

POWERLIFTING USA

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ANO pulls it Out!

WPO FINALS!!

CONYERS
Fights a
Fantastic
165 lb. Battle!

ZWENG
Upsets Kellum!

MENDELSON wins
Arnold BP Classic



TINA RINEHART
347 BENCH @ 132



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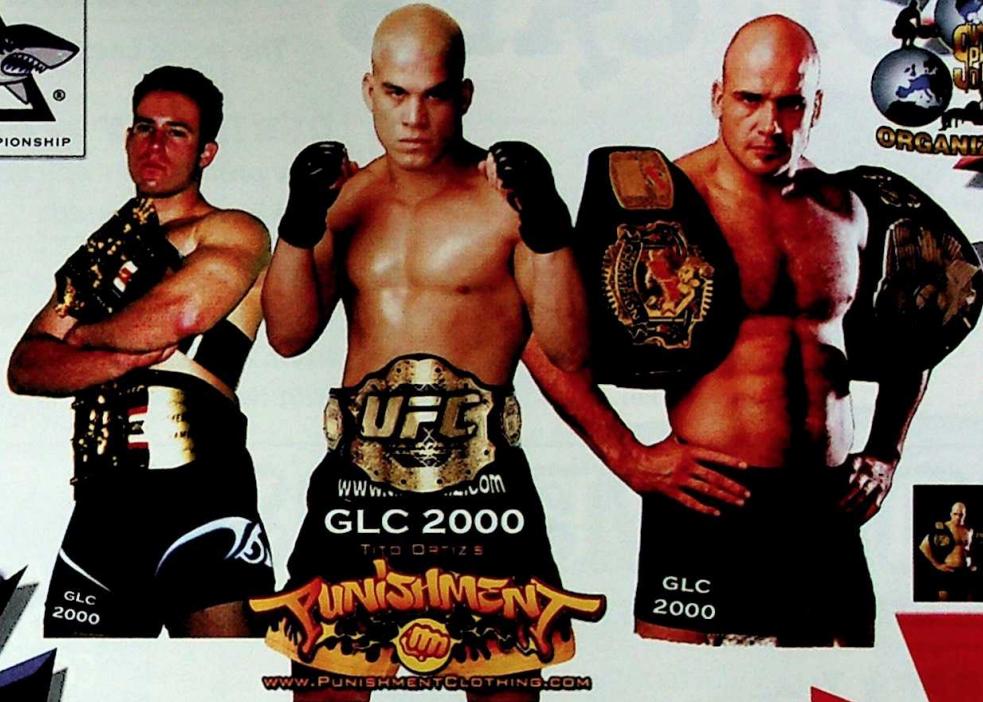
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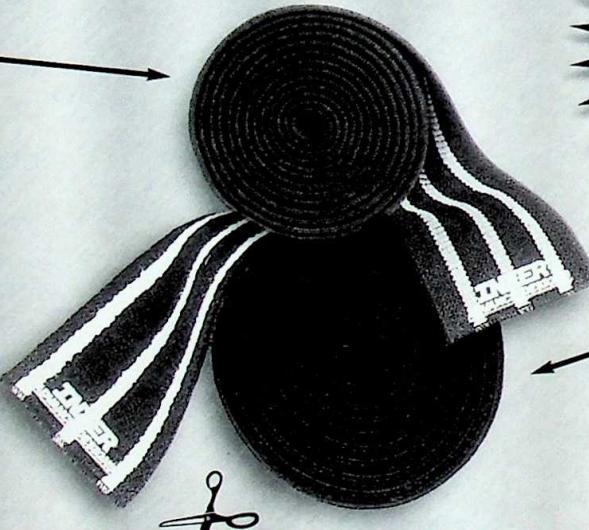
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$31.95
USA addresses, 2 yr.....\$58.95
First Class Mail, USA, 1 yr\$54.00
Outside USA, surface mail .. \$42.00
US Outside USA, air mail ..\$84.00 US

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ON THE COVER WPO Champs Ano Turtiainen, Matt Zweng, Scot Mendelson with Coach Joe Avigliano (photo by Herb Glossbrenner), Tony Conyers, and Tina Rinehart

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The Main Event had finally arrived - the 2002 WPO FINALS - The SUPERBOWL of Powerlifting. There were 25 of the strongest powerlifters on the planet here to battle in head to head competition. The lifters were divided into three divisions: LIGHT-WEIGHT (60 kg./132.3 lbs. through 75 kg./165.3 lbs.), MIDDLE-WEIGHT (82.5 kg./181.9 through 90 kg./198.4) and HEAVYWEIGHT (100 kg./220.4 lbs. and over). Each division winner would receive a championship gold belt (worth \$3000) plus a check for \$10,000. Each weight class winner would win \$3000, and runner-ups \$1000. In addition, any WPO World Record set in the individual bodyweight categories was worth an extra \$1000. The three ultimate winners would be proclaimed 2002 WPO CHAMPIONS OF THE WORLD.

THE LIGHTWEIGHT DIVISION: was loaded with talent. The lightest man was August Clark, Jr., 39, a truck driver from Folsom, LA. He'd made weight the day before for the big Bench Press Bash and that took a toll. August SQ'd 451 after a no lift for a shallow opener. He made a substantial jump on his final attempt to 534, and got up, but it was ruled no good on depth. The bench press came with problems, as he missed his 402 opener twice, which disqualified him and nullified further attempts. Ordinarily an easy going guy, Clark got agitated. He pled his case, and the decision was reversed and he was allowed to continue. He pulled only once - 451 - and had a 1306 total for his efforts. Rick Grayes, 26, from Brandon, FL, the defending APF Srs. champ, weighed 148.5. Brian Schwab, 27, from Orlando,

The 2002 W.P.O. Finals

as told to PL USA by Herb Glossbrenner

FL came in lighter: 146.25. Grayes finished with a 1410 TOT, less than his 1460 of last year. Schwab, on the other hand, was positively cooking with gas! He'd reduced from the 75 kg. division, and at the Semi-Finals last August in Orlando his 1526 TOT catapulted him to a #2 ranking nationally at 148. He improved by a significant margin here. With his head shaved, he had a "clean-cut" appearance, and sported impressive looking deltoids. He SQ'd 606 deep, but 639 crushed him. Brian BP'd 347 last year, but made a hard fought 391 on his final lift here following a miss with 380, a 44 lb. improvement. Schwab's 2nd attempt PR DL of 600 gave him 1592, and vaulted him to #1 nationally. He tried 611 going for 1603, but it didn't pan out.

The three best 75 kg. Men in the World squared up for a rehash of the titanic struggle we'd seen last summer in the Semis! The defending champion was Tony Conyers, 43, of Tampa, FL. Pushing him for all their worth would be Jarmo Laine, the human pit bull from Halkia, Finland and Wade Hooper, 30, now of Bryan, TX. Conyers has been around since the mid Eighties. Wade Hooper is 30, but I'll be he gets carded everywhere he goes, he looks so young. The USAPL Champ is a former IPF World Record Holder and is as strong as they come. Jarmo Laine is a dead ringer facially for the late great movie star - James Cagney. He could upset anybody's apple cart.

Conyers opened the action with

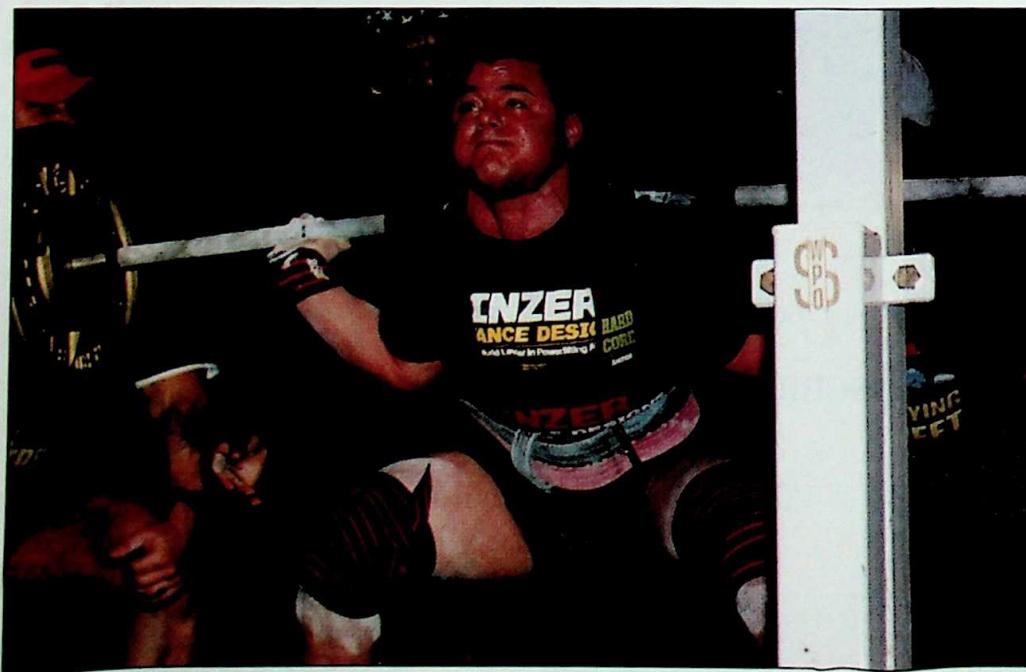
650 - like a toy! Hooper put 699 in a deep hole, because he's trained to do so. With Laine the SQ is a movement of clockwork precision. He puts it right where the judges will pass it - in painstakingly slow fashion. His 705 opener gave him the temporary advantage. Conyers, calculating his strategy, took 722, a 71 lb. increase, and made a tremendous lift. It was evident he had plenty left. Both Laine and Hooper came in at 738 for 2nd attempts. Each were successful in their own distinctive styles. Hooper decided to go for the WPO WR on his 3rd attempt. The mark to shoot for was 751 by Conyers. The bar was loaded to 755. Wade made it and put the pressure back on the other two. Oh, by the way, Hooper walked the weight out and back in, USAPL and IPF style. Conyers wanted his WR back and upped the ante to 766. His golden tooth seemed to glimmer as he went so deep with it I thought surely he'd be pinned, but he reversed gears and came right up. Laine was in the record hunt as well. He called for 771 for his 3rd attempt. He descended so slow and meticulously - like the tick of a huge cog-wheel clicking into one groove after another. He slowly rose in his ramrod upright style. The judges decision... Yes! Incredible, he owned the new WR that had changed hands between all three men. In WPO competition you're allowed a 4th attempt for a World Record. It also counts in the total, so they were not

done yet. Hooper wanted to have the last say and called for 773. He put it right down there and powered right up. The crowd went nuts and the roof was rocking. What next? Conyers and Laine both went after a mind boggling 788 for their extra tries. It was too much for either to make. Hooper had the record and the lead. He had to be cut out of his SQ suit. During the intermission I asked him what type of lifting briefs he wore. "None," he replied. "The USAPL and IPF don't allow them yet. Besides they're too radical for me... too short a notice and too big a change to try them here."

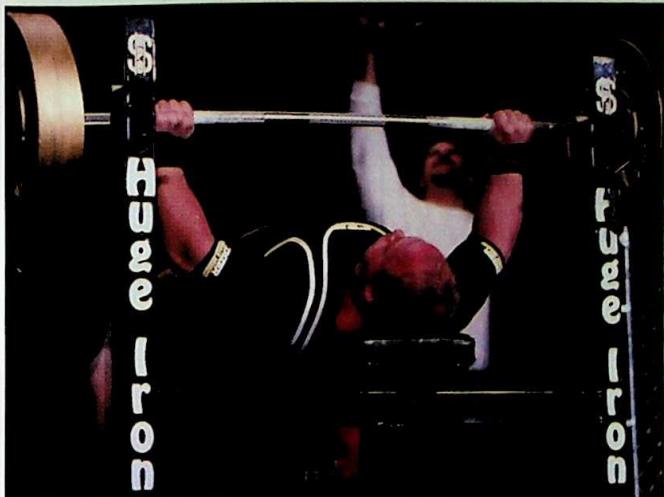
Going into the BP they jockeyed for position. Both Laine and Conyers secured their 2nd attempts - 429 and 435 - respectively. Jarmo missed at 440, then Conyers failed his last attempt with 451. When push comes to shove HOOPER IS SUPER. He delivered all three lifts convincingly, in turn: 473, then 485, and finally 496. Wade wanted more and took an extra potshot at a huge 507, a weight that finally stopped him. Subtotals saw Hooper leading with 1269. Both Conyers and Laine were in a deadlock at 1201. You'd think a 68 lb. lead was enough, but Hooper's "Achilles Heel" is the DL. It is an unpredictable lift for Laine and for Conyers it has been a forte. Hooper yanked up 567 to start. He next raised 589, a lifetime best. Wade pulled out all the stops on his final go, but 617 stayed grounded. He finished with a WPO TOT of 1857. Now, Conyers and Laine would go for it! Laine hoisted in turn 628, then 644. With one lift remaining, he was 11 lbs. behind Hooper. Conyers opened big at 639 to tie Hooper with two lifts left. His 2nd attempt of 677 was that of raw primeval power. This gave him a brand new WR TOT of 1879, breaking his old WR by 21 lbs. With one lift to go he seemingly had the win in the bag. Laine gambled on 688 on his last attempt. If successful he'd have the top spot with 1890, a new WR. Much to his disappointment, Jarmo couldn't do it.

The lightweight division winner for 2002 is Tony Conyers, who claims his strength comes from the Lord, but I'm convinced that gold tooth of his has something to do with it.

THE MIDDLEWEIGHT DIVISION: Brian Strickland, 32, of Lakeland, FL and another Floridian - Curtis Warren, 38, from way down in Jacksonville went through their baptism of fire. Strickland, at 177.25, made 6/9 attempts for a 1581 TOT. He was below his bests in both SQ and DL, but popped 3 benches. His final one (424) I believe might have been a personal best. Curtis Warren matched his BP and DL numbers from last summer in Orlando. His



Wade Hooper emerged on top of a spectacular series of all time best 165 lb. class squat attempts with 773.



Matt Zweng showed both strength and balance in all three disciplines.

SQ, however, was improved here. He hit 650, just missing 699.

There's a new kid from Indianapolis, IN who's making waves. He's under the wing of the Coattail Cavalier himself - Rocky Tilson. Now that I've seen Ron Palmer in action I know WHAT THE ROCK'S GOT COOKIN'. Tilson got Palmer down to 75 kg. for the Semis last August and it damn near killed him. Ron came in here weighing 187.5 and is mighty strong. He got the nod for a good lift with 722 in the squat. Palmer also BPed 462 and even attempted 501. He nonchalantly hauled up a 666 DL, and tried 705. TOT 1851 - not too shabby.

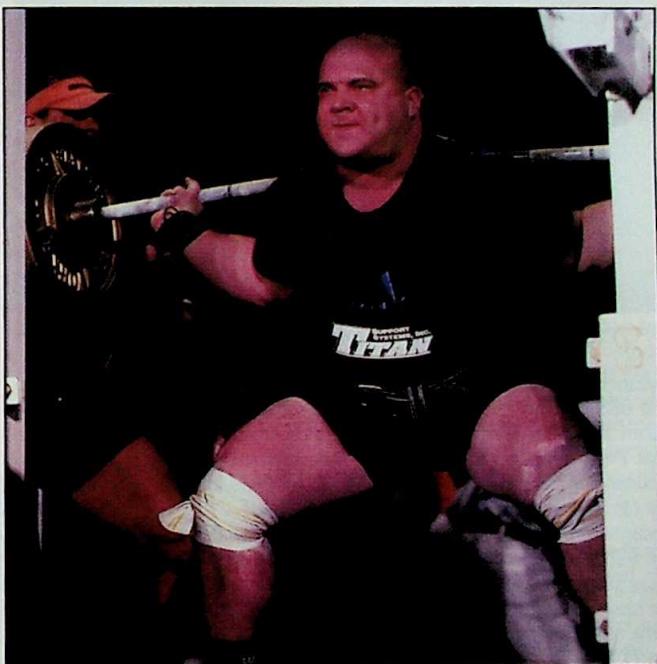
Arnold Coleman, 37, a personal trainer from Columbus, OH came in at 181.5 lb. and displayed tremendous squat strength. He received the referee's affirmation with 749 and also 804. Coleman even dared to try 843 to establish himself as PRODIGIOUS AS BRIDGES, but it was too much. A very big bencher, Coleman opened with 523. He wanted to break his own WPO WR for the 181 lb. class, and went straight to 562. He missed it and 573! Coleman easily pulled 655 for an opener. This gave him a personal best sum of 1984 lbs., a new WPO WR. Next, he took two potshots at 705, which would have boosted his TOT to

2033, but it was not be. What a great representative of the sport Coleman is. He's a tremendous physical specimen with strength to match. He's humble and a true gentleman on and off the platform.

The main attraction for the Middleweights was another great showdown. Jesse Kellum, 36, had ruled the 1980s in an overwhelming manner for the past decade. He's been like a Tasmanian lifting Devil, who figuratively rips his opponents to shreds and devours them alive. His challenger would be Matthew Zweng, a 29 year old, mild-mannered Chiropractic student from Michigan, now making his home in Acworth, GA.

Zweng opened conservatively - 777. It was easy. Kellum came in at 815, sank it deep, and powered right up. Matt went for 826 for his 2nd attempt - success! Up the bar went to 854 for Kellum's 3rd. This would

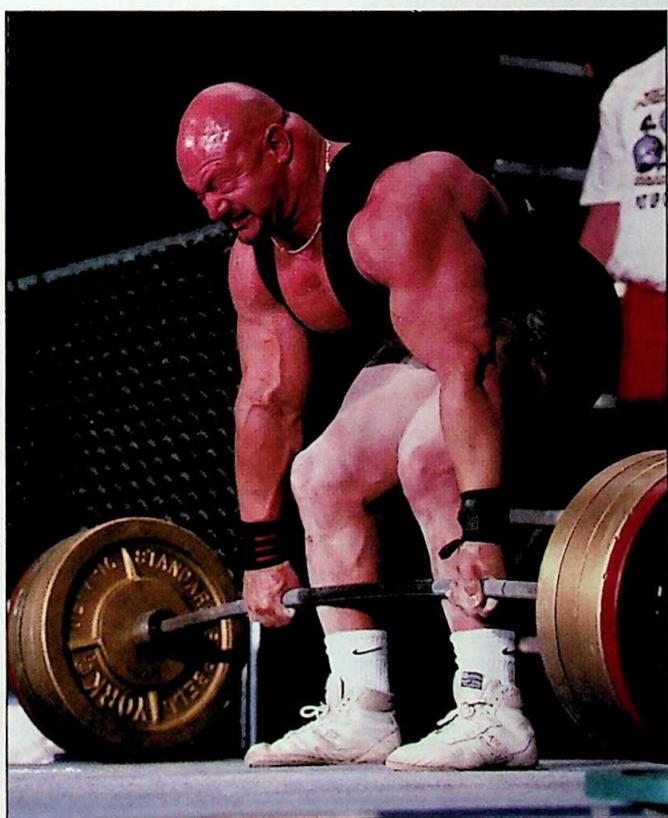
- then struggled up and stood to the deafening music and an array of white lights. GOOD! It was a huge lift. Zweng owned the World Record outright and had a 15 kg. lead (33 lbs) going into the Bench Press! It was a foregone conclusion that Kellum would gain back lost ground since he held the WPO Bench WR at 595. Never had Jesse been pressed like this before. Matt lifted smart, knowing that even one miss would slam the door in his face. He took no chances, and made then all: 523, 545, and finally 556. Kellum opened at 573 - good lift. Next the small increment plates were added, making it 596. Big surprise - he missed! On his 3rd there was no doubt. Kellum pushed up the payload and deposited it right in the bank - 1000 bucks worth of new WPO WR. On an extra attempt, Zweng came out and tried 597. Just as the bar touched down, his shirt split. Kellum was just



Mikko Hamalainen made it a Finnish one - two in the Heavyweights.

break his WPO WR of 850. He sat deep and struggled up - good! Zweng answered by having the record plates added. He came out on his 3rd going for 855 to put the WPO WR in his own pocket. Much to everyone's amazement, he got it. Undaunted, Kellum went for 887 on a 4th attempt, which would count on his TOT and also put the record back under his name. He stomped out to sound of his own special then music, then wedged himself under the bar. He lowered himself down into a deep hole, started up, struggled, but couldn't stand. We figured that was that. But no! Zweng came out to try the same weight on his 4th attempt. What a shocker - he took it down - put it right in the pocket of approval

getting warmed up in his pet lift. On his extra try took 606. The shirt worked perfectly this time. Bam! Straight to lockout - explosively. Jesse later told me he felt as though he could have done 617, if granted another go. SUBTOTALS: Kellum - 1460, Zweng 1444. Neither man could afford any slip-ups now. Jesse came out for 622 with no problem. Zweng took a very narrow grip and popped up 633 for his opener. Crunch time! Kellum decided to pull out all the stops. He went up to 672. Oh-Oh! He missed. This would be costly. Zweng came out for 688. If he could do this it would force Kellum to a do-or-die last chance try at 677! Zweng snapped it right up. This gave Matt a new WPO WR TOT of 2132.



Joe Ladnier is back into bigtime powerlifting and he looks awesome.

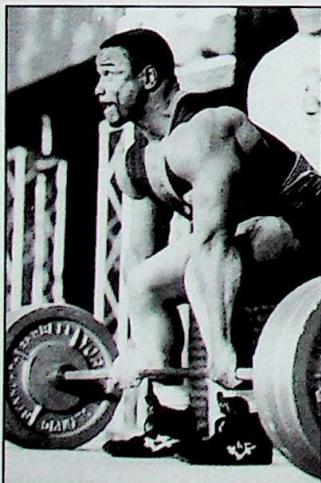


WPO Prez Kieran Kidder congratulates Lightwt Champ Tony Conyers

Kellum had one last try. I'd seen him pull 683 back in 1996 in Durban, South Africa which he needed to beat Peter Tregloan (GBR) for the Outstanding Lifter award. This would put him ahead, with Zweng already committed to take 711 for his final try. \$10,000 rested on this lift. No! Jesse missed it. Zweng had pulled off the upset of the new Century. Matt came out, cool as a cucumber, to try the 711. Nothing was riding on the lift, but he damn near got it. I saw no hoopla from Zweng, but his brother-in-law Kenny Emrich, who handled him, was grinning ear to ear. Afterwards, Kellum shook Matt's hand, and took his defeat like the great champion he is. "You beat me fair and square," I heard Kellum say, and then he added: "There will be a next time!" Congrats to Matt Zweng, the undisputed WPO 2002 Middleweight Champion of the World!

HEAVYWEIGHT DIVISION:
Two of PL's strongest men were in the house, but not in the lineup. Garry Frank had bombed in the qualifier last summer and was ineligible. He was also recuperating from a torn bicep a couple of months before. Ed Coan, the icon himself, appeared to be in tip-top condition,

fully recovered from tearing a bicep himself last year. Upset with some issues surrounding the meet, Eddie decided to sit this one out. Three top performers bit the chalk dust early on. Paul Childress, 31, out of Lancaster, NY came in at 308. He'd posted a big 2320 in WPO action last year and was expected to do more here. His SQ tries with 903, and then a huge jump to 970 were



Arnold Coleman - great physique

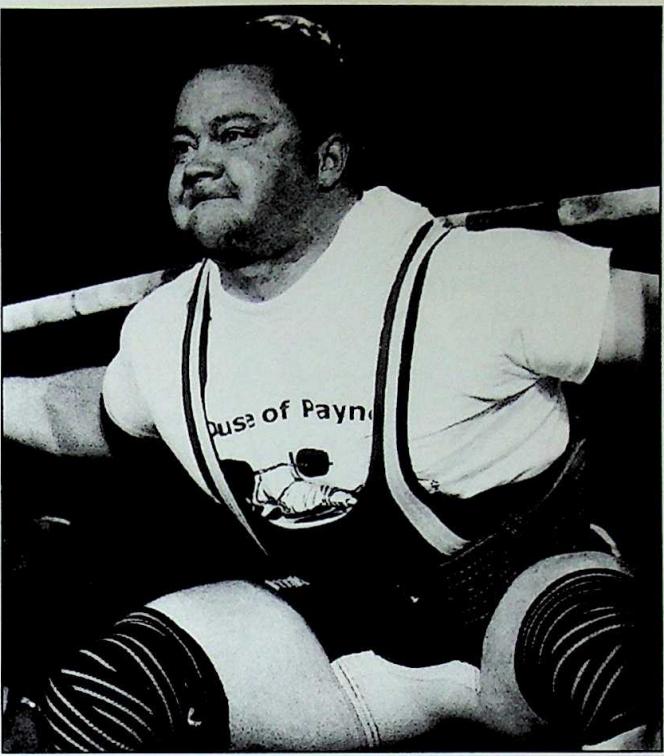
fulfilled. He was disappointed, but kept it to himself and planned his strategy for a future assault. Two top guns from the Westside Barbell Club, right here in town, were ready to go. Ken Patterson, 29, came in at 218.5 lbs. He's decided to give up BP specialization and do all three powerlifts now. He made 3 SQ attempts, and his final of 815 was a deep, beautiful lift in his ultra wide stance. Kenny holds the WPO 3 lift Bench Press WR at 622 and has a best ever result of 683 in the 220 category. He started with 644 because he was feeling strong. Unfortunately, the barbell was in a stubborn mood and Patterson failed to get his pet lift on the scoreboard. Chuck Vogelpohl, 36, of Orient, OH is the most hardcore guy I've ever seen. He confounded the experts and blew all our minds when last November he became the lightest man in history to officially squat 1000 lbs! This lift surpassed the epochal 964 dunk of Ed Coan of 14 years earlier. Chucks's 970 opener here was HUGE, but he couldn't get set up. He increased to 981 for his 2nd attempt. He steadied, got the signal, took it down, stopped just shy of parallel, and exploded right up - a tremendous display of strength - but no lift. Another time, another place and he'll be back!

Travis Mash, from High Point, NC, weighed 219.5 here. Travis posted 2022 at the WPO Semis last August. This day he upped his SQ best to 810, hit a fine 523 BP, and pulled a great 722 DL. This gave him 2055. His last DL was necessary to put him in front of a big name warrior who was back in action. Does the name Joe Ladnier ring a bell? A Larry Pacifico protege, he was still a teenager in 1981 when I first met him, with his incredible 20 inch neck

and a physique like the Farnese Hercules. I saw him defeat legends like Jim Cash and Fred Hatfield to take the USPF Sr. National title in Texas back in 1983. Now here he was, age 38 and weighing 238.5, a human anatomy chart still. I'm not exaggerating when I tell you that Joe looks even more muscular these days. He had trouble stabilizing for the SQ signal, shaking all over, but he got 749, though 804 proved too much. In Joe's previous heyday the BP shirt hadn't been invented. He used one here, and hit lifetime bests with 578, then 606, and he almost got 633! His 638 DL opener gave him 2044. He then missed huge increases with 733, and then 771. It wasn't because his traps weren't big enough! Paul Urchick, 42, from Southgate, MI weighed in at 236.75. After severely rupturing his quadriceps a few years back and returning better than ever. Paul retooled his quad again not so long ago and was lifting very tentatively. He dunked 859, gingerly, but couldn't get 887, then wisely passed his 3rd. Paul looked real sharp in the BP, and got a personal best of 556. Paul pulled his opener 711, then failed two tries with 733. A TOT of 2126 was great lifting under the circumstances. One notch above him was rugged Art LaBare, now 41, weighing in at 274.25 and hailing from Costa Mesa, CA. Art's SQ looked stronger than ever today. He hit a PR 876 on a 2nd attempt, then missed 903. Art popped his 534 BP opener right up. He got 584 also, but it was too rough looking for the judges to approve. Art hoisted both 705 and 733 successfully, but 766 wouldn't succumb to his mighty tug this day - a TOT of 2143 was a good result. In 5th position was Leon Barry, 25, 306, from Marietta, GA. He'd scored 2254 last year and du-

WPO Finals - 24 February 2002 - Columbus, Ohio

LIGHTWEIGHT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	Prize \$
Tony Conyers	650	722	766	402	435	454	639	677	699	1879	\$14000
	4th	700									
Wade Hooper	699	738	755	473	485	496	567	589	617	1859	\$2000
	4th	773				507					
Jarmo Laine	705	738	771	407	429	440	628	644	683	1846	\$3000
	4th	708									
Brian Schwab	578	600	639	363	380	391	578	600	644	1592	\$3000
Rich Graxes	507	529	540	314	336	347	534	573	593	1410	\$1000
August Clark Jr.	454	451	534	402	402	---	451	507	---	1306	\$3000
MIDDLEWEIGHT											
Matt Zweng	777	826	855	523	545	556	633	688	744	2132	\$14000
	4th	887				597					
Jesse Kellum	815	854	887	573	596	596	622	672	677	2083	\$2000
	4th	606									
Arnold Coleman	749	804	843	523	562	573	655	705	705	1984	\$3000
Ron Palmer	666	722	755	435	462	507	666	705	705	1851	\$3000
Curtis Warren	622	650	699	363	402	424	622	650	---	1703	\$1000
Brian Strickland	556	600	628	391	418	424	556	600	600	1581	
HEAVYWEIGHT											
Ano Turtainen	970	1014	1042	396	440	485	815	865	894	2393	\$15000
M. Hamalainen	925	959	992	606	628	650	727	771	782	2391	\$3000
Steve Goggins	975	1042	1042	518	534	554	804	870	870	2314	\$1000
Beau Moore	854	903	---	688	744	713	722	766	766	2289	\$4000
Lee Barry	804	804	832	600	644	666	804	826	826	2253	\$1000
Art LaBare	766	876	903	534	584	584	705	733	760	2143	
Paul Urchick	859	867	887	523	545	556	711	733	733	2126	\$3000
Travis Mash	782	810	843	496	523	540	699	722	722	2055	\$3000
Joe Ladnier	749	804	804	578	606	633	688	733	774	2044	\$1000
Paul Childress	903	970									
Ken Patterson	760	810	821	644	644						
Chuck Vogelpohl	970	987									



Travis Mash - continues to post sensational gains in the 220 lb. class.

plicated that total here. In the squat, he missed, then made 804, and failed a close call with 832. Leon BP'd 600, then a lifetime record for him with 644. He wanted the big 302.5 kg/666 lbs., but missed that on his 3rd. He'd previously done an 826 DL, but he missed that here and settled for his opener 804. Finishing in 4th place was Beau Moore, now 36, from Indian Rocks Beach, FL. He came in here bigger than ever at 337.75. Back on Dec. 1st last year at the big WPO meet in Daytona Beach where Garry Frank broke the all time total record with 3606, Beau - weighing 333 - did 903 705 771 for 2381. Today, he injured a leg with his 854 SQ opener and tried no more. Beau was locked and loaded for the bench press. Following his 688 opener, he went for the WPO WR try. The bar was loaded to 713 with the half kilo plates added to each end. He missed it, but came back on a 3rd attempt to make it splendidly! In the DL his leg hampered him somewhat. Beau got 722, but failed his attempt with 766, then passed his 3rd. His TOT was 2289 on only 4 successful lifts.

Now three superstars remained to decide who'd be the 2002 WPO Heavyweight Champion of the World. Let's look at the contenders and see what they'd done prior to

this meet:

Ano Turtiainen from Helsinki, FIN was the NUMBER ONE GUN. He'd won the Semi-Finals last August, and posted History's 2nd highest total ever - 2468 via 1005 SQ, 600 BP, and 862 in the DL. This exceeded the All-Time mark at 275 by the late, great Dave Pasanella who'd done 2458 before he lost his life in an auto accident. His performance also exceeded the 2463 es-

tablished by Ed Coan in Dec. 1998 at only 239 bwt! It was no secret that Ano had torn his tricep three months before this event and was therefore vulnerable! The second man of the one-two punch from Helsinki was 306.75 lb. Mikko Hamalainen. Mikko, only 24, weighing 290, had done 2320 at the WPO Semi-Finals and made quite an impression with the ferocious way he attacked huge weights with no fear. The defending WPO Champion was Steve Goggins, 38, from Marietta, GA. Steve posted a WPO WR SQ of 1036 last year, but bombed in the BP. He came in here at 259.5 with plans to once again become the Supreme Sultan of SQ and to retain his WPO championship title.

Hamalainen started with 925, and handled it easily. Turtiainen commenced with 970, and showed complete mastery - controlling the lift throughout. Goggins came in at 975, and buried it with no problem. 2nd round: big Mikko dominated his 959 lift for a personal best. Ano upped the ante to 1014 got the judges approval for a new WPO WR. Goggins wanted history's heaviest SQ behind his name regardless of bodyweight. He took 1042 to exceed Brent Mikesell's 1041 made last Oct. as a SHW in CAN. Goggins took the big load down - bottomed out - and stood up. Right at completion, he lost balance and took a tiny step, nullifying what appeared to be a good lift. He'd repeat. Third round: Hamalainen - 992 - he looked as if he would devour it. He rode it up and down to completion about an inch shy of being low enough. Now Ano stormed the same 1042 that Goggins

had almost made. It was too much for the Fabulous Finn - he couldn't rise with it. Goggins came out with fire in his eyes and took it way down, folding himself up like a hinge. Such back strength this man must possess to squat in such a manner. When he straightened out and finally locked it, I thought sure it a good lift. But, no, the two side refs gave red lights. One of the officials was APF/WPC President Ernie Frantz. If anyone would give the lifter the benefit of doubt, it's Ernie. He had a very pained look on his face as he told Steve that it just wasn't low enough. Steve did not take this good naturally.

Turtiainen, with his tricep not fully healed, benched very cautiously: 396, then 440, and finally 485 and looked good for a whole lot more. Goggins handled 518 and 534, before missing 551. Hamalainen made three great lifts and finished with a PR 650 to take over the lead. SUB-TOTALS: Mikko - 1609, followed by Goggins with 1510. Turtiainen trailed with 1499. Hamalainen executed three excellent DLs: 727, 771, and finally 782. His TOT was 2392 and he was the man to beat. Both Goggins and Turtiainen are superior pullers and they went after him. Steve opened at 804 - an EZ lift - to total 2314. Ano began with 815 and zapped it up like it weighed nothing at all. Ano next went to 865 to beat his own WPO 125 kg. class WR of 861. It came up smooth and strong. Goggins tried the same to maintain the 5 kg. lead he had over Ano, but failed to finish it. A desperation last try for Steve was 870, but he couldn't make that either, stopping at the knees. It wouldn't have made

any difference because the powerful Finn called for 894, with the quarter kg. discs added, for his final attempt. He lifted it rather easily, and this gave him a WPO TOT of 2393 beating his powerful teammate Mikko by 1.1 lb., despite his injury.

It was a great finish to conclude a fantastic meet. Initial word was that the Arnold Classic people want the three lift powerlifting back next year, hopefully in a bigger venue the far more than 1000 fans who tried to watch this event, and they're working on getting this meet on TV in the meantime. Kieran Kidder and his WPO has breathed life into our beloved sport of Powerlifting. It just gets better and better. A great meet. Thanks Kieran, on behalf of everyone in PL.



Beau Moore made some money with this new WPO three lift competition World Record.

This year's Bench Press Bonanza was presented under the auspices of the World Powerlifting Organization. It was appropriately called the 2002 WPO WORLD RECORD BENCH BASH. This annual competition has established itself as the SUPERBOWL for BENCH PRESS SUPERSTARS. It is the most prestigious bench press contest, and not just anyone can enter. You must be the cream of the crop to be invited. Several thousand rabid fans were packed into the mainstage venue at the Arnold Classic to witness the event.

In WPO there are 3 divisions: Lightweight - up to 75 kg. (165 lbs.), Middleweight - 181 through 220 bodyweight, and Heavyweight - over 220. You can earn here 2000 dollars for finishing first in your division, a 1000 dollars for setting a WPO World Record in your individual bodyweight category (9 wt. classes for men; the WPO categories start at 60 kg.). Also, you can win 2000 dollars if you have the heaviest lift of the whole competition. Thus, the highest amount of money an individual could take home here was \$5000 dollars. Who would it be??

The special Women's division featured two of the premier female benchers in the World going head to head: Jeri Lynn Lippert of Tarentum, PA versus Tina Rinehart of Chillicothe, OH. Rinehart weighed in at approximately 130 while Lippert was about 136. Lippert opened at 303. Rinehart began with 319; both good lifts. Lippert went ahead raising 330 on her 2nd attempt. Then

Rinehart muscled up a good 336. On her last try, Rinehart raised 347 - good lift! The bar was increased to 349 for Jeri Lynn's 3rd - Yes! No misses yet. In WPO Competition 4th attempts are allowed for World Record purposes. You can also win with 4th attempts. The string of successes finally ended as both ladies missed their 4th attempt tries with 358.

The Lightweight Men's Division featured three. The USAPL's Larry Miller had shirt problems and missed 485 three times at 165. August Clark Jr. at 132 made two good

WPO World Record Bench Bash

as told to Powerlifting USA by Herb Glossbrenner



Scot Mendelson warms up under the eye of Coach Joe Avigliano of the Los Angeles Lifting Club. While many of the lifters at this meet had various difficulties with their bench shirts, Scot ended up sticking with the "old" poly shirt that he has set several records in recently, which was given to him some time back by J.M. Blakley. photograph taken by Herb Glossbrenner

benches of 402 and 418. Next he tried 207.5 kg. (457) to break his own WPO WR of 446. No lift. The lightweight overall winner proved to be Markus Schick from Frankfurt, Germany. Markus, with his short, powerful arms, has a devastating stroke! He broke his own 165 WPO WR in grand fashion. After raising 507, and then 540, the .5 kg. record discs were added to both sides of the barbell. The weight was 256 kg. (564.4)! He rammed it right up beating his own WPO WR of 255.0 (562.1). With that, Marcus won \$3000 overall - \$1000 for setting

the World Record and \$2000 for winning the Lightweight group.

The Middleweights had 5 participants. The runaway favorite was George Halbert, the defending champion from Columbus, OH. Halbert, because of his incredible ability, was scheduled to lift along with the heavyweight boys because he was good enough to hang with the very strongest. He weighed in at 99.1 kg. (218.5) and was listed to start with a mind blowing 722. During warmups he experienced severe tendonitis, a warning that his pec would tear if he

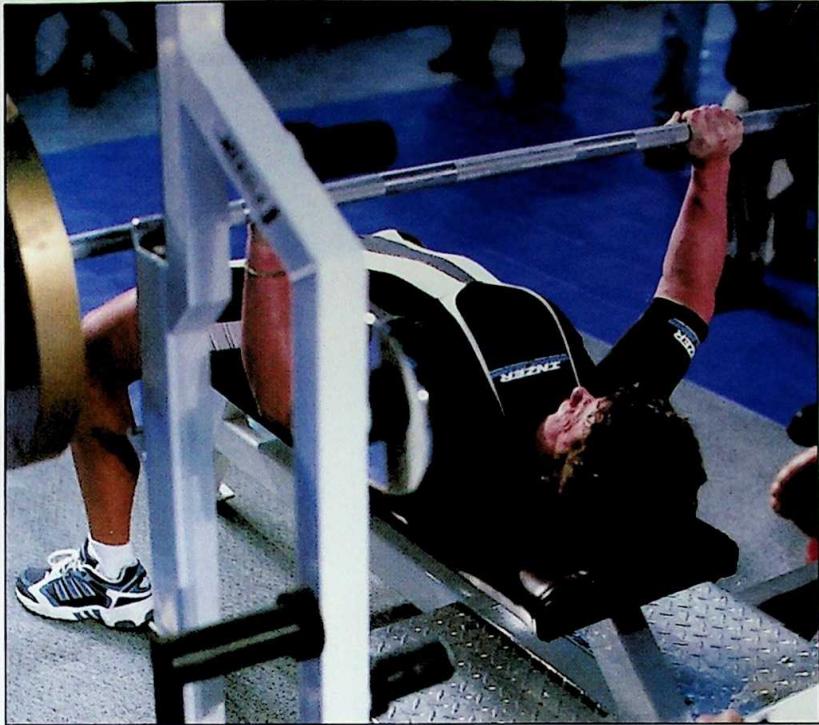
continued. George decided to go no further and drop out of the competition. (He apologizes to his many fans in Columbus for his withdrawal from the contest). Bill Carpenter was in this division. Hailing from Dubuque, IA, he lifted along with the heavyweights. It looked like he'd take the winnings home with George out. But Bill started too high with 628 and missed it. The weight moved up to 639 for two more misses for him, and he was out of the contest!

This left three 181s to fight it out for the big bucks. Donnie L. Robbins of Bluefield, WV opened at 551, and missed it three times, and he was gone. That left Bill Gallagher of Sparland, IL to go against Greg Savino of Floral Park, IL. Gallagher stroked two big ones: 529 then 540. On his last attempt he tried 546 to break, by 1.1 lbs., the WPO World Record held by Arnold Coleman - no lift.

Greg Savino came virtually out of nowhere to win this division in overwhelming fashion. Greg rattled off his three attempts with clockwork precision: 507, 540, and finally 562, which broke Coleman's record. Greg wasn't finished. For a 4th attempt, he ordered up 589. With a superhuman effort, he locked it out - good lift! Fantastic. He took home \$3000 for his efforts.

The heavyweight division was what everyone was waiting for. It was a star-studded lineup, but three top guns were not lifting.

Jamie Harris of Pittsburgh, who'd been credited with 771 last June at the Mountaineer Cup, had returned to the Bench Wars after a few years absence for a fling at pro wrestling. Full of zeal, he'd torn his pec 4 weeks before this event on the 4th rep of a shirtless set with 617. He was present backstage but was unable to participate. "You know me, Herb," he grinned sheepishly, "I can't help going flat out whether I should or not". Glen Chabot, the '99 Classic winner with 722 was present. He'd zeroed last year and hadn't posted a big number since, so he wasn't invited.



Jerri Lynn Lippert did some astonishing benching when you consider her bodyweight.

He looked strong and was itching to lift. Bill Crawford, who'd done 750 @ 275, was on the roster but he didn't show up to prove himself. Josh Ward of Seymour, TN is a big kid at 310. What a hot prospect he is. Josh made 485, 512, and missed 534 among tough company. What a way to get your feet wet.

Tom Manno, 43, the strongest ever Master Bencher and all round nice guy came from Phoenix, AZ. He had a best ever of 677 coming in and wanted to hit that magic 700. Tom won the crowd's heart with his patriotic zeal. He came out donned in an "Uncle Sam" red, white, and blue lifting suit and carrying the American Flag. Weighing 305.45 at 6'3", he's a big boy with a neatly trimmed Steve Reeve's style beard. Each time he couldn't get the barbell to touch his chest: 628, 688, and finally 699 left him with a zero behind his name. Ditto for Horace Lane, a polite gentleman from Detroit, Michigan. Horace had the biggest opener of all at 727.

The guy who won it all last year, Rob Fusner of Grove City, OH had a PR of 735, which stood until just recently as the WPO 308 class WR. Rob made what seemed like a safe conservative start with 699. During the descent to his chest, a loud rip-

ping noise was heard as Rob's pectoral muscle completely tore loose from the bone. Afterwards, he had a huge cavity in his chest and whole arm and sternum was black and blue. Then came Joel Toranzo from N. Bergen, NJ. His bubbly personality is contagious. What a pleasure it was to chat with him. Joel suffered the same malady that seemed to be affecting everyone. His three strokes: 672, 705, and finally 711 were incomplete - he was out too. Then there was big Gary Frank, owner of the Biggest Total ever made, a WPO WR of 2606.9 lbs! Gary came in at

do it here. Clay had done 722 officially coming in, and started "safe" here with 683. Burly and barrel chested, he brought the weight down, but couldn't touch his chest. Clay jumped big to 722 and missed again. His final do or die effort with a huge 755 went nowhere. Only three lifters were survivors in this crazy melee. Who'd have believed that fifteen year old Josh Ward would have finish in 4th place among the greatest collection of benchers the world had ever seen, after nearly all of them bombed out.

