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MUSCLE MENU

- Volume 29, Number 2 - November 2005 -

KETTLEBELLS FOR PLERS ..... Donnie Thompson 6
FORCE TRAINING ..... Jim Wendler 10
WORKOUT OF THE MONTH .... David Bracken, Ph.D.. .. 14
DR. JUDD ..... Judd Biasiotto Ph.D. 18
HARDCORE GYM #47..... Rick Brewer 26
POWER NUTRITION ..... Anthony Ricciuto 30
STRAIGHT BAR TALK ..... Jim Klostergaard M.D. 33
ASK THE DOCTOR ..... Mauro Di Pasquale M.D. 38
STARTIN' OUT ..... Doug Daniels 42
POW!ERSCENE ..... Ned Low 43
BACK ISSUES 48
"NO EXCUSES" REVIEW ..... Mike Lambert 52
COMING EVENTS ..... Mike Lambert 53
MHP- NEW JERSEY'S STRONGEST MAN 81
WOMEN'S FOR THE RECORD ..... Butterfli O'Shea 83
BACK ISSUE OF THE MONTH ..... Mike Lambert 93
UNCLASSIFIED ADS 94
TOP 100 132s ..... Mike Lambert 95

ON THE COVER - The ever amazing Tony Conyers continues to blaze new trails in the record books for the Middleweights with a 2033 total at the APF Gulf Classic. (Gearman photo)

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to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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TRAINING

KETTLEBELLS FOR PLERS

as told to Powerlifting USA by Donnie Thompson

***Donnie Thompson** pulled a PR 832 deadlift at the Show of Strength*

Just like every other powerlifter out there, I look forward to and enjoy the TOP 100 list for each weight class when *Powerlifting USA* arrives. The TOP 10 totals seem to have the same people from year to year. So how does one move up the ladder from ninth to second, or even first? The competition is so fierce among the Top Ten that sometimes two kilos is all that separates one lifter from the next. Who doesn't want to be Number One? It has been my philosophy that in order to beat the best lifter in your weight class, all you have to do is out-lift them! What could be simpler than that? This is derived from playing competitive sports like football or baseball. If you want to play, you have to outperform the guy in your position. This, my friends is called being a STARTER!

The first thing you can do to be a starter is having an edge. The lifter who is smart and has fewer injuries (all the Top Ten are strong) will have the longer, more prosperous career. The edge I have found is in the form of a cannon ball with handles called Russian Kettlebells.

I first started with Kettlebells in March 2004. I was sidelined with a bulging disc in my lower back two weeks before the Arnold Classic. It happened on the last rep of my last set of deadlifts. Coincidentally, it was also my last training session before that meet. I was devastated. You're one of the Top 10 superheavyweights around, and then you can barely walk. Life sucked at that point. It took eleven days for me to be able to stand up straight again. I went to the 2004 Arnold Classic to help my training partner. Marc Bartley, who ended up taking second to the great Steve Goggins. They stopped the meet after the squats to accommodate the bench only people. We had about four hours before Marc benched so I went to the Dragondoor booth to meet Pavel Tsatsouline. A friend of mine, whom I call "Mr. Haney", had been preaching kettlebells to me for about a year and a half. He was a former South Carolina SHW powerlifting champion in the 1970s and early Eighties. He also had the shot put record that still stood at the University of South Carolina. When my back went, I told Mr. Haney to give me Pavel's book called "Russian Kettlebell Challenge". I read it in two hours. At the Arnold, Pavel was very helpful and showed me four exercises that helped me a lot: the spreading of the hips, the drop good mornings, the pulls from opposite sides and the snapping of the hips for the swing. He promised me nothing on the bench. Eight months later, I found out his tips worked. With my friend Mr. Haney leading the charge, we did simple stuff like one-arm swings between the legs. This led to Double-kettlebells between the legs. The back of our legs were in pain for five days. Already conditioned to Glute/Ham raises and reverse-hypers, I was surprised I got this sore. Then we did Double-swings outside the legs. These lower body exercises we did once a week because we found we were getting our glutes too overworked for squats the next day. 'Conventional' swings spare the glutes, compared to the 'sumo' style, and they also transfer to the deadlift well. Wednesday is our squat and deadlift night. We bench heavy on Monday and light on Thursdays, so we developed an upper-body routine. After about five months time, I packed on another 20 pounds and Mr. Haney 15 pounds of muscle! I have also lost any neck I had. The muscles in my upper back and shoulders developed so much from Kettlebell work that my neck just disappeared.

Tuesday is our light upper body Kettlebell day. We mostly use double KBs for upper body. I start with swings from the sides to eye level. This is called the double-arm swing. Then we go to the snatch. The third exercise is the snatch/press. So it usually goes like this; first, second and third exercises are done in that sequence. Then we go through a second time. That is six sets all together. Lastly we end up with a more advanced exercise called the bottoms up press. This is where you swing both KBs up directly over your head to a static position. The bottom of the KB is facing the ceiling or sky. You then carefully lower the KB down to your shoulders and press back up without letting the KBs flop over. Makes a man out of you. This is done for three sets after your other exercises. Due to its drastic effect on the upper body, it is hard to perform other exercises when the bottoms up move is done. Your forearms, arms, and shoulders will be fried. Do any combo of KBs you want. For instance, you can start with 44s then do our second set with 53s. For your third set, you can try the 62s. Instead of doing double KB swings, you can try one arm swings, snatches and snatch presses. Bottoms up can be performed one arm at a time also. To learn the exercises, start with single arm movements. Once you have that mastered, go to doubles. Top powerlifters and football players would benefit greatly from this.

For the deadlift, I usually don't do any. I practice a few light sets about four or five weeks out. Then once I am comfortable, I leave the deadlift alone. With all the lower back pain I have suffered, I don't want to wake a sleeping giant. We emphasize so much squat work that the deadlift takes a back seat. When I added a lot of deadlift work in the past, that is when my back suffered injuries. The KBs not only build the muscles for the deadlift, but allow me to et the extra work I need without my lower back paying the price of injury. We do a lot of upper back work so when we do deadlifts, there is no problem. Also, you do not have to do any more shoulder work in your weight training session. The KBs will give your shoulders all they can handle. Fellow lifters, grip strength will no longer be an issue. You will have vice grip on anything you grab. The fat KB handle trains you for this. Think about it, a better deadlift, faster squat, and shoulder/upper back that rivals Hercules. What could be better?

After seven months of KB training, I pulled a PR deadlift at the 2004 Show of Strength of 832 lbs., to place me second to Paul Childress. I went three for three and my bodyweight was 383 lbs. SHW lifters are not supposed to have the stamina to pull three deadlifts, let alone PR! I only wore a belt, no deadlift suit! I had a near miss of 804 on the bench only because I could not lock out my left elbow. That is another story for another time. Dropping some weight for the 2005 Arnold Classic, I came in at 372. It was a wacky day for SHW powerlifting, but I ended up the WPO SHW Champion, going only

Donnie Thompson's Weekly Workout Schedule

Monday:

Heavy bench day.

Tuesday:

Light shoulders.

1. Double Kettlebell swings outside the legs. 3x8-12. Climb the ladder with 44s, 53s, and 70s.
2. Double Kettlebell snatches outside the legs. 3x8-12. Climb the ladder with 44s, 53s, and 70s.
3. Double Kettlebell snatches & presses outside the legs. 3x8-12. Climb the ladder with 44s, 53s, and 70s.
4. Double Kettlebell bottoms-up snatches & presses. 3x8. 53s only.

Wednesday:

Heavy squat and deadlift night.

Thursday:

Off

Friday:

Speed bench and heavy shoulders.

1. Double swings outside the legs to eye level. 3x6-8. Climb the ladder, 70s, 88s, for two sets.
2. Double snatches outside the legs. 3x6-8. Same
3. Double snatches and presses outside the legs. 3x6-8. Same.
4. Double bottoms-up snatches and press. 3x5. 70s.
5. One arm snatches begtween the legs. Line up a 70, 88, and a 106 for a ladder. 5-7 reps. A brief rest, then another ladder. Note: I switch my arms. The first ladder: 70L, 88R, 106L. The second ladder: 70R, 88L, 106R.

Saturday:

Speed squats and lower body kettlebells.

1. One arm swings between the legs with an 88 for two sets of 6. Then two more sets with the 106. Emphasize the snap of my hips and lower back at the top position.
2. Double kettlebell swings between the legs using a "sumo" style stance. Start with 70s for two sets of 6, then use 88s for a second two sets. Large degree of difficulty. Tis is really greuling and no one likes to do these. A lot of lifters can't do these. It is by far the best deadlift builder I have found.
3. Windmills. Holding the 88 in the full snatch position, push into your outer hip and reach for the floor. The whole time your attention should be focused on the overhead kettlebell. You can make it more difficult by putting another kettlebell by your reach foot. Lift this as you go back up. It resembles a "two hands anyhow", from the old Sandow days.

4/9. With a lot of luck and my KB training, my dreams were finally realized. The WPO SHW class is the hardest in powerlifting history. We have 6 guys that can do over 2600 lb. totals at any meet. To be the last man standing was an honor. I am not fool enough to think I was stronger than any of my competitors. To keep a top position in the WPO, I will have to work harder and smarter than ever. My secret weapon last year was my Kettlebells. It is a secret no more. Interest in KB training has most all the top competitors trying them. My training partner and the top 275er, Marc Bartley, started on them with reckless abandon this past year. He has two consecutive Arnold victories behind the great Steve Goggins with his best yet to come.

Training is also very much fun, for a change. I have been lifting religiously since 1979. It is nice to have something new to look forward to. We also like doing KB training with others who are not powerlifters. I have had bodybuilders, football players, female cops and military lifters to do KB's with. You can perform the KB exercises anywhere. Outside or inside, it doesn't matter. Change your training regime up all the time. Go for time. Go for reps. Challenge each other to KB contests. Also, you can go for endurance. My buddies and I go heavy and challenge each other all the time. Most of my partners sneak off from their workplace just to do KBs with me in a group setting. I suggest you purchase Pavel's book called "The Russian Kettlebell Challenge". Get the DVD while you are at it. You can purchase them from Dragondoor.com or Elitefts.com. Once you get comfortable, order the more advanced DVDs and consider getting RKC certified. Marc Bartley, Mr. Haney, and myself did so last April and we were humbled, to say the least. Remember, to be the best, all you have to do is outlift the best. That is all!

***Donnie** is now certified as an instructor in the art of Kettlebell lifting*

***Margaret Kirkland** squatted 429*

***Beau Moore** totaled 2072 lifting raw.*

APF Gulf Classic (kg)
24 SEP 05 - New Port Richey, FL

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MEN		M. Bellfuss		120
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R. Douglas	165	K. Schulz		140
R. Williams	157.5	275 lbs.		
165 lbs.		J. Lacomb		215
J. Dimino	1050	308 lbs.		
		R. Ficca		220
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165 lbs.				
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MEN				
Master (40+)				
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M. Necolettos	—	—	—	—
308 lbs.				
J. Herring	—	275	—	275
SHW				
J. Ewing	—	262.5	295	557.5
K. Southwood	—	—	—	—
SHW				
G. Frank	500	355	—	855

(Thanks to Pam Clayton for these results)

***Garry Frank** was on his way to an all time world best total, with a successful 1102 squat and a 782 BP, but he couldn't get a DL in. (Gearman photos)*

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FORCE TRAINING

by Jim Wendler and Elite Fitness Systems

RAW SQUATTING

How things have changed. Five years ago, all you ever read were articles on how to use your gear, how to use your bench shirt, squat suit, knee wraps, etc. Now people want articles on how to train without gear. Very strange. But since I'm a whore to the masses, I've decided to give some of our readers exactly what they want. Since many articles that are on EliteFTS are based for powerlifting (and thus wearing a suit), I decided to take a look at raw squatting and how things should be altered. So here's my article on squatting without gear.

To prep myself for this article, the first thing that I did was look at how a squat suit helped a lifter and how this altered the technique and prep of the lift. I came up with the following:

1. A squat suit is designed so that as a lifter sits back into the lift, he increases the rebound of the suit. I like to use the term, "loading the suit." Think of the straps and the hips of a suit as being attached by a rubber band. The further you can push your hips back, the tighter the straps of the suit. While this makes it very difficult to go down, it makes for a tremendous rebound. I was thinking of a way to make myself appear smarter by using some fancy physics and other terms. I was thinking of the Pythagorean Theorem or something like that. The bottom line is that a suit lends itself to sitting back into a squat.
2. A suit will provide a feeling of tightness and strength in the abs and low back. I'm not going to start preaching the importance of abdominal and low back strength. We all know how important it is.
3. Wearing suit and briefs do prevent injuries. I know that gear is really designed for one thing: lift more weight. But you do have quite a bit of injury prevention when using gear. All you have to do is look at how many older lifters still remain competitive and many of them will credit the advances in gear that have prolonged their career.
4. A suit will give a tremendous rebound out of the hole. Much like a bench shirt, the squat suit will aid in the bottom of the lift. This is similar to my first point, but this isn't as much form related. A squat suit can somewhat mask a weaker starting point.

So now that we have analyzed the basics of how a squat suit can help you, let's see how we can alter squat training to better help the lifter that doesn't use gear. Before I begin, I should first define what I consider a raw squat. A raw squat is one done without the help of briefs, wraps or a suit. I believe that when attempting maximal or near maximal weights, one should use a belt. There are many people that may disagree with me, but a device that could help prevent a serious injury to the lower back should be used. This does not mean that you should not train your lower back and abdominals, but I don't see the point, or the ego gratification, of training in such a way that could sideline you from lifting in the future or even day-to-day life.

Technique Changes

Now what I am about to say may go against what you have previously read or experienced, but I believe it to be true. Remember what I said about a squat suit helping a lifter to sit back into a squat? Most squat suits are

***Ed Coan** (seen above at the 1989 USPF Senior Nationals held in Las Vegas, Nevada) has a style that raw squatters could well emulate.*

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designed for a lifter to sit back into a squat. Sitting back is still recommended, but you MUST squat down at some point. This will take advantage of your quads. So the first movement of your squat should always be back – your hips should shift to the rear much like the start of a good morning or a Romanian deadlift. Beginning a squat by breaking at the knees is a great way to injure yourself, develop some serious knee problems and limit the amount of weight that can be used. This is fine if you believe that a 225 lb. squat is OK and you think tendonitis and other sordid maladies are signs of being a man.

Once you have reached about halfway, open up your hips (push your knees out or "open your groin") and squat DOWN. This will ensure that your knees are still safely inline with your ankles or the midpoint of your foot while still maximizing the strength in your quads.

Once you've reached parallel or slightly below (I'm not even going to approach the subject of squat depth; that's what forums are for), maintain the same knee alignment, and begin your ascent by thinking of two things: leading with your head and chest and driving your elbows forward. It should be like a violent explosion, but not so much that you fall out of the groove.

There are many powerlifters that still squat like this and some of the best examples are Ed Coan, Travis Mash and Brent Mikesell. All three of these guys are tremendous squatters and it would behoove you to check out any kind of video to see how these guys squat.

I should point out how critical it is to begin your descent properly, whether you use gear or not. If you start wrong, there is a good chance you will miss the lift; especially when handling maximal weights.

Another point that I would like to make is that when box squatting, your form should be exactly as if you were free squatting. Squatting on a box does not give you the right to do the following:

Descend faster
Descend slower
Bounce onto the box
Sit too far back
Excessive rocking
(some will rock a little bit)
Groove bouncing to get the weight up
(I am not going to get into this, but those that do this, know what I mean)

Box squatting is the most effective way to squat. I firmly believe this. It teaches you to sit back, keeps the stress off of the knees, you cannot bounce in the bottom position (saving your knees), very easy to teach and because you generally can't use as much weight as a regular squat, is easier on your lower back. Why more performance coaches don't use the box squat is beyond me. But if you box squat more than you free squat, and don't use the same technique, then you are simply

Back and Abdominals

I mentioned how a squat suit gives you the feeling of tightness. Anyone that has lifted weights for any period of time has heard the term, "Stay Tight!" Since you are sans gear, developing a very strong back and abs is crucial.

Notice that I did not say "low back". When squatting raw, your entire back, from your traps to your low back are being taxed. Many times a properly worn/fitted suit will help you lock everything into a strong position. But since you don't have that option, you have to make up for it. In order to maintain proper position (and prevent injury) your entire back must be strong. There is a simple, but not easy, solution. Train your back from several different angles. For your traps/upper back, shrugs, high pulls and various deadlifting (pin pulls, snatch deadlifts, deadlifts, deadlifts off platform, etc.) are great choices. For your mid back, any kind of row done to the stomach (db rows, bent over rows, chest supported rows w/ various grips) are good choices. For overall back strength, the chin-up/pull-up can't be beaten.

For your lower back, back raises, 45 degree back raises, good mornings and Reverse Hyperextensions will certainly fit the bill.

I should point out that deadlifts pretty much work every part of your back, so this is a great choice for everyone, especially beginners.

I've given a huge list of exercises, but in reality, you only need to do the ones that are the most cost effective for you. For me, chin-ups, chest supported rows and dumbbell rows are great for my lats. Shrugs are always great, but since I've done a lot of Olympic lifting during my years playing football, this area has always been fairly strong. For lower back, the 45 degree back raise is one of the best ways to do a strict good morning, limit the load on your spine and still reap the benefits.

I have always done two lat exercises per week (one exercise per upper body day) and 1 lower back exercise per week. Lats and lower back are usually trained with the repetition method – 3-5 sets of 6-12 reps. I do not like to train these to failure or too heavy, but I wouldn't fart around, either.

For your abs, I would stick with a variety of exercises to prevent boredom. But the important thing is to have exercises that you can load. For example, side bends and sit ups are easy to add weight to. Although I never loaded hanging leg raises, I still feel that this is a good exercise. Again, the repetition method is used. I usually train my abs 2 times per week.

Remember that your abs and back are held statically when you squat so this is no time to be Bobby Ballistic when training. This doesn't mean you have to hold every rep of every set. This just means that you should concentrate on holding proper position when you perform your exercises. Just don't do something to do it; do it with purpose.

Injury Prevention

The main way a suit and/or briefs can help prevent injury is by keeping your hips healthy. Anyone that has used these can attest to this fact. The best way to keep your hips healthy is by altering your stance and my performing mobility work for your hips, dynamic stretching for your entire body and static stretching. The foam roller for your IT band is also a great thing. Mobility work and dynamic stretching should be done before you lift and you should never get under a bar until you feel like your body is ready. For older lifters, this may take 20 minutes of warming up. For younger lifters, you may not need much at all. Also, never add weight to the bar unless you are ready. Just because you do a set at 135 doesn't make you legally obligated to go to 225 or 185. It's ok to take it again. Don't worry; no one will make fun of you. Remember that in order to maximize your training session you must be optimally ready for your training lifts. If you are still getting warmed up on your first set, you are just wasting time. There are many days where I can walk in, do 10 leg swings and start my sets. Other days, it may take me a half-hour. This half-hour is NOT a waste.

Stance

I think a lot of people have been misguided, and part of it is my fault, on the width of a squat stance. If you are looking to be a wide stance squatter, this doesn't automatically mean that you squat with your feet almost touching the sides of the Monolift. I think people have automatically assumed that everyone squats as wide as Chuck Vogelpohl. This is definitely not the case. To maximize your hips AND your legs, your stance needs to be adjusted accordingly. A wide stance is usually defined as being slightly wider than shoulder width or wider. The key is that your stance needs to be wide enough so that you can sit back into a squat but not so wide that you can't bring your quads into a squat. Everyone is going to be different but generally people will take the stance that makes them feel more powerful once there is a significant weight

(article continued on page 44)

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DAVID BRACKEN'S SQUAT WORKOUT

Dr. David Bracken squatted 606 at 165 to win the '04 IPF World Masters title

This program is designed for the intermediate to advanced lifter. The lifter should have 3 to 5 years lifting experience while squatting at least two times per week during that time period. If the lifter is only squatting once per week, a 12 week preparation cycle would be needed to attempt this training cycle. The program is a 10 week cycle used in conjunction with a 12 week bench cycle. Benching occurs three times per week on Monday, Wednesday, and Friday. Deadlifts are done on Saturday after squatting. Although the squat effort is extreme, you can still improve your bench and deadlift during this time frame if you make the commitment. This program should not be used year round; at most two cycles per year should be attempted. This is a very regimented routine, so if you don't like to train that way, don't use this program. In order for this program to work, no workouts can be missed. Be dedicated to your training. If others don't understand, that is not your problem. Take your glory on meet day. It is also very important not to miss any repetitions. When calculating your percentages based on your one repetition maximum (1RM) with only a belt, use whatever poundages you can do right now. For the equipment 1RM use what you made in the last meet (NOT the most you have done, what you 'knew' you could have done...). Sleeping and eating correctly is important to any powerlifting program, but a drug free lifter on this program will not survive without adequate sleep (at least 8 hours a night) and food (at least six high quality meals per day). Be aware that you will gain weight on this program, so be prepared to make weight come meet day or plan to move up a weight class now. If you complete this program mortals will bow at the feet that support your "God-like" quads. Not really, but you will squat more.

This program is based on a Russian training cycle developed by S. Y. Smolov which was described in the June 2001 edition of *Powerlifting USA* by Pavel Tsatsouline. The routine has been modified for longevity and for less use of equipment. After reviewing the volume involved with this program you and your friends will start whining about how ONLY someone on steroids could do so much heavy squatting per week. Well, I thought the same thing until junior lifter Adam Schaeuble from the Iron Pit Gym in Bloomington, IN gave it a try. His squat increase was phenomenal. I have used this program multiple times. Check the USAPL website to see that I have passed numerous drug tests. So, if drug free master and junior lifters can do this program, why can't you?

Warm up as necessary to get your muscles, mind, and nervous system ready for the weight you will be using for your work sets that day. Don't tire yourself out doing your warm up sets. Warm ups are movements done to increase the blood flow into the muscles that will be doing the work and to acclimate your body to the stresses of increasingly heavier weights. A jump in weight that is too large will cause your mind and body to be shocked, which could lead to a missed lift even if you are strong enough to make the weight. On the high rep volume days (Monday and Wednesday), very little warm up sets are necessary. Every repetition needs to be done exactly the same, including depth, from the first warm up sets to the last heavy set. Squat as deep as is needed to satisfy the strictest judges in your lifting federation of choice. If you have to cut any of your squats high to complete a set, the weight is too heavy. Cutting squats high has traditionally been the number one reason for bombing out of meets, before the modern day bench shirts.

Limit the amount of equipment used during training. This will allow you to make more strength gains with less wear and tear on the body. On the high volume days (4 sets of 9 reps) try doing those without a belt. For all sets and reps from Week 1 through 6 do not use any equipment other than a belt. During the last three weeks wear all of your equipment so you will feel 'comfortable' squatting in your equipment in the meet. If you have only competed in a couple of meets it may be necessary to wear full equipment from Week 6 through to the meet. The details of all the squat sets and repetitions are listed in the table.

The rest of the exercises are as follows, listed in the order they are preformed. The details of the bench press work are excluded for clarity. Four sets of 5 repetitions are preformed on all accessory exercises, nearly reaching failure on each set after the first.

Monday - Weeks 1-10: Bench press, Squat (except Weeks 6 and 10), Shoulder work, Core strength (ab wheel or hanging leg lift or medicine ball ab drop), Neck plate raise (front and back).

Tuesday - Week 10: Squat, Deadlift (50%-60% 1RM x 3 x 3).

Wednesday - Weeks 1-9: Bench Press, Squat (Weeks 1-5), Lat work, Seated row shoulder shrugs, Curls, dumbbell side bend, Stretch band sit back (for deadlift lock out), Reverse hyper (light 10 rep sets), Static wall sit, Leg raises (side and front). ***Week 10:*** Light bench press work.

Friday - Weeks 1-9: Bench press and bench accessory work, Squat as listed in table.

Saturday - Weeks 1-9: Squat, Rotate [deadlift, partial deadlift (rotate starting above and below the knees), and Romanian deadlift], Dumbbell shoulder shrug, Alternate (ham glute raise with reverse hyper), Calf raise (standing calf machine or with barbell), Core strength (high pulley crunch or hanging leg lift or weighted crunch on stability ball...), neck bridge roll.

A note concerning modern day equipment: be sure, either by using an experienced judge or video review that you can go to the same depth you have used on every rep during the volume weeks with your full equipment and with the weight you intend to use on your opening attempt. You should have done your opening attempt, at least, the last three weeks in your training cycle.

The last week of training includes a severe taper on squat volume, you will need this reduction in volume to be at your peak come meet day. Remember, it is better to come in somewhat detrained than it is to come in even slightly overtrained.

You should expect a large increase in your 1RM squat from this program, as much as 10 to 50 pounds, with decreasing returns during future training cycles. The closer you are to your full potential the harder it will be to put pounds on your total. The philosophy every serious powerlifter should have is

to make small increases on each lift at every meet. These small steady gains add up to large increases in your total over time with relatively few injuries. In order to make small gains at each and every meet, good attempt selection is a must. Base your attempts on what you did on your last heavy training day, not what you should have done or 'could' have done. Yes, you should be stronger on meet day due to the adrenaline rush of the meet and your training taper, but don't expect to do 10% more in the meet than you did your last training day. There are also things that will reduce the amount of weight you will be able to lift on meet day such as: the bodyweight loss to make your weight class, lifting in an unfamiliar environment, and timing of your lifts (whether the wait between attempts is longer or shorter than what you are used to, it could have a negative effect).

Use your meet equipment on your last heavy training day. If you need to lose considerable bodyweight to make the weight class limit, then you will need equipment that is only used on meet day. Meet attempts: 1- 95% of your equipped one rep maximum (E 1RM) prior to this training cycle. Something you can make no matter what the lifting conditions are. 2- 98%-102% E 1RM. Ideally your second attempt should be a small (2.5-5 kg) personal record. If for some reason you miss your opening squat under no circumstances should you attempt more on your second attempt; 3-103%-108% E 1RM. The most you can do that day. Honesty is the best policy. Don't pick a weight you want to do or you think you need to win. Select your final attempt based on how things felt on your second attempt. Have ranges for each attempt before you ever leave your house to go to the meet, and don't exceed the upper limit that you predetermined, under any circumstances, while in the meet.

I would like to thank *Powerlifting USA* for giving me the opportunity to write this article, Greg Simmons my coach, good friend and Chrony brother, my family (Julie, Kory, and Taylor) for putting up with me when I am squatting 4 times a week, my spotter and meet helper Mark Lausen, and the owner of Iron Pit gym Doug Ballard. I look forward to seeing some big squats at your next competition. If you do try this program, please give me feedback on how well it worked for you. Any comment or questions can be sent to dsbracken@att.net.

David S. Bracken, Ph.D
"Powerlifting, the sport for the short."

Wk	Day	Squat % xRepetitionsxSets
1	Mon&Tue	65%Rx8x3, 70%Rx5, 75%Rx2x2, 80%Rx1
	Wednesday	0%Rx5x4, 75%Rx3, 80%Rx2x2, 90%Rx1
	Fri&Sat	Explosive Drills & Plymetrics
2	Mon, Wed, Tue	80-85%Rx5 or more
3	Monday	70%Rx9x4, walkout 95%E, 100%E
	Wednesday	75%Rx7x5
	Friday	80%Rx5x7
	Saturday	85%Rx3x10
4	Add 20 pounds to week 3, walkouts 100%E, 105%E	
5	Add 10 pounds to week 4, walkouts 105%E, 110%E	
6	Saturday	Max out no equipment
7	Monday	80%Rx3x3
	Saturday	95%Ex1x2, loose suit, loose wraps
8	Monday	80%Rx3x3
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9	Monday	80%Rx3x3
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10	Tuesday	60%Rx3x3
	Saturday	Meet Day

%R = % Raw 1 Rep Maximum; %E = % Equipped 1 Rep Maximum

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DR. JUDD

FAN FANATICISM ... PART I

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

When I was a little boy, I loved the New York Yankees. I lived Yankee baseball. I had a Yankee hat, lunch pail, shirt and jacket. I also had a Yankee bedspread and pajamas. Heck, I even had Yankee underwear. I never went anywhere unless I was in pinstripes. Cut me, and I would have bled Yankee blue. I just loved the Yankees, and my two favorite players were Roger Maris and Mickey Mantle...the M and M boys, as they were called by the sports writers. I wanted to be just like them. I would even limp like the Mick. It's now more than four decades later, and I still love my Yankees. I don't limp like the Mick any more, and I don't have a Yankee bedspread or Yankee pajamas, but I still bleed Yankee blue. Okay ... I still wear Yankee underwear.

Needless to say, I have been struggling the last couple of years because my beloved Yankees are in a super slump. Heck, Lucy and Charlie Brown could probably beat them the way they have been playing lately. Still, unlike my close friend Tracy Williams, who is a die-hard Braves fan, I am not going to put a gun to my head, because the Yankees are not winning. I enjoy rooting for the Yankees; I enjoy watching them play, and I enjoy seeing them win, but I am not going to lose one second of sleep if they lose. In fact, besides the enjoyment I get from rooting for the Yankees, they have little if any significance in my life. In all candor, they could go O for October and it's not going to bother me in the least.

The last time I checked I wasn't on the Yankee payroll, and I am sure if the bank forecloses on my house tomorrow Derek Jeter is not going to come to my rescue. Nor do I think George Steinbrenner is going to give me a bonus if the Yankees win the World Series this year or any other year. They have already won 26 world titles, and I don't have a single World Series ring yet. I did get a letter from them after they won the 2001 World Championships about getting a Yankee hat. Of course, they wanted twenty-five bucks for it. That's my Yankees! In short, what the Yankees do has nothing to do with me. Why in the world would I lose sleep over the way they play? They are not going to lose any sleep if I don't perform well in my next competition.

Tracy, on the other hand, lives and dies with each Braves game. When the Braves lose, Tracy can't eat or sleep and he is depressed for the entire day. You would think that a major catastrophe had taken place in his life the way he responds to a Braves loss. I keep telling him there is still hope ... immediate major psychological therapy. Actually, a frontal lobotomy would probably be better.

In reality, Tracy's fanaticism with the Braves is tame in comparison to some other sports fans. I know that may sound ridiculous, but it is true. Let's be honest; some sports fans are zany. Think about it, wars are fought over a "freakin'" sports contest. Look at the fascination and fanaticism with soccer. Catholic and Protestant soccer fans routinely beat the hell out of each other when the Celtics and the Rangers play in Scotland. In Central America, two countries once called a cease-fire during their war so that they could play a soccer game without the fear of anyone getting blown-up. Here is something different ... sworn enemies in the African nation of Cameroon united as one when their team advanced to the quarter-finals in the 1990 World Cup. Once the game was over, they went back to killing each other. Envision this, 70,000 hooligans running through the streets of Vancouver, British Columbia, beating people half to death, because their hometown team, the Vancouver Canucks, lost the Stanley Cup. Over 200 people were seriously injured; fifty police officers were injured, and the damage was estimated to be $10 million. In Britain and on the European continent there are organized skinhead attacks on players and fans almost on a regular basis at sports games. Sprees by drunken louts are also rather common in Britain before and after games. And how about Monica Seles who was stabbed by an of over-the-edge fan who was afraid she would defeat his favorite tennis player Stephanie Graf. Is that insane or what?

It is not just the fans in foreign countries either. Believe me the fans in this country could probably

*A lifter with lots of fans is **Bull Stewart**, who was going to make his return to powerlifting competition at the USAPL National Masters Championships, but he had to pull out due to a family emergency.*

teach the Europeans and the South Americans a thing or two about fanaticism. In America crazed fans start entire city riots, turn cars over, burn buildings, and attack police offers when their teams win championships. I said win a championship, not lose one. What is all that about?

A friend of mine, Dr. Bruce Ragon, was in Columbus, Ohio when the Buckeyes won the National Championship. He told me the riots after they beat Michigan were extremely violent. He said that he and his wife were lucky they didn't get killed going home from the game. People were lighting barrels of trash on fire, turning cars over, starting fights with the police, and stripping naked. Why? Because they won — of course?????

Certainly, losing can bring out the best in us when it comes to violence and stupidity too. Think about poor Mr. Bartman, the fan who tried to grab a foul ball, preventing the Chicago Cubs outfielder Moises Alou from catching it. He was blamed for the Cubs' collapse in Game 6 of the NL Championship Series. Give me a break! The guy did absolutely nothing wrong and nothing that 99% of the other fans at that game wouldn't have done. The ball was clearly in the stands as indicated by the umpire, yet the fans at the game threatened to kill him. He had to be escorted by security guards from Wrigley Field after angry fans pelted him with beer and debris. If that wasn't bad enough, a police guard had to be posted outside his home because fans were threatening his life. Eventually, he had to go into hiding because he feared what might happen to him. Threatening someone's life ... over a game ... can you believe all of that?

> ***"The idea that a person sucks because the team he or she roots for loses is pretty sick and twisted when you stop and think about it."*** **CHARLES BARKLEY**

Well, you probably can, in light of what happened at a youth league baseball game in Salt Lake City recently. A mother of a 15 year old boy who scored the winning run was beaten up by a number of angry parents whose sons played for the losing team. Actually, they just didn't beat her up; they pounded her into unconsciousness. The fans allegedly battered the woman with their umbrellas, punched her in the face, and then hit her with a baby stroller knocking her into oblivion.

Think that is bad ... listen to this. A father who was frustrated after watching his son take an elbow in a little league hockey scrimmage game confronted another father who was informally supervising the play. The two men got into a shoving match. A short time later they got into a fight. The larger man, at 6'1" 240 pounds, allegedly knocked the much smaller man (165 pounds) to the ground, and kneeling on the smaller man's chest beat him to death while both men's children witnessed the murder.

Recently, at a girl's softball game dozens of parents rushed the field and started scuffling with the umpires after a player was tagged out: two mothers, who were both coaches, each served ten days in jail. Unfortunately, things like this are happening more and more in the sports world. Fans are taking over the sports field and the players on it.

Here is something that might interest you. Studies reported by *Injury Prevention* have shown that a fan's blood pressure will fluctuate with the momentum of the game. Male fans will see increases and decreases in their testosterone tied to wins and losses; individual self-esteem will be directly affected by what their team does, and the general health of a fan will correlate with his team's success and failure. Hello! What is all this about ... a damn game? Let's be real. Sports are challenging, fun, and entertaining, but they are just games ... not life and death situations worth compromising your integrity or causing physical and emotional trauma to another human being.

For the longest time now I have been asking myself why people are so invested in what their sports teams do. They are not going to get a big cash bonus if their team wins a championship. They will still have to get out of bed and go to work the next day whether their team wins or loses. They will still have to pay their taxes, and they will still die some day. In fact, most people's daily lives won't change one iota based on who wins a game. And, since no team wins the championship more than 20% of the time ... and only the Yankees win that much ... getting so emotionally involved seems to be a recipe for more pain than happiness. Given all of that, why do people continue to care so much about a "freakin'" GAME?

I will let you know next month.

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ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development

as told to PL USA by Timothy Ferris, ACSM

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

***Scot Mendelson** is a big endorser of BodyQUICK*

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

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

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

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

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

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

5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

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

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

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

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

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

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

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

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

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

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

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

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

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

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

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

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

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

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

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HARD CORE GYM #47
SEGUIN FITNESS

as told to PLUSA by Rick Brewer, House of Pain

Texas is home to some of the finest Powerlifting Meet directors in the world. There is a long history of great powerlifting meets in Texas, and I could list great meet promoters for an entire article – certainly including Johnny Graham (USAPL), Kurt Stroud (INSA), and Gary Pendergrass (formerly of USPF and now APF). Gus Rethweisch (WABDL) and many others hold meets in Texas, but those on the former list live here.

Gary Pendergrass is the Texas APF chairman, but he's a whole lot more than that! His crews take judges and equipment to more Texas High School Powerlifting meets than any other gym or company – and that says a LOT. He (and his better half - Susan Rinn) put on some of the most organized meets in the world; their practice and expertise really shine as they keep everything neat and easy for first time lifters to understand. The Texas High School Powerlifting Season is crazy, with up to 6 or 7 meets on most weekends – and it would not work without Gary's assistance.

HOUSE OF PAIN puts on the Powerlifting Meet that is held for the Texas Firefighters (in conjunction with the Texas Fire Olympics) every year. This meet could not begin to happen if Gary and Susan of Sequin Fitness didn't help. They are beyond awesome, and they do it simply to further the great sport of powerlifting! HOUSE OF PAIN owes them a great debt, and here is the story of their world-class gym in the small south Texas town of Sequin:

There aren't many small town gyms like Seguin Fitness. Located in Seguin, Texas, thirty miles east of San Antonio, Seguin Fitness, Flexion Strength Systems, Inc., has everything the competitive powerlifter could want. The basic training philosophy is powerlifting, but the membership base runs from teenagers to seniors. This is probably the only gym around where you will see housewives squatting and deadlifting (and going deep too). Chalk bowls are provided throughout the training area. Gloves are forbidden (not really, but you do get dirty looks if you have on a smart pair of the latest handwear).

One thing Seguin Fitness does is sell training. Workouts are designed, posted on the boards, and supervised up to 6 times daily. There is no cost to the member for the help of the trainers at specific workout times. Two levels of workouts are posted: one for the powerlifters and one for the "bodyshaping" crowd, but powerlifting movements are emphasized in both. One tradition for the last 15 years is the Sunday squat workout, where 15-20 lifters meet to train the squat each week.

The equipment is first class for powerlifting training. There are 3 power racks modified for band training, 3 competition leverage squat racks, 4 bench press racks, 4 lifting platforms, two Monolifts, chains, bands, reverse hyper, ham-glute machine, dumbbells to 200 lbs., and enough weight stack machines to work every accessory movement. In addition, deadlift bars and 55 lb. squat bars are available, as well as cambered bench press bars, cambered squat bars, and a Hatfield safety squat bar. There is also a complete selection of treadmills, stairclimbers, EFX, and bikes for cardio work.

Started in 1991, by Gary Pendergrass, now the APF Texas State Chairman, as a health club only, Seguin Fitness has also become a distributor of Inzer powerlifting gear, House of Pain IronWear, weights, barbells, weight room equipment, and competition platform equipment. When Gary first moved to Seguin in 1989, there was only a small gym available in the back of a bowling alley. He had been competing in powerlifting since 1980 and brought powerlifting to Seguin. Having worked as a mechanical engineer in the food industry since 1978 with extensive metal fabrication experience, Gary saw the possibility of designing and

***Susan Rinn** ... an exceptional BP*

building gym equipment. Seguin Fitness opened for business on July 21, 1991 with the basic equipment needed for a health club. The club was a success and equipment was gradually added over the years.

Seguin Fitness began holding small bench meets in 1992 and graduated to full powerlifting meets by 1994. The first USPF sanctioned meet was held in 1994 and Seguin Fitness was awarded their first USPF State Championships in 1996. Gary was elected USPF State Chairman at that meet and served in that capacity until 2003. Seguin Fitness continues to promote 6 major meets a year in Texas and provides equipment for the Texas Firefighter Olympics every year. Seguin Fitness also promoted the 1998 USPF Masters Nationals, the 1999 USPF Senior Nationals, the 2000 WPL Worlds, the 2001 and 2002 USPF Junior Nationals.

The club has also become heavily involved in Texas high school powerlifting. Seguin Fitness provides equipment for high school meets during the season (January through March) and in 2005 was the official platform equipment supplier for the Texas High School Powerlifting Association for both the Boys and Girls State Finals. With two complete trailers of equipment, Seguin Fitness can supply 12 platforms of competition equipment, including platforms, weights, barbells, squat racks, benches, chalk, referee lights, and all other incidentals needed to run a powerlifting meet.

Seguin Fitness sells weight room equipment and powerlifting gear to the high school and gym market throughout the South Texas and Central Texas area. They also contract out for smaller meets. Call Seguin Fitness and they can bring two complete kilo weight platforms, 4 warm-up platforms, and all the equipment and accessories you would need to run a powerlifting meet.

Competitive lifters at the club run from beginners to national champions. At any given time, 10-20 lifters may be training for a specific meet. Some of the top lifters produced include Susan Rinn, who holds the USPF American record in the bench with a 242 at 123. She has won the USPF Seniors twice and currently holds the APF American record at 236 for both Open Women and Masters 40-44. She has also produced a 402 squat, 325 deadlift and 988 total. Barry Gresham is a 308 class lifter who has produced a 1912 total in 4 years of training at Seguin Fitness and should hit 2000 next year. Barry holds most of the 308 Texas State Records in the USPF and APF. In addition, the club has around 25 THSPA, USPF, and APF certified judges as members.

"I think powerlifting is a great sport. At my first meet in 1980, I saw Vince Annello deadlift 804 and I was hooked. As an engineer, we moved around the country and I continued to train, usually as the first powerlifter in every club I joined. I always encouraged others to start powerlifting and helped start interest in the sport at those clubs. I was an average lifter in my prime (550 squat @220), but I could motivate others. That helped as a trainer. Here at Seguin Fitness, I am constantly recruiting people to compete and we can usually field a fair team for a meet. I think it is a great motivating sport for anyone and I feel it helps people to focus on their training better. It definitely makes for committed and long term members. We run enough meets that first time lifters can take a shot at some of the smaller meets and be successful. We're working to keep Texas Number One in powerlifting!"

Thanks again to Gary and Susan for all the years of promoting the sport of powerlifting, and for running a great gym! Next month, we'll get out of Texas and see what we can find. If you have a gym that we should mention – please email the info. Until then, load the bar!

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

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Power Nutrition Questions & Answers

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

Vinpocetine: The Ultimate Brain Booster

Q: *I am interested in knowing what the hell is this thing called Vinpocetine? I have heard some lifters at the gym talking about it, but I wasn't sure what it was. Can you explain to me what it is and what are some of the benefits of using it? I have heard that it can actually be good for your brain, but I don't know exactly what it does. Is this true? I talk with a lot of guys in the gym, but they just give me tidbits of information and I would like to know a lot more than that before using any supplement. I figured you would know the score when it comes to Vinpocetine, so I thought you would be the man to go to. Is it something that would be good for a powerlifter? Please let me know as much as possible so that I can make an educated decision. Thanks again for all your help. Sincerely,* ***Brandon Hafner***

A: Hey, Brandon it's good to hear from you. So you want to know what the hell Vinpocetine is and how to use it? Not a problem, you have come to the right place my friend. Ok, here it goes. Vinpocetine's chemical name is Ethyl Apovincaminate. It is a vincamine derivative. Ok, Ok, I know you are already getting tired of the science talk but just hold on I will get to the good stuff. One of the major benefits of Vinpocetine is its effects that it has on your brain. Let's take a look at what it does and it benefits.

- Vinpocetine has been shown to improve cerebral circulation.
- It has been shown to improve oxygen utilization and what is special about this is the fact that it does not effect or cause change on systemic circulation.
- Vinpocetine has been proven to improve memory function in different studies.
- It can also help you improve your focus and attention.
- It can also increase blood flow to the eyes due to an inhibition of platelet aggregation.
- Vinpocetine has been shown to reduce cell death.
- It is also a cerebral metabolic enhancer.
- It can also increase neuronal ATP bio-energy production as well.
- Vinpocetine can reduce cerebral vascular resistance. This is very important because this is very prevalent in those that suffer from cerebral vascular disease.
- There has also been noted that Vinpocetine can cause an increase in cerebral fraction of cardiac output. This means that it will reduce the effort placed upon the heart. This can be a benefit for those that suffer from high blood pressure and heart disease.
- Vinpocetine can also help in delaying the aging of your brain. It has been shown to be very effective in activating the neurons of the Locas Coeruleus. These neurons decrease with age and a reduction in them can cause a decrement in such cognitive functions as alertness, concentration, memory and information processing. These are all things that you see a decrement in with age and Vinpocetine can help in slowing down this brain aging process.
- It can also up regulate glucose utilization.
- Vinpocetine can enhance oxygen delivery to muscles helping you to prevent fatigue setting in too fast.
- It can also improve your insulin sensitivity and if you have read my columns this is a very important feature. Not only for improving your performance but also in relation to how you prevent specific diseases like Diabetes and Heart Disease.

As you can see, Vinpocetine is truly a great supplement to help with cognitive function. I have some of my athletes using this supplement and they have noticed a big difference in their focus and concentration level not only in the gym, but also in their work and studies. For those in university this can most definitely help you. Not only does it help with memory and increase brain blood flow, but it can actually help slow down the aging process of your brain. Once the brain is aging then all functions for the rest of the body will suffer, since this is your central command center. All in all, this is one very important supplement. Not only to help you increase your focus in the gym but also to help prevent the aging process and much more for years to come.

Phil Harrington's Protein of Choice

Q: *I just wanted to drop you a line and tell you how much I like your articles. Your articles continually provide new and interesting content to the magazine. I am a 181 lifter and my favorite lifter is none other than Phil Harrington. That 900 pound squat that he did will stand the test of time that is for sure. I know that you have been working with Phil so I thought you would know the inside scoop. I saw him in a testimonial for a company called At Large Nutrition. Is this stuff any good? The reason I am asking is that I am looking for a good protein powder that I can trust. There is so much junk on the market today that it is hard to tell the difference anymore. I trust your opinion because I know you don't talk shit and you are the real deal when it comes to helping out the lifter. Please let me know more about this line of products and if they are worth spending my money on? Thanks so much and keep up the good work. Your friend* ***Pete Jacobs***

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

A: It's good to hear from another fan of my column. I appreciate the kind words. I try my best to help out the lifter and that includes not only in educating him about the finer points on the nutritional sciences, but also keeping my eyes open in the industry and helping you make sure that you don't waste your money on bogus supplements. As for your inquiry about At Large Nutrition's products, I would like to let you know they are some of the best on the market. Phil uses their entire line of supplements to help give him that edge he needs when contest day comes. At Large Nutrition is owned and operated by Chris Mason. First off, I will let you know he is a great guy to deal with. I have been in the supplement industry providing consulting and product design for close to a decade and there are a lot of shysters out there, but Chris is a great guy who cares about each of his customers. He goes above and beyond the call of duty to make sure that you are completely happy with his products.

