

# POWERLIFTING USA

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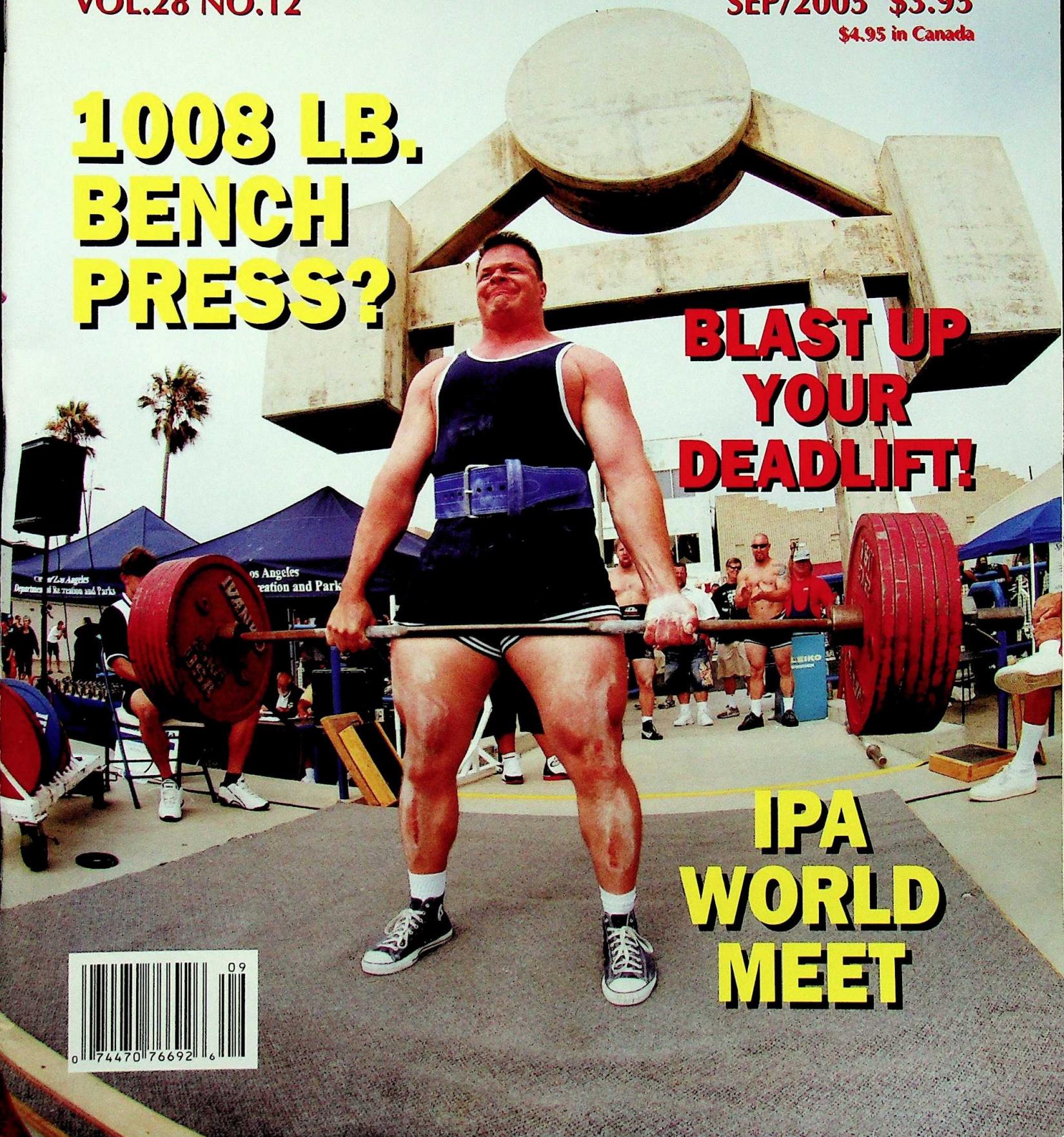
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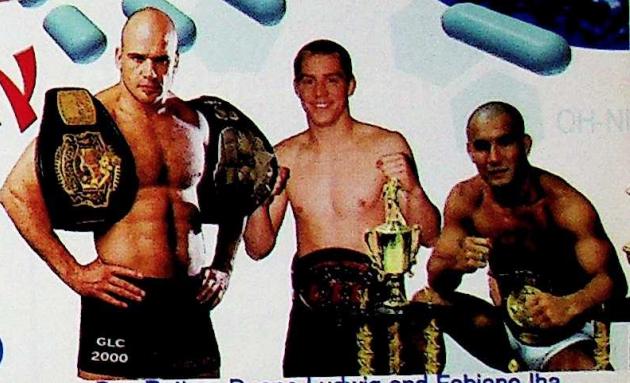
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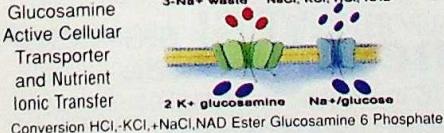
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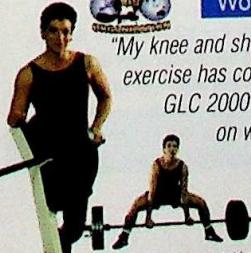


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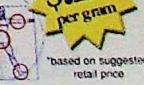
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*ON THE COVER - Paul Abbott of San Diego deadlifting over 700 pounds at one of the greatest outdoor powerlifting venues in the world, the very famous Muscle Beach Venice (MRL)*

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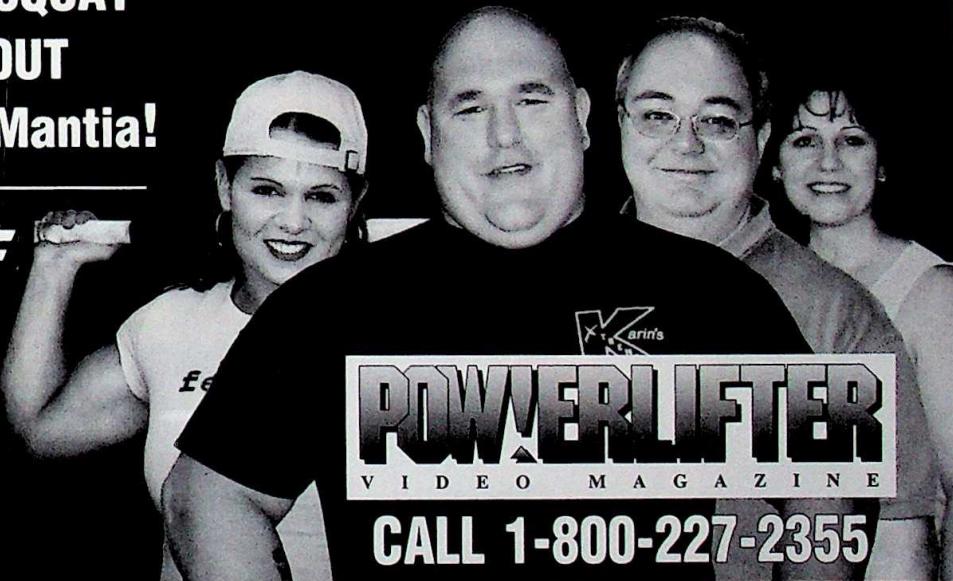
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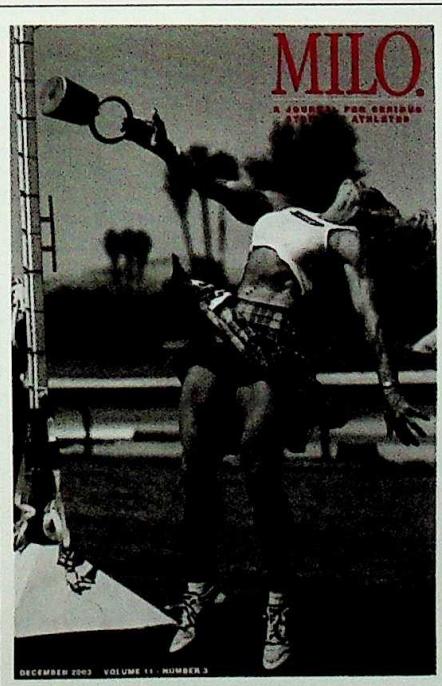
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# 11th IPA World Championships

## as reported to Powerlifting USA by Herb Glossbrenner

I've known Mark Chaillet since the late 70s, when he managed the Kokomo branch of one of Larry Pacifico's New Life Spas, back in Indiana. Our Central Indiana team hosted a meet on Oct. 13, 1979. Mark won the 220 class with A 740 SQ, 750 DL, and 1930 TOT, a performance that ranked him 6th nationally. Mark forged on and did some awesome lifting as he got bigger and stronger. At 242, Chaillet TOT 2100 on 5/1/82 with 810, 465, 825 at a meet in Norwalk, OH. That same year at the Bob Moon Meet in Findlay, OH, Mark tells me he pulled his best ever DL - 875! The results were never sent in to PL USA. At 275 his best TOT came at the 1st inaugural APF Sr. Nats 28 JUN 86 in Dayton, OH. He went 9/9 with 865 SQ, 512 BP and 848 DL for 2226 setting PRs along the way. His best ever SQ @ 275 was 920.4, at the APF Seniors Jul 26, 1992. Mark's best ever TOT of 2260 @ 281 bwt. came in Maui, HI, Nov. 16, 1986 where he won the first APF Worlds with 900 SQ, 520 BP, and 840 DL. He got his best ever SQ with 925.9 @ 283 on 6/28/87 in Bloomington, MN, at the APF Seniors. After culminating his lifting career, Mark thought about starting his own PL organization. There would be no backbiting or politics; something to get lifters more involved in their own destiny. Lifters for lifters. He was operating a gym in Maryland, with his wife Ellen, called Chaillet's Fitness. They started running meets along with the help of John Schaeffer; and offered money for Amateur and Pro divisions. The

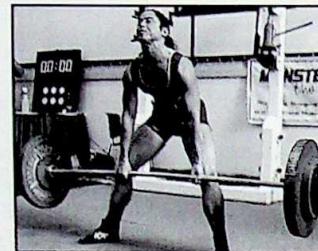
IPA was formed and the first meet for this new entity came in 1995. Schaeffer moved to Arizona to work for a nutrition company, so Mark took command. York Barbell was one of his meet vendors. York Barbell liked PL and asked Mark to move to York, PA in 1998 to reinstitute the once famous York Picnic, a Labor Day gathering of muscleheads for fellowship, fun, and, of course, tossing some big iron. He did so and also assumed the job as York Barbell's manager of commercial sales. However, his own training studio consumed most of his time, so he later resigned. This year Mark asked York Barbell if he could return and run meets again. They were happy to resume the events, so now he's working part time as a Commercial Sales Rep. PL has once again been established in "Muscletown", PA. Mark considers it a great privilege to be associated once again with the famous name York Barbell.

I'm honored that Mark asked me to write this report in the absence of Mark Kodya (family illness). Everyone sends Mark their sympathy and condolences. I enjoy reading his reports more than my own, always informative and interesting. I'm just filling in. In retrospect, York management was happy with the outcome of this competition and has given the "go ahead" for future events! Henceforth, it appears this great site may be the permanent facility for future IPA National and World Championships.

Let's talk about the lifting venue itself. I'm guessing it covers about 3500 SQ feet with wraparound fold-out bleachers. The area will accommodate about 250 spectators. The elevated platform, with iron railing surrounding the front, is a replica of that used at the Olympic Games for WL. The York Barbell banner is elevated in plain sight, on the wall behind the platform. Mark designed the plate holders himself for loading convenience. Everything in IPA is lifted in pounds, rather than kilos, with tons of York Barbell plates, accurate and machined to the ounce!

A curtain dividing the weigh-in scale from the monitor eliminates the necessity of same sex weigh-in for those who have to strip off to make weight. It's a brilliant idea by Ellen Chaillet. A digital kilo/lb. scale records bodyweight with it set on lbs. (of course) The Chaillets are second to none when it comes to running a great meet. The organizing is exemplary (even to the smallest detail). The PA sound system was perfect. The acoustics in the hall were fabulous. Michelle

Balhn did a fabulous job as emcee. No mistakes on lifter's rack height nor mis-loads in the whole competition. Thanks to Mark's sponsors: first and foremost, York Barbell, also Monster Muscle and PLUSA distributed free magazines. Inzer Advanced Designs had a booth manned by big Gene Rychlak. Outback Steakhouse brought in a big truck, cooked outside, set up tables, and chairs in the entrance hall, and fed over 250 people free of charge: prime rib, steak, chicken, veggies and salad. Mark had water, bananas, and apples provided



Elaine Grimwood winner @ 105

complementary to the lifters, friends and family as well as Gatorade sports drinks. What more can you ask for? It was a great honor to be a participant in this competition. It was great being a part of the LA Lifting Club's Extreme Team, we all helped each other. Newlywed Oan Basson, our biggest member, came just to help but will be in top shape to lift @ 275 in November here. Oan seated seven shirts, perfectly, and wrapped knees. Joe and Nance Avigliano did everything, running themselves ragged: counting attempts, gauging warmups, picking attempts, calling SQ depth, and planning strategy. Joe was drained, but he was the only person lifting the 2nd day, so we did everything for him.

On to the lifting. The first day (JUL 16) saw all age groups and categories both Amateur and Pro, Men and Women, through the 220 class competing. The Women outdid themselves! Megan Eicholtz, 19, La Plata, MD, set Amateur WR @ 123 bwt. with 195 SQ, 125 BP, 250 DL and 570 TOT. Carol Silverman, 54, Harrisburg, PA, won AM @ 148 with 635. Elaine Grimwood, 34, Lewisberry, PA, broke her own PRO OPEN Squat (360) and TOT (850) here @ 105. Elaine is game! Mary Jacobson, 49, a bodybuilder-strong lady from Annapolis, MD, took 2nd in 165 Pro OPEN and set 3 new WRs @ 45-49: 315 SQ, 385 DL & 940 TOT. Mary wanted to show me how she could lift me above her ahead - I declined! Our Tammy Thomas, 35, 163.4, Studio City, CA, smashed 6 IPA WRs in the PROS. She smoked all records but Amy Robert's BP record (tied it @ 250). Her SQ (2nd) of 540, DL (1st) with 485 and total 1275 shattered the

10 year old records held by the great Debra Erney. Tammy got a 510 DL up as well as 560 SQ, but they were ruled no lifts! We'll miss Tammy a lot, as she's back to home in MS before going to MI for law school. She expresses gratitude to Joe for his program and coaching to rehab her from knee injury last year, to the great condition she is in now at one wt. class lighter. Our other two Team Extreme ladies did great also: Nicolai Meador, a mother of two from Petaluma, CA, trains on Joe's program and drives the 800 miles (round trip), periodically, to train with us. She's truly hardcore, usually driving back the same day. Her 430 DL (2nd) broke the Amateur OPEN 181 WR (Linda Jo Belsito's 425 of 2-10-96)! Nicolai also surpassed Linda Jo's submaster WRs with her 430 SQ, 430 DL and 1060 TOT.. Angela Martinez, 38 from Argentina, now resides in Bell Gardens, CA, and has represented our team with honor. She set IPA Amateur Open marks last NOV @ 198 with 520 SQ, 311 BP, 500 DL, and TOT 1331. This time she dropped a wt. class to 181, losing 22 lbs. in three weeks while vacationing in Miami, FL. Lifting PRO here she got a 455 SQ, 275 BP, and 440 DL For 1170 TOT - not bad considering the drastic weight loss.

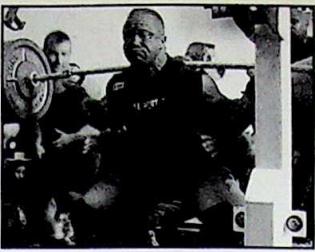


Doug Heath ... Pro Master 148.

The Men: Sat. JUL 16th - John Gengo, 45, Newburgh, NY, entered the 148 AM div. and scored good: 430-250-450-1130. David Wilson, 47, a heavy muscled bodybuilder - PLer from Chesapeake, VA trains alone. David, lifting unequipped, dug deep into his savings account and shelled out no less than \$769 in entry fees and entered 9 divisions and won first place in 8 of them. David was runner up to Doug Heath, who returned after a 2 yr. absence from competition. David's "raw" lifts of 380, 305, 480, 1165 TOT are very good for his age. Speaking of Heath, the 49 year old fireman from Columbus, OH has over 22 years of competition under his belt. Starting out as an 114er, Doug is a "living legend". He was a multi-time APF Senior and WPC World Champ and still holds submaster and 40-44 WRs in that organization. Doug came to the IPA in 1996 and improved with age. At 132 he holds WR in Men's



Joe Avigliano of Team Extreme.



Brian Weston 1000 @ 236 bwt.

Pro Open with 605 410 510 and 1525. His strength multiplied when Doug moved up. His 148 class SQ of 680, at age 48 done 5-17-03, is awesome. Doug's best TOT of 1655, done DEC 13, '03, is amazing. His 705 SQ on 12/13/03 is unbelievable. Doug currently holds no less than 14 IPA WRs and ranks in the top 25 greatest Male Master Lifters of All Time (See my list in AUG '05 PL USA). Doug is back following reconstructive shoulder surgery. He took it easy here with 555 SQ, 380 BP, and 465 DL for 1400. Doug will turn 50 the day before Christmas and will presumably be back in action this Nov at the Nationals. The 165 Men's Open winner, Brian Crowe, 35, Selinsgrove, PA, has shoulder length chestnut hair and a Conan physique to go with it. He fell shy of breaking his Elite AM WRs but did well in my book: 660 435 535 1630 TOT. Brian wasn't smiling afterwards, obviously dissatisfied with his performance. We never are, are we? In the 60-64 group at 62 yrs. 11 mo. I had the dubious honor of being the oldest guy in the meet. I wasn't accustomed to such friendly, caring officials. With super bencher (749) Brian Riley in the head chair it was quite a rush. I retwisted my hamstring on my 2nd DL, but was 6 for 6 up until that point: 365 255 300 920 were 1st time IPA PRO WRs. I promise considerably more my next outing. 181s: AM 45-49 Fred Piermattei, 46, won with 650 435 575 1660, a tremendous result. Paul Sacco Jr., 49 from Jersey was 2nd with 1295. Fred also won 1st in the Open. 2nd to him was Jeremy Talarico, 31, of Sinking Spring, PA, with well balanced lifts for 1515. Shay Larrisey, 31, Marysville, PA, TOT 1835 winning the 181 Open Pro div. His lifts: 725 SQ, 460 BP, 650 DL, made it a truly World Class performance. At 198, Amateur Michael Welcheck, 17, Brookpark, OH, recorded very high results in his youthful endeavors: 675 385 520 for 1580. He has a bright future. Amateur Clint Williamson, 19, Cleveland, OH, copped top honors with 1345, a fine result. Paul Bailes, 23, (also AM) from Parma, OH, went on a tear: 750 SQ, 365 BP, 585 DL, 1700 TOT. His SQ was amazing! The 35-39 Amateur winner was Mike Yontz, who is totally blind, and amazed us with his courageous lifting: 525

375 550 for 1450. In the 40-44 group, our Team Extreme's Spencer Levy, 40, won the IPA Nats last NOV. He injured his back helping a friend move furniture a week out, but came anyway and hit PRs in SQ (550), BP (440) and TOT 1515.

**220s:** Amateur's first. Jon Ross, 22, Lewisberry, PA, impressed everyone with a 1725 TOT via 625 450 650! Walter Welcheck, Mike's Dad, won the 45-49 group with 500 390 500 1390. Tim Clifford, 47, Plainedge, NY, was runner-up to Walt with 915. At 40-44, Charles Blough, 40, Reading, PA, proved he's very strong: 625 SQ, 440 BP, 605 DL, 1670 TOT. At 50-54 it was Al Moatz, 51, West Lawn, PA, the winner with 1380 (530 350 500)! Ed Collaku, 37, Bayshore, NY, claimed two 1st places, capturing the 35-39 and Open divisions with a 1640 sum (660 400 580)! Aaron Royhab, 31 of Evans City, PA, was 2nd in OPEN with 555 430 455 for 1440. Now, the 220 PROs. A true mesomorph, whom I dubbed "Mr. Permanent Pump", was Jeff McVicar, 37. He is renowned for his BP ability. Although he won the 33-39 age group, Jeff almost got overtaken at the wire. It was a great competition between him and our Team Extreme's Mr. Hardcore, Shea Aubuchon, 37, a telephone lineman from Newhall, CA. Shea burns the candle at both ends with his demanding job, gets little sleep, yet never misses a workout even though he's dead on his feet and spends most of his walking hours somewhere in the "Twilight Zone". At 209, Shea has developed quite a physique of his own. He decided to forgo making 198 this time, getting too big. After lifting in last year's IPA Nats, Shea tore a knee ligament in a non-lifting related accident. Following Joe's program he successfully rehabbed after 8 grueling months. McVicar SQed 650, but Shea made 3, including a PR final of 710 (looked good for 25 more). McVicar forged ahead, thanks to his huge 555 BP to Shea's 385. Jeff led by 105 going into DL and finished his pulls with a best of 545, TOT 1750. Shea made up most of the deficit with three strong pulls (640) for 1735! Come NOV., Coach Joe says there will be a different ending in the lift-off between these two. At 40-44, James Howell, 40, (nicknamed Crazy Jim) of Newfield, NY, extended himself to the limit and wound up with an 1800 TOT (650 475 675). The PRO Open @ 220 had 4 entries. The winner proved to be the vastly improved Vincent Cooke, 33 of nearby Dover, PA. Vince proved he's the TOT package (good in

all the lifts). He SQ 775, and DL 640 en route to his huge 2120 TOT. The talk of the meet, however, was his enormous and perfectly executed Open WR BP of 705. It was 40 lbs. over the old record of 665 that Jeff McVicar set in AUG '03 at the IPA Worlds in Camp Hill, PA. McVicar entered this division also, and came in 2nd. McVicar's BP was 85 shy of his best. John Impallomeni, 24, Haskell, NJ, was 3rd with 610 410 550 1570! John Cook, 35, Akron, OH, was 4th @ 1370! The first day's lifting featured 35 lifters, several doing more than one division. 29 new IPA WRs so far. Hope I didn't overlook anyone!

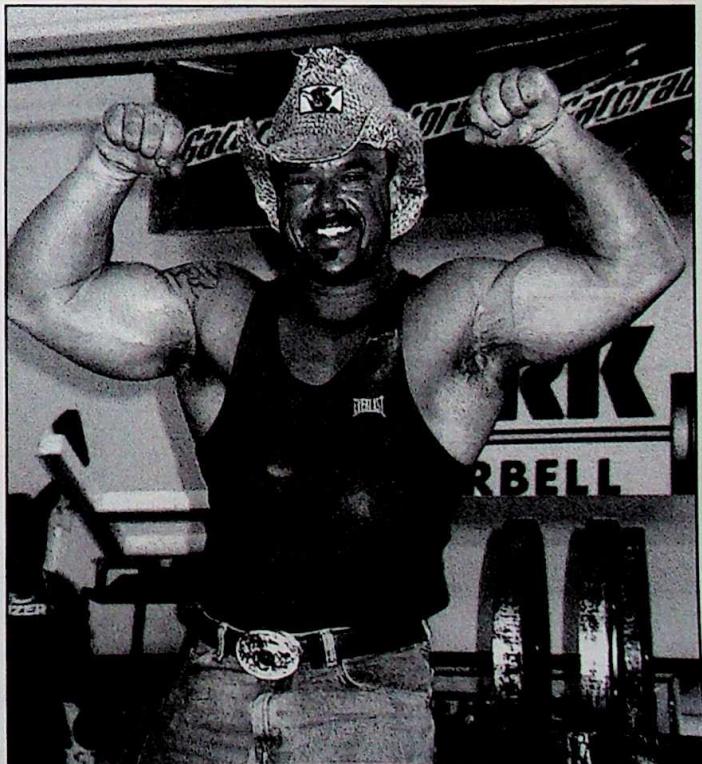
**DAY 2 - Amateur & PRO Men:** There were 25 lifters entered in the 242s through SHWs. 242s: first the Amateurs. Edward Korbel, 19, Newfield, NY, TOTed 1610 winning the 18-19s. In the Juniors (20-23), Daniel Ochmich, opened with a missed 560 SQ (a good morning), but finished with a deep 630, for a good comeback! He also made a 500 BP, and a 575 DL for a 1705 TOT. Runner up was Howard Owens of Harrisburg, PA, with a 560 SQ (missed 600) and 1345. In 35-39 Submasters, Stephen Bennett rolled to a win with 1540 which included a 470 BP. The Open 242s had 4 entries. Larry Livermore Jr. finished in 4th with a 1530 TOT, just edged out for 3rd by Stephen Bennett's 1540 (Yes, Steve entered this division also.) In 2nd was David Stahl with 1585. The winner was tremendous Terry Bumgardner in his black hat.

Terry started his SQs with 625 and finished with a 100 more lbs. Add that to his 480 BP and 565 DL, and he got a 1770 TOT.

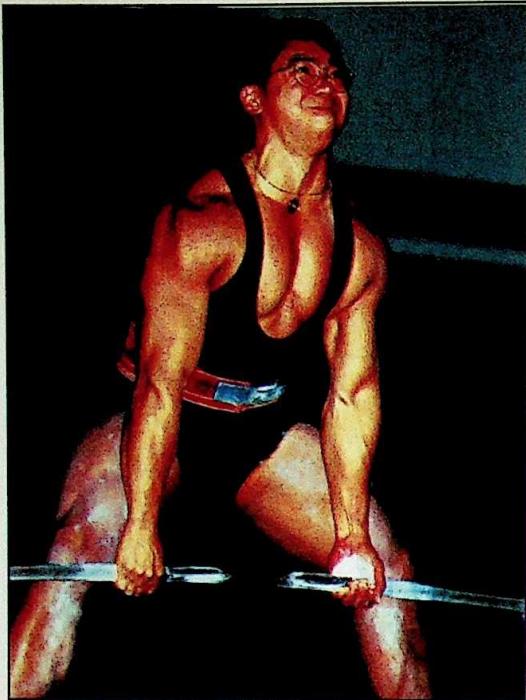
#### **Now the 242 PROs:**

Matthew Lewis, 22, Brookpark, OH, was nothing short of amazing, in his first ever PL contest. Due to his work schedule, he couldn't make the 220 weigh-in time, and came in at 221. He's been training heavy for 3-4 years now, and what a debut with three great SQs: 670, 725 and finally 780. He made a 500 BP too (missed 530) and yanked up all 3 deadlifts (620) for a 1900 TOT. His parents and sister, having never seen him lift before, sat right behind me cheering him on. Is he going to be awesome or what? Now came the biggest battle of the meet. This was Round Two, as the first time they met was last NOV. It was wild and crazy Robert Cooper, 48, of Steubenville, OH, vs. Joe Avigliano, 45, and his chiseled "thunder thighs" from Toluca Lake, CA. Joe was coach and trainer of our CA based "Team Extreme" Cooper had done 1660 winning the 45-49 Men's Masters last year in Shamokin Dam, while Joe had won the 45-49 Pros there. Joe exhausted himself the day before helping all his team members, but somehow summoned the energy to face the task. He exemplifies his own motto, "Come Through When You Have To!" A leader must always set the example for those to follow. Cooper finished with a 650 SQ, while Joe popped all 3-700, 740, and finally a perfect

(article continued on page 82)



Jeff McVicar - Maximum Mesomorph (Glossbrenner photograph)



**Ray Benemerito**, at the 1994 WDFP Worlds, exhibiting the kind of form that Gearman Greg recommends.

## EQUIPMENT TO HELP THE SUMO by Greg Jurkowski of Gearman Nutrition

The deadlift is the true measure of strength. The myth is that this is the one powerlift where extreme equipment may not help at all. Is this why the all-time record has only moved 7 pounds in 13 years? The truth is, an elite deadlift is built from great form, perfect equipment, smart training, and strength. Let me elaborate on how the equipment alone can greatly help the sumo deadlift.

My 20 years of personal research has found that a very tight pair of briefs, and the correct suit can help you to break the ground much easier. Marathon deadlift suits work great, if you're lucky enough to find one. The goal is to find a suit that gives spring, as it is very hard to get down to grab the bar. You have to grab the bar with one hand, and pull yourself down to grip with the other hand, and in the mean time, you are spring-loading your body. This allows the suit to work via the same concept as the bench press shirt, where it's hard to go down, and easy to come back up. Do not let the suit throw you forward at the beginning of the lift. You have to force yourself into the correct starting position, with the buttocks down, and the head way up, and the knees up. Remember, the starting position dictates the outcome of the lift. Once the bar rockets up, try to keep the chin up as far as possible, throughout the entire lift. If your chin is not up, and your back isn't kept upright, you will probably get stuck 3-6" below lockout. If you find your sticking point is still at the top, you will want to consider band training.

I very much prefer hanging bands from the power rack, to work on the lock out. The key is to use heavy band work for the main work sets, not just assistance. As a matter of fact, in my routine, raw deadlifts are nonexistent. All deadlifts are performed with either hanging bands or suit at the end of the cycle.

If you are competing raw, you should train raw. If you are training for an assisted meet, train with equipment. I prefer equipment usage to its maximum potential because I believe it's part of the powerlifting game. I have nothing against raw meets, but I have no ambition to compete in one. If you have any questions, contact me at the website [www.gearmannutrition.com](http://www.gearmannutrition.com). We'll be pulling for you.

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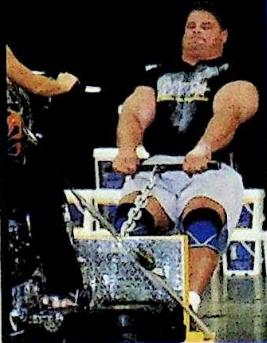
**TONY CONYERS**  
FIRST MAN TO TOTAL 2000 AT 165

**BEAU MOORE**  
1125 SQUAT AT 2005 ARNOLO CLASSIC

**CONGRATULATIONS TO JIM KILTS FOR HIS ALL TIME RECORD 665 BENCH AT 181!**

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Mark Philippi  
- World's Strongest Man  
Competitor and Collegiate  
Strength Coach

**MILLER...NO PAIN!**



Mike Miller  
- World Record 1200 lb. Squat!

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Steve Kirit  
- America's Strongest Man

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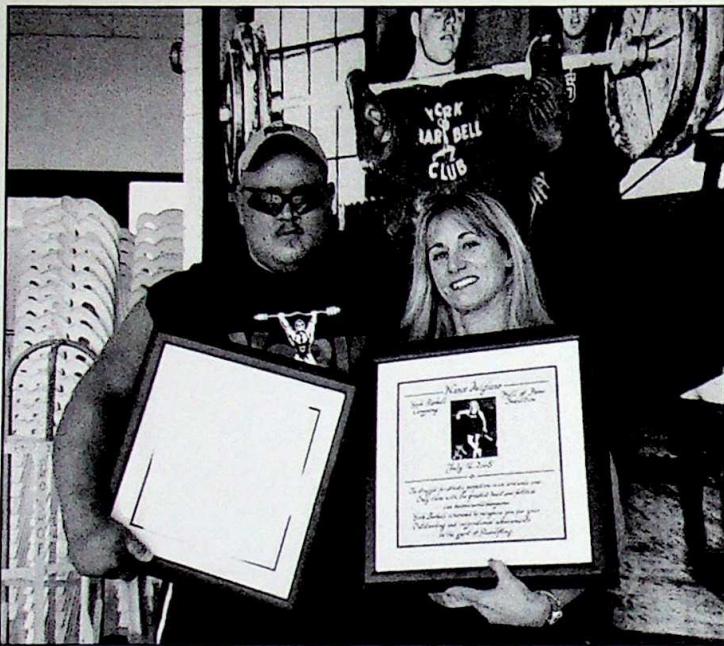
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**T**he 11th IPA World Powerlifting Championships took place the week end of July 16-17, 2005.

The location was York, a small city in Southeastern PA. York is perhaps best known today for its Harley-Davidson plant, but it was formerly famed as the headquarters of the York Barbell Club. Bob Hoffman, dubbed "The Father of American Weightlifting", was York Barbell Company's founder, back in 1938. He was a promoter of physical culture and strength, and his company thrived, financially feeding his promotion of Olympic Weightlifting. The American team was dominant when it came to the sport of weightlifting. From 1946, and for ten years, it was a dual struggle between the Americans and Russians. The rest of the world was too far behind to be much of a factor. Hoffman's York team was invincible, winning gold medals and prestige in National Championships, World Championships, and Olympic Games. Training with Hoffman products (Super Hi-Protein) and York Barbell sets was an inspiration to thousands who wanted to build confidence, strength, and self esteem. USA dominance at the Olympic Games peaked, as a team effort, for the last time in 1956 in Melbourne, AUS. The USA won 4 gold medals to three for the Russians, and upset victories by the two Americans, Vinci and Berger setting WRs in the 123 and 132 lb. classes, a win at 181 by Tommy Kono (lauded by many as the greatest USA lifter of all time) were supported by silver medals from Pete George @ 165 and Dave Sheppard @ 198. This left the final team championship outcome up to one man, who was the first powerlifter in every since of the word. Paul Anderson, a 24 year old native of Toccoa, GA, had dominated like no man before him. On this occasion, Paul had a 103 degree fever, sick with strep throat. After failing his opener clean and jerk twice, Paul, weakened and dizzy, somehow managed to secure his final lift. This gave the USA team the victory 54-50 pts. over the Russians. From that day onward, USA weightlifting declined. Four years later in Rome only Vinci won gold. He was the last American male to win gold. The last two Americans to win gold in a World Championships were Bob Bednarski (242) and Joe Dube (SHWT) in 1969.

Hoffman had published two magazines: STRENGTH & HEALTH hit the newsstands in 1932. In 1964 MUSCULAR DEVELOPMENT began. The new

## York Barbell Hall of Fame as told to PL USA by Herb Glossbrenner



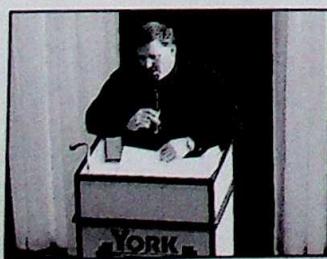
New York Hall of Fame Inductees: Gene Rychlak Jr. and Nance Avigliano

strength sport of powerlifting had a voice in the latter publication. Competitions in the three powerlifts became more and more prevalent. Hoffman was at first resistant - believing that the powerlifters would siphon off talent which otherwise would go to Olympic lifting, but then he saw the light and organized the first national championships for powerlifting at the William Penn High School right in York. Bob continued to back PL, organizing the first World Championships in 1971, in York. By 1975 the first IPF Worlds was held on foreign soil in Birmingham, ENG. Bob shipped his barbells there and footed the bill for the USA Team. Powerlifting didn't kill off weightlifting. WL did it all by itself, according to Dick Smith, York team trainer. I hadn't seen him in 20 years. At the IPA Worlds, we re-established our friendship going back 40 years, and reminisced about WL. Smith told me the grass roots clubs throughout the USA disappeared when everything moved to the Olympic Training

Center in Colorado Springs. He sadly told me the original York Barbell Club at 83 North Ridge Ave. was now a vacant building.

Perhaps three hundred yards away from the new building on Highway 83 housing the York Barbell Club Hall of Fame, I could see the York Barbell plant where the barbells are still being manufactured. You can't miss it with the gigantic revolving figure of a weightlifter in a split snatch position with a heavy barbell overhead. This new building, where this competition was held, has a wing which houses the York Barbell Hall of Fame. Great names in weightlifting, powerlifting, and strength administration are inscribed on its walls. This year two more names were added to this list during the induction ceremony held Saturday afternoon July 16, 2005. They are Nance Avigliano and Eugene Rychlak Jr.

To know Nance Avigliano is unquestionably to love her. Nance was the backbone of the Los Angeles Lifting Club when she and Joe owned it. Even Joe will tell you that. She's one of the most organized persons I've ever known. From the time I joined the club in December of 1998, I recognized her special qualities. Throughout the past seven years Nance has been the organizer of our LALC PL team trips. It was she who made the airline, hotel reservations, planned a schedule, and provided a checksheet to all participants: when we weighed in, when we lifted. She did everything, and never overlooked even the most



Mark Chaillet, a Hall of Famer himself, served as MC for the induction ceremony (E. Chaillet)

minute detail! It would be easy to take Nance for granted, but we didn't! She's most unselfish; always thinking of others before herself.

With her 49th birthday come and gone as I write this article, Nance is still a glowing, vibrant picture of health. Pretty as a picture, and as sharp as a tack! This is not the usual aftermath for those who've tortured their bodies, driving themselves to the limit to achieve the best they could. Even at this meet, she was the mother of our team, looking after all our needs, and not stopping though near exhaustion. She shot the video of our trip to preserve our experience, took pix for me while I lifted, kept track of all the numbers necessary for Joe to do the superb coaching job he did.

She keeps Joe composed and is our caretaker also. Nothing to worry about with Nance as watchguard! To honor her on this special occasion, Joe had commemorative t-shirts captioned "The Extreme Team", with his beloved Pittsburgh Steelers colors: purple outlined in gold on the front. Inscribed beneath it read, "Nance Avigliano York Powerlifting Hall of Fame 2005". The back displays two color pictures, one of her 507 WR SQ, quite appropriately from the 2002 APF Seniors here in York, PA, and a stunning physique pose beneath it. It was a big surprise that made her get a bit emotional. All the team members wore it to honor her on this special weekend.

Now about her lifting. With zero athletic background, she took up powerlifting under husband/coach Joe's guidance to rehab a chronic back condition she got from a serious automobile accident. Not only did her back pain disappear, but as her strength and stamina increased, she got introduced to powerlifting for competitive purposes. She gained in leaps and bounds and one day Joe told her she could be the best, all she had to do was believe to achieve. Joe summarized her greatest qualities: (1) She was a hard worker, never missed a workout, whether injured, fatigued or ill - she forged on. (2) Determination. Nance was as hardcore as they come. She tore a pec (getting fit into a bench shirt, no less) which required surgical repair. She literally starved herself to make the 123 class. At the 2000 Worlds in Las Vegas she came in at a drawn 118 lbs. (over shot the mark), but somehow came through to finish runner-up to Amy Weisberger with a 937 total. When she did go up to 132, her lifts made a quantum leap. Renown for her astounding squatting ability, I know

it was her incredible back strength that bore the burden of those massive loads. After making those monster SQs one never got to see Nance's true strength lift, the deadlift. In competition, her best was 462, but she did 485 in training and would have easily surpassed 500 had her back not been fatigued from her incredible squat efforts.

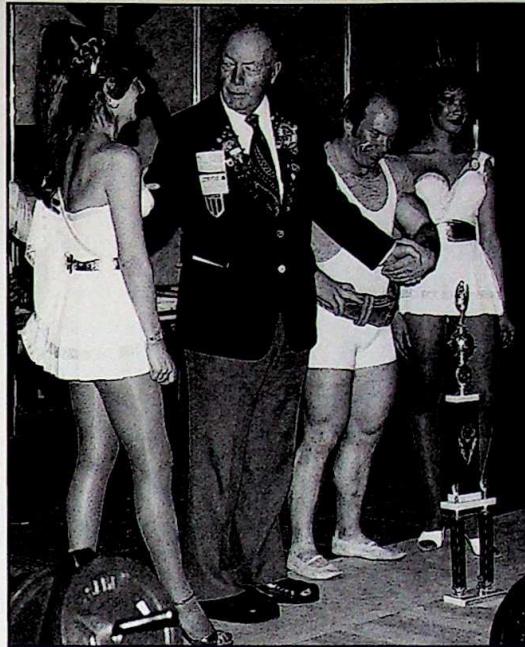
Among her achievements are two National Masters National titles, APF National and WPC World Bench Press titles, four APF Women's Senior National Open Championships (1999 through 2002), as well as the WPC North American Championships in August 2002, and culminating her brief career, the WPC World Title in Helsinki, FIN in October 2002.

Nance had no mental barriers. Whatever weight was loaded on the bar, 400 or 500 lbs., she just did it; never once thinking she was trying the impossible. The L.A. Lifting Club's motto said: There Are No Limits. She believed it and achieved it. In a must do situation she always came through. No one believed she'd beat Amy Weisberger in head to head competition. When they met the 2nd time, at the 2002 APF Seniors in York, Nance pulled what she had to for victory. At the 2002 Worlds in Helsinki she was so sick with pancreatitis that she almost didn't go. Joe had her go 148, and although she was at the full 148 limit, her illness caused her to lose 10 lbs., and she came in at a mere 138.6. Struggling throughout the meet, she won the coveted WPC World title on her 2nd DL attempt and was totally spent. Joe told her that with one more lift, 446, she'd also win best lifter. "Load it up, it's done," she replied. With every last bit of energy she strained until the barbell inched into its final locked position. Good lift. You are always remembered by your last competition. This final last tremendous effort rang down the curtain on a 4 1/2 year illustrious career. Even now, 3 years after she's retired, the WPC World Record tally shows she still holds no less than 11 WPC World Records: OPEN WOMEN'S SQ 556.6 and TOT 1234.6 @ 132; also the WPC Masters (40-44) WRs of SQ 374.8, and TOT 942.6 @ 123. 132/40-44 records at 132 of 458.5 SQ,

D/L 435.4 and TOT 1108.9. In the 45-49 Masters Nance has a grand slam (sweep) of all the WRs 556.6 SQ, 231.4 BP, 462.9 DL and 1234.6 TOT. Let's fortify the greatest achievements of her lifting career: Nance's stupendous SQ of 4.24 times her bodyweight 556.6 @ 131.175 bwt., is the greatest female SQ of all time using the Glossbrenner Women's PL Formula, and using the McCullouch ACF (age correction factor). At age 46 this gives her a rating of 270.629! To further illustrate the magnitude of her feat, Becca Swanson's mind boggling lift of 832.2 @ 242.2 bwt. gives that 31 yr. old superstar a 261.071. Will Nance's SQ rating (#1 All-Time) ever be surpassed?

Perhaps down the road by Miss Swanson, but unlikely by a master lifter, especially at age 46. What about rating Nance formulawise on the total? Again using the Glossbrenner Formula (which has replaced the Reshel Formula in APF and will likely be approved this Fall by WPC at their Worlds in Helsinki) with the ACF by Eugene McCullouch for age 46: Nance rates 600.208 Rating Points, ahead by 31 pts. as the best female master lifter of all time. Nance ranked #1 with her 560 kg. (1234.6) TOT @ 59.5 kg. (131.175) besting all women lifters of all time regardless of age until this past June 4, 2005, where at the APF Seniors, Becca Swanson's TOT of 873.0 (1924.635) at 109.86 (242.2 lbs.) bwt. put her ahead with 603.749 points, performed at an age 15 years younger than Nance. Nance was teary eyed and her voice broke as she made her acceptance speech at the ceremony. She was obviously overwrought with emotion on this monumental occasion. You deserve this honor, Nance. Long Live the Queen of Extreme. May her legacy be preserved forever in the shrine known as the York Barbell Hall of Fame!

When Mark Chaillet told me that only if you are retired or dead would you be inducted into the York Hall of Fame, I believed him. Mark changed his mind following the incredible feat preformed by bench presser Eugene Rychlak Jr. last November 2004, at the IPA National Championships held in Shamokin Dam, PA. It was there that those present were utterly



**The Man Who Made York Barbell What It Was: Bob Hoffman**, congratulating Jerry Jones at the 1979 Las Vegas Royale meet held at famed Caesar's Palace Hotel.

phenomenal lookout to the use of rubber bands, has never tried a maximum raw lift. As far as gear goes, he endorses Inzer Advance Designs. He manned an Inzer booth of his own at the meet. His 1005 BP lift last November took so much out of him that he was crippled for 6-8 weeks afterward. Eugene bears the scars of his efforts, deep grooves across his biceps. On the occasion of his historic lift, he lifted along with the other benchers. Then everyone complained that it held up the meet. He told me that it takes time to gauge his warm-ups. This year he lifted alone after the rest of the benchers were done, a decision he wasn't comfortable with. It didn't go so well, as he was cramping badly

from the heat and humidity, which affects the bigger person more. He took IVs to keep his electrolytes balanced. His 1000 pound opening attempt met an enthusiastic response from the crowd, was controlled well, touched his chest, but it rolled forward - no lift. After a 23 minute wait, he took 1015 - controlled the descent to his chest, but it rolled out of his wrists again. The spotters (his own) rescued him quickly. He felt pain in his arm and decided to forego his 3rd attempt. It was his first ever bombout. He graciously returned to apologize to the crowd for failing to produce and for any delay to them and all the lifters that his tries might have caused.

He has benched press over 800 lbs. no less than 18 times in competition. Gene was also the first man in history to smash the 900 barrier on 16 NOV 03 at the IPA Nationals in Harrisburg, PA. He's done over 900 seven times in competition, and -- of course -- is the only man to do over 1000. Eugene promised that he has bigger lifts in mind for the future and is looking for a big sponsor to defray his expenses. Make no bones about it, this Big Man has gone where no man has gone before - a half ton bench press - and with it has pushed himself into the archives of historical achievement forever. Congrats on your achievement, Eugene. I - as well as everyone - hope to see you at the Arnold Classic WPO Bench Bash, March 2006. This will give Scott, Ryan, and Sean, or some other monster who might unexpectedly burst upon the scene, a chance to meet The Man. The question is, can they Beat The Man?



**Gene Rychlak Jr.**, after a string of phenomenal successes, 1000 pounds wouldn't go on this day.

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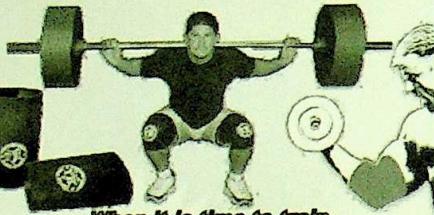
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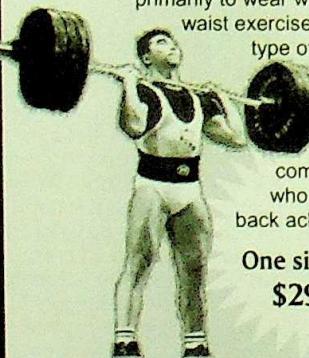
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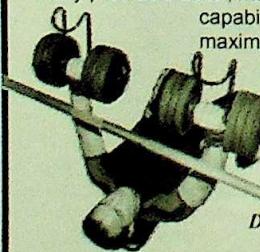


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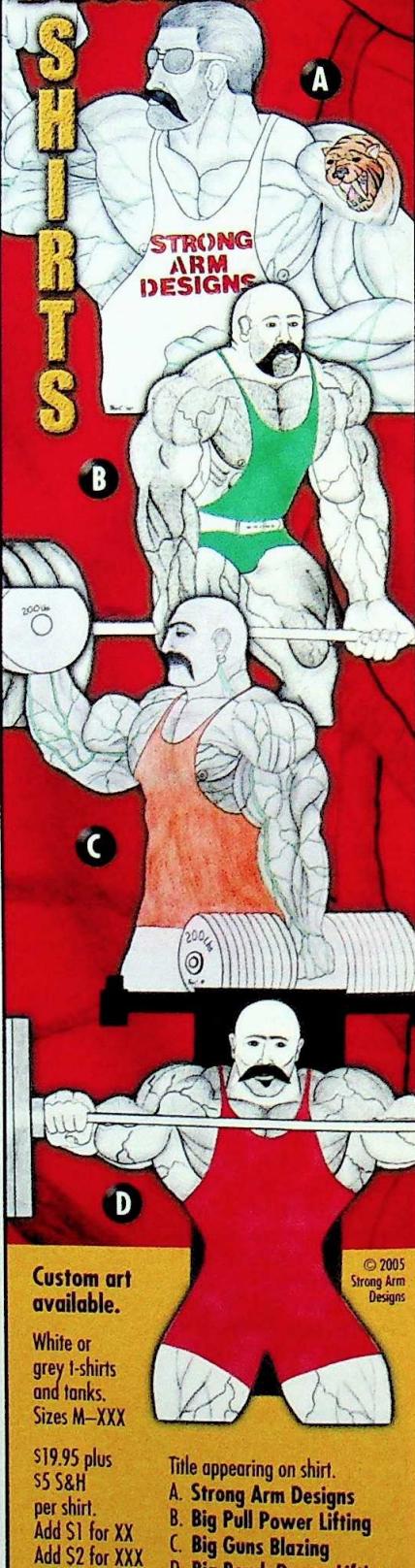
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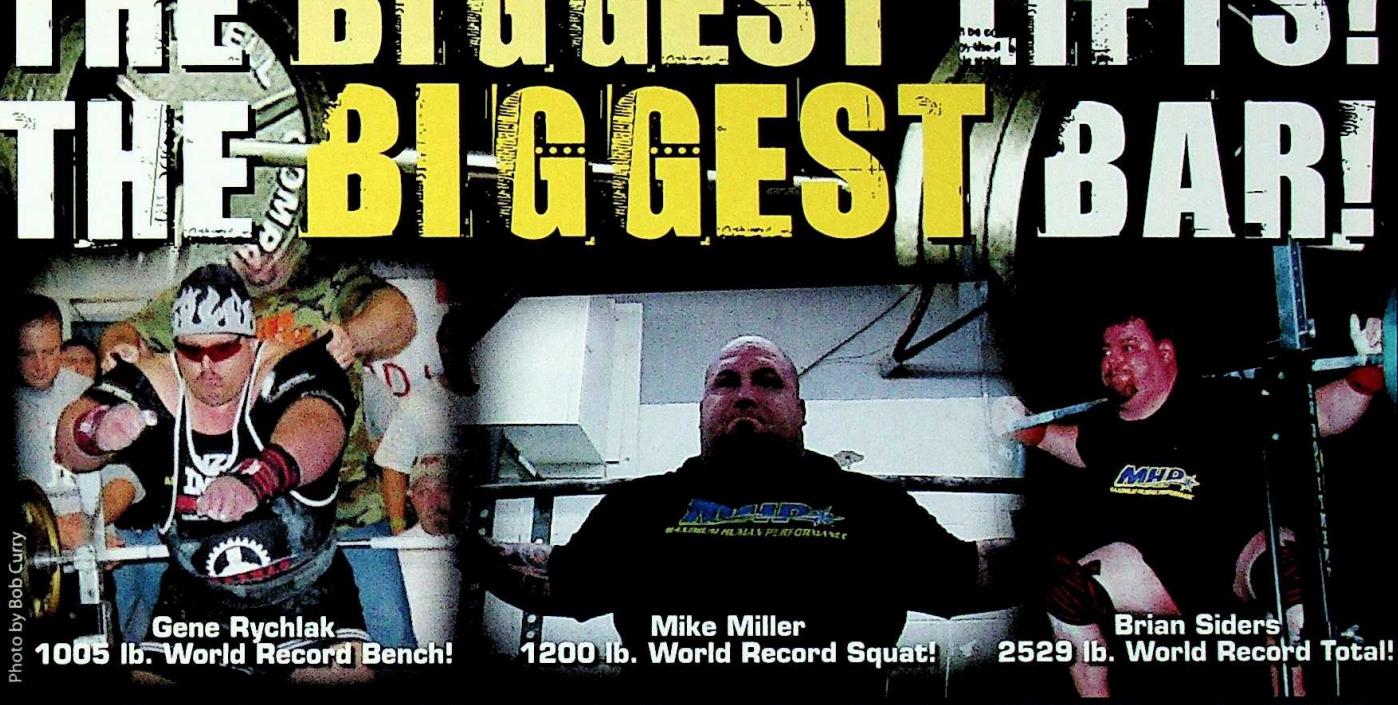


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# TRAINING

## REACTIVE METHODS

as told to Powerlifting USA by Louie Simmons

In the late 1960s isometrics were used not only by the Soviets but also here in the United States by the York Barbell team. They were very effective but were overused, without mixing other types of resistance. Plyometrics are overused and misunderstood in most cases. They should be just a small part of training for explosive strength.

Most kids jump rope, a simple

form of plyos. Yes, it is very important to develop power quickly, but it is also important to maintain power for sports such as football, wrestling, and some running events. All ball players run fast and slow and have quick changes in direction. This is very taxing on the central nervous system. If one wants to become more explosive, he or she must raise maximum strength.

At Westside it is common to

see Chester Stafford jump onto a 35 inch box with a pair of 70 pound dumbbells at a bodyweight of 290, or to see Andre Henry, at 460, jump onto a 20 inch box with a 160 pound weight vest on. Neither man had a previous plyometric background. How did they do it?

Many strength coaches call me about power and speed training, but very few ask about building absolute strength. If your reactive strength grows, your jumping and running ability will increase. That is why men can outperform women in the 100 meter, shot put, basketball, football, and lifting weights. Most coaches are constantly working on speed and quickness, but that's the trait they recruited. Why constantly work on what they already have? Most stay away from heavy weight training for fear of overtaxing their athletes.

However, when running full speed, 4, 5, and sometimes 6 times bodyweight is produced during foot contact, while a 300 pound lineman is lucky to squat twice his bodyweight.

Relative strength is much lower for large men compared with smaller, lighter men. Phil Harrington, the world record holder in the squat at 900 at a bodyweight of 181, can also jump onto a 50 inch box. As his squat increased, so did his box jump. When Jud Logan, the Olympic hammer thrower, failed to increase, he employed box jumps to push his throws to new lengths. He had a 440 power clean and a back squat of about 770 pounds. His box jump was an incredible 55 inches at 285 bodyweight. Jud, like Westsiders, was already strong, and used box jumps for quickness to increase his throws, just like Westside uses the jumps to increase our squat and deadlift.

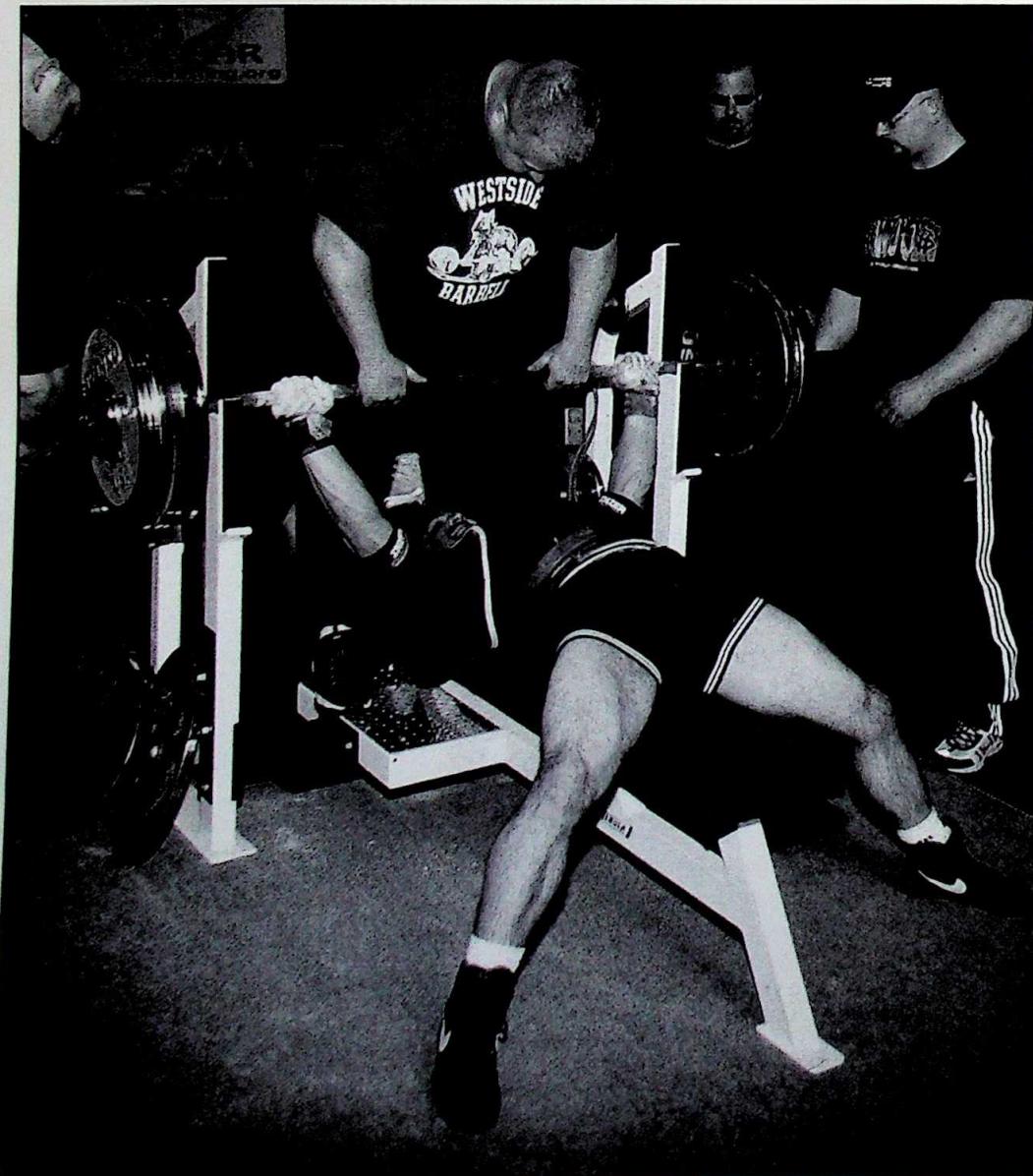
What about lifters and other athletes who aren't very strong? How can they increase their explosive power? By using the reactive method.

Here's how.

