POWERLIFTING USA

VOL.23 NO.12 JUL/2000 $3.50

$4.50 in Canada

The WPO Championships!!

Los Angeles Lifting Club Invitational Classic & Cal State

AMY WEISBERGER BREAKS 300!

For All You Hard-To-Please, Take-It-To-The-Limit Types, We Have Good News:

Your Drink's Ready.

The innovative, bio-engineered formula for **Thermo Speed**™ has set new boundaries in thermogenic drink technology.

This advanced formula is the ultimate, no-holds-barred, pre-workout energizer. It jolts your metabolism with the researched fat-burning stack of 340 mg of Ma Huang (8% standardized, equals 27 mg of Ephedra), 200 mg of Caffeine and 200 mg of White Willow Bark for intensely focused, super-charged workouts! There's also 100 mg of L-Carnitine and 40 mg of Niacin.

In our pursuit to develop *new* formulas, we introduced Quercetin to this highly potent drink. Quercetin "evens out" this powerful blend of ingredients so you

won't suffer from the jitters or feel any post workout "crash." There are ***no*** calories, ***no*** carbs, ***no*** sugar, ***no*** aspartame and ***no*** FTC food coloring in **Thermo Speed**.™

The truth is, *no other drink even comes close.*

Available in Fruit Punch, Grape, Orange and our new flavor—Lemon-Lime. So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Thermo Speed™—
Anything Else is Ancient History.™

WORLDWIDE
Bio-Engineered Beverages™

No Added Sugar. No Aspartame. No FTC Food Colors.

Available at select GNC LiveWell. *gyms and healthfood stores nationwide.*

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

POWER UP WITH CREABOLIC-FIZZ™!

FAST Acting... LONG Lasting...

The Most Advanced Performance Formula Ever Created!

- Increase mass, strength and power
- Dramatically increase muscle energy levels
- Improve nitrogen retention and protein synthesis
- Stimulate fat burning
- Increases serum growth hormone levels
- Decrease Muscle Breakdown
- Decrease cortisol levels

INCREASE STRENGTH • BUILD MUSCLE • IMPROVE RECOVERY

Creabolic-Fizz is an incredible new supplement that will allow you to make extraordinary gains in size and strength. The fast acting effervescent delivery, allows instant absorption of creatine and its powerful energizing substrate ingredients for an immediate burst of energy and power. Taking **Creabolic-Fizz** pre-workout creates the ideal anabolic environment for building muscle. This revolutionary formula also integrates key performance enhancing compounds to optimize natural hormone levels and improve recovery. So, **Creabolic-Fizz** keeps working even after you train.

Creabolic-Fizz amps me up for my workouts. I can really feel a difference in my training intensity.

Mark Philippi
USA Strongman Champion
Strength Coach UNLV

In 6 months I added 60 pounds to my total.

Bill Scully
Age 41
IPF World Master - Bronze

- * 5 Grams Creatine
- * 5 Grams HGH releasing Aminos
- * Adaptogens
- * Thermogenic

Creabolic Fizz helped me push thru my plateau. In 3 months my bench jumped from 380lbs to 410lbs at a body weight of 165lbs.

Joe Mazza

FEEL THE FIZZ!

Creabolic-Fizz integrates key performance enhancing compounds in precise synergistic amounts. When taken pre-workout these compounds promote the release of Growth Hormone (HGH). Increasing the release of HGH during exercise increases protein synthesis, recovery and your ability to build muscle.

Dr. Vincent Giampapa
Hormonal Replacement Specialist

Call: (888) 783-8844

www.maxperformance.com

Available At:

The Vitamin Shoppe · Vitamin World · GNC

and other fine health food stores.

MHP
MAXIMUM HUMAN PERFORMANCE
THE SCIENCE OF FITNESS

LIFT THIS INTO YOUR VCR!

POW!ERLIFTER VIDEO MAGAZINE

Issue 28 is JAM PACKED!

What's New at the WESTSIDE BARBELL CLUB? Visit LOUIE SIMMONS for Serious Squat Training

BIG BENCHING at the Arnold Classic: Glen Chabot, Willie Williams, Kenny Paterson, Beau Moore Hit Really Big Numbers

STAR BENCH WORKOUT with Beau Moore

Deep Tissue Training, Kristi Oakley, Reverse Deadlifts, MEET ACTION!

Available Now! Subscribe Today!

CALL FOR BACK ISSUES

POW!ERLIFTER VIDEO MAGAZINE

CALL 1-800-227-2355

Yes, I Want to Lift Big! Sign me up for **POW!ERLIFTER** Video Magazine. Detach and mail this form with your check made payable to **POW!ERLIFTER** Video (Please allow 2-3 weeks for delivery.) You will be billed separately for upcoming issues. These other issues will follow, approximately every 3 months, at $19.95 per issue* plus S&H. And you are free to cancel anytime.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

28 *Non U.S. residents add $3.50 per issue

SPECIAL SUBSCRIPTION OFFER	
First payment	$ 19.95 US
Shipping + handling	$ 2.95
Sub-Total	$ 22.90*
Sales tax (CA residents only)	
Total Enclosed	$

❑ Visa ❑ MC ❑ Am Express ❑ Discover

Card No. _____ **Exp. Date** _____

Signature _____

Mail to: POW!ERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213

Powerlifting USA
Post Office Box 467
Camarillo, CA 93011

Editor-In-Chief *Mike Lambert*
Feature Editor *Dr.Ken Leistner*
Controller *In Joo Lambert*
Statistician *Herb Glossbrenner*
Publisher *Mike Lambert*

'...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success,....through their own love for the sport .... this is their magazine.'

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

PRINTED IN THE USA

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

Telephone Orders
Subscription Problems
800-448-7693/805-482-2378
FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 23, Number 12 - July 2000 -

WPO CHAMPIONSHIPS.....Peter Thorne.....6
LALC INVITATIONAL/CAL ST.....Herb Glossbrenner.....10
SHOULDER SHRUGS.....Doug Daniels.....12
USAPL NATIONAL MASTERS.....Dr. Larry Miller.....14
ASK THE DOCTOR.....Mauro Di Pasquale MD.....16
POW!ER SCENE.....Ned Low.....17
WISDOM.....Kevin Eiene.....18
CENTURY'S END - 900 CLUB.....Herb Glossbrenner.....20
SQUATTING IN THE 800s & 900s.....Louie Simmons.....22
WORKOUT OF THE MONTH.....Brent Howard.....24
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....25
BEYOND DIMINISHING RETURNS.....Marc Cavigioli 26
EPF EUROPEAN CHAMPIONSHIPS.....Peter Thorne.....32
DR. JUDD.....Judd Biasiotto Ph.D.....34
PLERS MAKE GREAT ROLE MODELS.....Gary Kanaga.....36
COMING EVENTS.....Mike Lambert.....45
UNCLASSIFIED ADVERTISEMENTS.....78
TOP 100 114s.....Mike Lambert.....79

ON THE COVER.... WPO winners Goggins, Kellulm, and Hooper and (below) Amy Weisberger cracks the 300 barrier.

Copyright 2000 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

- -

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____ **State** ____ **Zip** _____

YES! SIGN ME UP!
Check one:

☐ **NEW**
☐ **RENEWAL**
☐ **Address Change**
(indicate previous address)

$31.95 for 12 monthly issues. $58.95 for 2 years (USA address rates)
Payable to: Powerlifting USA, Box 467, Camarillo, CA 93011
(MC/VISA also accepted)

WORLDWIDE
Bio-Engineered Beverages™

No Added Sugar. No Aspartame. No FTC Food Colors.

Your Muscles Are Going To Thank Us For This.

Our Competitors Are Another Story.

The innovative, bio-engineered formula for **Rapid Recovery**™ has reached a new milestone in post workout drink technology.

You're looking at 35g of low molecular weight whey protein isolates with superior bio-availability to help repair and rebuild your muscles after serious training. Plus branch chain amino acids and 5g of anti-catabolic glutamine peptide to help increase protein synthesis and drive nutrients into your muscles. There's also 25 gylcemically balanced grams of carbohydrates with 10g of super-hydrating glycerol to support the refueling of muscle glycogen and 15mg of vanadyl sulfate to give you the pump of your life!

There are three things it doesn't have: sugar, aspartame and FTC food coloring. But who needs those?

The truth is, *no other drink even comes close.*

So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Available in Fruit Punch, Grape and Orange Cream.

Rapid Recovery™—*Anything Else is Ancient History.*™

Available at select GNC LiveWell. *gyms and healthfood stores nationwide.*

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

MY SECRET TO BREAKING ANTHONY CLARK'S 738 LB. BENCH PRESS RECORD.

Chris Confessore astonished the world by surpassing super heavyweight champ Anthony Clark's bench press record by blasting up 741 lbs.

Unlike Clark, who weighed 350 lbs. when he set the 738 lb. record, Chris shattered it at a mere body weight of 236 lbs.! This is the latest in an astounding string of records set by Chris in his 11 year career. He is now the only man to ever hold world records in five different weight classes, and the official title holder of the greatest bench press to date!

How does he do it?

Steroids? No!
Growth Hormone? No!
Genetics? Not even plausible.

At a height of just 5'4", combined with a small bone structure, Chris' feats of strength have defied the laws of physics. **The secret is GH1000!**

What is GH1000®?

GH1000 is a revolutionary system that includes a powerful, yet legal, anabolic compound in capsule form, plus an explosive clinically proven weight training program. One of the anabolic components of the GH1000 formula is **Methoxyisoflavone**.

Clinical evidence suggests that Methoxyisoflavone exerts identical anabolic effects as anabolic steroids without the side effects!

Chris states: ***"I believe my gains clearly demonstrate that GH1000 is the most powerful strength and muscle building system ever! GH1000 is so potent, its effects will blow away any anabolic substance on or off the market!"***

Now for the first time ever, world class size and strength gains can be yours!

GH1000 is not for average gains! In fact, it's not even for above average gains! GH1000 is designed to help generate gains in super-human strength and mass the way Chris did. We guarantee it!*

Order Now And Get Huge!
1-800-286-8501
Distributor Inquiries Welcome!

"In my comeback I've gained over 100 lbs on my bench press, 200 lbs on my squat and 50 lbs on my barbell curls. As a result, I've packed on over 25 lbs of pure, striated muscle and reduced my body fat percentage down to a mere 4% in 3 months. GH1000 is the most incredible System on the market!"

Magnus Magnusson, Four-time World's Strongest Man Record Holder

Yes I need GH1000 NOW! *I understand my muscles will explode with incredible size, strength, and definition. Otherwise, I get a *100% money back refund.

Please rush my GH1000 order checked below:

- ❑ **4 bottle System regularly ~~$279.95~~ Now only $179.95!**
- ❑ **2 bottle System regularly ~~$139.95~~ Now only $99.95!**
- ❑ **1 bottle System regularly ~~$69.95~~ Now only $49.95!**

I've enclosed a ❑ check, ❑ money order, ❑ credit card order for $_____ (U.S. currency only)

Note: Add only $5.00 for shipping and handling.

Make check payable to **IRON CURTAIN LABS, INC.**

FOR CREDIT CARD ORDERS: ❑ VISA ❑ MASTERCARD ❑ AMEX ❑ DISCOVER

CARD NO. _____ Expiration Date: _____

SIGNATURE _____

For faster service call 24 hours a day, 7 days a week, and have your credit card handy.

1-800-286-8501 or 1-352-374-1895

Send to: **IRON CURTAIN LABS, INC.**
P.O. Box 140847- Dept.208, Gainesville, FLA 32614-0847

SPECIAL! With every order of a 2 bottle System receive Chris' book *Building The Biggest Bench Press* FREE! (a $19.95 value). With every order of a 4 bottle System or more receive the book plus a FREE bottle of GH *POWER™!* The ultimate anabolic meal replacement drink.

Name _____

Address _____

City _____

State _____ Zip _____

Where champions are made, not born!™

Iron Curtain Labs products are available internationally.

VISIT OUR WEBSITE AT WWW.IRONCURTAINLABS.COM

◆ E-MAIL YOUR FAVORITE IRON CURTAIN LABS WORLD CHAMPIONS AND RECEIVE FREE CUTTING EDGE TRAINING AND NUTRITION ADVICE. ◆ SEE OUR EXTENDED CATALOG OF PRODUCTS! ◆ DOWNLOAD FREE EXERCISE DEMONSTRATION VIDEOS! ◆ AND MUCH, MUCH MORE!!

©Copyright 1999 Iron Curtain Labs, Inc. All rights reserved

WPO CHAMPIONSHIPS

as told to Powerlifting USA by Peter Thorne

Powerlifter Kieran Kidder has added meet director and powerlifting promoter to his credits. Kieran has launched his own professional powerlifting organization, the WPO, and Saturday, May 20th was to be the inaugural big WPO meet.

The event would be contested in all the weight classes with $1,000 dollars going to the winner of each weight class. $500.00 dollars was for 2nd place and $250.00 for 3rd place. Then, Mr. Kidder created 3 Super classes, WPO Super Heavyweight (Over 198 lbs.), WPO Super Middleweight (166 to 198 pounds) and WPO Super lightweight, (165 pounds or less). Each of these winners would receive an additional $5,000.00. There would be a bonus of $1,000.00 for each world record. (World records were based on the list of powerlifting marks published in the *Guinness Book of World Records*) There was lots of opportunity for lifters to take home some big dollars, and 14 of the 17 finishers ended up with cash, with Jesse Kellum's $9,000.00 being the biggest payoff.

The day before the contest it was apparent that this was going to be something special for powerlifting. Lifters stopped by Kieran Kidder's Huge Iron Gym to get their equipment checked and get themselves weighed in. The TV production company, Underdog Productions, was busy filming the lifters and recording interviews with the competitors. That evening Mr. Kidder hosted all the lifters and their friends at the Plaza Hotel. There the competitors, crew, and friends could visit and enjoy a magnificently catered evening.

Early Saturday morning the Peabody Auditorium opened up to the clang of iron as the theatre was being prepared for the event. A complete breakfast buffet was set up in the warm-up area starting at 6:30 am. It was open to all the lifters, helpers, officials, and their friends. As the day wore on, the menu changed to a lunch buffet with plenty of roast beef, shrimp, and salads for all. If there were any challenges over the course of this meet, they could not be laid to anyone being hungry or thirsty.

***Tony Conyers** as GLADIATOR!!*

*The **Huge Iron Girls** kept score.*

Now it was 10 a.m. and time had come for the powerlifting competition. Kieran Kidder's Huge Iron dancers started the event. With a dance and fitness performance, the beautiful girls started the show off with a bang.

There were two platforms for this contest. All lifters had to make their opener on the backstage platform before they could make their subsequent attempts in front of the audience. If the lifter did not make his backstage opener on the 2nd attempt, he was out of the contest. When the flight had finished backstage, the lifters could come to the front stage for the competition.

The lightweight men were first. TV announcer Paul Ryden and Kieran Kidder sat at adjacent podiums on the side of the stage providing the TV commentary and Russ Barlow did most of the live announcing. With music, smoke and pyrotechnics the lifters came on stage.

August Clark was the first lifter and he came on stage with the 429 pounds he squatted back stage. Even with an extra try (spotters touched the weights, invalidating one of his lifts) he had to settle for the 429. He tried a record bench but, like his squat, he had to settle for the 396 pounds he actually made. His 452 pounds in the DL gave him a 1,277 pound total, which gave him 2nd place in the 132 lb. class and $500.00. Hennis Washington, the other 132 pounder and the class winner, hit 518 lbs on the squat, 297 lbs. in the BP, and 529 lbs. in the DL for a total of 1344.5 and $1,000,00

Armed with helmet and shield, the 148 lb. "Gladiator" was Tony Conyers. Tony took two tries to get 603 lbs. in the squat. He benched 407 lbs. and then pulled a world record 699 3/4 lbs. DL for his check of $2,000.00.

***Wade Hooper** cashed in big time.*

The winning 165 pound lifter was Wade Hooper. Wade went for a 4th attempt at a record 727 lbs. - 4th attempts do figure in the WPO totals. He made the lift for his first $1,000. He added a 435 lb. BP and a 584 lb. DL for a 1747 total. Wade got the $5,000 for the WPO Super Lightweight title, plus $1000,00 for winning the 165s and another $1,000.00 for a WR squat. Tony Caprari, at 19, is a look at the future. Tony is very focused and determined and has long range powerlifting plans and has a great supporter in his mother. Tony got 611 lbs. in the squat, a 363 BP, and a 666 DL for 1,642 lbs. and a check for $500.00. Brian Schwab got $250 for his 3rd place in the 165s posting a 540 SQ, 380 BP, 551 DL and 1471 total.

***Tony Caprari** .. in his pro debut*

The WPO Super Middleweight division had three lifters competing. One man took it all. Jesse Kellum went 9 for 9, and took home the biggest check of all, $9,000.00. Jesse opened in the squat with 766 lbs, then hit a WR 826 lbs. and then another WR of 848 lbs. He continued his winning ways in the bench, making a 551 opener, then 567, and finishing with 578 lbs. Just before the deadlift Jesse was asked if there were more records for him and he answered "God did not give me a deadlift." He proceeded to pull 633, 650, and 666 lbs. in the deadlift. (His all time best DL is 683 lbs.) The 198 lb. Kellum wrapped up the total with 2,094 lbs. There were two other lifters vying for the Super Middleweight title. Captain Curt, took the $1,000 for the 181 lbs. class win with a 600 SQ, 402 BP, 650 DL and 1653 lbs. total. Mr. (Dondell) Blue was the 2nd place 198 lb. lifter and he picked up $500.00 with a 666 SQ, 424 BP, 600 DL and 1691 total.

***Jesse Kellum** was the big winner*

Then came the WPO Heavyweight Super Open Championship. Anthony Clark was making his return to three lift powerlifting competition after a long layoff and he weighed in at 340 lbs. Big Gary Frank, in quest of the 2,500 lbs. total, weighed in at 385 lbs. Another of the big guys, J. R. Hunt, looked really strong in the squats. Rick Lawrence, at 220 lbs., was the lightest of the group and at 275 lbs., 2nd lightest, Steve Goggins was relaxed and looking ready. There were five guys at 308 lbs., Mehan, LaBare, Moore, Grove and Robbins. These men would provide a lot of surprises. Big J.R. Hunt opened with 859 pounds and made it look easy. The judges might have agreed on the easy part, but they did not give it to him on depth. After two tries, the disappointed J.R. was out of the competition. Anthony Clark opened with 942 pounds. He took it quickly and dropped deep. On the way up he went forward on his toes and tipped to one side. The spotters had a job wrestling 942 pounds

***Steve Goggins** made a lucrataive return to the competition platform.*

back to the rack. On his second attempt the bar fell from his shoulders during his set up and Anthony Clark was out of the competition. Now all eyes were on Gary Frank who got himself a nice deep 914 lbs. in the squat. Gary hit 672 in the bench and just missed a strong attempt at a 705 lb. BP. Gary was still positioned for the 2,500 pound total. He had pulled a 950 lb. DL in training. All he needed was a 914 lb. DL for the coveted 2,500 pounds total mark. He opened with 881 lbs. and ripped it from the floor. It looked easy until he tried to get his shoulders back and his hips pushed in. It seemed like minutes as the bar just hung there, only inches from lock out. Then Gary shook his head and the bar went down. His second attempt was a repeat of the first one. He was so close, but this time the bar finally fell from his hands and the meet was over for him. There was a man ready for the big championship belt. That was the 275 lb. Steve Goggins. In the warm up room Steve took 800 lbs. for a warm up. He lost it, and dumped the bar forward, scraping the skin off the top of his head. Steve seemed fine and unbothered by what could have been a serious accident. Steve gave away a lot on bodyweight, but that is all he gave away as he squatted 925 pounds. He pushed up 501 lbs. and completed an 804 pound DL. Steve tried a 1,003 squat and was close with a WR 859 DL. He finished with a 2,231 lb. total. Steve won the 275 lb. class and WPO Super Heavy Weight Championship with the meet's biggest total. With Underdog Productions documenting each lift, underdog Steve Goggins ended the day as the top dog. Steve wanted to thank Kirk Stroud, owner of Stroud's Gym in Dallas where Steve trains, for his coaching input. Goggins picked up $6,000.00 and the WPO Super Heavyweight belt. The magnificent belts, similar to boxing's championship belts, were said to cost $10,000 each,

***Al Mehan** gets ready to squat 1008. (photos courtesy Thorne)*

There were five lifters in the hunt for the 308 lb. class win. Al Mehan, of Canada, was king of the squat. This 26 year old Canadian has only been lifting three years and he is really enjoying himself. His goal is an 1,100 pound squat within a year. He fired up an easy 903 lb. opener, then showed the crowd what a 970 lb. squat looked like. Finally, he them load it up to 1008 and took it up like an express elevator for a world record. He missed a 545 bench press (5 lbs. more than his personal best and settled for a 529 lb BP). He got his opener, 677 lbs., in the DL and missed two tries at his previous best DL of 705 lbs. He picked up first place in the 308 pound class ($1,000) and a WR squat ($1,000). He had the 2nd biggest total, 2,209 lbs., of the meet, just 22 pounds behind Steve Goggins.

Art Labare picked up $500.00 with his 2nd place total, 2072 lbs.

WPO Championships
20 MAY 00 - Daytona Beach, FL

132	SQ	BP	DL	TOT
H. Washington	518	297	529	1344
A. Clark Jr.	429	396	451	1227
148				
A. Conyers	600	407	699	1707
165				
W. Hooper	727	435	584	1747
T. Caprari	611	363	666	1642
B.Schwab	540	380	551	1471
181				
C. Wright	600	402	650	1653
198				
J. Kellum	848	578	666	2094
D.Blue	666	424	600	1694
220				
R. Lawrence	633	551	584	1768
275				
S. Goggins	925	501	804	2231
308				
A. Mehan	1008	523	677	2209
A.Labare	870	540	661	2072
B.Moore	705	644	705	1055
J. Grove	788	496	738	2022
S. Robbins	722	551	683	1956

Big Bencher. Beau Moore, picked up $1,250 with a WR bench, 644 lbs, the biggest bench of the competition, plus a third place total in the 308 lb. class with a 2,055 lb. total. Jon Grove was 4th, followed by Shelby Robbins to round out the 308 pound finishers Sherwin Pagtakhan tore his quadriceps on his squat attempt and could not continue

With the lifting over, the Huge Iron girls were back on stage accompanied by smoke, fire and explosions. Then Kieran Kidder arrived with a fistful of checks to hand out to the lifters. The TV cameras were everywhere and we will watch for the announcement of when and where this will be seen. This was a brave first start for the WPO made by a brave man who commits himself to putting professional powerlifting into the media.

After the event, everyone was invited to the Huge Iron Gym for an evening of R & R. There was a live band, a free flowing bar, and a copious supply of great food, as there was throughout the event. The gym was adorned by a vast number of lovely ladies, including Debbie Kruck, who greeted and visited with the powerlifting fraternity.

As we left Daytona, I think everyone is looking forward to the next Huge Iron event. To Kieran Kidder a big 'thanks' from the whole group.

***Frank** - good in the SQ - bombed in the DL*

***WPO Promoter Kieran Kidder** presents Beau Moore his winnings.*

The difference between 3 WHITE LIGHTS and BOMBING OUT...

is Velocity

DOPE-FREE

Unlike many bodybuilding supplements that are banned, every VELOCITY product complies with all IOC, NCAA and other anti-doping regulations. With VELOCITY you will compete clean!

Rick Brunner Ph.D.
Inventor • Athlete • Coach

SLOW POWERLIFTERS LOSE! FAST POWERLIFTERS WIN!

Since 1990 when I introduced Creatine Monohydrate, I've focused on new technologies to help make powerlifters and other speed-strength athletes better. The past five years of research have paid off. I've created new innovations that will help you build velocity traits such as starting strength, acceleration, and maximal strength. You've seen nothing like them before!

Every serious powerlifter has to build the velocity traits to win, and most bodybuilding supplements just don't have what it takes! They get you bulky at the expense of explosiveness. Not a good thing going into competition. And some are just plain illegal in tested meets!

Listen to what some elite powerlifters have to say about VELOCITY:

- Mike Ferrantelli (4-time Drug Free National Championships, 3-time Drug Free World Championships, and has broken 21 National and Drug Free Records)

  "VELOCITY supplements work for me. I won't train without them!"

- Pat Casper

  "Ordinary bodybuilding supplements just don't compare to VELOCITY!"

To learn about VELOCITY, give us a call (800-621-2602). Or better yet check out our powerlifter friendly web site for the big picture.

www.velocitynutrition.com

Get **THE ROPE** Advantage

Work your muscles harder than you've ever dreamed of. Joint and spine friendly.

Used by World, National and State Champions

Kit P. **815 Sq.** 54 years of age
Mark P. 495 B.P. High School
Brett A. 440 B.P. Teen
Sabine S. 205 B.P. at 115 lbs.

GET THE ROPE ADVANTAGE
Poster Manual and Apparatus
Only $49.95

BODYBUILDER WORKS
Call me or call them, but use it!!!→→→

THE SHIRT
Padded where the bar sits for more comfortable squats
Only $29.95.
Please include shirt size with order

Send checkor money order to:
The Body Hobby Shop
77 Santa Isabel Blvd. #5-16
Laguna Vista, TX 78578
956-943-2618
E-Mail address: kit.price@prodigy.net
http://home1.gte.net/mlp/kit/hobby.htm

BODYBUILDER

A GAMMA ORYZANOL EMULSION

A UNIQUE LIQUID FORMULATION UNLEASHING THE POWER OF GAMMA ORYZANOL TO BUILD MUSCLE AND REDUCE STRESS!

For **THE PROFESSIONAL** *And* **THE BEGINNER**

"Body Builder delivers. My lifts are way up and my body fat lower than ever!"

-W. KIT PRICE
World Champion Power Lifter

EQUI-AIDE PRODUCTS
PO Box 393 • Merrick, NY 11566
516 378-0271 • 1-800-413-3702
WWW.EQUIAIDE.COM

GET FAST RESULTS WITH

POWER HOOKS®

POWER HOOKS have been proven to improve dumbbell training. They provide the user with a method to perform and accomplish dumbbell training procedures safer and easier, resulting in maximum exercise benefits.
During the first few weeks, gains of 2 to 3 reps on each dumbbell exercise are being experienced. After a few months users are increasing 20 to 30 lbs. to each dumbbell. POWER HOOKS have been highly recommended by a variety of medical and personal training professionals.

ONLY $39.95 PER PAIR — ADD $5.75 FOR SHIPPING & HANDLING

MANY USES! • FITS ALL SIZES OF DUMBBELLS!
Power Hooks fit all standard and Olympic size dumbbells. For larger dumbbell bars over 3-3/4" circumference order the XL-Power Hooks. The XL-Power Hooks also fit the tri-bar and power blocks.
Patent No. 5871339

TO ORDER BY CREDIT CARD CALL TOLL FREE:
1-888-669-6316
or send check or money order to: Country Power & Health, 85-979 Farrington Hwy., Waianae, HI 96792
Dealer inquiries and orders from other than USA call: *808-696-1979*

PERSONALIZED Powerlifting Training

Courses Designed by *PL USA* writer Doug Daniels and WDFPF World Bench Champ Jim Vrabel.

We've been in business since 1986. Other personalized training course companies can't say that. Get your training advice from a proven source. Check out the Strength Ink difference: 1) Each course unique, not computer generated or generic. 2) Specific, unpublished articles written by Doug Daniels, 3) Advice on supplements, lifting gear, save more than the cost of the course itself. 4) Exact exercises and weights used throughout the course, not just sets and reps. 5) Training Tips 6) Designed with an emphasis on drug free training. 7) Questions during the course, just write!

Courses available for bench, squat and deadlift for both competition and off season training modes, please specify. 1 course - $13.95, 2 courses - $25.00, 3 courses (BEST DEAL) - $30.00. Send Check or Money Order.
Payable to:

STRENGTH INK, INC.
DEPT. PL-I Box 1974
Highland, IN 46322

Foreign orders add $2.00 per order
Will mail out questionaire with each order

PHYSIQUE BODYWARE

719. SLINKY TOP
(M/L, L/XL) Black, Grey, Blue, Cappaccino, Suntan, White
$29.95

726. HOT SHORTS
(S-XL) Black, Grey, Blue, Red
$23.95

720. SLINKY TANK
(M/L, L/XL) Black, Grey, Blue, Cappaccino, Suntan, White
$31.95

725. STRINGER TANK
Black, Berry, Red, White, Grey, Blue
$14.95

724. TRAINER TOP
(O/S) Black, Red, White, Blue, Grey
$22.95

711. BIG TOP
(O/S) Black, Denim, Grey, 3/4 sleeve.
$42.95

888.WEAR.ITT
888.932.7488
ORDERS ONLY PLEASE!

PHYSIQUE BODYWARE
16 Birch Hill Drive, Poughkeepsie, NY 12603
914.473.4832 FOR CATALOGS
WHOLESALE & DISTRIBUTORS WELCOME

APF California State
15,16 APR 00 - Burbank, CA

Bench Press				
WOMEN				
Open				
165				
L. Vasquez	193			
Submaster 33-39				
97				
S. Talavera	110*			
Master 40-44				
114				
A. James	159*			
55-59				
148				
L. Ditullio	99*			
MEN				
Teen 18-19				
165				
E. Arreseigor	352*			
Open				
165				
S. Ward	413*			
181				
F. Francia	374			
220				
J. Shura	507			
M. Lamarque	463			
242				
A. Waldron	452*			
D.Leoncini	446			
D. Shay	374			
275				
S. Mendelson	545			
308				
S. Radda	452			
Submaster 33-39				
181				
S. Marcinek	395			
WOMEN	SQ	BP	DL	TOT
132				
S. Waits	264	143	275	683
148				
T. Upton	270	104	214	589
50-54				
T.Upton	270*	104*	214*	589*
MEN				
Teen 13-15				
148				
L. Israel	347	193	369	909
165				
K. Diwa	315	187	308	810
C. Barriere	214	115	275	606
18-19				
198				
T. Orwoll	407	325	363	1096
Junior 20-23				
123				
R. Miskell	275*	220*	391*	887*
148				
J. Welsh	325	242	386	953
181				
H. Alvia	347	253	435	1036
R. McDonald	308	237	319	865
198				
R.Holland	402	325	474	1201
275				
J. Garza	264	275	413	953
Open				
148				
V.Tanabe	452*	253	501	1207*
181				
J.Knorre	500	352	485	1537
M. Valencia	452	269	501	1322
M. Miller	336	226	435	997
198				
W. Charles	424	314	556	1295
220				
S. Waits	733	441	633	1807
M. Lamarque	523	463	573	1559
P. Davi	551*	402*	600*	1554*
242				
J. Mazmanian	606	407	672	1686
D.Leoncini	666	446	556	1669
Z. Passman	567	396	540	1504
D. Shay	551	374	529	1455
275				
B. Meek	722	507	705	1934
M. Blanchard	606	380	600	1587
308				
G. Garcia	677	402	699	1780
S. Radda	644	452	573	1670
M. Hunter	540	380	479	1399
Submaster 33-39				
181				
B. Wayne	347	270	474	1135
198				
K. Wickstrom	413	308	429	1140
220				
D. Robuck	600	418	584	1603
P. McNeil	562	385	551	1499
242				
D. Shay	551	374	529	1455
S.Leonard	402	303	429	1135
275				
S. McMunn	402	292	457	1151
Master 40-44				
181				
B. Byrne	374	248	496	1118
242				
H. Toma	374			
D. Shay	374			
Master 40-44				
181				
R. Lopez	270			
S. Pato	264			
242				
M. Kutz	424			
SHW				
A. Ramsey	540*			
Master 45-49				
242				
A. Waldron	452*			
308				
S. Brown	418			
Master 50-54				
220				
B. Evans	363*			
Master 55-59				
165				
H. Glossbrenner	253*			
198				
M. Stuart	341*			
Master 60-64				
165				
B. Ghent	292*			
275				
D. Herrera	386*			
Master 65-59				
181				
S. Collella	242*			
Master 80 plus				
165				
H. Benner	193*			
R. Lopez	308	270	441	1019
198				
M. DiPlazza	369	308	441	1118
220				
M. Strakey	512	341	501	1328
242				
J.Mazmanian	606	407	672	1686
B. Carbo				
275				
J. Van Houten	501	402	556	1460
45-49				
181				
F. Fleet	319	226	325	870
50-54				
220				
B. Evans	474*	363*	490	1328*
275				
B.Meek	722	507	705	1934
308				
G. Brink	683	413	788*	1884
P. Dallmeyer	540	363	600	1521
60-64				
198				
F. Irons	385	148	402	936
L.A.L. C. Invitational				
Bench Press				
WOMEN'S Open				
148				
A. Weisberger	303			
165				
M. Jacobson	242			
Master 40-44				
165				
M. Jacobson	242			
MEN'S Open				
165				
S. Ward	413			
181				
K.Lee	418			
198				
C. Bell	463			
WOMEN Open				
148				
N.Garcia	341*	165*	341*	848*
A. Weisberger			429	
165				
M.Jacobson	225	242*	352*	821
K. Pfeiffer	347	148*	325	821
MEN				
Master 40-44				
181				
R. Lopez	308	270	441	1019
Master 50-54				
165				
G. Santee	463	303	501	1267
Master 80 plus				
165				
R. Merrell	55	66	176	297
Teen 18-19				
220				
P. Davi	551	402	600	1554
M. Lobliner	501	391	512	1416
Open				
198				
J. Kegrice	589	325	644	1559
275				
B. Meek	722	507	705	1934
M. Swank	672	523	600	1796
Master 50-54				
275				
B. Meek	722	507	705	1934
308				
G. Brink	683	413	788	1884
Master 70-74				
220				
J. Miller	402*	242*	479*	1124*
242				
L. Coaston	452			
275				
J.M. Blakley	650			
308				
S. Wong				
Teen 18-19				
220				
M. Lobliner	391			
Master 60-64				
165				
W. Ghent	292			
Master 65-69				
242				
E. Anderson				

***Scott Waits** squats 733 (L.A.L.C.)*

APF California State/L.A.L.C. Invitational

by Herb Glossbrenner

***Lando Israel**, 14, pulls 369 (LAL C)*

* denotes California State Record.Announcer/Meet Director: Joe Avigliano. Meet Coordinators: nace Avigliano, Joe Avigliano. Referees: Gordon Santee, James "Radar" Capehart, John Planas, Tony Pastorello, Bryan Delgado, Bob packer, John Mazmanian, Al Garcia. Scorekeepers: Joe Avigliano, Jo Taylor, Jayleen Budwig, Scott Velliquette. Expeditor: Karl Roderfer. Technical Director / Platform Manager: Gordon Santee. Loaders & Spotters: Dan Jesolva, Michael Jovonavic, Dan Madigan, Justin Lopez, Teddy Grant, Justus Owens, Todd Randall. Staff: George Rada, Charis Nawrocki, Deanne Miller, Burnette Dillon, Mark Herman, Michelle Kilikauskas, Bud, Ignacio Cedro, John Van Houten, Pedro Ayala, Sean Leonard, Ejay, John Casaccio, Amy Weisberger, Andrea Morgan, David Morgan, Leslie Myers, Norma Garcia. Best Lifters: APF Invitational Classic: Women's Open - Norma Garcia; Men's Open - Brian Meek; Women's masters - Mary Jacobson, Men's Masters - Brian Meek. Bench Press: Women - Amy Weisberger, Men - J.M. Blakley. APF California State: Women's Open - Susan Waits, Men's Open -Scott Waits, Women's Masters - Toni Upton, Men's Masters - Brian Meek. Bench Press: Women - Anna James; Men - Steve Ward. Powerlifting found a hotbed of activity in Southern California during the 60s and 70s, but it seemed to go into a gradual decline during the 80s and 90s. Fortunately, just near the turn of the century, the Los Angeles Lifting Club was opened, one of the finest facilities for PL in the country. Owners Joe and Nance Avigliano ran their first meet last year, the Push-Pull Classic in April '99. That was followed by a BP meet in August. Joe wanted to host a big meet. The date was set to April 15-16, 2000 for the APF California State Meet and Bench Press Championships. In conjunction with it an Open Invitational Classic was added with top APF Stars from all over the country invited. Top SHW Garry Frank was coming, but a last minute job promotion derailed his plans. The big stars who did make it were Amy Weisberger - perhaps the World's best lady PLer - pound for pound, and J.M. Blakely, the reknowned 700 pound bench club member.

For a while it looked as if PL might once again gain some TV exposure. When living back in Boston, Nance Avigliano had become acquainted with Jay Leno, now the host of THE TONIGHT SHOW. She left a message at the Burbank studios, and Jay returned her call, remembering her from back East. Nance proposed that Weisberger and Blakely appear on the show. Leno liked the idea and it looked very positive, until the last week. However, six free tickets were sent for those who wanted to watch a live taping. During one of the segments a few of us got our mugs on TV. Afterward arrangments had been made for our group to have their picture taken with Leno.

