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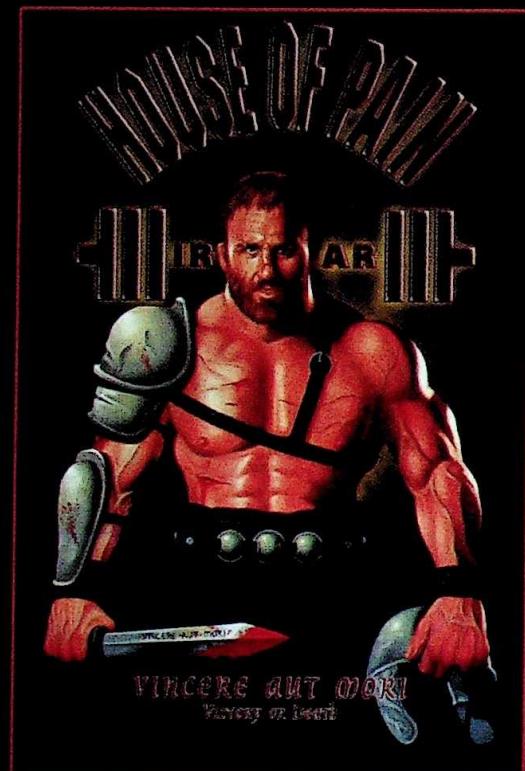
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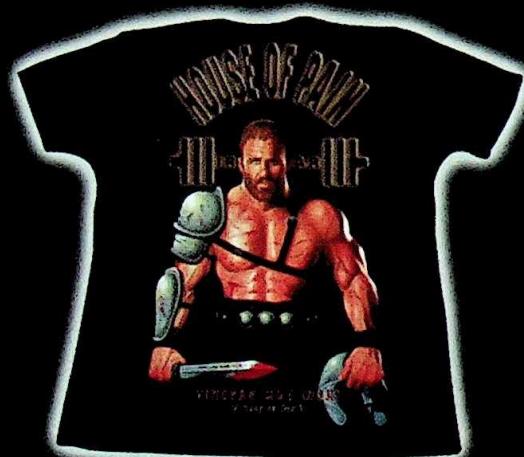
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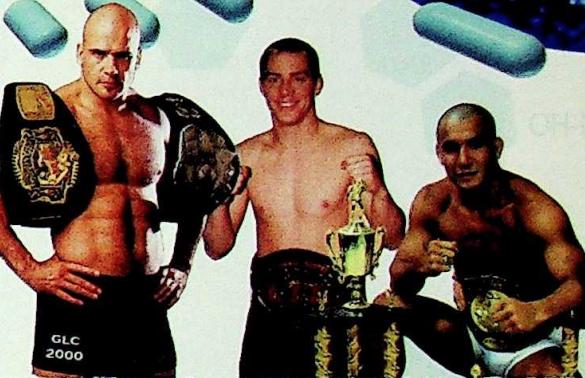
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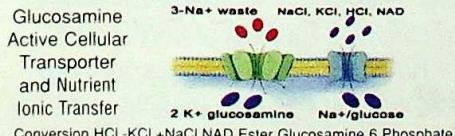
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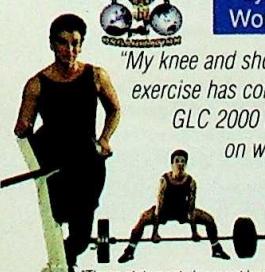


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ON THE COVER Matt Lamarque broke the 700 lb. barrier with a 705 @ 220 at the WABDL California State Meet, with his father watching him lift for the first time. (CSS Design)

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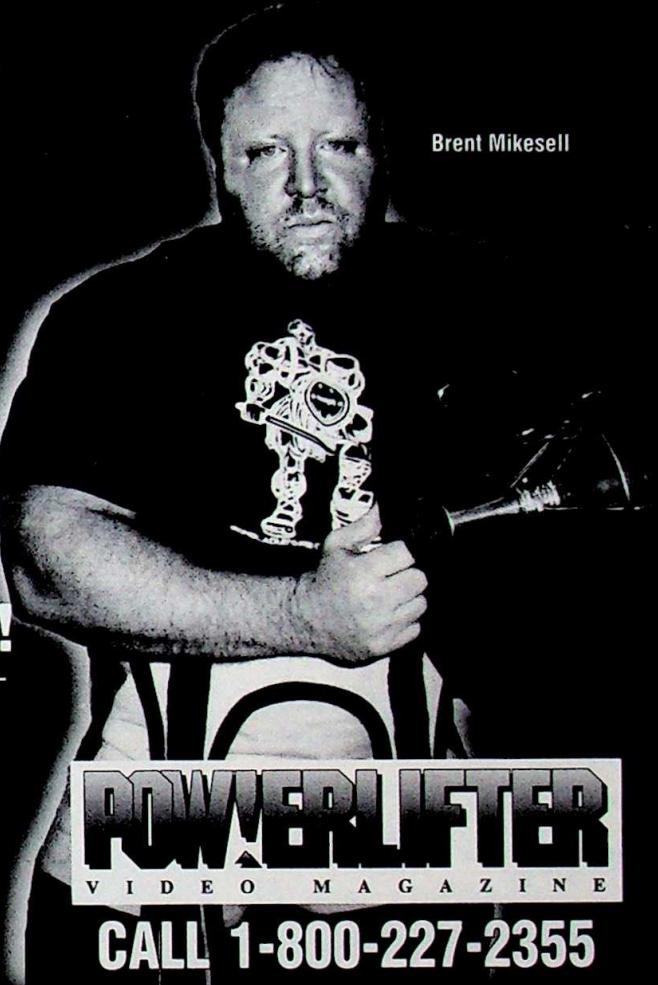
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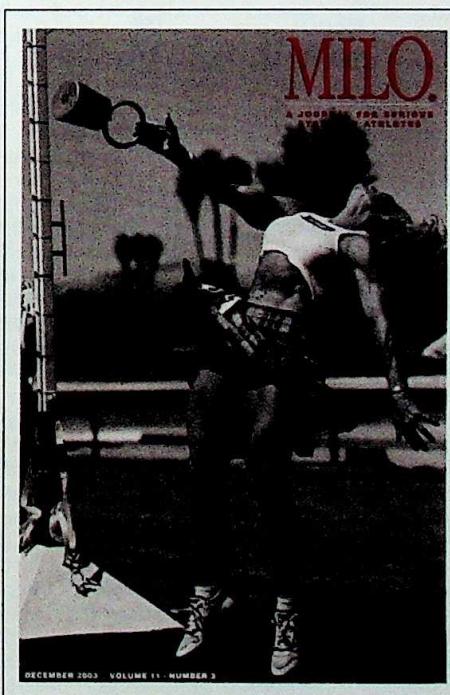
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NICK BUSICK'S NEXT MOVE

as told to Powerlifting USA by Marty Gallagher



Nick Busick, former police officer and professional wrestler, squatting 630 back in the '80s. (Giarletto)

"An army of thousands can be resisted but not an idea whose time has arrived."

Victor Hugo

The most innovative thinker in powerlifting is Nick Busick. He has a vision for the sport unlike anything ever concocted: regional teams, two man powerlifting squads battling for supremacy in head-to-head competition. Mr. Busick, a former police officer and WWF professional wrestler, is the corporate investigator for MTRGAMING and he recently outlined his powerlifting vision. "Our goal is to have fifteen two-man powerlifting teams representing different regions from within the United States. These teams, we anticipate, will be owned by corporations and compete against one another; the public will watch on TV as fans legally bet on the outcomes. Each squad will be comprised of one athlete weighing under 200-pounds while the second squad member will weigh over 200-pounds. Each team will represent a major city or geographic region and all will compete for prize money." ESPN continues to have an interest in Busick's vision; this is quite encouraging and a direct result of the strong ratings and positive viewer response when

Mountaineer Cup II and Cup V were televised. According to Busick, this year the TV powerlifting coverage will double. "We've agreed with ESPN to promote two 30-minute powerlifting TV shows within the next year." The televised powerlifting competitions will take place this August at the Rivera Casino in Las Vegas.

In August of the year 2005 powerlifting team franchises will be purchased by business owners, corporations and private citizens. Nick elaborated, "We're working on a future team template based loosely on NASCAR. Corporations will purchase a team franchise and advertise with logos on the lifter's uniforms, much the same way as NASCAR and Formula 1 racecar teams and drivers. If we can combine corporate team sponsorship with extensive TV coverage and sports betting, team powerlifting will be the wave of the future." Sports betting is a wild card that could prove a tremendous boon to the obscure sport. One reason the televised team championships will be held in Las Vegas this year is to perk the interest of the sports betting establishment. If the Vegas sporting books were to list powerlifting as one of the sports on which they lay odds, take wagers and actively promote, a rapid influx of money, prestige and legitimacy

would be assigned to the infant sport of team powerlifting. Nick is optimistic about the prospects, "If we succeed in getting the big sport betting institutions to recognize powerlifting and promote it, the whole sport and particularly the team concept would be catapulted up to the next level. I cannot overemphasize how significant it would be if the legalized betting establishment were to take an interest in team powerlifting."

If all this wasn't enough to make a powerlifters head spin, in order to keep team powerlifting vibrant and intensely competitive, Nick is working with the NFL Player's Association, specifically with former Pittsburgh Steelers Robin Cole, to lay the groundwork for a powerlifting "draft." The draft would take place each year and the franchised teams would select lifters for the coming season. The order of the selections would be based on how the respective teams finished in the rankings at the end of the prior year. "Robin Cole and I are developing a concept that assumes fifteen regional teams will be in existence," Nick said, "The 15th place finisher from the previous season would be given the 1st draft pick and the 1st place team finisher from the previous year would draft 15th." The draft is designed to ensure parity between the

powerlifting teams and maintain maximum competitiveness among the league participants. Nick and Robin want to avoid a situation where one team hogs or buys the top talent and kills the chances for other teams. Nick feels the draft is a year away from reality. In the meantime in order to provide competitive squads for upcoming Mountaineer Cup in August in Las Vegas, teams will be selected and constructed in a methodically fair fashion. "Teams will be selected based on lifter rankings. The top fifteen lifters under 200-pounds will be paired in reverse order with the top fifteen lifters over 200-pounds."

We asked Nick to elaborate, "For example if the pairings were made today, the number #1 ranked heavyweight, Brian Siders, would be paired with the number #15 ranked under 200-pound athlete. The number #2 ranked heavyweight would be paired with the number #14 ranked under 200-pound lifter... so on and so forth until the number #15 ranked heavyweight would be paired with the number #1 ranked under 200-pound lifter. The idea is to establish balance in order to ensure competitiveness right from the start. This approach will prove attractive to TV audiences, fans and particularly those who wager." In team powerlifting the best aggregate total wins: if the big man on the team totals 2300 and the under 200-pound squad member totals 1900, the combined total would be 4,200. If two squads tie on the combined total the winner is determined by which team is the lightest. A team with members weighing 189-pounds and 342-pounds would be weighing 531-pounds combined. If this squad tied in total with another squad with a combined weight of 525, squad #2 would win by virtue of being lighter. Nick Busick is very specific about future plans and the timing, "In 2005 we will be instituting our first powerlifting draft based on the NFL/NBA draft format. Three draft qualifying meets will occur beforehand and lifters who participate in one of these three competitions will be eligible for the draft. Draft qualifying meets will be held in Texas, California and West Virginia."

The draft itself is scheduled to take place at the conclusion of Mountaineer Cup VI in August 2004. Nick describes how he sees the interrelated events unfolding, "We have already achieved the primary goals of the initial five year business plan we laid out in 1998: we established credibility and successfully instituted the team concept. We secured TV coverage and have run five successive Mountaineer Cup competitions. Now we embark on our second five

year business plan and the kickoff event will be the Mountaineer Cup VI at the Riviera Casino this August in Las Vegas. We want fifteen teams to compete for Mountaineer Cup VII the following August, each team is projected to be owned by a corporation or individual franchisee. We will have a licensee arrangement for each team. At the end of Mountaineer Cup VI we intend on having our first powerlifting draft." The Mountaineer Cup will take place in Las Vegas on August 13th and 14th of 2004 at the Riviera Casino and will coincide with the IFF sanctioned International Powerlifting Championships. "We have the NFL

player's association endorsement on the entire concept. They are working with us to turn the concept into reality and have been instrumental in helping us mature the process. Robin Cole, former Pittsburgh Steelers great, is the owner of the Pittsburgh franchise."

In some ways Nick's ambitious approach puts one in mind of the American Football League when it was launched as a competitor to the National Football League back in the early 1960's. Like the old AFL, there are plenty of pessimistic predictions of doom for Nick's innovative approach - of course the same predictions of doom were plentiful five years ago when Nick

launched the Mountaineer Cup and announced his first five year plan. Now, five years later, he has completed phase I and is about to launch his second 5-year plan; one more ambitious and complex than anything ever attempted in the sport of powerlifting. If he can pull it off the ultimate winner will be powerlifting and powerlifters. With a mass infusion of TV viewers, sports betting and the excitement generated by the team concept, the big winners would be participants and lovers of the sport. Mr. Nick had one final revelation, "I have had some serious interest on the part of major corporations that are interested in purchasing

team powerlifting franchises; it is an ideal time and an ideal way for corporations and private owners to get into this new game at bargain basement prices. When the idea takes off like I expect, owning a powerlifting team franchise would prove to be a really shrewd investment." Just ask those crazy folks who went out on a limb and purchased American Football League teams way back when. Who is to say? Ten years from now team powerlifting could be an integral part of the American competitive landscape and Nick Busick could be hailed as the visionary who developed a unique idea; an idea whose time had come.

Mountaineer Cup VI Team Powerlifting Championship

August 13-14 2004

Las Vegas, Nevada

Competitor Public Notification

Team Seating

	Heavyweight	Total	Lightheavy	Total	Seating
1	Brian Siders	2380	Johnny Vasquez	1416.46	3796.46
2	Bob Hester	1851.86	Matthew Zweng	1906	3757.86
3	Steve Goggins	2281	Isaac Chapa	1438.5	3719.5
4	Beau Moore	2303	Trenton Wade	1416.46	3719.46
5	Evan Whalen	1901.47	Mike Danforth	1769	3670.47
6	Scott Smith	2204	Ricardo Ayala	1455.04	3659.04
7	Sylvester Crumbley	1906	Anthony Conyers	1730	3636
8	Zack Hudak	1934	Alan Haga	1697	3631
9	Ted Isabella	1951	Ted Linn	1669	3620
10	Josh Bryant	1945	Max Solomon	1675	3620
11	Gene Bell	1956.58	Dan Lass	1658	3614.58
12	Art Labare	2105	Ryan LeDoux	1499.13	3604.13
13	Brian Schoonveld	2055.79	Adam Kwiatkowski	1510	3565.79
14	Ed Coan	1967.61	Joe Norman	1576	3543.61
15	Michael Anderson	1984	Bobby Hayden	1543	3527

The above-mentioned competitors are hereby publicly notified they have qualified as an individual team member as listed. A written letter of intent to compete is required. Noncompliance will result in disqualification of competitor. The letter of intent from said competitor(s) must be received no later than July 17, 2004 in order to receive certain compensations allotted. Mail, email or fax letter of intent to:

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Attention: N. R. Busick

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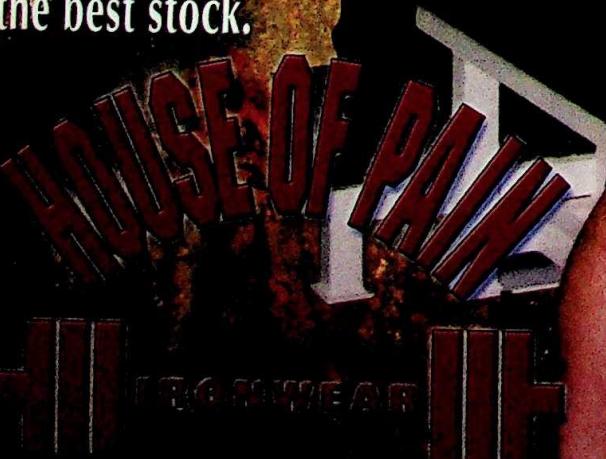
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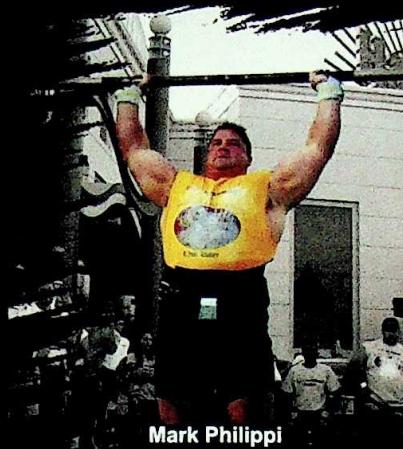
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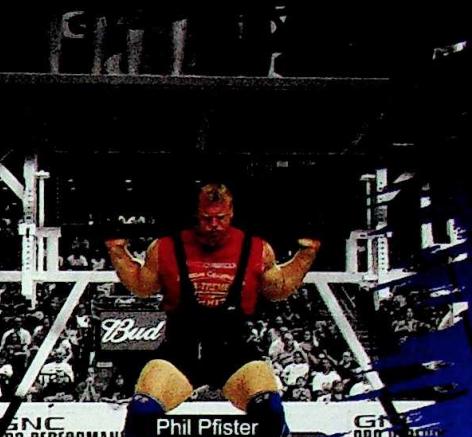
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POWER SCENE



Inductees into the California Powerlifting Hall of Fame included....Vicky Hembree and Mike Lambert (l), and Don and Fran Haley (r).

Springtime has been a busy time, and *POWER!SCENE* has been all over Southern California and all over the U.S. The first trip was down the freeway to Los Alamitos, where Steve Denison, Manny Sanchez, and Bill Ennis put on the USPF PL & BP Championships, and the first ever California Powerlifting Hall of Fame Induction Ceremony.

Covering lifters and officials from the 1960's to the 1980's, the ceremony honored many of powerlifting's pioneers and

legends. Pat Casey, who did the first 'official' 600 lb. bench (at a YMCA meet in 1961) was one of the inductees. Among the many others were George Frenn, 1967 USPFSr. Nationals 242lb champ and a member of the 1972 U.S. Olympic team in the hammer throw, Mike Lambert, founder and publisher of *POWERLIFTING USA*, Vicky Hembree, the first woman in the world to deadlift 500 lbs., and longtime officials Don and Fran Haley.

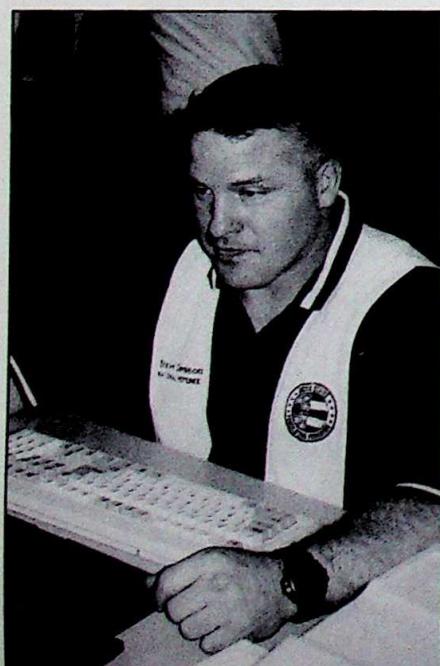
Congratulations to all the

inductees, and to all the organizers for putting on a terrific event, and then following it up with a PL meet. At the meet were many of California's dedicated lifters, lots of whom we've profiled before, such as Bob Evans, Mari Asp, Brian Meek, Lance Slaughter, and Ken Tate.

Mari Asp hit a PR 292 BP in the 148 class, and she's aiming for a 300 this summer. Ken Tate hit 413 in the 181's, and we visited him the following week at the American Eagle Gym, for a

POWER!LIFTER VIDEO workout. We caught Ken on a Saturday morning, and he showed us what works for him. Using only a shoulder width grip (that's narrow in today's world), and having long arms, Ken has benched in the mid 400's, weighing only 176 lbs. We saw his pyramid benching, followed by some heavy dumbbell presses, and some inclines on the Smith machine. Ken's aiming for a BPPR later this year and we wish him good luck.

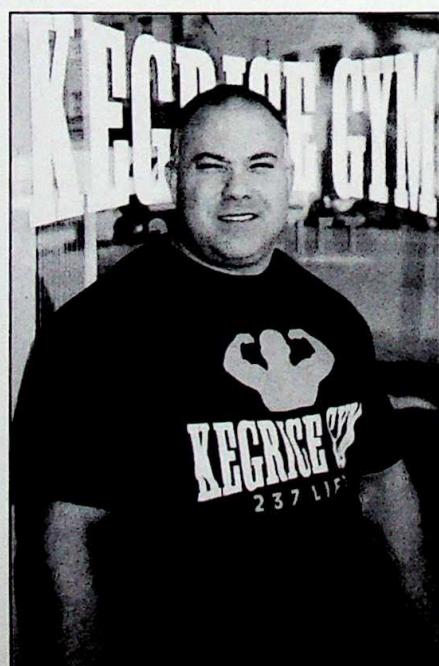
San Diego's James Kegrice



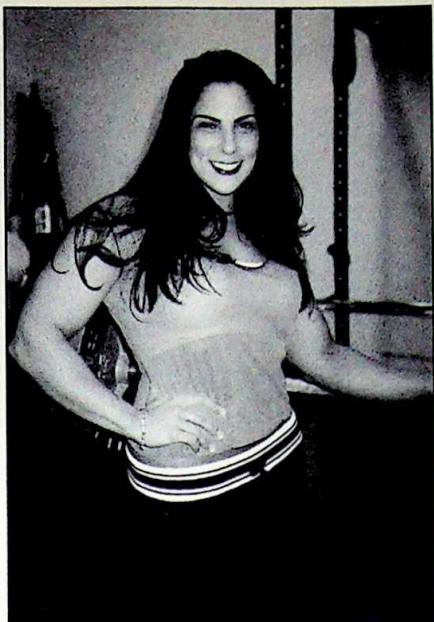
Steve Denison...a dedicated USPF organizer.



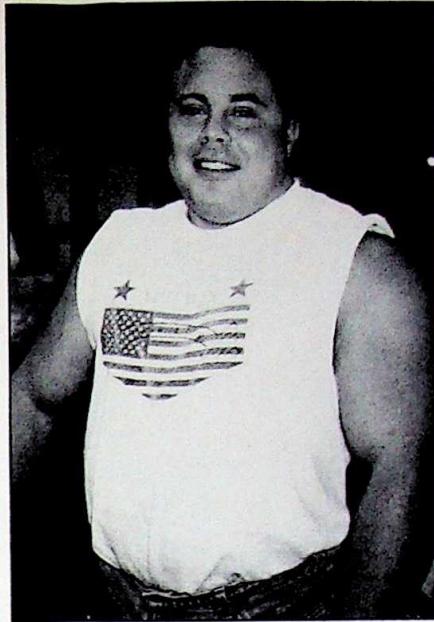
Ken Tate...also at the USPF Championships.



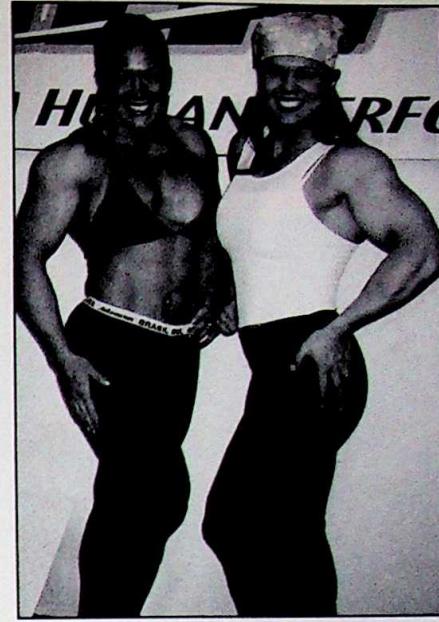
James Kegrice...owner of "The Kegrice Gym."



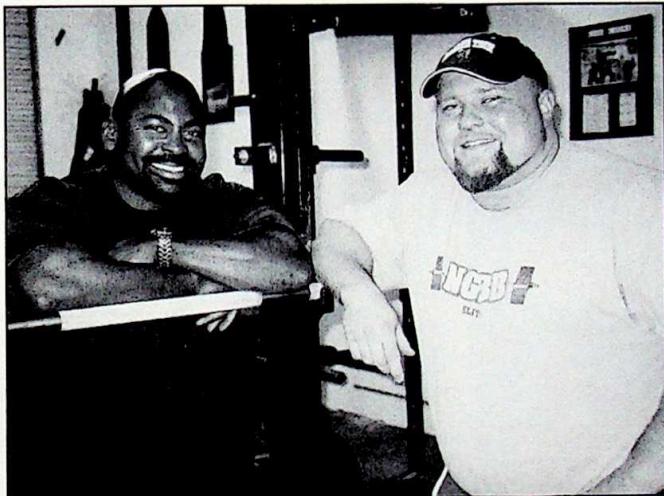
Kara Bohigian...time out from her workout.



Scott Albano...2004 Arnold MW Champion



Heather Lee (l) and Elena Seiple...real muscle!



Steve Goggins (l) and Jon Grove at the North Georgia Barbell Club.

opened his own gym in 2002, and is building a powerlifting team. We visited him one sunny Spring afternoon to see some serious squatting, for another **POWERLIFTER! VIDEO** workout. James was doing reverse band squatting, something we hadn't seen before, and given James's results, it must work. At 198 lbs., and he's been in that weight class for twenty years (is that some sort of record?), James has PR's of 750 SQ, 435 BP, and 725 DL. He's aiming at this July's IPA Worlds in Pennsylvania.

The Kegrice Gym is open 7 days a week, but the hours vary. James says to call him at 619-237-LIFT for info on the gym, and he also wanted to thank his sponsor, Ruen Kloze, an urban clothing company.

After all the trips on the freeway, it was time to get up at 4 a.m. and head for the airport, en route to Georgia. Just outside Atlanta is Jon

Grove's two-year old North Georgia Barbell Club, home to a great group of lifters.

Steve Goggins, Kara Bohigian, 2004 Arnold middleweight champ Scott Albano, Clay Castile, and, of course, Jon Grove, along with many other excellent lifters, all in the same gym at the same time. Wow! And we got it for our **POWER!LIFTER VIDEO** piece, with squat tips from Steve Goggins, and bench pressing from Kara, Jon, Clay, Scott and the rest of the gang, which included Mike Lanier, Kevin Cox, Robert Lovelace, and Roger Flynn. Lots of big benching, with bands, boards, and strong team spirit.

Jon's got a great place, and if you're anywhere near Atlanta, visit them, or call them at 770-422-1226. If you can't visit them in person, you can check them out in **POWER!LIFTER VIDEO MAGAZINE**, where you'll also see Ken Tate's bench pressing, James



Gene Rychlak (l), World BP record holder and Mike Miller goof off!

Kegrice's reverse band squatting, lots of other great stuff we don't have space to mention right now, and one more thing we are going to mention.

POWER!LIFTER VIDEO finally got out to Mike Miller's Nazareth Barbell in Pennsylvania, and big Mike was a great host. Mike had recently popped a 2510 total, (1050 SQ, 805 BP, 655 DL), and had us visit on Bench Press day, where we did some great videotaping. Mike went all the way up to 800 lbs. using boards, giving tips and advice on set-up and other technique and training topics as he went through his workout and the workouts of other Nazareth lifters.

700 lb. bencher Bobby Fields, national level bodybuilders Heather Lee and Elena Seiple (both training for 300lb. benches), Mike's wife Deb, and team members "Tarzan" Waltz, Kyle Millheiser, Jon Ramsey, Chris Perticari and Bob O'Brien

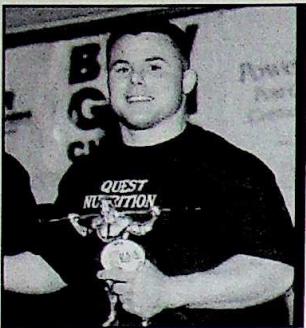
showed us some great bench work, and we wish them all much success. That also goes for bench press world record holder Gene Rychlak, who was visiting that day and giving Mike some big handoffs.

For more info on Nazareth Barbell, check them out on the web at nazbar.com. For more on Heather or Elena, visit their web sites, heatherleenj.com and elenaseiple.com.

Thanks to all the gym owners and dedicated lifters who shared their time and lifting ideas and knowledge with us in our on-going quest to bring the best lifters, coaches and techniques to all our readers and video buyers. For more info on **POWER!LIFTER VIDEO**, call 800-227-2355, or visit powerliftervideo.com All regular 50-55 minute issues are just \$22.90 (U.S.), and that includes S&H. 'til next time, stay strong and healthy, and we'll see you on video.

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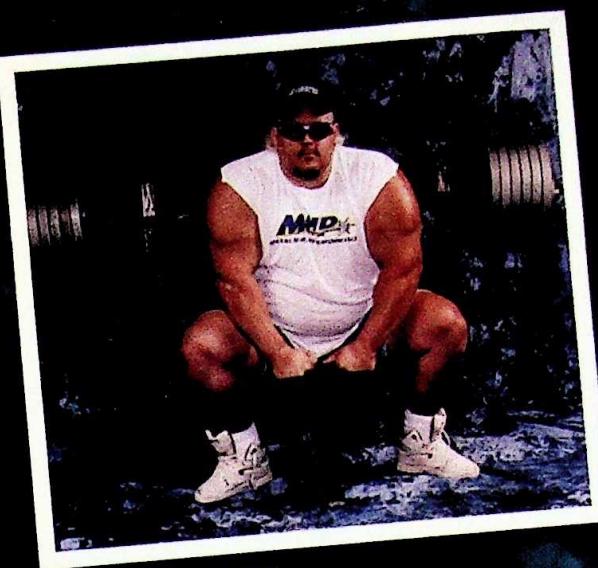
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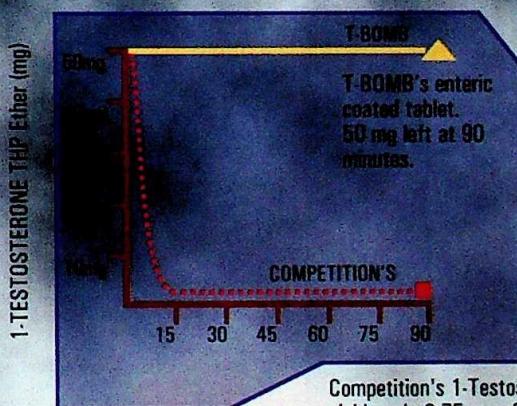
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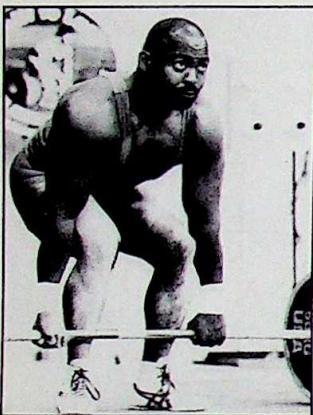
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Steve Goggins at the USPF SRs.

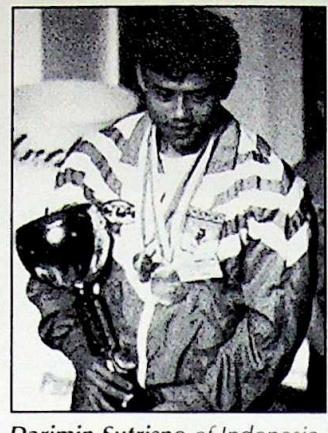


Hideaki Inaba at the '76 Worlds.

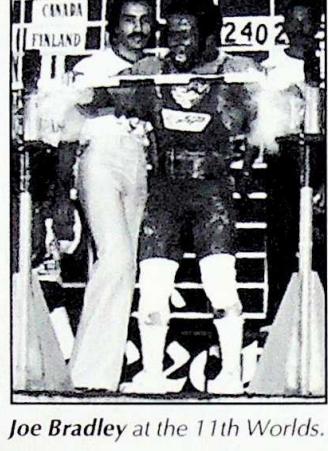


Viktor Baranov Russian champ.

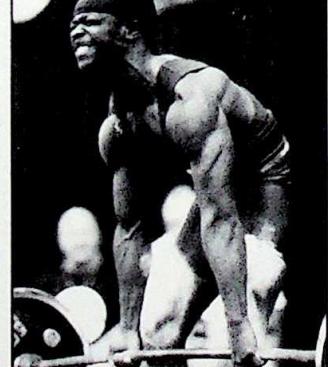
Rank/Points	Lifter	DOB	NAT	Bwt(kg)	TOT(kg)	Date	Org.
1-650.637	Fedosienko,Sergei	82RUS	51.75	670.00	12MAR04	IPF	
2-647.352	Frank, Garry	64USA	170.50	1272.50	04APR04	APF	
3-634.217	Stanaczeck,Andrzej	71POL	50.00	628.00	05NOV03	IPF	
4-634.162	Coan,Edward	63USA	99.80	1090.00	28JUL91	USPF	
5-633.262	Goggins,Steven	63USA	109.90	1125.50	06MAR04	WPO	
6-626.172	Kellum,Jesse	65USA	99.20	1073.50	07NOV03	WPO	
7-624.404	Palmer,Ronald	73USA	72.62	885.00	28FEB03	WPO	
8-623.540	Sivokon,Alexei	73KAZ	67.30	831.00	15NOV00	IPF	
9-621.601	Olech,Jaroslaw	74POL	66.50	820.00	07NOV03	IPF	
10-617.204	Bell,Gen	56USA	82.50	957.50	18APR08	APF	
11-615.686	Wessels,Willie	63USA	100.40	1090.00	07APR97	APF	
12-615.593	Bridges,Michael	57USA	82.50	955.00	10JUL82	USPF	
13-615.562	Bolton, Andrew	70GBR	147.50	1172.50	08NOV03	WPO	
14-611.818	Vogelpohl, Chuck	65USA	100.00	1052.50	08NOV03	WPO	
15-611.414	Turtiaian,Ano	67FUN	124.40	1119.50	12AUG01	WPO	
16-611.088	Convers,Anthony	59USA	75.00	887.50	05MAR04	WPO	
17-609.437	Childress, Paul	71USA	140.00	1147.50	06MAR04	WPO	
18-608.399	Pasanella,David	62USA	124.80	1115.00	28MAY89	APF	
19-607.782	Moore, Beau	65USA	149.20	1160.00	06MAR04	WPO	
20-607.458	Mash,Travis	73USA	100.00	1045.00	16OCT03	APF	
21-606.153	Papazov,Vitaly	80UKR	121.35	1103.00	07MAR04	IPF	
22-604.544	Schwab,Brian	74USA	66.50	797.50	05MAR04	WPO	
23-603.397	Sutrisno,Darimin	75INA	59.28	716.00	17MAY02	IPF	
24-601.596	McNamara , Gerald	63IRE	59.80	720.00	09SEP00	IFF	
25-60.0239	Pavlov, Konstantin	73RUS	56.00	672.50	12MAR04	IPF	
26-599.652	Gant,Lamar	57USA	60.00	720.00	08APR88	APF	
27-598.636	Furazhkin, Viktor	69RUS	76.85	885.00	03OCT03	IPF	
28-597.806	Coppin,Edward	60BEL	84.37	940.50	13NOV07	IPF	
29-597.280	Stafford, John	76USA	124.28	1095.42	04APR04	IPA	
30-595.685	Alexander,Ausby	56USA	73.94	856.00	02APR89	APF	
31-595.062	Mikesel, Brent	67USA	151.49	1140.00	28JUN03	APF	
32-594.819	Furnas, Douglas	58USA	124.82	1090.00	28JUN87	APF	
33-591.792	Shilyakhta, Iwam	81UKR	88.80	960.00	06MAR04	IPF	
34-590.287	Crain,Rickey	53USA	75.00	857.29	23NOV96	IPA	
35-590.019	Carney,James	67GBR	100.00	1015.00	24OCT93	WPC	
36-589.859	Smith Matthew	74USA	154.50	1135.00	06MAR04	WPO	
37-589.009	Gaugler,Rick	54USA	82.50	915.00	14DEC85	USPF	
38-589.268	Ruggiera Michael	67USA	156.04	1136.25	04APR04	IPA	
39-589.241	Bradley,Joseph	56USA	60.00	707.50	27MAR82	USPF	
40-588.978	Lapshin,Maxim	79RUS	66.80	780.00	02OCT03	IPF	
41-588.900	Coleman,Arnold	65USA	80.75	955.00	08NOV02	WPO	
42-588.849	Berardinelli,Angelo	65USA	74.50	851.00	28FEB03	WPO	
43-587.159	Andryukhin,Mikhail	70RUS	60.00	705.00	12MAR04	IPF	
44-586.835	Bayles,Joseph	76USA	110.00	1043.26	04APR04	IPA	
45-586.640	Badenhorst,Gerrit	62RSA	138.80	1102.50	14OCT90	WPC	
46-586.061	Freydon,Ivan	81UKR	89.85	957.50	07NOV03	IPF	
47-585.962	Zolov,Alexander	80RUS	66.95	777.50	12MAR04	IPF	
48-585.846	Tarasenko,Andrei	75RUS	90.00	957.50	11MAY02	IPF	
49-585.846	Caprari,Anthony	80USA	90.00	957.50	28FEB03	WPO	
50-585.273	Dolgov,Evgeni	76RUS	67.30	780.00	12MAR04	IPF	
51-584.077	Belyaev,Andrei	83RUS	81.65	900.00	06NOV03	IPF	
52-583.800	Barkhatov, Maxim	81RUS	99.00	1000.00	11MAR04	IPF	
53-583.093	Zweng, Matt	72USA	90.00	953.00	24FEB02	WPO	
54-582.695	Clark,Anthony	66USA	151.27	1115.84	28MA93	APA	
55-582.160	Avola,Tatu	73FIN	89.75	950.00	07NOV03	WPO	
56-581.911	Muravylev,Vladimir	75UKR	127.75	1072.50	07MAR04	IPF	
57-581.881	Austin,Daniel	58USA	67.50	777.50	08APR88	APF	
58-581.849	Warman,Scott	57USA	117.02	1050.00	25JUL92	APF	
59-581.188	Basson,Oan	78ISR	137.50	1090.00	08JUN03	APF	
60-580.990	Cole, Jon	43USA	128.25	1071.84	25OCT72	AAU	
61-580.238	Kazakov,Ravil	82RUS	59.135	695.00	12MAR04	IPF	
62-580.074	Shestakov,Igor	69RUS	74.10	835.00	29NOV03	WPC	
63-579.924	Urchik,Paul	59USA	105.40	1017.50	19MAY01	WPC	
64-579.804	Zvarakin,Alexei	79RUS	89.55	945.00	13MAR04	IPF	
65-579.766	Baranov,Viktor	67RUS	63.10	730.00	96	IPF	
66-579.373	Mursu,Ikka	77FIN	86.40	925.00	29NOV03	WPC	
67-579.040	Suslov,Nikolai	79RUS	109.65	1030.00	14MAR04	IFF	
68-578.890	Holdsworth,J.L.	77USA	125.00	1061.40	16NOV03	IPA	
69-578.649	Kovacs,Daniel	70USA	144.70	1097.69	23NOV97	IPA	
70-578.544	Weston,Brian	69USA	106.95	1020.00	08NOV03	WPC	
71-578.497	Arvai,Istvan	72HUN	120.00	1050.00	09NOV03	IPF	
72-578.121	Podtyunny,Maxim	72RUS	130.00	1070.00	10DEC01	IPF	
73-577.831	Dougherty,Joseph	65USA	82.10	893.58	18NOV01	IPA	
74-577.030	Hamalainen,Mikko	77FIN	139.15	1085.00	24FEB02	WPO	
75-576.895	Hu,Chun-Hsiung	74TPE	56.35	650.50	13APR98	IPF	
76-576.660	Laine,Jarmo	66FIN	75.00	837.50	24FEB02	WPO	
77-576.607	Hawthorne, Richard	83USA	54.88	632.50	06SEP03	APF	
78-576.565	Malanichev,Andrel	77RUS	127.70	1062.50	02MAR03	IPF	
79-576.562	Garcia,Jose	77USA	110.00	1025.00	08NOV03	WPO	
80-575.723	Kazmaier, William	64USA	149.69	1100.00	31JAN81	USPF	
81-575.542	Hechter,George	61USA	108.86	1020.00	23MAR87	APF	
82-575.076	Solov'yev,Alexei	75UKR	109.10	1020.00	06MAR04	WPO	
83-574.672	Ozerov,Pavel	80RUS	79.85	872.50	13MAR04	IPF	
84-574.584	Danforth,Michael	69USA	82.27	890.00	05MAR04	WPO	
85-574.484	Herring,George	59USA	90.00	938.94	10AUG91	USPF	
86-574.322	Fusner,Robert	75USA	133.70	1070.00	19NOV00	WPO	
87-574.022	Story,Philip	65USA	117.75	1037.50	07DEC03	APF	
88-573.635	Bartley,Marc	68USA	120.70	1042.50	06MAR04	WPO	
89-573.609	Pittman,Robert	USA	90.00	937.50	16FEB89	USPF	
90-573.239	Lowe, Greg	57USA	117.95	1036.46	21MARCH98	USAPL	
91-572.802	Starov,Mikhail	73UKR	110.00	1018.32	07JUL96	IPA	
92-572.727	Naleykin,Sergei	81UKR	82.00	885.00	09MAY03	IPF	
93-572.703	Fedorenko,Yuri	74RUS	99.95	985.00	04OCT03	IPF	
94-572.601	Patterson,Kenneth	72USA	99.40	982.50	05MAR04	WPO	
95-572.326	Hooper,Wade	70USA	74.85	830.00	24FEB02	WPO	
96-572.258	Noren,Lars	61SWE	140.16	1077.50	15NOV87	IPF	
97-572.151	Nichols,William	58USA	117.02	1032.50	22NOV87	WPC	
98-571.879	Yshnitsky,Alexei	81UKR	99.10	980.00	07NOV03	IPF	
99-571.830	Karwowski,Kirk	66USA	124.60	1047.50	28JUL96	USPF	
100-571.561	Konstaninov,Konstantin	79LAT	121.80	1041.00	24OCT02	WPC	
101-571.434	Ware,John	60USA	155.58	1101.10	29JAN89	APF	
102-571.431	Inaba, Hideaki	44JPN	51.70	587.50	13NOV87	IPF	
103-570.937	Farmer, Phillip	69USA	110.00	1015.00	16JUL95	APF	
104-570.787	Thomas, Walter	450USA	89.50	930.00	07NOV81	IPF	
105-570.488	Medvedev, Igor	80RUS	106.70	1005.00	14MAR04	IPF	
106-570.471	Gay, Daniel	USA	82.50	885.00	29JUN86	APF	



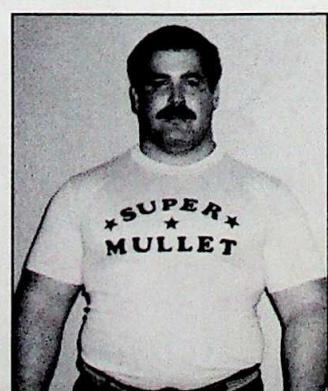
Darimin Sutrisno of Indonesia.



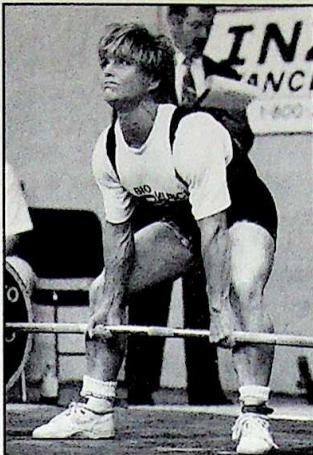
Joe Bradley at the 11th Worlds.



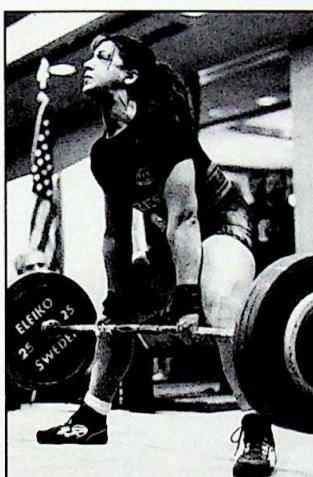
Richard Hawthorne, the prodigy



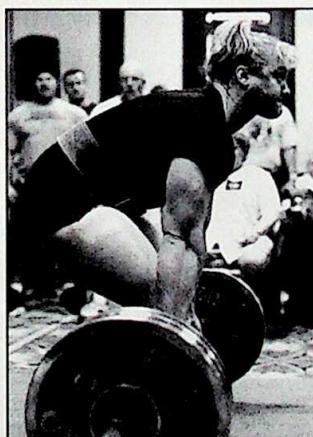
George Hechter reduced from SHW to 242 with great results!



Mary Jeffrey...has excelled as a great champion many times.



Priscilla Ribic is moving up fast.



Becca Swanson...so incredible!



Laura Dodd...Ohio lifting talent.

Women's All Time Greatest Powerlifter Ratings (as of 4/15/04)

by combined Wilks/Malone Formula averages as compiled for PL USA by Herb Glossbrenner

Rank/Points	Lifter	DOB	NAT	Bwt(kg)	TOT(kg)	Date	Org.
1-597.915	Swanson,Rebecca.	73	USA	108.20	860.00	05MAR04	WPO
2-586.928	Weisberger,Amy	65	USA	59.42	589.67	12APR03	IPF
3-577.326	Kudinova,Marina	77	RUS	67.00	638.00	25FEB03	IPF
4-573.677	Bohigian,Kara	75	USA	66.80	632.50	07NOV03	WPO
5-572.794	Eltsova,Tatyana	78	RUS	55.85	547.50	10MAR04	IPF
6-569.491	Tatarova,Irina	75	RUS	58.50	565.00	10MAR04	IPF
7-568.007	Nikolaenko,Svetlana	81	RUS	51.70	510.50	26FEB03	IPF
8-562.733	Revva,Maria	77	RUS	59.70	567.50	10MAR04	IPF
9-559.220	Mills,Jill	72	USA	80.00	697.50	29NOV03	WPC
10-557.500	Filimonova,Inna	76	RUS	55.80	532.50	26FEB03	IPF
11-556.696	Avigliano,Nance	56	USA	59.50	560.00	25AUG02	WPC
12-554.910	Grimwood,Tamara	64	USA	81.19	698.53	15APR95	IPF
13-554.189	Boudreau,Carrie	67	USA	54.90	522.50	21JUL95	USPF
14-550.945	VanDeweghe,Stephanie	55	USA	74.34	655.00	13DEC98	APF
15-550.722	Dedyula,Svetlana	75	RUS	74.80	657.50	24MAY03	IPF
16-549.796	Scanlon,Julie	76	USA	73.48	648.53	20DEC03	IPF
17-549.737	Abramova,Irina	74	RUS	59.50	553.00	02DEC00	IPF
18-548.598	Gibson,Vanessa	69	GBR	55.60	522.50	09NOV96	WPC
19-544.969	Shafra,Ruth	59	USA	63.96	580.60	22NOV83	USPF
20-543.270	Belova,Oxana	75	RUS	51.60	487.50	26DEC99	IPF
21-542.539	Zhukova,Elana	72	UKR	72.80	636.00	22MAY99	IPF
22-542.310	Guminska,Lesya	80	UKR	67.10	600.00	27FEB03	IPF
23-542.310	Ribic,Priscilla	72	USA	67.10	600.00	31JAN04	USAPL
24-541.882	Reshel,Dawn	55	USA	86.64	709.42	15MAY88	APF
25-541.726	Tesleva,Svetlana	75	RUS	43.20	425.00	25MAY00	IPF
26-541.620	Mazaylova,Evgenya	82	RUS	79.90	675.00	11MAR04	IPF
27-539.650	Lafina,Olesa	79	RUS	45.90	442.50	26FEB03	IPF
28-538.675	Warman,Mary	58	USA	59.60	542.50	10NOV96	WPC
29-537.608	Hyser,Victoria	73	RSA	56.00	515.00	10NOV01	WPC
30-535.509	Dmytryk,Olena	83	UKR	53.90	497.50	02MAR04	IPF
31-535.474	Chan,Cien-Ming	76	TPE	55.60	510.00	99	IPF
32-534.762	Nelubova,Valentina	66	RU	59.80	540.00	29NOV02	IPF
33-534.593	Solov'yeva,Larysa	78	UKR	59.85	540.00	02MAR04	IPF
34-533.802	Borodkina,Viktoria	79	RUS	66.65	587.50	11MAR04	IPF
35-533.553	Dmytryk,Oxana	83	UKR	51.80	460.00	02MAR04	IPF
36-533.508	Barybina,Natalya	83	RUS	65.25	577.50	10MAR04	IPF
37-533.304	Formina,Elena	69	UKR	60.00	540.00	02MAR01	IPF
38-531.916	Zurcher,Andrea	78	SUI	63.00	560.00	04MAY03	IPF
39-531.271	Ivanov,Zhanna	84	UKR	65.60	577.50	02MAR04	IPF
40-530.362	Kanatkina,Veronika	79	1WS	55.45	500.00	10MAR04	IPF
41-528.879	Jeffrey,Mary	60	USA	52.00	477.50	21NOV87	WPC
42-527.073	Yakovleva,Anastasya	83	RUS	65.90	575.00	10MAR04	IPF
43-526.853	Liggett,Mariah	58	USA	59.81	532.50	16JUL88	APF
44-526.743	Terentyeva,Anna	75	RUS	75.00	630.00	02OCT03	IPF
45-525.132	Marx,Ingeborg	70	BEL	59.20	526.00	29NOV97	IPF
46-522.920	Koskinen,Raija	63	FIN	43.90	415.00	29NOV02	IPF
47-522.392	Iskandarova,Valida	74	KAZ	63.80	555.50	02MAY03	IPF
48-522.014	Poletaeva,Irina	82	RUS	75.00	630.00	02OCT03	IPF
49-520.704	Kudryavtseva,Tatyana	82	KAZ	76.85	616.00	02MAY03	IPF
50-518.927	Earney,Debra	54	USA	73.10	610.00	31MAY96	APF
51-518.764	Rohal-Byland,Terry	60	USA	74.20	616.00	26JAN85	USPF
52-518.760	Shapovalova,Natalya	83	RUS	48.00	440.00	26FEB03	IPF
53-516.646	Potselueva,Galina	83	RUS	59.55	520.00	01OCT03	IPF
54-516.016	Lugovaya,Irina	74	RUS	89.90	690.00	11MAR04	IPF
55-515.287	Millen,Cathy	67	NZL	88.40	682.50	28MAY94	IPF
56-514.763	Sjstrand,Lisa	68	SW	67.50	572.50	06SEP97	IPF
57-514.763	Ivanova,Larysa	63	UKR	67.50	572.50	09JUN00	IPF
58-514.502	Prymenchuk,Tetyana	72	KR	55.95	492.50	02MAR04	IPF
59-513.851	Gaifulina,Aigul	79	KAZ	59.60	517.50	01MAY03	IPF
60-513.003	Sell,Daniela	70	GER	73.90	607.50	02DEC00	IPF
61-512.934	Ortega,Melissa	77	USA	67.10	567.50	29NOV03	WPC
62-512.265	Sommers, Kimberley	65	USA	52.00	462.50	04JUL98	APF
63-510.113	Altizer,Bettina	62	USA	58.70	507.50	24MAY03	IPF
64-509.827	Fukushima,Yukako	72	JPN	47.66	430.00	12JUL03	IPF
65-508.948	Poplavskaya,Svetlana	66	UKR	59.95	515.00	12MAR03	IPF
66-507.843	Yamskikh,Elena	74	RUS	47.60	428.00	26NOV99	IPF
67-507.707	Maile,Jennifer	84	USA	47.90	430.00	25SEP02	IPF
68-507.173	Ikeya,Ayako	69	JPN	58.40	502.50	24MAY03	IPF
69-507.030	Steenrod,Victoria	49	USA	55.70	483.60	28JAN84	USPF
70-506.411	Dodd,Laura	USA		73.50	597.50	21NOV91	WPC
71-505.837	Chen,Kuan-Ting	77	TPE	47.78	427.50	15MAY02	IPF
72-505.517	Starova,Ludmilla	70	UKR	51.15	450.50	24FEB00	IPF
73-505.440	Pavlovskaya,Kira	83	RUS	55.40	480.00	10MAR04	IPF
74-505.221	Schwenker, Vanessa	63	USA	59.78	510.00	31MAY96	APF
75-504.429	Abdulova,Viktoria	67	UKR	55.90	482.5	02MAR04	IPF
76-504.428	Bagriy,Tamara	74	UKR	74.85	602.50	02MAR04	IPF
77-504.339	Matejova,Dana	75	SLO	59.90	510.00	30NOV01	IPF
78-503.676	Bochko,Svetlana	63	RUS	60.00	510.00	26FEB03	IPF
79-502.539	Niklander-Rantanen,Eva	67	FIN	58.75	500.50	08SEP02	IPF
80-501.885	Puzanova,Tatyana	74	RUS	74.95	600.00	02MAR01	IPF
81-501.525	Wiezkowiak,Anja	75	GER	74.10	595.00	22MAY99	IPF
82-499.502	Ignatenko,Elena	71	RUS	74.55	595.00	22MAY99	IPF
83-499.248	Odendall,Liz	54	NLD	71.40	577.50	16NOV89	IPF
84-498.936	Pisarenko,Viktoria	79	RUS	66.40	547.50	26FEB03	IPF
85-498.790	Vaughn,Amy	80	USA	65.82	546.58	30AUG03	APAF



Stephanie VanDeweghe....still a highly rated woman lifter.



Liz Odendaal.....the late former Dutch IPF World champion.



Marina Kudinova.....a superb example of Russian excellence.

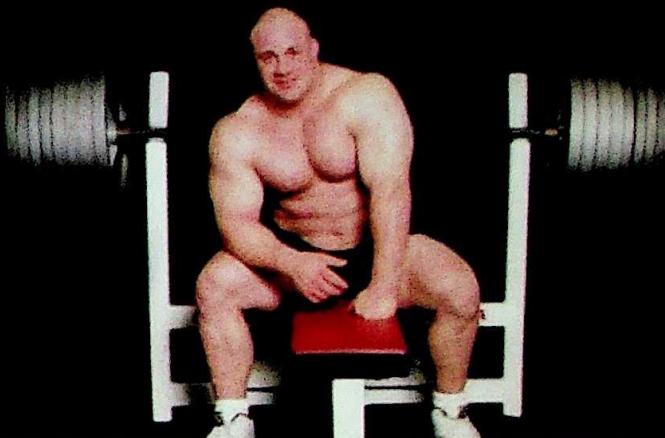
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**The Fastest Welterweight Boxer
19-0 (18 KO)**



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**The Strongest Presser in History
875.6 lb. Bench-Press**



"When Kerm took it the first time, it was ridiculous how he performed.

He was like a machine, extra fast and strong, with his right hand coming off like it was shot out of a cannon. We will need more of it..."

**Joe Pastore, Strength Coach, Team Cintron
Kermit "Killer" Citron, 19-0 (18 KO)**

"The power and speed it generates is like nothing I've ever tried. Take it from a world champion who's seen it all... **this product really, truly works.** Run, don't walk, to get it while you can."

**Scot Mendelson, World's #1 Bench-Presser
9 World Records in Powerlifting**



**USED BY 19 WORLD CHAMPIONS, NO PAID TESTIMONIALS
AS FEATURED ON FOX SPORTS AND CBS...**

As featured on FOX Sports Net and CBS' "Science of Fitness", BodyQUICK (Cognamine) is the world's first Olympian-tested neural accelerator, designed to improve fast-twitch muscle fiber recruitment and oxygen delivery within 60 minutes of the first dose.

Clinically Supported Science: Designed for Athletes

Based on 6 years of scientific development and **testing by 19 world champions**, BodyQUICK works by facilitating the production of acetylcholine, a key neurotransmitter necessary for muscular contraction. By improving how messages are sent through the body, BodyQUICK has electrified the world of professional sports, allowing athletes to **train faster, stronger, and longer** than with conventional supplementation. Just 1 of the 18 active components alone has been demonstrated with computer-administered testing to safely **increase reaction speed in excess of 35%**. **BodyQUICK™ does not contain ephedrine or other dangerous stimulants, and is approved by the ASDA for sports use.**

110% Guaranteed Results within 60 Minutes of the First Dose

BodyQUICK™ is used by both world-champion professional athletes and preparing 2004 Olympic athletes for its dramatic effects on reaction speed and muscular contraction. **It is the only neural accelerator 110% guaranteed to work within 60 minutes of the first dose.**

Forget creatine, forget ephedrine, and get the next generation of real-world results in 60 minutes or less—get BodyQUICK. Experience the difference today...

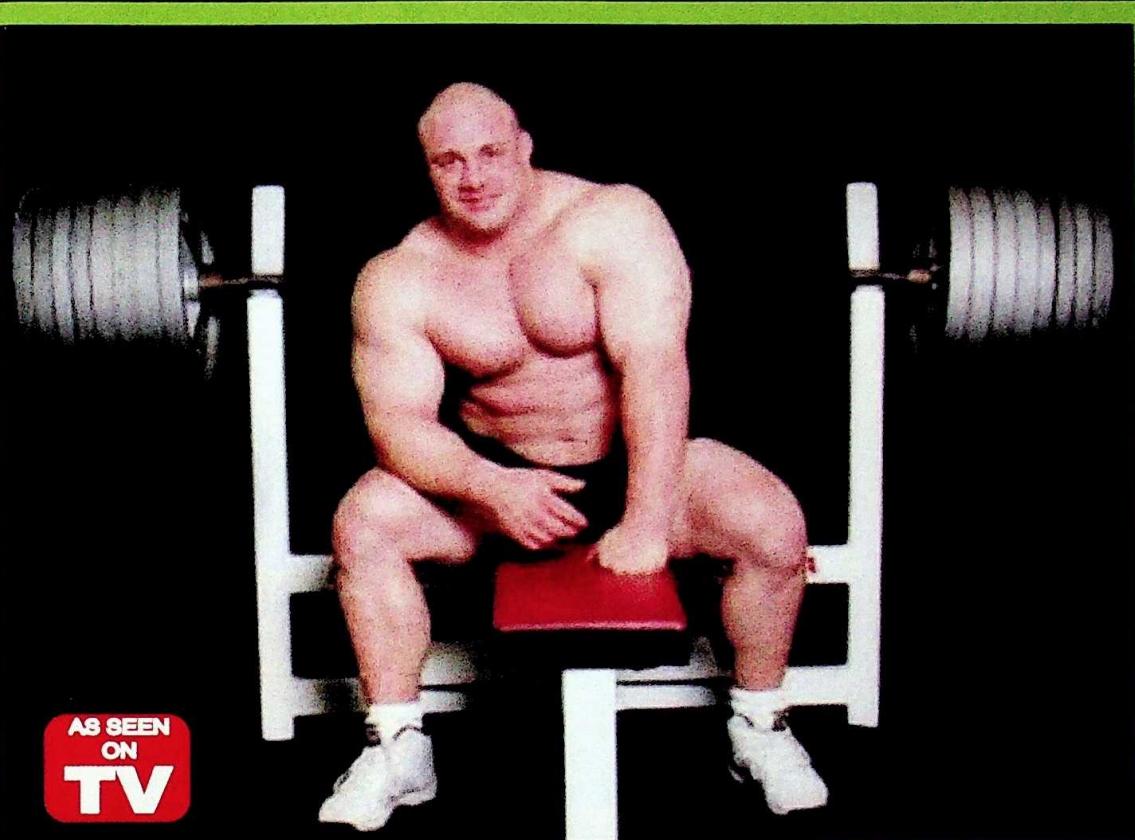
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FREE Article!

Learn the 5 Secrets of the World's #1 Bench-Presser



Scot Mendelson: World's #1 Bench-Presser

9 World Records, 875.6 lbs. and 713 lbs. Raw — Speed = Power

1) Put your back into it:

The use of proper technique makes the primary movers the back (latissimus dorsi), triceps, and rear deltoids. On a standard 15-17" bench, pull your shoulder blades together so the shoulders rest on, and not

off, the bench's surface. This shortens the distance from the chest to full extension and eliminates your arms' weakest range of movement.

2) Train for triples:

Dedicate one work-out per week to the

It's difficult to imagine a 334 lb. man with a six-pack. Then again, it's difficult to imagine any human bench-pressing over 800 lbs.

Scot Mendelson is an NYU graduate and the world's top bench-presser, with 9 world records and a 875.6 lb. bench-press in competition. He has bench-pressed over 1,000 lbs. in training, more than many professional athletes can squat and deadlift combined.

Although Scot can squat 1,000 lbs., he emphasizes: "I'm a bench-press specialist."

For aspiring bench-press specialists, Scot offers the following 5 tips for building world-class upper-body power:

(continued at bottom left)

bench-press, performing 5-8 sets of 3 reps with 5-7 minutes between sets. Use 60% of your 1-repetition maximum (1RM)...

For Scot's complete training schedule and full world champion training profiles, visit www.bodyquicken.com today.

If You're An Athlete, You Need to Read This...

As featured on Fox Sports: following 6 years of scientific development, BodyQUICK is the world's **first Olympian-tested athletic speed supplement**, designed to quickly and **safely improve athletic speed and power within 60 minutes** of the first dose. BodyQUICK has been proven effective by **over 20 world champions and over 50 national champions**. How does it work? BodyQUICK is formulated to increase fast-twitch muscle fiber recruitment by facilitating the production of key neurotransmitters. By improving how messages are sent through the body, BodyQUICK has electrified the world of sports, allowing athletes to **train faster, stronger, and longer than possible with conventional supplementation**. Forget creatine, forget ephedrine, and get the next generation of real-world results—get BodyQUICK. Experience the difference today...

Join 20+ World Champions...

Call or visit now to try your risk-free 60-day trial!

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What is Active Release Techniques™ (ART)?

Active Release Techniques™ (ART) is a non-invasive treatment for soft-tissue injury which uses active motion and tension to separate adhesions that limit range of motion and muscular contraction.

ART was developed by Dr. Michael Leahy, veteran of 17 Ironman triathlons and doctor to, among others, Olympic gold-medal sprinter Donovan Bailey, Bill Phillips of EAS, Gary Roberts of the NHL Toronto Maple Leafs, Olympic strength coach Charles Poliquin, and Mr. Universe Milos Sarcev. In the decade since the formal patenting of its methodologies, Leahy and certified ART practitioners have prevented 100s of surgeries previously viewed as the sole options for treatment of various soft-tissue trauma.

ART sessions are 5-15 minutes in length, and approximately 95% of client injuries can be successfully treated in 1-6 sessions (average of 10-60 minutes per injury). "Soft-tissue injuries" eligible for ART treatment exclude ruptured disks and broken bones, but include common martial athlete adhesions, such as:

- rotator cuff impingement / pain;
- tendonitis;
- low-back strain;
- post-concussion syndrome; as caused by neck strain;
- ankle/wrist sprain;
- shin splints;
- hip flexor impingement;
- carpal tunnel syndrome.

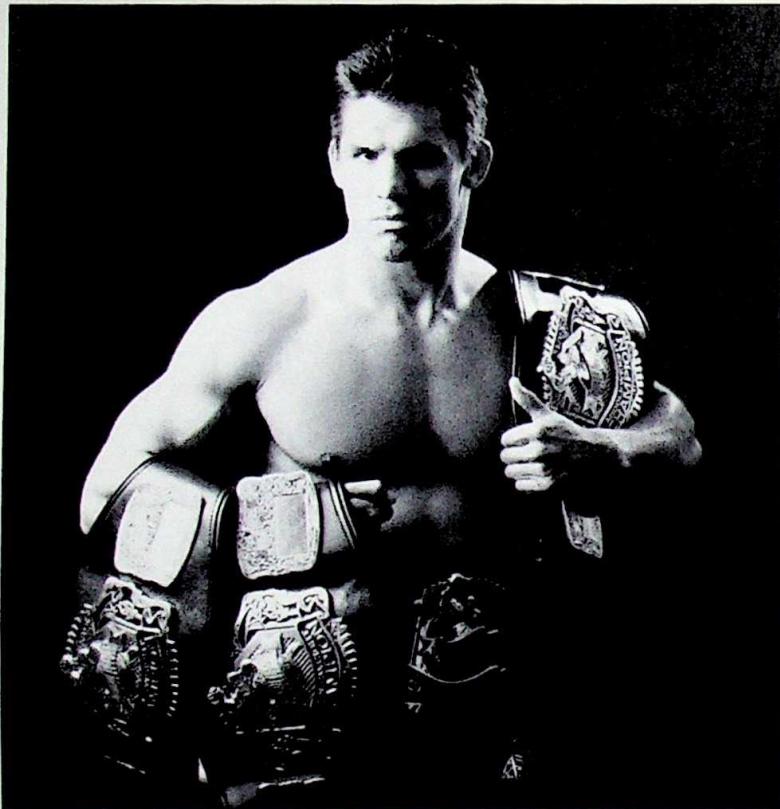
Case Study Frank Shamrock and BJ Penn: Fast and Effective Fighter Medicine

Frank Shamrock was introduced to Janzen & Janzen Sports Health Clinic in San Jose, California in the summer of 2001 and had his first ART treatment in July 2001 when he was rendered unable to walk following an acute lower back injury during training.

"I didn't expect anything different. I had seen more than 30 chiropractors throughout the world over a 16-year period for lower back pain and numbness in my leg. With the training injury that prompted my visit, I couldn't raise my head above waist-level, and I was sleeping on the living room floor in the fetal position. I had always been told one of two things by orthopedists and various MDs: I would need to have my vertebrae

The New 15-minute Injury Solution: ART and Frank Shamrock

as told to Powerlifting USA by Tim Ferriss



Frank Shamrock, 5-Time Undefeated UFC Champion.....had a 30°→90° flexibility increase for a damaged tendon with his 30-minute ART regime.

fused, or simply tolerate the pain of an injury that was irreversible. Based on past experience, I was certain that I would need to cancel the K-1 kickboxing fight I had scheduled for one month later."

Dr. Mike Janzen of Janzen & Janzen felt differently. "Frank's case was just like the other professional fighters and athletes we've seen. He had been told that his options were to suffer through permanent pain, mask the pain with drugs, or undergo invasive surgery and extensive rehabilitation requiring abstinence from training. Within 4 sessions of approximately 10 minutes each, a total of 40 minutes, we had used manual tension and movement of the muscle fascia to eliminate the cumulative scar tissue and adhesions that created the pain in his lower back. In other words, Frank was carried out of the gym on his trainer's shoulders on Thursday and was training at 100% the following Tuesday. 16 years of pain was removed in less than an hour of total treatment time." Three

weeks later, Frank won his K-1 fight by first round KO.

Frank has since made Dr. Janzen his official doctor for fight preparation and recovery; recommended the same treatment for BJ Penn, Brazilian Jiu-Jitsu World Champion; and used ART to restore range of motion to his left shoulder (preventing surgery), right shoulder, hamstring, mid-back, ribcage, and feet.

Two weeks prior to the November 2nd 2001 UFC, BJ Penn's lower back pain was treated successfully in two sessions of 15 minutes. BJ knocked-out a heavily favored Caol Uno in 11 seconds of the first-round.

What is an ART session?

An ART session is active, as the name would imply. Doctor and patient are collaborative partners in a process dependent on the trained analysis of the former

and guided motion of the latter.

The author first visited Dr. Mike Janzen after reading an article about ART in *Muscle Media 2000* magazine. In lieu of arthroscopic shoulder surgery as recommended by an orthopedist associated with the Los Angeles Lakers, I used an introductory offer to visit Janzen & Janzen for an evaluation of my rotator cuff injuries, which were a cumulative debilitation after 5 years of collegiate wrestling. Range of motion: Elevation to, but not exceeding, shoulder level.

First session:

Following a review of my X-rays and previous medical treatments, Dr. Janzen performed a series of strength analysis exercises designed to identify functional weaknesses and structural damage indicative of adhesions between muscle fibers and connective tissue (ligaments and tendons). Nerve impingement, common in the brachial plexus with shoulder adhesion, was also assessed for treatment. First visit assessment duration: 15 minutes.

Second session:

Dr. Janzen guided me through five Active Release movements designed for treatment of the rear deltoid and four rotator cuff muscles: infraspinatus, subscapularis, supraspinatus, and teres minor. I performed each ART motion 6-8 times as Dr. Janzen directed my mechanics while applying thumb pressure between the muscles, separating adhesions and permitting the muscles to contract and elongate along the full length of their attachments. The technique involves moderate pain, which is a byproduct of the process that makes it effective.

Second visit and first treatment duration: 15 minutes. Range of motion: Full overhead extension with no pain.

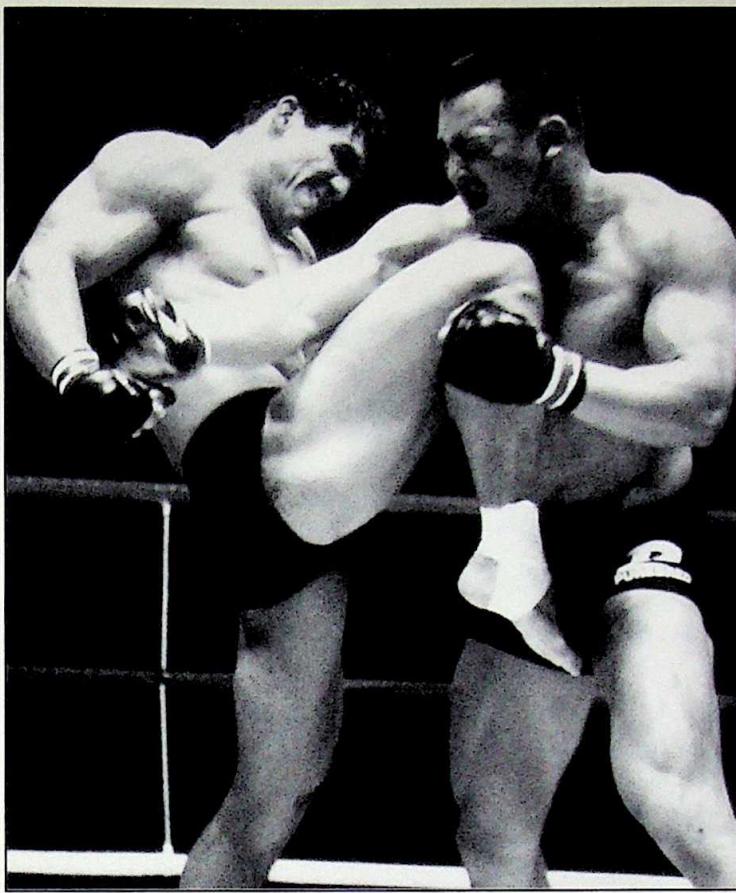
Yes, 5 years of injury repaired in 15 minutes. According to

30 Minutes of ART: 30°→ 90° Flexibility Increase for Damaged Hamstring Tendon

(Frank Shamrock, 5-Time Undefeated UFC Champion)

45 Minutes of ART: 30lbs.→ 275lbs. Bench-Press Increase with Torn Rotator Cuff

(Keith Grimes, San Jose Seahawks Professional Rugby)



Frank Shamrock...back in the ring, after A.R.T. therapy. (Courtesy Ferriss)

testimonials from ART patients worldwide, my results are not atypical. The cost-effectiveness is profound when calculating the accrued expenses of other options: surgery, rehabilitation, drugs, and cancelled training classes.

