must take advantage of all training methods to succeed. People are getting stronger every day and are smart enough to make the most of their equipment. Don't be a hater. Take advantage of everything at your disposal. If the great lifters of the 70s, 80s, and 90s had shirts and suits, you can bet the bank they would use them. Some of these lifters lasted only five or six years. If they had modern day gear, maybe they would still be competing with today's stars.

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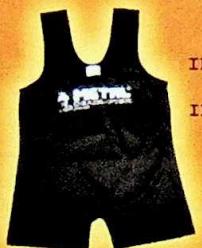
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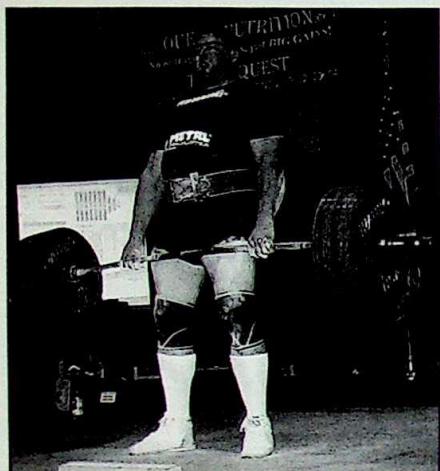
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INTERVIEW

BRAD GILLINGHAM interviewed by Greg Stott



Brad with his new IPF Masters World Record pull of 859 lbs. (photos courtesy of G. Stott)

Brad Gillingham's 859 lb. Deadlift was the heaviest ever lifted in IPF Masters History! Multi-National Champion & Record Holder, Two times Open IPF World Champion, IWGA World Games Medalist, Masters Powerlifting Champion Pro Strength Athlete Age: 40 Height: 6'5" Weight: 330lb. Weight Class: SHW Federations You Belong To: USAPL & IPF

GS: First off, Congratulations on your new IPF Masters World Records!

BG: Thanks Greg!

GS: Brad, tell us about your lifts & records set May 7th at this years Nationals? I understand that you got sick a week before the Nationals, is that true?

BG: I had a bad sinus infection with a low-grade fever the week before the meet and was put on Anti-biotics by my Doctor. I felt pretty good before I left, but the humidity and pollen in Texas caused the condition to get worse, and it got into my inner ear. I was very congested and dizzy the day of the meet. I was having a little problem with balance. I decided that it would be smart to lower my goals in the squat and to not wear a suit. I started my squat with a real safe 705 instead of my typical 800-815 opener. I squatted 749 on my 2nd attempt and then squatted 782 on my third. All 3 attempts were done in a singlet with knee wraps. The 3rd attempt was very conservative, but it was the smart attempt for that day. My squat training had been going well and I was hopeful for the 400 KG (881) squat that has eluded me. I also benched my first 2 attempts with no shirt, I put a shirt on for my last attempt, so that I could have a shot at the IPF Masters total record. I felt a little better after getting warmed up and I had a good day deadlifting. My opener at 782 may have been my toughest lift of the meet. My 2nd attempt with 826 broke the IPF Masters deadlift record and my

3rd attempt with 859 re-broke the IPF Masters deadlift record and was just enough for me to break the IPF Masters Total record. My goal going into the meet, due to my performance in training, was to finish with a bigger Total. Considering how sick I was, it really wasn't a bad day! (LOL)

GS: What was your family's reaction to your record setting performance?

BG: My father and brother Wade were coaching me. They were happy that I was able to pull a PR deadlift at the end of the meet to salvage the day. My kids (Emily-7 Elizabeth-5) and wife (Diane) were also at the meet and really enjoyed all of the action. There were a lot of great guys competing that both my family and I had known for years. They especially, had a lot of fun Cheering for all the lifters from Minnesota & Wisconsin.

GS: In your last TEAM iXL interview, you mentioned that the deadlift is your favorite lift, please take a minute and share with us why?

BG: I like the deadlift because it is a brute force lift that is not influenced much by gear. It also suits my body type. It is a lift that depends on years of training & over-all body strength. There are no quick fixes to make progress in the deadlift. It depends on strengthening the whole body and making gradual gains over time.

GS: How long is your training cycle to prepare for a competition?

BG: I typically use a 16-week cycle. That is split up in 4-8 week mini cycles.

GS: Please describe for us a deadlift workout, say mid competition cycle?

BG: I alternate pulling from the floor and doing partial power rack deadlifts every other week. I split the 16-week cycle into (2) 8-week cycles. The rack pin heights are lowered every other workout. I perform power cleans, front squats, RDLs and bent rows as my assistance work. I don't go very heavy from the floor during training. The heaviest pull I did in the gym was my opener (785) 3 weeks out. I was able to set new PRs at each rack height during the second 8 weeks of the cycle, so I knew I had increased my strength levels prior to the meet. I went up as heavy as 1015 from above the knee and 920 from 5 inches off the floor in training.

My training philosophy is to train very heavy out of the rack and to build additional back strength through squatting 5x5 workouts with no gear.

GS: Who are your current workout partners?

BG: Karl and Wade Gillingham, Nick Tylutki, Gary Grahn, John and Jordan Krogman, Butch Mathiowetz, John Campion, Terry Kriz and Darwin Patzlaflaff.

GS: Brad you've shown that you can lift huge weights Drug Free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the Drug Free Course?

BG: I think it is important to establish a long-term training plan to increase your strength gradually over time. I was able to deadlift 859 at age 40 and I'm hopeful that my lifts will continue to increase. I credit this to training drug free and being patient with my progress. Bottom line, drug free training will increase the length of your competitive career.

GS: What supplements are you using?

BG: I have a great sponsor in GNC Pro Performance. I have represented this company for over 6 years. I travel around the country participating with GNC in 5-6 events a year. I promote the GNC product line in their booth and participate in strength

seminars. Over the last 3 years I've participated with Dave Sandler & Strength Pro at the Arnold Classic. GNC Pro Performance is at the top of their industry in quality control, which is extremely important to a Drug Free athlete. I use the Pro Performance line of protein products like Mega MRP, Pro Crunch Bars, or 50 Gram Slams. I also take Mega-Men vitamins, Creatine, Quick Fuel and joint support formulas like Tri-Flex and Mega-Joint.

GS: Tell us a little bit about your diet? Describe for the readers, what a typical day of food consumption looks like, as you're preparing your body to Deadlift over 850 Pounds at the age of 40!

BG: I consume a lot of calories. Sometimes up to 8,000 a day. I try to consume around 400 grams of protein a day. This comes in the form of Milk, Beef, Chicken and Pork along with protein drinks. I increase my carbs as a contest draws near and I typically will eat a box of macaroni and cheese or 5-6 boiled potatoes for breakfast along with a 50 Gram slam on training days. I eat a good lunch and a large supper following my work out and use protein supplements in between meals. I try to eat a variety of fruits and vegetables and typically stay away from sweets and junk food.

GS: What are some of the new goals you've set for yourself in Powerlifting?

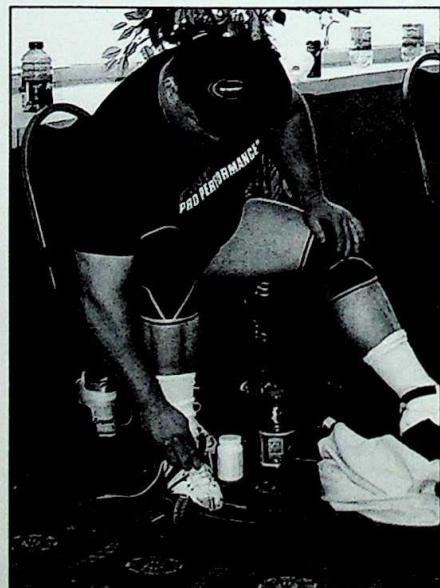
BG: I want to keep healthy and continue to make progress in lifting more weight. I guess you could say my main goal is to just get stronger!

GS: What is your vision for the sport of Powerlifting?

BG: I am not sure if I really have a vision for the sport. There are a lot of different federations with different rules. Hopefully some day the sport will come together a little more, with less fragmentation.

GS: How has the sport of Powerlifting affected your everyday life?

BG: As we age, we all add additional responsibilities to our lives. Like raising our families, working and finding the time to dedicate to training. Strength training keeps



Brad getting ready to lift, on a tough day when many lifters would have packed it in, Mr. Gillingham produced a WR 2237 TOT.



The GNC Gentleman .. Brad receiving congratulations from the officials on his sensational accomplishment .. Brad has been representing GNC for several years now.

me mentally focused. I have a lot of other interests like hunting, fishing, and hobbies, but strength training is a way of life for the Gillingham Family. My brother Karl is one of the top Strongmen in the World. My brother Wade has competed as a Pro Strongman. My father Gale played 11 years with the Green Bay Packers, and still trains 3 days a week at age 61. We support each other at competitions and help to coach each other on various levels. Our Family is dedicated and focused on a quest of gaining strength while improving our health, as we all get older.

GS: Do you feel Powerlifting should be an Olympic Sport and why?

BG: Yes I do. The IPF already has a position with the IOC, regarding its involvement in the IWGA World Games. These Games are held every 4 years, the year following the Summer Olympics. They are a multi-sport Event that is under the patronage of the IOC. I've competed in the last two World Games, first in Japan 2001 and then Germany 2005. The World Games have provided me with my best experience in sport. The opening ceremonies in Germany were incredible. We marched into the new soccer stadium in Duisburg Germany, Country by Country, in front of 30,000 fans. It really was something else!

GS: What advice would you give to a lifter just getting started in Powerlifting?

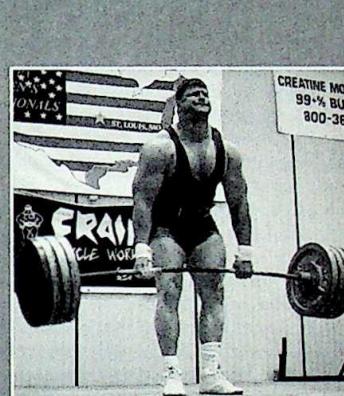
BG: Take your time! Learn how to lift correctly and do core exercises. Your goal should be to get stronger, so build your base and increase your strength over time. The meat of my training program is power-rack deads and RAW 5x5 squatting. If I can put 5-20 lbs on those training lifts every year, then I feel I am making great progress. For example: If you can complete a 300 lb. RAW bench at 18 and you increase 20 lbs a year for let's say 22 years; then you'd be benching 740 RAW at age 40. Not that this has been done, but it shows just how fantastic a 20 lb. per year gain would be! Too many young lifters want it all over night. Wear your gear according to the rules of the organization you lift in, but build a strong RAW base first.

GS: Any final comments you'd like to make or people you'd like to thank?

BG: I would like to thank Mike Lambert and TEAM iXL for the chance to do this interview. I would like to thank Johnny Graham and his staff for putting on an excellent 2006 USAPL Masters Championship. In addition, a big Thank You, to my family and friends for all the support they've shown me over the years.

GS: Brad, your training discipline and consistency at winning are worthy of both our respect & admiration. Congratulations on not only this victory, but the great example you're setting drug free, for both novice & veteran athletes worldwide.

Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Brad & other TEAM iXL SuperStars visit: www.TEAMiXL.com



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CONDITIONING FOR POWERLIFTERS

3XL's unite! Although I no longer carry the excess pounds that I once had, I know your pain and live with the scars. But I also am safe in knowing that while some other skinny writers scoff and criticize us, their 4 lift total (this is the squat, bench, deadlift and squat...again) doesn't even come close to our 1 lift total (pick any lift, even a curl).

So while they point their bony, weak fingers I offer an open Shrek-like palm and congratulate you. It is not easy being big and being strong. You are constantly called "Big Guy" and are always challenged to wing eating contests at Hooters. Things could be worse though. You could be weak and collect comic books.

But let me offer this to you; you need to stay in some kind of condition, and doing 8 sets of 2 reps on the squat is not going to get you there. You need some lovin' for the heart. So as a tribute to all you big men, I give you this – the conditioning guide to powerlifters.

Treadmill/Walking

How: This is pretty easy. 3-7 days/week for 20-40 minutes each time. If you have a dog, I have found that this makes your walk at least have a purpose. Plus, if a neighbor stops you, you don't have to tell them, "I'm just conditioning." For those of you that train in commercial gyms and have access to a treadmill, this is good to do after you train so now you don't have to make separate trips to the gym on the off days. You don't have to kill yourself when walking. On a treadmill, you can start at whatever pace that you feel comfortable with. You don't need to be a speed walker, but 3.0 mph seems to be a very easy pace.

This is especially good for heavier lifters and those that are very out of shape. If you find yourself out of breath when walking through the buffet line, then walking is probably something you want to take up.

Positives: Walking is very low stress on the knees and lower back, which bothers many lifters. In fact, walking is very therapeutic for your lower back. Also, if you work inside all day, spending 30 minutes outside will do wonders for your mood. Plus, it's some good time alone.

Negatives: Boring. Especially the treadmill.

Overall Rating: Three leg warmers, a head band and one box of Snack Wells.

Walking w/Weight Vest

How: This is pretty much going to be the same as above (Treadmill/Walking). If you do choose this, I recommend doing so for a shorter period of time (20 minutes) and see how you do. I use a 75 lb. weight vest when doing this.

Positives: This is much manlier than walking alone. You actually feel like you are doing something.

Negatives: Again, it's boring.

Overall Rating: Three and a half lower back pumps with a side of "I look like Curtis Jackson"

Bicycle

How: Like walking, you can do this 3-7

days/week for 20-40 minutes. You can use a stationary bike at the gym or at home, or you can invest in a bike (or use your old Huff) and ride around the neighborhood. If you do have an old bike, be careful of popping wheelies. When I was in college, my bike was my main mode of transportation and my first bike (which was made during the Nixon administration) didn't quite have the structural integrity that I desired. So, as I was attempting to show off for some girls on campus, my wheely-popping quickly turned into handlebar-breaking.

Positives: Riding a bike is pretty low stress on the knees and the back. If you do this outside, you can get a little sun and relax.

Negatives: While it is low stress on the knees, I noticed is that it can make tight hip flexors even tighter. Plus, it can be a little rough on the taint-n-balls. And to make matters worse, you have to contend with cars and pedestrians. Now if you are a heavier individual, riding a bike isn't going to help your single life. So if you fall into this category, be sure that you are married before putting on the Lycra and helmet.

Overall Rating: Two and a half numb prostates and a pair of Oakley's.

Dragging Sled

How: There are about a million different ideas on how to pull the sled for conditioning. I am going to clear a few things up for everyone. If the sled is used for conditioning (and conditioning only) then the weight has to be light enough so as to NOT take away from your strength training. The biggest mistake people make when using the sled is to try to combine strength training and conditioning.

How do you know if it's light or heavy enough? It's simple. If you find yourself getting weaker in the weight room (and this doesn't mean in one workout) or if you are getting sore after your conditioning, then you probably going too heavy. My recommendation would be to start very light and work up slowly from there. You will know when it's too heavy. You can start with a 45 lb. plate on the sled.

For conditioning purposes, I recommend doing it for time versus distance. Since all of us have different spaces in which to drag (some may have an open field, while others may have a parking lot), I would start with a light weight and attempt for 10-15 minutes of dragging. I have worked up to 20 minutes with 135 lbs. This was done with no stopping and done at a very brisk pace. I also recommend pulling forwards and backwards for some variety.

I recommend dragging the sled 3-5 times/week.

Positives: Because of the added resistance, sled dragging is a little harder than walking. Plus, it is easy on the low back and knees.

Negatives: There are a couple negatives of sled dragging. First, it's a seasonal activity. So if you live in a climate that has snow and ice, it's obviously not a great thing. Second, the sled is still weight training and for some people they need a break from the weight room. They need

to NOT see a weight between workouts.

Overall Rating: Three and a half "I use the term G.P.P. and don't know what it means."

Prowler

How: Pushing a car around is a good time. The only problem is this: you need a car, another driver and it's almost impossible to vary the load. The Prowler is very similar to pushing a car, except you are a little lower.

The Prowler is best used on your training days. It's stressful, so it's best not to use this during your off days. You can walk or run with the Prowler, but I prefer to run. A lot of what you do with the Prowler is going to be dependent on where you can push it. When I'm at the Compound, we have a nice 50 yard area to push it. When using it at the high school, I have unlimited space.

I have never done the Prowler for time, as this would probably kill me. I generally do 10 or more sprints of 30-50 yards.

Positives: The Prowler is fun to do and a welcome change. The Prowler is the #1 conditioning tool on the testosterone meter.

Negatives: Like the sled, you need to do this outside. So this is not a great option if you share space with Polar Bears.

Overall Rating: 2 buckets of puke and an "Atta Boy!"

Medicine Ball

How: I got this from Bob Youngs, so if you don't like it you can blame him. This is pretty simple to do. Take a medicine ball, throw it, walk to it, pick it up and throw it again. Do this for 20-30 minutes. You can use whatever kinds of throws you want: forward overhead, backward overhead, chest pass, side throws, underhand, etc. The point is to be creative



There is a serious cardio component to most strongman competition events, along with sheer strength

and keep moving. I used a 25 lb. ball, but think a much lighter ball could work.

Positives: This is a hell of a workout and is usually done outside. In the first couple of minutes, it's fun to see how explosive you can be. This comes to a halt after 7-8 minutes.

Negatives: If you've ever had the incredibly uncomfortable lower back pump, then you'll know how your back feels after about 10 minutes of this. I wouldn't recommend doing this before a big bench workout, either. While not as boring as walking, the phrase "med ball conditioning" and "this is super exciting" will never appear in the same sentence.

Overall Rating: 20 minutes of heavy breathing and a headlock under Bob's hairy armpit.

Notes

So now that I've given you some exercises, let's see how we can use this in your training.

- First of all, walking can be done everyday, so if this is your form of conditioning then I would recommend a minimum of 3 days a week. These days can be training or off days, whatever works best for you.
- If you choose to use a bicycle, stationary or real, it can be done everyday. I think that this is a good choice for those who are very heavy and are using a lot of drugs. This is especially true for those that use a lot of orals as the lower back pump one gets is insane. So walking may not be an option. Get on a recumbent bike if you have to. The important thing is to simply do something.
- If you choose to do the sled, I recommend doing this on your training days, even if it's an upper body day. The same goes for the Prowler. Do this after your training session, but I wouldn't cut out your exercises.

- The med ball conditioning should also be done on your training days.

- The most important thing to remember is that when you condition, you don't have to be gasping for air, although some of you might be. Powerlifters and athletes have an on/off switch and nothing in between. You have to learn how to idle. Conditioning work should not be mentally and physically taxing so you don't have turn this into a workout.

- Remember that conditioning is not strength training; that is what the weight room is for. You are conditioning for the following reasons: health, recovery and the ability to increase workload in the gym. I have noticed a huge difference in all of these areas when I began walking.

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

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

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

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

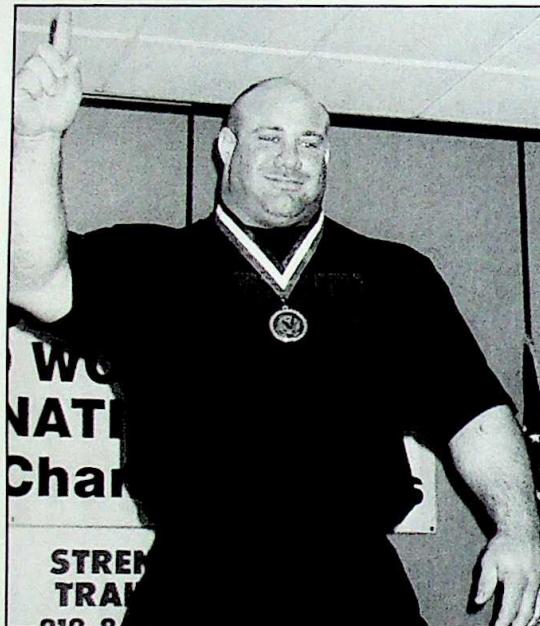
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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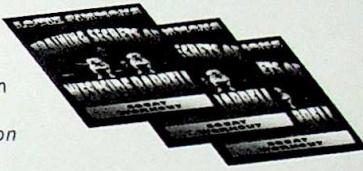
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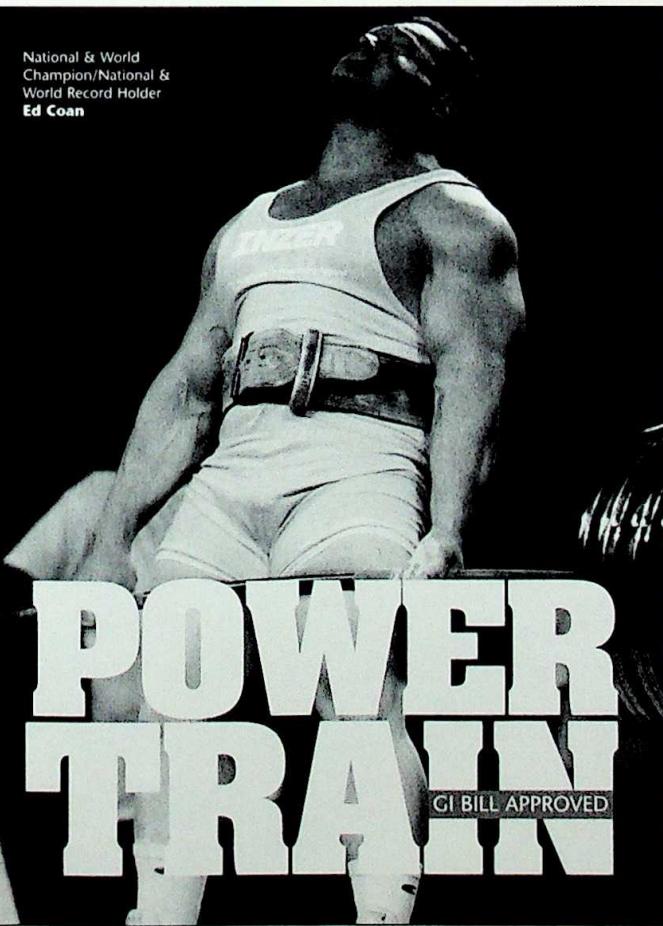
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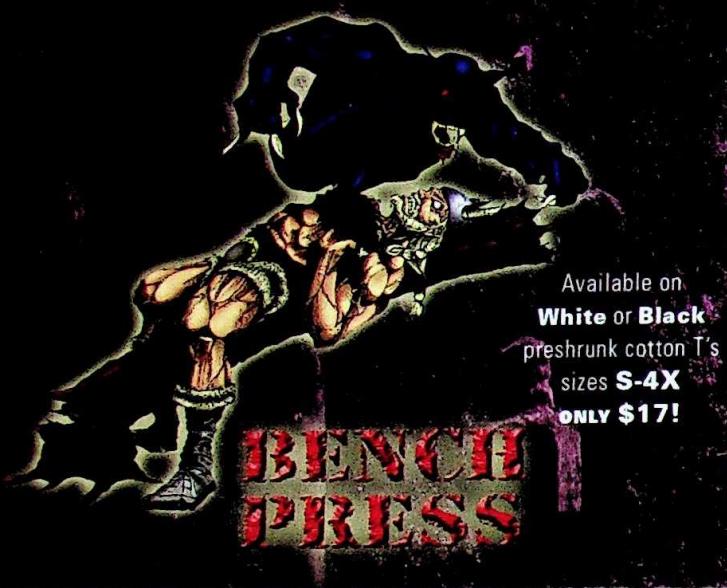
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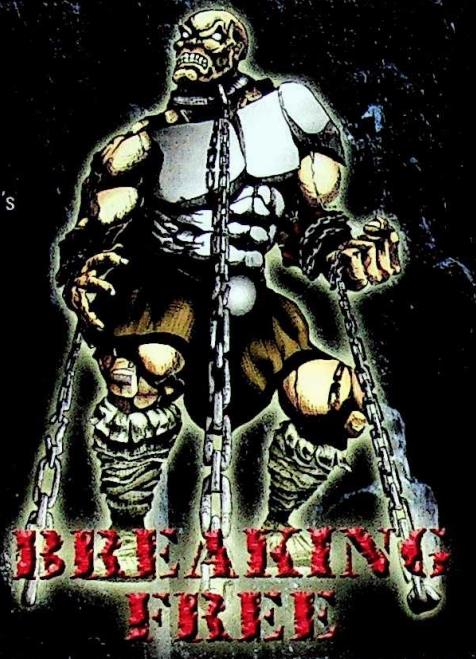
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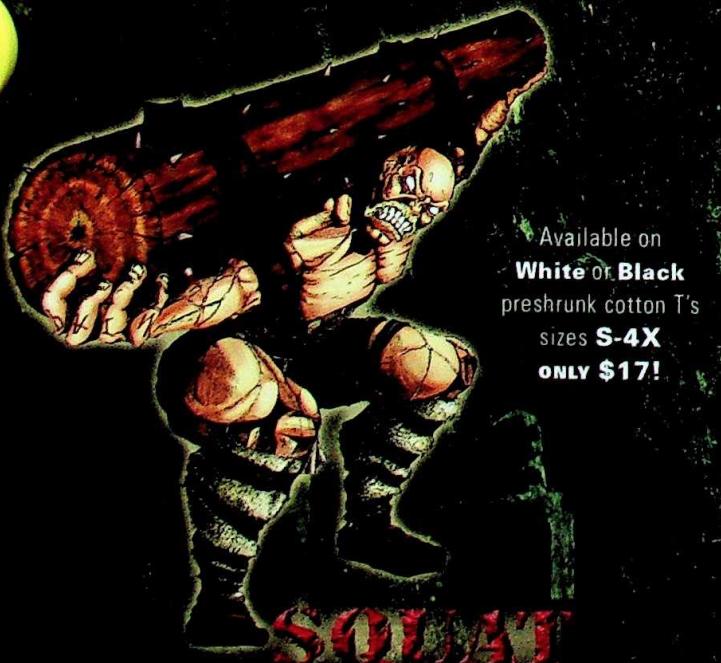


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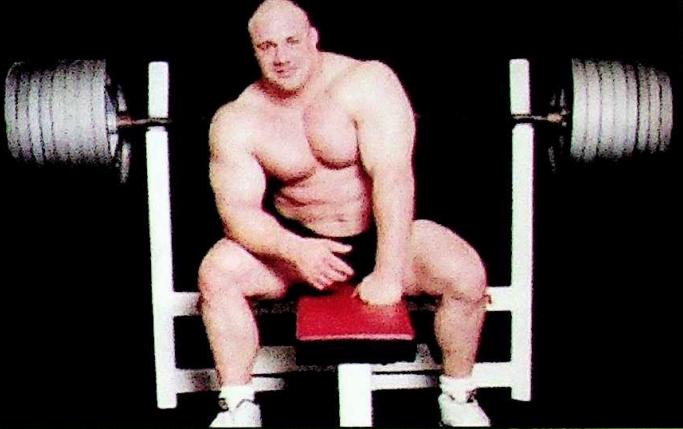
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9 World Records in Powerlifting

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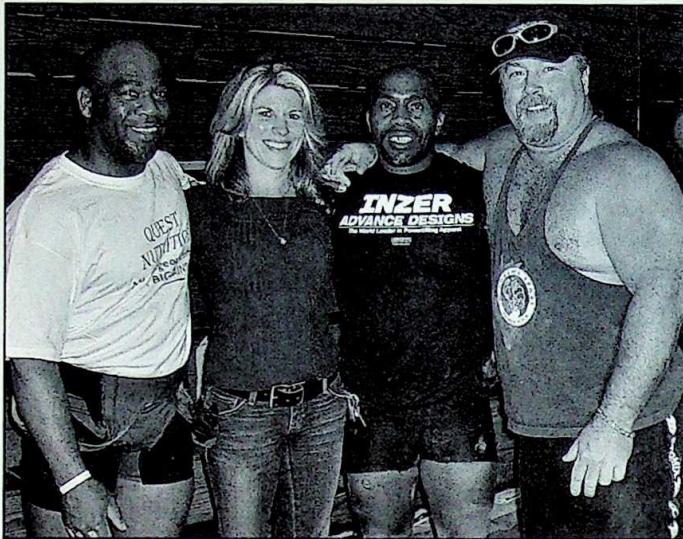
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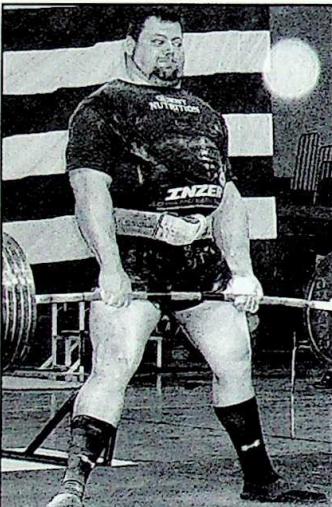


The weekend of April 29-30th in Duluth, Georgia was AWESOME!! Everyone seemed to enjoy themselves and the lifting. In our early session, Ervin Gainer had a nice tune-up before the Nationals. Doc Holloway had a PR 578 American Record DL and a PR 1366 American Record total. Doc had some equipment issues in his squat or he would have been over 1,400. Caleb Williams, at 21 years old and 148 pounds, came up with an easy 705 squat and which was turned down 2 to 1 on depth and the jury table was split too. Caleb then went on to smoke a 468 bench. How many people at 21 years old have hit a triple-bodyweight bench in a single ply shirt?! UNBELIEVABLE!! Some big numbers are going to fall in the near future for this phenom. The middleweights were insane. We had back to back to back world records attempts in the squat, by Conyers, Austin & Hooper. I have never seen this in a USAPL contest. Wade Hooper hit another world record squat - this time it was 750.5. Seems like Wade breaks the world record squat every year. I think Wade will squat 770+ this year. He went on the bench 507 and locked out 518, which would have been a new world record, but had a slight uneven extension. UNBELIEVABLE!! Tony Conyers came up from Florida and did what he always does - just bring it. Tony was not 100%, but had told me that he was coming and was true to his word. He had a knee injury, but still performed. Tony (47 years old) hit a 650 masters world record squat and missed 699. I think he would have been good for 683. Tony went on to open up his DL with 606, casually pulled that, and walked off the platform and calmly said "I think I am good for one more. Give me the world record." And went out and pulled a strong 673. INSANE!! For a masters world record total 1,763. Dan Austin (also 47 years old) came in with thoughts of breaking one of the oldest IPF world records on the books. He first broke the masters world record squat with 728. He proceeded to bench 402 and go on to the DL. He had an easy opener and then went to 705 for a second. That was a joke. There were some people calling for the world record at this point, but Dan wanted to break the open American record first, so he took 745. The bar was coming up and he seemed to lose his balance near the top and fell backward. A legend in his own time. It was an honor to watch this multi-time world champion perform. Mike Mastrean came down from Pittsburgh with one thing in mind - to get the long-standing 220 American Squat record and did he ever. Mike's squats

QUEST AMERICAN INVITATIONAL as told to Powerlifting USA by Sherman Ledford



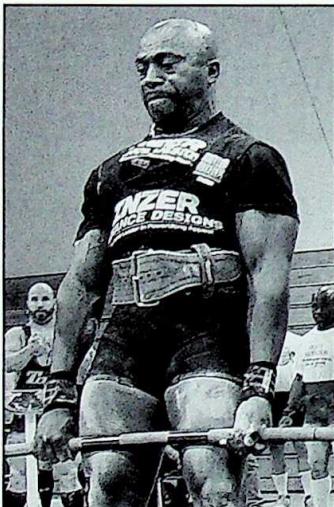
World Class lifters (left to right) Dan Austin, Sandra Stowers, Tony Conyers, and George Herring, at the Quest American Invitational.



Big Brian Siders... is back, and on a new IPF record setting rampage.

were all explosive, opening with 771, on to 815 for a new American record, and then taking 832 and he looked good for 850. Mike finished strong with a PR total of 2,016.

The heavyweights went on Sunday and it was the Brian Siders show. Last year, a few injuries prevented Brian from lifting to his potential. Brian was primed for a big one and he didn't disappoint. A nice 970 American Record squat to start with, and on to a new world record bench of 773!! Everybody knows Brian's capabilities in the squat and bench and these numbers were not surprising. What was surprising to a lot of



Tony Conyers proving world records are possible, even when he's not at his best. (photographs provided by Sherman Ledford)



Wade Hooper... plans to keep on owning the IPF World Record in the squat, setting another new mark of 750.5 pounds at 165 lbs. bwt.

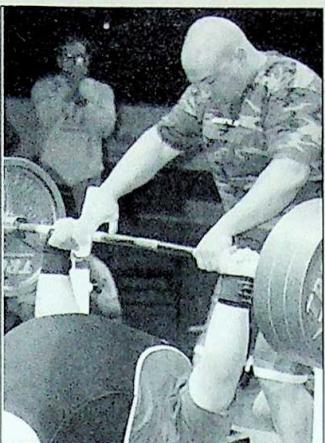
people was Brian's DL. A lot of strongman training and a Coan DL video had something to do with this. Thanks, Ed! Brian opened with a 771 DL, which was effortless, on to 804, too EZ!! 832 next and it was a JOKE. There were people at the meet who had seen Brian lift many times and everybody commented how his DL form had improved. I think he was good for over 850. 9 World records in all and close to 20 American records. WHAT WILL HAPPEN NEXT YEAR??!

There was over \$13,000 of cash and sponsors products awarded to the athletes. I want to send out a big THANKS to Peter Thorne and Inzer Advance Designs for stepping up big time for the athletes and the first Quest American Invitational Meet.

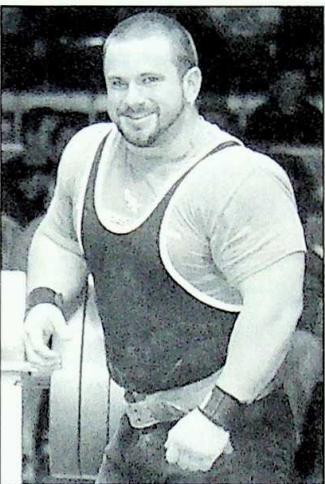
Quest Nutrition (www.quest-nutrition.com) is a growing company that was established to work with and help strength athletes. Most of our supplements are specifically designed for the strength athlete (Synergy, HardCore, JackedStacked II, BCAA Extreme, etc.), which have over a 10 year period of time fueled over 100 national champions and over 10 world champions and 20 plus world records. To celebrate our 10th anniversary in business, we decided to put on the 2006 Quest American Invitational. In the future, we are planning to put up even more prize money for the lifters and making the QAI the premier drug-tested money meet in the USA. It was great watching some of the best lifters of the past, present and future lift in an old school atmosphere. Single ply equipment, strict but fair judging, following the rules as they are written, and drug-testing. We will continue to support the sport of powerlifting as we have done in the past, helping lifters and meet directors. Our company is growing and as it grows, we plan on doing even more for the great sport of powerlifting. We plan on having the 2007 QAI in late March next year. Anyone desiring information about the meet can contact Sherman Ledford at 770-495-0787. (Thanks to Meet Director Sherman Ledford for this report)

Quest Nutrition Invitational 29-30 APR 06 - Duluth, GA

MEN	SQ	BP	DL	TOT
Lightweight				
114 lbs.				
E. Gainer	402	275	451*	1129*
123 lbs.				
D. Holloway	485	303	584	1366
148 lbs.				
C. Williams	633	447*	551	1653
Middleweight				
165 lbs.				
W. Hooper	751!	507	584	1840
T. Conyers	650!	440	673!	1763
181 lbs.				
D. Austin	729!	402	705	1835
220 lbs.				
M. Mastrean	833*	485	701	2017
Heavyweight				
UNL				
B. Siders	970*	773!	832	2577!
!=World Records. *=American Records.				
Best Lifter Lightweight: Caleb Williams.				
Best Lifter Middleweight: Wade Hooper.				
Best Lifter Heavyweight: Brian Siders.				
(Thanks to Sherman Ledford for results)				



Nick Winters with his 650 lb. BP.



Jeremy Hoornstra - 605 @ 242!



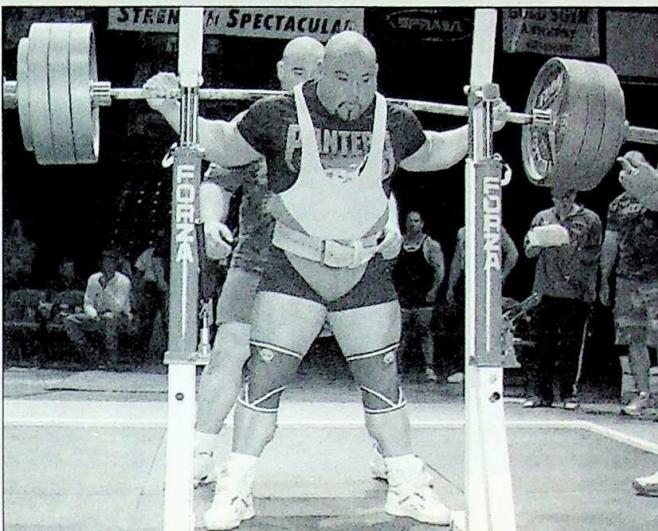
Rock Lewis went 580 (Bumgarner)

Presented by the Atlantis Foundation and Brand 33 Sports, this event took place at the Mullins Center on the campus of the University of Massachusetts Amherst. Bill Kazmaier announced the event, and Ed Coan, Terry and Jan Todd were among the judges. Other events, including Mixed Martial Arts, Bikini contest, etc. were part of the presentation (In exhibition, Brent Howard pulled 600x10, deadstop with a hook grip -- who else can do that at 230 bodyweight?).

Sponsors of the event included: At Large Nutrition, MHP, Troy Barbell, Gold's Gym, TAPOUT, Dorian Yates Approved, Troy Barbell, Tommy Kono knee wraps, etc.

There was prior controversy about which lifters were going to compete at this raw, non-drug tested event, and a number of initially advertised lifters did drop out due to injuries, surgeries, sponsor conflicts, etc. Generally,

New England Record Breakers as told by Powerlifting USA Editor Mike Lambert



Scott Smith went 2085 (770 565 750) weighing only 266 pounds!

those who did compete seemed pleased with the event, though the audience turnout of several hundred was disappointing, as Bruce Derosier of the Atlantis Foundation had hoped to catch the college crowd while school was still in session.

In the Bench Press competition, Nick "the Thick" Winters took the win, weighing 350, just missing at an attempt to exceed Ted Arcidi's raw 666 bench mark from over 20 years prior. Young phenom Jeremy Hoornstra actually did exceed a legendary milestone, Mike MacDonald's 603, with his 605, weighing 239. Mike Wolfe came in weighing over 400 lbs. and ended up 3rd with his takeover with 600 in the bench. Rock Lewis impressed a number of people with the sheer strength of his attempts with 600 plus. Vince Vardine represented the Masters at 52 years of age, and Jason Fiori came in at 204 lbs. bodyweight and a 440 lift, while Bob Masello's 425 was done at 180 lbs. bodyweight.

In the powerlifting event, 1st place Brian Siders weighed in at 339 lbs. and

totaled 2200, taking his 785 squat over to make it, and missing twice at a 635 bench press. Donnie Thompson was not far behind, weighing 374, with his 2170 aggregate, missing an 855 squat twice, but nothing else. Scott Smith, weighed just 266, passed his 3rd squat and missed no lifts otherwise to finish 3rd (2085) on bodyweight over Beau Moore (who weighed in a 339) and his good day was marred only by a missed 575 BP and the need to take his 775 DL over for a success on his 3rd attempt. Mike Miller had many issues on his mind coming into the event (the foremost being recent surgery on his child) and did not get the numbers he might well have. A technical miss at a 600 squat opener was repeated, but he missed his 3rd squat at 800. One BP was followed by a PR DL of 710, and a try at 800, equating to 1810 in total. Sam Byrd came in at 210, made all three squats, missed a final 440 BP, and deadlifts of 650 and 670 for his 1730 total. Ryan Celli was 196 and his 1710 total might have been more had he made his 3rd attempt 600 squat and 670 deadlift. Mike Pelosi weighed in at 330 and went 9/9 for his 1665 total. Rick Deleon was 357 and went 1640 for



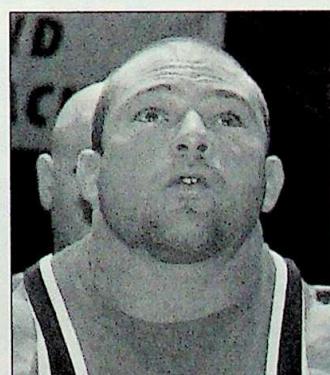
Randy 'Machine Gun' Bumgarner congratulate winner **Brian Siders**.



Donnie Thompson (photos by Scott DePanfilis/BodyTechUSA).

9th place overall, with teenage star Eddie Debus (241.5) going 1530. Sean Culnan didn't get a squat in, but BPed and DLed for 1210 and Julie Scanlon, healing nicely from her broken arm in WPO competition, went 425 305 430 1160, missing a 450 deadlift twice.

Obviously, the question underlying this competition was "What can those big guys lift without the gear?" It was answered rather clearly in the case of Brian Siders, who just 2 weeks earlier had totaled 2577 at the Quest American Open, and Donnie Thompson showed a similar differential over his best in equipped circumstances. Of course, in the bench press, Mike Wolfe has been over 800 in an equipped meet.



Sam Byrd ... a 705 lb. squat @ 210



Julie Scanlon .. the only female.

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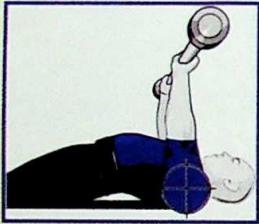
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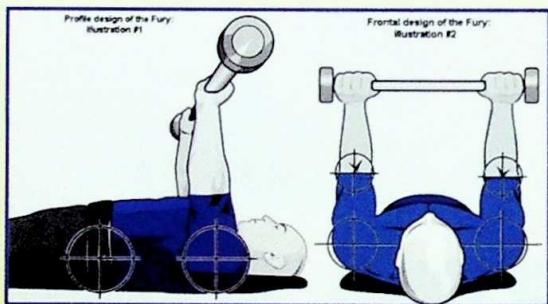
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increased ease of putting on and off and more comfort
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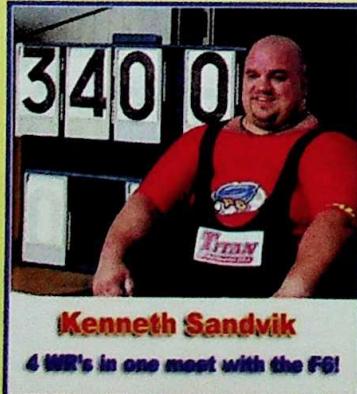
Sleeve angle is what makes a shirt work. The Fury gets right to the point! A 90° sleeve angle means energy is stored as soon as the elbows are cracked and the bar descent begins. More energy storage (resistance) means more explosive power and bigger benches.



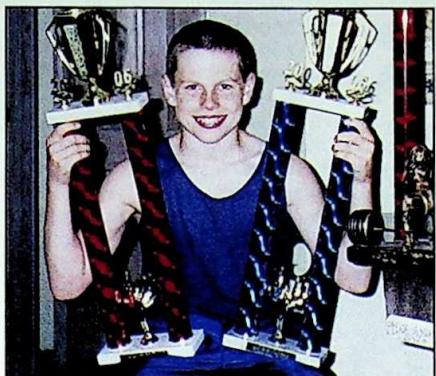
**THE FACTS
TELL
THE STORY:**

**63 MEDALS WERE
PRESENTED AT
THE 2005
IPF BENCH
PRESS WORLDS**

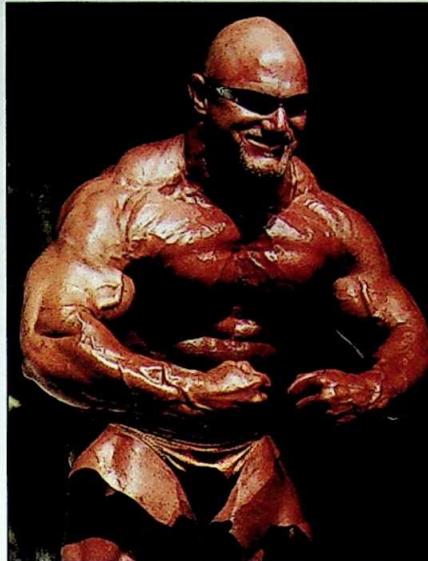
**51
WENT TO
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POWER STUFF



Logan Zielinski, 12, has been lifting for 5 years. The 85 pounder is a 6th grader at St. Jude School in Indianapolis. He usually competes in the 13-15, 97 lb. class, and currently holds 4 national and 2 world records (BP and DL). His best lifts are 220 140 220. (Thanks to Ted Zielinski for info)



Joe Ladnier has been BUSY lately, doing a TV show in the Phillipines, a week in Germany at FIBO (the world's largest fitness expo), and a week in Poland (traveling 2000 miles and hitting 8 gyms and 5 supplement stores). Now, he's shooting for the NPC Masters Bodybuilding Nationals title on July 22nd, and you can see how he looks at 237 bodyweight, above, in preparation.

ENTER THE KETTLEBELL!

Strength Secret of The Soviet Supermen

By Pavel

Pavel Tsatsouline's newest book is entitled "ENTER THE KETTLEBELL! Strength Secret of The Soviet Supermen". Following up on the burgeoning interest in Kettlebell training, Pavel covers the KB from its inception in Russia through its introduction to the US, and on to every KB concept you can imagine. Chapters cover Kettlebell basics, the Russian Kettlebell Challenge (RKC), how to become a MAN among Men with Kettlebells, FAQs, How to Make a Kettlebell, etc. Written in that charming and challenging style that is Pavel's trademark, this book is pertinent to a range of strength training programs. Many Powerlifters have become stronger after KB training or have rehabilitated stubborn injuries quickly. For purchase (\$34.95) or further information, contact Dragon Door Publications, Box 4381, St. Paul, MN 55104, 651-487-2180, FAX 651-487-3954, 800-899-5111 (credit card orders only), www.dragondoor.com, dragondoor@aol.com.



Cheryl Anderson was honored as one of the "Notable Women of Minnesota" at a dinner hosted by the First Lady of Minnesota, Mary Pawlenty, at the Governor's Mansion. The First Lady had been very impressed when reading about Cheryl's success in Powerlifting. Following the dinner, Cheryl was asked by the CEO of Big Brother/Sisters of the Greater Twin Cities and a St. Paul Police Dept. Detective to consider being a guest speaker for their organizations, and Diana Pierce of KARE (NBC affiliate) contacted her regarding a possible TV piece in the future. Lots of great PR for Powerlifting!

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Q: My question is about getting my supplements on-line. I used to get some of them from the local health food store, but they are sometimes pricey. Do you have a place where I could get them cheaper? Take care,
Jeff Wheatling

A: I can understand that you are looking to save a few bucks and rightfully so. When you are using several different natural supplements the cost can really add up. The best thing to do is to make sure that you are getting the best deal possible. The place I get my supplements from is Bulk Nutrition. With a name like that you can be sure that you going to get a great deal. You can find them on the web at www.bulknutrition.com. The owner of the company is Mike McCandless. Having been in this business over 15 years I will let you know there are a ton of shady characters out there. With Mike that is the farthest thing from the truth. His customer service is top of the line. I personally get a lot of my supplements there not only because of the great prices and the fantastic customer service, but also because of the vast array of different products he carries. He has products from all the major companies and more choices than you will find anywhere else. No matter what brand of supplements you are down with, Bulk Nutrition is your one stop shop. One thing you will like is the fact that you will receive your package super fast. This is great since most people don't like ordering supplements on-line due to the fact that it usually takes a week or more to get to you. This is not the case with Bulk Nutrition because you will have your package in no time at all. To even top that Bulk Nutrition offers their own line of Bulk powders under the company name of 1Fast400. So if you are interested in getting creatine by the pound or are looking to get some very exotic herbs and compounds like Piracetam or Phenibut then Bulk Nutrition is the place to go. They carry numerous different bulk powders of just about everything and anything that you could think of. This allows you to cap your own supplements at only a fraction of the cost of buying them at your local health food store. If you are looking to save money and get excellent quality products then you don't need to look any further. The Bulk Nutrition website also has its very own monthly online magazine as well known as the Bi-Weekly Bull. Don't forget to stop by their forum as well to discuss everything from supplements to powerlifting. Yep, that is right, they have their own powerlifting section on the forum so that you can talk the talk. All in all, if you are looking to get great prices on just about any

NUTRITION

Power Nutrition Q & A

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

supplement known to man then Bulk Nutrition is the ideal place to take care of all your needs.

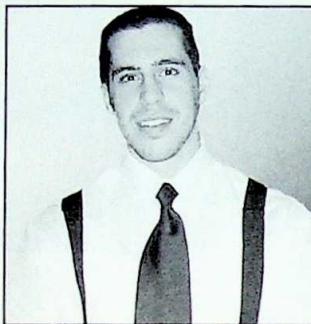
Now to make this even sweeter for our Powerlifting USA readers, Bulk Nutrition is going to throw all of you a little love. Mike has set up a nice offer here to help you all out a little more. The next time that you order from Bulk Nutrition, no matter what it is, you will get another 10% discount on top of their already super low prices. Yeah, get that, another 10% off to help you save a few bucks. All you have to do is punch in the code if you order on-line or mention it on the phone when you order. That discount code is PLUSA. So the next time you need to get the best supplements and want the cheapest prices you all know where to go!

Q: I am a 37 year old powerlifter who has been lifting for close to 15 years. I have also been using anabolic steroids and other pharmaceuticals for over 12 of those years. I compete at the national level and have totaled Elite numerous times. My question is about the possibility of preventing side effects from long term use of anabolics? What things should I be concerned about, and what areas can you focus on that may help me for a long term situation since I don't plan to stop using them anytime soon.

Name withheld by Request

A: There are a lot of things a sports nutritionist who is schooled in the pharmaceutical sciences can do to help protect your health. For the pharmaceutically enhanced lifter, there are many things you need to concern yourself with. Let's take a brief look at some of the things that you should focus on, healthwise, if you already use anabolics and other pharmaceuticals in your regimen. I am not going to name them all nor go into depth here as this would be an article series in itself that I have planned for the near future but I will touch on some of the main concerns that you should have.

Elevated Liver Enzymes - For the majority of powerlifters if you have elevated enzymes you either are a heavy drinker or one that enjoys using oral anabolics in your pharmaceutical arsenal. This is one of the first things that I look at when screening an athlete's bloodwork



Anthony Ricciuto this is the Man Behind NutritionXP3.com

when they come to me for nutritional consultation. You only have one liver and you should take care of it like it was a million dollar Rolex watch. There are a couple of liver enzymes that are heavily affected by anabolics use. Usually the injectable steroids cause less damage to the liver except for possibly Winstrol. The ones that do the most damage are the orals that are Alpha alkylated or what is known as C17-AA. Good examples of these include such Powerlifting favorites as Dianabol, Methyl Testosterone and Anadrol. For those in the know, these drugs are staples in many elite powerlifter's plans and they can produce rapid and dramatic results, but at the same time they can wreak havoc on your liver and other organs if they are not cycled properly and holistic methods are not used to protect them from damage.

Elevated LDL - This cholesterol is known as Low Density Lipoprotein. To the layman it is known as "Bad Cholesterol". Having worked with over a thousand different powerlifters in my career I can honestly tell you that powerlifters have some of the worst cholesterol levels I have ever seen in any athlete population. I have seen a lot of powerlifters worse off than extremely obese sedentary clients that I have done nutritional work with. What does this tell us? We know that most powerlifters eat like the guy who runs the Ferris wheel at the carnival. Once I came on the scene I know this has opened a lot of lifters eyes to the importance of eating like an athlete instead of carnival help. With more and more world champions in our sport embracing the Nutrition XP3 experience and having customized nutrition and

supplementation plans designed for them, many are no longer going the route of fast food and candy bars like the days of old. The fact remains that even if your diet is clean you can still have an LDL cholesterol increase due to your "Pharmaceutical" plan. Steroids can dramatically increase this cholesterol and it basically has to do with what drug you are using, your genetics, and your current nutrition plan. With a customized nutrition plan and Holistic protocols, whether you already have a cholesterol problem or want to nip it in the bud before it gets out of control, you should know that through the nutritional sciences you can lower it. In fact, you can get results similar to using Statin-based cholesterol drugs without going that route.

Lowered HDL Cholesterol - Now this is the other end of the cholesterol spectrum. HDL stands for High Density Lipoproteins and for the layman this is known as your "Good Cholesterol". Now what most people don't know who use anabolics is the fact that they can increase your bad cholesterol and decrease your good cholesterol. It is very important to keep this monitored, because having too low of an HDL cholesterol level can signal a coming heart attack. One drug that is a main culprit in lowering HDL cholesterol is Anadrol-50. Among powerlifters this drug is one of the top choices for an oral steroid due to the fact that it helps you hold more water, increases your strength like no other drug and makes you aggressive as a bull. The fact is that it has some of the meanest side effects not only on your liver but also your cardiovascular health. One other drug that powerlifters use to control estrogen production is Arimidex. This powerful aromatase inhibitor can really play around with your HDL cholesterol, sometimes even worse than anabolics. As you can see, educating yourself in all areas is the key if you decide to go the pharmaceutical route.

