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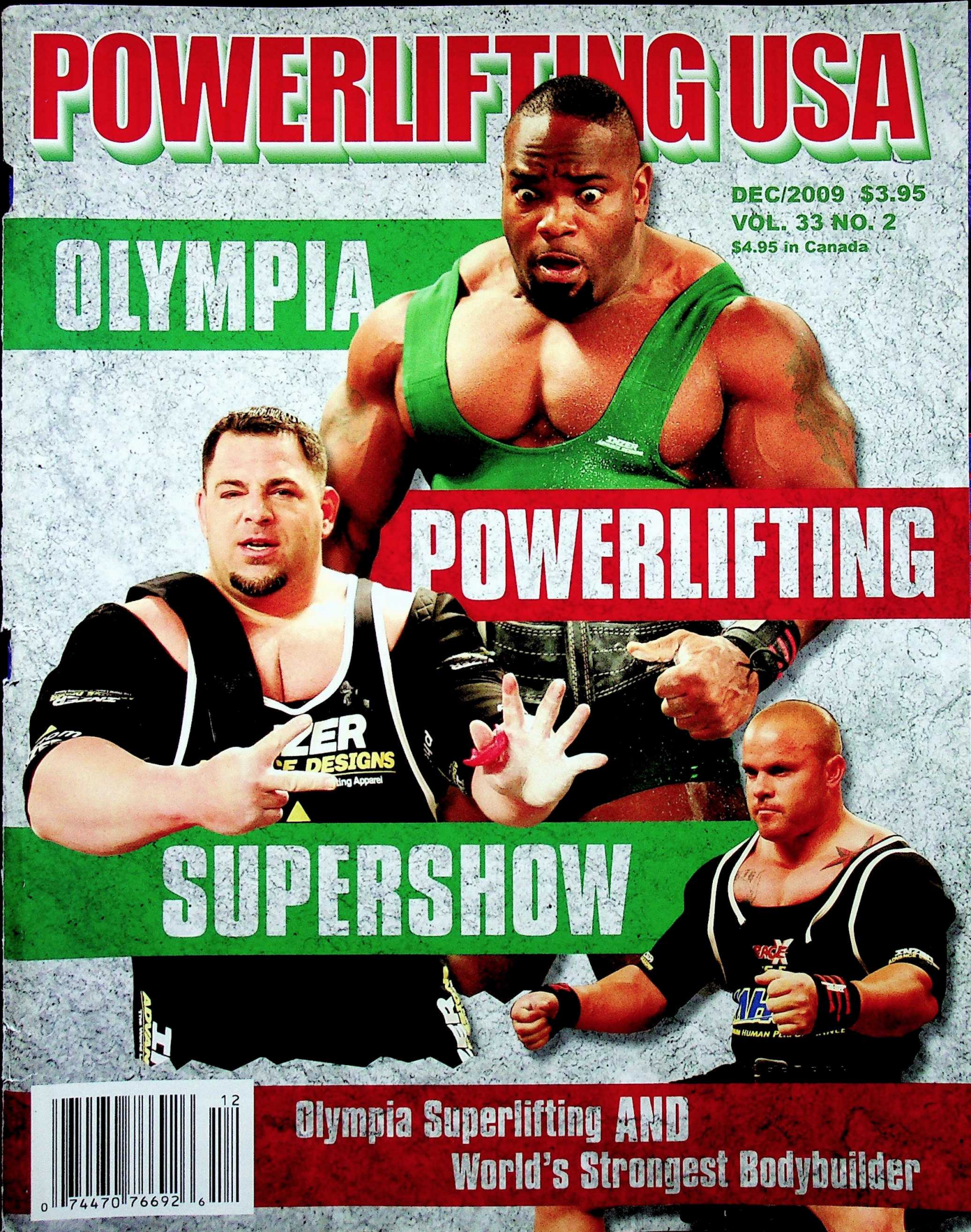

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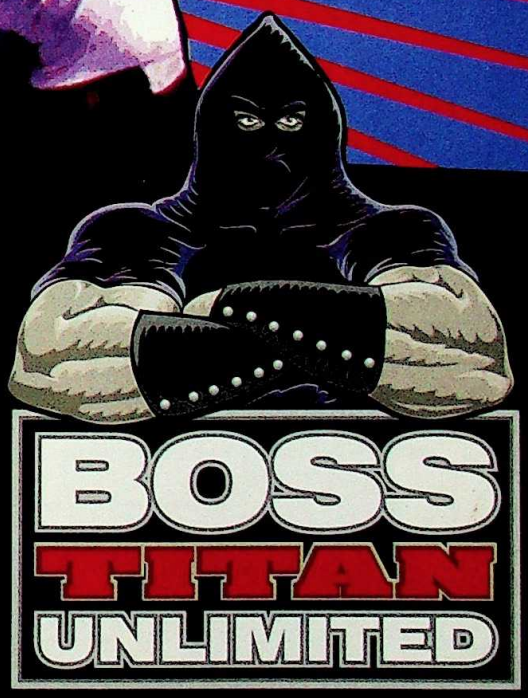

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Joe Mazza
IPA World Record Bench
685 lbs. @ 165 lbs.

Vlad Alhazov
World Record Squat
1,250 lbs. @ SHW

Rob Luyando
World Record Bench
832 lbs. @ 220 lbs.
905 lbs. @ 242 lbs.
947 lbs. @ 247 lbs.

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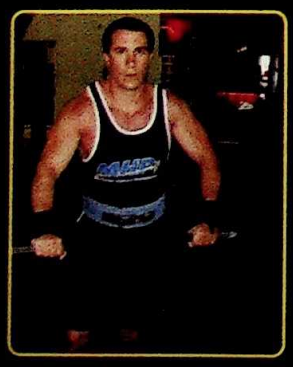
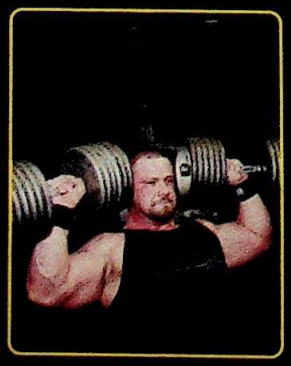
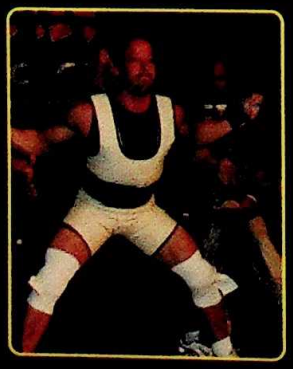


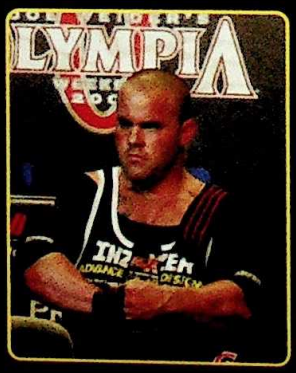
Dennis Cieri
IPF World Record Bench
634 lbs. @ 198 lbs.



Jeremy Hoornstra
World Record "Raw" Bench
615 lbs. @ 242 lbs.



Brian Schwab
World Record Total
2,045 lbs. @ 165 lbs.



Shawn Frankl
World Record Total
2,630 lbs. @ 198 lbs.

Joe Ceklovsky
World Record Bench
600 lbs. @ 147.6 lbs.

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2009 OLYMPIA POWERLIFTING SUPERSHOW

as told to Powerlifting USA by Jason Phillips

Olympia Superlifting

The 2009 Olympia Superlifting provided the perfect grand finale for the fabulous Olympia Expo. The intensity of the Superlifting kept the huge audience glued to their seats. Bench star Tiny Meeker won both sets at SHW, breaking a previous Superlifting World Record and tying another. Shawn Frankl was the winner of both sets in the 220 class breaking the World Record at both bar weights and beating two previous Superlifting champions.

Everyone was focused on another close battle between Superlifting champions Jason Coker and Jesse Kellum. Coker and Kellum were a headlined rivalry because of their battles at the history making Europa Superlifting and Olympia Superlifting in 2008. There was a three way tie between Jason Coker, Jesse Kellum and Shawn Frankl after the first set in the 220s. A tie in Superlifting can only be broken by a tie breaker set. Each repetition in Superlifting is a strict rep with pause, lockout, and butt kept on the bench. Coker, Kellum and Frankl each got an amazing 6 strict repetitions on their first awesome set with 600 pounds. On the tie-breaker set Frankl showed his great endurance and nailed 6 more to squeeze out the win over Coker's 5 and Kellum's 4.

Super showman Tiny Meeker was psyching up the fans with his animated stage presence. Tiny lifted with authority, tying the 800 bar SHW World Record with 3 reps to take the win. The giant crowd was yelling and counting each rep for Meeker as he got an incredible 7 strict reps for the World Record at 700 pounds. New bench star Glenn Russo came back this year stronger than ever and smashed up 2 fast reps at the 800 bar and a great set at the 700 bar. Mark Bell, looking bigger and more defined than he's ever looked, couldn't get a lift in this year.

There was intensity galore in the 220s. The dramatic tie breaker between the three top finishers put the icing on the cake for the fans. Superlifting champion and veteran Kellum received a wild response from the audience when he popped up 13 reps but was credited with only 10 at the 500 bar. Kellum, with the audience's rowdy response heard from behind him, challenged referee boss Gordon Santee, but Gordon stood strong on the referees' decision that 3 of the 13 reps didn't pass the muster for the three international refs. Kellum's challenge to the referees was very entertaining for the audience. Composed and powerful Joe Mazza, at only 184 pounds bodyweight, got an unbelievable 8 strict reps with 500. Superlifting rookie, Michael Cartinian, at 204, put up a super strong, first year performance. Bench press maniac Jay Fry, weighing only 194, rocked the Olympia with his flawless lifts. Returning champion Coker, still limping after rupturing his back a few weeks earlier, gave it his all and took second at both bar weights. Frankl rose from last year's rankings and surprised everyone to take the win at both bar weights.

MC Chuck LaMantia gave the audience a great education on powerlifting from the score table. Olympia meet director Nick Busick was a natural with the on-stage mic. Nick Busick's company BigBullyNutrition.com was a major sponsor of the Olympia and his Bully Blast Energy Bar was a big hit at the expo. Nick and Chuck kept the audience revved and informed of every detail. The expert teamwork between head referee Gordon Santee, Busick and LaMantia kept the show moving at a fast pace. The Inzer girls tossed a ton of free gear and T-shirts into the sea of people to celebrate each successful set. It was special entertainment when a rolled up Inzer T-shirt and a pair of knee wraps bounced off Chuck LaMantia's head a couple of times while he continued his flow of commentary during this fantastic show. The audience witnessed the nonstop, action packed display of 107 successful, mind boggling bench presses all within one awesome hour of the two hour show scheduled for the Superlifting and WSBB at the conclusion of the Olympia Expo. The Powerlifting Supershow™ and Superlifting made history again.

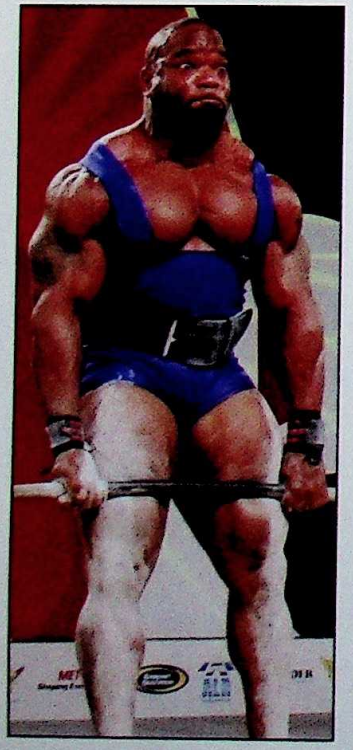
800 lb.
Tiny Meeker, 3 reps
Glenn Russo, 2 reps
Mark Bell, 0

700 lb.
Tiny Meeker, 7 reps World Record
Glenn Russo, 3 reps
Mark Bell, 0

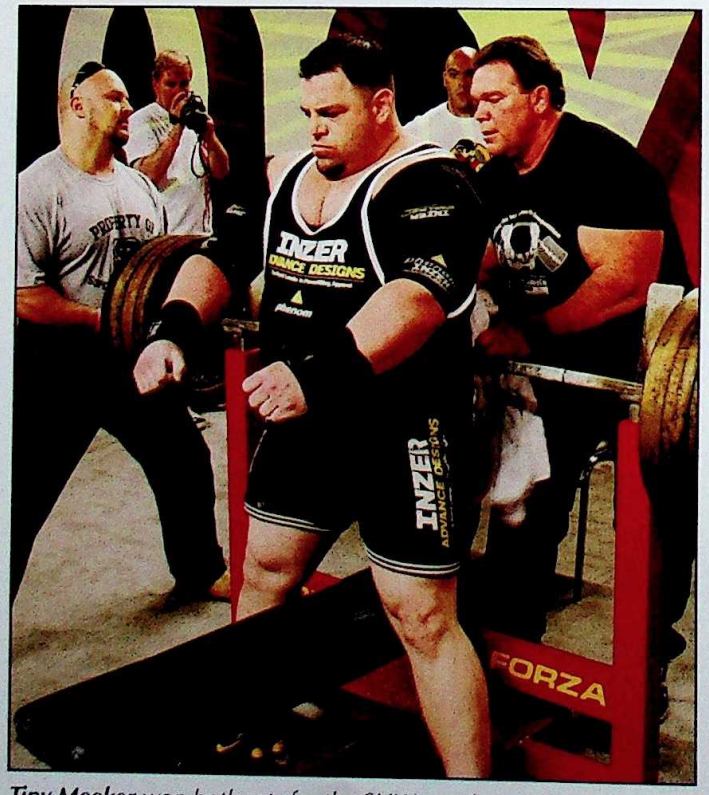
600 lb.
Shawn Frankl, 6 reps, 6 reps World Record
Jason Coker, 6 reps, 5 reps
Jesse Kellum, 6 reps, 4 reps
Joe Mazza, 3 reps
Jason Fry, 3 reps
Michael Cartinian, 1 rep

500 lb.
Shawn Frankl, 11 reps World Record
Jesse Kellum, 10 reps
Jason Coker, 10 reps
Joe Mazza, 8 reps
Michael Cartinian, 7 reps

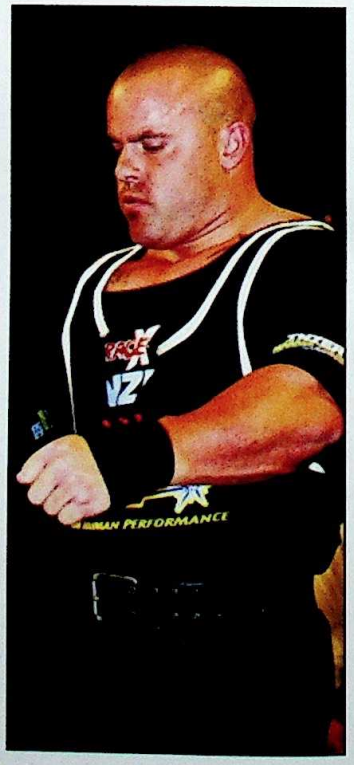
(continued on page 78)



The official World's Strongest Bodybuilder, ***Johnnie Jackson***



Tiny Meeker *won both sets for the SHWs, making a Superlifting WR*



Shawn Frankl *– 220 lb. BP winner (photo courtesy of Chad Aichs)*

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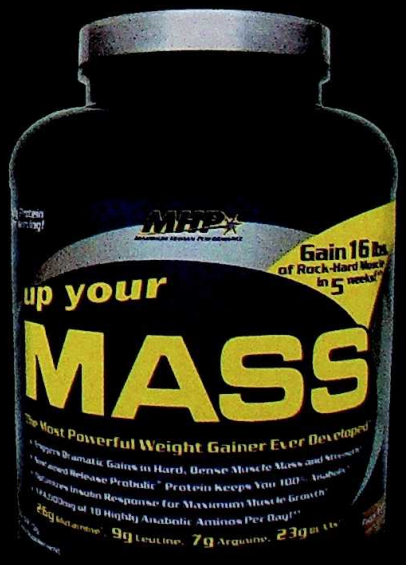

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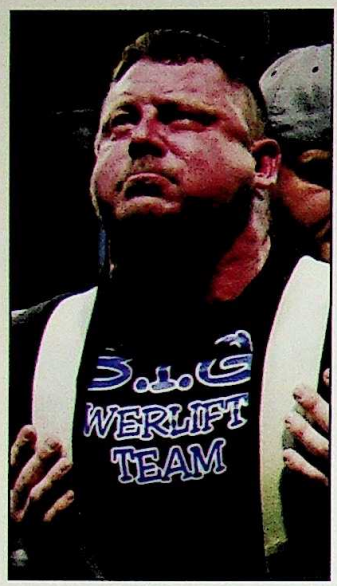
TRAINING

B.I.G. Secrets of Big Squats
RICK HUSSEY'S ROUTINE

as told to Powerlifting USA by Michele Cogger



***Jim Grandick** – 1058 @ 275 lb.*

Coach Rick Hussey of Big Iron Gym has produced many of the world's top ranked squatters in recent history. For years, the training program at BIG was something that hadn't been publicized, almost like they were keeping it a secret. Anyone who has come to Omaha to train has seen first-hand the effectiveness of Hussey's program, and can attest to the gains the athletes have made in a short time. It is common for the average lifter to add 200 lb. to his squat in a 10-week training cycle at Big Iron, and—for the first time—Rick is letting the secret out.

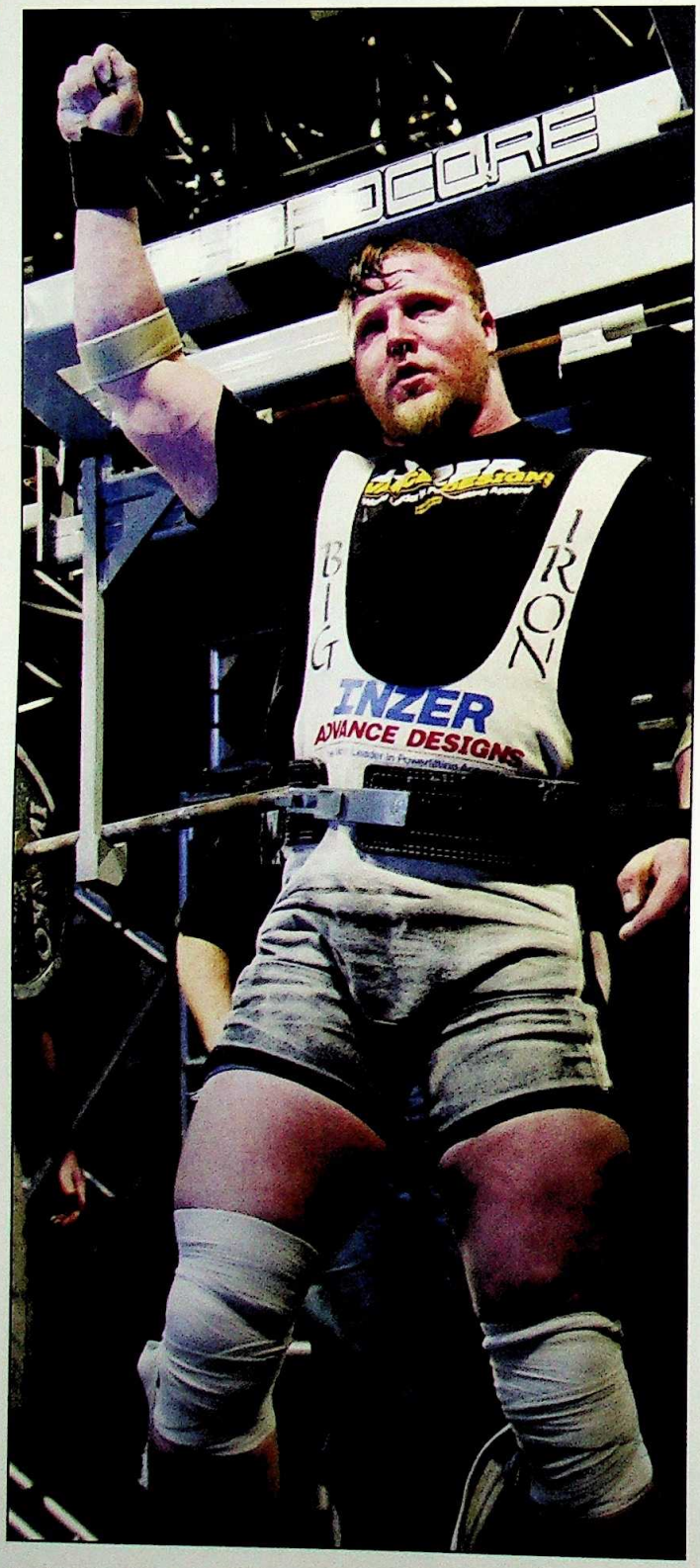
Powerlifting is an expensive sport, and BIG knows it is tough right now for a lot of people. Rick said, "Rather than selling this information, I want to share it as a way of giving back to all of those who supported me during cancer treatment."

Overload Training with Reverse Bands

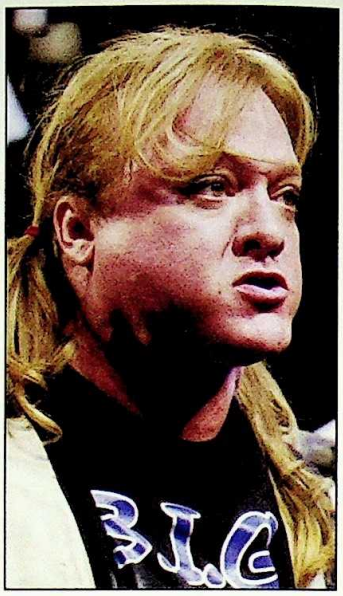
Reverse bands play a key role in squat training at Big Iron, and are used both during a contest cycle and off-season. The central purpose of using bands is the overload principle. Bands allow you to feel heavier weight on your back, working you toward the goal of squatting the same weight without bands by the end of the training cycle.

Hussey's team also uses them to work through sticking points and perfect their form. Bands also prepare the lifter's central nervous system for heavier loads, helping to avoid overtraining and putting excessive stress on the body.

Speed work is reverse band work at BIG. There is no "Speed Day," but rather, speed sets. Coach Hussey explains, "All sets should be fast and clean, allowing you to work through your sticking points, not from them." He goes on to explain how this method affects lifts in a meet: "When the gear quits helping, our lifters keep going. Bands teach you to hold and fight through a stalled position, which is very important because a lot of lifters give up or start to go down again instead of pushing through it."



***Justin Graalfs** – has squatted a whopping 1085 pounds at only 242!*



***Becca Swanson** – 854 @ 242 lb.*

Proper Form

Squatting with incorrect form could cost you hundreds of pounds on your total. Training with reverse bands not only applies the overload principle to increase the maximum weight you can lift, but is also used as a tool to practice maintaining strict form with heavy weight. Rick believes that this is more effective than box squatting because "on a box, your hips relax at the bottom; but with bands you stay tight all the way through the movement."

As the weight de-loads at the bottom, you learn to sit back, push out hard on your knees, and shift your weight to the sides of your feet. You want to focus on feeling it in your glutes, hips, and the outside of your knees.

Bands also help lifters become more comfortable unracking heavy weight. A lot of lifters have trouble getting the bar out of the rack on heavier weights, but Rick explains that "bands help you set up in the rack and get used to getting heavy weight out of the hooks, and adjust to holding your breath with it longer."

Stand up strong with the weight, and push your butt back first, breaking at the hips. Push back a second time as you descend, breaking at the hips and knees. At Big Iron, Rick calls this the "Double Pump."

(continued on page 74)

EVERY WORKOUT ENDS WITH DARK MATTER!

Rob Luyando - *Team MHP Member*
World Record Bench Press
909 lbs. @ 275 lbs.

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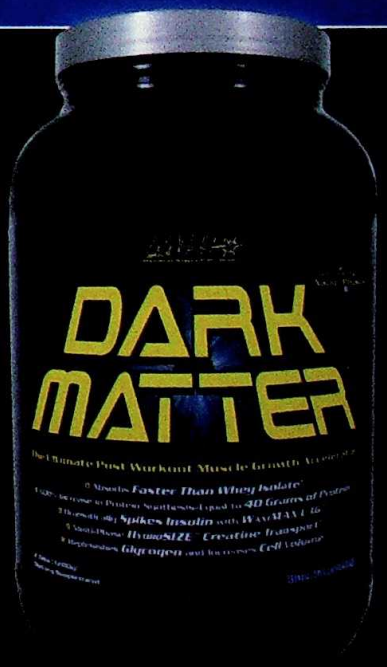

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INTERVIEW

MIKE KUHNS

interviewed for PL USA by Dr. Larry Miller

Mike Kuhns *(center) took home the gold from the* ***IPF BP Worlds***

Dr. Larry Miller: Mike, I was extremely impressed with your lifting in Cleveland at Bench Nationals and thought your story would be inspirational.

Mike Kuhns: *Thank you, Larry. I very much appreciate this interview.*

LM: Let's start with some background including age, occupation and family.

MK: *I am 23 years old, born and raised in Whitehall, PA. My parents reside in Whitehall and I have an older sister, Jessica, who lives in San Diego with her family. After high school, I attended Penn State University for two years. I currently work in the Receiving Department at American Atelier Inc., a national furniture manufacturer based in Allentown, PA.*

LM: How long have you been lifting weights and when did you start lifting competitively?

MK: *I began lifting weights when I was 11 years old. My father inspired my interest. He's been involved in powerlifting for many years and felt it was the one sport I could excel at. My first competition was in 1997 at the Allentown Sports Fest. It was a bench press meet and at a bodyweight of 146, I benched a whopping 120 lb. raw, of course. My serious competition began shortly after with the AAU and ADAU. There I began full meet competitions in the ADAU and set several age group records in the squat, bench press, and total. After the age of 17, I believe I took over the squat, bench and total records in the 123, 132, and 148 lb. classes for Teen, Junior, and Open.*

LM: What are some of the records you hold?

MK: *I have the USAPL 123 16–17 and "open" 3-lift bench at 330 and 16–17 total at 1175. The 132 Junior squat at 595, the total at 1438, and the 132 Junior and Open bench at 451. In single lift bench, I have the 132 Junior and Open mark at 468. I had the IPF sub-Junior 123 squat record at 481 for a seven month period until a Russian competitor took it away.*

LM: Having already won a gold medal at the IPF Bench Press Worlds, what other goals do you have?

MK: *First off, I'd certainly like to repeat my Bench World's Gold next year in Texas. I want to break the IPF 3 lift bench record (132 lb. class), which currently stands at 462. I also want to break the highest of 132 bench records, which is the single lift IPF bench record set at 491. By doing this, I imagine I'd have to be the first 132 to bench press 500 lb., which I'd very much like to be. Outside of that, I would also like to break the American 132 lb. squat record and total record. Then in a few years when I hopefully have a decent deadlift, win the Open IPF 3 lift Worlds.*

LM: What are your views on drug testing and how do you like competing in the USAPL/IPF?

MK: *I am all for it. The USAPL is doing a great job keeping the playing fields level. I love competing in the USAPL and IPF.*

LM: What other organizations have you lifted in?

MK: *AAU (my first 3 sanctioned meets were in 1998 and 1999) and the ADAU.*

LM: What are your views regarding all the equipment the lifters are using?

MK: *I love RAW competition—that was my start in this sport. To achieve the goals I set for myself, I need to compete equipped and I wouldn't be nearing a 500 bench without my perfectly customized Titan Fury. It took me about two years to get used to it, but I've learned how to use the gear. Pete Alaniz and everyone at Titan have designed awesome equipment for me, and I can't wait to try out the new fabrics (the bench shirt that I've been competing in was made for me in 2004).*

LM: How do you enjoy lifting on the USA team and representing your country?

MK: *Some of the best experiences of my life. 2008 South Africa Junior Worlds was my first time outside the country. I was fortunate enough to win against some very strong and talented competitors thanks to the superb coaching. 2009 Bench Worlds—same thing. The USAPL arranges fantastic coaching staffs which overlook all aspects of the competition and all the lifter has to do is lift. When Donovan Thompson set me up for the win in Luxembourg, the adrenaline was overwhelming. The best feeling is standing on the podium in a foreign country while the National Anthem is being played; it makes all the hard work worthwhile.*

LM: What does your training program consist of? Do you train the other lifts also?

MK: *I train the squat, bench and deadlift once a week each. I work up to heavy doubles or singles, never more than triples. The only assistance exercises I do are really only for my bench and deadlift. I do a lot of "isolation" tricep, deltoid, and pec work for my bench; such as dumbbell tricep extensions, lateral raises, flys, and incline flys. Until a year ago, I did heavy incline presses and seated military presses regularly (I was inclining 300x7). I ceased from all incline and overhead pressing movements because my shoulders were getting beat-up. I do high rep belt squats to give my legs some volume and to work the heart and lungs.*

LM: Do you follow any dietary program?

MK: *Not really. Nutritional Technologies sponsors me and I get very good results from their products. I train around 138–140 and just do what I need to weigh in at 132.25.*

LM: What equipment do you use? Do you do much training in your shirts or do you like to train raw or do both?

MK: *I am sponsored by Titan and use all of their great equipment. Probably 80% of my squat and bench training is raw. The gear goes on only for the heaviest sets. Shortly after the 2009 Arnold, where I benched 429, I purchased an E.O. board vest. Not only is this a great training aid, but it allowed me to train heavy and safely in a bench shirt while having only one spotter. In 6 weeks, my bench went from 429 to 462, which I did at Bench Worlds, and then I hit 468 at Bench Nationals in June.*

LM: Who are some of the lifters you have followed over the years and have you had a chance to meet them?

MK: *I have been fortunate enough to not only meet the lifters I admire, but to compete in the same meets as them. Some of the lifters I admire are Brian Siders, Dave Ricks, Brad Gillingham, Wade Hooper, Priscilla Ribic, Dennis Cieri, Mike Bridges, Ray Benemerito, Sioux-z Hartwig-Gary, amongst many others.*

LM: How long do you think you will be lifting for?

MK: *Barring injury, hopefully a long, long time.*

LM: What advice would you give some novice lifters?

MK: *Build a solid raw base first, and try to workout with other powerlifters.*

LM: Any final comments or people you would like to thank?

MK: *My loving and supportive parents, Don and Bonnie Kuhns; my grandfather, Ken Gross; my club Twin City headed by Nick Theodorou, Chris Cirnigliaro and Rob Eckhart; Al Siegel; Niko Hulslander and the entire Garage Ink Team; Joe Braca and everyone at Underground Gym, and Pete Alaniz. There are many more I'd like to thank and I apologize to those I did not recognize. It's been a great ride so far in this sport. I've been blessed with good health and strength, and have met many great people in powerlifting. Thanks to you and Powerlifting USA for this interview.*

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Shawn Frankl - *Team MHP*
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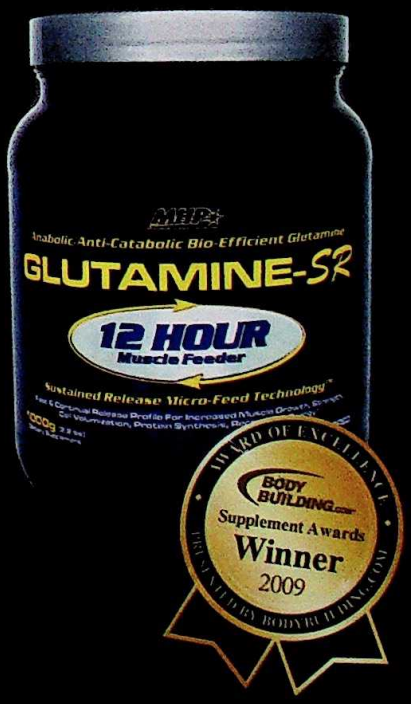

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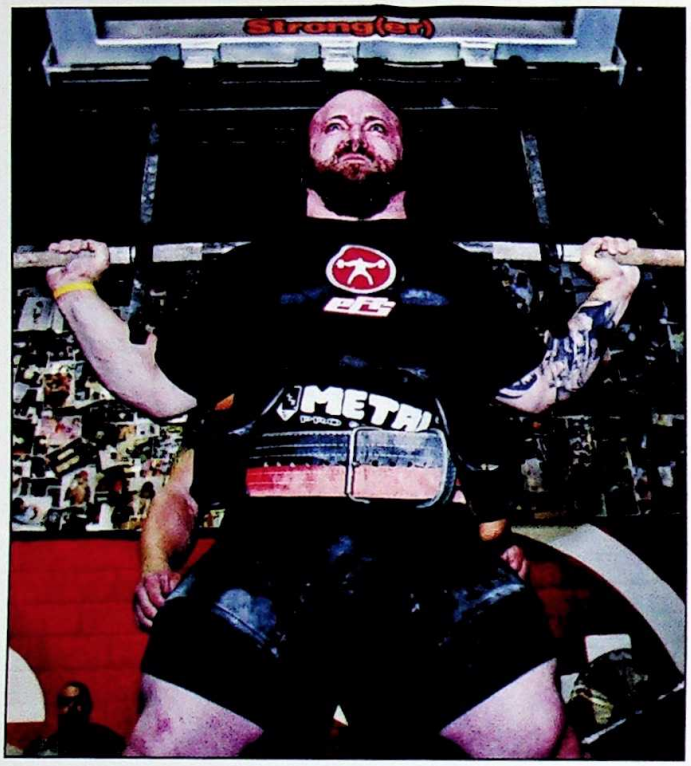
INTERVIEW

JEREMY FREY

interviewed for PL USA by Dave Tate of EliteFTS



***Jeremy Frey** squatting in competition (photos courtesy of EliteFTS)*

Dave Tate: When did you first start lifting weights?

Jeremy Frey: *I first started lifting when I was about 11 years old. I started doing little things before this time, but I entered a weight room at 11. My mother used to lift and teach aerobics at a local fitness facility. She would take me with her, and at first, I would just swim, play basketball, or do other stuff. I started going into the weight room with her. Basically, I went around to all of the machines and did a couple sets on each. This was nothing special, but I do remember doing this on a regular basis without really even thinking about what I was doing.*

Typically at my high school, kids would start lifting after their eighth grade year of football was over. Since I hit puberty when I was like five years old, I started training in high school after my seventh grade year of football. Seriously, I had a mustache playing fifth grade soccer.

Before this time, I had never really benched before—with free weights that is. So my brother took me in after my football season was completed and tested me on the bench. I ended up pushing 170 lb. for a single. I was hooked from there. I trained anywhere from 3–4 days a week at 6:00 AM, and most times, I would go in after school as well. By the time my freshman year rolled around, I was the fourth strongest kid in the entire high school behind three seniors. I hit my peak my junior year weighing in at 230 lb., benching 365 lb., squatting 510 lb., and deadlifting around 470 lb. I push-pressed 295 lb. and cleaned around the same. I ran the 40-yard dash at 4.75 seconds and also ran the 100-yard dash with a best of 10.7 seconds. And, yes, this was all unaided lifting. I didn't use gear, except for a belt, and I didn't do drugs, even though every other football coach out there accused me of it. The rest is history.

DT: So did you have a moustache in high school? Did you drive an Iroc-Z? You sound like you could have been into Molly Hatchet.

JF: *Actually, I was driving my 79 Trans Am at the time, usually sporting the cut off jean shorts, mesh see through mid-drift shirt, and John Deere mesh hat. Those were the days.*

Molly Hatchet was definitely in the cruising mix along with Def Leopard, Judist Priest, Sammy Hagar, ZZ Top, and others. I would have been rocking the mullet, but because I started going bald around the same time I grew facial hair, I could only roll with a skullet (see Brian Schwab).

DT: When did you begin powerlifting?

JF: *My first powerlifting meet was my freshman year in high school. We just trained for the sports we were playing and didn't worry about peaking for a meet. It was just something we did for fun. I believe I was in the 220 lb. class and placed second to a junior from another school. After this meet, I continued to do a meet once a year, placing first from there on out.*

I took a hiatus from competing when I entered college. I tried playing football for a year, but didn't stick with it due to a previous injury. Instead, I took up rugby and played for three years. I started powerlifting again my senior year of college, competing in the APA. I've been competing ever since.

DT: You weighed 220 lb. as a freshman in high school?

JF: *I actually hit 210 lb. my eighth grade year of football. Needless to say, I didn't look right out there with all the other players. The more I kept lifting, the leaner I became and typically stayed around the 220 lb. mark, peaking at a svelte 230 lb.*

DT: What are your best lifts?

JF: *My best at 220 lb. was a 788 lb. squat, a 501 lb. bench, and a 661 lb. deadlift with a total of 1950 lb. In the 242 lb. class, my best lifts are a 1003 lb. squat, a 771 lb. bench, and a 804 lb. deadlift with a 2579 lb. total, which is second best in the world within the 242 lb. class. I've also competed in the 275 lb. class because I was unable to make weight. My best lifts are a 1036 lb. squat, a 810 lb. bench, and a 810 lb. deadlift with a total of 2656 lb. This total was also good for second best in the world within the 275 lb. class.*

DT: What was the hardest strength goal for you to achieve, and how did you overcome it?

JF: *This one is hard for me to answer because I've always been smart in setting my strength goals. But if I had to say one thing, it would have to be benching 405 lb. for the first time.*

Like I stated previously, I benched 365 lb. in high school. Well, I didn't touch 405 lb. until the summer of 2007, right before I got back into the powerlifting scene. I didn't bench 405 lb. until this time due to many different factors, including taking time off, focusing on rugby, and getting shoulder injuries, as well as the fact that my bench just came along a lot slower. The reality is, I just never really focused on my bench all that much. I knew this was something I would have to bring up to compete at the highest level so I changed my programming around. The first time I attempted 405 lb. I was able to rep it for three. So again, this wasn't a hard goal for me to achieve because I didn't focus on it as much, but it did take me a while to accomplish this feat.

DT: Where do you coach at?

JF: *I am the strength and conditioning coordinator at a Division III college within the Iowa conference. I cover all 19 varsity sports.*

DT: When did you know you wanted to be a strength coach?

JF: *It wasn't until my senior year of college that I decided that being a strength coach was what I wanted to do. I started my college career enrolled in a lot of mixed classes that met the requirements for graduating from my liberal arts college of choice. At first, I thought about philosophy as my major. My advisor at the time, who was a philosophy nut, told me that I couldn't lift for the rest of my life and that my best bet was to major in something else—philosophy. I got over that once I entered my sophomore year and took a course that totally turned me away from that path. Needless to say, I dropped the course and went into general education for a major. I started taking some exercise science courses, and I was hooked from there.*

I ended up volunteering my senior year as an assistant strength coach under the tutelage of Jake Anderson. He taught me everything I needed to know at that time, and through that experience, I knew I wanted to continue to train athletes. Jake was pivotal in the process of my future career in strength and conditioning.

I continued on at Illinois State University as a graduate assistant strength coach while attaining my masters degree in kinesiology and recreation. I worked underneath Rohrk Cutchlow during my stint at Illinois State. If it weren't for Rohrk, I know I wouldn't be the coach that I am today.

DT: Out of all the styles of training you have used for yourself over the year, what are the pros and cons of each?

JF: *In high school, we used the Nebraska program for a training template. Looking back, I actually think this wasn't a bad idea from the standpoint that at least it was structured. My coach made sure we had good form on everything.*

Note: the following are just my opinions and aren't meant to sway anyone either way.

Westside Training

PROS:

- *Brings structure to workouts, especially for novices who don't know what they're doing*
- *Addresses a lot of posterior chain deficiencies*
- *Utilizes different methods for increasing strength and explosive power (i.e. dynamic, max effort, repeated effort)*

CONS:

- *Little change in movements suggested/utilized*
- *Utilization of bands and chains for novices shouldn't be suggested*

• *Utilizes ME movements way too often, which can be harmful to novice and experienced lifters alike*
• *Not specific to each individual's needs/weaknesses*
• *Relies too much on compensatory acceleration, which isn't specific to powerlifting*
• *Overtraining and injuries occur too often*

Block Periodization

PROS:
• *Can be adapted to any sport*
• *Set up for individualistic needs*
• *Addresses all aspects of training including preparatory, competitive, and transitional*
• *Can be adapted for many training periods (quadrennial, macro, meso, and micro-cycles)*
• *Good for novices and experienced lifters alike*

CONS:
• *Knowledge of the modules must be obtained*
• *Not enough practical information present on the subject for the laymen*
• *Works best over longer periods of time (meso- and macro-cycles)*

DT: How are you training now?

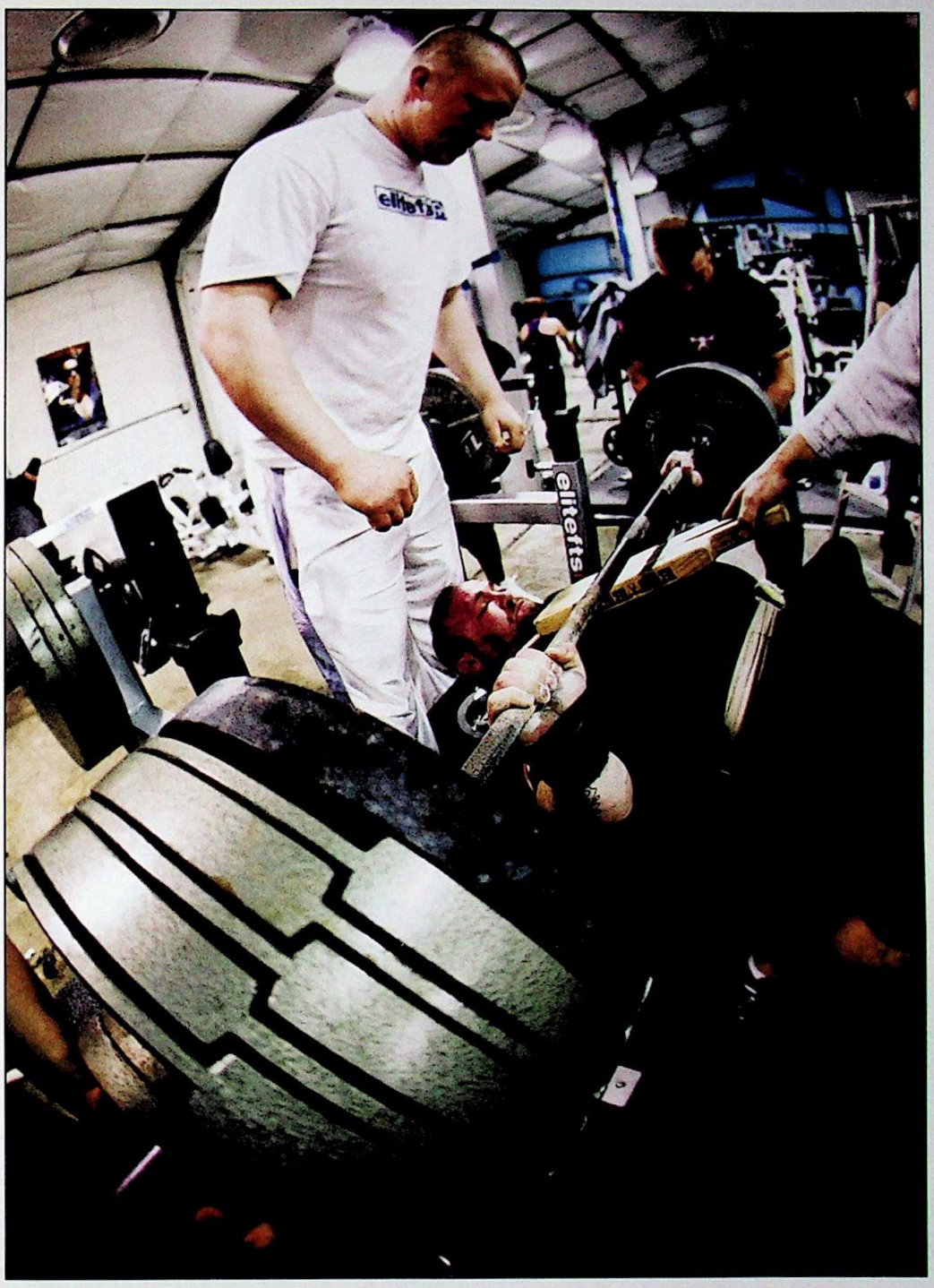
JF: *I utilize the block periodization method of training. I typically train on my own three days per week, but I travel to do bench shirt training because this is something that typically can't be done without help.*

I train Sundays (bench/shirt), Mondays (main squat), Wednesdays (bench/accessory), and Fridays (deadlift/squat).

DT: How did you first hear about block periodization? Who has helped your development along the way?

JF: *The first time I started using block periodization was with athletes at Illinois State University. The funny thing is I didn't know that I was using it at the time. Knowing how training affected my performance as an athlete and competitive powerlifter, I already knew there had to be phases where you use a lot of different exercises at higher volumes and lower intensities to develop your GPP and general patterns of movement. This sets the stage for later, more intense phases where we could focus on higher intensity work, developing more specific abilities such as aerobic-anaerobic endurance. Ultimately, you need to look at the outcome you would like and design the map to get you there. Block periodization is ideal for cultivating these outcomes.*

Landon Evans, once the assistant at Illinois State, is the one who introduced me to the concept that block periodization could be adapted to work for powerlifters. Until this time, I believed it wouldn't be applicable and that Westside was the way to go. I was obviously wrong. Landon wrote up how we needed to attack my training, and the rest is history. I look to Landon when it comes to my training. Without his guidance and without the trust and respect I have for him, there is no way I would have gotten to where I am today so quickly. Who knows if I would have ever gotten here.



With the help of some friends, ***Jeremy trains his bench press*** *(he travels to do his bench shirt training)*

To go along with that last statement, I know I wouldn't be where I am without the help of Dave Tate and Jim Wendler of Elite Fitness Systems. The support they have provided over the past year has been incredible. I can't express my appreciation enough toward both of them and the entire company.

DT: How do you set up the training programs for the teams you work with?

JF: *I utilize the block periodization method when training my athletes as well. Submaximal and repetition work is mostly what my athletes perform, peaking them for their competitions when needed. This has worked very well for both my novice athletes and experienced athletes.*

They will usually follow a two or three day per week program with the occasional four day per week schedule at different times with specific teams. This will always depend upon skill level, preparation level, and needs.

DT: Give me an honest view of assessments.

JF: *An honest view? Okay, here it goes. Now, some will disagree and some will understand what I mean here. Either way, I really don't care. When I assess an athlete, I don't take him through a spreadsheet of eight million different exercises that may or may not tell me if he is messed up or not. I'm not going to have him perform overhead squats while standing on a Bosu ball or watch him get buried on a glute ham raise because he's weak. I'm not going to worry about gluteal amnesia or opposite erector spinae contraction—at least not yet.*

No matter what, when I receive a new athlete, I assume he's weak

(continued on page 88)

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NUTRITION

An in depth interview with author Sherry Brescia

DIGESTIVE DISORDERS
Are They Ruining Your Life?

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

Part I

Last month I received a question from one of my readers about me doing a write up on digestive disorders. It is true that in the past I have not touched this topic even though it is one that affects millions of Americans, and without a doubt numerous powerlifters as well.

Instead of just touching on some of the different digestive disorders and diseases that plague so many people, I thought I would go one step further. I decided to contact my friend and colleague Sherry Brescia. Sherry is a world renowned holistic nutritionist and author whom specializes in digestive disorders. When it comes to nutritionists there are many facets, as in medicine. Some specialize in getting people ready for the bodybuilding stage, some work with athletes, and some dedicate themselves into holistic healing. When I got this question, I decided to contact Sherry so she could elaborate extensively on many of the digestive problems that many of you reading this may be suffering from.

I want to present to you the first part in this series to help you understand more about several different digestive disorders that wreak havoc in so many people's lives and what you can ultimately do about it to make it a thing of the past.

Anthony Ricciuto: Hi Sherry, it's an honor to have you here at Powerlifting USA. Can you tell us a little bit about yourself and what got you involved in Holistic Nutrition?

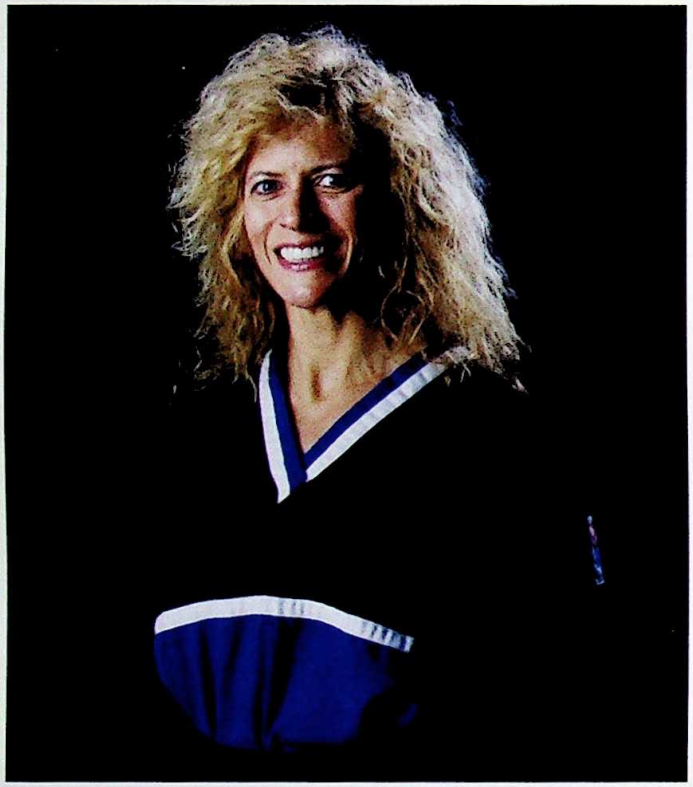
Sherry Brescia: *Thank you, Anthony. I'm very happy to be here.*

My involvement with Holistic Nutrition was born out of necessity. I began suffering from IBS (Irritable Bowel Syndrome) as a teenager. By the time I reached my late 20s it was ruining my life—I couldn't go anywhere or do anything without fear of having an "attack." And I knew where every public bathroom was in every place I went!

It was frustrating because I ate what most people would consider a healthy diet—very lean meats, whole grains, lots of fruits and vegetables and no processed foods. It made no difference.

In 1990, I spent a week in the hospital following a very severe attack which left me weak and unable to keep food in my system. After a series of uncomfortable tests that ruled out other disorders like Crohn's, cancer, diverticulitis and colitis, I was diagnosed with IBS.

My doctor's advice was to stay away from spicy foods, raw vegetables, nuts and seeds, and to take an anti-spasmodic pill (Donnatol) before every meal.



Sherry Brescia *– nutritionist & author specializing in digestive disorders*

I didn't want a life sentence of taking medication to create "false health," and not wanting to give up the good tasting, healthy foods I loved, I searched for a better answer. Eventually I learned about a holistic approach to creating health and healing by reducing acidity in the body through diet—specifically, the correct combining of foods.

The science behind it was sound—avoid eating foods together that are digested with enzymes that are opposites on the pH scale (acid and alkaline) because when you do, the acid and alkaline enzymes neutralize each other. As a result, digestion is slowed or completely stopped. When your foods are not digested like they should be, that creates pain, bloating, gas, constipation and/or diarrhea—all the classic IBS symptoms.

So I tried it. And I've been completely IBS-free (and medication-free) since my very first correctly combined meal 17 years ago.

AR: So what did the doctors tell you about your condition?

SB: *My doctors told me that there wasn't much I could do about my IBS—I would have to learn to live with it. In addition to taking pills and avoiding spicy foods, raw vegetables, nuts and seeds, they told me to try to determine any "trigger foods" and avoid those too. The problem was everything seemed to bother me. So their advice was basically useless.*

AR: Did the medications they prescribed you make any difference?

SB: *Yes—they made me feel WORSE. Not only did I still have the usual daily bloating, pain, gas, and alternating constipation and diarrhea with the medication, but my constipation was worsening, plus I also started getting very sleepy during the day at work. I later learned that both of those symptoms are documented side effects of the Donnatol I was given.*

AR: In the field of digestive disorders and holistic nutrition you are well known throughout the world as a leading expert. Why do Americans suffer so much from different digestive disorders compared to those in other countries?

SB: *Because we lead the world in having the most badly combined, acidic, processed diets in existence. The Standard American Diet (largely comprised of processed foods, fast food, soda and sugar) is horribly combined and acid forming to our bodies, and we are paying a very dear price with our health. Let me explain:*

You see, our bodies are meant to have a slightly alkaline pH. On the pH scale, 0 is pure acid, 14 is pure alkaline and 7 is neutral. Ideally, our blood should have a pH of 7.365—slightly alkaline.

All of our organs and tissues require an alkaline environment to function properly. When we have an acidic pH (as most Americans do because of our diets), that puts our bodies into a constant state of inflammation. Our organs can't function like they're supposed to. Our bodies can't heal themselves like they should. And we end up sapping our own supply of alkaline minerals (including calcium from our bones and magnesium from our muscles) to neutralize the acid in the bloodstream.

As far as the GI tract goes, when you eat badly combined, acid-creating foods, that puts a tremendous amount of stress on the stomach to try to break them down. The stomach senses that there's a problem and repeatedly secretes acid trying to do its job. What that leads to is a lot of excess acid (that can come rising up into your throat) and badly digested food.

When your foods are not properly digested day in and day out, that can lead to waste accumulation in your colon, bad bacteria growth and the development of a variety of digestive disorders like IBS, colitis, diverticulosis and diverticulitis. Moreover, excess production of acid in the stomach leads to acid reflux and GERD.

In addition, in this scenario there are also a lot of acid and toxins in your wastes, which are absorbed into your bloodstream through the small intestine and carried throughout the body. That can mean inflammation and pain in your tissues, muscles, bones, joints and organs.

Obesity is yet another price we pay. When the body is overrun with acid, we don't get the nutrients from our foods because an acidic body cannot properly absorb vitamins and nutrients. Since

our hunger signal is triggered by the body's need for nutrients (not by the physical absence of food in our stomachs), if we're not getting the nutrients we need from our foods, we can feel hungry shortly after eating a huge meal.

That's the primary reason why Americans are getting larger by the day. We're not properly nourished, so we feel hungry all the time and as a result are overeating.

Note that other countries around the world are close behind us. I have thousands of clients in Australia, the UK, South Africa, India, Europe and Canada with aching guts and thickening waistlines from a standard Western-type diet.

AR: What about age and these conditions? Do most of them come after years of abuse?

SB: *Not necessarily. I'm a perfect example of problems arising early in life—I began suffering in my teen years. It may take others years of abuse and neglect to start to feel the effects of a badly combined, acid forming diet. Everyone is different. But there is one thing for sure—it WILL affect your health. It's just a matter of when and how.*

You should know that digestive disorders are not the only effects of an acid-creating diet. They're the most common, since the digestive tract is our "first line of defense" against our foods. However, acidity in our bodies comes out in other ways too, like headaches and migraines, skin conditions like acne and rashes, joint aches and pains (including arthritis), Fibromyalgia, chronic infections and fatigue.

AR: I know you have also worked with children as well that come down with different digestive disorders? Can you give us some insight on this?

SB: *The most common disorders I've seen in children are acid reflux, GERD and IBS. It amazes me how so many well-meaning parents are convinced that their children have a "disease" that requires medication, when all they really need to do is make their child's diet less acid-creating.*

Think about it. 100 years ago or even 50 or 30 years ago, it was unheard of to have children being medicated daily for digestive problems. The reason for that is, back then, our diets consisted of more real (not processed) foods and simpler meals. The body was able to effectively digest our meals with no overproduction of acid—so acid reflux, GERD and IBS were almost unheard of, for children and adults alike.

Today our kids regularly eat packaged cookies, sugary cereals, fast food, candy, chips, and "fruit" snacks (that are anything but fruit) and wash it all down with soda or sugar-laden sports drinks. Of course they have acid reflux, GERD and IBS—their digestive systems are screaming, "What are you doing to me?"

School lunch programs make the situation even worse. I recently did a study on the school lunch offerings in 50 random districts throughout the US and every single lunch menu I observed was badly combined and acid-creating—every single one. That includes my own son's school. (Needless to say, he brings his lunch every day.)

AR: What is the main reason why so many Americans suffer from heart burn or acid reflux disease?

SB: *Hands down, it's our poorly combined, processed, acid-creating diets. When you eat a diet like that, you put a tremendous amount of stress on the stomach to try to break your foods down. The stomach has to repeatedly secrete acid trying to do its job, and all that excess acid can easily come rising up into your throat. Voila—you have heartburn and acid reflux.*

AR: The antacid market is a huge industry in itself within Big Pharma; do they really help the problem or only help you to continue your suffering?

SB: *Antacids not only do nothing to help a digestive disorder, but they actually make it worse. Here's why—and I'll include traditional antacids, H2 Blockers and PPIs (proton pump inhibitors) in my explanation:*

Antacids (like Tums, Rolaids, Maalox) neutralize digestive acid that's in the stomach. H2 blockers (like Tagamet, Pepcid and Zantac) stop the chemical histamine from sending the signal to your stomach to produce digestive acids. PPIs (like Nexium, Aciphex, Prevacid and Prilosec) block the secretion of digestive acid into the stomach in its acid-secreting cells or "pumps."

The problem with all three of these pictures is that your stomach NEEDS digestive acid to digest and utilize the proteins you eat. So whether you neutralize the acid, halt the signal to produce it or block the acid "pumps," you're completely obliterating your digestion.

As a result, your food ends up sitting in your stomach for 8 hours or more, fermenting, rotting and putrefying. That leads to gas, constipation, cramps, diarrhea, regurgitation, sour burps, heartburn, you-name-it.

So as you can see, antacids perpetuate and even worsen digestive problems.

AR: Doctors seem to push medication a lot without looking at the nutrition end of things when in essence this doesn't make any sense. What is your take on this?

SB: *You're absolutely right. Traditional doctors receive little or no training in nutrition and diet. The focus of their training in how to treat illness and disease is on drugs and surgery. When that's all you know, that's all you can suggest.*

Let me point out that it's not my intent to bash the medical community. However, I have literally thousands of clients who have written to me, amazed at how great they feel after changing their diet, asking me, "Why didn't my doctor suggest something like this?" Or, "My doctor never even asked me how I ate—he just handed me a prescription."

It's my hope that this will change someday. It's frightening to see people (including small children) taking dangerous chemicals everyday for something that can be relieved or completely avoided by eating a healthier diet. That's a major reason that I do what I do.

AR: Can you tell the readers more about Irritable Bowel Syndrome, what it is and its causes?

SB: *Contrary to what you may believe, IBS is not a "disease" that is diagnosed by a single test or series of tests.*

It's the title given to a series of symptoms when all other 'real diseases' (like Crohn's disease, diverticulitis, colitis and cancer) have been ruled out. I call it a "last resort label" when you can't otherwise intelligently explain a wrenching gut.

The typical symptoms of IBS are severe cramping, bouts of diarrhea and constipation, rock-hard bloating and frequent gas (flatulence). Attacks can occur at any time without warning.

The mainstream medical community takes the position that they are not sure what causes IBS. Their theory is that nerves and muscles in the bowel may be extra sensitive in people with IBS. Muscles may contract too much when IBS sufferers eat, and those contractions can cause cramping and diarrhea during or shortly after a meal. Or, they theorize, the nerves may react when the bowel stretches, causing cramping or pain.

I take a different approach. I know what causes IBS because I lived it—and I cured it.

The primary cause of IBS symptoms (and most other digestive disorders) is diet—specifically, eating incompatible combinations of foods.

When you combine foods in the same meal that require opposite digestive enzymes (acid and alkaline), the enzymes neutralize each other in the stomach. As a result, digestion is slowed or completely stopped. When your foods are not broken down like they should be, they don't move through the intestines like they should. Wastes build up in the colon and harmful bacteria can proliferate.

AR: I am sure many of the lifters reading this were completely unaware of the reality of IBS and its classification as a digestive disease. I guess if it doesn't pass the test for some of the other major diseases then they just lump sum all other digestive ailments in one big pile known as IBS.

Conclusion

In this first part of this series Sherry and I discussed some of the realities for those that suffer from digestive disorders. Many MD's simply prescribe pharmaceuticals without looking at what the underlying cause may be and in many cases it's what you are eating. Of course, this is not the case with all MDs as many are now learning more about the role nutrition plays in all aspects of health and not just digestive disorders. For those of you who may be or have suffered from a digestive disorder in the past I am sure her words and sentiments hit home hard. It can be very frustrating for someone to go to several different doctor appointments to only come out with all the tests coming back inconclusive. Then the only answer is to take a medication that provides little relief and a cold statement of "You just need to learn to live with it" when in reality it is a major crisis in your life because it affects you night and day. In this second part of this series Sherry will be discussing several other conditions including Diverticulitis and Colitis among others. I know there are lifters out there that do suffer with these problems or may have someone in their family that does. Sherry and I hope to shed some light on this topic from a holistic angle and hopefully provide you with some insight and some relief when this series is over. So until next month eat clean, train hard, and don't let your colon turn into a bacteria-laden wasteland.

For more information on Sherry you can check her out at:

www.greattastenopain.com

If you have any questions or comments feel free to reach me at:

Aricciuto@NutritionXP3.com

or check out my website at:

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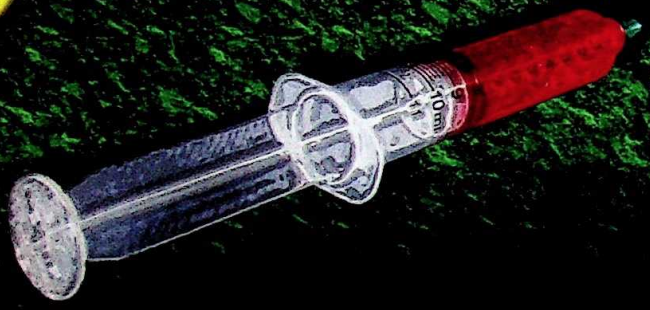
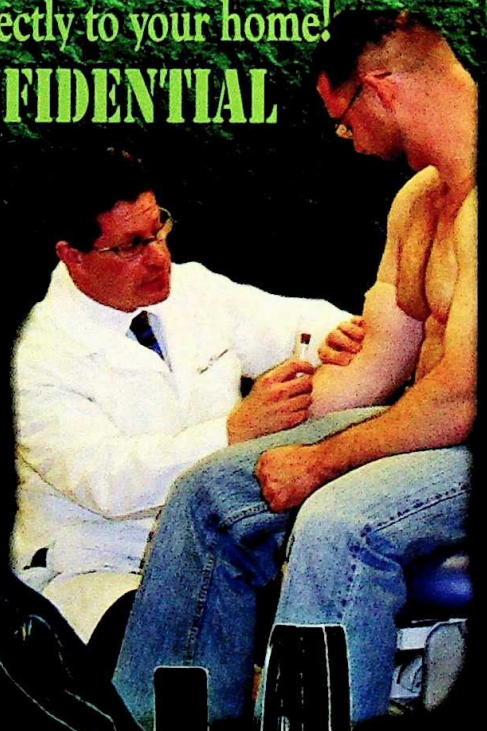
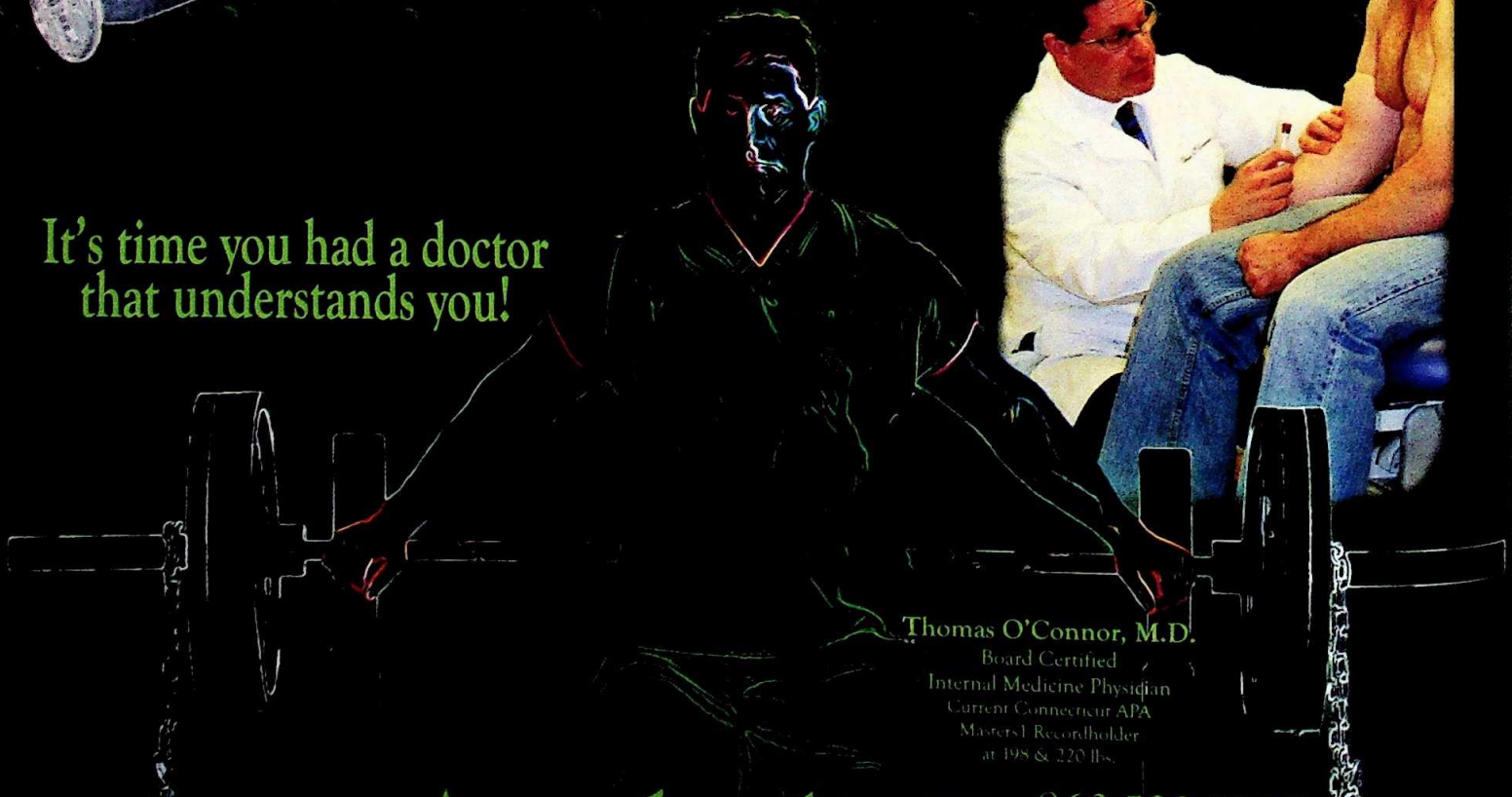




It's time you had a doctor that understands you!