How to find an ART Provider:

ART generally costs between \$45-100 per session and is categorized by select health insurance plans as "myofascial release". Check with your healthcare provider for limitations and coverage.

For complete articles, additional case studies, and information about ART, visit the Janzen & Janzen Sports Health Clinic website at www.healthyshoulders.com or call (408) 379-0133. Certified ART practitioners in your local area can be identified by referencing the official ART website, www.activerelease.com, or by calling (888) 396-2727.

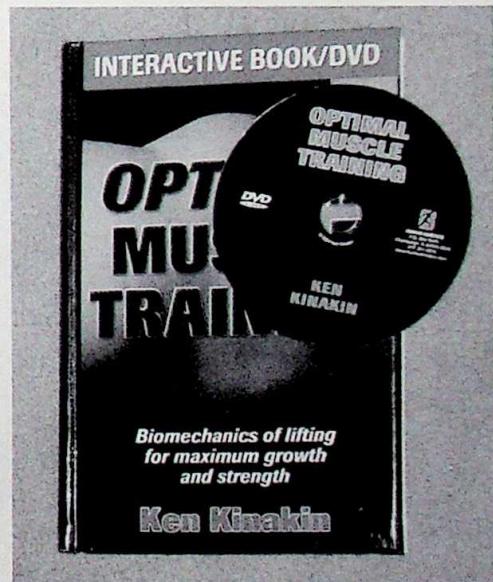
Readers can find additional articles and resources at www.adaptagenix.com.

Timothy C. Ferriss has been featured by media worldwide, including Maxim, CBS, and The Philadelphia Inquirer. He is a guest lecturer at Princeton University, a member of the American College of Sports Medicine, and Director of Research at Adaptagenix Applied Biosciences. He can be reached at tim@bodyquicken.com and more articles of his can be found at www.bodyquicken.com.

"ART should be a permanent part of any athlete's preparation, training, and recovery."

**Frank Shamrock,
5-Time Ultimate Fighting Champion**

OPTIMAL MUSCLE TRAINING "The Biomechanics of lifting for maximum growth and strength" by Ken Kinakin is this just another training book? no way. First off, this is a book AND a companion DVD, which opens an entire new dimension in weight training instruction. Second, author Ken Kinakin is not just a chiropractor, and a certified strength and conditioning specialist, and a certified personal trainer. He's been a bodybuilder and a competitive POWERLIFTER for over 20 years, as well as a member of the Canadian and International Powerlifting Federation Medical Committees, and a renowned speaker on weight training, injury treatment, rehab, and nutrition. Ken's is the "optimal" approach, indeed, merging the appropriate exercise science with his effective chiropractic expertise to produce results in the "real" world, where athletes face career ending injuries and waste years in the training room trying to overcome unknown weaknesses. In Chapter 1, Dr. Kinakin optimizes the strength training approach in relation to existing weight training dysfunctions. Chapter 2 assesses one's overall readiness to train with weights, and Chapter 3 establishes a practical link between each individual muscle's function and correct exercise movement. Chapter 4 presents a very unique and useful "risk-benefit" concept for analyzing the appropriateness of individual weight training exercises. There's even a very usable guide for designing personal training programs in Chapter 5. The big time bonus is the interactive DVD, included in the binding of the book, which represents a profound opportunity for self-understanding, what with the rich synergy between these printed words and the directly complementary visual demonstrations. (P.S. ... buyers of OPTIMAL MUSCLE TRAINING also receive special access to the 'members only' section of Dr. Kinakin's website, with detailed description of additional exercises, printable versions of the sample forms referred to in the book and on the DVD, plus additional chapters on rest and recovery, and even more beyond that!) OPTIMAL MUSCLE TRAINING is a multi-media approach to personal strength development, written by a broadly acclaimed professional, who actually LIFTS in PL competition himself! Order your copy now, \$27.95 US plus \$4 shipping and handling to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011, 800-448-7693 (Visa/MasterCard/Check/Money Order, California Residents please add 7 1/4% state sales tax)



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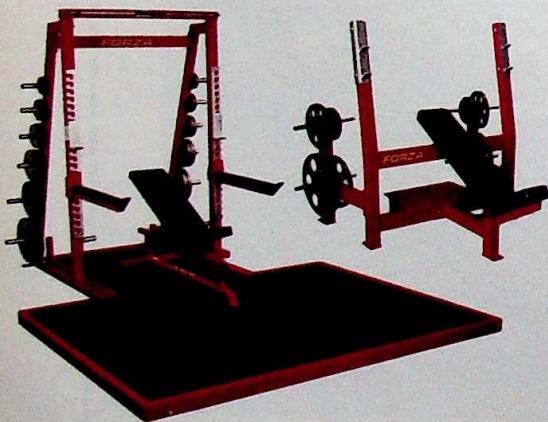
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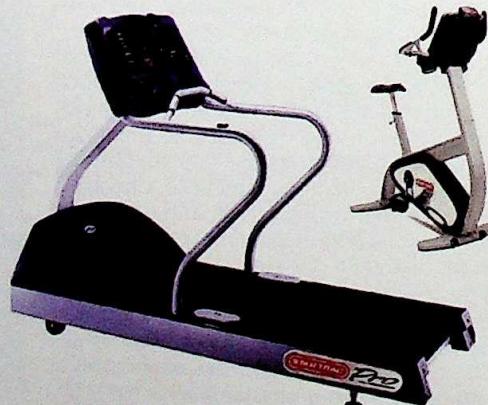
Equipment	Monthly Pmt
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\$25,000	\$550/mo
\$50,000	\$1095/mo

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Projected payment OAC

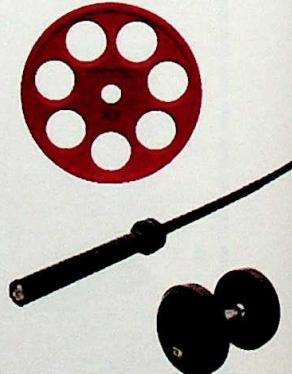
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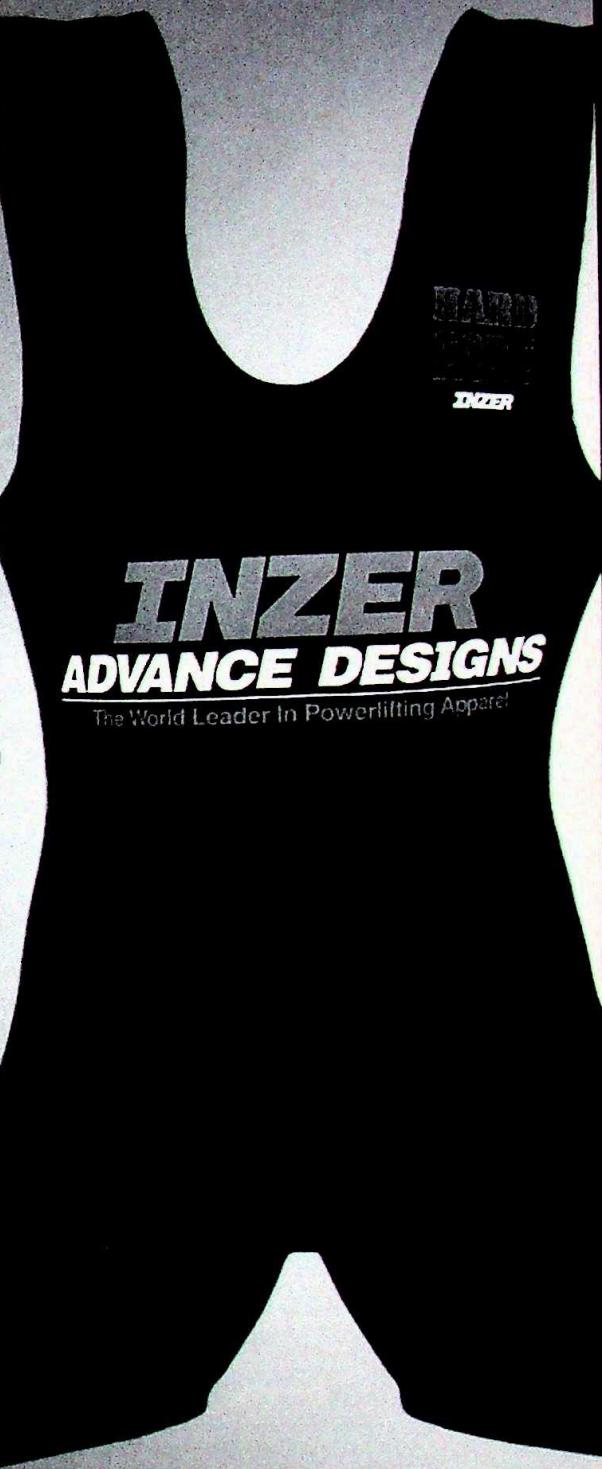
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Last month we almost did a reenactment of a Jack-The-Ripper scene, with Big Mike of Nazareth Barbell doing the bloody work. Sensing that former cops are loads of fun - in the gym & at parties too, and out of deference to my old cop-friend Ronnie Coleman (trivia bit: did you know that the current Mr. 'O' has appeared in *PLUS* magazine, training with Steve Goggins?) we now go visit another southern cop. Well actually a former cop named Joe Ladnier. But the important thing is, this guy has no neck. That's an important physical feature to remember in case someone tries to choke you, or you have to choke them. If shoulders flow through very large traps, straight to the bottoms of their ears - remember not to get into a grappling situation with them. They cannot be choked.

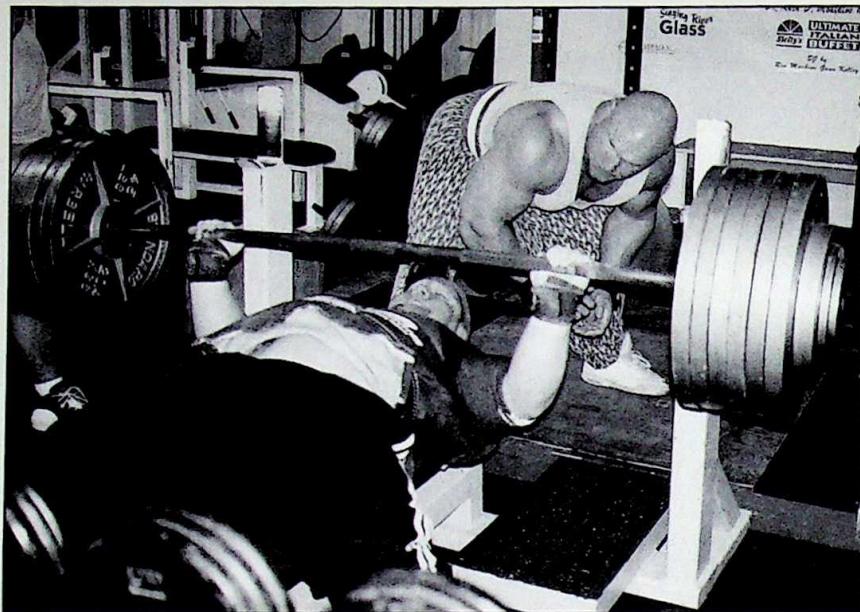
Actually, this no-neck lifter is a really nice guy with a really crazy hobby: sometimes he competes as a bodybuilder! I know, I know; it's perfectly acceptable to wear your thong in public these days (and Michael Jackson is perfectly normal, too) - but it's still strange behavior for a powerlifter. Remember: **Groove Briefs - OK, thongs - bad**. Well, OK, this is a guy thang - you ladies wear whatever you want! I still remember the time meet promoter Sandi (Candy Ass) McCaslin showed us her thong in the booth at the Arnold, whoops - I got off track again! Back to the topic-at-hand; Pascagoula, MS.

Remember the song "The Day The Squirrel Went Berserk" in the First Self-Righteous Church, in the sleepy little town of Pascagoula? It was a very funny song which came out before some of you were born. The point is; Joe was born in Pascagoula, which is a very small town in Mississippi - so don't hold any odd habits against him. He started lifting with his uncle when he was 11 years old, but only on machines in a local spa. Tried gymnastics in 3rd through 5th grade, where he got his first taste of wearing a singlet. (Remember: **Singlets are OK, but thongs are bad**.) He started playing football in 6th grade. After the 9th grade football season, he started using free weights in his lifting. Joe's coach entered him in his first high school powerlifting meet after 10th grade football, where Joe met Larry Plumlee (former 220# Jr. National Champion). Larry invited Joe to train with his team (The Mississippi Ironmen), and he was **hooked!**

Joe has competed as a

HARD CORE GYM #32

Joe's Powerpit Gym by Rick Brewer



Joe....spotting a bench presser in the 'Powerpit Gym.' (Photos courtesy of Rick Brewer)

powerlifter and bodybuilder from the age of 15 on. In January 1980, Joe lifted in his first AAU powerlifting meet with The Mississippi Ironmen. At the meet, Joe met Fred Hatfield (who was conducting a seminar). By the end of high school, Joe had won 3 Teen Nationals with best lifts of **667# squat, 457# bench, and 705# deadlift at 198#**. Not bad for a teenager! Then, as now, Louisiana Tech actively recruited strong powerlifters, but Joe declined and went to a Jr. College so he could train for the Sr. Nationals in Dayton, OH. While there, he met Larry Pacifico - who offered him a job working with his Elite Powerlifting Team. This job with Larry Pacifico (who has 9 consecutive World titles) further developed Joe's skills.

Other lifters who helped or inspired Joe included virtually everyone (too many to list) in the history of the sport from Lamar Gant to John Inzer, the Bridges bro's to Eddy Coan, Larry Pacifico to Gus Rethwisch, Ernie Frantz to Mark Chaillet, and Chucky Dunbar to Bill Kazmaier. I had to shorten the list a lot, because it looks like every lifter of stature has contributed in some way to Joe's success. Larry Pacifico and Fred Hatfield seem to have offered the most useful help & friendship. PeeWee Herman didn't make the list.

Life highlights: doing exhibitions & seminars for a living in early 1980's, going into Law Enforcement in 1988, detached right patella tendon - squatting 901 in training, donated 60 trophies to MD in 1987. Favorite meet? Gus

Rethwisch's Hawaii meet in 1984. Favorite lifts? 1980 Teen Nat's in the 165#': 525SQ - 325BP - 585DL (gave trophy to dad for birthday!) 1983 Sr. Nat's in the 220#': 837SQ - 523BP - 749DL = 2110 (first 2100# total in the 220s). When he was only 19, Joe edged out the famous Fred "Dr. Squat" Hatfield and world champ James Cash!

Best Gym Lifts? 960SQ, 725BP, 832DL. Odd lifts (these are for you "Real McCoy!"): 1100# 1/4 SQ, 1500# leg-press, 1035DL lockout, and a seated behind-the-neck press of 385#. If that doesn't make the injured shoulders cringe, nothing will! (Right, Kirk Stroud?)

Joe went through 4 police academies (did nobody like you, Joe?), and then worked as a Bodyguard & Private Investigator. In 1982, he switched from law enforcement to underground utility work. Still unsatisfied, he finally got to the point of this saga; when he started a gym & personal training business! **Joe's Powerpit Gym!**

OK, so Joe is really strong, and he has no visible neck, but what makes the POWERPIT different from a chrome-plated spa-lady fitness-center with spinning classes and plants in the locker-rooms? Why would a powerlifter go to this gym? According to Joe, for 3 reasons: (a) the atmosphere, (b) to have Joe correct your form or help you master your suit or shirt, or (c) because they serve the hottest crawfish & coldest beer on the coast right next door! OK, maybe those aren't in the right order.

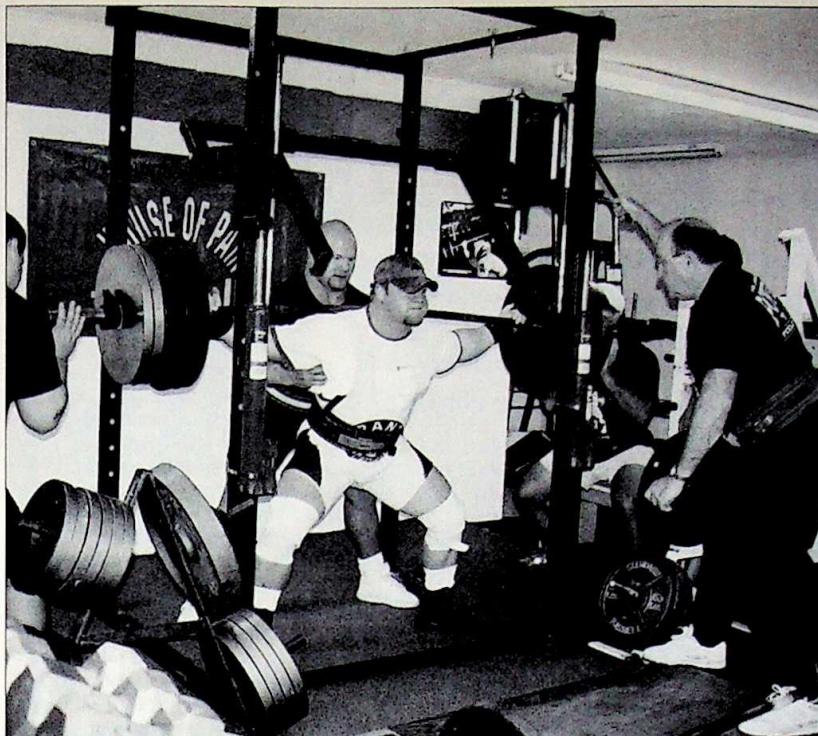
Joe, tell us - how can you help us dumb powerlifters? "People come from all over, either for me to correct their form or to help them master their suit or shirt. Some just get to a sticking point in their training. I have the only mono-lift squat rack in the area. It's also the only gym around here that totally supports the lifter that is on the platform lifting, meaning that when you're up...your music goes on with you and it's loud and everyone is focused on you! Every lifter that has come here has hit PRs."

Cool. Mastering BP shirts, and/or SQ & DL suits is a rare skill and well worth a trip if you're in the area. (This is a recurrent theme.) Tell us about the people. Who trains there now? "Well, one guy is 23 year old Christian Simmons. Eight months ago, he came to me as just another gym bodybuilder. Just a few weeks ago, I had him in the APF Southern States in Daytona Beach Florida,

where he squatted 903# in his first meet! Louis Langlanias (198#, 58 YO Masters Lifter) just squatted 600#. Rebecca Phelps (148/165# HOP powerlifting beauty) drove down for a few workouts and was benching 230# at the time. She recently hit 315, and a near miss with 330. Tammy Thomas was driving 5 hours each way to the gym; her best squat was 380 - after 4 training sessions she hit 518 at my meet in October!"

Wow! Sounds like it is worth a trip even if you aren't in the immediate area! Driving 5 hours each way - double wow. Dedication like that must be earned. That is 'farm-dog' dedication. Speaking of that...

I remember a gym from my youth where a few lifters worked out barefoot. A few real live backwoods hillbilly lifters come pungently to mind, who never wore shoes in the gym. (No offense - I have many hillbilly friends!) I always cringed when weights dropped or rolled around, since it would easily crush their bare feet. But I much preferred that to a Bally's I trained at years later. They wouldn't even let me wear my hat - or leave my gym-bag on the floor while I worked out. Where was I supposed to put all my PLing gear? I know I'm way off-track here, but I hate dress codes. Back to MS; is there a dress code, Joe? "NO, and it's not unusual to see someone in powerbriefs or squat suits in the parking lot!" OK Joe, I'm sold! I wanna come! But back to our original thoughts about the fact that you have no apparent neck - what



Joe..... at his 'Powerpit Gym' giving training and support during a squatting session.

are your measurements & stats?
"I'm 5'7", 262#. Chest is 53", arms
are 22", waist is 36", thighs are
30", calves are 19", and yes - **my
neck measures 22".**"

Before we leave Joe Ladnier's POWERPIT GYM, let me say that Joe's birthday is 10-14-63 in case any ladies want to take him a present. Come back next month

when we look at another gym run by a lifter with a really big bodypart; his head. I have long known that bigger heads yield bigger benches. Stay tuned to find out more!

Joe Ladnier..... supporting the House of Pain Booth.

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The biggest obstacle for Elite lifters is displaying efforts from training at meet time. I frequently hear of lifters taking their openers before the meet. If the lifters at Westside were worried about their openers, we would not go to the meet.

What is the proper method of tapering your training for the meet? Much depends on the weight class you are lifting in. The heavy weight classes may need more time to reach full peaking.

Leading up to any meet, the training should be divided into 3-week waves. For squatting, the months before the meet should consist of light speed strength work, 10-12 sets of 2 reps, with less than 60-second rest intervals. This results in good form and raises work capacity and, above all, builds speed strength qualities, which is important in order to exhibit maximum force production.

We focus on maximal speed with submaximal weights. With max speed, 154 pounds can produce 264 pounds of force. Most training sets average 40-50% of our top meet squat, but remember, we squat on a box. For one wave we may use a blue band (200 pounds of tension at

the top) or a green band (120 pounds of tension at the top) with three sets of 5/8 inch chain correctly hung from the bar (120 extra pounds at the top), or a purple band (80 pounds more at the top). It is essential to constantly change the rate of bar acceleration by different means. We may also use weight releasers with about 12% of our best squat weight, or the lightened method, where bands are hung from the top of the rack to support, or lighten, the bar load at the bottom of the lift.

DELAYED TRANSFORMATION. After

heavy training, such as the circa max phase, one cannot get any stronger. This is due to the accommodation effect of the near-maximal efforts over a 3-week phase. The logical thing to do is to reduce the training load. This improves the lifter's strength or performance by transferring the previous training weeks into performance growth.

The circa-max squat phase is very strenuous. It consists of 6-10 lifts close to max to achieve strength speed, leading to a gain in absolute strength. You must change the training volume, not the exercise. If not, no satisfactory result will be achieved. Two

to four weeks are needed for the realization of better results at contest time. Only the top Elite powerlifter should use the circa-max method, which is using weights between 90 and 97% of a 1-rep max. It is very severe, and most at Westside use it for meets. We recommend that a 4-week deloading occur (including the week of the meet) after the circa-max phase.

Here is an example, using Paul Childress's final 6-week training period before a meet. Leading up to the seventh week, Paul uses a high volume system of training, working on speed strength exclusively, with weights ranging from 40 to 55% for 8-12 sets of 2 reps. When Paul starts the circa-max phase, it looks like this:

Week 1: 455 for 5 sets of 2 reps plus 500 pounds of band tension.

Week 2: 475 of 4 sets of 2 reps plus 500 pounds of band tension.

Week 3:

500 for 3 sets of 2 reps plus 500 pounds of band tension.

Week 4: 500 for 5 sets of 2 reps plus 250 pounds of band tension.

Week 5: 500 for 4 sets of 2 reps plus 125 pounds of band tension.

Week 6: 500 for 3 sets of 2 reps, no bands.

Week 7: meet result: 1052 at 308.

At the Arnold Classic this year, Paul squatted 1085, a world record.

If this extremely heavy workload would continue up to meet time, he would likely fail to make a big squat because not only CNS fatigue but also physical and emotional fatigue will occur. This explains why a 4-week cycle, or mesocycle, is needed to validate the previous training and to express it at the meet. During this deloading phase, not only the number of workouts, but also the number of exercises per workout are reduced. The last 4-week phase calls for full restoration and calmness. Fewer bar exercises are performed and more specific exercises for building hamstring, glute, low back, and ab strength are done along with stretching.

By stopping the circa-max phase so far out from the meet, Paul is able to do a max effort day three days later, on Monday. On this day, he will do triples in the 80% range. This pendulum training system works in direct line with the 3-week pendulum wave that I have repeatedly written about. The fourth week is, of course, the meet.

How many weeks of deloading that are necessary depends on your level of preparedness. Ano Turtianen uses a similar circa-max phase and then a 2-week deloading phase. He recently squatted 1080 at 286. His bar weight varies from 540 (50%) to 628 (65%) plus a couple of singles at 705. The band tension is 220 at the top and 100 at the bottom.

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DELAYED TRANSFORMATION

as told to Powerlifting USA by Louie Simmons

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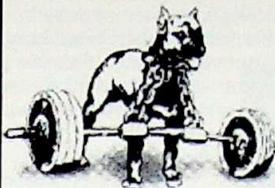
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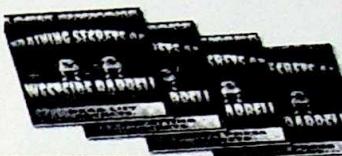


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Chuck Vogelpohl is the lightest man to squat 1000, at 220. His best squat is 1025. His circa-max phase looks like this:

Week 1: 455 for 5 sets of 2 reps with 375 pounds of band tension at top.

Week 2: 555 for 4 sets of 2 reps plus 375 pounds of band tension at top.

Week 3: 575 for 3 sets of 2 reps plus 375 pounds of band tension at top.

Because of Chuck's high level of fitness, he uses 2 weeks to de-load, lifting at the meet on the third week, realizing a total delayed transformation.

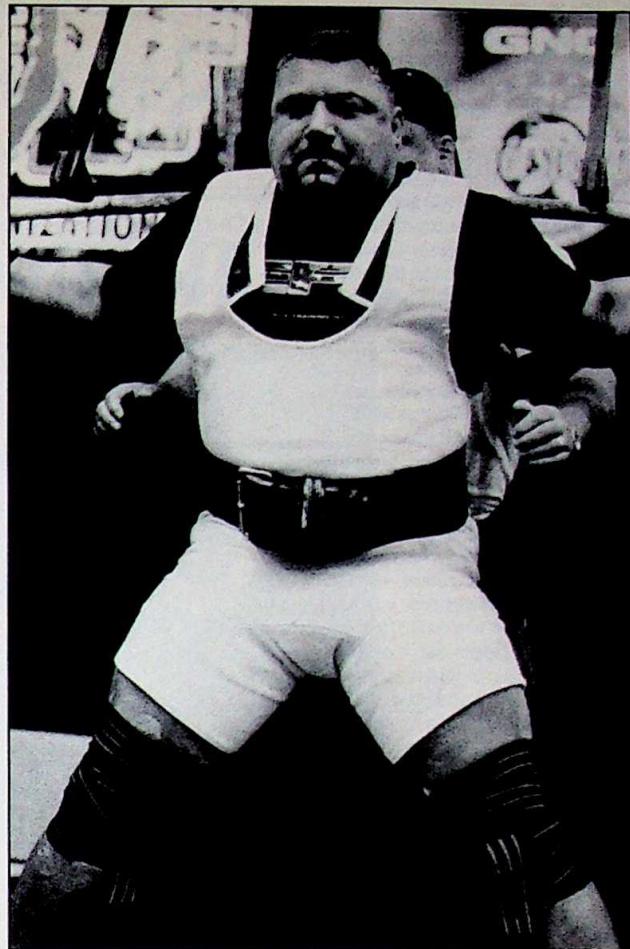
One must learn to balance the very intense training while preparing for a meet with the efficiency to produce a high total at meet time. At Westside this is done with a system of yearly, monthly, and weekly (macro-, meso-, and microcycles, respectively) cycles for the dynamic and maximal effort days.

Of course, delayed transformation occurs in bench pressing and deadlifting as well. There is no need to take an opener the week before the meet.

In summary, delayed transformation occurs by reducing the number of exercises of all types to reduce the total training load due to the period of nonimprovement that is caused by accumulated fatigue. This de-loading for 3 weeks leads to an increase in strength. Its purpose is to prepare the lifter for a major competition. The higher the level a lifter achieves with a greater work capacity, the longer the delayed transformation is carried out. For those with a lower work capacity and usually a lower rank, the delayed transformation phase is shorter because they don't endure the same extreme rigors as the more advanced lifter. Lower skilled lifters don't use the same amount of muscle fiber as top lifters.

Our lifters at 275 and above always require a longer time to peak or realize the training loads as a high meet result. Even when a contest is not close, the total volume must be waved up and down to achieve high results in a yearly plan. Change your exercises continuously to help recuperation. We at Westside never do the same exercise on max effort day 2 weeks in a row. This is to avoid accommodation. The more exercises you do in a yearly plan, the more fully prepared you will be.

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Paul Childress squatting in the WPO competition (M. Lambert).

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LOUIE SIMMONS TRAINING SECRETS

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What do beer and pizza, cookies and milk, and lifting belts and lifters all have in common? They go together. Where you see one, you see the other. The vast majority of lifters in gyms wear a lifting belt of one kind or another. The challenge for powerlifters is to use lifting belts optimally. Effective use of a lifting belt use can definitely increase results and safety, but on the other hand, misuse can actually weaken a lifter or increase chance of injury.

The oldest and most common form of lifting belt is the thin, narrow in front, wide in back type worn by the Olympic lifters we've all seen on TV. This type of belt may work for them, but not necessarily for the powerlifter. Olympic lifters tend to lean back during execution of their lifts, while powerlifters tend to lean forward during their respective competitive lifts. That critical difference requires more support in the front of the torso for the powerlifter. Legendary all-time great lifter, Lamar Gant, realized this long ago and wore the aforementioned thin in front, wide in back style belt backwards so the support would be in the front of his body. Belt makers soon caught on to this logic and marketed belts that are the same width around the whole circumference with the discerning powerlifter in mind.

Physiologically, a lifting belt allows the abdominal muscles to push against it during exertion. This aids in stabilizing the spine, giving the lifter greater power, stability and support. This increase in intra-abdominal pressure also lessens pressure on the spinal disks. Reduction of spinal pressure results in a lower chance of disk injury.

This pushing also works your abs in the process. Gant was not only the greatest deadlifter of all time, but was on the cutting edge of powerlifting technology as well.

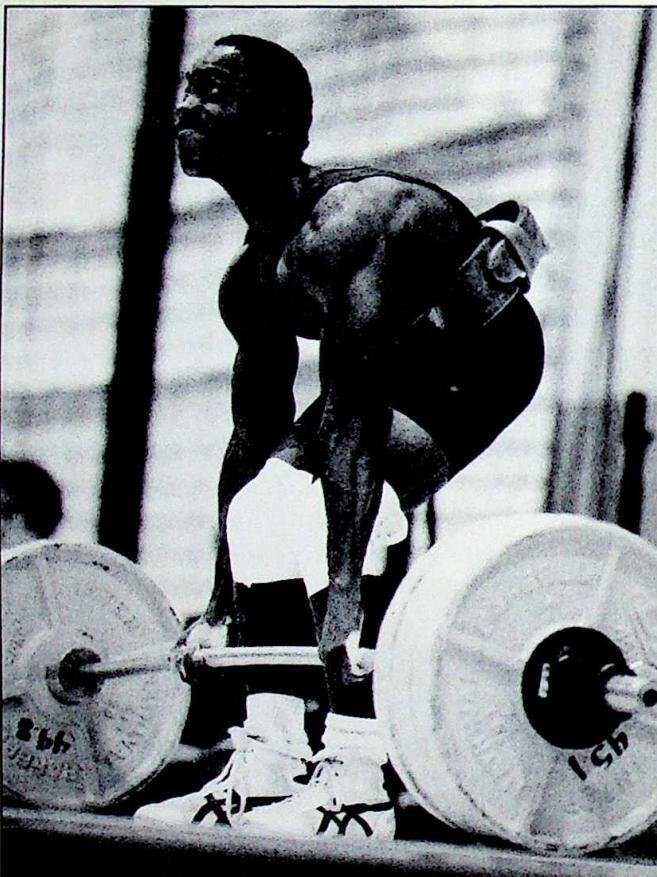
The down side of this is that constantly using a belt hinders a lifter's abdominals to work and grow stronger. The belt becomes a crutch and limits ab development. The optimal answer is to limit use of a belt to only sets of 3 reps or less. This method allows your abs to develop on the lighter, higher rep sets while providing the lifter benefits on heavy, low rep sets. This can pay dividends in your life outside the gym. Many retail stores, like hardware stores, provide and require employees to use pseudo-lifting belts to wear during work to 'protect' them while they are lifting merchandise on the job. What many stores have found is numerous employees end up injuring their backs while off work. The reason is simple, since they wear belts at work, the belt substitutes for strong abs. When they lift objects off the job without belts, they tend to have a greater tendency for injury due to

STARTIN' OUT

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LIFTING BELTS

as told to Powerlifting USA by Doug Daniels



Lamar Gant, USA's most successful IPF Champion, sometimes turned a conventional 4" belt around so the buckle was in the back.

underdeveloped ab strength.

I struggle with using a belt for the bench press. First, compared to the deadlift and squat there is less pressure on the spine. Next, use of a belt restricts your arching ability which increases the distance a lifter must press the bar to lockout. But if you absolutely, positively must use a belt to bench, use a thin one, not a double or triple thick belt used for squatting. One justifiable use for a belt while benching is to help keep your bench press shirt on tight. Put the shirt on and loosely cinch the belt around your waist to better hold it in place to prevent slippage.

I also do not recommend wearing a belt while doing assistance work like overhead presses, pulldowns, curls, tricep work, etc. There is simply no need

for it. Let your abs and other torso muscles work during your entire workout keeping you supported and stable.

Another key consideration is how tight to cinch the belt. The tighter the belt, the more support, but that can have its drawbacks. First, if worn too tight, it could result in breathing problems or even worse, elevate heart rate and blood pressure. If worn too high above the waist, it could bruise or crack a rib. Good judgment and common sense is the best solution to belt tightness and placement. If shortness of breath or pain results, it's too tight or too high. You may require two helpers to get a belt on extremely tight. Have one helper pull on the belt and the other hold the lifter and fasten the buckle or

lever. A no-brainer would be to draw the belt tight just right before you take your attempt or set.

Immediately after the set, loosen or remove the belt. As always, common sense is the right answer.

There are various types of belts. Most are made of leather, which is your best choice. Belts also vary in thickness. Some are single layered; others are double or even triple thickness. Most belts come with buckles, but some designs use a 'lever' to open and close. I would suggest trying both to see what works best for you. As with all power gear, I can't emphasize enough to not try any new gear at a meet for the first time. This also goes for degree of tightness and belt placement around your waist. Use your competition gear in training so you know how it works. This will help prevent costly surprises. Bring a backup belt in case your main belt gets lost, stolen or breaks. If you have to borrow one, lower your attempts to reduce the risk. The same goes for degree of tightness.

Powerlifting rules do not require you use a belt, unlike a one-piece singlet or shoes. Traditional rules limit the width of the belt to 10 centimeters and the thickness to 13 millimeters. This eliminates yard-wide-in-the-back belts worn at prissy health spas.

To be sure, check the rules of the organization you compete in beforehand to avoid problems of illegal equipment.

I hope this article has given you a few things to think about concerning lifting belts. A lifting belt can be a definite positive in competition and training. Using it optimally can mean higher totals and reduced chance of injury. But it is key is to know when and how to use one. Strengthen your abs and torso muscles by not relying on a belt during your non max, higher rep sets and assistance work. Of course, abdominal exercises like crunches are required and should be part of your training program.

Combining the lifting belt with stronger torso muscles can only enhance your lifting results and combo goes right up there with the beer and pizza!

Doug Daniel's
Web address:
[members.aol.com/
ddanil12345/
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"What lies behind us and what lies before us are tiny matters compared to what lies within."

Ralph Waldo Emerson

Dan Gable was without question the greatest Greco-Roman wrestler of all time. The Eastern Bloc countries searched the ends of the earth to find someone to challenge Gable, but no one they found even came close to testing his greatness. He always surfaced as a man among boys. He was just that awesome. He was at a level almost beyond human comprehension. For all of his greatness though, Dan Gable worked harder than any wrestler who ever lived. He woke up every morning thinking about wrestling, he went to bed thinking about it, he dreamed about it. Why? Because it wasn't enough to be just great, he had to be the greatest. He had to be the best wrestler who ever walked the face of the earth. He was totally committed to that dream. Totally committed to excellence ... greatness. It wasn't enough for him to just wrestle at a "world class" level, Gable wanted to win — he had to win, he had to be a champion. He was intrinsically driven to be the very best of the best. He was totally committed to excellence.

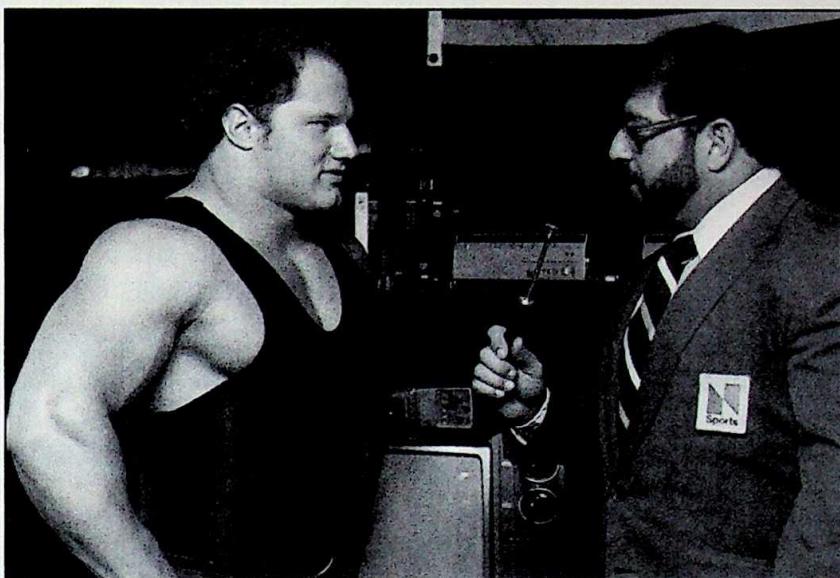
Michael Jordan is another guy cut from this same fabric. Without question he was the greatest basketball player on earth, or anywhere else for that matter, but no one trained harder than Jordan did. No one! Jordan couldn't stand mediocrity. He was totally driven to excel, and he did whatever it took to obtain that goal. He was totally committed to excellence. He never gave less than his very best. That's why he is the best there ever was ... that's why he is JORDAN!

What was it that made Gable and Jordan so great? Attitude ... major attitude! They didn't play for money, trophies, or social status. They played basically for one reason ... to be the very best that they could be. They pushed their heart and soul right to the very edge of their breaking point in order to succeed. To a large extent their absolute commitment to excellence was where their greatness manifested itself.

You win medals not by chance but by preparation. Everyone has the will to win, but few have the will to prepare to win. The difference between the possible and impossible is commitment. Once you are committed to excellence

DR. JUDD

Commit to Greatness as told by Judd Biasiotto Ph. D.



Committed to greatness... Joe Ladnier interviewed by Larry Pacifico in 1983. (McCain)

you can make real magic happen. An attitude that demands excellence brings about excellence. In fact, a positive attitude is the fundamental ingredient for success in life. Commitment to excellence seems to be the common strain between great athletes—they all tend to pledge their mind, heart, and soul to greatness.

Over the years I have come to believe that the people who are successful in the world aren't the most talented ones or the smartest, or the luckiest, or necessarily the bravest. The ones who make it are the ones who are doggedly determined to succeed. They are just plain tenacious. They refuse to be beaten and they are totally committed to succeed. In other words, the difference between being mediocre and great is not a lack of skill, not a lack of power, not a lack of intelligence, but rather a lack of commitment. Success demands singleness of purpose.

Your attitude sets the stage for either success or failure. I've seen athletes with a great determination and resolve, go beyond the boundaries of what most individuals thought was their breaking point. On the flip side I've seen athletes with a poor attitude fall far short of their capabilities. An attitude that is committed to excellence directs our minds, and our minds direct us.

Lou Holtz says an interesting thing. He says "your talent determines what you can do, Your motivation determines how much you are willing to do, your attitude determines how well you will do it." You have to have the self-discipline to do whatever it takes to excel. You have to be willing to push yourself to the very limit. Willing to do whatever it takes to be great and willing to give everything you have. Willing to pay a price for what you want in life. When you are committed to excellence, when you have an attitude that screams out "NOTHING LESS THAN THE BEST" then you are on the road to greatness.

That is the type of mind set you will see in most elite performers. They are like Iranian terrorists. To beat them you have to kill them. I'm not just talking about athletes either. You will find that type of attitude in most really successful people. They give you nothing less than their very best. No matter what the circumstance. It doesn't matter how far ahead they are or how far behind, they are going to give you everything they are worth every second of every minute. They are relentless. Like a pit-bull with a bone. They are simply committed to their goals. They will push themselves to the limit both mentally and physically, often overlooking

pain and discomfort. Not only do they spend long hours in preparation and work, the time they spend there is "quality" time. People who have purpose, heart, and determination are people who rule the world. As Martha Graham has said "Great dancers are not great because of their technique: they are great because of their passion."

Let me warn you about this too, never bet against anyone who is committed to excellence, because 99 percent of the time you will lose.

The worst athletes to compete against are the ones who are committed to excellence, the ones who are functionally autonomous. They are intrinsically driven. They could care less about external rewards like money or trophies. They compete for the sake of competing. They are driven from within. These types of guys are relentless. They never quit, they never give up. Their volition is like tempered steel. They may bend a little, but you will never break these guys. You may beat them now and then, but you will never break them. They are totally committed to excellence. And they will do whatever it takes to obtain greatness.

I will say this too, the greater your commitment to excellence the greater your chance for success. Do you remember what the great sixteenth-century Spanish conquistador Hernan Cortes did when he would invaded the shores of another country. He would immediately burn his own ships so that his men had no choice but to fight ... there was no retreat ... they would either conquer there or die there. Going back home was not an option. That's commitment. If you want to be the very best you can be you have to be willing to push yourself to the very limit. You have to have the self-discipline to do whatever it takes to excel. Willing to pay a price for what you want in life.

Commitment to excellence! That is the magic elixir of every successful man's quest. It's not education, being born with talent, or having money. It's commitment to excellence. You have to be devoted to a purpose in life. You have to want to accomplish that one goal more than anything else. You have to want to be the very best. As Dorothy in the Wizard of Oz said "You need a mind to think of ideas, you need a heart to believe in your ideas, and you need courage to pursue your ideas." When you do that, then into the stars you go.

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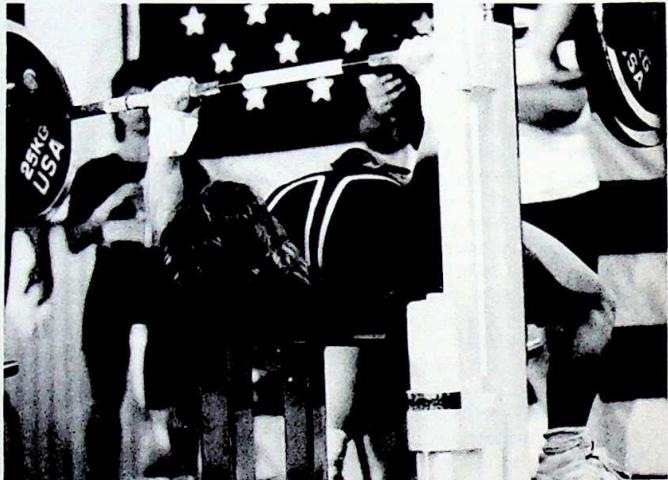
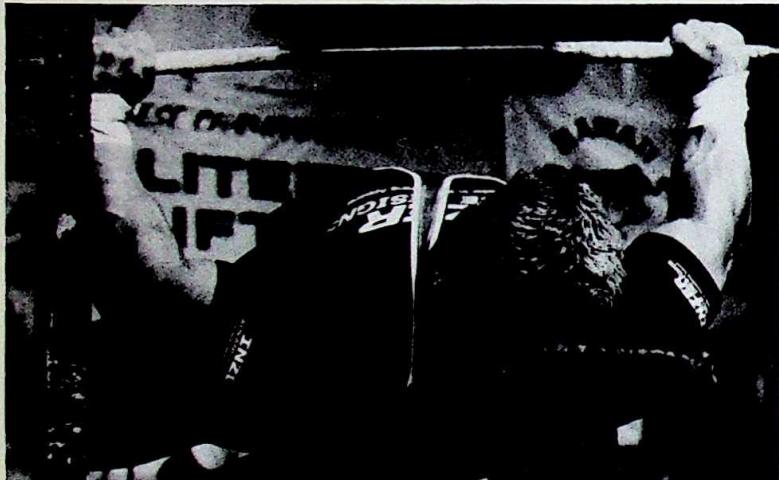
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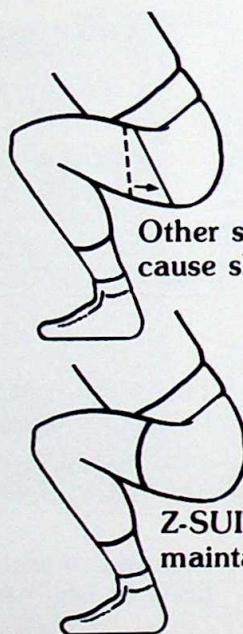
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ASK THE DOCTOR

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

Dear Mauro: I'm a veteran powerlifter with over 20 years in the sport. I've been in prison the last 8 years so I haven't had the best of conditions. I'm been plagued with injuries and have had endless problems with mainly my back and shoulders but it seems that I don't recover from my workouts nearly as well as I used to. I have limited protein intake in prison and I don't use any supplements other than a multiple vitamin. I'd like to get your opinion on any supplements that might help, including glucosamine. I need some evidence that it helps joints so that I can convince the medical staff that it would be worth trying and better than surgery. I've been doing some crude hyperextensions since the equipment isn't all that great in here. Is there anything else I should or shouldn't do? Please let me know about any recommendations and advice. I am anxiously awaiting your suggestions. Thank you very much in advance. - Ron

Dear Ron: I read your letter and had a look at the MRI and X-ray reports you included. First of all they're not all that bad everything considered. I certainly wouldn't go the surgical route with any of it. For example, bulging discs and some spine degeneration are found in many people, even in the 30-40 age group. X-rays taken for other reasons often show incidental bulging discs in people that are not having any discomfort or pain. As far as exercise, the reverse hyperextensions should be part of your regular routine. If you warm up properly, do some stretching and work up slowly, you should be able to do just about anything as long as you listen to your body. Basically what you need is something to help you recover and to speed up the healing process. As such, I think that using nutritional supplements would help you considerably, especially since you've had limited use of supplements in the past decade. If you can, I'd try and use a protein supplement and something like my Joint Support, or at least a supplement that contains the main ingredients. Info on my Joint Support, which should be useful for you, and also info which will give you an idea and some evidence of which supplements, including glucosamine, chondroitin, collagen, etc., have an effect on injuries and arthritic problems, can be found on my web site <http://www.metabolicdiet.com>. All the best in your training. - Mauro

Dear Mauro: I was wondering if you could recommend any exercises or supplements I could use to help aid the repair of my pec rupture. Training is going excellent. I have gained 17 pounds in 4 weeks, but I am wondering if I am spinning my wheels since I could be doing something else to help aid the repair of my injury. Your feedback is appreciated.

Dear Reader: The exercises I would recommend are the ones where you can precisely control the movement and make adjustments if necessary. Machines are great for that, with some obviously better than others. For example, the Hammer Strength upright bench machine would allow you to do that. You can vary the grip and motion to suit the amount of pec you want involved in the movement, and the tracking is precise enough that there are no surprises. It's also easier to back off if you get a twinge that something is giving way. I'd also recommend that you really work on strengthening your triceps, delts and lats. All three, along with strengthening the torso – something that will help your stability, will help you in the bench and will decrease the amount of work your pecs have to do. If you're looking for supplements to help you heal and build up, then I'd use the following, in order of importance. You can read up on all of them at the MD+ store at <http://www.metabolicdiet.com/>. 1. And most important - Joint Support - use on a regular basis. Here's what one chap wrote today when he ordered it: Comments: the joint support

is an excellent product. I simply can work out more intensely without the muscle soreness that accompanied previous workouts without this product. Customer: Al. 2. GHboost and Myosin Protein – both are used before bed and will increase GH/IGF-I and help the healing process. You can use both with TestoBoost (all three are my NitAbol mix). Best regards, Mauro

Dear Mauro: I'm a 33 year old powerlifter. I have a very successful powerlifting career for the past 6 years with best lifts of 280-200-295-765. While preparing for the 2003 Nationals I encountered some low back pain and subsequent diagnosis revealed a grade 1 spondylolisthesis at the L5-S1 level. I believe that forcing an exaggerated arch while benching has to some degree led to my problem. I am currently doing prescribed lower back stretching and lower back stabilization exercises but I have so much lower back pain that I cannot squat or deadlift effectively. In the November, 2003 issue of PL USA I read of a lifter named Steve who, with your advice, resumed successful lifting after being diagnosed with an L5-S1 herniated disk. If this lifter resumed training after a herniated disk, is there some chance I will ever resume lifting again? - Rob

Dear Rob: I received your letter about your grade 1 spondylolisthesis. This is a difficult issue to discuss with you without having examined you and watching your lifting technique. In general, however, I can tell you that I've seen lots of lifters do very well with a grade 1 spondylolisthesis, although there have been others who gave up on heavy squats and deadlifts. The hallmark of dealing with the problem is to thoroughly strengthen the entire torso including the abs, and the hamstrings, prior to getting back into the heavy lifts. I had one experienced powerlifter in his late thirties who developed severe back pain, was diagnosed with grade one spondylolisthesis, and then started working his abs hard and did lots of lat pulldowns, chins, reverse hyperextensions, and lots of hamstring work over about a one year period. About half way through he started doing deadlifts and squats again. He changed his style going to sumo in the deadlift, keeping his back very straight to decrease the pressure and the tendency for slippage, and widening his stance in the squat and keeping straighter here as well. He also decreased his arch in the bench, and contracted his abdomen and hamstrings more when he did arch. By the end of the second year he breezed by his previous max lifts. Now I'm not saying that everyone with spondylolisthesis can do this well. However, the presence of spondylolysis or spondylolisthesis by themselves doesn't have to be an insurmountable problem for a lifter as long as he or she is aware of and listen to their bodies, and takes things slow. It's very important to be seen, treated, and then followed up on a regular basis by a therapist who knows what he or she is doing when it comes to dealing with spondylolisthesis and how to deal with the problems it represents to powerlifters. I'm not familiar with any out your way but one of the best where I am is Ken Kinakin, a sports chiropractor who incidentally just put out a book that was published by Human Kinetics.

I'd also recommend that you take my Joint Support on a regular basis as this will help strengthen the tissues involved. As well, it'll be useful for not only the pain you're experiencing now but also to help you to train more effectively. Let me know if you have any questions, and of course how things go. Best regards, Mauro.

Dear Dr. Di Pasquale: I did some research on one of the ingredients in your TestoBoost formula: Vitex Agnus Castus. In olden times it was also known as monk's pepper and was given in copious quantities to reduce libido and sexual function in monks and nuns. I also read that Vitex is given to increase the amount and efficacy of luteinizing hormone which promotes ovarian function and the production of estrogen and progesterone. My question is how does Vitex support Testosterone when all the information I'm getting says it does the opposite? Sincerely - Sean

Dear Sean: VAC decreases prolactin and increases LH secretion. In women this affects ovarian production of estrogen and progesterone. In men, these factors affects testicular function and increase testosterone secretion. The mechanism for this is thought to be the anti-estrogenic effects via its weak estrogenic binding with the estrogen receptor. Since estrogen is an important regulator of the hypothalamic-pituitary axis, decreasing its effect on this axis results in an increase in the activity of the hypothalamic-pituitary-testicular axis resulting in an increase in LH which in turn increases testicular steroidogenesis and subsequent testosterone production.

As far as it being used to reduce libido and sexual function, that's a myth rather than reality. The reasons for the use of this herb throughout history, and the misconceptions about its use, makes for interesting reading. Best regards, Mauro

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Q: I first would like to say that I have been a reader of *PLUSA* for over 15 years and it has always been the top magazine for Powerlifters bar none. I think it is great that you have come on board with the magazine and opened up a whole new area of interest to powerlifters with your Power Nutrition column. I have learned more from your column in the past couple years than I have anywhere else in regards to proper meal planning and proper nutrition for the powerlifter. My question is a little different than some of the other ones that you may get. I am hoping that you will take the time out of your busy schedule and answer it in your monthly column. This is because I feel it will not only help me out, but tons of other lifters in the same boat. The first thing that I want you to know is that I am 37 years old and I have been powerlifting for close to 20 years. I have set many national records in my time in several different weight classes. I am also a chemically enhanced lifter and have been using anabolic steroids over the past 15 years on and off. I have used numerous different steroids ranging from different types of Testosterone to Trembolone to Anadrol and Dianabol. You have mentioned over and over how important it is for the chemically enhanced lifter to cleanse the body of impurities and keep the organs working in a healthy manner to make sure that the side effects of steroid use are minimized. I have had different side effects here and there but the thing that got my attention the last time that I went to my doctor was that my liver enzymes were very elevated. They were close to triple what they should be. This really alarmed me and made me realize that if I don't take care of my liver health this can turn into a major health problem for me. Now I know that a lot of lifters that are using pharmaceuticals do come to you for advice and consultations to keep their health in check so I was wondering if you could please help me out. I need to get my liver enzymes back in order so please help me out. I will do whatever you say and will listen to your ideas no matter how exotic they may sound. I have to get my liver enzymes down to a decent level so please help me with my serious problem.

Name Withheld by Request

A: Well thank you for your kind words. It's nice to know that I have

NUTRITION

Power Nutrition Q&A

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



The size of these stones that one can carry in their liver is astounding. (Ricciuto)

a following out there that look forward to my column every month to find out the latest in sports nutrition geared for the powerlifter. In response to your question, I would like to start off saying that nutrition and proper natural supplementation is very important for the chemically enhanced lifter. Nutrition for the natural lifter is also very important, but for the lifter using pharmaceuticals it is actually even more important. Especially when we are looking to keep the lifter healthy year after year. Many lifters consult with me to help them maintain their health and inform them on how to protect their organs from the different pharmaceuticals that they are using in their training

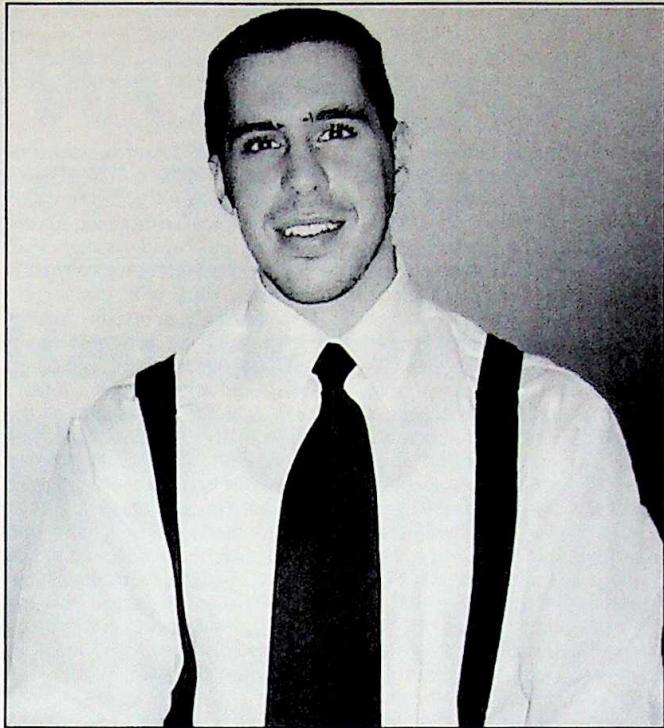
program. Now because you use pharmaceuticals I don't want you to think that I am going to jump down your throat like some type of goody two shoes. This isn't my place to do such a thing. In my business I work with a lot of drug free world champions, but even more chemically enhanced world and national champions. Just to let you know this does not just include powerlifters but athletes of other sports. I have realized in my profession that pharmaceutical enhancement is part of the sports game. No matter if it's illegal or not, athletes of all sports who are looking to take their performance above and beyond will use performance enhancing drugs to help

accomplish this. My job is not to judge anyone, but my job is to make sure that I take your performance to the next level and keep you healthy at the same time.

With the info you sent me I see that your liver enzymes are all out of whack so to speak. This is something that has to be taken care of because if you ignore this it can have some dire consequences down the road. I could go into all the scientific and medical terms here, but I feel it would be best to save this for a future article where I can go in depth and explain things in full. First off when assessing what to do with you, I have to understand what type of pharmaceuticals that you are using. Now you mentioned to me you used different types of injectables like Testosterone, Trembolone, as well as orals like Anadrol and Dianabol. What you have to understand about different steroids is that they are used and absorbed and processed by the body in different manners. Injectable steroids pass through the liver once whereas orals pass through the liver twice. This is part of the reason for the increased strain on the liver. They also affect different organs more than others do. The harshest steroids that can be used are the oral ones like your Anadrol, Dianabol, Halotestin, Methyl Test, Cheque Drops as well as your injectables like Winstrol and Trembolone. These are some of the most toxic to the liver when compared to other steroids like Anavar or Sustanon.

Next we need to look into what we can do to help get those enzyme levels down and to cleanse the liver of all the toxins that you have built up due to your steroid use over the past decade. Now I have a lot of tricks up my sleeve for not only increasing your performance but also to keep your health in check. This is one reason why so many pro strength athletes whether they are drug free or chemically assisted consult with me. Now I am not going to give out all my tricks and methods here in this article as I save that for my private clientele, but I will give you a brief layout and some good ideas that will help bring your liver back up to speed. There is one supplement that I recommend for all my "Enhanced" lifters to use.

The name of this product is called LIV 52. This special formula is a must for those on a steroid



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

cycle. To tell you the truth, going, on a cycle without using this supplement is just not a smart move. Since many powerlifters are using heavy androgens during their cycle to jack their strength up, protecting the liver is of utmost importance. These androgens are also some of the hardest on the liver so not taking this supplement is like driving a race car at 200 mph without wearing a seatbelt. As you can see with the above example, this is not a move in the right direction. This special formula is a combination of many different types of herbs that are geared towards regenerating the health and function of your liver. It is actually a herbal formula that is based upon Ayurvedic Medicine. Just in case you didn't know Ayurvedic Medicine is based upon many natural theories from India. Now before you go off on an ignorant tangent thinking that this must be some mumbo jumbo from the Far East, give it a try. Before you dog it open your mind just a little because you will be praising its effects when your liver scores are much improved. I have my athletes use this product before, during and after a drug cycle to keep their liver enzymes from going through the roof. I have had some of my "assisted" lifters that have had problems with elevated liver enzymes in the past use this supplement. When they had their blood tests done at the end of their cycle they were not elevated. This is a sign that this formula can definitely benefit and protect the liver in more ways than one. LIV 52 was introduced to the market in 1955 so it has had its time on the

scene. What is even more amazing about this product is that it has had over 300 different studies done on it. It works through protecting the hepatic parenchyma. What also differentiates it from other formulas is that it acts as a detoxifier. Not only this, but also this formula has antioxidant properties to boot. What this means in plain English is that it will help destroy and neutralize a wide variety of toxins not only from the environment but also from the "Pharmaceutical Arsenal" that you are taking as well. LIV 52 is known the world over by many "Elite Athletes" that have extensive pharmaceutical programs to keep them at the top of their game.

Now you are probably wondering what is in this formula and how would you go about incorporating it in your program. Well, just to let you know about some of the ingredients in the formula here it goes.

Tamarisk (*Tamarix Gallica*) – This herb is effective as a digestive aid and is known for its hepatic stimulating effects.

Negro Coffee (*Cassia Occidentalis*) – This is a digestive tonic and also lends support to liver function.

Yarrow (*Achillea Millefolium*) – This herb has stimulating effects on the liver.

Wild Chicory (*Cichorium Intybus*) – This herb will increase bile secretion. It will also act directly on liver glycogen stores. It is a very powerful Hepatic stimulant and can even aid in digestion.

Capers (*Capparis Spinosa*) – This herb is known for its liver

protecting abilities. It can also improve the efficiency and function of the liver due to its stimulating effect.

Black Nightshade (*Solanum Nigrum*) – This one is very important for the enhanced lifter. It has been shown to improve liver and kidney health in different cases of liver toxicity that is caused by the ingestion of different drugs.

Arjuna (*Terminalia Arjuna*) – This is another very important herb as it has been shown to help regulate hepatic cholesterol biosynthesis and has a tonic like effect on not only the liver but the heart as well.

So as you can see LIV 52 is quite an extensive formula. What I recommend for my "enhanced" lifters is that you start taking the supplement at least 4 weeks before you start your pharmaceutical program. The below plan would be advised for a male over 220 pounds that is using a pre contest pharmaceutical cycle. It would be used for those using injectables and orals in their program with the cycle lasting anywhere from 8-24 weeks. The cycle would also be medium to high in dose as many use before a national or world championship competition.

During the 4 week period leading up to your cycle I would recommend taking 6 tablets per day broken up into 3 tablets 2 times per day. This should be taken half an hour before meals on an empty stomach. Now when you start your cycle I would then increase it to 12-18 tablets per day depending on what types of steroids you are using and in what doses. Your weight, gender, past drug history and medical background are other variables as well. This would be broken down over 4 daily doses half an hour before your meals. If at the beginning of your cycle you were using orals then I would recommend keeping the highest dose of LIV 52 during the initial 4-6 weeks since this is when the most liver damage will occur. This is the time that will most affect your liver enzyme count so we have to keep the "Enzyme Monster" at bay during these critical times. So if you are using heavy orals for the first 4-6 weeks keep the dose at 12-18 tablets per day. After the orals are discontinued then the dose can be brought down to 9-12 tablets for the remainder of the cycle. At the conclusion of your cycle, LIV 52 should be maintained in your auxiliary program for the next 8-12 weeks at a dose of 9 tablets per day. This is not the only way to incorporate this formula into your plan, but will be a basic layout for those using a medium to heavy cycle. If you want to know more about this product take a look at this web site at www.yourliverhealth.com. It will give you some information to help

you better understand how it can help protect your liver. As I have said before, I will keep you on the cutting edge of many different facets in sports nutrition to keep you ahead of the game!

If you haven't heard of this amazing supplement then it is time for you to reap its protective benefits. Remember you only have one liver to live with. If you just take your enhancement program as child's play your liver will not be so forgiving to you in your latter years. Your liver is one of the most important organs of your body so don't just think that it won't happen to you and ignore the warning signs. Every assisted athlete should be thinking about his long-term health. Your powerlifting career will not last forever and when your time for stardom comes to a close you have to make sure that your life isn't coming to a close as well.

Cleansing is another area that must be done post cycle. With my elite athletes I perform many different cleanses on their body throughout the year. This is to make sure that any toxins that they have built up from their "Enhancement Program" will not cause the damage that they could if they stayed in the body and in your bloodstream. One such cleanse is a liver and gallbladder detoxifier. I will tell you a story about just one of my clients who decided to give it a try. This one client was a skeptic from the beginning. Even with the nutrition plan he was hard to convince that it would help his performance. But trying to tell him not to be stubborn and to use his head about keeping his organs on the up and up from proper natural supplementation and cleansing was another story. He felt it would do nothing for him. He thought I was some type of new age yoga geek that was going to help him reach nirvana as I burnt incense and chanted hymns in a foreign language to keep the bad spirits away. Well, after talking to him over and over I finally convinced him that I wasn't a witch doctor and that I knew what I was talking about. After he gave into the idea of his first cleanse, I set out the protocols that he would have to follow over the next few days. He looked at my instructions with a confused, almost stupid look on his face. I told him just to have a little faith and to see what happens. Now during one of these cleanses things can get a little messy. The way that the stones and toxins leave the body is not so nice either. They will exit the body through the area where the sun doesn't shine. I think you get my drift without totally making you feel like having up that 16 egg white omelet you just had for breakfast. You see the purpose of this cleanse is to purge toxins from the liver and gallbladder

and detoxify it like there was no tomorrow. After following the said protocols that I laid out in detail, my client then began to feel its effects. After his first release he gave me a phone call like some little kid that just won a free pass to Disney Land. I never heard someone so excited and yet confused at the same time. Well what transpired from his first release from his cleanse was that over 75 stones passed through his system. Now if you have ever seen what one of these stones looks like you will be quite turned off to say the least. They vary in size from the size of a dime to that of a large marble. They are also hard in texture and have a foul odor. At the first site of them he couldn't believe his eyes. He couldn't imagine that these nice little toxic rocks were lodged up inside his organs just waiting to cause a nice major health ailment down the road. Well folks the story isn't over yet. Over the course of the weekend my client had several more releases. In the end he had over 250 stones dislodge from his liver and gallbladder in less than 48 hours. He was in a total state of awe by the time it was all over and done. Well just think about for a minute, you would be in shock too if you saw what these little puppies looked like. He also felt better and healthier due to the cleanse. He noticed that

his energy level was much improved since he performed the cleanse. His endurance in the gym was up and getting out of bed in the morning was no longer a chore. He felt like a new man and from the amount of toxins that left his body its no wonder he started feeling better. Well to make a long story short I had now a believer on my hands. Not only did this make him take a look at protecting his organs with a proper nutrition plan but it also opened his eyes on how you should educate yourself and protect your organs form your "Enhancement Program". He just couldn't believe what came out of his body. He now knew that I wasn't some yoga master burning incense to keep the bad spirits away, but someone that was looking out for the health and well being of hard-core powerlifters.

Like I said before this is not all the tricks that I have up my sleeve to improve the liver function of an athlete, but it will give you a taste of what I offer my clients. There are many different formulas and different cleanses that can be used for numerous organs of the body so the liver is not the only exclusive organ. Don't forget the importance of your kidneys, colon and blood. You only have one set of organs to last you a lifetime so make sure that you give them some tender loving

care. Otherwise they will come back to bite you on the ass when you least expect it. You may think, "Hey I never had problems in the past so this article isn't for me." Well guess again. If you are using any type of pharmaceuticals to get "jacked up" whether you are on as we speak, or you used to be geared up back in the day, then this is definitely something you should consider. Your health and well being is something that has to be the first and foremost in your mindset otherwise you will be setting yourself up for disaster. I guarantee it! The purpose of this article was not to promote drug use or criticize those who are chemically enhanced, but its purpose was to open the eyes of the powerlifting community. Like I have said before in other columns, your health is the number one thing of importance because without it you can't be a powerlifting superstar. I know many others out there would not have answered a question of this nature. Since I truly care for lifters I felt obligated to spread some knowledge that can most definitely help prevent some serious health ailments down the road. I hope that I have educated you and opened your eyes to the importance of keeping your body running like a fine tuned machine. Remember, you are only as strong as your

weakest link so make sure your liver isn't that weak link! So until next month keep eating clean, lift heavy and most importantly stay healthy.

Nutrition XP3 Announcement

PS. The Nutrition XP3 Power Transformation Contest is in full swing so make sure you guys are training hard and eating clean because there are some very good entrants that will make you surprised by their results.

Since I have gotten so much response and many lifters weren't sure about entering the contest I have opened the length of the contest. The deadline to get in all your info and results package to me is July 4th. Just in time for your big holiday. So get me in everything fast and keep up the good work. Don't forget the winners from each class will get featured in my column in *PLUS* so give it your best and you may be featured in the pages of our sports most prestigious magazine!

*For those interested in private consultations or program design I can be contacted by email at:
aricciuto@xtremepower.com.
Check out the Nutrition XP3 Contest Website at
www.NutritionXP3.com.*

METAL®

EliteFTS is now carrying the Metal Gear line of powerlifting gear. The Metal Sport & Wear line started six years ago, in Finland, by world class powerlifter Ano Turtainen. The entire line is made in Finland of the highest Finnish quality. They use materials not found in other powerlifting gear. This gear is some of the best quality in the world.

IPF Squatter	Pro Squatter	Viking IPF Squatter	Viking V-Type Squatter

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IPF Deadlifter	Pro Deadlifter	IPF Metal Bench	Pro Bench

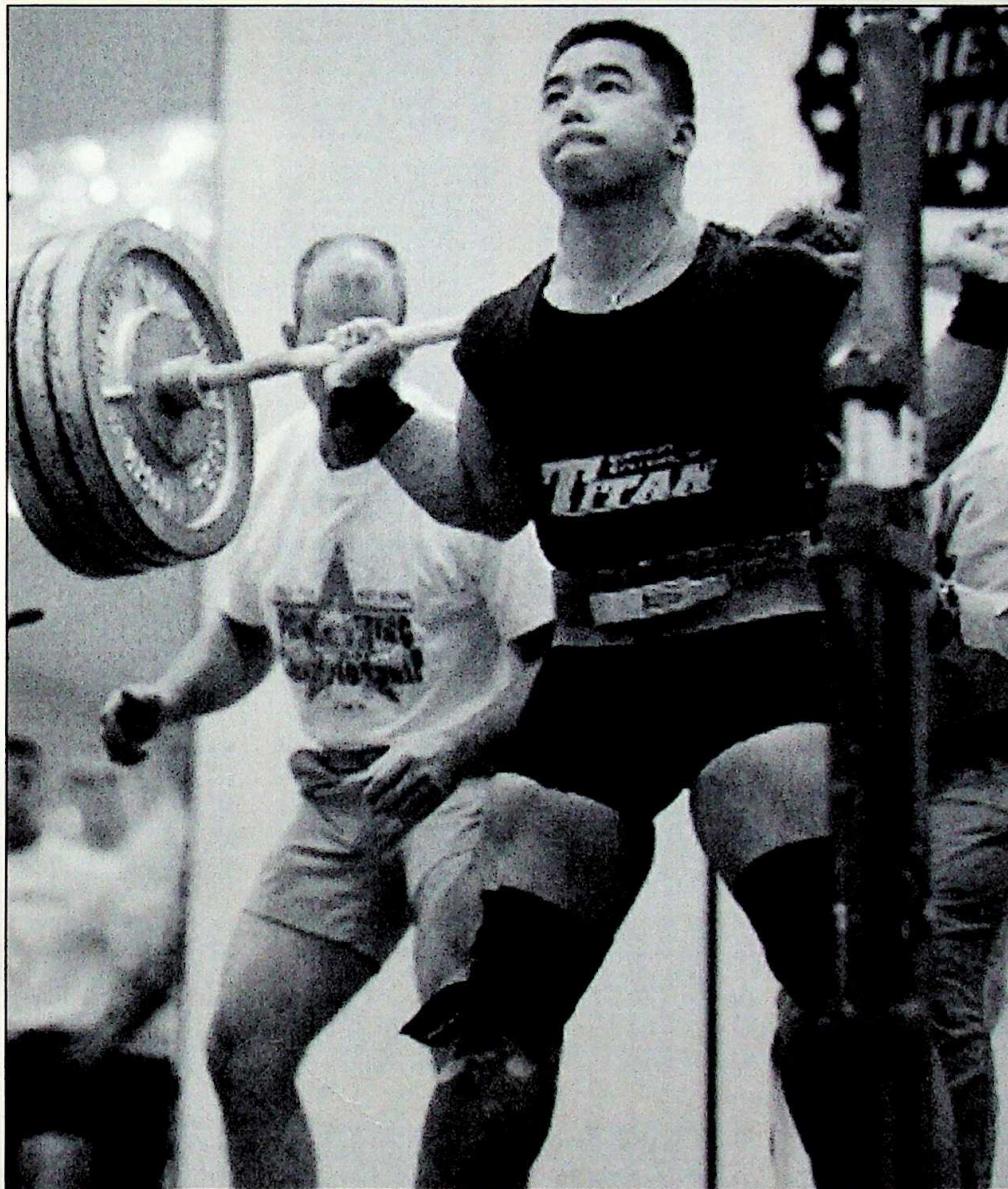
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WORKOUT OF THE MONTH

Ray Benemerito's Squat



Ray Benemerito....many times ADFPA National Champion (Photograph by Mike Lambert, PLUSA.)