Prostate Enlargement - Now this is another problem that most males don't like to talk about. It usually happens to a lot of American males as they get older even if they have never even looked at a bottle of anabolics, as it is a part of aging, but in those that use anabolics it can happen a lot earlier. If you think getting up 5 times in the middle of the night to go to the washroom when you are 60 years old is annoying then imagine doing this for the rest of your life starting at 35? That is why minimizing prostate enlargement from your pharmaceutical plan should be on your list of things that you want to protect yourself from. This can be looked at from two angles for the chemically enhanced athlete. First off, is the choice of anabolic that

you decide you add to your cocktail and second taking the necessary steps to make sure through natural means to inhibit this from happening or at least minimize it. The reason for it happening in the first place is that when you use certain anabolics they can convert to dihydrotestosterone (DHT) in the body, through an enzyme known as 5a-Reductase. This can cause problems in two areas. One is your prostate and second is your hairline. The reason is that there are a plethora of DHT receptors in your scalp and prostate tissue. You have to watch what steroids you use that can easily convert to DHT such as Testosterone, Halotestin and Methyl Testosterone or those that are already a derivative of DHT such as Winstrol or Masteron.

High Blood Pressure - Your normal blood pressure range should be lower than 120/80. The first number is your systolic pressure. This is when your heart beats and this is the time the reading should be the highest. The second number is your diastolic pressure and this is when your heart is at rest between beats and should be the lower of the two. High blood pressure is when your reading is 140/90 or above. With powerlifters, there are many reasons for high blood pressure. One is that lifters don't drink enough water. The second is the fact that they consume way too much sodium. Third, their cardiovascular endurance, for the majority, is below what it should be for an athlete. Lastly is the use of pharmaceuticals. Many anabolics, especially the heavy androgen types that powerlifters seem to love, cause a lot of water retention. This can be the case with such drugs as Sustanon 250, Testosterone Enanthate, Dianabol, Anadrol and other androgens that can aromatize into estrogen. When a steroid aromatizes this will lead to increased estrogen production in the body, which will lead to an increase in water retention. This can cause your blood pressure to jack up. From a nutritional perspective, the goal would be to minimize estrogen production, reduce sodium-blood levels, and super hydrate the body to flush toxins and alleviate water retention.

These are not all the problems that you can run into with the use of pharmaceuticals. Side effects are highly avoidable from choosing those drugs that are less toxic to the body, using common sense with dosing, and actually cycling them instead of staying on them all year long. The nutritional aspect is of key importance, not only to maximize performance results, but also to minimize the side effects that can come with years of their use. Cleansing the body of toxins, following customized Holistic Protocols, and monitoring your blood work is of the greatest importance to the chemically enhanced lifter. I am not here to pass judgment on any lifter, whether enhanced or not, as in my opinion it is a matter of personal choice. I work with both drug free and enhanced lifters and either way it doesn't make me think any different of either of them. The fact remains that if you decide to go the pharmaceutical route you must take every advantage to take care of your long term health and realize that one day you won't be lifting anymore at the level you are at now. The health problems that you may cause yourself by not monitoring your blood work and taking the necessary precautions can come latter and bite you on the behind like a rabid pitbull if you are not careful! Be smart and take care of your health from every angle possible.

Q: I noticed that you recommend grapefruit a lot with your athletes and I was wondering

why? What's the deal? Please let me know.
Yours truly, Mary Anne Krupa

A: There are many reasons why I include it in their nutrition plans. Many of you may think that I would throw it in just because it is fruit and fruits are supposed to be good for you, right? Well, you are wrong because grapefruit offers a lot more than many of the other fruits that are available to you. One thing that you have to realize is that when I include any food type in an athletes plan there is a reason for it. Let's go through just a few of the reasons why I include them in the meal plans of my athletes.

- Grapefruits are low in calories which mean that they can be used in the nutrition plans of athletes who are looking to lose bodyfat and go down a weight class

- They also have a low Glycemic Index (G.I.) with a rating of 25 and hold a Glycemic Load of only 1.4. This means that they won't cause you an insulin spike that can lead to fat gain and blood sugar imbalances

- They are high in potassium and low in sodium. This is a benefit for powerlifters that usually take in way too much sodium in their diet and at the same time many are deficient in potassium which can decrease performance

- They have a high water content, in the range of about 90% water

- It is one of the best sources of natural Vitamin C. Many people only think of oranges when this topic comes up but this is not the case since Grapefruits pack a nice Vitamin C punch

- It contains Lycopene which is a carotenoid phytochemical. This may not mean a lot to those without a science background but what you should take note of is the fact that it is a powerful antioxidant

- Lycopene has been shown to fight tumor formation and fight free radicals which, for those that don't know, are the bad guys that damage cells.

- For all those power vixens who read this column take note. The area in which grapefruit prevents tumor growth the most is in breast tissue. Since breast cancer is a major area of concern for American women, I would recommend for all our women lifters to start getting their daily dose of grapefruit.

- Grapefruit has also been shown to decrease total cholesterol and your LDL as well. This is something that all powerlifters can benefit from no matter who you are since this problem affects the large majority of the Powerlifting community at one time or another

- Not only has it been shown to help lower the bad cholesterol that lodges itself in your arteries, but it can also help lower your triglyceride level. This is another problematic area of concern, especially for those lifters in the heavier classes

- The upside to the cholesterol equation is the fact that even though it does lower both Total and LDL cholesterol it does not lower the good form or HDL cholesterol

- There is another phytochemical in grapefruits called Limonoids. This special phytochemical inhibits the creation of tumors by forming a very powerful enzyme called Glutathione S-Transferase. How this little bugger works is by causing the liver to make toxins in the body more water soluble. This makes it easier for the body to get rid of them instead of them being stored in the body to later cause disease and act as carcinogens

- Numerous studies done on both animals and on human cells have shown the fact that these Limonoids can fight cancer in the stomach, colon, breast, and skin. This alone should have you loading up on this power fruit

- They also contain Pectin, which is a soluble fiber. This is another thing most powerlifters don't get enough of in their nutrition plans. One very important aspect of this soluble fiber is that it helps prevent such cardiovascular conditions as arteriosclerosis, which is a plaque deposit formation on the artery walls of your heart which leads to heart attacks

- For those of you who may like drinking juice you should make grapefruit your number one choice. Studies conducted in Great Britain have shown that drinking grapefruit juice daily can dramatically reduce your chances of getting kidney stones. Those of you who have had these horrible things can attest to the amount of pain you have to endure. It is in your best interest to not get them in the first place and one way to help prevent them is to get in that grapefruit

- Another major benefit of grapefruit is the fact that it contains another very important citrus flavanoid called Naringin. The reason why this is so important is the fact that it prevents the liver from breaking down caffeine and prolongs its stimulating affect on the body. This means that when you take a dose of caffeine either in the form of a pill or through coffee and you consume grapefruit it will actually cause you to hold on to that buzz a lot longer than if you consumed it alone

- One of the other important reasons why I recommend this fruit to my clients, outside of all the health benefits, is the fact that it can help you burn fat. I know this may be hard to believe, but several studies have shown this time and time again. One reason some researchers believe this to be is the effect that grapefruit has in lowering insulin production. Plus, Naringin's effects on caffeine would also stimulate a synergistic thermogenic response in the body that would no doubt be a powerful fat burner. As you can see there is more than one pathway for grapefruit to help burn off those extra pounds of flab.

- The one negative point that all must pay attention to — and this is why I am posting it last — is the fact that it can interact with certain medications. Grapefruit contains an enzyme known as Cytochrome P450. This enzyme plays a very serious role in how the medications you take are absorbed.

- What you need to concern yourself with in the case of grapefruit is that it interacts with many different drugs. These prescription and over the counter medications include immunosuppressants, antihistamines and statins. Those who are also using calcium channel-blockers, HIV medications, and psychiatric drugs should also take note. If you are using any type of medication please contact your doctor first before implementing grapefruit into your diet to avoid any interaction.

These aren't all the many benefits that eating grapefruit in your nutritional plan can have, but I did touch on some of the most important. The numerous health benefits cannot be overlooked and the performance benefits should also be noted for those who are looking for every angle to maximize their performance. If you want some good advice for your health, eat your grapefruit every day because in the long term, you will be glad you did!

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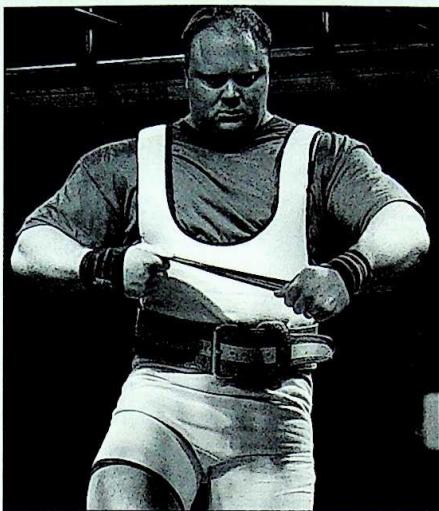


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INTERVIEW

JOHN STAFFORD interviewed by Chris Mason of At Large Nutrition.



John Stafford, preparing to squat at the WPO Arnold Classic meet in 2006.

John Stafford is a top-tier competitive powerlifter with one of the highest totals ever in his weight class (275 lb class). John is a member of the Westside Barbell Club presided over by strength guru Louie Simmons.

This interview will provide you rare insight into the life and training of a strength titan. You will get to know a bit about him personally and he will provide valuable insight into the Westside method of training and how John overcomes some of the same training hurdles we all encounter.

ALN: Thanks for taking the time out of your busy schedule for this interview John.

JS: No problem, glad to do it.

ALN: Let's start with you telling us a bit about yourself on a personal level. Are you married? Do you have any children? Where were you born and where did you spend your formative years?

JS: I am an insurance agent in Columbus, OH. I have been married to my wife Mandy for about 2 years. She is very supportive of my powerlifting. No children yet. I was born in Los Angeles, but spent most of my life in Edina, MN.

ALN: Do you have an athletic background? What got you started in powerlifting?

JS: I started lifting weights to improve in hockey, but eventually ended up quitting hockey when I realized it was only getting in the way of my lifting. I have been competing in powerlifting for 8 years now.

ALN: I completely understand the "sports getting in the way of training" thing. I started training with weights to get bigger and stronger for football (like so many others) and quit football when I realized my affinity for the iron and how much I truly loved it.

Westside Barbell and its patriarch Louie

Simmons are two of the best known names in powerlifting and the iron game in general. You are strongly affiliated with Westside. Can you tell us how you came to be involved with Westside?

JS: I would read Louie's articles in Powerlifting USA every month and started calling him to ask questions ... all the time. I told him I was coming to watch his Westside meet, and he said I could train at his gym when I was in town. I ended up training with Chuck Vand Joe McCoy. I told Chuck I would love to move here and train and he said Louie would let me. I transferred to OSU the next quarter and have been here for 8 years since.

ALN: That must have been very cool to have someone you read about in the magazines take a personal interest in you (not to mention someone so well respected in the powerlifting community).

For anyone unfamiliar with Westside can you give us a brief overview of its most important points?

JS: As far as training goes, we devote equal time to the 3 methods of strength training: maximal effort, repeated effort, and dynamic effort. The squat and deadlift are trained on the same day because they use the same muscle groups ... one day for speed training (dynamic) and one for max effort (1-3 max reps). Bench training also has a speed day and max effort day. Repetition work is usually performed on both days through assistance work, or in place of max effort for higher reps. We always rotate exercises, rarely doing any dynamic exercise more than 3 weeks in a row and max effort work is rotated every week. The actual powerlifts are rarely done, if ever, in full gear.

ALN: John, can you define the 3 methods of strength training for our readers?

JS: Maximal effort is simply lifting a maximal load. This is done to improve neuromuscular coordination and to reduce CNS (Central Nervous System) inhibition [Editor's note: The body has inhibitory safeguards in order to protect against injury. Decreasing these inhibitions theoretically allows one to lift heavier loads]. After a warm-up to about 90% of our PR (personal best 1 repetition lift), we do a max set of usually one, but sometimes 2 or 3 reps. We may do another set if it is too easy and we think we can make another jump in weight, or if we just misgroove the set and mess it up and want to try it again.

Repeated effort or repetition method is lifting a non-maximal load to failure (until you cannot complete another rep). This is used for hypertrophy and strength. Reps usually fall between 6 and 20. However, the sub-maximal effort version of this method is done more frequently for assistance exercises at Westside. This is lifting a non-maximal load a set amount of times not quite to failure for multiple sets. It is more practical than going to failure with the repetition method because it isn't as demanding on the CNS and thus recovery, but will still produce hypertrophy and some strength.

Dynamic effort is lifting a non-maximal load with the highest possible speed. This is done to improve explosive strength. We do this with different percentages, but always explosive. When training with the dynamic effort method we almost always include additional accommodating resistance with chains or bands added to the bar weight. Squats are done off a box with doubles for 5-

12 sets, benches are done with triples for 8-12 sets, and deadlifts are done for singles with 5-8 sets.

ALN: Let's delve a little bit into your own lifting abilities. What is your strongest lift and how do you train it?

JS: The deadlift is probably my best lift, my PR is 832. Normally, I only pull heavy once a month. For max effort work I either pull raw standing on a 2" box or off the floor against bands. I also do speed pulls twice a month, 5 explosive singles are done with bands usually added. Many other exercises also contribute such as reverse hypers, 45 degree hypers, glute-ham raises, heavy rows, heavy abs and obliques. I sometimes rotate in weighted box jumps as well.

ALN: What do you do when you hit a sticking point on one of the "Big 3"?

JS: I switch up my program, try and find a new way to get strong. It could be a small change like altering my stance or a radical change like switching up my entire program. Louie always has a lot of tricks that he has learned through the years. I talk to a lot of other lifters and find out what works for them. Sakari Selkäinaho of Finland and Steve Goggins have been a great help as well.

ALN: You compete in the 275 lb. weight class which means you probably run close to 3 bills between contests. What advice can you give to the readers who are looking to gain weight?

JS: You have to be consistent with your diet, get on a plan and stick to it. Try to get in 6 meals a day, everyday. Protein shakes make this a lot easier. For example eat 3 whole food meals a day and 3 shakes each day and it becomes easy to stick with. Keep protein and carbs high, of course, but avoid high glycemic carbs altogether unless post work-out. Get in plenty of healthy fats like nuts and oils (flax seed oil, extra virgin olive oil, fish oil, etc.). Anthony Ricciuto has been a great help with my diet, he has taught me many things that have made a huge difference.

ALN: You are sponsored by AtLarge Nutrition, LLC. Which of their products do you use?

JS: I use Nitrean, ETS, and Multi-plus. I use Nitrean for the majority of my daily protein intake; usually 3-4 shakes each day. If you check the ingredients you'll see it is a blend of several quality proteins. It has made it a lot easier to maintain my weight. I also gained about 3 pounds the first month I started taking ETS. Everything they sell is top quality.

ALN: If there was one thing you could change about powerlifting what would it be?

JS: I would like to see tighter judging at meets. Nobody seems to care what people are squatting anymore because of what they see being passed at meets. With all the gear we wear we should at least be expected to do legit lifts. The 2006 Arnold was pretty good though, I just hope it continues.

ALN: You have recorded a 2500+ lb total to date. What are your short and long-term plans in the sport of powerlifting or the iron game in general?

JS: My short term goal is to hit 2600 at the WPO semis in November. I think I have finally learned how to squat in gear so this is definitely possible. My long term goal is to just stay healthy and injury free for as long as I can, and, of course, to continually improve through the years.

ALN: Thank you John for this informative and insightful interview. We wish you the best of luck in all of your future endeavors.

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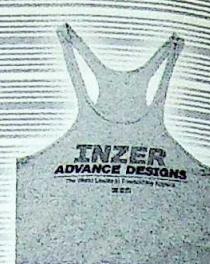
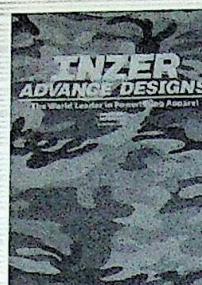
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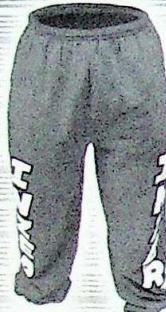
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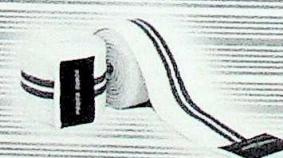
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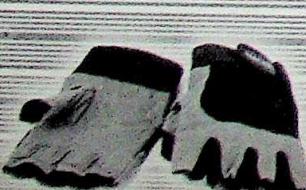
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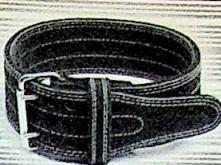
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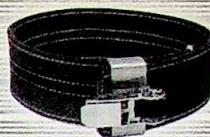
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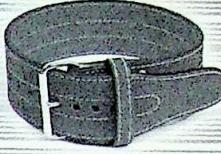


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HARD CORE GYM #55 GARAGE INK (And Big Warm PA Women)

as told to PLUSA by Rick Brewer, House of Pain

Last month, we saw guys so HardCore that their girlfriends had beard-stubble, and they trained with Big Rocks! Poor photo-quality, but Way Hard Core! From now on, we must have photos - or NO GO! Buy cheap cameras - now!

This month we head North to the land of steel mills & big women (when it's COLD, ya want a BIG warm girl to keep the bed heated at night). Everybody knows that big women are more fun anyway - they're jolly & fun to ride. Think of a female Santa - without the red furry costume. 'Cept it's just like riding a moped if ya know what I mean (fun until your friends see ya on it). Or, if ya can't find a big woman - you can always get a bunch of dogs to sleep with, but that's beside the point. Pay attention - we're talking 'bout Hard Core trainin' - not keepin' warm at night.

Let me turn this page over to Jeff Fiss for a minute, so he can tell you about Garage Ink:

Garage Ink by Jeff Fiss BS, CSCS

Red and black is all I saw swarming the competition at the 2004 USAPL American Open in King of Prussia, PA. I remember

asking myself who these guys were. What the hell is Garage Ink?? I saw guys pulling 700 lb. deadlifts, and squatting in the 6s and 7s, and benching in the 5s. I was impressed. I e-mailed the guy who made all this happen. I was invited to come up to the Garage for a lift.

The first time I had walked into Garage Ink, I thought it was a joke. I remember thinking: "how the hell can anyone get anything done in here?". I was in for a pleasant surprise. The garage gym formally called "Garage Ink" started out as an idea by 11-time USAPL Pennsylvania State superheavyweight champion Dennis "Niko" Hulslander.

At the 2004 USAPL American Open, Garage Ink had officially entered their first event as Team Garage Ink. The lifters had on red t-shirts with black lettering bearing the name 'Garage Ink' with a bent barbell that looks as though someone had sketched it by hand. Eventually, the name grew into a culture in Pennsylvania powerlifting.

Located in Stewartstown PA, Garage Ink is a 20x20 one car garage gym at the Hulslander

home which started back in August 1994, with the original members of Niko Hulslander, Dan Ratchford, and Tony Forella.

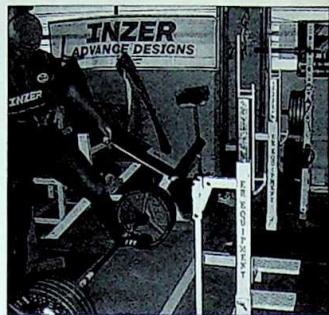
In case you were wondering, 20x20 ain't that big!! Tired of the hassles of commercial gyms, the trio was looking for something more.

This is where the idea came about to construct a garage gym that would be the official training facility for some of the state's strongest lifters. Freezing cold in the winter, stinking hot in the summer, it is a complete Rocky-style hard core facility. Some of the inventory at Garage Ink includes an ER Squat/Bench combo rack, dumbbells up to 110 lbs., 1100 lbs. in Ivanko kilo plates and competition bar, over 2000 lbs. in Troy standard plates, Texas power bar, cambered bench bar, power rack, hyper bench, plate loaded lat pulldown, pulleys, plate loaded leg extension, bands/chains, dragging sled, homemade log, computer w/ kilo loading program, and homemade plywood platforms.

Right next to the Hulslander household is a gigantic parking lot that serves the church across the street - an ideal area for heavy sled dragging and open space activities.

To keep the temperature bearable in the winter, propane tanks, kerosene, and space heaters are used. Sometimes the power gets knocked out from a blown fuse from the heaters. Still, however, one has to dress warm. In the summer, the door to the garage is opened. Maybe there's a fan, but no air conditioning. That is pretty much how climate is controlled.

Garage Ink has its share of strong people. Hulslander boasts an 805 squat, 622 bench, and 733 deadlift at SHW. 600 and 700 lb. squats are common place along with 500 and 600 lb. benches. Using a combination of Westside, Ed Coan, Brad Gillingham, and 5x5 style training, PR totals can only go up in this place. All athletes that train at Garage Ink compete drug free in the USAPL/IPF. The concept of drug free sport is something that members take seriously and with pride. Its members were the official spotting crew at the 2005 IPF Men's World Powerlifting Championships. Furthermore, Hulslander is also slated to head up the spotting crew at the 2006 IPF World Powerlifting Championships, to be held in Norway. Garage Ink is an official supplier of Titan Support Systems and Quest Nutrition Products, as well as a distributor of Powerlifting USA magazine. They also have their own clothing line that includes T-shirts and beanies. They



'Ego Killer' setting up to pull a 500 pounder in The GARAGE.

frequently set up booths to sell merchandise at various Garage Ink is expanding more by the day with over 75,000 hits on their web site which can be found at <http://www.garageinkpowerlifting.com>.

Driving two hours to this hardcore garage gym is worth every dollar of gas I put in my tank. Learning from some of the most knowledgeable and friendly people while training in this facility is what makes it all worthwhile. To be able to have such valuable training tools and information at my fingertips is what makes me proud to be a member of this rapidly growing trend in Pennsylvania called Garage Ink.

We'll see you on the platform! -JF

Thanks to Jeff Fiss for this info, and thanks to Niko Hulslander for originally telling us about Garage Ink! People sometimes call us at HOUSE OF PAIN and ask if we do tattoos. We always say NO, we have tattoos; but we're not licensed to do them. Not yet. I'm willing to bet beer against burritos that Garage Ink gets the same calls & comments - if they have a phone. So, we have that in common. I'm partial to Garage Ink for this and several other reasons, and wanna go visit soon. BUT, it's a bit more than a 2-hour trip from our neck of the TX woods to PA, and my truck requires \$3/gallon premium fuel! I better wait until we strike oil here at HOUSE OF PAIN before we head North.

Next month we'll remind you what makes a gym really HardCore. Frankly, we have to remind you - because a whole lot of y'all are dumber than a box of rocks, but I mean that in a friendly and supportive way. Like a jock-strap with a smiley face. Just takin' care of bizness.

Until next month; train hard, eat big, and take long naps at work.

Send your comments and photos to me here: rick@houseofpain.com.

Send cash donations to me here:

Attn. Rick Brewer
Psychiatric Ward #17
HOUSE OF PAIN
P.O.Box 333
Fate, TX 75132



TEAM GARAGE INK: front row (l-r) - Tony 'Pimp Daddy' Forella, Mark 'Big Daddy' Jenkins, Jere 'Ego Killer' Hess. Back row - Dyan Hulslander, Niko Hulslander, Dan Ratchford, & Jeff 'Mountain' Fiss

DR. JUDD

AGING ... The Lighter Side as told by Judd Biasiotto Ph.D.

"In some ways, I am not even born yet; in other ways, I'm an adolescent and I'm struggling, and I'm rebelling and raising hell. And in other ways, I'm a sage. I'm 190 years old. So how can you ask me my age? What do years really have to do with my age?"

LEO BUSCAGLIA

I know it is close to heresy to say this in our culture today, but this age thing is a real kick in the butt. In fact, I don't see any real fun in getting older, at least physically speaking. Now, I know exactly what you are thinking, "Judd, didn't you write an article a few years back saying that, you are never too young or old for anything because age is in your head, nowhere else." Well, that was the old me or the young me depending upon how you look at it. Today, I have a different perspective of what getting old means from my experience with ...well ... aging. Now that I have had a good decade of being old, or as my little niece says, "Ancient," I want to tell you that age IS in your mind, and in your back, in your feet, in your neck, and every other part of your anatomy. Sure, it is true that age has its advantages, but let's be honest: it has its share of disadvantages too.

It wasn't that long ago that I could squat more than a quarter of a ton. Now, I have trouble bending over to tie my shoes. In the past, I could do a two hour workout without breaking much of a sweat. Today, I do that same two hour workout in about three and a half hours, and it is a near death experience. I also get tired more than I used to. An eight hour day of work cries out for a 16 hour night of sleep, and when I don't get it, I pay the price. I nod off sometimes during very important moments, like with sex. There seems to be an inverse, converse, reverse, whatever relationship between sex and age ... the more you age, the more you think you want it, but the less you can do it, so you really don't want it because you know you really can't do it ... whatever. When I was younger, I would stay up all night chasing women; now I stay up all night worrying that I might catch

one and won't be able to do anything with her once I have her.

It is the same thing in my professional life. It takes me about a third more time to get where I am going, and many times when I get there I have already forgotten why I went in the first place. I am certainly more absent minded. It is currently a common practice of mine to microwave a meal and discover it three days later when I am ready to microwave something else. I also rely heavily upon others to tell me the day, date, and year in which we are presently living. And forget about remembering other people's names ... I have trouble remembering my own. I can watch the same movie three times in a span of a month and can't recall ever seeing it before ... you could call that an embarrassing advantage of old age if you have the guts to admit it. I also have this thing about going to the gym when I am suppose to be going to work and going to work when I am suppose to be going to the gym. Half the time I don't know where I am going.

Eating is another thing that aging has cheated me of doing. I can't even come close to eating as heartily as I used to eat. When I was younger, I could eat three servings of pasta that were generally preceded by a giant antipasto and followed by a huge piece of chocolate cake ... for breakfast. The other six meals I ate that day were similar banquets, and I would never gain an ounce. Now, I can glance at a piece of chocolate cake, and I gain a pound. Even more disturbing is that it takes me a couple days to get a single serving of cream of wheat to wind through my digestive entrails before it is handed over to the Tidy Bowl man. Worse yet, it makes more racket and hullabaloo than my garbage disposal does to get the job done.

I can't see as well as I once could either. I am lost without my glasses and even with them the phone book, restaurant menus, and catalog brochures are indecipherable. I am using a 14 point font now just to write this freakin' article, and the words are still somewhat blurry. My hearing is just as bad. I have noticed that as I age people tend to mumble more and television stations lower their

sound tracks to almost a whisper.

I've heard people say, "Forty is not old." They are perfectly right. Forty is not old if you are a redwood tree; otherwise, it's hell. In fact, forty was right about the age that I started experiencing things like injuries, illness, infections, and ailments. And all of those wonderful things seemed to turn up all at once.

Prior to reaching middle age, I thought I was invincible. I never thought I could get hurt or sick. Once I hit forty, though, all hell broke loose. First, I ripped my lower back out; then I tore my pectorals; next my bicep detached; then I tore my rotator cuff; then I herniated three cervical disks, and then the other rotator cuff went. Just when I thought I couldn't have any more fun, I discovered infirmity and sickness. Like I said, prior to reaching forty I never got sick. Now I am sick of getting sick. I've had kidney stones, arthritis, diverticulitis, gallbladder problems, gout, colds, pneumonia, flu, and the list goes on and on and on. If there is any disease circulating through the world and I am within a thousand miles of it, I'll catch it. I can see someone on television with a cold, and I will catch it, and once I have it, there is no telling how long I'll keep it. Things have gotten so bad that every morning I wake up now I immediately look in the obituaries to see if I am still alive. I know they say the good die young. The truth is people die young because it takes a lot of courage and determination to grow old.

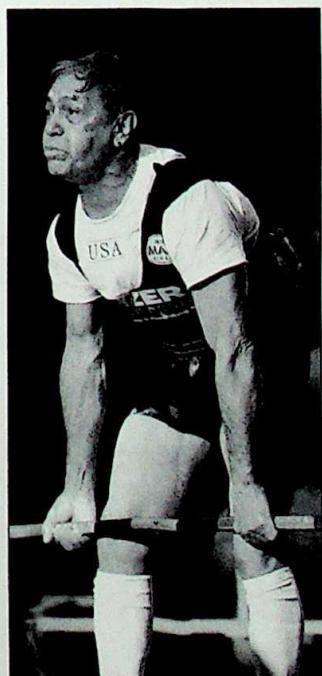
My doctor is extremely

encouraging when I complain to him about being sick all the time. His explanation for every one of my injuries or illnesses is the same. "Judd, you are getting older. The human body doesn't function at an elite level forever." Of course, he is perfectly right, which makes me hate him. As with anything which has been used and sometimes abused for 40, 50, 60, or 70 years, there is going to be gradual wear and tear and some destruction. Things will jam up, clog up and shrivel up; they will get stiffer, harder and eventually wither away. This is just to be expected, and there is nothing wrong with it. I guess the problem occurs when we deny the aging process and become trapped in wishing we were shatterproof and indestructible.

Some say getting older does have its advantages. For the life of me, though, I can't figure out what those advantages are. I know that when you get older you have nothing to prove, which is a blessing because there is really nothing you can prove. Consequently, it is difficult for me to celebrate getting older.

After saying all of that, though, I am determined to live my life fully and as long as possible. It is said that Methuselah lived to be 969 years of age. I am shooting for his record. I may move a little slower, but I have all intentions of continuing to move. Futility doesn't come from aging; it comes from insecurity and inactivity. As long as you live life to the fullest, you will never be ... well, really old. I refuse to let my age limit me - to keep me from being the best that I can be. It's what you do in life that's important, not when you do it. Sure, I may not be able to run as fast, lift as much, or swim as far, but I refuse to relinquish the joy I get from those activities. We do not stop playing because we are old; we grow old because we stop playing. There is a huge difference between growing older and growing up. I may develop other limitations too; in fact, I am sure that I will, but I am determined to savor every new experience that comes my way whether the experience is good or bad.

I have great admiration for the people who have accepted the fact that they are getting older ... acknowledged the fact that aging is an inevitable sequence of living and have risen above it. It takes strength, endurance, determination, and a discerning sense of humor to make peace with aging. These people deserve recognition, not a birth date. Anybody can grow older. That doesn't take any talent or ability. Growing older with grace and a strong commitment to life - that takes a special human being ... those are the people we need to celebrate.



Magnificent Masters ... like Robert Cortes ... continue to compete and set records for decades

WORKOUT OF THE MONTH

POWERDOC'S SQUAT WORKOUT *as told by Mark VanAlstyne, DC, PT, CSCS*

The squat routine outlined below is known as suspended chain training. It is the equivalent of doing a board press for the bench press as it allows you to overload the top of the lift. You will need a power cage or a monolift to drape 3/8 inch chain over the upper supports of the cage and hook them around the power bar inside the plates using large chain clips so that the chain is a continuous loop. Make sure both sides of chain are as even as possible, I like to lay the empty bar on the chains and put a level on it to make sure. This way the bar can be supported on the chains and it is a great way to prevent injury. If you miss, the bar is caught by the chains and the bar is also not bent. I suggest using at least 7-8 feet of chain. Adjust the chains to fit your height and the

level that you want to squat to, this means have someone watch you squat with the bar empty or use a video camera.

I first saw supported chain squats done by Phil Harrington and have modified the routine to my needs. This workout is for the equipped lifter who can squat 600 pounds. By the end of this routine the lifters should be able to squat 630. This routine works best for the lifter who uses tight or double ply gear. I use an Inzer canvas suit with Predator briefs and I feel that you need to practice with these types of high tech suits or you risk a bomb out or injury at the meet. It is very important to contract your abdominals during the decent in the squat, this means to pull the umbilicus in about an inch. This will stabilize the weight on the way

down so that you are balanced at the bottom of the squat. I like to use a slightly heeled boot even though I am a wide stance squatter. I feel that the slight heel makes hitting depth easier.

Being that I am a licensed chiropractor and physical therapist, I put a great deal of emphasis on injury prevention. You cannot make gains when injured so I think the best way to make steady progress is to stay healthy.

All squats are done with full gear including briefs and wraps. I do only one rep because I feel holding heavy weight for multiple reps in the squat is too hard on the shoulders. I suggest doing internal and external rotation exercises as well as Kelso shrug type of work to stabilize the shoulder blades and strengthen the rotator cuffs. I do a variety of them every day. I suggest doing 5-8 sets of crunches and side crunches for sets of 20-30 reps every other day.

It is important to train the oblique muscles because they directly connect to the lumbar stabilizers.

During the first three weeks we will hang 100 pounds of chain from the bar (50 pounds on each side) making sure that the chains are almost entirely off the floor at the top of the squat. We do three weeks of added chains to help prime the back to support heavy weight at the top while allowing a lesser load at the bottom. Remem-

ber to pause for a second on the suspended chains when the chains are set above parallel. When setting

Week 1: Set suspended chains at parallel, 490 + 100 pounds of chains x 3 sets of one pause rep.

Week 2: Set suspended chains at parallel, 510 + 100 pounds of chains x 3 sets of one pause rep.

Week 3: Set suspended chains at parallel, 530 + 100 pounds of chains x 3 sets of one pause rep.

Week 4: Set chains 2 inches above parallel, 620 x 3 sets of one pause rep.

Week 5: Set chains 2 inches above parallel, 650 x 3 sets of one pause rep, 580 for one set of one rep (no pause) with chains at one inch below parallel.

Week 6: Set chains 2 inches above parallel, 670 x 3 sets of one pause rep, 590 for one set of one rep (no pause) with chains set one inch below parallel.

Week 7: Set chains one inch below parallel, 610 (second attempt at meet) for one set of one rep (no pause).

Week 8: Rest Week 9: Meet attempts: 565, 610, 630

I follow this up with leg presses for three sets of 8-10 reps and glute/ham raise for three sets of 5-10 reps (hold a weight in your hands if you need more resistance). All sets are done to failure so pick the weight accordingly.

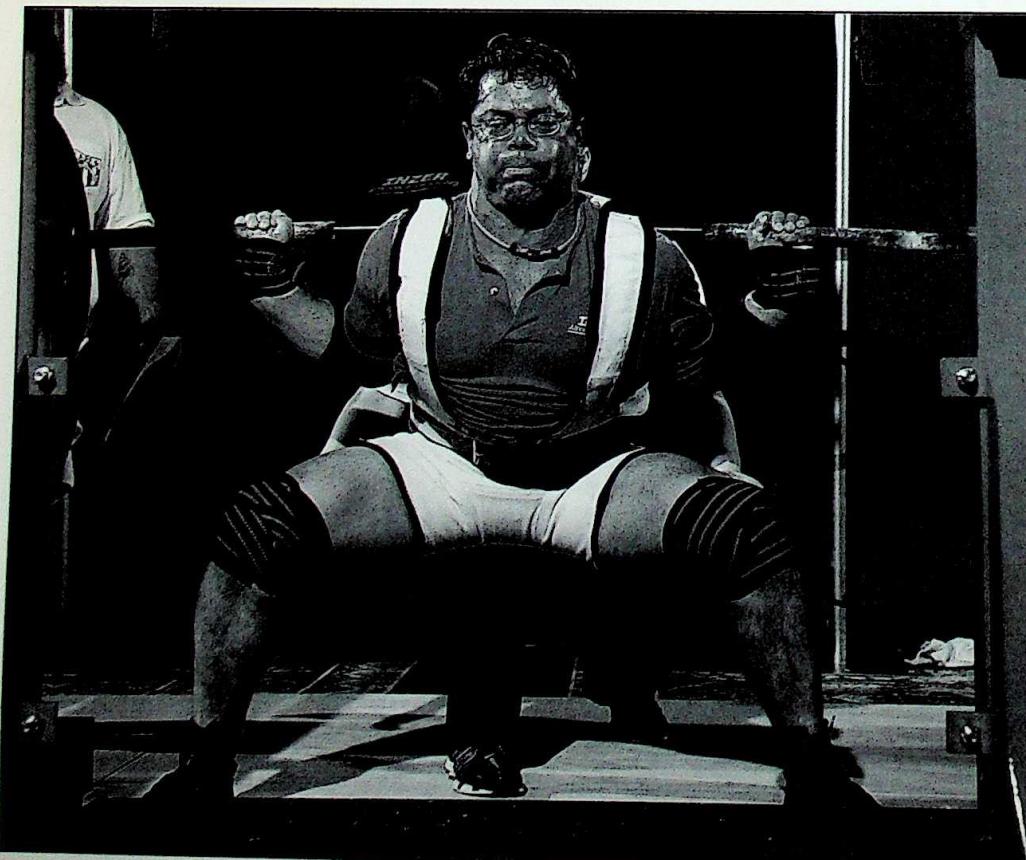
Three days later I do assistance work. I do box squat one inch below parallel using 300-315 with one pair of blue bands for 6 sets of two reps resting one minute between sets. I wear a light poly suit and no wraps for this. I then do my dead lift work (whatever you like) and follow this up with Romanian (stiff leg) deadlifts for 3 sets of 8 reps. All sets are done to failure so adjust the weight accordingly.

In closing, I would like to thank my lifting partners Scott Rowe, Mike Osborne, and Mike Ferlito for their help and support. I want to give a special thank you to Inzer Advance Designs for providing me with great lifting gear and endlessly altering it until I am 100 percent happy.

Anyone who would like questions answered on this routine or any injuries should post the question on www.fortifiediron.com under the powerlifting posting columns. Put it to the attention of Powerdoc.

Good luck.

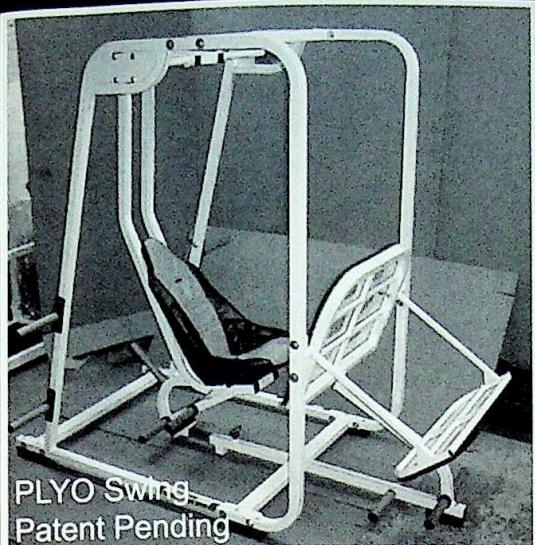
MARK VANALSTYNE
DC, PT, CSCS



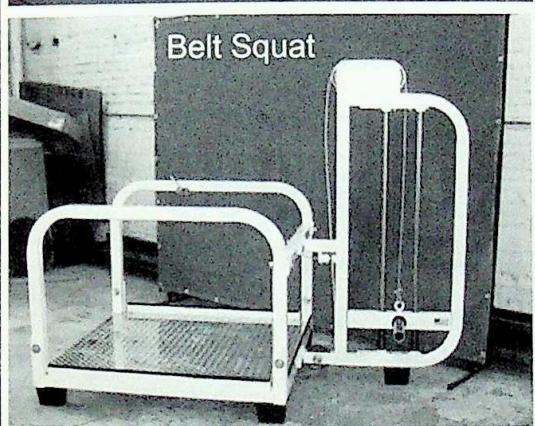
Mark VanAlstyne has a growing chiropractic and physical therapy practice in New York and his 755 squat demonstrates that a lifter can have TOP 10 success in powerlifting as well as a successful career.

LOUIE SIMMONS' PRESENTS

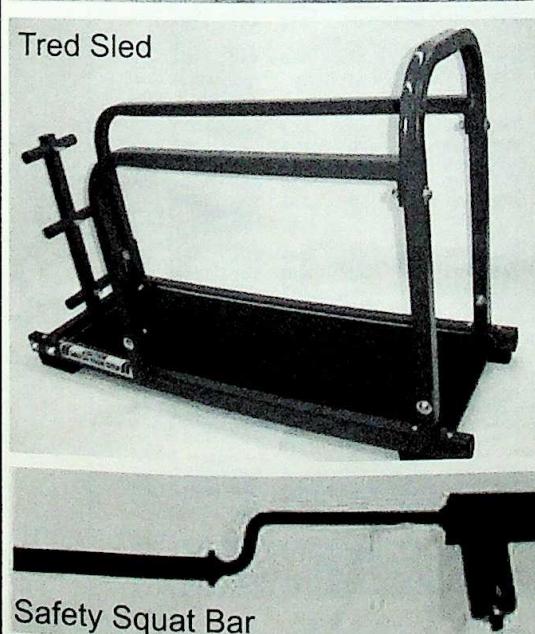
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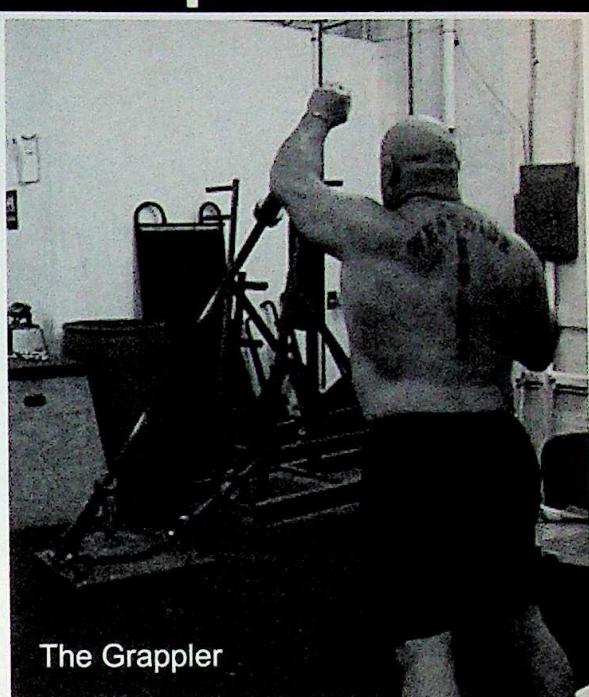
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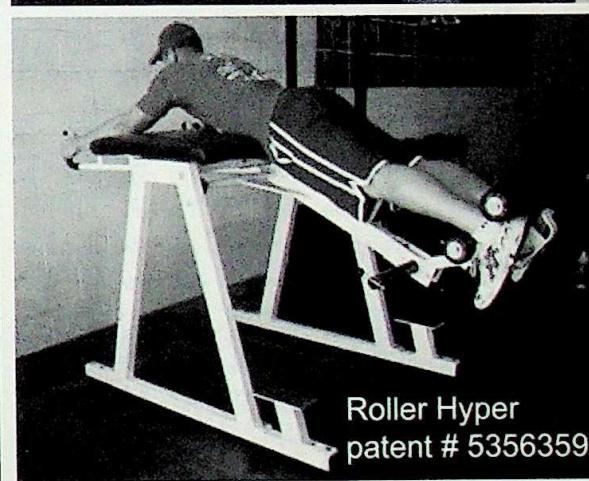
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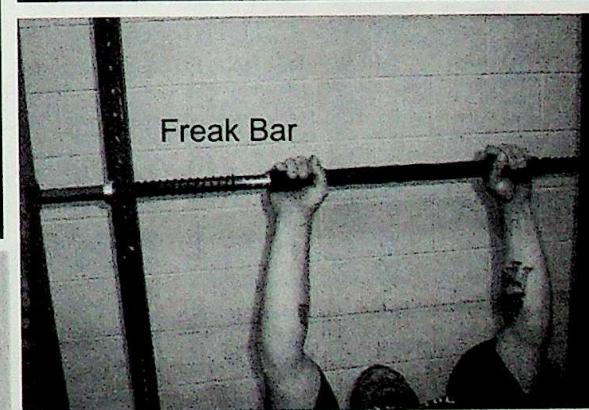
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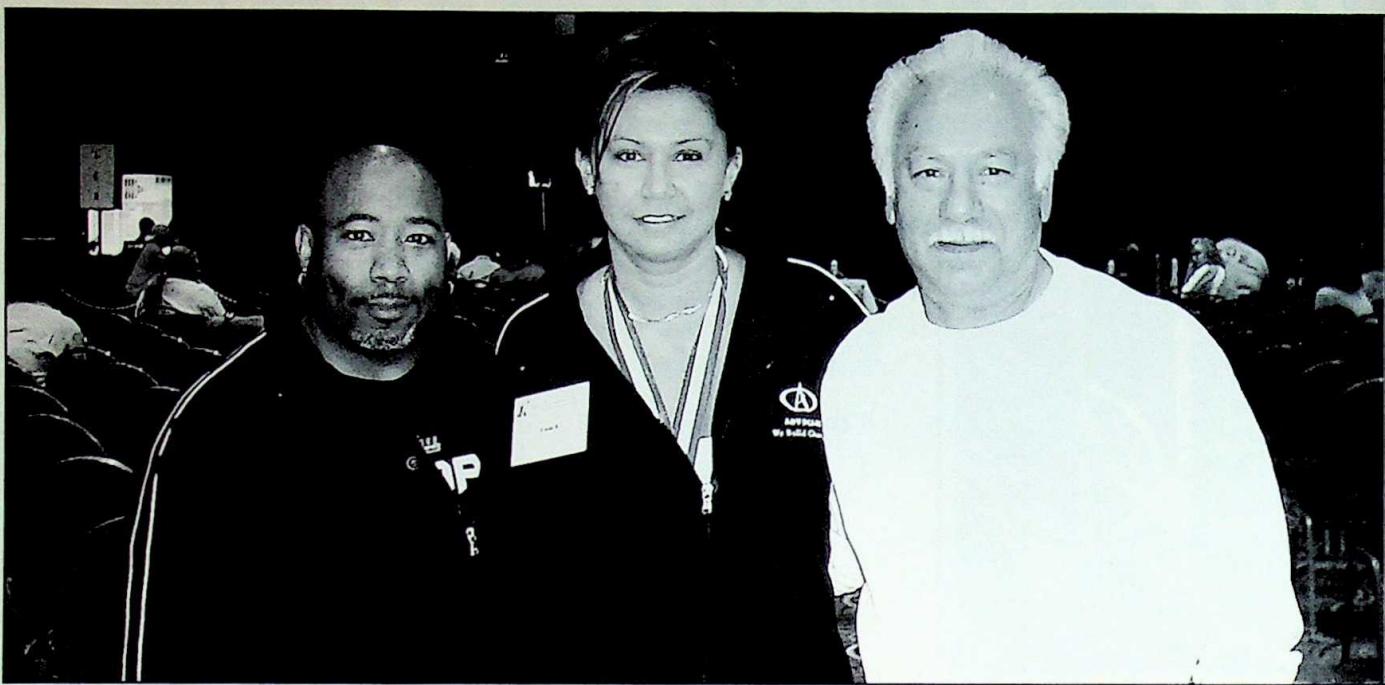


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Mr. and Mrs. Keith Scisney and Sam Alduenda at the USAPL National Masters Championships. Keith fought the flu and a couple of slipped discs to win his first National Masters title there. It wasn't his best performance, and he is looking forward to the Masters Worlds in October.