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SPECIALIZING IN THE MEDICAL CARE OF WEIGHTLIFTERS, BODY BUILDERS AND TESTOSTERONE REPLACEMENT FOR MEN

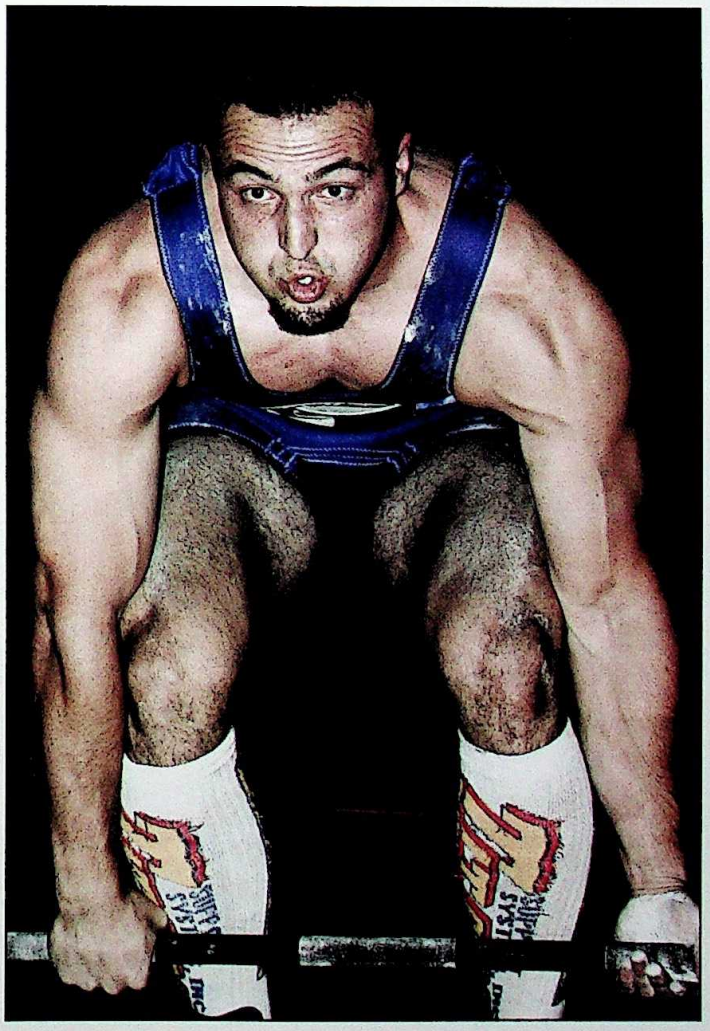
USAPL NIGHT OF THE LIVING DEAD

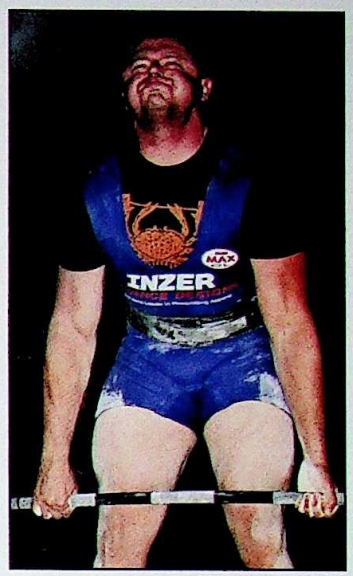
USAPL Night of the Living Dead
19 SEP 09 - Elizabethton, TN

DEADLIFT		E. Burks	705
FEMALE		G. Herring	716
S. Kapoor	237	M. Steel	512
J. Thompson	347	M. Hedlesky	771
R. Clark	451	G. Daniels	716
MALE		Raw	
K. Saizman	468	R. Herring	—
D. Holloway	600	W. Stover	462
B. Conway	600	D. McLaren	617
T. Eiseman	732	G. Lake	727
		T. Dillard	721

Once again some of the nation's best deadlifters descended upon the small town of Elizabethton, TN, to lift some huge weights, try and punch their tickets to the 2010 GNC Pro Performance Professional Deadlift Competition at the Arnold Sports Festival, and help raise money for the local high school lifting program. When the dust had settled, 17 lifters had competed, six had exceeded the minimum requirements 200 Wilks points for the Arnold, seven lifters had pulled over 700 pounds, and the only man to ever repeat as the Night of the Living Dead champion had won his 5th straight. As usual the music was blaring, the fog machine spraying, crowd deafening, and the lifters not disappointing. Several of those lifters had traveled thousands of miles to come from states like Texas, New Jersey, Missouri, and Indiana. The lifters were split into two flights based on Bodyweight. The lifters 195 pounds and down went first. These guys were lightweight in name only as some of the greatest deadlifters in America were there. Jennifer Thompson, possibly better known for her bench press exploits, had come to show her deadlifting prowess. Doc Holloway was venturing into a new weight class and ready to show what the added bodyweight could do. Last year's Arnold Deadlift champ, Robert Herring was there to up his own numbers. And the immortal Tom "the New Jersey Freak Show" Eiseman was there to do what he has done every year for the past 3 decades, lift unfathomable pounds. Starting off the lightweight flight was a local teenage product, Sarah Kapoor. She had done her first NOTD last year and then followed that up with a third place at the USAPL HS Nationals. She came in at 113 pounds, hit an easy 225 to double her bodyweight. She then went for a PR of 237. She pulled it solidly, but thee was a small bobble at the top and she would have to repeat. She took that weight again and made it look effortless. A nice way to get the competition started. Wayne "Superman" Stover is another Tennessee product. If you have never seen this guy lift you have missed a treat. When he gets his teeth into a deadlift, he does not quite until he has pulled it. I have witnessed many 10+ second pulls out of this guy. He hit a nice 429 opener, then stepped up to a nice 462, and then went 473. He had hoped to hit the 500 barrier, but he wanted something on the bar he knew he could do and go 3 for 3. It was another epic lift that took what seemed like an eternity, but he never let go. Unfortunately he got three for a hitch, but that guy has no quit in him. Kurtis Salzman had not lifted since high school, but this 145 pounder was ready to get back in the game in a big way. He pulled a super easy 441, then another easy 468, then picked a 490 to complete his 3 for 3 comeback, but unfortunately is got stuck about 1 inch from lockout. This young guy has a ton of potential and plenty of trame to pack on more muscle. We hope to hear more from hear in the future. Jennifer Thompson should be a household name among powerlifting fans. She has the highest female coefficient bench press in the history of the IPF with her recent 325 at 132 pounds, but she is more than just a one lift wonder. She ha just competed in the bench press nationals the week before, but wanted to double up and do the deadlift at this meet and show everyone her pulling power. Se stroked a nice 349 on her opener, then jumped to 396 on her second. It hung for just a second on the floor, then inched its way up to he.- knees, but then stalled. It was all she had in her at this meet. She was a bit disappointed, but I assured her doing two meets back to back was a very tough feat to accomplish. Next was a teen lifter, Brooks Conway. He is another product of Quest Gym in Atlanta and has just been training for about a year. He tipped the scales at 150 pounds and stroked 556 on his opener, then jumped to a tremendous 600 on his second which he again

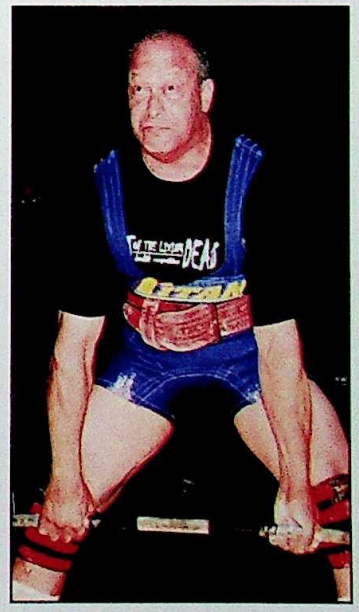
(Above) ***Wayne "Superman" Stover*** *with meet director* ***Alex Campbell*** *and (below)* ***Eli Burks*** *from Missouri pulled an impressive 705 lb.*





Mike Hedlesky *pulled a big 771*

Female puller ***Rhonda Clark*** *of TX*



Veteran lifter ***Tom Eiseman*** *of New Jersey still moving big weight*

(continued on page 100)

"This Stack Drives Me to ANNIHILATE

Matt "Kroc" Kroczaleski – *Team MuscleTech™ Authority on Power*

Matt "Kroc" Kroczaleski knows what it takes to get the job done. With record PBs no man on earth can touch, he has straight-up earned his credibility. Find out why Kroc only trusts the MuscleTech® brand…

Q You're a serious, elite athlete with serious supplement needs. What's important to you when stacking supplements?

A I gotta have supplements that work to provide crazy feats of strength and explosive power. I take the KIC Muscle & Strength Stack because that's exactly what it does!

Q Why is a multivitamin essential, and what do you look for when choosing one that works?

A I need a potent multivitamin that takes care of my musclebuilding needs. Anabolic VITAKIC™ was created specifically for hard-training athletes; that's why I don't miss a single dose.

Q How does GAKIC Hardcore help you when training?

A It jacks up my strength like nothing else! I never train without taking GAKIC® Hardcore beforehand 'cause I can't afford to waste even one training session on half-ass lifts. I trust it because I know it works.

Q How important is it for you to be as anabolic as possible?

A Anabolism is absolutely vital to my performance. The more anabolic I am, the more muscle I build, which means I lift heavier – it's not a complicated equation. I use LEUKIC® Hardcore because it helps me stay anabolic.

Q Everyone knows creatine is essential for any hard-training athlete looking to gain muscle and strength. How has CREAKIC Hardcore helped you?

A Creatine's a weapon I have to have in my arsenal, and I take CREAKIC® Hardcore for one simple reason: It works! It's given me results I've seen for myself – you just can't argue with that.

Q One last question, Kroc… What can we expect to see from you in the future?

A That's an easy one – HUGE lifts, mind-blowing PBs and untouchable records. And I'll be taking this MuscleTech stack to help me along the way.

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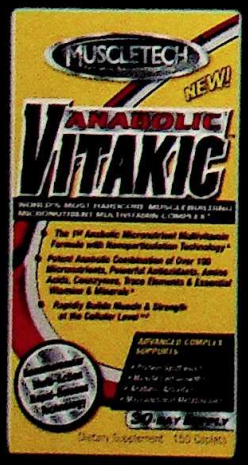

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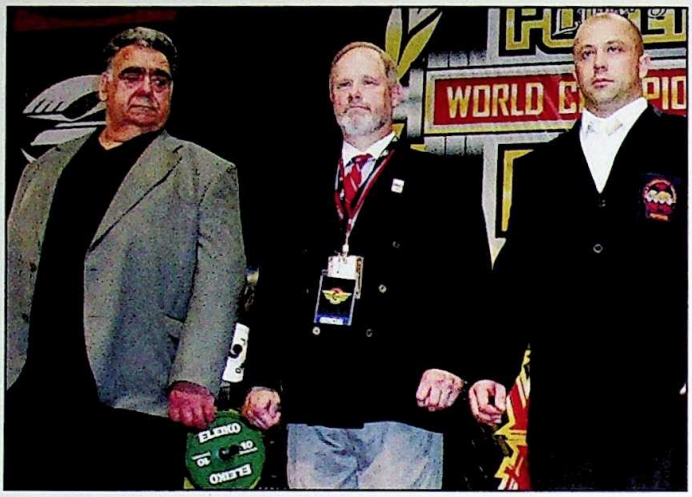
WPC RAW WORLDS

WPC/AWPC Raw Worlds
1-4 OCT 09 - RostovNaDonu, RUS

BENCH
FEMALE
AWPC
98 lbs.
Teen (13-15)
Shabanova-RUS 61
Teen (18-19)
Stratova-RUS 110
105 lbs.
Teen (13-15)
Isakova-RUS 116
Open
Pokornaya-RUS 149
115 lbs.
Teen (16-17)
Reutova-RUS 116
Shkolnaya-RUS 99
Teen (18-19)
Mymrina-RUS 132
Open
Bubenshchikova-RUS 132
Rudnevskaya-RUS 121
123 lbs.
Teen (18-19)
Petriyenko-RUS 88
Junior (20-23)
Turygina-RUS 116
Open
Goncharova-RUS 165
Kanivets-UKR 143
132 lbs.
Open
Ivanova-RUS 209
Rakcheyeva-RUS 204
Kulagina-RUS 182
148 lbs.
Open
Romasenko-RUS 165
Dernova-RUS 160
165 lbs.
Open
Sinacheva-RUS 204
Master (40-44)
Sinacheva-RUS 204
Master (50-54)
Sheremenko-UKR 143
Master (75-79)
Tsverova-RUS 99
181 lbs.
Open
Bako-RUS 182
Master (50-54)
Tsukanova-UKR 198
WPC
98 lbs.
Teen (18-19)
Stefanova-UKR 88
105 lbs.
Junior (20-23)
Solodilova-RUS 99
115 lbs.
Open
Antipova-RUS 165
Semenova-RUS 121
123 lbs.
Open
Starygina-RUS 182
132 lbs.
Teen (18-19)
Podelko-RUS 121
Open
Kalugina-UKR 215
Bako-RUS 149
Konovalova-RUS —
148 lbs.
Junior (20-23)
Natalya-RUS 220
Open
Piatrovich-BLR 264
Venglovskaya-MLD 215
Khristoforova-UKR 209
Master (40-44)
Khristoforova-UKR 209
Master (55-59)
Shabanova-RUS 143
165 lbs.
Teen (18-19)
Shmyrina-RUS 160
Open
Odintsova-RUS 209
Master (40-44)
Odintsova-RUS 209
181 lbs.
Open
Turayeva-RUS 292
Yudina-UKR 138
MALE
AWPC
115 lbs.
Teen (16-17)
Dragan-MLD 165
Teen (18-19)
Pokhilko-RUS 165
Junior (20-23)
Marfin-RUS 182
Open
Artemyev-RUS 259
Vanichev-RUS 220
123 lbs.
Teen (13-15)
Grigoryev-RUS 138
Plakushchenko-MLD 110
Teen (16-17)
Ladnyy-MLD 176
Junior (20-23)
Ponomarev-RUS 253
Open
Artemyev-RUS 281
132 lbs.
Teen (13-15)
Baranov-RUS 215
Mikhin-RUS 193
Teen (16-17)
Gerasimov-RUS 242
Kozlov-RUS 220
Kovalenko-RUS 215
Teen(18-19)
Bragin-UKR 303
Cires-MLD 242
Margoshvili-RUS 209
Open
Anfimov-RUS 286
Perevalov-RUS 253
Master (45-49)
Dvoynikov-RUS 198
148 lbs.
Teen (13-15)
Mukhayev-RUS 132
Teen (16-17)
Shindin-RUS 264
Junior (20-23)
Gaydayenko-UKR 286
Kurbanov-AZE 264
Grebenshchikov-RUS 253
Open
Grebenshchikov-RUS 330
Korotkov-KAZ 325
Bastrygin-RUS 303
Melekhin-RUS 292
Nikitin-RUS —
Kolistratov-RUS —
Master (40-44)
Zabolotnev-RUS 303
Kumanchenko-RUS 275
Master (45-49)
Kireyev-RUS 286
Master (50-54)
Kim-RUS 259
Alampiyev-RUS 242
Master (65-69)
Chistyakov-RUS 149
165 lbs.
Teen (16-17)
Karpenko-RUS 297
Kembike-RUS —
Teen (18-19)
Vasin-RUS 314
Ushakov-RUS 308
Dudinets-RUS 297
Gurkovskiy-RUS 275
Sukhovenko-RUS 275
Oleynik-MLD —
Kumskov-RUS —
Junior (20-23)
Yarovoy-RUS 341
Osipov-RUS 314
Bulimin-RUS 314
Vostrikov-UKR 308
Makhmadbekov-RUS 308
Open
Milostnoy-RUS 418
Panayev-KAZ 391



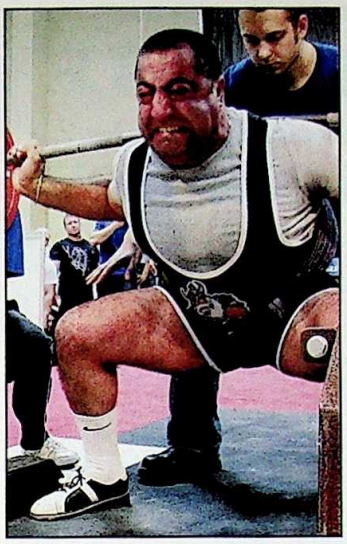
*Olympic Lifting Great **Vasili Alexeev**, with the WPC's **Mike Sweeney** and **Yuri Ustinov**, at the opening ceremonies of the WPC Raw Worlds*

Bulimin-RUS 385
Noskov-RUS 363
Perevalov-RUS 358
Yarovoy-RUS 341
Rudnev-RUS —
Master (50-54)
Tatarkin-RUS 330
Cherednichenko-UKR 231
Master (55-59)
Bobkov-UKR 198
Master (60-64)
Kravtsov-UKR 242
Master (65-69)
Manchuk-UKR 248
Master (70-74)
Saprygin-UKR 187
181 lbs.
Teen (13-15)
Kolyadenko-UKR 242
Teen (16-17)
Kletsko-RUS 286
Teen (18-19)
Anuchin-RUS 319
Dzhusoyev-RUS 314
Chudin-RUS 264
Junior (20-23)
Yakovlev-RUS 330
Bychok-UKR 330
Open
Nagovitsyn-RUS 418
Galayda-RUS 407
Reshetnikov-RUS 407
Veber-RUS 407
Zhukov-RUS 380
Popov-RUS 369
Bogatkov-RUS 352
Master (40-44)
Muravyev-RUS 325
Isakov-RUS 275
Master (45-49)
Reshetnikov-RUS 407
Master (50-54)
Piskalov-RUS 270
Master (55-59)
Kornishin-RUS 242
Larin-RUS 220
Master (60-64)
Tsoriyev-RUS 308
Shamray-UKR 242
Master (65-69)
Biserov-RUS 182
198 lbs.
Teen (16-17)
Zaborovskiy-RUS 341
Teen (18-19)
Razudalov-RUS 385
Logunov-RUS 380
Udovichenko-RUS 358
Khabibullin-RUS 341
Fedoseyev-UKR 319
Junior (20-23)
Stefanchyshen-UKR 396
Makarenkov-RUS 363
Open
Kharauzov-RUS 418
Zaytsev-RUS 418
Musaev-TJK 385
Sanakoyev-RUS 374
Ibragimov-AZE 363
Talda-RUS 341
Komarov-RUS —
Master (40-44)
Zhukov-RUS 369
Master (45-49)
Petrov-RUS 391
Leontyev-RUS 352
Ulanov-RUS 286
Samonov-UKR —
Master (50-54)
Muran-RUS 352
Vashchenko-UKR 292
Master (60-64)
Zaytsev-UKR 259
Master (65-69)
Khimchenko-UKR 253
220 lbs.
Teen (16-17)
Moskalenko-RUS 363
Teen (18-19)
Fedoseyev-UKR 352
Yurku-MLD 314
Panferov-RUS 308
Junior (20-23)
Kambiyev-RUS 380
Maslov-RUS 330
Open
Chekanov-RUS 418
Solovyev-RUS 413
Sukhoviyenko-RUS 413
Romasenko-RUS 407
Isakov-RUS 396
Kazerskiy-RUS 391
Kambiyev-RUS 380
Vorobyev-RUS 374
Safonov-RUS 358
Velker-RUS 358
Chidingov-RUS —
Karapetyan-RUS —
Kurochkin-RUS —
Smorkalov-RUS —
Master (40-44)
Karelin-RUS 374
Semenov-RUS 325
Fadeyev-RUS 314
Chidingov-RUS —
Master (45-49)
Shibayev-RUS 396
Chygyrynskiy-UKR 242
Master (50-54)
Mandrygin-RUS 391
Panibratov-RUS 385
Daniyelyan-RUS 341
Master (55-59)
Kuzeyev-RUS 380
Master (65-69)
Borisov-UKR 182
242 lbs.
Teen (18-19)
Mustafayev-RUS 319
Junior (20-23)
Shvetsov-RUS 457
Magamedov-AZE 330
Open
Ibrahimov-AZE 462
Zalyubovskiy-RUS 429
Petrov-RUS 429
Ogloblin-RUS 418
Baydin-RUS 407
Makarov-RUS 407
Mazanov-RUS —
Master (40-44)
Ogloblin-RUS 418
Tereshchenko-RUS 380
Vishnitskiy-RUS 319
Master (45-49)
Stolbov-RUS 385
Ugryumov-RUS 286
Master (50-54)
Terlitsa-MLD —
Gusev-RUS —
Master (55-59)
Yegozaryan-RUS 396
Master (60-64)
Balakirev-UKR 259
275 lbs.
Junior (20-23)
Doronin-RUS 424
Bolgov-RUS 385
Open
Zavgorodniy-RUS 506
Kochmar-UKR 462
Muratov-RUS 429
Butenko-RUS 407
Belousov-RUS 374
Master (40-44)
Kharlamov-RUS 396
Lukyanchik-RUS 308
Solovey-RUS —
Safarov-RUS —
Master (50-54)
Yagovkin-RUS 374
Kirillov-RUS 308
Master (55-59)
Mineyev-RUS 198
308 lbs.
Open
Melkozerov-RUS 484
Kaushanskiy-RUS 418
Master (40-44)
Gazdanov-RUS 407
308+ lbs.
Open
Smirnov-RUS 484
Naumov-RUS 440
WPC
115 lbs.
Teen (18-19)
Gorbunov-UKR 220
Master (65-69)
Klochkov-RUS 165
123 lbs.
Junior (20-23)
Leshchyk-UKR 242
Open
Beliyev-AZE 198
132 lbs.
Teen (16-17)
Gornyy-UKR 187
Junior (20-23)
Cernat-MLD 253
148 lbs.
Teen (16-17)
Fomin-UKR 209
Junior (20-23)
Ustinov-RUS 314
Open
Allahverdiyev-AZE 352
Rode-RUS 297
Master (45-49)
Lyapustin-RUS 286
Master (70-74)
Kiselev-RUS 176
165 lbs.
Teen (13-15)
Manyukov-RUS 187
Teen (16-17)
Golovin-UKR 259
Teen (18-19)
Yurov-RUS 319
Junior (20-23)
Kelin-RUS 330
Vardanyan-RUS 286
Open
Grishko-RUS 440
Krastelev-RUS 402
Rzayev-AZE 380
Kudryavtsev-UKR 374
Zuzuk-UKR 374
Master (70-74)
Pereladov-RUS 198
181 lbs.
Open
Rinchuk-RUS 479
Dudnikov-RUS 457
Konovalova-RUS 446
Netkach-RUS 429
Asgarov-AZE 396
Mikheyev-RUS 385
Aliyev-AZE 352
Arkhipov-RUS —
Master (40-44)
Kukharenko-RUS 374
Avdonin-RUS 341
Master (50-54)
Stoyanov-RUS 253
Kuznetsov-RUS —
Master (55-59)
Kruzhkov-RUS 308
Master (65-69)
Chepets-RUS 314
198 lbs.
Teen (18-19)
Sergeiev-UKR 385
Junior (20-23)
Gaysin-RUS 457
Batorevich-RUS 363
Open
Koshkin-RUS 484
Vasyunin-RUS 457
Selivanov-RUS 451
Kelep-RUS 446
Sanin-UKR 418
Zamchalov-RUS 407
Master (40-44)
Shcherbakov-MLD 457
Chechulin-RUS 363
Gorbunov-UKR 347
Master (45-49)
Babenko-UKR 319
Shubin-UKR 286
Master (50-54)
Baranov-UKR 242
Master (60-64)
Mertsalov-RUS 314
Chesnokov-RUS 308
Master (65-69)
Yakushov-RUS 237
Master (70-74)
Malyshev-RUS 292
Nugumanov-RUS 275
220 lbs.
Teen (18-19)
Panaskin-RUS 363
Junior (20-23)
Borshchev-RUS 473
Open
Kakhuta-RUS 551
Kushin-RUS 551
Fedyayev-RUS 517
Imesch-SUI 506
Popov-RUS 473
Lygin-RUS 462
Dmitryuk-RUS 462
Didovik-UKR 462
Popov-RUS —
Kubyshkin-RUS —
Kochkarov-RUS —
Master (40-44)
Kushin-RUS 551
Vinogradov-RUS 374
Fedulov-RUS —
Master (45-49)
Imesch-SUI 506
Dmitryev-RUS 462
Master (50-54)
Khromenkov-UKR 292
Master (55-59)
Laptenok-RUS 319
Master (60-64)
Bolshov-RUS 275
Master (65-69)
Andrianov-RUS 314
242 lbs.
Junior (20-23)
Darsht-RUS 512
Yaroshenko-RUS 501
Trepshin-RUS 462
Smolyanyk-UKR
Open
Csepregi-HUN 528
Polutin-UKR 517
Seleznev-RUS 517

Powerlifting	SQ	BP	DL	TOT
FEMALE				
AWPC				
105 lbs.				
Teen (18-19)				
Mymrina-RUS	215	138	286	639
Open				
Talibova-AZE	176	110	253	539
Churilova-RUS	160	94	—	253
115 lbs.				
Teen (13-15)				
Sinelnikova-RUS	176	127	220	523
Teen (16-17)				
Reutova-RUS	198	116	231	545
Open				
Rudnevskaya-RUS	209	—	—	
Negodyuk-UKR	187	110	59	556
Sinelnikova-RUS	—	—	—	—
Master (40-44)				
Negodyuk-UKR	187	110	259	556
123 lbs.				
Teen (18-19)				
Petriyenko-RUS	—	—	—	—
Junior (20-23)				
Turygina-RUS	182	116	204	501

Luchkov-RUS 512
Saydentsal-RUS 506
Dunay-UKR 462
Chistyakov-RUS 440
Ignatyev-RUS —
Matasov-RUS —
Orlov-RUS —
Master (40-44)
Tretyakov-RUS 512
Luchkov-RUS 512
Rakhmanov-RUS —
Master (45-49)
Samoylov-RUS 484
Petrenko-RUS 418
Tityayev-RUS 396
Akhmetov-RUS 352
Master (50-54)
Bobrov-RUS 462
Pozdnyakov-RUS 418
Gusev-RUS 385
Master (55-59)
Pokhvashchev-RUS 418
Savelyev-RUS —
275 lbs.
Teen (18-19)
Krymskiy-RUS 396
Open
Meszaros-HUN 661
Kushnarev-RUS 573
Zheltenko-RUS 539
Velibekov-RUS 539
Molchanov-RUS 528
Korolev-RUS 523
Bubnov-RUS 490
Surkov-RUS 462
Manyukov-RUS 451
Dolinyan-FUS —
Master (40-44)
Prikhodko-RUS 490
Chernykh-RUS 440
Gimbarov-UKR 374
Master (45-49)
Khapayev-RUS 473
Kozlov-RUS 473
Podelko-RUS 369
Toropov-RUS 341
308 lbs.
Junior (20-23)
Kuzmin-RUS 440
Open
Maximov-RUS 606
Matsur-RUS 562
Gryn-UKR 517
Brusov-RUS 512
Master (40-44)
Maximov-RUS 606
Gryn-UKR 539
Master (45-49)
Kovalevskiy-RUS 440
308+ lbs.
Junior (20-23)
Sarychev-RUS 617
Lisogor-UKR 506
Open
Grad-RUS 595
Polyakov-RUS 551
Mammadov-AZE 473
Korkin-RUS 473
Master (45-49)
Golubev-UKR 424

132 lbs.
Open
Savelyeva-UKR 226 209 286 721
Mazayeva-RUS 220 143 264 628
Tomchina-RUS — 110 248 358
148 lbs.
Junior (20-23)
Babkina-UKR 198 132 242 573
Open
Umerenkova-RUS — — 377
377
Pilipchatina-RUS — 116 352
468
165 lbs.
Open
Sheremenko-UKR — — —
—
Master (50-54)
Sheremenko-UKR — — —
—
181 lbs.
Master (50-54)
Tsukanova-UKR 275 198 352 826
WPC
123 lbs.
Open
Starygina-RUS 259 176 270 705
Ignatovich-RUS 242 154 286 683
132 lbs.
Junior (20-23)
Amelina-RUS 309 — 336 645
Open
Kalugina-UKR 308 209 374 892
Amelina-RUS 309 — 336 645
148 lbs.
Open
Povolotskaya-RUS 352 215 446
1013
Venglovskay-MLD 264 209 286
760
165 lbs.
Teen (18-19)
Shmyrina-RUS 220 154 308 683
Open
Yudina-UKR 176 — 220 396
181 lbs.
teen (18-19)
Mironova-RUS 286 116 297 699
Open
Mironova-RUS 286 116 297 699
MALE
AWPC
115 lbs.
Teen(13-15)
Serenko-UKR — — — —
Teen (16-17)
Dragan-MLD 198 154 286 639
Bozrikov-RUS 154 121 264 539
Open
Vanichev-RUS — — — —
123 lbs.
Teen (13-15)
Plakushchen-MLD 176 110 242
528
Teen (16-17)
Dokukin-RUS 259 — 330 589
Ladnyy-MLD — — — —
Open
Artemyev-RUS 308 275 352 936
Master (65-69)
Zhuravlev-RUS 242 176 286 705
Master (70-74)
Dambinov-RUS — 143 — 143
132 lbs.
Teen (13-15)
Baranov-RUS 363 220 374 958
Mikhin-RUS 242 176 308 727
Teen (16-17)
Gerasimov-RUS 286 231 352 870
Junior (20-23)
Volodarsky-RUS 303 220 391 914
Karlov-RUS 308 209 374 892
Open
Tarverdiyev-AZE 363 231 418 1013
Master (40-44)
Sukhobok-RUS 314 198 396 908
Master (45-49)
Dvoynikov-RUS — — — —
148 lbs.
Teen (13-15)
Mukhayev-RUS — — — —
Teen (18-19)
Shvetsov-RUS 374 — — 374
Lustin-RUS 418 270 — 688
Severinchik-UKR— — — —
Junior (20-23)
Telipaylo-UKR 358 237 418 1013
Rozhdaykin-MLD 352 253 —



Rufat Agaev *of Azerbaijan won the 275 kilo class with a 733 squat, 496 bench, and a 793 deadlift*

606
Bezrukov-RUS — — 402 402
Open
Telipaylo-UKR — 242 — 242
Rojdaikin-MLD — 253 — 253
Master (45-49)
Kukhterin-UKR 286 231 330 848
Osipyan-RUS 220 187 286 694
Master (50-54)
Alampiyev-RUS 308 — 479 787
Kim-RUS 352 270 374 996
Master (65-69)
Lobachev-RUS 275 198 352 826
Chistyakov-RUS — 149 — 149
165 lbs.
Teen (16-17)
Karpenko-RUS 446 298 556 1300
Babin-RUS — — 534 534
Vandakurov-RUS — — —
—
Teen (18-19)
Kumskov-RUS 462 286 534 1283
Ivanov-RUS — — — —
Gurov-RUS — — — —
Oleynik-MLD — — — —
Junior (20-23)
Progunov-RUS — — 595 595
Mamontov-RUS — 303 528 831
Open
Puchkovskiy-RUS — — —
—
Lyutik-UKR — — — —
Master (40-44)
Pryazhentsev-RUS 407 270 490
1167
Master (45-49)
Paraskeva-MLD 374 264 451 1090
Master (55-59)
Bobkov-UKR 286 198 308 793
Master (60-64)
Kravtsov-UKR 407 259 429 1095
Master (65-69)
Manchuk-UKR — 248 330 578
Vasylenko-UKR — — — —
181 lbs.
Teen (13-15)
Kolyadenko-UKR — — —
—
Teen (16-17)
Kovalenko-AZE 440 — 484 925
Gritsay-RUS — 286 — 286
Junior (20-23)
Svetlichnyy-RUS 528 330 573 1431
Chumak-UKR — — — —
Open
Kokukhin-RUS 517 352 661 1530
Zaripov-BLR 506 374 628 1508
Sarukhanyan-UKR 512 319 578
1409
Shunin-RUS 484 319 — 804
Yakhin-RUS — — — —
Grinkevich-RUS — — — —
Master (40-44)
Sarukhanyan-RUS 484 — 628
1112

Konstantin Konstantinovs *(LAT) pulled over 900 raw, and (on right)* ***Laslo Mezharos*** *(HUN) benched 661 (photos courtesy of Sweeney)*

Krotkikh-UKR — — — —
Master (50-54)
Piskalov-RUS 473 264 451 1189
Cheredniche-UKR 330 220 330
881
Kulikov-UKR 253 215 352 820
Master (55-59)
Larin-RUS 297 220 352 870
Master (60-64)
Chevordayev-RUS 402 215 484
1101
Master (70-74)
Terzov-RUS 374 198 418 991
Loginov-UKR — 154 — 154
198 lbs.
Teen (16-17)
Zaborovskiy-RUS 418 330 451
1200
Teen (18-19)
Fedoseyev-UKR 429 341 528 1299
Kulebyakin-RUS — — — —
Shamanskiy-UKR — — —
—
Junior (20-23)
Georgiyev-MLD — 308 556 864
Zenin-RUS 462 297 551 1310
Kalnin-UKR 352 253 418 1024
Open
Zhukov-RUS 584 — 617 1200
Slepchenko-UKR 606 — — 606
Zaytsev-RUS — 440 622 1062
Kharauzov-RUS 523 446 — 969
Mikhaylyuk-RUS 506 — — 506
Sinetskiy-RUS 506 — — 506
Zakharov-RUS — — — —
Talda-RUS — — — —
Master (45-49)
Leontyev-RUS 517 352 517 1387
Master (50-54)
Vashchenko-UKR 352 — —
352
220 lbs.
Teen (16-17)
Moskalenko-RUS 484 352 528
1365

Teen (18-19)
Jurku-MLD — 314 — 314
Panferov-RUS — — — —
Junior (20-23)
Poberezhnyy-RUS 517 374 672
1563
Komelin-RUS 528 — — 528
Gordon-USA — — — —
Open
Lozhechkin-UKR 606 418 — 1024
Tishchenko-RUS — — — —
Ustyugov-RUS 551 374 573 1497
Master (40-44)
Tishchenko-RUS 551 385 — 936
Master (45-49)
Kolesnyk-UKR 440 308 — 749
Kholodov-RUS 418 — — 418
Master (55-59)
Nemchinov-RUS 440 275 528 1244
Master (60-64)
Bobkov-RUS 484 198 473 1156
Master (65-69)
Borisov-UKR 264 165 314 743
242 lbs.
Teen (18-19)
Mustafayev-RUS — — — —
Junior (20-23)
Shvetsov-RUS 628 418 688 1734
Open
Zaytsev-RUS — 440 666 1107
Grekhnev-RUS — — — —
Ventsov-RUS — — 661 661
Fedoseyev-RUS 528 413 — 941
Abdullaev-AZE — — — —
Yesaulov-RUS — — — —
Mazanov-RUS 484 — 622 1107
Terlita-MLD — — — —
Master (40-44)
Minin-RUS 600 — 589 1189
Kurbanov-RUS — 369 556 925
Lishchuk-RUS — — — —
Master (45-49)
Ugryumov-RUS 385 292 — 677

(continued on page 69)

POWER PROFILE

THE BOB GAYNOR STORY

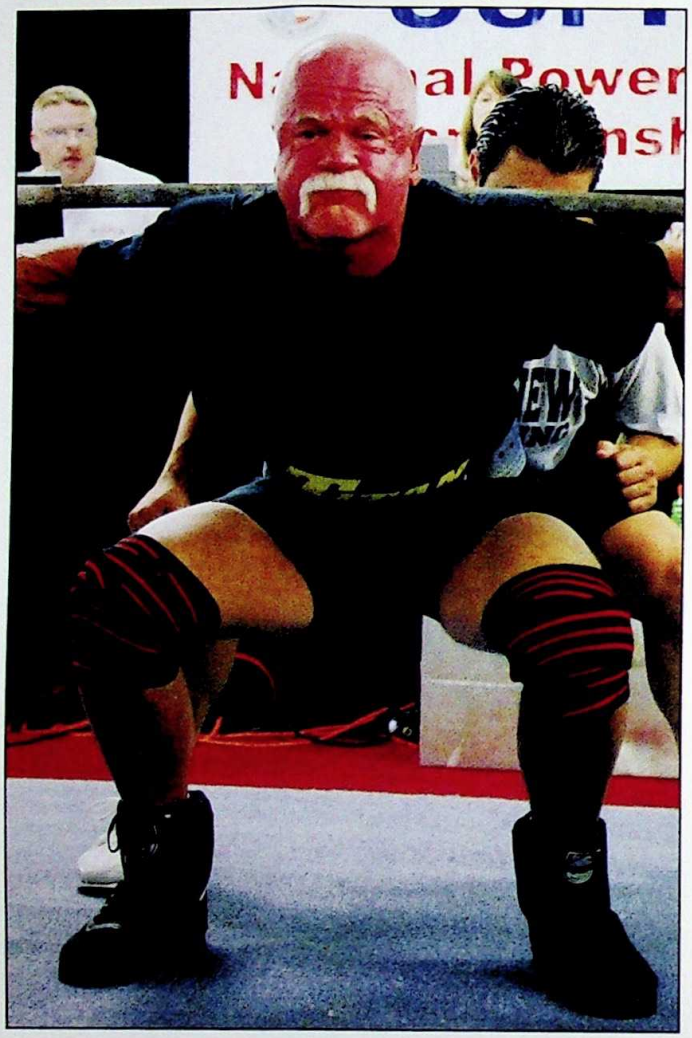
as told to Powerlifting USA by Will Morris

The great sport of powerlifting has been around for close to 50 years now, in its current form with the squat, bench press and deadlift. It is very rare to find someone that has been involved in powerlifting for 47 years and is still involved today, but one such man is Bob Gaynor. Bob still does it all—he trains other lifters, he announces, refs, helps in the promotion of contests and still likes to compete. In February of 2009, he lifted in a raw meet and he squatted 500, benched 360 and deadlifted 630 for a 1490 total, and that was at 62 years of age in the 198 lb. class. This feat was great in itself, but the best is yet to come. Come back with me to the beginning of our great sport with a real legend of powerlifting, Bob Gaynor.

Bob Gaynor was born in Wilkes Barre, PA, on May 16th, 1946, and as a youngster he wanted to replace Mickey Mantle as a centerfielder for the New York Yankees. This was not going to happen, however, as another sport—still in its developmental stages—was about to take Bob's interest away from baseball. That was powerlifting. Baseball requires speed and agility; powerlifting was about raw strength. In 1962, at 16 years of age, Bob attended a powerlifting meet in Forty Fort, PA, and he was hooked. Back then there were four contested lifts, the bench, squat, curl and deadlift. For the next two years, while still in high school, Bob found the time to train. After high school he attended Wilkes University, majoring in accounting. At 20 years of age he lifted in his first meet, at the the Wilkes Barre, PA, YMCA where at 198 lb. he squatted 400, benched 250 and deadlifted 570 for a 1220 total—not bad for his first contest.

At this time, Bob was training with Bob Lacey at his home. Over the next seven years Bob lifted in about 35 to 40 meets. In 1968, he married Geri and in 1974 his son J.D. was born. Over the next ten years he worked for three different companies and in 1976 he went to work for All Steel in Hazelton, PA. He stayed with them until they folded in 2004, and then retired and moved to Stuart, Florida, where he now resides.

In 1972, Bob decided to start training at his home where he trained with John Kuc, Jim Williams, Bob Lacey and Tanky Matthews, up until 2004. Bob said that he would watch Kuc and Williams break world records in his gym in all three of the lifts by competing against each other. Needless to say, he was inspired by watching these two powerlifting legends go head to head in his gym. Back then they would declare—before starting—what their top triple for the day would be, and that would be their goal. Bob was sometimes forced to train at 4:30 AM because of his erratic work hours.



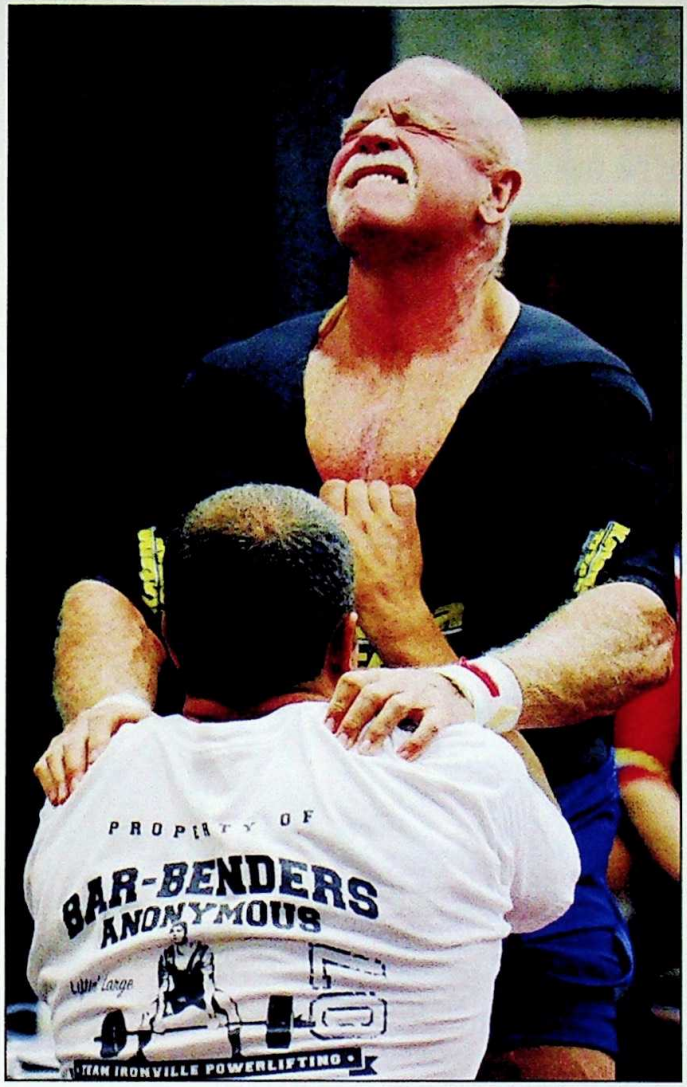
*He's still got it after 47 years – **Bob Gaynor** is a rigorously deep squatter*

In 1973, Bob won the Juniors and placed second at the Seniors. His best lifts at 198 were a 600 squat, 365 bench, and a huge 700 deadlift for a total of 1665. He did use a pair of ACE bandages to squat with. At 220, he did a 650 squat, 420 bench, 730 deadlift and totaled 1800, and he only used a belt—no ACE bandages. The squat and deadlift were national records in the 220 lb. class. In the 1980s, he competed in and won several AD-FPA state and national titles. Over the years Bob has promoted about 50 powerlifting meets, judged about 100 meets and even found the time to stage a few bodybuilding contests. Bob has, throughout the years, incorporated various training ideas from several great lifters like, Jim Williams, John Kuc, Ronnie Ray, Don Cundy, Larry Pacifico, Vince Anello and Ed Coan. Bob well remembers his training with Big Jim Willams. Back then they were using the old squat racks of that era and you had to pick up each side of the bar to adjust the height. Jim did not allow the squat racks to go up or down, so Bob, who was shorter than Williams and Kuc, had to stand on 100 pound plates in order to take the bar out and squat—you did not argue with Mr. Jim Williams.

Bob says that back in the 1970s and early 1980s the only gear used was a belt, singlet and ACE bandages, thus the lifting of that era was just about raw. You did not have the dozens of powerlifting federations like you have today, so you competed with only one organization and in doing so you got the chance to meet all of the top lifters. We had true National champions and one National championship. According to Bob there were 10,000 or so lifters competing back then. We had national television coverage and each national championship meant something significant as you competed against the best. Bob feels that we are no closer to getting powerlifting into the Olympics now than we were back then.

Bob hopes that things will get better. He is not that optimistic that they will, but he will always try to be a positive factor in the sport of powerlifting. The sport is not easy to present to the public—the meets are way too long and have always been that way. There are way too many powerlifting federations and too many rules that vary within each of these. Most powerlifters from the old days who are still competing—there are not many left—have accepted these changes and perhaps for some it is what they want. Bob further believes that there are two extremes in powerlifting today: some rules are being overenforced and some are underenforced, depending on which federation you lift in. Bob thinks the rules should be enforced, not at the discretion of the judges, but by the rule book that each organization uses. If you make a lifter squat two inches deeper than what is required by your own rulebook, it is just as bad as letting lifters squat two inches high by another rulebook. When I am sitting in the judge's chair and am not sure of the lifter's depth in the squat, I always gives the lifter the benefit of the doubt. All rulebooks say the same thing—the lifter must break parallel, and if they do, they should get the lift and if they don't they should not.

When Bob was asked about how the lifters of the 1970s and 1980s would perform today, he feels that they would have adapted well. Back then they used what was available, and great lifters like John Kuc would have most likely refused to use the tight gear of today, but perhaps some lifters would do so in order to stay competitive. Back in the mid 1970s, Joe White just missed a 1100 pound squat by a two to one margin and that lift was done in a singlet, ACE bandages and belt. Joe had no fear of heavy weights and you put him in today's gear and I am not for sure the bar could hold what he could squat, the same thing goes for Jim Williams who was a 700 plus bencher back then—in a t-shirt (how many lifters today can



Getting Amped Up *– Bob getting his bench shirt "set" for an attempt*

bench 700 plus pounds in just a t-shirt?). Put Jim in a supportive shirt like we use today and he would most likely do a 850 plus bench under IPF rules. These two men and the other strong men of that era did not have the training cycles, the gear, the diet, and the supplements that we enjoy today.

Bob feels that drug testing is still very controversial as you have people at both ends of the argument. Some want strict testing and some don't. If there is going to be testing, there needs to be a higher percentage of lifters tested and this would place a huge burden on any powerlifting federation. Back when he was promoting meets under the ADFPA he used the polygraph and urinalysis and feels that if testing is your goal, then have meet testing for more lifters several weeks before the meet; all testing should be done by an independent third party. We have all seen meets with used and unused drug kits sitting on the announcer's table and this may not pass muster in a court of law. Bob wants to go on record as saying that he does not want to praise or criticize anyone or any federation for any of their rules, but this issue continues to split powerlifting and it will most likely never be resolved.

Bob also feels that setting goals that are realistic is important. Suppose you have a goal of winning a major world title in any federation—you will need short term goals in order to get there. It is hard for anyone to only focus on just one long range goal. One of Bob's is to pull a 700 pound deadlift under 200 pounds bodyweight. He recently pulled 672 and has more in him. Another goal that Bob attained in 2008 was to put up the highest single ply total in his age class at 198 and 220 pounds in his federation. A goal could be a triple in a lift, rather than a single. Just make sure that any goal that you try to reach is within reason.

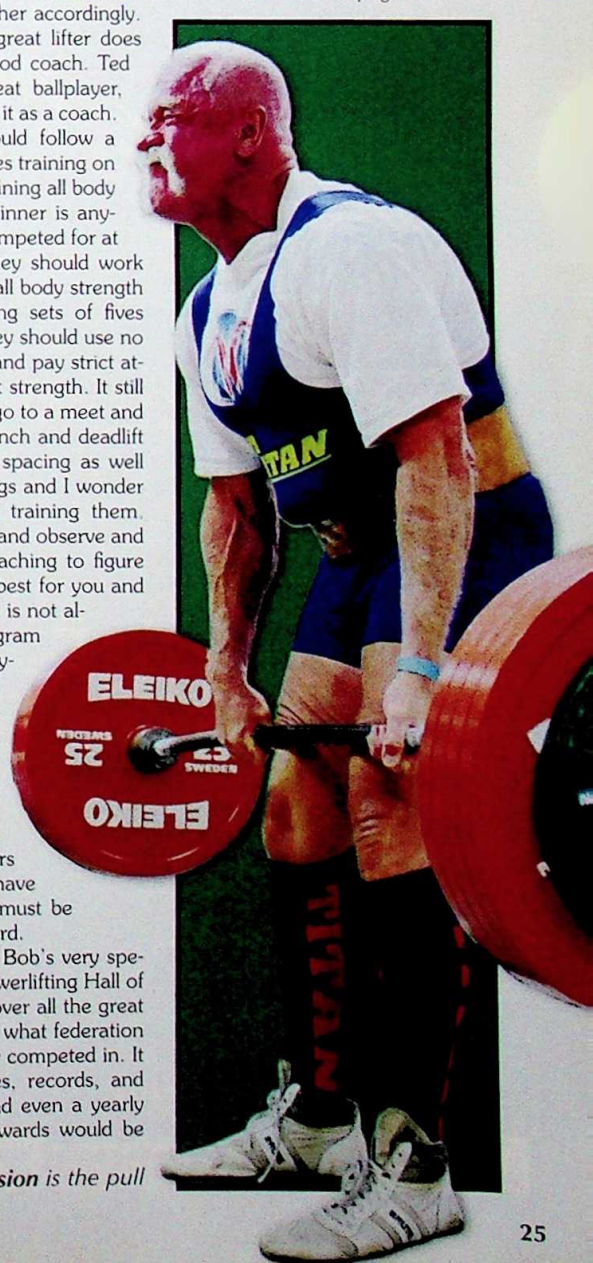
When asked about raw lifting, Bob said that he is not sure what raw lifting is. He has his ideas, but other people have a separate view on what raw lifting is in terms of gear. I would like to see more of the old and classic style of lifting when a lifter only used knee wraps and a belt and a t-shirt to bench in and a singlet to deadlift in—this would be a true test of your strength. Then bring all the top raw lifters together in one National and one World meet—but as stated previously, it will not happen. Lifting in gear is a whole separate ball game and everyone is free to choose how they compete and who they compete with.

In closing on the subject of raw lifting, Bob thinks that there are way too many powerlifting federations and this does not help the sport. When asked about what advice he would give to a young lifter today who was just getting into our sport, he said that there is way too much information available, and it confuses a young lifter. When he started, he had to go to a meet to learn. A lifter today should try to get a experienced coach who has a good understanding of what a novice lifter is and train him or her accordingly. Also, just being a great lifter does not make one a good coach. Ted Williams was a great ballplayer, but he did not make it as a coach. A novice lifter should follow a program that stresses training on all three lifts and training all body parts. To me a beginner is anyone who has not competed for at least two years. They should work on developing overall body strength and should be doing sets of fives and not singles. They should use no gear, except a belt and pay strict attention to form, not strength. It still amazes me when I go to a meet and see young lifters bench and deadlift with unequal hand spacing as well as other stupid things and I wonder who, if anyone, is training them. Again, go to meets and observe and get experienced coaching to figure out what will work best for you and keep in mind that it is not always just one program that works for everyone, nor is there any one style that works for everyone as well. This is most important in the deadlift, where some of the greatest deadlifters of all time did not have perfect form. You must be patient and train hard.

Another one of Bob's very special projects is a Powerlifting Hall of Fame that would cover all the great lifters, regardless of what federation or weight class they competed in. It would have pictures, records, and background info and even a yearly ceremony where awards would be given to the inductees. A website could be set up where anyone could go and see the great lifters, past and present. Bob would help set up a committee of lifters from all over the country who would look at the nominees and then vote on who will be inducted into the Powerlifting Hall of Fame. The cost of this project will have to be considered and where it will be located as well. Bob is now working with PL USA on this project and he has hopes that it will get under way soon.

Bob now trains in Port St. Lucie, FL, at the World Gym. His training partners are gym owner Bob Benedix, who has won world masters titles in the WPC and WPF, his son J.D., Greg (Doc) Hayes, Fred Goldberg and Tim O'Brien. Bob's training has not changed too much over the years—he trains on Tuesday, Wednesday, Friday and Sunday, four days each week, year round.

(continued on page 68)



(At right) His ***passion*** *is the pull*

POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

NEW CUTTING-EDGE CREATINE FORMULA

INCREASES BENCH BY MORE THAN 11 TIMES IN JUST 6 WEEKS!

as told to Powerlifting USA by Team MuscleTech

Creatine is one of the most popular and scientifically validated supplements on the market today and a staple in virtually every single powerlifter's nutrition regimen. Creatine is essential to generating that extra burst of raw strength that you need to pull with even more power or lock out on every lift. It can mean the difference between crushing your PB or experiencing another lackluster performance. That's why thousands upon thousands of pounds of creatine are consumed every year around the world!

Following oral consumption, creatine is absorbed and processed by the liver and then transported through your bloodstream to your muscles, where it is readily converted to phosphocreatine for gains in strength and powerful muscle.

With all the documented research supporting the positive physiological effects of creatine supplementation, Team MuscleTech™ researchers wanted to find a way to make creatine supplements even more effective—so they did. Introducing new Cell-Tech Hardcore Pro Series. Designed with a monster-dosed 10,000 mg of creatine, plus a patent-protected, one-of-a-kind creatine delivery system, new Cell-Tech™ Hardcore Pro Series makes sure you get more creatine into your muscles—where it's needed most to jack-up your bench, squat or deadlift. But this truly advanced formula doesn't stop there! It's also engineered with seven advanced blends, plus Micro-Diffuse Technology™—making it a true pro-caliber, strength-amplifying and musclebuilding creatine formula.

University Discovery:
Insulin-Spiking Dextrose Drives More Creatine into Muscles

Where did the core Cell-Tech Hardcore formula evolve from? In a groundbreaking, double-blind study conducted at the University of Nottingham in England, researchers provided 24 subjects with 5 grams of creatine and a high-glycemic carbohydrate drink—containing 93 grams of simple carbohydrates—and compared them to a group who was given a zero-carb creatine solution. Muscle biopsies showed that subjects consuming creatine with a large dose of carbohydrates experienced significantly higher skeletal muscle creatine retention, while blood tests also revealed significantly higher serum insulin concentrations.1

Armed with this knowledge, Team MuscleTech researchers referred to the Oral Glucose Tolerance Test (OGTT), a test used by the medical community to assess the efficiency of insulin in human subjects, to determine that 75 grams of dextrose would be perfect for creating a large insulin spike and driving more creatine into muscles.

10,000 mg Mega Dose of Premium Creatine

When formulating Cell-Tech Hardcore Pro Series, Team MuscleTech researchers paired the research-tested 75 grams of dextrose with a 10,000 mg super blend of creatine—that's at least twice as much creatine than other leading creatine products. Unlike low-dosed creatine supplements, this blend is powered by an HPLC-certified and Micro-Diffused mega dose of the most scientifically validated form of creatine in the world. HPLC is a biochemical, analytical method used in lab testing to identify components of a compound and test for purity. Micro-Diffuse TechnologyTM delivers smaller, micron-sized particles of a key musclebuilding driver that are enhanced with greater dissolution and dispersion properties.

Together, these key ingredients allow Cell-Tech Hardcore Pro Series to accelerate skeletal muscle creatine absorption. And the more creatine that gets into your muscles, the greater your ability to build more mass. The results speak for themselves.

Build More Bar-Bending Mass for Amplified Strength Potential

In a third-party, 6-week study on 35 males with at least 2 years of strength training experience, subjects taking a key ingredient in Cell-Tech Hardcore Pro Series jacked up their bench over 11 times more than the placebo group in just 6 weeks (24.58 lbs. vs. 1.92 lbs.).2 No low-dosed creatine supplement can do this!

And because more quality mass means you'll be able to push even more weight, in a placebo-controlled, 28-day study on 32 individuals divided into 4 groups and conducted at a physiology lab in Greenwich, CT, subjects taking the core formula in Cell-Tech Hardcore Pro Series with a hardcore training program gained 26 times more mass than those taking creatine alone (4.34 vs. 0.16 lbs.). What's more? Subjects gained an average of 3.6 pounds of power-packed mass in just 7 days! One experienced, weight-trained test subject even gained an extraordinary 7 pounds of real mass in just 7 days!3 Just imagine the extra pounds you could add to your PB by loading this much mass onto your frame in just one week! No other regular creatine supplement can do all this—period!

If you're looking for a superior creatine supplement that you will feel on your heaviest lifts, choose new Cell-Tech Hardcore Pro Series. Not only does it have at least double the amount of creatine per serving compared to leading creatine supplements, plus a highly effective delivery system which no other creatine supplement possesses, but it also has real scientific studies verifying that its core formula works! Try it today, and you'll see the difference that new Cell-Tech Hardcore Pro Series can make!

References:

1. Green, A., et al. (1996). American Journal of Physiology, 271(5 Pt 1), E821-826.
2. Peeters, B., et al. (1999). Journal of Strength and Conditioning Research, 13(1), 3-9.
3. Kalman, D., et al. (2000). Medicine Science In Sports & Exercise, 32(5), S136.

NEW POWERFUL FORMULA

Team MuscleTech Releases Its

MOST POWERFUL STRENGTH-AMPLIFYING CREATINE FORMULA

JOHNNIE JACKSON
WORLD'S STRONGEST BODYBUILDER

MATT KROCZALESKI
2009 UPA WORLD RECORD HOLDER

Unlike low-dosed creatine supplements, new Cell-Tech™ Hardcore Pro Series is engineered with a 10,000 mg (that's right, 10 grams!) super dose of creatine. That's at least twice as much creatine than other leading creatine products. Plus, this advanced formula also contains an insulin-potentiating, 75 grams of dextrose to get more creatine into muscles faster, for explosive gains in bar-bending mass! What's more, it also contains 200 mg of ALA (Alpha Lipoic Acid), a key ingredient in an exclusive blend found only in the patent-protected Cell-Tech Hardcore Pro Series formula. In fact, no other creatine formula on the planet has this powerful, mega-dosed combination of ingredients that's scientifically validated to saturate your muscles with creatine!

In a 28-day study, subjects taking the core formula in Cell-Tech Hardcore Pro Series built 26 times more mass than those taking creatine alone. And remember … more mass equals more power! Plus, in a third-party, 6-week study on 35 males with at least 2 years of strength training experience, subjects taking a key ingredient in Cell-Tech Hardcore Pro Series jacked up their bench over 11 times more than the placebo group (24.58 lbs. vs. 1.92 lbs.). Those aren't novices, but experienced athletes! No other creatine supplement can do *all* this – period! *Get on new Cell-Tech Hardcore Pro Series and smash your PB's in no time!*

- ***Test subjects jacked up their bench by more than 11 x in just 6 weeks!***
- ***Patent-protected core formula scientifically validated 26 x more effective than regular creatine at building powerful mass.***
- ***Powered by 10,000 mg of creatine – at least twice as much creatine as other top brands!***

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GNC LiveWell. SHOP NATIONWIDE OR AT GNC.COM

RITE AID GNC LiveWell. In Select Rite Aid Locations

Vitamin Shoppe

BODYBUILDING.COM

In a placebo-controlled, 28-day study on 32 individuals divided into four groups and conducted at a physiology lab in Greenwich, CT, subjects taking the core formula in Cell-Tech Hardcore Pro Series with a hardcore training program built 26 times more mass than those taking creatine alone (4.34 vs. 0.16 lbs.). Cell-Tech ™ Hardcore Pro Series is patented. © 2009

BULLFARM FEAT OF STRENGTH

Joonas Rantanen Totals 2800 in Lahti!

as told to Powerlifting USA by Lasse Arkela

For the first time the traditional Bullfarm Feat of Strength was a full-scale three-event powerlifting competition at Fitness Expo in Lahti. The high level competition gathered a full crowd round the stage, which all the eight lifters invited appreciated by giving nothing but their best.

From the very beginning, it was crystal clear that winning wouldn't be a walk in the park. Bullfarm's lifters are though hosts. In the squat, Joonas Rantanen lead the way with a stunning 1080 lb. opener. Jani Murtomäki, who showed in the Pro-Am competition in Ohio what he's about, came close behind opening his game with 992 lb.

During the following rounds, Murtomäki continued his schoolbook lifts. Three lights were lit after both squats at 1036 and 1058 pounds.

Third favorite, 237-pounder, Juha Someroja, struggled with balance problems during the first two rounds. Despite the problems, he kept cool and squeezed 970 pounds on his last squat.

Bullfarm's Joonas Rantanen was the king of squat in Lahti. During the second round he cleared 1146 lb., the best of the season, but he had not finished yet. In the last lift, this 25-year-old lifter from Tampere, ordered an unintelligible 1190-kilo load. The crowd was clapping their hands and stomping their feet, the atmosphere was intense. The bar was set. "Juuna" rubbed his hands in magnesium and his coach Jani Ihalainen beat some spirit. A white cloud of dust hovered in the air when this 300-pound powerlifter set himself under the bar.

"There!" the coach yelled when the lift reached the bottom point.

As if lifted with a jack, the bar changed its direction and was returned to the hooks. The scoreboard showed three white lights. The lift was okay.

The same trio led the bench press. Someroja started the show with easy 727 pounds, but the next two attempts weren't equally good. Last year's bench press winner had to settle for the opening weight.

Rantanen immediately showed that the incredible squat wasn't made at the expense of other events. 793 lb. were loaded for the opening lift and ten kilos more were loaded to the bar in the following round. In the last round Rantanen found his match. 848 lb. was a bit too much.

In the second event, bench-specialist Murtomäki showed his true expertise. The first 815-pound lift was a formality for this elbow-surgery convalescent and so was the following performance at 848 lb. Everything was at stake during the last round and the bar was loaded with a record weight. A successful performance at 887 lb. would be the all-time biggest bench press result on the old continent.

Everything was set. The crowd roared. Murtomäki climbed onto the stage followed by his assistant Sakari Selkäinaho. There was a focused look in their eyes. There was no time to fool around; it was time to lift. And a lot. Final adjustments to the shirt and he lay down on the bench rubbing his shoulders into the exact position. The bar was handed to him and he started to lower it with precision. Spotters were following every move of his ready to act.

"Press!" Tatu Avola, the judge, yelled when the bar touched the chest.

The weight moved upwards accompanied with an echoing roar, but just before lock out, it stopped. The judge ordered to rack the weight. Two red lights showed that the attempt failed, and Murtomäki walked backstage shaking his head.

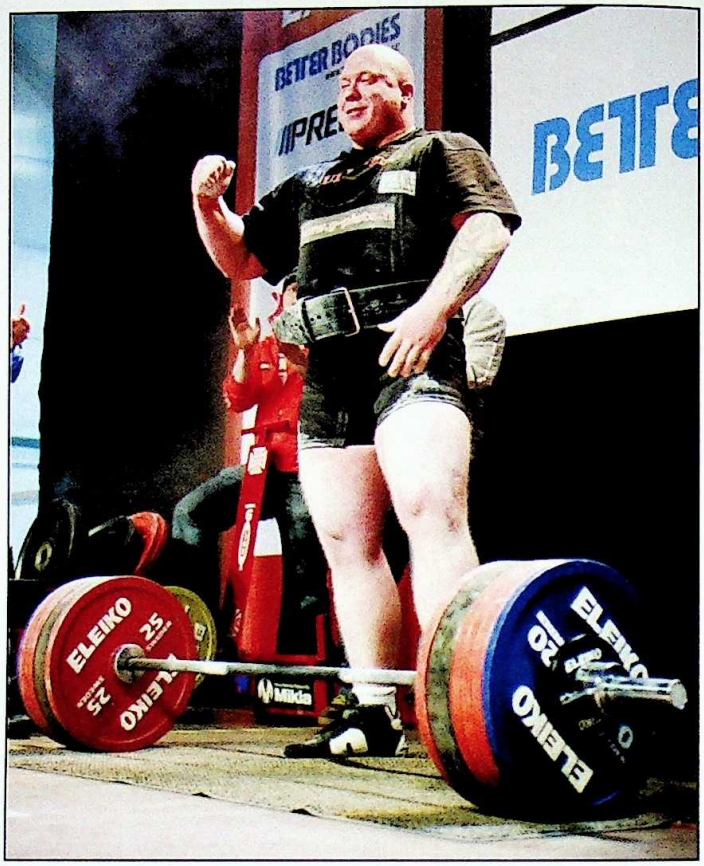
At the beginning of the last event— deadlift—it was still anybody's game. Joonas Rantanen was first up, and cleared 716 lb. Murtomäki, 749 lb. and Someroja 727 lb. had successful first round attempts. But the 793 kilos that was loaded on the second round was too much for Murtomäki. Someroja in turn enhanced his record with a bar a few kilos heavier. Now the new national record stood at 800 lb.

For his last lift, Rantanen demanded a whooping 815 pounds to be loaded. Lungs full of air and off he went. Clearing 815 lb. Juuna completed a total of 2800 lb. (1073.15 points). The biggest total in Finland got a wide smile on Rantanen's face. Only Someroja and his last attempt at 838 lb. could threaten his victory.

Someroja climbed onto the stage, walked to the bar and set his feet into a wide sumo-stance. A quick gasp of air and he started to reach for the bar. With a fierce grasp he gripped the bar and the weight detached from the floor.

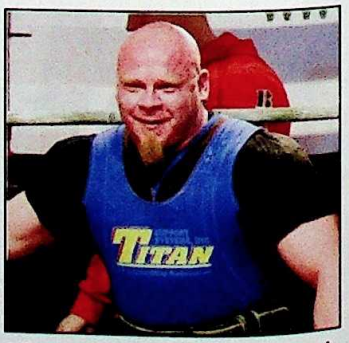
"Pull! Pull!" Esa Mattila, the announcer, yelled to his microphone encouraging the last competitor. The crowd joined in. The bar continued the upward movement, until suddenly right below the knees it stopped. The grip in his left hand let loose and the lifter wobbled. The bar dropped back to the floor.

Despite the failure in the lift in the last round Someroja got an impressive total of 2496 lb. (1007.93 points) and the silver medal. He showed he could be a good contestant to the bigger lifters. With a total of 2656 lb. and 1001.35 points, Murtomäki had to settle for the bronze medal.



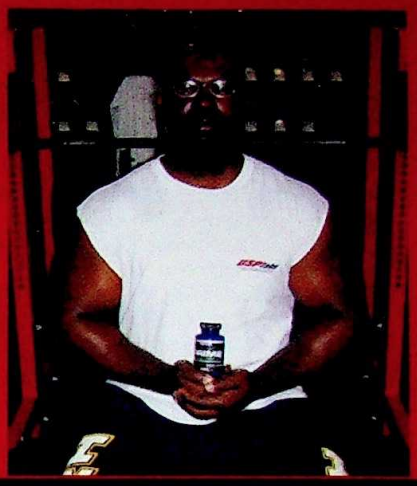
Joonas Rantanen *won the competition with a total of 2800 lb.!!!*

Jani Murtomäki *benched an impressive 848 lb. (photos c. Arkela)*



Silver medalist, Juha Someroja

"NASA HALL-OF-FAMER & MAY 2008 PLUSA COVER BOY J.T. HALL BREAKS 15 PR'S IN JUST 30 DAYS ON USPlabs PRIME!"



"In 30 days, I set more than 15 personal records (pr). My biggest PR is a 680 reverse band bench press and a 455lb x 3 flat barbell bench press. I'm a drug tested national/pro bench press competitor and always looking to get the advantage over my competitors. If you want to set some big PR's in a short time, I highly suggest get several bottles of USPlabs Prime!!"

J.T. Hall – NASA Hall Of Famer- 8 time PLUSA Top 100 Bencher 1999-2007

STEROID-LIKE STRENGTH, YET COMPETITION LEGAL?

USPlabs has hit the *motherload*...

A product that delivers **massive strength & recovery**, on par or *better* than pro-hormones (and even mild steroids), yet is *completely* legal to use in ALL competition because it's:

A. 100% Natural
B. Won't skew hormones & cause failed drug test or false positive.

I know, I know...it sounds WAY good to be true...But, if that was the case, why are powerlifters setting PR's virtually EVERY workout?

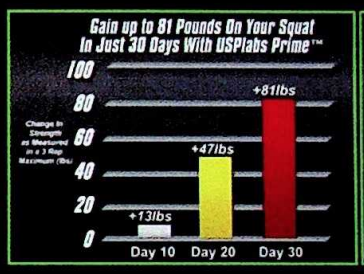
There's **NEVER** been anything like USPlabs Prime before...A potent natural anabolic that delivers *all* the goods, yet none of the sides...

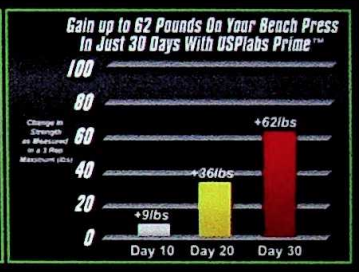
- **Permanent Muscle Gains** – Hormonal levels are not affected, therefore there' s no drop-off – What you gain is yours to keep! Permanent Muscle Gains – No "rollercoaster" effect.
- **Enormous** Strength Gains – Own The Weight Room...Own the Platform!
- Increase your lockout, PRIME will allow you to press harder for longer - **Can you imagine training without sticking points!**
- **Does not cause shut-down** or suppression - NO Post Cycle Therapy required!
- Promotes Muscle Gain of **Thick, Dense** Variety - Sport that full, 'on' look!
- **Extremely Potent Re-composition Effects** – Even test subjects consuming 750-1000 calories a day ABOVE baseline lost bodyfat while gaining mass & strength!
- **Incredible Recovery Speed** – Feel like you've had a two-week layoff – even the day after the most intense workout of your life! Overnight recovery, be ready to train the very next day. No more sore days off. Recover from GPP work instantly. Do not skip any more workouts because you are 'too sore'.
- All-Day Muscle Fullness/Hardness – **Your Muscles Will Feel Like Granite**! - Pumps that do not negatively affect strength/performance like N.O. boosters...
- **Balls-To-The Wall Training** – Train harder and longer than you ever have – and like it!
  - Aggression and drive like never before, feel the rage
  - Fight yourself to leave gym and/or take an off day
- Incredible Euphoria – **Feel Like Superman!**
- **ZERO Bloat** – Increase vascularity – even while gaining mass & strength! **No puffy look, rock hard**
- Safe to use in all competition – all-natural ingredients - **WILL NOT** cause positive drug test! Complies with. This is the product that they don't want you to know about. With the ability to train more frequently, **have a HUGE step up on the competition.**

PROVEN BY SCIENCE!

In a 30-day pilot study using experienced lifters, the strength gains were simply mind-blowing. The best gains were 81 pounds on a 3RM squat and 62 pounds on a 3RM bench...in just 30 freakin' days! And the results get better the longer you use it!!!

DEMOLISH Your Current PRs.





ZERO NEGATIVE SIDES

Wait, did I mention there are ZERO side effects?

...That's right, none of the nasty sides that come along with pro-hormones or steroids. No suppression, no lethargy, no trouble sleeping, no PCT, no bloating, no breaking the law/ rules...

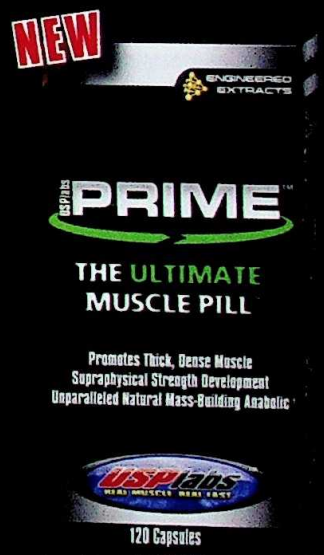
Just **AWESOME** strength, lean mass & recovery that will send your totals skyrocketing!

...Combine USPlabs Prime with your bad-ass training and completely dominate your gym. It's really that simple. Easy to take, too. Simply take 2 caps, 3 times a day with food - That's it!