The product that I would like to talk about is his awesome protein formula called Nitrean. Now what you may be wondering is that what makes this formula different from the other thousands of protein formulas that line the store shelves. First, it contains a advanced matrix protein formula. What this means to the layman is that it contains not just one form or type of protein. Many of the different protein formulas on the market today use just whey concentrate as their only ingredient. While this is ok, there are better ways to maximize nitrogen retention and maximize protein synthesis. One way is to provide a wide spectrum of different protein sources that release into the bloodstream at different times. This will give you a more balanced flow of amino acids into your bloodstream over several hours and each type of protein will hit at different times giving you a synergistic effect. Not only is that important, but what else you need to understand is that each different protein source has a different amino acid spectrum as well. It is very important for the lifter to get a well balanced variety of amino acids so that you will get maximum results from your protein formula.

Nitrean does not rely solely on one, or even two forms of protein to get the job done. Nitrean contains whey isolates, whey concentrate, whey hydrolysates, egg albumin, glutamine peptides, and isolated casein peptides. Each of these proteins is combined in specific ratios in order to give you the ultimate protein source. This gives you the optimal dose of aminos at the right time so that you will stay in an anabolic state and make sure that you are getting stronger. As we already know whey protein is the fastest to get absorbed and this is ideal to get the aminos into your bloodstream as fast as possible. In particular the whey hydroslates will get in there the fastest to make sure that you don't enter a catabolic or muscle wasting state. The three different types of whey give you a complete hit so that you will benefit from each of the distinct forms of whey that are present in the formula.

The hardcore powerlifter needs protein that is available for use at all times, not just for a short period after it is ingested. Casein is the solution to this problem that we have experienced with whey alone in the past. Casein is absorbed much more slowly than whey. This allows for a "time released" stream of amino acids into your bloodstream so that you will get an anti-catabolic effect as well as an anabolic effect. This allows that protein is made available to the body over a prolonged period of time not just for a couple hours. Another addition to Nitrean is the egg white protein that is included in the formula. If you have read my column you already know that I am a big believer in the egg. Egg

protein has a biological value of approximately 95%. I have talked in the past about Biological Value and how important it is when choosing your protein source. BV is a comparison of how close a protein's structure is to that of human tissue. This makes egg protein highly absorbable by the human body. Egg protein has another unique property; it has an absorption rate between that of whey and casein. Combining whey, casein, and egg protein results in a superior delivery of amino acids to the body over a prolonged period and this is exactly what the powerlifter needs. This makes sure that you get maximum results with only using one protein formula and not having to buy 5 different tubs of protein to get all the benefits that you get with Nitrean.

Nitrean also contains glutamine peptides in their formula. If you have read my Garry Frank series you already know that I am a big believer in this form of glutamine. Glutamine is not categorized as an essential amino acid, yet it is a very important one. It is so important for the powerlifter that I consider it to be "essential" to the hardcore powerlifter. Glutamine is essential to the proper functioning of the immune system, your kidneys, liver, and other organs. It is a constituent of the antioxidant glutathione. This is a powerful antioxidant and is one that I am very big on. Lastly glutamine peptides play a vital role in the cell volumization of your muscle cells. Let's not forget that glutamine is the most abundant amino acids in your muscle cells. If that doesn't tell you something then you are reading the wrong article. If the body is lacking in glutamine, it will rob it from your muscles, thus creating a catabolic environment. A catabolic environment is certainly not the physiological state that you want to be in if your powerlifting success means anything to you.

So as you can see here Nitrean from At Large Nutrition is one very complete formula. It contains many different essential nutrients that the hardcore lifter needs to make sure that his last workout wasn't just a waste of time. I fully recommend Nitrean for any lifter that is looking to get results. Not only is the formula top of the line, but the taste is also fantastic. Remember I call them like I see them and if a formula is good but it tastes like sewer water I will let you know. Being in the supplement industry for many years, I will let you know that it is very hard to make a high quality, results producing formula and make it taste great at the same time. This is a very complex task. But At Large Nutrition has outdone themselves with this formula as it provides an excellent spectrum of nutrients and tastes great at the same time. I fully recommend this product and Nitrean receives my Power Nutrition "Seal of Approval". You can reach them on the web at www.atlargenutrition.com or you can call them at (434) 973 9892.

More Message Board Bullshit!

Q: *I read your article in last month's issue of PL USA and I can't agree with you more. I am talking particularly about all the backbiting that goes on in powerlifting circles especially on the message boards. This is just stupid and childish. You are right, we need to get these boards cleaned up because it is giving the sport a bad name when all you see are slams against the best athletes in our sport. I like how you had the guts to bring it out in the mag because I have thought this way for the last couple of years and finally you exposed it. Don't worry what a few uneducated idiots think in the sport. They are just bringing the sport down and this is truly a shame. Sincerely,* ***Carl Matling***

A: Carl, thanks for reading my column. I am glad to have helped bring this stupid mess out into the open. I am also tired of all the crap that takes place on the forums of most powerlifting boards. If you did a scan of most of the material in there the large majority would be useless bickering and bashing of lifters, writers, different organizations and their rules and on and on. It's really too much. I believe in freedom of speech just as much as the next guy, but when a site just turns into a slam fest this is just ignorance at best. Now don't get me wrong. If someone says that such and such a bench press wasn't locked out and yet he got the lift passed, I am open to hearing a discussion on that. Everyone is open to his or her own opinion. That is not where the problem lies. The problem is when smart assess get behind their computer terminal thinking they are a gift to the sport of powerlifting hacking up and taking abusive words on our sports best lifters. This has happened to the point where some lifters don't even want to be part of the sport anymore because of all the utter bullshit that takes place. Are we powerlifters or a bunch of little 10 year old girls sniping at a slumber party. There is a major difference in a lifter voicing his opinion about someone's lift in a professional and courteous manner and just going out jealously to slam the lifter and cause him grief. This is exactly what I am talking about. There is no need for this backstabbing to go on in the sport. We should be there to help each other out and give constructive criticism if needed but not to make all out attacks on someone because a questionable lift got passed. I have seen things get escalated on some of the boards where lifters even verbally start abusing other lifter's wives and mothers. What the hell is the point in this? Is this what the sport of powerlifting is all about? On top of this I have even seen heated lifters start threatening each other with physical violence? I have seen such stupidity and all over a disagreement on the boards whether someone's squat was high or some other stupid thing that got out of control. Even when it comes to me I don't care if someone goes on a board and says they hate my articles. That's fine, if you don't like them then don't read them, but when the slams get personal then this is another story. There is no need for all this stupidity that takes place. It really makes powerlifting look bad when the lifters in the sport just slam the top record holders and champions.

I have included a message board on my website. With all the criticism of the boards you must be wondering why I did such a thing. The reason why I did put one up is the fact that I wanted a board where everyone feels welcome and yet at the same time wants to learn something. This way lifters can help one another in the true spirit of the sport. One thing on my board that will not be tolerated is all the badmouthing and flaming that goes on. If you get caught doing this your post will be deleted and you will be banned from the board. That is it! This way lifters will be able to learn and educate themselves on the many different areas of our sport whether its about training, nutrition, how to use equipment, contest dates etc. Most importantly this will all take place without all the idiots that ruin it for everyone else because they just sit behind their terminal and go on a slam rampage. What I find funny is the large majority of the people doing the slamming are nobodies in the sport. They criticize a lifter on him dunking over 1100 pounds yet the guy doing the slam is probably doing less then 500. I have had enough with all the stupidity so for those lifters that want a good board where you can get help from other lifters on just about everything, minus all the bs, then come over to my board. You can go to it at www.nutritionxp3.com. Here you will see the difference class makes.

Red Rice Yeast and the Cholesterol Monster

Q: *I first wanted to say that I love your articles. I am not sucking up to you here, they are the bomb no doubt! Finally there is someone out there that knows just what*

the powerlifter needs when it comes to getting results on the platform. My question is about my cholesterol level. It is very high right now and I need to get it down. I will admit that I am carrying too much bodyfat and my eating habits are not always that good. They have dramatically changed from reading your column, but I am not going to lie to you and tell you they are perfect. I do try to apply what you teach us every month, but I also binge out on bad food more than a few times per week so I think this may be the culprit. My main weakness is fried foods and being from Texas you can say that we love fried foods! Any way I heard about something called Red Rice Yeast from a guy at a health food store. He said that it was pretty good for getting your cholesterol down because it has some of the same type ingredients found in pharmaceutical cholesterol drugs. Can you explain to me more about this herb? Is it worth taking or is it just some kind of scam? I don't want to waste my money so please let me know if this would be a good idea or just a waste of my heard earned Benjamins? Thanks a lot and keep up the good work with your articles because they are a refreshing read every month. Sincerely, ***Joe Watson***

A: Hey Joe, you like the fried foods do you? Just please don't tell me that you deep fry your Mars Bar. Please no... don't do that man. Believe me if you knew what that does to your body you would heed my warnings. Ok, enough of the fooling around. If you are asking if I think Red Rice Yeast is a good supplement then the answer is...Yes! It is one of the best natural supplements to help lower your LDL or bad cholesterol. I thought you would like a nice little layout of info about this powerful cholesterol buster so here it goes.

Red Rice Yeast has been used in Traditional Chinese Medicine for hundreds of years. The way it is made is farmers get a special type of yeast called Monscus Purpureus over red rice hence the snazzy name. In Traditional Chinese Medicine they use it for a variety of ailments including stomach disorders, spleen dysfunction and to promote proper blood circulation. Now you must be wondering how the hell does this fermented yeast help bring down the cholesterol demon so effectively? Here is the answer. Monscus Purpureus has been shown in laboratory settings to inhibit the activation of a very important enzyme. This enzyme is called HMG-CoA Reductase. This little bad boy here is known to raise cholesterol levels. Since it is so kind as to help raise our cholesterol levels, it also nicely sets you up for something even better ... heart disease! Inhibiting the action of the enzyme can make a big difference in the health of your heart and ultimately how long you live!

There have been many studies done in the United States to show the many benefits of this miracle yeast. One study presented to the American Heart Association showed that those that took Red Rice Yeast lowered their total cholesterol by close to 20%. Their LDL or bad cholesterol came down by 21% and their Tryglycerides came down close to 25%. In another 8-week study using the Red Rice Yeast test subjects saw a drop of their total cholesterol by 23%. Their LDL dropped by an amazing 31%. You have to remember that is a huge difference considering this in only an 8 week study. To make this even better their HDL or their Good Cholesterol increased by 20% as well. This is a very important factor and those that use anabolics should take note. Those lifters that use heavy androgens that are oral in nature like Anadrol, Dianabol and Winstrol usually have a problem with their HDL becoming too low. This is very important to watch out for since this plays a major role in your total heart health. Too low a number in the HDL cholesterol can be a sign of a coming heart attack. Red Rice Yeast can be very beneficial for those pharmaceutically enhanced lifters out there to help control the effects of heavy androgens.

Now you are probably wondering how much of this wonder supplement you should take per day. I would recommend for individuals to take 600mg 2-4 times per day to start. This is a good base and from there you can be analyzed to see if the dose needs to be altered. There are a couple things to note with the use of Red Rice Yeast. Those who are at risk for or have liver disease should not take Red Rice Yeast as it may impair liver function. This is also note for lifters that do use anabolics that may suffer from elevated liver enzymes. If you have this problem I also suggest that you do not take Red Rice Yeast during this time. Instead wait until you have been off your current anabolic cycle for 6-8 weeks and have your liver enzyme count under control. Then consult with your doctor before including Red Rice Yeast it in your plan. This supplement should also not be taken by those under 21 years of age. Now for those that are already taking cholesterol-lowering drugs like any of the statins, you should not throw this in the plan as well. These drugs include Atorvastatin, Lovastatin, Simvastatin, Flufastatin, Cervistatin and Pravastatin among others. Taking Red Rice Yeast with these drugs may enhance the strength of these medications thereby increasing your chance for damage to your liver. One last warning: do not consume grapefruit in any form with Red Rice Yeast. The reason for this is that it can also enhance the effect of this supplement just like the statin drugs.

Red Rice Yeast does offer a tremendous benefit for those that suffer from high cholesterol. It is actually so potent at reducing cholesterol that many of the drug manufacturers would like to see it taken off the health food shelves because it is cutting into their pockets too much. If they make Red Rice Yeast a prescription only item then this means that their yearly revenue goes up and your personal rights and freedoms to use Red Rice Yeast have just been thrown out the window so these big firms can make a profit instead. If this doesn't annoy you then I will tell you it drives me crazy. For those with elevated cholesterol, taking Red Rice Yeast can make a night and day difference in as little as 8 weeks. So this potent little cholesterol buster gets my Power Nutrition "Seal of Approval" for sure!

For those interested in more information about the Nutrition XP3 System feel free to contact me at:

Ariciuto@NutritionXP3.com

Or check out my website at:
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A Lean Lifting Machine: *WPO star Phil Harrington executes a deadlift - "dive" style*

STRAIGHT BAR TALK

JIM KLOSTERGAARD

Somewhere early in my formative years, the principle handed down from the Ancients of "a sound mind in a sound body" took root. I looked for examples of this, but saw few. Despite it being at the height of the Cold War, I learned about the Soviet heavyweight Olympic lifter, Yuri Vlasov, an Olympic champion and engineer. I saw a picture of him studying in a library and thought: "OK, he's got it right".

I started lifting weights in my earliest teens, with the intent to enhance my ability in track and field. Today that may seem like a no-brainer, but in the early 60's, weight training was emerging from the Dark Ages, with all the prejudices about becoming "muscle-bound" rather than explosive and functional athletes. I found out that the world didn't need many 70 kg., 177 cm. shotputters; but fortunately, the challenge of the Iron Game was calling.

Following my first role model, my real love was Olympic lifting. Despite living in populous LA, coaching in this endeavor was almost non-existent. I tried to catch on with Bob Hise Sr., at the Downtown LA YMCA, but it was infeasible to get the constant coaching and technical feedback Olympic lifting demands. Once again, I had to re-invent passions, and I still maintain it today: powerlifting.

My brief background in Olympic lifting had one positive carryover. In that era, the Clean and Press was the first of the then three Olympic lifts. My training for the press translated to a jump-start on the bench press. By the time I was 18 and weighing about 175, I benched 400 for the first time in my parent's garage, using a Healthways bar and plates: no spotter, no supportive gear, and basically: no clue.

The first time that I began to train other than solo in that garage was when I was in my undergraduate years at UCLA. When I was 20, I met Russ Knipp who was on campus with Athletes in Action. He encouraged me to compete. It was also around that time that I first became aware of anabolic steroids and used them briefly (more on that later) prior to my first contest, the Jr. Los Angeles meet in 1969. I had one of those unconscious days, going 9 for 9, and benching 430 to break John Kojigian's state record.

Sometime after that, a UCLA MBA student and superb lifter, Ernie Doe, dropped by the weight room and introduced himself. He asked if I'd be interested in meeting some powerlifters who trained in Culver City at Bill West's garage. I eagerly accepted and thus came under a lasting influence that I still call upon decades later.

My first meeting with Bill West went something like this: "Oh, yeah, I've heard about you - they say you're the skinny kid who broke Kojigian's bench record." Hard to argue with that...

I was in awe of the Westside Barbell Club group: wall-to-wall talent,

***Jim Klostergaard** has a 5 decade perspective on the sport of Powerlifting and has competed in many different PL organizations*

with Olympians and World and American record holders everywhere. I felt privileged to be there; aside from West and Doe, Bill Thurber, Harold Connolly (hammer throw), Don Tollefson (discus) and others, and in my book above all, George Frenn (hammer, 35 and 56 lb weight throw). Frenn was a school teacher, I cannot imagine any disciplinary problems in his classes...

Although I had already become a proponent of power rack training, the original Westside guys used techniques that were new to me: box squats (two heights), benches to a pad (much like board presses) and deadlifts from blocks, as well as while standing on a box using a snatch grip. These were the crux of their Tuesday night and Saturday afternoon regimen. Some of this has carried forward to the modern Westsiders in Columbus, OH. A major difference, and I believe a real credit to Simmons, is the conjugate periodization as applied to powerlifting in the modern Westside principles.

It's worth mentioning a few words about gear use in that time. I hear some purists complain about the gear allowed today, even in the USAPL. As someone who has lifted raw, I think they've got a point. But they should have seen what was worn on the platform back then; not only was there little or no uniformity, but one could use elbow wraps, and I heard of elastic bandages being worn under heavy shirts and configured to act as a spring-loaded assist as the bar was close to the chest (a forerunner of bench shirts?), and bedsheets wrapped around the hips to assist the squat, etc. Some of us (guilty) wore cut-off Levis under our shorts, for support in the hole on the squat. As with drugs, there was no enforcement, no meaningful equipment check, etc. So, I feel things are better today on that score.

I continued occasionally training at Westside even while attending graduate school at UC Santa Barbara. I relocated to Buffalo, NY to complete my doctoral training in chemistry at Roswell Park Cancer Institute. After leaving New York and doing a post-doctoral fellowship at UC Irvine, I moved to Houston in 1982 to take a faculty position at the University of Texas MD Anderson Cancer Center where I remain today. By that time, I was in my mid-30s and felt it was time to take stock of the status of drug use in this sport. As I mentioned, I had my first experiences with anabolic steroids at age 20, and with a few exceptions of going drug-free for some intervals and contests, was still using them. I was always careful to cycle off, and I believed, and still do, that the FDA had done its job in defining a safe dosage level.

It may be hard for some new to the sport to understand, but when I began, TRULY NO ONE CARED about any of the issues surrounding sports-enhancing drugs, and they were readily available: no testing of any kind; no enforced bans, and there was an understanding that one was a fool not to level the playing field by following suit. Some athletes sought medical supervision for their use, but over time, states gradually began adopting legislation with severe penalties for possession without prescription, and even physician prescription patterns came under scrutiny.

There ultimately were several reasons why I finally decided in 1984 to cease my use. I greatly enjoyed training and competing, and intended to pursue both for as far as I could imagine into the future. Although I accepted the FDA's studies of the safety of marketed steroids, I also recognized that this was not based on chronic use, as in the sports-enhancement context. I also began to notice an alarming trend among some lifters for whom I previously had great respect; rather than total dosages of 50-100 mg per week as had been the norm, they began stacking, with oral and injectables, so that their dosages were 20-30 TIMES that, and they would not adequately cycle off. I viewed that as being way on the wrong side of the risk/benefit curve. Another trend that I found perhaps the most disconcerting was the rising incidence of use among grade-school kids. One may speculate on whether this was done without the knowledge of coaches and parents, or worst of all, with their encouragement. Certainly no one can argue that these drugs have any place in healthy children.

About this time the ADFPA was founded, and this seemed like a perfect solution for my competitive instincts. Up until a few years ago, their international affiliate was the WDFPF. During the 90s, I participated in several WDFPF world bench press championships, both overseas and in the US. I have great respect for what the WDFPF is trying to stand for in this sport. They had a five-year clean period to become eligible for competition and a lifetime ban if a positive drug result was obtained. While I admire the rigor of that principle, the scientist in me also knows that any test will have a non-zero false-positive rate. While the "B" sample should take care of that in most cases, I don't know if the lifetime ban has been a significant issue for them or not; but it should have recourse to be fair and reasonable.

The USAPL/IPF are increasingly turning to OMT (Out of Meet Testing). As expensive and cumbersome as it is to enact, it is the only way that I can think of to put teeth into the 3 year clean period requirement. However, even OMT is imperfect: THG being a contemporary example. As a designer drug, by definition, THG and other drugs of this nature will almost certainly elude current detection techniques, which are exquisitely specific. Recognize that we only became aware that THG might be an issue because of a leak, NOT because of testing. So, the cat and mouse dynamic between the user and the enforcer has a bright future, to the detriment of those who choose to pursue drug-free athletics.

One of my biggest concerns is the fractionalism in our sport: a minor sport like ours is poorly served by having so many federations. It's not enough to have one federation that has strict drug testing and one that has a hands-off policy. The issue of gear, raw, single ply vs. everything else, impacts here, as well.

The USAPL is now aligned with the IPF, and with our team selection system and the tremendous international scope of IPF member nations, it is a thrill to be selected to represent my country on the international platform. This brings me back to where I started my dream five decades ago - to enjoy athletics and this sport in particular, in a way that brings dignity to what it means to be an athlete, to have the honor of representing my country in a sportsman-like competition with the best athletes from other countries, and to relish the many wonderful friendships this endeavor brings.

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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.)

HI MAURO: *I was working up to heavy close grip benches (16" between index fingers for safety) and sustained some type of shoulder injury. It hurts terribly and my range of motion is almost nothing. Now just after it happened I got up and was able to push a light 5ft bb of about 30lbs overhead for reps with minimal problems. I knew that once the inflammation set in I would not be able to "test" my range of motion most likely so I tried to assess what I could do before the pain set in. I thought this info might be necessary. I could also do a lateral raise motion in the scapular plane but it was a bit tough during the bottom 1/3. Same for a front raise. I'm very worried about surgery as it seems that one never attains full strength/use again. The sound was almost like a liquid or soft/wet tissue. It wasn't a "pop" like a bone makes, rather an odd sound. Almost like a wet sucking sound. I was able to still manage to get 280lbs off of my chest. Could have been adrenaline. I worked my way up and moved the bar down my hips/body. I've been trying to ice it, use some aspirin, and even some wine to alleviate the pain. Could you please help? I live in a small rural area in Indiana and many of the doctors seem less than on the cutting edge and all too willing to use the knife and bill insurance handsomely. I've had shoulder issues on this right side for about 4 years now. I had gone through some ART, stretching, and even changed my bench style to the "elbows in" style of PL's instead of the elbows out like BB's. In addition I had been doing plenty of rows in case I had impingement issues. Throughout this time I've never been able to really go heavy (over 80%) and my right shoulder would sometimes "pop" into position when I would do an overhead press. The weight seemed to put it "down" into the socket and seat it better. I assumed back into a better position. Also I had to no longer lay on my right side or it would be "hung up" upon waking. Usually when I got out of bed, I'd stand with my hands on my hips (like superman) and draw my elbows back almost like unfolding my clavicles. During this time, my clavicle used to pop and move on the end near the sternum, just below my neck. This would usually give me a small pop into what I assumed was a better position also. Things seemed to be better and I could lift relatively well and was still gaining size so I hoped that the problem would eventually improve and leave. Sorry for so much info, but you're one of the few I trust on such an important issue. Please help in any way possible. Thank you, Mauro.* ***Chris***

HI CHRIS: Sorry about the late response but I'm on an island in the Atlantic and I have limited access to the Internet. It sounds like you've been working yourself into a rotator cuff tear with chronic weakening of the area over the years. However, it's difficult to diagnose exactly what kind of injury/tear you've sustained without examining you and running some tests. What you need to do is to see one of the town doctors right away and get examined, and if possible get an MRI done. Once you do that get back to me ASAP with the results and I'll see what I come up with. Best regards, **Mauro**

MAURO: *High protein diets have been associated with insulin resistance. I have not seen this indicated anywhere in my studies. Have you seen studies indicating this?* ***Tony***

HI TONY: While it may not look it that's a complex statement that's likely treated lightly in the book although it shouldn't be. First of all the whole insulin resistance/sensitivity topic is mired in science that has blinders on. It seems that everyone thinks that insulin resistance is bad. In fact it can be extremely good under certain conditions. The only time insulin resistance is truly bad is at times when it predisposes one to various diseases including the metabolic syndrome, diabetes, and cardiovascular disease. And even under these conditions it's not always bad. The problem is that no one has adequately defined exactly what insulin resistance is, other than in terms of the insulin response to glucose, and in terms of only specific tissues. The studies looking at this condition look at in respect to prediabetic, diabetic and other conditions and only look at insulin resistance in reference to carbs, and lately fats but always in terms of glucose. But there is much more to insulin than glucose metabolism and no one has looked at macronutrient content of diets and their effects on insulin resistance as far as the actions of insulin on fat and protein metabolism. I'm working on book right now for Humana Press that will be looking in detail on the effects of various macronutrients and diets on insulin, body composition and various diseases including the metabolic syndrome and diabetes. However, to give you an answer to your question, protein has very little to do with insulin resistance as far as the present mindset. If you're looking at insulin resistance when someone is on a high protein, low carb diet, you're looking at the effects of the absence of carbs on macronutrient metabolism so that in fact insulin resistance can be increased on a survival level. With glucose mainly available via gluconeogenesis, it makes sense to have insulin resistance present so that the body depends less on glucose and makes full use of available fatty acids and amino acids for ATP production. In this scenario, dealing with someone who is healthy and not having certain polymorphisms that would make them susceptible to adverse effects secondary to insulin resistance, insulin resistance is a good thing as it mainly applies to glucose. In fact that person may be insulin sensitive when it comes to the anabolic effects of insulin and insulin resistant again when it comes to the effects on insulin on fat metabolism. In this case higher levels of insulin would increase amino acid transport and protein synthesis in muscle, and decrease the lipogenic and anti-lipolytic effects of insulin in body fat, while at the same time decreasing the effects insulin has on transport and oxidation of fatty acids via a shift on the effects of insulin on CPT, malonyl coA ACC, etc. FYI I've copied some info in my database on a study looking at the effects of a high protein diet on insulin resistance. Best regards, **Mauro**

"Latest Findings Suggest Higher-Fat, Lower-Carb Diets Improve Insulin Resistance Sensitivity By Jane Schwanke WebMD Medical News Nov. 10, 1999, (Atlanta) -- It's not likely that the debate about high-protein, low-carbohydrate diets will subside anytime soon -- especially after the latest data presented today at the American Heart Association's (AHA) 72nd Scientific Sessions suggesting a link between high protein diets and improved insulin resistance sensitivity, particularly in men. The hype about eating high-protein, low-carbohydrate meals to lose weight hit the scene in the '60s with the Atkins diet, followed in the '70s by the Stillman diet, and then in the '80s by the Scarsdale diet. The resurgence of the Atkins-type diet in the late '90s has created a following of millions who tout high-protein, low-carb diets as the way to lose weight. But just how safe are these diets long term, and what are the drawbacks? That question came before a panel of international experts at the AHA meeting. In opening remarks, panel moderator Robert Eckel, MD, chair of the AHA's Nutrition Committee, called the issue "very controversial." Peter Clifton, MD, PhD, of the Commonwealth Scientific and Industrial Research Organization in Adelaide, Australia, presented data from a 12-week study of 49 obese men and women with insulin resistance syndrome, a condition that leaves cells with a decrease response to insulin. Insulin is a hormone that promotes the absorption of glucose, or blood sugar, into the cells. Glucose is the body's way to get energy. Therefore, people with insulin resistance syndrome are often overweight and have decreased energy levels. The researcher's goal was to determine whether a high-protein weight-loss diet (30% of calories from protein) or a lower protein weight-loss diet (15% of calories from protein) was more effective in reducing insulin resistance syndrome. Clifton's team found, to their surprise, that a high-protein diet improved cells' response to insulin. Should clinicians encourage their patients who have insulin resistance syndrome to embark on high-protein diets? Clifton says no. "We need to wait for good data to show that's the way we should go," he tells WebMD. "At this point, we aren't sure about the long-term problems with diets like the Atkins. I know that high-protein diets are hard to achieve over the long term, and I also know that it's difficult to [track] people on the diets. So while it's possible our theory might be right, we certainly want to confirm it in a much larger study." While Eckel agrees that high-protein diets are safe and effective for short-term weight loss, the long-term implications concern him. "I've seen many people who have been on high-protein diets long term, and believe they are at increased risk for heart attack," he tells WebMD. "While that's anecdotal, the point is that [high protein, low carbo diets] need to be systematically studied. Yes, people lose weight on the Atkins diet, but ultimately, are they safer long term to maintain that diet? I have big questions in that regard."

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In a replay of the Venice Beach Super Series event, Mariusz Pudzianowski of Poland *won the 2005 World's Strongest Man contest in China on Oct. 7th. In second place was the USA's Jesse Marunde (results courtesy of the China Daily news service)*

Phil Hile, 39, *died following complications from surgery on Oct. 3rd. Phil's most recent lifts are reflected on this month's TOP 100 rankings for the 132 lb. class. In 1990, he achieved the remarkable distinction of winning the Men's National title for the ADFPA, for the USPF, for and the APF in the 114 lb. class.*

STARTIN' OUT *A special section dedicated to the beginning lifter*

POWERLIFTING BASICS

as told to Powerlifting USA by Doug Daniels

There are a lot of great articles in PL USA every month on specific topics like bench and squat routines, but what many newer lifters need are powerlifting basics such as how many days a week to work out, the frequency of working each lift and other fundamentals; information you can use to build a routine. This month I would like go over issues involving general training and how things can fit together for long-term results.

I have always believed that powerlifting training should be simple, with no frills, relying on basic exercises. Let's start with laying out a typical weekly schedule. Mr. or Ms. Average Powerlifter can flourish on just 3 workouts per week and even as few as 2. For example, a 2 times per week routine could look like this:

Day 1: Squat and bench

Day 2: Deadlift

In this scenario, space your workouts about 3-4 days apart. For example, Monday would be the squat and bench with Thursday being the deadlift day. Assistance work can be included because of the limited number of exercise sessions, but for the squat, you're out of luck. I suggest just doing the squat. Leg curls and extensions are a waste of energy. If you work your squat hard enough, you will have no desire to do any other leg work. The best assistance exercise for the bench press is the close grip (shoulder width) bench press, which would follow your benches. Include 3-5 sets of strict curls, calf work, abs, and some stretching to finish. The deadlift can be augmented with shrugs for the traps and either rows or pulldowns for the lats. Again, finish with calves, abs and stretching.

A 3 times per week routine could look like this:

Day 1: Squat

Day 2: Bench

Day 3: Deadlift

You would want 3-4 days between your squat and deadlift days as they both stress the back, hips and legs. Monday could be squat, Tuesday or Wednesday the bench, and Friday the deadlift. As with the previous example, some assistance work can be added. On squat day, squats are about all you need, throw in 3-5 sets of rows or pulldowns and finish with strict curls. On bench day, add close grip benches and 3-5 sets of overhead presses, barbell or dumbbell. On deadlift day, finish with shoulder shrugs. Calves, abs and stretching should be worked each day.

Doug Young *obviously knew the basics of powerlifting training, and a lot more. Unfortunately, the 1975-'77 Sr. National and IPF World Champion, died of a massive heart attack on October 7th, while dining in Abilene, TX with Jan and Terry Todd. "I was seated directly in front of him at the restaurant and his face never registered any pain. One minute he was with us, smiling and talking about the good old days ... and then he was gone", according to Terry, despite major medical efforts to revive him. Terry remembers that Doug had "almost freakishlly broad shoulders, a thick chest, a bull-neck, narrow hips, trim joints, sharp muscularity, and a deep tan; and this combination created an indelible impression on everyone who saw him in his prime."*

Which routine you follow depends on several factors. One issue is how much time you have to train. Another is if you're gaining on your current routine or not. If you're put off by benching or squatting just once per week, I say give it a try before you blow it off. You can gain more with less training. The key is consistency and intensity. If you absolutely must bench twice a week, take your second workout using 75% of the weights of your heavy day, and include no assistance work on the light day. Add light benches to another day you are working out. Be sure to at take at least 2-3 days between bench workouts.

Training tempo is the next topic. Most of the muscle magazines stress the blitzing-bombing methods with little rest between sets. This may or may not be great for getting cut, but to build power, the amount of rest between sets should be longer. I suggest resting at least 2-10 minutes between heavy, max sets. This is especially important as you get closer to the actual meet. Getting a pump is not your goal. Powerlifters need that time to recuperate between sets to be able to exert max effort to move near limit weights. In short, slow down and get stronger.

Writers always say lift "heavy", but unfortunately heavy is never really defined. I define heavy as using a weight for a particular set, regardless of reps performed; that causes you to expend substantial, if not maximal, effort to complete the set. Doing a set of 30 with 100 pounds is heavy if you really have to bust your tail to get the reps. I must also add the phrase 'in good form' to my definition. Exercising sloppily usually leads to sloppy results. Target the muscles you wish to work and execute your exercises properly. Also perform the actual powerlifts to contest specs. High squats or benching with your butt off the bench in training usually result into early rides home from a meet. Train the way you need to compete. This will help make execution at the meet automatic.

What the best rep scheme for powerlifting causes is a lot of controversy. My answer is there is no best rep scheme. I believe best results can be achieved by exploiting many different rep schemes in your training plan. This can be done by dividing a 12 week period into 4 different 3 week phases. Every 3 weeks alter the rep scheme that is used. The first 3 weeks could see work sets of 12 reps. The second 3 weeks would concentrate on 8 reps. The next 3 weeks would be 5 reps, with the last 3 weeks being 3 reps. By varying your rep scheme during this 12 week period, your body will never get a chance to adjust or become complacent. It will constantly be off guard and be required to adjust and grow to survive. This type of simple rep variation can be the one big change that can make a world of difference in your progress. After the 12 weeks are up, take a week off, then start again. Competitive lifters may want to start at 8 reps and conclude with singles to prepare for a contest. There are many possible rep combinations that can work, these are just initial suggestions. Keep in mind these are for work sets. You still should use moderate weight and reps to warm up.

I hope this article provided you with the basics that can help you sort out the mountain of information available. The topics I covered are cornerstones in anyone's routine and can be adjusted to fit your own situation. If you are a more experienced lifter and not progressing, you may want to consider some of my suggestions such as workout frequency and assistance work. In all endeavors, basics are essential for best results and powerlifting is no different.

POW!ER SCENE

We'll get to the lifting action in a little while, but Christmas is just around the corner, so that means it's time for *POWER!SCENE*'s annual Christmas/ Holiday Shopping Guide for Powerlifters.

What makes a powerlifter's eyes light up? 3 white lights? A new meet PR? A new training PR? Well, you can't exactly give those to a powerlifter, but you can get him or her something to help get there.

Every year there's new gear available, so check out some of PL USA's advertisers for what you want. Inzer Advance Designs has a large selection of bench shirts, squat suits, wraps, shoes, etc. plus it recently started making Predators squat briefs. Check out inzernet.com, or for a deal on the Inzer Leviathan suit and the Predators, check out Brent Mikesell's irongladiators.com

Crain's Muscle World provides almost anything a lifter would want, with a huge selection of equipment, books, videos and DVDs, and all sorts of one-of-a-kind items. crainsmuscleworld.com is their site.

Elite Fitness Systems (elitefts.com) has gear, bands, videos and DVDs, training programs, and more. New York Barbells has a public showroom, and a website for their many types of equipment. Forza Strength Systems makes top-notch benches, platforms, and more, and you can visit them in Spokane, Washington or on the web at forzastrength.com

To look good, at the meet, in the gym, or anywhere else, House of Pain's workout and sportswear might be for you. Visit them at houseofpain.com

Finally, we certainly have to mention *POW!ERLIFTER VIDEO MAGAZINE*, where you can see so many of today's top lifters using all this gear and equipment, plus using their strength and lifting techniques, as they show viewers their actual workouts and meet lifts.

***Jennifer Kaylor** will be interviewing for PL Video*

POW!ERLIFTER VIDEO has been covering the lifting scene since 1992, and is now also available on DVD. For the holiday season, there's a special promotion, where new subscribers get FREE a Special Edition Video of their choice, *POW!ERLIFTER VIDEO*'s Bench Press Kings or *POW!ERLIFTER VIDEO*'s Best of the Bench, which was just finishing production at press time. It features the bench press workouts of Gene Rychlak, world record holder in the bench, Ryan Kennelly, and Mike Miller, plus bench press tips from Scot Mendelson. Visit powerliftervideo.com or call toll-free 800-227-2355.

And now, on to a bit of meet coverage. *POW!ERSCENE* and *POW!ERLIFTER VIDEO* traveled to the always popular Las Vegas for the APF/ AAPF Sin City Iron Fest. Promoted by Mark Swank, it drew lifters from as far away as Florida (Dr. Gregory Hayes, that's you.) Marks' gym had the AAPF Best Lifter, Dan Martin, who hit a 440 SQ, and J.R. Mancini, who, having recovered from an arm injury, was happy to be back in competition. Mark himself benched 606,

California's Brian Meek was the APF Best Lifter, and Chris Brigham-Baeta was the women's APF/AAPF Best Lifter.

Coming up, as we start looking at next year, is February's FIT Expo, in Pasadena, California, and it should have a ton of powerlifting. Both the USPF and the APF are running big regional meets, and Scot Mendelson will be hosting the Scot Mendelson Bench Press Classic. This past February Ryan Kennelly was the champion; next year there will be two weight classes and $5000 in prize money for each class.

Scot won't be lifting in his own meet. Instead, he's scheduled to attempt a World Record bench during a break in the Ironman bodybuilding contest, and Becca Swanson may also be on that stage going for another one of her incredible lifts.

Plus, Odd Haugen will be putting on a pro strongman show, and there should be lots of booths, exhibitions, seminars, figure and bodybuilding shows, so think about coming to L.A. for that mid-winter break. The Fit Expo is February 17-19, 2006; learn more at thefitexpo.com

That's if for now. Happy Thanksgiving, and think of all that lean protein you can get from eating turkey. And then reward your favorite powerlifter, even if it's you, with something powerlifting related for the holiday season.

'til next month, see you on video.

Ned Low

***Scot Mendelson** .... after more ankle surgery*

***J.R. Mancini** .... back in action*

***Dan Martin** .... AAPF Best Lifter*

***Mark Swank** .... will be the Meet Director for the '06 APF Seniors*

(Force Training article by Jim Wendler and Elite Fitness Systems continued from page 11)

on the bar. From there, you can tweak your stance. Because you are not wearing gear, your hips must be taken into account.

Now if you are training athletes and I hope they are not wearing squat briefs, you need to bring your stance in to an "athletic" stance. What is an athletic stance? Get into any position that mimics an athlete: a linebacker, a volleyball player, a shortstop, etc. They all have the same basic stance. It is slightly wider than shoulder width. If it's not, then you need to talk to the sport coaches and see what the hell they are teaching their athletes.

A quick note about the angle of your feet; 99% of people cannot squat with their toes pointed forward. The only ones that I've seen do this are very light lifters. Most people will point their toes out slightly. This makes for an easier descent and a more comfortable position. This will also allow them to open up their hips as they approach parallel. Most people will settle into their stance with their toes pointed exactly where they are comfortable. Unless they are at a 45 degree angle or wider, I wouldn't worry too much. Just so you know, the angles and their degrees that I talk about are not measured; they are eyeballed. So don't get out your compass and protractor. If you do, then there is a good chance that you have dice that are 12 sided.

Training

Now for the final installment; what we have all been waiting for. How will the standard template change if you are a raw squatter?

First let's look at the basic template that Dave Tate wrote about in his article, Periodization Bible, Part I.

MONDAY:

Max effort lower body day (squat, dead lift)
1. Hamstrings
2. Lower back
3. Abs
4. Possible upper back work

FRIDAY:

Dynamic effort lower body (squat, dead lift)
1. Hamstrings
2. Lower back
3. Abs
4. Possible upper back work

Here is how I would change it:

MONDAY:

Max Effort lift
Quads
Low Back
Abs

FRIDAY:

Dynamic Effort Squat
Speed Pulls
Hamstrings
Abs

Exercise Selection

I'm not going to go into max effort lifts and dynamic squat cycles. This has been talked about endlessly. I am going to go over the assistance lifts and how to choose them. The first thing that you should do is take a look at the above template and write down the exercises that YOU feel are the most important for the quads, hamstrings, low back and abs. This may take awhile due to the overwhelming amount of exercises out there. Plus, many of us like certain exercises more than others and feel we get more out of them. So using myself as an example, here is what I would choose:

Quads

Power Squat
Belt Squat
Lunge/One-leg squat
Low Back
45 Degree Back Raises
Good Mornings
Hamstring
Glute Ham Raises
Romanian Deadlifts

I picked these exercises because they give me more bang-for-buck than most other exercises. Plus, these exercises have proven to me that they work. Here are a couple of things that I would like to point out.

I would NOT do RDL's and speed pulls on the same day. If you were going to speed pulls, stick to the glute ham raises. If you were to RDL's, I would skip the speed pulls.

If I was using a squat variation on Monday for max effort work, I would not do the Power Squat.

Do your lats and upper back exercises on your upper body days.

Remember – when you squat, your entire body squats. Not just your posterior chain. You have to have strong legs (front to back) and a strong torso (front to back). There has been so much emphasis on the posterior chain and rightfully so. But understand that many people have more than hamstring and low back deficiencies. The "rally-around-the-p-chain" movement is widespread but don't ever limit yourself to training just one area. Train everything. The Core movement and now (regrettably) the Posterior Chain movement is getting to the point that people believe that these areas are the only muscles on your body. Remember that many people are giving advice when dealing with athletes with overdeveloped quads. Not everyone fits this description. This is usually the case of lifters doing all of one thing (usually leg pressing and ¼ squats) for the quads and nothing for the hamstrings. Sound familiar? The pendulum of training will always swing back and forth. I'm just trying to neutralize the swing. For awhile, anyway.

Chains and bands – if you are into hitting it raw dog, then I would limit the amount of chains and bands. Why? Because these will limit the amount of bar weight and thus limit the amount of weight at the BOTTOM of the lift. Remember how I mentioned that a squat suit gives you a boost out of the hole? Well, this is not going to happen if you are wearing your Nike Dri-Fit shorts. So you need to make sure that you have an appropriate load at the bottom of the lift to make up for your insufficient clothing. This doesn't mean that you should NEVER use a lot of bands. Use them as a tool but not as a regular part of your training.

Now here's a spin on squatting with bands that no one has mentioned and I am going to take full credit for. Everyone talks about the role of accelerated eccentrics when using bands and then as soon as they do that, they will put on their lab coat and smile. Once again, I am going to try to bring the pendulum back to the center. One of the best things that I ever did when squatting with bands is slowing my eccentric phase. WHAT!? Beard of Zeus! By the Nectar of Lactating Women! Jim has lost his mind! Here's why – The bands pulled me down so hard that it was EASY to drop fast. By slowing myself down and teaching myself to hold my upper back/low back tight this helped me strengthen the muscles of my back and helped me learn where to position my body DURING the squat. The bands felt as if they were crushing me and it took quite a bit of strength to slow down. But by doing so, I got stronger and my squat increased. And I did not lose any speed. Now I know that goes against conventional wisdom and it may not work for everyone but give it a shot sometime.

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Open Novice
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L. Starger 66
Open
123 lbs.
S. Thielen 148
D. Moretto 143
132 lbs.
T. Madden 115
S. Thielen 148
MEN
Youth (age 12)
181 lbs.
J. Harrison 143
Teen (age 13)
123 lbs.
S. Ma 154
220 lbs.
B. Gilbert 71
Teen (14-15)
148 lbs.
T. Bates 176
Teen (18-19)
165 lbs.
A. Kippen 170
Novice
181 lbs.
E. Whitmore 303
Open
148 lbs.
D. Blaskovich 303
181 lbs.
Cunningham 473
L. Blaskovich 429
R. Chuensiri 275
Submaster
181 lbs.
R. Chuensiri 369
Master (40-44)
181 lbs.
J. Cunningha 473
Snake River-PM
MEN
Teen (14-15)
220 lbs.
M. Frost 259
Novice
220 lbs.
J. Mooney 314
275 lbs.
J. Wallace 297
Open
198 lbs.
D. Clayton 374
C. Hill 314
220 lbs.
K. Coombs 468
275 lbs.
D. Adams 468
Junior
198 lbs.
C. Shefts 325
Submaster
220 lbs.
G. Hughes 303
275 lbs.
J. Thompson 402
Master (50-54)
220 lbs.
R. Marchant 363
242 lbs.
D. Wolf 374
T. Wood 341
Master (45-49)
275 lbs.
R. Branning 529
AAPF-AM
WOMEN
Teen (age 13)
114 lbs.
Snake River SQ BP DL TOT
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Novice
148 lbs.
J. Brown 104 104 137 347
Junior
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P. Giddings 341 176 308 826
Open
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H. Gibson 270 203 253 727
MEN
G. Cunningha 89
Open
123 lbs.
D. Moretto 137
Master (60-61)
165 lbs.
M. Zeller 220
MEN
Teen (18-19)
181 lbs.
S. Larson 341
Open
132 lbs.
P. Gilpin 220
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J. Cunningha 473
Master (40-41)
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J. Cunningha 473
AAPF-PM
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Submaster
275 lbs.
J. Thompson 402
Master (45-49)
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D. Clayton 374
B. Baker 341
Master (50-51)
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M. Higgins 248
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APF-PM
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DEADLIFT
Snake River-AM
WOMEN
Novice
148 lbs.
J. Brown 137
MEN
Submaster
148 lbs.
M. Haynes 501
Master (40-41)
181 lbs.
K. Penny 551
Claire Gale Team
Youth (age 12)
181 lbs.
J. Harrison 143
Teen (age 13)
123 lbs.
S. Ma 154
220 lbs.
B. Gilbert 71
Teen (14-15)
148 lbs.
T. Bates 176
Snake River-PM
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Novice
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J. Mooney 407
275 lbs.
J. Wallace —
Submaster
275 lbs.
J. Thompson 600
A. Martin 44 45 45 134
Youth (age 12)
J. Gibson 187 110 220 518
Teen (14-15)
148 lbs.
B. Darrington 225 214 270 710
220 lbs.
M. Frost 374 259 402 1036
Teen (16-17)
165 lbs.
J. Oller 347 231 451 1030
Open
165 lbs.
A. Paterson 374 242 402 1019
181 lbs.
C. Wessells 540 352 451 1344
Master (45-49)
181 lbs.
C. Lovell 462 264 473 1201
Snake River-PM
MEN
Teen (14-15)
220 lbs.
M. Frost 374 259 440 1074
Teen (18-19)
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J. Shively 407 264 485 1157
Novice
220 lbs.
D. Palmeer 501 363 473 1339
J. Mooney 352 314 407 1074
Open
242 lbs.
R. Neilson 606 507 551 1664
Novice
275 lbs.
J. Wallace 336 297 270 903
AAPF-AM
WOMEN
Junior
181 lbs.
P. Giddings 341 176 308 826
MEN
Teen (age 13)
132 lbs.
T. Israel — — — —
Submaster
148 lbs.
M. Haynes 454 325 501 1280
Master (40-44)
181 lbs.
J. Israel — — — —
Master (70-74)
181 lbs.
R. Zeller 209 165 281 655
APF-AM

Good Hair Day ... for Peyton Wessells at the Snake River meet

Youth (age 3)
H. Hughes 44 45 45 134
Youth (age 5)
H. Hughes 44 45 44 133
Youth (age 6)
P. Wessells 44 44 44 132
Youth (age 7)
H. Hughes 44 45 45 134
Youth (age 9)

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MEN
Open
165 lbs.