The following workout should put 100 lbs. on your squat in just 3 months! Sound familiar? Well, unless you plan to use chemical substances, I'd be very skeptical. A realistic goal should be around 525-530 based on a previous 500 lb. squat.

This workout is a very simple

one. It won't make you do superhuman sets and reps, but it will pace you week by week so you don't burn out. That way you dispel any doubts of missing attempts.

I suggest you go into this workout with an off season cycle, 7 reps at 315, 2 sets. Add 10 lbs. per week, that should bring you right

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

body better than I do.
Remember these key points:

Form

Use your body's leverage to your advantage, everyone doesn't squat the same, so develop your own form based on your strong points.

Training

Pace yourself, don't be in such a rush to go heavy. In time the weight will become easy for you. It is always better to do less than more. That applies especially to you natural lifters.

Attitude

Keep your mind clear. Remember, you control the weight; don't let it control you!

Good squatting!

6 Week Off Season

Week 1 - 315 x 7 reps x 2 sets
Week 2 - 325 x 7 reps x 2 sets
Week 3 - 335 x 7 reps x 2 sets
Week 4 - 345 x 7 reps x 2 sets
Week 5 - 355 x 7 reps x 2 sets
Week 6 - 365 x 7 reps x 2 sets

12 Week Cycle

Week 1 - 375 x 7 x 2 sets
Week 2 - 385 x 7 reps x 2 sets
Week 3 - 395 x 7 reps x 2 sets
Week 4 - 405 x 5 reps x 2 sets
Week 5 - 425 x 5 reps x 2 sets
w/b
Week 6 - 435 x 5 reps x 2 sets
w/b
Week 7 - 445 x 5 reps x 2 sets
w/b
Week 8 - 455 x 3 reps x 2 sets
w/b
Week 9 - 470 x 3 reps w/b/s
Week 10 - 485 x 3 reps w/b/s
Week 11 - 500 x 2 reps w/b/s
Week 12 - Rest
w-wraps; b-belt; s-suit.

Assistance Work Schedule

Monday - squat, inverted leg press, leg curls, single leg extensions, calf raises (2x7 heavy);
Thursday - deadlifts (light assistance 2x7).

Meet Attempts

485, 510, 530.

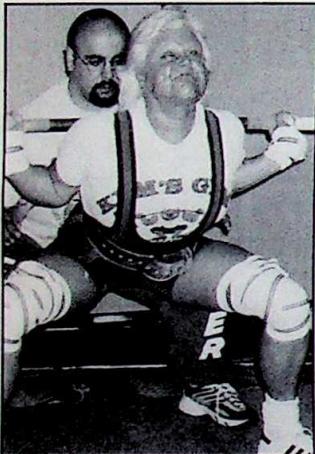
Warmsups

Keep your reps and sets down to a minimum. Save yourself for your work sets.

Ray Benemerito

WOMEN'S TOP 20

These are the *PL USA* TOP 20 women powerlifters in the United States for the year 2003. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Kim Packer at the APF Senior Nationals (Photo Glossbrenner)

Yes, You Can... order the deluxe *Powerlifting USA* Achievement Certificates and Mounting Plaques, ladies, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of *Powerlifting USA* Magazine, and individually signed by *PL USA* Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and certificates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to *PL USA*, Box 467, Camarillo, CA 93011 (CA residents add 7 1/4% sales tax).

97 SQ

303 Robbins, A..5/22/03
270 Miller, C..7/03
265 Grimwood, E..11/14/03
264 Leverett, A..1/24/03
259 Colan, C..10/8/03
255 Rodriguez, V..3/14/03
250 Carder, T..3/14/03
250 Moser, H..3/14/03
248 Sieps, B..12/14/03
242 Fallon, M..12/13/03

235 Cisneros, M..3/14/03
235 Callais, J..11/15/03
235 Kennedy, J..12/6/03
231 Anderson, C..11/8/03
225 Crapo, E..1/24/03
225 Kemp, K..3/14/03
225 Sifuentes, D..3/14/03
225 Worley, J..12/13/03
220 Miller, K..7/03
215 Ansino, J..3/14/03

105 SQ

330 Maile, J..5/22/03
281 Bostrom, T..6/7/03
280 Little, H..3/14/03
275 Barajas, S..3/14/03
270 Denmon, A..3/14/03
264 Tidmarsh, P..3/29/03
264 Leggett, K..11/22/03
255 Huerta, F..3/14/03
253 Gedney, J..1/24/03

250 Bernal, C..3/14/03
245 Ryman, K..3/1/03
242 Hoerner, K..3/29/03
242 Lee, J..11/8/03
240 Trevenio, A..3/14/03
240 Kiletico, L..11/15/03
236 Kubik, S..11/15/03
230 Warren, A..1/11/03
230 Karbowski, A..3/14/03
230 Crapo, E..4/26/03

114 SQ

415 Parrish, S..4/03
369 Hartwig, S..1/24/03
363 Maile, J..3/29/03
352 Kirkland, M..12/6/03
335 Hollier, J..11/15/03
330 Grubbs, C..4/03
319 Nogle, C..1/24/03
319 Silvas, A..3/29/03
314 Awalt, A..4/03
300 Fiore, R..4/03

295 Tankersley, A..3/14/03
285 Williams, S..3/14/03
281 Tom, K..4/26/03
275 Mclemore, B..3/14/03
265 Palacios, B..3/14/03
265 Rodriguez, S..3/14/03
265 Moreno, J..3/14/03
260 Green, A..3/14/03
260 Montoya, C..3/14/03
260 Fair, K..3/14/03

123 SQ

415 Burkey, J..8/8/03
374 Amsden, M..1/25/03
369 Nogle, C..7/03
352 Rinn, S..3/29/03
335 Scott, I..3/14/03
325 Hitchcock, A..4/03
321 Hughes, H..6/21/03
319 Stein, E..1/25/03
315 Silvas, A..3/14/03
315 Jackson, S..3/14/03

310 Wilson, L..3/14/03
310 Cunningham, J..11/15/03
303 Molter, A..11/1/03
300 Ramirez, P..12/15/03
300 Ybarra, M..12/6/03
295 Moore, D..10/25/03
290 Kelley, C..11/8/03
290 Reynolds, C..11/8/03
286 Marietta, L..11/1/03
285 Santamaria, E..3/14/03

132 SQ

515 Weisberger, A..8/3/03
440 Altizer, B..5/23/03
405 Diamond, M..11/14/03
400 Kaufman, J..11/14/03
390 Overdeer, A..9/6/03
363 Urso, S..1/25/03
363 Ray, J..1/25/03
340 Dennany, M..5/3/03
335 Garcia, A..3/14/03
330 Darling, J..1/25/03

330 Stein, E..10/9/03
325 Aguila, V..1/25/03
325 Niederkorn, N..4/03
319 Thompson, J..1/25/03
315 Boyce, C..3/14/03
314 McCauley, K..1/25/03
308 Churchward, R..3/29/03
308 Singletary, K..11/22/03
305 Moore, D..3/8/03
305 Williams, T..3/14/03

97 BP

176 Fernandez, C..12/13/03
159 Leverett, A..1/24/03
159 Milbauer, M..12/13/03
154 Robbins, A..1/24/03
150 Grimwood, E..11/14/03
148 Anderson, C..7/26/03
145 Kennedy, J..3/1/03
145 Carder, T..11/15/03
143 Miller, C..11/10/03
135 Rodriguez, V..3/14/03

132 Dickey, E..1/24/03
132 Solan, C..8/23/03
130 Callais, J..11/15/03
126 Gary, C..3/29/03
126 Baqui, C..12/12/03
126 Falcon, M..12/13/03
126 Sieps, B..12/14/03
121 Crapo, E..1/24/03
121 Miller, C..11/10/03
120 Desho, L..11/1/03

105 BP

214 Maile, J..5/22/03
187 Fernandez, C..3/22/03
180 Matherne, A..11/15/03
159 James, A..8/23/03
159 Lemus, B..10/19/03
148 Brown, D..12/12/03
145 Little, H..3/14/03
140 Barajas, S..3/14/03
140 Denmon, A..3/14/03
140 Kassell, D..6/22/03

137 Kubik, S..11/15/03
135 Bertoli, M..8/30/03
135 Kiletico, L..11/15/03
133 Crapo, E..4/26/03
132 Lafferty, B..5/17/03
126 Bostrom, T..6/7/03
126 Phillips, D..8/03
126 Leggett, K..6/14/03
126 Dickerson, E..10/18/03
126 Sampson, G..12/5/03

114 BP

275 Faraoone, J..9/6/03
220 Hartwig, S..8/23/03
214 Maile, J..3/29/03
205 Parrish, S..4/03
203 Anenson, K..11/15/03
185 Hollier, J..8/2/03
181 Awalt, A..1/24/03
181 Grubbs, C..1/24/03
181 Kirkland, M..12/6/03
176 Silvas, A..3/29/03

123 BP

285 Faraoone, J..12/21/03
260 Burkey, J..11/29/03
253 Darling, J..23/23/03
238 Rinn, S..6/6/03
214 Amsden, M..1/25/03
209 Russell, R..8/15/03
209 Magierek, T..12/6/03
198 Myers, C..12/12/03
198 Yamashita, J..12/20/03
192 Aanenson, K..8/23/03

132 BP

192 Arndt, D..12/15/03
187 Sarris, M..8/23/03
187 Nogle, C..10/11/03
185 Wilson, L..7/26/03
181 Ray, Jessica, J..7/26/03
181 Green, J..9/6/03
180 Silvas, A..3/14/03
176 Stein, E..3/15/03
175 Kirkland, M..10/18/03
170 Newman, S..1/25/03

97 DL

330 Leverett, A..5/22/03
314 Robbins, A..5/22/03
303 Flacon, M..12/13/03
286 Solan, C..1/24/03
286 Dickey, E..1/24/03
281 Miller, C..7/03
275 Carder, T..3/14/03
275 Grimwood, E..11/14/03
270 Anderson, C..11/8/03

270 Sieps, B..12/14/03
264 Baqui, C..12/12/03
260 Callais, J..11/15/03
253 Aliminosa, D..1/24/03
253 Worley, J..12/13/03
245 Lorenzi, P..4/5/03
242 Souza, M..4/6/03
240 Moser, H..3/14/03
236 Crapo, E..1/24/03

105 DL

380 Maile, J..1/24/03
330 Bertoli, M..8/30/03
319 Kubik, S..11/15/03
315 Matherne, A..11/15/03
310 Rodriguez, V..3/14/03
300 Karbowski, A..3/14/03
295 Kassell, D..6/22/03
285 McDavid, S..3/14/03
281 Tidmarsh, P..3/29/03
281 Vallejo, A..12/12/03

280 Prejean, J..15/15/03
280 Huerta, F..3/14/03
275 Little, H..3/14/03
270 Ryman, K..3/1/03
270 Phillips, D..8/03
265 Barajas, S..3/14/03
265 Rodriguez, V..3/14/03
265 Johnson, M..7/12/03
265 Kiletico, L..11/15/03
264 Gedney, J..1/24/03

114 DL

385 Maile, J..3/29/03
385 Parrish, S..8/03/03
363 Hartwig, S..5/23/03
353 Nogle, C..1/24/03
352 Awalt, A..4/03
347 Kirkland, M..12/6/03
347 Hollier, J..8/2/03
320 Nick, S..3/14/03
315 Williams, S..3/14/03
315 Fair, K..3/14/03

315 Arellano, D..11/1/03
314 Silvas, A..3/29/03
314 Shear, J..11/8/03
310 Green, A..3/14/03
303 Hairston, D..5/17/03
300 Tankersley, H..3/14/03
300 Mclemore, B..3/14/03
300 Palacios, B..3/14/03
297 Scudder, A..3/1/03
295 Weger, H..7/12/03

123 DL

413 Nogle, C..7/03
402 Myers, C..12/12/03
391 Stein, E..3/15/03
374 Amsden, M..1/25/03
358 Hughes, H..6/21/03
358 Hitchcock, A..4/03
352 Matt, A..4/03
347 Jackson, D..11/8/03
347 Yamashita, J..12/20/03
345 Kirkland, M..10/18/03

132 DL

341 Ramire, P..4/03
341 Balestrini, L..9/6/03
337 Marietta, L..12/14/03
335 Alexander, T..3/14/03
335 Manuel, G..12/6/03
330 Wilson, L..3/14/03
325 Nimpus, S..3/8/03
325 King, M..13/14/03
320 Silvas, A..3/3/14/03
320 White, L..3/14/03

132 TOT

964 Amsden, M..1/25/03
935 Burkey, J..8/8/03
914 Nogle, C..11/1/03
892 Rinn, S..3/29/03
876 Stein, E..1/25/03
832 Hitchcock, A..4/03
832 Hughes, H..6/21/03
815 Silvas, A..3/14/03
785 Wilson, L..3/14/03
785 Scott, J..3/14/03

97 TOT

771 Robbins, A..5/22/03
749 Leverett, A..1/24/03
690 Grimwood, E..11/14/03
683 Miller, C..11/1/03
672 Falcon, M..12/13/03
660 Carder, T..11/15/03
655 Solan, C..1/24/03
644 Anderson, C..11/8/03
644 Sieps, B..12/14/03

628 Dickey, E..1/24/03
625 Callais, J..11/15/03
595 Moser, H..3/14/03
584 Crapo, E..1/24/03
578 Worley, J..12/13/03
562 Gary, C..3/29/03
562 Sifuentes, D..11/23/03
555 Cisneros, M..3/14/03
555 Aliminosa, D..5/17/03
551 Milbauer, S..12/13/03

925 Maile, J..5/22/03
765 Matherne, A..11/15/03
700 Little, H..3/14/03
694 Kubik, S..11/15/03
680 Barajas, S..3/14/03
650 Huerta, F..3/14/03
650 Tidmarsh, P..3/29/03
644 Bostrom, T..6/7/03
640 Denmon, A..3/14/03
640 Kiletico, L..11/15/03

639 Leggett, K..11/22/03
635 Ryman, K..3/1/03
630 Rodriguez, V..3/14/03
630 Karbowski, A..3/14/03
630 Kassel, D..6/22/03
628 Gedney, J..1/24/03
615 Prejean, J..1/25/03
612 Phillips, D..8/03
611 Lee, J..11/8/03
605 Bernal, C..3/14/03

900 Parrish, S..4/03
964 Maile, J..3/29/03
942 Hartwig, S..5/23/03
881 Kirkland, M..12/6/03
848 Awalt, A..4/03
837 Nogle, C..1/24/03
830 Hollier, J..8/2/03
810 Silvas, A..3/29/03
799 Grubbs, C..4/03
715 Williams, S..3/14/03

710 Mclemore, B..3/14/03
710 Tankersley, H..3/14/03
710 Fiore, R..4/03
700 Nick, S..3/14/03
699 Tom, K..4/26/03
699 Hairston, D..5/17/03
690 Palacios, B..3/14/03
690 Rodriguez, S..3/14/03
690 Weger, H..7/12/03
685 Green, A..3/14/03

780 Cunningham, J..11/15/03
777 Matt, A..4/03
766 Jackson, D..11/8/03
765 Moore, D..10/25/03
760 Ramirez, P..4/03
750 Walterman, E..11/14/03
749 Marietta, L..12/14/03
749 Deutscher, D..10/8/03
744 Newman, S..1/25/03
733 Whidden, D..8/03
860 Dennany, M..5/3/03
859 Niederkorn, N..4/03
843 Aguila, V..1/25/03
826 Maes, R..8/17/03
815 Simons, A..1/25/03
810 Dingle, K..1/25/03
810 Churchward, R..3/29/03
793 McCauley, K..1/25/03
790 Moore, D..3/8/03
788 Morello, J..1/25/03

148 SQ

552 Bohigian, K..11/7/03
 510 Liggett, M..8/8/03
 507 Ortega, M..11/29/03
 495 Vaughn, A..8/30/03
 485 Ribic, P..5/23/03
 424 Forman, L..10/25/03
 424 Baldwin, S..11/29/03
 415 Scheffler, M..6/21/03
 407 Dangerfield, N..5/10/03
 400 Morello, J..11/15/03

396 Phelps, R..1/25/03
 380 Powell, S..3/29/03
 380 Caggiano, K..6/7/03
 380 Overdeer, A..7/28/03
 375 Thomas, N..3/14/03
 374 Walford, K..5/17/03
 374 Murawski, S..5/17/03
 363 Denney, M..7/03
 358 Hetzel, M..3/15/03
 355 Simpson, S..3/1/03

165 SQ

555 Scanlon, J..12/21/03
 551 Bohigian, K..6/7/03
 529 Mills, J..3/29/03
 460 Fineis, B..8/8/03
 457 Ribic, P..11/15/03
 451 Denison, L..11/29/03
 440 Packer, K..11/28/03
 429 Phelps, R..10/28/03
 413 Everett, K..5/23/03
 413 Tacktill, J..6/7/03

407 Manly, 9/6/03
 407 Walford, K..11/22/03
 405 Silbert, L..4/12/03
 391 Ford, K..11/15/03
 390 Harvey, J..3/14/03
 385 Sanders, A..4/03
 380 Burrows, H..3/14/03
 375 Hatfield, D..11/22/03
 369 Camlin, C..6/28/03
 369 Wilkins, K..11/8/03

181 SQ

600 Mills, J..11/29/03
 556 Ford, K..11/29/03
 540 Rivieccio, A..6/7/03
 518 Watkins, J..5/24/03
 518 Thomas, T..12/6/03
 435 Weatherly, D..3/29/03
 429 Packer, K..8/16/03
 418 Tacktill, J..12/6/03
 403 Meador, N..12/6/03
 402 Sommers, T..4/03

390 Manly, S..3/22/03
 380 Sanders, A..11/15/03
 374 Chow, S..3/29/03
 269 Pike, S..4/15/03
 365 Kuhl, E..3/14/03
 358 Baum, M..5/17/03
 355 Picou, L..11/15/03
 352 Martin, C..1/25/03
 350 Patterson, S..2/22/03
 350 Thomas, E..3/14/03

198 SQ

562 Mendelson, S..12/6/03
 451 Widdis, D..11/15/03
 418 Crumbo, A..4/03
 415 Santamaria, E..3/14/03
 415 Moore, C..3/14/03
 415 Sharpe, S..8/8/03
 413 Chow, S..10/25/03
 407 Brown, B..12/6/03
 405 Bierce, A..3/14/03
 400 Phillips, K..11/14/03

391 Gibson, S..10/11/03
 390 Green, K..3/14/03
 390 Sabin, K..3/22/03
 385 Davis, C..3/14/03
 385 Allen, W..11/22/03
 370 Fernandez, J..3/14/03
 363 Oxford, H..3/29/03
 355 Dura, S..1/18/03
 355 Cole, A..3/14/03
 350 Louque, K..11/15/03

SHW SQ

777 Swanson, B..11/15/03
 625 Sizemore, K..4/13/03
 611 Willett, L..1/26/03
 507 Hall, H..10/12/03
 507 Hembree, V..11/8/03
 505 Daniels, M..3/14/03
 501 Greenup, S..4/03
 490 Dudley, M..11/15/03
 470 Barrerio, N..3/14/03
 451 Pitts, K..3/29/03

451 Conner, J..8/15/03
 450 Espericuela, G..3/14/03
 435 Ames, D..8/8/03
 429 Shephard, J..4/27/03
 425 Henry, T..3/14/03
 425 Watson, L..3/14/03
 424 Sternberg, M..11/28/03
 415 Gomez, M..3/14/03
 415 Sartain, M..3/14/03
 402 Shepard, T..5/03

148 BP

374 Bohigian, K..11/7/03
 374 Lippert, J..12/12/03
 335 Weisberger, A..9/21/03
 308 Ortega, M..11/29/03
 305 Vaughn, A..8/30/03
 286 Ribic, P..3/29/03
 286 Newman, C..12/5/03
 275 Liggett, M..8/8/03
 264 Reese, V..9/25/03
 259 Baldwin, S..6/7/03

253 Caggiano, K..12/6/03
 248 Scheffler, M..8/2/03
 248 Walford, K..8/2/03
 245 Hunt, M..3/29/03
 242 Green, B..12/14/03
 236 Jacobson, M..3/1/03
 236 Overdeer, A..7/26/03
 236 Robertson, J..8/23/03
 236 Kunsman, T..11/8/03
 230 Sauer, H..10/25/03

165 BP

401 Scanlon, J..12/21/03
 363 Bohigian, K..6/7/03
 314 Silbert, L..12/14/03
 308 Newman, C..8/23/03
 303 Tacktill, J..6/7/03
 300 Doan, D..10/18/03
 297 Mills, J..3/29/03
 297 Ribic, P..11/15/03
 285 Graube, B..8/2/03
 275 Crossland, C..3/7/03

275 Freiman, B..8/23/03
 259 Navmann, T..7/19/03
 259 Camlin, C..12/13/03
 253 Chaney, D..1/25/03
 253 Phelps, R..10/18/03
 245 Hatfield, D..11/22/03
 238 Wilkins, K..11/8/03
 236 Walford, K..11/22/03
 236 Klocke, S..12/14/03
 235 Ford, K..11/15/03

181 BP

385 Mills, J..11/29/03
 347 Rivieccio, A..6/7/03
 319 Tacktill, J..12/6/03
 281 Watkins, J..1/25/03
 281 Gordon, B..2/15/03
 281 Weatherly, D..3/29/03
 275 Hatfield, D..8/23/03
 270 Patterson, S..2/22/03
 270 Ford, K..11/27/03
 270 Doan, D..12/5/03

259 Perron, S..12/5/03
 259 Thomas, T..12/6/03
 253 Sortwell, A..4/17/03
 250 Crossland, C..8/10/03
 236 Hammar, S..5/17/03
 225 Ferguson, M..3/8/03
 225 Robbins, m..3/22/03
 225 Reske, K..7/26/03
 225 Oliver, M..10/18/03
 220 Mullin, M..4/03

198 BP

319 Mendelson, S..12/6/03
 310 Sharpe, S..8/8/03
 280 McCaslin, S..12/21/03
 275 Sabin, K..12/12/03
 265 Phillips, K..11/14/03
 248 Ichiyama, M..12/14/03
 242 Noharu, R..12/14/03
 236 Calhoun, P..1/26/03
 236 Womack, K..2/23/03
 236 Galligan, T..8/2/03

236 Yost, D..9/25/03
 235 Ames, D..5/03
 231 Chow, S..10/25/03
 225 Gibson, S..6/14/03
 225 Jackson, S..9/13/03
 225 Miller, D..11/5/03
 225 Louque, K..11/15/03
 220 Crumbo, A..4/03
 220 Widdis, D..11/15/03
 220 Allen, W..11/22/03

SHW BP

424 Swanson, B..11/15/03
 391 Collins, R..1/11/03
 391 Ferrell, D..8/23/03
 385 Willett, L..1/26/03
 352 Franklin, K..12/12/03
 350 Pulnam, J..7/19/03
 336 Pitts, K..3/29/03
 315 Sizemore, K..4/13/03
 308 Hall, H..1/26/03
 308 Hembree, V..11/8/03

201 Bourg, B..8/16/03
 275 Sabin, K..17/03
 270 Marcikonis, V..4/5/03
 270 Johnson, J..11/15/03
 264 Hatfield, D..3/15/03
 264 Thomas, S..3/29/03
 264 Hallen, S..10/12/03
 260 Crossland, M..5/17/03
 260 Ames, D..8/8/03
 248 Novikoff, C..5/4/03

148 DL

507 Dangerfield, N..5/10/03
 485 Bohigian, K..11/7/03
 473 Ribic, P..3/29/03
 473 Walford, K..5/17/03
 460 Weisberger, A..9/21/03
 451 Ortega, M..6/7/03
 430 Liggett, M..8/8/03
 426 Scheffler, M..6/21/03
 418 Baldwin, S..11/29/03

413 Gantz, H..8/2/03
 413 Reese, V..9/25/03
 410 Thomas, N..3/14/03
 410 James, D..3/14/03
 405 Vaughn, A..8/30/03
 402 Nelson, L..4/12/03
 385 Jacobson, M..3/1/03
 385 Overdeer, A..7/26/03
 385 Morello, J..11/15/03
 380 Trosper, C..10/4/03

165 DL

507 Mills, J..3/29/03
 507 Walford, K..11/22/03
 502 Ribic, P..11/15/03
 501 Bohigian, K..6/7/03
 500 Scanlon, J..12/21/03
 462 Phelps, R..10/18/03
 435 Everett, K..4/03
 435 Nelson, L..11/8/03
 424 Chaney, D..1/25/03
 424 Wilkins, K..11/8/03

418 Manly, 9/6/03
 418 Silbert, L..12/14/03
 396 Denison, L..3/1/03
 391 Ford, K..4/03
 385 Fineis, B..5/17/03
 385 Tacktill, J..6/7/03
 375 McLean, M..3/1/03
 375 McAdory, J..3/14/03
 374 Clark, R..1/25/03

181 DL

556 Ford, K..11/29/03
 551 Mills, J..11/29/03
 501 Thomas, T..10/18/03
 490 Watkins, J..24/03
 473 Rivieccio, A..6/7/03
 440 Weatherly, D..3/29/03
 430 Patterson, S..2/22/03
 420 Espinosa, F..5/31/03
 418 Baum, M..7/20/03
 405 Manly, S..3/22/03

405 Meador, N..12/6/03
 402 Pike, S..4/15/03
 391 Sommers, T..4/03
 390 Sanders, A..11/15/03
 380 Taylor, J..6/28/03
 375 Hocutt, A..3/14/03
 375 Kirkpatrick, D..3/14/03
 375 McLean, L..6/22/03
 374 Mullin, M..1/25/03
 370 Till, T..1/11/03

198 DL

460 Sharpe, S..8/8/03
 460 Phillips, K..11/14/03
 440 Adkison, S..12/12/03
 429 Schaefer, L..5/25/03
 429 Allen, W..11/22/03
 418 Anthony, T..12/11/03
 418 Mendelson, S..12/6/03
 410 Sabin, K..3/22/03
 407 Calhoun, D..11/15/03

403 Kampen, M..9/25/03
 400 Oxford, H..5/17/03
 396 Gibson, S..10/11/03
 396 Widdis, D..11/15/03
 391 Brown, B..11/1/03
 380 Thibodeaux, T..3/14/03
 380 Polanski, K..3/2/03
 375 Morse, A..3/14/03
 374 Miller, D..4/03
 370 Dura, S..1/18/03

SHW DL

633 Swanson, B..6/7/03
 501 Hall, H..10/12/03
 500 Sizemore, K..4/13/03
 473 Hembree, V..11/8/03
 465 Daniels, M..3/14/03
 462 Willett, L..1/26/03
 446 Greenup, S..4/03
 440 Ames, D..8/8/03
 429 Pitts, K..3/29/03
 429 Schaeffer, L..8/17/03

148 TOT

1394 Bohigian, K..11/7/02
 1251 Ortega, M..11/29/03
 1245 Ribic, P..5/23/03
 1215 Liggett, M..8/8/03
 1205 Vaughn, A..8/30/03
 1135 Walford, K..5/17/03
 1118 Dangerfield, N..5/10/03
 1085 Baldwin, S..6/7/03
 1069 Scheffler, M..6/21/03
 1030 Phelps, R..1/25/03

1003 Newman, C..1/25/03
 1003 Overdeer, A..7/26/03
 981 Caggiano, K..12/6/03
 980 Morello, J..11/15/03
 964 Kunsman, T..11/8/03
 953 Murawski, S..5/17/03
 942 Jacobson, M..3/1/03
 920 Thomas, N..3/14/03
 903 Hetzel, M..3/15/03
 903 Nelson, L..4/12/03

165 TOT

1430 Scanlon, J..12/21/03
 1416 Bohigian, K..6/7/03
 1333 Mills, J..3/29/03
 1256 Ribic, P..11/15/03
 1151 Walford, K..11/22/03
 1146 Phelps, R..10/18/03
 1105 Silbert, L..4/12/03
 1102 Tacktill, J..6/7/03
 1052 Manly, 9/6/03
 1041 Denison, L..11/29/03

1030 Everett, K..5/23/03
 1030 Fineis, B..8/8/03
 1025 Chaney, D..1/25/03
 1008 Ford, K..4/03
 990 Hatfield, D..11/12/03
 970 Nelson, L..6/28/03
 970 Packer, K..11/28/03
 958 Camlin, C..6/28/03
 931 Wilkins, K..11/8/03
 914 Sanders, A..4/03

181 TOT

1537 Mills, J..11/29/03
 1383 Ford, K..11/29/03
 1361 Rivieccio, A..6/7/03
 1272 Watkins, J..5/24/03
 1229 Thomas, T..10/18/03
 1157 Weatherly, D..3/29/03
 1107 Tacktill, J..12/6/03
 1050 Patterson, S..2/22/03
 1000 Manly, S..3/22/03
 975 Packer, K..8/16/03

970 Baum, M..5/17/03
 964 Pike, S..11/2/03
 955 Sanders, A..11/15/03
 950 Meader, N..12/6/03
 947 Sommers, T..4/03
 936 Chow, S..3/29/03
 931 Martin, C..1/25/03
 910 Reske, K..7/26/03
 909 Phillips, J..12/6/03
 900 Hocutt, A..3/14/03

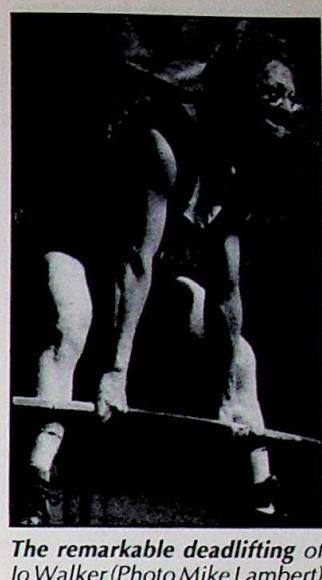
198 TOT

1300 Mendelson, S..12/6/03
 1170 Sharpe, S..8/8/03
 1125 Phillips, K..11/14/03
 1070 Sabin, K..3/22/03
 1069 Widdis, D..11/15/03
 1058 Crumbo, A..4/03
 1036 Allen, W..11/22/03
 1014 Gibson, S..10/11/03
 1008 Chow, S..10/25/03
 981 Brown, B..12/6/03

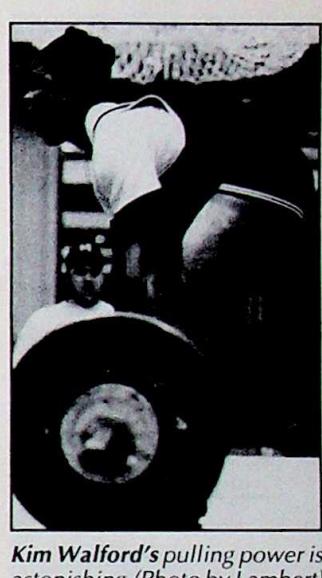
970 Oxford, H..5/17/03
 965 Santamaria, E..3/14/03
 935 Dura, S..1/18/03
 931 Calhoun, D..11/15/03
 925 Moore, C..3/14/03
 920 Schaefer, L..1/26/03
 915 Louque, K..11/15/03
 914 Miller, D..4/03
 900 Green, K..3/14/03
 900 Bierce, A..3/14/03

SHW TOT

1824 Swanson, B..11/15/03
 1459 Willett, L..1/26/03
 1440 Sizemore, K..4/13/03
 1311 Hall, H..10/12/03
 1289 Hembree, V..11/8/03
 1218 Pitts, K..3/29/03
 1190 Greenup, S..4/03
 1175 Daniels, M..3/14/03
 1135 Ames, D..8/8/03
 1107 Dudley, M..11/15/03



The remarkable deadlifting of Jo Walker (Photo by Lambert)



Kim Kaufman's pulling power is astonishing. (Photo by Lambert)



Julia Kaufman of Power Bar Team Elite has been quickly ascending the 132lb. list. (Photo provided by Matt Ladewski)

TEENAGE TOP 20

These are the *PL USA* TOP 20 teenage powerlifters in the United States for the year 2003. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Steve Herman won big at the WABDL Worlds (Mike Lambert)

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114 SQ	420 Hunt, T.,3/22/03	114 BP	235 Hunt, T.,3/22/03	114 DL	490 Scruggs, J.,5/31/03	114 TOT	1113 Scruggs, J.,5/31/03
391 Scruggs, J.,5/31/03	231 Scruggs, J.,5/31/03	435 Jackson, G.,6/7/03	220 Stephen, C.,3/22/03	390 Mason, A.,3/22/03	960 Stephen, C.,3/22/03	935 Hunt, T.,3/22/03	930 Frasquillo, S.,3/22/03
375 Stephen, C.,3/22/03	220 Frasquillo, S.,3/22/03	385 Rivera, A.,3/22/03	215 Do, T.,3/22/03	380 Maile, J.,1/24/03	920 Mason, A.,3/22/03	910 Cuellar, R.,3/22/03	905 Sisomouk, A.,3/22/03
375 Cuellar, R.,3/22/03	215 Do, T.,3/22/03	375 Frasquillo, S.,3/22/03	210 Mason, A.,3/22/03	369 Karapetyan, S.,12/14/03	900 Brubaker, D.,3/22/03	898 Maile, J.,1/24/03	890 Roberson, T.,3/22/03
375 Roberson, T.,3/22/03	205 Sisomouk, A.,3/22/03	365 Stephen, C.,3/22/03	205 Real, I.,3/22/03	365 Cuellar, R.,3/22/03	880 Rivera, A.,3/22/03	875 Lee, W.,3/22/03	865 Real, I.,3/22/03
350 Brubaker, D.,3/22/03	200 Brubaker, D.,3/22/03	360 Sisomouk, A.,3/22/03	198 Navarone, V.,6/7/03	360 Myers, Q.,3/22/03	855 Myers, Q.,3/22/03	845 Do, T.,3/22/03	843 Hile, J.,1/17/03
350 Lee, W.,3/22/03	198 Navarone, V.,6/7/03	355 Shine, M.,4/3/03	192 Akina, K.,11/12/03	360 Stein, k.,3/22/03	837 Nogle, C.,1/24/03	830 Hinojosa, A.,3/22/03	820 Shine, M.,3/15/03
340 Sisomouk, A.,3/22/03	198 Navarone, V.,6/7/03	355 Nogle, C.,1/24/03	190 Loza, J.,3/22/03	355 Shine, M.,4/3/03	815 Cross, T.,3/22/03	815 Hinojosa, A.,3/22/03	815 Cross, T.,3/22/03
336 Hile, J.,8/17/03	198 Navarone, V.,6/7/03	350 Brubaker, D.,3/22/03	185 Lee, W.,3/22/03	350 Nogle, C.,1/24/03	123 TOT	1394 Hawthorne, R.,9/6/03	1113 Garcia, R.,11/15/03
335 Frasquillo, S.,3/22/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	181 Avault, A.,1/24/03	473 Montes, G.,5/31/03	1113 Scruggs, J.,3/29/03	1080 Montes, G.,5/31/03	1055 Baltazar, J.,3/22/03
330 Rivera, A.,3/22/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	180 Shine, M.,3/15/03	473 Garcia, R.,11/15/03	1055 Baltazar, J.,3/22/03	1050 Olcsvary, J.,10/18/03	1050 Olcsvary, J.,10/18/03
330 Real, I.,3/22/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	180 Cross, T.,3/14/03	451 Kerr, D.,3/1/03	1047 Hafenbrack, M.,5/31/03	1045 Yarbrough, J.,3/22/03	1045 Yarbrough, J.,3/22/03
325 Myers, Q.,3/22/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	180 Roberson, T.,3/22/03	445 Trejo, D.,3/22/03	1035 Kamp, M.,3/22/03	1035 Kamp, M.,3/22/03	1015 Gonzalez, B.,3/22/03
320 Cross, T.,3/14/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	176 Silvas, A.,3/29/03	435 Yarbrough, J.,3/22/03	1015 Clanton, J.,3/22/03	1015 Kanahak, J.,3/22/03	1010 Trejo, D.,3/22/03
320 Mason, A.,3/22/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	176 Spencer, H.,3/29/03	420 Whitlock, E.,3/22/03	1008 Kerr, D.,3/1/03	1008 Kerr, D.,3/1/03	985 Whitlock, E.,3/22/03
319 Maile, J.,1/24/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	176 Spencer, H.,3/29/03	420 Whitlock, E.,3/22/03	980 Polk, M.,3/22/03	970 Rodriguez, M.,3/22/03	965 Baffoe, M.,3/22/03
319 Nogle, C.,1/24/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	230 Yarbrough, J.,3/22/03	410 Olcsvary, J.,10/18/03	960 Rodea, L.,3/22/03	960 Rodea, L.,3/22/03	945 Holliman, C.,3/22/03
319 Silvas, A.,3/29/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	225 Bechel, J.,3/29/03	405 Rogers, T.,1/11/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
315 Do, T.,3/22/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	225 Bechel, J.,3/29/03	405 Balfazar, S.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
315 Hinojosa, A.,3/22/03	198 Navarone, V.,6/7/03	350 Hinojosa, A.,3/22/03	225 Bechel, J.,3/29/03	400 Clanton, J.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
123 SQ	275 Olcsvary, J.,10/18/03	123 BP	275 Olcsvary, J.,10/18/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
551 Hawthorne, R.,9/6/03	270 Hawthorne, R.,9/6/03	123 DL	573 Hawthorne, R.,5/17/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
460 Kamp, M.,3/22/03	245 Kahaneh, J.,3/22/03	123 TOT	479 Scruggs, J.,3/29/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
435 Garcia, R.,11/15/03	242 Scruggs, J.,3/29/03	123 TOT	473 Montes, G.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
410 Baltazar, S.,3/22/03	242 Montes, G.,5/31/03	123 TOT	473 Garcia, R.,11/15/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
410 Clanton, J.,3/22/03	240 Baltazar, J.,3/22/03	123 TOT	451 Kerr, D.,3/1/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
402 Kerr, D.,3/1/03	240 Gonzalez, B.,3/22/03	123 TOT	445 Trejo, D.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
391 Scruggs, J.,3/29/03	240 Hagendorf, J.,3/29/03	123 TOT	435 Yarbrough, J.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
291 Hafenbrack, M.,5/31/03	231 Hafenbrack, M.,5/31/03	123 TOT	425 Houston, K.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
385 Kahaneh, J.,3/22/03	231 Hafenbrack, M.,5/31/03	123 TOT	424 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
385 Whitlock, E.,3/22/03	230 Yarbrough, J.,3/22/03	123 TOT	420 Gonzalez, B.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
380 Yarbrough, J.,3/22/03	225 Bechel, J.,3/29/03	123 TOT	420 Whitlock, E.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
375 Polk, M.,3/22/03	225 Garcia, R.,11/15/03	123 TOT	420 Polk, M.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
369 Nogle, C.,7/03	220 Johnson, C.,4/27/03	123 TOT	420 Rodriguez, M.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
365 Brown, J.,3/22/03	220 Smith, T.,11/8/03	123 TOT	415 Smith, O.B.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
365 Olcsvary, J.,10/18/03	215 Brown, J.,3/22/03	123 TOT	413 Nogle, C.,7/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
363 Montes, G.,5/31/03	215 Crewe, T.,2/23/03	123 TOT	410 Olcsvary, J.,10/18/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
363 Trejo, D.,3/22/03	215 Ward, E.,3/22/03	123 TOT	405 Rogers, T.,1/11/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
360 Rodriguez, M.,3/22/03	215 Melancion, C.,2/15/03	123 TOT	405 Balfazar, S.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
360 Baffoe, M.,3/22/03	215 Hagedorn, C.,2/12/03	123 TOT	405 Westover, C.J.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
360 Hafenbrack, M.,5/31/03	215 Duncan, J.,3/1/03	123 TOT	405 Huerta, O.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
360 Rodea, L.,3/22/03	215 Williams, M.,1/11/03	123 TOT	405 Rodriguez, J.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
360 Hatch, N.,11/15/03	215 Hunt, K.,3/22/03	123 TOT	405 Westover, C.J.,3/22/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
500 Kuhns, M.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
485 Reeves, J.,3/1/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
470 Rodriguez, J.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
450 Cortez, A.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
445 Hunt, K.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
445 Ervin, Q.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
440 Moore, T.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
440 Dugosh, B.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
440 Carvalho, A.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
440 Lopez, J.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
440 Hatchet, E.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
440 Montes, M.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
440 Thomas, D.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
440 Sanderson, K.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
440 Leal, L.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
440 Carter, B.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
460 Berryman, A.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
460 Braden, D.,3/22/03	215 Sanchez, J.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
450 Valer, W.,1/11/03	215 Sanchez, N.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
450 Do, T.,3/22/03	215 Sanchez, N.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
450 Richard, D.,3/22/03	215 Sanchez, N.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
450 Richard, D.,3/22/03	215 Sanchez, N.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
450 Durst, G.,3/22/03	215 Sanchez, N.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03
450 Hilleary, C.,3/22/03	215 Sanchez, N.,3/22/03	123 TOT	405 Hafenbrack, M.,5/31/03	405 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/03	1000 Trejo, D.,3/22/0	

535 Bragg, R..3/22/03	375 Dechicko, N..4/6/03	550 Ross, J..1/12/03	1390 Foreman, D..3/22/03
525 Moore, R..3/22/03	374 Villa, D..2/22/03	540 Bragg, R..3/22/03	1390 Martik, A..10/25/03
525 Ferguson, D..3/22/03	370 Martik, A..10/25/03	540 Flowers, K..3/22/03	1388 Blake, H..4/13/03
525 Barbour, B..3/22/03	365 Beer, C..3/30/03	540 Joseph, M..3/22/03	1375 Ferguson, D..3/22/03
523 Gentges, N..3/29/03	363 Velasquez, E..3/29/03	540 Dechicko, N..3/22/03	1360 Joseph, M..3/22/03
515 Willingham, T..3/22/03	363 Gentges, N..3/29/03	540 Talbot, W..7/26/03	1360 Miller, J..3/22/03
515 Stone, E..7/03	363 Paolucci, C..4/5/03	540 Malvesti, M..7/03	1355 Hugh, C..3/22/03
510 Kibodeaux, L..3/22/03	358 Keatley, R..6/1/03	535 Fowler, S..4/4/03	1345 Lara, J..3/22/03
510 Jordan, P..3/22/03	355 Griggs, E..2/15/03	535 Phillips, E..2/11/03	1330 Jordan, P..3/22/03
507 Wagner, T..3/16/03	352 lawlace, A..6/21/03	534 Wagner, T..2/7/03	1320 Parker, H..3/22/03

198 SQ

622 Giannetti, A..11/27/03	198 BP	198 DL	198 TOT
615 Rendon, C..3/22/03	485 Giannetti, A..11/27/03	644 Saltzman, C..11/1/03	1636 Giannetti, A..11/27/03
615 Alfred, S..3/22/03	452 Lang, C..5/17/03	635 Cozart, D..3/22/03	1587 Saltzman, C..11/1/03
610 Fulton, A..3/22/03	440 Walford, G..7/19/03	628 Herrmann, S..12/14/03	1580 Rendon, C..3/22/03
606 Abrego, V..8/16/03	420 Kowal, T..7/26/03	625 Rendon, C..3/22/03	1555 Fulton, A..3/22/03
606 Baker, D..11/30/03	415 Verta, N..10/5/03	615 White, B..3/22/03	1540 Alfred, S..3/22/03
600 Saltzman, C..11/1/03	410 Gentges, N..8/30/03	600 Baker, D..3/22/03	1495 Cozart, D..3/22/03
600 Duncan, S..6/14/03	405 Meulemans, J..10/18/03	600 Beecher, K..3/22/03	1482 Gentges, N..11/15/03
589 Duncan, S..6/14/03	405 McCouan, D..4/6/03	595 Fulton, A..3/22/03	1477 Baker, D..6/1/03
580 Meliah, R..3/22/03	402 Lawlace, A..10/18/03	585 Alfred, S..3/22/03	1466 Fredette, B..11/2/03
	395 Holloway, C..8/10/03	580 Meliah, R..3/22/03	1465 Meliah, R..3/22/03

580 Cole, J..3/22/03

580 Rust, C..3/22/03	385 Hermann, S..12/14/03	580 Kowal, T..7/26/03	1460 White, B..3/22/03
570 McNary, W..3/22/03	375 Dibaise, R..3/29/03	570 Neal, M..3/22/03	1460 McNary, W..3/22/03
570 Petticrew, D..3/22/03	375 Bell, M..6/7/03	565 McNary, W..3/22/03	1460 Abrego, V..8/16/03
560 Nobles, 2/15/03	374 Brewer, T..3/29/03	560 Ngo, P..3/29/03	1455 Farid, H..3/22/03
555 Farid, H..3/22/03	370 Nobles, 2/15/03	556 Fredette, B..11/12/03	1455 Lyons, N..3/23/03
555 Lyons, N..3/23/03	369 Herrera, D..4/13/03	555 Schmidt, L..3/22/03	1455 Franzan, C..5/31/03
551 Kolodziej, A..8/16/03	369 Fredette, B..11/12/03	551 Welmaker, J..3/2/03	1438 Duncan, S..6/14/03
550 White, B..3/22/03	365 Holman, C..2/15/03	551 Scott, W..6/1/03	1430 Nobles, 2/15/03
550 Franzan, C..5/31/03	365 Harris, J..7/13/03	551 Whash, P..11/15/03	1425 Holman, C..2/15/03
	365 Desanzo, C..9/14/03	550 Brixius, D..3/14/03	1415 Ableff, D..3/22/03

220 SQ

677 McKay, I..6/29/03	220 BP	220 DL	220 TOT
677 Kowal, T..11/15/03	451 Kowal, T..11/27/03	650 Baker, C..3/22/03	1708 Kowal, T..11/27/03
650 Petersen, J..11/15/03	440 Aloian, V..7/19/03	650 Drecksel, D..6/28/03	1635 Baker, C..3/22/03
640 Steen, E..3/22/03	427 Rivers, D..6/22/03	645 Rhodes, D..3/22/03	1625 Petersen, J..11/15/03
615 Baker, C..3/22/03	425 Houser, M..6/14/03	644 Cozart, D..5/17/03	1614 McKay, I..6/29/03
615 May, H..3/22/03	425 Brewer, T..7/19/03	640 Cates, S..3/22/03	1590 Cates, S..3/22/03
610 Wisniewski, L..3/22/03	418 King, R..6/14/03	611 McKay, I..6/29/03	1555 Wisniewski, L..3/22/03
610 Clark, N..3/22/03	407 Berselli, R..4/12/03	611 Kowal, T..11/27/03	1550 Hernandez, D..3/22/03
610 Schimpf, B..11/15/03	402 Halphex, G..10/18/03	610 Wisniewski, L..3/22/03	1545 Sanchez, R..3/22/03
606 Wofford, C..5/17/03	402 Petersen, J..11/15/03	600 Jones, J..8/8/03	1526 Halphex, G..10/18/03
	400 Sanchez, R..3/22/03	600 Moretto, N..12/14/03	1526 Rhodes, D..3/22/03

600 Smith, C..3/2/03

600 Promise, R..3/22/03	400 Hitchcock, C..12/14/03	590 Krol, M..3/2/03	1510 May, H..3/22/03
600 Dunham, P..3/29/03	395 Delong, R..12/13/03	590 Laird, M..3/22/03	1510 Laird, M..3/22/03
600 Rust, C..5/21/03	392 Schimpf, B..11/15/03	584 Innis, D..8/16/03	1510 Cozart, D..6/1/03
590 Cates, S..3/22/03	391 Battaglini, M..3/8/03	580 Almanza, F..3/22/03	1505 Clark, N..3/22/03
585 Hernandez, D..3/22/03	391 Dallam, T..4/13/03	575 Hernandez, D..3/22/03	1502 Schimpf, B..11/15/03
585 Naspiniski, G..10/25/03	390 Hernandez, D..3/22/03	575 Hauser, C..8/10/03	1499 Wofford, R..5/17/03
575 Sanchez, R..3/22/03	390 Luu, C..3/22/03	573 Petersen, J..11/5/03	1495 Steen, E..3/22/03
575 Sugiy, J..7/26/03	390 Holloway, C..11/1/03	570 Sanchez, R..3/22/03	1490 Promise, R..3/22/03
573 Halphex, G..10/18/03	385 Naspiniski, G..8/9/03	565 Huff, W..3/22/03	1477 King, R..6/14/03
	380 Hix, A..3/1/03	562 Sands, B..4/6/03	1470 Naspiniski, G..10/25/03

242 SQ

750 Cole, Z..11/15/03	242 BP	242 DL	242 TOT
745 Hunt, D..3/22/03	505 Cole, Z..11/15/03	640 Wasniewski, C..12/14/03	1890 Cole, Z..11/15/03
690 Stroup, A..8/9/03	440 Field-Eaton, C..4/12/03	635 Howard, J..3/22/03	1700 Hunt, D..3/22/03
666 Godina, F..6/14/03	424 Anderson, C..12/7/03	635 Cole, Z..11/15/03	1647 Wheeler, J..5/17/03
650 Wheeler, J..5/17/03	418 Dickinson, A..9/21/03	622 Rasmussen, N..6/1/03	1625 Howard, J..3/22/03
630 Williams, B..3/22/03	415 Abely, R..4/6/03	620 Hunt, D..3/22/03	1565 Williams, B..3/22/03
630 Apple, C..3/22/03	415 Butler, 4/12/03	617 Wheeler, J..5/17/03	1560 Durodoye, R..3/22/03
630 Scoggin, B..3/22/03	415 Spears, N..6/14/03	610 Stroup, A..8/9/03	1560 Baldridge, R..3/22/03
620 Durodoye, R..3/22/03	415 Hicks, A..8/9/03	606 Field-Eaton, C..4/12/03	1550 Stroup, A..8/9/03
620 Campbell, O..3/22/03	405 Strangfeld, J..8/23/03	600 Greene, M..6/7/03	1545 Apple, C..3/22/03
	402 Kapsch, T..4/13/03	590 Duodoye, R..3/22/03	1543 Rasmussen, N..6/1/03

617 Rogers, D..3/29/03

600 Howard, J..3/22/03	402 Gillespie, C..8/2/03	590 Baldridge, R..3/22/03	1543 Godina, F..6/14/03
600 England, S..3/22/03	402 Crafts, K..4/26/03	590 Edwards, J..3/22/03	1526 Krogman, J..12/14/03
589 Krogman, J..12/14/03	400 Rivers, D..6/22/03	585 Apple, C..3/22/03	1508 Edwards, J..3/22/03
584 Rasmussen, N..6/1/03	400 Breuer, T..12/6/03	580 Myles, T..3/22/03	1499 Cunningham, J..6/1/03
580 Myles, T..3/22/03	396 George, T..8/3/03	578 Steber, N..16/03	1490 Green, A..3/22/03
578 Cunningham, J..6/1/03	391 Cunningham, J..6/1/03	573 Huffer, B..12/14/03	1485 Williams, G..3/22/03
575 Bowen, J..7/19/03	391 Howard, J..3/22/03	570 Miller, B..4/27/03	1477 Rogers, D..3/29/03
573 Cobb, I..12/13/03	385 Green, A..3/22/03	567 Wahlstrom, P..3/1/03	1470 Myles, T..3/22/03
562 Donahue, S..9/13/03	385 Williams, G..3/22/03	565 Tapia, E..3/22/03	1465 Greene, M..6/7/03
	380 Wheeler, J..3/22/03	565 Williams, B..3/22/03	1449 Innis, D..11/2/03

275 SQ

815 Gulledge, K..11/15/03	275 BP	275 DL	275 TOT
805 Woods, S..11/15/03	523 Gulledge, K..11/15/03	800 Gulledge, K..8/10/03	2094 Gulledge, K..11/15/03
800 Millheiser, K..12/21/03	505 Bowton, C..7/26/03	700 Millheiser, K..12/21/03	2000 Millheiser, K..12/21/03
733 Weech, S..5/11/03	502 Weech, S..5/11/03	665 Becker, K..3/22/03	1835 Bowton, C..7/22/03
727 Morse, C..6/14/03	500 Millheiser, K..12/21/03	650 Bowton, C..3/22/03	1835 Weech, S..5/11/03
725 Gholson, H..3/22/03	473 Butler, N..11/15/03	644 Heppner, H..8/3/03	1835 Woods, S..11/15/03
705 Aparicio, M..3/22/03	457 Sands, C..3/2/03	640 Liekel, F..5/3/03	1740 Gholson, H..3/22/03
700 Ryun, M..3/14/03	450 Spears, N..11/15/03	635 Rangel, H..3/22/03	1736 Morse, C..6/14/03
700 Becker, K..3/22/03	440 Socher, T..6/7/03	625 Jameson, M..3/22/03	1735 Becker, K..3/22/03
700 Campbell, O..3/22/03	440 Berselli, R..8/3/03	622 Alford, B..5/17/03	1681 Sands, C..3/2/03
	440 Johnson, E..11/15/03	620 Aparicio, M..3/22/03	1675 Aparicio, M..3/22/03

685 Bowton, C..3/22/03

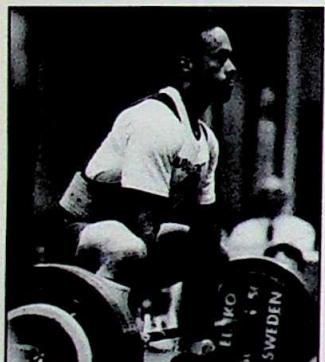
680 Standard, C..3/22/03	430 Woods, S..8/9/03	615 Woods, S..11/15/03	1650 Smith, C..3/22/03
675 Candler, G..3/22/03	429 Gholsen, H..3/22/03	600 Sands, C..3/2/03	1645 Goins, D..3/2/03
670 Posse IV, C..2/15/03	425 Leonard, J..9/14/03	600 Page, J..3/2/03	1642 McQuaid, J..8/16/03
662 McQuaid, J..8/16/03	424 Brown, K..3/1/03	600 Ryun, M..3/14/03	1625 Standard, C..3/22/03
655 Goins, D..3/22/03	424 George, T..12/13/03	600 Medor, L..3/22/03	1615 Ryun, M..3/14/03
650 Meador, L..3/22/03	420 Meador, C..3/22/03	600 Platt, J..3/22/03	1600 Rangel, H..3/22/03
650 Smith, C..3/22/03	410 Smith, A..3/22/03	600 Sandoval, J..3/22/03	1585 Posse IV, C..2/15/03
650 Jameson, M..3/22/03	407 Morse, C..6/14/03	600 Krakoff, T..4/13/03	1580 Posse IV, C..2/15/03
650 Wilczak, A..12/14/03	405 Giusti, L..11/14/03	600 Weech, S..5/11/03	1581 Wilczak, A..12/14/03
	420 Etheridge, M..3/22/03	590 Chovanec, J..6/1/03	1620 Picazo, P..3/22/03

SHW SQ

865 Harold, T..8/9/03	550 Johnson, A..6/1/03	685 Harold, T..8/9/03	1605 Diggles, P..3/22/03
790 Arevalo, J..3/22/03	529 Weech, S..12/6/03	680 Graham, J..10/12/02	1600 Wallace, C..3/22/03
771 Field-Eaton, C..3/2/03	501 Field-Eaton, C..3/2/03	590 Elkins, W..3/22/03	1595 Robertson, E..3/22/03
771 Weech, S..11/27/03	485 Chovanec, J..6/1/03	580 Steptoe, M..3/22/03	1580 Bradford, O..3/22/03
750 Elkins, W..3/22/03	468 Johnson, A..6/1/03	580 Picazo, P..3/22/03	1575 Mayfield, D..3/22/03
740 Mayfield, D..3/22/03	446 Corwin, T..5/4/03	580 Hykel, T..3/22/03	1560 Else, W..3/22/03
720 Bradford, O..3/22/03	432 Humphrey, J..10/5/03	575 Vick, J..3/15/03	1560 Harris, J..3/22/03
710 Chovanec, A..6/1/03	430 Garza, S..7/12/03	575 Diggles, P..3/22/03	1555 Wesley, M..3/22/03
700 Diggles, P..3/22/03	429 Einhaus, B..8/3/03		

MASTERS TOP 20

These are the *PL USA* TOP 20 masters powerlifters in the United States for the year 2003. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



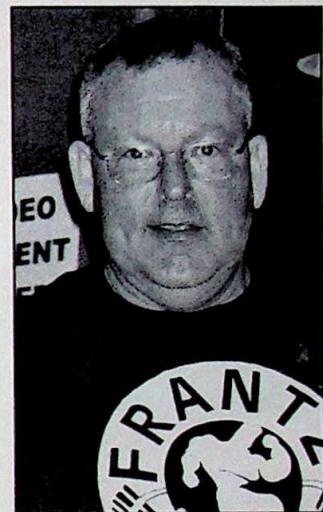
Lloyd Weinstein was awarded the gold medal at the 2003 IPF World Masters Championships after the results of the drug tests were finalized. (Mike Lambert)

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415 Parrish, S..4/03	275 Jarillo, G..12/10/03	380 Zeolla, G..11/15/03	980 Parrish, S..4/03
365 Zeolla, G..11/15/03	205 Parrish, S..4/03	360 Parrish, S..4/03	940 Zeolla, G..11/15/03
352 Kirkland, M..12/6/03	200 Zeolla, G..8/9/03	347 Kirkland, M..12/6/03	881 Kirkland, M..12/6/03
259 Solan, C..10/8/03	181 Kirkland, M..12/6/03	325 Payne, D..5/1/03	722 Payne, D..5/1/03
253 Gedney, J..1/24/03	159 Ruff, D..8/3/03	303 Hairston, D..5/17/03	699 Hairston, D..5/17/03
253 Payne, D..5/1/03	159 James, A..8/23/03	297 Scudder, A..3/1/03	683 Solan, C..10/8/03
253 Hairston, D..5/17/03	155 Fujisaki, C..8/2/03	292 Solan, C..10/8/03	639 Deutsch, D..1/24/03
245 Ryman, K..3/1/03	155 Flanagan, D..9/27/03	275 Deutsch, D..1/24/03	635 Ryman, K..3/1/03
225 Deutsch, D..1/24/03	148 May, S..6/7/03	275 May, S..6/7/03	628 Gedney, J..1/24/03
214 Nelson, V..1/24/03	148 Rodriguez, H..12/12/03	270 Ryman, K..3/1/03	578 Nelson, V..1/24/03
214 Zintmaster, B..9/16/03	148 Lafferty, B..12/13/03	270 Zintmaster, B..11/11/03	575 Clough, J..11/22/03
205 Aliminosa, D..5/17/03	148 Brown, D..12/14/03	270 Clough, J..11/22/03	573 Lowery, L..10/11/03
205 Clough, J..11/22/03	143 Payne, D..5/1/03	264 Gedney, J..1/24/03	567 Scudder, A..3/1/03
203 Lowery, L..10/11/03	143 Hairston, D..5/17/03	264 Schwarz, C..12/14/03	567 Zintmaster, B..11/11/03
170 Whiting, S..1/18/03	137 Spalotto, C..4/12/03	260 Brown, D..9/6/03	555 Aliminosa, D..5/17/03
170 Souza, M..4/6/03	137 Lowery, L..10/11/03	259 Zadubera, S..2/2/03	496 Souza, M..4/6/03
170 Farrar, D..11/22/03	132 Deutsch, D..1/24/03	259 Christopher, L..12/14/03	490 Whiting, S..1/18/03
159 Scudder, A..3/1/03	132 Solan, C..10/8/03	253 Aliminosa, D..1/24/03	480 Farrar, D..11/22/03
130 Newton, E..8/16/03	132 Christopher, L..12/14/03	253 Nelson, V..1/24/03	460 Lorenzi, P..4/5/03
125 Lorenzi, P..4/5/03	126 Brown, D..9/6/03	248 McNeely, V..12/14/03	402 McDonald, L..11/1/03
123 SQ	123 BP	123 DL	123 TOT
418 Lamb, B..10/11/03	260 Snell, K..10/18/03	485 Sanders, B..6/23/03	1129 Sanders, B..6/23/03
407 Sanders, B..6/23/03	259 Barleen, D..5/1/03	462 Meadows, S..5/1/03	1085 Meadows, S..5/1/03
396 Rosen, I..5/1/03	248 Meadows, S..5/1/03	440 Snell, K..10/18/03	1058 Lamb, B..10/11/03
375 Meadows, S..5/1/03	238 Rinn, S..6/7/03	429 Rosen, I..5/1/03	1025 Rosen, I..5/1/03
330 Barleen, D..5/1/03	236 Sanders, B..6/23/03	418 Barleen, D..5/1/03	1008 Barleen, D..5/1/03
319 Stein, E..1/25/03	230 Lamb, B..7/19/03	413 Lamb, B..10/11/03	876 Stein, E..1/25/03
285 Wilson, L..7/26/03	221 Murphy, G..12/12/03	402 Myers, C..12/14/03	770 Wilson, L..7/26/03
281 Deutsch, D..10/9/03	209 Russell, R..8/15/03	385 Stein, E..1/25/03	749 Deutsch, D..10/9/03
275 Shear, J..4/6/03	203 Mooney, C..3/8/03	369 Mooney, C..3/8/03	733 Whidden, E..8/03
275 Whidden, E..8/03	198 Rosen, I..5/1/03	315 Ruff, D..8/2/03	722 Casper, P..10/10/03
275 Casper, P..10/10/03	198 Myers, C..12/14/03	308 Deutsch, D..10/9/03	710 Shear, J..4/6/03
270 Swavey, T..7/20/03	192 Arndt, D..12/14/03	308 Murphy, G..12/12/03	690 Picciotto, D..5/17/03
245 Picciotto, D..5/17/03	185 Wilson, L..7/26/03	305 Picciotto, D..5/17/03	655 Swavey, T..7/20/03
226 Calais, E..8/8/03	170 Stein, E..1/25/03	305 Whidden, D..10/24/03	635 Haines, L..12/6/03
225 Morse, D..3/29/03	170 Siveny, D..4/16/03	304 Shear, J..4/6/03	622 Morse, D..3/29/03
225 Froeschle, J..12/6/03	166 Ruff, D..3/22/03	300 Wilson, L..7/26/03	622 Calais, E..8/8/03
221 Rouse, S..12/13/03	160 Haines, L..7/19/03	292 Casper, P..10/10/03	617 Froeschle, J..12/6/03
215 Parisi, G..11/22/03	159 Deutsch, D..10/9/03	290 Sullivan, D..5/17/03	600 Sullivan, D..5/17/03
214 Anderson, C..4/4/03	154 Shapiro, G..4/12/03	286 Morse, D..3/29/03	589 Anderson, C..4/4/03
214 Ishimatsu, T..6/7/03	154 Casper, P..5/17/03	285 Calais, L..10/24/03	584 McEvoy, M..11/1/03
132 SQ	132 BP	132 DL	132 TOT
429 Lamb, B..6/14/03	292 Altizer, B..10/9/03	480 Snell, K..5/17/03	1118 Caputo, R..3/1/03
424 Smith, T..5/2/03	286 Corsello, J..5/2/03	473 Caputo, R..3/1/03	1107 Smith, T..5/2/03
424 Bissen, J..12/6/03	265 Young, A..3/29/03	462 Bissen, J..5/2/03	1080 Corsello, J..5/2/03
413 Altizer, B..1/25/03	264 Smith, T..10/8/03	450 Carr, J..1/18/03	1080 Lamb, B..6/14/03
402 Caputo, R..3/1/03	260 Coisson, R..5/17/03	446 Smith, T..10/8/03	1074 Altizer, B..10/9/03
396 Jones, K..5/2/03	260 Bates, A..12/13/03	429 Lamb, B..6/14/03	1063 Bissen, J..5/2/03
391 Richey, S..5/2/03	248 Jones, K..5/2/03	419 Walker, J..8/2/03	1003 Richey, S..5/2/03
380 Corsello, J..5/2/03	242 Caputo, R..3/1/03	413 Corsello, J..5/2/03	1003 Jones, K..5/2/03
358 Kavarnos, J..11/29/03	242 Southwood, K..9/25/03	407 Richey, S..5/2/03	975 Kavarnos, J..11/29/03
355 DelGallo, R..4/12/03	242 Burris, R..12/6/03	407 Burris, R..12/6/03	964 Burris, R..12/6/03
352 Burgess, I..10/8/03	240 Gee, S..9/03	407 Kavarnos, N..12/13/03	945 DelGallo, R..4/12/03
336 Reinitz, C..5/2/03	231 Lamb, B..3/8/03	402 Kavarnos, J..11/29/03	936 Kawasaki, N..12/13/03
330 Trujillo, R..12/7/03	226 Vincent, J..12/17/03	396 Muth, L..8/2/03	931 Reinitz, C..5/2/03
314 Burris, R..12/6/03	225 Kavarnos, J..4/5/03	385 DelGallo, R..4/12/03	925 Burgess, I..10/8/03
303 Dingle, K..1/25/03	225 Reinitz, C..5/2/03	380 Altizer, B..10/9/03	876 Trujillo, R..12/7/03
303 Kawasaki, N..12/13/03	225 Kawasaki, N..12/13/03	369 Reinitz, C..5/2/03	815 Simons, A..1/25/03
297 Bishop, T..3/1/03	225 Gomez, S..12/14/03	358 Jones, K..5/2/03	810 Dingle, K..1/25/03
286 Galant, A..12/7/03	220 Simons, A..1/25/03	352 Burgess, I..5/2/03	799 Bishop, T..3/1/03
281 Simons, A..1/25/03	220 Bryant, J..6/7/03	347 Ehmen, P..12/14/03	771 Galant, A..12/7/03
253 Siveny, D..3/8/03	220 Burgess, I..10/8/03	341 Farrar, A..4/6/03	750 Annis, J..4/26/03
148 SQ	148 BP	148 DL	148 TOT
680 Heath, D..5/03	430 Heath, D..5/03	562 Weinstein, L..5/2/03	1600 Heath, D..5/03
529 Weinstein, L..5/2/03	407 Slaughter, L..5/2/03	556 Bridges, A..5/2/03	1405 Weinstein, L..5/2/03
523 Page, G..5/2/03	401 Ventrella, C..9/1/403	552 Kaneshiro, D..12/12/03	1372 Bridges, A..5/2/03
523 Brown, C..10/4/03	358 Stewart, S..9/20/03	551 Shocket, S..11/16/03	1366 Brown, C..10/4/03
518 McCarty, T..7/19/03	350 Yu, J..8/2/03	540 Brown, C..10/4/03	1355 Slaughter, L..5/2/03
507 Green, J..10/25/03	352 Judge, T..5/10/03	540 Belt, D..10/4/03	1311 Judge, T..11/28/03
485 Charles, R..8/9/03	350 Yu, J..8/2/03	523 Robinson, M..8/16/03	1306 Robinson, M..8/16/03
485 Judge, T..11/28/03	347 Bridges, A..5/2/03	518 Payne, W..5/2/03	1267 Alford, S..9/13/03
473 Slaughter, L..5/2/03	336 Lawrence, J..8/23/03	518 Alford, S..9/13/03	1267 Green, J..10/25/03
473 Robinson, M..8/16/03	330 Page, G..5/2/03	507 Tanabe, M..3/1/03	1256 Payne, W..5/2/03
473 Tanabe, M..12/13/03	325 Pacheco, F..11/03	507 Rohan, B..5/2/03	1251 Tanabe, M..3/1/03
468 Mason, M..4/26/03	320 Scribner, J..13/14/03	507 Dangler, N..5/10/03	1218 McCarty, T..7/19/03
468 Bridges, A..5/2/03	319 Brown, C..9/21/03	493 Cortes, R..12/12/03	1206 Rohan, B..5/2/03
462 Alford, S..5/9/13/03	314 Weinstein, L..5/2/03	490 Heath, D..5/03	1185 Cruz, R..6/14/03
451 Griffith, P..3/1/03	314 Pellegrino, J..5/2/03	480 Cruz, R..6/14/03	1180 Gengo, J..11/15/03
451 Payne, W..5/2/03	314 Rohan, B..10/9/03	480 Corsi, D..10/25/03	1175 Charles, R..8/9/03
440 Lofing, M..7/12/03	308 Robinson, M..8/16/03	479 Green, J..10/25/03	1140 Mason, M..4/26/03
430 Wider, M..1/18/03	303 Zwick, I..11/15/03	479 Judge, T..11/28/03	1135 Lofing, M..7/12/03
430 Cruz, R..6/14/03	300 Sechser, P..4/26/03	479 Hedrick, T..12/7/03	1124 Pellegrino, J..5/2/03
430 Gengo, J..11/15/03	295 Aldag, T..10/18/03	473 Bissen, J..3/1/03	1124 Cortes, R..10/9/03
165 SQ	165 BP	165 DL	165 TOT
622 Beaumaster, P..10/9/03	480 Miller, L..3/14/03	640 Castro, M..10/18/03	1576 Beaumaster, P..10/9/03
617 Olson, G..5/10/03	435 Baker, G..12/10/03	633 Braca, J..5/2/03	1532 Braca, J..5/2/03
616 Little, A..11/28/03	430 Santarone, N..10/25/03	619 Little, A..5/10/03	1532 Little, A..11/28/03
595 Lewis, C..5/2/03	425 Evangelista, F..12/12/03	617 Cayer, A..5/2/03	1515 Cayer, A..5/2/03
562 Rivera, M..4/12/03	407 Marin, N..11/26/03	600 Cirigliano, R..12/12/03	1482 Olson, G..5/10/03
556 Braca, J..5/2/03	402 Cook, K..8/16/03	584 Sigala, M..10/12/03	1465 Lewis, C..5/2/03
556 Lumpe, S..11/28/03	400 McDonald, K..11/15/03	580 Wright, A..4/27/03	1438 Smith, G..6/7/03
551 Wilshire, G..3/1/03	385 Keele, J..9/20/03	578 Smith, G..6/7/03	1432 Sigala, M..5/2/03
551 Cayer, A..5/2/03	381 Craig, S..8/16/03	573 Beaumaster, P..5/2/03	1421 Wilshire, G..3/1/03
545 Smith, G..6/7/03	380 Weinguist, S..3/29/03	573 Dargin, C..5/2/03	1405 Rivera, M..4/12/03
530 McCarthy, D..5/17/03	380 Beaumaster, P..10/9/03	562 Olson, G..5/10/03	1405 Brown, C..6/7/03
523 Flores, F..8/16/03	375 Steiner, L..6/22/03	560 Belt, D..12/27/03	1366 Dargin, C..3/8/03
512 Sigala, m..5/2/03	375 Smith, C..6/6/03	545 Mattoni, L..5/4/03	1360 Wright, A..4/27/03
507 Olson, B..5/2/03	366 Cencich, T..10/17/03	534 Guthrie, G..11/1/03	1344 Herl, W..12/14/03
507 Brown, C..6/7/03	365 Ventrella, C..8/2/03	529 Wilshire, G..3/1/03	1340 McCarthy, D..5/17/03
490 Ferguson, J..12/13/03	363 Haines, J..8/23/03	529 Flores, R..4/12/03	1333 Olson, B..5/2/03
485 Wonyetey, M..6/8/03	360 Leazer, B..10/26/03	529 Lewis, C..5/2/03	1322 Guthrie, G..11/1/03
485 Alduenda, S..10/10/03	358 Evrard, D..7/26/03	529 Weber, B..5/17/03	1317 Flores, R..16/03
479 Jacobs, J..5/2/03	358 Sigala, M..10/12/03	529 Herl, W..12/14/03	1300 Mattoni, L..3/29/03
479 Smith, R..11/1/03	355 Issac, T..6/7/03	529 Hagedorn, R..5/17/03	1587 Scully, B..5/3/03
181 SQ	181 BP	181 DL	181 TOT
706 Bridges, M..10/10/03	500 Lewis, T..11/8/03	688 Woodley, L..12/12/03	1824 Bridges, M..5/3/03
705 Wambags, F..11/16/03	475 Prova, T..9/14/03	672 Bridges, M..10/10/03	1719 Woodley, L..3/29/03
705 Benedict, R..11/28/03	473 Bridges, M..5/3/03	650 Ricks, D..5/3/03	1675 Ricks, D..5/3/03
699 Perkins, T..6/7/03	465 Conner, T..1/18/03	640 Zweig, G..2/1/03	1660 Piermattei, F..8/9/03
683 Woodley, L..5/3/03	465 Stevens, A..10/18/03	620 Yvan, A..5/18/03	1658 Benedict, R..11/28/03
645 Piernatt, F..8/9/03	462 Levering, B..9/6/03	611 Petrus, M..6/22/03	1620 Perkins, T..6/7/03
622 Ricks, D..5/3/03	457 Zangl, G..12/6/03	608 Hagedorn, R..5/17/03	1609 Maile, L..5/3/03
622 Ruetiger, F..8/16/03	450 Blattenberger, D..6/20/03	606 Cirigliano, R..2/23/03	1587 Scully, B..5/3/03
600 Yvars, A..5/18/03	436 Banks, L..12/12/03	600 Piermattei, F..8/9/03	1570 Wambags, F..11/16/03
600 Adams, B..11/29/03	435 Hamby, D..7/19/03	600 Wambags, F..11/16/03	1550 Yvars, A..5/18/03