Best,

Jacob Geissler - CEO USPlabs

P.S. Even if you use "prescription anabolics", Prime is the perfect bridge with PCT between cycles. In fact, you'll be able to maintain, and even gain strength when you're "off".



IMAGINE TRAINING WITH YOUR CURRENT PR'S ON SPEED DAY!

P.P.S. Little "**Instant Strength**" trick...If you need to gain a lot of strength in a very short period of time such as pre-comp, "load" 9 capsules of USPlabs Prime a day for a super-charged anabolic effect. Even at 9 caps a day, there's still no negative sides!

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Unbelievable 100% Risk-Free PR Guarantee

If you truly want to have THE best training experience of your life, I HIGHLY suggest you give USPlabs Prime a shot for 6 weeks. I want you to shatter your previous best while using our product. Why? Because I know once you do, you'll tell everyone about your awesome experience. I'm going to make this a "no-brainer" & take ALL risk away from you. Give USPlabs Prime a legit shot for 6 weeks. If you don't hit at least 1 major PR (most are hitting 3-5 NEW PR's or more) I'll refund every last cent of your purchase price. That's a pretty ballsy statement. And I'd be an idiot to offer it if I wasn't completely sure how much USPlabs Prime can help you.

Hard Core Gym #92

KING JOE'S BARBELL CLUB

as told to Powerlifting USA by Rick Brewer

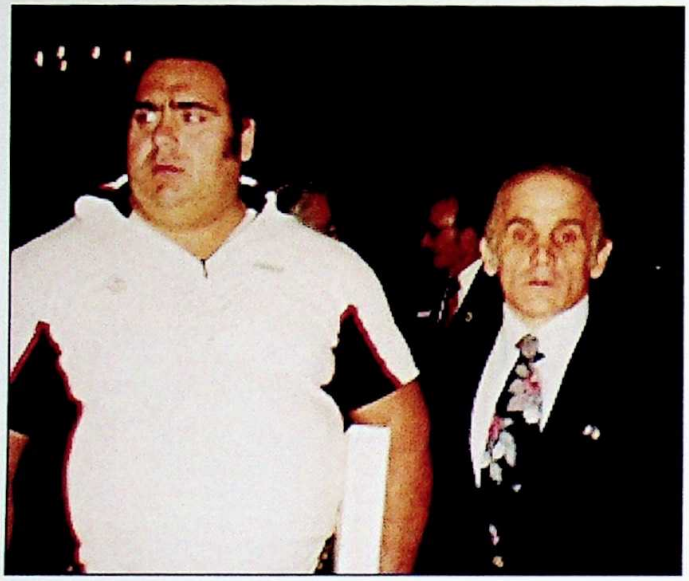
Last month we told you about Scot Mendelson's F.I.T. Gym. I asked Scot which SHW bencher he thought had the best BP form. Do you remember who Mendy said was his greatest opponent? Scot told us about his plans to bench 1100 lb., and if you've seen him this year—you will believe he can do it. Scot is a superhuman beast, but today I need to tell you about a different kind of old-school lifter.

But first, riddle me this: do wealthy athletes live longer because of their higher incomes, which offers them more expensive health care options, or because of their years of conditioning?

Heck, Magic Johnson has AIDS—which seems to kill everyone else—but he simply won't die. In fact, now he says he is "well," even though AIDS is incurable. Kareem A-J may simply be too tall for Leukemia. I know a lifter who keeps going with MS—and credits hard work and basic steroids. (Don't jump on him for the steroids until you are fighting MS, they were prescribed by his doctor.) What role does weightlifting and an increased activity level have in fighting illness or turning back the age clock? My guess is, A HUGE ROLE. We all know that weightlifting not only conditions and tones muscles, but also strengthens bones, connective tissue, and supportive organs. We all know older lifters who stay active, with markedly reduced signs of aging.

I'll let Kenny Toth tell you about an 81 year old Energizer Bunny:

King Joe's gym is located in Dunmore, PA, just outside of Scranton. The facility is roughly 3000 sq. ft. and houses the greatest variety of strength building equipment in Northeast PA, but that isn't what makes it special. It has tires for flipping (200–850 lb.), chains, bands, a variety of bars, tons of weight, strongman equipment, three platforms, Elieko bars, bumper plates, three sets of 100 lb. plates and power racks—but there are other gyms that have cool equipment.



***King Joe** with **Vasili Alexeyev** (left), a big Olympic lifter from the 70s*

But no other place has King Joe. "King Joe" is an 81 year old lifter who has won many master national and international competitions in Olympic lifting. He also recently set an age group national record in the WNPF. Joe is much more than that; he is the heart, soul and spirit of King Joe's Barbell Club. This "metal messiah" is recognized throughout the area and is synonymous with lifting weights in the area. If you talk with just about anyone who lifts or has lifted weights in the area, they have at one time spoken to Joe about lifting. They have been invited to workout (or take a workout) at the club. Joe's interest in lifting goes back to his days in the army when he was stationed in Alaska in the 40's. (I bet that Alaskan lifting was polar-bear primitive in the 40's!! RB)

His love and curiosity go back even further than his Alaskan days. Joe was a close friend to Bob Hoffman. Joe has seen and spoken to, or trained with, many of the prehistoric lifting icons that we have only read about. Joe opened his first gym to the public in 1964, in honor of slain president JFK. (All of us Dallas guys are real sorry 'bout that, but we feel certain that whoever fired from the grassy knoll was not from here. RB)

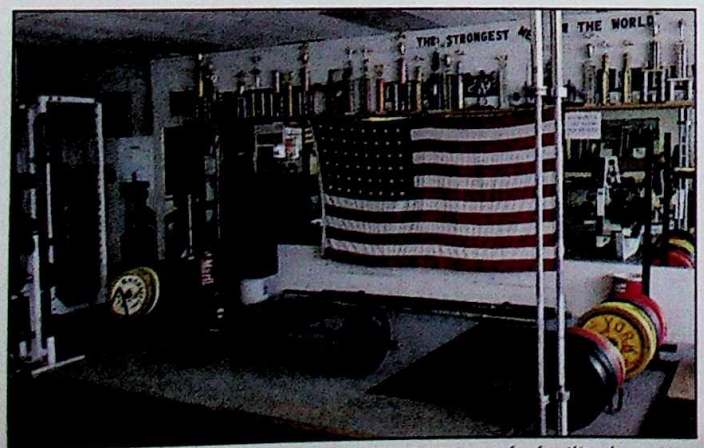
As time went on, the cost of raising a family and running a business (King Joe's Newstand, hence the KJ moniker) grew. Eventually, he had to close the gym down. But Joe was never very far away from lifting; he ran small backroom clubs in the back of taverns or his store—lifting anywhere he could set up a few weights. Generations of kid's were introduced to lifting, and many became lifelong lifters, under his guidance. Some of these kids are now in their 50s, and they still train with Joe, as do their kids. Most likely a few of the grandkids are lifting by now!

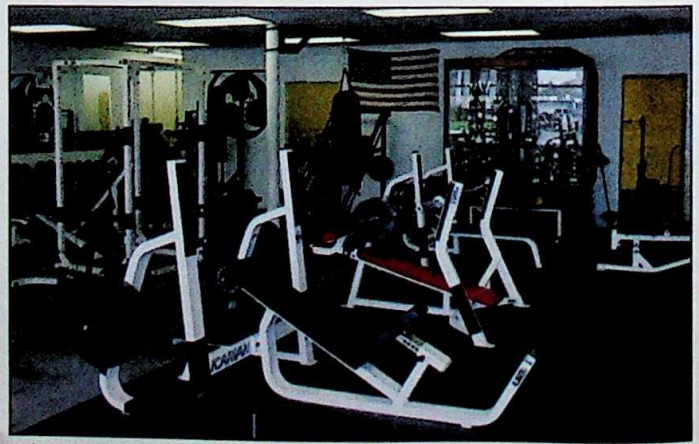
King Joe's Barbell Club is alive and well. It has evolved from a back room at the store, with two lifting platforms and a few bars, to a 3000 sq. ft. training paradise for anyone seeking strength and power. Joe's son Tony moved his water business to the back, and allowed the gym to grow and expand into the store front. This allowed the gym to start expanding into a wider variety of strength training (strongman, etc.). The gym is hardcore from the get-go, and certainly has a no-frills atmosphere. We do have one cardio bike; but Joe feels if you need cardio, you should park down the street or a few miles away, and walk to the gym. King Joe's has a competition team that frequents local events in powerlifting, Olympic lifting and strongman.

Here are a few of King Joe's Competition Team Members: Bob "The Butcher" D'Angelo, Robert "Buddha" Dunkerley, Vincent Riggi, Jimmy Dervas, Boris Shihinski, Brandon Shihinski, Carrissa Shihinski, Kenny Toth, Travis Toth, Damien Szumuski, and many others. All of the members of the competition team have competed in Olympic Lifting (gasp) and powerlifting contests over the last year.

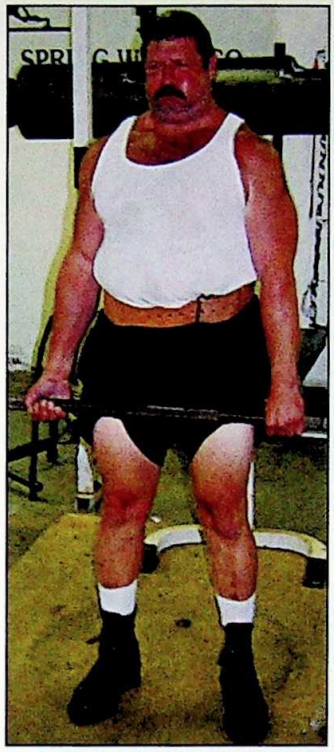
King Joe also holds 4-5 in-house contests each year. These events are open to all. They are not affiliated with any sanctioning body or organization. They mainly help athletes develop into better lifters. Members are charged a small fee, and profits are generally donated to a chosen charity.

Every Monday, Wednesday,





***King Joe's Gym**, in Dunmore, PA, is a 3000 sq. ft. facility housing a wide variety of strength building equipment (photos c. Kenny Toth)*



Boris Shihinski *pulling a 500 lb. Flintstone DL for 5 reps at the gym*

*King Joe with his winning team – **King Joe's Gym** won the WNPF Deadlift Team Award on June 28, 2008*

and Friday at around 6:00 PM, you will see a group of kids being put through the basics by Joe, on the main platform. (Many dads are in attendance and/or involved.) The workout will be simple—for example, clean and presses—but technique will be stressed. Joe also spends his spring mornings (6:00 -7:30 AM) loading up his van with plywood platforms, bumper plates and our best Elieko bars. He takes them over to the local high school to teach the split-style Olympic lifts. After he is done, he brings all the equipment back to the gym. Then he gets ready to help his son on the water truck. (This is an 81 year old man we're talking about! RB) *Needless to say, you don't come into the gym (when Joe is there) and complain about your day, or say how tired you feel.*

The most impressive part of all of this is that Joe passes all this knowledge on for free—he never gets a penny for all of this effort. Why not? Joe tells the story that as a skinny kid growing up, he had no weights, or any idea what to do with them. He sought out a local legend in lifting and asked if he could show him the ropes of how to lift weights. The legend told Joe to beat it, to get lost. Joe never forgot the lesson he learned that day, and he decided to build another kind of strength. Joe learned how to lift weights, and vowed NEVER to turn anyone away who asked for his help, and he hasn't to this day. He has introduced many to the great sport of lifting weights, regardless of age, ability, or handicap.

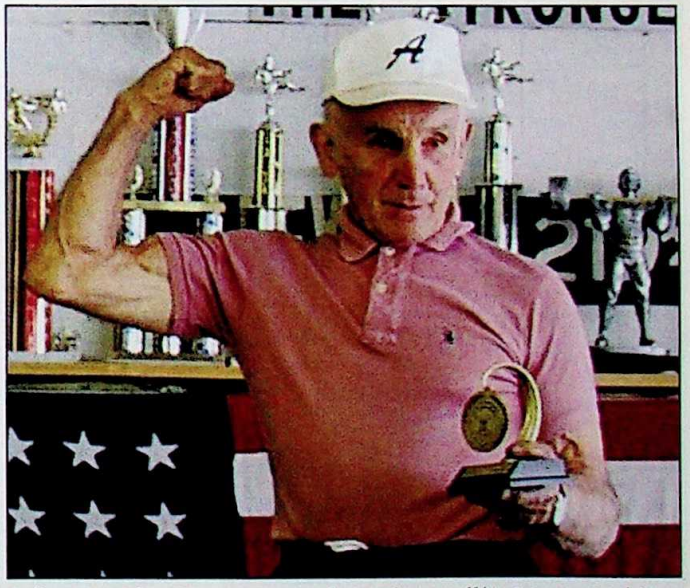
King Joe's Barbell Club is a totally non-profit club. Dues are $20.00 a month, and this covers your whole family. Dues are placed in an envelope, and put in a box in front of the gym. Members are given a key and can train when they like. If a member wants personal training from Joe, they just have to let him know and he will be there. The dues are barely enough to keep the lights on and the heater running in the winter, but they have not gone up in years. If a lifter is in the area, and just wants to get a workout, call ahead and arrangements will be made (there are no daily fees, although donations have been made).

King Joes Barbell Club
622 E Drinker Street
Dunmore, PA 18512

More information about the club and activities can be found at www.freewebs.com/kingjoesgym.

Thanks again to Kenny Toth for highlighting a man who has earned our respect for 81 years. Here's to you, King Joe. May you never stop training!

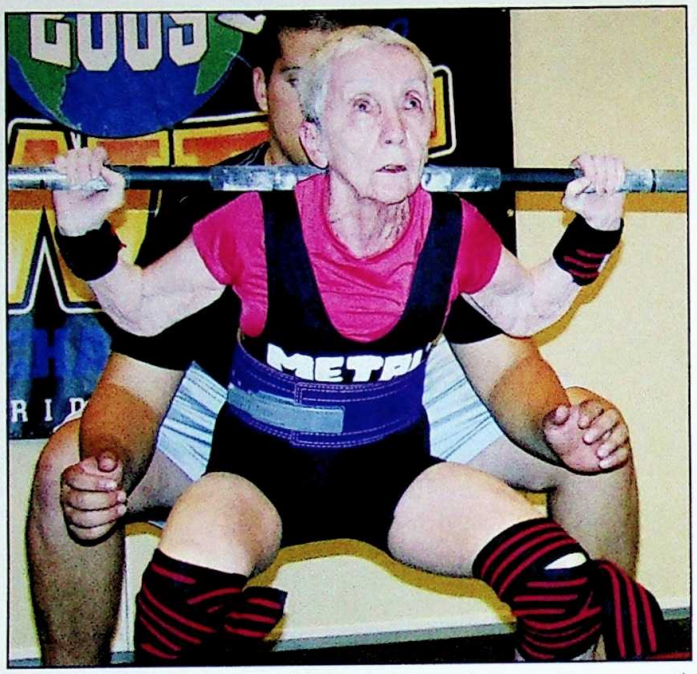
Next month, we'll visit a gym with a younger owner, and learn some new tricks. In the meantime, email me and tell me if there are any new Hard Core Gyms in any states except TX, PA, and CA. Is everyone outside of those (3) states a sissy? Let me know at rick@houseofpain.com.



*Still got it – **King Joe**, at 80 yrs. of age, shows off his impressive bicep*

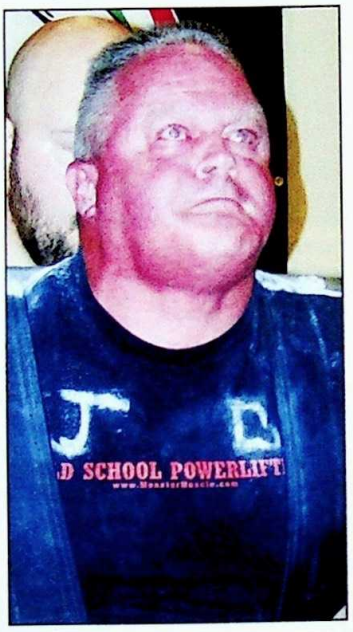
***Joe** giving advice to **Kyle Toth** regarding contest attempts at a gym meet*

AWPC WORLD CHAMPIONSHIP



(Above) 98 pound Master lifter **Mary Chatel** showed her strength
(Below) **Margaret Kirkland** (2nd from right) with her proud family

Young Jun Kim represented Korea



James Dibble – *totaled 1852 lb.*

AWPC World Championship
31 JUL-1 AUG 09 - Burr Ridge, IL

BENCH				
FEMALE				
165 lbs.				
Master I				
S. Sinacheva	198			
Open				
S. Sinacheva	198			
181 lbs.				
Submaster				
N. Bako-RUS	287			
198 lbs.				
Master I				
M. Berry	259			
SHW				
Submaster				
R. Nutter!	386			
MALE				
148 lbs.				
Master VII				
I. Plagov	198			
Kiselev-RUS	187			
165 lbs.				
Master I				
M. Bingham	452			
4th-463				
Krause-CAN	353			
Open				
J. Haiduke	491			
A. Vallone Jr	424			
Police/Fire				
M. Bingham	452			
4th-463				
Submaster				
V. Lapynin	408			
181 lbs.				
Master V				
R. Cuny	259			
Open				
T. Hensley	623			
Submaster				
K. Wentworth	468			
198 lbs.				
Junior				
E. DeCaires	—			
Master IV				
M. Hammond	325			
Master VI				
J. Hussey	358			
4th-369				
Anczerewicz	243			
Open				
I. Kalyta	485			
Fayzullin-RUS	463			
Submaster				
Fayzullin-RUS	463			
220 lbs.				
Junior				
R. Michie	—			
Master I				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
98 lbs.				
Master VIII				
M. Chatel	66	55	138	259
105 lbs.				
Teen II				
M. Albritton	187	105	193	485
115 lbs.				
Open				
M. Kirkland	457	226	386	1069
S. Gray	99	77	160	336
Teen II				
J. Singel	187	138	243	568
		4th-DL-254		
148 lbs.				
Teen III				
R. Mayer	386	226	309	920
165 lbs.				
Master III				
M. Dowle	336	94	254	683
Open				
J. Metz	243	138	237	617
181 lbs.				
Open				
J. Gimmell	353	248	342	942
198 lbs.				
Master VI				
N. Langdon	380	171	358	909
Open				
J. Stone	446	270	380	1097
		4th-DL-402		
SHW				
Teen II				
A. Chatelain	424	215	402	1042
		4th-DL-419		
MALE				
K. Farley	463			
Master II				
Shbana-EGY	419			
Master VI				
F. Kucharski	254			
Open				
S. Shabazz	502			
Shbana-EGY	419			
242 lbs.				
Master II				
B. McCord	353			
Master III				
J. Solinski!	573			
D. Murphy	—			
Master VII				
B. Brassman	386			
Open				
D. McKinney	386			
Police/Fire				
D. McKinney	386			
Submaster				
B. Hoffman	634			
Teen II				
R. Yeager!	325			
275 lbs.				
Master II				
E. Hubbs	—			
Master III				
S. Arbitman	386			
Master IV				
C. Barnett	413			
Master V				
T. Nelson	457			
4th-474				
Open				
M. Allocco	683			
D. Lewis	656			
E. Hubbs	—			
Submaster				
D. Lewis	656			
308 lbs.				
Master I				
K. Sakr-EGY	287			
Master III				
C. Cozine	419			
Open				
M. Mitchell!	816			
T. Harrison Jr	705			
S. Basic	573			
K. Sakr-EGY	287			
Police/Fire				
T. Harriosn Jr	705			
S. Basic	573			
Submaster				
T. Harrison Jr	705			
SHW				
Submaster				
J. Straight	573			
Polyakov-RUS	—			

August 1st				
148 lbs.				
Master I				
C. Morse	573	314	430	1317
Master V				
M. Wider	402	209	446	1058
	4th-SQ-424			
Master VII				
Kiselev-RUS	287	176	419	882
K. Anderson	303	215	292	810
Teen I				
R. Hubbs	320	182	325	827
Teen II				
Khosravanipo	562	320	507	1389
165 lbs.				
Master VII				
R. Flores!	502	198	452	1152
Submaster				
Lapynin-RUS	507	408	540	1455
		4th-DL-551		
Teen III				
G. Curtis	468	320	491	1279
181 lbs.				
Master I				
B. Hibbing	606	353	502	1461
Master II				
Y. Lee-KOR	645	397	529	1571
	4th-SQ-661			
Master III				
M. Larsen	413	187	402	1003
Submaster				
V. Lysobey	705	435	601	1742
Teen II				
J. DiMaggio	524	303	441	1268
Teen III				
W. Tudor	595	463	524	1582
J. Whately	430	287	452	1168
198 lbs.				
Master III				
V. Donofrio	573	353	457	1383
Master VII				
P. Bennett	468	254	457	1179
J. Ellis	463	215	430	1108
220 lbs.				
Junior				
T. Jacobs	728	601	606	1935
Z. Zenzen	717	457	601	1775
E. Leitman	705	435	601	1742
242 lbs.				
Submaster				
D. DeBoer	777	513	612	1901
SHW				
Junior				
A. Hesser	904	502	595	2001
Submaster				
Polyakov-RUS	661	485	617	1764
Teen II				
R. Tolley	480	502	463	1444
August 2nd				
148 lbs.				
Open				
S. Westwood	606	358	491	1455
165 lbs.				
Open				
E. Stone	634	402	452	1488
K. Stone	507	353	485	1345
181 lbs.				
Open				
D. Cagnolatti!	700	562	568	1830
	4th-SQ-722			
T. Krawiec	650	474	226	1350
L. Ruiz	—	—	—	—
198 lbs.				
Open				
R. Paras	783	601	540	1924
J. Thomas	—	—	—	—
220 lbs.				
Master I				
J. Rebera	772	546	601	1918
Master II				
B. Garnett	562	502	507	1571
Shbana-EGY	353	430	364	1146
Open				
J. Rebera	772	546	601	1918
J. Visny	678	441	540	1659
Shbana-EGY	353	430	364	1146
242 lbs.				
Master II				
J. Dibble	744	540	568	1852
	4th-SQ-777			
Master III				
D. Murphy	132	562	132	827
Master IV				
M. Shealy	485	325	380	1190
D. Zenzen	672	—	—	—
Open				
J. Atef	838	557	628	2023
J. Dibble	744	540	568	1852
	4th-SQ-777			
Jun Kim-KOR	617	430	617	1664
Seabroo-CAN	551	430	595	1576
Police/Fire				
D. Zenzen	672	—	—	—
275 lbs.				
Master III				
Suutari-CAN	683	518	661	1863

(continued on page 96)

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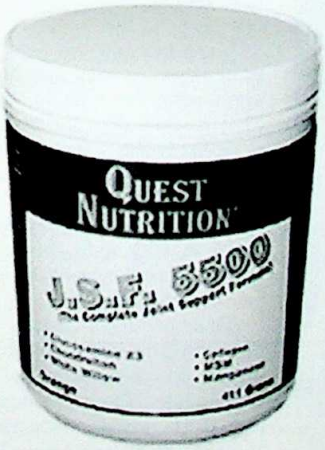

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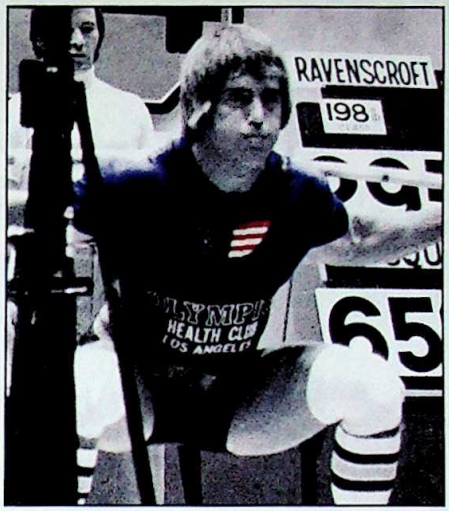
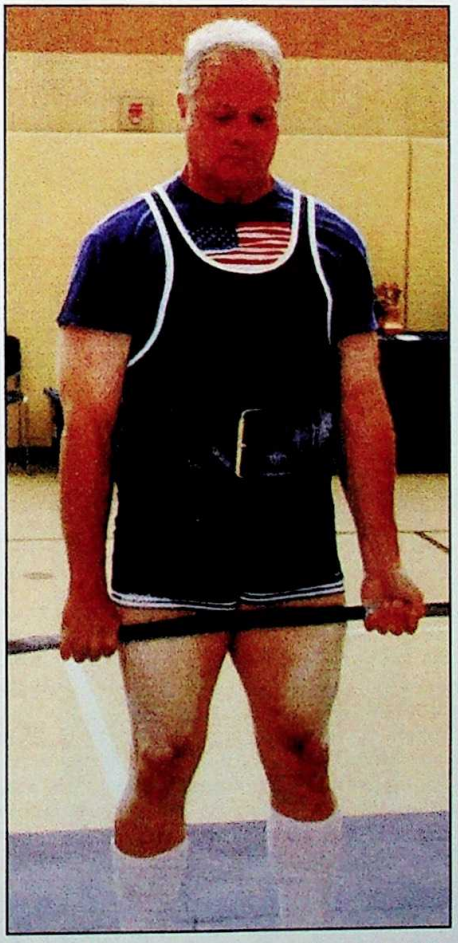


Bud Ravenscroft *in the shirt at the '74 Worlds*

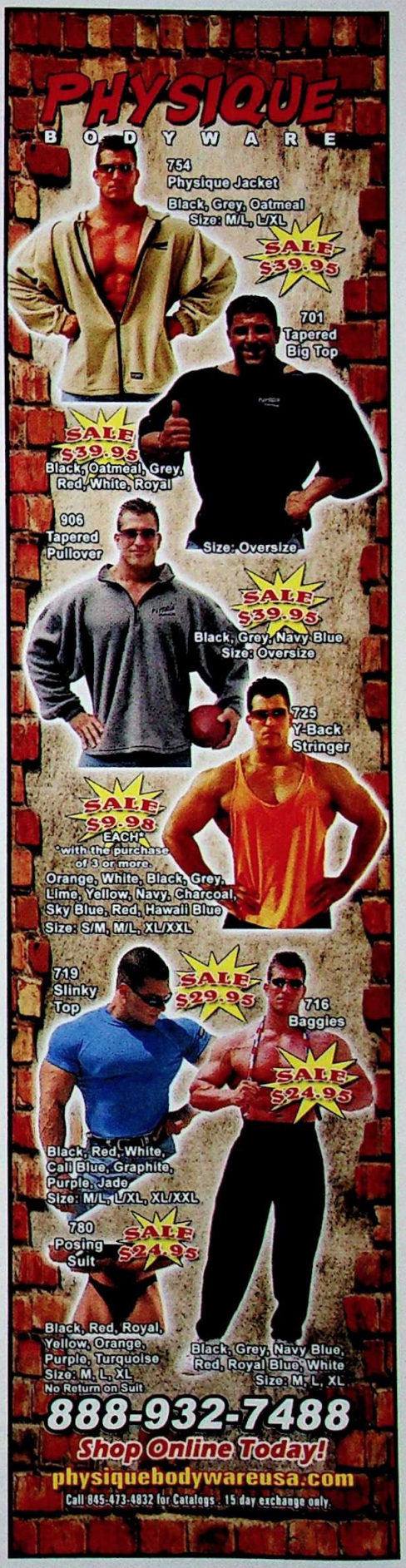
On July 19th, 2009, at the WNPF Nationals in Youngstown, OH, Lou Eleuteri wore Bud Ravenscroft's "team shirt" from the 1974 Worlds.

Lou won his weight class and age group with a new record of 580 lb. at 217 lb. bwt. He's having the shirt framed with a note from Bud and a picture of him wearing the shirt at the 1974 Worlds.

Lou was thankful of Bud for the shirt and honored to wear such a piece of powerlifting history.



Lou Eleuteri *in the shirt at the '09 WNPF National Championships (photo c. Eleuteri)*



POWER PROFILE

JON SMOKER

as told to Powerlifting USA by Randy Cairns

Jon Smoker is a man about whom much is known among veteran lifters, yet little has been written, at least recently, as far as I have been able to find. I first met Jon at an ADFPF meet in Six Lakes Michigan in 2008. I was new to the sport, but I recognized his name as it had come up often in Powerlifting USA.

Jon is an average sized guy in height, but stocky. His grey hair, sometimes in a ponytail, is the only indicator of his 62 years of age because he moves around like a man years younger than himself—as seems to be the case with many of the master lifters I have met in this sport.

At the WDFPF Worlds in Evansville, Indiana, in November 2008, I sat next to Jon for a few moments and discussed the meet with him. I was high as a kite from my experience the day before and he was mentally preparing for the day ahead as he was competing equipped and I had competed unequipped.

As we talked I couldn't help but notice the gear he was carrying. He had an old belt that was worn thin from many years of use and sturdy, but well used, shoes. I was reminded of the old guitar, still used today by Willie Nelson, with a hole worn through it from years and years of use. I wondered how many squats I would have to do to get my new belt to look like that.

Just as a reserve soldier—arriving for his first day of combat, in polished boots and clean uniform, would notice the battle worn fatigues, mud caked boots and dirty unshaven faces of those he was replacing—it occurred to me that the brand new equipment I carried shouted my 'rookie' status to all who would listen.

I have been trying hard to learn as much about the history of powerlifting as I could for the past two years, so, with my curiosity now peaked, I wanted to know more about Jon, his personal accomplishments and the powerlifting history that he had witnessed first hand. So at the ADFPF Single event Nationals in Grand Rapids, Michigan, I asked for and received his permission to tell his story, and in doing so I learned a great deal about him and about the sport in general.

Jon Smoker was born in 1947 in Wheaton, Illinois. He now lives in Elkhart, Indiana, and works as the Manager of the Public Aid office in Elkhart County. Jon was a less than spectacular athlete in high school. By his own admission he was a mediocre wrestler, his strength alone giving him an edge over his opponents. He did however excel in fast pitch softball and as a freshman in high school earned a spot on the church's men's softball team. It wasn't until 1972, when he was introduced to the iron game by his best friend Mike Wider, a man he has known since the age of four and whom he is still close to today, that Jon found his true calling in athletics.

***Jon Smoker** – "the greatest student of the squat to ever set foot on the platform"*

When I first approached Mike Lambert, the editor of this magazine, about the idea of writing an article about Jon Smoker I asked his opinion of Jon and without hesitation Mike told me that Jon is "The greatest student of the squat to ever set foot on the platform." That's saying a lot when you consider guys like Louie Simmons and other great coaches. But in writing this article I began to realize what Mike was talking about.

At the age of 25, Jon began his powerlifting career. Most of what he learned he taught himself by reading magazine articles. His first bench press routine came from Pat Casey. Over the years if something came along and made sense he would adopt it. Jon got a lot of his training ideas from Tom Platz, a name most people will associate with huge quads. When Platz first hit the bodybuilding scene, no one had seen quads like his before and Jon thought to himself, there is a guy that could tell you something about how to build leg strength because more muscle mass equals bigger squats.

Jon has traveled to Moscow, where he spent two weeks taking a strength and conditioning course. He learned from a guru named Verkoshanski, a man known to Louie Simmons and Fred Hatfield as well. It was there that Jon learned how to train with weights for any sport and was given a secret workout for middle distance runners that he still has today, but one that he keeps to himself because he is a paid trainer and it is one of the things people pay him for. The routine has increased the time of every single runner he has put on it because the Russians developed it through scientific means.

Jon told me that he called Fred Hatfield a year after he attended the course and told him what he had. At the time Hatfield was the editor for a Joe Weider magazine and he said that Fred could not buy it fast enough. Joe Weider sent Jon a check for $335.00 for the article, but before it was published the format of the magazine had changed and the article was never published. Anyone interested in purchasing the article may contact Jon at jjrcsmoker@hotmail.com

Jon has learned from others including Fred Hatfield and even from one old man that wrapped a rope around a tree and said "watch this" as he began to squat over and over again using the rope for balance. That is when Jon got the idea to squat for twenty minutes non-stop. He has also adopted a marathon runner's squat workout doing 100 reps with 100 lb. Jon was eventually able to work up to 155 reps with 155 lb. He often uses this routine between cycles.

One of Jon's bigger breakthroughs came as he was doing leg presses on his porch in the winter, with no heat. The cold temperature caused the grease on the machine to become stiff and tacky. He noticed it was difficult just to press 325 lb. He got to one point where it just wasn't moving no matter how hard he pressed and he could feel the muscle fibers firing in his legs like crazy. It occurred to him then that Louie was right about the use of bands, something Jon had thought was a gimmick up until that point. Jon has since adopted the use of bands into his workouts and tips his hat to Louie for being at the forefront of this concept.

Jon has kept two sets of stats

(continued on page 84)

Get stronger and more powerful NOW and this day on—using proven, yet little-known training secrets and strategies from the greatest of the Russian strength masters

Pavel Tsatsouline's landmark classic, *Power to the People!* has helped tens of thousands—be they world-class athletes or basement enthusiasts—achieve and maintain remarkable strength gains, by employing a set of radically effective lifting principles in a scientific manner. Pavel took the guesswork out of strength training and honed in with an elegant simplicity on what *really* worked to get stronger—and continue getting stronger.

Pavel's great contribution has been to research and identify the proven "battle" strategies that give us the best chance to keep making those strength gains—whatever the odds. And in this, Pavel has succeeded admirably, thanks to his access to the best training secrets not only in the West but in Russia—justly famous for its history of achievement in the world of strength and powerlifting.

In *Power to the People Professional*, Pavel broadens and deepens this knowledge base to encompass a vast range of little-known but highly effective methods to keep tricking our stubborn bodies into ever-greater strength gains.

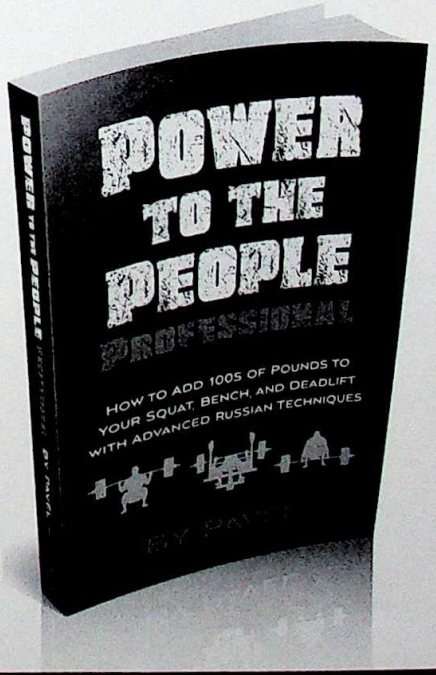
While elite athletes and powerlifters are those most likely to benefit from the advanced training information contained within *Power to the People Professional*, there remains a wealth of cutting-edge tips and tactics that intermediate lifters, athletes from various power sports, and power bodybuilders can use to immediately enhance their strength and power.

"Pavel, thank you for bringing this fantastic training information to the public. I have always felt that getting stronger has a direct correlation with getting smarter. Trying something new, or adding in that missing element of training or form may be just what you need to push through those strength plateaus."—Brad Gillingham, 2-Time IPF SHW World Powerlifting Champion

"Pavel does a great job discussing the powerlifting training techniques of Eastern European athletes. His knowledge of powerlifting, especially when it comes to those athletes in his former neighborhood, and how to train for it, is exceptional. If you want your bench press, squat, and deadlift to go up, listen to him. No argument here: it works and gets results!!"—Dr. Michael Hartle, Chairman, USA Powerlifting Sports Medicine Committee, USAPL National Champion and IPF World Team Head Coach

"A marvelous collection of thoughts ideas and theories by some of the top strength coaches in the world. The book is full of great information."
—Louie Simmons, Westside Barbell

"I am thoroughly enthralled with *Power to the People Professional*. There is real passion in this book and it shines through in the characters that populate PPP: these men come alive as Pavel breathes life into their unique lives and diverse methods. Per usual, Pavel's impassioned pursuit of various strength methodologies is peerless; his gathering of tactical techniques makes this book a strength and power wellspring. There is enough substance and meat and grit between the covers of this book to keep the serious power man busy for the next five years.



Highest marks. Excellent on a multitude of levels. This book is a goldmine of tactics and techniques."—Marty Gallagher, 3-time World Masters Powerlifting Champion, author of *The Purposeful Primitive*

"This is a graduate program in getting strong. Here are the programs, the thought process, and the actual systems used to produce stunning lifts in the three powerlifts. I cannot recommend this book highly enough."
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Since an original Russian all-rounder, George "the Lion" Hackenschmidt, established long-standing weightlifting records at the turn of LAST century, Pavel's latest compendium of Soviet methods is way past due!"—John McKean, Former I.A.W.A. International General Secretary, All-Round World Champion and Record Holder

"With *Power to the People Professional*, Pavel has written what is sure to become one of THE most revered books in the pantheon of powerlifting guides. Brilliant! An instant classic. ANYONE interested in powerlifting and competitive strength, or strength AT ALL NEEDS to have this book."
—Mark Reifkind, Master RKC, Head Coach, 1st Pan Am Powerlifting Championships

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STARTIN' OUT

CLOSE GRIP BENCH PRESS

as told to Powerlifting USA by Doug Daniels

This month I'll cover what I believe to be the best assistance exercise for the bench press—the close grip bench. Sage wisdom tells us the best way to become better at an activity is to work at that specific activity and the bench press is no different. Most powerlifters do not solely bench to improve their bench press, but include assistance exercises for better results. However, the more similar assistance work is to the targeted lift, the more a positive transfer will result. This is true with close grips as they are bench presses. But the execution and technique used when doing close grips can make a big difference.

Simply put, close grips are regular flat benches performed with a narrower than usual grip spacing. By narrowing the grip, a lifter decreases the involvement of his pecs, and increases the load on his triceps. Your level of triceps power is a major limiting factor in getting a bigger bench and close grips are the best way I know of raising that level.

Though performing this exercise may seem very basic, most lifters who use close grips in their training do not perform them in the most effective manner. It all starts with your definition of 'close.' If the grip is too close, the effectiveness of the exercise is greatly degraded. I've seen lifters close grip bench with their hands touching together in the center of the bar. This close of a grip width not only causes excessive wrist strain and pain and poor control of the bar, but also decreases the amount of weight the lifter can use. Range of movement is also decreased as the lifter can only lower the bar until the hands and wrists hit the center of the chest. If this sounds like a lot of bad stuff, you're right. The good thing is this can be very easily corrected.

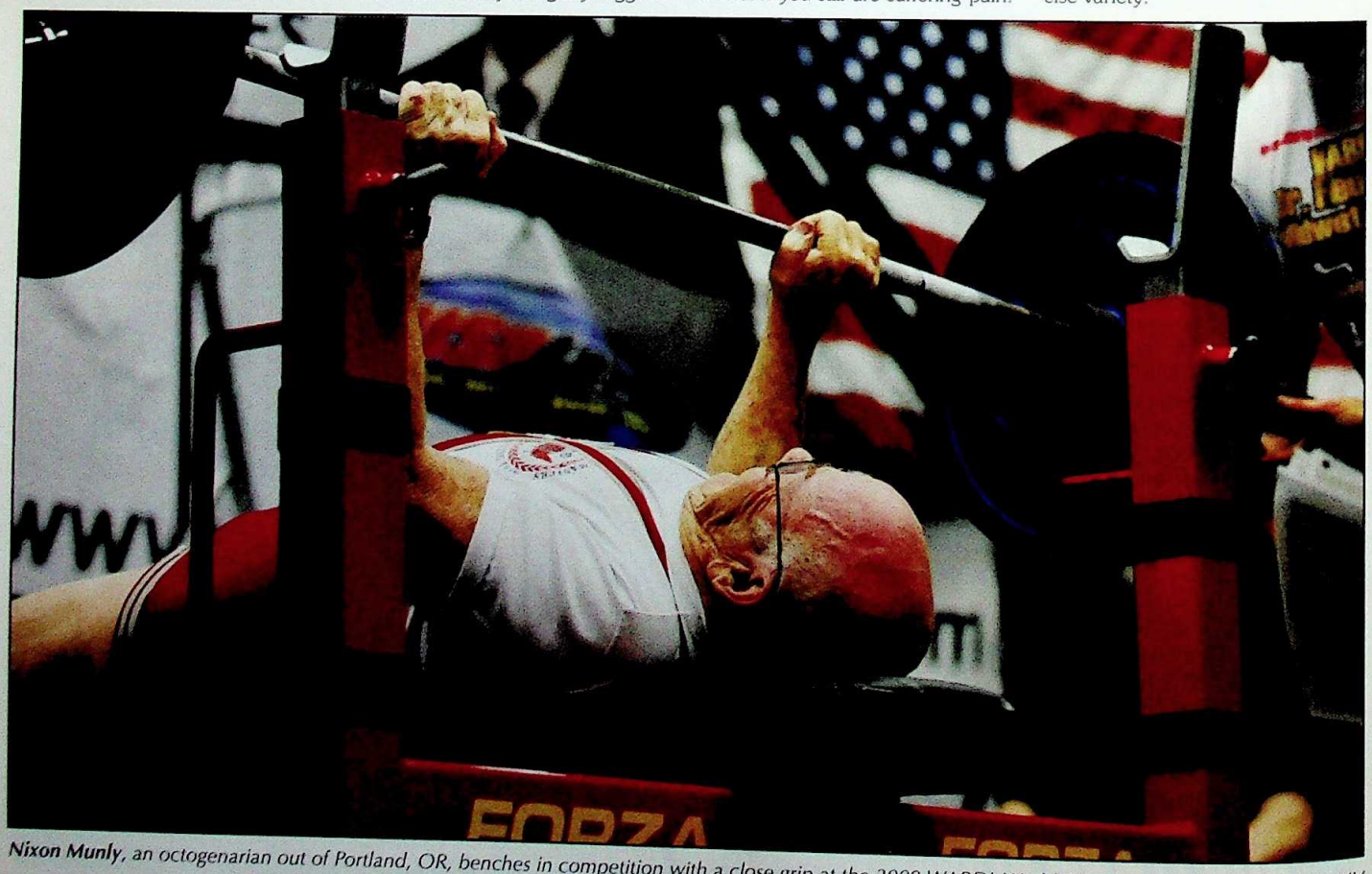
I believe the best grip spacing is shoulder width. This grip spacing allows improved bar control and the use of substantially more weight. Range of motion is increased as the arms can now be lowered to the sides of the torso. This enhancement to the execution of the exercise translates into far superior muscular and strength development. At the same time tricep involvement is still maximized using this width of grip. Use of this width grip is a win-win situation for any lifter interested in improving his bench press, tricep size and power. There's more.

There is more than just changing grip width to get better results. Here are a few more tips to consider even if you are already using my suggested grip width. Better leverage can be achieved by hitting the bar a little lower on the chest, just below the nipple level, compared to normal benches. Your elbow position during the lift can be varied to achieve specific effects. Keeping the elbows close to the torso further emphasizes tricep involvement. This may affect the amount of weight used. If you make any of these adjustments, back off the weight by 10-20% and do not increase the weight used until you are using good technique. I can not stress enough that any exercise technique change be gradual to avoid unnecessary injury.

Close grips are not a classic tricep isolation exercise like pulley pressdowns or French presses. They are a compound movement with other muscle groups sharing the work of moving the bar. But you can limit how much other muscles contribute to moving the bar. Lifters with minor pec injuries can use close grips, which may allow them to get a good workout on the bench and not aggravate their injury. Of course, be careful if you still are suffering pain. In that case, reconsider any further exercise and see a sport medicine doctor. Close grips are a great finisher after regular benches. They also can be used instead of regular benches on 'light' days or in your second bench workout of the week.

Another variation is partial close grips. Lifting the weight through the bottom 1/2 or 2/3 of the movement or lifting the weight through the top 1/2 or 2/3 of the movement can target a specific portion of your bench press. If the start of your bench is a weakness, a partial press 1/2 or 2/3 up may be an option, and so on. Decreasing the range of movement may also allow you to use more weight, further overloading that portion of the lift. Finally, the close grip bench is not limited to a barbell. They can also be done on Smith-type machines and the like that allow grip variations.

If you have never tried close grip benches, give them a try. If you have tried them but have not gotten the results you expected, re-read my suggestions to see if any apply to you. One warning is that when you reach failure during a set of close grips, the bar tends to drop much more quickly to your chest than with a normal grip bench due to tricep fatigue. Make sure your spotter is aware of this possibility. Close grips provide many benefits such as tricep overloading, a possible injury work around and can add to exercise variety.



***Nixon Munly**, an octogenarian out of Portland, OR, benches in competition with a close grip at the 2009 WABDL World Championships held in Reno, NV*

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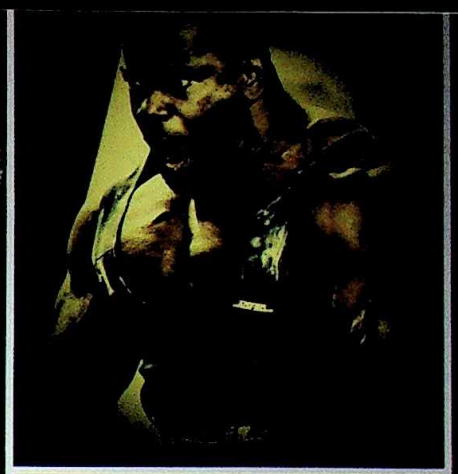

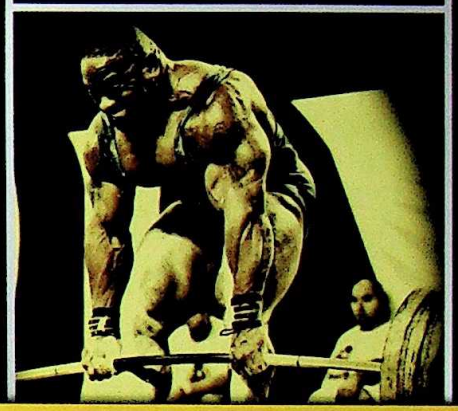

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Johnnie Jackson – World's Strongest Bodybuilder

On September 26, 2009 at the Duel in the Desert, Johnnie "JOJ" Jackson solidified himself as the official world's strongest bodybuilder. Here's how he did it.

Amidst the fury of brutal trash talking being hurled at him from another self-proclaimed "world's strongest bodybuilder", Johnnie Jackson chose to stay out of it and let his lifting do the talking. Rather than participating in the war of words, Johnnie teamed up with another member of Team MuscleTech™ – powerlifter Matt "Kroc" Kroczaleski – for a few crazy workouts at Kroc's garage. It was also during this visit that Johnnie gained some valuable lifting tips and some new ways to channel deep inner strength.

When the dust settled and the stage was set, Johnnie brought a fury of unleashed adrenaline to the stage and trampled his adversary, claiming the title as the world's strongest bodybuilder. Only a potent dose of naNO Vapor® Hardcore Pro Series can ignite this type of raw, high-voltage power. To check out some raw footage of Johnnie Jackson training with Powerlifter Matt "Kroc" Kroczaleski, head over to: http://www.muscletech.com/resources/videos.

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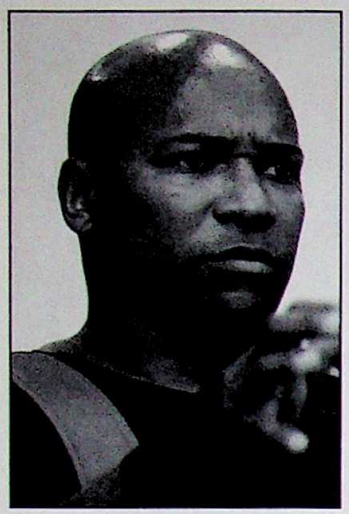

Michael "Gunny" Green, U.S.M.C.

George Halbert – stunned the world

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S
220 Pound (100 Kilogram) Weight Division — BENCH

	Bench Press		X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	870.8	(395.0)	*4.21X	Shawn Frankl/77 9/6/08 (395.0 kg. @ 207.0 lb. Heaviest quadruple bwt. BP) (Omaha, Nebraska) (APF)
2.	843.3	(382.5)	*3.84X	Jake Prazak/77 7/11/09 (382.5 kg. @ 99.6 kg.) (Dubuque, Iowa) (UPA)
3.	832.2	(377.5)	*3.78X	Rob Luyando/70 1/20/07 (377.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (APF)
4.	832.2	(377.5)	*3.81X	Jason Coker/75 6/27/09 (377.5 kg. @ 218.6 lb.) (Arlington, Texas) (APF)
5.	788.2	(357.5)	*3.60X	Clint Smith/79 6/14/09 (357.5 kg. @ 99.35 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
6.	771.6	(350.0)	*3.54X	Matt Lamarque/74 11/13/04 (350.0 kg. @ 218.0 lb.) (Reno, Nevada) (WABDL)
7.	766.1	(347.5)	*3.49X	Dondell Blue/75 3/2/07 (347.5 kg. @ 99.6 kg.) (Columbus, Ohio) (WPO)
8.	766.1	(347.5)	*3.49X	Matt Minuth/80 11/22/08 (347.5 kg. @ 99.5 kg.) (Palm Beach, Florida) (APF/WPC)
9.	750.0	(340.2)	3.40X	Scott Sceppe/78 2/16/08 (750.0 lb.) (Tribes Hill, New York) (SSA)
10.	740.0	(335.7)	*3.66X	Jason Fry/79 11/9/08 (740.0 lb. @ 91.8 kg.) (Circleville, Ohio) (UPA)
11.	738.5	(335.0)	*3.35X	Matt Kroczaleski/73 4/25/09 (335.0 kg. @ 100.0 kg.) (Dubuque, Iowa) (UPA)
12.	735.0	(333.4)	*3.52X	Jesse Kellum/65 4/26/03 (735.0 lb. @ 209.0 lb.) (New Roads, Louisiana) (NSM)
13.	733.0	(332.5)	*3.40X	George Halbert/71 9/8/01 (332.5 kg. @ 97.8 kg.) (Daytona Beach, Florida) (WPO)
14.	733.0	(332.5)	*3.34X	Christian Simmons/80 6/17/07 (332.5 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
15.	733.0	(332.5)	*3.34X	Tony Acome/72 6/17/07 (332.5 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
16.	730.0	(331.1)	*3.32X	Chris Smith/68 4/12/08 (730.0 lb. @ 220.0 lb.) (Columbus, Ohio) (IPA)
17.	717.6	(325.5)	*3.27X	Kenny Patterson/72 3/4/05 (325.5 kg. @ 99.6 kg.) (Columbus, Ohio) (WPO)
18.	716.5	(325.0)	*3.30X	John Berding/66 7/11/09 (325.0 kg. @ 98.4 kg.) (Dubuque, Iowa) (UPA)
19.	711.0	(322.5)	*3.23X	Brad Hein/80 10/2/04 (322.5 kg. @ 220.0 lb.) (Omaha, Nebraska) (APF)
20.	710.0	(322.1)	*3.23X	Scott Rowe/74 2/7/09 (710.0 lb. @ 220.0 lb.) (Tribes Hill, New York) (SSA)
21.	707.7	(321.0)	3.21X	Rick Marrama/82 4/25/09 (321.0 kg.) (Wisconsin Dells, Wisconsin) (WABDL)
22.	706.6	(320.5)	3.21X	Trey Jewett/86 11/16/08 (320.5 kg.) (Las Vegas, Nevada) (WABDL)
23.	705.5	(320.0)	*3.22X	Scott Albano/74 3/6/04 (320.0 kg. @ 99.45 kg.) (Columbus, Ohio) (WPO)
24.	705.5	(320.0)	*3.20X	Travis Mash/73 3/4/05 (320.0 kg. @ 100.0 kg.) (Columbus, Ohio) (WPO)
25.	705.0	(319.8)	3.20X	Kyle Robertson/81 1/22/05 (705.0 lb.) (Clayton, North Carolina) (APF)
26.	705.0	(319.8)	3.20X	Vincent Cooke/71 7/16/05 (705.0 lb.) (York, Pennsylvania) (IPA)
27.	705.0	(319.8)	*3.20X	Gary Larson/82 7/16/06 (705.0 lb. @ 220.0 lb.) (Worthington, Ohio) (APF)
28.	705.0	(319.8)	*3.22X	Michael Schwanke/78 8/22/09 (705.0 lb. @ 218.8 lb.) (Sharonville, Ohio) (SPF)
29.	700.0	(317.5)	*3.32X	Joel Reyes/70 8/23/08 (700.0 lb. @ 211.0 lb.) (Kennewick, Washington) (Pride)
30.	694.5	(315.0)	*3.18X	Jesse Soule/76 4/25/09 (315.0 kg. @ 99.0 kg.) (Dubuque, Iowa) (UPA)
31.	688.9	(312.5)	*3.19X	Tony Atkins/79 10/29/05 (312.5 kg. @ 98.0 kg.) (Chicago, Illinois) (WPO)
32.	677.9	(307.5)	3.08X	Michael "Gunny" Green/71 6/3/06 (307.5 kg.) (Gadsden, Alabama) (WABDL)
33.	677.9	(307.5)	*3.08X	Jared Bachmeier/81 10/25/08 (307.5 kg. @ 100.0 kg.) (Sacramento, California) (UPA)
34.	675.0	(306.2)	*3.07X	Marlon Senter 1/27/07 (675.0 lb. @ 220.0 lb.) (Columbus, Ohio) (APF)
35.	670.0	(303.9)	3.04X	Ken Millrany/62 5/27/06 (670.0 lb.) (Manchester, Tennessee) (SPF)
36.	665.0	(301.6)	*3.14X	Jeff McVicar/68 7/26/03 (665.0 lb. @ 212.0 lb.) (Glens Falls, New York) (IPA)
37.	665.0	(301.6)	*3.08X	Jon Elick/74 10/6/07 (665.0 lb. @ 216.0 lb.) (Grove City, Ohio) (IPA)
38.	662.5	(300.5)	*3.03X	Chris Confessore/65 11/20/93 (662.5 lb. @ 218.5 lb.) (Thousand Oaks, California) (APA/WPA/UBPF)
39.	661.4	(300.0)	*3.03X	Chip Stewart/75 3/6/04 (300.0 kg. @ 98.95 kg.) (Columbus, Ohio) (WPO)
40.	661.4	(300.0)	*3.03X	Galen Scott/61 6/4/05 (300.0 kg. @ 98.9 kg.) (Detroit, Michigan) (APF/WPC)
41.	661.4	(300.0)	*3.03X	Jay Cravatta 9/10/05 (300.0 kg. @ 99.0 kg.) (Dubuque, Iowa) (APF)
42.	661.4	(300.0)	*3.05X	Stanley Tomaszkiewicz/69 7/11/09 (300.0 kg. @ 98.4 kg.) (Dubuque, Iowa) (UPA)
43.	655.9	(297.5)	2.98X	Marcus Brandon/75 6/24/07 (297.5 kg.) (Marietta, Georgia) (APC/GPC)
44.	650.4	(295.0)	*2.96X	John Wardell/68 3/6/04 (295.0 kg. @ 99.5 kg.) (Columbus, Ohio) (WPO)
45.	650.4	(295.0)	*2.97X	Peter Grosso/80 10/29/05 (295.0 kg. @ 99.2 kg.) (Chicago, Illinois) (WPO)
46.	650.4	(295.0)	2.95X	Tim Coffman 7/28/07 (295.0 kg.) (Rando Cordova, California) (WABDL)
47.	650.0	(294.8)	2.95X	Dewayne Nealy/71 4/24/04 (650.0 lb.) (Middletown, Ohio) (APF)
48.	650.0	(294.8)	2.95X	Lew Einfalt 12/11/04 (650.0 lb. @ 212.0 lb.) (Royersford, Pennsylvania) (APF)
49.	650.0	(294.8)	*3.17X	Darris Piggee/58 4/12/08 (650.0 lb. @ 205.0 lb.) (Kennewick, Washington) (APA)
50.	650.0	(294.8)	*2.96X	Tom Bollig/77 1/18/09 (650.0 lb. @ 219.5 lb.) (Columbus, Ohio) (IPA)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.

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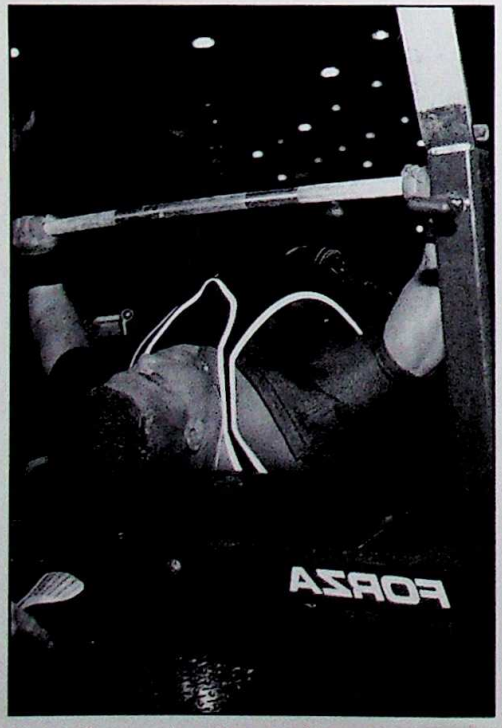
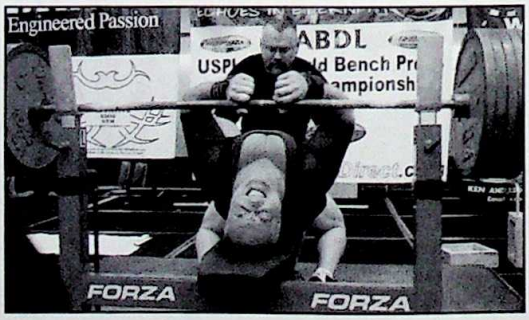


Scott Albano – the 2004 Arnold Bench Champion



Ken Millrany – a champion across multiple federations

Chris Confessore – a champion across multiple wt. classes

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S
181 Pound (82.5 Kilogram) Weight Division — BENCH

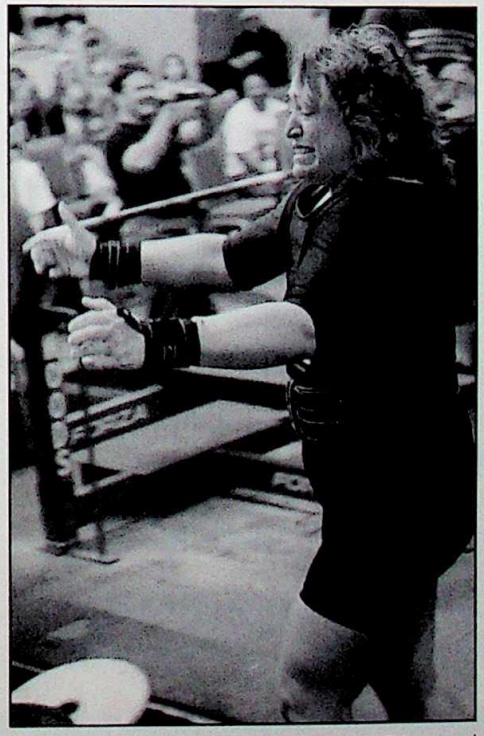
	Bench Press		X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	500.0	(226.8)	2.75X	Laura Phelps-Sweatt/80 5/23/09 (500.0 lb.) (Nashville, Tennessee) (SPF)
2.	413.4	(187.5)	*2.46X	Sarah Keller/83 10/27/07 (187.5 kg. @ 168.2 lb.) (Plano, Texas) (APF)
3.	405.0	(183.7)	*2.25X	Kathy Goliszek-Fields/73 7/15/06 (405.0 lb. @ 180.0 lb.) (Riverhead, New York) (APF)
4.	402.3	(182.5)	*2.21X	Tamara Rainwater-Grimwood/64-00 5/29/94 (182.5 kg. @ 82.5 kg.) (Oceanside, New York) (APF/WPC)
5.	391.3	(177.5)	*2.27X	Jill Brown-Mills/71 7/22/06 (177.5 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)
6.	385.8	(175.0)	2.12X	Krystal Cary/84 3/22/09 (175.0 kg.) (Omaha, Nebraska) (APF)
7.	381.4	(173.0)	2.10X	Karen Campbell/63 4/25/09 (173.0 kg.) (Wisconsin Dells, Wisconsin) (WABDL)
8.	365.0	(165.6)	*2.03X	Jan Harrell-Gable/59 7/26/86 (365.0 lb. @ 180 lb.) (San Diego, California) (NSM)
9.	363.8	(165.0)	*2.06X	Shawna Mendelson/72 6/4/05 (165.0 kg. @ 176.3 lb.) (Detroit, Michigan) (APF/WPC)
10.	355.0	(161.0)	*2.02X	Sandi "Candyazz" McCaslin/64 8/27/05 (355.0 lb. @ 176.0 lb.) (Beaver Springs, Pennsylvania) (USA)
11.	354.9	(161.0)	*1.97X	Devan Doan/87 9/12/09 (161.0 kg. @ 81.7 kg.) (Cleveland, Ohio) (USAPL/IPF)
12.	353.8	(160.5)	*1.96X	Kelly Womack/84 11/21/05 (160.5 kg. @ 180.4 lb.) (Reno, Nevada) (WABDL)
13.	352.7	(160.0)	*2.02X	Bonnie Priest/72 6/3/00 (160.0 kg. @ 79.3 kg.) (Seguin, Texas) (USPF)
14.	352.7	(160.0)	*2.02X	Hillary Harper/79 4/24/09 (160.0 kg. @ 79.4 kg.) (Dubuque, Iowa) (UPA)
15.	347.2	(157.5)	*1.91X	Annie Rivieccio/63 6/7/03 (157.5 kg. @ 82.35 kg.) (Los Angeles, California) (APF/WPC)
16.	347.2	(157.5)	1.91X	Courtney Gathright/88 11/18/07 (157.5 kg.) (Anaheim, California) (WABDL)
17.	341.7	(155.0)	1.88X	Bonnie Graube/55 5/15/05 (155.0 kg.) (Chesapeake, Virginia) (APF)
18.	341.7	(155.0)	*1.91X	Stella Krupinski/62 6/13/09 (155.0 kg. @ 81.25 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
19.	335.0	(152.0)	1.85X	Joanne Warner 9/29/01 (335.0 lb.) (Hoquiam, Washington) (WABDL)
20.	330.7	(150.0)	*1.89X	Cyndi Crossland/62 11/4/06 (150.0 kg. @ 175.0 lb.) (Plano, Texas) (APF)
21.	328.9	(149.2)	*1.84X	Debra Dewitt-Poston/60 4/20/85 (147.5 kg. @ 178.5 lb.) (Saint Johnsbury, Vermont) (USPF)
22.	325.2	(147.5)	1.79X	Jill Brown-Mills/71 3/20/99 (147.5 kg., without a bench press shirt) (Austin, Texas) (USPF)
23.	325.2	(147.5)	*1.92X	Liane Cataldo-Blyn/72 7/13/07 (147.5 kg. @ 76.9 kg.) (Saint Louis, Missouri) (USAPL/IPF)
24.	325.0	(147.4)	1.79X	Kym Allen 3/27/93 (325.0 lb.) (Forsyth, Georgia) (USPF)
25.	325.0	(147.4)	1.79X	Dawn Whitham/65 4/17/94 (325.0 lb.) (Waterford, Connecticut) (APA/WPA)
26.	320.0	(145.1)	1.76X	Lynn Boshoven 12/4/99 (320.0 lb.) (Elkhart, Indiana) (NSM)
27.	320.0	(145.1)	1.76X	Dana Shealey/79 10/14/06 (320.0 lb.) (Gatlinburg, Tennessee) (SPF)
28.	319.7	(145.0)	*1.81X	Laura Jo Wood/Puerto Rico 11/21/87 (145.0 kg. @ 176.25 lb.) (Dayton, Ohio) (APF/WPC)
29.	319.7	(145.0)	*1.87X	Joyce Tacktill/55 12/6/03 (145.0 kg. @ 77.6 kg.) (New Smyrna Beach, Florida) (APF)
30.	319.7	(145.0)	*1.77X	Disa Hatfield/74 5/28/05 (145.0 kg. @ 82.0 kg.) (Ylitorniolla, Finland) (USAPL/IPF)
31.	319.7	(145.0)	*1.83X	Tiffany McKinney/89 9/4/08 (145.0 kg. @ 79.1 kg.) (Potchefstroom, South Africa) (USAPL/IPF)
32.	315.0	(142.9)	*1.75X	Christi Ryals/69 10/27/02 (315.0 lb. @ 179.6 lb.) (Saint Petersburg, Florida) (APA)
33.	314.2	(142.5)	*1.73X	Terry Byland-Rohal/60 7/17/88 (142.5 kg. @ 181.5 lb.) (Columbus, Ohio) (APF/WPC)
34.	314.2	(142.5)	*1.74X	Krista Ford/66 11/6/98 (142.5 kg. @ 81.8 kg.) (Graz, Austria) (APF/WPC)
35.	314.2	(142.5)	*1.75X	Jessica Watkins-O'Donnell/80 9/11/03 (142.5 kg. @ 81.45 kg.) (Koscian, Poland) (USAPL/IPF)
36.	314.2	(142.5)	*1.80X	Diana Weatherly/67 11/6/04 (142.5 kg. @ 175.0 lb.) (Plano ,Texas) (APF)
37.	310.0	(140.6)	*1.71X	Dawn Reshel-Sharon/55-00 6/16/90 (310.0 lb. @ 181.25 lb.) (Wilwaukee, Wisconsin) (APF/WPC)
38.	308.6	(140.0)	1.70X	Julie Havelka/74 8/15/99 (140.0 kg.) (Idaho Falls, Idaho) (APF)
39.	308.6	(140.0)	*1.77X	Deb Widdis/60 11/3/06 (140.0 kg. @ 79.15 kg.) (Lake George, New York) (APF/WPC)
40.	305.0	(138.3)	*1.72X	Stella Krupinski/62 9/5/09 (305.0 lb. @ 177.0 lb., without a bench press shirt) (Salem, Virginia) (SPF)
41.	303.1	(137.5)	1.67X	Sara Robertson/66 7/29/90 (137.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
42.	300.0	(136.1)	1.65X	Sharon Powell 10/8/88 (300.0 lb.) (Lakeland, Florida) (USPF)
43.	300.0	(136.1)	*1.79X	Lori Verhagen 5/20/89 (300.0 lb. @ 168.0 lb.) (Sheboygan, Wisconsin) (USPF)
44.	300.0	(136.1)	1.65X	Elizabeth Brown/65 3/27/04 (300.0 lb.) (Loch Sheldrake, New York) (USAPL)
45.	300.0	(136.1)	*1.77X	Christina Williams/66 7/16/06 (300.0 lb. @ 169.5 lb.) (Worthington, Ohio) (APF)
46.	292.1	(132.5)	*1.76X	Vicky Steenrod/49 5/7/95 (132.5 kg. @ 75.1 kg.) (Chiba City, Japan) (USPF/IPF)
47.	292.1	(132.5)	*1.70X	Tanya Reed/63 2/17/08 (132.5 kg. @ 171.6 lb.) (Los Angeles, California) (USPF)
48.	281.1	(127.5)	1.55X	Jennifer Reid-Weyland/56 9/11/82 (127.5 kg., no BP shirt) (West Somerville, Massachusetts) (USPF)
49.	281.1	(127.5)	*1.60X	Maggie Sandoval/60 7/19/86 (127.5 kg. @ 79.8 kg.) (San Francisco, California) (USPF)
50.	281.1	(127.5)	1.55X	Debbie Sorenson 12/13/86 (127.5 kg.) (Columbus, Ohio) (USPF/APF)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.