USAPL Men's Masters Nationals - 5-7 MAY 06 - Killeen, TX

123 lbs.	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	G. Rendino	474	496	501	308	308	308	507	529	545	1333
Master II											T. Riffe	457	457	457	303	319	319	402	451	501	—
S. Meadows	319	330	330	242	248	248	407	407	407	986	R. Garofalo	600	644	650	396	418	424	600	683	700	1703
D. Barleen	303	330	341	242	264	264	374	391	407	975	R. Stone	512	534	540	352	369	385	534	562	578	1444
Master IV											K. Schiessl	451	479	501	308	308	325	424	463	479	1267
A. Galant	143	187	226	66	99	126	165	198	220	573	R. Walton	385	424	451	259	281	292	429	474	490	1207
132 lbs.											W. Kellef	319	341	341	231	231	253	407	429	440	1003
Master I											D. Ricks	661	661	700	463	463	639	694	694	694	—
Kupperstein	435	435	451	253	264	270	529	567	600	1284	Master III										
T. Smith	402	402	429	242	253	259	440	474	485	1162	A. Byas	490	490	507	314	319	319	562	633	650	1455
B. Foddrill	352	385	385	231	248	259	424	451	451	1085	C. Wright	407	451	451	275	275	292	562	562	584	1245
K. Jones	385	413	418	237	253	259	374	402	418	1041	R. Contreras	424	440	479	292	319	330	490	501	501	1262
Master II											M. Brady	435	463	463	303	303	308	463	463	463	1207
J. Carr	391	402	402	237	253	270	501	—	—	1157	Klostergaard	418	418	418	—	—	—	—	—	—	—
Master III											Master IV										
J. Kavarnos	369	385	394	220	234	234	402	446	451	1052	J. Yeats	391	435	457	248	259	264	479	534	534	1256
Master V											S. O'Neill	402	418	429	259	259	264	402	418	429	1107
R. Trujillo	330	358	358	231	242	242	418	440	440	1008	J. Lyons	374	374	407	253	253	270	385	418	440	1102
148 lbs.											R. Schuller	341	385	402	242	242	242	—	—	—	—
Master I											198 lbs.										
K. Scisney	523	554	554	325	347	358	490	518	529	1399	G. Jones	644	672	688	446	463	474	622	650	666	1785
C. Brown	451	451	501	292	319	347	485	534	—	1229	G. Terry	611	611	650	352	363	363	705	777	—	1719
Matsumoto	485	485	501	385	413	446	451	490	512	—	G. Buffington	573	573	606	440	463	463	551	573	573	1565
Master II											R. Clark	551	584	584	391	402	402	556	578	600	1554
L. Weinstein	468	501	512	281	292	308	490	567	567	1295	R. Petzoldt	485	501	501	385	385	402	507	551	573	1444
Master III											M. Beavers	705	705	—	—	—	—	—	—	—	—
B. Rohan	380	402	413	292	308	308	485	507	523	1245	Master II										
R. Blaumuller	248	248	248	181	198	198	319	347	347	749	J. Dally	501	534	534	303	303	325	413	446	501	1306
J. Johnson	203	203	220	165	165	192	303	325	336	711	S. Heyl	429	474	474	303	303	319	407	440	463	1196
Master IV											T. Caffery	352	352	402	314	325	325	352	391	424	1058
R. Coleman	349	319	—	176	187	—	303	319	336	832	A. Yakulis	385	385	407	297	297	297	479	542	—	—
Master VIII											Master III										
R. Cortes	308	336	352	209	231	237	402	435	451	1003	T. Harman	474	474	501	314	314	314	451	474	501	1317
165 lbs.											S. Harms	402	424	440	344	352	352	374	402	424	1179
Master I											Master IV										
G. Page	485	490	512	369	369	369	540	584	606	1466	D. Worley	507	529	540	209	220	226	507	534	—	1267
M. Stanley	457	501	534	275	275	275	540	584	584	—	M. Stevens	391	413	435	242	264	270	490	529	529	1168
Master II											R. Bienvenu	181	231	253	176	209	209	259	308	314	738
C. Lewis	540	573	611	297	308	319	507	529	554	1422	B. Bower	479	479	496	341	341	352	479	518	529	1355
B. Snyder	490	490	490	330	344	341	554	554	551	—	F. Rice	407	440	463	214	226	237	501	580	580	1190
K. Bolen	501	501	501	—	—	—	—	—	—	—	D. Determan	203	203	203	275	303	303	402	424	440	—
Master III											Master VI										
A. Little	501	545	578	264	281	297	551	585	600	1444	J. Ellis	281	281	303	176	176	203	396	413	429	909
D. Nicastro	446	474	496	275	275	303	554	551	600	1322	R. Curtis	226	226	242	214	231	234	303	325	336	766
D. Marksteiner	402	418	429	214	220	226	385	402	413	1058	Master I										
Master IV											H. Gerard	639	672	672	501	504	501	567	504	—	1741
J. Harrop	429	429	463	231	242	253	418	501	529	1201	M. Jarrett	600	644	644	402	402	424	562	600	600	1609
Master V											C. Safran	540	540	567	336	347	363	562	633	683	1565
S. Alduenda	330	374	429	248	286	303	451	485	—	1201	B. Thomas	523	523	573	275	325	352	518	562	589	1460
B. Sainati	294	325	344	170	181	181	396	424	435	903	B. Birchmeier	402	402	402	314	341	418	474	501	1190	
Master VI											P. Connolly	363	407	407	242	242	264	314	341	341	948
M. Lawson	363	424	424	264	264	275	330	374	418	1047	M. Edelstein	551	573	573	363	380	391	611	639	639	—
Master VII											Master II										
D. Goodwin	187	214	226	176	187	187	303	325	341	744	D. Currence	578	622	622	440	440	440	584	617	617	1647
Guest Lifter											M. Lohmann	611	633	633	380	380	380	573	595	611	1609
D. Thompson	485	512	512	385	391	402	485	518	540	1372	R. Baxter	562	600	611	369	391	402	534	584	606	1537
Master VIII											T. Tomjack	380	402	424	402	424	440	402	429	429	1278
Archambault	292	292	292	198	220	237	380	402	431	931	181 lbs.										
Master I											L. Gibson	551	573	609	413	413	424	501	573	609	—
L. Gibson	551	573	609	413	413	424	501	573	600	1570	T. Hambric	435	474	507	325	363	391	501	523	545	1416

Womeldorf	137	181	209	55	—	137	226	237	501
B. Schmidt	595	595	595	413	413	429	622	622	672
S. Brockelman	540	540	573	347	347	347	600	600	—
Master III									
R. Givens Jr.	584	633	644	429	435	435	606	677	705
N. Taylor	407	407	435	341	363	374	407	451	485
G. Grahn	424	424	440	325	336	336	—	—	1251
M. Musto	600	622	622	440	440	440	—	—	—
Master IV									
S. Slavens	424	457	457	341	341	358	512	534	540
L. Wallen	589	589	589	—	—	—	—	—	—
Master V									
B. Helmich	468	468	485	352	352	352	551	584	584
T. Bayer	534	551	562	226	226	248	534	534	578
H. Myers	446	446	473	336	336	336	—	—	—
R. Rood	325	363	402	226	264	275	325	363	402
Master VI									
C. Manis	209	226	292	187	226	231	358	391	391
Guest Lifter	584	617	628	346	369	—	573	622	639
D. Mahan	242 lbs.	—	—	—	—	—	1598	—	—
Master I									
T. Harris	749	755	799	485	507	523	727	766	788
B. Callahan	633	672	700	448	429	446	617	639	688
B. Getchell	573	573	600	474	501	512	600	650	650
D. Broseman	589	628	655	347	358	363	573	589	600
C. Colchado	501	529	551	402	429	440	501	534	551
J. Hanson	485	512	540	325	341	352	440	468	501
Master II									
G. Pamplin	633	705	722	512	540	556	518	545	562
M. Elder	584	622	622	440	468	485	554	584	617
S. Cain	562	600	622	413	429	440	567	611	633
R. Kolbeck	551	600	622	385	385	424	551	584	628
T. Dierks	512	545	562	319	336	352	485	501	518
Master III									
J. Graham	628	661	688	352	363	369	606	628	650
G. Stevens	504	545	545	352	369	369	504	501	1399
J. Zintsmaster	352	374	391	374	380	402	418	479	501
Master IV									
B. Sindelar	529	562	562	380	396	407	518	540	584
Master V									
C. Garrison	407	440	485	325	352	402	435	468	512
M. Nichols	314	341	374	264	281	286	413	451	474
C. Taylor	551	578	—	358	358	358	—	—	—

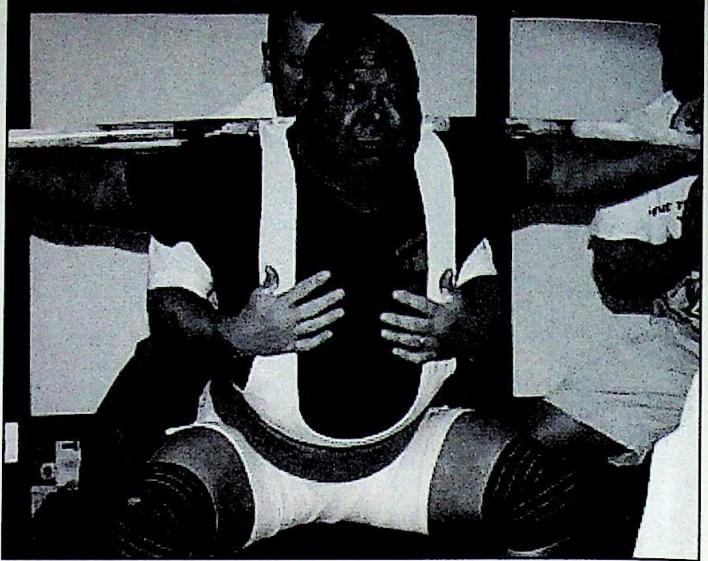
T. Arrington	462	501	523	275	297	319	463	490	507	1306
275 lbs.	—	—	—	—	—	—	—	—	—	—
Guest Lifter	K. Hayes	644	749	—	463	463	501	639	664	1851
Master I										
B. Nichols	501	551	584	529	529	562	551	600	600	1631
D. Gonzales	711	733	755	507	518	529	639	655	672	1934
K. Ryder	606	639	650	518	540	540	661	705	774	1873
K. Belisle	600	633	655	440	468	485	463	518	534	1675
M. Goodwin	529	567	567	424	454	463	523	523	556	1548
B. Patton	490	512	562	496	496	501	523	600	1537	—
R. Pirtle	518	540	578	374	407	407	501	551	578	1466
D. Rogers	694	738	738	407	407	407	—	—	—	—
Master II										
B. Collins	633	664	672	501	507	518	600	644	644	1780
R. Geller	512	540	562	501	512	533	451	474	474	1515
T. Stewart	474	507	507	308	308	308	440	507	529	1344
S. Schultz	523	551	611	418	418	418	—	—	—	—
Master III										
Wainwright	534	567	611	374	385	402	507	518	523	1521
S. Anderson	551	584	617	385	402	402	402	490	501	1521
R. Crawford	424	501	501	314	341	352	451	451	479	1190
Master IV										
A. Wood	440	440	451	—	—	—	—	—	—	—
Master V										
W. Morris	518	551	551	407	429	442	429	474	512	1504
275+ lbs.	—	—	—	—	—	—	—	—	—	—
Master I										
B. Gillingham	705	749	782	518	540	595	782	826	859	2237
M. Ringer	661	688	688	380	402	402	650	672	705	1714
G. Harl	529	606	639	352	407	407	518	573	573	1510
S. Johnson	507	529	—	314	407	424	507	529	540	1466
M. Casey	402	402	446	402	402	451	402	463	507	1311
Master II										
D. Gaudreau	661	848	—	644	683	—	600	628	—	1907
R. Keyes	523	562	606	424	451	468	523	523	606	1598
R. Smith	529	562	—	402	418	418	507	534	545	1466
Master III										
Hendrix Sr.	672	716	738	440	440	451	650	694	—	1818
Master IV										
S. Green	628	672	694	507	534	545	573	573	633	1862
R. Beuch	407	451	485	446	529	534	451	451	507	1405
Master V										
H. Heyman	55	55	—	226	—	—	220	220	—	501

MEN'S FOR THE RECORD

AAU (18-19)	ADAU (18-19)	APA (18-19)	APF (18-19)	NASA Teenage	USAPL (18-19)	USPF (18-19)	WNPF (17-19)
290 S. Condon	473 M. Booker	390 K. Hennig	325 J. Kirkbride	114 SQ	231 Williamson	402 J. Scruggs	397 Cunningham
210 S. Condon	308 M. Booker	255 K. Hennig	137 J. Kirkbride	114 BP	165 J. Chapel	248 J. Scruggs	200 Lott
365 J. Cooper	281 M. Booker	375 K. Hennig	358 J. Kirkbride	114 DL	310 Williamson	440 P. Hill	355 Scrip
825 T. Ngo	1063 M. Booker	920 K. Hennig	821 J. Kirkbride	114 T	716 Williamson	1121 Escobedo	850 Rojas
366 T. Houk	245 J. Cooper	215 J. Hudson	468 M. Hartman	123 SQ	385 Ballard	480 M. Kuhns	375 Snyder
210 J. Allgeier	159 J. Cooper	260 J. Keenan	297 Morgan	123 BP	253 Ballard	303 J. Olcsvary	215 McLaughlin
425 Gutierrez	365 J. Cooper	355 M. Beaudoin	496 M. Hartman	123 DL	418 Wiltz	468 J. Scruggs	430 McLaughlin
960 T. Houk	750 J. Cooper	640 J. Hudson	1179 Hartman	123 T	1019 Wiltz	1085 J. Scruggs	1035 McLaughlin
360 R. Romero	505 M. Kuhns	385 P. Tyler	435 Sidlo	132 SQ	402 Draper	501 M. Wyna	440 McLaughlin
250 T. Potter	280 M. Kuhns	315 S. Grenier	289 Megan	132 BP	242 LaBarbera	286 J. Olcsvary	250 Ault
440 V. Silvaggi	365 M. Kuhns	480 J. Noury	451 M. Stagg	132 DL	413 LaBarbera	551 M. Williams	455 McLaughlin
1005 A. Pickle	1150 M. Kuhns	1075 P. Tyler	1085 M. Stagg	132 T	1003 LaBarbera	1300 M. Williams	1130 McLaughlin
550 T. Hoerner	470 M. Kuhns	395 B. Chisholm	709 N. Hatch	148 SQ	451 Catlin	672 C. Williams	600 J. Kellum
295 W. Regan	291 M. Kuhns	270 B. Chisholm	473 N. Hatch	148 BP	255 Hinajosa	358 C. Williams	330 Kempf
520 D. Taylor	418 C. Bloom	460 D. Altieri	523 N. Hatch	148 DL	451 Catlin	600 D. Chen	605 Bernard
1320 T. Hoerner	1150 M. Kuhns	1070 Chisholm	1708 N. Hatch	148 T	11440 Catlin	1625 C. Williams	1255 Bernard
510 D. Petillo	425 A. LaReau	500 N. Nicholson	816 N. Hatch	165 SQ	228 Major	589 T. Caprari	655 C. Dial
330 D. Petillo	305 A. LaReau	465 D. Osgood	501 N. Hatch	165 BP	310 McPherson	380 J. Pease	350 Vitor
530 Montgomery	465 A. LaReau	570 J. Mendoza	540 N. Hatch	165 DL	507 Jones	688 T. Caprari	525 Lambert
1375 D. Petillo	1115 A. LaReau	1375 Schaeffer	1846 N. Hatch	165 T	1267 Major	1631 T. Caprari	1355 Ingram
605 M. Catalino	460 Montgomery	535 Z. Womack	699 E. Coan	181 SQ	512 Mason	617 S. Hampton	683 P. Roche
361 C. Harbour	320 J. Petty	500 J. Rooker	429 E. Coan	181 BP	341 Muchek	405 A. Solomon	405 Holston
577 Scheenaydre	531 Hersperger	565 Z. Talbot	727 E. Coan	181 DL	558 Barnitt	650 R. Thomas	683 Whitehead
1485 M. Catalino	1235 Hersperger	1270 E. Stone	1851 E. Coan	181 T	1361 Mason	1554 J. Talton	1610 Caprari
581 B. St. Peter	475 A. Brown	645 S. Hewer	749 S. Smith	198 SQ	586 Majure	662 R. Earlegirni	600 Hall
427 W. Wirth	380 K. Prior	415 Brouillette	529 N. Gentges	198 BP	363 Thomas	760 S. Smith	385 charillo
655 Koulopoulos	552 C. Nasser	570 Z. Talbot	699 R. Steil	198 DL	625 Wahlstrom	429 T. Knauber	640 Koulopoulos
1504 B. St. Peter	1255 S. Hewer	1535 S. Hewer	1813 S. Smith	198 T	1488 Thomas	650 D. Baker	683 Whitehead
644 J. Rider	520 E. Cridge	625 A. Martin	799 E. Shults	220 SQ	650 DuBose	705 P. Chovanec	655 Hopper
407 T. Dellham	400 E. Cridge	505 J. Suggs	529 E. Shults	220 BP	363 DuBose	4765 J. Cornic	405 Hopper
640 S. Dye	600 A. Brown	635 A. Martin	670 Perkins	220			



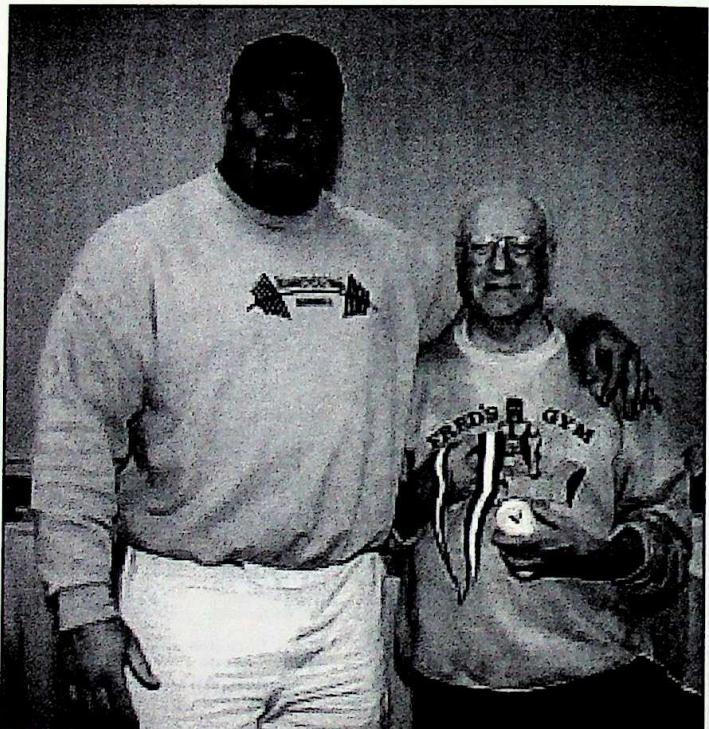
Mike Scott (judge), **Scott 'Scoop' DePanfilis** (the man behind www.Bodytechusa.com) and **Junior Lifter Kristy Scott** (165 class: 429 248 424 1102) enjoy the APF Master, Submaster, Junior Nationals



Brian Meek, 60 years of age, 308 lb. class, won Best Master Lifter with 777 529 600 1907. (photographs provided courtesy of Russ Barlow)

**APF National Master/Sub/Junior
12-14 MAY 06 - Saco, ME**

		Master (45-49)	165 lbs.	J. Pelletier	628	319	534	1482
BENCH		198 lbs.	198 lbs.	A. Rozier	551	402	551	1504
WOMEN??		?? lbs.	T. Frein 374	220 lbs.	J. Norman	854	567	700 2122
Baker	507	220 lbs.	J. Pinckard 518	J. Westleigh	650	413	573	1636
MEN		242 lbs.	T. Bartolomei 501	C. Murphy	562	319	545	1427
Submaster		220 lbs.	K. Williams 468	A. Miller	452	474	452	1378
M. Ridge	474	275 lbs.	T. Petriko 661	SHW				
275 lbs.		308 lbs.	V. Boissiere	843	540	661	2045	
J. Boutot	523	Master (40-44)	Teen (16-17)	760	441	711	1912	
220 lbs.		308 lbs.						
D. Boyington	363	Master (75-79)						
220 lbs.		242 lbs.	Hollenbeck	523	336	474	1334	
J. Martin	518	R. Austin 352	Master (40-44)					
242 lbs.		SHW	D. Boyington	452	363	402	1218	
E. Hubbs	496	A. Formaro 600	165 lbs.	P. George	573	347	556	1477
275 lbs.			220 lbs.	S. Smith	804	496	639	1940
J. Harbouren	551			C. Blough	650	474	639	1764
WOMEN	SQ	BP	DL	TOT				
Junior								
165 lbs.								
K. Scott	429	248	424	1102	M. Taylor	837	639	655 2133
Submaster					R. Eriksen	843	540	644 2028
148 lbs.					R. Lawrence	749	600	551 1901
T. Marceau	319	198	319	837	B. Yoder	678	562	584 1824
SHW					275 lbs.			
K. Allen	501	363	501	1367	G. Damminga	821	485	628 1934
Master (40-44)					R. Guyer	694	418	545 1659
198 lbs.					K. Tillman	1008	507	600 2116
S. Pike	358	220	407	986	Master (45-49)			
Master (50-54)					148 lbs.			
181 lbs.					G. Reichert	534	352	556 1444
J. Stabile	347	137	363	848	165 lbs.			
Master (55-59)					A. Cayer	534	352	589 1477
114 lbs.					181 lbs.			
J. Clough	264	126	303	694	M. Steck	429	319	314 1063
SHW					198 lbs.			
K. Saunders	457	226	391	1074	R. Ingravera	622	385	595 1604
MEN					D. Morong	556	358	600 1515
Guest					T. Frein	573	374	518 1466
Cummings	452	319	402	1174	220 lbs.			
Junior					K. McNeish	700	402	650 1752
132 lbs.					M. Terman	644	363	606 1615
Smith	363	209	380	953	275 lbs.			
165 lbs.					S. Sanders	705	452	655 1813
Grenon	551	363	424	1339	R. Boynton	755	441	600 1797
181 lbs.					308 lbs.			
Diemert Jr.	529	336	490	1356	T. Lane	760	407	644 1813
220 lbs.					M. Israelson	782	507	661 1951
J. Gagne	551	402	529	1482	Master (50-54)			
242 lbs.					220 lbs.			
B. Oertel	837	402	727	1967	M. Shealy	463	352	363 1179
275 lbs.					275 lbs.			
J. McQuaid	843	485	705	2034	J. Anderson	837	501	589 1929
L. Fairbanks	650	369	540	1560	J. King	689	418	573 1681
Submaster					Master (55-59)			



Co-Meet Director Chris Wiers presents 69 year old Fred Glass (who went 385 143 385 for a 914 total) with his 65-69, 148 lb. class award.

148 lbs.
T. Feight 358 220 352 931
181 lbs.
D. Pittman 523 369 314 1206
V. Aloupis 319 242 463 1025
220 lbs.
R. Olinger 551 369 501 1422
J. Burgard 584 303 545 1433
Master (60-64)
220 lbs.
T. Lancaster 474 402 551 1427
W. Jordan 407 286 496 1190
308 lbs.
B. Meek 777 529 600 1907
D. Reph 154 154 479 788
Master (65-69)
148 lbs.
F. Glass 385 143 385 915
198 lbs.
P. Bennett 352 226 407 986
Master (75-79)
242 lbs.
R. Austin 501 352 352 1207
This contest took place at the Holiday Inn Express Convention Center. There were 82 lifters representing 22 states. The highlights included: Ethan Baker 508 BP at 220 world record, Joe Norman Best Lifter Submaster, Andrew Hollenbeck Best Lifter Teenage, Kristy Scott Best Lifter Junior Woman, Al Cayer Best Lifter Light Master, Kym Allen Best Lifter Submaster Women, Daryl Boyington Best Lifter Master Bench, JoAnne Clough Best Lifter Master Women, and Brian Meek Best Lifter Master and Bench. I would like to thank my table: Norm Guay, Mr. Pike, Mr. Memhl, Kristy Scott, Lynne Barlow, and Chris Wiers. Also, I would like to thank the spotters and loaders: Scott Blanchard, Chris Wiers, Tim Lane, Kyle Davis, Tony Petrino, Rody Pushad, Ethan Baker, John Pelletier, Cory Decker, and Greg Levasseur. Also, thanks to the judges: Mike Sweeney, Mike Scott, Dr. Tom Sunshine, Fred Glass, and Wayne Pullum. This meet was a lot of fun and a honor to promote, "Stay hardcore." (Thanks to Russ Barlow for providing these results)

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USAPL Massachusetts High School 18 MAR 06 - E. Boston, MA				M. White	315	225	405	945	Master 950-54)	Law/Fire	WOMEN	SQ	BP	DL	TOT	
MEN	SQ	BP	DL	(Thanks to USAPL for providing results)				TOT	220 lbs.	Open	Snake River					
Frosh/Soph				APF/AAPF	Snake River				R. Marchant	380	D. Edmondson	319				
114 lbs.				8,9 OCT 05 - Idaho Falls, ID				APF		Law/Fire	Open					
Teen I				BENCH	B. Lerwill	402		Open		Master (40-44)	148 lbs.	J. Brown	126	104	143	374
D. Orsi	215	175	250	640	WOMEN			181 lbs.	D. Edmondson	319	D. Edmondson	319				
123 lbs.				Snake River	181 lbs.			J. Cunningham		165 lbs.	H. Gibson	297	203	259	760	
Teen I				Teen (13)	J. Cunningham	457		457		Teen (16-17)	MEN					
C. Bageralla	180	105	225	510	G. Cunningham	457		308 lbs.	B. Darrington	—	Snake River					
132 lbs.				93	Master (40-44)	—		B. Tripp		Submaster	Youth (12)					
Teen II				Open	J. Cunningham	457		Master (40-44)	J. Cunningham	198 lbs.	J. Gibson	259	115	236	611	
A. Portriat	215	120	275	610	148 lbs.			125 lbs.	E. Millburn	485	J. Oller	369	192	424	986	
148 lbs.				S. Peterson	109	198 lbs.		C. Rogers	622	S. Larson	341					
Teen I				AAPF	K. Coombs	479		D. Edmondson	319	Novice	198 lbs.	D. Maxwell	451	352	507	1311
J. Soba	165	105	265	535	Open	220 lbs.		Master (70-73)	R. Zeller	181	Open					
181 lbs.				148 lbs.	N. Felsted	451		181 lbs.	J. Cunningham	198 lbs.	K. Coombs	545	479	562	1587	
Teen I				D. Marts	187	242 lbs.		D. Forster	446	Master (55-59)	J. Bravo	501	402	518	1422	
B. Mallet	285	200	335	820	MEN			220 lbs.	J. Peterson	336	DEADLIFT					
198 lbs.				Snake River	275 lbs.			308 lbs.	AAPF	MEN						
Teen I				Teen (13)	D. Adams	479		Open	AAPF	198 lbs.	A. Scardino	352	264	407	1025	
C. Ross	330	260	375	965	123 lbs.			308 lbs.	D. Hayden	551	Open					
J. Izquierdo	225	145	355	725	S. Ma	159		148 lbs.	D. Edmondson	319	308 lbs.	J. Bravo	606			
R. Fitzgerald	125	85	255	465	Novice			Master (45-49)		Master (40-44)	D. Palmer	551	429	523	1504	
Teen II				242lbs.				D. Edmondson	319	AAPF						
T. Sullivan	315	180	405	900	J. Allen	203	198 lbs.									
P. Asack	305	215	370	890	275 lbs.		B. Baker	325	D. Edmondson	319						
220 lbs.																
Teen II																
M. Richmond	335	205	365	905												
242 lbs.																
Teen II																
P. Freeman	445	260	475	1180												
N. Earls	325	275	405	1005												
275 lbs.																
J. Previte	405	275	365	1045												
SHW																
Teen I																
D. Gomez	185	120	205	510												
Junior/Senior																
114 lbs.																
Teen II																
B. Olivares	130	75	185	390												
123 lbs.																
Teen II																
C. Orsi	185	200	275	660												
L. Garcia	175	—	—	175												
132 lbs.																
Teen II																
J. Lewis Jr.	340	17	370	880												
148 lbs.																
Teen I																
L. Jaimes	300	215	365	880												
M. Decenzo	265	185	400	850												
I. Carrillo	320	160	290	770												
165 lbs.																
Teen II																
M. Levine	335	250	375	960												
M. Witschel	245	250	330	825												
D. O'Neil	260	185	375	820												
M. Obasohan	315	155	330	800												
M. Srokowski	—	—	—	—												
181 lbs.																
Teen II																
R. Crowley	410	255	405	1070												
M. Shea	380	230	440	1050												
T. Burdreau	335	250	445	1030												
K. Lewis	350	190	420	960												
J. Boch	300	240	365	905												
E. Minelli	275	185	445	905												
M. Bruno	—	—	—	—												
Teen III																
D. Henry	285	205	365	855												
198 lbs.																
Teen II																
J. Norcott	510	275	520	1305												
B. Fox	440	325	450	1215												
D. Petronio	450	225	485	1160												
J. Walsh	385	265	405	1055												
J. Bruno	340	260	400	1000												
T. Biscoe	355	205	440	1000												
J. Brennan	335	235	430	1000												
G. O'Brien	345	225	395	965												
220 lbs.																
Teen II																
E. Tomillo	470	255	450	1175												
J. Williams	470	240	450	1160												
M. Pimentel	450	250	450	1150												
R. Gillian	320	230	430	980												
J. Kawadler	425	—	—	—												
242 lbs.																
Teen II																
H. Henriquez	230	150	320	700												
Teen III																
R. McShay	305	315	405	1025												
275 lbs.																
Teen II																
B. Kipp	415	270	480	1165												
SHW																
Teen II																
B. Anderson	555	320	545	1420												

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Open		308 lbs.	J. Bravo	—	—	—
148 lbs.	D. Edmondson	540	319	201	1361	Master (70-74)
Master (40-44)						198 lbs.
148 lbs.	D. Edmondson	540	319	201	1361	R. Zeller
Submaster						APF
165 lbs.	M. Haynes	330	358	225	914	Open
Law/Fire						165 lbs.
Open	D. Edmondson	540	319	501	1361	A. Stephens
148 lbs.	Master (40-44)					Teen (16-17)
148 lbs.	D. Edmondson	540	319	501	1361	198 lbs.
Teen (16-17)						M. Fujimoto
198 lbs.	M. Fujimoto	413	286	424	1124	Open
Teen (18-19)						242 lbs.
198 lbs.	E. Millburn	496	485	132	1113	J. Gibson
Open						755 490 628 1873
198 lbs.	E. Millburn	496	485	132	1113	With little notice, over 40 lifter came to the 16th Snake River Championships at World Gym, in Idaho Falls, ID. Brad Tripp of Freightliner of Utah, stepped up to be our major sponsor, and also stepped up to the platform and did a nice 578 lbs. bench, for a Snake River record in the supers. Think his cute daughter, Chase, had some fun with the youth division. The youth division, 5 to 12 year olds, is a "just for fun" event, and a nice break from the heated competition, during lunch. They pretend to lift heavy while playing with
220 lbs.	S. Mecham	672	490	573	1736	With little notice, over 40 lifter came to the 16th Snake River Championships at World Gym, in Idaho Falls, ID. Brad Tripp of Freightliner of Utah, stepped up to be our major sponsor, and also stepped up to the platform and did a nice 578 lbs. bench, for a Snake River record in the supers. Think his cute daughter, Chase, had some fun with the youth division. The youth division, 5 to 12 year olds, is a "just for fun" event, and a nice break from the heated competition, during lunch. They pretend to lift heavy while playing with
242 lbs.	J. Gibson	755	490	628	1873	With little notice, over 40 lifter came to the 16th Snake River Championships at World Gym, in Idaho Falls, ID. Brad Tripp of Freightliner of Utah, stepped up to be our major sponsor, and also stepped up to the platform and did a nice 578 lbs. bench, for a Snake River record in the supers. Think his cute daughter, Chase, had some fun with the youth division. The youth division, 5 to 12 year olds, is a "just for fun" event, and a nice break from the heated competition, during lunch. They pretend to lift heavy while playing with

styrofoam barbells. There were 11 Snake River records and 24 APF/AAPF American records set or broken, during the two days of lifting. This is a rebuilding period at the championships, in that 60% of the lifters are newcomers and many are novices to the sport. Saturday morning we were entertained by Masiki Fujimoto, a teen from Boise, ID. Masiki, 17 years old and weighing 190, was lifting in a singlet only, opened in the squat with 374 lbs., dropping like he was going into an Olympic snatch and ascending as if he was going to jerk the weight. He finished with a 435 lb. squat and a Snake River record. If any Russian scouts had been in the audience, Masiki would probably be in a Soviet training camp in the Siberian Mountains somewhere. He'll be exciting to watch the next few years! Jacob Oller (17 years at 165 lbs.) had a weekend off from playing offense/defense, and came down to break his record by squatting 368 lbs. Jacob will also be exciting to watch over the next few years. David Edmondson (Master 40-44/148) was Best Powerlifter of the meet, going 540-319-501, and breaking many APF/AAPF records. Daniel Palmer of Utah

(Junior 275 lbs.), set a Snake River record with a 551 lb. squat. Master (55-59/198) Andy Scardino, after a few years off, for life things, like "heart surgery", and things like that, was just glad to be here again! And we were glad too! Andy squatted 352 lb. and deadlifted 407 lbs., for record and will probably be back for more, "against doctor's advice", I'm sure! In the Snake River and AAPF bench competition, little Geri Cunningham set a record with a 93 lb. bench. Summer Peterson, with only a few training sessions did a nice 104 lb. bench for a record. Shuwan Ma (13 years @ 123) of Claire Dale School, benched 231 lbs. for an AAPF Teen record. On Sunday, the records began falling once again, with Aaron Schow (198) squatting 501 lbs. for a record in his first meet in years. Scott Larson (19 years at 198) benched 354 for an AAPF record. Daniel Palmer, after blasting his record 551 squat, repeated with a 429 lb. bench for a record as well. Montana's Kevin Coombes returned to break his bench record by 22 lbs., benching 490 lbs. Kevin also had visited big Brent Mikesell and picked up a new squat suit. Wait till he gets used to it! Wow! When one thinks of people who are "built to bench", words like thick, short, short arms, and a "no holds barred attitude" come to mind. Well, Dennis Hayden (Idaho) should have been 651 lbs. in only his second meet, and his first bench shirt trial! Unfortunately, his first attempt was our only overload of the meet. All meet directors are happy with just one, and it's usually maybe 50 lbs. overloaded. Dennis did a nice negative with a quite substantially overloaded bar. All he had to say was "felt a little heavy". He'll be fun to watch in future meets, to see how far he can go. Brad Tripp (308+) broke the late Greg Pearce bench record by lifting 578 lbs. I still can't believe he's gone! Randy Marchant (55-59/220) broke a record with a 380 lb. bench. Nice to see Randy getting back to form after a few set backs! In the AAPF competition, there were some good lifters. 19 year old Eric Milburn (198) squatted his 495 lbs. opener and jumped to 554 lbs., which proved too much. Then Eric was struggling with a tight overtrained back, which proved distracting. Eric did manage a 484 lb. bench for an AAPF teen record and passed on the deadlift, due to back pain, doing a light lift for a total. Submaster lifter Mike Haynes (165) was best lifter last meet and was recovering from a hamstring injury, so he just broke an AAPF submaster bench record, lifting 358 lbs. Newlyweds since last meet, Jon Cunningham (40-44/181) broke an APF record benching 457 lbs. Carl Rogers of Utah (275) broke the 40-44 APF record by 5 lbs., benching 622 lbs., and the lift was also the biggest bench of the meet. Joel Peterson (55-59/220) benched shirtless with a 336, for an APF record as well. Master lifter (70-74), Ron Zeller came up for a practice session before he attended the World Powerlifting championships in Finland. Ron squatted 264 lbs. for a new AAPF American master record. He wanted 300 lbs. at the Worlds. Good luck, Ronnie! Thanks to Carl Lovell (WPC), Linda Higgins (WPC), Jon Cunningham (APF), and Jorge Bravo (APF), for fair officiating during the competition. Thanks to Jorge for stepping up and taking the referee exam to help keep the meets going. Thanks to all the spotters/loaders: Brian, Jeb, Landon, Dave, and my good old reliable Big Larry and Sheldon! When they come to squat big, it's comforting to see some "beef" on the platform. Anna, Rob, and Joel did an awesome job on the announcers table. We continue to hold the event because of the strong bonds that seem to form through people of all ages, helping each other. As Professor Sean Anderson puts it, "the event helps the youth find a positive and healthy outlook for their energies to help them build self esteem, confidence, and respect." Because of the sponsors and the lifters love of the sport, we have accomplished everything we need to make this event successful. We are blessed to have such a supportive community! (M & B Higgins)

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Submaster (33-39)

SHW					
C. Symons	810	560	610	2010	
Teen (16-17)					
165 lbs.					
B. Conant	400	220	345	965	
308 lbs.					
M. Lee	400	320	460	1180	
41h-SQ-425					

Unsanctioned

198 lbs.				
J. Rice	500	315	515	1330
Raw/Open				
220 lbs.				
O. Ismael	525	335	600	1460
P. Cappeno	375	280	500	1155
242 lbs.				
C. Smith	450	375	600	1425
308 lbs.				
M. Ludwig	585	365	525	1475
Unsanctioned				
Teen				
165 lbs.				
A. Calleza	505	505	455	1465
181 lbs.				
P. Wallace	—	—	—	—
220 lbs.				
L. Hook	850	535	760	2145
A. Bess	500	350	450	1300
242 lbs.				
D. Boell	820	525	650	1975
T. Gray	425	225	455	1135
308 lbs.				
A. Roberts	930	650	700	2300
J. Getchell	700	460	600	2760
SHW				
J. Patterson	750	515	700	1985
B. Gimbel	830	470	650	1950
W. Carpenter	750	525	625	1900
Teen (18-19)				
242 lbs.				
D. Montague	700	400	525	1600
Junior (20-23)				
198 lbs.				
V. Heinemann	635	500	535	1670
242 lbs.				
S. Oca	655	365	435	1455
Submaster				
220 lbs.				
L. Hook	850	535	760	2145
242 lbs.				
H. Barrett	600	425	545	1570
D. Boell	8000	525	650	1975
275 lbs.				
R. Rigdon	765	655	585	2005
Master (40-44)				
275 lbs.				
G. Damminga	805	315	685	2005
SHW				
G. Palumbis	—	—	—	—
Master (45-49)				

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3rd APF Iron Gladiator Classic 1 APR 06 - Spokane, WA	T. Corwin Submaster (33-39)	181 lbs. Submaster (33-39)	AAPF	SQ	BP	DL	TOT
BENCH 220 lbs.	198 lbs.	Adalsteinson 350	WOMEN				
WOMEN B. Read 550	M. Miner 425	Open	Master (40-44)				
Open 242 lbs.	220 lbs.	181 lbs.	148 lbs.				
SHW J. Bachmeier 625	J. Reyes 455	T. Swisher 325	Junior (20-23)	D. Damminga 265	200	305	770
J. Brooks 225	D. Verrall 385	SHW	Teen				
Submaster (33-39) R. Soland 505	242 lbs.	T. Corwin 565	198 lbs.				
181 lbs. 308 lbs.	M. Weil 530	K. Carpenter 330	MEN				
K. Mahoney 245	275 lbs.	Submaster (33-39)	Open				
MEN SHW	R. Rigdon 655	R. Rigdon 585	165 lbs.				
Raw/Submaster N. Rudd 335	308 lbs.	Master (50-54)	L. Josaitis 625	450	440	1515	
Teen (18-19)	R. Lee —	181 lbs.	242 lbs.				
Open 148 lbs.	C. Masenten —	Master (55-59)	C. Smith 740	425	540	1705	
181 lbs. Baldassarre 310	DEADLIFT	Junior (20-23)	J. Wolbers 600	198 lbs.			
T. Swisher 250	MEN	308 lbs.	W. Rogers 745	535	605	1885	
Junior (20-23)	Teen (16-17)						

PL USA BACK ISSUES

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

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

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

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

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg 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 Grimwood, TOP 100 198, ADFPA TOP 20 123s

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

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP

100 242s, ADFPA TOP 20 148s

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

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

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s

Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s.

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

Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams

705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

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

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

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

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

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

Sep/95... Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessori 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, Jun/97... J.M. Blakley, Dream Team Pt.

Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

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

Jul/96... AAU Men's, USPF Jrs., DHEA, '65 vs. '95 Top Ten, "Chain Reacts" by Louie S., Rob Wagner, TOP 100 114s

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

Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s

Nov/96... APF Can-Am, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s

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

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

Jun/97... J.M. Blakley, Dream Team Pt.

165 lbs.
T. Crane 500 285 500 1285
220 lbs.
M. Straley 505 360 485 1430
308 lbs.
Adalsteinsson?? (page 8)
Master (50-54)
198 lbs.

D. Walker 370 260 400 1030

The 3rd Annual Iron Gladiator Classic was host to 60 entrants and 75 contested entries. We saw lifters come from Washington, Oregon, Idaho, Montana, and Canada. The meet venue was at Central Valley High School, in the Spokane Valley. More women lifters competed this year than in the past, and more young lifters started on their journeys to strength at this meet. Red Bull helped sponsor the event and handed out free drinks to the lifters. The warm-up room saw two monolifts, three benches, and two deadlift platforms. Lifts were broadcast on closed circuit TV, for the lifters to see in the warm-ups and for the crowd to watch. Powerlifting personalities saw Ryan Kennelly and Kara Bohigian attend. Tod Becroft and Julie Havelka came from Oregon to help out some lifters, and to promote their new books and wrestling careers. On to the lifting, and first the females. Debbie Damminga competed in her first three lift meet going 265-200-305, for a fine first performance. Debbie's scoliosis has limited her squats, although she continues to improve that lift. Jessie Brooks was the lone female open bench contestant and she pushed 225 with a miss at 240. Kelly Mahoney, who trialed as an announcer, judge, and lifter, went ahead and competed later in the day, in the submaster bench. She hit a 245 at 181, just missing a best of 270. The last female competitor was teen Karolann Carpenter, who went 300-100-300 at 14-15. Karolann also helped score the meet as well. In the men's competition there were 4 AAPF lifters. For the juniors, Big Will Rogers competed and nearly hit an 800 squat at 308. Charlie Symons lifted in the submaster SHW and despite family problems, went ahead and lifted going 800-560-610. Better days are ahead for him. In the open AAPF division, Tim Smith totaled 1705 at 242. I don't know if he was happier about his performance or his new baby. Congrats to the Smith's. Leon Jositatis, last year's 148 Senior Nationals Champ competed at 165 and went 625-470-440. The squat and deadlift were not his best lifts this day, but he's due for a breakout meet.

2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

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

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

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

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

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

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

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

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

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Look for him to go 700-500-500 at the Seniors, this year in Vegas. In bench only, Nate Rudd competed raw, in his first meet, and pushed 335 at 220, as a submaster. Dominic Baldassarre nailed a meet PR of 310 at 148, at age 19. He also helped for the night before, setting up the meet. Dominic, you are also due for a big one soon. I see 350 coming soon. Terry Corwin was the lone junior contestant and took three huge attempts at 735, but none were good. Close though. You'll be hearing about this guy in the bench. The submaster bench only saw seven lifters. Michael Miner took first at 198, with 425. David Verrall and Joel Reyes went 2-1 in the 220s with Verrall hitting 385 and Reyes hitting 455 on a third, and a 470 on a fourth. Mel Weil made the drive from Kalispell, MT, and pushed a nice 530 for first at 242. I still think Mel has 600 in him. Ryan Rigdon, with triple entries, actually did his bench at the three lifts, but still counted here in the 275 weight class, with a 655 and a near miss at 670. I hear 700 knock, knock, knocking. Chris Masenot took three shots at 625 at 308, but none went. Robert Lee entered but was injured just five days before the meet, and ended up spotting and loading the entire day, as well as overseeing his son lift. Thanks for your help Robert! The lifters thank you as well, as you saved many bench pressers lives. Clete Nielsen competed raw in the 40-44 division, and did a nice 325 at SHW. I think we'll see more of Clete in the future as he seemed to catch the bug for the sport this day. Darrin Piggee continues to amaze me as he hit his 600 opener at 198, in the 45-49 division. Then he took attempts at 630 and 645. Darrin is

one of the country's best master benchers and he continues to show why at each meet. Very consistent. All the way from Canada was Alex Nita, who did 500 easily, twice, but got reds. Then took 500 supers strict for a good lift and first place in the 242 master 45-49. I hope to see him again in another meet soon. Rick Soland, from Kennelly's Power Team, blasted 505 and then had trouble improving after that and finished at 275. I've watched Rick's progress jump a bench in the last year and a half after training with many of Ryan's people in Moses Lake. The last 45-49er was Paul Rathsch. I've seen Paul's bench go from the low 400s some ten years ago, to now where he hit an easy 670 and missed 715 twice. He just hit his first 700 the week before in Gus Rehwisch's Iron Gladiators Record Breakers meet. Paul finished second overall in the masters bench best lifter. Thanks to Paul for helping judge in the morning too, when he needed to rest for his lifting. You've come a long way baby! Keep the stories coming. The image in my mind of you weighing in with your skivvies almost makes me sick. Funny stories for later. The last two price gems from the bench only contestants were Jon Wolbers and Randy Patterson. Jon and Randy competed in the 55-59 year old category. Jon at 198 and Randy at SHW. Jon banged out a 390 to take the 198 class. Nearly a double bodyweight bench at nearly 60 years old, which is fantastic. Randy Patterson was here to set a new World Record to be the first man ever over 50 to hit 700. Well, he almost did it. He took three shots at the big seven and didn't produce today. All of them were close. No doubt it will happen for him soon.

I've known Randy since I was a teenager, and I've seen him lift some big weight his entire lift. There's a lot to be learned and admired about Randy. Talk to him and listen to him. He's a sea of knowledge and willing to share with anyone who will listen. In the open division, Tom Swisher went 250 at 181. Tom is making steady improvement and his request for the music to be louder has been so noted. At 220 was Bruce Read. Bruce made the ten hour drive the day before and judged the entire morning session, nearly eight hours before he could warm up and get ready himself. No doubt, the time in the chair was a sacrifice for him. Lifters should be aware of what he gave at this meet for them. Even with that, Bruce hit a nice 550 and took two shots at 565. Jared Bachmeier, formally of Spokane, now a Reno native, had a nice 625 posted on the scoring and took a shot at 650. Jared is now training with Chad Aichs and his lifting is coming along nicely. Jared earned best lifter in the open bench division. Rick Soland, with double entries, did 505 at 275 for first. John Borton also made the long drive from Oregon to compete at 308 and did himself proud by going 555 and just missing 565. I hope you feel better about your performance this year John. Now for the deadlift only lifters. Kindrik Adalsteinsson made his first contested 400 deadlift at 181 and only 16 years old. Deadlifts just like I did when I was his age. The kid can pull 500 off the ground, but his sticking point is the last 4-5 inches. Can you say 500 soon? Tom Swicher, from Aberdeen, WA, made the trip to knock out an easy 325 at 181, and then jump huge to 415, but so close, twice. Junior Terry

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

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

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

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

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

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

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

Dec/98... IPF Masters-Juniors - Mens/WPC/WDFFP/AAU/AAPFWorldMeets, 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, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

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

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

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

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

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

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

Nov/99 ... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information

Management, Maximal Resistance Method by Louis S. TOP 100 181s

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

Feb/00 ... WPC Worlds Pt. 1, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s

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

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

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

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

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

Aug/00 ... USAPL Men's, APF SRs. Pt. 1, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s

Sep/00 ... USPF SRs, IPA Worlds, WABDL

Corwin doubled in the deadlift only and in his first meet with a deadlift yanked 600. Won't be long before he pulls 700 either. Rigdon pulled 585 for first at 275 in the subs. Carl Smith pulled a very impressive 515 at 181 in the 50-54 category. If he could just squeak out a 543, he'd have a triple bodyweight pull at nearly 54 at 181. Not many guys could claim such a feat. The last man is agin, Jon Wolbers. He pulled an incredible triple bodyweight 600 at 198, at nearly 60 years old. Perhaps the most eccentric lifter of the day, he deadlifted in his Canadian Do-Rag, moccasin boots, and liked to tease the crowd with some chanting and rah-rah after each lift was made. You had a good day, Jon. Come back and see us. Next came the three lifters. The 16-17 year olds saw two fine contestants. Brad Conant in only his second contest, totaled 965 at a light 165. Brad is actually a 148 lifter, but likes to eat. It won't be long before he totals over 1100 and possibly win a state high school championship, here in Washington. Matt Lee was also impressive in his second meet as well as a SHW. Matt had all PR's to the lifts and hit a big 320 bench and a 1180 total. Once he gets his squat and deadlift over 500, he's a contender for a state championship as well. Dan Montague was the lone 18-19 year old to compete. He went 700 PR, 400 PR, 525 PR, and 1600 PR at 242. I've watched him progress from much smaller numbers to the day he had today. You know what else make his effort more impressive? Dan has a serious medical condition that he shares with only a few people. I found out about it after the meet and had no idea. The guy never complains about it or has a sad face. I admire the hell out of him for it and wish him the best. I know he has a fight ahead of him, now that this meet is over. We're all here to help if you need us, Dan. Five lifters competed as non-sanction or un-equipped. Jeremy Rice took first at 198 with a 1330 total. Rice is very, very intense and a perfectionist. Qeed Ishamel and Phil Cappetto went 1-2 respectively. Phil put out a 1155 total and Qeed was the girl crowd favorite with his Spider-Man outfit, going 1460 on the day. Qeed was the best lifter in the unequipped division. Christopher Smith won the 242s with a 1425 total and some low, low squats. The man buries them. He also yanked a nice 600. Chris will go 1600 quickly and then make his way to 1800, probably before the year is out. Last but not least is my buddy Matt Ludwig. Matt went 585-365-525, not taking his last pull. Matt has had a bad back for a while now,

and took it easy on the deadlifts. In the last year, Matt has gotten married, moved to Seattle, and changed careers and now works at the U of W as a strength coach. Not many lifters know this, but not only did the guy warm up twice in the squat this day and still do 585 raw, but he hung around until midnight the night before helping me out for meet set up, and he spotted, loaded, handed off, did meet errands for me in the morning, before he lifted in the afternoon. The man gave his all and I couldn't be prouder or more appreciative. Thanks my friend! In the juniors we had three contestants. At 198 was WSU student Vejohn Heinemann. V went 1670 on the day via 635-500-535. He missed big attempts at

685 in the squat and 550 in the bench, that could have nearly put him at 1800. For his efforts, he was awarded the best overall junior lifter. Shaun Orta and Matt Moore were entered in the 242s. Matt had done over 700 in the squat in training and was ready for a huge meet total, but got sick the night before the meet. He decided to sit this one out. Shaun took the 242s with a 635-525-435 on the day. I see him squatting over 700 very soon. It was a good day for you Shaun. The submasters saw Larry Hook and Donovan Boell, double entry in the open as well. More on those two later. The 242s saw Harland Barrett come over from the Seattle area, via Mike Magruder's training partners. Harland is just starting

out and a super nice guy, who will be a very good lifter soon. His day was not what he wanted, but he's still learning and training. His time will come. He went 600-425-545 for a 1570 total. It won't be long before 1800 will be his. In the 275s, Idaho's Ryan Rigdon made the claim that this was his last meet for a while and struggled in the squat with a 765, hit a nice 655 in the bench, and his nemesis deadlift went for 585. Still, he hit his first 2000+ total with 2005. I've seen Ryan come a long way in the last two years. Thanks for your help judging after you were done lifting. That takes a lot in a person to do! I hope to see you back soon. In the 40-44 division, John Casciato, from PA, was a no show due to his father's death just a week before the meet. May God bless you and your dad John. Sorry you couldn't make it. My thoughts are with you. Gregg Damminga was the top dog in 275 going 805, 515, and pulling 685 for a 2005 total. I might be wrong here, but I think that's a PR total for Gregg. Gregg is one of the most educated and analytical people I know in the sport. Our training partners have a long standing joke running that says the dumber you are, the farther you go in the sport, because you just don't know any better! Well, either Gregg is getting dumber or we're all getting smarter because he's improving rapidly. Look for him to get to 2100 quick. Gary Palumbis was the lone SHW in master 40-44, but unfortunately was hurt attempting 850 in the squat and had to withdraw. He's had a long standing quad pull in his leg and it got to him again today. Gary was perhaps the most heavily muscled man at the meet, and still acts like a kid. I got the pleasure of meeting his wife and son this day. My best to your family and heal up fast, big man. In the 45-49 division, Tyler Crane came over from Helena, MT, to compete at 165. Tyler knocked out a 1285 total. Nicely done for Tyler. He continues to get better with age. At 220 was Mark Straley. Mark totaled 1450 for first place and just missed some big lifts that would have put him around 1600. Rounding out this division as Agnar Adalsteinsson, competing at a light 308, weighing 279 at weigh-ins. Agnar went 860 PR, 560 PR, and a 705 for a PR total of 2125. Agnar had hit 605 in training the bench twice before the meet, but as sometimes the case, the squat takes it out of you. My friend and training partner of nearly ten year now, spent the evening before the meet hauling and assembling two monoliths for the warm-up room. He volunteered hours of his time. I must also say that once the meet was over,

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

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

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

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

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

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

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

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

May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain

Weight by J.M. Blakley, Top 100 275's Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, , Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s

Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit,, TOP 100 123s

Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s

Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s

Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s

Feb/002 ... WABDL DL Worlds, IPF BP

Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s Mar/02 ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"

Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtiaainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s

Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.

Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.

Aug/02 ... APF Seniors, USAPL Men's Nats, USPF Srs/Mountaineer Cup IV, Strong Legs for Recode by Louie, Your Bench Shirt by Halbert, TOP 123s.

Sep/02 ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s

Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels

Interview, Ed Coan DL, TOP 100 165s Dec/02 ... WPO Semis (931 DLI), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181

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

Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s. Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists

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

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

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

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

he and his entire family helped break down and load three monolifts, with the help of some other family friends. I cannot thank them enough for their efforts. Without their help, this meet would not happen! Aagnar received the best lifter award for the masters lifting in the three lift competition. He finished third overall, considering all group, including the open lifters. Aagnar is considering the Senior Nationals for the first time and wants to go 900-600-725! See you at your house for the next training session buddy. The last master lifter at 50-54 was Dan Walker. Dan is a local gym lifter in Spokane, and always shows up ready to lift. At 198 lbs., he totaled 1030 and went 8 for 9. It was a fine effort for Dan. Last but not least, the open three lift lifters, Andres Valleza, fresh off his Bench American debut, totaled 1465 in the 165s, for first place. He also knocked up a 505 bench. Wow! And, he was just barely over the 148 limit. Pete Wallace had trouble in the squat with depth in the 181s and ended up being DQ'd. Better days are ahead for Pete. Keep training hard and it will happen, Pete. The 220s saw Aaron Bess total 1300 for second place, and had the toughest competition of the day in Larry Hook. Larry won the 220s via an 850 squat, 535 bench, and a whopping 760 pull. The 850 squat was easy and two inches under parallel. The 760 dead was a monster pull for a 220er. He had the back for it. His 2145 total earned him the best lifter award in the open division. The 242s feature Todd Gray and Donovan Boell. Gray totaled 1105 for second place. Boell went 800-550-650 and earned his first place and a trip to the Senior Nationals in June. Donovan is just around the corner from an 850-600-700. At 308, James Getchell dunked 700 and totaled 1760. Getch is getting better each time I see him and will be a 2000 pounder very soon. In first place, Ashley Roberts stole the show. He went a perfect 9 for 9 on the day, PR'ed in every lift going 980-650-700-2300. All of his last lifts were easy and he has 2400 in him soon. Ashley's formula total put him in second place for overall best lifter in the entire meet. He also gave five hours of his time after the meet to judge when he was exhausted. The young apprentice is about to surpass the master. Great job, my friend! Finally, three heavyweight battled it out. William Carpenter had an excellent day totaling 1900 for third place. When was the last time you went to a local meet and totaled 1900 and got third? William had a bright green shirt on for his squats, and he looked

like the Hulk. The whole platform crew was waiting for the Hulk each attempt. Nice job William. In second was Oregon lifter Brice Gimbel. Brice turned away from powerlifting for a while with a stint in strongman. Now he's back. Gimbel went 830-470-650 and totaled 1950. When his bench and deadlift come up a little, he'll be at 2100, quick! The SHW winner was Josh Patterson. Josh went 750-515-700 for a 1965 total. Josh is still young and getting stronger. If he wants to, he'll hit 2200 in the near future. Last little tidbits: The biggest squat was 950. Biggest bench was 670, with three lifters attempting over 700. Biggest pull was 760. Biggest total was 2300. There were six lifters over 2000 in the total. There were seven lifters who squatted over 800 lbs. Four lifters pulled over 700. Five lifters benched over 600. Big hanks to all my spotters and loaders, Randy, Robert Lee, Shaun Orla, Matt Moore, Randy Wright, Dominic Baldassare, and Dan Montague, who gave their time and energy to pull this meet off. Thanks to Kelly Mahoney and the other Kelly who helped me announce and score. Thanks to my judges Rick McClung, Bruce Read, Paul Ratsch, Kelly Mahoney, Ashley Roberts, and Ryan Rigdon. Leon, thanks for your help on the microphone to announce. Thank you to Red Bull for providing drinks to our lifters. Thanks to many of the high school men who helped set up the meet the night before. Thanks to my father for helping me with the door. Thanks to my wife for running all the pre-meet errands and running our table. Thanks to Aagnar Adalsteinsson and his family for their help and to Matt Ludwig for his help. Finally, thanks to the parents and spouses who came to watch. It was a memorable event. See you next year! (Results Brent Mikesell)

WNPF Sarge McCray 10 DEC 05 - Bordentown, NJ

BENCH	184 lbs.					
WOMEN	Open					
165 lbs.	Ferraina	160	Joseph	10	Sadiv!	660
Novice Raw	(60-69)		181 lbs.		Police	
Fink	115*	Robinson	215	Open	Williams	500
MEN	(40-49) Raw		ferraina	160	242 lbs.	
132 lbs.	Catalni	260	Robinson	155	(40-49)	
Novice Raw	198 lbs.		(60-69)		Slaybaugh	625
Rossi	215	Open Raw	Robinson	120	275 lbs.	
165 lbs.	Bachmayer	375	198 lbs.		(40-49)	
Open Raw	Open		Chiavacci	600	T. Bachmayer	125
Joseph	275	Alongi	—	WOMEN	BP	DL
Subs Raw	(40-49) Raw			132 lbs.		TOT
Joseph	275	Bachmayer	375			

Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.
Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s
Feb/04 ... IPFWorld BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s
Mar/04 ... USAPL Women's Nats., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.
Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s
Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie

Simmons, Luke Iams, Women's All Time SQ/TOT, TOP 100 SHWs
Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s
Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s
Nov/04 ... WPCWorldPL/BP, BAWorlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.
Dec/04 ... Rychlak BPs 1005, IPFWorlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s
Jan/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s
Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s
Mar/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s
Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s

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T. Bachmayer	280	220 lbs.	(40-49) Raw	115	325*	440
Police Raw	(40-49)	Spano	MEN			
T. Bachmayer	280	Williams	130 MEN			
220 lbs.	242 lbs.		165 lbs.			
(50-59)	(50-59)		Open Raw			
Harris	315	Wylie	165* Joseph	275	335	610
242 lbs.			Subs Raw			
Open Raw			Joseph	275	335	610
Maltezos	390	165 lbs.	198 lbs.			
Lifetime Raw		Open Raw	Subs Raw			
Maltezos	390	Joseph	Bowers!	350	500	850
(50-59) Raw		Subs Raw	220 lbs.			
Wylie	345	Joseph	242 lbs.			
275 lbs.	181 lbs.		Reichin	—	—	—
Open Raw	Open		=Best Lifters. *=American Records. Team Champs: Iron Raiders. In and out in 2.5 hours. We ended up with 30 lifters at this meet. This was the lowest turnout for the Sargeimeet since we started running this event due to the WNPF World Championships being held in November. We had a great time with everyone and we appreciate all of the lifters that came out to support this meet. We will be back in New Jersey in January, April, September, October and in December for the 2006 season. Thanks to the WNPF staff once again. Thanks to Jim, Julie, Annette, Lester, Little Joe, Perry and Lee Zimmerman for helping us out. (Thanks to the WNPF for the meet results)			
Russo	360	Robinson	Williams	285	500	785
(40-49) Raw		Open Raw	Loomis	280	445	725
Russo	360	Robinson	Znaczko	215	375	590
SHW		Lifetime				
Open Raw		Robinson	BP			
Ramos!	470	198 lbs.	DL			
		CURL	TOT			
		(40-49)				
		MEN				
		Slaybaugh				
		165 lbs.				
		220 lbs.				
		Open				
		(40-49)				
		181 lbs.				
		Open				
		Williams				
		242 lbs.				
		(40-49)				
		120				
		275 lbs.				
		(40-49)				
		198 lbs.				
		Chiavacci				
		100 275s.				
		T. Bachmayer				
		125				
		WOMEN				
		132 lbs.				