One reactive method exercise is weight releasers. Here, extra weight is added to the bar on the eccentric phase by the use of weight releasers. It is common to lower 80% of your 1-rep max and raise 60%. This is done by putting 20% of the load on the weight releasers. As they release the load, the body reacts to the sudden reduction of weight, then accelerates concentrically to completion. The lifter reacts as if the original 80% was on the bar. This develops maximum acceleration and reversal strength. The eccentric phase should be as fast as possible, preferably five-to-six-tenths of a second. Lowering slowly will build only muscle size and causes most muscular soreness. The squats are done for 2 reps, 6-10 sets. This method is frequently used by Matt Smith (2600 at SHW) and John Stafford (2437 at 275).

Basically the same method is used for bench pressing. We do 6-10 sets of 3 reps. Of course only the first rep is a contrast rep, as the weight releaser device falls off. This is good because eccentric work causes the most muscle soreness due to muscle spindle damage.

A second method for contrasting a load is the lightened method. At Westside a strong pair of Jump-Stretch bands are attached to our 7-foot power rack at the top. In the bottom of a squat, 135 pounds weighs zero. By adding 90 pounds to the bar, it now



Fred Boldt has employed the reactive methods recommended by Louie Simmons in his training plan.

weighs 90 pounds at the bottom, but 225 at the top. By adding a second set of 45 pounds, the weight at the top is 315 pounds and 180 at the bottom. Your brain quickly learns that the load, while very light in the bottom, becomes quite heavy at the top. This teaches one to accelerate maximally to completion. This conditions one not to decelerate near completion, which occurs with just barbell weight.

This system was first used in youth training overseas. If one could squat only 90 pounds, the load would seem light in the bottom after starting at the top with 225. Unlike the weight releaser system, the total load is reloaded as one stands.

An extreme setup would look like this: Fix the bands so that there is 250 pounds less at the bottom of a squat. Load the bar to 1000 pounds. Set up with the 1000 pounds. The weight becomes lighter as one descends to the bottom until it is reduced to 750 pounds. The weight reduction is caused by the bands supporting part of the load. Then return to the top. As the weight is raised, the bands gradually reload to the original 1000 pounds.

This is a very effective reactive method. One becomes acquainted with a heavy load at the start of the squat while maximizing strength at the bottom and explosively returning to completion. Westside often uses this method for benching as well.

While the deadlift does not require an eccentric phase in contests, we do deadlifts in a similar fashion. The bar is reduced by 135 pounds at the floor by supporting it with Jump-Stretch bands attached to the top of the power rack. After locking out the deadlift, the entire 135 pounds is lifted out of the bands. This method teaches an explosive start and to accelerate to the top.

Let's look at a slightly different method: the heavy-light method. The first system employs bands. For benching, on speed day, after a thorough warm-up, use two sets of mini-bands with your prescribed amount of barbell weight. After doing 5 sets of triples, take off a set of mini-bands and do the remaining sets. The bar will feel extremely light.

Fred Boldt's sets look like this: 205 pounds bar weight plus two sets of mini-bands, equaling 170 pounds at the top and 80 pounds at the chest. After 4 sets of 3 reps with two sets

of bands are done with a bar speed of about 0.75 meters/second, Fred takes off a set of mini-bands. Now the bar speed increases to 0.8 meters/second. Fred's body reacts as if the original two sets of bands are still on the bar.

The contrast between the heavy and light load causes added stimulus to the central nervous system, producing added acceleration. This method can be used for squatting and deadlifting or even Olympic pulls.

If you don't have weight releasers or Jump-Stretch bands, the heavy-light method can be done by first using a weight of roughly 90% for 1 or 2 reps for 2 or 3 sets. Then reduce the bar weight to 40 to 60% and do 2 or 3 sets of 2 or 3 reps. This can be done on all lifts, in addition to weighted dips, weighted pull-ups, box jumps, etc. Keep reps low to conserve energy.

A note to ball players: It's great to be quick, but quickness is just one component of speed.



**Jump Stretch Bands** can be employed in many reactive method programs.

Quickness is defined as an action of the body that does not require muscular effort or the complex

coordination requiring energy (Soviet Training and Recovery Methods, Ben Tabachnik).

I try to identify the authors I read, but I also identify the participants we test at Westside. We test only the world's best or nearly the world's best. This authenticates my findings. Many experiments with novice lifters with poor form will yield insufficient data.

There are many types of strength and many methods to develop them. Too much of one type of training can interfere with all the rest. So plan your training carefully and you will succeed more often than not. In the United States, the emphasis is on teaching, not coaching, so the coach must learn on the job. Don't be afraid to experiment with new methods. Many of our new, so-called unproven methods are really old, proven Soviet methods, based on the coaches' experience.

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MHP teamed up with some of the top experts in the field of hormonal manipulation. As a result, they've gained access to amazing recently discovered technologies to achieve the ideal anabolic landscape for building muscle mass and improving male performance.

And now, they've pooled all of their resources and put them into the development of the first-ever "Pro-Testosterone" Formula—a formula that manipulates your ENTIRE hormonal profile to maximize testosterone and optimize male performance. What they've done with this formula has set a new precedent, and it's appropriately called T-BOMB II!

## **Increases Your Natural Production of Testosterone by 400%**

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Elevated testosterone is only beneficial if it is circulating in the blood as "Free Testosterone". Sex Hormone-Binding Globulin (SHBG) is a protein that binds to testosterone, rendering it useless. T-BOMB II doesn't just lower SHBG, it annihilates it! T-BOMB II frees up even more testosterone for even greater gains in mass and strength. Increased sex drive is another positive "side effect" you can look forward to experiencing.

## **Stops Testosterone to Estrogen Conversion**

Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme in the body converts some of your testosterone into the female hormone estrogen, which is responsible for many negative side effects, including the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-Aromatase inhibitors found in T-BOMB II eliminate the conversion of testosterone to estrogen—a main concern for powerlifters and a tremendous triumph for MHP R&D formulators.

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Stage 2 of T-BOMB II's "estrogen assault" uses estrogen-blocking compounds to clog the receptors, assuring that estrogen does not attach to the receptor and exert any of its estrogenic effects. With T-BOMB II's two-stage assault, testosterone, and only testosterone, dominates your hormonal composition.

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Testosterone can also convert into a hormone known as DHT, which is responsible for the negative side effects such as—baldness and acne. T-BOMB II provides your body with the critical nutrients to minimize and block this conversion. Additionally, minimizing DHT, which normally competes with Testosterone for the androgen receptor, leaves even more receptors open for Testosterone to latch onto.



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It's the latest breakthrough in hormonal manipulation and it has the entire bodybuilding world buzzing! This is how it works: When testosterone arrives and docks at the muscle cell receptor site, it must interact with "2nd Messengers", and communicate to the muscle cell nucleus that testosterone has arrived and to carry out its anabolic effects. The more efficient your 2nd Messengers are working, the louder the signal they send. Referred to as *signal transduction*, this amplified signal increases testosterone's anabolic effects to stimulate muscle growth. Simply stated, if your 2nd Messengers are operating optimally, the muscle building effects of testosterone are increased ten-fold!

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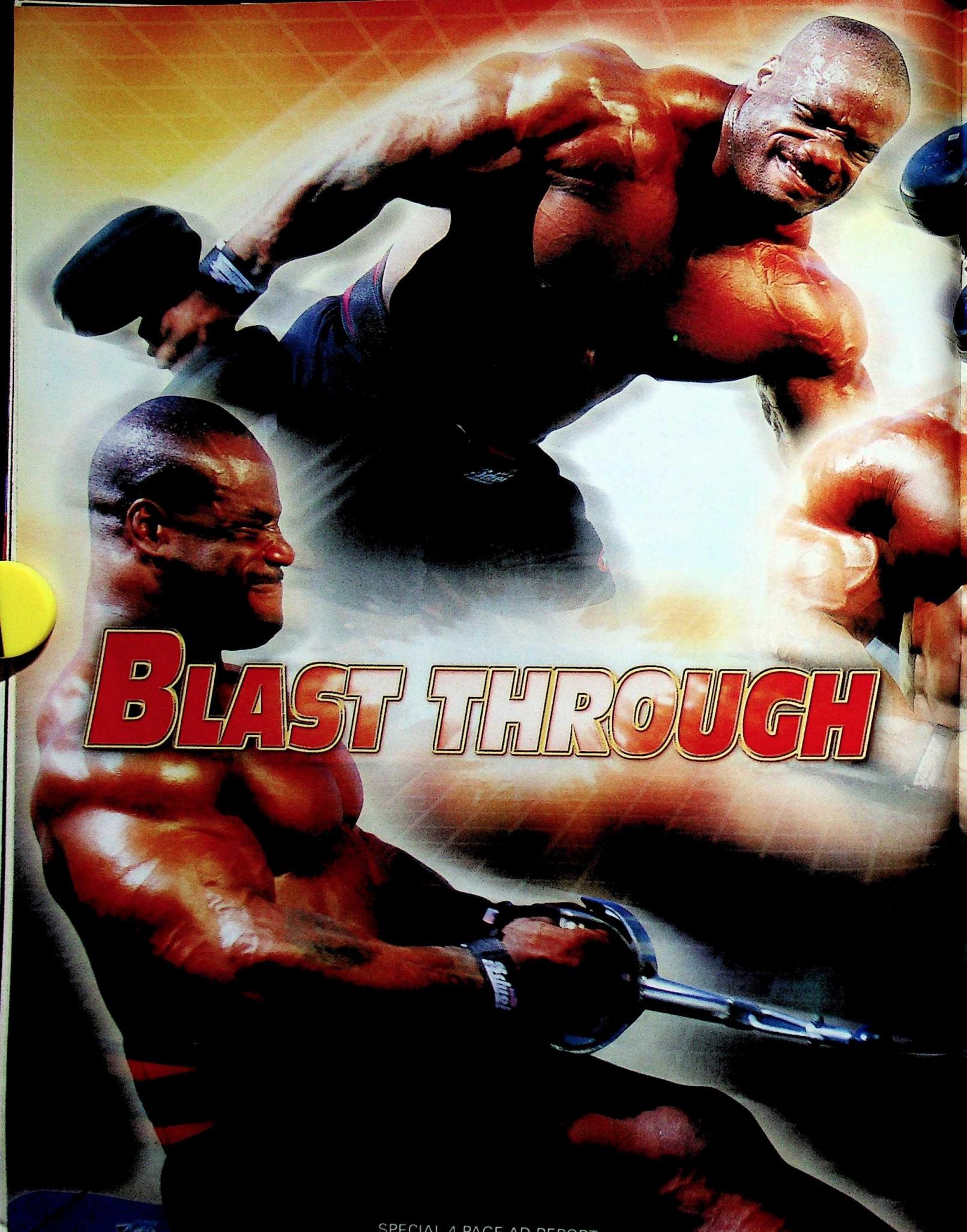
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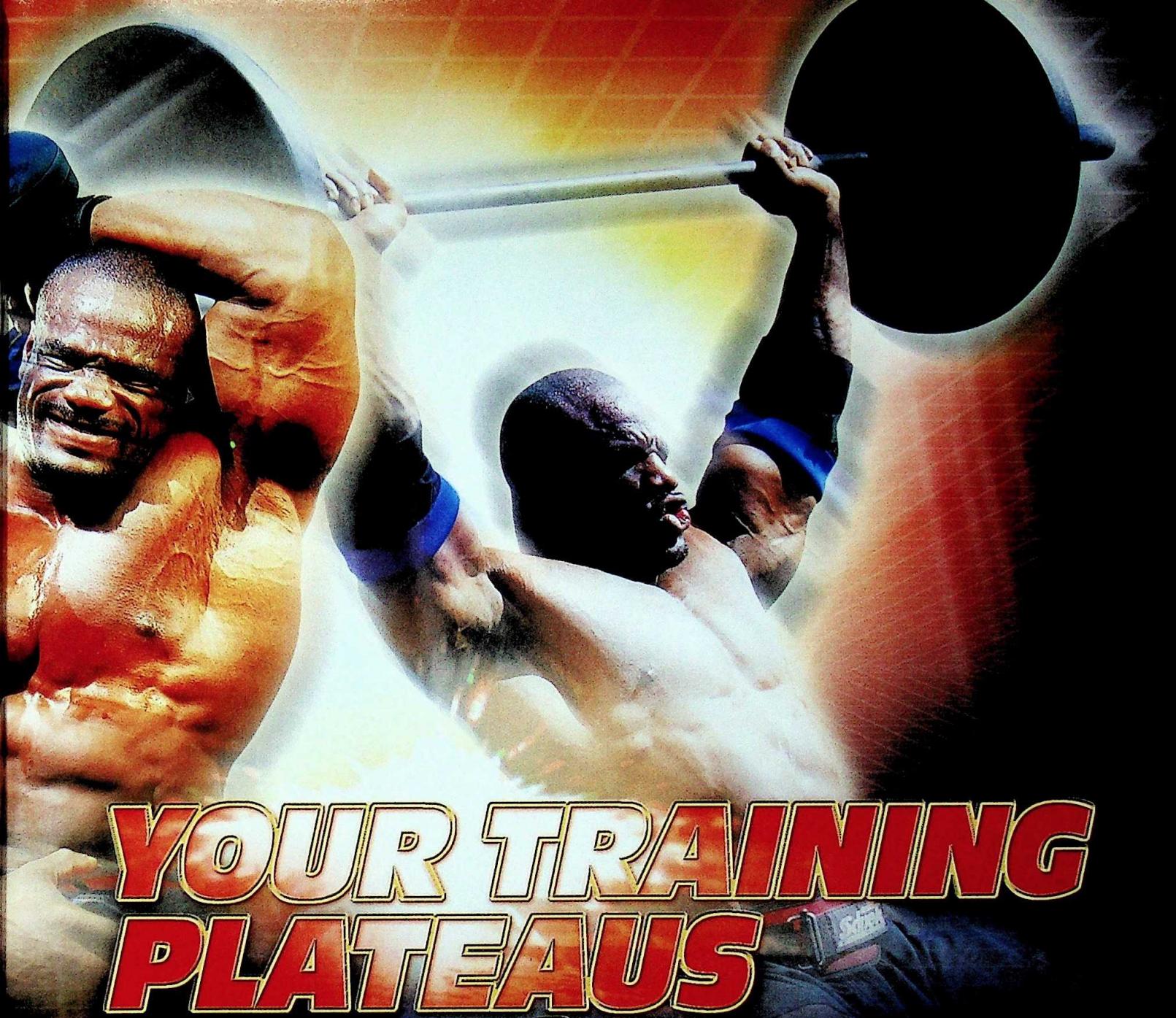
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Then it happened. It was a workout just like any other – only this time, when you reached for the heavier weights, your

body flat-out refused. No matter how hard you tried, you couldn't make the lift. In defeat, you went back to the lighter weights you'd lifted the week before.

And that's when it began – the dreaded plateau that so many people had warned you about. Sure, you've put up some OK weights since then, but definitely nothing to brag about. Your workouts have been decent, but not like when you first got in the game. And as far as keeping a training log goes, there's been no reason to. You've been stuck lifting the same numbers week after week. Bottom line: The gains you used to see have all but disappeared.



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### Get Back in the Game with GAKIC™

Does this mean you're destined to train on autopilot for the rest of your training days? Hardly. We've got a new and groundbreaking invention for you that's gonna help dig you out of that mind-numbing plateau – one that will help you see gains like you've never seen before. Gains that will even make your rookie gains look like a joke. This product is called GAKIC™. Its chemical breakdown is glycine-l-arginine-alpha-ketoisocaproic acid calcium, but that's just the science lingo. What's more

**With GAKIC™, there's no loading needed. You'll experience a 10.5% increase in strength immediately!**

important is what GAKIC can do for you. Need more strength? GAKIC can help you blast out more explosive reps than you ever have before. Wish you wouldn't reach failure so soon into your sets? GAKIC will amaze you in that area too. In fact, take GAKIC right before your workouts and you'll feel an immediate 10.5 percent increase in

strength. Researchers know this because in one clinical study, GAKIC supplementation significantly increased the total muscle work performed during intense sets of resistance training by an average of 10.5 percent during the first 15 minutes.<sup>1</sup>

And back to that whole issue of reaching failure: When you take GAKIC, you'll be able to train harder and longer than you ever have before. In the above-mentioned study, subjects taking GAKIC increased their fatigue resistance by up to an average of 28 percent.<sup>2</sup>

But the science doesn't end there. Another clinical study, conducted at Truman State University in Missouri, is just as telling about GAKIC's incredible capabilities. This study was done on healthy male subjects and sought to confirm the results of the first study. In this test, subjects were asked to perform a series of 10-second cycling sprints. During one test, the subjects took GAKIC before exercise; during another, they took a placebo. The type of testing used in the study was a modified Wingate Anaerobic Test. This test was developed during the 1970s at the Wingate Institute in Israel, and it determines peak anaerobic power and anaerobic capacity. Subjects sit on a mechanically braked bicycle ergometer and cycle as fast as possible for a set amount of time without resistance. Within 3 seconds, a fixed resistance is

**Researchers spent over 8 years developing GAKIC™. That's practically unheard-of in the supplement industry!**

applied to the flywheel, and the athlete continues to pedal all-out. An electrical or mechanical counter continuously records flywheel revolutions in 5-second intervals.

The results of this second study were staggering. Just as researchers predicted, GAKIC helped subjects do significantly more work than they did without it. In fact, the results indicated that GAKIC consumption significantly lowered the drop in mean power output associated with repeated sprints of anaerobic cycling, between the first and second sprint.<sup>1</sup> This study, therefore, confirmed the results of the first – that GAKIC supplementation enhances the retention of muscle power during short-term, high-intensity exercise.

### What Makes GAKIC So Effective?

While GAKIC's incredible strength-and performance-enhancing effects may be due to several factors, scientists believe that one likely mechanism involves alterations in acidosis and waste products that can generally limit muscle performance.

Also, during GAKIC's metabolic breakdown, it seems to bind to fatigue toxins released by overworked muscle. It's believed this provides a buffering action to allow extended muscle function for performance. The result: You're able to train harder and longer.

### What Does All This Mean?

It means your workouts are gonna blow you away. It means you're gonna have the incredible strength to lift like you never have before. It means when you look in the mirror after all this explosive training, you won't be disappointed.

The fact is, GAKIC™ is unlike anything else on the market. It's completely different from any pre-workout supplement, creatine, or

stimulant out there. GAKIC™ is an entirely different product. One that the industry is seeing for the very first time. The launch of GAKIC is history in the making, and it will change the way we approach musclebuilding forever!

These are bold claims, we know. But we're not making this stuff up. Researchers have been working on GAKIC for over eight years. That's right – over eight years. That's practically unheard-of in the supplement industry. Trust us, the companies that spend even a third of that on their entire product lines are few and far between. We've said it before, but it can't be said enough: Too many supplement companies out there couldn't care less about science. They rush their products to store shelves just so they can make a quick buck. But that definitely doesn't do you – the consumer – any favors. Most times, you just end up with a product that doesn't work. So not only have you wasted your time, but you've also wasted your hard-earned money. And what have you got to show for it all? Nothing!

**GAKIC™ is like nothing else out there – it's not a creatine, stimulant, or regular pre-workout supplement.**

With GAKIC, you can expect amazing results every time. Two double-blind, placebo-controlled studies (the gold standard in clinical research)

## Stop reading about GAKIC™. Pick some up at your local GNC and get it working for you now!

support its extraordinary formula and prove its effectiveness (Note: These studies were published in the prestigious journal *Medicine & Science in Sports & Exercise*). Not only that, but no other supplement company is capable of selling GAKIC. Only Team MuscleTech has the rights to this exclusive patent. And only MuscleTech researchers – who pride themselves on cutting-edge science – can bring you this incredible supplement!

### Why Should You Try GAKIC™?

The more obvious question is "Why shouldn't you?" Knowing everything you now know about GAKIC, why wouldn't you at least give it a try? It would be as if someone offered you the key to massive size and strength gains,

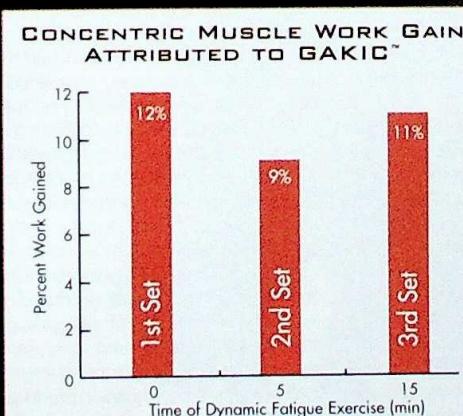
and you politely turned it down. That wouldn't make any sense! The same goes for GAKIC. Turn it down and you'll be kicking yourself later. Because if you don't use GAKIC, others will. This stuff is hot. So hot that some of the world's best bodybuilders already have GAKIC in their kitchen cupboards. Even if competing isn't your thing, we know that looking good and throwing up big weights are. So stop reading about GAKIC. Jump on [www.GAKIC.com](http://www.GAKIC.com) to get your free sample and experience bodybuilding's biggest breakthrough yourself. Better yet, rush to GNC and get it there first. If you're not 100 percent satisfied with your purchase, just return it and we'll give you your money back. Of course, we doubt this will ever happen. Word has it GAKIC is the most powerful supplement the world has ever seen ... and soon you'll know why!

1 Stevens, B., et al. (2000). *Medicine & Science in Sports & Exercise*, 32(12):2102.

2 Ibid.

3 Buford, B., et al. (2004). *Medicine & Science in Sports & Exercise*, 36(4):583.

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As this graph indicates, subjects using GAKIC experienced a 12% increase in strength on the first set, a 9% increase in strength on the second set, and then an 11% increase in strength on the third set. The average strength increase: 10.5% greater than the placebo!



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

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

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

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

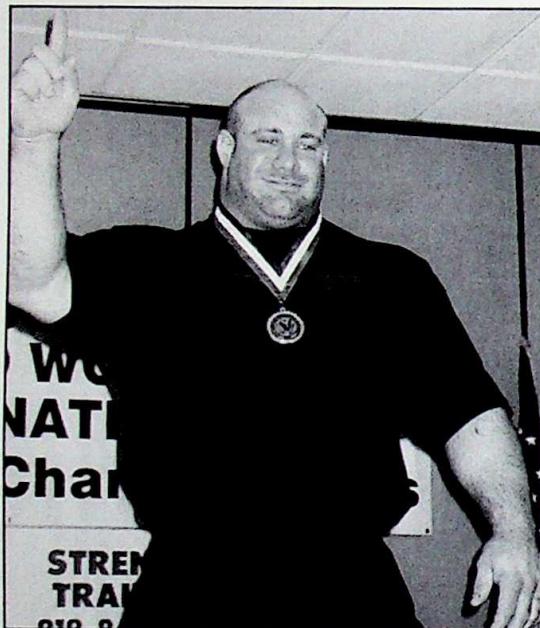
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

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

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

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

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

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

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

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

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

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

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

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

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

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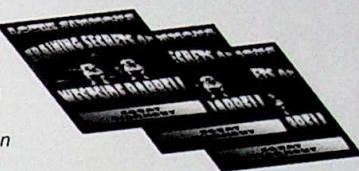
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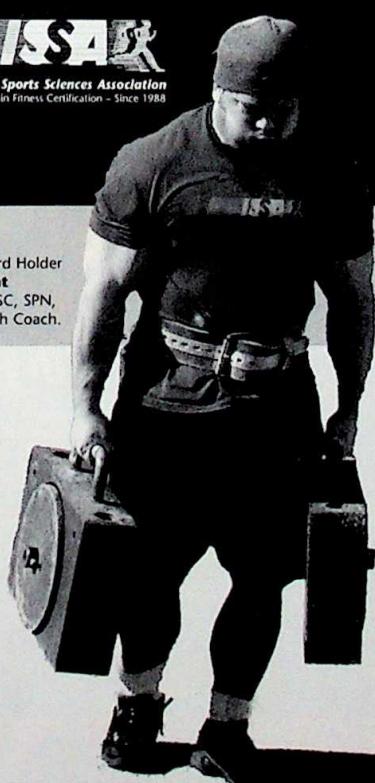
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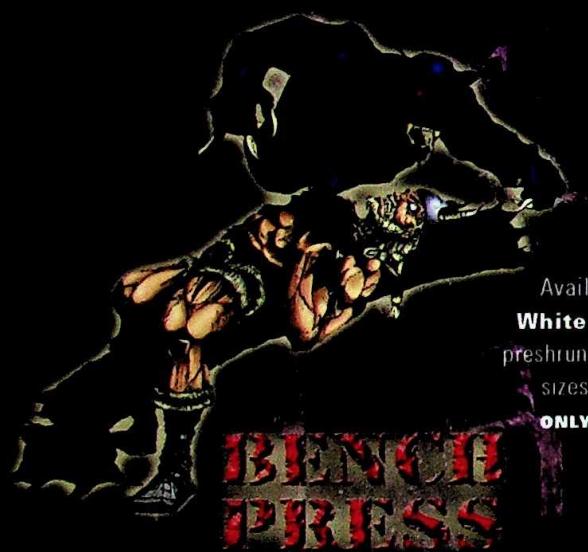
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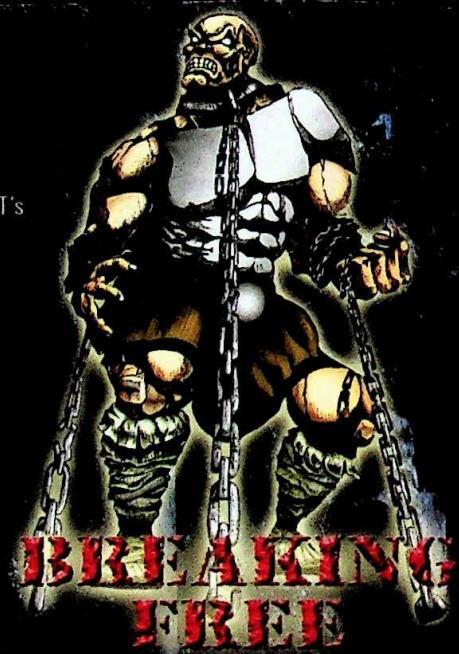
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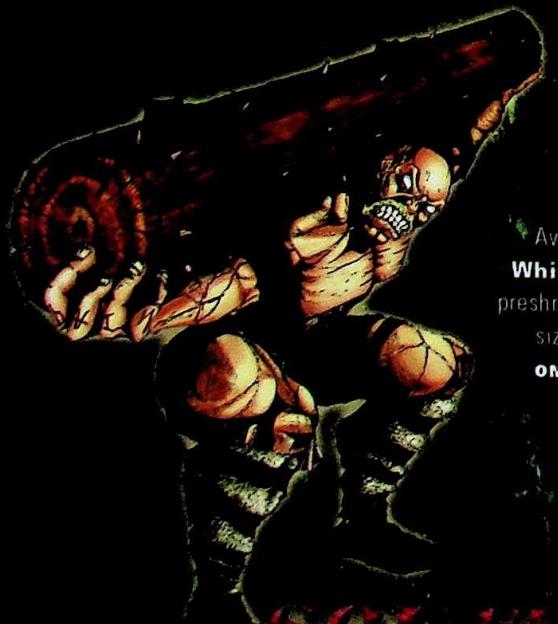


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After my articles "The Hypocrisy of Sports" appeared in the May, June, July, and August issues of Powerlifting USA, I received a lot of mail. Opinions stretched from one extreme to the other. Some felt the use of steroids in sports was blatant cheating. Others felt that steroid use was a matter of personal consideration and not cheating at all. The majority of the mail I received supported my view that sports need to be revamped when it comes to the use of illicit drugs. I had my detractors too, and the customary threats. Most of these letters were unsigned. There were also a number of respondents who really didn't take a stand one way or another. Also of significance was that the aforementioned articles motivated a large number of people to express their opinion. What follows are a few excerpts from letters and e-mails that I thought might interest you, and my response to them.

**DR. JUDD:** I enjoyed your articles on *The Hypocrisy of Sport*. I would have to say that I agree with 95% of what you had to say. The part I don't agree with is your contention that steroids are responsible for the increased production of home runs in baseball. I am a baseball player and I can tell you positively that steroids have nothing to do with eye hand coordination or hitting a baseball. You can give a guy all the steroids in the world you want, but if he can't hit the ball it's not going anywhere. **Mark Hill**

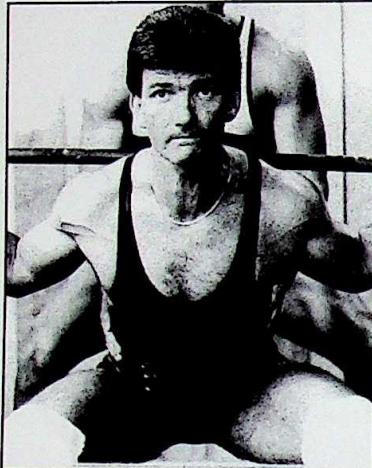
**MARK:** My contention is that if he does hit the ball it is going to go significantly further than if he wasn't on steroids. I agree with your statement that steroids will not improve your eye hand coordination, but steroids will increase your speed, power, and recuperative ability. All of these qualities will enhance baseball performance. It is also my contention that these drugs will increase hitting offense across the board for the simple reason that when they hit the ball it is going to travel faster and further. All the offensive statistics are going to go up....batting averages, on base percentage, slugging averages, home runs etc. According to "Stats Incorporated" baseball is currently looking at an eight-year low in home run production, slugging percentage, on base average, and a significant decrease in pitcher's earned run average. This comes with the game in its first year of random drug testing. In short, steroid testing is up and offensive production is down. **Judd**

**A\*\*HOLE:** I want you to know that you have damaged powerlifting more with your ridiculous articles than Jose Canseco hurt baseball with his disgraceful book Juiced. I also want you to know that a lot of powerlifters hate you and what you stand for. **Unsigned**

# DR. JUDD

## THE HYPOCRISY OF SPORT THE RESPONSE - PART I

as told to *Powerlifting USA* by **Judd Biasiotto Ph.D.**



Dr. Judd one of the few to squat 600 @ 132

**DEAR NO NAME:** I am sure a lot of powerlifters do hate me...most likely the ones who are using illegal drugs. That's called rationalization. I don't write to be liked and I won't prostitute my beliefs to pander the feelings of someone who is corrupting the sport I love. My objective has always been to share some of the things I have learned along the way with the hope that I can help make the sport of powerlifting better. Take the ideas you like home with you and leave the others behind. As far as my articles being as influential as Canseco's book, I doubt that seriously. Canseco's book was one of the catalysts for getting a congressional hearing into the steroid mess, which prompted major league baseball to finally do something. I have been writing intermittently about steroids and cheating for more than two decades in Powerlifting USA and there are still steroids and cheating going on. My words have not had the impact on powerlifting that Canseco's had on baseball. Have I damaged powerlifting? I hope not, but I do think athletes who use illicit drugs and cheat certainly have. **Judd**

**DR. JUDD:** I really enjoy your articles but when it comes to the steroid issue I just don't see that as cheating. If I am not mistaken there was no rule in baseball banning steroids until this past year. If they were so bad why wasn't there a rule in place....Also, doctors prescribe these drugs, if they are so bad why is that?....**Wayne Johnson**

**DEAR WAYNE:** Steroids are illegal under the Controlled Substance Abuse Act, which applies to every person living in the United States. Anyone can use them, IF they want to commit a felony. I know doctors prescribe these drugs for medical use. The dosages that they prescribe are so small that a healthy individual would most likely see no significant effect. No ethical doctor would prescribe the dosages that athletes are taking. If they did the DEA would be all over them. When I was writing my book on steroids I interviewed over thirty of the world's biggest, fastest, and strongest athletes. Some of these guys were taking as much as 3000 milligrams a week, everything under the sun. No ethical doctor would prescribe such dosages for athletic performance or for any medical condition I know of. The only way you could get such dosages is illegally. Baseball had rules against the use of illegal drugs back when I was in the sport in the early Seventies. They were more concerned about amphetamine and cocaine use than steroids at that time, but the rules stated that the use of ANY illegal drugs would warrant immediate suspension, however, they were extremely lax in punishing athletes who were caught using illegal drugs.. Don't give me that argument that baseball's hands are tied because of the Players Union. The Baseball Commissioner can intervene in matters that are not in the best interest of baseball. He could have, and should have, played that card as soon as he was aware that steroids were a factor in baseball. Don't look to baseball as the guiding light for fair play in sports. I can tell you straight out that baseball traditionally is more worried about looking good than being good.. **Judd**

**DR. JUDD:** You make these ridiculous statements that steroids enhance strength significantly, that they are dangerous, and that using them is cheating, but you never present any research to back up your asinine opinions. **John Smith**

**DEAR JOHN SMITH:** I thought that it was common knowledge that steroids did enhance strength and that they were dangerous, but I probably shouldn't assume that all of my readers are well versed in the

topic. For now here are some sources you can check out which will substantiate the statements in question.

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\* Only letters to drjudd.net will be responded to.

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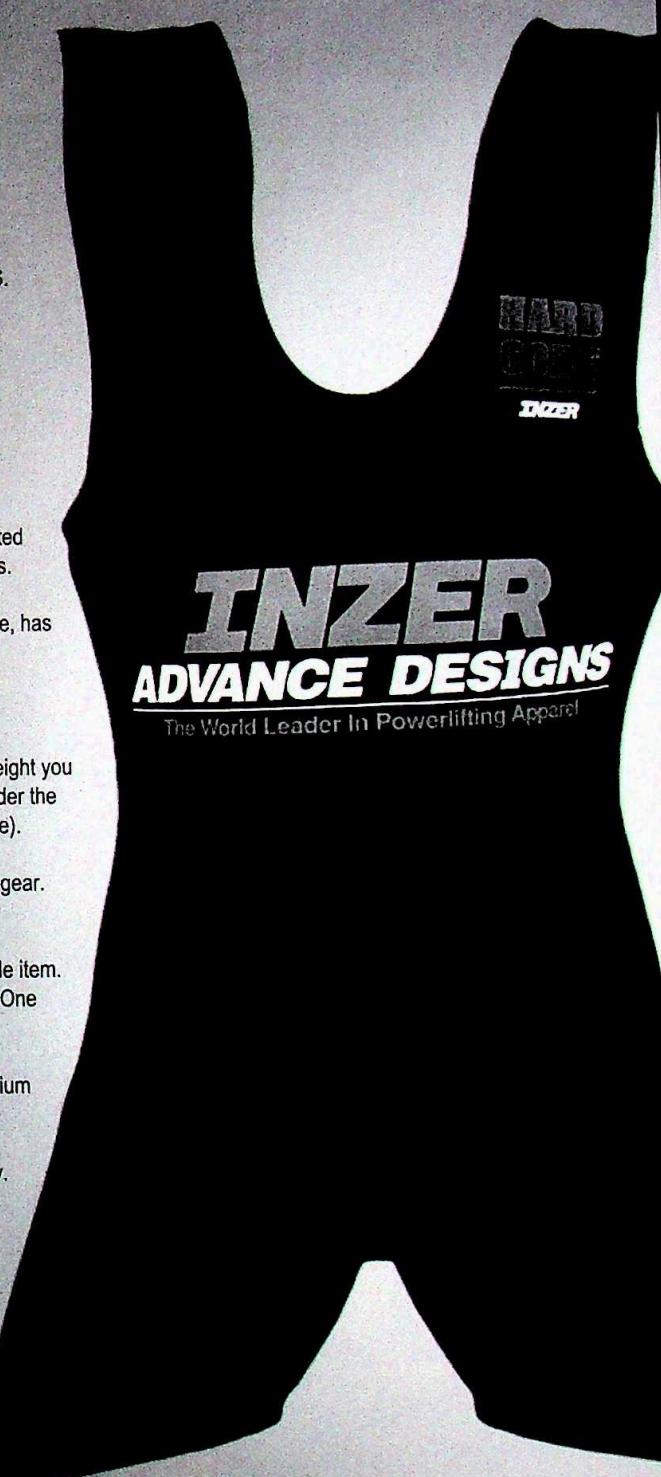
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## NEWS RELEASE TO U.S. DRUG-FREE POWERLIFTERS *from the* AMERICAN DRUG-FREE POWERLIFTING FEDERATION

The A.D.F.P.F. welcomes all U.S. athletes who are committed to Drug-Free training and competition. Our Mission Statement: The ADFPF has been formed to provide all amateur athletes with legitimate drug-tested powerlifting, strongman/women and Highland Games competitions through local, state, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration, the ADFPF is currently developing their membership. If you are supportive of our drug-free philosophy and our Mission Statement, the ADFPF wants you! The ADFPF is searching for volunteers. If you are interested in any of the following areas, contact us via the website (<http://www.adpf.org>) or e-mail or postal addresses. We need: State Chairs & Record Keepers Meet Directors (sanction fee for state and regional meets is \$20.00; \$100.00 for National meets) Referees: (We will temporarily accept Referee Ranks from other drug-free lifting organizations with the understanding that the referee will attend a Rules Briefing prior to the start of the competition.) Administrators: We need volunteers who would serve on the following committees: The Technical Committee The Drug Control Committee The Publicity Committee ADFPF points of interest: Meet our ADFPF Board of Directors: Dennis Brady; Judith M. Gedney; Richard Van Eck. Check out our website which is currently under construction: <http://www.adpf.org>. The ADFPF is the sole U.S. Affiliate to the World

Drug-Free Powerlifting Federation, Inc. Check out our 2005 competitive schedule: Our first sanctioned event: The ADFPF MOTOWN OPEN; held August 13th in Livonia, MI. Congratulations to all the ADFPF record setters! Our first STATE CHAMPIONSHIPS: October 1st: The ADFPF Michigan State Championships & OPEN; held in Benton Harbor, MI. For meet information, contact Meet Director Richard Van Eck (45451 Peninsula Dr.; Grand Junction, MI; 49056; phone: 269-521-4031.). October 14, 15 & 16: The WORLD DRUG-FREE POWERLIFTING FEDERATION's SINGLE EVENT WORLD CHAMPIONSHIPS in Witney England (9 miles from Oxford Drug-free lifters may apply for a position on one of the U.S. Teams; check into the details on our ADFPF website, <http://www.adpf.org> or contact Judith M. Gedney ([jm-gedney@wiu.edu](mailto:jm-gedney@wiu.edu)) postal address: 27 Elmo Dr., Macomb, IL 61455. December 3 & 4: The WORLD DRUG-FREE POWERLIFTING FEDERATION's POWERLIFTING WORLD CHAMPIONSHIPS in Turin, Italy. Drug-free lifters may apply for a position on one of the U.S. Teams; check into the details on our ADFPF website, [www.adpf.org](http://www.adpf.org) or contact Judith M. Gedney ([jm-gedney@wiu.edu](mailto:jm-gedney@wiu.edu)) postal address: 27 Elmo Dr., Macomb, IL 61455. Our 2006 competitive schedule includes ADFPF National Championships for the SINGLE EVENT National Championships in February; The Powerlifting Nationals for men & women in April and The Masters' National Championships in May. More information to follow. If you have an interest in the development of the ADFPF, please contact us at your earliest convenience.

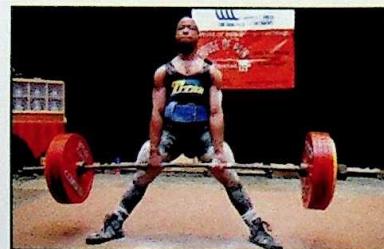


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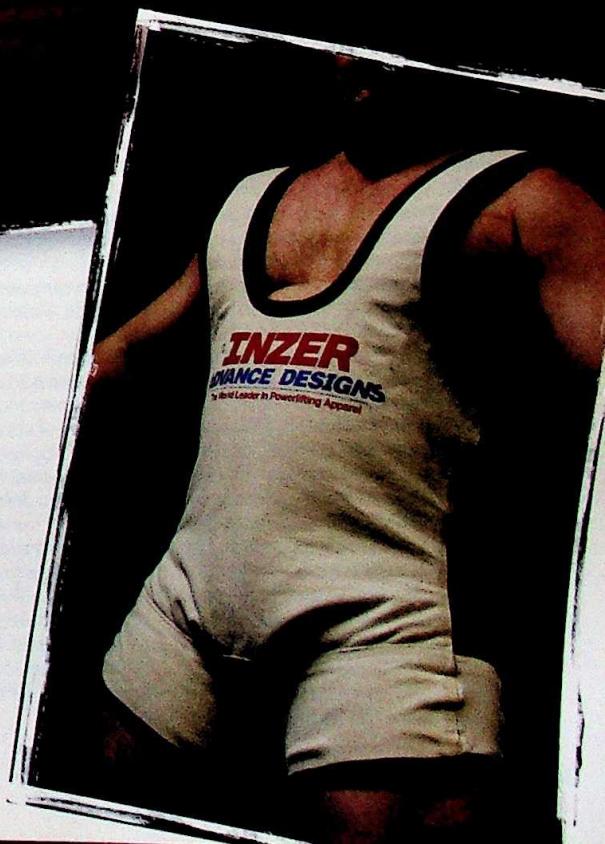
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This article is going to be a little different from some of the others that you have read here in my column at PL USA. Instead of boring you with some scientific studies or quoting the latest *Journal of Dietetics*, I thought I would give you something that will give you a little flavor. Since I have gotten hundreds of e-mails asking me what my favorite protein shake recipes are, I thought I would give you some of my personal favorites. This way I can get all you protein stalkers off my back for a little while and at the same time give you something that will make you actually like your protein shakes. So many people complain that they don't like taking shakes because they taste bad. If your shakes taste bad then you are just a moron, at best, because they don't have to. The exception would be whey hydrolysates, but that is another article in itself. So get out your tub of protein mix, gather up all the tasty ingredients and plug in that old blender because its time to get jacked!

#### **Why Protein Shakes are Essential**

If you have been a regular reader of my column you will know that I am a big advocate of protein shakes for powerlifters. Why do I recommend them so heavily with my athletes? There are several reasons why they are essential in the nutrition plans of powerlifters. First off, they make life a lot easier. No, they won't pickup the kids from school or do the dishes for you, but they will save you a lot of time. In this day and age, most people are working long hours and running around town like a chicken with its head cut off. For those of you living a mellow life in a small town, I am jealous! The fact remains that a lot of us do not have the time to eat six meals per day. First, to cook all the food and then eat it will sometimes cause you to spend the entire day just cooking and eating. This is where shakes come in because many lifters can eat 3-4 solid food meals per day with ease and then throw in another 2-4 protein shakes in between them. Now you can eat like a champ without having to have your own live in chef. Another reason why I like them is that in some instances they are more effective than food. You may be wondering how a supplement can at times be better than food? One distinct time period is post workout. Here is a time when your body needs nutrients fast. Sucking back some chicken and potatoes right after your workout is not going to get the job done. Protein shakes are liquid so they allow your body to get the amino acids into your bloodstream much faster than any food. Depending on the formula that you choose you can also control the rate with which the amino acids hit your bloodstream as well. For post

# **NUTRITION**

## **Power Protein Shakes to get you Jacked!**

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

workout periods you can get some formulas to hit your bloodstream as fast as sugar. At bedtime you can create a formula that will take several hours to fully release all the amino acids so that you get an anti-catabolic effect while you sleep. So, at certain times protein shakes will make a huge difference and are actually more beneficial than solid food. The next reason why I am big on them is that they taste great! If the last time you had a protein shake was in the early 80s then you may disagree. The processing and manufacturing of protein fractions has come along way in the last decade. There are actually shakes out there that taste good and when you spice them up with some of my recipes that will follow they can taste unbelievable. This is a major benefit for those lifters who may be going down a weight class. The great taste of a creamy peanut butter protein shake will help keep away those cravings for a chocolate bar or ice cream. Enough babbling from me. I can go into all the scientific stuff in a future article. This one is dedicated to the recipes that I love.

#### **Peanut Butter Power Shake**

Ingredients:

- 2 scoops of vanilla whey protein
- 1 tbsp. of sugar free instant butterscotch pudding mix
- 2 tbsp. of natural chunky peanut butter
- 16 oz. of skim milk
- 5 ice cubes

Add all ingredients to the blender, blend, and serve. I like to add the peanut butter in last so it stays a little chunky, just like the peanut brittle it is replacing. This is a great shake for those of you looking to pack on some size or for you superheavyweights looking to maintain your current weight.

#### **Mouth Watering Maple Cinnamon Meal Replacement**

Ingredients:

- 2 scoops of vanilla whey protein
- 1 cup of cooked Rolled oats
- 1/2 teaspoon cinnamon
- 1/8 c sugar free maple syrup
- 1 tbsp. of Flaxseed Oil
- 16 oz. skim milk

This is a great shake for those of you who like maple cinnamon pancakes and it is a much healthier choice. It gives adequate amounts of protein and complex carbs, with just a hint of EFAs. Perfect for any powerlifter!



**Anthony Ricciuto ..... this is the Man Behind x-tremepower.com**

#### **Iced Cafe Mocha Madness**

Ingredients:

- 8 oz. skim milk
- 8 ice cubes
- 4 tablespoons heavy whipping cream
- 12 oz. of Starbucks Coffee
- 2 scoops of chocolate whey and Miscellar casein protein powder

This is another mass maker shake for the coffee addict. If you are looking for a cappuccino type shake then this is just what the doctor ordered. Due to the higher saturated fat content it is not for those looking to drop weight.

#### **Chocolate Banana Icey**

Ingredients:

- 16 oz. of skim milk
- 6 ice cubes
- 2 bananas
- 2 tablespoons of heavy cream
- 2 scoops of chocolate whey protein powder

Oh yeah, baby. For those chocolate banana freaks out there this will get the job done that is for sure! For those looking to cut weight just reduce the banana to one and cut out the heavy cream. It still tastes great about half the calories.

#### **Tropical Power Delight**

Ingredients:

- 12 oz. of skim milk
- 2 scoops of vanilla whey protein powder
- 1 frozen banana
- 2 tbs. low fat sour cream
- 1 tsp. of coconut extract

Do I wish I was under a palm tree in the Bahamas right now sipping on some tropical fruitie, letting the sun rays beat down on my face with the roar of the waves setting off the perfect background noise! Oh, sorry guys, I was just daydreaming again, and considering the weather we are

going to see in the next couple months, you can't blame me. Here is a tropical shake that will at least help take away those winter blues making you forget that in just a little while you will be shoveling piles of snow from your driveway. Hey, I would like to give a shout out to all my friends in the Bahamas who I used to compete with. I haven't forgotten about you.

#### **Chocolate Coconut Cream Dream**

Ingredients:

- 16 oz. of skim milk
- 4 ice cubes
- 2 tablespoons of heavy cream
- 2 tablespoons of cream of coconut
- 2 scoops chocolate whey protein powder

For those of you out there who love chocolate coconut cream pie this is the shake for you. Forget about those other boring shakes you have made in the past as this one will take care of all your chocolate needs!

#### **Pineapple Power Press Shake**

Ingredients:

- 5 ice cubes
- 16 oz of skim milk
- 2 scoops vanilla whey protein powder
- 1/2 cup pineapple chunks

For all you pineapple lovers out there this shake is calling your name! Simple to make, but - oh so sweet to taste. If you like a little tangy fruit in your shake, then this is going to make your mouth water.

#### **Pina Colada Power Shake**

Ingredients:

- 12 oz. water
- 4 ice cubes
- 3 scoops vanilla whey protein powder
- 1/3 cup Pineapple chunks
- 2 tsp. Coconut extract

Yeah, I am not the biggest Pina Colada buff in the world, but I know there must be some power vixens out there that will just love this one. If you are looking for a creamier shake then sub the water with skim milk. This shake can be used when dieting as it is low in calories but is protein packed to the max.

#### **Chocolate Banana Bench Press Blast Off**

Ingredients:

- 2 scoops of chocolate whey protein powder
- 8 ounces of skim milk
- 6 ice cubes
- 1 banana

Here is a simple shake that isn't high on the calories, but it makes up for it with its taste. Perfect for lifters watching their weight or dieting and can be used often.

#### **Choco-Raspberry Dream**

Ingredients:

- 2 scoops of chocolate Miscellar protein Casein powder

10 ounces of skim milk  
6 ice cubes  
12 raspberries

This is a super duper special shake. The ladies will love this one I guarantee it! Depending on how thick you like it you can drink it or eat it with a spoon. This one will get your praises no doubt!

### Blueberry Cream Monster Maker

Ingredients:  
2 scoops of vanilla whey protein powder  
16 ounces whole milk  
4 tablespoons of heavy cream  
6 ice cubes  
30 blueberries

Here is another energy packed shake that will make your mouth go crazy. This is a calorie dense shake. For those who are looking to cut weight just replace with skim milk, cut the berries by half, and cut the cream. I am telling you - this is one of my favorites. It's easy to make and it goes down oh so smooth!

### Root Beer Protein Float

Ingredients:  
1 can of Diet Bargs Diet Root Beer  
2 tablespoons of Heavy Cream  
8 oz of skim milk  
6 ice cubes  
2 scoops of vanilla whey protein powder

Hey, I couldn't forget the good old root beer float, could I? It should be part of every powerlifter's plan. I am not into soda by the way, but since I know a lot of lifters out there drink tons of it anyway, I thought I would include it here. At least I made sure that it was sugar free!

### Strawberry Cheesecake Heaven

Ingredients:  
16 oz skim milk  
2 scoops of vanilla whey protein powder  
10 frozen strawberries  
4 tbs. low fat sour cream  
2 Graham Crackers

For those naughty boys and girls out there that like their cheesecake, this is the shake for you. Get out the old blender and give this recipe a whirl because you will love it, guaranteed!

### Frankenstein Mass Mix

Ingredients:  
16 oz of whole milk  
2 scoops vanilla whey protein  
2 bananas  
8 pasteurized egg whites  
2 tbsp. of natural peanut butter  
10 grams of glutamine powder  
10 grams of creatine  
2 tbsp. of honey  
2 scoops low fat ice cream  
4 ice cubes

This is what you need when you are looking to pack on size in a flash. This is a very calorie dense protein packed shake, and is geared for lifters 250 pounds and above. You lightweights can drink it too,

but it may be just to much to handle in one serving. If it was good enough for Frankenstein, then it is most definitely will make a monster out of you!

### Morning Thunder

Ingredients:  
1 cup of Freshly Squeezed Orange Juice  
1 cup of skim milk  
2 scoops of vanilla whey protein powder  
1 tablespoon of Flax Seed Oil

Here is a very basic energizer that is great to get you started first thing in the morning, hence the title. The next time you are running late, give this one a try to get you on your feet in no time.

### Chocolate Peanut Butter Power Blaster

Ingredients:  
16 oz. of skim milk  
6 ice cubes  
4 tablespoon heavy whipping cream  
2 tablespoons of natural peanut butter  
2 scoops chocolate Miscellar Casein protein powder

This shake is not for the faint at heart. This is one calorie dense shake and it will no doubt help you pack on the mass you are looking for. Give it a whirl and let me know how you like it!

### Mass Maker

Ingredients:  
16 oz. whole milk  
1/2 cup raw almonds, blend with milk only until creamy smooth  
1 large frozen banana  
2 scoops of vanilla whey fffH3teiu powder  
1 tablespoon of Flax Seed Oil

This is just what the title says, "The Ultimate Mass Maker". For you skinny guys out there that are just looking to get yourselves up a class or you big boys who are looking to pack on yet more size, this is the shake for you!

### Juice it Up!

Ingredients:  
2 Scoops of unflavored Egg White Protein Powder  
1 cup of orange juice  
1/2 cup water  
1 banana  
10 frozen strawberries  
5 ice cubes

Here is a light and refreshing shake that won't weigh you down. It is a fresh and invigorating drink that will have you coming back for more. Light to the taste and easy on the stomach, so for all those lifters that bloat easy this is the shake for you.

### Sweet as Honey Southern Powershake

Ingredients:  
16 oz of skim milk  
2 Graham crackers  
2 tbsp. of honey  
2 tbsp. of fat free cream cheese  
2 scoops vanilla whey protein

6 ice cubes

This is a favorite of all my good old southern boys. They just love this shake, especially all my lifters down in Georgia and Texas. Oh yeah, don't mess with Texas, especially after they have had one of these shakes, because you won't stand a chance!

### Oreo Cream Dream Come True!

Ingredients:  
2 Scoops of Chocolate Whey/Miscellar Casein Protein  
2 Graham Crackers  
2 Oreo Cookies  
16 oz of skim milk  
2 scoops of low fat chocolate ice cream

Now this is a special shake and should be used sparingly due to the ingredients. This is a favorite shake that I use with my skinny lifters and youngsters looking to pack on size. It is very calorie dense so it should be used by those in lighter weight classes looking to go up, and by teenagers who are trying to get in the extra calories they need to get their body to pack on weight. I have included Miscellar Casein in here to thicken it up and to give you an extra long release of amino acids into your bloodstream. Just what all you teenagers need to help build the base. OK, all you other lifters can try it too, but make sure that you have it just once in a while, not daily.

### Macadamia Madness

Ingredients:  
2 Scoops of Vanilla Whey Protein  
1 cup of fat-free strawberry yogurt  
6 shredded macadamia nuts  
16 oz of skim milk

For all you lifters that like nuts, peanuts, cashews, and almonds. Here is a shake for you.

### Oat "Meal" Monster

Ingredients:  
1 cup of cooked oatmeal (cooked in water and cooled)  
2 scoops vanilla whey protein  
4 dashes of cinnamon  
1/8 cup of sugar free maple syrup  
1 tbsp chopped almonds  
16 oz of skim milk

Here is a shake that will fill you up like there was no tomorrow. This is a perfect meal replacement shake hence the fancy name. It is perfect for those lifters that need an energy dense breakfast to get them started, but don't have the time to sit down for some eggs and oatmeal. Try this out as you will like it!

### Guilt Free Cinnamon Roll Delight

Ingredients:  
2 scoops vanilla protein powder  
2 tbsp sugar-free instant vanilla pudding  
1/4 tsp. of cinnamon  
1/2 tsp of vanilla extract  
1 packet artificial sweetener  
a sprinkle of butter flavored extract  
16 oz. skim milk

5 ice cubes

Ladies, here is your dream come true. No, it's not a husband who does all the chores, cooks and cleans, all the while looking like an underwear model. Here is a shake that will be top spot on your list and if you can get your husband to make it for you - yeah right - keep dreaming.

### Jamaican Coconut Explosion

Ingredients:  
2 scoops vanilla whey protein powder  
1/2 cup of pineapple juice  
1/2 cup of orange juice  
1/4 tsp. of rum extract  
1/4 tsp. of coconut extract  
8 oz. of skim milk  
6 ice cubes

Here is a little island shake that will make you feel oh so good. Don't worry - be happy! No, it doesn't have any Jamaican Gold in there as one of the ingredients, but it still will make you wish you were in Jamaica feeling the wind in your hair. Since I can't fly all my fans over there for a nice little vacation from the "Hell on Earth" that most lifters call their job, this is the least that I can do.

### Triole Fruit Sorbet

Ingredients:  
16 oz. of orange juice  
2 scoops of Milk Isolate Protein  
1 scoop of low fat mango sorbet  
1 scoop of low fat raspberry sorbet  
1 scoop of low fat peach sorbet  
2 scoops of low fat vanilla ice cream

Now, this is an ice cream lovers shake come true. This is one big shake once it is all blended up and you may have to share it with someone. That is, unless you are Garry Frank! Blend up this creamy shake and add ice if you want it to be thicker.

### Conclusion

There you have it my fellow power mongers. These are no doubt some of the tastiest protein shakes out there. These are some of my personal favorite recipes and I wanted to share them with you, so you can stop coming up with excuses not to drink your shakes. I don't recommend that you drink these types of shakes every day for all of your shakes, but they can really help you out when you need a little break from the ordinary. It will break things up and you will then look forward to drinking your shakes. Since you know that I am big on getting in your protein shakes daily as part of your Power Nutrition Plan it is essential to make them taste great otherwise you will avoid them like the plague. So, until next month train hard, eat clean and give some of these recipes a try ... you won't be disappointed!

For those of you interested in the Nutrition XP3 customized Nutrition System, please feel free to contact me for availability at Aricciuto@NutritionXP3.com or check out my website at www.NutritionXP3.com



**Scot Mendelson continued his comeback at the APF California State Meet, breaking 900 officially by muscling up 914 on his opener in a 2 year old shirt that hardly had any pop. On two tries at the all time best weight of 1008, he was quite close (above). He jokingly implied that spending the day before the meet putting together a Monolift had taken it out of him, and he just might have been right. The following day he went in for more corrective surgery on his ankle, and after 6 weeks, he will be back on the quest for 1000 plus.**

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# Starting Strength

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"This book has not an ounce of 'schtick' in it. No 'attitude', just info that will sneak right into whatever you are doing without you even realizing it. This is a 'look stuff up' kind of book. They say it's for 'coaching beginners' but frankly there was a lot in here I didn't know and am glad someone wrote it down. The devil is always in the details and it's good to know what 'the details' are."

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A few issues ago I put together an article reviewing the squat. I covered various factors that should be reviewed to be sure you are making maximum progress in that lift. This time around I'd like to suggest subtle tips that can add up a bigger deadlift.

The friction or resistance the bar encounters as it climbs up the legs from the floor to lockout is an easy obstacle to conquer. One way to reduce friction is to use talcum or baby powder on the front of your shins, knees, thighs and bottom of your lifting suit legs. This will help the bar climb up the lower body a bit easier. Take the container of powder and splash a moderate amount on these areas. Then turn the container upside down (with the opening shut of course) and spread it around with the container's bottom, being careful not to get any on your hands. If you get any talc or baby powder on your hands, you will have trouble gripping the bar. In that case, wipe it off and chalk your hands up before you lift. For safety and courtesy reasons, apply and spread the powder while in the on-deck area and not while on the platform. Excess powder on the platform could cause a lifter or spotter to slip and fall. If you notice any excess powder on the platform before you or a buddy lift, ask the spotters to clean the area prior to your attempt.