Jeff Peshek..big time bencher in drug tested meets(Jump Stretch)

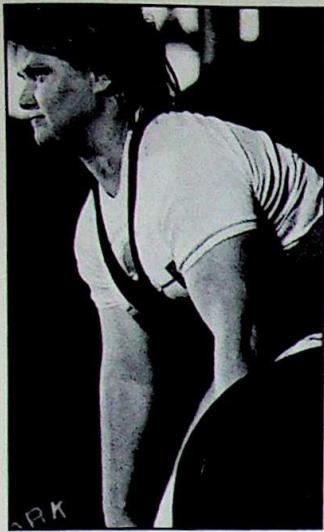


Dick Zenzen has returned from serious injury to high level masters competition. (Glossbrenner)



Dennis Belt is a terrific masters deadlifter in SLP competition . (Photograph Dr. Darrell Latch)

595 Johnson, B..3/29/03	435 Benedix, R..11/28/03	595 Maile, L..5/3/03	1532 Pullum, W..12/6/03
595 Scully, B..5/3/03	430 Green, .5/18/03	591 Yeargin, .5/3/03	1488 Rueftiger, F..8/16/03
584 Nigro, m..4/13/03	430 Brown, J..7/13/03	590 McMillan, G..7/26/03	1488 Zangl, G..12/6/03
584 Maile, L..5/3/03	429 Maile, L..5/3/03	590 Motchka, .10/25/03	1482 Adams, A..7/29/03
578 Harrison, M..5//303	429 Van Afferle, D..12/14/03	584 Wright, C..10/4/03	1480 McMillan, G..7/26/03
573 Wiley, D..5/3/03	425 Lee, S..6/22/03	580 Felton, D..10/18/03	1470 Fabiano, B..12/13/03
573 Summer, G..11/28/03	424 McAllister, C..12/23/03	578 Scully, B..5/3/03	1459 Petersen, D..4/13/03
570 McMillan, G..7/26/03	424 Beebe, B..12/12/03	578 Green, R..11/30/03	1455 Boyer, B..7/20/03
567 Petersen, D..4/13/03	415 Piermattei, F..8/9/03	575 Rijos-Soto, A..4/27/03	1450 Yeargin, S..8/3/03
560 Shanelbrook, S..11/15/03	413 Scully, B..5/3/03	575 Hubert, S..8/9/03	1432 Green, R..11/30/03
198 SQ	198 BP	198 DL	198 TOT
850 Kamand, T..8/10/03	530 Piggee, D..2/8/03	744 Meyers, T..6/8/03	1980 Kamand, T..8/10/03
755 Caplan, M..11/28/03	507 Kanemoto, K..12/12/03	685 Kamand, T..8/10/03	1813 Caplan, M..11/28/03
683 Kanemoto, K..3/2/03	503 Jones, O..6/14/03	665 Thomas, .10/25/03	1719 Jones, C..5/3/03
677 McNeish, K..5/11/03	500 Cotillo, C..11/8/03	650 Traub, L..5/3/03	1708 Kanemoto, K..3/2/03
666 Jones, G..10/10/03	496 Gregory, B..5/11/03	650 McNeish, K..11/28/03	1702 McNeish, K..5/11/03
633 Rhoades, D..11/9/03	480 Fleming, D..10/25/03	645 Slayberger, C..12/6/03	1631 Traub, L..5/3/03
617 Rouse, J..12/03	475 Lichtenberger, M..8/16/03	633 Jones, C..5/3/03	1610 Newman, D..10/25/03
615 Newman, D..10/25/03	473 Omura, W..12/12/03	633 Lemarie, S..8/16/03	1603 Schmidt, B..11/30/03
611 Denton, T..3/29/03	470 Rosenzweig, D..2/15/03	628 Sperry, R..2/23/03	1595 Ricks, D..3/1/03
611 Vantran, C..4/26/03	465 Perconte, R..4/5/03	622 Rhoades, D..11/9/03	1581 Rouse, J..6/21/03
600 Ricks, D..3/1/03	465 Ozburn, R..6/14/03	622 Schmidt, B..11/30/03	1576 Lemarie, S..5/3/03
600 Scott, J..4/13/03	462 Hernandez, J..3/22/03	622 Woods, J..12/14/03	1554 Rhoades, D..11/9/03
600 Thomas, W..5/3/03	462 Berry, A..8/23/03	611 Belanger, D..12/6/03	1554 Woods, J..12/14/03
600 Boyles, B..7/26/03	462 Jones, G..10/10/03	610 Williams, C..2/8/03	1550 Beck, G..10/26/03
600 Van Cleave, M..8/9/03	462 Lee, S..10/11/03	610 Ricks, D..3/1/03	1543 Clark, R..5/3/03
600 Traub, L..10/10/03	451 Caplan, M..11/28/03	606 Caplan, M..11/28/03	1535 Lichtenberger, M..8/16/03
600 Belanger, D..12/6/03	451 Brewer, R..12/12/03	605 Beck, G..10/26/03	1531 Peters, F..29/03
584 Wilson, T..6/29/03	450 Newman, D..5/17/03	600 Boyd, J..3/22/03	1525 Van Cleave, M..8/9/03
580 Ingraham, R..8/9/03	450 Walts, S..8/2/03	600 Conklin, T..4/5/03	1515 Vantran, C..4/26/03
580 Evans, T..9/28/03	450 Conner, T..8/16/03	600 Peters, F..6/29/03	1515 Boyles, B..7/26/03
220 SQ	220 BP	220 DL	220 TOT
826 Montembault, D..11/28/03	600 Scott, G..11/16/03	750 Herring, G..12/12/03	1900 Scott, G..11/16/03
825 Burlingame, D..9/7/03	575 Yearby, A..7/19/03	716 Zwanzstra, S..5/3/03	1881 Burlingame, D..3/2/03
800 Black, J..8/9/03	556 Carter, M..5/11/03	710 McCoy, W..12/12/03	1846 Zwanzstra, S..5/3/03
750 Jeurink, J..4/27/03	545 Will, M..11/26/03	695 Clark, Z..11/29/03	1840 Montembault, D..11/28/03
725 Wallace, D..11/15/03	534 Bell, G..8/2/03	677 Garcia, R..3/29/03	1813 Mistric, L..10/25/03
722 Mistric, L..10/25/03	529 Young, A..4/19/03	667 Burlingame, D..3/2/03	1785 Clark, Z..11/29/03
720 Sutphin, P..8/9/03	523 Burkett, K..7/20/03	661 Fisher, K..6/22/03	1736 Musto, M..3/2/03
705 Paras, R..10/25/03	520 Millikany, K..8/16/03	660 Russell, L..3/1/03	1719 Wenner, R..5/3/03
705 French, C..11/15/03	510 Cozza, J..10/18/03	655 Schoenebeck, N..12/13/03	1703 Paras, R..10/25/03
700 Scott, G..11/16/03	507 Scully, K..12/12/03	650 Musto, M..3/2/03	1700 Jeurink, J..4/27/03
677 Zenzen, D..8/17/03	505 Poichiba, B..4/6/03	650 Campbell, T..3/16/03	1700 Sutphin, P..8/9/03
672 Zwanzstra, S..5/3/03	501 Earley, J..7/20/03	650 King, B..10/4/03	1697 Cain, S..5/3/03
660 Wilson, H..8/10/03	500 Minichiello, M..4/6/03	650 Vasquez, J..10/25/03	1685 Wallace, D..11/15/03
655 King, B..10/4/03	490 Wilson, H..8/10/03	644 Mistric, L..3/29/03	1675 Lohman, M..5/3/03
650 Lohman, M..5/3/03	490 Paras, R..10/25/03	644 Lowey, W..10/4/03	1675 Brown, J..5/3/03
650 Taylor, M..5/11/03	485 Gingg, R..8/3/03	640 Edelstein, M..2/15/03	1675 Taylor, M..5/11/03
644 Musto, M..3/2/03	485 Putman, S..5/10/03	640 Ironfield, M..11/8/03	1675 King, B..10/4/03
644 Cain, S..5/3/03	485 Young, B..12/12/03	639 Ksepka, K..3/15/03	1665 Wilson, H..8/10/03
644 Sullivan, J..6/8/03	485 Schoenebeck, N..12/13/03	639 Cain, S..5/3/03	1658 Vasquez, J..10/25/03
635 Clark, Z..11/29/03	480 Adams, T..6/14/03	639 Clark, D..5/4/03	1658 Glawe, T..11/22/03
242 SQ	242 BP	242 DL	242 TOT
804 Douglas, J..5/4/03	650 Scott, G..12/20/03	749 Capello, J..8/3/03	1994 Douglas, J..10/11/03
804 Halliwell, P..11/2/03	556 Dooley, B..5/4/03	730 Goodman, B..2/22/03	1945 Stewart, K..5/4/03
788 Montembault, D..11/2/03	551 Pamplin, G..24/03	705 Harper, R..6/8/03	1929 Will, M..3/15/03
771 Will, M..3/15/03	551 Finegan, S..12/12/03	694 Douglas, J..10/11/03	1846 Capello, J..6/29/03
745 Black, J..4/13/03	550 Eiting, J..7/12/03	683 Stewart, K..5/4/03	1841 Halliwell, P..11/2/03
744 Henderson, A..11/28/03	545 Gunn, B..12/12/03	683 Dawson, A..8/3/03	1802 Higgins, T..7/20/03
738 Stewart, K..5/4/03	540 Nelson, G..5/4/03	672 Graham, J..5/4/03	1800 Warren, B..11/16/03
735 Roberts, R..10/25/03	535 Robinson, R..4/26/03	672 Davidson, D..5/17/03	1791 Rigert, R..10/25/03
733 Anderson, J..5/11/03	534 Will, M..3/15/03	666 Jackson, P..12/13/03	1763 Deverville, J..5/11/03
733 Higgins, T..7/20/03	530 Goodman, B..2/22/03	665 Russell, L..3/22/03	1763 Gerner, J..11/15/03
733 Rigert, R..10/25/03	530 Haycraft, D..12/6/03	661 Soekardi, I..12/11/03	1752 Graham, J..5/4/03
730 Pace, L..9/27/03	525 Erb, R..3/03	650 Kolbeck, R..2/15/03	1736 Henderson, A..11/11/03
725 Warren, B..11/16/03	523 Stewart, K..5/4/03	650 O'Neill, S..3/15/03	1730 Montembault, D..11/2/03
710 Graham, J..5/4/03	520 Seeker, C..6/7/03	650 Robinson, J..4/6/03	1725 McKimme, S..11/16/03
705 Capello, J..6/29/03	518 Whited, S..12/12/03	650 Higgins, T..7/20/03	1719 Sandberg, S..11/28/03
705 Wheeler, K..8/17/03	515 Brogna, R..10/5/03	644 Deverville, J..5/11/03	1708 Anderson, J..5/11/03
700 McKimme, S..11/16/03	512 Douglas, J..5/4/03	644 Kelly, B..12/16/03	1697 Pamplin, G..4/3/03
694 Zenzen, D..11/28/03	512 Christian, M..8/16/03	640 Sandberg, C..2/8/03	1692 Jackson, P..12/13/03
688 Chavez, R..6/8/03	501 Cullen, M..6/14/03	640 Sorenson, M..6/7/03	1675 McKee, B..8/17/03
683 Garcia, C..6/4/03	501 Halliwell, P..8/17/03	639 Lopez, R..3/15/03	1675 Genet, P..10/11/03
275 SQ	275 BP	275 DL	275 TOT
844 Ford, J..11/28/03	625 Klinger, B..10/26/03	775 Reeves, J..3/30/30	2206 Wlosinski, M..8/17/03
843 Wlosinski, M..8/17/03	622 Peshek..12/13/03	771 Hodges, J..3/16/03	1899 Ford, J..6/29/03
825 Tillman, K..11/15/03	605 Knight, M..7/26/03	755 Andrews, P..4/13/03	1935 Tillman, K..11/16/03
799 Pearson, D..3/15/03	605 Cawley, .11/22/03	740 Pool, D..8/17/03	1923 Pearson, D..3/15/03
771 Anderson, R..3/29/03	600 Hemmenay, L..6/7/03	716 Poucher, D..10/4/03	1912 Ballard, D..5/4/03
771 Meek, B..11/28/03	580 Graube, J..6/7/03	715 Fecteau, R..8/30/03	1901 Gonzales, D..5/4/03
750 Bailey, D..8/10/03	573 Nelson, G..8/3/03	710 Ford, J..2/8/03	1900 Primeau, P..4/13/03
744 Ballard, D..5/4/03	573 Moon, C..12/13/03	710 Vessels, R..12/12/03	1900 Ryder, K..12/6/03
744 Gonzales, D..5/4/03	568 Shipley, S..5/17/03	705 Hendrix, R..3/29/03	1873 Hendrix, R..3/29/03
738 O'Donnell, T..10/4/03	567 Harms, J..3/23/03	705 Driskill, B..5/17/03	1846 O'Donnell, T..10/4/03
735 Dimiduk, M..11/16/03	550 Primeau, P..4/13/03	705 Ballard, D..10/12/03	1840 Bruner, T..3/29/03
727 King, J..11/28/03	545 Chrun, G..12/6/03	700 Ryder, K..12/6/03	1835 Andrews, P..4/13/03
711 Hendrix, R..3/29/03	540 Ryder, K..12/6/03	699 Pearson, D..3/15/03	1810 Peshek..10/26/03
705 Bruner, T..3/29/03	535 Richy, R..5/31/03	699 Capps, J..11/22/03	1807 Anderson, R..4/13/03
705 Primeau, P..4/13/03	535 Johnson, K..10/26/03	694 O'Donnell, T..10/4/03	1802 Fecteau, R..4/6/03
705 Wilson, B..8/3/03	534 Ludlam, C..12/13/03	683 Bruner, T..3/29/03	1802 Capps, J..11/22/03
705 Pace, L..12/14/03	530 Lazarschi, G..3/30/03	677 Wlosinski, M..4/13/03	1785 Poucher, D..10/4/03
699 Fecteau, R..4/6/03	530 Van Alstyne, J..5/3/03	677 Faulkner, W..5/31/03	1780 Cyranoski, S..6/8/03
699 Chavez, S..6/8/03	530 Vickery, S..10/26/03	675 Pace, L..1/18/03	1780 Bailey, D..8/10/03
699 Chavez, R..8/3/03	530 Border, J..12/21/03	672 Smith, B..5/31/03	1780 Meek, B..11/28/03
SHW SQ	SHW BP	SHW DL	SHW TOT
1040 Huston, T..8/10/03	705 Rodriguez, M..5/11/03	777 Barlow, R..5/1/103	2165 Barlow, R..5/11/03
870 Barlow, R..5/11/03	705 Gillespie, B..8/3/03	766 Brink, G..3/2/03	2160 Capoccia, R..8/10/03
860 Capoccia, R..8/10/03	669 Manno, T..3/16/03	745 Wnuk, K..10/18/03	2100 Wnuk, K..10/18/03
825 Selcik, J..8/10/03	650 Schermerhorn, J..12/13/03	744 Hodges, J..10/4/03	2020 Fletcher, P..8/23/03
825 Safreed, R..11/16/03	640 Huston, T..11/03	740 Pecktol, S..6/29/03	2000 Edmiston, S..10/12/03
815 Cable, F..3/2/03	630 Cain, M..8/10/03	725 Fletcher, P..8/23/03	1960 Seiflik, J..8/10/03
815 Meek, B..9/14/03	611 Reece, D..6/8/03	723 Faulkner, W..12/12/03	1945 Pecktol, S..6/29/03
805 Fletcher, P..8/23/03	606 Merchant, D..12/13/03	716 Medak, A..12/12/03	1940 Safreed, R..11/16/03
804 Edmiston, S..5/18/03	600 Tancil, J..6/28/03	700 Capoccia, R..8/10/03	1912 Gresham, R..3/29/03
800 Delan, n..8/10/03	600 Capoccia, R..8/10/03	699 Owens, E..10/11/03	1880 Cain, M..8/10/03
760 Gresham, B..3/29/03	600 Wnuk, K..10/18/03	694 Edmiston, S..10/12/03	1867 Hendrix, R..10/25/03
755 Wnuk, K..10/18/03	584 Deutsch, L..11/2/03	688 Pope, J..5/4/03	1851 Lee, B..4/13/03
744 Lee, B..4/13/03	578 Hamby, M..12/13/03	685 Oyler, D..3/16/03	1851 Owens, E..10/11/03
744 Israelson, M..8/17/03	577 Vardine, V..4/6/03	677 Weiss, J..11/8/03	1830 Deutsch, L..11/2/03
738 Surell, E..11/22/03	573 Gaudreau, A..4/20/03	672 Gresham, B..3/29/03	1824 Brink, G..3/2/03
738 Mitchell, M..11/29/03	573 Sidnell, C..12/7/03	672 Hendrix, R..10/25/03	1800 Oyler, D..11/16/03
733 Pecktol, S..6/29/03	573 Cunningham, J..12/13/03	672 Lane, T..11/2/03	1796 Lane, T..11/2/03
727 Owens, E..10/11/03	565 Fornaro, A..6/22/03	661 Franek, E..5/17/03	1785 Mitchell, M..11/29/03
727 Munnelly, T..10/11/03	565 Hicks, C..9/6/03	661 Ratsch, P..8/3/03	1779 Pope, J..5/4/03
725 Oyler, D..11/16/03	560 Watt, J..4/26/03	655 James, J..5/17/03	1765 Burtschell, S..7/26/03



Jan Todd, lifted on the USA "B" Team at the Inaugural Women's Worlds, and was not eligible for the World title, under conventions of that era, but did out-total rival, Ann Turbyne. (Photo provided by Kathy Leistner)

It is hard to have a discussion about the pioneers of powerlifting without mentioning the names Jan and Terry Todd. Both established many firsts within the sport, promoted male and female lifting at various levels, and were key components to the publicity received through various media outlets in the early days of lifting. Jan and Terry were accomplished strength athletes in their own right, but gave much more back to those sports dedicated to the pursuit of strength and helped to open the door for women of the past and today. It is for these reasons that the USAPL is honored to list the Todds among the names of inaugural inductees for the USAPL Women's Hall of Fame.

First, let me give a brief overview of the Women's Hall of Fame. It was first decided to undertake this endeavor at the 2003 Women's Nationals in Killeen, TX. The Women's Hall of Fame serves to recognize those individuals, female and male, that promoted women in powerlifting through their efforts as lifters, coaches, officials, administrators, and liaisons with the world outside of powerlifting. Of course, female lifters can look up to the drug-free greats of today such as IPF Open World Champion Sioux-z Hartwig; IFF World Record Holders Jenn Maile, Priscilla Ribic, and Liz Willet; as well as IPF Masters World Champion and USAPL Executive Committee Member Bettina Altizer. But, since our sport is so male dominated, the histories of those who paved the way for female lifters such as these, as well as those who currently serve as administrators and coaches within the organization, are hard to find. Modern media is full of bios, pictures, and discussions of the

JAN AND TERRY TODD

Inaugural Inductees to the USAPL Women's Hall of Fame

as told to Powerlifting USA by Katie Ford

great male lifters of powerlifting's history, but the USAPL Women's Committee feels that it is time for women and their supporters to get the recognition that they deserve as well. The inaugural class of inductees included seven distinctive individuals who will serve as benchmarks for future recipients. At this year's USAPL Women's Nationals in Omaha, NE, the Women's Committee recognized Mabel and Peary Rader, Jan and Terry Todd, Judy Gedney, Pat Malone, and Ruth Welding in a short ceremony dedicated. Look for future bios on the rest of the recipients in upcoming PLUSA issues. Let us resume this brief history of the Todds.

Jan and Terry met in Macon, GA where Jan was attending Mercer University at the time. Terry had been a long time fan of weight training, as he had won the Junior Nationals in Weightlifting in 1963, and the first two Senior National Powerlifting Championships in 1964 and 1965. Jan was not bitten by the lifting bug until 1973, shortly after marrying Terry. The story goes, according to Terry's book *Inside Powerlifting*, that Jan walked into a local Austin gym and saw a young lady going through a deadlift workout, which was unheard of at the time. After watching the woman deadlift 225, Jan thought to herself, "I can do that too!". Shortly thereafter, Jan began to surprise men and women alike by raising the limits of what was considered possible for women in sport. She first hit the lifting platform in 1975, where she broke the 49 year old Guinness World Record two-hand deadlift with 394.5 lbs. Jan never looked back and continued to break ground for future female lifters.

Let me try to briefly highlight some of Jan's lifting accomplishments. Jan was the first woman to officially exceed 400 lbs in the squat (1977) and deadlift (1976), and to total over 1,000 lbs in all three lifts (1978). For female lifters, these are huge benchmarks and Jan was able to accomplish them in a time when a t-shirt, singlet, and belt were standard lifting apparel. Suits and wraps were available, but a joke in comparison to today's technology. Jan was the first Women's National Champion in 1977 at the All American Women's Open in Nashua, New Hampshire. This was the first sanctioned national meet for women, which Jan, Terry and Joe Zarella organized. In the first IPF Women's World

Championships, Jan had the highest total of the meet. Fellow inductee, Ruth Welding, competed in this momentous event as well, in the 165 lb division. In 1981, Jan was the first woman inducted into the IFF Hall of Fame. In that same year, Jan was the first woman to exceed 500 lbs in any powerlift with a 507 lb squat performed in Memphis, TN. Her best lifts were accomplished within that year in the SHW class, with WRs of 545.5 lb squat, 479 lb deadlift, and 1229.5 lb total. Important to note, Jan was the first athlete, male or female, to establish a world record under the ADFPA, which was a 446 lb deadlift at 148 in 1982. This also brings to light that Jan is one of a few lifters to be able to break records in such a wide range of weight classes. Five to be exact.

Both Jan and Terry have contributed immensely to the administration, coaching, and promotion of the sport. As mentioned before, the Todds were instrumental in the organization of the first Women's Nationals. Jan, along with Cindy Reinhardt, drafted the first rules to govern women's competitions in the US. Under the sanction of the USPF, Jan and Terry were members of the Executive Committee and lobbied for and achieved autonomy of the Women's Committee. Surprisingly, Jan was asked to coach the USPF Men's World Championship Team in 1981 and 1984. It is hard to imagine a woman fulfilling such a role on one of today's teams! Both were very adamant about drug testing and eventually left the USPF when the organization would not institute drug testing procedures for the women. The Todds embraced the ideals of the ADFPA and continued to be influential within IPF administration.

In 1977, Terry published the first major book about powerlifting, *Inside Powerlifting*, and featured Jan along with 6 other legendary lifters of the time. Also in 1977, Terry was a commentator at the World Championships for NEC's Sportsworld. This was the first broadcast of powerlifting in the United States. He did similar commentary for CBS, ESPN, and the BBC, some of which included female lifters. Jan was featured in Sports Illustrated as "The Strongest Woman in the World" and made a guest appearance on the *Johnny Carson Show*, in which she deadlifted 405 for reps in front of the TV audience. What coverage!

Today, Jan and Terry reside



Terry Todd, creator and co-director with his wife Jan, of the Todd-McLean Physical Culture Collection at the University of Texas at Austin, recently received a gift of \$1 million from Joe and Betty Weider, pioneers in the areas of bodybuilding and publishing. The donation will be used to support the work at the Collection. (Photo by Leistner)

outside of Austin and are professors at the University of Texas, where they Co-Direct the Todd-McLean Physical Culture Collection. It is an extensive library that is internationally known as the largest and most complete archival collection in the field of physical culture. The Todds also serve as Co-editors of Iron Game History: The Journal of Physical Culture, whose main emphasis is on competitive sports. To learn more about the Todd-McLean Physical Culture Collection, or Iron Game History, you can visit <http://www.edb.utexas.edu/Todd-McLean/>. Terry also directs the Arnold Strongest Man Contest in conjunction with the Arnold Classic, which Jan serves as Co-director for the strongman events.

It is hard to include all of the Todd's contributions to the sport within one article, but more information can be found at the USAPL website under the Women's Hall of Fame at

<http://www.usapowerlifting.com/halloffame/women/index.shtml>. Information and pictures about the other inductees, as well as nomination procedures, can be found there as well.

I would like to conclude with a quote from the Todds. It embodies the outlook that the USAPL Women's Committee wishes to promote to female lifters of all levels. "Try to think of strength as an aspect of humanity and not something that's gendered. (We) think a lot of women, even now, are limited in their pursuit of strength by our cultural identification with strength as 'masculine' and weakness as 'feminine'. But strength is no more masculine than is speed, and (we) can't imagine anyone anymore who believes that women should not run as fast as they can".

To all the female competitors, embrace your talents and continue to raise the bar!

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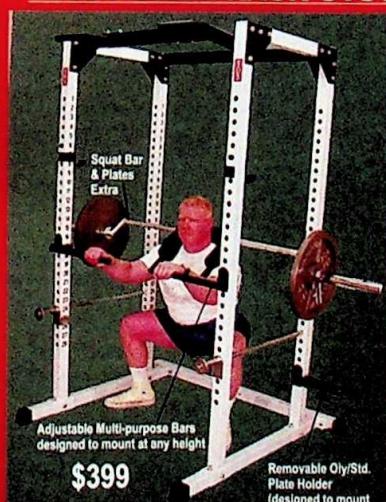


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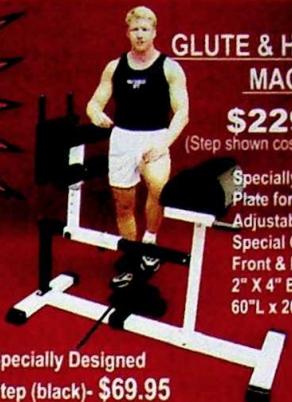
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President's Message: An Exciting Spring in USAPL

Spring is typically our busiest time Nationally, and starts the international competition schedule as well. Last month, I mentioned the Master's Bench Press (World) Team. They have returned from Slovakia, with a number of Gold Medals, individually, and as a team. In the team standings, the USA brought home the Gold Medal in the Master I (40-50) Division. The Men's Master II (50-59) and the Women's Master I (40-49) divisions garnered the Bronze Medals.

Individual athletes who medalled were:

Gold Medal:

Helen Sauer (M2, 75 kg.)
Dave Doan (M2, 110 kg.)
Brad Klinger (M2, 125 kg.)
Frank Beeler (M2, +125 kg.)

Silver Medal:

Angela Simmons (M1, 60 kg.)
John Corsello (M1, 60 kg.)
Greg Zangl (M1, 82.5 kg.)
Raoul Donati (M1, 125 kg.)
Kevin Johnson (M2, 125 kg.)
Paulette Calhoun (M1, +90 kg.)

Bronze Medal:

Leigh Haines (M1, 56 kg.)
Pam Zangl (M1, 75 kg.)
Dana Rosenweig (M1, 90 kg.)
Rich Wenner (M1, 100 kg.)
Dan Gaudreau (M1, +125 kg.)
Ivan Zwick (M3, 67.5 kg.)

There were many excellent performances by lifters who weren't fortunate enough to medal, but whose efforts supported the team efforts and success. The coaching staff, headed by Nectar Kirkiris.

National Competitions

The High School Nationals was held toward the end of March in Milwaukee, Wisconsin. 390 athletes competed, and while the results are too extensive to review here, they may be accessed at: www.usapl-wi.com. There were a number of teams present at the competition, and the high number represent the continued growth of high school programs in the U.S. The placings of teams are:

USAPOWERLIFTING CORNER

Division	Place	School/State	Head Coach
Varsity Boys	1 st	Plainwell, Michigan	Tod Miller
	2 nd	Alexandria, Louisiana	Duane Urbina
	3 rd	St. Xavier, Wisconsin	Larry Traub
	4 th	GET, Wisconsin	Jon Steffenhagen
	5 th	Neenah, Wisconsin	Joe Lewis
	6 th	Bellevue E., Nebraska	Phil Burlingame
	7 th	N. Central, Indiana	March Anderson
J.V. Boys	1 st	Plainwell, Michigan	Tod Miller
	2 nd	Neenah, Wisconsin	Joe Lewis
	3 rd	GET, Wisconsin	Jon Steffenhagen
Varsity Girls	1 st	Alexandria, Louisiana	Duane Urbina
	2 nd	Plainwell, Michigan	Tod Miller
	3 rd	Neenah, Wisconsin	Joe Lewis
	4 th	GET, Wisconsin	Jon Steffenhagen
J.V. Girls	1 st	Neenah, Wisconsin	Joe Lewis
	2 nd	Necedah, Wisconsin	Erich Mach
	3 rd	GET, Wisconsin	Jon Steffenhagen

By these team results, it is obvious that USAPL powerlifting is big in the Midwest, but that there are many other areas with well developed and growing programs. Athletes from many other states attended as well.

contesting for Team awards, and athletes may earn All-America honors in addition to medals. Preliminary reports are that a number of Jr. World Records have been attempted. Stay tuned for results next month.

Collegiate Nationals

As I write this, the Collegiate Nationals are ongoing. 200 athletes from more than 20 universities are

Top 20

This month, we feature the top 20 Women at 67.5 kg., and the top 20 Men at 82.5 kg. The complete top twenty rankings can be found at: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.

National Office Move

The USA Powerlifting National Office has relocated to a spacious new facility, but remains in Columbia City, Indiana. The new mailing address is: P.O. Box 668, Columbia City, IN 46725. The phone number is unchanged: (260) 248-4889, as is the e-mail (usapladmin@skynet.net).

USAPL

Merchandise

While we have always had USA Powerlifting t-shirts and polos available, USAPL is expanding our line of merchandise to include hats (beanies), women's t's, tank tops, sweatshirts, and singlets. You may still get USAPL medals through the National Office. Look for our online store, coming

181

1	Mike Bridges	707
2	Leamon Woodley	683
3	S. McLawchlin	639
4	Rich Salvagni	634
5	Guaba	630
6	Dave Ricks	623
7	Peyton Stone	612
8	M. Solomon	612
9	Josh Decker	612
10	Ryan Keathley	601
11	Alex Yvars	600
12	Bill Scully	595
13	Jason Nickerson	585
14	Larry Maile	584
15	Anthony Biasetti	580
16	Marlon Harrison	579
17	Kyle Ricchio	575
18	David Wiley	573
19	Adrian Jackson	573
20	Sean DiCataldo	570

148

1	Priscilla Ribic	485
2	Kim Walford	413
3	Jan Morello	400
4	Rebecca Phelps	397
5	Marian Gibson	391
6	Angie Overdeer	380
7	Theresa Kunsman	353
8	Paula Houston	345
9	Megan Brabec	342
10	Molly Dennany	342
11	Sasha Meshkov	342
12	Christy Newman	336
13	Kala McCauley	336
14	Jay Gould	335
15	Jennifer Franklin	331
16	Ruth Welding	331
17	Destiny Joyner	325
18	Laura Styrlund	320
19	Stacy Vlachakis	320
20	Ashley Proctor	314

Rich Salvagni

507
480
474
460
457
441
441
430
424
424
424
419
413
413
413
413
410
408
402

Adrian Jackson

694
678
672
661
660
650
650
634
623
620
612
610
606
605
601
601
601

Mike Bridges

1824
1720
1720
1698
1692
1675
1642
1626
1609
1600
1587
1576
1570
1565
1565
1550
1550
1545

Jennifer Thompson

292
287
270
259
240
237
237
215
210
209
209
209
204
198
198
195
195
187
182

Kim Walford

502
474
424
424
386
385
380
380
369
369
360
353
350
350
347
347
342
336
336
336

Priscilla Ribic

1246
1130
1075
1031
1003
980
965
942
925
900
893
876
876
865
849
845
832
826
816

soon to the USAPL website:
www.usapowerlifting.com.

USAPL Club Information

We continue our efforts to encourage USAPL lifters to get together to train and exchange ideas when traveling.

Jersey Shore Fitness
711 Brinley Ave.,
Bradley Beach, NJ 07720
Matthew Clark (732) 988-9888

G.E.T. Powerlifters
W18575 Cty Rd DD
Erick, WI 54627
Stephanie Baer (608) 582-4487

Naval Academy PL Club
P.O. Box 14971
Annapolis, MD 21412
Joseph Sweger (717) 438-3665

Team NSR
1162 Wilkinson Rd.,
Richmond, VA 23227
(804) 422-0200

2004 OPEN MEN'S WORLD TEAM QUALIFYING PROCEDURE

Due to a Team USA drug test failure at the 2003 IPF Worlds, the USAPL will be limited to a team of 10 lifters in 2004, per IPF rules. Additionally the USAPL is required by the IPF to compile a list of all potential 2004 Men's World Team members and submit that to the IPF by May 1st. The list may contain a maximum of 35 names. After the list is submitted to the IPF there can be no names added to the list for any reason. The USAPL Coaching Committee, along with the Executive Committee, have developed the following procedure:

The initial list contains the top 35 totals by percentage of the 2004 World Team Standard, using all IPF meets and IPF qualifiers for 2002 and 2003. There is a maximum of five lifters per weight class on the list.

The IPF North American Cup to be held on April 10th in Ft. Lauderdale, Florida will be the only opportunity for lifters to either make the list or keep from getting bumped off it.

The Men's Senior National Championships in Baton Rouge, Louisiana this July will determine the final team roster using the same procedures as last year. If you are not on the list of 35 you are NOT eligible for the 2004 World team, regardless of placing or total in July.

The coaching committee will contact everyone on the preliminary list to confirm their interest in going to the Worlds in South Africa in November. Also, lifters on the list will be required to send in their entry for the Nationals by April 20th in order to stay on the list.

USAPL Coaching Committee

USAPL Bobcat Open					
7 FEB 04 - San Marcos, TX					
WOMEN	SQ	BP	DL	TOT	
Collegiate					
97 lb.					
Abby Shields	187	99	204	491	
123 lb.					
S. Stone	248	132	265	645	
132 lb.					
Lisa Dugan	220	160	292	672	
Lisa Laughlin	226	116	276	617	
Patsy Pederson	209	110	259	579	
Niss Carlson	154	105	254	513	
148 lb.					
N. Hellerstedt	265	165	298	728	
C. Bownsaw	187	94	237	518	
165 lb.					
S. Kroper	237	187	314	739	
MEN					
Youth (11)					
77 lb. (best two lifts)					
M. Gremillion	50/61	33/50	88/110		
Teen (15)					
220 lb.					
Dustin Earnest	391	243	502	1105	
Collegiate					
123 lb.					
Miles Nash	298	193	375	865	
132 lb.					
T. Dirienzo	375	259	446	1080	
J. Hagendorf	342	281	331	953	
Aaron Walz	309	215	375	898	
Matt Acosta	276	215	397	887	
148 lb.					
Stoney Portis	441	276	452	1168	
Masey Wolfe	380	270	474	1124	
William Lee	386	231	441	1058	

USAPL Fall Classic					
18 OCT 03 - Baton Rouge, LA					
114	SQ	BP	DL	TOT	
Master					
Tara Rivers	115		230		
Jamie Johnson	365	250*	385	1000	
Reynolds Young	135	90	180	405	
Damian Breaux	250	175	160	585	
123					
Jeff Olcsvary	365	275*	410	1050	
Derek Dupuis	305	165	405	875	
132					
Kevin Jones	370	235	340	945	
148					
Heath Young		185	315		
BJ Broadhurst	325	190	400	915	
Glenn France	465	225	480	1170	
165					
D. Cagnolatti	475	385	530	1390	
181					
Caitlin Green		245		245	
Jesse Hodges	410	330	405	1145	
D. Courville	475	235	485	1195	
Billy Roth		225		225	
James Lyons	360	235	350	945	
Billy Callihan	185		485*	795	
198					
Adrian Serio	615	375	575	1565	
D. Broussard	300	240	375	915	
220					
Travis Werner	680	440	585	1705	
Mike Godawa	555	440	590	1585	
Harvey Barton	445	230	475	1150	
275					
Open					
Kedrick Fleming			225		
Masters					
Tom Babcock					
M. Alderman	500	295	500	1295	
SHW					
Master					
Kory Wnuk	755	600	745	2100	
(Thanks to USAPL for the results.)					

US Naval Academy Qualifier					
07 FEB 04 - Annapolis, MD					
WOMEN	SQ	BP	DL	TOT	
114 lb.					
K. Kageyama	185	105	225	505	
148 lb.					
Dara Ching	185	155	300	640	
Caryn Myers	215	140	255	610	
Sarah Coleman	220	120	200	540	
Angela Raab	115	120	225	460	
MEN					
123 lb.					
J. Navarre	250	—	—	—	
132 lb.					
Nick Cincotta	255	135	390	725	
Paul Ortiz	235	180	250	665	
C. Mungia	—	—	—	—	
148 lb.					
Matt Panizari	360	175	415	950	
165 lb.					
Cliff Adams	425	250	405	1080	
198 lb.					
Damian Kins	390	385	495	1270	
220 lb.					
Tom Duff	540	335	530	1405	
James Munn	315	295	375	985	
Nate Myers	285	225	360	870	
Zack Keller	255	240	345	840	
(Thanks to USAPL for the results.)					

WORLD TEAM QUALIFYING STANDARD

In order to become an AUTOMATIC selection to the 2004 Mens World team you need to:

- Win the 2004 USAPL Seniors in Baton Rouge, Louisiana
- Pass the drug test
- Total at least the average 5th place total from the last 5 IPF Worlds.

Here are the official 2004 World Team qualifying totals, using the exact average for the percentages.

Lifters will need to meet or exceed the total to become automatic selections, along with winning their class and being on the Top 35 list submitted to the IPF.

114—533.5kg. (1177)
123—558.5 (1232)
132—604 (1332)
148—670.5 (1479)
165—748 (1650)
181—784.5 (1729)
198—851.5 (1877)
220—861.5 (1899)
242—897.5 (1978)
275—950 (2093)
SHW—971.5 (2141)

Team USA will be limited to 10 lifters for the 2004 IPF Worlds, in the event that all 11 weight class winners hit the total in July the lowest ranked winner will be the 1st alternate.

Any winners who don't achieve the total will be placed in the alternate pool along with the top non-winning totals from all classes. These lifters will then be ranked on a percentage basis, using their total in comparison to the 5th place average of the previous five Worlds. This alternate list will be used to fill in any open spots on the team.

USAPL Coaching Committee

**SLP Steve 'Mad Dog' Houston Memorial Iowa Regional
2 MAY 04 - Coralville, IA**

BENCH PRESS	198
teen men 13-15	Josh Power 475*
165	242
J. Allsup	135* Linus Fedler 320
submaster men	275
198	Jeff Leach 665*
E. Mendez	340 S. Houston 550
master men 40-44	308
198	John Hansen 445
R. Hennigar	390* Shw
(4th)	400* Bill Reagan 560*
Matt Allsup	300 DEADLIFT
(4th)	330 teen women 18-19
220	148
Tim Jennings	340 Claire Dirks 280*
275	junior men
M. DenBeste	415* 198
master men 45-49	M. Michalec 475*
220	(4th) 485*
John Lambert	390* master men 45-49
242	220
Kurt Haines	385 John Lambert 520*
(4th)	395 275
master men 50-54	M. DenBeste —
220	master men 50-54
Russ Millage	225* shw
(4th)	230* Bill Reagan 505*
Shw	police & fire
Bill Reagan	560* 220
Pete Agnew	255 John Lambert 520
police & fire	open men
220	275
John Lambert	390* S. Houston 700*
242	308
Linus Fedler	320 John Hansen 585*
open men	shw
165	Bill Reagan 505
Seth Burns	350*

Team: The Boys from Iowa. • Son Light Power Iowa state record. The Son Light Power Steve "Mad Dog" Houston Memorial was a very special event, especially to those of us who knew Steve well. He was a big man about 6'5" and as much as 335 pounds of muscle; tough as nails, but with a heart of gold. To the members of the notorious "Quad City Connection" Steve served as the "Seargent at Arms", whose main duties were to lift off to the great master barcher Bill Reagan, and to fight off Scott Hobart's adoring female (?) fans. After the bench press event all of the lifters and spectators awarded Steve Houston, Jr. a plaque commemorating his father and all the lives he touched. It was great to have Steve, Jr. present and lifting, and to relive some of our fondest memories of his dad. In the bench press event Jordan Allsup set the state record for the 13-15/165 class with 135. Eddie Mendez, a member of the "Boys from Iowa" Power Team, won at submaster 198 with 340. In the master men's 40-44/198 class Roger Hennigar broke the Iowa state record with his 390 final attempt, then came back with a great fourth of 400 for the win. Matt Allsup finished second at 300, followed by a 330 fourth attempt.

At 220 Tim Jennings won with 340 while Mike DenBeste broke his own state record at 275 with 415. John Lambert broke the state record for the 45-49/220 class, finishing with 390. Kurt Haines, who is always so consistent, won at 45-49/242 with 385, then returned for a solid 395 fourth. Russ Millage, lifting in his first competition, set the record at 50-54/220 with his 230 personal best fourth attempt. Up next was Bill Reagan, who just a few years ago was listed as the number one master barcher in the country at 275, finished with a strong 560 at shw. Bill had called for a 575 fourth attempt,



Steve Houston, Jr., (l) DL best lifter, with award commemorating the life of his father, Steve "Mad Dog" Houston, with BP best lifter Jeff Leach at the SLP Houston Memorial BP/DL Championship. (Latch)

which he would have made, but I felt a try at 600, in memory of "Mad Dog" would be more appropriate. You could just see "Mad Dog" lifting off to Bill and yelling, "Come on, Bo Bo!"..... Pete Agnew finished second to Bill at shw with 255. In the police & fire division John Lambert set the state record at 220 with 390 while teammate Linus Fedler won at 242 with 320. In the open division Seth Burns broke the state record at 165 with a solid 350, while Josh Power did the same with his fourth attempt with 475 at 198. Linus Fedler got his second title of the day with his win at 242 with 320. Then at 275 best lifter Jeff Leach broke his own personal best and state record with a great 665. A fourth with 700 might have gone, but quickly slipped out of the groove off the chest. Second place at 275 went to Steve Houston, Jr., who finished with a personal best 550. John Hansen took the title at 308 with his opener of 445, which was a pr for his weight class while Bill Reagan broke the existing mark at shw with 560. In the deadlift competition Claire Dirks proved why she was the best looking lifter of the day, she was the only lady lifting! Claire, who just started competing last

year, finished with 280, breaking her own Iowa state record at 18-19/148. Mike Michalec, lifting in his first competition, broke the state record for the junior 198 class with both his third (475) and fourth (485) attempts, both also new personal records for him. John Lambert broke the state record at 45-49/220 with just his opener of 520, passing on his last two attempts due to cramping. John also won the police & fire/220 title. Big Bill Reagan managed only his opener also, pulling an easy 505 state record at 50-54/shw, not because of cramping, but as Scott Hobart (?) would say, "Bill's Supersized!" Maybe Bill has put on a "few" pounds, but only because the old "Quad City Connection" has kind of fallen apart, and don't offer as much support to Bill's training as it did in its hayday. Bill "Roc" Swift, nearing the age of 56 and coming off his recent pugilistic tour (By the way if you need 4 or 5 older teenagers beaten up, hopefully over the age of seventeen, Bill's the man!) did a great job lifting off to Bill Reagan. Scott Hobart (?), however was never to be found. Where was Scott? He didn't help lift off, or spot or load. He did seem to be spending a lot of time flirting with all of the married women (whose husbands were competing). The rest of the time the "Mysteriously Missing" Scott Hobart was never seen. I just hope he didn't visit the bathroom more than once or twice during the meet. I'd kind of like to have more meets in the future at this gym, but I know how expensive the "Rooter Rooter Man" can be when certain people overuse the facilities! Okay, enough of that. The highlight of the deadlift competition was Steve Houston, Jr.'s great 700 pull. Not only was it a new personal best for Steve, but also a new state record at 275 open, garnering him the well-deserved best lifter honors for the competition. Training partner John Hansen dropped down to the 308 class, setting the state record there with another great pull of 585. At shw it was Bill Reagan again for the win with 505. Taking the team honors was the "Boys from Iowa" Power Team, which included John Lambert, Eddie Mendez and Linus Fedler. Thanks to all

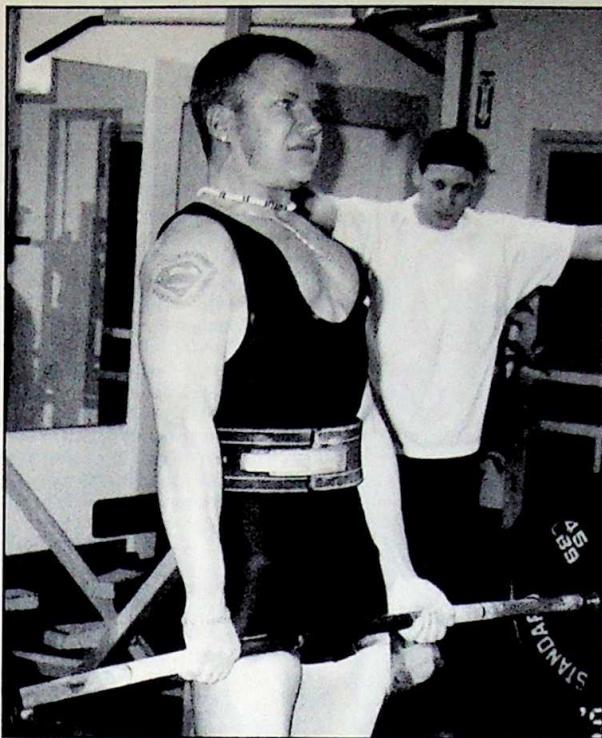
who helped out and to our trophy girl, Macey DenBeste. After the competition a few of us went out to eat and spend some time visiting and remembering old "Mad Dog" stories. Of course, there was a little sadness without our old friend, but we have those great memories and the blessing of knowing someone very special, a person who touched the lives of so many. May we always take the time to be thankful for those people. (courtesy Dr. Darrell Latch).

**SLP Michigan Open
01 DEC 04 - Holland, MI**

BENCH (RAW)	220
novice men	Chad Dailing 500*
148	Shw
C. Loyola	260* Boe Barton 380*
(4th)	270* teen women 13-15
teen men 16-17	123
198	Sarah Skiver 210*
R. Handrinos	355* (4th) 225*
teen men 18-19	submaster women
308	165
Taylor Wilson	330* Joy Chapman 230*
junior men	(4th) 240*
275	242
James Rude	315* Lynn Philp 300*
master men 40-44	women 45-49
308	181
R. Handrinos	455* L. Boshoven 465*
master men 50-54	women 50-54
198	123
T. Sheehan	315* C. Milerand 175*
Ray Rios, Jr.	270 novice men
(4th)	280 308
police & fire	S. McCarry 600*
198	teen men 13-15
Aaron Denis	380* 97
242	Stephen King 115*
Bryan Stanton	365 181
open men	J. Handrinos 400*
123	teen men 16-17
Vin Voen	230 148
148	C. Patterson 425*
Sarah Mok	260* (4th) 435*
165	198
Ramiro Loyola	280* R. Handrinos 520*
(4th)	junior men
181	275
Tee Aupperle	310* James Rude 500*
D. Marzynski	260 submaster men
275	220
Todd Cooper	385 Mike King 530*
BENCH PRESS	master men 40-44
(ASSISTED)	308
teen women 13-15	R. Handrinos 550*
123	master men 50-54
Sarah Skiver	75* 220
teen men 16-17	Jim Jeurink 505*
148	275
C. Patterson	240* Gordon Heiss 415*
open men	open men
123	198
Vin Voen	230 E. Aquinaga 540*
198	220
E. Aquinaga	440* Chad Dailing 630*
(4th)	450*

* Son Light Power Michigan state record. team championship - Healthy Lifestyles. At the Son Light Power Michigan Open we had a great time, with great lifters, new friends and old. Thanks to owner Bob Lamb for hosting this event, held May 1, 2004 at Flex Fitness Center in Holland, Michigan. In the bench press competition we had two divisions, both raw and assisted. In the raw division Cristino Loyola won at novice 148 with his 260 final attempt. A fourth with 270 was also good, setting the state record there. Randy Handrinos, Jr. had the makings of a great day of lifting with his 355 state record at 16-17/198. Taylor Wilson tied the existing state record at 18-19/308 with his 330 second attempt, coming within inches of locking out 350 for his third. James Rude set the record at junior 275 with 315 while Randy Handrinos, Sr. got the biggest raw lift of the meet with 455. This was a new state record for the 40-44/308 class. Timothy Sheehan got the record at 50-54/198 with his 315 opener over Ray Rios, Jr. who finished with 270, then a 280 fourth. First-time competitor Aaron Denis tied the state record at police & fire/198 with 380 while training partner Bryan Stanton tied his own state record at 242 with 365. In the open division Vin Voen won at 123 with 230, Vin

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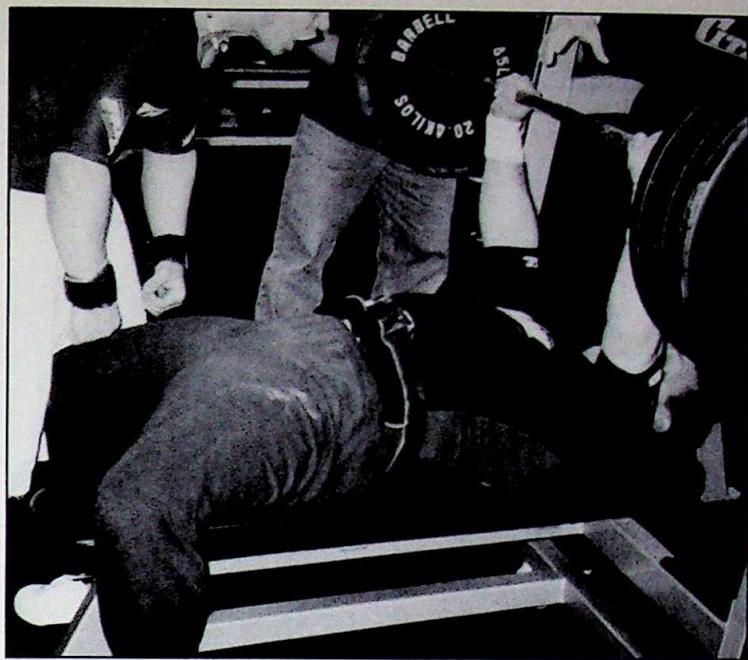


Cody Patterson, with state record 435 @ 16-17/148 at the SLP Michigan Press BP/DLChampionships (Photo D. Latch)

being the state record holder there. Sarah Mok set the record at 148 with 260. Ramino Loyola did the same at 165 with his 280 third and 290 fourth attempt. At 181 it was Tee Aupperle over Dan Marzynski 310 to 260. Tee's lift set the state mark there. Then at 275 it was big Todd Cooper with 385, just missing a final with 405. The best lifter award went to Ray Handrinos, Sr. who got 455 @ 300. In the assisted division Sarah Skiver set the state record at teenagewomen 13-15/123 with 75, coming close with a personal best 100! Cody Patterson won at 16-17/148 with a new state record of 240, just missing a pr 260 due to a slight dip of the bar. In the open division Vin Voen won with 230 at 123. Eddie Aquinaga had a great day, making a 440 third, followed with a 450 fourth state record bench at open 198. Having an even better day was Chad Dailing, who got his first 500 bench, weighing in at only 209! Setting the state record there, Chad also garnered the best lifter award for the assisted event. Our final bencher was Boe Barton, who won at shw open, finishing with a personal best and state record 380. This guy has lots of potential! In the deadlift competition Sarah Skiver won her second title of the day at 13-15/123 with a 210 third and 225 pr fourth attempt pull. Joy Chapman won at submaster 165 with 230, followed by a strong 240 fourth. Lynn Philp got a great personal best 300 pull at submaster 242 while Lynne Boshoven pulled just her opener of 465 @ 45-49/181. Just 465, at a 171 bwt!! Joy, Lynn and Cynthia were all coached by Lynne Boshoven and all were competing for the first time. At novice 308 it was Shannon McCarry with a big 600, lifting in his first competition. Nine year old Stephen King pulled a great 115 for the title at 13-15/97 while John Handrinos won at 181 with 400. Cody Patterson continues to prove why he is considered one of the best lightweight teenage pullers around with a great 435 personal best fourth attempt at 16-17/148! Randy Handrinos, Jr. is also no slouch with a great 520 pull at 16-17/198! In the junior division once again it was James Rude with 500, but with plenty more in him! Mike King won at submaster 220 with 530 while Randy Handrinos, Sr. won at 40-44/308 with 550. Jim Jeurink set the mark at

50-54/220 with 505 while teammate Gordon Heiss won at 275 with 415. Jim and Gordon are also coached by Lynne Boshoven. In the open division Eddie Aquinaga finished a great day with a personal best 540 at 198. Taking the title at 220, along with the best lifter for the deadlift meet was Chad Dailing with a strong 630 pull. All of the lifters in the deadlift competitions set new Michigan state records, since this was our first sanctioned meet there. Thanks to all who helped with the spotting, loading and judging duties and a special thanks to our trophy girl, Jackie Soles. The team trophy went to Healthy Lifestyles, which included Aaron Denis and Bryan Stanton. I want to also thank Lynne Boshoven for all the hard work she has put into those she coaches. A good coach gives so much of themselves to others and we don't always remember to let them know how much we appreciate their efforts. So thanks, Lynne! (Results by Darrell Latch)

IPA Mark Rexroad Memorial 21 DEC 03 - Glens Falls, NY					
	SQ	BP	DL	TOT	
114 Pro Open					
S. Parrish	390	170	345	905	
132 Amateur Open					
Amy Roberts	280	205	230	715	
165 Amateur Open					
C. Seymour	240	165	305	710	
165 Pro Open					
Julie Scanlon	555	375	500	1430	
Men					
Brian Crow	665	475	575	1715	
Shay Larnsey	640	395	550	1585	
181 Amateur Open					
F. Piermattei	620	430	575	1625	
Josh Wood	490	345	550	1385	
198 Amateur Open					
Lew Einfaul	680	570	530	1780	
B. Serritella	575	370	570	1515	
Howie Reece	575	335	475	1385	
Paul Kane	430	375	430	1235	
220 Amateur Open					
J. Drumm	680	425	515	1620	
Blaine Rundle	660	405	530	1595	
220 Teen					
James Herrea	560	370	505	1435	
242 Amateur Open					
Damon Byrd	550	300	530	1380	



Chad Dailing, with his first 500 bench at the Michigan Open (Photo Latch)

242 Pro Open				
Butch Smith	725	505	675	1905
275 Amateur Open				
P. Simpson	650	525	570	1745
275 Police				
Joe Wargo	675	505	550	1730
275 Teen				
K. Millheiser	800	500	700	2000
Bench		Jeff McVicar	635	
Women		Scott Rabine	585	
123 Pro Open		Mike Wolfley	560	
J. Faraone	285	220 Am Open		
148 Am Open		Tom Young	345	
Anita Ramsey	200	220 Teen		
165 Am Open		L. Ciccarelli	370	
Sue Lewis	225	242 Teen		
198 Pro Open		James Basile	320	
S. McCaslin	280	242 Amateur Open		
Men		Mike Ferlito	380	
165 Am Open		242 Am Junior		
Mike Fosmire	270	J. Szafranski	360	
165 Pro Open		242 Am SM		
Joe Mazza	530	Chris Barden	450	
181 Am Open		242 Pro Open		
D. Kirschen	425	Bobby Fields	705	
181 Am SM		275 Am Open		
Ron Daly	485	Bill Laffan	455	
W. Fosmire	265	275 Am SM		
181 Teen		C. Schultz	500	
198 Am Masters		Bob O'Brien	450	
181 Pro Open		John Payette	380 SHW Am Open	
181 Pro Masters		S. Lattimer	780	
Matt Jones	275	308 Am Masters		
198 Amateur		B. Godden	500	
C. Scarinco	420	308 Pro Masters		
198 Am Masters		John Payette	380 SHW Am Open	
198 Pro Open		S. Lattimer	780	

(Thanks to Sandy McCaslin for the results)

USAPL ASH QUALIFIER 29 FEB 04 - Alexandria, LA					
	SQ	BP	DL	TOT	
Powerlifting					
Chasidie Lewis	185	80	200	465	
R. Roberts	200	90	200	490	
Indiana Ray	185	100	230	515	
Lesley Urbina	235	100	230	565	
Laura Cataldie	185	100			
Tiffany Batiste	250	115	235	600	
Angelnette Lee	250	110	265	625	
Ericka Booze	275	130	275	680	
Heather Cotton	275	125	275	675	
John Liner	230	120	290	640	
Matt Moloso	225	145	265	635	
D. Sheppard	350	200	365	915	
Will Slaughter	425	180	400	1005	
Eric Thomas	425	210	410	1035	
Donnie Ferrier	440	230	480	1150	
Jon Jarred	450	290	45Q	1190	
Meet Director: Duane Urbina, Head Judge: Trey Cunningham, Side Judge: Luke Quebecdeaux, Side Judge: David Villafranca.					
(Thanks to USAPL for providing the results.)					

Fitness Unlimited 2nd Annual BP 17 JAN 04 - Lock Haven, PA

Master's II	Jim Shriner
Steve Gee	370
Master's II	Open Men's 198
Larry Bottorf	Mike Wolfley
Master's I	550
Doug Kline	Open Men's 198
Master's I	Jim Savage
Blake Bergey	400
Master's I	Open Men's 220
Larry Bottorf	Dave Stahl
Women's	440
Erin Ryder	Open Men's 220
Women's	Jon Mayes
Sue Feathers	425
Women's	Chris Kitchen
Amanda Judy	550
Teen's	Open Men's 242
Dan Fultz	L. Livermore
Teen's	445
Allen Clinger	Open Men's 275
Joel Durkee	John Stahl
Open Men's 148	575
Jim Bailey	Open Men's 275
Open Men's 165	Scott Everly
Matt Nihart	360
Open Men's 165	Open Men's 275
Doug Kline	Robert Walters
Open Men's 181	300
Best Lift - John Stahl, 1st Place Team Iron Legion. (Meet results by Fitness Unlimited)	

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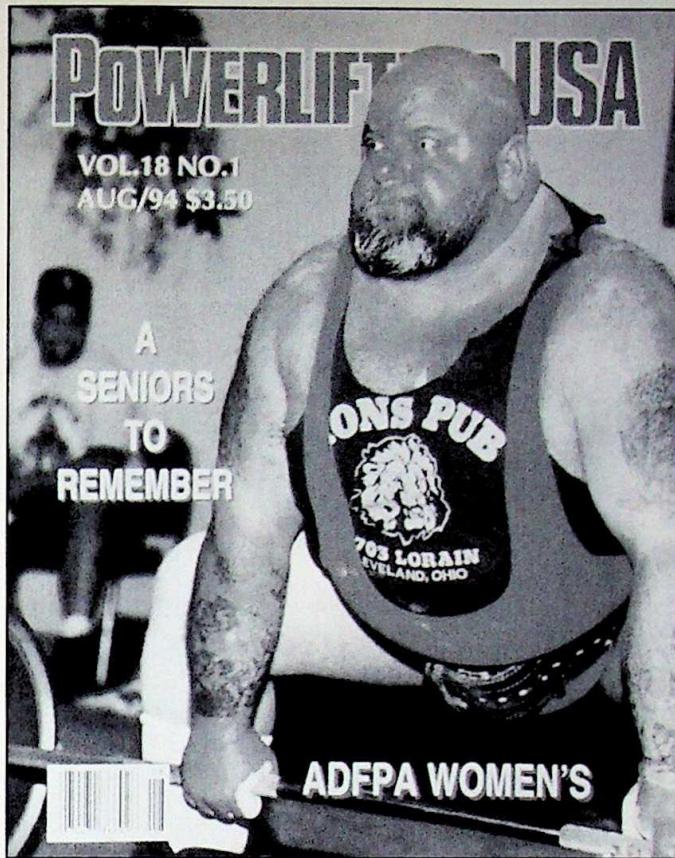
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PL USA BACK ISSUES

- 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 Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
- Mar/94...** Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s
- Apr/94...** Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
- May/94...** USPF/ADPFA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
- Jun/94...** NASA Natural Natls., WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
- Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
- Aug/94...** APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
- Sep/94...** ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
- Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
- Dec/94...** Jon Cole, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.
- Jan/95...** WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
- Feb/95...** World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
- Mar/95...** Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
- Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
- May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s
- Jun/95...** Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
- Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pee Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
- Sep/95...** TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
- Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
- Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
- Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
- Mar/96...** TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
- Jul/96...** AAU Men's, USPF Jrs., DHEA, s, '65 vs. '95 Top Ten, "Chain Reactis" by Louie Simmons, Rob Wagner, TOP 100 114s
- Aug/96...** ADFPA Men's, APF Sr. Natls., "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, 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
- Jan/97...** IPF Worlds, WPC Worlds, Step by Step Trainning by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s
- Feb/97...** Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
- Apr/97...** Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
- May/97...** Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
- Jun/97...** J.M. Blakley Profile, 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 Simmons, 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 Lwtws.
- Nov/97...** U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
- Dec/97...** Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
- Jan/98...** IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
- Feb/98...** WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. I, 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 TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
- Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
- Jul/98...** Kirk Karwoski, Angelo Berardelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
- Aug/98...** USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, TOP 100 Bantam.
- Sep/98...** APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
- Nov/98...** A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
- Dec/98...** IPF Masters-Juniors - Mens/WPC/WDFPF/AAU / AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
- Jan/99...** WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
- Feb/99...** WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
- Apr/99...** The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
- May/99...** LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
- Jun/99...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
- Aug/99...** The Rubber Band Man, the "Muscleton USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
- Sep/99...** USAPL Men's, 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. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S. TOP 100 220s
- Mar/00...** USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons
- Apr/00...** Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
- May/00...** Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
- Jun/00...** Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.
- Jul/00...** WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
- Aug/00...** USAPL Men's, APF Srs. Pt. I, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
- Sep/00...** USPF Srs., IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
- Oct/00...** Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
- Nov/00...** Best Bench of All Time, final More from Ken Leistner, Drug Free Bz[Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s
- Dec/00...** Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s
- Jan/01...** IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
- Feb/01...** Garry Frank Goes 2500, WPC Worlds PT. 1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
- Mar/01...** TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, 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 275s
- 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 &

The August 1994 edition of POWERLIFTING USA was a very popular issue because the coverperson was the likable "Hoss the Boss" from the APF Men's/Women's Senior Nationals. Among the top performances at that meet were Doris Simmons 303 154 330 788 at 105, Tamara Grimwood's 540 387 501 1527 at 181, Rickey Crain's 716 407 633 1757 at 165, and Curtis Leslie's 881589 749 2220 at 242. We had an interview with Paula Suzuki, who used her exceptional powerlifting skills to build a spectacular physique. The Workout of the Month was by IPF World Record setter Shane Hamman. Sandi Brady had a great write-up of the ADFPA Women's Nationals. We had the historic shot of the first woman's 400 bench press, Tamara Grimwood's 402 at the Iron Island Bench Press Blowout, as well as Craig Tokarski's historic 705 at 275 at the Budweiser Bench Press Classic. Herb Glossbrenner's TOP 100 squatters in the 275 lb. class was topped by Dave Pasanella with his 1030, with George Frenn's 815 (from 1971) coming in 92nd. On our TOP 100 list for the 114s, Chuckie Dunbar had the best squat (501), bench (314), and total (1173), and the best deadlift was 468 by Mr. Tram. Dave "Slice" Weiss was 93rd in the squat (214); former ADFPA woman's star Paula Kovalchik was 98th in the bench with 98; Sioux-z Hartwig was 68th in the deadlift (292),



BACK ISSUE OF THE MONTH ... you can still get the AUG '94 edition of PL USA, and many others, for \$5 postpaid (see details below, and ask about our price break(s) when you order more than one issue!)

and former Women's IPF World Champion, Ginger Lord, as 61st in the total with 683. Dr. Ken Leistner described in detail what it was like to

have an historic all time barrier broken namely, Tamara's 402. Ed Coan's "The Bench Press Video" was reviewed by Marty Gallagher.

MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s Oct/01 ... World Games, Tommanno, Jamie Harris Interview, John Corsello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s. Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie 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 TOP SQs, TOP 100 220s. Mar/02 ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method". Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano 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, Mikesell Interview, TOP 100 132s. Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s. Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s. Dec/02 ... WPO Semis (931 DL!), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181. Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s. Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Les-

sons 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 Workout, The Tendo Unit, TOP 20 Women/Master/Teen lists. Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s. May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s. Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs. Sep/03 ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s. 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.

Louie Simmons wrote on the subject of "Supplemental Leg Training". The ADFPA's popular Felicia Manganiello was interviewed by Bob Gaynor, and Spero Tshontikidis talked about his MEP program, which focused on powerlifting as part of his school counseling treatment program. We had the "pro" (Pete Alaniz) and "con" (Marty Gallagher) on the new IPF bench press rule (is it going to be changed back soon?) We had a nice NASA National Masters report, and Larry Miller described how his sports psychologist helped his bench press. Joe Walden described his feelings after the suicide of his fellow competitor Kevin McClaverty. Evgeny Popov, a sensation in the Bulgarian Olympic lifting program until injury kept him out of the Moscow Olympics, after which he turned to Powerlifting. We also had a nice report on the APF Teen/Jr./Masters Nationals. In our report from the USPF President, Peter Thorne indicated that John Black had resigned from the USPF Presidency on May 9th, and Peter had been elected by the Executive Committee to fill the position. On the ADFPA TOP 20 for the 198s, the top lifts were by Scott Waits (a 710 squat), Perry Lewis (534 bench press) and Rich Seldal (716 deadlift and an 1818 total). Rich Wenner was 16th in the squat (644), Greg Jones was 12th in the Bench Press (440), Dave Anguish 18th in DL (630) and Chad Holmes 10th in total (1692).

Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s. Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s. Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s. Mar/04 ... USAPL Women's Nats, Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s. Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s.