The competition itself was held at the Moose Lodge in Burbank, a nice facility within a mile of the L.A. Lifting Club. Friday was setup day. Assignments and duties had been delegated. The Avigliano's are meticulous, particular, and super organizers. A large scoreboard was provided. There was a booth in back which provided food and drinks at minimal cost. Gordon Santee loaned extra weights for the warmup area. Tony Pastorello of the Huge Iron Gym in Las Vegas brought in two Monolifts for the warm up room upstairs. CA's only Monolift, owned by the L.A.L.C, was used for the competition platform. Nebula donated two brand new-top quality-fold up competition benches especially for the meet to go along with the two already in the gym. George Rada, an L.A.L.C. lifter and engineer, made the neatest looking light box system, complete with palm trees and a California skyline. Perfect Nutrition and Trader Joe's provided free protein drinks and energy bars. Thanks to the many sponsors who helped make this an outstanding meet with their help and support: Randall's Painting Co., Roger Hatfield (meet shuttle/food), Moose Lodge - Burbank Chapter #652, Pacific Tan of Glendale; Dana L. Hirsch D.C., Frantz Sports, High Cascade Emu Oil, Tower Records, Inzer Advance Designs, Sacramento Barbell Club, Alliance Services, Canyon Wholesale Foods, Pueblo Trading, Golden West Trading, Cloverdale Foods, Safari Inn, Ivanko Barbell, Safari Inn, Robinson Hair Design, Steve Pato.

Two women lifted in the Open competition the first day. Susan Waits, 31, of Las Vegas, NV, took the 132 division pulling a 275 DL for a 683 TOT. Toni Upton, 52, is very exuberant. She established all new APF California State Records in the 50-54, 148 division: 270 104 214 for a 589 TOT.

Only 14, Lando Israel impressed everyone. The San Diego youngster, @ 138 bodyweight, blew away his final SQ (347) with such ease it looked like a toy. He tied James Drake's state record BP (193), and just missed 214. He pulled a big 369 DL for a 909 TOT and a promising future. Chris "Bigfoot" Barriere, age 13, wears size 13 1/2 sneakers. When his strength catches up with his growth spurt - watch out! Another San Diegoan, Ken Diwa, 15, dunked 314 @ 154 - an impressive kid on the rise. Tyson Orwoll took the 18-19, 198's, with a do-or die final DL. Ray Miskell, 21, from Tulare blew away records. Especially impressive was his 391 DL done twice to satisfy his scrutinizers. Bob Packer coaches him now. James Welsh, 20, of Santa Barbabra sailed through a flawless 9-9 performance - 953 TOT for the State Jr. title @ 148. Alvia Hyman, 21, came out from Victorville, and got all his squats and DLs for a 1036 TOT and the 181 Jr. victory. Rob McDonald just missed making 165 and was runnerup to him. Ray Holland, 20, from Mira Loma missed his 374 2nd SQ - leapt bravely to 402 - and nailed it! His 1201 sum won the 198 class. Jim Garza, 22, from Tulare had the distinction of benching more than he SQed in the 275 division.

OPEN DIVISION: Vince Tanabe, 37, from San Gabriel made weight this year at a light 143. He looked sharp setting sub-master state records of a 452 SQ and a 1207 TOT. His 501 DL tied the existing record. John Knorre, Las Vegas, had the highest lifts at 181 with an impressive 600 SQ and 1537 TOT. Likewise, Scott Waits, also of Las Vegas, was overwhelmingly dominant at 220 with an impressive 733 SQ, 441 BP, 633 TOT for 1807 TOT. Not to take anything away from the brilliant performance of both these gentlemen, but I don't feel they should have been allowed to win California State titles. The APF rule book allows it with the stipulation that out of state competitors cannot set state records. Mario Valencia's 1322 aggregate should have earned him the 181 state title. Likewise Matt Lamarque, 25, of Monterey should be the 220 champ at 220. Matt wan out over Philip Davi 1559 to 1554 in a hard fought battle. Marc Miller, 29, from Thousand Oaks got 3rd @ 181. Charles Williams, 28, of Redondo Beach topped off his 198 win with a good 556 DL - 1295 TOT. Phil Davi, 19, of Seaside came in at 212. He obliterated all the 220 18-19 teenage records. Phil couldn't get down low enough on his first two SQs. He was shallow with

***Del Shay** receives his huge medal from **Nance Avigliano** (Herb G.)*

Mary Jacobson had a 253 bench well up before missing. (Herb G.)

512 and 540. Finally, 551 was good. Those canvas suits are uncompromising! Phil's 402 BP opener was also a record. He jumped too high and missed the next two. This eventually cost him the silver. He pulled all 3 - 600. Matt Lamarque's big 463 BP opener put him ahead for good. Davi tried 611 - a last chance - to go ahead, but didn't get it. A great battle. John Mazmanian, 42, of Clovis, CA, used his strong back to pull the 242 title away from San Diego's, 31 year old Dan Leoncini with a 672 PR locked into final position. Zachary Passman, 24, San Francisco, slipped by Oakhurst's Delbert (Louie Lookalike) Shay to take the big bronze. The prizes were Gold, Silver, and Bronze medals a full five inches in diameter, made by the same people who made the medals for Bruce Greig at last year's WPC Worlds. Some say awards aren't important. Don't kid yourself - a beautiful award is the fruit of one's labor.

Brian Meek, 54 ,of Irvine, CA went through all his six lifts without a miss. He was happy as a hedgehog in a petunia patch and waived his 3rds quite satisfied. His 1934 TOT (722 507 705) made him State Champ again. Altogether Brian entered 4 divisions, and came up with 4 golds. Mike Blanchard, 31, out of Rancho Santa Margarita was the 275 Open runner-up to Brian, and took a real liking to the BP handoffs by Justus Owens.

Gary Garcia, 33, Huntington Beach @ 299 went up against Sam Radda, 296, age 32 of El Cajon. Garcia won the SQ duel 677 to 644. Rada made up the deficit and was up 16 via his 452 BP. It was all Garcia in the DL, as he raised a big 699 for 1780 and became the 308 champ. Rada was runner-up at 1670. Sam's big 452 BP earned him a gold in the 308 Men's Open BP competition. Matt Hunter, 27, from La Mesa settled for 3rd in this division.

Men's Masters (40-44) saw Bob Byrne, 42 ,take the measure of Bakersfield's Roland Lopez, 40. Bob's SQ & DL superiority gave him the win. At 198 Mike DiPiazza, 43, of the L.A.L.C. team had a banner day, setting PRs for himself. He also won the coveted Herb Glossbrenner "Mr. Nice Guy" award unofficially. Mike Straley, 41, of Lake Forest ran off all his D/s (501) for 1328 & top honors @ 220. Fountain Valley's Manny Lopez took silver at 242 behind Mazmanian, who earned his 2nd gold in this division. Manny might have had some competition, but Rob Carbo, 44, Montrey zeroed in his SQs. John Van Houten, 42, Long Beach bulled his way to a 275 win. Fred Fleet of L.A. was the only contestant in the 45-49 bracket. Fred went 9 for 9, and knows his abilities well. In the 50-54s Bob Evans established Master records breaking his own standards: 474 SQ, 363 BP, and a 1328 TOT - 9 for 9. Meek got his 2nd gold here. George Brink, Santa Paula, just turned 50. His lifting @ 301 caused quite a stir. He made a good 683 SQ. When the bar went to the floor George pulled more than anybody in the whole meet - 788! A new State Record! Look for George to crash the 800 barrier before the year's over. Paul Dallmeyer looked mighty impressive himself. Age 51 from San Diego, the big fellow SQed 540, BPed 363 and pulled a 600 DL for 1521 and 2nd. Floyd Irons, 64, from Irvine had his way winning his 198 age group: with a 386 SQ, 402 DL.

In the men submasters (33-39), except for 2 classes, all lifters won gold medals uncontested! Bill Wayne, from Santa Barbara, 37, and Ken Wickstrom, 39, of San Diego won the 181 and 198 divisions respectively. Wickstrom's 11 year old stepson Scott Miranda sat behind me. A talented artist, he did sketches and took snapshots of the lifting. Darren Robuck, 33, of Goleta hit a big 600 SQ and 1603 TOT to be the best at 220. Pat McNeil of Long Beach was 104 back of him for 2nd place. Del Shay, 37, won a clearcut victory at 242. Mr. Toma of San Marino was able to duplicate Shay's 374 which salvaged him a gold in the BP competition over Shay as lighter man. Sean Leonard, 37, nabbed the coveted bronze medal. Sean McMunn, who should be hosting a quiz show is better known at the L.A. Lifting Club as the "BIG PINK PANTHER" and he rose to the occasion with some personal bests and 275 lb. honors.

THE APF CA STATE BP CHAMPIONSHIPS saw a slew of State Records broken. In the Women's Open, Linette Vasquez, 30, from Pasadena, pressed 193 for the 165 win. Sandra Talavera was TINY (96 lbs.) but MIGHTY - 110 BP - State Record! CA BP legend Anna James, 43, from Riverside horsed up a record 159.9 at a mere 111 1/2 bodyweight. Louise DiTullio, 59, from Glendale, at 148 mastered her 99 lb. lift - a record also! Ernesto Arreseigor, 19, 160, from Sun Valley posted an impressive 352 lift - an 18-19 standard for 165ers. Steve Ward, 38, from L.A. is tall and lean, but has tendons of steel. He never gave up and with a terrific struggle locked out 413 at 159 bwt., a new subtasters record while winning the 165 Open Division. Other Open Winners were Fred Francia, 25, with 374 @ 181; John Shura, 29, of Cloverdale blasted up a great 507 at 216 1/2 bwt. - outstanding! Matt Lamarque collected his 2nd silver here with his 463 lift. Alvin Waldron, 48, of Long Beach set a 242 Masters 45-49 record (452) winning golds in both the Open and Masters. Del Shay got a silver in both submaster and open. Winning at 242 was San Diego's 31 year old Dan Leoncini who pumped a big 446! Scot Mendelson, from Valley Glen, won the CA State 275 Open and lifted along with the big boys in the Invitational on Sunday, so, I'll cover him later. Sam Radda won at 308 with his 452 as mentioned earlier. At 181 in the Submasters the winner was Scott Marcinek, 36, from Lake Forest. SCOTT GOT 396 - a fine lift. In the Masters 40-44, Roland Lopez, 40, held back the strong challenge from Steve Pato of Studio City (same age). Lopez eked out 270 to Pato's 264 for top 181 honors. I was pleasantly surprised to see a streamlined Art Ramsey. Art, @ 325, had shed some 30 lbs. of surplus cargo since I saw him last December. He made a good 540, and at age 40, it was another new State Record for Art. @ SH, Mike Lutz, 42, of Kerman, ground up 424 successfully to nab the 242

Norma Garcia (Herb G. photos)

title. Alvin Waldron collected the 45-49 gold medal. Steve Brown of Sunland @ 82 was your 308 winner (418). Bob Evans won yet another gold medal having entered the Masters 50-54 BP. Herb Glossbrenner, 57, of Eagle Rock, CA, @ 161, took first in the Master's 55-59 165 class. Herb upped his State Record to 253.5 and locked out 259 for 1 white. Comebacks are a bitch! Malvin Stuart, 58, L.A., took the 198 division with a SR 341! Bill Ghent, 64, from Sherman Oaks, rammed up a record 292 @ 157 and no shirt. Dan Herrera, 62 and 268#, from Walnut, CA, broke a record himself at 275 with a great 386 press. In the 65-69 Sam Collella, 67, from Northridge generated his own "after shock" by blasting up a SR 242 @ 179. Harrison Benner, 80, from San Diego rammed a record of his own doing 193 at 161 bwt. Now, that's something to be proud of!

The L.A.L.C. INVITATTONAL CLASSIC AND OPEN BENCH PRESS CHAMPIONSHIPS started right on time, Sunday morning, April 16th. The Women's Open provided lots of excitement in the tightest battle of the whole meet. Norma Garcia, 39, Sacramento, made her PL debut just one short year ago. The former marathon runner had a great day. She SQed a 341 2nd attempt, a Women's Open and Submasters record. Her 165 BP was a sub-master mark. Norma deadlifted a much improved 341 for 848, also new State Records as well as personal bests. She's coached by her husband Al, a gym owner in Sacramento, and a long time friend who will be running some APF competitions up there before long. Guest Star Amy Weisberger, 34, of Worthington, OH, put on quite a power exhibition. She WOWED THE CROWD with a 429 DL. She also captured the Women's Open BP 148 division with a Herculean 303 on a final lift at 142 bwt. She plans to lift 132 at the Seniors this year. At the Westside Invitational earlier this year she posted the All Time Best Women's TOT @ 123 via 450 280 450 1180. Shortly thereafter, at the Arnold Classic, Amy hit a 292 BP! She amazed everyone with her strength! Amy was the guest of the Aviglianos at their home during her stay. Charming and cheerful and always willing to lend a hand, she was helping in many different ways during the meet.

Now for the best matchup of the meeting. Two strong gals locked horns going for the 165 lb class Women's Open gold. The competition was between Mary Jacobson, 44, a BP specialist from Alameda, CA (152 1/2) and Kim Pfeifer, 38, and 162 from Oakhurst, CA. Kim was the defending champ and record holder. We knew Jacobson could BP big, but her ability in the other lifts was shrouded in mystery. Mary managed a mere 226 SQ, then missed 253. Kim jumped into an enormous lead, grinding up an absolute gut-busting 347 final lift. It looked like it was over before it started, but Kim was vulnerable in the BP, where she made 148 but missed 154. Now it was Mary's chance to gain some lost ground. The muscular master lifter used her huge guns to stiff-arm 242 right up, a new Masters 40-44 record. She narrowly missed a final lift at 253. Pfeiffer still had a 27 lb. advantage going into the final lift. Jacobson made sure she got one in - 270. It looked as though she had given up the ghost. Pfeiffer pulled further out of reach, opening at 308, then lifting 325. A last effort at 336 failed. She had and 821 TOT. Lo and behold, Jacobson made her move. She made a 77 lb. increase to 341 for her 2nd attempt and pulled it right up. One lift left and Mary took 352 to force a tie and win on lighter bodyweight. Up it came for the surprise upset victory. Nothing like a little drama, eh!. As soon as Mary learns how to SQ, she'll be awesome. Roland Lopez also entered the Masters 40-44 division here, and collected his 3rd gold medal of the meet. Gordon Santee, 53, Redondo Beach, put together a nice 1262 TOT winning the 50-54, 165 Masters division. Gordon is basking in the celebration of life. He's been pronounced cured of cancer! He's one of the best referees, technical directors and platform managers in all of PL. We rejoice with Gordon for his greatest victory of all. Roger Merrell, 80, drove all the way across country from Novi, MI to lift. Thanks for coming Roger, you're an inspiration to us all. Phillip Davi had lifted on Saturday, and used those lifts, unopposed here, to get a gold to go along with the silver he'd earned previously. Jim Kegrice, 34, from El Cajon wasn't in top form, but pulled a great 644 @ 198 for 1559 TOT capturing the Open 198s. Brian Meek pocketed his 3rd and 4th golds off his previous day's lifting. Mark Swank, 32, from Las Vegas did some nice lifting to finish runner up @ 275. George Brink's Saturday performance carried over here for his 2nd shiny big gold medal. I saved the best for last. Joe Miller, 213, Barstow, CA, obliterated all his 70-74 220, records. Now 71, Joe upped his marks to 402 SQ, 242 BP, and 479 DL - 1124 TOT.

INVITATIONAL BP CLASSIC - Superstar guest Amy Weisberger was entered in the Invitational BP division, thereby doubling her gold. Mary Jacobson duplicated Meek's feat in two divisions and had a quartet of gold medals herself. Steve Ward got his 2nd win also. Tops @ 181 was Kingston Lee, 39, from Los Angeles with his 418 press. Chris Bell, 27, of Santa Monica, representing the L.A.L.C. team was tops at 198 with his 463 lift. Leonard Coaston, 40, took top honors @ 242 with 452. Scot Mendelson had won the CA State Open 275 BP. He lifted along with the big boys here which had to be a motivating factor. At 262, Scot was quite a sensation lifting with a narrow, thumbless grip and raw. He shoved up 523 & 545 with brute strength. He aspired to try 584. He had it nearly up. Suddenly it slipped from his hands (thumbless grip - remember) and free fell to his chest. It bounced from the impact when the spotters caught it on the rebound. It's impossible task for spotters to prevent such an impact. Scot can thank his guardian angel for watching over him. An inch higher and he might have ruptured internal organs and most certainly he would have crushed his sternum. Scot was taken to the hospital but fortunately was all right. He returned to the meet later. Steve Wong, 32, Salinas, weighed 307 1/2. He had a competition best of 606 coming in - and a huge number on his mind. He opened @ 600.7. The massive weight went to arm's length like a shot from a cannon. No lift - hips came up! This brought out guest star J. M. Blakely. (He has a video tape covering all aspects of BP technique. It's very good, I might add). J.M's 622 opener went right up. He went straight to 650, and rammed that right up also. He wanted a PR, so he sat back and waited. Wong made a huge increase to 683, but going up his hips raised again - no lift. It was about at this point that the Mendelson mishap occured. This delayed the meet for about 15 minutes. No one wanted to risk moving him, not knowing the extent of his injuries until the ambulance arrived. Blakely was pumped and ready to go with a shot at a PR with 705. The delay caused his attempt to come unglued. When he finally came out, he'd wasted a lot of adrenaline, and lost his edge. The weight went up only halfway. Wong made a daring stab at the same 705. It didn't go, and therefore he bombed out of the meet. Steve gave notice that he'd be a force to deal with, however.

This brings to a conclusion one of the best organized meets I've seen in many a year. The lifters mounted the victory dias, and the awards were presented. It was, without a doubt, the nicest victory stand I've ever seen; sturdy enough to accommodate the biggest. Among the celebrity guests in attendance was Ernie Frantz, president and founder of APF/WPC. Dave Shaw, a legend*ary name in PL, came to watch. Even Mike Lambert, Editor/Publisher of Powerlifting USA magazine was on hand to see the competition on Sunday.

Thanks to the Aviglianos and L.A.L.C. for putting on such a great competition. Ernie Frantz was very impressed. I almost forgot to mention the beautiful souvenir programs, a momento to cherish, were printed by PRINTING ETC. of Burbank, CA. For both days, we had a packed to capacity audience. There were nearly a hundred lifters who participated, with 49 APF CA State records falling up the wayside. It was a perfect environment for record breaking performences.

George Brink ... 788 the long way

TRAINING

SHOULDER SHRUGS

as told to Powerlifting USA by Doug Daniels

When the average person thinks of a shoulder shrug, they might imagine someone not knowing what's going on. Not so for the powerlifter. A powerlifter would imagine someone working the fan shaped trapezius muscles located in the upper back, behind the neck. The trapezius are key muscles in all three powerlifts; deadlift lockout power, bench press stability and cushioning and supporting the bar on your back during the squat. On top of this, a well developed set of trapezius give the look of power to a strength athlete. Many lifters perform shrugs, but fail to get maximum benefits from them, mainly due to poor technique. Luckily, this is easily corrected if the lifter is willing to make the necessary adjustments.

Many times I've noticed lifters shrugging while bending the arms, trying to upright row the weight up. First of all, this is letting the weaker biceps do some of the pulling, relieving the traps of the full load. Second of all, if you can bend your arms with your shrug weight, you're using sissy weights. Ask any top lifter shrugging well over a quarter ton how much they can bend their arms. Use the arms as connectors or hook, pull the weight up with the traps, while relaxing the arms. The weights you will be using will soon exceed your old upright row sissy shrug. This is a rare time when proper form will actually allow a lifter to use more weight.

Just as many lifters are not shrugging through full range of motion. This is especially true with the upright rowers in the previous paragraph. Since the bar seems to be moving upwards, the lifter thinks the traps are being worked. The fact is much of the movement is the bar being upright rowed, the shoulders hardly elevate. So no wonder you can't lockout that big deadlift! Concentrate on pulling through a full range of motion with just trap power. Pull your shoulders up to your ears and lower the weight to a stretch position.

Pulling your shoulders back at the top of the shrug is not necessary. This extra movement doesn't really work the traps. Save your energy during the set for the traps, shrug up. There are numerous variations of the shrug described later in this article.

Most lifters use a power bar for shrugs. Dumbbells or the trap bar can be viable alternatives and they can even offer the advantage of keeping the weight in-line with the trap muscle, instead of in front of the body where leverage is decreased. There are also some high tech machines that can be used for shrugs. These can lower the stress on the lower back. In any case, you should follow the form guidelines I just expanded on.

Olympic lifters perform wide or snatch grip shrugs. These stress the traps in a slightly different manner and can be included by powerlifters for variety purposes. I suggest using lifting straps while doing any type of shrug. You don't want your grip giving out before your traps do.

Work shrugs into your schedule once or twice a week for 3-5 sets. These may be best performed on deadlift or back day. Drop shrugs 2-3 weeks prior a contest to avoid overtraining. Reps are up to you and may be varied over your cycle.

I can't conclude without a few tips. A little leg lick to get a heavy weight moving can be very useful. Just remember to shrug through a full range of motion and not pull with the biceps. On your last rep, hold the weight at the top for a count of two and, without relaxing; try to pull it even higher and hold for a count of 2. This is a great finisher for the traps. Paul Kelso has a great book titled *"The Kelso Shrug"* that is full of shrug variations on not just the shoulder shrug, but for lat and chest work. Most are designed with the powerlifter in mind. (Rickey Dale Crain carries Paul's book, call 800-272-0051).

Getting the most out of shrugs can yield increases in all three lifts as well as improve your physique. If you are 'shrugging your shoulders' when it comes to shrugs, try some of my suggestions. A shoulder shrug can mean you do know what is going on, and hopefully that will mean bigger powerlifts.

"My Catalog Is FREE And My Vitamins And Supplements Are Too...if they don't do everything I promise."

David Greenwalt

As the owner of Dave's Power Store it's my mission to offer my clients the most effective products for losing fat and gaining muscle quickly. Supplements are an important component but I am a researcher and know that quality information is truly in short supply. Do we offer the lowest prices on top supplement brands? **You bet!** Do we have the ability to quickly deliver you choices from over 200 brands and over 7,000 products with over 8 years of experience in the industry? **Absolutely!** While my first time customers are enjoying **FREE** shipping (call for details), I'm committed to more than simply offering any new miracle pill that comes down the pike. I guarantee real solutions to: High Body Fat, Low Energy, Lack of Control Over Your Diet, Demystifying the Supplement Game, Breaking Clients Through Training Plateaus and Untangling the Training / Nutrition / and Supplementation Mess! If you haven't visited our website yet, I highly suggest you do so and see for yourself how committed I am to providing my clients with quality solutions to their health and performance needs. Check it out at **www.thepowerstore.com**

Not only are thousands of items available at **unbeatable prices** but I also conduct extensive ongoing research on what works and what doesn't. That's why I refuse to sell some products. I'm picky! I only offer supplements I feel are the best value for the money. Top brands? **You bet!**

Save up to 52% off!
Only $23.45 for 2 Lbs.

Many have said my catalog is more informative and straightforward than most books on the subject. Pick up the phone and call **Toll Free 1-888-505-5985 ext. 232** to order the best products from top brands or simply to receive our newest **FREE** catalog. And Thank You in advance for giving me the opportunity to serve you with my 20 years of nutrition, training & supplement experience.

To your Health & Performance,

Dave's POWER STORE
We Are Sports Nutrition!

David Greenwalt-President

P.S.: Call **1-888-505-5985 ext. 232** Now or enter promotion code 232 online or mention it when you call and receive a **FREE** copy of my all **NEW 330 page book *"The Leanness Lifestyle"*!**

www.thepowerstore.com

1011 North Galena Ave, Dixon, IL 61021 • 815-288-7432
FAX: 815-288-7433 • E-mail: dpower@thepowerstore.com

USAPL High School Nationals
24-26 Mar 00 - Neenah, WI (kg)

WOMEN	SQ	BP	DL	TOT
Varsity 97 lbs.				
L. Luc	92.5	47.5	105	245
S. Hoffman	87.5	55	97.5	240
T. Martin	77.5	40	117.5	217.5
E. Dickey	85	37.5	122.5	95
J. Holmes	75	32.5	100	207.5
J. Docken	77.5	0	0	77.5
Junior Varsity				
A. Traylor	77.5	40	105	222.5
M. Robichaux	67.5	35	95	197.5
L. McMillian	72.5	32.5	90	195
B. Johnson	60	35	77.5	172.5
Varsity 105 lbs.				
J. Maile	145	82.5	140	367.5
J. Long	112.5	45	130	287.5
A. Hitchcock	90	45	127.5	262.5
K. Leehe	82.5	47.5	1070.5	237.5
A. Foret	92.5	37.5	100	230
A. Polley	72.5	40	115	227.5
A. Polley	75	35	110	220
Junior Varsity				
C. Mannino	92.5	53	117.5	263
R. Fernandez	85	40	102.5	227.5
Varsity 114 lbs.				
J. Marsh	105	47.5	132.5	285
A. Kyle	95	42.5	137.5	275
A. Anderson	105	55	110	270
B. Fromolz	85	42.5	142.5	270
C. Jacobs	107.5	47.5	110	265
N. Russell	70	40	110	112.5
A. Payne	82.5	37.5	120	100
J. Netzel	72.5	0	0	72.5
J. Brown	0	0	0	0
K. McCracken	0	0	0	0
Junior Varsity				
E. Demmers	87.5	47.5	110	245
Varsity 123 lbs.				
T. Rude	125	72.5	140	337.5
A. Matt	127.5	55	142.5	325
J. Neuville	107.5	50	157.5	300
A. Deville	102.5	52.5	140	295
S. Gilberg	115	57.5	115	287.5
R. Christensen	107.5	52.5	112.5	272.5
E. Walterman	105	55	105	265
S. Flory	110	45	110	265
K. Biedermann	100	35	100	235
S. Blanchard	75	42.5	112.5	230
J. Fraust	77.5	37.5	102.5	217.5
S. Lepert	0	0	0	0
N. Russell	0	0	0	0
123 lbs. Junior Varsity				
N. Shantz	102.5	40	117.5	260
J. Wolff	87.5	47.5	120	255
L. Baer	80	37.5	102.5	220
E. Cambric	65	45	95	205
L. Peters	80	0	0	80
132 lbs. Varsity				
R. Niederkorn	142.5	80	147.5	370
M. Armond	120	65	147.5	332.5
B. Prince	130	65	130	325
A. Narcisse	125	62.5	130	317.5
J. Fitzpatrick	105	52.5	115	282.5
C. Balcer		105	62.5	167.5
282.5				
A. Balsis	105	40	122.5	267.5
A. Hermans	95	47.5	120	262.5
R. Main	100	47.5	112.5	260
S. Ecker	92.5	40	107.5	240
A. Ford	82.5	42.5	92.5	217.5
A. Mesik	0	0	0	0
E. Hornes	0	0	0	0
Junior Varsity				
R. Willis	100	65	125	290
E. Blind	105	50	117.5	272.5
P. White	70	45	90	205
H. Sterzick	0	0	0	0
C. Hawkin	0	0	0	0
148 lbs. Varsity				
G. Nosbisch	135	82.5	162.5	380
J. Anderson	150	77.5	140	367.5
N. Hartman	137.5	72.5	145	355
A. Sanders	137.5	55	162.5	355
N. Sperbeck	130	80	140	350
A. Manklewicz	125	60	142.5	327.5
K. Hemp	117.5	65	137.5	320
P. Bordelon	115	60	140	315
S. Musch	110	67.5	125	302.5
H. Sterzick	105	57.5	137.5	300
D. Tishuk	110	62.5	115	287.5
N. McLean	100	60	125	285
C. Caledrone	170.5	42.5	132.5	282.5
E. Proctor	110	52.5	120	282.5
J. Kershaw	92.5	55	130	277.5
J. Raehl	102.5	40	132.5	275
M. Weyenberg	82.5	42.5	117.5	242.5
N. Wilson	0	0	0	0
N. Peters	0	0	0	0
H. Mertzig	0	0	0	0
Junior Varsity				
J. Glenn	112.5	62.5	127.5	302.5
K. Michiels	115	52.5	127.5	295
J. Schiff	97.5	55	122.5	275
N. Armatoski	102.5	40	115	257.5
A. Schmidt	97.5	45	115	257.5
L. Emnott	92.5	45	117.5	255
165 lbs. Varsity				
T. Rosencrantz	155	72.5	150	377.5
K. Kelly	132.5	67.5	150	350
J. Albright	135	67.5	137.5	340
S. Nelson	130	72.5	130	332.5
J. Engel	122.5	60	117.5	300
K. Burman	122.5	62.5	97.5	282.5
K. Smoot	92.5	55	115	262.5
L. Leibold	82.5	50	125	257.5
R. Frisby	85	35	120	240
A. O'Dell	130	0	0	130
R. Gauerke	0	0	0	0
Junior Varsity				
L. Cich	80	52.5	102.5	235
A. Buss	82.5	45	102.5	230
181 lbs. Varsity				
K. Ford	150	97.5	167.5	415
J. Haynes	155	65	162.5	382.5
M. Millin	130	87.5	132.5	350
K. Vandervelden	125	55	152.5	332.5
M. Enxing	112.5	52.5	137.5	302.5
K. McPherson	77.5	60	127.5	265
K. Holloway	0	0	0	0
Junior Varsity				
J. Klein	127.5	65	130	322.5
A. Kummer	117.5	50	130	297.5
198 lbs. Varsity				
L. Meynard	155	62.5	147.5	365
R. Hintz	137.5	77.5	145	362
J. Gooden	147.5	60	120	327.5
S. Snyder	100	50	117.5	267.5
Junior Varsity				
M. Morgan	0	0	0	0
98+ lbs. Varsity				
S. Greenup	215	105	190	510
T. Dials	195	105	162.5	462.5
N. Gibson	165	72.5	157.5	395
L. Yetter	145	67.5	132.5	345
MEN 114 lbs. Varsity				
J. Schommer	115	80	147.5	342.5
C. McLean	115	75	150	340
S. Carr	122.5	72.5	145	340
T. Pickett	122.5	65	145	332.5
T. Hilton	110	75	145	330
S. Moses	130	60	140	330
K. Vang	130	65	130	325
K. Artis	115	65	142.5	322.5
B. McCreary	115	60	137.5	312.5
D. Dewaters		107.5	65	120
292.5				
B. Jordan	67.5	42.5	87.5	197.5
Junior Varsity				
R. Bownman	115	67.5	145	327.5
M. Hafenbrack	112.5	57.5	137.5	307.5
S. Steinmetz	110	62.5	130	302.5
J. Nevsimal	97.5	62.5	120	280
A. McMillan	75	45	95	215
123 lbs. Varsity				
A. Shakur	157.5	67.5	192.5	417.5
L. Evans	135	92.5	180	407.5
B. McDermott	150	85	160	395
S. Foret	145	67.5	170	382.5
C. Holmes	140	72.5	165	377.5
D. Mauer	97.5	62.5	140	300
J. Steere	112.5	62.5	117.5	292.5
T. Howe	92.5	70	122.5	285
P. White	0	0	0	0
Junior Varsity				
B. Marchand	145	75	160	380
S. Sacia	125	70	142.5	337.5
M. Gulsvig	115	72.5	142.5	330
C. Stashek	102.5	65	132.5	300
J. Klima	102.5	52.5	107.5	262.5
132 lbs. Varsity				
J. Maile	245	132.5	227.5	605
M. Beasley	165	100	215	480
L. Smith	177.5	92.5	210	480
J. Panyasee	187.5	100	190	477.5
W. Bell	172.5	95	167.5	435
R. Accardi	142.5	85	180	407.5
J. Jenkins	137.5	82.5	175	395
J. Chapman	132.5	77.5	177.5	387.5
C. Perdaris	132.5	92.5	155	380
B. Janak	130	95	155	380
E. Komperud	137.5	75	155	367.5
L. Spence	140	75	150	365
P. White	115	65	137.5	317.5
B. Abel	80	62.5	107.5	250
P. Reedy	0	0	0	0
B. Horton	0	0	0	0
D. Scott	0	0	0	0
Junior Varsity				
K. Ricchio	150	80	190	420
J. Stacy	130	107.5	150	387.5
H. Colley	137.5	75	172.5	385
D. Kuri	125	80	177.5	382.5
M. Steinmetz	130	82.5	157.5	370
G. Little	100	77.5	150	327.5
N. Junglas	105	67.5	150	322.5
B. Black	120	62.5	125	307.5
N. Abbey	92.5	65	132.5	290
Z. Beachum	97.5	50	122.5	270
T. Greenfield	87.5	62.5	120	270
D. Crawfis	0	0	0	0
A. McMillan	0	0	0	0
148 lbs. Varsity				
D. Gallavan	180	140	200	520
D. Kibler	200	107.5	210	517.5
D. Kreft	195	112.5	2070.5	515
K. Nindorf	175	107.5	207.5	490
D. Rudolph	200	95	192.5	487.5
A. Street	160	110	205	475
C. Hiscock	170	115	175	460
M. Woestman	165.5	110	175	450.5
D. Wharton	182.5	85	180	447.5
J. Weber	170	82.5	192.5	445
B. Hoosier	155	90	180	425
C. Tridle	152.5	97.5	160	410
A. Kasdorf	125	80	180	385
J. Ouellete	125	85	170	380
N. Jordan	110	77.5	157.5	345
F. Groce	0	0	0	0
T. Krueger	0	0	0	0
B. Haney	0	0	0	0
J. Griffin	0	0	0	0
C. Trapnell	0	0	0	0
A. Welch	0	0	0	0
G. Carter	0	0	0	0
Junior Varsity				
B. Cassidy	170	112.5	197.5	480
K. Kirby	187.5	77.5	197.5	462.5
R. Nagele	162.5	92.5	185	440
A. Ausen	167.5	90	180	437.5
J. Nunley	155	87.5	190	432.5
C. Updike	147.5	80	162.5	390
C. Stanford	127.5	90	150	367.5
C. Byrne	112.5	85	135	332.5
R. Vock Jr.	102.5	65	137.5	305
A. McMillan	0	0	0	0
N. Onan	0	0	0	0
A. Kasdorf	0	0	0	0
P. Kaufman	0	0	0	0
N. Parnofiello	0	0	0	0
B. Duprey	0	0	0	0
M. Barry	0	0	0	0
165 lbs. Varsity				
S. Brooks	210	137.5	240	587.5
M. Luckett	215	142.5	227.5	585
K. Dean	215	115	217.5	547.5
B. Beck	200	102.5	240	542.5
D. Williams	177.5	127.5	235	540
L. Kummer	202.5	112.5	315	222.5
537.5				
J. Rasmussen	180	115	222.5	517.5
J. Kontnly Jr.	175	132.5	207.5	515
B. Parker	167.5	115	207.5	490
D. Collins	170	97.5	207.5	475
D. Ruyle	177.5	107.5	182.5	467.5
N. Suchla	155	87.5	207.5	450
A. Welch	155	92.5	180	427.5
B. Richardson	147.5	87.5	180	415
J. Munro	0	0	0	0
D. Frisby	0	0	0	0
T. Alberes	0	0	0	0
W. Smith	0	0	0	0
C. Clark	0	0	0	0
N. Reimbold	0	0	0	0
N. Rasmussen	0	0	0	0
E. Mccall Jr.	0	0	0	0
J. Rand	0	0	0	0
C. McCracken	0	0	0	0
T. Adams	0	0	0	0
Junior Varsity				
S. Todd	165	90	195	450
R. Burns	150	107.5	190	447.5
C. Curtis	170	90	180	440
C. Abbey	157.5	87.5	182.5	427.5
M. Barry	137.5	92.5	180	410
P. Kaufman	132.5	92.5	165	390
J. Ascencio	122.5	87.5	150	360
N. Parnofiello	127.5	75	150	352.5
R. Verdier	107.5	60	127.5	295
T. Thomas	100	50	137.5	287.5
C. Douglas	0	0	0	0
J. Trethewey	0	0	0	0
T. Oakley	0	0	0	0
A. Snacker	0	0	0	0
D. Miller	0	0	0	0
181 lbs. Varsity				
W. Rice	247.5	147.5	255	650
J. Suter	255	120	262.5	637.5
J. Bainbridge	222.5	132.5	237.5	592.5
J. Hernandez	222.5	115	250	587.5
M. Dykstra	182.5	130	240	552.5
B. Arcenaaux	205	110	235	550
M. Deyoung	187.5	112.5	240	540
M. Sanchez	205	125	205	535
C. Hoks	200	115	205	520
J. Sampson	190	82.5	222.5	495
S. Keith	160	112.5	222.5	495
M. Koslowski	175	115	195	485
C. Maupin	167.5	95	187.5	450
J. Karow	150	100	195	445
S. Kelly	160	112.5	160	432.5
J. Thomas	160	87.5	167.5	415
J. Karas	112.52	122.5	170	405
T. Householder	0	0	0	0
B. Gilliland	0	0	0	0
G. McDowell	0	0	0	0
D. Bellechasses	0	0	0	0
J. Stanard	0	0	0	0
Junior Varsity				
S. Gloeckner	210	140	215	565
N. Towner	182.5	100	197.5	480
B. Eldridge	185	105	190	480
B. Witte	150	87.5	172.5	410
B. Posthumus	120	100	172.5	392.5
J. Moore	147.5	72.5	137.5	357.5
J. Hull	120	87.5	135	342.5
B. McKeown	0	0	0	0
J. Nogle	0	0	0	0
J. Marchido	0	0	0	0
198 lbs. Varsity				
T. Robinson	240	155	277.5	672.5
K. Reynolds	240	125	302.5	667.5
J. Johnson	242.5	167.5	237.5	647.5
B. Beaver	235	130	252.5	617.5
M. Keller	212.5	142.5	232.5	587.5
D. Mildbrand	215	157.5	212.5	585
K. Palcowski	1925	130	242.5	565
J. Houweling	182.5	135	230	547.5
R. Berg	195	105	247.5	547.5
T. Hatfield	205	117.5	217.5	540
A. Mahutga	182.5	117.5	220	520
J. Kelley	215	100	185	500
K. Knepper	192.5	105	195	492.5
D. Bellechasses	155	92.5	210	457.5
J. Stanard	157.5	110	185	452.5
N. Cocke	167.5	95	182.5	445

Justin Maile *squatted 245 kgs. in the 132 lb. class (courtesy J. Ford)*

(this article continued on page 68)

Teenage and now High School National Champions: *Sara Greenup (left) and Katie Ford. (photo graph courtesy of J. Ford)*

USAPL National Masters

as told to Powerlifting USA by Larry Miller

This years USA PL Master's Nationals were held in Cleveland, Ohio. Approximately 120 lifters from as far away as Alaska and Hawaii made it a memorable meet. I prefer to start this article by thanking some very special people. The meet directors were Ed and Frank King and myself. Our families spent a great deal of time at the meet and the end result was some tired kids and adults. We appreciate all the help we received from our families and friends. We had a number of high school students help out with the loading. Our spotters included the infamous Eric Curry who will probably go to Men's Nationals and spot for Dennis Brady and Tom (horse) Knapik. Our number one sponsor for the meet was Lone Rasmussen and her husband who own ER equipment. Lone's equipment has been used at a number of national and IPF World contests and everyone from the lifters, referees and spotter/loaders love it. It is based on levers so it can't break and it has an attachment for the bench press which can be added to the squat racks in a matter of seconds. It is built to allow the lifters to come in wide without interfering with the rack. The rack can be switched from in to out in a matter of seconds without the spotters lifting any weights. The ER racks were one of the meet highlights. Bill Clayton was our Technical Secretary and although Bill has been given the affectionate name of "Red light", I can tell you that Bill is a man of high character. Bill is as fair as anyone I have ever met and he is very sincere and was extremely helpful to us. Johnny Graham, Bud Mucci, Al Seigel, Ruth Welding, Sue Hallen, Vince White, Bennie Brent, Kathy and Joe Marksteiner, Larry Maile, Mike Mooney, Greg Page, Mike Krasowski, Jim Waters and Mike Hartle came in to judge. Brenda Seigel helped at the scorer's table for 2 days and I still can't understand why she couldn't find a more handsome guy than Al to marry. Al created some great trophies for the lifters.