A. Stephens	501	347	551	1399

Master (70-74)
181 lbs.

R. Zeller	209	165	281	655

APF-PM
MEN
Open
242 lbs.

J. Gibson	755	523	617	1895
A. Carlquist	804	303	633	1741

AAPF-PM
MEN
Open
220 lbs.

S. Mecham	650	507	584	1741

3087 lbs.

J. Thompson	650	507	688	1846
J. Bravo	749	402	622	1774

Submaster
308 lbs.

J. Thompson	650	507	688	1846

Another great meet at Apple Athletic Club, in the powerful "Teton Land", home of the Grand Teton National Park. Over 50% of competitors were newcomers, and many showed much promise. Over 30 records were set or broke, either in the AAPF/APF or Snake River competitions. A deep and sincere thank you to all the people who made another meet possible. Steve and Liz have been gracious enough to let us host the event in their beautiful Apple Athletic Club. They have an absolutely wonderful facility here in Idaho Falls. One of the lessons learned from last year's meet was that we needed a deadlift platform. All the local powerhouses were deadlifting so much weight that the lights were shorting out in the locker room, below the warm-up area. With the help of sponsors and personal investment, we were able to get a Forza power center. When all excitement, sweating, and straining is over, the real strength behind the Apple Athletic Club is Chad! He's the man. Chad is the building operations guy who puts the facility back to normal and the big event. A special appreciation goes out to our main sponsors: Brad Trip of Freightliner of Utah and Eric of Crown Trophies. The combination of the two saved the day. Brad is also a nationally ranked bencher, so come see him lift in October. Thanks to Travis, Kim, and Scott at Printcraft Press, for all their hard work. They did a fantastic job on the promotional printing for the meet. We started a supervised youth events in the competition so families could have fun together. In the future with help from sponsors, we hope to establish a athletic training area for families and athletes to work on strength training, flexibility, nutrition, and sports psychology. The idea is becoming a reality at World Gym, and any profit goes towards its completion. The idea was first supported by Tom and Gary Jones who were the previous CEO's of the Idaho Falls YMCA. Gary new that the event instilled the values of caring, responsibility, honesty, and respect. Values which are carried over in day to day life. Priscilla Giddings is one example. Priscilla wanted such a facility when she began lifting, to complement sports, at the age of 14. It is a special privilege to have Priscilla with us today and see how her life is unfolding. She started lifting in the meets as a youth at the YMCA. She went to school at Taylor View and Skyline High, where she was state champion in shot put and discus. Before leaving for the Air Force Academy, Priscilla set eight World Records, including a 353 lb. squat, 180 bench, and 380 deadlift. Today she is a 2nd Lieutenant Air Force Academy graduate awaiting pilot training to begin! Priscilla contributes the development of her character, determination, courage, and work ethic to her experience with powerlifting. She has a special light and gives so much to everyone; it's been a fulfilling experience. This young lady "Believes what she achieves." great spotter/loaders saved a couple lifters from being injured, during some max effort attempts! Brian Smith, Jeb, Larry Webster, Jon Hutchinson, Sheldon, Joe Thompson, just to name a few. Thanks to the judges, Carl, Sean, Jon, and our newest judge, Montana's Jim Thompson! Course these are the physical components of a meet, but the computer run's the meet. Rob and Anna Podgorney had the stats ready instantly! Many lifters just had time to get the chalk washed off. At one point, Anna, was announcing, running the cards, and entering data ain the "puter"! Joel Peterson also assisted the table, "all day", thanks, Joel. At 62 years, Joel is amazing; he could enter the "Olympia Master Bodybuilding Competition!" Because of the lifter's love of the sport and the sponsors, we have accomplished everything we needed to make this event happen. We are exremely blessed to have such a supportive community. This meet was overshadowed by the loss of a great friend, meet supporter, and lifter. Greg Pearce passed away a few weeks before the meet. In preparation for the meet, many times, it was hard for us to be into it whole heartily, and especially hard for the lifters who trained with him. They were Chris Wessells, Alex Paterson, Donnie Younger, Keith Penny, Linda and Michael Higgins. Chris and Alex had Greg's determination in there minds, because they had a great meet. Greg loved the meet and would want it to continue! I missed him stomping off the platform, reminding me of a pissed-off Fred Flintstone in a canvas suit. I'm sure he was looking down, smiling, and wanting to be on the platform. God bless you Greg, you are missed! (Thanks to Michael and Linda Higgins for providing results)

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6 AUG 05 - Dunmore, PA

BENCH
WOMEN
114 lbs.
Teen (14-15)
E. Raynova 85
Teen (16-17)
T. Ostrowsky 125
123 lbs.
Open
J. Brown 160
148 lbs.
Master 940-44)
N. Hubbard 145
181 lbs.
Open
C. Cooper 140
MEN
123 lbs.
Teen (14-15)
M. Logan 135
148 lbs.
Master (50-54)
J. Kavarnos 245
Open
C. Jones 300
165 lbs.
Junior (20-23)
L. Loft 315
Master (50-54)
R. Burnett 300
Master/Open
R. Legg 220
181 lbs.
Teen (18-19)
I. Raynov 255
Junior (20-23)
C. Miller 290
Master (55-59)
J. Fremont 305
Master (65+)
P. Hubbard 285
Open
R. Aiello 405
Master/Open
G. Passmon 390
220 lbs.
Master (50-54)
J. Bertocki 415
Master (65+)
L. Sposato 340
Open
E. Brinkman 475
P. Stump 340
A. Bertocki 335
242 lbs.
Open
G. Carone 385
D. Hughes —
275 lbs.
Teen (14-15)
A. Lepri 205
Master (60-64)
B. Donnelly 375
Open
D. Ratchford 525
D. Shiffer 555
SHW
Open/Guest
N. Hulslander 615

Location: Motivations Fitness Center. Coordinators: Joe Nealis & Allan Miller. Best Female Lifter: Tiffany Ostrowsky. Best Male Lifter: Don Shiffer. Teams: Motivations Fitness Center 66 pts., Garage Ink 56 pts. (These results by USAPL)

Left to Right, ***Derek, Jim, and Kyle Chiodo.*** *Derek and Kyle benched and deadlifted at the WABDL House of Pain Midwest Regional. (Chiodo)*

House of Pain Midwest Regional
28 MAY 05 - Minneapolis, MN

DEADLIFT
WOMEN
Open
148 lbs.
K. Ohlson 292
4th-303
MEN
Class-1
181 lbs.
R. Sleley 424
4th-440
220 lbs.
J. Boettger 601
N. Krohn 595
259 lbs.
K. Kartak 628
J. Murphy 584
Junior (20-25)
198 lbs.
L. Cross 501
259 lbs.
Schmid, Jr. 617
Master (40-46)
165 lbs.
B. Mayo 341
4th-352
198 lbs.
T. Eiseman 768!
Master (47-53)
132 lbs.
C. Wong 451!
165 lbs.
M. Benson 413
D. Felton 573
181 lbs.
D. Anderson 523
220 lbs.
Burlingame 622
Master (54-60)
181 lbs.
R. Krowech 551
4th-573*
Master (61-67)
220 lbs.
B. Briggs 479
Master (80-84)
181 lbs.
R. Stephan 330
4th-341!
Open
181 lbs.
R. Krowech 551
4th-573
198 lbs.
L. Cross 501
T. Eiseman 768!
Burlingame 822
242 lbs.
F. Schuetz 584
308 lbs.
R. Edinger 700
Submaster (34-39)
259 lbs.
K. Karlak 628
308 lbs.
R. Edinger 700
Teen (16-19)
148 lbs.
K. Chiodo 518
165 lbs.
D. Chiodo 518
B. Folgate 352

BENCH
WOMEN
Master (61-67)
181 lbs.
S. Segal 93
Open
181 lbs.
S. Segel 93
MEN
Class-1
181 lbs.
D. Hawkinson 325
C. Neal 407
R. Staley 303
220 lbs.
B. Gehri 407
C. Stalpes 485
M. Taylor —
242 lbs.
P. Mercado 407
E. Molnai 374
R. Pond 435
J. Steffens 385
4th-402
259 lbs.
E. Krych 451
J. Murphy 468
Junior (20-25)
198 lbs.
T. Beck 248
L. Crass 314
259 lbs.
Schmidt, Jr. 330
Law/Fire
Submaster
181 lbs.
S. Gates 352
4th-369
Master (40-46)
165 lbs.
B. Maya 308
181 lbs.
O. Reiman 435
220 lbs.
T. Pemu 401
D. Rygh, Jr. 462
259 lbs.
E. Knudsen 374
Master (47-53)
165 lbs.
M. Benson 292
181 lbs.
D. Anderson 303
J. Fjelstad 353
4th-358
198 lbs.
S. Pribyl 314
220 lbs.
K. Soully 535!
242 lbs.
E. Molnai 374
308 lbs.
S. Fronk 429
Master (54-60)
181 lbs.
D. Hawkinson 325
220 lbs.
L. Anderson 440
275 lbs.
R. Schubert 374
Master (61-67)
165 lbs.
L. Dashevsky 270
220 lbs.
B. Briggs 341
Open
165 lbs.
B. Maya 308
181 lbs.
C. Neal 380
198 lbs.
L. Cross 314
220 lbs.
J. Boettger 485
242 lbs.
F. Schuetz 507
4th-518
259 lbs.
E. Krych 451
Submaster (34-39)
242 lbs.
J. Steffens 385
4th-402
275 lbs.
G. Gulseth —
Teen (13-15)
165 lbs.
C. Anderson 148
4th-165
Teen (16-19)
148 lbs.
K. Chiodo 383
165 lbs.
D. Chiodo 374
4th-380

*=National Records. !=World Records. The first Minneapolis meet was 2003 and there were 38 lifters. In 2004 there were 48 lifters, and in 2005 there were 54 lifters. The venue is the beautiful upscale Marriott hotel in West Minneapolis. They just installed an authentic Irish Pub with an outdoor deck. The ballroom is 3200?? sq. feet, and the warm-up room was 1000 sq ft. In the deadlift, Robert Staley of Missouri set a state record in class-1/181 with 440.7. His training partner, John Boettger, who is the WABDL State Chairman, set a Missouri record 601.8 in class-1/220. Nate Krohn of Minnesota was a close second with a Minnesota record 595. At 259, Kevin Kartak hauled in 628 to beat Jason Murphy, who wasn't too far behind with a respectable 584. In junior 259, Dennis Schmidt Jr. Set a Minnesota state record 617 after exalting on his 600.7 in his previous attempt, which was his first ever pull with 600. In master men, Bret Mayo pulled a north Dakota record 352.5 in master 40-46/165. Bret had been away from competition for a couple of years with minor injuries, but he came back in top form. In master 40-46/198, one of the worlds top two deadlifters, Tom Eiseman, set a World Record of 768. Tom's goal is to get 800 and then retire. Tom is a chiropractor and a real genuine guy. He's not demanding and he considers it a pleasure to lift in WABDL. I've known him for twenty years. When he went to the Hawaii record breakers meets, he didn't ask for the world like a lot of big name lifters. He locked out 800, weighing 177 in Hawaii, conventional style. He's now doing sumo because of a knee operation and he's a vegetarian and lifetime drug free. Chuck Wong of Minneapolis set a World Record in master 47-53/132 with 451.7. Chuck is a technician and approaches the bar with a very methodical**

Rich Edinger *pulls 700.9 @ 308!*

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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
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/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points , TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
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Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
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May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris 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, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.
Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley, Dream Team Pt.

***Robert Krowech** is recovering from cancer.*

manner. He will deadlift 500 at age 50 weighing only 132, which will be a very high coefficient. In master 47-53/165, Mark Benson was second with a Minnesota record 413.2 and the winner was Dave Felton who set a Wisconsin record 573, which would be ranked third in WABDL, and in the top ten with all federations considered. In master 47-53/220, Duane Burlingame, who brought four lifters from Illinois, pulled 622.7, but couldn't haul in 661. Robert Krowech in master 54-60/181 set a national record 573. There is only one lifter in the world better than Robert Olicio Dos Santos of Brazil, who ranks right up there with Tom Eiseman and George Herring, with 700.7 at 54-60/181, and Dos Santos was 58 when he pulled 700.7! in master 61-67, Bryon Briggs of Wisconsin set a state record 479.5 at 220, and in 80-84/181, Robert Stephan set a world 341.5 at age 83. He only weighed 168. The coefficient was over 650! Robert has gone to two meets in Fargo, North Dakota, and will drive 7-1/2 hours on a Friday weigh-in, compete on Saturday, then drive another 7-1/2 hours back to La Crosse, Wisconsin. That's 15 hours of driving in two days, at age 82. I know some lifters have to drive more than two hours they won't do it, and they're under 40. In the open men deadlift 198, Tom Eiseman set a World Record with 768.2. at 242, Frank Schuetz set a Virginia record 584. At 308, Rich Edinger, who has one of the best psyche-ups in the game - he really knows how to bring it on - pulled a North Dakota state record 700.9. he's been shooting for that number for ten years. Rich is adamantly drug free. He is a lawyer in Fargo and has both a private practice and works for the public defenders office. He is also the WABDL state chair for North Dakota. In open women, Kristin Ohlson set a Minnesota record 303 at 148. In submaster 259, Kevin Kartok set a Minnesota record with 628.2 and Rich Edinger set his second record of the day with 700.9 at 308. In teen 16-19/148 and 165 respectively, Kyle and Derek Chiodo did 507 and 518 respectively, but were both short on Minnesota state and World Record attempts. Kyle holds the World Record at 16-19/148 wth 540. His father Jim coaches them and has done 551 in 47-53/181. He is an excellent coach. Moving on to the bench press in class-1 at 181, Minnesota state chairman Dan Hawkinson pushed up a state record 325, but finished second to Chris Neal, who popped a Wisconsin state record 407.7. At 220, Barron Gehri pushed easily a Wisconsin record 407.7. Chad Stalpes rammed up a Minnesota record 485 at 220. At 242, Jason Steffens set a class-1 record with 402.2. At 259, Jason Murphy set a Minnesota record 468 and had 480 in him at least. In law/fire submaster, Scott Gates set a Wisconsin record 367.2. In master men 40-46/181, Dean Rineman set a Minnesota state record of 435.2 and had more in him. He will be benching 500 within a year. At 40-46/220 Don Rygh Jr. blasted 462.7 with authority for a Minnesota record. At 259/40-46, Eric Knudsen set a Minnesota record with 374.7. In master 47-53/181, David Anderson set a Wisconsin record 303, but Joe Fjelstad beat him with a Minnesota record 358. At 198, Scott Pribyl set a Wisconsin record 314. At 220, Kevin Scully was huge with a World Record 535.6. Kevin was fired up and ready for what it took to get his World Record and he got it rather easily due to his psyche. At 308, Steve

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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.

***Kevin Scully** benched big time at the House of Pain Midwest Regional*

2, ADFPA Nationals Chronology, IPF**Mar/98**... Mark Philippi Interview, TOP TOP 25, Good Mornings, Scott Smith20 Women, Teen, Master Rankings, James BP Workout, TOP SHW Henderson, George Nelson, 1st Worlds, **Jul/97**... Shane Hamman Profile, DougBrad Gillingham backstage Heath Squat Workout Pt. 1, WDFPF**Apr/98**... Bull Stewart Speaks, USAPL Champ. Chronology, EPF Europeans,Women's, APF All Time TOPWomen, The Warmup Room, TOP 100 114s. Westside Invitational, Foundational **Aug/97**... Power of Color, How to BPTraining by Louie, TOP 242s. 500 Easy by Louie S., ADFPA TOP 25 All**Jun/98**... Mark Henry, Ernie Milian, Time, APF Seniors Chronology, MarkOlympic Cycle, Louie on "Researching Pasillo, TOP 100 123s Resistance", 10 Keys to Success, AAUPC/ **Sep/97**... USAPL/USPF/APF TripleWDFPF Split, TOP 100 SHWs. Seniors, IPF Women's Worlds, World's**Jul/98**... Kirk Karwoski, Angelo Strongest Team, *NEW* Mineral Orotates,Berardinelli, World's Strongest Man Jouko Progressive Overload, TOP 100 132s. Ahola, Jon Arenberg, IPF Women's Worlds, **Oct/97**... Brad Gillingham Profile,TOP 100 Flywts. Resistance Training by Louie Simmons,**Aug/98**... USAPL Men's, Platform Ken Emrich, Power Biceps Training,Deadlifts, ADFPA Women, Yueh-Chun Larry Miller interview, Top 100 Ltwts. Chang, IPF World's, APF Nationals, Shane **Nov/97**... U.S. Strongest Man Contest,Hammon, Top 100 Bantam. World's FASTEST Bench Presser, Rick**Sep/98**... APF Seniors. Part 1, the Ed Coan Gaugler Profile, Light Training Days,Decision, Power Bells, York Summer Diabetes & PL, TOP 100 165s. Picnic, Visit to Westside, 3x3 Training **Dec/97**... Vicki Steenrod, FunctionalPlan Part 1, TOP 100 132s Protein Powders, Louie Simmons Squat**Nov/98**... A Worlds to Remember, Japan Workout, USPF's Best Women, WaltNationals, PL Weapons, Pat Beaumaster, Austen DL, TOP 100 181s Joe Dube, Jackie Davis, TOP 100 **Jan/98**... IPF Men - Master - Jr. Worlds,Middlewts., Isoflavones. WDFPF Men - Teen - Jr. - Master Worlds,**Dec/98** ... IPF Masters-Juniors - Mens/ World's Strongest Man Qualifiers, BestWPC/WDFPF/AAU / AAPF World Meets, IPF Women, TOP 198s Injury Avoidance, USA All Time 800 DLs, **Feb/98**... WABDL Worlds, IPF BPDennis Brady, TOP 100 181s Worlds, World's Strongest Man, WPC**Jan/99** ... WABDL Worlds, WPC Worlds Worlds, Bench Primer Pt. 1, IPF Seniors,,Pt. 1, IPF Men's Worlds Report, Louie Speed Strength, TOP 100 220s 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, TOP100 275s. **Jun/99** ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs **Aug/99** ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s **Sep/99** ... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s **Oct/99** ... USPFSeniors, 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 Lou 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

Frank, who is very rugged looking and looks very powerful, set a Wisconsin record 429.7. In master 54-60/220, Larry Anderson set a Minnesota record 440.7 and his son Cody Anderson set a Minnesota record in teen 13-15/165 with 165.2. In 54-60/275, Ronald Schubert set a Minnesota record 374.7. In master 61-67/165, Leon Dashevsky set a Minnesota record 270 and at 220 Bryon Briggs set a Wisconsin record 341.5. In master women 61-67/181, Sandra Segal set a Minnesota record 93.5. In open men 181, Chris Neal set a Wisconsin record 380.2. At 220, John Beottger tied a Missouri record with 485 and didn't get 515 only because he had trouble getting his lift passed on one occasion and his head was a little messed up because of one judge who kept giving him a red light. At open 242, Frank Schuetz set a Virginia record with 518 on a fourth that was easier than his opener. Eric Krych couldn't get 485 but did get 451.7. He's ready for 500. He's just not comfortable with the weight yet. In submaster 242, Jason Steffens set a Minnesota state record 402.2. Jason is a mortgage broker and has a very profitable business. In teen 16-19/148, Kyle Chiodo set a Minnesota record with 363.7. In teen 16-19/165 Derrek Chiodo set a Minnesota record 380.2. The Chiodo brothers had a good meet all in all, but their deadlift weight has suffered because they pushed their bench more than usual. Four lifters were tested and one flunked. I want to thank Dan Haukinson for bringing the warm-up weights and benches. The Gym and Jim Yunger provided a good deadlift bar and some warm-up weights. The judges were Ken Anderson, Dan Hawkinson, Rich Edinger, Jerry Gnere, and Mike Scott. The scorekeeper was Kristy Scott. The sponsors were The Gym with Jim Yunger, Shawn Madere with GLC the greatest joint formula on the planet, Rick Brewer and Jason of House of Pain, Jason Steffens of First Liberty Home Loans, Neal Spruce, Odd Haugen and Jim Starr of Apex Fitness Group, Mike Lambert of Powerlifting USA, Chet Groskreutz of Ivanko Barbell, Ken Anderson and Pete Alanis of Titan Support Systems, Brent Mikesell of Iron Gradiator, Keith Lem of CSS Photo, Matt Lamarque of Bovine Strength Systems, Gus Samuelson and Mike Rockoff of Universal Nutrition and Dave Tate and Jim Wendler of Elite Fitness Systems, the distributors of the Metal Gear Line. (courtesy Gus Rethwisch)

***Kristin Ohlson** with Gus Rethwisch*

Legendary Pat Casey
King of Powerlifters
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- First man to bench press over 600
- First man to squat over 800
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4th Erie College Open BP/DL
14 MAY 05 - Buffalo, NY

BENCH	
WOMEN	
Open	
S. Millar	135
C. Stillman	100
Master	
N. Tobin	80
Teen (14-15)	
S. Barnes	160
MEN	
Teen (16-17)	
M. Bambino	230
S. Scibetta	275
N. Monroe	300
E. Denk	210
Teen (18-19)	
K. Carver	325
M. Knapp	290
Submaster	
B. Michalski	380
Master Light	
P. Trusso	315
D. Brochey	275
B. Scibetta	300
B. Warner	195
Master Heavy	
E. Jekov	445
B. Evans	370
B. Petrie	385
R. Boogbrulet	375
D. Beaudoin	350
S. Meegan	300
P. Tantillo	285
D. Werth	240
Open	
132 lbs.	
K. beaty	205
148 lbs.	
A. Jackson	350
198 lbs.	
S. Pollock	400
J. Shanklin	360
H. Woodley	330
220 lbs.	
J. Marsala	575
S. Vinelli	560
J. Green III	400
A. Buckley	385
242 lbs.	
M. Furman	660
M. Rydeley	535
M. Walker	475
275 lbs.	
J. Wnuk	515
C. Phillips	500
M. Coudrey	420
M. Damon	350
308 lbs.	
A. Williams	455
J. Green, Jr.	380
DEADLIFT	
WOMEN	
Open	
C. McMakon	280
S. Millar	190
Master	
C. Stillman	210
B. Kelly	195
Teen (18-19)	
S. Spiller	285
MEN	
Teen (16-17)	
E. Denk	500
D. Lapidus	350
Teen (18-19)	
M. Knapp	500
K. Carver	405
Master Light	
D. Swingler	470
B. Warner	340
Master Heavy	
T. Myers	605
B. Evans	550
A. Schuler	395
D. Werth	315
Open	
132 lbs.	
K. Beaty	415
148 lbs.	
A. Jackson	500
198 lbs.	
H. Moodley	500
S. Pollock	460
220 lbs.	
J. Toy	480
J. Green III	450
A. Buckley	300
242 lbs.	
M. Furman	660
M. Rydelek	580
275 lbs.	
C. Phillips	600
J. Wnuk	—
308 lbs.	
J. Schiemann	600

This years contest was a big success, with 41 contestants in the bench press and 28 in the deadlift. Mark Furman won outstanding lifter in the bench with a lift of 660 lbs., almost making 700 lbs. Joe Marsala, Scott Vinelli, Matt Rydelek, Joe Wnuk and Chris Phillips all did over 500 lbs. Andre Jackson and Enzo Jekoto had outstanding lifts also. Tim Myers won best lifter in the deadlift with a lift of 605 lbs. at 189 lbs. bodyweight. 16 year old, 160 lbs., Erin Denk lifted 500 lbs. and was 2 lbs. away from the best lifter award. Mark Furman (660 lbs.), Chris

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 100 275's

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

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

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

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

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

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

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

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

Feb/002 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s

Mar/02 ... USAPL Women's Natls, 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 Turtiainen, 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 Natls, USPF Srs/Mountaineer Cup IV, Strong Legs for Recods 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 Natls, 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, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.

Mar/03 ... Brad Gillingham Comeback, Men's 300 kg &Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists

Apr/03 ... WPO Finals & Bench Bash for

Phillips (600 lbs.), John Schelman 600 lbs.), Andre Jackson (500 lbs.), Matt Rydeled (580 lbs.), all had outstanding deadlifts. Meet Directors Dennis Green, Mark Bicht and Chuck Wuest look forward to the next contest with changes to make the contest more outstanding. (Results Chuck Wuest)

SLP Platinum Fitness Open BP/DL
21 MAY 05 - Tulsa, OK

BENCH
MEN
Special Olympic
181 lbs.
D. Thurston 245*
242 lbs.
B. Tanner 310
4th-320*
WOMEN
Junior
148 lbs.
M. Wells 115*
4th-125*
181 lbs.
J. Tanner 190*
4th-200*
Submaster
275 lbs.
K. Harrison 135*
Master (40-44)
220 lbs.
K. Thatcher 115*
MEN
Novice
165 lbs.
M. Keafer 280
181 lbs.
K. Sawyer 315*
198 lbs.
V. Dobbs 285
220 lbs.
A. Ortiz 405*
4th-425*
275 lbs.
J. Sayre 435*
SHW
R. Colson 525*
Teen (13-15)
132 lbs.
B. Cobb 90*
181 lbs.
C. Sells 235*
Teen (16-17)
132 lbs.
J. Thompson 205*
4th-220*
148 lbs.
B. Harvey 195*
4th-205*
Teen (18-19)
148 lbs.
M. Luce 225*
4th-365*
242 lbs.
B. Tanner 425
WOMEN
Junior
181 lbs.
J. Tanner 265*
4th-275*
Master (40-44)
181 lbs.
C. Crossland 390*
Teen (13-15)
105 lbs.
Z. Dwinell 190*
165 lbs.
D. Taylor 305*
4th-330*
Open
308 lbs.
S. Trotman 500*
S. Springer 355

*=Son Light Power Oklahoma state records. Best Lifter Bench Press: Ran Dy Colson. Best Lifter Deadlift: Cyndi Crossland. The Son Light Power Platinum Fitness Open Bench Press/Deadlift Championship was held at Platinum Fitness. Thanks to owner Jim Parham and his staff for sponsoring this event. In the bench press competition, Daniel Thurston set the Oklahoma state record in the special olympic 181 class, with a personal best 245. Brady Tanner, one of the nation's top special olympic lifters at 242, also broke the state record in that class with his 320 final attempt. This was also a personal record for Brady. In the junior women's division, Miranda Wells, lifting in her first competition, set the state record at 148 with 125. Jamie Tanner received the best lifter award among the women, with her personal and state record 200 fourth attempt at 181. Karen Harrison set the record at submaster 275 with 135, while Kortney Thatcher took the 40-44/275 class, with a state record 115. Both of these ladies were competing for the first time. In the novice men's division, Mike Keafer broke the Missouri state record at 165 with 280. Kevin Sawyer broke the Oklahoma state record at 181 with 315, while Vincent Dobbs captured the 198 class with 285. At 220 it was Adam Ortiz for the state record, finishing with 425. Jimmy Sayre set the record at 275 with 435, while Randy Colson did the same at shw with the biggest lift of the meet, 525. Weighing in as a lighter super, Randy, this being his first competition, also won the best lifter trophy for the bench meet. Bryce Cobb broke the state record at 13-15/132 with 90 while Cody Sells did the same at 181 with 235. Joshua Thompson broke the state record at 16-17/132 with 220, along wift Brad Harvey, who did his at 16-17/148, finishing with 205. In the 18-19 age group, Michael Luce won at 148 with 235, setting the state record there. Beau Sheffield won at 181 with 330 while Robert Moreno took the 275's with 420. In the junior division, it was Mike Springer over Seth Sundquist at 181, 340 to 325. Mike's lift broke the state record for the class. Dewey McLaughlin broke the record at 198 with 405, while David Taylor did the same at 308 with 340. In the submaster division we had four solid lifters, each breaking the state record for their respective classes. At 181 it was Kevin Sawyer with 315, and his second title of the day, while Jerry Warren got his at 220 with 305. Bret Pepi won at 242 with 420 while Jimmy Sayre won his second gold of the day at 275 with 435. Lifting in the 40-44/220 class was a great inspirational lifter, Duane Chesmore. Duane took the title there with an easy 400. Nick Dwinell won at 45-49/220, making just his opener of 435. Nick had just competed last week, though, and it showed in his lockouts. In the 50-54 age group Jorge Guardado broke his own state record with 260 while Terry Jenkins won at 220 with 399. Another new lifter to the sport, Marcus Harper, won both the police & fire submaster and open 275 classes, setting the state record in both with 365. In the open division it was Kelly Rossman with the title at 242. This marked a 95 pound increase in Kelly's bench since his first meet last fall. Then at 308 Steven Trotman won over Scott Springer 460 to 296. Steven broke the state record there, which had been previously held by Scott. In the deadlift competition Daniel Thurston continued to dominate at special olympics 181, setting the state record there with a personal best 365. Brady Tanner also captured his second title of the day at special Olympic 242 with a great 425 pull. Jamie Tanner got a new pr and state record at junior women 181, finishing with 275. The best lifter award went to Cyndi Crossland, who pulled a state record 390 at 40-44/181. Don't see that too often, a lady taking the best lifter honors; but very deserving! At 13-15/105 it was state record holder at 114, Zach Dwinell. Zach finished with a new state record of 190. David Taylor set the state record at 165 with a personal best 330. In the open division, once again it was Steven Trotman over Scott Springer 500 to 356. And once again Steven broke the state record there, which again, had been held by Scott. Thanks again to my son Joey, Jim Parham and others who helped with the loading, spotting and judging duties. This meet was a lot of fun, bringing several new lifters to the sport. Thanks also to Cyndi Crossland for all her help and encouragement and hard work she put into promoting this meet. She you all again this fall! (Thanks to Dr. Darrell Latch for providing these results)

***Daniel Thurston** with an SLP state record 365/Special Olympics 181*

Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking Back by Louie, TOP 100 242s.

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

Jul/03 ... IPF Women's Worlds, APF Nationals, Bill Kazmaier Pt. 2, APF Nationals, DL on the Rise by Louie S., Best Male PLers, TOP 100 SHWs.

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

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

Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.

Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s

Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s

Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s

Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s

Mar/04 ... USAPL Women's Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s

Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.

Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s

Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs

Sep/04 .... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s

Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s

Nov/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.

Dec/04 ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s

Jan/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s

Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s

Mar/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s

Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s

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

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

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

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

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

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

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FOR REVIEW ... *"No Excuses"* by Kyle Maynard. This is the story of a congenital amputee who became a champion in wrestling and in life. Born without hands and feet and incomplete limbs, due to a rare genetic condition, his determination to become a champion athlete, student, and person is beyond inspiring. There is a powerlifting connection as Kyle utilized heavy weight training to develop his capabilities for wrestling and football. He's also done lifting exhibitions at the Arnold Classic and the GNC Show of Strength. For someone who is just 19, Kyle exhibits a surprising wisdom about his own situation, and people in general. The public relations groundswell that Kyle is riding is massive, as he's appeared on ABC's Extreme Makeover, Home Edition, Good Morning America, 20/20, Oprah, and he's been interviewed by Larry King. In the book and promotional materials there are quotes by bodybuilding/political superpower Arnold Schwarzenegger, pro football's Troy Aikman, Ray Flynn (former US Ambassador to the Vatican, former Mayor of Boston) and many others, about the impact Kyle's story has had on their lives. Despite his physical challenges, Kyle played football in middle school, and in high school (and now college) he has been a competitive wrestler, and in that sport he actually succeeded in nearly becoming a legitimate open state high school champion in his weight class. The details of how he overcame so many difficulties in order to become a varsity wrestler is amazing. The connection to powerlifting is virtually direct as

***Kyle** setting his record at the Arnold Classic.*

Kyle, too, has gone through the extreme rigors of physical training, dropping weight to make a weight class, and pumping iron to make himself stronger for his sport. It is a compelling story, and powerlifters will readily identify with what he's experienced. Kyle also relates the struggles he's overcome in social situations, like in school. The book is very well written, and one of the interesting features is that before every major chapter there is a brief excerpt from the chapter itself in Kyle's own handwriting. Kyle's achievements at a young age are almost incredible. He's been inducted into the Wrestling Hall of Fame, received the Medal of Courage from the National Wrestling Hall of Fame, set a World Record in the modified bench press at the Arnold Classic, received the ESPY award for the Best Athlete with a Disability, the President's Award for Courage, he's joined the Washington Speakers Bureau as a motivational speaker, and was named to the Georgia chapter of the Wrestling Hall of Fame and the Georgia State Wresting Hall of Fame. He drives a vehicle with a few modifications, can type with two elbows at 50 words a minute, and can write without any adaptations. He's been featured on CNN, HBO, Spike TV, WAN, as well as many local and regional TV shows, as well as in print. The central theme of the book, No Excuses, is something that every powerlifter can appreciate. This is a book that you will remember reading, and it will be interesting to see what Kyle, who has accomplished so much so soon, will to do in the future. The book is published by Regnery Publishing. For ordering information, the ISBN is 0-89526-011-5, and it should be in major book stores at this time.

100% RAW Tri-State Open
24 SEP 05 - Hagerstown, MD

WOMEN	SQ	BP	DL	TOT
132 lbs.				
Submaster				
D. Crampton	170*	115*	220	507*
		4th-DL-231*		
(18-19)				
E. Steimling	104	82	226*	413
Open				
E. Steimling	104*	82*	226*	413*
148 lbs.				
(40-44)				
R. Douglas	253*	137*	297	688*
L. Hagman	88	82	176	347
BOYS				
(10-11)				
114 lbs.				
C. Dantzler	88	61*	159*	309*
4th-SQ-93*				
MEN				
148 lbs.				
Open				
B. Rouzer	341	226	358	925
165 lbs.				
Open				
J. Pentz	374	259	479	1113
Open				
D. Ray	259	253	319	832
181 lbs.				
(18-19)				
S. Shuck	363	358	451	1174
	4th-BP-363*			
Open				
R. Massey	479	330	501	1311
Open				
S. Shuck	363	358	451	1174
(50-54)				
E. Lough	308	209	352	870
(60-64)				
D. Junkins	292*	231	407*	931*
	4th-BP-239*			
J. Monk	165	237	297	700
198 lbs.				
Junior				
B. Fleming	363	319	435	1118
Open				
J. Savage	496*	352	584	1433
J. McDonald	330	275	407	1014
Submaster				
J. Savage	496*	352	584*	1433*
	4th-BP-358*			
220 lbs.				
Junior				
A. Wachter	303	319	418	1041
Open				
B. Lapole	451	435	523	1411
A. Wachter	303	319	418	1041
C. Miller	551	352	—	—
Submaster				
D. Webb	—	242	374	—
(40-44)				
J. Gibson	303	264	396	964
Open				
M. Eaton	512	352	600	1466
242 lbs.				
Open				
J. Homiak	—	363	496	—
(40-44)				
C. Barger	341	231	446	1019
(45-49)				
D. Reeder	374	429*	463	1267
308 lbs.				
Open				
D. Corridean	573	402	672	1648
(50-54)				
B. Carmack	418	303	424	1146
SHW				
Open				
B. Younker	501*	286*	622*	1411*
J. Schwartz	451	363	500	1317

***=Records. Best Lifters (Wilks and MAM): Open Men-Daniel Corridean. Master Men-Doc Junkins. Open Women-Diane Crampton. Masters Women-Ruth Douglas. Competition weights are calibrated Ivanko competition plates. We checked them in June on a calibrated, certified scale (which was also used for weigh ins), all plates and bar within 10 grams (as specified by Ivanko). I did not break down age groups in the open for trophy presentation. (Thanks to Paul Bossi for providing these meet results to Powerlifting USA)**

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ST220	22"	Diameter apx weight 400lbs	$169.00
ST210	24"	Diameter apx weight 476lbs	$169.00

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COMING EVENTS

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.

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

19 NOV, USAPL USNA Army-Navy Open, Jason Bowers, USNA, Bancroft Hall, Annapolis MD, 21412, (443) 534-3447

19 NOV, APF South Dakota Push-Pull Fall Brawl (Summit Activities Center, 1801 Summit St., Yankton, SD 57078) Josh Law, (605) 660-3392, lawmerica@hotmail.com, www.APFSD.com

19 NOV, USAPL Alaska State, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, (907) 345-7996

19 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burleson Rd., Austin, TX 78744, (512) 385-5420

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

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

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

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

19 NOV, AAPF Southern States, (386) 734-3128, worldpowerlifting.org

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

19 NOV, 100% Raw World BP (Currituck, NC) (252) 339-5025, www.rawpowerlifting.com, rawlifting@aol.com

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

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

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

20 NOV, ADFPF Indiana State/Michigan Open (full power & BP - Granger, IN), Anson Wood, (574) 903-4586, info@e-normous.biz, www.e-normous.biz

26 NOV (NEW DATE), NASA Kansas City Regional, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, (913) 626-1141, 626-1142, jduree7086@aol.com, www.lenexastrenghtandfitness.com

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

NOV, APF Northern California, John Ford, (650) 303-7518

2 DEC, USAPL Kentucky State/Blue Grass Open (powerlifting, BP, open and raw - Henderson, KY) S&M Fitness, 201 N. Gum, Harrisburg, IL 62946, Mark Motsinger (618) 252-0881 or Paul White (270) 831-1261, smfit1@hotmail.com

2-5 DEC, AAU World Bench, Deadlift and Push-Pull (Laughlin, NV) Martin Drake, P.O. Box 108, Nuevo, CA 92567, (951) 928-4797, MARTIN.J.DRAKE@BOEING.COM

3 DEC, USAPL Ketchikan Powerlifting Meet, Doug Gregg, 1225 S. Pt. Higgins Rd., Ketchikan, AK 99901, (907) 247-8463

3 DEC, USAPL Kentucky State/Blue Grass Open PL/BP, Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, (618) 252-0881

3 DEC, Glass City Bench Blast & Deadlift (men's, women's, teen's, masters - Sylvania Powerhourse Gym, 3350 N. Holland-Sylvania Rd., Toledo, OH 43615) Jimmy Momany, Meet Director (419) 917-3833 or (419) 843-7100, for meet poster and map email heavywear@aol.com

3 DEC, USAPL Nation's Capital Holiday Classic (Tower Fitness Club, Vienna, VA) Steve DeBenedittis, (703) 761-6094, towerfitness@erols.com, www.strengthsport.com or Anita Tallarico, (703) 587-0727, atallarico@icfconsulting.com

3 DEC, USAPL TN State Championship & Appalachian Open, Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, (423) 725-2415

3 DEC (CORRECTED DATE), USAPL Clemson Challenge (full power & BP), Jon Mouzon, 101 Sycamore Dr., Clemson, SC 29631, (864) 844-0083, www.carolinastrength.org

3 DEC, USAPL Nation's Capitol Holiday Classic, Anita Tallirico, 9232 Brian Dr., Vienna, VA 22180, (703) 587-0727

3 DEC, 7th Annual Big Bench Shootout (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, (603) 352-8590

3 DEC, APF New Hampshire Record Breakers BP (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, (603) 352-8590

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

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

3 DEC, USAPL Ed Nellor Memorial HS Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524,

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APF/AAPF/WPO Schedule

November 19th, AAPF Southern States, Kieran Kidder

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

25,26 March 06, APF Junior National & Maine State PL/BP, Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393

12,13,14 May 06, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

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

(worldpowerlifting.org) (worldpowerliftingcongress)

10,11 December 2005

APC 52nd Annual Iron Man Open Powerlifting & Bench Press Challenge (open, masters, teenage, women, junior) Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man, (Fresno, CA) Bob & Kim Packer

559-658-5437, 322-6805

UPCOMING SLP COMPETITIONS

19 NOV - SLP Kentucky State (Louisville, KY)
3 DEC - SLP Christmas for Kids (Mattoon, IL)
4 DEC - SLP Christmas for Kids (Poplar Bluff, MO)
12 NOV - SLP Christmas Open (Glenwood, AR)

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

(402) 470-3672

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

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

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

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

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

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

4 DEC, 13th Annual Raw A.D.A.U. "Coal Country" Classic (separate SQ, BP, DL contests. Open divisions and all age groups divisions for both men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, (814) 765-3214, al@pikitup.com

9-11 DEC (REVISED NEW DATE), WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu

9-11 DEC, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, rhk@verizon.net, (954) 384-4472, www.purepowerlifting.com

10 DEC, APF PowerQuest Strength Ironman Classic (must lift APF to be eligible for cash prize, non APF lifters welcome, BP-DL single event and Ironman Push Pull - Days Inn, Fremont, OH) Rob Twining, Meet Director, (419) 552-2063, outlawbarbell@yahoo.com, Mention PowerQuest to receive $45 room rate

10 DEC, USAPL Indiana State Meet, Mike Robertson, 9636 Ladson St., Fishers, IN 46038, (765) 713-5462

10 DEC, 7th Immaculate Heart of Mary Holiday BP/DL/Ironman, Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, (330) 792-6670

10 DEC, APA/Sam Houston Open, Tom McCullough tom_mccullough@txpowerscene.com, Sam Houston High School, 9400 Irvington Blvd., Houston TX, 77076

10 DEC, 18th Annual Elkhart BP Classic, Jon Smoker, 30907 CR 16, Elkhart IN, 46516, (574) 674-6683

10 DEC, 5th Annual Pocket Samson's Christmas BP (men's & women's classes/divisions) Island Athletic Club, 448 Kent Narrows Way N., Grasonville, MD 21638, (443) 340-8918 (9-11 pm EST)

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

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

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

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

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

10 DEC, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com

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

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

17 DEC, APF South Carolina Championship (full power and bench - Irmo, SC) Will Millman, APF/AAPF SC Chairman, (843) 886-5366, Shelter223@aol.com, www.worldpowerliftingongress.com, www.sorinex.com

17 DEC, River Valley BP (Horseheads High School, Horseheads, NY) Ed Patten, 27 Arcadia Rd., Elmira, NY 14904, (607) 733-4997

17 DEC, USAPL Eastern USA PL/BP/Ironman/Raw/Assisted (Holiday Inn, Culpeper, VA) John Shifflett, P.O. Box 9941, Stanardsville, CA 22973, (424) 985-3932, valifting@aol.com or Will at (434) 985-6858

17 DEC, 3rd Annual BP/DL Classic (Leighton, PA) Robert Eckhart, (610) 377-5852,

World Natural Powerlifting Federation (WNPF) Membership Registration

LASTNAME_____ FIRSTNAME_____ INT._____

STREETADDRESS_____

CITY,STATE,ZIP_____

AREACODE,TELEPHONE:_____ _____ DATEOFBIRTH_____ _____ _____

AGE_____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5YRSMIN._____

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(678) 817-4743

SIGNATURE/PARENTS SIGNATURE IF UNDER 18_____
DATE _____ _____ _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

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

lucykan@enter.net
18 DEC, APF/AAPF Snake River Bench Meet (Idaho Falls, ID) Mike Higgins (208) 521-3434, (208) 520-8773, snakeriver@yahoo.com
31 DEC, SLP "THE LAST ONE" BP/DL CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
DEC, 100% Raw World PL, www.rawpowerlifting.com, rawlifting@aol.com
7 JAN, APF/AAPF Windy City Ironman (Velocity Sports Performance, Willowbrook, IL) Eric Stone, thestone@chicagopowerlifting.com
7 JAN, Florida Police/Fire (Full power, push-pull, BP - Lake Mirror Complex, Lakeland, FL) FL Police/Fire Hdqtrs. (800) 354-3536, Jim Gaczewski (813) 782-7965, Jack or Debbie at Deb's Gym (863) 683-9300, jana@lawgames.org, alert@tampabay.rr.com, debsgym@verizon.net
14 JAN, APF Michigan Bench for Cash. Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017. (313) 610-2019, Jimharborme@comcast.net
27-29 JAN, 2005 AAU Worlds (3 lifts) and International Bench Press Contest (Holiday Inn, Richmond, VA) VA PL Assoc., 1811 Southcliff Road, Richmond, VA 23225, aaupower@aol.com
11 FEB, New Castle's 15th Annual BP Championships (open, masters, raw, teen, women) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, (724) 658-7529
11 FEB, NASS Braggin' Rights District 5 & 6 High School Strongman Championships (teens - Samford University, Birmingham, AL) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, (205) 817-6811, (gym) (205) 823-4745
11 FEB, APC Bench Press Nationals (Holiday Inn, Warner Robbins, GA) L. B. Baker, (770) 725-6684 or (770) 713-3080, www.americanpowerliftingcommittee.com
11,12 FEB, NASA Ohio State High School/**Teenage Nationals** PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com, www.vhepower.com
18 FEB, WABDL Penn-Ohio-New York Regional BP/DL Championships World Qualifier (Beaver Falls, PA) Charles Venturella (724) 654-4417
18,19 FEB (revised date), USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, (239) 590-7709, jdundon@fgcu.edu, www.geocities.com/floridausapl
25 FEB, APF Northeastern Open BP (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows & Dave Follansbee, 865 Second St., Manchester, NH 03102, (603) 626-5489, www.americanpowerlifting.com, nhbodybuilding@yahoo.com
4 MAR, USAPL S. Dakota PL/BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, (605) 201-2411
4 MAR, APC Southeastern High School Powerlifting Invitational (teen - Birmingham, AL), Jeff Green, Birmingham Barbell/Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, (205) 817-6811, (205) 823-4745 (gym)
18 MAR, 2nd APF/AAPF Alabama Open PL/BP (open to any APF/AAPF lifters, larger warm-up area - Econolodge Conference Center, Attalla, AL) Buddy McKee, AL Chairman, (256) 442-4002 or (256) 613-2753 or Stace Beecham at Gold's Gym Rainbow City, (256) 413-0055
18 MAR, All Church Powerlifting Contest (men, women, ages 12 and up) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, (973) 584-7410, pamerman@hillsidelbc.org
18,19 MAR, USAPL Pennsylvania State (Ramada Plaza Hotel, Clarks Summit, PA) Janel Brown, (570) 585-5260, janelbrown@brownsgym.net
19 MAR, Lawrence Co. Super BP/DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, $30 entry fee (free meet t-shirt), Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117
25 MAR, ADAU Maryland State Raw & Drug Free Single Lift Championships (drug tests, awards for best SQ, BP, DL, age, weight - Hagerstown, MD), Kevin Prosser (301) 573-7853, jkprosser@yahoo.com, www.angelfire.com/pa/bigal
25 MAR, USAPL Washington State, Richard Schuller, 12916 475th Ave. SE, North Bench, WA 98045, (206) 280-8122
25 MAR, AAU Bench Press Nationals (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, Brian@usbf.net

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING

3,4 DEC - WNPF Drug Free for Life/ Battle of the Countries - Orlando, FL, Troy Ford, 678-817-4743, wnpf@aol.com

10 DEC - WNPF New Jersey State/ Open , Bordentown, NJ, Troy Ford - 678 817-4743 or wnpf@aol.com

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

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Membership Application

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PARENTS SIGNATURE IF UNDER 18 YRS. OLD

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

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

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25 MAR, AAU Eastern Regional Ironman/Ironwoman Open (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, Brian@usbf.net

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

25, 26 MAR, USAPL 2006 Bench Press Nationals, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, (303) 475-3366

25, 26 MAR, APF Junior & Nationals & Maine State PL & BP Championships, Chris Weirs, 14 Fern St., Auburn, ME 04210, (207) 777-3393

MAR, Mass State Open High School Powerlifting Championships. Greg Kostas, (781) 447-6714 and Rene Moyen, (401) 934-2040 or (401) 527-3711, www.newenglandusapl.com, www.nextlevel-fitness.com

MAR, IPF/NAPF North American Regional Open (San Juan, Puerto Rico) Robert Keller, rhk@verizon.net, (954) 790-2249

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

1,2 APR, Iron House Classic/IPA Full Power & BP (Newark, OH) Mike Maxwell (740) 704-4747, www.ironhousezanesville.com

2 APR, 7th Pittsburgh Area Monster BP/DL (men, women, all divisions/classes, cash prizes) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, (412) 264-9996

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

9 APR (REVISED DATE), New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, (401) 952-9166, joemusclehead@cs.com, www.reevesnutrition.com

13-16 APR, USAPL Collegiate Nationals (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

15 APR, USAPL Richmond Open PL & BP Championship (60 lifter limit, open to all out of state lifters) Phillip Battle, P.O. Box 9713, Richmond, VA 23228, (804) 301-2196, P_Battle@hotmail.com

19-23 APR, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.ipfworlds.com

19-23 APR, IPF World Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.ipfworlds.com

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

APR, USAPL Illinois State/Great Rivers Open (powerlifting, BP, open, raw - Harrisburg, IL) Mark Motsinger, S&M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881

APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, (501) 860-6851

6 MAY, APC Excalibur Classic Powerlifting & Bench Press Championships (open, novice, masters, teens, women - Birmingham, AL) Jeff Green, Birmingham Barbell, Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, (205) 817-6811, (205) 823-4745 (gym)

12-14 MAY, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turizer, ME 04282, (207) 225-5070

13 MAY, USAPL Florida State HS PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/floridausapl

14 MAY, USAPL Florida State BP & DL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/floridausapl

26-28 MAY, WDFPF European Single Lift Championships (Varese, Italy) jmgedney@wiu.edu

MAY, New England States Open Powerlifting Championships. Greg Kostas, (781) 447-6714 & Rene Moyen, (401) 934-2040, (401) 527-3711, www.newenglandusapl.com, www.nextlevel-fitness.com.