John Zemmin, 287.48, from

364.09. Garry's fate was identical to the others who'd preceded him - three misses: 677, 722, 722 - he's out of the competition also. J.M. Blakley from Columbus, OH weighed 286.93. His best ever is 710 officially. He wanted more here. He missed his opener 705, and then two lofty tries with 722. Another one bites the dust. Highly touted Clay Brandenberg from Southgate, MI was the biggest man of all at 393.63 lbs. There are many who believed that Clay would become the first man to hit the big 800 under strict supervised conditions and that he might

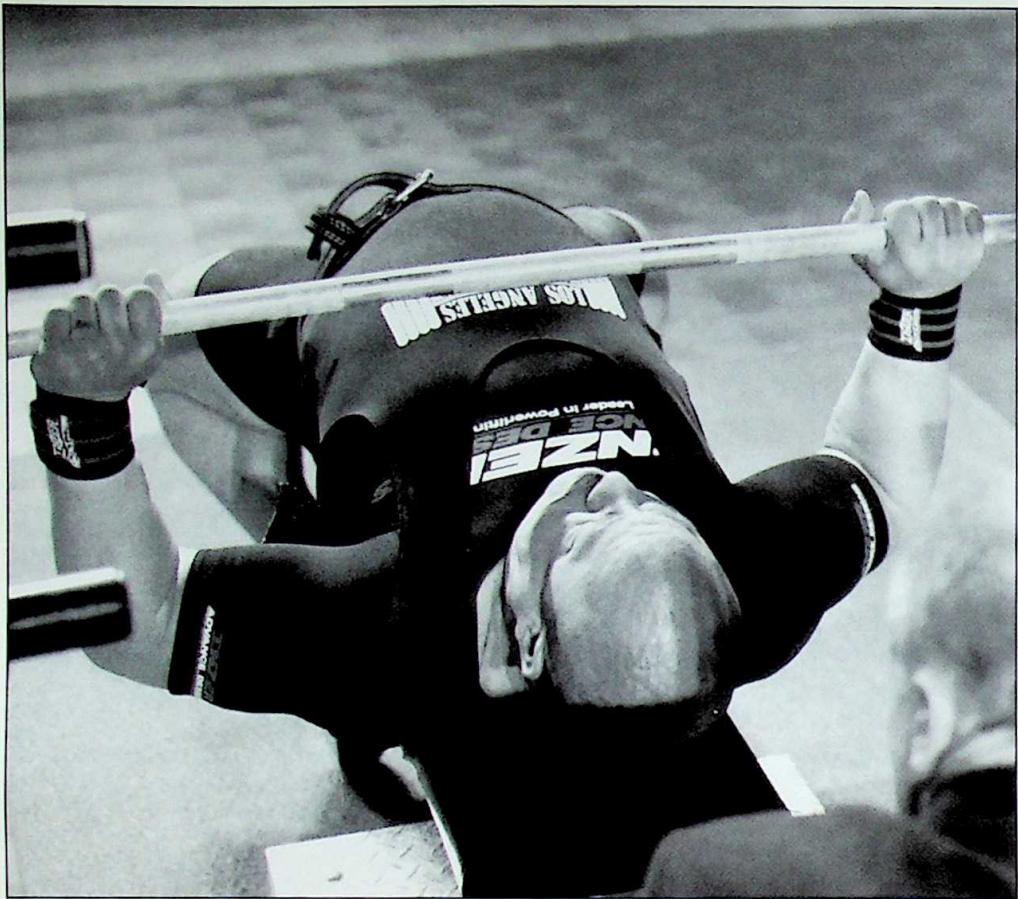
Allen Park, MI, didn't come to make a fool of himself. He opened smart: 655 - good, and he's in the hunt. Ryan Kennelly of Port Charlotte, FL appeared to be headed down the path to destruction like the others following his missed opener with 705. The 291.67 pounder breathed a whole lot easier after he secured it for a good lift on his 2nd attempt. Then came Zemmin, who inched up 716 on his 2nd attempt.

In the meantime, Scot Mendelson, 33, from the Los Angeles Lifting Club of Burbank, CA, began his assault. He came out for his big opener looking like a monster at 302 lbs., carrying a mere 14% bodyfat as solid as the Rock of Gibraltar. So intent and focused, the only sound he heard was the adrenaline gushing through his own veins. It was as though he had surrounded himself with an impenetrable shell, impervious to outside distractions that could interrupt his mission. Coach Joe Avigliano gave Scot the perfect hand-out that he's so used to. The bar slowly descended to a precise spot on his chest. Came the referee's signal, the huge barbell exploded skyward and was locked out before you could blink your eyes. The crowd went nuts. After seeing this, I knew right off the bat he'd won. He was in a league all by himself. If there was doubt in anyone's mind, it vanished following his second attempt. This would put the lid on it - 744 lbs. No theatrics, no on-platform psyching, no wasted energy! He was a human cyborg, half man - half machine. Zemmin, a brave warrior, was doing himself proud. He'd secured the equivalent to his best ever on his 2nd attempt, and now mounted the platform for his final - 738. He got it down, but it was too much to lift off his chest. Then came the youthful looking Ryan Kennelly. He'd made 733 in Gus Rethwisch's big WABDL organization and was out to prove his worth. He chose 738, a lifetime best, for his 3rd attempt. It went up slow and ragged, it hesitated, and then with a tremendous effort, straining for all he was worth, he locked it out. It was a big lift under big pressure, but it was still not enough to win. In the wings Mendelson sat, each of his deep breaths sounding like the rumbling of a sleeping tiger. Then his coach Joe Avigliano yelled in his ear. "Don't waste my time, we didn't come here to plug the toilets. Get this one."

He nodded his big head affirmatively, eyes still closed. Rivulets of perspira-



Germany's Markus Schick came out of retirement to earn WPO cash for his benching



Scot Mendelson of the Los Angeles Lifting Club was one of the few lifters who were "on" at this meet

tion trickled down his brow. His name was called, and his idling engine revved up with ferocious focus. He strode to the platform blocking out everything except for the task at hand. It was an enormous load of iron - 755 lbs. Very few men can possibly fathom how much weight

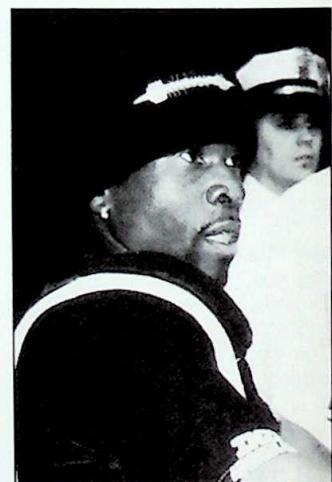
that is - ask Jamie and Anthony. The handoff came. Scot controlled the descent. The barbell traveled a pre-ordained path until it touched just the right spot. "Press!" shouted head referee Gordon Santee. With the force of a ten megaton bomb, the giant barbell exploded from the

launching pad as his mighty arms and shoulders thrust upwards. It traveled to arms length with absolutely no trouble locking out. The crowd went bananas. "Yes," shouted coach Joe Avigliano jumping straight up in the air. Scot came back to reality and saw the crowd cheering. He raised his arms in triumph. Looking out into the throng he thought to himself "Whoa, where did all these people come from? This is awesome." Since in WPO you can win an a 4th attempt, Kennelly took the impossible shot at the same weight for a 4th attempt. Insane, but he was game! The weight came to his chest and stayed there! Mendelson wanted the last say. The apparatus was increased to 766. He'd already won, but figured he had one more big one left. He almost did. Once again the barbell launched from his chest. Up near the pins he broke form ever so slightly, his elbows flared out, and he couldn't quite finish it. There was absolutely nothing riding on this lift, and he nearly got it anyway.

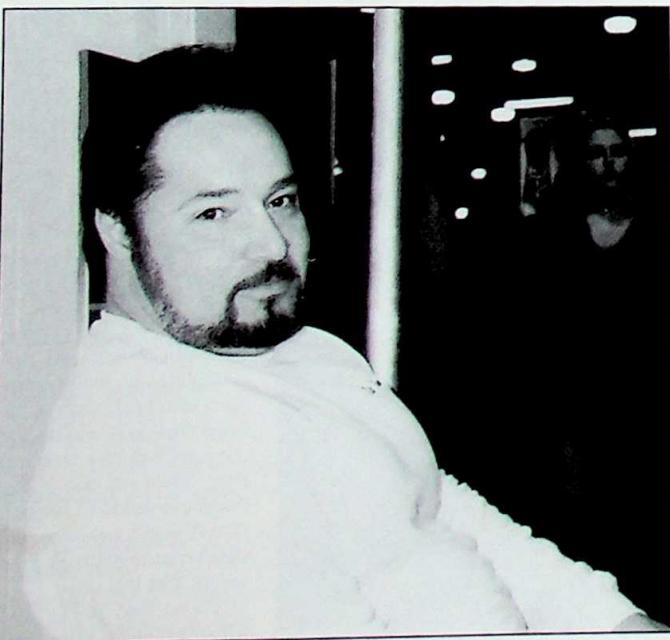
Now, everyone knew who the new kid on the block was. Tim Bruner wrote on the internet "Scot Mendelson is the real deal. The L.A. Lifting Club and all their lifters mean business. Scot just put the 'B' back in BENCH PRESS". The great Louie Simmons shook his head in disbelief and told Scott: "You are one strong

sonofabitch" Indeed! Jamie Harris acknowledged it was the best big bench press he had ever seen. Methinks the Los Angeles Lifting Club has gained new respect and Joe Avigliano's training methods and his perfect strategy of coaching at this contest proves that he is one of the best in the business. This was a game plan perfectly executed.

There is absolutely no doubt in my mind now that SCOT MENDELSON is THE STRONGEST BENCH PRESSER on Earth. Seven of the Big Eleven had gone zero, zilch, zip, nil, nothing, no go, doughnut, stick a fork in them - they're done. THOSE FROM THE EAST DID THE LEAST. THE BEST BENCH PRESS IS FROM THE WEST! Scot took home \$5000 - the most of anyone at this meet. Two grand for winning the Heavyweight division, \$1000 for establishing a WR in the 308 class, and \$2000 for having the biggest bench of the entire competition!! How sweet it is! Scot Mendelson is the bench's new Millennium Man, but stay tuned, boys and girls, cause you ain't seen nothing yet!



August Clark Jr. ready to rumble



Waiting To Lift... Tom Manno also had a booth for his supplement line

WPO World Record Bench Bash

23 FEB 02 - Columbus, OH

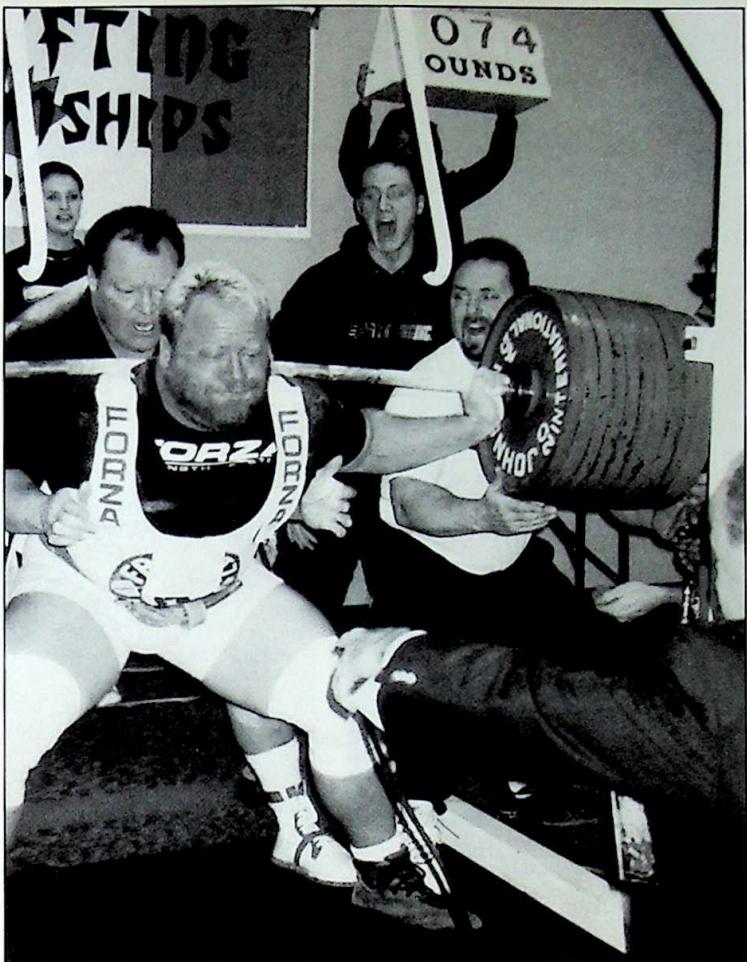
Women

Tina Rinehart	319	336	347	352
Jerry Lippert	303	330	348	350

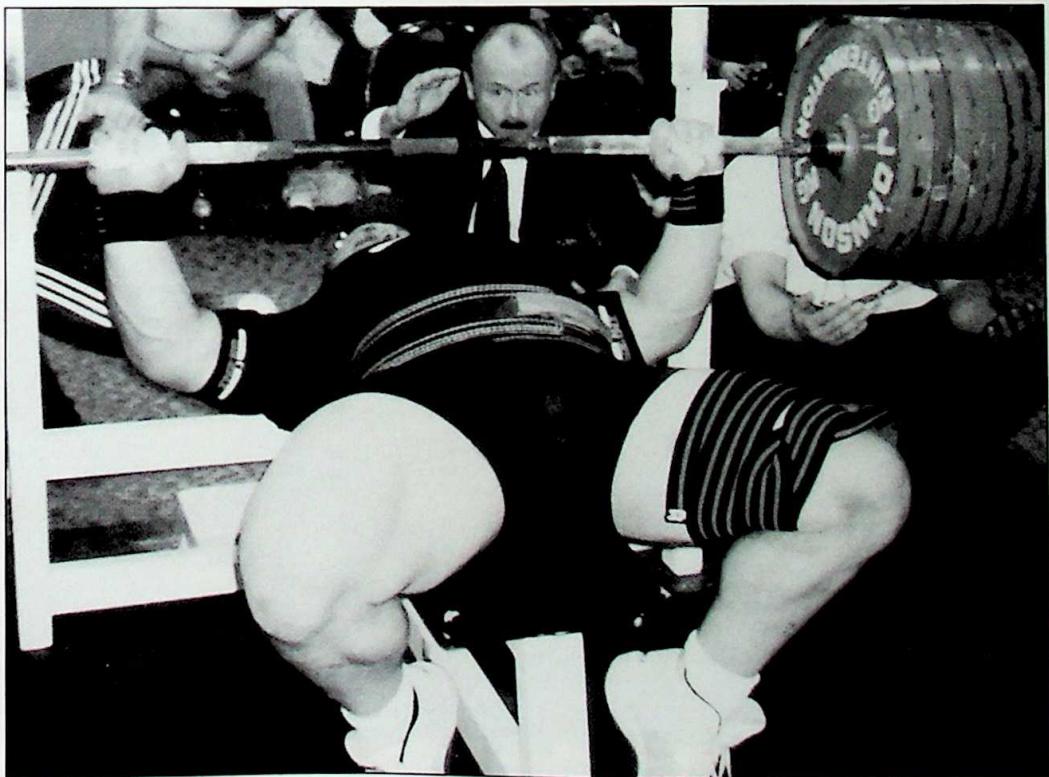
Men

August Clark	402	418	457
Larry Miller	405	405	405
Josh Ward	485	512	534
Markus Schick	507	540	563
Greg Savino	507	540	562
Bill Gallagher	529	540	545
Don Robbins Jr.	554	554	554
Bill Carpenter	620	620	639
Tom Manno	620	600	700
John Zemmin	655	716	738
Joel Toranzo	672	705	710
Garry Frank	677	722	722
C. Brandenberg	683	723	755
Rob Fusner			699
J.M. Blakley	705	722	722
Ryan Kennelly	705	705	738
S. Mendelson	722	744	755
Horace Lane	727	727	727
George Halbert			

HOLD THE PRESSES... LATE LIFTING FLASH!!!



"All Time World Record in Canada ... Brent Mikesell felt he still had a big squat attempt in him after missing 1063 twice at the WPO Qualifier in Columbus, Ohio (the WPO does not allow briefs to come up above the navel, as he is used to, so he had to cut them off for that meet. At this meet, he had them the way he prefers them to be) and at Bruce Greig's CPC Canadian Nationals on March 16th and 17th, he went for the best all time squat mark once again, weighing 330. He opened very light, because too many heavy squat attempts tend to numb out his shoulder for the latter lifts, but made 1052 on his 2nd attempt (2 inches below parallel according to eye witness Herb Glossbrenner), and then went for 487.5 kilos (1074 lbs.) on a successful third attempt. After opening light in the bench, he made 562 on a 3rd, and then deadlifted 722 and 766, to total 2403, before tearing some calluses on an 804 deadlift he got up about halfway. Also still hungry after his win at the Arnold Classic was Scot Mendelson. Weighing 135.3 kilos, Scot opened his bench with 738, and then went to a PR 766, which he missed. Then he took it again and fought it out very hard for a successful lift." (excerpted from *POWER HOTLINE*. Full report of this event in the next issue of *PL USA*)

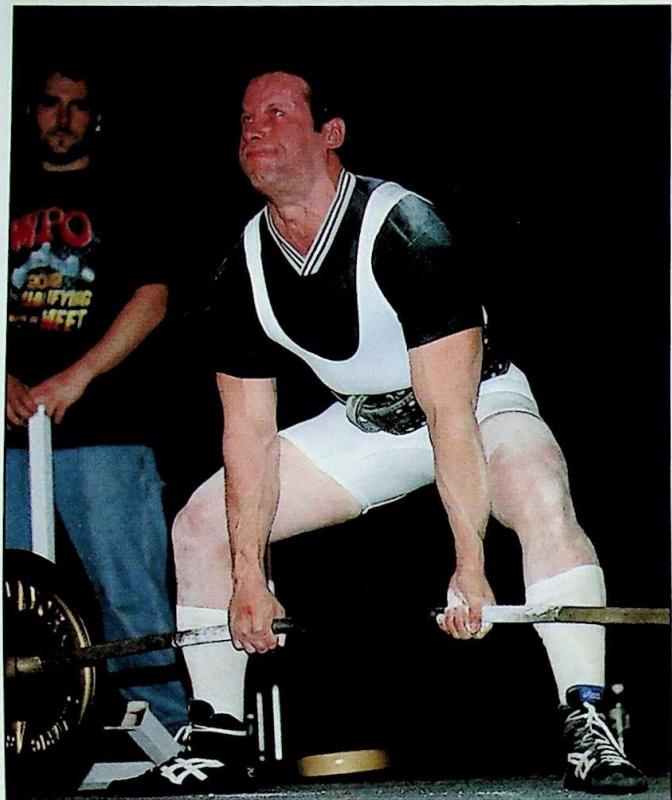


These photos of the CPC Canadian Nationals were taken by **Herb Glossbrenner**, who got a WPC age group World Record in the bench press for himself while competing up there as well. The shot above is the 1074 pound all time world record squat **Brent Mikesell**, on the way up, with meet director **Bruce Greig** (who did a 903 world masters record squat at the meet) spotting behind. Herb, as well as many other witnesses at the competition, stated that Brent's lift was very low and a great squat, as was the 1052 all time record that preceded it. **Scot Mendelson** (at left) went for yet another PR, and a further move up the all time bench press rankings, by making the 766 that he missed at the Arnold Classic, but it wasn't easy, as he had to take it twice to get it past the eagle eye of head referee **Gordon Santee**. Scot had torn his quad somehow, and was allowed to wear the bandage on his thigh.

A collection of the strongest powerlifters on Earth came together the weekend of February 23-24 in Columbus, OH for the WPO's Super Bowl of Powerlifting. It was a real shot in the arm for Powerlifting to hold the event at the Arnold Classic, a jam packed weekend of events at the Greater Columbus Convention Center. You can thank Kieran Kidder, President of the WPO (World Powerlifting Organization), for arranging with Jim Lorimer and Arnold for the introduction to the Classic of full Powerlifting events. The Arnold Fitness Weekend is a multi-dimensional event. You had your "Pump n' Run" on Sunday following the Gymnastics Competition, along with the Martial Arts Festival, the Cheerleading/Dance Competition, and Rhythmic Gymnastics. There was the Arnold World Gracie Submission Championships, and an AAU Karate Tournament, and, of course, the traditional WPO World Bench Press Bash for Cash was held in the huge trade show auditorium. The renowned Arnold Classic Bodybuilding Championships were held at the original Veteran's Memorial Auditorium location.

The WPO Qualifier Meet was held Saturday morning for those wishing to be eligible to participate in WPO activities later in the season. As the action began, hard rock music blared out from the high tech sound system, as each contestant mounted

2002 W.P.O. Qualifier as told to PL USA by Herb Glossbrenner

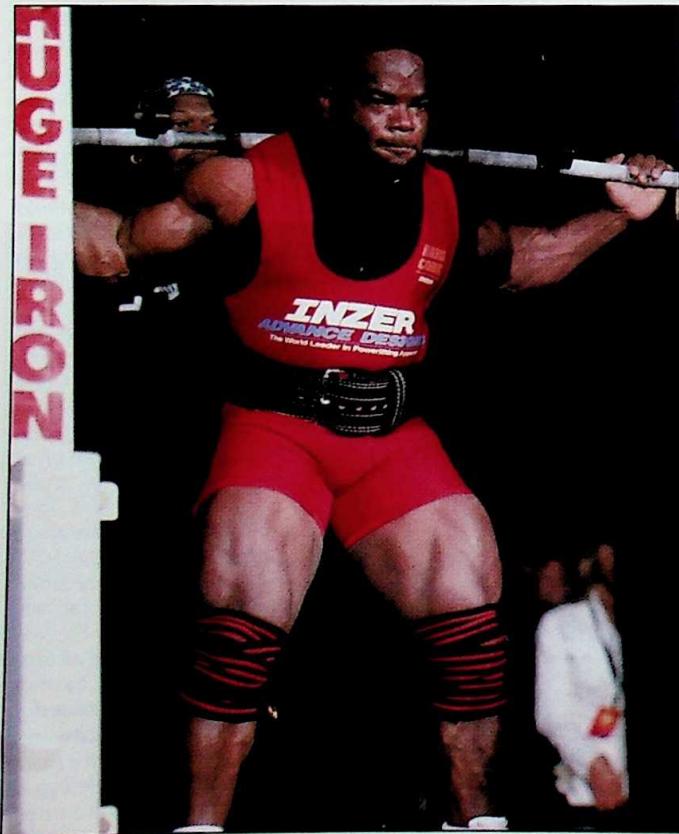


Ed Bridges reveals the family pedigree, resemblance and lifting-wise.

was happening. The qualifying participants could earn \$1000 here for beating a World Record.

Two ladies were in action. Amy Weisberger is a multi organizational World Champ. She's tops in the WPO, WPC, IPA, and APF for her division. The 36 year old physical therapist from Worthington, OH owns the biggest TOT of all time in her 132 class (567 kg., 1250 lbs.). The organizers wanted former IPF World Champ Elena Fomina, the 26 year old Russian record holder, to challenge Amy, but that didn't pan out. Amy rose to the occasion anyway and lifted great: 446 SQ, 308 BP, and a PR DL of 473 on her final pull - TOT - 1229. Shannon Pole-Summers a girl of 219 lbs. at age 17 hit the "magic" 500 kg. TOT mark (1102) which included a great 308 BP.

Among the men, Howard Millan, 23, a relative newcomer came out on top @ 148 when IPA World Champ Doug Heath, 46, couldn't register a SQ. Dan Petrillo, only 22, put together a fine 1504 TOT at 165. Former WPC World Champ Angelo Berardinelli wanted a go at the WPO WR SQ held by Conyers (751.8) so he deep stanced 722, and went straight to 760.6 but missed his two tries. Edward Bridges, brother to Mike and Bob - a family of true PL talent - made a great impression. He'd done 1488 @ 65 last year. He moved up a class and was vastly improved. He notched a good 661 squat, following a miss, nailed 3 benches (407), and pulled 606 before twice missing 650 for 1675. Right behind him was Michael Coe,



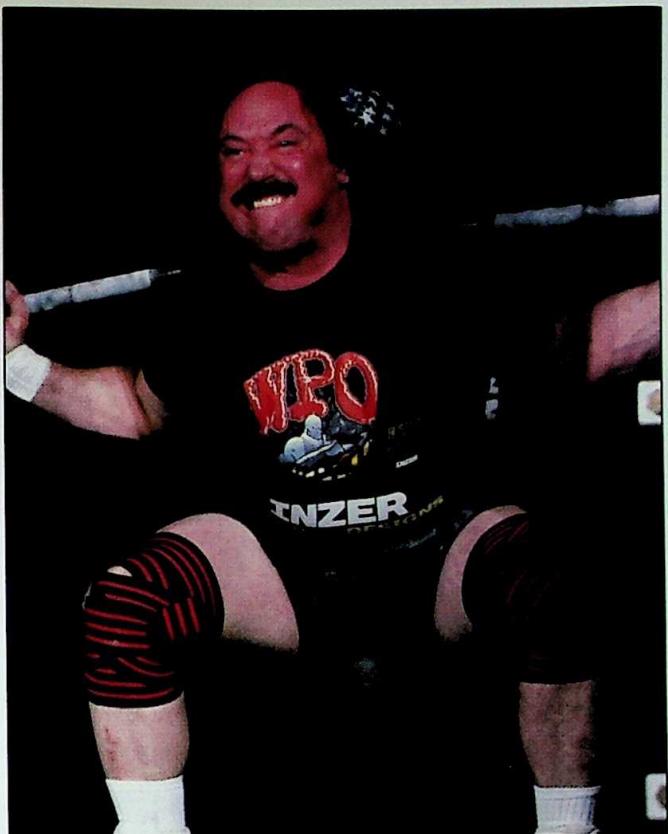
Most Muscular ... Johnnie Jackson is that rare athlete who combines bodybuilding and powerlifting at the very highest levels of competition.

the platform. Enthusiasm was mighty high and the lifters fed off it. Giant screen monitors allowed even those sitting way in the back to see what

WPO Qualifier - Columbus, Ohio - February 23, 2002												
Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT	
132												
A. Weisberger	413	446	446	285	308	---	755	435	473	473	1229	
SHW												
S. Pole-Summers	402	440	473	275	303	308	749	314	352	394	1102	
Men												
148												
Howard Millan	440	457	473	275	286	286	733	512	551	570	1284	
Doug Heath	50+	523										
165												
Dan Petrillo	540	567	567	374	402	402	914	551	589	600	1504	
A. Berardinelli	722	760	760	203	203							
181												
Edward Bridges	639	664	661	391	402	407	1069	606	650	650	1675	
Michael Coe	551	650	664	418	418	440	992	551	600	600	1543	
198												
Tony Caprari	650	699	699	402	424	440	1074	650	727	---	1802	
Sam Cuevas	672	672	749	468	534	534	1218	584	584			
John Wardell	639	699	699									
220												
Dondell Blue	749	---	799									
242												
Johnnie Jackson	755	804	826	501	545	545	1372	---	755	804	2127	
Chris Mason	749	749	804	479	523	523	1328	628	628	677	1956	
Brad Kelley	501	---	---	573	606	628	1107	479	---	---	1587	
275												
Philip Story	788	832	832	573	600	611	1443	705	733	760	2177	
Jerry Obradovic	777	848	848	622	672	705	1482	672	799	---	2155	
Chris Taylor	650	699	722	600	628	---	1328	600	633	677	1962	
James Jacobs	766	766	810	554	611							
Gabe Daniels	749	815										
Nick Hammer	744	744	744									
308												
Ted Forbes	804	840	870	468	501	523	1306	655	705	727	2033	
M. Barravecchio	418	---	---	664	664							
SHW												
Brent Miksell	936	1063	1063	429	554	554	1366	711	788	---	2155	
Mike Ruggiera	865	865										
Matt Smith	848	926										
Shane Yates	799	848	848									

31, with 1543. Mike made a one hundred ten pound jump from 551 to 661 - between his 1st and 3rd squat attempts - too much weight. Tony Caprari, 21, came into the 198s light at 189.25. He did 1664 @ 165 last year. He pulled a fabulous 727 DL on a 2nd attempt, and waived his 3rd as he was happy with his great 1802 TOT. It's just a matter of time before he'll pull 800 as a full 198er. Sam Cuevas was thinking all or nothing. He ended up missing all his pulls. Sam missed a 672 squat, then made it, and quantum leaped to 749 and got that too. He BPed 468, dared 534 twice, then bombed in D/L, John Wardell, 33, squatted 639, but must have hurt himself and dropped out after that.

At 220, Dondell Blue, at 212.75, missed 749 SQ opener. He passed his 2nd attempt to give himself rest for an all out assault on 799, but was pinned. Johnnie Jackson, 30, an NPC national champion bodybuilder, made an everlasting impression. At 240 1/2 lbs., he couldn't pack any more muscle on his frame if he tried. This guy was every bit as strong as he looked and more. His veins were popping out all over and even his huge thighs had striations showing. He was one put together son of a gun! He started with a big 755 SQ and manhandled it. Next, he mis-grooved 804. I thought he'd be lucky to get the same on his 3rd, but he jumped to 826, sat much deeper, and roared up with it. From the looks of his upper body, I expected no less than a huge bench. He muscled up 545 on his final try. He was scheduled to start his pulls with 755, but time ran out and he took it effort-



Phil Story continued his ascent to the top with three well-balanced lifts.

lessly on his 2nd attempt. John took a big jump to 804, but had trouble finishing it. Chris Mason was reportedly competing in his first powerlifting contest, and he damn near totaled 2000 in his debut! Brad Kelley token lifted in the SQ and DL, as required to validate his BP ability. Brad aced 573, then pumped a big 606, before

finally missing at 628. That is tremendous pushing power for his 235 bodyweight.

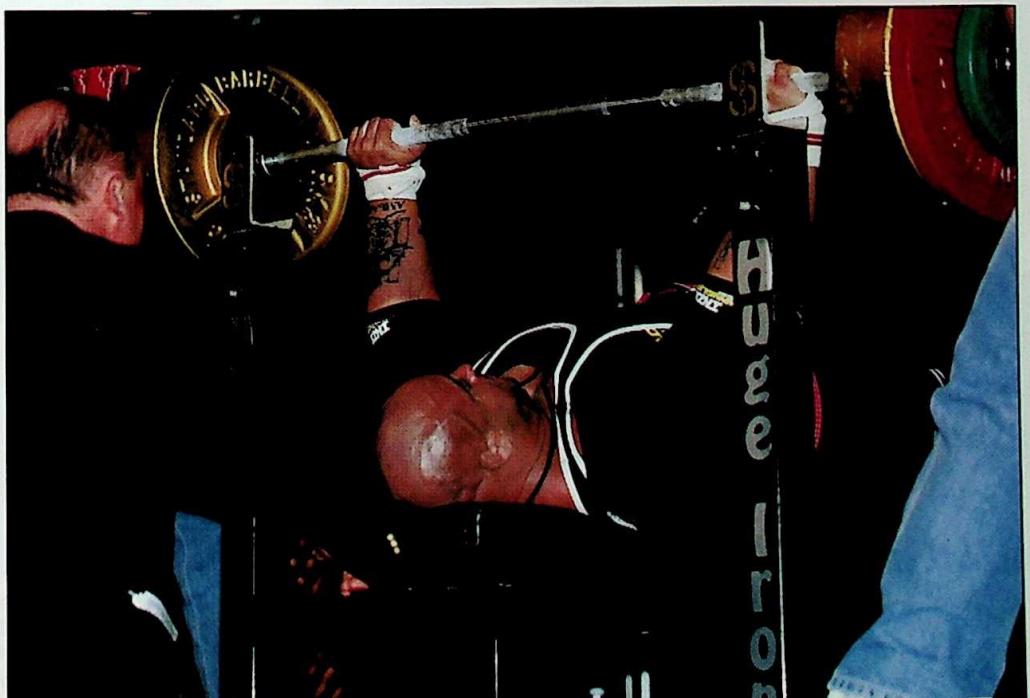
Phil Story put up strong, balanced lifts to take the 275s, but Jerry Obradovic could well have won. After missing a big jump in the squat, he came back with three spectacular benches, raising the roof with a 705

that was stronger than his 2nd attempt 672. Then, in the deadlift, he made a gigantic 126 lb. increase from his opener to his 2nd attempt, but that lift was no good. Chris Taylor showed his three lift colors in third place, while big James Jacobs could not continue beyond the benches. Nick Hammer, 23, failed to get his starting weight SQ with 744, and watched the remainder of the meet from the sidelines, as did Gabe Daniels.

At 308, big Ted Forbes, 30, came in at 285 and did some good lifting; 804 SQ, 501 BP, and 705 DL - TOT 2033. If Ted had made all the lifts he tried his TOT would have been 2121! Mike Barravecchio wanted to join the 300 Kilo Club in the bench, but his mighty stroke was not enough, on this day, to cause the stubborn barbell to submit.

At Superheavyweight, Brent Mikesell, 34, from Spokane, WA wanted to put the all time world record squat up into the clouds where the boys in the main event to follow would have a difficult time breaking it. He opened with 936, a weight he handled like it weighed nothing. Next he went straight for it. The barbell was increased to 482.5 kg. That's 1063.7 lbs., 22 lbs. more than the All Time Record he set last fall in Lethbridge, CAN(1041.7). He might have made it (Brent is sure he would have) but his briefs did not conform to WPO standards (can't come up above the navel) so he had to cut them off. Two misses, but there will be another day. Mike Ruggiera, at 335 1/4 lbs. had a bad day. He failed to make his 865 SQ tries, but didn't bellyache about it. It was a genuine pleasure to meet Mike and talk with him afterwards. Matthew Smith was also a casualty. He came in with a huge TOT under his belt (2445) done at the IPA Nationals. Only 27 and 331.25 lbs., he is one strong customer. Mike SQ'd 848 so easily it was almost laughable. Unfortunately, he took a step before the signal, nullifying the lift. Then, he leapt all the way to 926 and couldn't sink it low enough to please the judges. (miss your first two squats, and you're out at a WPO meet). Shane Yates, at 318, is mighty big for a 16 year old. He made a huge 799 SQ - which may be an all time age group record - and tried 848 twice, but he ended up falling back with it. A Doctor later determined he'd torn his T-band in his right leg. Les Cramer and myself got an ice bag on him.

Mikesell BPed 429 to insure a TOT, and tried 551 twice, almost getting it. Brent pulled 711, easily, and then ripped up 788 - a PR. He looked easily capable of doing 800. His TOT of 2155 was enough to ensure that you'll be seeing him in future WPO competitions.



Jerry Obradovic did a "Bench Bash" caliber 705 on a spectacular third attempt that was easier than his second.

I know what you are thinking: there are NO hardcore Nautilus gyms. Read; decide. At first glance, it looks as if this one is a typical "family oriented" Nelson's Nautilus gym, but unlike the five other 5 Nelson's Nautilus gyms in the greater Portland area, this one is a bit different. As you pull in to the parking lot at 5623 SE Center in Portland, you might see several Harley Davidsons parked out front and a Nelson's Nautilus logo on the wall. When you walk through the French glass doors you walk straight into one of Portland's most HARD CORE gyms. It's a big power pit where the Powerlifters, Strongman competitors and Bodybuilders all coexist in the same gym, throwing the same pig iron around and wiping sweat off of their foreheads.

Forehead Note: Don't you hate it when you are about to finish a heavy lift, and an inexperienced spotter touches the bar? He says he barely touched it, but it makes you wonder - would I have finished the lift without the touch? Where I train in Texas, we don't spot on the bar unless requested. We spot on the forehead. When a lifter starts slowing down in his approach to the SQ bar, we slap him on the forehead. If he starts to shake and looks like he may miss his SQ, we'll walk away saying "You've got it." If it's a max single, we'll stay tight and ready to help, but if it is a set of reps (where it's usually mental failure that causes the set to stop) we'll just walk away.

When we bench, we "go for the plum." In other words, we try to get our heads to turn purple on the last rep. Not just red, which might only indicate a slight strain - but plum purple. If the bar speed slows down too much, we slap the lifter on the (purple) forehead. Hard. Right during the lift. If you can focus on the lift after this, you are in-the-zone baby! Really technical - Robert tries to slap on the correct side of the forehead to stimulate the lagging side. If the right arm is weaker (as in my case), he slaps on the left side of my forehead - since the left side of your brain controls your right arm. You're probably thinking this is too scientific for you to master - and you're probably right. Just swat 'em

HARD CORE GYM #12

What Makes This Nautilus Different?

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

right in the center of the forehead while you get used to the technique. Start with a single slap, and work up to sets of three slaps with a light chain. (It's secret power-tips like this that make you stand out from the crowd, and we give it to you free! Go for the plum!)

Back to reality in Oregon: This gym has turned out some awesome feats of strength: one 600 lb. bench presser, three 550 lb. bench pressers, multiple 800 lb. squatters, and two women who can deadlift over 400 lbs. One of those women is Jo Walker who at a weight of 126 lbs has deadlifted 407 lbs., at the age of 58! Julie Havelka is the other woman who was the winner of the 2001 Beauty and the Beast World Strongman/Strongwoman Challenge, fea-

tured in the September 2001 issue of Powerlifting USA magazine. Also featured in Powerlifting USA was Brice Gimble with a 774 lb. deadlift and 854 lb. squat at the age of 22! Both Julie and Brice are trained by Tod Becroft, who might be best described as one of the best Strongman/Powerlifting trainers around! Tod is the American Powerlifting Federation (APF) State Chairman for Oregon.

OK, now why is this not a family gym you ask? For starters, there is no day care, because we don't want babies crying and running rampant in the gym while we're trying to work out and all the while their mothers are on the damn treadmills with their Walkmans on full blast blocking out their insubordinate children. No damn pools or saunas; and there is chalk

powder all over the place! Sure, there are a few treadmills, stair climbers, and bikes, but that's it. This gym caters mostly to the people who are looking for size, strength, and have a SERIOUS dedication to their body! (Thanks to Tom Feeny for all this info!)

Random Note: I first met Jo Walker (and Tom Feeny) at the WABDL Worlds in Portland, Oregon a few years ago. I was immediately impressed with her friendly nature and determined spirit. Plus, she's really strong! I hope I can pull 407 when I'm 58, and I KNOW I couldn't have pulled it when I weighed 126 lbs! Call me sexist, but these girls can DEADLIFT! Jo's husband, Tom, drives a monster truck - I want that job! Meantime, you can see his monster limo online at www.houseofpainironwear.com

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



Left to Right (standing) Kendall Walden - 584 lb. BP at 275 Submasters (Oregon State Record Holder), Carroll Moon - 556.5 BP in the 40-46 Masters 275 (3 time World Champ, current World Record Holder), Big Brian Jackson - 805 SQ, 623 BP, 707 DL - well over 2100 total, Mark Helzer - looking pretty healthy. (kneeling) Tod Becroft - 14 years of Powerlifting with a 551 BP, APF OR State Chairman, and Personal Trainer Extraordinaire, Jo Walker - 58 years old and still pulls 407 DL at 128 bodyweight - with a big smile, Gina Parise - Novice Ltwt. Oregon bodybuilding champ - cute, huh?, Dr. William Thoens - looks like a real PLer with an 825 SQ, 525 BP, and a 680 DL. (photograph courtesy Rick)

INTERVIEW

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

BC: Mike, give us some personal background on yourself.

MW: I was born in Baltimore and raised in Massachusetts. I did undergraduate work at Boston College and graduate work at Springfield College.

BC: What is your athletic background?

MW: I played football in high school, and track and field in high school and at Boston College.

BC: How did you get into weightlifting?

MW: I started weightlifting as a Freshman in high school for football. I weighed 120 pounds and when I was a senior I weighed 212 pounds.

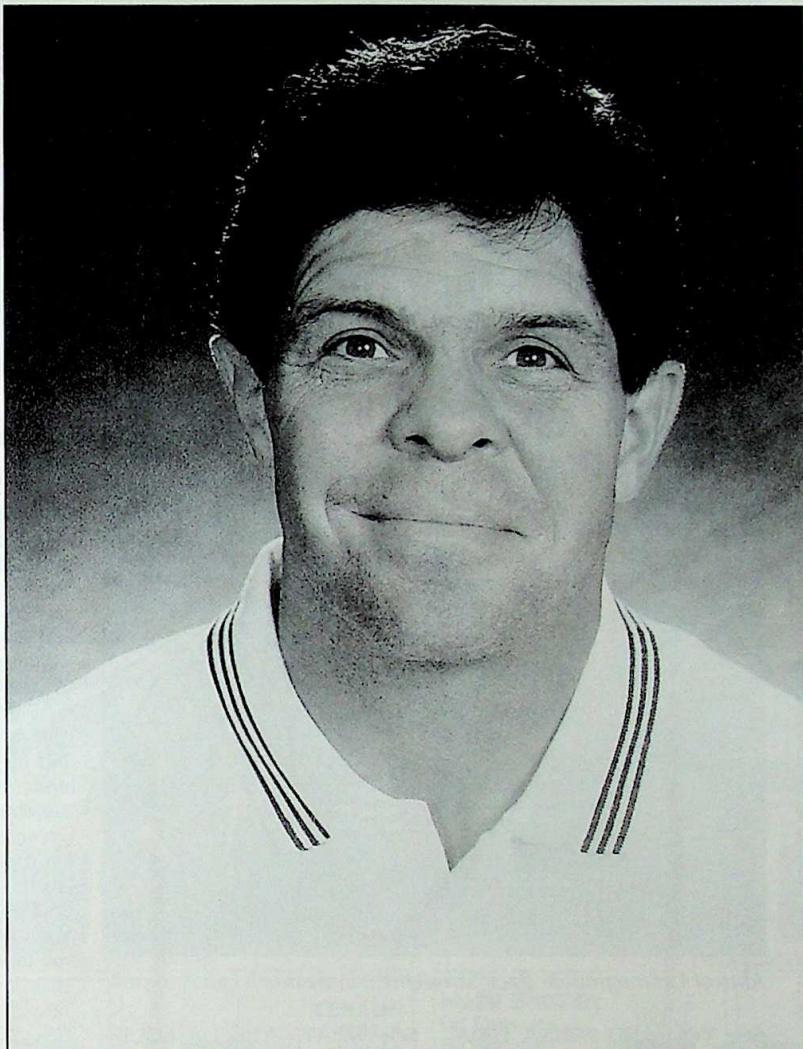
BC: How did you become a strength coach?

MW: At Springfield College, I worked with the track and field athletes, setting up weightlifting programs. Then, Syracuse University needed a strength coach and a track coach and I ended up working there for 10 years. Then, I went to the Dallas Cowboys for 7 years, and the New Orleans Saints for 3 years. Now, I'm on my second year with the New England Patriots.

BC: What is your weightlifting program for the New England Patriots?

MW: A lot of my methods and ideas for the program we use are from Louie Simmons of Westside Barbell. Before we lift weights, we do 5 to 10 minutes of warm-up work - our athletes jump rope, or ride the bike, or use the treadmill. Then, we do our stretching exercises. We work out 4 days a week. Monday and Thursday we do upper body and Tuesday and Friday, we do lower body. Abs: we do 27 different ab exercises. We do them before and after we work with the weights. For example: sit-ups on a ball, we hang on a bar and lift our knees to the chest, we do "specials" where we lay on a bench and do scoops with our legs, then circle our legs to the left and right. We do crunches, and stack crunches where we put our feet on the bench and someone is holding you while the el-

Mike Woicik - Strength Coach as interviewed for PL USA by Bruce Citerman



Mike Woicik, Strength Coach of the Superbowl Champion New England Patriots,

bows go to your knees, as well as cross crunches and we use the ab wheel. For our weightlifting routine, we use the periodization type of program, where we use different phases that we change every 3 or 4 weeks. For example, we start doing 8 to 10 reps in one phase, and then 3 to 5 reps the second phase, and in the third phase we do 6 to 8 reps, and in the fourth phase we do 2 to 4 reps, and we also change the exercises for each body part.

These are the exercises we do

for each body part. Thighs: regular barbell squats, belt squats, box squats, power squats with chains on each end of the bar (this helps with the speed of the bar and the lock out), speed squats - where we have the athlete take a weight they can do for 5 reps and try to do the reps in 5 seconds (when the athlete achieves this, we add more weight), we do squats on a "Bear" machine (a specialized squat machine), jump squats with a barbell or dumbbell (we use the "Bear" machine for them

also), squats on a Smith Machine, different types of lunges, one leg squats with a barbell or dumbbell or "Bear" machine, and we do leg extensions, leg curls, and we use the leg press for injured athletes.

Total Body: Romanian Deadlifts, Power Cleans, Reverse Hyper Machine, Snatches, Hang Snatches, Hang Power Cleans, Power Cleans and Snatches off boxes, Power Clean pulls and Snatch pulls with chains.

Chest: regular bench press, bench press with chains and bands, incline barbell and dumbbell press, slow rep bench press, bench press with board on chest, and bench press on the floor.

Shoulders: front military press with bar and Smith machine, dumbbell press, Arnold press, front and side laterals with dumbbells, rear raises, internal and external rotation with bands, and we also use the shoulder horn.

Lats: pull-ups, lat pull-downs, lat rows and dumbbell rows.

Triceps: push downs, french press with barbell, cable, and dumbbells, close grip bench press with chains, dips.

Biceps: regular barbell and dumbbell curls, EZ bar curls and cable curls.

Calves: standing and seated calf raises

and single leg calf raises with a dumbbell.

Forearms: we do grip work,

in which we use special

blocks and hubs where

we attach weights to a cylinder, we use sand bags, we do towel pull-ups, we use specialized dumbbells where we hold and catch weights, we use special balls which change shape when you throw and catch them. We also do plyometrics: single and double legs in place, single and double leg jumps, forward and lateral jumps and depth jumps off blocks.

BC: What kind of vitamins or supplements do your athletes take?

MW: EAS products and MET-RX products.

INTERVIEW

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

Ano Turtainen really earned the attention the powerlifting public at the WPO semifinals in Orlando last August. Having already won 3 WPC World titles, he was familiar to some lifters in the USA, but his success in Orlando, and now in Columbus at the WPO Finals, has really raised him to stardom. Here are some of his thoughts.

SS: HOW DID YOU LIKE YOUR FIRST MEET IN THE W.P.O.?

AT: I felt good because my lifts went so well. It looks like the sport is finally going forward with the new WPO pro powerlifting federation.

SS: DID YOUR TOTAL IN ORLANDO LAST AUGUST MEET YOUR EXPECTATIONS?

AT: Yes, it did. I was prepared for as much as a 2500 pound total.

SS: HOW DO LIKE THE W.P.O. FORMAT IN POWERLIFTING?

AT: I think the show, prize money, and the publicity from TV do nothing but good for our sport. It makes the totals increase and that way the show gets better too.

SS: YOU ARE ALSO PROMOTING THIS YEARS WPC WORLD'S?