Those shaved-bald swimmers gave deadlifters a great tip. They shave their heads to decrease resistance in water in hopes of decreasing their lap time. Powerlifters don't need to shave their heads, but shaving the front of your thighs from the knees upwards to just above where the bar stops at lockout helps reduce friction. This can be done the day or two before the meet. Little things like reducing friction or resistance on your legs can make a critical difference.

To help maintain your grip on the bar, we need to do the opposite of the preceding paragraph and increase friction or resistance. To accomplish this, use chalk or magnesium carbonate on your hands. Many meets supply chalk near the platform, but unfortunately, it either gets borrowed, broken into little pieces, or used up. Other meets do not supply any chalk at all. For these reasons, I suggest bringing your own stash of chalk in a Tupperware type container for easy access and storage. I would suggest keeping your stash hidden or you'll end up supplying chalk for your whole lifting flight and possibly run out. Over the course of the meet, the competition bar may develop a build-up of chalk on the knurling from all the previous lifters. If you see this, request the loaders to scrape the chalk off with a wire brush before you lift.

The correct footwear can be

## STARTIN' OUT

*A special section dedicated to the beginning lifter*

# DEADLIFT TIPS

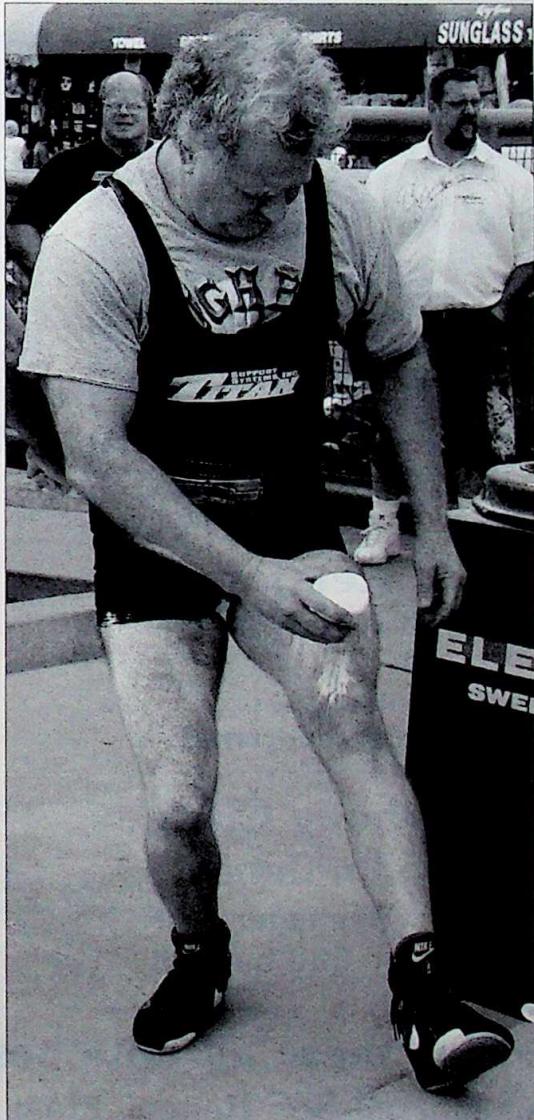
*as told to Powerlifting USA by Doug Daniels*

a difference maker too. The best deadlift footwear is low to the ground to reduce distance the bar must travel. Also it should have non-skid soles to provide a stable base during the set-up and lift itself. For conventional deadlifters, I recommend house slipper type shoes or even actual house slippers. They provide the features I just outlined and in addition meet rule requirements for competitive footwear. Wrestling shoes are an alternative, but they cost a bit more than house slippers. Sumo lifters may want to try a cross-trainer shoe for more foot and ankle support. The key to remember is to get shoes with a low, flat heel. A higher heel will angle you forward and decrease your leverage position, requiring you to pull the bar back as well as up. This wastes strength and energy and actually makes you lift more weight. Even a few degrees adds more pounds to your deadlift. On a max attempt, every hindrance that can be eliminated makes a big difference.

Lifters who use knee wraps while deadlifting should ask themselves why. Wraps are essential for the squat, but for the deadlift, they can be counter-productive. Using them could result in locking your knees out prematurely, greatly reducing the contribution from your legs to the deadlift. If knee soreness is your reason that requires you to need knee wraps to deadlift, I suggest consulting a sports medicine doctor to address the problem. My strong suggestion is to drop the wraps for the deadlift.

Lastly, form and

execution can really make a difference. The more efficient you can lift, the more you can lift; it's that simple. Set-up is first. Many lifters tend to position their bodies too far from the bar. This causes the bar to be pulled in as well as up to lockout. Leverage is decreased and the chance for injury is increased. Just like wearing a higher heel shoe, having to lift back also adds more pounds to the lift. A key to competitive lifting is to decrease the distance the bar must travel to lockout. If it must be pulled in to your body as well as up, the



Kenny Croxdale, a great puller, applies baby powder

distance is increased. You can lift more weight over a shorter distance than a longer one; it's not just plain physics and common sense. Set up no farther away than 2-3 inches from the bar. I favored touching the bar with my shins at setup. You may suffer some shin scratches and abrasions, but no one ever said powerlifting is easy or painless.

Grip width is also important. The narrower the grip, the less distance the bar must travel. A narrower grip allows you to assume a more upright position, closer to lockout, and also adds more leg power. If you deadlift conventionally, try gripping at shoulder width just outside the start of the knurling. Sumo deadlifters can go narrower, straddling the knurling and the smooth part of the bar. There will be a limited amount of lifters who gain leverage by using a wider grip, but give a narrower grip a try.

Also, try to maintain an upright posture when starting the pull. This will also lower the distance that the bar must travel as well as involving more leg power. Flexibility can help you achieve a more efficient pulling and setup position, so don't overlook its importance. Enhanced flexibility can also work in your favor on the other lifts also.

You can still blow everything by making an all too common error at lockout. In their desire to demonstrate a complete lockout to the judges and crowd, some lifters lean back so far that they cause their knees to bend. This could result in a red light from an alert judge. A fully upright position with your shoulders slightly back will satisfy the judges. You will also save strength and energy for succeeding attempts with heavier weights.

Any combination of these subtle tips can give your deadlift an instant boost without any increase in your strength or changing your training routine one bit. These tips are based on common sense and simple physics. Reduce or increase the friction of the bar where applicable, and shorten the distance the bar must travel through proper footwear and setup techniques. A subtle but definitely not minor change or two can make a measurable difference in your meet results.

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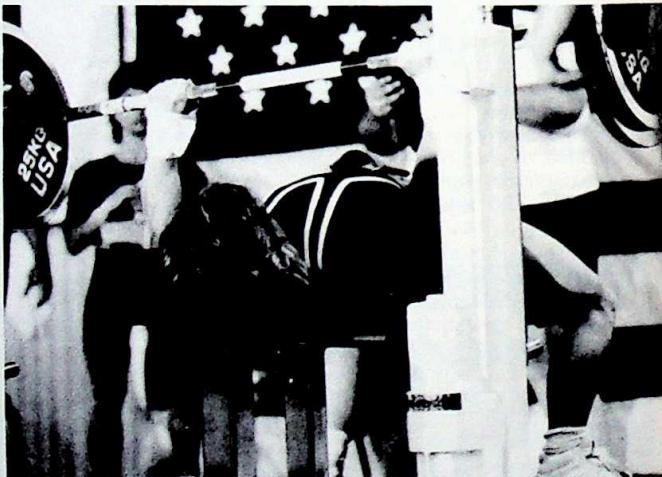
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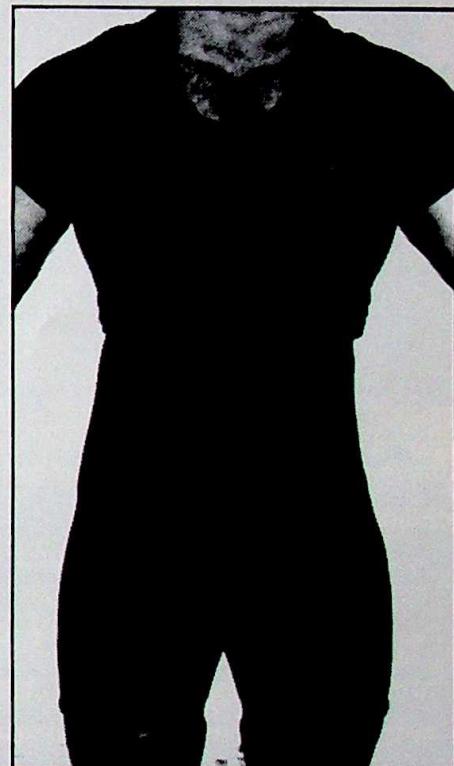
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# ASK THE DOCTOR

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

**HELLO DOCTOR:** Read your article on Bodybuilding.com. I am 50, with total T of 146 (should be 240-950, as you know). I gathered from the article that I should take a one-month break after 2 months of therapy. Is this correct? Also, I have mild puberty-related gyno. Should I be on an estrogen-blocker also? I see an endocrinologist in 2 weeks.

Many thanks, John

**HI JOHN:** I would think that in your case just going on an aromatase inhibitor might do the trick. This will increase HPTA activity thus increasing endogenous testosterone levels, while at the same time improving your residual pubertal gyno. Also, after going on it for three or four months straight it may result in naturally increased endogenous testosterone levels even after you discontinue the aromatase inhibitor. It's certainly worth a try rather than just going on testosterone replacement therapy. Let me know what the endo says. Best regards, Mauro

**DEAR DR. DI PASQUALE:** My name is Claudio Mauceri. I'm an Italian doctor, from Palermo (Sicily); I'm very fond of sport and nutrition, in fact I've taken up with my specialization (nutrition science) and I'm attending a Master in Sport and Fitness Science. I've read your book with much curiosity also because, as you know, the Italian Medical School is supporter of Mediterranean Diet (about 55-60% carbo!), that's why I have grave doubts about beginning the metabolic diet, so much different from our traditional diet. For example: 1) what about ketosis? Is it not dangerous for brain, kidney and other organs? And in the same way high plasmatic levels of lipids and uric acid? 2) Could really this diet be a long-life-term diet, without any problem for our health? 3) could this diet be suited for a very hardgainer like me to increase my FFM? Thank you very much for your attention and sorry for my macaronic English. Bye, Ciao, Claudio

**HI CLAUDIO:** I've been on this diet for over 30 years, and it's had no adverse effects on me and keeps my body composition at an acceptable level. When I was actively competing I was able to significantly increase my muscle mass and decrease my body fat using my diets. Even now my daily fare is mostly limited to various meats/poultry/fish, non starchy vegetables, and lower calorie, higher fiber fruits. Unfortunately I'm presently on an island in the Atlantic off the East coast of Canada with very limited Internet access, so do not have some of the information that I can send you about the questions you ask below. However, when I return later next week I'll gather some of it up for you to look at. In short, however, ketosis is not a problem with my diets as the body soon becomes accustomed to the lower carbs and increases fatty acid use and increases gluconeogenesis to the point where ketones are not needed as much. In fact I don't recommend that anyone on my diets check their urinary ketone levels as they're not relevant to the effectiveness of the diet. Uric acid and serum fatty acid levels are also not a problem as again the body effectively adapts to the macronutrient composition of the diet. Ciao, Mauro

**DR. DI PASQUALE:** I'm a 41 year-old male on TRT (200 mg Test Cyp/Weekly) for the past 2 years. I really need a bit of advice on getting off TRT. My regimen was 10 weeks on test followed 10 days of HCG at 1000 IU per day. (.5 mg Arimidex once or twice a week during the whole 12 weeks) Then I wait a week before starting the cycle over. I crash badly during PCT and atrophy never fully recovers. (Although for the several months I've tapered down to 100mg/week, using 250 IU of HCG the day before and the day of the weekly injection, and only one .5 mg anastrozole pill weekly, on the day of the injection. For what its worth, this

regimen with no cycling has given me the best results so far. My Dr. (who retired last year) hasn't really been as much help as I would like. Any suggestions on a PCT regimen that works, with the end result of eliminating TRT, would be greatly appreciated. My test level was 325 when I was put on TRT, and I truly feel I could have improved this without the use of TRT. (In fact, I'm pretty sure I could have done without it, had someone like yourself been available to me) I don't think that the protocol I've used has induced primary hypogonadism. I believe I'm just very suppressed (as TRT goes.) There are really no doctors in the area that know anything about proper TRT therapy (I've been amazed at most doctors' ignorance on the subject, as well as the lack of information on treating men with lower testosterone levels!) I've enjoyed several articles by you and really wish now I had known about you 2 years ago!! My insurance doesn't cover any of this, and I really can't afford thousands of dollars of labs (I've been there before!) I would appreciate your honest thoughts on a sensible regimen (I would even consider herbal/natural) that would help get me off TRT without killing me. Your expertise gives me hope that there are those in the medical community who are truly interested in helping guys like me. Your suggestions are most welcome at this point. Therrel Griffin

**HI THERREL:** Sorry about the late response. Right now I'm on an island in the Atlantic off the East coast of Canada and have very limited Internet access. The regimens you describe below are such that your hypothalamic-pituitary-testicular axis (HPTA) has very likely been continuously repressed over the past two years. When you're on even relatively low levels of exogenous testosterone anastrazole and HGH are ineffective since the axis is refractory to their influence while you're on the testosterone and for at least two to three weeks after you discontinue it. Why did you start TRT in the first place, was it secondary to the use of anabolic steroids, or a problem with primary or secondary hypogonadism due to some other problem? Did anyone try to kick start your HPTA before they put you on TRT by using by itself either an aromatase inhibitor, such as anastrazole, or an estrogen antagonist such as clomiphene? I would think that at this point we're going to have to approach your problem along several pathways to get your endogenous levels of testosterone back to normal. It can be done for most cases although in a minority, especially at your relatively young age, have to go on life-long TRT. Best regards, Mauro

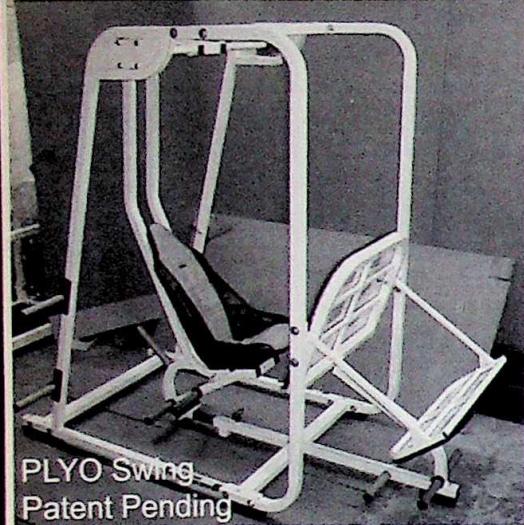


Part of TEAM USA at the WORLD GAMES... a competition that is subject to the kind of rigorous drug testing that Dr. DiPasquale has studied extensively over the years, included Wade Hooper (4th in the 90 kg. Men's group), Jessica O'Donnell (7th in the 67.5 kg+ Women's group), Brad Gillingham (5th in the Men's 90 kg. + group), and Priscilla Ribic (2nd in the Women's 67.5 kg. group). Brian Siders barely missed winning the Men's 90 kg. + group (photograph was provided by courtesy of Priscilla Ribic)

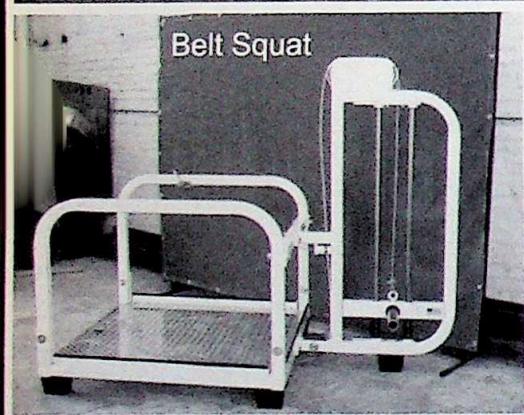


# LOUIE SIMMONS' PRESENTS

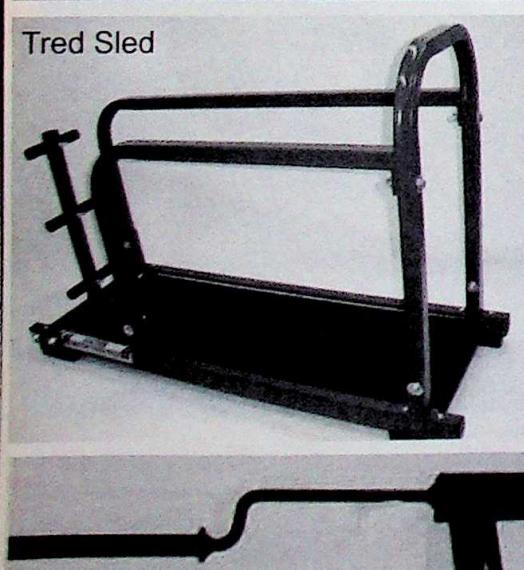
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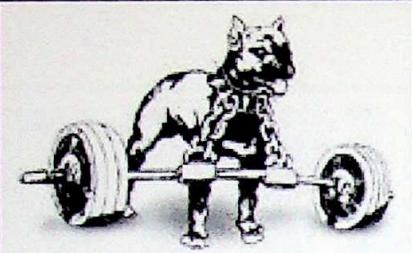
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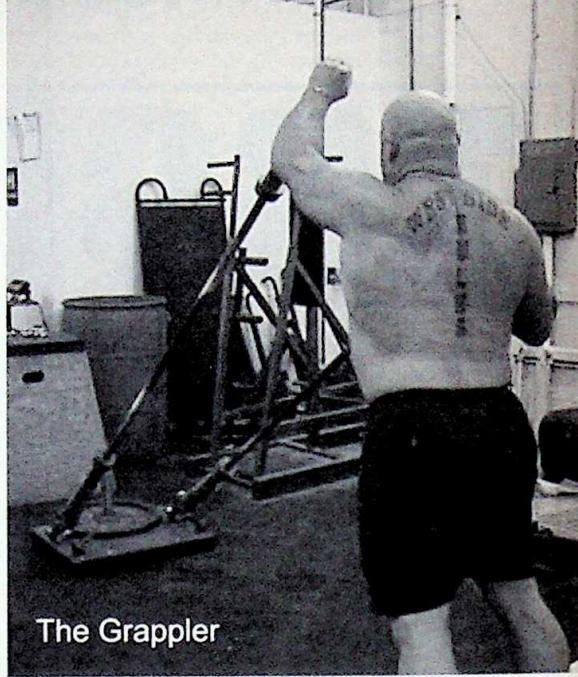
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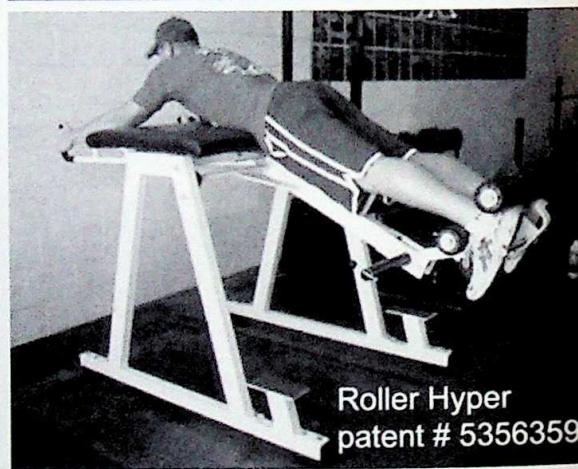
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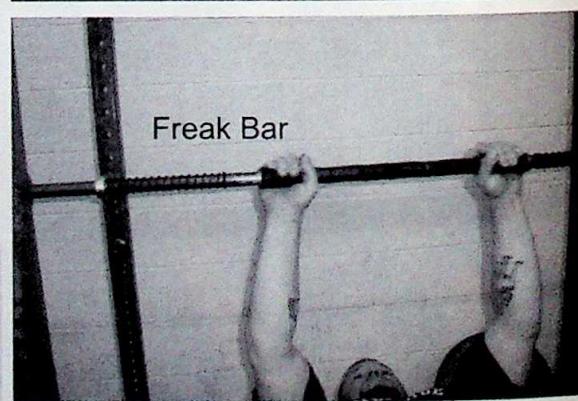
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Back before baseball players followed the lead of weightlifters and started taking steroids; we did an article on The Pit Gym (Hardcore Gym #16). They basically challenged any drug-free team in the nation to put up or shut up. We got inquiries about this from quite a few teams and individuals. Even Hunter S. Thompson got interested (until tested). Meanwhile, Pit Barbell kept on powerlifting.

I'll let Derek Wallace (of Pit Barbell) respond: "It seems that I have \*\*@#\*\* off several gyms with my comments regarding the Pit Barbell Club being one of the best teams in powerlifting. This was not this writer's intent nor was it to boast on our individual lifters' numbers. In the August 2003 issue Mr. Lambert wrote a great article on team competitions and whatever happened to them. Responding to Mr. Lambert's article was my main purpose when I said that I feel that The Pit has the best eleven-man open drug tested team. Since my response was published I have read about many great hardcore gyms that sound like wonderful places to train. When I lifted in the military I found myself training in many of the smallest and hottest (temperature) gyms in this country. During this time, team competition at meets meant that you were competing against groups of lifters from similar gyms."

Today, if you go to a National meet, few teams competing are from individual gyms. Instead specific corporations and states form their own teams. These newly formed teams are not lifters who have worked together to prepare for a meet. The Pit powerlifting team is made up of individuals who train and live or have lived in our local vicinity, approximately a 2 mile radius. We come from almost every walk of life. We have doctors, engineers, electricians, police officers, concrete workers, laborers, physical therapists and students. We are the everyday people who work for a living and go to the gym to work out our frustrations of the day.

In several responses to my article you wanted numbers to back up my statement. OK, here goes. The Pit Barbell Team has 11 National Team titles including, the 2005 ADAU Raw Nationals, 2003 Deadlift Nationals, and 5 2nd place team titles in 2002 and 2003 Master nationals. In both of these Master Nationals it took state teams and multiple state teams to beat us. Some of you wrote articles on hardcore gyms said you were at those meets. Where was your team? The Pit also has 42 individual national championships. Many of those are multi-year winners. In addition, The Pit holds 22 state team titles and 2 world champions. Many of our lifters have held or do hold national or state drug tested records. At the Deadlift Nationals two of our lifters broke the national deadlift records for their age group. We are not just a powerlifting

# HARD CORE GYM #45

## DETROIT BARBELL

### (PLUS AN UPDATE FROM SWEET 16)

*as told to PLUSA by Rick Brewer, House of Pain*

gym either. Several arm wrestlers, a few of whom are nationally ranked, train at our gym. Coach Conner trains wrestlers from local schools. One particular school has won over ten straight wrestling titles. I could list individual accomplishments of our members, but I feel that these numbers should suffice to back up my statement. We might not be the best in the world, but we have several lifters or average lifters that make up our teams. We have lifters that are willing to make personal sacrifices to make a certain weight class to help the team in the point standings.

I also make this statement as far as hardcore gyms go - we are the best equipped. Recently our coach and gym owner made a huge financial sacrifice for the gym by updating the equipment to better serve everyone who benefits from weight training or is competitive in a weight training sport. Do you have 320 lb. dumbbells? Strongman apparatus? A complete set of chains from 20 lbs. to 150 lbs? A custom arm wrestling table? A complete Olympic lifting platform with bar and bumper plates?

I take a lot of pride in this gym. Many of the lifters have been lifting there for over twenty years. I myself lifted against the Pit when I was with the Ball State Weightlifting Club in the early 80s. But for the past 10 years I have been part of one of the greatest gyms in powerlifting history - The Pit Barbell Club. We have the greatest respect for all powerlifters, weightlifters, strongmen, and arm wrestlers. We support all those sports with a passion and mean no disrespect to anyone or their gym. If anyone would ever like a tour please let us know.

On a very sad note Powerlifting has lost a great lifter. The Pit's oldest lifter, Gene Hall, hadn't lifted for very long. In fact, his entire lifting career only lasted 1 year and what a year it was. Gene was not the strongest lifter, but he touched everyone he met. He had a joy that nothing on this Earth brings. It was the joy of Christ. Gene passed on doing one of the many things that he enjoyed - telling people about Christ.

Gene Hall started lifting three months before his 73rd birthday. After a few weeks he wanted to try powerlifting, and when he decides to do something he goes all out! Powerlifting was no different. He started with the April 2003 Dave Martin Memorial meet in Bloomington,

Indiana, where he rewrote the Indiana state record books. Then a few weeks later he went to the USPL Master Nationals in Baton Rouge, Louisiana, and won again. He continued his powerlifting at the USPL Deadlift Nationals, and not only did he win, but he set a new American deadlift record in the process. Gene wasn't done yet, so he went to the IPA Nationals in Harrisburg, Pennsylvania, and again reset the records for the 181 lb. 70-74 year-old class with a 300 lb squat, 200 lb bench, and 380 lb deadlift. Gene was an inspiration to all both young and old. Many were amazed at his tenacity. For a man who hadn't squatted or benched his entire life, he did some amazing things. As his coach and son-in-law, Gene was the type of pupil I always want to train - someone who you have to hold back. He trained harder and ate better than the 20-30 something lifters.

Sadly, his lifting career has been cut short. After a heart attack in December 2003, Gene was determined to return to the platform. He was able to return to the gym after a couple of months; however, his health just wasn't the same. He underwent a quadruple bypass in January of 2005 and was on the way to recovery when he went to the Lord. Gene was giving his testimony to a group of young athletes and he had just told them about Christ and how he was certain where he was headed when he collapsed and was taken home.

Gene's legacy will continue! You see, Gene trained with his 27 year-old son, Tim Hall, former four-time national teenage powerlifting champion and world teenage champion who has returned to the platform this past year, and his eldest grandson, Caleb, who at 15 years old went to his first meet and won the national title. This year he took his 2nd national meet.

In the family tradition of Grandpa Gene, his 14 year-old grandson, Jacob, joined us at the gym and has just one his first championship. Both these boys have set the bar for the best all time raw totals for their weight classes. Their dad and Gene's son-in-law, 43 year-old Derek Wallace, train Caleb and Jacob. And waiting in the wings is Tanner Hall, a stocky 14 month-old son of Tim and grandson of

Gene who just may grow up to be like his dad and grandpa. Gene's last meet was the 2003 IPA Nationals where this family of lifters had the privilege to compete together on the same platform. He will be missed greatly."

OK, thanks Derek for that updated response. Keep lifting, and ignore the naysayers. Like Clay Brandenburg. Speaking of big Clay, he benched 815 in Orlando this past year, and has hit some big numbers lately. There are so many huge bench pressers now, that he has largely been overlooked. BUT, Clay has a new gym: Detroit Barbell Strength Training Facility - and yes, the name is WAY too long. We'll call it DBSTF for short. Heck, even DBSTF is too long.

Speaking of too long, this article is dragging on; so let's summarize a few of the lifters training there: John Zemmin (722 BP @ 275, Arnold Classic), Matt Zweng (long time tough guy who has beat Jesse Kellum at 198#, and won the Show of Strength), and Craig Gallo (1025# Squat, former 308# WPO record holder). Plus big Clay Brandenburg himself (see the photos). There is definitely a lot of bodyweight in this gym!

Clay also has a guy who pukes every time he max-effort trains (anonymous), a few female State Champion lifters (note to Clay: next time, send pics of the women), and a couple of great up and coming APF lifters who are bound for the WPO.

Clay reports that it is an industrial area (like all of Detroit), and that he modeled it after Westside Barbell. (He didn't ask me about my experiences in Detroit, so I'll just keep them to myself. But, does anyone remember Dave & Doreen of Great Lakes Fitness Guide?) Clay owes a lot of a gratitude to Louie Simmons, and most important - nobody ever died in his gym. At least not yet. Well, we're pretty much out of time and space, but stay tuned because next month - we'll go Olympic style, and visit an old friend that y'all will remember!

Questions/Comments?  
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Bloody Clay Brandenburg in his gym

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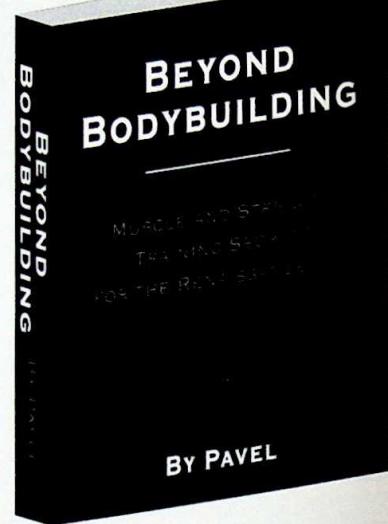
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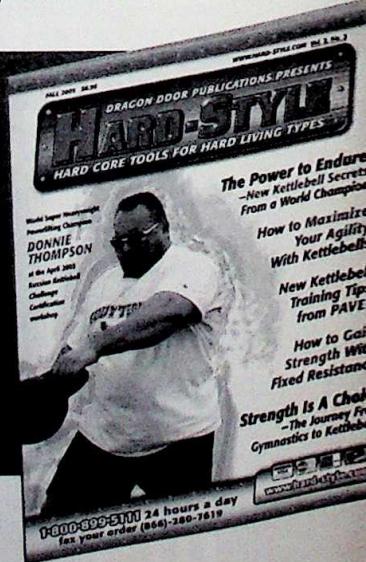
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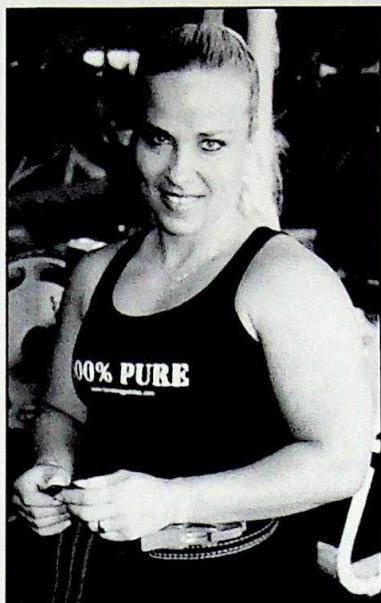
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# POWER SCENE



Mari Asp ... benched 385 in the gym

*POWERSCENE* has been enjoying a long Summer vacation, but like all vacations, the end of it has come. Just like September is back to school month for kids, it's back to the keyboard for *POWERSCENE*. What did we do on Summer vacation? Well, in July we went to Las Vegas (yes, it's hot there in the Summer), to visit Mark Swank's The Gym, which he is renaming Sin City Barbell. Mark and his crew shot a great deadlift video workout for *POWERLIFTER VIDEO*, showing off their techniques for building strength and performance for that often-neglected third event of a PL meet. Mark's also been working on his bench, and recently set a PR of 617. As Mark told the video camera, "New PR. Ready to be broken." That is a great attitude. Anyway, maybe that will occur for Mark at one of the many Vegas meets he's putting on. Next March will be a big APF meet, and next June 2, 3, and 4 will be the APF Seniors. For info on these meets, or on Mark's gym, give him a call at 702-245-6852. On our quick trip to Vegas, we ran into big bencher Mari Asp, who had just shot a bench workout with *POWERLIFTER VIDEO* a few days earlier at Gold's Gym in Venice, California. Mari has a PR of 341 at 158, and is hoping to be benching in Bench America. You can find more on Mari at [www.fitmari.com](http://www.fitmari.com). We ran into Mari again the following weekend, at the APF California State Meet, where she was one of the many fans watching some big lifting. Among the lifters pushing some big iron were young Charlie Telesco, and big Dan Smith, with whom



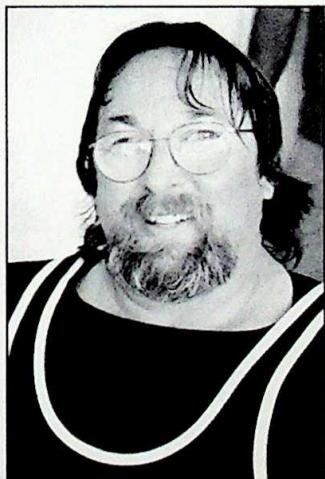
Mark Swank runs "THE GYM"



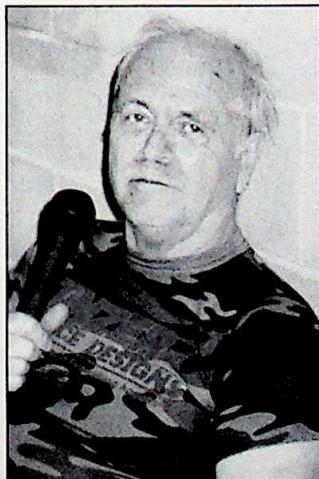
Charlie Telesco only 20 yrs. old

we're planning some bench video work. Also watching was Joe Selvocki, all the way out from Pennsylvania and cheering on his lifting buddy Charlie. That's some serious support for a lifting buddy—we like to see that! Meet host Scot Mendelson did some very serious benching—easily popping a 914 on his opener. Wow! Scot came out for 1008 on his second attempt, and came awfully close. That would have been the new World Record. A third attempt, at 1008, made it most of the way up, but stopped a bit short. Scot told us, and the video camera, "I'm back!" No doubt about that, so maybe 1005 won't be the World Record for long. We'll keep you informed. 'til next time, stay strong and healthy, and we'll see you on video. (The new *POWERLIFTER VIDEO* issue, with Scot's big BP's, and Mark Swank and Mari Asp, and much more, is now available. Call toll-free 800-227-2355.)

Ned Low



Dan Smith ... tried some big lifts.



Herb Glossbrenner announced



Scot Mendelson after his 914!



Dan Martin, Dan Massella, Richard Rhinehart, J.R. Mancini, and Elliott Shults at Mark Swank's Gym in Las Vegas. (Ned Low photos)



Maris Sternberg head judged.

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—JAY SCHROEDER, arpprogram.com

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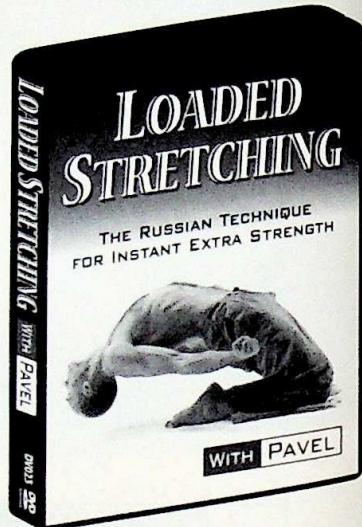
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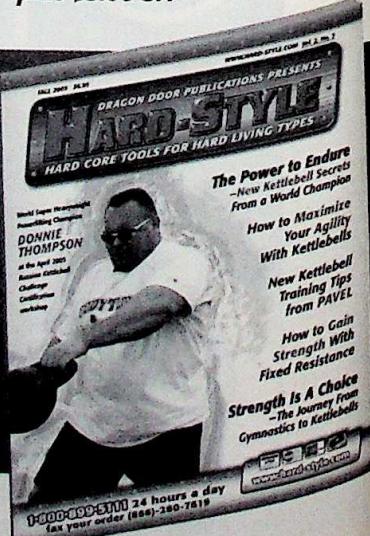
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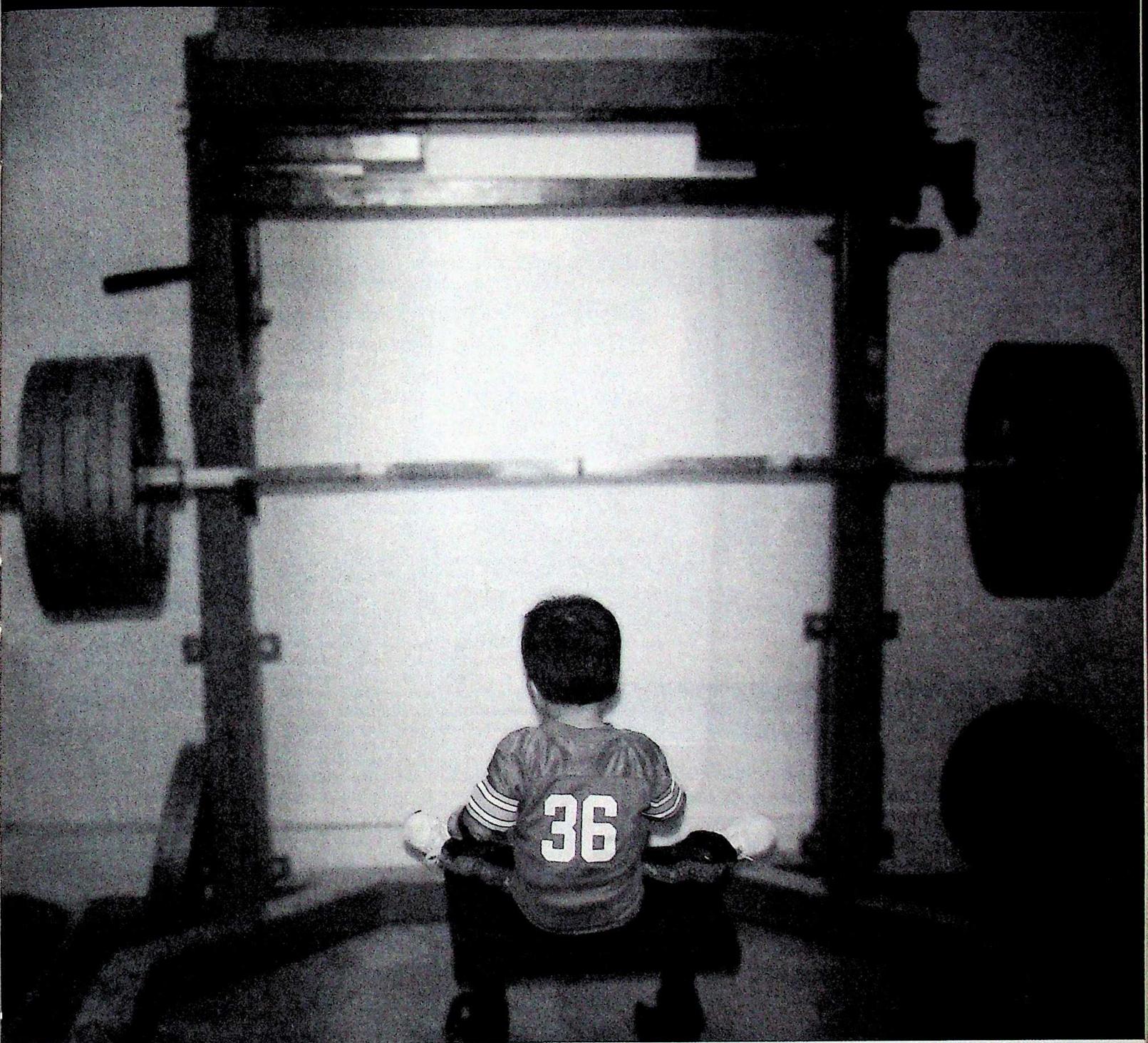
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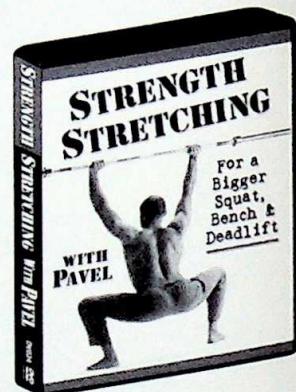
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"When I consume a teaching resource, I look for two things; first does it have something I can use immediately, and second does it mention something that I have been playing with in the gym. *Strength Stretching* hits both points several times. Things I used immediately are the Wall Squat, the Wedge, the RKC hip flexor stretch, and the GHR back stretch. The Wall Squat has become my squat warmup drill, the wedge changed my dl start routine, the hip flexor stretch and when to use it are now part of my training and meet bag of tricks, and the use of the GHR for learning to arch is ingenious. The press behind the neck stretch and "prying" are two drills that I have been playing with and have enhanced through the DVD. The Wall Squat portion itself would have made the DVD worth it, but the rest of the material is superb and clearly presented. Graphics are concise. Great for both new and more experienced PLers. Very few things have my full endorsement, but this does."

—JACK REAPE, Armed Forces Powerlifting Champion

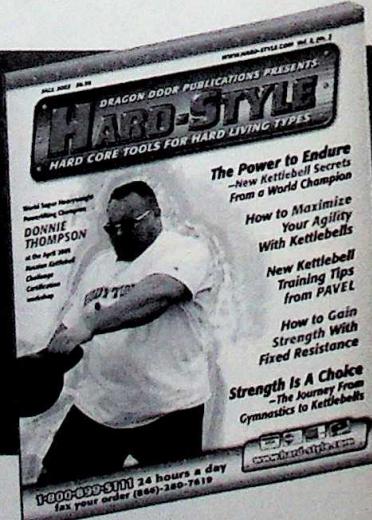


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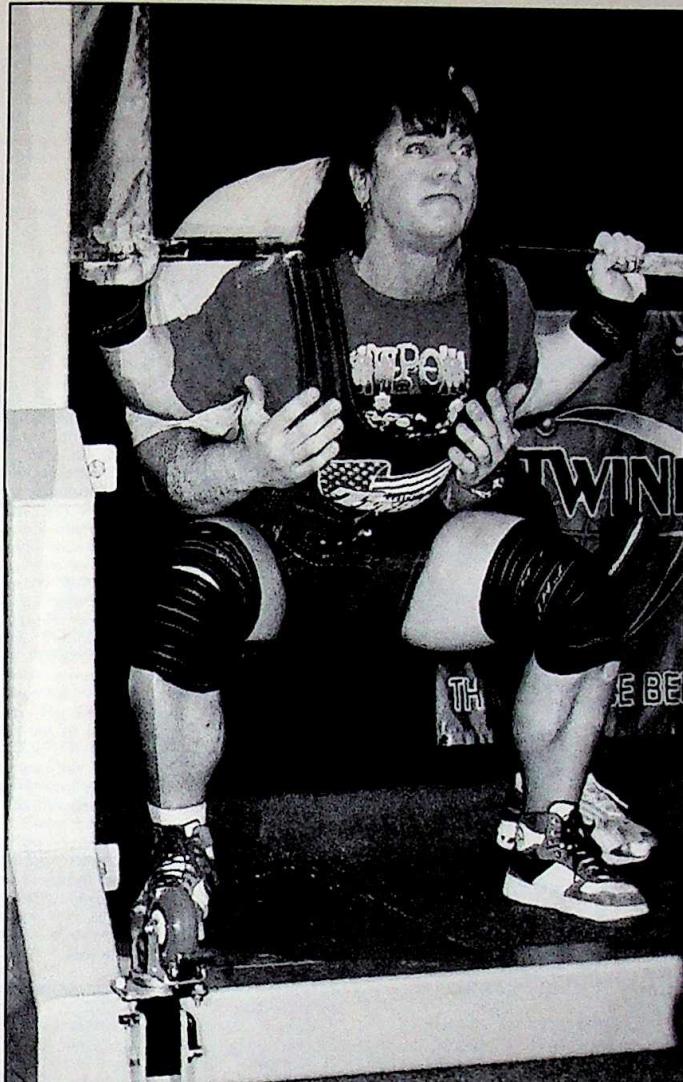
**APF Virginia State**  
**15 MAY 05 - Chesapeake, VA**

BENCH	SHW
WOMEN	R. Gormus 262.5
181 lbs.	DEADLIFT
Masters (45-50)	WOMEN
B. Graube 155	114 lbs.
MEN	T. Paredes 105
148 lbs.	MEN
S. Whitehead 110	148 lbs.
165 lbs.	S. Whitehead 165
E. Anderson 152.5	165 lbs.
Teen (18-19)	C. Diaz 235
M. Dean 115	Teen (18-19)
G. Lane —	K. Rosser 137.5
220 lbs.	198 lbs.
J. McVicar 295	G. Lane 242.5
Masters (60-64)	220 lbs.
G. Holzmiller 110	J. McVicar 295
242 lbs.	242 lbs.
M. Sami 185	F. McIntyre 295
Teen (18-19)	Masters (40-49)
C. Tinsley 137.5	F. McIntyre 295
308 lbs.	Teen (18-19)
Masters (45-49)	C. Tinsley 237.5
J. Graube 272.5	
WOMEN	SQ BP DL TOT
148 lbs.	
K. Baird 147.5	100 150 397.5
165 lbs.	
J. Scanlon 215	120 227.5 562.5
R. Lupton 187.5	112.5 165 465
181 lbs.	
S. Krupinski 165	145 207.5 517.5
198+ lbs.	
Masters	
S. Zabawa 105	90 155 350
MEN	
148 lbs.	
S. Whitehead 165	110 165 440
165 lbs.	
C. Diaz 220	— — —
181 lbs.	
L. Walker 205	150 197.5 552.5
Master (60-64)	
B. Rosser 102.5	97.5 130 330
198 lbs.	
J. Coleman 210	147.5 227.5 585
G. Lane —	— — —
220 lbs.	
H. Gerard 320	242.5 292.5 855
B. Chaves 317.5	182.5 235 735
Aldridge, Jr. 272.5	177.5 242.5 692.5
Master (40-45)	
H. Gerard 320	242.5 292.5 855
J. Culliton 227.5	165 245 637.5
Master (60-64)	
B. Jordan 200	130 190 520
242 lbs.	
E. Cronin 277.5	150 250 677.5
T. Johnson 220	132.5 235 587.5
Master (55-59)	
E. Stein 147.5	137.5 165 450
308 lbs.	
J. Fishetti 1825	180 247.5 610
SHW	
D. Nettles 340	237.5 320 897.5

Best Lifters Powerlifting: Julie Scanlon and Henry Gerard. Best Lifters Bench Press: Bonnie Graube and John Graube. Best Lifters Deadlift: Trisha Paredes and Jeff McVicar. Great seeing Julie Scanlon, Dave Nettles and Jeff McVicar back on the platform. Brent Lever and I thank all competitors for their support. A special thanks to our spotters, loaders, and to Velocity Sports Performance for allowing us to utilize their facility. Regards. (Thanks to Gayle Schroeder, Power and Strength Productions, LLC, for providing results)

**One KILOGRAM**  
**equals 2.2046 Pounds**

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



**Julie Scanlon is Coming Back**... after breaking her arm an instant after making a 429 bench press at the '04 WPO SuperFinals, she is back on the platform with the Best Lifter award at the APF Virginia State Meet.

**NASA North Carolina State**

**7 MAY 05 - (kg)**

BENCH	275 lbs.
165 lbs.	Master-1
High School	275 lbs.
B. Enod 150	Novice
198 lbs.	B. Wilson 310 227.5 277.5 815
Pure	M. Newman 150
S. Redfern 210	High School
Police/Fire	250
T. Isbell 182.5	SHW
220 lbs.	Submaster-2
R. Britt 182.5	Coleman Jr. 275
Master-1	SQUAT
R. Britt 182.5	MEN
Police/Fire	Open
R. Britt 182.5	220 lbs.
Master-2	D. Smith 257.5
J. Earley —	CURL
Master-5	MEN
J. Earley —	Master-3
242 lbs.	220 lbs.
Submaster-1	K. Bayard 65
Push Pull	BP DL TOT
MEN	D. Smith 257.5 162.5 235 655
181 lbs.	Master-1
Master-3	242 lbs.
J. Shoaf 122.5	K. Hall 217.5 175 235 627.5
220 lbs.	Submaster-1
Master-1	181 lbs.
D. Faulk 125	R. Maggi 170 147.5 185 502.5
275 lbs.	Power Sports CR BP DL TOT
Novice	MEN
M. Newman 150	181 lbs.
Submaster Pure	Teen
M. Newman 150	S. Glen 50 92.5 165 307.5
MEN	198 lbs.
SQ	Novice

T. Coleman 220 lbs.	57.5	92.5	175	325
Submaster-2				
R. Dishman 275 lbs.	77.5	195	282.5	505
Master-1				
S. Dowell 308 lbs.	67.5	160	220	447.5
Submaster Pure				
D. Connor 145	65	145	227.5	437.5
SHW				
Submaster Pure				
M. Price 308 lbs.	87.5	227.5	237.5	552.5

(Thanks to Rich Peters for sending results)

**USAPL Maine State**

**26 MAR 05 - Brewer, ME**

BENCH	Master-4
WOMEN	
148 lbs.	D. Leen 160
Open	
M. Cannon 165 lbs.	182 Master-5
Teen-1	B. Byrnes 160
T. Campbell 171	220 lbs.
MEN	Submaster-7
165 lbs.	171 Submaster (35-39)
Open	S. Dufour 435
D. Boyington 364	Open
181 lbs.	G. Gooley 435
Teen-1	
L. Morgan 198 lbs.	215 Master-4
V. Aloupis 209	209
WOMEN	SQ BP DL TOT
Open	
114 lbs.	114 lbs.
J. Clough 198 lbs.	209 105 287 601
Teen-1	123 lbs.
L. Porter 132 lbs.	116 72 160 347
Open	
H. Tenney 165 lbs.	176 110 215 502
Junior	
R. Deschaine 254	116 314 683
Open	
E. Morey 292	160 353 805
181 lbs.	
B. Deschaine 116	99 226 441
Open	
J. Hayes 220	143 265 628
198+ lbs.	
K. Campbell 259	— 353 —
MEN	
132 lbs.	
Youth	
J. Gallison 165 lbs.	254 160 342 755
165 lbs.	
Teen-3	
D. Adams 198 lbs.	270 209 413 893
Open	
D. Boyington 220 lbs.	452 364 402 1210
T. Pond 181 lbs.	314 226 380 920
Teen-2	
T. Furraugh 220 lbs.	364 226 402 992
Master-4	
J. Jackson 217.5 lbs.	— 143 474 —
Open	
R. Cover 198 lbs.	408 320 424 1152
Teen-2	
J. McPhee 217.5 lbs.	419 281 452 1152
Open	
R. Lupo 217.5 lbs.	513 309 518 1339
M. Nelson 217.5 lbs.	419 276 375 1069
K. Wicks 217.5 lbs.	237 204 314 755
Submaster (35-39)	
D. Whitlock 217.5 lbs.	320 226 441 987
Master-3	
J. Coffin 217.5 lbs.	397 270 424 1091
Open	
D. Claroni 217.5 lbs.	276 331 402 1009
Junior	
G. Bailey 217.5 lbs.	463 380 502 1345
Master-2	
J. Mealey 217.5 lbs.	402 298 457 1157
Open	
M. Kalter 217.5 lbs.	661 408 716 1786
Open	
J. Moses 217.5 lbs.	612 408 617 1637

(Thanks to Louie Morrison for the results)

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AREA CODE / TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

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DATE OF APPLICATION: \_\_\_\_\_ (*This Will Be Your Renewal Date*)

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

[www.RAWPOWERLIFTING.com](http://www.RAWPOWERLIFTING.com)

100% Raw Nationals 25 JUN 05 - Sanford, NC			MALE	M (45-49)	M (55-59)	D. Lohota	340
BENCH	Junior	114 lbs.	F. Wescott	285	B. Lyndsey	320	Open
FEMALE	R. Howell	155 T(18-19)	M (55-59)	F. Sumner	290	P. Bossi	475
105 lbs.	Open	H. Claypatch —	T (16-17)	G. Holzmiller	260	Submaster	380
Open	D. Grimes	105 132 lbs.	S. House	280	Open	S. Dueel	—
M(45-49)	165 lbs.	Open	181 lbs.	Submaster	242 lbs.	S. Freeman	385
K. Poyner	125 M (40-44)	M. Perry	250	Open	M (50-54)	M. Russell	430
123 lbs.	M. Omokaiye	150 148 lbs.	J. Savage	400	220 lbs.	Junior	225
Submaster	M (50-54)	Open	W. Lynch	445	198 lbs.	Open	185
T. Monford	125 B. Roby	135 J. Love	365	198 lbs.	M (40-44)	J. Cooke	330
132 lbs.	181 lbs.	M (45-49)	Open	M (40-44)	275 lbs.	198 lbs.	315
Junior	T (18-19)	W. Claypatch	255	J. Rascoe	350	M (50-54)	375
A. Prois	115 N. Miller	150 D. Wilson	305	J. Simpson	360	M (45-49)	315
Open	198 lbs.	165 lbs.	M. Sunter	240	M. Schwane	450	785
K. Wescott	150 Open	Open	M (50-54)	D. Campbell	300	J. Hilliard	—
148 lbs.	D. Newsome	140 B. Edwards	305	B. Gabbert	305	P. Caudle	325

M. Steward	—	M. Washinton	—
M (40-44)	T (14-15)	T. Tobin	300
J. Lewis	325	SHW	
308 lbs.	M (45-49)	M (65-69)	
M (45-49)	W. Ferguson	J. Telljohn	—
Open	Open	Open	
C. Elliott	—	H. Canada	—
FEMALE	SQ	DL	TOT
105 lbs.	Open	Open	
M (45-49)	K. Poyner	160	125 220 505
132 lbs.	Open	132 lbs.	
C. Gervais	130	100 200	430
165 lbs.	Open	165 lbs.	
M (50-54)	B. Roby	185	135 205 525
148 lbs.	MALE	132 lbs.	
T (18-19)	132 lbs.	T (18-19)	
M. Gadziala	260	195 380	835
148 lbs.	Open	148 lbs.	
T (18-19)	D. Priddy	325	175 405 905
Open/M (45-49)	Open/M (45-49)	Open/M (45-49)	
D. Wilson	360	295 475	1140
4th-BP-305	4th-BP-305	4th-BP-305	
165 lbs.	Open	165 lbs.	
M (55-59)	A. Crenshaw	235	235 350 820
181 lbs.	Open	181 lbs.	
T (14-15)	T. Caudle	125	95 155
181 lbs.	B. Kirkman	315	315 785
W. Foreman	—	—	—
T (18-19)	J. Hinshaw	—	—
Submaster	Submaster	—	—
S. Anthony	365	330	695
D. Parrish	450	300 500	1250
M (45-49)	Open	Open	
C. Culler	225	185 315	725
Open	Open	Open	
J. Cooke	330	225 375	960
198 lbs.	Open	198 lbs.	
M (40-44)	B. Mills	380	365 0505 1250
210 lbs.	M. Sunter	275	240 300 815
M (55-59)	M (55-59)	210 lbs.	
M (45-49)	G. Ricks	345	275 435 1055
210 lbs.	B. Lindsey	405	320 405 1130
F. Sumner	275	290 350	915
We had 30 volunteers that really gave a 110% all day, and as any promoter knows, your event is only as good as your volunteers. With that said, thank you all very much for your support! Sanford is known as the Brick City Capital of the World, but	210 lbs.	210 lbs.	

# PL USA BACK ISSUES

- Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
- Sep/93...** ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
- Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
- Dec/93...** WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
- Jan/94...** IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
- Feb/94...** Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Watt BP Workout, Hernia Surgery, TOP 100 181s, ADFPA TOP 114s
- Mar/94...** Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198s, ADFPA TOP 20 123s
- Apr/94...** Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out, WNPF Worlds, TOP 100 148s, ADFPA TOP 20 275s.
- May/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
- Jun/94...** Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens United We Stand, TOP 100 165s.
- Jul/94...** WPC Worlds, IPF Worlds, IPPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
- Feb/95...** World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
- Mar/95...** Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
- Apr/95...** NASA Natural Nationals, Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
- Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
- Aug/94...** APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
- Sep/94...** APF Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
- Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
- Jun/95...** Antonio Kravest, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Watt Interview, Curt Leslie BP Workout, TOP 100 SHW Jul/95...
- IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights Sep/95...** Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s.
- Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
- Dec/95...** Walter Thomas Interview, IPF May/97...
- World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s.
- Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
- Mar/96...** TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
- Jul/96...** AAU Men's, USPF JRs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s
- Aug/96...** ADFPA Men's, APF Sr. Natls., "Ban All Equipment", Rest Pause Revised, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.
- Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
- Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
- Dec/96...** Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
- Apr/97...** Clark Benches 800-Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
- May/97...** Dream Team Pt. 1, Kick Start

after this event, one things for sure, "Sanford is a Powerlifting Friendly City!" Our head judges were Thomas Ruszala and Chip Desi of Maryland. Both men did a fantastic job making consistent calls all day and kept their platforms running smoothly. Lifters weighing in at 105 198 lbs. were assigned to lift on platform A. Lifters weighing in at 220 lbs-SHIW were assigned to lift on platform B. The meet started at 11:30 AM with a welcome message from 100% RAW President Paul Bossi. Next, Bruce Porter from Florida, gave the invocation. Reminding all, that true strength comes from God! The National Anthem then began to play and as it finished the crowd began to yell and clap letting all know within ear shot that the 100% RAW National Championships were ready to begin! Women's Full Power Championships: The female stand-outs in powerlifting were Karen Poyner of VA, who won both the open & masters (2) divisions in the 105 lb. class. Karen finished with a 505 lb. total and won the female lightweight best lifter award. Barbara Roby of South Carolina, won the 165 lb. class in the masters (3) division with a total of 525 lbs. Cynthia Gervais of Greensboro, NC won the open 132 lb. class with a fine 200 lb. deadlift on her third attempt. Women's Bench Press Championships: In the bench only competition, Nicole Miller of Maryland, in the 18-19 year old division, won the 181 lb. class by pressing 150 lbs. She made a 155 lb. 4th attempt for a new World Record. Michelle Omokaiye won the masters (1) division in the 165 lb. class with a 150 lb. second attempt effort. A big thanks to Kelly Wescott from Fayetteville, NC, for her support and enthusiasm during the meet. Kelly won the open division, 132 lb. class with a big 150 lb. press. Rebecca Howell from Raleigh, NC, had the heaviest women's bench of the day, with a 155 lb. press that got her the victory in the 148 lb. class, junior division. Delores Grimes from Virginia won the 148 lb. open division, while Autumn Prois lifting in the 132 lb. class, & Deborah Newsome lifting in the 198 lb. class, had a tougher day than most. Each went only 1 for 3 on the day, but still managed to take first place in their respective class. Men's Bench Press Championships 148 lb. class: This years Bench press championships were also the last east cost qualifier for Bench America, the super bowl for benching specialists world wide. The 148 lb. class was loaded with talent in all the divisions. Wayne Claypatch was the

first to lift in the 148 lb. class. Wayne from NY came to show he could still lift heavy and did. He pressed 255 lbs. placing 2nd in the masters (2) division and 3rd in the open. Next up was David Wilson, representing the state of Virginia who was also entered in both the open & masters (2) division, he pressed 305 lbs. for a 1st place in the masters and a 2nd place finish in the open division. At a bodyweight of exactly 148 lbs. James Love Jr. from Georgia, benched an incredible 365 lbs. winning the open division. His press was just shy of a 2.5 times bodyweight lift! 165 lb. Class: The Teen 16-17 division winner was Shaun House from NC. He only made his opener, but at a bodyweight of 154 lbs. his 280 lb. press was powerful. The masters (2) winner was Fred Wescott from Fayetteville, NC, who went three for three and finished with 285 lbs. In the masters (3) division Rick Fecteau from Raleigh, NC had a little trouble settling in, and had to rely on his second attempt press of 170 lbs. to secure his 1st place finish. Billy Edwards won the open division with his 305 lb. effort, which was also the biggest bench of the day in this class. 181 lb. class: James Savage of NC, in any other competition in the country, would have not only won the 181 lb. class, but been up for best lifter honors, with his massive 400 lb. bench press. This was not to be the case however, because the reigning 100% RAW World Champion, Will "The Chill" Lynch, had a show to put on. Weighing in at a muscular 178 lbs. Lynch opened with an easy 430 lbs. then called for 445 lbs., which he blew up with ease. He then called for 465 lbs. and just ran out of gas at lockout. The result was still a 2.5 times bodyweight press that secured his 1st place finish. 198 lb. class: Sylvester Freeman pressed 385 lbs. to win both the open & submasters Division. 220 lb. Class: Some strong lifts were recorded in this class. Carleton Pickett of NC won the open division with a 405 lb. press, while Paul Bossi left the head scoring table looking like Clark Kent, searching for a phone booth to change into his cape & tights. Moments later Paul reappeared center stage in his NC Singlet, ready to give 475 lbs. a ride, which he did, securing his submaster victory. Joseph Rascoe of North Carolina won the masters (1) division pressing 370 lbs. David Lhota traveled all the way down from Pennsylvania, to win the masters (3) division. He made all three of his attempts and finished up with a strong 365 lb. press. 242 lb. class: We

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saw some lifters bomb out in this Class, which left the door open for Michael Shwanke from Georgia, who took center stage and blasted up his opener of 450 lbs. He was unsuccessful on his other two attempts, but still secured the win in the Open division. In the submasters division, Scott Deuel from NC, was successful on all

Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Dec/98... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800

DLs, Dennis Brady, TOP 100 181s

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

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

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

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

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

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

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

Nov/99... Muscle Beach Lives, East German Breakthrough, DL Details, Walk

Away From Death, Dynamic Duo by Louie S., TOP 100 165s.

Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

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

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

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

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

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

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

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

Aug/00... USAPL Men's, APF SRs. Pt. 1,

attempts, winning with a nice press of 305 lbs. 275 lb. class: This class saw a lifter by the name of Bennie Jones from NC do everything right. Bennie opened light at 450 lbs. He then called for 470 lbs., which looked even easier than his opener. His last attempt was for 490 lbs. a great call. Bennie left no weight on the table, getting all white lights and a 1st place finish. Jerry Lewis won the master (1) division with a 365 lb. press. While big Joseph Hilliard of NC showed everyone how to bench when you're over fifty, by winning the masters (3) division with a huge 465 lb. press. He also won the Masters heavyweight best lifter award. 308 lb. & SHW class: Carl Elliott of Elizabeth City, NC, tied for the heaviest bench press of the meet, with a 560 lb. effort that won him 1st place in the 308 lb. Open division. Big Jeff Telljohann from Ohio was also our oldest competitor at age 68. Jeff made all three attempts finishing the day with an impressive 340 lb. bench press. Another victory for Jeff was that his family, living in Chapel Hill, NC, was able to see him compete for the very first time, congratulations Jeff. A meet favorite and long time powerlifter Walter "Truck" Ferguson won the masters (2) division with a press of 350 lbs. One of our youngest competitors and the only lifter from Sanford, NC, was Toby Tobin. His 340 lb. press won the teen 14-15 division. Herman Canada had a rough day, missing all three lifts. Men's Full Power Championships - 114 lb. Class: Timmy Caudle from NC weighed in at 97 lbs. competing in the Teen 14-15 division. Timmy was competing against himself and finished the day with a 375 lb. Total. Great Job Timmy! 132 lb. Class: Matthew Gadziala from NC, and distant relative to the infamous sci-fi creature, was also a teen 18-19 division winner. His strong lifts and great form included a 280 lb. squat, a 195 lb. bench and a 380 lb. deadlift. His winning total for the day 835 lbs. 148 lb. class: Drew Priddy won the teen 18-19 division, with a total of 905 lbs. Drew squatted 325 & pulled 405 lbs. for the day. Helping to show younger lifters how one can improve with age, David Wilson Jr. reported to his platform, then proceeded to give a clinic on proper technique. He posted several records, which included his 1140 lb. Total and 475 lb. Deadlift. David won the both the open & masters (2) division titles as well as being recognized as the masters' lightweight outstanding lifter. 165 lb. class: Michael Wicker of North Carolina competing in the masters (2) division, did a 325 lb. squat, 265 lb. bench & 410 lb. deadlift to take first place. 181 lb. class: Young Ben Kirkman of NC did a fine job squatting & pulling 315 lbs. His total of 785 lbs. was good enough to take 1st place in the teen 14-15 division. James Cook from NC won the open division,

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AAP/APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s  
**Sep/00** ... USPF Srs., IPA Worlds, WABDL BP/DL Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s  
**Oct/00** ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.  
**Nov/00** ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz[ Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s  
**Dec/00** ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benchies by Louie Simmons, the Bench Press Shirt, TOP 100 181s  
**Jan/01** ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s  
**Feb/01** ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.  
**Mar/01** ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the

going 8 for 9 and totaling 960 lbs. Doug Parrish from Greenville, NC, looked strong all day, winning the submasters division. Doug's total of 1250 lbs., included a 450 lb. squat & 500 lb. pull. Chris Culler saw red lights more than white, but managed to win the masters (2) division with a total of 725 lbs. Albert Crenshaw of NC won the masters (3) division with a total of 820 lbs. 198 lb. class: This class had a real masters shoot-out going on. The 3rd place finish went to crowd favorite Yogi Frank Summer from Greensboro, NC. Everyone loves to watch Yogi prepare for an attempt. His motivation seems to be contagious. His 915 lb. total on this day, was just a little light for this stacked division of lifters. Ruben Ricks from NC took 2nd place and showed great form on all three lifts. His 345 squat, 275 bench & 435 lb. deadlift totaled 1055 lbs. Bill Lindsey of VA used great form and powerlifting experience to go 10 for 10 on the day. Bill's 420 lb. squat was a new World Record as well as his 1130 lb. total. The masters (1) division winner was Blake Mills of NC who had trouble getting some of his lifts approved by the judges. His total was 1250 lbs. Second place in the masters (2) was Mark Sunter of NC with an 815 lb. total. Young Jeffery Joyce of NC at only 18

years of age, pulled 480 lbs. and totaled 1165 lbs. to secure first place in his teen division. 220 lb. class: The youngest 220 lb. lifter was Ben Hopkins of NC. At age 16 he called for 405 lbs. on his second attempt squat and nailed it. He opened with a 350 lb. bench and pulled 425 lbs. He only went 4 for 9 on the day and left a lot of weight on the table. With more experience & coaching, young Ben will be a lifter to keep an eye on. We all should be keeping both eyes on this next teen lifter. Chris Cain showed great form and experience for such a young lifter. He started the show with a 550 lb. squat. Then a balanced 330 bench, finished with a 550 lb. deadlift. Chris took home a 1st place trophy, best teen lifter honors and several records like his 1430 lb. total. John Cooke didn't set the world on fire, but had a very nice 500 lb. pull to help add to his 1245 lb. total and a 1st place finish in the junior division. Theron Leonard rocked steady to win the masters (1) with a 1335 lb. total. Dennis Campbell from NC won the masters (2) division with a 990 lb. total. 242 lb. class: Trey Manning another teenager, stole the show with his great efforts in the 242 lb. class. Trey hit a 575 lb. squat on his fourth attempt setting a new World Record in the

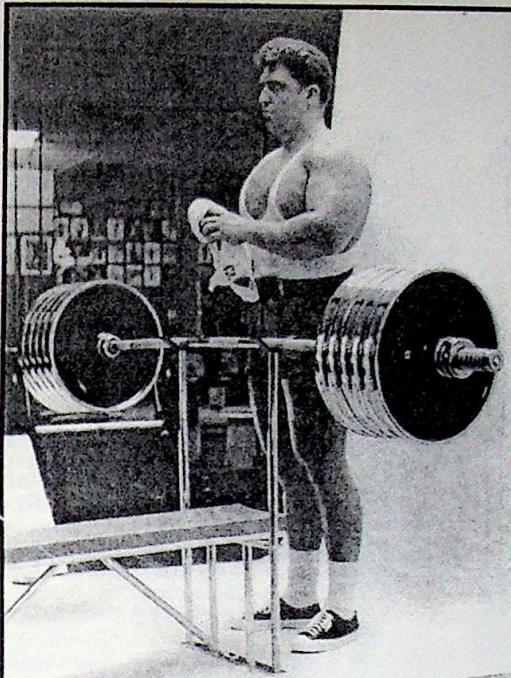
teen 18-19 division. He then made all three benches with his best being his last lift of 415 lbs. Trey finished off the day with a 610 lb. pull. That had his total the third highest of the day. By the way Trey weighed in at a light 230.8 lbs. and lost best teen lifting honors by less than 6 tenths of percent to 220 lb. teen lifter Chris Cain. Jason Mullens, from South Carolina, while not a teen was looking to show he had the raw power going on and did a fine 510 lb. squat along with a nice 520 lb. pull that made his total a very respectable 1330 lbs. In the masters (1) division Joseph Willard of NC rocked steady and finished with a 900 lb. total. Lynn Corbin from Smithfield, NC, is a strong masters (2) lifter, showing nice form & strength by squatting 520 lbs. and also pulling 530 lbs. He finished the day with a 1395 lb. total for the win. 275 lb. class: The class was dominated by Michael Belk from NC who came to show what he could do in all three lifts. Michael, a bench specialist, did a fine job with the other two power lifts. His 625 squat and 660 deadlift proved to everyone that he was not a one-lift wonder. However I did say he was a bench press specialist and he set out to confirm that as well. He opened with 540 lbs. and made easy work of it. His second attempt was 560 lbs. and it went up about as easy. He called for 580 lbs. on his third attempt and just didn't have the gas at the top to finish the lift. His 560 lb. bench tied him with Carl Elliott for the heaviest bench of the day. His 1845 lb. total was the heaviest total of the day and a 1st place finish in the open division. Next up having to do battle with Mr. Belk was Mike Golden of Greenville, NC. Mike is the new head strength coach at ECU and was unsure until the last day before the meet whether or not he would be able to compete. Mike's three lift total was 1415 lbs. and good enough for 2nd place in the open division and 1st place in the Submasters division. Another teen standout took center stage in the 275 lb. class by the name of Terry Perkins. Our youngest heavyweight lifter at just 14 years of age. His 515 lb. fourth attempt World Record squat, got the crowd excited! He went for another World Record in the deadlift on his fourth attempt with a clean 500 lb. pull. Terry weighed in at 255 lbs. and really made a statement lifting in both the open & teen divisions. 308 lb. class: In the 308 lb. class we had Toby Tobin performing all three lifts for the first time in his young career. Toby an AAU bench champion as early as age 12, wanted to give full power a go and see if he likes it. For his first full power meet Toby did very well winning his division and breaking the half-ton mark with a 1065 lb. total. SHW: Patrick Greene from Selma NC did not plan on being a SHW, but at weigh ins Saturday, he came up a little heavy. He

Bands, USAPL Women's Nats, Westside Deadlifting, WPC Worlds Pt. II/BP  
**Apr/01** ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie , TOP 100 242s  
**May/01** ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's  
**Jun/01** ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs  
**Jul/01** ... IPF Women's Worlds, Bill Crawford, APF Nationals,, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s  
**Aug/01** ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit,, TOP 100 123s  
**Sep/01** ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s  
**Oct/01** ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling

by Louie S., TOP 100 148s.  
**Nov/01** ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s  
**Dec/01** ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s  
**Jan/02** ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s  
**Feb/02** ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s  
**Mar/02** ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"  
**Apr/02** ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s  
**Jun/02** ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.

**Jul/02** ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.  
**Aug/02** ... APF Seniors, USAPL Men's Nats, USPF Srs/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.  
**Sep/02** ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Miksell Interview, TOP 100 132s  
**Oct/02** ... 556 squat @132 by Nance Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s  
**Nov/02** ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s  
**Dec/02** ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181  
**Jan/03** ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.  
**Feb/03** ... IPF BP Worlds, WABDL DL

regrouped and decided to make the best of it. Both super's were going to be competing in the masters (1) division. Rod Blackwell of NC who proudly tips the scales at 329.6 lbs. had no question in his mind what weight class he'd be competing in. He came to push some serious weight. Patrick had a rough start with the judges, as his opener was ruled high. Again he regrouped and made his next two attempts. Rod smoked his 500 lb. opener in the squat that looked more like a warm-up and called for 605 lbs. On his second attempt he blew the weight up so fast that if you blinked you could have missed it. On his third attempt he called for 655 lbs. and it was a repeat of his last attempt. Rod called for a new World Record in the squat of 700 lbs. and looked good during the decent, as he was coming out of the hole he got out of his groove and as he was finishing the lift, he took a step forward to catch himself. A powerful lift for all to see, but an easy call for the judges that had to reward his effort with all red lights. Rod told me after the meet that he had strained himself pretty good after the squat and just needed to cruise through the other two lifts to avoid dropping out. Patrick Greene was able to finish with a 1390 lb. Total taking second place to Big Rod who finished with a 1590 lb. total. To all the lifters who participated, great job! Thanks again to all the volunteers who made this event so successful. Always remember RAW means Power. (These meet results submitted by Paul Bossi, and written by Greg Stott)



## Legendary Pat Casey King of Powerlifters now reveals his training secrets and training techniques

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- ◆ First man to total over 2000

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USAPL Florida BP/DL	
30 APR 05 - Ft. Lauderdale, FL	
BENCH	J. Calloway 175
MEN	Master (40-49)
60 kgs.	J. Calloway 175
Open	A. Decker 150
J. Szparaga 75	Master (50-59)
Teen (14-15)	D. Grossman 120
J. Szparaga 75	G. Walker —
75 kgs.	110 kgs.
Collegiate	Open
P. Gallaher 145	J. Dundon 197.5
Master (70+)	Master (40-49)
B. Tinkler 102.5	J. Dundon 197.5
82.5 kgs.	Master (50-59)
Teen (16-17)	C. Steele 167.5
J. Hodapp 85	DEADLIFT
Master (60-69)	MEN
P. Currey 140	110 kgs.
90 kgs.	Master (50-59)
Open	D. Grossman 160
A. Lavigne 92.5	110 kgs.
100 kgs.	Open
Open	N. Young 310

MEN	BP	DL	TOT	Open	P. Buri	—	302.5	302.5	Varsity
60 kgs.				Collegiate	R. Hayne	162.5	182.5	345	52 kgs.
Open				SQ	WOMEN	BP	DL	TOT	C. Miller
J. Szparaga 75	75	105	180		52 kgs.	56 kgs.	130	102.5	170
Teen (14-15)					L. Urso	57.5	30	77.5	300
J. Szparaga 75	75	105	180		60 kgs..	60 kgs.	110	95	137.5
82.5 kgs.					Varsity	167.5	90	170	342.5
Open					A. Welcome	102.5	55	125	427.5
P. Currey 145	145	192.5	337.5		MEN	282.5			67.5 kgs.
Master (60-69)					Junior Varsity	100 kgs.	185	100	185
B. Tinkler 102.5					56 kgs.	75 kgs.	125	100	470
82.5 kgs.					M. Logran	90	62.5	100	137.5
Teen (16-17)					60 kgs.	90 kgs.	175	102.5	170
J. Hodapp 85					J. Szparaga	27.5	75	105	392.5
Master (60-69)					82.5 kgs.	90 kgs.	90	125	147.5
P. Currey 140	140	110 kgs.			D. Hodapp	55	85	105	392.5
90 kgs.					90 kgs.	125 kgs.	125	100	470
Open					J. Greenberg	177.5	125	157.5	182.5
A. Lavigne 92.5	92.5	110 kgs.			100 kgs.	125 kgs.	182.5	172.5	227.5
100 kgs.					D. Snyder	167.5	102.5	172.5	582.5
Open					110 kgs.	144.5	100	190	462.5
N. Young	310				A. Lepri	230	95	167.5	190
									190
									115

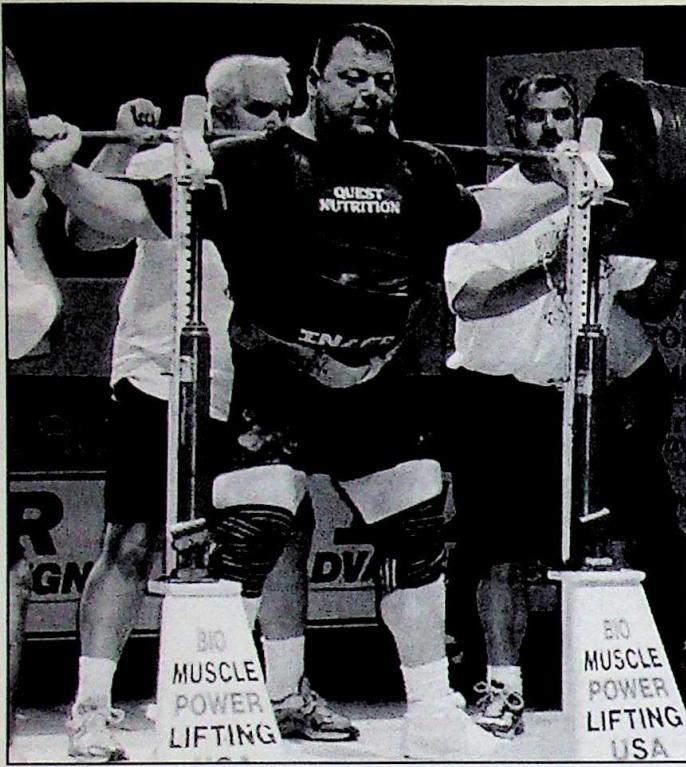
Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s, Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s. May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s. Jul/03 ... IPF Women's Worlds, APF Nationals, Bill Kazmaier Pt. 2, APF Nationals, DL on the Rise by Louie S., Best Male PLers, TOP 100 SHWs. Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Amello Deadlift Workout, Team PL, TOP 100 SHWs SEP/03 ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s. Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.

Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s. Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s. Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coat Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s. Mar/04 ... USAPL Women's Nats, Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s. Apr/04 ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s. Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S. Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s.

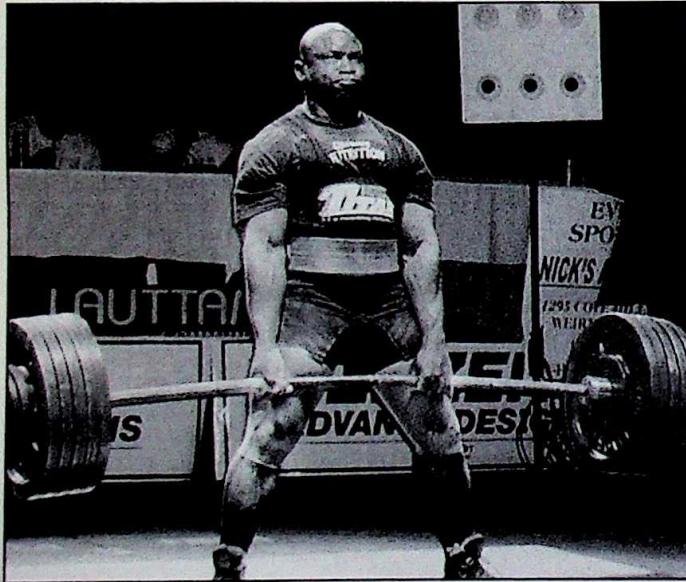
Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Time SQ/TOT, TOP 100 SHWs. Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s. Oct/04 ... WPO Finals, Recuperative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

Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s. May/05 ... Pat Casey Passes, "Then and Now" by Louie S., Mike Miller Interview, Performance Supplementation, TOP 20 Masters-Women-Teenage ranking lists Jun/05 ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s. Jul/05 ... Roger Estep Passes, APF Seniors, IPF Women's Worlds, Louie on BP Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s. Aug/05 ... Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs.

**LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK ISSUES - \$4.50 EACH, 4-9 BACK ISSUES - \$4 EACH, 10-24 BACK ISSUES - \$3.50 EACH, 25+ BACK ISSUES - WE NEGOTIATE A BETTER PRICE)**



Brian Siders ... 1st Place Heavyweights at the 2005 Mountaineer Cup



Gene Bell ... 1st Place in Lightweights at the 2005 Mountaineer Cup.

#### Mountaineer Cup VII - 25 JUN 05 - Chester, WV

	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
G. Bell	688	722	—	518	540	—	1262	611	639	688	1901
B. Siders	920	987	—	727	777	804	1785	771	845	845	2557
A. Conyers	699	699	699	429	451	479	1151	611	661	688	1812
B. Moore	870	931	953	877	710	740	16009	705	760	760	2314
T. Wade	622	672	694	451	485	501	1157	584	639	639	1741
J. Bryant	826	909	925	611	628	633	1543	749	804	804	2292
J. Norman	617	672	672	440	468	468	1113	617	617	661	1774
E. Coan	865	903	903	540	562	562	1443	782	810	837	2281
A. Haga	584	628	650	407	429	440	1090	584	622	639	1713
S. Smith	821	881	903	639	664	661	1543	650	705	733	2276
P. Harrington	606	688	688	462	479	479	—	—	—	—	—
T. Mash	837	837	881	584	617	639	1455	749	782	799	2204
E. Cunane	683	733	760	551	573	584	1284	650	705	727	1989
T. Linn	584	606	622	363	393	391	970	589	—	—	1559
S. Cartwright	705	705	749	578	578	578	—	—	—	—	—

(Thanks to Mountaineer Race Track & Gaming for providing these meet results)

#### NPA Natural Midwest Open 5,6 MAR 05 - Freeport, IL

BENCH	DEADLIFT	MEN
165 lbs.	50 lbs.	PreSchool
Teen	148 lbs.	Burlingame 30
P. Koehler	250	Burlingame 30
198 lbs.	165 lbs.	Teen
Open	165 lbs.	B. Folgate 305
B. Bystrom	215	Master
220 lbs.	198 lbs.	D. Vautsmieir 225
Open	198 lbs.	Submaster
D. Hullberg	200	Master
Master	200 lbs.	D. Felhauser 500
D. Felhauser	275	Open
242 lbs.	220 lbs.	D. Underhill 500
Open	220 lbs.	P. Mercado 405
275 lbs.	220 lbs.	M. Murray 500
Master	220 lbs.	SHW
H. Kiehl	360	A. Miller 485
308 lbs.	308 lbs.	
Open	308 lbs.	
J. Miller	325	
MEN	SQ BP DL TOT	
181 lbs.		
Open		
M. Pettinger	550	270 500 1320
198 lbs.		
Open		
J. Connors	490	300 480 1270
220 lbs.		
Open		
Burlingame	820	380 650 1850
Master		
Burlingame	820	380 650 1850
242 lbs.		
Open		
R. Jennings	550	350 540 1440

The 2005 NPA Drug Free Midwest Open was a good meet with new lifters. Some came from 3 state to compete. Many of the lifters lifted without the use of bench shirts or deadlift suits. A big thank you to our sponsors for the support they gave us! The lifters greatly appreciated it! Thank you Titan, The Powerlifting Superstore, Monster Muscle magazine, Fitness Nutrition Center, and The Myo Store. I would also like to thank the loaders, spotters, and judges: Don Felhauser, Mike Pettinger, Chris Zumdahl, John Longmeyer, Glen Dixon, Duane Burlingame, Simone, and Chad. In the bench press, we had Philip Koester from Wisconsin to take the 165 lb. teenage class, with 250 lbs. Philip lifted without gear and just missed his third attempt at 270 lbs. Brandon Bystrom won the 198 lb. open in his first meet with a lift of 215 lbs., also lifting with no gear. Bjorn Hullberg won the 220 submaster with a lift of 200 lbs., lifting in his first meet. Dave Vautsmieir won the 220 open with a solid 335 lb. lift on his second attempt, getting a new PR. Don Felhauser took the 220 master with a lift of 275 lbs. Big Paul Mercado took best lifter honors in bench only with a lift of 405 lbs., winning the 242 lb. open class. In the 275 lb. masters, it was Harry Kiehl winning with a strong lift of 360 lbs., on his second attempt. Joel Miller won the 308 lb. open with a lift of 325 lbs. Joel only got his opener, but we all know how that can happen. In the deadlift, we had preschool lifter, Dane Burlingame lifting on day two, to win the 50 lb. class. my little man loves to get trophies. I'm so proud of him. Barry Folgate lifted in his first meet and had a PR lift of 305 lbs. to win the 148 lbs. teenage class. His proud parents were there cheering him on. He has only been training a short time and lifted with no suit. Richard Lee won the master 165 lb. class with a solid pull of 225 lbs. Richard made all of his lifts, pretty impressive for a man 67 years young. In the 198 lb. open class, Dave Underhill won best lifter honors with a pull of 500 lbs. Dave missed his first and third lifts, but the second was good for the 198 lb. open win. It was Mike Murray taking the 220 open class with a strong pull of 500 lbs. Mike had an off day and should pull 550 lbs. soon. Jonathan Miller came from Iowa and took the 275 lb. submaster class with a tough fought 455 lb. pull. Adam Miller completed the deadlift competitors, only getting his opener of 485 lbs. to take the SHW class. Adam is capable of a lot more and has

pulled over 600 before. On day two, we had full meet lifters. It was Mike Pettinger taking the 181 open and submaster with a 550 squat, 270 bench, 500 deadlift, to total 1320 lbs. Mike had a PR deadlift which went up easy. Jason Connors took the 198 open with a 490 squat, 300 bench, 480 deadlift, to total 1270 lbs. Duane Burlingame took the 220 open and masters with a 810 squat, 380 bench, 650 deadlift, to total 1840 lbs. At 242 open, Rick Jennings took the class with an easy 550 squat, 350 bench, 540 deadlift, to total 1440 lbs. we had a nice crowd watching the lifters for this meet. Everyone enjoyed the competition. Again, thank you to our sponsors and everyone that helped. Next meet in Sept. Until then, train hard, and try to do something to make the world a better place for our children. (Thanks to Duane Burlingame for providing these results)

#### NASA West Texas (kg) 21 MAY 05 - Amarillo, TX

PL BENCH	275 lbs.	MALE	Master Pure
181 lbs.		T. Jonas	100
Junior		PS DEADLIFT	
T. Dillard	165	MALE	
Open		T. Dillard	148 lbs.
T. Dillard	165	High School	
242 lbs.		R. Mayfield	145
Submaster-2			
M. Taylor	157.5	PS BENCH	
MALE			
242 lbs.		BP DL TOT	
Master-1			
N. Eddins	213.5	272.5 486	
308 lbs.			
Open			
R. Samamon	182.5	285	467.5
Pwrlifting	SQ	BP DL TOT	
WOMEN			
132 lbs.			
Novice			
J. Rim	105	45 105	255
148 lbs.			
Intermediate			
D. James	110	62.5 125	297.5
MALE			
148 lbs.			
High School			
E. Cyranoski	147.5	90 152.5 390	
181 lbs.			
R. Sloan	110	65 137.5 312.5	
220 lbs.			
Novice			
C. Lynn	100	100 135	335
220 lbs.			
Intermediate			
J. Diven	167.5	100 192.5 460	
Submaster-2			
D. Hilger	177.5	132.5 192.5 502.5	
Master-2			
R. Michelotti	160	125 202.5 487.5	
242 lbs.			
Submaster-2			
M. Taylor	167.5	157.5 172.5 497.5	
Master-1			
N. Eddins	260	213.5 272.5 745	
308 lbs.			
Submaster-1			
R. James	225	165 250	640
Submaster Pure			
J. Samamon	295	182.5 265	742.5
Pwr Sports	CR	BP DL TOT	
MALE			
114 lbs.			
Youth			
J. Samamon	17.5	27.5 72.5	117.5
A. Samamon	15	15 45	75
148 lbs.			
Teen			
M. Samaron	27.5	60 100	177.5
181 lbs.			
Youth			
C. Samamon	22.5	42.5 95	160
198 lbs.			
High School			
E. Perez	60	112.5 217.5 390	
220 lbs.			
Master-1			
D. Means	65	132.5 237.5 435	
237.5			

(Thanks to Rich Peters for these results)

**MEET DIRECTORS ... a listing here** is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in your meet.

**17 SEP**, USAPL Boys & Girls Club Heavy Metal Summer Classic (Middletown, NY) Rick Scarpulla, 845-386-2525

**17 SEP**, Nor-Cal Championships (PL/BP/PP - San Mateo, CA) Helen 650-642-4598 or John 650-305-7518

**17 SEP**, APA Upper Carolina BP/DL/PP (Williamston, SC) Kate Taillon, 310 Thonblade Blvd., Greer, SC 29650, 864-286-0532, kathryn264@charter.net

**17 SEP**, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

**17 SEP**, WNP Upstate NY II PL/SQ/DL/BP/PC (Clyde, NY) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

**17 SEP**, WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rlopwts@frontiernet.net

**17 SEP**, Open BP meet, Glenwood Athletic Club, (Glenwood, AR) Jason or George at 870-356-6250

**17 SEP (New Date), NPA (drug free)** Nationals BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifedb@cs.com

**17 SEP**, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, IL.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**17 SEP**, SciFit of GA 7th annual Bench Press, Joe Deverville, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005

**17 SEP (revised date)**, APF/AAPF Midwest Classic (Missouri/Kansas/National Records). All divisions plus police/fire. Olympic weightlifting exhibition. Susan Sharpe-Patterson 816-914-9709 or www.midwestbarbell.com.

**17 SEP**, NASA E. Texas Regional (PL/BP/PP/PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

## COMING EVENTS

**17 SEP**, WABDL West Coast Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

**17-18 SEP**, USAPI Bench Press Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-275-7069

**18 SEP**, SLP St. Louis Open II BP/DL Championship (Pontoon Beach, IL) Sonlight Power, 122 W. Sale??, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**18 SEP**, USPF US Open BP/DL Championships (Ramada Inn-Morgantown, WV) Matt McCase, 210 Bilbo St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com

**18 SEP**, 7th Deadlift on the River, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 574-674-6683

**24 SEP (new date - Garry Frank Guest Lifter)**, APF Gulf Coast Open PL/BP (Hudson, FL) Rick Lawrence, 386-734-3128, worldpowerlifting.org

**24 SEP**, APA Georgia Open Power Fest BP/DL/PP/SC (Conyers, GA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com

**24 SEP**, APA Baddest Bench in the South/Louisiana State Powerlifting Championships BP-only, BP for cash, PL/PP (Monroe, LA) Ryan Cidzik, 315-794-1836, RCidzik@yahoo.com, www.apa-wpa.com

**24 SEP**, NASA VA Regional PL/BP/PS/PP (Wytheville, VA) Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com, www.vhepower.com

**24 SEP**, 100% Raw Tri-State Pl (Hagerstown, MD) www.rawpowerlifting.com, rawlifting@aol.com, litjohnraw@aol.com

**24 SEP (New Date)**, WABDL Hawaii State BP/DL (Waianae, HI) Keith Ward, 808-259-5266

**24 SEP**, Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 74006, 913-626-1141 or 626-1142, jduree7086@aol.com

**24 SEP**, SLP OPEN NATIONAL POWERLIFTING / B/P/DL

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

**24 SEP**, NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

**24 SEP**, APF Hawg Farm Come & Get 'Em (Henderson, KY) Larry Hoover, RR3, Box 164, Princeton, IN 47670, 812-385-9932, quad4hoover@peoplepc.com

**24,25 SEP**, IPF/NAPF Central America Championships (Guatemala City, Guatemala) Robert Keller, rk@verizon.net, 954-790-2249, www.usapowerlifting.com/ IPF-NorthAmerica

**24,25 SEP (2nd NEW DATE)**, WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339

**24,25 SEP**, APF/AAPF Sin City Ironfest, "Bring it If You Got it", Powerlifting & BP (Police/Fire, Women, Teen, Junior, Men, Open, Submaster, Master, 114 lbs. - SHW, No Late Entries Accepted!), - The Gym, Las Vegas, NV. Mark Swank, Meet Director, 72-245-6852 and Carol Upton, Assistant Meet Director, 702-656-6762, 3010N. Torrey Pines Dr., Las Vegas, NV 89108, thegymlasvegas@earthlink.net

**25 SEP**, 1st Paxton Power Gym Strongman (Paxton, MA) Nathan Strongman (Paxton, MA) Nathan

Fitzgerald, 508-791-3291, paxtonpowgymorders@att.net  
**25 SEP (corrected date)**, SLP Genesis Open Push/Pull Classic (Celina, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**SEP (Date Change)**, WNP Northern Florida BP, DL, Ironman & PC (Lake City, FL) Lester Fields, 770 842-2137 or lesterfields@ao1.com

**30 SEP-1 OCT**, BenchAmerica 3 (Elgin, IL "DO YOU QUALIFY"), info@benchamerica.com

**1 OCT**, ADFPF Michigan State Championships/Open (equipped, unequipped - Benton Harbor, MI) Dick Van Eck, 45451 Peninsula Dr., Grand Junction, MI 49056

**1 OCT**, USAPL Albany Strength Powerlifting Championships, John Payette, 518-433-1703, 332 Central Ave., Albany, NY 12206

**1 OCT**, 2nd Ironman PL/BP (Cleveland, OH) Gary Kanaga, 591 Cornell Dr., Broadview Hts., OH 44147, 440-717-9624, gary.kanaga@nordoniaschools.org

**1 OCT**, APF/AAPF 2nd NYC Coliseum Impact PL for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave., Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com

**1 OCT**, WABDL Night of the Champions (All American Gym, Lakeland, FL) Ken Snell, 863-687-6268

**1 OCT**, SLP FALL BENCH PRESS/DEADLIFT CLASSIC (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

## APF/AAPF/WPO Schedule

**September 17th**, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

**September 24th (new date - Garry Frank Guest Lifter)**, APF Gulf Coast Open PL/BP, Hudson, FL, Rick Lawrence

**October 7th-9th**, WPO Semifinals + WPO BB4Cash @ GNC SOS, Atlanta, GA, Kieran Kidder

**October 15th**, US National PL Championships (Unified Nationals). Las Vegas, NV. AAPF/NASA/AAU/USPF joint effort.

**November 3rd-6th**, WPC Worlds/WPO European Semifinals/

**November 5th**, APF/AAPF Pine Tree State, Russ Barlow

175 Kennebec Trail, Turner, ME 04282, 207-225-5070

**WPO European BB4Cash**. Helsinki, Finland. Minna & Ano Turtainen

**November 19th**, AAPF Southern States, Kieran Kidder

**December 3rd-4th**, APF Southern States, Jax, FLA, Kieran Kidder

Dates subject to change Call 386-734-3128 for info.

(worldpowerlifting.org) (worldpowerliftingcongress)

## ATTENTION: MEET PROMOTERS

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**Mr. Iron Man, Ms. Iron Woman,**  
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**(Fresno, CA) Bob & Kim Packer**  
**559-658-5437, 322-6805**

**1 OCT**, Arkansas Benchpress Association (ABA) Arkansas Open BP & DL, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

**1,2 OCT, 14th WNPF World Powerlifting Championships** (Philadelphia, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515

**1-3 OCT, WPA - APA World BP/DL/SC Championships** (Hanover, PA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apawpa.com

**2 OCT**, ADAU Connecticut State Open PL/BP, Rob Delavega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8584, phgbrookfield@sbcglobal.net

**2 OCT**, SLP IOWA STATE BP/DL CHAMPIONSHIP (Clinton, IA) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**7-9 OCT, WPO Semi-Finals & WPO BB4Cash @ GNC SOS (Atlanta, GA), 3 8 6 - 7 3 4 - 3 1 2 8 . worldpowerlifting.org**

**8 OCT**, WNPF All-American BP/DL/Ironman/PowerCurl World Qualifier (Raw, Equipped-Lyman HS, Orlando, FL) Brian Burritt, 564 Waverly Circle, Pt. St. Lucie, FL 34983, 772-621-8988, brianburritt@bellsouth.net, www.Xtremeusa.com

**8 OCT**, 100% Raw NC State BP, Paul Bossi, 139 Marlas Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com

**8 OCT (NEW DATE)**, 9th Annual PA

**~ COMING ON OCT. 29, 2005 AT 12:00 PM ~**  
**PAXTON CENTER SCHOOL (RT 31, PAXTON, MA)**

**THE 2005 ATLANTIS**  
**"STRONGEST MAN IN NEW ENGLAND"**  
**CONTEST**



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The Strongest Man in History

**5 CASH PRIZES**

1st prize \$500.00
2nd prize \$300.00
3rd prize \$200.00
4th prize \$100.00
5th prize \$50.00

(Paid for Pound Winners as well)

A \$50.00 entry fee

**5 EVENTS**

1. Trap Bar Deadlift
2. Bench Press
3. Push Press
4. Chin Up with Most Weight
5. Thomas Inch Dumbbell Lift

**Contest Rules:**

1. No supersuits, erector suits, benchshirts, straps, elbow or knee wraps.
2. Weightlifting belts, wrist wraps and chalk are allowed.
3. All lifts are single rep max with three (3) attempts.
4. Must wear singlet.

Tickets: \$10.00 in Advance  
\$15.00 at the Door.

Call Now: 508-885-3686

(All Proceeds Go To Paxton Fire Department)

**UPCOMING WNPF MEETS**  
**DRUG FREE POWERLIFTING**

**Oct. 1-2 - WNPF World Powerlifting Championships** - Philadelphia, PA. Ron Deamicis, 330-792-6670

**Oct. 8 - WNPF All-American Championships** - Orlando, FL, Brian Burritt, 772-621-8988 or brianburritt@bellsouth.net

**Oct. 15 - WNPF Palmetto Classic** - Greenville, SC, Troy Ford - 678-817-4743 or wnpf@aol.com

PO BOX 142347, Fayetteville, GA 30214,  
678-817-4743 or wnpf@aol.com,  
website - members.aol.com/wnpf

Power Challenge (Leesport, PA) Gene Rychak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

**8 OCT**, NASA Big River Classic (full meet, BP/PS), Tobey & Daryl Johnson, Blytheville, AR, 870-763-9094, daryltoebey@aol.com

**8 OCT**, ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

**8 OCT**, SLP Oklahoma State BP/DL (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**8 OCT**, NASA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**9 OCT**, USAPL Kansas Record Breaker Challenge, Wayne David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761

**9 OCT**, SLP Missouri State BP/DL (Springfield, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**14, 15, 16 OCT**, (new location) WDFPF Single Lift Worlds (Whitney, England near Oxford) jmg-edney@wiu.edu

**15 OCT**, 100% Raw Illinois State BP, Paul Bossi, 139 Marlas Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com

**15 OCT**, Decatur Family YMCA Regional, Decatur County Family YMCA, 1301 Kathy's Way, Greensburg, IN 47240, 812-663-9622, FAX 812-662-7280, rmlcco@aol.com

deenahamer3@hotmail.com

**15 OCT**, Walker's Gym Bench Press Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

**15 OCT**, NASA Kentucky Regional PS/PL/BP/PP (Louisville, KY) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

**15 OCT**, SLP ARKANSAS STATE BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**15 OCT**, The Ashtabula YMCA Bench Press Championship, Ashtabula, OH, Lonnie Anderson, 440-964-3013, anderson1142@yahoo.com

**15 OCT**, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@aol.com

**15 OCT**, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**15-16 OCT** (corrected dates), AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports@org or aaupower@aol.com, Va PL Assn - 1811 Southcliff Road, Richmond, Va 23225

**16 OCT**, USAPL DL/Ironman/SQ Nationals (Denver, CO) Dan Gaudreau, 720-858-0700 or rmlcco@aol.com

**16 OCT**, SLP Big Bench at the French BP/DL/C Classic III (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

**17-23 OCT**, GPC World PL/BP (Dessau, Germany) LB Baker, 770-725-6684 or 770-713-3080, [www.globalpowerliftingcommittee.com](http://www.globalpowerliftingcommittee.com), [www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)

**22 OCT**, 1st annual Hopewell Baptist Church BP & DL (Atlanta, GA - all divisions/federations - George/Sandra Herring - guest lifters) Tom Corey, 770-289-4171 (Cell), 967-1191 (home)

**22 OCT**, USAPL Southwest New Mexico Open, Doug Lees, 1216 N. Bennet St., Silver City, NM 88061, 505-538-8806

**22 OCT (NEW DATE)**, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, [PYTHONGYM@aol.com](mailto:PYTHONGYM@aol.com)

**22 OCT**, 100% Raw Raleigh BP

Challenge, Paul Bossi, 139 Marlas Way, Camden, NC 27921, 252-339-5025, [rawlifting@aol.com](mailto:rawlifting@aol.com)

**22 OCT**, USAPL Florida Collegiate PL (Ft. Lauderdale, FL) Robert Keller, [rkh@verizon.net](mailto:rhk@verizon.net), 954-790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**22 OCT**, 3rd Tom Foley BP/DL Classic, Drug Free (Nanuet, NY) Brian Fahrenfeld 845-920-0501. Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, [www.premierfitnessny.com](http://www.premierfitnessny.com)

**22 OCT**, NASA Eastern States Regional PL/BP/PS/PP (Wheeling, WV) Greg Van Hoose, RR1 Box 166, Ravenswood,

WV 26164, 304-273-2283, [gwh@wirefire.com](mailto:gwh@wirefire.com), [www.vhepower.com](http://www.vhepower.com)

**22 OCT**, 1st NASA Unequipped Nationals (Biltmore Hotel, Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8573 [SQBPDL@aol.com](mailto:SQBPDL@aol.com)

**22 OCT**, NASA Colorado Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPDL@aol.com](mailto:SQBPDL@aol.com)

**22 OCT**, SLP MID-AMERICA OPEN BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

**22 OCT**, 23rd Annual Raw A.D.A.U. "Central PA Open" Powerlifting Championships Open and All age Groups for both men and women. The longest continually conducted DRUG-FREE meet in Pennsylvania Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, [al@pikitup.com](mailto:al@pikitup.com)

**23 OCT (NEW DATE)**, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, [p w r l f t r s @ m s n . c o m](mailto:p w r l f t r s @ m s n . c o m), [www.powerliftingca.com](http://www.powerliftingca.com), 661-333-9800

**23 OCT**, USAPL Southeastern USA Regional BP/PL (Ft. Lauderdale, FL) Robert Keller, [rkh@verizon.net](mailto:rkh@verizon.net), 954-384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**23 OCT**, 3rd Mid-Western USA Power Day PL/BP/DL/SC Championships (Cedar Falls, IA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, [scott@apawpa.com](mailto:scott@apawpa.com)

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- Second Place - \$1,500.00
- Third Place - \$500.00 (Pound for Pound Winners as well)
- A \$100.00 entry fee

- 5 EVENTS
- 1. Trap Bar Deadlift
  - 2. Bench Press
  - 3. Push Press
  - 4. Chin Up with Most Weight
  - 5. Thomas Inch Dumbbell Lift

### Scheduled to Compete:

★ Josh Bryant

★ Vincent Dizenzo

★ Brian Schoonveld

#### Contest Rules:

- 1. No supersuits, erector suits, benchshirts, straps, elbow or knee wraps.
- 2. Weightlifting belts, wrist wraps and chalk are allowed.
- 3. All lifts are single rep max with three (3) attempts.
- 4. Must wear singlet.

Tickets: \$10.00 in Advance  
\$15.00 at the Door. Call Now: 508-885-3686

(All Proceeds Go To Leicester High School)

**~ COMING ON NOV. 5, 2005 AT 12:00 PM ~**  
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#### 5 WEIGHT CLASSES

1. 180 lbs. and under
2. over 180 lbs. to 210 lbs.
3. over 210 lbs. to 245 lbs.
4. over 245 lbs. to 280 lbs.
5. over 280 lbs.

#### CASH BONUS PLAN

1. Each Class Winner Gets \$300.00
2. A \$1,000.00 BONUS for any world record in the Squat, Bench Press or Deadlift.

#### Rules:

1. No supersuits, erector suits, bench shirts, straps, elbow wraps or knee wraps will be allowed.
2. Lifting belts, wrist wraps and chalk are allowed.
3. All contestants must wear a singlet.
4. Each contestant must pay a Fifty Dollar (\$50.00) entry fee.

Tickets: \$10.00 in Advance  
\$15.00 at the Door. Call Now: 508-885-3686

(All Proceeds Go To Leicester High School)

wpa.com

**23 OCT**, SLP HARD CORE OPEN II BP/DL CHAMPIONSHIP (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

**29 OCT**, APA Gatorland Open BP/DL/PP/SC (Bartow, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, [scott@apawpa.com](mailto:scott@apawpa.com)

**29 OCT**, 4th Atlantis Strongest Man in New England, (HOSTED BY BILL KAZMAIER) Trap Bar/DL/BP/Weighted Chin-Up/Thomas Inch (Paxton Center School, Paxton, MA) Benefits Paxton Fire Dept., 508-885-3686.

**29 OCT**, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, 253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

**29 OCT (corrected date)**, USAPL Blue Ridge BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, [valifiting@adelphia.net](mailto:valifiting@adelphia.net)

**29 OCT**, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPDL@aol.com](mailto:SQBPDL@aol.com)

**29 OCT**, Iowa/Midwest Open BP or DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

**29 OCT**, 8th Fred Rogers/Paul Smart BP/DL, Clyde, NY. Steve Rogers 315-365-3377, [Seeper67@tds.net](mailto:Seeper67@tds.net).

**30 OCT**, The Power Gym's Halloween Havoc BP (limited to 50 entries, all weight classes and divisions - Taylor, PA) Joe Moe 570-562-3642, [m o e c y u n j @ n e i u . o r g](mailto:m o e c y u n j @ n e i u . o r g), [rhspvmo@ns.neiu.k12.pa.us](mailto:rhspvmo@ns.neiu.k12.pa.us)

**30 OCT**, SLP Midwest Open BP/DL (Indianapolis, IN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

**OCT**, 8th Granite State Open DL/Cheat Curl (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**OCT**, WNPF Michigan State and Open, Benton Harbor, MI, Richard Van Eck (269) 521-4031

**OCT**, NHSP PL Championship, Jamie Fellows, NUTRITION 101, 865 Second St., Manchester, NH 03102, [AmericanPowerlifting.com](http://AmericanPowerlifting.com), [NHBodybuilding@yahoo.com](mailto:NHBodybuilding@yahoo.com)

**OCT**, NASA Kentucky Regional PL, BP, Push/Pull & Power Sports, Louisville, KY. Greg & Susan Van Hoosier, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or e-mail [gwh@wirefire.com](mailto:gwh@wirefire.com)

**OCT/NOV**, USAPL Carolina Iron Man Push-Pull Championships (Charlotte, NC) Jennifer Thompson, 704-483-6332, [jennifer@132poundsofpower.com](mailto:jennifer@132poundsofpower.com)

**3-6 NOV**, WPC Worlds/WPO European Semifinals/WPO European BB4Cash, Minna & Ano Turtainen Helsinki, Finland, 386-734-3128, [worldpowerlifting.org](http://worldpowerlifting.org)

**5 NOV**, Bucknell Power Day (open, teen, junior, submaster, master), Matt Lamparter, Bucknell University, 701

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Moore Ave., Unit C2363, Lewisburg, PA 17837, 570-577-4725, mlampart@bucknell.edu

**5 NOV**, Open Bench Press, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452

**5 NOV**, USAPL Dakota Open PL/BP, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-393-2151

**5 NOV**, APA Powerhouse Classic BP, DL, PP (\$1500 cash prizes, Louisville, KY) Jeff Ruwe, 502-339-0118, www.KentuckyMuscle.com

**5 NOV**, APF/AAPF Pine Tree State (national qualifier) Russ Barlow, 175 Kennebec Trl., Turner, ME 04282, 207-225-5070

**5 NOV**, 2nd Atlantis New England Powerlifting Championships, (HOSTED BY ED COAN) must wear singlet, belts, wrist wraps, and chalk only (Leicester, MA), 508-885-3686.

**5 NOV**, Gym Yard Dog Open (Richmond, VA) Johnny Bender 804-262-8004

**5 NOV**, NASA Illinois Regional PL/BP/PS/PP (IL) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

**5 NOV**, APF Texas Cup (Dallas - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

**5 NOV**, APA 4th annual Battle of the Badasses BP,

DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

**5 NOV**, Northern Virginia Raw PL & BP Meet (Sterling, VA) John James, 703-475-9885, www.northernvirginiarawpower.com.

**5 NOV**, NASA Iowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**5 NOV**, USAPL California State (PL, BP - Dublin, CA) Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl.ca.org

**5 NOV**, USA RAW BENCH PRESS FEDERATION WORLD CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**5 NOV**, USAPL NJ State, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

**5 NOV**, AAU Star City Classic (Lincoln, NE) Howard Huffman

**6 NOV**, Battle of the Bench II (Buffalo, NY) Al Lewis, JCC, 716-886-3172x1474

**6 NOV**, 2nd Atlantis Strongest Man in America, (HOSTED BY ED COAN) Trap Bar DL/BP/PP/Weighted Chin-up/Thomas Inch (Leicester, MA) 508-885-3686.

**8-13 NOV (REVISED NEW DATE - new website)** - IPF Men's Worlds (J.L. Knight Center, Miami, FL) Robert Keller, 954-384-4472, rk@verizon.net, www.ipfworlds.com

**8-13 NOV (REVISED DATE)**, IPF Pan-American Men's & Women's PL (J.L. Knight Center, Miami, FL) Robert Keller, rk@verizon.net, 954-384-4472, www.ipfworlds.com

**12 NOV**, NAP World Championships (Houston, TX) Bob Garza, 281-820-5923

**12 NOV**, APA Great Lakes Open PL/PP/BP/DL/SC (Bay City, MI) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com

**12 NOV**, WLOPC.T. Classic Bench Press Competition (all weight classes, all ages, trophies, elite, masters, amateurs, youth) WLOP 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005, www.worldlegionsofpower.com

**12 NOV**, 12th Berkshire Nautilus Memorial Push N' Pull (all wt. classes/divisions, awards to top 5, no late entries) Glenn McBurney, 413-499-1217, Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201

**12 NOV**, NASA WV Regional PL/BP/PL/PP, Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

**12 NOV**, ADAU BP/DL Meet (raw/drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888

**12 NOV**, USAPL Ohio BP/PL, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464.

**12 NOV**, SLP OHIO STATE BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**12 NOV**, NASA Arizona Regional, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

**12-13 NOV**, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com

**13 NOV**, SLP Central Illinois Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**11-13 NOV (NEW DATE)**, IPA Senior National Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillet@aol.com or Mark Chaillet 717-495-0024, chailfit@suscom.net.

**16-21 NOV**, WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch, 503-901-1622 or 763-545-8654

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**19 NOV**, Omaha Open (Full, BP, DL, Push-Pull) Keith Machulda, A.V. Sorensen Rec. Cntr., 4808 Cass, Omaha, NE 68132, 402-444-5596

**19 NOV**, 15th USAPL ID State/Open / Bill's Bad Ass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

**19 NOV**, The Allentown YMCA BP/DL Competition (Allentown YMCA/YWCA, 425 S. 15th St., Allentown, PA 18102) Mike Laudenberger 610-434-9333

**19 NOV**, Sacramento Open PL/Push-Pull/BP/DL/Strict Curl Championships (Sacramento, CA) Chip Conrad bodytribefitness@hotmail.com or Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

**19 NOV**, AAAPF Southern States, 386-734-3128, worldpowerlifting.org

**19 NOV**, YMCA Nationals (Austin, TX) We accept all federation and YMCA cards. All weight classes and divisions. Raw, single ply and unlimited equipment. Les Cramer/PLJ, PO Box 300966, Austin, TX 78703, www.powerlifting-journal.com.

**19 NOV**, 100% Raw World BP (Currituck, NC)

www.rawpowerlifting.com, rawlifting@aol.com, 252-339-5025

**19 NOV**, USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK 73107, 405-321-1775

**19 NOV**, SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**19, 20 NOV**, USAPL MA/RI State Open PL Championships, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714

**26 NOV (NEW DATE)**, NASA Kansas City Regional, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1141, 626-1142, jduree708@aol.com, www.lexenastrengthfitness.com

**NOV**, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

**NOV**, APF Northern California, John Ford, 650-303-7518

**2-4 DEC (NEW DATE)**, WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu

**2-5 DEC**, AAU World Bench, Deadlift and Push-Pull (Laughlin, NV) Martin Drake, P.O. Box 108, Nuevo, CA

## UPCOMING SLP COMPETITIONS

**24 SEPT** - SLP Open Nationals (Tuscola, IL)

**25 SEPT** - SLP Genesis Open (Celina, OH)

**1 OCT** - SLP Fall BP/DL Classic (Matton, IL)

**2 OCT** - SLP Iowa State BP/DL (Clinton, IA)

**Son Light Power, 122 W. Sale, Tuscola, IL**

**61953, 217-253-5429,**

**www.sonlightpower.com,**

**sonlight@netcare-il.com**

**92567, 951-928-4797,**

**MARTIN.J.DRAKE@BOEING.COM**

**3 DEC**, Red Swain Memorial Open PL & NC State BP (raw and equipped divisions, national qualifier) John Howie, Enterprise Workout Center, 209 Myers St., Monroe, NC 28110, 704-289-4940, jhowie@carolina.rr.com

**3 DEC**, Walker's Gym Deadlift Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

**3 DEC**, USAPL Ed Nellor Memorial HS Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672

**3 DEC**, Ed Nellor Memorial Collegiate Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672

**3 DEC**, APF Rio Grande Valley (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

**3 DEC**, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**3-4 DEC**, APF Southern States (Jacksonville, FL), 386-734-3128, worldpowerlifting.org

**3,4 DEC (NEW DATE)**, WNPF Drug Free for Life/Battle of the Countries Championships (Orlando, FL or Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com

**4 DEC**, SLP Missouri Christmas For

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

**4 DEC**, 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held at Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

**9-11 DEC**, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, rhk@verizon.net, 9 5 4 - 3 8 4 - 4 4 7 2 , www.purepowerlifting.com

**10 DEC**, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-687-4182, timanderson@huntel.net, www.usapl-ne.com

**10 DEC**, SLP KANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**10 DEC**, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

**10 DEC**, NASA Missouri Regional (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@ao.com

**10 DEC (date change)**, WNPF New Jersey State/Open (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA, 30214, 678-817-4743 or wnpf@aol.com

**10 DEC**, NASA Novice Nationals PL

& PS (Springfield, OH) Gary Scholl, GSat2950@aol.com

**10 DEC**, USAPL Christmas BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

**10,11 DEC**, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

**11 DEC**, SLP Turner Classic BP/DL (Salisbury, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**17 DEC**, 3rd Annual BP/DL Classic (Leighton, PA) Robert Eckhart, 610-377-5852, lucykan@enter.net

**31 DEC**, SLP "THE LAST ONE" BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**DEC**, 100% Raw World PL, www.rawpowerlifting.com, rawlifting@aol.com

**7 JAN 06**, Florida Police/Fire (Full power, push-pull, BP - Lake Mirror Complex, Lakeland, FL) FL Police/Fire Hdqtrs. 1-800-354-3536, Jim Gaczewski 813-782-7965, Jack or Debbie at Deb's Gym 863-683-9300, jana@lawgames.org, alert@tampaabay.rr.com, debsgym@verizon.net

**14 JAN 06**, APF Michigan Bench for Cash. Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017. 313-610-2019. Jimharbourne@comcast.net.

**27-29 JAN 06 - 2005 AAU Worlds (3 lifts) and International Bench Press Contest (Richmond, VA - Holiday Inn): aaupower@aol.com or Va PL Assoc., 1811 Southcliff Road, Richmond Va 23225**

**11 FEB**, APC Bench Press Nationals (Athens, GA) L. B. Baker, 770-725-6684, 770-713-3080, www.americanpowerliftingcommittee.com

**11-12 FEB**, NASA Ohio State High School/Teenage Nationals PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com, www.vhepower.com

**18,19 FEB (revised date)**, USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdunder@fgcu.edu, 239-590-7709, www.geocities.com/floridausapl

**FEB**, New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI

The APC is actively seeking qualified meet directors and state chairmen.