Jennifer Reid-Weyland *is still on the list, from 1982 (Kathy Tuite photo)*

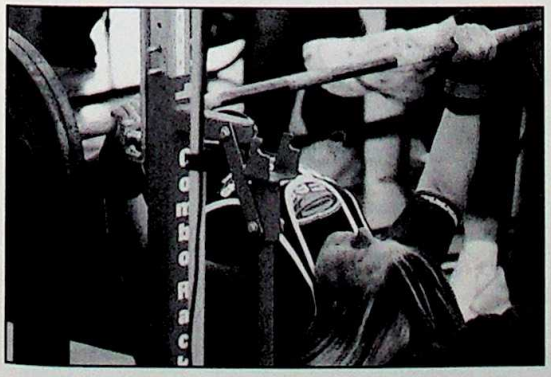
Lynne Boshoven *– competing in HI*

Laura Phelps *– beyond all standards in the lightheavywt. div.*

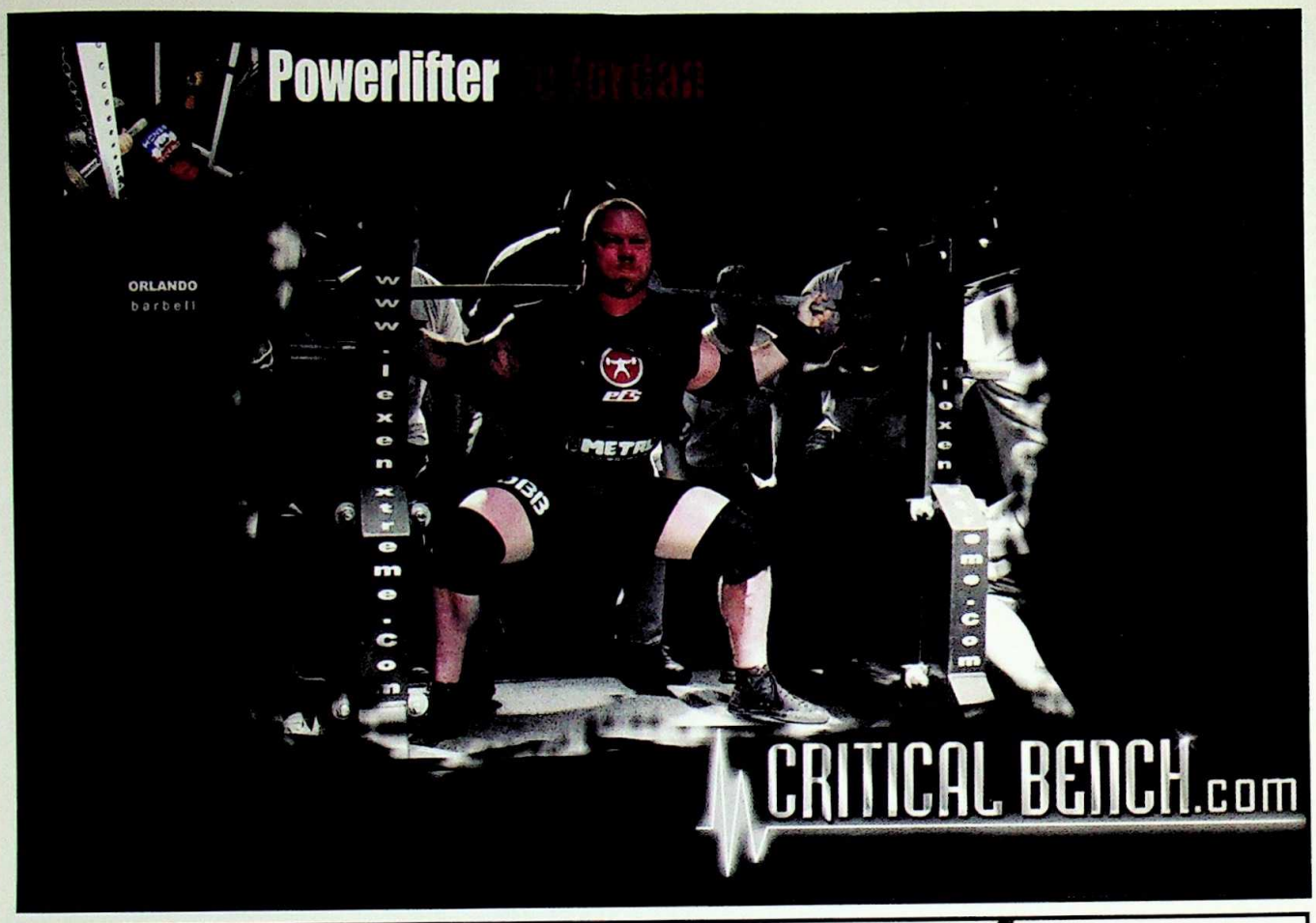


Karen Campbell *– after making a WABDL record*

Shawna Mendelson *– Scot's sister*



Tanya Reed *– out of California and moving up the list quickly*



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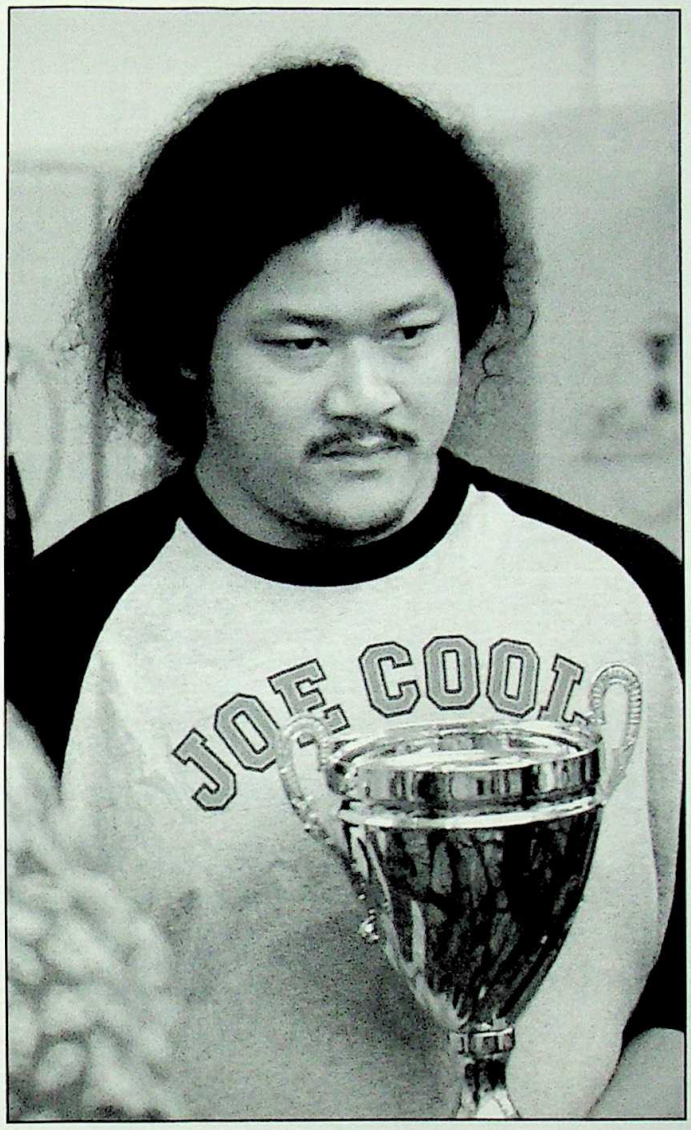
"Helen Keller was asked if blindness was the greatest handicap that a human being could experience. She replied, 'No! The greatest handicap is having sight, but no vision.'"

When I was a freshman in high school, my science teacher Herbert Gross gave our class a good two hour lecture on why it is impossible for a bumblebee to fly. He presented an overwhelming amount of scientific evidence, which clearly indicated that from an aerodynamic standpoint the bumblebee is not structurally designed for flight. In brief, he said that the bumblebee's body was too massive, its wings are too small and its basic physiology counterproductive for aviation. In fact, he said the bumblebee's anatomy defies the science of matter and motion. Aerodynamically, it is impossible for the bumblebee to travel by air. "No way the thing can fly," he said. "It's impossible. He would never get off the ground." Of course, I had to ask, "If it is impossible aerodynamically for the bumblebee to fly, how does he fly?" To which my teacher responded, "That's simple, the bumblebee doesn't know the first thing about the principles of mathematics, physics and aerodynamics. He flies because he doesn't know any better."

That stuck with me for a long time. Do you know what I have found over the years? Most of the people that I have met who have made the seemingly impossible possible were too dumb to realize that what they did was impossible. Like the bumblebee, they did the impossible because they didn't know any better.

How about Jim Abbott for starters...he is one of my greatest heroes. Nothing discourages this guy. He was born without a right hand. Nonetheless, he wanted more than anything to be a baseball player—that was his dream. He worked at it as hard as any human being worked at anything. The kids in his neighborhood would taunt him because he had only one hand. They would call him "crab" for the way his malformed hand looked. He was also ridiculed for trying to play baseball. Still, he never gave up his dream.

He practiced hours upon hours, throwing a ball against a wall in an attempt to increase his pitching control and arm strength. He also practiced switching his glove onto his pitching hand after each throw so that he could field balls coming back to him. When preparing to pitch the ball, Abbott would have a right-handed thrower's glove on the end of his right forearm. After releasing the ball, he would quickly slip his hand into the glove so that he could field any balls coming back to him. If a ball did come back to him, he would remove the glove by securing it between his right forearm and torso, slip his hand out of the glove, and remove the ball from the glove, in time to throw out the runner. At every level of baseball that he played, teams tried to exploit his fielding disadvantage by repeatedly bunting to him; this tactic was never effective. He was that efficient at fielding.



*Nothing holding him back – **Steve Pena** is one visually impaired athlete who has reached the heights of success in WABDL competition*

By the time he went to high school, he was literally a pitching machine...the most feared pitcher to ever come out of Flint, Michigan. Not surprisingly at the end of his high school career, he was awarded a scholarship to attend the University of Michigan. While he was at Michigan, he was selected to the All-American team his junior and senior years. When he graduated from college, he was drafted by the California Angels and became only the 15th player in baseball history to go straight to the majors without going to the minors. After four solid seasons with the California Angels, he was traded to the New York Yankees and pitched a no-hitter against the Cleveland Indians. Can you believe that? He was named to the All-Star team two straight years. If all of that doesn't freak you out, I don't know what will. It's incredible!

I don't know if you really understand what this young man accomplished. Just consider the odds of making it to the pros in professional baseball. Each year there are approximately 400,000 high school seniors who participate in interscholastic baseball. Of these seniors, approximately 12,000 will receive college scholarships. Out of that 12,000, somewhere around 200 players will be drafted by major league baseball, but only about 50 will actually be offered a contract. Of these 50, about five will eventually earn a starting position. Of those five, only two will stay in major leagues for more than five seasons. In other words, your chances of making it big in major league baseball are about one in a hundred thousand.

Now consider this...of the athletes who do make it to the major leagues, less than 5% ever make an All-Star team. And of all the pitchers who have ever played major league baseball, less than one hundredth of a percent ever threw a no hitter. To do it with one hand...well that is simply unfathomable. Without question, Jim Abbott proved that disability is not the same as inability and that if you have a dream and are willing to work hard, there is no circumstance you can't overcome.

If you think Abbott's story is extraordinary, think about Helen Keller. She is an absolute poster child for overcoming adversity. Certainly, when it comes to sheer determination and guts, there is no one I admire more than Keller. If you haven't read her autobiography, you should. I promise it will inspire you to rise to new heights.

Keller was two years old when she contracted a fever that rendered her blind. Less than a year later, she went deaf. Imprisoned in this still, dark world, she hungered for stimulation of any kind. Can you imagine being a child and never being able to hear words of love and understanding...never being able to see the touch of tenderness and affection?

Naturally, as she grew up, she felt disenfranchised with the world and the people in it. Consequently, she was an extremely angry and hostile child. She hated life. When Keller was seven years old, her parents hired 20 year old Anne

(continued on page 101)

THE RAGE

The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!

• The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.

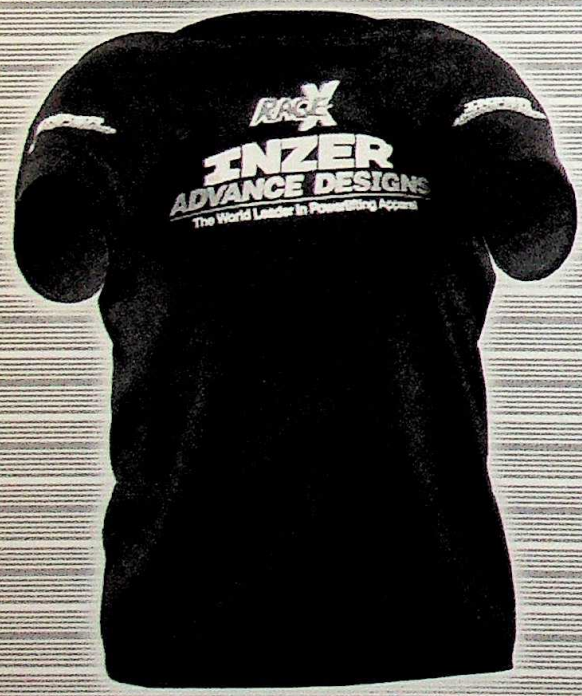
• **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.

• **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

• **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast- sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

RAGE X

A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



• **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.

• The combination of several new contours built into the pattern complement the already super RageX system.

• **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faultering with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

• **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

• The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

• **RageX** in **DOUBLE LAYER**. Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.

• Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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PHENOM

The *Phenom* is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary *HardCore* material. The only technology of this kind, the *Phenom* will provide you with incredible power off the chest through the mid and top range of motion and it will keep this power; lift after lift, competition after competition.

- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive HardCore material which will provide you with the most incredible rebound power available in the powerlifting world. HardCore material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifing gear.
- Since the Phenom is made from the HardCore material, you will also experience many more performance benefits. The Phenom will keep it's memory and will not stretch out. You will be able to use the Phenom for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the Phenom has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

Extreme performance technology makes the *Radical Denim* the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The *Radical Denim* will provide you with the top end denim experience.

- The Radical Denim is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- The Ultimate Denim has virtually no stretch to it and works best for lifters with a beefier upper body.

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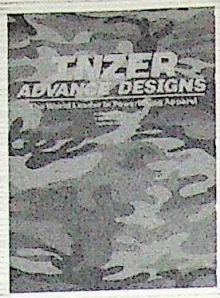

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This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

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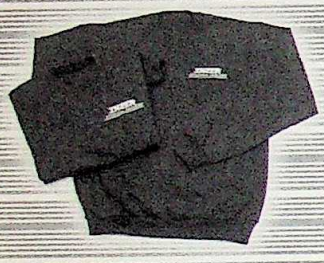

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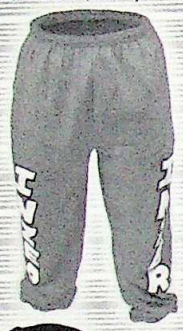

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This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

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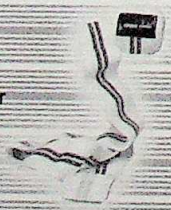

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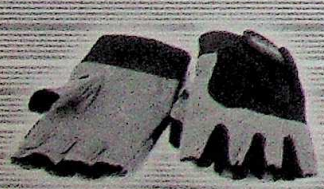

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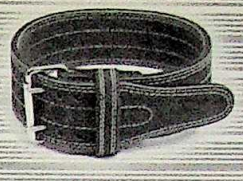

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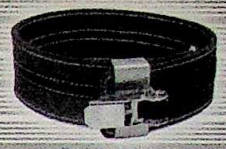

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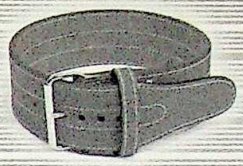

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ASK THE DOCTOR

Questions answered by Mauro Di Pasquale MD

Dr. Mauro Di Pasquale, MD

DEAR MAURO: *Is it okay to stretch before and between heavy sets?? I usually stretch for 10 minutes or so before starting my workout, but am thinking of stretching between heavy sets since I take 3–5 minutes between sets. The reason for asking is because there is a school of thought that claims that stretching helps your training, but also that your muscles must be relaxed when stretching. I figure that the muscles are more relaxed between sets than at the start so maybe it's better then. If it's not okay, when is the best time to stretch??*

Looking forward to your answers.

Best regards,
Peter

PETER: Whenever I discuss stretching and its benefits or lack of benefits at a presentation or lecture, there's always an uproar from people on both sides of this argument. Those that are for stretching list among their reasons decreased injuries, decreased muscle soreness, increased flexibility, and increased performance. Those against say it's a waste of time, and even worse, can increase the susceptibility to injuries.

First of all let me tell you that I'm not a big fan of what most people consider stretching. It never worked for me, and in fact did me more harm than good, so after trying it a few times I gave it up. I have to admit that I also got turned off by seeing the gym mullets stretching forever with those broomsticks and then maxing out at 135 lbs. in the squat.

But there's more to it than that. I feel that stretching too much, especially past the normal range of motion and/or when you're cold, will set you up for injuries. That's because static stretching of a muscle before lifting or doing any strenuous exercise may produce microtrauma that can be aggravated during the regular workout and subsequently increase the chance of injury.

I find that I get all the stretching I need when I do my warm up sets at full range of motion before lifting the heavier weights. For example, in the squat my first two to three sets are done using a relatively light weight and going a few inches or more below parallel. In a way this constitutes exercise specific dynamic stretching and as such is the only form of stretching I recommend. For example, if you're a 500 lb. squatter, then you might do 135 lbs. for eight or so reps and follow this up with say 215 lbs. and if you're going to go near max building up slowly dropping the reps with each set and as the weights get heavier just breaking parallel.

However, I don't recommend that you do the warm up sets to the point of touching your buttocks to the back of your calves as this is now a different exercise than heavy squats because of the rounding of the back, which I feel can be counter productive.

Ditto for the bench press and deadlift. Use some light weights and do a full range of motion for the first few sets and like the squat, tighten up the lifts as the weights get heavier. In all three exercises you shouldn't use any significant amount of support gear, such as squat suits, bench shirts, etc. in the warm up sets so you can get a full range of motion. Then as the weight gets heavier use more gear for support.

Much of the literature in the past several years has backed up my negative feelings about stretching before and after training. For example, in one study the authors did a systematic review of the effects of stretching before and after exercise on muscle soreness and risk of injury.[i] The spirited debate prompted by this review is ongoing as seen by another article that appeared in Journal Watch.[ii] The original review concluded that stretching before or after exercising does not confer protection from muscle soreness and that stretching before exercising does not seem to confer a practically useful reduction in the risk of injury.

I have also always felt that stretching after exercise is a waste of time. Once you're done with the heavy weights it's better to get out of the gym as fast as you can so you can start recovering. Stretching after exercise is not going to do you any good and it won't prevent muscle soreness.[iii]

And then there's stretching during training between sets. Again I don't recommend overdoing it. Your time is best spent resting between sets rather than stretching. If you're feeling tight between sets then it's time to back off as you're looking to get injured. And stretching, unless you're just doing it lightly to feel things out, will usually only make things worse. What I do when I'm tight between sets is to do some light sets going a few inches or so below parallel and build up again if things feel okay.

The bottom line is that stretching is not all it's made out to be and you should be careful not to overdo it.

On the other hand, active and passive stretching, including fascial stretching, can be useful when rehabilitating musculoskeletal injuries especially when it's done with the help of a qualified therapist. But that's another story.

Hope this helps. All the best in your training.

Mauro

References

[i] Herbert RD, Gabriel M. Effects of stretching before and after exercising on muscle soreness and risk of injury: systematic review. BMJ 2002; 325(7362):468-73.

[ii] Does Stretching Prevent Muscle Soreness or Injury from Exercise? Journal Watch Dermatology 2002; 2002(1029): 12.

[iii] Herbert RD, de Noronha M. Stretching to prevent or reduce muscle soreness after exercise. Cochrane Database Syst Rev. 2007 Oct 17;(4):CD004577.

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Risks of Delaying ACL Reconstruction in Young Athletes May Be Too High

KEYSTONE, CO— More and more children are participating and getting hurt playing sports each year. A new study presented at the American Orthopaedic Society for Sports Medicine (AOSSM) on July 9-12th, details the benefits and risks of repairing a torn anterior cruciate ligament (ACL) in young athletes under the age of 14.

"...Our study measured the independent risk factors for and relative risk of meniscal and chondral injuries in pediatric ACL patients," said author Theodore J. Ganley, MD, Director of the Sports Medicine and Performance Center for The Children's Hospital of Pennsylvania and the University of Pennsylvania School of Medicine.

"In our study...a delay in treatment of more than 12 weeks had about a four-fold increase in irreparable medial meniscus tears, an 11-fold increase in lateral compartment chondral injuries and a three-fold increase in patellotrochlear injuries. Issues with instability in the knee were also increased significantly. Our results help highlight and quantify the risk associated with delaying ACL reconstruction in young athletes and the need for continued injury prevention efforts," said Ganley.

—Lisa Weisenberger, lisa@aossm.org – www.sportsmed.org

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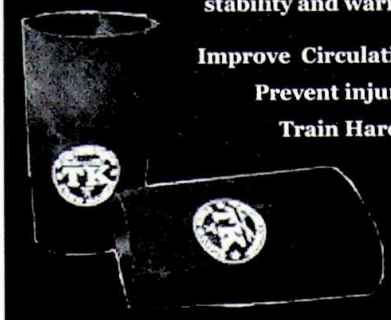

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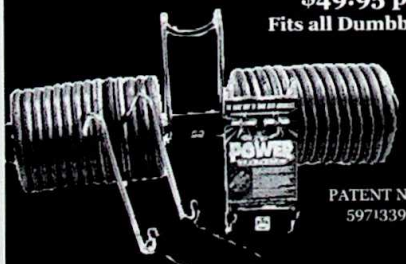

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– comes with a FREE DL HELPER –

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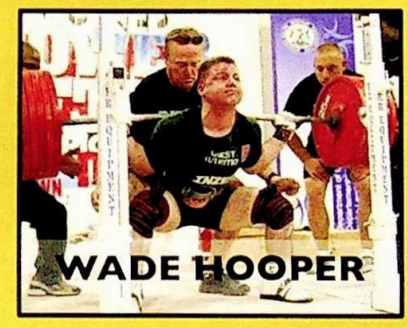
New lower price of $1850



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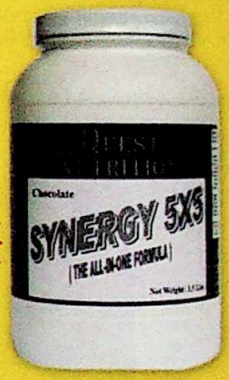
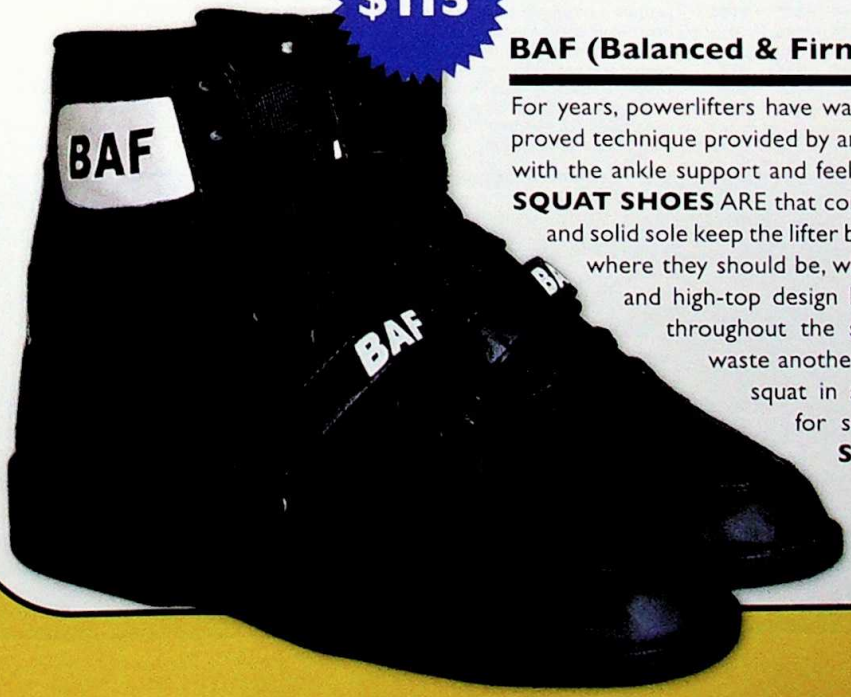


$115



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Sizes: Men's 7.5 - 13.5

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Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. ____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ _____ DATE OF BIRTH: ____ ____ ____

AGE: ____ SEX: ____ E-MAIL ADDRESS: _____

REGISTRATION FEE

$25 - ADULTS

$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: **100% RAW**
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NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.

LIFTERS SIGNATURE: _____
PARENTS SIGNATURE IF UNDER 18 YRS. OLD

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

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

www.RAWPOWERLIFTING.com

USAPL Twin Ports Raw
27 JUN 09 - Duluth, MN

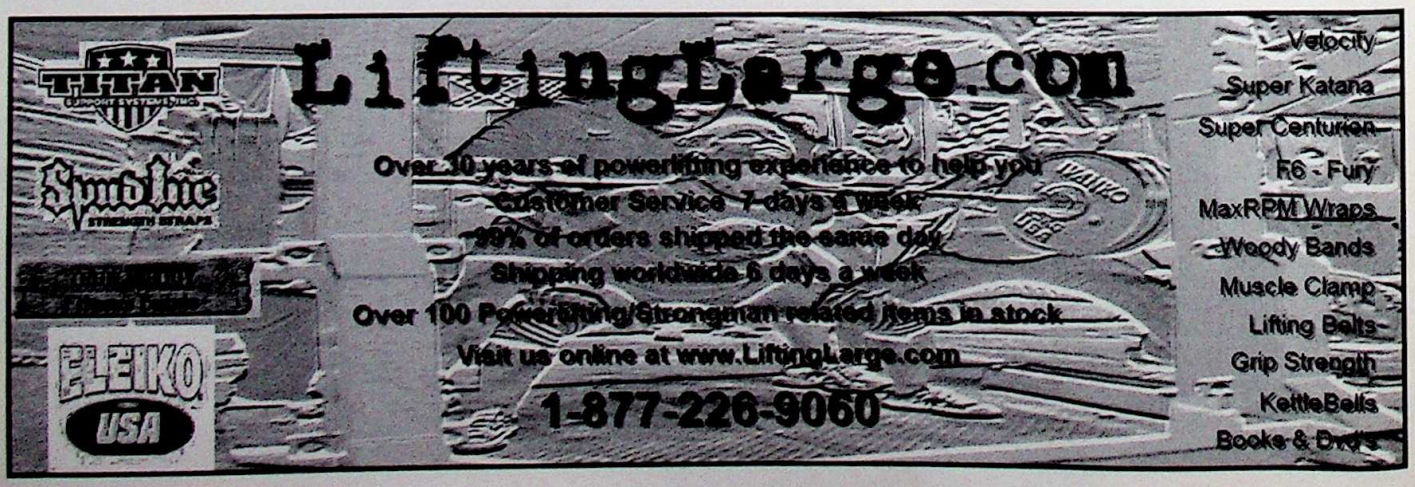
BENCH
FEMALE
S. Zimmerman 165
Shuttleworth 149
C. Quimby 154
J. Rivet 149
T. Dian 138
F. Friday 121
A. White 127
A. Powel 116
R. Keller 121
S. Broderius 132
J. Skallet 127
Schouweiler 121
MALE
Teen/Junior
B. Braner 391
T. Sohlman 308
D. Nelson 325
S. Falk 226
198 lbs.
T. Reid 358
N. Alston 314
S. Salmonson 275
B. Shaw 303
K.Norman 253
C. Pederson 248
E. Lohman 259
D. Yahnke 242
C. Fite 204
198+ lbs.
S. Powell 391
M. Johnson 369
R. Fuller 357
T. Miller 347
F. Tekautz 325
T. Urbonas 325
S. Born 319
T. Rootes 303
S. Falk 226
B. Anderson —
Master
E. Maki 369
J. Braun 308
D. Aldrich 292
B. Woolsey 275
S. Reid 231
B. Shaw 303
E. Edberg 358
G. Grahn 253
J. Chamberlin 281
J. Effenberger 187

Powerlifting	SQ	BP	DL	TOT
FEMALE				
S. Zimmerman	209	165	319	694
F. Friday	248	121	281	650
Shuttleworth	215	149	237	600
A. White	231	127	281	639
T. Dian	209	138	259	606
A. Powel	187	116	303	606
S. Broderius	314	132	319	765
R. Keller	143	121	248	512
J. Skallet	165	127	248	539
Schouweiler	—	121	259	380
MALE				
Teen/Junior				
D. Nelson	501	325	551	1376
T. Sohlman	402	308	501	1211
S. Falk	484	226	473	1184
198 lbs.				
T. Reid	523	358	639	1519
B. Shaw	512	303	539	1354
E. Lohman	385	259	457	1101
C. Fite	341	204	506	1051
K. Norman	275	253	380	908
C. Pederson	281	248	325	853
D. Yahnke	—	242	402	644
N. Alston	—	314	562	875
198+ lbs.				
S. Powell	528	391	639	1558
M. Johnson	534	413	611	1558
198+ lbs.				
T. Rootes	551	325	600	1475
R. Fuller	523	358	573	1453
S. Born	424	319	600	1343
T. Miller	506	347	639	1492
T. Urbonas	451	325	528	1305
S. Falk	484	226	473	1184
F. Tekautz	132	325	539	996
B. Anderson	440	—	451	892
J. Eggers	—	303	551	853

This was the first time this meet was held and it was raw-only, with 44 lifters competing from Minnesota, North Dakota, and Canada. There were only five divisions (teen/junior, master, women, men lightweight, and men heavyweight), and the standings were determined by formula. The Wilks formula was used as were age coefficients where appropriate (i.e. teen/junior and master). All three lift competitors were automatically entered into the bench-only portion for awards purposes. The meet director was me (Joe Warpeha) and the contest was held at Impact Sports Training in Duluth, Minnesota. I have tried to order the results in a way that is organized and easy to understand. (Thank you to Joe Warpeha, Meet Director, for providing the results)

SPF/WBPLA World Championship
3,4 OCT 09 - Nashville, TN

BENCH
FEMALE
Multi-Ply
220 lbs.
D. Shirley —
MALE
Raw
Teen (13-15)
114 lbs.
I. Greer 105
Juniors
242 lbs.
G. Dunbar 380
MALE
181 lbs.
M. White 395
220 lbs.
S. Everagae 455
242 lbs.
D. Martin 430
259 lbs.
C. Drummond 485
Police/Fire
242 lbs.
A. Ford 480
259 lbs.
A. Campbell 475
Submasters
198 lbs.
D. Henry 355
Masters (40-44)
198 lbs.
L. Morris 395
242 lbs.
A. Ford 480
D. Martin 430
Masters (45-49)
214 lbs.
T. Hayes 400
G. Lands 355
SHW
J. Heard —
Masters (55-59)
J. Lewis 285
Masters (65-69)
198 lbs.
K. Rowan 275
Single Ply
242 lbs.
J. Rogers 525
Masters (40-44)
220 lbs.
D. Shirley 500
Multi-Ply
Juniors
181 lbs.
J. Britt 330
165 lbs.
K. Harmon 535
181 lbs.
C. Neal —
220 lbs.
K. Millrany 630
242 lbs.
C. Smith —
259 lbs.
J. Weaver 630
275 lbs.
H. Timbs 805
308 lbs.
J. Hoskinson 780
J. Smith 760
Police/Fire
242 lbs.
K. Schulz 580
Submasters
181 lbs.
A. Johnson 365
259 lbs.
J. Hill 660
275 lbs.
S. Amos 520
308 lbs.
J. Smith 760
R. Vick 400
Masters (40-44)
259 lbs.
J. Weaver 630
Masters (65-69)
181 lbs.
L. Litchle 320
DEADLIFT
Raw
Teen (16-17)
242 lbs.
W. Claborn 535
Teen (18-19)
132 lbs.
S. Gregory 250
MALE
165 lbs.
B. Kutsch 420
198 lbs.
J. Wilsey 600
Masters (40-44)
181 lbs.
J. Sneed 400
198 lbs.
T. Harris 395
Masters (45-49)
259 lbs.
A. Gavaldon 400
Single-Ply
220 lbs.
D. Millrany 530
242 lbs.
J. Ladnier 705
BENCH for Reps
Masters (40-44)
198 lbs.
D. Pearson 20
275 lbs.
B. Gardner 23
Masters 55-59
165 lbs.
J. Lewis 29
STRICT CURLS
MEN
165 lbs.
B. Kutsch 115
Masters (45-49)
220 lbs.
J. Winpigler 165
Masters (55-59)
165 lbs.
J. Lewis 125
220 lbs.
D. Purcell 140
Masters (65-69)
181 lbs.
L. Lichtle 145
Masters (70-74)



220 lbs.	P. Crane		120
Push Pull	BP	DL	TOT
FEMALE			
Raw			
Teen (16-17)			
242 lbs.			
W. Claborn	330	535	865
Teen (18-19)			
198 lbs.			
H. Cox	300	455	755
MALE			
Multi-Ply			
Submasters			
198 lbs.			
J. Davis	475	660	1135
Raw			
220 lbs.			
S. Everage	455	550	1005
Masters (45-49)			
220 lbs.			
G. Lands	355	530	885
Masters (55-59)			
242 lbs.			
E. Adkins	360	475	835
Single-Ply			
Teen (13-15)			
181 lbs.			
B. Smith	220	470	690
242 lbs.			
R. Clayton	465	625	1090
259 lbs.			
M. Hood	515	540	1055

Powerlifting	SQ	BP	DL	TOT
FEMALE				
132 lbs.				
L. Ashworth	175	90	285	550
148 lbs.				
G. Deckard	240	130	265	635
T. Vandoran	190	90	280	560
165 lbs.				
R. Blankenship	480	285	435	1200
Submasters				
132 lbs.				
L. Ashworth	175	90	285	550
Multi-Ply				
165 lbs.				
L. Phelps	705	505	510	1720
SHW				
M. Garrett	675	500	500	1675
MALE				
Raw				
Pre-Teen				
97 lbs.				
R. Greer	135	110	200	445
Teen (16-17)				
148 lbs.				
T. Hunter	300	175	365	840
242 lbs.				
S. Maddaloni	335	235	450	1020
Teen (18-19)				
181 lbs.				
J. Coryall	450	365	425	1240
	4th-BP-375			
198 lbs.				
D. Lynn	430	265	530	1225
	4th-DL-550			
181 lbs.				
J. McDougal	540	455	650	1645
	4th-BP-465			
198 lbs.				
D. Militana	500	370	530	1600
242 lbs.				
J. Judd	470	285	550	1305
259 lbs.				
K. Wolford	550	275	580	1505
308 lbs.				
R. Robinson	440	375	515	1330
SHW				
J. Vick	740	485	775	2000
J. Reece	450	350	500	1380
Masters (40-44)				
165 lbs.				
J. Phillips	485	305	540	1330
259 lbs.				
R. Storment	530	310	550	1390
	4th-DL-560			
Masters (50-54)				
242 lbs.				
D. Stanley	525	400	475	1400
275 lbs.				
P. Cealey	440	280	530	1250
Single-Ply				
Teen (13-15)				
123 lbs.				
M.Duncan	240	135	270	645
Teen (16-17)				
165 lbs.				
C. Oakley	325	205	345	875
181 lbs.				
J. Duncan	440	275	505	1220
Juniors				
181 lbs.				
B. Gravely	—	—	—	—
148 lbs.				
M. Richardson	385	215	340	940
220 lbs.				
M. Steel	630	430	560	1620
242 lbs.				
T. Burgin	670	480	570	1720
308 lbs.				
C. Bailey	1005	670	765	2440
SHW				
J. Kottwitz	825	615	570	1950
J. Hoskinson	—	—	—	—
Police/Fire				
220 lbs.				
M. Steel	630	430	560	1620
Submasters				
J. Shackelford	650	505	675	1830
Masters (40-44)				
308 lbs.				
C. Bryant	505	410	485	1397
Masters (45-49)				
165 lbs.				
B. Wingo	375	275	460	1110
Masters (60-64)				
198 lbs.				
J. Elmore	355	205	425	985
Multi-Ply				
Teen (18-19)				
165 lbs.				
I. Bagley	300	240	405	945
198 lbs.				
J. Richardson	675	450	625	1750
Juniors				
181 lbs.				
B. Bell	—	—	—	—
220 lbs.				
J. Brown	815	625	525	1965
242				
T. Hypes	880	600	570	2050
308 lbs.				
C. Janek	1075	705	770	2550
Submasters				
198 lbs.				
J. Davis	650	975	660	1785
SHW				
M. Millner	700	405	635	1740
Masters (40-44)				
259 lbs.				
F. Phillips	800	505	600	1905
SHW				
W. Johnson	970	670	700	2340

I would like to take a moment to thank all the great lifters for coming out and taking part in this meet. I would also like to thank all of our Staff: Judges, Louie Simmons, Joe Ladnier, Sam Byrd, and Keith Taylor. Thanks to all of our loaders & spotters: Brent Pickett, Big Nick, Russ Curtis, Nathion Williams, Keith Taylor, Jason Davis, and Jamie McDougal on Sunday. A huge thank you goes to Barb Page for a great job announcing on Saturday. This was her first time and talking about a great job. Also thank you Melissa Garrett for taking over and announcing and help running the table on Sunday after lifting all day on Saturday. As always thanks to Victoria Rodgers, my wife, for running the score table and keeping all the numbers right. This is a job I wouldn't want and she has always done a great job for me and the lifters. I hope I haven't forgotten anyone but if I have, thank you, it takes everyone working together to run a great meet and you people are the best. (courtesy of Jesse Rodgers)

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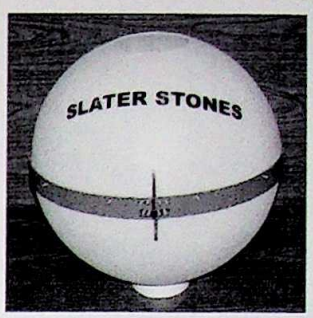
ST200	20"	Diameter apx weight	335lbs	$135.00
ST210	21"	Diameter apx weight	354lbs	$149.00
ST220	22"	Diameter apx weight	400lbs	$169.00
ST210	24"	Diameter apx weight	476lbs	$169.00



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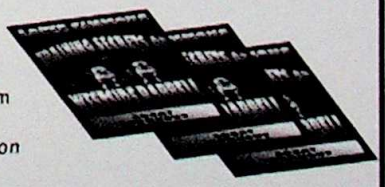
www.westside-barbell.com



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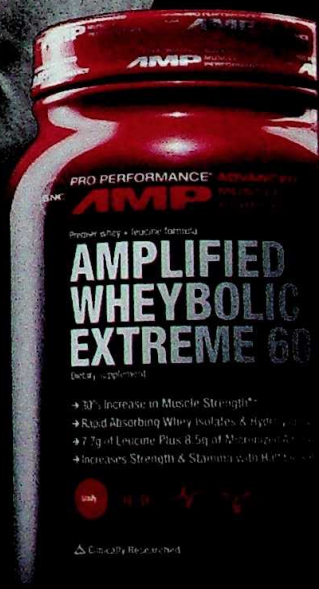

*In an eight-week, randomized, double-blind, placebo-controlled study of athletes performing an intense resistance exercise training regimen, subjects who consumed a proprietary module of 20 grams whey protein and 6.2 grams leucine demonstrated an increased improvement in muscle strength and muscle size as compared to those performing the same exercise training regimen taking a placebo. **In an eight-week, randomized, double-blind, placebo-controlled study of 30 healthy male volunteers, comparing one set resistance training (RT) plus active or carbohydrate placebo to two sets RT alone with no supplement, the active group showed equal gains in maximal muscle strength (MMS) and muscle endurance (ME) compared to the control group. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit gnc.com for the store nearest you. ©2009 General Nutrition Corporation. May not be available outside the U.S. Ad: Arnell Photo: Arnell

ADFPF Battle on the Beach
15 AUG 09 - Holland, MI

BENCH
198 lbs.
Master (45-49)
J. Jahim 347
242 lbs.
Open Master P/F/M
D. Walker 551
Open Master (50-54)
R. Pettet 391
275 lbs.
Master (45-49)
M. Hinkston 391
Master (60-64)
G. Kruger 330
Raw
138 lbs.
Open Master (45-49)
K. Hockborn 220*
154 lbs.
Open Master (50-54)
C. Burr 160
165 lbs.
Open
R. Herrmann —
Masters (45-49)
S. Sielawa 242*
181 lbs.
Masters (60-64)
R. Batko 209*
198 lbs.
Junior (20-23)
A. Tallman 303
Open Master (40-44)
T. Gouger 286
Master (45-49)
J. Jachim 314
Master (75-79)
E. Crossland 121
Open
J. Brown 264
D. McGee 198
220 lbs.
Master (55-59)
F. Hockborn 336
Master (60-64)
R. Arnold 286
Master (65-69)
K. Donnelly 209
Open
M. Munson 413
242 lbs.
Master (50-54)
Push Pull
138 lbs.
Open Master (45-49)
K. Hockborn
148 lbs.
Open Master (40-44)
T. Greenman
165 lbs.
Junior (20-23)
C. Baiers

A. Ninaber 352
G. Zylstra 209*
Open
R. Slater 330
D. Butterfield 308
275 lbs.
Master (40-44)
J. Campion 385
Master (60-64)
G. Kruger 308
DEADLIFT
181 lbs.
Master (60-64)
J. Smoker 435
275 lbs.
Master (60-64)
G. Kruger 462
Raw
154 lbs.
Open Master (50-54)
C. Burr 319
165 lbs.
Open
R. Herrmann 418
Master (45-49)
S. Sielawa 451!
181 lbs.
Master (60-64)
R. Batko 451
198 lbs.
Junior (20-23)
Barwegen Jr. 429
Open
M. Eldred 495
J. Brown 451
220 lbs.
Master (60-64)
R. Arnold 303
Master (65-69)
K. Donnelly 380
Open
M. Munson 556
242 lbs.
Master (50-54)
A. Ninaber 484
G. Zylstra 336!
Open
D. Butterfield 479*
275 lbs.
Master (60-64)
G. Kruger 418

	BP	DL	TOT
S. Slater	259	402	661
181 lbs.			
Junior (20-23)			
A. Passorelli	231	369	600
Master (60-64)			
R. Batko	209*	451*	661
Open			
M. Eldred	264	495	760
J. Brown	264	716	980
Master (40-44)			
B. Whitcomb	237	402*	639
Teen (16-17)			
C. Whitcomb	176!	358!	534
220 lbs.			
Teen (18-19)			
C. Perez	330!	573!	903
Master (60-64)			
R. Arnold	286	253	539
Open			
M. Munson	413	556	969
242 lbs.			
Master (50-54)			
G. Zylstra	209!	336!	545
Open			
R. Slater	330	440	771
D. Butterfield	451	479!	930

!=American Records. *=State Records. (Thanks to the ADFPF for providing results)

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The 2nd Annual "Battle on the Beach" Bench Press, Deadlift and Iron man competition took place on Saturday, August 15th. The beautiful Lake Michigan beach in Holland, MI State Park was an incredible site especially since the weather was perfect for swimmers, sun-bathers and powerlifters. The audience was clearly entertained watching the warm-ups as well as the competition; some of the swimmers & bikers asked if they could join the competition! Hopefully they'll be ready for this event next August when the ADFPF will host the 3rd Annual Battle on the Beach in, as usual, Holland, MI State Park. ADFPF President Richard Van Eck and John Jachim hosted the competition but this year they added a "twist". This Beach Battle was a "free" gift to the faithful ADFPF Membership. Lifters entered their first event of choice free and then paid only $10 per additional event. The intent being that the income would cover the cost of Drug testing while the ADFPF picked up the tab for awards, the shelter rental, and a portion of the drug testing. The competition was conducted in a large shelter less than 100 yards from the lake itself complete with space for spectators, ice cream vendors and lots of other amenities that made this location a major treat for all concerned. Five States, along with two nations were represented. Needless to say, the majority of the athletes were from the USA. Two lifters drove in from Ontario Canada with their own cheering section! This crew showed up in their official Oct. 3 Can-Am Championship t-shirts. Was this a subtle reminder to the ADFPF members that they had better be prepared for their first international championships with drug-tree Lifters from Ontario? Michigan was well represented along with Indiana, Ohio and Wisconsin. Several of the current World Champions were present. Friends and families of participants thoroughly enjoyed sun bathing, swimming in the lake, and watching all of the other beach activities including sand volleyball. Dick & Jan Van Eck, Jack & Barb Bowen, John, Debbie & daughter Debbie Jachim, along with Judy and Roger Gedney made the judging calls, worked the scoring Table, maintained the sale of unique & impressive Beach Battle t-shirts designed by John and also kept the spotter/loaders & officials hydrated. The infamous deadlifter, Jon Smoker signed up for the fun and as a wonderful treat to the lifters and attendance alike. Jon's lovely wife Carol once again did an outstanding job of conducting business at the announcer's table. This talented woman not only kept the lifters advised of their competition order & results but also added the "color" that makes the announcer's job so very important. Many thanks to the Jachim family who pulled the ADFPF trailer full of meet & warm-up equipment from Six Lakes, MI. They then unloaded & set up the venue as well as the warm-up area. After the meet, they were back

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ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or 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_____

Referee Ranks & Organizations_____

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.

at work loading the ADFPF equipment back into the trailer with help from the lifters. Many thanks to all who trekked over the sand carrying plates, bars, plywood, mats and assorted equipment. This 2009 event turned out to be an outstanding Battle on the Beach. Everyone seemed to enjoy the site, the competition and, as usual and most importantly, the ADFPF fellowship. As you will see in the meet results, most of the basic categories were represented in the competition; teenagers, juniors, open, masters and police/fire/military. The majority of competitors entered the unequipped division with seven people competing in the equipped division. It was by and large a comfortably cool day for August and didn't present any problems for the Equipped Division people getting into and out of their bench shirts and deadlift suits. In the unequipped bench press Koley Hockbom, Steve Sielawa, Robert Batko and Gary Zylstra established new State Records with Gary Zylstra setting new American Records. In the equipped bench press Gary Kruger set a State Record. Kenneth Donnelly and Duane Butterfield of the unequipped Division Deadlift set State Records; Steve Sielawa, Robert Batko and Gary Zylstra set American Records. A note of interest here: Robert Batko had total knee replacement surgery in February. He stuck with the rehab program and competed within 6 months setting records! Gary Kruger established State and American Records in the equipped deadlift event. In the combined bench press/deadlift ironman/woman event Chase Baiers, Robert Batko, Brian Whitcomb and son Colton Whitcomb, Chris Perez, Gary Zylstra and Duane Butterfield set State Records with American records being set by Koley Hockborn, Todd Greenman, Chase Baiers, Colton Whitcomb and Gary Zylstra. Twentyeight competitors attained the necessary qualification scores needed to apply for a position on the 2010 WDFPF Single Event World Championships. (Article written by Roger Gedney)

USAPL MS State Championships
25 JUL 09 - Philadelphia, MS

BENCH		K. Horman		405
FEMALE		L. Stroud		375
Raw		J. Smith		435
L. Alex	185	C. McMullin		505
MALE		Raw		
W. Chevalier	275	C. Anderson		315
Powerlifting	SQ	BP	DL	TOT
FEMALE				
D. Peden	235	120	275	630
MALE				
D. Peden	355	185	405	945
S. Oswalt	325	180	325	830
N. Handy	365	215	465	1045
M. Blaize	260	145	300	705
W. Chevalier	370	275	375	1020
D. Sanders	355	190	405	950
C. Spencer	475	260	500	1235
B. Bell	515	325	515	1355
T. Dansby	450	310	315	1075
Z. Goins	525	340	510	1375
Y. Marks	415	340	415	1170
T. Longo	545	300	545	1390
D. Arias	350	270	415	1035
Raw				
R. Savell	385	280	475	1140
M. Forks	415	285	465	1165
A. Murray	350	200	420	970

Venue: Family Fitness. (Jim Battenfield Meet Director & USAPL Mississippi State Chairman and Head Coach of MSPL Club)

USAPL Arizona Raw PP
27 JUN 09 - Phoenix, AZ

	BP	DL	TOT
BENCH			
MALE			
181 lbs.			
Open			
N. Deluise	341	—	341
Push Pull			
MALE			
Open			
181 lbs.			
A. Timm	281	407	688
220 lbs.			
J. Krumpos	314	407	721
275 lbs.			
M. Desosiers	374	501	875

(Thanks to the USAPL for providing results)

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STATE OR PROVIDENCE | ZIP CODE | COUNTRY

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Mailing Address: _____ City: _____

State: ____ Zip: _____ Phone: ____-____-_____

Date of Birth: ____-____-____ Age: _____ Email Address: _____

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First Name | Middle Initial | Last Name

Address

City | State | Zip Code

E-mail | Phone (With Area Code)

I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book.

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

Member's Signature _____

Parent/Guardian Signature _____

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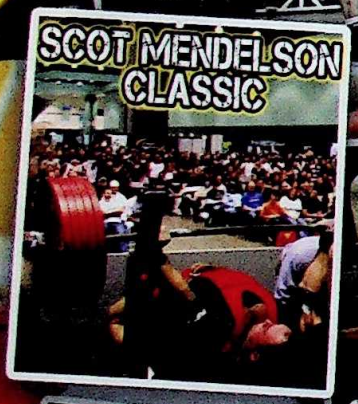

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COMING EVENTS

MEET DIRECTORS—a listing here is a FREE service. Send details, preferably at least 3 months prior to your event, to: Coming Events, Box 467, Camarillo, CA 93011, to obtain proper advance notice.

12 DEC, 9th Annual Golden Bear Bench Press Classic (Barron, WI) at the Barron Area Community Center, 800 Memorial Drive, Barron, WI 54812, 715.537.6666, www.thebacc.com, Steve Fronk, 203 W. Messenger St. #8, Rice Lake, WI 54868, 715.736.7560, slfronk@landolakes.com

12 DEC, USAPL MA/RI States Open PL/BP (Johnston, RI) Eric Cordeiro, 59 Maplewood St., Watertown, MA 02471, 617-797-6597

12 DEC, APF Holiday Festival of Strength (Body Temple Gym, Camarillo, CA), Larry Pollock, 805-484-5553, www.bodytemplegym.us

12 DEC, SPF Body by George Mini-Meet Push-Pull (Lawrence, GA) George Herring, 770-963-6738, bbga2000@bellsouth.net

12 DEC, East Coast Open BP/DL (Feasterville, PA) Dave West, 215-355-2700 ext 130

12 DEC, APF/AAPF Illinois Raw Power Challenge (Velocity Sports - Willowbrook, IL) Eric Stone, 630-677-4358, thestone@chicagopowerlifting.com

12 DEC, WPC Israel Open Championships (Haifa, Israel), Anna Marcus, big-champ@big-champ.com, www.worldpowerliftingcongress.com

12 DEC, APA Southern Texas Championships (Mission, TX) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, www.apa-wpa.com/entryforms.htm

12 DEC, 16th WNPF Georgia State Powerlifting Championships (Atlanta, GA), www.wnpf.net

12 DEC, USPF NorCal PL/BP/DL (Sacramento, CA) Steve Denison, 661-333-9800, Pwrlftrs@msn.com

12 DEC, NASA West Texas Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Hereford, TX), www.nasa-sports.com

12 DEC, Arkansas Christmas Classic (Russellville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

12 DEC, SLP Arkansas Christmas For kids BP/DL/Curl (Rogers, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

12 DEC, 100% Raw Christmas Classic (BP, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

12 DEC, USAPL Region VI (Philadelphia, MS) Jim Battenfield, 1490 GOvernment St. #9, Brandon, MS 39042, 601-665-7783

12 DEC, Iron Chamber Gym BP/DL (Glenwood Middle School - old GOHS West Campus - Canton, OH) Jeffrey Begue, 330-844-1011, www.icg-pride.com, icg-pride@hotmail.com

12 DEC, ADFPF competition (BP & DL with SQ for world qualifiers - Riverside High School, DeGraff, OH) gedney@logonix.net

13 DEC, APF Ohio Cup (BP/DL) (West Lafayette, OH) at Blackstone Gym, 120 W. Main St., West Lafayette, OH 43845, John Blackstone, 740.502.4964

13 DEC, Paxton Strongman IV (Paxton, MA - Anna Maria College) Nathan, 508-791-3291, paxtonpowergym.com

13 DEC, British BP & DL Record Breakers (Connaught Leisure Centre, Tongham Rd., Aldershot, Hampshire, GBR) Entry to BPO no later than November 22nd, Meet Director David Carter, 07770-757321, www.wpfpowerlifting.com

19 DEC, APA Southern States Holiday Classic (PL/PP/BP/DL, Raw and Equipped) (Fulton, MS), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

19 DEC, USAPL Michigan High School State Powerlifting Championship (Raw & Equipped) (Flint, MI), at Powers Catholic High School, 2040 W. Carpenter Rd., Flint, MI 48505, Brian Birchmeier, brianbirchmeier@hotmail.com, 810.510.4038

19 DEC, NASA Illinois Christmas Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Flora, IL), www.nasa-sports.com

26 DEC, SLP The Last One! BP/DL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

9 JAN 2010, SLP Central Illinois Winter Open BP/DL Championship (Athens, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

9 JAN 2010, APA Bench Press Nationals (Hattiesburg, MS - all divisions) John Micka, jgmicka@aol.com, Bobby Myers, alaquapits@netzero.com

9 JAN 2010, USAPL Wisconsin Dells High School Meet, Brian Kenny, Box 556, Wisconsin Dells, WI 53965, 608-448-9034

9 JAN 2010, RAW United New Year's Bench Bash (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 12.19.09 entry deadline, Spero Tshontikidis, 321.505.1194, raw-united@cfl.rr.com

9 JAN 2010, NASA Gilmer Open (PL/BP/PS/PP & Equipped & Unequipped) (Gilmer, TX), www.nasa-sports.com

9-10 JAN 2010, 2nd Annual Philadelphia Sports Extravaganza (PL, Olympic Lifting, Strong Man, Arm Wrestling) (King of Prussia, PA) at the Valley Forge Convention Center, Niko Hulslander, www.philadelphiawellnessexpo.com or www.phillyexpo.info

16 JAN 2010, SLP Mississippi State BP/DL/Curl Championship (Corinth, MS), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

16 JAN 2010, USAPL Louisiana State PL (Lafayette, LA) Kirk Lavergne, 940 Wagon Trail Rd., Carencro, LA 70520, 337-247-1618

23 JAN 2010, APC Irondawg Open Record Setters BP (raw & equipped, Athens, GA, National Qualifier) L. B.

APF/AAPF/WPC Schedule

12 DEC, APF/AAPF Illinois Raw Power Challenge

12 DEC, WPC Israel Open Championships

12–13 DEC, APF/AAPF Golden State PL Meet

13 DEC, APF Ohio Cup (BP/DL)

6 FEB 2010, APF Best of the Best in the Midwest (PL/BP)

13 FEB 2010, APF 3rd Annual Arizona State PL Meet

13 MAR 2010, APF/AAPF Michigan State Meet

17–21 MAR 2010, AWPC/WPC Eastern Europe Open

MAR 2010, APF/AAPF Illinois State Meet

9–11 APR 2010, APF High School Nationals

16–18 APR 2010, AAPF Nationals (AWPC Worlds qualifier)

17–18 APR 2010, APF/AAPF Single Ply Nationals

24 APR 2010, APF/AAPF Texas Classic

8–9 MAY 2010, APF Master, Teen & Jr. Nationals

15 MAY 2010, APF/AAPF Patriotic BP/DL Challenge

9–13 JUN 2010, WPC European Championships

JUN 2010, APF Senior Nationals

JUL or AUG 2010, AWPC World Championships

3–4 SEP 2010, AWPC/WPC Raw Worlds

11 SEP 2010, APF/AAPF Summer Heat VI

NOV 2010, WPC World Championships

Dates subject to change

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Baker, 770-713-3080

23 JAN 2010, SLP Flex Fitness West Michigan Open BP/DL Championship (Holland, MI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

23-24 JAN 2010, Gorilla Pit Strength Sports Powerlifting Seminar featuring Chad Aichs (limited to 20 people, $185) Gorilla Pit Gym, 7472 Tyler Blvd., Mentor, OH 44060, 216-310-2283, Gorilla Pitps@gmail.com, www.gorilla-pit.com

23-24 JAN 2010, American Cup (Fit Expo, Los Angeles, CA) Steve Denison, 661-333-9800, www.thefitexpo.com

23-24 JAN 2010, NASA Natural Nationals, Equipped/Unequipped PL/BP/PS/PP (OKC, OK) www.nasa-sports.com

30 JAN 2010, SLP Black Iron Open BP/DL Championship (Beech Grove, In.), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

30 JAN 2010, APA Battle of the Carolinas (PP/BP/DL/Strength Sports/Overhead Press/Strict Curl, Raw and Equipped) (Florence, SC), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

30 JAN 2010, Push/Pull Meet at Gold's Gym (Sacramento, CA), Zach Trowbridge, 1900 Del Paso Rd., Sacramento, CA 95834

30 JAN 2010, BPO Scottish Open BP, DL (Antonine Sports Center, Clydebank, Glasgow) Hamish Davidson, 07786 690607

30 JAN 2010, 100% Raw Potomac Open BP, DL SC (Powerhouse Gym, Woodbridge, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

30 JAN 2010, USPF Sooner State Winter Games, (Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@allegiance.tv

30 JAN 2010, USAPL Wisconsin State/Milwaukee Open, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-3210

30-31 JAN 2010, USAPL High School/Collegiate RAW & Northeast USA Regional (Scranton, PA), Steve Mann, 570-309-6316 steve@purepowerlifting.com, www.purepowerlifting.com

30-31 JAN 2010, Raw Unity Meet (Tampa, FL) Eric Talmant, erictalmant@yahoo.com, www.rawunitymeet.com

JAN 2010. 5th WNPF & 1st WNPF Lifetime Augusta Open (BP/DL/PC) (Augusta, GA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

6 FEB 2010, 9th WNPF Pan-Americans & 3rd WNPF Lifetime Florida States (PL/BP/DL/PC) (Port Saint Lucie, FL), Brian Burritt, wnpf@comcast.net, 812.204.2886, www.wnpf.net

6 FEB 2010, SLP Superbowl of Arkansas BP/DL/Curl Championship (Jonesboro, Arkansas), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

6 FEB 2010, APF Best of the Best in the Midwest (PL/BP) (Kansas), Al Caslow, al.cabe@gmail.com, www.worldpowerliftingcongress.com

6 FEB 2010, RAW United Law Enforcement Games (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 1.16.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

6 FEB 2010, USAPL Oakridge Iron Championships, Jim Yakubovsky, 5900 W. W. Pioneer Pkwy., Arlington, TX 817-466-8339

6 FEB 2010, WABDL National Collegiate BP/DL (University of Texas - San Antonio, Wes Zunker, 210-317-8245, roadrunnerpowerlifting@yahoo.com, Dr. John Hudson, 217-377-4640, hunsonj@uhd.edu, www.wabdlcollegiatenationals.info

6 FEB 2010, ADAU Raw Power Pennsylvania PL/BP & Out of State PL/BP (Lehighton, PA) Nick Theodorou, 610-258-1894, nutritek@aol.com or Rob Eckhart, 610-377-0657, eckhart1@ptd.net

6 FEB 2010, NASA Arizona State, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com

6-7 FEB 2010, IPA LEX-ENXTREME Columbus Pro Am (Courtyard Marriott, Columbus, OH) Dan Dague, (614) 554-8824, lexenxtreme@aol.com, www.lexenxtreme.com

6-7 FEB 2010, WNPF Pan-American Championships (Antigua, Guatemala), wnpf@aol.com, www.wnpf.net

13 FEB 2010, Hang 'em High III USPF Powerlifting Meet (PL/SL BP/DL & Open/Submaster/Master Divisions) (Tombstone, AZ) at Cold Iron Gym, 7th & Allen St., Tombstone, AZ 85638, coldirongym@aol.com, 520.457.3500, www.coldirongym.com

13 FEB 2010, SLP Brickyard Open BP/DL Championship (Milwaukee, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

13 FEB 2010, APF 3rd Annual Arizona State PL Meet (Peoria, AZ), JR Bolger, apapf@cox.net, www.worldpowerliftingcongress.com

13 FEB 2010, RAW United Biggest Bench in Lee (Fort Myers, FL) at Evolved Athletics, 1.23.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

13 FEB 2010, NASA Missouri State, Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) www.nasa-sports.com

13-14 FEB 2010, NASA Ohio State HS, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com, www.nasa-sports.com

20 FEB 2010, 4th WNPF All-Raw World Cup Championships (Bordentown, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

20 FEB 2010, SLP Bluegrass Open BP/DL Championship (Louisville, KY), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

20 FEB 2010, Red Brick Bench Press Championship VII (Lewiston, NY) at Red Brick School, proceeds to benefit WNY Military Family Support Groups, Dennis Brochey, 205 N. 5th St., Lewiston, NY 14092, 716.200.3533, cdbrochey@roadrunner.com, www.niagarapowerliftingclub.com

20-21 FEB 2010, USAPL New Jersey State BP/PL, Rob Keller, Box 291571, Davie, FL 33329, 954-790-2249

27 FEB 2010, RAW United United We Stand Tampa Classic (Tampa, FL) at Short Fitness Center, MacDill AFB, 2.6.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

27 FEB 2010, USAPL Virginia Open PL/BP/DL/Ironman (raw and assisted - Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

27 FEB 2010, USAPL SD PL/BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, 605-201-2411

27 FEB 2010, NASA East Texas State, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com

27 FEB 2010, SLP Arkansas State Open BP/DL/Curl Championship (Benton, AR), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

28 FEB 2010, SLP Ultimate Fitness Open BP/DL/Curl Championship (Kennett, MO), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

28 FEB 2010, USPF Northeastern Open BP, DL, P-P (Manchester, NH) Dave Follansbee, APL President, 603-626-5489, NHBodybuilding@yahoo.com, www.AmericanPowerlifting.com

FEB 2010, 7th WNPF & WNPF Lifetime Tennessee Championships (Cleveland, TN), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

FEB 2010, 15th WNPF & WNPF Lifetime Ohio Championships (Youngtown, OH), Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net

FEB 2010, USAPL Women's Nationals (Cleveland, OH)

FEB 2010, USPF Sacramento Meet, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

4-7 MAR 2010, Arnold Sports Festival (Columbus, OH), Matt Lorz, 614.443.1877, mattlorz@rrcol.com, www.arnoldsportsfestival.com

6 MAR 2010, USA Raw Bench Press Federation Spring Nationals & SLP Illinois Open BP/DL Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

6 MAR 2010, RAW United Biggest Bench in Brevard III (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 2.13.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

6 MAR 2010, APA Lone Star Championships (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

6 MAR 2010, NASA Colorado State, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) www.nasa-sports.com

MAR 6-7 2010, USAPL Washington State Powerlifting Championships (Tumwater, WA), Valley Athletic Club, full powerlifting with bench and/or deadlifting option, Bull Stewart, 206-725-7894, bullstewart@hotmail.com, Richard Schuller, 206-280-8122, r@bullr.com

13 MAR 2010, 17th WNPF & 3rd WNPF Lifetime Georgia Pow-

UPCOMING SLP COMPETITIONS

12 DEC, SLP Arkansas Christmas for Kids (Rogers, AR)
26 DEC, SLP The Last One! BP/DL Champs (Tuscola, IL)
9 JAN 2010, SLP Central Illinois Winter Open (Athens, IL)
16 JAN 2010, SLP Mississippi State Champs (Corinth, MS)
23 JAN 2010, SLP Flex Fitness W. Michigan Open (Holland, MI)
30 JAN 2010, SLP Black Iron Open (Beech Grove, IN)

Son Light Power
122 W. Sale, Tuscola, IL 61953
217-253-5429
www.sonlightpower.com sonlightgym@verizon.net

erlifting Championships (no single lifts) (Atlanta, GA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

13 MAR 2010, SLP Ironhouse Open BP/DL Championship (St. John's, MI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

13 MAR 2010, APF/AAPF Michigan State Meet (Taylor, MI) JJ Thomas, 734.642.7877, detroit_barbell@yahoo.com, www.worldpowerliftingcongress.com

13 MAR 2010, USPF Div. 2 California State (Fresno, CA - Bob Packer) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

13 MAR 2010, Walker's Gym Bench Press Meet (Hopewell, VA) Meet Director, Barry Walker, (804) 458-7918

13 MAR 2010, 100% Raw Ironman Nationals and United States Open BP, BL, SC (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

14 MAR 2010, SLP 7th Street Gym Open BP/DL Championship (Clinton, IN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

14 MAR 2010, BPO Welsh & England Open PL, BP, DL (Four Seasons, Trallwn Rd., Llansamlet, Swansea) Ken Williams 07970 625946

17-21 MAR 2010, AWPC/WPC Eastern European Open Championship (Kursk, Russia), Igor Umerenov, 7910.314.2314, wpc@wpc-wpo.ru, www.worldpowerliftingcongress.com

20 MAR 2010, 2nd WNPF Lifetime USA (PL/BP/DL/PC) Championships & 19th NJ Championships (Atlantic City, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

20 MAR 2010, NASA House of Pain Expo, Equipped/Unequipped PL, Strongman, Bikini Contest (Amarillo, TX) James Henson & Rich Peters, www.nasa-sports.com

20-21 MAR 2010, NASA Jr. High, Teenage and Junior Nationals, Equipped/Unequipped PL/PS (Springfield, OH), Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com, www.nasa-sports.com

21 MAR 2010, 19th WNPF Youth/Teen/Jr/Subs & Masters Nationals & American Cup Open Championships (PL/BP/DL/PC) (Philadelphia, PA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

21-22 MAR 2010, USAPL PA State (State College, PA) www.purepowerlifting.com

26-28 MAR 2010, USAPL High School Nationals, Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034

27 MAR 2010, 1st WNPF East Carolina (PL/BP/DL/PC) & **1st WNPF Collegiate Nationals** (Charleston, SC), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

27 MAR 2010, SLP Flex Gym Open BP/DL Championship (Smyrna, TN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

27 MAR 2010, APA Northeast Coast Open (PL, PP, BP, DL, Raw and Equipped) (CT), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

27 MAR 2010, RAW United Beau Moore Classic (Tampa, FL) at Jackson Springs Recreation Center, 3.6.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

27 MAR 2010, USPF California State (Los Alamitos, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

27 MAR 2010, (TENTATIVE) USPF 46th Oklahoma State Meet, (Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@allegiance.tv

27-28 MAR 2010, NASA High School Nationals (PL/PS & Equipped/Unequipped) (Oklahoma City, OK) www.nasa-sports.com

MAR 2010, USAPL Collegiate Nationals (Orlando, FL), Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241

MAR 2010, USAPL 28th Pennsylvania State (Scranton, PA) steve@purepowerlifting.com, www.purepowerlifting.com

MAR 2010, APF/AAPF Illinois State Meet (Willowbrook, IL) Eric Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com

3 APR 2010, SLP Land of Lincoln BP/DL Championship (Athens, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

3 APR 2010, NASA Kansas State, Equipped/Unequipped PL/BP/PS/PP (Salina, KS) www.nasa-sports.com

9-11 APR 2010, APF High School Nationals (Louisiana), Garry Frank, 225.241.8154, www.worldpowerliftingcongress.com

10 APR 2010, NASA Ohio State, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) www.nasa-sports.com

10 APR 2010, WNPF World Record Breakers (BP/DL/PC) (Atlanta, GA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

10 APR 2010, SLP National Raw BP/DL Championship (Sallisaw, OK), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

10 APR 2010, APA All RAW Northern Region Championships (PL/PP/BP/DL, Raw Only) (Monroe, MI), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

10 APR 2010, RAW United Pull & Praise Deadlift (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 3.19.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

10 APR 2010, APC Georgia State PL/BP (Raw & Equipped, National Qualifier) (Athens, GA), L. B. Baker, 770-713-3080

11 APR 2010, 11th Pittsburgh Monster BP/DL (men, women, all clases, cash prizes, Pittsburgh Airport Crowne Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996, vecks4@verizon.net

11 APR 2010, NASA Power Sports Nationals, Curl/BP/DL, www.nasa-sports.com

16-17 APR 2010, EUROPA Show of Champions Sports & Supplement Expo (Orlando, FL), www.visionstarinc.com

16-18 APR 2010, AAPF Nationals (Qualifier for AWPC Worlds) (Detroit, MI) JJ Thomas, 734.642.7877, jthomas1@lifetimefitness.com, www.worldpowerliftingcongress.com

17 APR 2010, 2nd WNPF Lifetime All-Raw World Cup Championships (PL/BP/DL/PC) (Merritt Island, FL), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

17 APR 2010, SLP Wisconsin State BP/DL Championship (Delavan, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

17 APR 2010, The Mighty Christian Powerlifting Contest VIII (Dover, NJ), at the Mighty Gibbors Strength Center, 79-C Bassett Hwy., Dover, NJ 07801, 973.343.7405, Newton Romualdo, 973.303.3645, themightygibbors@aol.com, www.themightygibbors.com

17 APR 2010, APC Illinois State Open PL/BP (raw & equipped, national qualifier, Joliet, IL) Jim Rouse, 815-347-4393

17 APR 2010, USAPL Texas State, Jim Yakubovsky, 5900 W. W. Pioneer Pkwy., Arlington, TX 817-466-8339

17 APR 2010, USPF Las Vegas Open (Joe Dentice) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

17 APR 2010, NASA Iowa State, Equipped/Unequipped PL/PS/PP (Des Moines, IA) www.nasa-sports.com

17 APR 2010, APA Raw Nationals, http://aparawnationals.webs.com

17-18 APR 2010, APF/AAPF Single Ply Nationals (Orlando, FL) Kieran Kidder/Amy Jackson, 630.896.7309, amyljackson@aol.com, www.worldpowerliftingcongress.com

23 APR 2010, Elite Powerlifting Federation BP/DL/PP Nationals (all classes/all age groups) (Keene, NH), Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603.352.8590, www.elitepowerlifting.com

24 APR 2010, SLP National BP/DL Championship (Tuscola,

WNPF Powerlifting

WORLD NATURAL POWERLIFTING FEDERATION

12 DEC, WNPF Georgia State Championships (Atlanta, GA)

JAN 2010, WNPF Augusta Open (Augusta, GA)