AT: Yes, I am doing it together with my wife Minna. The meet is held in downtown Helsinki in a nice Sporthouse. The meet dates are October 22-27th. We are at the moment very close to having our national sports channel TV on site. You can find the meet information in every Powerlifting USA from now on in the "Coming events" section and, of course, on our website www.gometal.com. Promoting this meet will be a tough goal to achieve, and I'm also planning on lifting there, of course.

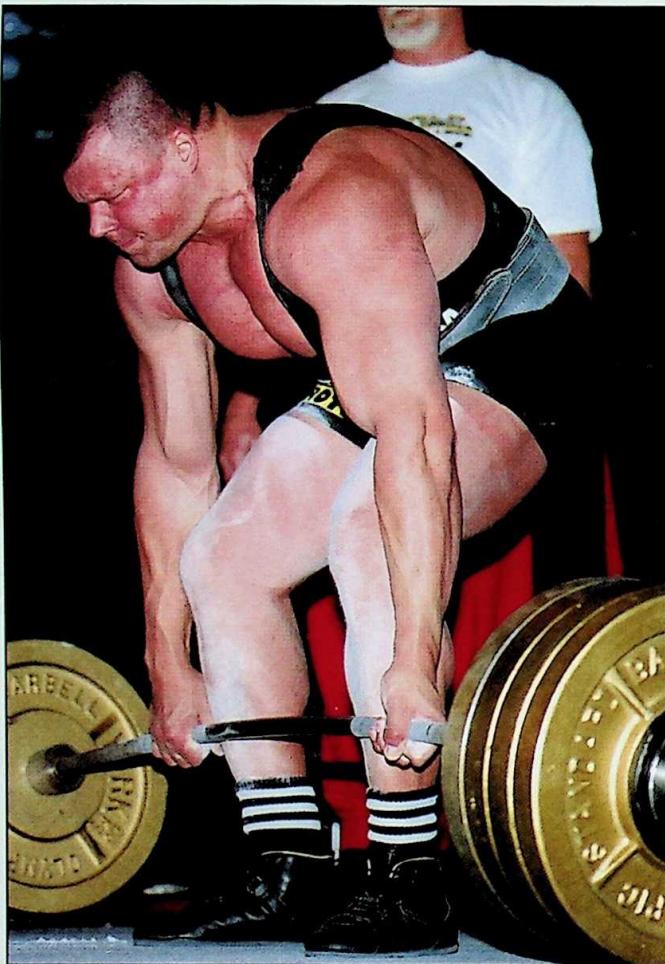
SS: YOU ALSO HAVE YOUR OWN GYM?

AT: I've been running it for a year now and it has started out very well. We have a lot of competitive powerlifters, naturally, but the main group are people who just like to work out traditionally with barbells and free weights. Of course, we have machines too. We have lifters who compete in the WPC or the IPF.

Whatever equipment I think is necessary for serious strength training, I will get it as soon as I can. We promote small meets, keep gym records, and have seminars too.

ANO TURTIAINEN

interviewed for PL USA by Sakari Selkainaho



Almost Unimaginable Back Strength how much can Ano pull?

SS: YOU AND MINNA HAVE YOUR OWN BRAND OF CLOTHES AND EQUIPMENT?

AT: Yes, it's called METAL. Minna has designed the clothing line and I have done the equipment line. It carries my version of the MonoLift squat rack, power racks, glute ham raise, lat machines plus a lot of other stuff. We have also designed our own denim BP shirt and a power brief which has denim in front and poly in the back. You get a lot out of your abs with it in the squat. All our products have been received very well in Europe and we look forward to have them in the States too. Take a look at our website for information.

SS: WHAT TYPE OF EQUIPMENT DO YOU USE IN MEETS AND TRAINING ?

AT: In training, I use a TITAN Victor NXG for box squats. On most max days, I wear nothing. On bench days, it is always no gear unless I need to test a new shirt or something. I may test a squat suit on max day to get a feel for an opener.

In meets I use TITAN's BOSS with the BOSS briefs in WPO meets. The new BOSS NXG squat suit is the best I ever tried. For benching, I go with our own shirt and for deadlifting we still have the old Marathon DL suit. I would like to thank Pete Alaniz from

TITAN for his sponsorship and support.

SS: YOU JUST HAD A BABY GIRL AND GOT MARRIED. YOU ARE A TRUE POWER FAMILY?

AT: Yes, our lives go on around the sport. Our girl, Mimmi was a great experience for me. Guys joked in the gym that it must have been a tremendous experience since I wasn't talking about lifting for a few days.

But there is still life outside powerlifting. We like to spend some time in our summer home in the countryside and we enjoy motor sports too.

SS: MANY PEOPLE WONDER HOW COME YOU MAKE PROGRESS STEADILY?

AT: I just have a desire to get better and better. One thing that stops your progress in satisfaction. I have changed my training to Westside Barbell style in February 2001. Since that my squat went up almost 100 pounds in six months to the 1005 pounds I made in August. My bench went up 40 pounds in the same time period. I was ready to deadlift more than 861 in Orlando, but the meet was so long I lost some energy.

I think I'll do a lot more with this system. I don't want to brag, but if I'm able to use it correctly and make the adjustments on my training, my lifts should keep going up. I keep my training log on my website and it's updated almost every day.

The good mornings raised my squat tremendously and now I am looking for a way to raise the deadlift the same way. I did it in one lift, so why not in the others.

SS: YOUR LONG TIME GOAL WAS TO BREAK DAVE PASANELLA'S RECORD. WHAT'S NEXT?

AT: I plan to challenge Garry Frank to battle for the biggest total in the world. I will move up to 308s. The WPO Finals will be the last meet in the 275s, I think. One goal is to have the biggest squat in the World. It's a tough one, because Ed Coan, Al Mehan, Steve Goggins, among other great squatters, are shooting for that too.

In benching, my goal is 700 pounds. So far, no one in Europe has been able to do that. I think I will pretty soon go for the biggest

deadlift in the World against Andy Bolton of Great Britain.

SS: YOU INJURED YOURSELF IN NOVEMBER?

AT: Yes, I tore a tricep tendon on max effort day. The problem has been there some time and it just tore. It's been operated on and I'm healing fast.

SS: WHAT DO YOU THINK OF POWERLIFTING IN FINLAND?

AT: It's really buzzing now. New lifters come in all the time, no matter what age or federation. The new training system from Westside Barbell creates a lot of interest and even the stubborn 'old farts' are starting

to use it. Everything looks real good now, in Finland, and elsewhere in the world too.

One thing that has always bothered me are the conflicts

between federations and lifters getting into that. From what I have seen, it has been at the lower level, as the elite lifters have looked up to each other

most of the times. I see the WPO as one form of unification, because it gets the best together.

Having coached him in many meets

around the world and guiding him to Westside Barbell training, I can say that Ano's not done yet. Not even close. Look out for monster lifts in the near future!



Tall and Quite Lean for the 275 lb. class, Ano Turtainen has great form in the squat and no fear of ponderous weights.

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I just arrived in Atlanta with two of my best friends - David Chua and John Pacovich. We are here to compete at the Georgia Bodybuilding Championships, which are going to be held the following day. The three of us are starving to death due to the fact that we have been living on basically tuna fish, rice, and All Bran Extra Fiber cereal for fifteen weeks trying to burn our body fat below the legal limit. In case you didn't know, All Bran Extra Fiber cereal is a nuclear laxative in a box. I am serious about that. To be quite candid, they should have a Surgeon General's warning on the box telling you that you should never eat the stuff if you are more than 15 feet away from a toilet. Hell, they should give you a free roll of toilet paper with each box. The stuff is lethal. To be honest, they should have a picture of Tony the Tiger squatting on the box. For the past five weeks my dreams have been consumed with eating real food - lasagna with extra cheese, pizza, and Chinese. God forgive me, I even dream of eating ice cream. My immediate feeling is I'd probably pay fifty dollars for a Snickers bar if I were allowed to eat it.

As soon as we checked into the hotel room, I turned the television on to the Yankee game and flopped on the bed. The Yankees are getting their brains beat out by the

Dr. JUDD

Bodybuilding or Powerlifting?

told to Powerlifting USA by Judd Biasiotto Ph.D.

Boston Red Sox. This is killing me, because I love the Yankees. Pedro Martinez, one of the best pitchers in the history of the game, is torching my team. He's like a man playing against little boys. I'm lying here ambivalent about what I want to do the most - marvel at his athletic genius or kick the television set in. With a little forethought, I decide on the former action. Then, something else grabs my attention. I look to the far end of the room; John and David are standing there stark naked. David is covered with shaving cream and John is busy shaving David's body ... I think ... I hope. Suddenly the thought that you have to be a little weird to be a bodybuilder flashes through my mind like a runaway freight train. That thought is a little unsettling to me, because for the past four years I have trained three hours a day, six days a week to become ... well, a bodybuilder. Then it crosses my mind that as soon as I can get some

mirror time I have to shave my body, too. The only good thing about that is I have about as much body hair as a ten-year old.

Pedro draws my attention back to the tube by whistling a hundred mile an hour fastball past Paul O'Neal's nose. The pitch misses O'Neal's head by a fraction of an inch. This infuriates the entire Yankee dugout and fans. The crowd is livid. They are on their feet and shaking their fists at Pedro. This bothers Pedro about as much as a walk in the park. That is one thing I love about him. He maintains total composure in the midst of chaos. Ten pitches later, Pedro is strolling back to the Boston dugout after striking out the sides. I definitely have a love/hate relationship with this guy.

My gaze drifts back to my friends; David is now on his knees painting John's legs and booty with Protan ... I think ... I hope. David is taking such precise strokes with the brush

that you would think he is painting the Last Supper on John's butt. In the middle of a delicate stroke, David notices that I am observing his artistry. "How does it look?" he asks me with a serious look on his face. Not knowing if he's referring to the Protan or John's butt, I wisely avoid the question. "Get undressed and I'll get you next" he says excitedly. "What is wrong with this picture?" I ask myself. I'm thinking that if I could just film these two guys right now I could make a small fortune blackmailing them. Then it crosses my mind that *Gay Times* would pay big money for a film like this starring two well-built studs like David and John. It is just a thought, but one I am seriously considering.

Exactly twenty-four hours later I am standing on the stage at the World Congress Center wearing a black G-string with my body completely shaved and oiled down. In the auditorium there are four thousand men and women screaming at me ... "Damn, '56' is ripped." "Look at those abs." "Show me your quads." ... while I move through my posing routine, going where no cartoon character would dare go. Putting myself in lewd positions that I would most definitely be embarrassed to do in front of my mother, at times I feel like I am auditioning for a position at the Atlanta Gold Club. Then I hear someone screaming, "What the hell are you doing here?" I



Getting Ready for the Georgia Bodybuilding Championships (l-r) David Chua, Dr. Judd Biasiotto, John Pacovich. (photo by Martin Miller)

recognize the voice; it's mine. My answer is as usual -- "I don't know." Of course, I couldn't entirely rule out the idiot factor.

My posing routine is designed to hide my major weaknesses, which is easy for me to do with a G-string on. Not only do I have about as much pubic hair as a ten-year old; I also have the anatomy of a ten-year old. Of course, the posing routine is also performed to exhibit your strengths, which is not easy to do when you have the body of an eleven year old stamp collector. Amazingly, some guys will literally spend months trying to perfect their posing routine. I am serious! I know guys who practice their routines an hour a day, year round. What really freaks me out is with all that practice they are literally petrified when it comes time to present their routine on stage. I mean how athletic do you have to be to make a muscle; it's not like they are going out to do a triple somersault. I have roomed with two world champion gymnasts, and neither of them put that much time on practicing their free exercise routine.

After I finish posing, I head back to the warm-up room. When I get there, a female competitor comes up and tells me that I looked huge on stage. I find that rather interesting considering the fact that she is twice as big and muscular as I am. I would also venture to say that she probably had more male hormones in her than you would find at an Italian bachelor party. After she leaves, John looks over at me and asks, "Would you date that girl?" Only if she made me, I respond.

We are sitting in the warm-up room waiting for the rest of the athletes to finish their posing routine. The women, who are competing in the FITNESS AMERICA competition, line up right in front of us; and they are twenty-six of the most beautiful women you ever want to see. They are standing no more than arm's length away from us dressed in thongs that look like they are made out of dental floss. I find it interesting that I am sweating more now than I did when I was working out. David bumps my arm



Which Is It For Dr. Judd? ... Bodybuilding or Powerlifting ... Dr. Judd has tried them both

and says, "Look at that guy's biceps over there" pointing to a bodybuilder a good thirty feet across the room while completely ignoring the near naked women standing right in front of his nose. Both John and I just sit there with our eyebrows together the way a dog's turn in when he hears an unusual sound. John finally blurts out, "David, you are never going to oil down my body again". Totally oblivious to what John is talking about David says "What? What?" There is no question about it -- this time it's the idiot factor.

An hour and a half later I'm called back on stage along with my

competitors for the awards presentation. I estimate that I have spent less than five minutes on the stage competing and more than six hours in the warm-up room. Nevertheless, seven judges will pass judgement on me. This is the part that I hate the most. The sport is so subjective; you never know how you will be rated. Worse yet, there seems to be a lot of politics in the sport -- let me rephrase that -- a lot of cheating in the sport. I've seen guys who looked like they were training at the International House of Pancakes win championships. I've also seen hometown athlete who looked like they had just com-

peted in the Pudding Belly Olympics the week before walk away with awards they obviously didn't deserve. In fact, I have witnessed judge's results that were absolutely preposterous... decisions that would make the O.J. Simpson verdict look plausible. In all candor, I have never been cheated. I can only imagine how that must feel. You train three hours a day, diet religiously, sacrifice your social life, and then you are outright cheated. WOW! That must hurt. Unfortunately, it happens a lot in bodybuilding.

I look at my competitors, and I feel I am the best on stage. Of course, I always feel like I am the best. Luckily, the judges agree with me this time. I say luckily because, as I mention, it is basically a crapshoot. Seven other judges could have viewed the same competition and come up with entirely different results. David and John also do well, but our thoughts are on food, not a ten dollar trophy. They are yelling at me to hurry up. They want to go to the Waffle House to chow down, which just proves that you will eat anywhere when you are starving to death.

On the way out of the locker room, a writer from the Atlanta Constitution newspaper stops me and asks for an interview. The reporter wants to know which sport I like the best, powerlifting or bodybuilding. He says, "Dr. Judd, you have competed in both sports and you write for both bodybuilding and powerlifting magazines; which sport do you feel is the most rewarding?" This is a rather thought provoking question. Stated in other terms:

(A) Would I rather put 600 pounds on my shoulders, do a deep knee bend, and rip my spine slap out of my back, or (B) Would I rather shave off all my hair, dye my body, oil it down and then boogie almost naked in front of four thousand screaming physique enthusiast.

For me, the answer comes as swift and decisive as a Pedro Martinez fastball ... POWERLIFTING.

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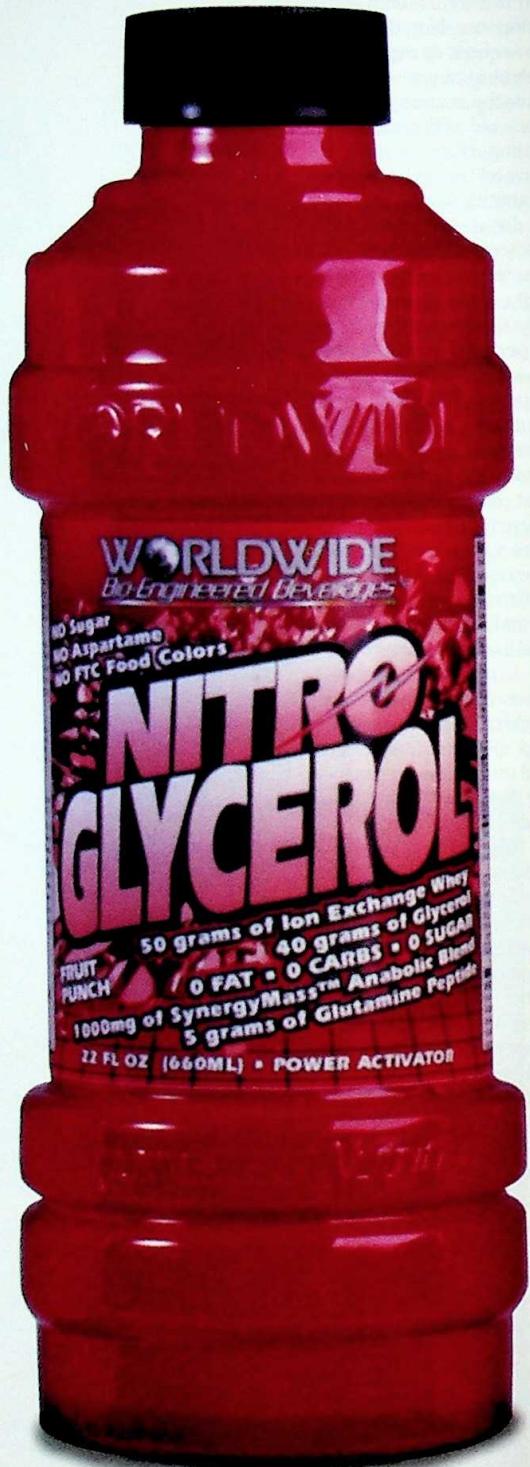
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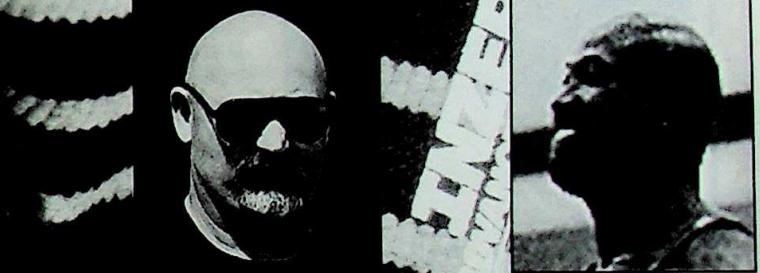
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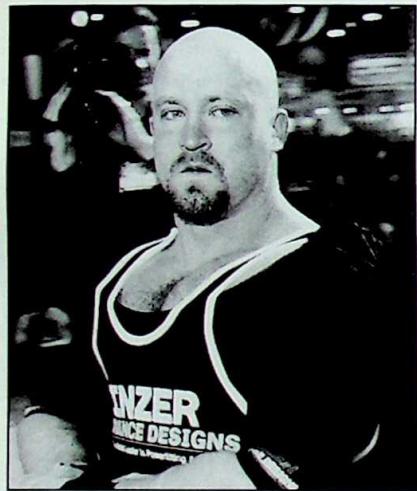
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I've previously written on two areas of the bench press, where - if you improve them - you will see the most gain on your bench press - the chest and the triceps. However, the bench press also involves several other muscle groups, which - if improved, will help to improve your bench press. Although improvement in these areas will not dramatically improve your bench press, they will help you in your quest to master the lift.

The lats play a vital role in the bench press. If you notice someone shaking when they bench, this could be a sign of weak lats, or not using one's lats properly. It is the lat that enables one to lock in the angle of the arm to the body. The



George Halbert did not tear his pec at the Arnold Classic this year, but he did feel a twinge in his pec when he warmed up to 405 and felt that he would tear it if he went any farther. Knowing that the bench press is a "war of attrition", he wisely decided to do battle with the bar on some other day.

best demonstration of this can be seen in a rowing exercise. When performing a row, the angle of the arms to the body stay the same throughout the movement. One utilizes the lats by squeezing the shoulder blades together to pull the weight toward the body and not by pulling with one's biceps. When performing a row the biceps should get pumped, not the biceps. Once one trains the lats to perform in this manner, they can be utilized in the same fashion for the bench press. By locking your arms into your lats, you will be able to maintain your groove on the upward push and not flair out the elbows, which is the most common cause I see of missed lifts. Some exercises I recommend are any types of rows (I prefer ones that mimic the bench groove), pull-ups with weights or pull-downs to the chest or stomach - which also help to develop the

The BENCH

Backing Up Your Bench

as told to PL USA by GEORGE HALBERT

lats. Also, don't be afraid to try different angles on these rows or pulldowns. For instance, on pull-downs try some sitting at 90 degrees and some sitting at 45 degrees. The lats can be worked one or two times a week as assistance work, depending on your schedule.

The rear delts also come into play for the bench press. Underdeveloped rear delts could result in shoulder injury. Several years ago, I experienced shoulder problems. The solution to my problems was to train and strengthen my rear delts. My favorite rear delt exercise is done by rotating my arms backwards using the shoulder horn or a pair of dumbbells. However, if you don't have a shoulder horn, you can still train your rear delts by leaning forward, with your torso parallel to the ground and with a dumbbell in either hand, raise your arms out to the side at 90 degrees to your body and then back

down. Try these for 10 plus repetitions. Or, using a pulldown machine, stand facing the apparatus with the handle hooked to the cable in your hands and pull towards your forehead with your elbows held as high as possible. You will need to step back a couple of feet from the machine to perform this exercise. After training your rear delts and understanding their function, you will be able to come up with other exercises to hit your rear delts.

The front delts also play a role in the bench press. I personally do not train my front delts by isolating them, as I feel they get enough training when I perform my bench press. However, some benchers firmly believe in directly training them, so here are a few exercises. Try putting pins in a rack about 2 inches above your head while seated on a bench. Now, place a bar on

addressed with hammer curls. Most big benchers have very muscular forearms. One important tip when bench pressing is to squeeze the bar as hard as possible. I personally do this when performing almost all of my exercises, with the exception of lat training, and this is my only method of training the forearms. However, there are many forearm building devices in your local gym, or on the market, if you desire more forearm work.

As you can see, there are many muscles involved in mastering the bench press. It is only by training these muscles over time that you will realize their significance in your bench press performance. I realize I have thrown a lot of information out there at once, but there is a lot of ground to cover. So, until next time, get in the gym and back up that bench press.

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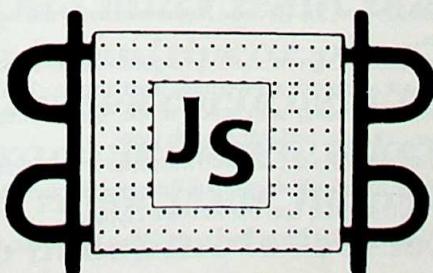
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TRAINING

DEADLIFT TRAINING

as told to Powerlifting USA by Louie Simmons

Deadlift records have made little progress in recent years. I believe it is easy to add pounds to a squat or bench press due to more progressive equipment. The supportive gear, in Westside's opinion, pushes one to gain bodyweight to increase the squat and bench press, but anyone, including myself, can tell you, if you're too heavy, your pull is destroyed.

With all that said, how do you train the deadlift for a meet? You don't. One must train the deadlift in a multiyear plan. An 8- or 12 week cycle won't work. For example, it may take 6 months to raise your hamstrings up to acceptable levels. If not, you will never reach your potential.

Let's look at Matt Smith's progress in a 30 month period. Matt had a 633 deadlift meet PR. Two and a half years later it is 825. This deadlift completed a 9 for 9 day and gave Matt a 2445 total at SHW.

Matt used the conjugate method. This system links special exercises that will increase awareness and

coordination. Its purpose is to raise the classical lifts. First used for the Olympic lifting team at the Dynamo Club in the old USSR, this method was tested on 70 top lifters. It consisted of 25 to 40 special exercises. At the end of the first study, only one lifter was satisfied with the number of exercises. The rest wanted more.

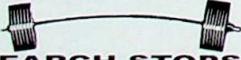
Westside Barbell also began using this system in the early 1970s. If I put \$1 million under a rock in the parking lot and told you to find it, chances are the first rock you pick up will have nothing under it. I bet that million that you would keep looking until you struck it rich. It's the same with exercises. If you look long enough, you will find methods and exercises that work best for you, while realizing that many are worthless in comparison.

Now let's look at a constantly revolving system of exercises that are used on max effort day, always trying a PR. For the advanced lifter, do 3 lifts, all singles: one at roughly 90% and then a PR, and if it is truly a max, stop, if not, try one more. It



Matt Smith uses the conjugate method to reach near the top. (photograph taken by Diane Black)

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is much better to break new ground as often as possible. Lifting weights of 90% or more for more than 3 weeks will stop progress, but by rotating the core special exercises each week, one can max out all year long. This system is the supermaximal method.

Here are several workouts for the deadlift that can be coupled any way you want.

Workout 1. Safety squat bar squats on a 12-inch box. Work up to max. Next, glute/ham raises, the Reverse Hyper, and abs.

Workout 2. Bent-over good mornings to a max single or a 3rep max. Then sled pulling for 8 trips of 200 feet with moderate weight, the Reverse Hyper, lat rows on a chest-supported machine, and abs.

Workout 3. Deadlift using the lightened method by placing the Jump-Stretch bands at 5 feet 6 inches off the floor to lighten the load by 65, 110, or 150 pounds. Work up to a max. Next, do pull-throughs, dumbbell rows, the Reverse Hyper machine, and leg raises.

Workout 4. Front squat on a parallel box. Try a new max, a single or a 3rep max. Next do glute/ham raises, sled pulling with ankle straps, the Reverse Hyper machine, and standing ab work.

Workout 5. Rack pulls with the plates 2 inches off the floor for a max single, pull-throughs, incline sit-ups, barbell rows, and the Reverse Hyper.

Workout 6. Heavy sled pulls with a belt around

the waist for six pulls at 200 feet a pull. Then glute/ham raises, dumbbell rows, Janda sit-ups, and the Reverse Hyper. Janda sit-ups, named for Prof. Vladimir Janda, are done by hooking a band underneath the bench with the feet not anchored to eliminate hip flexor involvement. Hold on to the band, press your heels downward, push out on the abs, and pull up on the band.

Workout 7. Cambered bar good mornings. First bend over close to parallel; now squat as low as comfortable; then raise up. Work up to a single or a 3-rep max. Then do pull-throughs, snatch grip rows, standing abs, side rows for obliques, and the Reverse Hyper.

Workout 8. Arched-back good mornings. Remember, when doing a good morning, the bar must be in front of the knees. If not, it is a quarter squat. Work up to a max single or a triple. Pull a sled backward for 6 trips of 200 feet each. Barbell rows with a close grip, Janda situps, and the Reverse Hyper machine.

Workout 9. Concentric safety squat bar good mornings. Crawl under a bar that is suspended 3 feet off the floor and do good mornings. Do max single. Then glute/ham raises, chest-supported rows, standing abs, and the Reverse Hyper.

Workout 10. Band deadlifts on platform. Here, you can use one or two mini-bands, or purple, green, or blue bands. This is workout 10-14 if you use a different strength band each of these weeks. Work up to a max single. Then chest-supported rows, glute/ham raises, standing abs, and the Reverse Hyper machine.

Workout 15. Suspend the Buffalo bar or 14-inch cambered bar or do Zercher squats with a suspended bar. This is workout 15-17. Then pull a sled with a power belt for 4 trips for 200 feet backward. Then dumbbell rows, Janda sit-ups, and the Reverse Hyper.

Workout 18. Box deadlifts off a 4-inch box for conventional deadlifts. Workout 19 is sumo deadlifts off a 2-inch box. Then do hanging leg raises, pull-throughs, and the Reverse Hyper machine.

Workout 20. Belt squats off a low box. Workout 21 is off a parallel box. Workout 22 is off a high box.

"One must train the deadlift in a multiyear plan. An 8- or 12 week cycle won't work. For example, it may take 6 months to raise your hamstrings up to acceptable levels."

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Workout 26. One-legged squats with a straddle stance. Support the back foot on a box while the front foot is far out in front. This will build

the entire leg while increasing flexibility in the hip and groin. Then do Janda sit-ups, backward sled pulling for 6 trips of 200 feet each, side bends, and the Reverse Hyper machine.

Here you have 26 workouts, which is not even close to the amount we do. There are many methods combined in our workouts (concentric, eccentric, accommodating resistance, flexibility, awareness, and coordination) by doing a new task each week and maxing out continuously with exercises that build strength speed.

Matt does the dynamic method on Friday. The maximal effort workouts discussed above are roughly 72 hours later, on Monday. The more exercises you master, the better you are at any related exer-

cise.

Does this really work? Westside has had two female lifters do 470 and 484 deadlifts at 132 bodyweight and two female 165's do 534 and 556. As for the men, we have a 165 who has done 640, two 181's with 670 and 677, at 198 three over 700 and one at 750, two 220's with 722 and 795, a 242 with a 793, a 275 with an 804, a 308 with an 800, and three SHW's with 810, 821, and Matt's 825.

I know the greatest deadlifters are built to deadlift. At Westside we have never had the luxury of such a specimen. We had to develop the deadlift, just like Matt's increase from 633 to 825 in 30 months.

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Ask the Doctor

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

(Dr. Di Pasquale's review of several supplement products is continued here from last month's edition of PL USA)

significant anabolic effects. They also do not look at any possible adverse effects, although in general it's felt that these compounds are innocuous. On the other hand, a recent study has shown that, while inducible gene expression systems in mammalian cells use as inducible reagents, compounds that are thought to be neutral and devoid of physiological or biologically undesirable effects in mammalian cells, that may not be the case with ecdysone analogs. A study using the ecdysone inducible gene expression system in hematopoietic cells and looking at the effects of two inducer analogs of ecdysone, muristerone A and ponasterone A, found these analogs altered the signaling pathways induced by IL-3 in the pro-B cell-line, Ba/F3. The results of the study showed that these two analogs potentiate the IL-3-dependent activation of the PI 3-kinase/Akt pathway, which could ultimately interfere with the growth, and/or survival of these cells. Another factor to consider is that one of the main functions of the ecdysteroids in molting insects is to cause programmed cell death (apoptosis) given the appropriate genetic makeup.

The bottom line here, contrary to the misinformation offered by those who are marketing these compounds that ecdysterone is as anabolic as anabolic steroids but without any side effects, is that the ecdysteroids do not have any significant ergogenic, hormonal, or anabolic effects on humans and may in fact be counter productive because of their possible androgen receptor and signaling pathways effects. In my experience I've seen neither positive nor negative effects in the many people who have tried ecdysterone. That's not to say that combinations of one of the ecdysteroids with some other substances might not be beneficial. For example a recent study found that there was a significant anabolic effect of a combination of both blow fly maggot extract (not a pretty sight but then again this just might be parlayed into the next nutritional supplement superstar) and ecdysterone on epidermal growth factor stimulation of resting mammalian fibroblast tissue cultures.

HumanoVar (Humanofort) - This is a chicken embryo oligopeptide extract (read protein) that's supposed to stimulate the adrenal glands to produce testosterone. First of all this product is basically chicken protein (I guess that's why they call it HUMANoVar and HUMANofort??), and I can't see how it will do what they say it does.

And even if by some miracle it did stimulate the adrenals, then it still wouldn't do much as far as testosterone production and the anabolic drive. That's because testosterone is mainly produced in the testicles with insignificant amounts produced in the adrenal glands. So even if it did stimulate the adrenals, which it doesn't, then it would produce more DHEA and androstenedione, and contrary to what they say in their ads, it would also produce more cortisol. The cortisol in turn would decrease testosterone production. The increased DHEA and androstenedione would increase estrogen production peripherally and would likely decrease testicular steroidogenesis and subsequently testosterone production, because of the inhibiting effect of estrogens on luteinizing hormone, the hormone that drives the testicles to produce testosterone.

Bottom line is that first of all it doesn't work and taking it would likely be no different than eating Kentucky Fried. And, in the unlikely event that it did stimulate the adrenals, it would be counter productive.

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whey protein and glutamine peptides. Unfortunately, there's not that much of the glutamine peptides (1.5 grams per serving) in each serving, and the protein is not the best since the label lists it as whey protein concentrate/isolate. This usually means a lot more of the much cheaper whey protein concentrate and less (sometimes just a sprinkling) of the more expensive whey protein isolate. In my view it's not worth the extra bucks for the ineffective ingredients and an inferior protein mix. If you compare the protein mix with my Myosin Protein Complex that contains 16 grams of ion exchange whey protein isolate and 10% (3.8 grams) of glutamine peptides per 38 gram serving) at just over half the price of HumanoVar.

Mauro Di Pasquale MD

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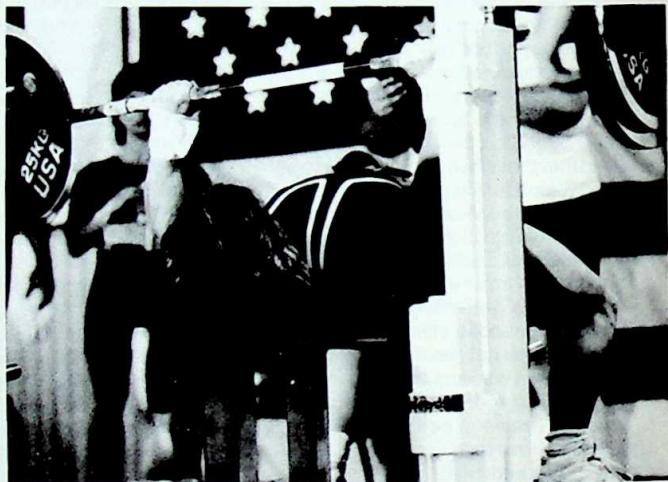


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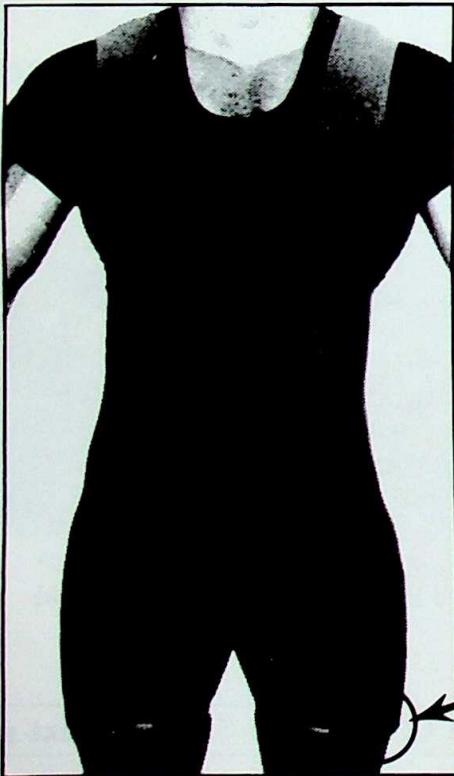
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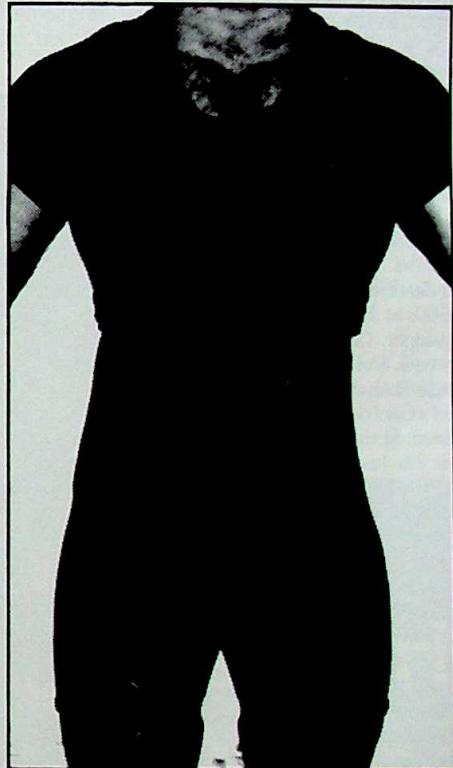
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Previously I have explored the fact that each of the three powerlifts favor specific body structures. The negative aspect I determined was that a type of body structure that favored one lift was a detriment for another. In many cases, however, there are approaches to somewhat make up for such deficiencies and also compliment strengths. My first article dealt with the bench press. This time around we will examine how body structure effects the deadlift. Success in this lift requires almost the opposite body structure the bench press does. A good deadlifter should have long arms and a short back, the reverse of the characteristics of a great bencher. Again, the emphasis is on distance the bar must travel and optimum leverage.

The two all time best examples of humans born to deadlift are Lamar Gant and Vince Anello. Several years ago, I did a series of articles in *PL USA* rating the greatest lifters of all time in each lift. In the deadlift, Lamar Gant ran away with the honors. Lamar registered deadlifts in the upper 600s at 132 pounds bodyweight. Gant had a short back and very long arms so that at completion of a Gant deadlift, the bar seemed to be barely above his knees. The distance from the floor to completion was unbelievably short for Gant.

Years ago Lamar was featured in a *Sports Illustrated* article by former champion lifter, Dr. Terry Todd. Gant's scoliotic spine would actually bend and compress under stress of the deadlift, further shortening the distance the bar must travel. There was actually an X-ray of this in the article. This is a case where a quirky of Mother Nature created the greatest deadlifter of all time.

Vince Anello was the deadlifter of the 70s and early 80s. Anello would pull 800 pound deadlifts on a routine basis at around 200 pounds. He too was gifted with a set of very long arms. Dr. Todd also remarked in his book, *Inside Powerlifting*, published by Contemporary Books, that Vince had a 'hinge' in his back, which aided in his pulls. Just like Gant, Anello was a born deadlifter.

As you may be think-

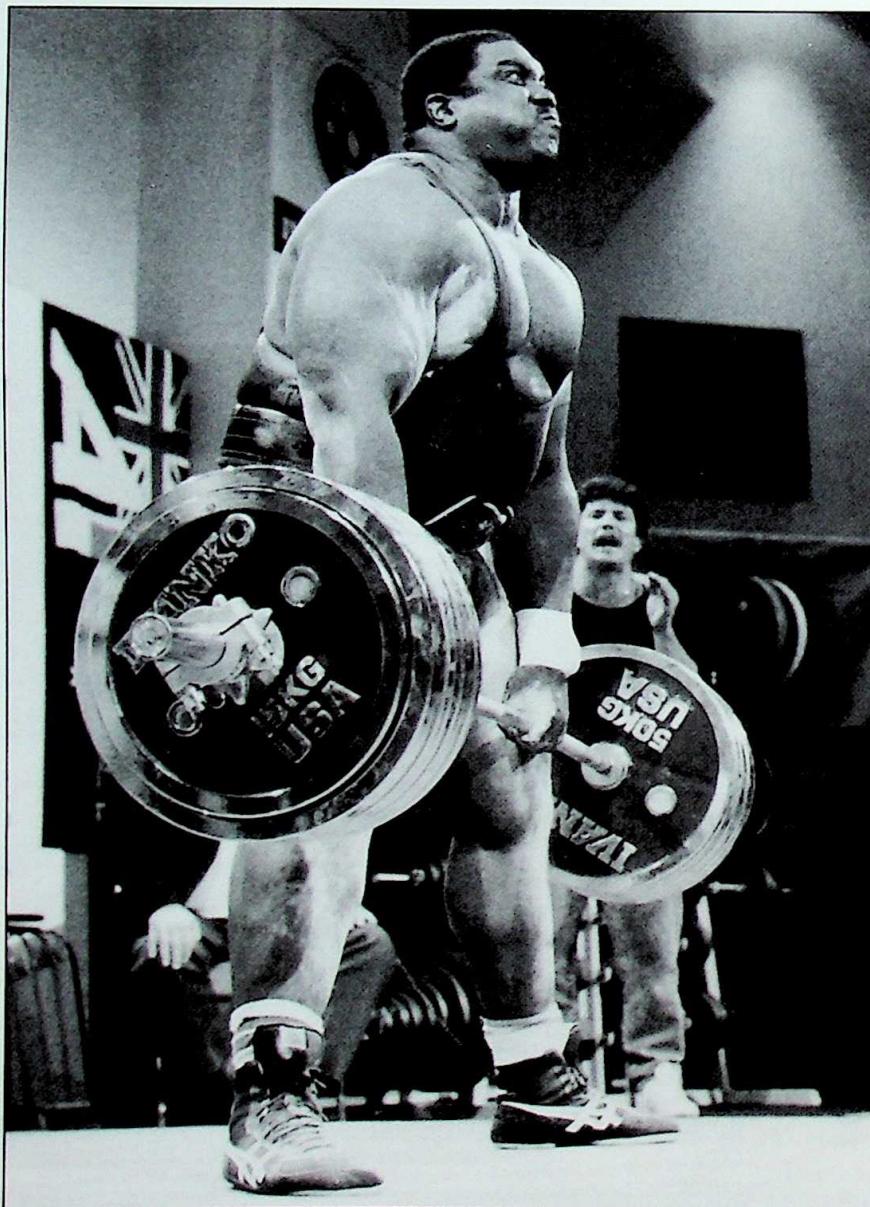
STARTIN' OUT

A special section
dedicated to the
beginning lifter

Body Structure and the DEADLIFT *as told to Powerlifting USA by Doug Daniels*

ing, there is nothing you can do to change the length of your arms, legs, or back, let alone the possibility of bending your spine or developing a 'hinge'. Yes, you have no control over your natural body structure, but by using some common sense techniques, you can make up for not

having the most favorable body structure and, by the same token, you can further accentuate any structural advantages you do have. If you want to do the best you can in powerlifting you need to exploit every trick in the book because you know your competitors will be doing so.



O.D. Wilson had arms that were both long and big, and he was a remarkable Sumo style deadlifter, losing this IPF World Record 892 at the IPF Worlds in Perth, Australia on grip failure.

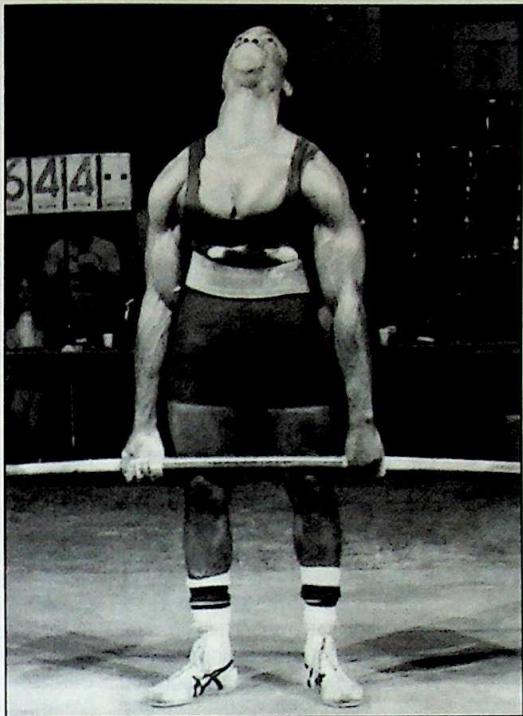
In my opinion, a big deadlift is the most critical of the 3 lifts to excel in. At subtotal time, the lifters with the big squats and benches are at the mercy of the good deadlifter, who only has to pull what they need to move up.

If you want to optimize your performance, grasping the bar near where the knurling starts is a good place to start. A closer grip enables the lifter to achieve a more upright and erect pulling position, regardless of whether they are using a sumo or conventional style, thus cutting the down the distance the bar has to travel. Another good technique is to get close to the bar when pulling. Too many lifters start too far away from the bar so when the pull is initiated, the lifter wastes power and drive pulling the bar into the body when power should be solely dedicated to pulling up. Also lifting a weight out in front of you adds 'pounds' to the effort. When getting ready to deadlift, get no further than 1-2 inches away from the bar, if not actually touching it with your shins before pulling. Spread baby powder on your thighs and shins to lessen frictional resistance on the way up. Take care not to get any on your hands though as your grip will slip.

In theory, because of the decreased distance the bar must travel and the increased emphasis on the use of the powerful leg and hip muscles, the sumo style would seem to be the style of choice. For those of you unfamiliar with the sumo stance, the legs are out wide with the arms inside. The name came from the similarity to how Japanese sumo wrestlers would squat down before a match. Unfortunately, I feel sumo deadlifters are born, not made. In spite of this,

competitors should give sumo deadlifting a try for a 3-6 month period to see if it fits their body construction. Some experts think that all lifters under a certain height should be sumo lifters and those above should be conventional. That is just not true in practice. Gant and Anello, both shorter lifters, set countless world records using a conventional stance, while the late, great O.D. Wilson, a gargantuan super heavy, pulled upper 800 pound lifts with a sumo stance.

Just as in squatting with a wider stance, flexibility is critical in the deadlift. Suppleness enables the lifter to get lower with respect to the bar and use more leg and hip power and attain an upright and erect torso. With increased flexibility, a shorter armed lifter can achieve a more upright posture and lessen the distance the bar must be pulled. Flexibility is especially critical for the sumo style. Unless you devote honest effort to increasing your flexibility, forget even trying



Lamar Gant... note where the bar is when he locks out.

sumo.

Although I never got to see the immortal Mike Bridges lift, I did get the chance to see his brother Bob compete. Both Bridges' were not only known for their strength but for

their incredible lifting technique, which maximized their brute power. Seeing Bob Bridges deadlift was a revelation. He slowly descended into his sumo stance getting into optimal pulling position, which was possible due to great flexibility. What made Bridges' technique so incredible was that unlike most lifters, the bar started upwards the split second his legs and hips started to move. Most lifters waste the first few inches of their pull straightening their legs out, not Bridges. Every bit of energy was spent on pulling the bar. Neither Bridges was structured to excel at the deadlift but because of their disciplined lifting style, they excelled at all three powerlifts. Perhaps 'excellent' is an understatement.