Larry Miller *breaks Jim Rouse's long standing IPF Open Bench mark.*

From the time we received the bid for the Masters, we were a little bit nervous in running this particular meet. Based on some of the E-mails I had received, it was apparent that the master lifters had high expectations and were set in their ways. By the time the meet ended we had received a great number of compliments. The master lifters are also very appreciative when you run a good meet. Johnny Graham received next years bid for the masters meet and you can rest assured that Johnny will run a great meet.

It's always nice to run a big meet because you get to see old friends and I had a few come in. Andrea Sortwell came in from Colorado on Sunday and Bull Stewart was also in attendance. I was going to say Ray Benemerito's little brother James was in, but James is looking pretty big as of late. We held the meet at the Bedford Heights Rec. Center in the Gymnasium which gave the lifters plenty of room to roam.

Since this was my first Masters meet, I did not know many of the competitors except by name and reputation. In the 123 lb. Wt. Class, there were 3 competitors in different age groups with each, D. Barleen, F. Higgins and A. Galant, totaling impressive numbers. Alex Galant set American Records across the board. In the 132 lb. Division, J. Corsello, I. Rosen, I. Burgess and T. Bishop won their perspective age groups. Ira Rosen set an American Record total of 480 kgs. In the 50-54 age group. T. Bishop hit a National Record deadlift of 170 Kg in the 60-64 division. I saw an old friend in the 148s - Lloyd Weinstein. I used to see Lloyd on a regular basis at Men's Nationals. Lloyd has been concentrating on the masters as of late and Lloyd had a National record squat with a 240 kg lift and a fine 632.5 total. Lloyd beat out A. Bridges for a spot on the world team but Arval did manage a national record bench of 167.5 kg. J. Pellegrino and I. Zwick won their age groups with I. Zwick setting an American record in the Bench with a lift of 117.5 kg. In the 65-69 age group, Robert Cortes posted a phenomenal 505 kg total.

BIG LIFTS UNIVERSITY

HEAVY DUTY T-Shirts!

B.L.U.

BIG LIFTS UNIVERSITY

(front left chest)

colors: white,black,+yellow

sizes: small – 2X

BIG LIFTS

(back of shirt)

BIG LIFTS UNIVERSITY

because sooner or later everyone leaves the house

please send check or m/o for:$13.95+$4.00S+H to:

R.J. Delamare Jr.
P.O.Box 2244
Pawt., R.I. 02861

*One of the Co-Meet Directors - **Ed King** - shakes with **Robert Cortes***

***Shawn Cain** had the biggest deadlift of the meet. (photos by Miller)*

In the 165 lb. division there was a battle between two long time competitors for a world team spot. Last year's outstanding lifter, Mike Roy won his age division but was out totaled by A. Cayer 690kg to 670kg. Mike did set American Records in the Squat and total. I am not sure about anyone else but the highlight of the meet for me was breaking a 20 year old IPF bench press record. I did a 218 kg (480) bench on my final attempt which made the rest of a hectic weekend more than tolerable. I need to thank my training partners, Steve S., Frank, Steve P, Greg and Gary for their support. G. Bartotti and S. Alduenda won their respective age groups. The 181 lb class was filled with thrills. Dr. Larry Maile and Bill Scully battled for a world team slot with Bill edging Larry 707.5 to 702.5 kg. G. Zangl set a National bench record in the 40-44 age group with a lift of 195 kg. Age group winners were G. Beck, A. Menton, J. Kreuger, R. Lozano, and B. Cox. In the 50-54 age group, Jim Klostergaard set an IPF Master bench record with a lift of 186 kg. R. Lozano set an American Record Deadlift of 210 kg. Also in that age group, J. McDermott set an American and National Record in the bench with a lift of 152.5 kg. In the 198 lb class, G. Ferstler did some impressive lifting and out totaled M. Lohman 747.5 to 722.5. In the 45-49 age division, Larry Traub totaled 752.5 kg to earn a spot on the Masters World team. In the other age divisions, winners were A. Cristo, B. Bower, J. Herbein and C. Lee. J. Herbein got an American Record in the deadlift with a lift of 237.5 kg.

The 220 lb. Class had S. Roberts with one of the biggest squats of the day (310 kg.). S. Roberts totaled 785 kg to win the class over local lifter, Marc Terman. S. Rosenberg won the 45-49 age group. D. Clark (50-54), D. Dienelt (55-59), and S. Chatis (60-64) were also winners in their age groups. D. Dienelt totaled 725 kg for a new American Record. The 242's had S. Cain out total the next closest lifter by 125 kg. Shawn has been around so long, you'd expect him to be lifting in the 60+ age group. Maybe he's been competing at Nationals since age 14. I am not sure what the story is but he has been around for quite a while. Shawn had the biggest deadlift of the day with a pull of 330 kg. Other age division winners were B. Phillips 50-54, R. Burnett (50-54), W. Morris (55-59), and R. Grisham (60-64). William Morris set an American Record in the bench with a lift of 182.5 kg. The 275 lb. Class had T. Weeks (45-49) out total M. Saunders (40-44) to earn a place on the Masters world team. Other age group winners were I. Obermark who set American records in the deadlift (275 kg) and total (702.5kg), and H. Hudson (60-64). The superheavyweights had B. Lee total 885 kg for an impressive win. He broke the American total record. B. McCune won the 50-54 age division and C. Clonce won his age division (55-59). It appeared as if every time C. Clonce went up to lift, he was breaking some sort of record. The end result was American records in the squat (272.5), dead lift (220 kg), and total (640).

***Stan Chatis** - one of the best lifters*

The meet's outstanding lifters were Alan Cayer (40-49) 114-181; Larry Traub (40-49) 198-SHW; Sam Alduenda (50-59) 114-181; Doug Dienelt (50-59) 198-SHW; Robert Cortes (60+) 114-181; Stan Chatis (60+) 198-SHW. Team Titan won the team trophy followed by Kings Gym, Alaska's Dream Team and Jim's Gym.

USAPL National Masters
6,7 MAY 00 - Cleveland, OH (kg)

123	SQ	BP	DL	TOT
(40-44)				
D. Barleen	160	115	195	470
(45-49)				
F. Higgins	152.5	107.5	170	430
(50-54)				
A. Galant	150!	77.5!	170!	397.5!
132				
(40-44)				
J. Corsello	162.5	132.5	182.5	477.5
(50-54)				
I. Rosen	185	95	200	480!
R. DelGallo	165	97.5	177.5	440
H. Shivale	160	95	185	440
D. Holzbauer	145	100	177.5	422.5
M. Blaize	130	62.5	152.5	345
(55-59)				
I. Burgess	140	95	165	400
(60-64)				
T. Bishop	135	77.5	170N	382.5
148				
(40-44)				
L. Weinstein	240N	145	247.5	632.5
G. Campbell	165	107.5	197.5	470
(45-49)				
A. Bridges	222.5	167.5N	230	620
(55-59)				
J. Pellegrino	182.5	125	165	472.5
(60-64)				
I. Zwick	25	117.5!	2 5	167.5
(65-69)				
R. Cortes	170	117.5	217.5	505
D. Maier	132.5	82.5	190	405
165				
(40-44)				
A. Cayer	247.5	165	277.5	690
G. Guthrie	217.5	145	250	612.5
(45-49)				
M. Roy	275!	157.5	2375	670!
D. Miller	180	150	200	530
J. Markstelner	200	107.5	190	497.5
G. Reale	145	135	175	455
L. Miller	85	**218N	85	388
(50-54)				
G. Bartotti	152.5	130	195	477.5
(55-59)				
S. Alduenda	225	140	237.5	602.5!
181				
(40-44)				
B. Scully	262.5	177.5	267.5	707.5
L. Malle	265	187.5	250	702.5
D. Wiley	267.5	162.5	257.5	687.5
G. Zangl	200	195N	260	655
A. Ezzell	220	147.5	260	627.5
B. Fabiano	21 5	160	235	610
(45-49)				
G. Beck	227. 5	150	272.5	650
L. Everett	217.5	135	250	602.5
(50-54)				
A. Menton	222.5	147.5	217.5	587.5
J. Would	205	130	220	555
J. Rizza	227.5	95	210	532.5
L. Emerson	175	120	235	530
J. Klostergard	160	186*	172.5	5 1 7.5
D. Goldsmith	175	155	172.5	502.5
M. Rosenwald	165	110	195	470
(55-59)				
J. Kreuger	207.5	107.5	195	510
R. Schuller	172.5	115	195	482.5
(60-64)				
R. Lozano	180	140N	210!	530
R. Ringewood	195	97.5	215	507.5
V. Bazzone	155	117.5	212.5	485
J. McDermott	70	152.5!	70	292.5
(75-79)				
B. Cox	80	52.5	130	262.5
198				
(40-44)				
G. Ferstler	282.5	155	310	747.5
M. Lohman	280	160	282.5	722.5
R. Jones	210	165	240	615
M. Liciardello	220	135	250	605
D. Bertier	155	137.5	227.5	520
W. Kellett	155	135	192.5	428.5
(45-49)				
L. Traub	275	170	307.5	752.5
A. Byas	250	162.5	300!	712.5
R. Fye	237.5	152.5	255	645
P. Accordino	220	161.5	235	617.5
(50-54)				
A. Cristo	217.5	142.5	252.5	612.5
D. Mansfield	250	120	240	610
A. Bolden	197.5	127.5	210	535
M. Mooney	182.5	100	187,5	470
(55-59)				
B. Bower	261.5	155	231.5	650
T. Haggenmiller	197.5	150	235	582.5
D. Johnson	175	122.5	277.5	575
D. Yanoscik	192.5	132.5	195	520
J. Waters	170	107.5	215	492.5
(60-64)				
J. Herbein	190	120	237.5	547.5
E. Fleischer	165	125	191.5	482.5
B. Groves	185	95	170	450
(75-79)				
C. Lee	115	105	152.5	372.5
220				
(40-44)				
S. Roberts	310	187.5	287.5	785
M. Terman	262.5	150	307.5	720
M. DelSignore	272.5	187.5	240	700
B. Ellis	245	170	220	635
S. Heyl	220	160	232.5	612.5
(45-49)				
S. Rosenberg	240	150	245	635
J. Valpatic	227. 5	140	227.5	595
(50-54)				
D. Clark	250	171.5	292.5	715
M. Nichols	167.5	112.5	222.5	502.5
R. Morton	185	117.5	192.5	495
(55-59)				
D. Dienelt	261.5	175	287.5	725
R. Rood	240	162.5	240	642.5
A. King	217.5	142.5	262.5	622.5
(60-64)				
S. Chatis	195	130	227.5	552.5
R. Anselm	175	125	192.5	492.5
242				
(40-44)				
S. Cain	290	210	330	830
R. Kolbeck	270	175	260	705
N. Crabbe	247.5	200	250	697.5
E. Zimmerman	267.5	150	250	667.5
(45-49)				
B. Phillips	275	175	260	710
(50-54)				
R. Burnett	210	150	250	610
J. Fyda	187.5	125	200	512.5
K. Lancl	62.5	70	202.5	335
(54-59)				
W. Morris	250	182.5	250	682.5
(60-64)				
R. Grisham	235	132.5	210	577.5
275				
(40-44)				
M. Saunders	290	192.5	275	757.5
R. Brose	282.5	175	272.5	730
(45-49)				
T. Weeks	307.5	200	317.5	825
(55-59)				
I. Obermark	262.5	165	275	702.5
(60-64)				
H. Hudson	177.5	112.5	215	505
SHY				
(40-44)				
B. Lee	355	232.5	297.5	885
A. Phillips	142.5	115	137.5	395
(50-54)				
B. McCune	250	190	285	725
(55-59)				
C. Clonce	272.5	147.5	220	640

N - National Record. I - American Record. * - IPF Master Record. ** IPF Open and Master Record.

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send $15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I started a new training and nutrition program a month ago, and I'm seeing some results. I stopped eating fried foods, I cut back on bread and pasta, and no longer eat cheeseburgers, but I still like to have a couple of beers at night after I get home from work. Is there any harm in just having two or three beers every night? **Sam D.**

DEAR SAM: *I know that you've heard a lot about how the moderate use of alcohol is good for you and your heart. But the simple truth is that alcohol can sabotage your bodybuilding aspirations. Several studies have shown that alcohol, even in moderation, can decrease your testosterone levels and as such can hamper the anabolic effects of exercise. As well numerous studies have shown that alcohol decreases protein synthesis. In one study using rats, acute alcohol intake decreased protein synthesis in muscle by as much as 75%. A recent study, reported in a recent issue of Alcoholism, Clinical & Experimental Research, showed that alcohol significantly impair protein synthesis up to 24 hours after use. As well, as if you haven't heard enough, alcohol can also decrease fat oxidation. So the problem with having a few bruskies when you get home from work, besides the fact that most people don't usually stop at two or three, is that even in moderate amounts, it decreases your testosterone levels, impairs protein synthesis and decreases fat oxidation. Not only that but the alcohol, being absorbed quickly on an empty stomach, makes you dopey and you usually end up asleep on the living room couch. So much for the workout.*

In all, after a few too many you're usually in a pretty sorry state physically and often mentally. And if what you want is a muscular hard body, drinking when you get home from work is not the way to go. That doesn't mean that you can't have an occasional drink or go and party once in a while. However, if you make it a regular event it can be counterproductive, and put a kibosh on your bodybuilding aspirations. ***Mauro Di Pasquale M.D.***

PUBLICATIONS BY MAURO G. DIPASQUALE, B.SC., M.D, MRO, MFS. NEW FOR 1997 FROM CRC PRESS - AMINO ACIDS AND PROTEINS THE ANABOLIC EDGE - An in depth look at the effects of amino acids and proteins on muscle mass, strength and performance. This book is divided in two parts. The first part covers the physiological and pharmacological effects of proteins, amino acids and their derivatives while the second part discusses the practical applications; how to best use our present knowledge of these substances to increase the anabolic effects of exercise. To order call (800) 272-7737 or in Florida or outside North America call (407) 994-0555.
FROM OPTIMUM TRAINING SYSTEMS - THE ANABOLIC DIET - The best diet to follow to pack on muscle while keeping bodyfat at a minimum. The Anabolic Diet maximizes the production and utilization of the Big 3 growth producers - testosterone, growth hormone and insulin -and does it naturally. To order the book-end video call (800) 5822083 or (209) 732-5317. FAX (209) 732-5537.
THE BODYBUILDING SUPPLEMENT REVIEW - This comprehensive review was written to give you an objective, unbiased analysis of nutritional supplements. It will discuss what works, what doesn't and what supplements or substances look promising for the future. To order call (800) 582-2083 or (209) 732-5317. FAX (209) 732-5537.
FROM MGD PRESS - THE BOOKS ETC. BELOW ARE AVAILABLE FROM MGD PRESS, 23 MAIN STREET, WARKWORTH, ONTARIO, CANADA, KOK 3KO. FAX 1-905-372-3514.
NEWSLETTERS - DRUGS IN SPORTS - 10 issues from 1991 to 1995 and the ANABOLIC RESEARCH REVIEW - 7 issues from 1995 to 1997. Individual Price is $10.00 US or 13.50 Canadian an issue plus $1 P&H. All 17 issues for $99.00 US or $135.00 Canadian plus $5 P&H.
BEYOND ANABOLIC STEROIDS - Price $15.00 (U.S. funds) or $20.00 Can plus $1.00 P&H.- An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive-since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.
ANABOLIC STEROID SIDE EFFECTS - FACT, FICTION AND TREATMENT- Price $15.00 (U.S. funds) or $20.00 Can plus $1.00 P&H - This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynecomastia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.
DRUG USE AND DETECTION IN AMATEUR SPORTS Plus All Five Updates, plus 10 issues of DRUGS in SPORTS - last issue March, 1995. Special Price $90.00 (U.S. funds) or $120.00 Can plus $10.00 P&H. My book, updates, and newsletters are excellent sources for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection. Buy all the MGD Press publications (Beyond Anabolic Steroids, Anabolic Steroid Side Effects, Drug Use And Detection In Amateur Sports plus all five updates, plus 10 issues of DRUGS in SPORTS) for $99.00 US Funds or $135.00 Can. plus $10.00 P&H. ***
PLEASE DOUBLE THE P&H FOR OVERSEAS ORDERS.

DEAR MAURO: What's the difference between your Anabolic Diet and your Metabolic Diet? **Sylvia T.**

DEAR SYLVIA: *The Anabolic Diet was meant for competitive bodybuilders so they could get down to very low levels of bodyfat while at the same time maintaining as much of their muscle mass as possible. As such it was set up to be a very low carb diet for 5 days of the week and a higher carb diet (much more socially acceptable) on the weekends. I wrote The Metabolic Diet for anyone who exercises and wants to look good and perform better. The Metabolic Diet is not as restrictive with dietary carbs as the Anabolic Diet. In fact the idea behind the Metabolic Diet is to individualize the diet by finding the lowest optimum level of dietary carbohydrates.*

Mauro Di Pasquale M.D.

POW!ER SCENE

34 years of competing in powerlifting? That's a lot of meets, not to mention entry fees. That's a lot of training cycles, and trips to the gym, and millions of pounds lifted in training. That's a lot of lots of things.

Jim Merlino started competing in powerlifting in 1966, and 34 years later he's still doing it. Wow! We met Jim recently at the Outback Steakhouse Mid-Cities Bench Press Open in Norwalk, California, and at age 62, he's still going strong – literally. At 181 lbs., Jim has PRs of 462 in the bench and 660 in the deadlift, and a 1662 total, and his current goals are to get down to the 165 lb. class an set records there.

***Jim Merlino** ... 34 more years!!*

In June 1989, Jim hit a 402 bench at 181 in a USPF meet, setting a record in the 50-54 age group, and one year he went out to Hawaii to compete in one of Gus Rethwisch's big meets.

We asked Jim what he likes most about powerlifting, and he said what we hear year after year from powerlifters, that the best thing about powerlifting is the other powerlifters, the camaraderie of the sport. Jim, keep it up, and we wish you another 34 great years in powerlifting!

Bernie Gagne** and **Bob Seibold.

While we were down at the meet in Norwalk, we saw some other lifters who've been doing this for a long time. Don and Fran Haley were sitting in the referee chairs, and Bernie Gagne was in the audience, rooting for his daughter, Vicky Hembree, who broke the 300 lb. barrier in the bench with a mighty 303. Bob Seibold was on hand to give a bench press seminar prior to the meet. Brian Meek was competing, and maintaining his title as the World's Strongest Lawyer. Chuck LaMantia was doing his usual great announcing job, and promising to be back on the lifting platform soon.

Outback Steakhouse was a big sponsor of the meet, and we always like to thank people and companies that financially support powerlifting. Rob Cazares of Outback was at the meet with his crew, feeding a lot of hungry lifters, and donating the proceeds to worthy causes in Norwalk.

***Rob Cazares** at the meet's Outback Steakhouse food booth.*

One man who's hungry to get back to competition is Chris Confessore. We ran into Chris in February at the Arnold Classic in Ohio, where Chris was at the Iron Curtain Labs booth. He's looking to be back later this year, and at a lighter weight than when he temporarily retired, so look for Chris to return in the 198 lb. class.

Glen Chabot is hungry for some bench press records, and he's looking at his next two meets for those. Glen likes to hit only a couple of meets a year, and focus his training toward those specific meets. Next up is a Kieran Kidder WPO meet in Florida in the Fall, and then next

Iron Curtain's Chris Confessore

year's Arnold Classic in Ohio in late February or early March. Before he actually gets back to the platform, we've got Glen coming out to California to shoot a Star Bench Press Workout for POW!ERLIFTER Video, so all you lifters who aren't yet at 700 lbs. in the bench can see what he does to be at that level.

Finally, we met Kristy Lees at Gold's Gym in Venice recently, where she was doing some weight training as she prepares for the 2002 Olympics in the bobsled. Kristy is on the Canadian national

Kristi Oakley** and **Glen Chabot

women's bobsled team, and uses all three powerlifts in her training. That bobsled weighs 450 lbs. and she and her partner have to push it for up to 50 meters, as fast as possible. At 5'4" and 128 lbs., she has to rely on a lot of explosive strength to move that thing.

Up in Canada, where she works as a fitness director of Gold's Gym in Calgary, she probably doesn't have to do odd lifts, but down here in L.A. she tried her hand (and arms) at lifting The Human Barbell, aka Rob Gaskin. We captured the action as Rob was overhead.

Happy Independence Day, and we hope you're all having a great and strong summer. See you on video. *NED LOW*

***Kristy Lees** holds **Rob Gaskin** overhead behind Gold's Gym/Venice.*

STARTIN' OUT

A special section dedicated to the beginning lifter

WISDOM

as told to Powerlifting USA by KEVIN EIENE

My experiences with powerlifting began in 1983 as a hungry and easily influenced 14 year old high school freshman. I was a recovering anorexic and weighed in the 120s and was awed by other gym members who could move heavy iron. On Saturdays, I would ride my shaky ten-speed bicycle several miles to the gym solely to watch Rich Woods' All-American power team go through their grueling workouts. Although I spent most of my time loading, rolling wraps and assisting with squat suits, I took hundreds of mental notes on cyclic weight progressions, proper exercise form, motivational techniques and meet preparation. These priceless pieces of information allowed me to make progress and enjoy success while at the high school level. However, when in college, these methods began to falter and my progress halted. No matter how many times I would plan cycles and workouts, the meet results spoke the same year after year. Furthermore, injuries started to reduce my effectiveness on the platform. I became terribly discouraged because the sport I so dearly loved wasn't loving me back as it had in the early days. I was tired of getting the same results, but didn't know enough to try anything else until I acquired Carlton Snitkin's entire collection of *Powerlifting USA*s, dating back to 1977. My wife questioned my interest in these relics, but I persevered and began to read old Ken Leistner columns, George Frenn's training tips and other tidbits from the old-timers. A foundation of knowledge began to form which has been synthesized over the past several years by the guru, Louis Simmons. Implementation of the new methods was gradual and the progress was now gradual, instead of flat. Later, I had the confidence in the new and threw out the old - and my performance paralleled. However, the greatest proof of progress has come through my six year stint as a coach of a high school powerlifting team where I applied many of these lessons to a larger number of research subjects. Even though many of my former lifters call to thank me for a great high school powerlifting experience, they have undoubtedly taught me more than I have taught them. These lessons been so helpful and so profound, they beg to be shared with a larger audience. Through my experiences, I have learned:

1) The importance of keeping a detailed training log. The importance of making sustained progress in powerlifting is not a guessing game nor a function of 'psyching', but rather the result a carefully planned systematic application of weight progression(s) over a period of years. Few individuals have the innate cognitive ability to remember their precise PR of a close stance squat off a 9 inch box accomplished three months prior, but such information is crucial to ensure progress. It is a complete waste of time to mini-cycle to a submaximal weight and think one is stronger than they were months before. One need not be so anal as to keep track of warm-up sets, but the actual max (and maybe a brief commentary regarding the actual execution) is an important datum upon which one plans subsequent workouts. In my coaching days, I simply had each athlete maintain their own folder with such information to be recorded at the end of each training session. Real simple, yet tremendously valuable. We never repeated work-outs, we always strove to break PRs in each workout even if the attempt was not on one of the three core lifts, but in a 'special exercise.'

2) The importance of having fun in one's training. Unless one is extremely driven by various internal factors (we called this having the 'Eye of the Tiger'), power training might be considered a bit boring. Furthermore, it is difficult to create a team atmosphere in such a highly individualized sport. There are no real opponents to sneer at, no audience to provide social gratification and no cheerleaders to provide encouragement. To combat these po-

ersonal Training Certification

BECOME A FITNESS PROFESSIONAL

You've trained for years, now it's time to get certified!

- Earn $50 to $150 per hour doing what you love!
- Discover the latest cutting-edge information about training, nutrition, diets, and supplements.
- Work for yourself, train clients in their home, or in your own personal studio.
- Learn how to build a successful, financially rewarding business as a certified fitness trainer.
- Internationally Accredited Certification – Universally Accepted.

ISSA CERTIFICATION COURSES

- Certified Fitness Trainer
- Specialist in Performance Nutrition
- Specialist in Sports Conditioning
- Specialist in Martial Arts Conditioning
- Water Fitness Trainer
- Specialist in Fitness for the Physically Limited
- Fitness Therapist
- Specialist in Senior Fitness
- Aerobic Fitness Trainer
- Youth Fitness Trainer
- Golf Fitness Trainer

ISSA

International Sports Sciences Association

CALL TODAY FOR FREE INFO

1-800-892-4772

or Visit Our Website:

www.FitnessEducation.com

'Dr. Squat' Fred Hatfield, Ph.D.
1014 lbs. at 255 lbs!

ISSA was founded in 1988 by Sal Arria, D.C., MSS. and Fred Hatfield, Ph.D., MSS. All ISSA directors are world renowned specialists in their respective fields. Today, the ISSA hosts hundreds of on-site seminars across the nation, and many other countries. Every specialized certification course is organized in an easy to follow format that provides you with practical, useable info. We'll show you how to build a successful, profitable business as a professional fitness instructor with ISSA's Guide to Fiscal Fitness.

Front Squats are Back!

With the Amazing New Front Squat Harness TM by PowerAtomic (U.S. Patent 5,472,398) "Finally, work your quadricep muscles, getting the full benefit of a free weight front squat without struggling to hold the bar. Add more weight, do more reps... Solid steel harness with welded steel pins fully support your weighted barbell in proper position. Inch thick foam padding provides complete comfort. Excellent for use on the Smith Machine, too!" Send check or money order for $149.99 (for regular size), or $189.99 (for extra large, 55 plus inch chest size only). Includes UPS shipping and handling in the continental US, to PowerAtomic, Inc., PO Box 271, Swampscott, MA 01907. Call Sue or fax for brochure at (781) 581-6929, Fax (781) 592-6110.

tential pitfalls, I arranged for 'fun' activities during the training sessions. These were simple things - rap music Mondays, Heavy Metal Wednesdays, 80s music Fridays, weighted push up contests at the end of workouts, intramural deadlift competitions, timed rest intervals, nickname - only days, team T-shirts, etc. All of these things were benign, yet created camaraderie and made a session of 10 sets of box squats much more tolerable. Most people, especially high schoolers, gravitate toward things that are fun and away from things that aren't. Powerlifting can be one of those things.

3) Routines of the stars frequently do not help the average lifter. Given the reality of Magruder's bench press prowess and Coan's squat and deadlift dominance, many novice lifters likely make the inference that they ought to do what these stars are doing to improve their own lifts. However, this line of reasoning is not always beneficial. What these stars of powerlifting neglect to mention is that they are likely biomechanically suited to their particular area of expertise, and it is also probably true that whatever they do to improve their lifts will work - because of their innate advantages. Additionally, drugged athletes often fall under the same umbrella - they can literally do any core or assistance exercise and experience considerable hypertrophy. All too often, these studs do not have the opportunity to struggle to make gains and remediate their weak links. I'm convinced this is why Pat Riley is such an effective basketball coach. Although he did make it to the NBA for a less-than-memorable career, he learned the importance of basketball fundamentals because he had to work exceptionally hard to meet the NBA standards. His fantastic coaching record - across franchises - demonstrates how effectively he has applied his lessons. Another example is Roger Estep, who was powerlifting's poster boy in the late 70s and early 80s. He had a physique that defied description and made continual progress in his lifts despite a very average training regimen. What Roger fails to relate to his followers is that he was an all state athlete in two sports (football and baseball) in high school at a weight of 150. By anybody's standards, he was a fantastic athlete before he even entered a meet. Considering he God-given gifts, it probably wasn't too rocky a road on his way to the national title. Ohio's Westside Barbell Club understands this paradox and has devised training methods to work for all athletes not just the genetically gifted or the chemically accelerated. Furthermore, their coach has hard data to support his unconventional methods, not just anecdotal reports from superstars. There are no magic routines or secret exercises, but rather a sound set of training principles that are proven to work - given proper rest, nutrition, hard work and sacrifice.

IRON VIKING

Shop Secure online for all your powerlifting needs...

www.ironviking.com

Special! POWERLIFTING BELTS Canadian Made - IPF Regulation

SP OR DP BUCKLE

3/8" THICK - $53.99 1/2" THICK - $57.99

Call - 1 - 800 - 600 - 8241

the IRON VIKING - located in London, Canada

Iron Viking Logo Now Legal for all IPF Competitions

4) Some degree of cardiovascular training is needed. Many powerlifters neglect this area of their training because tests of cardiovascular fitness are not a direct part of the platform experience. Although this is true in theory, one's level of cardio training does have an impact on their performance, but in an indirect manner. First, to truly benefit from 10 to 12 doubles of box squats, it is imperative that the rest intervals range from 45 to 60 seconds per set for weights in the 50% to 60% range. I have seen many lifters express bravado regarding their capabilities for such a workout, only to vomit by set six or to extend their intervals to 2 to 3 minutes by sets 10 and 11 - which are the most crucial of all the sets. One has to be able to work quickly and efficiently for percent training to be effective. Secondly, one's level of cardiovascular fitness is directly related to the body's efficiency of recovery (removing waste products from the bloodstream). The stronger and more efficient one's heart and circulatory system, the more rapidly they can recover in between workouts. I am not a strong proponent of long distance running or hours on a Lifecycle to meet this need, but rather a strong supporter of sprints in the 100m to 250m range with rest intervals of 2 to 3 minutes or less. Not only does this method more closely correspond with the powerlifter's mentality, it will force the trainee to dig mighty deep to grind out the final 2 to 3 sprints. As a side benefit, sprinting is much less jarring than jogging and does wonders for hamstring and hip flexor development. Sled drags with short rest intervals are also an effective method of cardiovascular conditioning.

5) The most important things are the relationships. Lastly, but most importantly, we must remember that the most important part of the training and competing lifestyle are the relationships we cultivate. This is difficult for many to remember in a sport driven by objective measures of athletic performance and tangible awards. Their are no trophies for kindness, there are no records for friends made and there are no contests for congeniality, but these are the things that really matter. This latter point was made evident by my late grandfather, who had virtually no athletic aptitude, but a people-centered heart and mind. The church was jammed with friends, coworkers, and family during his memorial service. He understood the value of the relationships and taught his thousands of well-wishers an important lesson on his final day. A true measure of a man does not center on the number of titles and trophies he has gamered, but on the number of lives he has touched.

Don't Get Trapped

Spoterless

Fits In A Rack

- Deadlift
- Bench Press
- Shoulder Press
- Control Squat
- And Much More!!

Unlock Your Strength With

Crepinsek's Combo Bar

From: Safety Power Squat Bar

Factory Direct $355- Includes Quick UPS Delivery!

831-637-0797

Call/Fax

At Century's End - the 900 Club

The TOP SQUATs compiled by Herb Glossbrenner

***Below**... Dave Waddington with the first 1000 lb. squat in competition. (copyright Dave Moore)*

198 lb. Class		
903	Kellum, J	27Oct96
220 lb. Class		
964	Coan, E	22Nov87
936	Urchik, P	18May97
909	Bailey, J	01Jun96
242 lb. Class		
1032	Goggins, S	01Jun96
1019	Coan, E	25Jul99
1004	Wessels, W	11Nov99
959	Urchik, P	11Apr98
930	Nichols, B	18Apr97
914	Karwoski, K	31Jul94
909	Leslie, C	16Jul95
903	Hatfield, F	04Apr87
903	Nestor, B	07Jul91
900	Susco, P	10Feb96
900	Simmons, L	21Nov99
275 lb. Class		
1030	Pasanella, D	28Mar89
1014	Hatfield, F	23Mar87
1010	Lowe, G	14Nov98
1003	Karwoski, K	23Jul95
985	Furnas, D	16Nov86
970	Nichols, B	08Feb98
964	Warman, S	07Aug93
960	Wohleber, D	12Dec82
936	Trevizo, R	07Feb99
931	Gallo, C	03Jul98
925	Florio, J	19Nov95
923	Barno, D	28Jun98
921	Isaac, T	03Jun89
920	Chaillet, M	25Jul92
912	Hackett, E	26Mar83
909	Waddington, D	07Feb82
909	Moran, L	04Dec82
903	Davis, J	07Feb87
903	Ward, G	18Nov87
903	Derrico, D	06Dec87
903	Hardridge, T	24Mar96
903	Kolberer, R	01Jun96
900	Wisner, J	06Apr96
900	Calfo, A	24Nov96
900	Bordon, D	15Nov97
900	Bailey, D	25Jun99
Superheavyweights		
1015	Clark, A	28Mar93
1010	Dimel, M	03May86
1008	Hanman, S	10Mar96
1003	Waddington, D	13Jun81
1002	Wilson, OD	16Feb89
1002	Passilo, M	30Oct99
1000	Moran, L	08Jul84
1000	Ware, J	12May90
981	Fely, D	12Feb82
973	Wrenn, F	12Jul81
975	Hechter, G	12Jun85
975	Isaac, T	Jun89
970	Young, C	11Dec88
970	Dirkson, R	27Apr96
970	Meehan, A	06Nov99
960	Taylor, L	01Dec90
959	Coates, R	13Dec98
953	Henry, M	29Oct93
953	Warman, S	21Nov99
950	Kovacs, D	23Nov97
950	Waddle, T	05Dec99
947	Broudeur, P	10Jul86
947	Mikesell, B	16Nov99
942	Mersberg, J	29Feb92
942	Hill, H	29Oct93
942	Kidder, K	01Jun96
942	Nettles, D	05Jul98
936	Kennedy, V	17Oct92
936	Kolberer, R	11Aug96
935	Tate, D	25Jun99
935	Hunt, J. R.	20Nov99
934	Reinhoudt, D	10Apr76
931	Hall, M	26Feb89
930	Frank, G	25Jun99
926	Kazmaier, B	31Jan81
926	Chaillet, M	28Jun87
926	Karwoski, K	08Jul90
926	Ketchum, J	18Jan92
925	Nichols, B	08Aug93
920	White, J	31Aug75
920	Sicuro, J	94
920	Lewis, J	23Jul95
920	Hudson, T	21Nov99
914	Kenady, D	12Jul81
914	Wohleber, D	11Nov84
914	Stoten, B	06Nov94
914	Voronin, J	11Jul99
910	Patterson, R	19Nov89
910	Brodsky, S	25May97
909	Buchanan, J	16Mar86
909	Tuihalamaka, N	16Aug93
909	Masters, B	03Jul98
905	Kuc, J	09Nov72
905	Rethwisch, G	23Jan86
905	Romaniello, W	03May86
905	Larson, A	24Apr88
905	Pitts, G	27Mar94
905	Hearns, F	15Mar97
905	Doonkeen, K	03May98
905	Fusner, R	28Feb99
903	Jeffrey, R	03Jun83
903	Sanderson, R	13Nov83
903	Steinacker, R	17Feb85
903	Ward, G	18Nov87
903	Donat, J	06Dec87
903	McCain, D	06Mar88
903	Mitchell, G	26Jul92
903	Brice, T	11Jul93
903	Schott, T	93
903	Faamausilli, J	10Dec95
903	Pokrant, A	01Jun96
903	Sanders, A	14Nov98
903	Binkowski, J	19Dec99
901	Cole, J	28Oct72
901	Collins, H	27Nov93
900	Dempsey, B	05Nov95
900	Heusman, R	09Mar97
900	Ruggiera, M	21Nov99

The 20th Century has come and gone. As we embark across the threshold of a new millennium we can look back at the strength achievements our powermen have recorded for the history books. Jon Cole will be remembered as the founding father of the 900 CLUB. Those lifters appearing in two categories are: Coan, Urchik, Hatfield, Warman, Wohleber, Chaillet, Waddington, Moran and Kolberer. Only two lifters appear in 3 classes. Bill Nichols ranks 5th at 242, 6th @ 275, and 39th position at SHW. Kirk Karwoski is 6th at 242, rates 4th at 275, and is 37th in SHW.