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

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

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

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

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

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

Nov/05 ... Kettlebells for PLers, Tony Conyers' 2033 total @ 165, Raw Squatting by Jim Wendler, Fan Fanaticism, Seguin Fitness, TOP 132s.

Dec/05 ... WDFPF Single Lift Worlds, Bench America, WPO Semis(1201 squat), AAU PushPull, GPC Worlds, Jason Beck Worlds Routine, TOP 148s

Jan/06 ... WPC Worlds - 970 DL, IPA Naitonals, AAU World Push Pull, Louie

S. on Isometrics, Ted Arcidi, Tiny Meeker Interview, Herb Stroke, TOP 100 165s

Feb/06 ... WABDL Worlds, WDFPF Worlds, IPF World BP, Good Mornings, Old School DL, Becca Swanson's Quest for the 2000 Total, TOP 100 181s.

Mar/06 ... Mendelson BPs 1008, Westside BP Routine, 'One Car Garage Training', IPF Men's Worlds, Jeff Lewis Interview, WNPF Worlds, TOP 100 198

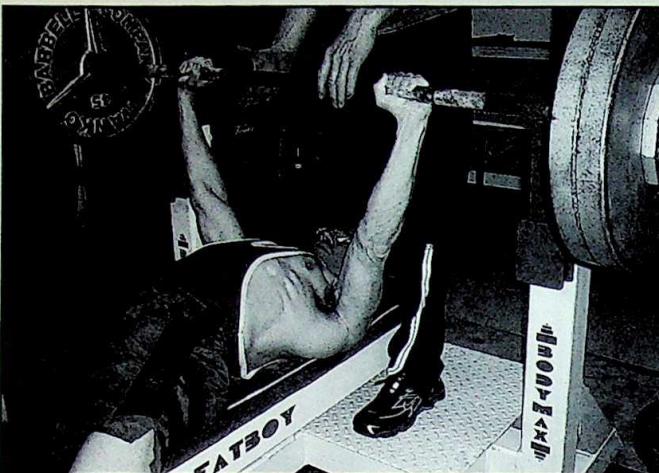
Apr/06 ... WPO Finals/Bench Bash, USAPL Women's Nats., Louie Simmons Squat Workout of the Month, PLer at the Olympics, Gunda Von B., TOP 220s.

May/06 ... Ryan Kennelly, More with Bands, Tales from the Olympics, Nick Minetti Interview, 2005 TOP 20 Women, Teenage, and Masters Rankings.

Jun/06 ... Kennelly's Path to Power, Kara Bohigian BP program, Things Louie S. Thinks You Should Know, Running A Successful Meet, TOP 100 242s.

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Teen (16-17)	4th-550	H. Timbs	670
148 lbs.	105*	R. Potts	290
C. Foster	275 lbs.	RAW	
MEN	308 lbs.	Open	
Wheel Chair	114 lbs.	275 lbs.	
H. Logsdon	114 lbs.	R. Turner	510*
Novice	225*	SHW	
Junior	114 lbs.	M. Chaney	565*
181 lbs.	110*	DEADLIFT	
C. Witcher	148 lbs.	WOMEN	
198 lbs.	370	Teen (16-17)	
J. Hernandez	198 lbs.	C. Foster	215*
220 lbs.	260	MEN	
W. Pedigo	198 lbs.	Junior	
Submaster	380	J. Hernandez	365
220 lbs.	220 lbs.	Master (45-49)	
E. Bewley	220 lbs.	D. Witty	415
4th-425	275 lbs.	4th-440*	
B. Harper	Master (50-54)	M. Evans	445*
Master (40-44)	148 lbs.	L. Greer	375*
275 lbs.	440	Master (60-64)	
R. Richey	550	Master (65-69)	
Master (45-49)	165 lbs.	181 lbs.	
220 lbs.	4th-315	W. Stinson	275*
R. Dickerson	305	Open	
4th-315	181 lbs.	M. Evans	445*
D. Witty	285	148 lbs.	
Master (50-54)	148 lbs.	4th-245*	
M. Evans	240	275 lbs.	
4th-245*	220 lbs.	J. Carter	655
Master (65-69)	220 lbs.	275 lbs.	
181 lbs.	220*	R. Turner	550
W. Stinson	220*	SHW	
4th-235*	220 lbs.	M. Chaney	660*
Open	2-Man	2-Man	
D. Nealy	670	Spencer/Doss	625*
Son Light Power Kentucky state records.			
Best Lifter Bench Press: Dewayne Nealy.			



Mark Evans with a state record 245 @ 50-54/148 at the SLP "Lift for the Lord" event. (photograph provided by Dr. Darrell Latch)

Best Lifter Deadlift: Mark Evans. The Son Light Power "Lift For The Lord" Bench Press & Deadlift Championship was held at Victory Hill Church. Thanks once again to Randy Richie and the Omega Force Christian Power Team and Victory Hill Church for hosting this event. In the bench press competition Heath Logsdon broke his own state record at wheel chair/114 with a strong 225, just missing a 230 final attempt. Looks like Heath's bench is finally starting to move! For the teenage women's 16-17/148 class it was first-time lifter Cristin Foster with a new state record of 105. Cory Foster set the state record at novice 114 with a personal best 110 while Mike Harrod won over John Thomas 435 to 430 at 275. In the junior division Cody Witcher took the 181's with 370 while Jon Hernandez won at 198 with his opener of 260. William Pedigo captured the title at 220 with 380 and a near miss at 400 for his final attempt. For the submaster division it was Ed Bewley for the win at 220 with 400, followed by a solid fourth of 425. Barry Harper won at 275 with 460, just missing a personal best 500, at the top on his fourth. Randy Richie came close with a personal best 600, being called for a slight up and down movement, then settled with his 550 opener at 40-44/275. Rick Dickerson won at 45-49/220 over David Witty 305 to 285. A personal best fourth with 315 was also good for Rick. Mark Evans won his first of three events on the day with a 240 bench at 50-54/148. Weighing in at just 139, Mark's 245 fourth was also good, breaking the existing state record there as well. Our final master competitor, Wayne Stinson, broke his own state record at 65-69/181 with his 220 third and 235 fourth attempts. Both were also new personal records for Wayne. In the open division

Dewayne Nealy got an easy 670, missing 710 for his final attempt. Taking the title at 220, Dewayne also won the best lifter award over his training partner, Harley Timbs. At 242 it was Adam Carter for the win with 525, followed by a personal best 550 final attempt. Second place at 242 went to John Centers with 480, who came close with a pr 500 on his final attempt. Harley Timbs finished with 670 at 275, missing the groove at 700 twice. At 308 it was Robert Potts, who finished with 290. In the raw division we had two great open lifters, Ray Turner and Max Chaney. Both set new Kentucky state records, Ray at 275 with 510 and Max at shw with 565. Moving to the deadlift competition, Christin Foster set her second state record of the day at 16-17/148 with a great 215 PR pull. Jon Hernandez got a personal best at junior men/198 with 365. David Witty got his first ever win at 45-49/220 with 415, then followed that up with a new state record 440 fourth attempt pull. Mark Evans set the state record at 50-54/148 with 445, moving up to a new age class. Mark also won at open 148, again setting the state record there and winning the best lifter award as well. Larry Greer broke his own state record at 60-64/165 with 375 while training partner Wayne Stinson got his second record of the day at 65-69/181 with a personal best 275. In the open division it was Joe Carter with his 655 opener at 275 over Ray Turner, who pulled a personal best 550. The biggest pull of the day came from Big Max Chaney who won at shw, setting the state record there with a pr 660. An exhibition 2-man deadlift by Allan Spencer and Tommy Doss set the state record at 40-44/220 with 625. Thanks to Joey for loading and spotting and to Larry Greer and others for helping out. Thanks also to "Carrot Top" for taking pictures, serving as trophy girl and being a "pest" during the meet. Again thanks to Randy Richie and all of the members of the Omega Force Christian Power Team for sponsoring this event. (Results provided to Powerlifting UDS by the courtesy of Dr. Darrell Latch)

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Your Inside Source

SHOCKING, GUTWRENCHING, ENTERTAINING, INSPIRING

Treading with Demons, Walking with Angels has already been forecast as a sure-fire best seller by a number of National publications. The book chronicles the true-life story of Josh McKenzie - a Hell's Angel, an Aryan racist, a drug dealer, a thief and a killer who finds Jesus Christ and in so doing discovers the path to salvation. It is a riveting insider's account of the lured world of one of the most powerful underground organizations in North America...the Hells Angels. It is a bold book that will shock you, entertain you, and at times turn your stomach, but ultimately it will convince you that with Jesus Christ nothing is hopeless, nothing is impossible, and that there are no boundaries for man.

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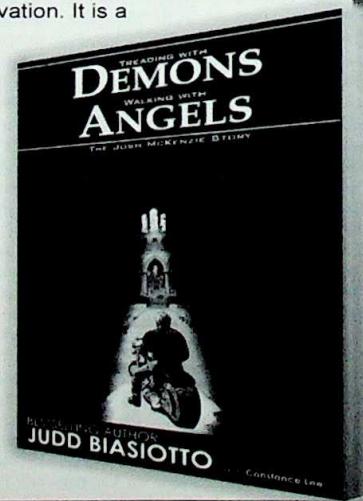
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15 JUL, Young's Health Club Outdoor Bench, Mike Young, 319 E. Superior St., Alma, MI 48801, 989-463-8574, mike.young@ispmtg.com
15 JUL, WNPF New Jersey States (Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
15 JUL, AAU Larry Garro Powerfest (PL, Ironman, BP, PC - Dumbarton School, 300 Dumbarton Rd., Towson, MD 21212) Brian Washington, Brian@usbf.net, 410-265-8264
15 JUL, USAPL Ironworks BP & DL II, Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 989-948-3738
15 JUL (revised new date), PPL Southeastern Drug Free (BP/DL/PP/ Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, p y t h o n g y m @ a o l . c o m , www.hometown.adel.com/pythongym
15 JUL, APA 4th Maine Annual Open Iron Bash (Newport, ME) Scott Taylor, APA President, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, 941-626-4247, scott@apa-wpa.com, http://apa-wpa.com
15 JUL, ANPPC World Cup, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429,

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COMING EVENTS

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

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

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

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

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

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

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

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

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

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

22 JUL, USAPL Commonwealth Games of VA, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932

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

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

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

22 JUL, WABDL Great Lakes Regional Championships (BP/DL - Holiday Inn South, Lansing, MI) Gus Rethwisch, 763-545-8654

PA - for cerebral palsy) Chris Snyder, 814-676-3750

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

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

29 JUL, WABDL Sun Coast Classic (Jacksonville, FL) Tom Nash, 634 Lady Lake Ln., Jacksonville, FL 32218, 904-705-8826

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

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

29 JUL, 100% Raw Strongman 5-Lift Rep Challenge (CR/CU/BP/SQ/DP-

APF/AAPF/WPO Schedule

22 JUL, APF Teenage Nationals

5 AUG, APF Backyard Bench Meet

5 AUG, APF Florida State Bench Press/Ironman

26 AUG, APF Georgia State

26 AUG, APF Debbie Kruck Police/Firefighters BP

9 SEP, AAPF/APF Summer Heat II

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

16 SEP, APF/AAPF Midwest Classic

16 SEP, APF/AAPF Power Quest

16 SEP, APF Hawg Farm Open

30 SEP, 1st State Power Frenzy

7 OCT, APF New England Open Bench

14 OCT, APF/AAPF Mississippi State

14 OCT, APF/AAPF Asylum Power

18 NOV, AAPF Southern States

11 NOV, APF Iron Playground Classic

NOV, APF Galaxy Gym Invitational

2 DEC, APF Pine Tree State Open

9,10 DEC, APF Southern States

5-7 MAY, APF Submaster, Master, Jr.

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

Jarvisburg, NC) Gene Berry, dberry90@mchsi.com
29-30 JUL, AAU Jr. Olympics PL/BP (Hampton, VA) 804-559-4624 after 7PM (EST), www.aausports.org

JUL, 100% Raw New York State Bench Press Championships, Bob Hannington, fhanington@hvc.rr.com
JUL, 100% Raw Great American Challenge, Shawn Lyte, rawlifting@bfmfsports.com

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

5 AUG, APF Backyard Bench Meet (Tribes Hill, NY) Sandor Zane McCaslin, 5 1 8 - 8 5 8 - 7 0 0 2 , candyazz@ironasylumgym.com, www.ironasylumgym.com

5 AUG (NEW DATE), NOVA Raw BP (Sterling, VA) John James, (703) 475-9 8 8 5 , www.northernvirginiarawpower.com

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

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

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

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

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

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

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

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

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

6 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

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

11-13 AUG, World United Ama-

National Powerlifting Federation
National Powerlifting Championships
NATIONAL BENCH PRESS CHAMPIONSHIPS
XTREME CHALLENGE Sports & Fitness Expo
August 11 & 12, 2006 - UCF Arena - Orlando, FL

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

teur Powerlifting Championships (St. Louis, MO) James Rouse, jsrouse41@aol.com

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

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

12 AUG, USAPL Maximum Metal III, Al Miller, 1128 Meade St., Dunmore, PA 18512, 570-961-1230

12 AUG, APA South Carolina Push/Pull Summer Classic (Coop's Health &

Fitness, Greenville, SC) Kate Taillon, 8 6 4 - 2 8 6 - 0 5 3 2 , kathryn264@charter.net

12 AUG, Fundamentals of Powerlifting and Kettlebells (Training Clinic/ Register before August 5th for discount - Columbia, SC) Marc or Susan 8 0 3 - 7 8 8 - 2 8 5 2 , www.southcarolinabarbell.com

12 AUG (NEW SANCTION), AAU Vermont Powerlifting Full Power Iron Meet (PL, BP, DL, PP - First in Fitness, Berlin, VT) Bret Kernoff, Meet Director, 802-865-2747, vtpowerlifting@adelphia.net

12 AUG, USPF National BP/DL Championship in conjunction with the 2nd US Open Strength Challenge (Parkersburg South High

School, Parkersburg, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com

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

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

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

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

18,19 AUG, Nevada Police & Fire PL/BP (Las Vegas, NV) Jason Auschwitz, 702-408-5919, bigjay54@hotmail.com

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

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

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

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

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

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

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

19 AUG, SPF Kentuckiana Open or Raw P/P, BP, DL (Metro Fitness, Shelbyville Rd. (US 60) Louisville, KY) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

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

19,20 AUG, YMCA Nationals (raw, single ply, unlimited gear, PL, plus individual lifts & power sports, all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-

UPCOMING SLP COMPETITIONS

15 JUL, ANPPC World Cup, (Tuscola, IL)

22 JUL, SLP Arkansas Open BP/DL (Glenwood, AR)

23 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK)

29 JUL, SLP Big Daddy's Iron Horse Open BP/DL (Muncie, IN)

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

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

25-26 AUG, Mannatech ISA World Powerlifting Championships (\$3500 prize money) & MuscleTEch Big Bench Contest (\$3500 prize money) Arlington Convention Center, Dallas/Ft. Worth, TX, www.europasupershows.com, bettypariso@aol.com, 817-498-3631

25-26 AUG, USAPL Bull Stewart's Alki Beach Classic, Andrew Stewart, 3023 Rainier Ave. S, Seattle, WA 98118, 206-725-7894

26 AUG, AAU National Push Pull Championships (Mocksville, NC) Keith Payne, 336-766-3347

26 AUG, USAPL Arizona State (Tuscon, AZ) John Pena, 520-312-2110

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

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

26 AUG (NEW DATE), APF/AAPF Detroit Barbell Meet (Detroit, MI) J.J. Thomas, 24081 Karnak Ct., Brownstown, MI 48174 734-642-7877

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

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

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

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

2 SEP, YMCA of Saratoga Push Pull (Saratoga Springs, NY) John Hart, 518-587-3000 x205, johnhart@ymcasaratoga.org

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

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

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

2 SEP, SLP World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953,

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

22 JUL, WNPF USA Open Teen/Junior/Masters/Submasters

5-6 AUG, WNPF International Cup

9 SEP, WNPF Lifetime Drug Free Natls.

10 SEP, WNPF Pennsylvania State

WNPF, PO Box 142347,

Fayetteville, GA 30214

678-817-4743 or wnpf@aol.com

website - members.aol.com/wnpf

2 1 7 - 2 5 3 - 5 4 2 9 ,
sonlight@netcare-il.com,
www.sonlightpower.com

2,3 SEP, USAPL National Bench Press Championships (Charlotte, NC) Jennifer Thompson, 704-483-6333, jennifer@132poundsopower.com

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

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

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

9 SEP, WABDL Tennessee State

Championships (BP/DL - Manchester, TN) Ken Millrany, 931-454-0935

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

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

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

9 SEP, 15th WNPF Lifetime Drug Free Nationals (Bordentown, NJ) Troy Ford, WNPF, PO Box

142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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

9 SEP, APF/AAPF PL & BP Summer Heat II (Rock Hill, SC) Will Millman, APF/AAPF SC State Chairman, shelter223@aol.com

9 SEP, 100% Raw Powerlifting Nebraska State Championships, (Full, Push-Pull) A.V. Sorenson, 4808 Cass St., Omaha, NE 68132, DJ Satterfield, 402-504-7977, 402-592-1243, NE@powerlifting.com

10 SEP, Norwich YMCA Bench Press Competition (All weight classes/divisions - Norwich, NY) Shannon Gavronski, Meet Director, 607-336-9622 x24

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

10 SEP, United We Stand BP-DL, Iron Man-Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117

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

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

16 SEP, NASA East Texas Regional (PL/BP Only/PS/PP - Longview) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqppd1@aol.com

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

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

16 SEP (NEW DATE), APF/AAPF Midwest Classic (Overland Park, KS) Susan Patterson, [www.midwestbarbell.com/catalog](http://midwestbarbell.com/catalog), 816-668-2005

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

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

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

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

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

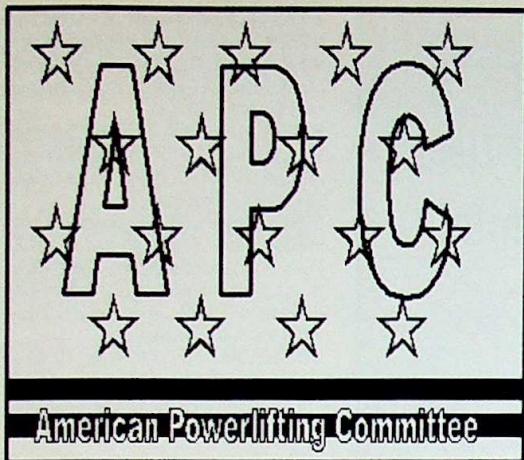
16 SEP, WNPF Upstate New York II (Clyde, NY) Ron Deamicis, 303-792-6670

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

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

23 SEP, 100% Raw Pennsylvania State & Mid Atlantic Powerlifting Championships, Dave Lhota, lhotamfg@shol.com

23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-11142, www.lenexastrengthandfitness.com

23 SEP, USAPL Chuck Peterson Memorial BP/DL, Sonny Runyon, 3421 W. Armitage Rd., Muncie, IN 47302, Day 765-836-4000, Evening 765-282-2152, powerhouse@aol.com

23 SEP, WABDL Washington State Championships (BP/DL - Aberdeen, WA) Dr. Don Bell, 360-581-5118

24 SEP, SLP Genesis Gym Open BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

24 SEP, USAPL Colorado Mile High Push Pull, Dan Gaudreau, 155 S.

Dearborn Circle, Aurora, CO 80012, 303-475-3366

30 SEP, APA Northwestern States Championships (Yuba City, CA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com

30 SEP, APF/AAPF First State Power Frenzy (PL/BP/PP/Police/Fire, Raw/Equipped - The Training Center, New Castle, DE) Broderick Chavez, 302-858-7465, isquat700@mchsi.com, www.DE-APF.com

30 SEP, WABDL Hawaii State Championships (BP/DL - Bellows AFB, Waimanalo, HI) Keith Ward, 808-375-8700

30 SEP, WABDL Night of the Champions (BP/DL - All American Gym, Lakeland, FL) Ken Snell & Louis Balts, 863-687-6268

SEP, 100% Raw Illinois Ironman Championship (Palatine, IL) Shawn Lyte, rawlifting@bmfsports.com

7 OCT, SLP Alabama Push/Pull (Northport, AL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

7 OCT, AAU New Jersey BP/DL (Sports University, Fairfield, NJ) Joe Carini, 973-808-1717

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

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

7 OCT, NASA Ohio Regional (PL/BP Only/PS/PP - Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

7 OCT, IBP Carolina Classic Powerlifting Championships (Shelby, NC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net

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

14 OCT, APF/AAPF Asylum Power (full power, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi or Zane McCaslin, 518-858-7002, candyz@ironasylumgym.com, www.ironasylumgym.com

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

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

14 OCT, APF/AAPF Mississippi State (PL/BP - Hattiesburg, MS) Joe Ladnier, personalj@bellsouth.net

14 OCT, Iron House Push Pull (Zanesville, OH) Mike 740-704-4747, www.ironhousezanesville.com

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

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

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

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

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

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

21 OCT, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net

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

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

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

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

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

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

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

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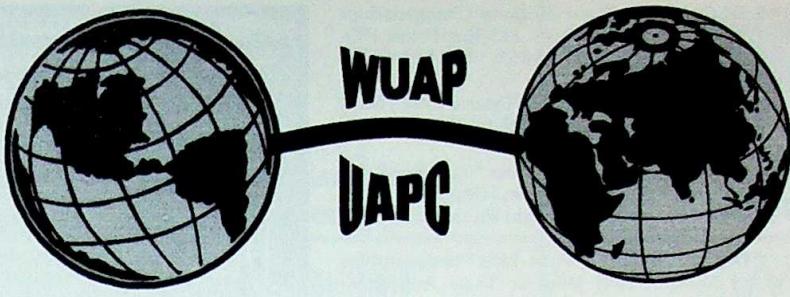
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21 OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com

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

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

27-29 OCT, 15th WNPF World PL & USSA World Strongman Championships & WNPF USA Body Building Championships & WNPF

Men's and Women's Elite Championship II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347,

Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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

28 OCT, IBP SC State Bench Press (Seneca, SC) Keith Payne, 336-766-3347

28 OCT, Night of the Living Dead III, Professional Deadlift Meet, Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725-2415, abcampbell69@hotmail.com

28 OCT, USAPL Central PA "Halloween Havoc", Richard Davis, Box A Route 26, Bellafonte, PA 16823, 814-355-4874 x229

28 OCT, APA Fall Classic Full Power (Total Fitness, Piedmont, SC) Kate Taillon, 864-286-0532, kathryn264@charter.net

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

28 OCT (corrected phone number), ADAU 24th Raw "Central PA Open" (Drug Free - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

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

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

Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
OCT, ADAU Connecticut State Powerlifting Championships (PL/BP - Brookfield, CT) Robert Del La Vega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, pghbrookfield@sbcglobal.net

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

OCT, USAPL Florida Collegiate BP & PL and Southeastern USA Regional BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249, r_h_k@verizon.net, www.geocities.com/floridausapl

OCT/NOV, AAU World PL (Virginia) 804-559-4624 after 7PM (EST), www.aausports.org

1-5 NOV, GPC World PL/BP (Gent, Belgium) LB Baker (770) 725-6684 or (770) 713-3080, www.globalpowerliftingcommittee.com, www.americanpowerliftingcommittee.com

4 NOV, NASA Kansas City Regional (PL/BP Only/PS/PP - Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-362-6261, www.lenexastrrengthandfitness.com

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

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

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

4 NOV, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com

10-12 NOV, WDFPF World PL Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jmgdne@wiu.edu

11 NOV, APF Iron Playground Classic, Sam Byrd, www.ironplaygrond.net, 423-877-1440

11 NOV, IPB NC State Bench Press Championships (Henderson, NC) Keith Payne, 336-766-3347

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

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

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

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12 NOV, 1st annual SLP Doreen M. Chapman Memorial BP (Antioch, IL - men, women, teen, submaster, master) Leroy Chapman, 847-731-3769
15-20 NOV, WABDL World Championships (BP/DL - Las Vegas, NV) Gus Rethwisch, 763-545-8654

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

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

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

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

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

19 NOV, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
25 NOV, NASA Kansas Regional Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

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

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

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

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

2 DEC, APF Pine Tree State Open (PL/BP) Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393 or 207-212-6453

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

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

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

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

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

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

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

9,10 DEC, APC 53rd California Iron Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437
9,10 DEC, APF Southern States (Jacksonville, FL) 386-734-3128, worldpowerlifting.org

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

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

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

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

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16 DEC, 100% Raw Bowie-Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@bfmsports.com

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

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

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

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

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

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

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

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

5-7 MAY, APF Master, Submaster, Junior Nationals (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or 207-754-9927

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

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

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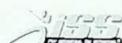


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NPC EUROPA SUPER SHOW

NPC Amateur Bodybuilders,
Fitness, Figure, Masters, Teen
(National Qualifier), Open &
Novice Classes



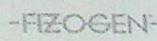
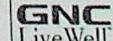
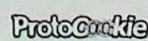
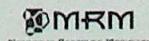
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NPC Cover Shot Contest



RAW POWERLIFTING Classification Standards

RAW WOMEN'S POWERLIFTING CLASSIFICATION CHART *

NOTE: Weights Below in LBS.

Wt. Class	97	105	114	123	132	148	165	181	198	198+
ELITE	543	581	623	665	703	773	853	895	960	1012
MASTER	491	529	567	604	637	702	759	815	871	918
CLASS I	440	477	511	543	572	632	684	736	782	825
CLASS II	394	422	454	483	511	562	609	651	698	736
CLASS III	342	370	398	422	445	492	529	572	609	642
CLASS IV	295	319	342	361	384	422	454	487	525	553

To convert Classifications & Weight Classes to kilograms, simply divide the Total Listed by 2.2046

For Example: The ELITE Total for the (275 lb. Class or 125 kg. Class) is 1654 lbs.

To convert to kilograms, take $1654 \div 2.2046 = 750.0$ kg.

RAW MEN'S POWERLIFTING CLASSIFICATION CHART *

NOTE: Weights Below in LBS.

Wt. Class	114	123	132	148	165	181	198	220	242	275	275+
ELITE	904	984	1059	1185	1298	1396	1471	1551	1607	1654	1728
MASTER	850	904	974	1087	1190	1279	1354	1476	1518	1518	1594
CLASS I	750	810	871	979	1068	1148	1209	1279	1321	1359	1420
CLASS II	661	712	768	858	937	1012	1068	1125	1162	1199	1251
CLASS III	571	623	670	754	820	881	932	984	1017	1045	1087
CLASS IV	502	543	586	656	712	768	810	853	890	914	951

Note: RAW Powerlifting is defined as wearing only a singlet and a weight belt.

These classification standards reflect a drug free lifter's Total. A Total is achieved by adding

A lifter's best Squat, Bench & Deadlift performed in a Sanctioned Powerlifting Competition.

New Engand Raw BP/DL 9 APR 06 - Warwick, RI

BENCH	242 lbs.
WOMEN	P. Wagoner 375
P. Munroe	160
MEN	C. Debartolo 515
Submaster	M. Galante 415
C. Debartolo	515
M. Town	360
S. Garten	300
Master	Teen
Lazzareschi	N. Chaprales 610
R. Johnson	J. Izquierdo 370
165 lbs.	J. Soba 280
S. Garten	J. Boulay 360
181 lbs.	R. Fitzgerald 260
C. Worsley	220 lbs.
198 lbs.	McDonough 540
S. Pheap	275 lbs.
R. Gallagher	C. Debartolo 620
W. Medeiros	350
220 lbs.	Submaster
M. Town	C. Debartolo 620
A. Meoli	325
J. Hunt	260
MEN	SQ BP DL TOT
Teen	
N. Chaprales	550 355 610 1515
J. Nappa	400 245 395 1040
A. Pappas	300 165 350 815
148 lbs.	
T. Roselli	350 280 450 1080
165 lbs.	
K. Kirk	315 245 385 945
198 lbs.	
R. Gallagher	315 350 475 1140
220 lbs.	
F. Perry	450 305 540 1295
R. Hanington	415 300 460 1175
242 lbs.	
J. Gorgone	— 425 650 —
275 lbs.	
S. Massarone	550 405 650 1605

J. Norton 535 370 635 1540
 N. Chaprales 550 355 610 1515
 Master
 S. Pappas 500 325 575 1400
 Best Lifter Bench: Craig Debartolo. Best Lifter Deadlift: Craig Debartolo. Best Lifter Powerlifting: Steve Massarone. I would like to thank my sponsors, Michael A. Tarro Law Associates and Reeves Nutrition.com. My scorekeepers, Ray Roberts and Kelly David. Announcer Mark Diorio. Loaders Norman Paolello and Mike Brown. Judges, Jean, Russ, and Bob Ducharme. Admission, Ray Maker. And, special thanks to my girl friend, Diane Defalma, for t-shirt and refreshment sales. I would like to thank all the lifters for coming to this years meet. In an era where a lifter's strength and ego is measured by how many squat suits or what type of bench shirt he's wearing, it's nice to see lifters have the guts and confidence to compete raw. Thanks to PL USA for posting these results. (Thanks to Joe Reeves for providing these meet results)

ISS Big Bench Open 21 MAY 06 - Kenosha, WI

BENCH	165 lbs.
MALE	Raw
Teen (14-16)	Open
114 lbs.	Equipped
P. Rotar	185 181 lbs.
Equipped	M. Strom 555
P. Rotar	200 242 lbs.
Teen (16-17)	S. Corbett —
181 lbs.	
Equipped	
M. Tucci	310
Junior	

(Thanks to Michael Strom for the results)

RAWPOWERLIFTING CLASSIFICATION

STANDARDS

"A step in the right direction for the sport of Powerlifting"

TEAM iXL is proud to announce that as of April 10, 2006 the Classification Standards for RAW Powerlifting developed by its Founder Greg Stott of Sanford, North Carolina; have been endorsed by the following Powerlifting Federations: 100% RAW, AAU and the ADAU. These endorsements will enable lifters, to uniformly measure their Powerlifting development, both RAW & Drug Free! Lifter Classification Standards are not new to the sport of Powerlifting. The standards, which range from Class IV thru Elite, are used to measure a lifter's strength, progress & expertise when performing all three lifts that make up the sport. By adding an athlete's heaviest Squat, Bench and Deadlift together from a sanctioned competition, a Total is achieved. Based on the amount of the Total recorded by an athlete in competition, whether they win that day or not, they will fall into one of (6) different Classifications that are in place for both Men & Women. Up until now, Powerlifting as a sport only had Classification Standards in place for an Equipped Lifter. An Equipped Lifter is one who wears support equipment, wraps, special suits, shirts & briefs when competing. RAW is defined as only wearing a singlet & weight belt. Powerlifting although not an Olympic Sport is more popular worldwide than Olympic Weightlifting, which consists of an athlete performing two overhead lifts (The Snatch & Clean and Jerk) in competition to arrive at a Total. Stott has worked the past three months outside of his organization's normal mission. Which is to; Inform, Motivate & Demonstrate that There are No Limits Drug Free! Stott, a World Champion RAW Powerlifter, has recognized the need of Classification Standards for RAW lifters, since winning his first World Title, back in December of 2000. Stott Says, "Without standards, you never knew how your Total measured up." Stott, during a discussion with Paul Bossi, the President of 100% RAW Powerlifting, was pleased to find out that both men were in agreement, in regards to the Classification Standards being long overdue. Stott told Bossi that he'd been working on many scenarios and tracking different Federation's Totals for months and that's when Bossi asked Stott if he would draft the Classification Standards for his Federation". "I was very confident that if anyone could put together a set of Standards that were both fair and challenging for the RAW lifter, it would be Greg Stott. He is a very talented guy after all. Besides the fact that he's a world class lifter, he's promoted National Events and in 2004 was named our Official of the Year". Bossi said. Stott commented, "at first the idea of coming up with RAW lifter Classifications, was simply a project for the 100% RAW Federation. But once I started putting the numbers together it became clear to me that this project could be a great opportunity to develop a standard that could begin to unify Federations that promote both Drug Free and RAW Competitions worldwide". Stott's first call was to the AAU National Chairman for Powerlifting, Bill DePorter. "When I spoke with Mr. DePorter on the phone, he listened to my proposal very intently. He then commented to me that his Federation had also been working on RAW Classifications and that my idea of a unified set of RAW Classification Standards, was exactly what was needed." The AAU Board of Directors then agreed with Mr. DePorter, adding their endorsement. Mr. Stott's next call was to Alan Siegel, the first promoter of a RAW Competition, as well as being the President of the ADAU, standing for (Anti Drug Athletes United). "There is no doubt, that having a RAW Classification Standard would be a good thing for our sport." Siegel said. The ADAU Board of Directors, later agreed to endorse the Classification Standards as proposed. Mr. Stott said, "I would like to thank Mr. Bossi Mr. DePorter and Mr. Siegel for not only providing tremendous support to TEAM iXL on this project, but for all they're doing to promote RAW, Drug Free Powerlifting Worldwide".

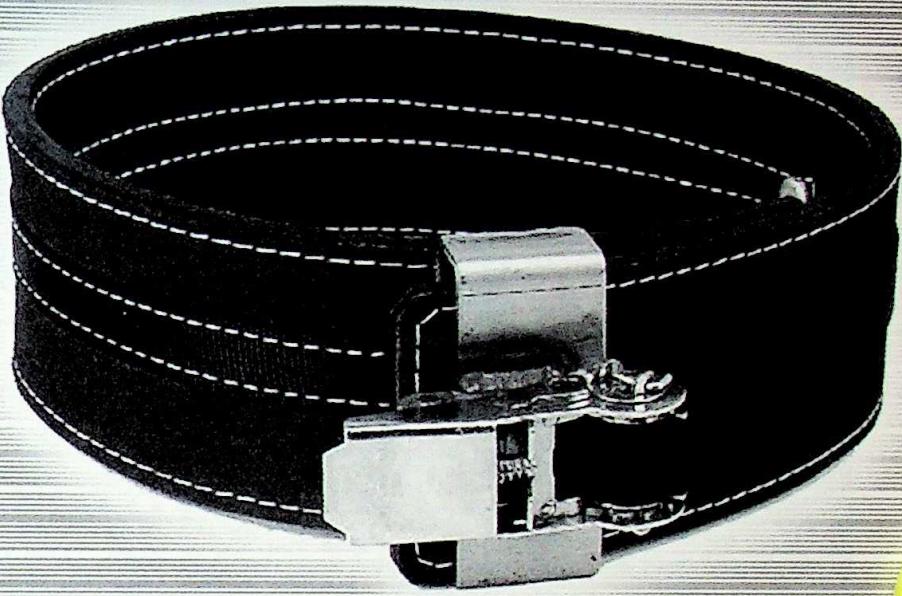
PR BELT

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

- Unlimited adjustability. Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!

HOW THE PR BELT IS WORN

1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.



- It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
- Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
- Very secure. The belt automatically locks until you manually release it.
- Hand-crafted in the USA. Patent # 5,647,824

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ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

11th APA Missouri State
11 MAR 06 - Rolla, MO

BENCH	Submaster			
MEN	D. Dobay	330		
148 lbs.	220 lbs.			
Teen (16-17)	Open			
S. Hill 175	S. Kujawski	360		
181 lbs.	242 lbs.			
Teen (16-17)	Master (45-49)			
D. Hamilton 225	S. Hazen	325		
Master (56-59)	Open			
B. Harris —	J. Wantland	465		
198 lbs.				
Push Pull	BP DL TOT			
MEN				
220 lbs.				
Submaster				
T. Prati	405	420	825	
Junior				
Z. Talot	—	550	550	
242 lbs.				
Open				
J. Brewer	475	555	1030	
275 lbs.				
Master (70-74)				
D. Rockenbach	200	275	475	
4th-DL-285				
Powerlifting	SQ BP DL TOT			
MEN				
165 lbs.				
Master (45-49)				
I. Clark 525	362	475	1362	
198 lbs.				
Master (40-44)				
J. Neef	450	275	400	1125
242 lbs.				
Open				
J. Girdley	450	365	550	1365
275 lbs.				
Submaster				
M. Ridings	545	395	520	1460
Open				
J. Humbryd	640	470	565	1675
308 lbs.				
Teen (18-19)				
M. Pitti	570	375	405	1350
Open				
J. Shelton	505	305	505	1315
J. Davis	705	515	625	1845
High School/Teen (16-17)				
165 lbs.				
B. Estes	350	180	425	955
220 lbs.				
B. Behnning	405	225	430	1060
275 lbs.				
C. Robinson	445	—	452	897
4th-SQ-465				
E. Metcalf	330	290	455	1075
C. Menz	385	275	465	1125
308 lbs.				
L. Radosevich	—	270	465	735
High School/Teen (18-19)				
165 lbs.				
J. Ostohof	370	255	440	1065
181 lbs.				
J. Hawkins	425	290	500	1215
4th-DL-515				
Biggest Bench: Jess Brewer. Bench by Formula: Justin Wantland. Deadlift by Formula: Zeke Talbot. All competitors competed in the drug free divisions. We would like to thank all those that showed up to work and assist in one of the best run meets for the Missouri APA. Thanks to George Heleine, Ed and Phyllis Finnel,				



Rocky Rockenbach pulling a World/American record 285 lb. deadlift for 70-74 year olds at the APA Missouri State Meet. (photograph provided courtesy of meet director Rodney Wood).

Mike Molzen, Travis Rubey, Todd York, Mike Elmore, Pat Elliott, Christine Talbot, and Kevin McNease. We could not run a meet without dedicated help. Meet highlights of the MO APA had three divisions for lifters to compete in the full meet, single event, and high school championships. In the full meet the grand champion was Jarod Davis of Mt. View, Missouri, with an 1845 total in the 308 class. Second runner up went to master lifter Ira Clark, of Independence, Missouri, with an 1862.5 total at 165, and setting four American and World Records for masters class II. Third runner up went to Joe Humbryd, from Ava, Missouri, with a total of 1675 in the 275 class. In the single event, the biggest bench press went to Jesse Brewer of Willow Springs, setting a new state record of 475 in the 242 class. The best bench press by formula went to Justin Wantland, from Licking, Missouri, with a press of 465 in the 242 class. The best deadlift by formula went to Zeke Talbot from West Plains, Missouri, setting a new state record in the junior 220 class, with a pull of 550. The grand champion in the high school meet went to Jessie Hawkins of West Plains, Missouri, setting two state records in the 181/18-19 teenage class. The runner up went to Jarod Ostohof of West Plains, Missouri, setting four state records in the 165/18-19 teenage class. The second runner up went to Barrett Estes of West Plains, Missouri, setting four state record in the 165/17-18 teenage class. Honorable mention goes to 74 year old Rocky Rockenbach, who set a new World Record and American Record for his master class

in the deadlift, with a pull of 285. Rocky really came through since he was scheduled for surgery on the following Monday. Get well soon, from all of us at the MO APA. I would like to thank all the companies that sponsored the state meet: Crain's Muscle World, APT, Ken Anderson Titan, and House of Pain. I would also like to thank the local sponsors, Arby's, Rolla Cycle, Sport Rehab, Pepsi, Aaron Heitman, DC, Stifel, Nicolaus & Company, Inc., and Grellner Sales. (Thanks to Rodney Wood, APA MO State Chair, for the meet results)

MEN	132 lbs.			
Teen I				
G. Storer	285	150	290	725
148 lbs.				
Teen II				
T. Belen	360	285	480	1125
Master I				
C. Politiono	415	300	400	1115
S. Cole	355	240	395	990
Teen III				
K. Powers	315	240	385	940
165 lbs.				
Junior				
C. Shafer	275	225	320	820
Teen II				
J. Dalsa	430	300	390	1120
Teen III				
S. Samolich	365	290	380	1035
Master III				
M. Hara	375	280	430	1085
M. Bursser	225	290	350	865
181 lbs.				
Open				
D. Jurgins	495	315	600	1410
Quintanilla	350	245	405	1000
Teen II				
J. Flynn	280	150	330	760
C. Hogan	—	—	510	510
Junior				
E. Ortiz	475	—	500	975
Master I				
M. Petrucci	420	240	480	1140
R. Cole	385	305	450	1140
Master IV				
G. Alexander	315	205	500	1020
Master V				
R. Concealvalves	265	205	305	775
A. Tepper	185	230	340	755
M. Jones	190	140	230	560
E. Wetlach	150	150	—	300
198 lbs.				
Open				
R. Lane	495	350	520	1365
E. Zender	360	275	450	1085
Teen I				
B. Do	315	205	360	880
Teen II				
D. Sullivan	400	275	500	1175
J. Garbush	250	200	365	815
Junior				
B. Lovelace	510	305	400	1215
Master III				
W. Terry	330	295	410	1035
Master IV				
M. Stevens	405	235	525	1165
Master V				
B. Knudsen	135	225	250	610
Guest				
M. Beavers	145	145	145	435
220 lbs.				
Open				
K. Gack	590	425	600	1615
Teen II				
D. Sullivan	400	275	500	1175
Master II				
J. Dietz	365	335	400	1100
L. Frigard	105	360	145	610
Master IV				
S. Silavens	450	365	525	1340
Master VI				
J. Huggins	215	240	315	770
242 lbs.				
Open				
J. Morosco	—	—	510	510
Teen III				
J. Kline	455	330	530	1315
Junior				
S. Gates	—	—	—	—
Submaster				
M. Knight	475	305	515	1295
Master I				
G. Nucci	375	310	405	1090
Master II				
B. Wellborn	435	275	415	1125
Master III				
M. Murphy	380	300	460	1140
275 lbs.				
Open				
K. Engelke	650	500	575	1725
T. Holby	440	360	475	1275
J. Ward	490	395	535	1142
Teen II				
P. McGuffin	430	255	505	1190
Master I				
T. Pinella	135	440	605	1180
UNL				
Open				
D. O'Neill	225	475	—	700
Master III				
R. Hendrix	735	475	710	1920

USAPL Washington State 25 MAR 06 - Issaquah, WA					
BENCH	UNL				
WOMEN	Open				
123 lbs.	J. Lehman	355			
Open	Master I				
K. Clark	120	K. Lentz	430		
132 lbs.	DEADLIFT				
Teen II	MEN				
T. Belen	125	114 lbs.			
Submaster	Guest				
Pratt-Welburg	130	C. Grizzile	115		
4th-DL-285		Open			
MEN	Youth				
D. Cavinta	175	A. Grizzile	130		
165 lbs.	Teen				
D. Coleman	380				
Teen II	M. Mousseau	400			
Y. Heikkinen	215	148 lbs.			
Teen III	Junior				
B. Totey	300	S. Davis	400		
Open	K. Pierce	435			
J. Heidt	340	198lbs.			
198 lbs.	Junior				
K. Allen	275	K. Allen	475		
220 lbs.	Teen				
B. Welburg	425	W. Taital	555		
WOMEN	UNL				
SQ	BP DL TOT				
97 lbs.					
Open					
Loukprasong	110	60	145	315	
105 lbs.					
Teen II					
K. McFarland	135	90	210	435	
123 lbs.					
Master III					
S. Lohani	115	70	175	360	
Open					
P. Tidmarsh	255	110	280	645	
132 lbs.					
Teen II					
A. McWeeny	220	110	265	595	
Master V					
F. Ireland	135	120	225	480	
Open					
M. McMillon	250	130	275	655	
165 lbs.					
Junior					
B. Buck-Wood	260	135	255	650	
Submaster					
N. Kim	210	160	320	690	
181 lbs.					
Open					
T. Gack	150	135	230	515	
UNL					
Master III					
J. Mangoang	200	175	320	695	
Open					
F. Mangoang	250	175	375	800	
275 lbs.					
Open					
K. Gack	590	425	600	1615	
Teen II					
D. Sullivan	400	275	500	1175	
Master II					
J. Dietz	365	335	400	1100	
L. Frigard	105	360	145	610	
Master IV					
S. Silavens	450	365	525	1340	
Master VI					
J. Huggins	215	240	315	770	
242 lbs.					
Open					
J. Morosco	—	—	510	510	
Teen III					
J. Kline	455	330	530	1315	
Junior					
S. Gates	—	—	—	—	
Submaster					
M. Knight	475	305	515	1295	
Master I					
G. Nucci	375	310	405	1090	
Master II					
B. Wellborn	435	275	415	1125	
Master III					
M. Murphy	380	300	460	1140	
275 lbs.					
Open					
K. Engelke	650	500	575	1725	
T. Holby	440	360	475	1275	
J. Ward	490	395	535	1142	
Teen II					
P. McGuffin	430	255	505	1190	
Master I					
T. Pinella	135	440	605	1180	
UNL					
Open					
D. O'Neill	225	475	—	700	
Master III					
R. Hendrix	735	475	710	1920	

TITAN SUPPORT SYSTEMS INC.

USAPL Dave Martin Memorial
1 APR 06 - Bloomington, IN

	SQ	BP	DL	TOT
WOMEN				
148 lbs.				
Master (45-49)				
P. Horn	181	126	214	523
198+ lbs.				
Master (50-54)				
D. Miller	104	—	192	303
Special Olympian				
132 lbs.				
O. Brown	—	231	462	694
MEN				
123 lbs.				
Master (45-49)				
S. Meadows	341	253	440	1036
132 lbs.				
Master (40-44)				
B. Foddrill	380	198	429	1008
148 lbs.				
Youth (12-13)				
J. Kozub	154	132	231	518
165 lbs.				
Junior (20-23)				
J. Norwood	462	341	402	1207
Master (45-49)				
K. DeAngelo	231	—	281	512
181 lbs.				
Master (45-49)				
C. Trotter	402	363	446	1212
198 lbs.				
Teen (16-17)				
M. Hofferman	325	192	429	948
Open				
J. Schjwater	501	303	501	1306
Submaster (33-39)				
J. Ellis	413	253	501	1168
220 lbs.				
Master (40-44)				
M. Willett	600	440	606	1647
242 lbs.				
Teen (14-15)				
T. Cahill	407	303	440	1151
Junior (20-23)				
J. Pasko	479	303	402	1185
Coordinator: Greg Simmons. (from USAPL)				

J. Davis	210	335	545	
165 lbs.				
C. Able	245	360	605	
275 lbs.				
D. McCord	310	420	730	
Junior (20-23)				
165 lbs.				
J. Swails	190	350	540	
Novice				
275 lbs.				
C. Leonard	340	500	840	
Submaster (35-39)				
198 lbs.				
M. Fensler	325	545	870	
Master (40-44)				
198 lbs.				
R. Slavens	290	390	680	
Master III (50-54)				
242 lbs.				
W. Hedden	400	590	990	
(Thanks to Sonny Runyon for the results)				



198 lbs.	Teen	916-19)	
J. Webb	159	132 lbs.	
4th-176!		D.Underwood 369*	
Teen (14-15)		198 lbs.	
123 lbs.		H. Beall	529
Z. Dwinell	253		
4th-259*			
220 lbs.			
J. Triplett	402*		

*=State Records. !=World Records. About 40 lifters competed at the Days Inn Hotel. In the deadlift at 275, Ken Scroggins pulled an Arkansas record 650 in class-1. It was the biggest pull of the day. In master women 54-60/165, Judith Petray pulled a California record 293.1. In open men, Brandon Bankston pulled a Louisiana record 611.7. In submaster 165, Marchand Fleming pulled a world record 606.2, and was best deadlifter to the meet. In teen 12-13/198, Jacob Andrew Webb pulled a world record 176.2. In teen 14-15/123 and 220, Zach Dwinell and Jesse Triplett, of Oklahoma, set OK records of 259 and 402 respectively. In the bench press, Kenneth Scroggins set an Arkansas record in class-1 at 275, with 451.7. At super, Gordon Castling set an Arkansas record 446.2. In junior 308, 20 year old Josh Quickle set an Oklahoma record with an amazing 705! In master men 40-46/198, Ross Blythe set a Arkansas record 303. At 242, Tracy Ward set an Arkansas record 534.5, and at 259, Kenneth Miller set an Oklahoma record 440.7. In master men 47-53/181, Mark Knutson set an Oklahoma record 242.5. In master 54-60/275, the venerable Ron Hood set an Oklahoma record 540 at age 60, the highest bench ever for a 60 year old. In 54-60/308, WABDL State Chairman Austin Webb, set a national record 473.7, and in master 61-67/259, Oklahoma Chairman Jimmy Duckett set an Oklahoma record 402, which was his first ever 400 lbs. bench, at age 62. In open men 165, Paul Silva set an Arkansas record 440.7 and at 308 Brandon Bankston set a Louisiana record 540. In submaster 148, David R. Smith set a Texas record 369, and Paul Silva set an Arkansas record 440.7 at 165. In teen 14-15/220, Jesse Triplett set an Oklahoma record 292 and in 16-19/198, Hunter Beall set a Louisiana record 341.5. I want to thank Kevin Richmond and William Winkley, the meet directors. The judges were Jimmy Duckett, Austin Webb, Gus Rethwisch, and Ron Hood. (Thanks to Gus Rethwisch for providing the results)

Iron horse BP/DL
20 MAY 06 - Muncie, IN

	BP	DL	TOT
BENCH	Master IV (55-59)		
MEN	T. Striverson	460	
Open	Raw		
220 lbs.	Novice		
S. Evans	440	D. Carpenter	285
Master III (50-54)	Master V (60-64)		
J. McDonald	375	J. Dawson	300
275 lbs.			
WOMEN	BP	DL	TOT
Open			
105 lbs.			
R. Brown	200	315	515
MEN			
Open			
181 lbs.			
J. Buck	355	405	760
198 lbs.			
J. Bales	335	505	840
220 lbs.			
S. Evans	440	585	1025
319 lbs.			
J. Gilpin	480	600	1080
Junior (20-23)			
220 lbs.			
A. Willis	375	565	940
M. Lawrence	375	515	890
Raw			
Teen (14-15)			
165 lbs.			
J. Lawrence	125	250	375
181 lbs.			
T. Walser	180	300	480
Teen (16-17)			
148 lbs.			
R. Phenis	200	365	565
165 lbs.			
I. Lewis	215	315	530
S. Painter	175	370	545
181 lbs.			
K. Slavens	235	335	570
B. McCoy	235	410	645
N. Cox	210	435	845
220 lbs.			
R. Harris	305	470	775
242 lbs.			
B. Gentry	225	375	600
G. Winingham	285	435	720
A. Morris	250	475	725
Teen (18-19)			
148 lbs.			