Good news for you skinny guys. Many thinner lifters tend to shine in the deadlift, since they are able to get lower, more comfortably, than bulkier lifters. Another point to consider is that as a lifter gains weight, his bench and

squat will go up quickly. This is not necessarily true for the deadlift, but that can be good news for lifters who find it hard to gain weight. Bigger lifters may find that they have to drop some excess weight in order to get a bigger deadlift. This can be a double-edged sword, as it may effect the other lifts negatively. In any case, increasing your flexibility can definitely aid your cause.

Structural advantages for one lift can create disadvantages for another. Long arms help the deadlift, but hinder the bench. There is really no perfect body type for powerlifting, but all lifters can stand to gain by adopting some of the ideas I have laid out in this article. These suggestions allow a lifter to compensate for weaknesses and further compound strengths. They can make the arms you do have seem like they're longer. Even with a definite body structure advantage, if you fail to train hard, consistently, and effectively, you will not get the results you desire. In a future article, I will explore body structure and the squat. Until then, keep stretching; your training horizons that is, not your arms.

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You run out the door after wolfing down some breakfast and are at the meet with enough time to weigh in and listen to those boring rules meetings. Yeah, I know, you have to break parallel in the squat. Come on - get on with the show! You double checked your gear twice to make sure you have everything from your ammonia caps to that all important water bottle used to wet down the seams in that new denim shirt. Just when you think you brought everything that you will ever need to the meet, including that good luck jock strap from when you used to play high school football, it suddenly hits you. You forgot one very important thing - FUEL. Not the type to run your car, but the kind that is going to get you through the entire contest, and keep you going strong all day long. You have forgotten to bring the right nutrients that your body will need to perform optimally at the contest. No problem you say, "I'll just grab something at the meet." Food is food - right? Wrong! This major mistake has just caused you to hinder your performance on the most important day of the year. All the preparation and hard work, and the endless hours of sweat and tears could be completely wasted if you don't plan out your nutritional tactics for meet day. Don't let this happen to you!

Nutrition is often overlooked in the sport of powerlifting. I know, we don't have to have 3% bodyfat like bodybuilders. Nor do we have to possess the endurance to run or cycle mile after mile like a triathlete, but that doesn't mean that nutrition doesn't play a vital role in the performance of the powerlifter. The above scenario may seem unrealistic, but I have seen it happen not just at state meets, but at national and world meets! I have witnessed one guy scarf down link after link of sausage, gorge himself on endless strips of bacon, and then wash it down with some sugary fruit punch

NUTRITION

POWERFUL NUTRITIONAL TACTICS FOR MEET DAY

told to Powerlifting USA by Anthony Ricciuto

drink less than half an hour before squat warm ups. Then I hear him complain that he feels bloated during his squats. What else would you expect to feel after inhaling several small farm animals right before your warm ups. Another personal favorite is the guy who scarfs down a couple candy bars and washes them down with close to two liters of soda after his squats. He seems to be flying high until he misses his 2nd and 3rd bench attempts. Later I hear him telling his handlers that he just ran out of steam and he can't figure out why. Considering he consumed enough sugar to put a polar bear into a diabetic coma, I'm surprised that's the only thing that happened. Then there is the guy who avoids breakfast because of his

nervous stomach. For the rest of the day he may have a couple pieces of fruit, but his hunger starts to kick in right at the worst time. His favorite time to load up on a double burger, fries and a vanilla milkshake - is, oh, about 45 minutes before his first deadlift attempt. Then he complains that his stomach hurts trying to get down into proper deadlifting form. I know these scenarios sound funny, but they are things I have experienced while coaching some of my athletes at competitions.

The purpose of this article is to help the competitive powerlifter plan out what kind of things one should and should not do on meet day in regards to nutrition and supplementation. Let's start off with some of the better things to eat on meet

day. Nerves can be at an all time high come competition day and you don't want to weigh yourself down with foods that take several hours to digest. Breakfast is going to be a very important meal so make sure you start your day off in the right direction. You want to consume an adequate amount of protein, carbs and fat, yet you don't want to eat half of the country's livestock just before doing squats. Breakfast should take place about 2 hours before warm ups. If you are the type that has a hard time stomaching food on meet day, make it 3 hours. One word of advice, eat only until you feel slightly satisfied, not to the point where you have to unbutton your jeans to get a little breathing room. Remember, you are fueling your body for competition, not trying to get your money's worth at a Sizzler buffet. For breakfast you want to eat a low glycemic carbohydrate that is going to give you the proper energy source to start off your day. My personal favorite is a bowl of rolled oats with a diced apple and cinnamon for flavor. For a protein source, a lean piece of beef or a small omelet is perfect. The best thing to drink would be a glass or two of purified water. This will help keep you hydrated before you start your warm ups. Foods that you want to avoid would include fatty meats like sausage, ba-

Table 1A
Foods to Consume

<u>Protein</u>	<u>Carbohydrates</u>	<u>Fats</u>
Chicken Breasts	Rolled oats	Olive Oil
Fish	Sweet Potatoes	Flax Oil
Lean Beef	Apples	Hemp Oil
Eggs	Barley	
Protein shakes/bars	Brown Rice	

Table 1B
Foods to Avoid

<u>Protein</u>	<u>Carbohydrates</u>	<u>Fats</u>
Sausage	Bagels/White Bread	Butter/Margarine
Bacon	White Potatoes	Mayonnaise
Fatty cuts of Beef	White Rice	Hydrogenated oils
Port	Refined Cereals	Trans Fatty Acids
Lunch Meats	Fruit Juices/Sodas/ Generic "Sports Drinks"	
	Anything containing sugar	

con, and high glycemic carbohydrates like fruit juices and pancakes smothered in syrup. This will cause the blood to be pulled from your muscles and relocated to your stomach to start the digestion process. This is not something you want come meet day, especially before your opening squat attempt.

During the competition, eating large amounts of food, especially the wrong types, is not recommended. This will cause you to feel lethargic and out of the groove. Even worse is if you don't eat the right combinations of foods you may cause a massive insulin spike that will drain your energy at the time you need it most. During the competition small meals should be consumed that are easily digested. For carbohydrate sources you want to stick with ones that have a low glycemic index. This will protect you from your blood sugar level from taking a roller coaster ride which will cause a decrement in your performance. Protein is also important in keeping your blood sugar level stable and to maintain an influx of amino acids to your hard working muscles. Chicken breast, fish, and lean cuts of beef in small amounts will do the trick. In the charts 1A and 1B, I have laid out what types of foods to consume, and which to avoid on meet day. This allows you to mix and match to your desired taste. These are not your only choices available, but this will give you a start. In chart 2A I have laid out a sample diet of one of my athletes which they have used with success on competition day. Remember, everything is relative. If you are a smaller lifter you may eat less, and if you are a superheavyweight you may have to increase the amount of nutrient dense food.

Hydration is another key factor in obtaining your optimal performance come meet day. You should never be thirsty, as this is an indication that you are already dehydrated. Even a 2% dehydrated state will cause a decrement in performance, so make sure you bring at least a gallon of purified water with you. For those that made weight in the morning using a sauna or some other type of water weight loss technique, hydration will play an even more important role with you. Consuming a liquid electrolyte formula after weigh ins to replenish minerals you have lost will be very important. An electrolyte imbalance can cause you to cramp, decrease your strength, and set you up for injury. Electrolytes improve fluid absorption and the transport of nutrients into working muscles, so their importance cannot be over emphasized when cutting weight. Sipping on a glucose polymer solu-

Table 2A

Sample Nutritional and Supplement Outline

Breakfast 7:00 AM

Meal 1

1 bowl of Rolled Oats
1 Apple
1 Omelet consisting of 6 egg whites and 2 yolks
1 Tbsp. of Flax Oil
16oz of water
Vitamin/Mineral Pack
1 gram of Vitamin C

9:00 AM

ECA stack + 3 grams of L-Tyrosine

9:30 AM (During Squat Warm-ups and Attempts)

8-16oz of Glucose Polymer Solution
Continue to sip solution as needed after attempts

11:00 AM After Squat Event

Meal 2

5 grams of Creatine
5 grams of Glutamine
50 grams of Maltodextrin
25-50 grams of Whey Protein Isolate
1 Sweet Potato

1:00 PM Bench Press Warm-ups and Attempts

8-16oz of Glucose Polymer Solution
Continue to sip solution as needed after attempts

2:00 PM After Bench Press Event

Meal 3

5 grams of Creatine
5 grams of Glutamine
50 grams of Maltodextrin

25-50 grams of Whey Protein Isolate

3:00 PM (Long break for the Bench Press Competition)

Meal 4

1 Chicken Breast
1/4 cup of Brown Rice
1 Apple
1 Tbsp of Flax Oil

4:15

ECA stack + 3 grams of L-Tyrosine

5:00 PM (Warm up for Deadlift and attempts)

8-16oz of Glucose Polymer Solution

Continue to sip solution as needed after attempts

5:45PM After Deadlift Attempts

Meal 5

5 grams of Creatine
5 grams of Glutamine
50 grams of Maltodextrin
25-50 grams of Whey Protein Isolate
Vitamin/Mineral Pack
1 gram of Vitamin C

Meal 6 After the Meet

Here anything goes, but here is my personal favorite.

16 oz Steak
Baked Potato with Sour Cream
Chocolate Milk
1-2 pieces of cheese cake (Hey, you deserve it!)

If you have any questions or need any information in regards to this article feel free to write me at powertrainer45@hotmail.com

tion between your attempts and events will help replenish glycogen stores and prevent dehydration.

In regards to supplementation, this can be your ace in the hole for your meet day nutrition strategy. For those that can't stomach too

much solid food during the contest a protein shake can be substituted. I recommend that you stick with a whey protein isolate because it is fast absorbing and it is easy on the stomach. Egg or casein protein powders may cause bloating in some

individuals, so avoid them on meet day. Protein bars can also help when in a bind, but make sure they are low in sugar. Everyone likes some type of pick me up for the show and the most popular is the Ephedrine/Caffeine/Aspirin stack in either synthetic or herbal versions. Make sure you check with your organization for specific supplementation rules. One ingredient that has benefited my lifters is adding L-Tyrosine to the stack. This is an amino acid which the brain converts to several stimulatory neurotransmitters. These include dopamine, epinephrine, and nor-epinephrine. Studies have shown that L-Tyrosine can increase energy levels, improve mental concentration, and increase performance. Stacking this with your ECA can really give you that extra kick. Creatine is another valuable meet day supplement. Since it helps replenish your ATP stores, it will help increase your overall output and help you recover for the next event. My lifters take a serving directly after the squat and bench press. The glucose polymer solution that I mentioned will be beneficial in keeping you hydrated and maintain your blood glucose levels, keeping you fuelled throughout the day. Just make sure the label says glucose polymer. This is a longer chain carbohydrate molecule, so they prevent you from crashing like the bench presser I mentioned earlier. The perfect type is a combination of maltodextrin and amylopectin starches. Avoid many of today's popular sports drinks as many of them contain the wrong types of carbohydrates that can decrease your performance. Avoid drinks containing corn syrup or sucrose. In regards to supplementation on meet day, don't take anything that you haven't used in training. You don't want anything to upset your stomach or give your nervous system a shock right before the meet. As always, don't change anything at the last minute.

Into the new millennium, powerlifters are looking to increase their performance from many new angles. Optimum sports nutrition for the powerlifter can no longer be overlooked when trying to obtain a PR. If you have overlooked your powerlifting nutrition in the past, now is the time to make a change. Eating three square meals a day will no longer cut it. In powerlifting, performance nutrition is the weak link that can drastically affect your progress in the long run. A great nutritional regimen is going to take powerlifters to the next level in their health, recovery and performance. Don't be the one who's forgotten about nutritional tactics on meet day. Your competition won't!

The most admired objects of all bodybuilding and powerlifting fans are the big benchers, who frequently have the attention of everyone during their workout sessions. Perhaps because of this focus, a lifter can easily become overtrained with all of the assorted assistance exercises that are available, so you must be conservative. Still, you want to maximize the lift because there is nothing like the confident feeling of hitting a big bench press before going into the deadlift. This twelve week training cycle is for a hypothetical lifter who made a 400 lb. bench press in his last contest. This workout is done twice a week for the first six weeks and once a week the last six weeks of the training cycle.

In the first 8 weeks, assistance exercises such as the dumbbell flies, military press, dips, triceps press, and pushdowns are preferred for three sets of six to eight reps. In the last 4 weeks of the cycle, only pushdowns are included, for 3 sets of 8 reps.

Always include some warmup exercises, and flexibility work to prepare the area for a productive workout. Allow yourself 15-20 min-

WORKOUT of the Month

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

Gene Bell's Championship Bench Press Routine

utes to properly warmup.

60x8, 70x8x3. Military Press 135x8, 170x8, 190x8x3. Dips 25x8, 45x8, 70x8, 90x8. Triceps Press 90x8, 110x8, 135x8x3.

Week 1: Bench 135x8, 205x8, 240x8x4. Dumbbell Flyes 50x8,

Pushdown 90x8, 100x8, 120x8x3. (These suggested exercises will need to be adjusted throughout the training cycle.)

Week 2: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 250x8

Week 3: Bench 135x8, 205x8, 225x8, 260x8, 290x8x3, 260x8

Week 4: Bench 135x8, 225x8, 260x8, 305x8x3, 260x8, 225x8

Week 5: Bench 135x8, 225x8, 260x3, 305x3, 320x6x3, 260x8

Week 6: Bench 135x8, 225x8, 260x3, 315xl, 340x5x3, 295x6

Week 7: Bench 135x8, 225x6, 275x3, 315xl, 360x4x3, 300x6

Week 8: Bench 135x8, 225x6, 315x3, 315xl, 380x3x3, 315x6

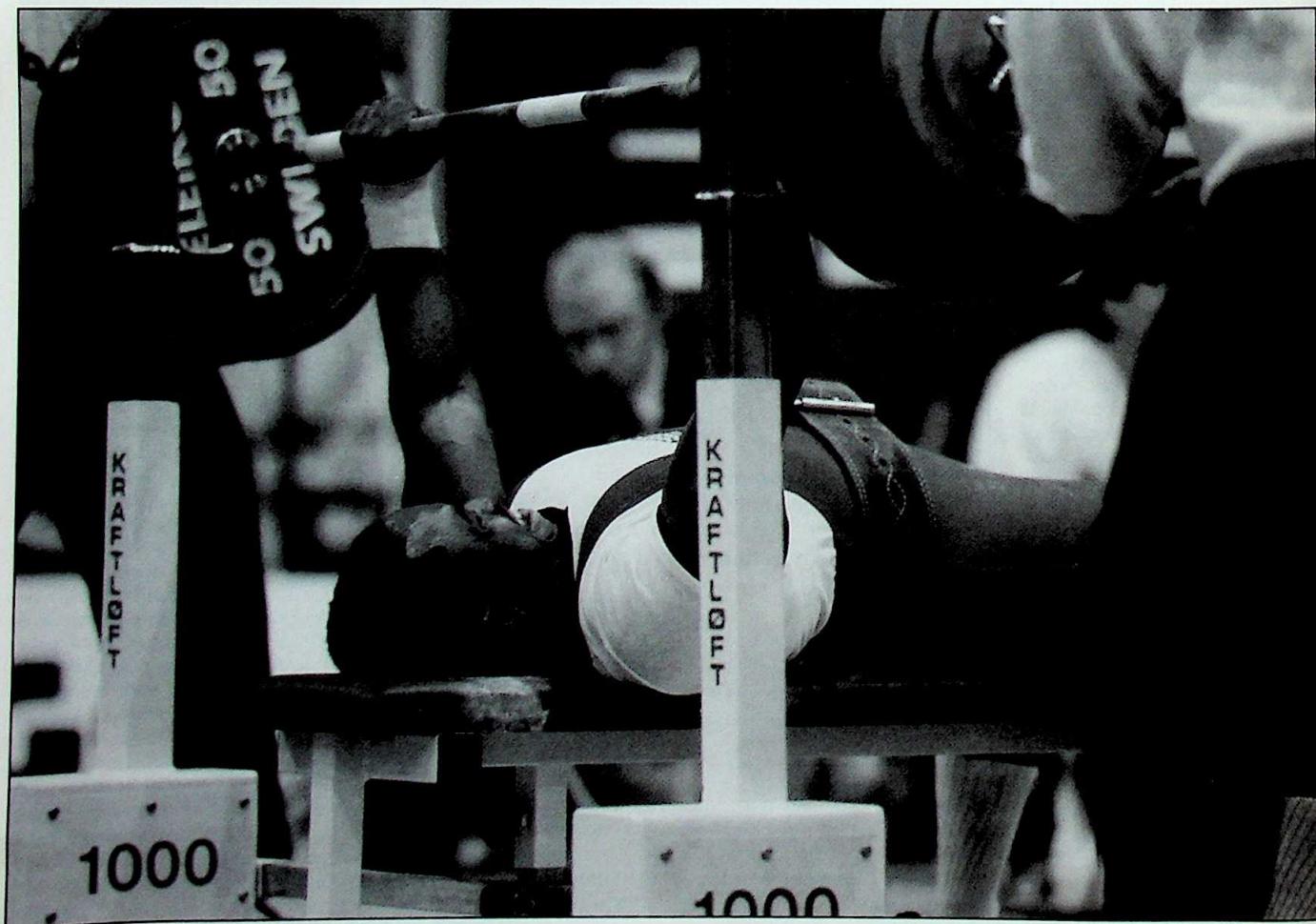
Week 9: Bench 135x8, 225x6, 315x3, 340xl, 390x3x3, 330x5

Week 10: Bench 135x8, 225x6, 315x3, 360xl, 405x2x2, 350x5

Week 11: Bench 135x8, 225x6, 315x3, 360x3, 380x3, 315x5.

(Allow five days rest prior to the contest.)

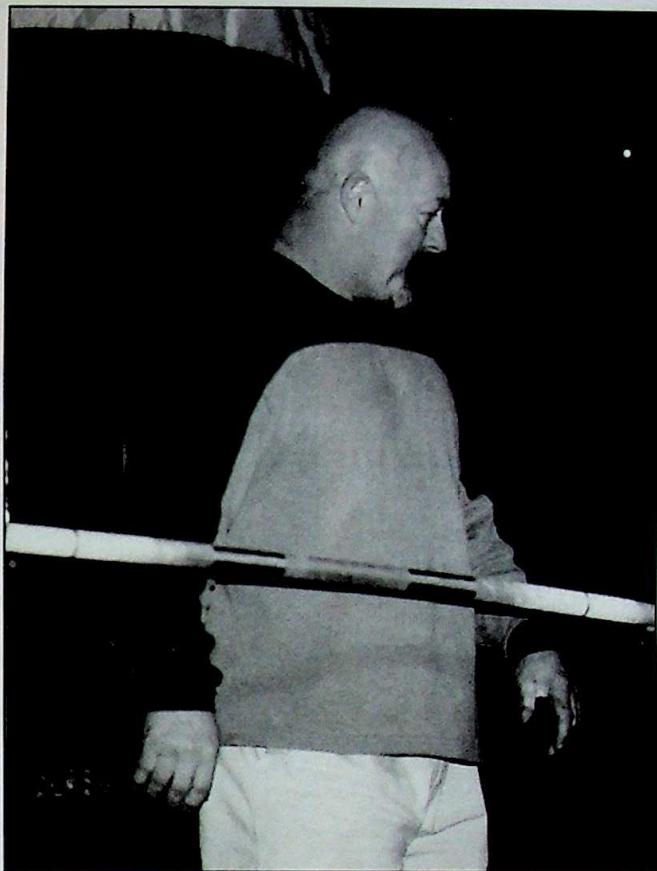
Week 12: Contest - Warmup poundages: 135x5, 225x5, 315xl, 350xl; first attempt 390; second attempt 415; final attempt 420-430.



Gene Bell has been one of the most successful powerlifters in the history of the sport - as a military athlete, in open national and world competition, and as a master competitor, and in terms of longevity, as he continues to rack up the titles, records, and accomplishments.

Regarding Louie ... "I am writing this article in regards to an article that was written by J.M. Blakley about Westside Barbell and Louie Simmons (Dec. 2001, PL USA). I would have to say that I agree very much with the Westside article and how sincere Louie is with not only his elite group at his gym, but even those just starting in the sport. When I just started out in powerlifting I was 14 years old. I used powerlifting to help me fight my diseases of chronic fatigue and fibromyalgia that I have been plagued with from a young age. My brother was training me using the Westside methods. I followed one of his soviet squat routines from one of the earliest articles he wrote for your magazine. At the end of the cycle and I put close to 50 pounds on my squat. Amazed by this routine, I wrote Louie a letter to thank him for such awesome training ideas. He and his wife Doris wrote back and called several times. Since I was young at the time I could not afford to buy his training tapes, but I was interested in finding out more. When a package came to my house with his video series and some Westside hats I was astonished. I couldn't believe that a superstar in the sport of powerlifting had not only the time for a 14 year old girl just starting out in the sport, but he also sent the series free of charge. I couldn't believe the sincerity and the thoughtfulness that existed at that level. To pay him back for his thoughtfulness, I wanted to do something to show my appreciation. I worked that summer at a pizzeria so I saved enough money to get both Louie and Doris a custom made Westside Barbell watch including their logo and symbol. Even though I have never visited Westside personally, I would have to say that it was this passion and Westside desire that fueled me to win 4 W.N.P.F. World Championships as a teenager and set several drug free records. Even though I don't compete at present since I am currently enrolled in Law School, I still read PL USA mainly for the Westside articles. It was this desire that the Westside mentality that has even fuelled me through my education. I have not stayed in contact with Louie and Doris, but I hope you both see this and know that I appreciate all you both have done for me and the sport of Powerlifting. I hope one day to visit Westside and experience the championship atmosphere that has taken me to limitless heights not only in powerlifting but my life as well. Thank you Louie and Doris for everything, but most of all your sincerity.

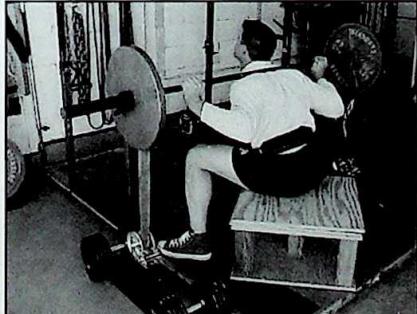
Sincerely, Laura Ricciuto



Louie Simmons handled several lifters at the WPO meet in Columbus

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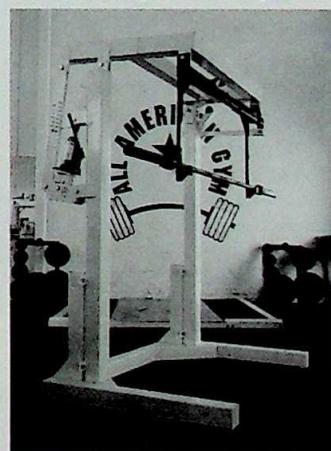
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INTERVIEW

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

LM: Jennifer, let's start out with some background information age, occupation etc.

JT: I am 28 and I am a 7th grade math teacher and I am married. We live in North Carolina.

LM: How long have you been in the sport and how were you introduced to the sport of Powerlifting?

JT: I have been powerlifting for almost 3 years and I was introduced to it while on vacation on Venice Beach. I entered my first meet in my hometown in Michigan and I did very well and have been competing ever since.

LM: What are some of the records that you hold?

JT: I hold the National, American and World record in the Bench Press in a 3 lift meet with a bench of 270 lbs and I hold the National and American record in the single lift meet with a 275 lb. bench press - all in the 132 lb. weight class.

LM: Are you going to continue competing in full meets or will you specialize in the bench?

JT: I did my first Women's Nationals last year and I am planning to continue competing in both three lift and bench press meets.

LM: What are your goals?

JT: Well, I just achieved one of them at the IPF Bench Worlds in New Zealand, which was getting the gold medal. My goal next year is to repeat and also break the world record. My goal for powerlifting would be to become the National Champion and become competitive internationally.

LM: What are the differences between competing at our Nationals versus an IPF World Meet, both individually and as a member of a team?

JT: There is obviously a different level of competition comparing Nationals to Worlds. You prepare differently because the traveling is much easier at Nationals. You compete as an individual at Nationals, but at Worlds you have to be concerned about team points. I prefer the judging internationally because lifter reputations don't seem to be a factor.

LM: What lifters or countries have impressed you?

JT: I have a hard time being impressed with some of the countries winning when comparing strength to technique. It is sup-

JENNIFER THOMPSON

as interviewed for PL USA by Dr. Larry Miller



Not Just a Bencher... Jennifer is giving the three lift meets a go as well.

posed to be a strength sport and not a technique sport. It is frustrating when you have a lot of strength, but lose on technique. When you think about the bench press, it is supposed to be who can bench the most weight. If you have someone lifting the weight 2 inches instead of 12 inches, then who is really the stronger person? I also think you have a better audience for the sport. If you sit in the audience, the spectators aren't impressed with a lifter who lifts the weight 2 inches.

LM: Why don't you think our sport

draws spectators?

JT: I don't think our sport as a whole is very well marketed. If you are talking to someone on the street and they want to know how strong you are, they want to know how much you can bench. It is an exercise that everyone relates to and everyone does in the gym. Therefore it should be a much more popular sport.

LM: Are you in favor of money meets and do you think it will have a similar result as what we have in body building?

JT: When you add money, you'll

find that people will do anything they can to win. We've already seen the effects of the crazy equipment and drugs.

LM: So what is your opinion of the triple ply bench shirts and all the other strange equipment out there?

JT: It's not the athlete doing the work, it's the equipment. A single ply is the most limited piece of equipment we have, but if you want to know who is the strongest, then go without it. I don't think that a single ply shirt would change my ranking. It's also part of our sports industry and helps provide us with sponsors. So economically, I think it brings more people into the sport.

LM: Well, speaking about shirts, we all know that they can bruise your body. I heard you had a difficult time explaining the bruises to a masseuse.

JT: Yes, I got a massage after I lifted and the masseuse wanted to know what all the bruises were along my arm. I tried to explain that it was from a tight fitting shirt, but she had a hard time understanding the entire concept. It might appear a little barbaric, but you have to do what it takes to win.

LM: What about your workout programs?

JT: I work out four days a week, about an hour and a half each workout. I bench once a week. I have a heavy week and a speed week. On the speed week, I am using the rubber bands which I think has helped a lot because you are locking out with heavier weights at the top due to increased resistance. I also do 4 singles on that day. I do one single with the shirt. On the heavy day, I do heavy holds, where I hold a weight for 15 seconds. You unlock your arms with a heavy weight and hold it for 15 seconds and then rack it. Each time you get the 15 seconds, you add 10%. The last week before the Worlds, I did heavy holds with 405 lbs. During the heavy week, what has worked best for me has been 3 sets of 5 repetitions. When I get 3 sets of 5s I go up and I also do negatives. I also do some plyometric work by doing some dumbbell presses on those big balls for a stabilizing exercise and on the speed week, we have a board with a ball underneath it I do pushups

which helps me with getting the weight out of the racks. I do a bench day, a back and bicep day, a triceps and shoulder day and a leg day.

LM: Are there any lifters who come to mind that have had a positive influence on you?

JT: My most influential person, is my husband,. He is a fine athlete himself and he devotes a great deal of time and effort into researching and planning my workouts. He has gone above and beyond the duty of being a husband and a coach. The other person who has helped me a great deal is C.J. Batten. He helped me when I got started and really has helped me with my technique. He follows my progress and is a very wonderful person. There are a lot of wonderful people in the sport of powerlifting. Everyone seems to be willing to help and share. After my first meet, I told my friends how I had met a wonder-

ful group of people. It is amazing how we are all competitors, yet willing to help each other.

LM: How about supplements?

JT: Sportpharma is one of my sponsors. Their Promax bars are the greatest. I live off them every day. I eat two a day along with two of their shakes each day.

LM: If I call them and mention your name, do I get a discount?

JT: Go for it. I have tried lots of different things. Sportpharma's shakes taste awesome. Their protein bars have carbs in them, but they are so great. Their chocolate peanut butter crunch is like a 'Reese's Pieces'. It is a great snack food, especially while you are working. I use their carb drink before I work out and a shake afterwards. I am proteinized to the hilt.

LM: What are your views on drug testing?

JT: Obviously, drug testing is a money issue. It's not cheap, but we need more of it. Nationally, it isn't bad, but you could always do more. Internationally, there are

signs of steroid use. You can see them. It doesn't need to be random. If you are at the top of your game, you need to be tested.

LM: What type of equipment do you use?

JT: I use Inzer shirts and they have a special pattern for me. I also use their suits for squatting and deadlifting. They have been very generous with the World teams and equipment and I appreciate that.

LM: What do you think needs to be done to encourage more women to compete?

JT: I think we primarily need to target the high schools. We are starting to see more weight lifting classes as a gym choice. We have more role models of female powerlifters who are not manly looking, which seems to be the biggest fear of women using weights. We need to publicize ourselves as representatives of the sport. Women sports are changing big time. There are more scholarships available. More local meets are necessary to get more people

involved.

LM: How do you feel about IPF meets coming back to the US?

JT: I think it will be great to hold meets here. I think we should dazzle them with what we have in America. The New Zealanders have definitely done that with us this year. It would be a great thing if we could get all the athletes from different organizations together and compete as one strong team.

LM: If you could give a lifter one bit of advice, what would it be?

JT: You need to listen to your body. Too many people overtrain. I also think it is extremely important to record all your workouts.

LM: Any people you would like to thank in closing?

JT: I would like to thank the most wonderful person in the world, the man I married. He is a great coach and a good team doctor. I'd like to thank my family that come to all my meets and my friends. My school is also very supportive of my efforts. And, of course, my sponsor Sportpharma.

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G.N.C. NUTRITION UPDATE

JOINT HEALTH for Athletes by Jeff Stout, PhD

MUSCLE ... that's probably the most oft-spoken word uttered from the mouths of most athletes. Yet by hoisting the heaviest of weights, shoveling in the finest of supplements, and pounding out "just one more rep" in our brutal quest for gaining muscle strength and size, we often neglect the crucial role of our joints. Yes, our joints - more than just a junction where one bone meets another - they are the very structures that must withstand the day to day pounding and pumping of iron. And yes, they too need proper nutrition. Fortunately, this is the 21st century, and supplements aren't just for building muscle anymore. In fact, there are nutritional substances that may play key roles in maintaining the integrity and health of your joints. Some of these are very common nutrients (vitamins), while others are not so common (glucosamine). Whether you can pronounce them or not, they are definitely worthwhile components of your dietary scheme.

THE PERFECT FORMULA FOR JOINT HEALTH AND FUNCTION: The integrity of a joint can be affected by many factors, including injury and activity (or lack thereof). Less obvious impediments on joint function may occur over a long period of time. Overtraining (especially high impact loading on joints) is another factor that negatively affects joint health. But there is help out there, and it lies in the specific nutrients that support joint health and integrity.

Keep in mind that much of this information is derived from studies done on older osteoarthritic populations. Okay, so you're thinking, "What does that have to do with me? I'm healthy, vibrant, and my joints are working just fine and dandy." Well, guess what? Eventually, we all get older (yikes!), and there will be some wear and tear of your joints, espe-



Dr. Jeffrey Stout - GNC's Director of Sports Science

cially in athletes, weight trainers, and those step aerobic addicts. And for those of you who manage to overtrain, the added stress on your joints is certainly not healthy. Prevention really does go a long way!

GLUCOSAMINE (1500mg/day) and CHONDROITIN SULFATE (1200mg/day): Glucosamine, which is made from glucose and glutamine, is one component of connective tissue and cartilage in your body. It is involved in the formation of tendons, bones, and ligaments. As a component of structures known as proteoglycans, it has a remarkable ability to attract water and thus serve as a joint lubricant. In fact, there is evidence which suggests that glucosamine can help rebuild and renew existing cartilage and that taking this substance may preserve the health of your cartilage and connective tissue.

In a study performed at the University Clinic of Orthopedics in Freiburg, Germany, glucosamine given intramuscularly was shown to positively impact joint health. Fur-

thermore, the Journal of Manipulative Physiotherapy reviewed the effects of various treatments in the management and preservation of joint health. They found that the most effective approach would include chiropractic manipulation, glucosamine administration, and rehabilitative stretches and exercises. Just remember that glucosamine is not an analgesic (pain killer) or anti-inflammatory agent, and the way it works is not entirely known at this point.

Nonetheless, glucosamine may be a safe adjunct to traditional Western medicines in the treatment of joint health. Just check out the results of a recent survey. In a query of 1,000 professional athletic trainers commissioned by McNeil Consumer Healthcare, in cooperation with the National Athletic Trainers Association (NATA), nine of 10 athletic trainers reported improved joint function from athletes

who use glucosamine supplements.

Chondroitin sulfate is another important component of cartilage (although it declines with age) and is the constituent of shark cartilage. Although not fully understood at this time, perhaps a combination of glucosamine and chondroitin may work synergistically to support cartilage health.

Vitamin C (1000mg/day):

Subjects in the Framingham Cohort Study underwent knee evaluations by radiography, and their dietary intake was determined using a Food Frequency Questionnaire. Interestingly, researchers found that a high intake of the anti-oxidant vitamins, especially vitamin C, has the potential to improve cartilage health. In addition, a recently presented study at the 2001 American College of Sports Medicine (Bailey et al. 2001) convention demonstrated that 800 mg of vitamin C positively impacted muscle function following intense exercise.

Creatine (2 grams/day) - The average human expends about two

grams of creatine a day, and replenishing that loss is essential for maintaining optimal levels of creatine. Creatine supplementation has been shown in numerous studies to improve muscle function. As a result, creatine may allow athletes to derive an even greater benefit from their training programs. Therefore, it only makes sense that it's included in the perfect joint formula for athletes.

TAKE HOME MESSAGE - The health of your joints is dependent on various factors, but perhaps the two most important are what you put in your mouth and how active you are. Certainly, a certain level of stress and strain must be applied to your muscles and joints in order to maintain its strength and integrity, and weight training is one of the best (if not THE best) forms of exercise for the maintenance of joint health. However, our joints will eventually break down, and it may behoove you to use the various over-the-counter supplements that are available as an adjunct to training. The perfect combo would be chondroitin (1200mg), glucosamine (1500mg), Vitamin C (1000mg), and Creatine (2000mg). GNC ProPerformance recognized the need for such a combo, so they developed MEGAJoint TM, the only joint formula on the market designed for athletes.

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

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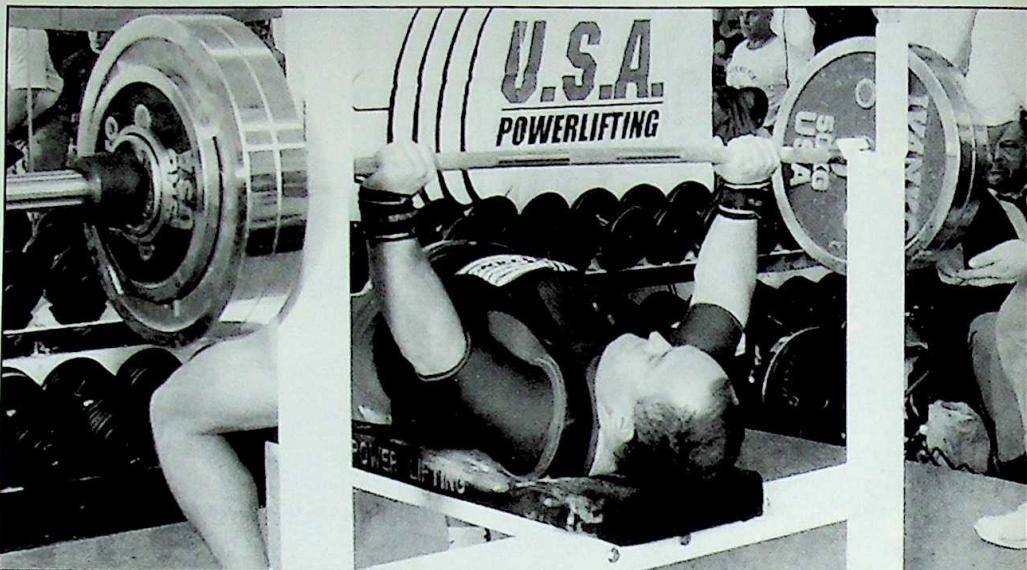
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OPEN MEN 132	Chris Ribe	70	*	*	*	
OPEN MEN 148	Michael Yost	182.5	142.5	235	560	
	Brian Kruger	87.5	62.5	142.5	292.5	
OPEN MEN 165	Jose Perez	272.5	170	240	682.5	
	A. Watkins	230	132.5	260	622.5	
	M. Abramson	202.5	122.5	207.5	532.5	
OPEN MEN 181	Bill Diaco	227.5	182.5	255	665	
	Chris Nasser	210	130	260	600	
	Robert Cutting	195	142.5	250	587.5	
	Dan Hartobey	215	125	240	580	
	Philip Felice	197.5	127.5	222.5	547.5	
	Brian George	155	92.5	195	442.5	
OPEN MEN 198	Joe McAuliffe	230	248.5	282.5	760	
	Joe Ruscicelli	215	175	260	650	
	A. Lazellotte	230	175	235	640	
	Jerry Dally	240	147.5	250	537.5	
	Art Margulies	215	165	250	630	
	Pete Alai	215	167.5	227.5	610	
	Brian Burritt Sr.	167.5	185	205	557.5	
	Rich Kruzesky	190	170	195	555	
TEENS	C. Nasser	178	210	130	260	600
	Sean Turi	162	200	127.5	215	542.5
	L. Mangino	145	152.5	137.5	192.5	482.5
	Gary Ribe	186	195	142.5	235	572.5
	B. Felice	193	205	145	227.5	577.5
	M. Imbracio	146	192.5	97.5	182.5	472.5
	C. Magnotta	163	155	105	195	455
JUNIORS	A. Watkins	164	230	132.5	260	622.5
	J. Monters	164	197.5	140	240	577.5
	Philip Felice	177	197.5	127.5	222.5	547.5
	M. Robertaccio	152.5	80	197.5	430	
	M. Ciupinski	156	167.5	*	*	167.5
OUT OF STATE	L. Mangino	145	152.5	137.5	192.5	482.5
	M. LaNeve	183	192.5	120	227.5	540
	P. Prendergrast	157.5	112.5	200	470	
RAW	J. Brown	215	170	227.5	612.5	
	M. Richmond	150	172.5	182.5	505	
	M. Olivia	182.5	145	205	532.5	
	Tim Jones	174	152.5	125	210	487.5
SUBMASTER	A. Lazellotte	191	230	175	235	640
WOMENS OUT OF STATE	F. Werle	194	187.5	110	170	467.5
WOMENS OPEN 123	Janet Aquila	97.5	42.5	112.5	252.5	
	L. Hirshberg	110	*	*	110	
WOMENS OPEN 132	Pamela Cosse	120	70	157.5	347.5	
WOMENS OPEN 181	D. Rusciano	102.5	57.5	140	300	
WOMEN MASTERS	Ellen Stein	134	150	83.5	170	403.5
	Jan Aquila	120	97.5	42.5	112.5	252.5
MASTERS MEN	J. Pellegrino	148	182.5	132.5	185	500
	Rosenwald	171	165	107.5	190	462.5



Joe McAuliffe got a USAPL American Record in the bench press. Joe indicates that following the birth of his child, he is now inspired to come back to national level three lift competition against Rob Wagner

M. Pellow	163	170	130	222.5	522.5	LIFETIME
E. Doppelt	194	205	140	230	575	W. Ritter Jr
John Fox	198	150	115	175	440	278295
H. Dachisen	195	117.5	92.5	152.5	362.5	205
Mitsopoulos	19425	155	60	240		320
E. Hiavens	142	*	*	*	*	820
M. Winnicki	165	25	*	*	*	L. Samuels
Randy Titus	165	*	*	*	*	238
BEST SQUAT- Jose Perez, BEST BENCH P ESS-						195
Joe McAuliffe, BEST DEADLIFT- Andrew Taylor						277.5
Watkins, BEST LIFTER OVERALL - Jose Perez.						732.5
BEST WOMENS LIFTER - Ellen Stein						C. Dippre
DAY TWO LIFTINGOPEN MEN 220						271
A. Scotto Jr.	162.5	147.5	217.5	527.5		*
Joel Killen	*	*	*	*	*	*
Robert Avery	*	*	*	*	*	*
OPEN MEN 242						*
Bart Lombardi	272.5	210	255	737.5		*
Larry Thompson	262.5	180	287.5	730		*
Jason Louder	207.5	145	240	592.5		*
OPEN MEN 275						*
Matthew Clark	317.5	232.5	282.5	832.5		*
W. Ritter, Jr.	295	205	320	820		*
Darren Nemow	282.5	230	272.5	785		*
Mike Dolce	297.5	162.5	282.5	742.5		*
SUPER HEAVY MEN						*
Jim Weiss	272.5	177.5	307.5	757.5		*
TEENS						*
Schmedling	239	222.5	150	220	592.5	*
A. Cassiere	222	210	150	242	605	*

Out of State competing via Wilks formula. Day 2 featured the same divisions + Submasters & Lifetimes. The lifters Day 2 were 220 lbs - Superheavy. All Masters competed via Wilks and McCulloch age formulas. Day One: Open Men 132: Our single entry in this class was young Chris Ribe. At only 15 he was not able to register a passing Squat and ended his day early. I'm sure we'll see Chris back on the platform in the near future. Open Men 148: The 148 class had 2 lifters with 32 year old Michael Yost coming out on top. Besides an impressive 560 kilo total, Michael hoisted a 235 kilo (518 LBS) Deadlift at a bodyweight of 146.6 LBS. Runner up was 16 year old Brian Kruger who went 7 for 9 with a total of 292.5 kilos. Open Men 165: Incredible lifting occurred in the 165 LB class. There were 3 lifters wrestling for first with Jose Perez from Manahawkin, NJ prevailing with an amazing 682.5 kilo total. With Squat of 272.5 kilos (600 LBS), a bench of 170 kilos (374 LBS) and a Deadlift of 240 kilos (529 LBS) it is no wonder that Jose also cinched the Best Lifter award for Day 1. 22 year old Andrew Taylor Watkins from Middletown, NJ posted a close second in this class and also secured Best Deadlift for Day 1 with a hoist of 260 Kilos (573 LBS). 20 Year Old Mike Abramson from Wharton, NJ went 6 for 9 with a nice total of 532.5 kilos (1171.5 LBS). We are looking for Mike to grow

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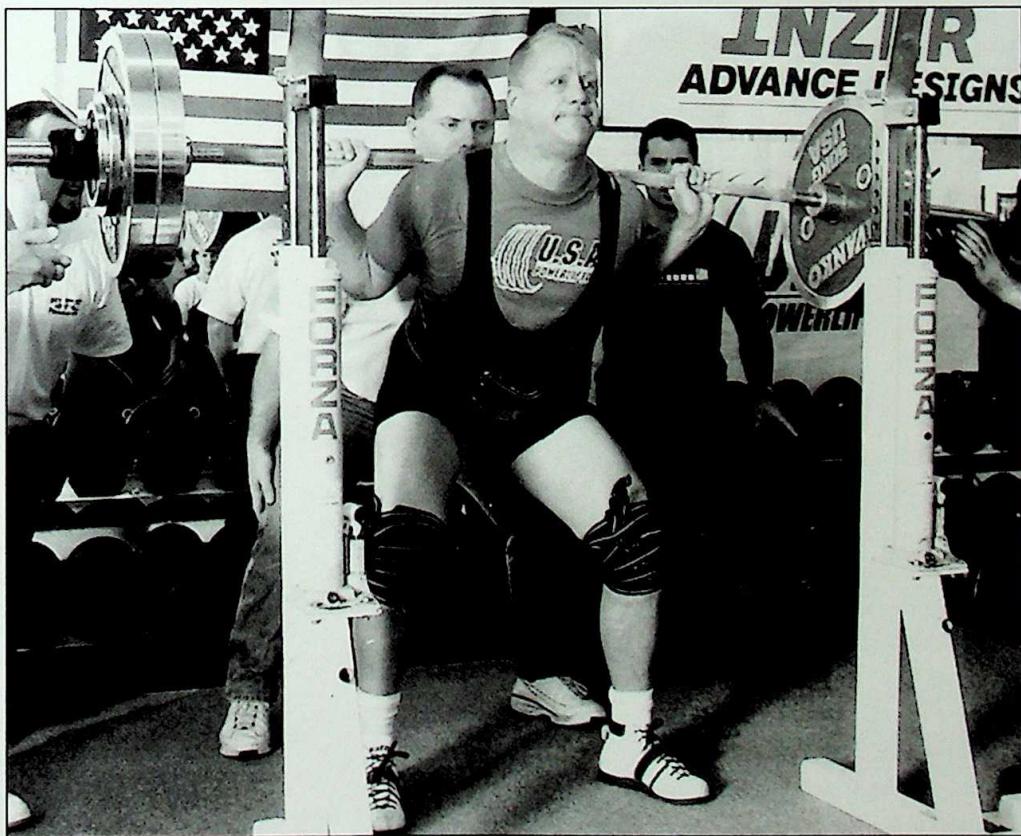


into a solid 181 pounder within the next few years - keep feeding that kid Dave! Open Men 181: There were 6 lifters in this weight class with a full 5 places being awarded. On top was the Sewell, NJ native Bill Diaco. Bill went 8 for 9 and posted a nice total of 665 kilos. Bill had the best Squat of the 181 LB class with an unsurpassed lift of 232.5 kilos (512 LBS). Second place was taken by 19 year old Chris Nasser from Red Bank NJ. Chris went 9 for 9 and finished the day by breaking 2 NJ State Deadlift Records, 252.5 kilos, then an impressive 260 kilos (573 LBS). Third place was given to 35 year old Robert Cutting from Parlin NJ with a total of 587.5 kilos. Fourth went to Dan Hartobey from Jackson NJ and fifth was awarded to 22 year old Philip Felice from Middletown NJ. Open Men 198: Nine lifters muscled for rank in this highly competitive class. When the dust settled the man to come out on top was Tinton Falls, NJ native Joe McAuliffe. Joe is the 198 LB National BP Champion for 2001. He is also the head of the Joe McAuliffe Power Team. Joe went 6 for 9 and was able to post an American Record in the bench at 248.5 kilos (546.7 LBS). That bench also earned Joe the Best Bench award for Day 1. He totaled for the day 760 kilos. Second place was taken by 37 year old Joe Ruscitelli from Clementon, NJ. Joe also went 6 for 9 and posted a 260 kilo (573 LB) Deadlift, helping him to a total of 650 kilos. Third place was Antonio Lanzelotto from East Rutherford NJ. Antonio worked his way to a 640 kilo total, just missing taking 2nd due to Joe Ruscitelli's great pull in the Deadlift. In Fourth place was Pro Fitness' own, Jerry "The Legend" Dally. Jerry has to be given credit for competing despite coming down with the flu the day before the meet, all the more reason for his aforementioned moniker. Jerry went 7 for 9 and totaled 637.5 kilos. Fifth place was given to 45 year old and fellow meet director Art Margulies. Art was able to total 630 kilos with the help of a nice 250 kilo (551 LB) Deadlift. Open Women 123: There were 2 lifters in this class but it was local Pro Fitness team member Janet Aquila who held it together for an 8 for 9 day and the first place trophy. She totaled 252.5 kilos. Janet also took a first place at the Heavy Metal meet earlier this year. Lauren Hirshberg was not able to post a passing bench press and retired early. Open Women 132: The only competitor in this class was newcomer Pamela Cosse. The 27 year old went 8 for 9 and in the process