6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com, (260) 248-4889, usapl@fwi.com

7-9 JUL (NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

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

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

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

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

JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/floridausapl

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Jim Wendler

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Bench Press Championships
Sacramento, Ca.

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IronDawg Power; www.irondawg.com

3 SEP, USAPL Florida Qualifier Contest (Ft. Lauderdale, FL) Robert Keller, (954) 790-2249, rhk@verizon.net
10 SEP, United We Stand BP-DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, $30 entry fee, free meet t-shirt, Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117
14,15 OCT, WDFPF Single Lift Worlds (Bendigo, Australia) jm-gedney@wiu.edu
OCT, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, (239) 590-7709
1-5 NOV, GPC World PL/BP (Gent, Belgium) LB Baker (770) 725-6684 or (770) 713-3080, www.globalpowerliftingcommittee.com, www.americanpowerliftingcommittee.com
10-12 NOV, WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu
1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047

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Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

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

Signature_____ If Under 21 yrs., Parent Initial_____ Date_____ Prior Registration No._____

Name_____ Phone_____ E-mail_____

Address_____ City_____ State_____ Zip Code_____

Date of Birth_____ Gender_____ U.S. Citizen?_____ ADFPF Registered Club Member_____

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Active ADFPF Membership Fee $20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is $20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of $75.00 to cover the cost of a potential future drug test).

Non-active ADFPF Membership Fee $20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

SLP Superman Classic
11 JUN 05 - Metropolis, IL

BENCH
WOMEN
Master (40-44)
148 lbs.
B. Elliott 150!
4th-160!
MEN
Wheel Chair
114 lbs.
H. Logsdon 205
198 lbs.
L. Morgan 200!
Novice
132 lbs.
J. Greer 170!
181 lbs.
J. Hodge 330!
4th-345!
220 lbs.
J. Stafford 440!
242 lbs.
J. Lawson 455!
Teen (13-15)
132 lbs.
J. Blair 200!
SHW
D. Kennedy 170
Junior
275 lbs.
P. Little 470!
4th-500!
Submaster
SHW
Southerland 500
Master (40-44)
198 lbs.
B. Stevens 480!
4th-500!
275 lbs.
R. Richey 540!
Master (45-49)
242 lbs.
R. Dickerson 310
4th-315
Master (55-59)
165 lbs.
L. Greer 200
308 lbs.
B. Adams 400
Open
181 lbs.
D. Bassett 375
4th-385
198 lbs.
T. Wentworth 390
220 lbs.
L. Hillard 535
242 lbs.
S. McIntyre 530
242 lbs.
J. Centers 400
4th-425
275 lbs.
P. Little 470
4th-500
308 lbs.
J. Dawson 530
4th-550
DEADLIFT
WOMEN
Teen (13-15)
132 lbs.
L. Greer 200!
MEN
Novice
132 lbs.
J. Greer 170!
181 lbs.
J. Hodge 350!
Teen (13-15)
132 lbs.
J. Blair 350!
4th-360!
SHW
D. Kennedy 270!
Master (45-49)
181 lbs.
R. Cox 460!
Master (55-59)
165 lbs.
L. Greer 365!
Master (70-74)
165 lbs.
D. Sidwell 315!
4th-325!
Open
275 lbs.
Williamson 635
308 lbs.
D. Chandler 565

Darrel Sidwell *with an SLP State Record 325 deadlift in the Middleweight division, 70-74 age group.*

!=Son Light Power Illinois state records. Best Lifter Bench: Chad Hillard. Best Lifter Deadlift: Brandon Williamson. The Son Light Power Superman Classic was held at the Superman Celebration. Many thanks to the Metropolis Chamber of Commerce for once again sponsoring this event. And thanks to Butch Adams and Lars Linquist, at Metropolis Athletic Club & Spa, for their continued efforts. In the bench press event, Heath Logsdon again won the wheel chair 114 division, finishing with his opener of 205, after a new state record attempt with 215 failed twice. Heath had gotten 230 at a competition recently, but probably just needs a little time off. Another lifter in the wheel chair division was 198 winner Lee Morgan. "Captain" Morgan finished with a new Illinois state record of 200. In the master women's 40-44/148 class, first-time competitor Beth Elliott set the state record there with her 150 third and personal best 160 fourth attempts. Beth was also the recent runner up for the Ms. Kentucky Bodybuilding Championship! Strong and beautiful too! In the novice men's division each of the four competitors set state records for their respective classes. At 132 it was first-timer Jeff Greer with 170. Jesse Hodge won at 181 with 330, followed by a great 345 fourth. Taking the title at 220 was Jerry Stafford with 440, followed by Joey Lawson's win at 242 with 455. In the teenage men's 13-15 age group, Missouri's own Jarrod Blair set the state record at 132 with 200, while state record-holder David Kennedy won at shw with 170. Phillip Little got his first 500 bench on his fourth attempt, after taking the win at junior 275 with 470. This was also a new state record for Phillip. Lynn Southerland also got a big 500 with his win at submaster/shw. In the master men's 40-44 age division Bruce Stevens got his first official 500 bench on his final attempt. This also bettered the state record at 198, which he had set with his third attempt of 480. Randy Richey tried the biggest lift of the meet with his 635 final attempt, but had to settle with his 540 state record opener at 275. At 45-49/242 it was Rick Dickerson with 310, followed by a great fourth personal best 315. Larry Greer won at 55-549/165 with 200 while Butch Adams, coming back strong from shoulder problems, took the title at 55-59/308 with 400. In the open division Dave Bassett won at 181with 375, followed by a 385 pr fourth. Dave is the current Mr. SIU Bodybuilding Champion! At 198 it was Travis Wentworth with 390, making just his opener. Also just getting in his opener was 220 and best lifter winner, Lance Hillard. A lifter with unlimited potential, Lance finished with 535, struggling with his final attempts of 575 and 585, just missing each weight due to shirt problems. Once Lance gets some quality time to train in his shirt, we'll see over 600 from the boy! In the 242 class it was Stacy McIntyre over John Centers 530 to 400. John came back with a successful fourth of 425. Phillip Little won his second title of the day at 275 with his 470/500. Then at shw it was Big Jary Dawson with the biggest lift of the meet. Lifting "raw", Jary got 530 for his third attempt, but finished with a great 550 fourth! In the deadlift competition Lauren Greer tied the Illinois state record at 13-15/132 with her 200 second attempt. "Carrot-Top" continues to get stronger with each new competition, and just keeps getting cuter too. Good thing Papa Greer keeps lifting to be able to fight off the boys who will be coming around soon! In the novice men's division Jesse Hodge won his second title of the day at 181, setting his second state record of the day as well, with his 350 pull. For the 13-15 teenage men, Jarrod Blair got his second state record with his win at 132, finishing with 360. David Kennedy broke his own state record at shw with a strong 270. Richard Cox pulled an easy 460 state record at 45-49/181 for the win there. Larry Greer also broke his own state record at 55-59/165 with his 365 final pull. The darling of the deadlift competition was seventy year old Darrel Sidwell. Darrel set the state record at 70-74/165 with his 315 third, followed by a personal best 325 fourth. Darrel, who has a severe hearing problem, due to years of operating heavy equipment, is great to tease and cheer on. Always a crowd favorite! In the open division Brandon Williamson won at 275 with 635. Weighing at just 265, Brandon was also awarded the best lifter trophy for the competition. Taking the win at 308 was Darrin Chandler, who finished with a strong 565. Thanks to my son Joey for all he does and to Justin Maurer for helping with the spotting and loading duties. Also thank you to our trophy girls, Morgan Jefferies and Jerrah Stafford. This years event was saddened by the loss of Anthony Clark, who passed away on May 22, at the age of 38. Anthony had been an active part of the Superman Celebration the past several years. This was highlighted by his exhibition 730 double bench press, in a single ply shirt, in 2002. Anthony will be missed by those who knew him and the thousands of lives he touched with his ministry. This year's Superman Classic is dedicated to his memory. (Thanks to Dr. Darrell Latch for providing these contest results to Powerlifting USA)

Randy Richey *with a SR 540 BP @ 275, 40-44. (photographs courtesy of D. Latch)*

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24 SEP 05 - Evansville, IN

BENCH
MEN
181 lbs.
Junior
J. Lindsey 425
Open
E. Patterson 445*
198 lbs.
Teen
B. Singleton 400*
242 lbs.

MEN	SQ	BP	DL	TOT
220 lbs.				
Open				
J. Adams	800	500	625	1925
D. Miwks	700	375	600	1675*
242 lbs.				
Open				
T. Hypes	775	555	570	1900
A. Gatson	725	475	550	1750
S. Breen	475	400	575	1450*
Submaster				
E. Clark	800	575	580	1955
275 lbs.				
Open				
J. Howery	720	570	525	1815*

*=Indiana State Records. Thanks to all my lifers, spotters, and loaders. (Thanks to Larry Hoover for providing these results)

Open
S. Schaeffer 560
C. Smith —
Submaster
E. Clark 575
275 lbs.
Open
J. Howery 570*
DEADLIFT
MEN
165 lbs.
Guest
R. Pulmer 650*

Cutting Edge Summer Classic
17 SEP 05 - Albany, NY

FEMALE	SQ	BP	DL	TOT
Teen				
148 lbs.				
R. Mayer	230	138	100	468
	4th-BP-145*			
Master (45-49)				
132 lbs.				
J. Cannizzaro	110*	81*	157*	348*
	4ths-SQ-136*	BP-91*	DL-172*	
Master (55-59)				
122 lbs.				
S. McCallion	212	86*	232	538*
	4ths-SQ-224*	BP-94*		
MALE				
Special Olympics				
114 lbs.				
C. Vooys	190	120	205	515
	4ths-SQ-202*	BP-134*	DL-228*	
Youth (10)				
123 lbs.				
J. Day	65*	66*	125*	256*
	4ths-SQ-70*	BP-71*	DL-140*	
Teen (16-17)				
181 lbs.				
J. Sagor	363	183	352	898
	4ths-BP-197	DL-399*		
Master (40-41)				
181 lbs.				
D. Naughton	44	451*	75	570
Master (50-54)				
165 lbs.				
G. Sagor	310*	154	331*	795*
	4ths-SQ-325*	DL-341*		
Master (55-59)				
198 lbs.				
B. Todd	470*	310*	415*	1195*
	4th-BP-325*			
Master (65-69)				
220 lbs.				
E. Brown	44	276*	95	415

*=Meet records. (Results Dyke Naughton)

SLP Ft. Hamilton Days BP/DL
9 JUL 05 - Hamilton, OH

BENCH
WOMEN
Teen (18-19)
132 lbs.
B. Hammons 205*
Master (55-59)
165 lbs.
M. Harmon 95*
MEN
Novice
275 lbs.
M. Meadows 425*
Teen (16-17)
220 lbs.
J. Carl 285
Junior
181 lbs.
M. Adams 310
220 lbs.
C. Powell 370
Submaster
275 lbs.
C. Jackson 525
Master (40-44)
242 lbs.
K. Robbison 465
275 lbs.
S. Vickery 630*
J. Ritzler 530
Master (50-54)
242 lbs.
B. Sellman 350
275 lbs.
C. Peer 335
Master (65-69)
SHW
J. Telljohn 405
Master (70-74)
242 lbs.
V. Banks 285*
Police/Fire/40-44
308 lbs.
P. Newton 385*
Police/Fire/Open
181 lbs.
B. Bartels 385*
Open
165 lbs.
S. Blue 315
198 lbs.
D. Meng 370
4th-380
220 lbs.
J. Watson 450
4th-500
J. Nichols 425
242 lbs.
S. Tanner 600
K. Robbison 465
W. Grant 365
J. Trusty 335
275 lbs.
J. Maxwell 475
S. Nagel 430
308 lbs.
A. Fails 550

Chris Powell .... got a PR 370 Bench at Junior 220 in Ft. Hamilton

SHW
J. Leonhardt 425
DEADLIFT
WOMEN
Teen (13-15)
97 lbs.
E. Ritzler 100*
123 lbs.
E. Ritzler 150*
4th-185*
WOMEN
Teen (18-19)
132 lbs.
B. Hammons 290*
MEN
Novice
275 lbs.
M. Meadows 425*
Teen (13-15)
220 lbs.
C. Brausch 405*
Teen (16-17)
220 lbs.
J. Carl 365*
4th-400*
Master (40-44)
242 lbs.
J. Brausch 550
275 lbs.
S. Vickery 700
Master (65-69)
220 lbs.
T. Hall 450*
Police/Fire
275 lbs.
J. Patrick 610*
Open
242 lbs.
S. Baker 450
275 lbs.
S. Nagel 560
J. Maxwell 510
SHW
J. Denlinger 500*

*=Son Light Power Ohio state records. Best Lifter Bench: Scott Vickery. Best Lifter Deadlift: Scott Vickery. The Son Light Power Ft. Hamilton Days Bench Press/Deadlift Championship was held at Samson's Gym in Hamilton, Ohio. Thanks once again to Darris and Cathy Sparks for hosting this event and to Darris, Paul Newton, Jason Leonhardt, Wee Man and others who helped with the loading, spotting and judging of the competition. In the bench press event Brittany Hammons won at teenage women 18-19/132, breaking the Ohio state record there with her 205 opener. Her second attempt with 225 failed just at the top, and a final with 255 stopped just off the chest. Marianne Harmon set the state record at 50-54/165 with her final attempt of 95. In the men's novice division, Mike Meadows set the state record with 425, while Josh Carl got a new pr at 16-17/220, with 285. Matt Adams also got a new personal best at junior 181 with 310, and first-time competitor Chris Powell won at junior 220 with a personal best 370. Clarence Jackson won at submaster 275, making just his opener of 525. Keenan Robbison won at 40-44/242 with 465, this being Keenan's first competition. At 40-44/275 it was best lifter Scott Vickery with a new state record of 630. Second place went to Jeff Ritzler who finished with a personal best 530. Bill Sellman won at 50-54/242 with 350 while Charlie Peer took the 275 class with 335. At 65-69/shw it was master legend Jeff Telljohn for the win, finishing with a strong 405. Another legendary lifter, Virgil anks, set the Ohio state record for the 70-74/242 class with his easy 285 opener. Two other attempts with 300 came within inches of locking out! In the police & fire/40-44/308 class, Paul Newton broke his own state record with a great 385 final attempt. A fourth with 405 was close, but just out of the groove. Brian Bartels, one of the great lighter police lifters, won at police & fire/181 with a solid 385. That's thirty pounds over double-bodyweight! In the open division Stephen Blue won at 165 with 315 while Danny Meng got in all four of his attempts in at 198 to finish with a double-bodyweight 380. Jason Watson had his greatest competition to date, making his first ever 500 bench on his fourth attempt. In picture-perfect form and after missing the groove with 475 on his third attempt, Jason smoked that 500. Congradulations Jason! In second place at 220 was Jim Nichols, lifting raw, finishing with 425. In the 242 class we had four competitors. Taking the title was Stephan Tanner with a great 600 bench. Second place went to Keenan Robbison with 465, followed by Wesley Grant with 365 and J.J. Trusty, who had some problems with his shirt and had to finish the competition raw with 335. First time competitor Josh Maxwell won at 275 with 475 over Steve Nagel, who finished with his opener of 430. Another first-timer, Allen Fails, won at 308 with 550 while Jason "Sissy-Boy" Leonhardt took the title at shw with an easy 440. In the deadlift competition we had the "sister act" of Emily and Elizabeth Ritzler. At only eight years of age, Emily, all fifty-two pounds of her, set the state record at 13-15/97 with 100! Elizabeth, age eleven, set the record at 13-15/123 with 185! First competition for both of them! At 18-19/132, Brittany Hammons won her second title of the day with her second state record of the day, finishing with 290. (I'm not sure, but I think Brittany is from Sweden, with those long blond braided pigtails, and the fact that she rarely speaks. She probably knows very little English, but she is a great lifter!) Mike Meadows also won his second title of the day and set his second state record at novice 275 with 500. Cody Brausch won at 13-15/220 with a new state record of 405 while Josh Carl set the state record at 16- 7/220 with his 365 third and 400 fourth attempts. Joe Brausch, a great strongman competitor lifting in his first deadlift meet, won at 40-44/242 with 550. Scott Vickery, having some grip problems, only got in his opener of 700 at 40-44/275. But that was still good enough for his second best lifter award of the day! Tom Hall, in his first competition, set the state record at 65-69/220 with a great 450 pull. Then at police & fire 275 it was James Patrick, breaking his own state record there with 610. In the open division Steve Baker won at 242 with 450, this being Steve's first competition. At 275 Steve Nagel redeemed himself with the win over Josh Maxwell 560 to 510. Steve's 560 was a new personal best for him. Then at shw Jamie Denlinger broke his old state record of 480 with his first official 500 pull! Thanks again to everyone who helped out. See you all again November 12 for the SLP Ohio State Championships. (Thanks to Dr. Darrell Latch for these meet results)

Brittany Hammons .... with a SLP State Record 205. (Latch photos)

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APF Metal Militia
25 JUN 05 - Glens Falls, NY

BENCH				
WOMEN				
165 lbs.				
Master III				
B. Graube	350			
181 lbs.				
Open				
Murancanova	335			
C. Seymour	225			
MEN				
132 lbs.				
Teen (18-19)				
S. Tepper	265			
165 lbs.				
Teen (18-19)				
D. Keyte	305			
Junior				
D. Pace	275			
Submaster				
M. Fosmire	260			
181 lbs.				
Open				
B. Sheldon	330			
Submaster				
J. Roberts	415			
W. Fosmire	280			
220 lbs.				
WOMEN	SQ	BP	DL	TOT
123 lbs.				
Open				
J. Burke	475	250	320	1045
132 lbs.				
Open				
S. Young	285	180	245	710
MEN				
181 lbs.				
Open				
P. Nicholson	505	365	455	1325
Teen (16-17)				
T. Aldrighetti	375	225	425	1025
Teen (18-19)				
C. McClure	255	305	400	960
Submaster				
VanAlstyne	—	—	—	—
198 lbs.				
Open				
J. McVicar	660	610	610	1880
D. Kirschen	700	500	535	1735
M. Twitchell	500	350	550	1400
220 lbs.				
Open				
C. Sierotnik	520	375	470	1365
Master-IV				
L. Bagnoli	405	305	405	1115
242 lbs.				
Open				
J. Seabrook	710	500	630	1840
Open				
L. Young	405			
Submaster				
Z. McCaslin	580			
Master-I				
S. Luciano	505			
Police/Fire				
T. Young	510			
242 lbs.				
Open				
C. Perkins	655			
M. Newton	405			
Junior				
L. Ciccarelli	450			
Master-II				
B. McIntyre	555			
275 lbs.				
Open				
B. Crawford	845			
S. Burns	730			
R. Barnett	625			
308 lbs.				
Open				
T. Bruce	665			
SHW				
Open				
C. Harwood	600			

***Jalen Mimnaugh** pulled 170 at the APF Metal Militia meet (McCaslin)*

P. Hallowell	—	—	—	—
B. Mimnaugh	—	—	—	—
Teen (18-19)				
E. Korbel	575	485	475	1535
Master-I				
J. Howell	625	425	640	1690
275 lbs.				
Open				
M. Harris	650	585	585	1820
R. Fishbein	500	375	415	1290
Teen (16-17)				
Addenbrooke	705	520	620	1845
Junior				
T. Irving	650	460	590	170
308 lbs.				
Open				
G. Russo	805	605	515	1925
Master-I				
L. Deutsch	—	—	—	—
SHW				
Open				
T. Barbaccio	615	640	615	1870

This meet was held at Adirondack Barbell. (Thanks to Sandi McCaslin for the results)

APF Florida State
6 AUG 05 - Boca Raton, FL

BENCH				
WOMEN				
132 lbs.				
Open				
Braverman	72			
MEN				
Teen (18-19)				
SHW				
D. Garvey	502			
Open				
220 lbs.				
S. Pratt	—			
242 lbs.				
D. Blue	634			
D. Larkins	419			
275 lbs.				
G. Jurkowski	535			
J. Lacomb	—			
Ironman		BP	DL	TOT
MEN				
Teen (16-17)				
198 lbs.				
M. Lessman		435	502	937
Junior (20-23)				
275 lbs.				
N. Posey		441	502	942
Open				
165 lbs.				
B. Schwab		513	528	1141
181 lbs.				
B. Tincher		502	606	1108
198 lbs.				
T. Walyus		—	452	—
275 lbs.				
P. Donahue		468	—	—
J. Jordan		540	590	1130

Thank you to all of the lifters, spectators, referees, spotters/loaders, and to the scoring table staff. A special thank you to our sponsors Elite Fitness Systems, Hardcore Fitness, and Orlando Barbell. (Thanks to Southside Barbell for providing results)

5A Mississippi State High School
9 APR 05

114	SQ	BP	DL	TOT
C. Pearyman	275	160	360	795
C. Cooper	260	120	300	680
J. Boudreaux	200	120	275	595
S. Rasavong	165	110	240	615
123				
T. Smith	315	180	385	880
H. Norfort	285	190	400	875
R. French	300	200	375	875
D. Thurman	235	155	300	690
132				
L. Smith	340	240	400	980
K. Douglas	400	185	385	970
K. Hill	315	205	385	945
K. Dorsey	350	230	250	830
C. Cook	145	110	245	500
S. Wahl	292			
Junior (20-23)				
165 lbs.				
J. Land	358			
275 lbs.				
C. Briley	491			
Submaster (33-39)				
275 lbs.				
J. Lacomb	—			
Master (50-54)				
198 lbs.				
A. Reiss	347			
148				
D. Glass	415	215	450	1080
N. Hopkins	380	205	440	1025
D. Ferrell	340	215	430	985
J. Glapion	350	190	405	945
165				
F. Clutade	490	235	530	1265
L. Hogan	490	260	470	1220
C. Green	460	240	475	1175
X. Ewing	370	245	475	1090
J. Hammond	445	205	440	1090
C. Cands	365	230	450	1045
181				
L. Martin	500	300	575	1375
K. Harbin	425	265	515	1205
J. Kinnard	420	260	500	1180
G. Dean	460	270	445	1175
198				
J. Walbert	590	355	700	1645
A. White	500	300	600	1400
J. Nasti	505	275	580	1360
B. Bruce	500	285	510	1295
J. Cook	415	260	560	1235
Q. Ashmore	415	260	475	1150
220				
J. Hankins	530	385	530	1445
M. Stokes	535	325	550	1410
R. Stokes	550	270	550	1370
R. Welch	415	260	555	1230
W. Blaylock	405	250	530	1185
S. Redditt	465	215	500	1180
242				
L. Spann	500	305	615	1420
W. Bradberry	550	295	560	1405
J. Paddyfoot	550	220	570	1340
C. Edge	470	300	450	1220
J. Hearn	525	315		
275				
L. Walker	600	270	600	1470
C. Miller	580	340	550	1470
L. Hart	580	265	555	1400
S. Oakes	515	345	535	1395
B. Pierce	555	290	550	1395
A. Hall	515	250	500	1265
308				
S. Williams	600	400	610	1610
F. Samuel	570	310	500	1380
E. Berry	520	320	500	1340
R. Sessums	500	250	380	1130
SHW				
T. Fletcher	480	250	600	1330
M. Cabelay	550	275	500	1325
T. Baldwin	540	255	510	1305
C. Miller	450	315	445	1300
J. Stokes	500	280	470	1250
D. Wilson	425	285	480	1195
M. Collins	460	225	465	1150

(thanks to Jeff Douglas for these results)

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NASA Missouri Grand
10 SEP 05 - (kg)

BENCH				
MEN				
220 lbs.				
Master-2				
M. Hammond	170			
Master-3				
W. Smith	115			
PS BENCH				
WOMEN	SQ	BP	DL	TOT
132 lbs.				
Submaster Pure				
L. Anderson	82.5	57.5	122.5	262.5
MEN				
165 lbs.				
Master-1				
B. Anderson	150	117.5	187.5	445
WOMEN	CR	BP	DL	TOT
114 lbs.				
High School				
C. Wingert	25	37.5	75	137.5
MEN				
114 lbs.				
High School				
Z. Sprague	30	65	115	210
165 lbs.				
Master-1				
B. Anderson	65	117.5	187.5	370
Pure				
B. Anderson	65	117.5	187.5	370
181 lbs.				
Open				
J. Hunn	75	145	192.5	412.5
275 lbs.				
Junior				
S. Green	60	145	197.5	402.5
Novice				
S. Green	60	145	197.5	402.5

(Thanks to Rich Peters for these results)

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Illinois Special Olympics
17-18 JUN 05

WOMEN	BP	DL	TOT
Juniors			
148 lbs.			
E. Morin	70	—	—
181 lbs.			
H. Felles	90	210	300
220 lbs.			
N. Riggs	105*	185*	290*
242			
S. Dunn	80	190	270
Intermediate			
181 lbs.			
C. Rangel	100	—	—
Submasters-1			
114 lbs.			
S. Collazo	70	160	230
148 lbs.			
L. Newbury	55	75	130
165 lbs.			
C. Kelly	90	115	205
198 lbs.			
L. Penkas	95	70	165
308 lbs.			
S. Campbell	135	330	465
Submasters-2			
97 lbs.			
J. Pintozzi	50	—	—
165 lbs.			
K. Baker	65	—	—
Masters-1			
114 lbs.			
M. Weber	75	190	265
165 lbs.			
A. Hernandez	65	165	230
MEN			
123 lbs.			
C. Johnson	140	300	440
G. Griffith	140	200	340
148 lbs.			
G. Mata	55	100	155
165 lbs.			
T. Hanlon	105	135	240
S. Smith	300	—	—
181 lbs.			
M. McCarthy	100	105	205
R. Colvin	60*	140*	200*
B. Yokam	—	—	—
198 lbs.			
J. Jakes	150	300	450
242 lbs.			
S. Waynauskas	120	265	385
A. Smith	130	185	315
J. Andres	80	150	230
275 lbs.			
B. Albert	10	200	300
308 lbs.			
C. Stiebner	150	250	400
Juniors			
114 lbs.			
J. Klotzke	175	205	380
123 lbs.			
P. Brankin	100*	120	220
132 lbs.			
G. Cook	105*	180*	285*
E. Saquin	70	160	230
148 lbs.			
A. Copeland	140	320	460
E. Utnage	120	190	310
B. McWhorter	120	180	300
165 lbs.			
C. Scott	160	400	560
T. Jordan	115	225	340
R. Fryman	190	120	310
B. Salzer	110	195	305
F. Kajdanowski	75	130	205
181 lbs.			
J. Smith	170	290	460
198 lbs.			
T. Fiedler	150	300	450
M. Garland	145	275	420
D. Morgan	100	270*	370
M. Dickson	100	240*	340
V. Jorden	120*	—	—
220 lbs.			
D. Hitchcock	185	350	535
A. Carlson	150	370	520
E. Gosa	175	330	505
S. Katz	100	205	305
242 lbs.			
B. Simpson	150	165*	415
C. Tucker	130	135	265
275 lbs.			
C. Balls	200	410	610
J. Hopkins	200	400	600
C. Bosomworth	145	330	475
A. Kozarewicz	155	240	395
M. Doorneweerd	135	225	360
M. Lauterborn	190	—	—
R. Bizenk	140	—	—
SHW			
N. Smith	150	240	390
Intermediate			
148 lbs.			
J. Zils	120	230	350
C. Skaggs	120	205	325
J. Kraeger	110	165	275
165 lbs.			
H. Mota	115	210	325
181 lbs.			
T. Callahan	215	240	455
D. Hernandez	140	250	390
198 lbs.			
G. Donis	110	175	285
S. Scala	120	145	265
B. Barnett	100	140	240
242 lbs.			
B. Evans	210	400	610
J. Grajeda	80	110	190
275 lbs.			
B. Perkins	205	—	—
SHW			
J. Jolly	165	280	445
Submasters-1			
132 lbs.			
C. Azium	70	145	215
148 lbs.			
T. Hahn	95	160	255
165 lbs.			
B. Smith	105	155	260
181 lbs.			
T. Eller	225	305	530
J. Whiteside	150	300*	450
220 lbs.			
T. Strack	—	—	—
242 lbs.			
H. Luken	80*	—	—
275 lbs.			
D. Phillips	120	260	380
308 lbs.			
B. Stroud	205	350	555
Submasters-2			
148 lbs.			
T. Hahn	120	205	325
198 lbs.			
R. Levinthal	160	240	400
D. Bergl	110	135	245
J. Petty	75	80	155
242 lbs.			
D. Schmitt	70	—	—
275 lbs.			

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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: _____

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

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

USAPL Merchandise: *(please circle choices)* •T-Shirt - $15.00 (size ___ qty. ___)*(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)*
•Polo Shirt - $35.00(s-xl) $37.00(xxl & up) (size ___ qty. ___)*(colors: navy, white)* •Navy Sweatshirt - $30.00(s-xl) $32.00(xxl & up) (size ___ qty. ___)
•White Referee Designation Polo - $30.00(s-xl) $32.50(xxl & up) (size ___ qty. ___) •Logo Patch - $5.00 (qty. ___) (Shpg for patch: .50)
•Lifter Classification Patch - $5.00 (qty. ___) *(must provide meet results)* •Hats - $15.00 (qty.___)*(colors: white, navy, black)*

Check/Money Order # _____ Membership Price: $ _____
Credit Card: *Visa-Mastercard-Discover* Exp. Date: _____ Merchandise Total: $ _____
Card # _____ - _____ - _____ - _____ Merchandise Shipping: $4.00
Cardholder Signature: _____ **Total Purchased: $** _____
All memberships expire 12 months from date of purchase.

(White Original – National Office • Yellow – Seller's Copy • Pink – Lifter's Copy)

***Ricky Fryman** won the bench press division at the Illinois Summer Games, and then made three successful DLs to finish 3rd place overall.*

T. Beeverts	—	—	—
SHW			
W. Hopkins	245	410	655
Masters-1			
165 lbs.			
T. Lynch	155	245	400
181 lbs.			
M. Affeto	85	210	295
198 lbs.			
T. Donahue	170	320	490
220 lbs.			
C. McDaniels	185	340	525
J. Cruz	130	290	420
S. Black	100*	205	305
A. Perez	80	120	200
275 lbs.			
L. Woods	170	300	470
SHW			
M. Brown	185	440	625
J. Fajdich	185	350	535
Masters-2			
123 lbs.			
L. Tanaka	75	100	175
132 lbs.			
B. Seeforth	90	155	245
198 lbs.			
R. Bridges	75	—	—

*=Personal Bests. Each June, more than 3,700 athletes, 1,500 coaches, 2,300 families, and 2,000 volunteers from throughout Illinois converge on the campus of Illinois State University for the annual Special Olympics Summer Games. The games are huge, but then Illinois is the birth place of Special Olympics, with the first International Special Olympics Games held at Chicago's Soldier's Field in 1968. Six of the 19 Special Olympics sports are offered at Summer Games, including Aquatics, Gymnastics, Track & Field, Bocce, Soccer, and naturally, Powerlifting. This year, 113 Special Olympics Athletes participated in the two-days of powerlifting, setting new standards of excellence and steadily raising the bar of excellence. Both Shannon Campbell and Todd Eller, representing Region 2, continued to be just outstanding. Shannon pressed up 135 pounds in the bench and 330 pounds in the deadlift for a 465 total. All three were the heaviest lifts of the meet. Todd, who switched from swimming, was letter perfect in posting a 530-pound total. Things were exciting in several division. The 165-pound Junior Division saw Ricky Fryman win the bench press with a lift of 190. Corey Scott came in second in the bench, but won the deadlift and combined total with a 400-pound deadlift and a 560-pound total. There was also a switch of places in the 242-pound Teen Division where Anthony A. Smith edged Steve Waynauskas 130-120, but Waynauskas won the deadlift 265-185 to win the combined gold medal 385-315. The switch was down a little in the 220-pound junior class where Donald Hitchcock won the bench and finished second in the deadlift, but still won the combined gold with a 535. Edgar Gosa placed second in the bench and Anthony Carlson was third at 150 pounds. Carlson won the deadlift with a 370-pound effort, while Gosa finished third in the deadlift, giving Carlson the Silver medal and Gosa the bronze. This year's meet also featured a demonstration of squats for coaches and athletes, with the addition of the third discipline, which is already at the national and international level, set for the future of Illinois Special Olympics powerlifting. Once again, a large contingency of Natural Athlete Strength Association power-lifters from Clay County worked the annual event. NASA lifters making the trip were Jason and Linda Sanders and their son Jacob; April Henson, Callie and Andy Lake, Bethany Schwaninger, Kay Lamb, Diana Rutland, and Mable Smith, who served as co-venue director. April and Bethany both judged and spent part of Friday loading. Callie, Kay, Diana, and Mable all worked the table, with Callie serving as the venue announcer. All of the lifters returned to their local gyms on June 20 with their eyes on the June, 2006 Illinois Summer Games. (Thanks to Smitty for providing the results)

APF Maine State
17 SEP 05 - Turner, ME

BENCH			
MEN			
Master (40-49)			
T. Petrino	300		
Master (50+)			
WOMEN	BP	DL	TOT
Open			
K. Scott	202	385	587
MEN			
Master (40-49)			
M. Israelson	501	628	1130
Master (50+)			
R. Austin	352	303	655
F. Ventriglia, Sr	165	275	441
Open			
M. Kalter	396	738	1135
S. Midgley	501	600	1102
F. Ventriglia, Jr	248	424	672
D. Sneed	226	441	667

A special thank you goes to all of my help: Norm Gurry, Kathy Saunders, Chris Wiers, Scott Blanchard, Mike Scott, Steve Smith, Ethan Baker, and Kyle Davis. See you in Nov. for the Pine Tree State. (Russ Barlow)

USAPL/USOC Tropical Games
23 JUL 05 - W. Palm Beach, FL

BENCH			
MEN			
67.5 kgs.			
Master-1 (40-49)			
A. Nishkoch	137.5		
90 kgs.			
Master-1 (40-49)			
M. Brown	137.5		
100 kgs.			
Open			
C. Calvano	200		
Collegiate			
C. Lang	228.5		
Master-3 (60-69)			
A. Speach	140		
110 kgs.			
Collegiate			
R. Hayne	170		
Master-2 (50-59)			
C. Steele	—		
Master-4 (70-79)			
J. Kluft	155		
125 kgs.			
WOMEN			
Collegiate			
75 kgs.			
J. Wiersma			
MEN			
60 kgs.			
Teen-1 (14-15)			
J. Szparaga			
67.5 kgs..			
Teen-2 (16-17)			
J. Ianno			
75 kgs.			
Open			
G. Wright			
Teen-1			
N. Prisco			
Teen-3 (18-19)			
A. Prisco			
C. Daley			
82.5 kgs.			
Open			
B. Walde			
Teen-1 (14-15)			
Z. Mercado			
Teen-3 (18-19)			
M. Joseph			
Junior (20-23)			
Open			
P. Andrich	217.5		
125+ kgs.			
Open			
A. Costa	170		
DEADLIFT			
WOMEN			
70 kgs.			
Master-1 (50-59)			
W. Araujo	92.5		
MEN			
90 kgs.			
Open			
M. Brown	187.5		
110 kgs.			
Junior (20-23)			
J. LaFlamme	242.5		
Master-2 (50-59)			
L. Bucchioni	220		
125+ kgs.			
Open			
A. Costa	215		
	BP	DL	TOT
	47.5	115	162.5
	—	—	—
	90	162.5	252.5
	155	267.5	422.5
	60	117.5	177.5
	—	177.5	177.5
	105	147.5	252.5
	120	160	280
	132.5	210	342.5
	132.5	310	342.5
R. Starling	112.5	187.5	300
Master (35-39)			
B. Walde	120	160	280
Master-3 (60-69)			
P. Currey	140	192.5	332.5
Master-4 (70-79)			
B. Tinkler	105	142.5	247.5
90 kgs.			
Open			
R. Laitris	197.5	265	462.5
M. Brown	137.5	187.5	325
J. Landau	—	260	260
Teen (16-17)			
J. Greenburg	142.5	177.5	320
Master-1 (40-49)			
T. O'Maile	140	210	350
M. Brown	137.5	187.5	325
T. Caffery	130	65	195
100 kgs.			
Open			
J. Calloway	—	—	—
Collegiate			
K. Robinson	180	227.5	407.5
Master-1 (40-49)			
J. Calloway	—	—	—
Master-2 (50-59)			
D. Grossman	—	—	—
110 kgs.			
Open			
M. Brith	—	—	—
J. Dundon	207.5	267.5	475
T. Hand	135	185	320
Master-1 (40-49)			
J. Dundon	207.5	267.5	475
M. Eschbach	172.5	215	387.5
125 kgs.			
Open			
M. Minster	155	222.5	377.5
Teen (18-19)			
M. Fernandez	160	250	410
Master-1 (40-49)			
M. Minster	155	222.5	377.5
125+ kgs.			
Open			
A. Costa	170	215	385
Master-1 (40-49)			
A. Coasta	170	215	385
MEN SQ	BP	DL	TOT
National Quaifier			
90 kgs.			
Master-1 (40-49)			
T. Caffrey 65	65	65	195

(Thanks to USAPL for providing the results)

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Larry Garro Memorial
30 JUL 05 - Baltimore, MD

FEMALE	BP	DL	TOT
123 lbs.			
IM (40-49)			
T. Petrides	95	200	295
148 lbs.			
BNH-A Open			
K. Dennis	125	—	125
D. Grimes	110	—	110
IM Open			
K. Dennis	125	220	345
D. Grimes	110	225	335
165 lbs.			
BNH-A Open			
A. Carter	115	—	115
MALE			
132 lbs.			
DL (40-49)			
J. Marchio	—	420	420
148 lbs.			
BNH-A Open			
J. Singleton	250	—	250
BNH-A (50-59)			
J. Singleton	250	—	250
181 lbs.			
BNH-A Open			
J. Gardner	310	—	310
J. Rafinello	285	—	285
BNH-R 914-16)			
A. Lebrun	240	—	240
BNH-A (40-49)			
J. Rafinello	285	—	285
DL Open			
R. Green	—	600	600
DL (50-59)			
R. Green	—	600	600
IM (14-16)			
A. Lebrun	240	350	590
IM Open			
B. Denny	315	455	770
198 lbs.			
BNH-A Open			
A. Bailey	375	—	375
BNH-A (40-49)			
R. Williamson 230	—	230	
IM (17-19)			
J. Mata	150	385	535
220 lbs.			
DL Open			
R. Tamburello —	510	510	
DL (40-49)			
M. Bennett	—	625	625
IM (17-19)			
O. Shor	235	505	740
IM (40-49)			
M. Bennett	385	625	1010
242 lbs.			
BNH-A Open			
J. Witt	500	—	500
IM Open			
J. Witt	500	500	1000
G. Petrides Jr.	415	570	985

(Thanks to Brian Washington for results)

Iowa State
16 APR 05 - Oskaloosa, IA

BENCH	
WOMEN	
114 lbs.	
W. Haban	100
123 lbs.	
Master-1	
J. Simbro	125
132 lbs.	
Master-2	
K. Thibodeau	75
148 lbs.	
Open	
D. Chambers	145
198 lbs.	
Open	
R. Power	135
198+ lbs.	
Open	
A. Olsen	170
MEN	
114 lbs.	
Teen	
B. Schimp	135
C. Denison	95
B. Frank	95
123 lbs.	
Teen	
A. John	185
132 lbs.	
Teen	
K. Schultz	215
J. Slocum	145
T. Frank	135
148 lbs.	
Teen	
M. Simons	245
T. Wilks	205
A. Crumes	175
G. Hepke	175
J. Winters	140
165 lbs.	
Teen	
W. Chesling	290
P. Mier	275
A. Hicks	250
R. Bickford	205
J. Elmore	175
P. Coonley	145
181 lbs.	
Teen	
J. Coonley	200
P. Peterson	155
198 lbs.	
Teen	
B. Whaley	305
M. Cerruto	285
K. Thompson	250
R. Shafrath	230
K. McCauley	230
M. Day	200
220 lbs.	
Teen	
L. Daly	300
R. Mosbah	290
J. Michalski	255
C. Wanken	230
J. Place	195
242 lbs.	
Teen	
T. Childs	365
D. Knipfel	260
C. Allen	195
275 lbs.	
Teen	
L. Brandel	350
Mollenbecfo	225
L. VanDyker	215
R. King	205
132 lbs.	
Novice	
K. Shultz	215
148 lbs.	
Novice	
P. Derr	245
165 lbs.	
Novice	
C. Kellner	235
181 lbs.	
Novice	
B. Cox	340
Open	
J. Towsley	345
P. Kramer	325
D. Hutcheson	315
J. Brown	245
Master-1	
M. Donahue	325
B. Carlough	315
D. Grimshaw	315
198 lbs.	
Novice	
A. Regan	305
J. Wells	225
Open	
D. Doobay	335
B. Claussen	310
Submaster	
B. Phillips	370
D. Doobay	335
Master-1	
R. Hennigar	390
Master-3	
S. VanDusen	210
220 lbs.	
Novice	
J. Brose	415
D. Mosley	365
S. Reiner	365
L. Carter	
Open	
R. Lahodney	485
J. Bailey	385
S. Mingus	380
Submaster	
J. Becker	405
J. Bailey	385
T. Prati	375
Master-1	
R. Lahodney	485
D. Mosley	365
K. Denison	315
Master-2	
S. Mingus	380
242 lbs.	
Novice	
T. Frank	435
J. Lewellen	350
K. Sales	350
K. Grams	345
Open	
J. Donels	600
J. Wires	400
G. Hathaway	375
Submaster	
J. Donels	600
Master-1	
J. Mathews	400
275 lbs.	
Novice	
D. Skipper	405
Open	
Hudson	435
Submaster	
J. Summers	385
DEADLIFT	
WOMEN	
114 lbs.	
Master-2	
W. Haban	200
148 lbs.	
Master-3	
S. Smith	190
165 lbs.	
Master-4	
N. Walther	95
MEN	
114 lbs.	
Teen	
C. Schultz	175
B. Frank	175
L. Schultz	145
148 lbs.	
Teen	
G. Hepke	305
165 lbs.	
Teen	
A. Hicks	425
W. Chesling	400
C. Kellner	365
242 lbs.	
Teen	
T. Childs	500
181 lbs.	
Open	
P. Kramer	525
R. Schryver	425
198 lbs.	
Novice	
A. Reagan	350
Submaster	
P. Cossolotto	405
220 lbs.	
Master-1	
K. Denison	545
Master-3	
J. Ites	405
242 lbs.	
Open	
G. Hathaway	575
J. Wires	570
S. Pendgraft	500
275 lbs.	
Open	
C. Driscoll	625
TRAP DEADLIFT	
WOMEN	
132 lbs.	
Master-2	
K. Thibodeau	185
148 lbs.	
T. Callen	570
165 lbs.	
Novice	
A. Davis	275
J. VanDusen	145
Open	
C. Messamak	240
MEN	
114 lbs.	
Teen	
C. Denison	240
B. Schimp	225
132 lbs.	
Teen	
I. Spath	315
J. Slocum	225
148 lbs.	
Teen	
J. Winters	250
165 lbs.	
Teen	
P. Conley	230
181 lbs.	
Teen	
J. Conley	420
A. Korth	310
198 lbs.	
Teen	
R. Shafrath	335
Novice	
J. Bunnell	475
Master-3	
S. VanDusen	405
220 lbs.	
Teen	
C. Wanken	405
242 lbs.	
Teen	
D. Knipfel	510
J. Michalski	360
C. Conklin	335
C. Allen	330
Novice	
C. Comes	515
Master-1	
J. Matthews	480
275 lbs.	
Teen	
R. Darnell	400
R. King	385
L. VanDyke	355
J. Mollenbec	330

(Thanks to Wayne Hammes for results)

Jeff Donnels and Darle Mosley at the Iowa State Meet (W. Hammes)

IPA PA State/NE Regional
10 SEP 05 - New Oxford, PA

WOMEN	SQ	BP	DL	TOT
AM Master (45-49)				
SHW				
B. Cullen	400	190	375	965
MEN				
AM Teen				
165 lbs.				
B. Parthemer	350	200	400	950
181 lbs.				