WABDL Arkansas/Oklahoma

8 APR 06 - Ft. Smith, AR

BENCH	259 lbs.		
MEN	K. Miller	440*	
Class-1	SHW		
132 lbs.	M. Hamby	—	
C. Johnson	275*	Master (47-53)	
198 lbs.	181 lbs.		
Padmilovich	M. Knutson	231	
259 lbs.	4th-242*		
M. Dalpoas	198 lbs.		
275 lbs.	R. Mace	297	
K. Scroggins	220 lbs.		
SHW	N. Dwinell	473	
G. Castling	242 lbs.		
4th-446*	B. Whited	—	
Junior (20-25)	Master (54-60)		
132 lbs.	275 lbs.		
A. Hrenchir	R. Hood	540*	
C. Johnson	308 lbs.		
165 lbs.	A. Webb	473*	
N. Falleur	Master (61-67)		
242 lbs.	259 lbs.		
R. Oakley	J. Duckett	402*	
308 lbs.	Master (68-74)		
J. Quickle	181 lbs.		
Master (40-46)	D. Boyes	132	
148 lbs.	Open		
J. Lachman	132 lbs.		
198 lbs.	A. Hrenchir	292	
R. Blythe	148 lbs.		
4th-303*	D. Smith	369	
242 lbs.	165 lbs.		
T. Ward	P. Silva	440*	

Keith Scroggins pulled a 4th attempt WABDL Arkansas State Record at the Arkansas/Oklahoma Regional (photo Gus Rethwisch)

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



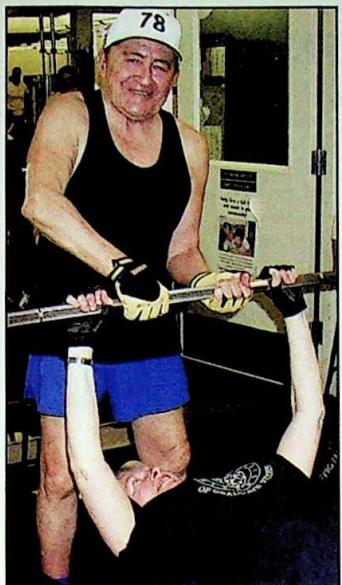
Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
		Y N		
Street Address			Club Name	
City			State	Zip
Current WABDL Classification		Referee Status	U.S. Citizen?	Date of Birth
Elite Master I II III IV		World National State	Y N	M F
Today's Date Card Issued By				
Registration Fee: Adults \$30.00 Teens \$20.00				
Make checks payable to and mail to: WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS P.O. Box 27499 Golden Valley, MN 55427				
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.				
If under 18, have parent initial _____ Signature _____				

NASA Bigger One 8 APR 06 - Green Bay, WI											
BENCH	D. Platkowski	200	J. Halverson	650	365	650	1665				
WOMEN	220 lbs.	Open	B. Mueller	500	350	725*	1575				
132 lbs.	Submaster I	S. Mandli	275	195	375	845					
Master Pure	J. Klarckowski	450	Master I	M. Jacobs	475	335	525	1335			
D. Nehls	135	242 lbs.	S. Behrens	525	355	430	1310				
148 lbs.	Master III	Master V	275 lbs.	Master II	R. Sadowski	460	235	510	1195		
Open	J. Jones	400	275 lbs.	Master II	308 lbs.	Master I	T. Allred	585	485	585	1655
B. Meyer	145	Master V	Master V	Power Sports	CR	BP	DL	TOT			
Teen	J. Jones	400	275 lbs.	WOMEN	88 lbs.	88 lbs.	T. Allred	585	485	585	1655
G. Moe	135	275 lbs.	Youth	C. Jackson	35	40	130	205			
MEN	Master II	MEN	MEN	M. Jackson	25	50	75	150			
114 lbs.	E. Carlson	380	55 lbs.	S. Hou-Seye	20	30	55	105			
Open	Raw/Open	Raw/Open	Youth	114 lbs.	114 lbs.	114 lbs.	Open	41*	70*	146*	257
E. Reynolds	100	E. Schlick	320	Z. Clarke	41*	70*	146*	257			
Raw	SHW	SHW	Z. Clarke	41*	70*	146*	257				
Z. Clakre	70	Raw/Master V	160	148 lbs.	148 lbs.	148 lbs.	Open	125	230	400	755
148 lbs.	J. Ray	485*	160	J. Anderson	95	140	290	525			
Raw/Master II	CURL	77 lbs.	High School	J. Hoy	160	225	435	820			
D. Feld	265*	MEN	MEN	242 lbs.	242 lbs.	242 lbs.	Open	—	350	725*	1075
Master V	165 lbs.	Open	B. Mueller	275 lbs.	Master II	Master II	M. Jackson	125	230	400	755
A. Olsen	335*	High School	Master II	M. Jackson	125	230	400	755			
T. Aldag	285	J. Hoy	160	198 lbs.	198 lbs.	198 lbs.	=American Records. The Bigger One	125	230	400	755
Open	Open	Open	160	160	160	160	ended up earning its name by hosting 79	125	230	400	755
A. Olsen	335*	J. Hoy	160	160	160	160	Entries from Wisconsin and Michigan,	125	230	400	755
T. Aldag	285	DEADLIFT	160	160	160	160	and beating The Big One's 46 Entries by	125	230	400	755
Raw/Open	MEN	MEN	160	160	160	160	175%. Due to the diligence and hard work	125	230	400	755
D. Feld	265*	77 lbs.	160	160	160	160	of the meet staff, the meet started at 10:10	125	230	400	755
181 lbs.	Youth	160	160	160	160	AM., and the last deadlift was attempted	125	230	400	755	
Teen	I. Klarckowski	70	160	160	160	about 5:45 P.M., with the awards cer-	125	230	400	755	
T. Moe	250	242 lbs.	160	160	160	emony starting about 10 minutes after	125	230	400	755	
198 lbs.	T. Deprey	640	160	160	160	that. There were several American	125	230	400	755	
Open	SQUAT	160	160	160	160	Records set, including Tom Conklin's 653	125	230	400	755	
A. Mickelson	510*	MEN	160	160	160	lbs.(296 kgs.) squat in the master's 2,	125	230	400	755	
Inter	198 lbs.	160	160	160	198's, at age 51, and Brian Mueller's raw	125	230	400	755		
A. Mickelson	510*	T. Monahos	480	160	160	725 lbs.(328.5 kgs.) deadlift in the open	125	230	400	755	
Teen	High School	160	160	160	power sports, 242 lbs. division. Brian's	125	230	400	755		
Push Pull	BP	DL	TOT	160	160	deadlift is also a new American Record in	125	230	400	755	
MEN	160	160	160	160	the open equipped powerlifting division,	125	230	400	755		
114 lbs.	Open	Open	160	160	where he had the 4th highest coefficient,	125	230	400	755		
Z. Clarke	70	146	216	160	198's, at 2643, wearing only knee wraps in	125	230	400	755		
Open PI	160	160	160	160	the squat. These should be new American	125	230	400	755		
Z. Clarke	70	146	216	160	Records, pending test results. Lifting in	125	230	400	755		
Youth	160	160	160	160	her first meet, Emily Kutchera, 13, from	125	230	400	755		
Z. Clarke	70	146	216	160	Manitowoc, WI, set all new American	125	230	400	755		
148 lbs.	160	160	160	160	Records in the ladies teen 97 lbs. Division,	125	230	400	755		
Master II	B. Harris	210	315	525	with a squat of 135 lbs.(61 kgs.), a	125	230	400	755		
181 lbs.	Open	Open	160	160	bench press of 75 lbs.(33.5 kgs.), a deadlift	125	230	400	755		
D. Felton	255	565	820	160	of 165 lbs.(75 kgs.), and a total of 375	125	230	400	755		
242 lbs.	Open	Open	160	160	lbs.(170 kgs.). Photos of Emily's lifts can	125	230	400	755		
M. Jacobs	335	525	860	160	be seen by going to the meet results	125	230	400	755		
Powerlifting	SQ	BP	DL	160	160	section of the NASA home page, or by	125	230	400	755	
WOMEN	97 lbs.	Open	160	160	clicking on the Bigger One results tab of	125	230	400	755		
97 lbs.	Teen	160	160	160	the wisconsinpowerlifting.com web	125	230	400	755		
E. Kutchera	135*	75*	165*	375	page.(Other lifters who competed in this	125	230	400	755		
123 lbs.	Teen	160	160	160	meet are welcome to e-mail their digital	125	230	400	755		
S. Sitkawitz	205	105	250	560	photos, and we will include them on the	125	230	400	755		
198 lbs.	Submaster Pure	160	160	160	website). Push-Pull American Records	125	230	400	755		
H. Uhrig	170	115	240	525	were set by both Zachary Clarke, age 11,	125	230	400	755		
198+ lbs.	Open	160	160	160	and Bill Harris, 51, with respective totals	125	230	400	755		
Submaster II	S. Jackson	300	180	275	of 235 lbs.(106 kgs.) in the mens 114 lbs.	125	230	400	755		
MEN	165 lbs.	160	160	160	open, and 525 lbs.(238.5 kgs.) in the 148	125	230	400	755		
165 lbs.	Master I	430	205	375	lbs. master's 2 division. Zachary also	125	230	400	755		
J. Wink	430	205	375	1010	broke all of the 114 lbs. mens open power	125	230	400	755		
181 lbs.	Open	160	160	160	sports records with a curl of 43 lbs.(18.5	125	230	400	755		
D. Plotz	350	285	335	970	kgs.), a bench press of 75 lbs.(33.5 kgs.),	125	230	400	755		
Master I	D. Felton	405	255	565	a deadlift of 160 lbs.(72.5 kgs.), and a	125	230	400	755		
Master V	D. Plotz	350	285	335	total of 278 lbs.(126 kgs.). Lifting in eight	125	230	400	755		
198 lbs.	Teen	480	225	465	divisions, Clarke accomplished 14 Wisconsin	125	230	400	755		
T. Monahos	480	225	465	1170	state records. There were also six	125	230	400	755		
Master II	T. Monahos	640	300	602	American Records accomplished in the	125	230	400	755		
220 lbs.	T. Conklin	640	300	602	bench only divisions. Andrew Olsen, 42,	125	230	400	755		
Submaster Pure	J. Halverson	650	365	650	bench pressed 335 lbs.(151 kgs.) to set	125	230	400	755		
Submaster II	J. Halverson	650	365	650	new American Records in both the 148 lbs.	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	Open bench, and the 148 lbs. Masters	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	pure (5) bench divisions. Dennis Feld, 57,	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	set an american benchpress record of 265	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	lbs.(120 kgs.) in the 148 lbs. Masters 2	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	power sports(raw) benchpress. Jim ray	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	broke his own master's pure (5) power	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	sports (raw) bench press record, with a	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	new successful lift of 485 lbs.(220 kgs.).	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	And, Aaron Mickelson bench pressed 510	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	lbs.(231 kgs.) to set American Records in	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	both the 198 lbs. open division, and the	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	198 lbs. intermediate division. (Another	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	reminder to all who set American Records,	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	that an American Record form must be	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	filled out, and reach NASA's national	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	office by March 8th (30 days), or you did	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	not set an American Record. A separate	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	form must be filled out for each American	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	Record. Many thanks go out to Head	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	Referee Jim Ray (WI), 2005 NASA Overall	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	Athlete of the Year David Oyler (IL),	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	Sharon Orange (WI), Wendy Hou-Seye	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	(WI), Job Hou-Seye (WI), and Dale Alsteen	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	(WI), as national referees who judged	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	many flights at this Event. Another large	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	thank you to Craig Bassuener, Marly	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	Becker, David Anderson, and Mike	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	Sprangers, for spotting and loading all	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	day. Finally, a huge thanks to all those	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	who helped load in on Friday night, and	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	load out on Saturday. Unfortunately, we	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	did see 15 division entry bomb-outs, out	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	of the total 79 entries, which is the most	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	we have seen in a Wisconsin State (closed)	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	bench press meet. So, those who purchased	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	a NASA card at the Bigger One, and had a	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	bad day, will have more opportunities, than ever before, to compete on a strictly judged, drug tested,	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	basis. We also want to extend major credit to Sentry Insurance, and MGL Fitness, for their booth presence and	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	sponsorship of the Bigger One. The staff at The Quality Inn Green Bay was also top notch, and we received many compliments	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	about the accommodations. It is almost certain that we will be having more meets in the future at this venue.	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	Had we reached our goal of 60 Entries by	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	the March 25th deadline, we would have run two platforms during the bench press.	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	In fact, we received so many entries the night before, and the morning of the event, that had we not already constructed the platform, in the position we had it, we probably could have gone to two platforms for the bench press, as we had sufficient weights and loading charts to accomplish this. The April Wisconsin meet has grown so large, that when we have the Huge One, on April 14th, 2007, in Milwaukee, we will have no choice but to go to two platforms for the bench press, and possibly two platforms for the deadlift.	125	230	400	755		
97 lbs.	J. Halverson	650	365	650	Thanks to all the great lifters, the support staff, and their families, who helped make the Bigger One another great NASA powerlifting event. (from Job Hou-Seye)	125	230	400	755		

The future of sports nutrition
NUTRIENT TIMING
by John Ivy Ph.D. & Robert Portman, Ph.D.
Foreword by Ed Cooley, Ph.D.

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

114 lbs.
A. Grier 160 95 155 410
Open
148 lbs.
M. Chappel 225 135 240 658
MEN
SPO
123 lbs.
C. Gammie 135 120 215 335
J. King 150 145 205 350
165 lbs.
V. Williams 260 165 370 535
181 lbs.
T. Wash — 170 325 495
275 lbs.
B. Dixon — 140 315 455
Teen (18)
T. Denison



Gerry Giordano and Lee Hover
pose at the "Give A Kid the Y"
Bench Press contest. (photo by
courtesy of Anthony Shovlowsky)

4th "Give a Kid the Y"	
22 APR 06 - Mt. Lakes, NJ	
BENCH	P. Corbitt 90
WOMEN	Silver (60+)
Open	L. Hover 70
(20-29)	MEN
L. Kowal 105	Teen (16-19)
Submasters (30-39)	B. Glyck 325
M. Sturges 90	D. RiBaudo 235
Masters (40-59)	Open

(20-29)	Wisniewski 205	C. LaMantia 137	Open
S. Collins 475	T. Sevener 135	Junior (16-18) 181 lbs.	
D. Mayer 300	Silver (60+)	132 lbs.	A. Coronado 473
J. D'Amelio 245	G. Giordano 140	402! 308 lbs.	
Submaster (30-39)	D. Bamford 90	Junior (19-23) 622	R. Castro
R. Bruno 255		308 lbs.	
Master (40-59)		R. Castro 622	
L. Rosati 330		WOMEN SQ BP DL TOT	
J. Frotton 230		Open	
Best Lifters: Lisa Kowal, Patti Corbitt, Dave RiBaudo, Brandon Glyck, Gerry Giordano, Rich Bruno, Dan Mayer, and Stephen Collins. Special thanks to: Anthony Shovlowsky- Assistant Fitness Director, Donna Baia- Fitness Director, Hank Sisca, Asha Abaza, Kevin Kratochvil, Steve Lagattuta, Rich Mutterperl, Eddie Zienowicz, Diana Nussbaum, Jim McCrudden YMCA President, and Tracy Cole. And, all who helped with the 2006 "Give a Kid the Y" Bench Press Contest. (Thanks to Hank Sisca for these results)			
USPF San Diego Open 6 MAY -06 - San Diego, CA			
BENCH	275 lbs.		
WOMEN	M. Ring 418		
181 lbs.	308 lbs.		
L. Willis 93	R. Castro 429		
MEN	Master (40-49)		
	Junior (13-15) 181 lbs.		
	114 lbs. B. Dunham 402		
	C. LaMantia 57	220 lbs.	
	220 lbs. M. Long 341		
	K. Wilson 253*	Master (60-69) 242 lbs.	
	Junior (16-18) 220 lbs.	220 lbs.	
	132 lbs. B. Bradley 286		
	L. Zanetti 203	275 lbs.	
	165 lbs. M. Ring 418		
	M. Nguyen 292	DEADLIFT	
	Junior (19-23) 275 lbs.	WOMEN	
	C. Collins 473*	148 lbs.	
	308 lbs. C. LaMantia 198	198 lbs.	
	R. Castro 4291	198+ lbs.	
	Open J. Taylor 236!*	Men	
	181 lbs. Junior (13-15) 220 lbs.	MEN	
	A. Coronado 275	114 lbs.	

Chase Collins. Best Lifter Deadlift Women: Catherine LaMantia. Best Lifter Deadlift Men: Ronnie Castro. Meet Director: Barrett Marum. Spotter Loaders: Brian Duell, Dave Schroepfer, and Shaun Meyers. Referees: Scott Layman-National, Jim Merlin-National, Steve Denison-National, Ron Scott-International, Don Haley-International, Chuck LaMantia-National, and Kellie LaMantia-State. Announcer: Chuck LaMantia. Scorekeeper: Kellie LaMantia. (Thanks to Steve Denison for the results)

USAPL Sioux City Open

19 MAR 06 - Sioux City, IA

WOMEN	SQ	BP	DL	TOT
198 lbs.				
H. Block	308	187	281	777
MEN				
148 lbs.				
Master				
J. Balamenos	303	187	413	903
165 lbs.				
Master				
D. Goodwin	220	181	336	738
Teen				
J. Dryden	314	209	402	925
M. Murry	308	242	374	925
181 lbs.				
Teen				
D. Williams	319	292	374	986
B. Harrison	363	264	407	1036
L. Baldwin	314	214	413	942
220 lbs.				
Master				
T. Chresley	347	253	501	1102
Teen				
B. DeBlauw	451	319	440	1212
Open				
J. Shatica	407	292	512	1212
242 lbs.				
Open				
D. Brydl	226	358	418	1003
SHW				
J. Schanuth	545	402	512	1460
N. Schanuth	451	330	463	1245
C. Berke	374	352	385	1113

(Thanks to USAPL for providing results)

United States Powerlifting Federation

Senior Nationals & Multi-Nationals



\$2500 for the heaviest Bench Press over 550!!

\$2500 for the heaviest Deadlift over 750!!

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

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

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

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

100% Raw North Carolina
25 MAR 06 - Jarvisburg, NC

MALE SQ BP DL TOT

97 lbs.

Teen (10-11)

G. Marshall 115 50 135 300

148 lbs.

Teen (12-13)

L. Pederson 135 100 200 435

Teen (14-15)

J. Ross — 195 365 560

Teen (16-17)

A. Salton 200 125 285 610

W. Etheridge 190 145 315 650

Teen (18-19)

D. Priddy 325 185 410 930

165 lbs.

Teen (16-17)

Muhammad 225 145 315 350

E. Teabo 275 235 340 850

181 lbs.

Master (40-44)

Police/Fire

T. Pederson 240 240 375 855

Teen (16-17)

A. Bannerman 305 370 415 1090

4th-DL-425

Teen (18-19)

B. Pederson 230 215 330 775

198 lbs.

R. Beavers 405 225 460 1090

4th-DL-480

Teen (14-15)

J. Wheeler 225 185 315 725

Teen (18-19)

B. Horton 315 215 430 960

220 lbs.

Open/Master (40-44)

R. Berry 340 325 34 1005

Teen (16-17)

B. McElroy 290 200 440 930

242 lbs.

Teen (14-15)

D. Biggs 315 185 385 885

275 lbs.

Open

R. Page 365 315 405 1085

4th-SQ-405

Open/Master (40-44)

R. Biggs 440 380 500 1320

Teen (14-15)

D. Bateman — 145 — 145

C. McCoy — 285 — 285

308 lbs.

Open/Submaster

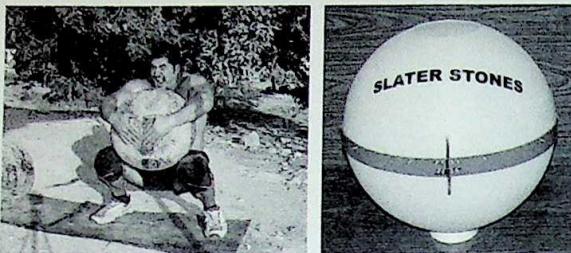
J. Bates 315 255 500 1070

Open/Master (40-44)

S. Smith 375 275 400 1050

SHW

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- Make spherical concrete stones continuously in a multitude of sizes.
- Easy to make, hard to break. Our molds are constructed of Heavy duty Polystyrene and Lexan for ease of making stones and time after time uses.
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- Place stones in your gym to attract new members.
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Master (40-44)

B. Thornton 415 345 435 1195
(Thanks to Paul Bossi for these results)

Junior

J. Gonzalez 407
220 lbs.

PS BENCH

WOMEN 165 lbs.

D. Garish 336

Master II 181 lbs.

K. Robbison 446

PS CURL MEN

Teen R. Douglas 404
242 lbs.

MEN 165 lbs.

D. Vargo 319

Novice 275 lbs.

D. Garish 336

Pure 275 lbs.

Intermediate P. Frock 137

Police/Fire 165 lbs.

T. Zuspan 286

Submaster II 275 lbs.

D. Schneider 275

Master I 275 lbs.

Junior J. Bennett 402

Submaster I 181 lbs.

J. Molkenin 369

Master Pure 275 lbs.

Police/Fire L. Edwards 363

Submaster II 181 lbs.

K. Robbison 165

Submaster Pure S. Diel 529

Master I 220 lbs.

PS SQUAT MEN

High School M. Tong 314

J. Knight 402

Intermediate 275 lbs.

Submaster I S. Gibson 187

Junior 181 lbs.

Master I 275 lbs.

Junior J. Wilson 391

Open 198 lbs.

K. Robbison 402

Intermediate McWhorter 363

Push Pull 275 lbs.

Master Pure K. Robbison 402

Open R. Hix 286

WOMEN 198 lbs.

Master I 275 lbs.

Intermediate J. Durkin 308

Novice 198 lbs.

Master Pure 275 lbs.

Intermediate

Novice 198 lbs.

Push Pull 275 lbs.

Open/Submaster

J. Bates 315 255 500 1070

Open/Submaster

S. Smith 375 275 400 1050

Open/Submaster

SHW

100% RAW Powerlifting Federation

Membership Application

LAST NAME:

FIRST NAME: INT.

STREET ADDRESS:

CITY / STATE / ZIP:

AREA CODE / TELEPHONE:

DATE OF BIRTH:

AGE:

SEX:

E-MAIL ADDRESS:

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NOTE: Your 100% RAW Membership Will Expire
One Year From The Date of Application.

LIFTERS SIGNATURE:

PARENTS SIGNATURE IF UNDER 18 YRS. OLD

DATE OF APPLICATION:

(This Will Be Your Renewal Date)

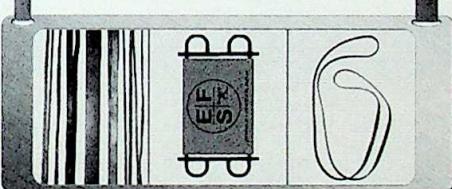
By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

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Pounds

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

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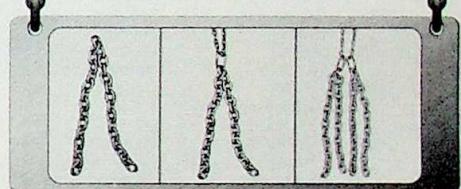
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WNPF Youth Nats/American Cup
12 MAR 06 - Philadelphia, PA

		WOMEN	
BENCH	114 lbs.	114 lbs.	
(11-12)/Raw		(11-12)/Raw	
Dantzler	70	Rijos	185*
165 lbs.		132 lbs.	
(17-19)/Raw		Lifetime/Raw	
Spirits!	340	Deane!	265*
Police		148 lbs.	
Livolsi	305*	Lifetime/Raw	
181 lbs.		Leis	210
Lifetime		MEN	
Nemow	405*	114 lbs.	
198 lbs.		(11-12)/Raw	
(17-19)/Raw		Dantzler	165
Gregorio	225	148 lbs.	
Lifetime/Raw		(17-19)	
Bachmayer	360	Richardso	480
(45-49)/Raw		181 lbs.	
Bachmayer	360	Nemow!	620*
Carr	265	198 lbs.	
(40-44)/Raw		(17-19)	
T. Bachmayer	270	Space	500
Police/Raw		Lifetime	
T. Bachmayer	270	Open UNL	
Police		Preuninger	455
Bachmayer	360*	(40-44)/Raw	
220 lbs.		Haley	370
Subs/Raw		220 lbs.	
andrus	315	(17-19)/Raw	
(40-44)		Edgar	500
Klazas!	460	242 lbs.	
(45-49)/Raw		(17-19)	
Hicks	300	Hayedian	545
Lifetime/Raw		275 lbs.	
Hicks	300	(45-49)/Raw	
(60-64)/Raw		Vellucci	570
Davis	315	POWER CURL	
242 lbs.		114 lbs.	
(17-19)		Open	
Hayedian	415	Dantzler	35*
Lifetime	198 lbs.		
Bernstein	365	(17-19)/Raw	
Lifetime/Raw	Open	Cohn	250* 130* 270* 650*
Haey	395	Novice/Raw	
(40-44)/Raw	(40-49)	Olan	200* 100* 225* 525*
Haley	395	MEN	(50-54)
(40-44)		Bachmayer	135
Haley	395	148 lbs.	
(40-44)		Haley	120
Haley	396	SQUAT	(13-16)
(40-44)	165 lbs.	Levine	260* 165* 335* 760*
Haley	480*	Novice/Raw	
300 lbs.		Geogaras	155 150 225 530
Lifetime/Raw	Richardson!	165 lbs.	
Ramos	480*	(17-19)	
SHW		Richardson!	460* 220* 480* 1160*
(55-59) UNL		(17-19)/Raw	
Grant	350*	Gregorio	225
DEADLIFT		Zingone!	325 265 490* 1080
SHW	SQ	Haley	335
(17-19) Unl	BP	Lifetime/Raw	
Pusey	340	Haley	335
	DL	(17-19)/Raw	
	TOT	Christianson	360* 145* 370* 875*
		Shultz	265 170 340 775
		Lifetime	



JEFF DEIGAN.. Best Lifter at the WNPF American Cup, with a 635 DL

Griffith	300*	175*	425*	920*
Open/Raw				
Diegan!	605	385	635	1625
Junior				
Raike!	620*	425*	625*	1670*
275 lbs.				
(17-19)/Raw				
Griffiths	375	170	370	915
Junior				
Fritzinger	600*	—	—	—
(45-49)/Raw				
Gisondi	545	380	670*	1595*
Vellucci	475	390*	570	1435
300 lbs.				
(17-19)/Raw				
Hawrylack	325*	185*	400*	910*

*=WNPF National Records. !=Best Lifters.
Team Champs: Penn State University, Open Division, and Calver Power Team, Teenage Division. (results courtesy Troy Ford)

ADFPF Single Event Nationals
25 FEB 06 - Wayland, MI

WOMEN	SQ	BP	DL	TOT
Unequipped				
Open/Master II				
C. Burr	—	154	—	154
MEN				
Unequipped				
123 lbs.				
Open/Master II				
V. Vocom	—	242	325	567
165 lbs.				
Teen II				
J. Smoker	—	—	303	303
181 lbs.				
Open/Master IV				
J. Smoker	—	—	468	468
198 lbs.				
Open/Master I				
J. Jachim	—	314	—	314
220 lbs.				
Open/Master VI				
L. Turner	—	—	308	308
242 lbs.				
Open/Master V				
D. Finley	—	281	—	281
J. Brodski	—	297	—	297
275 lbs.				
Open/Master I				
M. Roman	—	573	—	573
Open/Master II				
B. Bowers	—	407	—	407
Open/Master IV				
G. Kruger	303	264	264	832
320 lbs.				
Open				
J. Harrison	—	330	—	330
Open/Master II				
Banastewski	—	308	—	308
Open/Master IV				
J. Buchin	—	418	—	418
Equipped				
165 lbs.				
Open/Master II				
R. Frickle	198	214	358	771
181 lbs.				
Open/Master I				
C. Hauser	—	325	—	325
198 lbs.				
Open				
L. Delis	—	314	—	314
Open/Master V				
R. Butko	—	—	490	490
220 lbs.				
Open/Teen II				
D. Baty	—	226	—	226
Open/Master II				
M. LeClair	—	468	—	468
242 lbs.				
Open/Master III				
D. Larence	424	314	402	1140
275 lbs.				
Open/Master I				
H. Lane	—	540	—	540
Open/Master II				
B. Edwards	—	501	—	501

*=ADPF American Records. Meet Directors Richard & Jan VanEck offered the lifters a beautiful venue at Wayland Middle School, top notch equipment, a concession stand offering lots of meal/snack options, and very impressive trophies. Referees were Jack Bowen, J & R Gedney, Gary Kruger, Mike Lawrence, Mike Smith, and Jim Southerland. The Announcer & Scoring Table crew was Greg Drobny & family, and Barb Bowen. The Set-up Crew was the above with John Jachim & family, and Jeff Gunther, who also helped with the trophy display. (results courtesy Judith Gedney)

World Natural Powerlifting Federation (WNPF)
Membership Registration

LAST NAME	FIRST NAME	INT.
STREET	ADDRESS	
CITY,	STATE,	ZIP
AREA CODE, TELEPHONE:	DATE OF BIRTH	
AGE	SEX	CHECK ONE: LIFETIME DRUGFREE
5 YRS. MIN.		

REGISTRATION FEE
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\$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

DATE _____ (memberships are valid for one year)

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

SLP Hester's Winter Champs

11 FEB 06 - Louisville, KY

BENCH	Master (50-54)
WOMEN	123 lbs.
Junior	B. Lamb 220
148 lbs.	Master (55-59)
D. Timbs	190* 198 lbs. 4th-205* Klingsmith 340*
MEN	Master (60-64)
Wheel Chair	165 lbs.
114 lbs.	L. Greer 205
H. Logsdon	215* 275 lbs.
Special Olympian	T. Chapala 340*
181 lbs.	Master (65-69)
S. Chapala	260 181 lbs.
4th-275*	W. Stinson 205*
Novice	Open
220 lbs.	220 lbs.
M. Brown	410* D. Nealy 640
275 lbs.	M. Brown 410
J. Thomas	410 242 lbs.
308 lbs.	D. Minor 520
S. Welham	510* D. McCall 295
4th-530*	275 lbs.
R. Potts	265 H. Timbs 680*
4th-275	P. Geyman 500
SHW	M. Brown 430
J. Vest	375* 308 lbs.
Teen (13-15)	S. Welham 510
181 lbs.	4th-530
S. Casey	200 DEADLIFT
198 lbs.	MEN
C. Mullenex	185* Special Olympian
242 lbs.	181 lbs.
D. Keown	275* S. Chapala 300
Teen (16-17)	Novice
165 lbs.	308 lbs.
J. Deacon	250 S. Welham 480*
198 lbs.	Teen (13-15)
E. Henry	325* 181 lbs.
Teen (18-19)	S. Casey 345*
220 lbs.	Master (40-44)
M. French	385* 220 lbs.
Junior	J. Robinson 640*
198 lbs.	Master (45-49)
B. Rudolph	275 308 lbs.
Submaster	S. Welham 480*
220 lbs.	Master (55-59)
A. Hampton	325 198 lbs.
Master (40-44)	G. Corbell 345*
148 lbs.	Master (60-64)
C. Flowers	330* 165 lbs.
198 lbs.	L. Greer 365*
D. Hackbarth	250 Master (65-69)
220 lbs.	208 lbs.
D. Thompson	435 W. Stinson 260*
4th-510*	Open
SHW	308 lbs.
D. French	500* S. Welham 480
Master (45-49)	
220 lbs.	
R. Dickerson	295
308 lbs.	
S. Welham	510*
4th-530*	

*=Son Light Power Kentucky state records.
Best Lifter Bench Press: Harley Timbs. Best Lifter Deadlift: James Robinson. Team Champions: Kentuckiana Power Team. The Son Light Power Hester's Family Fitness Winter Bench Press & Deadlift Championship was held at Hester's. Thanks to owner Kenny Hester for once again hosting this competition. In the bench press event, Heath Logsdon broke his own Kentucky state record at wheel chair/114 with 215. Heath, who is a great inspiration to us all, is also a valuable member of the Omega Force Christian Power Team, based out of Scottsville, Kentucky by its creator, Randy



Best Lifters Harley and Denise Timbs at the SLP Hester's Kentucky Open. (photo provided by the courtesy of Meet Director Dr. D. Latch)

Richey. Another great inspiration is special olympic 181 champ Sam Chapala. Sam, who is a national and state record holder, finished with 260. A fourth with a new state record 275 was also good. Denise Timbs, by far the best looking lifter of the meet, did a great job at junior women 148. Denise broke the state record with 190, followed by a great 205 fourth attempt. For the novice men's division Matthew Brown broke the state record at 220 with 410. John Thomas also finished at 410 with his win at 275. Scott Welham took the title at 308 with 510, followed by a personal best 530, both of which were new state records. Second place at 308 went to Robert Potts, who finished with 265 and 275. Jesse Vest, "sissy bell" and all, set the state record at shw with 375. In the teenage men's 13-15 age group, Sean Casey won at 181 with 200, while first timer Charlie Mullenex set the state record at 198 with 185. David Keown, also lifting in his first meet, set the state record at 242 with 275. At 16-17, it was Josh Deacon with 250 at

165 along with 198 winner Ethan Henry who finished with a new state record 325. Also setting a state record for the teenage group was 18-19/220 winner Matthew French who ended with 385. Junior 198 champ Brick Rudolph won with 275, this being his first competition. For the submaster group, it as winner at 220 Anthony Hampton with 325. Moving to the master's division, it was Chris Flowers breaking the state record with at 40-44/148 with 330, while Derik Hackbarth took the 198's with 250. Dale Thompson won at 220 with 435, then came back with a new bench shirt and a successful fourth of 510! This was Dale's first official 500 bench, which also broke the existing state record for that class! Taking the 40-44/shw class was David French, who settled with his opener of 500. But that was a big 500, which broke his old state record of 455! Rick Dickerson won at 220 with 295 while Scott Welham won at 308 with a new state record of 530. Bob Lamb, one of the greatest lighter master lifters in the country, won

at 50-54/123 with 220, after missing his final attempt with a state record 240. At 55-59/198 it was Bob Klingsmith with 340, another state record for him. Larry Greer won at 60-64/165 with 205 while 275 champ Tom Chapala broke his own state record with 340. Our final master competitor was 65-69/181 champ Wayne Stinson, who finished with a new personal and state record 205. In the open division Dwayne Nealy only got in his opener of 640, missing 680 twice. Second place at 220 went to Matthew Brown who finished with 410. Derek Minor finally won a meet at 242, and along with the win, set a new personal record of 520. Darin McCall was second with 295. In the 275 class best lifter Harley Timbs broke his own state record with his big 680 final attempt. This was also a new PR for Harley, who won the best lifter trophy over Dwayne Nealy by a mere five pounds! Second place at 275 went to Paul Geyman, who got a personal best 500, followed by Mike Brown with 430. Scott Welham won his third title of the day at 308. In the deadlift competition, Sam Chapala won his second title of the day at special Olympic 181 with a strong 300 pull. Scott Welham continued his winning ways by setting state records at novice and master 45-49/308 with 480, while also taking the open 308 class as well. Sean Casey set the state record at 13-15/181 with 345, taking his second win of the day. James Robinson, dropping down to the 220 class from 275, broke the state record at 40-44/220 with a great 640 pull. James always has picture-perfect form; a great example for the younger pullers. Jim was also awarded the best lifter award. Another good master puller is Glenn Corbell, who broke his own state record at 55-59/198 with 345. Larry Greer also got a new state record as he moved to the 60-64/165 class with a personal best 365. Wayne Stinson broke the state record at 65-69/181 with a personal record 260. Wayne also locked out 300 for a fourth attempt, but was called for hitching. The team award went to Kentuckiana Power Team, consisting of Tom and Sam Chapala, Bob Klingsmith, and Chris Flowers. Thanks to everyone who helped out, especially Howard Gant, Luke Bainer, and my son Joey. Also thanks to Christy Minor, who took pictures and served as our trophy girl. (Thanks to Dr. Darrell Latch for results)

USAPL Bruce Sullivan Qualifier

29 APR 06 - Racine, WI

MEN	SQ	BP	DL	TOT
114 lbs.				
D. Tsouousis	185	120	250	555
154 lbs.				
J. Parkhill	365	200	425	990
N. Jacobson	—	150	—	150
181 lbs.				
K. Bevars	475	300	420	1195
R. Pattengale	315	245	405	965
198 lbs.				
T. Schultz	500	350	535	1385
C. Hodawonus	425	295	485	1205
220 lbs.				
D. Wojnowski	—	250	—	250
242 lbs.				
A. Pettis	540	345	515	1405

(Thanks to USAPL for providing results)

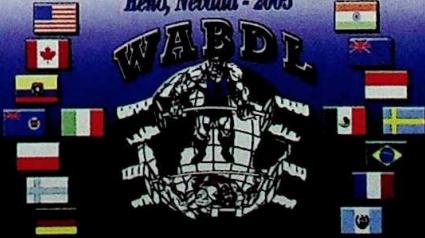
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Reno, Nevada - 2005



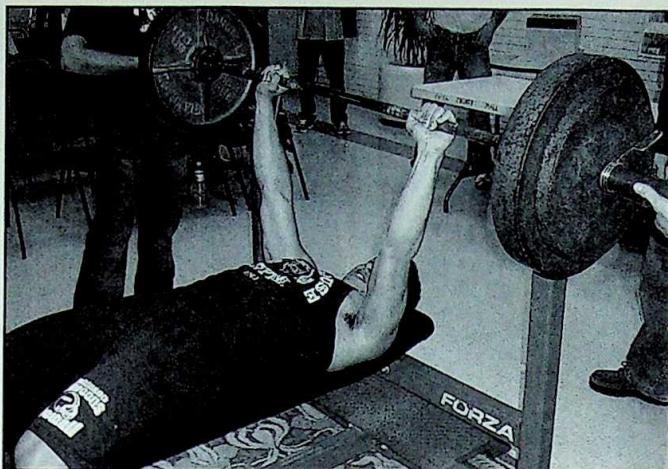
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ADFPF Bill Beckwith Memorial
25 FEB 06 - Wayland, MI

BENCH	Unequipped	Open/Master V
WOMEN	198 lbs.	R. Batko 418* 231* 490*
Equipped	Open/Master I	1140*
198 lbs.	J. Jachim 314!	220 lbs.
Open/Master I	242 lbs.	Open
S. Downs 231!	Open/Master IV	E. Reid 490* 352* 600*
MEN	B. Moleski 308!	1444*
Equipped	Open/Master V	Open/Master V
220 lbs.	J. Brodski 297	A. Wenzlaff 446* 231* 534*
Open/Teen II	Open/Master VI	1212*
D. Baty 226!	T. Andrews 220!	242 lbs.
275 lbs.	320 lbs.	Open/Master IV
Open	Open/P/F/M	S. Cohle 429* 358* 501*
S. Keirstetter 440	J. Harrison 330!	1289*
MEN	BP DL TOT	275 lbs.
Equipped		Open
165 lbs.		M. Lee 600* 440* 529*
Open/Master II		1570*
R. Fricke 214!	358 573	Open/Master IV
209 lbs.		N. Manning 275 226 363 865
Open		=ADFPF Powerlifting American Records.
D. Barrero 226 440 666		!=ADFPF Single Event American Records.
Joe Buleski 259 341 600		(Thanks to Judith M. Gedney for results)



Josh Kincaid with his SLP State Record 315 @ 13-15/198 at the March Madness competition held at the Cross County Mall in Mattoon, Illinois. (photo provided by the courtesy of Dr. D. Latch)

SLP March Madness		
11 MAR 06 - Mattoon, IL		
BENCH	Open	
MEN	198 lbs.	
Teen (13-15)	E. Mattox 325	
181 lbs.	181 lbs. DEADLIFT	
Open/Master V	E. Varney 175	
J. Kiszlik 176! 297! 474	Novice	
220 lbs.	198 lbs.	
Open/Master VI	181 lbs.	
L. Turner 181! 308! 490	400*	
WOMEN SQ	E. Varney 400*	
BP DL TOT	Teen (13-15)	
Unequipped	Junior	
138 lbs.	181 lbs.	
Open/Master II	E. Varney 400	
C. Burr 220* 154* 308* 683*	Submaster	
Equipped	D. Mickell 350	
154 lbs.	4th-365	
Open/Master I	Submaster	
K. Veltemaz 181* 104* 226* 512*	J. Dinaso 405*	
MEN	148 lbs.	
Unequipped	J. Dinaso 220	
220 lbs.	242 lbs.	
Open	J. Ewing 450	
T. VanTuinen 407* 292* 507* 1207*	M. Ashmore 260	
Equipped		
148 lbs.		
Open		
T. Greenman 396 292* 440* 1129*		
165 lbs.		
Open		
P. Coats 501* 341* 584* 1427*		
Open/Junior		
C. Pedaris 330* 264* 407* 1003*		
Open/Master I		
R. Fricke 198* 214* 358* 771*		
181 lbs.		
Open/Master VI		
R. Ringewold 446* 220* 485* 1151*		
198 lbs.		
Open		
J. Richmond 374 292 463 1129		
Open/Master I		
R. Rynbrandt 429* 264* 429* 1124*		

=Son Light Power Illinois state records.
The Son Light Power March Madness Bench Press & Deadlift Championship was held at the Cross County Mall. Thanks again to the Mall Association for hosting this annual event, which is now in its 22nd year! In the bench press competition, it was first-timer Eric Varney for the win at 13-15/181 with 175. At 13-15/198, Josh Kincaid broke the Illinois state record with his third attempt of 305, then followed with a fourth personal record 315! Another newcomer, Desmond Mickell, won at junior 181 with 350. A fourth with a personal best 365 was also good. Jim Dinaso won at submaster 148 with 220, while Mark Ashmore took the 220's with 260. Mark hadn't competed since 1987! In the open division it was Eric Mattox with 325 at 198. In the deadlift event Eric Varney broke the existing novice 181 record with a solid 400 pull! Jim Dinaso tied the state record at submaster 148

with 405, and James Ewing won at 50-54/242 with 450. It was great to see an old EU powerlifter, Jeff Varney and his brother who graduated twenty years ago! Where did those years go? Also thanks to Sandy Ashmore who took some great pictures and served as our trophy girl! And to my sons Joey and D.C. for loading and spotting. See you again back here May 5 for the SLP Cross County Pull! (Thanks to Dr. Darrell Latch for results)

SPF Tennessee State		
1 APR 06 - Gatlinburg, TN		
PUSH/PULL	W. Stover 625	198 lbs.
WOMEN	Raw	J. Trent 365
Raw	Teen	Raw
Teen	165 lbs.	181 lbs.
148 lbs.	G. Brooks 650	C. Golaszek 425
A. Rogers 320	181 lbs.	MEN
165 lbs.	J. Marley 585	Raw
J. Patterson 355	220 lbs.	Submaster
Master (40-44)	A. Albright 740	181 lbs.
181 lbs.	275 lbs.	W. Green 450
V. Traugot 450	J. Lawson 1000	181 lbs.
MEN	SHW	W. Stover 375
Teen	C. Poteete 930	J. Moss 525
259 lbs.	Submaster	J. Sneed 365
S. Carter 885	181 lbs.	Police/Fire 165 lbs.
220 lbs.	W. Stover 550	J. Johnston 375
J. Fields 1045	BENCH	Best Lifter Push Pull Raw: Jason Lawson.
R. Calton 830	WOMEN	Best Lifter Push Pull Open: John Fields.
259 lbs.	Open	Best Lifter Raw Bench: Keith Mackey.
C. Grazer 1025	181 lbs.	Best Lifters Open Bench Women: Kathy Golaszek. Best Lifter Open Bench Men: Bobby Fields. The SPF wants to thank the following people for all their help and dedication to the SPF: Head Judge, John
C. Golaszek 345	181 lbs.	

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Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455

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ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

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

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

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

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

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

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

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

Bible, Right Judge, Brent Pickett, Left Judge, Jim Pickett, Left Spoter, Nicky Peppers, Right Spoter, Rick Lewis, Announcer, Todd Weller, Record Keeper, Victoria Rodgers. Also, we want to recognize Russell Curtis and Richie Whitmore for all their hard work and dedication. We would not be the great federation we are without all the help and hard work that everyone contributes to the SPF. So, I personally want to thank everyone for a job well done. (Meet results Jesse Rodgers)

SLP Tennessee Open
4 MAR 06 - Clarksville, TN

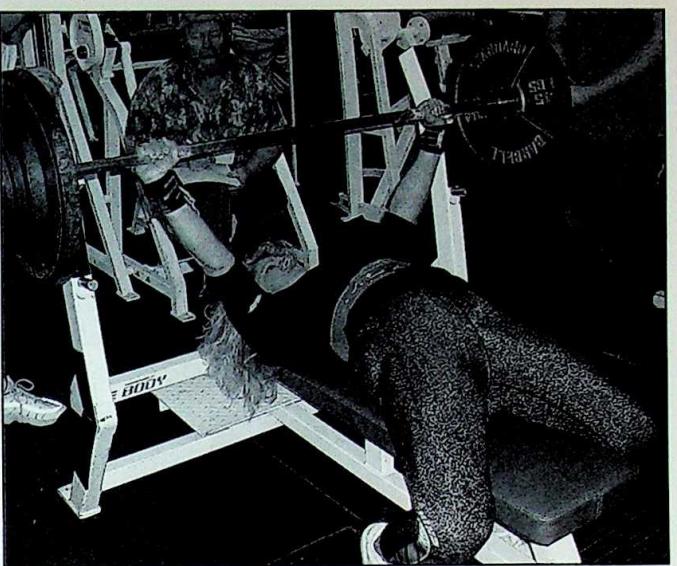
BENCH	181 lbs.
WOMEN	C. Kelly 275
Master (45-49)	242 lbs.
165 lbs.	C. Johnson 415
E. Reeves	215* DEADLIFT
Master (55-59)	WOMEN
148 lbs.	Master (45-49)
F. Taylor	160* 165 lbs.
4th-180*	E. Reeves 345*
MEN	MEN
Teen (13-15)	Novice
97 lbs.	97 lbs.
C. Pearson	70* C. Pearson 125*
4th-80*	4th-135*
Master (40-44)	Open
275 lbs.	275 lbs.
G. Taylor	500* J. Carter 675
Open	

*=Son Light Power Tennessee state records. The Son Light Power Tennessee Open Bench Press & Deadlift Championship was held at Extreme Fitness & Aerobics. Thanks to owner Brian Pullen for hosting this event. In the bench press competition, "E" Girl Reeves had a great day starting with a personal best 205. She finished with a new Tennessee state record of 215 for the 45-49/165 class. Another great female master lifter was Fannie Taylor, who won at 55-59/148. Fannie finished with 160 but returned for a new state record 180 fourth. And she was lifting raw! In the teenage men's division first-timer Cody Pearson set the

state record at 13-15/97 with 75, followed by a 80 PR fourth! Greg Taylor broke the state record at 40-44/275 with an easy 500, then passed on a fourth due to shoulder problems. In the open division Carlos Kelly, another first-time competitor, won at 181 with 275. Taking the title at 242 was Chris Johnson with 415. Moving to the deadlift event, "E" Girl Reeves won her second title of the day at 45-49/165, setting also her second state record as well. "E" Girl finished with a strong 345 personal best! Cody Pearson lifted as a guest lifter setting the state record at novice 97 with a 135 personal best! Our final lifter was Joe Carter, who was

nursing a pec injury, so was only able to pull on this day. But Joe ended with a personal best raw lift of 675 and the win at 275! Thanks to my son Joey and the others who helped out. (Dr. Darrell Latch)

"E" Girl Reeves with a state record 215 BP at 45-49/165 at the SLP Tennessee Open. (photo courtesy of meet director Dr. Darrell Latch)



SHW	275 lbs.
C. Beilby	415
B. Winchester	385
Submaster (33-39)	308 lbs.
181 lbs.	J. Shell 715
D. Plank	SHW
198 lbs.	D. Soppelsa 650
L. Delis	M. Crawford 650
J. Bularski	DEADLIFT
242 lbs.	WOMEN
B. Hislop	181 lbs.
Master	L. Carr 290
181 lbs.	Master
J. Smoker	132 lbs.
C. Houser	G. Johnson 140
F. Stokes	MEN
198 lbs.	Teen (15-16)
D. Horn	181 lbs.
G. Oshnock	J. Smoker Jr. 305
D. Ross	Teen (16-17)
J. Johnson	SHW
J. Kiszelik	C. Beilby 565
220 lbs.	B. Winchester 540
M. Sawyer	Submaster
242 lbs.	242 lbs.
T. Bennett	B. Hislop 555
A. Andrews	Master
D. Melocha	198 lbs.
Washington	G. Oshnock 500
275 lbs.	220 lbs.
M. Roman	M. Sawyer 540
R. Zimmerman	275 lbs.
B. Bowers	M. Roman 580
E. Webster	G. Wrapp 410
S. Mahl	Open
Open	220 lbs.
181 lbs.	C. Herrick 685
M. Ryan	242 lbs.
220 lbs.	J. Lickfelt 530
J. Mireles	275 lbs.
R. Losee	B. Amundsen 630
S. McShane	450
J. Breneman	405
C. Herrick	SHW
M. Garvin	D. Forstner 725
242 lbs.	T. Carr 585
A. Diaz Jr.	405
K. Rowland	—
Best Lifter Bench:	Jamie Shell. Best Lifter
Deadlift:	Chad Herrick. (Thanks to Mark
Mellinger for providing the meet results)	

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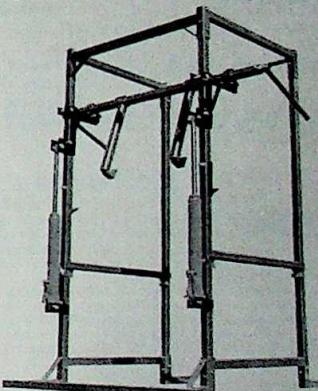
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Don Emery (right) receiving the first annual Illinois State Chairman's Award for his tremendous support and leadership in the sport of drug free powerlifting, presented by USAPL Illinois State Chair **Mark Motsinger**. (photographs provided by Meet Director **Mark Motsinger**)

	Open				181 lbs.				
D. Hall	215	125	275	615	Open	P. Beckette	315	260	350
132 lbs.					925	J. Perkins	410	360	480
Collegiate					1250	198 lbs.			
A. Kang	315	210	430	955	Raw/Open	R. Frey	300	210	340
148 lbs.					850	220 lbs.			
Teen II					Open	L. Haddad	380	210	360
C. Kurtz	350	225	425	1000	195 lbs.				
165 lbs.					950				
Teen II									
C. Motsinger	365	205	370	940					

S. Welch 455 335 480 1270
242 lbs.
Master III A. Probyn 425 245 500 1170
Master III/Raw McWilliams 300 370 370 1040
275 lbs.
Open S. Hopkins 400 310 500 1210
Best Illinois State Bench Women: Maureen Post, Best Illinois State Bench Men: Randy Biggiam. Best Lifter Illinois State: Maureen Post. The 2006 Illinois State Powerlifting Championships had a large turnout. The crowd of spectators filled the bleachers. The meet was held at the old Malin Junior High in Harrisburg, Illinois, which is now the Heartland Christian Academy. The University of Illinois brought a team this year and said they'd be back next year in larger numbers. They are shooting for the Collegiate Nationals. H & B brought a large team, large in number and large in size. Among their lifters were father and son Jim Oneil and Jimmy Oneil Jr. Steve Hutkowski always brings a team that is well trained and shows outstanding sportsmanship. Another standout in the meet was T-2, 148 lb. class Chris Kurtz. After performing a successful 425 lb. deadlift, he went to each of the officials and shook their hands. One of the officials commented "Now, that's a class act". Don Emery was awarded the Illinois State Chairman's award by Mark Motsinger. Don has been in the sport of powerlifting as a competitor and an official for as far back as most of us can remember. Don and his wife are always available to help, whether it be judging, weigh-ins or working the official's table. Loyal members like Don Emery make the USAPL the best. Special thanks to the Carrier Mills Fellowship of Christian Athletes for running the concession stand, helping with the spotting, and taking pictures. Also, all the spotters and loaders for doing an outstanding job. The judges were great and the scoretable kept things running smoothly. Harold Gaines came the night before the contest with a vanload of

equipment. Some of the most important people are the ones who stayed to help tear down: Adam, Mariah, Chloe, and Ella Dennison, Martha and Orville Dennison, Page Schutt, Caleb and Gabe Motsinger, and Sean Draper. (Thanks to Mark Motsinger for the results and the report)

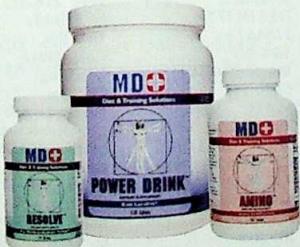
USA PL Texas Qualifier
25 FEB 06 - Houston, TX

BENCH		WOMEN				
WOMEN		114 lbs.				
114 lbs.		A. Harris 132				
MEN		SQ	BP	DL	TOT	
275+ lbs.		T. Meeker	562			
123 lbs.		Collegiate				
132 lbs.		105 lbs.				
123 lbs.		S. Joe	154	93	143	391
123 lbs.		J. Dafeiden	220	110	242	573
123 lbs.		J. Andiorio	237	126	281	644
123 lbs.		J. Daleiden	220	159	242	622
123 lbs.		N. Johnson	159	66	242	468
123 lbs.		K. Kana	231	121	248	600
123 lbs.		A. DaCosta	181	93	231	507
123 lbs.		E. Sandoval	242	121	226	589
MEN						
198 lbs.		Collegiate				
198 lbs.		132 lbs.				
198 lbs.		J. Hagendorf	391	292	402	1085
220 lbs.		165 lbs.				
220 lbs.		A. Smith	424	275	418	1118
220 lbs.		G. Engle	407	275	418	1102
220 lbs.		G. Stein	402	281	402	1085
220 lbs.		J. Pritchard	518	319	518	1355
220 lbs.		B. Strubberg	402	281	463	1146
220 lbs.		W. Blackman	507	352	551	132
220 lbs.		J. Edmiston	446	330	551	1328
220 lbs.		B. Perkins	551	314	534	1399
220 lbs.		Meet Director: Tony Cardella. (USA PL)				



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APA Baddest Bench in the South
13 MAY 06 - Shreveport, LA

BENCH	Master (60-69)
MEN	J. Cassels 260!
132 lbs.	242 lbs.
Open	Open
J. Enoch 265!	J. Goussett —
181 lbs.	Junior (20-23)
Master (40-49)	R. Delaughter 335!
R. Snell 245!	Submaster (33-39)
220 lbs.	J. Goussett —
Open	Master (60-69)
S. Ishee 505!	L. Spiller 200!
J. Morson 500	275 lbs.
C. Millett 465	Open
J. Steen —	C. Beal 475
Submaster (33-39)	308 lbs.
R. Davis 405	Teen (16-17)
Master (50-59)	D. Clawson 330
B. Bryant 425!	4th-350!