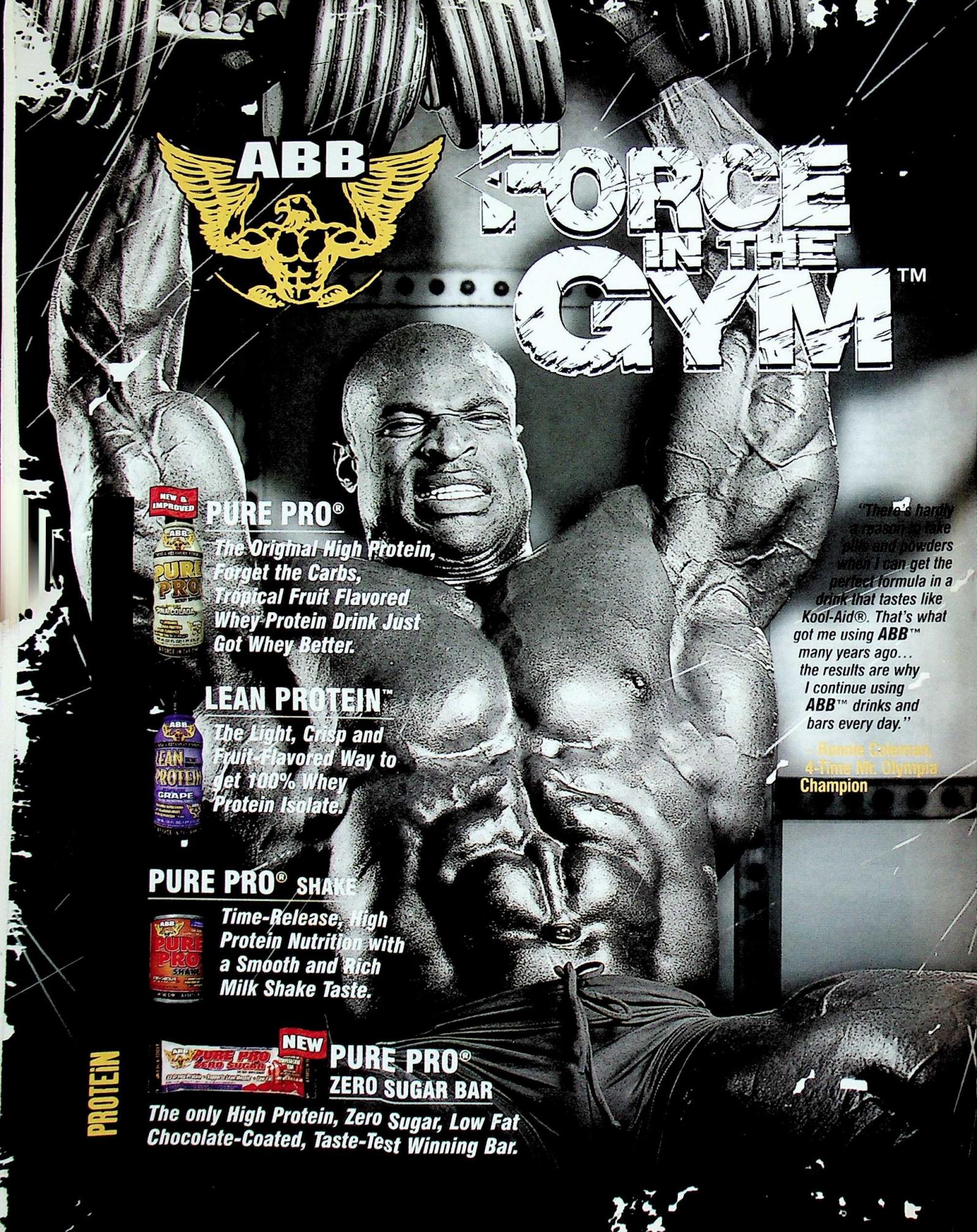
posted some impressive lifts including a 120 kilo Squat (264 LBS) and a 157.5 kilo (347 LBS) Deadlift. Her efforts earned her a 347.5 kilo total. Pam is coached by Joe McAuliffe. Open Women 181: Another lone competitor in her class, Danielle Rusiano from West Milford, NJ went 7 for 9 and took first place with a 300 Kilo total. This was Danielle's first meet and we look forward to seeing her back for future meets. Teens - Eight lifters competed in the Teen division. All weight classes were combined and awards were given based on their individual Wilks scores. This was also the case for all divisions except the Open. Coming out on top was the 19 year old Chris Nasser with a total of 600 Kilos. Chris also broke the State Deadlift record twice in this meet, 252.5 kilos, then an impressive 260 kilos (573 LBS). Second was taken by Sean Turi, and the 17 year old hoisted a nice 215 kilo (473 LBS) Deadlift and totaled a solid 542.5 kilos. Third belonged to Plains, PA native Loren Mangino. The 17 year old posted some nice numbers and benefited from the Wilks formula due to his being the lightest lifter in his division, carrying him into third. Fourth went to Succasunna NJ's Gary Ribe with his division's second heaviest deadlift (235 kilos) and a total of 572.5 kilos. Finally fifth was awarded to newcomer Brandon Felice. The 19 year old posted the heaviest bench in his division at 145 kilos (319.5 LBS). Juniors - Five lifters were in the Junior division Day 1, but with the unfortunate Mike Ciupinski not being able to get a passing Squat, only 4 places were awarded. First went to the 22 year old Andrew Taylor Watkins who is also two times Junior State Champ (99 & 00). He put his third consecutive Juniors Championship in the bag with a 622 Kilo total. The 164.4 pound Andrew elevated a big 260 kilo (573 LB) Deadlift. Second place went to the Brooklyn, NY native John Montero. The 21 year old gave a nice performance that included a 140 kilo bench press (308 LBS) at 164.4 LBS. Third place went to Middletown, NJ's Philip Felice. It was Phillip's first meet and he was coached by big Joe McAuliffe. Phillip went 7 for 9 and totaled 547.5 kilos. Fourth was taken by a 20 year old from Landing, NJ Michael Robortaccio. This was also Mike 1st contest and he went 5 for 9. We look forward to seeing more of Michael in future meets. RAW: There were 4 lifters in the RAW division on Day 1. First place was taken by 5 time PA State Champ James Brown. James lifted a 612.5 kilo total that featured a solid 170

kilo (374 LB) bench press at 180.2 LB bodyweight. Second place went to 28 year old Mark Richmond. Mark went 8 for 9 and posted a 505 kilo total that included a big 172.5 kilo (380 LB) Bench Press. Third was awarded to Freehold, NJ's Michael Olivia. Mike also went 8 for 9 that day and posted a 532.5 kilo total. Fourth was earned by Tim Jones from Lakewood NJ. Tim went 9 for 9 for a 487.5 kilo total. Out of State Men: There were 3 lifters in this division. The 1st place trophy was earned by Loren Mangino from Plains, PA. Loren won with the combination of a light bodyweight and nice lifting. Second place was awarded to 35 year old Michael LaNeve all the way from Jamesville, NY. Mike out-lifted Loren, but due to his heavier bodyweight Mr. Wilks placed him second with a total of 540 kilos. Third was Dr. Peter Prendergast who went 7 for 9 and lifted a total of 470 kilos. Out of State Women - Our only lifter in this division traveled all the way from South Carolina to compete, Frances Wele. She went 7 for 9 and posted some impressive numbers, namely a 187.5 kilo Squat (413 LB), a 110 kilo bench (242 LB) and a 170 kilo (374 LB) Deadlift! Masters Men: All the Masters competed against each other via the Wilks formula and the McCullough age coefficients. There was a big field of 11 Master lifters on Day 1, but that number was reduced to 8 after 3 lifters bombed out. By far the 1st place winner was Jules "Best Abs" Pellegrino. Jules was able to go 6 for 9 and posted a 500 kilo total. Irvington, NJ's Mike Rosenwald earned second place. Mike hoisted a 190 kilo (418 LB) Deadlift and totaled 462.5. Third was awarded to 40 year old Michael Pellow. Michael posted a 522.5 kilo total made up of some nice lifting. Fourth went to Eliot Doppelt from Wayne NJ who lifted to a 575 kilo total. Fifth was earned by John Fox from Willow Grove, PA. John lifted a respectable 440 kilos. Masters Women: There were two women in this division; the winner was Brooklyn, NY native Ellen Stein. The 48 year old turned in (as always) very notable numbers: a 150 kilo (330 LB) Squat, an American Record 83.5 kilo (183.7 LB) Bench and a 170 kilo (374 LB) Deadlift! This at a petite 134 LBS bodyweight. Second place was taken by Rockaway, NJ's Janet Aquila. Janet won her other division in the Open but took second to the mighty Ellen Stein in the Masters. Day 2: Open Men 220: This division began with 3 lifters, but after the Squats, there was only one man left standing. First place was earned

by Englishtown, NJ's Anthony Scotto, Jr. Anthony had a 5 for 9 day which totaled 527.5 kilos. Open Men 242: This division also began with 3 men but unlike the 220s ended with 3 men too. Coming out on top was another Joe McAuliffe team member, Bart Lombardi. Bart lifted 7 for 9, including a very nice 272.5 kilo (600 LB) Squat. He totaled 737.5. In a close second was a former Joe McAuliffe devotee and Pro Fitness Power Team Member Larry Thompson. Screaming his trademark "BANG, YEA!" after each lift Larry trailed Lombardi by only 7.5 kilos by the time it was over. Larry totaled 730 kilos with the help of a big 287.5 kilo (633 LB) Deadlift. Third place was won by Morristown's Jason Louder. Jason lifted a total of 592.5 kilos. Open Men 275: This division featured 4 great lifters. The 1st place winner was big Matthew Clark. Matthew went 7 for 9 in lifting that featured a massive 317.5 kilo (699 LB) Squat. That Squat earned him the Best Squat Trophy for Day 2 and his overall performance earned him Best Lifter as well. The Neptune City, NJ native totaled 832.5 kilos. A close second place was won by Nutley NJ's Walter F. Rittger, Jr. Walter would have placed first if he had made his third attempts. He did however total a nice 820 kilos, which included a 320 kilo (705 LB) Deadlift, and that Deadlift earned Walter the Best Deadlift Trophy for Day 2. Third was taken by "Captain" Darren Nemow. The 27 year old from Freehold NJ totaled 785 kilos with the help of a big 230 kilo (507 LB) Bench that also earned him the Best Bench award for Day 2. Fourth was awarded to 25 year old Mike Dolce. Mike's Squat and Deadlift numbers were competitive enough to suggest a possible second place if he could get those bench numbers up. Mike finished with a 742.5 kilo day. Men's Superheavy: One lifter, who else but big Jim Weiss. The man is 7 time NJ State Champ, took a 3rd at the 2000 Lifetimes and a 1st at the 2001 Deadlift Nationals. Winning his 8th NJ State Championship, Jim lifted 5 for 9 and totaled 757.5 kilos. Teens Day 2: There was only 1 lifter in this division. The 19 year old Henry Schmeding held it together for a 592.5 kilo total. Juniors Day 2: Again there was only one lifter in this division. 22 year old Anthony Cassiere powered to a 605 kilo total and the win. RAW Day 2: There were 4 lifters in this division with Dover native Lyndon Samuels emerging at the top of the heap. The 35 year old pulled off a nice 277.5 kilo (611 LB) Deadlift at a bodyweight of 238.4 Pounds and totaled 732.5 kilos. Second place was earned by 38 year old Dewey Lederie. Dewey drove down from Mt. Sinai, NY to post a total of 480 kilos. Third was awarded to 46 year old David "DOC" Royster. David was able to total an even 500 kilos in the RAW. Fourth place was taken by 50 year old Jim Bunce. Jim totaled 365 kilos. Lifetimes: There were 3 lifters in this division, but only 2 were able to finish. First place was earned by Walter F. Rittger, Jr. Walter moved some serious weight for an 820 kilo total. Second place was Dover's Lyndon Samuels. Lyndon lifted for 732.5 kilos total. Submasters: There were only 2 lifters in this division and the top dog was 36 year old John Alo. John's respectable lifting gave him an even 650 kilo total. The runner up was Tuckerton, NJ native Armando Gonzalez. This was Armando's first meet and he totaled 525 kilos. Masters Day 2: This division began the day with 5 lifters but after the Squats, we were down to four. Rickey A. Harvey earned first place with a total of 587.5 kilos and posted a nice Deadlift in the process, 225 kilos (496 LBS). Second place was taken by long time Powerlifter Dave Abramson. This was Dave's first meet since having disks removed from his back and having his spine fused! Not a bad performance for the 9 times NJ State champ - a 580 kilo total, welcome back Dave. Third place went to Richard E. Cassidy of Belmar, NJ. The 41 year old posted a respectable 520 total. Fourth place was Jim Bunce at 365 kilos total in his second meet. TEAMS: There were 2 teams entered in this 2 day meet. First place was the Joe McAuliffe Power Team; Second place was The Fitness Shop. Thanks to all who made this meet possible including but not limited to, Bill "Red Light" Clayton, Jules Pellegrino, Mike Kenny, Kenny Davis, Brandt Anderson, Eric Fred Grosbeck, Francis "The Tiger Shark" Arcibal, Gino, Donna Vincent, Craig Safran, Dave Abramson, John Corsello, Joe Moreale, "Inspector" Brian Callahan, Rick Bauer, Charlie Schroeder, Erik Steiner, Steve Mann, Big Dave & Regina Hackney. Anyone I may have missed and of course all the lifters. (thanks to Jeff Walker for providing this report)



Jerry Dally squatting at the USAPL New Jersey State Meet. (both photographs courtesy of Pro Fitness)



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May/97... Dream Team Pt. 1, Kick Start

Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP 100 SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s.
Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltws.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Benchings, Top 100 275s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's Nationals, 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

World Natural Powerlifting Federation (WNPF) Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

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CITY, STATE, ZIP _____

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AGE: _____ SEX: _____ CHECK ONE: LIFETIME DRUGFREE: _____ 5 YRS. MIN. _____

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\$30.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18

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

Part 1, TOP 100 132s
 Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.

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

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

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

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

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

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

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

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

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

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet 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, Close Grip BP, Strongman II, TOP 100 198s

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

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

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

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

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

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

Aug/00 ... USAPL Men's, APF Sr. Pt. I, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s

Sep/00 ... USPF Sr. IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s

Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's

International Powerlifting Association

"Lifting for Lifters"

Application for Registration

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

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

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

300 Bench Press Club, TOP 100 148s.

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

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

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

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

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

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

May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275s

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

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

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

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

Oct/01 ... World Games, Tom Manno Interview, Jamie Harris Interview, John Corcello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

Nov/01 ... Nance Avigliano, USAPL BP

Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s

Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s

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

Feb/02 ... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s

Mar/02 ... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"

LIST THE ISSUES YOU WAN (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWER-LIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CALIFORNIA 93011, USA.



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- > 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	Regular Fee	*AB* Fee
Youth Athlete	10.00	12.00	Baseball, Biathlon, Basketball, Broomball, Cycling	20.00 23.50
Coach	12.00	14.00	Gymnastics, Modern Pentathlon, Multi-Events	
Volunteer or Official	12.00	12.00	(Decathlon, Pentathlon), Physique, Softball,	
Adult Athletes in the Following Sports:	10.00	Not Available	Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting	
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			Adult Athletes in the Following Sports:	20.00 25.00
			Field Hockey, Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling	
			Adult Athletes in the Following Sports:	Not Available 25.00
			Chinese Martial Arts, Judo, Ju-Jitsu, and Karate	
			Adult Tae Kwon Do Athletes	20.00 Not Available
			Adult Powerlifting Athletes	30.00 35.00

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Club No.: _____ Club Name: _____ E-Mail: _____

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

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

City _____ State _____ Zip Code _____

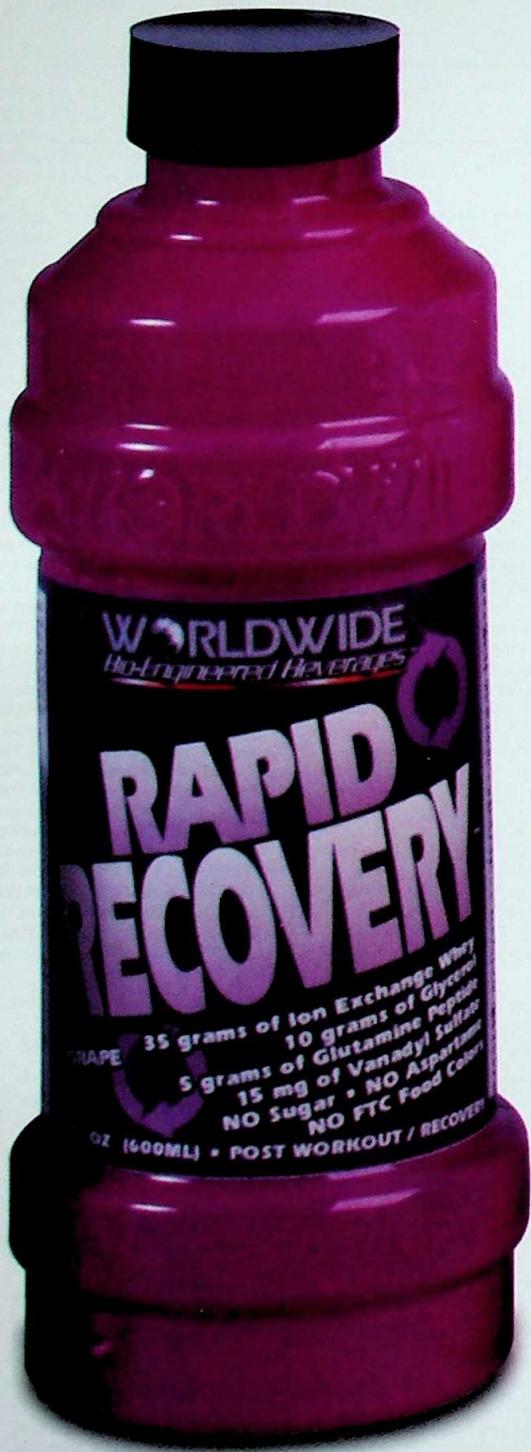
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12-14 APR, USAPL Collegiate Nationals, (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

13 APR, AAU East Coast World Championship Qualifier (PL, BP, DL, Push-Pull, NC High School - Teenage State - Randeman Sr. High School) Sandy Lemonds, PO Box 444, Asheboro, NC 27204, sandral@asheboro.com, 336-672-5433 - no collect calls!

13 APR, Florida State Drug Free BP, All American Gym, 309 W. Main St., Lakeland, FL 33801, Louis Baltz or Ken Snell, 863-687-6268

13 APR, Creekside's 1st annual BP Contest, Chuck Steepleton, 1419 Boardman-Canfield Rd., Boardman, OH 44512, 330-758-0667

13 APR (new date), APF/AAPF Georgia State PL & Georgia Bench Meet, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbaker@musclemaker.net

13 APR, USPF California State PL & BP (Lake Forest, CA) Tony Hardridge, 949-307-9634, www.strengthsystemsdiets.com

13 APR, WNPF Can-Am Nationals & Michigan State, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

13 APR, SLP Extreme Physique BP/DL (Poplar Bluff, MO) Son Light Power, 122 S.

Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

13 APR, 4th Wisconsin's Best Bench Press, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinsbestbench.com

13 APR, APF Central California Open/Novice (open, submasters, teen, women, jrs., masters) Bob Packer, 559-322-6805 (w), 559-658-5437 (h)

13 APR, ADAU Raw Drug Free New York City Open BP & BP/DL, Pete Sanzio, 462 Doane Ave., SI, NY 10308, 178-605-1402

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

13,14 APR, AAU Bench Press Nationals, Youth Exercise Inc., P.O. Box 279, Fruitland, MD 21826, Fred, Jimmy, or Trend - 410-742-9201

13,14 APR, WNPF Raw Nationals & Powerfest 2002 (PL, BP, DL, SQ, PC - Lancaster, PA - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

13,14 APR, NASA High School Nationals (PL, PS - Oklahoma City, OK) SQPBDSL@aol.com

14 APR, SLP Lake Shelbyville Sports & Fitness BP/DL (Shelbyville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429

14 APR, Brookpark Rec 3rd annual BP, Dave Gardner, 17400 Holland Rd., Brookpark, OH 44142, 216-423-1545

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

17-21 APR, IPF Masters World Bench Press Championships (Killeen, TX)

Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

20 APR, Snake River BP/DL, YMCA, 155 N. Corner St., Idaho Falls, ID, 208-523-0600, Sat-Sun 1-5PM, Michael or Linda Higgins

20 APR, NASA Illinois/Indiana PL, BP, PS (Flora, IL) NASA, Box 735, Noble, OK 73068, 405-527-8513 (for motel info, contact Smitty 618-662-3413)

20 APR, APA Charlotte Open PL & BP (Charlotte, NC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

20 APR, PPL Georgia State Drug Free Championships, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

20 APR, USAPL Kansas State PL & BP & Sunflower Open, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672, jmsht@aol.com

20 APR, YMCA of Saratoga BP, John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000

20 APR, AAU New England High School (Bellingham, MA) Dale Caparaso, 401-232-7320

20 APR, APF Nevada State & APF Southwest PL Open (Las Vegas, NV - qualifier for APF Sr. Nationals) 877-HUG-IRON, hugeiron@bellsouth.net

20 APR, Georgia State Open BP/WABDL BP & DL Qualifier (open, master, teen, women, novice - Atlanta, GA) George Her-

ring 770-963-6788, Steve Ramey 770-955-1400

20 APR, SLP Effingham Open BP/DL Classic (Effingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

20,21 APR (NEW DATE), IPA New York State PL & BP, Joe Mitchko, 161 Perth Fitness Rd., Amsterdam, NY 12010, 518-762-3216

20,21 APR, NASA N. Carolina St. (all events, Hickory/Conover, NC) SQPBDSL@aol.com

21 APR (new date), ADAU Seneca Nation of Indians Bench Press Warriors (open men & women, native, youth & teen, junior, submaster, masters) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716-673-4613, Jay.Toth@Fredonia.edu

24 APR (new date) IPA East Coast Bench Press Nationals, Drew Lindsley, 33501-A Lake Rd., Avon Lake, OH 44012, 440-930-2608, bodybydrew@medianone.com

26 APR, "River Run" Biker's World Bench Press Championships (non-sanctioned - River Palms, Hotel, Laughlin, NV - everyone welcome, low entry fee, sign up at day of meet) Chris Kostas, Wright's Power Promotions, 661-245-0115, kcostas@frazmtn.com

27 APR, AAU Arkansas Open/High School (7667 Rock Pt. Rd., Conway, AR) Larry Kye, 501-982-7668, lkye@sk.net

27 APR, USAPL Maine State PL & BP

Mountaineer Race Track & Gaming Resort presents the

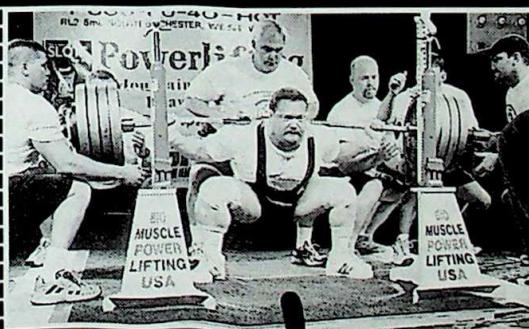
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(Thomason Community Center - Union, ME) Lance Reardon, Box 614, Corinth, ME 04427, 207-285-7656, squat 630@aol.com, Lynn Ateham 207-785-3427

27 APR, Cortland Fitness Center Drug Free PL, Single Lift (1st 35 entries) Duane Card Sr. 50 Owego St. - 6, Cortland, NY 13045, 607-753-8294

27 APR (NEW DATE), Dungeon Power Works Drug Free Bench Slam/DL, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586 or Tyrone Ward 616-273-1092

27 APR, NASA Wisconsin St. PL, BP, PS (Marshfield, WI) SQPBBL@aol.com

27 APR, South Florida Spring Bench Press (Lantana, FL) Bob Youngs, 5 6 1 - 7 1 8 - 9 8 7 7 , byoungs@bellsouth.net

27 APR, 23rd Raw ADAU "Power Day Classic" separate BP & DL contests (open and all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

27 APR, USAPL Kansas State & Sun Flower Meet (Red Coach Inn, 2110 W. Crawford, Salina, KS 67401) James Duree, 913-596-7326, JDuree7086@aol.com

27 APR, SLP National BP/DL Championships, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

27,28 APR, NASA WV State, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

27,28 APR WNPF Pan-AM Championships (PL, BP, DL, SQ, Curl - W. Palm Beach, FL) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

27,28 APR, USAPL Heavy Metal Classic PL, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

27,28 APR, WABDL House of Pain World Cup (drug tested - Holiday Inn Select North - Irving, TX) Gus Rethwisch, 503-762-5066

28 APR, 3rd W. Lafayette Classic BP and/or DL, Musclebound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840

28 APR, APF Asphalt Green Spring Classic (men, women, teen, masters) George Bardis, Asphalt Green, 555 East 90 St., NYC, NY 10128, 212-369-8890 Ext 243

APR, USPF New Jersey State & Region II PL (Mountaineer IV Qualifier) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, 732-886-0199, USPFHorton@aol.com

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

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

4 MAY, APA Navasota PL & BP, and Lone Star High School & Jr. High (Navasota, TX) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

4 MAY, APF Maine State Championships & APF National Qualifier, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

4 MAY, Washington State High School Qualifier, Monroe HS, L. Ottini, 360-863-4441, einek@bsd405.com

4 MAY, Body Structure Fitness Center 1st annual BP (men, women, teen, no formulas - trophies 1st-5th - New Castle, PA) Charles

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4 MAY, INSA/INSA Southwest USA Championships (Arlington, TX) Kirk Stroud, 416 West Euless Bedford Rd., Hurst, TX 76053, 817-268-3488

4 MAY, 10th Mon Valley Fitness Center Classic BP/DL & BP for reps, MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, MVFC@dp.net

4 MAY, WNPF Record Breakers BP & DL & West Coast PL (Anaheim, CA) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

4 MAY (new date), WNPF Western Pennsylvania PL (Beaver Falls, PA - world qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

4 MAY, NASA IL/IN St. (Flora, IL) SQPBBL@aol.com

4 MAY, Costal Bench Press Extravaganza Biggest Bench Meet in the Southeast (15 divisions, 11 wt. classes, guest lifters, demos, seminars, videos, t-shirts, and products-Savannah, GA), 912-660-0033

4 MAY, USAPL Missouri State/Ozark Open (St. Louis - men & women, open, teen, masters & novice men) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 8-10pm, mcis904082@aol.com, usaplnationals.com

4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested - Lahaina, Maui) Mike Saito 808-373-5739

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

4 MAY, 3rd annual Bench Press Meet, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

4 MAY, SLP Indiana State BP/DL (Indianapolis, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

4 MAY, WABDL Hawaii State (drug tested - Lahaina, Maui) Mike Saito, 808-373-5053

4,5 MAY, WABDL MonsterMuscle.com World Record Breakers BP & DL (drug tested - Doubletree Hotel, Pasco, WA) Gus Rethwisch, 503-762-5066

4,5 MAY, WABDL Monsternmuscle Record Breakers (drug tested, Doubletree Hotel, Pasco, WA) Gus Rethwisch, 503-762-5066

4,5 MAY, USAPL National Masters, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

5 MAY, Hooters 14th annual Florida State DL, All American Gym, 309 W. Main St., Lakeland, FL 33801, Louis Baltz or Ken Snell, 863-687-6268

5 MAY, SLP Southeast Iowa BP/DL (Coralville, IA) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9 MAY (new date and address), AAU Old Dominion Bench Press - Richmond, VA. Send SASE to Women of Steel, 1811 Southcliff Rd., Richmond, VA 23225, barbbeeze@aol.com, Barbara 804-233-9570, Judy 804-559-4624, FAX 804-266-8908

11 MAY, Biggest Bench on the River V (\$5000 cash prize) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922

11 MAY, 12th annual Oregon's Best Bench, Busy Body Fitness, 1611 Virginia Ave., N. Bend, OR 97459, Byron Beebe, 541-751-9505

11 MAY (new date), West Virginia State and West Virginia Hall of Fame, Paul Sutphin, Box 523, Bluefield, WV 24701, psutphin@inetone.net

11 MAY, APA Springfield Open PL, BP, DL (Springfield, OH) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

11 MAY, NASA New Mexico State, Mike

Adelmann, Box 44651, Rio Rancho, NM 87174, powerlifter2100@msn.com

11 MAY, Carolina Police & Fire Games (Push/Pull, BP, Raw - High Point, NC) Travis Pardue, 704-243-2173, tpardue@cmpd.org

11 MAY, BAAC Spring Open USBF Bench and USPC Power Curl, BAAC, 658 Boulton St., Bel Air, MD 21014, Dave Capozzi or L.D. Augustus, 4 1 0 - 5 1 5 - 1 6 0 7 , Gtrdave99@aol.com

11 MAY, APA Midwest Regional (Burlington, IA) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, apa-iowa@home.com

11 MAY, AAPF Florida State PL (Daytona Beach, FL) 877-HUG-IRON, hughiron@bellsouth.net

11 MAY, SLP Cross County Pull BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

11,12 MAY (new address, FAX #, and date expansion), AAU Triple Crown Classic Open (world qualifier 1-5 places) and VA State Championships - mail self addressed, stamped envelope: Women of Steel, 1811 Southcliff Rd., Richmond, VA 23225, Barbara Beasley, 804-233-9570, e-mail barbbeeze@aol.com and FAX 804-260-8908, Judy Wood 804-559-4624

18 MAY, USAPL Nation's Capitol PL & BP, Steve DeBenedictis, Tower Fitness Club, 8000 Towers Crescent Dr., #A-145, Vienna, VA 22182, 703-761-6094, FAX 703-761-6095, towerfitness@erols.com

18 MAY, USAPL New England States Open, Greg Kostas, Bx 483, Whitman, MA 02382, 781-447-6714 (8-10pm) Rene Moyen, 401-527-3711

18 MAY, WABDL Riverfest BP & DL (Gadsden, AL) Richard Hagedorn, 256-441-0143, rmhpub@bell.net

18 MAY, Southern States Bench Press (open, over 40, women, novice, teenage) Sandy Ellise, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633

18 MAY, 6th Baddest of the Bad Bench Press, Mike Farmer, Lifestyles Fitness Center, 21 W. Clarke Ave., Milford, DE 19963, 302-430-5632 (12noon -8pm)

18 MAY, Newman BP Contest, John Ybarra, 1101 W. St. Marys Rd., Sterling, IL 61081, 815-625-0185

18 MAY, Fred Pfister Memorial Push & Pull (All divs., all age groups, deadline 5/6/02 - no late entries) Ray Dunn, Berkshire Nautilus, Pittsfield, MA 01201, 413-499-1217

18 MAY, USPF Open BP & DL (sponsored by Erie C.C. Football Team - Buffalo, NY - men, women, teen, masters) Dennis Green 716-851-1898

18 MAY, ADAU "No Druggies Allowed" Open PL (national qualifier) Joe Orenia, 4468 W. 26th, Erie, PA 16506, 814-833-3727

18 MAY, Lifetime Natural Powerlifting Society Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

18 MAY, NASS Missouri Strongman with the Microbrewery Festival, Jim Davis & Willie Wessels, 314-837-1372 or 609-6031, dwes370162@msn.com

18 MAY, ADAU Pennsylvania State (men, jr., teen - national qualifier) Joe Orenia, 4468 W. 26th, Erie, PA 16506, 814-833-3727

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

18,19 MAY, WABDL Capitol City BP & DL (drug tested - Rancho Cordova, CA) Judy Woods 916-417-7647, FAX 916-443-6200

18,19 MAY, USAPL Texas State & Region 8 Open and BP (TX & OK) & Special Olympian Slots, Tom North, 507 Cora #106, Arlington, TX 76011, 817-469-9375

19 MAY, New Jersey High School Deadlift (high school students only) Paul & Peggy Sacco, 537 Pine Rd., Hammonton, NJ 08037, 609-567-0046

19 MAY, APA Southern Cup BP, DL (Lakeland, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

19 MAY (NEW DATE), WNPF North Americans, High School Nationals, New England States PL & PC - Stamford, CT - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

24-26 MAY, APF Nationals (WPC World Qualifier - Picadilly Inn Hotel - Fresno, CA) Bob Packer, 559-322-6805 (w), 559-658-5437 (h)

25 MAY, APA West Coast PL, BP, DL (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

25 MAY, USAPL Nebraska State & Viking Classic (Blair, NE) Tim Anderson, 402-426-0665, timanderson@uhutel.net, www.nebraskapowerlifting.com

25 MAY, WNPF Western Pennsylvania (Beaver Falls, PA) Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-792-6670

26 MAY, Double Masters Power/BP (Wyoming, MI) Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 574-674-6683

27 MAY, APA Pennsylvania Open PL, BP, DL, Bob Grimes, c/o Gold's Gym, 42 Westwood Court, Camp Hill, PA 17025, box@frd@aol.com

MAY, USAPL North Carolina State Bench Press Championship, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614, 798-4054

MAY, NASA Kansas St. SQPBBL@aol.com

MAY, NASA New Mexico PL, BP, PS SQPBBL@aol.com

MAY, NASA Pennsylvania State (New Stanton) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

MAY, NE Regional World Qualifier, Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534

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

31 MAY, 1 JUN, AAU North American Push/Pull, BP, DL (River Palms Casino - Laughlin, NV - world qualifier, open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797.

ntrlpwr@pe.net

1 JUN, Washington State High School Championships, Columbia/White Salmon HS, L. McCutcheon, 509-493-1970, einek@bsd405.com

1 JUN, SLP Big Bench at the French BP/DL (Memphis, TN) Son Light Power, 122 S. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

1 JUN, MPA State BP & DL (Teens 15 and under, 16-17, 18-19, Open - non-residents welcome, master (40-49), 50-59, 60+, police / fire / military, 40+ police / fire / military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

1 JUN, APF Florida State PL (Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

1,2 JUN, WNPF American Championships (full meet & single lifts & power curl - Bordentown, NJ - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

1,2 JUN, NASA Masters/Submasters Nationals PL, BP, PS (Nashville, TN) SQPBBL@aol.com

2 JUN, NPA Central States Natural Open BP or DL, Champions Fitness Center, 1360 S. Alpine Rd., Rockford, IL 61108.

2 JUN, APF Bench Press Nationals & WPO Bench Press Qualifier (contest will determine who is selected for WPO B.B.C./WPO A.C. - Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

2 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8 JUN, Immaculate Heart of Mary Festival BP & DL, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

8 JUN, Mid South Raw BP & DL Open (Glenwood, AR - all age groups & all wt. classes) Dan Singleton, 1200 3rd St., Hot Springs, AR 71913, 501-623-6014

8 JUN, 9th Miller's Ironhouse All Natural "Victor's Crown" Bench Press (high school, teenage, women, raw, open, subs, masters, grandmasters, sculptured awards) Brian Miller, 218 Williams St., Cumberland, MD 21502, 301-777-0644

8 JUN, APF Venice Beach Open BP (Venice Beach, CA) 310-399-2775

8 JUN, Raw ADAU Pennsylvania St. & open (from any state) for men submaster, master, and women of any age (Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

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

8 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8,9 JUN, WABDL Bend Summer Strength & Fitness (drug tested - Bend Riverside Motel, Bend, OR) Gus Rethwisch, 503-762-5066

9 JUN, WNPF East Coast BP/DL, Newark, DE, Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

14-15 JUN, AAU Push/Pull Nationals (BP, dl, Iron Man - qualifies 5 deep for Worlds - Sheraton Four Seasons - Greensboro, NC) Sand Lemonds, Box 704, Randleman, NC 27317, sandral@asheboro.com, 336-672-5433 - no collect calls!

14-16 JUN (NEW DATE), APF Men's & Women's Senior National PL & WPO

2202 Huge Iron Powerlifting Schedule

4-20-02 APF Nevada State and APF Southwest Powerlifting Open (Las Vegas, NV - qualifier for APF Senior Nationals)

5-11-02 AAPF Florida State Powerlifting Championships

6-01-02 APF Florida State Powerlifting Championships (qualifier for APF Senior Nationals)

6-2-02 APF Bench Press Nationals and WPO Bench Press Qualifier (contest will determine who is selected for WPO B.B.C./WPO A.C.)

6-14-16-02 APF Mens + Womens Senior National Powerlifting Championships and WPO Qualifier (only other qualifying meet for WPO Semi Finals, York Barbell Hall of Fame, York, PA)

7-13-02 APF Florida Push/Pull (for total)

9-7-02 WPO Bench Bash for Cash

10-2-02 WPO Powerlifting Semi-Finals (Loc. tba)

11-02-02 AAPF Southern States Powerlifting Championships

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

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

All contests will be held in Daytona Beach, Florida unless otherwise specified.

Call us @ 877-HUG-IRON or

E-mail us, hugeiron@bellsouth.net for further info.

15 JUN, NASA Texas Classic PL, BP, PS (Longview, TX) SQPBBL@aol.com

16 JUN, APA CT Open BP & DL Championships, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com

22 JUN, Inaugural American Red Cross of N.E. New York Bench Press (Hunter Mountain Ski Area, Skil Bowl Rd.) Melford Bibens, Box 477, Hunter, NY 12442, 518-263-3776, melford79@hotmail.com

22 JUN, West YMCA Open (full meet, BP, DL, Push-Pull) 7502 Maple, Omaha, NE 68134, Buddy, Roger or Jenna at 402-393-3700

22 JUN, WABDL Hard Hitters Louisiana State BP & DL (drug tested - New Orleans, LA) Arrid Hansell, 504-392-9743

22 JUN, SLP Iron House Gym Open PL (Hoopeson, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22,23 JUN (REVISED DATE & NAME), IPA East Coast Championships (55 lifters/day) Mike Miller or Deb Ames, Nazareth Barbell (PA), 610-746-7000, nazbar@enter.net, www.bigbenchpress.com

22,23 JUN, WNPF USA (PL, BP, DL, SQ, PC - Atlanta, GA - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

22 or 29 JUN, WABDL Silver State Push

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& Pull & Nevada State Closed, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

23 JUN, Summer Push/Pull Meet, Jon Smoker, 30907 County Rd 16, Elkhart, IN 46516, 574-674-6683

23 JUN, USAPL LaKennesse Festival PL & BP (Biddeford, ME) Lance Reardon, Box 614, Corinth, ME 04427, 207-285-7656, squat 630@aol.com, Lynn Athearn 207-785-3427

29 JUN, NASA Teenage/Jr./Intermediate Championships (PL, BP, PS - Flora, IL - monolift) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-3413

29 JUN, Dragon Bench (sculptured trophies - women, teen, masters) Barry Pochiba, 428 McClelland Rd., Canonsburg, PA 15317, 724-745-1712

29 JUN, SLP Wisconsin Rapids Push/Pull BP/DL (Wisconsin Rapids, WI) Son Light Power, 122 S. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

29 JUN (new category), USBF Lawrence Garro Memorial Raw & Assisted Ironman/Ironwoman (BP & DL) Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

29 JUN, USSA CAN-AM National BP/DL & Ironman (Ottawa, CAN - tested, non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), ussa@bellsouth.net

29 JUN, WNPF CAN-AM National BP-DL, IronMan Championships & Power Curl - Ottawa, Canada - world qualifier Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

29 JUN (new category), USBF Wayne Dettling Memorial Raw & Assisted Bench Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

29,30 JUN, APF West Coast Open PL, BP, DL & Power Sport, Big Bear's Gym, Box 304, Yachats, OR 97498, 541-574-4507, bigbearsgym@hotmail.com

30 JUN-6 JUL, AICEP Team Russia & Team Canada versus Team Russia,

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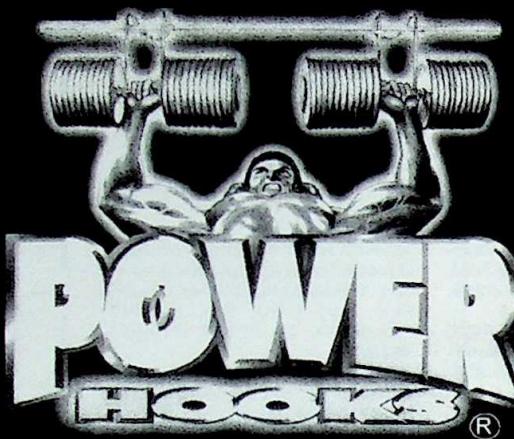
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4 JUL, 2nd annual Street Strongman Contest, Dick Conner, 8323 Copperfield Dr., Evansville, IN 47711, 812-867-1736

6 JUL, SLP Ft. Hamilton Days BP/DL Classic (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

6,7 JUL, WNPF Nationals (Youngstown, OH - world qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

7 JUL, USSA PL Nationals (tested, non-tested - Atlanta, GA) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), ussa@bellsouth.net

11-14 JUL, 100% Raw Sr. Nationals (men & women, all ages, wt. classes, 5 yr. drug testing, 6/15 deadline) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

13 JUL, APF Venice Beach Open DL (Venice Beach, CA) 310-399-2775

13 JUL, 4th annual Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

13 JUL, ANPPC World Cup, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

13 JUL, APF Florida Push/Pull (for total - Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

13 JUL (NEW DATE), Blackberry Barbender BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, http://www.geocities.com/brucewan500/index.html

13,14 JUL, Georgia Games (Augusta, GA) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3989(h), 3988(w), bduke@surfsoouth.com

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

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

20 JUL, AAPF Michigan Coopersville Powerlifting Classic, (Grand Rapids, MI) Andy Briggs, 616-844-6350,



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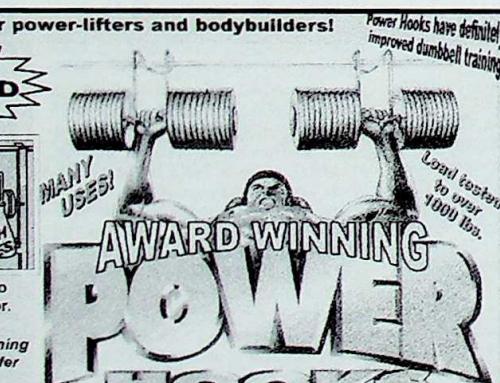
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20 JUL, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183

20 JUL, Midwest open PL & PS (Red Coach Inn, Salina, KS) Jim Duree, 913-596-7326, JDuree7086@aol.com

20 JUL, SLP Mid South BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

21 JUL, U.S. Open Armwrestling (U.S.A.A. sanction) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26 JUL, USPF Barbee Classic (men/women - open, below I, Jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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

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

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

26-28 JUL, 100% Raw Teenage World Championships (deadline 6/29) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

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

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

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

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

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

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

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

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

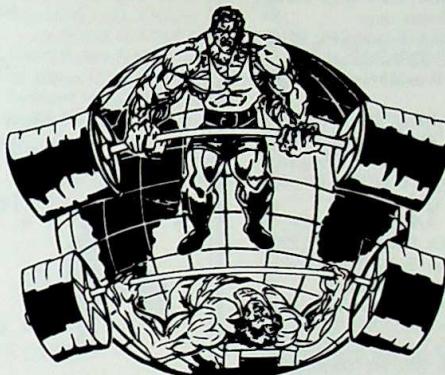
3 AUG, USPF American Bench Press Championships, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

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

3 AUG, Team Weber Strength Powerlifting, Robert Weber Jr., 1412 5th St., Camanche, IA 52730, 563-259-8695

3 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W.