6 FEB 2010, WNPF Pan-Ams & FL States (Port St. Lucie, FL)

20 FEB 2010, WNPF All-Raw World Cup (Bordentown, NJ)

FEB 2010, WNPF Tennessee Championships (Cleveland, TN)

Contact Info: Troy Ford, 770.668.4841 or wnpf@aol.com
www.wnpf.net

IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

24 APR 2010, APF/AAPF Texas Classic (Austin, TX), Greg & Heather Tillinghast, apftexas@yahoo.com, www.worldpowerliftingcongress.com

24 APR 2010, RAW United D&D Push/Pull II (Fort Myers, FL) at Evolved Athletics, 4.3.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

24 APR 2010, 31st annual ADAU Raw Power "Power Day Classic" (seperate BP/DL meets, open and all age groups/divisions for men/women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.pikitup.com, al@pikitup.com

24 APR 2010, Kern County High School (Bakersfield, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

24 APR 2010, USAPL Battle on the Bayou Invitational (Marksville, LA) Wade Hooper, 8724 Sharlane Dr., Baton Rouge, LA 70809, 225-620-7680

24-25 APR 2010, WPA World Championships (Raw and Equipped) (Corpus Christie, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

24-25 APR 2010, WPA High School World Championships (Raw and Equipped) (Corpus Christie, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

24-25 APR 2010, WPA Youth World Championships (ages 7-12, Raw and Equipped) (Corpus Christie, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

24-25 APR 2010, BPO European Championships PL, BP, DL (Akureyri, Iceland) Sigfus Fossdal

APR 2010, 15th WNPF & 2nd WNPF Lifetime Upstate NY Championships (Rochester, NY), Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net

APR 2010, USAPL 29th Collegiate National Championships (Scranton, PA) steve@purepowerlifting.com, www.purepowerlifting.com

1 MAY 2010, 13th WNPF South Carolina States & **2nd WNPF Lifetime 2nd Youth/Teen/Jr/Sub & Masters Nationals** (PL/BP/DL/PC), (Greenville, SC), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

1 MAY 2010, SLP Southwest Missouri Open BP/DL Championship (Branson, MI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

1 MAY 2010, RAW United Firefighter/EMT Games (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 4.17.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

1 MAY 2010, NASA Western States Nationals, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com

1-2 MAY 2010, USPF Sacramento Open, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

8 MAY 2010, Lifetime Natural Powerlifting Nationals (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

8 MAY 2010, NASA Oklahoma Open State, Equipped/Unequipped PL/BP/PS/PP (Oklahoma City, OK) www.nasa-sports.com

8-9 MAY 2010, APF Master, Teen & Junior Nationals (West Palm Beach, FL), Kieran Kidder/Amy Jackson, 866.389.4744, amyljackson@aol.com, www.worldpowerliftingcongress.com

15 MAY 2010, 1st WNPF Night of the Champions & **Deadlift Nationals** (Bordentown, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

15 MAY 2010, SLP Platinum Fitness Open BP/DL Championship (Tulsa, OK), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

15 MAY 2010, APF/AAPF Patriotic Bench & Deadlift Challenge (Santa Maria, CA) Kenny Tawzer, 805.344.2186, www.worldpowerliftingcongress.com

15 MAY 2010, NASA Bench Press Nationals, Equipped/Unequipped BP/PS/PP (Denver, CO) www.nasa-sports.com

22 MAY 2010, 100% Raw Freedom USA Open Bench Press/Strict Curl (Leesburg, VA) at Gold's Gym, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

22 MAY 2010, APA Guerilla Gorilla II (Raw and Equipped) (Freeport, ME), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

22 MAY 2010, NASA Tennessee State, Equipped/Unequipped PL/BP/PS/PP (Pickwick, TN) www.nasa-sports.com

29 MAY 2010, SLP Ho-Chunk Nation Open BP/DL Championship CHAMPIONSHIP (Baraboo, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

29 MAY 2010, NASA South Texas State, Equipped/Unequipped PL/BP/PS/PP (Alvin, TX) www.nasa-sports.com

29-30 MAY 2010, USPF Military Nationals and Muscle Beach PL (Venice Beach) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

MAY 2010, 15th WNPF & 2nd WNPF Lifetime Western Penn. Championships (Beaver, PA), Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net

4-6 JUN 2010, AAU Equipped National Powerlifting Championships & US Open RAW Powerlifting and Single Lift Championships (Pittsburgh, PA) at the Holiday Inn Pittsburgh Airport, Matt McCase, 304.376.7538, www.powerpromotionsusa.com

5 JUN 2010, SLP Missouri Open BP/DL Championship (Chesterfield, MO), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

5-6 JUN 2010, RAW United Florida State Championships (Melbourne, FL) at West Shores Jr./Sr. High School, 5.15.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

6 JUN 2010, USAPL New Jersey High School BP/PL Championships (NJ), Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908.874.5843

9-13 JUN 2010, WPC European Championships (Hungary), Peter Kerecsenyi, hungarianpowerlifingcongress@gmail.com, www.worldpowerliftingcongress.com

10-12 JUN 2010, APC National PL/BP Championships (raw & equipped, world team selection qualifier - Athens, GA) L. B. Baker, 770-713-3080

12 JUN 2010, SLP Superman Classic BP/DL Championship (Metropolis, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

12 JUN 2010, 100% Raw American Challenge Virginia State/Open BP, DL, SC (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968,

www.virginiapowerlifting.blogspot.com, valifting@aol.com

12 or 19 JUN 2010, USPF Division 2 National PL/BP (Fresno - Bob Packer) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

12 JUN 2010, NASA East Texas Open, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com

18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (Palm Springs, CA) Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com, www.usapowerlifting.com

19 JUN 2010, SLP Michigan Open BP/DL Championship (Ionia, MI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

24 JUN, 6th Vermont State Open Raw BP, All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, 802-999-7845, Rick Poston, www.allamericanfitnessvt.com

25-26 JUN 2010, ADFPF PL Nationals, (MO) Bill Duncan, mopowrlftr@yahoo.com

26 JUN 2010, SLP Samson's Gym Open BP/DL Championship (Hamilton, OH), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

26 JUN 2010, (TENTATIVE DATE) NASA USA Nationals, Equipped/Unequipped PL/BP/PS/PP, www.nasa-sports.com

26 JUN 2010, 11th WNPF Elite Nationals (PL/BP/DL/PC) (Ephrata, PA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

27 JUN 2010, 22nd WNPF Bench Press, Reps & Powercurl Nationals (Atlantic City, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

JUN 2010, APF Senior Nationals, Kieran Kidder/Amy Jackson, 866.389.4744, amyljackson@aol.com, www.worldpowerliftingcongress.com

10 JUL 2010, ANPPC World Cup Powerlifting Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

10 JUL 2010, RAW United Southern States Bench (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 6.19.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

10 JUL 2010, USPF Sacramento Pro/AM and Western Regionals, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

10 JUL 2010, USAPL Dells Summer High School Classic, Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034

10 JUL 2010, (TENTATIVE DATE) NASA Grand Nationals, Equipped/Unequipped PL/BP/PS/PP, www.nasa-sports.com

10 JUL 2010, California State Games (sanctioned by USAPL) (San Diego, CA) Lance Slaughter, (310) 995-0047, lanceoslaughter@yahoo.com, calstategames.org

10 JUL 2010, 2nd WNPF U.S.Open & 3rd WNPF Lifetime Raw Nationals (PL/BP/DL/PC) (Kissimmee or Merritt Island, FL), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

17 JUL 2010, 12th WNPF USA & 3rd WNPF Lifetime USA Championships (PL/BP/DL/PC) (Atlanta, GA) Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

17 JUL 2010, USAPL Commonwealth Games of Virginia (PP or single lift BP or DL) (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

24 JUL 2010, SLP Northwest Arkansas Open BP/DL/Curl Championship (Rogers, AR), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

24 JUL 2010, USAPL Mississippi State (Hattiesburg, MS), Knute Douglas, 601.606.1912, ogdawg29@yahoo.com, www.usaplmississippi.com

24 JUL 2010, USPF Muscle Beach Push - Pull (Venice Beach, Joe Wheatley) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

24-25 JUL 2010, EUROPA Show of Champions Sports & Supplement Expo (Hartford, CT), www.visionstarinc.com

31 JUL 2010, SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

31 JUL 2010, APA Wolverine State (PP/BP/DL/Strength Sports/Strict Curl/Overhead Press, Raw and Equipped) (Monroe, MI), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

JUL 2010, 14th WNPF Drug Free Nationals & 2nd WNPF Lifetime All-Americans (Youngstown, OH), Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net

2010 USAPL 2nd ANNUAL PHILLY EXPO BP & DL

JANUARY 9TH, 2010

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JUL or AUG 2010, AWPC World Championships, Kieran Kidder/Amy Jackson, 866.389.4744, amyljackson@aol.com, www.worldpowerliftingcongress.com

7 AUG 2010, SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

7 AUG 2010, APA Battle on the Bay (PL/PP/BP/DL, Raw and Equipped) (La Marque, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

7 AUG 2010, RAW United UPF Challenge II (Orlando, FL) at UPF Gym, 6.26.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

7-8 AUG 2010, NASA World Cup, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) www.denver.com/holiday-inn-central, www.nasa-sports.com

13-14 AUG 2010, EUROPA Show of Champions Sports & Supplement Expo (Dallas, TX), www.visionstarinc.com

14 AUG 2010, RAW United Southern States Deadlift (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 7.24.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

14 or 21 AUG, USPF Sierra Nevada Cup (Grass Valley, Steve and Karen Matthews) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

15 AUG 2010, 14th WNPF Raw Nationals & 11th WNPF (Equipped) Powerfest (PL/BP/DL/PC) (Bordentown, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

15 AUG 2010, SLP Missouri State Fair BP/DL Championship (Sedalia, MO), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

21 AUG 2010, SLP Indiana State Fair Outlaw BP/DL Championship (Beech Grove, IN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

22 AUG 2010, SLP Illinois State Fair BP/DL Championship (Springfield, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

28 AUG 2010, SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

28-29 AUG 2010, USAPL Bench Press Nationals (Charlottesville, VA - www.usaplnatioanls.com/2010-benchpress-Nationals/index.html) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

AUG 2010, 4th WNPF Virginia Championships (PL/BP/DL/PC) & **1st WNPF Lifetime Single Lift Nationals** (VA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

3-4 SEP 2010, AWPC/WPC Raw Worlds (Idaho Falls, ID) Mike & Linda Higgins, 208.528.0444, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com

4 SEP 2010, SLP Florida State Open BP/DL/Curl Championship (Kissimmee, FL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

4-5 SEP 2010, USPF Muscle Beach PL (Venice Beach - Joe Wheatley) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

11 SEP 2010, 4th WNPF Jake the Hammer Classic (BP/DL/PC) (Atlanta or Perry, GA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

11 SEP 2010, SLP Tennessee State Fair Outlaw BP/DL Championship (TN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

11 SEP 2010, APF/AAPF Summer Heat VI (Rock Hill, SC) Eric Hubbs, 803.366.9895, nettin_fish@msn.com, www.worldpowerliftingcongress.com

11 SEP 2010, APA Border Brawl (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

11-12 SEP 2010, RAW United Armed Forces Open III (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 8.21.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

12 SEP 2010, BPO UK Open PL, BP, DL (Four Seasons, Trallwn Rd., Llansamlet, Swansea) Ken Williams, 07970 625946

18 SEP 2010, APA Indiana PowerFest Championships (PL/PP/BP/DL/Strict Curl, Raw and Equipped) (Wheatfield, IN), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

18 SEP 2010, RAW United D&D Powerlifting Extravaganza II (Fort Myers, FL) at Evolved Athletics, 8.28.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

18 SEP 2010, SLP Bodyworks Gym/Spears Foundation BP/DL Championship (Dry Ridge, KY), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

18 SEP 2010, 4th WNPF All-Americans & 2nd WNPF Lifetime Pan-Ams (PL/BP/DL/PC) (Port St. Lucie, FL), wnpf@comcast.net, 812.204.2886

25 SEP 2010, 19th WNPF Penn. States & 2nd WNPF Lifetime Penn. States (PL/BP/DL/PC) (Ephrata, PA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

25 SEP 2010, SLP National Powerlifting Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

25 SEP 2010, APA Gulf of Mexico Championships (PL/PP/BP/DL, Raw and Equipped) (Corpus Christie, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

26 SEP 2010, SLP Atlas Gym Open BP/DL Championship (Kenosha, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

26 SEP 2010, 22nd WNPF Lifetime Nationals (PL/BP/DL/PC) (Bordentown, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

SEP 2010, WNPF Can-Am Nationals (Rochester, NY), Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net

2 OCT 2010, SLP Tennessee State BP/DL Championship (Lexington, TN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

2 OCT 2010, APA Great Lake State Championships (PL/PP/BP/DL, Raw and Equipped) (Monroe, MI), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

2 OCT 2010, NASA East Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com

9 OCT 2010, SLP Western National/Oklahoma State BP/DL/Curl Championship (Tulsa, OK), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

9 OCT 2010, RAW United Southern States Push/Pull II (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 9.18.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

16 OCT 2010, NASA Unequipped Nationals, Equipped/Unequipped PL/BP/PS/PP (Oklahoma City, OK) www.nasa-sports.com

16 OCT 2010, SLP Indiana State Open BP/DL Championship (Beech Grove, IN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

23 OCT 2010, ANPPC National Powerlifting Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

23 OCT 2010, 28th annual ADAU Raw Power "Central PA Open" PL (open and all age groups/divisions for men/women - Bigler, PA, the longest continually conducted drug free meet in the world) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.pikitup.com, al@pikitup.com

23-24 OCT 2010, 19th WNPF World Championships & International BP/DL Championships (Guatemala City, Guatemala), Troy Ford, wnpf@aol.com, 770 668-4841, www.wnpf.net

30 OCT 2010, SLP Open Grand National BP/DL/Curl Championships (Baraboo, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

30 OCT 2010, 6th Westminster Family Center Open Bench Press (Westminster, MD) 11 Longwell Ave. Westminster, MD, for entry form and more info contact Scott Bixler, 443.789.9452

30 OCT 2010, (TENTATIVE DATE) NASA Ohio Regional, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) www.nasa-sports.com

OCT 2010, USPF Modesto Open (Modesto - Mike Womack) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

OCT 2010, USPF Monster BP/DL (Chatsworth - Kevin Meskew) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

OCT 2010, USPF World Gym Classic D2 PL (San Francisco - Bob Packer/John Ford) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

2-7 NOV 2010, World PL, BP & DL (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd, Meet Director Greg Ashford, 01373-859997, www.wpfpowerlifting.com

6 NOV 2010, SLP Ohio State BP/DL Championship (Hamilton, OH), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

6 NOV 2010, USPF NorCal PL (Sacramento - Mark Bell) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

6 NOV 2010, APA Gulf Coast Battle of the Bad (PL/PP/BP/DL, Raw and Equipped) (Corpus Christie, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

6 NOV 2010, 19th WNPF World BP/DL/Reps/PC (Atlantic City, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

6-7 NOV 2010, RAW United National Championships (Melbourne, FL) at West Shore Jr./Sr. High School, 10.9.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

12-14 NOV 2010, WDFPF World PL Championships (Crowne Plaza Hotle, Dundalk, Co. Louth, Ireland) gedney@logonix.net

13 NOV 2010, USPF Central California Open (Taft, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

13 NOV 2010, NASA Colorado Regional, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) www.nasa-sports.com

13 NOV 2010, SLP Kentucky State BP/DL Championship (Louisville, KY), Dr. Darrell Latch, Son Light Power, 122 West Sale St.,

Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

20 NOV 2010, 3rd WNPF Lifetime World Championships (PL/BP/DL/PC) (Atlanta, GA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

20 NOV 2010, USA Raw Bench Press Federation World Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

20 NOV 2010, (TENTATIVE DATE) NASA Kansas Regional, Equipped/Unequipped PL/BP/PS/PP (Salina, KS) www.nasa-sports.com

21 NOV 2010, SLP Michigan State BP/DL Championship (Saranac, MI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

NOV 2010, WPC World Championships (Ukraine) Vitaliy Bobchenko, www.worldpowerliftingcongress.com

NOV 2010, USAPL Virginia State PL, BP, DL, Ironman (raw & assisted - Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

NOV 2010, USAPL Stars & Stripes BP & DL (Scranton, PA) www.purepowerlifting.com

4 DEC 2010, APA Battle of the Iron Barbarians (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

4 DEC 2010, (TENTATIVE DATE) NASA Missouri Regional, Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) www.nasa-sports.com

4 DEC 2010, IronMan D2 PL (Fresno - Bob Packer) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

4 DEC 2010, SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Bartlett, TN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

4 or 11 DEC 2010, 2nd WNPF Winter Classic (BP/DL/PC) & 2nd WNPF Lifetime BP/DL/PC Nationals (FL), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

5 DEC 2010, BPO British BP, DL Open Record Breakers, (Four Seasons, Trallwn Rd., Llansamlet, Swansea) Ken Williams, 07970 625946

5 DEC 2010, 18th annual Raw ADAU "Coal Country" Classic (separate SQ/ BP/DL meets, open and all age groups/divisions for men/women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.pikitup.com, al@pikitup.com

11 DEC 2010, 100% Raw Christmas Classic BP, DL, SC (Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

11 DEC 2010, USPF San Diego Open, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

11 DEC 2010, NASA West Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Hereford, TX) www.nasa-sports.com

11 DEC 2010, SLP Arkansas Christmas for Kids BP/DL/Curl Championship (Rogers, AR), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

12 DEC 2010, APA New England Winter Bash (Raw and Equipped) (Wallingford, CT), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

18 DEC 2010, SLP The Last One!...BP/DL Championship (Tuscola, IL) , Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

18 DEC 2010, NASA Illionois Christmas Regional, Equipped/Unequipped PL/BP/PS/PP (Flora, IL) www.nasa-sports.com

18 DEC 2010, 13th WNPF Sarge McCray (PL/BP/DL/PC) (Bordentown, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

18-19 DEC 2010, RAW United Police, Firefighter & Military Cup (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 11.27.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

19 DEC 2010, WNPF Delaware Championships (BP/DL/PC) (Lewes, DE), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

2010, USAPL Master's Nationals, www.usapowerlifting.com

2010, USAPL Raw Nationals (Denver, CO), Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com

2010, USAPL Police & Fire Nationals, www.usapowerlifting.com

2010, USAPL Deadlift and Push/Pull Nationals (Denver, CO), Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com

2010, USAPL Military Nationals, www.usapowerlifting.com

2010, 9th Annual South Jersey Sports Extravaganza (PL, Olympic Lifting, Strong Man, Arm Wrestling) (Jersey Shore, NJ) Robert Keller, www.southjerseyexpo.com

JAN 2011, USAPL HS/Collegiate Raw (Scranton, PA) www.purepowerlifting.com, www.usapowerlifting.com

8-10 APR 2011, USAPL Collegiate Nationals (Scranton, PA) www.purepowerlifting.com, www.usapowerlifting.com

10-12 JUN 2011, USAPL Men's Open, Teen, Jr. Nationals, Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com

JUL 2011, USAPL Raw Nationals (Scranton, PA) www.purepowerlifting.com, www.usapowerlifting.com

10-11 DEC 2011, USAPL American Open & Police/Fire Nationals (Bay St. Louis, MS) Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com

2011, USAPL Bench Press Nationals (Orlando, FL), Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com

2011, USAPL Deadlift and Push/Pull Nationals (Charlottesville, VA), John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www.usapowerlifting.com

2011, USAPL Raw Nationals (Scranton, PA), Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.usapowerlifting.com

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POWER PHOTO

OF THE MONTH

***ANOTHER RIPPED POWERLIFTER – Charles Smith**, 53, USAPL Team jacket in hand, after his last workout before flying to Taupo, New Zealand, for the IPF Masters Bench Press World Championships (photograph is courtesy of Charles Smith)*

APF/AAPF Gold Cup
8 NOV 08 - Park Forest, IL

BENCH				
(9-11)				
J. Hoffman	45			
(17-19)				
J. Single	110			
Open				
181 lbs.				
K. Hall	440			
198 lbs.				
A. Carol	400			
220 lbs.				
J. Gimmell	225*			
S. Barrego	475*			
275 lbs.				
P. Arroya	630			
Submaster				
242 lbs.				
B. Hoffman	600			
DEADLIFT				
FEMALE				
Master (55-59)				
M. Grimm	115			
Master (45-49)				
Willingham	190			
Master (40-44)				
M. Bischoff	—			
Powerlifting	SQ	BP	DL	TOT
MALE				
181 lbs.				
Master (50-54)				
G. Tennant	135	160	300	595
198 lbs.				
Master (50-54)				
Poniatowski	365	270	415	1050
220 lbs.				
Master (45-49)				
J. Bishop	525	385	470	1480
J. Dimaggio	565	305	435	1305
242 lbs.				
Master (55-59)				
T. Grimm	300	230	300	830
275 lbs.				
Master (40-44)				
J. Galloway	455	350	465	1270
Master (50-54)				
R. Falcioni	650	370	550	1570
(11-13) Open				
J. Hoffman	—	45	110	155
(17-19) Open				
J. Single	135	110	215	460
132 lbs.				
Open				
A. Flanner	260	150	305	715
148 lbs.				
Master (40-44)				
M. Bischoff	—	—	—	—

MALE				
(9-11)				
J. Hoffman	69			
(17-19)				
J. Single	111			
Master (55-59)				
M. Grimm	125			
Master (45-49)				
D. Willimgton	190			
Open				
181 lbs.				
K. Hall	440			
198 lbs.				
C. Tokarski	605			
220 lbs.				
A. Forest	435			
275 lbs.				
A. Camacho	525			
J. Patrick	825			
Master (50-54)				
181 lbs.				
J. Somma	470			
Master (45-49)				
220 lbs.				
R. Gray	440			
Open				
B. Cahill	75	60	190	325
198 lbs.				
Open				
A. Shopp	205	105	35	545
Teen (17-19)				
148 lbs.				
B. Ballard	185	155	240	580
220 lbs.				
M. Raddick	630	405	625	1660
275 lbs.				
K. Cummings	365	280	405	1050
Open				
148 lbs.				
B. Sanders	285	185	315	785
165 lbs.				
T. Norwood	330	365	450	1145
181 lbs.				
A. Singh	285	210	330	825
E. Stone	705	425	550	1680
198 lbs.				
M. Storm	685	580	535	1800
220 lbs.				
J. Visney	610	415	525	1550
242 lbs.				
S. Winston	500	405	475	1400
275 lbs.				
R. Bowsher	—	—	—	—
308 lbs.				
T. Moore	765	500	935	2000
Submaster				
148 lbs.				
T. Miller	440	265	475	1180
181 lbs.				
C. Cabrera	315	225	340	880
198 lbs.				
E. Domamski	705	405	565	1675
220 lbs.				
D. McCarrow	515	300	545	1360
242 lbs.				
T. Wilke	740	375	620	1735

Team Trophy: Power Corps. The head referee announced squat, which officially opened the Quality Classic Health & Fitness Center's Gold Cup Powerlifting & Bench Press Championships. Nine ladies made up the various divisions led by eleven year old Jasmine Hoffman and her sister Jenna Single. The electrifying Jennifer Gimmell displayed her bench pressing skills by setting a new bench press record. Brad Ballard, Michael Raddick and nine for nine Kyle Cummings rounded off the teen division by each winning first place respectively. Tremendous feats of strength were displayed by participants in each division producing best lifters. Best Female Lifter: Ms. Alftin Elanner, Best Male Lifter: Erv Domamski, and Overall Best Lifter: Mike Storm. (Courtesy Earl Davis)

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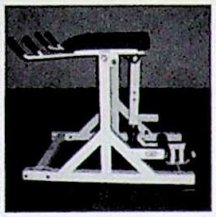

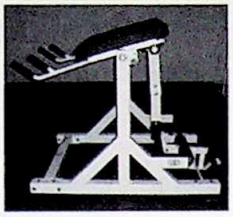

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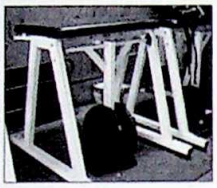

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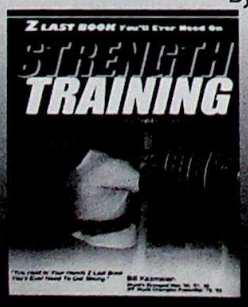

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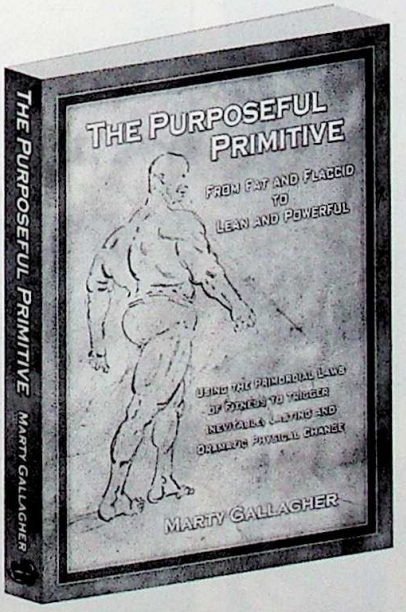

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(continued from page 25)

He uses triples in all three of the lifts, and after he warms up he will do 3x3 on his top lifts. He will use a four week wave, adding weight each week, then he will drop the weight back and increase the weight on the next wave. Bob does a few bodybuilding exercises, where needed, on the upper back and abs, but he will not work the shoulders because of pain. On Tuesday he benches, on Wednesday he takes a light squat, up to 315 and no more, some leg presses, hamstring work, and calf raises. He does ab work every day, at the gym and at home. On Fridays he does some close grip benching, 3x3 and on Sunday he does heavy squats and deadlifts still using the 3x3 top set routine. He likes using the bands from the floor in deadlift and he will allow some flexibility on this day if needed, but mostly it is heavy.

Bob is proud of his son J.D. who used to help at the meets Bob ran back in the 1980s and 1990s. At five years of age he deadlifted 125 pounds! J.D. has been exposed to powerlifting from childhood and as he grew up he did bodybuilding and later on started powerlifting. He has won ADFPA and APA National titles as well. His lifts at 242 pounds are a 600 raw squat, a 450 raw bench, a 655 raw deadlift for a big 1705 total. J.D. likes training with his father and told me that he will continue to train as long as Bob does. The acorn does not fall very far from the tree. I can only imagine what J.D. would do in gear at 275, as he is over six feet tall.

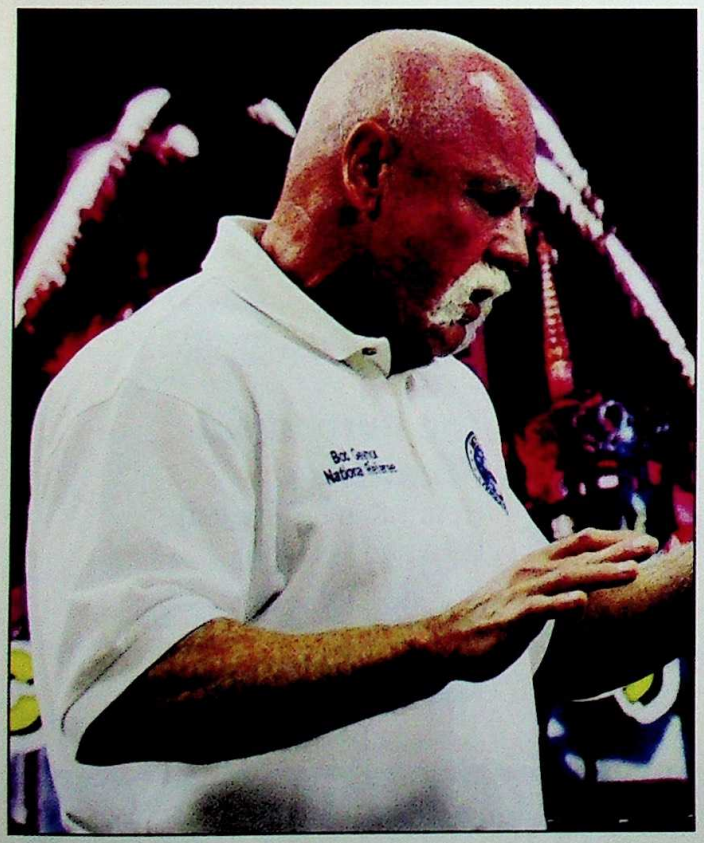
Bob feels that diet and supplements are very important as well, and the value of a good diet is vastly overlooked by most powerlifters. Some lifters seem to be proud of the fact that they eat at McDonalds. Bob feels that the less body fat you carry, the more efficient you will be. There are some people who still think that you should put on bodyweight when you start powerlifting, but I disagree with this as most of it will be fat. Protein intake is very important and I am not for sure if anyone knows the exact amount you need to take, but I take one gram for each pound of bodyweight and in order to do this you have to take 2/3 protein drinks each day.

Another important issue for Bob is vitamins. Your body must have an ample supply each day in order to keep it operating efficiently. Taking only a multi vitamin now and then will not work. Bob takes a good quality multi-vitamin plus 2000 mg. of vitamin C, 400 IUs of D, folic acid, CoQ10 and potassium and he takes them twice a day. He feels that as we age, diet, supplements and bodyweight become even more important and adding excessive bodyweight is not always healthy. Getting enough rest is just as important as training and it goes hand and hand with a good diet. When you are training, you are tearing down muscle tissue and it will only rebuild properly if you get enough rest. I remember many years ago hearing that Mike Bridges used to get 10 to 12 hours of sleep each day. I don't know if this is true, but I do know that sleep is critical and I do know that John Kuc would always try to get 8 hours of sleep.

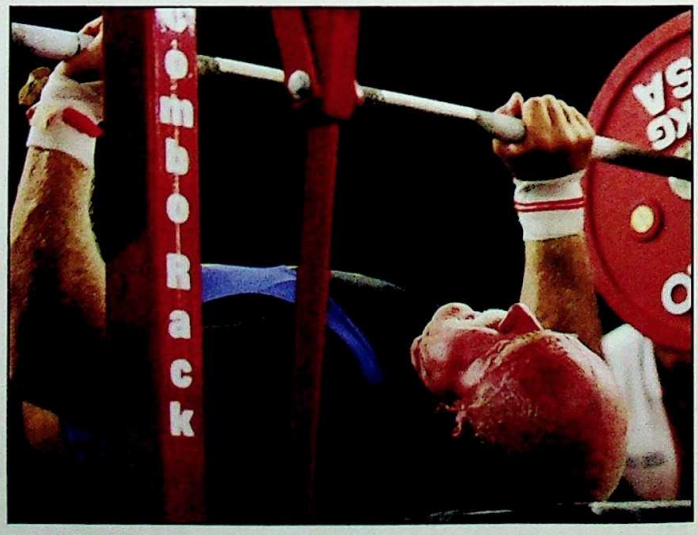
I asked Bob what he thought was the number one reason powerlifting advanced so much in the late 1970s and 1980s and even today. He said that Powerlifting USA, the magazine, was the reason for this. Before then, all we had was word of mouth and a few magazines like Muscular Development and Iron Man who would run a story or two, but it was always six months after the meets were over before you got the results. When PL USA came on the scene we got meet results, upcoming meets, training routines and general information on a monthly basis and everyone looked forward to getting PL USA. It had a very positive effect on our sport and still does. After over 32 years of publication it has never been exceeded as the number one magazine on powerlifting.

In closing this article on Bob, I have known him for about 24 years. We first met at the 1985 ADFPA Masters Nationals in Flint, Michigan, but in the last year we have talked on the phone and e-mailed each other several times. We judged at the Raw Unity meet last year in Florida and his knowledge of powerlifting is amazing. He is still a lifting machine, and does not like to be second at anything. After 47 years in this sport the fire still burns as bright as ever. In July 2009, at the USPF Nationals he pulled 672 pounds—this is the most weight ever pulled by a 63 year old man in the 220 pound class in any powerlifting organization ever—and he was lifting injured. He is hell bent on pulling a 700 pound deadlift and if he can avoid any serious injury, my money says that he will do it. Simply put, he is a fighter and he is not going gently into the night. He will rage against the coming light as long as he can and he will keep lifting until he finds no more worlds to conquer. The man is, indeed, a legend.

***Bob** and his wife, **Geri**, put on many great meets in Wilkes Barre, PA*



***Always ready to serve** – Bob also gives back to the sport as a referee*

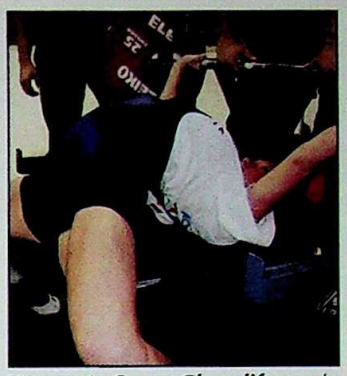


***Still Pumpin'** – Bob jamming up a bench press in Las Vegas in 2002*

(continued from page 23)

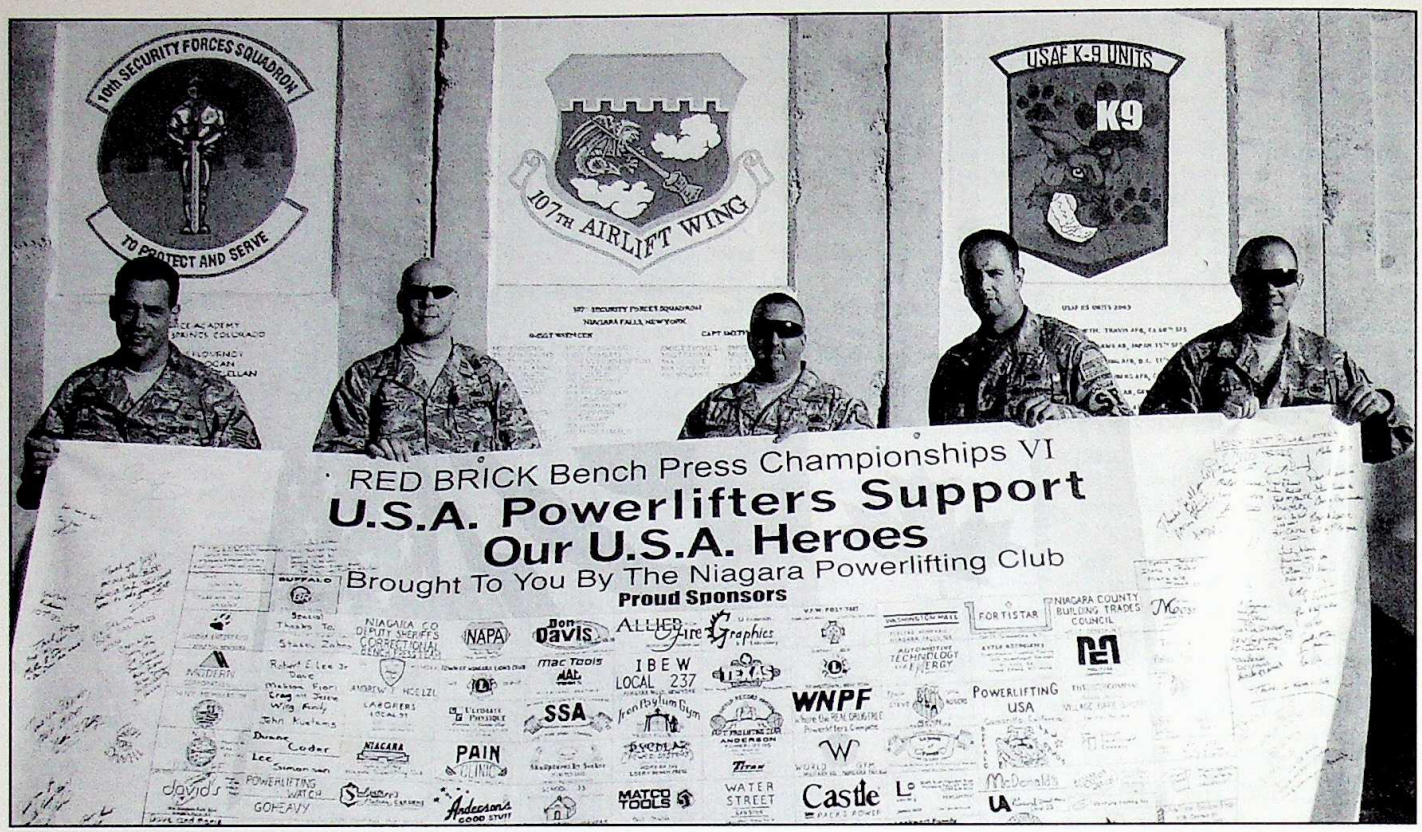
Master (50-54)				
Terlita-MLD	418	330	484	1233
Master (55-59)				
Bryndulya-UKR	374	286	451	1112
Master (60-64)				
Balakirev-UKR	352	264	396	1013
275 lbs.				
Open				
Stepanov-RUS	639	473	661	1773
Lukyanov-RUS	—	468	—	468
Strizhov-RUS	—	—	—	—
Teterin-RUS	—	—	—	—
Master (40-44)				
Solovey-RUS	—	—	—	—
Master (50-54)				
Burlakov-RUS	446	—	—	446
Kirillov-RUS	—	—	—	—
Master (60-64)				
Shariy-UKR	—	—	—	—
308 lbs.				
Open				
Stepanenko-RUS	622	418	710	1751
Master (40-44)				
Vasyuchenko-RUS		—	—	—
—				
Master (45-49)				
Chekushkin-MLD		710	396	506
1613				
WPC				
123 lbs.				
Teen (16-17)				
Gansh-RUS	286	187	396	870
Open				
Beliyev-AZE	286	193	374	853
132 lbs.				
Teen (16-17)				
Gornyy-UKR	270	193	292	754
Teen (18-19)				
Pyzhyanov-RUS	325	220	407	952
Open				
Eminov-AZE	374	248	495	1118
148 lbs.				
Teen (16-17)				
Fomin-UKR	292	209	—	501
Junior (20-23)				
Ustinov-RUS	451	308	473	1233
Master (70-74)				
Kiselev-RUS	242	176	385	804
165 lbs.				
Teen (18-19)				
Yurov-RUS	424	308	457	1189
Junior (20-23)				
Dekkert-RUS	—	—	573	573
Grishin-RUS	—	—	—	—
Kelin-RUS	—	336	—	336
Vardanyan-RUS	—	—	—	—
Open				
Dekkert-RUS	—	—	573	573
Povazhnyuk-UKR		424	325	506
1255				
Dyatlov-UKR	—	319	—	319
Ahmadov-AZE	440	253	418	1112
Master (70-74)				
Pereladov-RUS	264	198	396	859
181 lbs.				
Open				
Konovalov-RUS	551	462	644	1657
Willy-CAN	556	—	699	1255
Shiraliyev-AZE	557	396	—	953
Tomchin-RUS	541	—	—	541
Master (45-49)				
Boyarshinov-RUS		352	242	551
1145				
Master (65-69)				
Chepets-RUS	418	308	440	1167
Yakushov-RUS	363	—	442	805
198 lbs.				
Teen (18-19)				
Sergeiev-UKR	462	385	517	1365
Panaskin-RUS	440	308	506	1255
Junior (20-23)				
Kravchenko-RUS	—	352	727	1079
Hajiyev-AZE	—	369	—	369
Grigoryev-RUS	—	—	—	—
Feshchuk-UKR	—	—	—	—
Open				
Merkulov-RUS	606	473	—	1079
Umerenkov-RUS	—	—	—	—
Fitkevich-UKR	595	—	—	595
Dmitryev-RUS	528	407	705	1640
Vasyunin-RUS	—	462	—	462
Kelep-RUS	—	429	—	429
Zhabin-RUS	—	—	—	—
Cherednichе-UKR		—	—	—
—				
Kravchenko-UKR		—	—	—
—				
Master (40-44)				
Vrublevskiy-RUS	374	297	429	1101
Master (45-49)				
Babenko-UKR	462	330	551	1343
Master (50-54)				
Baranov-UKR	396	253	473	1123
Master (70-74)				
Nugumanov-RUS		418	253	418
1090				
220 lbs.				
Teen (18-19)				
Verdiyev-AZE	495	341	562	1398
Alexandrov-RUS	374	220	418	1013
Junior (20-23)				
Mitrofanov-RUS	617	—	683	1299
Lukyanov-RUS	595	407	644	1646
Blinkov-RUS	—	402	523	925
Yukhanov-RUS	—	297	639	936
Kopyl-RUS	484	—	528	1013
Doga-UKR	—	—	506	506
Miksha-RUS	374	308	484	1167
Krepitsa-RUS	—	—	—	—
Open				
Belyayev-RUS	705	462	815	1982
Kysil-UKR	727	517	661	1905
Malyk-UKR	617	—	617	1233
Kakoyan-RUS	—	—	639	639
Master (40-44)				
Fedulov-RUS	—	407	573	980
Vinogradov-RUS	—	—	562	562
Master (55-59)				
Laptenok-RUS	396	303	462	1162
Master (65-69)				
Andrianov-RUS	396	308	418	1123
242 lbs.				
Teen (18-19)				
Maslennikov-RUS		551	440	639
1629				
Junior (20-23)				
Sekov-RUS	639	—	672	1310
Yaroshenko-RUS	—	484	—	484
Padabed-RUS	—	440	—	440
Smolyanyk-UKR	—	—	—	—
Open				
Starodubskiy-RUS		—	—	—
—				
Brylin-RUS	—	—	749	749
Ayvazov-RUS	—	—	727	727
Chernyavskiy-RUS		639	—	683
1321				
Jay-CAN	—	—	—	—
Master (40-44)				
Chernyavskiy-RUS		639	451	683
1773				
Kovtunov-RUS	484	396	506	1387
Ladeyshchiko-RUS		462	308	484
1255				
Gimbarov-UKR	—	—	—	—
Master (45-49)				
Akhmetov-RUS	551	308	—	859
Master (55-59)				
Savelyev-RUS	308	264	484	1057
275 lbs.				
Junior (20-23)				
Kasko-RUS	462	374	573	1409
Open				
Agaev-AZE	732	490	793	2015
Simonyan-RUS	771	—	738	1508
Petrov-RUS	683	—	—	683
Mazur-MLD	—	—	—	—
Kukhnevskiy-RUS		—	484	—
484				
Master (40-44)				
Shomakhov-RUS	551	—	—	551
Master (45-49)				
Chernov-RUS	539	374	573	1486
308 lbs.				
Junior (20-23)				
Tsvetayev-RUS	595	435	628	1657
Bashkov-RUS	506	341	639	1486
Open				
Gryn-UKR	705	517	—	1222
Lomov-RUS	661	506	688	1855
Konstantinovs-LAT		—	506	903
1409				
Master (40-44)				
Gryn-UKR	705	517	639	1861
308+ lbs.				
Junior (20-23)				
Sarychev-RUS	440	628	661	1729
Open				
Snigirev-RUS	738	506	738	1982
Polyakov-RUS	705	551	661	1916
Sarychev-RUS	—	628	661	1288
Namazov-AZE	—	—	—	—

October, 2009 was the First WPC/AWPC RAW World Championship held in Rostov, Russia, with close to 700 WPC/AWPC powerlifters attending. The International city of Rostov is on the Don River very near the Black Sea. The population is over 1.5 million people and was founded in 1749 and is a very popular tourist attraction. For me, leaving from Chicago, Illinois and going through Istanbul to Rostov was easy. Rostov has an international airport and is on route of all major roads and railways, bottom line - a perfect location for an International meet. The hotels and restaurants were great, sushi one night and pizza the next. I didn't have any problems with communication and everyone was helpful. The hotel had a business center so I could use their internet to send e-mails to family and friends all over the world. The venue was an ultra modern convention center with a hotel attached, very much like the set up at the ARNOLD Sports Festival. Powerlifting was the main show, but there were vendors and other contests like strongman, bodybuilding, and karate demonstrations. In order to run a championship with this many lifters, there must be a massive amount of computerization, easily to read information, and support personnel who know what they are doing. Using the very best in technology, lifters knew exactly when to weigh in, what group he or she was lifting in, the order of lifting, and the current results and status of the competition. LED and Plasma screens were everywhere. There were 15 hour days, but with accurate information posted the lifter knew when he was to lift and showed up at the right time. Really, how many times have you showed up with family and friends at a meet and sat for hours waiting. The warm-up room had plenty of space and tons of equipment, most of it brand new. The main stage also had all new equipment, including safety racks on the benches, which saved several lifters who were going heavy. Once the lifter was on the main stage, it was all about him! Medical personnel were on site and used more than once. The judging team was WPC/AWPC International level. They made sure the lifter knew exactly what was expected by the current rules and all concerns were answered immediately. There were rule and judge's meetings before every session. The spotting team was given instructions on rules and safety. There were no problems on the platform. The background on stage was a giant printed screen, very effective and every picture of the lifter was a keeper. The meet directors had advertising all over the city. There were billboards on major streets. There were posters at bus stops. All forms of media were used to focus on the lifters. Internationally, I have always done television interviews: in England, Finland, Ukraine, Azerbaijan, and Russia. The WPC/AWPC is always going forward in that regard. In Rostov, it was the first time that I and Yuriy Ustinov (more on him later) and some of the lifters did "live" TV from a sound stage. At the venue, many lifters were interviewed for TV, radio, and newspapers and were having pictures taken and signing autographs with old and new fans. A small side note, sure we lift extreme weights, but this organization recognizes the extreme effort of all the lifters. The opening ceremony



***Women's Open Class lifter** taking advantage of a very high arch*

acknowledged these tremendous powerlifters and strength sportsmen. I had the opportunity to meet and spend some time with the Russian Superman, super heavyweight Olympic lifter Vasily Alexeev. This individual had won two Olympic Gold medals and set 80 plus world records. He also was the Sports Illustrated "Strongest Man" and elected "Best Sportsmen in the 20th Century". Also on hand was Dmitriy Klokov, Olympic lifting silver medalist in 2008 Olympics in Beijing. I always ask one question, is there any substitute for hard work and the answer is always the same, no! If it is true that 'you are who you hang with' then WPC/AWPC powerlifters hang with the right people! Every lifter was given a certificate of appreciation. The medals were all of very high quality and the open class medals were gold plated. The awards ceremony was on the main stage on the podium. The pictures looked great! The lifting population was young, old, men, and women. Many were from other organizations that gave the WPC/AWPC an opportunity to serve them and all were happy and will come back. It is impossible to tell all the great stories about the efforts seen on this platform. These are just a few. The Latvian Konstanin Konstatinovs is a deadlifting machine. We have all seen his YouTube videos. He wears no equipment and has done 55 pullups at 290 pounds. His top deadlift is in the mid 900s. I like everything about this guy and at 30 years old, we haven't seen anything yet. He was hurt and still pulled over 900. My closing statement – Special note: One of the main meet directors was our WPC/AWPC Eurasia Group President Yuriy Ustinov. This is a good man, very effective. At dinner, he told me a story that he had been contacted by other organizations to join them. I smiled and said 'me too!' When people do a good job, others should notice, and all of our Country Presidents do a good job. The Congress of the WPC/AWPC is committed to serving the lifter. This was one of a series of Championships that focus on these individuals. Wait till next year, the lifter is going to have more opportunities to credibly acknowledge their efforts through the WPC/AWPC! (Thanks to Yuriy Ustinov for providing the results)



*For the past six years, the **Niagara Powerlifting Club** has organized a bench press competition called **The Red Brick Bench Press Championship** which takes place at the historic Red Brick School in Lewiston, NY. The competition raises money for our US Military troops overseas as well as military families. 100% of sponsor donations have gone directly to the Military Family Support Group, run by the New York Air National Guard 107th Air Refueling Wing in Niagra Falls, NY. If you are interested in donating, you can send checks, non-perishable food items, and gift cards to Lewiston Red Brick School, 145 N. 4th St., Lewiston, NY 14092, Attention: Marianne Gitterman. If you are interested in competing in this year's Red Brick BP Championship taking place on February 20, 2010, contact Dennis Brochey, 716.200.3533, cdbrochey@roadrunner.com, or go to www.niagarapowerliftingclub.com for more information (photo c. Dennis Brochey)*

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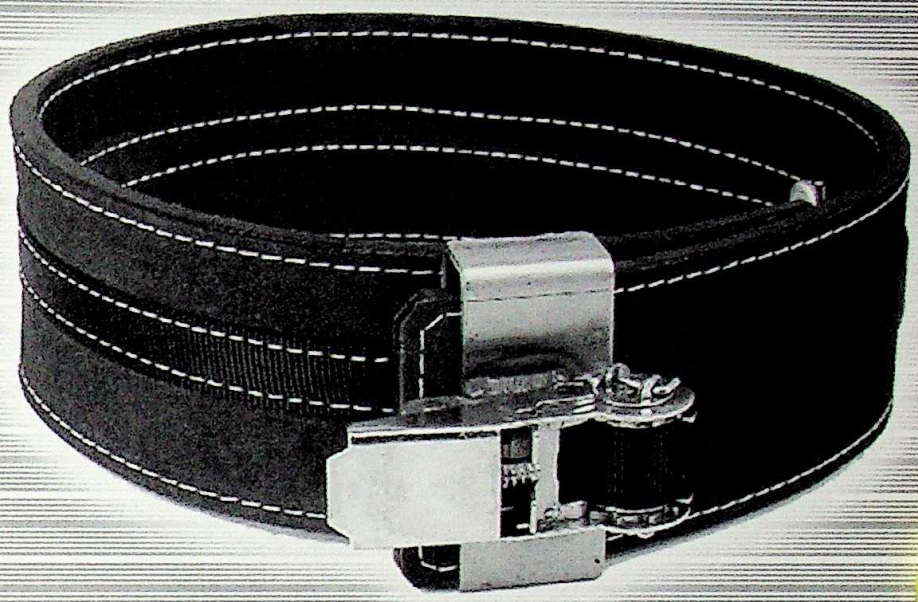

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3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.

4. Ratchet/tighten belt as desired.

5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

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ANPPC World Cup
11 JUL 09 - Tuscola, IL

BENCH
FEMALE
Master (45-49)
242 lbs.
L. Muraro 110*
MALE
Master (40-44)
242 lbs.
T. Cox 355*
275 lbs.
T. Nixon 425*
308 lbs.
K. Tolson 330*
Master (45-49)
220 lbs.
D. Leslie 385*
Master (50-54)
308 lb.
B. Cribelar 350*
SHW
J. Bible 470*
Master (55-59)
181 lbs.
D. Sparks 420*
Master (60-64)
181 lbs.
R. Carlson 315*
198 lbs.
S. Mahalik 235*
Master (65-69)
198 lbs.
P.Wilder 275*
Police/Fire (40-44)
308 lbs.
P. Newton 505
Police/Fire (65-69)
198 lbs.
P. Wilder 275*
Police/Fire Open
181 lbs.
S. Suda 330
Open
165 lbs.
T. Whitney 350*
242 lbs.
J. Wilks 475*
DEADLIFT
MALE
Teen (16-17)
165 lbs.
S. Dodge 400*
220 lbs.
R. Robinson 345*
4th-375*
Master (45-49)
220 lbs.
D. Leslie 420
Master (50-54)
198 lbs.
M. Raya 570*
Master (60-64)
181 lbs .
R. Carlson 430*
198 lbs.
S. Mahalik 425*
Master (65-69)
181 lbs.
A. Parness 250*
198 lbs.
P. Wilder 380*
4th-400*
Master (70-74)
148 lbs.
R. Lee 250*
Police/Fire (40-44)
308 lbs.
P. Newton 540*
Police/Fire (65-69)
198 lbs.
P. Wilder 380*
4th-400*
Police/Fire Open
181 lbs.
S. Suda 450*
Open
181 lbs.
S. Suda 450*
308 lbs.
C. Williams 580*
SQUAT
MALE
Teen (16-17)
165 lbs.
S. Dodge 330*
Master (60-64)
198 lbs.
S. Mahalik 430*
Police/Fire Open
181 lbs.
S. Suda 350*
4th-375*

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Teen (13-15)				
148 lbs.				
E. Musson	135	105	205	445
	4ths: SQ-145		DL-215	
MALE				
Teen (13-15)				
148 lbs.				
N. Davis	275	145	320	740
		4th-DL-330		
275 lbs.				
S. Tolson	355	280	400	1035
Teen (16-17)				
165 lbs.				
S. Dodge	330	185	400	915
198 lbs.				
N. Ames	250	185	365	800
275 lbs.				
S. Willoughby	345	260	380	985
	4th-SQ-355			
D. Reed	350	245	365	960
Junior				
242 lbs.				
J. Breisch	650*	385*	575*	1610*
	4th-SQ-680*			
Submaster				
165 lbs.				
D. Horner	500*	320*	480*	1300*
Master (40-44)				
220 lbs.				
B. Davis	475	315	460	1250
Master (45-49)				
220 lbs.				
T. Carnaghi	750*	450*	560*	1760*
Master (50-54)				
165 lbs.				
D. Kibler	425*	245*	350*	1020*
Master (55-59)				
220 lbs.				
M. Boehme	425*	145*	415*	985*
Master (60-64)				
181 lbs.				
R. Carlson	430*	315*	430*	1175*
	4th-SQ-455*			
198 lbs.				
S. Mahalik	430*	235	425*	1090*
Master (65-69)				
Master (65-69)				
198 lbs.				
P. Wilder	340*	275*	380*	995*
	4th-SQ-425*		DL-400*	
Police/Fire (65-69)				
198 lbs.				
P. Wilder	340*	275*	380*	995*
	4th-SQ-425*		DL-400*	
Open				
220 lbs.				
T. Carnaghi	750	450	560	1760
242 lbs.				
J. Willoughby	420	405	520	1345
275 lbs.				
V. Munoz	400	350	425	1175
4ths:	S-425	B-360	D-450	
308 lbs.				
B. Williamson	650*	465*	495	1610*

Best Lifter Bench Open Men: Julian Wilks. Best Lifter Deadlift Open Men: Mike Raya. Team Champions: Lucky Old Timers. Best Lifter Powerlifting Open Men: Tom Carnaghi. Best Lifter Powerlifting Master Men: Tom Carnaghi.

The 2009 ANPPC World Cup Powerlifting Championship was held at Son Light Power Gym in Tuscola, Illinois. With fifty-five entries, from as far away as Montana and South Carolina, this was our largest turnout in recent years. Thanks to my son Joey Latch and Adam Fancher for doing another great job of loading and spotting. Also a big thanks to side judges John Bible and Linda Middleton, who both did a great job. In the powerlifting event we begin with our only lady lifter Elizabeth "the Danville Peach" Musson, who won at teenage women 13-15/148 with a great 465 total. In her first competition the "Peach" finished with a 145 squat, 105 bench and a 215 deadlift. A great start for a fine lifter with a solid future in the sport. At 13-15/148 it was Nico Davis for the win. Nico finished with a 275 squat, 145 bench, a big PR 330 pull for a great 750 total. Spencer Tolson, who won at 13-15/275, got a big 355 squat and 280 bench to go with his pr 400 deadlift, giving him a 1035 total. In the 16-17 age, best teenage lifter Skyler Dodge set all new pr's at 165. Skyler finished with a 330 squat, 185 bench, and 400 deadlift for a 915 total. Nathaniel Ames won at 198, finishing with 250-185-365-800. At 275 we had somewhat of a battle between Steve Willoughby and Demetrius Reed. It was close all the way with Steve finishing in the lead 345-260-380-985 over Demetrius who settled with 350-245-365-960. Steve came back with a 355 squat to give him a 995 total. Jeff Breisch came up from South Carolina to break all of the ANPPC World Cup records at junior men 242. Jeff had a great day in his first full meet finishing with a 650 squat followed by a 385 bench. His 575 deadlift gave him a great 1610 total. Jeff's fourth attempt squat of 680 was also good, giving him 1640. Another great lifter on the day was submaster 165 winner David Horner. Going eight for nine on the day, David finished with a big 500 squat, 320 bench and 480 pull for a 1300 total. David's only miss came on his final bench of 335. David broke all of the existing World Cup records for his class. Moving to the master's class it was Bruno Davis at 40-44/220 with a 1250 total. Bruno finished with a 475 squat, 350 bench and 460 deadlift. Breaking all the records at 45-49/220 was perpetual best lifter Tom Carnaghi. Finishing with the biggest squat of the day at 750, Tom followed that with a personal best 450 bench. His 560 deadlift gave him the biggest total of the day, 1760. Tom also captured the open 220 class along with the best lifter trophy for both the master and open lifters. Darrell Kibler returned to competition after a couple of years off to win at 50-54/165, setting all new World Cup records in the process. Darrell squatted with 425, benched 245 and pulled 350 for a great 1020 total. Michael Boehme did the same at 55-59/220 finishing with 425-145-415-985. Coming back from a bout with arthritis, Michael showed some solid lifting in the squat and deadlift. In the 60-64 age group it was Richard Carlson at 181 posting all new ANPPC world records there. Richard finished with a personal best 455 squat. His 315 bench and 430 deadlift gave him his first 1200 pound total! Dr. Steven Mahalik set the records for the squat (430), deadlift (425) and total (1090) at 198. Steven finished the day with a 235 bench for his total. Paul Wilder came from Ohio to establish all new records in the 65-69/198 class for both the police and fire and open master's division. Paul had a great day with a 425 squat, 275 bench and 400 deadlift for a great 1100 total. Paul will turn seventy next year where I'm sure he'll demolish the records for the 70-74 age group. Jarrod Willoughby won at open/242, finishing with a 420 squat, 405 bench and a 520 deadlift for a 1345 total. Lifting raw and finishing with a perfect twelve for twelve day was open 275 winner Victor Munoz. Victor's 425 squat, 360 bench and 450 deadlift gave him a 1235 total. Our final lifter in the full meet was 308 winner Brandon Williamson. Recovering from a recent hamstring injury, Brandon, who is one of the great young deadlifters from the state of Illinois, pulled a conservative 495. Brandon did, however, set the record in the squat (650), bench(465) and total (1610) for his class. For the single lift competition in the squat we had three fine competitors, all of which posted new World Cup records for their respective classes. Skyler Dodge hit 330 at 16-17/165. Dr. Steven Mahalik set the record at 60-64/198 with 430. Then for the police and fire open/181 class it was Montana's Shawn Suda with 375. On to the bench press competition. Newcomer Laura Muraro set the record for the women's 45-49/242 class with 110. In the men's master 40-44 division we had three winners, all of which set new raw records. It was Terry Cox at 242 with 355, while Tony Nixon hit 425 at 275. Then at 308 it was Keith Tolson with 330. Dave Leslie won again at 45-49/220 with his raw record of 385. At 50-54/308 it was Brent Cribelar with 350. One of my old lifting buddies from Georgia, John Bible, set the raw ANPPC World Cup record at 50-54/SHW with 470. John, who is also one of the greatest deadlifters to come out of the southern states, just continues to get stronger with age. Darris Sparks came over from Ohio to break the existing World Cup record at 55-59/181 with 420. Richard Carlson set the record at 60-64/181 with 315. Dr. Steven Mahalik did the same at 60-64/198 with 235. Paul Wilder continued his assault on the ANPPC record book with his 275 bench at police and fire and open master 65-69/198 classes. Paul Newton, current record-holder at police and fire 40-44/308, stopped with his opener of 505 due to a minor pec injury. In the open police/fire 181 class it was Shawn Suda with 330. For the open classes it was Tony Whitney with 350 at 165 and best overall lifter Julian Wilks with 475 at 242. Both of these open lifters established new ANPPC World Cup raw records for their respective classes. In the deadlift competition Skyler Dodge continued to set new records at 16-17/165, finishing with his personal best 400. A new lifter, Randon Robinson, set the record at 16-17/220 with 375. Dave Leslie won again at 45-49/220 with 420. Dave hails from the state of Iowa. Our best lifter in the deadlift competition was Mike Raya, who lifted in the 50-54/198 class. Mike finished with a new world record of 570. Richard Carlson set the record at 60-64/181 with 430, while Dr. Steven Mahalik did the same at 198 with 425. Alan Parness broke his own World Cup record at 65-69/181 with 250. Another record came from teammate Richard Lee, who finished with 250 at 70-74/148. Paul Newton came back from his disappointment in the bench to pull a new personal and World Cup record of 540 at police and fire 45-44/308. Paul Wilder set the records for both the police and fire and open master 65-69/198 classes with 400. Shawn Suda pulled a personal best and World Cup record of 450 at police and fire open/181. Shawn also posted a new record for the open 181 class as well. Our final deadlifter was open/308 winner Chuck Williams. Chuck, a big naturally strong puller, has plenty of potential, and once he gets some more competition experience, he will be hard to beat. Chuck finished with his opener of 580, another ANPPC world record. He actually locked out with 615, but was called for a slight hitching motion at the top of the lift. Thanks once again to my son Joey and Adam for doing a great job on the platform, to John Bible and Linda Middleton for serving as our side judges, and to Keith Tolson, Steve Wagner, Billy Jeffries and Tony Nixon for helping out throughout the meet. A special team award was given to Richard "Lucky" Luckman by his team members Michael Boehme, Alan Parness and Richard Lee; the Lucky Old Timers! See you all again next year. (Results are courtesy of Dr. Darrell Latch)

Tony Whitney & ANPPC World Cup best bencher Julian Wilks (photo courtesy of Dr. Darrell Latch)

ANPPC World Cup Team Champs - The Lucky Old-Timers (D. Latch)

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The Nitro-Tech Hardcore Pro Series formula also includes three state-of-the-art technologies: Tri-Phase Filtration Technology for ultra-pure protein, Micro-Diffuse Technology for better dissolution and dispersion of a powerful musclebuilding ingredient and Nitrogen Retention Technology for ultimate strength and muscle gains! Get what Kroc's on. Get Nitro-Tech Hardcore Pro Series and jack up your strength!

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- Build 73% more dense muscle than using whey protein!
- Get 25% more protein per serving than the previous formula!

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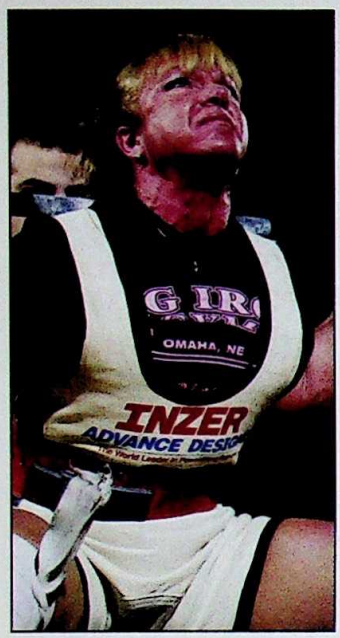
In a six-week collaborative, double-blind study by researchers from University of Saskatchewan and St. Francis Xavier University, test subjects using the core formula in Nitro-Tech Hardcore Pro Series gained 73 percent (8.8 vs. 5.1 lbs.) more pure muscle than subjects using whey protein; the placebo group only gained 2 pounds. © 2009. Read the label before use.

(continued from page 8)

Keep pushing your hips back as you descend. Find parallel and dip at the bottom. Pay attention and learn to feel where depth is so you don't always have to rely on someone's call.



***Deb Widdis** – 623 @ 181 lb.*

"Our lifters are taught to keep their elbows under the bar, with the bar positioned below the traps on the rear delts," says Rick. Elbows should be pulled in, which locks the bar in the center of your back. Keep your chin up, looking straight ahead rather than up or down. If you are too erect, you may need to bring your chin down a bit and adjust the bar off your neck.

This is the same squat form you will use for all of your sets, whether you are warming up, doing heavy sets, or doing overload sets.

The BIG Squat Workout

This workout is 8–12 working reps done after about 25 warm-up reps. The reps for warm-ups are typically done in sets of 10/5/3/2/2. These sets are not set in stone, as they will vary depending on your max weight. A 900 lb. squatter will do more warm-up sets than a 300 lb. squatter.

Proper warm-ups should never be rushed or skipped to save time since that could sacrifice your strength and put you at risk for an injury.

When setting up a 10-week contest cycle, set up your reverse band training using the following guidelines:

- Two weeks with bands, one week off, repeat
- Do at the very end of the workout, after heavy workload without bands
- Use briefs only or suit bottoms with straps down
- Use weight that is 100–150 lb. over your heaviest set prior
- Do 2 sets with bands
- Set 1: 2 reps with 100 lb. overload
- Set 2: 1–2 reps with 150 lb. overload

For example, a 900 lb. squatter would follow his heaviest set of 900 lb. with 1000x2 then 1050x1 with reverse bands.

Adjust the weights that you use based on your skill level. This means that the overload poundage may be more or less than the suggested 100 lb. in set 1, depending on your individual situation. Keep in mind that multi-ply lifters will be able to make bigger jumps than single-ply lifters, and that the more you train this way, the more confident you will be to make bigger jumps and squat heavier weight.

Start with bands the first week of the training cycle, and do them at least six times leading up to the meet. Always do them your last squat day before a meet, which at Big Iron is always 10 days out. On the last workout, go up to your opener, then add bands and do your second attempt. If the weight is feeling good, finish with a band set of your max weight.

The weight used for band sets will be your working set weight in 2–3 weeks. At 8–10 weeks out, you will use overload weight with bands to match your planned weight attempts at the meet. By applying the overload principle—as you get closer to the meet—the weight you have been doing with bands becomes more realistic without them. Starting at 8 weeks out, do your opener with reverse bands, and you will be doing it without bands easily by the time of the meet.

If you start to feel overtrained, do NOT quit! BIG lifters may back off for a week and do fewer sets or use lighter weights, but they never take a week—or even a workout—off. The key to continually getting stronger is to always do your competition lifts every single week leading up to a meet. If you start to feel like you may be overtraining, increase your protein intake and get plenty of rest.

***Rick Hussey** with one of his Big Iron Gym lifters, **Michael Cartinian**, who has squatted an impressive 930 pounds at 181 pounds*

Additional Factors

Reverse bands are looped around the top of the Monolift or power rack, and choked around the outside of the plates. At Big Iron, green bands are most commonly used for lifters of every level.

Because the bands pull more when they are stretched further, taller lifters get less stretch in the top, thus the weight feels heavier than it does for a shorter lifter. Shorter lifters, being closer to the ground, feel the bands stretch at the top and the bottom, while taller lifters will feel de-load at the bottom, but not much at the top.

Taller lifters will want to use less weight, choke the bands out further on the bar, or wrap the band twice around the bar. The height of most of the Big Iron guys is 5'9" or less, and most are wide-stance squatters. This stance is ideal for reverse band training.

Make sure that you have plenty of spotters when you go through this squat workout. The overload sets will feel very heavy at the top, and this can be risky if you do not have good spotters paying close attention.

Off-Season Training

It you aren't training for a meet, do your heavy sets of three reps with real weight, followed by two sets of three reps with reverse bands. Use lighter weight than you use when preparing for a meet. Use bands every other week instead of 2 on, 1 off.