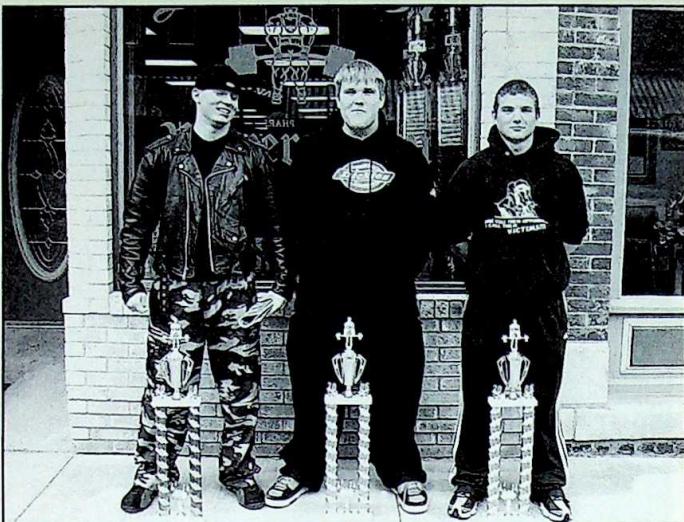
!LA State Records. Best Lifters: Open-Jason Morson, Master-Bill Bryant. The first annual Fit For Life Day Baddest Bench in the South was a huge success. Lifters from TN, TX, MS, & LA broke several state records during the Expo Event held at the Shreveport Convention Hall. Competing at a lighter weight than normal, Jeff Enoch set a nice state record in the 132s. Master lifter Ray Snell also hit a state record, as did his TN counterparts Bill Bryant and Larry Spiller. The 220s had an awesome turnout with Shannon Ishee breaking the state record with a 505 bench. However, Jason Morson edged out Shannon for the Open Class Best Lifter with a 500 bench. Crag Millett hit a solid 465, while Jody Steen came just short on his 2nd and 3rd attempts with 525. Master lifter Julius Cassels blew up 260 in the 60-69 division, while Junior lifter Roger Delaughter had an impressive 335 raw bench. Submaster and Open lifter Jay Goussett just missed state record attempts of 510 and 550. Coming over from TX and in their first meet, Ronnie Davis hit a state record in the Submaster 220s with a nice 405 bench, while Chad Beal blew-up 475 on his first attempt. Chad showed what an awesome competitor he is after dropping 510 on his chest and coming back to attempt the state record on his 3rd. 308 lifter Dakota Clawson set the standard in the Teen 16-17s with a nice PR of 350. I would like to thank Fit For Life Day promoter Supamann

Blount, Rand McClure, Ben Larson, Dr. Clawson, and everyone who helped make this meet a success. We will be back in Shreveport next year to put on an even bigger full meet and hope to see everyone there! (courtesy Ryan Cidzik, State Chair)

USA Raw BP Federation Nationals
12 FEB 06 - Tuscola, IL

BENCH	4th-350*
MEN	Junior
Novice	220 lbs.
198 lbs.	R. Gendron 430*
C. Wingerter 290	4th-440*
220 lbs.	Submaster
D. Swan 360	181 lbs.
Teen (13-15)	M. York 335
242 lbs.	220 lbs.
M. Redmann 275	B. Hutchinson 300
Teen (16-17)	Master (40-49)
165 lbs.	308 lbs.
M. Pivanka 255	P. Linville 415*
4th-260	Police/Fire
198 lbs.	Submaster
B. Rodgers 240	198 lbs.
275 lbs.	C. Barth 355*
C. Linville 275	Open
Teen (18-19)	220 lbs.
165 lbs.	N. Wingerter 300
P. Burdess 340*	

=USA Raw Bench Press Federation national records. Best Lifter Lightweight: Paul Burdess. Best Lifter Heavyweight: Ryan Gendron. The USA Raw Bench Press Federation Winter Nationals was held at Sun Light Power Gym. Thanks to my son Joey for his help organizing this event, and to Benny Hutchinson and Ryan Gendron for helping out. In the novice men's division, it was Cory Wingerter for the win at 198 with 290, while first time competitor David Swan won at 220 with 360. Mike Redmann took the 13-15/242 class with 275, while Matt Pivanka won at 16-17/165 with 255. A fourth with a 260 personal best was also good. Also at 16-17 was 198 winner Ben Rodgers, making just his opener of 240. Chris Linville won at 275 with 275. Breaking his own national record at 18-19/165 was Paul Burdess, who finished with 340. Paul then returned to the platform to nail a great 350. This at a 160 bwt! Best lifter lightweight! In the junior division, best heavyweight lifter Ryan Gendron had a



Ben Rodgers, Mike Redmann, and Matt Pivanka at the USA Raw Bench Press Federation Winter Nationals. (photo Dr. Darrell Latch)

great day, finishing with a personal best 430, followed by a 440 national record fourth at 220. At submaster 181, it was Michael York with 335 while Benny Hutchinson took the 220's with 300. Paul Linville broke the national record at 40-49/308 with 415 while Chuck Barth did the same at police & fire/submaster 198 with 355. Our final competitor was Nick Wingerter, who won at open 220 with 300. Thanks again to all the competitors and spectators who came to support this event. (Thanks to Dr. Darrell Latch for results)

31st USPF State Powerlifting
25 MAR 06 - S. Charleston, W VA

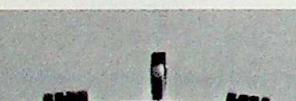
BENCH	Master (65-69)
MALE	K. Samples 231
165 lbs.	181 lbs.
Teen (16-17)	Submaster
A. Phillips 242	J. Brydee 396



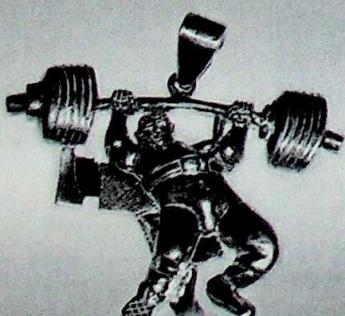
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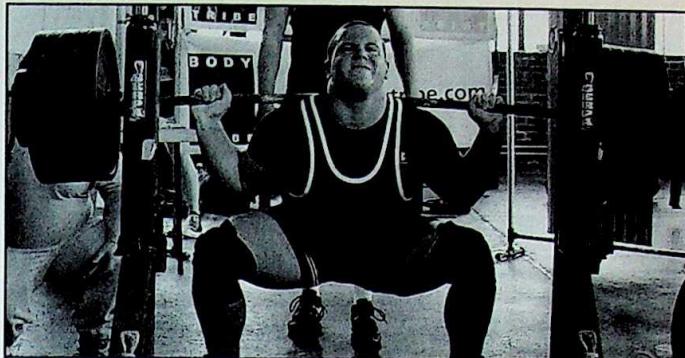
	SQ	BP	DL	TOT
SHW				
Teen (14-15)				
K. Morris	77	99	203	380
MALE				
148 lbs.				
Teen (16-17)				
C. Jarrett	203	176	297	677
Teen (18-19)				

J. Pauley	259	209	402	870
165 lbs.				
Teen (16-17)				
L. Tribble	259	203	358	821
Teen (18-19)				
G. Ballenger	132	248	374	755
181 lbs.				
Teen (16-17)				
B. Snodgrass	314	259	451	1025
Collegiate				
J. Irving	358	303	418	1080
Junior				
J. Scott	451	352	451	1262
J. Riffe	451	314	440	1212
Master (40-44)				
H. Raffe	451	314	440	1212
Master (50-54)				
T. Ballenger	303	220	336	859
198 lbs.				
Teen (14-15)				
B. Fox	319	342	440	1003
Junior				
B. Brown	55	462	402	920
Master (50-554)				
T. King	573	363	567	1507
220 lbs.				
Teen (16-17)				
J. Schoolcraft	402	336	424	1162
Master (45-49)				
M. Richards	451	330	507	1289
Master (50-54)				
Law/Fire				
J. Rubenstein	451	303	518	1273
Master (55-59)				
D. Hall	402	292	418	1113
242 lbs.				
Master (60-64)				
C. Stanley	578	341	628	1548
275 lbs.				
Teen (16-17)				
J. Young	242	259	352	854
Junior				
S. Modesitt	617	518	666	1802
Senior				
J. Compton	655	496	650	1802
308 lbs.				
Master (40-44)				
J. Simone	589	479	655	1725

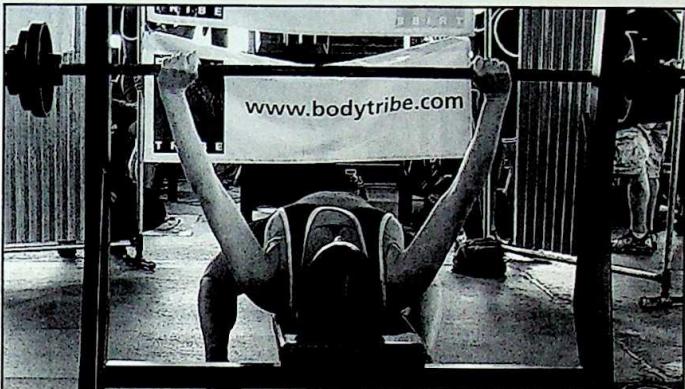
Teen (16-17)
J. Villers 402 336 501 1240
SHW
Teen (18-19)
J. Johnson 457 341 523 1322
 Thank you to all our fine competitors, and congratulations on some very fine lifting. Thanks also to all our helpers, judges, spotters, and loaders. Special thanks to all the Holley Strength System members for helping to run another very successful contest. Also, we would like to again thank S&E Bolzout in Nitro, West Virginia for their sponsorship. Your efforts help support the many fine athletic programs at South Charleston High School. We very much appreciate all you do. (Thanks to John Messinger for providing the results)

APF 1st South Dakota State
18 MAR 06 - Yankton, SD

BENCH		Submaster	(33-39)
WOMEN		T. Young	430
181 lbs.		275 lbs.	
N. Thomas	195	J. Law	475
MEN		Master	(45-49)
181 lbs.		K. McKnight	375
Submaster	(33-39)		
J. Jones	350		
242 lbs.			
WOMEN	SQ	BP	DL
Open			TOT
181 lbs.			
N. Thomas	225	195	255
MEN			675
Open			
181 lbs.			
M. Poss	500	390	515
220 lbs.			1405
J. Ehler	700	275	550
242 lbs.			1525
B. Leisinger	725	515	680
275 lbs.			1920
A. Carlquist	750	605	650
J. Law	500	475	565
Best Female Overall Lifter and Bencher of the Meet: Nagia Thomas. Best Male Overall Lifter of the Meet: Anthony Carlquist. Best South Dakota Male Overall Lifter of the Meet: Brad Leisinger. Best Male Overall Bencher of the Meet: Thomas Young. (results courtesy Joshua Law, APF Chair)			



Brock Daniels (above) and Katie Mae Sanber (below) competing at the APA Sacramento Open. (photographs APA President Scott Taylor)



APA Sacramento Open
22 APR 06 - Sacramento, CA

22 APR 06 - Sacramento, CA			
BENCH		Drug Free	
WOMEN		275 lbs.	
105 lbs.	J. Turanski!	185	
C. Fujisaki	170	Master III	
114 lbs.	D. Knapp	95	
M. Watts	135	D. Faler	95
C. Crowell	—	DEADLIFT	
MEN		MEN	
Teen (13-15)		Submaster	
J. Laija Jr.!	245	R. Exum	510
S. Lagris	140	Master I	
Junior		P. O'Neil	450
N. Luiz	330	Master II	
Submaster		P. Murphy	475
J. Laija	470	K. Kirk	355
W. Alex	500	Drug Free	
Master I		242 lbs.	
S. Humer	425	J. Crow	565
J. Hunter	365	275 lbs.	
Master III		J. Turanski	525
M. Bonifield	335	Junior	
D. Faler	300	Baumgarten	450
Drug Free			
242 lbs.			
S. Humer	425		
275 lbs.			
M. Bonifield	335		
GRM			

M. Wild!	500	34	600	1440
M. Klint	350	305	455	1110
M. Stumpf	415	240	450	1105
275 lbs.				
P. Laughlin	385	355	485	1225
Junior				
Baumgarten	—	—	—	—
Submaster				
G. Soto	380	230	435	1045
Master I				
J. Blanco	500	335	490	1325
D. Gress	—	—	—	—
Master II				
R. Kadlub	315	270	415	1000
			4th-DL-425	
R. LaMarine	250	215	400	865
D. Bertier	440	315	510	1265
K. Kirk	275	175	355	805
Master III				
D. Knapp	240	205	300	745

was excellent, and the spotters saved several close calls. The facility was very spacious and well laid out, with bleachers for the spectators on both sides of the platform. We are in the process of scheduling another APA meet in Sacramento for the fall. (Thanks to Scott Taylor, APA President, for providing the meet results)

NASA South Texas State
20 MAY 06 - Alvin, TX

BENCH		Novice	
MEN	R. Perez	451	
165 lbs.	Master I		
Police/Fire	R. Perez	451	
C. Schaffer	231	275 lbs.	
Master I		High School	
C. Schaffer	231	E. Guerra	352
181 lbs.		Novice	
Teen	R. Coffy	485	
Easterbrook	275	SHW	
Junior		High School	
Easterbrook	275	A. Ortiz	341
198 lbs.		PS CURL	
Submaster II		MEN	
G. Garner	391	165 lbs.	
220 lbs.		Intermediate	
Pure		J. Reddin	165
L. Kelly	429	198 lbs.	
242 lbs.		Open	
Push Pull		G. Garner	143
		BP DL TOT	

MEN				
148 lbs.				
High School				
M. Lopez	148	314	463	
220 lbs.				
Police/Fire				
M. Killeen	457	451	909	
Intermediate				
M. Killeen	457	451	909	
Power Sports CR	BP	DL	TOT	
MEN				
220 lbs.				
Master Pure				
G. McNeil	165	341	556	1063
Powerlifting	SQ	BP	DL	TOT
WOMEN				
105 lbs.				
High School				
G. Gonzalez	82	82	192	496
Teen				
S. Sanchez	92	92	214	490

S. Sanchez	93	93	214	490
114 lbs.				
High School				
J. Merideth	82	82	187	446
123 lbs.				
High School				
I. Ples	66	66	170	402
High School				
P. Perez	88	88	209	507
132 lbs.				
High School				
K. Shimnick	88	88	242	545
165 lbs.				
Submaster II				
E. Campos	286	286	463	1207
High School				
H. Harris	93	93	159	407
181 lbs.				
High School				
F. Acosta	126	126	286	688
SHW				
High School				
C. Sambrano	137	137	281	683
MEN				
165 lbs.				
High School				
J. Reiswerg	226	226	429	1008
220 lbs.				
Intermediate				
A. Holms	490	490	573	1565
Novice				
A. Holms	490	490	573	1565
242 lbs.				
Intermediate				
N. Holms	501	501	407	1223
Pure				
N. Holms	501	501	407	1223
4th-BP-507				

Paul Kelso's

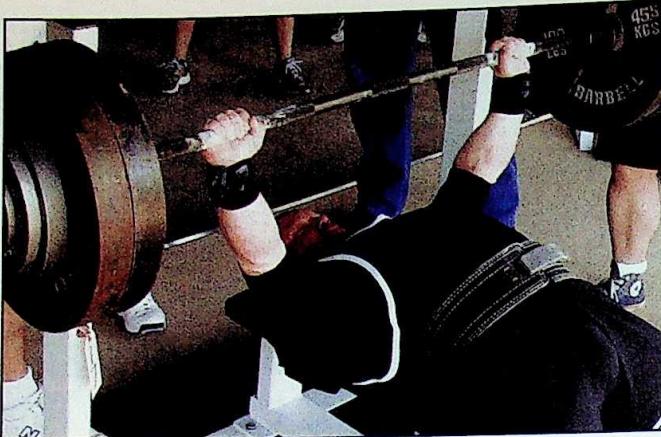
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ADPF Qualifier
6 MAY 06 - Macomb, IL

BENCH	Teen II			
WOMEN	B. Henry	270*		
Unequipped	Master IV			
198 lbs.	J. Buchin	407		
Open	DEADLIFT			
Police/Fire/Military WOMEN				
C. Martin	170*	Unequipped		
Equipped	275 lbs.			
275 lbs.	Master II			
Open	C. Cozine	435		
Police/Fire/Military MEN				
C. Martin	192*	Unequipped		
Master II	275 lbs.			
C. Cozine	451*	Teen II		
MEN	B. Henry	253		
Unequipped	Equipped			
198 lbs.	275 lbs.			
Master I	Master IV			
J. Jachim	336*	J. Buchin	440	
275 lbs.				
WOMEN	SQ	BP	DL	TOT
Unequipped				
132 lbs.				
Open				
Police/Fire/Military				
L. Waller	143*	93*	170*	407*
MEN				
Unequipped				
165 lbs.				
Teen II				
T. Freckleton	330*	303*	319*	953*
181 lbs.				
Junior				
R. Woodward	341*	264*	446*	1052*
198 lbs.				
Master IV				
D. Wynn	319*	264*	308*	892*
Equipped				
165 lbs.				
Open				
C. Siders	424	253	424	1102!
198 lbs.				
Open				
Police/Fire/Military				
B. Cannon	573*	402*	496	1471!
242 lbs.				
Master III				
J. Valpatic	440	308	518	1267!

*=ADPF American Records. !=Qualified for WDFPF Powerlifting World Championships. Mrs Laura Waller was the recipient of a double lung transplant, approximately 1.5 years ago! She is now back to work as a full-time Moreno, IL, Police Officer. This was her first competition since her surgery! She was good for much more! The ADPF American Record Setting & International Qualifier was held in the Macomb Salvation Army Weightroom. This Drug-tested event drew a dozen lifters from 4 different states, Illinois, Indiana, Iowa, and Michigan. They ranged in experience from first-time competitor to National and International Champions. All Categories were represented: Teenage, Junior, Open, Masters, and Police/Fire/Military. Meet Directors Tim Piper and Judy Gedney ran the competition, assisted by current and past lifters who have trained at The Salvation Army Weightroom. The small gym was packed with encouraging family members and friends of the lifters. It was a fun event featuring new faces; the meet moved relatively smoothly finishing within three hours. The lifters received newly designed ADPF Logo T-shirts for awards. Numerous ADPF American Records were set in both the equipped as well as in the unequipped divisions of powerlifting along with more records sent in the single events. Five powerlifters qualified for the 2006 Powerlifting World Championships, held in Kinsale, Ireland, November 11th & 12th, and sanctioned by the World Drug-Free Powerlifting Federation, Inc. Each of the Single Event entries qualified for the 2006 Single Event World Championships, held in Bendigo, Australia, October 20, 21 & 22nd. The ADPF American Records for powerlifting and for single events are now posted on our website: www.adpf.org. Two lifters were drug tested, and the results are to be published within 2 weeks. Many thanks to Referee's who worked diligently and quickly: Dick Van Eck, Timothy J. Piper, Donnie Wynn, Cathy L. Martin, and Judith M. Gedney. (Thanks to Judith Gedney for providing these results)

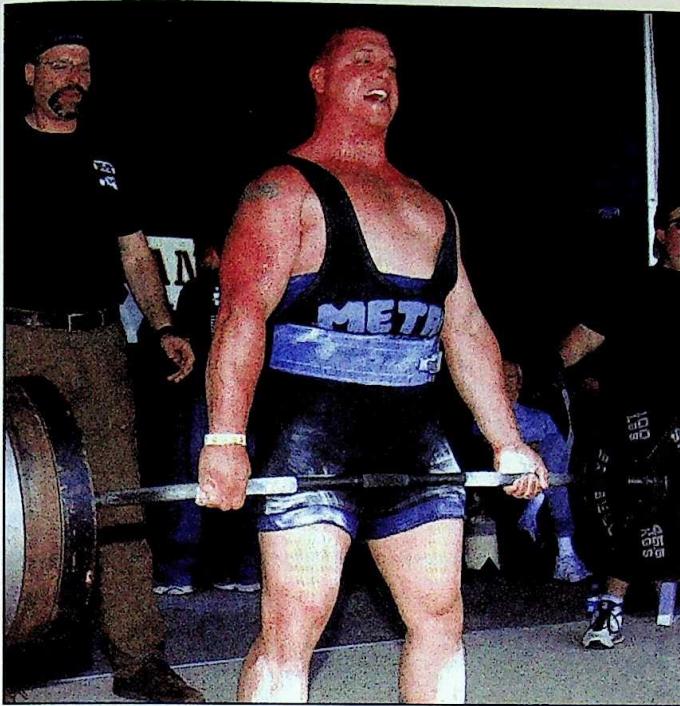


Brantley Waites got a 555 BP @ 198 to win Best Bench at the APF Heavy Iron meet. (photos provided by Meet Director Will Millman)

APF Heavy Iron Meet
15 APR 06 - Charleston, SC

BENCH	B. Waites	555	
WOMEN	220 lbs.		
181 lbs.	Open		
Master	Master		
B. Roby	250	J. Ramsey	
MEN	242 lbs.	500	
132 lbs.	Open		
Open	J. Ontal	465	
E. Knight	370	K. Williams	
181 lbs.	Junior/Teen	460	
Master	B. Williams	—	
R. Sutton	270	275 lbs.	
B. Milner	225	Open	
198 lbs.	D. Ricafrente	375	
Open			
WOMEN	BP	DL	TOT
Master	160	280	440
105 lbs.	W. Burnett		
MEN	Guest		
R. Hubbs	75	145	220
Junior/Teen	220 lbs.		
C. Hitchman	265	380	645
D. Glover	325	565	890
D. Johnson	330	565	895
Open	165 lbs.		
J. Tetreault	225	345	570
C. Winsley	225	345	570
242 lbs.	B. Rogers	500	620
275 lbs.	W. Hancock	505	540
C. Williams	455	480	935
308 lbs.			
C. Justice	—	—	—
Master			
T. Walters	145	370	515
242 lbs.	S. Hines	390	580
198 lbs.	S. Ramsay	340	340

a new PR with a determined pull of 145 lbs. Going 6x6 he had a great day. The crowd loved him! Up next was master lifter Tom Walters. At 68 years young, he shows no sign of slowing down. Opening with a smooth 120 lb. bench, he moved up to 145 for his second, but smartly, he passed on his third attempt, mindful of his recovering shoulder. His deadlift was another story. After a 320 lb. opener, he called for a new SC State record attempt of 370 lbs., and blasted it up smooth and strong. It was a good lift, earning him a first place plaque and a new State record in MM 198 (60-69). And here comes Wanda. From Horseshoe, NC, and at 54 years old, she is currently the #3 ranked women's powerlifter in the U.S. at 97 lbs. Recovering from extensive shoulder surgery her weight has "ballooned" up to 104 lbs., moving her up to WM 105. She benched a cautious 160 lbs. and deadlifted a big 280 lbs., just 10 lbs. shy of her American record. She is the most determined and strongest little lady that we have ever seen. She won the first place WM 105 plaque. Bill Milner was in bench only, and at 75 years young he pushed up a solid 220 lbs. for his opener. He went up to 225 for his second attempt, but not quite able to lock it out. Again at 225, bam! Good lift! A new PR for Bill and a first place in MM 181 (70-79). Chris Winsley, a first time competitor from the USMC in Jacksonville, NC, was next. Probably a little anxious, he dropped his first attempt with 225 but the spotters were right there. Another shot at it earned him 3 white lights, which is a good lift! In an attempt to set a new PR, he called for 250 lbs., which proved to be too much today. Jason and company were right there to 'take it'. His first attempt at the deadlift was an easy 295. Up to 325 lbs. for another good lift. A third attempt with 345 lbs. was strong and solid, being good again! A perfect DL day for Chris. He totaled 570 lbs. in MO 165 where he had the same pound total as Josh Tetreault, but won first place because of his lighter body weight. Josh Tetreault, also a first time lifter with us from Wailes Fitness in Lexington, was next. His first attempt bench at 225 was the best he could get today. He deadlifted 315 and then pulled a big 345 for his total of 570 lbs. for second place in MO 165. Good job for his first competition! Another first time lifter in J/T 220, Chad Hitchman from Stratford High School in Goose Creek was up next. With his "coach" always nearby he was ready to compete. His opening bench press of 250 lbs. was a smooth, good lift. Up to 265 on his next attempt was also good! Feeling strong, he called for 285, but was stopped after a good effort take it! He deadlifted an easy 340 for his opener. Up to 380 for his second attempt good lift. He then called for 450 lbs. for his final attempt, a best shot but no go. He had a good day for his first meet and was second in his category. Good job, "coach". Ron Sutton, who has lifted with us three times in bench only, was next. Looking for his first 300 lb. bench, he opened with a slow, strong 270 lbs. for a good lift! Up to 300 lbs., no good. Again with 300 "take it". A great effort and a new PR he'll get it next time. He still earned a first place award in MM 181. Our next lifter was Scot Ramsay from Mt. Pleasant Aerobics and Fitness, one of our sponsors. He was competing for the first time in MM 242. He opened with a successful 315 lb. bench and then up to 340 for his second attempt, which earned him 3 white lites and a new PR great lift! An attempt with 365 needed the spotters help, but it looks like he hurt his shoulder. A 315 lb. deadlift, although a good lift, helped Scot decide that he did, in fact, injure his shoulder. He bowed out of the meet, but we hope to see more of him. Next was upcoming super lifter Doug Glover. At 18 years old, in J/T 220, he is getting bigger and stronger each time we see him. He lives in Charleston and trains at Steel City Gym. A high school wrestling champion he now concentrates on Powerlifting. His opening bench of 315 was good and solid. The second attempt with 325 was a good lift and set a new SC State record. He was stopped after a super effort with 350 lbs. on his third attempt. His deadlift is his best lift. A first attempt with 525 was just a warm-up. His second attempt, with 560 was a little sloppy and he got 2 red lites, but he came roaring back for his third attempt with 565 and made it! Setting another new SC State record by over 100 lbs! He did a great job and earned a first place in his category. Next was David Johnson, from Hilton Head and at 17 years old, sported a full beard. He is getting to be a "Big Boy", weighing in at 266 lbs. After two shaky attempts he bench pressed 330 lbs. to break "Beefs" long standing state record of 325 lbs. Three solid deadlifts of 430, 475, and 500 lbs. brought the crowd to its feet. They loved this big "Grizzly Adams". He earned first place in J/T 275. We took a short break between flites, which gave me the opportunity to recognize our hard working team and our loyal sponsors. Starting the second flite, "Little Superman" Eric Knight hit the platform running we all know that this 132 lb. man can really bench press big. He is the current American record holder of 420 lbs. at 148. He's here today to set a new American record at 132. Opening up with 340 lbs. it looked like he could "rep" it, and it was a good lift! The American record is already his, but that doesn't stop this fierce competitor. Up to 360 for his second attempt, again 3 white lites! Up another notch to 370 lbs. good lift! Going 3x3, he is truly "Little Superman" with first place MO 132. Stewart Hines, one of our biggest supporters from Hilton Head Island in MM 242, opened with a "too easy" 370 lb. good lift. Up to 390 for another good lift on his second attempt, he passed on his third attempt in the bench. His first deadlift with 540 was smooth and easy. Next try at 565, oh yeah! It was a good lift. A third attempt up to 580 lbs. was a great strong lift for 3 white lites. I tossed him a beer and he bellowed, "Hell yeah! A good day for Stewart and first place in his category. Then it was Master lifter, Doug Ricafrente, looking to establish a SC State record in MM 275 (60-69) bench press only. His opening lift at 375 lbs. was good enough to do it! Two more attempts with 390 needed the help of the spotters. Doug did what he came for; a new state record for this 60 yr old lifter and first place in MM 275. Congratulations. John Ontal, also in bench only, from Atlanta GA, in MO 242, opened with a good solid 415 lbs. lift. Up to a big 465 for his next attempt BAM! Great lift. A try at 480 was a little too much take it, take it. His double body weight bench earned him a first place plaque. The next lifter was Corey Williams from here in Summerville. The "Vanilla Gorilla" weighed in at 259 lbs. and lifted in MO 275. He opened with 425 lbs. and made it look easy. Up to 455 for his next attempt, and again a good lift! His third attempt with a big 505 was his attempt for the state record, but not today. His opening deadlift of 405 looked easy and good. Next attempt with 455, which was also good. Up to 480 for his final pull



BRYCE ROGERS with his 620 pound deadlift at 242 he used to win Best Lifter honors at the Heritage Rally/APF Heavy Iron competition.

and 3 white lites good lift. He totaled 935 and second place in MO 275. Killer Williams, looking big and strong, was our next lifter. This is Killer's fourth time lifting with us and he is always a treat. His pro-wrestling antics are a real crowd pleaser. He opened with solid 430 lb. bench. Moving cautiously up to 440 again, yet still a good lift! He calls for 460 lbs., to establish a new PR, and makes it no question, good job! He went 3 x 3 and second place in MM 242. Another first

time competitor from Charlotte, NC, was "Big" Will Hancock in MO 275. He opened with a 455 bench and moved right up to a smooth, strong 505 lb. lift. A third attempt with 530 was a little too much. His first deadlift of 540 lbs. was good, but two attempts with 605 just would not go. He totaled 1045 lbs., the second highest of the meet and earned him first place in his division. Next up was "Big Daddy" Eric Hubbs. At 242 lbs. he is a super bench presser. Always looking for a new record,

he opened with 495 lbs. and blasted it up for a good first attempt. His next 2 attempts with 515 just would not lock out so close. Good try. He earned first place in MM 242 (40-49). Bryce Rogers USMC, a first time lifter from Jacksonville, NC, is going to be a hell of a competitor. At 226 lbs. he is solid as a rock. A little sloppy with his first bench attempt of 500 lbs. no good. One more time, bam! A good solid lift! A third attempt with 525 not quite able to lock it out and got red lites. An opening deadlift of 500 lbs. flew up to shouts of, "put some weight on that bar". And, that he did up to 575, which he made strong and solid. Up again, he calls for a big 620 lb. attempt, which he pulls and pulls bam! Good lift! Bryce totaled 1120 lbs. to earn first place in MO 242 and "Best Lifter" of the meet in his first meet! Wow! Coach Brantley Waites from Waites Fitness in Lexington has been one of our biggest supporters. He and his lifters have competed on most of our meets and always placed well. But, today was "Brantley's Day". We've been ready for him to show it to us and this time he did! Weighing on at a solid 194 lbs, he lifted in bench only MO 198 where he destroyed all competition. Opening with 530 lbs. he pushed it up, slow and steady for a good lift. His call for 555 lbs. got everyone to their feet, the crowd, the lifters, and everyone within sight of the platform. I announced the attempt as his try at 2.86x bodyweight. Bam! Up strong and solid good lift! Looking for even more, possibly 3x bodyweight, he called for 575 lbs. but, not today. His 555 lb. bench earned him first place in MO 198 and "Best Bench Press" of the meet. Great job, coach! The last lifter of the meet was "Big" Chad Justice. Lifting in MO 308, he came to lift big. Never one to sneak up on it, he opened with an amazing 660 lbs., the biggest attempt of the meet. With "Big" Tex handing off, he's got it, but can't control the weight take it! Another try with 660, no good can't get into his groove. A third attempt, this time with 675 and wow! Down and up but can't lock it out so close...good try. You'll get it next time. What a great meet! Special thanks to the Heritage Motorcycle Rally, Charles-ton Fitness equipment, The Line X girls,

and Atlanta Bread Co. Always thanks to Marge and our great team. (Results Will Millman, APF/AAPF SC State Chairman)

USAPL Albany Strength 13 MAY 06 - Albany, NY

		165 lbs.	
BENCH	MEN	C. Parody	390
132 lbs.	A. Zehr	181 lbs.	—
148 lbs.	R. Carlson	220 lbs.	—
WOMEN	T. Albano	R. Brunk	475
Open	425	BP	TOT
114 lbs.	T. Ward	210	95 265 570
148 lbs.	S. Hernstandt	125	85 180 390
MEN	D. Leitan	300	165 355 820
Open			
132 lbs.	D. Maier	320	160 365 845
165 lbs.	Hollowberg	455	340 505 1300
K. Budde	445	215	500 1160
J. Duprey	325	275	450 1050
B. Fortino	—	—	—
181 lbs.	M. Scanantz	430	250 520 1200
K. Turi	415	300	425 1140
D. Johnson	305	270	405 980
198 lbs.	A. Yvars	625	360 550 1535
A. Scolaro	500	365	545 1410
I. Fernandez	500	365	550 1415
W. Allen	400	265	535 1200
S. Leahy	435	255	500 1190
220 lbs.	R. Hanson	565	365 665 1595
F. Ball	510	455	600 1565
C. Solonya	530	355	585 1470
M. Burns	450	315	425 1190
242 lbs.	J. Williams	630	365 520 1515
J. Singer	225	135	190 550

Thank you to our many helpers: Announcer James Basale, scorekeeper Rick Cancelino, our platform crew of Don Lefevre, Big Don, Everett and Little Johnnie did great. Thanks to Rel's Geoff Plante and Dale. (Thanks to John Payette for these results)

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USAPL Indiana State
10 DEC 05 - Fishers, IN

	WOMEN	SQ	BP	DL	TOT
A. McGuire	275	137	259	672	
MEN					
114 lbs.					
I. Smith	99	159	187	446	
L. Zielinski	99	104	165	369	
123 lbs.					
S. Meadows	—	—	—	—	
132 lbs.					
C. Ferree	380	255	413	1047	
148 lbs.					
M. Buck	451	308	457	1218	
R. Horn	385	237	330	953	
165 lbs.					
E. Nickson	600	424	639	1664	
B. Stancombe	380	303	380	1063	
J. Buck	198	248	275	722	
181 lbs.					
T. Sanders	—	—	—	—	
198 lbs.					
J. Bales	501	314	501	1317	
M. Lawrence	479	314	457	1251	
J. Ellis	407	237	451	1096	
220 lbs.					
W. Literal	606	391	584	1581	
J. Shoopman	523	363	633	1521	
A. Willis	463	275	501	1240	
L. Wall	418	303	402	1124	
M. Hinders	—	—	—	—	
M. Johnson	—	—	—	—	
242 lbs.					
P. Schafer	518	380	551	1449	
J. Valpatic	424	281	529	1234	
M. Mills	—	—	—	—	
275 lbs.					
K. Hutchinson	—	—	—	—	
J. Dibert	523	—	573	—	
275+ lbs.					
R. Bee	705	341	578	1625	
J. Gilpin	523	—	—	—	

The 2005 USA Powerlifting Indiana State Championships were held at University High School in Carmel, Indiana. University is a nearly brand new school, and the facility was really top notch for a state level meet. IPF Cat II Referee Cathy Marksteiner, Julia Ricks (wife of Mr. David Ricks), and myself sat as the referees for the meet, and it's always a pleasure to work with such true professionals. We had two 114 lbs. lifters in the lightest weight class, one being a teenager and the second a guest lifter. Logan Zielinski, at the ripe old age of 12, demonstrated some excellent technique on all his lifts and great composure on the platform. It really is great seeing kids at this age learning to reform the lifts with proper technique, and just having a good time. In the teenage division, Ian Thomas Smith also had a great showing, despite some initial issues with the pound to kilo conversions. Ian demonstrated flawless technique (especially in the deadlift), and really just needs more platform experience before he starts to tap into his strength potential. Perhaps the coolest things about this class was watching Dave Ricks, an IPF open world champion, help coach these young lifters. Many of us remarked on how they probably had no clue that the guy helping them out and giving them pointers was, and still is, one of the best lifters in the world. In the 123 lbs. class, we had the ageless competitor Sam Meadows. However, Sam had a rough day and didn't get any squats passed by the judges. I'm sure it won't take Sam long to recover and get back on the platform. The 132 lbs. class had Chris Ferree, who is an up and coming lifter out of the Iron Pit Gym in Bloomington, Indiana. Chris was a solid 7-9 on the day, only missing one squat and one deadlift. At the ripe age of 20, I'm sure Chris will only continue to get better as he gets more training and competition under his belt. We had two lifters in the 148 lbs. class, both coming from New Castle, Indiana to compete. Ross Horn was the first, and he's a very strong teenager. Ross went 7-9 on the day, and showed great proficiency in the squat, where he finished with a solid 175 kgs. (386 lbs.). I firmly believe that once he gets a little more experience in tight gear, Ross is going to be a very fine lifter. The second lifter in the 148 lbs. class was Mr. Mike Buck. Mike has been in the sport of powerlifting since the age of 12, and with the enthusiasm he brings to the sport at age 35, you'd have

thought he just started lifting last year! Mike lifted very well, taking first place in the open division. As well, at the end of the meet, Mike was named the new USA Powerlifting State chair for the state of Indiana. We had three lifters in the 165 lbs. class, ranging from the relative newcomer to the seasoned veteran. Leading off was Ben Stancombe, yet another product of the Iron Pit Gym, and he lifted quite well. In typical "Pit" fashion, Ben only missed two lifts the entire day and showed great presence at the tender age of 15. Much like Horn, I believe that Stancombe has many great meets ahead of him in the future. In the 165 open class, we had nationally ranked Erick Nickson. I firmly believe that if it weren't for multi-time world champion Wade Hooper, Erick would have won multiple national championships by this time. I'm sure it's got to be tough going up against an IPF gold medalist every time you attend a national event! Regardless, Erick had a great day, and finished out very strong with a final deadlift of 640 lbs. However, he gave us all a scare by going to his third bench press, before getting a successful lift. Erick went 60-424-640 for a 1664 total, and 538 Wilks coefficient. Needless to say, Erick blew away the competition in taking the best lifter award as well. Our final lifter in the 165 lbs. class competed in the master-V division. Jimmy Buck, at 64 years young, had a very successful meet. Jimmy went 7-9 on the day, and really proved that age is just a number with his 327.5 kgs. (722 lbs.) total. Alyssa McGuire was our only female competitor for the day. However, Alyssa was quite strong for a teenage girl in her weight class and has tons of potential. Alyssa went 6-9 on the day, with her best lift being a 275 lbs. squat. Our only male in the 181 lbs. class was Tyson Sanders from Ada, Ohio. Tyson demonstrated amazing strength and power in the squat. Unfortunately, his depth was not adequate on his attempts this day and he didn't get a lift passed. The 198 lbs. class was quite competitive. Mike Lawrence and Jason Bales both hailed from the prestigious Ball State University powerlifting program, and both had very successful days. Mike has actually moved up from the 148 lbs. weight class since last year, and his improved leverages really showed. Mike is relatively new to the powerlifting game, so as his technique and leverages come around, I'm sure he'll perform even better in future competitors. Jason had a great day as well, and finished up with what I believe was his first 500+ pull. Nice work Bales! Joe Ellis rounded out the 198 lbs. class with a 1096 total. Joe took a huge jump from 451 lbs. to 567 lbs. on his second and third deadlift attempts, but it proved to be too much for him on this day. The 220 lbs. class was by far the most competitive overall, with six lifters rounding out the class. Our first competitor was teenage Lucas Wall. Lucas had an excellent day, going 9-9 in front of some tough judging. Lucas finished up with a 1124 lbs. total, and has plenty of room for improvement as he ages and his body matures. Next up was Mr. Aaron Willis. If I'm not mistaken, Aaron performed all his lifts raw and has a very powerful physique. Aaron had some technique and form issues throughout the day, which caused him to go 3-9 overall. However, it only takes one from each lift to post a total, and Aaron did just that. I'm

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sure he'll be stronger and more confident in future meets. Wayne Literal had an excellent day, and demonstrated the proficiency that you can only get from world level experience. Wayne went 606-390-583 for a 1579 total and first place in the 220 lbs. open category. One of the more humorous comments to the day came from one of my spotters who remarked, "he doesn't look like it, but that kid is strong!". It was great seeing Jason Shoopman back on the platform. Jason had a rough day a few years ago at the men's national, and he really is a very strong guy. Jason pulled the second best deadlift in the meet, second only to Nickson, at 632 lbs., but it wasn't enough to take first place away from Literal. Much like Nickson's bench, it took Jason all three attempts to get a deadlift passed. Mike Hinders was our one bench only entrant in the 220 lbs. class. Mike is a very strong guy, but has some issues getting a lift passed. It took him three tries, but he finally got his opening attempt of 402 lbs. passed, which gave him first place in the masters-I bench only division. Mark Johnson rounded out the class and couldn't get his opening

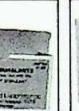
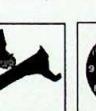
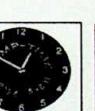
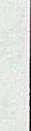
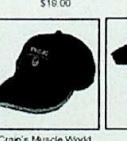
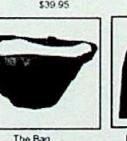
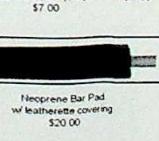
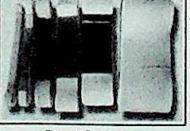
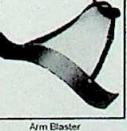
attempt of 501 lbs. on the squat passed. We had three lifters in the 220 lbs. class. Pat Schafer lifted in the junior class and hails from Ball State University, Marty Mills competed in the bench only division, and John Valpatic competed in the masters-III division. Pat struggled in both the squat and bench where he needed all three attempts to get a lift passed. However, Pat is a very young and raw lifter. Once he gets more training and competition under his belt he'll be just fine. Marty, like many of the competitors, appeared to have some bench shirt issues and struggled to get an attempt past. However, while it took three tries, Marty finished with a solid 1335 and appeared to have a lot of strength left. If he can iron out a few of the kinks, these numbers should get him close to a spot on the world bench team. Finally, John Valpatic performed very well, only missing two lifts throughout the course of the meet. John has a very calm and focused approach to lifting, and it shows with the fact that he rarely seems to miss attempts. John finished with a 1234 lbs. total and first overall in the masters-III division. Joe

Dibert had a rough day from the start, only making his second squat attempt after missing it on his opener. While Joe has a very strong bench press, he couldn't quite put it together on this day and missed all three attempts. Kevin Hutchinson competed in the bench only division, but he too had some bench shirt issues and couldn't get a lift passed with his 507 lbs. opener. Joe Gilpin from BSU gave us all a scare as his first squat attempt caved him over and looked to roll up on his neck. Joe got his opener passed on his third attempt, but failed to get a bench press passed by the judges. Hopefully, Joe will bound back and have a great showing at Collegiate Nationals next year. Randy Bee was the final competitor, and he was just a few lifts away from a huge day. Randy missed a 771 lbs. squat twice, as well as a 501 bench press twice. As well, Randy came in very light, only weighing around 280 lbs. At the young age of 28, once he decided to either cut down to 275 or fill and be a true super heavy, Randy could be a very competitive lifter in the years to come. Finally, it would be rude not to mention our top notch staff that helped us

put on the meet. Anyone that has ever directed a meet knows that it's truly a labor of love, as not only can it be time consuming, but it's just flat out a lot of hard work. Dane Lewis, Justin Shrock, Steve Kouimanis, Matt Wenning, Mike Dodd, Craig Rasmussen, and a guy I only know as Chris, did an amazing job of spotting and loading. We did not have one single bar hit the platform, and they were also lightning quick in the loading which really expedited the meet overall. As well, our scorer's table staff was great as well. Joe Marksteiner and Justin Ware ran the meet tracking software, while Bethany and Jessica Robertson took the attempts and kept track to the paper scoring. All in all, the meet was a huge success and I hope to hold more meets at the high school in the future. For their generous support, I plan to start a weight room fund for the high school, with all the extra proceeds from future competitions being put towards upgrading and keeping their weight room up to date. Thanks to everyone who was involved, and I hope to see all of you, and a few more, back next year! (Thanks to Mike Robertson for the results)

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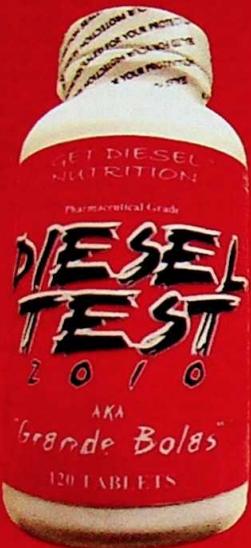


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	WOMEN	SQ	BP	DL	TOT
97 lbs.					
Open					
C. Anderson	260	165	315	740	
105 lbs.					
Open					
V. Baldwin	225	90	250	565	
123 lbs.					
Open					
C. Quimby	260	160	285	705	
Master (40-49)					
J. Mach	240	110	260	610	
132 lbs.					
Master (40-49)					
J. Drenth	260	140	320	720	
MEN					
123 lbs.					
Open					
Z. Mach	280	125	305	710	
148 lbs.					
Open					
P. Wong	500	350	425	1275	
165 lbs.					
Novice					
A. Cooper	370	195	445	1010	
Open					
K. Kowarsch	465	380	475	1320	
Master (40-49)					
J. Gardner	400	250	455	1105	
181 lbs.					
Novice					
C. Levar	365	270	455	1090	
D. Levar	405	220	430	1055	
Master (40-49)					
J. Ford	400	305	430	1135	
198 lbs.					
Open					
S. Timonen	650	370	580	1600	
C. Nelson	550	450	500	1500	
Merchleiwitz	545	410	500	1455	
S. Black	525	365	550	1440	
R. Lislegard	400	455	480	1335	
M. Jamrozek	330	165	405	900	
Master (40-49)					
R. Hennigar	405	390	420	1215	
M. Braun	340	270	400	1010	
T. Snyder	325	200	425	950	
220 lbs.					
Master (40-49)					
D. Priebe	415	290	470	1175	
Master (50+)					
H. Aggenmille	145	310	145	455	
242 lbs.					
Novice					
A. Weber	550	345	550	1445	
Open					
G. Jensen	455	275	425	1155	
Master (50+)					
J. Milnes	415	280	475	1170	
Open					
J. Harvey	425	450	460	1335	
275 lbs.					
Open					
C. Doyle	630	435	600	1665	
Coordinator: Steve Johnson, (from USAPL)					

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Comments have all been submitted to the IMA.
The opinions are those of the author and not necessarily those of the IMA.

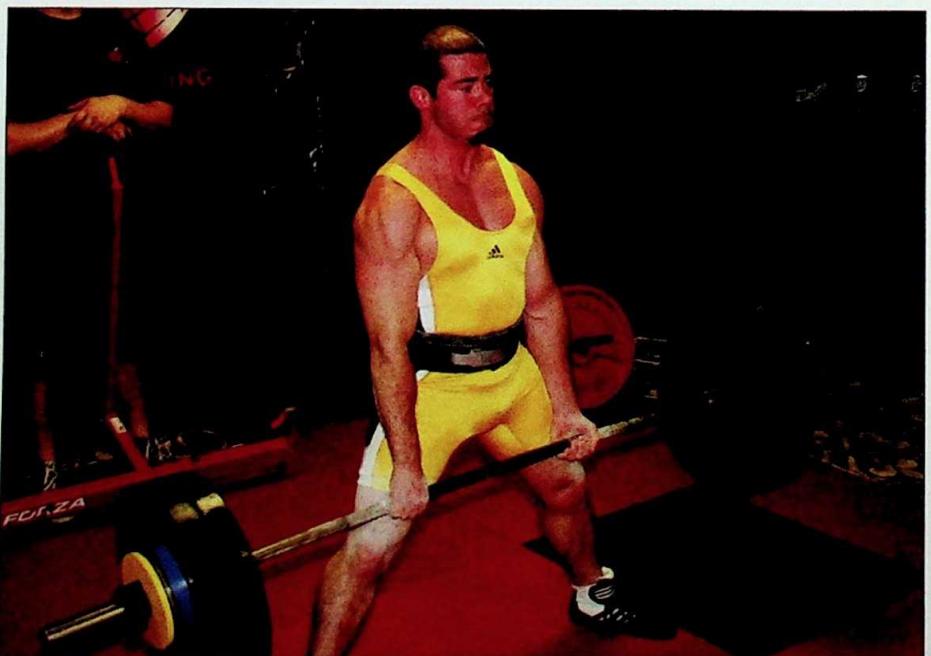


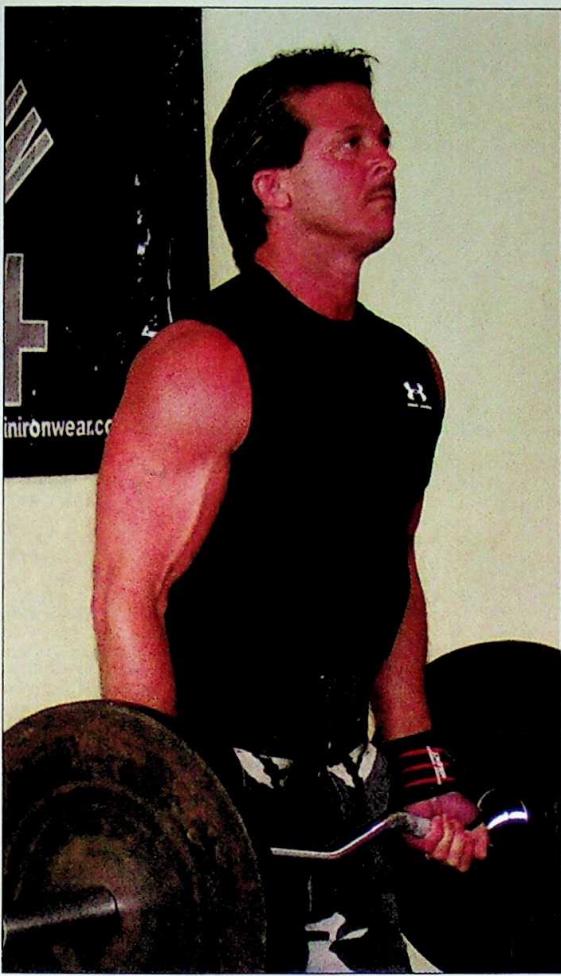
Randy McMillan
went 510 300 450
1260 in the 242 lb.
Submaster class at
the IBP South
Carolina State
Championships.