Call L B Baker 770-725-6684 or cell 770-713-3080

### Upcoming Meets:

**September 17, 2005** APC Northern California Open, John Ford 650-303-7518  
**October 17-23, 2005**, Global Powerlifting Committee (GPC) World Powerlifting and Bench Press Championships, Dessau, Germany

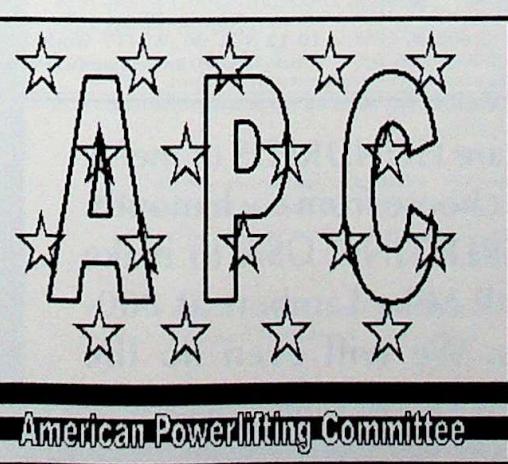
**December 11, 2005**, 52nd Annual Iron Man, Bob Packer, 559-322-6805

**February 11, 2006**, APC Bench Press Nationals, L B Baker, 770-713-3080

**April, 2006**, Georgia State Open Powerlifting and Bench Press Championships

**July, 2006**, APC National Powerlifting and Bench Press Championships

For more information: [www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com),  
IronDawg Power, [www.irondawg.com](http://www.irondawg.com)



American Powerlifting Committee

Sanctioned by:

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A non-profit public service agency

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"Strength, Health, Wisdom; the Quest for True Greatness"



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CEO & Co-founder  
World Champion

**RAW  
&  
DRUG  
FREE**

**Set World Records  
National and State Records**



Dr. Arnold Nerenberg  
Chairman & Co-founder



\*\*\* Date: November 12, 2005 \*\*\*

Location	All Wt. classes • All ages • Trophies awarded Elite, Masters, Amateurs, Youth Entry Fee: \$40.00 Membership Fee: \$25.00 Payable to: WLOP 7238 S. Painter Avenue • Whittier, CA 90602 (562) 693-8005 <a href="http://www.worldlegionofpower.com">www.worldlegionofpower.com</a>	Registration: 9:00 a.m. Weigh in: 9:30 a.m. Competition starts: 10:30 a.m.  NO BENCH-PRESS SHIRT SINGLET PREFERRED
RADISSON HOTEL 7320 Greenleaf Avenue Whittier, California 90602 (562) 945-851  Special rates for WLOP members \$79.00/Night		

\*\*It is the intention of the World Legion of Power to add to the well being of the world spiritually, emotionally, and physically for at least 1,000 years. \*\*

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I know that my participation in WLOP activities is potentially hazardous and can cause bodily injury or death. I understand that by involvement in WLOP sports activities, I assume all risk for any injury resulting therefrom.

X

Date: \_\_\_\_\_  Check here if already a member.

Member's Signature. Participants can bring own music for their lifts.

Parent's/Guardian's Signature (If member is under 18 years old)

\*\* We would appreciate receiving your application by 10/1/05\*\*

02921, 401-952-9166,  
[joe@musclehead.cs.com](mailto:joe@musclehead.cs.com)

**18-19 MAR**, USAPL Pennsylvania State (Ramada Plaza Hotel, Clarks Summit, PA) Janel Brown, 570-585-5260, [janelbrown@brownsgym.net](mailto:janelbrown@brownsgym.net)

**25 MAR**, AAPFF Frank Kostyo Memorial, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

**MAR 06**, Mass State Open High School Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711. [www.newenglandusapl.com](http://www.newenglandusapl.com) and [www.nextlevel-fitness.com](http://www.nextlevel-fitness.com).

**MAR**, IPF/NAPF North American Regional Open (San Juan, Puerto Rico) Robert Keller, [rkhk@verizon.net](mailto:rkhk@verizon.net), 954-790-2249

**1 APR**, ABA Arkansas State Bench Press (Little Rock, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

**8,9 APR** Power Palooza 9 (Leesport, PA) Full Power, BP/DL. Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

**13-16 APR 06**, USAPL Collegiate Nationals (W. Palm Beach, FL) Robert Keller, [rkhk@verizon.net](mailto:rkhk@verizon.net), 954-790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**19-23 APR**, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, [rkhk@verizon.net](mailto:rkhk@verizon.net), 954-384-4472, [www.ipfworlds.com](http://www.ipfworlds.com)

**22 APR**, WABDL Florida State BP &

[www.ipfworlds.com](http://www.ipfworlds.com)

**19-23 APR**, IPF World Men's & Women's Masters BP (Miami, FL) Robert Keller, [rkhk@verizon.net](mailto:rkhk@verizon.net), 954-384-4472, [www.ipfworlds.com](http://www.ipfworlds.com)

**22 APR**, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

**APR**, Arkansas State BP (Little Rock, AR)

D.D. Nichols 2122 Misty Circle, Benton, AR 72015, 501-860-6851

**13 MAY**, USAPL Florida State HSPL (Ft. Lauderdale, FL) Robert Keller, [rkhk@verizon.net](mailto:rkhk@verizon.net), 954-384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**14 MAY**, USAPL Florida State BP & DL (Ft. Lauderdale, FL) Robert Keller, [rkhk@verizon.net](mailto:rkhk@verizon.net), 954-384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**26-28 MAY 06**, WDFPF European Single Lift Championships (Varese, Italy) jm-gedney@wiu.edu

**MAY 06**, New England States Open Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711. [www.newenglandusapl.com](http://www.newenglandusapl.com) and [www.nextlevel-fitness.com](http://www.nextlevel-fitness.com).

**6 JUL**, USAPL National Governing Body (NGB) Meeting - Miami, Florida, [www.usapowerlifting.com](http://www.usapowerlifting.com), 260-248-4889, [usapl@fwi.com](mailto:usapl@fwi.com)

**7-9 JUL (06-NEW DATE)**, USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller [rkhk@verizon.net](mailto:rkhk@verizon.net), 954-790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**7 JUL (06)**, USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller 954-790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**8 JUL (06)**, USAPL Men's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller 954-790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**15-22 JUL (06)** Gay Games Powerlifting (Chicago, IL) - register by 15 JUL 05 for out of competition testing program, [info@GayGamesChicago.org](mailto:info@GayGamesChicago.org), [www.GayGamesChicago.org](http://www.GayGamesChicago.org)

**JUL 06**, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, [rkhk@verizon.net](mailto:rkhk@verizon.net), 954-384-4472, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**3 SEP 06**, USAPL Florida Qualifier Contest (Ft. Lauderdale, FL) Robert Keller, 954-790-2249, [rkhk@verizon.net](mailto:rkhk@verizon.net)

**14,15 OCT 06**, WDFPF Single Lift Worlds (Bendigo, Australia) jm-gedney@wiu.edu

**OCT 06**, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, [jdundon@fgcu.edu](mailto:jdundon@fgcu.edu), 239-590-7709

**1-5 NOV, 2006 GPC World PL/BP (Gent, Belgium)** LB Baker 770-725-6684 or 770-713-3080, [www.globalpowerliftingcommittee.com](http://www.globalpowerliftingcommittee.com)

[www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)  
**10-12 NOV 06**, WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu

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## World Legion Of Power

Dedicated to serving the power lifting brotherhood.

Newsletter by: C.T. Fletcher, Dr. Arnold Nerenberg & Narbe Mansourian

### About Us

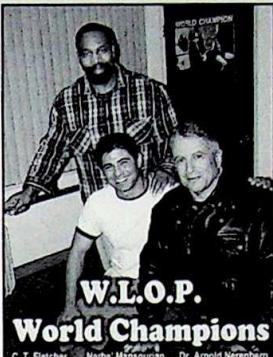
The World Legion of Power is a certification and sponsorship organization for gyms and weight lifting facilities of all sizes throughout the nation and world. Our goal is to recognize, award and promote gyms, sporting facilities and athletes. WLOP sponsors competitions in power lifting, bodybuilding, martial arts, boxing and other sporting events.

### Our Philosophy

The motto of the World Legion of Power is "strength, health, and wisdom; the quest for true greatness". Strength is part of being a power lifter, boxer, martial artist, body builder, football player, etc. All athletes require strength. All people need it as they also need health. Health is a prerequisite to succeed and achieve in all areas of life, whether it be sports, business, or family life. Wisdom might seem an unusual part of the motto. But we believe that athletic excellence should add to a deeper understanding of life as well as life adding to a deeper understanding of our sports. The quest for greatness is evident and yet there is a non-obvious quality as well. We aspire to greatness in our athletic accomplishments and that is an end in itself. But there is another aspect. One that is not assured in any official competition. We value the athlete who is a decent human being, an athlete who can lift a mountain of resentment through his power of forgiveness, an athlete who shows greatness in all areas: physical, emotional, mental, spiritual. We of the WLOP - salute such athletes.

### Contacts

If you have any questions, contact us at [www.worldlegionofpower.com](http://www.worldlegionofpower.com) or Call us at (562) 693-8005.



### APF Adirondack/Metal Militia 16 APR 05 - Lake George, NY

165 lbs. Open	B. Pavelka	425	WOMEN	Teen (18-19)		
R. Hillyard	M. Newton	260	181 lbs.	J. Jarvela 410		
Teen (16-17)	275 lbs.		Master (40-49)	Open		
C. McClure	Open		S. Baudette	115 J. Biewer 720		
Submaster	B. Crawford	800	MEN	308 lbs.		
M. Fosmire	M. Harris	610	165 lbs.	Master (50-59)		
Open-Raw	R. Barnett	600	Open	R. Schubert 380		
B. Sheldon	B. Kalfrin	520	M. Lewis	— 4th-390		
181 lbs.	R. Pulnam	—	198 lbs.	308+ lbs.		
Master-I	275 lbs.		Master (40-49)	Open		
B. Kernoff	Teen (16-17)		T. Hirdler	320 D. Lewis 615		
181 lbs.	J. Jackson	250	220 lbs.	J. Whitaker 455		
Master-V	Submaster		Open			
M. Casalelli	C. Butler	550	J. Hirdler	410		
Submaster	Master-I		242 lbs.			
M. Osborne	J. Killen	470	MEN	SQ BP DL TOT		
W. Fosmire	308 lbs.		165 lbs.			
Junior Raw	Open		Open			
D. DeDonatis	M. Montano	550	S. Friday	145 145 575 865		
198 lbs.	Teen (18-19)		198 lbs.			
Open	J. Basile	385	Open			
R. Daily	Master-II		B. Tittle	— — — —		
585	D. LeFevre	375	220 lbs.			
Master-II	Master-III		Master (40-49)			
S. Dussault	B. Godden	—	J. Backstrom	515 410 515 1440		
385	SHW		Open			
220 lbs.	Open		M. Taschuk	— — — —		
Open	L. Einfaul	710	242 lbs.			
Teen (14-15)	B. Karlovic		Open			
R. Daily Jr.	SHW		A. Callquist	750 570 630 1950		
405	Master-II		Christopherso	600 510 585 1695		
Teen (16-17)	J. Galligan	—	275 lbs.			
J. Siegel	WOMEN		Master			
290	148 lbs.		E. Knudsen	465 375 380 1220		
Master-I	Teen		308 lbs.			
S. Luciano	L. Daily	205	Open			
450	165 lbs.		C. Bjork	— 625 650 —		
Master-III	Open		308+ lbs.			
G. Jurnak	Muricanova	330	Open			
435	181 lbs.		T. Borstad	500 500 525 1525		
Master-IV	Open		C. Wolter	450 425 455 1330		
C. Frost Jr.	K. Goliszek	285	Special thanks to West Metro Automotive for sponsoring the first APF full meet in the last two plus years. Thanks to The Gym of Elk River and all that help make this meet successful. Hope to see you all again next year. (Thanks to APF State Chair Jerry Gnerre, for providing the contest results)			
430						
242 lbs.						
Open						
M. Ferlito						
405						
Submaster						
L. McConchie						
475						
Master-II						

(Thanks to Sandi McCaslin for the results)

### APF Minnesota State 26 MAR 05 - Elk River, MN

WOMEN	Teen (18-19)
181 lbs.	J. Jarvela 410
Master (40-49)	Open
S. Baudette	115 J. Biewer 720
MEN	308 lbs.
165 lbs.	Master (50-59)
Open	R. Schubert 380
M. Lewis	— 4th-390
198 lbs.	308+ lbs.
Master (40-49)	Open
T. Hirdler	320 D. Lewis 615
220 lbs.	J. Whitaker 455
Open	
J. Hirdler	410
242 lbs.	
MEN	SQ BP DL TOT
165 lbs.	
Open	
S. Friday	145 145 575 865
198 lbs.	
Open	
B. Tittle	— — — —
220 lbs.	
Master (40-49)	
J. Backstrom	515 410 515 1440
Open	
M. Taschuk	— — — —
242 lbs.	
Open	
A. Callquist	750 570 630 1950
Christopherso	600 510 585 1695
275 lbs.	
Master	
E. Knudsen	465 375 380 1220
308 lbs.	
Open	
C. Bjork	— 625 650 —
308+ lbs.	
Open	
T. Borstad	500 500 525 1525
C. Wolter	450 425 455 1330

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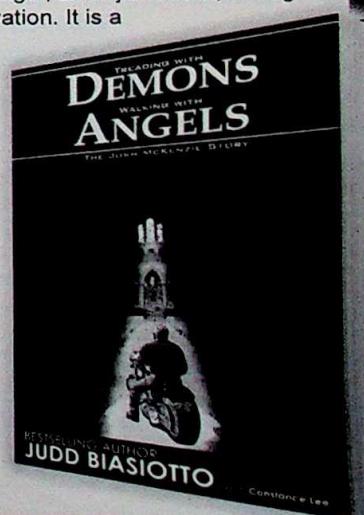
Ben Lockett, a former U.S. Secret Service agent

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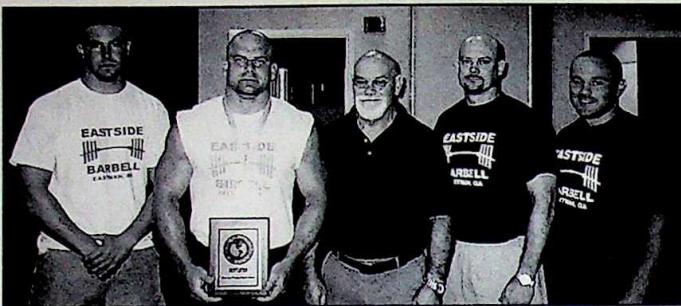
Larry Valis, Vice President Equitable Life



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**APC National/GPC Americas Cup  
9-10 JUL 05 - Athens, GA (kg)**

BENCH	Williamson	192.5
MEN	125 kgs.	
Open	S. Bevil	150
R Ashe	160	M. DeLaval —
82.5 kgs.	Master (45-49)	
D VanAffelen	182.5	60 kgs.
90 kgs.	G. Bradley	107.5
M Diggers	252.5	110 kgs.
100 kgs..	G. Halfield	230
K. Dean	160	Master (50-54)
M. DeLaval	—	100 kgs..
Junior (20-23)	Y. Howah	205
D. Clark	145	Master (55-59)
Teen (13-15)	100 kgs.	
60 kgs.	P. Newsome	192.5
P. Dunn	102.5!	4th-195.5!
Teen (16-17)	T. Daley	120
140 kgs..	110 kgs.	
S. Lambert	127.5	T. Daley 120
Teen (18-19)	Master (60-64)	
75 kgs..	A. Dennis	157.5
J. Nalley	122.5	Americas Cup
Master (40-44)	MEN	
82.5 kgs.	Open	
D. VanAffelen	182.5	110 kgs.
90 kgs.	Zimmerman	275
L. Banks	200	Master (40-44)
K. Dean	160	110 kgs.
110 kgs.	Williamson	192.5
MEN	SQ BP DL TOT	
Open		
52 kgs.		
M. Kirkland	182.5	80 160 422.5
60 kgs.		
L. Thorpe	152.5	80 135 372.5
67.5 kgs.		
S. Baldwin	205	137.5 202.5 545
WOMEN		
Open		
48 kgs.		
A. Leverett	137.5	80 142.5 360
Junior (20-23)		
60 kgs.		
L. Thorpe	152.5	80 140 372.5
Submaster		
67.5 kgs.		
S. Baldwin	205	137.5 202.5 545
Master (40-44)		
52 kgs..		
M. Kirkland	182.5	80 160 422.5
K. Packer	182.5	85 162.5 430
Master (45-49)		
60 kgs.		
D. Amos	107.5	65 127.5 300
67.5 kgs.		
E. Keresey	130!	75 162.5! 367.5
Master (50-54)		
48 kgs.		
A. Leverett	137.5	80 142.5 360
GPC Americas Cup		
WOMEN		
Master (45-49)		
56 kgs.		
L. Greco	150!	62.5 153! 365.5
MEN		



**Eastside Barbell Club: (l-r) Travis Niblett, Recordsetter Mark Diggers, L. B. Baker, Nathaniel Wilson, and Greg Fields, at the APC Nationals**

and Nadine Baker. Patrick Dunn, the youngest and lightest lifter of the meet, led off the day with not so light weight with a World Record bench of 102.5 kgs. For those of us who don't speak kilogram that is 225 pounds for a 14 year old weighing 125 pounds. George Bradley won the 60 kgs. master 45-49 class with 107.5 kgs., followed by Jimmy Nalley, a teenager from Comer, Georgia, who won with 122.5 kgs. American Record. Robert Ashe at 75 kg. with 160 kg., Doug Van Affelen of California, won open and masters 40-44 82.5 kg. class, with a strong 182.5 kgs. for an American Record. David Blade Clark also 82.5 kgs., and a junior from Fayetteville, Georgia, did an American Record 145 kg. Mark Diggers, a sensational lifter from the Eastside Barbell Club of Eastman, Georgia, made a new American Record of 252.5 kgs., breaking Brent Tracey's old record in the 90 kgs. open class. Lee Roy Banks of Joliet, IL, had a strong win in the Master 40-44 90 kgs. class with an American Record of 200kg. The 100 kgs. class was led by Kendall Dean of Commerce, Georgia, with an American Record 160 kgs. Yan Howah of Gainesville, Georgia, won the 100 kgs. 50-54 class with a strong 205 kgs., just missing a World Record attempt of 235 kgs. He'll get it next time. Phil Newsome of Eatonton, Georgia, continues to be strong winning the 100 kgs. master 55-59 class with 195.5kg, followed by Tim Daley of California with 120kg. Archie "Chip" Dennis of Bogart, Georgia, followed up the 100 kgs. class by winning the masters 60-64 with 157.5kg. Jeremy Zimmerman from Alberta, Canada, who was competing in the Americas' Cup led off the 110 kgs. open class with a strong 275 kgs., just missing 305 kgs. In the 110 kgs. master 40-44 class, from Winterville, Georgia, Andy Williamson won with a new masters American Record 192.5 kgs. Andy was also the first to get his entry in for the GPC Worlds in Dessau, Germany. Gary Hatfield of Murrayville, Georgia, won the 110 kgs. master 45-49 class with an American Record of 230 kgs. Tim Daley followed up with 120 kgs. in the 110 kgs. master 55-59 class. Steve Bevil of Mabank, Texas, had a good day winning the 125 kgs. 40-44 class with 150 kgs., followed by Mike Delaval of Houston, Texas, who just wasn't having a good day when his opener of 320 kgs. wouldn't lock out. Steve Lambert finished the day with a strong 127.5 kgs. bench in the 140 kgs. 16-17 teenage class. Ann Leverett of Savannah, Georgia, was the lightest lifter in the ladies session weighing in at 47.7 kgs. and winning the masters 50-54 class with a 137.5 kgs. squat, and a World Record 80 kgs. bench, 142.5 kgs. deadlift finishing with a World Record total 360 kgs. Margaret Kirkland raised the bar considerably in the open 52 kgs. class winning overall best lifter in the women's division with American and World Records in all lifts. A 182.5 kgs. squat, 80 kgs. bench, 160 kgs. deadlift and 422.5 kgs. total. Lora Greco of Calgary, Canada, lifting with the Canadian Team had a good day redeeming herself from a hard time in the GPC Worlds last year with a 150 kgs. World Record squat, 62.5 kgs. bench, a 153 kgs. World Record deadlift, and a World Record Total 365.5 kgs. on the masters 45-49 class. New comer Lauren Thorpe of Houston, Texas, had a great day with American Records in the 60 kgs. junior class with a 152.5 kgs. squat, 80 kgs. bench, 140 kgs. deadlift, and 372.5 kgs. total. Sargent Drusilla Amos, of Gunter Air Force Base in Alabama, won the 60 kgs. master 45-49 class with a 107.5 kgs. squat, 65 kgs. bench, 127.5 kgs. deadlift for a total of 300 kgs. Sonji Baldwin of the Atlanta Police Department and a member of the North Georgia Barbell Club had 3 World Records winning the 67.5 kgs. class with lifts of 205 kgs. squat, 137.5 kgs. bench, 202.5 kgs.. deadlift, and a total of 545 kgs. Evangeline Keresey of Fresno, California, had 3 World Records in the masters 60-64 67.5 kgs. class with lifts of 130 kgs. squat, 75 kgs. bench, 162.5 kgs. deadlift, and a total of 367.5kg. Kim Packer of Oakhurst, California, finished the day for the ladies with all American open and master records with 182.5 kgs. squat, 85 kgs. bench, a 62.5 kgs. deadlift, and 430

**American Powerlifting Committee (APC)**

[www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)

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kgs. total. The juniors and teenagers followed the ladies beginning with Zachary Dugger, an intense young lifter from Mabank, Texas, dominating the 56 kgs. age 16-17 class with a 115 kgs. squat, 62.5 kgs. bench, and a tremendous 147.5 kgs.. deadlift. The strongest man in the world would have to do 1100 pounds to equal this young mans deadlift pound for pound. Zachery finished with a 325 kgs. total. A very good day. Patrick Dunn, another outstanding 14 year old from Albany, Georgia, also had a great day. Patrick lifted in the morning session bench meet and came back with renewed energy to the full power meet. Patrick made a 142.5 kgs. American Record in the squat, a 100 kgs. World Record in the bench, another World Record in the deadlift, finishing off the day with a nice World Record total in the 60 kgs. class. Tyler Thurmond won the 75 kgs. 13-15 class with 4 American Records with a 180 kgs. squat, 110 kgs. bench, 182.5 kgs. deadlift and a 472.5 kgs. total. Stephen Van Huss from Kemp, Texas, also had 4 American Records in the 16-17 75 kgs. class with a squat of 100 kgs., bench 90 kgs., deadlift 125 kgs., and total 302.5 kgs. Roland McNeil, a sensational teenager from Gainesville, Georgia, had all American Records in the 90 kgs. 16-17 class with a 260.5 kgs. squat, which was also a World Record, a 155 kgs. bench, a 242.5 kgs. deadlift and a 658 kgs. total. Luke Bevil from Mabank, Texas, had a great day in the junior 20-23 100 kgs. class with a 227.5 kgs. squat, a 182.5 kgs. bench, a 215 kgs. deadlift, and 625 kgs. total. In the 75 kgs. master class perennial winner Danny Thompson did it again with 192.5 kgs. squat just missing 227.5 kgs., 112.5 kgs. bench, 190 kgs.. deadlift and a total of 507.5 kgs. Robert Lovelace representing the North Georgia Barbell Club had an American Record squat, 137.5 kgs. bench, 222.5 kgs. deadlift American Record on his 2nd attempt passing his 3rd saving it for another day and another record, finishing up with an American Record total of 583 kgs. in the 82.5 kgs. masters 50-54 class. Ronnie Baker in the masters 45-49 90 kgs. class had a 227.5 kgs. squat, 177.5 kgs. bench, 230.5 kgs. deadlift for an American Record with a total of 635kgs. Corey Evans of the Canadian Americas' Cup team got his opener 320 kgs. squat, 250 kgs. bench, 270 kgs. deadlift on his first attempt passing on his 2nd and 3rd attempts for a winning total of 840 kgs. in the 90 kgs. open class. The other 90 kgs. lifter from Canada, Brian Johnston, lifting as a master 40-44, had a hard time in the squat with his opener 332 kgs., which if successful would have been a new GPC World Record. The 100 kgs. class was loaded with talent. Phillip Wilbur, another North Georgia Barbell Club member, won the 100 kgs. open class with 327.5 kgs. in the squat, 172.5 kgs. bench, 295 kgs. deadlift with a total of 795 kgs. Steele English had the 2nd highest total but was lifting with the Canadians which benefited the Americas' Cup team. He had a 292.5 kgs. squat, 192.5 kgs. bench, 177.5 kgs. deadlift on his 2nd attempt passing his 3rd with a total of 772.5 kgs. Shane Stephens of Gainesville, Georgia, took 2nd place in the open 100 kgs. class with a 245 kgs. squat, 160 kgs. bench, 260 kgs. deadlift and a total of 665 kgs. Third place in the 100 kgs. open class went to an improving Daniel Carpenter from Eclectic, Alabama with a 257.5 kgs. squat, 157.5 kgs. bench, 227.5 kgs. deadlift, and a total of 642.5 kgs. Kevin Edcombe with the Canadian team had a good day with a squat of 245 kgs., bench 150 kgs., deadlift 202.5 kgs. with a total of 597.5 kgs. Charlie Gomez, the APC Texas State Chairman and a raw lifter won the masters 50-54 100 kgs. class with a 165 kgs. squat, 172.5 kgs. bench, 150 kgs. deadlift and a total of 487.5 kgs. Charles Bailey, a super star in his own right and a true southern gentleman, took his rightful place in the 125 kgs. open class winning overall best lifter in the men's division. Charles also is a master lifter. He took 460 kgs. deep but had a little trouble getting up and had to settle with his opening 445 kgs. squat, a solid 262.5 kgs. bench, and an American Record deadlift of 307.5 kgs. for a total 1015 kgs. American Record. Clay Castile, a North Georgia Barbell Club

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member and a WPO lifter took 2nd in the 125 kgs. open with a 402.5 kgs. squat, 247.5 kgs. bench, 320 kgs. deadlift with a total of 970 kgs. The 125 kgs. masters 40-44 was won by Rocky Tilson from Morristown, Indiana with a 275 kgs. squat, 195 kgs. bench, 275 kgs. deadlift, and a total of 745 kgs. Al Hunter followed with a 230 kgs. squat, not bad after losing a quad less than a year ago, a 190 kgs. bench, 287.5 kgs. deadlift with a total of 707.5 kgs. John Ford from California dominated the masters 45-49 class with an American record 333 kgs. squat, 200 kgs. bench, 295.5 kgs. American Record deadlift for an American Record 827.5 kgs. total. Finally, Mike Lanier, also with the North Georgia Barbell Club, repeated as APC National Champion with a 352.5 kgs. squat, 242.5 kgs. bench, 320 kgs. deadlift for a total of 915 kgs. Mike was primed last year to win the GPC Worlds but was sidelined when his right bicep rolled up like a window shade on his last deadlift before the meet. In 2nd place in the open 125 kgs. class was Robert Paden of Lula, Georgia with a 295 kgs. squat, 250 kgs. bench, 260 kgs. deadlift

and a total of 805 kgs. We look for a lot of improvement from Robert in the future. Brian Meek of California, an open lifter masquerading as a master 55-59 won the 125 kgs. class with a 315 kgs. squat, 215 kgs. bench, 260 kgs. deadlift, and a total of 827.5 kgs. Last but not least is the much improved bear from the great northwest, Mario Piatelli. Mario had a good day in the squat with 370 kgs. but had a little trouble with his World Record opener 327.5 kgs. which just wouldn't lock out. He will make it in Germany for sure. The Canadians go down in history as winning the first Americas' Cup. Congratulations to all the Canadian lifters. The Independent Powerlifting Association of Canada is finishing their 2nd year of existence and they have come a long way. The Canada Team will submit a bid for the 2007 GPC Worlds at the AGM in Dessau, Germany this year. We wish them luck and we give them our full support. We will retaliate next year for the Cup. The APC National team trophy went to the Iron Disciples of Jefferson, Georgia led by big Al Hunter. Congratulations to the Jefferson team. The 2006 APC Nation-

als will be hosted by Al Garcia with the help of Bob Packer and John Ford in Sacramento, California. Stay tuned for more information. (Results by L. B. Baker)

### Travis Godden Memorial 30 APR 05 - Warren, PA

BENCH	E. Barr	385	
WOMEN	J. Fragale	300	
58 lbs.	B. Fields	—	
9 yrs. old	Teen		
K. McCaslin	70	375	
132 lbs.	Submaster		
Teen	G. Gehm	400	
A. Miller	165	Masters-I	
148 lbs.	C. Seeker	510	
Open	Master-IV		
A. Roberts	265	D. Barhight	
L. Daily	225	275 lbs.	
181 lbs.	Open		
Open	J. Sack	550	
K. Coliszek	290	D. Whitmore	
MEN	Submaster		
114 lbs.	D. Whitmore	430	
Teen	308 lbs.		
J. Grove	105	Open/Submaster	
148 lbs.	D. Spry	515	
Teen	Master-III		
S. Bires	225	B. Godden	
Submaster	SHW		
G. Ginther	280	Open	
Master-III	B. Karlovik	750	
S. Gee	305	S. Lewis	530
165 lbs.	DEADLIFT		
Open	WOMEN		
D. Lyons	260	148 lbs.	
Submaster	Open		
R. Schubmehl	300	A. Roberts	305
181 lbs.	MEN		
Open	114 lbs.		
T. Carrington	330	Teen	
Teen	J. Grove	205	
M. Bratton	300	165 lbs.	
B. West	—	Open	
198 lbs.	D. Lyons	475	
Open	198 lbs.		
J. McVicar	635	Open	
R. Daily	585	J. McVicar	630
C. Scarincio	475	220 lbs.	
Teen	Open		
M. Ingram	285	Steinhauser	460
Submaster	Teen		
T. Meacham	410	G. McEwen	515
Master-II	242 lbs.		
G. Campbell	360	Open	
220 lbs.	B. Weston	700	
Open	E. Barr	600	
T. Young	455	J. Fragale	450
T. Steinhauser	Submaster		
360	G. Gehm	550	
Teen	275 lbs.		
G. McEwen	225	Open	
242 lbs.	H. Sargent	—	
Open	SHW		
B. Weston	545	Open	
L. Ciccarelli	430	W. Amos	500

(Thanks to Sandi McCaslin for the results)

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

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Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

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**USAPL Richmond Open**  
16 APR 05 - Richmond, VA

BENCH	Raw Open				
WOMEN	D. Berry	253			
123 lbs.	220 lbs.				
Raw Open	Submaster				
A. Eaton 170	R. Young, Sr.	341			
165 lbs.	Raw				
Raw	Master (40-44)				
Master (40-44)	J. Shifflett	319			
T. Wilkes 143					
MEN	Master (65-69)				
165 lbs.	T. Amiss	187			
(20-23)	242 lbs.				
A. Hollaway 286	Open				
181 lbs.	Busmaster				
Master (45-49)	K. Stephens	500			
Open	Submaster				
J. Bardsley 324	J. Bates	346			
Raw	DEADLIFT				
Master (50-54)	MEN				
J. Alston 225	275 lbs.				
198 lbs.	(20-23)				
(20-23)	B. Lanowe	649			
C. Roberson 412					
WOMEN	SQ	BP	DL	TOT	
114 lbs.					
Open					
A. Sommers 269	126	302	697		
T. Paredes 132	99	231	462		
148 lbs.					
Open					
L. Reames 236	176	286	697		
165 lbs.					
Open					
T. Emrich 176	99	231	506		
SHW					
Master (45-49)					
S. Zabawa 253	187	352	792		
MEN					
165 lbs.					
Teen (18-19)					
R. Custalaw 390	231	418	1039		
Open					
C. Neville 401	275	478	1155		
College					
J. Jerrett 335	187	390	1452		
Master (45-49)					
D. Smith 429	269	385	1083		
198 lbs.					
(20-23)					
B. Jones 473	297	533	1303		
C. Roberson 484	412	—	—		
Open					
M. Barnes 429	335	—	—		
220 lbs.					
D. Mason 533	385	561	1479		
R. Rogers 544	401	462	1407		
Submaster					
R. Rogers 544	401	462	1407		
242 lbs.					
(20-23)					
T. Richey 466	341	462	1270		
Open					
T. Durrett 627	440	605	1672		



**The A-Team** (members of the Weight Room at the USAPL Richmond Open): front row: Phillip Battle, Kevin Mcclusky, middle row: Dana Smith, Curtis Lawyer, Chris Lawyer, Tim Durrett; back row: Gary Emrich, Nick Minnetti, and 'Ox'. (photo courtesy of Phillip Battle)

Overall Best Lifter Award with an 1831 total at 275. Special thanks goes out to our sponsors Fitness Resource, The Jefferson Hotel Titan Support Systems, Mike's Olympic Gym, Holiday Inn-Airport, Mason Insurance Agency, Graffiti's Tattooing and Piercing, APT Pro Wrist Straps, Computer and Scale Tech Services, Army National Guard, Suicide Jack Choppers and the Weight Room. Also our judges Paul Sutphin, Kim Newman, Bettina Altizer, Frank Shultz, Belinda Hayes and the numerous people who help make this event possible. (Results by Phillip Battle)

USAPL Nation's Capital Cup					
14 MAY 05 - Vienna, VA					
	SQ	BP	DL	TOT	
WOMEN					
114 lbs.					
M. Carter	231	115	209	556	
123 lbs.					
K. McClung	270	148	303	721	
132 lbs.					
J. Rein	308	181	385	876	
V. Scavuzzo	292	165	286	743	
148 lbs.					
J. Post	330	165	341	837	
165 lbs.					
A. Cross	330	176	330	837	
F. Prunedo	358	176	462	997	
181 lbs.					
J. Polakovic	429	214	418	1062	
220 lbs.					
J. Prezkuta	501	292	490	1284	
242 lbs.					
J. Richardson	445	308	418	1173	

(Thanks to USAPL for providing results)

**USAPL Last Chance No Frills**  
14 MAY 05 - Denver, CO

MEN	SQ	BP	DL	TOT
114 lbs.				
M. Carter	231	115	209	556
123 lbs.				
K. McClung	270	148	303	721
132 lbs.				
J. Rein	308	181	385	876
V. Scavuzzo	292	165	286	743
148 lbs.				
J. Post	330	165	341	837
165 lbs.				
A. Cross	330	176	330	837
F. Prunedo	358	176	462	997
181 lbs.				
J. Polakovic	429	214	418	1062
220 lbs.				
J. Prezkuta	501	292	490	1284
242 lbs.				
J. Richardson	445	308	418	1173

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

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

**SIGNATURE:** \_\_\_\_\_ **If under 21 yrs., Parent Initial:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Prior Reg. #** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone:** (\_\_\_\_\_) \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Date Of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **U.S. Citizen?** \_\_\_\_\_ **USAPL Registered Club Represented:** \_\_\_\_\_

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• White Referee Designation Polo - \$30.00(s-x) \$32.50(xd & up) (size \_\_\_\_ qty. \_\_\_\_)

• Lifter Classification Patch - \$5.00 (qty. \_\_\_\_)(must provide meet results)

• Logo Patch - \$5.00 (qty. \_\_\_\_)(Shpg for patch: .50)

• Hats - \$15.00 (qty. \_\_\_\_)(colors: white, navy, black)

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**Membership Price:** \$ \_\_\_\_\_

**Merchandise Total:** \$ \_\_\_\_\_

**Merchandise Shipping:** \$4.00

**Total Purchased:** \$ \_\_\_\_\_

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Best Lifter at the SLP Heath Clifton Memorial Championships was Patrick Johnson. (photo provided to PL USA by Dr. Darrell Latch)

#### SLP Heath Clifton Memorial 19 MAR 05 - Paragould, AR

BENCH	242 lbs.
MEN	R. Wright 500!
Novice	Master (50-54)
220 lbs.	165 lbs.
J. Walker	350! H. Wakefoose 225
242 lbs.	4th-235
B. Pepi	440! Master (55-59)
4th-450!	242 lbs.
275 lbs.	Washkowiak 355!
C. Moore	405! Master (60-64)
Teen (13-15)	242 lbs.
123 lbs.	J. Turner 360!
B. Cobb	70! Open
220 lbs.	181 lbs.
Collingsworth	250! M. Jones 300
Junior	4th-310
132 lbs.	242 lbs.
B. Myer	275! Washkowiak 355
148 lbs.	275 lbs.
C. Wall	285 C. Moore 405
220 lbs.	DEADLIFT
B. Smith	495! MEN
4th-505!	Teen (13-15)
Submaster	220 lbs.
181 lbs.	Collingsworth 375!
D. Bryan	385! Teen (16-17)
198 lbs.	275 lbs.
P. Johnson	505! Cunningham 405!
220 lbs.	
T. Crossen	405!

!Son Light Power Arkansas state records.  
Best Lifter Bench: Patrick Johnson. The Son Light Power Health Clifton Memorial Bench Press/Deadlift Championship was held at Paragould Health & Fitness. Thanks to Randy Wright for again hosting this annual event and to all those who helped out in any way. In the bench press event we had three new competitors, all of which set new Arkansas state records for their respective classes in the novice division. At 220 it was Josh Walker with a personal best 350. Bret Pepi got two new prs at 242 with his 440 third and 450 final attempt. Then at 275 it was Chris Moore, lifting raw, and finishing with 405. In the teenage division first-timer Bryce Cobb won at 13-15/123 with 70 while Tyler Collingsworth set the state record at 13-15/220 with 250. For the junior division it was Ben Myer at 132 with a new state record of 275. For his fourth attempt Ben borrowed someone's shirt, which was a little too loose, but almost locked out 315! Caleb Wall, another great lightweight raw bencher, won at 148 with 285, just missing a final attempt with 300. Bubba Smith captured the title at 220 with a personal best 495 but came back with a successful fourth of 505 for the win and another Arkansas state record. Doug Bryan upped his own state record at

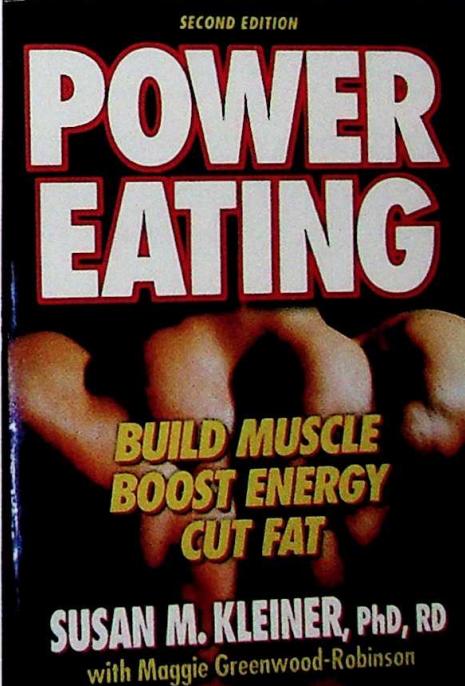
submaster 181 to 385 with his win there while best lifter Patrick Johnson won at 198 with a personal best and new Arkansas state record of 505. Terry Crossen broke the state record at submaster 220 with 405 and fitness owner Randy Wright finally got his first official 500! Taking the win at 242, Randy broke his own state record by thirty pounds. Lifting in the 50-54/165 class was the original Arkansas Sand-Bagger, Harry Wakefoose. But on this day Harry stepped out of character to finish with personal bests for his third (225) and final (235) attempts! Dennis Washkowiak returned to competition with the win at 55-59/242, finishing with a new state record of 355. Dennis also won the open 242 class as well. Jim Turner again broke his own state record at 60-64/242 with an easy 360 raw. One of the greatest raw bench pressers over 60 in the world, Jim always takes just three easy attempts, never takes home a trophy, but leaves everyone in awe! In the open division first-timer Mike Jones set new pr's at 181 with his 300 third and 310 fourth attempts. At 275 it was Chris Moore with his second title of the day. In the deadlift competition it was Tyler Collingsworth at 13-15/220 with a new state record of 375 while Justin Cunningham broke the state record at 16-17/275 with 405. Thanks again to my son Joey and to our trophy girls, Chasity Luttrell and Tara Crossen for helping with the awards. See you again this fall for the SLP Arkansas State! (These meet results provided by courtesy Dr. Darrell Latch)

#### USAPL Badger Open 25 JUN 05 - Neenah, WI

BENCH	181 lbs.
WOMEN	M. Brixius 255
148 lbs.	B. Hanselman 430
S. Trossen	120 198 lbs.
165 lbs.	J. Shields 355
P. Schutte	200 220 lbs.
181 lbs.	J. Zastrow —
P. Zangl	205 242 lbs.
MEN	D. Doan 615!
123 lbs.	J. Busalacchi —
C. Williams	165 275 lbs.
165 lbs.	K. Bilisie 475
J. Ruohomaki	265 SHW
G. Kuehn	250 G. Powell 475
WOMEN	J. Ray 445
Teen	SQ BP DL TOT
A. Schillinger	215 100 230 545
105 lbs.	
B. Carlson	180 75 230 485
M. Williams	165 100 210 475

114 lbs.	R. Cola	330	240	385	955
123 lbs.	Schwalbach	370	250	470	1100
K. Vandusen	330	170	295	795	
165 lbs.	J. Ruohomaki	435	265	470	1170
J. Hrabak	240	135	265	640	
A. Jamrozek	190	100	210	500	
Open					
97 lbs.	J. Maccanelli	600	350	600	1550
A. Schillinger	215	100	230	545	
105 lbs.	D. Labrie	475	300	500	1275
S. Whiting	175	110	220	505	
114 lbs.	198 lbs.	535	365	585	1485
B. Carlson	240	165	275	680	
J. Tommerup	160	100	225	485	
148 lbs.	T. Hines	675	470	620	1765
E. Walterman	350	235	340	925	
L. Mangold	285	135	255	675	
A. Mercer	185	100	225	510	
165 lbs.	M. Daft	535	365	585	1485
P. Schutte	300	200	320	820	
B. Kramer	245	145	280	670	
Master					
105 lbs.	C. Williams	345	185	405	935
S. Whiting	175	110	220	505	
132 lbs.	Z. Mach	250	110	280	640
J. Mach	205	95	225	525	
148 lbs.	C. Williams	345	185	405	935
P. Hopp	185	140	270	595	
S. Cheebur	195	105	240	540	
MEN					
Master					
181 lbs.	J. Ruohomaki	495	265	470	1170
G. Zangl	435	475	545	1455	
242 lbs.	G. Kuehn	395	250	410	1055
L. Readman	325	225	505	1055	
275 lbs.	K. Anderson	260	170	310	740
K. Belisle	665	475	530	1670	
Open					

!=American records. (courtesy of USAPL)



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**SLP Iowa State BP/DL**  
**3 OCT 04 - Coralville, IA**

BENCH PRESS	open men	
submaster women	181	
165	Jasper Price 380*	
L. Putman 115*	198	
junior men	Steve Rieger 420	
181 (4th)	435	
Jasper Price 380*	DEADLIFT	
220	novice men	
J. Inman 305*	181	
master men 45-49	M. Michalec 450*	
181	junior men	
Rick Dexter 360*	165	
master men 50-54	M. White 335*	
242	181	
Ray Haynes 410*	Jasper Price 455*	

Best Bencher - STEVE RIEGER. Best Lifter - JASPER PRICE. \* Son Light Power Iowa state record. The Son Light Power Iowa State Bench Press/Deadlift Championship was held October 3, 2004 at Gold's Gym in Coralville, Iowa. Thanks again to owner Brian Allen for once again sponsoring this annual competition. In the bench press event Leanne Putman set the Iowa state record for the submaster women's 165 class with 115. Leanne, who tied her own personal best, just gave birth a few months ago to another personal best, a cute little firey red hair girl! Congratulations on both events, Leanne! At junior men Jasper Price came all the way up from Arcadia, Missouri for the title at 181, posting a new state record there with 380. His training partner, Johnathan Inman, won at 220, also setting a new Iowa state record for the class with 305. At 45-49/181 it was Rick Dexter with a personal best and new Iowa state record 360 for the win. Another fine master lifter, Ray Haynes, won at 50-54/242, finishing with a new state record of 410. In the open division Jasper Price won his second title of the day at 181, setting the state record there with 380. Best lifter Steve Rieger got his first official 400 bench on his second attempt with his win at 198. Steve went on to make 420 for his

third attempt and a great fourth with 435! Good job, Steve! In the deadlift event Michael White took the title at junior men 165, finishing with a solid state record 335. Jasper Price set the state record for the junior men's 181 class with 455, while Mike Michalec, lifting in his first deadlift competition, pulled a state record 450 at novice 181. Jasper Price was awarded the best lifter trophy for the deadlift event. Thanks to my son Joey for all his help. Thanks also to our trophy girl Haley Haynes. See you all again next year! (thanks to Dr. Darrell Latch for results)

age 220 class was won by Justin Hennigar (17), with a 320. Darryl Dixon won the open 229 class with a very strong 550. If Darryl can keep contact with the bench, he will be the next 600 bencher in Minnesota. Jeremy Biewer won the 242 open class with a 650 bench. His training partner, Dana Christopherson, needed all three attempts to take second with a 505. I would like to thank all the workers at this meet who made it another great event. Judges were Brenda Gnevre, Lloyd "The Body" Hemenway, and Jerry Gnevre. Special thanks to our sponsors' Miller Chevrolet in Rogers, Harrison Chiropractic, Buffalo Wild Wings, The Gym of Elk River, Dave Harrison, Jerry Gnevre, and the American Powerlifting Federation. (Thanks to Jerry Gnevre for providing these meet results)

K. Scovill	137	330	528	995
Submaster				
R. Guyer	495	352	440	1287
P. Ward	407	214	440	1061
Master				
D. Weaver	594	407	550	1551
J. O'Connell	313	253	423	990
Open				
A. Smith	297	159	324	781
165 lbs.				
C. Grenon	451	275	401	1127
181 lbs.				
P. Wardner	407	214	440	1061
198 lbs.				
P. Bennett	363	225	412	1001
220 lbs.				
A. Cardinal	627	346	649	1622
J. Hayward	456	291	550	1298
275 lbs.				
A. Stroud	726	473	627	1826
P. O'Reilly	704	500	550	1754
R. Guyer	495	352	440	1287
308 lbs.				
J. Cross	720	440	621	1782

The first Galaxy Gym Invitational Powerlifting and Bench Press Championships went well, with 10 benchers and 25 full powerlifters. Fourteen state records were set. Shara Ross rewrote the record books in the women's 148 Jr. class with 302.5, 159.5, 269.5, for a 731.5 total. We also had another great female lifter from NH, Sue Pike, who competed in the masters and the open. She set an open state record in the squat with 346.5, and in the dead with a 401.5. We had a total of 7 Jr. and teen lifters. The top three were James Hayward 3rd, Ryan Mack 2nd with a state record deadlift of 451 at bwt. of 159. Greg Levassuer beat out all the other jr. teens by formula and by total, with a 1578.5 at 248. Some other stand-outs in the competitive class were Michael Rivard who at 18 years old and 127.61bs took all the state records with his 225.5 squat, 165 bench, and 363 dead. In the submaster class Rob Guyer's 1287 lb. total beat out Phil Ward's 1061.5 total. We also had two in the masters with Dave Weaver overtaking Joe

**APF Miller Chevrolet BP Classic**  
**11 DEC 04 - Elk River, MN**

Open	Open	
165 lbs.	D. Dixon 550*	
M. Lewis 450*	E. Raway —	
H. Gordon 400	Master (40-49)	
J. Schroder 32	M. Brog —	
181 lbs.	242 lbs.	
C. Neal 300*	Open	
Master (40-49)	J. Diehler 650*	
R. Henningar 430*	Christopherse 505	
J. Strutz 415	308+ lbs.	
220 lbs.	Open	
Teen	D. Lewis —	
J. Hennigart 320*	C. Wolter —	
The APF Miller Chevrolet Bench Press Classic was the second contest to share the same platform on this day. It was also the first single event sanctioned contest in the history of Minnesota. There were fourteen lifters that all came ready to set state records however of the forty-two attempts only sixteen lifts received white lights. Seven state records were set. In the 165 open class, Mike Lewis got his opener passes for the championship. Herman Gordon went 2/3 for second place. Twenty year old Joe Schroder took third for his first meet. Chris Neal took his opener without a shirt, 300 to win the open 181 class. Roger Hennigart had a perfect day and won the master class (40-49) with a 430. Joel Strutz took second with a 415. The teen-		

**1st Galaxy Gym Invitational**  
**27 NOV 04 - Manchester, NH**

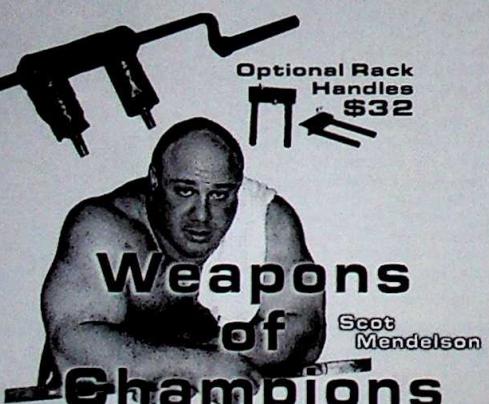
BENCH Only	K. Scovil	330	
WOMEN	J. Hayward	291	
Junior	Open		
A. Seavey 93	198 lbs.		
Open/Grand	P. Bennett	225	
M. Barba 203	220 lbs.		
MEN	J. Dowst	511	
Submaster	275 lbs.		
L. Miles 440	P. O'Reilly 500		
Junior	L. Miles 440		
S. Ross 302	BP DL TOT		
Masters	269		
S. Pike 346	231 401 979		
Open			
S. Pike 346	231 401 979		
S. Ross 302	159 269 731		
MEN			
Junior			
G. Levassuer 649	390 539 1578		
R. Mack 374	291 451 1116		
J. Hayward 456	291 550 1298		
C. Grenon 451	275 401 1127		
B. Clewley 401	302 500 1193		
M. Rivard 225	165 363 731		

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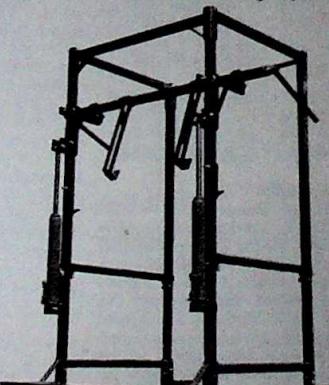


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O'Connell. The men's open had one competitor in the 132's, 165's, and the 181's. Adam Smith's 781 lb. total, Cliff Grenon with a 1127.5 total and 451 lb. squat state record, and Phil Wardner winning the 181's with a 1061 total. In the 198's we also had only one competitor Pete Bennett. Pete and I have a long history together from his first meet, which was the first meet I promoted. At 66 years young, Pete often competes in the open and Masters divisions. I don't know of any other powerlifter in New England area that competes as much as Pete. He does 8-12 contests a year. It is truly inspiring, and I always enjoy seeing Pete at all the meets. The 220's had two competitors, James Hayward, a Jr. crossover, took 2nd behind Andrew Cardinal. The 275's had some good competition with Aaron Stroud leading the pack with an 1826 total. Pat O'Reilly's 1754.5 edged out Rob Guyer's 1287 for second. The 308's had one competitor Jason Cross. After having a few complications with his squats he ended up with a state record 720 lb. squat, and a 1782 lb. total. The first Galaxy Gym Invitational was a success and we hope it will be an annual event. Thanks to all of the spotters and loaders, the judges and all the people who helped out. (Thanks to Jamie Fellows for providing the results)

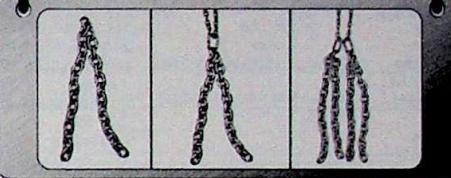
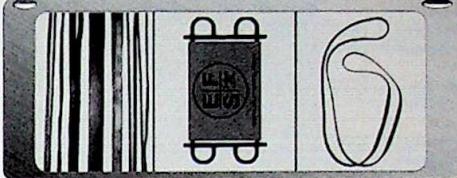
#### WNPF World Record Breakers 11 DEC 04 - Atlanta, GA

BENCH	Monroe	400
WOMEN	(40-49)	
148 lbs.	Fowler	425
(35-39)		275 lbs.
Raw		
Sternberg	115!	510
(40-49)	Open Raw	
Powell	175!	510
Police	Cawley	510
Powell*	175!	235
181 lbs.	Open	
(40-49)	Cawley	—
Raw		
Thompson	145!	510
Open Raw	SHW	
Thompson	145!	375
123 lbs.	Kendrick	
(13-16) Raw	DEADLIFT	
Dunn	170	123 lbs.
148 lbs.	(13-16) Raw	
Smith	Dunn	290!
165 lbs.	165 lbs.	
(17-19)	(35-39)	
Woodward	185	505
(20-23)	Artur	
Raw	Police	
Brown	181 lbs.	505
Open Raw	Artur	
Greer	355	Open
Subs	198 lbs.	565
Artur	Open Raw	
Police	340	555
Artur	Strother	
(50-59)	555	
Hamby	340	(40-49)
181 lbs.	Strother	
(40-49) Raw	385!	555
Smyth	Meyers*	700
220 lbs.	242 lbs.	
(20-23)	(20-23)	
Lewis	Greer	130
Open	181 lbs.	Open
McKinney	Ocampox	440
Moore	Open	175
(40-49) Raw	Jones	590
Keyes	Corra	145
(50-59) Raw	Open	175
Caterisano	Open	175
(60-69)	590	
Churchman	Open	
(60-69) Raw	165 lbs.	
Churchman	Open	
242 lbs.	165 lbs.	
(20-23)	(35-39)	
Corra	Open Raw	
Open	198 lbs.	
Corra	40-49 Raw	
(20-23) Raw	40-49	
Ocampox	Strother	
Jones	405!	
Open Raw	Lara	
Ocampox	242 lbs.	
375!	Open Raw	
Ocampox	265!	
Open Raw	265!	
Ocampox	265!	
Polcie Raw	POWER CURL	
Ocampox	165 lbs.	
(35-39) Raw	Open	
Murphy	Artur	155

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APF Florida State (kg)									
18 JUN 05 - Boynton Beach, FL									
BENCH Only			D. Peterson	190	N. Moretto	322.5	195	282.5	800
MEN			242 lbs.		Open				
Masters			148 lbs.		W. Holloway	195	160	237.5	592.5
Bradford	200!	181 lbs.	165 lbs.		B. Schwab	305	215	282.5	802.5
(40-49)	Bradford	181 lbs.	181 lbs.		B. Tincher	305	215	265	785
Caterisano	145!	198 lbs.	198 lbs.		J. Castiglione	272.5	170	240	682.5
Open	242 lbs.	220 lbs.	220 lbs.		D. Klein	247.5	167.5	227.5	642.5
Open	230!	220 lbs.	220 lbs.		G. Godwin	215	140	195	550
Ocampox	175	220 lbs.	220 lbs.		I. Moretto	322.5	195	282.5	800
SQ	BP	DL	TOT		Open				
132 lbs.					132 lbs.				
198 lbs.					198 lbs.				
220 lbs.					220 lbs.				
G. Hayes	235	220 lbs.	220 lbs.		G. Hayes	235	220 lbs.	220 lbs.	
R. Paras	232.5	220 lbs.	220 lbs.		R. Paras	232.5	220 lbs.	220 lbs.	
D. Peterson	190	190	190		D. Peterson	190	190	190	
Open					Open				
125					125				
J. Wilcox					J. Wilcox				
J. Williams	192.5	192.5	192.5		J. Williams	192.5	192.5	192.5	
C. Rekas	177.5	177.5	177.5		C. Rekas	177.5	177.5	177.5	
D. Sharkey	250	250	250		D. Sharkey	250	250	250	
G. Bianchino	232.5	232.5	232.5		G. Bianchino	232.5	232.5	232.5	
E. Rectenwald	307.5	307.5	307.5		E. Rectenwald	307.5	307.5	307.5	
N. Moretto	322.5	322.5	322.5		N. Moretto	322.5	322.5	322.5	
R. Gregg	300	300	300		R. Gregg	300	300	300	
S. Weech	455	455	455		S. Weech	455	455	455	
B. Youngs	335	335	335		B. Youngs	335	335	335	
Team Awards: Orlando Barbell & Southside Barbell. OUT: J. Vaughn, J. Howe, and E. Talmant. (results courtesy of Pam Clayton)									
Junior/Teen									

NASA Tennessee Regionals (kg)					High School				
13 NOV 04 -					I. Wade	145	112.5	177.5	435
PS BENCH		WOMEN			119 lbs.				
MEN		132 lbs.			High School				
275 lbs.		Master-1			J. Stablein	100	60	145	305
Submaster Pure		T. Henry	62.5		220 lbs.				
W. Aldridge	170	J. Rhodes	52.5		High School				
PS DEADLIFT		MEN			J. Carpenter	112.5	90	185	
MEN		181 lbs.			387.5				
165 lbs.		Submaster Pure			(Thanks to J.T. Hall for providing results)				
Junior		E. Joseph	160						
E. Wade	207.5	BENCH Only							
275 lbs.		181 lbs.							
Submaster Pure		Novice							
D. Franks	260	A. McGaha	140						
308 lbs.		198 lbs.							
Novice		Junior							
R. Downs	217.5	B. Freeman	185						
PS SQUAT									
Pwr Sports	CR	BP	DL	TOT					
MEN									
148 lbs.									
Master-2									
J. Forbes	45	90	155	290	FULL		259 lbs.		
Novice					Teen		N. Peppers	1855	
R. Clark	52.5	75	102	232.5	114 lbs.		S. Schumm	1500	
181 lbs.					W. Wright	550	SHW		
Master-1					148 lbs.		M. Beatty	1755	
B. Boyer	—	156	242.5	398.5	R. Whitmore	1000	Police/Fire		
Submaster Pure					165 lbs.		198 lbs.		
E. Joseph	60	115	200	375	B. Hadgins	1200	B. Pennington	1555	
242 lbs.					181 lbs.		Submasters		
Master-2					D. Stone	1260	220 lbs.		
E. Akins	65	162.5	215	442.5	220 lbs.		J. Pickett	1635	
WOMEN					B. Angel	1205	T. Weller	930	
132 lbs.					259 lbs.		Masters (40-44)		
Master-1					N. Nickerson	990	198 lbs.		
T. Henry	25	45	90	160	Juniors		B. Tracey	2000	
Submaster-1					242 lbs.		220 lbs.		
J. Rhodes	30	50	72.5	152.5	C. Anderson	1400	S. Cox	1825	
Pwrlifting	SQ	BP	DL	TOT	1215	L. Lewis	R. Horne	1220	
181 lbs.					275 lbs.		Masters (45-49)		
Master-1					G. Chaltam	1785	220 lbs.		
B. Boyer	245	182.5	252.5	680	SHW		T. King	1475	
198 lbs.					K. Kendrick	1400	Masters (55-59)		
Master-1					WOMEN		148 lbs.		
W. Agnew	245	192.5	260	697.5	123 lbs.		J. Forbes	780	
275 lbs.					D. King	700	275 lbs.		
Master Pure					132 lbs.		J. Robinson	1220	
R. Dilworth	280	205	287.5	772.5	P. McKinney	585	Best Lifter		
165 lbs.					B. Collins	400	B. Tracey	2000	
Master-1					MEN		PUSH/PULL		
J. Ferguson	225	105	223.5	553.5	181 lbs.				
Novice					J. Walters	1275	Teen		
J. Ferguson	225	105	223.5	553.5	198 lbs.		165 lbs.		
148 lbs.					B. Tracey	2000	C. Burton	535	



**Paul Rainwater, 85, deadlifting 242 at 149.75 bodyweight at the USPF/AAU Sooner Games (Crain)**

J. Jesse	1075	Masters (45-49)
275 lbs.	220 lbs.	
D. Atkins	825	J. McDonald 510
Police/Fire		Masters (50-54)
198 lbs.	259 lbs.	
B. Pennington	905	M. Harden 765
Submasters		DEADLIFT
198 lbs.		Teen
W. Stover	650	165 lbs.
242 lbs.		T. Hill 425
M. Cumbee	815	Juniors
Masters (40-44)		242 lbs.
181 lbs.		J. Lewis 455
D. Coker	730	

**Team Trophy:** Cell Block TN. **Glenstone Lodge Meet Director:** Jesse Rodgers. **Judges:** Lee Roden, from Chattanooga, TN, Thomas Keasling, from Manchester, TN, Shane McKenny, from Arab Alabama, Clifford Bailey, from Rossville, GA. We would like to thank everyone that was involved in making this a great meet. (Our thanks go out to SPF President, Jesse Rodgers, for providing these competition results to Powerlifting USA Magazine.)