Waddington was the first do be officially credited with 1000 in competition. The only red he got was a nosebleed. Joe White was the man who took the half ton for the first ride. He only got one white. Among our dearly departed are Lee Moran, who busted the one double zero barrier at the '84 USPF Srs. Pasanella a phenom, along with Dempsey and Doyle are legends departed. Altogether we have 15 performances by 15 different lifters to do 1000 or more in the top three categories - 242, 275, SHW.

***Joe White** with the first 1000 lb. attempt in competition. (Maldfeld)*

New!

COOL CAPS

from... **INZER ADVANCE DESIGNS**

The World Leader In Powerlifting Apparel!

A DENIM CAP — *Pro-washed denim, "low profile" cap with adjustable brass buckle. Embroidered.*

B & C TWILL CAPS — *"Constructed" style white, cotton twill cap with buckram backed front. Adjustable plastic snap. Embroidered with two designs to choose from.*

IRONWRAPS

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

POWERFUL, THICK AND COMFORTABLE BOLD DESIGN

IRONWRAPS Z

VERY, VERY POWERFUL!

The most popular knee wrap in powerlifting!

"When I first held a pair of Ironwraps Z, I knew they were a lot better wrap than I ever worked with before. My first big squat I did in a recent training cycle, I did with IWZ on. I smoked it like I was still doing warmups. I noticed a marked difference on the rebound. The rebound was just unbelievable. IWZ got tighter, easier, even when I didn't wrap all the way tight. The way they hold, I didn't need to chalk to keep them in place on my legs. IWZ gives tons of rebound and are so supportive. IWZ are far ahead of anything else."

Patrick Hall

Top National Competitor, Fireman and C.P.T.

IRONWRAPS A

ENGINEERED FOR:

- Powerlifters
- Strongman Competitors
- Powerbuilders
- Bodybuilders
- Various Types of Athletes
- Doing Multiple Rep Sets

Among powerlifters, IWA are popular with those who want power, ease of use and comfort.

Name _____
Address _____
City _____ State _____
Zip _____ Phone _____
e-mail _____

Qty.			
____	Denim Cap (A)	$16	_____
____	Twill Cap ☐ B ☐ C	$12	_____
____	Ironwraps A	$22	_____
____	Ironwraps Z	$22	_____
____	2 pair	$40	_____
		Shipping	$5.50
		Total	_____

Overseas orders add 20% surface or 30% air.
Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS
P.O. Box 2981 • Longview, Texas 75606
903-236-4012 • 800-222-6897

A PARADIGM SHIFT IN KNEE WRAP DESIGN!

TRAINING

Squatting in the 800s and 900s

as told to Powerlifting USA by Louie Simmons

In 1971 I broke Tony Fratto's Junior National squat record with a 565. The next year in Dan Dewelt's *Powerlifting News* I made the Top 10 by squatting 540 and totaling 1540. I never dreamed of squatting 800, let alone 900, because a dream is just a dream.

Through constant experimentation at Westside Barbell, we have had 24 800 squatters, six over 900 and one 1010, by the incomparable Matt Dimel. Speaking of Matt, this is where the journey began. I will discuss how technology has changed an 800 squat from a shot in the dark to almost a joke. Enjoy the journey, but use only the method described later (with bands). Our methods have evolved since Matt's time.

Matt was the first to squat 800 at Westside. He accomplished this by using a method of box squatting at four levels per workout. After warming up on a box 4 inches above parallel, we did a single that was about 100 pounds more than a contest best. Then we would drop 50 pounds and squat 2 inches lower, by taking out boards, and do a single. Then we would again drop 2 inches more. Now we would be at parallel. We could do 50 pounds more at a meet than we could box squat at parallel. (For example, I did a 600 parallel box, 630 at a meet with no equipment in 1973 at 181; 630 parallel box, 680 at a meet with junk equipment in 1978 at 198; 705 parallel box, 765 at a meet in 1980 at 220.) Then we would go 2 inches below parallel for 1-3 sets of 1 rep. This type of squat training stopped in 1983 after I suffered a second fracture of my fifth lumbar vertebra.

***Dr. Mel Siff** (left), the author of SUPER TRAINING, visits Louie at Westside to discuss the science of strength . (Diane Black photograph)*

We realized that a better method must be used or others would suffer severe injuries. In addition, we noticed that we were very slow but had no idea why.

We found the answer from men we had never heard of before: Verkhoshansky, Siff, Zatsiorski, Ozolin, Baroga, Komi, Vorobyev, Medvedev, Bompa. But the first name without a face was A. S. Prilepin. He had done extensive research on loading, both intensity and volume. I had never considered such things, nor had anyone else at the Club, but I found very quickly that this was the key to everything.

We learned the value of the relationship between force and velocity, how to build speed strength and strength speed, and how to control proper volume at any level.

After my back injury healed, I resumed training, but no more progressive gradual overload. Now we would use one weight per workout because the data showed that there is a correct weight percent to train with on the dynamic day. We started the cycle with 70% of our 1 rep max on week 1 and went up to 80% by the end of the cycle. We did multiple sets of 2 reps, aiming for maximal force production (think speed).

Progress in the group started once again. The more lifters I introduced to the system, the lower the percent of a 1 rep max used became. Billy Masters and Angelo Berardinelli were using 60% of a 1 rep max and were making progress. So we tried it. A few years ago, Todd Brock, Kenny Patterson, and Eskil Thomasson made 804 quite easily by using 405-480 for 12-10 sets of 2 reps. An 800 squat was becoming routine among our lifters, but we didn't stop there.

Vladimir Zatsiorsky and others frequently talked about accommodating resistance (which is using special means

"THE ULTIMATE VIDEO FOR TRAINING YOUR ATHLETE"

FORCE TRAINING

LOUIE SIMMONS
NATIONALLY RENOWNED POWERLIFTING COACH

KENT JOHNSTON
STRENGTH & CONDITIONING COACH
SEATTLE SEAHAWKS
GREEN BAY PACKERS 1992-1998

LOUIE AND KENT INTRODUCE YOU TO "FORCE TRAINING" A NEW APPROACH TO TRAINING THE POWER ATHLETE

PACKAGE INCLUDES: 2 VIDEOS (140 MINUTES) PROVIDING EXERCISE TECHNIQUES, DEMONSTRATIONS, AND FUNDAMENTALS THAT COVER:

* WEIGHT TRAINING
* LATERAL SPEED
* SPEED
* ANAEROBIC CONDITIONING
* BOX SQUATTING
* CHAIN UTILIZATION
* SPORTS SPECIFIC TRAINING
* SLED UTILIZATION
* PLYOMETRICS
* ACCELERATION
* MEDICINE BALL
* SANDBAG TRAINING
* FLEXIBILITY
* JUMP ROPES
* POWER ENDURANCE
* FOOT FREQUENCY

PLUS A 60 PAGE MANUAL WITH EXAMPLE PROGRAMS FOR THE FOLLOWING SPORTS: FOOTBALL, BASKETBALL, BASEBALL, SOCCER, HOCKEY, WRESTLING, TRACK AND FIELD, TENNIS, VOLLEYBALL, BODYBUILDING AND BOXING.

INCLUDED IS A SECTION ON APPLICATION OF FORCE TRAINING AT THE HIGH SCHOOL LEVEL.

VIDEO $69.95 MANUAL $19.95

FOR MORE INFO CALL 1-800-411-4352

Visa / MC accepted

to account for increased leverage as you stand up). By attaching chains to the bar, the load could be regulated to accommodate resistance. As the bar is lowered, the ends of the chain pile on the floor and the weight is reduced, enabling one to start the bar up quickly. As the concentric (raising) phase is completed, all the chain weight returns to the bar. The body can handle much more weight at the top of the movement because of improved joint angles. The use of chains moved our average squat to the mid 800's. But what was more astounding was that we were taking mid 500 squatters into the 800's in 2 years.

Dave Williams of Liberty University asked me to do some work with large, strong rubber bands made by Jump Stretch Inc. The bands had some added advantages we never dreamed of. First, they accommodate resistance more effectively than chains. The resistance is evenly added to the bar as you stand up (i.e., progressive concentrics). Also they provide accelerated eccentrics (quick lowering). This is great for reversal strength, but can cause tremendous soreness (sometimes called delayed onset of muscle soreness, DOMS). With accelerated eccentrics and progressive concentrics, this method is phenomenal for speed strength and strength speed, depending on how much resistance is added by the bands. A higher percent of weight and a lower percent of band tension results in speed strength. A high percent of band tension and a ligher weight results in strength speed. We have found a combination that has five men at Westide squatting in the 900's.

Science must play a large role in the development of special strength if you are to be successful. It is the central nervous system that must be addressed. The bands not only accommodate resistance but also increase muscle tension and almost completely eliminate the deceleration phase.

All squat workouts are performed with bands at Westside. The 900 squatters maintain an 810 squat, or 90% of 900, by using 405-455 with added band tension of 200 at the bottom (on the box) and 260 at the top. A 900 squat requires 260 pounds of band tension at the bottom and 375 at the top for 6 sets of 2 reps. The speed day must be accompanied by a maximal effort day 3 days later. Both days require core lifts and special exercises.

The Chinese say that you can give the keys to the universe to a million men and only one will open the door. Be the one!

Westside Barbell
614-276-0923

TOPPER SUPPLY COMPANY
2108 S. HIGH STREET
COLUMBUS, OHIO 43207
THE SEARCH STOPS HERE
FOR 5/8 AND 1/2 CHAINS!!!
THE COMPLETE POWERLIFTING ASSEMBLY IS ALSO AVAILABLE FOR THE ELITE AND PROFESSIONAL POWERLIFTERS.
TO ORDER CALL: (614) 444-1187
ASK FOR IVAN, LARRY OR RON
EST: 7:30 AM TO 4:30 PM MON-FRI.
SAT: 7:30 AM TO 12:00 NOON
LOUIE SIMMONS
TRAINING SECRETS
VISA

Elite Fitness Systems

VIDEO'S!
Squat Workout (Simmons).....$54.95
Bench Press Workout (Simmons).....$49.95
The Bench Press Video (Simmons).....$35.95
The Squat Video (Simmons).....$29.95
The Dead Lift Video (Simmons) $29.95
Building the Perfect Beast (Blakley).....$40.00
Shipping/handling .....$ 5.00

BOOKS!
Supertraining (Siff & Verkhoshansky)...$65.00*
Science and Pratice of ST (Zatsiorsky).. $40.00*
Fact and Fallacies of Fitness (Siff).....$40.00*
Get Buff (Ian King) NEW.....$43.50*
Want to become a Strength Coach(King) $24.50*
How to write Strength Programs(King) $41.00*
Call for complete listing

Pulling Sled $130.00*
2 straps included for upper body Exercises!

REVERSE HYPER
Pro model $1120.00*
Standard model $755.00*

MEDICINE BALLS
40lbs —— $124.95*
50lbs —— $159.95*
60lbs —— $189.95*
*Shipping Included

Power Bar $249.00*
Belt Squat Belt $88.00*
Cambered Squat Bar $465.00*
Manta Ray $43.00*
Safety Squat Bar $385.00*
WSB T-Shirt $20.00*
Combo Power Rack $900.00*
Elite Hats $20.00*
Glute Ham Raise $730.00*
Sled Straps $25.00*
Stability Ball $55.00*
Weight Releasers $87.00*

888*854*8806
Send check or money order payable to:
Elite Fitness Systems 1695 Itawamba Trail London Ohio 43140 614-309-6176
MasterCard/Visa ACCEPTED

WORKOUT of the Month

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

SGT.Howard's SEMPER FI
All American Deadlift Routine

Sgt. Brent Howard (USMC) *with his WABDL National and World world recorfd of 705 lbs. in the 220 lb. class at the 1998 WABDL World Championships.(photograph provided courtesy of Brent Howard)*

My name is Brent Howard. I have been an avid powerlifter since 1987. I have personal bests in the deadlift of 470 @ 148 and age 16, 530 @ 165 as a junior lifter, 540 @ 181, 635 @ 198, and I set a WABDL World Record of 705 lbs. at 220 in 1998. I have pulled triple bodyweight or better in five weight classes thus far, and my best pulls have not yet been attained. I have won 3 WPA World titles and a WABDL World title. John Inzer sponsors me with equipment and I train with Mike Danforth, Sandy Burke and Kenny Sprague at Ironside Gym in Wilton, Maine. I recently got honorably discharged as a Sergeant from 4 years of active duty with the United States Marine Corps, where *Semper Fidelis* means always faithful, and the same motto holds for the deadlift. You need to be faithful to your training and diet as well as rest and supplementation. Consistency is the key!

I have learned tips on pulling from such superstars of the sport as Ed Coan, John Inzer, Gus Rethwisch, Louie Simmons, and big Russ Barlow, but you can learn from anyone! Don't judge someone's knowledge by the size of their biceps, as some of the most knowledgeable lifters are not necessarily the biggest! This routine assumes a 500 pound deadlift max, and is similar to one I use to break my records. I am a medium Sumo puller, like Ed Coan and John Inzer, but this routine will work for conventional style pullers as well. As for equipment, I solely utilize Inzer's gear. I use the Z-suit, groove briefs, and the erector shirt. (Wait til you see the new style suit!!) Let's get pullin'!

Week 1: 135x5, 225x3, 315x1, top set (405x5 - first 4 weeks, use belt only, no baby powder on your legs until Week 6)

Week 2: 135x5, 225x3, 315x1, top set (415x5).

Week 3: 135x5, 225x3, 315x1, top set (425x5).

Week 4: 135x5, 225x3, 315x1, top set (440x5).

Week 5: light week - no pulls!!! Arched back good mornings, heavy, 3 sets of 6 reps.

Week 6: 135x5, 225x3, 315x1, 365x1, and 465x3, add suit and erector shirt, if applicable.

Week 7: 135x5, 225x3, 315x1, 405x1, and 475x3, same equipment

Week 8: 135x5, 225x3, 315x1, 405x1, 490x2 - PR double!!! Add groove briefs for this new PR!!!

Week 9: 135x5, 225x3, 315x1, 405x1, and 500 for two explosive singles!!! (one, if tired or overtrained - use good judgement!)

Week 10: work up to opener ten days out from the contest, heavy assistance!

Contest: Warmups: 135x5, 225x3, 315x1, 365x1. Opener - 440, 2nd - 505 (new PR), 3rd - 520 (go for it!!!)

Assistance is one of the keys to success in any good training program. I recommend that immediately following the deadlift work, you do the following:

- Stiff Leg Deadlifts: off a 100 lb. plate, legs slightly bent with belt on: 1 heavy set of 5 reps during Weeks 1 - 4, 1 set of 3 reps for Weeks 6 - 10.
- Hypers or Reverse Hypers (Reverse Hypers preferably), 3 sets, 6 - 10 reps, heavy.
- Barbell Bent Rows, off a 100 lb. plate, 2 sets of 5 reps, heavy with a thin belt.
- Weighted Chins, 2 sets of 6 to 8 reps.
- Chest Supported Rows or Frong Lat Pulls (alterate them) 2 sets of 8 - 10 reps.
- Barbell or Dumbbell Shrugs (alternate them) 2 sets of 10 reps
- Heavy Ab Work - 6 sets minimum, twice weekly.
- On squat day, I do arched back good mornings, 3 sets of 6 reps.

This routine is not easy, but it will help you for sure!!! Eat 1 gram of protein per pound of bodyweight and don't skip meals. Also, creatine is good for most lifters, but use reputable brands. I truly hope you bust a new PR with this routine!!!

For a personalized routine, please send $10 to Brent Howard, Box 3142, Holly Road, Farmington, ME 04938. Please include height, weight, age, goals, previous routine, and best set of 5 and best max single. Train Hard and Smart, and God Bless!!

SEMPER FI!
DEVIL DOGS - OORAH!

More From Ken Leistner

I have a newfound respect for those who compete in strongman contests. Having been around as long as I have, having competed as a powerlifter and a terrible Olympic lifter, and having done a lot of odd object lifting, it came as somewhat of a shock, that some of the "official" strongman events and implements could take my butt and kick it from one end of the garage, down the driveway, and back again. Let me give you the details.

As the grandson, son, and brother of ironworkers and welders, I was put to work early, doing a great deal of hard, physical work. I was in the shop at twelve, welding at thirteen, and generally responsible for hauling steel and related objects on weekends and school vacations from that time on. I spent various periods of time working as an ironworker and doing other hard, physical laboring jobs for many years thereafter. Stints as a lumberjack, oil rig roustabout, and slaughterhouse sweeper will give anyone a "taste" of hard and demanding work. As *PL USA* readers now, I've been training with weights, or the sewer caps and pails of cement that passed as weights in my formative training days, for over thirty nine years. I've used and advocated numerous "odd lift" devices in an attempt to make my workouts more enjoyable, and give stimulation to the musculature that is difficult to duplicate with a well balanced barbell, dumbbells, or machine supplied resistance. I am a believer that doing "almost anything", if it is done hard and consistently, will benefit one's development of strength and muscle tissue mass. If nothing else, I always enjoy every workout .

***Dr. Ken Leistner** gets set to lift a 216 pound metal "log" in the driveway of his garage gym. (this photograph taken by Kathy Leistner)*

In order to up the intensity and have some fun, I often finish a workout, or for a change of pace, do a complete workout utilizing non-traditional, or odd lift type movements. I've been fortunate that my brother's shop often supplies the materials I need, but I made the decision to upgrade that end of my equipment line. We utilize selectorized machines, exclusively Nautilus, for the rehabilitation of my patients and for many trainees; we use the standard barbell and dumbbells for everyone; we use the odd objects, or as author Brooks Kubick brought to life in his book *Dinosaur Training*, "Dino Lifting", for many of our athletes and for work-hardening many of our rehabilitated patients. Let me state here that Kubick's book will give you a good perspective on training harder, a motivating tool for the lifter to seek not only alternatives to the competitive lifts in the off season, but a more positive mindset in all of his or her training (www.dinosaurtraining.com). I took the plunge and purchased some "official" strongman equipment from Bryan Neese. For those who have seen Bryan compete on television or on some of the strongman contest tapes, you are not dealing with a guy who is blank on the needs of the competitor. He is a very large, strong, muscular guy who has been making and supplying implements to many strongman contests across the United States. Did you ever watch a contest on television and wonder "where do they get that stuff from?" I know I did and the answer in many instances, is "From Bryan"!

In addition to a well balanced pair of farmers walk implements, which our athletes also use for shrugs as they are more comfortable to handle when loaded than standard dumbbells and easier to load than a dumbbell bar if you are using in excess of 150-180 pounds, I bought some logs. Like the ones you see in contests, these are metal, 1/4" pipe with recessed, parallel grip handles and over eight inches in radius. For a small guy like me, this means trouble - which, of course, translates to a tougher and more productive workout. One does not "clean" the log to the shoulders, or at least, I don't, not being strong like the contest competitors are. I chose to deadlift it to a hang clean position, also not that easy because you are reaching in front of you for the "bar". Even after "cheating" and putting a York 20 kg. plate on each side allowing me to get my feet under the log a bit, I still had to reach out in front for it. After bringing it to the hang position, I more or less did a quick hammer curl with the parallel grips and brought it to the shoulders. This is where the real fun began. Because of my small stature at 5'5" and change and 160 pounds, I was "wearing" the log. As Kathy said, as she came out to the driveway to photograph the disaster in the making, and get a good chuckle for the day, "the log is so big you can't see your head". I had difficulty getting a deep breath because the log was sitting in my mouth and on my chest. I had to tilt my head back excessively and get quite a bit of lay back to keep it balanced and in place. When you see guys like Bryan doing it, it looks almost easy. They're such large men (and being ten times stronger than me helps a lot too) that the logs sit on them and seem to "fit" pretty well. I felt as if I had a boulder to control. Thus, it was actually easier for me to "clean" the log, press or push press it dependent upon the weight (at 216 on the log, believe me, I was definitely push/throw/pray pressing it), bring it down to "clean" again before the next press, and continued that for four reps on my top set. It may seem easier to just "clean" it once and do all the presses, but it was such a severe workout for my upper and mid back, as well as the respiratory muscles, that I opted again to "cheat" and give myself the additional work of "cleaning" each individual rep. More work, but - for me - easier work.

Did I have fun? Was I sore to the point that I was tender to the touch all through my upper and mid back regions? Was I huffing like a locomotive? Was this a great way to complete my usual workout? A resounding "yes" to all of those obviously answered questions. Many lifters may make the immediate statement that "I have no interest in strongman contests. I'm training to lift as a powerlifter, period"! It's a point well taken, but also incomplete. If using some of these implements can help to make one stronger and that strength can then be applied directly to the three lifts, you've just found a way to improve your lifting. For those who believe that there is a "sports specific" training philosophy and that nothing other than those movements that duplicate what is done in competition apply, there is no need to go farther. At one time, an Olympic lifter did the three competitive Olympic lifts (when the overhead press was the first lift of the three performed in competition). Through the decades, components of the lifts were added to the three official lifts so that a thorough Olympic program may have contained overhead press, 60 or 80 degree seated presses, press lockout and starts, the barbell squat, front squat, power clean, power snatch, clean grip pull, snatch grip pull, and jerks from the rack. This may have been heresy at first, but it stuck. Powerlifters in the mid Sixties in many parts of the country did the three lifts and nothing else. As most powerlifters came from a bodybuilding background in the "old days", they easily added inclines with barbell or dumbbells, lat pulldowns, barbell row, leg press, and leg curl. Those that came from an Olympic lifting background, continued to do overhead pressing movements, power cleans and hang cleans and, often, front squats. Today, with the popularity of men like Lou Simmons and the perpetual popularity of, for example, Fred Hatfield, most lifters have no hesitation adding a myriad of assistance movements. However, these all utilize barbells, dumbbells, and the infrequently used machine exercise. Most have not been quick to adapt to the use of logs, stones, and farmers walk implements. It is an opportunity missed for many.

For those who have tried to finish their typical workout with ten consecutive lifts of a 220 pound stone, from the floor to the height of the top of a fifty five gallon drum you know how much the thighs and hips and low back scream to stop. If you want to strengthen the upper back in a manner that is difficult to do with the standard deadlift, row, and pull-down, try to "hang clean" an official sized metal log and do presses or push presses for sets of five. Lou Simmons has already sung the praises of sled pulling with a harness for added power in the hips and thighs and after doing shrugs and a few ninety foot walks with 220 pounds in each hand, tell me that your traps, scapulae retractors, and obliques have had a more intense workout. Buddy Morris, the strength coach at the University of Pittsburgh, has turned out some monster players over many decades. He made the statement that he likes his players to use many of these odd objects because they are effective in strengthening the "core muscles" of the body, the abdominal and low back regions, as well as the hips. For the competitive lifter or the recreational lifter seeking to become stronger, these are underrated and under-utilized items. (Bryan Neese is at: b_neese@yahoo.com; Roger LaPointe has an array of granite stones at: www.AtomicAthletic.com; Rich Sorin has all kinds of "toys" www.sorinex.com; Iron Mind Enterprises has the harness and grip items www.ironmind.com)

TRAINING

TRAINING BEYOND DIMINISHING RETURNS

as told to PLUSA by by Marc Cavigioli M. Ed.

Let's face it, none of us are getting any younger. When you sit back to reflect, life is but the blink of an eye. At some point all of us will come to the realization that we have passed our peak. For the fortunate, this comes with advancing age, the less fortunate arrive prematurely, due to a career ending injury. Lift long enough and you will face post-peak training and its challenges.

I ceased to be competitive when still young. At the ripe old age of twenty four, after repeated injuries. I tore the spinal erectors on the right side of my lower back. Though I'd been training for ten years and should have known better. I was stubborn and tried to bull my way through nagging back pulls.

Preparing for state championships, I was banging away on heavy sets of five in the deadlift. On my third rep, I collapsed. There was no warning. I was on the floor and couldn't move.

That night, my back spasmed. I could not move of my own volition. Only *Ativan* and muscle relaxers put me to sleep. For several days I used a walker to get around. I remember falling in the bathroom and being unable to right myself. I was a two hundred and twenty pound beetle on its back.

That was it. No more competitions. My deadlift had always been my forte, closely followed by the squat. At the time, a tear within the muscle belly was not repairable through surgery. Today, if I bend over, the torn lumbar appears as a crater. The muscle is gone and with it my functional strength. Sure, I can out-lift most people in commercial gyms. But what the hell is that?

It took me a long time to accept that I was finished competing. Believe it or not, I had to further re-injure my back before I was willing to capitulate.

Marc Cavigioli *has developed several methods to deal with injury*

CROSS TRAINING

I needed a way to vent my driven personality. I took up boxing. Everyone cross trains these days. But in those days boxers and lifters never mixed.

Boxing was a grueling workout. I could push myself to the limit. From the outset it was obvious I would never be a fighter. I was already too old and have limited athletic ability. My personality is such that I'll take three punches to get one in. But, I didn't go through six and a half years of college work to have my brains pounded to putty. I sparred occasionally, but trained with religious zeal.

RE-DEFINING PARAMETERS

In time, I returned to aggressive lifting. I had to learn new ways to minimize risk. After re-injuring my back with ridiculously light 315 lbs. squats, I started from scratch with the empty bar. Reps I could do, so I began with sets of thirty with the empty bar.

When training with reps, keep in mind what is referred to as the Nebraska Formula. This formula predicts your maximum single based on reps and is deemed accurate for sets of up to ten reps. Beyond ten reps accuracy falls off. It is useful when calculating a projected max for competitions or planning a cycle on which to base your percentages. I've played around with it and am satisfied or its accuracy. It reads: reps x .03 x the weight, plus the weight. Thus if you can bench 300 x 5 you calculations would be 5 x .03 = .15. Multiply this by 300 = 45. Finally, add 45 to 300 and you get a protected max or 345.

These days, my training sessions at Iron Shark Barbell Club look more like a strength athlete's than a pure powerlifter's. At thirty six, my age manifests itself through increased recuperation time and reduced training volume, Still, my objectives are clear - maximum strength, peak performance.

Once you accept limitations due to age or injuries, you find new ways to go all out within your redefined parameters. Bear in mind, realistic appraisal of limitations is NOT avoiding hard training. To the contrary. Heavy doubles and triples are easy compared to heavy sets of twenty in the squat.

Training redesign should almost never comprise a shift to easier training. The objective is to channel maximum training aggression to new realms. A fresh focus is critical to avoid training in the same old style only to receive a diminished return. For myself this has meant striving to combine the utmost in pure strength, along with respectable cardio-vascular output. If I can come close to my old training lifts at a lighter bodyweight while sustaining a demanding boxing routine, then I know I've out performed my old abilities.

Cross training is only one possible configuration or a new focus. When I accepted that powerlifting competitions were a thing of the past, I was liberated to experiment with alternative training approaches. I no longer had to constrain myself to the big three at the expense of all other strength pursuits.

I think other pursuits gain value as one becomes older. The fat two hundred and forty pound lifter I was in my early twenties was headed for an early heart attack. My injury may have been a blessing in disguise. Arthur Saxon talks about the importance of being able to run and swim. Bill Kazmaier, at a recent seminar, also talked of the importance of being able to run and swim, of maintaining one's athletic viability. For those of us no longer capable of the narrow super-intense focus powerlifting competition requires, we can diversify, maximize our strength while enhancing our all 'round abilities.

This may mean maxing for reps, maxing on new types of lifts or trying one's hand at strongman events. Though I know my back injury and limited genetics will inhibit me from ever being competitive in the strength game, unusual events are a fresh area in which to strive.

Some excellent books are available from Iron Mind, advertised in *Powerlifting USA*. Check out Justa's, *'Rock, Iron, Steel'*, Jeck's, *'Of Stones and Strengths'*, or Kubik's *'Dinosaur Training'*. Strength can be defined many different ways. If you think you can no longer push yourself due to injury, you simply haven't looked around.

SPEED & TIME

Another possibility, for those who can no longer handle extremely heavy weight, is training for maximum power. Power is defined as force multiplied by distance divided by time. Its unit of measure is watts. For the purpose of calculation and comparison distance can be held as a constant of 1.

I prefer to modify the formula to weight x reps, divided by time to complete the set. The result is an aberration that I find convenient for comparing performances. Increase your poundage, maintain your time

and you've increased your power. Conversely maintain your poundage, but decrease your time and power increases. In a simpler format, if you can reduce training time while maintaining the workload, you've increased you power output. This enhances strength-endurance and taps into fast and slow glycolytic energy pathways in the muscle.

Keeping time during sets allows two possible objectives. You can hold a contraction as the strongman do an ESPN, or maximize reps within a given time. Using the chronograph available on many cheap watches lends a whole new dimension for competing against either rivals or against yourself. You can time whole bodyparts or your entire workout. Talk about cardiovascular stress!

Completing as many reps as possible within a given amount of time is a challenge. The speed lifting of Karl-Heinz Otto as detailed in Nov '97 of *PL USA* has put him in the Guinness Book of World Records; 225 for fifty reps in 36.7 seconds, 325 For ten reps in 7.1 seconds.

Nowhere is the value of strength-endurance training more evident than in strongman events such as medley or keg loading. You might not be as strong a warrior as in your peak, but you might be a more formidable one.

TONNAGE

Measuring volume through tonnage moved is an old powerlifting device. My regular in shape heavy pulling workout averaged 35 tons in less than two hours. This is a measure of volume and is another way to compare output. I find such comparison valuable when planning a cycle or to avoid over training.

If rehabilitating a soft tissue injury, I sometimes return to my pre-injury volume via many light sets. Holding tonnage constant, I then gradually increase weight until my strength is back. Using the high volume ensures that the area receives some stimulation, though one may be forced to work light. Consult a physician before trying this yourself.

Some injuries do not allow for reps. Sixty one year old Fred Peterson is pulling almost seven hundred pounds in competition deadlifts. These are raw pulls without even a belt. He, too, has accumulated injuries. But his particular injuries are exacerbated by high reps. Consequently, his workouts are comprised of many low rep sets. Each person must discover for themselves how to maximize intensity without aggravating injuries or age related obstacles.

Keep in mind that much of the above training is more taxing than lifting heavy; sometimes extremely so. Kazmaier talked of running stadium steps with weights and pushing cars until his heart rate reached 245 beats per minute! (do not try this). You had better be in excellent physical condition before putting any of these ideas into practice. Everyone, but especially older athletes, should get a stress test and a physician's approval prior to embarking on strength endurance training. Even then, use common sense to guide you. Listen to your body. Stop before you over train or hurt yourself.

Most of all, stay aggressive and have fun!

AST Sports Science Products

Androplex 700 120caps $29.99
19-Nor 3-Andro 60caps $39.99
19-Nor 250 60caps $41.99
3-Andro Xtreme 60caps $28.95
Dymetadrine Xtreme 100caps $19.99
Creatine Monohydrate 1000gm $29.99
Creatine HSC 4lbs $31.00
NY-TRO PRO 40 20paks $34.95
Vyo Pro 2lbs $19.99
Vyo-Pro Bars 12/box $15.99
GL3 600gm $34.99
(Get a free copy of High-Performance Muscle free!!)

send check or money order to:
B&B Sports Nutrition
8839 Oak Hill Dr.
Ashland,KY 41102
($5.00 S/H, KY Res. Add 6%)

We Have A Different Perspective

O.K., so we're into overhead lifting,
not just what you can bench, and, yeah, to us,
backs are sort of what biceps are to bodybuilders,
but that's only the beginning. Strength is our thing—
what you can do, not what you look like.
That's why we cover Olympic lifting, Highland Games,
strongman, and arm wrestling as our main events.
Training. Athlete profiles. Major contest coverage.
We feature the top writers in the strength world,
and even though we don't lure you with bikini shots,
we recognize the value of good photography,
so we strive to bring you the best anywhere when
it comes to lifting, throwing, and pulling.

MILO: A Journal For Serious Strength Athletes
Our name says it all. Four issues a year.
No interior ads. Soft cover book format. 128 pages.

$39.95/year USA; add $6 airmail S&H for Canada/Mexico;
add $20 airmail S&H for all others.
Single issues are $12 + $3 S&H USA/Canada/Mexico; $5 S&H for all others.

IronMind Enterprises, Inc.,
P.O. Box 1228, Nevada City, California 95959 USA
tel (530) 265-6725 fax (530) 265-4876
www.ironmind.com

INZER
ADVANCE DESIGNS
We Make Power Gear A Science
1-800-222-6897
903-236-4012
IMMEDIATE SHIPPING
MC, VISA, D., C.O.D.

INZER BLAST SHIRT

Patent # 4473908

The patented Inzer Blast Shirt is guaranteed to be at least twice as effective as any shirt existing.

The strength and durability characteristics of the exclusive material used in the Inzer Blast Shirt is the best for support throughout the range of motion and makes it virtually impossible to tear.

Proven by the Greatest Bench Pressers in the world.

"With the Inzer Blast Shirt, I just blow the weights off my chest! It's truly awesome."

Ken Lain
722 lb. Bench at SHW

"I've set many world records wearing the Inzer Blast Shirt. It's the greatest shirt for benching power!"

Mary Jeffrey
275 lb. Bench at 123 b.w.

"The Inzer Blast Shirt gives great explosiveness off the chest that carries through to the top."

Anthony Clark
775 lb. Bench
First Teenager ever to crack the 600 barrier!

"This is the shirt that will blast your bench to the ceiling."

Mike Hall
633 lb. Bench
ADFPA-USPF
National Champion

Plus these all time best benchers:

Jan Harrell-385 Bench. Most ever by a woman.
David Bullock-470 Bench World Record 148's

Inzer Advance Designs offers the most personalized service in the business. Your satisfaction is totally guaranteed. All orders are shipped immediately! Overnight air and two day air are available on request. Each shirt, suit and brief is inspected and marked with its own quality control serial number.

Most all the latest developments in Power Gear technology come from Inzer Advance Designs first. Plus, we continually improve on already superior products so the products we send you are always the most advanced to date!

INZER ERECTOR SHIRT

-Customized-

Upper torso support when deadlifting and squatting. Call or write for more details on this special garment. Allow 3 days before shipping for special tailoring on Erector Shirt.

GROOVE BRIEFS

BY INZER

The ultimate competition-legal underwear for Powerlifters will give you much more explosiveness in your squat. Guaranteed immediate results.

Now used in world record setting performances.
Everyone who has tried them says—Groove Briefs work!

Z-SUIT and CHAMPION SUIT on next page—

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money Order

Inzer Blast Shirt - $38

Save $10. Buy 2 for $66

Inzer Erector Shirt - $38

Please indicate size or include **relaxed** measurements of

shoulders_____ chest_____ arm_____

Colors: ☐Black ☐Navy Blue ☐Royal Blue ☐Red

Groove Briefs - $20

Ht.____ Wt.____ Upr. Thigh____ Hips____

ITEM	SIZE	QTY.	PRICE	SUB—TOTAL
			SHIPPING	$5.50
			TOTAL	

Overseas orders add 10% surface or 20% air mail.
Texas residents, please add 8.25% sales tax

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

INZER
ADVANCE DESIGNS
We Make Power Gear A Science

P.O. Box 2981
Longview, TX 75606

1-800-222-6897

903-236-4012

INZER ADVANCE DESIGNS

We Make Power Gear A Science

1-800-222-6897

903-236-4012

IMMEDIATE SHIPPING

MC, VISA, D., C.O.D.

Z-SUIT

When Fitted properly, the Z-SUIT will substantially increase your squat over any other suit on the market, thanks to the special Z-lock leg design. Z-SUIT locks in on your leg to prevent slipping up the back of thighs.

Z-Lock (anti-slip mechanism)

Z-SUIT

Other suits slip and cause slack in hip area.

Z-SUIT stays maintaining tightness.

Worn By:

Anthony Clark
2531 TOTAL/1031 SQUAT

John Inzer
744 SQUAT at 165 b.w.

O.D. Wilson
1003 SQUAT

Jesse Jackson
711 SQUAT at 148 b.w.

Matt Dimel
1010 SQUAT

KNEE WRAPS

NEW!!! INZER IRON WRAPS - Style A - The new thickest ever knee wraps. Super comfortable, easy to wrap to maximum tightness

INZER IRON WRAPS - Style Z- Powerful rubber strand construction. For those who like that super squeeze feel.