ASSOCIATION OFFICE COPY

- This is a membership application form. Complete all areas and return Part One to the address shown.
- For information on registration and program, call 1-800-AAU-4USA.
- AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES

	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports: Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball	10.00	12.00
Adult Athletes in the Following Sports: Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting	20.00	23.50
Adult Athletes in the Following Sports: Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling	20.00	25.00
Adult Athletes in the Following Sports: Chinese Martial Arts, Judo, Jujitsu, and Karate	Not Available	25.00
Adult Tae Kwon Do Athletes	20.00	Not Available
Adult Powerlifting Athletes	30.00	35.00

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MEMBERSHIP CATEGORY — CHECK 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

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Date of Birth | Age | Sex ☐Male ☐Female | Application Date | Social Security Number

First | Middle | Last

Address

City | State | Zip Code

County | Phone (With Area Code)

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

B. Crowe	650	480	570	1700
C. Lambert	500	400	500	1400
198 lbs.				
A. Keiderling	470	200	450	920
Submaster				
220 lbs.				
L. Rutecki	525	375	525	1425
242 lbs.				
B. Schlag	450	315	435	1200
Master (40-44)				
198 lbs.				
S. Bond	525	315	475	1315
275 lbs.				
M. Locondro	545	390	450	1385
Master (45-49)				
181 lbs.				
F. Piermattei	680	465	565	1710
Master (60-64)				
198 lbs.				
J. Schmuck	540	305	450	1235
Pro Open				
220 lbs.				
V. Cook	750	600	600	1950

(Thanks to Gene Rychlak, Jr., Meet Director & IPA PA State Chairman, for results)

Beast of Chrome & Steel BP/DL
9 JUL 05 - Youngsville, PA

BENCH	
WOMEN	
56 lbs.	
9 yrs. old	
K. McCaslin	80
181 lbs.	
Open	
K. Goliszek	350
S. McCaslin	325
MEN	
132 lbs.	
Open	
A. Searer	220
Teen	
A. Searer	220
148 lbs.	
Master	
S. Gee	280
165 lbs.	
Teen (16-17)	
Lauffenburger	290
181 lbs.	
Open	
T. Carrington	360
M. Bratton	305
Teen	
M. Bratton	305
198 lbs.	
Open	
M. Wolfley	635
C. Frantz	500
220 lbs.	
Open	
P. Stahl	475
T. Sweitzer	225
242 lbs.	
Open	
B. Fields	650
Teen (13-15)	
P. Foti	250
Teen (16-17)	
G. McEwen	235
Master	
C. Seeker	530
275 lbs.	
Open	
M. Coulter	755
J. Snyder	615
J. Stahl	500
C. Phillips	500
JFitzsimmons	400
Submaster	
Fitzsimmons	400
308 lbs.	
Open	
D. Spry	535
S. Costello	520
Master	
B. Godden	500
SHW	
Open	
S. Lewis	600
DEADLIFT	
WOMEN	
98 lbs.	
Teen (13-15)	
S. McCaslin	170
181 lbs.	
Open	
K. Goliszek	410
S. McCaslin	365
MEN	
132 lbs.	
Teen	
M. Coulter Jr.	250
198 lbs.	
Master	
T. Myers	600
242 lbs.	
Teen (13-15)	
P. Foti	400
Teen (16-17)	
G. McEwen	500
275 lbs.	
Open	
C. Phillips	585
Fitzsimmons	530
Submaster	
Fitzsimmons	530
308 lbs.	
Open	
S. Costello	600
SHW	
Open	
S. Lewis	600

(Thanks to Sandi McCaslin for results)

Sarah McCaslin *AKA Deadlift Wench competed at the Beast of Chrome $ Steel meet. (S. McCaslin)*

INTERNATIONAL POWERLIFTING ASSOCIATION IPA

Lifters for Lifters — Pro-Am Powerlifting

Application for Registration

Office use only, do not complete

Last Name ____ First ____ Initial ____ New Member ____ Renewal ____ Exp. Date ____

Street Address ____ City ____

State or Providence ____ Zip Code ____ Country ____

Telephone ____ Email Address ____ Date of Birth ____ Age ____ Sex ____

Pro____ Am ____

Sign if above answers are correct. Parents sign if under 18 years. Date ____

Registration Fee: Adult $30 ~ High School and Special Olympics $25

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

Gorilla Pack Power Team
8 JAN 05 - PA

BENCH	
WOMEN	
Teen (age 13)	
132 lbs.	
L. Daly	225
Raw Master (50-54)	
123 lbs.	
C. Shults	105
Raw Master (55-59)	
132 lbs..	
J. Horender	95
MEN	
Amateur	
Open	
220 lbs.	
T. Young	465
275 lbs.	
R. Putnam	—
Teen (14-15)	
198 lbs.	
M. Stewart	305
220 lbs.	
R. Daly, Jr.	330
308 lbs.	
D. Gunnerson	315
Teen (16-17)	
242 lbs.	
R. Gunnerson	365
Submaster	
181 lbs.	
W. Fosmire	300
198 lbs.	
C. Scarincio	585
220 lbs.	
T. Tesiero	525
275 lbs.	
B. Dussault	385
Master (40-45)	
SHW	
J. Galligan	—
Master (45-49)	
275 lbs.	
J. VanAlstyne	600
Master (60-64)	
242 lbs.	
A. Kirby	330
Police	
220 lbs.	
R. Hess	555
Professional	
Open	
148 lbs.	
J. Ceklovsky	475
165 lbs.	
R. Hillyard	390
181 lbs.	
J. Kilts	—
198 lbs.	
K. Dean	460
Junior	
242 lbs.	
G. Larsen	600
Submaster	
198 lbs.	
S. Rabine	640
Master (45-49)	
308 lbs.	
V. Vardine	605

WOMEN	SQ	BP	DL	TOT
Amateur				
Submaster				
148 lbs.				
T. Daly	180	175	235	590
Open				
132 lbs.				
J. Ladewski	450	240	375	1065
MEN				
Amateur				
Youth (age 10)				
97 lbs.				
D. Levers	120	50	125	295
Teen (18-19)				
220 lbs.				
N. Fraas	500	325	505	1330
Junior				
242 lbs.				
M. Furman	775	650	652	2077
Open				
198 lbs.				
J. Bronk	525	300	575	1400
Open				
275 lbs.				
J. Poremba	—	—	—	—
J. Rosato	385	355	460	1200
Raw Open				
275 lbs.				
D. Kingwater	480	420	480	1380
Submaster				
220 lbs.				
D. Barker	—	—	—	—
Master (40-44)				
198 lbs.				
A. Yvars	640	370	595	1605
Master (44-49)				
SHW				
T. Brown	555	300	580	1435
Master (65-69)				
220 lbs.				
R. Furman	440	335	475	1275
Professional				
Open				
SHW				
M. Miller	1200	455	500	2155
Open				
275 lbs.				
H. Sargent	—	—	—	—
Open Junior				
308 lbs.				
J. Todd	—	—	—	—

This meet is dedicated in memory of Robert J. Van Alstyn. "Did you ever know that you are my hero? You're everything I want to be, your courage and strength, your lover and devotion; you're everything to me and I thank you for that." (Thanks to Veronica Taylor for providing these meet results to Powerlifting USA)

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis that a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for $14.95 plus $4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

WABDL House of Pain
23 APR 05 - Mesa, AZ

DEADLIFT
WOMEN
Law/Fire
Master (40-47)
123 lbs.
Christopher 259
Law/Fire
Open
Christopher 259
Master (54-60)
148 lbs.
B. Heriford 275*
Master (61-67)
123 lbs.
E. McEwen 110
4th-115
Open
148 lbs.
B. Heriford 275
165 lbs.
I. Zamora 440
4th-451!
MEN
Class-1
165 lbs.
D. Salazar 462
181 lbs.
M. Early 473
198 lbs.
L. Lense 542
220 lbs.
R. Becsei 501*
C. Garcia 573
4th-600
259 lbs.
V. Garcia 451
T. Hafner 551*
275 lbs.
K. Able 584*
Junior (20-25)
198 lbs.
J. McHenry 451
308 lbs.
J. Pritchett —
Law/Fire
Open
220 lbs.
R. Becsei 501*
4th-511
Master (54-60)
275 lbs.
D. Knapp 380
Master (61-67)
181 lbs.
D. Judd 385*
R. Lozano 440
198 lbs.
L. Lense 542*!
242 lbs.
D. Smith, III 407
Master (68-74)
181 lbs.
J. McEwen 209
Open
198 lbs.
J. McHenry 451
220 lbs.
S. Taylor —
275 lbs.
K. Able 584
P. Holloway 710
308 lbs.
J. Pritchett —
Submaster (34-39)
259 lbs.
T. Hafner 551
275 lbs.
P. Holloway 710
Teen (16-19)
132 lbs.
J. Salazar 396
BENCH
WOMEN
Master (54-60)
148 lbs.
B. Heriford 198
Master (61-67)
123 lbs.
E. McEwen 78
4th-82*
Law/Fire
Master (40-47)
123 lbs.
Christopher 126
Open
123 lbs.
Christopher 126
B. Heriford 198
MEN
Class-1
165 lbs.
D. Salazar 286
181 lbs.
M. Early 435*
198 lbs.
R. Budd 369*
R. Sola 330
220 lbs.
R. Becsei 341
C. Garcia 385
S. Taylor 347
242 lbs.
J. Laija 468
Z. Zermeno 529
4th-540*
259 lbs.
V. Garcia 402
H. Hafner 451
4th-468*
Junior (20-25)
198 lbs.
J. McHenry 352
308 lbs.
J. Pritchett 473
4th-511
Law/Fire
Master (40-47)
198 lbs.
L. Banks 446
R. Budd 369*
Law/Fire
Open
220 lbs.
R. Becsei 341
Law/Fire
Submaster
259 lbs.
J. Hinrichs 562*!
Master (40-46)
165 lbs.
A. Martinez 308
4th-330*
198 lbs.
L. Banks 446
F. Johnson 363
259 lbs.
M. Stanford 502*
Master (47-53)
198 lbs.
R. Solar 330
B. Welker 385
275 lbs.
Fahrenbruch 490
Master (54-60)
275 lbs.
D. Knapp 363
Master (61-67)
181 lbs.
D. Judd 143*
R. Lozano 374
383*!
198 lbs.
R. Matheson 391*
242 lbs.
D. Smith, III 363
Master (68-74)
181 lbs.
J. McEwen 198
Open
148 lbs.
J. Harrison 336
198 lbs.
J. McHenry 352
220 lbs.
L. DeAlva 468
242 lbs.
M. Desrosiers 551*
259 lbs.
S. Hoekstra 600
4th-618*!
M. Stanford 602*
Wadekamper 446
275 lbs.
P. Halloway 551
308 lbs.
J. Pritchett 473
SHW
S. Jordan 651
Submaster (34-39)
259 lbs.
T. Hafner 451
4th-468
J. Hinrichs 562*
275 lbs.
P. Holloway 551
SHW
S. Jordan 651*!
Teen (13-15)
132 lbs.
A. Zweig 176*
Teen (16-19)
132 lbs.
J. Salazar 231

***Rudy Lozano** breaks WABDL bench press records. (Namea Designs)*

*=State Records. !=World Records. Fifty six lifters competed at this event. The most inspirational lifter was Doc Lense, who is recovering from Prostate cancer, and he just simply set a World Record in the deadlift, at (61-67) 198 with 542.2, to show everybody his recovery is complete. I was really worried about Doc Lense. He is a great guy and both he and his wife have been very helpful at the Arizona meets. Another deadlifter, who put on one of the most amazing deadlifting performances I have ever seen, was Imelda Zamore Andujo of Chihauhau, Mexico. She weighted 149 and opened up with 391, then broke Leonetta Richardson's World Record of 419 with a 420. Then she did 440.7, then a picture perfect very hard fought 451.7. she uses conventional style and she's tall and slender, 5'8" or 5'9". There is nothing in her physique that says she can't pull over 300 lbs. Other deadlifts of note: Todd Hafner, who set a class-1 state record at 259 with 551. Kyle Able, who set a class-1 record 584 at 275. Donald Judd set an Arizona record 385.7 at (61-67) 181. Two women set state records: Betty Heriford at master (54-60) 148 hauled in an Oregon record 275.5 and Erna McEwen set a California record 115.5 at master (61-67) 123. World Records in the bench were equally impressive. Rudy Lozano set a WR 383.5 in master (61-67) 181. Rudy's goal is to ench 400 at age 70. He is 66 now. Scott Wesley Jordan, who is as big as a house (about 350) put up a World Record 651.3 in submaster superheavy. Jeff Hinrichs set a World Record 562 in law/fire submaster 259. Jeff had a work commitment and wouldn't take the drug test. He has on e year to enter another WABDL contest and be tested or he loses his World Record. That is a WABDL rule. That rule only applies if someone was asked to take a drug test and either couldn't stick around or they left a contest early and didn't bother to ask the meet director or me if they needed to be tested. Lifters know that only the very best lifters in a meet get tested in WABDL, contrary to what the internet police may say. Scott Hoekstra set a World Record 618.3 at open 259 and passed the drug test for the second time. Scott finished second at the world's with a 606, until the drug test results came back and he was elevated to World Champion and returned his World Record 617, which was broken with 622,but again the person that beat him flunked the test. Betty Heriford also set a World Record bench with 198.2 in master (54-60) 148. Other impressive benches was Arizona state by Zeke Zermeno's 540 in class-1 242 and Todd Hafner's 468.2 in class-1 259. Jerry Pritchett got a state record 413.7 in junior 308. Jerry brought down all the warm-up weights and benches

WABDL

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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee:
Adults $25
Teens $15
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 27499
Golden Valley, MN 55427

If under 18, have parent initial _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

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

Signature_____

***Leonard Lense D.C.** record setter.*

and his mother Suzi made sandwiches for the staff. However, Jerry was primed for a World Record deadlift of 755 in Junior 308, but got sick before he deadlifted and had to drop out. In class-1 bench, Michael Early set an Arizona record 435.2 at 181. That's very good weight for that weight class. Randy Budd set an Arizona record 369.2 at 198 and he also set an Arizona record in law/fire master (40-47) age group. In master men, Alex Martinez set an Arizona record 330.5 in master (40-46) 165 class. In master (40-46) 259, Mark Stanford set an Arizona record 502.6 and he had more in him. Ron Matheson who has had to drop out of three meets due to training injuries, finally got to a meet and was very impressive with an Arizona record 391.2 in master (61-67) 198, not too far from Ken Anderson's World Record 424. Daniel Smith III put up a nice 363.7 in master (61-67) 242. In submaster 259, Todd Hafner set an Arizona record 468.2 and then Jeff Ainrichs obliterated it with 562. Patrick Holloway had an off day with 551. He's done 600.7. His deadlift wasn't on either. He pulled 710.7, but he's done 766. Aaron Zweig set an Arizona record with 176.2 in the bench at teen (13-15) 132. There were three other good deadlifters from Chihauhau, Mexico in addition to Imelda Zamora Ardujo. David Salazar Flored pulled 462.7 at 165 with impeccable form. Carlos Garcia Chacon pulled a gut buster 600.7 at 220 in class-1, and his form was perfect also. Jorge Salazar Flores pulled 396.7 at 132, at the age of 18. All four of the Mexican lifters used conventional style and I did not see any flaws in their technique. I want to thank our sponsors Rick Brewer of House of Pain, Mike Lambert of Powerlifting USA, Neal Sprice, Odd Haugen, and Jim Starr of Apex Fitness Group, Pete Alaniz and Ken Anderson of Titan Support Systems, Gus Samuelson and Mike Rockoff of Universal Nutrition, Matt Lamarque of Bovine Strength Systems, Chet Groskreutz of Ivanko Barbell, Shawn Madere of GLC Direct, makers of the best joint formula on the planet, Dave Tate and Jim Wendler of Elite Fitness, and CSS Photo Design with Keith Lemm. The judges were Nico Feliciano, Rocky Girgg, Tom Manno, Mike Desrosiers. Holly was the scorekeeper. Gus Rethwisch was the MC, and Raquel Rethwisch took tickets. Lawrence DeAlva supplied the music. Ivanko Barbell supplied the platform weights, Bonine Strength Systems supplied the platform bench. Rocky Gingg and Jerry Pritchett supplied warm-up benches and weights. (results are by courtesy Gus Rethwisch)

Team Mexico *with Gus Rethwisch, including Imelda Zamore Andujo*

Scott Hoekstra *benched a WABDL World Record 618 lbs. (Namea)*

USAPL Southern Ohio
27 Aug 05 - Centerville, OH

BENCH				
FEMALE				
165 lbs.				
Masters				
D. Sutherland	120			
198 lbs.				
Novice				
J. McWhirt	165			
MEN				
181 lbs.				
Open				
A. Furnas	455			
198 lbs.				
Masters				
C. Jones	—			
FEMALE	SQ	BP	DL	TOT
181 lbs.				
Master				
B. Centers	—	—	205	—
Guest				
A. Centers	—	—	190	—
198 lbs.				
Novice				
J. McWhirt	230	165	275	670
SHW				
Junior				
S. Dzurnak	225	160	275	660
Masters				
J. Koenig	135	140	275	535
G. Kelly	200	135	230	565
MALE				
123 lbs.				
T-1				
D. Miskinis	210	135	305	650
220 lbs.				
MASTERS				
T. Striverson	440			
242 lbs.				
Junior				
T. Szorady	390			
275 lbs.				
T-3				
M. Mazurek	405			
SHW				
Masters				
H. Lane	545			
Open				
H. Lane	545			
Masters				
P. Aracre	—			
R. Horn	330	275	335	870
132 lbs.				
T-3				
C. Ferree	340	245	415	1000
148 lbs.				
Novice				
K. Weneck	180	185	315	680
Open				
S. Lewis	325	260	375	960
165 lbs.				
Junior				
D. Craigo	—	—	—	—
T-3				
J. Gloyd	—	225	405	—
181 lbs.				
Masters				
M. Cury	450	250	525	1165
198 lbs.				
Open				
Sensenbaugh	500	365	455	1320
Masters				
Sensenbaugh	500	365	455	1320
C. Jones	—	—	410	—
220 lbs.				
Masters				
J. Valpatic	415	275	495	1185
Junior				
B. Hughes	—	—	505	—
242 lbs.				
Open				
A. Atef	680	475	605	1965
Junior				
B. Westfall	455	—	455	—
D. Madewell	—	405	635	—
275 lbs.				
Junior				
J. Lorenzetti	500	325	505	1330
Masters				
B. Wagner	585	480	605	1670
M. Ridgeway	565	420	485	1450
SHW				
Junior				
D. Brown	380	355	505	1240
Master				
K. Vance	385	280	415	1080
Novice				
D. McGlothen	385	335	550	1270
Masters				
P. Aracre	—	—	—	—

Best Lifters: Jeanne McWhirt and Ahmad (Joe) Atef. (results courtesy David Ricks)

NASA New Mexico Regional
10 SEP 05 - Albuquerque, NM

PS BENCH	
WOMEN	
148 lbs.	
Master-2	
E. Keen	42
181 lbs.	
Junior	
M. Keen	55
MEN	
165 lbs.	
Submaster Pure	
S. Grundahl	127
220 lbs.	
Submaster Pure	
K. Parker	187
308 lbs.	
Master Pure	
E. Kisner	170
PS DEADLIFT	
WOMEN	
148 lbs.	
Master-2	
E. Keen	92
181 lbs.	
Junior	
M. Keen	110
MEN	
165 lbs.	
Submaster Pure	
S. Grundahl	207
308 lbs.	
E. Kisner	220
PS SQUAT	
WOMEN	
148 lbs.	
Master-2	
E. Keen	57
165 lbs.	
Master-3	
E. Waugh	62
181 lbs.	
Junior	
M. Keen	62
MEN	
165 lbs.	
Master Pure	
S. Grundahl	150
PL BENCH	
MEN	
181 lbs.	
Pure	
T. Ybarra	—
Open	
T. Ybarra	—
Submaster Pure	
T. Ybarra	—
198 lbs.	
Master-3	
J. Moskowitz	165
Open	
A. Wolf	175
Junior	
D. Gonzales	175
Submaster Pure	
K. Parker	195
Master-1	
G. Schuster	142
220 lbs.	
Master-4	
A. Saraguard	147
275 lbs.	
Master-1	
K. Williams	170
308 lbs.	
Submaster-1	
B. powell	—
Police/Fire	
B. powell	—
Open	
R. Kahle	260

Push-Pull		BP	DL	TOT
WOMEN				
165 lbs.				
Master-3				
E. Waugh		45	100	145
MEN				
181 lbs.				
Master-3				
J. Cole		102	187	290
242 lbs.				
Pure				
R. Anttila		197	240	437
Master-1				
M. butkovich		170	227	397
Master Pure				
M. butkovich		170	227	397
Powerlifting	SQ	BP	DL	TOT
WOMEN				
165 lbs.				
Novice				
K. Weier	105	52	110	267
Int				
K. Weier	105	52	110	267
MEN				
165 lbs.				
Submaster Pure				
T. Duran	202	122	210	535
Submaster-2				
T. Duran	202	122	210	535
Master-1				
A. Caceres	240	140	205	585
Master Pure				
A. Caceres	240	140	205	585
181 lbs.				
Pure				
Ammerman	222	185	227	635
Master-2				
E. Duran	175	135	202	512
Novice				
D. Pak	185	160	192	537
198 lbs.				
Submaster Pure				
M. McLean	170	107	210	487
Novice				
A. Pickrell	185	107	212	505
Submaster Pure				
A. Pickrell	185	107	212	505
220 lbs.				
Pure				
D. Gwyn	227	195	240	662
Master Pure				
R. Garcia	245	167.5	235	647
Master-1				
G. Schuster	—	—	—	
Master Pure				
G. Schuster	—	—	—	
242 lbs.				
Teen				
C. Anderson	265	207	277	750
Master Pure				
R. Anttilla	215	197	240	652
275 lbs.				
Master-1				
K. Williams	250	170	227	647
308 lbs.				
Master-1				
R. Gains	305	205	287	797
Master-3				
H. Heyman	215	117	137	470
Power Sports	CR	BP	DL	TOT
WOMEN				
148 lbs.				
Master-3				
S. Billington	25	35	85	145
MEN				
181 lbs.				
Master-3				
J. Cole	55	102	187	345
308 lbs.				
Master Pure				
E. Kisner	87	170	220	477

(Thanks to Mike Adelman for the results)

USPF Rhode Island High School
20 MAR 05 Cranston, RI

BENCH				
MEN				
165 lbs.				
Lazzareschi	300*			
A. Papas	225			
MEN	SQ	BP	DL	TL
165 lbs.				
Lazzareschi	475*	300*	475*	1250*
242 lbs.				
A. Vargas	405*	350*	440*	1195*
308 lbs.				
S. Dandurand	450*	265*	350*	1065*

*=RI state records. As always, I would first like to thank all my sponsors, Spine Tech, a.k.a. Dr. Robert A. L'Europa, Ocean State Gym, Reeves Nutrition, TJI Construction, Coventry Physical Therapy & Sports Medical, Inc., Mark D'Iorio MetLife, Elmwood Countertop, DeCesare Landscaping/Concrete, and Supplements Plus. As always, without the continued support of my sponsors, I would not be able to put on this contest each year. I would like to also thank all my judges, spotters, loaders, score keepers, and my announcers who are always a huge help each year. I would like to personally thank Bob Connell, my co-meet director, for all his help with putting this contest together and maintaining our new website, www.ripl.org. Thanks a lot my friend. This year was the first installment of the High School and I was little disappointed that we did not get more high school lifters to compete. I was hoping by running this meet that I would attract the attention of some of the younger lifters, in our local high schools, to our sport. However I did not get much help and support from the local high schools. I sent a posters and information to all the athletic directors of our local high schools, but I heard a number of them did not even put up the posters, and if they did they took them down as fast as they were put up. I hope over time this meet will grow to be as big and fun as the RI State Championships, for which this meet was run in conjunction. Being that this contest is all new, the state records for all the high school weight divisions are all open, so who ever competed set the standard for the lifters to come. Hopefully next year we will get a little more help so we can grow this contest into large high school contest. Schools could compete with individuals and teams against each other, to see who has the strongest school. I want to thank the competitor who came out to get the ball rolling for this contest. Hopefully we will see you again next year so we can make this meet bigger and better. Have a great year. (Thanks to Ted Isabella for results)

***Jody Woods** deadlifted a successful 4th at the Venice Beach Push-Pull*

USPF Venice Beach Push-Pull
6 AUG 05 - Venice, CA

WOMEN	BP	DL	TOT
Open			
123 lbs.			
S. Lucchesi	203	270	473
148 lbs.			
M. Sparango	132	264	396
Junior (19-23)			
198+ lbs.			
K. Radon	242	330	573
Master (40-49)			
123 lbs.			
S. Lucchesi	203	270	473
148 lbs.			
M. Sparango	132	264	396
M. Silva	115	270	385
Master (50-59)			
181 lbs.			
G. Slover	104	231	336
198 lbs.			
K. Polansky	181	363	545
MEN			
Junior (13-15)			
181 lbs.			
J. Gordon	181	374	556
220 lbs.			
R. Garcia	198	391	589
S. Southard	115	248	363
Junior (19-23)			
165 lbs.			
D. Avila	165	308	473
181 lbs.			
K. Sanderson	330	584	914
308 lbs.			
N. Bryant	451	—	—
Open			
148 lbs.			
V. Tanabe	231	501	733
165 lbs.			
R. Robles	253	518	771
181 lbs.			
K. Sanderson	330	584	914
L. Sparango	330	446	777
R. Robles	270	446	716
198 lbs.			
J. Woods	418	617	1036
	4ths-BP-442	DL-628	
220 lbs.			
S. Myers	352	496	848
242 lbs.			
A. Acevedo	473	479	953
B. Marum	374	540	914
Q. Doudera	314	562	876
J. Dentice	369	485	854
275 lbs.			
P. Holloway	540	710	1251
R. Perkins	529	705	1234
M. Bell	562	617	1179
B. Bartos	424	551	975
P. Collard	518	374	892
308 lbs.			
S. Cartwright	622	661	1284
P. Abbott	501	739	1241
B. Meek	473	551	1025
J. Johnsen	253	507	760
J. Pritchett	473	473	755
Master (40-49)			
198 lbs.			
J. Woods	418	617	1036
	4ths-BP-442	DL-628	
220 lbs.			
J. Dean	236	462	699
242 lbs.			
J. Dentice	369	485	854
275 lbs.			
R. Perkins	529	705	1234
Master (50-59)			
220 lbs.			
K. Croxdale	380	562	942
308 lbs.			
B. Meek	473	551	1025
Master (60+)			
198 lbs.			
R. Lozano	369	440	810

State Single Lift Bench Records set: Kate Radon, 198+ Junior 20-23, 242 bench, Karen Polansky, 198 Master 55-59, 181 bench, Gretchen Slover, 181 Master 50-54, 104 bench, Scott Cartwright, 308 Submaster 35-39, 622 bench, Ron Perkins, 275 Master 45-49, 529 bench, Jody Woods, 198 Master 45-49, 442 bench, Rudy Lozano, 198 Master 65-69, 369 bench. State Single Lift Deadlift Records set: Monica Silva, 148 Master 40-44, 270 deadlift, Kate Radon, 198+ Junior 20-23, 330 deadlift, Karen Polansky, 198 Master 55-59, 363 deadlift, Gretchen Slover, 181 Master 50-54, 231 deadlift, Raymond Garcia, 220 Junior 13-15, 391 deadlift, Paul Abbott, 308 Open,

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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1 Cat. 2 Nat. State	Y N	Y N	Y N

Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
Y N	Y N	/ /	M F	/ /	

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

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

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

If Under 18 have Parent Initial _____

Signature _____

Master Blaster *Rudy Lozano benched 369 @ 198 @ 60+ in Venice.*

739 deadlift, Ron Perkins, 275 Master 45-49, 705 deadlift, Jody Woods, 198 Master 45-49, 628 deadlift, Rudy Lozano, 198 Master 65-69, 440 deadlift. American Single Lift Bench Records set: Sabra Lucchesi, 123 Master 45-49, 203 bench, Karen Polansky, 198 Master 55-59, 181 bench, Kate Radon, 198+ Junior 20-23, 242 bench, Scott Cartwright, 308 Submaster 35-39, 622 bench, Ron Perkins, 275 Master 45-49, 529 bench, Rudy Lozano, 198 Master 65-69, 369 bench. American Single Lift Deadlift Records set: Kate Radon, 198+ Junior 20-23, 330 deadlift, Monica Silva, 148 Master 40-44, 270 deadlift, Karen Polansky, 198 Master 55-59, 363 deadlift, Gretchen Slover, 181 Master 50-54, 231 deadlift, Kaleb Sanderson, 181 Junior 20-23, 584 deadlift, Patrick Holloway, 275 Submaster 35-39, 710 deadlift, Rudy Lozano, 198 Master 65-69, 440 deadlift. Thanks to all of our valuable help at the meet. Scott Layman, State Referee, Chuck LaMantia, National Referee, Announcer, Jack Hughes, International Referee, Jim Merlino, National referee, Kevin Meskew, National Referee, Steve Denison, National Referee, Gary Ridgeway, National Referee, David Foster, State Referee, Bill Ennis, International Referee. Spotter/Loaders: Venice Beach Staff. (These meet results provided to Powerlifting USA by Steve Denison)

USPF Koloseum BP/DL
2 JUL 05 - Fullerton, CA

BENCH
WOMEN
Open
114 lbs.
B. Fletcher 154
165 lbs.
M. Asp 341
Master (40-44)
148 lbs.
M. Sparango 132
MEN
Junior (13-15)
198 lbs.
D. Horine —
Junior (16-17)
181 lbs.
P. Goodman —
220 lbs.
J. Hoffman 358
Junior (18-19)
308 lbs.
N. Wright 347
Open
165 lbs.
A. Saffaie 347
T. Lopez 264
181 lbs.
S. Ward 418
O. Ochoa 407
M. Saffaie 402
L. Sparango 308
198 lbs.
J. Hernandez 358
242 lbs.
B. Bartos 424
Q. Doudera 314
275 lbs.
S. Hoekstra 611
D. Varela 540
B. DeWeese 396
P. Connell 314
308 lbs.
D. Marr 490
P. Abbot 424
SHW
A. Ramsey 523
A. Patalano —
Master (45-49)
SHW
A. Ramsey 523
308 lbs.
D. Smith 501
242 lbs.
K. Booth 374
Master (55-59)
275 lbs.
D. Knapp 336
Master (60-64)
242 lbs.
D. Smith III 413
Master (70-74)
148 lbs.
J. Andres 176
DEADLIFT
WOMEN
Open
114 lbs.
B. Fletcher 209
165 lbs.
M. Asp 347
Master (40-44)
148 lbs.
M. Sparango 259
MEN
Junior (13-15)
198 lbs.
D. Horine 385
Junior
181 lbs.
P. Goodman 303
220 lbs.
J. Hoffman 407
308 lbs.
N. Wright 473
Open
181 lbs.
L. Sparango 440
220 lbs.
J. Coats 485
242 lbs.
Q. Doudera 617
M. Bartos 518
275 lbs.
S. Denison 650
P. Connell 578
B. DeWeese 556
O. Urbina 440
308 lbs.
P. Abbott 699
Master (40-44)
220 lbs.
M. Tronske 479
Master (45-49)
242 lbs.
K. Booth 567
Master (55-59)
198 lbs.
B. Mayock 429
Master (65-69)
198 lbs.
L. Manly 336
4th-160

Best Lifter Women's Bench: Mari Asp. Best Lifter Men's Bench: Scott Hoekstra. Best Lifter Women's Deadlift: Mari Asp. Best Lifter Men's Deadlift: Paul Abbott. State Single Lift Bench Records set: Mari Asp, 165 Open Women, 341 bench. Monica Sparango, 148 Master 40-44, 132 bench, Jonathan Hoffman, 220 Junior 16-17, 358 bench, Scott Hoekstra, 275 Submaster 35-39, 611 bench, Dan Varela, 275 Master 55-59, 540 bench, Art Ramsey, SHW Master 45-49, 523 bench, Dan Smith, 308 Master 45-49, 501 bench, Daniel Smith III, 242 Master 60-64, 413 bench, Jim Andres, 148 Master 70-74, 176 bench, State Single Lift Deadlift Records set: Monica Sparango, 148 Master 40-44, 259 deadlift, Drew Horine, 198 Junior 13-15, 385 deadlift, Jonathan Hoffman, 220 Junior 16-17, 407 deadlift. Nathan Wright, 308 Junior 18-19, 474 deadlift, American Single Lift Bench Records set: Mari Asp, 165 Open Women, 341 bench, Scott Hoekstra, 275 Submaster 35-39, 611 bench, Dan Varela, 275 Master 55-59, 540 bench, Daniel Smith III, 242 Master 60-64, 413 bench, American Single Lift Deadlift Records set: Monica Sparango, 148 Master 40-44, 259 deadlift, Jonathan Hoffman, 220 Junior 16-17, 407 deadlift, Nathan Wright, 308 Junior 18-19, 474 deadlift, Thanks to all of our valuable help at the meet, Milos Sarcev, Promoter. Steve Denison, Meet director, National referee, Don Haley, International referee, Jim Merlino, National referee, Kevin Meskew, National referee, David Foster, State referee, Koloseum Gym staff for spotting and loading. (results courtesy Steve Denison)

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Patrick Hall

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Qty.			
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____	Twill Cap ☐ B ☐ C	$12	____
____	Ironwraps A	$22	____
____	Ironwraps Z	$22	____
____	2 pair	$40	____
		Shipping	$5.50
		Total	____

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WPA Worlds
7,8 MAY 05 - Nashville, TN

BENCH
FEMALE
105 lbs.
Open
B. Cabrera 105
198 lbs.
(40-49)
C. Cobb 240
MALE
105 lbs.
(11-12)
C. Dantzler 60
148 lbs.
(60-69)
R. Gidcumb 225
165 lbs.
(40-49)
C. Smith 345
181 lbs.
Open Tested
J. Burdette —
(18-19)
J. Atwood 350
(50-59)
D. Hamby 400
4th-405
(40-49)
J. Brown 360
198 lbs.
Junior Tested
Cbarbonneau 425
Open Tested
B. Highnote 465
Charbonneau 425
(70-79)
C. Casaneda 185
220 lbs.
Open Tested
B. Kelley 625
(16-17)
B. Carson 365
(60-69)
Churchman 365
(50-59)
T. Boyer 465
242 lbs.
Open Tested
J. Centers 350
4th-375
Sub No-Test
P. Waters —

275 lbs.
Open Tested
S. Gonzalez 455
Subs Tested
S. Gonzalez 455
(33-39)
No Test
H. Timbs 585
275 lbs.
(40-49)
R. Richie 500
DEADLIFT
FEMALE
114 lbs.
Open
B. Cabrera 220
132 lbs.
Open
D. Morrison 250
(13-15)
L. Greer 175
165 lbs.
Open Tested
K. Meeks 300
181 lbs.
Open Tested
R. Belair 300
MALE
105 lbs.
(11-12)
C. Dantzler 150
148 lbs.
(60-69)
R. Gidcumb 345
165 lbs.
(50-59)
L. Greer 370
181 lbs.
Open Tested
C. Casaneda 395
198 lbs.
Open Tested
Charbonneau 525
Junior Tested
Charbonneau 525
Sub Tested
C. Paxson 500

WOMEN	SQ	BP	DL	TOT
105 lbs.				
(11-12)				
S. Biddle	160	105	185	450
123 lbs.				
(40-49)				
S. Talley	325	165	305	795
132 lbs.				
Open Tested				
P. Burnett	315	180	280	775
K. Tallion	270	165	270	705
148 lbs.				
(40-49)				
S. Keddy	300	175	365	840
165 lbs.				
Open				
R. Phillips	350	—	345	—
181 lbs.				
(16-17)				
A. Biddle	275	135	260	670
Unl				
(13-14)				
H. Biddle	215	125	265	600
MEN				
105 lbs.				
(9-10)				
J. Llewellyn	105	40	120	265
(11-12)				
C. Danzler	100	60	150	300
123 lbs.				
Junior				
S. Warren	330	—	—	—
148 lbs.				
(60-69)				
R. Gidcumb	350	225	345	920
(40-49)				
R. Broeg	400	270	400	1070
165 lbs.				
(50-59)				
D. Hamby	—	—	—	—
181 lbs.				
Open Tested				
G. Sesler	610	345	530	1485
C. Etherton	570	295	545	1410
J. Finlayson	530	330	515	1375
198 lbs.				
Open Tested				
B. Highnote	550	465	470	1485
S. Whaley	600	335	540	1475
Charbonneau	450	425	525	1400
B. Rapp	790	525	625	1940
B. Highnote	550	465	470	1485
(16-17)				
B. Carson	575	365	560	1500
Junior				
Charbonneau	450	425	525	1400
Submasters				
J. Smith	635	500	500	1635
(50-59)				
L. Henderson	500	310	500	1310
(70-79) Tested				
C. Casaneda	425	200	395	1020
220 lbs.				
Open Tested				
R. Wood	725	535	565	1825
T. Johnson	490	320	450	1220
(40-49)				
M. Brown	550	350	540	1440
B. Campbell	525	355	405	1285
242 lbs.				
Open				
W. Barabas	665	460	675	1800
Open Tested				
J. Maggart	700	485	580	1765
B. Dewalt	775	455	576	1725
P. Dean	600	500	555	1655
K. Robertson	925	55	55	1035
Junior				
B. Dewalt	775	455	576	1725
Submaster				
J. Maggart	700	485	580	1765
Subs Tested				
J. Weigant	600	440	485	1415
275 lbs.				
Open Tested				
T. Nash	735	425	565	1725
Subs Tested				
T. Nash	735	425	565	1725
Open Non-Test				
T. Vaughn	765	500	680	1945
C. Stanley	615	430	600	1645
Junior				
Z. Darnell	615	365	495	1475
308 lbs.				
(50-59)				
R. Beach	405	425	500	1335
	4th-DL-525			
Subs				
F. Veilleux	600	—	—	—
SHW				
(18-19)				
J. Ward	625	575	500	1700

Best Lifter Female: Sherry Talley. Best Lifter Lightweight: Bret Rapp. Best Deadlift Lightweight: Joe Charbonneau. Best Bench Press Heavy: Harley Timbs. Best Overall Tested Heavy: Bj Barabas. Best Lifter Non-tested Heavyweight: Tim Vaughn. Best Bench Press Lightweight: Brian Highnote. (Thanks to Wade Johnson for the results)

APC Region III (kg)
27 AUG 05 - Athens, GA

BENCH
MEN
(13-15)
M. Knight 120
(16-17)
S. Lambert 132.5
(40-44)
D. Moore 212.5
K. Dean 157.5

Open
D. Moore 212.5
Williamson 185

MEN	SQ	BP	DL	TOT
60 kgs..				
(16-17)				
R. Johnson	110	80	117.5	307.5
75 kgs..				
Open				
N. Wilson	205	150	227.5	605
100 kgs..				
Open				
T. Niblett	272.5	160	272.5	705
140 kgs..				
Open				
C. Savage	280	—	—	—

(Thanks to L. B. Baker for sending results)

UAPC Powerlifting ™ Application • PO Box 40, Bogart, GA 30622
irondawg.com

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

As a condition of membership to UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that 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 UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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?_____ UAPC Registered Club Represented:_____

Membership Prices: (please circle all that apply) • Adult - $30.00 • High School Division (Full year; any meet) - $15.00 • Special Olympian $10.00

Competing Divisions: (please circle all that apply) • Open • Teen (14-19 yrs.) • Junior (20-23 yrs) • Masters (40 yrs & up) •Military
Police & Fire High School Special Olympics

Cash/Check/Money Order #_____ Membership Price $_____

All memberships expire 12 months from date of purchase.