**Application for Registration  
UNITED STATES POWERLIFTING FEDERATION  
(801) 776-2300 • FAX (801) 776-4600**

(801) 776-2300 • FAX (801) 776-4600

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

**Registration Fee \$25.00**

*Make checks payable to and Mail to:*  
**UNITED STATES POWERLIFTING FEDERATION**  
**NATIONAL HEADQUARTERS**

NATIONAL HEAD  
P.O. Box 650  
Provo, Utah 84667

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

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

If Under 18 have Parent Initial \_\_\_\_\_

*Signature* \_\_\_\_\_

USPF/AAU Sooner State Games				
25 JUN 05 - Shawnee, OK (kg)				
44 kgs.	SQ	BP	DL	TOT
J/V				
B. Goforth	—	—	—	—
50 kgs.				
MJ				
Underwood	—	—	—	—
75 kgs.				
MD				
C. Caputo	—	—	172.5	172.5
MJ				
R. Cook	—	—	—	—
T. Hathcock	207.5	145	215	567.5
MM				
P. Rainwater	25*	45	110*	180
MMR				
P. Rainwater	—	47.5*	—	—
MO				
M. Fleming	240	140	237.5	617.5
90 kgs.				
MB				
J. Parsons	—	167.5	—	—
MBR				
J. Parsons	—	170	—	—
MM				
J. Stone	—	—	—	—
C. Crouch	177.5	77.5	182.5	437.5
R. Werner	182.5	130	172.5	485
J. Dolson	207.5	150	197.5	555
MO				
G. Bishop	150	170	245	565
100 kgs.				
MB				
M. Lowry	—	150	—	—
MM				
C. Caputo	222.5	152.5	252.5	627.5
125 kgs.				
MB				
G. Knight	—	190	—	—
MBR				
G. Knight	—	190	—	—
SHW				
MO				
T. Williams	220	182.5	227.5	630
MS				
R. Lepley	272.5	227.5	280	780
=World/Nationals Records, Men's Outstanding Squat: Marchand Fleming, Men's Outstanding Bench: Ray Lepley, Men's Outstanding Deadlift: Marchand Fleming Outstanding Lifter: Marchand Fleming Team Title: 1st-Crain's Muscle World 2nd-Caputo's Gym. (Thanks to Rickey Dale Crain of Crain's Muscle World for providing these competition results to PI USA)				

APF 1st Orlando Barbell Push-Pull  
19 MAR 05 - Oviedo, FL

BENCH		275 lbs.	
FEMALE	C. Fay	535	
198 lbs.	Rectanwald	635	
S. Motter	D. Rollins	—	
Master (50-59)	308 lbs.		
132 lbs.	W. Hurley	500	
C. Brown	SHW		
Master (70+)	S. White	520	
114 lbs.	Master (70+)		
A. Kahl	165 lbs.		
MALE	B. Tinker	—	
198 lbs.	198 lbs.		
R. Daniels	R. Poole	150	
C. Rekas	DEADLIFT		
220 lbs.	MALE		
S. Pratt	Master (70+)		
G. Manney	165 lbs.		
242 lbs.	B. Tinkler	—	
D. Kouf	475		
Ironman	BP	DL	TOT
MALE			
Teen (17-19)			
220 lbs.			
M. Lessman	405	425	830
Open			
165 lbs.			
J. Green	300	515	815
181 lbs.			
J. Castiglione	365	500	865
220 lbs.			
D. Herring	330	500	830
275 lbs.			
B. Youngs	400	660	1060
Master (50-59)			
198 lbs.			
T. Liberto	205	400	605
A. Reiss	350	375	725
Master (70+)			
132 lbs.			
S. Smith	145	210	355
165 lbs.			

B. Tinkler

181 lbs.

E. Foran

205 30 505

(Thanks to Brian Schwab for the results)



&gt; This is a membership application form. Complete all areas and return Part One to the address shown.

&gt; For information on registration and program, call 1-800-AAU-4USA.

&gt; 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.

Regular Fee	"AB" Fee
-------------	----------

23.50

**SPF Tennessee State****19 MAR 05 - Manchester, TN**

POWERLIFT (Totals)	J. Hill	300
Teen	242 lbs.	
181 lbs.	J. Hill	1100
D. Stone	1260	Police/Fire
D. Bodkin	1105	198 lbs.
220 lbs.	B. Pennington	865
B. Arael	1380	Masters (40-44)
259 lbs.	181 lbs.	
B. Aleszander	1010	D. Coker
WOMEN	198 lbs.	720
165 lbs.	G. Dunn	885
K. Isreal	440	BENCH
181 lbs.	Open	
C. Weber	825	MEN
MEN	132 lbs.	
165 lbs.	R. Templeton	205
R. Posey	1175	198 lbs.
181 lbs.	B. Watson	390
B. Parsley	1320	220 lbs.
198 lbs.	C. Nunley*	415
M. Maxwell*	1850	275 lbs.
220 lbs.	T. Keasling	550
D. Dover	1570	308 lbs.
242 lbs.	R. Mangrum	425
S. Brown	1630	SHW
259 lbs.	K. Crump	460
J. Burnett	1620	Police/Fire
275 lbs.	198 lbs.	
T. Keasling	1760	B. Pennington
SHW	365	Submasters
W. Johnson	2165	242 lbs.
M. Neese	2010	C. Angel
Police/Fire	470	Push-Pull
198 lbs.	SHW	198 lbs.
B. Pennington	1440	K. Crump
Submaster	460	HSP
220 lbs.	J. Brown	181 lbs.
D. Dover	1570	A. Abney
T. Weller	1520	Junior High
242 lbs.	D. Coker	Junior
J. Maggart	1730	Abney
SHW	365	C. Poore
Raw	242 lbs.	
J. Brandon	1955	SMP
M. Neese	2010	D. Blevins
Masters (50-54)	210	275 lbs.
165 lbs.	R. Whitmore	Submaster
R. Posey	1175	A. Thompson
259 lbs.	D. Atkins*	Submaster Pure
M. Finley	960	A. Thompson
Masters (55-59)	395	MEN
132 lbs.	Submasters	CR
M. Cross	705	B. Fox
148 lbs.	Masters (55-59)	385
J. Forbes	865	Master-5
220 lbs.	DEADLIFT	M. Evans
B. Beerman	1390	E. Bodkin
Masters (65-69)	210	305
220 lbs.	Submasters	D. Blevins
R. Finch	1195	175
242 lbs.	275 lb. lbs.	255
P. Crane	600	Master-2
PUSH-PULL	420	D. Blackburn
(Totals)	550	550
Pre-Teen	340	P. Titzer
165 lbs.	J. Franklin	220 lbs.

\*Best Lifters. Team Trophy: Cell Block (Manchester). (Thanks to Meet Director, Jesse Rodgers, for providing the results)

**ANNUAL MEMBERSHIP DUES**

Adult Athletes in the Following Sports:

10.00 12.00

12.00 14.00

Not Available

10.00 12.00

Adult Athletes in the Following Sports:

Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline &amp; Tumbling, Triathlon, and Weightlifting

20.00 23.50

Adult Athletes in the Following Sports:

Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling

25.00

Adult Athletes in the Following Sports:

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

AAU National Headquarters	SPORT CODE	ASSOCIATION CODE
c/o The Walt Disney World Resort		
PO Box 10,000		
Lake Buena Vista, FL 32830		

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.				
Date of Birth	Age	Sex □ Male □ Female	Application Date	Social Security Number
First	Middle	Last		
Address				
City			State	Zip Code
County			Phone (With Area Code)	

Member's Signature \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

(Thanks to Phillip Battle for the results)

T. Johnson 308

R. Coppins 308 Master (50-55)

242 lbs. W. Thompson 368 SHW

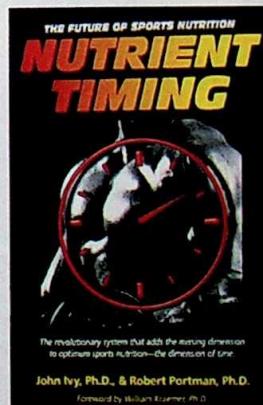
Open T. Brightwell 445 Open

C. Cash 379 R. Sekulich 429

M. Creel 264 R. Smith 297 R. Armstead 479

220 lbs. 275 lbs. Open

R. Staten 308 (Thanks to Phillip Battle for the results)



Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into

**NASA Kentucky State (kg)****15 MAY 05 - Winchester, KY**

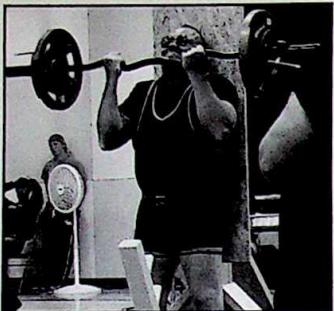
BENCH	Novice	
198 lbs.	N. Jones	182.5
Submaster	PS BENCH	
B. Crowe	167.5	PS BENCH
B. Lemay	170	MEN
220 lbs.	148 lbs.	
Natural	Submaster Pure	
J. Hall	227.5	D. England
Pure	127.5	
J. Hall	227.5	SHW
Submaster	Law/Fire	
J. Meade	152.5	Chamberlin
Submaster Pure	Master-1	185
J. Hall	227.5	PS CURL
C. Poore	215	MEN
275 lbs.	148 lbs.	
Master-1	Submaster Pure	
J. Turner	157.5	D. England
Master-5	67.5	BENCH
J. Turner	157.5	MEN
	148 lbs.	Junior (20-23)
	Open	A. Schwarting 104

Chickahominy YMCA BP Classic  
21 MAY 05 - Richmond, VA

### APA Maine State

9 JUL 05 - Newport, ME

BENCH	Submaster (33-39)							
WOMEN	D. Mannion	400						
148 lbs.	181 lbs.							
(16-17)	(13-15)							
T. Campbell	155	J. Pallante	425					
181 lbs.	242 lbs.							
Open	Master (60-64)							
J. Hayes	170	B. Matchett	500					
UNL	Open							
(40-44)	M. Brewer	355						
K. Campbell	340	4th-365						
MEN	(40-44)							
165 lbs.	M. Brewer	355						
Open	4th-365							
D. Boyington	390	275 lbs.						
(40-44)	Submaster (33-39)							
D. Boyington	390	Christinziano	505					
(60-64)	308 lbs.							
E. Hemming	225	Master (40-44)						
Submaster (33-39)	S. Hall	480						
D. Mannion	350	4th-490						
181 lbs.	ST. CURL							
Open	WOMEN							
D. Osgood	540	132 lbs.						
Junior (20-23)	(50-54)							
D. Osgood	540	G. Howard	55					
M. Maloney	245	MEN						
(40-44)	148 lbs.							
B. Kernoff	350	(18-19)						
(55-59)	J. Ames	125						
V. Aloupis	220	Open						
198 lbs.	J. Ames	125						
(50-54)	E. Flanders	130						
R. O'Malley	240	(40-44)						
(60-64)	K. Howard	110						
B. Byrnes	165	181 lbs.						
220 lbs.	(55-59)							
(16-17)	B. Berry	220						
K. Wells	330	D. Burpee	145					
242 lbs.	B. Kernoff	110						
Submaster (33-39)	198 lbs.							
S. Dufour	440	(60-64)						
4th-450	B. Byrnes	85						
(60-64)	242 lbs.							
B. Matchett	300	(40-44)						
308 lbs.	B. Matchett	125						
Open	D. Boyington	390						
T. Petrino	665	(18-19)						
(45-49)	D. Adams	215						
T. Petrino	665	Open						
DEADLIFT	T. Pond	235						
MEN	T. Angell	265						
165 lbs.	181 lbs.							
Open	(60-64)							
T. Pond	415	E. Newbegin	235					
Push-Pull	G. Mele	120						
WOMEN	V. Aloupis	220						
114 lbs.	198 lbs.	350						
Open	Junior (20-23)							
J. Clough	115	A. Siekmann	—					
(55-59)	(55-59)							
J. Clough	115	D. Leen	175					
132 lbs.	(60-64)	305						
Open	D. Jackson	225						
		3345						
		570						



Brian Matchett curls @ APA Maine

220 lbs.

(50-54)

D. Call

175 380 550

S. Leonard

210 400 610

242 lbs.

Junior (20-23)

G. Bailey

400 550 950

Open

J. Fitzgerald

385 450 835

(50-54)

B. Matchett

280 500 780

SHW

(45-49)

G. Mele

365 440 805

Open

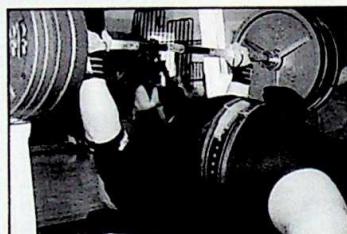
G. Mele

365 400 805

4th-DL-500

There were 68 entrants for this outstanding event. Lifters came from as far away as Virginia to compete. A very special thanks to the referee's who put in a long day judging strict but fair and the spotters who did one heck of an outstanding job preventing injuries with several saves that day. Al and Jane Stork did a lot of work organizing and setting the meet up to be one of the best run meets ever run in the state of Maine. The Bar-load program was used making things very easy for the loaders and the audience to know who was up, and the lifters were able to visually see exactly how much time they had remaining on the clock. All meet equipment was first class as were the help. A very special thanks to the folks who ran the score table and the barload program. The meet was extremely smooth and efficient because of their efforts. Lifters had the choice of a push-pull event for a total, a bench only event, a deadlift only event, or a strict curl contest. In the strict curl a special backboard was used to prevent any back movement and was run much more strictly than many curl contests seen these days. Special thanks to Al Stork for making this curl backboard. Loads of state records were set and several American and World records were also broken. Lifting quality was outstanding and sportsmanship was spectacular. The spectator bleachers and chairs were packed at this event. Spectator turnout was fantastic and it was great to see the general public show such an interest in our sport. Lots of ladies competed and registered some awesome

lifts. Elaine Morey deadlifted an awesome 375 and Karen Campbell benched a whopping 340 pounds! There was also a very good showing of teenage lifters. 15 year old Joe Pallante came all the way from Virginia and deadlifted and awesome 425 pounds setting several teenage records. He just missed a 455 pull. Keep an eye on this young drug free lifter. This kid is going to be a future top contender! As always, Damian Osgood was incredible to watch. This young junior lifter just missed a 585 bench press and settled for a 540 record junior lift. Damian was injured on the 585 attempt when something tore and passed on his 3rd attempt. Big Tony Petrino benched a huge 665 and made a big 700 attempt but this was not his day to join the 700 club. It will come soon though. The strict curl was a very popular addition to the events and several records were established. The lifters were locked in to a back board so all lifts were done in ultra strict fashion. In closing I would like to once again thank Al and Jane Stork for all the hard work they put into making the APA events in Maine real quality events that everybody seems to enjoy. Al and Jane put a lot of hard work into making the meets a pleasure for all. When you see a meet advertised that they are running it is worth your while to sign up. (Thanks to Scott Taylor, APA President, for these meet results)



Tony Petrino BPs @ APA Maine

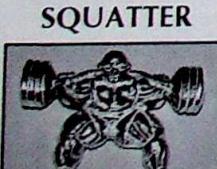
### NASA USA Nationals (kg)

18 JUN 05 - Springfield, OH

BENCH Only	220 lbs.	
WOMEN	B. Weber	227.5
Open	Pure	
97 lbs.	165 lbs.	
K. Reed	50	A. Mamola
Submaster-2	181 lbs.	
97 lbs.	D. Case	160
K. Reed	50	220 lbs.
Submaster Pure	J. Thompson	247.5
97 lbs.	T. Lehrer	227.5
K. Reed	50	J. Hall
MEN	308 lbs.	
Int	T. Meeker	385
220 lbs.	Submaster-1	
K. Spurrier	155	181 lbs.
Junior	J. Montebon	—
198 lbs.	Submaster-2	
A. Mickelson	200	198 lbs.
Master-1	T. Jackson	187.5
275 lbs.	220 lbs.	
A. Hennion	152.5	T. Lehrer
Master-2	308 lbs.	
198 lbs.	T. Meeker	385
S. Miscoi	115	Submaster Pure
SHW	198 lbs.	
Master-2	T. Jackson	187.5
B. Lobins	227.5	242 lbs.
Master-3	181 lbs.	
R. Corey	135	P. Thomas
Master-4	165 lbs.	
181 lbs.	T. Cleland	162.5
J. Palumbo	95	198 lbs.
220 lbs.	G. Shaffer	187.5
H. Yakel	128.5	220 lbs.
Master Pure	M. Leeper	142.5
123 lbs.	242 lbs.	
B. Lamb	102.5	McWhorter
Novice	PS BENCH	132.5
165 lbs.	WOMEN	
A. Hayes	157.5	Novice
242 lbs.	114 lbs.	
S. Diel	A. Mamola	57.5
Open	MEN	
198 lbs.	Master-1	
G. Shaffer	242 lbs.	
S. Redfern	187.5	K. Robbison
220 lbs.	SHW	202.5
T. Lehrer	227.5	Chamberlain
W. Weber	227.5	187.5
J. T. Hall	217.5	E. Lytle
275 lbs.	Master-3	90
C. Rhoades	302.5	Police/Fire
Police/Fire	181 lbs.	
R. Corey	135	

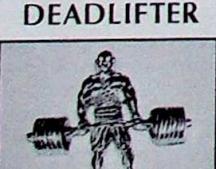
Be the first to show off your sport with these beautiful textured powerlifting pendants from Michelle's jewelry collection. They look great worn in competition or at leisure. These pendants are 14k gold. Silver Pendants are also available. All pendants are also available as tie tacks and lapel pins.

#### SQUATTER



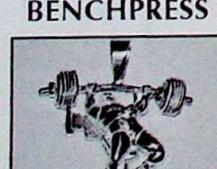
Gold \$265  
20" \$295  
Pendant \$230  
Silver \$180  
20" \$200  
Pendant \$175

#### DEADLIFTER



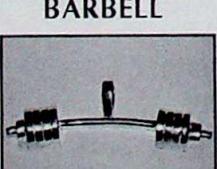
Gold \$230  
20" \$245  
Pendant \$175  
Silver \$145  
20" \$150  
Pendant \$100

#### BENCHPRESS



Gold \$275  
20" \$295  
Pendant \$225  
Silver \$165  
20" \$175  
Pendant \$125

#### BARBELL



Gold \$265  
20" \$280  
Pendant \$210  
Silver \$155  
20" \$170  
Pendant \$130

For information, call Michelle at 760 - 371-7898 (8am to 5pm Mon-Fri pst.) Ordering: Send money order, cashier's check or personal check to: Michelle Weiss, 405 Petris Ave, Ridgecrest, CA, 93555. Delivery Time is 4 to 6 weeks, all items in stock. S & H Included.



**Joe Pallante (15) pulled 425 in ME**

242 lbs.	M. Haumesser	200	282.5	482.5
Submaster-2				
198 lbs.	J. Bandy	250	120	230
T. Jackson	187.5	255	442.5	695
275 lbs.	S. Lindway	205	82.5	187.5
N. Sabatino	227.5	245	472.5	475
Submaster Pure	Master-3			
165 lbs.	R. Dodson	152.5	80	155
D. Gast	125	192.5	317.5	387.5
198 lbs.	H. Rome	102.5	70	115
T. Jackson	187.5	255	442.5	287.5
242 lbs.	Master-5			
M. Haumesser	200	282.5	482.5	
Teen	M. Evans	110	107.5	201
242 lbs.	Woodworth	266	166	240
C. Edwards	50	105	155	672
Youth	Master Pure			
97 lbs.	198 lbs.			
L. McGonagle	27.5	62.5	90	
114 lbs.	W. Chambers	262.5	—	—
A. Edwards	CR	27.5	60	87.5
MEN	BP			
Int	DL			
165 lbs.	TOT			
K. Kimbrell	67.5	147.5	205	420
SHW	B. Jacobs	110	195	325
W. Lamb	Master-1	325	630	
M. Brown	220 lbs.			
158.5 E. Lytle	J. Raley	65	137.5	182.5
275 lbs.	Master-3	385		
B. Engleman	160	242 lbs.		
Master-5	M. Brown	66		
198 lbs.	G. Scholl	61	120	167.5
C. Shaffer	PS DEADLIFT	348.5		
130	MEN			
SHW	Master-3			
J. Ray	Int			
207.5 220 lbs.	181 lbs.			
Master Pure	S. Avery	282.5		
242 lbs.	Master-2			
K. Robbison	202.5 220 lbs.			
Police/Fire	E. Lytle	112.5		
SHW	Master Pure			
Chamberlain	187.5 220 lbs.			
Teen	132 lbs.			
198 lbs.	S. Avery	282.5		
J. Abney	SQAT			
K. Abney	107.5 MEN			
PS CURL	87.5 Master-1			
MEN	242 lbs.			
Master-1	K. Robbison	177.5		
242 lbs.	WOMEN			
K. Robbison	Master-1			
Master-2	G. Kelly	30	57.5	100
220 lbs.	Youth			187.5
Push-Pull	G. Kelly	82.5		
MEN	55 lbs.			
High School	BP			
242 lbs.	DL			
C. Edwards	TOT			
Int	50	105	155	
181 lbs.				
R. Morgan	122.5	170	292.5	
Junior				
181 lbs.				
N. Mason	155	250	405	
Master-1				
242 lbs.				
H. Wotring	202.5	245	447.5	
L. Edwards	165	227.5	392.5	
Master-2				
165 lbs.				
M. McGonagle	95	152.5	247.5	
Master Pure				
123 lbs.				
B. Lamb	102.5	182.5	285	
242 lbs.				
L. Edwards	165	227.5	392.5	
Novice				
242 lbs.				
S. Diel	235	230	465	
Open				
242 lbs.				
M. Haumesser	200	282.5	482.5	
Police/Fire				
242 lbs.	R. Morgan	135	122.5	170
L. Edwards	165	227.5	392.5	427.5
308 lbs.	J. Blaine	305	185	285
L. Willison	132 lbs.	775		
Pure	A. Pearl	125	85	142.5
123 lbs.	Master-1	352.5		
B. Lamb	132 lbs.			
220 lbs.	M. Evans	110	107.5	201
J. Thompson	165 lbs.	418.5		
242 lbs.	Woodworth	266	166	240
M. Haumesser	242 lbs.	672		
Submaster-1	H. Wotring	272.5	202.5	245
165 lbs.	275 lbs.	720		
D. Gast	A. Hennon	152.5	152.5	157.5
198 lbs.	308 lbs.	462.5		
W. Chambers	T. Allred	287.5	215	265
220 lbs.	Master-2	767.5		
W. McNichols	165 lbs.			
	McGonagle	157.5	95	152.5
		405		

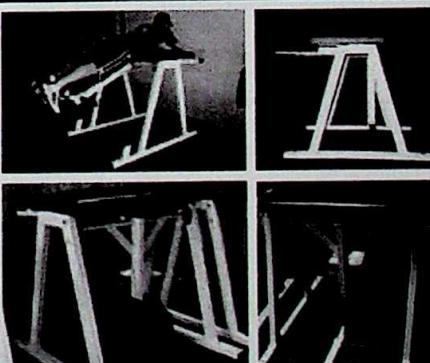
198 lbs.	S. Lamneck	282.5	172.5	240	695	198 lbs.	J. Figg	237.5	150	225	612.5
Submaster-2	J. Bandy	250	120	230	600	220 lbs.	220	155	250	665	
198 lbs.	S. Lindway	205	82.5	187.5	475	McNichols	260	155	250	665	
T. Jackson	Master-3					Submaster-2					
275 lbs.	148 lbs.					198 lbs.					
N. Sabatino	R. Dodson	152.5	80	155	387.5	G. Green	290	190	270	750	
Submaster Pure	181 lbs.	181	70	115	287.5	242 lbs.	275	142.5	205	622.5	
165 lbs.	H. Rome	102.5	70	115	287.5	275 lbs.	320	165	262.5	747.5	
D. Gast	Master-5					SHW					
198 lbs.	T. Jackson	187.5	255	442.5	418.5	S. Marcum	—	230	—	—	
T. Jackson	242 lbs.					Submaster Pure					
242 lbs.	M. Haumesser	200	282.5	482.5	418.5	198 lbs.					
Teen	Teen					G. Green	290	190	270	750	
242 lbs.	C. Edwards	50	105	155	418.5	242 lbs.					
C. Edwards	Youth					P. Thomas	235	216	265	716	
97 lbs.	L. McGonagle	27.5	62.5	90	418.5	T. Reed	275	142.5	205	622.5	
L. McGonagle	114 lbs.					(thanks to Richard Peters for the results)					

### APF Excel Fitness Bench 25 Jun 05 - Chatsworth, GA

BENCH	J. Glanville	534
Teen	SHW	
275 lbs.	R. Hodge	600
B. Williams	248	
Guest		
Masters	220 lbs.	
242 lbs.	D. Martino	501!
E. Hubbis	501*	275 lbs.
Open	J. Neel	385
	242 lbs.	
308 lbs.		
T. Allred	287.5	215
Police/Fire	265	767.5
242 lbs.		
J. Blaine	305	185
308 lbs.	285	775
L. Willison	230	235
Pure	237.5	202.5
165 lbs.	165	305
J. Murphy	250	197.5
198 lbs.	230	230
R. Rice	227.5	165
220 lbs.	227.5	620
J. Thompson	335	247.5
McNichols	260	155
308 lbs.	250	665
T. Schott	337.5	245
Submaster-1	322.5	905

\*=SC State Masters Records. !=RAW exhibition lifts. This was the 1st Annual APF sanctioned bench press meet sponsored by Excel Fitness in Chatsworth, GA. Owners Blake and Craig Pierce cut no corners to make this meet memorable. They used a Forza competition bench, Ivanko kilo plates, official APF referees, as well as providing top quality, sculptured trophies to the winners. Highlights included Eric Hubbs from Rock Hill, SC, slapping up a smooth APF National Masters Record 501.5 @ 242 and North Georgia Barbell's Ronnie Hodge locking out a big PR of 600.7 @ SHW. Also, special thanks to Dr. Dave Martino for doing a shirtless 501.5 @ 220. (Thanks to Jon Grove, APF State Chairman/Owner of NGBB, for providing the results)

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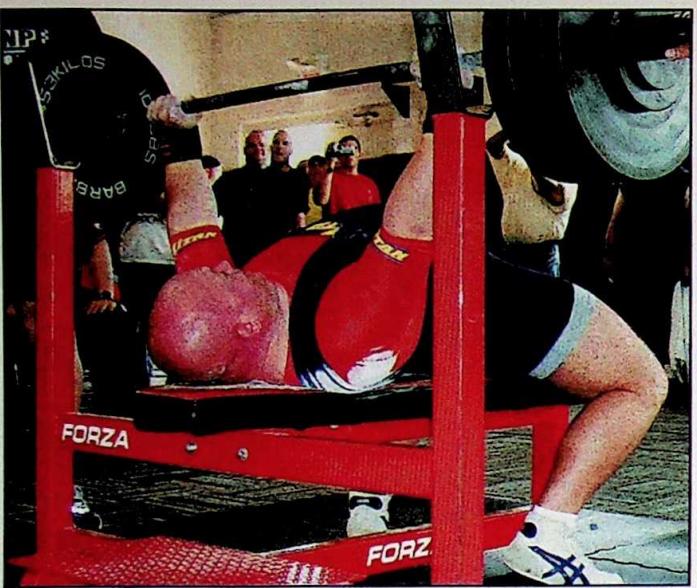
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**Jeffe Begue** benches a strong 585 at the WNPF Drug Free Nationals

WNPF Drug Free Nationals			
26 JUN 05 - Youngstown, OH			
BENCH		242 lbs.	
Equipped		(50-59)	
123 lbs.		R. Brown Jr.	440
(40-49)		275 lbs.	
N. Proctor*	120	Lifetime	
MEN		J. Peshek*	675
148 lbs.		J. Begue	585
Natural		Natural	
Ventuella*	370	J. Begue	585
(40-49)		Police/Fire	
C. Venturella	370!	J. Begue	585
165 lbs.		M. Lions	340
(20-23)		SHW	
A. Reino	300	Lifetime	
181 lbs.		A. Buckholz	505
(40-49)		(40-49)	
J. Fiumara	350	S. Rogers	480
(50-59)		Police/Fire	
R. Carlson	285	C. Cline	460
198 lbs.		Raw	
Lifetime		114 lbs.	
K. Iser	400	Youth	
220 lbs.		C. Ditzler	65!
Lifetime		165 lbs.	
D. Keene	475	(13-16)	
(50-59)		F. Costello	245!
B. Kolling	375	(17-19)	

. Wilkinson	225	Police/Fire	B. Schaffer	505	325	430	1260	
(50-59)			242 lbs.					
. Karkoska	220	C. Cline	585	(40-49)				
81 lbs.		Raw	B. Lovejoy	500	350	475	1325	
lifetime		FEMALE	(50-59)					
. Fiori	265	SHW	F. Givens Jr.*	615!	450!	570	1635!	
98 lbs.		(40-49)	R. Brown Jr.	605	440	535	1580	
(17-19)		M. Gerkin	305!	Lifetime				
. Obrien	225	MEN	F. Givens Jr.	615	450	570	1635	
20 lbs.		114 lbs.	275 lbs.					
lifetime		Youth	Lifetime					
. Fiori*	405	C. Ditzler	150	B. Brammer	560	425	515	1500
42 lbs.		148 lbs.	Natural					
(40-49)		(40-49)	D. Bosler	620	385	580	1585	
Vega	390	C. Venturella	340!	(40-49)				
(50-59)		165 lbs.	L. Newman	675	465	575	1715	
. Haensch	260	T. Wilkinson	405	B. Brammer	560	425	515	1500
EMALE		181 lbs.	SHW					
HW		(70-79)	Lifetime					
(40-49)		Vanbuskirk	315	D. Champ	475	380	500	1355
. Gerkin	170!	220 lbs.	(40-49)	R. Hugg	480	400	520	1400
EADLIFT		Natural	(35-39)	J. Fiori	500	P. Dantonio		
equipped		275 lbs.	FEMALE	500	490	560	1670	
20 lbs.		Police/Fire	Raw					
lifetime		M. Lions	415	165 lbs.				
. Keene	525	SHW	(20-23)	J. Kramb*	230	115	270	615
HW		Police/Fire	J. Nichols	460	SHW			
natural								
. Cline	585							

(60-69)					
C. Rausch	75!	75	175	325	
(80-89)					
D. Meadows	110!	85	155	350!	
MEN					
114 lbs.					
Youth					
C. Ditzler	85	65	150	300	
148 lbs.					
Lifetime					
R. Neurhor	280	235	425	940	
(80-89)					
J. Meadows	25!	75!	145!	245!	
165 lbs.					
Lifetime					
M. Hart*	350	270	550	1170	
181 lbs.					
(17-19)					
K. Davis*	380	265	500	1145	
198 lbs.					
(70-79)					
B. Creech*	205!	No!	250!	565!	
220 lbs.					
Lifetime					
J. Schaffer*	535	405	465	1405	
242 lbs.					
(40-49)					
B. Lovejoy	500	350	475	1325	
(60-69)					
L. Turner	100	175	290	565	
Ironman		BP	DL	TOT	

<b>Raw</b>	
198 lbs.	
<b>Lifetime</b>	
R. Gregory	275
Equipped	475
<b>SHW</b>	750
(40-49)	
S. Rogers	480
	350
	830

The WNPF Drug Free Nationals, held in Youngstown, Ohio, again this year proved to be another outstanding meet with many new American and state records being set. In the equipped powerlifting divisions, female lifter Kristin Tom set new state records in the lifetime and junior divisions and new American records in the junior division, on her way to winning best lifter. In the mens divisions, teen lifter Drew Worbel turned a fine total in the 114 lbs. class and 181 lbs. master lifters Greg Foy

# **World Natural Powerlifting Federation (WNPF) Membership Registration**

**LASTNAME** \_\_\_\_\_ **FIRSTNAME** \_\_\_\_\_ **INT.** \_\_\_\_\_

**STREET ADDRESS**

**CITY STATE ZIP**

**AREACODE TELEPHONE:** \_\_\_\_\_ **DATEOFBIRTH** \_\_\_\_\_

**AGE**      **SEX**      **CHECK ONE:**      **LIFETIME DRUGFREE** \_\_\_\_\_ **5YRSMIN.** \_\_\_\_\_

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**\$30.00 SENIORS (65+)**

SIGNATURE/PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_  
I declare that I am at least 18 years of age as of the date of this application.

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

Agree to submit to any testing procedures in or out of contest by WNPF officials and staff except the results of

I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

to or away from competition. Predict the following

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:  
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214  
(678) 817-4743



**BL Mike Hart** d-lifts 550 pounds.



**Rick Neurhor** sets up for a squat.  
(all photos courtesy Ron DeAmicis)

and Roch Carlson took their classes with Carlson setting an American record in the bench. Allen McVaney returned in the 165 lbs. class setting new state records and winning the lightweight best lifter award. In the 220 lbs. class, Dave Polis set new state records in the lifetime division and then battled with Len Newman in the masters division, with Newman edging out Polis for the win and best lifter, in the heavyweight divisions. Master Lifter Bill Schaffer returned once again winning his class, by setting two new state records. Bills been in the sport for a long time and is always a great help at the meet. In the 242 lbs. classes, Brad Lovejoy came back after some medical problems, turning in a

fine total in the masters class and also lifted in the raw division setting all new state records. Floyd Givens Jr. and Ralph Brown Jr. battled in the masters (50-59) class with both lifters setting new records and givens edging out brown for the win and best master lifter. In the 275 lbs. classes Brian Brammer took the lifetime division and then battled with Lonnie Newman in the masters division. Newman set new state records winning the division with the highest total of the day. Dave Bosler also put up some strong numbers in the natural division setting all new state records. In the SHW classes, strong totals were turned in by Dave Champ, Randy Hugg and Paul Dantonio winning their divisions. In the raw powerlifting classes, Female Jessica Kramb returned after a year off, to set new state records in the junior division and also took the best lifter for female powerlifting. Raw senior lifters Carol Raush and Doris Meadows came down from Michigan to set new American records in their divisions. In the mens divisions, youth lifter Conner Ditzler did some fine lifting in the 114 lbs. class. In the 148 lbs. class Rick Neurhor and master lifter James Meadows did some strong lifting winning their divisions with James setting new American records. In the 165 lbs. class Michael Hart turned in a strong total winning the lifetime division and also best lifter lightweights. Teen lifter Kris Davis put up some strong numbers in the 181 lbs. class winning the teen best lifter award. 198 lbs. master lifter Ben Creech set all new American records on his way to winning best lifter for masters 60 and up. Joe Schaffer set new state records turning in a strong total in the 220 lbs. class and also taking best lifter heavyweights master lifter Leon Turner also did some fine lifting winning the 242 lbs. class. Two lifters competed in the ironman competition with Robert Gregory taking the 198 lb. class and Steve Rogers winning me shw class. Rogers also took a first in the bench only division and Gregory took a first in the

power curl. In the equipped bench divisions 148 lbs. Chuck Ventrella set a new American record winning the natural and masters divisions and also set a new American record in the deadlift. Antonio Reino put up a strong lift in the 165 lb. junior classes did master lifters Rich Carlson and Joe Fiumara in the 181 lb. class. 198 lbs. lifter Ken Iser put up a strong lift in the lifetime division as did 220 lbs. lifters Danny Keene and Bill Kolling with Keene setting a new state record in the bench and deadlift only divisions. 242 lbs. master lifter Ralph Brown set a state record. In the 275 lbs. class Jeff Begue battled in three divisions winning the natural and Police/Fire divisions followed by Mark Lions who won in the deadlift only division. Jeff Peshek put up me highest bench of the day winning the lifetime division and best lifter. In the SHW classes Adam Buckholtz and Chanee Cline put up strong lifts winning the divisions with Cline also taking two deadlift division setting new state records. In the raw divisions, youth lifter Conner Ditzler set a new American record in the 114 lbs. class as did Frank Costello in the 165 lbs. teen division. Also setting a new state record. Strong lifts were turned in by Ron Karkoska, Travis Wilkinson, Casey Obrien and Dave Fiori winning them divisions with Casey taking a power curl class and Wilkinson a deadlift class. 220 lbs. lifter Jason Fiori put up a lift strong enough to win best lifter and also took a deadlift and power curl class. 242 lbs. master lifters John Vega and Rich Haensch did strong lifts winning them divisions with John setting a state records and also winning a power curl class with a state record. Female Lifter Melinda Gerkin came down from New York to new American records in the bench and deadlift masters divisions. In the deadlift divisions Jim Nichols took the police/fire SHW division and master lifter Owen Vanbuskirk was on his way to a new American record when he developed a hamstring problem preventing him for taking his last two

attempts. Once again thanks to my staff who always does a great job making the meet enjoyable and successful. Thanks to Bill Schaffer for the help and again thanks to the lifters. Drug testing was done during this meet as with all meets, with one lifter failing the drug test. This lifter will be banned from further competition with the WNPF and any records held by this individual will be erased (results of this competition were provided to Powerlifting USA by the meet director Ron DeAmicis)

#### NHSP Full Meet 15 JAN 05 - Meredith, NH

MEN	SQ	BP	DL	TOT
165 lbs.				
A. Eason	450	280	475	1205
181 lbs.				
C. Cegelis	460	285	500	1245
J. Roy	350	280	375	1005
198 lbs.				
J. Smith	460	265	485	1210
P. Bennett	365	225	415	1005
220 lbs.				
P. Kulas	485	410	500	1395
K. Mountjoy	505	275	505	1285
242 lbs.				
S. Newman	515	425	500	1440
J. Mosonyi	400	310	485	1195
275 lbs.				
C. Sirrell	640	525	580	1745
M. Drouin	405	375	505	1285
SHW				
J. Fellows	800	515	685	2000
B. Reynolds	700	505	650	1855
Submaster				
P. Kulas	485	410	500	1395
K. Mountjoy	505	275	505	1285
M. Drouin	405	375	505	1285
J. Mosonyi	400	310	485	1195
Grand Master				
P. Bennett	365	225	415	1005
J. Smith	460	265	485	1210

Best Overall Lifter: Jamie Fellows, age 29, bodyweight 282 lbs., actual total of 2,000, and Schwartz total 1,055. (Thanks to Jamie Fellows for providing these meet results)



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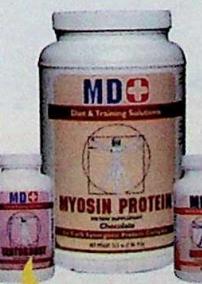
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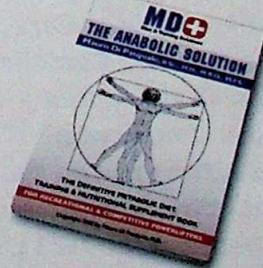
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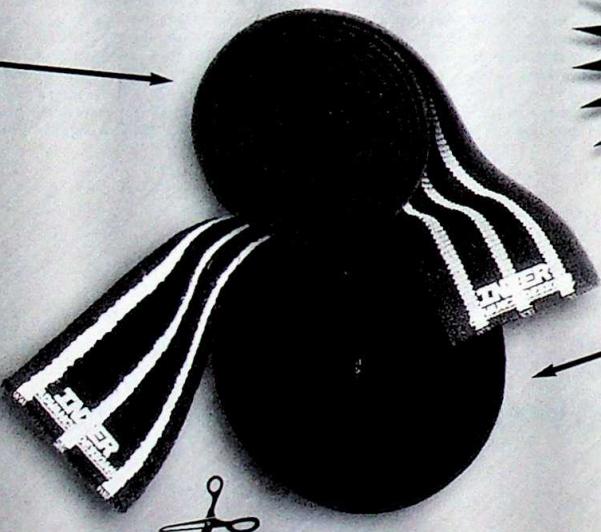
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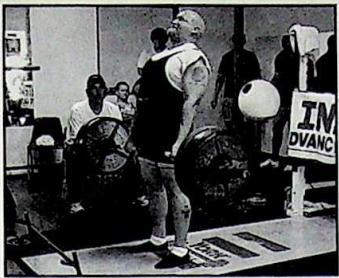
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**Chris Liles** pulls @ Battle of the Bad

APA Jackson Battle of the Bad  
23 JUL 05 - Jackson, MS

BENCH			308 lbs.		
WOMEN			Submaster		
198 lbs.			K. Dowell		455
C. Smith	305!		CURL		
MEN			WOMEN		
220 lbs.			198 lbs.		
Open			C. Smith	95	
Drug Tested			MEN		
C. McMullin	475		148 lbs.		
275 lbs.			Master-2		
Open			R. Blaumuller	100	
A. James	670		198 lbs.		
Open			Master-2		
Drug Tested			P. Elbridge	125	
W. Stewart	575		220 lbs.		
Drug Tested			Master-1		
W. Stewart	575		S. Self	145	
MEN	SQ		BP DL	TOT	
132 lbs.					
Junior					
J. Morrow	480	335	500	1315	
148 lbs.					
Master-2					
R. Blaumuller	250	175	300	725	
181 lbs.					
Master-1					
S. Moore	475	425!	405	1305	
198 lbs.					
Junior					
R. Eller	450	350	400	1170	
220 lbs.					
Open					
Drug Tested					
C. McMullin	320	475	350	1145	
242 lbs.					
Open					
J. Smith	675	475	725	1875	
Submaster	Push-Pull				
J. Gousett	—	475	540	1015	
275 lbs.					
Open					
Drug Tested					
B. Nichols	600	605	525	1730	
C. Liles	585	455	575	1615	
308 lbs.					
Teen (13-15)					
T. Goebel	305	300!	360	965	
Teen (16-17)					
J. Staats	630!	305	530	1465	
G. Liles					

**SHW**  
**Open**  
**M. Free** 550 500 650 1700  
**!=American Records. Best Lifter (Curl): Stan Self. Best Lifter (Powerlifting): Joe Morrow. Drug Free Best Lifter (Powerlifting): Joe Morrow. Best Lifter (Bench Press): Art James. Drug Free Best Lifter (Bench Press): Walter Stewart. Best Lifter (Push-Pull): Jay Goussett.** Lifters came from as far away as Michigan and South Carolina to compete in this Mississippi APA event. A great time was had by all with several records being set. Special thanks to Scot Long of the YMCA for setting up this event and to the spotters, loaders, and referee's who did a fantastic job. (Thanks to Scott Taylor, APA, for results)

APA Blue Springs Classic  
26 MAR 05 - Topeka, KS

BENCH		198 lbs.	
WOMEN		Junior	
148 lbs.		K. Keith	—
Master-3		Submaster	
K. McGowan	205	B. Stevens	425
MEN		Teen (18-19)	
181 lbs.		N. Gentges	455
Master-4		220 lbs.	
J. Adcox	265	Open	
Open		T. Luke	—
I. Boyde	300	I. Brewer	410

<b>Master-2</b>	<b>275 lbs.</b>	<b>J. White</b>	<b>635</b>	<b>460</b>	<b>605</b>	<b>1700</b>
K. Hernandez	425	R. Rigidon	575	J. Humbyrd	635	480
Open		SHW		R. Rigidon	675	575
B. Neal	525	Master-2	—	308 lbs.		575
242 lbs.		L. Belzer	—	Open		1825
Master-1		DEADLIFT		J. Davis	535	525
S. Hazen	385	275 lbs.		K. Ufford	775	550
Open		Submaster		T. Putman	635	650
M. Porembski	430					1760
K. Parish	610					2070
Push-Pull		BP	DL	TOT		
<b>WOMEN</b>						
123 lbs.						
Open						
A. Boyde	115	275	390			
<b>MEN</b>						
165 lbs.						
Novice						
M. Miller	275	365	640			
Open						
W. Keith	330	475	805			
181 lbs.						
Teen (16-17)						
R. Cooper	250	400	650			
220 lbs.						
Open						
B. Cass	550	750	1300			
<b>WOMEN</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>		
123 lbs.						
Open						
D. Tucker	235	130	245	610		
Junior						
R. Rich	215	155	265	635		
<b>MEN</b>						
148 lbs.						
Novice						
A. Najera	425	270	365	1060		
165 lbs.						
Master-2						
I. Clark	515	340	460	1315		
181 lbs.						
Master-3						
L. Keith	430	330	470	1230		
Open						
J. Cantwell	600	375	600	1575		
198 lbs.						
Teen (18-19)						
Z. Talbot	610	285	545	1440		
220 lbs.						
Teen (18-19)						
D. Meyer	405	320	500	1225		
Master (40-44)						
C. Evans	500	390	460	1350		
Open						
R. Wood	690	485	535	1710		
242 lbs.						
Master-2						
J. Hilburn	550	305	500	1355		
Open						
M. Cass	550	340	580	1470		
Submaster						
S. White	640	460	620	1720		
275 lbs.						
Open						
J. Mellon	665	365	650	1680		
<b>APA Kentucky State</b>						
<b>18 JUN 05 - Louisville, KY</b>						
<b>BENCH</b>		<b>N. Reed</b>	<b>500</b>			
<b>MEN</b>		<b>308 lbs.</b>				
181 lbs.		(33-39)				
(16-17)						
S. Hartman	315	<b>SHW</b>				
220 lbs.		<b>Open</b>				
Open						
T. Boyer	480	<b>J. Helms</b>	<b>500</b>			
(50-59)		<b>DEADLIFT</b>				
T. Boyer	480	<b>SHW</b>				
275 lbs.		<b>Open</b>				
Open						
R. Washburn	600					
(33-39)						
MEN	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>		
220 lbs.						
(40-44)						

D. Witty 420 305 430 1155  
242 lbs.  
(40-49)  
B. Claiborne 500 330 500 1330  
I would like to thank Jeff Ruwe and the staff of the Powerhouse gym in Louisville for hosting the meet and for helping in every way, shape and form. Many thanks to all the lifters that helped load in, load out and were great to just be around. Thanks to Jeff Finlayson who helped judge all day and drove up from Huntsville, AL to do so. Thanks to my wife Kris and my son Wes who judged, spotted and put up with me. I also need to thank Jim Ingram, who judged, and came up from Buckman, TN. (Thanks to Wade Johnson for providing the results)

**Powhatan Correctional Center**

25 JUN 05 - Powhatan, VA

MEN	SQ	BP	DL	TOT
165 lbs.				
B. Cherry	405	250	455	1110
T. Move	370	225	505	1100
181 lbs.				
P. Athey	575	325	550	1450
198 lbs.				
A. Seeley	420	265	505	1190
G. Brown	550	335	595	1480
220 lbs.				
R. Green	580	345	550	1475
J. Downey	405	265	465	1135

242 lbs.  
 W. Donnelly 440 305 455 1200  
 All members, with the exception of Paul Athey, Roger Green and Jerry Downey are new to the team and were not given ample amount of time to workout prior to the meet. They were just added to the team in May, so I can only imagine what their totals could be. Paul Athey is team coach and the oldest member of the team and continues to put out outstanding numbers. Roger Green is team assistant coach and lifted on Saturday with an injured knee. Both these guys have deadlifted 600 lbs. in the past. Jerry Downey had an off day, but continues to improve. He has a great attitude for this sport! These guys are consistent with their training and love the sport. The most outstanding performance among our newcomers was Gregory Brown who proved that he belonged among the elite. Other great performances went to Allen Seeley, Bernard Cherry and Tony Moye who all surpassed their totals. Although he barely missed his totals, William Donnelly did an excellent job for the amount of time he had to prepare. Overall it was a good meet and despite having no outside competition, the guys were very competitive amongst themselves. Article by Tina Jackson. (Thanks to Philip Battle for providing these results)

**APPLICATION FOR REGISTRATION**  
American Powerlifting Association      World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	
<input type="checkbox"/> \$25 Adult Membership <input type="checkbox"/> \$15 High School Student			
Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204			

### Prairie State Games

25 JUN 05 - Bensonville, IL

BENCH	G. Mylin	315
MEN	242 lbs.	
Scholastic	K. Beveridge	410
160 lbs.	275 lbs.	
S. Erlenbaugh —	T. Wilke	415
K. Boettcher	285	275+ lbs.
200 lbs.	S. Ceralde	540
B. Cantrell	330	Master
Open	200 lbs.	
220 lbs.	J. Hummel	285
Best Lifters: Scholastic Men - Ben Cantrell. Open/Master Men - Serge Ceralde. (Thanks to Eric Stone for providing these results)		

### Central Wisconsin Bench Press

23 APR 05 - Grand Marsh, WI

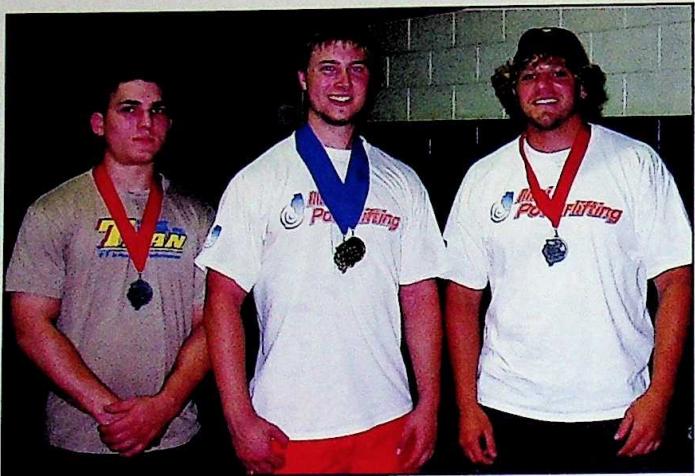
BENCH	242 lbs.		
FEMALE	S. Becker	560	
Teen	Submaster		
148 lbs.	165 lbs.		
J. Parrott	115	K. Mantzke	265
J. Shaske	100	181 lbs.	
L. Olson	95	M. Pope Jr	365
Master-1	220 lbs.		
148 lbs.	C. Lummis	300	
R. Shull	185	K. Carlson	260
MALE	242 lbs.		
Master-1	J. Easterly	475	
198 lbs.	S. Wahl	430	
J. Johnson	265	275 lbs.	
242 lbs.	D. Welzien	405	
D. Glowacki	430	308 lbs.	
M. Gillette	405	G. Woychik	460
275 lbs.	Teen		
S. Fronek	445	114 lbs.	
308 lbs.	R. Younkeen	125	
J. Brust	500	123 lbs.	
Master-2	M. Tolley	115	
181 lbs.	132 lbs.		
C. Roffier	190	S. Parrott	195
242 lbs.	148 lbs.		
M. Pope Sr	240	J. Scarberry	240
J. Olson	235	M. Buck	205
E. Zappen	155	A. Curtis	155
Open	165 lbs.	N. Buck	300
165 lbs.	D. Pope	J. Pollock	260
D. Pope	340	R. Cook	250
S. Drager	335	K. Kellen	275
S. Kellen	275	T. Cross	245
181 lbs.	B. Prew	180	
J. Penzkover	290	J. Walek	165
198 lbs.	181 lbs.		
E. Jacobs	370	T. Kirschenlohr	300
L. Manning	245	G. Curtis	295
220 lbs.	M. Hanson	240	
R. Fuchs	455	R. Goeldner	210
B. Gehri	365	198 lbs.	
S. Adler	295	M. Thronson	325
K. Kalka	285	M. Johnson	315
B. Deal	250	Baumgartner	310
M. Sias	—	D. Pollock	300
242 lbs.	T. Mish	195	
J. Beicher	400	D. Sylla	190
275 lbs.	220 lbs.		
R. Wilkerson	240	Baumgartner	320
Police/Fire	300	T. McVinnie	300
181 lbs.	K. Morse	285	
S. Gates	335	D. Zindars	225

Best Lifters: Teen - Nick Buck from Adams Friendship, WI. Open - Rick Fuchs from Menomonie, WI. Submasters/Masters - Jeff Brust from Winona, MN. Masters II & Masters III - Mike Pope from Amery, WI. Teen Team Champion: Adams-Friendship Powerlifting Team. Open Team Champion: Wisconsin Rapids Power Team. We had another get contest with 63 lifters up from last year's 39. I would like to say thank you to all of our sponsors and volunteers. Local sponsors are: Roseberry's Funeral Home, Mid-Town Dental, Grand Marsh Bank, Coldwell Banker Belva Parr Reality, Marquette Adams Communication, Lynn's Hallmark, IGA, Awards & More, Graphic Direct. Other Sponsors: Strong Arm Sports, Inzer Advance Designs, House of Pain, Titan Support Systems, Magnum Fitness, MonsterMuscle, Powerlifting USA. (Thanks to John Easterly for the results)

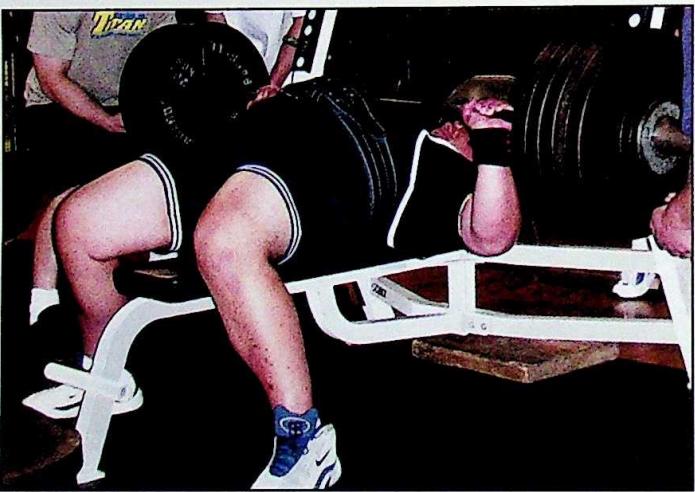
### USAPL Oxman 5 Team/Junior

2 APR 05 - Denver, CO

WOMEN	SQ	BP	DL	TOT
165 lbs.				
M. Gertner	216	176	303	777



At the Prairie State Games: above (l-r) Richard Derengowski, Ben Cantrell-treasurer of Illini Powerlifting and the Scholastic Best Lifter of the Games, and Greg DeClark. Below is Serge Ceralde with the biggest bench of the Games - 540 lbs. (photographs courtesy of Eric Stone)



181 lbs.	M. Johnson	407	286	462	1157						
198 lbs.	D. Townsend	407	248	446	1102						
R. Rogers	121	99	203	424	K. McIntosh	—	209	347	556		
MEN	C. Webb	115	110	264	490						
114 lbs.	J. Zuercher	341	242	380	964						
R. Maestas	275	143	286	705	B. Elder	562	363	551	1477		
J. Rein	254	154	286	695	J. Prezkula	473	275	490	1240		
M. Hansen	264	115	297	677	T. Stickle	319	292	462	1074		
A. Wax	191	104	214	496	C. Szkulnik	248	187	264	699		
123 lbs.	K. Richards	248	143	286	677	M. Deavours	451	253	540	1245	
J. Rein	254	154	286	695	R. Richardson	424	270	396	1091		
M. Carter	176	110	214	501	S. Daniels	374	242	358	975		
C. Benson	281	—	—	281	275 lbs.	Grenemeyer	440	297	545	1284	
132 lbs.	J. Posey	187	88	242	518	HWT	P. Holt	220	176	253	650
Z. Atencio	176	115	209	501	J. Palmere	—	225	—	225	(Thanks to USAPL for providing results)	
A. Wells	209	—	253	462							
148 lbs.	T. Payne	424	275	501	1201						
J. Post	275	159	341	777							
J. Campbell	275	170	303	749							
P. Liput	236	148	341	727							
165 lbs.	N. Meyer	303	253	440	997						
F. Pruneda	341	181	457	981							
J. Polakovic	325	203	413	942							
Z. Beikmann	270	181	402	854							
S. Devlyn	281	220	374	876							
M. Martinez	281	231	358	870							
M. Demmon	297	176	352	826							
A. Cross	281	176	303	760							
J. Medina	248	148	330	727							
J. Beccia	253	192	281	727							
S. Estenssoro	209	132	286	628							
S. Bridges	231	115	248	595							
181 lbs.	S. Oakley	473	253	512	1240						

### USAPL South Dakota

19 FEB 05 - Sioux Falls, SD

BENCH	Open			
WOMEN	132 lbs.			
Youth (12-13)	D. Merrival	165		
D. Michaud	77	148 lbs.		
D. McKnight	126	148 lbs.		
MEN	C. Merrivel	126		
K. Swenson	104	Youth (12-13)		
Teen (14-15)	J. Pond	123 lbs.		
A. Pond	66	123 lbs.		
A. Taylor	148	123 lbs.		
275 lbs.	J. Payne	242 lbs.		
B. Berg	203	242 lbs.		
C. Berg	341	242 lbs.		
D. Berg	341	242 lbs.		
E. Berg	341	242 lbs.		
F. Berg	341	242 lbs.		
G. Berg	341	242 lbs.		
H. Berg	341	242 lbs.		
I. Berg	341	242 lbs.		
J. Berg	341	242 lbs.		
K. Berg	341	242 lbs.		
L. Berg	341	242 lbs.		
M. Berg	341	242 lbs.		
N. Berg	341	242 lbs.		
O. Berg	341	242 lbs.		
P. Berg	341	242 lbs.		
Q. Berg	341	242 lbs.		
R. Berg	341	242 lbs.		
S. Berg	341	242 lbs.		
T. Berg	341	242 lbs.		
U. Berg	341	242 lbs.		
V. Berg	341	242 lbs.		
W. Berg	341	242 lbs.		
X. Berg	341	242 lbs.		
Y. Berg	341	242 lbs.		
Z. Berg	341	242 lbs.		
SHW	J. Blindauer	446		
M. Madigan	435	220 lbs.		
D. Pearce	358	220 lbs.		
Master (50-59)	G. Elliot	424		
S. Junker	396	424 lbs.		
J. Reiter	330	424 lbs.		
H. Payne	203	424 lbs.		
B. Slining	518	424 lbs.		
M. Berg	341	424 lbs.		
C. Mitzel	407	424 lbs.		
J. Flihs	336	424 lbs.		
WOMEN	SQ	BP	DL	TOT
165 lbs.				
J. Frank	308			
M. Dowling	374			
W. Klische	347			
R. Tellberg	319			
L. Bitz	336			
J. Blindauer	446			
M. Madigan	435			
D. Pearce	358			
Master (50-59)	J. Reiter			
S. Junker	396			
H. Payne	203			
B. Slining	518			
M. Berg	341			
C. Mitzel	407			
J. Flihs	336			
WOMEN	SQ	BP	DL	TOT
Youth (12-13)				
D. Michaud	83	77	187	347
K. Swenson	181	104	203	490
Teen (14-15)				
A. Pond	83	66	176	325
J. Taylor	225	148	259	622
J. Kneifl	220	115	242	578
Teen (16-17)				
A. Pond	83	66	176	325
M. Laetsch	187	110	264	562
Teen (18-19)				
C. Webber	132	99	220	451
Lightweight				
C. Webber	132	99	220	451
132 lbs.				
D. Merrival	281	165	319	766
Middleweight				
D. Merrival	281	165	319	766
165 lbs.				
J. Lerew	281	132	292	705
181 lbs.				
D. Kullerd	236	121	275	633
MEN				
Youth (10-11)				
C. Merrivel	176	126	225	529
Teen (14-15)				
C. Merrivel	176	126	225	529
Teen (16-17)				
Z. Polvin	369	181	440	992
181 lbs.				
C. Berke	275	275	402	953
Teen (18-19)				
J. McLellan	369	209	352	931
Teen (18-19)				
D. Bahnsen	297	165	385	848
Master (40-49)				
148 lbs.				
M. Mason	424	270	407	1102
242 lbs.				
K. McKnight	396	358	451	1207
Master (50-59)				
181 lbs.				
H. Payne	292	203	330	826
198 lbs.				
L. Robinson	402	264	468	1135
G. Hunter	380	286	468	1113
242 lbs.				
M. Berg	518	341	551	1410
Open 148 lbs.				
M. Mason	424	270	407	1102
165 lbs.				
B. Rilling	451	347	496	1295
181 lbs.				
T. Craig	485	292	523	1300
198 lbs.				
J. Blindauer	556	446	606	1609
L. Robinson	402	264	468	1135
220 lbs.				
T. Schepper	567	413	606	1587
S. Junker	485	296	440	1322
242 lbs.				
C. Mitzel	501	407	551	1460
M. Berg	518	341	551	1410
K. McKnight	396	358	451	1207
275 lbs.				
Fitzsimmons	617	451	540	1609
Guest Lifter				
B. Collins	683	518	655	1857
SHW				
J. Leo	694	633	589	1918
B. Adams	501	292	473	1267
Best Lifter Male: Jona Leo. Best Lifter Female: Darla Merrival. Best Lifter Masters: Michael Berg. (Thanks to USAPL for providing the results to Powerlifting USA)				

**12 YEARS AGO,  
CREATINE ARRIVED  
AND CHANGED  
THE ENTIRE SPORT OF  
BODYBUILDING.**

**THAT WAS NOTHING  
COMPARED TO  
WHAT'S NEXT ...**

# MUSCLETECH RESEARCHERS PRESENT **GAKIC™** - BODYBUILDING'S BIGGEST BREAKTHROUGH EVER!

**Q.** WHAT IS GAKIC™?

**A.** In technical science jargon: GAKIC's chemical breakdown is glycine-l-arginine-alpha-ketoisocaproic acid calcium. In plain English: GAKIC is a patented, groundbreaking supplement designed to help you have the ultimate workout every time you set foot in the gym. Need more strength? GAKIC can help you lift like you never have before. Need to bust out of a frustrating plateau? GAKIC will give you the ammo you need to get more explosive reps on each and every set. Instead of reaching failure at the rate you normally would, with GAKIC you can do more work, train more intensely, and blast muscle fibers you never knew you had. We're talking about a supplement designed to amp up your every workout. Needless to say, with GAKIC you could get bigger faster – like nothing you've ever experienced before!