Iron Wraps A or Z- 1 pair $22, 2 pair $40

A few of the growing number of powerlifters who wear Z-SUIT and/or Champion SUIT

Ed Coan - World's Number One Ranked Powerlifter

George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA - WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

CHAMPION SUIT

The CHAMPION SUIT will endure more stress and outlast any other suit on the market!

6 Month Guarantee Against Blow-outs on Both CHAMPION SUIT and Z-SUIT

CHAMPION SUIT

CHAMPION SUIT has more comfortable leg openings than Z-SUIT, plus provides complete hip support necessary for squatting the heaviest poundages.

Now With Wider Straps Than Pictured

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money Order

Please indicate size or include measurements of:

Height _____

Weight _____

Upper Thigh _____

Buttocks _____

CHAMPION SUIT and Z-SUIT colors:

☐ Black ☐ Navy Blue ☐ Red ☐ Royal Blue

$42 or 2 for $76

ITEM	SIZE	QTY.	PRICE	SUB—TOTAL
			SHIPPING	$5.50
			TOTAL	

Overseas orders add 10% surface or 20% air mail.
Texas residents, please add 8.25% sales tax

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

INZER ADVANCE DESIGNS

We Make Power Gear A Science

P.O. Box 2981
Longview, TX 75606

1-800-222-6897

903-236-4012

EPF European Championships

as told to Powerlifting USA by Peter Thorne

Riesa, Germany hosted the EPF Men's European Championships on April 27 through 30th. Riesa is a city that is working to make itself into a top international sports hub. The huge Olympic sports complex provided powerlifting an excellent venue. The contest was well run and EPF administrators agreed that it was one of the best-run championships ever. The German spring weather was perfect for the championships.

President Arnulf Wahlstrom chaired the EPF Congress that was attended by representatives of twenty-three EPF nations. At the end of the EPF Congress, IPF President Norbert Wallauch was invited to speak and he answered questions. Mr. Wallauch announced that the IPF World championships will, once again, be held in America. Mr. Wallauch said that he was extremely pleased with the solid and unanimous support he received. Everyone, lifters, delegates and past and present officials appeared eager to support Mr. Wallauch. Mr. Wallauch said he was especially happy with the support of former General Secretary John Moody and former IPF President Heinz Vierthaler, both of whom were on hand in Riesa for the championships. Former General Secretary Arnold Bostrom was unable to attend, however, he instructed Swedish Powerlifting's General Secretary, Bjorn Bull, to convey his full support to Mr. Wallauch. Mr. Bostrom said he supported the great work done by Mr. Wallauch so far and is encouraged by his pledge to now move forward towards IOC recognition. The enthusiasm and harmony was apparent everywhere.

Konstantin Pavlov (Russia) *the winner at 56 kg. (photos by Bernd)*

There was a brief ceremony preceding the lifting where Peter Thorne, on behalf of Inzer Advance Designs, provided President Wallauch the papers that ended a lawsuit and set aside all the legal tangles that have kept the IPF from the USA. Then President Wallauch again invited the USA meet directors to bid for an IPF World Championship. President Wallauch stated that the IPF community of nations is very enthusiastic about coming to a championship in the USA. The lifters, as well as the delegates, were very excited with the opportunity to compete in the USA. This has been a dream of administrators and lifters for a long time.

Now with the legal challenges ended, Norbert says he already is working on the long ignored issue of IOC recognition. He is already busy with related IOC meetings. General Secretary Heiner Koberich is at work collecting the IOC required protocols from the IPF regions. The procedure for IOC recognition is underway. He said "IOC progress reports will be issued to the nations."

Now came the time for the lifting. The opening class offered no surprises as Poland's Stanaszek won the 3 man division with 570 kg. (1256 lbs.). He made 2 tries at a world record 278 kg. (612 lb.) squat. They drew 2 red lights each and he settled for his opener of 270 kg. (595 lbs.) in the squat. He tried another World record - 178 kg. (392 lbs.) in the bench press, but he was not able to complete the lift.

Perennial winner here and three times World Champion, Pavlov of Russia, set a Russian record and posted 610 kg. (1344 lbs.) for 25 more kg. than Roy Brandtzaeg of Norway and the 56 kg. class win

In the 60 kg. class, Mikhail Andrukhin of Russia hit 650 kg. (1,432 lbs.) for 15 more kg. than Petrov of Bulgaria,

This time the 67.5 kg. class belonged to Poland's Olech. Olech set a world record in the squat with 312.5 kg. (688 lbs.) He posted a total of 755 kgs (1664 lbs.). His total was less than expected, as his lifts in the bench and deadlift were lighter than usual. He did total 50 kgs more than his 2nd place countryman, Wilczynski. He will be back to the 800 kg. mark for Japan. Meanwhile his rival, Kazakhstan's Alexi Sivokan competed in the Asian Games in Uzbekistan. There, Sivokan did a world record bench press 203 kg. (448 lbs.) and a world record total of 810 kg. (1786 lbs.) It should be a great match up when they compete against each other in Japan.

In the 75 kg. class, the first four lifters battled it out in the deadlifts. Furazhkin of Russia was leading 2nd place by 2.5 kgs after the bench press. He held onto his lead totaling 792.5 kg. (1747 lbs.) to get himself the gold medal. Starting the deadlifts in 4th place, Bazaev of the Ukraine, pulled 307.5 kg. (677 lbs.) and moved up to 2nd for the silver medal.

82.5 kg. class: It was Russia, Ukraine and Russia again, as Russia's Mor deadlifted and squatted 320 kg. (705 lbs.) for an 862.5 kg. total (1901 lbs.). Mor is solid in all three lifts. He is a former IPF Jr. World Champion and IPF Men's champion. Grabski of Poland, one of the favorites, could not get any of his squats passed and was out of the competition.

90 kg. class: Russia's Tarasenko is a Jr. World Champion. He is a newcomer to Men's open competition and another of the great young lifters coached by Sergei Ivanof. Andrey Tarasenko won handily finishing up with a 330 kg. (727 lbs.) deadlift and a 920 kg total (2,8028 lbs.) Peter Theuser of the Czech Republic was 2nd, beating Gecas of Lithuania. Coach Ivanof has a large group of young lifters who are setting records and winning gold med-

(article continued on page 50)

WE HAVE WHAT YOU NEED:

- Reverse Hyper Pro model 1120.00*
- Reverse Hyper Standard model 755.00*
- Reverse Hyper Home model 455.00*
- Belt-Squat Belt 88.00*
- Glute/Ham Machine 730.00*
- Power Bench Rack 785.00*
- Combo Power Rack 900.00*

614-276-0923

WESTSIDE BARBELL

1417 Demorest Road
Columbus, OH 43228

*Shipping included. Send check or money order.

INZER
ADVANCE DESIGNS

NEW AND AMAZING!

IRONWRAPS

enable you to lift more than ever before.
A leap ahead in powerlifting knee wrap technology.

IRONWRAPS Z stores a very dense, propulsive energy that produces more power than any knee wrap ever before!

Everything about this wrap exceeds any previous wrap.

VERY, VERY POWERFUL!

"I've tried every knee wrap ever made and the Ironwrap far out-performs them all."

Louie Simmons

"Ironwraps are the best I've ever used."

Bull Stewart

IRONWRAPS Z
(actual size)

IRONWRAPS A are super comfortable. Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!

IRONWRAPS A
(actual size)

Order it to yourself and use the greatest knee wraps of all!

Inzer Power Gear is backed by the Inzer Performance Guarantee.

Guaranteed to out perform any other brand.

Name _____
Address _____
City _____ State _____
Zip _____ Phone _____

Qty.		
_____	Ironwraps A $22	_____
_____	Ironwraps Z $22	_____
2 pair $40	Shipping	$5.50
	Total	_____

Overseas orders add 20% surface or 30% air.
Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS
P.O. Box 2981 • Longview, Texas 75606
903-236-4012 • 1-800-222-6897

Dr. JUDD

Even God Rested on the Seventh Day *by Judd Biasiotto Ph.D.*

Recently I read an article by Steve Gaugler in which he published his exercise diary describing the first seven days of his fitness program. The article reminded me of my first week of training for powerlifting. Consequently I went back into my old files and pulled out my training log for that week. I would like to share it with you. It is extremely interesting and enlightening. Here is what the diary says.

DAY 1 *- My coach is Fred Glass a former powerlifting world champion and coach of the world-renowned Surf Breakers powerlifting team. I really lucked out here. Not only is Fred a great coach, he is also one of the nicest guys you would ever want to meet. I never met a guy who is more kindhearted and compassionate.*

Practice began at 7 P.M. sharp. We started out with five sets of squats. I had a little trouble with my form, but Fred said I did great for the first time. He is really a great coach. He is so positive and encouraging. Next we did five sets of bench presses and then we finished out with deadlifts. Deadlifts are really easy. All you do is pick the weight up to your knees. It's kind of weird that they would put a lift like this in competition. It is so easy to do. Actually powerlifting seems a lot easier then I thought it was going to be. It seems crazy but you only do three reps per set. When I was in high school gym class we had to do as many as 20 to 25 sit-ups and jumping jacks per set. This is a lot easier then gym class and it's a lot more fun too. I think I'm really going to do great in this sport!

DAY 2 *- My back is a little stiff and my legs a little wobbly, but I'm OK. I'm really looking forward to training today.*

Practice started right at 7 PM sharp. Fred is really organized and disciplined. I like that about him. He is really a great coach. We did supplementary exercises today - leg presses, "lat" pull downs, sit-ups, and crunches. We used pretty heavy weight on all the exercises, even the sit-ups. It was a little tougher to day, but I got through it. Fred said I did good. He really motivates me. I feel like I'm really building some muscle. It makes you feel like a real man doing this heavy type of lifting. I definitely like this better then gym class.

DAY 3 *- My mother had to help me out of bed today. I skipped work and I spent the entire morning in a tub of Epsom salts. That made me feel a little better. Still I've been walking around the entire day like I'm trying to carry an ear of corn without using my hands. I'm not sure, but I think I might need a slight spinal readjustment. I'll probably loosen up once I start lifting.*

Practice started at 7 PM sharp. Unfortunately I was twenty minutes late. It really wasn't my fault. My arms and legs were so heavy I had trouble shifting gears in my car. Consequently, I used the turnpike to get to the gym so that I would not have to shift gears. Unfortunately the turnpike took me a good ten minutes out of the way. I think Fred was a little upset with me.

We did light squats, bench presses and deadlifts. True enough, the weight on the bar was lighter, but I think the air in the gym was a lot heavier because every lift felt like it was going to rip my spine right out of my back. Now I see why they call the deadlift the deadlift. This lift can kill you ... like dead even. I believe Fred was somewhat annoyed with me because I kind of moaned a little when I attempted each rep... OK it wasn't a moan it was more like a little scream, but that was no reason for him to throw a fit. I did get through the entire "bleeping" workout though. Fred said I did OK. That was really "BIG" of him. I didn't get home until three in the morning. My parents were really upset. It wasn't my fault. My legs were so tired that I couldn't get my foot high enough to put it on the clutch pedal.

ED COAN

NEW! The Book

Finally! The man who posted a stunning 2463 total in 1998, and recently squatted 1019 is showcased in "*ED COAN: The Man, The Myth, The Method.*" Written by champion powerlifter and renowned author Marty Gallagher, it's a 190-page tour de force of fascinating biography, competition chronology and training advice direct from Ed Coan. Gallagher enlists two of the best in the business; Mike Lambert, editor-in-chief of *Powerlifting USA*, provides the competition photographs and Herb Glossbrenner, PL USA statistician, presents a complete breakdown of every lift Ed has attempted in the past twenty years.

More than 400 photos total, plus comprehensive tables, chronicle every competition Ed Coan has ever entered. The training section outlines Ed's philosophy of strength training, and discusses his methods for legs, chest, shoulders, back, and grip. Over 120 photographs of Ed in training allow the reader to analyze the technique of the greatest barbell technician in the world. Ed Coan's approach allows you to custom-design your very own training program, one that will revolutionize your own weight training.

Order the book now for $29.95. For U.S. orders add $5 Shipping and Handling. Illinois residents add 7-1/4% ($2.17)

For orders outside the U.S. add $10 S & H.

The Videotapes

The holder of more than 100 official and unofficial world records shows you how to train with three great videotapes: *The Squat, The Deadlift, The Bench Press.* Watch and learn as Ed demonstrates workouts and his methodical approach to training. Be there as Ed squats 975, deadlifts 901, bench presses 575; even does a 400-lb. behind the neck press! Ed's program can help you no matter what your strength level. Gym and actual contest footage, too. Each tape is approximately 50 minutes long.

Each tape $39.95, add $5 Shipping and Handling in U.S. Illinois residents, add 7-1/4% ($2.90) Outside the U.S. add $10. PAL or SECAM add $5 each tape.

Call for credit card orders or send check/MO to:
COAN Quest
745 North Torrence Ave.
Calumet City, IL 60409 USA
Phone: 708-862-9779

Visit us on the Web!
www.quadsgym.com

CAPITOL DI$COUNT NUTRITION
$$$AVE Big Bucks on Top Name Supplements & Vitamins!!!
Call 1-800-499-4810

MuscleTech CellTech 4 lbs.	Retail: $59.99	Capitol: $36.29
Optimum Amino 2222mg. 300 caps	Retail: $30.99	Capitol: $17.49
Twinlab ZMA Fuel 90 caps	Retail: $24.99	Capitol: $14.99
Sportpharma Nutriforce 20 servings	Retail: $48.95	Capitol: $24.49
Optimum 5 Lb. Whey	Retail $39.95	Capitol: $22.49

WE CARRY SUBLINGUAL AND TRANSDERMAL ANDROS, THE **MOST POTENT** FORMS OF ANDRO LEGALLY AVAILABLE.

30-55% off on all brands ALL THE TIME!!!
THOUSANDS of items in stock

- Powerlifters & Bodybuilders on staff to answer calls and questions
- FREE DELIVERY on all net orders of $200 or more
- CHICAGO AREA CUSTOMERS: Free Delivery available with no $200 minimum

CAPITOL DISCOUNT NUTRITION
5480 159th Street
Oak Forest, Illinois 60452
1-800-499-4810

BioChem, Champion, Country Life, Cytodyne, EAS, Enzymatic Therapy, Labrada, Kaizen, Muscle linc, MuscleTech, Nature's Best, Next, Optimum, Solaray, Sportpharma, Twinlab, Worldwide AND MANY MORE!

DAY 4 *- Both my mother and father had to help me out of bed today. My arms were so heavy that I couldn't even brush my teeth. No big deal! I don't brush them every morning anyway. After I sat in the tub for three hours my mother was nice enough to comb my hair and help me get dressed. I took off from work again. No big deal. I had vocation time coming. I do have this little problem though. I can't seem to sit down on the toilet any more. I get half way there and my butt cramps up. I hope this is not a lifelong condition. It's not easy hitting the target from this position and my mother is not too happy about cleaning up my mess. Of course, I would do it myself but I can't get my body down that far. I'm sure I have a disc problem and maybe a hernia or two. No big deal!*

I left for the gym at 2PM so that I would be there at 7PM sharp. Fred was waiting for me right at the door. He is such an ass. I think he is a sadist. He is always saying, "No pain, no gain". What the hell is this - a lifelong activity or a life threatening one? We did supplementary exercises today. I don't remember what they were and I don't give a darn. I was in coma the whole time we were doing them. I once read in a medical journal that when your body experiences excruciating pain your brain dumps out morphine which in turn decreases the body's pain. It's a lie. Either that or I'm mentally irregular when it comes to morphine production. I'm in so much pain my hair and fingernails hurt. Fred said that I have to suck it up if I'm ever going to be any good in the sport. Like I really give a damn about what he thinks.

DAY 5 *- I'm really pissed off this morning. I woke up to discover that I dreamt the whole night that I was working out. Now my brain even hurts. The only way I can brush my teeth today is by putting the tooth brush on the floor and move my mouth back and forth over it. No problem, I can go another day without brushing them. I think my mother is getting a little tired of my powerlifting career. She told me that from now on I should wait until I get the gym before I use the toilet. I took off work again today. This time it was an accident. I thought it was Sunday.*

Practice started right at seven "FREAKING" o'clock PM. More squats, bench presses, and deadlifts. My back hurt just chalking my hands up for the deadlift. After I finished deadlifting there was no doubt in my mind that major surgery was in my near future. All I could think about was how in the world did I get into this sport? Did I bump my head or something? And who in the hell invented this hoopla? Van Kraft of the German Third Reich? Fred said my squat depth was terrible and my deadlift form sucked. Who gives a (bleep)! I hate Freddie Glass more than any human being in the world or anywhere else for that matter. More than any human being has ever hated any other human being in the history of the world.

DAY 6 *- I slept in the tub last night. The only thing that got me through the evening was being cognizant of the fact that today I don't have to go to work or go to practice. Today is Saturday ... right? What keeps running through my mind is 'They shoot horses, don't they?" I was so weak today that I didn't have the strength to use the TV remote, so I watched eleven straight hours of the weather channel.*

DAY 7 *- I feel almost like a human being at the moment. Apparently the time off did me a world of good. Thank the Lord I still have today off. I would go to church and thank Him personally, but I just woke up and it's four o'clock in the evening. Fred called me to find out how I was doing. He told me that he was really proud of me for "sticking" in there. He is not such a bad guy after all. You know this is nothing like gym class. You really have to be a man to powerlift. Maybe I'll do alright in this sport after all.*

How do you like that? In all candor, after those first several days I was ready to put a gun to my head, but I know in my heart that if I wanted to be successful I would have to experience a little pain and frustration. That is the way it is with every endeavor in life. There is no free ride. Nothing in life that is worth having comes easy. A lot of people have this idea that life is all peaches and cream. That all they have to do is show up and everything is going to be beautiful and splendid. Someone forgot to tell them that life is also pain, hardship, despair, unhappiness and hard work. It's all a part of life. Life is magnificent, but it is not easy. In fact, it is God's greatest challenge to us. Once you learn to capture it's essence, though, then you can make real magic.

Powerlifters Make Great Role Models For Today's Youth

as told to Powerlifting USA by Gary "Big K" Kanaga

At the 1998 "Battle of the Great Lakes" Guest Lifter, Mr. Deadlift, Vince Anello, captivated the audience with a 650 lb. lift. The National Powerlifting Hall of Fame Recipient and former World and National Champion really put on a show for us. Last year, at the "Battle of the Great Lakes II", Guest Lifter, Dr. Bench Press, Larry Miller astonished all with his incredible 450 lb. bench press at a bodyweight of 165 lbs. The multiple National Champion just missed locking out 500 lbs. These feats of strength are nothing new to you, and I and the rest of the powerlifting community, but they are, however, incredible sights for the youth of our society that idolize athletic achievement.

I would like to begin this article by extending a warm, heart-felt thank you to the many outstanding powerlifters that have been such a big influence on the lives of our youth. Your "Commitment to Excellence" is greatly appreciated. You stand very tall in the hearts of many. You are role models and heroes who inspire us to press on toward our own personal goals. You are admired not so much because of your success, but rather because of the challenges or adversities you overcame to become successful. It is to you that I dedicate this article.

"Big K" with his Greatest Accomplishments ... His Athletes!! *(kneeling, left to right) Aaaron Egut, Andy Egut, J.J. Riou & Josh Papp. Middle Row (left to right) Vince Scalmato, Chris Ports, Pete Carnabuci, Anthony Scalmato, Adam Champion, Big K. Back Row (left to right) Chris Zack, Matt Salsbury and Ryan Pytel. (courtesy G. Kanaga)*

I found out early in my life about "Commitment to Excellence". I began weightlifting when I was in junior high. My father would train my twin brother Glenn and I every night. We had a simple weight room in our basement consisting of a bench, a chin-up bar, some old dumbbells, a neck harness and a standing calf machine my father made out of wood. We stuck with the three main lifts as a base and rounded it off with some assistance exercises. Our technique was somewhat sloppy, at first, but in time we learned to grasp the skills we needed to be successful. My father believed that strength combined with technique was the only true way of developing successful athletes. He was right because Glenn and I both experienced a great deal of success in football and wrestling at the high school and college level. Our road to success was not always smooth, but as we've all learned, through life, it's the ability to get up and try again following setbacks that builds character and determines the true measure of a man. My father was relentless in driving these values home. He was not just building our bodies but also preparing our minds for the competition and challenges of life.

These lessons hit home my senior year of high school when my twin brother Glenn was diagnosed with cancer. Glenn was truly an inspiration during his hardfought battle against the deadly disease. He beat the odds and today is a cancer survivor! The type of courage, dedication, and compassion my father taught us as youth, Glenn was now experiencing as a young adult. I attribute Glenn's ability to overcome that incredible challenge because of the strength my father instilled in us through weightlifting.

My father and brother are my heroes. Many of us have heroes as well. They may be famous movie stars, athletes, CEOs, politicians or your "Everyday Joe", but one thing they share in common is their "Commitment to Excellence". Throughout my modest lifting career, I have observed many powerlifters make a sincere "Commitment to Excellence". They have a burning desire to become the greatest. They outwork their competition, whether in season or out of season. They are very determined and refuse to settle for anything less than their best. As a result of their hard work and perseverance, each one became successful.

I grew up idolizing the giants of the iron field. Names like Anello, Kazmaier, Simmons, Kuc, Coan, Lain, Crain, Inzer, Williams, Black and Reinhoudt. These men helped make powerlifting the sport it is today. They led by example and were never too great to stop and give advice to your "Everyday Joe". These men were "True Champions" who loved their sport enough to give something back to it. Their "Commitment to Excellence" was passed on to the next generation of strongmen. Names like Hooper, Benemerito, Miller, King, Clark, Karwoski, and Stewart, just to name a few, all possess the special ingredients that make them successful as well. These men, in time, will pass the torch to the next generation of strong men. Names like Scalmato, Dimitris, Bertin, Egut, Lanzi, Ports, Carnabuci and Stenzel.

I encourage the seasoned powerlifter to the novice weightlifter; continue to share a few words of wisdom with our youth any time you can. Never stop reaching out to them. Give them your knowledge, advice, enthusiasm, training tips, or just a simple word of encouragement. Continue to teach them about hard work, sacrifices, and overcoming adversity. Your impact on their lives will be significant! If you truly love this sport, you will enjoy teaching it to others. By helping them, you help yourself. No one makes it alone. I tell my athletes something I learned early in life. "You may be alone on the award stand, but there are many people around you who helped shape and mold you into the successful person or athlete you are today". Records and awards will fade in time, but your "Commitment to Excellence", your courage; your dedication and compassion will last forever. Never forget, you were once in their shoes.

One of my greatest joys in life is my opportunity to reach so many of our youth through coaching. At the high school level I am a Head Wrestling and Powerlifting Coach. I love seeing athletes grow and improve everyday. Their successes are my successes. I laugh and cheer with them in victory and cry with them in defeat. There is no price that can take the place of knowing that you made a difference in a child's life! This, in its simplest form, is what my father instilled in me twenty-five years ago and we, as role models, are instilling in the athletes of today.

We all want this tradition of success we experienced in powerlifting to continue to the next generation. What better way is there, then to encourage and support the youth of today. It is our responsibility as role models to leave them something behind. Let us give back to the sport that has given us so much. Let us continue to help our youth fulfill their dreams just as we fulfilled ours!

WORLDWIDE
Bio-Engineered Beverages™

No Added Sugar. No Aspartame. No FTC Food Colors.

Your Body Is One Great Masterpiece Of Bio-Engineering.

Meet the Second.

The innovative, bio-engineered formula for **Nitro Glycerol**™ has broken new ground in power activation drink technology.

Our extreme power activator starts with an astounding 50 g of select ion-exchange whey protein. Then we supersaturate it with 40 g of glycerol to help you hydrate your muscles and give you a serious pump. Next we fortify it with 5 g of anti-catabolic glutamine peptide to help boost your muscle recovery. Then we add 1000 mg of our special anabolic blend SynergyMass™ for some bulk-building power and 200 mg of Ma Huang for a little energy-cranking dynamite.

The result: *nothing else even comes close.*

So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Available in Fruit Punch, Grape and Orange Cream.

Nitro Glycerol™—*Anything Else is Ancient History.*™

Available at select GNC LiveWell. *gyms and healthfood stores nationwide.*

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

Jul/93 ... Pro Powerlifting Debuts, Motor Cortex Control, Strategic Deadlift Initiative, ADFPA Women's Nationals, TOP 100 275s, ADFPA TOP 20 165s

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

Apr/96.. Big Bench Press News, PL vs. Pro Wrestling, the "Unknown" Strength Coach, "Casey's Club" - 600 lb. Benchers, Lifetime Nationals, TOP 100 242s.

Jun/96.. ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine, Homeopathic Testosterone, All Time Records, TOP 100 SHW

Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

Apr/97... Clark Benches 800 - Waterman

SAVE BIG BUCKS! BUY WHOLESALE 1-800-272-0051

MAIL ORDER ONLY
You must ask for these prices
While supplies last
updated 03-25-00

AWESOME PRODUCTS

AST Research
DYMETADRINE 750 XTREME
600 mg Ephedra Extract 8% - 300 mg L-Phenylalanine
300 mg L-Tyrosine - 200 mg Caffeine - 100 mg Willow Bark Extract
100 capsules / Reg. $29.95
$17.97

AST Research
3 ANDRO XTREME
Ephedra Extract - L-Phenylalanine - L-Lyrosine - Caffenine
4-Diol, 5-Diol, 19-Nor
60 capsules / Reg. $39.95
$23.97

Twinlab
RIPPED FUEL
(Metabolic Enhancer)
200 capsules - Reg. $43.95
$26.37

CREATINE / RIBOSE

Optimum
CREATINE Powder
1200 gram / $43.99
$26.39
2000 gram / $59.99
$35.99

Optimum
RIBOSE Powder
150 gram / $59.99
$35.99

RIBOSE-2500 MG
90 capsules / $48.99
$29.39

ANDRO PRODUCTS

Optimum
ANDRO-STACK 850
2 capsules contain - 100 mg Androstenedione
100 mg DHEA - 650 mg Tribulus Terrestis
120 capsules - Reg. $29.99
$17.99

AST Research
19-NOR 3-ANDRO
100 mg. Nor-Androstenedione - 100 mg. Androstenediol
100 mg. Androstenedione - 60 capsules - Reg. $64.95
$42.22

AST Research
4-DIOL 250
250 mg. Nor-Androstenediol
FOR POTENT TESTOSTERONE ELEVATING EFFECTS
60 capsules - Reg. $48.95
$29.37

Optimum
19-NOR COMPLEX
50 mg 19-Norandrostenedione
50 mg 19-Norandrostenediol
60 capsules - Reg. $49.99
$29.99

SPORT DRINKS

Optimum
PRO COMPLEX "TheDrink"
24 oz. bottles - 20 per case
37 grams protein and 0 grams carbohydrates
Reg. $50.00
$35.95

Optimum
MASS XCELERATOR
24 oz. bottles - 20 per case
High Calorie Drink With Whey Protein, Antioxidants, B-complex, Minerals & Carbohydrates All In One.
Reg. $50.00
$32.95

World Wide Sports Nutrition
ULTRA PURE PROTEIN
12 oz. cans - 24 per case
35 grams total protein, 0 fat, 3 carbs
Only 152 calories
Reg. $54.00
$37.00

World Wide Sports Nutrition
THERMO SPEED
20 oz. bottles - 24 per case
27 mg. Ephedrine, 200 mg. Caffine, 200mg. White Willow Bark
Reg. $42.00
$28.00

Optimum
RAZOR
18 oz. bottles - 24 per case
Herbal combination of Ma Huang and Guarana with L-Carnitine and Chromium Picolinate - Only 90 calories
Reg. $45.36
$28.50

PROTEIN COOKIES

World Wide Sports Nutrition
PURE PROTEIN COOKIE
15 PER BOX - 21 grams total protein
A high protein, low carbohydrate meal replacement snack
Reg. $30.00
$21.90

PROTEIN BARS

World Wide Sports Nutrition
PURE PROTEIN BAR
12 PER BOX - 33 grams total protein, 7 fat, 13 carbs
Reg. $30.00
$23.88

World Wide Sports Nutrition
THERMO SPEED BAR
12 per box / Contains Ephedrine, Caffeine & White Willow Bark
Reg. $21.00
$17.52

Twinlab
IRONMAN TRIATHLON BAR
12 per box / 40 - 30 - 30
Reg. $19.99
$10.75

PROTEIN POWDERS AND AMINO ACIDS

Optimum
100% WHEY Protein Powder
5 lb. / Reg. $39.99
each serving contains 22 grams protein and only 1 gram fat
$23.99

USA
NITRO AMINO 1001
325 capsules / Reg. $29.00
$15.00

Optimum
GLUCOSAMINE plus CSA
120 capsules / Reg. $35.98
$17.99

Optimum
PRO COMPLEX POWDER
53 grams protein
4.4 lb / Reg. $62.99
ZERO FAT
$37.79

Optimum
EGG D'LITE
100% Egg Protein
2 lb. / Reg. $35.99
ZERO CARB ZERO FAT
$21.59

CRAIN'S MUSCLE WORLD, LTD.
3803 North Bryan Road
Shawnee, Oklahoma 74804-2314 USA
e-mail crain@ionet.net
catalog www.crainsmuscleworld.com
power forum http://members.boardhost.com/powerforum/

We reserve the right to substitute a product of equal or better quality or value.

SHIPPING $6.00
Outside U.S.
Handling $8.00+
30% Surface or 40% Airmail
Minimum $6.00
Oklahoma Residents Add 8.5% Sales Tax
YOUR ORDER MAY BE SUBJECT TO BULK SHIPPING CHARGES

ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / C.O.D. ($25.00 min.)
Outside USA and Customer Service Call
1-405-275-3689 1-405-275-3739 Fax
Call TOLL FREE - Orders Only
1-800-272-0051

600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, *NEW* Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.
May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.
Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98 ... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463 -USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.
Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s
Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie SImmons, TOP 100 123s
Sep/99 ... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith - Triac, York Spectacular, TOP 100 132s
Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.
Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s
Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00 ... Arnold Classic,WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.

LIST THE ISSUES YOU WANT (AND ALTERNATES), MAKE OUT A CHECK ($5 PER ISSUE) TO *POWERLIFTING USA, BACK ISSUES,* POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA.

POWERLIFTING
PARAPHERNALIA

CRAIN'S
MUSCLE WORLD, LTD.
3803 North Bryan Road
Shawnee, Ok. 74804-2314 USA
e-mail crain@ionet.net
catalog www.crainsmuscleworld.com
power forum http://members.boardhost.com/powerform/

SHIPPING $6.00
Outside U.S.
Handling $8.00+
30% Surface
or 40% Airmail
Minimum $8.00
Oklahoma Residents
Add 8.5% Sales Tax

ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / C.O.D. ($25.00 min.)
Outside USA and Customer Service Call
1-405-275-3689 1-405-275-3739 Fax
Call TOLL FREE - Orders Only
1-800-272-0051

AVAILABLE AT LEGITIMATE GYMS AND HEALTH FOOD STORES SUCH AS: GNC LiveWell 24 HOUR FITNESS

Ripped Force®

THE PROFILE

WHAT

- Hyper- thermogenic formula
- 20 mg ephedrine
- 100 mg caffeine
- 250 mg L-carnitine
- 240 mcg chromium

WHY

RIPPED FORCE® is the original hyper-thermogenic pre-workout and fat mobilizing sports drink.★ RIPPED FORCE® delivers power and energy when it's needed most, and includes 23 grams of energy packed complex and simple carbs for a total energy drink.★

FLAVORS

- Fruit Punch
- Orange
- Grape
- Pink Grapefruit
- Lemon Lime

Speed Stack™

THE PROFILE

WHAT

- Power and energy
- Only 5 calories
- 24 mg ephedrine
- 11 mg synephrine
- 200 mg caffeine
- ASPARTAME FREE

WHY

When you need maximum physical and energy with minimal calories, SPEED STACK™ delivers!★ SPEED STACK™ contains a powerful amount of ephedrine, synephrine and caffeine with only 5 calories. This awesome tasting drink is 100% aspartame free.

FLAVORS

- Fruit Punch
- Grape

REQUIRES IGNITION

AMERICAN BODY BUILDING™

Extreme Ripped Force™

THE PROFILE

WHAT

- Extreme hyper-thermogenic formula
- 24 mg ephedrine
- 200 mg caffeine
- 250 mg L-carnitine
- Added electrolytes - potassium, sodium and phosphorus

WHY

EXTREME RIPPED FORCE™ contains a synergistic formula that combines a maximum amount of ephedrine and caffeine for energy and fat mobilization.★ EXTREME RIPPED FORCE™ also provides L-carnitine, guarana extract, electrolytes and energy packed complex and simple carbs for maximal short and long term energy.★

FLAVORS

- Fruit Punch
- Grape
- Orange

Inferno™

THE PROFILE

WHAT

- Thermogenic and mass
- 20 mg ephedrine
- 23 g whey protein isolate
- 75 mg caffeine
- 239 mg L-carnitine
- 160 calories

WHY

When your body and mind need protein and energy but can't afford slamming down extra calories look no further. INFERNO's powerful combination of 23 grams of quality whey protein isolate and powerful thermogenic agents delivers exactly what you need!