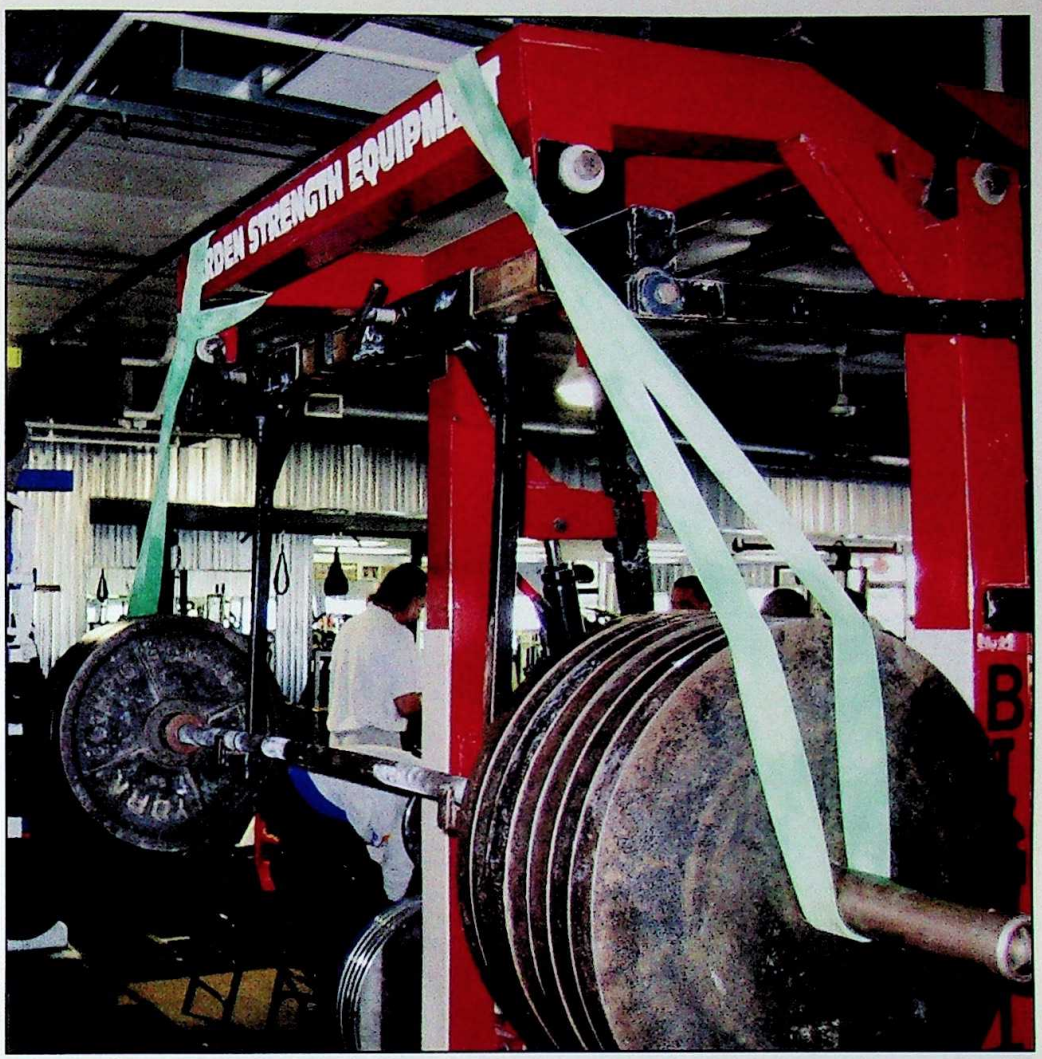
Proven Success

This program is proven to increase your squat numbers if followed exactly as Rick has designed. Take a look at some of the record-setting squats out of BIG in the last few years:

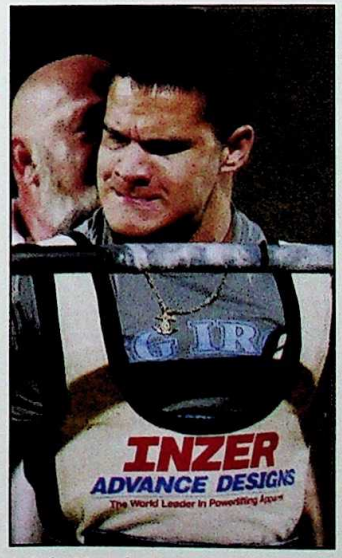
- Jim Grandick, 1058 at 275
- Justin Graalfs, 1085 at 242
- Justin Redding, 1003 at 242
- Anthony Acome, 981 at 242
- Shawn Frankl, 1055 at 198
- Michael Cartinian, 930 at 181
- Nick Hatch, 837 at 165 (Teen)
- Mike Taylor, 876 at 242 (Masters II)
- Becca Swanson, 854 at 242 (Women)
- Krystal Cary, 624 at 181 (Women)
- Deb Widdis, 623 at 181 (Women, Masters I)

You may notice that these examples show lifters in categories across the board—men, women, masters, and teens. Many Big Iron lifters had been training for only about a year before hitting huge numbers in the squat. This program is not just for the open lifters; while the weights used in training may vary, the method will work effectively for any lifter.

If you are looking for a program tailored specifically to your strength level, background, and goals; your best bet is to contact Rick for a specific program. Visit www.bigirongym.com to learn more.



*To achieve big squats, **BIG** uses **Reverse Bands**, which allow the lifter to feel heavier weight on their back*



Nick Hatch – 837 @ 164 lb.

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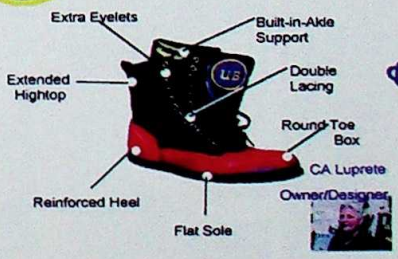

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Street Address	Club Name

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 Mater I II III IV	World National	Y N		M F		

Registration Fee: $35.00
Teenagers, Disabled, & Special Olympians: $25.00

Make checks payable to and mail to:

WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
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Golden Valley, MN 55427

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

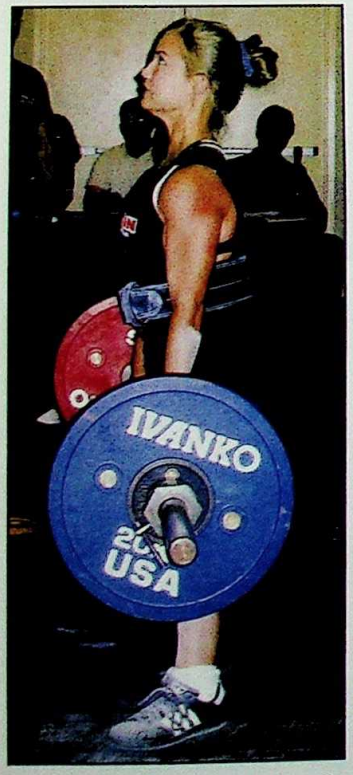
In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

If under 18, have parent initial_____ Signature_____

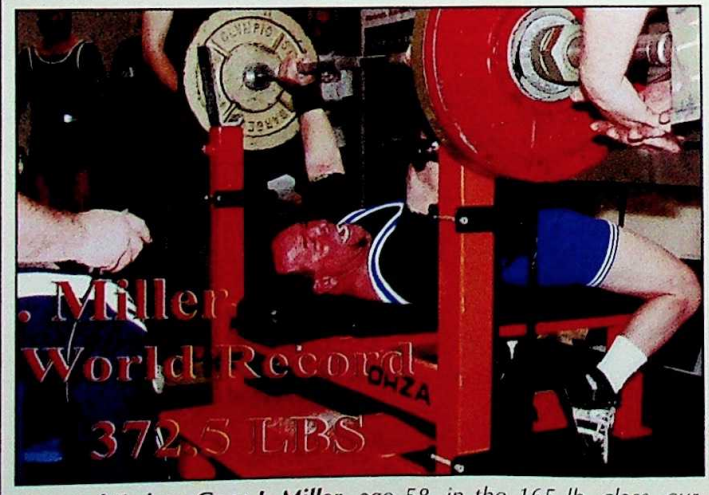
***Cynthia Miller**, age 49, 123 lb. weight class, holds Nevada State records in the bench and deadlift*

WABDL Nevada State
8 AUG 09 - Pahrump, NV

BENCH
FEMALE
123 lbs.
Master (47-53)
Miller 94*
148 lbs.
Master (40-46)
Bradshaw 121
165 lbs.
Master (47-53)
Emond 116
4th-122*
181 lbs.
Law/Fire (56+)
Jones 127
4th-128!*
198 lbs.
Junior
Macviney 254
4th-275*
Master (47-53)
Gatling 121*
MALE
97 lbs.
Teen (14-15)
Tuhus 990*
123 lbs.
Teen (12-13)
Whittington 105*
148 lbs.
Junior (20-25)
Miller 176*
Master (47-53)
Wach 123*
Master (54-60)
Aker 204
Master (61-67)
Matheson 171
4th-182*
Master (68-74)
English 237*
Open
Wach 232
Teen (18-19)
Miller 248
4th-259*
165 lbs.
Master (47-53)
White 309
Master (54-60)
Cain 276
Tuhus 276
Master (61-67)
Lemire 270
Open
Bingham 314*
181 lbs.
Master (40-46) Open
Carr 320
198 lbs.
Master (68-74)
Franke 321*
DiGregorio 187
Master (75-79)
Yavorka 220
4th-226*
Teen (18-19)
Gonzalez 353
220 lbs.
Law/Fire (48-55)
Beckett 265
Master (40-46)
Bradshaw 480
Master (47-53)
Jones 430
Master (61-67)
Leos 309
4th-321*
Master (68-74)
Prince 325
4th-336*
Open
Campbell 265
242 lbs.
Law/Fire (56+)
Smith III 364
Teen (18-19)
Pickens 440*
259 lbs.
Junior (20-25)
Schraw 314
Law/Fire Submaster
Burns 303*
Open
Shipley 485
Teen (18-19)
Shipley 485*
275 lbs.
Law/Fire (40-47)
Lindsay 402*
Master (61-67)
Acey 386
308 lbs.
Master (40-46) Open
Dennison 601
Teen (16-17)
Brown 236*
Super
Teen (18-19)
Browne 342
4th-364*
Class I
Davis 386
DEADLIFT
FEMALE
123 lbs.
Master (47-53)
Miller 187
4th-204*
132 lbs.
Junior (20-25)
Phipps 254



***Krystal K. Miller**, age 21, 148 lb. weight class, holds 2 WABDL Nevada State records: 176 lb. bench press and a 259 pound deadlift*

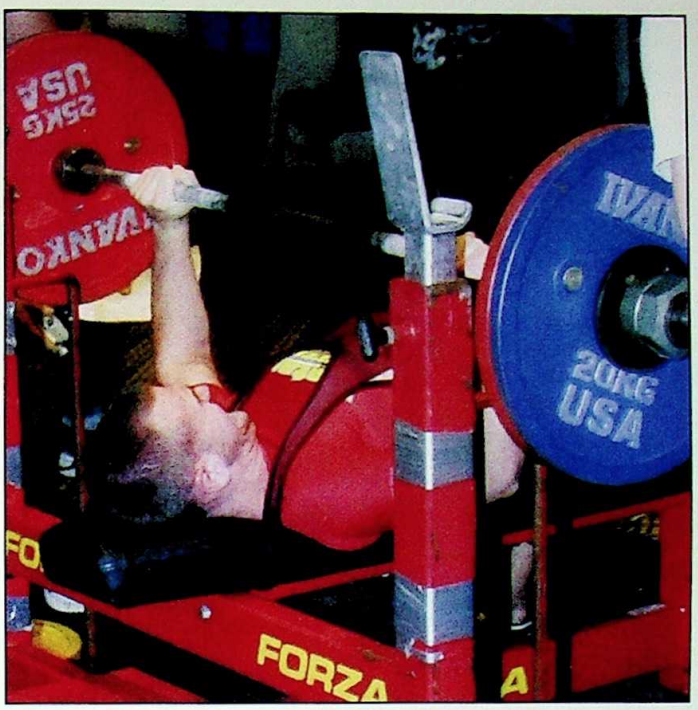


***Personal Trainer Gary J. Miller**, age 58, in the 165 lb. class, currently holds 6 World Records, 8 National Records (BP & DL), and 16 Nevada State Records (BP & DL), over the 148 and 165 lb. classes in WABDL, USPF, and WPF. Out of all the lifters in this meet from Pahrump, NV, 15 state records and 3 world records were set and 11 of those state marks and 1 of the new world records are people who are trained by Gary Miller (photographs are courtesy of Gary Miller)*

***Alfred Franke,** age 68, 198 lb. class holds a world record, a national record, and 6 Nevada State records (bench press and deadlift)*

4th-281*
Phipps 160
148 lbs.
Junior (20-25)
Miller 259*
198 lbs.
Junior (20-25)
Macviney 336
4th-352*
MALE
97 lbs.
Teen (14-15)
Tuhus 198*
148 lbs.
Master (47-53)
Wach 320
4th-325*
Master (54-60)
Aker 380*
Master (68-74)
English 265*
Open
Wach 320
4th-325
165 lbs.
Master (47-53)
White —
Master (54-60)
Cain 276
Master (61-67)
Lemire 320*
Open
White —
181 lbs.
Class I
Fasulo 402
Junior (20-25)
Logue 441

4th-480*
Logue 254
Master (61-67)
Vehe 380*
198 lbs.
Master (68-74)
Franke 486!*
Open
Kayle 562
Teen (18-19)
Gonzalez 530
220 lbs.
Class I
Rios 601*
Bradshaw 480
Herzik 391
Law/Fire (48-55)
Beckett 375
4th-402*
Master (40-46)
Sparkes 585*
Open
Rios 601
Sparkes 585
Herzik 524
242 lbs.
Junior (20-25)
Mum 700
Muro 402
Master (40-46)
Phipps 485
Master (47-53)
Stevens 496
Open
Muro 700
Teen (18-19)
Pickens 458
259 lbs.



Paul M. Miller, age 18, 148 lb. weight class, and holds a State Record

Junior (20-25)
Schraw 485
Master (61-67)
Davis 601
Teen (18-19) Open
Shipley 628*
308 lbs.
Teen (16-17)
Brown 430*
Super
Class I
Davis 639
Teen (18-19)
Browne 529*
!=World Records. *=State. (Gary J. Miller)

Clark's Sports BP
7 MAR 09 - Cooperstown, NY

BENCH
132 lbs.
Raw
K. Shults 120
Youth (to 12) Raw
Paternoster 90
J. Byrnes 40
K. McEwan 35
Open
165 lbs.
E. Haley 265
D. Gerardi 225
R. Dussault 175
220 lbs.
R. Lewis 505
J. Torroella 315
242 lbs.
D. Sehif 240
275 lbs.
A. Jones 280
Master (40-44)
148 lbs.
C. Byrnes 410
Master (45-49)
181 lbs.
Raw
T. Harris 315
198 lbs.
S. Dussault 520
275 lbs.
Raw
S. Hutzak 405
Master (50+)
165 lbs.
B. Seaver 185
181 lbs.
M. Coccoma 240
220 lbs.
G. Woodbun 240
275 lbs.
A. Kirby 305
V. Malfield 220
Submaster (35-39)
275 lbs.
R. Putnam 700
Best Lifter Lt: Chris Byrnes. Best Lifter Hvy: Rich Putnam. Director: Doug McCoy.

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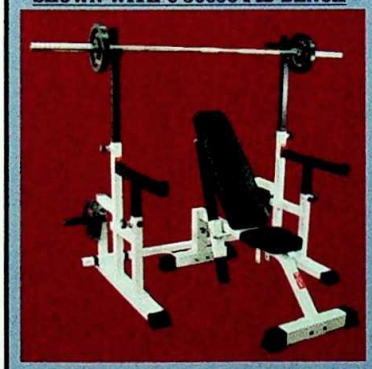
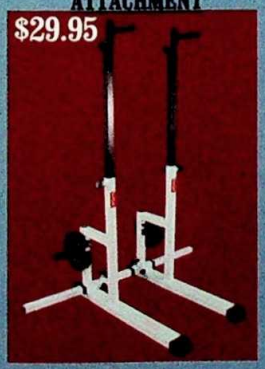
SHOWN WITH C-90656 FID BENCH


PULL UP & BODY UP ATTACHMENT

Package Consist of: 1" Bar, Two Spring Clips Two Chains with Carbine Hooks and Two Single Rowing Handles.

SHOWN WITH PLATE HOLDER ATTACHMENT


WRIST ROLLER ATTACHMENT

Package consist of Bar with Two Spring Clamps Wrist Roller with Carbine Hook & Oly. Weight Peg

Can be used with 5, 6 & 7 ft bars
Rack can be used for SQUAT, DIP, BENCH PRESS, INCLINE PRESS, MILITARY PRESS, WRIST ROLLERS & ADJUSTABLE CHAINS

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080109

(continued from page 6)

Jason Fry, 6 reps

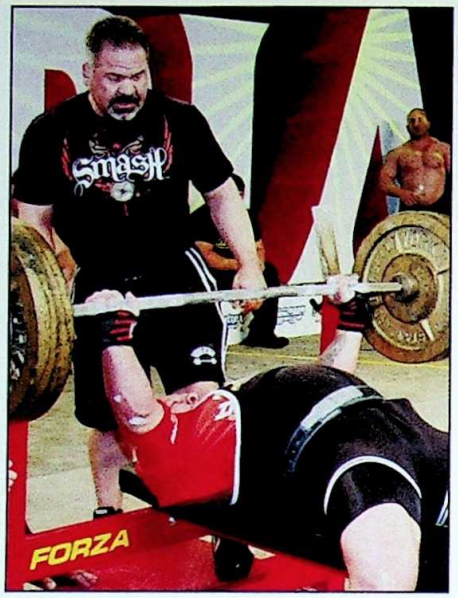
World's Strongest Bodybuilder

The Olympia Powerlifting Supershow is the organizing production that featured the Olympia Superlifting, and also produced the electrifying World's Strongest Bodybuilder (WSBB) competition between Johnnie Jackson and Ben White. Unveiled for the first time on stage, the WSBB created a great connection for powerlifting and bodybuilding. This was a push/pull contest where the two pro bodybuilders put their lifting on the line and their bodybuilding on hold to become the official title holder.

After the bench press Ben White was ahead of Johnnie Jackson by 50 pounds. Johnnie Jackson pulled from behind in the deadlift to make a solid win. Both Johnnie's and Ben's lifts were conducted under strict, classic powerlifting rules while using classic, original powerlifting apparel; standard Blast Shirts and Champion Suits. Both competitors looked as if their protective Inzer lifting apparel had been painted on their bodies and as if they were statues come to life to bench and deadlift. All their lifts were executed in perfect form.

Johnnie started the show with an easy 501 opening bench press. Ben mounted the stage and pushed up a strong 545 and then made 573 look easy. Johnnie got a great 523 and couldn't quite lockout 540. Ben tried 600 but lost it at the top. The bar hit the floor for the deadlifts where Ben opened with and easy 573. Everyone saw the winning determination in Johnnie's eyes when he pulled a fast opener with a giant 771. Ben's only choice was to pull as much as he could grind out and hope Johnnie couldn't pull more than his opener. Ben yanked up a super fast 633 on his second attempt. He was pulling 683 to completion when he lost balance and stumbled backward losing the bar at the top.

The excited audience saw Johnnie come back to the platform to gut out an amazing 815 pounds to win the official title of World's Strongest Bodybuilder. Johnnie came back one more time to the platform to drive his point home with a heroic attempt at 838 which he pulled to the half way point. Both gentlemen gave it their all, and the Johnnie Jackson vs. Ben White competition deadlift provided a dramatic addition to the fantastic 2009 Olympia Powerlifting Supershow.

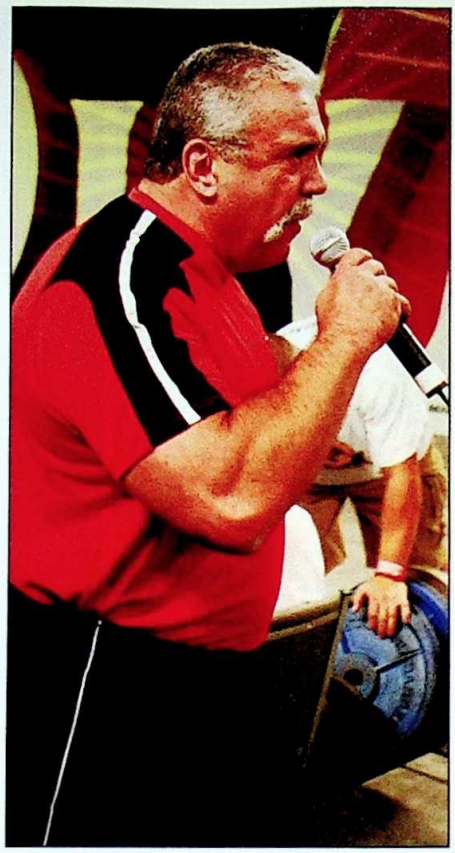


***Jason Coker** came close to winning the 220s*

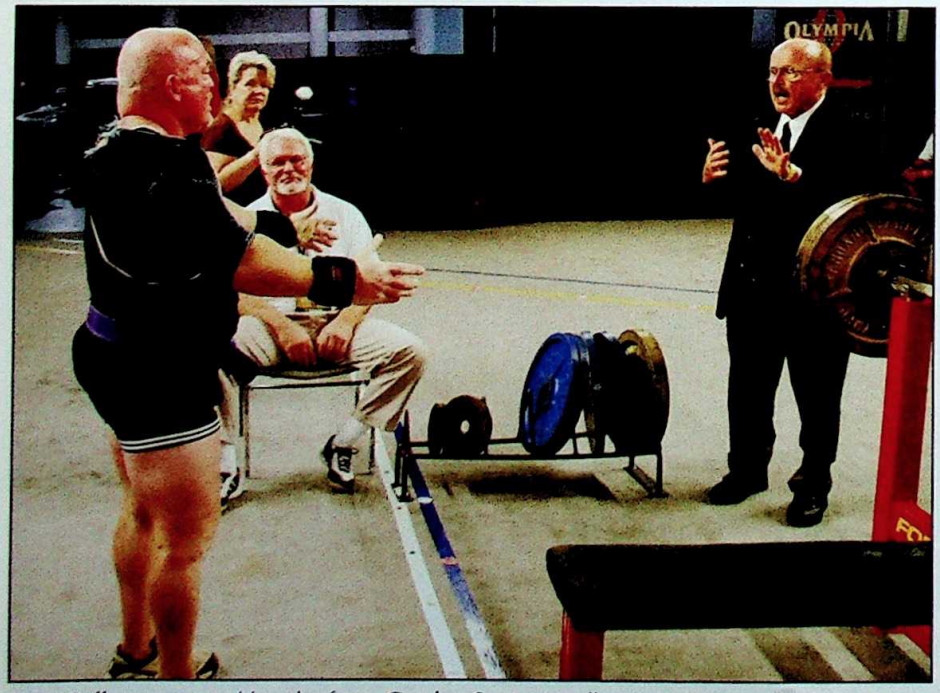
Bench Press
Ben White – 545 x 1, 573 x 1, 600 miss
Johnnie Jackson – 501 x 1, 523 x 1, 540 miss

Deadlift
Ben White – 573 x 1, 633 x 1, 683 miss
Johnnie Jackson - 771 x 1, 815 x 1, 838 miss

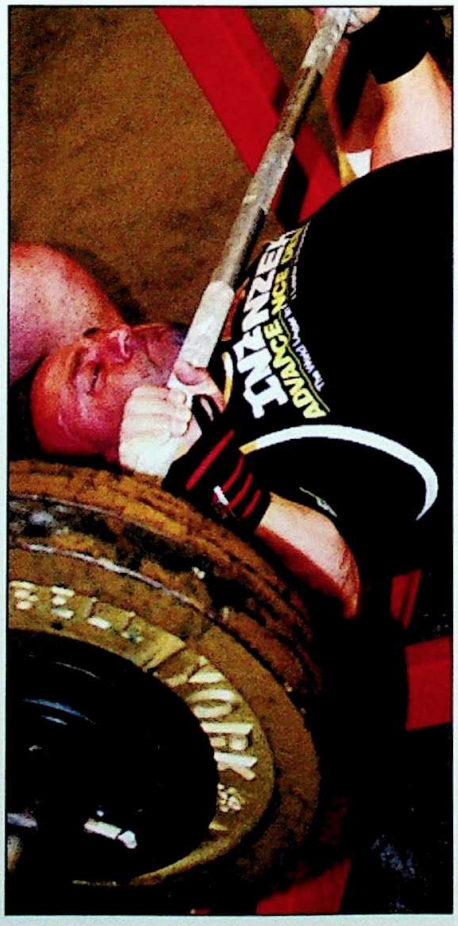
Push/Pull Total
Ben White – 1,206
Johnnie Jackson – 1,338



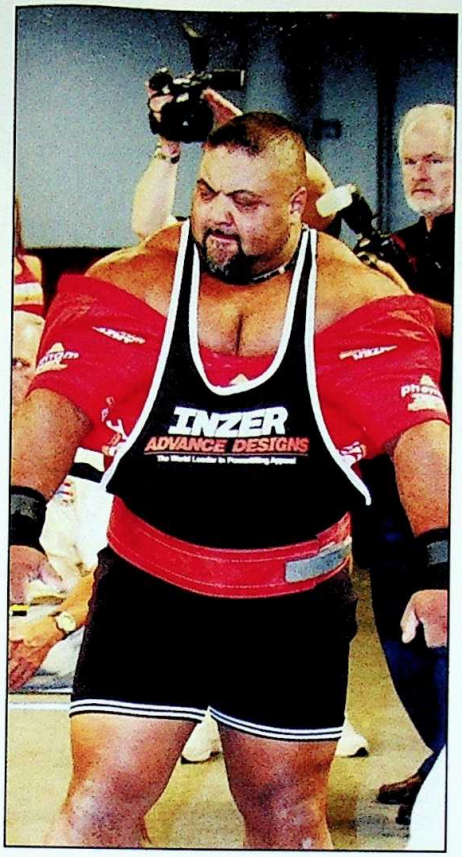
***Nick Busick** knows how to work the crowd!*



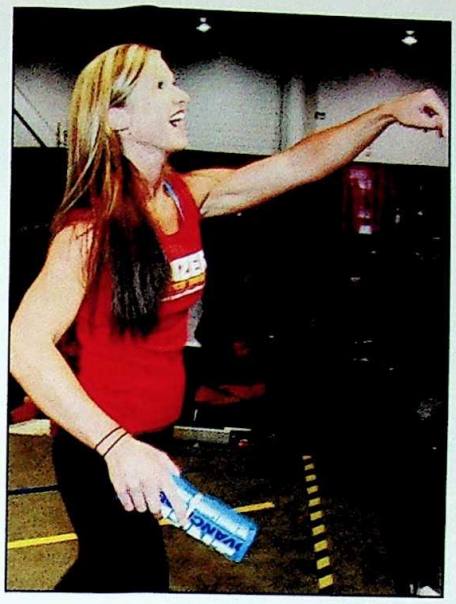
***Jesse Kellum** protested head referee **Gordon Santee's** call on not counting 3 of his 13 reps*



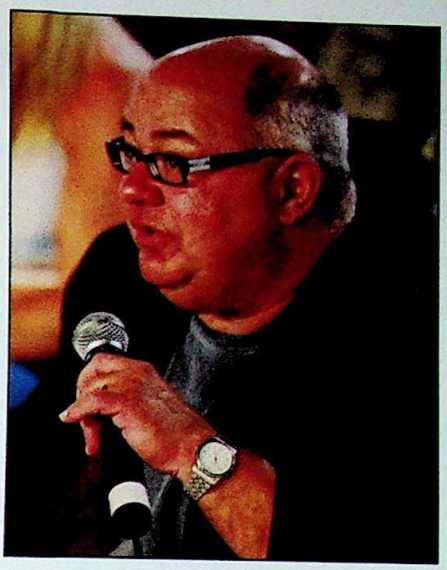
*Superlifting newbie, **Cartinian,** put up an impressive set (photo courtesy Chad Aichs)*



Looking Pumped – new BP star, ***Glenn Russo***

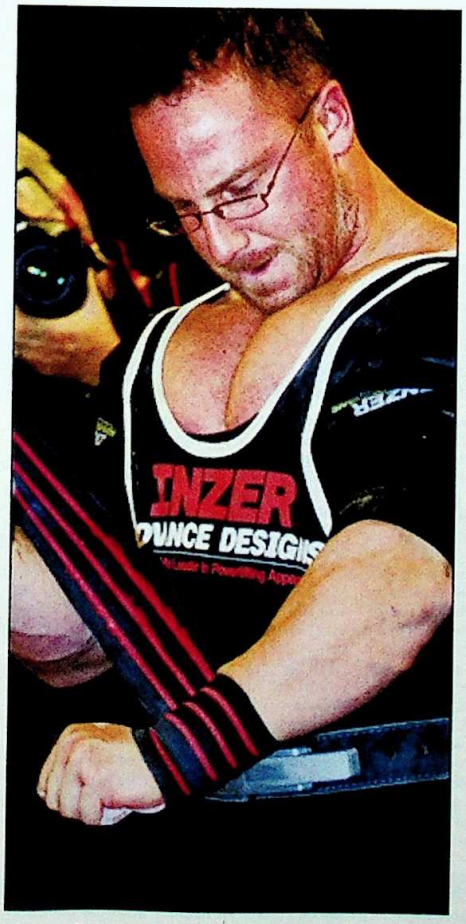


The ***Inzer girls*** *threw free gear and t-shirts*

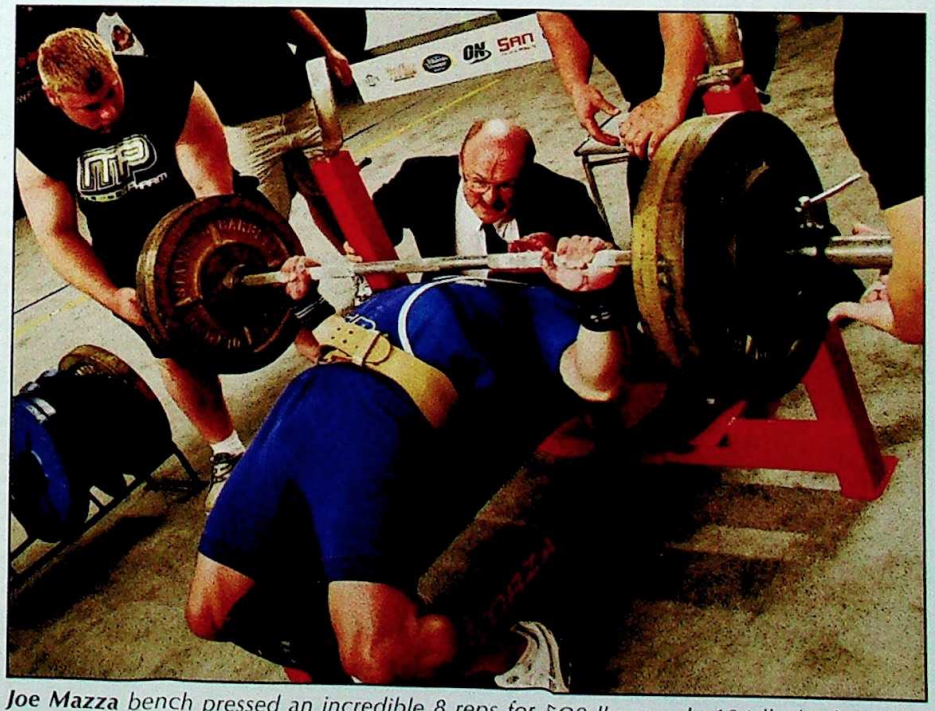


MC ***Chuck LaMantia*** *educated the audience on the sport of powerlifting*

Competitor ***Ben White*** *came close to winning the title of World's Strongest Bodybuilder*



Jason Fry *– 6 reps of 500 lb. & 3 reps of 600 lb. (photo courtesy of Chad Aichs)*



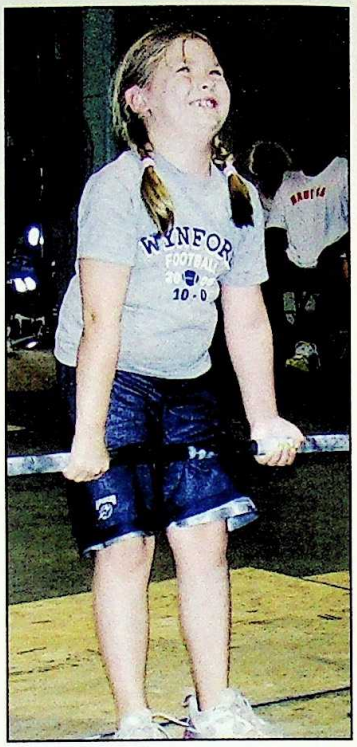
Joe Mazza *bench pressed an incredible 8 reps for 500 lb. at only 184 lb. bodyweight!*

SLP Soto Memorial/OH State Fair
1 AUG 09 - Columbus, OH

BENCH
FEMALE
Teen (16-17)
165 lbs.
A. Streacker 295*
Teen (18-19)
165 lbs.
T. Novitski 195*
Junior
123 lbs.
B. Hammons 275*
Open
132 lbs.
E. Olszewski 240*
Raw
Teen (13-15)
148 lbs.
E. Ritzler 100*
Teen (16-17)
181 lbs.
E. Ervin 100*
242 lbs.
A. Carter 150*
Master (40-44)
132 lbs.
S. Olds 140
Master (50-54)
123 lbs.
L. Muniga 115*
Master (55-59)
148 lbs.
D. Mitchell 145*
MALE
Novice
242 lbs.
J. Martinez 450
308 lbs.
J. Wells, Jr. 555*
Teen (13-15)
181 lbs.
C. Boling 180
Teen (16-17)
181 lbs.
J. Coulson 230
198 lbs.
N. Snapp 230
Teen (18-19)
165 lbs.
E. Craycraft 300
181 lbs.
J. Spriggs 425*
R. Stewart 235
Master (45-49)
148 lbs.
J. Yu 410*
198 lbs.
R. Hamsher 420
220 lbs.
R. Largent 500
308 lbs.
J. Wells, Jr. 555*
Master (50-54)
308 lbs.
M. Giese 420*
Master (55-59)
220 lbs.
G. Langham 470*
Master (65-69)
242 lbs.
M. Collet 260*
Master (70-74)
220 lbs.
C. Workman 305*
Police/Fire (40-44)
220 lbs.
J. Pfeiffer 330
Open
198 lbs.
B. Thompson 320
220 lbs.
D. Efee 455
275 lbs.
J. Maxwell 645
M. Meadows 595
308 lbs.
T. Novitski 630
Raw
Novice
165 lbs.
M. Lawrence 295*
B. Eleyet 260
220 lbs.
J. Boulter 370*
Teen (13-15)
123 lbs.
D. Keenan 140*
165 lbs.
M. Harbour 270*
M. Snider 150
181 lbs.
J. Lehner 255*
Teen (16-17)
165 lbs.
B. Hayman 245
Teen (18-19)
181 lbs.
Z. Miller 260
308 lbs.
C. Small 315*
Junior
181 lbs.
S. Lenegar 415
275 lbs.
C. Taylor 300*
Submaster
198 lbs.
J. Roy 370*
Master (45-49)
198 lbs.
D. Hardesty 315*
Master (55-59)
308 lbs.
C. Hook 325*
Master (60-64)
165 lbs.
J. Hollars 230*
181 lbs.
D. Ladanyi 200*
220 lbs.
J. McNeill 290
Master (65-69)
220 lbs.
S. Glover 270*
242 lbs.
M. Brown 365*
Master (70-74)
165 lbs.
D. Lindsley 205*
Master (75-79)
181 lbs.
T. Lakatos 155*
DEADLIFT
Teen (13-15)
97 lbs.
E. Ritzler 100
114 lbs.
H. Core 245
123 lbs.
H. Jackson 210*
148 lbs.
K. Lump 185
165 lbs.
V. Thompson 230
198 lbs.
E. Krisher 205*
Teen (16-17)
132 lbs.
A. Jones 195
148 lbs.
S. Smith 190
165 lbs.
A. Streacker 335*
K. Guthrie 240
242 lbs.
A. Carter 320*
Teen (18-19)
165 lbs.
T. Novitski 260
Master (40-44)
132 lbs.
S. Olds 245*
Master (50-54)
198 lbs.
J. Eizensmits 160*
Open
132 lbs.
E. Olszewski 325*
Novice
165 lbs.
M. Lawrence 425*
242 lbs.
J. Martinez 620*
Teen (13-15)
165 lbs.
M. Harbour 465*
Z. Stewart 300
181 lbs.
C. Boling 410*
Teen (16-17)
181 lbs.
J. Coulson 500
Teen (18-19)
181 lbs.
J. Spriggs 500*
R. Stewart 450
Junior
275 lbs.
C. Taylor 480*
Submaster
275 lbs.
J. Miller 560
Master (40-44)
165 lbs.
O. Holt 440*
220 lbs.
J. Blackstone 605*
Master (45-49)
198 lbs.
R. Hamsher 525
242 lbs.
K. Bardos 550
Master (60-64)
165 lbs.
J. Hollars 425*
181 lbs.
D. Ladanyi 315*
220 lbs.
J. McNeill 360
Master (65-69)
242 lbs.
M. Collet 300
Police/Fire (40-44)
220 lbs.
J. Pfeiffer 365

*=Son Light Power Ohio State Records. Team Champions: Fit 1 Power. Best Lifter Deadlift Teenage Women: Alison Streacker. Best Lifter Deadlift Open Women: Erin Olszewski. Best Lifter Deadlift Teen Men: Joe Coulson. Best Lifter Overall Men: John Blackstone. Best Lifter Bench Women: Brittany Hammons. Best Lifter Bench Teenage Men: Joe Spriggs. Best Lifter Bench Master Men: Joseph Yu. Best Lifter Bench Open Men: Josh Maxwell. The 10th annual Vince Soto Memorial Ohio State Fair Bench Press/Deadlift Championship was held at the Buckeye Sports Arena on the fairgrounds. Each year this event is held in honor of Vince Soto, who passed away in 2000. Vince was a champion powerlifter, coach and trainer who touched the lives of so many during his short lifetime. It is in his spirit that we participate in this event each year. The family of Vince Soto was presented a special 10th anniversary plaque, as well a trophy representing Vince's 123 lb. class. In the raw bench press competition Elizabeth Ritzler won at teenage women 13-15/148 with a new Ohio state record of 100. Erica Ervin set the state record at 16-17/181 with 100 as well. Amelia Carter broke her own state record at 16-17/242 with 150. In the master women's 40-44/132 class Susan Olds won with 140. At 50-54/123 it was Lynn Muniga with a new state record of 115. Our final lady lifter was Deb Mitchell, who finished the day with a new state record of 145. Moving to the novice men's division, Major Lawrence broke the state record at 165 with 295. Bill Eleyet was second at 165 with 260. Josh Boulter set the record at 220 with 370. In the 13-15 age, Drew Keenan set the mark at 123 with 140. Mason Harbour broke the state record at 165 with 270. Mike Snider was second with 150. Josh Lehner finished with a new state record of 255 at 181. Our only lifter in the 16-17 age group was 165 winner Brian Hayman who finished with 245. At 18-19 Zach Miller won at 181 with 260, while Chad Small upped his own state record at 308 from 275 to 315. Steven Lenegar won at junior/181 with 415 while Cody Taylor set the mark for the 275 class with 300. Jack Roy got a new state record of 370 with his win at submaster 198. Don Hardesty set the state record at 45-49/198 with 315. Charles Hook broke the record for the 55-59/308 class with 325. At 60-64 Joe Hollars set the state record at 165 with 230. Don Ladanyi broke the record for the 181 class with 200. Our final lifter in that age group was Jim McNeill, who finished with 290 for the 220 class. Drew Lindsley broke the state record at 70-74/165 with 205. Our oldest raw competitor was Tony Lakatos, who won at 75-79/181 with a new Ohio state record of 155. In the assisted bench press competition Alison Streacker won at teenage women 16-17/165 with a new state record of 295. Tashia Novitski set the mark at 18-19/165 with her state record of 195. Best lifter among the women, Brittany Hammons, finished with a big 275 state record at junior 123. Our final lady bencher was Erin Olszewski who won at open/132 with a new state record and personal best 240. Moving to the men, at novice 242 it was Juan Martinez for the win with 450. James Wells, Jr. got a big 555 state record at 308. In the teenage 13-15/181 class it was Craig Boling with 180. Joe Coulson won at 16-17/181 with 230 while Nick Snapp took the 198 class with 230 as well. In the 18-19 age group Eric Craycraft won at 165 with 300. Joe Spriggs got a new state record at 181 with a big 425, taking the win over Ryan Stewart, who finished with 235. Joe also won the best lifter award among the teenage men. For the master men's competition, best lifter Joseph Yu broke the state record at 45-49/148 with 410. Rick Hamsher got a new personal best at 198 with 420. Ross Largent won at 220 with 500. James Wells, Jr., who had previously won his class at novice, won again here at 308, setting the state record at 555. Mike Giese broke the state record at 50-54/08 with a strong 420. Craig Langham looked strong at 55-59/220 with his state record 470. Coming from the Chicago area was Strong Athletes Against Steroids founder Mike Collet, who finished with a new state record 260 for the 65-69/242 class. Charles Workman, who has always been a part of the Ohio State Fair competition, broke the state record at 70-74/220 with a great 305. Taking the win at police/fire 40-44/ 220 was John Pfeiffer, who finished with 330. In the open men's division Brian Thompson won at 198 with 320. Dale Menefee took the 220 class with 455. In the 275 class it was Josh Maxwell over Mike Meadows 645 to 595. Josh also won the best lifter honors among the open men. Our final lifter in the bench press competition was Troy Novitski who won at 308 with 630. For the deadlift competition we had several new young lady lifters, most of which were trained by Scott Stewart, and all of which did a great job of pulling. In the 13-15 age group we begin with seven year old Eleni Ritzler who won at 97 with 100. Heather Core, state record-holder at 114, won there with 245. Hillary Jackson set the state record at 123 with 210. Karli Lump won at 148 with 185, while Victoria Thompson took the 165 class with 230. Our final lifter in the13-15 age group was Erin Krisher, who at 198 finished with a new state record of 205. For the 16-17 group Ashley Jones won at 132 with 195. Shana Smith pulled 190 for the win at 148. The best teenage lady lifter, Alison Streacker, set the state record at 165 with 335. Taking second at 165 was Kelsey Guthrie who finished with 240. Amelia Carter broke her own state record at 242 with a personal best 320. Our final lifter in the teenage women's division was 18-19/165 winner Tashia Novitski, who finished with 260. Susan Olds set the state record at 40-44/132 with 245. Jackie Eizensmits upped her own state record at 50-54/198 to 160. Erin Olszewski pulled a new personal best and state record 325 for the win at open 132. Erin also won the best lifter award for the open women. Major Lawrence won his second title of the day at novice/165 with his second state record of the day, pulling 425. Juan Martinez won at 242 with a big 620 state record. In the men's 13-15 age group it was Mason Harbour over Zach Stewart 465 to 300 at 165. Mason's pull was a new state record for the class. Craig Boling got a new state record of 410 with his win at 181. Joe Coulson got a big 500 at 18-19/181, taking the best lifter award for the teenage men. At 18-19/181 Joe Spriggs also pulled 500, which was a new state record there. Second place went to Ryan Stewart who finished with 450. In the junior men's division Cody Taylor broke the state record at 275 with 480. John Miller got a big 560 with his win at submaster/275. For the master men's division Omar Holt set the state record at 40-44/165 with 440. Best lifter John Blackstone broke the state record at 220 with 605. In the 45-49 age group Rick Hamsher won at 198 with 525 while Kirk Bardos did the same at 242 with 550. At 60-64/165 it was Joe Hollers who finished with a new state record of 425. Don Ladanyi got a new state record at 181 with 315. At 220 it was Jim McNeill who pulled a solid 360. Mike Collet won again at 65-69/242 with 300. John Pfeiffer won at Police/Fire 40-44/220 with 365. The team championship went to Roy Leedy's Fit 1 from Mansfield, Ohio with members Deb Mitchell, Omar Holt, Zach Miller, Josh Lehner and Don Hardesty. I would also like to thank Scott Vickery, who is recovering from elbow surgery, for all he does for the sport and to Scott Stewart, for all the new young lifters he is introducing to the sport as well. Thanks to my son Joey Latch and Adam Fancher for doing another fantastic job of loading and spotting. With nearly 90 lifters the competition was complete in less than five hours. In the bench press competition the bar never touched any lifter's chest and there were no miss-loads throughout the competition. That equates to less than a minute between attempts, another reason why Joey and Adam are the best in the sport at what they do. Thanks to Rhonda Ritzler for taking some great pictures, Jeff Ritzler and Karisa Fonner for helping me at the table and to Eleni, Emily and Elizabeth Ritzler for serving as our trophy girls. Another great meet! See you all again next year. (courtesy Dr. Latch)

Best Lifters *at the SLP Vince Soto Memorial State Fair (left to right) John Blackstone, Joseph Yu, Josh Maxwell, Alison Streacker, Brittany Hammons, Erin Eolszewski, Joe Spriggs (courtesy Dr. Darrell Latch)*



7 year old ***Eleni Ritzler*** *with a PR 100 lb. deadlift @ 13-15/97 lb.*

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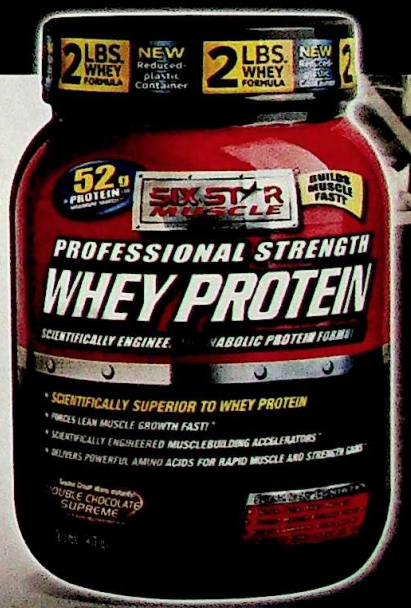

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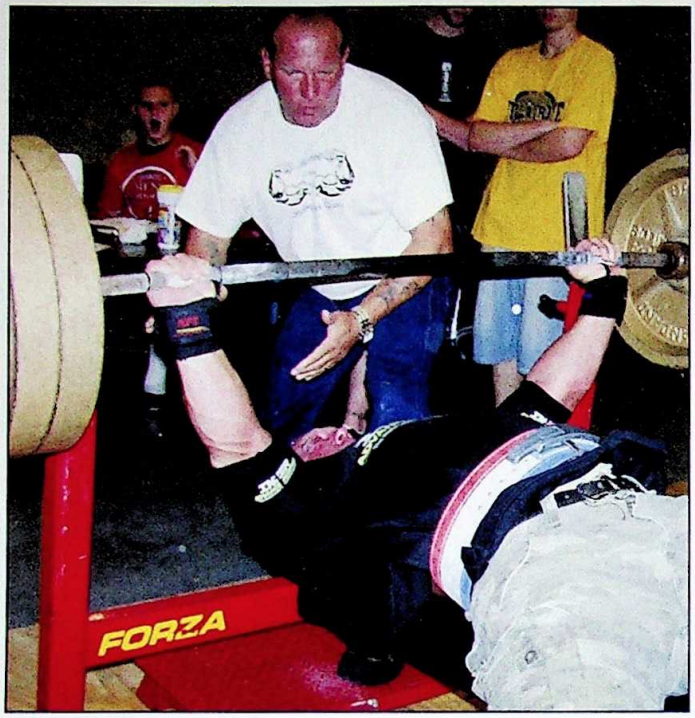
†In one 6-week study, individuals taking the key ingredients in Six Star Muscle Whey Protein gained, on average, more lean muscle than those using regular whey protein (8.8 vs 5.1 lbs.). *In the same study, subjects gained, on average, 340% more lean mass than subjects using a placebo (8.8 vs. 2.0 lbs.). *In one 10-week study, subjects taking a key ingredient in Six Star Muscle Whey Protein increased their one-rep max bench by an average of 105 lbs. ‡In this same study subjects increased 1-RM chest strength by 160% more than those using casein protein (105 vs. 40.7 lbs.). © 2009.

SLP Missouri State Fair
16 AUG 09 - Sedalia, MO

BENCH
FEMALE
Raw
Teen (16-17)
181 lbs.
C. Mackey 120*
Open
198 lbs.
J. Wynn 250*
MALE
Novice
198 lbs.
E. Miller 350*
Junior
198 lbs.
Mendenhall 330
242 lbs.
N. Gentges 700*
SHW
J. Wade 455*
Submaster
242 lbs.
S. Clark 245
275 lbs.
M. Austin 520
Master (40-44)
308 lbs.
D. Beversdorf 630*
Open
198 lbs.
J. Musco 420
C. Flick 400
220 lbs.
T. Luke 605*
M. Alexander 465
242 lbs.
K. Parrish 675
J. James 505
B. Boothe 500
B. Mann 425
308 lbs.
B. Mann 550
Raw
Novice
181 lbs.
J. Fiizer 275
220 lbs.
J. Stiller 325*
308 lbs.
A. Routon 340*
Teen (13-15)
132 lbs.
L. Miller 175*
165 lbs.
C. Fitzgerald 135
R. Spahr 105
181 lbs.
D. Metcalf 165

Teen (16-17)
165 lbs.
J. Livingston 280*
181 lbs.
S. Evans 240
275 lbs.
Z. Slater 305*
S. Fitzgerald 280
Teen (18-19)
148 lbs.
T. Burns 240*
181 lbs.
A. Laske 280
Submaster
165 lbs.
R. White 350
Master (40-44)
220 lbs.
M. England 370*
G. McCloud 350
308 lbs.
J. Sappington 450*
SHW
M. Greene 450*
Master (45-49)
181 lbs.
T. Carlisle 250
Master (50-54)
220 lbs .
G. Bauer 360*
Master (65-69)
198 lbs.
J. Stovall 220*
Open
132 lbs.
B. Procter 200*
198 lbs.
J. Musco 415*
220 lbs.
C. Frakes 375
275 lbs.
K. Ballenger 410*
308 lbs.
K. Caton 460
M. Haile 455
DEADLIFT
MALE
Novice
275 lbs.
A. Taylor 300*
Teen (13-15)
165 lbs.
C. Fitzgerald 315
R. Spahr 200
181 lbs.
D. Metcalf 310
Teen (16-17)
275 lbs.



Keith Parrish *with a 675/open 242 @ the SLP Missouri State Fair Bench/ Deadlist Championship (photographs courtesy of Dr. Darrell Latch)*

S. Fitzgerald 445*
Z. Slater 400
Teen (18-19)
181 lbs.
Underwood 485*
A. Laske 425
Junior
198 lbs.
Mendenhall 430
220 lbs.
T. Letchworth 470
SHW
J. Wade 430
Master (40-44)
242 lbs.
J. Foster 460*
308 lbs.
J. Sappington 600*
Master (65-69)
198 lbs.
J. Stovall 430*
Open
198 lbs.
J. Musco 350
220 lbs.
C. Frakes 480

*=Son Light Power Missouri State Records. Best Lifter Bench Assisted Open Men: Nathan Gentges. Best Lifter Bench Raw Women: Jamie Wynn. Best Lifter Bench Raw Men: Jonathan Musco. Best Lifter Deadlift Open Men: John Sappington. The Son Light Power Missouri State Fair Bench Press/Deadlift Championship was held at the Lowell Mohler Assembly Hall on the fairgrounds in Sedalia, Missouri. We had a great turnout with several fine lifters. Many thanks to the workers from Special Events at the fair for providing a great place for this event and for their continued help in promoting this annual competition. In the assisted bench press division it was Eric Miller taking the win at novice 198 with a new state record of 350. At junior men Seth Mendenhall won at 198 with 330. Taking the win at 242 with a new personal best and Missouri state record 700 was Nathan Gentges. Nathan may now very well be the youngest and lightest lifter to reach that plateau. Nathan was also awarded the best lifter trophy amongst the assisted lifters. Also setting a new state record was superheavy weight lifter Jessen Wade, who finished with 455. For the submaster division it was Steven Clark at 242 with 245 while Mark Austin took the 275 class with 520, making just his opener. Another big lift came from 40-44/308 winner David Beversdorf. David finished with a new state record and personal best 630. In the open division at 198, Jonathan Musco won over Chris Flick 420 to 400. Tiral Luke upped his own state record at 220 to 605. Mike Alexander finished in second place with 465. Keith Parrish came close with 700 on his final attempt, but had to settle with 675 for the win at 242. Second place at 242 went to Jamie James who finished with his personal best 505, just ahead of Bobby Boothe who hit 500. Fourth place at 242 went to Brad Mann who finished with 425. Our final open lifter was 308 winner Bryan Mann who ended with 550. Bryan came dangerously close to locking out 705, but was called for dipping the bar. In the raw division it was Christina Mackey with a new state record of 120 for the women's 16-17/181 class. For the open women's 198 class it was Jamie Wynn with a huge 250 state record. Jamie was also awarded the best lifter trophy for the women. In the novice men's division it was Jimmy Fizer at 181 with 275. James Stiller broke the state record at 220 with 325. Andrew Routon also broke the state record for his class, 308, with his opener of 340. Moving to the teenage men's division, at 13-15 Lucas Miller broke his own state record at 132 with his 175 final attempt. At 165 it was Chuck Fitzgerald over Richard Spahr 135 to 105. Our final lifter in that age group was Dustin Metcalf who finished with 165 at 181. At 16-17/165 Josh Livingston broke the state record with 280. Sam Evans won at 181 with 240. Then at 275 we had a little competition between Zack Slater and Scott Fitzgerald. In the end Zack prevailed, setting the state record there with 305. Scott finished with a close 280. At 18-19 Tory Burns set the record at 148 with 240 while Andrew Laske took the 181 class with 280. Rick White, state record holder at submaster 165, won there with 350. In the master men 40-44 division Melvin England set the state record at 220 with 370. Gary McCloud finished a close second with 350. At 308 John Sappington broke the state record with 450, while Big Michael Greene finished with the same 450 at shw for the record there. Terry Carlisle won again at 45-49/181 with 250. Gene Bauer broke the state record at 50-54/220 with his 360 opener. Our final master lifter was James Stovall who set the record at 65-69/198 with 220. In the open division Brandon Procter broke the state record at 132, making just his opener of 200. Jonathan Musco, who also lifted in the assisted division, set the state record at 198 with 415. This also

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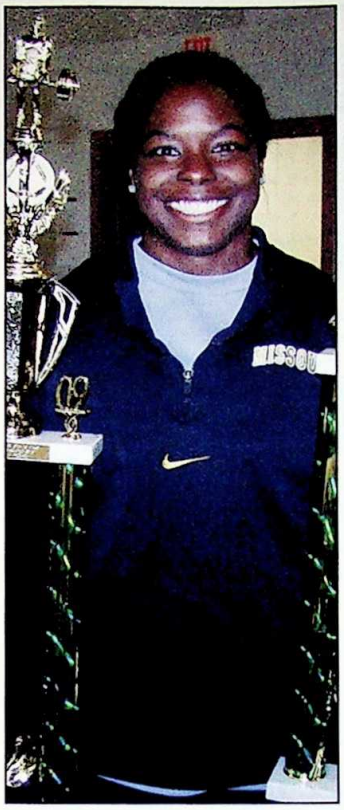
Birth Date	Gender ☐ Male ☐ Female	Cell Number		
Do you have Health and Accident Insurance? ☐ YES ☐ NO	Club Code (If Known)	Club Name (If Known)	Sport Code (see list below)	

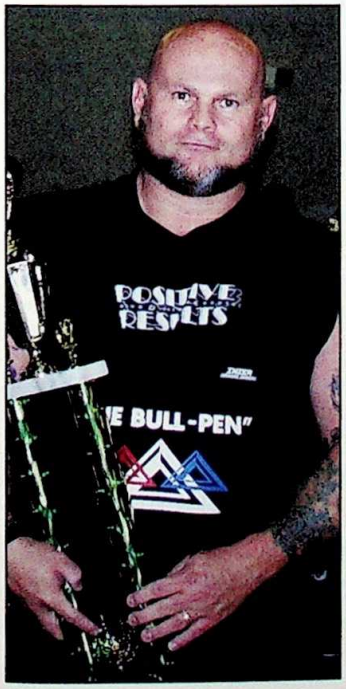
By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU Web site at www.aausports.org . NOTE: Parent/Guardian signature if member is under 18 years old.

Member's Signature	Parent/Guardian Signature
Date	Date



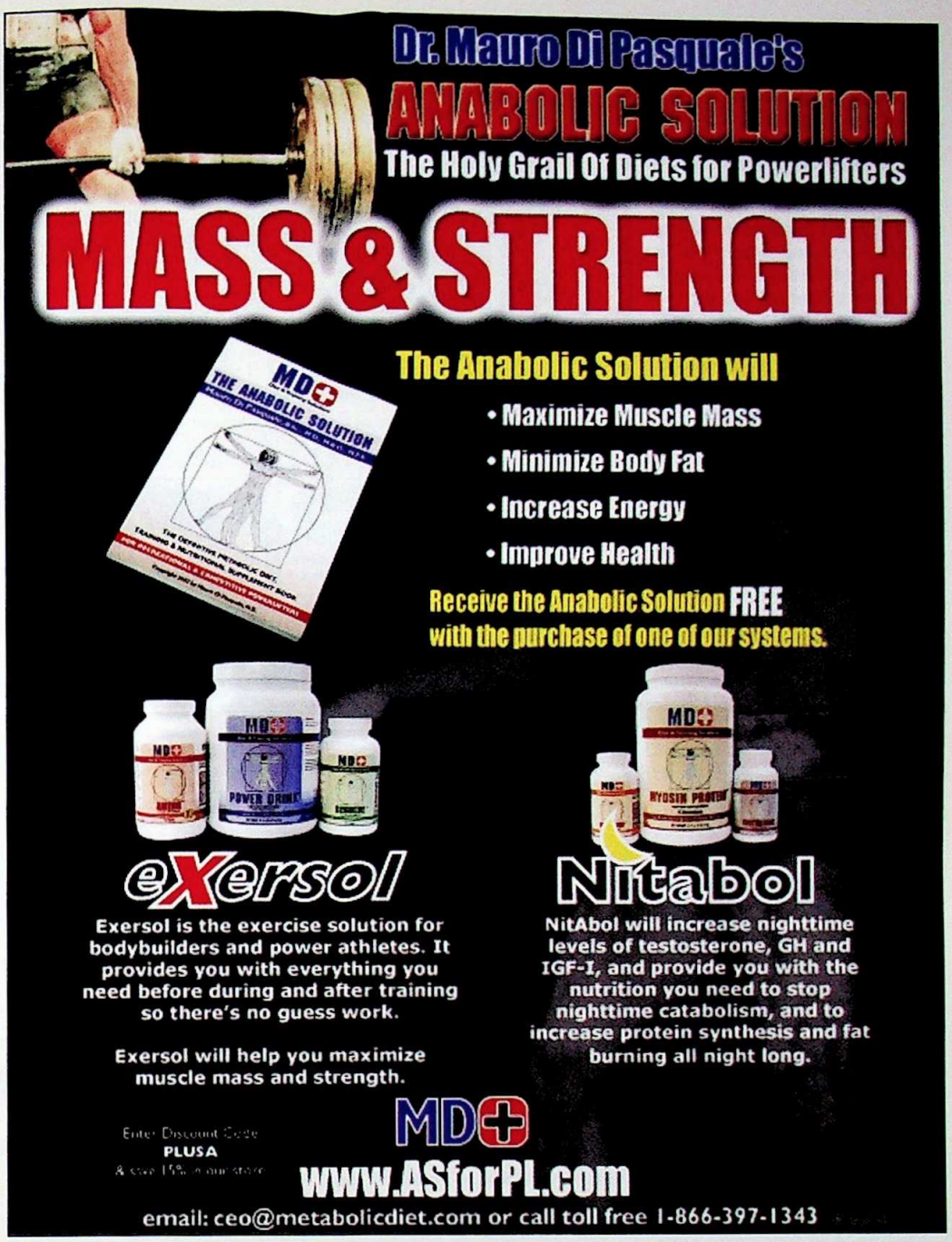
Jamie Wynn - Best Lady Lifter at the SLP Missouri State Fair BP/DL

gave Jonathan the best lifter award for the raw men. Caleb Frakes won at 220 with 375 while Kevin Ballenger broke the state record at 275 with 410. It was a close one at 308 with Keith Caton taking the win over Mike Haile 460 to 455. In the deadlift competition Austin Taylor set the state record for the novice/275 class with 300. At 13-15/165 Chuck Fitzgerald won over Richard Spahr 315 to 200. Dustin Metcalf won at 181 with 310. For the 16-17 age group Scott Fitzgerald took the win over Zach Slater at 275. Scott finished with a new state record



***John Sappington** pulled a state record 600 at 40-44/308 to win Best Deadlift award in Sedalia, MO*

of 445 to Zack's 400. Anthony Underwood won his class, 18-19/181, over Andrew Laske by a margin of 485 to 425. Anthony also set the state record for that class. Junior men's 198 winner, Seth Mendenhall, finished with 430. Tyler Letchworth won at 220 with 470. Rounding out the junior division was shw winner Jessen Wade, who finished with 430. In the master men's 40-44 age group James Foster broke the state record at 242 with 460. Best lifter John Sappington pulled a new personal and Missouri state record of 600 for the win at 308. James Stovall, our oldest competitor of the day, broke the state record at 65-69/198 with his final pull of 430. In the open division it was Jonathan Musco with 350 at 198, followed by Caleb Frakes, who finished with a new personal record 480 at 220. Thanks to my son Joey Latch and Adam Fancher for doing another fantastic job of loading and spotting and to Gene Bauer for helping to keep the warm-ups running smoothly on the platform. Thanks also to Karisa Fonner for help at the table and taking pictures of the meet. And to our trophy girl Lynzi Miller for helping with the awards. See you all again next year. (Courtesy Dr. Darrell Latch)



NOVA RAW PL/BP
8 AUG 09 - Sterling, VA

BENCH				
220 lbs.				
S. Jenkins	365			
220 lbs.				
(75-79)				
B. Vastine	290!			
242 lbs.				
(25-29)				
C. Grey	300!			
Powerlifting	SQ	BP	DL	TOT
123 lbs.				
(8-9)				
V. James	75	75	125	275
181 lbs.				
C. Brenton	425	255	450	1130
198 lbs.				
Police				
C. Newcomb	350!	340!	425!	1115!
220 lbs.				
(19-20)				
A. Corwin	440!	305!	460	1205!
275 lbs.				
(45-49)				
J. James	445!	325	565!	1335!

!=NOVA Raw Records. (from John James)

USAPL Kansas Heavy Metal Open
20 JUN 09 - Hoisington, KS

BENCH				
181 lbs.				
Open				
S. Lyon	345			
242 lbs.				
Open				
P. Maynard	485			
181 lbs.	SQ	BP	DL	TOT
Open				
W. Herl	490	340	515	1345
198 lbs.				
Open				
E. Espinoza	580	365	585	1530
220 lbs.				
Open				
S. Stout	480	415	570	1465
Master II				
K. Carroll	350	300	430	1080
242 lbs.				
Master II				
B. Rome	365	330	405	1090
SHW				
Open				
B. Bowman	550	485	630	1665

Meet Director: Wayne David Herl. (USAPL)

(continued from page 34)

over the years. One set for his drug free lifts and one set for the lifts he made using steroids, which he freely admits doing in the early 1980s. Jon's best lifts on steroids were a 600 lb. squat, 320 lb. bench and a 570 lb. deadlift @ 165 lb. bodyweight. His best drug free lifts @ 165 were a 615 squat, 307.5 bench, and 562.5 deadlift. Jon competed at 181 lb. as well and his best lifts on steroids at that weight were 656, 336 and 605 and drug free 665, 325, 595. At both weights his drug free squats were better than his squats using steroids and his bench and deadlift did not drop off much once he went drug free. In the June 2009 issue of Powerlifting USA, Jon made the Masters Top 20 list and came in 8th with a 575 lb. squat @ 165 on 8/31/08—so he is still plenty strong today.

As a side note, all of Jon's bench presses were done raw. Jon is a master of the squat, but is pretty good at bench pressing as well. He got a 325 raw bench, drug free, at 175 in '86 and ten years prior he got a 300 raw bench at 146, drug free. Early in his career Jon also lifted @ 132 lb. and 148 lb. At 132 he made a 485 lb. deadlift that most years is still in the top ten so it's clear that Jon really excelled at all three lifts.

Jon has won eleven national titles, both powerlifting and single lift, and has won three world titles. Jon could have won many more titles, but he only lifts when he has completed a cycle. If there is a big meet then he will attend, but if not he'll attend a non-national or a non-state championship meet.

Jon has competed in the AAU, USPF, APF, ADFPA, USAPL, ADFPF and WDFPF. He has been competing for 38 years and it is his goal to still be lifting when he is ninety years old.

Jon nearly set an IPF Masters world record squat at the 1988 Seniors. At 165 lb. he went all the way down with a 589 lb. squat, but it was turned down two to one. The head referee was one of his peers and someone that he was competing against at the time so Jon has always felt that he was robbed of that world record.

One of Jon's most memorable moments came in 1977, at the AAU Senior Nationals in Santa Monica, California. Competing at 148 lb. he earned fifth place. Another very memorable moment came in 1987. At the '87 Seniors, Jon bombed with a 622 squat that would have given him 4th place and would have been his best showing ever, but two weeks later, in Toledo, with national referees, came one of Jon's finest hours. He'll always remember his squat from the Toledo meet because on this particular day he had 650 on the bar, his best squat ever was 665 lb. He opened with 575, but that was turned down, as was his second attempt. He approached the bar for his third attempt and could see the judge's fingers twitching on the red buttons. Weighing only 175 lb. he took the bar with 650 lb. on it to the floor and back up he came. Good lift. He was forty years old at the time. By the way, Jon had been off the juice for over four years when he made this lift.

Jon has also had great success wining state meets, ten in all, and in four separate weight classes. In 1990, he retired from state competition.

Jon has witnessed many great things in the sport of powerlifting. He has shared a platform with all of the greats, including John Kuc, Ed Coan, Paul Wrenn, Rickey Dale Crain, Mike Bridges, Rick Gaugler, Bill Kazmaier, Don Reinhoudt and too many other great names to mention. Suffice it to say that Jon has stood shoulder to shoulder with almost all of the greatest lifters from the 1970s, 80s and 90s. Jon has competed directly against Rickey Dale Crain, Rick Gaugler and Mike Bridges.

I asked Jon "what was the one thing that he had witnessed in his 38 years of powerlifting that really impressed him"—he told me about a Siberian that he saw in Iowa in 1991. He thought his last name was Smirnoff. He weighed around 300 lb. and he did an 830 lb. deadlift in Olympic shoes (with heels), he used an Olympic grip with his thumbs underneath the bar (Jon suggested I try that with 315 lb. just to see how painful it is). That just did not compute in Jon's mind. The big Siberian then went on to bench 600 lb. just for good measure.

On the same day, at the same meet, he witnessed Roy Mason, who was 74 years old at the time, weighing around 154 lb., pull a 545 lb. deadlift. Another experience that stands out in Jon's mind is the day he had the opportunity to spot for Ed Coan at the 1990 Nationals. Of Ed Coan's performance, Jon says that he was just such a machine. The only reason the spotters were there was because they had to be. Ed certainly didn't need them.

Jon's biggest rivalry over the years was with a guy named Sam Phillipy. Jon and Sam would go back and forth and they both made each other better lifters. That is why Jon considers it a shame that we have all of the categories because,

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too often, we do not get to compete head to head with other lifters and, more often than not, we are just competing against ourselves. When the two of them were competing, Jon would put whatever weight he needed on the bar to win on his last deadlift and he was going to make it just so he could beat Sam.

When asked who the greatest lifter of all time was in his mind, Jon said that for overall strength he would go with Don Reinhoudt, whom he refers to as a human mastodon. Kazmaier, although not as strong as Reinhoudt, was close, but did not weigh nearly as much. Kazmaier was a new breed of lifter, according to Jon, but pound for pound Jon will pick Mike Bridges any day—"When Mike Bridges arrived on the scene it was as if he was beamed in from another planet. When he made that 830 lb. squat it just didn't compute." After Mike Bridges, Jon says Ed Coan is right up there in his mind.

Jon compared powerlifting today versus the way it used to be in the 70s and 80s and the difference, according to Jon—although he hates to say it—is that it was more of a sport back then. In Jon's opinion there is too much garbage in the Top 100 and as an example he told me of a guy that he saw lifting in a raw meet at 148 lb. that posted a 1,378 lb. total. The same guy has a world record equipped total of 2,045 lb. @ 165 lb. so he is getting 667 lb. from his gear. In Jon's words, it really hurts the credibility of the sport.

Any regrets? I asked Jon of his long career. He answered "regrets, I've had a few (laughs) but, too few to mention, and now, as time subsides, I find it all so amusing" (laughs again)—those words sounded strangely familiar to me. He went on to tell me that he wished he had won a fifth state championship in a fifth weight class, which he would have done in 1984 if he had not cut weight to make 181. He also told me about the time in 1978 when he was going to represent the United States at the Pan-Am Games in Bolivia. He had gotten all of his shots, he had a sponsor and was on 'Cloud Nine,' but then the whole thing fell apart when the IPF found out they were going to get paid $1,500 from the Bolivian Government instead of the $15,000 they were promised.

According to Jon the only way the sport of powerlifting will ever reclaim its prominence as a mainstream sport is if it somehow became an Olympic event, and he does not see any movement there at all. If, however, the sport did somehow make it into the Olympics, it is Jon's opinion that the key organization for qualifying for the Olympics will be the AAU as opposed to the USAPL, simply because it is an older organization with much more power, money and influence. However, it is Jon's opinion, that the USAPL is the most significant and legitimate national championship out there, especially since it is the only path to the IPF worlds.

Jon has had a long, injury free, career, so I wanted to know the secrets to his longevity. "If you're a master lifter," says Jon, "and want to lift for a long time, then you need periods of active rest. By that I mean high reps with high intensity." As for how many meets you should do per year as a master lifter, Jon offers this advice: "Four or five isn't too many if you play it safe. If you only want to compete at a 100% level then do no more than a couple each year." One other secret to Jon's longevity is the fact that he doesn't cut weight anymore because it causes him to become dehydrated.

Jon basically loves powerlifting, he loves going to meets and competing. He has accomplished a lot in this sport. His may not be a household name like Bridges, Kazmaier, Coan, or Crain, but he has been there, done it all, and seen it all, and if you ask those guys with the big names they'll probably be able to tell you something about Jon Smoker.

"I've known Jon for thirty years. Jon has always been involved in powerlifting; he has dedicated a lot of his own time and money to the sport. He had a great powerlifting team in the 1980s. I competed against him a few times when we were in the same weight class. He has always been pro-powerlifting as opposed to pro-federation," said Rickey Dale Crain.