**Q.** WILL I FEEL ANYTHING AFTER TAKING GAKIC? IF SO, HOW SOON AFTER?

**A.** That's where GAKIC is different from anything else you've ever tried before. One university study demonstrated that subjects using GAKIC immediately increased their strength by an average of 10.5 percent after taking it.<sup>1</sup> Not days or weeks later, but right after the very first dose! Ask yourself: When was the last time you increased your strength by 10 or even 5 percent on any of your lifts?

Just imagine if GAKIC could do this for you. Imagine stepping in the gym with more strength than you've ever had before. Imagine heading into your set ready to make your previous best look like a warm-up. The science shows GAKIC can do this. And it shows that instead of hitting the wall when you normally would, GAKIC can help you lift longer than before. In the above-mentioned study, GAKIC supplementation was shown to significantly increase fatigue resistance by up to an average of 28 percent when compared with the placebo.<sup>2</sup> You do the math. More strength plus less fatigue equals better gains.

**Q.** THIS ISN'T JUST ANOTHER CREATINE, IS IT? BECAUSE I'M ALREADY USING ONE.

**A.** No, we can't stress this enough. GAKIC is not a creatine supplement. In fact, there's not even a pinch of creatine in the stuff. GAKIC is not part of any existing supplement group. It's a new product unto itself – it's patented and exclusively licensed to Team MuscleTech. It's also more immediately powerful than anything you've ever used before. While creatine increases the regeneration of a primary muscle fuel source called adenosine triphosphate (ATP), GAKIC is designed to remove fatigue toxins – toxins that, when built up to high enough levels, can prevent your muscles from pushing out more reps.

The fact is, GAKIC is in a league of its own – a whole new supplement that bodybuilders have yet to take advantage of ... until now. GAKIC™ is truly revolutionary, and studies conducted at a prestigious university prove GAKIC's extraordinary effectiveness. No one else in the industry has even come close to delivering a supplement like it!



**I DON'T KNOW.  
IT STILL  
SOUNDS LIKE  
JUST YOUR  
AVERAGE  
PRE-WORKOUT  
SUPPLEMENT TO  
ME. WHAT'S THE  
DIFFERENCE?**



**A.** Sorry, but we're gonna have to call you on this one too. Comparing regular pre-workout supplements to GAKIC™ is like comparing a beat-up pickup to a souped-up Lamborghini. While one's just average, the other's on a whole different level. We understand your skepticism because all you've ever known are "average" pre-workout supplements. But all that's about to change with GAKIC. GAKIC isn't even in the same universe as average pre-workout products.



**YOU'RE GONNA  
HAVE TO  
SPELL IT OUT  
FOR ME. HOW  
EXACTLY DOES  
GAKIC WORK?**



**A.** To understand GAKIC, you need to understand what happens to your body when you train. So picture yourself in the gym – say, doing a set on the flat bench. Picture getting 10 reps in, and then suddenly hitting the wall. You know what that's like – that moment when you feel like your arms wouldn't be able to lift an empty barbell if you tried. What's happened? You've reached failure. There are two types of failure –

that which occurs due to neurological issues and that which occurs due to metabolic issues. The former occurs with lower rep training, whereas the latter occurs with moderate- to high-rep training. With the latter (i.e., bodybuilding-style training), metabolic fatigue sets in due to a buildup of ammonia and other metabolic by-products that negatively affects exercise performance and inhibits some aspects of the muscle's contractile machinery.

Now imagine if there were a product that was engineered to help your body deal with this metabolic fatigue and thus delay this moment of failure. A product that could help you get more quality reps on every set. That's what GAKIC is designed to do. And that's why it's so revolutionary. Once you train with GAKIC, you'll never want to train without it. We're gonna go so far as to say that if you know anything about bodybuilding, you'd be crazy not to use GAKIC.



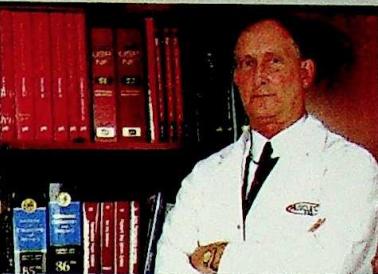
**HOW DO I  
KNOW YOU'RE  
NOT JUST  
MAKING THIS  
STUFF UP?**



**A.** You don't. But you *will*. All you have to do is try GAKIC once, and you'll know. The fact is, there's science to support GAKIC, including studies that have been printed in publications such as the internationally respected journal *Medicine & Science in Sports & Exercise*. GAKIC is covered by US patent #6,100,287 under license from the University of Florida. Remember, many supplement companies conduct little science on their products, if any! That's what sets MuscleTech products apart. They're always backed by science.



**MUSCLETECH**  
Research and Development



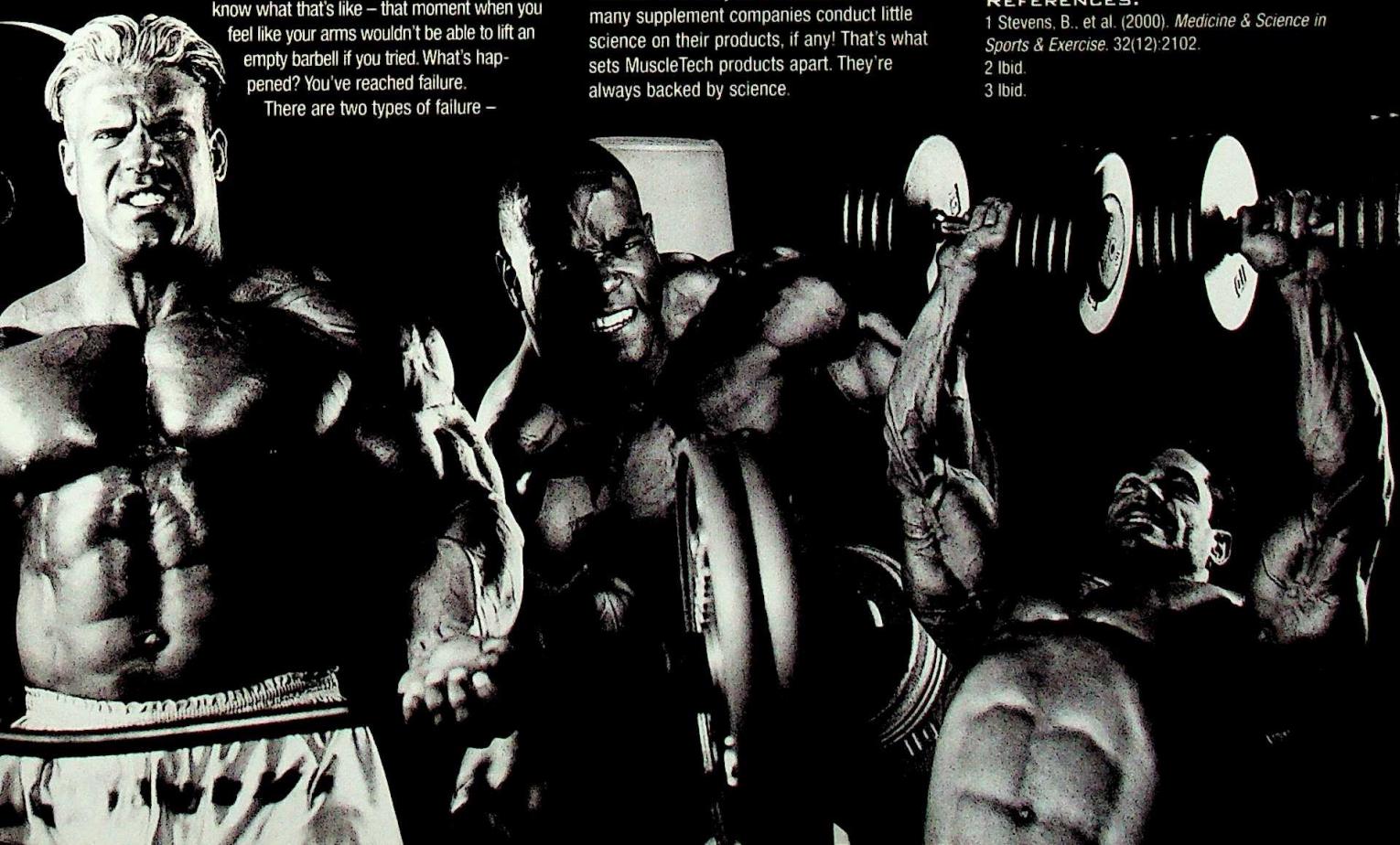
**DR. MARVIN HEUER**

Eight years ago, Dr. Marvin Heuer was among the many scientists doing research at the University of Florida. As Chief Scientific Officer behind MuscleTech® products, he has brought a wealth of knowledge and experience to the project. Not only does Dr. Heuer have previous experience as a vice-president and medical director at a large pharmaceutical company, and vice-president of research and development at a major laboratory, but he's also won several awards in the scientific community. These include more than 10 American Medical Association Physician's Recognition Awards. Dr. Heuer's commitment to improving science makes him a great asset in overseeing the development of MuscleTech® products such as GAKIC.

Still, we could talk about GAKIC till we're blue in the face. But until you try it for yourself, you'll never know if it truly works. Our suggestion? Get your hands on GAKIC™ and decide for yourself!

#### REFERENCES:

- 1 Stevens, B., et al. (2000). *Medicine & Science in Sports & Exercise*. 32(12):2102.
- 2 Ibid.
- 3 Ibid.





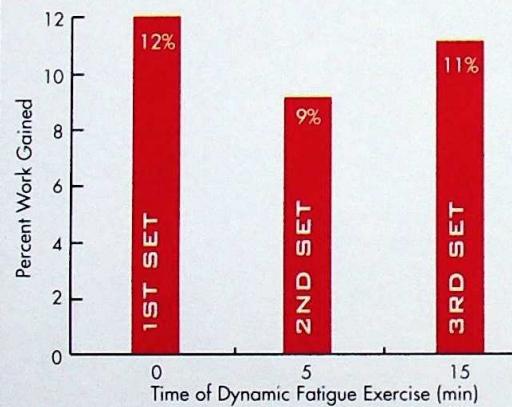
Supplements That Work!

# DON'T WAIT A MINUTE LONGER.

VISIT [www.GAKIC.com](http://www.GAKIC.com) TO GET YOUR **FREE** SAMPLE AND EXPERIENCE FOR YOURSELF WHY GAKIC™ IS THE GREATEST INVENTION TO HIT BODYBUILDING SINCE FREE WEIGHTS!



CONCENTRIC MUSCLE WORK GAIN ATTRIBUTED TO GAKIC™



As this graph indicates, subjects using GAKIC experienced a 12% increase in strength on the first set, a 9% increase in strength on the second set, and then an 11% increase in strength on the third set. The average strength increase: 10.5% greater than the placebo.

Stevens, B., et al. (2000). *Medicine & Science in Sports & Exercise*, 32(12):2102.

- IMMEDIATELY INCREASE YOUR STRENGTH BY 10.5%.
- GET MORE EXPLOSIVE REPS AND PERFORMANCE IN JUST MINUTES.
- BIGGEST BODYBUILDING BREAKTHROUGH EVER!

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**WNPF Raw Police/Fire/Military  
7 MAY 05 - Bordentown, NJ**

				Benner	175	190	330!	695
BENCH	Howe	360	MEN	148 lbs. (20-23)				
114 lbs.	Novice		Raw	Vassallo	250	250!	425!	925!
Open Raw	Raw		DEADLIFT	165 lbs. (50-59)				
Claypatch	185!	Howe	360	Raw				
148 lbs. (40-49)	DEADLIFT	132 lbs.	Hoxworth	380	225	475	1080	
Raw	Open Raw	40-49 Raw	Vassallo	210	195	315	720	
Claypatch	245!	Benner	330!	Raw				
165 lbs. (17-19)	Benner	330!	Rigney	440	—	—	—	
Rigney	320	181 lbs. (50-59)	Raw					
Police		Crawford	450	Raw				
(40-49)		198 lbs.	Kelly	305	200	325	830	
Caliguri	350	Matta	440	Raw				
Robinson	205	(40-49)		Raw				
181 lbs. (35-39)			Crawford	350	275	450	1075	
Kampo	—		Police					
198 lbs. (20-23)			Raw					
Raw		Skinner*	520	Rodriguez	315	250	400	965
Snouffer	300	Open Raw	520	198 lbs.				
Open	Skinner		Open					
Matta	400	Raw	Warshany	515	365	480	1460	
Open Raw			Open					
Green*	430	Skinner	520	Raw				
Bachmayer	280	Open Raw	520	Keller	430	305	570	1305
(40-49)		Skinner		Mangine	500	—	—	—
Raw		220 lbs.		Raw				
Green	430	Police	220 lbs.	Rodriguez	315	250	400	965
Bachmayer	280	Open Raw		198 lbs.				
Carr	265	Darling	315	Open				
(35-39)		Caffrey	500	Warshany	515	365	480	1460
Raw		Marshall	440	Open				
Ross	350	Open		Raw				
Police		Marshall	440	Keller	430	305	570	1305
(40-49)				Mangine	500	—	—	—
Dunn	335	Raw		Raw				
(50-59)		Bricker	540	Rodriguez	315	250	400	965
Raw		Johnson	515	198 lbs.				
Pospiech	215	(40-49)		Open				
Police		Raw		Raw				
Open Raw				Raw				
Bachmayer	280	POWER CURL	400	Raw				
Police		148 lbs. (17-19)		Raw				
(40-49)		Weed	135!	Raw				
Raw				Raw				
Bachmayer	280	165 lbs. (17-19)		Raw				
220 lbs. (17-19)		Rigney*	150!	Raw				
Raw		181 lbs.		Raw				
Gregorio	225	(17-19)		Raw				
Open		Rigney	140!	Raw				
Ehrhardt*	475	198 lbs.		Raw				
Diciano	420	Open		Raw				
Hughes	365	Matta	140	Raw				
Marshall	—	(40-49)		Raw				
Open Raw		Dunn	175	Raw				
Marshall	260	Carr	145	Raw				
(40-49)		Bachmayer	130	Raw				
Raw		(50-59)		Raw				
Campanella	410!	Pospiech	130	Raw				
Howard	370	220 lbs.		Raw				
Police		Open		Raw				
Open		Diciano	170	Raw				
Hess	—	Marshall	165	Raw				
242 lbs.		Darling	150	Raw				
Open		Hughes	145	Raw				
Raw		(40-49)		Raw				
Haley	385	Howard	150	Raw				
(40-49)		242 lbs.		Raw				
Raw		Open		Raw				
Haley	385	Reichin	165	Raw				
(50-59)		(50-59)		Raw				
Raw		Wylie	140	Raw				
Glenney	320	SQUAT		Raw				
Wylie	320	220 lbs. (17-19)		Raw				
Open		Gregorio	385	Raw				
Reichin	395	(20-23)		Raw				
275 lbs.		Malley	385	Raw				
Open		Open Raw		Raw				
Dupont	405	Caffrey	440	Raw				
(40-49)		Subs Raw		Raw				
Dupont	405	Bricker*	530!	Raw				
SHW	405	Johnson	415	Raw				
Open		242 lbs.		Raw				
Ammerman	405	Aziz*	620	Raw				
Open Raw		SQ	BP	DL	TOT			
Ramos	480							
Police								
Open Raw								
MEN								
132 lbs.								
Open								
Raw								
Benner	175	190	330!	695				

(Results by April Wagner, Program/Aquatics Director, Hardin County Family YMCA)

## BACK ISSUE OF THE MONTH

The March 1996 issue of Powerlifting USA featured the Top 20 Women's, Teenage and Masters rankings for 1995. On

the cover was an example of each category. We had Ernie

Franz squatting, Debra Earney bench pressing, and James Drake, the son of Martin

Drake, representing the teens. Among the top ranked women lifters in the 97 lb. class was

Ann Leverett with a 165 bench, a 330 deadlift, and a 749 total.

In the 123 lb. class, Carrie Boudreau led all categories with a 418 squat, 242 bench, 490 deadlift, and 1151 total. In the

181 lb. class, Tamara Rainwater Grimwood did likewise, with a 620 squat, 400 bench, 520 deadlift, and a 1520 total. In the

Teen TOP 20s, a familiar name was found in the 198 lb. class where Char Gahagan was No. 1 with a 628 lb. deadlift. In the

masters category, Alex Galant swept the 114 lb. division with a 330 lb. squat, 198 bench, 352 deadlift, and a 865 total. Ernesto

Milian topped the 123s with a 468 squat, 501 deadlift, and 1234 (10x bodyweight!) total. Nick Theodorou lead the 148s with a

545 deadlift. Fabian Wambags was the top deadlifter at 181 with a 656, and also had the best total with 1636. Gary Benford lead the 198 lb. squat list with 694. Mark Dimiduk was the top

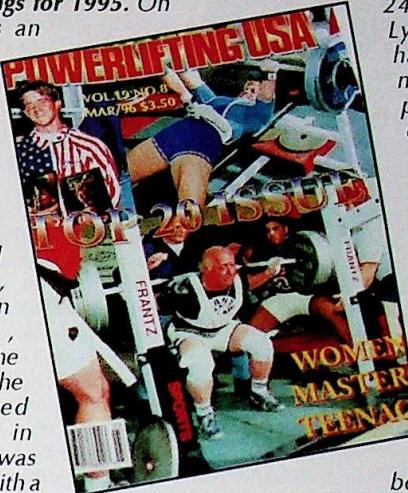
squatter in the 242s with 800, and he also totaled 1920 for the biggest total in that weight class.

Rick Brunner of Atletika, explained how plant extracts are used in elite powerlifting. Also, in this issue, we had Anthony Clark's response to Marcus Henry's challenge. Elsewhere in this issue,

drug free star Anthony Harris was interviewed by Bob Gaynor - this was back when he was in the 198 lb. class and totaled 1929. Mike Mastrean was profiled by Dr. Judd Biasotto. On

Herb Glossbrenner's All-Time Men's and Women's Top 25 Deadlift and Total lists, the best women's deadlift and total were

by Dawn Reshel, with her 604 lb. deadlift, and 1564 total. The best



bodyweight

of 179, done in Germany. Dr. Thomas Fahey had a very significant Power Research article on rotation strength in the spine, and why it's important for lifters.

Louie Simmons discussed the concept of a multi-year training system in his Westside Barbell article. ADFPA champion Rev. Brad Olson detailed his squat routine in our Workout of the Month. We also had a profile of a unique powerlifter, Ron Althouse, who competed with the use of one leg. We also had an interview with many time

military PL champ, Mike Barber. Herb Glossbrenner reviewed the first Senior National Championship, which took place in 1965 in York, PA. Andrea Sortwell covered the ADFPA National Masters

Championship, which had a picture of Johnny Grant pulling 705 to win the 242s at 40-44 age group. In our results section, we had a shot of future bench

superstar Dennis Cieri with a 510 bench press, a new ADFPA American record. Joe Pyra came in with the detailed information about the site of the next AAU Junior Olympics, at the famous SuperDome. There's a colorshot of huge Jeff Maddy, who weighed in at 464, but did not have a very good day at the North American Championships, promoted by Gus Rethweich in Richmond, Washington. You can still obtain this back issue of Powerlifting USA, along with dozens of others.

Check our listings on pages 48-51 of this issue for a synopsis of information on each issue, how to order, and the price breaks you can get if you order more than one.

775. He went for the 45-49 WR on a 4th, but got stuck. Joe's BP is always a problem with an old football injury making his left arm lockout agonizing. He clicked today, working up to a surprisingly easy looking 400. Cooper made his 450 opener, but no more. Joe had the lead, but Cooper was a man possessed in the DL, hoisting 650, and then poised himself for the winning try as Joe strategically picked 600 for his final lift of the day, a success, for a 9/9 perfect day and a 1775 TOT. Cooper chose 680 to go for the win. He yanked it up halfway and went into a violent vibration - and stuck there. Joe won - 1775-1750! Edward Daubert took the Raw Open title with 660 385 580, most respectable lifting without assistive gear! This left only the Pro Open 242s. Matt Lewis, whom I previously described, entered this division also and took 2nd place. The winner was world class WPO performer Brian Weston. He seemed very strong, but a bit out of sync. He blew away a 900 SQ opener, jumped big to 1000, made it with a struggle, and then went on to tackle a monstrous 1050. He missed completely and it may have taken a toll on the rest of his day. His dunk broke the 242 Men's Open Pro WR, formerly held by UKR's Mikhail Starov (940). Weston struggled to a 565 BP (best is 600) and then pulled a 650 opener, and got no more (best ever is 744). His 2215 didn't break Starov's 2245 WR, but his best lifts in competition @ 242 add up to a whopping 2344. On a day when everything clicks, WATCHOUT.

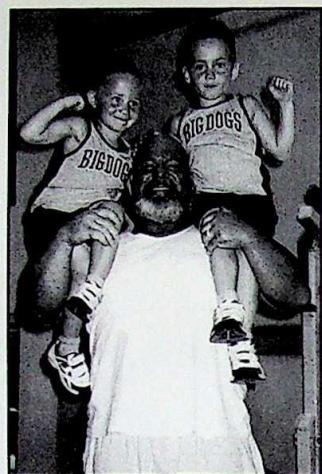


Bob Bellerby - Masters (60-64)

**275s - first the Amateurs:** In the 16-17s, Mike Bartos of Hubbard, OH, at 17 years, was my opposite, the youngest lifter in the meet. He looked mighty impressive with successes at a 700 SQ, 400 BP, and 650 DL, 1750 TOT. He's young, and he won. At 20-23 Dan Wowak, 23, Mahonoy City, PA, nabbed gold with his 1600 even TOT going 650 400 550. At 18-19 it was Tom Tewell, 19, Cleveland, OH. He benched a big 540 and TOT 1670. Unfortunately Peter Hitchcock, 18, Glen Ridge, NJ, failed to get on the scoreboard lifting the 18-19 raw division. John Birley, 27, Waldorf, MD, hit a nifty 1600 TOT to win the Amateur Elite class. The 50-54 age group had Mark Dimiduk, age 51, entered. He's an Elite Master who was IPF World 220 Champ way back in Arlington, TX, some 25 years ago. He was down for 660 SQ opener, but took ill with a flu bug and decided not to lift. Very impressive was Bob Bellerby, 60, always with a big smile. Why not? He grand slammed all 4 of the Amateur 275 WRs for his 60-64 group. He went 550 SQ, 405 BP and 450 DL, 1405 TOT. We sorta bonded, cause I'm an old timer too. In the Open, Shannon Manning, 30, Bellefonte, PA, was truly outstanding. He made a sterling 805 SQ, a great 575 BP, and a WR 710 DL for a 2090 TOT. Marcus Brown was also entered in the Open division, but didn't make it through the SQs! Other nits in this meet were Ed Clark, 38, from Northern, Illinois, who couldn't lock out his 575 and 600 BP tries, and also Norman Delan Jr., who bit the dust missing 3 times with a WR 900 SQ, trying to surpass his own record of 860. I hope I haven't missed anybody.

#### Now for the 275 Pros.

In 3rd place was Mike Stuchiner, 31, of Ft. Lauderdale, FL. Although I've known him for around 10 years, I'd never seen him lift. He's real strong, with a 775 SQ and 1860 TOT. Guess during all those years hanging out with Louie he learned something good. Runner up was Dan Steltenkamp, 28, Middleburg Hts., OH. He finally made his 755 SQ opener after three attempts to stay alive. He perked up then, with a big 605 BP, and coasted to 1955 TOT. Winning it all was Douglas Hollis, 29, Mechanicsburg, PA, with a big 815 SQ, an impressive 575 BP and a very good 725 DL, 2115 TOT. Now for the Supers. Ross Bowsher, 22, of Franklin, IN, had been promised by a big name lifter in his area that he'd be there to coach him, but the guy didn't show. Ross freaked out, started too high with an



Richard Safreed Jr. &amp; his sons

800 SQ, and bombed. Ross, don't ever depend on anyone but yourself. Two Amateur lifters I'll write about out of sequence. James Pulakis, 39, Levitown, PA, set 33-39 records with 717.5 SQ and 1752.5 TOT, I believe, winning the SHW Raw Open. The strongest big boy Amateur was Victor Boissiere, 34,

a full contact martial arts fighter from Bronx, NY. Victor has a friendly disposition and his a dead ringer for a bencher friend of mine named Fred Woodson. Except, of course, Victor is much bigger! Victor SQed 740, benched 500, and pulled 740 (tried 780) for a 1980 TOT. Vic's 740 was an IPA World Record for SHWs in both the Amateur Open and Amateur 35-39 submasters. Last, but not least, was Richard Safreed, Jr. (I believe he's 47) who set a 45-49 WR with an 860 SQ (I think he missed 900). He TOTed 1700 to win the PRO Masters (45-49) and Open Div. Richard's most distinguishing characteristic was that he resembles WV BP wildman (720) Willie Williams, and had a Marc Bartley-like white goatee. Everyone enjoyed watching his twin 5 year old boys scampering around, crashing on mom's lap for a nap, and then energetically accompanying dad up to receive his awards. That's it for the powerlifting competition.

Before I cover the Bench Press event, I'll toss out a few bouquets. Thanks especially to Thomas

#### IPA World Championships 16-17 JUL 05 - York, PA

		MEN				
		Amateur				
		Junior				
BENCH		Master (45-49)				
MEN		308 lbs.				
Amateur	J. Doherty	630!				
Junior	4th	640!				
275 lbs.		Professional				
R. Yard	705!	Open				
	735!	242 lbs.				
Open	M. Fausey	505				
165 lbs.	Master (55-59)					
R. Hillyard	365	220 lbs.				
181 lbs.	M. Lindsay	560!				
Z. Paige	470	308 lbs.				
198 lbs.	B. O'Brien	460!				
S. Hartlaub	537.5!	Open				
R. Ingraveri	390	220 lbs.				
220 lbs.	V. Cooke	705				
J. Sauble	505	C. Bristow	350			
242 lbs.	275 lbs.					
C. Popovich	585!	A. Baker, Jr.	700			
308 lbs.	WOMEN					
C. Prisk	525	Professional				
Submaster	Master (50-54)					
242 lbs.	165 lbs.					
S. Bennett	470	B. Graube	355!			
Master (40-44)	K. Felske	300				
198 lbs.	S. Hartlaub	537.5!				
WOMEN	SQ	BP	DL	TOT		
Amateur						
Master (55-59)						
148 lbs.						
C. Silverman	240	65	330	635		
Open						
181 lbs.						
N. Meador	430	200	430!	1060		
Teen (18-19)						
123 lbs.						
M. Eicholtz	195	125	250	570		
Professional						
Open						
105 lbs.						
E. Grimwood	360!	190	300	850!		
165 lbs.						
T. Thomas	540!	250!	485!	1275!		
M. Jacobson	315	240	385!	940		
181 lbs.						
A. Martinez	455	275	440	1170		
Submaster						
165 lbs.						
T. Thomas	540!	250	485!	1275!		
Master (45-49)						
165 lbs.						
M. Jacobson	315!	240	385!	940!		

Deebel, Jr., an eagle eyed 10 year old from Wolf, PA, who found the tiny screw on the floor that came out of my eyeglasses, holding in one lens which popped out. He saved the day. Nance and Shea were able to produce an eyeglass repair kit with a teeny tiny screwdriver and fixed it right up. Thanks buddy, and also to dad, a great Chiropractor, who gave me a couple of much needed "snap, crackle and pops".

Also, a tribute to a few of the officials. First Day: Beverly Cullen, Bill Schlag and Mike Locondro from York, PA, Head referee and BPer extraordinare, Brian Riley from Hanover, PA, Stacy Bond, Ellen Chaillet, and the great Master lifter Lester Maslow of Olney, MD. I recall J.R. Hunt (SHW 2340 TOT) filling the chair during the BP on the second day. He's 400 lbs. and - believe me - he does fill the chair!

**The Bench Press** single lift competition ran concurrently with the benchers in the full powerlifting competition. This is a convenience for a lifter not having to weigh in twice. This was right before the deadlifts, with Rychlak lifting in a

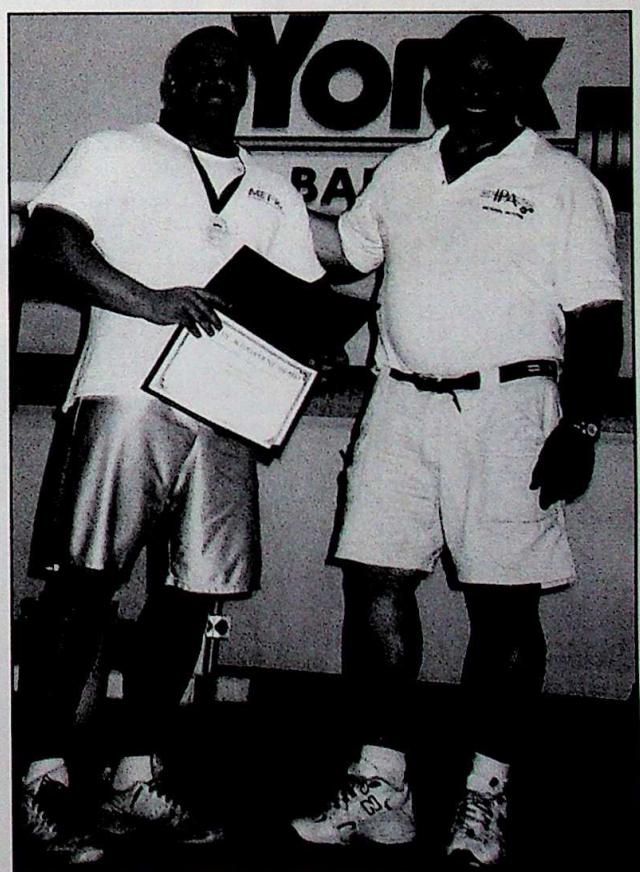
flight just for him that I described in my separate Hall of Fame article, also in this issue. At 275 Amateur Men's Jr., Ronald Yard, 22, of Westminster, MD, was sensational. His 705 lift broke Ray Barnett Jr.'s 575 from the Worlds last year. Ron is young and hungry. He tried 735, but it was not to be today. Steve Hartlaub, 40, Hanover, PA, @ 198 set Amateur (40-44) and also Open WRs. His 537.5 lift smashed Steve Dussalt's 467.5 mark and also eclipsed the 535 Open record held by Dennis Cieri of 9/27/97. John Doherty, 47 Lebanon, PA, @ 308, shattered his own 45-49 AM WR of 615 with 630, then again with 640 on a 4th. He's a bona fide Master Blaster. Rudy Hillyard, 30, Tioga, PA, upped 365 @ 165 in the AM Men's Open. Also other Amateur winners included: Zachary Paige, 31, Sinking Spring, PA, doing 470 @ 181; Ricardo Ingravera, New York, NY, did 390 @ 198; Joseph Sauble, 29, Hanover, PA, pressed 505 @ 220. At 242, Chris Popovich nailed 585, beating Matt Smith's 580 WR. At 308, Christopher Prisk, 35, State College, PA, pressed 525

in AM Submasters. Stephen Bennett, also in the PL, nailed 470 @ 242. The Elite Amateur saw Mark Fausey, 29, Sunbury, PA elevate 505.

**Now the PROs.** Spencer "the Bencher" Levy, 40, of Woodland Hills, CA, powered up 440 for his L.A. based Team Extreme. He took 40-44 award here @ 198. Master 55-59 @ 220 went to Michael Linsey, 55, McKeesport, PA. Michael went on a record breaking rampage with his incredible lift of 560 lbs. This broke the former WR of 375 by a whopping 185 lbs. Bob O'Brien's 460 lift in the 55-59, 308's stopped his own mark by 5. I previously mentioned Vincent Cooke's amazing lifting, dominating the 220 full power meet. His amazing 705 lift counted in the BP only division also. Remember and appreciate that Vince had 775 on his back, squatting before making this prodigious bench. Charles Bristow, a handicapped lifter, did a terrific 350 lift for runner-up. Good job. Alan Baker Jr. planned to do the 3 lift competition, but on June 24th he tore his groin and couldn't SQ or DL for 3 weeks. He came reluctantly, just to do a BP. For Alan, 32, from Zelienople, PA, @ 275, his decision paid big dividends. He made the big 700 he's been striving for here. He also tried 730 - missing it. Alan should not be confused

275 lbs.						
S. Manning	805	575	710!	2090		
M. Brown	—	—	—	—		
SHW						
V. Boissiere	740	500	740!	1980!		
Submaster						
198 lbs.						
M. Yontz	525	375	550	1450		
220 lbs.						
E. Collaku	660	400	580	1640		
242 lbs.						
S. Bennett	545	470	525	1540		
SHW						
V. Boissiere	740	500	740!	1980		
Teen (16-17)						
198 lbs.						
M. Welcheck	675	385	520	1580		
275 lbs.						
M. Bartos	700!	400!	650!	1750!		
Teen (18-19)						
198 lbs.						
Williamson	505	365	475	1345		
242 lbs.						
E. Korbel	575	510	525	1610		
275 lbs.						
T. Tewell	625	540	505	1670		
Raw						
Master (45-49)						
148 lbs.						
D. Wilson, Sr	380	305	480	1165		
SHW						
J. Pulakis	717.5	425	610			
1752.5						
Teen (18-19)						
275 lbs.						
P. Hitchcock	—	—	—	—		
E. Amateur						
Master (45-49)						
148 lbs.						
D. Wilson, Sr.2	380	305	480			
1165						
Open						
148 lbs.						
D. Wilson, Sr.3	380	305	480			
1165						
165 lbs.						
B. Crowe	660	435	535	1630		
275 lbs.						
J. Birley	650	400	550	1600		
Raw Master (45-49)						
148 lbs.						
D. Wilson, Sr.7	380	305	480			

! = designates new IPA World Records.



Matt Lewis (242 Jr. Pro winner) with Mark Chaillet (Herb photo)

### SLP the Last One!

18 DEC 04 - Tuscola, IL

BENCH	242 lbs.
MEN	S. Hankins 550
Teen (13-15)	4th-575
181 lbs.	275 lbs.
N. Geott 300	T. Harrison 680!
Teen (16-17)	J. Willoughby 395
181 lbs.	<b>DEADLIFT</b>
J. Dias 325	MEN
J. Nelson 270	Novice
Junior	220 lbs.
165 lbs.	B. Christoff 470!
P. Halverson 340	4th-480
242 lbs.	Teen (13-15)
M. Fornecker 385	181 lbs.
4th-400	N. Geott 350
Submaster	4th-365
181 lbs.	Teen (16-17)
B. Hanrahan 365	181 lbs.
275 lbs.	J. Dias 300
B. Cripes 430	4th-320
Master (40-44)	Junior
242 lbs.	165 lbs.
J. Barbegalio 400	P. Halverson 425
Master (45-49)	4th-450
242 lbs.	242 lbs.
C. Price 560!	M. Fomacker 500
Master (50-54)	Submaster
242 lbs.	275 lbs.
R. Fomecker 355	B. Cripes 570
Police/Fire	Master (40-44)
Submaster	242 lbs.
242 lbs.	J. Barbagalio 525
L. Edwards 550!	Master (50-54)
Police/Fire	242 lbs.
198 lbs.	J. Ewing 485
C. Barth 350	Open
220 lbs.	198 lbs.
B. Goins 455	R. Mann 475
Open	242 lbs.
198 lbs.	S. Hankins 600
R. Mann 300	4th-625
G. Woolsey 285	275 lbs.
4th-300	J. Willoughby 550

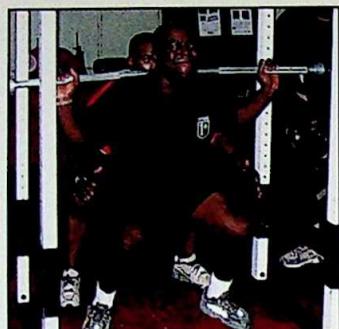
!Son Light Power Illinois state records. Best Bench Press: Tommy Harrison. Best Deadlifter: Shawn Hankins. The Son Light Power The Last One! Bench Press/Deadlift Championship was held at Son Light Power Gym. This marked the final meet of the year and a record seventy competitions I promoted in 2004! We had a great time visiting with some of our old friends and watching some of the best lifters in the Midwest compete. In the bench press event first-timer Nick Geott did well at 13-15/181, taking the win with 300. Training partner Jacob Dias got a new personal record at 16-17/181 with 325. Second place at 181 went to another first time competitor, Jordan Nelson, who finished with 270. In the junior men's division Phil Halverson set a new personal best at 165 with 340, while Michael Fomecker got his first ever 400 bench with his win at 242. In the submaster division it was Brian Hanrahan for the win at 181 with 365, lifting "raw". Brian Cripes only got in his opener of 430, taking the win at 275. John Barbagalio came up from Kentucky for the win at 40441242, finishing with a personal best 400! Chuck Price, who is moving ever closer to 600, finished with a personal best 560 with his win at 45-49/242. This also broke Chuck's current state record there by ten pounds. Randy Fomecker won at 50-54/242 with 355, making 370 twice, but being called for raising his hips. Lloyd Edwards was a little off on this day, making just his opener, a 550 state record at police and fire/ submaster/242. Chuck Barth, who always

lifts "raw" won at police & fire/198 with a strong 350, while Ben Goins took the 220's with 455, making just his opener after his shirt blew with a third attempt 500. In the open division Rob Mann won at 198 with his first official 300 bench over Geno Woolsey, who finished with 285, then a personal best 300 fourth attempt, lifting in his first competition. Shawn Hankins broke his previous best 525 bench with his 530 second, 550 third and a fourth with 575 for the win at 242. Then at 275 it was best lifter Tommy Harrison with 680, making just his opener after two misses at 710, just short of lockout! Tommy's 680 broke the existing state record by eighty pounds! Rounding out the field of benchers was second place finisher at 275, Jarrod Willoughby, who got in his opener, a personal best 395. In the deadlift competition first-timer Brad Christoff broke the state record for the novice 220 class with his 470 final attempt, followed by an even stronger 480 fourth! Nick Geott, pulling for the first time ever, finished with 365, lifting as a guest lifter at 13-15/181. Also lifting as a guest lifter was Jacob Dias, who finished with 320 at 16-17/181. Phil Halverson continues to improve at junior 165, finishing here with a personal best 450! Michael Fomecker, all the way up from Louisiana, won at junior 242, though making just his opener QF 500. Brian Cripes only got in his opener of 570 at submaster 275, failing with a personal best 620 twice. John Barbagalio won his second title of the day at 40-44/242 with a great 525 final pull. A perfect day of lifting. John made every one of his attempts in the competition. James Ewing just turned fifty a few days ago and was looking for the state record at 242, but came up just short of lockout with 505. Jim finished with 485. In the open division Rob Mann won at 198 again, pulling a personal best 475. At 242 it was best lifter Shawn Hankins for the win with picture-perfect form and a personal best 600 pull. A fourth with 625 was also good! Our final competitor was Jarrod Willoughby, who won at 275 with a new personal best 550. Thanks to Joey and Wee-Man for loading and spotting and to my wife Susie and Linda Middleton for serving as side judges. See you all next year! (Thanks to Dr. Darrell latch for these meet results)

### WNPF Pan-American

15 MAY 05 - Orlando, FL

BENCH	Burritt	—
WOMEN	220 lbs.	
105 lbs.	(40-49)	
(13-16) Raw	Schmidt 370	Yeargin! 575
Wilcox 105*	Williams 280	O'Malley 540
148 lbs.	(60-69)	(50-59)
Open	Churchman 360	Reiss 460
Schneidmill! 185	242 lbs.	220 lbs.
(40-49)	Open	(40-49)
Schneidmill 185*	Shaw 535	Schmidt 575
SHW	Lifetime 535	575 370 590*
(40-49)	Shaw 535	1535
Reynolds 130	Subs 242 lbs.	Bucchoni 400
MEN	Shaw 535	225 505 1130
165 lbs.	SHW	242 lbs.
(60-69)	Subs 425	425 350 530
Player 325*	Yawn 410	Tatum 425
Lichtle 225	Open Raw 555	Open Raw 555
181 lbs.	Wilson 400	400 525 1480
(60-69)	DEADLIFT	=WNPF American Records. BL=Best Lifters.
Williams 240	WOMEN	Team Champs: 1st-Powerlifting Merritt
198 lbs.	148 lbs.	Power Team. 2ND- USA Power Team. Team
Open	Subs Raw	Champs Bench Press and Deadlift Only:



Sgt. Simpson squats @ Camp Taji

### Camp Taji's Squat Contest

10 JUL 05 - Camp Taji, Iraq

SQUAT	J. Jonaus	260
WOMEN	178-203 lbs.	
127-151 lbs.	Youngblood	425
L. Royster	195	E. Goins 410
178+ lbs.	J. Stull	350
K. Brown	200	204-229 lbs.
G. Chapman	175	C. Boston 475
J. Figgs	170	W. Hadley 405
MEN	M. Bannister	405
152-177 lbs.	W. LaSalle	375
T. Wiggs	375	R. Glenn 315
J. Merricks	365	255+ lbs.
B. Barber	335	C. Simpson 410
R. Ehlers	290	F. Fairchild 380

Meet Director: CSM Jim Pegues. This contest featured 19 total lifters. Four females and fifteen males. Although the turnout was low the lifters and spectators had a great time. The best female lifter was SGT Laura Royster, unit of assignment 226th QM Company, her best squat was 195 lbs. The best male lifter was CPT Craig Boston, unit of assignment Bravo Company 125th FSB, his best squat was 475 lbs. The intent for this contest was to get lifters involved into another event in powerlifting. We wanted to do a deadlift contest as well but will not be able to. Our bench press contest was held in April and we are planning a final Camp Taji Ironman and Woman Championship in order that records from the April contest can be broken. The contest is scheduled for 2 October and promises to be larger than the 66 participants from April. Finally, I would like to thank our many sponsors for providing support in this event. Sponsors included, AAU, ENCS, AAFES, NPC, APFWPC, Titan Support System, Crain Muscle World, Gebo Gym (Holland), Universal Nutrition, and Wiley-X V/R (Thanks to CSM Jim Pegues for providing these meet results to Powerlifting USA, all the way from Iraq)

### APF Stack's Gym East Coast PL/BP

19 Mar 05 - Woodstock, GA

BENCH	198 lbs.
Teen	242
242 lbs.	J. Oliver 275
Novice	J. Glanville 550
242 lbs.	S. Elmore 575
Master	R. Dorsey 445
198 lbs.	A. Hunt 570
D. Dunn 545	SHW
S. Smola 370	R. Bagley 500
220 lbs.	G. Abbott 445
275 lbs.	R. Flynn 550
MEN	Open
Teen	SQ BP DL TOT
181 lbs.	
R. Hodge 275	
242 lbs.	
B. Pauley 655	
275 lbs.	
S. Hodge 690	
Master 460	
242 lbs.	
T. Higgins 855	
B. Schull 505	
MEN	Open
165 lbs.	
J. Gordon 660	
181 lbs.	

=WNPF American Records. BL=Best Lifters.

Team Champs: 1st-Powerlifting Merritt

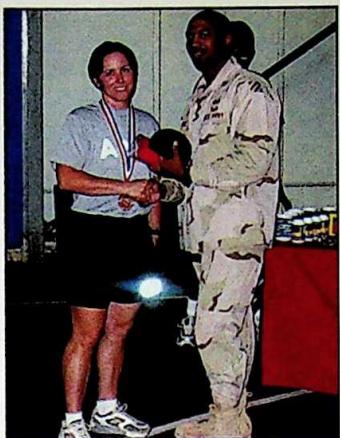
Power Team. 2ND- USA Power Team. Team

Champs Bench Press and Deadlift Only:

USA Power Team. (Meet results byWNPF)

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**Best Female Lifter Sgt. Royster at the Camp Taji contest (J. Pegues)**

K. Sanks	600	500	575	1675
198 lbs.				
R. Hicks	700	460	600	1760
220 lbs.				
C. Mason	600	610	590	1800
275 lbs.				
S. Richards	870	530	660	2060
S. Griffin	450	375	455	1280
SHW				
R. Hodge	760	545	660	1965
Guest Lifters				
Women				
148 lbs.				
K. Bohigian	—	380	475	—
MEN				
Open				
181 lbs.				
P. Harrington	900	495	610	2005
Stack's Gym in Acworth, GA, was successful for the 5th straight year in running a				

fair, fun and consistently judged meet. Special thanks to owner Bobby Pauley and his Stack's crew for all their hard work. It's not everyday you see 4 Monolifts, 12 bars, 4 benches, and thousands of pounds of Olympic plates in one auditorium, to provide the lifters with top grade lifting platforms and an equally equipped warm-up area. All-time World Record holders Phil Harrington (900 SQ @ 181) and the stunning Kara Bohigian (386 BP @ 148) did some awesome guest lifting. Jon Gordon from NGGB posted a freaky 10+ times bodyweight total and earned best lifter. The future of Georgia powerlifting looks bright with 18 year old Brent Pauley displaying 3 lift balance and totaling 1805 @ 242 and 17 year old Steven Hodge squatting 690 and totaling 1520 @ 275. Other highlights included a 855 SQ @ 242 by master lifter Tim Higgins from North Carolina and an 870 squat and 2060 total by NGGB lifter Steve Richards in only his second contest. Thanks to all who attended and we hope to see you all again in 2006. (Thanks to Jon Grove, APF State Chairman and the owner of the North Georgia Barbell Club, for providing these contest results)

	J. Wrabel	350	Grand Master	P/M/F
	220 lbs.	Open	E. Bergman	W. Eagle
	M. Landino	560	Raw	Raw
S. Spinelli	490	242 lbs.	G. Quinn	350
		198+ lbs.	FEMALE	300
		Master-1	B. Smith	450
		Open	B. Andrix!	220
K. Mayer*	600	P/M/F	J. Gordon	420
C. Hootman	450	Open	Teen-1	385
M. Wynn	405	C. VanDyke	J. Clark	760
	275 lbs.	—	Teen-2	235
	Master-1	J. McHugh*	J. Auerbach*	365
T. Landino	—	500	Teen-3	285
SHW	MALE	123 lbs.	C. Trionfante	440
	SQ	Teen-1	C. Trionfante	565
D. Miskinis	185	135	Teen-3	315
	148 lbs.	265	220 lbs.	605
F. Jones	400	585	Collegiate	1465
	Open	1065	Z. Fiore	405
S. Lewis	305	235	Master-1	—
	Raw	355	L. Newman	590
F. Jones	400	895	K. Kosisko	415
P. Castillo	345	275 lbs.	Raw	255
	165 lbs.	115	K. Kosisko	505
	Raw	265	C. Wooley!	270
J. Caputo*	405	275 lbs.	Raw	555
B. Smith	315	135	T. Helton!	275
	205	115	Open	515
	425	265	A. Plagens	—
	275 lbs.	985	J. Prater*	600
	181 lbs.	165 lbs.	SHW	510
	Collegiate	181 lbs.	Open	640
	181 lbs.	945	W. Likens	600
	Junior	1145	Raw	580
D. Diemert	425	275	T. Leone	475
	445	445	WOMEN	330
D. Diemert	425	1145	198 lbs.	500
	275	1305	Open	1305
S. Petrenack	305	Master-1	D. Eagle	315
	148 lbs.	S. Herrick	198+ lbs.	205
J. Helms	265	300	Collegiate	325
	198 lbs.	Master-1	S. Dzurak	275
	Open	Sensenbaugh	345	880
T. Salyers	—	465	*=Best Lifters. !=Special Olympians. Best	
J. Smith	450	375	Lifters: Bench Light - Dr. Larry Miller.	
C. Gaglio	240	465	Bench Heavy - Kevin Mayer. Bench Master	
	165 lbs.	181 lbs.	- James McHugh. Full Raw - Justin Caputo.	
	Junior	198 lbs.	Full Open - Jason Prater. Full Teen - Jeremy	
J. Auerbach	440	280	Auerbach. (Results provided by USAPL)	
G. Saultz	415	455		
	Master-1	1125		
W. Slifko	285	Raw		
	450	330		
	475	1255		

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- ★ **No. 4** @ 365 lb. — the ultimate feat of (crushing) grip strength\*

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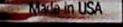
\*S&H: \$6.00 for one in the U.S., \$8.00 for Canada, \$11.00 for Australia, \$14.00 for Europe, \$18.00 for Japan, \$22.00 for South America, \$26.00 for Africa, \$30.00 for the Middle East, \$34.00 for Russia, \$38.00 for South Africa, \$42.00 for Australia, \$46.00 for New Zealand, \$50.00 for South Korea, \$54.00 for Japan, \$58.00 for Australia, \$62.00 for New Zealand.