WABDL Midwestern Regional Bench Press & Deadlift Championships, Best Western Doublewood Inn, Fargo, North Dakota, August 10, 2002. Contact Rich Edinger 701-298-0764. This meet is a qualifier for the WABDL World Championships at the Peppermill Hotel, Reno, Nevada Nov. 14-18, 2002. If you are a lifter residing in North Dakota, South Dakota, Nebraska, Iowa, Minnesota, Wisconsin, Illinois, Michigan or Indiana the only ways to get to the WABDL Worlds in Reno is to (1) have won the 2001 Worlds in Reno, (2) place in the top 3 in your weight class in Fargo, or (3) place in the top 4 at the Nationals in Houston, TX. Gus Rethwisch will be helping Rich Edinger direct this meet and he will put on a free deadlift seminar.



Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

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

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

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

10 AUG, USAPL New Jersey Bench Press Open, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

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

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

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

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

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

17 AUG, 18th APF/AAPF Snake River

BP/PL, YMCA, 155 N. Corner St., Idaho Falls, ID 83402, 208-523-0600, Mike & Linda Higgins

17 AUG, ADAU Single Lift Nationals (3 separate raw, drug free contests) Nick Theodorou, Nutritional Technologies, Box 3368, Palmer, PA 18043, 610-258-1894, nutritek@aol.com

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

17 AUG, Granite State Open BP/DL (separate contests - men, women, teen, Jr., novice, submaster, master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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

17 AUG, WABDL West Coast BP & DL (drug tested - Rancho Cordova, CA) Jody Woods, 916-417-7647, FAX 916-443-6200

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

18 AUG, APF Venice Beach Push/Pull Powerlifting Championships (Venice Beach, CA) 310-399-2775

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

19 AUG, ADAU Raw Drug Free New Jersey Youth BP and 2 lift (19 & under, out of state division) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

24 AUG, USAPL Power Surge PL & BP (Eagles Club, Alliance, NE - Men & Women - open, teen, masters) Michelle

James, 308-762-7043 or michelle@bbc.net

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

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

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

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

24,25 AUG, USAPL Bench Press Nationals, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed & Frank King, Dr. Larry Miller

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

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

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

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

31 AUG, NASA Virginia Regional (Charlottesville, VA) Greg Van Hoose, gvh@wirefire.com

31 AUG, NASA Virginia Regional (Charlottesville) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

1 SEP, APF/AAPF Muscle Maker Push Pull & Bench Meet, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbbaker@musclemaker.net

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

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

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

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

10-15 SEP, IPF World Jrs (Venezuela)

14 SEP, YMCA Challenge 1st annual Open BP, 19550 N. 10th St., Covington, IA 70433, Linda, 985-893-4800

14 SEP, SLP Village Square BP/DL (Elfingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

14 SEP, WABDL Washington State BP &

DL (drug tested - Hoguam, WA) Don Bell, 360-533-5711
15 SEP, (NEW LOCATION) USSA American PL Championships (Youngstown, OH - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), ussa@bellsouth.net
15 SEP, SLP Iowa State BP/DL (Corona, IA) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
15 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press Championships II (open men & women, native, youth & teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716-673-4613, Jay.Toth@Fredonia.edu
21 SEP, 4th Sci-fit of Georgia BP (Georgia State Farmers Market) Joe DeVerville, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005
21 SEP, SLP Open National Powerlifting Championships (Hooperston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
22 SEP, ADAU Connecticut Raw Drug Free PL & BP, Robert De La Vega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548
22 SEP, SLP Wisconsin State BP/DL (Burlington, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
28 SEP, SLP National 'Raw' Powerlifting Championships (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
28 SEP (additional contest, change in designation), USBF BP Nationals & USPC Power Curl Nationals (open, masters, teen, police/fire, military -



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wraps & belts allowed) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usb.net

28 SEP, NASA Wisconsin Regional PL, BP, PS (Marshfield, WI) SQPBBL@aol.com
SEP, NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

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

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

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

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

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

9-13 OCT, IPF World Masters (Argentina)

10 OCT, ADAU Raw Drug Free Open New Jersey BP & BP/DL (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

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

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

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

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

19 OCT, Bob Hafner Championship (PL, BP and/or DL - open, women, teen, master, special olympian) Lee Circle YMCA, 920 St. Charles Ave., New Orleans, LA 70130, 504-568-9622

19 OCT, USBF Maryland State Bench Press, BAAC, 658 Boulton St., Bel Air, MD 21014, Dave Capozzoli or L.D. Augustilus, 410-515-1607, Gtdave99@aol.com

19 OCT, APF N. California Open PL & BP (San Francisco, CA) John Ford 650-759-5056

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

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

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

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

25 OCT (new address), AAU Richmond International Bench Press, VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, Barbara 804-233-9570, barbeeze@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

25-27 OCT, WNPF World PL & SQ Championships (Youngston, OH - lifters must qualify at a WNPF national or major championship) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

26 OCT, NASA Big River Classic (Blytheville, AR) Daryl & Tobe Johnson, 1626 E. Co. Rd. 196, Blytheville,

OCT, WPO Powerlifting Semi-Finals (loc. tba) 877-HUG-IRON,



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AR 72315, 870-763-9094

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

26 OCT, 1st annual PPL USA Championships, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-781-6 - 7 9 0 - 3 8 0 6 . PYTHONGYM@AOL.COM

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

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

26,27 OCT (new address), AAU Raw & Assisted Worlds - VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, Barbara 804-233-9570, barbeeze@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

26,27 OCT (new address), AAU Richmond International Open Meet VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, Barbara 804-233-9570, barbeeze@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

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

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

OCT, WPO Powerlifting Semi-Finals (loc. tba) 877-HUG-IRON,

hugeiron@bellsouth.net

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

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

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

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

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

3 NOV, USA "Raw" Bench Press Federation Grand Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8-10 NOV, USSA World PL Championships (Atlanta, GA - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), ussa@bellsouth.net

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

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

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

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

12-17 NOV 02, IPF World Men's

(Bratislava, Slovakia)

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

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

16 NOV, SLP Kentucky State BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W.

St., Tuscola, IL 61953, 217-253-5429
www.sonlightpower.com
17 NOV, WNPFL Lifetime National PL, BP, DL, SQ & Sarge McCrary BP/DL (single lift or combined) & Power Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

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

22-24 NOV, 1st WNPFL 100% Drug Tested, Drug Free for Life World Powerlifting, BP, DL, SQ, and Ironman Championships (West Palm Beach, FL) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

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

23 NOV, USAPL Police & Fire Nationals PL & BP, Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King
23 NOV, USPF Pan American Bench Press Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

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

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

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

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

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

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

7 DEC, MPA Miller Chevrolet Christmas BP Classic (Teen 19 & under, open - non-residents welcome, masters 40+, police / fire / military, 40+ police / fire / military)

The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

7 DEC, USAPL New York State BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, http://www.geocities.com/brucswan500/index.html

7 DEC, SLP Christmas For Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W.

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W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 DEC, APF/AAPF Georgia Muscle Maker

Open PL, DL, BP, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbbaker@musclemaker.net

7,8 DEC, AAU World BP, Push-Pull, DL (River Palms Casino - Laughlin, NV - open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women)

Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

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

8 DEC, 10th Raw ADAU "Coal Country" Classic (separate BP & DL contests, open & all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

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

14 DEC 02, Christmas Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

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

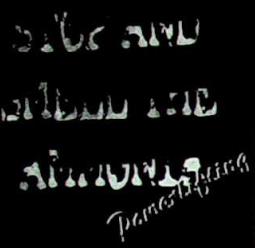
JAN, PPI Augusta Open Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

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

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

We Sell ATTITUDE!

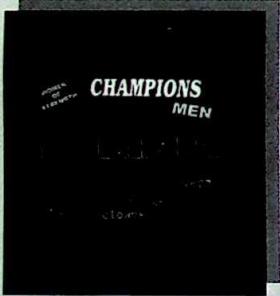
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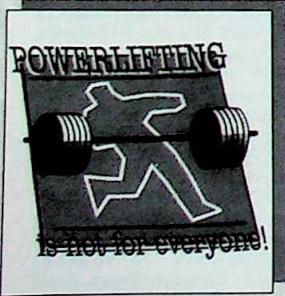
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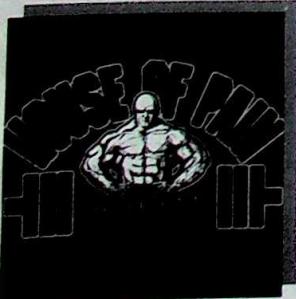
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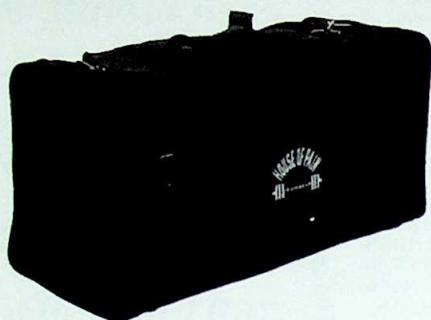


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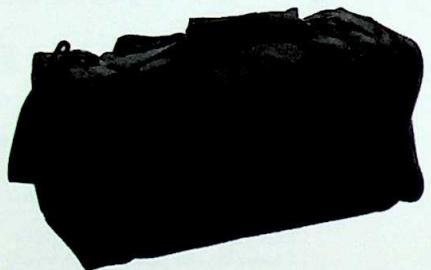


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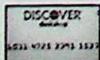
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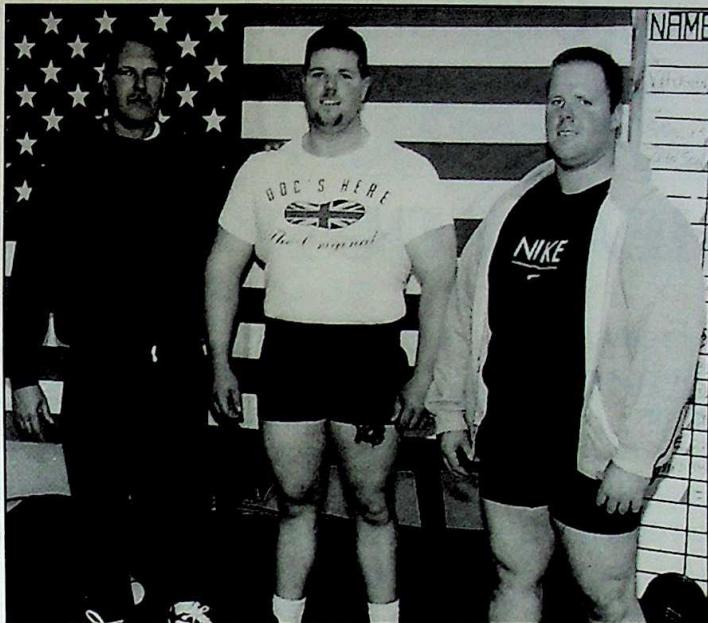
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KCF Meet
3 NOV 01 - Kincheloe, MI

RAW DIVISION	SQ	BP	DL	TOT
138 VAUGH	205	215*	355*	755*
154 SMALLER	325*	240*	365*	930*
JOHNSON	205	150	315	670
170 REID	325	215	405	945
CAMERON	225*	160*	300*	685*
187 NOVAK	460!	330!	500	1290!
CRUZ	405	310	530!	1245
HARGETT	355*	275	500*	1130*
BOOZE	275	265	515	1055
MCDOWELL	340	250	350	940
205 ORR	425	315	485	1225
CORRALES	225	245	390	860
227 JENKINS	500!	365!	500	1415!
BORDEN	315	355		
250 E. MORGAN		430!		
VOLPE		355*		
280 ROBERTSON	500*	330	600*	1430*
PURE				
187 LANGSCHIED	395	260	405	1060
GILDNER				
205 DOST	580	300	550	1430
MAGNUSON	475	275	550	1300
WHITE	425	245	475	1145
EHRLICH	410	325	400	1135
227 DOZEMAN	610	400	560	1570
DOZIER	570	360	575	1505
WASHINGTON	375*	250*	425*	1050*
280 M. MORGAN	560	350	545	1455
MICHIGAN N.A.S.A. RECORDS				
PURE				
227 DOZEMAN	610	400*	560	1570
NATURAL				



Brothers Eric and Mike Morgan from Canada, who were lifting in their first meet, joined Meet Director Jim Stevenson (at left, who provided this photograph) at the KCF competition in Kincheloe, Michigan on Nov. 3rd

DOST	610	400	560	1570	DOZEMAN	610	400*	560	1570	COORDINATOR: DAVE MASTAW. ! - institutional record * over 40 record. This meet was first set for Oct. 6th, then Oct. 27th. Our gym was closed until Nov. 1st so these guys did all their training outside in real bad weather.	
MAGNUSON	475	275	550	1300	INTERMEDIATE	(24-29)				PURE NOVICE	Could New Jersey Tuff Guy Tony Kamand handle it? No way! This is the upper peninsula of Michigan, just in case anyone wanted to know where Kincheloe is. Powerlifting U.S.A. has listed over the years ten of our lifters in the
WHITE	425	245	475	1145						MEET DIRECTOR: JIM STEVENSON MEET	
EHRLICH	410	325	400	1135							

TOP 100 and we thank them. We don't know much about powerlifting basics, Texas style but we do have some characters here that could tell Lope Delk a thing or two about training. We were short on help for this meet but it still ran well because of guys like Sal Mazzola, A.K.A. "Carlos Marcello". He's planning a book due out soon, "How to start a powerlifting club in prison and live to tell about it". Bench Pressers and Headheads - R. Volpe at almost 60 years old lifted raw at 250 and pressed a nice lift of 355. Ahead of him from Sault Ste Marie, Canada was Eric Morgan with a K.C.F. raw record of 430 lbs. Eric's brother Mike was also on hand, lifted pure and totaled 1455 in his first meet. It was great having you guys come in and we sure hope to see you again. As of late there was a conspiracy here that the K.C.F. Powerlifting club was a syndicate operation within the prison. Not true. We lift under N.A.S.A. rules and run a very professional meet thanks to top soldiers like Mike Hurley and "Paz" Passino - they really take care of business. Speaking of business, no entries in Master II 227 pound class with Roy "I don't know a guy" Faulkner away down state on court business. So it was 227 Pure only with Robby Dozeman setting seven N.A.S.A. state records. His long time "bunkie", Mike "sandbox" Dost used a squat suit for the first time and hit an easy 580 squat to win the 205 pound Pure division. Marc Novak made his first appearance here at K.C.F. and won "best lifter" in the 187 pound class, raw with a nice total of 1290 at the bodyweight of 174 pounds. I want to thank my outside "crew" for their support, these guys have been next to me for years as powerlifting "pen pals". World Drug Free champ Ron Hoff, from Ocean City, N.J.; Steve Leypoldt; and my best pal in powerlifting since 1991, A.P.F. World Champ Tony Kamand. My "inside crew" also worked hard for this meet: Mike Grennan, John Mull, and "Loco" Hanner. (Results were provided to PL USA courtesy Jim Stevenson)

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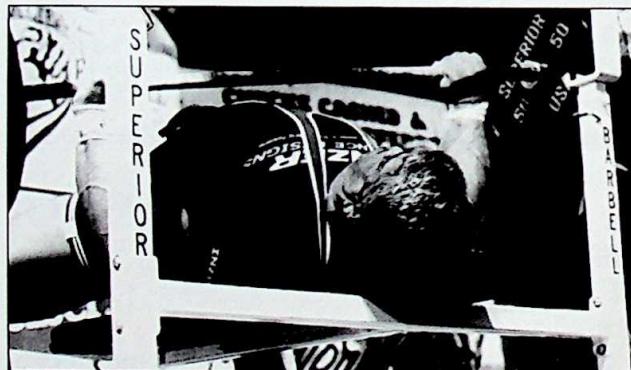
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South Florida Bench Off
12 NOV 01 - N. Lauderdale, FL

BENCH PRESS	A. Guadalupe 204
132 lb.	DEADLIFT
Peter Schlangat 265	Women
148 lb.	C. Mihalyia 225
Joe Mukite 415	Amie Davis 215
Earnest Murray 265	Teenage
Willie Holloway 240	J. Schulzman 485
165 lb.	A. Guadalupe 460
Melvin Maxwell 325	Masters 40-49
181 lb.	V. Donofrio 535
Sal D. 340	Sean Cohliln 500
198 lb.	Mike Ryan 600
Derek Penkava 405	Jim Lynch 375
Lazaro Cuellar 385	Masters 50+
Steve Pullaro 340	Frank Summer 345
Jimmy Burgos 340	Open
Mike Brown 148	
220 lb.	Willie Holloway 505
Jackie Calloway 440	Earnest Murry 325
George Walker 405	165
lance Mosley 405	Greg Wright BL 590
Tom Incledon 385	John Crowell 435
Vinny Castaiglia 365	181
Jeff Walker 335	Eric Schenker 340
242	198
Milton Hayes 425	Andrew Post 600
Phil Girrbach	Jimmy Burgos 515
SHW	Mike Brown 430
Eddie Ferguson 485	Jack Hagg 425
Bruce Coffey 455	220
Paul Donahue 450	Lance Mosley 640
Marc DeCarlo 430	Tom Incledon 605
Kermitt graham 405	Jeff Cervero 600
Masters 40-49	SHW
Al Ainscoe 236 470	Seth Fromberg 700
V. Donofrio 190 385	D. Silverbloom 600
M. Maxwell 157 325	Paul Donahue 525
S. Pullaro 192 340	Jim Thigpen 500
Sean Cohliln 173 300	Bodywt. Bench-Reps
Mike Ryan 299 355	Joe Mukite 39
Masters 50 plus	Lazaro Cuellar 33
G. Walker 203 405	Jimmy Burgos 31
J. Young 223 350	Earnest Murray 30
Jerry Klift 305 335	Melvin Maxwell 27
F. Summer 181 270	Sal D. 27
Dave Corey 282 225	Derek Penkava 26
Women	Jackie Calloway 26
J. Freinhar 107 155	Sean Cohliln 25
K. Hutson 154 190	John Crowell 23
Dorn Ortiz 135 120	Phil Girrbach 22
Teenage	Al Ainscoe 22
Jeff Wolfe 221 365	A. Guadalupe 20
	Johny Young 19

A great turnout in South Florida. In the bench competition, Judith Freinhar won the women's division, Jeff Wolfe won the teenage class, and in the Men's Open, 1st place in the 132 lab. class went to Peter Schlangat. Joe Mukite benched 415 at 147 lbs. and won best lifter.

Melvin Maxwell won the 165 lb. class, and Sal D. won the 181 lb. class. The 198 lb. class went to Derek Penkava and Jackie Calloway won the 220 lb. class. Milton Hayes won the 242 lb. class and Eddie Ferguson won the SHW class. In the Masters Division 40-49 age group, Al Ainscoe took 1st with a 470, and in the Masters 50+, George Walker won with a 405. John Young benched 350, and Jerry Klift benched 335 at 66 years of age. This year a bench contest of bodyweight for reps was added, with Joe Mukite winning with 39 reps with 150 lbs. In the deadlift competition, Willie Holloway won the 148 lb. class with a 505. Greg Wright pulled 590 at 163 lbs., giving him best lifter. Eric Schenker won the 181 lb. class, and Andrew Post won the 198 lb. class with 600 lbs. Lance Mosley pulled 640 and won the 220 lb. class, and a big 700 deadlift from Seth Fromberg won the SHW class. Congratulations to all! Special thanks to all who helped: Jim, Jeff, Ron, Chris, Sal, Paul, Cliff, Ken, Cliff, Tom, Greg, Leighanne & Arianna. Results from Gary McCartney. Thanks to POWERLIFTING USA for the coverage! (courtesy Iron Works Gym)

LCF Meet

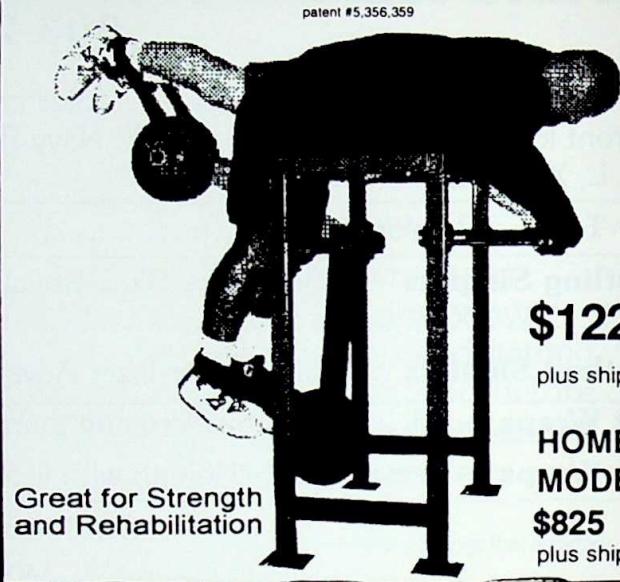
15 DEC 01 - Limon, CO

	165	SQ	BP	DL	TOT
P. Duran(164)	300	255	320	875	
181					
J. Klups(174)	475	285	440	1200	
J. McDaniel(177)	425	270	425	1120	
C. Harris(175)	425	235	440	1100	
A. Staton(176)	365	215	405	985	
C. Hook(175)	245	215	340	800	
S. Wolfe(187)	425	255	465	1145	
J. Patton(190)	345	225	430	1000	
C. Deweesee(182)	285	285	385	955	
220					
V. Rivera(217)	635*	407.5*	600	1642*	
G. Coblenz(202)	330	225	385	940	
242					
McKenzie(231)	585*	340	585	1510*	
Sutherland(226)	525	265	455	1245	
Martinez(228)	450	345	450	1245	
C. Hill(231)	325	325	405	1055	
275					
C. Watts(249)	225	365	405	995	
M. Helms(246)					
181					
L. Palmer(278)	600*	300	580*	1480*	
E. Thomas(279)	505	345	575	1425	
R. Horton(332)	315	430*	500	1245	
Masters II					
275					
J. Buckman(248)	455*	265*	440*	1160*	
Masters					
165					

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Hietzman(152)	335*	212	445*	992*	Thompkins(205)	235	185	295	715	
242					S. Bosh(232)	230	150	255	635	
275					J. Brown(262)	535*	300	575*	1410	
					* Facility Record. Best Lifter Overall, V. Rivera.					
					Best Lifter Lwt., J. Klups; Best Lifter Lt Hwy/Wt., V. Rivera; Best Lifter Hvyt, J. McKenzie; Best Lifter SHW, L. Palmer; Best Lifter Masters, C. Hietzman.					
					The L.C.F. December 2001 Powerlifting Meet was held on Dec. 15th, and once again was a huge success, as well as a record shattering day! [16 records broken] Thirty men trained and competed, and 28 finished the day with a total. Our judges, K. Young and C. Lopez, along with our chief referee G. Reed, were strict but fair. The meet took off at 8:00am, the dual platforms along with a well organized event staff, all worked out great, and enabled us to finish up before 2:00pm. L.C.F. has the finest Powerlifting program in D.O.C., none of which would be possible without the support and allowance of the following D.O.C. staff/officers: Lt. J. Sabec(Recreation Supervisor), Sgt. Waller(Recreation Sgt.), C.O. Poole (Recreation C.O.), Maj. J. Day (Programs Major), Maj. T. Williams (Custody and Control), and special thanks to Warden Watkins for not only allowing it, but for supporting the Powerlifting program as well. On behalf of all the lifters, Thank you. The Powerlifting Program here in D.O.C. has changed a lot of men's lives. We are allnatural, and we take our training very seriously. The competition allows us the opportunity to set goals, design personal programs to achieve those goals, and receive recognition for our accomplishments. It's taught us that Powerlifting is more than just pushing heavy weights. Powerlifting is a discipline, which builds character and inner strength, establishes a goal oriented mind set, and creates positive life skills which are not left at the prison gate. Powerlifting has given us a new outlook and is a privilege not taken lightly in the prison environment. Thanks to POWERLIFTING USA for not only printing the results of our meet, but also for being the greatest magazine ever! Congratulations men! See you in the 02 summer meet! Lift Big - Live Strong (thanks to J. McKenzie for providing results)					



At the South Florida Bench-Off ... (left to right) Lance Mosley, Michael Brown, Willie Holloway, Greg Wright, Eric Schenker, Cynthia Mihalyia, Paul Krouger, Meet Promoters Leighanne and Gary McCartney. Front Row, far right, Jimmy Burgos and baby Arianne McCartney (photo courtesy of Ironworks Gym)

SLP Son Light Winter Classic 01 DEC 01 - Tuscola, IL

BENCH PRESS	DEADLIFT
teenage men 18-19	open men-220
198	Jason Black 525
Bobby Boothe 350	master men 50-54
submaster men	198
198	Richard Carlson 250
Bruce Stevens 430	4th 260
4th 440	open men
Kevin Farley 430	198
4th 435	Bruce Stevens 430
master men 40-44	4th 440
165	Kevin Farley 430
Doug Phillippe 280	4th 435
242	220
Chuck Price 465	Jason Black 460
master men 45-49	4th 480
275	242
Barry Blackmon 420	Mark Austin 425
4th 430	275
Jim Hanson 375	Jim Hanson 375
open men-275	Jim Hanson 540
4th	560

The Son Light Power Winter Classic was held at the gym in Tuscola, Illinois on December 1, 2001. Thanks to my son Joey Richard Carlson, Mark Austin, Chuck Price and two-time AWPC World Bench Press Champion Stephen Webb for all their help. In the bench press event Bobby Boothe broke the state record at 18-19 198 on his opening attempt with an easy 350. After ripping his shirt on his opener Bobby was unable to get another lift in. In the submaster division we had a great battle at 198 between Bruce Stevens and current USAPL bench press champion Kevin Farley. Both men finished at 430, with the win going to Bruce, who weighed in four pounds lighter. Kevin's 430 was a personal record, as was his 435 fourth attempt! Bruce was successful with his fourth attempt of 440, which broke the existing state record, also giving him a new personal record at 198! Doug Phillippe returned to competition after more than a year layoff to win the title at 40-44/165 with his opener of 280. He was a little frustrated with his performance after missing 300 twice, but we all know what it's like to come back from an injury. Hang in there Doug, you'll

be back stronger than ever before you know it! Training partner Chuck Price got a new personal record with his win at 40-44/242. After a questionable second attempt of 450, Chuck came back with a strong 465 for his final attempt. Barry Blackmon also had a good day of lifting, breaking his own personal record twice. Taking the title at 45-49/ 275, Barry finished with 420, followed by a solid 435 fourth attempt. Richard Carlson won his class at 50-54/198, setting the state record there with his 250 third and 260 fourth attempts. Richard, who had never tried on a bench shirt, got a few lessons in that art, when after the competition the boys put him in a shirt for a few extra attempts at 270! In the open division it was the continued battle between Bruce and Kevin at 198. Again, Bruce came out on top with 430/440 to Kevin's 430/435. At 220 it was our best lifter of the day, Jason Black. Jason had a great day of lifting, finishing with a personal best 460 before making his fourth attempt with 480. All this at a 214 bwt! Mark Austin finished with his second attempt of 425, after ripping his shirt with a pr 440 final attempt in his win at 242. Then at 275 it was Big Jim

Jason Black took Best Lifter in the Bench Press at the SLP Winter Classic with his 480 PR in the 220s. (both photographs taken by Dr. Darrell Latch)

Hanson for the win, finishing with a personal best 375. In the deadlift competition Jason Black continued his personal record setting ways by taking the open 220's with a personal best 525. Jason's final attempt with 550 came within inches of lockout! Jim Hanson won at 275 with some great pulls. Finishing with 540, Jim went on to make his fourth attempt with 560. Both were new personal records for Jim! Thanks again to the competitors, the spectators and to everyone who helped out. (Thanks to Dr. Darrell Latch for providing the results).



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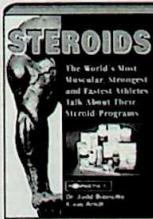
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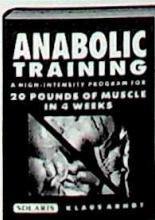
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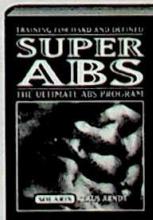
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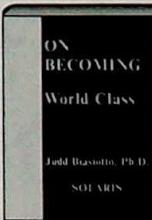
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AAU BP & DL State Championships			
OCT - Plymouth, NC			
Bench	J. Whitehurst	155	(14-15)
114	(16-17)	155	P. Bowen
H. Bwwman	M. Franklin	195	360*
132	(P/Fire)	100*	(35-39)
B. ZaK	P. White	100*	J. Thompson
G.Pike	150	165	(P/Fire)
C. Biggs	140	(12-13)	410*
M. Smith	C.Morrison	95	(40-44)
148	E. Jaines	85	410*
M. Franklin	185	(I 6-17) Ast	(50-54)
J. Whitehurst	E. Ownley	250	V. Armstrong
J. Lassiter	(35-39)	220	500*
P. White	L. Bund	290	(40-44)
165	(40-44)	290	D. Young
L. Bund	R. Young	245	(14-15)
K. Respss	Police/Fire	245	D. Wobbleton
K. Respss	K. Respss	250*	
R. Young	245	181	
C.Morris	Open Ast	400	
E.. James	J.Savage	85	
181	(14-15)	198	
J.Savage	400m C. Ballance	205	
E. Patrick	(35-39)	200	
A. Biggs	E.Patrick	310	
R. Roberts	280	(40-44)	
C.Ballance	205	A. Biggs	280*
J. Riddick	-	R. Roberts	240
198			
T. Bell	240 (40-44)		
J. Thompson	165	T. Bell	240
220	(P/Fire)		
P. Bosi	475	J. Thompson	165*
D. Young	375		
S. Freeman	355		
V. Armstrong	350		
J. Hansen	320		
R. Credle	315		
B. Freethy	235		
J. Rascoe	-		
242	(40-44)		
D. Lawrence	375 (40-44) Ast.		
M. Leibacher	350		
R. Cody	195 (55-59)		
M. Coleman	150		
275	B. Freethy		
C. Elliott	550		
319	S. Freeman		
W. Ferguson	365		
K. Cole	335 (35-39)		
D. Wobbliton	165		
SHW	(40-44)		
M. Ange	430		
D-Lift	R. Cody		
114	(45-49) Ast		
B. Swych	M. Leibacher		
132	190m (50-54)		
B. Zak	M. Coleman		
G. Pike	150*		
K. Tschwor	410m 275		
148	325 Open Ast		
D. Sylvester	225		
P. White	C. Elliott		
165	335		
R. Young	325m K. Cole		
R. Clay	320 (45-49)		
K. Respss	225 W. Ferguson		
181	365*		
C. Ballance	425 (Open)		
Q. Hoffer	350 M. Ange		
198	430		
J. Thompson	410m 198 (12-13)		
P. Bowen	360 S. Williams		
220	100*		
V. Armstrong	132 Open		
D. Young	500m J. Zak		
242	100		
M. Coleman	475 D-Lift		
R. Cody	114		
A. Chamblee	325m (11-12)		
275	315 B. Swtgc		
K. Bryant	190		
319	240ni K. Tschwor		
D. Wobbleton	225*		
Wom	135m G. Pike		
S. Nesbitt-49	325*		
J. Zak-25	148		
105 BENCH (10-11)	225* (16-17)		
H. Bateman	210 D. Sylvester		
132 (12-13)	(P/Fire)		
M. Smith (14-15)	P. White		
(35-39)	275*		
C. Biggs	165		
148 (12-13)	R. Clay		
J. Lassiter (14-15)	320*		
115	(40-44)		
R. Young	325*		
(P/Fire)			
K. Respss	275*		
140	181		
(14-15)	C. Ballance		
115	425*		
Q. Hoffer	198		

(14-15) P. Bowen 360* (12-13) A. Chambee 300* organization, or luck, but simply put great meet directors with a love for the sport. Ricky always puts on an unpolitical, friendly, meet, and every lifter goes home with a three post trophy no matter where they place, and his entry fees are extremely low. Special recognition is also deserved by Janice Young. As a meet director I can assure you that us husbands may come up with the idea of having a meet, but the wives put up 50% of the work (at least), and receive a meager two percent credit if they're lucky. Thank you Janice and Ricky for holding a great meet. In order to avoid writing a book on this meet, I will mention the top lifter, and any highlights in each weight class. Harrison Bateman would bench 85 pounds in the 114 class to become the first overall state champion of the day. After finishing second at the last two state meets, Ben Zak dropped a class and benched 215 for the title. Young, Mark Franklin captured his first state title with a 185 bench in the 148 class. Larry Bund benched 290 in the 181 class to become the only lifter to win back to back bench press state championships. Way to go Larry. The real battle was for second which had five pounds separating Ed Ownley, Kevin Respss, and Ricky Young. James Savage was the monster of this to location (as Plymouth isn't a big city),

organization as his 400 pound bench was the only bench "meet" record of the day. At 198, two time state champion Tommy Holland was absent, which opened the way Tyrone Bell to take his first state title. If there was a class to showcase, it would be at 220. We had master phenomenon Jim Hansen, the monster Paul Bossi, 198 runner up Victor Armstrong, and to seal it 2000 state champ Victor Armstrong. When the dust settled Paul Bossi's 475 dominated the class, and earned him a long overdue title. David Young finished in second with 375, and the surprise third place finisher was Sylvester Freeman. Sylvester made two valiant tries at 385 which would have moved him into second, and Joseph Rascoe would have been a factor if he had gotten his 375 opener in. Donnel Lawerence earned his first title with a 375 bench at 242, but rapidly improving Mike Leibacher hit 350, and by next year may be the man to beat. 1999 Runner-up Carl Elliot returned to an empty class at 275, but his best lifter winning 550 bench warrants his state title. Walter the "Truck" Ferguson has made the last four state meets, with his best finish being second in 1999. In 2001 Walter set the master's state record with 365, and earned his first "OVERALL" state title. Way to go Walter,

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let's see you defend it in 2001. Finishing in second was 16 year old Keith Cole who benched 335, and earned the best teen bench award. In the heavyweight class 2000 runner up Mike Ange added twenty five pounds to his bench to earn the final state title. The first dead-lift state championship had six lifters, this year the number swelled to 23. In the 114 class Blake Swych won the first title. Ben Zak pulled 410 at 132 to become the only lifter to win both the bench and dead-lift state title. If you're in the 165 class you have reason to tremble, as Daryl Sylvester has almost out-grown the 148 class. Daryl pulled a mighty 440, and almost 460 and earned the best lifter teen award. Rick Young has been battling several injuries, but still pulled a state/meet record 325 for his first overall state title. I think Chris BaHance surprised himself when he pulled a state record 425 for top honors at 18. One of the most impressive lifters of the meet was Joey Thompson who pulled 410 and almost 450 in his first meet for a state title. If, key word being if, Joey sticks with it he'll be at 500+ in no time. At 220 Victor Armstrong joined Ben Zak as the only lifters to win back to back state dead-lifting titles. Victor pulled a 500 for the best lifter award. At 242 we had a good match up be-

tween Marty Coleman, Robert Cody, and Aaron Chamblee. In the end all went 3-3, and Marty would win with a 325. At 275 Kanika Bryant and at 319 Danny Wobbleton rounded out the mens state titles. The closest match up of the day was the women Jennifer Zak and Sue Nesbitt at 132. Both lifters battled back and forth with Sue ending at 225. Jennifer countered with 230, which went up to within inches, but it wasn't to be. Hopefully we can see a 2002 rematch. The 2002 State championship was awarded to Fitness Depot for the second straight year. Good luck lifters, and hope to see you next year. (thanks to Ben Zak for the results)

16-17	L. Pledger	125	60	137.5	322.5
198+	S. Pledger	165	62.5	165	392.5
18-19 & Open					
MEN					
132	J. Hunn	115	82.5	167.5	365
	K. Otte	122.5	105	137.5	365
148	R. Bertel	155	90	182.5	427.5
	J. Ward	200	150	217.5	567.5
181	S. Reando	207.5	157.5	232.5	597.5
	D. Mounkes	220	167.5	202.5	590
198	R. Wood	265	195	240	700
	R. Petzoldt	230	167.5	242.5	650
G. Ludwig	250	157.5	230	637.5	
J. Neal					
220					
R. Fowler	305	170	255	730	
M. Bauman	267.5	150	242.5	660	
242					
P. Andrich	295	182.5	287.5	765	
P. Mounkes	250	205	265	720	
T. Sallee	185	115	205	505	

SHW					
T. Rubey	320	222.5	345	887.5	
J. Pledger	282.5	160	272.5	715	
B. Mitchell	202.5	157.5	220	580	
Teenage Men					
114-14-15					
N. Rinderer	120	72.5	142.5	335	
165-14-15					
L. Taylor					
16-17					
B. sadler	147.5	92.5	210	460	
18-19					
J. Stratton	192.5	122.5	227.5	542.5	
D. Blackford	187.5	120	180	487.5	
181					
16-17					
N. Gentges	165	122.5	205	492.5	
18-19					
J. Talton	252.5	180	272.5	705	
198-18-19					
J. Montoya	175	155	190	520	
220-18-19					
D. Farrar	212.5	125	215	552.5	
275-18-19					
R. Benson	227.5	145	240	612.5	
SHW 14-15					
J. Newsome	255	120	255	630	
Master					
148					
60-64					
M. Lawson	197.5	102.5	195	495	
I. Zwick	67.5	132.5	75	275	
165					
50-54					
G. Schoonmaker	137.5	97.5	185	420	
181					
40-44					
D. Mounkes	220	167.5	202.5	590	
198					
40-44					
G. Ludwig	250	157.5	230	637.5	
242					
40-44					
P. Mounkes	250	205	265	720	
T. Sallee	185	115	205	505	
50-54					
B. Levine	220	155	217.5	492.5	
SHW					
40-44					
J. Pledger	282.5	160	272.5	715	
Novice					
198					
J. Koerner	200	147.5	230	587.5	
K. Glueck	165	100	177.5	442.5	
220					
D. Farrar	212.5	125	215	552.5	
242					
J. Wooldridge	160	107.5	185	452.5	
275					
R. Stewart					
SHW					
B. Manion	227.5	182.5	240	650	
BENCH					
WOMEN					
Open					
148	L. Kaylor	220	18-19	115	
K. Glueck	50	D. Farrar			
40-44		MASTER			
148					
K. Jones	90	148			
M. Post	87.5	60-64			
16-17	I. Zwick	165			
165		50-54			
L. Pledger	60	G. Schoonmaker	97.5		
MEN		55-59			
Open		W. Smith	105		
132		181			
J. Hunn	82.5	40-44			
148	D. Rosenzweig	187.5			
I. Zwick	132.5	D. Mounkes	167.5		
165		G. Heleine	147.5		
J. Ward	150	B. Schmidt	127.5		
L. Kaylor	115	198			
181		40-44			
D. Rosenzweig	187.5	G. Ludwig	157.5		
D. Mounkes	167.5	R. Scholz	125		
Z. Cooper	220				
220		50-54			
T. Stanley	172.5	A. Kisrow	170		
M. Mitchell	155	242			
242		40-44			
P. Mounkes	205	P. Mounkes	205		
275		50-54			
S. Deal	160	G. Chrunc	220		
SHW		B. Levine	155		
D. Garris	235	SHW			
		40-44			
		J. Pledger	160		
		45-49			
		E. Finnell	200		

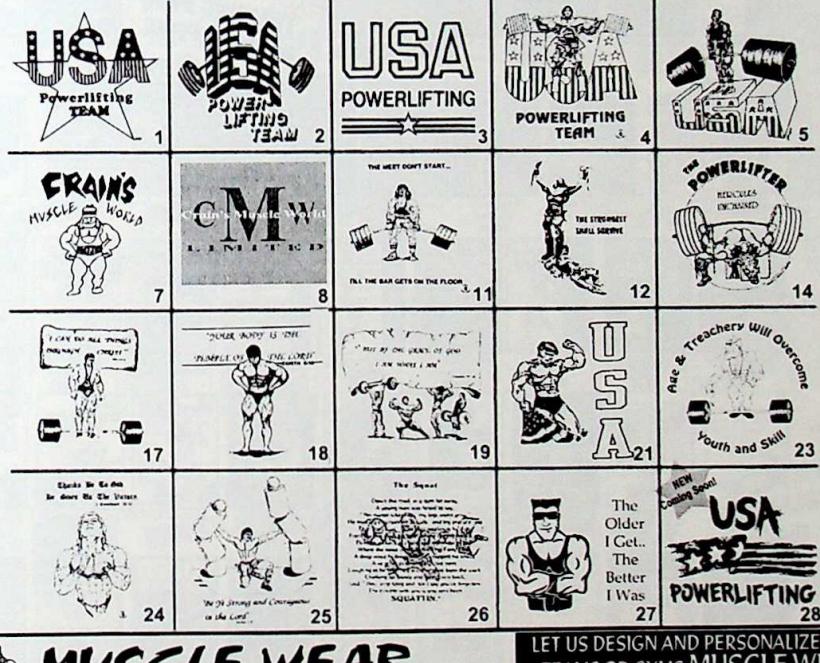
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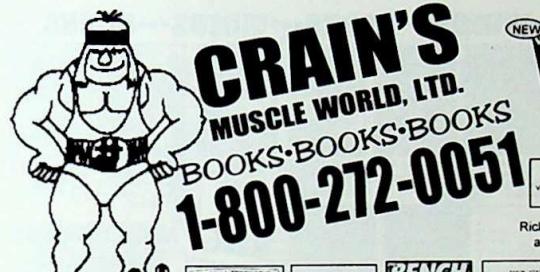
BENCH PRESS	Jr.	Feige GER	150	130	180	460
Women	Kleinbergs LAT	Cavagna ITA	180	90	190	460
52 kg	Goglio ITA	Teen	75 kg			
Cavaliere ITA	65	Stolz AUT	170	100	150	420
56 kg	Open	Morozovs LAT	240	182.5	250	672.5
M1	Imesch SWI	Tuerschmann	210	140	231	581
Rychanova GER	105	Geipel GER	190	125	185	500
60 kg	Avens GER	Teen	82.5 kg			
M6	Ventre SWI	Cavagna ITA	150	70	180	400
Knvanek AUT	50	Savokins LAT	270	207.5	265	742.5
67.5 kg	Vaccari ITA	Ecceli ITA	320	150	235	715
Dampfer AUT	180	Loeser GER	250	180	280	710
Fuchs AUT	120.5	Lorenz GER	245	172.5	240	657.5
M1	Zuber AUT	Open				
Weinelt GER	55	Weiler AUT	400	217.5	322.5	940
75 kg	M1	Kruse GER	340	220	270	830
Hirschi SWI	122.5	Pratschker AUT	285	225	290	800
Starenczak POL	70	Wasmer SWI	295	175	270	740
Sapanaiyev ISR	60	Jr.	125 kg			
Men	Kruger GER	Lenhart AUT	285	175	260	720
52 kg	M5	Naeper SWI	230	130	265	625
Stolz AUT	167.5	Bianchi ITA	280	165	250	695
Teen	Open	Feistmantel AUT	155	230	625	
Herok POL	77.5	Jr.	140 kg			
56 kg	100 kg	Knupfer GER	150	120	210	490
Karkuschke GER	120	Kaspars LAT	285	200	320	805
60 kg	Rozen AUS	Simek AUT	310	180	310	800
Jr.	Lenhardt AUT	Open				
Zaleman AUS	155.5	Hayn GER	355	195	325	857
67.5 kg	Open					
Jr.	Haase GER					
Lazzeri ITA	80	Kuduns LAT				
Open	Armettani ITA					
Werner GER	165	Schoele GER				
Radzevics LAT	142.5	Scheurer GER				
Feige GER	130	195				
Herok POL	122.5	Theiss GER				
Bettolite ITA	117.5	M1				
M1	Pandion AUT					
Herzog SWI	180	Bossert GER				
75 kg	110 kg					
Teen	Junior					
Stolz AUT	102.5	Schwab AUT				
Junior	Lorenz GER					
Gian ITA	105	Loeser GER				
Kuhleis GER	100	Open				
Open	Biermordt GER					
Schick GER	240	Kruse GER				
Forutan GER	195	Zimmerman				
Morozovs LAT	182.5	Doppler GER				
Giangrossi ITA	150	Kohs LAT				
Tuerschmann	140	Sommer GER				
M1	Hippmann GER					
Rien GER	162.5	Mruk AUT				
DePalma ITA	147.5	M1				
M2	Mrosek GER					
Geipel GER	125	Braeuer GER				
82.5 kg	Guerschka AUT					
Junior	M5					
Savokins LAT	207.5	Dettner AUT				
Open	125 kg					
Szyja POL	220	Baron POI				
Berndt GER	220	Leitis LAT				
Epple GER	210	M1				
Shachar ISR	180	Pevko LAT				
Plat GER	180	Pietz GER				
Fruet ITA	167.5	M3				
Eichelberger	120	Schroeder GER				
M1	Brusco ITA					
Petrischler AUT	200	140 kg				
Forgione ITA	170	Jr.				
M2	Kohlmann GER					
Mechlili POL	170	Open				
Wagner GER	105	Newkrhla AUT				
M6	Dudkins LAT					
Nategh IRN	130	M1				
90 kg	Ackermann GER					
WOMEN	SQ	180	120	177.5	482.5	425
60 kg	BQ	85	85	180	440	
67.5 kg	DL	175	175	175	440	
Jr.	TOT	180	180	180	478	
Zuercher SWI	151	165	155	155	371	
Open	Michiels BEL	170	90	175	435	
75 kg	Bentschitsch	150	87.5	160	407.5	
MEN						
56 kg	Karkuschke GER	185	120	177.5	482.5	
Cavagna ITA	180	85	175	440		
60 kg	Jr.	Zaleman AUS	180	115.5	182.5	478
67.5 kg	Junior	Festi ITA	180	90	180	450
Lazzeri ITA	140	80	190	410		
Open	Radzevics LAT	210	142.5	125	477.5	