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 3238, 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)

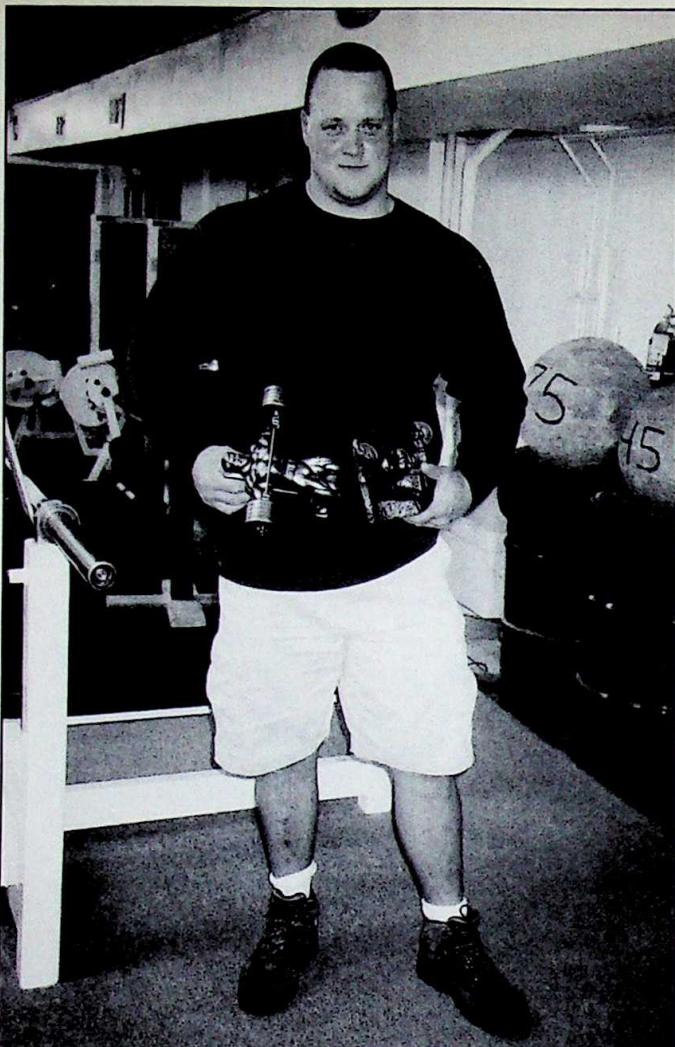
Wisconsin Bench Press Champs 01 MAY 04 - Madison, WI

Men's Masters	Ricky Lea	340
SHW	198	
Jim Ray	445	Jon Deitrich 315
181	220	
Taylor Askew	345	Mark Breitenbach
Men's Open	242	Robert Hanson 360
148	220	Andy Kaszubski 275
Aaron Wruck	215	John Rublein 360
165	275	Aaron Wruck 315
Bret Funk	365	*Patrick Rohde 465
* - Best Lifter. (Results by Fords Gym.)		

14th Annual BP Classic + DL 01 FEB 04 - Granger, IN

BENCH	Eddie Aquinaga	420
148	Jeremy Hines	412.5
Women	Jeff Whiteman	310
Becky Singer	95	220
SHW	Chad Dailings	460
L. Oppenhuizen	100	Ryan Pettel 325
181	242	
Novice	Bryan Hoffman	450
Jordon Hines	275	John Wagner
198	275	
B. Diboard	300	Gerrit Bult 495
242	242	
L. Robinson	315	Open men
181	242	Bryan Hoffman 450
Master	198	
Fred Stokes	DEADLIFT	
198	Master	
Darrel Horn	350	Ted Clevenger 525
Ted Clevenger	275	4th 550
242	148	
Raoul Donati	565*	Master 55+ Mike Wider 430
242		
Master 50+		4th 440
Tim Sheehan	330	SHW
242	Women	
Master 55+		L. Oppenheizen 345
G. Washington	300	198
Teen 14-15		Men natural
123		Eddie Aquinaga 525
Chad Cooper	130	4th 535
Teen 18-19		220
198		Chad Dailing 600
Jeremy Hines	412.5	242
123		John Wagner 600
Men, natural		275
*N. Krumrie	250	Gerrit Bult 710
198		

* - meet record. !-Central Bench Press League record Best lifter, bench press - Nathan Krumrie. Best lifter, deadlift - Gerrit Bult Special thanks to: Anson Wood, Dick Van Eck, Randy Hull, Mike Wider, Larry Boynton, George Lealifano and Rich Salvagni This was the first meet I co-promoted with Anson Wood and with his help we had a good turnout. It also saw a 13-year-old Central Bench Press League record fall. Nathan Krumrie made a nice 250 at 123, which will land him close to the top 10. Since my best lifter awards are based on who makes the highest ranked lift, he won easily. I have never liked any of the formulas because the smaller guys always seem to get screwed, and of course pound for pound would never allow a heavy lifter to win, so this was the solution I came up with several years ago. Nathan was the lightest guy to win a best lifter at one of my meets and I heard the usual arguments, that there aren't as many 123's, it's easier to make the top 10 and so on. Well if it's so easy, how's come he's the first 123 Iber. To win a best lifter at a CBPL meet? The truth is there are very few 123's because it is extremely difficult to keep your weight down once you start training with heavy weights (unless you're extremely short), and even harder to lift anything with the limited amount of muscle one can carry at that weight. I know, I did it for my first meet ever and never did it again, so I can really appreciate what he accomplished. So hats off to you, Nathan, and I hope you come back for one of the meets where I give away cash for best lifter. That leaves the record at 114 as the oldest record on the books. Who knows when that one will be broken? Second best lifter was IPF Master Worlds BP qualifier, Raoul Donati, who made a meet record of 565 at 242. He came close with a pr 602.5, but it wasn't a perfect lift technically and that's what he needed to make it. We had a very impressive teen-



Patrick Rohde, best lifter at the Wisconsin State Bench Press Championships held May 1, 2004 (Photograph courtesy Ford's Gym)

ager at the meet, Jeremy Hines, who made a great 412.5 at 198 and almost won the open class until Eddie Aquinaga made a very tight 420 to edge him out. His training partner, Chad Dailing, edged a little closer to the coveted 500, with a 460 at 220. In the deadlift there must have been something in the water, because people were making great lifts and pr's left and right. At 198 Master, Ted Clevenger got a 550 on a 4th. Also getting a 4th attempt in the 55+, 148, was AAPF National Champion, Mike Wider, who got 440 in a nice little tune up for this year's Nationals. Eddie Aquinaga also got a 4th with 535 at 198. John Wagner also got his first ever 600 after a very scary accident in the bench press. John's a friend of mine so I was glad he wasn't seriously hurt, and amazed that he could come back and lift that well in the deadlift. Finishing off the day was Gerrit Bull who made a 710 that will place him well into the top 50 at 275. (Thanks to Jon Smoker for these results.)

USAPL Police & Fire Nationals 13 DEC 03 - Omaha, NE

Men PL	SQ	BP	DL	TOT
220				
J. Auschitz	578	347	567	1493
Mark Elbert	567	374	473	1416
Clifford Bell	534	352	473	1361
B. Huebner	374	242	407	1025
J. Combs Jr	330	303	380	1014
242				
Jason Phillips	225	242	330	799
275				
Randy Parsons				
SHW				
Jason Dalen	529	380	622	1532

Brian Skinner	275	500
220 Male		
Mike Ebert	275	500
Dan Wenzel	295	455
JD Johnston	400	
MEN BENCH PRESS	Cam Jordan	315
OPEN	Masters 50 - 54	
165	275	
Ron Maynard	400	Brian Brammer 370
Tony Arriago	365	MEN DEADLIFT
181		OPEN
Fred Boktt	565	181
Jim Peretick	410	Don Rowe 300
Don Rowe	235	198
		Rob McNutt 530
Rob McNutt	520	Danny Keene 525
D. Hammer	430	220
Danny Keene	385	Louie Simmons 650
220		Mark Burrows 650
Jeff Adams	605	Joe Jester 540
Mark Burrows	580	242
Joe Jester	525	James Williams 510
Dwayne Miller	490	Charles Price 510
Jason Whaley	485	Chester Bednar 480
242		Joel Tuckerman 460
Galen Scott	650	275
Charles Price	480	Brian Brumner 550
Rick Galford	440	WOMEN DEADLIFT
275		OPEN
Jim Wendler	625	165
Brian Brammer	370	Sandy Heschel 225
308		Submaster 35 - 39
Paul Key	660	242
Bobby Coe	475	James Williams 510
SubMaster 35 - 39		Joel Tuckerman 460
242		Masters 40 - 44
Rick Gafford	440	Chester Bednar 480
J. Williams	370	Masters 50 - 54
242		275
Galen Scott	650	Brian Brumner 550
Chester Bednar	355	TEEN BENCH ONLY
220		Masters 45 - 49
181		Joel Terry 235
242		242 Male
Jim Peretick	410	Evan Whiting 340
242		

I would like to take this opportunity to thank Outlaw Barbell Club, Westside Barbell, Mike Taylor, Troy Taylor, Eugene Covey, Louie Simmons, Jeff Adams, John Kelly, Stuart Patrick, Kevin Kelly, Cliff Ford, all of my family, especially my wife Jody who puts up with me. This was Headhunter Barbell's 1st meet. It went off very smoothly thanks to everyone mentioned above. Next time we will have tee shirts, trophies, and sponsors. (These results by Rob Twining.)

USAPL SCI-Rockview St. Valentine

14 FEB 04 - Bellefonte, PA	Powerlifting	SQ	BP	DL	TOT
114	Momoh, C.	275	140	305	720
148	Wilson, K.	535	300	535	1370
165	Kling, J.	485	260	485	1230
181	Leslie, N.	475	325	520	1320
275	Serrano, R.	520			
198	Baker Jr., D.	600	295	600	1495
220	Jordan, R.	660	350	660	1670
220	Evans, M.	655	325	655	1635
220	Boczkowski, R.	430	315	450	1195
242	McFerren, A.	685	440	570	1695
275	Lowe, G.	960	475	750	2185
275	Ingram, J.	705	420	655	1780
275	Skelle, W.	700	405	655	1760
275	Ford, R.	600	400	600	1600
275	McCabe, J.	550	375	500	1425
319	Witherspoon	650	425	650	1725
319	Smith, J.	660	360	600	1620
319	Felton, J.	580	380	640	1600
NOTE: ALL WEIGHTS IN U.S. UNITS (LBS.)					
Outstanding Lightweight lifter: "Yoda" Wilson					
Outstanding Heavyweight lifter: "Beetle" Lowe. (Meet results by USAPL.)					

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.

10 JUN, Independence BP/Curl Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, www.virginiausapl.com

11 JUN, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 43 Area Fitness Center Bldg 430320, 760-725-3468

12 JUN, APA Michigan Open PL, PP, BP, DL (Olivet, MI) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

12 JUN, 11th Miller's Ironhouse All Natural Bench Press (open, subs, masters, grand masters, teen, raw, women, sculptured awards - Cumberland, MD) 301-777-0644

12 JUN, APA Blue Springs PL, PP, Single Lifts, (Blue Springs, MO) Rod Wood, 417-256-2297, rodwood@weighttrainersunited.com

12 JUN, USPF Venice Beach BP, David Ruiz, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775 or Kevin Meskew, 818-899-7555, www.powerliftingca.com

12 JUN, 2nd APA Vito Open BP (drug tested divisions) Chris Byrnes, 150 Jounston Circle, Sidney, NY 13838, Ctbyrnes@stny.rr.com, 607-563-8580

before 3pm
12 JUN, NAP Michigan State (Northville, MI) Bob Garza, 281-820-5923, www.nappowerlifting.com

12 JUN, "Fit for the King" Summer Games BP & DL (Rushville, IN - USTOC National Qualifier) Carl Lamb, 812-334-0862, www.ustoc.com, clamb@ustoc.com

12 JUN, Immaculate Heart of Mary Festival BP, Youngstown, OH, Ron Deamicis, 6531 New Road, Youngstown, OH 44515, (330) 792-6670

12 JUN, WABDL DRUG TESTED Riverfest Classic (Gadsden, AL) Rick Hagedorn, 256-441-0143, www.wabdl.org, gethomas@bendcable.com

12 JUN, AAPF/APF Ohio State (W. Lafayette, OH) Randy Edwards, 937-974-1918 or John Blackstone 740-545-0840, www.chioapf.com, randyedwards@ohioapf.com

12 JUN, APF South Texas (Seguin - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

12 JUN, NASA USA (PL, BP, Push-Pull, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd1@aol.com

12 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12, 13 JUN, WNPF Drug Free Nationals, Youngstown, OH, Ron Deamicis, 6531 New Road, Youngstown, OH 44515 (330) 792-6670

12-13 JUN, ADAU Nationals, Joe

COMING EVENTS

Orenga, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

15 JUN, 100% Raw National BP (NC)

Paul Bossi, 252-339-5025

13 JUN, Summer Push/Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6603

13 JUN (new date), WNPF Elite Nationals & WNPF North Americans & National Championship PL, BP, DL, SQ - Philadelphia, PA, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

19 JUN, APA Moses Lake Open PP, BP, DL (Moses Lake, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

19 JUN, Midwest National Championships Bp & DL (Louisville, KY - USTOC National Qualifier) Carl Lamb, 812-334-0862, www.ustoc.com, clamb@ustoc.com

19, 20 JUN, APC National PL & BP (Holiday Inn Express - Athens, GA - all open, teen, jrs., masters classes - qualifier for World Powerlifting Committee World Championships) www.wpcworlds2004.com, L.B. Baker, 770-725-6684, 770-713-300800

www.americanpowerliftingcommittee.com

19 JUN, INSA/INSA North American BP (BP Repetition - Dolphin Beach Resort, St. Pete Beach, FL)

David Newingham, Kirk Stroud, m 7 2 7 - 4 9 2 - 0 7 2 3 , novafitness@earthlink.net

19 JUN, WABDL DRUG TESTED Great Northern BP/DL (Best Western Tacoma, WA) Gus Rethwisch 503-762-5066, www.wabdl.org, gethomas@bendcable.com

19 JUN, APF Florida State Powerlifting+ Bench Press Open. Ft. Lauderdale Fl. (Kieran Kidder) 630-892-1491, worldpowerlifting.org

19 JUN, NASA Tennessee Extravaganza (PL, BP, PS - Nashville, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd1@aol.com

19 JUN, USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

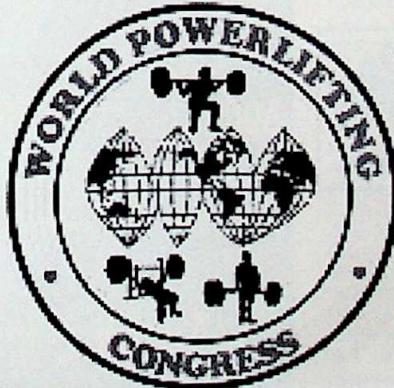
19, 20 JUN, WDFPF Single Event Championships (Como, Italy) Ivano Bianchi

19, 20 JUN, AAU Drug Tested North American BP, DL Push/Pull (Vista, CA - World qualifier) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

25, 26 JUN, WABDL DRUG TESTED Rocky Mountain Regional BP/DL (Salt Lake City, UT) Dave Marchant, 801-256-9412 12 JUN, www.wabdl.org, gethomas@bendcable.com

26 JUN, APF/AAPF Chicago Summer

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APF/AAPF/WPO Schedule

6-19-04, APF Florida State Powerlifting+ Bench Press Open. Ft. Lauderdale Fl. (Kieran Kidder)

8-04, AWPC Worlds Powerlifting+Bench Press Championships. Chicago Ill. Date TBA. (Ernie Frantz)

9-4-04, APF Georgia State Powerlifting+Bench Press Open. Kennesaw GA.

9-18-04, APF Gulf Coast PL & BP, Tampa, FL (Rick Lawrence)

9-18-04, APF Maine State Push/Pull. Lewiston Maine. (Russ Barlow)

9-25-04, WPO Bench Bash for Cash. Orlando Fl. (Kieran Kidder)

10-8-10-04, GNC SOS WPO Finals. Cobb Galleria Atlanta GA. (Kieran Kidder)

10-(12th-17th)-04, WPC World Championships. Fresno CA. (Bob Packer)

10-16-04, APF Mississippi State Powerlifting+Bench Press Open. Gautier Miss. (Joe Ladnier)

10-23-04, AAPF Southern States Powerlifting+ Bench Press Open. (Kieran Kidder)

10-30+31-04, APF Pine Tree Powerlifting Open. Lewiston Maine. (Russ Barlow)

12-4+5-04 APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder)

Dates and location are subject to change? More meets to be added. Call 630-892-1491 for info. (worldpowerlifting.org) or (worldpowerliftingcongress.com)

Bash, Eric Stone, 169 S. Western Ave., Aurora, IL 60506, 630-892-7793, the stone@chicagopowerlifting.com

26 JUN, Pre-Nationals Qualifier BP & DL (Terre Haute, IN - USTOC National Qualifier) Carl Lamb, 812-334-0862, www.ustoc.com, clamb@ustoc.com
26 JUN, 2nd Chestnut Ridge Lions BP Challenge (Chestnut Ridge HS, New Paris, PA) Tammy J. Miller, 1035 Ellis Rd., Schellsburg, PA 15559, 814-733-4174

26 JUN, IPA West Coast Open, Big Bear's Gym, 1226 NW Grove St., Newport, OR 97365, Rick McClung, 541-574-4507, bigbearsgym@hotmail.com
26 JUN, NASA Missouri Grand PL, BP, PS (Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, sqbpd1@aol.com, www.nasa-sports.com

26 JUN, SPF National PL + Open/Raw BP (Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

26 JUN, SLP Chicago Open BP / DL (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429,

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

26 JUN, 5th Annual New England's Strongest Man, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26,27 JUN, CPC Canadian Championships & Bench Press, Bruce Greig, Box 4, Okotoks, AB Canada T1S 1A4, 403-938-3067, FAX 403-938-0489, brucegreig@lycos.com, www.cpc-powerlifting.com

26,27 JUN, CPC Canadian PL & BP (WPO qualifier, open to US lifters - Okotoks, Alberta, Canada) Bruce Greig, 403-938-3067, brucegreig@lycos.com, www.cpc-powerlifting.com

26,27 JUN, AAU Military Nationals (Little Rock, AR - World full meet qualifier) www.aausports.org

27 JUN, WNPF American PL & Single Event Championships, Timothy Piper, Brophy Hall, Western Illinois University, Macomb, IL 61455, TJ-Piper@wiu.edu

27 JUN, Wally Strosnider Memorial Drug Free BP (open, women, teen,

masters, police & fire - raw except for masters - proceeds to American Diabetes Association - St. Louis, MO) Jim Bell 314-894-1532, Nancy 314-832-6465, www.usaplnationals.com, popeyedlf@aol.com

27 JUN, APA CT Open BP & DL (Norwich, CT) Donna J. Slaga, 38 John Brook Rd., Canterbury, CT 06331, (860) 546-2091, dslaga@yahoo.com

27 JUN, USAPL Fireworks in the Rockies & Big Bench Blowout IV, Gary Gretner, 3601 S. Lowell Blvd., Denver, CO 80236, 303-425-1320

JUN, USAPL Teen/Jr. Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

3 JUL, Naptown Nationals Bp & DL (Indianapolis, IN - USTOC National Qualifier) Carl Lamb, 812-334-0862, www.ustoc.com, clamb@ustoc.com

3 JUL, NASA 4th of July Spectacular (PL, BP, PS - Alvin [Houston], TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd1@aol.com

3 JUL, Iowa/Midwest Open Touch and go bench press (teen, novice, open, submaster, master 1-2-3, women) Wayne Nazareth Barbell, Box 444, Tatamy, PA 18085, 610-438-2902

Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

9-11 JUL, IPA World PL & BP, Champs Fitness and Sports Center, 15 Stetler Ave., Shamokin Dam, PA 17876, Mark Chaillet 717-495-0024, chailfit@suscom.net or Ellen Chaillet, echaillet@aol.com

10 JUL, NASS Massachusetts State Strongman/woman (presented by Total Performance Sports - Wonderland Dog Track, Revere, MA) Murph, 617-387-5998, www.totalperformancesports.com

10 JUL, USAPL Kansas State Open (Lenexa, KS, open to all lifters) Tim Anderson, 402-427-8085, www.usaplkansas.com

10 JUL, USPF Santa Barbara PL/BP, Kevin Fisher, 805-963-3439, K Fisher 54 @ aol.com, www.powerliftingca.com

10 JUL, APF Carolina Summer Smash PL & BP (Charleston Southern University, Charleston, SC) Will Millman, 843-886-5366, shelter223@aol.com

10 JUL, Sportsfest BP/DL @ Cedar Beach (Comfort Suites, Bethlehem, PA) Nazareth Barbell, Box 444, Tatamy, PA 18085, 610-438-2902

10 JUL, USPF Santa Barbara PL Championship, Kevin Fisher, 25 E. Arrellaga St., Santa Barbara, CA 93101, 805-963-3439, KFISHER54@AOL.COM

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

10 JUL, Independence BP/Curl-Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, www.virginiausapl.com

10 JUL, NASA Dodge City Powerfest, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com

11 JUL, APA Atlantic States Open Bench, Windsor, VT, Calvin Frost, Box 612, Windsor, VT 05089

11 JUL, SLP Heart of Illinois BP/DL (Peoria, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

16 JUL, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 21 Area Fitness Center, Bldg 210750, 760-725-2951

17 JUL, USPF Venice BP/DL, Steve Denison, 641-333-9800, PWRFLTRS @ M S N . C O M , www.powerliftingca.com

17 JUL, 2nd APA Iron Bash at the Beach (Mattanawook Lake, Prince Thomas Park, Lincoln, ME) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apawa.com

17 JUL, Georgia Games PL/BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988(d), 896-3989(n), 896-3035(gym), bduke@southlink.us

17 JUL, APA Battle on the Bayou, Ryan Cizik, LA Tech Football Office, PO Box 3156, Ruston, LA 71272, 318-257-7122

17 JUL, 3rd LaCrosse Interstate Fair BP (W. Salem, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693

17 JUL, USTOC National Bench Press & Deadlifting Championships (Teenage [high school], novice, open, master, women, Carl Lamb, 2613 E. Third St., Bloomington, IN 47401, www.ustoc.com, 812-334-0862, clamb@ustoc.com

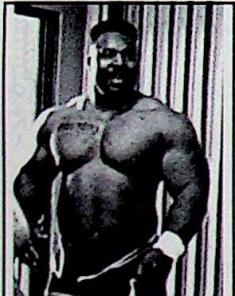
17 JUL, WABDL DRUG TESTED Great Lakes Regional BP/DL (Holiday Inn

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South, Lansing, MI) Ted Feight 517-487-6711 or Gus Rethwisch 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

17 JUL, RAW A.D.A.U. Single Lift Nationals (men & women - open/all age groups/all wt. classes - Mountaineer Racing & Gaming Resort - Chester, WV) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, Al@pikitup.com

17 JUL, NASA Western States Nationals (PL, BP, PS - Mesa, AZ) Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

17 JUL, ANPPC WORLD CUP POWERLIFTING CHAMPIONSHIP (Tuscola, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 JUL, 2nd APA Iron Bash At The Beach (Mattanawcock Lake, Prince Thomas Park, Lincoln, ME) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

18 JUL, SLP Clinton Family YMCA BP/DL (Clinton, IA) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

24 JUL, APF/AAPF PA State PL/BP/DL (Pittsburgh, PA) Keith McNeish, 412-461-3895, KEITHMCNEISH@MSN.COM, www.apfpa.com

24 JUL, APF/AAPF Great Lakes Open PL, BP, Iron Man, Andy Briggs/Martin Howard, 1621 S. Griffen, Grand Haven, MI 49417, 616-844-6350, lithvy1@yahoo.com, www.apfmichigan.com

24 JUL, 100% Raw Military BP Nationals (Ft. Bragg, NC) Paul Bossi, 252-339-5025

24 JUL, INSA/INSA Texas Games BP (BP, BP repetition - Euless, TX) Kirk Stroud, 817-268-3488, novafitness@earthlink.net

24 JUL, AAU/USBF Larry Garro Memorial Raw Bench, Deadlift & Ironman/Ironwoman Open, Brian Washington, PO Box 20042, Baltimore, MD 21284-0042, 410-265-8264, Brian@uspf.net

24 JUL, WABDL DRUG TESTED Southern Regional, Dallas, Gus Rethwisch 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

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

24,25 JUL, NAP Nationals (New Orleans, LA) Bob Garza 281-820-5923, www.nappowerlifting.com
24,25 JUL, NASA Grand Nationals, PL'ing, BP & Power Sports, Hickory, NC, Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

31 JUL, APA Battle by the Bay Bench Press, Brian Highnote, Box 7688, St. Petersburg, FL 33734, 727-521-6162, benchcentric@aol.com

31 JUL, Strong Man Competition (Gurdon, AR) Greg McGill, 601 E. Cherry St., Gurdon, AR 71743, 870-353-2837

31 JUL, WABDL DRUG TESTED Alki Beach BP/DL (Seattle, WA) Bill Stewart 206-898-0189, www.wabdl.org, gethomas@bendcable.com

31 JUL, APF Barbee Classic (San Antonio - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

31 JUL, 9th ADAU Catasqua YMCA Classic Raw Squat, Bench and/or Deadlift (separate contests, all age/wt. categories plus special olympian) Nick Theodorou, Nutritional Technologies, Box 3368, Palmer, PA 18043, 610-258-1894, nutritek@aol.com

31 JUL, NASA Tri-State Natural Championships (Special Olympics Free, Monolift) The Gym, 112 W. North Ave., Flora, IL 62839, 618-662-3413 1-8PM M-F, lesmitty@bspeedy.com

JUL, WNPF North Carolina Championships (Asheville or Charlotte) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPF@aol.com

JUL, APF Valley Classic (Harlingen - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

JUL, 6th NHSP Summer Slam Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220

JUL, USAPL Men's Nationals, Paul Fletcher, 17735 Creekhollow, Baton Rouge, LA 70817, 225-753-8586

6-8 AUG (new date), WNPF World PL, BP, DL, SQ & PC, Strongest Man in the WNPF Worlds - Edison, NJ,

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770-996-3418, WNPF@AOL.COM OR

WNPF, Box 142347, Fayetteville, GA. 30214

7 AUG, Maple City BP, Hans Schnell, Hornell YMCA, 12 Center St., Hornell, NY 14843, 607-324-5520

7 AUG, AAU Missouri State Meet (York Fitness, Jefferson, MO) Darin Gilley, 2820 Old Gray Summit Rd., Pacific, MO 63039, 636-742-4537, daringilley@aol.com

7 AUG, IPA Push/Pull (Iron House Gym, Zanesville, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com

7 AUG, USPF Venice Beach Push/Pull, Steve Denison, 641-333-9800, PWRLFTRS@MSN.COM, www.powerliftingca.com

7 AUG, APA Great Lakes Open BP, DL, Push-Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

7 AUG, INSA/INSA Southwest U.S.A. PL/BP/DL/BP rep (Arlington Convention Center, Arlington, TX) Kirk Stroud, m 817-268-3488, novafitness@earthlink.net

7 AUG, WABDL DRUG TESTED Hawaii State BP/DL (Waianae, HI) Keith Ward, 808-259-5266, www.wabdl.org, gethomas@bendcable.com

7 AUG, APF Southeast Challenge (Orange - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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

13-14 AUG, International Police & Fire Games, (Riviera Hotel & Casino, Las Vegas, NV), NPAF, Box 97914, Las Vegas, NV, 89193, (702) 259-6350, (fax) (702) 359-6352, www.npacf.net

14 AUG, ADAU Broome County BP & DL Classic (separate contests, raw, Johnson City, NY) Wayne or Hunter Claypatch, 1028 Whittemore Hill Rd., Owego, NY 13827, 607-786-9720

14 AUG, USAPL NJ BP Open, Joe Morreale, 250 Rt. 46, Rockaway, NJ 07866, 973-627-9156

14 AUG, INSA/INSA Western U.S.A. BP Repetition (Mesa Holiday Inn Suites, Mesa, AZ) David Newingham or Kirk Stroud, 727-492-0723, novafitness@earthlink.net

14 AUG, WABDL DRUG TESTED Tennessee State BP/DL (Murfreesboro, TN) Ken Millrany, 931-454-0935, www.wabdl.org, gethomas@bendcable.com

14 AUG, PPL Drug Free Southeasterns, Python Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

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

14 AUG, USAPL Mid Atlantic Open PL/BP Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

14,15 AUG, World Cup PL'ing, BP & Power Sports Championship, OKC, OK., Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

15 AUG, USAPL Front Range Fort Lift II, Steve Harms, 2301 SCR 3 East, Ft. Collins, CO 80525, 970-484-9130

15 AUG, SLP Missouri State Fair BP/DL (Sedalia,

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

21 AUG, 20th annual Iowa State Fair Drug Free BP/DL (pure, natural, novice, teen, women, submaster, masters 1&2, beginners, law/fire, team) Jeff Baird, 515-953-6833, Bairdz@aol.com

21 AUG, USAPL Southern OH PL & BP, Dave Ricks, 8835 Winston Ln. Farm, Dayton, OH 45458, 934-435-2127

21 AUG, AAPF/APF Snake River PL/BP/DL, Idaho Falls, ID, 208-520-8773, 521-3434, Mike/Linda Higgins

21 AUG, WNPF Submasters + Masters Nationals + Florida Championships, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPF@aol.com

21 AUG (New Date and Name), 100% Raw Eastern USA BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapowersapl.com

21 AUG, NASA Colorado Grand (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

21 AUG, SLP Indiana State Fair BP/DL (Indianapolis, In.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21-22 AUG, WABDL DRUG TESTED House of Pain Nationals (Sheraton Airport, Portland, OR) Gus Rethwisch 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

22 AUG, SLP Guy Carlton Memorial Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 AUG, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 53 Area Fitness Center, Bldg. 53302, 760-725-7404

28 AUG, ADAU "Raw" NY State (men, women) Coliseum Gym, 75-09 71st Ave., Middle Village, NY 11379, 718-326-2496, FAX 718-326-2331, ColiseumGym@aol.com, Ted Theodoropoulos

28 AUG (NEW DATE & NAME), USPF National Bench Press and Deadlift Championships, Texas USPF, 4025 Duval Road, Apt 2333, Austin, TX 78759, (512) 835-5303, www.texasusp.net

28 AUG, SLP Kentucky State Fair BP/DL (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 AUG, Granite State Open BP/DL, (Men, Women, Teen, Jr, Sub, Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (Separate Contests)

29 AUG, Central Bench Press League & E-Normouse Powerlifting's 14th annual Endless Summer Classic Push/Pull (Granger, IN - Fit Stop) Anson Wood,



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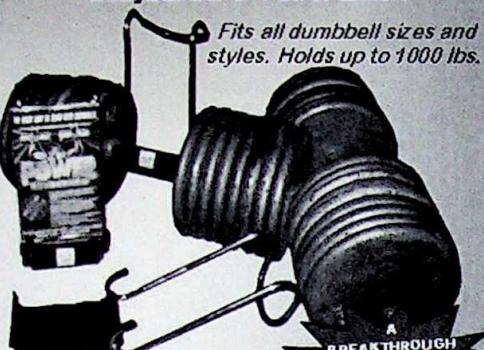
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tionals (qualifying total for open classes, not for teen, jr. master - Bristol, VA), APA United States Open PL (no qualifier), Eastern United States Open BP, DL, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

11,12 SEP, North American Powerlifting Championships and Bench Press, Bruce Greig, Box 4, Okotoks, AB Canada T1S 1A4, 403-938-3067, FAX 403-938-0489, brucegreig@lycos.com, www.cpc-powerlifting.com

12 SEP, N.P.A. Nationals PL, BP, DL, drug free, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Fitlifedb@cs.com

18 SEP, Scit Fit of GA 6th annual BP (Macon, GA), Joe or Jamie 478-750-7005

18 SEP, USPF Venice Beach PL/BP, Steve Denison, 641-333-9800, P W R L F T R S @ M S N . C O M , www.powerliftingca.com

18 SEP, Iron Boy Bench Press Classic, Winston-Salem, NC, Keith Payne, 336-766-3344, keith@ironboyenterprises.com

18 SEP, APF Gulf Coast PL & BP (Tampa, FL) Rick 727-376-1707 or Bart 727-847-6852

18 SEP, APF Northern California Open BP, Diablo Barbell Club, Ted O'Neill, 925-685-8818

18 SEP, APA Eastern United States Open PL, BP, DL (Bristol, VA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

18 SEP, APA Hardcore Push/Pull, Lebanon, New Hampshire, Calvin Frost, Box 612, Windsor, VT 05089

18 SEP, APF Maine State Push/Pull & BP (all divisions by formula) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282,

207-225-5070

18 SEP, ADAU "No Druggies Allowed" SQ, BP, DL (NO Total - Men + Women - Open + All Age Groups) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

18,19 SEP, WABDL DRUG TESTED West Coast BP/DL (Marriott Hotel, Rancho Cordova, CA) Jody Woods, 916-524-0914, www.wabdl.org, gethomas@bendcable.com

20 SEP, WNPF South Georgia Bench/ Deadlift & Powercurl Championships in Fitzgerald, GA, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA, 30214

25 SEP, WABDL Night of the Champions BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, Ken@Kensnelliower.com

25 SEP, NAP Fall Classic (Houston, TX) Bob Garza, 281-820-5923

25 SEP, APA Northern United States PL, PP, BP, DL (Olivet, MI) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

25 SEP, WABDL Sunshine State Classic (Lakeland, FL) Ken Snell, 863-687-6268

25 SEP, SLP Nationals Open PL/BP/DL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

25 SEP, NASA Bartlesville Classic PL, BP, PS (Bartlesville, OK) Jim Duree, JDuree7086@aol.com

25 SEP, WPO Bench Bash for Cash. Orlando Fl. (Kieran Kidder)

25,26 SEP, WABDL DRUG TESTED Washington State BP/DL/PL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 360-532-8339, www.wabdl.org, gethomas@bendcable.com

26 SEP, 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

SEP, NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

SEP, NASA Oklahoma Grand (PL, BP, PS - Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

1 OCT, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 22 Area Fitness Center, Bldg. 22160, 760-725-3163

2 OCT, 8th Pennsylvania Invitational Power Challenge BP/DL, Gene Rychlak Jr, 143 2nd. Ave., Royersford, PA 19468, 610-948-7823

2 OCT (tentative date), WPA World Bench Press, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

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

2 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 W. Sale St.,

Tuscola, IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

3 OCT, SLP Iowa State BP/DL(Coralville, la.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

5-10 OCT, IPF World Masters (New Delhi, India)

8-10 OCT (NEW DATE), GNC SOS WPO Finals. Cobb Galleria Atlanta GA.(Kieran Kidder) 630-892-1491, worldpowerlifting.org

8-10 OCT, WDFPF Single Event World Championships (un-equipped/equipped men/women, all wt. classes & age categories, including police/fire/military - Antwerp, Belgium) Wim Backelant

9 OCT, 11th annual Fred and Ed Push 'n Pull BP & DO (all wt. classes/divisions. Awards to top 5. No late entries) Ray Dunn, Nautilus, 42 Summer St., Pittsfield, MA 01201, 413-499-1217

9 OCT, NASA Big River Classic (Blytheville, AR) Daryl & Tobey Johnson, Daryltoebey@aol.com

9 OCT, AAU/USBF Maryland State Raw Bench & AAA Baltimore Armwrestling Championships, Brian Washington, POBox 20042, Baltimore, MD 21284-0042, 410-265-8264, Brian@usbf.net

9 OCT, SLP National "Raw" PL/BP/ DL (Jefferson City, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9 OCT, NASA Tennessee Regional (PL, BP, PS - Nashville, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

10 OCT, USAPL Drug Free Ohio PL & BP (open men & women; raw men, women, masters; masters; teen; police & fire; team) Ed or Frank King, 440-439-5464, Cleveland, OH

12-19 OCT, World Powerlifting Congress World Championships (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805

16 OCT (Revised Date), PPL "Drug Free" Nationals, Python Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

16 OCT, Ashtabula YMCA Touch 'n Go BP, Lonnie Anderson, 1142 E. 15th St., Ashtabula, OH 44004, 440-964-3013, anderson1142@yahoo.com

16 OCT, The Atlantis Strongest Man in America (trap bar, DL, BP, PP, Chinup, Thomas Inch Dumbbell

Bill Kazmaier & Ed Coan, at Quincigamond College, Worcester, MA Bruce, Jeff, or Todd, 508-885-3686

16 OCT, APF Mississippi State Powerlifting+ Bench Press Open. Gautier Miss. (Joe Ladnier) 630-892-1491, worldpowerlifting.org

16 OCT, NASA Colorado Regional (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

16 OCT, SLP Arkansas State BP/DL (Paragould, AR) SonLight Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 OCT, 2nd, AAPF Tom Foley BP/DL Classic, Premier Fitness, 430, Nanuet Mall South, Nanuet, NY 10594, 845-920-0501, www.premierfitnessny.com

23 OCT, APA Central United States Power Day (Cedar Falls, IA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

23 OCT, AAPF Southern States Powerlifting+ Bench Press Open.(Kieran Kidder) 630-892-1491, worldpowerlifting.org

23 OCT, SLP Wisconsin BP/DL (Kaukauna, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23,24 OCT (tentative dates), APA Powerlifting Nationals, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

23,24 OCT, NASA N. Carolina Regional (PL, BP, PS - Hickory, NC) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

29-31 OCT, AAU World BP, DL, Push-Pull, & AAU International Full Power (world and american records can be broken in both meets - Showplace Annex, Richmond, VA) aaupower@aol.com, 804-233-9570

30 OCT, 3rd annual Atlantis Strongest Man in New England (hosted/judged by Bill Kazmaier): trap bar DL, BP, jerk press, chin up, Thomas Inch DB-5 cash prizes. Benefit for Paxton Fire Dept. - Anna Maria College, Paxton, MA Call Bruce, Jeff, or Todd at 508-885-3686

30 OCT, NAP Northern Regional(Burr, IL) Bob Garza, 281-820-5923, www.nappowerlifting.com

30 OCT, APA Last Man Standing Push/Pull, Lebanon, New Hampshire, Calvin Frost, Box 612, Windsor, VT 05089

30 OCT, NASA W. Texas Regional PL, BP, PS (Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, sqbpd@aol.com

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30 OCT, 22nd annual Raw "ADAU" Central PA Open PL (open & all age groups, men & women -Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pkitup.com

30 OCT, ANPPC National PL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30,31 OCT, APF Pine Tree State Open (all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

31 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

OCT, APF Full Meet, The Gym in Elk River, MN, 763-441-4232

OCT/NOV, INSA/INSA World PL/BDL/BP rep, David Newingham or Kirk Stroud, 727-492-0723, novafitness@earthlink.net

OCT, 5th NHSP Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220

OCT, NASA KY Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

3-7 NOV, World Powerlifting Committee World PL & BP, L.B. Baker, Box 40, Bogart, GA 30622, 770-725-6684, 713-3080, lbaker@ironawg.com, www.wpcworlds2004.com

6 NOV, Northern VA Raw PL & BP, (Sterling Community Center, Sterling, VA) John James 703-475-9885

6 NOV, APA Ironslingers Battle of the Mid-West Push-Pull, BP, DL (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

6 NOV, APF Texas Cup (Dallas - Men + Women - Open, BelowI, Masters(5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

6 NOV, USA 'RAW' BENCH PRESS FEDERATION WALLY STROSNER MEMORIAL GRAND NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

6,7 NOV, NASA Iowa Regional (PL, BP, PS - Des Moines, IA) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

7 NOV, New England Raw PL & BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, www.reevesnutrition.com, 401-437-1728, joemusclehead@cs.com

7 NOV, SLP Vermillion County Show of Strength PL/BP/DL (Danville, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9-14 NOV, IFP World Men's (Capetown, SA)

10-15 NOV, WABDL Twin Lab World BP/DL Championships (Peppermill Hotel, Reno, NV) Gus Rethwisch, 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendable.com

12-14 NOV, IPA Senior National PL & BP, Champs Fitness & Sports Center, 15 Stetler Ave., Shamokin Dam, PA 17876, Mark Chaillet, 717-495-0024, chaillet@susconet.or

Ellen Chaillet, echaillet@aol.com

13 NOV, 3rd APA Battle of teh Badasses PP, BP, DL (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046.



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13 NOV, USPF TX Cup and Mountainer Cup VII Pro Qualifier, Texas USPF, 4025 Duval Road, Apt 2333, Austin, TX 78759, (512) 835-5303, www.texasusp.net
13 NOV, SLP Ohio State BP/DL (Hamilton, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com
13 NOV, NASA Southeastern States Regional (PL, BP, PSs - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
13 NOV, NASA Kansas City Regionals, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com
14 NOV, ADAU Connecticut State Open PL+ BP, Rob Delavega, Powerhouse Gym 71 Commerce Drive, Brookfield, CT 06804, 203-775-8548, phgbrookfield@aol.com
14 NOV, SLP Central Illinois Open BP/DL (Hillsboro, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
14 NOV, Iowa/Midwest Open BP or DL or Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240
20-21 NOV (revised dates), WDFPF World Championships (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPF@aol.com
20 NOV, NASA Arizona Regional (PL, BP, PS - Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
20 NOV, SLP Kentucky State BP/DL (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
27 NOV, NASA Kansas Regional (PL, BP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
27 NOV, NASA W. Texas Regional (PL, PB, PS - Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
27,28 NOV (date assigned), USAPL Virginia State PL/BP (raw & assisted), **27, 28 NOV** USAPL Virginia Stack PL/BP Raw & Assisted. John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
28 NOV, USAPL Life Time Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.virginiausapl.com
NOV, 100% Raw World BP, Paul Bossi, 252-339-5025
NOV, NASA WV Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com
1-5 DEC, IPF World Bench Press (Cleveland, OH)
3-5 DEC, AAU Drug Tested World PL + Intl. BP and DL (Laughlin, NV - River Palms Hotel - 800-835-7903 Block AAU 6) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net
4 DEC, 21st Southeastern Cup PL/BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988(w), 896-3989(h), 896-3035(gym), bduke@southlink.com
4 DEC, 5th annual MPA Christmas Bench Classic (The Gym in Elk River

(MN)), Dave harrison, 763-441-4232
4 DEC, WNPF World Record Breakers + WNPF International Single Lift Championships (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPF@aol.com
4 DEC, APF Rio Grande Valley Meet (Harlingen - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
4 DEC, NASA Southwest PS, PB, DL, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
4 DEC, SLP Christmas For Kids BP/DL (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
4+5 DEC, APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org
5 DEC, SLP Northern Illinois Open BP/DL (Machesney Park, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
11 DEC, APF Pennsylvania Christmas Class PL/BP, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
11 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com
11 DEC (New Date), 2nd Bench Press Classic, Robt. Eckhart, 319 N. 2nd St, Lehighton, PA 18235, 610-377-5852
11 DEC, USAPL 11th December Fest PL + BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX, 78249, 210-699-0964
11 DEC, NASA Novice Nationals PL + PS (OH) Rich Peters, Box 735, Noble, OK 73068, sqbpdl@aol.com, www.nasa-sports.com
11 DEC, SLP Arkansas Christmas BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
11 DEC, NASA Missouri Regional (PL, PB, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
11 DEC, Chrismas BP Classic Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
11,12 DEC, 51st APF Iron Man PL/BP & Mr. Iron Man/Ms. Iron Woman, Bob Packer, 559-322-6805(w), 658-5457(h), www.calapf.com
12 DEC, 12th annual Raw "ADAU" Coal Country Classic (SQ, BP, DL - separate events, no total, open & all age groups -Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
12 DEC, USAPL Police & Fire Nationals (Omaha, NE) Tim Anderson, 4 0 2 - 4 2 7 - 8 0 8 5 , www.nebraskapowerlifting.com
18 DEC (2nd new date), WNPF IronMan Nationals (BP/DL) & Sarge McCray BP, DL & PC - Bordentown, NJ, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214
18 DEC, SLP "The Last One" BP/DL (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

FEB, USAPL Gold's Gym BP, Gold's Gym, 15 Racquet Rd., Newburgh, NY 12550, Dave Kenyon or Kristina Stevens, 845-564-7500 or kristina@goldsgym.net
8, 9 APR 05 Power Palooza #7 (PL, BP, DL) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
5 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@hillsidebc.org
MAY 05, USAPL Men's Masters Na-

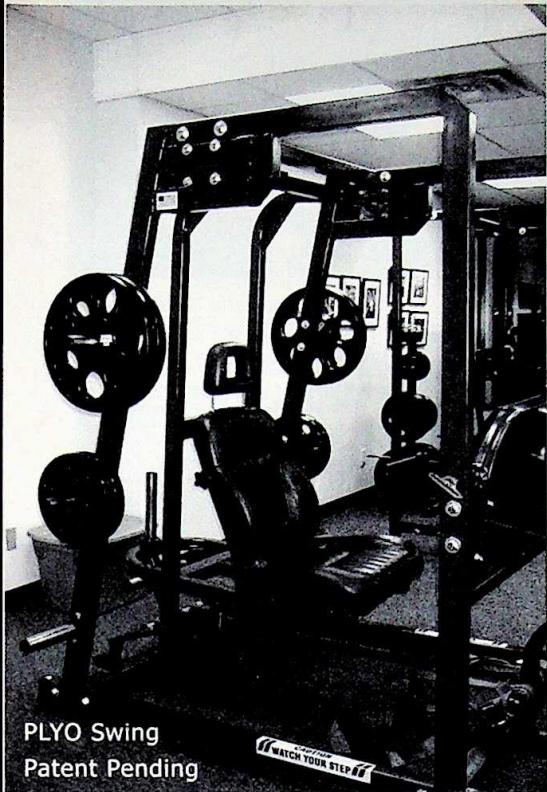
tionals (Palm Springs, CA) www.usapl-ca.gov, Lance Slaughter, 3 1 0 - 9 9 5 - 0 0 4 7 , lanceoslaughter@yahoo.com
16 JUL 05, World Games
2-9 NOV 05 - IPF Men's Worlds (Philadelphia, PA) Robert Keller, 954-262-6709, rk@verizon.net

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

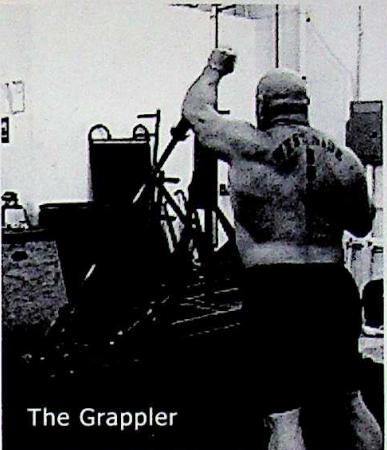
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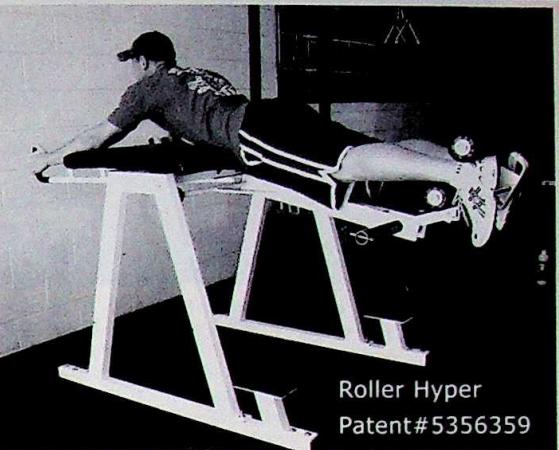
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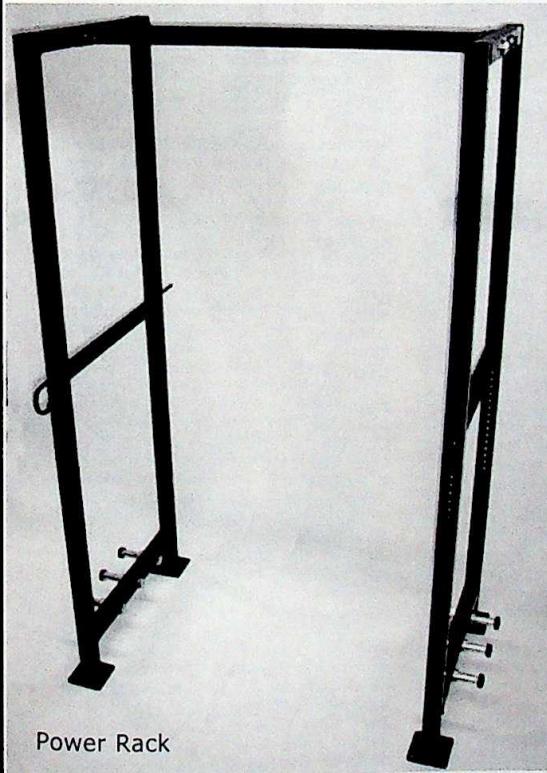
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Patent Pending



The Grappler

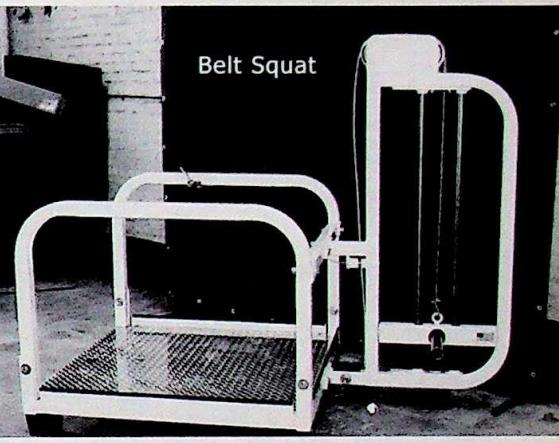


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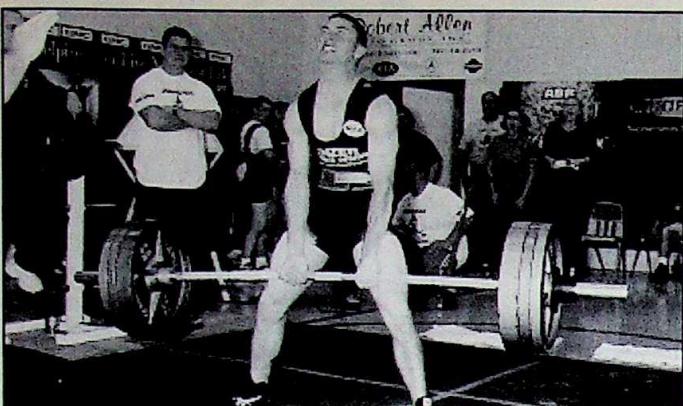
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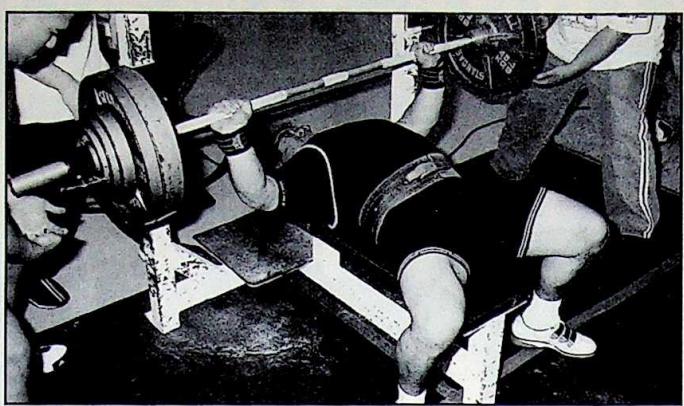
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National Collegiate competitor, Spencer Myers (132 lb. division) pulling an Idaho state collegiate record of 430 pounds. (Ben Rogers)



Sam Schultz (270lb. division), locking out an Idaho state masters bench press record of 425 pounds. (Photo courtesy of Ben Rogers)

**USAPL 13th Idaho State/Open & Bill's Bad-Ass Bench Press
22 NOV 03 - Pocatello, ID**

WOMEN SQ BP DL TOT

Open

132 Marts, D.

148 Cowgill, H.

Compton, E.

165 Williams, K.

Jackson, M.

Schwan, B.

198 Oxford, H. **

Master

132 (40-44)

Marts, D.

148 (60-64)

Compton, E.

165 (40-44)

Schwan, B.

198 (45-49)

Oxford, H.

MEN Open

132 Myers, S.

148 Haynes, M.

Butzlaff, B.

Murphy, C.

165 B. Phillips

Mark Stacy

B. Black

181 Wessells, C.

198 Lukens, J.

Barrett, J.

220 Mecham, S.

Salansky, M.

Regis, J.

Turner, P.

Oliver, R.

Shafer, J.

242 Riedy, M. **

Anderson, S.

Wojcik, B.

275 Schultz, S.

Watson, A.

319 Snider, A.

Ward, J.

SHW Chavez, A.

Teen 148 (16-17)

Keller, B.

(18-19) Murphy, C.

165 (18-19)

Rampersad, J.

275 (16-17)

Porter, Z. 500* 300* 550* 1350*
SHW (18-19)

Wellard, C. 435+ 220+ 415+ 1070+
Master

148 (50-54)

Rohan, B. 415 315 525 1255

181 (60-64)

Wettach, E. 370 265 400 1035

198 (50-54)

Bower, B. 500 330 450 1280

Day, A. 300 190 335 825

220 (40-44)

Regis, J. 500 405* 480 1385

Oliver, R. 460 400 315 1175

(45-49)

Salansky, M. 580 400 525 1505

242 (50-54)

Anderson, S. 620* 400* 560* 1580*

(45-49)

Schultz, S. 650* 425* 650* 1725*

BENCH PRESS Nielson, R. ** 455*

WOMEN Anderson, S. 400

Open 275

198 Watson, A. 420

Master Herdt, P. --

(45-49) Teen 148

OXFORD, H. ** 225 Baker, B. 320

MEN (18-19) Davis, A. 265 220

Open 181 (40-44)

Grover, K. 265* 242

Master Nakamura, V. 215

132 Baker, B. 320

165 Baker, B. 320

181 Barnes, B. 340 Regis, J. 405*

Baker, B. 320 242

220 (50-54)

Regis, J. 405 Anderson, S. 400

Shafer, J. -- SHW

242 Herdt, P. --

*** - State Record, + - State Collegiate Record ** - best lifters (male & female). Bench Press Placement by Formula: Women: Oxford; Men: Nielson, Regis, Watson, Barnes, Anderson. Powerlifting Placement by Formula: Women: Division I - Marts, Cowgill, Compton; Division II - Oxford, Williams, Jackson, Schwan. Men's Teenage: Porter, Keller, Rampersad, Wellard. Men's Master: Bower, Rohan, Anderson, Schultz, Wettach. Team: Fitness, Inc., Idaho State Iron Works, Bullet Gym. (thanks to Brad Compton for providing these meet results) Fitness Inc., of Pocatello, Idaho hosted the 13th Annual USAPL Idaho State/Open Powerlifting Championships, in which 39 powerlifters as well as 12 benchers participated with competitors coming from Idaho, Montana, Nevada, Oregon, Utah, and Washington State. A sizable contingent from Bullet**

Gym in Missoula, Montana also participated. The Idaho State Open meet is held each year in Pocatello, Idaho on the Saturday preceding Thanksgiving. The most impressive and overall male lifter was Matt Riedy, age 28, from Eugene, Oregon, who in what was only his second powerlifting meet won first place among the men's open 242 weight class with a total of 1,685. Matt stunned both lifters and audience alike when he pulled a deadlift of 670 lbs - almost three times his own bodyweight. Matt also squatted 580 and benched 435. The most impressive female lifter was Holly Oxford, age 45, from Bonner, Montana, women's 198, who squatted 360, benched 225, and deadlifted 365 lbs. on her way to a 950 total. Holly is looking forward to competing in Nationals again. The most inspiring lifter was Bud Bower, age 61, in the men's 198 weight class competing in the Masters division. Longtime powerlifters will remember that Bowers was twice a USA Masters champion in 1999 and 2000 and represented the USA in the IPF World Masters meet in both those years. Bud, who now lives in Spokane, Washington, returned to powerlifting this year after over a year's absence due to cancer treatments, and squatting 500, benched 330 and deadlifted 450 in this meet. The most impressive bencher was Ryan Nielson from Boise, Idaho, age 30, who benched 455 in the 242 weight class. Ryan Nielson also maintains the www.idahopowerlifting.com website which hosts forum for Pacific Northwest powerlifters, as well as State Records, meet results, meet notices and lifter's profiles. The biggest draw to this meet is for the chance to be crowned Idaho State Champion. The highest placing Idaho state resident in each of the divisions wins "Idaho State Champion" jackets graciously donated by Pepsi. The 2003 Idaho State Powerlifting champions include: Men - 132, Spencer Myers, Pocatello; 148 lbs, Ben Butzlaff, Pocatello; 165 lbs, Mark Stacey, Pocatello; 181 lbs, Chris Wessells, Idaho Falls; 198 lbs, Jim Lukens, Salmon; 220 lbs, John Regis, Boise; 242 lbs, Sean Anderson, Pocatello; 275 lbs, Sam Schultz, Pocatello; Masters, Sean Anderson, Pocatello; Teenage Men, Zach Porter, Salmon. Women - Category 1, Donna Marts, Idaho Falls; Category 2, Kaci Williams, Pocatello. This year lifters used the meet to raise money for the Co-operative Wilderness Handicapped Outdoor Group, which provides physically challenged individuals with outdoor wilderness recreational opportunities, through a "Penny-A-Pound" pledge drive organized by local lifter and Director of Promotions for USAPL Idaho, Rick Oliver, that raised over \$2,000 from numerous individuals as well as such sponsors as Physician's Immediate Care, Gate City Real Estate, Intermountain Mind Mechanics, Empire Comics, Club 91, GNC, Wrights Nutrition, Tyvan's Discount Cards, Kinko's Printing, and MonsterMuscle. Three teams competed including Fitness Inc., Idaho State University Iron Works Powerlifting Club, and Bullet Gym from

Missoula Montana. After losing the title to Iron Works last year, Fitness Inc., regained the title with Bullet Gym finishing third. Spencer Myers, who placed third in the last USAPL Men's Collegiate Nationals recently became president of the Idaho State University Iron Works Powerlifting Club as well as serving on the Collegiate Committee. Thanks to the commitment of time, energy, and personal resources shown by such people as meet directors Bill and Nancy Davis, as well as by their excellent crew of scorers (Nancy Davis and Janet Wright), announcers (Mike Hudson, Brandy Clark and Bill), referees (Jim Lukens, Sean Anderson, Mike Riggs, Brad and Eula Compton and Bill Davis) and spotters and loaders, and other volunteers, and others like them in communities throughout the nation, ordinary lifters have the opportunity to enjoy the sport of powerlifting. Also we would like to thank our many sponsors including New Day Products & Resources, Black Swan Inn, Warbonnet Electric, Kool 94.9, Frito Lay, Hogi Yogi, Taco Bell, Coors Light, Pizza Hut, Star 98.5, American Family Insurance, Physicians Immediate Care, Ramada Inn, and of course Pepsi for providing the great champion jackets. (Results Sean Anderson)

Summer's End Strength Spectacular

20 SEP 03 - Prince Frederick, MD

Push/Pull BP DL TOT

Teen 198

C.Gilling 165 250 415

Teen 242

C. Richardson 185 385 570

Women 165

B. Penn 120 185 305

Master 198

D. Gilmer 215 325 540

BP Only

Open 181

T. Lewis 505 505

Master 220

J. Murphy 415 415

DL Only

Open 220

T. Parsons 500 500

As millions of people in our area struggled to recover from Hurricane Isabel, a few brave souls chose to "put it all on the line" at the Summer's End Strength Spectacular. Age, gender, and experience ran the gamut among the lifters. We saw a 14 year old weighing 198 lift beside his 69 year old grandfather, who also weighed 198. APA Master's bench press champion got a 505 pound bench past the judges before missing a triple bodyweight attempt of 540. "100% Raw" lifter Terry Parsons came to help out and ended up with a great 500 pound deadlift. The awards were great-looking medals that came in from Al Seigel in PA. Local photographer Kevin King was on hand taking digital photos which participants could buy at the end of the meet. All in all, it was a great experience. Co-sponsors Mark Cinque of Tri-Fitness and Bill Duncan of the PHS Weightlifting Club are looking forward to hosting another local contest in December.

SLP Chicagoland Classic BP & DL

22 NOV 03 - Chicago, IL

BENCH PRESS	master men 65-69	242
women 60-64	Joe Marsala	200
132	police & fire/45-49	
Wodd-Watson	80*	275
(4th)	85*	Mike O'Brien
open women	430*	
220	275	
Lisa Miller	210*	Mike Hoskins
teenage men 13-15	police & fire open	390
148	198	
J. R. Johnson	140	Lee Roy Banks
165	275	
Jake Dias	205	Tom Harrison
(4th)	215	600*
teenage men 16-17	275	
148	Mike Hopkins	430
Chris Adams	155	open men
308	181	
A. Guillotte	135	Charles Wolf
(4th) 150	181	395
teenage men 18-19	Roca-Dawson	300
181	198	
Denver Brown	390*	Kevin Farley
242	198	465
Keith Szalai	365*	Frank Rincon
junior men	220	385
308	Carlos Navarro	335
L. T. Trotter	330	220
submaster men	Aaron Barnhart	
181	242	
Dan Moreci	365	Greg Zajac
220	242	525
Harland South	265	S. Alexander
242	242	425
Joe Quintana	335	Larry Elster
275	275	390
Rick Breier	405	Pete Kletz
master men 45-49	Ray Miller	395
220	DEADLIFT	
Mike Jones	265	teenage men 16-17
275	148	
Mike O'Brien	430	Chris Adams
master men 50-54	submaster men	250
198	220	
John Herman	325	Harland South
220	master	405
Henry Collins	430	men 45-49
Mike Scarpino	325	
(4th)	335	Mike Jones
242		300
Frank Rincon	365	

BP - Best Lifter - TOMMY HARRISON. * - Son Light Power Illinois state record. The Son Light Power Chicagoland Classic Bench Press/Deadlift Championship was held November 22, 2003 at Body By Design in Chicago, Illinois. Thanks to owner Mike Jones and his family for hosting this event. A big thanks also to Stirling Edwards for all his help loading and spotting. In the bench press event Linda Wood-Watson returned to competition to take the master women's 60-64/132 class. This was Linda's first bench competition, where she finished with 80 before making a fourth with 85. Both were new Illinois state records for her class. In the women's open division Lisa Miller set the state record at 220 with 210. A fourth with 220 was close, stopping just short of lockout. In the teenage men's 13-15 age group J. R. Johnson competed for the first time, taking that class with 140. Jake Dias won at 165 with 205, followed by a 215 fourth. In the 16-17 age division Christopher Adams won again at 148 with a personal best 155 while Antoine Guillotte captured the title at 308 with 135, followed by a 150 fourth. It was Antoine's first competition. Denver Brown came up from Missouri to break the existing state record for the 18-19/181 class, and did just that on his final attempt of 390. A fourth with 400 was locked out but was called for uneven extension. Keith Szalai set the state record at 18-19/242 with his opener of 365. His next two attempts at 405 failed to lockout. In the junior division lone competitor L. T. Trotter won at 308 with 330 after missing a state record 385 twice. Dan Moreci returned to competition after successful shoulder surgery last year, taking the submaster 181 class with a solid 365. At 220 Harlan South lifted as a guest lifter, finishing with 265. Joe Quintana won at submaster 242 with 335 while Rick Breier took the 275 class with 405, making all three of his attempts. Mike Jones won at master 45-49/220 with an easy 265, miss-



Taking home SLP trophies.....Tommy Harrison (left), and husband and wife team, Lisa & Ray Miller.

ing only his final attempt with 300. Mike O'Brien took the honors at 275 with 430. In the master 50-54 age group John Herman won at 198 with 325, lifting raw. Henry Collins returned to competition after about two years off, taking the 220's with a strong 430. Henry is coming back after hip and back surgery, one of the nicest men in the sport. Always good to have Hank lift with us. Second place at 220 was Mike Scarpino, who finished with 325, then a fourth with 335, making all of his attempts for the day. Another winner, Frank Rincon, Sr., finished with 365, utilizing perfect form, for the title at 242. Our final open master lifter was Joe Marsala, who finished with his opener of 200. Joe won his title at 65-69/242. In the police & fire master 45-49 division we had two lifters at 275, Mike O'Brien and Mike Hoskins. Mike O'Brien won the class with his 430 opener while Mike Hoskins finished with 390, just missing a 405 final attempt. In the open police & fire division Lee Roy Banks won at 198 with 430. Lee Roy, who always lifts raw, then tried 475 with a new shirt but failed twice with that weight even though he certainly has the strength for it. At 275 Tommy Harrison finished with 600 after 620 failed within an inch from the top twice. Mike Hopkins was second at 275 with 430, making all three of his attempts. In the open division Charles Wolf won at 181 with 395, giving 405 a try on a fourth attempt. Second place at 181 went to Donald Roca-Dawson who only got in his opener of 300, missing 330 twice. Kevin Farley had some problems with his shirt, making just his opener of 465 but taking the win at 198. Frank Rincon, Jr. finished in second place at 198, making all three of his attempts and finishing with 385. Carlos Navarro won at 220 with 335 after Aaron Barnhart failed his opener of 475 twice then bowed out of the competition. Greg Zajac won at 242 with a solid 525 second attempt over Sergio Alexander and Larry Elster. Sergio finished with 425 while Larry only got in his opener of 390. Pete Kletz looked strong with his 525 opener, but had problems after that with 545 and 550. Pete still won at 275 over Ray Miller who finished with 395. The best lifter award went to Tommy Harrison and his 600 @ 250. In the deadlift event Christopher Adams won at 16-17/148 with a new personal record of 250. Harlan South finished with 405 after locking out with 500, which was called for hitching. Just a form issue, Harlan has plenty of strength and lots of potential. Mike Jones won his second title of the day at 45-49/220 with his 300 second attempt

pull. Thanks again to Mike and his family and to my son Joey for all his help. (Latch.)

Junior (20-23)	T. Hunter	92.5	87.5	162.5
342.5				165
4th				
Teenage (16-17)	L. Paxos	147.5	95	190
432.5				
Chris Balance	150	92.5	187.5	430
181				
Kids (10-11)	Peter Collins	62.5	35	62.5
4th	65		70	
Youth (12-13)	Jared Shope	152.5	100	197.5
88				450
A. Harris	75	37.5	70	182.5
97				
Caitlin Miller	122.5	57.5	127.5	307.5
4th	60			
Teenage (16-17)				
123				
Carly Nogle	157.5	70	182.5	410
4th	167.5		187.5	
148				
M. Dennany	165	90	147.5	402.5
198+				
Shea Wallus	152.5	110	150	412.5
Junior				
88				
Kids (10-11)	A. Crappel			140
Alisha Laing	52.5	32.5	62.5	147.5
4th	35			
Youth (12-13)	Karl Tobin			110
Brooke Laing	40	27.5	55	122.5'
4th	30			
105				
Kids (10-11)	M. Cavallaris	57.5	42.5	80
R. Reynolds	55	32.5	70	157.5
123				
Teenage (14-15)	Jared Fleming	80	47.5	97.5
S. Lavallee	105	45	125	275
Teenage (16-17)	4th	85		
J. Bracken	65	30	80	175
97				
Kids (10-11)	Chris Stump	57.5	30	70
198				
Youth (12-13)	157.5			
K. Casto	115	70	125	310
MEN				
66				
Kids (10-11)	Sean Olinger	85	50	112.5
M. Cavallaris	57.5	42.5	80	180
97				
Kids (10-11)	247.5			
Jared Fleming	80	47.5	97.5	
4th	85			
148				
Youth (12-13)	Michael Oxier	102.5	60	125
165				
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198				450
Junior (20-23)	Hollingsworth	160	120	200
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432.5				
Chris Balance	150	92.5	187.5	430
181				
Kids (10-11)	Peter Collins	62.5	35	62.5
4th	65		70	
Teenage (16-17)	Jared Shope	152.5	100	197.5
198				450
Junior (20-23)	Hollingsworth	160	120	200
242				
Teenage (16-17)	Youth (12-13)			
L. Paxos	147.5	95	190	
432.5				
Chris Balance	150	92.5	187.5	430
181				
Kids (10-1				

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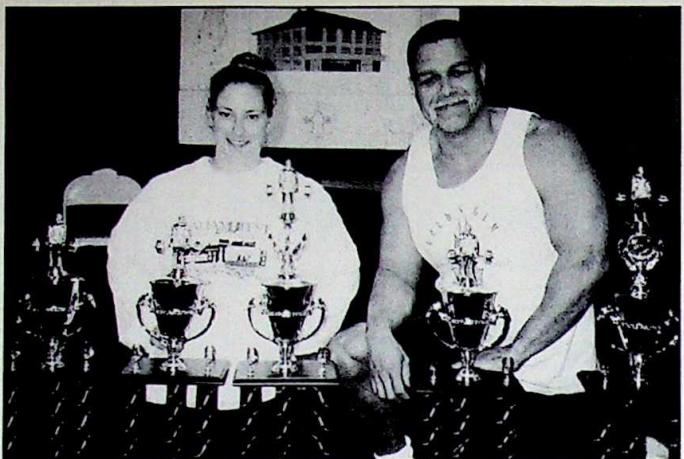
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All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

SLP Lock Out at the Lock Up
28 MAR 04 - Taylorville, IL

BENCH PRESS	242
junior women	D. Haycraft 510
123	police & fire/45-49
Erica Haislar	165* 198
(4th)	175* Mike Hawley
teenage men 16-17	225*
148	220
D. Warren	255* S. Barker
181	325*
E. Minter	215 police & fire
198	198
S. Reseter	290 Wayne Prose 350
Josh Durbin	190 Matt Noblet 295
220	Open Men
Jake Reber	235 242
teenage men 18-19	Tom Bozarth 350
181	(4th) 355
Kyle Barker	225 B. Rogers 345
junior men	DEADLIFT
148	Joshua Reyes 260 junior women
(4th)	285 123
198	Erica Haislar 300
Matt Bell	400 junior men
308	148
Lee Mateer	400* Josh Reyes 450
(4th)	415* master men 65-69
master men 40-44	181 D. Sidwell 310
Roger Patton	275

* Son Light Power Illinois state record. Best Deadlifter - ERICA HAISLAR. Best Bencher - DOUG HAYCRAFT. The Son Light Power Lock Out at the Lock up Bench Press/Deadlift Championship was held at the Lock Up Gym in Taylorville, Illinois on March 28, 2004. Thanks to Matt Noblet and Wayne Prose for all their help promoting this competition. Thanks also to my son Joey, grandson Daniel and everyone else who helped with the competition. In the bench press event WABDL world champion Erica Haislar broke her own Illinois state record with 165 at junior 123. Erica then came back with a strong 175 pr for a fourth attempt. In the teenage men's 16-17 age division Donnie Warren, lifting in his first competition, broke the state record at 148 with his third attempt of 255. Emmanuel Minter won at 181 with 215 while Scott Reseter won over Josh Durbin 290 to 190 for the win at 198. At 220 it was Jake Reber with 235 for the title. All of the lifters in this division were competing for the first time. Another first-timer, Kyle Barker, won at 18-19/181 with 225. In the junior men's division Joshua Reyes finished with 260 for the win at 148 before coming back with a successful fourth of 285, which was a new personal record for him. Matt Bell got his first official 400 bench with his win at 198 while Lee Mateer won at 308 with his first 400. Lee then returned for a 415 fourth which was also a new Illinois state record for that class. Roger Patton won at 40-44/220 with 275 while Doug Haycraft won at 275 with his 510 opening attempt. A second with a new state record of 353 failed at lockout. Mike Hawley set the state record at police & fire/45-49/198 with 225 and Steven Barker did the same at 220 with 325. Both were lifting in their first competitions. In the open police & fire division Wayne Prose won at 198 with 350. Matt Noblet placed second at 198 with 295. In the open division Tom Bozarth won at 242 with his 350 third and



Erica Haislar and Doug Haycraft.....best lifters at the SLP Lock Out.