I recently read Rickey Dale Crain's book "Extreme Squatting" and on page 191 you will find the results of the 1978 YMCA Powerlifting Championships. If you look at the results for the 148 lb. class you will see that a guy named Jon Smoker finished second with a very respectable 1235 lb. total at 148 lb. and that includes a 510 lb. deadlift. On the same page you'll find the names of Rickey Crain, Louie Simmons, Dave Waddington, Roger Estep, John Florio and others. Not bad company to keep.

Jon won the '77 YMCA Powerlifting Nationals, beating Paul Stutphin, who went on to win the Junior Nationals when there was still just the USPF.

Thanks, Jon, for your many years of dedication to the sport of powerlifting.

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

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State	Zip	Area Code/Telephone

Email	Referee Status (IPF Cat.1 Cat.2 Nat. State)	Current High School	Special Olympian	Inmate
		Y N	Y N	Y N

Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
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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 _____

White: USPF Office Yellow: Member Pink: Meet Director

USPF 2nd Eldridge Top Gun/AZ
26 SEP 09 - Tombstone, AZ

BENCH
(Age 13+) Open
148 lbs.
N. Grant 225
181 lbs.
R. Thayer —
R. Goslin 303
242 lbs.
G. Panttila 374
275 lbs.
S. Ayer 341
308+ lbs.
J. Fontes 380
Junior (21-23)
148 lbs.
N. Grant 402
Master (58-64)
165 lbs.
M. Jones 182
Master (55-59)
181 lbs.
E. Jones 88
DEADLIFT
(Age 13+)
148 lbs.
N. Grant 429
181 lbs.
R. Thayer 402
242 lbs.
G. Panttila 501
275 lbs.
C. Ayer 600
Junior (20-23)
148 lbs.
N. Grant 407
Master (58-64)
165 lbs.
M. Jones 319

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Junior (13-15)				
114 lbs.				
C. Judd	132	88	171	391
Submaster (35-39)				
165 lbs.				
J. Judd	220	116	237	573
MALE				
148 lbs.				
N. Grant	303	226	429	958
K. James	226	121	292	639
165 lbs.				
L. Wong	402	275	462	1140
181 lbs.				
D. Judd	231	121	308	661
R. Thayer	308	—	—	308
198 lbs.				
D. Robins	341	297	413	1051
B. Mellinger	325	237	380	941
R. Eisen	501	—	—	501
R. Goslin	—	—	—	—
220 lbs.				
J. Pena	633	457	622	1712
242 lbs.				
G. Panttila	534	374	501	1409
Junior (13-15)				
114 lbs.				
T. Gueck	182	105	204	490
Junior (18-19)				
148 lbs.				
K. James	226	121	292	639
Junior (20-23)				
148 lbs.				
N. Grant	303	226	429	958
165 lbs.				
L. Wong	319	275	462	1057
C. Smith	314	226	402	941
M. Slanina	523	341	517	1382
Master (45-49)				
308+ lbs.				
M. Bowden	490	506	567	1563
Master (50-54)				
165 lbs.				
M. Jones	275	182	319	776
198 lbs.				
B. Mellinger	325	237	380	941
242 lbs.				
J. Cole	622	286	528	1437
Master (55-59)				
198 lbs.				
W. Sands	369	182	402	952
Master (70-74)				
181 lbs.				
D. Judd	231	121	330	683

Venue: Gold Iron Gym. (thanks to Danni Eldridge for providing these meet results)

*USPF **Arizona State** participants*

APA Indiana Open Power Fest
19 SEP 09 - Wheatfield, IN

BENCH
198 lbs.
Master I DT
S. Bruscemi 375
220 lbs.
Master I Raw DT
D. Leslie 395
Master I DT
R. Grey 440
DEADLIFT
220 lbs.
Push Pull
FEMALE
165 lbs.
Master Raw DT
M. Bischoff 135 250 385
Master I Raw DT
D. Leslie 425
STRICT CURL
FEMALE
165 lbs.
Master Raw DT
M. Bischoff 75
MALE
220 lbs.
Master I Raw DT
R. Grey 150

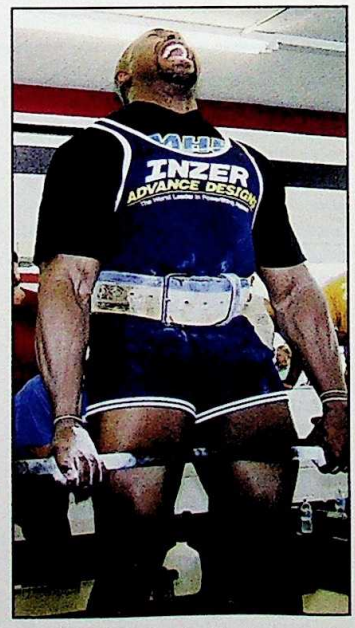
	BP	DL	TOT
MALE			
165 lbs.			
Master I DT			
R. Davis	325	490	815

Powerlifting	SQ	BP	DL	TOT
FEMALE				
86 lbs.				
Youth Raw DT				
J. Hoffman	60	55	125	240
		4th-DL-135		
114 lbs.				
Teen DT				
J. Singel	205	150	265	610
MALE				
132 lbs.				
Teen Raw DT				
K. Collins	235	115	255	620
	4th-SQ-250		DL-275	
148 lbs.				
Open				
J. McNeil	475	335	495	1305
Open DT				
T. McNeil	370	170	420	960
165 lbs.				
Master I DT				
R. Davis	415	325	490	1230
Open DT				
R. Davis	415	325	490	1230
198 lbs.				
Junior Raw DT				
M. Foust	485	320	575	1380
220 lbs.				
Open Raw DT				
L. Norton	570	275	690	1535
Teen Raw DT				
B. Davis	520	355	515	1390
242 lbs.				
Open UNL DT				
R. Pettet	600	410	555	1565

UNL=Unlimited Gear. DT=Drug Tested. Powerlifting Raw Best Lifter: Layne Norton. Powerlifting Best Lifter with Gear: Joe McNeil. Powerlifting Female Best Lifter: Jenna Singel. Bench Press RAW Best Lifter: Dave Leslie. Bench Press Best Lifter with Gear: Ron Grey. Special thanks to Bryan Hoffman and the folks at Hoffman's Barbell Club for putting on an outstanding event. This event was outdoors and held in conjunction with a custom car and motorcycle show. The event drew thousands of spectators throughout the day which gave the lifters a lot of motivation to put up the big numbers. The event will be held the same weekend next year so get ready to see some great lifting and some awesome custom cars and motorcycles when your not lifting. (Scott Taylor - APA President)

SLP Indiana State Fair
22 AUG 09 - Beech Grove, IN

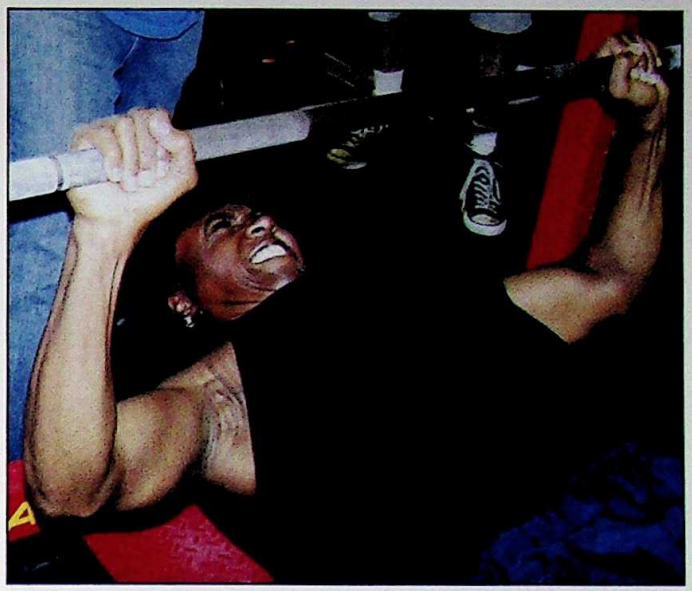
BENCH
FEMALE
Master (65-69)
198 lbs.
J. Berry 180*
Raw
Teen (13-15)
105 lbs.
A. Bruner 85*
Master (45-49)
132 lbs.
T. Nash 115*
148 lbs.
M. Carter 190*
C. Happel 80
MALE
Master (55-59)
220 lbs.
P. Wheeldon 90*
Novice
165 lbs.
L. Phillips 365*
242 lbs.
B. Berryman 460*
275 lbs.
J. Jones 350
SHW
S. Granstaff 450*
Teen (18-19)
198 lbs.
N. May 405*
Submaster
242 lbs.
B. Berryman 460
Master (40-44)
165 lbs.
R. Davis 335
220 lbs.
J. West 420
275 lbs.
Steenburgen 405
Master (45-49)
198 lbs.
T. Conner 525
Master (50-54)
242 lbs.
K. Piper 445
Master (65-69)
181 lbs.
D. Vogler 260*
Master (70-74)
220 lbs.
C. Green 330*
275 lbs.
T. Dunlap 360*
Police/Fire (70-74)
220 lbs.
B. Mehaffey 220*
Open
181 lbs.
J. Mustard —
275 lbs.
H. Timbs 800*
J. Horn 455
Raw
Novice
148 lbs.
A. Ortiz 275*
198 lbs.
J. Swann 325
220 lbs.
T. Maxwell 365
242 lbs.
J. Wilson 480*
J. Cline 425
Teen (13-15)
198 lbs.
S. Wellman 300*
Teen (16-17)
165 lbs.
Moorehead 265*
181 lbs.
D. Adams 325*
I. Fox 245
220 lbs.
J. McKee 290
R. Hammond 150
Teen (18-19)
181 lbs.
B. Bowlin 320*
198 lbs.
J. Philpot 350*
N. May 350*
Junior
132 lbs.
A. Johnson 275*
165 lbs.
M. Mohr 255
181 lbs.
B. Brown 300
A. Griffin 275
220 lbs.
L. Ruiz 395*
M. Munro 375
SHW
K. Eldred 350*
Submaster
198 lbs.
T. Sheahan 390*
S. Baker 305
Master (40-44)
220 lbs.
T. Walls 335
Master (45-49)
220 lbs.
M. Rice 240
Master (50-54)
198 lbs.
K. Lee 345*
242 lbs.



***Keithan Phillips** hauled up a 745 deadlift at 242 in Beech Grove, IN*

K. Piper	355*	Master (65-69)	
Master (60-64)		148 lbs.	
220 lbs.		E. Reece	310*
H. Conway	280*	MALE	
242 lbs.		Novice	
E. Geiger	385	165 lbs.	
Master (75-79)		L. Phillips	455*
220 lbs.		275 lbs.	
G. Good	265	J. Jones	455
Police/Fire		Teen (16-17)	
220 lbs.		220 lbs.	
L. Ruiz	395*	R. Hammond	300
242 lbs.		Junior	
J. Howery	375*	242 lbs.	
Open		R. Pedigo	495
220 lbs.		Submaster	
T. Taylor	355	275 lbs.	
242 lbs.		J. Carter	680*
J. Walton	500*	Cunningham	500
K. Phillips	440	Master (40-44)	
D. Spires	425	165 lbs.	
SHW		R. Davis	455
J. Orick	460*	Master (45-49)	
DEADLIFT		275 lbs.	
FEMALE		R.Naccarato	560
Teen (13-15)		Open	
105 lbs.		220 lbs.	
A. Bruner	180	T. Taylor	475
Master (40-44)		242 lbs.	
165 lbs.		K. Phillips	745*
R. Bruner	280*		

*=Son Light Power Indiana State Records. Best Lifter Bench Press Women Raw: Monique Carter. Best Lifter Bench Press Raw Men: James Walton. Best Lifter Bench Press Men: Harley Timbs. Best Lifter Deadlift Women: Eva Reece. Best Lifter Deadlift Men: Keithan Phillips. The 2009 Son Light Power Indiana State Fair Bench Press/Deadlift Championship was held at Leo's Black Iron Gym in Beech Grove, Indiana. Thanks to owner Beth Starker for once again hosting this annual event. We had a great turnout of lifters including several new raw competitors. Starting with the raw women, Anna Bruner set the state record at 13-15/105 with 85. At 45-49 it was Tracy Nash with her state record of 115 at 132. Monique Carter won again this year at 148, setting the state record there at 190. Carla Happel, lifting in her first competition, finished second with 80. Our final raw lifter was Paula Wheeldon, who set the state record at 55-59/220 with 90. Monique Carter finished as our best lifter. Moving to the raw men in the novice division Anthony Ortiz broke the state record at 148 with 275. John Swann won at 198 with 325. At 220 it was Trevyn Maxwell, with his personal best 365. At 242 we had a battle between Jamie Wilson and Joey Cline. After the dust settled Jamie came out on top with a new state record of 480. Joey finished with 425. At 13-15/198 Stephen Wellman got his first official 300 bench. This is one of the most promising young lifters out there, so I expect a lot from him. That's why his first attempt at 300 was turned down. I wanted his first 300 pound bench to be good enough to get passed anywhere. And it was. I'm very proud of what Stephen has accomplished so far in his short career, still 15 years of age. At 16-17 Daniel Moorehead broke the state record at 165 with 265. Daniel Adams also got a new state record in his class, 181, finishing with 325. Second place at 181 went to Ian Fox who finished with 245. At 220 it was Justin McKee over Ryan Hammond, 290 to 150. Moving to the 18-19 division, Brian Boland broke the state record at 181 with 320. At 198 Jake Philpot won over Nick May on bodyweight, both finishing with 350. Both will also share state record for that class. At junior 132 Aaron Johnson broke the state record with 275. Michael Mohr won at 165 with 255. Then at 181 there was another battle between Buster Brown and Adam Griffin. Buster finished on top with 300 to Adam's 275. Luis Ruiz moved up to the 220 class, taking the win there with a new state record and personal best 395. Mark Munro finished a close second with 375. Our final lifter in the junior division was Kenneth Eldred, who broke the record at shw with 350. Troy Sheahan broke the state record at submaster 198 with his 390 final attempt. Scott Baker finished second at 198 with 315. Tim Walls took the 40-44/220 class with 335. At 45-49/220 Mark Rice won with 240. Kurt Lee broke the state record at 50-54/198 with 345 while Kevin Piper did the same at 242 with 355. Henry Conway, Sr. broke the state record at 60-64/220 with 280. Ed Geiger, state record holder at 242 finished there with 385. Gaylord Good, lifting in his 538th. competition, won at 75-79/220 with 265. Luis Ruiz set the state record at police/fire 220 with his 395 final attempt. Jereme Howery broke the state record at 242 with 375. In the open men's raw competition, Tony Taylor won at 220 with 355. Our best lifter, James Walton, won at 242 with a new state record of 500. Keithan Phillips finished in second place with 440, followed by Dassan Spires, who ended with 425. Our final raw lifter was Jason Orick, who won at shw with a new state record of 460. Moving to the assisted division our only lady lifter there was Jan Berry. Lifting in the 65-69/198 class, Jan finished with a new state record of 180. For the novice men's classes Lucas Phillips won at 165 with a solid state record 365, lifting in his first competition. At 242 it was Brian Berryman at 242 with a new state record of 460. Bryan also won at submaster 242. Jason Jones won at 275 with 350. Up from Tennessee, in his first competition, Scott Granstaff won at shw with a new state record of 450. At 18-19/198 Nick May set the state record with 405. At 40-44 Robert Davis won at 165 with 335. Jeff West took the 220's with 420. Charles Steenburgen won at 275 with 405. Trace Conner had a good day at 45-49/198, finishing with 525. Kevin Piper won at 242 with 445. Dorran Vogler broke the state record at 65-69/181 with 260. For the 70-74 age group, Chuck Green broke the state record at 220 with 330. Tom Dunlap looked strong at 275, finishing with an easy 360 state record. Our final master lifter was police/fire 70-74 winner at 220, Bill Mehaffey, who broke the state record there with 220. In the open division Jeff Mustard was our only fatality, failing to get in his opener of 510 at 181. But the real show on this day was the lifting of Harley Timbs, bench press extraordinaire from Tennessee. Also an accomplished bodybuilder (having won the NPC Mr. Tennessee Bodybuilding Overall title in 2006), Harley is also ranked as one of the best bench pressers ever at 275. Opening with a solid 750, Harley's third attempt was 800. Under the scrutinizing eyes of three national and international judges, Harley locked out the weight with perfect form. The lift would have passed in any federation, without a doubt! Second place at 275 went to Jason Horn, who finished with 455. Moving to the deadlift competition Anna Bruner won her second title of the day at 13-15/105 with 180. Rachel Bruner broke the state record at 40-44/165 with 280. Our best lifter among the women was Eva Reece who finished with a new state record of 310 at 65-69/148! For the men it was Lucas Phillips with a new state record 455 at novice/165. Jason Jones won at novice/275 with a solid 455 pull as well. Ryan Hammond won at 16-17/220 with 300 lbs. while Ryan Pedigo took the junior 242 class with 495. Joe Carter came up from Tennessee to break the Indiana state record at submaster 275 with his second attempt of 680. David Cunningham finished second to Joe with 500. Robert Davis won again at 40-44/165 with 455. At 45-49/275 it was Randy Naccarato with his opener of 560. In the open division it was Tony Taylor, who lifted as a guest lifter, pulling 475 at 220. Our best lifter in the deadlift competition was Keithan Phillips, who finished at 242 with a new state record of 745. The team award went to Plainfield Gym & Fitness of Plainfield, Indiana with members Robert Davis, Dave Cunningham, Anna Bruner, Rachel Bruner, Ryan Hammond and Ian Fox. Thanks once again to my son Joey Latch and Adam Fancher for doing a great job loading and spotting and to Karisa Fonner for helping at the table and taking some great pictures of the meet. Thanks also to my great side judges, Jason Orick and Joey Latch. See you all again next year. (results courtesy Dr. Darrell Latch)



***Monique Carter** with her SLP raw state record 190 BP @ 45-49/148*

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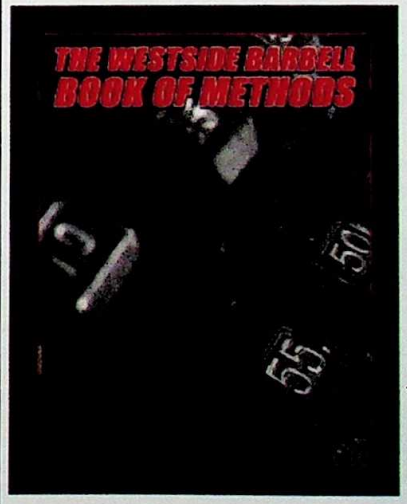

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***Joe Carter** with his state record 680 deadlift at submaster 275 (photographs courtesy Dr. Latch)*

(continued from page 13)

and f@#%ed up. I first will do a visual evaluation—posture, walking, shoulder flexibility, shoulder positioning, and hand positioning (hopefully neutral position). Basically, I look him up and down, scrutinizing his appearance. After that, I will test his GPP by having him do push-ups, sit-ups, pull-ups, box jumps, and other movements. I watch him perform exercises.

Based on these findings, I will set up a program. This evaluation will tell me a bit more about how much he is f@#%ed up, but I basically start every athlete off the same by having him master basic callisthenic movements while teaching proper technique. This takes longer for some to master than others. After the athletes have mastered general movements (i.e. lunges, push-ups, bodyweight exercises), we move onto more complex movements.

Now, understand something here. I get some athletes in that can't even handle their own bodyweight. If I have athletes who can't do a proper bodyweight squat, why in the world would I try to put a load on their spine? If they can't do a simple box jump without their knees knocking together or going to their toes, why would I have them doing hang cleans? Deficiencies need to be addressed before we can just take an athlete to the next level. Now, this doesn't mean we can't progress them unless they meet X criteria. While we are bringing up their deficiencies, we can teach them how to squat properly or teach them the starting phase of a clean or Olympic movement. We just won't start adding significant resistance until they're ready.

Most progression and evaluation needs to happen on the floor while training your athletes or whoever you are working with. Watching them do the workouts and movements and seeing their abilities in action is the only way you'll be able to truly progress your client. Just bringing them in and throwing them underneath the bar isn't the way to start. If I have an athlete who comes in, smokes the evaluation, and demonstrates good motor control and strength, he will move onto a more advanced program. It's going to depend upon ability, preparedness, and as a coach/trainer, knowing your stuff.

DT: Tell us about a few of the kids you have worked with who have impressed you the most and why?

JF: *I'll be more general with this. Most teams that I work with impress me. Anyone who is willing to show up at 6:00 AM, doesn't miss a training session, and works his butt off has my respect. I love working with athletes and individuals who want to achieve success at whatever they do. The most satisfying thing that comes from working with these individuals is seeing them achieve that success no matter what level of competition, sport, or gender. It doesn't matter to me.*

Everyone that I've worked with has always achieved success in the weight room. From getting stronger to increasing size, speed, lateral agility, or explosiveness, the majority of my athletes have impressed me by achieving it.

So this doesn't seem like a cop out answer, I've worked with 5–6 athletes who were sent to the NFL, a couple who went to the arena league, and a few who became national champions. Those are individuals who had some God given talent. Did they impress me? Most did, but the athletes who don't have that chance and still never miss a training session are the ones who will always have my respect and admiration.

DT: How do you define the different blocks of training that you use?

JF: *Accumulation: This is a period devoted to developing the more basic abilities with a focus on muscle strength and GPP utilizing general movement patterns. Lower intensities are used with a higher volume of reps and exercises.*

Transformation or transmutation: This is where we focus on more specific abilities. We are talking about event-specific technique. We use an increased intensity with a moderate volume and a decrease in general, specific exercises.

Realization: This is the pre-competitive phase of training where we are still working with event-specific technique, attaining maximal strength. The volume will be low while intensity will be at its highest. General specific exercises are very limited during this time.

Recovery or restoration: The main focus is on recovery either prior to initiating another phase of training or a forthcoming competition. We use moderate intensity and low volume on sport-specific lifts. Accessory lifts are cut in half.

DT: When are these blocks used?

JF: *Accumulation is always the first block that you need to start with. This is where you set the base for all other training down the line. The amount of time you have until your next meet will determine how much time you need to devote to this phase, but I recommend nothing shorter than 12–16 weeks.*

Sometimes, not always, you might throw a restorative week in between an accumulation and transmutation block. This is really based upon if your body needs one or not and again how much time you have.

Again, the amount of time between meets will determine how many and how long your transmutation block will last. This phase is performed following your accumulation phase. As stated above, this is where intensity within your event-specific movements will increase with an overall decrease in volume on the main exercises as well as with your accessory lifts. A restorative block is needed following this phase as well.

Realization is your final pre-competition phase. This puts everything together to peak your performance. Typically, this is 2–3 weeks in length with a restoration week at the end prior to competition.

There are many different variables that can and will cause you to sometime switch back and forth between phases, mostly transmutation and accumulation blocks. Again, this is dependant upon body preparedness and amount of time between competitions.

DT: If you're having a bad day in the gym, when do you know to shut it down?

JF: *I go off of how I feel and what I did the previous day. Sometimes when you're having a bad day in the gym, it's just your attitude. If you can recognize this, all you need is a kick in the ass to get back to work. Most times what happens here is people tend to think that is the problem all the time and they keep pushing on. By not knowing why you're having a bad day, you can push yourself right into overtraining the body.*

Key factors to know if I need to shut it down are resting heart rate, motivation, body aches, warm ups, and bar speed. If my resting heart rate is up, my central nervous system (CNS) might not be ready for a hard workout. Now, there are many reasons why it could be increased such as caffeine consumption and stress, but I know when it's a CNS problem that I will not be able to push past. If my motivation is in the dumper, I might just put it off until later in the day or the next day, depending on what I need to accomplish that week. Most times, once I get warmed up, I'm good to go. If I do a warm up and my body is aching and the motivation is still not there, I will do one or two sets and see where I'm at, but it might be a no go. If my bar speed is absolute crap and lighter weights seem like the heavier weights, I will call it a day. I don't always do this. My ego will still rear its ugly head, and I will push on. Sometimes this is good, and sometimes it's bad. I know my body well enough now to know what I'm looking for out of my workouts.

DT: You have been pretty much injury free. What have you done to stay this way?

JF: *Simple, smart, and sound training. There is something to say about having a little luck on your side as well, but I really believe that the smarter you are about your training and the more technically sound you are with your lifts, the better off you will be. Luck has nothing to do with being smart.*

One thing I know I do that many lifters avoid is warming up. I take at least 15–20 minutes to warm my body up, stretch out, and get my body prepared to train. Most powerlifters' warm ups include putting 135 lb. on the bar and doing it for 10 reps or less. That isn't going to cut it. I don't care who you are. It will catch up to you eventually.

I also focus on the smaller exercises that help to prevent injuries, such as shoulder girdle exercises, abductors, lower hamstrings, and cardio. I don't do these all the time, but I do them when they are necessary in my program, which is usually early on in my training block. These things help the body prepare for the increased stresses you will be putting yourself through later on in your programming.

Also, being able to read your body is key. Knowing when I need to back off has always helped. A lot of times lifters don't read their bodies right and just push on, overstressing the body and making it more susceptible to injury. Knowing when to take a break and when to push on can make all the difference.

DT: What are your views on cardio for powerlifters?

JF: *Necessity! The more in shape our heart and cardiovascular system is the better.*

PROS:

- *Increased cardiac output*
- *Increased HDL levels*
- *Decreased resting heart rate and blood pressure*
- *Ability to recover faster*
- *Ability to sustain longer, more intense workouts*
- *Increased virility in the bedroom*

Need I say more?

DT: What are the top three strength resources that you have found and refer back to?

Jeremy's best BPs: *501@220 lb., 771@242 lb., and 810@275 lb.*

JF: Supertraining by Mel C. Siff, Starting Strength by Rippetoe and Kilgore, and Block Periodization by Valdimir Issurin.

These have been the top three reads and the ones I revert back to the most. Starting Strength is just something I think every coach or lifter should read.

DT: When did you first stumble upon EliteFTS, and how did you hear about us?

JF: I was introduced to EliteFTS back in my senior year of college. This is when I first was introduced to Westside training and began using Dave Tate's beginner program. I was hooked from there. I would read the logs of Dave, Jim, Mike Ruggeria, McDonald, Paul, and others. These were guys who I wanted to be as strong as and who I looked up to. I think I visited the website at least five times a day.

DT: What does your diet look like?

JF: Right now, I pretty much eat whatever I want. If I feel I'm putting on bad weight, I clean up my diet. If I'm just beginning a training phase, I don't really worry about what I'm eating as long as I get in the calories. This is something that has changed recently and will continue to change in the future.

Sadly enough, I don't really eat as much as you would think. I probably on average only get 150 grams of protein per day and typically way too many carbs and fat. What I think is amazing is the fact that I've been able to do as well as I have eating like this. This is something I definitely wouldn't recommend. I just struggle getting in what I need with the time constraints of being a strength coach. If I don't prepare my food before my day starts, I'm pretty much going to have a really bad day nutritionally. As locked in as I am with my training, you would think that nutrition would be up there as well. This is something I've been struggling with but have recently started to rectify. Nutrition is everything. Without it, the body can't work as efficiently as it could.

DT: What is one of the biggest career mistakes you have made?

JF: Not reading everything I could get my hands on while I was in college. I truly never read a book in college. I bought all the books I needed as they pertained to class, but I never used them. I just took great notes and studied those, which was easier for me to do. Now, this isn't the mistake I'm talking about. I wish I would have read more strength and conditioning books early on and learned as much as I could. I've been playing catch-up ever since. It hasn't ruined anything from a career standpoint, but I definitely should have read more in my undergraduate years.

DT: What advice would you give to those aspiring to become strength and conditioning coaches?

JF: Put in your time as a volunteer. Even if you work for nothing, volunteer your time, get into the weight room of a successful/knowledgeable staff, and learn as much as you can. You can't learn in the classroom what you truly need to know out on the weight room floor training student athletes. Practical knowledge will always surpass book regurgitation, which leads me to say that though I didn't read as much as I wanted to early on, I got 60–80 hours per week on the floor training athletes. The knowledge I received from that was priceless and has led me to be as successful as I've been.

DT: What advice would you have for a novice in the sport of powerlifting?

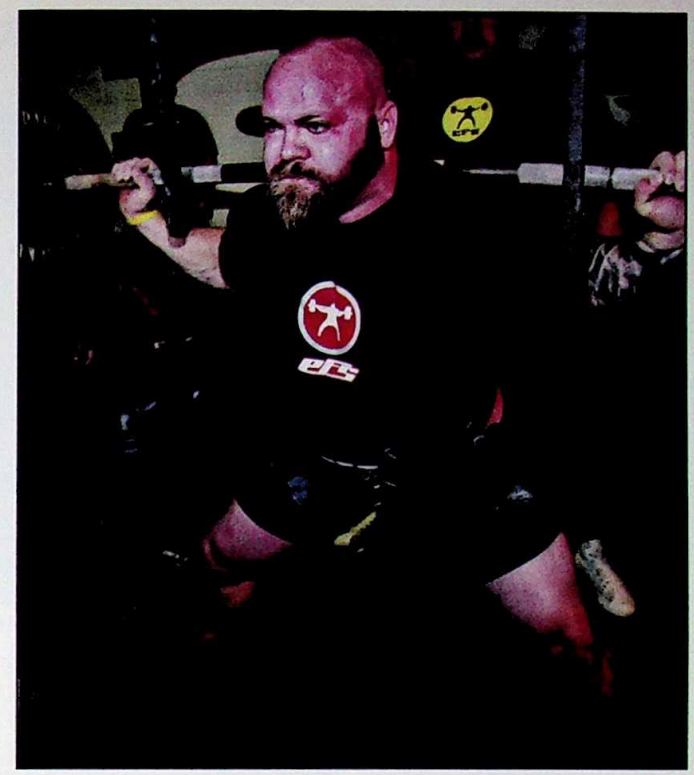
JF: Start out slow and work on the basics. Too many times you see a novice lifter try and lift as much as they can every workout regardless of how it looks. Form is everything when it comes down to the sport of powerlifting and injury prevention. Take your time, build your strength up using submaximal weights at higher volumes, address your weaknesses early, and concentrate on technique. Everyone wants to get from point A to point D, skipping B and C along the way. But the fact of the matter is skipping those steps along the way will keep you from going much further down the road.

Also, get a plan and execute it. Too many times, most lifters just hit the weights without having a plan of action written up. Even if it's just an outline, at least it's something. Ask others who have been there. This doesn't mean you should rely on them, but questions never hurt, especially if you are clueless.

DT: What are the biggest mistakes you see powerlifters making in their training, and what advice would you offer them?

JF: No warm ups. As I addressed earlier, most powerlifters don't warm up, and when I say warm up, it doesn't mean swing your arms back and forth before you start pressing or put 135 lb. on the bar and squat it for 10 reps or less. A warm up should include a general warm up to get the blood circulating and the muscles warm (i.e. bike for five minutes), dynamic flexibility movements (i.e. leg swings, spinal flossing, groin), and some foam rolling and static stretches (i.e. neck, hip flexors, abductors).

Too heavy, too often. Many powerlifters think that if they don't do max effort twice a week they aren't working hard enough and will not get stronger. Most strength gains come from using submaximal weights at moderate to high volumes. Use your heaviest weights about four weeks prior to your competition. Until then, use lighter weights at higher reps. Now, obviously the higher the weight, the fewer reps you will be able to get. Use overall volume as your guide. Say you want to do 80 percent for 15–20 reps. Do 5–6 sets of 3 reps. You will achieve the volume you want but only use triples to achieve this.



To be a successful lifter, Jeremy says to ***know what your goals are***

Worry about the process more than the outcome. There are many lifters who worry about how hard their workouts are as opposed to what they need to achieve with their workouts to attain their goals (i.e. competition). These are guys who if they don't do X amount of reps for X amount of sets for X amount of exercises, they didn't do enough. They would rather bury themselves and overtrain their bodies rather than take it easy because they need to. They will tend to not listen to their bodies, make small gains over longer periods of time, and have reoccurring injuries, sometimes major.

My advice here would be know what your goals are and do whatever is necessary to achieve those goals (outcome-based). If that means backing off, using submaximal weights, or taking it easy with more volume, then do so. Don't get caught up in the process. Worry about the outcome. If your goals are to kill yourself every workout, then get after it. Just don't be pissed when you don't see progress being made over a longer period of time.

DT: What is the manual you are working on right now, and what can people expect from it?

JF: Landon Evans and I are collaborating on a block periodization manual, the same training method that I've been using for the past year now. Since I started this type of training method, I've been able to put 316 lb. on my overall total in 11 months. Needless to say, I'm more than convinced that block periodization is applicable to powerlifting.

What the manual will entail is a brief biography of Landon as well as information on my background. We will be discussing the different phases of block periodization as it pertains to accumulation, transmutation, realization, and restoration, giving both a scientific definition and description as well as a lifter's perspective on these phases. You will know when and why you should implement each phase, what each phase should include, the intensity ranges you will need to be within, and how these phases will feel to the lifter. The more knowledge that we can provide from this and help those to understand what the purpose is of each phase is, the more successful you will and can become.

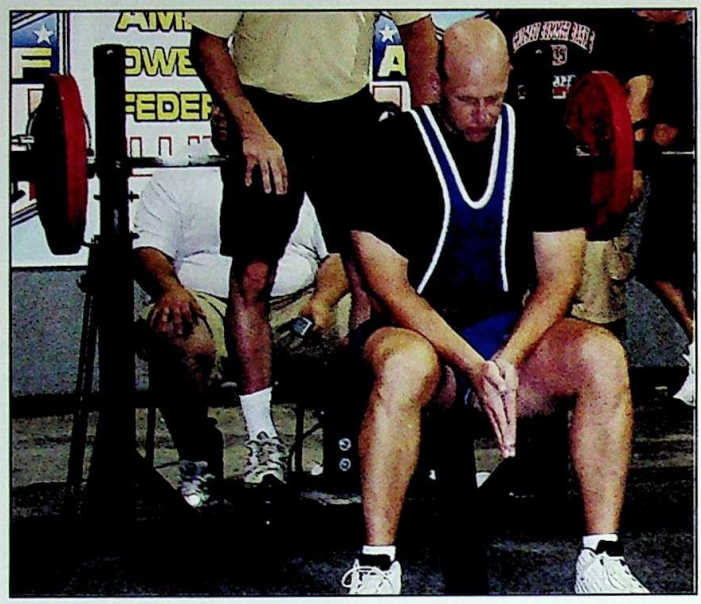
We will also provide when and how to use gear within the program, though block periodization is for everyone (bench only, full power, raw, gear, athlete, whomever). We want to provide the knowledge to adapt a program to whatever the need may be. While a general template will be provided, it will be only a template. There are too many variables that are specific to each individual to write up one solid and unified program.

Also, we will lay out what I did to achieve what I have been able to over the past year. This will hopefully give some better insight into how things can operate within a program. We are trying to keep things as simple as possible when writing this, but as anyone who writes something knows, it can be hard to determine what to include and what to skip over. We will hopefully be finished with this by the end of the summer at the latest.

APF/AAPF Chicago Summer Bash
27 JUN 09 - Willowbrook, IL

BENCH	
FEMALE	
132 lbs.	
Master I	
D. Deacon	149
SHW	
Master I	
M. Berry	286
MALE	
181 lbs.	
Junior	
T. Sipowicz	297
N. Selmer	275
Master III	
C. Smith	369
Master IV	
J. Herman	275
Master V	
S. Craig	440
Open	
D. Billing	402
198 lbs.	
Master III	
T. Frein	352
Open	
I. Kalyta	484
S. Sterr	314
B. Cady	—
Submaster	
C. Boss	402
220 lbs.	
Master I	
F. Woodson	551
R. Breier	325
E. Maroscher	—
Push Pull	
MALE	
220 lbs.	
Master I	
S. Chalmers	
242 lbs.	
Open	
P. Radlowski	
275 lbs.	
Junior	
R. Mueller	
Powerlifting	SQ
FEMALE	
148 lbs.	
Open	
R. Fishman	319
198 lbs.	
Master III	
T. Bertolomei	562
Open	
D. Wilson	484
S. Kramer	369
M. Hull	352
J. Mireles	—
E. Maroscher	—
Submaster	
S. Kramer	369
242 lbs.	
Master I	
R. Perez	325
Open	
D. Duffy	501
Submaster	
B. Hoffman	600
D. Duffy	501
275 lbs.	
Master III	
S. Arbitman	330
Open	
N. Levario	—
Submaster	
J. Garza	424
Teen III	
Z. Mayfield	264
308 lbs.	
Open/Submaster	
T. Harrison Jr	—
SHW	
Master I	
F. Lopez	501
Battaglia Sr	402

	BP	DL	TOT
MALE			
220 lbs.			
Master I			
S. Chalmers	457	539	996
242 lbs.			
Open			
P. Radlowski	468	551	1018
275 lbs.			
Junior			
R. Mueller	600	121	721
FEMALE			
148 lbs.			
Open			
R. Fishman	319	259	352	930
198 lbs.			
Open			
J. Gimmell	369	237	352	958
MALE			
123 lbs.			
Teen I			
M. Boone	209	143	176	528
148 lbs.			
Master VII			
K. Anderson	303	215	286	804
Open			
J. Fascetta	352	281	407	1040
165 lbs.			
Junior			
A. Biancucci	407	275	451	1134
Master I			
D. Chastain	369	264	363	996
Master II			
L. Coronado	451	314	473	1239
Open			
L. Ruiz Jr	501	325	418	1244
Teen I			
C. May	286	171	297	754
181 lbs.			
Junior			
D. Monteith	551	336	517	1404
J. Frias	512	286	435	1233
Master IV			
J. Herman	231	303	237	771
Teen III			
J Mahoney	275	—	—	275
198 lbs.			
Junior			
D. Hauskins	661	385	512	1558
Junior			
A. Nayar	462	264	490	1217
Master II			
M. Schapiro	402	264	402	1068
Master IV			
M. Scarpino	435	308	402	1145
Open			
M. Strom	765	573	534	1872
S. Kuderick	749	457	506	1712
T. Hensley	650	—	—	650
C. Yuhas	539	319	501	1360
220 lbs.				
Junior				
M. Bratta	600	429	573	1602
Master I				
R. Zykan	517	319	424	1261
S. Aguirre	402	259	418	1079
S. Chalmers	—	457	539	996
Master II				
T. Carnaghi	705	440	562	1707
DiMaggio Sr	578	325	446	1349
R. Bauer	—	—	—	—
Open				
E. Leitman	754	479	440	1674
J. Cady	699	—	—	699
B. Hicks	—	—	—	—
Submaster				
Z. Kroeger	—	—	—	—
242 lbs.				
Junior				
M. Radoicic	804	—	—	804
K. Grott	600	402	539	1541
Z. Toscas	473	402	501	1376
J. Stanfa	451	253	473	1178
J. Molero	440	402	479	1321
Maser II				
M. Chellino	—	—	—	—
E. May	484	270	—	754
Master III				
R. Falcioni	584	424	562	1569
Open				
Z. Kroeger	—	—	—	—
275 lbs.				
Master II				
B. Saunders	600	501	—	1101
Open				
C. Haigh	804	661	639	2103
N. Lepine	705	341	617	1663
D. Soppelsa	—	650	—	650
Submaster				
A. Chirico	517	462	451	1431
M. Guthery	—	—	—	—
Teen II				
B. Qin	457	352	501	1310
C. Mahoney	451	319	551	1321
308 lbs.				
Master I				
D. Cotter	506	402	506	1415
Open				
H. Barnwell	661	551	611	1822
D. Cotter	506	402	506	1415
SHW				
Junior				
A. Hesser	600	523	600	1723
Open				
M. White	1029	—	—	1029



***Rick Breier** gets ready to bench at the APF-APF Summer Bash (Stone)*

The 2009 Chicago Summer Bash had over 90 registered lifters. So many that next year we will consider making this meet a two day meet. Best AAPF Bench Presser: Tony Bartolomei. Best APF Bench Presser: Andy Bible. Best Master Bench Presser: Scott Craig. Best AAPF Lightweight Powerlifter: JJ thomas. Best AAPF Heavyweight Powerlifter: Eric Leitman. Best APF Lightweight Powerlifter: Mike Strom. Best Heavyweight Powerlifter: chris Haigh. Best Master Powerlifter: Kirby Anderson. Best Teen/Junior Powerlifter: Drew Hauskins. Special thanks for Amy Jackson, Jackie Stone, all the judges and everyone from Team Stone who helped out in the meet and made it another successful Summer Bash. Hope to see everybody out next year for the 7th Summer Bash. (Eric Stone)

***Jennifer Hieatt** with an SLP State Record 80 lb. curl at submaster 198 (photos c. Dr. Darrell Latch)*

APF/AAPF Membership Application

Check the box that applies below

☐ AMERICAN POWERLIFTING FEDERATION

☐ AMATEUR AMERICAN POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | DATE OF APPLICATION

CITY | STATE | ZIP CODE

AREA CODE | TELEPHONE NUMBER | DATE OF BIRTH (MO / DATE / YEAR) | AGE | SEX | US CITIZEN (YES / NO)

REGISTRATION FEE (CIRCLE APPRORIATE FEE): APF $30 | AAPF $30 | APF & AAPF $40

REGISTRATION NUMBER | E-MAIL ADDRESS

ATHELETES, fill out card completely, make check payable to and mail with fee to: **APF/AAPF**
505 Westgate Drive
Aurora, IL 60506

ARE YOU A PREVIOUS APF OR AAPF MEMBER? ☐ YES ☐ NO

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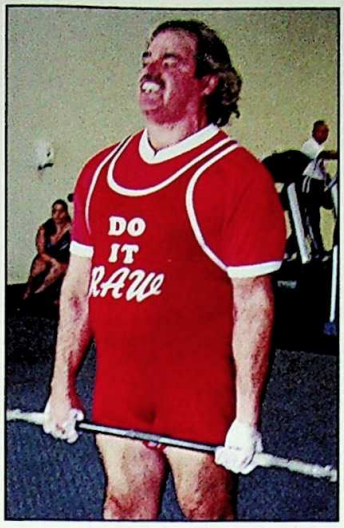
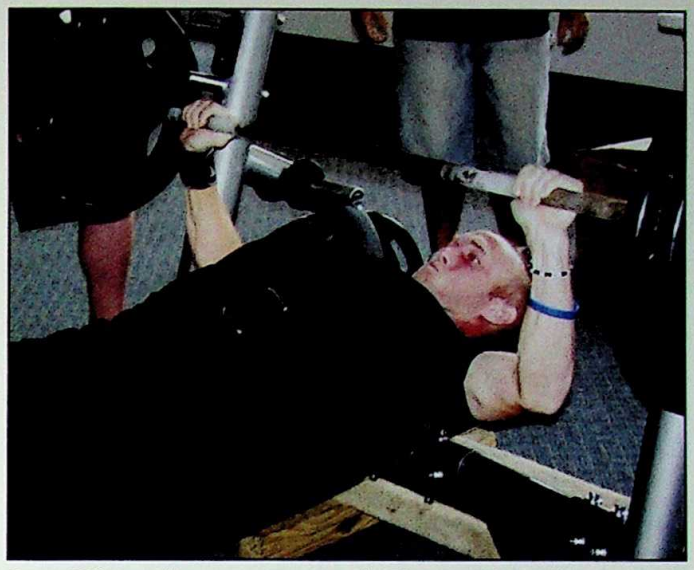
IF UNDER 18, HAVE PARENT INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF OR AAPF

SIGNATURE X _____



Larry Bucchioni *with his new state record 475 Deadlift in the 60-64/220 lb. class at the SLP Florida*



Brett Gilley *with a raw state record 270 at 132 Jr. in Kissimmee, FL*

SLP Florida State Open
5 SEP 09 - Kissimmee, FL

BENCH		B. Gilley	270*
MALE		Master (50-54)	
Master (50-54)		181 lbs.	
275 lbs.		D. Moriarty	225*
T. Harrier	510*	Master (55-59)	
Police/Fire (50-54)		220 lbs.	
275 lbs.		F. Clark	320*
T. Harrier	510*	4th-330*	
Raw		Master (60-64)	
Junior		198 lbs.	
132 lbs.		G. Walker	335*
275 lbs.		Master (60-64)	
E. Jacobsen	235*	275 lbs.	
Open		E. Jacobsen	145*
165 lbs.		4th-160*	
C. Mcnichols	365*	Open	
181 lbs.		308 lbs .	
A. Bonner	405*	A. Manske	200*
CURL		DEADLIFT	
FEMALE		MALE	
Submaster		Master (50-54)	
198 lbs.		220 lbs.	
J. Hieatt	80*	D. Duncan	415*
MALE		Master (60-64)	
Master (50-54)		220 lbs.	
220 lbs.		L. Bucchioni	475*
D. Duncan	160*	Open	
308 lbs.		165 lbs.	
B. Bradford	200*	C. McNichols	475*

*=Son Light Power Records. Best Lifter Bench: Tom Harrier. The first annual Son Light Power Florida State Bench Press/Deadlift/Curl Championship was held at the newly-opened Iron Sport America in Kissimmee, Florida. Many thanks to owner James Day for hosting this event and to Tom Harrier for promoting the competition. Because this was the first SLP meet held in Florida, each class winner actually set a new state record for their particular class. Beginning with the raw benchers, it was Brett Gilley for the win at junior 132 with a great 270. Double bodyweight benching raw! At 50-54 it was David Moriarty for the win with 225. Just a little "off" day for Dave. Francis Clark won at 55-59/220 with 320, followed with a successful fourth of 330. This was Francis' first competition. In the 60-64 age division it was George Walker for the win at 198 with 335. George's lovely wife, who looked more like his daughter, was on hand to cheer him on. Also at 60-64 was 275 winner Ernst Jacobsen, who finished with 235. For the open classes it was Chris McNichols for the win at 165 with an amazing 365, though just getting in his opening attempt. Still, thirty-five pounds over double bodyweight! Taking the win at 181 was Andrew Bonner, who also scored a double bodyweight bench with 405. In the assisted division Tom Harrier won at both the 50-54/275 and the police & fire division for that same age and bodyweight, with 510. Tom was also awarded the best lifter trophy for the benchers. For the curl competition, we finally had a good-looking lifter (our only lady lifter) in Jennifer Hieatt. With perfect form Jennifer "gutted out" her final attempt with 80, at submaster women/198. David Duncan won again at 50-54/220 with 160, while Bill Bradford got a big "PR" at 308 with 200! Ernst Jacobsen set the mark at 60-64/275 with 145, then a solid 160 fourth attempt. Big Anton Manske also hit the big 200, taking the win at open 308. Moving to the deadlift event it was David Duncan with 415 at 50-54/220. At 60-64/220 we had a little mishap, when on his final attempt with 505, Larry Bucchioni tore his left bicep. Larry had just pulled a strong 475 before that. We wish Larry well as he re-cooperates his injury. Our final lifter was open 165 winner Chris Mcnichols, who finished with 475. Thanks to my sons Joey and D.C. Latch for doing a great job loading and spotting, to Mike Francis for helping with the lift-offs, Aniko Harrier for taking some great pictures, and to Caitlin Harrier for serving as our trophy girl. Hope to see you all again next year. (results are courtesy of Dr. Darrell Latch)

*Competitors at the **WNPF North Americans** (Troy Ford photograph)*

WNPF NA/Lifetime Southeastern
3 MAY 09 - Atlanta, GA

BENCH
WOMEN
132 lbs.
Open Raw
Stiltner 115
MALE
148 lbs.
Open Raw
Paige= 365*
198 lbs.
(60-69) SP
Byrd 205*
220 lbs.
(40-49) SP
Purvis —
220 lbs.
(40-49) LT Raw
Hunt 365*
(60-69) Raw
Coleman 300
(60-69) LT Raw
Gonzales 260*
SHW
Subs Raw
Ollis 305
DEADLIFT
WOMEN
132 lbs.
Powerlifting SQ
WOMEN
148 lbs.
Open Raw
Cohn 140*
MALE
123 lbs.
Open Raw
Stiltner 265
(40-49) Raw
Thrasher 275*
MALE
181 lbs.
(50-59) Raw
McCaurragh 490*
198 lbs.
Open Raw
Sullivan 460
Subs Raw
Vincent 500
275 lbs.
Open Raw
Braden= 660
Subs Raw
Braden 660
SHW
Subs Raw
Ollis 435
POWERCURL
220 lbs.
(60-69)
Coleman 135
275 lbs.
(40-49)
Simpson 155

	BP	DL	TOT
Open SP			
Cohn 165 lbs.	385*	310*	390	1085
Subs Raw				
Pollard 181 lbs.	440*	275	475	1190
(17-19) Raw				
Hinton 198 lbs.	375	275	460	1110
(13-16) Raw				
Daugherty	365	185	330	880
Open				
Driggers= 242 lbs.	540	525*	635	1700
Open Raw				
Russell	320	315	505	1140
Open				
McCrainie 275 lbs.	625	405	525	1555
(40-49) SP				
Simpson	450	355	445	1250

*=WNPF National Records. LT=Lifetime. #=Best Lifters. The WNPF North Americans & Lifetime Southeastern Championships was a very small event with only 22 lifters and nine no-shows. We still had a great time with the 22 lifters and 40 spectators that attended and cheered for their favorite lifters. We look forward to July 19 for the USA championships in Atlanta. Thanks to all that attended this event and thanks to The WNPF staff for their help. (results courtesy of the WNPF)

SLP Samson Gym Open
27 JUN 09 - Hamilton, OH

BENCH
FEMALE
Teen (16-17)
165 lbs.
A. Streaker 270*
Teen (18-19)
165 lbs.
T. Novitski 190*
Junior
132 lbs.
B. Hammons 250*
Open
132 lbs.
E. Olszewski 215*
C. Schaeffer 200
Raw
Teen (16-17)
165 lbs.
E. Ervin 95*
Master (45-49)
198 lbs.
C. Hale 125*
MALE
Novice
181 lbs.
B. Thompson 305
Teen (13-15)
181 lbs.
C. Boling, Jr. 175
Teen (16-17)
181 lbs.
J. Coulson 230
220 lbs.
N. Snapp 230
Submaster
275 lbs.
C. Breeden 475
Master (40-44)
198 lbs.
J. Pfeiffer 325
4th-335
242 lbs.
E. Tercyck 455
308 lbs.
R. Gilmore 430
Master (55-59)
181 lbs.
D. Sparks 405
Police/Fire (40-44)
198 lbs.
J. Pfeiffer 325*
4th-335*
308 lbs.
P. Newton 505
Open
181 lbs.
J. Swavel 505*
242 lbs.
B. Bolyard 405
275 lbs.
M. Meadows 565
S. Vickery —
J. Maxwell —
SHW
T. Angel 575
J. Lenhardt —
Raw
Novice
198 lbs.
J. Mejia 255
275 lbs.
R. Shaffer 315
Teen (13-15)
165 lbs.
M. Harbour 250*
181 lbs.
T. McNelly 165
Teen (16-17)
114 lbs.
C. Hale 175*
4th-180*
165 lbs.
D. Adams 300*
181 lbs.
J. Philpot 315*
Teen (18-19)
181 lbs.
M. Hinders 240
308 lbs.
C. Small II 275*
Junior
181 lbs.
R. Rud 285
Master (45-49)
198 lbs.
K. Gray 255
275 lbs.
G. Hale 290
SHW
Handinos, Sr 525*
Master (50-54)
242 lbs.
D. Burk 385
Master (55-59)
220 lbs.
B. Bean 405
242 lbs.
R. Adams 355
Master (70-74)
181 lbs.
R. Campbell 160*
4th-165*
Police/Fire (40-44)
220 lbs.
R. McBee 385*
DEADLIFT
FEMALE
Teen (13-15)
114 lbs.
H. Core 260*
Teen (16-17)
242 lbs.
A. Carter 305*
Teen (18-19)
165 lbs.
T. Novitski 260*
Master (45-49)
198 lbs.
C. Hale 235*
Master (50-54)
198 lbs.
J. Eizensmits 145*
Open
132 lbs.
E. Olszewski 315*
MALE
Novice
148 lbs.
J. Weber 320*
165 lbs.
N. Martin 405*
Teen (13-15)
165 lbs.
M. Harbour 450*
181 lbs.
C. Boling, Jr. 385*
Z. Stewart 295
Teen (16-17)
181 lbs.
J. Coulson 475
Teen (18-19)
181 lbs.
R. Stewart 475
Junior
220 lbs.
C. Taylor 435
4th-450
Master (40-44)
181 lbs.
M. Hess 450
198 lbs.
J. Pfeiffer 350*
242 lbs.
E. Tercyck 530
308 lbs.
R. Gilmore 600*
Master (45-49)
220 lbs.
M. Taylor 435*
Master (50-54)
242 lbs.
D. Burk 530*
Master (55-59)
242 lbs.
R. Adams 505*
Police/Fire (40-44)
198 lbs.
J. Pfeiffer 350*
308 lbs.
P. Newton 530*
Open
220 lbs.
C. Brenneman 525
242 lbs.
B. Bolyard 650
275 lbs.
J. Maxwell 605
A. Hibbard —

*=Son Light Power Ohio State Records. Best Lifter Bench Women: Brittany Hammons. Best Lifter Bench Assisted Men: Jason Swavel. Best Lifter Bench Raw Men: Randy Handrinos, Sr. Best Lifter Deadlift Women: Erin Olszewski. Best Lifter Deadlift Men: Brandon Bolyard. The Son Light Power Samson Gym Open Bench Press/Deadlift Championship was held at Samson Gym in Hamilton, Ohio. Thanks to owners Darris and Kathie Sparks for once again hosting this event. Thanks also to all who helped with the spotting, loading, and assistance during the competition to make this another very successful event. In the assisted bench press competition, one of the nation's best female teenage lifters, Alison Streacker, broke the Ohio state record at 16-17/165 with her opener of 270. Her final two attempts with 285 failed just at the top of the lift both times. For the women's 18-19/165, first-time competitor Tashia Novitski set the state record there with 190. Best lifter Brittany Hammons tied the state record at junior 132 with a solid 250 opener, just missing her last two attempts with 265. Taking the win at open 132 was Erin Olszewski, who finished with a new PR and Ohio state record of 215. Taking second at open 132 was Christina Schaeffer, who finished with a personal best 200. Moving to the men's novice division, Brian Thompson won at 181 with 305. Craig Boling, Jr. won at 13-15/181 with 175 while Joseph Coulson took the 16-17/181 class with 230. Also at 16-17 was 220 winner Nick Snapp who finished with 230 as well. Chad Breeden took the submaster 275 class with 475, leaving a lot on the platform with his 525 final attempt. At 40-44 it was John Peiffer for the win in the 198 class, finishing with a personal best 335. John also took the police/fire 40-44/198 class, where he set the state record there. Ed Tercyck finished with 455 at 40-44/242 while Rob "the Bear" Gilmore won at 308 with 430. Darris Sparks came close with a new state record attempt of 430, but had to settle with his 405 opener at 55-59/181. Training partner Paul Newton did the same at police/fire 40-44/308, making just his opener of 505. In the open division best lifter Jason Swavel hit a big 505 state record at 181, just missing a 520 final attempt. This weighing in at just 177! For the open 242 class it was Brandon Bolyard with 405. In the open 275 class we had a major upset when Scott Vickery failed to get in his opener of 805. This would have been the most weight ever benched by a master lifter! Also failing to get in a lift was Josh Maxwell, who bowed out at 650. Our winner at 275 was Mike Meadows, who finished with 565. At shw we had another fatality when Jason Lenhardt failed with 675 three times. Tony Angel then took the title with his 575 opener, which took him three times to score. Moving now to the raw bench division, it was Erica Ervin for the win at 16-17/165 with a new state record of 95. State record-holder at 45-49/198, Cindy Hale, broke her state record by twenty pounds with a new pr of 125! For the men's novice division it was Jeremy Mejia with 255 at 198 and Randy Shaffer with 315 at 275. Mason Harbour set the state record at 13-15/165

World Natural Powerlifting Federation (WNPF) Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

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

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

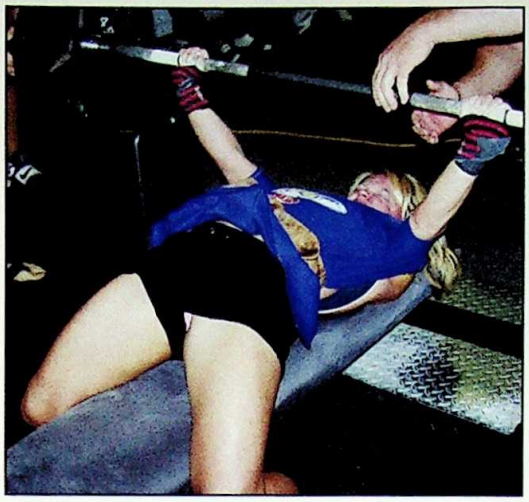
REGISTRATION FEE
$10.00 SPECIAL OLYMPICS
$20.00 HIGH SCHOOL
$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ _____ _____ (memberships are valid for one year)

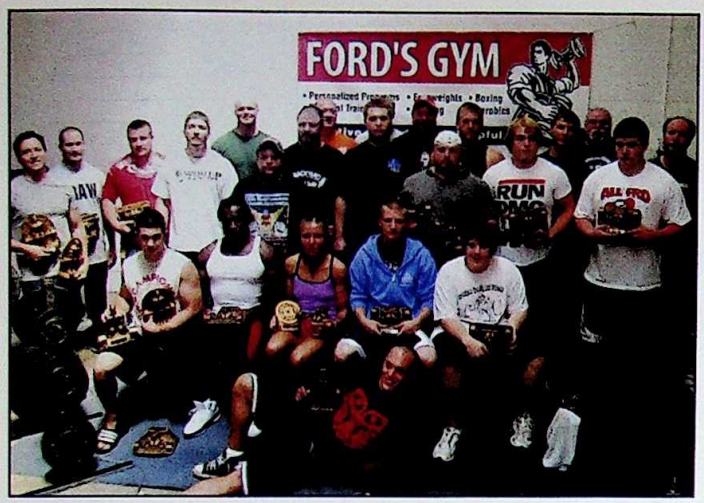
I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away fromcompetition. I realize that powerlifting is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



Christina Schaeffer *with her personal record 200 lb. bench at 132 Open at the SLP Samson Gym Open (photos are by courtesy of Dr. Darrell Latch)*

Best Lifters *at the Samson Gym meet were (left to right) Randy Handrinos Sr., Brittany Hammons, Erin Olszewski, and Mr. Brandon Bolyard*

with 250 while Trevor McNelly won at 181 with 165. At 16-17/114 it was Curt Hale with a great 180 state record, weighing in at just 110! Also at 16-17 was 165 winner Daniel Adams with a new state record of 300 and Jake Philpot, who set the state record at 181 with 315. Both lifters only got in their openers. Mac Hinders won at 18-19/181 with 240 while Chad Small II set the state record at 308 with 275. Lifting in his first competition, Ryan Rud took the junior 181 class with 285. For the master's classes Kyle Gray won at 45-49/198 with 255. Greg Hale finished with 290 at 275 while Randy Handrinos, Jr. won big at shw with 525. Not only did Randy set the state record for his class, he posted a new personal record and won the best lifter award for the raw division! David Burk also had a good day, beginning with his win at 50-54/242 with 385. Bob Bean, state record-holder at 55-59/220 won there with 405. For that same age group it was Roger Adams with the win at 242, finishing with 355. Our final master lifter, who was also our oldest competitor, Robert Campbell, set the state record at 70-74/181 with 165. Richard McBee rounded out the benchers with his win at police/fire 40-44/220, setting the state record with 385. In the deadlift event newcomer Heather Core was impressive, taking the win and a new Ohio state record for the 13-15/114 class with 260! Amelia Crater broke the state record at 16-17/242 with 305 while Tashia Novitski did the same at 18-19/165 with 260. Both of these girls were competing for the first time. Cindy Hale, state record-holder at 45-49/198 broke her record there with 235. Still another first-timer, Jackie Eizensmits, set the state record at 50-54/198 with 145. For the open women's class it was best lifter Erin Oszewski with another state record at 132 with 315. For the men's novice division Jamie Weber broke the state record for the 148 class with 320 while Nate Martin tied the state record at 165 with 405. Both were lifting for the first time in competition. Taking the win at 13-15/165 and setting the state record there was Mason Harbour, who finished with 450 at a 160 bwt.! Craig Boling, Jr. won at 181 over Zach Stewart 385 to 295. At 16-17/181 it was Joseph Coulson with 475, just missing a 500 final attempt! Ryan Stewart took the win at 18-19/181 with 475, while Cody Taylor, who pulled with ALL BACK, won at junior 220 with 450. Moving to the master men's division it was Mark Hess for the win at 40-44/181 with 450. John Pfeiffer won again at 40-44/198 as well as the police & fire division, setting state records for both classes with 350. It was Ed Tercyck again at 242 with 530 while Rob Gilmore rounded out the division with a personal best 600 pull at 308 for a new state record there. At 45-49/220 it was Mark Taylor with a new state record of 435. David Burk won again at 50-54/242 with a new state record of 530. Roger Adams did the same at 55-59/242 with his 505 final pull. Paul Newton got a new PR and state record at police/fire 40-44/308 with 530. In the open division Clifford Brenneman, in his first competition, won at 220 with 525. Brandon Bolyard took the 242's with 650, making just his opener. Also making just his opener of 605 was 275 winner Josh Maxwell. Alan Hibbard failed with 600 at 275 due to a torn bicep injury he received on that initial pull. We wish Alan well as he recuperates for this injury. The best lifter award among the men went to Brandon Bolyard. Thanks to my son Joey for doing another great job loading and spotting and to Heather Core for helping me at the table and serving as our trophy girl. See you all again next year! (results courtesy Dr. Darrell Latch)



***Competitors** at Ford's Gym Backyard BP/DL (courtesy Ford's Gym)*

Ford's Gym Backyard BP/DL
25 JUL 09 - Madison, WI

BENCH		M. Becker	390	R. Norman*	585	220 lbs.	
FEMALE		B. Fritsch	275	M. Becker	390	A. Tadt	415
Open		T. Roberts	260	N. Moul	315	Masters	
123 lbs.		B. Foerst	260	J. Jennings	255	B. Fritsch	470
C. Hoffman	100	J. Jennings	255	242 lbs.		S. Coogan	480
181 lbs.		Open		R. Hanson	355	M. Milla	415
L. VanBuskirk	235	148 lbs.		R. Truesdell	290	J. Jennings	360
MALE		A. Kaszubski	255	M. Borsuk	225	Open	
Teen		165 lbs.		275 lbs.		165 lbs.	
123 lbs.		J. Petersen	350	M. Mazanet	—	T. Meives*	525
P. Kelley	145	T. Meives	300	W. Radunz	—	M. Milia	415
198 lbs.		D. Straight	—	SHW		J. Petersen	350
F. Brudos	220	181 lbs.		J. Ray	600	181 lbs.	
220 lbs.		S. Grade	365	DEADLIFT		S. Masino	525
A. Tadt	275	S. Masino	355	FEMALE		N. Moore	405
B. Norman	260	198 lbs.		123 lbs.		198 lbs.	
242 lbs.		S. Erving	375	C. Hoffman	245	B. Fritsch	470
W. Jennings	235	J. Hooks	345	MALE		220 lbs.	
Masters		B. Fritsch	275	Teen		J. Jennings	360
S. Fronk	405	220 lbs.		123 lbs.		242 lbs.	
				P. Kelley	205	M. Borsuk	430

*=Best Lifters. (Courtesy from Ford's Gym)

APA MEMBERSHIP APPLICATION

Send application and make check payable to: APA, 356 Lakeland Dr #3, Hot Springs, AR 71913

Adult Membership: $30 Child Membership (Under 18): $15

In consideration of my acceptance as a member of the APA I hereby release the American Powerlifting Association (APA), Scott Taylor, all competition facilities and their employee's, all APA meet directors and contest staff from any responsibility or liability for any injury or personal loss to myself resulting from participation in any APA competition. I acknowledge that I realize there is a high risk of injury in the sport of powerlifting . I accept this risk. I am aware that I will be solely responsible for the condition and safety of my personal lifting gear, bench press shirts, powerlifting suits, wraps and all equipment worn when participating in APA events and realize that the use of bench press shirts and some supportive gear can be dangerous and result in accidents and/or personal injury. I agree to hold the APA, and meet directors and contest staff members free of liability for any unintentional injury or damages suffered by me. I will be the sole decider on the amount of weight I attempt to lift at all competitions and will not make attempts that I know are beyond my limitations and a reasonable and prudent amount. I am responsible for my behavior and that of my guests at APA events, and if asked to leave an event due to their behavior will do so immediately and voluntarily and forfeit any entry costs I may have incurred for the event. I hereby represent and warrant that I have reviewed and understand the terms of acceptance prior to electronically submitting and signing this waiver/membership application form. If I am under the age of 18 my parent or legal guardian will review and sign and this entry form assuming responsibility for me.