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S. Forney	235	115	260	610	F. Murillo	250	140	310	700	C. Franzen	390	245	400	1035	C. Pimley	242			
K. Bakke	240	115	240	595	H. Spencer	200	140	100	440	J. Schneider	355	220	370	945	R. Vessey	597	340	500	1537
H. Crosby	215	115	260	590	123										B. Connor	500	325	525	1350
A. Fix	200	110	260	570	E. Peterson	235	205	365	805					L. Lochrie	455	360	525	1340	



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USAPL Police & Fire Nationals 26 AUG 01 - Charlottesville, VA

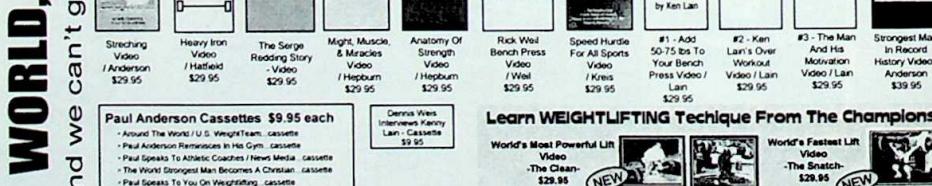
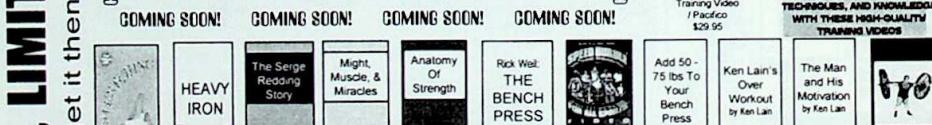
Bench Press	198
Female	35-39
181	M. Williams
40-44	60-64
C. Everett	100
Men	L. Luongo
165	242
40-44	J. McElwee
S. Burke	300
181	K. Heller
D. Sustin	345
50-54	K. Herbert
R. Goldsmith	345
J. Harman	300
Powerlifting	SQ BP DL TOT
181	
D. Sustin	530 345 555 1430
50-54	
R. Goldsmith	145 345 145 635
220	
K. Hubbard	510 315 580 1405
40-44	
J. Keough	480 350 510 1340
242	
C. Swigler	500 390 540 1430
275	
J. McKenzie	640 405 600 1645
K. Herbert	145 495 145 785
319	
T. Tsouroutis	600 470 600 1670
SHW	
M. Werges	650 425 625 1700

(thanks to the USA Powerlifting for providing these competition results to Powerlifting USA)

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BENCH WOMEN 132	NOVICE RAW RAMOS 4049	165 20-23 OPEN	17-19 RAW THOMAS 355	220 450* 1025
33-39 RAW EMIG 160*	CHAVACCI CHERRY POLICE RAW SCHELL	455 33-39 4049	20-23 LANDIS 320	270 400 990
OPEN RAW EMIG 160*	POLICE RAW SHW	345 33-39	360 4049	460 235 500
165 20-23 BOBBITT 170*	OPEN RAW HILDERLEY	360 181	1195 1200	1195
MEN 148 NOVICE RAW	4049 RAW HILDERLEY	390 33-39	20-23 RAW JONES 415	245 445 1105
LUP 165 OPEN MANZO 270 33-39RAW	NOVICE BERSFORD	425 4049	JOHNSON 360	190 470 1020
CALIGUARI 290 POLICE RAW	MAXWELL OPEN	425 4049	181 1200	1200
CALIGUARI 290 4049 HENDERSON	MAXWELL MEN	425 50-59	JOHNSON 360	250 500
MANZO 270 360* 165	DENNISON NOVICE RAW	425 50-59	1305 1400	1400
50-59 LANE 175 50-59RAW	50-59 JONES	425 50-59	KLIEFOTH-BL 640*	345 570 1555
LANE 175	MANZO 498	425 50-59	EVANS 485	320 610 1415
181 OPEN RYAN	OPEN 435***	425 50-59	EVANS 485*	320 610* 1415*
GATINELLA 33-39 BOOKER GATINELLA	OPEN SKINNER EISMAN 4049	425 50-59	KLIEFOTH 640*	345* 570* 1555*
60-69 RAW FREED 198 OPEN GREEN-BL	MOTICHKA-BL POLICE SKINNER	425 50-59	OPEN RAW MAXWELL	50-59
198 HANDLIN 435 33-39	SKINNER 50-59	425 50-59	MOTICHKA 470	295 590 1355
HANDLIN 435 20-23 GREEN	BAKER 560	425 50-59	MOTICHKA 470	295 590 1355
40-49 HANDLIN 435 17-19 OPEN	LOUX 525***	425 50-59	MOTICHKA 470	295 590 1355
40-49 WALLACE-BL 410 DURANT POUERAW	OPEN NOVICE WEBER	425 50-59	PEROTTA 500	350 530 1380
220 CINELLI 255 OPEN COHENHAVER	POLICE WEIER	425 50-59	OPEN RAW SHERMAN	525 285 550 1360
70-79 DEFALCO 365 40-49 BROWN	MORRA 500	425 50-59	PEROTTA 500	350 530 1380
MC GUIRE 270 242 OPEN COPENHAVER	OPEN NOVICE WEBER	425 50-59	50-59 SPAHR	460 370 500 1330
242 OPEN MORRA	JOHNSON 515	425 50-59	SPAHAR 460	370 500 1330
50-59 DAVIS 315 60-69 OPEN	JOHNSON 515	425 50-59	OPEN	181
70-79 SERRITELLA 475	SERRITELLA 475	425 50-59	50-59 SPAHR	460
40-49 33-39 RAW FEDEROVOCZ	OPEN NOVICE HALLIDAY-BL	425 50-59	SPAHAR 460	370 500 1330
40-49 ERB 340 33-39 RAW OPEN KEASER-BL	POUCE TOLMIE 520**	425 50-59	SPAHAR 460	370 500 1330
40-49 ERB 340 33-39 RAW CAPERS	TOLMIE 520**	425 50-59	SPAHAR 460	370 500 1330
365 50-59 JOHNSON	POUCE TOLMIE 520**	425 50-59	SPAHAR 460	370 500 1330
50-59 GLENNEY 410 50-59 RAW SERRITELLA	SQUAT CINELLI 305	425 50-59	SPAHAR 460	370 500 1330
60-69 RAW NOVICE PARRY	WOMEN 305	425 50-59	SPAHAR 460	370 500 1330
NOVICE PARRY	198	425 50-59	SPAHAR 460	370 500 1330
275 OPEN KEASER-BL	50-59 RAW CINELLI	425 50-59	SPAHAR 460	370 500 1330
242 OPEN HALLIDAY	242	425 50-59	SPAHAR 460	370 500 1330
50-59 DEVELENGAS	NOVICE HALLIDAY	425 50-59	SPAHAR 460	370 500 1330
33-39 RAW DEVELENGAS	425 40-49	425 50-59	SPAHAR 460	370 500 1330
40-49 RAW HUNTER	CHERRY 425	425 50-59	SPAHAR 460	370 500 1330
WOMEN 148 NOVICE RAW FANTASKI	SQ BP DL TOT	425 50-59	SPAHAR 460	370 500 1330
NOVICE RAW FANTASKI	120 120* 225* 465	425 50-59	SPAHAR 460	370 500 1330
NOVICE RAW WICKER	325* 230* 315* 870*	425 50-59	SPAHAR 460	370 500 1330
50-59 ROOD	375* 200* 375* 950*	425 50-59	SPAHAR 460	370 500 1330
50-59 RAW HOXWORTH	335 220 440 995	425 50-59	SPAHAR 460	370 500 1330

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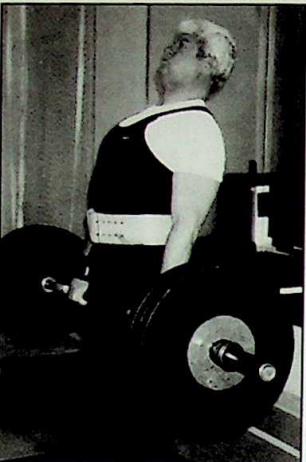
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SLP Midwest Open BP&DL
09 DEC 01 - Indianapolis, IN

BENCH PRESS	Scott Kenworthy	215
submaster women	165	
148	Jerry Jones	305
Lisa Robinson	135	4th 320
master women 40-44	Mike Korth	295
148	Vincent Gartin	285
Julie Nance	100	4th 305
teenage men 18-19	181	
165	Ron Palmer	430
C. Jackson	310	Keith Otto 380
4th	320	198
Aaron Ridgway	300	Matt Nelis 430
4th	315	Michael Coe 430
R. Lesshaft	255	D. Toombs 235
181	220	
Kyle Snider	315	Keith Nicholson 385
junior men	4th	390
165	220	
Lester Mast	300	Todd Bolyard 315
220	242	
Jonathan Dietrich	Dennis Smith	455
430	Jeff Ritzler	420
submaster men	275	
165	Joe Hyre	335
Bruce Baldridge	290	DEADLIFT
242	master women	
Jeff Ritzler	420	148 Lisa Robinson 175
275	Rocky Tilson	415 junior men
master men 40-44	165	
198	Lester Mast	400
John Dylewski	325	master men 45-49
master men 45-49	shw	
275	Mike Boyer	525
Jim Helsley	475	team championship
shw	Broad Ripple Fitness	
Mike Boyer	375	master men 60-64
master men 55-59	242	
148	Tom Richardson	315
Jeff Peirce	185	4th 325
master men 65-49	open men	
220	148	
Gaylord Good	310	Scot Kenworthy 335
master men 70-74	165	
220	Mike Korth	435
Allen Glass	275	198 Michael Coe 550
police & fire	165	Mike Woody 535
Lester Mast	300	220
open men	Keith Nicholson	475
132	4th	515
Matt Duncan	275	275 Leon Fisher 500
148		
Jason Reeves	310	

The Son Light Power Midwest Open Bench Press/Deadlift Championships were held December 9, 2001 at World Gym Indianapolis North in Carmel, Indiana. Thanks to owner Richard Erickson and manager John Pedigo for all their help organizing this event. Thanks also to John, Jerry Jones, Jeff Peirce and my son Joey for their help loading, spotting and judging. Thanks also to Jerry Kemna, owner of Broad Ripple Fitness for all his help. The bench press event marked the return to competition of submaster women's 148 winner Lisa Robinson. Lifting conservatively Lisa finished with a new Indiana state record of 135. Julie Nance, state record holder at master 40-44/148, had some problems with her opener and finished with 100 for the win there. At teenage men 18-19/165 we had three great competitors in Cameron Jackson, Aaron Ridgway and Raymond Lesshaft. Finishing on top was Cameron with 310, coming back with a successful fourth of 320 for a new personal record. Second place went to Aaron with 300, who followed that with a pr 315 fourth attempt. Raymond was third with 255, making just his opener. At 181 Kyle Snider tied the existing state record with his 315 second attempt, just missing a new state record with 325 for his third. Lester Mast took the title at junior/165 with an easy 300 while Jonathan Dietrich destroyed the record at 220 with 430. Bruce Baldridge set the record at submaster 165 with a solid 290 for the win there. Also in the submaster division was Jeff Ritzler at 242 with his opener of 420 and Rocky Tilson who won at 275 with 415. Both men only got their openers in. John Dylewski was the winner at master 40-44/198 with 325, making all three of his attempts. Jim Helsley finished with a strong 475 after missing his final attempt with 500 for the win at 45-49/275. Mike Boyer fell just five pounds short of his own state record at 45-49/shw, finishing with 375. Newcomer Jeff Peirce set the Indiana state record for the master 55-59/148 class with 185, going three for three on the day. Gaylord Good had a good day as he broke his



Tom Richardson, winner of the 60-64 242s at the Midwest Open, locks out a State and Personal Record 325. (photograph was provided courtesy Darrell Latch)

own state record at 65-69/220 with a strong 310. Incidentally, we want to commend Gaylord for trailing and bringing to the competition seven new competitors from Broad Ripple Fitness. We all know how much work that takes and we appreciate it very much. Then at 70-74/220 is the incredible Allen Glass. Allen broke his own state record and tied his own personal record with his 275 third attempt. A fourth with 280 was very close, stalling just at lockout. In the police and fire division, lifting as a guest lifter, Lester Mast finished with 300. In the open division Matt Duncan broke the record at 132 with a strong 275 final attempt. Jason Reeves won at 148 with 310 over Scott Kenworthy, who finished with 215. Jerry Jones

won at 165 with 305 then came back with 320 for a successful fourth. This was Jerry's first competition. Mike Korth finished second with 295, but would have easily won with his 330 second attempt which was called after the bar moved up and down before lockout. First-timer Vincent Gartin was third with 285. Vincent moved on to a successful fourth with 305. Best lifter Ron Palmer won the 181 class with his opener of 430 before missing twice with a pr 485. Second place at 181 went to Keith Otto who finished with 380. The 198's was close with both Matt Nelis and Michael Coe finishing with 430. Weighing in three pounds lighter, Matt was declared the winner. This was Mike's first competition. Also competing for the first time was Dewayne Toombs who finished third with 235. Keith Nicholson had a great first outing as he won the open 220 class, finishing with 385 followed by a 390 personal record fourth attempt. Training partner Todd Bolyard was second with 315. Dennis Smith captured the title at 242 with just his opener of 455, missing 475 twice. Jeff Ritzler was second with 420, again making only his opening attempt. Another first-time competitor, Joe Hyre, took the open 275 class with a solid 335. In the deadlift competition Lisa Robinson continued her winning ways, capturing again the submaster women's 148 class with a new Indiana state record of 175. Lester Mast won at junior men 165 with 400. Mike Boyer tied his own Indiana state record at 45-49/shw, finishing with 525. At 60-64/242 Tom Richardson put on quite a show with two new personal and state records with his third and fourth attempts. Pulling a strong 315 final attempt, Tom came back with an equally solid 325 fourth. In the open division Scott Kenworthy upped his own state record at 148 with a 335 personal record. Mike Korth set the record at 165 with 435, getting just his opener in. Then at 198 we had an interesting battle against Mike Coe and Mike Woody. Taking the class was Mike Coe with a solid 550 pull after missing a state record attempt of 575 on his final attempt. Mike Woody was second with the toughest pull of the day, 535. But since Woody weighed in ten pounds less than Coe, Mike Woody was declared best lifter of the competition! Keith

Nicholson won his second title of the day at 220 with 475 followed by a 515 fourth attempt. Rounding out the field was Leon Fisher who took the 275 class with 500. Broad Ripple Fitness won the team championship. Thanks again to everyone for making this another successful and fun competition. (Thanks to Dr. Darrell Latch for providing the meet results.)

The Wellness Center Bench Press
15 SEP 01 — Bluefield, WV

TEEN (14-15)	220 lb.
132 lb.	Joe Gibson 240
Jesse Perry	155 (65-69)
(16-17) 165 lb.	D. Robbins, Sr. 225
Jaren Lockhart	235 OPEN 148 lb.
198 lb.	Jesse Ruble 190
Steve Keim	280 165 lb.
(18-19) 198 lb.	Gary Akers 235
Jon Moore	255 S. Ciamparella 270
Masters (40-44)	Danny Acken 310
220 lb.	Josh Wright 350
Robert Jackson	300 181 lb.
(45-49) 181 lb.	K. Meadows 285
Doug Peery	265 Happy Hager 300
(50-54) 198 lb.	D. Williams 335
Ernest Samples	335 220 lb.
(60-64) 181 lb.	Keith Ruble 350
Ken Samples	245 Bruce Haga 410
198 lb.	275 lb.
Willard Bostic	260 Tom Gallemore 385

(Thanks to Denise Farmer for these results)

3rd Annual Deadlift on the River
16 SEP 01 — Elkhart, IN

WOMEN	198 lb. DL
Lynne Boshoven	500 Masters (50+) 148 lb.
YOUTH (6-7) 50 lb.	Mike Wider 415
Open 181 lb.	
Drew Robinson	70 Jason Meade 420
(12-13) 114 lb.	4th 430
Jon G. Smoker	175 Lester Mast 400
TEEN 275 lb.	Chad Dailing 590
Noah Snyder	485 220 lb.
Masters (45+) 220 lb.	Dave Brown 465
Jim Juerink	555 275 lb.
E. Youngblood	610
Paul Sippola	475

Best Lifter - Chad Dailing. Special thanks to: Al Robinson, Jon G. Smoker, Lynne Boshoven, Carol Smoker and Mike Wider. This meet was once again blessed with near perfect weather conditions for a beautiful day on the river, so naturally there was an abundance of fine performances. Those making personal bests were Drew Robinson, Paul Sippola, Jason Meade, Dave Brown and Eric Youngblood, who came over from Ohio. This meet was held just six days after the shocking events of Sept. 11, so Jim Juerink had the idea of donating 10 cents for every pound lifted for the relief effort. I'm pleased to announce that it generated \$75. It reminded me of what Bob Hoffman once said, "I just like weightlifters and being around them." (Thanks to Jon Smoker for the results)

Gold's Gym Bench Press
28 JUL 01 - Murfreesboro, TN

WOMEN	275
Donita Dixon	125 Mike Holston 500
TEENAGE	100 Johnnie Pelt 330
B. Williams	287 308
S. Hammock	206 225 Daryl Fox 465
MASTERS	Eric Teal 380
Burt Burtoft	242 3 15 SHW
R. Maddox	165 285 Andre Davis 500
Keen Long	252 405 Willie Ridley 405
Gary Glenn	185 310 NOVICE
Ed Smith	296 265 148
OPEN	George Bradley 240
148	181
Walter James	345 Jessie Gardner 330
Kevin Harmon	300 198
165	Jay Hunnicutt 380
D. Montgomery	305 Randy Whipple 350
Tim Gibelyow	275 Eric Gardner 350
181	Shawn Avery 290
T. Mc Nelson	370 220
198	Andre Murray 460
Shawn Avery	290 Aaron Hamilton 400
220	Robbie Tucker 390
Rodrick Harrell	460 Craig Thompson 350
Tony Medina	415 275
Aaron Hamilton	400 Richard Long 450
242	Kevin Long 405
Craig Thrower	460 Johnnie Pelt 330
	SHW
	Willie Ridley 405

(thanks to Sandy Ellis for providing these results)

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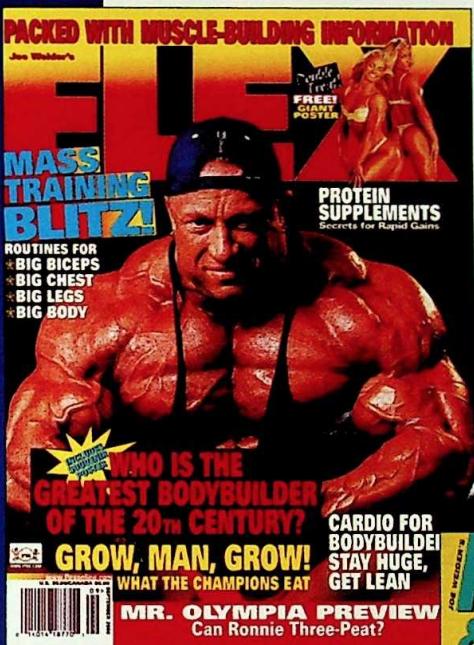
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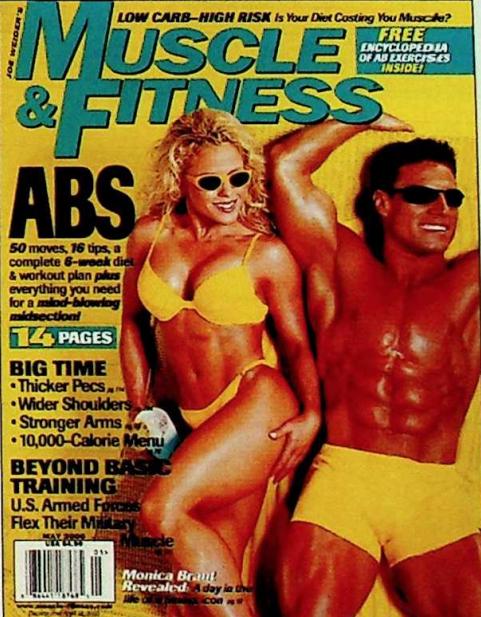


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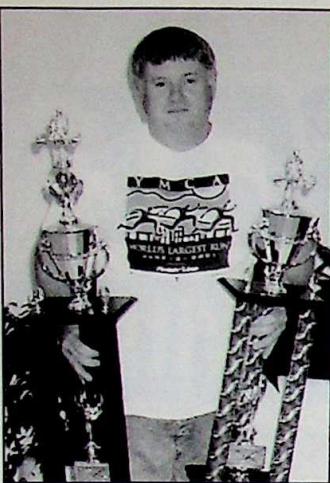
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Best Lifters at the Christmas for Kids Classic included James Ewing (above) for his 530 state record deadlift of 530 in the 45-49, 275 lb. class and Ed Clark for his 530 bench at 242. (photographs are by courtesy of Dr. Darrell Latch)



SLP Christmas for Kids BP/DL 8 DEC 01 - Mattoon, IL

BENCH PRESS	275		J. Harrop	275
teenage men 16-17	Eric Maney	425	Women	181
132	4th	440	B. Baker	330
C. Helregel	205*	DEADLIFT	F. Taylor	110
181	teenage men 13-15		S. Mecham	198
Jeremy Estes	260	123	H. Oxford	200
junior men	Joshua Cobb	225*	M. Oulman	225
148	4th	250*	Men	220
Dennis Frost	195*	teenage men 16-17	J. Regis	148
master men 40-44	132		F. Ramirez	250
181	C. Helregel	350*	A. Davis	215
John Clark	290	4th	R. Hart	165
master men 50-54	375*	teenage men 18-19	D. McCarthy	305
242	123		Men Masters	SQ
Greg Chrun	500*	Bill Wheeler	J. Schermerhorn	535
4th	148	310*	BP	DL
openmen	Duane Frost	305*	TOT	
198	4th	310*	M. Westbrook	485
Randy Coble	295	master men 45-49	Women	315
220	275		B. Baker	405
Mike McCabe	425	James Ewing	H. Otto	555
4th	430	530*	B. Anderton	420
242	165	master men 65-69	P. Thompson	550
Ed Clark	530	Darrel Sidwell	P. Janquart	580
* Son Light Power Illinois state record. The Son Light Power Christmas for Kids Bench Press/Deadlift Classic was held at the Cross County Mall. Thanks once again for the support of the Mall Merchants Association for this annual event to collect toys for the needy children of the area. In the bench press event Cassidy Helregel took the teenage men's 16-17/132 class with 205, breaking the Illinois state record there. At 16-17/181 Jeremy Estes got a new personal best with his win, finishing at 260. This was Jeremy's first competition. Dennis Frost broke his own state record in the junior/148 class with his pr final attempt of 195. Also in his first competition, John Clark took the master men's 40-44/181 class with a new per-				1510

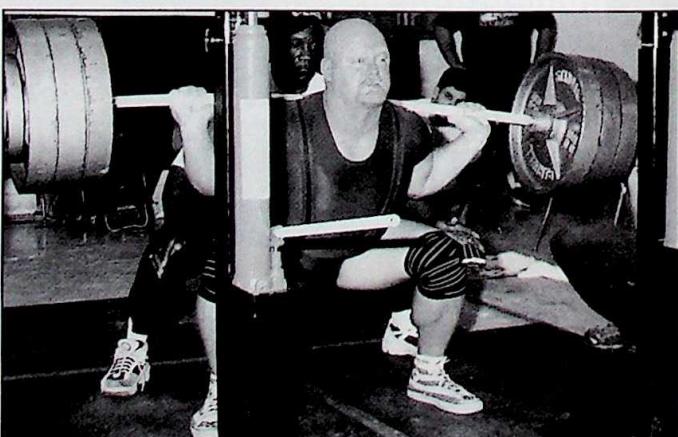
sonal record of 290. Greg Chrun came from St. Louis to win the master 50-54/242 class, which he did in style. Greg finished with a state record 500 before making a fourth with a personal best 520! In the open division Randy Coble only got in his opener of 295, but that was good enough for the win at 198. Taking the 220 class was Mike McCabe, who started out slow but finished with a pr third of 425 an a fourth of 430. Ed Clark was trying out a new bench shirt, and as a result only got in one good lift of 530, just missing a pr 560 twice. Eric Maney had a great day getting prs at 410 and a final with 440 for the win at 275. Best lifter honors went to Ed Clark who just edged out Greg Chrun for the title. In the deadlift competition first time competitor Joshua Cobb won his first title and set the state record in the teenage men's 13-15/123 class with a 225 third followed by a 250 fourth attempt. Cassidy Helregel won his second title at 16-17/132 with a 350 third attempt then a successful 375 fourth attempt which was also his second state record of the day. In the 18-19/123 class it was Bill Wheeler for the win and a new state record of 310. Duane Frost got in four good pulls to finish with 310 for the win at 18-19/148. This was not only a new pr for Duane, but also a new state record for that class. James Ewing moved up to the 275 class of the master 45-49 division, breaking the existing record there with his 530 final pull. Then at 65-69/165 it was 67 year old Darrel Sidwell for the win, pulling a new state record and personal best 315. The best lifter award went to James Ewing, the unofficial mayor of Gays, Illinois (the home of the world's only two-story outhouse). Thanks to my son Joey and to Duane and Dennis Frost for their help loading, spotting and judging. (thanks to Dr. Darrell Latch for providing the meet results)



Team Fitness members, front row l.-to-r., Sam Schultz, Sean Anderson, Craig Sutton, back row l.-to-r., judges (not competing) Brad Compton and Jim Lukens, and competitors Adam Davis, Todd Dueling, Jerry Fisher, and Spencer Myers. (both photographs by Wayne Rhoden)

	P. Thompson	550	405	555	1510
	P. Janquart	580	365	475	1420
	H. Otto	430	325	505	1260
	B. Anderton	420	285	470	1175
		319+			
	M. Kromer	635	500	570	1705
	S.J. Taylor	475	325	580	1380
		Teenage			
		275			
	M. Westbrook	485	315	500	1300
	Fitness Inc.	of Pocatello, Idaho hosted the 11th annual Idaho State/Open Powerlifting Championships along with "Bill's Bad Ass Bench Press Competition", in which 31 powerlifters and 11 benchers participated with competitors coming from Montana, Utah, and several coming from Washington State. The Idaho State/Open Powerlifting meet is held each year in Pocatello, Idaho on the Saturday preceding Thanksgiving. The most impressive lifter was Roger Hendrix, from Washington State, who is among the top nationally-ranked 275 lb. class Masters II division lifters in the USAPL, with a total of 1,845. This total was highlighted by a 705 lb squat. Roger placed first in the Masters division competition across all weight classes by formula. The best male bencher was J. Schermerhorn of Salt Lake City, Utah who pushed up 535 at a body weight of 293. The best female bencher was Holly Oxford of Missoula, Montana who benched 200. In women's powerlifting, Fannie Taylor of Idaho placed first in Division I with a total of 500 pounds in her first ever contest. In Division II, Eula Compton totaled 655 lbs on her way to the title. If Eula hadn't left so much on the platform, she might have achieved the 700 total she is after. The most inspirational lifting went to S.J. Taylor and Bob Heck both from the state of Washington. S.J., also a Strongman competitor, has overcome many personal challenges to be able to compete in strength sports and this was his first powerlifting meet. We hope to see more of S.J. in future powerlifting meets. Bob Heck totaled 1,695 to win the 220 lb men's			

open division. Bob's 2nd and 3rd deadlift attempts were a testament to perseverance. On his 2nd attempt Bob had 700 pounds about as close to lock out as you can get, while the head referee showed no signs of "letting him down". The crowd was screaming at the ref, saying "Give it to him". To no avail, as not locking out his knees was the reason for a failed attempt. Many lifters would have given up, having expended so much on one attempt. Bob re-grouped and attempted the 700 again on his 3rd try. This time his knees 'behaved' and he jumped for joy as 3 white lights came across the scoreboard. While all the lifters competed for trophies, Idaho residents competed for the highly coveted State Champion jackets. The jackets, provided by Pepsi-Cola, are presented to the highest placing resident in each weight class and/or division. The 2001 Idaho State Powerlifting champions are: Men - 132 lbs, Craig Sutton, Pocatello; 148 lbs, Spencer Myers, Pocatello; 165 lbs, Pat Young, Boise; 198 lbs, Mike Oulman, Twin Falls; 220 lbs, John Regis, Boise; 242 lbs, Sean Anderson, Pocatello; 275 lbs, Sam Schultz, Pocatello. Masters, Sean Anderson, Pocatello; Women - Division 1, Fannie Taylor, Blackfoot; Division 11, Wilma Cadavona, Bellevue. Many thanks are owed to Bill and Nancy Davis, owners of Fitness, Inc. who have supported powerlifting in Idaho through 22 meets. Special thanks to Carol Klinger and Brandy Bird our announcers, and to Nancy Davis and Janet Wright for running the scoring table, to our judges, and to volunteers from our gym, and especially to the spotters and loaders. Also we thank our many sponsors, including John Inzer of Inzer Advance Designs, New Day Products & Resources, Union Pacific Railroad, Taco Bell, Warbonnet Electric, Frito Lay, Coors, Pepsi, Jimmy John's Gourmet Sandwiches, Pizza Hut, and Rick Brewer's House of Pain and also our local media, including the Idaho State Journal, Kool 94.9 FM Radio, KIDK-TV and KPVY-TV for their support and coverage of this event. (Meet write-up written by Sean Anderson, meet results provided by Brad Compton, Idaho State Chairperson, of USAPL)



Roger Hendrix attempting a 720 lb. squat at the USAPL Idaho Meet.

20 Year Anniversary of the APF

I want to reach out to all APF lifters and reassure everyone that I will not only stay on as APF President but also plan to upgrade the organization. L. B. Baker is doing our web page for the APF/AAPF and AWPC/WPC. His email address is lbbaker@irondawg.com. Take a look at the web page (www.worldpowerliftingcongress.com). We have links to everything from world records, to news from other countries, up and coming meets, and our latest news. After April of 2002 we will be restarting our board meetings in the US in order to upgrade our rule book for the National meets and all other US meets. Our World Championship will have its own rule book, voted on at the Worlds each year, and the WPO will have its own set of rules, written by Kieran Kidder. Kieran will also be the vice president for the whole organization and he will be putting a lot of money into them as well as his own professional powerlifting organization, the WPO. Kieran is behind me 200% and will back me on all issues that I enforce. He looks forward to working with the board of directors, and will always preserve their right and the right of the other WPC countries to vote on issues. Kieran requested that the APF/WPC be the gateway into the WPO and I have granted him his request. Our interest in the APF/WPC is solely to take the federation into the future, promoting maximum growth and heightening its popularity in society. At no time will the WPO supersede the importance of the APF/WPC. In fact it's crucial that the APF/WPC prosper in order for the WPO to have lifters for the future.

Myself, I believe Kieran sincerely, and I talked with his good friend Russ Barlow, who told me that he was behind myself and Kieran with the APF/AAPF/WPC/AWPC, and he would also do whatever it takes to make us the greatest powerlifting organization. I think a lot of Russ both as a great meet director, and as an organizer for the APF. I also have talked with Gordon Santee, and to me he is the best referee in the US, and he works like three people at the meets. Gordon wants to do everything for the APF. If you are a current APF member and would like to get more involved, we are looking for more board members. As a board member you would work along with our existing board members to shape our future. The board holds meetings and votes quarterly by email, so board members must have email access. If you are interested send in or call in your resume to APF headquarters at 62 South Broadway, Aurora, Ill. 60505, or phone us at 1-800-537-5532 or 1-630-892-1491,



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Social Security Number	Occupation	Date of Application
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I want to thank everyone who has stayed with the APF and kept faith in me, I promise I will not let you

down, and I will always be here for everyone in one way or the other, as long as you want me to. Our board will make the future great for all of us. Your suggestions are well appreciated, and will be brought up in front of the board if it is reasonable. It is you the member, that we want to please. And if you want to go from amateur lifting to professional lifting with the WPO for money, we will be

here to help you to achieve this. So lets progress together, by going from the APF to the WPC to the money in the game of the WPO. Looking forward to an exciting 2002, and to all lifters who come along with us.

Your friend of 20 years in the APF, Sincerely,

Ernie Frantz,
Kieran Kidder,
Gordon Santee



NEW A.P.F./A.A.P.F. Membership Application

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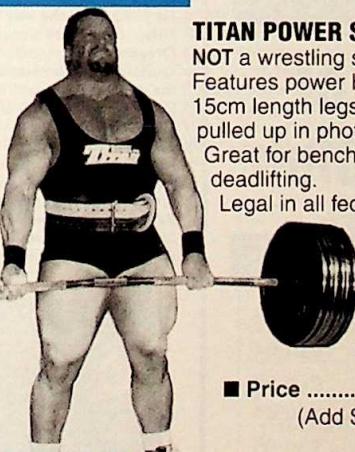
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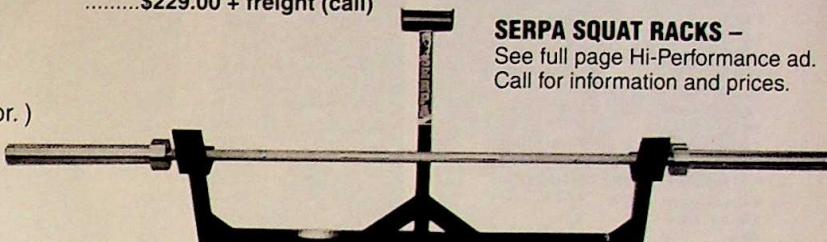
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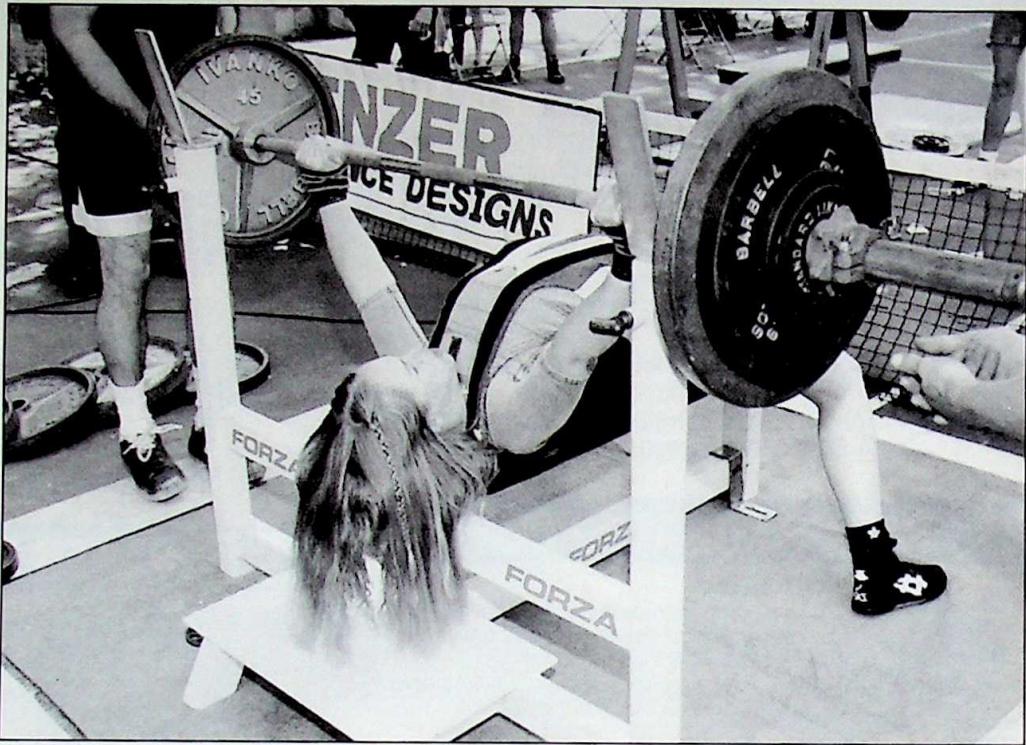
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WABDL BP & DL Championships
25 AUG 01 - Bend, OR

BENCH PRESS	SHW
Master Men	Barb Short
Law/Fire	Junior Women
220	114
48+	Jenny Hamilton 65
David Martinez 340	4th 70
Open Men	DEADLIFT
275	Women
Tim Stashin 350	Junior
George Nelson	114
Teen Men	Jenny Hamilton 175
13-15	Open
148	132
Dane Flowers 165	Erin Moore 330
165	Submaster Men
Michael Enloe 215	181
Andy Munsey 165	Dan Guches 490
16-19	SHW
165	Dean Munsey 700
Ben Pedroni 275	Rick McClung 625
Erik Nielsen 260	Masters Men
Ryan Flowers 170	47-53
Masters Men	275
40-46	Sam Pecktol 665
242	308
Steve Shipley 505	Daniel Stevens 550
Joe Harms 440	4th 600
47-53	68-74
220	198
David Martinez 340	Ross Phillips 480
308	Open Men
Daniel Stevens 450	242
54-60	Troy Hamilton 525
275	SHW
George Nelson	Dean Munsey 700
61-67	Junior Men
275	148
Bill Isley 285	Barry Kunkel 460
68-74	Class I
198	220
Ross Phillips 260	Jim Halstead 560
75-79	4th 570
165	Donovan Bell 560
Dick Gibsen 170	Chris Godwin 505
Class I	242
220	Greg Ramsdell 500
Josh Schrag 340	Masters Men
242	Law Fire
Ryan Marvin 420	40-47
Greg Ramsdell 385	181
SHW	Terry Wilson 475
Rick McClung 425	Submaster Men
4th 450	Law/Fire
Junior Men	181
181	Eric Fox 475
James Jacobson 220	220
Josh Schrag 340	Kevin Eller 530
Masters Women	Tyler Kopta 520
40-46	Open Men
148	Law/Fire
Cindy Cameron 155	220
181	Phil Cicero 520
Laura Feusi 230	275
4th 240	Jeffery McGrath 465
47-53	Teen
165	13-15
R. Harrington 160	148
Open Women	Dane Flowers 310
123	165
Shelley Radcliffe 215	Michael Enloe 370
4th 230	4th 390
132	Andy Munsey 350
Erin Moore 165	16-19
181	165
Laura Feusi 230	Casey Guches 445
4th 240	Ryan Flowers 350
Nick Heppner 535	198

Meet Site: Bend Riverside Motel. In the deadlift, in open, Dean Munsey pulled 700. In Junior Barry Kunkel pulled 460 at 148. In Class I, 220, Jim Halstead set an Oregon State Record with 570 and was named outstanding lifter. Donovan Bell was a close 2nd with 560. In Masters Division Dead, in 47-53, at 275, Sam Pecktol set a World Record with 665 and Dan Stevens set an Oregon State Record at 308 with 600. At 68-74, 198, Ross Phillips set a World Record with 480. Ross is 70 and has set over 30 world records in his career. In Submaster Superheavy Rick McClung pulled 625, but Dean Munsey set an Oregon State Record with 700 for the win. In Women's Deadlift, Erin Moore pulled 330 at 132 and was the Outstanding Female Deadlifter. In Junior, 114, Jenny Hamilton pulled an Oregon State Record with 175. In Teenage Deadlift in 13-15 age group at 165 Michael Enloe set an Oregon State Record with 390. In Teen 16-19 Nick



Shelley Radcliffe with a WABDL World Record 230 lb. bench press in the 123 lb. class. (courtesy Gus)

Heppner, who holds the World Record in 13-15, 242, with 534 and 275 now is up with the older teenagers and he had to settle for an Oregon State Record of 535 at 198. In Open Law/Fire Deadlift Phil Cicero set an Oregon State Record with 520. In Submaster Law/Fire Eric Fox, Kevin Eller, and Tyler Kopta,

all are Sheriffs in Jackson County, Oregon - Medford is the county seat. They all set Oregon State Records: Fox did 475 at 181, Eller did 530 at 220, and Kopta set a World Record on top of his State Record with 520 at 242. In the bench press, open women, Shelley Radcliffe set a World Record at 123# with 230#, a very impressive lift to say the least.

At 181, Laura Feusi was equally impressive with 3 world records, ending up with 240 and that is in the master 40-46, 181 class. Her open lifts were Idaho State Records. In Class I Bench, Ryan Marvin was Outstanding Lifter with 420 and Rick McClung set an Oregon State Record with 450. In Masters Bench, Steve Shipley was very impressive with 505 in 40-46, 242#. Daniel Stevens pushed 450 at 47-53, 308#. Bill Isley set an Oregon State Record in 61-67, 275, with 285. He jumped all the way to 346 and missed. In Teen 16-19, 165# Bench, Ben Pedroni set an Oregon State Record with 275 and was named Outstanding Lifter. Iwan to thank Beth Mallory, the scorekeeper, and the judges were Ross Phillips, Terry Luehrs, Chris Erhardt, and Dave Cheek. The sponsors were Wes Kampen of the Powerlifting SuperStore and Monster Muscle.com; Rick Brewer of House of Pain, John Inzer of Inzer Advance Designs, Powerlifting USA, Power Mag, Apex Fitness, MAC Barbell, York Barbell, Budweiser, Pepsi, Forza Strength Systems and AdvoCare. (thanks to Gus Rethwisch for the results and the report)

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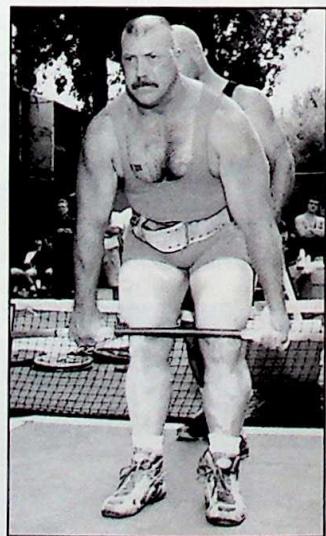
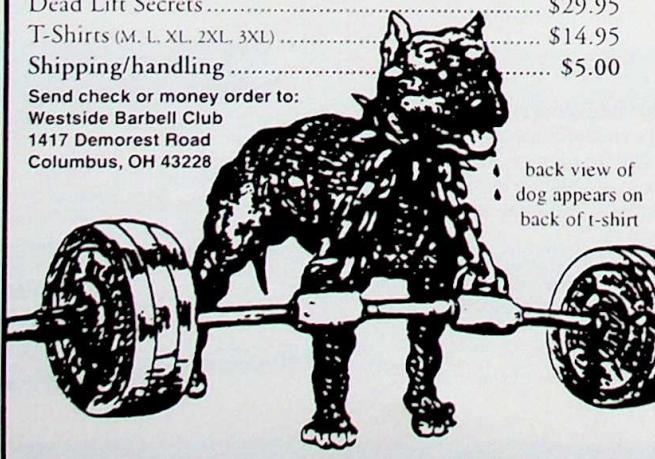
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back view of dog appears on back of t-shirt



Sam Pecktol with a WABDL World Record 665 pull at 275, 47-53.