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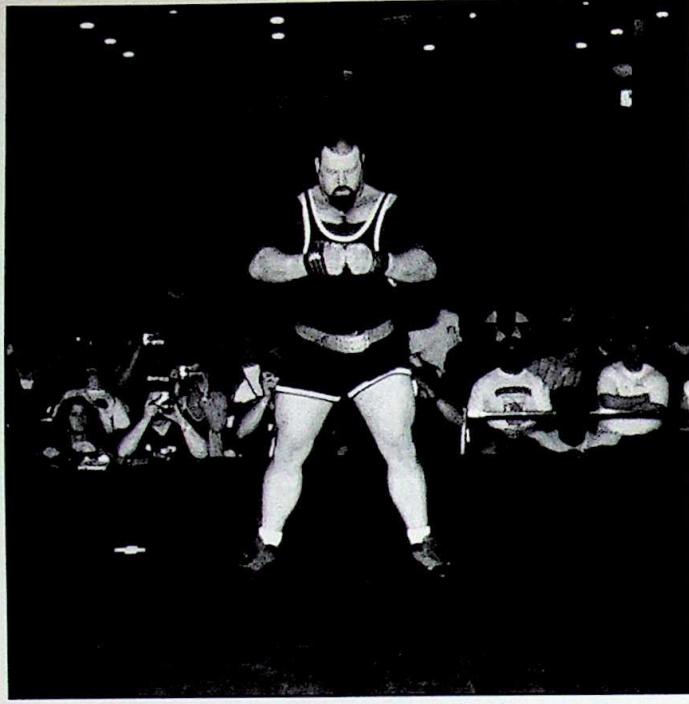
STRONGER MINDS.  
STRONGER BODIES.™

**USA Beast of the Northeast**  
12 MAR 05 - Bradford, PA

BENCH Only	B. Lander	560
WOMEN	J. Reed	465
57 lbs.	S. Boop	415
9 Yrs. Old	B. Peters	380
K. McCaslin	80	Masters
123 lbs.	B. Shafer	365
Open	P. Parks	—
J. Oburn	230	242 lbs.
132 lbs.	Open	
Teen	A. Oburn	485
A. Miller	165	T. Shartzer
148 lbs.	485	Bumgardner
Open	435	Submaster
M. Barhight	125	B. Michalski
MEN	345	Master-IV
148 lbs.	D. Barhight	345
Open	275 lbs.	
K. Bisker	285	Open
B. Rouzer	235	B. Crawford
165 lbs.	815	D. Whitmark
Open	410	
P. Fleming	385	Teen
T. Bisker	320	D. Lyons
C. Bolles	240	315
D. Fulmer	—	Submaster
Submaster	—	Master
P. Fleming	385	M. Close
T. Bisker	320	500
181 lbs.	K. Ruckle	308 lbs.
Open	C. Prisk	560
C. Renninger	335	SHW
J. Casey	—	Open
Teen	D. Vest	545
M. Bratton	290	S. Lewis
B. Magiera	280	510
198 lbs.	DEADLIFT Only	
Open	98 lbs.	
M. Wolfley	660	Teen
C. Frantz	500	S. McCaslin
Master-I	180	148 lbs.
J. Vigilone	395	Teen
Master-II	M. Cline Jr.	385
M. Munday	165 lbs.	
Masters-VI	335	Master-2
P. Gulnac	335	PS SQUAT
220 lbs.	G. Beattie	125
Open	M. Barnes	405
Ironman	132 lbs.	242 lbs.
132 lbs.	L. Schmitt	157.5
Teen	J. McWhirt	95
J. Koontz	220	Submaster-2
165 lbs.	Pure	Master-1
Open	K. Robbison	200
D. Lyons	BP DL TOT	114 lbs.
Teen	K. Robbison	200
J. Gibson Jr.	220	Master Pure
181 lbs.	V. Gualtieri	77.5
Open	Natural	High School
C. Lambert	330	220 lbs.
Teen	K. Robbison	200
C. Berich	550	Master-1
198 lbs.	M. Worster	147.5
Open	K. Robbison	200
S. Vinelli	455	Police/Fire
T. Myers	725	A. Kolesar
Teen	PS CURL	180
J. Gibson Jr.	205	181 lbs.
181 lbs.	M. Worster	147.5
Open	Submaster-2	275 lbs.
C. Lambert	315	J. Molkentin
Teen	70	70
C. Berich	520	Police/Fire
198 lbs.	D. Herron	250
Open	Pure	181 lbs.
A. Spicer	375	C. Robertson
G. McEwen	510	70
Submaster	885	PS DEADLIFT
D. Wray	415	198 lbs.
L. Rutecki	650	WOMEN
220 lbs.	C. Robertson	185
Open	Pure	114 lbs.
M. Havilland	550	C. Robertson
L. Ciccarelli	510	70
Master-I	1115	Push-Pull
J. Gibson Sr.	905	BP DL TOT
Master-II	335	MEN
J. Rimer	510	Int
275 lbs.	B. Wright	90
Open	275 lbs.	147.5
C. Phillips	895	237.5
308 lbs.	D. Herron	250
Open/Master	490	247.5
B. Carmack	585	497.5
SHW	1075	148 lbs.
Open	275 lbs.	Junior
B. Younker	385	198 lbs.
365	405	Junior
1010	790	T. Thullen
(These results provided by Sandi McCaslin)		87.5
		157.5
		245
	PwrSports	CR
	198 lbs.	BP DL TOT
	Pure	135
	C. Robertson	185
	Junior	390
	D. Ritchie	62.5
	122.5	187.5
	275 lbs.	372.5
	Int	
	S. Schmidt	77.5
	142.5	247.5
	Master Pure	467.5
	Wigglesworth	80
	155	227.5
	462.5	462.5
	WOMEN	
	181 lbs.	
	Master-1	
	J. McWhirt	32.5
	70	115
	Novice	217.5
	G. Kelly	30
	198 lbs.	57.5
	Pwrlifting	BP
	Pure	92.5
	WOMEN	180
	114 lbs.	TOT

**NASA Ohio Regionals (kg)**  
9 OCT 04 -

PS BENCH	Master-5
MEN	J. Somma
181 lbs.	130
Submaster-2	198 lbs.
J. Molkentin	Pure
147.5	C. Robertson
	135



**Bill Crawford** 1st benched 800 at the '04 Arnold Classic, and has since done it several times, including at the Beast of the Northeast contest.

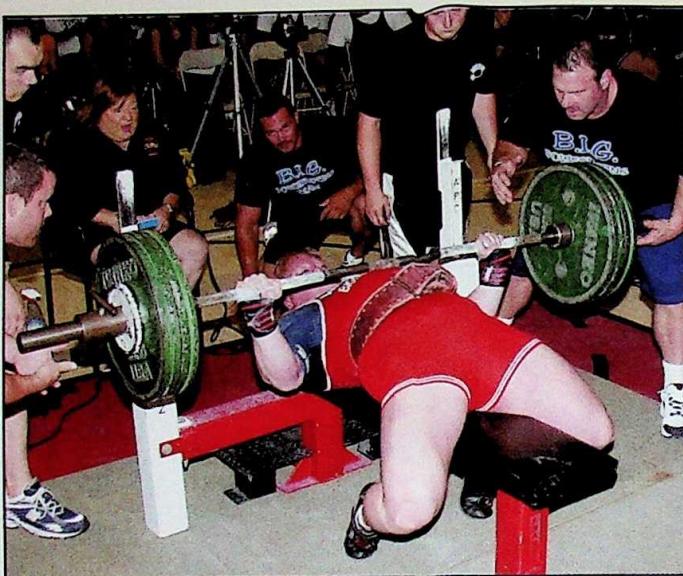
**USAPL New England States**  
21 MAY 05 - Warwick, RI

Special Olympics	245	185	325	755
WOMEN				
Teen				
A. Sylvia	225	125	255	605
Masters				
D. Aliminosa	225	105	255	575
D. Crosby	215	110	215	540
Open				
J. Perry	300	170	275	745
D. Aliminosa	225	105	255	575
T. Cowan	325	175	325	825
MEN				
Teen Lightweight				
J. Caouette!	500	320	415	1235
M. Penza	335	250	385	970
R. Frasino	425	265	420	1110
L. Jaimes	265	185	325	775
M. Srokowski	—	195	345	540
Teen Middleweight				
A. Solomon	405	285	430	1120
M. Ban	385	225	485	1095
E. Tomalillo	480	240	350	1070
M. Levine	320	210	335	865
Teen Heavyweight				
V. DeCivita	545	340	560	1445
M. Parrillo	470	260	525	1255
B. Anderson	535	280	495	1310
M. Whire	265	185	400	850
Juniors (20-23)				
M. Petrarca	405	330	500	1235
C. Morantz	400	—	420	820
D. Poulos	—	—	—	—
Submasters (35-39)				
J. Tavares	580	350	600	1530
E. Quintin	370	285	425	1080
F. Juszynski	425	295	525	1245
D. Fusco	400	310	460	1170
McDonough	—	—	—	—
Masters-1 (40-44)				
K. Rossi	525	450	545	1520
P. Vega	405	425	405	1235
Master-2 (45-49)				
D. MacLeod	550	320	545	1415
Grandmasters (50-54)				
Montembault!	635	375	500	1510
P. Mears	425	230	460	1115
K. Iskierski	375	240	455	1070
J. Burke	335	260	390	985
J. Wild	350	175	380	905
Goldenmsslers (60-69)				
D. Allen	375	250	450	1075
Goldenmaslers (80-89)				
Archambault	335	215	425	975
Open				
181 lbs.				
S. Beaupre!	600	400	580	1580
E. Cordeiro	460	290	450	1200
198 lbs.				
K. Rossi	525	450	545	1520
Gasinowski	475	285	510	1270
R. Cowan	425	320	460	1205
D. Fusco	400	310	460	1170
220 lbs.				
R. Moyen	600	375	550	1525
McDonough	530	345	550	1425
B. Malon	—	—	—	—
242 lbs.				
J. Tavares	580	350	600	1530
K. McClay	365	315	410	1090
=Best Lifters. Meet Directors: Greg Kostas and Rene Moyen. The following lifters went 9 for 9: Ashley Sylvia and Jeffrey Burke. Officials: Greg Kostas-MA, Joe Peters-RI, Rene Moyen-RI, Sean DiCataldo-MA, Joe Wencus-MA, Sam Tyler-ME, Eric Cordero-MA, Mike Laliberte-ME, Tom Weeks-NH. This event featured 48 lifters (including multiple entries - those lifters who entered more than one division) from the following states: MA, RI, NH, ME and CT. There was a multitude of quality USAPL lifters of all ages, both men and women. The event featured a split session on Saturday with one flight in the morning and the other flight in the afternoon. Thanks again to Rene Moyen and Next Level Fitness for hosting another successful event. Thanks also to Mike of Northeast Fitness for the continued use of his excellent facility. Thanks to all of our judges, spotters, loaders, table help, sponsors, and everyone else who assisted with this event. And of course, thanks to you, the lifters, who support our USAPL events! I hope that everyone enjoyed the contest and I look forward to seeing everyone in the fall. God Bless, Yours in powerlifting. (Greg Kostas, MA State Chairman)				



#### **APF/AAPF Chicago Summer Bash**

9 JUL 05 - Willowbrook, IL			
BENCH		Master-2	(50-59)
APF		S. Mies	154
WOMEN		148 lbs.	
123 lbs.		Master-1	(40-49)
Open		L. Petegal	115
A. Kuphal	170	165 lbs.	
UNL		Master-1	(40-49)
Master-2	(50-59)	T. Brewton	154
S. Thoms	314	UNL	
MEN		Open	
165 lbs.		S. Thoms	314
Master-1	(40-49)	L. Miller	330
Schemine, Jr.	319	MEN	
181 lbs.		148 lbs.	
Open		Open	
Derengowski	380	Derengowski	264
B. Heck	584	Junior	(20-23)
Junior	(20-23)	Derengowski	264
Derengowski	380	165 lbs.	
198 lbs.		Open	
Junior	(20-23)	A. Kim	407
J. Knutson	507	Master-1	(40-49)
S. Sanchez	—	Schemine, Jr.	319
Submaster	(33-39)	181 lbs.	
S. Rieger	440	Open	
220 lbs.		Derengowski	380
Open		A. White	352
R. Luyando	—	Junior	(20-23)
W. Prose	303	Derengowski	380
J. Cravatta	639	198 lbs.	
Submaster	(33-39)	Submaster	(33-39)
R. Luyando	—	E. Taber	413
242 lbs.		198 lbs.	
Open		Submaster	(33-39)
B. Carpenter	—	D. Phipps	479
A. Wilson	700	Master-1	(40-49)
Junior	(20-23)	Blackstone	—
R. Briggs	672	Master-3	(60-69)
Master-1	(40-49)	Anczerewicz	275
S. Murphy	501	220 lbs.	
275 lbs.		Open	
Open		W. Prose	303
C. Tallman	—	J. Cravatta	639
D. Gross	529	Teen	(13-19)
T. Harrison	661	J. Hines	—
308 lbs.		242 lbs.	
Open		Open	
J. Leach	733	J. Visny	385
Submaster	(33-39)	E. Czerwin	363
J. Leach	733	Teen	(13-19)
SHW		E. Follmer	297
Open		Master-1	(40-49)
R. Vick	—	S. Murphy	501
Junior	(20-23)	Master-2	(50-59)
N. Winters	650	J. Smolinski	551
AAFP		275 lbs.	
WOMEN		Open	
114 lbs.		C. Tallman	—
Open		DEADLIFT	
T. Putchio	148	APF	
123 lbs.		MEN	
Open		242 lbs.	
A. Kuphal	170	Open	
132 lbs.		B. Carpenter	600
Ironman		BP DL TOT	
APF			
MEN			
220 lbs.			
Open			
N. Simon	529		
242 lbs.	650		
Open	1179		
B. Carpenter	—		
275 lbs.	—		
Master-3	(60-69)		
G. Morgan	396	799	
Open	402		
B. Stuart	501		
308 lbs.	683		
Open	1185		
J. Hudson	600		
Submaster	(33-39)		
J. Hudson	600		
AAFP	600		
MEN			
181 lbs.			
Teen	(13-19)		
M. Burns	336	815	
198 lbs.	479		
Open			
R. Brault	226	666	
Teen	(13-19)		
G. Hines	446	970	
242 lbs.	523		
Submaster	(33-39)		
B. Sheridan	463	1041	
275 lbs.	578		
Open			
N. Zostautas	451	1063	
WOMEN	611		



**Becca Swanson** with the biggest women's bench press of all time - 507!

<b>132 lbs.</b>					<b>181 lbs.</b>				
<b>Junior (20-23)</b>					<b>Open</b>				
A. Carroll	77	170	248		A. White	402	352	529	1284
148 lbs.					F. Gonzalez	496	358	418	1273
<b>Open</b>					E. Swastek	501	352	440	1295
K. Carter	181	303	485		C. Rzany	424	314	485	1223
APF	SQ	BP	DL	TOT	J. Powell	369	259	451	1080
<b>WOMEN</b>					<b>Master-1 (40-49)</b>				
148 lbs.					J. Sorrell	380	336	380	1096
<b>Teen (13-19)</b>					198 lbs.				
A. Bryant	248	154	281	683	<b>Open</b>				
165 lbs.					M. Abramson	556	369	457	
<b>Open</b>					1383				
L. Phelps	551	303	451	1306	S. Kayes	429	303	457	1190
<b>UNL</b>					T. Kaufman	507	242	435	1185
<b>Open</b>					<b>Teen (13-19)</b>				
B. Swanson	705	507	644	1857	Lilliebridge	407	270	540	1218
<b>MEN</b>					Lilliebridge	429	286	463	1179
148 lbs.					B. Cantrell	110	352	110	573
<b>Teen (13-19)</b>					<b>Master-1 (40-49)</b>				
J. Meyer	253	192	308	755	L. Welch	633	369	633	1636
181 lbs.					220 lbs.				
<b>Open</b>					<b>Open</b>				
S. Wielgos	507	358	501	1366	G. Zajac	650	440	578	1670
<b>Junior (20-23)</b>					Finkenstadt	451	435	451	1339
T. Runde	771	440	551	1763	<b>Teen (13-19)</b>				
198 lbs.					V. Abrego	606	402	457	1466
<b>Open</b>					<b>Master-1 (40-49)</b>				
B. Davis	573	457	501	1532	B. McCord	551	363	490	1405
S. Frankl	—	—	—	—	242 lbs.				
<b>Teen (13-19)</b>					<b>Open</b>				
Lilliebridge	407	270	540	1218	B. Morse	727	435	639	1802
Lilliebridge	429	286	463	1179	B. Yourist	584	413	—	—
<b>Submaster (33-39)</b>					<b>Teen (13-19)</b>				
M AAPF Ironman	90	Open	10	pts.; Total Illini Points: 110. Team Carpenter: Teresa Putchio, F AAPF Bench only 52 Open, 10 pts.; Amber Kuphal, F APF Open Bench only 56 Open, 10 pts.; Kim Carter, F AAPF Ironman 67.5 Open, 10 pts.; Tony Runde, M APF Powerlifting 82.5 Open, 10 pts.; Dan Phipps, M AAPF Bench only 90 SM, 10 pts.; Jay Cravata, M AAPF Bench only 100 Open, 15 pts.; Rob Luyando, M APF Bench only 100 Open, 0 pts.; Bill Carpenter, M APF Ironman 110 Open, 0 pts.; Steven Murphy, M APF Bench only 110 M1, 10 pts.; Tommy Harrison, M AAPF Powerlifting 125 Open, 10 pts.; Jeff Leach, M APF Bench only 140 Open, 15 pts.; Robert Vick, M APF Bench only SHW Open, 0 pts.; Total Team Carpenter Points: 100. Big Iron Gym: Aaron Wilson, M APF Bench only 110 Open, 10 pts.; Richie Briggs, M APF Bench only 110 Junior, 10 pts.; Becca Swanson, F APF Powerlifting UNL Open, 20 pts.; Josh Knutson, M APF Bench only 90 Junior, 10 pts.; Justin Graafls, M APF Powerlifting 110 Open, 0 pts.; Shawn Frankl, M APF Powerlifting 90 Open, 0 pts.; Brian Stuart, M APF Ironman 125 Open, 10 pts.; Jim Sorrell, M AAPF Powerlifting 82.5 M1, 10 pts.; Nick Simon, M APF Ironman 100 Open, 15 pts.; Brad Heck, M APF Bench only 82.5 Open, 10 pts.; Dan Gross, M APF Bench only 125 Open, 5 pts.; Nick Winters, M APF Bench only SHW Junior, 10 pts.; Total Big Iron Gym Points: 110. Frantz					



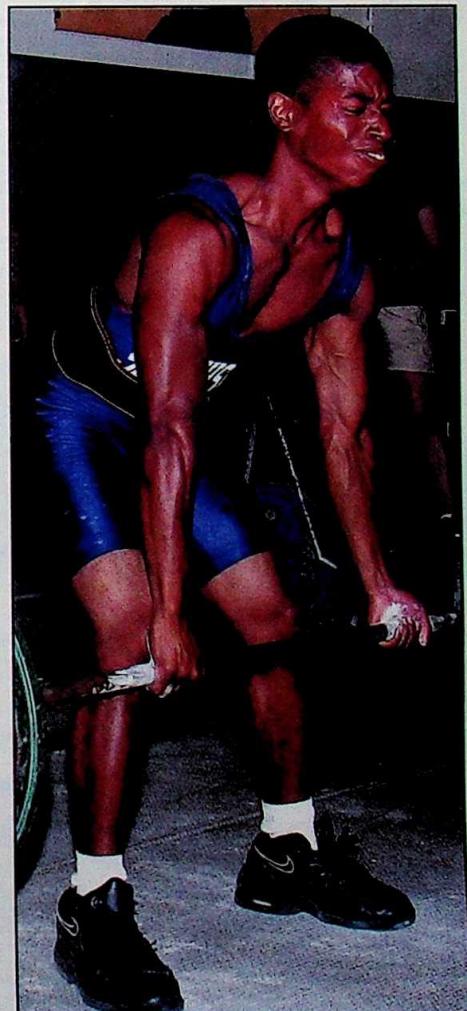
*Ashley Bryant*, over from her USAF duty in Japan, squatting 248

**Power Team:** Jimmy Meyer, M AAPF Powerlifting 67.5 Teen, 10 pts.; Steve Wielgos, M APF Powerlifting 82.5 Open, 10 pts.; Ernie Lilliebridge, Jr., M AAPF Powerlifting 90 Teen, 10 pts.; Kirby Anderson, M AAPF Powerlifting 67.5 M3, 10 pts.; Vincent Abrego, M AAPF Powerlifting 100 Teen, 10 pts.; Ashley Bryant, F APF Powerlifting 75 Teen, 10 pts.; Tywania Brewton, F AAPF Powerlifting 75 M1, 10 pts.; Sidney Thoms, F AAPF Bench only UNL M2, 10 pts.; Susan Mies, F AAPF Bench only 60 M2, 10 pts.; Lisa Petegal, F AAPF Bench only 67.5 M1, 10 pts.; Jason Visny, M AAPF Bench only 110 Open, 10 pts.; Bob McConaughey, M AAPF Powerlifting 110 M1, 15 pts.; Total Frantz Power Team Points: 125. Best Lifters: Best Male APF Powerlifter: Todd Greninger. Best Male AAPF Powerlifter: Bob McConaughey. Best Male APF Ironman: Nick Simon. Best Male AAPF Ironman: Greg Hines. Best Male APF Bench only: Jeff Leach. Best Male AAPF Bench only: Jay Cravatta. Best Female Powerlifter: Becca Swanson. Best Female Bench: Becca Swanson. The Chicago Summer Bash was back this year, and was bigger and better than ever. We had almost 90 lifters at the meet, over double the amount of lifters from last year. The meet was held at a beautiful facility, Velocity Sports Performance in Willowbrook, IL. Unlike the hot, cramped area last year, Velocity provided us with plenty of room to run a great meet. Thanks to Dale Deatsch, the owner, and James DiNaso the executive director for allowing us to put on the event at Velocity. We had some great lifters this year from all over the midwest, and even from halfway around the globe. We had lifters from all over Illinois, Indiana, Michigan, Iowa, Nebraska, Ohio, and even one lifter all the way from Japan. Young servicewoman, Ashley Bryant, is serving our country in Japan in the air force. Ashley flew all the way from Japan to Chicago for the meet! We had four big teams at the meet, with the Frantz Power Team right from Aurora, Illini Powerlifting from the University of Illinois, Team Carpenter from Iowa, and Big Iron Gym from Nebraska. The highlight of the meet came from Big Iron's Becca Swanson, the strongest woman in the world, who benched an amazing 230 kgs. or 507 lbs.! An All-Time record for women! And I believe this is likely just another stepping-stone for Becca, the 507 was very strong, I am sure she has more weight in her bench. In addition to Becca, a young student from South Chicago Occupation Academy won over the hearts of everyone at the meet. Otis Brown, a Special Olympics competitor, competed in the 132 lbs. teenage class. Brown was able to squat 292 lbs., bench 220 lbs., and deadlift an amazing 402 lbs., all in only a belt and a singlet. His teacher and coach Dimity Gueorguiev expertly guided him through all the lifts, on his way to setting a number of AAPF National Records. And these were NOT Special Olympic records, they were the standard AAPF 132 lbs. teenage class records that Otis broke. At the awards ceremony, no one got a bigger ovation than Otis! In the best lifter categories, first we had Todd Greninger who the Best APF Powerlifter with a 2099 lbs. total in the SHW submaster class. In the AAPF Powerlifting division, Frantz lifter Bob McConaughey won the best lifter award with a 1764 lbs. total in the 242 lbs. masters 1 class. We had another two best lifters in the Ironman category, which is bench press plus deadlift for a total. In the APF Ironman, Big Iron lifter Nick Simon won best lifter with a 529 lbs. bench and a 650 lbs. deadlift in the 220 lbs. open class. Young teenage lifter Greg Hines won the



Bob McConaughey, Frantz Power, & Maris Sternberg

lifters were joined by nearby friendly gym members from the Leaning Tower YMCA, the Lilliebridge family, and also by our Japanese connection Ashley Bryant. The Frantz team was led by APF Powerlifting Best Lifter Bob McConaughey. In addition to McConaughey, every one of the other 11 scoring members on Team Frantz took first place, putting the team at the top placing. Team Frantz had a strong female bench contingent led by Sidney Thoms. The Frantz Team came home with their second team trophy this year after winning the award at the Illinois State Meet in March. In putting on such a large event, I simply would not have been able to survive without all the help running the meet. First and foremost, I would like to put out a special thanks to my Assistant Meet Director and fiance Jackie Ebbesen for putting in all the extra hours she did helping me set-up, run, and clean-up for the meet. Jackie did a great job all day on the microphone announcing for me (and I think she enjoyed it too). Simply put, I could not have done it without her. I'm very lucky to have such a great woman at my side, and will thankfully now have at my side for the rest of my life! I would also like to put out a special thanks to APF Illinois State Chairman Maris Sternberg. She also put countless hours before and during this meet, being my technical officer, and head official for the meet. Maris has been with me since my first last summer, and I would not be the meet director I am today without her mentoring and help. Finally, another special thanks goes out to my training partner Jason Visny. Jason graciously volunteered his expertise and help in moving the equipment from Frantz Sports in Aurora to Velocity in Willowbrook. And, he still lifted in the winning first place in a close race. Jason gave me the use of his tools and his truck to help move the two monolifts, bench, bars, platforms, and kilo plates needed to run this meet. Again, I could not have put on the meet without his help either! In addition to those special people, I had a number of other people in support staff that I owe a debt of gratitude. Sharra Powell, a close friend, came and helped Jackie run the table. In addition to Maris, I also had WPC Official John Burgard on the platform judging all day long. James DiNaso, executive director of Velocity, also stepped in to judge. The judging all day was fair and consistent, thanks to all of those judges. Ryan Harth also stepped in at the end of the meet to announce for me while Jackie did the scoring for the meet, thanks goes out to him for stepping in at the last minute. Marita Blaken and Sidney Thoms did a great job taking pictures for the meet; I would like to thank them for their time. Their pictures are available for sale on ChicagoPowerlifting.com. I would also like to thank all the spotters/loaders for the day, they did a great job, working very quickly all day, and saving a lot of lifters. Finally, I would like to thank the staff and interns at Velocity for doing their part in keeping the meet running smoothly. We also had some great sponsors for this meet. House of Pain Ironwear sent out t-shirts for the staff, and also some extras to give away to the lifters, thanks to HOP. Crains Muscle World came through for us again, giving us some gift certificates that were given out to the best lifters. All Pro Protein also donated some gift certificates that were given to the best lifters. Monster Muscle and Powerlifting USA were gracious in giving us magazines and posters to give away to the lifters unfortunately in the mist of the meet, they were left untouched and were not given away to the lifters. I apologize to those magazines and the lifters for not doing my job in getting those extras out. Their stuff, however, did not go to waste; I gave the extra materials to Amy Jackson to use for the AWPC Worlds on July 29-31 in Chicago. I would like to once again thank everyone involved in the meet, and congratulate and thank all the lifters for competing. Once again, pictures of the meet are for sale on ChicagoPowerlifting.com, please check them out and buy one of the great shots available. Stay tuned to APF-Illinois.com for upcoming APF meets in the Chicago-area. Look for the Windy City Ironman to return early next year, and also look for Summer Bash 3 some time next summer. (results from Eric Stone, Meet Director)



Otis Brown 402 DL @ 132. (Blanken photos)

PPL Southeastern Drug Free  
23 JUL 05 - Augusta, GA

BENCH		Augusta, GA			
123 lbs.	(50-59)	K. Martin	220 lbs.		
Cheesborough	90	G. Bartley	410		
SHW		(50-59)			
Open		P. Newsome	420		
S. Jackson	—	4th-425*			
(60-69)		DEADLIFT			
N. Williams	115*	MEN			
MEN		165 lbs.			
132 lbs.		(50-59)			
(17-19)		A. Duncan	275		
D. Bynum	135	198 lbs.			
181 lbs.		(50-59)			
(40-49)		T. Visokay	460		
Ironman		BP DL	TOT		
148 lbs.					
(17-19)					
D. Johnson		210	305	515*	
181 lbs.					
(20-25)					
J. Thomas		300*	350	650*	
220 lbs.					
(40-49)					
M. Bennett		350	700	1005	
SHW					
(20-25)					
R. Neal		455	505	960*	
LADIES	SQ	BP	DL	TOT	
123 lbs.					
(14-16)					
S. Luster	135*	80*	190*	405*	
148 lbs.					
(14-16)					
E. Luster	165*	155*	210	530*	
MEN					
85 lbs.					
(10-13)					
S. Rickman	110	80	150	340	
123 lbs.					
(14-16)					
J. Luster	280*	200	335	815*	
(10-13)					
G. Climonns	175	100	220	495	
4th-SQ-180			DL-235		
165 lbs.					
Open					
A. Jackson	—	405	—	—	—
(14-15)					
T. Jones	305	175	385	865	
181 lbs.					
(20-25)					
A. Layman	315	250	360	916	



**Best Lifters** ... at the PPL Southeastern meet include: (l-r) Jason Luster, Richard Neal, Erica Luster, Mike Bennet, and Mark Phillips. (Meyers)

(50-59)					
R. Layman	465	250	435	1140	
198 lbs.					
(60-69)					
M. Scott	425	280	500	1205	
220 lbs.					
(40-44)					
M. Bennett	600	385	700	1685	
Open					
M. Phillips	710	440	680	1830	
242 lbs.					
(20-25)					
D. Anderson	430	235	475	1140	
(14-16)					
B. Skinner	350	275	380	1005	
=PPL Records.	It was 98 degrees outside, but about 198 degrees inside! It was hot in Augusta, Georgia. This is the home of James Brown, the Masters, the Skinny Man, and the Python Power League. We had a nice turn out, and the pythons showed up and showed out. Starting with Richard Neal saying the pre-meet prayer, and then best lifter "Mighty" Mark Phillips laying his hands on a successful 710 lb. squat. Best Legends lifter, Michael "Big				
Tymer" Bennet, ripped up a 700 lb. deadlift. Best Teen lifter, Jason "Skinny Boy" Luster, pulled 335 lbs. in the deadlift at 119 lbs. bodyweight, and his 14 year old sister, best female lifter, with a 155 lb. bench at 140 lbs! Lifters from 10 years old to 62 years old had a great time, but the audience got the real treat. We Would like to welcome newcomers: Michael "The Mall Man" Scott, Spencer "Skeeter" Rickman, Glenn "The Growler" Climosons, "Slim" Nettie Williams, Deangelo "Dusty" Bynum, Josh "T-rex" Thomas, Abe "Laid Back" Layman, and his father Rick "Flair" Layman. We'd like to thank Shae Shae Reese, Nay Nay, Sandra "Cocoa" Walker, Pam "Sweet P" Gordon, Jetie "Da Pirhaha" Streetman, Greg "Da Head" Campbell, Jeremiah "Jukebox" Smith, Willie "Soupbone" Morgan, Skrapz, Mannie, Judy "Poodle" Sullivan, Shayla "Downtown" Brown, the Holiday Inn and anyone else associated with this meet. Most importantly, our Lord and savior Jesus Christ, for without him, our father and his grace and mercy none of this could					

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

Signature: \_\_\_\_\_ If under 21 yrs., Parent initial: \_\_\_\_ Date: \_\_\_\_\_ Prior Registration #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_; Gender: \_\_\_\_\_. U.S. Citizen? \_\_\_\_\_. ADFPF Registered Club Member: \_\_\_\_\_

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MONEY ORDER made out to the ADFPF  
to join the ADFPF but who

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have been. Until next time. Stay strong, stay clean, and I'll see you on the platform. (Thanks to Tee "Skinny Man" Meyers, PPL President, for these results)

**SLP St. Louis Open BP/DL  
7 JUL 05 - Pontoon Beach, IL**

BENCH		242 lbs.	
MEN	J. White		325
Novice	Open		
165 lbs.	220 lbs.		
J. Lenhardt	225	D. Berry	425
242 lbs.		DEADLIFT	
T. Berlinger	375!	MEN	
Teen (18-19)		Novice	
308 lbs.		165 lbs.	
T. Forsythe	385!	J. Lenhardt	355!
Junior		242 lbs.	
181 lbs.		T. Berlinger	450!
C. Bensa	425	Teen (18-19)	
220 lbs.		308 lbs.	
M. Bell	360	T. Forsythe	500
Master (50-54)		4th-525	

=Son Light Power Illinois State Records. Best Lifter Bench: Cole Bensa. The Son Light Power St. Louis Open Bench Press/Deadlift Championship was held at American Family Fitness Center. Thanks to owner Ron Shafer for hosting this event. In the bench press competition, Justin Lenhardt won at novice 165 with 225. At novice 242, it was newcomer Tony Berlinger with a strong 375, though making just his opener. Another new lifter was teenage 18-19/308 champion Tom Forsythe. Tom finished with a new state record of 385, just missing a final attempt with a personal best 400. At junior 181, it was best lifter Cole Bensa, making just his opener of 425. Cole has the strength to lockout 500, but just needs a little more shirt. Also at junior was 220 winner Matt Bell. Matt, as well, only got in his opener, but has been fighting a viral infection for a while and it will just take a little time to get back to his previous best near 500. John White got a personal record at 50-54/242 with his second attempt 325. Changing shirts for his final attempts didn't seem to help him find the groove with 330. Our final competitor was D. R. Berry, who won at 220 open with a strong 425. A final with 455 was close, but with his recent weight loss had lost some of his shirt. In the deadlift competition Justin Lenhardt set the state record at novice 165 with a strong 355 personal best. Tony Berlinger won his second title of the day, with his second state record at novice 242. Again, making just his opener with 450, Tony shows lots of potential and natural raw strength. Our final deadlifter was Tom Forsythe, pulling a strong 500 at 18-19/308, followed by an even stronger 525 fourth attempt. This matched his own personal best. Thanks to Jeff Welker, Matt Bell and Wee-Man for their help loading and spotting. See you all back here September 18 for the SLP St. Louis Open II Bench Press/Deadlift Championship! (Thanks to Dr. Darrell Latch for results)

**Lakeland Powerlifting Meet  
22 MAY 05 - Coldwater, MI**

	SQ	BP	DL	TOT
123-132 lbs.	315	245	365	925
Tran				
132-148 lbs.	285	275	410	970
Vang				
Curry El	275	—	405	680
148-165 lbs.				
Buffen	240	275	315	830
165-181 lbs.				
Chapman	435	320	515	1270
181-198 lbs.				
Micheals	475	325	475	1275
Worth	365	320	500	1185
Gregory	315	295	435	1045
Morgan	245	245	505	995
Loepke	335	225	—	560
198-220 lbs.				
Carter-X	675	330	495	1500
McCoy	315	335	495	1145
Villa	345	—	495	840
220-242 lbs.				
Henley	695	—	—	695
Meet Director: Mr. Bruce White. Carter X set the squat records for LCF. 14 lifters competed, and four bombed out. (Thanks to Bruce White for providing these results)				

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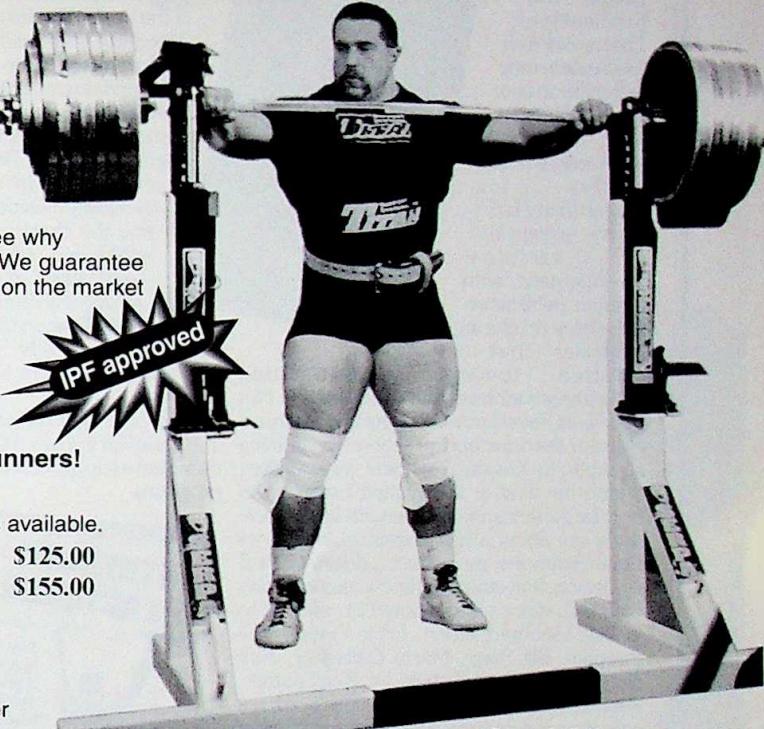
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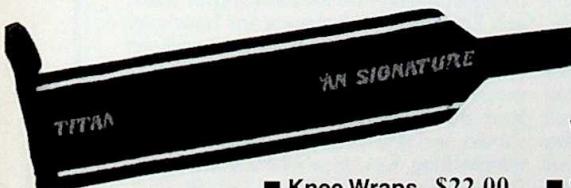
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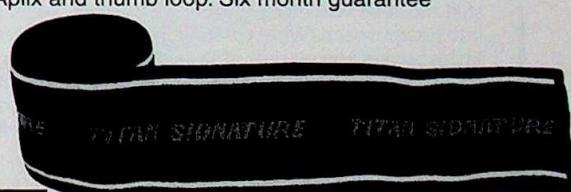
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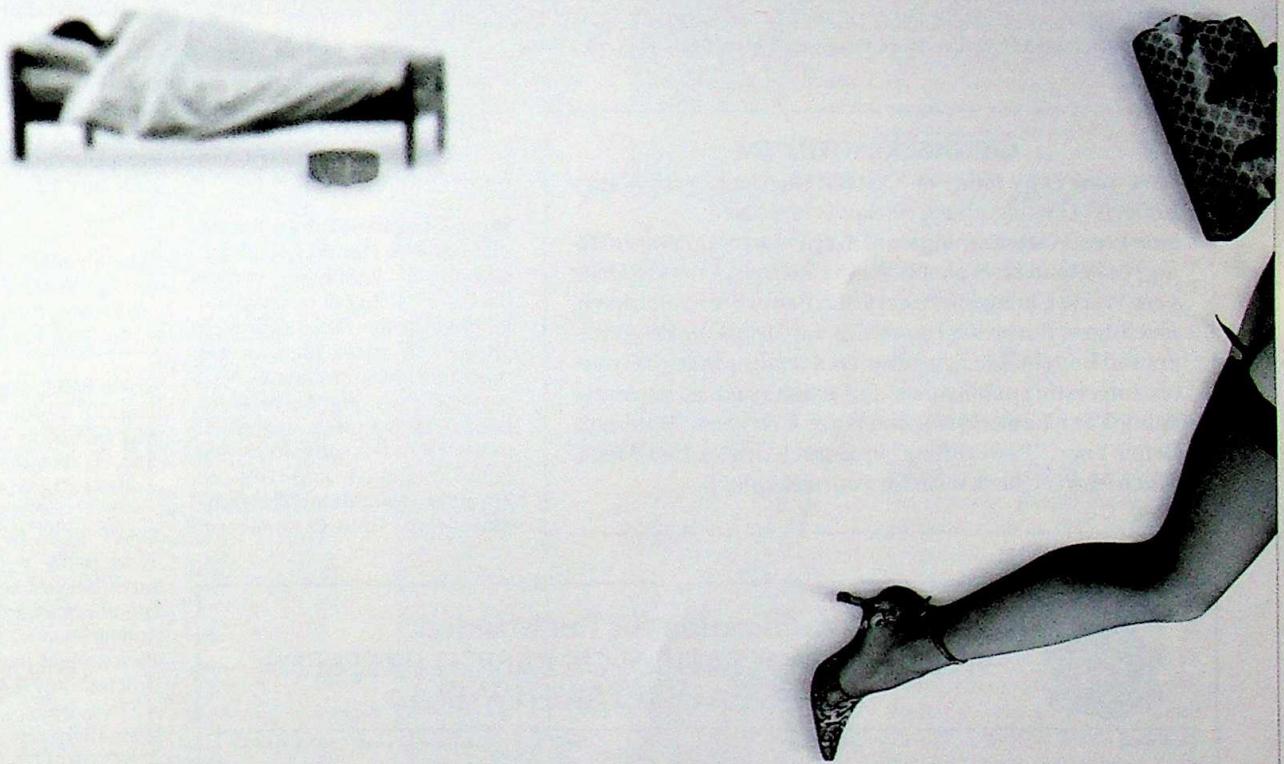
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			Pro	Am	

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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	
Street Address			Club Name	
City		State	Zip	Area Code/Telephone
Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		M F
Today's Date		Card Issued By		

#### Registration Fee:

Adults \$25

Teens \$15

Make checks payable to and mail to:  
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P.O. Box 27499  
Golden Valley, MN 55427

If under 18, have parent initial \_\_\_\_\_

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

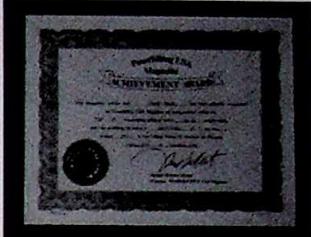
In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature \_\_\_\_\_

# TOP 100

For standard 114 lb./52 Kg. USA lifters in results  
received from Jul/2004 through Jun/2005

## PL USA Top 100 Achievement Awards



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

## NEXT MONTH... TOP 123s

**CORRECTIONS** ... Randy Bumgarner should have been credited with a 605 lb. bench press on the last TOP 100 SHW ranking list. Jose Garcia's performance of 8/7/04 was actually done in the 275 lb. class. On page 64 of the August 2005 issue of PL USA, Mr. Forte's name was spelled wrong. Jeannie Watts photo in the July issue, and that of Kelly and Mike Womack, were from a different WABDL meet in Sacramento, than the one held on September 18th. C. Rogers should have been credited with a 600 bench press on the TOP 100 275 lb. class list. Rick Chavez indicates he should have been credited with a 719 squat on the 2004 TOP 20 Masters list for the 242 lb. class. Mike Miller indicates that the disavowal of his 1200 lb. squat on the internet was a misrepresentation and that the lift should have been counted on the TOP 100 SHW ranking. If you find errors in our lists or results, let us know at PL USA Errors, Box 467, Camarillo, CA 93011 for a correction.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	457 Milian, E..5/14/05	319 Pham, H..12/2/04	518 Gainer, E..7/9/04	1251 Gainer, E..7/9/04
2	440 Gainer, E..5/6/05	308 Gainer, E..7/9/04	462 Milian, E..5/14/05	1162 Milian, E..5/14/05
3	435 Leoni, R..8/21/04	270 Scheldrup, T..6/11/05	446 Askew, M..5/14/05	1086 Leoni, R..8/21/04
4	413 Scruggs, J..7/9/04	265 Cohn, D..8/21/04	440 Leoni, R..8/21/04	1052 Askew, M..5/14/05
5	410 Zeolla, G..4/16/05	253 Barleen, D..5/20/05	413 Scheldrup, T..7/9/04	1030 Zeolla, G..4/16/05
6	402 Kirkland, M..6/4/05	242 Milian, E..5/14/05	410 Zeolla, G..7/9/04	1008 Summers, D..4/16/05
7	395 Soto, L..4/2/05	242 Askew, M..5/14/05	402 Sonnier, C..5/14/05	981 Barleen, D..5/20/05
8	380 Summers, D..4/16/05	236 Silva, K..11/10/04	402 Barleen, D..5/20/05	964 Scheldrup, T..7/9/04
9	363 Askew, M..5/14/05	236 Summers, D..4/16/05	395 DeLaCruz, R..3/12/05	959 Sonnier, C..5/14/05
10	363 Sonnier, C..5/14/05	230 Gualteri, V..11/19/04	391 Summers, D..4/16/05	955 Soto, L..4/2/05
11	363 Hartwig, S..5/26/05	230 Murphy, G..12/11/04	388 Westbrook, C..5/14/05	931 Hartwig, S..5/26/05
12	360 Arness, D..4/2/05	230 Faccio, .4/30/05	375 Hill, A..4/2/05	931 Kirkland, M..6/4/05
13	350 Simmons, B..4/2/05	215 Aanenon, K..3/5/05	375 Simmons, B..4/2/05	920 Hill, A..4/2/05
14	341 Welch, J..4/16/05	215 Zeolla, G..4/16/05	375 Kearney, C..4/2/05	905 DeLaCruz, R..3/12/05
15	340 Nieto, R..3/12/05	215 Arnagno, .5/21/05	375 Soto, L..4/2/05	905 Simmons, B..4/2/05
16	336 Marietta, Leah..4/16/05	214 Leoni, R..8/21/04	370 Arrivillaga, D..4/2/05	905 Arness, D..4/2/05
17	335 Guerrero, L..3/12/05	210 Hill, A..4/2/05	365 Thomas, J..12/4/04	895 Nieto, R..3/12/05
18	335 Hill, A..4/2/05	210 Henson, J..4/2/05	365 Perez, E..4/2/05	890 Arrivillaga, D..4/2/05
19	335 Arrivillaga, D..4/2/05	209 Henson, S..5/14/05	363 Hartwig, S..5/26/05	890 Perez, E..4/2/05
20	330 Perez, E..4/2/05	205 Logsdon, H..8/28/04	360 Nieto, R..3/12/05	870 Ortiz, F..4/2/05
21	330 Ortiz, F..4/2/05	205 Thomas, A..3/5/05	360 Arness, D..4/2/05	870 Smith, E..4/2/05
22	330 Smith, E..4/2/05	205 Villanueva, R..3/12/05	360 Ortiz, F..4/2/05	859 Welch, J..4/16/05
23	330 Villanueva, R..4/2/05	205 Mendez, E..4/2/05	360 Foley, M..4/2/05	855 Villanueva, R..3/12/05
24	330 Hampton, D..4/2/05	203 Hartwig, S..5/26/05	360 Pearman, C..4/9/05	850 Guerrero, L..3/12/05
25	325 Bachor, R..3/11/05	200 DeLeon, E..4/2/05	352 Kirkland, M..8/21/04	850 Jones, J..4/2/05
26	325 DeLaCruz, R..3/12/05	200 McAvoy, T..4/9/05	350 Smith, E..4/2/05	850 Westbrook, C..5/14/05
27	325 Goldthwaite, M..4/2/05	200 Luster, J..4/16/05	350 Jones, J..4/2/05	845 Kearney, C..4/2/05
28	325 Diaz, P..4/2/05	195 Nieto, R..3/12/05	350 Thomas, A..4/2/05	840 Goldthwaite, M..4/2/05
29	325 Barleen, D..5/20/05	195 Perez, E..4/2/05	350 Garrett, J..4/2/05	835 Wait, M..3/5/05
30	320 Burnett, J..4/2/05	192 Sonnier, C..5/14/05	347 Scheppé, K..4/16/05	830 Foley, M..4/2/05
31	320 Martin, E..4/2/05	190 Wait, M..3/5/05	345 Wait, M..3/5/05	830 Thomas, A..4/2/05
32	315 Jones, J..4/2/05	190 Guerrero, L..3/12/05	345 Tucker, B..3/18/05	830 Burnett, J..4/2/05
33	315 Kearney, C..4/2/05	190 Salazar, R..3/12/05	345 Burnett, J..4/2/05	826 Marietta, Leah..4/16/05
34	315 Foley, M..4/2/05	190 Soto, L..4/2/05	345 Hernandez, J..4/2/05	825 DeLeon, E..4/2/05
35	315 Lozano, D..4/2/05	190 Smith, E..4/2/05	341 Welch, J..4/16/05	821 Knight, M..9/8/04
36	314 Scheldrup, T..7/9/04	190 Goldthwaite, M..4/2/05	340 Acosta, J..4/2/05	820 Garrett, J..4/2/05
37	314 Knight, M..9/8/04	187 Hollier, J..9/10/04	335 Bachor, R..3/11/05	820 Acosta, A..4/2/05
38	314 Rinn, S..5/14/05	185 Henley, A..3/5/05	335 Palubicki, C..3/11/05	810 Bachor, R..3/11/05
39	310 DeLeon, E..4/2/05	185 DelaCruz, R..3/12/05	335 Ramirez, J..3/12/05	810 Rinn, S..5/14/05
40	310 Garrett, J..4/2/05	185 Arness, D..4/2/05	330 Walker, N..3/5/05	805 Lozano, D..4/2/05
41	305 Acosta, J..4/2/05	185 Arrivillaga, D..4/2/05	330 Stephens, B..3/18/05	800 Hernandez, J..4/2/05
42	305 Gonzalez, C..4/2/05	185 Jones, J..4/2/05	330 Lozano, D..4/2/05	800 Henson, J..4/2/05
43	303 Grubbs, C..4/16/05	185 Gomez, A..4/2/05	330 Young, R..4/2/05	800 McAvoy, T..4/9/05
44	300 Wait, M..3/5/05	185 Claypatch, .5/7/05	325 Knight, M..9/8/04	795 Gomez, A..4/2/05
45	300 Winchell, S..3/11/05	181 Knight, M..9/8/04	325 Henley, A..3/5/05	795 Diaz, P..4/2/05
46	300 Tucker, R..3/12/05	181 Resendez, E..11/20/04	325 Villanueva, R..3/12/05	795 Pearyman, C..4/9/05
47	300 Salas, A..3/12/05	181 Grubbs, C..4/16/05	325 Guerrero, L..3/12/05	790 Martin, E..4/2/05
48	300 Pawelek, C..3/18/05	181 Kirkland, M..6/4/05	325 Goldthwaite, M..4/2/05	785 Winchel, S..3/11/05
49	300 Gunderson, E..4/2/05	180 Fisher, D..3/5/05	325 McAvoy, T..4/9/05	785 Faccio, .4/30/05
50	300 Santos, B..4/2/05	180 Simmons, B..4/2/05	325 Marietta, Leah..4/16/05	780 Gunderson, E..4/2/05
51	300 Perez, T..4/2/05	180 Ortiz, F..4/2/05	325 Faccio, .4/30/05	780 Mendez, E..4/2/05
52	297 Fry, H..8/14/04	176 Leach, M..7/24/04	320 Winchel, S..3/11/05	777 Grubbs, C..4/16/05
53	295 Smith, K..3/18/05	176 Jones, W..1/29/05	320 Fox, J..3/18/05	775 Walker, N..3/5/05
54	292 Denmon, A..8/7/04	176 Welch, J..4/16/05	320 Henson, J..4/2/05	775 Henley, A..3/5/05
55	290 Gomez, A..4/2/05	176 Rogers, A..4/22/05	320 Gomez, A..4/2/05	775 Palubicki, C..3/11/05
56	292 Westbrook, C..5/14/05	175 Haines, L..11/27/04	320 Gunderson, E..4/2/05	771 Scheppé, K..4/16/05
57	290 Molosso, M..11/6/04	175 Acosta, J..4/2/05	320 Perez, T..4/2/05	770 Fisher, D..3/5/05
58	285 Fisher, D..3/5/05	175 Hernandez, J..4/2/05	319 Rogers, A..4/2/05	770 Ramirez, J..3/12/05
59	285 Goods, M..3/5/05	172 Stiltner, C..4/2/05	315 Tucker, R..3/12/05	770 Young, R..4/2/05
60	285 Palubicki, C..3/11/05	170 Walker, M..3/5/05	315 Ford, R..3/26/05	770 Hampton, D..4/2/05
61	285 Houle, L..3/11/05	170 Scheppé, K..3/19/05	315 DeLeon, E..4/2/05	760 Tucker, R..3/12/05
62	285 Young, R..4/2/05	170 Westbrook, C..5/14/05	315 Diaz, P..4/2/05	760 Santos, B..4/2/05
63	280 Fox, J..3/18/05	170 Patel, H..6/4/05	315 Hampton, D..4/2/05	755 Rogers, A..4/22/05
64	280 Hernandez, J..4/2/05	170 Shuttleworth, M..6/11/05	310 McGlynn, C..3/6/05	750 Salas, A..3/12/05
65	275 Marietta, Lori..9/8/04	165 Williamson, B..18/4/04	310 Martin, E..4/2/05	750 Perez, T..4/2/05
66	275 Walker, N..3/5/05	165 Miller, H..11/10/04	310 Mendez, E..4/2/05	745 Gonzalez, C..4/2/05
67	275 Brewer, J..3/11/05	165 Winchel, S..3/11/05	310 Santos, B..4/2/05	735 Molosso, M..11/6/04
68	275 Dahl, J..3/11/05	165 Reyes, L..3/12/05	308 Patel, H..6/4/05	735 Arnagno, .5/21/05
69	275 Webb, B..3/11/05	165 Denmon, A..3/18/05	305 Lister, K..12/4/04	730 Goods, M..3/5/05
70	275 Ramirez, J..3/12/05	165 Burnett, J..4/2/05	305 Fisher, D..3/5/05	725 Stephens, B..3/18/05
71	275 Herrera, B..3/12/05	165 Richardson, C..4/9/05	305 Juanglo, J..4/23/05	720 Frederickson, S..3/5/05
72	275 Fraser, S..3/18/05	165 Marietta, Leah..4/16/05	303 McGonagle, T..8/21/04	720 Reyes, L..3/12/05
73	275 Thomas, A..4/2/05	165 Carlson, B..6/25/05	303 Williamson, B..9/25/04	720 Denmon, A..3/18/05
74	275 Maestas, R..4/2/05	160 Molosso, M..11/6/04	303 Metcalf, P..12/4/04	716 Patel, H..6/4/05
75	275 McAvoy, T..4/9/05	160 Goods, M..3/5/05	300 Williams, S..11/6/04	715 Salazar, R..3/12/05
76	275 Pearman, C..4/9/05	160 Ramirez, J..3/12/05	300 Carden, M..2/12/05	710 Fox, J..3/18/05
77	275 Hester, J..5/14/05	160 Laguna, M..3/12/05	300 Frederickson, S..3/5/05	705 Babsy, D..4/2/05
78	270 Frederickson, S..3/5/05	160 Garrett, J..4/2/05	300 Reyes, K..3/12/05	705 Maestas, R..4/2/05
79	270 Henson, J..4/2/05	160 Lozano, D..4/2/05	300 Parks, D..3/18/05	705 Hester, J..5/14/05
80	270 Babsy, D..4/2/05	160 Martin, E..4/2/05	300 Estrada, C..3/18/05	700 Herrera, B..3/12/05
81	265 Fairchild, K..11/20/04	160 Gunderson, E..4/2/05	300 Gonzalez, C..4/2/05	700 Luster, J..4/16/05
82	265 Henley, A..3/5/05	160 Pearman, C..4/9/05	300 Babsy, D..4/2/05	699 Williamson, B..9/25/04
83	265 Wilson, C..3/11/05	160 Garrett, T..4/30/05	300 Cooper, C..4/9/05	699 Metcalf, P..12/4/04
84	265 Ghinaido, C..3/18/05	159 Garner, C..8/14/04	300 Andiorio, .5/21/05	695 Rein, J..4/2/05
85	265 Mendez, E..4/2/05	159 Lemes, M..9/10/04	297 Zintmaster, B..8/21/04	690 Williams, S..11/6/04
86	264 Hansen, M..4/2/05	159 Brigham, C..4/9/05	297 Hansen, M..4/2/05	690 Brewer, J..3/11/05
87	260 Williams, S..11/6/04	155 Dunn, .9/25/04	295 Rico, O..3/5/05	690 Sealy, R..3/18/05
88	260 Stephens, B..3/18/05	155 John, A..10/23/04	295 Brewer, J..3/11/05	685 Dahl, J..3/11/05
89	260 Sealy, R..3/18/05	155 Palubicki, C..3/11/05	295 Salas, A..3/12/05	683 Hairston, D..12/11/04
90	260 Credeur, M..3/18/05	155 Salas, A..3/12/05	295 Sealy, R..3/18/05	683 Fry, H..2/13/05
91	260 Berry, V..3/18/05	155 Kearney, C..4/2/05	292 Zadubera, S..11/10/04	683 Brigham, C..4/9/05
92	260 Cantu, K..3/18/05	155 Foley, M..4/2/05	292 Hairston, D..12/11/04	680 Fairchild, K..11/20/04
93	260 Cooper, C..4/9/05	155 Diaz, P..4/2/05	292 Baldwin, S..4/2/05	680 Whatley, M..3/5/05
94	259 Metcalf, P..12/4/04	155 Young, R..4/2/05	292 Grubbs, C..4/16/05	680 Smith, K..3/18/05
95	259 Brigham, C..4/9/05	154 Sage, O..9/19/04	290 San Miguel, D..3/5/05	680 Cooper, C..4/9/05
96	259 Rogers, A..4/22/05	154 Hairson, D..12/11/04	290 Herrera, B..3/12/05	680 Carlson, B..6/25/05
97	255 Reyes, L..3/12/05	154 Rein, J..4/2/05	287 Badgjari, A..7/31/04	677 Deutsch, J..10/5/04
98	255 Laguna, M..3/12/05	150 Frederickson, S..3/5/05	286 Deutsch, J..10/5/04	677 Hansen, M..4/2/05
99	254 Sealy, R..3/18/05	150 Whatley, M..3/5/05	286 Fleming, J..10/29/04	675 Pawelek, C..3/18/05
100	253 Scheppe, K..4/16/05	150 Bachor, R..3/11/05	286 Clough, J..3/26/05	672 Marietta, Lora..9/8/04

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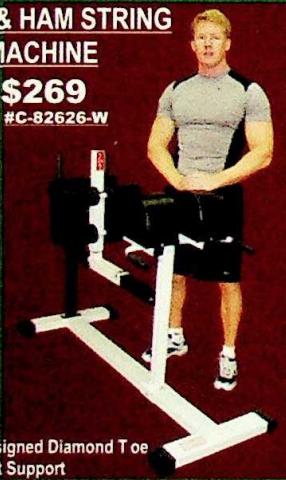


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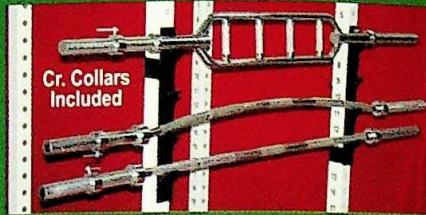
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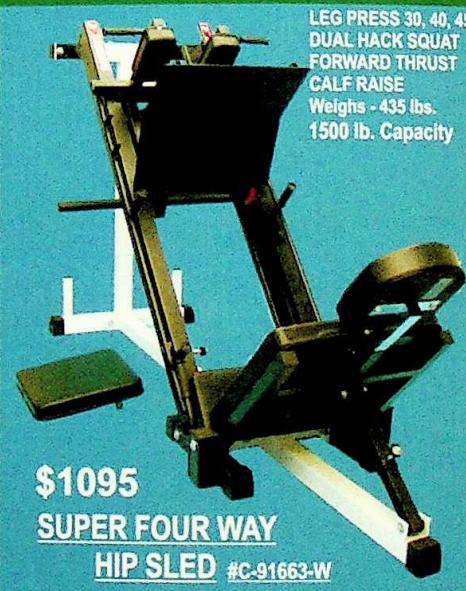


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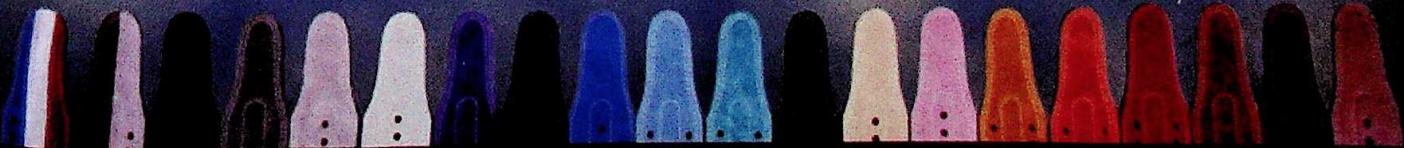
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