355 fourth attempts. Brandon Rogers won at 275 with 345. The best lifter award went to Doug Haycraft. In the deadlift competition best lifter Erica Haislar pulled 300 at junior 123 for the win. The previous week Erica had broken the WABDL world record for that class with 323 @ 123! In the junior men's division it was Joshua Reyes with only his opener of 450. Taking the title at 65-69/181 was sixty-nine year old Darrel Sidwell. Darrel finished with 310. Thanks again to all who helped out and participated in this event. (D. Latch)

Nazareth Halloween BP/DL Bash
01 NOV 03 - Tatamy, PA

	BP	DL	TOT
Wo 105 AM	145	275	420
Ronna Kassel			
JR 114 AM	130	130	
Tom Deebel Jr.			
Wo 132 AM Master	135	200	335
Amy Winberg			
Jr 132 AM	230	370	600
Keary Molinaro			
Wo 132 AM SubMst	140	140	
Tammy Daly			
Wo 148 Pro SubMst	215	240	455
Amy Roberts			
Wo 148 AM SubMst	215	215	
Anita Ramsey			
Jr 165 AM	395	395	
Arul Selvarayyan			
Men's 165 OML/F	220	325	545
Bob Legg			
Men's 165 AM	405	405	
Dave Kirschen			
Wo 165 Open	225	225	
Sue Lewis			
Teen 165	210	210	
Colin Werner			
Wo 165 Pro	185	185	
Heather Hulseberg			
Jr 181 Pro	565	565	
Kevin Myrski			
Mens 181 Am Sub	480	480	960
Ron Daley			
Mens 181 Am	365	460	825
Lee Zimmerman			
Mens 198 AM/Mast	315	515	830
Tom Deebel			
Wo Am Sub 198	255	255	
Sandy McCaslin			
Mens 220 AM			



Matt Bell.....his 1st. 400 bench!

ahead for her in this sport. An amazing pair of brothers, Colin and John Werner, hauling from Tatamy, handled themselves like they were old pros. Proud parents, Jody and Cindy, as well as other family members, watched and cheered as the two lads took the platform. Colin competed in the amateur teen 165 pound weight class hitting an amazing 210 pound raw bench at a body-weight of 157 pounds! Not to be outdone, big brother John at age 15 competed in the amateur teen 275's. John received the standing "O" from a crowd of more than 200 nationally ranked powerlifters and spectators when he put up 460 pounds to smash the standing record by over 120 pounds! That was on his second attempt, for his third John went after the big 500 pound bench! Although he moved the weight quickly, it went a bit too fast and John lost his groove. After wrestling season, there will be more opportunities to hit it. This makes John one of the strongest teenaged benchpressers in the United States! Other members of the Nazbar family, Ryan DeFalco and John Marino, also competed. There were over 20 competitors who were new to the IPA. Kevin Myrski, a local boy turned Marine, left his station at Camp David to come up with a 565 pound deadlift in the Junior 181's. His intensity and drive got the crowd in the gym roaring! Mark Bossowski and fiancé Heather Hulseberg along with Curtis Schultz and Anita Ramsey broke out of bodybuilding for their first powerlifting meet! They showed us a whole different level of focus. We look forward to great things in the future from all of them. Sandi "Candyazz" McCaslin, supported by her husband Zane came up with the biggest women's bench of the day hitting 255, breaking the record formerly held in the women's submasters by Deb Ames. Father and son team, Tom Deebel Sr. and Tom Deebel Jr. had a great day, the younger making his third deadlift attempt of 130 at the tender age of 8. Butch Smith, after dropping 30 pounds of bodyweight, came through to take Men's best lifter with a 455 pound bench and a 700 pound deadlift! Bill Crawford was on hand to slap up 700, dedicating the biggest bench of the day to Travis Godden, son of Buster and Janis Godden who was tragically killed just months earlier. Buster, who trained with his son, benched 500 at this meet in the Mens Amateur Masters division. It has been a tough few months for the Goddens, we all miss Travis. At the after party, Elvis made an appearance as well as the Trowdroppers. It was a day to remember! Thanks to Mom and dad for their tireless help at the grill, to all of our gym family for their time and support! They are what make these things work, thanks Tina, Kathy, Jen, Hal, Tarzan, Lew, Kyle, Gail, Joel, Joe. Huge thanks to Dave and Traci Tate of <http://www.elitefts.com/> for sponsoring the meet and to Sally Stone 215/862-1883 for doing a great job with the shirts, sweats, hats and work shirts! Our next meet is Saturday, February 7, 2004 - The Beast of the Bench!!! (Results given by Deb Ames/Mike Miller.)

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100% RAW World Powerlifting					
15 NOV 03 - Sterling, VA					
WOMEN	SQ	BP	DL	TOT	
148					
Cydney Smith	200	150!	325!	675!	
MEN					
165					
(40-44)					
Lance Bravard	315	235	450	1000	
181					
OPEN					
Doug Parrish	450	305	470	1225	
Derick Bryant	350	335	405	1090	
(55-59)					
A. Crenshaw	225	250!	375	850	
(60-64)					
Doc Junkins	300!	230!	400!	930!	
198					
Open					
Chris Wichtl	420!	300!	530!	1250!	
(18-19)					
Chris Wichtl	420!	300!	530!	1250!	
220					
John Shiflett		335*			
275					
OPEN					
Bart Schuman	635!	500!	635!	1770!	
(40-44)					
Bart Schuman	635!	500!	635!	1770!	
319					
(40-44)					
Rod Blackwell	620	450!	600	1670!	
SHW					
(40-44)					

John James 450! 315 575! 1340!
!- World Record. * - State Record. Best Lifter: Heavy - Bart Schuman, Light - Doug Parrish, Teen - Chris Wichtl, Female-Cydney Smith, Master - Bart Schuman. This was a tremendous success with 19 world records and 1 state record. In women's 148 Cydney Smith squatted 200 lbs. - a world record 150 lbs bp & d1 325 lbs for a 675 world record total and best female lifter. In men's 165 Lance Bravard went 315-235-450 for a 1000 lb. total as well as taking photos of the meet and helping out. Derrick Bryant and Doug Parrish came up from North Carolina to battle it out in the 181s. Derrick had lifts of 350 sq 335 bp and 405 d1 for a 1090 total. Doug had 450sq 305 bp and 470 dl for a 1225 total and was best lifter for the lightweights. Albert Crenshaw had 250 lb bp for a world record in the 181s (55-59). Chris Wichtl weighing in as a light 198er totaled a world record 1250 including a \ 420 sq 320 bp and best teen lifter. John Shifflett benched a state record 335 lbs 1 and also served as head judge for the meet. John is in the 220s 40-44. Doc Junkins lifting in the 181s (60-64) had a world records by way of 300 sq 230 bp 400 dl and 930 total. It seemed every time Doc touched the bar a record fell. Bart Schuman totalled a world record 1770 in the 275s on six attempts including a fantastic 635 world record squat shattering the old record and 500 lb bench press. Bart was best lifter for the heavyweights and lifted with a calmness that belied the incredible effort he put into each lift. Rod Blackwell had a strongly done world record 450 bench press and 1670 world record total. Many thanks are in order. Thanks to the judges, John Shifflett, William Thacker and Vince James. Cydney Smith's coach stepped up and spotted and loaded. His help was very much appreciated. Chris James spotted and loaded and did a tremendous job. Thank you to our Federation President Paul Bossi who announced, ran the scorers table and conducted our rules meeting. Thanks to Elizabeth city trophy for providing our awards. Thank you to caliber consulting & Technologies for sponsoring the meet. Many thanks to Jill at Marketing Fundamentals for providing the meet t-shirts, please visit their website at www.marketingfundamentals.com. Thank you to Mike Lambert and PLUS for listing the meet for us. Our next meet will be the Eastern Regionals on March 20, 2004 and will be held at The Sterling community Center. See you there! (Thanks to John James for providing the RAW World PL results.)

IPA U.S. Freedom Cup

27 MAR 04 - New Oxford, PA
181 lb. SQ BP DL TOT
Amateur Master (45-49)



Attendees at the 100% Raw World PL Championships included... (l-r) Bart Schuman, Lance Bravard (kneeling), Chris Wichtl, Doc Junkins, Cydney Smith, Derick Bryant, Doug Parrish, Albert Crenshaw, John James, John Shifflet, Rod Blackwell (Photo courtesy of Lance Bravard.)

**USPF Texas Cup &
Mountaineer Cup IV Qualifier
15 NOV 03 - Austin, TX**

Women	SQ	BP	DL	TOT	J. Vega	237.5	162.5	192.5	592.5
132 lb 14-15 Teen Women					242 lb				
Megan Cook	102.5!	57.5!	125.0!	285.0!	P. Rodrigues	277.5	205.0	252.5	735.0
165 lb Masters 50-54 Women					308				
Gail Brinker	92.5	70.0	122.5	285.0	R. Garza	272.5	195.0!	262.5	730.0
114 lb Submaster Women Bench					Bench Press	50-54			
Carol Richardson	70.0				242 lb. Open	G. McCoy	205.0		
Best Lifter Women - Megan Cook					B. Dismukes	227.5	275 lb.	Open	
18-19 Men					Submaster	R. McCoy	242.5		
123 lb					H. Harvey	187.5	E. Reyes	205.0	
Roman Garcia	197.5	102.5	215.0	515.0	Tim Sweet	150.0			
165 lb 18-19					! - State Record. * - American Record.				
M. Gillette	232.5	120.0	235.0	587.5	Best Lifter Men: Ed Coan. TX Cup lifters				
242 lb 18-19					that qualified for the Mountaineer Cup				
Jody Suggs	245.0	167.5	235.0	647.5	IV: Under 200: Ryan LeDoux (680.0 kg.),				
275 lb					Ricard Ayala (660.0 kg.), Isaac Chapa				
L. Johnson	255.0	160.0	262.5	677.5	(652.5 kg.), Johnny Vasquez (642.5 kg.),				
20-23					Trenton Wade (642.5 kg.). Over 200: Brian				

Schoonveld (932.5 kg.), Ed Coan (892.5 kg.), Gene Bell (887.5 kg.), Evan Whalen (862.5 kg.), Bob Hester (840.0 kg.) (thanks to Jeremy Woodard, Texas USPF, for providing the results of this meet.)

APA Iron Gladiator

21 FEB 04 — Meridianville, AL
Women SQ BP DL TOT
Master II (50-50)

Master II (50-59)					
148 lb.					
Patti Ehmen	255m	135a	335	725	
Master I (40-49)					
165 lb.					
Cindy Weber	300m	180m	300	780	
Teen (16-17)					
123 lb.					
W. Stidham	205a	195	255a	655	
Junior (20-23)					
198 lb.					
Scott Roberts	385	225	415	1025	
Men's Open					
165 lb.					
D. Cornelison	405	285	365	1055	
181 lb.					
Graham Sesler	520	310	520	1350	
Jay Dawson	325	245	385	955	
242 lb.					
Patrick Dean	550	425	525	1500	
275 lb.					
Ryan Brown	835tn	500	710	2045	
Pete Andrich	685	475	655	1815	
SHW					
Wade Johnson	815d	600	650	2065	
Push/Pull					
Men's Open					
181 lb.					
Jeff Finlayson		305	425	730	
220 lb.					
Kyle Mask		365	555	920	
242 lb.					
Dwight Edwards		405	525	930	
Bench Press					
Women's Open					
132 lb.					
Lisa Anderton	165	G. Gibson			
Teen (13-15)					
198 lb.					
R. McMullen	160	181 lb.			
Master (50-59)					
165 lb.					
R. Slaughter	305	198 lb.			
220 lb.					
James Stopp	405	275 lb.			
Men's Open					
181 lb.					
Full Power Best Lifter: Ryan Brown. Push-Pull Best Lifter: Kyle Mask. Deadlift Best Lifter: Shane McKinney. Bench Press Best Lifter: James Stopp. Special thanks to Bill Morgan for providing an excellent meet site and some great spotters. I would also like to thank Wade Johnson for bringing a lot of the equipment, including chromed Ivanko plates, a great light system, and several great specialty bars. Thank you Scott Queener for judging the entire meet and Wade Johnson, Jeff Finlayson, and Kristy Johnson for putting in a lot of their spare time judging. Lifting quality was great and sportsmanship was at an all-time high. This meet was a pleasure to run. The APA will be running another meet in the Huntsville area (Meridianville) in September. (Thanks to Scott Taylor for providing these results)					

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06 DEC 03 - Chattanooga, TN	
Open Men	120 & under
148 Class	Caldine Pen 70
K. McKenzie	240
165 Class	Men
B. Stephens	275
198 Class	K. McKenzie 240
Barry Come	445
Rianey Home	285
220 Class	198 Class
Steve Braz	450
242 Class	Justin Maples 280
Trey Brewer	460
Super Heavy	Sam Byrd 460
Kevin Crump	425
Teenage 17-19	Trey Smith 405
Trey Brewer	460
Juniors 22-23	Trey Smith 405
A. Maddux	465
Jason Bums	405
B. Stephens	275
Masters 40-49	Masters 40-49
Charles Smith	370
Steve Braz	450
Kirk McKinzie	240
Rainie Home	285
Grand Masters	GrandMasters+50+
Jim Shoaf	300
M. Harrell	120 & under
Women	Cardine Pell 70

The meet was held by Jesse Rodgers and Rick Posey. Head Judge: Clifford Bailey. Lefthand Judge: Lee Roden. Righthand Judge: John Bible. Thanks to everybody that turned out to support the event. (Thanks to Jesse Rodgers for the results.)

Main Barbenders Open

06 DEC 03 - Lincoln, ME	
Bench/Deadlift	BP
Open/132's	DL
Pamela Morong	150
Teen/148's	300*
B. Berry	225*
Travis Gilbert	210*
Open/165's	330
Toby Pond	265
Teen/165's	335
Logan Miller	225
Open/181's	315*
Louie Morrison	375
Steve Fournier	575
Teen/181's	485
Derrick Trask	320*
Teen/198's	480*
Rick Lupo	275*
Open	440*
Masters 198's	
Doug Morong	375*
Teen/220's	510*
Travis Hovey	250*
Grant Bailey	410*
Open	330\$
Submaster/275's	450\$
Sam Tyler	485*
Open	615*
Submaster/SHW	
Andy Miller	540*
Bench	610*
105 Teen	Andrew Lusby 260*
M. Staples	242 Jr./Open
114 Teen	100! Erik Gordon 320
A. Kennedy	105* Masters
132 Teen	L. Athearn 420*
Kristen Baker	125! 275
K. Highnote	105* Open
Open	Submaster
Marie Cannon	170* M. Clevette 475
148 Masters	Deadline
Ellen Woolley	100* 181
165 Teen	Teen
Cole Pullen	245* N. Gilbert 395

* - Maine State Record. \$ - American State Record. ! - World Record. All in all a really great meet. With Mother Nature threatening snow our lifters braved the storm and came to the meet anyway. Twenty-Six competitor and at least that many spectators turned out at Matanawcook Academy to witness what became a day of falling records. Jack Kaplins teens, "Kaplins' crew", turned in an outstanding performance! All the competitors showed excellent sportsmanship and for being their first competition did very well on the platform. I would like to highlight Kristin Baker and Morgan Staples. These ladies are

powerhouses! Not only setting new State records but also new American and World records for their age/class! The training these competitors received really showed in their performance, great job Jack! and good luck at your new school. The crew from Union Street Athletics again proved there are none better. This team of dedicated athletes really put on a show with their powerhouse lifters in the 275 and SHW divisions; as well as Pam Morong, one powerful young woman. The USA lifter I would like to profile though is right in the middle of the classes, Grant Bailey. Lifting in the teen 220's Grant really came through with new State and American records in both the bench and deadlift. The intense desire to succeed was evident, as I looked into Grant's blood red eyes when he raised the bar on the American DL record from 375 to 450. Great Job Bro'!! Damien Osgood; weighing in to the 165lb class, did a guest lifting spot for us and to everyone's amazement smoked 480 for a more than triple body weight lift!! I was so excited for him that when I opened my mouth to yell encouragement I ended up saying, "Take it!". Fortunately Lynn and Al knew I was trying to yell encouragement and didn't take the lift away from Damien, "Whew!". After that incredible lift Damien attempted a massive 520lb bench! Incredible! He had trouble getting it to the chest, but that lift will go when he has a little more

time to train in that new shirt. An incredible display of power from young Damien Osgood, Owner of the biggest teen bench press in the history of the APA!! Special thanks Rick and the crew in Fate, Texas at the House of Pain for donating several door prizes, tee shirts and a \$50 gift certificate. Mike Lambert at Powerlifting USA for the free issues of the magazine, you'll be glad to know there wasn't a single issue left on the table at the end of the meet! Also to Brent, "Sgt.Rock", Howard for being a guest Referee. Lynn, our new masters 242 record holder, and Al for their help putting on this terrific meet. Carley, Woody, Josh, Jeremy and Erick from Broadway Health and Fitness. Ed Woolley for doing a great job on the mike; Ed Flanders for helping referee, and last but certainly not least, Tina Fournier. Without Tina we would really have been in trouble, she stepped up and took the place of scorekeeper for the meet. Thank you all so much. (Thanks to Garrett Chabot for providing the results.)

Fletcher, S	130	90	170	390
165				
Fletcher, A	150	100	155	405
Teen-Men				
Teen	132			
Douglas, K	305	140	250	695
165				
France, G	465	250	445	1160
McGinnis, P.	400	280	480	1160
181				
Darnell, C				
Women				
College	105			
Callais, J	230	115	270	615
132				
LeBlanc	245	130	285	660
Farek, J	240	135	270	645
W. Open	148			
Duncan, S	250	165	260	675
College				
181				
Picou, L	345	165	385	895
W. Open	198			
Wnuk, C	145	90	225	460
College-Men				
114				
Barbier, M	250	205	375	830
132				
Bourgoine, C	335	230	370	935
Kalil, F	335	225	350	910
Cielenski, Z	295	160	335	790

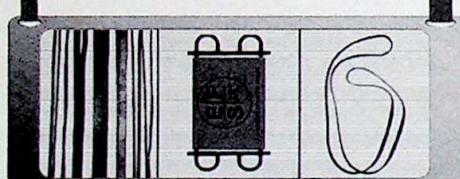
USAPL Louisiana State

17 JAN 04 - Baton Rouge, LA

Powerlifting	SQ	BP	DL	TOT
Youth-Men				
77				
Insley, T	80	50	125	255
Jones, J	65	50	130	245
148				

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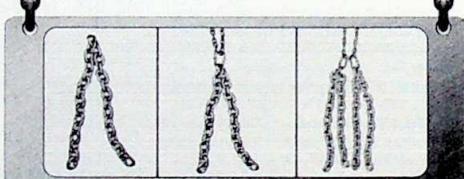


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Strong (2-1/2" wide, Blue)	\$28.50
Jump Stretch Regular Platform	\$145.00
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148					Schroeder, AJ	475	415	450	1340	45-49	TURNER	185	340	525
Vallot, B	390	215	450	1055	Nichols, B	565	500	555	1620	Wainwright, C	475	340	480	1295
165					SHW					Bench Only				
Edwards, C	505	345	535	1385	Wnuk, Kory	765	550	700	2015	Open				
Quedoeaux	480	305	475	1260	Masters-Men					198				
Guetierrez, N	470	280	500	1250					Vining, J	485				
Konecni, S	380	280	450	1110	40-44				Teen		485			
Foret, S	405	225	450	1080	Jones, K	385	230	390	1005	242				
181					148				Weaver, C					
Whitaker, A	525	390	540	1455	50-54				Junior					
McGinnis, P.	470	330	550	1350	Blaumuller, R	185	155	275	565	Yates, D	485			
198					181				485					
Holmes, B	505	305	570	1380	55-59				Lambert, C	330				
Westbrook, K	480	320	490	1290	Bienvenu, R				65-69					
220					60-64				Longwell, J	165				
White, D	485	250	465	1200	Lyons, J	380	235	370	985	Open				
242					65-69				Nichols, B	500				
Mardis, J	575	310	505	1390	Callahan, B	350	200	470	1020	SHW				
Bizette, B	515	360	455	1330	198				Fleming, K	300				
275					50-54				300					
Cressionni, D	500	360	515	1375	Broussard, D	225	225	400	850	(Thanks to Paul Fletcher for the results.)				
Men-Open					55-59									
123					Wold, J	345	290	460	1095					
Halloway, D	480	285	570	1335	220									
165					45-49									
Cagnolatti	510	380	535	1425	Godawa, M	575	435	605	1615	IRONMAN	BP	DL	TOT	
Woods, B	495	365	500	1360	Norton, S	255	250	375	880					
Westrum, J	450	305	495	1250	50-54									
198					Barton, H	430	210	450	990					
Robles, J	480	325	525	1330	242									
220					50-54									
Impastato, R	625	430	500	1555	Siddle, C	185	280	310	725	YOUTH RAW				
Hosmer, R	460	365	405	1230	Lambert, C	135	330	305	770	POPE	45	100*	145	
242					275					YOUTH 11-12 RAW				
Reape, J	690	470	615	1775						KNIGHT	125	165	290	
										13-16 RAW				



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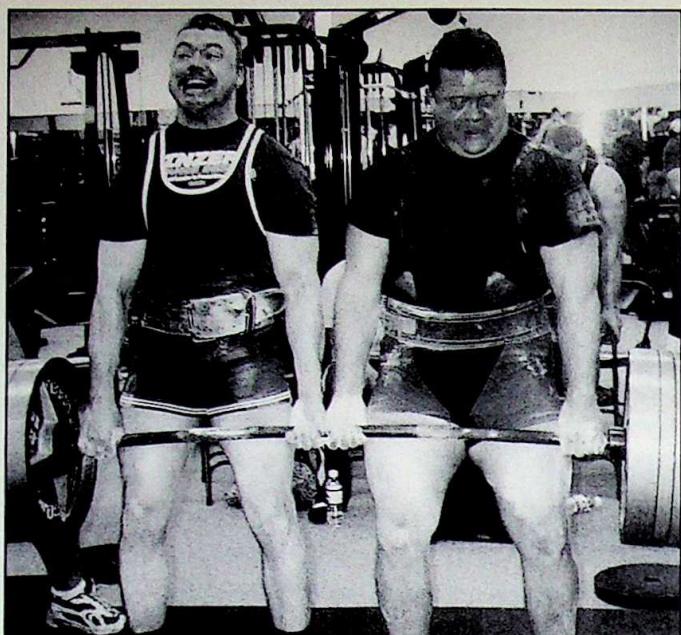
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Foret, S	405	225	450	1080	148				242						
181					50-54				Weaver, C						
Whitaker, A	525	390	540	1455	Blaumuller, R	185	155	275	565	Junior					
McGinnis, P.	470	330	550	1350	181				Yates, D	485					
198					181				485						
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White, D	485	250	465	1200	Lyons, J	380	235	370	985	Open					
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Cressionni, D	500	360	515	1375	Broussard, D	225	225	400	850	(Thanks to Paul Fletcher for the results.)					
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242					275					YOUTH 11-12 RAW					
Reape, J	690	470	615	1775						KNIGHT	125	165	290		

TEAMS BENCH CHAMPS- EASTSIDE POWER TEAM IRONMAN CHAMPS-HAMMERS GYM, 2ND PLACE-HEALTHY TRENDS POWER TEAM *- WNPF AMERICAN RECORDS, BL- BEST LIFTERS THIS WAS THE FIRST TIME IN FITZGERALD FOR THE WNPF AND WE BELIEVE THIS MEET WILL GROW IN TIME. WE HAD 55 LIFTERS AND MOST OF THEM WERE FROM THE SOUTH GEORGIA AREA. WE HAD A FEW FROM THE ATLANTA AREA AND A FEW FROM FLORIDA. THANKS TO ALL THE PEOPLE THAT SUPPORTED THIS EVENT THE LIFTERS, SPECTATORS AND THE WNPF STAFF. WE'RE LOOKING TO COME BACK IN FEBRUARY AND WE HOPE TO SEE ALL OF YOU AGAIN. (Results by WNPF.)

**SLP Heath Clifton Memorial
20 MAR 04 - Paragould, AR**

BENCH PRESS	
master women	40-44C. Sorrentino 405
198	198
Vicky Dupuis	240* K. Garrett 450
(4th) 250*	220
teenage men 13-15	Jack Groves 605*
198	Terry Tucker 350
Collingsworth	195 308
teenage men 16-17	Carl Causin 500*
165	(4th)
Tommy Hall	260 515*
teenage men 18-19	DEADLIFT
275	master women 40-
D. Henson	300* 44
junior men	198
148	Vicky Dupuis 360*
E. Bricker	260* (4th) 375*
submaster men	teenage men 13-15
181	165
Doug Bryan	350* T. Wright 220
242	198
Randy Wright	450 Collingsworth 315
(4th)	475* submaster men
308	308
J. Crone, Jr.	395* J. Crone, Jr. 575*
master men 40-44	police & fire
220	275
D. Ray	295* B. McGlothlin 525*
(4th)	300* open men
242	198
Tim Hunt	330 K. Garrett 650*
master men 60-64	220
220	Terry Tucker 615*
Jim Turner	350* Jack Groves 600
police & fire	242
275	J. Schenck 475
B. McGlothlin	315* 2-man
(4th)	325* 275
open men	B. McGlothlin/
123	T. Tucker
A. Hrenchir	305* 1055*

* Son Light Power Arkansas state record.
 Best Deadlifter - KENNY GARRETT. Best Bench - JACK GROVES. The Son Light Power Health Clifton Memorial Bench Press/Deadlift Championship was held March 20, 2004 at Paragould Health &



Terry Tucker and John Crone, Jr. with a state record 1055 @ 275.

Fitness in Paragould, Arkansas. Thanks to owner Randy Wright and his staff for sponsoring this event once again. Thanks also to Heather and Randy Broadway for the set-up and to Billy Lamb, Glen Thomas and Randy Wright for loading and spotting. Patty Garrett took some great pictures of the meet while Kali Cox and Cassandra Dollars served as the "trophy girls". Everyone seemed to have a great time. In the bench press event Vicky Dupuis dropped down a weight class but moved up to the master division. Lifting in

just her second competition ever, Vicky won at 40-44/198, setting new Arkansas state records with every lift she took. Vicky finished with 240 before taking a fourth with a personal best 250. Tyler Collingsworth, lifting in his first meet, won at 13-15/198 with 195. Tommy Hall took the title at 16-17/165, making just his opener of 260. At 18-19/275 it was Derek Henson with his 300 opener for the win and a new state record there. Enoch Bricker moved up from the junior 132 class, where he is the state record holder,

for the win at 148. Having some problems with his shirt, Enoch had to settle with his opener of 260, still, another state record for him. In the submaster division it was Doug Bryan for the win at 181, finishing with 350. This broke Doug's own state record by 15 pounds. Randy Wright made 450 for his final attempt, then came back with a successful state record 475 fourth for the win at 242. John Crone, Jr. won at 308 with a new state record of 395. DuWayne Ray broke the state record twice at 40-44/220 with his 295 third and 300 pr fourth attempts. Tim Hunt won at 242 with 330. Our final master lifter was Jim Turner who won at 60-64/220 with a new state record of 350. In the police & fire division Bill McGlothlin won at 275 with his 315 third and 325 fourth attempts. Both were new Arkansas state records for that class. In the open division Andrew Hrenchir had a great day at 123, breaking his own state record there with 305! Andrew had placed second a last year's Bench America. Chris Sorrentino only got in his opener of 405 with his win at 181, but which was also a new personal best for him in a competition. At 198 it was Kenny Garrett, taking the win with his 450 opener. Training partner Jack Groves looked strong on this day with his 605 state record opener. A second attempt with 650 was coming up just as easy when it rolled out of Jack's hands and got away from the spotters. That's a lot of weight to fall on one's chest, but after a few minutes he shook it off, then passed on his third and waited to pull in the deadlift competition! Second place at 220 went to Terry Tucker who finished with a personal best 350. Then at 308 we saw another great lifter in Carl Causin. Lifting "raw" Carl finished with 500 before a great 515 pr fourth locked out. Both were new Arkansas state records for the class as well as a new national raw record there. The best lifter award went to Jack Groves who finished with a personal best 605. In the deadlift competition Vicky Dupuis continued her

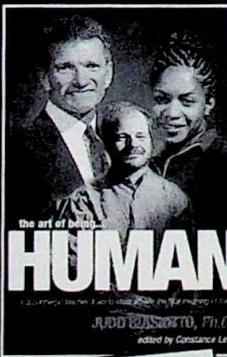


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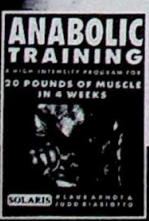
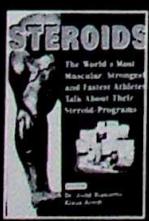
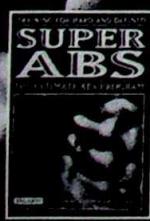
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winning ways, taking the 40-44/198 class with new state record pulls of 360 and a pr fourth with 375! Great job, girl! Tanner Wright got a new pr with his 220 pr pull at 13-15/165 while Tyler Collingsworth won his second title at 198 with 315. John Crone, Jr. finished out a great day of lifting with his second state record of the day at submaster 308, finishing with 575. Teamate Big Bill McGlothlin did the same with his pr and state record pull of 525 at police & fire/275. In the open division best lifter Kenny Garrett only got in his opener of 650, missing 700 twice. This was also a new state record for Kenny. At 220 it was Terry Tucker with a new state record of 615 over a "sore" Jack Groves, who pulled just his opener of 600. Terry wore the brightest and ugliest deadlift shoes of the meet (I'm still not sure what color they were), as he broke his own state record by 40 pounds! At 242 it was James Schenck with his opener of 475, just missing a pr 530 at the top. Then in the 2-man event John Crone, Jr. and Terry Tucker pulled a new Arkansas state record at 275 with 1055!. Thanks again to all the lifters, spectators and helpers who made this another successful event. See you all back here October 16 for the state championships! (Dr. Darrell Latch)

SLP Central Illinois Open BP & DL 23 NOV 03 - Hillsboro, IL

BENCH PRESS	master men	45-49
junior women	165	
123	J. Amsbury	305
Erica Haislar	160*	master men 50-54
master	198	
women 40-44	Bob Compton	365
165	(4th)	375
K. Kamlah	105	198
open women	M. Nichlos	335
123	master men	65-69
Angie Mizera	75	220
teenage men 13-15	Bernie Johnsey	300
148	master men	75-79
B. Moore	175	198
teenage men 18-19	T. L. Mackey	225*
181	police & fire/40-44	
Adam Gouge	260	308
198	Mike Lennix	320*
Jake Sherer	240	open men
242	148	
Dan Wood	300	Shane White
junior men	165	200
181	A. Abukhater	290
Blake McClean	310	198
Mike Grim	180	Bob Compton
198	(4th)	365
Matt Bell	345	242
(4th)	365	Ed Clark
198	275	585
Kyle Cress	285	Tilden Watson
(4th)	300	475
198	DEADLIFT	
teenage men 18-19	18-19	
G. Parquette	260	242
220	Dan Wood	475*
Ed Krotz	315	junior men
Aaron Ballard	305	181
242	Mike Grim	355
Andy Naves	375	(4th)
submaster men	198	380
275	G. Parquette	355
David Mizera	300	(4th)
BP - Best Lifter - ED CLARK.		370
* Son Light Power Illinois state record. The Son Light Power Central Illinois Open Bench Press/Deadlift Championship was held November 23, 2003 at Hillsboro Health & Fitness in Hillsboro, Illinois. Thanks to new owners David and Angie Mizera for hosting this event. In the bench press event state and national record holder Erica Haislar broke still another Illinois state record with her win at junior women's 123. Erica finished with 160 after giving 170 a try twice. At master women 40-44/165 it was first-time competitor Kathryn Kamlah, who finished with 105 and the win there. Angie Mizera won the open 123 class with 75, also lifting in her first meet. In the teenage division Brandon Moore won in his first competition with 175 at 13-15/148. In the 18-19 age group Adam Gouge won at 181 with a personal best 260. Jake Sherer finished with 240 at 198, this being his first competition also. Still another first timer was Dan Wood, who won at 242 with 300. We had a big group of junior lifters, starting with the 181 class. First		

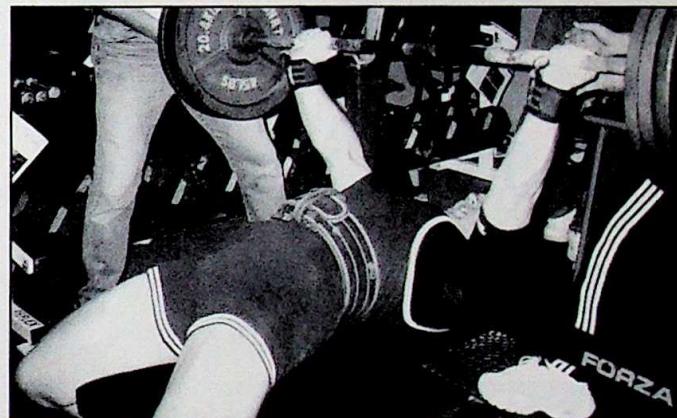
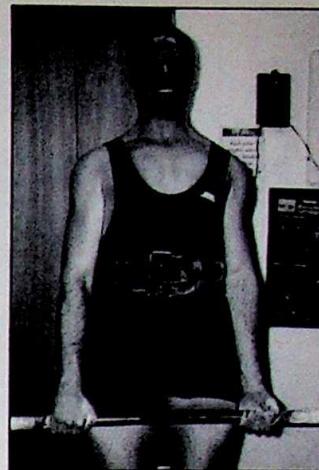
place there went to Blake McClean, who finished with 310. Second place at 181 went to Mike Grim with 180. Matt Bell won at 198 with a strong 365 after finishing with 345. Second place at 198 went to Kyle Cress who finished with 285, then came back with a successful fourth of 300. Gary Parquette took third place honors at 198 with 260. This was Gary's first competition. Ed Krotz won his first competition the first time out with his win at 220, finishing with 315.

Aaron Ballard was second at 220 with 305, also competing for the first time. Andy Naves, lifting in just his second competition, won at 242 with a personal best 375. In the submaster division David Mizera finished with 300 for the win there. James Amsbury got a new pr with his win at 45-49/165. James moved up a weight and age class, finishing with 305. Bob Compton took the 50-54/198 class with 365, lifting raw. A fourth with 375 was also good. Michael Nichlos was second at 198 with 335, making just his opener. Both men were competing for the first time. Bernie Johnsey won at 65-69/220 with a great 300 while seventy-eight year old Tom Mackey won at 75-79/198 with a new state record of 225. In the police & fire, master 40-44 division big Mike Lennix won at 308 with a new state record of 320. Shane White took the open 148 class with 190 before making 200 for a fourth. Ahmed Abukhater won at 165 with 290. Bob Compton won his second title of the day with his win at 198. Ed Clark was looking for 650 on this day, but things just didn't work out and he settled with his opener of 585. A final attempt with a personal best 610 was just out of the groove. Our final competitor in the bench was 275 winner Tilden Watson. This was his first competition and he did good, making his 475 opener, then missing at 485 and 500. But Tilden showed plenty of potential and will be near 550 soon, after he gets used to his new shirt. Of course, Tilden's real drawback is his two trainers, Kevin

Hahn and Charlie Martin. Just kidding, it was great to see Kevin and Charlie, who have been doing great in the WABDL. The best lifter award went to Ed Clark. In the deadlift competition Dan Wood won his second title of the day at 18-19/242 with a strong 475. A fourth with 500 almost locked out, stopping just at the top. Dan, who shows POTENTIAL, set the Illinois state record for his class. Mike Grim won his first title with his win at junior 181,

Best lifters Ed Clark and Erica Haislar (Photo Latch)

finishing with a personal best 380 final attempt. This was after his 355 third. Gary Parquette, also lifting in his first competition, won at junior 198 with 355, but came back with a fourth of 370 for a new pr. Thanks again to my son Joey and grandson Daniel for all their help and to Brian Carter for helping with the loading and spotting duties. We all had a great time and are looking forward to our next meet scheduled for February 29, 2004. Hope to see you there! (Results by Dr. D. Latch.)



Matt Bell with 365 @ junior/198 (Photograph by Dr. Darrell Latch)

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State or Province	Zip Code	Country	
Telephone	Date of Birth	Age	Sex
Pro _____ Am _____		Elite Am _____	

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BE HELD ON MARCH 21 IN PHILADELPHIA, PA. (Results by WNPF)

**WNPF American PL/BP/DL Nats
22 NOV 03 - Atlanta, GA**

Powerlifting SQ BP DL TOT

165 OPEN

JOHNSON 300 150 320 770

100 9-10 RAW

LUSTER 140 130* 210* 480*

181 OPEN

SESLER 198 40-49 RAW

FERENCE 380 300 500 1180

242 JUNIOR RAW

OLSEN 405 375 515 1295

275 JUNIOR RAW

NIESIELOWSKI 455 300 550 1305

40-49 RAW

TURLEY-BL 540 370 500 1410

BENCH

132 OPEN RAW

LUSTER 120* WATTS

OPEN RAW SUBS RAW

LUSTER 120 WATTS

165 440

17-19 RAW SHW

COOPER 115 OPEN

MEN BLANKENSHIP

100 450

9-10 RAW LUSTER

LUSTER 130* DEADLIFT

114 123

11-12 RAW 40-49 RAW

CURTIN 60 LEWIS

132 200*

11-12 RAW MEN

TOMS 95 114

165 11-12 RAW CURTIN

UNSWORTH 300 145

OPEN RAW 132

PORTER 225 11-12 RAW

50-59 RAW TOMS

WOOTEN 305* 210

181 198

17-19 RAW 40-49

WEBB 210 LANGENFELD

OPEN RAW 380

MOSES 280 OPEN

SUBS SMITH

MARTIN 415 520

198 SUBS

17-19 CURRY 300 520

40-49 50-59

LANGENFELD 255 RAINES-BL

40-49 RAW 600*

KAYES 305 POWERCURL

220 165

OPEN RAW OPEN

FRADY 380 CURTIN

LASITER 370 80

SUBS RAW 242

MITCHELL 385 OPEN

FRADY 380 MONROE

OPEN 200

MOORE 405 SHW

242 OPEN

OPEN RAW BLANKENSHIP

MURPHY 425 180

60-69 RAW SQUAT

SUMMERS 265 165

275 17-19 RAW

OPEN COOPER

CAWLEY 605 170*

40-49

CAWLEY-BL 605

*- WNPF AMERICAN RECORD, BL- BEST LIFTERS THIS WAS A GREAT SHOW AND MANY THANKS TO THE PEOPLE THAT HELPED US OUT. WADE JOHNSON FROM NASHVILLE CAME DOWN ALONG WITH TEE MEYERS FROM AUGUSTA. CARL SUMMERS LIFTED AND JUDGED MOST OF THE MEET. THANKS TO ALL THREE OF YOU FOR HELPING THE WNPF. JASON LUSTER PUT ON A SHOW IN THE 100 POUND CLASS, HE WEIGHED ALL OF 86 POUNDS AND BENCHED 130 LBS. AND DEADLIFTED 210 POUNDS. DENIS FERENCE A FORMER USAPL STATE CHAIRMAN LIFTED WELL ALSO. CHRIS AND STEVE, TWO OF THE

NICEST KIDS THAT I'VE EVER MET PUT ON AN OUTSTANDING PERFORMANCE FOR THEIR FIRST MEET. THEY BOTH SQUATTED VERY DEEP AND VERY STRONG. JOHN WOOTEN LIFTED WELL IN THE MASTERS 50-59 AND KENNY MARTIN WENT FOR THE SUBMASTER RECORD WITH A 440 ATTEMPT. WE HAD ANOTHER BATTLE IN THE 220 RAW DIVISION WITH MITCHELL, FRADY AND LASITER. THIS IS TURNING INTO A GOOD RIVALRY BETWEEN THESE THREE MEN. THEY ALL WENT THREE FOR THREE WITH MITCHELL WINNING FOR THE SECOND TIME THIS YEAR. DINA CURTIN ALMOST BECAME THE FIRST WOMAN TO CURL 100 POUNDS SHE CAME SO CLOSE WITH LOCKING OUT THE WEIGHT, MAYBE 2004, NO SHE WILL DO IT IN 2004. BUDDY CAWLEY PUT UP A 605 POUND BENCH AND ATTEMPTED 620 ON A THIRD. ADRIAN LUSTER WANTED TO BECOME THE SECOND MAN IN THE WNPF TO BENCH 800. HE OPENED WITH 765 AND MISSED IT AND THEN TRIED IT AGAIN. HE JUMPED TO 805 TO BREAK SHAWN LATTIMER'S RECORD. HE BROUGHT THE WEIGHT DOWN, GOT THE SIGNAL AND CAME ABOUT 4-5 INCHES FROM LOCKING IT OUT. LOOK FOR HIM TO HIT 800+ IN 2004. (THANKS TO USAPL FOR THE RESULTS.) (WNPF.)

**Southwest VII Natural Raw
26 OCT 03 - McMurray, PA**

BENCH RESULTS HEAVYWEIGHT

WOMENS LIGHT OPEN

P. LORENZI 100 J. MEDVAN 385

CAROL KOCH 100 DEADLIFT RESULT

B. DEPRETIS 80 WOMEN'S LIGHT

WOMEN'S HEAVY P. LORENZI 260

J. RHOADES 220 C. DEPRETIS 215

WOMEN'S MASTER N. DEFERRARI 205

P. LORENZI 100 WOMEN'S HEAVY

WOMENS J. RHOADES 355

GRANDMASTER RAVEN FORD 305

CAROL KOCH 100 T. PEMBERTON 300

TEEN LIGHT 13-16 WOMEN'S

JAKE CUCCIA 180 MASTERS

TEEN HEAVY 13-16 P. LORENZI 260

CHRIS DEEP 290 N. DEFERRARI 205

TEEN LIGHT 17-19 TEEN LIGHT 13-16

MATT MCCALE 310 JAKE CUCCIA 345

S.ANTOINETTE 190 TEEN HEAVY 13-16

TEEN HEAVY 17-19 PERRY BROWN 315

J. LEONARD 415 TEEN LIGHT 17-19

N. HILEMAN 350 S. ANTOINE 425

BENCH RESULTS TEEN HEAVY 17-19

WOMEN'S LIGHT N. HILEMAN 550

P. LORENZI 100 MATT BOVA 425

CAROL KOCH 100 MEN'S MASTERS

B. DEPRETIS 80 TIM BABLE 400

WOMEN'S HEAVY C. BEDNAR 425

J. RHOADES 220 148 OPEN

WOMEN'S MASTER R. NEUROHR 475

LORENZI 100 S.ANTOINETTE 425

WOMENS CHRIS TARR 400

GRANDMASTER 165 OPEN

CAROL KOCH 100 MIKE HART 575

TEEN LIGHT 13-16 JAKE CUCCIA 345

JAKE CUCCIA 180 181 OPEN

TEEN HEAVY 13-16 MIKE BOVA 425

CHRIS DEEP 290 198 OPEN

TEEN LIGHT 17-19 R. DICKSON 540

MATT MCCALE 310 DAVID FUCHS 515

S.ANTOINETTE 190 JASON SMITH 450

TEEN HEAVY 17-19 220 OPEN

J. LEONARD 415 SIMANOVICH 540

N. HILEMAN 350 242 OPEN

242 OPEN GREG OLIVER 605

S. PALUKA 415 D.J. PETRELLII 600

MIKE LINDSAY 420 S. PALUKA 575

R. HENNINGS 390 275 OPEN

275 OPEN TREVIT SMITH 635

LARRY BONDE 365 HEAVYWEIGHT

DAVE HARDIC 350 MARKBRODY 525

F. GALLAGHER 320 J. MEDVAN 500

Everything was smooth and very well run as usual! Special thanks to - JoAnn & Carl Bruno and Mom which we couldn't do without. My Mom and Dad - great cooking. Lisa - great cooking. Leo - great announcing. Don - Mike - Roger - Doug - Weshi. (Siwiak)



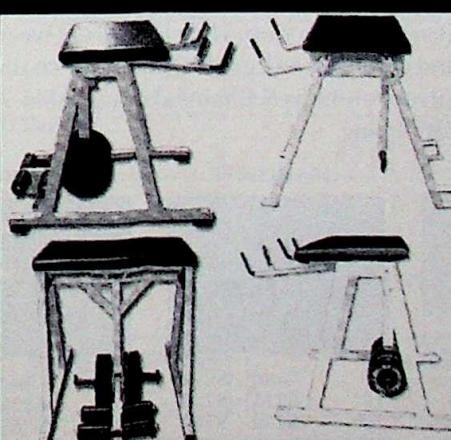
David Knight with The Road Warriors at a meet honoring Michael "Hawk" Hegstrand, 1/2 of the greatest tag team in the history of pro wrestling.

tag team in the history of professional wrestling, The Road Warriors. Hawk passed away on 10/19/03, at age 45. He was never too busy to sign autographs or take pictures with his fans, he'll be missed. Wrist wraps and chalk were the only equipment allowed at this meet. Tony Knight, 14 years old and weighing 188 lbs. bwt, benched a PR 275 lbs. raw. Not bad, considering Tony has been busy playing fulltime High School football for Galt HS. Tony is the starting tackle on the defense and offense, playing both ways throughout the entire (winning) season, that's a true IRONMAN! Another 14 year old, big Evan Meyerick, weighing in at 260 lbs. bwt, benched a PR 185. Evan has just started weight training, and is also a big asset to the Galt HS football team offensive line. Nito Gomez, 39 years old, weighed in at 230 lbs. bwt, and benched a big 350 lbs. Nito has been bodybuilding and doing well, in many competitions throughout the state of California. Nito normally doesn't bench press in training, relying on incline presses only. During the warm-ups, you could hear "Ohhhhhh What a Rush!!!" coming from the 45 year old, 265 lb. competitor, Mike Knight, as he held 405 lbs. on his chest, before he pushed it to lockout like an empty bar. Later, Mike went out and benched a big 500 raw @ 265 bwt., drug-free. David Knight, 7 years old, performed his favorite exercise, the Deadlift. Big Dave weighed in at 88 lbs. bwt, and deadlifted a PR 115! In the open and masters division, 44 year old, Darryl Skeva was back on the platform and deadlifted a huge 600 @ 242 bwt. to close the show. There was an "open" invitation to some lifters in the bay area, but they were obviously too busy to compete in this "raw" contest. I'd like to thank the 3 judges, Joe Weiss, Bob Morris, and Kurt Heath. And also thanks to the spotters and loaders that made the meet possible, Richard, Joey, and Tim. Thank you to Powerlifting USA Magazine. (Kurt Heath)

*-Personal Record. On Saturday, November 15, 2003, The "Ohhhhhh...What A Rush!" Bench Press/Deadlift Classic took place at the Dungeon Gym, in Galt, CA. This meet was held in memory of Michael "Hawk" Hegstrand, 1/2 of the greatest

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Standard Hyper \$825.00*

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Patent #5356359

WESTSIDE BARBELL

3884 Larchmere Drive Grove City, Oh 43123

PHONE (614) 801-2060

USAPL Mississippi State 23 AUG 03 - Gulfport, MS					
123 lb.	SQ	BP	DL	TOT	
Teen (14-15)					
Knute Douglas	245	110	235	590	
148 lb.					
Masters (50-54)					
Rich Blaumuller	200	155	235	590	
165 lb.					
Masters (50-54)					
Alan Sheen	185	175	315	675	
Open Ladies					
Annette Hughey		235	115	330	
650					
181 lb.					
Masters (40-44)					
Jessie Robles	475	335	520	1330	
Junior Men					
Josh Hahn	500	270	470	1240	
Teen (16-17)					
Kevin Patrick	—	—	—	—	
Open					
Mike Casano	490	370	515	1325	
198 lb.					
Adrian Serio	655	340	605	1600	
R. Franklin	530	395	515	1440	
John Vining	410	455	500	1325	
Masters (60-64)					
Victor Bazzzone	355	250	460	1065	
Masters (55-59)					
Jim Wold	395	300	500	1195	
220 lb.					
Masters (40-44)					
Jeff Wall	360	250	350	960	
242 lb.					
Byron Nichols	570	505	525	1580	
B. Peterson	575	400	560	1535	
275 lb.					
Ceser White	600	375	550	1525	
319 lb.					
Paul Fletcher	805	490	725	2020	
Tyron Barber	605	375	600	1580	
Masters (40-44)					
Paul Fletcher	805	490	725	2020	
Masters (45-49)					
Robert Smith	580	405	535	1545	
BP only		R. Naylor	520		
Ladies					
Open					
148 lb.		Byron Nichols	505		
Sonya Duncan	145	275 lb.			
181 lb.					
Christi Smith	165	Tom Sullivan	450		
Men					
165 lb.		Masters (60-64)			
Sid Sison	385				
Teen (18-19)					
F. Burnette	300	Tom Sullivan	450		
Teen (14-15)					
Cody Anderson	130	319 lb.			
198 lb.					
Junior					
Rich Franklin	395				
220 lb.					
Lee Benton	350				
242 lb.					
Submasters					

(Thanks to USAPL for providing results.)

USAPL Maryland State (kg) 15 NOV 03 - Annapolis, MD					
Female	SQ	BP	DL	TOT	
97					
collegiate					
Abby Shields		72.5	37.5	90	200
114					
teen 16-17					
J. Stewart		97.5	60	122.5	280
collegiate					
Nicole Nguyen		87.5	47.5	92.5	
227.5					
master (45-49)					
Kathi Multart					
123					
collegiate					
Jennifer Bloom		92.5	60	105	
257.5					
Lisa Dugan		90	60	127.5	
277.5					
Monica Perez		75	40	110	225
1321bs					
collegiate					
Nissa Carlson		87.5	50	107.5	245
D. Castellano		60	40	105	205
open/guest					
Judy Drenth		112.5	65	152.5	330
master (45-49)/guest					
Judy Drenth		112.5	65	152.5	330
148					
teen 16-17					
Rebecca Myers		130	65	127.5	
322.5					
collegiate					
S. Harmon		125	77.5	132.5	335
L. Windham		110	72.5	125	
307.5					
collegiate					
Patsy Pederson		97.5	52.5	122.5	
272.5					
Lisa Laughlin					
165					
collegiate					
Dara Ching		137.5	100	142.5	380
master (55-59)					
Marsha Serre		75	45	110	230
181					
collegiate					
P. Giddings		132.5	80	157.5	370
L. Goldenberg		125	65	135	325
master					
S. Washington		70	62.5	110	
242.5					
123					
collegiate					
Miles Nash		117.5	90	155	
362.5					
Paul Ortiz		95	77.5	115	287.5
J. Navarre		75	85	122.5	282.5
148					
T. DiRenzo		155	112.5	200	467.5
William Lee		162.5	100	172.5	435
Matt Frederick		160	105	170	435
Aaron Walz		127.5	87.5	145	360
Chris Munguia		117.5	85	140	342.5
open/guest lifter					
S. Hunter		170	112.5	185	467.5
148					
teen 18-19					
Matt Panizan		162.5	80	195	437.5
collegiate					
Michael Dyer		190	137.5	200	527.5
Masey Wolfe		187.5	122.5	192.5	502.5
Anthony Sisti		192.5	117.5	192.5	502.5
open					
Victor Aybar		75	130	205	410
165					
teen 16-17					
Josh Poplawski		162.5	117.5	182.5	462.5
teen 18-19					
William Lubeck		217.5	160	265	642.5
collegiate					
Stoney Portis		207.5	157.5	230	595
Joshua Leone		200	140	220	560
Mitch Fury		197.5	132.5	202.5	532.5
Gilberto Nieves		175.5	123.5	232.5	525
Mark Barnes		187.5	115	187.5	490
Erik McElvenny		150	112.5	172.5	435
open					
William Lubeck		217.5	160	265	642.5
master (75-79)					
L. Atkinson		75	60	122.5	257.5
181 lbs					
youth (11-13)					
Peter Collins		60	35	70	165
teen 16-17					
Josh Halbert		145	97.5	180	422.5
junior 20-23					
Eric Billings		195	140	190	525
collegiate					
Jason Bowers		235	145	240	620
Joe Mroszczyk		200	150	230	580
William Finney		185	130	227.5	542.5
C.M. Zwicker		190	150	195	535
Cody Clark		197.5	137.5	200	535
open					
Ty Wagerle		215	167.5	245	627.5
master (65-69)					
Jay R. Katzman		160	110	182.5	452.5
198 lbs					
collegiate					
Derek Curry		217.5	165	260	642.5
Lonnie Story		205	160	230	595
Mitch Newton		200	145	232.5	577.5
J. Gazarek		192.5	155	222.5	570
Thomas Irwin		195	167.5	205	567.5
open					
Joe Russo		245	182.5	257.5	685

Death Squat Posters

19"x29" Full Color

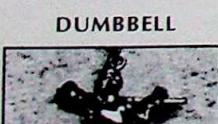
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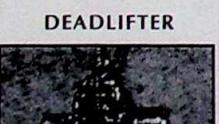
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DUMBBELL



Gold	Silver
18"	\$115
20"	\$125
Pendant	\$70
	\$50

DEADLIFTER



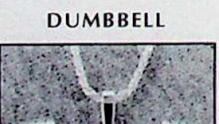
Gold	Silver
18"	\$215
20"	\$230
Pendant	\$165
	\$90

BENCHPRESSER



Gold	Silver
18"	\$250
20"	\$265
Pendant	\$200
	\$100

DUMBBELL

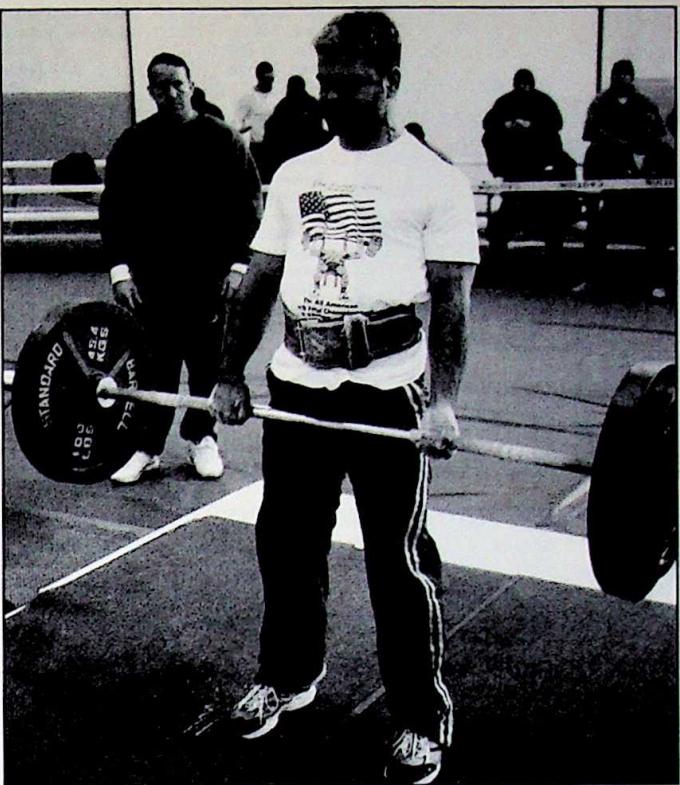


Gold	Silver
18"	\$245
20"	\$260
Pendant	\$195
	\$95

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Ron Robinson	267.5	152.5	255	675
David Cheno	192.5	130	222.5	545
Dennis Reamy	157.5	90	187.5	435
William T Lubeck master (45-49)				
William T Lubeck master (50-54)				
Peter Driscoll	192.5	125	205	522.5
master (60-64)				
Dennis Reamy	157.5	90	187.5	435
220lbs collegiate				
Fred Fields	240	150	260	650
collegiate				
James Heely	222.5	145	255	
622.5 Garrett Houk	205	152.5	182.5	540
collegiate				
Dylan Ludka	175	130	227.5	
532.5 open				
Matt Gary	260	172.5	290	
722.5 M. Hallman	237.5	165	250	
652.5 M. Guizzotti	237.5	165	247.5	650
242 Joe Hirsch	282.5	197.5	277.5	
757.5 open				
Lloyd Harrod	192.5	127.5	192.5	
512.5 master (55-59)				
Lloyd Harrod	192.5	127.5	192.5	
512.5 275 lbs collegiate				
Adam Smoot	245	172.5	267.5	685
Tuchscherer	227.5	160	227.5	615
Steven Schmitt open/guest lifter				
Kurt Roberts	215	140	207.5	
562.5 Meet was held at the United States Naval Academy, November 15. The Maryland State Meet was held in conjunction with the Military Academy Tri-Meet which is an excellent showcase of some of America's best and brightest young lifters. We were fortunate to have one of the very best crews I have ever seen outside of a National Meet. Thanks to my better half Caryn for getting so much done. You are the best! Thanks also to Rob "SuperRei" Panizzi, Marsha Serre, Mike Sichelman, Steve Mann, Kelly Jones, Brandon Carter, The Fabulous Panizzi Parents, and the unbelievable Academy kids that spotted, loaded, and ran the overhead, as well as set-up and broke down the meet. If you see another meet being held at the Annapolis Academy, give it a go, to see these kids in action. Men's Best Lifter: William Lubeck. Men's Best Lifter (Master): Jay Katzman. (Thanks to USAPL for providing results.)				



Jeff "Wink" Wincovertch achieved a total of 690@ 165 at the SCI Retreat Push-Pull competition held Nov. 8 in Retreat, PA. (The Power Gym)

K. Crumedy	480	300	510	1290	Hodgins	405	207	515	1190
Tryus Allen	610	280	485	1375	Stanford	315	210	445	970
W. Amayas	475	315	500	1290		180			
275 lb. Collegiate					McDonald	315	235	410	960
Mike Drab	425	265	440	1130		200			
SHW Collegiate					Sykes	250	300	505	1055
David Lockett	600	310	500	1410	McBriar	135	225	365	725
Master (40-49)					Southern	315			315
Michael Ringer	650	350	650	1650		229			
(Thanks to USAPL for providing results.)					Fox	650	350	575	1575
HCF Iron Man					Jackson	465	255	520	1240
20 SEP 03 - Kinchelow, MI					Lassiter	365	245	475	1085
Powerlifting	SQ	BP	DL	TOT	Lindstrom	515	305	555	1375
160					40+ 160				

Pitts	230	275	335	840
Arndt	135	115	265	515
220				
Johnson	500	305	565	1370
Shattuck	340	270	475	1085
Holubik	250	150	200	600
229				
Gray	495	315	510	1320
Cole	225	255	345	825
230+				
Moomey	475	345	540	1360
Neson	280	245	315	840

(Thanks to Russell Fox for these results.)

SCI RETREAT PUSH-PULL COMPETITION

08 NOV 03 - Retreat, PA

Push-Pull	BP	DL	TOT
-----------	----	----	-----

148			
Vaughn Parker	215	340	555
Robert Henderson	155	335	490
165			
Dominick Serratore	340	530	870
Kenyon Williams	245	525	770
Jeffery Wincovertch	300	390	690
Ricardo Owens	275	400	675
181			
Carey Thomas	250	455	705
Chris Swartzfager	230	440	670
198			
Philip Mosely	335	515	840
220			
Kevin Smith	285	600	885
Edward Johnson	245	570	815
Robert Davidson	295	470	765
242			
James Freeman	385	580	965
Bill Grippo	425	505	930
Dennis Bechtel	275	450	725
Mark Magnin	295	430	725
255			
Chris Turel	375	535	910
Thomas Long	320	570	890
Daniel Christensen	305	495	800
16 lifters participated from the Retreat population and three lifters represented Power Gym, Inc. All of the weight classes represented were extremely competitive. The Activities Department would like to thank all of the inmates who participated and helped with the operation of the meet. Special thanks also goes out to the Security and Culinary Staffs for their help throughout the meet. The Power Gym thanks Mr. Salerno and all of the great lifters. Judges: Vito Moceynas, Joe Moceynas, Dan Mozeleski, Bob Granko. (Thanks to EG Salerno, Activities Manager, for results.)			

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REGISTRATION NUMBER				
E-MAIL ADDRESS				
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		SIGNATURE X		

USAPL American Open
29,30 NOV 03 - Philadelphia PA

Women	SQ	BP	DL	TOT
44 kg Open				
D. Aliminosa	85.0	45.0	115.0	245.0
Masters II (50-59)				
D. Aliminosa	85.0	45.0	115.0	245.0
48 kg.				
Masters (70+)				
Andora Quimby—	25.0	—	25.0	
60 kg.				
High School Varsity				
Amy Welcome	100.0	42.5	125.0	267.5
Open				
Nona Hill	67.5	52.5	102.5	222.5
67.5 kg				
High School Varsity				
A. Whited	130.0	65.0	145.0	340.0
Teen III (18-19)				
A. Whited	130.0	65.0	145.0	340.0
Masters I (40-49)				
Kathleen Jones	82.5	95.0	115.0	292.5
P/F/M				
Kathleen Jones	82.5	95.0	115.0	292.5
75 kg.				
Master I (40-49)				
Terri Smith	45.0	57.5	90.0	192.5
82.5 kg				
High School Varsity				
Candice Box	110.0	60.0	112.5	282.5
Men				
56 kg.				
Guest				
Mike Kuhns	212.5	137.5	152.5	502.5
60 kg.				
Guest				
Allen Whigham	230.0	127.5	232.5	590.0
Open				
Jim Karvano	162.5	97.5	182.5	442.5
High School Varsity				
Patrick Doyle	160.0	77.5	170.0	407.5
Master I (40-49)				
Jim Karvano	162.5	97.5	182.5	442.5
67.5 kg.				
Open				
Brian Davidson	145.0	92.5	155.0	392.5
Junior (20-23)				
Brian Davidson	145.0	92.5	155.0	392.5
75 kg.				

	Mike Cagliola	242.5	182.5	217.5	624.5	Joe Nealis	175.0	160.0	220.0	555.0	4th	100	52.5					
Phillip Wells	210.0	147.5	240.0	597.5	John Fox	152.5	125.0	165.0	442.5	Youth (12-13)								
BJ Ahmadzadeh—	—	—	—	Masters (70+)	John Dorylis	—	—	100.0	100.0	88								
Guest				Lance Kirchner	227.5	227.5	227.5	682.5	100 kg.	A. Harris	75	37.5	70	182.5				
Teen III (18-19)				Brian Karpinski	192.5	132.5	195.0	520.0	227.5	Caitlin Miller	122.5	57.5	127.5	307.5				
University				BJ Ahmadzadeh—	—	—	—	Matthew Burt	177.5	97.5	200.0	475.0	60					
Master II (50-59)				Peter Hubbard	32.5	113.0	92.5	173.5	Junior (20-23)	Teenage (16-17)								
Anthony Joseph	230.0	170.0	250.0	650.0	Rueben Green	240.0	147.5	262.5	650.0	G. McCauley	235.0	145.0	210.0	590.0				
Ruben Green	240.0	147.5	262.5	650.0	P/F/M	James Nolan	135.0	92.5	177.5	405.0	Jim Nicolosi	262.5	165.0	227.5	655.0			
22.5 kg.				Teen (18-19)	Robert Schodle	185.0	115.0	205.0	505.0	Ward Benson	—	—	—	Matthew Burt	177.5	97.5	200.0	475.0
University				Ward Benson —	—	—	—	Junior (20-23)	Carly Nogle	157.5	70	182.5	410					
Master III (60-69)				Master II (50-59)	Eric Katz	260.0	205.0	270.0	735.0	G. McCauley	235.0	145.0	210.0	590.0				
Jay Katzman	162.5	110.0	185.0	457.5	Bill Schmidt	262.5	182.5	282.5	727.5	Rob Eckhart	215.0	200.0	245.0	660.0				
90 kg.				DJ Baker	275.0	132.5	262.5	670.0	David Cooper	—	—	—	David Cooper —	—	—	—	—	
Eric Katz	260.0	205.0	270.0	735.0	S. McDermott	190.0	167.5	165.0	522.5	Teen III (18-19)	Brooke Laing	40	27.5	55	122.5'			
Bill Schmidt	262.5	182.5	282.5	727.5	Masters I (40-49)	Joe Kekoaunui	185.0	112.5	235.0	532.5	4th	30						
DJ Baker	275.0	132.5	262.5	670.0	Saul Michelson	—	—	—	105	Kids (10-11)								
Jerry Daly	250.0	147.5	265.0	662.5	125 kg.	Deron Rogers	320.0	190.0	335.0	845.0	Kids (10-11)							
Mike Barcelone	245.0	182.5	230.0	657.5	Mike Feldman	205.0	130.0	215.0	550.0	Randall Olinger	245.0	145.0	255.0	645.0				
Eliot Feldman	205.0	130.0	215.0	550.0	William Lubbeck	160.0	137.5	220.0	517.5	Sumo Rack	1/2 Adjustment							
William Lubbeck	160.0	137.5	220.0	517.5	Joe Matteo	285.0	—	—	125+ kg.	Pictured with Full Beam								
125 kg.				Guest				Luis Valez	295.0	182.5	227.5	705.0	Safety Power Hook					
Mike Mastream	320.0	190.0	310.0	820.0	Mike Mastream	320.0	190.0	310.0	Junior (20-23)	Custom Sizing Available								
High School Varsity				High School Varsity	185.0													
James Pinto	185.0	140.0	215.0	540.0	112.5	112.5	187.5	Luis Valez	295.0	182.5	227.5	705.0						
Howard Wilk	—	—	—	James Pinto	185.0	140.0	215.0	540.0	AAU Junior Olympics (kg)									
Masters II (50-59)				Howard Wilk —	—	—	—	William Lubbeck	160.0	137.5	220.0	517.5						
77 kg.								26,27 JUL 03 - Detroit, MI										
Sean Olinger	85	50	90	235				WOMEN	SQ	BP	DL	TOT						
148								Kids (10-11)										
Michael Oxier	102.5	60	125	287.5				77	Kendra Miller	95	50	90	235					

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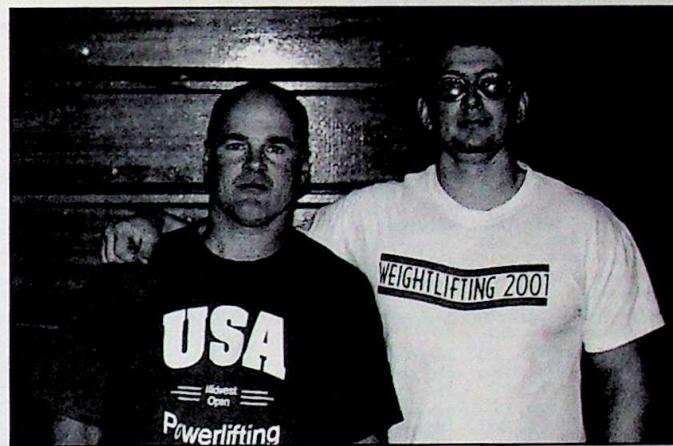
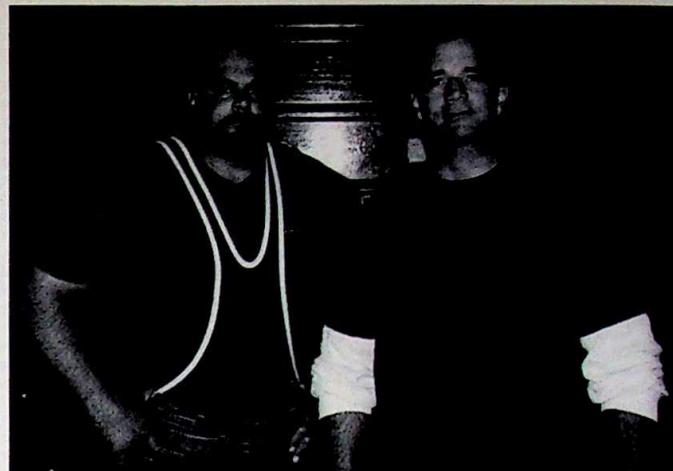
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165				
Junior (20-23)				
T. Hunter	92.5	87.5	162.5	342.5
4th			165	
Teenage (16-17)				
L. Paxos	147.5	95	190	432.5
Chris Balance	150	92.5	187.5	430
181				
Kids (10-11)				
Peter Collins	62.5	35	62.5	160
4th	65		70	
Teenage (16-17)				
Jared Shope	152.5	100	197.5	450
198				
Junior (20-23)				
Hollingsworth	160	120	200	480
Youth (12-13)				
A. Hargette	125	67.5	142.5	335
4th		145		
242				
Teenage (16-17)				
B. Switzer	215	142.5	220	577.5
Junior				
181				
Teenage (16-17)				
A. Crappel		140		140
319				
Youth (12-13)				
Karl Tobin		110		110
Junior				
66				
Kids (10-11)				
M. Cavallaris	57.5	42.5	80	180
97				
Kids (10-11)				
Jared Fleming	80	47.5	97.5	225
4th	85			
97				
Kids (10-11)				
Chris Stump	57.5	30	70	157.5
132				
Kids (10-11)				
Sean Olinger	85	50	112.5	247.5
4th	97.5			
148				
Youth (12-13)				
Michael Oxier	102.5	60	125	287.5
165				
Junior (20-23)				
T. Hunter	92.5	87.5	162.5	342.5
4th		165		
Teenage (16-17)				
L. Paxos	147.5	95	190	432.5
Chris Balance	150	92.5	187.5	430
181				
Kids (10-11)				
Peter Collins	62.5	35	62.5	160
4th	65		70	
Teenage (16-17)				
Jared Shope	152.5	100	197.5	450
198				
Junior (20-23)				
Hollingsworth	160	120	200	480
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242				
Teenage (16-17)				
B. Switzer	215	142.5	220	577.5
(Thanks to Steve Wood for these results.)				