WABDL Washington State BP & DL

29 SEP 01 - Hoquiam, WA

BENCH PRESS	Veron Ledford	300
Open Men	181	
Law/Fire	Tolan Furusho	375
308	220	
Tom Heddle	360	S. Reichmuth
Master Men	242	W. Kamealoa
Law/Fire	40-47	Mike Sinner
308	275	400
Robert Arnold	500	Joe Garcia
48+	308	350
242	Brandon Relkoff	430
Patrick Fay	365	4th 440
Junior Men	SHW	
189	J. DeLeon	430
Ryan Bren	335	Open Women
220	148	
Josh Wilkins	525	Machell Collier
275	181	115
James Vereide	340	Joanne Warner
Teen Men	Erica Tawney	335
16-19	Master Women	155
132	40-46	
Fredy Merida	165	
308	Patty Seaman	75
John Dinubila	300	47-53
Open Men	148	
165	Suzanne Morris	85
F. Evangelista	370	165
181	Jan Richardson	70
Ken Scheuer	345	54-60
220	123	
Faron lash	405	Martha Hopkins
Larry Benner	365	75
275	148	
Ruth Gladson	105	
Blaine Stussy	405	SHW
308	Dawn Ivey-Vick	85
Andy Medak	305	Submaster Women
SHW	148	
J. De Leon	430	Kelley Mahoney
Submaster Men	148	115
148	Teen Women	
Ron Hilderbrand	215	16-19
242	Erica Tawney	155
Brian Craig	DEADLIFT	
275	Teen Men	
T. Christensen	450	16-19
W. Pontius	440	132
Rudy Hernandez	400	Fredy Merida
SHW	4th	345
Julian Erevia	455	360
Master Men	165	
40-46	Tyler Charouhas	500
F. Evangelista	370	Junior Men
D. Marxheimer	355	148
Veron Ledford	300	Rick Brae
220	198	145
Faron Lash	405	Ryan Bren
Larry Benner	365	525
242	Kasey Eslick	655
Joe Harms	460	Shawn Dudley
Mike Sinner	400	470
Dwayne Benner	240	242
275	James Vereide	550
Scott Birdwell	455	Submaster Men
308	220	
Robert Arnold	500	Joe Collins
47-53	Joe Fernandez	405
181	Ron West	570
Marc Tomlinson	290	Joe Garcia
Jim Richardson	285	Teen Women
242	16-19	
Roger Nelson	430	181
Mike Magruder	430	Erica Tawney
Patrick Fay	365	280
54-60	Junior Women	
165	Michelle Sheedy	330
Jeff Manchester	235	Submaster Women
181	148	
Ken Scheuer	345	Kelley Mahoney
242	235	235
Sekermestrovich	455	Sheri Klocke
61-67	198	305
148	Patricia Magill	370
Orville Kuipers	225	Open Women
198	Law/Fire	
Bernie Miller	295	132
Jerry Gladson	265	Yvonne Peterson
308	235	
James Nogoles	240	Master Women
75-79	Law/Fire	
148	SHW	
Arthur Whinston	105	Carolyn Fay
Class I	4th	235
148	Open Women	245
Jose Villegas	270	Machell Collier
Ron Hilderbrand	215	Deanna Brooks
4th	235	260
165	181	
	Joanne Warner	390



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Joanne Warner pulling a 420 lb. WABDL World Record in her first meet. (courtesy of Gus Rethwisch)

throw and is a good bet to make the Olympic Team. Also at 181, Erica Tawney set a Washington State Record with 280 and Patricia Magill pulled a Washington State Record 370, which as stated earlier - was also a World Record in Submaster 1984 class. In Master Women Deadlift, Suzanne Morris set a Washington State Record in Master 47-53, 148# class, with 225#. In 47-53, 1984, Carolyn Fay set a Washington State Record in the "dead" with 235. In Master 54-60, "Lloyd" Hopkins set an Oregon State Record with 135 in the 123# class. In Open Men Law/Fire Deadlift, Tom Heddle pulled 460, which was shy of his Oregon State Deadlift Record. In Master Men Law/Fire Norman Charouhas in 40-47, 220 wt. class, set a Wash. State Deadlift Record with 515 and old Isaac Pankratz, who is a tough looking but goodnatured 50+ year old guy, set a World Record 530 in the 308# Law/Fire 48+ category. I want to thank Dr. Don Bell, who put this meet on, Gary & Elm Thomas, who did the computer work, and the judges who were Donna Dellerere, Terry Luehrs, Gustavo Warrington, and Gus Rethwisch. Jason Lusby won the Joe Costa Memorial Award. (courtesy of Gus Rethwisch)

11th Summer Classic
25 AUG 01 - Goshen, IN

Bench	Women	
165	132	
Novice	Open	
B. Young	265 K. Whitacre	135
Natural	181	
B. Young	265 Open	
Open	L. Boshoven	280
B. Young	265 Deadlift	
181	114	
Natural	Youth	
C. Dailing	400 J. Smoker	205
T. Shidler	335 165	
M 40-49	Novice	
L. Boynton	300 B. Young	460
Open	Natural	
R. Palmer	450 B. Young	460
A. Cancel	370 Open	
198	B. Young	460
Natural	181	
A. Reed	420 M 60-69	
220	D. Martin	420
Novice	M 50-59	
J. Smith	300 J. Smoker	500
Natural	Novice	
J. Smith	300 J. Meade	415
Open	Natural	
J. Smith	300 C. Dailing	600
M 40-49	Open	
T. Horvath	345 R. Palmer	650
242	198	
Open	M 40-49	
R. Donati	560 J. Kemna	600
J. Wagner	370 220	
275	Novice	
Natural	J. Smith	560
R. Reed	475 Natural	
P. Sippola	220 J. Smith	560
Open	Open	
J. Martinez	455 J. Smith	560
308	242	
Natural	Open	
S. Jarausch	430 J. Wagner	
SHW	275	
M 60-69	Natural	
J. Telljoh	400 P. Sippola	430
Women		
181		
Open		
L. Boshoven	500	

Best Lifter Bench - Raoul Donati. Best Lifter Deadlift - Ron Palmer. A good group of lifters showed up for the first meet held at the Goshen YWCA, including some prime-time players on the national scene. First-timer Bryan Young kicked things off, nailing all three benches to 265 at 165. Brian has a bright future, he just needs about 30 pounds of bodyweight, as he is pretty tall for a 165er. The 181s had WPO competitor Ron Palmer showing up 450 to top Angel Cancel, who hit a great PR 370. Chad Dailing put up 400 to take the natural division, followed by Todd Shidler, who put 25 pounds on his PR with a nice 335. Big Al Reed was the lone lifter at 198 and after his customary warmup of 420, he took two cracks at a Central Bench Press League record 475 that didn't go. Tony Horvath has been training Russian style with Raoul Donati and hit the jackpot! 3 for 3 with a big PR of 345 in the masters 220. Raoul was here for a test run before the USAPL Bench Nationals. His first two lifts were explosive, 535 and 560, smoked to completion. 575 stalled as close to lockout as you can get. Best Lifter and a new CBPL 242 record for Raoul, who is a wealth of training information and one heck of a nice guy. John Martinez came over from Ohio and took second with 455, losing 470 only to a technicality. John is built to bench and I would not be surprised to see him over 500 soon. Rob Reed came to bench 550. His 475 opener was a laugher, but two tries with the 550 were not in the groove. Like his brother Al, he will be back. Steve Jarausch hit 430 at 308 with the most worthless shirt I've ever seen. Training with the Reed boys has put Steve on the fast track to a huge bench. In the women's bench, a trim Lynn Whitacre put up a nice 135. Lynn Boshoven was her usual strong self and elevated 280. In ran a little reps with bodyweight contest between the bench and deadlift and had five takers. Todd Shidler was the lightest and went first. At 168 he went for 26 reps. Side judge Al Robinson scaled 177.5 and did 21. Ron Palmer also weighed 177.5 and knocked off a big 39 reps. That left Chad Dailing and Al Reed to try and catch him. Chad was 181 and got 35. Big Al was last and started hammering away with 195. On rep 37 the machine ran out of gas and Ron took home the \$50 prize. I think we'll have an oxygen tank

Photos in PL USA ... you are welcome to submit them - of yourself, a PL friend, or an interesting person you've come across. Black & white or color, print or slide, is fine as long as it is sharply focused and properly exposed, and we need identification of both the subject and the photographer. Send to Box 467, Camarillo, CA 93011. (we pay for those shots we publish)

troit to help out and couldn't resist despite not training for two or three months. He borrowed Dailing's belt and snapped up 550. Josh Smith showed great promise in his first meet, pulling 560 at 220. And finally, Lynn Boshoven made the easiest 500 I've ever seen her pull and passed her third attempt. Thanks to Leon Bontrager, Larry Patrick, Rich Salvagni, Allan Robinson, Jon Smoker, The Gene-iuses, and Dru and Suzi at the Y. Most of all, thanks to my lovely and gracious wife Amber. This would never work without all of your help. (thanks to Brendan Yoder for providing the meet results)

IPF Subjunior Worlds

28 SEP 01 - Sochi, Russia

Men	SQ	BP	DL	TOT
114 lb. class				
Aleksiev RUS	462	253	407	1124
Scochek RUS	396	275	418	1091
123 lb. class				
Savinykh RUS	479	314	440	1234
Peng TAI	418	270	485	1173
Mikeilis KAZ	424	209	402	1036
Masuda JPN	319	198	385	903
132 lb. class				
Beloborodov RUS	485	308	479	1278
181 lb. class				
Nigmatullin RUS	562	347	584	1492
Osyphchuk UKR	496	303	507	1306
Benoit CAN	468	264	573	1306
Sahu IND	479	264	534	1278
198 lb. class				
Voronina KAZ	710	385	688	1785
Rasanen FIN	540	286	485	1311
220 lb. class				
Voroshilin UKR	727	407	716	1851
Chirkov RUS	650	396	650	1697
Sauerer GER	633	385	639	1658
Mestari FIN	595	374	529	1499

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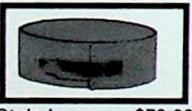
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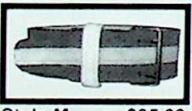
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Konyushok UKR	622	352
242 lb. class		
Yarymbash UKR	727	496 688 1912
Sosnovskiy RUS	705	407 672 1785
Tseng TAI	650	330 661 1642
Bilyaze UKR	518	352 567 1437
Singh IND	407	319 440 1168
275 lb. class		
Pankov RUS	683	407 710 1802
Kondraschow GER	672	435 661
1768		
Daminov UKR	578	396 562 1537
Schmutler FIN	551	396 551 1499
Grynenko UKR	562	341 534 1437
Mankoo IND	440	281 501 1223
SHW		
Kolesnykov UKR	584	440 534 1559
Sayal IND	418	242 385 1047
Champion of Champions: Vorona	519.77,	
Savinykh 518.95, Yarymbash 515.38, Teams:		
Russia 72, Ukraine 66, India 42, Taipei 33,		
Finland 23, Kazakhstan 20, Germany 17,		
Canada 8, Japan 7.		
Women		
97 lb. class		
Ryzhkova RUS	281	132 259 672
Hattori JPN	209	88 264 562
Sangeeta IND		

105 lb. class		
Tokareva RUS	319	137 297 755
Chushina RUS	281	126 303 710
Malukha UKR	281	165 264 710
Gogoi IND	187	88 259 534
114 lb. class		
Shapovalova RUS	347	187 363
898		
Dmytryuk UKR	286	159 292 738
Chepal IND		
123 lb. class		
Skrypka UKR	336	187 352 876
Elistratova RUS	303	203 341 848
132 lb. class		
Chou TAI	369	242 385 997
Roschina RUS	418	
148 lb. class		
Yakovleva RUS	418	214 407 1041
Ivanova UKR	413	198 374 986
Holavina RUS	396	220 341 958
Petrovska UKR	363	220 319 903
164 lb. class		
Chen TAI	336	170 341 848
Karvonen FIN		
165 lb. class		

Polyanskaya RUS	981	413 192 374
Hung RAI	358	264 330 953
181 lb. class		
Scheglova RUS	485	286 440 1212
Lytvyn UKR	429	231 396 1058
Chang TAI	440	192 385 1019
Rani IND	374	181 374 931
198 lb. class		
Kravchenko UKR	286	176 308 771
George IND	308	99 264 672
SHW		
Lee TAI	429	281 418 1129
Weng TAI	429	242 374 1047
Champion of Champions: Shapovalova 527.46,		
Yakovleva 513.04, Chou 509.78, Teams: Rus-		
sia 72, Ukraine 60, Taipei 58, India 23, Japan		
9, South Africa 7. (Thanks to Thomas Kloss for		
these results) (The USA did not send a team to		
this event as it took place soon after the		
September 11th attack in New York City.)		

Master 50-59
S. Binkowski 245 385
R. Barnes 195 320
J. May 222 300
Open 132
C. Newman 275
198
A. Stevens 450
A. Egoville 340 480
220
J. Bellemare 515
(thanks to the APA for providing the meet results)

APF Northern California (kg)
20 OCT 01 - S. San Francisco, CA

BENCH	Masters
Teen	181
148	M1
C. McCormick	Jeff Jones 177.5
165	M4
H. Blake	155 Rich Tsutsui 165
A. Contreras	57.5 242
181	M1
M. Miniham	120 Curt Piper 175
Junior	T. Starweather
275	M2
M. Womack	200 Chris Warrick 167.5
Open	M6
165	Ernie Anderson 175
A. Contreras	57.5 275
220	M3
M. Ludovico BL	255 R. Hutchinson 175
242	308
E. Barnes	220 M2
T. Starweather	L. Contreras 182.5
275	SHW
Z. Passman	220 M1
308	E. Bailey 175.5
B. Sabin	215 Police M-1
L. Contreras	182.5 308
J. Miniham	255
FEMALE	SQ BP DL TOT
Kim Packer	164 170 70 150 390
L. Waddington	85 62.5 137.5 285
N. Garcia	138 150 77.5 160 387.5
TEEN BOYS	
McCormick	148
H. Blake	165 217.5 155 227.5 600
JUNIORS	
198	
Tyson Orwell	230 157.5 225 612.5
242	
Travis Hunt	257.5 172.5 227.5 657.5
275	
Jimmy Garzia	227.5 170 250 647.5
SUBMASTERS	
SHW	
Steve Ugh	240 182 237.5 659.5
Open	
181	
Billy Vella	220 155 232.5 607.5
220	
Wayne Whitzell	222.5 167.5 202.5 592.5
242	
Mike Smyser	282.5 182.5 265 730
Jason DeLacruz	222 147.5 217.5 587
275	
Mike Benton	307 225 282.5 814.5
SHW	
George Brink	327 200
Master Men	
220	
Bill Helm	182.5 112.5 187.5 482.5
Kevin Farrou	175 137.5
275	
Rex Hutchinson	230 175 190 595
308	
Frank Cable	330 227.5 250 807.5
SHW	
George Brink	327 200
The Palace Barbell Club proudly presented the APF Northern California Powerlifting and Bench Press Championships. The host facility was Physique Magnifique Fitness Center in South San Francisco, California. We would like to thank all the competitors who took the time to ready themselves for this contest. Thanks for all the help from Bob Packer and his new wife Kim, Al Garcia, Nancy Ford-these folks handled the judging for the day. My thanks to you all. Thanks to BFI for the help in putting on and helping defer the cost of this meet. Best Lifters: Women - Norma Garcia, Teen Boys - Hayward Blake, Master - Frank Cable, Bench - Dr. Mike Ludovico, Open Power - Mike Benton. Best pound for pound and winner of the embroidered meet jackets: powerlifting - Mike Benton, bench - Mike Ludovico, Til next year, staf safe, and God Bless. (results courtesy of John Ford)	

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APA Patriot Challenge 9 DEC 01 - Houston, TX					
Teen 13-15	SQ	BP	DL	TOT	
Boys 114					Benton, M
Ken, J	145	135*	250*	530*\$	Coleman, A
Villanueva, C	195*	100	185	480	Ajvers, E
Mayers, J	70	115	145	410	Richards, S
Sterling, D	95	100	135	340	Perena, E
Nixon, C	115	75	135	325	Boys 132
Bradford, R	90	75	135	300	Pittman, S
Boys 123					Coxaj, S
Sanford, J	100	55	135	290	

Robertson, C	115	65	150	330
Boys 148				
Salazar, J	175	115	275	565
Jones, D	150	115	225	490
Neal, J	115	95	250	460
Weber, C	65	70	125	260
Boys 165				
Kees, B	205	160	360*	725
Anderson, J	205	145	260	610
Blackshire, D	135	135	275	545
Dilworth, A	160	115	265	540
Sabatini, A	195	80	235	510
Martinez, O	175	95	225	495
Paxter, K	135	95	265	495
Badillo, S	155	95	210	460
Ruiz, A	115	*115	225	455

tions to all the lifters at Revere Middle School and Stoval Middle School who participated in the 1st ever middle school powerlifting meet. Stoval Middle School won the team trophy and both teams went home with lots of Texas records. Justin Kees of Stoval Middle School took best lifter in the boys division and Darche Mottey got best lifter in the girls division. Thanks to all the judges who helped this meet to be a success and a special thanks to Inzer Advance Designs for the support and sponsorship of both teams. (courtesy Tom McCullough)

APA Texas Grand 11 NOV 01 - Bellville, TX				
Women	SQ	BP	DL	TOT
M. Distefano				
Submaster				
S. Burtschell	475	400	500	1375
M. Kubricht	405	325	495	1225
M. Kubricht				325
M. Kubricht				495
D. Muntz	198			375
50-59				
B. Kline	165	400	280	1110
B. Kline	165	280		
Open				
148				
J. Royce	258	135	165	235
J. Royce	258	165		535
J. Tschen				300
198				
J. Ash	465	315	525	1305
S. McDougale				545
S. McDougale				315
Special thanks to Optimum Fitness of Bellville, Texas for putting together a great venue for the event and to Tom McCullough and Joe Dalton for doing an excellent job officiating the event. All lifters received beautiful large sculptured awards. I'd like to especially thank Tom McCullough for providing us with some great hydraulic racks and other fine equipment. (Thanks to Scott Taylor, APA President, for providing these results to POWERLIFTING USA)				

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WABDL Arizona State BP & DL
9 JUN 01 - Mesa, AZ

		BENCH PRESS	47-53
Teen		Ted Stiverson	507
165	308		
Kevin Leybeck	209	34-39	
4th	220	Will Smith	413
198		4th	424
Adam Cole	270	DEADLIFT	
Ray Price		Open	
220	148		
Justin Rauer	330	Alex Martinez	496
Junior		181	
165		Tom Moore	562
Michael Becsei	275	Charles Folinus	451
Evan Kelly	264	Michael Early	
198		198	
Ray Price jr.	203	Mike Desrosiers	534
242		220	
Bryon Dodge	424	Leonard Lense	
308		242	
Jerry Pritchett	435	Harry Munro	562
Open		275	
148		P. Holloway	716
Evan Davidson	414	Jerry Pritchett	622
181		Class 1	
Michael Early		148	
198		R. Gidcumb	325
John Mendoza	446	198	
242		John Mendoza	501
John Peru	485	L. DeAlva	479
275		Justin Gingg	
Brian Gillette	622	John Peru	551
Jeff Hinrichs	552	Women	
P. Holloway	242	114	
Todd Love	523	L. Christopher	249
308		165	
Tom Manno	672	Laura Ortega	336
Tim Isaac		Women Master	
Class I		47-53	
132		Karen Noble	260
Fred Martinez	225	4th	264
148		Charles Folinus	319
R. Gidcumb	225	54-60	
181		4th	325
Charles Folinus	319	132	
4th		Carolyn Paulson	231
220		4th	236
L. DeAlva	347	Submaster	
242		114	
Byron Dodge	424	L. Christopher	
Harry Munro	385	198	
308		M. Williamson	319
Jerry Pritchett	435	4th	336
Will Smith	424	Teenage	
Women		198	
105		L. Christopher	418
L. Christopher	132	4th	429
114		Ray Price	418
Kristina Storth		4th	429
165		Adam Cole	414
Laura Ortega	154	4th	430
Submaster Women		Junior	
105		165	
L. Christopher		Michael Becsei	352
198		198	
M. Williamson	170	Steve Jackson	429
4th	242	Bryon Dodge	473
Women Master	182	Jerry Pritchett	622
47-63	308	Open	
148		Tim Isaac	672
Karen Noble	143	Submaster	
Law/Fire		242	
275		Thomas Burke	650
Jeff Hinrichs		308	
Men Master		Will Smith	501
148		Master Men	
40-46		148	
Alex Martinez	308	40-46	
4th	319	Alex Martinez	496
61-67		61-70	
R. Gidcumb	214	R. Gidcumb	325
4th	225	181	
181		40-46	
47-53		Tom Moore	562
Charles Folinus		47-53	
198		40-46	
40-46		Charles Folinus	451
Tom Jackson	352	198	
47-53		40-46	
Rocky Gingg	474	Tom Jackson	556
220		47-53	
40-46		Robert Banzhof	529
Dale Skidmore	435	Rockey Gingg	523
John Seymour	330	220	
Harry Munro		40-46	
59-60		Harry Munro	562
Leonard Lense		John Seymour	424
275		54-60	
40-46		Leonard Lense	551
F. Sondgeroth	396		



Patrick Hollaway pulled 722 in the 275 lb. class at the WABDL Arizona State Championships. (photos courtesy Gus Rethwisch)

The event was held at the beautiful Hilton Hotel in Mesa - class all the way. In the bench press in open 148, Evan Davidson set a World Record with 414#, which is close to triple bodyweight, since he only weighed 145. At 198, John Mendoza set an Arizona State Record with 446. Mike Desrosiers was 2nd with 435. Mike was the main meet director and did a tremendous amount of legwork to make the meet happen. At 242, John Peru set an Arizona State Record with a huge 485 and a close try at 500. At 275 Jeff Hinrichs set an Arizona State Record with a very large 553, which should rank high in the TOP 100. Patrick Holloway was 2nd with a very respectable 523. In Class I at 132 Fred Martinez set a state record with 225. At 148, Richard Gidcumb set an Arizona State Record with 225. At 181 Charles Folinus set an Arizona State Record with 325. At 220, Lawrence DeAlva put up 347. At 242 Harry Munro of California did a respectable 385.7. At 242, Bryon Dodge set an Arizona State Record with 424. In 308 Jerry Pritchett beat Will Smith 435 to 424. In Open 105 Women, Lynda Christopher set an Arizona State Record with 137.2. In Open Women 165 Laura Ortega set an Arizona State Record with 165. In Master Women 47-53 148# Karen Noble pushed an Arizona State Record 143. In Submaster 105# Lynda Christopher pushed an Arizona State Record 143. In Submaster 105# Lynda Christopher pushed an Arizona

State Record 137. In Submaster 198 Michelle Williamson pushed an Arizona State Record 181.7#. In Law/Fire 275 Jeff Hinrichs put up a big 553 Arizona State Record. In Junior at 198 Ray Price Jr. set an Arizona State Record with 203. At 242 Bryon Dodge set an Arizona State Record with 424. At 308 Jerry Pritchett set an Arizona State Record with 435. At 165 Evan Kelly Jr. rammed up an Arizona State Record with 264. In an exhibition Brian Gillette pushed a monster 622 at 275 with a triple ply shirt which won't count for a WABDL record, since we don't allow 3 ply. Brian is 40 years old. In Master 40-46 and open 308, Tom Manno pushed a gorilla-like 672 World Record. In 40-46 148 Alex Martinez put up 319. At 198, Tom Jackson pushed 352 for the win. At 220 Dale Skidmore set a Utah State Record with 435. At 275, Frank Sondgeroth set an Arizona State Record with 396. In Master 47-53, 198, Rocky Gingg set a World Record with 476. In Submaster 308 Will Smith set an Arizona State Record with 424. In Master 47-53, 275, Ted Striverson set an Indiana State Record with 507 at 275. In Teen 13-15, 165, Kevin Leybeck set an Arizona Record with 220#. At 198, Adam Cole set a World Record with 271 and in Teen 16-19, 220, Justin Rauer set an Arizona State Record with 330.5. Now, on to the Deadlift. In Women's Submaster Lynda Christopher set a World Record at 105 with 249#. In open 165 Women, Laura Ortega set an Arizona State Record with 336. Carolyn Paulson pulled 236 at age 57. Karen Noble pulled 264 1/2 at 47-53 148# for



Carolyn Paulson with her Arizona State Record 240 lb. DL at age 58 & weighing only 123 3/4 pounds.



Jerry Pritchett with his opener.

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



Last Name	First Name	Initial	Renewal				
			Y N				
Street Address		Club Name					
City		State	Zip				
Area Code/Telephone							
Current WABDL Classification		Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
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PRESSERS AND DEADLIFTERS**
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Portland, OR 97236

If under 18, have parent initial _____

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

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

Signature _____

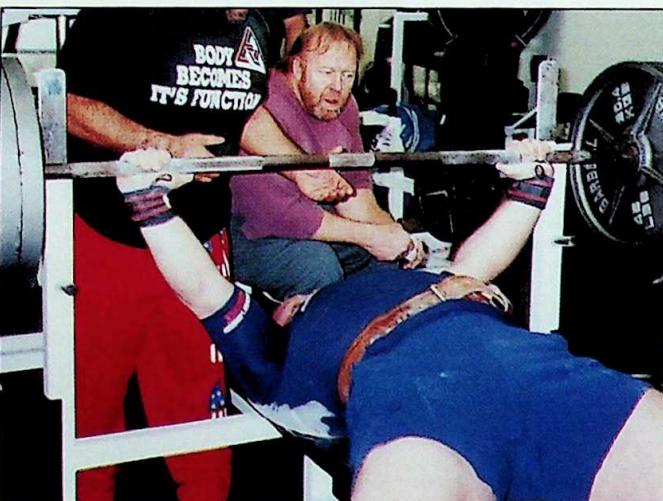
SLP Rhino's Fitness BP/DL
18 NOV 01 - Roscoe, IL

BENCH PRESS	police & fire
teenage men 13-15	242
181	David Walker 520*
A. Dahlstrom 200	opennen
teenage men 18-19	198
165	R. Houghton 385
Andrej Stranig 240	Jason Bever 330
220	Ralph Ameson 320
A. Mickelson 385*	4th 325
junior men	242
181	David Walker 520
Mike Strom 355	DEADLIFT
198	teenage men 16-17
Nick Marino 270	148
242	Erik Naselius 275
Sean Corbett 355	master men 40-44
submaster men	181
242	Hugh Perone 505*
David Walker 520*	opennen
John Ricchio 415	198 Jason Bever 400
	4th 410

* Son Light Power Illinois state record. The Son Light Power Rhino's Fitness Bench Press/Deadlift Championships were held at Rhino's Fitness. A special thanks to owner Bill Johnson for hosting this annual event. In the bench press event Andrew Dahlstrom took the teenage men's 13-15/181 class with a solid personal best 200. Lifting in his first competition, Andrej Stranig won at 18-19/165 with 240. Aaron Mikelson broke the state record at 18-19/220 with his second attempt of 385. Mike Strom took the junior 181 class with 355 while first-timer Nick Marino won at 198 with 270. Sean Corbett also finished with 355 as he captured the title at junior 242. David Walker set the state record at submaster 242, finishing with 520, as John Ricchio settled for second with 415. David Walker also broke the state record at police & fire 242. In the open division Robert Houghton won his first title in his first outing, finishing with 385. Jason Bever was second with a personal best 330, lifting in just his second competition. Ralph Ameson finished in third place with 320, following that with a successful fourth of 325. David Walker took his third title of the day with his win at 242, taking also the best lifter award for the competition. In the deadlift competition Erik Naselius won the teenage 16-17/148 title with a personal best 275. Hugh Perone broke the state record at master 40-44/181 with a great 505 pull. Jason Bever pulled for the first time, finishing with a 400 third and a 410 personal best fourth attempt for the open 198 title. Iron House Gym of Burlington, Wisconsin won the team title, which included David Walker, Sean Corbett, Mike Strom, Andrew Dahlstrom and Erik Naselius. Thanks also to Hugh Perone and the gang from Kenosha, Wisconsin for supporting this event. Thanks to my son Joey and Bob Hochstein for their help loading, spotting and judging. (results courtesy Dr. Darrell Latch)



From the SLP Rhino's Fitness Meet (above) the Gang from Kenosha: (left to right) Hugh Perone, Robert Houghton, Nick Marino, and John Ricchio, and (below) Best Lifter Dave Walker locks out a state record 520 at 242. (photographs courtesy of Dr. Darrell Latch)



Harbor Days Bench Press
15 SEP 01 - Oceanside, CA

Bench Press	Dan Faasamala 500
Womens light	Wm. Anderson 450
Rita DeSanno 170	Tom Reynolds 425
Michi Takeda 120	Military open
Women heavy	Daniel Smith III 405
Linette Vasquez 200	Bill Stiles 225
Diana Vigario 175	Teen open
Mens 160 & under	J. Padgett(19) 415
Randall Oshima 300	K. Brown(17) 250
Pat Donahue 225	Nick Painter(12) 50
Mens 161-190	Masters 40-49
Sean Faasamala 385	Zach Roades 475
Dave Keating 330	Randall Oshima 300
Mens 191-220	Dan Smith 430
Bob Dunham 480	Neil Ferone 415
Jason Padgett 415	Ken Brown 275
Jason Golic 380	Ultra masters 50+ D. Smith III(58) 405
Mens 221-250	M. Drake(50) 355
Scott Hoekstra 475	T. Kline(54) 363
Vincent Garcia 380	V. Painter(54) 300
Mike Lohr 340	B. O'Tolle(59) 275
Mens 250 & up	J. Stricklen(73) 210
Dan Smith 430	

For the third time in a row, the Harbor Days Bench Press Contest, presented by Great Earth Vitamins, hosted lifters from all over the country, caught the attention of thousands of spectators, and raised over a thousand dollars for Special Olympics. Held Saturday September 15th, 2001 amidst the sights, sounds, and smells of marching bands, homemade sailing vessels, and numerous food booths of all

ethnicities, this year's meet was the starting point for the city of Oceanside's annual weekend festivities. Located on the main stage right next to beautiful Oceanside Harbor, immediately following the opening ceremonies, the competition quickly became the main event as crowds of hundreds gathered throughout the day. Nearly forty lifters attended the meet with almost two thirds returning from the previous two years. Weights lifted ranged from 50 pounds for first time competitor Nick Painter to 500 pounds for big Dan Faasamala. A special appearance was made by one of the Special Olympics weightlifting athletes, Brian Medina, who provided an exhibition lift to start things off. Several new faces also lifted that day, which proves that word of this "fun" fundraising competition is spreading. Since the weight categories were so large, a formula of weight lifted divided by bodyweight was used to be fair to all lifters within each division. This non-sanctioned event was open to all lifters who had the desire to strut their stuff. In the end, two lifters, Bob Dunham and Linette Vasquez, were awarded the men's and women's overall trophies. Special Olympics was also presented with a check that will be used to purchase new equipment for the athletes. Some of the athletes will also have the necessary funds to attend the upcoming Winter Games at UC Berkeley. If you would like to attend next year's event or find out how you can help Special Olympics, please contact the meet producers, Randy Gallan or David Mears at 760-724-3947. You can also visit us at our website www.benchpressproductions.com. All lifters are welcome, and as always in our events, this

Omaha Open

17 NOV 01 - Omaha, NE

	FULL MEET	SQ	BP	DL	TOT
181 Assist. Master II	J. Kohl	430*	270	465	1165*
198 Assist. Master I	T. Grindstaff	440	305	440	1185
220					
Raw Master I	B. Boyles	540	335	575	1450
Assist. Master I	H. Huffman	345	320	415	1070
Assist. Open	J. Jobe	375	315	350	1040
242 Raw Novice/Teen	S. Oxford	415	325	550	1290
242 Assist. Novice/Open	T. Young	470	340	465	1275
Bench					
154					
Raw Novice	R. Armein				240
Assist. Master I	L. Jess				175*
Raw Teen	C. East				155
220 Open Assist.	M. Will				520
242					
Raw Teen	S. Oxford				325
Assist. Open	T. Hozapfel				525
275 Assist. Master 1	R. Hiykel				385
Combined					
220 Raw Master I	B. Boyles	335	575	910	
Raw Master II	C. Toney				475
242/Assist. Master II	U. Kanto				535*
SHW Assist. Master I/Open	T. Acer				625*
Combined					
220 Raw Master I	B. Boyles	335	575	910	

* all time Nebraska State Powerlifting Record. Uuno Kanto now holds 4 wt. class divisional master II records: 181 - 490, 198 - 560, 220 - 570, 242 - 535. "To all the lifters and support staff who participated in this year's Omaha Open, I thank you for your outstanding generosity and continuous promotion of powerlifting. This open meet, an annual event, would surely fail if not for you and the terrific attitude and camaraderie, sportsmanship, and sportsfellowship that each of you display while competing. I would like to acknowledge Viet Tran and Willie McCoy for their contributions to Powerlifting in the State of Nebraska. They were inducted into the Nebraska State Powerlifting Hall of Fame. A special acknowledgement and a debt of gratitude to Mr. John Jones for everything, for anything, forever. Peace, KEITH MACHULDA" (thanks to Keith for the results)



Master Lifters at the Omaha Open ... back row, left to right, Rick Hiyker, Terry Acer, Caresley Tony, front row, left to right, John Kohl, Linda Jess, Uonto Kanto. (thanks to Keith Machulda for the photo)

USAPL West Coast Open
3 NOV 01 - Northridge, CA

	PUSH/PULL	BP	DL	TOT
Women				
198				
Disa Hatfield	248	363	611	
198+				
Vicky Hembree*#	303	440	744	
Men				
165				
Travis Sullivan O/J	303	451	755	
181				
H. Brownstein # O/M5	253	440	694	
198				
Allen Funtanilla*	424	523	947	
220				
Bob Evans O/M4	385	462	848	
275				
Riccardo Magni O	402	584	986	
Chuck McGuire O/M1	330	507	837	
Bench Press				
Women				
123				
Beatrice Maulin*#	66			
Men				
123				
Hung Pham* O	303			
181				
Bryan Williams O/J	231			
242				
Alvin Waldon O/M3#	473			
275				
Danny Herrera O/M5	352			
Women's 3 Lift Qualifier				
198				
Disa Hatfield	424	248	363	1036
198+				
Vicky Hembree	429	303	440	1173

* - best lifter. # - best master lifter. The USAPL West Coast Open Push/Pull, marking the return of USAPL sanctioned competitions to Southern California in several years, was held in an exceptional venue on the campus of California State University, Northridge. The spacious site, combined with the warm, sunny autumn weather, provided an outstanding setting to present powerlifting to the general public and a great environment for the lifters to compete in. Athletes, upon completion of gear check and weigh-in, received a goodie

bag loaded with samples of health and fitness products and an official meet T-shirt. Refreshments, T-shirts and various powerlifting apparel was also available in the vendor expo area. The women's competition featured two lifters who both happened to come from strong powerlifting pedigrees. Disa Hatfield, daughter of the legendary Dr. Fred Hatfield, elected to compete in the 3-Lift Qualifier, in addition to the Push/Pull, to establish a qualifying mark for USAPL Women's Nationals. Disa did the family name proud going 3 for 3 and finishing with a 424 squat. She then went on to add a 248 bench and 363 to contribute to an impressive 1036 total. All three lifts, including her total, established new California State Open powerlifting records. We were excited and honored to welcome Vicky Hembree to the USAPL platform. Vicky, under the tutelage of her father and well-known powerlifting coach, Bernie Gagne, established her well-earned credentials back in the 80s. After taking a sabbatical from competition for several years, Vicky returned to the platform about four years ago, putting up some of the top lifts among all women in the USA. I had heard a rumor last year she was considering entering Women's Nationals but apparently it turned out to be nothing more than that - a rumor. Needless to say, when she called to inquire about competing in the Qualifier, I knew we would be in for a treat. And Vicki, now also competing as a master in addition to the open division, didn't disappoint at all delivering an 8 for 9 performance for an astonishing 1173 total. Oh, I forgot to mention, she lifted without tight suits and a bench shirt. Just wraps and a belt. She plans on getting back into gear for Women's Nationals where she and Disa should have an excellent opportunity to earn a spot on the Women's World Team. Perhaps the most remarkable performance of the meet may have been provided by Beatrice Maulin. With a vibrant healthy look that belies her eighty years, this 123 lb. lady came to bench! Beatrice



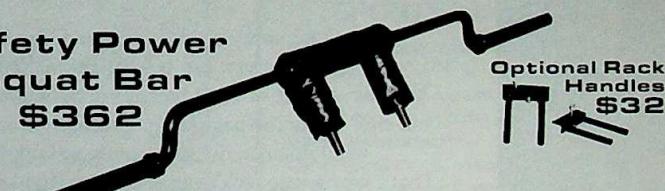
Disa Hatfield at the USAPL W. Coast Open

has won numerous bench press titles while competing in the Senior Olympics and this day she made easy work of 66 lb. The Men's Combined competition began with 23 year old Travis Sullivan who demonstrated impressive power in his first meet with a 303 Bench and 451 deadlift with for a 755 total. 61 year old Henry Brownstein, 181, lifted well with a 5 for 6 performance finishing with a 253 bench and a 440 deadlift for Best Lifter honor among Men's Masters. 198 lb. Allen Funtanilla, who has been well coached by 1999 Men's World

Team member Chris Turner, also went 5 for 6 with a strong 424 bench and a well fought 523 deadlift. Allen's two lift total also earned him Best Lifter in the Men's Open. Bob Evans, 220, finished with a 385 bench and 462 deadlift after passing on a third attempt at 501. At 275, Riccardo Magni posted a 402 bench and finished with a 584 deadlift after two misses with 622. Riccardo's 986 total finished ahead of Chuck McGuire who had to satisfy on this day with opening attempts of 330 and 507. The Bench Press Only competition featured a strong performance by five time 114 lb National Bench Champion Hung Pham. Weighing in at 116, Hung competed in the 123 lb. class and went 3 for 3 finishing with an easy and impressive State record lift of 303. Hung also earned Best Lifter honors in the Men's Open. Bryan Williams, a student at Cal State Northridge, came out to compete in his first powerlifting competition and posted a 231 bench. 242 lb. Alvin Waldon established a new 50-54 Masters State record with an impressive bench of 473 and also earned Best Lifter for Masters Men in the Bench Press. Danny Herrera competed while fighting off an awful cold but still made easy work of 352 at 275. The meet directors would like to all of the businesses and individuals who contributed to the success of this meet: John Inzer at Inzer Advance Designs, Rick Brewer at House of Pain, Joe and Avigliano at Los Angeles Lifting Club, Dr. Jay Bayles at Chiropractic Sports Institute, Mike Lambert at Powerlifting USA, Wesley Kampen and Jake Jones at PowerMag, Steve and Lisa Denison, Kevin Meskew, and Jason Burnell. Referees: Scott Layman, Gary Ridgeway, Lance Slaughter. Spotters/Loaders: Dan DeSolla, Rudy Martinez, Rob Meulenberg, Justus Owens, John Planas. Score Table and Expo: Diana Fuhrman, Rachelle Planas, Nanou. Meet Directors: John Planas, Lance Slaughter. (thanks to Lance Slaughter for report & photo)

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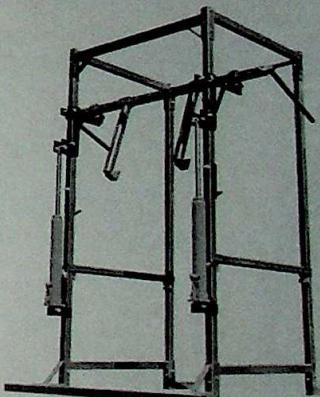
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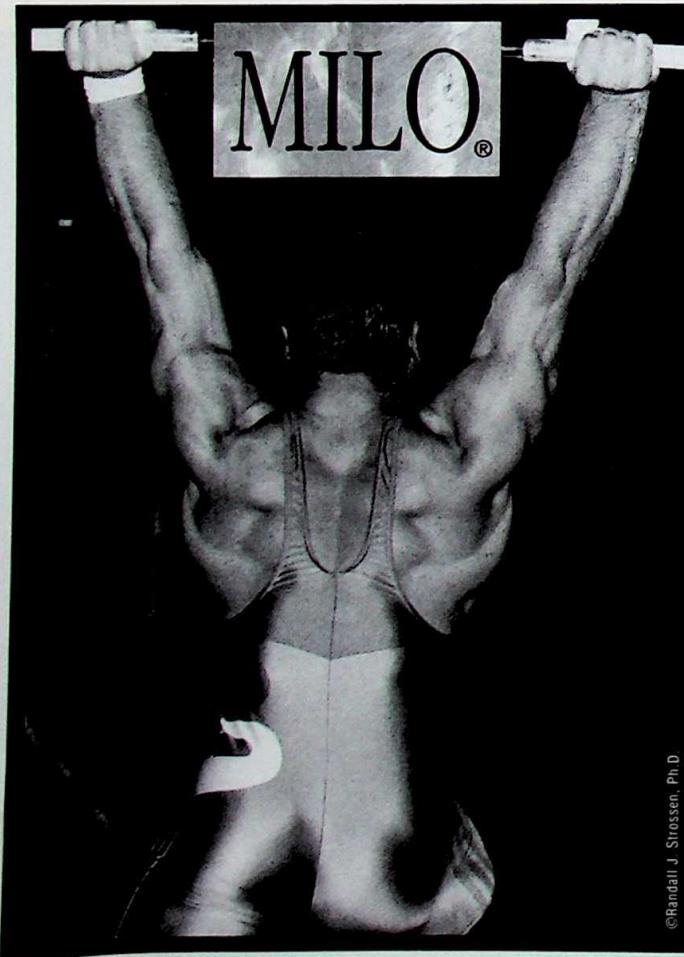
W.D.F.P.F. NEWS - Calendar of Events for 2002: European PL Championships - June - Belfort, France, European Single Lift Championships - September - Antwerp, Belgium, World PL Championships & Congress - 18-20 October - Edinburgh, Scotland, World Single Lift Championships - 22-24 November - Como, Italy. 2003: European Championships - June - St Petersburg, Russia (tentative). WORLD SINGLE LIFT CHAMPIONSHIPS 2001 - Taber, Canada - some best lifts: Equipped Squat: NEIL ABERY (Eng) 82.5 JR - 270, Equipped Bench Press: JOHN FEEHAN (Ire) 110 OPEN - 252.5, JOHN BERTRAM (Can) 125 M1 - 250, Unequipped Bench Press: RON MADISON (U.S.A.) 90 OPEN - 215.5, DAN SUBERLAK (Can) 145+ OPEN - 232.5, Equipped Dead Lift: MATT SAUNDERS (Eng) 100 OPEN - 335. *** Enquiries from new countries *** The following is an extract from a letter received in November 2001, from Riquier Banhoud in the Democratic Republic of Congo : '..... if our federation decides to apply to join the WDFPF, it is because we are quite conscious that your organization does not accept athletes and federations which use drugs to achieve performances. We agree completely with your policies because the drug-taking does not reflect the true level of the athletes. I visited your web site section on drug control and I perfectly seized your opinion and our federation fully approves and supports this policy. We agree to doing tests on our athletes. Please inform me in which approved laboratories we can make these tests? Please send me your conditions for affiliating our national federation to WDFPF.' The following e-mail message was received in December from Andrei Buruian in Moldova: 'I want to announce to you the probability that our powerlifting federation will apply to become a part of the WDFPF. You will shortly receive the mail address of the President of the Moldovan P.F. I hope that our team will visit the European Championships this summer. Wish us good luck! It remains to be seen whether either or both of these approaches results in actual registration. This will depend on how effectively the organizations concerned are able to put their drug control policies into practice. One thing seems clear, however - it is understood that the top priority of the WDFPF is the dedicated approach of all its members to the kind of drug control which makes an international drug-free platform a reality. We will give these applicants our full support and help.'

ADAU Drug Free Raw North American BP - 1 DEC 01 - NJ			
BENCH	181		
WOMEN	16-17		
148	W. Eichorn II	300	
Susan Garthwait 110	40-44		
Tracy Fitzpatrick 110	K. Vieldhouse	315	
14-15	198		
Tracy Fitzpatrick 110	45-49		
MEN	V. Gengaro	345	
97	Joe Careri	345	
12-13	J. Fitzpatrick	235	
J. Fitzpatrick 90	242		
105	Scott Heath	300	
12-13	40-44		
Grant Till 85	Ed Shanley	385	
114	45-49		
J. Fitzpatrick 90	Joe Sensale	365	
14-15	50-54		
H. Claypatch 120	Bob Abrunzo	260	
123	60+		
14-16	M. Carabelllo	275	
John Careri 110	275		
165	Philip Micari	375	
17-17	35-39		
Nic An Del Lora 265	Russ Snapper	320	
20-23	40-44		
Steve Carucci 280	Mike Contrell	435	
45-49	319		
W. Claypatch 270	Steve Berge	425	
William Adams 260	John Phelan	380	
	35-39		
	John Phelan	380	

TEAM TROPHY: BASIC FITNESS Joe Carini

Coach			
Two lift Meet			
WOMEN 105			
TEEN 14-15			
T. Fitzpatrick 110	110	180	290
MEN 97			
TEEN 12-13			
Jimmy Fitzpatrick 114 CL	90	170	260
Jimmy Fitzpatrick 123 CL TEEN 14-15	90	170	260
Kristian Kraus	160T	275	435
John Careri	110	240	350
165CL OPEN			
Andy Haas	235	340	575

198 CL Masters 45-49
Joe Careri 345
Masters 55-59 350
Joe Kazanovsky 670
220 CL Junior 20-23
Mwaura Murohi 270
Masters 50-54 530
Rich Schmalzel 815
It was a pleasure to see new young lifters and families lifting together, enjoying the sport. Next year I expect that both the Joe Careri and Jim Fitzpatrick family to be fielding their own teams. Tracy, Jim Fitzpatrick Jr., John Careri, Grant Till, Warren Eichhorn II, and Hunter Claypatch are typical of the young lifters coming into the sport who will help it grow. It was also good to see many of my old friends again. Rich Schmalzel is back with his buddy Joe Kazanovsky who just recovered from a leg operation, after being laid up for six months. From Pennsylvania came Mike Contrell who lifted 500 back in 1987 at Hardbodies. He retired, started a family and has returned to the sport, setting a American Masters record. Next year we may see his son lift too. Joe Sansale, Joe Careri and Vinnie Gengaro all get better with age. Steve Berge, John Phelan, Nick An De Lora, Phil Micari are but a few of the regulars that make these competition worth watching. I thank you all for coming and hope you each had an enjoyable time. I especially wish to thank Joe Carini for putting in the extra effort to insure that powerlifting will remain alive and well in New Jersey. Special thanks to the referees, Rich Schmidt, Russ Barnicle and from PA, Nick Theodorou, thanks to our announcer, Pat Contrera, our talented score keeper, Barbara Schmidt and to our spotters, Mike Avila and Steve Eromenok. Due to some last minute problems with the meet site, we held the meet at Basic Fitness. Due to health problems, I will be unable to hold my usual schedule of meets by myself. Joe Carini has agreed to co-host future meets with me. We will be holding meets at the Wayne Boys and Girls Club. This facility has adequate parking and is spacious and will serve our future needs. Train safe, train smart, lift drug free. (thanks to Jumpin Jersey Joe Pyra for providing results)



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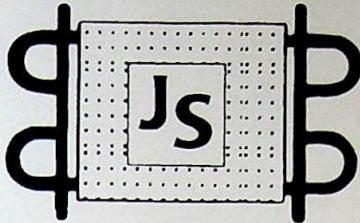
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