*(photographs
provided by Meet
Director Keith
Payne)*

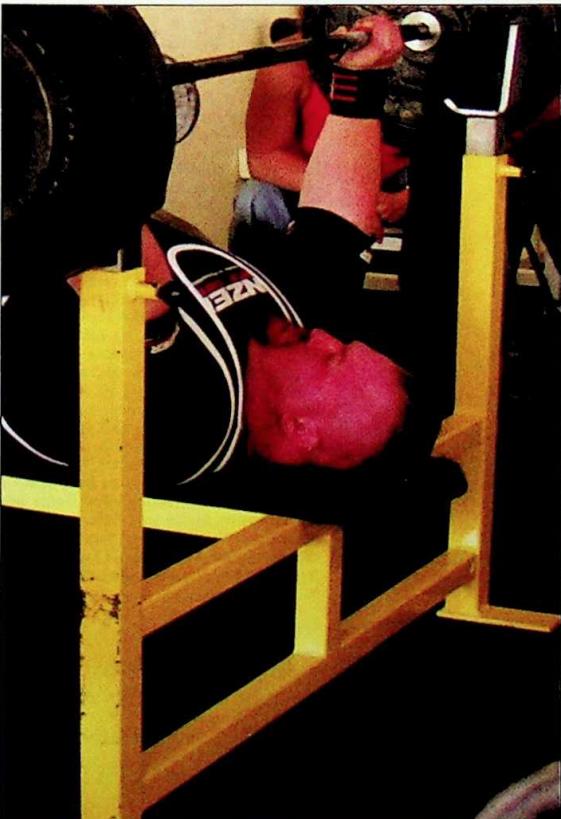
IBP South Carolina State 13 MAY 06 - Easley, SC					181 lbs.					
BENCH		308 lbs.			Submaster	S. Maxson	350	275	425	1050
MALE		Master (45-49)			Submaster	R. McMillan	198			
148 lbs.		T. McVicker	575		Submaster	T. Storie	435	275	400	1110
Master (40-44)		308+ lbs.			220 lbs.	M. Branham	300	50	410	960
R. Wess	275	Open			Master (75-79)					
181 lbs.		M. Neal	675		Raw					
Master (45-49)		Raw			181 lbs.					
R. DeMarchis	270	Open			Open					
Master (55-59)		W. Brothers	300		S. Schumm	530	370	605	1505	
B. Goddell	250	Intermediate			Raw					
220 lbs.		W. Brothers	300		97 lbs.					
Police/Fire		198 lbs.			Youth (10-11)					
T. Isbell	475	Master (55-59)			C. Rhymer	125	85	190	400	
Master (45-49)		K. Harmon	340		165 lbs.					
G. Reynolds	360	Intermediate			Teen (14-15)					
Master (60-64)		M. Anderson	245		J. Snyder	160	125	275	560	
C. Patterson	275	BP	DL	TOT	Teen (16-17)					
FEMALE	SQ				C. Martin	300	240	405	945	
132 lbs.					198 lbs.					
Master (40-44)					Open					
P. Burnette	220	170	265	655	S. Carringer	425	300	475	1200	
MALE					242 lbs.					
132 lbs.					Submaster					
Open					R. McMillan	510	300	450	1260	
S. Warren		285	265	400	Master (45-49)					
		4th-DL-410			K. Leary	340	300	380	1020	
148 lbs.					275 lbs.					
Teen (14-15)					Teen (18-19)					
D. Phipps	220	125	300	645	B. Grimes	285	185	325	795	
165 lbs.					(Thanks to Keith Payne for these results)					
Teen (18-19)										
D. Wilcox	400	275	475	1150						
Open										
D. Wilcox	400	275	475	150						

Sam Carringer got a fourth attempt deadlift of 510 pounds in the 198 lb. open division at the IBP South Carolina State meet. (below)





Above ... Jay Middleton curls and Keith Helm (below) bench at the APA Peace River Open. (Taylor photos).



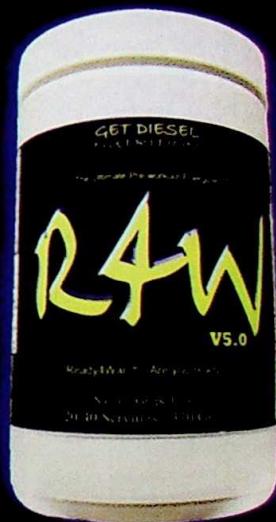
APA Peace River Open 28 APR 06 - Bartow, FL

	MEN	MEN		
Teen (13-15)	Teen (13-15)	R. Dodds	85	
R. Taylor	130	R. Taylor	70	
Teen (18-19)		Teen (18-19)		
J. Banda	225	J. Banda	155	
Junior		Master II		
J. Hicks	325	L. Bulman	170	
(50-59)		Open		
T. Gainer	430	165 lbs.		
L. Ford	405	J. Middleton	105	
E. Fitzpatrick	355	SHW		
(60-69)		K. Helm	195	
Churchman	410	DEADLIFT		
Open		MEN		
165 lbs.		Teen (13-15)		
J. Middleton	295	Lightweight		
Open/Drug Tested		R. Taylor	160	
275 lbs.		4th-175		
T. Gainer	430	Heavyweight		
Open		R. Martin	330	
SHW		C. Durham	330	
K. Helm	450	Heavyweight		
CURL		M. Hickman	320	
WOMEN		Teen (18-19)		
Master I		J. Banda	505	
V. Williams	91	Master I		
Master II		T. Smith	505	
R. Friedman	60	Open		
		SHW		
		K. Helm	600	
Push Pull		BP	DL	TOT
MEN				
Teen (13-15)				
R. Taylor	130	175	305	
WOMEN	SQ	BP	DL	TOT
Submaster				
A. Silk	225	135	295	655
MEN				
Subteen				
B. Silk	165	95	185	445
J. Sundey	135	70	135	330
Teen (13-15)				
R. Dodds	275	135	290	700
J. Fowler	225	175	360	760
Teen (16-17)				
L. Skiefe	340	225	430	995
The Peace River Open was a well organized event and was a lot of fun. Several teenagers participated and it was nice to see some new faces coming into the sport. Judging the event were Mike Witmer, Christi Witmer, Tom O'Donnell, Jenn Rotsinger, and Scott Taylor. Spotting was excellent and judging was very consistent. Special thanks to all who helped run this event and a special thanks to Bartow Fitness Center for hosting the event. (Thanks to Scott Taylor, APA, for results)				

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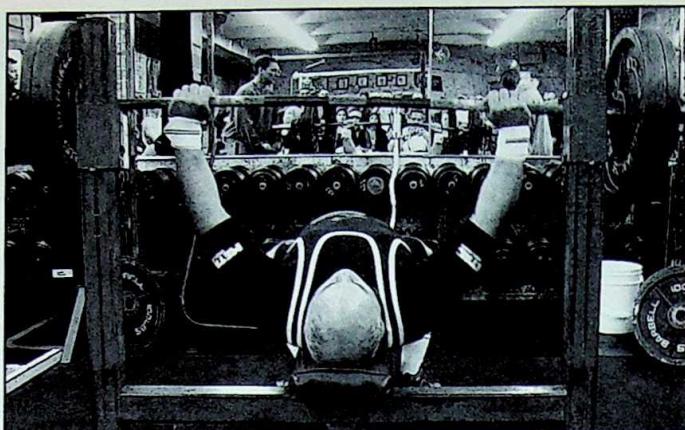
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APA Northeast Regionals 8 APR 06 - Wallingford, CT			
BENCH	P. Julianelle	130	
WOMEN	Teen (18-19)		
Submaster	R. Glissman	145	
M. LaCoste	125	Junior	
T. Dohery	135	D. Anneser	170
MEN	Submaster		
Teen (18-19)	M. Peters	160	
R. Glissman	255	4th-175*	
M. Bishop	—	L. Clark	160
Junior	Master I		
M. Marzik	450	W. Johnston	165
P. Mahoney	295	4th-175*	
C. Clifford	375	Mioduszewski	120
D. Anneser	400	Master II	
Submaster	S. Grossman	155	
B. Swanson	445	R. Jackson	120
C. Byrnes	340	4th-135*	
Master I	Master III		
A. Bonola	390	A. Colonis	122
W. Johnston	375	4th-125*	
A. Perkins	370	Open	
Mioduszewski	290	220 lbs.	
Master II	M. Peters	160	
S. Lee	525*	4th-175	
R. Huber	370	275 lbs.	
B. Paoletti	440	W. Murphy	170
J. Jacques	325	DEADLIFT	
Master III	WOMEN		
R. Cole	430	Open	
A. Colonis	295	M. Sallee	230
Open	MEN		
148 lbs.	Teen (13-15)		
C. Byrnes	340	S. Buecheri	250!
181 lbs.	Teen (18-19)		
M. Marzik	450!	J. Fuller	540
R. Huber	370	D. Slivka	410
M. Limbaugh	310	Junior	
198 lbs.	Wasniewski	655*!	
B. Swanson	445	Submaster	
220 lbs.	S. Allsop	605	
J. McDonald	310	4th-630!	
D. Dube	295	Master I	
SHW	J. Dugas	330!	
B. Paoletti	440	D. Cospito	540
CURL	Master II		
WOMEN	R. Jackson	380	
Open	Master III		
M. LaCoste	C. Ryan	500!	
4th-70*	Open		
MEN	165 lbs.		
Teen (16-17)	T. Gilbert	455	
D. Anneser	175	181 lbs.	
P. Connors	125	J. Marcotte	425
4th-132*	220 lbs.		
D. Gagne	115*	A. Abbot	485
MEN	BP DL	TOT	
Teen (13-15)			
J. Cameron	220	275	495
Teen (16-17)			
D. Anneser	400	445	845
P. Julianelle	230	465	695
Submaster			
M. Peters	410	540	950

DANA SALLEE (*below*) and **ROLAND COTE** were participants in the APA Northeast Regionals (photos provided by the courtesy of APA President Scott Taylor)



I know of, off the top of my hear, but many more records were broken and will be updated by the respective chair persons in charge of the records. I would especially like to also thank Donna Slaga, Chris Byrnes, Roland Cote, David Cospito, and many others for all the assistance they provided. Judging was outstanding, spotting was excellent, and the quality of lifting was also great. It was a pleasure running this event and a good time was had by all. We look forward to the next event to be held at Metal Health Gym. (Thanks to Scott Taylor, APA President, for results)

Bartlesville Push-Pull
6 MAY 06 - Bartlesville, OK

BENCH		214 lbs.		B. Briggs	374	611	986
MEN		Submaster II		317 lbs.			
148 lbs.		T. Tucker	347	Inter			
Master III		219 lbs.		J. Armstrong	474	485	959
G. McGuire	209	Junior		Powerlifting			
154 lbs.		S. Augen	281	219 lbs.			
Master I		232 lbs.		Pure			
J. Phillips	303	Submaster		M. Romero	—	573	573
Pure		R. Storment	281	220 lbs.			
J. Phillips	303	DEADLIFT		Master I			
189 lbs.		MEN		M. Hearing	402	440	843
Submaster Pure		148 lbs.		254 lbs.			
E. Colman	352	Master III		Pure			
Power Sports		G. McGuier	330	J. Mc Kay	286	429	716
76 lbs.		BP		Natural			
Teen		DL	TOT	J. McKay	286	429	716
R. Bean	60	137	198	Master I			
148 lbs.				J. Mc Kay	286	429	716
Master III				267 lbs.			
G. McGuire	198	330	529	Pure			
				J. Ransbottom	584	672	1256

J. Ransbottom 584 672 1256
First off I would like to thank Osage Hills school for the use there gym for this meet. It was a very nice facility, with a concision stand and lots of room. A special thanks to the coach Neighbors and athletic director and the people that helped make this meet a success. The crew from Arkansas Top Hog Team was out standing not in lifting but in helping spotting loading what ever it took to help. Thanks to Michael Bean, Karen Hearing for announcing Kathy Duree for keeping score. A lot of good lifting. A 617.5 Bench was tried by Mike Romero but to no avail he still pulled a 260 deadlift Justin Ransbottom 265 bench an a 305 dead lift Terry Tucker 157.5 bench, 290 dead lift. Jeff Phillips Out Standing Lifter in the Bench 137.5 Terry Tucker Best dead lift Brian Briggs Best Bench, Best Total lifters in the power sports Eric Colman Outstanding lifter in unequipped. Again thanks to all that made this meet a success. (Thanks to James Duree for providing these results)

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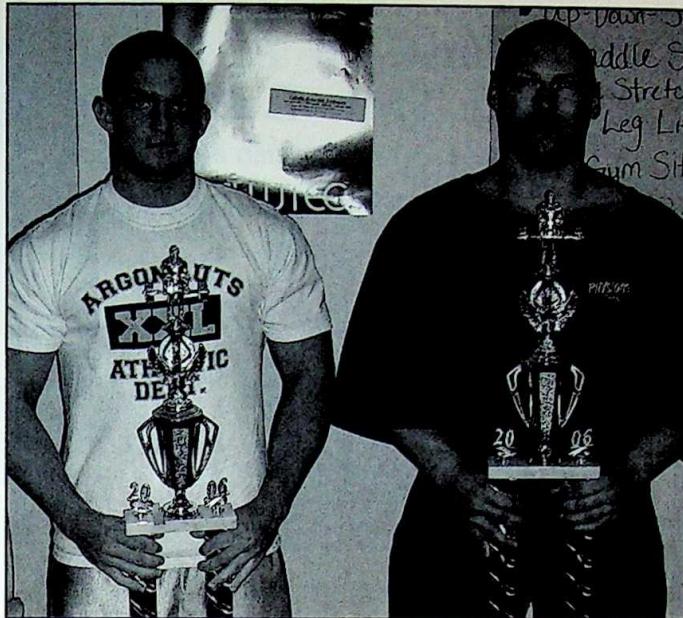
SLP Mason Dixon Open
25 FEB 06 - Metropolis, IL

BENCH	Open
MEN	220 lbs.
Wheel Chair	P. Hester 360
114 lbs.	242 lbs.
H. Logsdon	220*
Teen (13-15)	J. Lawson 465
SHW	275 lbs.
D. Kennedy	N. Ball 475
Teen (16-17)	4th-500
132 lbs.	DEADLIFT
T. Crain	MEN
Junior	Novice
220 lbs.	198 lbs.
J. Smith	C. Karnes 500
Master (55-59)	Teen (13-15)
308 lbs.	SHW
B. Adams	D. Kennedy 280*
4th-435*	Teen (16-17)
Master (60-64)	132 lbs.
165 lbs.	T. Crain 225
L. Greer	4th-245
Master (65-69)	Master (60-64)
181 lbs.	165 lbs.
W. Stinson	L. Greer 340
4th-215	4th-360
Police/Fire	Master (65-69)
242 lbs.	181 lbs.
L. Edwards	W. Stinson 275

*=Son Light Power Illinois state records.
Best Lifter Bench Press: Lloyd Edwards.
Best Lifter Deadlift: Chase Karnes. The Son Light Power Mason-Dixon Bench Press & Deadlift Championship was held at Thor's Gym. Thanks to owner Lila Linquist for hosting this event, and to Butch Adams for all the work he did to promote the competition. In the bench press event, Heath Logsdon had his best meet to date with a new personal and state record at wheel chair/114 with his 220 final attempt. A fourth with 225 came within inches of locking out as well! Keep up the good work Heath! For the 13-15 teenage men's shw class it was David Kennedy breaking his own state record with 205. Travis Crain also got a new PR with his 215 final attempt at 16-17/132. James Smith had a good day, finishing with a personal best 450 at junior 220. In the master men's classes, Butch Adams broke his own state record at 55-59/308 with his 425 third and 435 fourth attempts. Larry Greer won at 60-64/165 with 195 while training partner Wayne Stinson got a new pr with his fourth attempt of 215 and the title at 65-69/181. Best lifter Lloyd Edwards had to settle with his easy 500 opener after 625 and 635 never quite found the groove. Lloyd holds the state record there with 620, so 650 is well within his grasp! For the open men's class first time competitor Patrick Hester finished with 360 at 220 while Joey Lawson won at 242 with his 465 opener. In the 275 class Nick Ball, another first-timer, lifted raw and finished with a 475 third, followed by a great 500 fourth attempt. Not too shabby! In the deadlift competition Chase Karnes won at novice men/198, finishing with 500. A fourth with a personal best 510 was also good. Weighing in at 190, this also gave Chase the best lifter award for the competition! David Kennedy won again at 13-15 shw, upping his state record there to 280. Travis Crain matched his previous best of 225 with his final attempt, but came back strong with 245 for a great fourth pull! Larry Greer won at 60-64/165 with 340, followed by a solid 360 fourth. Then at 65-69/181 it was Wayne Stinson with a new personal best 275 for the win there. Thanks to my son Joey for all his help, to Butch and Larry Greer who helped out and to the crowd who came to support the lifters. Also a big thank you to Bethany Creason for taking some great pics and to nine year old Alex Karnes for serving as our trophy girl. (Thanks to Dr. Darrell Latch for results)

WNPF GA Single Lift Nationals
8 APR 06 - Atlanta, GA

BENCH	(13-16)
60 lbs.	Sosebee 205*
(9-10)	(40-44)
Chatham	45 Whiddon 270*
132 lbs.	Novice
(13-16)	Paige 350*
Gordon	165* 181 lbs.



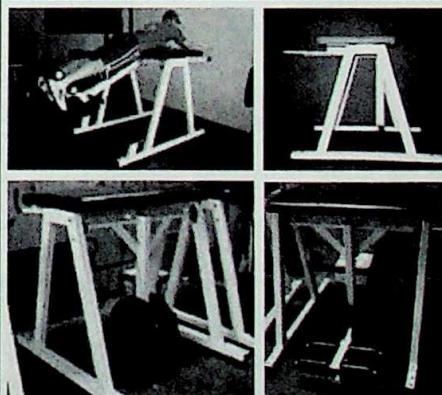
Best Lifters at the SLP Mason-Dixon Open were Chase Karnes and Lloyd Edwards. (photo provided by the courtesy of Dr. Darrell Latch)

Open/Raw	Cawley	600*
Subs/Raw	Open Unl	650*
McCurley	Cawley	650*
198 lbs.	Lifetime Unl	
(17-19)/Raw	Cawley	650*
Ray	(40-44) Unl	
220 lbs.	Cawley	650*
(40-44)	DEADLIFT	
Chatham	165 lbs.	
(13-16)	Open/Raw	
Dixon	Farrell 350	
300 lbs.	181 lbs.	
Open/Raw	Open/Raw	
Cawley	Ashe 455	
Lifetime/Raw	220 lbs.	
Cawley	(40-44)	
(40-44)/Raw	Robertson 500	
Cawley	275 lbs.	
Open	Lifetime/Raw	
Sawley	Braden! 615	
Lifetime	POWER CURL	
Cawley	165 lbs.	
(40-44)	Open	
Powerlifting	Skip 140	
SQ	BP DL TOT	
WOMEN		
165 lbs.		
Whitten	205 150 225 580	
MEN		
132 lbs.		
(9-10) Raw		
Lambert	165* 85* 190* 440*	
165 lbs.		
Lifetime/Raw		
Skip	410 265 450 1125	
Lifetime		
Skip	450* 300* 495* 1245*	
Subs		
Burnam	300* 220* 380* 900*	
Novice/Raw		
McLendon	225 280 340 845	
181 lbs.		
(17-19)		
Chapman	365* 230* 355* 950*	
Open/Raw		
Ashe	400 405* 455 1260	
198 lbs.		
(17-19)/Raw		
Rainey	405 300 425 1130	
17-19		
Rainey	480* 340* 475* 1295*	
Open/Raw		
Klimowicz	410 315 420 1145	
220 lbs.		
(17-19)		
Olge	280* 290* 380* 950*	
242 lbs.		
Lifetime/Raw		

*=WNPF National Records. !=Best Lifters.
Team Champs: Shawn Script Team from Warner Robbins, GA. This was a small event, but with a very loud audience. And, lifters that were so into the meet they made

single ply divisions, and he won the best lifter award in the full power meet. He brought a team from Warner Robbins. All of his teammates were supportive, and they all lifted well. Thanks Shawn. Burnam lifted in the subs and set new national single ply records. McLendon lifted in his first meet and hit a 280 lb. bench press. Charlie Paige is a pure raw lifter, meaning he is very strong but very inexperienced. He wore the old single ply shirt and hit a 350 bench and missed 370. He could have done 350 and 370 without a shirt on. Charles Whidden hasn't lifted in almost 10 years, but he made his comeback and hit a 270 bench in the 165 40-44 division. Sosebee hit 205 in the 165 lb. class and a new SP national record. Farrell hit 350 lbs. and jumped to 405, missing it twice. Robert Ashe made all three squats and he has a new name (deep squatter) he was almost on the floor with all of his squats, with just a belt on. He also benched 405 pounds to set a new national record. Mark McCurley the only team member from the Cleveland team Endumano benched a personal record of 230 lbs. Josh Ray lifted in his first event and benched 295 lbs. Kevin Rainey lifted well in both the raw and equipped teenage divisions. Kevin went 10 for 12 in attempts. Jeff won the open 198 raw division with a 1145 total. Brent Chatham hit a 485 bench. In the masters 40-44 division. He missed a 500 lb. attempt with a single ply shirt on. Ogle set new national records in all of his lifts. Austin Dixon has really improved from last year. He also set a new national record in the teenage 220 class with a 350 bench. David Robertson and Chad Braden both won their classes in the deadlift only division. Joey Troup started off shaky in the squats where he fell backwards, but our spotters saved him. Then he came back on his last squat attempt to nail 350, and he went on to total 1075. Buddy Cawley lifted in the raw, single ply and unlimited divisions and set new records in all three classes. Buddy is the first lifter to ever go six for six ever in a WNPF meet. He started with 515 lbs., 600, 610, 625, 640 and ended up with 650 lbs. We hope to see all of you in July at the USA meet in Atlanta. (WNPF)

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100% Raw Battle of the Border
8 APR 06 - Currituck, NC

BENCH	Master (60-64)
MALE	G. Holzmiller 235
66 lbs.	Novice
Youth (9-10)	J. Payne 175
J. Mims	65 Open/Submaster
114 lbs.	Police/Fire/Law
Teen (12-13)	A. Smith 290
X. Escala	Teen (14-15)
Teen (12-13)	J. Carlson 125
N. Jones	115 B. Lancaster 150
4th-120	220 lbs.
132 lbs.	Open/Master (40-44)
Open/Master (70-74)	R. Berry 325
B. Swain	175 Teen (18-19)
148 lbs.	J. Barber 160
Open	242 lbs.
M. Perry	285 Open/Master (45-49)
Teen (14-15)	R. Cameron 415
J. Ross	185 Open/Master (50-54)
Teen (16-17)	G. Russell 385
W. Etheridge	155 Open/Submaster
165 lbs.	S. Deuel 320
Open/Submaster	Teen (14-15)
M. Mason	275 B. Keens 125
181 lbs.	275 lbs.
Open/Junior	Open (30-34)
M. Franklin	295 D. Owens 425
Open/Submaster	Open
A. Bannerman	380 B. Jones 545
198 lbs.	Teen (18-19)
Junior	C. Betts 240
C. Vogt	295

(Thanks to Paul Bossi for the meet results)

100% Raw North American BP
29 APR 06 - Stanardsville, VA

BENCH	D. Graves	235
MALE	198 lbs.	
132 lbs.	(18-19)	
(16-17)	C. Campbell 275	
W. Smith	210 J. Peachey 275	
148 lbs.	4th-280	
(12-13)	Open (40-44)	
R. Barnes, Jr	110 J. Shifflett 310	
165 lbs.	220 lbs.	
(18-19)	(40-44)	
A. Crider	335 D. Smith 390	
(20-24)	242 lbs.	
D. Sands	310 (30-34)	
181 lbs.	R. Barnes Sr. 365	
(8-9)	(50-54)	
W. Turner	65 F. Leech 370	
(40-44)	Supers	
T. Comfort	275 Police/Fire	
(60-64)	M. Turner 340	

(thanks to John Shifflett for these results)



- > This is a membership application form. Complete all areas and return Part One to the address shown.
- > For information on registration and program, call 1-800-AAU-4USA.
- > AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES

	Regular Fee	*AB* Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	

Adult Athletes in the Following Sports: 10.00

Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

AAU National Headquarters
c/o The Walt Disney World Resort
PO Box 10,000
Lake Buena Vista, FL 32830

ASSOCIATION OFFICE COPY

Regular Fee	*AB* Fee
Adult Athletes in the Following Sports: Baseball, Bathon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting	20.00
Adult Athletes in the Following Sports: Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling	25.00
Adult Athletes in the Following Sports: Chinese Martial Arts, Judo, Jujitsu, and Karate	Not Available
Adult Tae Kwon Do Athletes	25.00
Adult Powerlifting Athletes	Not Available

MEMBERSHIP CHECK
CATEGORY ONE: Athlete Coach Official Volunteer

CHECK ONE: Youth Program Adult Program Added Benefit Yes No

Club No.: Club Name: E-Mail:

Are You Already Covered With Health & Accident Insurance? Yes No

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

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

Member's Signature:

Parent/Guardian Signature:

AAU NY State/Big Dawg
29 APR 06 - Clyde, NY

BENCH Only	308 lbs.
MALE	(40-44)/Life
220 lbs.	S. Rogers 505*
(45-49)	DEADLIFT Only
D. Herbst	355 MALE
Life	198 lbs.
M. Arcarisi	260 (35-39)
242 lbs.	B. Clark 625*
(45-49)/Life	(35-39)/Life
W. Carroll	395 B. Clark 625*
275 lbs.	275 lbs.
(40-44)/Raw	(40-44)/Raw
R. Murray	430 M. Brown 570
Ironman	BP DL TOT
MALE	
148 lbs.	
(12-13)/Raw	
N. Carroll	160* 250* 410*
198 lbs.	
(60-64)	
V. Peterson	290* 480* 770*
220 lbs.	
(14-15)	
T. Carroll	240 405* 645
Open/Raw	
C. Mineo	— 475 475
275 lbs.	
Open	
A. Glover	370 470 840

*State Records. !American Records. The AAU Big Dawg Bench Press/Deadlift Record Breakers & Don Reinhoudt Day was held at Donselaar's Partyhouse. Our attendance was down, but the lifting was great as always. Nick "Tahoe" Carroll, in the 148/12-13 class, had a state record bench of 160 lbs. and state record deadlift of 250 lbs., and what a muscular body he has. His big brother, TC "Hooligan" Carroll, in the 220/14-15 Equipment, had a 240 lbs. bench and a state record deadlift of 405 lbs. Their dad, Wayne Carroll, in the 242/45-49 Lifetime Equipment, got a 395 lbs. bench, just missing his record with a 405 lbs. completed attempt, but was red-lighted. Good job Carroll family. Vince "Vip" Peters, in the 198/60-64 Equipment, got a 290 lbs. State record bench and a 480 lbs. state record deadlift. Alan Glover in the 275 lbs. class Equipment got a 370 lbs. bench and a 470 lbs. deadlift. Not bad for his first meet. Dave Herbst in the 220/45-49, had a strong 355 lbs. bench. You had more in you my friend. Mike Arcarisi, 220 lbs. Lifetime, with a 260 lbs. bench press just 6 weeks after major knee surgery did 310 lbs. in February. Chris Mineo, in the 220 lbs. raw lifted a 475 lbs. deadlift got 545 but hitched it. You will get it next time Chris. Mike Brown in the 275/40-44 did a 570 lbs. deadlift, and Bill Clark in the 198/35-39 Lifetime got a State and American record of 620 lbs. Great job Bill. My training partner and great friend RL Murray, in the 275/40-44 raw class, lifted a 430 lbs. bench. RL you are still a great bencher. I have seen it all: 518 lbs. in a single ply Inzer blast shirt. 500 lbs. raw 2 or 3 times. You mean so much to me and I would not be where I am today without you. Finally, Steve the Big Dawg Rogers with 505 lbs. bench State and American record in the 308/40-44 Lifetime Equipment class. What an honor to do that in front of Don Reinhoudt, someone I idolize and a powerlifting legend of all time. NYS AAU proclaimed April 29, 2006 to honor a living powerlifting legend and Worlds Strongest Man winner 1978-79. It was the 31st anniversary of his 1975 AAU Senior Nationals win with a 2243 total. Don spent all day with us taking pictures and signing autographs and telling stories about his career. He was so interested in all the lifters, it was just phenomenal. It was a day that we will all remember and he plans to come back in October. The day ended with Don receiving a plaque for his lifetime achievements and his endless work with the youth. Don Reinhoudt is a true living legend. I would like to thank all the guys. Rich Molisani, Terry Stafford, Jason Stafford, RL Murray, Brett Wells, and Pete Hurd for their help in setting up and tearing down. My National officials, RL Murray, Rich Molisani, Jason Stafford, and Terry Stafford for the great judging of the State and American records. To my wife Michelle, you are part of the reason these meets go

A Tribute to A Living Legend: Don Reinhoudt

as told by AAU NYS Chairman Steve Rogers



lbs. Don has been inducted into seven Hall of Fames, including the Powerlifting Hall of Fame, and the Buffalo Sports Hall of Fame. Don is currently the Chairman for the Youth Bureau of Chautauqua County. He is still amazing kids by blowing up hot water bottles, ripping license plates in half, and hammering nails with his fists. On April 29, 2006 all the AAU lifters loved meeting Don. He signed autographs all day, took pictures with the lifters, and stayed three hours after the meet just to talk with everyone. What an honor to give Don Reinhoudt a day to remember forever, for him to receive a lifetime achievement plaque, and to be the center of attention again, 25 years after his retirement. It is an honor to have him as a friend.

Don Reinhoudt, you are one of the best people anybody could meet. April 29, 2006 will go down in the books forever. Don Reinhoudt is a true champion and legend.



Steve Rogers with his new State and American 308#, 40-44 record bench press of 505 at the AAU Big Dawg Record Breakers

so smoothly and congrats on becoming a referee. I love you. See you on October 28, 2006 for the 9th Annual Fred Rogers/Paul Smart Classic. (Thanks to Steve Rogers, AAU NYS Chairman, for results)

AAPF/APF Southwest 23 MAR 06 - Las Vegas, NV

BENCH	J. Wilson	391	P. Collard	578	165 lbs.	C. Varela	451	308	474	1234	242 lbs.	B. Tindell	500	Raw MEN		
FEMALE	220 lbs.		D. Marr	622	C. Souza	314	259	424	997	242 lbs.	Submaster	242 lbs.	L. Childers	550		
Master (40-44)	R. Morris	474	F. Camargo	275	Teen (18-19)	181 lbs.	L. Sprango	429	336	463	1229	SHW	K. Crump	470	Open	
148 bls.	G. Hayes	474	220 lbs.	242 lbs.	181 lbs.	L. Williams	611	424	551	1587	Master (40-44)	Master (40-44)	Master (50-54)			
M. Sprango	192	242 lbs.	K. Morris	440	D. Flindt	363	198 lbs.	T. Pigeon	573	457	562	1592	242 lbs.	242 lbs.	181 lbs.	
Master (45-49)	E. White	529	275 lbs.	FEMALE	SQ	BP	DL	D. Miranda	584	385	578	1548	T. VanHorne	405	N. Wilson	540
165 lbs.	J. Razor	347	181 lbs.	Master (45-49)	231	303	881	220 lbs.	242 lbs.	242 lbs.	242 lbs.	Master (45-49)	Master (45-49)	Raw		
123 lbs.	A. Razor	347	181 lbs.	Master (50-54)	231	303	881	M. Baeta	551	440	507	1499	B. Tindell	500	DEADLIFT	
S. Lucchesi	264	198	123 lbs.	123 lbs.	303	766	148 lbs.	275 lbs.	275 lbs.	275 lbs.	275 lbs.	Raw	BP	DL	TOT	
148 lbs.	L. Siblert	407	148 lbs.	148 lbs.	270	—	677	C. Field-Eaton	859	496	727	2083	MALE			
165 lbs.	R. Spencer	336	165 lbs.	Submaster	132	308	777	E. McLaughlin	749	551	650	1550	Teen			
Open			165 lbs.	165 lbs.				J. Bolger	749	562	650	1962	148 lbs.			
132 lbs.	B. Reardon	242	165 lbs.	K. Wolff	203	137	578	B. Meek	749	556	600	1907	T. Hawkins Jr.	195	300	495
MALE			148 lbs.	148 lbs.				Submaster	(35-39)							
Master (40-44)			148 lbs.	148 lbs.				181 lbs.								
308 lbs.	G. Payne	755	148 lbs.	G. Payne	429	639	1824	F. Camargo	418	275	446	1140				
220 lbs.	R. Harris	551	220 lbs.	R. Harris	435	518	1504	Submaster	(35-39)							
220 lbs.	K. Bush	633	220 lbs.	M. Baeta	551	440	1581	181 lbs.								
242 lbs.	G. Hayes	474	242 lbs.	Master	(55-59)	507	1499	198 lbs.								
242 lbs.	M. Sprango	192	242 lbs.	J. Razor	440	325	1168	MALE								
242 lbs.	E. White	529	242 lbs.	J. Razor	440	325	1168	Teen								
242 lbs.	J. Ciesielski	159	242 lbs.	J. Ciesielski	159	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
242 lbs.	Master	(50-54)	242 lbs.	Master	(45-49)	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
242 lbs.	I. Ciesielski	159	242 lbs.	I. Ciesielski	159	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
242 lbs.	Master	(50-54)	242 lbs.	Master	(45-49)	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
242 lbs.	S. Lucchesi	198	242 lbs.	J. Ciesielski	159	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
242 lbs.	MALE		242 lbs.	J. Ciesielski	159	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
242 lbs.	Junior	(20-23)	242 lbs.	J. Ciesielski	159	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
242 lbs.	R. Ridenour	275	242 lbs.	J. Ciesielski	159	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
242 lbs.	A. Topchi	529	242 lbs.	J. Ciesielski	159	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
242 lbs.	Master	(40-44)	242 lbs.	J. Ciesielski	159	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
198 lbs.	J. Beachmeier	578	242 lbs.	J. Ciesielski	159	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		
198 lbs.	J. Beachmeier	578	242 lbs.	J. Ciesielski	159	308 lbs.	198 lbs.	Master	(55-59)	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.		

SPF Southern BP/DL 8 APR 06 - Birmingham, AL

BENCH	Master	(50-54)													
Raw	198 lbs.														
MALE	J. Caiola	220													
Teen	Master	(55-59)													
165 lbs.	165 lbs.														
165 lbs.	J. Peranich	225													
165 lbs.	D. Purcell	340													
165 lbs.	Submaster														
165 lbs.	D. Perkins	255													
165 lbs.	J. Tummins	300													
165 lbs.	A. Klinner	300													
165 lbs.	Open														
165 lbs.	MEN														
165 lbs.	B. Pickett	580													
165 lbs.	N. Matson	250													
165 lbs.	K. Crump	470													
165 lbs.	L. Childers	405													
165 lbs.	Police/Fire														

(Thanks to Jesse Rodgers for these results)

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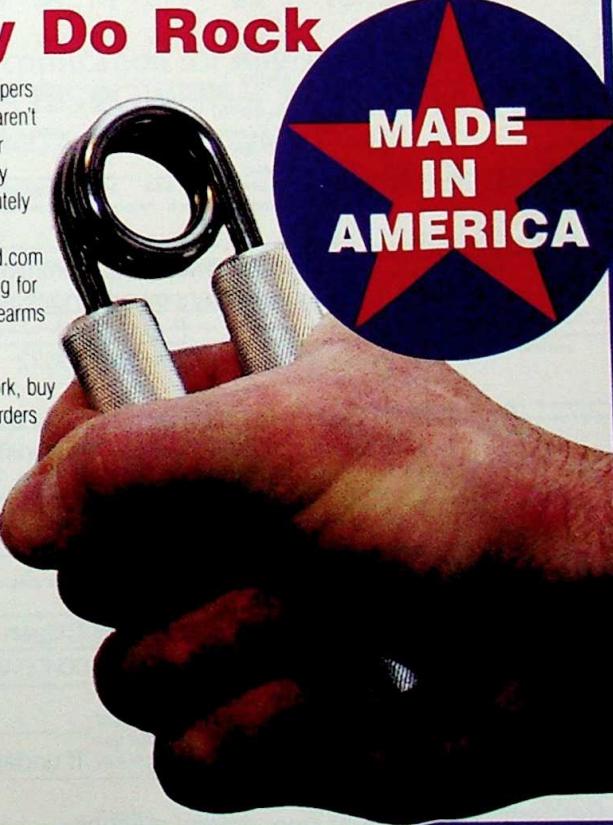
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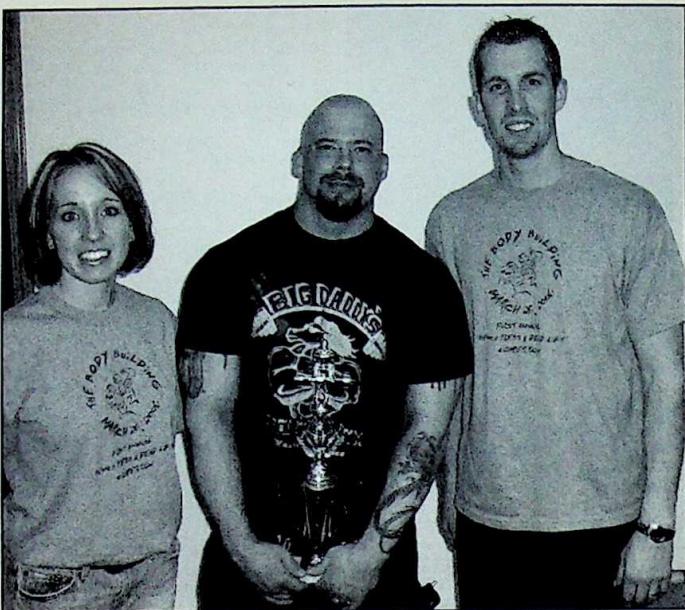
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Best Deadlifter at the SLP Body Building Open was Jesse Pryor, flanked by Body Building owners Ginny and Neil Schadt.

**SLP the Body Building Open
26 MAR 06 - Van Wert, OH**

					MC
BENCH	181 lbs.	A. Benson	450	Novice	
WOMEN	M. Svabik	315	4th-470	275 lbs.	
Master (45-49)	Junior	J. Pryor	425	S. Field	525*
181 lbs.	SHW	242 lbs.		Teen (16-17)	
K. Brookhart	145*	K. Argabright	550*	T. Salyers	220 lbs.
Master (55-59)	4th-575*			D. Stuck Jr.	500*
132 lbs.	Master (40-44)	R. Kirby	450	Junior	
M. Hampton	55*		4th-475	242 lbs.	
165 lbs.	220 lbs.	J. Thomas	450*	RAW	
M. Harmon	105	242 lbs.		Open	
Novice	T. Albert	325	220 lbs.	Open	
123 lbs.	275 lbs.	J. VanDyke	350*	220 lbs.	
C. Thomas	100*	R. Manns	575	J. Pryor	545
4th-105*	Master (50-54)		275 lbs.		
198 lbs.	242 lbs.	S. Fields	405		
C. Clark	315*	N. Price	375	DEADLIFT	
Teen (13-15)	275 lbs.			WOMEN	
105 lbs.	D. Goble	440*	Master (55-59)		
S. Wilcoxon	120*	R. James	360	165 lbs.	
132 lbs.	SHW		M. Harmon	205	
J. Mobley	160*	D. Stuck Sr.	450*	4th-220*	
220 lbs.	Police/Fire				
D. Wade	260	181 lbs.			
Teen (16-17)	B. Bartels	335			
220 lbs.	Open				
D. Stuck Jr.	400*	181 lbs.			
Teen (18-19)		D. Monks	—		

American Powerlifting Committee (APC)
www.americanpowerliftingcommittee.com

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Bogart Ga 30622

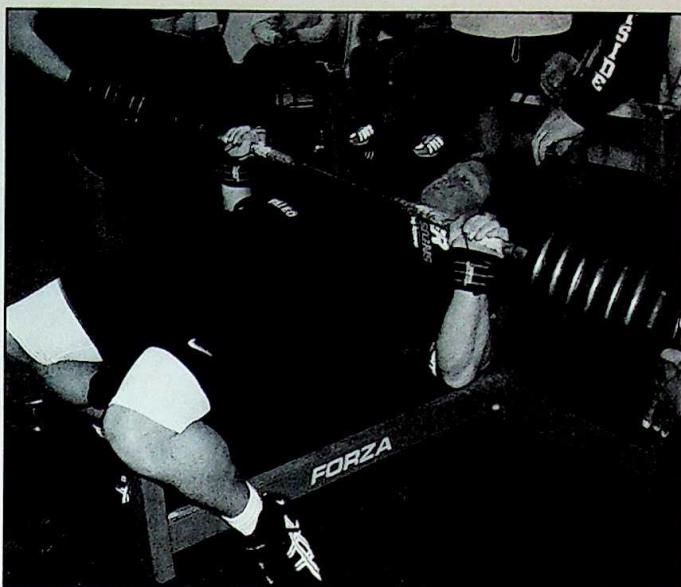
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of 360. Big Dave Stuck broke the state record at shw with an easy 450. For the police & fire division it was 181 winner Brian Bartels with 335. Lifting in the open 198 class, Danny Meng injured his pec with his opener of 375, and dropped from the competition. At 220 it was Aaron Benson with 450 for the win over Jesse Prior, who finished with 425. Aaron followed his third attempt with a solid fourth of 470. Tom Salyers got a big 530 with his win at 242. At 275 it was Randy Kirby with 450, then 475 for his fourth. In the raw division Jesse Van Dyke won at 220 with a new state record of 350 while Steve Field won at 275 with 405. In the deadlift competition Marianne Harmon broke her own state record at 55-59/165 with her fourth attempt pull of 220. Steve Field set the record at novice 275 with 525 while Dave Stuck, Jr. set the mark at 16-17/220 with 500. Ryan Walls got a big 500 pull at junior 242 along with Jesse Pryor, who got the biggest lift of the day with 545. This also earned Jesse the best lifter award for the deadlift competition. Thanks to my son Joey and to Body Building staff members Eric and Marcus for their help loading and spotting. See you all again this fall (September 24)! (Thanks to Dr. Darrell Latch for results)



**USAPL Wisconsin State
28 JAN 06 - Racine, WI**

BENCH	242 lbs.
MALE	242 lbs.
148 lbs.	T. Dierks 336
L. Al-Ghamdi 270	L. Malcolmson 132
165 lbs.	D. Barth —
F. Jones 297	K. Wannebo —
181 lbs.	319+ lbs.
M. Brixius 264	J. Ray 446
M. Tucci 231	M. Hodge —
220 lbs.	
M. Becker 435	
C. Staeven 385	
J. Bieman 374	
FEMALE	SQ BP DL TOT
State Competition	132 lbs.
T. Dilley 270	148 259 677
148 lbs.	
A. Egerson 209	110 236 556
Master	
148 lbs.	
P. Hopp 203	137 253 595
Open	
148 lbs.	
S. Langer 225	126 292 644
Junior/College	
114 lbs.	
A. Cutts 165	88 214 468
123 lbs.	
A. VanBoxtel 220	165 275 661
132 lbs.	
A. Tsillis 236	137 259 633
A. Mewes 236	110 275 622
148 lbs.	
K. Goniu 203	126 225 556
165 lbs.	
S. Manning 275	137 314 727
B. Thompson 236	137 270 644
198+ lbs.	
A. Wilfer 236	170 286 694
High School	
105 lbs.	
S. Hohensee 148	77 203 429
B. Rodriguez 110	71 165 347
114 lbs.	
K. Sullwold 236	121 275 633
123 lbs.	
L. Harrison 132	88 214 435
181 lbs.	
A. Robbins 176	77 214 468
198+ lbs.	
K. Tjarks 292	165 286 744
MALE	
123 lbs.	
C. Williams 330	192 380 903
148 lbs.	
Schwalbach 407	281 501 1190
L. Al-Ghamdi 374	270 396 1041
J. Bell 330	225 451 1008
A. Phillips 485	303 — 788
165 lbs.	
M. Steinmetz 518	319 529 1366
R. Johnston 468	281 462 1212
P. Castillo 374	242 402 1019
181 lbs.	
P. Nees 512	319 501 1333
P. Paulsen 380	303 501 1184

Roger Manns ripped his shirt with this 600 lb. attempt in the 40-44/275s at the Body Building Open. be used. (photos Dr. Darrell Latch)

M. Schmeizle 451	253	446	1151	J. Betzinger	666	385	600	1653
Rosenbutter 352	286	446	1085	M. Becker	501	435	501	1438
198 lbs.				A. Chromy	440	275	518	1234
D. Walsh 611	321	584	1517	242 lbs.				
D. Farral 573	352	529	1455	P. Diamond	562	479	655	1697
D. Labrie 562	352	540	1455	B. Luedtke	639	385	628	1653
T. Schultz 485	325	501	1311	T. Dierks	556	336	518	1410
N. Northam 529	—	—	529	275 lbs.				
K. Bevans 402	—	429	832	S. Schoen	677	496	727	1901
242 lbs.				G. Kiriaki	622	407	628	1658
B. Luedtke 639	385	628	1653	T. Smith	606	429	—	1036
275 lbs.				R. Keyes	523	451	595	1570
G. Kiriaki 622	407	628	1658	Master				
State Competition	198 lbs.			198 lbs.				
D. Williams 644	413	672	1730	F. Sheridan	501	363	534	1399
E. Sheridan 501	363	534	1399	T. Richmond	—	—	—	
220 lbs.				T. Dierks	556	336	518	1410
319 lbs.				319 lbs.				

R. Keyes	523	451	595	1570
R. Crawford	—	—	—	—
Junior/College				
319 lbs.				
B. Oswald	672	462	622	1758
High School				
114 lbs.				
A. Lutman	203	148	275	628
J. Simenson	198	137	275	611
N. Steinmetz	192	104	225	523
J. Sutter	203	99	203	507
L. Harris	203	—	225	429
132 lbs.				
M. Knight	363	209	374	947
C. Harris	259	154	325	738
E. Riedel	264	148	319	733
148 lbs.				
C. Langhoff	248	121	314	683
165 lbs.				
J. Maffett	435	192	468	1096
P. Schick	363	203	435	1003
J. Ogden	253	148	303	705
A. Schwab	231	148	275	655
181 lbs.				
S. Rigden	407	203	462	1074
D. Sawinski	352	220	385	959
J. Riedel	—	248	462	710
A. Miller	—	—	363	363
198 lbs.				
A. Winkle	402	203	402	1008
220 lbs.				
N. Pfoff	396	—	363	760
242 lbs.				
J. Denham	314	165	380	859
275 lbs.				
E. Kerr	518	203	402	1124
M. Zielsdorf	402	259	435	1096
319 lbs.				
T. VanNote	501	264	501	1267
Open				
181 lbs.				
L. Kirchner	551	—	—	551
198 lbs.				
G. Jones	655	468	639	1763
P. Green	412	324	418	1156
D. Young	—	330	578	909
220 lbs.				
E. Ortego	567	347	501	1416
319 lbs.				
D. Rogers	727	446	760	1937
Best Lifter Women: Kelly Sullwold. Best Lifter Light: Greg Jones. Best Lifter Heavy: Deron Rogers. Best Lifter Bench: Marty Becker. Meet Director: Bruce Sullivan. (Thanks to USAPL for providing results)				

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SLP Brickyard Open

18 FEB 06 - Milwaukee, WI

BENCH	J. Langer	405
MEN	DEADLIFT	
Junior	MEN	
165 lbs.	Junior	
M. Lanigan 300	165 lbs.	
4th-305	K. Koch	285
Master (40-44)	R. Spidell	365*
181 lbs.	Submaster	
G. Medrek 330	SHW	
198 lbs.	E. Ratzmann	600*
Domagalski 435	Master (40-44)	
4th-440	242 lbs.	
242 lbs.	T. Bauer	510
T. Bauer 415*	4th-425*	
Master (45-49)	Master (45-49)	
198 lbs.	198 lbs.	
R. Vivier 315	D. Lenus	550
G. Koch 240	S. Coogan	500
220 lbs.	275 lbs.	
J. Cozza 560*	J. Dyke	600*
242 lbs.	Master (50-54)	
R. Tupper 455*	198 lbs.	
R. Hanson 390	T. Glembin	630*
275 lbs.	Master (55-59)	
J. Geiger 430*	198 lbs.	
Master (50-54)	T. Schetter	485*
220 lbs.	242 lbs.	
R. Gronowski 330*	G. Williams	605*
Master (55-59)	R. Sadowski	510
275 lbs.	Police/Fire	
P. Meyer 315*	275 lbs.	
Open	M. Geiger	740*
181 lbs.	Open	
M. Strom 520*	220 lbs.	
S. Hill 280	L. Beede	635
220 lbs.	242 lbs.	
L. Beede 450	B. Woods	570
4th-465	R. Martinez	560
242 lbs.	4th-570	
D. Walker 615		
4th-630*		
275 lbs.		

*=Son Light Power Wisconsin state record. Best Lifter Bench Press: Dave Walker. Best Lifter Deadlift: Mike Geiger. The Son Light Power Brickyard Open Bench Press & Deadlift Championship was held at Brickyard Gym. Thanks to owner Kenny Weber for hosting this event! In the bench press competition it was Matt Lanigan for the win at junior 165 with 300. A fourth with 305 was also good. In the master men's 40-44 age group George Medrek won at 181 with 330 while Alan Domagalski took the 198's with 435, followed by a solid 440 fourth. Tony Bauer broke his own Wisconsin state record at 242 with his 415 third and 425 fourth attempts! For the master 45-49 age division



The Backyard Gym Team ... at the SLP Brickyard Open in Milwaukee, Wisconsin. (photograph provided by Meet Director D. Latch)

Robert Vivier won at 198 with 315 over Gary Koch, who finished with a personal best 240. Joe Cozza, who worked hard organizing this event, broke his own state record at 220 with 560, then gave 600 a good ride on a fourth! Robert Tupper broke the state record at 242 with 455 in his win over Robert Hanson. Robert finished with a personal best 390, just missing 400 near the lockout. Jim Geiger moved up to the 275 class where he set the state record with his win. Then at 50-54/198 it was Tom Glembin, one of the great master pullers, dropping down from 220. Just as strong as ever, though, Tom pulled an easy 630 state record for the win. Tom Schetter set the state record at 55-59/198 with 485 while another great master puller, George Williams, won at 242. George, who moved up to 242, weighing just over 220, broke the state record there by eighty five pounds! Richard Sadowski was second at 242 with 510. In the police & fire division, 275 winner Mike Geiger pulled a great 740 state record! Also taking the best lifter award for the competition, Mike weighed in at 260! In the open division it was Lowell Beede with another personal best, finishing with 635 @ 220. In a close one at 242, Blaine Woods won out over Ramon Martinez 570 to 560. Both pulling fourths, Blaine came within inches of locking out 600, while Ramon got a new PR of 570! Thanks to my son Joey for loading and spotting and running the platform and to

Ratzmann pulled a strong 600 state record at submaster shw while Tony Bauer pulled a new PR at 40-44/242 with 510. At 45-49 David Lenus had a tough day, settling with just his 550 opener and the win at 198. Stuart Coogan also had some problems at 220, making just his opener of 500. Jan Dyke got a great 600 pull at 275, setting the state record with his win. Then at 50-54/198 it was Tom Glembin, one of the great master pullers, dropping down from 220. Just as strong as ever, though, Tom pulled an easy 630 state record for the win. Tom Schetter set the state record at 55-59/198 with 485 while another great master puller, George Williams, won at 242. George, who moved up to 242, weighing just over 220, broke the state record there by eighty five pounds! Richard Sadowski was second at 242 with 510. In the police & fire division, 275 winner Mike Geiger pulled a great 740 state record! Also taking the best lifter award for the competition, Mike weighed in at 260! In the open division it was Lowell Beede with another personal best, finishing with 635 @ 220. In a close one at 242, Blaine Woods won out over Ramon Martinez 570 to 560. Both pulling fourths, Blaine came within inches of locking out 600, while Ramon got a new PR of 570! Thanks to my son Joey for loading and spotting and running the platform and to

Keith Koch and Bob Vivier for helping out. Thanks also to ten year old Leah Pankowsky for serving as trophy girl. See you all again next year! (Results by Dr. D. Latch)

USAPL "No Frills"

29 APR 06 - Plainwell, MI

BENCH	Master VI
MEN	R. Sofredine 430
165 lbs.	275+ lbs.
Master III	Teen III
G. Gutrie 280	J. Cannon 430
Open	Open
M. Ruelan 445	J. Glanz 425
242 lbs.	Open
B. Lipinski 545	275 lbs.
WOMEN	SQ BP DL TOT
97 lbs.	
Teen I	
K. Miller 275	150 275 700
148 lbs.	
Master II	
C. Burr 215	160 300 675
198+ lbs.	
Junior	
E. Dame 175	75 225 575
MEN	
132 lbs.	
Teen III	
O. Brown 365	225 465 1055
165 lbs.	
Junior	
C. Pedaris 340	245 405 990
181 lbs.	
Teen I	
D. Gustini 360	195 370 925
Teen I	
T. Teague 395	195 360 925
Open	
P. Post 386	265 435 1085
Master II	
J. Pedaris 225	290 255 770
Master III	
G. Huey 455	— 405 —
220 lbs.	
Teen II	
S. Edwards 450	35 465 1265
Open	
M. Poirier 520	405 550 1475
Master II	
D. Burr 250	225 375 850
242 lbs.	
Open	
B. Hislop 415	500 —
275 lbs.	
Junior	
B. Kovach 715	— — —

(Thanks to USAPL for providing results)

BACK ISSUE OF THE MONTH

The August 1997 issue of Powerlifting USA had Bernie Gagne and his daughter Vickie, on the cover, out at Venice Beach. Inside we had an interview with Vickie, the first woman to deadlift 500 lbs. Next up, we had "The Power and Use of Color for Powerlifters" by John Inzer. Another interviewee was Jim Rouse, who held the IPF World Record in the bench press at 165 from back in 1980. Under the training heading was "How to Bench Press 500 Easy", by Louie Simmons. Doug Daniels talked about the Five Keys to Powerlifting Success, and Herb Glossbrenner reviewed the 18th Senior Nationals, promoted by Larry Pacifico, in Dayton, Ohio. Champions there included

Chuck Dunbar, Lamar Gant, Claude Hansor, Jay Rosciglione, Rickey Dale Crain, Mike Bridges, Walter Thomas, Jim Cash, Dave Schneider, John Gamble, and Wayne Bouvier. Herb also went through the Top 25 All-Time Champions in ADFPA competition. Number one was the great Bull Stewart. Second was Shawn Cain. Third was Benemerito. Thousand pound squatter, Mark Pasillo, was interviewed by Marty Gallagher. Herb also chronicled the champions of the APF Senior Nationals from 1986 through 1997. Mario Torres related the charitable acts of Tom Ciola, National Health Products, in his Over The Rainbow, the Essene Project, in Belize. Saul Shockett was interviewed by Pat Cuntrera. We had a picture of Mike Mastrean squatting 750 to win the 198 lb. class at the AAU Senior Nationals, in Erie,



Thanks to Pat Cuntrera for the photo. We also had a picture of Mike Mastrean squatting 750 to win the 198 lb. class at the AAU Senior Nationals, in Erie,

Pennsylvania. Among our meet reports we have an interesting shot of Jerry Capello pulling 650, as a masters lifter, in the Region 8 finals. Of course, he's gone on to deadlift 150 lbs. more recently. On our Top 100 list for the 123 lb. class, Dave Buterbaugh led in the squat with 551 and the bench press at 363, while Dave Weiss was first in the deadlift at 513, and Ernesto Milian had a #1 total ranking with 1245. Elsewhere on the list, Laura Jeffrey, daughter of Dave Jeffrey, was 91st in the squat with 286. Alex Galant was 95th in the bench press at 198. Laura Denmon was 75th in the deadlift with 341, and Ellen Chailllet was 57th in the total with 850. You can see the synopses of dozens of other available back issues of Powerlifting USA in our listings on pages 48-51 of this edition of Powerlifting USA. Remember, there are special price breaks if you buy multiple issues.