American Powerlifting Committee (APC)
www.americanpowerliftingcommitte.com
P O Box 40
Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

Name._____ Date_____
Address._____
City._____ State._____ Zip_____
Phone._____ Email_____
Date of Birth_____ Age__ Sex__ US Citizen__ Club_____
Prices: Adult $30.00 Teenage $15.00 Special Olympian $10.00

Signature If under 21 Parent or Guardian

Card expires 12 months from date of purchase

NASA Grand Nationals (kg)
16 JUL 05 - Selmer, TN

PS BENCH
MALE
Junior
165 lbs.
J. Brown 160
Master-3
220 lbs.
C. Wooten 155
Submaster
Pure
275 lbs.
W. Aldridge 185
PS CURL
MALE
Int
181 lbs.
A. McGaha 62.5
Master Pure
198 lbs.
B. Wansley 70
PS DEADLIFT
MALE
Master-1
275 lbs.
M. Akins 237.5
PS SQUAT
MALE
High School
148 lbs.
I. Wade 155
198 lbs.
J. Carpenter 125
Int

Push Pull
MALE
Junior
165 lbs.
J. Brown 160 230 390
Submaster Pure
181 lbs.
E. Joseph 115 195 310
242 lbs.
R. Nicosia 195 300 495
Submaster-2
220 lbs.
T. Tucker 155 287.5 442.5
Open
308 lbs.
J. Crone Jr. 192.5 265 457.5
Master-1
181 lbs.
E. Coutu 135 190 325
Master-2
198 lbs.
H. Heald 110 170 280
Master-3
220 lbs.
R. Finch 132.5 202.5 335
181 lbs.
J. Shoaf 120 165 285
FEMALE
Master-2
165 lbs.
R. Clark 110
198 lbs.
B. Bradley 217.5
Master-3
165 lbs.
P. Miller 122.5
Master Pure
181 lbs.
T. Price 150
PL SQUAT
MALE
Guest
198 lbs.
W. Agnew 227.5
BENCH Only
Master-1
165 lbs.
S. Fickes 155
Int
181 lbs.
A. McGaha 157.5
Submaster pure
220 lbs.
D. Hoffman 172.5
Master Pure
242 lbs.
J. Rose 182.5
Master-1
242 lbs.
J. Rose 182.5
Master-3
220 lbs.
R. Finch 132.5

	BP	DL	TOT
148 lbs.			
D. Heald	42.5	72.5	115
Master Pure			
148 lbs.			
D. Heald	42.5	72.5	115

Pwr Sports	CR	BP	DL	TOT
MALE				
High School				
148 lbs.				
I. Wade	47.5	117.5	182.5	347.5
181 lbs.				
B. Cooper	62.5	102.5	175	340
T. Mills	50	87.5	147.5	285
198 lbs.				
J. Carpenter	42.5	105	200	347.5
Int				
165 lbs.				
R. Clark	52.5	82.5	152.5	287.5
198 lbs.				
B. Bradley	65	165	235	465
Master-1				
181 lbs.				
E. Coutu	65	135	190	390
242 lbs.				
R. Dilworth	82.5	182.5	245	510
Maser-2				
198 lbs.				
H. Heald	55	110	170	335
220 lbs.				
B. Beerman	62.5	140	235	437.5
242 lbs.				
E. Akins	72.5	160	217.5	450
Master-3				
165 lbs.				
P. Miller	47.5	80	150	277.5
Master Pure				
181 lbs.				
T. Price	47.5	147.5	155	350
Submaster-2				
220 lbs.				
T. Tucker	82.5	155	287.5	525
308 lbs.				
J. Crone Jr.	85	192.5	265	542.5
Submaster Pure				
220 lbs.				
T. Tucker	82.5	155	287.5	525
308 lbs.				
J.Crone Jr.	85	192.5	265	542.5
Teen				
181 lbs.				
D. Board	62.5	120	175	357.5
Youth				
SHW				
J. Belue	22.5	32.5	70	125

Powerlifting	SQ	BP	DL	TOT
MALE				
High School				
123 lbs.				
J. Stablein	105	67.5	155	327.5
165 lbs.				
L. Hoffman	167.5	112.5	182.5	462.5
A. McGarry	150	105	175	430
198 lbs.				
D. Majure	266	127.5	256	649.5
J. Terrell	177.5	95	160	432.5
220 lbs.				
J. Bezucha	227.5	166	235	628.5
242 lbs.				
J. Bell	240	163.5	227.5	631
Z. Calhoun	207.5	115	207.5	530
275 lbs.				
J. Cogswell	260	186	240	686
B. Cogswell	180	130	192.5	502.5
Junior				
181 lbs.				
O. Benefield	182.5	150	182.5	515
198 lbs.				
D. Majure	266	127.5	256	649.5
Master-1				
165 lbs.				
G. Reichert	250	152.5	250	652.5
198 lbs.				
J. Gooch	212.5	110	205	527.5
N. Benefield	177.5	117.5	187.5	482.5
275 lbs.				
M. Akins	227.5	163.5	237.5	628.5
Master-2				
165 lbs.				
Butterworth	197.5	95	195	487.5
Master-3				
220 lbs.				
R. Finch	202.5	132.5	202.5	537.5
Master Pure				
198 lbs.				
N. Benefield	177.5	117.5	187.5	482.5
242 lbs.				
B. Wilson	297.5	222.5	285	805
Nat				
198 lbs.				
J. Gooch	212.5	110	205	527.5
Open				
165 lbs.				
G. Reichert	250	152.5	250	652.5
Pure				
220 lbs.				
J. Abnee	280	162.5	267.5	710
242 lbs.				
B. Wilson	297.5	222.5	285	805
308 lbs.				
F. Gant	252.5	182.5	307.5	742.5
Submaster-1				
220 lbs.				
J. Abnee	280	162.5	267.5	710
308 lbs.				
F. Gant	252.5	182.5	307.5	742.5
Submaster Pure				
181 lbs.				
E. Joseph	145	115	195	455
220 lbs.				
J. Abnee	280	162.5	267.5	710
242 lbs.				
R. Nicosia	282.5	195	300	777.5
275 lbs.				
D. Franks	297.5	197.5	255	750
Teen				
148 lbs.				
J. Hamm	157.5	92.5	147.5	397.5
181 lbs.				
O. Benefield	182.5	150	182.5	515
198 lbs.				
D. Majure	266	127.5	256	649.5
220 lbs.				
J. Bezucha	227.5	166	235	628.5
242 lbs.				
J. Bell	240	163.5	227.5	631
275 lbs.				
J. Cogswell	260	186	240	686
WOMEN				
Int				
198+ lbs.				
M. Garrett	165	95	180	440
Master Pure				
123 lbs.				
R. Hedrick	85	52.5	107.5	245
Open				
198+ lbs.				
M. Garrett	165	95	180	440

(Thanks to Richard Peters for the results)

Vermont State Bench Press
30 JUL 05 - S. Burlington, VT

WOMEN
Open
H. Sardonis 140
B. Empuerto 125
R. Bose 130
K. Messrer 95
MEN
Teen
J. Shanks 320
R. McLaren 280
K. Wilcox 205
Open
132 lbs.
R. Gagne 235
148 lbs.
T. Good 240
165 lbs.
D. Sqrai 330
181 lbs.
M. Berby 370
B. Kernoff 365
P. Bianchi 350
B. Cseh 255
198 lbs.
M. John 420
D. Currier 380
D. Mitchell 355
M. McEntee 350
J. Bonilla 300
R. Ricard 275
220 lbs.
K. Mattson 550
C. Ryan 365
E. Johnson 360
J. Roberts 350
242 lbs.
P. Williamson 440
D. Gregory 430
D. Henry 425
P. Thomen 380
S. Walters 365
275 lbs.
J. Miller 595
Bernier, Jr 295
SHW
C. Cadorette 420
Master (35-50)
K. Mattson 550
M. John 420
B. Kernoff 365
D. Sqrai 330
R. Gagne 235
D. Mitchell 355
B. Cseh 255
B. Bean 240
Grandmaster (51-60)
P. Williamson 440
E. Johnson 360
R. Blow 340
J. Burrows 270
Senior
Grandmaster (61+)
R. Cseh 220

Best Lifter: Jason Miller. Overall Team Winner: Lydonville Viking Power Team. For the first annual bench press meet, it was a huge success. Thanks to Rick Poston. Rick is now back promoting after 14 years. Rick promoted the Florida state bench press championships from the 1980's to 1991. Welcome back, Rick. The late Debra Poston once held the World Record for best bench press of all time, 332.5 in 1985. Congratulations to all competitors. Also, thanks to Powerlifting USA for posting these results. (results courtesy Rick Poston)

APA Iron Warrior Open
10 SEP 05 Bartow, FL

BENCH
MEN
Master III
Churchman 380
A. Speech 315
L. Lichtle 260
Drug Free
198 lbs.
C. Lui 435
242 lbs.
J. Skerry 350
308 lbs.
C. Dixon 535
Open
308 lbs.
K. Helm 450
DEADLIFT
MEN

Blake Luce at the APA Iron Warrior

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance

First Name Last Name Middle Initial Today's Date

Street Address City State Zip Code

Telephone Number E-Mail address Date of Birth

Sex Social Security Number Signature (Parent if under 18 years old)

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Nancy Winship pulls in Bartow, FL

Open
275 lbs.
P. Barnes 550
308 lbs.
K. Helm 600
CURL
MEN
Drug Free
Push-Pull
Submaster
M. Franz
Drug Free
275 lbs.
D. Silverbloom
WOMEN SQ
148 lbs.
N. Winship 135
198 lbs.
R. Friedman 165
MEN
Drug Free
220 lbs.
B. Luce 580
Open
275 lbs.
K. Mink 650
Teen (13-15)
R. Lynch 275
4th-SQ-290
Teen (16-17)
B. Palant 340
Teen (18-19)
M. Faas 385
R. Carr 295
Submaster
D. Daubert 675
4th-SQ-700
Master-I
R. Smith 700
Master-III
F. Hollander 335

165 lbs.
L. Lichtle 130
Master I
J. Lynch 123
Master III
L. Lichtle 130
J. May 100
4th-110

	BP	DL	TOT
	450	500	950
	385	135	520
	BP	DL	TOT
	85	221	436
	115	221	501
	4th-DL-225		
	580	400	600	1580
	650	480	630	1760
	275	125	370	770
	340	260	335	960
	385	265	415	1065
	295	195	420	910
	675	535	600	1810
	700	275	650	1625
	335	285	455	1075

Best Lifters: Full Power: Donald Daubert, Push-Pull: Mike Franz, Bench Press: Chris Dixon, Deadlift: Keith Helm, Curl: Lee Lichtle. A very special thanks to the Gym of Bartow, Florida for hosting this great event. I would also like to thank all the referee's, spotters, and loaders for doing an outstanding job and Florida APA State Chairman Brian Highnote for bringing equipment, judging, updating the state records that were being set at this meet right on the spot, and giving a free seminar to many of the new lifters after the meet was over. Talk about dedication to the sport! Lifters ranged in age from 14 (Ray Lynch) to 72 (Nancy Winship) and all of the lifters managed to set some state records with Nancy setting several master World Records as well. Lots of spectators showed to cheer the lifters on. (Thanks to Scott Taylor, APA President, for these results)

Lebanon County High School
11 JUN 05 - Fredericksburg, PA

WOMEN	BP	DL	TOT
Light			
123 lbs.			
S. Lenton*	80	215	295
114 lbs.			
E. Dreibelbis	85	165	250
Mid.			
148 lbs.			
A. Leibig	85	155	240
MEN			
9th Grade			
132 lbs.			
D. Myer*	185	315	500
275 lbs.			
J. Walmer	225	415	640
10th Grade			
132 lbs.			
J. Arnold	165	345	510
148 lbs.			
D. Ziegler*	210	380	590
165 lbs.			
A. Koch	210	365	575
J. Monk	205	355	560
11th Grade			
123 lbs.			
J. Achenbach*	195	360	555
148 lbs.			
M. Myer	210	385	595
K. Achenbach	210	380	590
242 lbs.			
I. Norman	225	360	585
12th Grade			
132 lbs.			
C. Ziegler	190	360	550
A. Clements	160	300	460
220 lbs.			
R. Bugg*	275	480	755
M. Templin	330	420	750
S. Achey'	225	375	600
275 lbs.			
Z. Barshinger	265	475	740
HWT			
R. Emerich	265	435	700

*=Best Lifters. This was a raw meet. Meet Director: John Monk Jr. Officials: Bill Spayd, Denny Habecker, Ed Shock. Loaders: Chris Gates, Cale DeMille. Scorers: Vicki Monk and Morgan Schmeck. Women's: Sara Lenton. Men's 9th Grade: Duane Myer. Men's 10th Grade: Dave Ziegler. Men's 11th Grade: Justin Achenbach. Men's 12th Grade: Ryan Bugg. (Thanks to John Monk for providing these contest results)

USAPL Twin Cities Open
13 AUG 05 - Rosemount, MN

BENCH				
WOMEN				
148 lbs.				
C. Trucano	65			
MEN				
WOMEN	SQ	BP	DL	TOT
Open				
114 lbs.				
Shuttleworth	122	82	115	320
198+ lbs.				
S. Rausch	—	—	—	—
Open/Master-1				
132 lbs.				
J. Drenth	132	67	142	342
Open/Junior				
165 lbs.				
M. Johnson	—	—	—	—
MEN				
Teen				
198 lbs.				
J. Moller	170	142	180	492
Open				
198 lbs.				
S. Timomen	282	157	307	740
J. Icenhour	250	155	285	685
J. Palen	227	150	242	620
220 lbs.				
M. Edelstein	260	182	287	735
J. Canton	265	167	260	692
242 lbs.				
R. Kolbeck	—	—	—	—
Junior				
165 lbs.				
C. Miller	190	117	195	502
Master (40-49)				
181 lbs.				
J. Carlin	167	110	187	465
220 lbs.				
G. Grahn	222	157	222	602
SHW				
M. Ricker	100	227*	292*	605
Master (50-59)				
220 lbs.				
G. Edwards	205	170	222	600

*=State Records. (results courtesy USAPL)

15th Weightlifting Unlimited BP
23 APR 05 - Winchester, VA

BENCH			
WOMEN			
B. Graube	340!		
M. Oliver	270		
R. Shiley	75		
MEN			
198 lbs.			
D. Colbath	165		
C. Fletcher	115*		
D. Lillegaard	80*		
R. Lislegard	—		
J. Little	192*		
Teen			
C. Daube	275		
B. Maness	225		
S. Shiley	155		
R. Shiley	75		
Master (40-49)			
R. Robinson	580!		
S. Zerbe	350		
R. Dattista	400		
R. Shily	320		
Master (50-59)			
B. Shaffer	380		
B. Carmack	400		
D. Reid	265		
Master (60+)			
G. Litos	205		
Submaster			
R. Drummond	520		
S. Kuzma	520		
D. Lang	440		
Light Raw			
M. Mullins	385		
D. Tabler	250		
Heavy Raw			
L. Roberts	460		
J. Kenney	460		
Open			
148 lbs.			
S. Zerbe	350		
C. Daub	275		
J. Hoover??	55		
165 lbs.			
J. Baer	440!		
T. Shiley	200		
181 lbs.			
R. Dibattista	400		
J. Richard	340		
C. Wright	310		
198 lbs.			
T. Ghattas	400		
220 lbs.			
J. Shifflett	325		
242 lbs.			
R. Robinson	580!		
B. Tabler	525		
R. Shiley	320		
275 lbs.			
B. Drummond	520		
Heavy			
J. Graube	600		
B. Carmark	400		
B. Yonker	380		
Novice			
148 lbs.??			
C. Daub	275		
R. Jubtree??	185		
165 lbs.??			
J. Cook	180		
181 lbs.??			
J. Richard	340		
C. Wright	310		
L. Brown	225		
198 lbs.??			
T. Burgess	300		
R. Rend	235		
275 lbs.??			
B. Yonker	380		

!=Best lifter awards. We would like to thank spotters and loaders Jeff Hickerson and Rick Northcraft. Thanks to John Shifflett for running the head table. Thanks to judges William Thacker, Marty Macaboy, and one of West Virginia's strongest powerlifters coming out of retirement, Tommy Everhart. A special thanks to Randy Brooks for organizing a great 15th year, for this contest. We hope to see everyone next year for the 16th. Also, thanks to all Weightlifting Unlimited members for helping make this meet a great success. (Meet results provided courtesy of Randy Brooks)

USPF National BP/DL
13 AUG 05 - Austin, TX

BENCH			
WOMEN			
165 lbs.			
Open			
M. Asp	157.5!		
198 lbs.			
Master (65 69)			
D. Rawe	47.5		
MEN			
123 lbs.			
Open & Sub			
V. Williams	100		
Submaster (35-39)			
V. Williams	100!		
132 lbs.			
Junior (13-15)			
K. McCartan	67.5		
181 lbs.			
Master (60-64)			
L. Cramer	127.5		
4th-128.5!			
Master (50-54)			
H. Meier	—		
220 lbs.			
Open			
C. Martinez	177.5		
275 lbs.			
Open			
R. McCoy	252.5		
308 lbs.			
Open			
M. Sparkman	270		
308 lbs.			
UL			
M. Sparkman	—		
DEADLIFT			
WOMEN			
198 lbs.			
Master (65-69)			
D. Rawe	107.5		
MEN			
132 lbs.			
Junior (13-15)			
K. McCartan	110		
275 lbs.			
Open			
R. McCoy	300		
Master (45-49)			
T. Bruner	320!		
4th-321			
308 lbs.			
Open			
C. Saunders	350!		
P. Leonard	295		
Submaster (35-39)			
P. Leonard	295		
Police			
P. Leonard	295		

!=American Records. American Single Lift Bench Records set: Mari Asp, Van Williams. American Single Lift Deadlift Records set: Tim Bruner, Carlton Saunders. Best Lifter Women Deadlift: Dorothy Rawe. Best Lifer Men Deadlift: Carlton Saunders. Best Lifter Bench Women: Mari Asp. Thanks to all of our valuable help at the meet. Tim Bruner, Meet Director, National referee. John Sanchez, National referee. Gene Bell, National Referee. Les Cramer, National Referee. Marlene Bruner, Scorekeeper, Tamra Owens, Scorekeeper, JD Lewis, Spotter, Jeremy Woodard, Asst. Meet Director, Spotter, Ted Bruner, Spotter, Score table computer input, Expediter. (Results courtesy Steve Denison)

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***Ben Brown** from Massachusetts.*

NASA Tri-State
30 JUL 05 - Flora, IL

BENCH				
105 lbs.				
Teen				
G. Brown	95!			
165 lbs.				
High School				
F. Brown	145!			
Push/Pull		BP	DL	TOT
105 lbs.				
Teen				
G. Brown		95	200	295!
165 lbs.				
High School				
F. Brown		145	300	445!
MALE	CR	BP	DL	TOT
114 lbs.				
Teen				
J. Phillips	57.5	95	190	
342.5				
181 lbs.				
Masters-3				
R. Corey	295	—	—	—
FEMALE	SQ	BP	DL	TOT
105 lbs.				
Pure Novice				
G. Brown	175!	95!	200	
470.2!				
148 lbs.				
High School				
A. Mizell	135	80	190	405
165 lbs.				
High School				
F. Brown	315!	145	300	760
MALE				
114 lbs.				
High School				
A. Lutman	225	115	265	605
Teen				
J. Sutter	180	105	240	545
132 lbs.				
High School				
L. Harris	260	140	295	695
C. Harris	235	150	285	670
165 lbs.				
High School				
A. Hall	405	215	405	1025
198 lbs.				
A. Winkle	385	190	400	975
220 lbs.				
High School				
R. Burlison	350	195	375	920
SHW				
High School				
T. VanNote	510	310	440	1280
198 lbs.				
Intermediate				
C. Stumke	455	200	405	1060
181 lbs.				
Submasters-1				
B. Brown	400	285	555	1240
198 lbs.				
Masters-2				
K. Pickens	490	335	440	1265

!=American Records. Quality over quantity has long been the heart of the NASA Tri-State Regional Championships. That's why when there were more than 50 lifters in 2004, a 50-lifter limit was placed on the number of entries. This year, only 16 competitors entered, resulting in plenty of time for each lifter to enjoy the experience. Benjamin Brown traveled half way across the country to enjoy a small meet. The result was the Massacussetts lifter posted an outstanding 1240 total, lifting raw in the 181 Submasters-1 Division. Not only did Benjamin take home a plaque, he claimed the Outstanding Lifter Trophy with the 1240 total. He made nine of 10 lifts during the quick meet, capping off the day by dragging an American Submasters-1 Record effort of 561 to a locked out position. Young Justin Phillips, who entered the meet way back in March, stepped up from the Youth Division into the Teen Division to break all four existing State Teenage marks in Power Sports. Justin also took a plaque and trophy back to the Chicago suburb of Sugar Grove as the Outstanding Power Sports Lifter. Ron Corry, who like Justin, entered the meet at Greg VanHoose's March meet, had an excellent meet by anybody's standards but his own. The Master's-3 American Record in Power Sports Bench, was rock solid in locking out lifts of 275, 285 and 295, but couldn't get his long arms extending when he tried to increase his American Record of 305 to 307.5. Still he added a State Record for regular bench press with his 295, plus claimed a Best Lifter trophy for Bench Press. A year ago, Felicia Brown made her powerlifting debut at this meet. A member of the Flora High School cheerleading squad, the 15-year old put together an excellent day, setting three American Records, and four Illinois State Records. Fe-Fe, weighing in just over the 148-pound class at 151, easily locked out a 315-pound squat to break NASA Athlete of the Year Bethany Schwaninger's state mark. Her 760 total also eclipsed Beth's standard. Those went in the book along with State and American high school records in the Bench Press and Push/Pull. Her 315 squat was also a new American Standard, but a failed attempt at 335 took enough out of her she missed an American Record effort of 157.5 pounds in the bench press after having successfully pushed up 170 pounds in training. Felicia's little sister, Gabrielle "The Beast" Brown struggled through a long day, despite setting five American Records. Gabby broke the American Record for squats, bench press and total, plus regular bench press and set a new standard for Push/Pull, while going six-for-nine on the day. She capped off her day with a 200-pound deadlift, just short of double bodyweight. The Mustang Powerlifting Team, from Colfax, continued to be a strong, drug free presence in Illinois powerlifting, breaking a host of State Records. Leading the Mustangs was big Travis Van Note, who began his lifting in the Youth Division. Now, the 333-pound, 15-year old, owns all four State High School records in the Superheavyweight Division. One of the highlights anytime the Mustangs are on the platform is the brotherly competition between twins Lucas and Calvin Harris in the 132-pound class. Lucas was a perfect nine-for-nine on this day and as a result, edged his brother 695-670. Adam Lutman, giving away weight in the 114 class, increased the State Standards set by the Harris Brothers with lifts of 225, 115, and 265 for a total of 605. Luke's State total mark had been 495. Josh Sutter set all new State marks in the 114-pound Teenage Division. Not all of the records were broken by Mustangs. Andrew Hall, a 17-year old from Galatia, deep in Southern Illinois, broke three of the four existing records in the 165-pound High School Division with lifts of 405 in squads, 405 in deadlifts

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and a 1025 total. Once again, help abounded with Tobey and Dr. Daryl Johnson driving up from Blytheville, Ark., to judge, plus Tobey spent a large portion of the day announcing. Keith Pickens was listed as a lifter, but spent a great deal of time talking and helping younger lifters, he being the most veteran of all the lifters. The father and son spotting team of Danny and Mitch Gill picked up help from Jason Sanders, while wife and mother Cheri worked the table and had results tabulated when the final fourth-attempt deadlift hit the floor. Diana Rutland served as both announcer and attempt card person. April Henson made this her final appearance on the judging platform before leaving for Hawaii to be with her Marine Corps husband Adam. Dr. Frank Hettiger continued to be a fixture at the meet, serving as a judge and one of the major contributors for the annual cheerleading fund raiser. Dr. Hettiger's two daughters, Jessica and Laura, will both be cheering for the University of Illinois this year. Laura also holds all the State Records for NASA's 123-pound High School Power Sports Division. This year's meet brought in slightly more than $1,000 for the Flora High School cheerleaders. Next year's meet, which will continued to be the last Saturday in July, limited to the first 50 lifters. (Thanks to Smitty for these results)

Greg Rubio *benched 255 @ 132 at the Iron Boy Bench Press Classic*

Iron Boy BP Classic
10 SEP 05 - Clemmons, NC

BENCH
WOMEN
Raw
123 lbs.
Teen (18-19)
M. Shanks 85
165 lbs.
Junior
H. Johnson 140
Novice
J. Wilkins 130
181 lbs.
Submaster
H. Isbell 155
198 lbs.
Master (40-44)
M. Boyles 180
MEN
148 lbs.
Open
R. Wess 270
165 lbs.
Open
M. Allah 340
4th-350
Novice
D. Peirce 320
181 lbs.
Master (60-64)
J. Shoaf 265
Novice
S. Durham —
198 lbs.
Police/Fire
T. Isbell 410
Master (40-44)
D. Peeler 325
275 lbs.
Open
J. Smith 630
C. Rabon 610
Master (40-44)
C. Rabon 610
319 lbs.
Teen (18-19)
D. Everhart 605
Submaster
B. Weaver 580
SHW
Open
M. Neal 655
4th-665
Raw
114 lbs.
Teen (12-13)
T. Payne 75
4th-80
Teen (14-15)
A. Nelson 145
132 lbs.
Teen (16-17)
C. Ladd 145
148 lbs.
Teen (12-13)
J. Haley 100
165 lbs.
Open
K. Wilson 305
Junior
A. Wilson 250
4th-260
Teen (16-17)
C. Martin 240
4th-245
Police/Fire
A. Wilson 250
4th-260
181 lbs.
Master (40-44)
B. Upchurch 305
Teen (18-19)
J. Sheffield 285
4th-295
Intermediate
J. Luckett —
Open
E. Shepard 195
198 lbs.
Open
B. Williams 450
Novice
M. Stacey 365
Master (55-59)
F. Summer 295
Teen (18-19)
T. Gordy 270
H. Dunn 235
220 lbs.
Intermediate
M. Banks 425
4th-440
Master (50-54)
D. MacMillan 370
Open
D. MacMillan 370
Novice
C. Brown 325
Submaster
R. Williams 275
Master (60-64)
K. Bayard 230
242 lbs.
Open
K. Barnhardt 450
J. Jennings 435
Master (40-44)
M. Weaver 340
Master (55-59)
K. Groves 355
275 lbs.
Open
M. Belk 565
Junior
J. Logan 425
319 lbs.
Master (45-49)
T. McVicker 450
4th-460
CURL
WOMEN
198 lbs.
Master (40-44)
M. Boyles 80
MEN
114 lbs.
Teen (12-13)
T. Payne 40
148 lbs.
Teen (12-13)
J. Haley 45
4th-55
181 lbs.
Master (40-44)
B. Upchurch 125
Master (60-64)
J. Shoaf 115
198 lbs.
Intermediate
D. Ouzel 140
Master (55-59)
F. Sumner 145
220 lbs.
Master (60-64)
K. Bayard 150
275 lbs.
Master (40-44)
C. Rabon 230
Open
C. Rabon 230
319 lbs.
Master (45-49)
W. Ferguson 140
SHW
Open
M. Neal 170

Bench First Place Teams: Open Raw-east Coast Barbell. Open-north Star Pride. Bench Female Outstanding Lifter: Maria Boyles. Bench Male Outstanding Lifter: Joey Smith. Bench Teen Outstanding Lifter: Daniel Everhart. Biggest Bench Lift 220+: Michael Neal. Biggest Bench Lift 198 and Under: Barry Williams. (Thanks to Keith Payne for providing these contest results)

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"Almost-Forgotten Old School Training Tool Makes Massive Comeback... Gives Spectacular New Gains for Those in the Know..."

Donnie Thompson—like so many of the world's leading strength athletes—is certified in Pavel's unique ***Russian Kettlebell Challenge*** system and uses kettlebells manufactured by ***Dragon Door Publications.***

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2005 MHP NEW JERSEY'S STRONGEST MAN

2nd Year Strongman Contest Gives Back to the Community

East Rutherford, NJ — On September, 24th, professional strongman Cameron Gardner of Montclair, NJ held the 2nd annual **MHP New Jersey's Strongest Man** amateur Strongman contest at Strong and Shapely Gym in East Rutherford, NJ. Thirty seven competitors in four classes battled it out in five events: axle clean and press, farmer's walk, fire truck harness pull, tire flip medley, and the Atlas stones.

The heavyweights saw a landslide victory by 300lb Doug "The Terminator" Kirby. Doug won 4 or 5 events and coasted to another victory making this his fourth contest win in a row. In the lightweight division, Jamie Niewojma of the Linden Yard crew battled with NPC bodybuilder Chris Perticari for most of the contest, but Niewojma was able to come up with the victory. Perticari was the only lightweight to finish the fire truck pull.

The lightweight teen winners were brothers Nick and Mike Reo of Nutley, NJ, who both tied on final points and number of events won. Judges used bodyweight to decide the winner and younger brother, sixteen year old Mike Reo, won by 2 lbs. The heavyweight teens had a great battle, but it was Shawn Curcio, weighing in excess of 300 lbs. and training out of Linden Yard in Hamilton, NJ who got the win.

Cameron Gardner, professional Strongman and contest organizer said, "The amateur Strongmen have all done extremely well. In fact, the The 900 pound tires that they're flipping are the same size tires that the pros use!" All winners received a $200 MHP supplement package. Half of the admission money raised went to the Red Cross for relief efforts with hurricanes Katrina and Rita, while the other half went to the East Rutherford Fire department.

POWER EATING... is your nutritional guidebook to gaining muscle while cutting fat. Written by a consultant to the NBA, NFL, and world class bodybuilders, POWER EATING focuses on the specific dietary needs of serious strength trainers. This 2nd edition contains all the updated info on building strength and power, increasing energy, and losing fat. A unique rating system is available in the book to determine if a particular supplement will be worth the investment to you, possibly useful, a waste of time, or harmful. POWER EATING is available from Powerlifting USA, Box 467, Camarillo, CA

2005 MHP - New Jersey's Strongest Man
Heavyweight Division (Open)

	Axle Press		Farmer's Walk					Truck Pull					Tire Medley					Atlas Stones				
Competitor	No.	Score	Order	Distance	Time	Score	Sub-Total	Order	Distance	Time	Score	Sub-Total	Order	No.	Time	Score	Sub-Total	Order	No.	Time	Score	Total	Place
Giammerresi	0	0	1	26	60	4	4	4	23	60	1.5	5.5	1	2	60.00	1	6.5	1	0	60	0	6.5	13
Kirby	11	13	13	100	14.45	12	25	12	50	47.19	13	38	13	6	39.66	13	51	13	5	21.59	13	64	1
Beyers	7	10.5	10	100	16.31	10	20.5	10	50	55	11	31.5	11	6	51.51	12	43.5	12	4	27.6	10	53.5	3
Kiefer	0	0	2	93	60	7	7	7	37	60	5	12	5	5	51.28	6	18	4	3	20.35	4	22	10
Downing	5	8	8	65	60	6	14	6	23	60	1.5	15.5	2	6	54.60	9	24.5	6	3	10.3	6	30.5	8
Schweder	7	10.5	11	100	16.2	11	21.5	11	50	56.1	10	31.5	10	6	52.88	11	42.5	11	5	30.56	12	54.5	2
Oneil	1	3.5	3	0	60	0	3.5	1	38	60	7	10.5	6	4	28.40	3	13.5	3	3	19.5	5	18.5	11
Perkins	3	6	6	100	21.47	8	14	8	38	60	7	21	8	4	21.78	5	26	7	4	30	9	35	5
Guiliani	1	3.5	4	64	60	5	8.5	5	25	60	3	11.5	3	4	29.75	2	13.5	2	3	22.06	3	16.5	12
Smith	6	9	9	6	60	2.5	11.5	3	38	60	7	18.5	7	6	57.20	8	26.5	8	4	34.9	8	34.5	6
Millheiser	4	7	7	100	18.53	9	16	9	50	48	12	28	12	6	53.40	10	38	10	4	19.8	11	49	4
Recco	8	12	12	100	13	13	25	13	26	60	4	29	4	4	24.18	4	33	9	0	60	0	33	7
Bossowski	2	5	5	6	60	2.5	7.5	2	45	60	9	16.5	9	6	58.05	7	23.5	5	4	50.7	7	30.5	9

***Mike Hamby** broke 700 at the WABDL Arkansas meet (Namea Designs)*

WABDL Arkansas State
14 MAY 05 - Ft. Smith, AR

DEADLIFT
MEN
Class-1
242 lbs.
T. Doyle 540*
Junior (20-25)
275 lbs.
J. Coin 451*
Master (47-53)
259 lbs.
E. Morgan 622
Master (54-60)
275 lbs.
T. Morgan 529
Open
259 lbs.
T. Putman —
Submaster (34-39)
259 lbs.
T. Putman —
Teen (13-15)
105 lbs.
Z. Dwinell 170
165 lbs.
C. Rayner 424*
198 lbs.
D. Webb 325
4th-342*
BENCH
MEN
Class-1
165 lbs.
D. Tyrrell 352
181 lbs.
K. Sawyer 314
259 lbs.
T. Putman —
275 lbs.
W. Trentham 374
308 lbs.
J. Sayre 424
4th-441
Junior (20-25)
132 lbs.
C. Johnson 270
4th-303*
275 lbs.
J. Coin 220*
Master (40-47)
259 lbs.
R. Presley 336*
Law/Fire
Master (48+)
275 lbs.
R. Hood 529
Law/Fire
Open
220 lbs.
M. McCune 336*

Law/Fire
Submaster
220 lbs.
J. Flynn 325*
M. McCune 336*
Master (40-46)
181 lbs.
R. Blythe 253*
4th-264
220 lbs.
T. Luce 429
242 lbs.
T. Ward 529*
Master (47-53)
198 lbs.
R. Mace 319*
220 lbs.
N. Dwinell 479
275 lbs.
A. Webb 424
309+ lbs.
D. Jackson 259*
Master (61-67)
259 lbs.
J. Duckett 363*
Master (68-74)
165 lbs.
H. Hager 220*
181 lbs.
T. Lewis 259
Open
309+ lbs.
M. Hamby 705*
Submaster (34-39)
165 lbs.
P. Silva 402*
D. Tyrrell 352
4th-361*
181 lbs.
K. Sawyer 314
198 lbs.
V. Dobbs 259
259 lbs.
T. Putman —
308 lbs.
J. Sayre 424
4th-441*
Teen (13-15)
114 lbs.
B. Davis 176*
165 lbs.
C. Rayner 326!*
Teen (16-19)
148 lbs.
B. Harvey 203
M. Luce 214

***=State Records. !=World Records. This was the first WABDL meet in Arkansas, and 33 lifters showed. The meet director were Kevin Richmond and William Winkley. In the deadlift, Tony Doyle set an Arkansas state record in class-1 with 540 at 242. In junior men deadlift, Jason Coin set an Arkansas record 451.7 at 275. In master 47-53/259, Eddie Morgan pulled 622.7. He** formerly held the World Record at 655. He tried 661, but had trouble at the lockout. In teen 13-15/165, Chris Rayner set an Oklahoma record 424.2 and then went on to set a World Record 326.1, with at least 15 more pounds in him. His coach is Terry Putnam, who is bringing him along slow. In teen 13-15/198, Dustin Webb set an Arkansas record 342.6. Moving on to the bench, Jimmy Sayre set an Oklahoma record 441.8 in class-1/308. In junior 132, Charles Johnson set an Arkansas record with 303. At junior 275, Jason Coin set an Arkansas record 220. In law/fire master 40-47/259, Robert Presley set an Arkansas record 336. In law/fire master 48+/275, Ron Hood, o ne of the greatest master benchers of all time, put up 529. In law/fire open and submaster 220, Marc McCune set an Arkansas record 336. In law/fire submaster 220, James Flynn made an Arkansas record 325. Robert Preseley, Marc Cune, James Flynn, and the meet director Kevin Richmond, are all Arkansas state troopers. In master 40-46, Ross Bylthe set an Arkansas recofd 264.5 at 181. At 242, Tracy Ward is much improved with an Arkansas record 529 and was named the Outstanding Master Lifter. Moving on to the master 47-53/198, Raymond Marc set an Arkansas record 319.5 at 220. Nick Dwinell had trouble with his first and second attempts, but finally got o the board with 479.5, but short of his Oklahoma record 490.5. At super, Danny Jackson set an Arkansas record 259. In master 61-67/259, Jimmy Duckett set an Oklahoma record 363.7. In master 68-74, Harold Hager set an Arkansas record at 165 with 220.2. In open men, Mike Hamby opened with 661 weighing 345 and missed due to uneven lockout. Then he came back and made it, then he went to an easy 705.2 for an Oklahoma record. In submaster 165, Darrin Tyrell set an Oklahoma record 361.3, but Paul Silva of Arkansas set an Arkansas record 402.2 to beat him. At 308, Jimmy Sayre set an Oklahoma record 441.8. Jimmy keeps improving every meet. In teen 13-15/114, Brandon Davis set an Arkansas record 176.2 and as mentioned earlier, Chris Rayner set a World Record at 16-15/165 with 326.1, and was ably coached by Terry Putakin??. The judges were Ron Hood, Jimmy Duckett, Cale Sherwood, and Austin Webb. The MC was Gus Rethwisch. Kevin Richmond and William Winkley made it all happen. The main sponsor was House of Pain. (Results provided byGus Rethwisch)

WABDL House of Pain World Cup
30 APR 05 - Dallas, TX

DEADLIFT
WOMEN
Submaster
105 lbs.
J. Ocampo 286
MEN
Class-1
148 lbs.
A. Fernandez —
181 lbs.
M. Pellnger 518
198 lbs..
C. Bell 628
220 lbs.
P. Daniels 551
242 lbs.
W. Smith 462
R. Morgan 440
259 lbs.
J. PolloCk 429
G. Hutchison 407
Junior (20-25)
220 lbs.
E. Gunn 750!
Master (47 53)
198 lbs.
J. Mauldin 507
220 lbs.
D. Burlingame 617
Master (54-60)
165 lbs.
J. Christian 462
Open
181 lbs.
J. Ojeda 490
198 lbs.
C. Bell 628
Mil-Homens 628
220 lbs.
D. McClean 661
D. Burlingame
617
Submaster (34-39)
181 lbs.
M. Pettinger 518
Teen (16-19)
165 lbs.
K. Battey 374
220 lbs.
J. Calvo 534
BENCH
WOMEN
Law/Fire
Open
114 lbs.
L. Levine 121
Submaster
105 lbs.
J. Ocampo 137
Master (40-46)
106 lbs.
T. Schrank 137
Open
114 lbs.
L. Levine 121
MEN
Class-1
132 lbs.
D. Kearny —
148 lbs.
A. Fernandez 286
165lbs.
S. Grisham 375
4th-380
D. Smith 352
181 lbs.
K. Sawyer 325
4th-330
198 lbs.
C. Bell 501
J. Frickey 436
220 lbs.
M. Berteaux 457
P. Daniela 424
P. Arriaga 413
D. Skeens 381
4th-402
242 lbs.
L. Holley —
Gibson 402
W. Smith 380
R. Morgan 325
259 lbs.
J. Pollock 341
275 lbs.
C. Smith —
308 lbs.
J. Sayre 424
S. Mala 402
Junior (20-25)
220 lbs.
E. Gunn 468
D. Skeens 381
4th-402
259 lbs.
K. Lloyd 501
Master (40-47)
242 lbs.
L. Holley —
Law/Fire
Master (48+)
SHW
P. Lattanzi 523
Law/Fire
Open
165 lbs.
K. Cook —
Submaster
220 lbs.
P. Arriaga 413
259 lbs.
C. Sherwood —
S. Ross 534
Master (40-46)
165 lbs.
K. Cook —
198 lbs.
D. Moser —
M. Arrendell 501
J. Frickey 436
K. Mauer 308
259 lbs.
D. Mann 512
275 lbs.
J. Stewart 672
SHW
T. McKinney —
J. Mauldin 336
M. Berteaux 457
Master (47-53)
220 lbs.
Burlingame 363
259 lbs.
R. Duncan 440
Master (54-60)
165 lbs.
D. Brigance 187
198 lbs.
J. Parsons 341
220 lbs.
D. Bell 380
259 lbs.
G. McCoy 479
S. Finegan —
G. Knight 435!*
308 lbs.
Rosborough 429
Master (61-67)
220 lbs.
B. Bassman 363
SHW
B. Taylor 341
Open
181 lbs.
T. Jewett 501
J. Ojeda 352
198 lbs.
J. Whitney 523
C. Bel 501
M. Arrendell
J. Gardner 496
Mil-Homens 496*
220 lbs.
C. Matthews 558
242 lbs.
E. Wright 622
259 lbs.
J. Erickson 619!
B. Bell 651
275 lbs.
S. Finegan —
J. Stewart —
308 lbs.
M Morrow —
T. Meeker 843!
Submaster (34-39)
181 lbs.
K. Sawyer 330
198 lbs.
J. Whitney 523!
242 lbs.
P. Pamel 650!
259 lbs.
S. Ross 534
C. Sherwood 452
T. Meeker 843!
E. Morrow 501
J. Sayre 424
Teen (13-15)
123 lbs.
M. DeLaCruz 192
Teen (16-19)
165 lbs.
K. Battey 225
181 lbs.
B. Bond —
T. Jewett 501!
220 lbs.
D. Calvo 369

***=National Records. !=World Records. The big story of this meet was Tiny Meeker smoking 843 in the bench, after missing it the first time. Tiny has bombed in many meets in different federations, but not on this day. It was the highest bench of all time, in a single ply shirt and drug free to boot. He weighed in at 296.6. Other World Records in the bench were set by John Eridson, who did 619.4 at open 259, to beat Scott Hoekstra's record by one pound. James Whitney set a World Record in submaster 198 with 523.5. Patrick Parnel set a World Record in submaster 242 with an easy 650.2. James Whitney is one of the best benchers in WABDL with a 534.5 to his credit, weighing only 198.8. In law/fire, he may be the best pound for pound with the exception of Matt Lamarque. In teen 16-19/181, Trey Jewett set a World Record of 501.5, which is astronomical. He's a fighter and very tough mentally, for a teenager. A National record in the bench was set by Gene Knight in 54-60/308 with 435.2. Ernie Mil-Homens set a Canadian record 496 in open 198. Texas state records in the bench were set by Pete Lattanzi in law/fire master 48+, at superheavy, with 523.5. Steven Ross had a break through meet with 534.5 in law/fire submaster 259. In master 47-53/259, Rich Duncan is Texas best with 440.7. In master 61-67 superheavy buddy Taylor is the best Texas has to offer with 341.5. Teresa Schrank is the best Texas lady in master women 40-46/105 with 137.7. James Whitney, in addition to his law/fire World Record, is at the top of the heap in open 198 in Texas with 523, and that covers some very good Texas lifters like Hoss Rhoton and Patrick Thomas. In open 220, Chad Mathews put up a Texas size lift with 556.5. There's no finer Texan in that category. At open 242, Eric Wright lifted a modest size Texas steer with 622.7 to be best in the lone star state. At open 259, Brian Bell is another tough Texan who quietly popped 551 to stand tall in the saddle in Texas. And finally, Matt De La Cruz, who is only 14, is a Texas yearling wanting to become a Texas bull and showed he's not too far away with 192.7, weighing only 122. Other Texas bench records were set by Shawn Grisham in class-1, with 380.2 on a 4th and Chad Bell that humorist cowboy, who tongue in cheek popped 501.5 at class-1 198. Chad will always make you laugh somehow, you just never know how! Louisiana records in the bench were set by Jason Frickey in class-1 198, with 436.3. David Skeans in class-1 220 did 402.2 on a 4th and that was also a junior Louisiana record. Jason Frickey also set the Louisiana record in master 40-46/1998 with that 436.3. A Colorado bench record was set by Mike Berteaux with 457.2 in class-1 and master 47-53 at 220. Mike has competed in about 13 different states in WABDL. His job in homeland security takes him all over. Oklahoma records were set by Kevin Sawyer in submaster 181 with 330.5. Joseph Parsons 341.5 in masater 54-60/198 and Cale Sherwood 452.8 in submaster 259. And, of course, John Erikson and Geno Knight who were mentioned previously with world and national records respectively. David Brigance set an Arkansas record with 187.2 in master 54-60/165. Moving onto the deadlift, the only World Record set was Eric Gunn who pulled a huge 750.6 in junior 220! Eric is a fighter - not somebody you would want to meet in an alley. State records were set by Michael Pettinger from Illinois in class-**

***Tiny Meeker** was pleased with his 843, but wants 900, if not more!!*

***Among the Top Performers** at the WABDL House of Pain World Cup were Trey Jewett and, above, James Whitney (Namea Designs photos)*

1/181 with 518. And, Chad Bell in class-1/198 pulled a Texas size record 628.2 and went crazy afterwards to show his satisfaction. As I said before, Chad is never boring and he is fun to watch. He really gets into his lifting, as do all of the guys from Denton. Jamey Mauldin, in master 47-53/198 pulled a Texas record 507 with no room to spare. He pulled it on heart. Jonna Ocampo, in her first meet, coached by Gus Samuelson, pulled a high co-efficient Texas record 286.5 in submaster 105. Jonna is also a boxer and trains at Gus' gym, where some of the best boxers in Texas train. Gus says, "She's no bleeder, but she can make all her opponents bleed." in other words, she can take a punch and drops bombs on the opponents various body parts. I want to thank Jason of House of Pain, for bringing the kilo set, both loading and unloading. Keigh Allen and Day Patterson of MAC Barbell, for supplying the warm-up weights and benches. Ivanko donated the kilo set. They have sponsored three complete sets for WABDL. Matt LaMarque and Bovine Strength Systems supplied the platform bench. Jamie Mauldin was the scorekeeper. The judges were Jim Snodgrass, Ken Anderson, Jason Jackson and Brian Welter. The MC was Gus Rethwisch. The sponsors were Rick Brewer of House of Pain, Shawn Madere of GLC Direct, the makers of the best joint formula on the planet, Bovine Strength Systems, Titan Support Systems with Pete Aloniz and Ken Anderson, Mike Lambert with Powerlifting USA, who has been covering my meets and powerlifting in general since 1977. The first meet Powerlifting USA covered was one that Mike Lambert lifted in - the first Hawaii World Record Breakers on March 11, 1977, from the Kuilina Hotel in Oahu, near Kahuku, Hawaii, on the north shore. The hotel is now called the Turtle Bay Hilton. That meet saw the biggest powerlifting attendance up to that time - over 1500 fans. Other sponsors were Chet Graskreutz of Ivanko, CSS Photo with Keith Lem, Apex Fitness Group with Neal Spruce and Odd Haugen, Elite Fitness Systems Distributors of the metal gear line with Dave Tate and Jim Wendler. Also sponsoring were Gus Samuelson and Mike Rockoff of Universal Nutrition and Ben E. Keith Beers distributors of Budweiseer. (Thanks to Gus Rethwisch for the results)