FLAVORS

- Fruit Punch
- Grape

A FORCE IN THE GYM™

★THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Beast of the East BP
15 Jan 00 - Ocean City, MO

Junior		Masters (45-49)	
148 lbs.		181 lbs.	
R. Cohen	210*	J. Schneider	225
Seniors		(50-54)	
181 lbs.		L. Lindsay	285
D. Pouchan	350	198 lbs. (40-44)	
198 lbs.		J. Roberts	345
V. Dileonardi	305	(50-54)	
220 lbs.		E. Boulinger	315
S. Welch	445	220 lbs. (45-49)	
242 lbs.		R. Kerber	290
T. Hartka	465	(50-54)	
275 lbs.		M. Levin	300
J. Schroeder	435	242 lbs. (40-44)	
		M. Bradley	405

Best Lifter Over 200 - Hvywt.: Tom Hartlea, Senior Division. Under 200 - Ltwt.: David Pluchan, Senior Division. Junior Division: Richard Cohen. Master - Hvywt: Michael Levin. Master Ltwt.: Ed Bollinger. (Thanks to Gary Howard for providing the results)

USAPL Midwest BP Classic
29 Jan 00 - Oshkosh, WI

WOMEN		R. Campshure	345
Open 148 lbs.		Teen 148 lbs.	
K. Wolfgram	165	M. Molash	135
198 lbs.		181 lbs.	
J. Francis	210	J. McDonald	305
MEN		242 lbs.	
Open 148 lbs.		A. Beck	330
B. Schuelke	250	MEN Master	
165 lbs.		148 lbs.	
S. Heathman	340	D. Connor	235*
D. Parker	300	165 lbs.	
181 lbs.		D. Parker	300
G. Zangl	435	181 lbs.	
198 lbs.		R. Elkendler	315
R. Keil	425	S. Berger	235
B. Wright	415	W. Memenga	0
220 lbs.		198 lbs.	
E. Klapps	430	J. Pitsch	330*
T. Schmidt	400	D. Thompson	320
J. Markham	350	G. Soifakis	310
242 lbs.		D. Rabe	220
D. Doan	565*	220 lbs.	
C. Alsteen	500	J. Markham	350
S. Schoen	370	242 lbs.	
275 lbs.		D. Zemke	310
K. Bessler	480	275 lbs.	
SHW		J. Schaub	370
R. Gries	425	M. Hert	225

Best Lifter: David Doan. *=State Record. Meet Director: David Doan. Held at Oshkosh YMCA. (Thanks to USAPL for providing these meet results)

USAPL Blacksmith Open & BP (kg)
27 Nov 99 - Columbia City, IN

BENCH		100 kgs.	
67.5 kgs. Open		Spl. Olympian.	
J. Engle	122.5	R. Magers	72.5
Spl. Olympian		Novice	
R. Sims	52.5	P. Linville	155
82.5 kgs.		Open	
Spl. Olympian		P. Linville	155
J. Chapman	80	Master-I	
S. Hoffman	60	G. Homola	155
90 kgs.		110 kgs. Open	
Spl. Olympian		J. Pierce	175
L. McCullough	45	Master-I	
Master-I		J. Pierce	175
A. Hensley	120	145 kgs. Open	
Master-II		T. Slaughter	175
C. Lee, Sr.	105	145+ kgs. Master-II	
		C. Peterson	150

WOMEN	SQ	BP	DL	TOT
60 kgs. Teen (16-17)				
S. Swagerty	102.5	67.5	107.5	277.5
67.5 kgs. Teen (14-15)				
M. Lehman		112.5	57.5	117.5
287.5				
75 kgs. Open				
R. Welding	140	82.5	160	382.5
90+ kgs. Open				
S. Hallen	150	120	150	420
MEN 67.5 kgs. Teen (16-17)				
C. Perdaris	125	77.5	152.5	355
75 kgs. Teen (16-17)				
N. Reimbold	160	102.5	210	472.5
Junior				
J. Cecil	212.5	127.5	232.5	572.5
Open				
D. Stump	230	130	235	595
Master-I				
J. Marksteiner	192.5	102.5	182.5	477.5
82.5 kgs. Teen (16-17)				
A. Beeson	220	167.5*	237.5	625
Open Raw				
J. Sensenbaugh	162.5	130	217.5	510
Open				
K. Cook	195	122.5	217.5	535
Master-II				
R. Sowala	155	117.5	175	447.5
90 kgs. Novice				
B. Helfst	155	137.5	190	482.5
Master-I				
R. Jones	205	157.5	227.5	590
J. Perdaris	70	125	105	300
100 kgs. Teen (18-19)				
A. Konstantopoulos		150	192.5	200
542.5				
Novice				
P. Linville	197.5	155	180	532.5
Open				
J. Goodhew	287.5	197.5	295	780
J. Massey	260	170	292.5	722.5
C. Owens	230	175	277.5	682.5
P. Linville	197.5	155	180	532.5
Master-I				
J. Valpatic	205	125	232.5	562.5
110 kgs. Novice				
J. Newton	232.5	150	245	627.5
Open				
J. Newton	232.5	150	245	627.5
K. Slaughter	197.5	150	255	602.5
125 kgs. Open				
S. Godman	265	142.5	260	667.5
145 kgs. Open				
T. Slaughter	240	175	277.5	692.5
145+ kgs. Master-II				
C. Peterson	227.5	150	220	597.5

Best Lifter Awards: Women's Division: Ruth Welding. Junior Division: Adam Beeson. Master's Division: Robert Jones. Open/Overall: Joe Goodhew. Many Thanks to the dedicated Spotters, Loaders and Officials who made this meet a success. The bar never touched the floor going into the deadlift, which is a great assurance that the spotting was tight and safe for the lifters. We were blessed with many good officials who selflessly gave their time to advance the sport. Joe & Cathy Marksteiner's family came to lift, referee, expedite, spot/load, whatever was asked, with enthusiasm, and we even got a loaf of Cathy's delicious home made bread! Gregg Maggert, Doug Roush, Mel Knetter, Marcus, Tony, Liz, Cathy, Joe, Mike Huth, Steve Heck, Deb Wade, Sonny Runyon, and all the rest. Thanks to all of you who worked hard to put on a great meet. With Lifters ranging in age from 15 to 79, the competition was excellent and broad based. American Record Holder Charles Lee came to stay on top of his game while waiting to turn 80 so that he can set the American Records all over again. Ruth Welding and Sue Hallen, freshly returning from the Master's Worlds in South Africa put up some impressive numbers, and staked out the battle for best lifter. Teen strong man Adam Beeson set a new American Record in the Bench Press while posting a total that speaks of his abilities to advance on to international competition in the future. Joe Goodhew may just have to keep that extra body weight on, if his numbers keep going up after taking Best Lifter with a new personal total record. We were happy to be able to give out the new USA Powerlifting Olympic Sized Medals as awards, which are awesome, and remind of us our goal for Powerlifting to become an Olympic recognized sport Put November 11, 2000 on your calendar for next year's BLACKSMITH OPEN in Columbia City, Indiana, it'll be another meet to Remember! (Thanks to the USAPL for providing these contest results)

USAPL Maryland State
11 Dec 99 - Laurel, MD

WOMEN	SQ	BP	DL	TOT
Open 105 lbs.				
K. Muttart	165	99	215	479
Master (40-44)				
K. Muttart	165	99	215	479
Open 114 lbs.				
A. Dopkosky	236	137	242	617
123 lbs.				
J. Long	203	143	192	539
132 lbs. Teen (16-17)				
A. Bain	187	82	225	495
Open 165 lbs.				
T. Bufkin	236	132	319	688
C. Boone	242	115	275	633
M. Dipalma-Selby	154	93	220	467
S. Washington	148	121	187	456
Master (45-49)				
S. Washington	148	121	187	456
198 lbs. Teen (16-17)				
C. Vaughn	236	126	231	594
Open 198+ lbs.				
M. Chase	314	181	341	837

CRAIN'S
MUSCLE WORLD, LTD.
CALL TOLL FREE
1-800-272-0051

NEW
$29.95
NOW AVAILABLE IN VIDEO!

TO SQUAT Or Not To Squat Is the Ultimate Book on Power Squatting! "When all else fails, read the instructions!"

Rickey Dale Crain explains it ALL! Everything you ever wanted to know about the squat with 6 different complete squat routines and more!
SB $19.95 HB $29.95

POWERLIFTING

Crain's Muscle World Workout Log $12.00
The Bench Press - Worlds Greatest Bench Pressers / Biasotto $19.95
Bench Assault / O'Brien $15.00
Squat and Deadlift Blitz / O'Brien $15.00
Powerlifting Greatest Bench Presser / Williams $19.95
Kaz Quest #1 Bench Press / Kazmire $9.00
Kaz Quest #2 The Squat & Deadlift / Kazmire $9.00
Kaz Quest#3 Bodybuilding / Kazmire $9.00
Add 50 to 75 lbs To Your Bench Press / Lain $14.95
Building The Biggest Bench Press / Confessore $16.95
Powerlifting Basics Texas Style / Kelso $15.00
John Black Presents Powerbuild / Black $16.00
Pushing For Power / Seno $15.00
Champion Of Champions / Pacifico $19.95
Primer For Beginners In Squat / Hatfield $10.00
Squatting At A Premium / Williams $19.95
Ten Commandments Of Powerlifting / Frantz $19.95
Womens Biggest Bench Press / Poston $4.98

Training Courses By Doug Hepburn (Collect all 7)
• Strength and Bulk • Super Strength • Two-Hands Curl • Olympic Press • Bench Press • Two-Hands Deadlift • Deep Knee Bend
One man who certainly qualifies as an incredible all-around strongman is Doug Hepburn. Not only was he a World Champion weightlifter he was considered the strongest man in the world in what would become the power lifts, but he excelled at nearly every lift in his bizarre. $9.95 each
Forever Natural / Tuttle $15.95
Laminated Squat Poem $3.00

SPECIALTY VIDEOS

Squat Workout 2 tapes $54.95
Bench Press Workout - 2 tapes $49.95
The Bench Press Video (Revised) $35.95
The Squat Video $29.95
The Deadlift Video $29.95
TRAINING SECRETS of WESTSIDE BARBELL CLUB

NEW
$29.95
NOW AVAILABLE IN VIDEO! VHS/S, VHS, NTSC, PAL, PAL-M, PAL-N SECAM & MESECAM
TO SQUAT Or Not To Squat is the Ultimate Video on Power Squatting! "When all else fails, watch the instructions!"
Rickey Dale Crain explains it ALL! Everything you ever wanted to know about the squat with 6 different complete squat routines and more!

NUTRITION, STEROIDS AND SPORTS MEDICINE

Beat The Box / Kalashnikov $7.95
Deception Detection / Clifton $15.95
Just Say No To Drugs / Carson $12.00
Never Say Lie / French and Vanhouten $19.95
Body Opus / Duchaine $39.95

Underground Steroid Handbook II / Duchaine $24.95
Physical Enhancement With An Edge / Hominuk $39.95
World Anabolic Review 1996 / Grunding $39.95
Drug Use & Detection in Amatur Sports / DiPasquale $15.00
Drug Use & Detection Update #1, 2, 3 $16.00
Drug Use & Detection Update #4 $11.00
Drug Use & Detection Update #5 $16.00
Anabolic Steroid Side Effects / DiPasquale $16.00
Beyond Anabolic Steroids / DiPasquale $16.00
Bodybuilding Supplement Review / DiPasquale $39.95

CRAIN'S MUSCLE WORLD, LTD.
3803 North Bryan Road
Shawnee, Ok. 74804-2314 USA
VISIT OUR WEB PAGE www.crainsmuscleworld.com
POWER FORUM http://members.boardhost.com/powerform/
E-MAIL crain@ionet.net

HANDLING $6.00
OUTSIDE U.S. HANDLING $6.00 + 30% SURFACE OR 40% AIRMAIL
MINIMUM $40.00
Oklahoma Residents Add 8.5% Sales Tax

ALL SALES FINAL
NO EXCHANGES OR RETURNS ON BOOKS AND VIDEOS
ALL PRICES SUBECT TO CHANGE
Check / Cash / Credit Card / C. O. D. ($25.00 min.)
Outside USA and Customer Srevice Call
1-405-275-3689 or Fax 1-405-275-3739

MEN Open 132 lbs.				
N. Park	352	181	418	953
148 lbs.				
C. Gafke	5007	303	523	1333
P. Griffith	501	231	408	1140
V. Aybar	418	275	441	1135
T. Burnett	297	275	408	981
Master (50-54)				
P. Griffith	501	231	408	1140
(55-59)				
J. Lusk	347	215	352	914
Teen (14-15)				
J. Lubel	270	154	336	760
Junior (20-23)				
H. Kramer	303	203	363	870
Open 165 lbs.				
E. Holmes	622	325	6006	1554
O. Singh	424	281	474	1179
R. Simms	402	330	413	1146
L. Johnson	363	248	474	1085
Master (40-44)				
O. Singh	424	281	474	1179
Teen (14-15)				
B. Holt	341	192	369	903
Open 181 lbs.				
V. Johnson	622	363	606	1592
O. Burton	545	380	534	1460
R. Branch	534	341	507	1383
L. Carroll	545	308	523	1377
J. Russo	418	314	529	1262
T. Brayton	452	341	463	1256
V. Morris	485	242	457	1184
K. Moran	440	231	396	1069
Master (55-59)				
T. Fleming	402	203	440	1047
Teen (14-15)				
R. Panizari	259	132	286	677
Open 198 lbs.				
J. Bufkin	600	347	734	1680
C. Shepherd	562	336	529	1427
C. Oliver	512	347	551	1410
T. Getsinger	413	358	507	1278
B. Dopkosky	485	303	490	1278
M. Miller	402	325	402	1129
J. McPhearson	226	341	452	1019
J. Edwards	143	435	143	722
Master (55-59)				
D. Reamy	352	209	468	1030
Open 220 lbs.				
M. Gary	523	319	589	1432
D. Davidson	380	275	424	1113
Master (40-44)				
T. Clem	501	319	501	1322
Open 242 lbs.				
L. Willett	507	424	600	1532
Open				
L. Schott	551	341	606	1499
Master (50-54)				
J. Flynn	391	300	440	1162
L. Harrod	396	270	452	1118
(55-59)				
J. Payne	242	264	380	887
Teen (16-17)				
D. Hammersmith	440	275	457	1173
Open 275 lbs.				
G. Evans	562	270	584	1416
Master (45-49)				
P. Smith	501	374	611	1487
(50-54)				
C. Smith	451	352	479	1284
Open 275+ lbs.				
J. Sauter	678	474	666	1818

Thanks to Matt Holt, Jim Roberts, John Mogarver, Marsha Serre, Christina Boone (my right arm and better half), Josh Geobbel, Tom Wiley, David Daniel and Smsoil, Brandon Carter, Mike Uhlman, and Vice-Principal Jones. Best Lifter Women Open: Anita Dopkosky; Best Lifter Junior Women: Amanda Bain; Best Lifter Master Women: Kathi Muttart. Best Lifter Men Open: Eric Holmes. Best Lifter Junior Men: Ben Holt. Best Lifter Master Men: Paul Griffith. Team Champs Men: MAC, Team Champs Women: BILT. (Thanks to USAPL for the results)

APF Spartan Open
11 Mar 00 - Roseville, MI

MEN	SQ	BP	DL	TOT
Teen (16-17) 165 lbs.				
B. Simonovich	341	192	341	876
Junior (20-23)				
M. Freeman	435	341	402	1177
220 lbs.				
P. Fought	573	341	551	1466
Submaster (33-39) 242 lbs.				
M. Southward	551	374	507	1433
Master (40-44)				
J. Simonovich	611	303	562	1477
Master (45-49) 275 lbs.				
J. King	683	380	644	1708
Novice 148 lbs.				
D. Campbell	451	325	407	1184
W. Fox	358	253	391	1003
165 lbs.				
B. Simonovich	341	192	341	876
181 lbs.				
R. Brobst	402	275	451	1130
198 lbs.				
M. Rewerts;	396	286	529	1212
C. Strange	347	214	424	1025
Novice 242 lbs.				
E. Covey	628	385	551	1565
M. Southward	551	374	507	1433
J. Ford	507	303	501	1312
275 lbs.				
E. Turner	589	402	573	1565
SHW				
R. Twining	617	402	567	1587
Open 165 lbs.				
R. Salvagni	551	457	507	1515
J. Friend	501	369	501	1371
220 lbs.				
G. Scott	666	490	633	1791
C. Focht	606	479	633	1719
M. Burrows	655	435	584	1675
242 lbs.				
J. Simonovich	611	303	562	1477
M. Southward	551	374	507	1433
308 lbs.				
J. Harris	699	562	600	1863
P. Bradshaw	633	501	672	1808

Judges: Maris Sternberg, Dean Glitt, Joellen Glitt, Bob Spaulding. Best Lifter: Galen Scott. Team Champions: The Stables Power Team. This was the first APF Spartan Open ever held. It was in conjunction with the 4th APF Michigan Senior States Championships. I want to personally thank the Stables Power Team from Columbus, Ohio for bringing up their monolift and setting it up in the warm up room. Everybody really enjoyed having a second monolift. I now realize that I need another one for that purpose also. This meet got started by just having it for the out-of-state lifters. I will now have it every year with our state championships. The meet ran exceptionally long this time as we had over 80 lifters enter. We are negotiating to start running it 2 days in the future so we can get out at a reasonable time. There were people from Ohio, Illinois and Indiana who came out here and what fine lifting they did. There were many highlights on this day. John Simonovich made his return to the platform and had a nice 611 lbs. squat. It was nice to see Jeff King back on the platform too. The native Cleveland, Ohio made a nice 683 lbs. squat. Rich Salvagni posted his qualifying total for APF Senior Nationals this year. Rich hit a really impressive 457 lbs. bench in the process too. Best lifter Galen Scott was impressive with some very well balanced lifting in posting a 1791 lbs. total. Jim Harris and Paul Bradshaw battled it out for top honors in the 308 lbs. class with Jim coming out on top. Jim hit a nice 699 lbs. squat to go along with his impressive 562 lbs. bench. Paul had a very impressive 672 lbs. deadlift That was it for this year and hope to see everyone next year also. Again many thanks to the guys at the Stables Power Gym for offering to bring up their monolift. God bless and train hard. Yours in Powerlifting (Thanks to Dan DeFelice for results)

Super Bench 2000
26 Feb 00 - Keene, NH

MEN		R. Kelly-208	365
Open 148 lbs.		(50-54)	
A. Colella	315	A. Colella-146	315!
G. Kochman	250	K. Wynne-190	390
165 lbs.		(55-59)	
J. Speranza	365!	P. Soto-160	310
P. Soto	310	Novice	
181 lbs.		M. Moran-252	460
A. Ramirez	380	B. Schindler-210	355
C. Kanavas	285	R. Berry-213	350
198 lbs.		G. Kochman-148	250
G. Sotirakos	400	J. Fuentes-122	160
K. Wynne, Sr.	390	Submaster (33-39)	
D. Dore	275	J. Flynn-264	540
220 lbs.		J. Speranza-159	365
R. Kelly	365	M. Moran-252	460
242 lbs.		A. Beshta-250	370
D. Lee	530!	P. Delamare-242	365
R. Delamare, Jr.	435	Teen (16-17)	
275 lbs.		G. Kochman-148	250!
J. Flynn	540	A. Tatro-218	290
M. Moran	460	Junior (20-23)	
A. Beshta	370	D. Dore-198	275
Master (40-44)		WOMEN	
D. Lee-235	540	Open	
(45-49)		F. Juju-122	70!

! designates Best Lifters in each category. 1st place team went to Barrets Bull Pen from Lynn, MA. (Thanks to Louie LaPoint for providing the results)

CRAIN'S MUSCLE WORLD, LIMITED Collection

If we don't have it and we can't get it then you don't need it!

CALL TOLL FREE 1-800-272-0051

156-81

ZMA™ and Theanine Recovery Formula

Getting jacked up on caffeine and adrenaline for a workout is great. But what if you work out at night? ***Recovery Stack™***, a patent-pending formula of ZMA™ and theanine, is the new and advanced fitness formula designed for you—the athlete who wants the anabolic benefit of ZMA™ and demands mental and physical recuperation. ***Recovery Stack™*** works by helping your body rebuild muscle and promoting a more restful state.★

Metaform® ***Recovery Stack™*** contains a patent-pending combination of ZMA™ and L-Theanine, making it a significant advancement beyond other ZMA™ formulations. ZMA™, a proprietary blend of zinc, magnesium and vitamin B6, can significantly increase Zn, Mg and protein synthesis precursors, as well as increase strength and power in intensely trained athletes.★ Metaform® ***Recovery Stack™*** with ZMA™ was designed to promote tissue and muscle repair, while supporting relaxation and reducing muscle cramping potential.★ L-Theanine, an amino acid found in green tea, helps promote a restful, relaxed state and may help offset the effects of too much caffeine.★ L-Theanine works by getting converted to GABA (gamma amino butyric acid) within the brain.★ GABA is known to promote a relaxed and restful state of being, ideal for coming down from a pre-workout energy booster or a late night workout.★

Recovery Stack™— shutting down your mental powerplant for the night and flipping the "On" switch for maximal recovery!

GNC LiveWell.

Available today at GNC and other fine health food stores.

★ 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.

TECHNICALLY ADVANCED NUTRITION
METAFORM®

For product information or to talk to one of our certified fitness trainers, call 1-800-439-8048 www.realmuscle.com/metaform

Coming Events

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

1 JUL, 100% Raw Summer Deadlift (open, women, masters, teen) Graham Bartholomew, 2698 Moran Dr., Waldorf, MD 20601, 301-843-5046 (h), Fax 301-423-2965, grahambo@libertybay.com

1 JUL (new date), Intl. Bavaria Cup DL (women, men, jr., master) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany, (0)871-77575

1 JUL, SLP NATIONAL BP/DL CHAMPIONSHIPS (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

3 JUL, Iowa/Midwest Open BP on the Square (Sigourney, IA - open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240, hammes@kdsi.net

7-9 JUL (new date), USAPL Men's Natls, Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

7-9 JUL, ADAU Nationals (PL - men & women - open, submaster, master, junior, teenage) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

8 JUL, Beliot Riverfest BP (APF/AAPF & Raw - no organization membership - no bench shirts - men/women: open, teen, jr., submaster, master) Craig Hansen, 1629 Trainer Rd., Rockford, IL 61108, 815-227-0935, craiglyb@worldnet.att.net

8 JUL, APA Tennessee Open BP/DL (Nashville, TN) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

8 JUL, WNPF Western PA (Blackhawk H.S. - Beaver, PA - PL, BP, DL - open to all drug free lifters) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

8 JUL (new date), ANPPC WORLD CUP, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

8 JUL, WNPF BP Nationals & DL Nationals (Charlotte, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

8 JUL, NASA AZ State, NASA, Box 735, Noble, OK 73068, 405-527-8513

8 JUL, Allentown Sports Festival BP/DL, Fred Glass, 811 N. Jordan St., Allentown, PA 18102, 610-770-9333

8 JUL, 7th Eastern OK BP (Eufala, OK - pro, open, novice, teen, jr., masters, women) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059

8 JUL, Max Flex BP & DL Classic (Ft. Lauderdale) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

***9 JUL,** ANBA Sportsfest Women's Fitness Contest 2000 (national qualifier) Allan Davis, Mark Riggleman (deadline 7/1/00) 610-434-3324*

9 JUL, Muscle Bound Fitness Push/Pull Open BP and/or DL, John or Kayleen Blackstone, 102 E. Main St., W. Lafayette, OH 43845, 740-543-6577

15 JUL, Region 8 Championships, Anthony Carillo, 414 E. 4th Ave., Olympia, WA 98501, 360-754-2475 or 556-2688

15 JUL, APF Lone Star Classic BP (teen, master, submaster, novice, open) Marvin Meinstein, 2080 W. Bewick, Ft. Worth, TX 76109, 817-924-4310

15 JUL, APA Nutmeg State Open BP/DL (Wallingford, CT) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

15 JUL, The Training Center's Summer Bench Press (open men/women - New Castle, DE) 302-328-5438

15 JUL, USPF Beach Bench Press (Angola, NY) Butch Murr, 716-652-0183

15 JUL, New England's Strongest Man/Woman (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

15 JUL, APF Muscle Beach Venice Deadlift, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

15 JUL, APF Florida Push/Pull for Total In Memory of Lawrence Monberg, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

15 JUL (tentative) NASA East Texas Open (Kilgore) NASA, Box 735, Noble, OK 73068, 405-527-8513

15 JUL, Max Flex BP & DL Classic (Seattle) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

15 JUL, USPF East Beach PL (natural, open, master, women, teen & strongest high school team in the county - Santa Barbara, CA - National Qualifier) Kevin Fisher, 805-963-3439, Fax 805-963-8740

15,16 JUL (new date), IPA National Bench Press, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506 or 583-8648

16 JUL, USPF Summer Slam (NHSP) J. Fellows, Box 375, Belmont, NH 03220

***22 JUL,** NASA WV Open PL, BP & PS (Buckhannon, WV) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283, gvhl@wirefire.com*

22 JUL, USAPL Apple Push 'n Pull, Liz Panter, 1710 E. 16th St., Idaho Falls, ID 83404, 208-529-8600

22 JUL (new date), Independence BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

22 JUL, Hawaii State Pull/Push & World Bench Press Qualifier, Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266

22 JUL, USAPL 3rd BP & DL Battle on the Beach (Metro Beach, Mt. Clemens, MI) Mike Lawrence, 248-616-5447

22 JUL, NASA Tri-State Natural (Monolift, no entry free for spec. olympians, PL, BP, PS) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-8473 after 1pm CST

22,23 JUL, USPF Georgia Games, Life University, 1269 Barclay Circle, Marietta, GA 30060, www.georgiagame.org, David Hall, 678-290-1882

28-30 JUL (new date), "100% RAW" Nationals (men & women, all age groups/wt. classes, limited entries, deadline 7/1) Spero Tshontikidis, 17506 Sabrina Terrace, Derwood, MD 20855, 301-990-2874

***29 JUL,** N. Dakota State Fair BP, Advanced Sports Kinetics, 710 5th Ave. SW, Minto, MD 58701, 701-839-3139*

***29 JUL,** 9th Border Classic BP, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324*

29 JUL, Fitness Zone's Bench Press Competition (open & raw [lt & hvy], women, teen, masters, police & fire, team) Lynn Smith, 4500 Carr Dr., Fredericksburg, VA 22408, 540-898-1252

29 JUL, CPC Canadian PL & BP Championships (world qualifier for top 2 in each division) Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3067

29 JUL, Clinton Co. YMCA Open BP/DL Classic (Frankfort, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

29 JUL, Max Flex BP & DL Classic (all divs. - San Francisco, CA) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

29,30 JUL (new date), WNPF New Jersey (PL, BP, DL, SQ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

29 JUL, Summer Beast, (St. Mary's, PA) Ken Mountain, 814-834-9222

JUL, 7th Border Classic BP, Tito's Gym, 245 Fairfax, Brownsville, TX 778520, 956-504-3324

JUL?, NASA Illinois Regional, Lindell Smith, 508 E. 5th, Flora, IL 62839

3-5 AUG, AAU Jr. Olympics, AAU High School National PL (raw - Orlando, FL) Gary Rodgers, 5824 Windmill Ct., Orlando, FL 32809, 407-856-7780 (hm), 836-8984 (wk), gbdrodge@mpinet.net

4th and 6th AUG, WABDL National Powerlifting Championships (Holiday Inn Select, Wilsonville, OR - 10 mi. south of Portland on I-5 - shuttle provided - double ply BP shirts & squat suits, single ply DL suits - no canvas shirts or suits) Gus Rethwisch, Box 5295, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

***5 AUG,** 3rd "Rothgery Powerlifting" Outdoor Summer Bash (BP and/or DL - open, novice, submaster, master, teen, women) Brian Rothgery, 440-365-8448 or Don Rothgery, 165 Alexander Dr., Elyria, OH 44035*

***5 AUG,** 4th Fitness Guru Open, Fitness Guru, 41625 305th Ave., Melrose, MN 56352, 320-256-4412, ellering@meltel.net*

5 AUG, APF Maine State Push/Pull (outdoors - men, women, master, submaster, teen) and APF Pine Tree State Open, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

5 AUG, APF L.A. Lifting Club Summer Bench Blast (Burbank, CA) Joe Avigliano, 818-846-5438

5 AUG, AAU "Raw" Missouri State PL & Bill Clark Open, Dave DeForest, 6706 State Road J, Fulton, MO 65251, Kdefores@mail.coin.missouri.edu

5 AUG, Horseheads Pre-season PL Meet (high school students only - men/women) Bert Conklin, 104 Willow Dr., Horseheads,

B.L.U.
BIG LIFTS UNIVERSITY

PRO fitness

2000 PRO FITNESS POWER LIFTING SCHEDULE

AUGUST 12, 2000 - NJ BENCH PRESS OPEN. LOCATION: Pro Fitness, Rockaway, NJ

SEPTEMBER 17, 2000 - POLICE AND FIRE NATIONALS - BENCH PRESS AND FULL POWER MEET. LOCATION: Holiday Inn, North Newark

NOVEMBER 18 & 19, 2000 - NJ STATE POWERLIFTING CHAMPIONSHIPS. LOCATION: Morris County Area

973-627-9156
WWW. ProFitness.com

NY 14845, 607-796-2583 or Ed Patten 607-733-4997

5 AUG, APA East Coast Open BP/DL (Maryland) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

5 AUG, USPF Barbee Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Corpus Christi, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.sequigfitness.com

5 AUG, Low Country Push/Pull #2, The Dungeon Gym, 2833-C S. Live Oak Rd., Moncks Corner, SC 29461, 843-761-5632 or Floyd Powe 843-875-1434

5 AUG, APF Muscle Beach Venice Push/Pull, V.B.A.C., 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

5 AUG, APF USS Escanaba Memorial Outdoor PL/BP Classic (men/women: open, teen, jr., submaster, master, police/fire/military) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488

5 AUG, Vince Soto Memorial/Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

5,6 AUG, *Sugarloaf Strongman/woman (Sybertsville, PA) Scott Major, 570-459-5885, Bob Thomas, 800-543-2497*

5,6 AUG, USAPL Nevada St. PL/BP, Jim Kralich, Box 238, Elko, NV 89803, 775-934-4241, jimlee@cyberhighway.net or Laurie Evans 775-738-4245

5,6 AUG, WABDL World Cup BP & DL & Strongman Contest (Portland, OR - Holiday Inn Airport) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

12 AUG, APF USS Escanaba Memorial Outdoor PL/BP Classic, Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrienta@iserv.net

12 AUG, USAPL Nebraska BP (Columbus, NE - open, teen, women) Tim Anderson, 1829 South St. #42, Blair, NE 68008, timanderson@huntel.net

12 AUG, Body Factory Power Challenge BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090

12 AUG, N.J. Bench Press Open, Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

12 AUG, *WABDL Regional World Qualifier (Burbank, CA), Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724, pwrlftrs@dellnet.com*

12 AUG, Team Weber Strength PL (BP, Trap Bar DL) Bob Weber Jr., 1412 5th St., Camanche, IA 52730, 319-259-8695

12 AUG, Max Flex BP & DL Nationals (all divs. - Chicago, IL) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

12 AUG, Greene Co. Strongman/Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

12,13 AUG, USAPL New York State, Sean Culnan, 12 Biscayne Blvd., Troy, NY 12182, 518-384-1100 x 525 (d), 237-0972 (e)

12,13 AUG, 2nd WNPF Lifetime Drug Free Worlds (all events/divisions - Daytona Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

12,13 AUG, AAU Raw Nationals (Kingston, MA - near Boston) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764

12,13 AUG, NASA World Cup PL, BP, PS (OKC, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

13 AUG, Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

17 AUG, Old Settlers Days BP/DL Classic (Hillsboro, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

19 AUG, 8th Drug Free Iowa State Fair Law Enforcement & Firefighters Bench Press (natural, masters, submasters, women) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275

19 AUG, 15th Drug Free Iowa State Fair BP/DL (natural, pure, novice, beginner, masters, submasters, womens, teen) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275

19 AUG, APA Texas State PL, APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

19 AUG, Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

19 AUG, Alabama APF Push/Pull, Robbins Fitness Adv., 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

19 AUG, MidAtlantic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

19,20 AUG, *USAPL Florida State PL & DL (teen, master, women, open) Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804 after 4pm*

19,20 AUG, AAPF/APF Snake River PL/BP (Idaho Falls, ID) Michael & Linda Higgins (M-F, 3-6 PM, 208-523-0600) apf_id_mhiggins@yahoo.com

20 AUG, Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

26 AUG, Northern Michigan Slam Off Bench Press (unsanctioned - all organizations and lifting gear welcomed - teen, open, submaster, master - for men and women) Jeff Fleischer, 237 W. Cedar St., Gladwin, MI 48624, 517-426-0061

26 AUG, APA Thunder Bay Open (Ferg's Sports Bar - St. Pete, FL) Stephen Highnote, 54th Ave. Gym, 727-521-6162

26 AUG, 10th Endless Summer BP, Goshen Fitness, Box 92, Goshen, IN 46527, 219-537-9329

26 AUG, USAPL Power Surge 2000 PL & BP, Michelle James, 1239 Duncan, Alliance, NE 69301, 308-762-7043, michelle@bbc.net

26 AUG, 5th Granite State Open BP or DL (men,women, teen, jr., submaster, master, novice - deadline 8/12/2000) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26 AUG, APF Iron Warrior 2000 "Festival of Strength" Iron Pentathlon, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

26 AUG (tentative) NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

26 AUG, Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

27 AUG, USAPL/IPF East Coast Deadlift (men/women - open, masters, submasters, jr., teen, police/fire, military, special olympians, novice) Jacqueline Davis, John Gengo, 1190 Washington Green, New Windsor, NY 12553, 914-569-0457

27 AUG, DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

27-28 AUG, AAU North American PL/USA BP (youth, teen,jr., novice, open, submasters, masters, law enf., military - open/raw - men/women - Moreno Valley) M. Drake, Box 108, Nuevo, CA 92567, 909-928-4797

2 SEP, *WABDL Washington State BP & DL (Hoquiam, WA) Don Bell, 360-533-5711*

2 SEP, AAU Planet Fitnes Midwest Regional Championships (PL, BP, Push/Pull - AAU World Qualifier, Raw & Equipped Divs., teen, open, women, submasters, masters, police & fire) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gymrate@willinet.net (entry forms available in MS Word or Lotus Word Pro)

2 SEP, USAPL 2nd Labor Day PL & BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

2 SEP, APA American Cup BP, APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

2 SEP (new date), Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

3 SEP, King Fitness Pound for Pound Championships (most reps and tonnage - Hazlett, NJ) Ryan Vella, for past results www.kingfitnessgym.com, 732-335-0911

9 SEP, The Strength Beyond Iron Man (Paw Paw, MI) Mike Newell, 616-657-2036 or Aaron DiPrima 616-657-6698

9 SEP, 1st APF Strength Beyond BP, DL and Iron Man-Woman Championships (men/women: open, teen, jr., submaster, master) Mike Newell, 708 Marcelletti, Paw Paw, MI 49079, 616-657-2036, Fool220@220.com

9 SEP, East Coast Classic Arm Wrestling

WESTSIDE SEMINARS

July 8th
Tamarac, FL
"Westside Seminar"

July 9th
Tamarac, FL
"Mastering the Squat"
"Mastering the Bench"

July 16th
Napa, CA
"Westside Seminar"

August 19th
Columbus, OH
"Westside Seminar"

August 20th
Columbus, OH
"Mastering the Squat"

October 21st
Columbus, OH
"Westside Seminar"

October 22nd
Columbus, OH
"Mastering the Bench"

To Register or for an event brochure contact:

Elite Fitness Systems

1695 Itawamba Trail
London, Ohio 43140
800*854*8806

(men, women, seated - rt. hand) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

***9 SEP,** APF Bench Bash for Cash ($15,000 total cash prize) & NPC Daytona Beach Muscle Classic, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000*

9 SEP, Tennessee State Fair BP/DI (Nashville, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9 SEP, Pound for Pound Nationals (m/women SQ/BP/DL - Kansas City) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

9 SEP, USAPL Michigan Hall of Fame meet, Dick Van Eck, 616-521-4031

9 SEP, USPF New Hampshire State BP, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489

10 SEP, WNPF Mid Atlantic Bp & Ironman/Woman (BP & DL) & USSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264

13-17 SEP, 2000 IPF Jr. Worlds (Kau-Hsiung, Taiwan)

15-16 SEP, USAPL Bench Press Nationals, Dr. Mike Cissell, 1296 Henke, Lake St. Louis, MO 63367, 314-561-1242

15-17 SEP, ADAU National SQ, BP, DL (separate contests - all ages / wt. classes) Joe Orengia, 4460 W. 26th St., Erie, PA 16506, 814-833-3727

***16 SEP,** Midwest Class II BP/DL Open, Bryan Busteed, 4519 S 24, Omaha, NE 68107, 402-558-5894*

16 SEP, Rotty's Southern Indiana SQ/BP/DL Classic (Paoli, IN), Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

A.A.U. RAW NATIONALS
August 12-13, 2000
www.kingsburyclub.com
Location: The Kingsbury Club, 186 Summer St., Kingston, MA 02364
Weigh-ins: All Classes up to and Including 181 Pounds: (All Women will lift on Saturday) Friday: 6-7:30 PM, Saturday: 7-8:30 AM
All Classes (Male) - 198 Pounds Through Super Heavy: Saturday: 5-6:30 PM, Sunday: 7-8:30AM
Lifting Schedule: Lifting will start at 9:30 sharp on both days. Awards: First through Fifth - All Division. Also: There will be a buffet dinner offered to lifters and guests on Aug. 12th that will feature guest speakers Ken Patera, Don Reinhoudt, and Ernie Hackett. Visit The Kingsbury Club website at www.kingsburyclub.com for more information or to download the meet and/or dinner applications.
For Information contact Larry Larsen at 781-767-0764

16 SEP, "100% RAW" DL Nationals (men & women, all age groups/wt. classes, limited entries, deadline 8/26) Spero Tshontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874

16 SEP, NASA Texas Reg., NASA, Box 735, Noble, OK 73068, 405-527-8513

16 SEP, Big Three Classic (m/w - SQ/BP/DL - Detroit) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

16 SEP, 2000 Beast of the East, Fred Vanderveen, Box 279, Fruitland, MD 21826, 410-742-9201

16,17 SEP, Big Daddy's Push Pull, 650-757-9506

17 SEP, WNPF Falls Natural (Niagara Falls, NY - PL, BP, DL - raw & assisted) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

17 SEP, 2nd Deadlift on the River, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

17 SEP, Police & Fire Nationals BP/BP (Holiday Inn, N. Newark, NJ) Pro Fitness, 350 Route 46, Rockaway, NJ 078666, 973-627-9156, www.profitness.com

17 SEP, Wisconsin Open II BP/DL (Burlington, WI) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

***23 SEP,** NASA Kentucky Regional PL, BP & PS (Lexington, KY) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283, guhl@wirefire.com*

***23 SEP,** ADAU "Shake the Lake" BP and/or arm wrestling (all ages, wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727*

***23 SEP,** Rhode Island State PL & BP (deadline 9/9/00) David Roderick, 126 Chestnut St., Rehoboth, MA 02769*

23 SEP, St. Mary's (PA) Power Day, Ken Mountain, 814-834-9222

23 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

23 SEP, Max Flex BP & DL Classic (Buffalo, NY) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

23,24 SEP (new date), WABDL Budweiser Strength Festival (BP, DL, Strongman 234 & below, 235 & above) & WABDL BP/DL and Oregon State PL, Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

***24 SEP (new date),** USAPL Connecticut State Open Powerlifting, Lloyd Weinstein, 350 Brookside Dr., Fairfield, CT 06430, 203-254-8372*

24 SEP, Bay State Correctional Center Meet (guest lifters welcome, 4 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056 or Tim McDonald or Larry Givens 617-727-8474, ext. 160

24 SEP, Olympic Fitness Center BP, Terence Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527

24 SEP, SLP Iowa State BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

30 SEP, APF L.A.L.C. Push/Pull Classic (Burbank) Joe Avigliano, 818-846-5438

30 SEP, NASA Ohio Reg. NASA, Box 735, Noble, OK 73068, 405-527-8513

30 SEP, Ozark Open III BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

SEP (new date), WNPF East Coast PL (Philadelphia, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

SEP, WNPF Delaware (PL, BP, DL, SQ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

SEP, 2000 Mile High Push & Pull, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

1 OCT, Northern Illinois Open BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

5-8 OCT, WPF World BP & PL (Graz, Austria) Carl Smith, Tel/Fax +43-316-817683 or csmith@netway.at

7 OCT, 6th APF Wolverine Open (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19461 Volland, Roseville, MI 48066, 810-294-7055 after 6pm, ddefelice@mediaone.net, www.apfmichigan.com

7 OCT, Fall BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

7 OCT, USPF Central California Championships (San Luis Obispo - National Qualifier) Gene Estrada, 805-544-0155

7,8 OCT, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ 07970, 973-724-7817, clayton@blast.net