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APF Midwest Open
8 APR 06 - Kansas City, KS

BENCH	220 lbs.
MEN	N. Simon 550
Teen (16-17)	T. Luke 500
220 lbs.	242 lbs.
J. Lybarger 285	J. Burnett 410
242 lbs.	R. Brigg —
P. Brennan 310	275 lbs.
AAPF Teen (14-15)	D. Gross 565
220 lbs.	SHW
N. Falcon 330	D. Dickey 640
AAPF Teen (16-17)	C. Hurd —
181 lbs.	Teen (18-19)
B. Smith 305	220 lbs.
242 lbs.	D. Marlow 320
M. Wegener 350	Submaster (33-39)
Open	275 lbs.
181 lbs.	C. Wellman —
M. Davis —	Master (40-44)
198 lbs.	220 lbs.
L. Lacy 525	B. Stevens 500
WOMEN	SQ BP DL TOT
D. Widdis 600	305 500 1405
MEN	
AAPF Open	
220 lbs.	
B. Beanland 735	430 575 1740
AAPF Master (45-49)	
308 lbs.	
K. Ufford 825	600 770 2195
Open	
165 lbs.	
A. Caslow 585	385 550 1520
181 lbs.	
J. Cantwell —	— — — —
220 lbs.	
J. Griggs 800	550 650 2000
R. Smith 425	340 425 1190
242 lbs.	
T. Hubbard 920	555 725 2200
M. Hairston 875	640 550 2065
J. Redding 805	500 600 1905
T. Bollig 685	550 640 1875
275 lbs.	
B. Johnson 650	435 610 1695
308 lbs.	
C. Lowe 860	580 700 2140
C. Craig 635	145 550 1330
Junior (20-23)	
165 lbs.	
D. Binford 500	355 525 1380
198 lbs.	
N. Gentges 700	570 600 1870
242 lbs.	
J. Heisinger 675	475 600 1750
Master (40-44)	
148 lbs.	
R. Villarante 365	225 325 915
Master (45-49)	
165 lbs.	
T. Fletcher 480	270 440 1190
(Thanks to Susan Patterson for the results)	



Best Lifter Dan Blankenship at the IronHouse Classic with Meet Director Mike Maxwell. Dan went 835 565 705 2105 in the 220 Pros (photos Mike Maxwell)

IPA Iron House Classic
1-2 APR 06 - Newark, OH

BENCH	220 lbs.
MEN	Submaster
Teen	T. Schmidt 600
165 lbs.	J. Watson 475
J. Mills 335	Open
198 lbs.	M. Senter 620
Submaster	C. Moody 500
A. Ashbrook 315	
Open	
J. Frye 655	
WOMEN	SQ BP DL TOT
148 lbs.	
Weisberger 570	340 445 1355
M. Henry 295	175 280 750
165 lbs.	
Open	
Fineis-curry 520	315 430 1265
MEN	
165 lbs.	
Open/Junior	
K. Kildow 520	320 540 1380
Open	
M. Muchack 575	385 510 1470
N. Samblanet 505	340 550 1395

Teen		Submaster
T. Cleland	470	360 500 1330
C. Chaney	555	300 450 1305
T. Lucas	480	280 460 1220
181 lbs.		
Open		
R. Maynard	650	450 450 1550
J. Roney	600	325 590 1515
F. Boldt	—	— — —
Master		
R. Hamsher	520	345 500 1365
198 lbs.		
Open/Junior		
W. Mills	605	455 505 1565
Master		
J. Bandy	575	265 520 1360
Open		
D. Buyan	625	475 530 1630
A. Cuilitari	550	440 560 1575
A. Cress	510	390 545 1445
D. Adamson	535	305 525 1365
A. Griffin	675	— 550 —
K. Dean	600	440 600 —
Master		
M. Lindsay	—	— — —
B. Bishop	750	— 650 —
220 lbs.		
Open		
D. Blankenship	835	565 705 2105
P. Biales	825	500 650 1975
J. Augenstein	780	510 650 1940
R. McNutt	710	500 615 1825
A. Swauger	615	600 57 1790
J. Murphy	685	420 655 1760
A. Stotts	450	280 550 1310
B. Berchitold	445	— — —
V. Cook	860	— 625 —
J. Adams	—	— — —
D. McQueen	730	135 565 —
T. Hypes	750	— 545 —
B. Kelley	—	600 600 —
J. Jester	600	— 525 —
Junior		
E. Melodini	600	45 550 1675
C. Williamson	525	475 4540 1450
Master		
P. Sulphin	625	365 560 1550
Submaster		
D. Barker	65	465 600 1715
Teen		
D. Hoff	805	510 650 1965
A. Keiderling	535	405 525 1465
242 lbs.		
Open/Junior		
M. Lewis	900	550 640 2030
Open/Submaster		
J. Tenbroeck	740	520 600 1860
Open		
Z. Cole	1000	640 690 2330
S. Nutter	870	585 665 2120
M. Smith	815	550 655 2020
J. Riddle	725	540 640 1905
J. Zver	700	600 590 1890
A. Gatsos	675	525 570 1770
A. Hoff	615	500 625 1740
N. Fraas	680	400 550 1630
M. Miller	635	— 450 —
M. Bell	—	— — —

(Thanks to Mike Maxwell for the results)

5th Erie College BP/DL
6 MAY 06 - Orchard Park, NY

BENCH	220 lbs.
WOMEN	A. Lewis 440
Master (40-44)	B. Remington —
C. Mequiggan 175	242 lbs.
D. Mitchell 115	J. Hackett 360
(50-54)	275 lbs.
V. Logan 150	J. Wnuk 525
MEN	N. Harvey 450
165 lbs.	308 lbs.
Teen (14-15)	S. Leary 270
Teen (16-17)	M. Coudrey 400
SHW	T. Rogers 800
S. Brooks 910	1770
S. Kelley 800	Teen (17-18)
165 lbs.	R. Groneman 705
I. Henry —	DEADLIFT
Master (40-44)	WOMEN
VanValkenbur 340	Master (40-44)
B. Michalski 375	D. Mitchell 240
D. Beaudoin 365	Master (50-54)
D. Cronkhite 325	V. Logan 265
Master (45-49)	MEN
R. Camarre 325	Guest/(12 yrs.)
P. Defrancisco 315	P. Tronolone 200
S. Meegan 280	Teen (14-15)
Master (50-54)	S. Leary 475
P. Trusso 315	Teen (18-19)
M. Wohleben 300	P. Bess 450
Master (55-59)	Master (40-44)
F. Kenyon 220	T. Vallenburg 450
Master (60-64)	Master (50-59)
B. Warner 220	D. Swingle 490
Master (65-69)	Master (60-65)
A. Gajkowski 185	B. Warner 360
Submaster	Open
J. Gheverez 430	181 lbs.
M. Burke 360	S. Nowacki 530
Open	P. Pugh 460
165 lbs.	N. Gibson 400
E. Carter 315	220 lbs.
181 lbs.	A. Lewis 600
S. Scapelliti 355	T. Bess 405
M. Woheben 305	242 lbs.
J. Baes 255	J. Hackett 515
N. Gibson 215	275 lbs.
198 lbs.	N. Harvey 610
J. Shanklin 390	J. Wnuk 550
E. Carter 335	

Best Lifter Bench: Travis Rogers. Best Lifter Deadlift: Don Swingle. This years contest had 37 bench and 16 deadlift contestants. The special part of the bench press was between 360 lb. Ryan Groneman

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Spence McKimmie got a new Masters World Record 580 Bench Press at the Ironhouse Classic.

and 318 lb. Travis Rogers, Ryan did a strong 705 lb. lift on his third attempt. Travis followed with a solid and strong 800 lb. lift to win the best bench award. Joe Wnuk benched 525 to win his class. In the deadlift, the lifting between 59 year old Don Swinger, Stan Nowacki, and Al Lewis was close. Don Swinger won his first best lifter award after 40 years of lifting. A group of nine lifters from Lockport Y won the best team. Thanks to all that made this contest a success. (Chuck Wuest)

100% Raw Beau Moore Classic 23 APR 06 - Tampa, FL

BENCH	JUNIOR		
FEMALE	S. Judah	405	
123 lbs.	220 lbs.		
Open/Master (40-44) Junior			
J. Tomasello	120	D. Davis	280
MALE		D. Kroh	305
165 lbs.		Open/Submaster	
Teen (14-15)		P. Tomasello	350
T. Benbow	190	Open/Master (40-44)	
Teen (16-17)		W. Tinny	305
D. Davis	250	242 lbs.	
181 lbs.		Open/Submaster	
Open/Master (40-44) K. Burns		450	
R. Rupe	430	275 lbs.	
Teen (16-17)		Open	
N. Kroh	210	S. Jones	315
198 lbs.			

The Beau Moore Bench Press Classic was held at The Jackson Springs Recreation Center. Twelve lifters competed in the first ever competition in Florida, which was sanctioned by the 100% Raw Powerlifting Federation. Even though the turnout for this first contest was relatively small, we are excited about the possibilities for growth of raw powerlifting in the state of Florida. There were also some very impressive lifts turned in by some of the competitors. Rodney Rupe, a 181 Master lifter, had an impressive 430 pound effort. Kevin Burns had a very solid 450 pound lift in the 242 open as well. Thanks go out to the judges Chuck Hodupp, Tim Burns and the legendary Beau Moore. Thanks to spotters/loaders David Lyle and Jerry Orihuella, who did an outstanding job, with no misleads or mishaps. The table and announcing was handled by Kris and Kathleen Bentley. We anticipate this being the beginning of many Raw and Drug Free meets in the state. (Thanks to Directors Beau Moore and Bill Beekley

8th Wisconsin's Best Bench Press 1 APR 06 - Independence, WI

BENCH	SHW		
FEMALE	L. Taylor	155	
Raw	Shirt Division		
148 lbs.	Teen		
J. Freagon	95	148 lbs.	
J. McCabe	95	B. Holzern	135
Open		Open	
114 lbs.		114 lbs.	
J. Olsen	150	B. Brown	115
123 lbs.		123 lbs.	
Katzenberger	95	R. Frank	200
148 lbs.		Submaster	
P. Miller	135	SHW	
B. Traas	75	R. Nutter	325

Master I	E. Erickson	240	135 entries competed in the 8th Annual Wisconsin's Best Bench Press. This was the first year of a raw and shirt divisions running separately. The raw lifters went first, followed by the shirted. In the pre-teen division, the contest had Sophia and Madelyn Woychik benching 75 and 55 respectively. In the teen girls division, the 148 pound teen women's class went to Jessica Freagon, hitting 95. Jill McCabe took second by bodyweight, by benching 95 as well. The 165 pound class had Julie Kildahl all alone, taking first with a 125 bench. The women's open classes 114 and 123, had one lifter each. Taking first was Jenny Olson with a 150 bench, as well as Jodi Katzenberger hitting 95. The 148's had Peggy Sue Miller hitting 135 for first, while Billie Jo Traas managed 75 to finish second. At heavyweight, Laura Taylor went 155 to take first as she was unopposed. In the masters I division, we had three competitors all alone in their weight classes. Lisa Baeton with 90, Carmen Reis at 120, and Terri Kramolis with a 115 pound bench, all received first place. In the teen boys division, the 114's had Dillon White going with 85, Skylar Taylor also with 85, and Frank Miller benching 70, for all to go 1, 2, and 33, in order. Andrew Oebser was the lone competitor in his 132 pound class, taking home a nice 245 pound bench. The 148's went to Josh Scarberry as he beat Kyle Brady by 45 pounds. Third went to Matt Buck, who benched 215. Andrew Kirley led the 165 pound class as he bested the field by fifty pounds with a 260 lb. bench. Coming in second was Tony Mish at 210 pounds, and Caleb Schulner managed 145 lbs. The 181 lb. class was won by Matt Brady as he benched 270 to beat second place Luke Haarsma who did hit a nice 255. Dustin Schmidt took third while pressing 235. The 198's went to Trevor Fiege as he beat out Brandan Hager by 55 pounds, 330 to 275. Cory Peters followed with 240 to take third. Jake Holmberg benched 330 pounds to beat second place Ray Miller, who managed a 220 bench. In the open division, the 148's Nathan Toufar was alone in his class as he benched 225. The 181 class was won by Casey Manor, as he benched 240 lbs. Ben Johnson was second at 225 pounds. The 198 lb. class was won by Ben Ebner as he benched 275 lbs. to Mike LaVigne's 235. The 242 lb. class saw Craig Sonsalla bench 285 to take first in his class. The 275 lb. class proved to be tough as JJ Schutz put up 500 lbs. for the win over Carl Foemmel and his second place 440. Chris Stanek went 345 to take home third. In the 308's, Scott Kennelly benched 385 to edge Bernard Taylor's 375. In the submaster division, Kevin Kulig was unopposed in the 242's to take first with a nice 380 bench. Glen Woychik benched 465 to take first, Scott Kennelly and Joel Hager hit 385 and 380 to take second and third respectively. In the masters open divisions, the 198, 220, 242, and SHW pound classes had only one entry each. Taking firsts were Ed Erickson 240, Don Adams 320, Joel Jacobs 295, and John Wojciechowski 425. The masters three division had one lifter Ray Magnuson, who benched 210 to take first place. In the police and fire division, we had two entries. Marta Peterson went 315 and Ed Erickson hit 240 to take second. The shirt division went as follows: the teen girls had Brittney Holzern alone in the 148's as she hit 135 for the win. In the open women division, we had two lifters,	Shirt Division	160
148 lbs.	N. Smieja	140			
MALE	J. Scarberry	315			
Raw	J. Abts	245			
PreTeen	J. Donnelly	285			
123 lbs.	M. Johnson	380			
L. Baeton	M. Thronson	380			
148 lbs.	M. Spaeth	315			
C. Reis	220 lbs.				
165 lbs.	T. McVinnie	280			
T. Kramolis	242 lbs.				
Teen	M. Hough	295			
114 lbs.	B. Oswald	465			
D. White	C. Scanlon	350			
S. Taylor	Open				
F. Miller	165 lbs.				
132 lbs.	T. Stinson	450			
A. Oebser	D. Draeger	355			
148 lbs.	N. Buck	315			
J. Scarberry	C. Pruscinski	315			
K. Brady	181 lbs.				
M. Buck	C. Neal	455			
M. Miller	M. Malyuk	390			
B. Guenther	B. Drexler	345			
J. Schulner	198 lbs.				
A. Russell	J. Rebera	485			
B. Taylor	L. Klatt	405			
T. Schulner	S. Keller	365			
165 lbs.	R. Zuege	345			
A. Kirley	T. Frederick	325			
T. Mish	R. Ruchs	475			
K. Schulner	L. Vnumus	420			
181 lbs.	R. Dingfelder	285			
M. Brady	242 lbs.				
L. Haarsma'	E. Leverance	570			
D. Schmidt	K. Kromroy	510			
D. DeLeasky	J. Schielke	405			
M. Baker	M. Sias	380			
J. Walek	B. Pechmiller	620			
M. Farrell	J. Schutz	565			
198 lbs.	308 lbs.				
T. Fiege	G. Riggs	525			
B. Hager	SHW				
C. Peters	T. Hedre	535			
220 lbs.	C. Kadrik	55			
J. Holmberg	Wojciechows	330			
M. King	Submaster				
J. Farrell	165 lbs.				
G. Curtis	P. Sullivan	365			
A. Buchman	181 lbs.				
R. Wohld	E. Jacobs	385			
C. Isham	R. Miller	220 lbs.			
R. Miller	J. Rebera	485			
Open	220 lbs.				
148 lbs.	J. Weinert	375			
N. Toufar	J. Easterly	475			
C. Manor	275 lbs.				
B. Johnson	S. Wahl	455			
198 lbs.	T. Finger	545			
B. Ebner	SHW				
M. LaVigne	S. Nutter	585			
242 lbs.	D. Bromeisl	480			
C. Sonsalla	Master I				
D. Grilley	500	181 lbs.			
275 lbs.	D. Sullivan	330			
J. Schutz	J. Brandli	—			
C. Foemmel	198 lbs.				
C. Stanek	R. Krings	405			
308 lbs.	E. Kamrowski	315			
S. Kennelly	D. Crump	305			
B. Taylor	R. Delisi	425			
Submaster	M. Kaufman	—			
242 lbs.	T. Sullivan	360			
K. Kulig	275 lbs.				
308 lbs.	M. Amoe	325			
G. Woychik	S. Fronk	425			
S. Kennedy	275 lbs.				
J. Hager	T. Roffler	200			
Master I	198 lbs.				
198 lbs.	E. Erickson	240			
Raw	220 lbs.				
148 lbs.	D. Adams	320			
Teen	242 lbs.				
J. Freagon	J. Jacobs	295			
114 lbs.	SHW				
J. Olsen	Wojciechows	425			
123 lbs.	Master III				
Katzenberger	198 lbs.				
148 lbs.	R. Magneson	210			
P. Miller	Police/Fire				
148 lbs.	198 lbs.				
B. Traas	M. Peterson	315			

Billie Jo Brown managed 115 for first in the 114 class. Rene Frank hit a nice 200 at 123 lbs. to take first as well. The submasters had Rachel Nutter in the SHW go 325 and just miss 340 to take first as well. In the masters I division, we had Rene Frank hit 200 for first in the 123's and Sandy Meyer in the 148's bench 160 to take the win as well. The teen boys had Nick Smieja bench 140 as he was unopposed. Josh Scarberry went ironman and hit 315 for first over Jake Abts who benched 245 for second place. The 165's had John Donnelly alone go 285 for first. The 198's turned out to be a battle as Mike Johnson and Matt Thronson went pound for pound on bodyweight and lifted 380 lbs. Johnson got the win as he hit his 380 on his second attempt, while Thronson made it on his third. Mark Spaeth followed up with third as he benched 315. The 220 and 242 class had one lifter each. Tyler McVinnie hit 280 and Matt Hough benched 295 for them to take first. The 308's belonged to Bret Oswald as he out benched Cory Scanlon by 115 pounds for the win with a huge 465 bench. In the open, Todd Stinson keeps dominating as he put up a huge 450 in the 165 class to take first. The 181 class was won by Chris Neal with a 455 bench, followed by Matt Malyuk's 390 and Ben Drexler's 3345 bench. In the 198's Jeff Rebera blew away 485 to take first, Austin Klatt managed 405, and finally Sam Keller benched 365 to take third. The 220 class was won by Rick Fuchs as he benched 475, Lee Vnnus hit 420, and Robert Dingfelder followed up with 285 for third. Eric Leverance returned to lifting by winning the 242 class with a big 570 followed by Kurt Kromroy's 510, and Jeff Schieke going 405 for third place. Bill Pechmiller had the highest lift of the day with a massive 620 in the 275 class. JJ Schutz was second with 565. In the 308 class, Greg Riggs was alone and hit 525 for first. Trent Heddle took first in the SHW class as he edged Charles Kadlik by 10, 535 to 525. Jake Wojciechowski took home third place with a 330 bench. The submaster class from 165 to 308 had one lifter in each class. Pat Sullivan 365, Erik Jacobs 385, Jeff Rebera 485, Jerry Weinert 375, John Easterly 475, Scott Wahl 455, and Todd Finger 545 all took home first place. In the SHW, Scott Nutter benched 585 to beat Scott Bromeis and his 480 bench. Masters I had Dan Sullivan in the 181' bench 330 to take first. The 198 class was won by Robert Krings as he benched 405, Ed Kamrowski followed with 315, and Don Crump benched 305 to take third. Ron Delisi was unopposed in the 242s as he benched 425 for the win. Jim Brandli, Mike Kauffmann, and Tom Nelson all had terrible luck as they couldn't get a qualifying lift. Masters II Tim Sullivan got the win over Mike Amoe as he benched 360 to Mike's 325, in the 198 class. The 275 class had Steve Fronk bench big as he went 425 to take first. Masters III had Chris Roffler bench 200 for first in the 198's, and Bob Brodt hit 300 for first in the 242's. In the police and fire, Shawn Becker made 500 look easy as he won the 242's. Many thanks to all our sponsors locally and nationally, Powerlifting USA, Inzer Advance Designs, Titan Support Systems, Magnum Fitness, Elite Fitness Systems, and House of Pain, to name a few. Also, to all the volunteers who helped make this meet what it has become. I thank you all. (Thanks to Glen Woychik for providing the meet results)



Participants at the annual Wisconsin's Best Bench Press Contest (photograph provided by courtesy of Meet Director Glen Woychik)

APA Maine BP/SC 20 MAY 06 - Newport, ME				
BENCH	Open	Open	G. Mele	110
WOMEN	J. Kaplan	350	130!	Master (45-49)
123 lbs.	Junior (20-23)		SHW	G. Mele
(16-17)	B. Beaupain	—		110
S. Mueller	140	198 lbs.		!World Records. Best Lifter Women: Kristy Scott. Best Lifter Men: Mike Bazinet. (Thanks to Jane Stork for these results)
148 lbs.	(16-17)			
(13-15)	B. Shepherd	195		
R. Kaplan	135	Submaster (33-39)		
165 lbs.	M. Bazinet	375		
(16-17)	Master (60-64)			
T. Campbell	185	F. Manzie	285	
181 lbs.	J. Cronin	210		
Junior (20-23)	220 lbs.			
K. Scott	250	Open		
4th-260	S. St. Peter	395		
198 lbs.	W. Skillings	355		
(18-19)	(13-15)			
K. Kaldro	145	S. White	325!	
4th-150	4th-335			
UNL	C. O'Donald	250		
Open	(16-17)			
K. Campbell	—	A. Moore	255	
Master (40-44)	A. Leiser	—		
K. Campbell	—	Submaster (33-39)		
MEN	M. Guernsey	325		
114 lbs.	Master (45-49)			
Special Olympics	W. Skillings	355		
(16-17)	308 lbs.			
R. Jabar	105	Master (45-49)		
4th-115	R. O'Donald	300		
148 lbs.	Submaster (33-39)			
(16-17)	G. Guernsey	375		
B. Lane	175	SHW		
(18-19)	Open			
D. Neal	—	A. Petriño	—	
A. Hebert	265	Submaster (33-39)		
165 lbs.	G. Guernsey	425		
(18-19)	Master (45-49)			
C. Murray	300	A. Petriño	—	
Open	STRICT CURL			
M. St. Laurent	350!	MEN		
4th-355	242 lbs.			
Master (60-64)	Open			
M. St. Laurent	D. Robertson	125		
350!	220 lbs.			
4th-355	Master (45-49)			
181 lbs.	W. Skillings	125		
	308 lbs.			

APF/AAPF Delaware Power 29 APR 06 - New Castle, DE				
BENCH	J. Ciritella	395		
AAPF	308 lbs.			
Junior	M. Gerard	560		
220 lbs.	Master II			
Raw	242 lbs.			
J. Kerr	305	J. Dibble	520	
275 lbs.	APF			
R. Yard	775	Open		
Open	198 lbs.			
165 lbs.	J. Talarico	405		
Raw	Master I			
M. Godwin	315	275 lbs.		
220 lbs.	Raw			
Raw	S. Kuzma	525		
J. Kerr	305	Police/Fire		
275 lbs.	Master I			
R. Yard	775	242 lbs.		
Master I	J. Ciritella	395		
242 lbs.	APF			
Push/Pull	BP	DL	TOT	
MALE				



R. Scott Yard bench pressed 775 lbs. in the 275 lb. class at the AAPF/APF Delaware Classic meet.



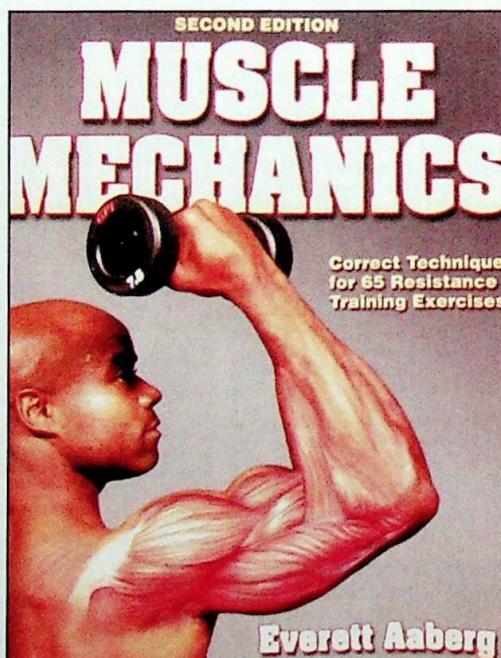
Brad Vargason set a new all time total record at the Delaware Classic with 855 625 750 2230 at 181. (photographs courtesy of K. Baird)

AAPF				
Teen (16-17)	220 lbs.			
T. DiChiara	370	520	890	
Open				
B. Becker	450	600	1050	
Submaster				
B. Becker	450	600	1050	
APF				
Open				
Raw				
F. Henry	385	510	895	
Master II				
Raw				
181 lbs.				
C. Webb	385	505	890	
Pull Only				
Open				
275 lbs.				
N. Mazan	—	—	705	
WOMEN	SQ	BP	DL	TOT
AAPF				
Teen (16-17)				
114 lbs.				
M. Muscara	185	115	225	525
APF				
Open				
165 lbs.				
Raw				

K. Baird 425 255 400 1080
MEN
AAPF
165 lbs.
L. Walker 540 330 465 1335
242 lbs.
J. Dibble 610 520 590 1760
Master I
165 lbs.
L. Walker 540 330 465 1335
242 lbs.
T. Hunter 610 380 675 1665
Master II
242 lbs.
J. Dibble 650 520 590 1760
APF
Open
148 lbs.
Raw
S. Mitchell 280 185 315 780
181 lbs.
B. Vargason 855 625 750 2230
198 lbs.
D. Moore 720 525 490 1735
308 lbs.
D. Murray 720 460 550 1730
Delaware held its first ever APF sanctioned meet at the Training Center Gym. Broderick Chavez, Delaware's APF chairman, ran this meet like he ran them everyday. Events ran quickly, smoothly, and people even had fun! This meet had equipped and raw divisions for both APF and AAPF members. All lifters were highly enthusiastic and most lifted with energy to spare. Many Delaware state records were set in all divisions, and of course, Brad Vargason reset the world record for the 181 lb. class full power total. Thanks to all of the judges, loaders, and spotters, most of whose names we do not know, for most of them came and jumped in to help just for the heck of it. Thanks to Jack Osborne, owner of the Training Center, for not only letting us upend his gym for the day, but also for jumping in to help load weights. Thank you to Slater Clappitt for filming the event, and a special thank you to Len Walker for his generous contributions and support. (Thanks to Kate Baird for results)

FOR REVIEW ... Muscle Mechanics, 2nd Edition, which uniquely describes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and practitioner of resistance training for more than 15 years. Currently he is director of the Fitness Center at the Telos Center in Dallas, Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor at the Cooper Institute. He has been certified as a personal trainer through various organizations, and was a collegiate Academic All American in football. He has won several state and national powerlifting championships, as well as bodybuilding titles. The first chapter in the book, "Anatomical Design and Function", describes the functions of the body in terms of physical activity. From that base, seven additional chapters cover all sorts of movements that weight trainers of various focus would find productive and useful. The book concludes with a chapter on training program design. What makes this presentation extraordinarily effective are the visual descriptions of each exercise movement, done with excellent color photography, showing the key start, finish, and intermediate positions of each movement. Beyond that, the actual musculature involved in the movement is super-imposed, in an artist's color rendition, upon the photographic image. The purpose of this is to provide a visual connection between the

human anatomy within the body and the external movement in question. The effect is profound because you actually develop a kinesthetic 'feel' for what you're doing and why positioning your body in one mode or another might lead to better performance in the exercise. These renditions show skeletal features and the actual muscles, how they attach, and where they attach. It's a concept that provides an intuitive feeling, from the visual aspect, on what you're doing in the exercise relative to your body structure. Many of these exercises are directly applicable to powerlifting, and some of them may well should be. Throughout the book, even in the non-exercise demonstration sections, the line drawings are very effective in showing the principals involved. For example, on page 42, in an elegantly simple manner, they compare body positions that are high risk and reduced risk, for different exercise movements, such as cable rows, or simply picking up an object. What this book can bring to the reader is an enhanced perception of what is involved in the physical movements they're undertaking, which could easily result in greater performance, enhanced safety, and more effective training sessions. This book will be available



through Powerlifting USA for \$19.95, plus \$4 shipping and handling. Send your check to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, or order by Visa or MasterCard by calling 1-800-448-7693.

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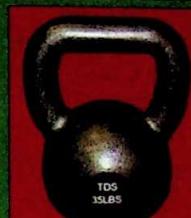
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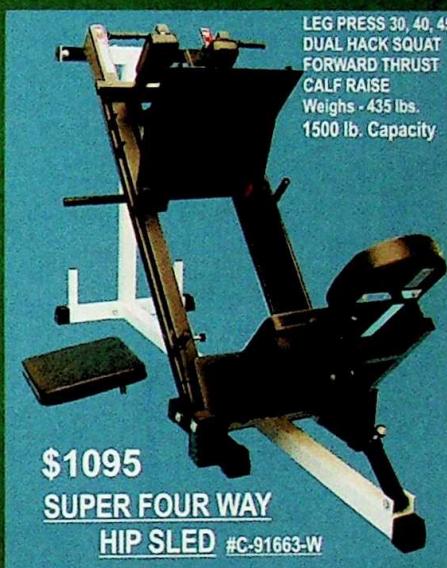
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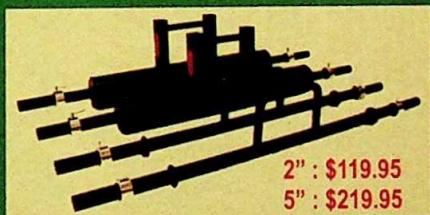
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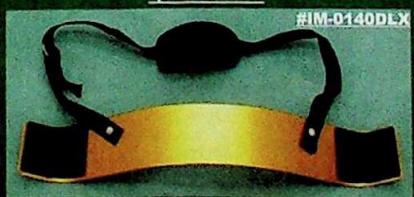


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PASSINGS

MARK KODYA, perhaps one of the greatest fans of the sport that Powerlifting has ever known, who was making a career of his passion through his Ph.D. studies, recently passed away, apparently from complications surrounding kidney disease. Always one of the first to call the offices of PL USA, in our early years, when we got back from one of the major meets, more recently he had written articles for the magazine on various IPA championships. According to his internet friend from Germany, Thomas Klose, "The World of Strength has lost a great person"

DAVID COLEMAN, 54, of Jacksonville, FL. A Viet Nam veteran who, until recently, officiated and competed in many USPF, APF, and AAPF meets in the Florida area, he had long suffered the effects of a gunshot wound sustained in the line of duty as a law enforcement officer.

NASA West Texas State 13 MAY 06 - Hereford, TX						
BENCH		Novice				
MEN	J. Baldwin	325				
181 lbs.	Submaster Pure					
Master III	P. Willis	463				
C. Lynn	281	PS BENCH				
220 lbs.	MEN					
Junior	198 lbs.					
A. Cantu	457	Submaster II				
Master II	P. Munoz	363				
G. Elliot	209	275 lbs.				
Pure	Novice					
C. Washburn	501	J. Baldwin	275			
Submaster Pure	PS CURL					
P. Castillo	303	MEN				
242 lbs.	198 lbs.					
Master I	Submaster I					
A. Shields	424	P. Munoz	363			
Master Pure	275 lbs.					
A. Shields	424	Novice				
Open	J. Baldwin	137				
A. Shields	424	PS DEADLIFT				
Submaster Pure	MEN					
G. Alvarado	380	275 lbs.				
275 lbs.	Novice					
Master II	J. Baldwin	281				
J. Baldwin	325	BP DL TOT				
Push Pull						
WOMEN						
148 lbs.						
Intermediate						
D. James	148	314	463			
MEN						
220 lbs.						
Submaster I						
K. Parker	418	556	975			
242 lbs.						
Master I						
N. Eddins	435	639	1074			
308 lbs.						
Open						
R. Samarron	407	617	1025			
SHW						
Police/Fire						
R. James	424	600	1025			
Power Sports CR	BP	DL	TOT			
WOMEN						
198 lbs.						
High School						
C. Samarron	49	104	259	413		
MEN						
99 lbs.						
Youth						
A. Samarron	55	77	110	242		
132 lbs.						
Youth						
J. Samarron	38	55	181	275		
165 lbs.						
Teen						
M. Samarron	71	104	275	451		
242 lbs.						
Submaster I						
B. Flores	154	347	440	942		
Submaster Pure						
J. Reeder	115	297	391	804		
Powerlifting SQ	BP	DL	TOT			
WOMEN						
132 lbs.						
Intermediate						
J. Rim	292	137	286	716		
148 lbs.						
Intermediate						
D. James	281	148	314	744		
181 lbs.						
Junior						
S. Bennett	363	154	402	920		

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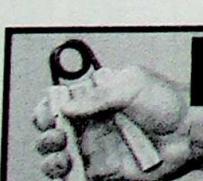
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NEXT MONTH... TOP SHWs

CORRECTIONS ... Brent Tracey should have been credited with an 800 squat, 555 bench, and 655 deadlift on the TOP 100 list for 198s, and Jim Smith should have been listed with a 1665 total on the same list. The APF Orlando Barbell results on p. 68 of the April '06 PL USA actually took place on Feb. 4th, 2006. Kristy Scott should have received recognition for her 418 lb. deadlift and 1025 total on the Women's TOP 20 list for the 165 lb. class. In the Dec. 17th results on p. 63 of the May '06 PL USA, Allen Sydow's name was misspelled. On the TOP 100 list for the 242s, J. Graafls should have been credited with a 733 DL, Rob Luyando a 777 bench press, Aaron Wilson a 760 bench press, and Brad Hein a 755 bench press. If you find errors, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction.

SQUAT	BENCH	DEADLIFT	TOTAL
1 1118 Vogelpohl, C., 3/4/06	845 Crawford, B., 6/25/05	832 Stafford, J., 10/30/05	2562 Vogelpohl, C., 3/4/06
2 1107 Bartley, M., 3/4/06	805 Putnam, R., 2/12/06	810 Lawson, J., 6/4/05	2562 Bartley, M., 3/4/06
3 1080 Bailey, C., 4/1/06	782 Grandick, J., 3/4/06	810 Griffin, M., 11/5/05	2540 Grandick, J., 3/4/06
4 1041 Basson, O., 3/4/06	775 Yard, R., 4/29/06	810 Vogelpohl, C., 3/4/06	2502 Stafford, J., 10/30/05
5 1019 Grandick, J., 3/4/06	770 Coulter, M., 8/29/05	800 Lowe, G., 10/22/05	2452 Basson, O., 3/4/06
6 1010 Tillman, K., 8/27/05	755 Womack, M., 7/23/05	778 Holloway, P., 11/19/05	2400 Bailey, C., 4/1/06
7 1008 Fay, C., 12/4/05	744 Bartley, M., 3/4/06	771 Gulledge, K., 6/4/05	2353 Alocco, M., 6/4/05
8 1003 Alocco, M., 6/4/05	738 Stafford, J., 3/4/06	766 Cardella, T., 5/8/05	2336 Story, P., 12/4/05
9 1000 Cole, Z., 4/2/06	730 Burns, S., 6/25/05	766 Story, P., 12/4/05	2330 Cole, Z., 4/2/06
10 950 Wenning, M., 11/30/05	730 Gulledge, D., 9/17/05	760 Camlin, M., 10/23/05	2320 Smith, S., 2/19/06
11 948 Story, P., 12/4/05	727 Wilson, A., 2/4/06	755 Smith, S., 2/19/06	2309 Hudak, Z., 6/4/05
12 948 Stafford, J., 3/4/06	722 Stewart, J., 7/23/05	750 Mazan, N., 2/18/06	2248 Fay, C., 12/4/05
13 935 Poremba, J., 12/17/05	716 Carpenter, B., 2/4/06	749 Courtney, A., 9/18/05	2237 Myers, J., 10/30/05
14 931 Mount, S., 6/4/05	715 Zemmin, J., 8/6/05	749 Grandick, J., 10/30/05	2211 Mount, S., 6/4/05
15 925 Woods, S., 6/4/05	705 Peshek, J., 7/16/05	746 Bruner, T., 11/19/05	2230 Burns, S., 11/12/05
16 920 Estevez, L., 12/4/05	705 Harrison, T., 8/21/05	745 Bailey, C., 4/1/06	2221 Gulledge, K., 6/4/05
17 909 Myers, J., 10/30/05	705 Harris, P., 2/4/06	744 Hudak, Z., 6/4/05	2210 Poremba, J., 12/17/05
18 905 Roberts, A.J., 12/3/05	700 Baker, A., 7/17/05	740 Geiger, M., 2/18/06	2210 Jacobs, J., 4/1/06
19 905 Jacobs, J., 4/1/06	700 Knight, M., 8/7/05	735 Barabas, W., 2/25/06	2204 Cardella, T., 5/8/05
20 903 Hudak, Z., 6/4/05	700 Steltenkamp, N., 11/13/05	733 Hodges, J., 10/8/05	2204 Ritchie, J., 4/2/06
21 903 Griffin, M., 11/5/05	700 Gibson, T., 3/19/06	730 Vaughn, T., 2/25/06	2182 Lawson, J., 6/4/05
22 903 Irby, T., 4/9/06	690 Lade, S., 12/10/05	727 Cole, Z., 6/4/05	2182 Irby, T., 4/9/06
23 900 Lowe, G., 10/22/05	688 Lane, H., 9/18/05	727 Myers, J., 10/30/05	2175 Tillman, K., 8/27/05
24 900 Burns, S., 11/12/05	683 Bowman, D., 9/10/05	727 Schoen, S., 1/28/06	2175 Wenning, M., 11/30/05
25 892 Smith, S., 2/19/06	683 Basson, O., 3/4/06	727 Basson, O., 3/4/06	2165 Griffin, M., 11/5/05
26 887 Castile, C., 7/10/05	680 Timbs, H., 11/16/06	727 Field-Eaton, C., 3/23/06	2150 Lade, S., 12/10/05
27 881 Moretto, N., 12/4/05	675 Vickery, S., 11/12/05	725 Hollis, D., 7/17/05	2149 Estevez, L., 12/4/05
28 875 Ritchie, J., 4/2/06	675 Rogers, T., 12/10/05	725 Sargent, H., 12/17/05	2138 Castile, C., 7/10/05
29 870 Gulledge, K., 6/4/05	672 Smith, S., 2/19/06	725 Ball, N., 4/29/06	2135 Mlynarcik, P., 12/3/05
30 865 Vaughn, T., 2/25/06	672 Erickson, J., 7/23/05	722 Faulkner, W., 11/19/05	2130 Chilia, C., 11/30/05
31 865 Richards, S., 3/11/06	670 James, A., 7/23/05	716 Baehr, A., 5/14/05	2130 Roberts, A.J., 12/3/05
32 859 McDaniel, M., 11/5/05	666 Rhoades, C., 6/18/05	716 Klein, R., 7/16/05	2130 Vaughn, T., 2/25/06
33 859 Field-Eaton, C., 3/23/06	662 Millany, K., 2/4/06	716 Lawson, M., 12/4/05	2125 Matney, B., 11/13/05
34 854 Morse, C., 5/14/05	661 Hudak, Z., 6/4/05	711 Culnan, S., 5/8/05	2125 Steltenkamp, N., 11/13/05
35 850 Matney, B., 11/13/05	661 Mount, S., 6/4/05	710 Manning, S., 7/17/05	2115 Hollis, D., 7/17/05
36 850 Bonneville, G., 11/13/05	661 Delaval, M., 7/23/05	710 Carter, J., 9/10/05	2110 Sargent, H., 12/17/05
37 850 Chilia, C., 11/30/05	661 Hunter, J., 9/17/05	710 Pritchett, J., 11/19/05	2105 Ransbottom, J., 8/14/05
38 848 Saldierna, E., 5/8/05	660 Primeau, P., 9/10/05	710 Chilia, C., 11/30/05	2100 Lowe, G., 10/22/05
39 845 Floyd, J., 12/17/05	660 Welch, D., 3/25/06	710 Andrews, P., 1/14/06	2090 Manning, S., 7/17/05
40 830 Mlynarcik, P., 12/3/05	660 Ritchie, J., 4/2/06	710 Bartley, M., 3/4/06	2088 Saldierna, E., 5/8/05
41 830 Lade, S., 12/10/05	655 Rollins, D., 10/29/05	705 Castile, C., 7/10/05	2088 Camlin, M., 10/23/05
42 830 Nash, T., 3/18/06	655 Snyder, J., 1/21/06	705 Perkins, R., 8/6/05	2083 Field-Eaton, C., 3/23/06
43 826 Cardella, T., 5/8/05	655 Rigdon, R., 4/1/06	705 Ransbottom, J., 8/14/05	2061 Woods, S., 6/4/05
44 826 Ransbottom, J., 8/14/05	650 Alocco, M., 6/4/05	705 Bowman, T., 9/10/05	2055 Kahle, R., 7/9/05
45 826 Burgess, S., 9/24/05	650 Hahn, K., 6/4/05	705 Holata, M., 11/5/05	2055 Zemmin, J., 8/6/05
46 820 Sargent, H., 12/17/05	650 Popovich, C., 9/17/05	705 Capps, J., 11/19/05	2055 Schott, M., 11/13/05
47 815 Hollis, D., 7/17/05	650 Lewis, J., 12/10/05	705 Mlynarcik, P., 12/3/05	2050 Harrison, T., 7/9/05
48 815 Stewart, K., 12/3/05	650 Conkey, J., 4/2/06	705 Shiffer, D., 3/19/06	2044 Culnan, S., 5/8/05
49 810 Lawson, J., 6/4/05	645 Wright, E., 12/10/05	705 Jacobs, J., 4/1/06	2044 Richards, S., 3/11/06
50 805 Sopelsa, P., 5/22/05	644 Laskwoski, J., 11/18/05	701 Bartos, M., 2/18/06	2040 Bonneville, G., 11/13/05
51 805 Manning, S., 7/17/05	644 Hoekstra, S., 3/25/06	705 Vickery, S., 7/9/05	2039 Swank, M., 6/4/05
52 805 Damminga, G., 4/1/06	640 Cole, Z., 4/2/06	700 Schott, M., 11/13/05	2030 Stewart, K., 12/3/05
53 804 Anderson, M., 5/8/05	639 Senese, C., 2/4/06	700 Bert, A., 11/19/05	2028 Thomas, K., 9/10/05
54 804 McQuaid, J., 6/4/05	635 Weaver, G., 3/25/06	700 Poremba, J., 12/17/05	2022 Ward, S., 5/8/05
55 804 Harrison, T., 7/9/05	633 Ludlam, R., 9/17/05	700 Wheel, D., 2/11/06	2010 Barabas, W., 2/25/06
56 804 Thomas, K., 9/10/05	633 Vogelpohl, C., 3/4/06	699 Alocco, M., 6/4/05	2006 Burgess, S., 9/24/05
57 804 Slaten, R., 9/10/05	630 Smith, J., 9/10/05	699 Jurkowski, G., 12/4/05	2006 Moretto, N., 12/4/05
58 804 Camlin, M., 10/23/05	630 Schott, M., 11/13/05	694 Thomas, K., 9/10/05	2006 Wagner, G., 3/4/06
59 800 Sopelsa, D., 8/6/05	628 Myers, J., 6/4/05	694 Hendrix, L., 10/10/05	2005 Carlquist, A., 3/18/06
60 800 Robinson, J., 11/12/05	628 Estevez, L., 12/4/05	690 Billiott, D., 3/25/06	2005 Damminga, G., 4/1/06
61 800 Steltenkamp, D., 11/13/05	625 Hicks, A., 6/12/05	688 Ward, S., 5/8/05	2005 Rigdon, R., 4/1/06
62 800 Snyder, J., 4/2/06	625 Barnett, R., 6/25/05	688 Kahle, R., 7/9/05	2000 Slate, R., 9/10/05
63 799 Mistric, L., 5/14/05	625 Luster, 7/10/05	685 Reynolds, B., 8/17/05	2000 McDaniel, M., 11/5/05
64 799 Wagner, G., 3/4/06	625 Valentine, R., 8/13/05	685 Sellers, K., 12/3/05	2000 Seath, J., 12/3/05
65 788 Swank, M., 6/4/05	625 Wenning, M., 11/30/05	685 Damminga, G., 4/1/06	2000 Conkey, J., 4/2/06
66 788 Kahle, R., 7/9/05	625 Matney, B., 11/13/05	685 Davis, B., 11/19/05	1973 Morse, C., 5/14/05
67 782 Stuchiner, M., 12/4/05	625 Roberts, A.J., 12/3/05	677 McQuaid, J., 6/4/05	1973 McKee, B., 7/31/05
68 782 Gregg, R., 12/4/05	625 Klinger, B., 12/3/05	677 O'Donnell, T., 9/24/05	1955 Mazan, N., 2/18/06
69 780 Seath, J., 12/3/05	622 Holloway, P., 11/18/05	677 Ryder, 10/10/05	1951 Holata, M., 11/5/05
70 777 Culnan, S., 5/8/05	622 Story, P., 12/4/05	675 Beers, D., 1/21/06	1951 McLaughlin, E., 3/23/06
71 777 Anderson, J., 5/14/05	620 Goode, J., 9/17/05	672 Denison, S., 6/11/05	1950 Rigdon, R., 4/1/06
72 775 Barabas, W., 2/25/06	620 Nichols, B., 3/11/06	672 DeLaCruz, R., 2/2/18/06	2000 Slate, R., 9/10/05
73 771 McKee, B., 7/31/05	620 Sibeto, P., 3/19/06	672 Richards, S., 3/11/06	2000 Seath, J., 12/3/05
74 771 Arroyo, P., 9/10/05	620 Pechmiller, B., 4/2/06	672 Irby, T., 4/9/06	1940 Ness, K., 11/14/05
75 770 Wood, 5/15/05	615 Woody, 4/15/05	670 Laird, J., 8/13/05	1934 Anderson, M., 5/8/05
76 765 Rigdon, R., 4/1/06	611 Cardella, T., 5/8/05	670 Seath, J., 12/3/05	1925 Robinson, J., 11/12/05
77 760 Ward, S., 5/8/05	611 Lincoln, R., 11/18/05	670 Gisondi, P., 3/12/06	1923 Shiffer, D., 3/19/06
78 760 Varela, D., 9/24/05	611 Ryan, R., 1/7/06	666 Rogers, B., 8/27/05	1918 Bowman, T., 9/10/05
79 760 Ness, K., 11/14/05	610 Rabon, C., 9/10/05	666 Driskill, B., 8/20/05	1915 Newark, S., 11/12/05
80 760 Barrett, J., 3/25/06	610 Turner, J., 3/11/06	666 Modesitt, S., 3/25/06	1912 Hunt, A., 9/10/05
81 755 Mazan, N., 2/18/06	610 Hollis, D., 4/2/06	665 Ritchie, J., 4/2/06	1912 Varella, D., 9/24/05
82 750 Carlquist, A., 3/18/06	606 Anderson, P., 8/31/05	661 Collins, B., 5/22/05	1912 Lawson, M., 12/4/05
83 749 McLaughlin, E., 3/23/06	606 Irby, T., 4/9/06	661 Soekardi, I., 6/11/05	1905 Snyder, J., 4/2/06
84 746 Cyranoski, S., 8/14/05	606 McCaslin, Z., 3/11/06	661 McCoy, R., 8/13/05	1901 Baehr, A., 5/14/05
85 740 Zemmin, J., 8/6/05	605 Carolquist, A., 3/18/06	661 Davidson, D., 11/19/05	1901 Richard, D., 6/4/05
86 740 Tewell, T., 11/13/05	602 Gast, J., 11/18/05	660 Belk, M., 6/25/05	1901 Arroyo, P., 9/10/05
87 738 Gonzales, G., 5/22/05	601 Begue, J., 9/11/05	660 Tillman, K., 8/27/05	1901 Schoen, S., 1/28/06
88 738 Reece, D., 3/25/06	600 Swank, M., 6/4/05	655 Lade, S., 5/8/05	1890 Coleman, D., 2/5/06
89 735 Brown, M., 11/13/05	600 McKee, B., 6/11/05	655 Fay, C., 12/4/05	1884 Anderson, P., 5/8/05
90 735 Billiott, D., 3/25/06	600 Washburn, R., 6/18/05	655 Wagner, G., 3/4/06	1879 Gonzales, D., 5/22/05
91 733 Ford, J., 7/10/05	600 Stutes, C., 8/13/05	650 Saldierna, E., 5/8/05	1875 Barrett, J., 3/25/06
92 730 Skiba, 5/22/05	600 Reynolds, B., 8/17/05	650 Swank, M., 6/4/05	1875 Bartos, M., 4/2/06
93 730 Lonigar, M., 4/2/06	600 Manns, R., 9/10/05	650 Richard, D., 6/4/05	1873 Capps, J., 11/19/05
94 727 Sturdivant, B., 5/14/05	600 Flynn, R., 9/10/05	650 Ford, J., 7/10/05	1873 Edalgo, C., 3/11/06
95 727 Huizer, R., 5/22/05	600 Elmore, S., 9/17/05	650 Anderson, M., 8/31/05	1860 Stuchiner, M., 7/17/05
96 727 Boynton, R., 6/11/05	600 Plante, G., 9/18/05	650 State, R., 9/10/05	1857 Gregg, R., 12/4/05
97 727 Atkins, D., 9/10/05	600 Newark, S., 11/12/05	650 Matney, B., 11/13/05	1855 Peppers, N., 6/4/05
98 725 Schott, M., 11/13/05	600 Harris, M., 11/12/05	650 Stewart, K., 12/3/05	1851 Cyranoski, S., 1/29/06
99 725 Rock, S., 4/2/06	600 Swope, D., 11/13/05	650 Coleman, D., 2/5/06	1851 Speno, R., 3/25/06
100 725 Araeri, P., 4/2/06	600 Mlynarcik, P., 12/3/05	650 Burgess, S., 9/24/05	1850 Sopelsa, D., 8/6/05

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