SHW				
C. Lund				
402*	236*	374*		
1014*				
60-64				
198				
B. Helmick				
451	303	473	1229	
Men's BP				
Open				
165				
R. Nanez				
347				
198				
G. Bishop				
385				
M 60-64				
181				
G. Molina				
248				
(Thanks to USAPL for providing results.)				



Pat Wilcox, Charlie Driscoll (l-r top); Bob Leazer, Bill Maynard (l-r below), lifting partners and champions at the Midwest Open. (Hammes)

Notable achievements at the Midwest Open included double bodyweight benches by Robert Hawthorne and Scott Hanschiklt. Debra Chambers pushed up a nice 140 in women's master division. Dustin Hutcheson had the biggest teen bench. Roger Hennigar put up a strong 350 at 181. Teamates Bob Leaza and Bill Maynard looked strong winning 165 and 198. John Anderson put up a fire 465 at 242 with Mark Hennessey tops in master 242 with 440. Jeff Leech had big bench of the meet with 530. Longtime lifter Cozy Cozine

looked strong with a 440 in 275 masters. Claire Dirks had a good day deadlifting with a 3 for 3 day and a 260 pull. Jared Barns is a strong teenager with his 455. Tom Anderson went 3 for 3 with a top pull of 565. Pat Wilcox had the biggest deadlift of the meet with a 600. Thank you to all of the people who made this meet a success. Our next meet is the Iowa State Championship bench press or deadlift April 3, 2004. Call Wayne Hammes a (641) 673-5240 for details or next information. (Thanks to Iowa/Midwest Open Weightlifting results.)

USAPL Arizona State				
6 DEC 03 - Tucson, AZ				
Women	SQ	BP	DL	TOT
123	45-49/Open			
J. Froeschle	225*	132*	253*	617*
165				
Rebekah Lair	259	159	297	716
Women's BP				
SHW				
K. VanHorne			220	
Men				
T 16-17				
165				
C. Sineath	385	264	396	1047
Open				
132				
J. Bissen	424a	209*	418	
1052*				
181				
M. Brown	507	297	507	1311
242				
B. Evans	562	341	600	1504
Master 45-49				
132				
J. Bissen	424a	209*	418	
1052*				
55-59				
198				
M. Konenko	352*	253*	424*	
1030*				

APPLICATION FOR REGISTRATION

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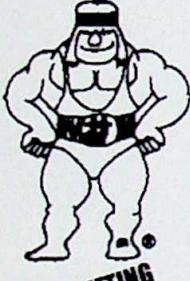
First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	
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YMCA Snake Meet (kg)				
16,17 AUG 03 - Idaho Falls, ID				
Bench	N.Gomez	147.5		
Men 16-17 yrs	Submaster	198		
B.Biddulph	T.Gomez	192.5		
Men 16-17 181	Submaster Supers			
S.Larson	K. Kimzey	185		
Men Junior 148	Masters 40-44			
Jamy vdYkell 115	132			
Men Junior 181	V.Nakamura	92.5		
Noe Gomez 147.5!	Masters 40-44			
Men Junior 220	220			
Rob Baker 140	J. Hernandez	200		
Men Novice 181	Masters 45-49			
Noe Gomez 147.5!	181			
Men Open 123	D.Clayton	167.5!		
Phillip Gilpin 92.5!	B.Baker	157.5		
Men Open 132	Masters 45-49			
V. Nakamura 92.5!	242			
Men Open 165	D.Wolf	152.5		
J.Anest	Men Masters	50-54		
Men Open 181	275			
J. Cunningham 196!	S.Anderson	185		
D.Lenius	172.5	Men Masters	Supers	
P.Wallace	81.4	P.Herdit	175!	
Men Open 198	Deadlift:			
Kevin Coombs 212.5	Men Youth 8 yrs			
Men Open 220	C.Palmer	23.8		
C.Shovar BL 250!	Men Open 181			
J.Hernandez	M.Willis	205		
Men Open 242	J.Cunningham	137.5		
D.Wolf	152.5	Men Open 198		
Men Supers	K.Coombs	255		
G.Pearce	192.5	Men Supers		
R.Jenks	182.5	G.Pearce	327.5	
Submasters	Men Submaster			
148 F.Ramirez	148			
Submasters I	F.Ramirez			
J.Anest	Men Submaster			
Submasters 181	181			
J.Cunningham 196!	J.Cunningham	137.5		
D.Lenius	172.5			
S.R.Powerlifter:				
Men Youth 3 yrs				
H.Hughes	4	2.7	8.6	15.3
Men Youth 5 yrs				
B.Waters	8.6	10	16.3	34.9
H.Hughes	6.3	6.3	14.5	27.1
Female Youth 6 yrs				
D.Lee	8.6	8.6	10	27.2
Men Youth 8 yrs				
J.Waters	11.3	12.5	16.3	40.1
Men Youth 10 yrs				
Z.Shovar	23.8	12.5	31.8	68.1
Men Youth 11 yrs				
Z.Waters	14.5	14.5	22.7	51.7
Men 13-15 132				
M.Early	52.5			
Men 16-17 148				
B.Keller	140!	a105	162.5	407.5
Men 16-17 275				
Z.Parter	202.5!	117.5	245	565
Men 18-19 148				
K.Grover	165!	112.5	180	457.5
Men Novice 198				
C.Hight	182.5	142.5	210	535
Men Open 148				
K.Grover	165	112.5	180	457.5
Men Open 165				
B.Phillips	195	127.5	190	512.5
Men Open 242				
D.Younger	245	157.5	250	652.5
Men Supers				
G.Pearce BL	365	192.5	327.5	885
Submasters 220				
P.Turner	205	147.5	205	557.5
Masters 45-49 148				
J.Heeding	200	110	192.5	502.5
AAPF Powerlift:				
Women 13-15yrs 132				
K.Fairchild	130!	67.5!	137.5!	335
Men Open 181				
J.Cunningham	132.5	196!	137.5	465
Men Open 198				
J.Barrett	182.5	130	220	532.5
Men Open 220				
S.Mecham	242.5	195	245	682.5
Men Open 275				
M.Godoy BL	305	205	275	785
S.Palmer	265	227.5	255	747.5
Men Masters 45-49 181				
B.Baker	182.5	157.5	205	545
Men Masters 50-54				
S.Anderson	280	185	227.5	692.5
APF Powerlift:				
Women 40-44 181				
K.Packer	195	85	162.5	442.5
Men Junior 220				
T.Orwoll	255	172.5	242.5	670
Men Open 275				
J.Garza	257.5	190	260	707.5

Open Supers
G.Pearce BL 365 192.5 227.5 785
Men 55-59
Bob Packer 227.5 115
(1) Snake River State Record. (*) AAPF record. (BL)- Best lifter. 5 AAPF and 18 Snake River state records were set or broke at the 14th bi-annual YMCA Snake River Championships. This is a rebuilding time for our meet, but that's typical of regional meets. Lifters come for a few years, get stronger, and move on to test their power in national and world meets. The 14 yr old lightweight Kaila Fairchild quickly got the crowd's attention with her phenomenal lifting on Saturday! Opening squat, 253 lbs, perfect! Second attempt, 270 lbs, perfect! Then right to a fourth AAPF record, 286 lbs., perfect! Kaila came with a mission, and she looked flawless (the crowd needed a break after what they had awoken to on another blue sky day on the Snake River). She when on to bench 148 lbs and deadlift 303 lbs for records as well. She is undoubtedly the

strongest Idaho 14 yr old powerlifter ever! (Let me know if you know different!) Jim Heeding made surprise re-appearance to the championships. Jim broke all the AAPF records about 2 yrs ago and took a break. Some of Jim's pre-existing records still stand. Jim went 440-242-424 in the Masters 148 for Best Lifter awards. The 440 squat was a state record. Jim Cunningham lifted at 181 lbs, and had a muscle pull and you could see the pain in his face when squatting and deadlifting. Needless to say it didn't go as planned! He broke Allen Berry's long standing 429 lb. Open record bench record with his 431 lb. lift, setting an AAPF record. Allen's promoting strongman contests in Spokane, WA. Hope he will pay us a "long overdue" visit and try and regain his record! Mark Earley broke the squat record in the 13-15 yr teen 13.2 class. Brian Keller set the squat record in the 16-17yr 148 lbs with 308 lbs. Zach Parter (Baker Power, Salmon, Id.) squatted 446 lbs. in the 275s for a record. Kris Grover (Baker Power Team) in the 18-19 148 hit

363 lbs for a record in the Teen and Novice divisions as well. Novice lifter Brian Keller broke the Novice 165 record with a nice 429 lb squat. "Everybody Loves to Bench", and Kris Grover's 330 lb. bench broke the teen state record. If Kris stays in the 148s, he will continue to break records! Of course, we know all teens want to do is "grow, and pump up!" Ha! Ha! Local Bonnville High School student Scott Larson broke the 16-17 181 record with a 264 lb. bench. Noel Gomez (Nampa, ID) came with the John Hernandez Bench Team, so records were probably planned! Noel's 325 lb. bench broke the Novice state record. Vance Nakamura increased the Open 132 record to 203 lbs. Vance also broke the submaster record as well. Doug Clayton (Rock Springs,Wy.) is recovering from a back injury and couldn't powerlift, but broke the Masters record with his 369 lb. bench. Simplot's Peter Herdt broke a Masters bench record with a 385 lb lift. After bench it was time for the entertaining "Pee Wees" competition. There were eight competitors in the parent supervised, just



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for fun, Pee Wee Division (less than 12 yrs). For the first time most all the kids were in the powerlifts. New to the competition were: Dakota Lee, Jacob Waters, Zach Waters, and Brandon Waters. Chance Palmer, Holten and Hayden Hughes were the veterans of the kid's power meet. Kris Grover pulled a nice 396 lb. deadlift and was best teen power lifter. Bob Baker (Baker Power Team) took best AAPF lifter of the day. Kaila Fairchild was best female lifter of the day. Kim Packer (Fresno, Ca.) made a 429 lb squat - good practice for the world meet in Calgary, Canada. The Sunday lifting was for 198 lbs. and up. Greg Pearce (+308) was best lifter in the Snake River and the APF competition lifting: 804-424-722. Greg squatted 843 lbs on his third attempt, but he missed the squat command, so lift was no good. Greg has his sights set on a 900 squat and an 800 deadlift in next year, and when he hits those numbers he will be lifting to his potential! Donald Younger was runner-up for best lifter lifting 540-347-551 in the

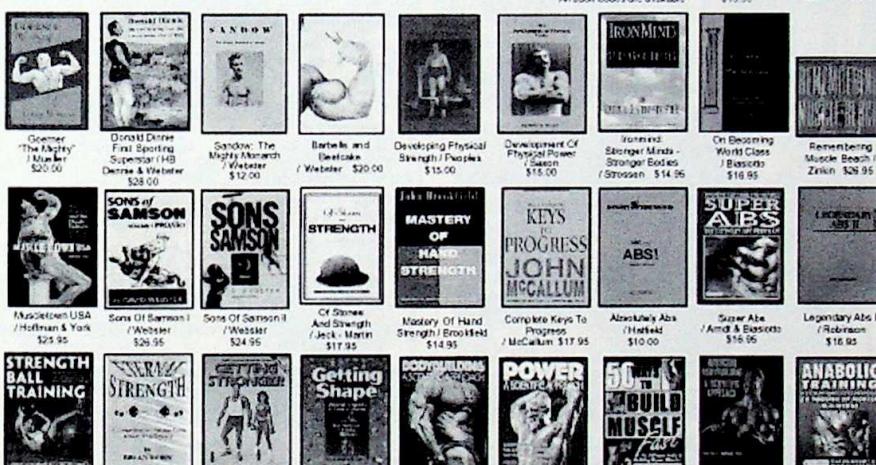
242s. Sean Anderson (275) was Best Master Lifter in the AAPF powerlift going 617-407-501. Mariano Godoy was Best Open Lifter lifting 672-451-606 in the 275s. Shane Palmer took second place with 584-501-562. Congrats Shane, on joining the "500 Bench Club"!! Scott Mecham and Justin Barrett (South Jordan Barbell) had a good day for PRs and took some first places too! Scott broke a Junior National record last year at the meet. 22 yr old Tyson Orwoll was runner up for best lifter in APF competition with some exciting lifting. Tyson lifted 572-380-534, and may be the best junior ever in the championships! If coach Bob Packer had told Tyson to do more he would have! "Hollywood" Jimmy Garza is getting close to the 600 lb. club in squat and deadlift. Jimmy lifted 567-418-573 and afterwards help move the platform. Thanks Jim!! Clinton Shovar (Laurel, MT) was Best Bench on Sunday and for the whole competition. Clinton's 551 lb. bench was a new personal record. Kevin Coombs (Laurel, MT) made 479 lbs. to come that

much closer to becoming another "500 Lb." bencher. Congrats Kevin and Clinton! Veteran world champ John Hernandez missed his first and second attempts with 440 lbs, which is completely out of character for John. He made it on his third and went to 464 lbs for a successful fourth lift! Think he may have been trying out a new shirt? John was runner up to Clinton for best bencher of the day. Thanks to James "Radar" and Janie Capehart for flying in from Texas to help out and supply some great humor!! There was not one complaint about the judging, thanks to Radar, Carl Lovell, Jon Cunningham, and Sean Anderson. Thanks to "South Pole Bound" John Richards and Joel Ward for being my second hand men at the meet! Check John out in his acting debut in "Harsh Winter", an Antarctica special on CNN or Discovery channels. Katie Sargent and Madeline Merchant sure made things easy for MC Linda Higgins at the table, good job! Linda made the meet happen! She did all the leg work prior to the meet because I was out of

town. All the lifters had a great time too, "Way to go, girl!" I sincerely think she could promote a meet in the Sahara desert and it would be a success! ! Thanks to Biddulph Orthopedics (Greg Biddulph/Casey Hunstman MDs) for being our main sponsor. Thanks to all our sponsors: Teton Orthopaedics of Jackson (Dr. James Champa and Peter Rork), Teton Orthopaedics at Idaho Falls-Dr. Peter Rork, Teton Outpatient Clinic, Dr. Dave Madden, Dr. Dave Anderson-Eye Clinic of Idaho Falls, Dr. Tom Anderson, Screen Graphics, Tracey/Craig -Grand Teton Harley Davidson, Red Lion Hotel, Sam's Club, Albertson's, Hughes Janitorial Services, Bob Thomas, Jon Cunningham, Brownstone Brew house/Restaurant, Simplot, Dale's Jewelers, Wrights Nutrition Express, Outback Steakhouse, and the Snake Bite Restaurant. Last, but by no means least, we all thank the Family YMCA of Idaho Falls!! Over the years our little meet has become known as one of the best, most fun meets in the nation! (Monolift, Forza Bench, Platform 25'x18'x10', kg. plates, squat bar, Okie deadlift bar, Texas power bar, free food and T-shirts, and "great sculptured trophies") And for as many meets and organizations out there, that says a lot. Hope to meet some new lifters next time! Take Care (Michael & Linda Higgins)

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PA States/Keystone Open 25 OCT 03 - Elizabeth, PA

	Women	SQ	BP	DL	TOT
132	N. Schuchert				260
	Men Open				
165	Tim Sherbondy	520	340	470	1335
181	Joe Kuligowski	600	405	560	1565
198	F. Rosengren	465	215	435	1115
	Nicholas Kirwo	360	305	350	1015
220	J. Allessandro	760*	455	605	1820
J. Blackstone	540	330	630	1500	
Rob Cooper	475	385	580	1440	
242	Brian Bagnall	640	450	630	1720
Jason Fay	530	405	570	1505	
SHW					
A. Tamules	675	545	660	1880	
Fred Mason	600	445	565	1610	
Master by formula					
220	Rob Cooper	475	385	580	1440
Teen by formula					
181	Adam Martik	465	370	555	1390
220	G. Naspinski	585	385	500	1470
Bench Press					
181	Butch Zematis	460			
Anthony Cicelli	420t	275			
Tracy Wyler	370	John Bolen	630s		
198	Dean Yannacci	570			
Cole Dworek	545s	Master by formula			
Dave Fleming	480m	198			
220	Dave Fleming	480			
J. Batykefer	525	242			
Eric Dunbar	500	M. Lindsay	460		
242	s - state record. t - teenage state record. m - masters state record. (jamie Harris.)				

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.

CRAIN'S MUSCLE WORLD, LIMITED Library

USAPL Longhorn Open 27 NOV 03 - Austin, TX (kg)					
WOMEN (kg)	SQ	BP	DL	TOT	
Teen (16-17) 97 lb.					
D. Sifuentes	100.0	45.0	110.0	255.0	
S. Ybarra	85.0	40.0	92.5	217.5	105 lb.
Teen (16-17) 114 lb.					
Kat Legett	120.0	55.0	115.0	290.0	
Y. Murrieta	92.5	52.5	112.5	257.5	
M. Hernandez	77.5	35.0	87.5	200.0	
V. Baltazar	50.0	37.5	82.5	170.0	Junior
Melanie Cahilly	95.0	50.0	120.0	265.0	
Teen (16-17) 123 lb.					
Barbara Vallejo	90.0	45.0	107.5	242.5	
Collegiate					
S. Stone	112.5	60.0	125.0	297.5	
Teen (14-15) Amanda Baum	110.0	50.0	105.0	265.0	
S. Hidrogo	87.5	40.0	80.0	207.5	
Teen (18-19) Audry Trevino	70.0	40.0	92.5	202.5	
Open					
Rowena Lopez	—	—	—	—	132 lb.
Youth (12-13) Megan Cook	110.0	50.0	105.0	265.0	
Teen (16-17) M. Robledo	97.5	50.0	120.0	267.5	
Cynthia Bustos	70.0	45.0	87.5	202.5	
Teen (18-19) W. Propes	—	—	85.0	—	
Bench Press Only					
Ashley Malt	65.0	—	65.0	—	
Open					
K. Singletary	140.0	60.0	137.5	337.5	
Amalia Lirias	100.0	57.5	115.0	272.5	
Pattie Farley	100.0	55.0	115.0	270.0	
Stacy Milbauer	95.0	75.0	100.0	270.0	148 lb.
Collegiate					
N. Hellerstedt	117.5	77.5	125.0	320.0	
S. Thomas	—	—	142.5	—	
Open					
C. Guerra	100.0	65.0	150.0	315.0	
Teen (16-17) A. Marshall	130.0	62.5	147.5	340.0	
H. Whited	125.0	72.5	127.5	325.0	
Maria Govea	90.0	42.5	110.0	242.5	
A. Villegas	65.0	35.0	87.5	187.5	165 lb.
Teen (14-15) E. Benitez	85.0	45.0	97.5	227.5	
Sylvia Villegas	85.0	40.0	100.0	225.0	
Open					
K. Walford	185.0	107.5	230.0	522.5	181 lb.
Masters (65-69) Dorothy Rawe	—	—	70.0	—	
Teen (14-15) Kaleigh Burnett	80.0	35.0	92.5	207.5	
Teen (16-17) A. Espinal	47.5	37.5	80.0	165.0	
Sarah Perez	—	—	85.0	—	
S. Martinez	—	—	—	—	198 lb.
Open					
W. Allen	175.0	100.0	195.0	470.0	
Teen (16-17) A. Marmolejo	130.0	60.0	125.0	315.0	
L. Martinez	107.2	62.5	137.5	307.5	
Jill Rios	110.0	60.0	97.5	267.5	
Teen (18-19) L. Burdick	145.0	77.5	142.5	365.0	SHW
Masters (40-44) Illani Taylor	—	—	—	—	
Open					
Jade Dickens	—	—	—	—	
Teen (16-17) Leigh Arnold	165.0	55.0	152.5	372.5	
L. Navarro	—	—	—	—	MEN
132 lb.					
Collegiate					
Jeff Olcsvary	62.5	130.0	62.5	255.0	
Teen (14-15) Cruz Martinez	122.5	82.5	147.5	352.5	
Chad Bettge	112.5	82.5	105.0	300.0	148 lb.
Collegiate					
Chris Sarro	105.0	155.0	117.5	377.5	
Junior					
Fred Bowens	210.0	145.0	202.0	557.5	
Open					
Kino Hickey	137.5	112.5	195.0	445.0	
Michael Jones	152.5	102.5	167.5	422.5	

Teen (14-15) Caleb Friedman	165.0	97.5	177.5	440.0	J. Tollemache	155.0	115.0	195.0	465.0	Philip Redix	212.5	137.5	227.5	577.5
Teen (16-17) Glenn France	225.0	90.0	210.0	520.0	198 lb. Collegiate	250.0	175.0	260.0	685.0	S. Tropea	215.0	135.0	227.5	577.5
Adam Hinkley	147.5	92.5	170.0	410.0	S. Mefford	245.0	147.5	250.0	642.5	L. Barajaz	—	—	—	—
Robbie Reif	—	—	—	—	Jeff Scaparra	200.0	142.5	255.0	597.5	Bench Press Only	—	—	—	—
Miles Kamp	—	—	—	—	Jim Le	185.0	130.0	182.5	497.5	Jason McCollough	175.0	—	—	—
165 lb.					B. Bartlett	145.0	—	—	—	Chris Martinez	—	—	—	—
Teen (18-19) P. McGinnis	182.5	125.0	217.5	525.0	Tom Emmite	197.5	—	—	—	Masters (40-44)	—	—	—	—
181 lb. Collegiate					Junior	247.5	145.0	307.5	700.0	Tracey Glawe	277.5	192.5	280.0	750.0
F. Diego	227.5	150.0	205.0	582.5	Adrian Jackson	245.0	140.0	245.0	630.0	David Georges	240.0	165.0	250.0	655.0
Eric Ray	202.5	160.0	187.5	550.0	Open/Masters (50-59)	223.5	162.5	260.0	655.0	K. MacFarland	182.5	182.5	227.5	592.5
D. Weisinger	182.5	125.0	227.5	535.0	M. VanCleave	245.0	140.0	245.0	630.0	Masters (45-49)	—	—	—	—
John Smiley	200.0	132.5	187.5	520.0	Open	280.0	157.5	257.5	695.0	S. Johnson	—	—	—	—
G. Warren	165.0	120.0	202.5	487.5	Ray Higby, Jr	197.5	—	—	—	Masters (55-59)	—	—	—	—
Anthony Abilez	—	—	—	—	Teen (16-17)	220.0	142.5	182.5	545.0	Joe Lucio	190.0	125.0	205.0	520.0
Junior					M. Pazos, Jr.	225.0	142.5	182.5	545.0	Open	325.0	205.0	327.5	857.5
P. McGinnis	—	—	—	—	220 lb. Collegiate	280.0	157.5	257.5	695.0	Dewon Johnson	287.5	170.0	310.0	767.5
Open					Ryan Elliot	245.0	157.5	277.5	680.0	Kevin Kallos	230.0	165.0	242.5	637.5
Cedric Green	215.0	140.0	235.0	590.0	G. Goebel	232.5	162.5	260.0	655.0	Teen (14-15)	—	—	—	—
Ardell Pittman	—	—	—	—	Andy Coggan	222.5	165.0	237.5	625.0	G. Hardin	175.0	107.5	182.5	465.0
Teen (16-17) Casey Baum	142.5	97.5	125.0	365.0	N. Gregory	205.0	145.0	232.5	582.5	James Harvey	137.5	92.5	162.5	392.5
Teen (18-19) Omari Dixon	205.0	150.0	227.5	582.5	242 lb. Collegiate	275.0	200.0	260.0	735.0	Teen (18-19)	—	—	—	—
Open					Brett Mitchell	—	—	—	—	Jake Shabinsky	195.0	102.5	232.5	530.0

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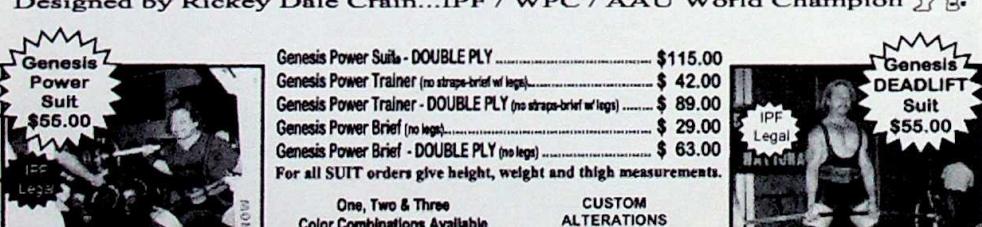
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Luke Bomar	272.5	145.0	272.5	690.0	Collegiate	Shane Gibson	265.0	200.0	250.0	715.0
Tony Dobson	235.0	160.0	250.0	645.0	Masters (40-44)	James Voronin	142.5	185.0	102.5	430.0
Travis Priour	245.0	137.5	242.5	625.0	Masters (55-59)	Ernie Surell	335.0	177.5	350.0	762.5
Shane Dickey	250.0	137.5	—	—	Open	Kevin Jarrell	220.0	215.0	265.0	700.0
J. Rifenburgh	227.5	140.0	—	—	(Thanks to USAPL for these results.)					
Masters (40-44)					6th Fred Rogers/Paul Smart BP/DL	Keith Ward	360*			
David Mullins	190.0	142.5	192.5	525.0	25 OCT 03 - Savannah, NY	Equipment:				
Masters (45-49)					Raw	148				
Gary Pamplin	310.0	—	—	—	165	18-19	Dan Santarone	315**		
Open					18-19	18-19				
M. Parsons	282.5	185.0	305.0	772.5	Joe Barone	230	165			
J. Gremillion	165.0	142.5	205.0	512.5	165	35-39	Brian Bohannan	290		
275 lb.					35-39	Open	Rudy Hillyard	330		
Masters (40-44)					Open	165				
Jeff Capps	297.5	202.5	317.5	817.5	Matt Akerley	300	420	720	45-49	
Masters (50-54)					220*	350	570			
Al Wood	197.5	165.0	220.0	582.5	220					
Open					Raw					
Bill Ferguson	355.0	237.5	305.0	897.5	181					
Neil Lehman	255.0	165.0	237.5	657.5	Open					
Atmo Hariram	235.0	—	—	—	Rudy Hillyard	330				
Teen (14-15)					45-49					
Blair McCall	120.0	105.0	155.0	380.0	Nick Santarone	430**				
SHW					198					
Collegiate/Junior					45-49					
William Lee	247.5	220.0	285.0	752.5	220					

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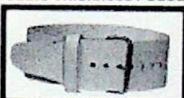
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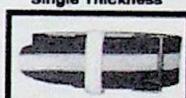
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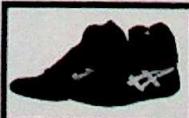


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James Mitchell 410
242 35-39

Mark Harrison 355 510 865
319 40-44

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* - State Record. ** - American Record.

The 6th Annual Fred Rogers/ Paul Smart Bench Press/Deadlift Classic was held on October 25, 2003 at Lancasters Partyhouse in Clyde, New York. It was a great day of drug free AAU lifting, 9 state bench and 1 state deadlift records were broke as well as 5 American Records. Setting a state record in 165 35-39 was Jamie Sykes benching 220. In the 148 118-19 was Dan Santarone with a state and American Record of 315. In the 165 45-49 Nick Santarone set an American Record with 430. In the lifetime 220 Dave Herbst set a state record with 375 with a bad shoulder. Moyer Simmons in the 220 Raw set a state record and American Record with a bench of 440. In 220 55-59 Scott Shales set a state and American record with a bench of 405. Tom Kristoff in the 275 45-49 set a state record in the bench with 425 and a deadlift of 625. In the SHW 45-49 Keith Ward set a state record of 360. I would like to thank Keith for coming from Hawaii to lift and for helping out in the referee chair. It was the first time his parents saw him in competition. In the 319 40-44 Lifetime Steve "Bid Dawg" Rogers set a state and American record with a bench of 460. It felt good to be lifting again after months of shoulder problems. As I have said before, all of my lifting is dedicated to my brother, Fred Rogers. With me now being healthy and injury free I think that the 500 bench is just around the corner. That is the least I can do in his memory since he is my hero and inspiration. I miss you brother. I want to thank Tom Kristoff, RL Murray, Dave Herbst and Mike Arcarisi as well as everyone listed below for being my strength during this 16 month struggle in my life. Once again thanks to the set up crew: Terry Stafford, Jason Stafford, Brett Wells, Jim Lee, and Rich Molisani. Thanks to the spotters: Mark Howell, Rich Molisani, and Brett Wells; these guys are the best at making lifting safe. Thanks to the referees: Terry Stafford, Jason Stafford, Tom Kristoff, and Keith Ward. To my wife Michelle, not enough is said for what she does to prepare all of the paperwork, keeping the records and working the head table, you are the best. Thanks to Don and Norma Lancaster for great food and a great facility. (Thanks to Steven Rogers for providing these results.)

APA BP/DL Nationals

6 SEP 03 - Kennewick, WA

BENCH PRESS	Open 242	
Teen 16-17	B. Matheson 500	
J. Black 192	380 S. Mathis 465	
Teen 18-19	T. George 420	
B. Hamilton	500 Drug Tested 242	
C. Anderson	350 B. Matheson 500	
R. Boyce	400 S. Mathis 465	
Junior 20-23	Open 275 R. Kennelly 765	
J. Hoyt 179	390 Open SHW	
Submaster 33-39	33-39 P. Ratsch 555	
M. Miner 197	395 40-49 Drug Tested SHW	
40-49	550 C. Symons 470	
D. Piggee 198	550 Master 40-49	
S. Mathis 227	465 B. King 241 500	
B. King 241	335 50-59	
50-59	360 J. Wolbers 193 590	
J. Wolbers 193	360 60-69	
60-69	405 M. Urrutia 235 405	
D. Holmes 190	240 60-69	
Open 220	Open SHW	
W. Dirk	425 P. Ratsch 680	

(Thanks to APA for providing these results.)

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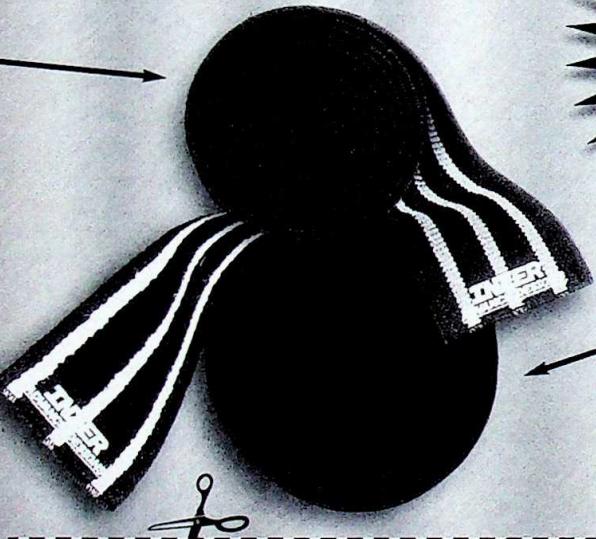
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Patrick Hall

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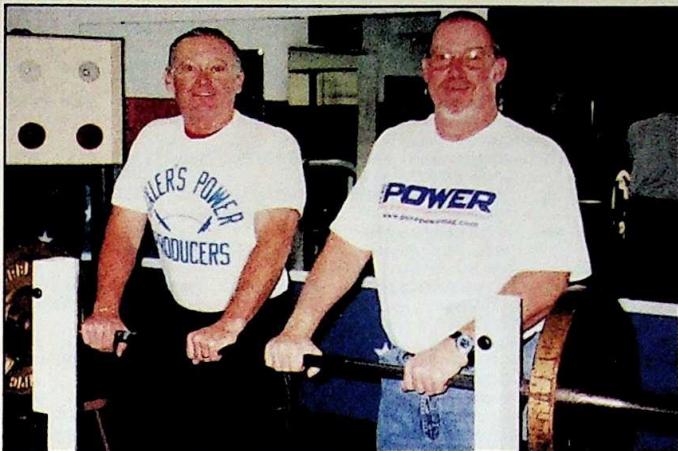
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e-mail _____
Qty. _____
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Twill Cap <input type="checkbox"/> B <input type="checkbox"/> C \$12 _____
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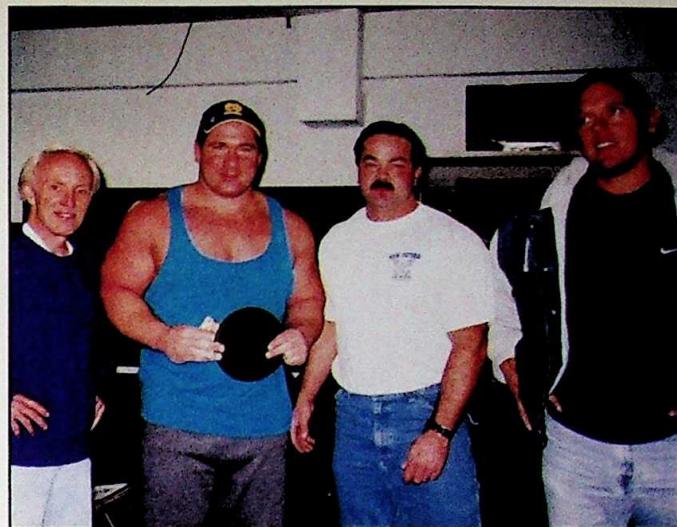


Mike (l) and Scott (r) Bixler together lifting for the first time in 20 years at the 3rd Annual Pocket Samson's Toys-For-Tots Christmas Bench Press Championship held in New Oxford, Pennsylvania. (Murphy)

3rd Pocket Samson's Toys for Tots Christmas Bench Press

6 DEC 03 - New Oxford, PA			
Women	Zachary Long	215	
97	220		
Shiann Ford	55	Scott Bixler	320
Men	242		
165	Ron Smith	455	
Brad Myers	200	Jeremy Staub	425
198	275		
J.Mummert	355	Robert Norris	600
J.Hockensmith	300	A. Utermahlen	415
Mike Bixler	250		

Praise the Lord for yet another supersuccessful Pocket Samson's Toys for Tots Christmas Bench Press. This, the 3rd annual, was held at Dave Altoff's The New Oxford Gym, New Oxford, PA. Highlights of this blessed event included an eleven year old barbie-doll named Shiann Ford had a three for three lift day and benched 55 lbs. at a bodyweight of 65 lbs.; the Bixler Brothers, Scott (320 @ 220) and Mike (250 @ 198), who both had 3 for 3 days; and a big 600 lb. bench press by 275 lber Mr. Robert Norris; "Billie" cheered on her teenage



(l-r) "Pocket Samson," with best lifter Robert Norris, New Oxford Gym owner Dave Altoff, and Jeremy Staub at the New Oxford meet (Murphy)

son Zachary as he benched 215 in the 198s. See "ya'll" next year. (Thanks to Glenn Murphy Jr. for providing the results)

Physical Culture Spring Meet 28 MAR 04 — Wyoming, MI

65 lb. Youth (9)	Stephen Kin	125	65	125	315
	WOMEN				
	165 lb. Master				

Lynn Boshoven	525	250	500	1275
MEN				
220 lb. Submaster				
Mike King	800	420	550	1170
242 lb. Master (50+)				
Gordy Heiss	465	285	400	1150
BENCH ONLY				
SHW Teen (15-16)				
Tom Skiver, Jr.		400		
220 lb. Master (50+)				
Tim Sheehan		425		



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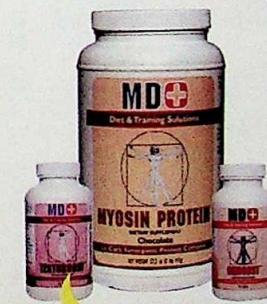
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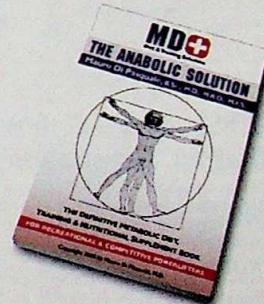
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WNPF World Championships 24-26 OCT 03 - Edison, NJ				OPEN RAW	BECK	555*	DANNA	SUBS RAW	13-16
POWERCURL	40-49	RIJOS-SOTO	540	KOehler	540*	40-49	ERB	345	WONG
WOMEN	SLAGUS	175*	OPEN	BROWN	400	FOLTZ	335	415*	415*
148	SHW	40-49	DANNA	485	40-49	MANZO	275	OPEN	220
OPEN	OPEN	MOTICHKA	590*	FINLAND	655	50-59 RAW	ANDERSON	450	470
EBLIN	65*	JMUKHADZE	195*	LOVEJOY	560	FREEMAN	320	435	1105
40-49	SQUAT	MANZO	445*	SHW	520	SUMNER	265	40-49	1205
CLIFFORD	60*	114	50-59 RAW	OPEN	50-59	60-69	RHODES	460*	SARGIANOPOULOS
165	13-16 RAW	SUMNER	335	SEARCY	60-69	60-69 RAW	CAGE	350	435
OPEN	STRATTON	50-59	40-49	OPEN	60-69	60-69 RAW	MOTICHKA	198	40-49
CURTIN	90*	165	DENNISON	555*	MACKEY	60-69 RAW	13-16	440	590*
ROBY	80	50-59 RAW	70-79 RAW	BENCH	550	70-79 RAW	TOMASZEK	290	1320
40-49	ROBY	VAN BUSKIRK	335	WOMEN	198	198	OPEN	200	1045
HUFF	65*	198	JUNIOR	105	105	OPEN	400	230	415
50-59	40-49	HAUG	505	17-19 RAW	DAVIS	95*	LONG-BL	415	1045
ROBY	70*	WILLIAMS	380	105	105	OPEN	600	425*	645
MEN	220	OPEN RAW	665*	40-49	123	OPEN	615	550	1590
148	40-49	THOMAS	DAVIS	160*	160*	OPEN	EDWARDS	425*	1590
17-19	HENSEN	505	OPEN	DAVIS	160*	OPEN	WILLIAMS	380	1190
SLAGUS	105*	242	SKINNER	530	PROCTOR	125	SCARANDA	390	1190
OPEN	35-39	SUBS RAW	530	PROCTOR	125	60-69 RAW	300	230	470
VENTURELLA	AZIZ	BOWERS	550	OPEN RAW	123	70-79 RAW	300	470	1090
40-49	275	40-49	EBLIN	125	123	198	ROMERO	205	1090
VENTURELLA	35-39	THOMAS-BL	665	HAMILTON	125	198	OPEN	205	1090
165	NOLAN	SKINNER	530	40-49 RAW	125	OPEN	275	1090	1090
OPEN	40-49	WILLIAMS	510	CLIFFORD	110	OPEN	OPEN	205	1090
EBLIN	140	LOVEJOY	540	70-79 RAW	CURTIN	135*	GEVAERDORT	540	1090
LEGG	80	OPEN	470	OPEN RAW	135*	50-59 RAW	50-59	230	1090
50-59	KIEFER	620*	70-79 RAW	DAVIS	135*	50-59 RAW	200	470	1090
LEGG	80	DEADLIFT	440*	50-59 RAW	DAVIS	135*	50-59 RAW	200	1090
40-49	WOMEN	220	ROBY	130*	130*	50-59 RAW	200	470	1090
SCHEMINE	140*	105	OPEN RAW	ROBY	130*	50-59 RAW	200	470	1090
181	OPEN RAW	FRITZ	580	114	114	50-59 RAW	200	470	1090
OPEN	HOXWORTH	JOHNSON	480	OPEN RAW	114	50-59 RAW	200	470	1090
DANNA-BL	150*	114	MARSHALL	385	CLAYPATCH	155*	50-59 RAW	200	1090
SANNICANDRO	120	13-16 RAW	SUBS RAW	132	132	50-59 RAW	200	470	1090
40-49	HOXWORTH	145*	LEVERS	500	17-19 RAW	50-59 RAW	200	470	1090
SANNICANDRO	120*	123	COTE	550*	148	50-59 RAW	200	470	1090
50-59	SUBS RAW	BUCCIONI	455	OPEN	148	50-59 RAW	200	470	1090
SUMNER	140*	TORRES	310*	242	VENTURELLA	345	50-59 RAW	200	1090
70-79	165	OPEN RAW	40-49	DAVIS	260	50-59 RAW	200	470	1090
VAN BUSKIRK	120*	CURTIN	320*	MORRA	480	VENTURELLA	345	50-59 RAW	200
198	50-59 RAW	17-19 RAW	480	VENTURELLA	345	50-59 RAW	200	470	1090
40-49	ROBY	185*	DAVIS	260	40-49	50-59 RAW	200	470	1090
WILLIAMS	145*	181	MORRA	480	VENTURELLA	345	50-59 RAW	200	1090
220	40-49	OPEN	40-49	MORRA	480	VENTURELLA	345	50-59 RAW	200
GETSINGER	180	MCALIN	375*	DAVIS	260	40-49	50-59 RAW	200	1090
MARSHALL	165	MEN	COOPER-BL	730*	PORTER	200	50-59 RAW	200	1090
60-69	100	OPEN	MOMBERT	705	OPEN	50-59 RAW	200	470	1090
SECCHIUTTI	135*	9-10 RAW	CASAGRANDE	680	CALIGURI	320	50-59 RAW	200	1090
242	TOTH	145*	SUBS	390	OPEN RAW	50-59 RAW	200	470	1090
OPEN	11-12 RAW	AZIZ	625	SUBS	50-59 RAW	200	50-59 RAW	200	1090
CASAGRANDE	180	TOTH	170*	SYZMANSKI	600	ARTURDAROSA	320	50-59 RAW	200
40-49	132	SUBS RAW	600	ARTURDAROSA	320	50-59 RAW	200	470	1090
40-49	13-16 RAW	ERB	525	SUBS RAW	50-59 RAW	50-59 RAW	50-59 RAW	200	1090
CAGE	150*	HOXWORTH	300	40-49	EBLIN	300	50-59 RAW	200	1090
275	148	40-49	40-49 RAW	40-49 RAW	300	50-59 RAW	200	470	1090
OPEN	17-19 RAW	ANDERSON	315	SCHEMINE	315	50-59 RAW	200	470	1090
BIZZELL	190	BORGES	340*	275	ALPERT	300	50-59 RAW	200	1090
50-59	OPEN RAW	OPEN RAW	340*	OPEN RAW	CLAYPATCH	300	50-59 RAW	200	1090
BIZZELL	190*	LEGG	320	GEVAERDORT	615*	181	50-59 RAW	200	1090
SMITH	150	181	605*	OLAAJE	605*	JUNIOR	50-59 RAW	200	1090
40-49	40-49 RAW	KOehler	540	UNSWORTH	285	50-59 RAW	200	470	1090
CASE	190	SHW	450	OPEN	440	50-59 RAW	200	470	1090
275	40-49 RAW	RYAN	420	40-49 RAW	181	50-59 RAW	200	470	1090

World Natural Powerlifting Federation (WNPF) Membership Registration

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CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ **DATE OF BIRTH** _____

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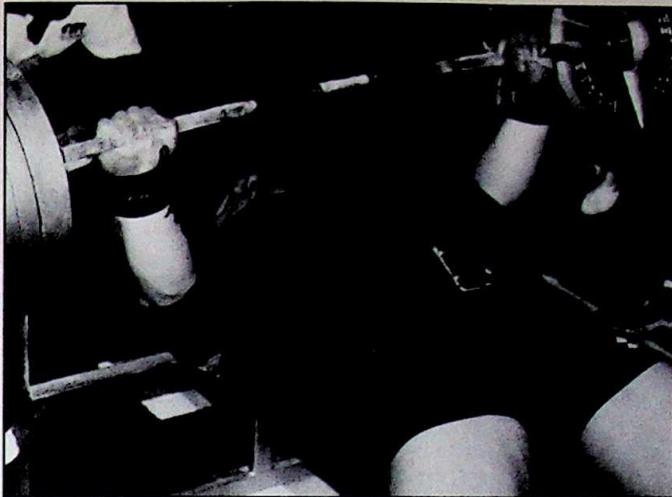
SIGNATURE / PARENTS SIGNATURE IF UNDER 18

SIGNATURE/PARENT SIGNATURE IF UNDER 18 _____
DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)
I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

40-49				
CATINA	440*	250	315	1005
50-59				
STIRES	470*	320*	515*	
1305*				
SUMNER	240	265	335	840
198				
17-19				
RUTT	405*	315*	500*	
1220*				
OPEN				
RUTT	405	315	500	1220
40-49				
CARERI	500*	300*	480*	
1280*				
50-59				
MCCORKLE	405*	190	370	965
70-79				
LEVESQUE	290*	170*	440*	900*
220				
OPEN				
CAFFREY	450	310	500	1260
40-49				
DANIELS	205	275	315	795
242				
OPEN				
BRADLEY	500	405*	525	1430
ROSS	415	375	420	1210
275				
JUNIOR				
ZADROZNY	520*	405*	550*	
1475*				
ANTOLINI	415	330	530	1275
OPEN				

ZUPKO-BL	655	440	605	1700
WILGUS	510	390	560	1460
SUBS				
NOLAN	635	405	630	1670
COTTRELL	575	465*	625	1665
50-59				
SMITH	410*	275*	455*	
1140*				
SHW				
17-19				
MARAJA	320*	205*	385*	910*
JUNIOR				
HIGGINS	500	375	475	1350
WOMEN WORLD				
105				
13-16 RAW				
BOMBERGER	70*	55*	150*	275*
114				
13-16				
ANDIORIO	175*	115*	280*	570*
123				
OPEN				
WHIDDEN	255	150	305	710
CALAIS	210	115	285	610
40-49				
WHIDDEN	255	150*	305*	710
50-59				
CALAIS	210*	115*	285*	610*
OPEN RAW				
NEIDLINGER	240*	135*	300*	675*
148				
17-19				
LACH	95	140*	135	370
35-39				
SMITH	270	140	275	685
OPEN RAW				
VEGA	275*	135*	300*	685*
165				
OPEN RAW				
ROBY	200	120	200	520
50-59 RAW				
ROBY	210*	130*	185*	525*
181				
40-49				
MCLEAN	325*	175*	375*	875*
*- WNPF World record, BL- Best lifter				
What a meet, this was one of the best WNPF Worlds ever. This made number 12 for us in the WNPF and we've come a long way since 1992. On to the meet. Ms. Davis from Maryland hit a WR bench press in the teenage division with a lift of 95 pounds. Jackie Davis many, many time World Champion with several organizations finally won her first WNPF World Championship and best lifter in the bench with a 160 pound bench. Ms. Proctor placed second behind Jackie. In the open raw 148's Ms. Eblin from Ohio beat out Ms. Hamilton from Al. with a 125 bench. Ms. Hamilton was the favorite coming in but she got a case of the nerves and did not do so well. The bar came up uneven on one lift, her butt lifted on				

another, etc. I hope that she will be back in 2004 to redeem herself because she is a great lifter. Ms. Clifford won her first WNPF title in the masters 40-49 division. Dina Curtin set a WR 135 bench in the open 165 raw division. Barbara Roby hit 130 in the masters 50-59 division and won first place. Hunter Claypatch set a new open and teenage record in the 114 class with a 155 bench. Mr. Smith from TN. won the teenage division 132 with a 135 bench. Sir Charles Ventrella from Ohio pressed 345 to win the open and masters divisions. Suman Chakravorty set a WR and won his class in the masters 50-59, 148 class with a 200 bench. Bob Legg from PA. a big WNPF supporter and good friend won the open raw division and masters 50-59 division with a lift of 220 pounds. Joe Caliguri tied Arturda Rosa from Brazil with a 320 but Joe was the lighter man and won the open division. Arturda Rosa took the submasters division. Eddie Eblin won the subs raw division with a 300 pound bench and his first WNPF World Championship. We thought a close battle would take place in the masters 165 raw division with Schemine, Alpert and Claypatch going head to head. Schemine won with a 315 bench with Alpert hitting 300 and Claypatch just couldn't get it together today but he will be back next year stronger than ever. Mr. Unsworth from TN. took the junior division in the 181's. Leo Ryan from the Ephrata power team won the open 181's again and Flavio Danna from Brazil couldn't get on the boards at all. Dennis Folzt won the masters 40-49 division over Mike Manzo. Mike had a terrible injury that prevented him from going all out but he did push himself to the limit but couldn't beat out Dennis. Ed Freeman beat Frank Summer from VA. In the masters 50-59 raw division. John Hopf from NY won the masters 50-59 with a 270 bench. John thought the press signal was too long but as we always say it's a totally different situation when your sitting 18" away and 18 feet away. John Mitsopoulos the magic man put on a great magic show at the WNPF banquet and also on the platform with a lift of 320 and a new WR. Stan Freed won his class in the over 60 raw division. Boris Saralidze from Russia won his first WNPF world championships in the 198 open division with a 385 bench over an injured Joe Ruscitelli. Al Green took the Open raw and masters raw division with a 430 bench. Finishing a close second in the masters was a great lifter from NY Mr. Cichelli. Paul Dunn and John Litzberg put on great performances and both won their classes. Brian "Mack Daddy" Burritt beat out TN. Jonathan Moore with a 425 bench. Brian was the lighter man because they both lifted the same weight. Mr. Kharabadez from Russia won the masters over 50 division with a 440 bench. He beat out Many time world champs Ralph Brown and Roland Cote. Roland also set a new masters raw WR with a 370 bench. Larry Davis from DE. Won his class in the 220 masters over Jerry Klut. Another Russian lifter won the 242's Mr. Jmukhadze with a 440 bench over Brazil's Casagrande and USA Chris Morra. Zach Rhodes a long time WNPF member and Marine came from CA. and he had just got back from Iraq also won his class in the masters and open raw division with a lift of 460. Joe Erb and Tariq Aziz won their classes and became World Champions in the single lifts. Jeff Anderson had all kinds of problems with his new shirt and bombed out. Mr. Bidinotto won the masters over 60 raw and equipped



Shawn Lattimer benching 800 in drug tested competition (Troy Ford)

in the 220 class and he also set WR's in both divisions. Ray Romero one of my favorite guys won his class in the masters over 70. Ray was the first latino football player in the NFL. He played for the Eagles. In the 275's open division Gevaerd Nort from Brazil beat out some tough competition with Kalftin coming in second, Mr. Belle in third and Buddy Cawley bombing out. Jeff Peshek set a new WR in the masters with 550 and won another WNPF title over Kleinsmith the 2002 WC and Dave Chiavacci and Buddy. In the 40-49 raw division Buddy beat out Jay, Tom and Bill with a new WR 505 bench. Buddy has got to be the strongest dentist in the nation. I wouldn't want him pulling my teeth. Big Tiny was in the house once again. Shawn Lattimer opened up with 750, he could touch his chest with the weight. He tried 800 on his second and got out of the groove a little bit and then on his third almost the entire audience was around the platform taking pictures and video taping this historic lift. Shawn was about to become the first drug free bencher to bench 800 pounds. He took it off the rack with the help of three spotters, brought it down under control and bang. It shot up to a complete lockout. This lift would have counted anywhere. We drug tested the big man and he passed for the second time in 2003. Mr. Jmukhadze and Carroll Tolmie from CN. Placed second and third. Al Fomaro couldn't get on the boards at all. He tried 550 and missed it. Tiny Dwayne Ferguson lifted 530 and won the submasters and open raw divisions in the SHW class. Matt Mackey from England won the Masters 40-49 class over NY's Maurice Harling and Al Fomaro. The quiet storm Mr. Chavchanidze from Russia won his class over Mr. Grant. Deadlift-The Hoxworth's racked up all of them won their divisions and the team title for team Hoxworth from NJ. Elizabeth Torres won the submasters raw division with a 310 DL. Dina Curtin had an off day and the jitters but she still managed a 320 DL, she was hoping for 340-350. Margaret McClain won the masters 181 class with a 375 DL. The Toth's both won their divisions with a 145 & 170 DL. Mr. Borges from NJ won his class and set a new WR in the 148's with a 340 DL. Bob Legg won the masters and open raw divisions in the 165 class with 320. Carlos Rios from Puerto Rico won the 181 open raw class with a 540. Pete Mo from NJ set a new masters WR deadlift with a 590. Mike Manzo took the masters raw with a 445 and set a new WR. Ray Dennison from PA. set a new WR with a 555 in the masters over 50. Mr. Van Buskirk won the masters 70-79 with a 335. John Haug, Perry Thomas and Don Levesque all won their classes and became WNPF World Champs. Andy Skinner long time WNPF member (1990) won the open class with 530. Mario Bowers won both the bench and deadlift in the submasters divisions. Mr. Fritz beat out Mr. Johnson and Mr. Marshall from

CN. In the open 220 class with a 580. Gene Levers from NJ won the subs raw 220's with 500. Roland Cote beat out Larry Buccioni from Va. And he set a new WR with a 550. Chris Morra won the open raw division with a 480. Brandon Cage won his first WNPF world title in the teenage 242 class. Mike Sandstrom from CN. Took the junior division title with a 390. Here was the challenge we were waiting for. Dave Cooper from MD, Frank Mombert from Belgium and Evandro Casagrande from Brazil. We all were waiting to see the outcome of this one. They all opened with 680-685 and made them. They went into the 700's and Cooper came out the winner with 730. Mombert ended up second with 705 and Evandro wound up third with his opener of 680. Gevaerd Nort from Brazil won the 275 raw class with a 615 WR and Olajecame in second but set a new lifetime raw record with 605. In the masters 40-49 raw Bill Beck from Ohio just beat out Clarence Koehler from NJ with a 555. Irv Brown placed third with a 400 DL. Teddy Finland pulled 655 to win the masters 40-49 division. James Searcy slightly tore his bicep with his opener of 710. Powercurl-This event is getting very popular in the WNPF. Many lifters are trying this event and doing very well at it. Ms. Eblin won her class with a 65 pound WR. Ms. Clifford won her class with a 60 lb. WR. Dina Curtin had the highest curl by any woman with a 90 lb. WR and she won best lifter. Ms. Huffwon the masters 40-49165 with a WR 65. Barbara Roby won her class with a WR 70 lb. curl. Tony Slagus from PA. won the 17-19 powercurl with a new WR 105. Ed Schemine won best lifter, first place and set a new WR with 140. Flavio Danna beat out Sannicandro with a 150 WR curl. Ron also set a WR curl in the masters 40-49 181 with a 120 curl. Frank Summer, Charlie Williams and Ron Secchitti won their class and all set new WR's in their classes. Getsinger beat out Marshall of Canada. Evandro beat out USA's Len Szymanski with a 180 curl. Steve Cage set a WR with a 150 curl. Larry Bizzell from NC won both the masters and open division with the highest curl in the entire contest with 190. Mr. Slagus won the masters 40-49 division with a 175 WR curl and the Russian Jmukhadze won the SHW open with a WR 195 pounds. I want to thank all of the WNPF staff for their help with this meet. All spotters, judges, scorekeepers, door help, everyone. We had the powerlifting going on, the strongman championships on Sunday and the WNPF annual banquet on Saturday. It was a long but very exciting weekend. We will be back in NJ in August 6-7-8 for the 13th WNPF World Championships. Make sure you qualify to lift in 2004. Take care and thanks to all of the lifters and spectators for supporting us and thanks to Ron Deamicis for running session one powerlifting all three days. (Thanks to Troy Ford for the meet results.)



Jon Rock (l) and Amanda Neidligner (r) at the W.N.P.F. World meet in Edison, New Jersey. Rock took first in the men's 181 lb. open raw division and was awarded best male lifter. He now holds the American and World records in the squat, DL, and total. Neidligner took first place in the women's 123 lb. open raw weight class and received the award for best female lifter. She broke the American and World records in the squat, BP, DL, and total. (Photograph Jon Rock)

APA Southern / Battle of the Bad

27 FEB 03 - Vicksburg, MI

Bench Press	Frank Nichols
Women's Open	540m
198 lb.	Demetrias Hill —
Christi Smith	235a
Teen (13-15)	308 lb.
220 lb.	David Guthrie
Trent Smith	335w
Teen (16-17)	325
181 lb.	Open
Evan Branham	181 lb.
385m	Evan Branham
Teen (18-19)	385m
181 lb.	242 lb.
Dustin Yates	Dustin Yates
Michael Israetel	370a
Junior (20-23)	515m
242 lb.	Deadlift
Dustin Yates	Teen (16-17)
Drug-Free	J. Williams
165 lb.	405ar
Jack Shelton	Drug-Free
350	181 lb.
242 lb.	J. Williams
Buck Hitcher	290
275 lb.	480
Teen (16-17)	SQ BP DL TOT
132 lb.	
J. Williams	355w 165 405w 925w
Teen (18-19)	
165 lb.	
Randall Saxton	550m 270m 585m 1405
242 lb.	
Jamime Blok	390m 300m 425m 1115
Master I (40-49)	
220 lb.	
Bob Campbell	500a 300a 450ar 1250a
Master II (50-59)	
148 lb.	
Rich Blaumuller	210m 170m 245m 625m
Drug-Free	
132 lb.	
J. Williams	355 165 405 925
181 lb.	
J. Williams	— — — —
Novice/Drug-Free	
242 lb.	
Buck Hitcher	425 290 440 1155



Travis Werner (l) won best lifter honors totaling 1825 in the 242 class and teenager, Randy Saxton (r), totaled 1405 @ 161 bodyweight at the APA Southern States Battle of the Bad in Vicksburg, Mississippi. (APA)

Drug-Free	J. Williams	225	480a	705
308 lb.	Master II (50-59)			
Deonta Selvy	615t	320	550	1480
Men's Open	275 lb.			
220 lb.	James Lauro	260m	425m	685
Jason Morson	625m	420	585m	1630
Drug-Free	181 lb.			
242 lb.	James Patrick Williams	250	480	730
Travis Werner	725l	500	600	1825l
Jason Smith	550m	455	630m	1635
Push/Pull	242 lb.			
Master I (40-49)	Jason Smith	455	630m	1085
275 lb.	275 lb.			
181 lb.	James Lauro	260	425	685

Drug-Free	J. Williams	225	480a	705
308 lb.	Master II (50-59)			
Deonta Selvy	615t	320	550	1480
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Travis Werner	725l	500	600	1825l
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Push/Pull	242 lb.			
Master I (40-49)	Jason Smith	455	630m	1085
275 lb.	275 lb.			
181 lb.	James Lauro	260	425	685

NOTES: t: Teenage World Record; m: Mississippi Record; l: Louisiana Record; a: American Record; w: World Record; Best Lifter - Powerlifting: Travis Werner. Best Lifter - Push/Pull: Jason Smith. (Thanks to Scott Taylor for providing these results.)

APA Battle of the Bad Boyz BP/DL

17 JAN 04 - Georgetown, SC

BENCH	Phil Horn	232
Women	Open	242
Dawn Mosley	125	575
Teen 13-15	Open	242
Joel Vause	215	Kent Killough 450
Teen 16-17	Open	275
Burton Williams	175	Eric Hubbbs 420
Junior 20-23	Open	275
Eric Knight	350	Corey Williams 410
Submaster	Open	308
Jon Peterson	575	Benji Filyan 540
Submaster	Open	308
D.Scarborough	350	Eric Knight 350
Master 40-49	Open	Super
Phil Horn	420	Jerry Tancil 525
Master 40-49	Open	DEADLIFT
Eric Hubbbs	405	Open 242
Master 40-49	(Best Lifter)	
Stewart Hines	385	Adam Beasley 605
Master 40-49	Open	SHW
Denny Hess	325	Don Graham 550
Master 50-59	40-49	40-49
Jerry Tancil	525*	Stewart Hines 570
Master 50-59	40-49	40-49
D. Ricafrente	405	Rubin McKnight 475
Master 50-59	40-49	40-49
Del Conway	300	Denny Hess 375
Master 50-59	60-69	60-69
Butch Kocak	245	Jack Powell 530
Open 165		
Jon Mouzon	405	
Open 165		
J. McElveen	300	
Open 198		
Patrick Burd	365	
Open 220		

(Thanks to APA for these meet results.)

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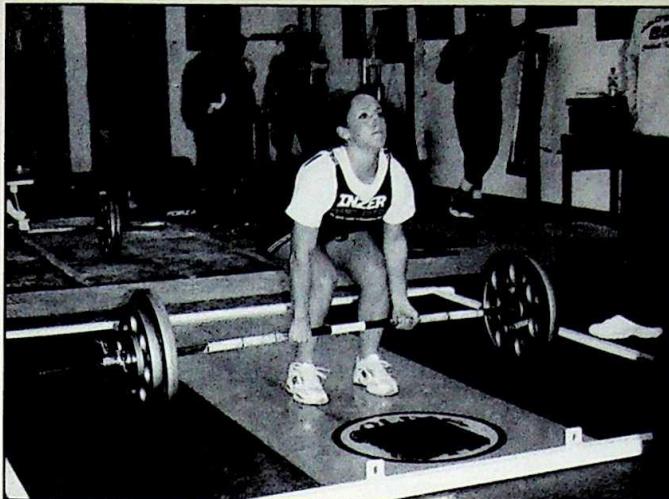
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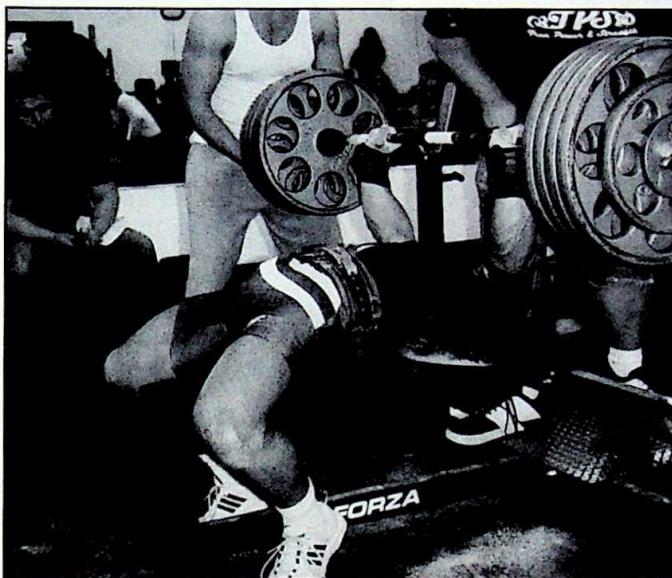
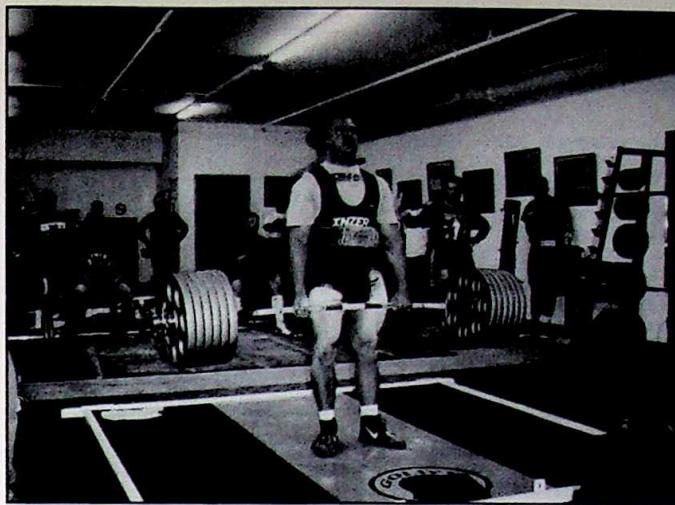
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Lindsay Albertsen (l) prepares to pull, Chad Crigger (r) totaled 1775 @ 225.75, and Jared Beard (below) totaled 1555 in the 198 class at the APA Midwestern States Open Championships held November 22, 2003 in Coralville, Iowa. (Thanks to APA for these photographs.)