7,8 OCT, USPF BP & DL Nationals (Shiloh Inn, Portland, OR) Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475

8 OCT, APA Bay State BP/DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa

8 OCT, Greater Indianapolis Regional BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

8 OCT, USPF Push/Pull (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220

14 OCT, USAPL Columbus Day BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

14 OCT, NASA Big River Classic, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, daryltobey@aol.com

14 OCT, Fall BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

14 OCT, NASS North America's Strongest Man (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com

14 OCT, Flowertown Open Bench Press #2, Armorplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434

14 OCT, 4th Pottstown Invitational Power Challenge BP/DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

14 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

14 OCT, SLP Arkansas State BP/DL (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14 OCT, APF/AAPF Alabama Championships, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

15 OCT, Chicagoland Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

17-22 OCT, 2000 IPF World Masters (Prague, Czech Republic)

20-22 OCT, WDFPF World PL & Single Lift SQ & Congress (Antwerp,

24 SEPTEMBER, 2000
(new date)
USAPL Connecticut
State Open Powerlifting
Lloyd Weinstein, 350
Brookside Dr., Fairfield, CT
06430, 203-254-8372

DR. DARRELL LATCH AND SON LIGHT POWER GYM PRESENTS THE FOLLOWING 2000 STATE FAIR BENCH PRESS/DEADLIFT COMPETITIONS:
5 AUG. VINCE SOTO MEMORIAL/OHIO STATE FAIR
13 AUG. MISSOURI STATE FAIR
19 AUG. INDIANA STATE FAIR
20 AUG. ILLINOIS STATE FAIR
26 AUG. KENTUCKY STATE FAIR
3 SEPT. DUQUOIN STATE FAIR
9 SEPT. TENNESSEE STATE FAIR
**** ALL FEATURING A TWO-MAN, TWO-WOMAN & MAN-WOMAN DEADLIFT COMPETITION ****
FOR INFORMATION CALL 217-253-5429

Belgium) Wim Backelant (BDFPF)
***21 OCT,** APF/AAPF Power Station PL/ BP, Nicholas, 5634 S. 107th East Ave., Tulsa, OK 74146, 918-459-5956*
21 OCT (new date), AAU World Bench Press (Boston, MA area) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764
21 OCT (new date), WNPF Palmetto Classic (Greeneville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
21 OCT, PPL Georgia State PL, BP, DL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
21 OCT, 9th USPF Muscle Beach Venice Special Olympics Power Lift-off (invitation only) Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
21 OCT, NASA Iowa Regional (Des Moines) NASA, Box 735, Noble, OK 73068, 405-527-8513
21 OCT, Max Flex BP & DL Classic (all divs. - Houston, TX) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
28 OCT, NASA Pennsylvania Regional PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, P.O. Box 58, Millwood, WV 25262, 304-273-2283, gvhl@wirefire.com
28 OCT, 18th ADAU Raw Drug Free Central PA Open (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net
28 OCT (tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513
28,29 OCT, ANPPC NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
29 OCT, APF/AAPF Halloween Classic PL (Hurst, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488
OCT, WNPF Fall Classic PL (NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
OCT?, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvhl@emwv.com
***4 NOV,** USAPL Central USA PL & BP, Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-625-1225*
***4 NOV,** 1st Applejack BP Open (men, women, teen, police, fire) Allan Davis, Phoenix Fitness, 333 Court St., Allentown, PA 18103, 610-797-6277*
4 NOV, USPF Texas Cup Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Austin, TX) Seguin Fitness, 1415 E. Court, Sequin, TX 78155, 800-378-6460, www.seguinfitness.com
4 NOV, Farris Open BP/DL, Fitness Express, 5900 D-3 Rivers Ave., N. Charleston, SC 29406, 843-744-7800 or Floyd Powe 843-875-1434
4 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513
4 NOV, Mike Stone Memorial/Southeastern USA PL (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
4 NOV, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com
4 NOV, USAPL State of Michigan Championships (BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447
4,5 NOV, Physique Magnifique Powerlifting Championships, 650-757-9506
4,5 NOV (new date), AAU Drug Free Worlds & Intl. BP (youth, teen, jr., open, submasters, masters, law enf., military, physically challenged - open/raw - men/ women - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797
5 NOV, CPA Deadlift Championships and unsanctioned Montreal Bench Press, Marcel St. Laurent, 457 7leme Ave. N. #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466
9-19 NOV, AWPC Worlds, AWPC & WPC World BP, WPC Worlds (Plaza Hotel, Las Vegas, NV) Ernie Frantz, 800-537-5532
10-12 NOV (new date), USPF U.S.A. Nationals Open PL/BP Championships (World Qualifier - Burbank, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724, pwrlftrs@dlenet.com
11 NOV, 7th Ed Jubinville BP (men, women - all age groups/wt. classes) Berkshire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217
11 NOV, Thanksgiving BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com
11 NOV, AAU NC, VA, SC Regional (Henderson, NC) Ben Zak, Box 978, Grandy, NC 27939, 252-453-6116
11 NOV, AAPF Southern States (drug tested) Huge Iron, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000
11 NOV, SLP Kentucky State BP/DL (Calvert City, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
11 NOV, Max Flex BP & DL USA Championships (all divs. - Denver, CO) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760
12 NOV, USAPL Ohio PL & BP (open men & women, teen, raw men, women, and masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, Ed and Frank King 440-439-5464
12 NOV, AAU Mass Open PL/BP, Bruce Lynch, 165 Paul Revere Terreace, Taunton, MA 02780, 508-823-5729
12 NOV, Franklin Health & Fitness BP/ DL Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
14-19 NOV, 2000 IPF Men's Worlds (Akita City, Japan)
16-19 NOV, 2000 WABDL Drug Tested World BP/DL Championships (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net
17-19 NOV (new dates), WNPF Worlds (all events/divs. - Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
17-19 NOV, IPA Nationals (Columbus, OH) Elite Fitness, 1695 Itawamba Trail, London, OH 43140, 888-854-8806
***18 NOV,** NASA WV Regional PL, BP, PS (Ravenswood, WV) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273=2283, gvhl@wirefire.com*
***18 NOV,** 3rd Southern States BP/DL Classic, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324*
***18 NOV,** Omaha Open, Keith Machulda, 4808 Cass, Omaha, NE 68132, 402-444-5596*
18 NOV (new date), SLP National 'Raw' PL, BP, DL Championships (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
18 NOV, Iowa/Midwest Open BP/DL & Trap DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240
18 NOV, ADAU North American Raw BP Championships (teen, jr., submaster, master, open) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
18 NOV, 13th Elkhart Bench Press, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 219-674-6683
18 NOV, USAPL Great Alaska PL Challenge & 9th annual Biggest Bench, Jamie Bursell, 9170 Glacier Wood Dr., Juneau, AK 99801, 907-789-5997
18,19 NOV, World Championships of Strongmen (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net
18,19 NOV, N.J. State Championships (Morris County Area) Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
19 NOV (new date), USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS (Tuscola, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
24-26 NOV, WDFPF World Single Lift BP & DL (nr. Como, Italy) Ivano Bianchi (WDFPF Italia)
NOV, 3rd Southern States BP/DL, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324
NOV, USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm
2 DEC, USAPL Kentucky State/Blue Grass Open PL & BP (all ages & wt. classes) Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-826-8354
2 DEC, 17th Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3989 (n), bduke@surfsouth.com
2 DEC, APF Southern States Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000
2 DEC, Son Light Winter Classic BP/DL, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
2,3 DEC, Los Angeles Lifting Club presents WEPOF Superman II (OL - 2 Dec, PL - 3 Dec, combined or separate) Joe Avigliano, 818-846-5438
3 DEC, APF/AAPF Texas Powerfest 2000 (Hurst, TX - juniors, novice, open, teen, submaster, master, BP only, DI only) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwilly@swbell.net
7-10 DEC, 2000 IPF World Bench Press (Ostrava, Czech Republic)
8-10 DEC, "100% RAW" World Championships (men & women, all age groups/wt. classes, limited en-

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!

NO MIDDLEMAN!
Free 48 Page **WHOLESALE** Catalog fully describing our 50 one-of-a-kind Bodybuilding supplement formulas that produce results!
CALL 1-800-798-9798
TOLL FREE CATALOG ORDER HOTLINE
Fitness Systems Manufacturing Corp.
104 Evans Ave. Dept. PL0700
Reading, PA 19608
1-800-822-9995 or Phone/Fax 1-610-670-0135

HUGE IRON Powerlifting Schedule YEAR 2000

July 15, 2000 - APF Florida Push/Pull for Total In Memory of Lawrence Monberg

September 9, 2000 - APF Bench Bash for Cash. $15,000 Total Cash Prize In Conjunction with NPC Daytona Beach Muscle Classic (Bodybuilding)

November 11, 2000 - AAPF Southern States Powerlifting Championship (Drug Tested)

December 2, 2000 - APF Southern States Open Powerlifting Championship

July 21, 2001 - WPO (TM) Semi-FInalsQualifier (Universal City, Florida)

November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal City, FL) plus a Masters Division - $2000, $1000, $500 by formula

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue, Daytona Beach, FL 32176, (904) 677-4000

tries, deadline 11/1) Spero Tshontikidis, 17506 Sabrina Terrace, Derwood, MD 20855, 301-990-2874

9 DEC, USAPL Blue Santa PL/BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

9 DEC (new date), APF 47th Iron Man PL / BP / Physique (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

9 DEC, 3rd AAPF Michigan State PL, BP, DL, John Maddox 248-642-2002 or John Cuciurean 810-598-2417

9 DEC, Mimi's Power Day BP/DL Classic (Rockford, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9 DEC, Robbins Fitness Advantage Bench Press, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

9 DEC, USPF Winter Classic DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115

9,10 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

10 DEC, WNPF Eastern Regional BP Open & Ironman/woman (BP & DL) & USSSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net

10 DEC, 8th ADAU Raw Drug Free Coal Country BP & DL Classic (separate meets - open, tene,jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

10 DEC, Christmas for Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

16 DEC, USAPL 2000 Holiday Classic (national qualifier) Power Promotions, 23106 19th Dr. SE, Bothell, WA 98021, 425-486-5864, mtrupi@seanent.com

16 DEC, Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

17 DEC (new date), WNPF 3rd Sarge McCray BP/DL/IronMan Charity Event (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

31 DEC, The Last One! BP/DL Championships, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

DEC?? USPF World BP/PL (Europe) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941

DEC, APF Southwest PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825

19-21 JAN, USAPL Women's Nationals (all age divisions) Dr. Mike Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN 46804, 219-456-8485

***3 FEB,** Ladies Night Out (women only - PL, BP, DL) Rick Hussey, 8902 Grant, Omaha, NE 68134, 402-392-2446*

10 FEB, ADAU Drug Free Raw 13th East Coast Classic & Raw BP Meet, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

***10 MAR,** APF Bike Week Bench Bash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000*

23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch, NZ, www.supergames2001.co.nz, info@supergames2001.co.nz

MAR, USPF New Hampshire State & New England Open (Bedford, NH - open, women, teen, masters) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489

***21 APR,** WPO (TM) Qualifier (location tba), Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000*

28,29 APR, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

5 MAY, ADAU 19th Drug Free New Jersey Raw PL & Raw BP/DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

***12 MAY,** AAPF Florida State PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000*

***2 JUN,** APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000*

8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org

***7 JUL,** APF Florida Push/Pull In Memory of Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000*

12-15 JUL, USAPL Men's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

***21 JUL,** WPO (TM) Semi-Finals Qualifier (location tba) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000*

***8 SEP,** WPO (TM) Bench Bash for Cash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000*

OCT 2001, WABDL World BP/DL Championships (Las Vegas, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

***3 NOV,** AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000*

17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

***1 DEC,** APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000*

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

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

Bench Better!

J.M. Blakley's
"Building the Perfect Beast"
Competition Bench Press Technique

Video

Improve Technique, Increase Leverage, Generate Stability, Maximize Mechanics

The video is designed to fine tune the biomechanics of competitive bench press technique to maximize stability, safety and pressing efficiency. It covers all aspects of kinesiology and physical mechanics of benching. "Technique is worth 40 pounds." Stop wasting power through inefficient leverage. Build the beast and load the bar!

$39

Send certified check or money order for $39 plus $5 shipping and handling to:
J.M. Blakley, 907 Lake Run Circle, Westerville, Ohio 43081

The Pro Fitness - New Jersey Powerlifting Team
presents the

USAPL 2000 LIFETIME DRUG FREE NATIONALS
October 7 and 8

If You Can't Do It Clean... Then Don't Do It!!!

CONTACT MEET DIRECTORS
Bill Clayton 908-496-4172, clayton@blast.net
John Corsello 973-366-2309, corsello@bellatlantic.net
Craig Safran, safrancopy@aol.com

(article continued from page 32)

als. Coach Ivanof's lifters train under him in Vladimir, the ancient capitol of Russia.

The 100 kg. class was a battle all the way with only 2.5 kg. between first and third. Stiklestad of Norway pulled the biggest deadlift of his career to take the gold medal. He pulled 340 kg. (749 lbs.) for his winning lift. Ukhach blasted up a 240 kg. bench (529 lbs.) for 2nd place. Christofferson, also from Norway, had the biggest squat of the group with 357.5 kgs (788 *lbs.) He matched Ukhach for total, however, he was 3rd by virtue of being the heavier lifter. Another of coach Ivanof's rising young stars, Nicolai Suslov, was not present. Suslov won the IPF Jr. World Championships and Men's World Championships in 1999. Suslov planned to be at the EPF Championships, but he was ill and unable to qualify. He is still a junior lifter and will be competing in the Jr. World Championships in Bulgaria in September.

110 kg. class: like the previous class, three men ended up with 5 kg. between 1st and 3rd place. In the end Sweden's Ljungberg pulled 360 kgs (793 lbs.) for a winning total of 960 kgs (2,116 lbs.) Ivanenko of the Ukraine was 2nd. Ivanenko is a master lifter and holds masters world records, yet he still competes in the open division as well. He jumped out in front with a 405 kg. (892 lbs.) in the squat. He gave up the lead in the bench and deadlift. Soloviov also of the Ukraine benched 255 kg. (562 lbs.), but his 955 kgs (2,105 lbs.) total was 2.5 kg short of second and he took the bronze.

125 kg. class: Russia added another gold as Podtynny did a 410 kg. (903 lb.) squat and then pulled 388 kg. (855 lbs.) for a world record deadlift, one of the oldest IPF world records. Lars Noren of Sweden had set that mark with 387.5 kg. in 1987. Podtynny's total was 1015 kg. (2237 lbs.). Muravliov of the Ukraine posted a 960 kg. total (2116 lbs.) for second and Sharliev of the Ukraine was 3rd.

125+ class was another gold for the Russians as Gurianov posted a 1035 kg. (2282 lb.) total. Gurianov may be another of the great lifters of the future. He has just completed his studies as a medical doctor. Now, with that work behind him, he feels he can devote more of his time and focus to his powerlifting. Savickas of Lithuania started out with 400 kg. (881 lbs.) in the squat and settled for a 985 kg. (2171 lb.) total and 2nd place. Victor Naleikan of the Ukraine took third. Victor looked very strong in his squats, but he had trouble getting white lights from the referees. It took him three tries to get his opener passed.

The Russians continued their dominance. There are a possible 72 points a team can theoretically get and Russia got all 72. Poland squeaked by Ukraine with 56 points for 2nd place. Ukraine took third with 53 points. The "Champion of Champions" was Andrey Tarasenko of Russia with 587.32 points Poland's Olech was very close with his point total of 587.01 Gurianov was third with 580.63 points.

***"Dr." Gurianov** is quickly closing in on 600 lbs. in the bench press.*

A well-attended banquet took place at the venue on Sunday night. There was lots of food and refreshments that were enjoyed by all. The banquet was as well presented as the rest of the competition. Buses were parked outside. These were not local busses. The Russians have their own bus and the teams spend many hours and even days on this bus traveling throughout Europe. Mr. Arnulf Wahlstrom, EPF President, his staff and the meet director did a great job presenting powerlifting competition in a fine fashion. It was a great championship. It was enhanced by the excitement of the lifters and representatives with the news that the IPF will return to the USA. The people who attended the Riesa EPF Championships are looking for more powerlifting events to be held there in the future. I am sure that an IPF world championship will be held in Riesa at some point in the future.

***Olech** will challenge Sivokan at the Men's Worlds.*

Men's European Championships
27-30 APR 00 - Riesa, Germany (kg)

	SQ	BP	DL	TOT
114				
Stanaszek/POL	595	374	286	1256
Wszola/POL	473	259	374	1107
Vith/DEN	341	264	380	986
123				
Pavlov/RUS	529	363	451	1344
Brandtzaeg/NOR	512	281	496	1289
Nemeth/AUT	468	264	529	1262
Tinebra/FRA	457	281	451	1190
Sledz/POL	451	297	440	1190
Fleming/GB	429	253	485	1168
Legard/FRA	418	248	462	1129
Kolsovsky/SLO	424	303	341	1069
132				
Andrukhin/RUS	573	308	551	1432
Petrov/BUL	551	363	485	1399
Richard/GB	523	330	485	1339
Olech/POL	485	286	507	1278
Mihok/SLO	473	286	490	1251
Tronke/GER	485	308	352	1146
148				
Olech/POL	688*	358	617	1664
Wilczynski/POL	562	330	617	1510
ElBeghiti/FRA	573	303	611	1488
Sacco/ITA	573	308	606	1488
Batchelor/GB	534	275	600	1410
Airio/FIN	507	374	529	1410
Gray/GB	518	325	562	1405
Ruso/CZE	534	270	485	1289
Maixner/CZE	440	264	462	1168
Sidorov/RUS	551	402		
165				
Furazhkin/RUS	672	424	650	1747
Bazaev/UKR	650	385	677	1714
Baranov/RUS	639	385	661	1686
Wegiera/POL	639	451	595	1686
Theys/BEL	595	413	606	1614
Joudgudis/LIT	617	385	595	1598
DiMarco/GER	595	374	567	1537
Skogly/NOR	556	363	611	1532
Berentsen/NOR	595	391	534	1521
Baroni/ITA	507			
181				
Mor/RUS	705	490	705	1901
Solovyov/UKR	710	496	661	1868
Nochnoy/RUS	705	496	639	1840
Turesson/SWE	661	407	672	1741
Gandner/FRA	655	407	677	1741
Radola/POL	672	402	650	1725
Andersson/SWE	617	440	595	1653
Brauer/GER	628	363	650	1642
Singh/GB	584	440	595	1620
Valentinsen/NOR	633	385	595	1614
Verbeke/BEL	595	308	661	1565
Schulz/GER	551	429	578	1559
Grossbeck/AUT	507	407	551	1466
Grabski/POL				
Ranonis/LIT	617	352		
Sohlman/FIN	589	391		
198				
Tarasenko/RUS	760	540	727	2028
Theuser/CZE	738	490	683	1912
Gecas/LIT	744	462	683	1890
Szymkowiak/POL	683	429	738	1851
Desachy/FRA	672	429	650	1752
Krokkee/HOL	672	485	595	1752
Coimbra/LUX	661	413	661	1736
Hornik/CZE	595	435	661	1692
Hausburg/GER	628	402	650	1681
Peters/FRA	639	402	628	1669
Ingersley/DEN	551	374	617	1543
Larsen/DEN	573	352	589	1515
Thornton/GB	661	429		
220				
Stiklestad/NOR	771	462	749	1984
Ukhach/UKR	766	529	683	1978
Christoffrsn/NOR	788	507	683	1978
Ceglarek/POL	727	451	727	1906
Kalter/HOL	694	424	727	1846
Rambow/GER	727	440	672	1840
Calderini/LUX	661	396	672	1730
Nugteren/NOL	633	457	633	1725
Haase/GER	595	485	617	1697
Kashov/BUL	496	325	529	1350
Neselius/SWE				
242				
Ljungberg/SWE	815	507	793	2116
Ivanenko/UKR	892	490	727	2110
Soloviov/UKR	815	562	727	2105
Arvai/HUN	727	518	749	1995
Pronier/FRA	744	457	766	1967
Molyarenko/RUS	749	507	705	1962
Mihok/CZE	755	485	705	1945
Henry/GB	771	479	683	1934
Pleskatchvch/BEL	727	490	705	1923
Salmela/SWE	727	440	683	1851
Bache/NOR	716	440	639	1796
Sarik/CZE	617	473	683	1774
Kool/HOL	628	462	683	1774
Bongers/HOL	694	407	661	1763
Zimmerman/GER	716			
275				
Podtynny/RUS	903	479	855*	2237
Muravliov/UKR	826	518	771	2116
Sharliev/UKR	793	485	699	1978
Bowring/GB	722	540	683	1945
Krendl/AUT	777	435	705	1918
Wamsteeker/HOL	749	473	688	1912
Rydheim/NOR	733	435	716	1884
Dorner/GER	771	418	650	1840
Neele/HOL	688	440	650	1779
SHW				
Gurianov/RUS	870	595	815	2281
Savickas/LIT	881	529	760	2171
Naleikin/UKR	859	507	782	2149
Sedmik/CZE	793	551	749	2094
Wahlqvist/SWE	793	523	705	2022
Sommerseth/NOR	782	468	738	1989
Kossen/HOL	749	512	688	1951
Dudkins/LAT	738	440	717	1906
Sorig/DEN	716	468	633	1818
Makela/SWE	782	518		
Orobets/UKR	859	485		

Teams: Russia 72, Poland 56, Ukraine 53, Norway 41, France 37, Great Britain 33, Sweden 30, Czech Republic 28, Holland 25, Lithuania 22, Germany 22, Austria 15, Denmark 12, Bulgaria 10, Slovakia 9, Luxembourg 8, Hungary 7, Italy 7, Belgium 7, Finland 5, Latvia 3, Belorussia 2. Best Lifter: Tarasenko 587.32, Olech 587.01, Gurianov 580.63.

USPF Georgia State
25 Mar 00 - Forsyth, GA

Deep South BP		S. Wiegard		350
165		R. Goodran		340
R. Barradas	405	220		
J. Hargrove	315	D. Bailey		390
181		W. Bunkley		380
L. McCormick	500	242		
C. Lowe	390	M. Webb		410
D. Scarboro	275	308		
198		J. Jackson		480
T. Ward	355	M. Barnes		480
WOMEN	SQ	BP	DL	TOT
A. Leverett		170		170
L. Wehr	320	145	320	7785
Teen 14-15				
T. McAfee 190	275	240	400	915
Teen 18-19				
P.Odom 147	325	220	340	885
Class II				
R. Barradas 165	450	405	550	1415
R. Thorton 181	515	365	540	1420
S. Raulerson 198	440	315	500	1255
J. Mock 220	445	350	475	1270
B. Gray 220	450	330	560	1240
Master				
B. Gray 219	450	330	460	1240
F. Shook 229	540	350	575	1465
R. Baker 195	505	405	550	1460
Open				
181				
M. Williams	475	250	575	1300
198				
R. Baker	505	405	550	1460
220				
B. Anderson	530	360	620	1610
M. Vickers	560	380	605	1545
275				
J. Rhyne	775	525	685	1985
S. Soper	700	420	580	1700
308				
J. Groves	825	545	785	2150
Police and Fire				
G. Boykin 209	450	310	555	1315

The 2000 Georgia State powerlifting and bench press meet was held on March 25, at the Holiday Inn in Forsyth, Georgia. The meet was hosted by Buddy Duke and South Georgia Fitness. This event featured 18 powerlifters and 16 benchers. A special thanks to all those who helped put on this meet, spotters and loaders (no weights hit the floor and the bars were loaded right the first time all day!!!!), the ladies at the table keeping everything added up and moving, and last but not least the judges - Ben and Nancy Parker from Marietta, Georgia and David Coleman of Jacksonville, Florida for a great job of juding and for all their help. The Best Overall lifter men's open was big Jon Groves with a 2150 total @ 308, the Best Overall Lifter men's class II was Robert Barradas with a 1415 @ 165. The Best overall lifter women's open was Lynn Wehr with a 785 total. The Best Overall Bencher was L. McCormick who blew up 500 at 181. Trey McAfee won the teen 14-15 division, and he pulled 400 on his way to the win. Look out for this young man, who will have a good future in powerlifting. Also, keep an eye on Robert Barradas and Ray Thorton. Robert won the 165 class II with a 1415 total and Ray, competing in his first ever power meet, won the 181 class II with a 1420 total. Way to go, lifters!!! (thanks to Buddy Duke for results.)

USAPL Falcon Open & BP
12 Feb 00 - USAF Academy, CO

BENCH		220 lbs.		
MEN 181 lbs.		J. Onorato		485
Teen		J. Brown		364
C. Rippy	231	275 lbs.		
198 lbs.		R. Minshew	358	
J. Marsden	248	275+ lbs.		
MEN 148 lbs.		D. Gaudreau		540
L. Pettiway	336	Master 181 lbs.		
C. Ikei	325	M. Milner		259
181 lbs.		Master 220 lbs.		
R. Brooks	342	M. DeCesare		325
198 lbs.		Master 275 lbs.		
J. Milam	309	R. Minshew		358
WOMEN	SQ	BP	DL	TOT
123 lbs.				
C. Anderson	226	132	237	595
132 lbs.				
B. Prince	259	143	259	661
148 lbs.				
A. Culp	220	127	248	59
181 lbs.				
E. Pasternak	314	160	292	766
198 lbs.				
L. Schaefer	309	176	435	920
MEN 148 lbs.				
C. Mirabella	1507	309	485	1301
198 lbs.				
B. Bonner	535	303	551	1389
J. Milam	430	309	468	1207
220 lbs.				
J. Onorato	601	485	612	1696
J. Martinez	408	347	535	1290
275 lbs.				
D. Gonzales	733	485	656	1874
J. Martinez	694	446	551	1691
Teen 220 lbs.				
J. Procell	452	237	457	1146
Junior 165 lbs.				
M. Willis	502	303	452	1257
Master 165 lbs.				
L. Coxsey	353	237	463	1053
Master 220 lbs.				
K. Rutledge	474	303	468	1240
G. Wagner	430	276	463	1179
J. Lynn	375	292	402	1069
R. Woodson	276	237	309	821
275 lbs.				
D. Gonzales	733	485	656	1874
J. Martinez	694	446	551	1691
WOMEN 132 lbs. Cadet				
H. Adams	160	110	231	502
Elisabeth Usr	132	110	226	468
165 Lbs. Cadet				
E. Serra	248	143	309	700
A. Albert	303	127	226	656
MEN 165 lbs. Cadet				
C. Francis	424	276	452	1152
J. Simmons	380	270	452	1102
198 lbs. Cadet				
T. Cook	435	265	551	1251

Meet Director: Richard Schoske. State Chairman: Bill Shalkowski. Coordinator: Richard Schoske. (Thanks to USAPL for providing these meet results)

Pro-Fitness BP & Tire Flip
22 Jan 00 - Pikeville, KY

WOMEN	BP	Tire	Sec.
Master			
S. Conley	90	97	90
Open			
S. Hyden	90	120	86
MEN Open Light 181 lbs.			
M. Roberts	315	77	90
R. Woofter	185	45	90
Open Middle 220 lbs.			
R. Burruss	330	120	70
J. Bevins	335	93	90
Open Heavy 242+ lbs.			
C. Hicks	365	74	90
D. Gilliam	250	120	82
Master 165 lbs. Guest			
D. Fields	300	110	90

This event was part of the Pro-Fitness Challenge MultiSports on the web: www.multisports.net. (Thanks to ProFitness for providing the results)

FOR IMMEDIATE RELEASE: *LIFETIME DRUG FREE NATIONALS RETURN!*

Newark, NJ: Back by popular demand - the USAPL Lifetime Drug Free Nationals. This unprecedented competition combines strength and honor to deliver lifetime drug free powerlifters a meet they can call their own.

The competition will be held on October 7 and 8, 2000, at the Gateway Hilton Hotel in Newark, New Jersey. This prime location is perfectly situated to reach airports, train stations, and all major highways, easily and conveniently.

Already confirmed to lift are many of the nation's top lifetime drug free athletes. Meet directors Bill Clayton, John Corsello and Craig Safran bring years of experience as promoters to the table. According to meet director, Craig Safran, "The Lifetime Drug Free Nationals bring out the best of all worlds: top lifters, great competition, and, most importantly, no drugs."

Men and women who have met the qualifying totals are welcome to join in and lift among the premier athletes in the country. The Lifetime Drug Free Nationals boasts a rich history filled with lifters such as James and Ray Benemerito, Rob Wagner, Sean Culnan, Shawn Cain, Dave Ricks, Brad Olson, Jackie Davis, and dozens more. The meet will be run according to IPF rules.

For further information or to receive an application, contact: Bill Clayton (908) 496-4172, clayton@blast.net; John Corsello (973) 366-2309, corsello@bellatlantic.net; Craig Safran PO Box 289, Mount Freedom, NJ 07970, safrancopy@aol.com. Get an online application by logging on to http//www.floodmap.com/lifetimes.html

USAPL Washington County
12 Mar 00 - Ft. Calhoun, NE

BENCH		SHW		
148 lbs. Open		D. Gaudreau!-39		562
D. Anderson-45	264*	J. Bolger-32		468
Teen		148 lbs. Masters		
D. Huffman-15	242*	D. Anderson-45		264*
165 lbs.		DEADLIFT		
M. Albin-17	—	114 lbs. Teen		
181 lbs. Teen		M. Hasenbrack-15		292
B. Biodrowski-17	308*	148 lbs. Teen		
198 lbs. Open		D. Huffman-15		253*
D. Geistlinger-21	374	165 lbs.		
Guest		J. Ruiz-19		529
J. Marsden-19	275	220 lbs. Open		
242 lbs. Open		J. Hart-40		—
S. Blair-32	303	SHW		
R. Ruhs-32	297	J. Bolger-32		551*
WOMEN	SQ	BP	DL	TOT
123 lbs. Open				
E. Demmers-16	231	110	231	573
165 lbs.				
J. Albright-17	275	132	341*	749*
181 lbs.				
A. Chrischilles-18	170	66	203	440
MEN 114 lbs. Teen				
M. Hasenbrack-15	236	126	292	655
148 lbs.				
D. Huffman-15	143	220*	253*	617
Open				
M. Lofing-41	413	259	402	1074
165 lbs.				
S. Auxier!-23	413*	314	501*	1229*
Teen				
J. Ruiz-19	462	242	529	1234
N. Kramer-17	319	231	319	870
198 lbs. Open				
T. Beck-20	518	270	523	1311
G. Anderson-32	—	—	—	—
Teen				
J. Johnson-16	496	358	529*	1383*
220 lbs. Teen				
J. Stark-19	451	325	518	1295
Open				
J. Griess-21	385	347	540	1273
J. Hart-40	473	—	—	—
Masters 242 lbs.				
B. Sindelar-49	462	336	529*	1306
198 lbs.				
H. Huffman-44	385	270	402	1025

*=Nebraska Record. !=Best Lifter. Best Overall Lifter: Steve Auxier. Overall Best Bencher: Dan Gaudreau. Meet Director: Tim Anderson. (Thanks to Tim Anderson for providing these meet results)

ISA International Strength Worlds
11 MAR 00 - Atlanta, GA

Power Clean		50-54	
165		C. Taylor	405
S. Lumpe	225	275	
35-39		K. McCloud	315
S Lumpe	225	40-44	
Bench Press		S. Cullars	500
165		50-54	
D. Hamby	395	T.Powell	320
45-49		Deadlift	
D. Hamby	395	198	
181		40-44	
B. Fisher	350	J. Fidler	450
198		220	
J. Bugg	375	50-54	
40-44		T. King	480
J. Fiddler	410	242	
T. Wallo	275	35-39	
242		P. Ciaramello	525
D. Fisher	485	45-49	
35-39		M. Murphy	525
D. Fisher	485	275	
40-44		A. Hunter	600
M. Murphy	365	35-39	
45-49		A.Hunter	600
M. Murphy	450		

International Strength Event

165	PC	BP	DL	Total
35-39				
B. Barker	155	285	405	845
50-54				
D. Thompson	170	250	405	845
181				
Teen				
G. Vanison	225	340	500	1065
Open				
G. Vanison	225	340	500	1065
220				
J. Owens	295	350	645	1290
A. Biangasso	300	325	615	1230
J. Smith	290	315	540	1145
40-44				
B. Kramer	225	280	405	910
242				
M. Warrenn	295	430	515	1240
275				
B. Woodham	225	275	405	905
308				
R. Ball	315	405	650	1370
35-39				
R. Ball	315	405	650	1370

(Thanks to Mark Phillips for providing the results)

9th New Castle Bench Press
5 FEB 00 - New Castle, PA

148		Masters 40	
C. Venturella	275	S. Russell	440
J. Rush	215	T. Macri	305
165		Masters 45	
P. Thake	325	B. Pochiba	485
181		Masters 50	
J. Oaks	450	B. Kolling	330
B. Bradshaw	300	Teen - Lt Wt	
198		B. Whiting	235
B. Kolling	330	J. Shorts	160
F.Trott	260	C. Badger	145
220		Teen - MiddleWt	
B. Pochiba	485	B. Whiting	280
4th	500	A.Pannutti	265
R. Miller	480	G. Langer II	260
M. Karlovic	400	M. Russell	260
B. Goodemote	345	M.Tuscano	245
242		J. Kniess	230
P. Vargo	500	Teen - Lt Hvy	Wt
C. Saunders	405	C. Reilsodo	450
275		D. Frum	345
M. Fraser	455	M. Rottman	245
J. McCollum	455	P. Mihaly	*-
SHW		Teen - Heavy Wt	
G. Goodrick	455	J.Cellante	375
Women		C. Schoy	370
S. Baker	140	B.Penwell	330
R. Lucente	185	W. Kustra	325
M. Morack	180	E. Arrow	315
J. Cardella	110	R. Ray	305
Masters 35		N.Habuda	295
F. Hammers	400	J. Mihaly	280
C. Venturella	275	A.Bulfone	245
		Guest Lifter	
		D. Marinkovic	550

This year's New Castle Bench Meet had over 45 lifters and a ton of action. Best lifter, John Oaks had a MONSTER bench of 450 @ 172 bdwt. 242 class winner Paul Vargo hammered up a clean 500 with room to spare. Teen Hvtwt Chris Reilsodo also harbors enourmous strength cranking a 450 @ 197 bdywt. Master guest lifter Dennis Marinkovic continues to battle gravity with benches in excess of 500 lbs, this particular day pumping 550! Master lifter Barry Pochiba, 45+ also won 220's with 485, and showed us a good 500 pounder 4th attempt. This continues to be a very competitive meet with a good turnout of women lifters and an excellent number of teen lifters. (results courtesy of C. Ullrich/Nu-Bodies Fitness, sent by Barry Pochiba)

USAPL S. Dakota State
1 Apr 00 - Huron, SD

132 lbs.	SQ	BP	DL	TOT
Teen (16-17)				
J. Payer	236	214	275	727
148 lbs. Open Master-1				
M. Mason	485	275	440	1201
Teen (16-17)				
M. McLaban	203	154	325	683
165 lbs. Open				
B. Rilling	424	319	435	1179
(18-19)				
M. Eichstadt	402	259	418	1080
181 lbs. Open (16-17)				
J. Donalan	170	126	203	501
198 lbs. Open (18-19)				
E. Wendel	540	330	633	1504
Open				
S. Hilton	529	352	551	1432
J. blindaver	473	396	512	1383
Teen (16-17) Open				
B. Hastings	281	192	413	887
220 lbs. Open				
C. Mitzel	518	407	523	1449
S. Junker	473	385	490	1350
Teen (14-15)				
B. Adams	259	165	286	837
275 lbs. Open				
J. K unzman	534	347	529	1410
Teen (18-19) Open				
T. Flights	363	259	440	1063
319 lbs. Teen (14-15) Open				
T. Spitzer	424	231	424	1080
SHW Master-1 Open				
B. Jacobson	766	319	666	1752
Teen (18-19) Open				
L. Conkey	534	374	600	1510
MEN Master-1 SHW				
B. Jacobson	766	319	666	1752
148 lbs.				
M. Mason	485	275	440	1201
Master-5 165 lbs.				
J. Ochs	315	214	380	981
WOMEN Open 148 lbs.				
R. Catron	286	159	402	848
123 lbs. Master-1 Open				
B. Howard	220	126	253	600
181 lbs. Teen				
L. Hallman	253	132	303	688
123 lbs. WOMEN Master				
B. Howard	220	126	253	600
181 lbs. Teen				
L. Hallman	253	132	303	688
K. Peterson	126	77	162	369
Teen (14-15) 198 lbs.				
A. Dyce	391	236	479	1107
J. Fliehs	341	308	424	1074
165 lbs.				
C. Larson	336	187	358	881
319 lbs.				
T. Spitzer	424	231	424	1080
132 lbs.				
L. Brunmaier	198	126	281	606
148 lbs.				
C. Haberstick	203	132	242	578
220 lbs.				
B. Adams	259	165	286	837
Teen (16-17) 165 lbs.				
C. thurman	385	236	446	1069
123 lbs.				
J. Payer	236	214	275	727
165 lbs.				
J. Hanson	319	220	380	920
198 lbs.				
B. Hastings	281	192	413	887
181 lbs.				
C. Vandegeerd	286	220	352	859
148 lbs.				
M. McLagan	203	154	325	683
181 lbs.				
J. Donaran	170	126	206	501
Teen (18-19) 198 lbs.				
E. Wendellt	540	330	633	1504
SHW				
L. Conkley	534	374	600	1510
165 lbs.				
M. Eichstadt	402	259	418	1080
181 lbs.				
W. Anglin	330	253	407	992
275 lbs.				
T. Fliehs	363	259	440	1063

(Thanks to USAPL for providing the meet results)

BOOK REVIEW - PAT CASEY, KING OF THE POWERLIFTERS BY BRUCE WILHELM (reviewed by Dr. Ken E. Leistner) "I just received my copy of Pat Casey's booklet and it was a sharp and critical reminder of where I've been and where I could still go if I'm willing to work. It was difficult for me to read this forty four page full sized booklet and not wish for more. I know Pat, correspond with him regularly, and even when some note that he is the "greatest bench presser ever", it does not truly do him justice. Pat had presence, a commanding style that allowed him to walk into any room, and fill that space in a way that made you forget anyone else was there. Even in a gathering of powerlifting greats, Pat would, despite his quiet and somewhat withdrawn demeanor, dominate the place. His extreme modesty did not, despite Bruce's prompting, allow him to really talk about his place in powerlifting history. There is very interesting background material, references to the way Pat grew up and the early influences of Gene Mozee, Bill Pearl, and others. Pat talks about his typical programs, the exercises used, and gives good insight on how he responded to the things he tried. Bruce lays out rep by rep workouts and chronicles every one of Pat's contests and lifting exhibitions including warmups and official attempts. Some of the set by set accounts of a number of his workouts will make your jaw drop!