WOMEN'S FOR THE RECORD

AAU Open	APA Open	APC Open	APF Open		NASA Open	USAPL Open	USPF Open	WNPF Open
285 R. Fish		132 S. Biddle	308 Benford	97 SQ		330 A. Robbins	303 C. Jones	190 Newman
150 L. Barnes		71 S. Biddle	171 Benford	97 BP		170 L. Oliver	178 A. Leverett	120 Wright
285 L. Barnes		154 S. Biddle	337 Benford	97 DL		358 S. Scheffler	363 N. Belliveau	215 Newman
665 R. Fish		358 S. Biddle	795 Benford	97 T		799 A. Robbins	782 A. Leverett	510 Newman
280 A. Hudson	250 A. LaComb	303 A. Leverett	343 Barlow	105 SQ	192 Choy	352 J. Maile	330 P. Box	259 Gedney
154 N. Anderson	160 K. Fazzone	176 A. Leverett	209 Simmons	105 BP	132 Choy	214 J. Maile	212 A. Delmore	170 Goodman
319 C. Baqui	272 A. LaComb	325 A. Leverett	347 Benford	105 DL	270 Maxwell	403 J. Maile	402 M. Jones	305 Goodman
700 S. Conca	620 A. Lacomb	793 A. Leverett	887 Simmons	105 T	573 Choy	947 J. Maile	859 M. Jones	705 Goodman
340 D. McKinney	332 M. Kirkland	402 Kirkland	451 Sommers	114 SQ	297 Fry	369 S. Hartwig	402 M. Jeffrey	270 Whidden
200 D. McKinney	225 L. Pitts	176 Kirkland	248 Jeffrey	114 BP	126 Fry	214 S. Hartwig	248 M. Jeffrey	154 Whidden
385 J. Davis	345 M. Kirkland	352 Kirkland	407 Jeffrey	114 DL	275 Fry	413 Y. Change	435 D. Rowell	292 Zintmaster
890 J. Davis	835 M. Kirkland	931 Kirkland	1052 Jeffrey	114 T	677 Fry	964 J. Maile	1008 M. Jeffrey	699 Whidden
358 Kelii	400 J. Burkey		443 Weisberger	123 SQ	292 H. Hughes	380 M. Amsden	422 C. Boudreau	330 Schneidmill
220 Kelii	275 A. Blakley		281 Weisberger	123 BP	209 Yamashita	271 A. Awalt	253 M. Jeffrey	180 Schneidmill
380 B. Lee	320 K. Austen		440 Myers	123 DL	382 Yamashita	418 L. Adams	485 C. Boudreau	330 Schneidmill
953 Kelii	990 A. Blakley		11202 Jeffrey	123 T	873 Yamashita	1014 M. Amsden	1151 C. Boudreau	840 Schneidmill
330 H. Doolittle	400 A. Blakley	336 L. Thorpe	556 Avigliano	132 SQ	385 Tucker	446 B. Altizer	457 R. Shafer	340 Schneidmill
240 C. Boudreau	302 A. Blakley	176 L. Thorpe	284 Liggett	132 BP	209 Tucker	308 B. Altizer	292 R. Mathias	190 Schneidmill
455 C. Boudreau	320 K. Austen	308 L. Thorpe	485 Liggett	132 DL	407 Tucker	425 C. Nogle	479 R. Shafer	360 Schneidmill
1010 C. Boudreau	1062 A. Blakley	821 L. Thorpe	1234 Avigliano	132 T	1003 Tucker	1118 B. Altizer	1146 R. Shafer	865 Schneidmill
352 K. Walford	495 A. Vaughan	451 S. Baldwin	529 Liggett	148 SQ	413 Scheffler	518 P. Ribic	508 R. Shafer	350 Ulrich
248 K. Walford	305 A. Vaughan	303 S. Baldwin	352 Suzuki	148 BP	222 Scheffler	330 P. Ribic	292 V. Steenrod	215 Ulrigh
451 K. Walford	450 A. Vaughan	446 S. Baldwin	524 Dangerfield	148 DL	404 Scheffler	545 P. Ribic	538 R. Shafer	370 Sams
1052 K. Walford	1200 A. Vaughan	1201 S. Baldwin	1295 Ortega	148 T	1032 Scheffler	1388 P. Ribic	1245 R. Shafer	870 Ulrich
390 J. Loya	475 D. Ernie	352 VanDeusen	589 Vandeweghe	165 SQ	429 Scheffler	479 R. Phelps	537 T. Rohal	402 Musser
248 K. Walford	355 D. Ernie	235 VanDeusen	396 Erney	165 BP	225 Scheffler	300B. Wessler	363 J. Harrell	230 Musser
512 K. Walford	480 D. Ernie	314 VanDeusen	534 Dodd	165 DL	418 Scheffler	507 K. Walford	552 T. Rohal	440 McCloud
1129 K. Walford	1275 D. Ernie	903 VanDeusen	1444 Vdeweghe	165 T	1069 Scheffler	1256 P. Ribic	1355 T. Rohal	1050 Stevens
426 L. Belsito	455 K. Bergman	402 K. Packer	622 Mills	181 SQ		529 J. Watkins	551 T. Rohal	445 Bostick
253 K. Roberts	375 K. Allen	187 K. Packer	402 Grimwood	181 BP		314 J. Watkins	352 B. Priest	255 Bostick
451 L. Belsito	505 K. Bergman	358 K. Packer	589 Reshel	181 DL		507 J. Watkins	518 T. Rohal	450 Coates
1100 L. Belsito	1170 K. Bergman	947 K. Packer	1537 Mills	181 T		1350 J. Watkins	1350 T. Rohal	1130 Bostick
485 V. Hembree	500 K. Allen		634 Swanson	198 SQ	413 Ewing	507 L. Look	557 S. Corson	
308 V. Hembree	395 K. Allen		383 Harrell	198 BP	231 Ewing	280 K. Louque	363 J. Harrell	
452 V. Hembree	505 K. Allen		604 Reshel	198 DL	440 Ewing	490 L. Look	501 L. Costanzo	
1245 V. Hembree	1315 K. Allen		1565 Swanson	198 T	1084 Ewing	1240 L. Look	1339 L. Costanzo	
507 V. Hembree	371 E. Trevorah	181 H. Biddle	843 Swanson	SHW SQ	396 Boutte	628 L. Willett	611 J. Trujillo	450 Pole
308 V. Hembree	305 K. Franklin	93 H. Biddle	507 Swanson	SHW BP	242 Springer	402 L. Willett	336 J. Trujillo	303 Pole
523 V. Perry	450 P. Curry	209 H. Biddle	644 Swanson	SHW DL	451 Springer	501 C. Price	523 L. Costanzo	450 Pole
1289 V. Hembree	970 S. Summers	485 H. Biddle	1924 Swanson	SHW T	981 Springer	1521 L. Willett	1409 J. Trujillo	1105 Pole

Stephen Elmore, Best Lifter, *with his 600 BP at the SciFit meet (Joe D.)*

Sci Fit of GA BP
17 SEP 05 - Macon, GA

WOMEN	
Light	
C. Coker	100
Heavy	
P. Brown	105
MEN	
Master	
Light	
J. Fair	210
L. McCormick	185
Medium	
P. Newsome	420
Heavy	
B. Coleman	315
W. Buckley	405
Teen	
Light	
J. Benson	520
165 lbs.	
Novice	
T. Golden	350
Raw	
R. Campbell	280
R. Baretti	225
181 lbs.	
Raw	
J. Ryan	315
W. Deal	245
J. Morrison	235
Open	
S. Taylor	430
198 lbs.	
Open	
M. Driggers	500
C. Guilnut	375
Novice	
J. Patzer	335
220 lbs.	
Novice	
T. Niblett	405
Raw	
B. Brown	375
R. Kelley	245
Open	
D. Patterson	430
242 lbs.	
Novice	
A. Hamilton	425
Open	
M. Harris	440
A. Hamilton	425
275 lbs.	
Novice	
S. Love	430
Open	
S. Elmore	600
M. Webb	480
308 lbs.	
Open	
R. Baggley	515
SHW	
Open	
C. Stephens	485

(Thanks to Sci Fit of Georgia for results)

USAPL Virginia State (kg)
20 AUG 05 - Charlottesville, VA

BENCH				
148 lbs.				
Open Raw				
(45-49)				
D. Wilson	142.5			
198 lbs.				
(50-54)				
A. Statman	132.5			
(40-44)				
F. Becker	152.5			
Raw				
Yarborough	205			
275 lbs.				
Open				
Ironman		BP	DL	TOT
WOMEN				
Out of State				
114 lbs.				
(45-49)				
K. Muttart		42.5	102.5	145
148 lbs.				
(40-44)				
P. Johnson		40	107.5	147.5
In-State				
97 lbs.				
(20-23)				
D. Lane		30	80	110
MEN				
Out of State				
198 lbs.				
Open				
M. Jones		175	247.5	422.5
In-State				
148 lbs.				
Open Raw				
(45-49)				
D. Wilson		142.5	230	372.5
165 lbs.				
Open				
J. Cook		87.5	137.5	225
WOMEN	SQ	BP	DL	TOT
123 lbs.				
Open				
A. Sommers	130	60	140	335
G. Manuel	115	62.5	152.5	330
(50-54)				
K. Schmeets	102.5	60	125	287.5
MEN				
148 lbs.				
Open Raw				
(45-49)				
D. Wilson	160	142.5	230	532.5
Open				
(55-59)				
J. Harrop	195	107.5	227.5	530
181 lbs.				
220 lbs.				
Open				
R. Rogers	207.5			
242 lbs.				
Open				
D. Shifflett	260			
F. Schuetz	222.5			
Raw				
(40-44)				
K. Ryder	250			
Supers				
(55-59)				
R. Beuch	192.5			
(65-69)				
W. Breeden	137.5	90	182.5	410
198 lbs.				
(45-49)				
S. Johnson	242.5	157.5	237.5	637.5
Raw				
(50-54)				
D. Morris	150	80	192.5	422.5
(55-59)				
B. Lindsey	212.5	177.5	215	605
J. Harmon	145	132.5	210	487.5
220 lbs.				
Open				
J. Beck	340	227.5	320	887.5
(40-44)				
H. Gerard	300	235	290	825
Police				
G. Stang	195	182.5	217.5	595
242 lbs.				
Open				
A. Harmon	212.5	120	202.5	585
F. Schuetz	150	222.5	150	522.5
Raw				
(40-44)				
F. Becker	165	152.5	235	532.5
(60-64)				
M. Nichols	162.5	125	207.5	495
275 lbs.				
Open				
(40-44)				
K. Ryder	100	250	295	645
G. Mendoza	182.5	147.5	200	530
Supers				
Open				
(20-23)				
J. Wehrman	260	227.5	272.5	760
Open Raw				
K. Studevant	287.5	185	327.5	800
(55-59)				
R. Beuch	207.5	192.5	227.5	627.5
Out of State				
198 lbs.				
Open				
A. Campbell	235	147.5	237.5	620
220 lbs.				
Open				
J. Vititoe	287.5	215	250	752
(14-15)				
R. Burt	230	85	247.5	562.5
(45-49)				
D. Currence	275	205	275	755

(Thanks to John Shifflett for these results)

M.S.P. Push-Pull
26 FEB 05 - Warren, ME

MEN	BP	DL	TOT
148 lbs.			
N. Thompson	185	315	500
D. Bridges	150	325	475
165 lbs.			
D. Pratt	250	405	655
L. Kelly	200	425	625
181 lbs.			
G. Dares	275	500	775
C. Vann	235	505	740
A. Camden	285	450	735
198 lbs.			
T. Meggison	320	555	875
S. Benner	285	365	650
J. Gauthier	—	—	—
220 lbs.			
P. Randall	375	600	975
J. Cox	360	525	885
G. Neild	320	520	840
K. Corey	295	405	700
T. Woodman	225	405	630
242 lbs.			
T. Trask	315	605	920
J. Grant	335	450	785
D. McCluskey	275	470	745
275 lbs.			
R. Bishop	3151	500	815
D. Sproul	290	405	695
308 lbs.			
S. Ramsdell	295	500	795
SHW			
L. Millett	250	300	550

(Thanks to Jane & Al Stork for the results)

Connor Dantzer *- competed at the WPA World Bench Press, Deadlift, and Strict Curl Championships, and then followed up with an appearance on ABC's "Tony Danza Show", breaking his own world record in the deadlift. 11 year old Connor is a 4 time world powerlifting champion and holds 11 US national titles in judo and powerlifting. (photo courtesy of Dantzler)*

WPA World BP/DL/SC
2-3 OCT 05 Hanover, PA

BENCH	
FEMALE	
165 lbs.	
K. Roberts	225
MALE	
105 lbs.	
Youth	
J. Bingham	105
Youth	
114 lbs.	
N. Robertson	62
148 lbs.	
Master I	
D. Alba	360
Master II	
S. Gee	310!
Master III	
L. Cardon	340!
181 lbs.	
Submaster	
J. Baer	505*
198 lbs.	
Drug Tested	
B. High note	450
N. Kress	425
Open	
B. Highnote	450
Master II	
J. Wolbers	390
220 lbs.	
Drug Tested	
D. Griffith	425
Bodenbender	415
W. Skillings	350
Submaster	
Bodenbender	415
Master I	
W. Skillings	350
Master II	
M. Levin	385
275 lbs.	
Drug Tested	
C. Cregger	300
308 lbs.	
Drug Tested	
T. Petrino	700*!

***At the WPA Worlds** - Tony Petrino & Larry Cardon with their awards .... Kathy Roberts benches, and .. John Bosley in the curl competition.*

B. Tucker 500
Master I
T. Petrino 700!
B. Tucker 500
Open
B. Tucker 500
DEADLIFT
MALE
105 lbs.
Youth
C. Dantzler 155
Drug Tested
C. Dantzler 155
181 lbs.
Submaster
J. Baer —
Drug Tested
A. Mort 500
198 lbs.
C. Hood 425
Master II
J. Wolbers 580
220 lbs.
Drug Free
Charbonneau 535
Open
P. Forgone 600
Submaster
P. Forgone 600
STRICT CURL
MALE
114 lbs.
Open
C. Dantzler 32
165 lbs.
Drug Tested
E. Scheming 155!
B. Edwards 150
Master I
E. Scheming 155!
B. Edwards 155
Open
E. Scheming 155
220 lbs.
Drug Tested
W. Skillings 160
Charbonneau 125
Submaster
Bodenbender 140
Master I
W. Skillings 160
Master II
J. Bosley 150!
242 lbs.
Drug Tested
W. Robertson 160
Master I
W. Robertson 160
275 lbs.
Master IV
D. Joy 115!

!=Master World Records. *=World Records. Bench Press Best Lifter: Tony Petri no. Bench Press Master Best Lifter: Larry Cardon. Deadlift Best Lifter: Jon Wolbers. Strict Curl Best Lifter: Ed Scheming. Strict Curl Master Best Lifter: Don Joy. A great weekend of lifting took place and several records were set. I have not listed them all as I am not finished researching the records that were set however they should be listed on the APA website soon. Special thanks to Dan of Club 2000 and Joe Sauble for all their efforts getting this event ready to be a top quality meet. I would also especially like to thank the spotters and loaders who did a great job and referee's Nick Tsournoumis, Joe Sauble, Brian Highnote, Tony Petrino, Kathy Roberts, Wendy Edwards for doing an outstanding job. The meet went very smooth. Several 11 year olds showed up to compete in the youth 11-12 division. They were surprisingly good little lifters, and they had better form than a lot of adult lifters. It is unfortunate that behind the scenes somebody was making calls and informing people that the meet was supposedly canceled. In the long run this action will only turn around to bite them in the behind as some of the people who were told it was canceled later found that it was not the case. They had planned on lifting and were a bit angry to find out they had been lied to. Some will stoop to any low level for self promotion. The APA will return to Hanover, PA, very soon. We are finalizing a date as this is being written. I look forward to seeing many of the same lifters again and many new lifters. An no, the meet is not canceled. When in doubt always call the meet director. (Results provided by Scott Taylor)

***Jon Wolbers**-represented Canada. (this page photos courtesy Scott)*

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11 JUN 05 - Rancho Cordova, CA

DEADLIFT
WOMEN
Junior
181 lbs.
K. Womack 352*
198 lbs.
A. Kent 242
4th-259*
Master (40-46)
123 lbs.
S. Hedman 326
4th-336*
A. Barnhill 292
148 lbs.
S. Maher 330
181 lbs.
A. Sozzi 374*
UL
C. Ugarte 319*
Master (47-53)
105 lbs.
S. Abblelt 181*
UL
S. Valerhaus 282*
Master (61-67)
123 lbs.
R. McEwen 130*
Open
97 lbs.
A. Vallejo 282*
123 lbs.
J. Braguine 338
4th-347*
S. Hedman 328
4th-336*
A. Barnhill 292
148 lbs.
S. Armstrong 341
G. Gendotti 253
Special Olympics
198 lbs.
M. Adkins 203
4th-209
Submaster
97 lbs.
A. Vallejo 282*!
123 lbs.
J. Braguine 336
4th-347*!
148 lbs.
J. Watts 391
4th-402*!
Teen (18-19)
123 lbs.
K. Phipps 250
4th-259*
MEN
Class-1
165 lbs.
J. Maysa 407
181 lbs.
W. Potier 462
K. Herzik 429
220 lbs.
J. MacGregor 523
242 lbs.
M. West 523
S. Pena 518
D. Lindsey 429
259 lbs.
G. Stevens 540*
275 lbs.
D. Martinez 606
Junior (20-25)
165 lbs.
A. Pulizzi 479
4th-501*
J. Alves 99
198 lbs.
V. Karpenko 451
220 lbs.
T. Mendoza 501
Law/Fire
Master (40-47)
165 lbs.
L. Esquivel 352
259 lbs.
I. Soekardi 881
275 lbs.
W. Faulkner 710*!
Law/Fire
Master (48+)
308 lbs.
M. Burruel 511*!
Law/Fire
Open
275 lbs.
D. Martinez 606*
308 lbs.
M. Burruel 611
Master (40-46)
242 lbs.
G. Phipps 529
259 lbs.
I. Soekardi 661
D. English 617*
Master (47-53)
198 lbs.
G. Alves 440
220 lbs.
C. Sims 850
242 lbs.
H. Munro 534
Master (54-60)
198 lbs.
K. Kirk 358
242 lbs.
C. Ferris 413
T. Wright 407*
Master (61-67)
198 lbs.
R. Eriksen 440
Master (68-74)
165 lbs.
J. McEwen 225
4th-231*
Open
242 lbs.
I. Soekardl 622
308 lbs.
D. Freeland 655
Special Olympics
181 lbs.
M. Rentfrow 220
4th-248
220 lbs.
Z. Tichiva 270
4th-292
D. Cooley 214
4th-220
242 lbs.
J. Souza 259
4th-270
A. Foslar 242
4th-284
SHW
J. Mayes 347
4th-358
Submaster (34-39)
220 lbs.
A. Tortorelli 601
4th-606*
242 lbs.
I. Soekardl 622
V. Shaw 461
Teen (13-15)
114 lbs.
T. English 148*
123 lbs.
T. English 292*
148 lbs.
M. Phipps 292
4th-303*
181 lbs.
T. Jimenez 418*
A. Lindsey 270
O. Scarborough 385
M. Mokuau 380
4th-391*
D. Narigi 473
J. Hedman 374
242 lbs.
T. Peterson 578*
259 lbs.
M. McKee 462*
BENCH
WOMEN
Junior
181 lbs.
K. Womack 337
4th-352*!
198 lbs.
L. Vaterlaus 187*!
Master (40-46)
105 lbs.
D. Brown 174*!
123 lbs.
S. Hedmin 209*
132 lbs.
S. Rosenquist 121
148 lbs.
S. Maher 110
181 lbs.
A. Sozzi 214
C. Ugarte 181
Master (47-53)
165lbs.
M. VanDam 181
4th-198*
198 lbs.
D. Plank 187*
S. Vaterlaus —
Master (61-67)
123 lbs.
R. McEwen 82
4th-85*
Open
114 lbs.
K. Asnenson 220*!
123 lbs.
S. Hedman 209*
A. Barnhill 159
148 lbs.
S. Armstrong 220
G. Gandotti 110
181 lbs.
K. Womack 337
4th-352*!
Special Olympics
198 lbs.
M. Atkins 88
Submaster
97 lbs.
A. Vallejo 159*!
114 lbs.
K. Asnenson 220*!
123 lbs.
J. Breguine 176*
148 lbs.
J. Watts 232*
UL
T. Riley 231*
Teen (16-19)
148 lbs.
K. Phipps 148
4th-154*
MEN
Class-1
165 lbs.
C. Siewong 424*
J. Mayes 297
181 lbs.
K. Herzlk 303
220 lbs.
A. Jauregui 383
R. Gioria 303
242 lbs.
R. Budd 380
S. Pena 551*
J. Laija 468
O. Lindsey 314
J. Villegas 429
M. West 413
J. Gaudem 396
259 lbs.
J. Masten —
308 lbs.
B. Alex —
Junior (20-25)
132 lbs.
M. Lauricella 284
4th-270*
165 lbs.
J. Alves 451*
181 lbs.
J. Nunes 347
I. Miller 330
198 lbs.
V. Karpenko 392
259 lbs.
A. Gonzales 435
275 lbs.
M. Womack 700*!
Law/Fire
Master (40-47)
259 lbs.
J. Yoder 523
4th-530*!
A. Clayton 479
275 lbs.
W. Faulkner 534*!
Law/Fire
Master (48+)
308 lbs.
M. Johnson —
B. Sabin 507*
Law/Fire
Open
242 lbs.
D. Anedondo 545*
SHW
F. Delatorre 584*
Law/Fire
Submaster
242 lbs.
D. Arredondo 545*
Master (40-46)
181 lbs.
B. Levering 468
U. Jara 303
220 lbs.
DeGennaro 385
McLaughlin 264
242 lbs.
G. Phippe 429
A. Clayton 363
259 lbs.
D. English 490*
Master (47-53)
181 lbs.
P. Janoff 352*
198 lbs.
G. Alyea 401*
220 lbs.
C. Sims 56*!
L. Wyckoff 363
H. Munro 385
259 lbs.
J. Masten —
R. Sanchez 501
SHW
J. Mfnahan —
Master (54-60)
181 lbs.
J. Alvarez 319
220 lbs.
D. Marba 402
275 lbs.
VanBrocklin —
R. Lincoln 485*
Master (61-67)
181 lbs.
G. Hawkins 303
198 lbs.
R. Erikson 297*
242 lbs.
M. Bonifield 338
Master (68-74)
165 lbs.
J. McEwen 209
198 lbs.
N. DiLiddo 214
220 lbs.
D. Lovas 209
242 lbs.
J. Patere 203
Master (75-79)
165 lbs.
R. Fornachon 214
Open
132 lbs.
J. Thomure 286
4th-292*
165 lbs.
A. DaVila 435
242 lbs.
J. Hunter 655*
S. Pena 551
D. Tubridy 512
J. Peroz 391
259 lbs.
L. Webb 512
308 lbs.
D. Freeland 622
SHW
R. Bradshaw 677
N. Tuffanelli 650
Special Olympian
220 lbs.
Z. Tichava 165
D. Cooley 88
242 lbs.
A. Foster 159
J. Souza 137
SHW
J. Mayea 209
Submaster (34-39)
165 lbs.
A. Davilla 435
181 lbs.
D. Russo 330
198 lbs.
J. Page 451
220 lbs.
R. Exum 385
242 lbs.
J. Hunter 655*!
L. Webb 512
SHW
R. Bradshaw 677*!
Teen (13-15)
114 lbs.
T. English 115*
123 lbs.
J. Minahan III 181*
B. Church 154
T. English 143*
148 lbs.
M. Phipps 137*
181 lbs.
T. Jimenez 242*
C. Cappo 203
A. Lindsay 170
Teen (16-19)
181 lbs.
M. Mokuau 198*
A. Singh 314
J. Hedman 303
K. Brott 264
198 lbs.
B. Bulko 270
220 lbs.
A. Kimmel 209
4th-226*
242 lbs.
J. Pritchett 303*

*=State Records. !=World Records. The venue for this meet is top notch. Most of the WABDL meets are held in hotels. I've had meets outdoors, and they don't usually work. If the weather cooperates, it can be a fun and relaxed atmosphere. But if it doesn't, it's hell. At most of the outdoor meets I've seen there is a seating problem, and no judging lights (thumbs up and thumbs down is very hokey). And, it's either too hot or too cold, and sooner or later it will rain. The lifters deal with serious sunburn as there's usually no canopy or shade, and there's nothing to drink in the warm-up area. The lifters might have to deal with wind, then the weigh-in cards and score sheets blow all over the place. In high school gymnasiums, the biggest complaints are that bleachers are a terrible place to sit for four to eight hours, or longer. When the lifters warm-up they need a chair with a back on it so they can zone in between warm-up attempts and platform attempts. So what are the benefits of a hotel? It's a one stop service. The lifters check in, then they weigh in. If the hotel has a restaurant, they eat there. Or in this case, there are at least five restaurants within two blocks and one very good reasonably priced restaurant within walking distance, called Brookfield's. Then the lifters go to their rooms and zone. I knew lifters like John Kue, Wayne Bouvier, Walter Thomas, and Bill Kazmaier that went to their room and ordered room service, took the phone off the hook, and they didn't talk to anyone until the meet was over. They were really in a zone. Then they'd wake up, eat breakfast in the hotel, and if it's an all day meet, they'd stay in their room and their workout partner would keep an eye on the progress of flights and then he or she comes and says, "It's time." If the meet is not in a hotel, they'd park, weigh in, get back in their car and drive to their hotel. Then the lifters would park, check into the hotel, go to a restaurant, park, eat, go back to the hotel, park again, and maybe find a decent parking spot, maybe not, if they found parking. Then the lifters go to the meet, park, maybe go to rules briefing, maybe wait, but either way they end up walking around and stay on their feet. Or they sit on the floor, or sit on the ground or bleachers, trying to get comfortable, but never really do. By the time it came to lift, they are either sunburned, or stiff from sitting in an uncomfortable position. If the lifter is 35 or under, it's probably not that big a deal. I know one guy who owns a small gym and he brings a big motor home and cooks food for his lifters. That works just fine except they sit in the motor home and lifters are coming in and out and just saying hello, or small talk, which gets the lifters out of their focus. My first meet was in a hotel, The Turtle Bay Hilton Hotel on March 11, 1977, 28 years ago. Every meet I ran in a hotel was either a very good meet or minimal complaints. I ran a meet at a YMCA in Pasadena, California, in 1988. It was the worst meet I ever put on. The YMCA came through with none of its promises. Half my help didn't show, no judging, no lights, terrible warm-up area, nothing to drink in the warm-up area, and terrible trophies because the YMCA reneged on their promise to pay for trophies. I had 55 lifters, none of them ever came back to one of my meets. I had two very successful strong run contests combined with bench press and deadlift, in Bend, Oregon. They were three day events. It was by far the hardest I ever worked at putting on an event. It was twice as much work as a six day World Championship in a hotel. It was all outdoors on the grounds of the Bend Riverside Motel, with the beautiful DeSchutes River running right by. We had a three day attendance of 204. We tried charging for tickets but because it was outdoors there was no door control. We also had a dynamite bikini contest. The bottom line is after two great events and three more just regular bench press and deadlift contest, none of the benchers and deadlifters ever came back. They correctly perceived that I was trying harder to please the strongmen contestants. Plus, the first place prize was $800 and second was $500. Needless to say, I will never put on another outdoor event, or one at a YMCA or a gymnasium. A high school auditorium might work because it will have comfortable seats. Nevertheless, the warm-up area has to be your focus as a meet

Rene Nielson's Pacifica Athletic Center Powerlifting Team (CSS)

Rudy Lopez' photograph *(Namea) should have appeared with the results of the Sept. 04 San Jose meet, but the Watts and Womack images were mistakenly run in that report*

director, with plenty of water for the lifters either furnished by a hotel or a tub of iced bottled water, and plenty of chairs. Outdoor platforms are probably the biggest complaint I hear because of platforms being on grass. If it is on a cement slab, it's doable. I had a World Championship at the Nugget Hotel in Reno, Nevada, in 2000, and we had 540 lifters. About 200 never came back. I was promised a ballroom when I signed the contract and instead I got a celebrity showroom, which was great for the spectators. It was like an opera house or a fine lavish hall for a city symphony. But the warm-up area was very cold, maybe 55 degrees, due to a ventilation problem and it was very crowded. The hotel reservations were messed up fr a lot of lifters. We gave the hotel a lot of business and even after Jonah Ascuaga, the owner of the hotel personally set up a meeting with me and begged me to comeback, I didn't because I know I had let my lifters down. When you've got lifters paying $500 up to $1500 to come form all over the country and other parts of the world, you have to make it worth their while. A novice fan once asked me, "Do you give prize money?" I said no and he said, "Why would they come?" every meet director should ask themselves that question before they put on a meet. Now on to the lifting! In class-1 deadlift at 259, Gary Stevens set a California record 540. Daniel Martinez hauled in 606 at 275. In junior 165, Andre Pulizzi set a California state record 501.5 on a fourth and pulled like a pack of wolves was at his heels with a crazy have to do it or die look. In junior 198 women, Andrea Kent set a California record 259. In law/fire master (40-47) 275, Walk Faulkner, who has a bad back no less, still managed to set a World Record 710 and then limped off the stage. When he benched he rolled off the bench. According to reports I've gotten, Walt is touch enough to do ultimate fighting with no real training and hold his own with anybody. In law/fire (48+) 308, Manny Burruel set a World Record 611.7. In law/fire open 275, Daniel Martinez set a California record 606. In master men (40-46) 259, Darwin English set a Nevada state record 617.2. In master (54-60) 242, Dr. Thomas Wright set a Nevada record 407.7. Dr. Wright is a behavioral scientist at the University of Nevada, and has written many exposes on worker satisfaction or lack there of, in the work place. In his first contest, 1-1/2 years ago, he did a 225 deadlift and a 205 bench. Now his bench is over 300. In master (68-74) 165, John McEwen set a California record 231. He and his wife are both retired Colonels in the Air Force. In master women (40-46) 123, Suzanne Hedman set a California state record 226 at 123. In master women (40-46) 181, Anette Sozzi set a California record 374.7 with a "Katie Bar the Doors" come hell or high water effort and a look of absolute determination. Carla Ugarte set a California record 319.5 and she's 6'1", so she pulls the bar a long way. In master women (47-53) 105 deadlift, Sherry Abblelt set a California record 181.7. Sherry had a huge two page spread on her lifting in her home town paper of Napa, California. Still in master (47-53) at 198+, Sue Vaterlaus set a California record 282.1 in master (61-67) 123, Rae McEwen, a retired Air Force Colonel, set a California record 130. In open deadlift, Dave Freeland pulled 655.7. Dave supplied the spotters, loaders, and loaded up the warm-up weights and benches. He also brought them down from Gold's Gym in Rancho Cordova. In open women 97, Alexandra Vallejo set a California record in the dead with 282. At 123, Jeanne Braguine set a California record 347, which is some serious weight for her weight class. In Special Olympics men, Mark Rentfrow set a Special Olympian record of 248. At 220, Zach Tichava seta Special Olympian record 292 at 220, in the dead, and in Special Olympian women, Megan Atkins pulled 209 at 198. In submaster 220, Al Tortorelli set a California record 606. In submaster women 97, Alexandra Vallejo set a World Record 282. There's not too many women at 97 lbs. that can pull much over 300 in any federation. In submatser women 123, Jeanne Braguine set a World Record 347, and in submaster 148, Jeanne Watts busted a gut and with every ounce of strength she could muster, hauled in a World Record 402.2, with maybe two ounces to spare. It was one of the greatest efforts I ever witnessed. In teen men (13-15) 114, Trevor English set a Nevada record 148.7. His brother Tyler English set a Nevada record 292 in teen (13-15) 123. At 148, Matt Phipps pulled a Nevada record 292, and at 148 (13-15), Thomas Jimenez lifted large with a California record 418.7. Moving on to teen (16-19) 165, Michael Mokulu set a Nevada record 391.2. at (16-19) 242, Timmy Peterson set a California record 578.5. Somebody evidently forgot to tell him to give up if it felt like the weight was too heavy, because it looked like he was going to stall in at least three points in his "master of disaster" attitude pull. At 259, Max McKee set a California record 462.7 at age 17. In teen women (16-19) 123, Karina Phipps popped a fast Nevada record 259 on a fourth. Now for the bench press. In class-1 165, Craig Saewong set a Hawaii record 424.2. At 242, Steve Pena, who is blind, was huge with 551 and tried 606, which would have made him the first blind person to ever bench 600, but it was too much. Then he tried 661, which I thought was dangerous and he couldn't budge it. It junior men, Mark Lauricella set a California record 270 at 132. In junior 165, John Alves put up an easy 451.7,then tried 485, but it got out of the groove. At 275, Michael Womack became the latest member of the 700 club with 700.8, and got a World Record in the dead to boot. His sister, Kelly Womack, Pushed 352.2 for a World Record in junior women 181. They both passed drug tests. In junior women 198, Lauren Vaterlaus het a World Record with 187.2. In law/fire master (40-47) men bench, Jim Yoder improved greatly with a World Record 530.1. In law/fire (40-47), Walt Faulkner set a World Record 534.5 and his bad back kept him from benching at least 556. In law/fire (48+), Bruce Sabin finally benched 500 and popped a 507 for a California record in the 308 class. In law/fire open, Derek Arrendondo set a California record with 545.5, and at super, Frank Delatorre set a California record 584. Frank looks like a bigger, meaner version of Al Capone. In master men (40-46) bench, the lift that I wanted to see the most was Bob Levering putting up 501.5 at 181. It was not to be. He opened at an easy 468 and came real close at 501.5 twice. He will get it at the Worlds, to be sure. At 259, Darwin English got a Nevada state record 490.5. In master (47-53) 181, Paul Janoff got a California record 352.5. at 198, John Alves's father got a California record 407.7. At 220, Clinton Sims was earth shattering, galaxy rocking with 556.5, which broke Kevin Scully's World Record of 535.6. Scully had just set the World Record in Minneapolis on May 28. Clinton was drug tested and passed. In master men (54-60) 275, Robert Lincoln, who has his own key club type gym, was impressive with 485, and a California record. In (61-67) 198, Roy Erickson set a Nevada record 297.5. In master women (40-46) 105, Desiree Brown set a World Record 174 and underneath her petite pretty frame roars a tiger. She won't quit. At 123, Suzanne Hedman set a California record 209.2, almost 100 over her own bodyweight. In master women (47-53) 165, Mary-Ann VanDam set a California record 198.2 on a fourth. At 198, Diana Plank set a California record 187.2. Mary Ann VanDam, Diana Plank, Desiree Brown, Jeanne Watts, Carla Ugarte, Sue Vaterlaus, Alexandra Vallejo, Jeanne Braguine, Suzanne Hedman, Sabrina Armstrong, Silvia Maher, and Annette Sozzi are all coached by Rene Nielson at Pacifica Athletic Center. Rene says he programs every training rep and insists on perfect form on every rep. Every one of his deadlifters and benchers exhibit that perfect forma and they all do the conventional style deadlift. In master women (61-67), Rae McEwen, who is 67 and a retired Air Force Full Bird Colonel, set a California record 85.7 at 123. Both her and her husband John, who is 71 and weighs 165, are runners and they are very fit. In open men bench, James Hunter was very large with 655.7 at 242, with a California record and he passed the drug test. Also in 242, Steve Pena put up 551 and Dan Tubridy got a PR 512.5. At 308, Dave Freeland, who I mentioned earlier, was completely responsible for setting up the warm-up room and had to be somewhat exhausted, put up a large number 622.7 and he passed the drug test. He looks like the all American boy. A physical specimen in his prime at 25, and he will get as strong as he chooses. At super 450, Roy Bradshaw, who is possible the biggest man I've ever seen that isn't more on the fat side, settled for a 650 bench and was turned down twice with 705, even though he was very close to lock out. His forearms are 21", definitely the biggest in the world. His biceps are 24-1/2, about the same size as Jim Presley's. In open women 114, Kimberly Asnenson set a World Record 220.2, more than 100 lbs. over bodyweight. Suzanne Hedman set a California record 209, and at 181, Kelly Womack set a World Record 352.5. Both Kelly and her brother Michael do real heavy lock outs of only one inch. Michael does 900 and Kelly does over 500. In submaster 242, James Hunter set a World Record 655.7, and at super, Roy Bradshaw set a World Record. 677.7. In submaster women, Alexandra Vallejo set a World Record 159.7 at 97 lbs., and Kimberly Asnenson set a World Record 220 at 114. At 123, Jeanne Braguine set a California record 176.2 and at 148, her teammate Jeanne Watts, who had set a World Record 402 deadlift, fought her way to a California record 232.3. at 198+, Tina Riley set a California record 231.2. In teen men (13-15), Nevada state records were set by George Phipp's boys with the following: Trevor English 115.5 at 114, Tyler English 143.2 at 123, Matt Phipps 137.7 at 148, and Michael Mokulu 198.2 at (16-19) 165. Two more of George's boys set Nevada records: Andrew Kummel (16-19) 220 put up 226.8 on a fourth, and Jim Pritchett got his first 300 bench with 303 at (16-19) 242. George's daughter Karina, got a Nevada state record 154.2. California state records in the bench at teenage were set by John Minahan III, who is ably coached by his father John, who is a 600 lbs. master bencher, did 181.7 in teen (13-15) 123, and Thomas Jimenez did 242.5 at (13-15) 181. I want to thank Jim Presley and his wife Peach, who put me up at their home for a couple of days after the Sacramento meets. Jim and Peach unbowed all the trophies and set them up on four eight foot tables. Peach sold tickets at the door, 226 to be exact. Dave Freeland set up the warm-up room. Gary and Elma Thomas ran the weigh-in room. They always have a smile for everyone. Jody Woods and Mike Moors brought warm-up benches, we had three warm-up platforms. We had 144 lifters. I was the MC, and Terry Luehrs was the head judge for the bench and deadlift. We started at 9:15am, took on hour to pass out trophies for the bench, and with 14 flights, the lifting was done at 7:00pm. That's moving! Other judges were Jim Presley, Mike Moore, Ken Anderson, Jody Woods, and Russ Lewis. Russ brought the spotter loaders from Modesto, California. Keith Lem from CSS Sports provided the photography. Rene Nielsen of Pacifica Athletic Center and George Phipps of Sparks, Nevada brought 30 lifters between them. The sponsors were Elite Fitness Systems with Dave Tate and Jim Wendler. They distribute the Metal Gear bench shirts and deadlift suits. House of Pain with Rich Brewer, who distribute Inzer Gear. Titan Support Systems, with Pete Alaniz and Ken Anderson who distribute Titan bench shirts and deadlift suits. And, Mike Rockoff and Gus Samuelson with Universal Nutrition, Chet Grosskreatz with Ivanko Barbell, who has sponsored WABDL with three complete kilo sets and bars, Brent Mikesell with Iron Gladiators who distribute Inzer Gear, Mike Lambert of Powerlifting USA, Shawn Madre with GLC Direct No Pain the Greatest Joint Formula in the World, Neal Spruce, Odd Haugen, the very successful strongman contestant, and Jim Starr of Apex Fitness Group. Also, Keith Lem of CSS Sports, Matt LaMarque of Bovine Strength Systems who provided the competition bench, and finally James Partch, my platform manager, who is a pro boxer. He brought the kilo set down from Portland, Oregon. (Thanks to Gus Rethwisch for providing the meet results)

***Jamie Tovar** likewise should have had his photo in the Sept. 04 report. (Namea Designs)*

***Mike & Kelly Womack** (CSS Photo Design)*

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4 JUN 05 - Olympia, WA

BENCH
WOMEN
Disabled
97 lbs.
L. Garcia 82
Teen (13-15)
105 lbs.
S. Moorman 115*!
198 lbs.
K. Carpenter 110
Teen (16-19)
97 lbs.
L. Garcia 84*
Law/Fire
Submaster
132 lbs.
L. Lamp 165
4th-170*!
M. Fied 121
L. Lamp 165
4th-170*
R. Unson 132
165 lbs.
T. Jacobs 192
198 lbs.
J. Woodridge 181
Master (40-46)
105 lbs.
C. Moorman 165
148 lbs.
K. Franks 115
181 lbs.
D. Backiel 159
4th-167*
M. Clairmont 154
4th-166*
P. Michaels 154
Master (47-53)
114 lbs.
A. Hooson 115*
I. Pantial 171
4th-176*!
148 lbs.
T. Lee 187
4th-192*
165 lbs.
N. Carpenter 116
D. Cavinta 165
N. Huxley 220*
UL
M. Huston 187*
M. Lewis 166*
Master (54-60)
148 lbs.
S. Anderson 154
L. Lestuka 126
181 lbs.
M. Goett 77
B. Heriford 200
4th-209*!
P. Robey 176
198 lbs.
J. Hill 93
4th-99*
Master (68-74)
148 lbs.
M. Turner 132
Open
105 lbs.
C. Moorman 165
S. Moorman 115
114 lbs.
I. Pantiat 171
4th-176*
132 lbs.
R. Unson 132
148 lbs.
C. Hansen 214
181 lbs.
B. Heriford 200
4th-209
MEN
Disabled
220 lbs.
J. Jenkins 220
4th-225
Class-1
148 lbs.
B. Kunkel 330*
165 lbs.
Z. Bryson 308
W. Crossen III
347
P. Jordan 352
A. Somera 369
181 lbs.
C. Hague 314
T. Swisher 225.7
198 lbs.
R. Anderson 360
J. Jenkins 220
4th-225*
C. Wu —
220 lbs.
B. Amendale 314
M. Ireland 435
B. Reynolds 374
242 lbs.
K. Engelke —
T. Pennella 418
B. Rogers 391
259 lbs.
T. LaFora 381
308 lbs.
W. Carpenter 501
M. Klindt 656*
SHW
E. Aleaga —
Teen (13-15)
132 lbs.
T. Clendaniel 121
148 lbs.
J. Brown 178
220 lbs.
B. Seath 281
Teen (18-19)
148 lbs.
D. Tienda 200
181 lbs.
C. Luna 259
198 lbs.
S. Franks 275
A. Xubin 358
Junior (20-25)
220 lbs.
J. Odell 391
259 lbs.
R. Valley 451*
Law/Fire
Master (40-47)
220 lbs.
B. Reynolds 374*
Law/Fire
Open
242 lbs.
R. Niemitz 551*
Law/Fire
Submaster
242 lbs.
R. Niemitz 551*
Submaster (34-39)
165 lbs.
A. Somera 369
308 lbs.
V. Aleaga 639*
M. Klindt 556*
S. Selstrom 550
Master (40-46)
148 lbs.
K. Southwood 275
198 lbs.
D. Sugimoto 424
220 lbs.
K. Doerfler 386
242 lbs.
T. Pennella 418
259 lbs.
N. Brewer 380
275 lbs.
R. West 424
SHW
E. Aleaga —
Master (47-53)
242 lbs.
S. Mathis 451
C. Seath 428
259 lbs.
W. Crossen Jr 523
F. Hofar 485
T. LaFors 369
K. Smith 385
308 lbs.
M. DeWitt 473
J. Mickelson 523*
Master (54-60)
165 lbs.
T. Bohn 236
198 lbs.
B. Hill 347
G. Holzinger 338
M. Stevens 264
Master (61-67)
198 lbs.
B. Miller 292
308 lbs.
R. Smith 490
SHW
D. James —

*Above ... Vic Aleaga with 639 and .. **below** ... Betty Heriford with 209*

Master (68-74)
220 lbs.
J. Gladson 231
Open
181 lbs.
R. James 492
4th-501*
220 lbs.
T. Stark 503*
242 lbs.
S. Mathis 451
259 lbs.
F. Hofer 465
308 lbs.
J. Mickelson 501
SHW
V. Eldridge 501
DEADLIFT
WOMEN
Disabled
97 lbs.
L. Garcia 192
4th-203
Teen (13-15)
123 lbs.
P. Fao 170
148 lbs.
A. Fled 192
198 lbs.
K. Carpenter 281*
UL
K. Sua 314
Teen (16-19)
97 lbs.
L. Garcia 192
4th-203*
Junior
181 lbs.
L. Elliott 352*
Submaster
132 lbs.
M. Fled 292
4th-303*
165 lbs.
T. Jacobs 352
198 lbs.
J. Wooldridge 314
Master (40-46)
132 lbs.
R. Kilby 248
148 lbs.
K. Frank 214
181 lbs.
D. Baekiel 264
S. Southwood 275
Master (47-53)
114 lbs.
A. Hooson 281
4th-293*!
J. Morris 236
148 lbs.
T. Lee 309*
165 lbs.
N. Huxley 336*
UL
M. Huston 275
M. Lewis
314*
Master (54-60)
148 lbs.
L. Lastuka 253
165 lbs.
D. Backiel
314*!
181 lbs.
M. Goett 170
B. Heliford 308
4th-331*!
P. Robey 248
Master (61-67)
198 lbs.
J. Hill
198*!
Open
132 lbs.
M. Hobbs 292
MEN
Disabled
198 lbs.
J. Jenkins 407
4th-413
Teen (13-15)
123 lbs.
S. Pontius. 170
132 lbs.
T. Clendaniel 303
148 lbs.
J. Brown 292
220 lbs.
B. Seath 436*!
Teen (16-19)
148 lbs.
N. Rodriguez 336
D. Tienda 336
181 lbs.
C. Luna 473
198 lbs.
S. Franks 429
A. Kubin 429
220 lbs.
M. Prothman 490
Class-1
148 lbs.
B. Kunkel 468
165 lbs.
Z. Bryson 391
198 lbs.
J. Jenklna 407
4th-413*
220 lbs.
B. Amendera 651
242 lbs.
K. Engelke 684
L. Jones 540
T. Pennela 589
B. Rogers 556
308 lbs.
W. Carpenter 578
W. Pontius 606
Submaster (34-39)
220 lbs.
D. Bell 822
242 lbs.
C. Erhardt 633
Junior (20-25)
198 lbs.
L. Hartson 578*
220 lbs.
N. Pappas 446
R. Vassey 622*
Master (40-46)
148 lbs.
K. Southwood 369
4th-374*
165 lbs.
Cunningham 485
220 lbs.
K. Doerfler 501
K. Doerfler 551
242 lbs.
D. Banner 518
Chriatensen 800
R. West 479
A. Madak 655
SHW
V. Eldridge 685*!
Master (47-53)
181 lbs.
L. Woodley 651
220 lbs.
D. Stratton 655
242 lbs.
D. Seath 451
259 lbs.
K. Smith 440
308 lbs.
J. Mickelson 584*
Master (54-60)
165 lbs.
T. Bohn 341
181 lbs.
G. Alexander 534
198 lbs.
G. Holzinger 457
M. Stevens 201
Master (68-74)
165 lbs.
W. Stewart 263
Open
181 lbs.
L. Wood.ey 661
220 lbs.
T. Brown 567
308 lbs.
A. Medek 855
J. Mickelson 584