NAME_____ AGE_____ SEX_____

PHONE_____ EMAIL_____

MAILING ADDRESS_____

CITY_____ STATE_____ ZIP_____

SIGNATURE_____ (PARENT OR GUARDIAN SIGN IF UNDER 18 YRS)

DATE_____

APA Gulf of Mexico
10 OCT 09 - Corpus Christi, TX

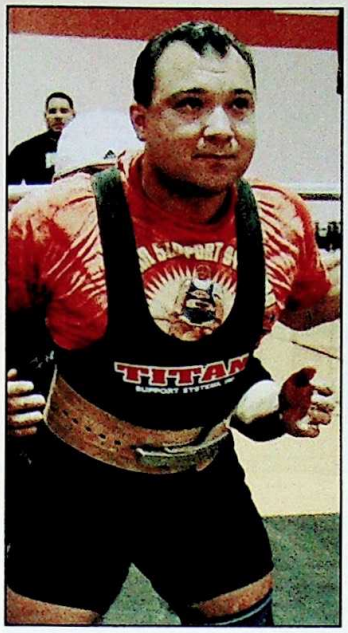
BENCH		308 lbs.		
FEMALE		Master DT		
97 lbs.		J. Saldana	—	
Master DT		DEADLIFT		
L. McMahon	75	FEMALE		
MALE		97 lbs.		
165 lbs.		Master DT		
Master DT		L. McMahon	150	
J. Garza	340	165 lbs.		
Open DT		Submaster		
C. Harvey	310	K. Siemssen	405	
181 lbs.		MALE		
Raw Submaster DT		198 lbs.		
K. Rodriguez	325	Master DT		
275 lbs.		T. Welton	480	
Submaster DT		275 lbs.		
F. Garcia	575	Submaster UNL		
		R. Benfield	645	

Powerlifting	SQ	BP	DL	TOT
FEMALE				
97 lbs.				
Master DT				
L. McMahon	135	75	150	360
MALE				
97 lbs.				
Raw Youth DT				
D. Sanchez	115	50	155	320
165 lbs.				
Open DT				
C. Harvey	430	310	440	1180
181 lbs.				
Raw Open DT				
J. Vasquez	485	350	135	970
P. Hedrick	—	—	—	—
198 lbs.				
Open DT				
J. Saldana	665	465	610	1740
Raw Open DT				
T. Huisking	335	—	—	335
220 lbs.				
Raw Master DT				
J. Sullivan	515	315	515	1345
Master DT				
J. Ganem	435	275	405	1115
242 lbs.				
Junior DT				
J. Pillado	750	485	680	1915
I. Sodergrist	650	405	650	1705
Teen DT				
J. Rosales	575	335	475	1385
275 lbs.				
Open DT				
F. Garcia	700	575	550	1825
Raw Open DT				
R. Sanborn	460	300	505	1265
D. Ellis	710	455	—	1165
Teen UNL DT				
C. Molano	635	330	580	1545
Raw Junior DT				
J. Jimenez	475	360	505	1340
Submaster UNL				
R. Benfield	725	—	—	725
Raw Submaster DT				
D. Hernandez	555	435	525	1515
4ths: SQ-600		B-480	D-575	
H. Limon	460	415	450	1325
308 lbs.				
Open UNL DT				
D. Ortiz	765	500	575	1840
Raw Open DT				
R. Gonzalez	505	420	525	1450
Master DT				
V. Cadena	525	395	615	1535
341 lbs.				
Submaster DT				
M. Craig	500	550	425	1475

UNL=Unlimited Gear. DT=Drug Tested. A very special thanks to Victor Cadena for organizing this event, our spotters, loaders, and referee's for doing an outstanding job throughout the day, and Titan Support Systems for sponsoring this event. Lifting quality was high with several records being set especially in the RAW categories. The new records established can be found at the APA website www.apa-wpa.com Several more APA events are being scheduled in Corpus Christie in 2010 including the WPA World Championships. (results from Scott Taylor - APA President)

***Lucila McMahon** at the APA Gulf of Mexico meet (photos courtesy of APA President Scott Taylor)*

***Victor Cadena** was the meet organizer for the APA Gulf of Mexico meet*



Johnny Vasquez raw at APA Gulf of Mexico meet in Corpus Christi

USAPL Illinois State
23 MAY 09 - Harrisburg, IL

Powerlifting	SQ	BP	DL	TOT
FEMALE				
132 lbs.				
D. Bryant	154	—	242	396
148 lbs.				
M. Raper	154	83	171	407
165 lbs.				
C. Bridges	259	116	259	633
M. Welch	242	121	253	617
181 lbs.				
T. Frone	116	83	215	413
198 lbs.				
J. Gosney	286	143	286	716
UNL				
P. Ingram	—	99	—	99
MALE				
148 lbs.				
I. Zwick	—	281	—	281
M. Hubeer	—	275	—	275
165 lbs.				
L. McMasters	523	325	551	1398
181 lbs.				
M. Campion	424	226	429	1079
Mohlenbrock	303	154	352	809
198 lbs.				
E. Zachman	551	330	523	1404
C. Motsinger	473	275	517	1266
M. Williams	402	242	451	1095
T. Borrelli	374	264	407	1046
A. Long	325	209	402	936
S. Zouglas	314	154	358	826
L. Zirkelbach	231	171	347	749
Z. Irwin	—	291	—	291
220 lbs.				
T. Smallwood	468	303	545	1316
J. Brinkley	—	385	—	385
M. Lippert	—	374	—	374
242 lbs.				
J. Stafford	—	501	—	501
K. Fisher	—	237	—	237
J. Lawson	—	573	—	573
275 lbs.				
J. Thiele	710	446	677	1833
D. Bergman	451	363	650	1464
S. Baquet	281	622	1398	2301
M. Lowery Jr.	363	319	523	1206
A. Drone	171	138	270	578
J. Lupardus	—	336	—	336
R. Gibson	—	319	—	319
UNL				
S. Schroeder	611	369	606	1585
C. Bryant	551	352	600	1503
R. Pirtle Jr.	391	286	479	1156
P. Dennis	374	363	396	1134

(Thanks to the USAPL for providing results)

NPA Drug Free Midwest Open
28 MAR 09 - Freeport, IL

BENCH		Masters	
FEMALE		198 lbs.	
Teen		D. D'agostine	250
132 lbs.		G. Wright	170
H. Payne	80	220 lbs.	
Open		D. Leslie	350
132 lbs.		242 lbs.	
D. Dean	85	J. Dean	245
MALE		259 lbs.	
Teen (13-16)		D.Blakeney	200
98 lbs.		DEADLIFT	
T. Bartell	70	FEMALE	
(17-19)		Open132 lbs.	
198 lbs.		D. Dean	135
T. D'agostin	260	MALE	
220 lbs.		Teen (13-15)	
W. Wright	105	198 lbs.	
Open		T. Flannigan	350
198 lbs.		Teen (17-19)	
J. Payne	275	T. D'agostine	350
220 lbs.		Masters	
W. Cole	300	165 lbs.	
259 lbs.		R. Lee	225
C. Grimm	425	220 lbs.	
Submaster		D. Leslie	350
220 lbs.		242 lbs.	
J. Logethetti	275	J. Dean	310
SHW		308 lbs.	
J. Miller	365	J. Miller	405

The 2009 NPA Midwest Open had lifters form Canada, Illinois, Iowa and Wisconsin. All that came had a great time, some great lifts and some near misses. Richard Lee celebrated his 72nd birthday! He also celebrated Best Lifter in deadlift! This man is a class act always kind and polite to all the lifters wishing everyone that they do their best on meet day. Team Miller had an off day, but I am sure they will be back and put up PRs soon. They are a great group of men with quality lifts and we are proud to have them compete here in the Midwest. Dave Leslie took Best Lifter in bench press light weight while Chris Grimm took Best Lifter heavy weight bench press. First time lifter Dani Dean competing after getting back from Iraq, we were proud to have her as a competitor. Her dad Jerry brought her with, great people. Till next time, do something to make the world a better place for our children and our country. A big thank you to all that helped! Another great meet with great people enjoying this wonderful sport that can be enjoyed by all young and old. (from Duane Burlingame)

***Happy Birthday** – Richard Lee (72 yrs. old) with Duane Burlingame*

(continued from page 32)

Police/Fire				
Suutari-CAN	683	518	661	1863
308 lbs.				
Master I				
M. Sakr-EGY	397	287	375	1058
Open				
B. Vaziri	755	584	601	1940
B. Williamson	634	424	529	1587
Mohmed Sakr-EGY	397	287	375	1058
SHW				
Master II				
S. Edmiston	705	551	601	1857
Open				
S. Edmiston	705	551	601	1857

!=Best Lifters. It's the last weekend in July in the windy city and some the countries best drug free lifters in multiple classes and divisions have come from near and far to get down with some Chi-Town steel, at the Marriott in Burr Ridge Illinois for the 2009 AWPC Worlds. We had lifters from all over the U.S. They came from Florida, Maine, Texas, New York, Utah, Idaho, California, Louisiana, and South Carolina. Not to mention the surrounding Midwestern states like Michigan, Indiana and Wisconsin that are a nice afternoon's drive. Also making the trip were countries Korea, Canada, Russia and Egypt who have embraced the AWPC. We were very excited to have these countries. It's been a slow process, but the AWPC is finally taking off overseas with some very large meets being promoted in Russia with much success. Chicago is one of my favorite cities to visit and has been the host city of AWPC Worlds for the last four years. With the home the APF in nearby Aurora, and the convenience of Chicago being such a central location to travel, Chicago is perfect for high level contests. Plus the Chicago area has always been a hotbed for legendary powerlifting talent. Individuals coming from there are some iconic legends of the game. Names like, Bill Seno, Ed Coan, Mike Bridges, Diane and Ernie Frantz, Jose Garcia, and one of my personal favorites Bill Nichols, just to name a few. This state is the home of some of the most successful teams in the sport too; Team Zenzen coached by Master lifter Dick Zenzen, Team Stone, coached by Illinois APF/AAPF State Chairman Eric Stone, Team Jakked Hardcore, Frantz Power Team, and Team Ruettiger, coached by Rudy Ruettiger. Rudy has been the strength coach of Division One football team Northwestern, and the nationally recognized High School powerhouse Joliet Catholic football team. To compete in Chicago Illinois at any WPC/AWPC championship regardless level is exciting and fun. When you have this high caliber of lifters all in one area you have the highest level of technology and innovation in equipment. Something else that's emerging on the Chicago power scene is a new line of equipment is called "Overkill". Jose Garcia's coach Rudy Rosales who was an outstanding 181 lifter, is the brain child behind the Overkill name. Rudy is manufacturing his own bench shirts/squat suits with great success. The shirts work awesome, and are currently being worn by Bench Machine Scott Mendelson. "Mendy says he's benching big brah!" I personally know of members of team Zenzen wearing them, guys at the gym I train at in W. Palm Bch are wearing them and many others from Chicago/Midwest region were wearing them at this contest hitting new PR's. There was some phenomenal lifting in all classes. There are so many classes, divisions, multiple class entries at AWPC Worlds it would be impossible for me to mention everybody's name and performance. I will let you review the results for yourself to see what numbers these dedicated iron-movers achieved. From mighty master's, to tenacious teenager's, I can tell that many world records were broken, and for the most part everyone lifted well. It's always great to see new faces no doubt, growth is the key. The one thing you can always count on since the inception of the AAPF/AWPC back in the early 1990's is the same old faces, but not old in age. What I mean by old is simply loyalty. It's that loyalty that I look forward to seeing twice a year, maybe more if I'm lucky year after year. I can't thank you all enough for your continued patronage of the AAPF/AWPC. Since we are planning to have the APF Seniors Nationals in Chicago next June, Amy and I decided to host the 2010 AWPC Worlds in my neck of the woods down in the W. Palm Beach area. Most likely in 2011 we will bring AWPC back to Chicago. There's way too much food in Chicago so it's probably for the best I only visit once a year. During this last trip it was a pure glutton-fest! When I'm there I can't seem stay out of Manny's Deli home of the 2lb corned beef sandwich. Let me say, you don't see corned beef like this everyday!! Then I did about 2 dozen White Castles, a couple deep dish, and 6 authentic Chicago style dogs. But I was denied access to a world renowned Chicago eatery I read about in a hotel magazine. This unique hole in the wall just blocks from Wrigley Field has the coolest name ever, Hot Doug's House of Incased Meat Emporium. That name rules! How cool would it be to have them as a sponsor just to see that name on the back of the Seniors meet shirt? Unlimited incased meat and we got a deal. They have 80 different types of sausage from moose to goose, and if it can made into sausage they freaking got it!! Swear to God this place had a line of 50-60 people coming out the door into the street on a Monday afternoon at 2:30-pm! I had a 4:30 flight, and was beyond bummed out I couldn't experience the Incased Meat Emporium. I'm there the second it opens next June. Back to reality. I'd like to personally thank Dick Zenzen and Eric & Jackie Stone for the use of their equipment. Last but not least, I'd like to thank my beloved assistant/APF office manager Amy Jackson, as you all know she's the heart and sole of the APF. She handled every single detail of this contest. Since I didn't have to bring equipment from Florida, or have to get spotters/loaders together, I literally just jumped on a plane and she handed me the microphone when I showed up. She really is the best. The AAPF Nationals will be in Michigan in April of 2010, and the 2010 AWPC Worlds will be in W .Palm Beach next July/Aug. Contact Amy at the APF/WPC office anytime toll free 1-866-389-4744 for any questions you have about these contests or any other APF/WPC contests. Thank you. (Kieran Kidder, AWPC/WPC Owner)

(L-R) **Kari Suutari** of Canada with APF Official **Nick Detman**

(L-R) **Devin Cagnolatti** (1830 lb. total) with Master lifter **Rich Flores**

(L-R) APF Staff **Jody Carpenter** with 198 lb. class lifter **Ronnie Paras**

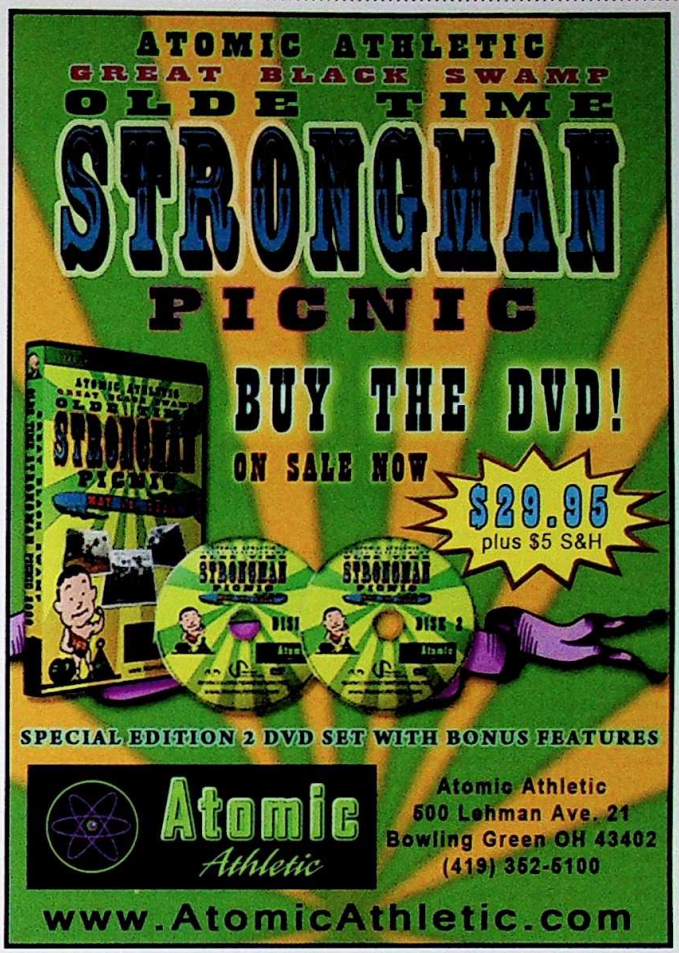
(L-R) **Mike Sweeney** with **Tim Hensley** who benched 623 pounds

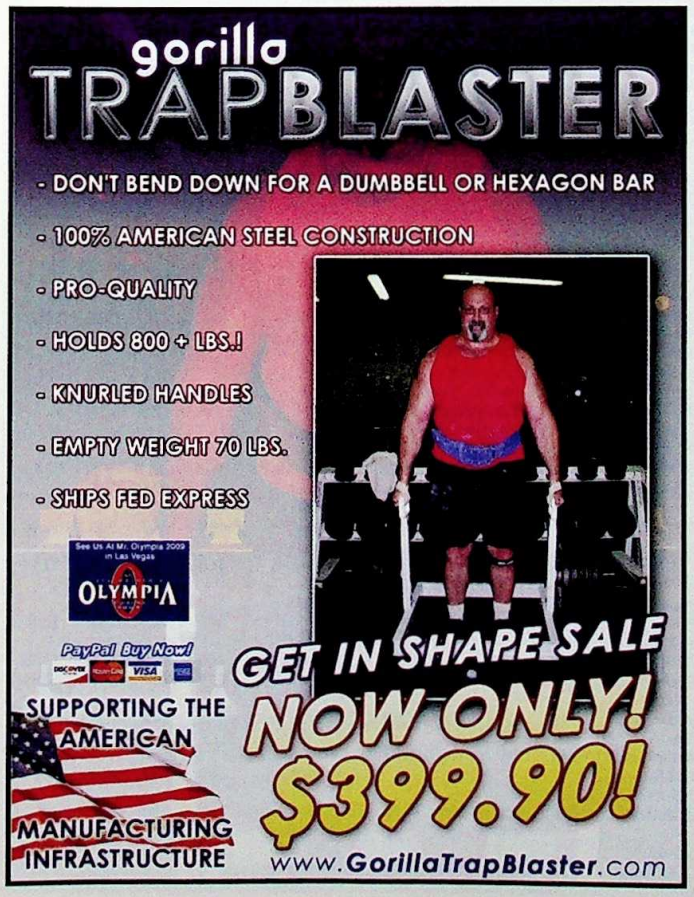
ATOMIC ATHLETIC PRESENTS THE STRONGMAN PICNIC

NOW AVAILABLE ON DVD

FOR REVIEW— on May 16, 2009, the Atomic Athletic Great Black Swamp Olde Time STRONGMAN Picnic was held, and Roger LaPointe of Atomic Athletic has released a 2 DVD set covering this year's event. This is a celebration of all sorts of manifestations of strength, including some that are hardly practiced these days. First event was the Semi-Truck Pull (try that in the rain!!!), followed by a session of stone lifting (great example of the unique form demanded by this discipline), iron bending (no pecs were torn!), a remarkable circus contortionist, an escape artist (handcuffs can't hold this guy!), 3 time Olympian Fred Lowe with an Olympic Lifting demonstration, the "flying barbell" demonstration (juggling kettlebells and astonishing tricks with a full size barbell), the Stone Paddock Press event (many participants - not as easy as it seems), the 'Ballerina of the Blades', monster EZ curl contest, the hammer 'Finger Walk' event (you've never seen a grip strength demo like this before), and historic Karate strength training from Okinawa (you've never imagined some of these exercises), plus there are several bonus features in DVD 2, including an in-depth examination of the history of Indian Clubs (they have produced some of the best wrestlers in the world), the Revival of Strength Training Acts in America, and interviews with several of the performers who participated in the event. Roger is one of the greatest aficionados of strength in the United States and this annual event showcases the many aspects of ironsport that he has researched.

For further information see
www.AtomicAthletic.com





A Look At Pavel Tsatsouline's New Book

POWER TO THE PEOPLE PROFESSIONAL

For Review— *POWER TO THE PEOPLE Professional* is the latest book from Pavel Tsatsouline, and there seems to be no one on earth who can eloquently segue between the training philosophy of, say, Louie Simmons and the likes of Boris Sheiko (et al) with such adroitness. The book's foreword is by Marc "Spud" Bartley, RKC, who has undergone a magnificent transition from earth-shaking squatter (who suffered a traumatic leg injury) to a sliced and diced bodybuilder—all under the guidance of Pavel. Strength training is not a new thing in Pavel's native Russia, though many of the great voices of contemporary strength-think have been heard from there. Pavel continues to bring us stories of great Russian strength stars of the past and relate their secrets to the training of today. He highlights several significant Russian training routines and the follow-on insightful technique tips, illustrated with classic lifting photos and drawings. The sub-title of the book "How to add 100s of pounds to your squat, bench, and deadlift with Advanced Russian Techniques" underlines the benefits that can be derived from a reading of these 189 pages. A trans-societal symposium on super-strength, you can get more information at www.dragondoor.com or see their ad on page 35 of this issue of PL USA.

www.dragondoor.com

25th Iowa State Fair BP/DL
22 AUG 09 - Des Moines, IA

BENCH	
FEMALE	
114 lbs.	
T. Kalar	135
K. Majava	80
148 lbs.	
V. Williams	90
242 lbs.	
J. Nelson	155
275 lbs.	
S. Binny	150
MALE	
Pure	
165 lb.	
A. Myers	375
B. Catell	270
L. Brinkman	225
181 lbs.	
S. McNeal	315
R. Agnitisch	300
198 lbs.	
M. Fehl	415
J. Towsby	415
T. Russell	360
220 lbs.	
Benjegerdes	575
242 lbs.	
C. Lingren	405
J. McMahon	360
Raw	
132 lbs.	
C. Majors	165
148 lbs.	
R. Irwin	295
A. Young	265
R. Lowell	245
165 lbs.	
J. Elefson	305
C. Brown	275
B. Truitt	235
181 lbs.	
S. Gaskill	355
E. Lenway	315
D. Hutcheson	310
198 lbs.	
M. Cole	425
T. Quick	420
C. Harris	345
220 lbs.	
D. Griffith	405
E. Peterson	365
J. Greise	345
242 lbs.	
S. Havschildt	450
D. Davis	445
P. Ruttjen	405
275 lbs.	
M. Hauschildt	480
M. Coleman	415
S. Emerson	405
SHW	
A. Wright	500
R. Majors	425
Novice	
165 lbs.	
J. Elefson	305
M. Furrow	275
181 lbs.	
E. Lenway	315
R. Agnitsch	300
M. Prewitt	285
198 lbs.	
T. Quick	420
220 lbs.	
Benjegerdes	575
J. Twombly	390
Masters I	
148 lbs.	
D. Lawerence	210
181 lbs.	
B. Carlough	325
S. McNeal	315
220 lbs.	
J. Berding	650
242 lbs.	
C. Lindgren	405
J. McMahon	360
275 lbs.	
D. Walker	520
Masters II	
181 lbs.	
L. Tuel	270
242 lbs.	
F. Sergio	420
Submasters	
198 lbs.	
M. Fehl	415
S. Austin	285
275 lbs.	
P. Thomas	550
Teen	
132 lbs.	
T. Paramenter	175
Rassmussen	170
X. Freemont	155
148 lbs.	
R. Smith	225
C. McMahon	185
J. McLaurine 100	
165 lbs.	
S. Ross 115	
T. Willison	100
181 lbs.	
E. Lenway	315
J. Perkins	300
M. Fontaine	250
198 lbs.	
R. Jackson	240
220 lbs.	
I. Ivusic	300
Beginners	
Lightweight	
D. Lawrence	210
A. Anderson	165
Middleweight	
M. Prewitt	265
D. Racki	255
Heavyweight	
P. Thompson	340
D. Thomas	300
SHW	
J. Knight	385
DEADLIFT	
FEMALE	
132 lbs.	
E. Mwaja	310
T. Morrison	275
148 lbs.	
J. McLaurine	205
165 lbs.	
S. Ross	235
181 lbs.	
J. Davis	345
MALE	
Natural	
132 lbs.	
McAndrews	325
Rassmussen	290
X. Freemont	260
148 lbs.	
R. Irwin	510
R. Lowell	405
R. Smith	385
165 lbs.	
B. Cattell	510
181 lbs.	
W. Keith	600
C. Nour	425
R. Agnitsch	385
198 lbs.	
C. Harris	525
T. Russell	500
B. Vogel	450
220 lbs.	
J. Jolesch	450
242 lbs.	
D. Strub	550
D. Gulling	525
J. Einertson	475
275 lbs.	
B. Bowen	550
Masters	
148 lbs.	
D. Lawerence	350
165 lbs.	
D. Bland	310
T. Heitter	235
181 lbs.	
R. Page	520
198 lbs.	
R. Waldorf	470
242 lbs.	
R. Baker	525
D. Gulling	525
275 lbs.	
D. Connett	675
Submasters	
198 lbs.	
S. Austin	525
220 lbs.	
S. Losing 500	
242 lbs.	
M. Cole 650	

Best Men's Bench Press Lightweight: Andrew Myers with 162 lb. bodyweight 375 lb. Bench. Best Men's Bench Press Heavyweight: John Berding with 217 lb. bodyweight 650 lb. bench. Best Womens Bench Press: Tina Kalar with 112 lb. bodyweight 135 lb. bench. Best Mens Deadlifter: Wes Keith with 179 lb. bodyweight 600 lb. deadlift. Best Womens Deadlift: Emily Mwaja with 123 lb. bodyweight 310 lb. deadlift. 1st Place Team: Golds Gym - Cliff Gordy, Scott Gaskill, Dan Griffith, Justin Elefson. 2nd Place Team: Nutri Sport - Ryan Irwin, Mark Hauschildt, Dan Connett, Tim Quick. Wow, the 25th Annual Iowa State Fair Bench Press Deadlift Contest was a record for us. With 171 entries from lifters all over the Midwest it was a huge meet with even bigger lifts! Our treat for the day was John Berding's opening attempt of 650 lbs. in which he absolutely blew it up without any hesitation. At a body weight of only 217 lbs. he was easily our best heavy weight lifter for the day. His next two attempts of 700 lbs. were both just slightly out of groove, and we all know what that can do, but how the crowd did love it! There was many outstanding lifts as the results show. But what was most impressive is that we had one full flight of benchers all opening at 500 lbs. or more! Two bench platforms were run and there was eight flights, with 11-14 lifters in each, completed by 12:30. Deadlifting also had two platforms with four flights of 12-15 lifters in each and all the lifting was completed by 2:30. There was also many highlights to our deadlifts and the mens best lifter award was won by less than a full point with Wes Keith pulling 600 lbs. at a body weight of only 179. Womens best deadlifter was also impressive, Emily Mwaja pulled 310 lbs. at a body weight of 123. That's what I would call a true compliment to the judges, loaders and spotters. But mostly to our announcer Wayne Hammes of Oskaloosa Iowa who has been coming to help for many years. His help is invaluable to the meet, as is all the help. The score keepers Jesse Gonzalez and Kim Baird, also did a great job of keeping things moving and making sure everyone was scored correctly. Judges Richard Baker, Don Gulling, Randy Williams, Mike Thompson, Kevin Bauer, Leonard Willison, Kelsey Williams and the others that filled in here and there did an excellent job of judging. And really kept the meet running smooth, this is a top notch crew of judges & lifters who know what to look for and know when a lifters in trouble to avoid any accidents. Any meet without a injury is a good meet! These are folks who give up time away from their families and give up their weekends to help out lifters, we should all be thankful of them, I know I am! Sponsors Nutri Sports and Awards Specialties also gave to the lifters. Since it was our 25th year at the meet we had a drawing for numerous prizes thanks to our fine sponsors. Grand prize was a Vizio HD LCD TV, also given away was three $25 Visa gift cards, $100 worth of Supplements, and 4 commemorative t-shirts. I cannot begin to tell you how gratifying it has been to run this meet for 25 years. From the huge crowds we get watching , to the lifters who come from all over the United States, this meet is truly one of a kind. Its been the success it is because of the support of the lifters and the way they conduct themselves, I consider them all true friends! They are a first class group of people! Thanks so much to the sponsors, lifters, and the help for making a great 25 years! I hope we can have another 25 years of success! (results courtesy of Jeff Baird)

***John Berding** opened with 650 at Jeff Baird's Iowa State Fair BP/DL*

- LIFE -
ENJOY EVERY MINUTE!
TEAM
ALAN & BONNIE AERTS
Family - Friends - Health

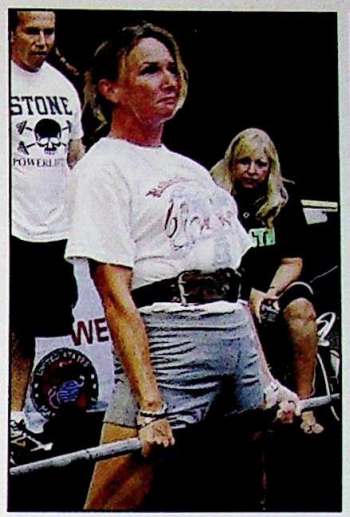
Raw United Armed Forces Open
12 SEP 09 - Melbourne, FL

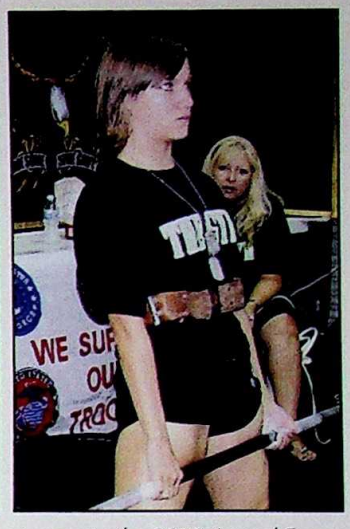
Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
(10-11)				
B. Levels	85	55	115	255
(12-13)				
M. Douglas	110	75	175	360
(14-15)				
A. Graham	165	90	200	455
123 lbs.				
(18-19)				
K. Audet	165	90	220	475
		4th-DL-235		
(40-44)				
D. Graham	130	90	190	410
148 lbs.				
(14-15)				
S. Shores	200	90	195	485
198+ lbs.				
(30-34)				
S. Deutsch	—	90	—	—
MALE				
77 lbs.				
(10-11)				
E. Pittman	—	65	175	240
	4th-BP-67		DL-180	
88 lbs.				
(10-11)				
B. Levels	100	65	135	300
132 lbs.				
(16-17)				
F. Montgomery	—	135	315	450
(75-79)				
R. Crawford	—	140	—	—
148 lbs.				
(12-13)				
D. Dzara	—	45	—	—
(20-24)				
T. Gerhauser	—	160	—	—
(35-39)				
S. O'Grady	—	315	425	740
		4th-DL-430		
(60-64)				
A. Annunziato	—	230	430	660
165 lbs.				
(16-17)				
J. Douglas	205	140	300	645
(35-39)				
E. Talmant	490	280	630	1400
(75-79)				
B. Tinkler	—	215	325	540
198 lbs.				
(60-64)				
G. Walker	—	345	—	—
(75-79)				
V. Lombardo	—	170	—	—
220 lbs.				
(30-34)				
C. Rudolph	360	350	475	1185
		4th-DL-500		
(40-44)				
S. King	405	330	505	1240
(50-54)				
B. Beekley	460	270	500	1230
242 lbs.				
(40-44)				
R. Zirkle	385	385	230	1000
(45-49)				
Montgomery	450	375	530	1355
R. Hoover	480	300	485	1265
(50-54)				
E. Hencinski	305	185	390	880
275 lbs.				
(40-44)				
T. Burns	500	360	485	1345
308 lbs.				
(50-54)				
M. Absher	—	400	—	—
308+ lbs.				
(40-44)				
B. Moore	755	570	700	2025

M. Paladino — 345 455 800

Who do you lift for? High octane energy permeated "The Gym" for the second annual Armed Forces Open sanctioned and sponsored by RAW United! Active duty personnel, reservists and guardsmen, veterans, and patriotic Americans shared the platform for a weekend of lifting and camaraderie. Before we begin, please say a prayer for our brave men and women serving in the Global War on Terrorism. Thanks to their service, we were able to host this contest and honor present and past members of the U.S. Armed Forces. Seven ladies competed at the meet, and records fell in across the board. Teenage lifters Kathleen Audet, Amanda Graham, and Samantha Shores, who are all preparing for the 2010 RAW Unity Meet, made the switch to sumo-style deadlifts along with Amanda's mom, Denise, for this meet, and will have their totals back to normal before the end of the year. Kathleen and Samantha also nailed record squats at 165 and 200, respectively. Moriah Douglas, an eighth grader at West Shore Junior/Senior High School, pulled a 175 record deadlift, and Brielle Levels and Stacie Deutsch were flawless in their RAW United debut. On the men's side, RAW Unity director Eric Talmant, a former member of the Navy's Special Warfare Center, reached the 1400 barrier in the 165s with lifts of 490, 280, and 630. Eric's total was 8.5 times his bodyweight and won him Best Lifter honors as well! Stephen King, representing the U.S. Army, drove down from Fort Bragg to nail lifts of 405, 330, and 505 to secure Best Lifter honors for active duty personnel. Masters Champion Beau Moore of the Florida RAW Dawgs was aiming for a 2100+ total, but was unable to hang on to an 800 deadlift attempt; Beau did, however, register a 755 squat and 570 pound bench. United States Air Force veteran Shawn O'Grady captured Best Lifter honors in the Push Pull division with lifts of 315 and 425 in the 148s, and Coast Guard veteran George Walker was the outstanding bencher with his 345 pound bench in the 60-64/198s. In addition, ten year-old Evan Pittman (whose father, Hal, is a U.S. Navy Admiral stationed at MacDill Air Force Base) was a crowd pleaser, posting a 67 pound, record bench and a 180 pound, record deadlift in the 77 class. Thanks to Bob Gaynor, Jack Stevens, JD Gaynor, Sam Gough, and Caryn Tshontikidis for judging; Wolfgang Kermer, Pete Classon, Steve Ryder, Steve Shores, and Yanni Tshontikids for spotting/loading; Yanni Tshontikidis, Russell Zirkle, and Stephen King for set-up; and Wolfgang Kermer, Steve Ryder, Steve Shores, Samantha Shores, Stephanie Shores, Sandy Shores, Denise Graham, Amanda Graham, Sam Gough, and Kathleen Audet for clean-up. More thanks to Mike Roebuck of Good Impressions Printing and Sir Charles Venturella for the awesome certificates and plaques; Derek Snyder for the incredible patriotic poster he designed for each of the lifters; Glenn Nichols for the contest shirts; Carmen Aguirre, Georg Baker, Stephen King, Daniel Picquet, and Russell Zirkle for the outstanding pictures; and Bill Beekley, Tim Burns, Rick Hoover, and Beau Moore for their encouragement and support! Even more, thanks to the military personnel that competed and to those currently serving our great nation. We can never say "thanks" enough to you and your families for your courage and sacrifice. May God always watch over you! And finally, thanks to our Lord and Savior Jesus Christ no matter what we accomplish on or off the platform, nothing compares to the greatness of knowing You! God Bless. "As iron sharpens iron, so one man sharpens another." Proverbs 27:17. (courtesy from Dr. Spero Tshontikidis)

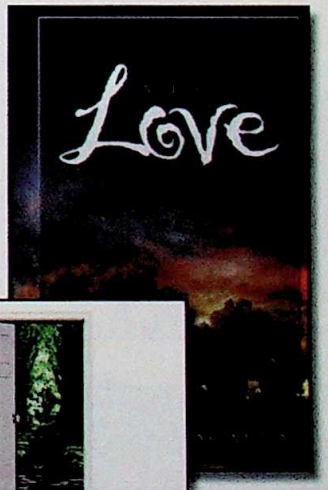
From left to right: ***Shawn O'Grady*** *and* ***Even Pittman*** *(Best Push/Pull),* ***David Dzara*** *(2009 Inspiration Award), and* ***George Walker*** *and* ***Al Annunziato*** *(Best Bench) at the Melbourne, FL Armed Forces Open*



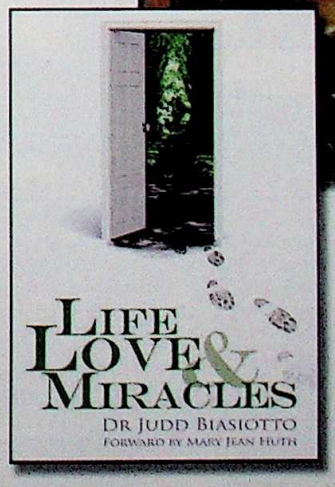


Amanda & Denis Graham *pulling strong at athe 2009 Armed Forces Open. Amanda will compete at the 2010 RAW Unity Meet with "THE GYM" teammates Kathleen Audet & Samantha Shores. (Both photographs were provided courtesy of Meet Director Spero Tshontikidis)*

A time to Love and Life, Love and Miracles are two of the most magnificent books you would ever hope to read. They are treasure chest of marvelous stories that will warm your heart, enlighten your mind, and inspire your soul to strive for success, happiness and self-fulfillment. Both books are a magical chronology of Dr. Judd Biasiotto's rich and varied experiences as a renowned sports psychologist, an award winning speaker and writer, a celebrated educator and a world class athlete. ***A time to Love and Life, Love and Miracles*** are wondrous manuscripts about love, compassion, tolerance, courage, and self-assurance. Every page shines with warmth and wisdom. They are truly instructional manuals for the soul. These manuscripts are for everyone who is eager to accept the challenge of life and to profit from the wonder of love. The books are totally enjoyable.



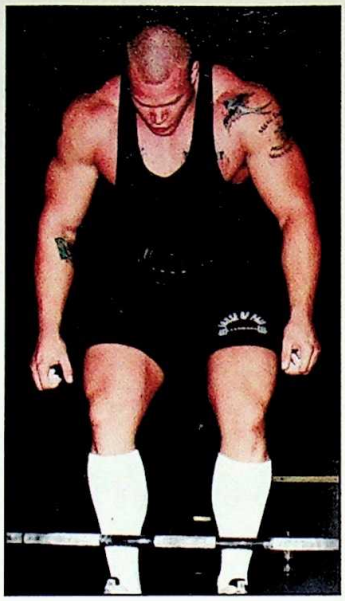
A time to Love and Life, Love and Miracles are a gift of love to every family throughout the world who is burdened with a child who has Muscular dystrophy. ALL of the proceeds from these books will go directly to the **Muscular Dystrophy Association**. After reading these books, we think you will agree that they would be a wonderful gift for someone you love. Consequently, if you can find it in your heart to purchase additional copies of ***A Time to Love and Life, Love and Miracles*** as gifts for the people you love, you will also be giving a gift of love to someone who is in great need. We are hoping that you might want to give these books as a gift to someone or several people this Christmas, (they would be a wonderful stocking stuffer) or perhaps you might want to give them to others as gifts of love throughout the coming year.



A time to Love and Life, Love and Miracles are designed to be collector's items. They are aesthetically attractive and brilliantly designed and arranged … unique coffee table books. They have high quality matted hardback covers with high quality paper. To purchase additional copies of these books go to www.DrJudd.net. You can purchase each book $12.95 or both books for $20 plus shipping and handling.

(continued from page 19)

demolished. The bar was loaded to 617 for his final attempt, but it was just a tad too much. This kid is full of potential, and you should remember the name. Rhonda Clark from Dallas, TX, was our last female competitor. She had just finished up military duties overseas and got into the meet last minute. She is the Pan-American record holder in the deadlift and she was ready to pull She opened with 402 and made it look easy. She the hit 430 for another smooth lift. She upped it to 451 on her final lift. She locked it out and with that, she was the best female puller and had a nice first meet back to the states. It seems that nearly every year there is a showdown between Thomas Eiseman and Doc Holloway. Those guys are just two super efficient pullers. Doc opened with 601. I think this might bee his heaviest opener ever, and it looked super. Just straight up and down with no wasted movement Eiseman opened with 733 and stroked it easily and he was now up on Doc by only 2 Wilks points. Doc jumped to a tremendous 633. He had that lift right up to the top, but just before lockout he lost his balance and it pulled from forward and he dropped it. If he ever has a problem on the deadlift, that is it. He is so technical that one false move throws off that glorious technique. Eiseman had already clinched third place on the Arnold deadlift rankings and now wanted to stake his claim to first place (as he had done last year). He called for 754. This would put him two points behind Holloway if Doc was able to come back and cinch his third. The battle was on, Tom needed this to stay close, and Eiseman was the picture of focus. The weight sprang from the floor, but stalled just before lockout and he could not get his hips through. Now, Doc had his shot to finally dethrone the man who had kept him from the top of the podium multiple times before. Doc approached the bar, used his textbook set up, and had the bar moving right up to lockout when the bar popped from his left hand. Eiseman would go on to miss his last, but it was of no consequence for his battle with Doc. Now, both lifters just had to wait and see what would happen with the heavy weight flight. The odd man out was Robert Herring. He is the defending Arnold deadlift champion and his winning lift from last year had him first on this year's rankings. He had done a NPC bodybuilding show just a few weeks before and had maintained his physique and weight all the way into this meet. He weighed in a shredded 181 pounds and looked ready for either the stage or the platform. Unfortunately, there is a reason bodybuilding and powerlifting are different sports. On his first attempt of 705, he got the nasty hamstring shakes and could just not clear his sticking point. It was obvious his strength had been sapped. He tried again on his second and even upped his final one to 726, but jt was to no avail. Robert had no pressure on him owning the top spot and assured an invite to the Arnold, but he was disappointed with his showing. He promised to hit some buffets between now and March and be ready to defend his title. The heavyweight fight was kicked off by Mark Steel. He is a rising powerlifting from Tennessee and he is just hitting his stride. He opened with a nice 513, but when he went to 578 on his second, he passed out. He came by valiantly to try it again on his third but it was just too much. Dale McLaren is a fine lifter that got on the Arnold podium jast year in the full meet. He went completely raw and smoked 584 at only 219. He went to 616 on his second and again looked strong. He opted for 650 on his third, and it was close, but he could just not lock it out at the top. Thomas Dillard was next. He was the heaviest guy in the field at 341 and is a clone of Michael Clark Duncan. He opened with a 722, but let the bar get too far away from him and he just could not muscle it up. He repeated and pulled it like he should have on his opener. He jumped to 752, but he was spent from trying to muscle up his opener and came up just shy. Gabe Daniels was up next. He has been out of the scene for several years, but anyone that trains with Jeremy Hartman has to have something up his sleeve. He opened with a nice 716, but the huge jump to 792 was just too much. You can tell he has tons of potential. He had hopes of qualifying for the Arnold, but it was just out of his reach this year. Hopefully with another year of work he will achieve that goal. Gordon Lake was the next lifter and he went raw as well. He hammered a 661 opener, then smoked a nice 710. He made his final choice of 726 to go 3 for 3 and did just that with an emphatic pull. The final three lifters were all separated by a mere 1.5 Wilks points. Mike Hedlesky was a big time puller of which most had never heard. He crushed a 711 on his opener that looked like a toy. He bumped it to 770 on his second and it again was pulled with tremendous ease with his powerful close stance style. He was wavering between 792 and 804 for his final lift. The scorer's table informed him if he wanted to get to the Arnold he would be on the bubble with 792, but the bigger lift would almost assuredly have him there. He took the warrior's way out and took that big 804. He again exploded it off the floor, it slowed just a bit around his knees, but unfortunately got stuck just below lockout. This guy is a deadlift beast at 257 pounds, and you should expect to hear a lot more tram him soon. He was honored with the biggest pull of the night and almost gave the crowd what they wanted, an 800+ lift. This left only two men to duke it out for the final spot in the heavyweights. George Herring is a 48 year old three time IPF world champion and multi-time WABDL world champ with so many national and world records one would need a computer to keep track. It seems that Herring would be the odds on favorite, but he was also coming off a three year retirement. In that span he had not deadlifted and had dropped over 30 pounds. Eli Burks, a relative unknown from Missouri, had nothing but youth, unbridled enthusiasm, and a strong back on his side. Burks got started first with a 640 at 199 pounds of bodyweight. He absolutely destroyed the weight. Herring, after informing me, that he had only hit one workout before the meet, amazingly ripped a 717 at 200. Eli made a jump to 671 and again made it look effortless. Herring made a small jump to 727. He had it moving well but just about the knees it started to stall. George had some problems out of his hips before the meet and had to give massage to get him ready for the meet. It seemed his hips were just not up to the lockout and he decided to bow out after his failed second attempt. That left Burks in a position to pick his last attempt to not only go for the win, but try to get into the Arnold as welt Burks called for the 320 minimum lift to get into the Arnold which also gave him a Wilks score of 203.94 to best Herring and move his self into an Arnold birth. He stepped up to that bar and gave this 22 year old kid with a tawny look a once over. He does have the classic features to be a great puller: long arms, long legs, and a short thick torso. Could he do what so many before him could not, edge out the legend George Herring? Could he do what so many other lifters could not, qualify for the Arnold?



Gordon Lake pulled 727 lb. raw

He gripped that bar and with a couple of seconds to get his mind right, ripped that bar up, up, up until it settled at lockout. When the heavyweight numbers were added to the lightweights it revealed Eiseman and Holloway had maintained their leads to finish first and second overall. Burks took third, with George Herring and Mike Hedlesky rounding out of the top five. Six lifters had exceeded the 200 Wilks points to be considered for the Arnold. Four male lifters appear to have punched their tickets to the Arnold, and hundreds of dollars were raised for the high school lifters in the county. Add in the smoke, lights, music, and hundreds of enthusiastic fans, and you have another great success. If you missed out on this one, there is room for up to 30 lifters next year and hundreds of more fans. Make plans now to make the "dead" come back to life in 2010. (courtesy of Alex Campbell, Meet Director & the USAPL TN State Chairman)

USA Powerlifting™ (formerly ADFPA) Membership Application • PO Box 668, Columbia City, IN 46725

(260) 248-4889 • (260) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, conduct codes, and drug testing procedures of USAPL. I further agree that the rules, regulations, conduct codes, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, conduct codes, 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, conduct codes, 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 - $45.00 • High School Division (Full year) - $30.00 • Special Olympian - $10.00 • Youth (10-13) - $15.00
• High School Seasonal (6 mo. Only good Dec. 1 thru May 31) - $15.00 • Upgrade from current HS Seasonal to HS Div. Full year - $15.00 •One Day only - $15.00

Competing Divisions: *(please circle all that apply)* Open Youth (10-13 yrs.) 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:Black see e.store for other colors* •Singlets see e.store
· White Referee Designation Polo - $30.00 (size___ qty.___) · Kids T-Shirts and hooded sweatshirts - see e.store on website
· Lifter Classification Patch - $5.00 (qty. ___) (*must provide meet results*) · Logo Patch - $5.00 (qty. ___) (Shpg for patch: .50) · Tanks - see e.store on website
· Sweatshirts (Crewneck, zipper or hooded) see e.store on website · Caps and Beanies - $15.00 (qty. ___) (*colors: Navy*)

Check/Money Order # _____
Credit Card: *Visa-Mastercard-Discover* Exp. Date: _____
Card # _____ - _____ - _____ - _____
Charge Cardholder Signature: _____

U.S.A. POWERLIFTING™

Membership Price: $ _____
Merchandise Total: $ _____
Merchandise **Shipping: $5.85**
Total Purchased: $ _____

Memberships purchased Jan-Oct expire end of same year.
(Memberships purchased Nov-Dec expire the following year end)

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

(continued from page 41)

Sullivan, who was also visually impaired, to become their daughter's instructor. It was the beginning of a 49 year long relationship. With the help of Sullivan, Keller discovered that words were related to things. Using finger spelling, Sullivan taught Keller to communicate by spelling words into her hand, beginning with d-o-l-l for the doll that she had brought Keller as a present. Keller's big breakthrough in communication came when she realized that the words Sullivan was writing on the palm of her hand, while running cool water over her other hand, symbolized the idea of "water."

This was the beginning of her rebirth. Once Keller realized that she could communicate in this manner, she was relentless in learning more and more about her surroundings. She literally exhausted Sullivan, day in and day out, demanding the names of all the other familiar objects in her world. Eventually, Sullivan taught her to speak using the Tadoma method of touching the lips and throat of others as they speak, while finger spelling the words that were being spoken on the palm of the Keller's hand. Later on, Sullivan taught Keller how to read Braille. Within months she was using Braille to read not only English, but also French, German, Greek, and Latin. By the time she was ten years old, she could speak all of the aforementioned languages fluently. Still, she labored continually to master new words and language. She constantly hungered for information and knowledge. Her every waking moment was geared toward intellectual prowess. The transformation she went through was absolutely astonishing. How inconceivable were her accomplishments? Check this out.

At the age of 11, Keller published her first book The Frost King. By the age of 22, she wrote her autobiography, The Story of My Life, which became an overnight best seller. Five years later, she wrote her second best seller The World I Live giving readers an insight into how she felt about the world. Three years later she wrote Out of the Dark, a series of essays on socialism that brought her world wide acclaim. She went on to write ten more books, seven of which were best sellers.

At the age of 24, Keller graduated from Radcliffe, becoming the first deaf-blind person to earn a Bachelor of Arts degree. By the time she was 30, she was not only a world renowned author, but she was also a world celebrated speaker, educator and orator. She has been the subject of documentaries, comic books, movies, Broadway plays, dramas, and an Oscar-winning film The Miracle Worker. Not surprising, Keller was listed in Gallup's Most Widely Admired People of the 20th Century. With language, Keller proved that the blind and deaf could communicate with the world of sight and sound. She clearly established the fact that the disabled had the capability to be as extraordinary as anyone else in the world. Because of Helen Keller, the world sees and hears differently. Today everyone knows of her and of her greatness.

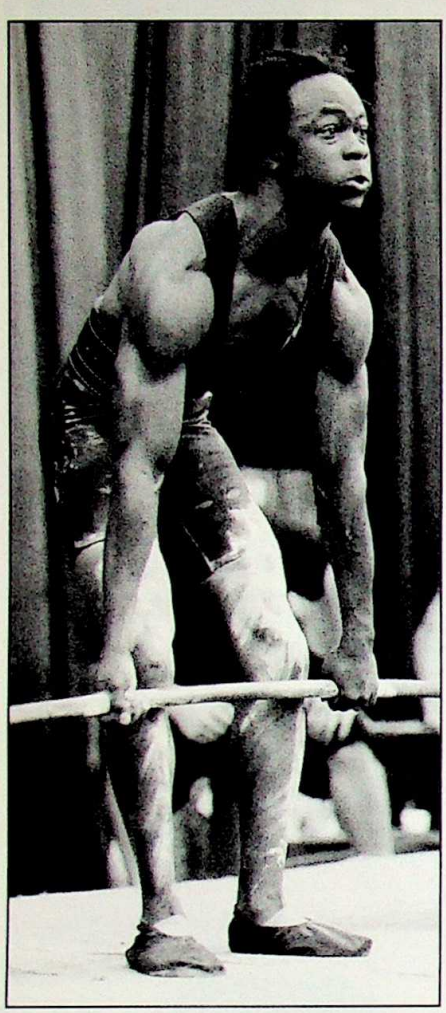
As I indicated, Helen Keller was one of my most important learning experiences. She gave me some major gifts. She taught me that nothing is impossible—you can be anything you want provided you're willing to work at it because nothing comes naturally. Keller also showed me that it isn't where you start in life, but where you end that really counts.

No matter what you are or where you are in life, you can change. Like Keller, you can go into the stars and make the dreams of today the realities of tomorrow. If you dare to dream and work towards those dreams, you can make the impossible possible.

PULL BIG – NOW!

2 time IPF World Champ **Brad Gillingham's** Deadlift DVD shows you the training program that produced 50 plus contest deadlifts over 800 lbs., plus the "5X5" squat program that lets you blast up both lifts at the same time. $25.95 plus $6.00 shipping and handling ($31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call us at 800-448-7693 to use your Visa or MasterCard.

The TOP 100 Photo Page

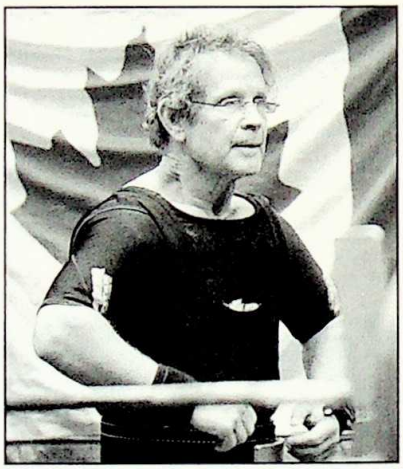


Richard Hawthorne – the Super-Deadlifter

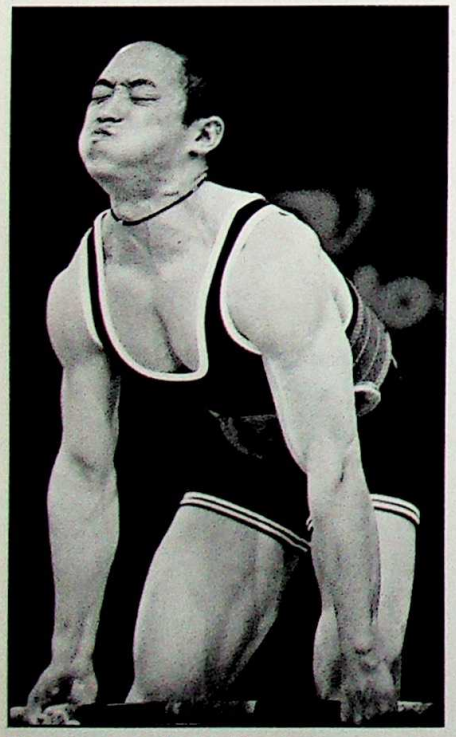
Will you make the upcoming TOP 100 list for the 165 lb. class? Last time we ranked this class, the minimum lifts to make that ranking were 500 lb. in the squat, 352 lb. in the bench press, 523 lb. in the deadlift, and 1305 lb. in the total. Often those minimum lifts to make the list go up a bit from one year to the next, but not always. The time period for the next ranking of the 165 lb. class will be competitions held December 2008 through November 2009, and it will appear in our February 2010 edition. If you think you will be making the list this time and would like to appear on our *TOP 100 Photo Page*, send a photo of your lifting (or something off the wall, like your junior high graduation photo) to Powerlifting USA, Box 467, Camarillo, CA 93011or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200kb in size). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list.

***Heena Patel** is a NASA star*

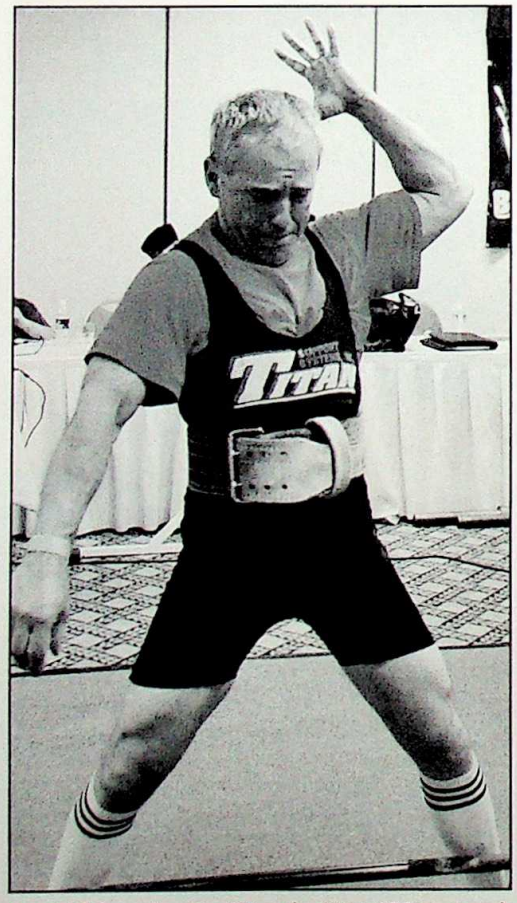
***Doc Holloway** at a USAPL meet*



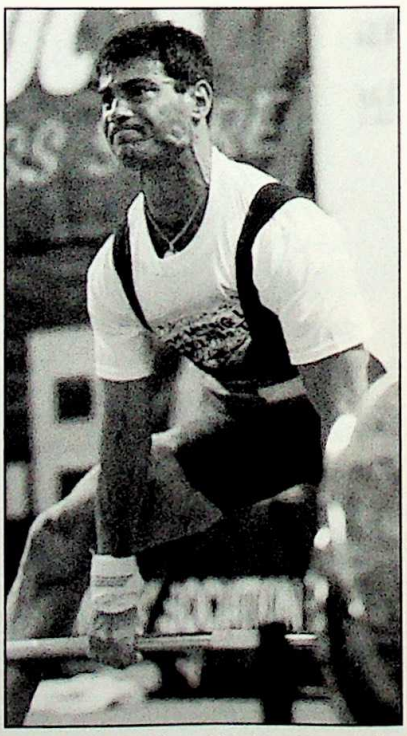
***Brian Yager** at the '09 WABDL Worlds*



***Trey Long** at the California State Games*



***Scott Richey** about to DL at the '09 USPF Nationals*



***Eric Kupperstein** – Master Mega-puller*

TOP 100

For standard 132 lb./60 Kg. USA lifters in results received from October/08 through September/09

	SQUAT	BENCH	DEADLIFT	TOTAL
1	595 Kuhns, M..6/12/09	462 Kuhns, M..5/27/09	611 Hawthorne, R..2/21/09	1438 Holloway, D..12/12/08
2	567 Washington, H..4/18/09	365 Faraone, J..11/29/08	578 Holloway, D..12/12/08	1438 Kuhns, M..6/12/09
3	551 Holloway, D..12/12/08	352 Hanson, D..11/16/08	578 Kupperstein, E..7/24/09	1427 Washington, H..4/18/09
4	540 Nunez, I..3/28/09	352 Zehr, A..4/5/09	540 Smith, C..3/7/09	1383 Bareng, J..4/25/09
5	518 Kupperstein, E..10/1/08	352 Bareng, J..4/25/09	529 Washington, H..4/18/09	1361 Kupperstein, E..10/1/08
6	515 Escamilla, A..2/21/09	340 Nunez, I..3/28/09	529 Bareng, J..4/25/09	1320 Nunez, I..3/28/09
7	501 Bareng, J..4/25/09	335 Ott, Z..1/15/09	501 Heisel, D..3/7/09	1251 Heisel, D..3/7/09
8	490 Kirkland, M..6/13/09	330 Holloway, D..12/12/08	500 Smith, T..1/17/09	1230 Smith, C..3/28/09
9	485 Lopez, V..3/14/09	330 Washington, H..4/18/09	490 Hardin, L..4/3/09	1215 Escamilla, A..2/21/09
10	473 Heisel, D..3/7/09	330 Williams, C..5/30/09	485 Scruggs, J..6/27/09	1210 Smith, T..1/17/09
11	470 Olivo, K..3/28/09	325 Jackson, A..7/25/09	480 Carpenter, D..12/6/08	1190 Askew, M..3/28/09
12	465 Williams, J..3/10/09	314 Thompson..10/31/08	480 Rodriguez, E..3/14/09	1173 Scruggs, J..3/7/09
13	465 Garcia, R..3/14/09	314 Yager, B..3/21/09	470 Williams, C..2/13/09	1173 Kirkland, M..6/13/09
14	462 Laznovsky, N..6/12/09	303 Richey, S..5/30/09	470 Askew, M..2/14/09	1162 Laznovksy, N..6/12/09
15	455 Nelson, J..3/13/09	303 Scruggs, J..6/27/09	465 Powdrill, K..1/24/09	1150 Solis, C..3/14/09
16	451 Winstead, J..5/2/09	295 Escamilla, A..3/28/09	465 Lopez, V..3/28/09	1145 Lopez, V..3/14/09
17	450 Smith, C..1/10/09	295 Shuck, M..6/20/09	465 Trautman, J..3/28/09	1140 Olivo, K..2/21/09
18	450 Smith, T..1/17/09	292 Kupperstein, E..10/1/08	465 Handy, N..7/25/09	1129 Hardin, L..4/3/09
19	445 Sommer, S..3/28/09	292 Head, E..1/24/09	462 Laznovksy, N..6/12/09	1125 King, P..2/14/09
20	440 Askew, M..3/28/09	290 Stone, B..12/6/08	460 Gray, D..2/7/09	1125 Williams, J..3/10/09
21	440 Trautman, J..3/28/09	286 Huston, N..9/19/09	460 King, P..2/14/09	1124 Nelson, J..4/3/09
22	440 O'Brien, W..3/28/09	285 Rozner, B..3/28/09	460 Wong, C..4/25/09	1110 Miles, C..2/21/09
23	435 Paredes, A..2/18/09	281 Gilbert, W..3/28/09	455 Williams, J..1/30/09	1110 Garcia, R..3/14/09
24	435 Perales, M..2/19/09	281 Patel, H..5/16/09	455 Solis, C..2/21/09	1105 Williams, C..2/13/09
25	435 Miles, C..2/21/09	280 Burris, R..3/7/09	455 Alaniz, R..3/14/09	1100 Sommer, S..3/28/09
26	435 Torres, D..3/14/09	280 Askew, M..3/28/09	455 Maniaci..7/18/09	1095 Gonzalez, M..2/21/09
27	430 Harrington, N..10/18/08	275 Cochran, M..10/14/08	451 Mohanned, T..1/24/09	1095 Jennings, A..3/14/09
28	430 Almgren, A..2/27/09	275 Heisel, D..3/7/09	450 Garcia, R..2/14/09	1091 Dunn, K..11/15/08
29	430 Galarza, C..2/28/09	275 Jennings, A..3/14/09	450 Moreno, J..2/14/09	1091 Dear, J..3/27/09
30	430 Solis, C..3/14/09	275 Solis, C..3/28/09	450 Jackson, A..7/25/09	1090 Rodriguez, E..3/14/09
31	430 Butler, R..3/14/09	275 Butler, R..3/28/09	445 Lopez, R..2/21/09	1090 Butler, R..3/14/09
32	430 Curtis, C..3/14/09	275 Jaurigui, M..3/29/09	445 Escamilla, A..3/14/09	1085 Trautman, J..3/28/09
33	430 King, P..3/28/09	275 Burkey, J..4/18/09	445 Marchio, J..3/14/09	1085 O'Brien, W..3/28/09
34	429 Scruggs, J..3/7/09	275 Johnson, A..8/22/09	440 Perez, R..2/14/09	1085 Otsuka, D..9/12/09
35	429 Gonzales, J..9/26/09	275 Otsuka, D..9/12/09	440 Roundtree, M..3/7/09	1080 Alaniz, R..3/14/09
36	425 Williams, C..2/13/09	270 Gonzalez, M..2/21/09	440 Nunez, I..3/14/09	1080 Sheaffer, K..3/27/09
37	425 Walker, T..2/26/09	270 Gray, Z..2/26/09	440 Sommer, S..3/28/09	1080 Wright, C..3/27/09
38	425 Velez, D..3/28/09	270 Enoch, J..2/28/09	440 Pham, B..3/28/09	1080 Winstead, J..4/3/09
39	424 Dunn, K..11/15/08	270 Miller, J..4/3/09	440 Glasper, S..4/3/09	1079 Thompson..10/31/08
40	424 Dear, J..3/27/09	270 Edwards, V..7/25/09	435 Sheaffer, K..11/8/08	1070 Curtis, C..3/14/09
41	420 Webre, P..2/13/09	270 Gilley, B..9/5/09	435 Kirkland, M..6/13/09	1069 Gonzales, J..9/26/09
42	420 Oliver, T..3/7/09	265 Furniss, J..11/22/08	430 Wright, C..11/08	1065 Johnson, C..1/17/09
43	420 Alaniz, R..3/14/09	265 Smith, C..3/28/09	430 Olivo, K..1/31/09	1065 Perales, M..2/19/09
44	420 Alejandro, J..3/14/09	264 McKenna, M..3/27/09	430 Atherton, K..2/18/09	1060 Carpenter, D..12/6/08
45	418 Sheaffer, K..3/27/09	264 Nelson, J..4/3/09	430 Miles, C..2/21/09	1060 Perez, R..2/14/09
46	415 Perez, R..2/14/09	264 Bloomer, S..4/26/09	430 Velez, D..3/28/09	1060 Paredes, A..3/28/09
47	415 James, C..3/7/09	260 Kalka, C..10/18/08	430 Reid..7/18/09	1058 McKenna, M..3/27/09
48	415 Weaver, C..3/7/09	260 Eisley, C..11/22/08	429 Collins, K..4/3/09	1058 Richey, S..7/3/09
49	415 Rodriguez, E..3/28/09	260 Smith, T..1/17/09	429 Otsuka, D..9/12/09	1052 Thomas, D..3/27/09
50	413 Richey, S..7/3/09	260 Dear, J..1/17/09	425 Gonzalez, M..2/21/09	1050 Martinez, S..2/5/09
51	410 Salas, N..3/7/09	260 Martinez, S..2/5/09	425 Nelson, J..3/13/09	1050 Atherton, K..2/18/09
52	410 Pham, B..3/14/09	260 Gutierrez, L..2/7/09	424 Thomas, D..3/27/09	1050 Bigham, R..3/7/09
53	410 Jones, D..3/14/09	260 Aulridge, R..5/23/09	424 Winstead, J..4/3/09	1046 Sine, J..3/27/09
54	407 Thomas, D..3/27/09	259 Dunn, K..11/15/08	424 Rupnow, J..4/3/09	1045 Castillo, A..2/7/09
55	407 Baker, S..3/27/09	259 Wright, C..3/27/09	420 Jones, D..1/15/09	1045 Salas, N..3/7/09
56	407 Hardin, L..4/3/09	259 Tovey, B..4/11/09	420 Curtis, C..2/14/09	1045 Pham, B..3/28/09
57	405 Jennings, A..3/14/09	255 Murphy, D..1/17/09	420 Salas, N..3/7/09	1045 Velez, D..3/28/09
58	405 Montgomery, T..3/14/09	255 Castillo, A..2/7/09	420 Haskins, S..3/7/09	1045 Handy, N..7/25/09
59	405 Warren, D..3/28/09	255 Atherton, K..3/7/09	420 Watrous, J..3/14/09	1040 Webre, P..2/13/09
60	402 Sine, J..3/27/09	255 Portnoy, P..8/1/09	420 Jennings, A..3/28/09	1030 Jones, D..1/15/09
61	402 Pierce, A..4/3/09	253 Carpenter, D..1/24/09	420 Paredes, A..3/28/09	1030 Galarza, C..2/28/09
62	400 Gonzalez, M..2/21/09	253 Bochonowicz, C..2/14/09	418 Dear, J..3/27/09	1025 Murphy, D..1/17/09
63	400 Atherton, K..3/7/09	253 Darling, J..4/18/09	418 Long, T..7/18/09	1025 Lopez, R..2/21/09
64	400 Wegman, C..3/7/09	251 Vincent, J..11/7/08	415 Wasmundt..12/13/08	1025 Torres, D..3/14/09
65	400 Sevcik, A..3/12/09	250 Sine, J..12/6/08	415 Nealy, D..1/17/09	1025 Walker, T..3/12/09
66	400 Solis, A..3/14/09	250 Ward, P..1/31/09	415 Castillo, A..2/7/09	1020 Harrington, N..10/18/08
67	400 Banda, C..3/14/09	250 O'Brien, W..2/14/09	415 Bigham, R..3/7/09	1020 Haskins, S..3/7/09
68	400 Stone, B..3/28/09	250 Olivo, K..2/21/09	415 James, C..3/7/09	1019 Miller, J..4/3/09
69	395 Gudino, S..2/28/09	250 Bigham, R..3/7/09	415 Butler, R..3/14/09	1015 Rozner, B..3/28/09
70	395 Culver, K..3/13/09	250 Roemer..4/18/09	415 Berkovsky, R..3/14/09	1010 Banaszak, T..2/19/09
71	391 Wright, C..3/27/09	250 Coisson, R..4/25/09	415 Jones, J..3/14/09	1010 Burris, R..2/21/09
72	390 Johnson, C..1/17/09	250 Hammons, B..6/27/09	415 Nickles, C..3/28/09	1010 Roundtree, M..3/7/09
73	390 Martinez, J..2/21/09	248 Banaszak, T..2/21/09	410 Banaszak, T..2/7/09	1010 Gray, D..3/7/09
74	390 Torrefranca, V..2/27/09	248 Kirkland, M..6/13/09	410 Ordinallo, J..3/7/09	1010 James, C..3/7/09
75	385 Furniss, J..11/22/08	245 Estrada, O..1/24/09	407 Dunn, K..11/15/08	1010 Montgomery, T..3/14/09
76	385 Martinez, S..2/5/09	245 King, P..2/14/09	407 McKenna, M..3/27/09	1010 Stone, B..3/28/09
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82	385 Nguyen, J..3/14/09	245 Alvarado, V..5/30/09	405 Martinez, S..2/5/09	997 Drenik, P..8/15/09
83	385 Watson, T..3/14/09	242 Nguyen, R..3/14/09	405 Simpson, G..2/7/09	995 Oliver, T..2/5/09
84	385 McKenna, M..3/27/09	242 Knox, Z..8/15/09	405 Webre, P..2/13/09	995 Brettingen, A..3/13/09
85	385 Nickles, C..3/28/09	240 Ellis, R..2/7/09	405 Lamach, B..2/14/09	992 Rupnow, J..4/3/09
86	380 Thompson..10/31/08	240 Harris, K..2/7/09	405 MacRobie, C..2/28/09	990 Demetrius, T..11/08
87	3870 Denmon, L..11/20/08	240 Walker, T..3/12/09	405 Torrefranca, V..3/14/09	990 Rahl, J..1/24/09
88	380 Banaszak, T..2/19/09	240 Ladewski, J..8/1/09	405 Truong, G..3/14/09	990 Vargas, A..2/21/09
89	380 Burris, R..2/21/09	240 Olszewksi, E..8/1/09	405 Montellano, P..3/14/09	990 Sevcik, A..3/12/09
90	380 Bhura, W..2/21/09	236 Molina, G..11/15/08	405 Lamb, D..3/29/09	986 Mohammed, T..1/24/09
91	380 Simpson, G..2/21/09	236 Pope, D..2/21/09	402 Molina, G..11/15/08	986 Baker, S..3/27/09
92	380 Torres, B..2/28/09	236 DeAvila, T..2/21/09	402 Drenik, P..2/21/09	985 Ward, P..1/31/09
93	380 Haskins, S..3/7/09	236 Hood, J..3/7/09	402 Sine, J..3/27/09	985 Moreno, J..2/14/09
94	380 Kimble, J..3/7/09	236 Winstead, J..5/2/09	402 Stecker, D..4/3/09	985 Martinez, J..2/21/09
95	380 Link, T..3/12/09	236 Laznovsky, N..6/12/09	402 Richey, S..5/30/09	985 Link, T..3/12/09
96	380 Leos, A..3/12/09	236 Semana, A..9/12/09	402 Gonzales, J..9/26/09	985 Nickles, C..3/28/09
97	380 Delgado, M..3/14/09	236 Gonzales, J..9/26/09	400 Hart, C..10/4/08	980 Bhura, W..2/21/09
98	380 Otsuka, D..9/12/09	235 Hernandez, R..1/24/09	400 Murphy, D..1/17/09	980 Warren, D..3/28/09
99	375 Ureste, C..1/10/09	235 Gomez, R..2/19/09	400 Jimenez, J..2/7/09	975 Ellis, R..2/14/09
100	375 Hernandez, R..1/31/09	235 Link, T..2/20/09	400 Perales, M..2/19/09	975 Almgren, A..3/12/09

PL USA Top 100 Achievement Awards

Powerlifting USA **TOP 100 Achievement Certificates** are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is $6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $6 per certificate or $21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 8.25% tax).

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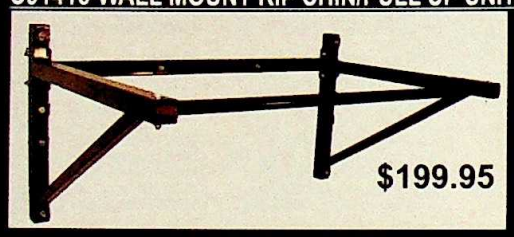

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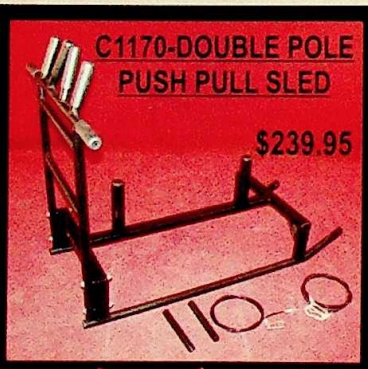

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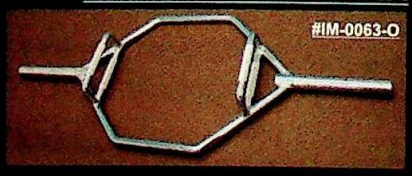

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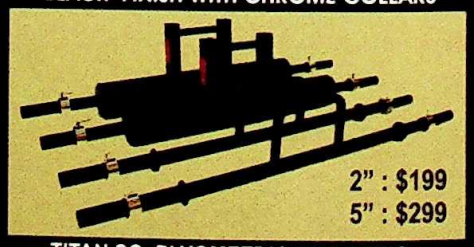

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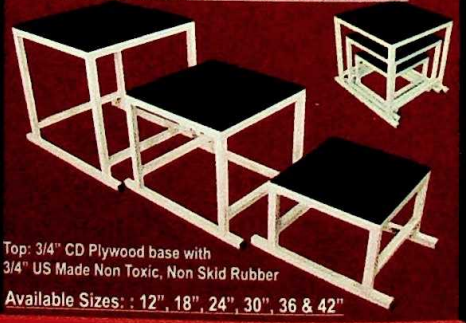

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