APA Midwestern States Open 22 NOV 03 - Coralville, IA

	Women	SQ	BP	DL	TOT
123	K. Stoner		125		
132	L. Albertsen	120	225	345	
148	C. Dirks	155	105	250	510
Teen	C. Dirks	155	105	250	510
Men	A. Kilgore	330	250	380	960
148	M. Bartles				
165	J. Becker		570		
181	J. Beard	600	470	485	1555
198	T. Crigger	550	385	600	1535
	C. Herbert	575	370	525	1470
	E. Nygaard	475	360	550	1385
	M. Kuennen		325		
	R. Piph		315	540	855
	M. Kuennen				
220	S. Skala	525	350	525	1400
	B. Cucci	525	340	525	1390
	N. Johnson				
	N. Johnson		365	555	920
242	C. Crigger	725	450	600	1775
275	D. Marbes		500		
	Best Lifter: Powerlifting - Chad Crigger,				

Push/Pull - Norm Johnson, Deadlift - Jacob Becker, Bench Press - Robert Piph. Referees: Don Peterson, Mr. and Mrs. Dede Shaw, Scott Taylor. Meet Site: Gold's Gym, Oakdale Blvd. Equipment: Ivanko plates, Forza racks, Forza competition benches for warmup and platform, Forza lifting platform, Forza deadlift helper. Special thanks to Brian Allen for hosting this event. The meet site was fantastic, the group of lifters was a great group of people, lots of great spectator support, judging was excellent - strict, but fair, and the spotters were among the best I have ever seen at a powerlifting event. I would especially like to thank Big Bubba for serving as center spotter. There is nothing better than having a powerful 400 pound lifter as center spotter. The Shaws and Don Peterson were fantastic referees. I would also like to thank Chad Crigger for making this event possible and for doing a great job with setting up the lifting and spectator area. Without Chad's help this event would not have been as good. The APA will be returning to Coralville soon. We are also scheduling events for 2004 in Ottumwa, Ottowa, and Burlington, Iowa. Stay tuned as events are posted. 2004 will be a great year for powerlifting in Iowa. (S. Taylor, APA President)

Danville Power Classic 2
09 FEB 04 - Danville, IL
Powerlifting SQ BP DL TOT
114

	Horton	175	160	225	560
148	Adams	315	300	400	1015
	Carter	275	245	445	965
165	Jenkins	400	365	420	1185
	Hood	365	325	445	1135
	Salgado	405	275	405	1085
	Romen	350	295	350	995
	Mendoza	180	275	350	805
181	Brown	600	300	600	1500
	Thomas	455	315	580	1350
	Sigle	400	385	495	1280
	Tanzy	475	340	450	1265
	Gonzalez	315	305	315	935
	Booth	170	185	275	630
198	Thomas	600	400	600	1600
	Ward	475	375	540	1390
	Taylor	425	405	525	1355
	Scott	440	335	540	1315
	Edmonson	405	350	500	1255
	Wilber	455	295	500	1250
	Cozad	400	275	450	1125
220	Hunt	600	425	550	1575
	Robinson	520	440	550	1510
	Haywood	410	375	415	1200
275	L. Pace	705	380	635	1720
	Williams	575	425	650	1650
	SHW				
	Norris	550	515	600	1665

The Danville Power Classic has become a big event here at Danville, for one nobody was allowed to use suits, which makes the numbers more impressive when you review the results. The weigh-ins for this meet was put in effect the day before letting all lifters to get an early start and a good meal under their belt before lifting. The meet started approx. 9:15 a.m. and finished roughly around 2:50 p.m. with a lot of records set and a lot of friendship to spread around. It was partly cloudy and cool outside but the heat was up inside. 114 Horton, the lone entry in this class has very little meet experience and his toughest opponent was the judges signals, after that it was clear sailing for this first time lifter was bounds of growth to come. 148 Adams and Carter clearly would good neck and neck all the way to the end with Adams bench proving to be the class winner number with a nice 300 effort that was not a limit lift, Carter showed a lot of fire with a 445 DL but Adams slipped by this time. 165 This class was tight for the top three spots and it was anyone's show from one attempt to another and as it turns out every attempt did count, but Jenkins threw up a superior bench under complete control to ice down a victory. All three of the top contenders in this class was well rounded in their endeavors and much credit goes out all these first meet lifters with a class act of strength feats. 181 Perhaps one of the strongest men I have ever seen sans suit is Mr. Brown, Strong and precise squatting made me think of maybe 700? But the bench proved to be a bear of a hurdle as it took three attempts to bring in the bacon, but this guy has a never quit attitude and a big heart and after a nice 600 pull and sultry try a 620 the day was over and first place was his with room for bigger numbers soon. Thomas, Sigle, and Tanzy placed in that order in what was yet another close battle of future stars in this sport, so I hope to see them soon and %100 in our next outing. 198 What can I say about Mr. Thomas, spirited, enthusiastic and a calculated burst of brute power. His 600 squat and 600 deadlift were easy as well as a super nice 400 bench, I can't wait to see what this man can do with any kind of a suit on. Ward, Taylor, and Scott, well let me put it this way, you would have to see it to believe how competitive they all are as a whole, smart and situated in each attempt for places made it fun to watch. 220 Hunt and Robinson was in contention throughout the day but the Rock put up some very balanced lifting to come out on top and didn't even have a good day deadlifting. But never the less Robinson with the most explosive bench I have seen in some years was very impressive, I look forward to seeing this two guys get together again the next time. 275 Pace, up a weight class from last year looked big and ready for the part, his opener on the squat was effortless, however a 2nd attempt @ 675 was a little shallow but being the veteran that he is he came out on fire to set the record straight with an even easier and deeper 705, with no suit mind you. Williams, also on the varsity team came back to full competition in fine style with some nice balanced lifts of his own, out lifting Pace on the bench and closing the gap some it was up to the deadlift as both men are excellent pullers, big Pace comes out on top this day with huge squatting and even bigger drive. I look for Williams to pick up the Pace (no pun intended) next timeout. SHW The lone entrant in this class was just awesome, big Norris made it look easy not even busting a sweat, his 550 squat and 600 deadlift are not even limit lifts and then what can you say about his benching, he made 515 look like 225, he just moves the bar fast and out of the way. This man clearly has 700s in him as well as 600 on the bench with any kind of equipment. Congratulations to all the lifters for a fine meet and for a lot of sportsmanship. I would like to thank LTS Groppi, side judge, Robert Bethel, side judge, and especially LTS Greg Watson, head judge and announcer for running a well, class meet, to all the loaders and spotters thanks for making it safe and worth all the effort, to the score tables personal thank you for all the support and well as the floor crew who did a fine job, see you next time at our annual postal meet, have a safe year. (Thanks to Robert Bethel for these results)

JACK POWELL	157.5	232.5	LM 50-54	4TH	145	R LIFE	S. WOLD	152.5	C. BONNEAU	Z. FIGUEROA	47.5	RM 60-64	
M 60-64			R. DEMENICK	165	M 40-44	S. WOLD	152.5	M 50-54	132	C. ACOSTA	180	C. ACOSTA	
JACK POWELL	157.5	232.5	4th	167.5	BILL WEISS	142.5	R MIL/LAW	152.5	MILLIGAN	RM 75-79	RT 16-17	PRMNCHNKL 185	
OPEN			M 45-49	M 50-54	SANTARONE	187.5	DAN DAVIS	182.5	K. BROWN	JIM SELBY	105	198	
J. RANSBOTTOM	227.5	327.5	M 50-54	4TH	184	K. BROWN	170	C. BONNEAU	4th	110	148	M 40-44	
ROBERT SPENO	212.5	265	R. DEMENICK	165	HERB HEALD	110	C. DODSON	185	M 55-59	R OPEN	ATA EDRALIN	172.5	
RJR			4th	167.5	M 60-64	RLM 40-44	RLM 40-44	J. MC INTYRE	187.5	MIL/LAW	MIKE KIDD	MIKE KIDD	
R. MUSCARELLA	155	205	M 60-64	JERRY HOMER	162.5	M. MATHEWS	175	C. RHODES	270	RT 14-15	MIKE KIDD	MIKE KIDD	
R OPEN			L. CARDON	155	OPEN	RJM	45-49	S. HOEKSTRA	265	BRIAN JONES	125	OPEN	
DILLON JENKINS	170	245	OPEN	O. AGUIRRE	192.5	ED BERTEAUX	162.5	S. GONZALES	180	165	MIKE KIDD	MIKE KIDD	
RHS 14-15			.RICHMOND	190	M. DRAKE	155	R MIL/LAW	165	LIFE	R LIFE	R LIFE	R LIFE	
MICHAEL BALDRIDGE	0		R LIFE	BILL WEISS	142.5	RLM 55-59	CUDDEBACK	195	BILL CROFT	262.5	T. CATHERS	190	
RLM 45-49			.STAINBROOK	95	MIKE KIDD	JOHN KUHAR	177.5	R OPEN	4th	263.5	R MIL/LAW	R MIL/LAW	
ROGER MORTON	145	222.5	R. WATTS	RJR	RLM 65-69	RLM 65-69	J. FAHRENBRUCH	LM 40-44	LM 40-44	W. LUCIA	170	W. LUCIA	
RLM 50-54			R MIL/LAW	B. BRANNING	172.5	EARL EVETT	122.5	RHS 16-17	BILL CROFT	262.5	R OPEN	R OPEN	
JIM WAGNER	150	230	R. WATTS	R LIFE	4TH	123	E. ESTRADA	122.5	4th	263.5	O. AGUIRRE	300	
RT 18-19			R OPEN	J. MISORSKI	150	RM 55-59	JOHN KUHAR	177.5	R MIL/LAW	WEINSTOCK	217.5	RHS 16-17	
DILLON JENKINS	170	245	.STAINBROOK	95	R MIL/LAW	RLM 65-69	R. BRANNING	195	RM 50-54	RM 60-64	B. RABY	B. RABY	
SUB			R SUB	SAM ARASE	185	EARL EVETT	122.5	JEFF FAHRENBRUCH	MONTGMEY 215	RM 50-54	RT 16-17	K. MANNIES	
S. GONZALES	180	225	S. WINGERT	122.5	R OPEN	242	RM 65-69	M 40-44	M 40-44	T. PARKMAN	140	T. PARKMAN	
T 18-19			RLM 65-69	M. DRAKE	137.5	JOE DENTICE	175	D. HERRERA	165	BILL CROFT	262.5	RT 16-17	
RANSILU JAYATHIALAKA	0		.STAINBROOK	BILL WEISS	122.5	RT 18-19	181	RT 18-19	4th	263.5	TOM SMITH	247.5	
319			RM 60-64	RLM 40-44	184	JOE DENTICE	175	D. JENKINS	170	M 60-64	MONTGMEY 215	E. SCHULTZ	
OPEN			RY 12-13	4TH	185	LM 45-49	181	SUB	OPEN	LIFE	200	LIFE	
SALVADOR RAMIREZ	0		MATHEWS JR	120	RM 40-44	MO RAU	127.5	S. GONZALES	180	BILL CROFT	262.5	N. JUDD	
R OPEN			181	J. MISORSKI	150	ART JONES	255	SUBMASTERS	OPEN	4th	263.5	K. RINEHART	
B. PHILLIPS	197.5	292.5	.STAINBROOK	SAM ARASE	185	242	JOE DENTICE	175	S. HOEKSTRA	265	R OPEN	R OPEN	
R SUB			RT 18-19	RLM 50-54	185	JOE DENTICE	175	4th	263.5	R OPEN	LM 45-49	N. JUDD	
GREG PAYNE	207.5	312.5	.WEINSTOCK	DAN DAVIS	182.5	LM 45-49	181	JOE DENTICE	175	HIGGINBOTHOM	222.5	LM 65-69	
SUB			RY 12-13	4TH	184	MIL/LAW	181	LYLE KAMAKA	222.5	R SUB	237.5	W. VERNETTI	
MIKE ADELMAN	250	292.5	MATHEWS JR	120	RT 18-19	MO STUMBO	197.5	LYLE KAMAKA	222.5	W. VERNETTI	155	BOB EVANS	
SHW			181	J. MISORSKI	150	OPEN	319	LYLE KAMAKA	222.5	STAINBROOK	112.5	185	
OPEN			M. CIUPINSKI	192.5	RT 18-19	JOE DENTICE	175	LYLE KAMAKA	222.5	OPEN	OPEN	OPEN	
JON ORR	200	275	192.5	RM 50-54	185	ART JONES	255	LYLE KAMAKA	222.5	KEVIN RINEHART			
W. ANDERSON	190	245	M. DRAKE	137.5	4TH	255.5	D. BERNARDI	220	LYLE KAMAKA	222.5	R LIFE		
RT 18-19			STEVEN KYLIS	147.5	RT 18-19	D. BERNARDI	220	LYLE KAMAKA	222.5	R LIFE			
IOSH WEAVER	117.5	182.5	147.5	RM 55-59	185	R MIL/LAW	120	LYLE KAMAKA	222.5	R LIFE			
FEMALE BP	B. SOLES	92.5	M 45-49	T. ROBINSON	110	JIM GRAHAM	120	LYLE KAMAKA	222.5	R LIFE			
97	132		OPEN	KEN HALBERT	87.5	R OPEN	120	LYLE KAMAKA	222.5	R LIFE			
RY 10-11	RJR		RT 16-17	185	T. ROBINSON	110	E. SCHULTZ	140	LYLE KAMAKA	222.5	R LIFE		
C. WINGERT	27.5		OPEN	220	T. ROBINSON	110	ART JONES	255	LYLE KAMAKA	222.5	N. LAMBERT	250	
123	R SUB		RT 16-17	LIFE	110	ART JONES	255	D. BERNARDI	220	LYLE KAMAKA	222.5	TOM KRUSIC	
LIFE	J. DILLARD	95	185	J. DILLARD	95	4TH	255.5	D. BERNARDI	220	LYLE KAMAKA	222.5	R MIL/LAW	
T. MAGIEREK	95	148	MOSKOWITZ	117.5	RT 18-19	RT 18-19	185	D. BERNARDI	220	LYLE KAMAKA	222.5	K. BROWN	
MIL/LAW	R OPEN		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	200	
J. YABROUGH	37.5		M. FLOOD	140	185	RT 18-19	185	D. BERNARDI	220	LYLE KAMAKA	222.5	RT 16-17	
OPEN	4th		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
B. AGUIRRE	67.5		MOSKOWITZ	117.5	185	RT 18-19	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
R OPEN	RLM 45-49		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
A. GONZALES	47.5		MOSKOWITZ	117.5	185	RT 18-19	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
RT 16-17	4th		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
B. SOLES	47.5		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
132	DEBBIE SELBY	105	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
LM 45-49			185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
L. SIDDELL	92.5		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
148	RT 18-19		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
LIFE	K. WOMACK	125	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
T 18-19	J. GOLEC	175	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
G. ASHTON	97.5		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
LM 40-44	K. WOMACK	125	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
181	R. TINKHAM	100	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
RT 14-15	T. HEDRICK	125	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
K. WOMACK	92.5		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
T 18-19	J. HEIZELMAN	67.5	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
OHALLORAN	57.5		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
198	ATA EDRALIN	165	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
M 50-54	R MIL		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
A. MC TIEGH	90		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
OPEN	A. CHAMIE	161	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
S. GIBSON	102.5		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
RLM 65-69	J. ORTEGA	85	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
S. PIPES	50		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
4th	R. TINKHAM	100	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
RM 65-69	R. TINKHAM	100	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
S. PIPES	50		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
181	R. TINKHAM	100	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
RT 14-15	R. TINKHAM	100	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
V. CROWELL	J. BOYDEN	90	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
FEMALE DEADLIFT	JERRY URIBE	87.5	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
97	RT 18-19		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
RY 10-11	I. RODRIGUEZ	115	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
C. WINGERT	T. 18-19		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
105	DAN POPE	147.5	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
OPEN	165		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
DELA FUENTE	JUNIOR		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
4th	J. J. TALTON		185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
123	R. DEMENICK	165	185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	
RT 16-17			185	185	185	185	185	D. BERNARDI	220	LYLE KAMAKA	222.5	232.5	

ANNUAL MEMBERSHIP DUES

Regular Fee "AB" Fee

Adult Athletes in the Following Sports: 20.00 23.50

Baseball, Batton, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Oscillation, Pentathlon), Physique, Softball, Swimming, Trampoline & Tumbling, Trampon, and Weightlifting

Adult Athletes in the Following Sports: 20.00 25.00

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

Adult Athletes in the Following Sports: Not Available 25.00

Chinese Martial Arts, Judo, Jujitsu, and Karate

Adult Tae Kwon Do Athletes 20.00 Not Available

Adult Powerlifting Athletes 30.00 35.00

 Member's CHECK Category: ONE: Athlete Coach Official Volunteer

 CHECK ONE: Youth Program Adult Program Added Benefit: Yes No

 Club No.: Club Name: E-Mail:

 ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

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

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

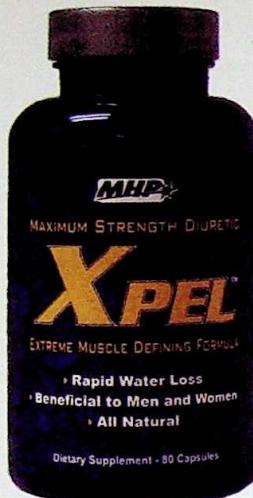
Member's Signature: _____

Parent/Guardian Signature: _____

TROY FRYAR	320	OPEN
RLM 50-54	WESTERHLD	292.5
M. HEIKKILA	190	RJR
RM 45-49	B. LANOU	280
R. SUSSMAN	187.5	4th
P. DROWN	60	R OPEN
LM 50-54	B. LANOU	280
ALAN NICOL	240	4th
LM 55-59	RLM 50-54	290
MIKE FRYAR	255	ALAN NICOL
M 50-54	RM 65-69	240
C. MILLIGAN	240	D. HERRERA
M 55-59	RT 18-19	210
MIKE FRYAR	255	D. JENKINS
MIL/LAW	4th	245
MIKE FRYAR	255	255

What happens when over 250 of the World's Finest Drug Free Powerlifters converge on a perfect vacation oasis? Lots of fun, camaraderie and some very fierce friendly competition. This perfectly describes the 2003 A.A.U. World Bench Press, Deadlift and Pushpull Championships held December 6-7 in Laughlin, Nevada. Venue: Once again the beautiful River Palms Hotel Resort Casino was the perfect setting to bring together this fine group of extraordinary human beings and incredibly strong athletes. The event was held in the 14,000 square Special Events Center adjacent to the hotel on overlooking the majestic Colorado River only a few steps away. The hotel offered incredible guest rooms, fine dining, gaming, health spa and Las Vegas style entertainment. Laughlin is located just one hour south of Las Vegas and offers over a dozen major casinos, boating, fishing golf and sight seeing. Many of the lifters took time to tour the Grand Canyon and/or Lake Havasu. NASA and AAU lifters pave the way: With so much turmoil and dissension in the sport today, it was rewarding to see a wonderful collaborative effort between two outstanding organizations such as the AAU and NASA. Along with National Teams from Mexico, Canada, Finland and Great Britain, the USA was represented by National Teams from traditional AAU members and NASA members. The huge stage was adorned with banners from both the AAU and NASA as well as flags from the 26 countries who have competed in AAU World and International Powerlifting events. NASA President Rich Peters should be congratulated for his courage and pioneering vision to send 4 complete teams for this event. Support from other organizations: It is also important to note that a number of top USAPL lifters have competed with us over the years with extraordinary success. IPF Team Members such as Collin Rhodes, Leonard McCormick, Dennis Cieri, Lance Slaughter, Hung Pham, Larry Miller and Ralph Young have each rewritten numerous AAU records over the years. Many of our foreign lifters are regular IPF members and in many cases are IPF leaders within their own country. Each year we are receiving more cooperation from organizations such as the USAPL, IPF, USPF and CPU. THANKS!!!! A.A.U. North American Powerlifting Hall of Fame: Each year we select one or two outstanding recipients to gain entrance into the A.A.U. North American Powerlifting Hall of Fame. This years inductees are: Gordon Santee: Not only is Gordon the consummate professional in his duties as an International Referee, but a multi-World Champion Lifter as well. It is hard to find an individual who is willing to give of his time and expertise to any and all powerlifting organizations. Rich Peters: Rich can trace his powerlifting roots back to the original AAU Powerlifting days. As the Founder and President of NASA, Rich showed remarkable courage in accepting an invitation to compete in the 2003 AAU Worlds. In so doing he took a giant leap towards cooperation amongst Drug Free Powerlifting Organizations and is expected to help us shape the future of additional collaborative efforts. Gretchen Buerki: Gretchen is not only a fine official, but a National Champion lifter as well. Her dedication to the sport is matched by few and exceeded by none. Sponsors/Vendors: Craine's Muscle World: Once again

NEW PRODUCT



Make Weight with New Water Release Pill from MHP!

Cedar Grove, NJ, March 31, 2004 — MHP has just brought to market a new dietary supplement, XPEL, that according to the company, "can help powerlifters shed water weight so they can make their desired weight class for meets, without compromising muscle power!"

XPEL's patent pending Xeritone-PSDTM/herbal diuretic blend uses proven fluid-reducing herbs to dramatically reduce water retention, while its electrolyte blend helps you maintain a normal body fluid balance in your muscles. More powerful than the typical "water loss pill", you can get results in as fast as 12 hours!"

XPEL contains precise and ample amounts of water reducing ingredients that go to work on the water around your muscle cells. Unlike other water loss products, XPEL does not draw water from inside the cell, which can compromise muscle strength. With XPEL, you'll show up to your meet, rock solid and ready to go.

MHP is a provider of scientifically formulated sports nutrition supplements and is based in Cedar Grove, New Jersey. To learn more about MHP and its products, please call 1-888-783-8844 or visit <http://www.maxperformance.com>

Rick and his family were on hand to support this exciting event. As always Crain's was the official videographer and generously provided gift certificates for the Best Lifters. CSS PhotoDesign: CSS were the official photographers and provided many outstanding and creative products utilizing the athletes lifting photos. Some of the photos and collages accompanying this article are the work of CSS. Mirror Image Sports Wear: Once again Victor Hill produced a top quality meet T-shirt for the event. Powerlifting Video Magazine and Powerlifting USA A special thanks to Ned Loh who was present to capture the event for his column, video series and as a representative of PLUSA Michelle's Jewelry: Michelle Weiss was on hand to display her fantastic powerlifting jewelry. Her work is truly beautiful and unique. Referees: Once again we were blessed with the finest team officials to be found anywhere. International AAU, NASA and/or IPF officials included: Don Haley, Fran Haley, Bill De Porter, Rick Crain, Bo Casto, Joe Dentice, Rich Peters, Bill Ennis, Martin Drake, Gretchen Buerki and Bill Weiss. National and State

Officials: Karen Fultz, Dan Smith and Victor Hill. I apologize if I forgot anyone. Spotting and Loading: Once again the athletes from Kingman High School (Kingman Arizona) did a superlative job spotting and loading for two long days. It was once again our pleasure to make a \$1,000 donation to their weight lifting program. Announcing and Scoring: A number of people contributed mightily to the efficient flow of the meet. Tom Miller was the principal MC and was supported by Rick Crain and Martin Drake. Kevin Westerhold and his training partner alternated between platform management and computer duties, while Mr. and Mrs. Weiss (Bulls wonderful parents) did a terrific job working the cards. The Incomparable Collin Bonneau: Collin is not only a great Multi-World Champion lifter (from Canada), but is also a fine musical talent. Collin opened each session with a rousing rendition of the Stars Spangle Banner on his trumpet and delighted the audience with his play during the flight changes. Collin's demeanor stayed wonderful and upbeat despite a rare bomb in the bench Magician Brett Boyer: Another crowd

pleaser was fast paced magic act of NASA lifter Brett Boyer. A special thanks to this fine talented gentleman. Foreign Participation: Due to some scheduling conflicts and the cost of travel, the foreign lifters had to make choices between the October AAU world Powerlifting Championships and the AAU World Bench, Deadlift and Pushpull in December. Between the two events we had significant participation from Canada, Great Britain, Mexico, Puerto Rico, Finland, Turkmenistan and the Netherlands. Team Slovakia, a regular AAU participant; was unable to attend as they were hosting the IPF World Bench the same weekend. Sri Lanka, Uganda and India were not able to obtain visas in time. However Team Canada and Team Mexico were loaded with great talent. The lifting itself: Lifters from Canada, Mexico, Netherlands, Great Britain and Finland joined in friendly combat with lifters from thirty one US states. It was also wonderful to see a great turnout of ladies and youth lifters. With such a large turnout, it will be space prohibitive to list all of the lifters accomplishments. I will however highlight a few exciting moments and have listed below all of the Best Lifter recipients and Team Awards. 14 LARGE flights of benching took place over the two days. In flight 14, four lifters all took shots at 600 plus. Carlos Siddle (319 Master) (NASA) gave 601 a great try after hitting a solid 573. Scott Hoekstra (275 Submaster) (AAU/Natural Power) also gave 601 a good try before finishing at 584. Art 'Superman Jones' (AAU/Natural Power) a monster 564 RAW in the 242 class and nearly made history with a raw drug free 601 at 242. Colin "Pooh Bear" Rhodes (USAPL/AAU/Natural Power) had the big bench of the day. Lifting as a light 275 he hit a terrific 595 and nearly locked out 617. Awards: The AAU commissioned special 4" medals and display boxes/ The traditional Gold, Silver and Bronze wear awarded for the top three placings. Copper Medals were awarded fourth through tenth. Drug Testing: Once again the Center for Drug Free Sports was on hand to do all of the third party drug testing. I am happy to report that we had no failures in 2003. Team Standings (Countries and Organizations) Men's PushPull Team AAU (Co-Champions), Team NASA (Co-Champions), Team Mexico 3rd, Team Canada 4th, Team Great Britain 5th, Team Finland 6th; Women's Pushpull: Team AAU 1st, Team NASA 2nd, Team Mexico 3rd; Combined Bench: Team AAU (Co-Champions), Team NASA (Co-Champions), Team Mexico 3rd, Team Canada 4th, Team Standings (USA teams) Combined Pushpull: Natural Power (Co-Champion), Heavy Metal (Co-Champion), One on One 3rd, Combined Bench, Natural Power (Co-Champion), Heavy Metal 2nd, One on One 3rd; Military: US Coast Guard; High School: Oceanside High School; Best Lifter Awards: Best Lifter Women's Bench Teal Maguirek (NASA), Best Lifter Women's Deadlift Stephanie Gibson (NASA), Best Lifter Women's Masters Pushpull Marjorie Grimes (AAU/Heavy Metal), Best Lifter Women's Pushpull Teal Maguirek (NASA), Best Lifter Men's Open Bench Collin Rhodes (AAU/Natural Power), Best Lifter Men's Raw Open Bench Art Jones (AAU/Natural Power), Best Lifter Men's Masters/Lifetime Masters Bench John McIntyre (NASA), Best Lifter Men's Raw Masters Bench Danny Herrera (AAU/Natural Power), Best Lifter Men's Open Deadlift Bill Croft (AAU/Natural Power), Best Lifter Men's Raw Open Deadlift Oswaldo Aguirre (Mexico), Best Lifter Men's Masters Deadlift Martin Montgomery (AAU), Best Lifter Men's Raw Masters Deadlift Bill Ennis (AAU/Natural Power), Best Lifter Men's Open Pushpull Oswaldo Aguirre (Mexico), Best Lifter Men's Raw Open Pushpull Gregg Payne (AAU/Natural Power), Best Lifter Men's Masters Pushpull William Leedy (AAU), Best Lifter Men's Raw Masters Pushpull Brad Weber (NASA), Best Lifter Youth/Junior Brian Lanou (AAU), Best Lifter Military/Law Enforcement Adam Chamie (USCG). (Thanks to M. Drake for results)



(l-r) Kirby Gank, Robert Gormus, John Maggert, William Murray... with some of their Awards at the APA American Championships.(APA)

APA American Championships 25 OCT 03 - Bristol, VA

	Women	SQ	BP	DL	TOT
132 Master	K. Taillon	270	155	280	705
148 Master	Patty Morris	225	135	280	650
165 Drug Tested	165 Drug Tested				
Kris Johnson	275	140	345	760	
Men					
165					
Teen 13-15					
Luke Richards	205				
40-49					
Jack Moore	380	250	410	1040	
Open					
Joseph Collins	365				
Wesley Lilley	225	450			
181					
Drug Tested	G. Sesler	540	305	505	1330
Mike Bell	305				
198					
Drug Tested	Wes Sesler	475	300	510	1285
Darin Hull	475				
220					
Open					
Mark Taschuk	710				
Drug Tested	Wm. Murray	545			
R. Musselman	430				
Junior					
Mark Taschuk	710				
Submaster					
Dan Levesque					
Wm. Murray	545				
Dan Levesque	425				
242					
Drug Tested					
John Maggert	655	440	550	1645	
Open					
Adam Read	575				
Ox Mason	530				
Drug Tested					
Neil Miller	455				
T. Henderson					
Junior					
Neil Miller	455				
Submaster					
John Maggert	655	440	550	1645	
Dan Asher	430				
Scott Clark	500				
40-49					
Tony Capps	435				
50-59					
B. Gunn	505				
60-69					
C. Summers	285				
275					
Junior					
Brett Hall	360				
Submaster					
Rusty Slate	525	395	540	1460	
4th	550				
308					
Kirby Gank	630				
Junior					
Josh Shortt	425				
Drug Tested					
Walt Ferguson		350			
4th	40-49	370			



Walt Ferguson 350
4th 370
Open
Josh Shortt 425
SHW
Open
R. Gormus 700 475 660 1835
Bill Duncan 605 285 555 1445
Jerry Tancil 480
Female Best Lifter: Kate Taillon. Open Best Lifter: Bob Gormus. Drug Tested Best Lifter: John Maggert. Open Best Lifter Bench Press: Kirby Gank. Drug Tested Best Lifter Bench Press: William Murray. Best Lifter Deadlift: Wesley Lilley. Meet Site: Holiday Inn, Bristol, Virginia. Special thanks to Dan Levesque for hosting an excellent event adn to our referees who did an excellent job officiating. The spotters were great and there was a lot of camaraderie shown throughout the meet among the lifters. Thanks to Glen Ford, the Monolith was also utilized. It was quite a distance for him to bring the Monolift and it was much appreciated. Beautiful swords were given as awards to all the lifters in each event. (Results provided by Scott Taylor, APA President)

MSP Christmas Crossover Meet
14 DEC 03 — Deer Lodge, MT
123 lb. Open SQ BP DL TOT
Mike Gushwa 200 160 300 660
148 lb. Open
J. Erickson 205 185 325 715
165 lb. Open
B. Marchington 400 245 475 1120
Leland Lapier 375 255 450 1080
P. Woofter 315 205 400 920
181 lb. Open
Shane Mance 450 265 500 1215
Merlin Ladue 275 225 425 925
198 lb. Open
Phillip Bailey 475 350 525 1350
G. Williams 450 370 450 1270
198 lb. Masters
Jeff Crandall 500 290 525 1315
Mike Patterson— 250 325 575
220 lb. Open
Bill Smock 350 275 480 1105
John Middlemiss 340 350 400 1090
Rod Hasson 275 330 350 955
242 lb. Open
Joe Stratman 315 240 500 1055
242 lb. Masters
Farrin Galpin 365 330 425 1120
242 lb. Grand Masters (50+)
Jack Griffin 500 465 550 1515
275 lb. Open
Victor Nava 435 275 515 1225
James Parker 315 300 405 1020
275 lb. Masters
Collins Laster 320 310 350 980
318 lb. Masters
Ernest Wilcock 250 300 335 885
Bob Riley 275 240 300 815

On December 14, 2003, the Montana State Prison Inmates, in conjunction with the MSP Recreation Department, conducted the annual Christmas Crossover Power Meet, which included all eligible inmates

from within both the high- and low-security compounds of the prison. This was a non-sanctioned meet. However, we used the USA Power Lifting (formerly ADFPA) rules and regulations. Per prison policy, inmates competing in the meet were not permitted to use supplements, bench shirts or squat suits. Therefore, by definition, this was a "raw" meet. Twenty-one inmates competed in the competition, the winners being the best in each weight class with the greatest combined total. Up-and-coming lifter Victor Nava performed very well at his first ever meet, with an impressive combined total of 1225 lbs. 43-year-old Farren Galpin, in the 242 lb. Masters class, established all new records for his division and was the most improved, as he had great gains in all three lifts, with a total of 1120 pounds. 40-year-old Jeff Crandall, in the 198 lb. Masters class, had an awesome total of 1350 pounds, which broke all previous records for the 198 lb. Masters class. He did this with an injured shoulder! I would like to thank the staff who made this meet possible. Our sponsor, John Derzay, for his work coordinating our activities, Don Berryman in the Education Department, John Stevenson in the Recreation Department, Tom Wood - Security Major, Myron Beeson — Associate Warden, and all correctional officers in attendance. I would also like to say thanks to everyone who helped out with this event. Our spotters and helpers: Derrick Davis, Charles Rupp, Robert Sparks, Anthony Rodriguez, Pat Broderick, Ronald Goodsell, John Miller, Clifford Lamere, Kriss Borger, Rodney Castro, Daniel Pappas, Frank Fulton, Luke Soriach, Terry Wade and Kevin Bretz. Judges: Mike McDougall, William Randolph, David Sanders and Chris McKeon. Other support volunteer: Kristofer Hans, cameraman, producer and editor. Special thanks to Joseph Anthony for all his work coordinating the event. (Thanks to Jack Griffin for these results)

Aaron Hartman	200	160	345
148/16-17	245		
Mike Briggs	165/16-17		
Brian Chwiecko	335	225	335
165/16-17			
Jeremy Maurer	365	225	420
181/16-17			
John Banzhof	250		
181/16-17			
Willie Katinowsky	385	275	405
198/16-17			
Michael Randolph	470	280	505
198/16-17			
Josh Evans	290		
148/18-19			
Chris Ramos	350	400	
220/18-19			
Ryan Delong	395		
220/16-17			
Matt McGinn	275		
275/18-19			
Scott Reed	405		
220/23			
Juniors (20-23)	330		
Justin Krawzik	242/23		
Josh Megahey	405		
132/31			

Women's Open 110			
Michelle Troupe	181/16		
Men's Open	405	265	445
Michael Barkasi	181/27		
Steve Beadencup	400		
198/24			
Chris Papst	330	315	430
220/24			
Todd Mealy	430	375	500
220/29			
Chris Billings	350	270	425
220/27			
Scott Thomas	550	490	485
220/42			
Ralph Wilhelm	400	225	450
275/24			
Bill Morris	400	280	480
242/35-39			
Sub-Master	450	400	530
Steve Kirlin	275/35-39		
Keith Troupe	390		
123/40-44			
Master Women	160		
Susan Marra	198/40-44		
Master Men	300	440	
Wayne Semple	220/40-44		
Pat Marra	405		
220/40-44			
Ralph Wilhelm	400	225	450
A 2-day weightlifting and powerlifting meet at Kennedy's Gym was a success despite bad weather conditions. It was the best turnout yet for this date. Students representing 5 high schools were among the competitors. Some schools brought teams. There were kids who lifted both days in snatch, clean & jerk, squat, bench, and deadlift. Fifteen year old Kylie Morris was the top overall female lifter and Scott Thomas was the top male lifter. Bryce McDonnell and Vaughn Edwards showed the crowd some strong lifts for seven year old boys. Gym members get a big thank you for helping to keep things running smooth. A lot of people braved the weather and took time out from their day to support the sport. Thank you everyone. (Thanks to Pat Kennedy for providing these results.)			

Raw Power Bench			
29 NOV 03 - Peabody, MA			
Bench/Deadlift	BP	DL	
Under 200 lbs.			
Kevin Rossi (199)	405		460
Scott Oleson (181)	295		450
Mike Zarbano (174)	275		365
Mike Markos (191)	320		380
Brian Melanson (178)	275		375
Craig Wiley (174)	250		
200 lbs. +			
Nathan Leung (200)	275		450
J. Boudreault(235)	330		450
Derek Adams (240)	300		495
Brian French (200)	250		385
Overall trophy - Kevin Rossi. Best Form Plaque - Brian Melanson. (Gym Warriors)			



Vincent Lysobey prepares for his opening attempt at the APA Thunder Bay Open. (Photograph APA)

**APA Thunder Bay Open
15 NOV 03 - Bradenton, FL**

15 NOV 03 - Bradenton, FL

Women	SQ	BP	DL	TOT
114				
M. Kirkland	315	175	345	835
4th	332			
132				
K. Moore	185	115	220	520
148				
S. Sweeny	275	125	285	685
D. Korob	145			
Teenage				
G. Biggs	350			
Junior 20-23				
C. Robertson	425			
S. Ribaudo	365			
Submaster				
D. Agostini	445	315	430	1190
J. Walker	405			
40-49 by formula				
B. Kelly	620	345	635	1600
S. Conlin	450	280	475	1205
G. Lutz	550	365	500	1415
R. Hoover	410			
G. Ford	265			
R. Cunicelli	305			
S. Conlin	280			
50-59 by formula				
T. Gainer	445			
G. Walker	385			
60-69 by formula				
J. May	250			
70-79 by formula				
B. Rosenfeld	300			
Open				
132				
B. Goelz	382			
181				
V. Lysobey	540	340	500	1380
J. Querido	415			
198				
G. Walker	385			
220				
J. Whalen	425			
242				
J. Howe				
J. Walker	405			
275				
T. Gainer	445			
308				
M. Small				
HW				
J. Balzer	360			

Thanks to APA for providing the results.

USAPL NorCal Winter Classic
10 JAN 04 - Concord, CA (kg)

10 JAN 04 - CONCORD, CA (KGB)
Name:

Women	Open	SQ	BP	DL	TOT
23	C. Buffington	95	52.5	102.5	250
48	A. Cuevas	107.5	60	125	292.
65	Mauricio	112.5	60	102.5	275

Men					
T1 (14-15)					
198					
M. Koufos	130	72.5	155	357.5	
Open					
181					
M. Mendez	220	127.5	215	562.5	
D. Torrence	215	125	217.5	557.5	
198					
John Pena	332.5	217.5	272.5	822.5	
Chris Cei	25	142.5	215	382.5	
220					
J. Tremblay Jr.	267.5	182.5	272.5	722.5	
Steve Pena	227.5	215	245	687.5	
DiBartolomeo	220	167.5	250	637.5	
Wes Allen	185	110	212.5	507.5	
242					
Steve Silver	300	227.5	300	827.5	
Jim Sullivan	290	185	272.5	747.5	
Satterthwaite	185	165	195	545	
275					
Emilio Paez	245	150	250	645	
M1 (40-44)					
Kanemoto	272.5	200	240	712.5	
Robert Ciano	227.5	185	272.5	685	
M2 (45-49)					
Jim Sullivan	290	185	272.5	747.5	
John LaGrilli	242.5	162.5	245	650	
David Bertier	170	127.5	242.5	540	
M3 (50-54)					
Mike Mooney	75	75	125	275	
M4 (55-59)					
John Dumont	160	80	200	440	
M5 (60-64)					
Shane O'Neill	210	137.5	222.5	580	

age division. Don Torrence, at 67 years young and weighing 174 lbs., put on an impressive display of lifting by hitting an AR 275 lb. bench press and an AR 1229 lb. total. Don earned best Master powerlifter, and also posted the highest coefficient total of the meet! The Open powerlifting class saw many fine performances. Notables included Steve Silver returning to the platform for the first time in almost a year and hitting a huge 1824 lb. total which earned him 1st place Open 242 class and highest total of the meet. John Pena made the long trip from Tucson, AZ, and hit a monster 733 lb. squat at 198 lbs. bodyweight on route to an 1813 lb. total. John earned 1st place Open 198 class and Best Open powerlifter. The meet could not have happened without the group of athletes, spectators, and all the volunteers who helped make the meet a success. Specific thanks go to Ted O'Neill and Garrett Harper of Diablo Barbell for providing the meet venue and warm-up equipment, Basics Gym for providing the Ivanko competition weight set, Jason Burnell for providing the squat racks and bench, Mike Koufos for providing dead lift helpers, and all the folks who helped in the set-up and tear down our the gym. Words of appreciation cannot be extended enough! For information on upcoming contests, meet results and USAPL news in California, log onto www.usapl-ca.news

USPF W.Virginia High School			
21 FEB 04 - S. Charleston, WV			
WOMEN (Jr)	BP	DL	TOT
114 lb.			
Carrie Brezinski	70	185	255
123 lb.			
Carrie Miller	80	215	295
132 lb.			
Chelsea Speggon	140	275	415

(Junior)			
114 lb.			
Matt Carden	130	280	410
132 lb.			
Brandon Riffe	185	350	535
165 lb.			
Adam Short	185	310	495
Sean Summerfield	200	335	535
181 lb.			
Curry Dial	250	385	635
Cody Clay	215	415	625
Derrick Williams	250	360	610
Ian Comer	230	350	580
Ron Kessel	200	380	535
198 lb.			
Justin Shrewsbury	235*	440*	675*
Donovan Vealey	205	330	535
220 lb.			
Carl Mills	220	415	635
Josh Shahan	220	330	550
242 lb.			
Joe Barnes	240	425	665
Noah Walters	215	400	615
Nick Stewart	190	300	490

275 lb.			
Chris Phillips	300	450	750
Mike Hill	265	400	665
Chris Mason	225	400	625
308 lb.			
Jay Estill (Senior)	200	440	770
132 lb.			
Zak White	145	275	420
181 lb.			
Migel Elkins!	240*	390*	630*
Jeremy Smith	170	375	545
198 lb.			
JD Arnold	230	350	580
220 lb.			
Charles Baptiste!	325*	550*	875*
Matt Wright	275	420	695
275 lb.			
Isiah Hayes	240	450*	690*
Jeremy Owens	230	375	605
* - State Record. ! - Outstanding Lifter. (Thanks to John Messinger for the results)			

ISPA Iron Horse "Raw" PL Champs
28 FEB 04 - Muncie, IN

Powerlifting SQ BP DL TOT

148						
Jr. Women						
A. Maddox	275	145	245	665		
198+						
Open Women						
Amy Robertson	320	180	320	820		
165						
Open Men						
Mike Buck	415	280	420	1115		
181						
Masters Men						
Jeff Buck	400	280	400	1080		
Teen 18+19						
C. Glassbum	335	280	435	1050		
198						
Open Men						
Marc Fensler	500	325	525	1350		
Masters 1						
Mike Lindsey	135	270	435	810		
220						
Novice						
Sam Evans	500	340	480	1320		
Submaster						
Harlen South	375	265	515	1155		
275						
Teen 18+19						
Joe Gilpen	440	315	550	1305		
Jr. Men						
Matt Covlin	405	315	225	945		
Open Men						
Spencer Reed	380	355	445	1180		
Submaster						
Brad Witter	500	340	420	1260		
BENCH						
181			Dan Schwamtz	400		
Masters 3			Submaster			
H. Lawrence	175	319+	Joe Trego	295		
198						
Open Men			James Harrison	365		
R. Chambers	285	DEADLIFT				
220		Open Men				
Novice		Tim Smith				
B. Hensley	315	560				

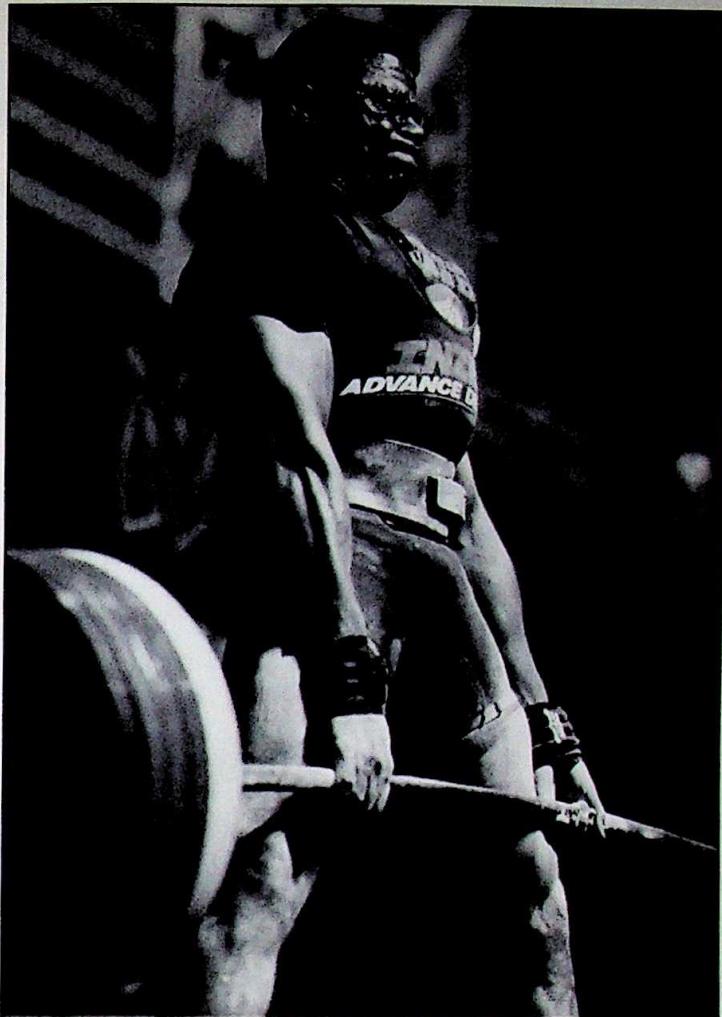
b. Fleiss, 33
Open Men
Tim Smith 470
275
Novice
Mike King 305
Tony Brandi 250
Open Men
(Thanks to Sonny Runyon for the results.)

WABDL Alki Beach BP/DL
23 AUG 03 - Seattle, WA

BENCH	Women	D. Yost	286
Class I Men	J. Van Kolck 93		181
198	Women		181
T. Tebbets 358	D. Yost	143	Bull Stewart was the meet director.
J. Woddall	WM 40-46		This was an outdoor meet and they
242	105		are always tough to run. He had
J. Coolbarug	Anna James 159		improvements over past meets, in-
303	123		cluding two canopies to keep out the
275	Karen Olson		sun. The weather cooperated and
Jess Angel 451	99		the view of Puget Sound is spectacu-
Jr. M 20-25	132		lar, but no outdoor venue can com-
181	S. Gomez 165		pete with the convenience of a ho-
K. Umetsu 253	WM 47-53		tel. You check in, weigh in, eat din-
Law/Fire	148		ner, sleep, eat breakfast, lift, and go
Men 40-47	N. Carpenter		back to your room to await trophy
275	143		presentation, but hotels are also
Tom Ovens 429	DEADLIFT		tough to deal with. All in all, this was
Open Men	Class I Men		a fun meet, and the trophies were
198	198		good. In Class I Bench, Jesse Angel
R. Derringer	T. Tebbets 402		tiied the Washington State Record
402	220		(WSR) at 275 with 451 3/4. In Law/Fire
Submaster Men	S. Tingle 402		master 40-47 275, Robert Derrin-
181	Jr. M 20-25		ger set a WSR with 429 3/4. In
Keith Swank	181		Law/Fire Submaster John McMullen
248	Ken Umetsu		set a WSR at 242 with 380. In Master
242	402		Men Bench 40-46, Ray Whitley set a
J. McMullen 380	220		Colorado SR at 220 with 385 3/4. In
Men 40-46	S. Tingle 402		Teenage 16-19, 123, Alex Kolb set a
148	Law/Fire		WSR with 176. In Master Men 40-46,
J. Lawrence	Open Men		259, Todd Christensen set a WSR
336	198		with 451 3/4. In Master Women 40-46,
198	Tom Ovens 551		105, Anna James of California set a
A. Berry 462	Law/Fire		World Record with a very impres-
P. Fernandes	Submaster Men		sive 159 3/4 bench. That's a big co-
330	181		efficient. Moving on to the Deadlift,
220	Keith Swank		World Records were set by Juliania
R. Whatley 385	429		Van Kolck, who pulled 248 in Teen
242	M 40-46		13-15 114 class. Leamon Woodley in
B. Waino 380	562		Master 40-46, 181, pulled a fantastic
259	Law/Fire		683.2. He's never been beaten --
Christensen	Submaster Men		one of the best master deadlifters in
451	181		the world. John White pulled a World
275	Keith Swank		Record 440 3/4 at 308 in Master 61-67.
Ron West 369	429		Mick Stevens, coached by Bull
308	M 40-46		Stewart, pulled a WSR 545 1/2 in
J. Ceccarelli	Leamon Woodley		Master 47-53, 198. Godfrey
501	683		Holzinger pulled a WSR 485 in Mas-
J. Mickelson	220		ter 54-60, 198, and Ray Whatley
429	R. Whatley 578		pulled a Colorado SR 578 1/2 in Mas-
Men 47-53	B. Wellborn 385		ter 40-46, 220#. I want to thank Bull
198	275		Stewart and his wife Flo, who did an
M. Stevens 253	Ron West 540		excellent job at the scoretable. The
242	308		judges were Gene Bell, Gus
S. Mathis 468	J. Mickelson		Rethwisch, and Emmanuel. Bull
573	573		Stewart was the M.C. and Isernio's
Men 54-60	M 47-53		Sausage Company was the main
198	181		sponsor. (Thanks to Gus Rethwisch
G. Holzinger	B. Everett 440		for providing these meet results.)
319	J. Rankin 429		
242	198		
J. Paggett 363	M. Stevens 545		
SHW	275		
R. Smith 462	M. DeWitt 595		
Men 61-67	M 54-60		
165	198		
R. White 220	G. Holzinger		
308	485		
J. White 341	SHW		
Open	R. Smith 501		
220	M. 61-67		
T. Tilford 462	165		
242	R. White 286		
S. Mathis 468	308		
J. Westling 352	John White 440		
SHW	Open		
J. Crawford 545	165		
Sub M 34-39	B. Boruff 473		
181	220		
Steve Olson	T. Tilford 661		
402	J. Morasco 529		
220	242		
R. Yost 303	J. Westling 540		
SHW	275		
V. Eldridge 429	A. Medak 650		
Sub W 34-39	Sub M 34-39		
123	220		
R. Sexton 121	R. Yost 507		
181	Sub W 34-39		
D. Yost 143	181		
Teen M13-15	D. Yost 286		
114	Teenage M13-15		
T. Clendaniel	114		
88	T. Clendaniel		
Teen M16-19	170		
123	Teenage M16-19		
A. Kolb 176	123		
220	Alex Kolb 270		
J. Flores 374	Teenage W 13-15		
Teen W13-15	114		
114	J. Van Kolck 248		

Women D. Yost 286

181
Bull Stewart was the meet director.
This was an outdoor meet and they
are always tough to run. He had
improvements over past meets, in-
cluding two canopies to keep out the
sun. The weather cooperated and
the view of Puget Sound is spectacu-
lar, but no outdoor venue can com-
pete with the convenience of a ho-
tel. You check in, weigh in, eat din-
ner, sleep, eat breakfast, lift, and go
back to your room to await trophy
presentation, but hotels are also
tough to deal with. All in all, this was
a fun meet, and the trophies were
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tiied the Washington State Record
(WSR) at 275 with 451 3/4. In Law/Fire
master 40-47 275, Robert Derrin-
ger set a WSR with 429 3/4. In
Law/Fire Submaster John McMullen
set a WSR at 242 with 380. In Master
Men Bench 40-46, Ray Whitley set a
Colorado SR at 220 with 385 3/4. In
Teenage 16-19, 123, Alex Kolb set a
WSR with 176. In Master Men 40-46,
259, Todd Christensen set a WSR
with 451 3/4. In Master Women 40-46,
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World Record with a very impres-
sive 159 3/4 bench. That's a big co-
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Van Kolck, who pulled 248 in Teen
13-15 114 class. Leamon Woodley in
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683.2. He's never been beaten --
one of the best master deadlifters in
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Rethwisch, and Emmanuel. Bull
Stewart was the M.C. and Isernio's
Sausage Company was the main
sponsor. (Thanks to Gus Rethwisch
for providing these meet results.)



Leamon Woodley lifted a 683 deadlift at the Alki Beach meet. (Lambert)



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Elite Master I II III IV		World National State	<input checked="" type="checkbox"/>	Sex <input checked="" type="checkbox"/> M <input type="checkbox"/> F
Today's Date		Card Issued By		

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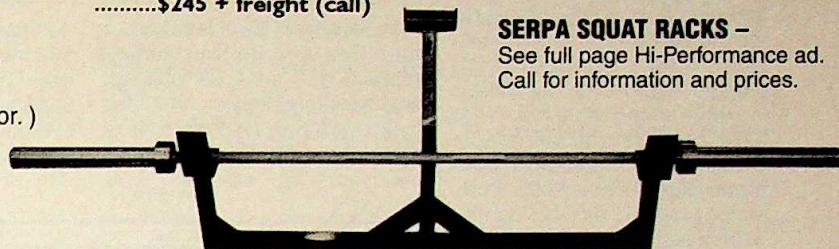


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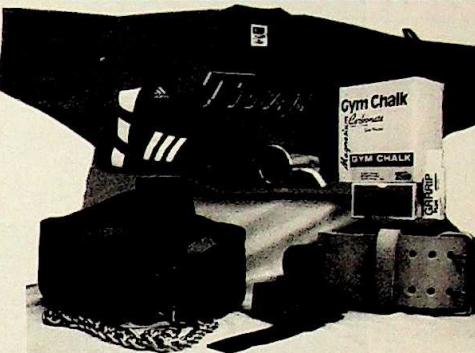
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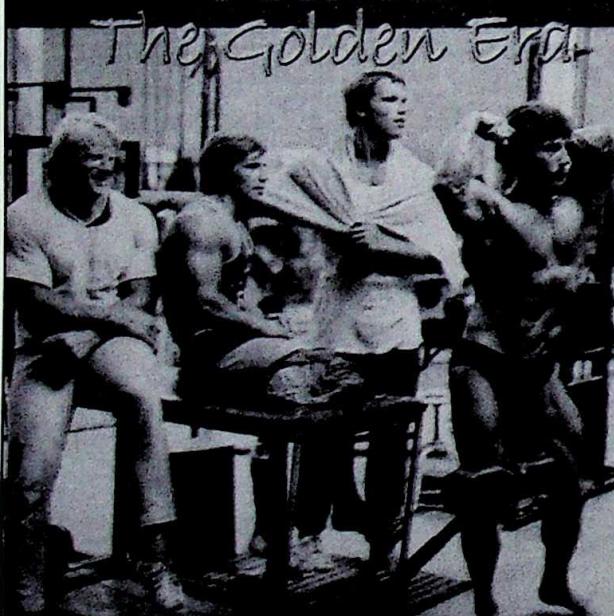
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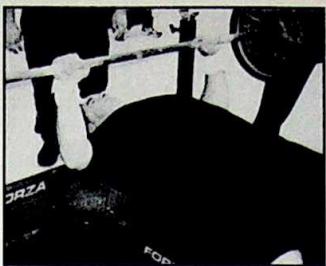


DICK TYLER

Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zuver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was gobs of common ground between the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo ... wow!) We just got a couple of cases of this book in and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to Powerlifting USA, Box 467, Camarillo, CA 93011.

Bullitt County YMCA BP/DL		
	24 APR 04 - Shepherdsville, KY	
BENCH		OPEN DIVISION
JUNIOR	165	
7 year old	Kris Thompson	245
Peyton Griffie	35	220
WOMEN	Justin Abney	350
B. Etherton	65	242
TEENAGE	Rob Shultz	430
148	275	
Korey Craddock	David Elmore	505
245	DEADLIFT	
198	TEENAGE	
Stuart Diersen	325	Stuart Diersen
J. Benefield	285	MASTERS
Brian Allen	275	40-44 yr
MASTERS		220
40-44 yr	Joe Raley	335
165	242	
Ron Flynn	335	Keith Griffie
198	45-49 yr	315
Dale Thompson	315	220
220	Ray Belanger	315
Joe Raley	350	OPEN
242	220	
Keith Griffie	300	Justin Abney
275		615
Darrell Smith	350	
45-49 yr		
220		
Ray Belanger	330	
Russell Knopp	255	

BEST LIFTER: David Elmore. The Derby Pump Raw Bench and Deadlift was held on April 24 at the Bullitt Co. YMCA. Proceeds from the entry fees, approx. \$700, went to the SHARE THE CARE program. In the Bench Press competition 7 year old Peyton Griffie did a clean 35 lb lift for a personal best in his second ever contest. In the Womens division Bridget Etherton took her first title. In the teenage division Korey Craddock did a 245 to win the 148's. In the teenage 198's Stuart Diersen took home top honors with an outstanding 325 2nd lift. Jeremiah Benefield took 2nd and Brian Allen 3rd in this hotly contested division. In the masters 40-44 division Ron Flynn won the 148's with a strong 335. Dale Thompson won the 198's after coming off shoulder surgery with a 315. Joe Raley did a strict 350 to win in the 220s. Keith Griffie posted a 300 2nd lift to win in the 242's. Darrell Smith won the 275's with an easy 350, barely missing 400. In the Masters 45-49 Ray Belanger took home 1st with a 330. Russell Knopp took 2nd with 255 just missing 275. In the open Kris Thompson won the 165 class with a 245. In the 220's Justin Abney put up 350 to take his division. Rob Schultz put up 430 to win the 242's. In the 275's David Elmore did a solid 505 2nd lift, just missing 525, to take 1st as well as the best lifter trophy. In the deadlift Stuart Diersen won the teenage division in impressive fashion with a 535 pull. Joe Raley won the 40-44 220's in his first ever deadlift competition with 335. Keith Griffie won the 40-44 242 masters division, while Ray Belanger took home the prize for 45-49 division. Justin Abney fought thru with a huge 615 lift to win the open 220's in strong fashion. Special thanks to the YMCA and all the spotters who helped all day. (K. Griffie provided results.)



Don Neighbors coming up with pr 400 @ 40-44/242 at the SLP Cross Country Pull. (Photo Latch)

**SLP Cross County Pull BP/DL
8 MAY 04 - Mattoon, IL**

BENCH PRESS DEADLIFT

teenage men	13-15	junior men
123		148
Al O'Brien	120	Dennis Frost 315
junior men		submaster men
148		220
Dennis Frost	200	B. Bruniaga 525
master men	40-44	master men 45-49
242		242
D. Neighbors	390	James Ewing 460
open men		open men
308		308
Jim Hanson	375	Jim Hanson 565
The twentieth annual Son Light Power Cross County Pull Bench Press/Deadlift Championship was held May 8, 2004 at Cross County Mall in Mattoon, Illinois. Thanks again to the mall Association for sponsoring this event. In the bench press competition Al O'Brien came to break the state record in the teenage men's 13-15/123 class, and actually came within a few inches of locking out that weight, but had to settle with his opener of 120. A great all-around athlete, Al is also involved with wrestling and football. Dennis Frost returned to competition after more than a year off to take the win at junior 148. Failing with a personal best 220 Dennis finished with 200. Don Neighbors came looking for his first 400, lifting at 40-44/242. Don finished with 390 after two very close misses with 400, just short of lockout. In the open 308 class it was Jim Hanson, getting just his opener of 375. Two subsequent tries at 405 stalled about halfway up. In the deadline event Dennis Frost won at junior 148 with 315. Brent Bruniaga looked strong at submaster 220, finishing with 525 after his final attempt with 545 failed at the knees. James Ewing won at 45-49/242 with 460, after running a 5K race earlier that morning. Then at 308 it was Jim Hanson with the biggest pull of the day, 565. Thanks to my wife Susie, Brett Faught and grandson Daniel for all their help. See you all back here at the mall June 19 for the USA 'RAW' Bench Press Federation Summer Nationals. (Thanks to Dr. Darrell Latch for results)		

**USAPL Idaho State High School PL
14 FEB 04 - Nampa, ID**

	WOMEN	SQ	BP	DL	TOT
Teenage					
123 (16-17)					
Martinez, A.	125	95	175	395	
(18-19)					
Jenson, S.	140*	120*	215*	475*	
132 (16-17)					
Weerhiem, L.	105	85	170	360	
165 (16-17)					
Donahoo, M.					
190+ (16-17)					
Ahlers, Kate**	250*	210*	375*	835*	
Ivy, Amanda	200	125	300	625	
MEN					
Teenage					
114 (12-13)					
Cook, James	140	105	200	445	
(14-15)					
Floyd, Russell	105	95	185	385	
(16-17)					
Kim, Edward	185	155	290	630	
132 (16-17)					
McGlochlin, B.	235	145	275	655	
148 (14-15)					

Barnard, N. (16-17)	185	185	240	610	
Bowen, Eric	295	230	350	875	
Diaz, JD	300	190	335	825	
Maugh, Jereme	155	135	225	515	
165 (14-15)					
Daniels, Robert	270	185	300	755	
Wilding, C. (16-17)	135	150	225	510	
Woodruff, Devin	335	215	375	925	
Tompkins, Mark	270	215	370	855	
Hubbard, Kord	270	200	370	840	
Watkins, Stuart (18-19)	160	135	250	545	
Carrillo, Uriel	185	265	405	855	
Wilson, Nick	235	175	325	735	
181 (14-15)					
Dowers, Tom	335	230	390	955	
Clark, Kyle (16-17)	240	135	320	695	
Ladish, Troy	380	260	415	1055	
Rogers, Jaeson	375	250	425	1050	
Regis, Ryan	350	185	385	920	
Wade, Jake (18-19)	185	200	275	660	
Agenbroad, K.	345	275	430	1050	
Smith, Troy	240	185	340	765	
198 (14-15)					
George, David	350	210	415	975	
Broom, Cody (16-17)	195	170	340	705	
Porter, Cody** (16-17)	430	280	505*	1215	
Kroll, Alex	300	270	330	900	
220 (18-19)					
Flonta, Danny	450	290	415	1155	
Islus, Pablo (18-19)	325				
Roorden, Scott	380	245	475	1100	
242 (18-19)					
Mendez, M.	240	185	370	795	
275 (14-15)					
Pulu, Hateni	315	250	315	880	
(16-17)					
George, Mike	260	255	400	915	
(18-19)					
Nulph, Dan .319	240	185	380	805	
Hackler, John .319	355*	205	440	1000	
* - State Record, ** - best lifters (male & female)					
TEAM: Skyview HS, American Falls HS, Mountain Home HS. (USAPL.)					

	USAPL Virginia Open				
	28 FEB 04 - Charlottesville, VA				
	BENCH 198				
114 Open		50-54			
Angie Mamola	155	Al Statman	290		
132		198			
14-15		65-69			
Allen Bowers	130	John Herbein	265		
165 Open		198			
D. Maouy	390	65-69			
181 Open		George Litos	215		
Adam Mamola	425	242 RAW OPEN			
181		Carl Amstone	360		
40-44		275 College			
Cliff Merritt	320	Guy Greene	365		
Powerlifting	SQ	BP	DL	TOT	
105 50-54					
Evelyn Newton	95	80	210	385	
114 Open, 20-23					
Anne Sommers	215	115	220	550	
132 16-17					
B. Whitehead	330	190	370	890	
148 14-15					
Trey Angle	280	160	325	765	
14816-17					
Mace Evehardt	335	200	375	910	
148 16-17					
L. Whitehead	340	235	275	850	
165 16-17					
Josh Dalton	365	275	405	1045	
165 18-19					
Brandon Travis	205	215	350	770	
165 6064					
John Nesbitt	355	215	455	1025	
181 20-23					
Rory Howell	470	350	450	1270	
181 50-54					
Ernie Burt	505	270	475	1250	
181 RAW 50-54					
Mike Brandy	315	285	500	1100	
18165-69					

Walker's Gym Bench Press	
06 MAR 04 - Hopewell, VA	
RAW - MEN	Carl Tiller 450
Men	Jason Drake 385
165	242
L. Schwartz	335 W. Williamson 365
181	Issac Hawkins 330
Andy Lvellen	310 275
198	Adam Read 600
D. Mason	350 Jeff Turner 575
Barry Ellis	320 SHW 675
220	Kirby Gank
Mardi Thomas	410 Sam Bays 460
RAW - MASTERS	WOMEN-OPEN
Masters	0-130
40-49	Jeany Walker 185
0-148	205 165
Scott Wolf	220 Bonnie Graube 295
SHW	355 Kelly Felske 275
Gene Englehart	OPEN - MASTERS
50-59	40-49
Bobby Woodfin	220 181
C. Kindervater	210 Jim Norton 275
RAW - TEEN	275
0-148	220 50-59
B. Randall	220 198
275	Travis Amos 340 Tom Mitchell 445
Stuart Dean	385 220
319 RAW Open	165 Keith Hancock 300
Craig Amstone	435 235 455 1125
Supers open	198 Rick Smith 285 275
Mace Neal	760 615 635 2010
(Thanks to USAPL for providing results.)	(Thanks to Barry Walker for the results.)

Powerlifting USA magazine has just undergone the most significant change in its production in over a quarter of a century. Decades of working with artboards and film have been replaced by digital workflow. Future issues of PL USA can now be produced in a shorter period of time, and we should also be able to feature enhanced photographic reproduction and layout capabilities as well. This transition to a different technology was not accomplished seamlessly and, ironically, the initial learning curve on how to use the new systems actually added several weeks to our recent production schedule. It was so maddening to have pages in hand that seemed "ready", which would not "fly" electronically, without day after day of painstaking troubleshooting of digital minutiae. The resulting delay is why we have combined the May edition into our June issue. Of course, this issue will count as only one on your subscription; if you ordered 12 issues, you will receive 12 issues. For those who are frustrated with their untimely receipt of PL USA, we offer two free additional issues of the magazine to any subscriber who asks. (Contact us at PL USA, Box 467, Camarillo, CA 93011, 800-448-7693, 805-482-2378, FAX 805-978-4275, e-mail lambertplusa@aol.com). If this is not acceptable, we offer refunds of the subscription balance upon request. This is a change for the better ... we apologize for a short term inconvenience. **MIKE LAMBERT**

Beast of the East Bench Press
29 FEB 04 - Taylor, PA

BENCH	Al Miller	157.5
Women	Larry Frable	140
148	198 Teen	
Marge Conte 40	A.J. Bilski	155
Men	198 Junior	
123 open	Jeff Zick	175
H. Clapatch 72.5	Chris Nasser	167.5
132 Open	2200Open	
125	Ed Bronco	172.5
Fred Garvey	Ray Murhon	165
148	Vince Malanga	147.5
Masters(40-44)	220 Junior	
Mike Gallagher 125	Jon Bartell	185
165 Open	220	
Bob Legg 100	Masters (40-44 yrs)	
Brad Meyers 100	Mark Sylvester 167.5	
165 Junior	160 Chris Zupko	160
\$J. Wincoitch 165	220	
Masters(50-54)	Masters (45-49yrs)	
Bob Legg 100	165	
181 Open 175	Ray Murhon	
Brian Kizer	242 Open	
Jack Rubio 167.5	Joe Swartz	165
181	242 Masters(65-69)	
Masters(45-49)	Earl Robinson	152.5
W. Clapatch 117.5	275 Open	
181 Teen(18-19)	Masters (40-44)	
Matt Hastie 122.5	Russ Smith	215
198 Open	319 Open	
*Rob Baum 177.5	Masters(40-44)	
Jeff Zick 175	Kevin Coughlin 187.5	
* Best Lifter Hwy. \$ - Best Overall Lifter. !- Best Lifter Womens. Great Bench Meet! Wish to thank all lifters, loaders scoring table judges and spectators for all of their help. Looks like the Power Gym is back to running contests! May God Bless you all. (Thanks to The Power Gym for the results.)		



Bob Granko Sr., (l) presents 1st. place Masters award to Earl Robinson aged 65 years young, truly the Beast of the East Bench Press contest's most inspirational lifter. (Photo by The Power Gym)

Joanne Clough 205	100	270	575
F. Ruggiero 285*	160*	310	755*
Sonja McKinlay 275	175	275	725
Grace Parisi 215	100	260	575
Men's Teenage Division			
C. Wasniewski 500	320	580	1400
John Pyrez 415	215	440	1120
Don Hilton 300	225	400	925
Jason Petracca 305*	195*	350*	850*
Men's Junior Division			
Mike Petracca 450	285	460	1195
Dan Poulos 400	285	540	1225
J. Carpenter 425	350	460	1235
Dean Fragola 375	260	385	1020
Kiron Farris 415	315	475	1205
Men's Sabmasters Division			
Gene Marshall 550	385	545	1480
Sean DiCataldo 570	380	600	1550
Eric Quintin 360	300	400	1060
Masters 40-44 Division			
Alex Yvars 555	335	545	1435
Kevin Rossi 505	445*	520*	1470*
S. Naylor 245	125	280	650
Eileen Molloy 240	130	210	580
Lise Stylos 205	125	225	555
Women's Masters Division			
Pam McCann 225	155	280	660
Diane Farrar 170	110	200	480
Michaels-Ward 165	95	215	475
Women's Grandmasters Div.			
Bryan Letson 225	225	405	855

Andrew Bender 325
Grandasters Division

Dave Mansfield 525	270	525	1320
John Medeiros 475	345	445	1265
Joe Rizza 450	190	450	1090
Dwayne Allen 375*	275	450	1100*
Butch Troiano 350*	385*	425	1160*
Robert Ayer 250	155	345	750
Jonathan Wild 250	140	335	715
Men's Open 148 lb Division			
Allen Whigham 505	285	550	1340
Mike Petraca 450	285	460*	1195
Men's Open 165 Division			
Gene Marshall 550	385	545	1480
Steve Beaupre 540	385	530	1455
Randy Deleon 480	300	555	1335
Eric Cordeiro 450	275	440	1165
Men's Open 181 lb. Division			
Sean DiCataldo 570	380	600	1550
Hal Scholnick 515	370	560	1445
Stephen Ritucci 435	335	520	1290
Dan Poulos 400	285	540	1225
Sam Alba 425	320	450	1195
Men's Open 198 lb. Division			
M. Campbell 605*	390	585	1580
Kevin Rossi 505	445	520	1470
Doug Marong 350	390	525	1265
J. Nickerson 550			
Men's Open 220 Division			
Geoffrey Esper 625	360	660	1645
Rene Moyen 540	360	565	1465'
Lance Reardon 510	340	560	1410
George Sousa 510	350	540	1400
Mike Laliberte 500	315	520	1335
Frank Juszynski 455	290	525	1270
Men's Open 242 lb. Division			
Phil Najemy 550	325	600	1425
Scott Gagnon 530	340	580	1450
Robert Troon 515	400	510	1425
Ryan Luchka 460	360	450	1270
Men's Open 275 lb. Division			
Sean Culhan 685	550	765	2000
Patrick Johnson 700	500	550	1750
Mark Griffin			
Men's Open SHW Division			
Guy Zirak 655	435	550	1640
Women's Overall Best Lifter: Disa Hatfield.			
Men's Overall Best Lifter — Saturday: Gene Marshall — Men's Submasters Division.			
Men's Overall Best Lifter — Sunday: Sean Culhan — Men's 275 lb. Division. Team Standings: 1st- Next Level Fitness - RI, 2nd - Maine All Stars — ME, 3rd- Powerzone — NH, 4th- Golds Gym (EBI) — MA, 5th- Downtown Barbell Club - MA. Officials: Greg Kostas — MA National, Joe Wencus — MA State, Rene Moyen — RI State, Lance Reardon — ME State, Mike Laliberte — ME State, Joe Peters — RI State. The following filters west 9 for 9: Kevin Rossi, Joe Rizza. This event featured 78 lifters who came from the following states: MA, RI, CT, NH, ME and NY. The lifting was excellent once again as the results show the quality of lifters who compete in the USAPL. The two day format with all of the specialty groups lifting on Saturday and the Men's Open			

lifting on Sunday, is working out well and the lifters seem to have adjusted to this format. This event featured several lifters who have done well on the National Level for the USAPL as well as the National and World Level for AAU. Thanks again to Rene Moyen and the members of Next Level Fitness for hosting another successful event. Also to Mike of Northeast Fitness for continuing to allow us to utilize his exceptional facility for our USAPL events. Thanks to all of the judges, spotters, loaders, table help and everyone else who assisted us with hosting this event. It is a team effort when hosting meets of this caliber, and it could not be accomplished without everyone's help. Again, last but not least, thanks to all of the lifters who supported this event — these meets are for you and could not exist without your support! See everyone next May! (Thanks to Greg Kostas for providing these meet results.)

Iron Dawg Open (kg)

29 NOV 03 - Marietta, GA
 Teen 17-18 SQ BP DL TOT

90 kg.	Randy Smith	155	127.5	217.5	500
Teen 13-15	J. DeCarish	95	82.5	145	322.5
82.5 kg.	Open Men				
52 kg.	Jason Luster	70	60	97.5	227.5
82.5 kg.	Bob Adams	272.5	172.5	227.5	672.5
90 kg.	James Burdette	272.5	215	227.5	715
82.5 kg.	Ronnie Baker	250	175	227.5	652.5
82.5 kg.	Rex Hill	250	172.5	227.5	650
110 kg.	C. Osegueda	320	187.5	227.5	735
125 kg.	Al Hunter	295	187.5	282.5	765
SHW	Tony Hutson	462.5			
Men Submaster					
90 kg.	Earl York	237.5	160	227.5	625
Master Men					
Ronnie Baker	250	175	227.5	652.5	
Al Hunter	295	187.5	282.5	765	
Tony Hutson	462.5				
Rex Hill	250	172.5	227.5	650	
Bob Adams	272.5	172.5	227.5	672.5	
Bench Open					
82.5 kg.	T. Satterfield	242.5	110 kg.		
82.5 kg.	Daniel Noel	185	Mark LaBoy		
90 kg.	Bob Adams	172.5	Bench Master		
Ray Pelis	212.5	215	Kevin Kayes	145	
Rex Hill	242.5	Bench Women			
100 kg.	Steve Fogle	140	M. Sternberg	55	
125 kg.	E. Luster	62.5			

(Thanks to L. B. Baker for providing results)

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

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

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method 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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Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire

High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

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

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

• Logo Patch - \$5.00 (qt. ____)(Shpg for patch: .50)

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

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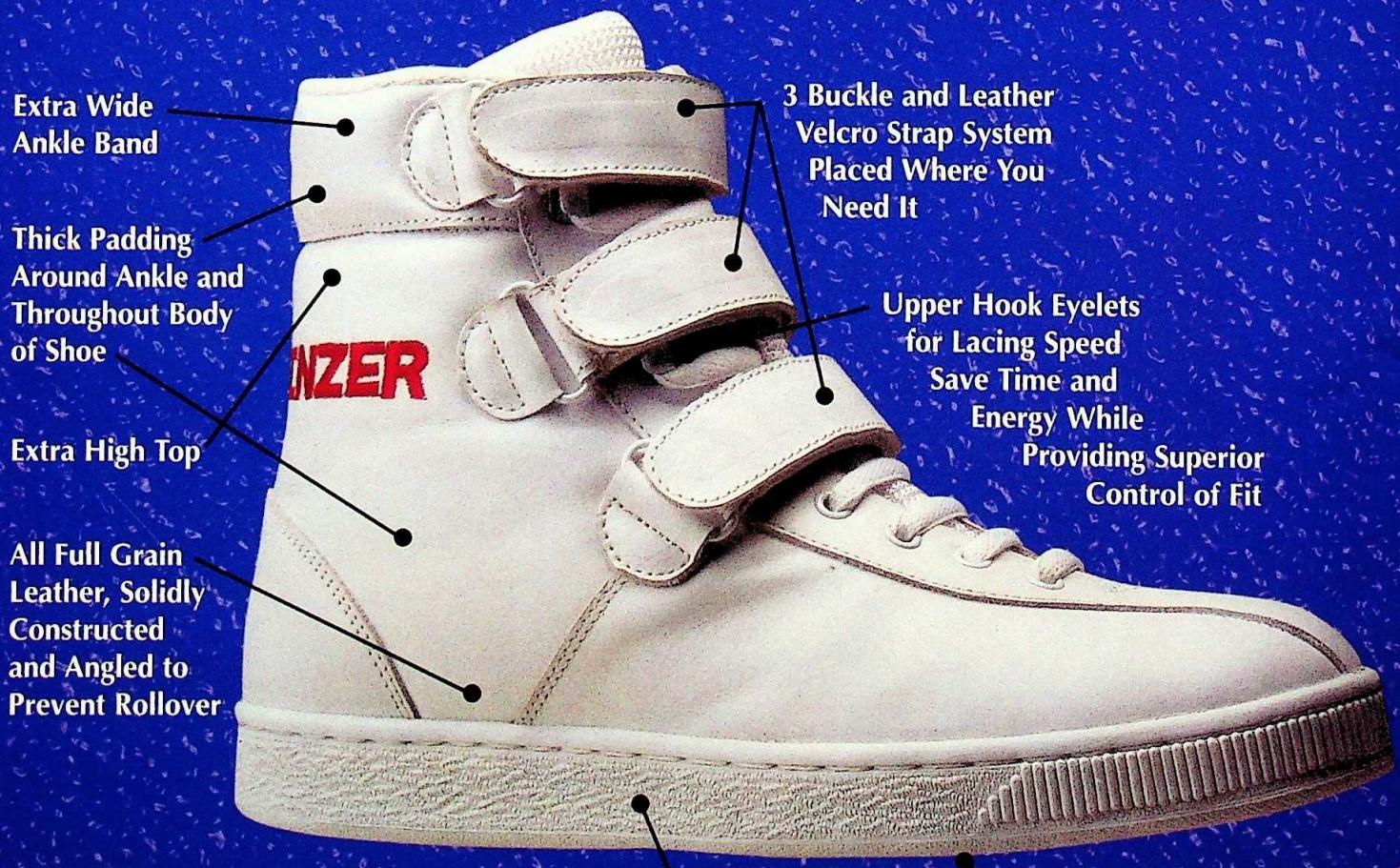
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