*=State Records. !=World Records. This venue was of world championship caliber. The ballroom was 7500 square feet. The food and service in the restaurant was excellent. The lounge featured a live jass band and the view from both the restaurant and lounge was of big Douglas firs, a lake, and a wild deer roaming the grounds on occasion. The rooms were five star and were very reasonable, at $79. In the deadlift in class-1, Jonathan Jenkins of Montana, set a state record 413.2 at 198, and he only has one arm! He has a prosthesis that he straps onto the bar and pulls perfectly even. His bench press was equally as impressive, with the bar being perfectly straight on a 235 bench. Other notable deadlifts in class-1 were Brian Amandola of Washington, who pulled 551 at 220. At 242, Tom Pennella pulled 589.5 in a dog race. Kegan Engelke was second with 584, Ben Rogers was third with 556.5, and Larry Jones was fourth with 540. In disabled men, Jonathan Jenkins pulled a Montana state 413.2 at 198. Lisa Maria Garcia pulled a 203.7 deadlift at 97, and she is blind. She has set regular open records in both the bench and deadlift, and she got started at the Washington School for the Blind, with Rob Peck as her coach and mentor. In junior men, Ryan Vessey pulled a Washington record 622.5 at 259. Leonard Harison pulled a Washington record 578.5 at 198. At junior 181, Lisa Elliot set a women's deadlift record for Oregon with 352.5. In master men (40-46) 148 deadlift, Kajohn Southwood set a Washington record 374.7, and at super Vince Eldridge came back from a serious hop injury to pull a World Record 685.4 in master (40-46). In master (47-53) 220, David Stratton, the World Record holder with 677, ripped 655.7, but couldn't break his own World Record. Joe Mickelson set a Washington record 584 at 308. Joe works for the Department of Water for greater Seattle and has a 70 hour work week, but his lifts continue to climb. At 181, Leaman Woodkey pulled a 661 but was nowhere near his World Record 705. In master women (47-53) 114, Anita Hoeson set a

Lisa Maria Garcia pulled 203 lbs. @ 97 (CSS photos)

World Record 293.1 deadlift with perfect form. She's just getting started. At 148, Terry Lee set a Washington record 308.6. Terry has been competing for about 15 years. At 165, Nadine Huxley set a Washington record 336. Nadine is your typical small town (Glendale, Washington) woman, works on a farm type. Very wholesome, healthy and strong. At (47-53) 198+, Marilyn Lewis set a Washington record 314. She is coached by Joe Head, who is very successful and inspirational and coaches out of Headquarters Fitness in Seattle. In master women (54-60) 165, Dana Backiel set a World Record with 314. Betty Heriford also set a World Record with 331.6 at 181 with a "never say die" effort. Betty has set five World Records in Mesa, Arizona, Pasco, Washington, and now in Olympia in a span of three months. She also set a World Record bench of 209.2. In master deadlift (61-67) 198, Janice Hill set a World Record 198.2. In submaster women, Megan Fied set a Washington record set a Washington record 303. In submaster men, the WABDL Co-Chairman for Washington, Dr. Don Bell who runs and owns a very good gym in Aberdeen, Washington, and has a successful chiropractic business, pulled 622.7 at 220. He also runs a fine WABDL meet every year in Aberdeen at the end of September. Carl Erhardt continues to improve and hauled in 633.7 at 242. In teen men (13-15) 220, Ben Seath pulled a Washington record 436.3. At (16-19) 181, Cesar Luna, who is coached by one of the great deadlifters of all time, Bull Stewart, won best teenage lifer with 473.7. In teen women (13-15) 198, Karolann Carpenter, coached by her brother Bill, who squats 700 and benches 500, set a Washington record 281. In (16-19) 97, Lisa Marie Garcia pulled a Washington record 203.7, which was also a disabled World Record. Moving on to the bench in class-1, Barry Kunkel set an Oregon record 330.5 at 148 and Mitch Klindt set a Montana record 556.5 at 308. In junior men 259, Ryan Vessey set a Washington record with 451.7. In master women (40-46) at 181, Dee Jaye Backiel set a Washington record 167.4, edging out Melanie Clairmont, who also had set the record with 166.3. They traded state records twice. In master women (47-53) 114, Anita Hooson set a Washington record 115.5, but then Ita Pantilat came along and did a World Record and Washington record 176.2 for the win. At 148, Terry Lee set a Washington record 192.7, and at 165 Nancy Carpenter set a Canadian national record with 176.2, but Nadine Huxley beat her with a huge 220.2 Washington record. At (47-53) 198+, Margie Huston and Marilyn Lewis traded Washington records until Margie Huston came out on top with 187.2. Margie is trained by Donna Delleree. In master (54-60) 181, Betty Heriford, who owns a greenhouse and is an expert in hybrid plants, set a World Record 209.2. In master (61-67) bench 198, Janice Hill set a Washington record 99 lbs. Marcia Turner, who has broken a World Record in five consecutive world championships in master (61-67) 148 and master (68-74) 148, couldn't keep her meet string of World Records going and only got 132.2. In open men 181, Ryan Harris, who is trained by Terry Luehrs, set an Oregon record 501.5 and came close with a World Record 530.1. Todd Stark set a Washington record 503.7 at 220. Todd continues to make improvements. In open 308, Joe Michelson got 501.5 for the first time. In open women 114, Ita Pantilat set a Washington record 176.2 and she was also trained by Donna Delleree and her team of women is called, "Donna's Babes." At 181, Betty Heriford set an Oregon record 209.2. In submaster men, Vic Aleaga was large with 639.2 at 308, a Washington record and shoots him up to the top six in WABDL all time. Mitch Klindt was second with a Montana record 556.5 and Swede Selstrom who has the broadest back I've seen, put up 551 for third. In submaster women 132, Laurie Lamp put up a Washington record 170.7. In law/fire master (40-47) 220, Brian Reynolds set a Washington state record 374.7. In law/fire open and law/fire submaster, Richard Nienritz was large with 551 at 242 for Washington records in both. And, in women's law/fire submaster 132, Lauri Lamp set a World Record 170.7. In master men, the only state record set was by Joe Mickelson, who set a Washington record 523.5 in master (47-53) 308. Will Crosson Jr. was back on the platform for the first time in three years, due to shoulder problems, and put up a 523.5 in master (47-53) 259. He had the World Record 552 in master (40-46) 242. In teen women (13-15) 105, Sarah Moorman set a World Record 115.5. Sarah and her mother Christine Moorman, are the only mother daughter team in WABDL to hold World Records. In teen women (16-19) 97, Lisa Marie Garcia continues to inspire with a Washington record 84.7. she has been blind from birth and she, along with Sarah Moorman, were outstanding lifters in teen women. I want to thank Joe Head of Headquarters Fitness, who brought all the warm-up weights and benches and saw to it that they were set up. Some people claim to want to help but Joe is an example of somebody who actually does help and isn't afraid to get his hands dirty and do things that take a tremendous amount of pressure off a meet director. He also brings 25-30 lifters to the World's every year and about 15 to the National's. his team Headquarters Fitness, won the team title at the World's once and tied for first another time. He won the team title at the National's this year. The judges were Donna Delleree, Pat Swab, Terry Luehrs, Don James, Brian Baertlein. The MC was Dr. Don Bell and Gus Rethwisch. James Partch was the platform manager. The platform bench was supplied by Matt Lamarque and Bovine Strength Systems. The platform weights were supplied by Chet Groskreutz of Ivanko. Other sponsors were Neal Spruce, Jim Starr, and Odd Haugen of Apex Fitness Group, Ken Anderson and Pete Alaniz of Titan Support Systems. Brent Mikesell of Iron Gladiator, Keith Lem of CSS Photos, Rich Brewere and Richard McKeefee of House of Pain, Gus Samuelson and Mike Rockoff of Universal Nutrition, Shawn Madere of GLC Direct, the Best Joint Formula on the Planet, and Date Tate and Jim Wendler of Elite Fitness Systems, the distributors of The Metal Shirt, bench, deadlift, and squat suits. (Thanks to Gus Rethwisch for providing the meet results)

Bartlesville Classic (kg)
25 SEP 05 - Bartlesville, OK

BENCH				
220 lbs.				
Pure				
M. Romero	260			
308 lbs.				
Junior				
J. Armstrong	185			
165 lbs.				
Submaster-1				
N. Hoiser	102.5			
Push-Pull				
MEN				
220 lbs.				
Submaster-1				
T. Tucker		160	292.5	452.5
Master-1				
M. Bean		147.5	245	392.5
Master Pure				
M. Bean		147.5	245	392.5
MALE	CR	BP	DL	TOT
165 lbs.				
Master-3				
G. Maguire	61	95	130	286
198 lbs.				
Teen				
A. McKay	40	—	185	225
Submaster-1				
J. McDougal	75	177.5	270	522.5

PS BENCH				
MEN				
220 lbs.				
Master Pure				
G. Norris	155			
259 lbs.				
Junior				
S. Green	147.5			
Novice				
S. Green	147.5			
BP	DL	TOT		
220 lbs.				
Submaster-2				
T. Tucker	85	160	292.5	537.5
275 lbs.				
Junior				
S. Green	62.5	147.5	195	405
R. Grace	67.5	140	250	457.5
Novice				
S. Green	62.5	147.5	195	405
MEN	SQ	BP	DL	TOT
Teen				
97 lbs.				
R. Bean	35	25	55	115
114 lbs.				
D. Cichon	150	115	92.5	357.5
165 lbs.				
J. Cox	75	42.5	85	202.5
242 lbs.				
J. Allison	140	87.5	170	397.5
Junior				
114 lbs.				
D. Cichon	150	115	92.5	357.5
Novice				
242 lbs.				
J. McKay	200	125	195	520
J. Burke	232	160	202.5	594.5
Submaster Pure				
242 lbs.				
J. Burke	232	160	202.5	594.5
Submaster-1				
165 lbs.				
N. Hoiser	125	102.5	135	362.5
Master-1				
220 lbs.				
M. Hearing	215	172.5	192.5	580
242 lbs.				
J. McKay	200	125	195	520
Master-3				
165 lbs.				
G. McGuire	—	95	130	225
Master Pure				
242 lbs.				
J. McKay	200	125	195	520

WNPF Upstate New York
17 SEP 05 - Clyde, NY

BENCH		SQUAT		
MEN		MEN		
Equipped		Equipped		
220 lbs.		242 lbs.		
(40-49)		Lifetime		
J. Mitchell Jr	435!	E. Winter		70!
SHW		PWRCURL		
(40-49)		MEN		
S. Rogers	480!	242 lbs.		
Raw		(40-49)		
242 lbs.		P. Didas		145!
(50-59)				
D. Baench	260			
Ironman		BP	DL	TOT
Equipped				
198 lbs.				
(60-69)				
V. Peterson		295!	470!	765!
220 lbs.				
Lifetime				
M. Kenny		415!	560!	975!
242 lbs.				
(50-59)				
F. Salamone		360!	435!	795!
SHW				
(40-49)				
M. Harling		450	500	950
Raw				
165 lbs.				
(35-39)				
J. Sykes		235!	340	575!
242 lbs.				
(40-49)				
P. Didas		290!	405!	695!
Equipped	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
(50-59)				
A. Kauhus	175!*	105!*	185!*	465!*
MEN				
148 lbs.				
(50-59)				
D. Brochey	405!	255	360	1020
165 lbs.				
Lifetime				
J. Elsberry	425	375!	480!	1280!
(50-59)				
J. Elsberry	425!	375!*	480!	1280!
198 lbs.				
Lifetime				
W. Evans	550	350	525	1425
(40-49)				
R. Thompson	420!	250!	410!	1080!
220 lbs.				
Lifetime				
R. Pearo	600	350	550	1500
(50-59)				
D. Werth	300!	245!	350!	895!
242 lbs.				
Lifetime				
E. Winter	670!	500!	600	1770!
275 lbs.				
Lifetime				
J. Wnuk	550	500	525	1575

!=State Records. *=American Records. The Lancaster Bowling Center and Restaurant in Clyde, New York, was the location once again for the W.N.P.F. Upstate New York Powerlifting Meet. Although the turn out was light everyone had a great time and strong lifting was done by all the competitors. The only female lifter was Arlene Kaoous who set all new state and American records in the masters division. In the mens equipped divisions long time Lifter Dennis Brochey set a new state record in the 148 lbs. masters division. Johnny Elsberry came back after spending some time in bodybuilding competition to set new state records and an American record in the 165 lbs. lifetime and masters divisions. 198 lbs. lifter William Evans did some strong lifts winning the lifetime division as did Ronald Thompson in the masters division setting all new state records. 220 lbs. master Doug Werth set all new state records in the masters division and Ron Pearo came back this year turning in another strong performance in the lifetime division.242 lbs. lifter Eric Winter set new state records in the lifetime division along with taking best lifter and winning the squat only class with a state record. In the equipped Ironman competition 198 lbs. master lifter Vince Peterson set all new state records as did 220 lbs. lifetime lifter Michael Kenny who also took the best lifter award. Master Lifters Frank Salamone and Maurice Harling also did some strong lifts winning their divisions with Salamone setting all new state records. In the raw divisions, Jamis Sykes and Patrick Didas set new state records with some fine lifts winning their divisions. Didas also set a state record in the powercurl. Equipped Benchers Steve Rogers and James Mitchell Jr did some strong lifts in their divisions setting new state records and raw bencher Dick Baench also did a strong lift in the masters raw class. Thanks to all the lifters who turned out for the meet and all the people who helped make it a success. Special thanks to Steve and Michell Rogers and Rich from the Lancaster Bowling Center. (Meet results courtesy of Ron Deamicis)

***23 Year Old SAM BYRD** locks out his final deadlift to produce the 5th highest total of all time at 198 (2149) at the APF Georgia State (M. Soong)*

AAPF/APF Sin City Ironfest
24 SEP 05 - Las Vegas, NV (kg)

BENCH		220 lbs.		
FEMALE		J. Bachmeier	—	
Juniors (20-23)		242 lbs.		
275 lbs.		R. Girard	290	
K. Radon	115	C. Dexter	260	
MALE		275 lbs.		
Master (40-44)		E. McLaughlin		
220 lbs.		250		
G. Hayes	—	T. O'Neill	230	
242 lbs.		A. Franco	—	
E. White	247.5	Submasters (35-39)		
Master (45-49)		242 lbs.		
181 lbs.		M. Swank	275	
T. Hendron	92.5	275 lbs.		
Masters (60-64)		P. Collard	245	
198 lbs.		308 lbs.		
R. Friksen	—	D. Marr	227.5	
Open (Seniors)				
B. Mendoza	257.5			
FEMALE	SQ	BP	DL	TOT
Masters (50-54)				
114 lbs.				
W. Haban	52.5	47.5	75	175
Masters (55-59)				
114 lbs.				
Brigham-Baet	105	70	125	300
Open (Seniors)				
114 lbs.				
Brigham-Baet	105	60	125	300
S. O'Niell	107.5	52.5	105	265
148 lbs.				
M. Sparango	102.5	80	125	307.5
165 lbs.				
H. Harper	185	—	165	350
220 lbs.				
E. Lawson	210	117.5	155	482.5
MALE				
Master (50-54)				
275 lbs.				
M. Baeta	275	190	230	695
Master (55-69)				
275 lbs.				
D. Varela	345	250	272.5	887.5
308 lbs.				
B. Meek	330	242.5	275	847.5
Masters (60-64)				
198 lbs.				
L. Lense	—	—	—	—
Master (65-69)				
181 lbs.				
D. Martin	200	120	180	500
220 lbs.				
J. Ites	147.5	137.5	190	475
Open (Seniors)				
181 lbs.				
L. Sparango	180	140	212.5	532.5
D. Messella	192.5	127.5	197.5	517.5
R. Rhinegart	—	—	—	—
198 lbs.				
T. Eriksen	222.5	177.5	237.5	637.5
R. Eriksen	—	—	—	—
J. Williams	—	—	—	—
220 lbs.				
J. McDonald	205	110	215	530
A. Reagan	150	147.5	190	487.5
242 lbs.				
J. Mancini	272.5	162.5	—	455
A. Zavala	365	—	—	365
L. Rictor	—	—	—	—
275 lbs.				
S. Burgess	375	240	295	910
E. McLaughlin		320	250	250
820				
T. O'Neill	332	230	250	812
J. Saldivar	227.5	247.5	227.5	702.5
M. Baeta	275	100	230	605
D. Helfyre	260	165	237.5	602.5
R. Lee	242.5	145	175	562.5
308 lbs.				
B. Meek	330	242.5	275	847.5
T. Coleman	297.5	215	282.5	795
S. Lee	250	182.5	235	667.5
SHW				
D. Saldivar	—	—	—	—

Best Lifters Men: Brian Meek, APF, and Dan Martin, AAPF. Best Lifters Women: Chris Brigham-Baeta, APF, and Chris Brigham-Baeta, AAPF. (Thanks to Tim Daley, Head Scorekeeper, for these meet results)

APF/AAPF Georgia State (kg)
10 Sept 05 - Woodstock, GA

BENCH		275 lbs.		
MEN		R. Flynn		272.5
Teen		Open		
220 lbs.		181 lbs.		
B. Pawley	175	J. Gupton		182.5
242 lbs.		198 lbs.		
B. Pawley	250	M. Gunter		207.5
J. Oliver	132.5	R. Wright		205
Master		C. Guilmet	180	
181 lbs.		242 lbs.		
S. Smola!	220	J. Moxely		265
R. Cowser	215	275 lbs.		
220 lbs.		D. Bowman!		310
R. Edwards	235	J. Daly III		192.5
MEN	SQ	BP	DL	TOT
Teen				
198 lbs.				
J. Benson	272.5	227.5	235	735
275 lbs.				
D. Atkins	330	240	230	800
Masters				
181 lbs.				
R. Layman	176	125	237.5	538.5
J. Moore	210	170	190	570
242 lbs.				
R. Proctor	260	190	242.5	692.5
275 lbs.				
A. Hoot	327.5	250	290	867.5
Open				
165 lbs.				
J. Gordon!	307.5	185	300	792.5
M. Huntavar	167.5	147	185	499.5
181 lbs.				
Harrington!	400	235	302.5	937.5
G. Cook	305	207.5	287	799.5
198 lbs.				
S. Byrd	415	250	310	975
R. Hicks	310	230	260	800
L. Hodges	290	227.5	245	762.5
K. Westhoven	242.5	157.5	272.5	672.5
220 lbs.				
J. Covick	305	240	287.5	832
C. Bowles	265	197.5	232.5	695
M. Rufail	240	172.5	245	657.5
B. Bleau	260	145	202.5	592.5
242 lbs.				
S. Radford	340	272.5	295	907.5
B. Gardner	285	242.5	240	767.5
M. Christie	260	177.5	272.5	710
Z. Friewald	200	162.5	240	602.5
275 lbs.				
R. Slate	365	247.5	295	907.5
T. Bowman	320	230	320	870
308 lbs.				
P. Deaver	247.5	172.5	227.5	647.5
SHW				
B. Wood	362.5	227.5	272.5	862

!=Best Lifters. The third straight APF/AAPF GA State Meet was a true success with novice caliber lifters sharing the platform and mingling with current PL superstars, all-time record holders and legends. Our bench only division proved popular once again. Nineteen year old Brent Pauley stunned the packed gymnasium as he vaporized a 551 3rd attempt with room to spare. AAPF Master lifter Scott Smola, 42, benched 370 @ 198 in March and obviously got serious and dropped a weight class, earning lwt. BL with a freaky 484 @ 181. A young David Bowman, 256 pounds and humble, muscled up the hwt. BL 683 bench and rode 705.5 halfway up to impress many onlookers. I must thank elite 800+ BP club member Chris Cooke from NC for bringing the unsuspecting crowd to their feet with three very close attempts at an unbelievable 925 pounds. As the powerlifters began to warm up on the two monolifts provided in the warm up area one could see they were going to be in for a treat on Sept. 10th, 2005. It was a who's who of PL champs, past and present with renown statistician Michael Soong present to document the action. NGBB lifter and APF Senior Nationals runner up Jon Gordon crushed several AAPF drug tested records and finished with

***Chris Cooke** attempts a 925BP, Judged by Steve Goggins in Georgia.*

a 1747 total @ 165 and best lifter in the AAPF division. The incomparable Phil Harrington painstakingly dropped under the 181 weight limit in 24 hours and returned with an all-time 3rd best total of 2066 @ 181, including an effortless 881 SQ! A very serious and focused 24 year old Sam Byrd from Chattanooga, TN looked like a professional bodybuilder and, in only his second PL contest ever, annihilated an all-time best SQ of 914 @ 198. Under the watchful eye of coach Steve Goggins, Sam showed calculated balance in the other disciplines and rounded out the day with 2149 @ 198, the 5th highest total in history! There were many other awesome performances but I must mention multi-time IPF World Champion George Herring returning to the 3 lift arena after a 13 year absence. George is a GA lifting legend and has performed some outstanding feats in the WABDL recently but it was great to see him take a 953 SQ for a ride on this day. Honestly, Mr. Herring is stronger than ever but didn't have enough practice with his Boss suit and Monolift to finesse the weight for 3 whites. I hope to see him again. We also welcomed FL guest lifter Big Jim Hoskinson at a rock hard 300+ bodyweight. Jim has executed nine 1000+ SQ in his relatively short PL career with a best of 1091 @ 308. He came to wake GA up to 2 titanic efforts at the magic 500 kgs. (1102) SQ mark but failed to make depth, smiled and enjoyed the rest of the meet. I think everyone appreciated the spacious venue, high quality lifting equipment and the fair, consistent judging by card holding APF judges and we'll plan to make 2006 even better! (results by Jon Grove, owner North Georgia Barbell Club and APF State Chair)

USPF Rhode Island Police/Fire
20 MAR 05 Cranston, RI

BENCH		308 lbs.			
MEN		B. Tucker		500*	
Submaster		Open			
198 lbs.		198 lbs.			
R. Salter	480*	R. Salter		480*	
Masters		275 lbs.			
275 lbs.		Lazzaresch,Jr		560*	
Lazzaresch,Jr	560*	308 lbs.			
		B. Tucker		500*	
MEN	SQ	BP	DL	TOT	
Master					
198 lbs.					
L. Stravato	315*	285*	410*	1010*	
198 lbs.					
L. Stravato	315*	285*	410*	1010*	

*=RI state records. As always, I would first like to thank all my sponsors, Spine Tech, a.k.a. Dr. Robert A. L'Europa, Ocean State Gym, Reeves Nutrition, TJI Construction, Coventry Physical Therapy & Sports Medical, Inc., Mark D'Iorio MetLife, Elmwood Countertop, De Cesare Landscaping/Concrete, and Supplements Plus. As always, without the continued support of my sponsors, I would not be able to put on this contest each year. I would like to also thank all my judges, spotters, loaders, score keepers and my announcers who are always a huge help each year. I would like to personal like to thank Bob Connell, my co-meet director, for all his help with putting this contest together and maintaining our new website, www.ripl.org. Thanks a lot my friend. This year was the first installment of the Police & Fireman championships. I have been asked numerous times through the years to run this show, so I finally did. However, I did not get the turnout that I was hoping for. It was a little disappointing, but it is just the beginning for this contest. I hope over time this meet will grow to be as big and fun as the RI State Championships, for which this meet was run in conjunction. Being that this contest is all new, the state records for the Men's, Submasters, Masters and Women's divisions are all open, so who ever competed set the standard for the meet to come. We had only one competitor lifting that lifted in the Powerlifting portion of this meet. He was Louis Stravato. He competed in both the Open and the Masters divisions. This was his finish meet lifting raw. At 42 to years of age and in the 198's, he had a great day setting the new record mark for this class. In the bench portion of this meet we had Robert Salter, who also competed in the RI State Bench Press Championships in conjunction with the Police & Fireman contest. He also competed in the 198's Submasters and Open divisions. Robert set a new RI state record, in the State Meet, along with setting a new high standard and record for the Police & Firemen. He did it easily with a 470 lb opener. He than went on to bench 480 lbs. for his second attempt, inching that new standard higher, but he tried one more time to bump it up just a little more with a 485 lbs. third attempt, but he was out of gas. In the 275 lbs. class, George Lazzareschi, Jr. was looking for a big day. He opened with an easy 540 lbs., going right after a 560 lbs. third attempt. When he was done making that look easy, we went for a 580 lbs. third attempt. He quickly blew the weight off his chest, but went back to far hanging himself out to dry, just missing the weight by inches. There is still a lot of bit in this old dog. George finished out his day with first place in his class. In the 308 lbs. class we had a few boys going for number. First Billy Tucker was back and looking to bench a nickel plus. He opened with a strong 480 lbs., going right to 500 lbs. on his second attempt. He made strong work with that and figure he would go for a little more with 510 lbs., but it was not in the cards that day. Billy went on to finish first in his class with that strong performance. Mike Garard came into this meet a rookie, competing for the first time, but he came with a bench. He opened with a 500 lbs. attempt, but had some technique problems. The weight was ridiculously easy for Mike, but he had a small problem with his butt just lifting off the bench a little. However, this problem plagued him throughout his attempts, be called on all three and bombing out of the meet. I hope he tries again next year, for he has some strong potential. I want to thank all my competitor for coming out get this contest started and putting on a show for the spectators. Hopefully we will see you all again next year so we can make this meet bigger and better. Have a great year. (Thanks to Ted Isabella for these results)

Back Issue of the Month

Back Issue of the Month - August 1996 - this was a special double Seniors issue covering both the ADFPA Men's Nationals and the APF Senior Nationals. *At the ADFPA Men's Nationals held in St. Louis, the winners included Steve Snyder, Dave Weiss, Brad Olson, Tony Conyers, Martin Beavers at 165 with 1703, Ray Benemerito at 181 with 1807, Joe McAuliffe making 1868 at 198, James Morton at 220 with 1973. Bull Stewart returned with a 2077 total at 242 bwt. Nick Best won the 275s with 1967. Strongman Mark Phillipi took the 319 pound class with 2166 over Brad Gillingham with an 821 deadlift. Beau Moore took the supers with a 2138 total. Coverman Tony Conyers was the best lifter at the ADFPA Men's Nationals, then he went on to the APF Seniors and was best lifter there also. Among the champions at the APF meet in Atlanta were: Amy Weisberger won the 123s with a 1030. Debra Erney took the 165s with a 1344 over Stephanie Vandeweghe's 1322. Conyers won the 148s with 1769. Jay Roschiglione won the 165s with 1796. Tom Rutigliano won the 181s with 1841. Jesse Kellum took the 198s with 2070. Chuck Vogelpohl won the 220s with 2105. Steve Goggins took the 242s with 2399, including a 1032 squat. Scott Warman won the 275s with 2243. Tom Waddle won the 308s with 2259, and Jim Voronin was the superheavy weight champion with 2171. Marty Gallagher, a national and world master champion, proposed that we ban all lifting equipment in his article on page 16. Rob Wagner's interview by Stephan Korte was continued in part two. Doug Daniels revisited the concept of rest pause in training. Our workout of the month was by Danny McMillan, who has done some remarkable bench pressing as a master lifter, coming back from a pec tear to hit 600. Fred Glass, veteran masters champion, was interviewed by Bob Gaynor. Louis Simmons' article was on specializing in the deadlift. He had some great pictures on how to do dead stop squats, using the safety squat bar, and a shot of Chuck Vogelpohl doing seated good mornings using the buffalo bar. Stephan Korte also reviewed the worlds largest sporting good show, FIBO in Germany, where Hollywood Henderson benched 639 with a show girl sitting on his leg, and Phil Farmer and Paul Austin pulled at 1496 two man deadlift. Herb Glossbrenner reviewed the sixth Senior National Championship, with some great pictures of John Cole. Ramon Dubuque gave us a report on the Asian Championships. We also had reports of the EPF and EBC European Championships. Bob Hise II told us about the Bob Peoples that he knew, the great 700 plus deadlifter in the 181 pound class, who was far ahead of his time. Bob Hise II passed away just before this article was published. Herb Glossbrenner's second of a two part article on the resurrection of Mike Cross continued in this edition, with some very interesting photos of Mike bodybuilding. Scott Warman talked about meet preparation, part two. We also had the remarkable story of Lisa Siddel, whose comeback from a brain tumor was very inspiring. We've have a shot of all-around lifting star Rex Monahan carrying the Olympic torch in northeast Colorado. On our TOP 100 list for the 123 pound class, David Buterbaugh led in the squat with 540 and the bench press with 374, while Ernie Milan lead in the deadlift with 501 and in the total with 1234. Elsewhere on the rankings, Mary Hetzel was 57th in the squat with 319. Alex Gallant was 85th in the bench press at 198. Ellen Chaillet was 82nd in the deadlift with 340. Ellen Stein was 65th in the total with 815. You can still get this issue and dozens of others which are described on pages 48-51 of this edition of Powerlifting USA.*

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Shant Sheklanian *is one of the ranked lifters on this month's TOP 100 for the 132 lb. class. If you haven't seen your lifts published in a previous issue of PL USA, ask your meet director to submit them right away, so you can receive your rightful recognition on the upcoming POWERLIFTING USA rankings for your weight class.*

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TOP 100

For standard 132 lb./60 Kg. USA lifters in results received from Sep/2004 through Aug/2005

	SQUAT	BENCH	DEADLIFT	TOTAL
1	650 Hawthorne, R..3/4/05	396 Unten, K..3/5/05	575 Kupperstein..11/20/04	1526 Hawthorne, R..3/4/05
2	578 Williams, C..11/9/04	365 Goelz, B..12/11/04	562 Hawthorne, R..3/4/05	1432 Williams, C..11/9/04
3	562 Washington, H..2/19/05	355 Kuhns, M..2/5/05	534 Washington, H..2/19/05	1432 Washington, H..2/19/05
4	550 Kuhns, M..2/5/05	341 Petrencak, S..12/2/04	529 Williams, C..11/9/04	1350 Stephen, C..4/2/05
5	535 Stephen, C..4/2/05	341 Wong, P..2/12/05	510 Benjamin, J..3/12/05	1320 Kupperstein, E..11/20/04
6	485 Kupperstein, E..11/20/04	336 Washington, H..2/19/05	505 Trejo, D..4/2/05	1315 Morrow, J..7/23/05
7	480 Morrow, J..7/23/05	335 Morrow, J..7/23/05	500 Stephen, C..4/2/05	1305 Kuhns, M..2/5/05
8	470 Brubaker, D..3/12/05	325 Melancon, C..11/6/04	500 Morrow, J..7/23/05	1179 Wong, P..2/12/05
9	457 Richey, S..5/14/05	325 Williams, C..11/9/04	475 Hile, P..11/13/04	1170 Brubaker, D..4/2/05
10	457 Ladewski,k J..6/4/05	315 Stephen, C..4/2/05	462 Kavarnos, J..10/29/04	1168 Phillips, A..1/29/05
11	451 Phillips, A..1/29/05	314 Hawthorne, R..3/4/05	462 Smith, T..1/29/05	1160 Trejo, D..4/2/05
12	451 Wong, P..5/6/05	314 Ballard, R..8/13/05	455 Carpenter, D..12/11/04	1145 Benjamin, J..3/12/05
13	450 Reed, R..4/2/05	303 Robertson, J..9/10/04	455 Pack, J..4/2/05	1135 Carpenter, D..12/11/04
14	425 Vaquera, M..4/2/05	303 Johnson, C..5/4/05	451 Phillips, A..1/29/05	1135 Pack, J..4/2/05
15	420 Vega, M..4/2/05	292 Thompson, J..12/2/04	451 Wong, C..5/28/05	1135 Richey, S..5/14/05
16	420 Evans, A..4/2/05	292 Thomure, J..6/11/05	450 Islami, M..3/11/05	1124 Smith, T..1/29/05
17	415 Bourgoyne, C..11/6/04	285 Carpenter, D..12/11/04	450 Vaquera, M..4/2/05	1105 Vaquera, M..4/2/05
18	415 Trejo, D..4/2/05	285 Garvey, F..12/11/04	450 Hill, C..4/2/05	1102 Melancon, C..4/1/605
19	413 Lee, W..4/16/05	281 Richey, S..5/14/05	450 Goolsby..4/30/05	1102 Ladewski, J..6/4/05
20	410 Pack, J..4/2/05	281 Guaderrama, R..6/18/05	445 Reed, R..4/2/05	1100 Reed, M..4/2/05
21	407 Conyers, D..4/2/05	280 Perry, M..12/04	442 Evans, M..6/18/05	1085 Reed, R..4/2/05
22	405 Martinez, R..3/12/05	275 Myer, B..3/19/05	441 Hayes..12/12/04	1085 Shavers, K..4/2/05
23	405 Wright, Alex..4/2/05	275 Hagendorf, J..4/16/05	440 Trujillo, R..9/19/04	1074 Lee, W..4/16/05
24	405 Rivera, A..4/2/05	275 Ramos, A..4/30/05	440 Brubaker, D..3/12/05	1070 Vega, M..4/2/05
25	402 Hile, J..11/6/04	275 Wilcox, J..6/18/05	440 Reed, M..4/2/05	1069 Sheklanian, S..10/13/04
26	402 Smith, T..1/29/05	275 Horn, R..8/27/05	435 Lee, W..4/16/05	1065 Wright, Alex..4/2/05
27	402 Moreno, J..4/16/05	270 Sheklanian, S..10/17/04	435 Snell, K..4/16/05	1065 Wright, Ahron..4/2/05
28	400 Nogle, C..11/13/04	270 Garza, N..11/6/04	430 Wright, Ahron..3/12/05	1063 Kavarnos, J..10/29/04
29	400 Benjamin, J..3/12/05	270 Gee, S..11/10/.04	430 Wright, Alex..4/2/05	1060 Evans, A..4/2/05
30	400 Reed, M..4/2/05	270 Hile, P..11/13/04	430 Limbrick, T..4/2/05	1045 Nogle, C..11/13/04
31	400 Shaver, K..4/2/05	270 Brubaker, D..4/2/05	425 Moreno, J..11/6/04	1041 Hunn, J..3/12/05
32	400 Limbrick, T..4/2/05	270 Pack, J..4/2/05	425 Nogle, C..11/13/04	1040 Hill, C..4/2/05
33	400 Stransky, N..4/2/05	270 Lauricella, M..6/11/05	425 Barerra, K..3/12/05	1040 Goolsby..4/30/05
34	400 Martinez, A..4/2/05	265 O'Steen, M..12/4/04	425 Abner, W..3/12/05	1030 Hayes..3/12/05
35	400 Vera, R..4/2/05	265 Helms, J..3/19/05	425 Shavers, K..4/2/05	1030 Limbrick, T..4/2/05
36	400 Douglas, K..4/9/05	265 Tepper, S..6/25/05	425 Vega, M..4/2/05	1030 Stransky, N..4/2/05
37	396 Sheklanian, S..10/13/04	264 Phillips, A..1/29/05	425 Rivera, A..4/2/05	1025 Bourgoyne, C..11/6/04
38	395 Carpenter, D..12/11/04	261 Phillips, C..11/13/04	425 Edwards, J..4/2/05	1025 Martinez, A..4/2/05
39	391 Bissen, J..3/26/05	260 Kupperstein, E..11/20/04	424 Hunn, J..3/12/05	1025 Moreno, J..4/16/05
40	391 Melancon, D..4/16/05	260 Shipman, D..11/27/04	424 Ladewski, J..6/4/05	1015 Martinez, R..3/12/05
41	391 Kavarnos, J..5/20/05	260 Hayes..3/12/05	420 Karbula, Z..3/11/05	1010 Rhodes, C..4/2/05
42	391 Jones, K..5/20/05	260 Reed, M..4/2/05	420 Eigermann, J..3/11/05	1008 Bissen, J..3/26/05
43	390 Karbula, Z..3/11/05	260 Shavers, K..4/2/05	420 Langley, M..4/2/05	1005 Seals, K..11/6/04
44	390 Davila, D..4/2/05	259 Pogue, J..9/11/04	420 Bird, C..4/2/05	1005 Barerra, K..3/12/05
45	390 Carter, P..4/2/05	259 Smith, T..1/29/05	420 Legravenis, S..4/9/05	1005 Langley, M..4/2/05
46	390 Aguinaga, M..4/2/05	259 Hunn, J..3/12/05	420 Marchio, J..7/30/05	1003 Hagendorf, J..4/16/05
47	385 Cincotta..11/21/04	259 Hankins, K..4/16/05	419 Bloom, C..6/25/05	1003 Jones, K..5/20/05
48	385 Wright, Ahron..4/2/05	255 Seals, K..11/6/04	418 Wong, P..2/12/05	1000 Cincotta..11/21/04
49	385 Goolsby..4/30/05	255 Abner, W..3/12/05	415 Beaty, K..5/14/05	1000 Karbula, Z..3/11/05
50	385 Burke, H..6/4/05	255 Wright, Ahron..4/2/05	415 Sheridan, J..5/21/05	1000 Lewis, Z..4/2/05
51	380 Morello, J..11/6/04	255 Lewis, Z..4/2/05	415 Ferree, C..8/27/05	1000 Ferree, C..8/27/05
52	380 Barerra, K..3/12/05	253 Southwood, K..3/19/05	413 Sheklanian, S..10/17/04	995 Abner, W..3/12/05
53	380 Middleton, J..3/12/05	250 Stransky, N..3/5/05	410 Cincotta..11/21/04	995 Guzman, J..3/12/05
54	380 Lagravenis, S..3/05	250 Penza, M..5/21/05	410 Herrera, S..3/12/05	995 Davila, D..4/2/05
55	380 Langley, M..4/2/05	248 Bourgoyne, C..4/16/05	410 Delacruz, J..3/12/05	995 Rivera, A..4/2/05
56	380 Lupe, M..4/2/05	245 Rhodes, C..4/2/05	410 Evans, A..4/2/05	990 Gulotta, B..11/6/04
57	380 Dorsey, K..4/9/05	245 Tran..5/22/05	407 Pierce, V..11/6/04	990 Vera, R..4/2/05
58	375 Moran, J..3/5/05	245 Ferree, C..8/27/05	407 Bissen, J..3/26/05	986 Guaderrama, R..6/18/05
59	375 Guzman, J..3/12/05	242 Gomez, S..11/10/04	407 Kang, A..4/2/05	980 O'Steen, M..12/4/04
60	375 Delacruz, J..3/12/05	240 Ladewski, J..1/8/05	407 Melancon, C..4/16/05	980 Carter, P..4/2/05
61	375 Hill, C..4/2/05	240 Readores, H..3/26/05	405 Seals, K..11/6/04	980 Lupe, M..4/2/05
62	375 Edwards, J..4/2/05	240 Trejo, D..4/2/05	405 Gulotta, B..11/6/04	980 Aguinaga, M..4/2/05
63	375 Farmer, K..7/9/05	240 Smith, L..4/9/05	405 Rhodes, C..3/5/05	980 Edwards, J..4/2/05
64	374 Ladnier, T..10/13/04	240 Cola, R..6/25/05	405 Spiekermann,..5/21/05	980 Smith, L..4/9/05
65	374 Hagendorf, J..4/16/05	236 Bradley, G..11/3/04	402 Nash, M..4/16/05	975 Herrera, S..3/12/05
66	370 Hayes..3/12/05	236 Davila, A..11/6/04	402 Brown, O..7/9/05	975 Delacruz, J..3/12/05
67	369 Contreras, M..4/16/05	236 Kavarnos, J..12/11/04	400 O'Steen, M..12/4/04	975 Legravenis, S..4/9/05
68	365 Gulotta, B..11/6/04	236 Adelmann, T..2/13/05	400 Kuhns, M..2/5/05	970 Hile, J..11/6/04
69	365 Lewis, Z..4/2/05	236 Aoyagi, S..4/16/05	400 Williams, C..3/11/05	970 Islami, M..3/11/05
70	360 Johnson, M..3/18/05	236 Nash, M..4/16/05	400 Guzman, J..3/12/05	970 Douglas, K..4/9/05
71	360 Rhodes, C..4/2/05	235 Creel, B..10/17/04	400 Hernandez, T..3/12/05	970 Penza, M..5/21/05
72	360 Naranjo, A..4/2/05	235 Scanga, F..3/6/05	400 Mayes, J..3/12/05	970 Trujillo, R..7/30/05
73	358 Hunn, J..3/12/05	235 Benjamin, J..3/12/05	400 Stransky, N..4/2/05	965 Middleton, J..3/12/05
74	355 Clark, Z..3/5/05	235 Martinez, A..4/2/05	400 Black, T..4/2/05	960 Eigermann, J..3/11/05
75	355 Herrera, S..3/12/05	235 Lamberson, J..4/3/05	400 Smith, L..4/9/05	960 Black, T..4/2/05
76	352 Pagliaro, A..11/13/04	235 Gagne, R..7/30/05	396 Richey,m S..5/14/05	955 Cola, R..6/25/05
77	352 Niederkorn, R..1/29/05	231 Jones, K..5/20/05	395 Martinez, R..3/12/05	953 Aoyagi, S..4/16/05
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79	352 Trujillo, R..5/20/05	230 Vaquera, M..4/2/05	391 Forte, M..5/21/05	950 Pulvino, S..3/5/05
80	350 Walker, R..3/5/05	230 Evans, A..4/2/05	390 Kammueller, B..3/11/05	950 Farmer, K..7/9/05
81	350 Eigermann, J..3/11/05	230 Vera, R..4/2/05	390 Johnson, N..3/11/05	947 Nash, M..4/16/05
82	350 Bazan, B..3/12/05	230 Rivera, L..4/2/05	390 Martinez, A..4/2/05	945 Morello, J..11/6/04
83	350 Holcomb, T..3/18/05	230 Dorsey, K..4/9/05	390 Davila, D..4/2/05	945 Rivera, L..4/2/05
84	350 Creel, B..3/19/05	225 Lamb, F..9/11/04	390 Naranjo, A..4/2/05	945 Hill, K..4/9/05
85	350 Black, T..4/2/05	225 Evans, M..10/23/04	390 Russo, B..4/2/05	945 Spiekermann, K..5/21/05
86	350 Russo, B..4/2/05	225 Hadden, J..11/13/04	385 Hankins, K..12/4/04	942 Burke, H..6/4/05
87	350 Spiekermann, K..5/21/05	225 Catton, C..12/4/04	385 Hughes, H..2/13/05	941 Davila, A..11/6/04
88	347 Tucker, T..6/18/05	225 Williams, V..12/12/04	385 Clark, Z..3/5/05	940 Naranjo, A..4/2/05
89	345 Seals, K..11/6/04	225 Daly, L..1/8/05	385 Douglas, K..4/9/05	940 Bird, C..4/2/05
90	345 Rivera, L..4/2/05	225 Swope, R..1/15/05	385 Hill, K..4/9/05	940 Russo, B..4/2/05
91	340 Pulvino, S..3/5/05	225 Bardley, G..2/26/05	385 Aoyagi, S..4/16/05	936 Contreras, M..4/16/05
92	340 Williams, C..3/11/05	225 Poske, C..3/19/05	385 Rein, J..5/14/05	935 Williams, C..3/11/05
93	340 Akers, H..3/18/05	225 Woody, B..3/19/05	385 Penza, M..5/21/05	925 Creel, B..10/17/04
94	340 Jackson, S..3/18/05	225 Vega, M..4/2/05	385 Debois, D..5/21/05	925 Clark, Z..3/5/05
95	340 Bird, C..4/2/05	225 Wright, Alex..4/2/05	385 Cola, R..6/25/05	925 Walker, R..3/5/05
96	340 Smith, L..4/9/05	225 Lee, W..4/16/05	380 Morello, J..11/6/04	925 Hernandez, T..3/12/05
97	340 Ferree, C..8/27/05	225 Navarre, J..4/16/05	380 Kalil, F..11/6/04	925 Tran..5/22/05
98	336 Davila, A..11/6/04	225 Farmer, K..7/9/05	380 Pulvino, S..3/5/05	922 Evans, M..6/18/05
99	336 Carter, M..2/13/05	225 Dunn, P..7/9/05	380 Cisneros, S..3/5/05	920 Bazan, B..3/12/05
100	336 Franciscus, A..4/2/05	225 Valmojoa, J..8/13/05	380 Middleton, J..3/12/05	920 Conyers, D..4/2/05

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NEXT MONTH... TOP 148s

CORRECTIONS ... Ron Yard should have been credited with his 735 bench press achieved at the IPA Worlds on the TOP 20 of All Time for the 275 lb. class. As well, Aaron Lawrence's 2410 total in the 308 lb. class was not reflected on the All Time TOP 20 list for the 308 lb. class in the Oct/05 issue of PL USA. Rich Edinger's 700 deadlift was not reflected on the TOP 100 for the SHW class, in the Aug/05 edition of PL USA. D. Flesh should have been listed for 749 424 600 1774 in the 198 lb. class in the results we pubilshed for the APF Florida State Meet. Vince Tanabe should have been credited with a 529 lb. deadlift, performed at Venice Beach on August 9th, 2003 on the TOP 100 list for the 148 lb. class during that time period, as confirmed by the Venice Beach Recreation Department. If you find errors in our lists or results, let us know at *POWERLIFTING USA* Errors Department, Post Office Box 467, Camarillo, California 93011 for analysis and a corresponding correction

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