An interesting observation is Pat's honesty. Hugh Cassidy and I spoke about Pat a number of times, with Hugh sharing my highest regard for his abilities. Hugh also pointed out that the "California influence" probably held Pat back from other worldly lifts he might have made, due to what he felt was overtraining and doing too many exercises. Pat is very candid in addressing this, speaking about and describing in detail, his eight hour dip marathons (that is not a misprint), doing a hundred reps in some pressing movements, and other attempts to increase his bench press that may in the long run, kept him from a legitimate seven hundred pound attempt. That he accomplished what he did long before the era of drugs, shirts, suits, and supportive underwear makes his official lifts (he was the first man to squat 800 pounds, something that is forgotten when dreamily considering his astounding bench pressing feats) staggering and worthy of deep respect. I think Bruce did a good job giving the reader a sense of powerlifting history and a glimpse of how it was done when the only way to improve was through hard and consistent work. Pat's mental resolve was years ahead of his peers and a forerunner of what was to come in the sport. For those who want a piece of history and some insight to one of the all time greats, *Pat Casey, King Of The Powerlifters*, is for you. Can you tell I really enjoyed it and read it three times the first day I had it?

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

- First man to bench press over 600
- First man to squat over 800
- First man to total over 2000

First Time Ever - actual routines as well as with complete training poundages

Send **$15.95** + 4.50 shipping & handling to:
Bruce Wilhelm Exercise Equipment
P.O.Box 2269
Daly City, CA 94017

Semper 2000 Raw BP/DL
2 Apr 00 - MCBH Kaneohe Bay, HI

FEMALE	BP	DL	TOT
114 lbs.			
E. Avillanoza	115	165	280
132 lbs.			
A. Brice	145	300	445
148 lbs.			
R. Plant	155	250	405
165 lbs.			
T. Bloom	0	250	250
MALE 165 lbs.			
E. Nadal	315	450	765
181 lbs.			
R. Favela	260	405	665
198 lbs.			
R. Tubbs	325	405	730
E. Yarbrough	345	550	895
A. Papaleo	310	500	810
220 lbs.			
D. Yamada	380	0	380
C. Wimbush	340	560	900
M. Kreiner	250	490	740
C. Terry	355	465	820
M. Harlow	385	520	905
242 lbs.			
R. Taylor	315	475	790

(Thanks to MCCS, Semper Fit Center, for results)

IPA Southern Open/E. Coast BP
6 MAY 00 - N. Charleston, SC

Bench Press				
Amateur				
198				
E. Bell		375		
Submaster				
181				
D. Scarborough		280		
Master 45-49				
242				
G. Abdon		420		
275				
R. Kent		350		
308				
J. Blackmon		475		
Pro				
220				
R. Lord		475		
Amateur	SQ	BP	DL	TOT
Teen 18-19				
Female				
114				
M. Frazer	160	100	225	485
Male				
181				
A. Leyva	435	285	475	1195
Junior 20-23				
165				
R. Ashe	285	365	380	1030
181				
J. Farrar	305			
Police				
275				
J. Powell	425	330	500	1255
308				
L. Stivender	500	405	500	1405
Mens Open				
181				
J. Gothe	490	330	520	1340
198				
K. Ferrara	675	355	630	1660
R. Rozzell	500	380	550	1530
220				
M. Bartley	630	410	575	1615
242				
J. Manley	585			
308				
L. Stivender	400	405	500	1405
Submaster				
181				
J. Gothe	490	330	520	1340
R. Raymond	450	330	565	1345
308				
L. Stivender	500	405	500	1405
Master 40-44				
275				
A. Walker	500	415	500	1415
Master 50-54				
275				
D. Ricafrente	650	365	580	1595
Master 55-59				
275				
J.Powell	425	330	500	1255

(Competition was held at 4'A's Max Muscle Gym. Results were provided to *PL USA* by Bertha Powe)

International Powerlifting Association

"Lifting for Lifters"

Application for Registration

Last Name _____ First _____ Initial _____ New _____ Renewal _____

Street Address _____ City _____

State or Province _____ Zip Code _____ Country _____

Telephone _____ Date of Birth _____ Age _____ Sex _____ Pro _____ Am _____ Elite Am _____

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

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

Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.

Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

WHOLESALE NUTRITION MEGA-STORE

We Can't Be Undersold...Guaranteed!

- We Carry All Major Nutritional Lines
- All Lines Discounted Daily 40% To 80% Off Retail Prices
- We Ship UPS Ground The Same Day You Order
- FREE Shipping For All Orders Over $100.00
- We Stock Over 20,000 Items

VISA MasterCard AMERICAN EXPRESS DISCOVER

891 1/2 State Road 436, Casselberry, FL 32707

(407) 261-9383 Fax (407) 261-9384

MAIL ORDERS: Call For The Most Competitive Price Available!

VISIT OUR WEB SITE AT:

WWW.NUTRITIONMEGASTORE.COM

(800) 215-2667

9th Larry Frederick Jr. Memorial BP
4 Mar 00 - Lansdale, PA

OPEN	
114 lbs.	
E. Sanchie	205
148 lbs.	
M. Booth	355
R. Calarco	260
165 lbs.	
O. Bey	395
J. Holland	365
J. Pease	345
181 lbs.	
P. Contastatnes	350
J. McFarlane	315
J. LiCausi	300
198 lbs.	
J. Alicea	410
D. Esquirell	380
K. Musselman	375
B. O'Donnell	270
220 lbs.	
D. MesLington	430
D. Ratchford	360
B. Ramberger	340
R. Ambrose	330
M. Laudenberger	300
242 lbs.	
B. Philippi	320
275 lbs.	
J. Riggus	410
M. Waldspinger	300
Division A (40-49)	
J. Alicea	410
J. Rigous	410
B. Musselman	325
B. Philippi	320
E. Newton	220
Division B (50-59)	
J. McKenna	350
Division C (60-69)	
J. Dorylis	155
WOMEN (Malone Scoring)	
G. Kopp	155
MASTER	
Division B (50-59)	
E. Eadeh	100
TEEN	
Division A (14-16)	
J. Musselman	195
D.Vazquez	164
J. Eckert	125
Division B (17-19)	
E. Dougherty	360
J. Pease	345
D. Iuqniuk	270

Teams: 1st West Chester YMCA: David Washington 430 lbs., Jason Pease 345 lbs., Joe McFarlene 315 lbs., Ron Calarco 280 lbs. 2nd Allentown YMCA and YWCA: Joe LiCausi 310 lbs., Mike Laudenberger 300 lbs., Brian O'Donnell 270 lbs., Elliott Sanchie 205 lbs. SPECIAL OLYMPICS Men: 1st Craig Zeiner 130 lbs., 2nd Andrew Wilson 125 lbs., 3rd Eaton Evans 115 lbs., 4th Timonthy Clime 115 lbs., 5th Kevin Klerner 115 lbs., 6th Bobby Johnson 110 lbs., 7th Brian Quinn 110 lbs., 8th Scott Renk 110 lbs., 9th Doug Lawson 105 lbs., 10th Mike Harrison 70 lbs. 11th John Qutiz 60 lbs. SPECIAL OLYMPICS Women: 1st Erica Dillon 175 lbs., 2nd Sue Ellen Spenk 80 lbs., 3rd Connie Howarth 75 lbs., 4th Mary Konesky 65 lbs. Best Overall Lifter: Michael Booth (148) 355 lbs. (Thanks to North Penn YMCA for providing these results)

USAPL Colorado Mini-Qualifier
4-5 Dec 99 - Denver, CO

WOMEN	SQ	BP	DL	TOT
K. Sprotte	198	132	248	578
L. Williamson	198	99	248	545
F. Hitchcock	182	105	254	541
H. Adams	149	110	248	507
MEN Lhtwht. 0-181 lbs.				
R. Garofalo	551	353	650	1554
J. Stark	524	254	474	1252
J. Sullivan	408	270	474	1152
MEN HVYWHT. 198+ lbs.				
I. Vlan	601	380	601	1582
J. Hodgson	601	402	562	1565
E. Espinoza	518	342	524	1384
A. Bates	502	292	535	1329
N. Sawruck	419	331	502	1252
J. Bennett	452	347	480	1279

Meet Director: Richard Schoske. State Chairman: Bill Shalkowski. Coordinator: Richard Schoske.

Wisconsin Health & Fitness BP/DL
18 MAR 00 - Green Bay, WI

WOMEN'S BENCH	
C. NEEDHAM	165
D. GUDOWICZ	135
JULIE FOLK	160
STACEY LANGE	135
MARIE CIGELSKE	100
MEN'S OPEN	
148	
C. MAJEWSKI	295
RICK WESKE	295
JON BEAUDRY	290
BRIAN RYBICKI	260
DAVID CONNOR	240
165	
JONAH ROBERTS	415
S. HEATHMAN	350
J. MAJEWSKI	275
C. HOMBERG	275
181	
SCOTT KERNAN	470
PAUL BUECHLER	415
VIC MAHAFFEY	370
RON FRANK	340
KEN EVERSON	315
PAUL DEGENEFFE	305
198	
S. GUDOWICZ	435
C. DUNHAM	425
RICHARD KEIL	425
M. MATHISON	425
BRIAN WRIGHT	420
JAMIE ZWIERS	385
M. AMOBIA	365
JASON WIESNER	325
220	
MARTY BECKER	450
ED KLAPPS	430
DAVID CIMICUD	410
MIKE CIMICUD	385
T.BOURNOVILLE	375
KELLY NILES	345
242	
M. VAN BOXEL	485
WILLY MOOREN	420
C. LONGHINI	335
275	
DAVE DOAN	555
DENNIS STULL	375
RANDY AHNEN	375
PAT PETE RS	315
SHW	
SCOTT DELENE	485
C. HOFFMAN	460
DON JANSEN	375
JOHN PAGE	355
R. CAMPSHURE	330

SUBMASTER 35-39	
RICHARD KEIL	425
T. BOURNOVILLE	375
RON FRANK	340
RICHARD KLOES	390
PAUL DEGENEFFE	305
MASTERS 40+	
JEFF EITING	455
N. SCHOFNBECK	455
JACK TWEET	320
DON JANSEN	375
C. CLEEREMAN	245
JEFF BREWER	315
BOB VIVIER	370
M. WALLER	290
DAVID CONNOR	240
JON DECLEENE	315
RON FLEMING	350
R. SUMMERS	265
KIM LONG	285
DEADLIFT	
WOMEN	
132	
J. DEGENEFFE	245
MEN	
165	
JEFF BREWER	515
BLAINE DENNY	475
B. ANDERSON	450
SHANE LEISANG	410
181	
D.CONSTANTINEAU	500
TOM LANING	505
JAMIE ZWIERS	495
M. AMOBIA	440
220	
TOM CONKLIN	620
N.SCHOENEBECK	615
KIM LONG	595
DAVID CIMICUD	500
242	
BOB VIVIER	570
B. DERMADY	530
C.LONGHINI	500
ANDY BECK	425
JOHN SCHMIED	425
275	
DENNIS STULL	660
RANDY AHNEN	615
M. GUNNVILLE	550
RICHARD KLOES	510
RON FLEMING	500
JACK TWEET	500
PAT PETERS	335
SHW	
JOHN PAGE	660

The judges were David Balthazor, Larry Malcolson, and Todd Depner. Meet Directors were David Balthazor and David Constanineau. (results by David Balthazor of Wisconsin Health and Fitness)

From the Originator of the Bench Shirt

INZER
ADVANCE DESIGNS presents:

The Inzer **HEAVY DUTY** Series Blast Shirts

High Performance Heavy Duty
* extended power support range
* new arm lock design
* extra tricep support
* extra reinforced construction
* guaranteed more results than any other shirt
* recommended for experienced powerlifters only

Extra High Performance Heavy Duty
* extra extended power support range
* new arm lock design
* more tricep support
* extra reinforced construction
* guaranteed more support and power than anything ever available before now

An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

Improved Heavy Duty
* tight tough fit
* strong support off chest
* extra comfort built in
* great immediate results

HPHD & EHPHD, the secret experimental technology that assisted:

The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain

... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

Top Secret and Experimental until now! Now Available to **YOU**

Name _____

Address _____

_____

phone _____

Qty. Color

____ Heavy Duty Blast Shirt $58 _____

____ High Performance Heavy Duty $77 _____

____ Extra High Performance Heavy Duty $100 ____

relaxed measurements of shoulders _____
chest _____ arm _____

colors - Black,Red, Navy Blue, Royal Blue
MC VISA DVR COD CHECK add $5.50 S&H

INZER ADVANCE DESIGNS, P.O. Box 2981, Longview, Texas 75606, 1-800-222-6897, 903-236-4012

More Items Available from

INZER
ADVANCE DESIGNS
The World Leader In Powerlifting Apparel

800-222-6897
903-236-4012

Inzer Advance Designs T-shirts — 2 color logo
Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White ..... $**8.00**
S, M, L, XL, XXL, XXXL, XXXXL

Tank Tops — 2 color logo **$10.00**

Wrestling Singlets — Black, Navy Blue, Royal Blue, Red
S, M, L., XL, XXL **$28.00**

Wrestling Singlets with full 2 color Inzer Advance Designs logo **$33.00**

Wrist Wraps — full length with velcro and thumb loop ..... $**9.95**

Wrist Wraps — heavy duty, full length with velcro and thumb loop **$17.00**

COMPETITION BELTS
Lever Belts

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching **$68.00**

10 cm x approximately 10 mm • 4 rows of stitching **$58.00**

Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
• single or double prong • any color • made in USA • lifetime guarantee **$70.00**

• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA **$58.00**

• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality.... $**29.00**

Chalk — The very best for grip — 1 lb. box of 8 - 2 oz. blocks ..... $**10.00**
1 - 2 oz. block ..... $**2.00**

Suit Slippers — makes putting on tight suits easier. M, L ..... $**19.95**

Ammonia Caps - Box of 12 ..... $**5.00**

T-SHIRTS
(limited availability)

Inzer Intensity - multi-color deadlift design ..... $**10.00**

OFFICIAL MEET T-SHIRTS

Baddest Bench in America - multi-color design ..... $**10.00**

Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) $**10.00**

VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from $20.00 - $45.00

USAPL Oregon State
18-19 Mar 00 - Medford, OR

WOMEN	SQ	BP	DL	TOT
56 kgs. Open				
Bechtold, J.	236	115	286	639
Hunt, R.	187	104	303	595
60 kgs. M1 (40-44)				
Frey, C.	192	110	231	534
M2 (45-49)				
May, J.	154	132	253	540
67.5 kgs.				
Jolma, J.	264	181	341	788
Gall, S.	225	170	341	738
75 kgs.				
Corns, P.	314	148	325	788
Dunn, R.	314	176	286	777
67.5 kgs. Teen (14-15)				
Enloe, M.	220	121.25	297	639
75 kgs. (14-15)				
Borelli, A.	303	209	352	865
Teen (18-19)				
Scheid, J.	429	264	413	1107
Miner, T.	330	203	440	975
82.5 kgs. (14-15)				
Mitchell, R.	352	203	418	975
90 kgs. (14-15)				
Butler, D.	253	176	418	848
Silva, F.	418	236	429	1085
100 kgs. (14-15)				
Heppner, N.	369	259	446	1074
Teen (18-19)				
Fenton, M.	385	264	501	1151
125 kgs. (14-15)				
Weston, B.	374	203	396	975
67.5 kgs. MEN M2 (45-49)				
Randazzo, J.	314	192	341	848
82.5 kgs. M1 (40-44)				
Wilson, T.	473	303	529	1306
Open				
Johal, G.	451	336	485	1273
Clark, S.	440	270	473	1184
90 kgs.				
Gall, S.	374	352	440	1168
M2 (45-49)				
McFarland, C.	435	259	490	1184
M3 (50-54)				
Smith, D.	275	187	352	815
Open				
Eller, K.	473	253	529	1256
Reyes, M.	485	325	440	1251
Breschini, S.	435	319	424	1179
100 kgs. M2 (45-49)				
Musto, M.	611	402	633	1647
Lopez, R.	485	352	501	1339
M3 (50-54)				
Johnson, D.	418	286	485	1190
M4 (55-59)				
Dienelt, D.	501	352	551	1405
Open				
Burnell, J.	699	413	661	1774
Richter, J.	611	374	595	1581
Pena, S.	501	407	473	1383
Cicero, P.	496	358	496	1350
Westcott, T.	501	319	507	1328
110 kgs. M1 (40-44)				
Capello, J.	573	418	683	1675
Open				
Romero, D.	424	402	523	1350
Open				
Kopta, T.	473	341	501	1317
Valentine, R.	374	336	385	1096
125 kgs.				
Jensen, W.	628	380	661	1669
Reece, D.	611	380	473	1466
Shaw, V.	429	468	518	1416
Landers, G.	523	336	545	1405
Mcgrath, J.	429	292	429	1151
Teen (16-17)				
Grover, C.	363	286	501	1151
125+ kgs. M2 (45-49)				
White, J.	462	292	462	1218
Open				
Munsey, D.	755	429	705	1890
Russell, R.	622	457	672	1752
Snider, A.	567	396	529	1493

Teams: Superior Gym & Fitness, Capello Powerlifting Co. Team, Strength Online, Jackson County Sheriff's, Elko Powerlifting Team, Big Island Powerlifting. Best Lifters: Best Master Saturday: Doug Dienelt, Best Open Saturday: Jason Burnell, Best Master Sunday: Terry Wilson, Best Open Sunday: Gurpreet Johal, Best Teen: Jake Scheid, Best Woman: Jodi Jolma, Champion of Champions: Doug Dienelt. (Thanks to USAPL for providing these meet results)

What began five years ago as the USA Powerlifting Oregon State Championships have grown into a regional competition, pulling competitors from Washington, California, Nevada and, in 2000, from Connecticut. 63 lifters ventured to Oregon's beautiful Rogue Valley, and to Superior Gym & Fitness in Medford. Even the State of Hawaii was represented in the person of P.J. Couvillion. P.J., accompanied by the great lifter and strongman, Grant Higa, acted as Technical Secretary for the meet and made sure that it ran on time and at a clip that IPF veterans are familiar with. P.J. was recently appointed to the Technical Committee of the IPF, the only American to have held such a position. As is tradition at this championship, the heavier weight classes lifted on Saturday with the lighter men's open classes, most teens and the a large flight of women lifters taking to the platform on Sunday. The 90 kg men's division, historically one of the largest at this meet, was sparer in 2000, although the 100 kg class was much larger than in previous years. Watching this meet over the years once could see the gradual up sizing of powerlifters. The 82.5 kg division was at one time the largest; then the 90 kg division bulged with competitors and lately the 100 kg division has begun attracting the largest number of lifters. The 90 kg Master divisions were whittled down by bomb-out-itis; however, Steven Gall, representing the Capello Power Company team, put in a fine performance in the 40-44 age group totaling 530 kgs., and breaking some Oregon records. Even more impressive was the lifting of Chuck McFarland in the 45-49 age grouping. Chuck, coming off of a three year competitive hiatus, totaled 537.5 kg. and shattered his divisions state records. Chuck is very active with disabled lifters and trains his son, Chad, a competitor we hope to see return to the platform in 2001. In the 50-54 age group a newcomer, Dave Smith from Medford, learned the competitive ropes during the meet and managed to take the First Place award for his grouping. In the 90 kg men's open division Oregonians were outnumbered by invaders from Nevada in the persons of Martin Reyes and Scott Breschini, both lifting for the excellent Elko Powerlifting Team, coached by Raul Lopez. It looked bad for Oregon when at sub-total time it's only native son, Kevin Eller, trailed the Nevadan. Eller's star shown when the iron hit the floor, outpulling Reyes by 40 kg. to make up the difference and inch ahead for the win. Brischini turned in a fine performance, but could manage only third place against Eller and Reyes. In the 100 kg class out-of-state lifters again dominated. In the Master 40-44 age class Mike Musto, a firefighter from Benecia, CA, turned in a fine performance that put greater and greater distance between himself and Raul Lopez with each lift. Raul, the Coach of the Elko (Nevada) Powerlifting Team. fought hard but just couldn't match the pace set by Musto. Local Medford lifter David Johnson captured the 50-54 age grouping title. In the 100 kg Masters, 55-59 age division the lifting sensation from California, Doug Dienelt, was unbeatable. Doug took a minimum number of lifts so that he could complete his practical test as a USAPL State Referee; despite this, Doug totaled 637.5 kgs. and won Best Master Lifter for Saturday. Just three weeks after the Oregon meet Doug hit a USAPL American total record at the USA Powerlifting California State Meet and is on track to beat that record at the 2000 USAPL Masters Nationals in Cleveland. Jason "Deepsquatter" Burnell made the 6 hour journey North with Dienelt to compete in the 100 kg Open class. "Deep" totaled 805 kgs. and bested his closest rival, James Richter from Oregon, by 87.5 kgs. Steve Pena, a blind athlete from California, took up the third position with Phil Cicero and Tim Westcott filing out the field. As usual, Jerry Capello waltzed in the 110 kg Master 40-44 class with the highest total in the entire weight grouping, 760 kgs. Jerry is the Coach of the Capello Power Company Team and all his lifters show the same dynamic approach to powerlifting. In the 110 kg Open Class David Romero from Nevada and the Elko Powerlifting Team returned to Elko with the First Place award with Jackson County Sheriff's Office Powerlifting Team members Tyler Kopta and Rick Valentine accepting the second and third place awards. In the 125 kg class the Open division was loaded with five competitors, but as with other divisions out-of-towners dominated. Wade Jensen from Nevada garnered top honors with Dean Reece, Victor Shaw, Garth Landers, all the way from Connecticut, and Jeffrey McGrath following in sequence behind. At that weight Clint Grover, a teen from Idaho, won the 16-17-age division in easy style. Last year at this meet, Dean Munsey turned in USAPL's first 2,000 pound total to win the 125+ kg class. Dean lifted well in 2000 and handily won the Open class, but fell short of his 1999 total. Despite that Dean opened a wide lead over competitors Richard Russell and Andrew "Louie" Snider, which they could not close. In the end, it was Munsey, Russell and Snider in that order for the Open class. Jim White, from Oregon, captured the Masters 45-49 title for 2000. On Sunday the 82.5 kg Men, Teen and Women's divisions mounted the platform. The 82.5ers were greatly thinned by injuries and weight class changes; however, competition was intense. Terry Wilson, Coach of the Jackson County Sheriff's Office Powerlifting team struggled in the squats, but then found his way at last and turned in a State record performance. In the Open classification, newcomer Gurpreet Johal, coached by Jim Murphy sparkled. Johal totaled 577.5 kgs. in his first meet, which was good for a comfortable win over Shawn Clark. In the men's 67.5 kg weight class Californian Joe Randazzo stood alone and turned in his usual, measured performance to win the Masters 45-49 age grouping. This year's meet produced a bumper crop of teenagers - most coached by local hero Sam Pecktol. Sam coaches as many as 50 teens, competing in all sports in the Medford School District. In the 67.5 kg, 14-15 age grouping Mike Enloe captured First Place. In the 75 kg teen division, 14-15 age group, Alan Borelli walked to the podium to pick up his First Place award. In the 18-19 age group, Jake Scheid just kept building distance between himself and Tim Miner until the distance just couldn't be overcome. Jake totaled 502.5 kgs. In his first meet, won his age and weight class and became the proud owner of the Best Teen award for the meet. In the heavier teen weight classes Rick Mitchell captured First Place in the 82.5 kg., 14-15 age group. Dustin Butler walked away with the winner's award for the 90 kgs., 14-15 age group; Frank Silva matched the honors in the 18-19-age class. In the 100 kgs. Nick Heppner won First Place in the 14-15 age group, Mark Fenton in the 18-19 age group. Big Brian Weston captured the 125 kgs., 14-15, age class with a fine 402.5 kg total. This year's meet was particularly competitive for the women divisions. In the 56 kg Open division Jennifer Bechtold fought hard and managed a win over Roberta Hunt. In the 60 kg classifications, Colleen Frey captured first place in the Masters 40-44 division with Janet May taking honors in the 45-49 group. Jodi Jolma had a fine day; totaling 357.5 kgs. to just outpace hard charging Susan Gall. Finally in the 75 kg class perennial champion Patricia Corns used her deadlift to nudge Rhonda Dunn out for the Open class First Place honors. The meet directors wish to thank the many people who contributed to this year's meet: P.J. Couvillion, Joe Randazzo, Dennis Smith, Dan Guches, Jason "Deepsquatter" Burnell, Doug Dienelt, Terry Wilson, Kathy Mooney, Lisa Pecktol, K.C. Pettigrew and probably the best crew of spotter/loaders this meet has ever had. Thank you to all. (report courtesy of Mike Mooney)

Andrew "Louie" Snider *sets up for a big squat attempt under the watchful eye of Hawaii's P.J. Couvillion at the USAPL 2000 Oregon State Championships. (photograph provided courtesy of Mike Mooney)*

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?

LOUIE SIMMONS'

REVERSE HYPER MACHINE

patent #5,356,359

$995

plus shipping

HOME MODEL

$695

plus shipping

Great for Strength and Rehabilitation

WESTSIDE BARBELL

1417 DEMOREST RD. COLUMBUS OH 43228

PHONE (614) 276-0923

ADAU Great Lakes RAW
25,26 Mar 00 - Erie, PA

WOMEN	SQ	BP	DL	TOT
123 lbs.				
M. Kelly	155	105	240	500
Master (40-44)				
M. Kelly-40	155	105	240	500
132 lbs.				
M. Matuszewski-32		195	120	360
675				
148 lbs.				
D. Roman-49	235	150	285	670
K. Iszkula-17	225	120	300	645
4th	230			
S. Villo-36	205	125	270	600
K. Blair-37	170	115	250	535
R. Moody-17	195	—	—	—
Teen (16-17)				
K. Iszkula-17	225	120	300	645
4th	230			
R. Moody-17	195	—	—	—
Submaster (35-39)				
S. Villo-36	205	125	270	600
K. Blair-37	170	115	250	535
181 lbs.				
J. Jasper-23	260	165	330	755
MEN 123 lbs.				
C. Williams-15	320	200	355	875
Teen (14-15)				
C. Williams-15	320	200	355	875
132 lbs.				
J. Allgeier-20	300	200	400	900
D. Farkas-13	200	135	250	585
Teen (12-13)				
D. Farkas-13	200	135	250	585
Junior (20-23)				
J. Allgeier-20	300	200	400	900
148 lbs.				
Jason Stazer-18	285	200	400	885
Joe Tessitore-14	235	135	250	620
Teen (14-15)				
J. Tessitore-14	235	135	250	620
Teen (18-19)				
J. Stazer-18	285	200	400	885
165 lbs.				
J. Braca-37	480	360	630	1470
M. Catalino-21	515	345	540	1400
R. Cruz-39	475	300	475	1250
M. Skal-27	340	300	455	1095
A. Soety-33	275	250	460	985
K. Orth-17	305	250	425	980
R. Hutchison-59	305	235	365	905
G. Natale-16	275	165	400	840
A. Hersperger-17	275	—	—	—
Guest Lifter				
M. Spinna-13	250	190	275	715
Teen (16-17)				
K. Orth-17	305	250	425	980
G. Natale-16	275	165	400	840
A. Hersperger-17	275	—	—	—
Junior (20-23)				
M. Catalino-21	515	345	540	1400
Submaster				
R. Cruz-39	475	300	475	1250
Master (55-59)				
R. Hutchison-59	305	235	365	905
181 lbs.				
M. Clickett-27	500	370	500	1370
4th	520			
T. Joseph-29	405	315	475	1195
S. Christman-21	400	345	445	1190
D. Heintzel-39	360	275	500	1135
S. Fisher-43	355	255	465	1075
T. Dawley-43	380	245	450	1075
K. Zappitella-37	330	250	455	1035
H. Elsasser-48	325	230	440	995
Submaster				
D. Heintzel-39	360	275	500	1135
K. Zappitella-37	330	250	455	1035
Master (40-44)				
S. Fisher-43	355	255	465	1075
T. Dawley-43	380	245	450	1075
Master (45-49)				
H. Elsasser-48	325	230	440	995
198 lbs.				
G. Davis-28	475	340	580	1395
B. Bayer-54	500	250	550	1300
P. Kaufman-44	430	275	540	1245
J. Gannoe-15	405	215	450	1070
S. Wright-17	330	200	430	960
T. Heath-16	240	185	340	765
S. Loebach-23	315	—	—	—
D. Smith-42	—	—	—	—
J. Braun-24	—	—	—	—
Guest Lifter				
M. Rojas-16	330	225	400	955
Teen (14-15)				
J. Gannoe-15	405	215	450	1070
Teen (16-17)				
S. Wright-17	330	200	430	960
T. Heath-16	240	185	340	765
Master (40-44)				
P. Kaufman-44	430	275	540	1245
D. Smith-42	—	—	—	—
Master (50-54)				
B. Bayer-54	500	250	550	1300
220 lbs.				
J. Emling-36	475	375	560	1410
W. Ruiz-40	450	315	580	1345
T. Braca-33	480	325	550	1335
G. Lewis-30	460	350	525	1335
J. Carlucci-40	460	300	560	1320
M. Magyar-16	475	265	540	1280
R. Eckhart-27	370	360	540	1270
M. Schmidt-45	515	300	455	1270
P. Hartig-21	465	300	475	1240
J. Green-26	350	305	480	1135
J. Potochny-26	300	300	405	1005
B. Dacosta-19	320	235	415	970
M. Bevelacqua-17	255	170	340	765
Teen (16-17)				
M. Magyar-16	475	265	540	1270
M. Bevelacqua-17	255	170	340	765
Teen (18-19)				
B. Dacosta-19	320	235	415	970
Master (40-44)				
W. Ruiz-40	450	315	580	1345
J. Carlucci-40	460	300	560	1320
Master (45-49)				
M. Schmidt-45	515	300	455	1270
242 lbs.				
K. Batykefer-44	510	395	550	1455
G. Lewis-30	485	380	570	1435
B. Homer-24	490	330	590	1410
B. Moody-20	420	340	530	1290
M. Bowen-44	460	310	520	1290
J. Ernst-17	450	265	470	1185
B. Bixby-15	355	230	460	1045
J. Bevelacqua-41	265	230	—	—
T. Johnson-27	395	—	—	—
C. Petsch-32	—	—	—	—
Teen (14-15)				
B. Bixby-15	355	230	460	1045
Junior (20-23)				
B. Moody-20	420	340	530	1290
Master (40-44)				
K. Batykefer-44	510	395	550	1455
M. Bowen-44	460	310	520	1290
J. Bevelacqua-41	265	230	—	—
275 lbs.				
L. Fetterman-38	450	375	500	1325
319 lbs.				
B. Pacolay-30	465	350	510	1325
R. Blanchard-25	435	300	465	1200

Outstanding Lightweight Male: ***Joe Braca*** *and Outstanding Female:* ***Michele Matuszewski.*** *(photograph courtesy Al Siegel)*

Outstanding Women: Michelle Matuszewski. Outstanding lightweight Man: Joe Braca. Outstanding Heavyweight Man: George Davis. Team champions: 1st Joe's Gym of Erie. 2nd: The Underground Gym 3rd: Rob's Power Team. The best Great Lakes Championships ever and it was totally "RAW". Thanks to the Anti-Drug Athletes United (A.D.A.U.) organization, and the multitude of help from the World champion Joe's Gym team. Brenda, Al, and Jay Siegel, Matt Catalino, Bugs Bayer and myself kept the judge's chairs warm and were very pleased with the polite, strict and intense lifters that moved quickly through the competition without any hold-ups because of torn gear or waiting for anyone to get there wraps on. The spotters were especially happy because of very few missed lifts. Raw lifters know what they can lift, and don't take any stupid chances with a weight that will crush them. The score table had no problems with Ed and Michelle at the microphone and Carol, Molly, Kaleena, Edie and Sondralee on the score cards. Mary Jo Kelly started the championships off with her win in the women's and masters at 123. She set all new state masters records with her 155, 105 and 240 for 500. At 132, Michelle Matuszewski, current A.A.U. World Champ put together 195, 120 and an American record 360 deadlift to win the title and Champion of Champions for the women, while looking like a super model. Master lifter, Dolly Roman had a field day while winning the 148 class and setting three Masters American records with her 240 fourth attempt squat, 155 bench and 670 total. Second place went to Kaleena Iskula with all new Teen American records. Sondralee Villo set two new Sub-Master State records for third. At 181, it was Jennifer Jasper all the way with All-State, Junior State and Junior American records. The men started off with some very impressive raw lifting by 15 year old Caleb Williams. He won his division with all new Teenage American records. Caleb went 320, 200 and 355 to total 875 in the 123 class. At 132, Jon Allgeier won Gold with all new Junior American records. Hon went 300, 200 and 400 to total a raw 900. Second went to 13 year old David Farkas with all new Teen State records. The 148s were light and teenage Jason Stazer won, while lifting in his first contest, and showed some great potential. Talk about some incredible Drug-Free, raw lifting. Three lifters took turns breaking the state and American records, in the squat, at 165, with Junior lifter Matt Catalino ending up with 515! While Joe Braca, settled for 480 and Ramon Cruz finished with 475. Braca then went on to set an American open and Submasters deadlift record with 630 to win the gold with 1470 total. Catalino took silver with all new Junior American records and a 1400 total. Joe Braca's total won him Lightweight Champion of Champions. The 181 class went to Matt, Coor's Light, Clickett, at a puffy 176 pounds, with his raw 1370 total that included an American 4th attempt record squat of 520. He also benched a raw 370 which is just 10 pounds under his assisted best bench. Steve Christman managed a Junior State record bench of 345, while Dave Heintzel pulled a State Submasters deadlift with 500 and then came back to spot the heavyweight session. George Davis was the 198 pound champ with his 1395 total and heavyweight Champion of Champions. Fifty-four year old Bugs Bayer placed second with an American Masters squat record of 500, the heaviest squat in his class. Fifteen year old Justin Gannoe was impressive with his teen American squat record of 405 and his raw 1070 total. At 220, John Emling had a rough day, going 5 for 9, but managed to win the 220 class. John's lifts included a State Submasters 375 bench. Other impressive lifting in this class was Matt Mayars Teen State Record squat of 475 and his 540 Teen American record deadlift. Mark Schmidts Master American 515 squat and Wilfedo Ruiz State Master record deadlift of 580. Les Fetterman took the gold at 275 which included a State Sub-Master record bench of 375. The A.A.U. World Champions, Joe's Gym of Erie took home the team trophy, with Joe Braca's Underground Gym taking the silver and Rob Eckhart's Power Team taking the bronze. (Thanks to Joe's Gym for providing these contest results)

ADAU Great Lakes Raw BP
25,26 Mar 00 - Erie, PA

WOMEN	
148 lbs.	
D. Roman-49	150
4th	155
Master	
D. Roman-49	150
4th	155
198 lbs.	
P. Durst-53	—
MEN 114 lbs.	
G. Murphy-40	200
4th	201
123 lbs.	
C. Williams-15	200
4th	201
Teen	
C. Williams-15	200
4th	201
148 lbs.	
M. Booth-25	340
F. Todorich-17	285
M. Kuhns-14	210
4th	215
P. Demichele-17	200
Teen (14-15)	
M. Kuhns-14	210
4th	215
Teen (16-17)	
F. Todorich-17	285
P. Dernichele-17	200
165 lbs.	
O. Bey-28	385
4th	400
R. Martucci-31	320
W. Claypatch-43	260
A. Stuetzer-19	205
Teen (18-19)	
A. Stuetzer-19	205
Master (40-44)	
W. Claypatch-43	260
181 lbs.	
T. Wright-35	405
M. VanVranker-26	340
E. Hillyard-25	340
H. Elsasser-48	325
Submaster (35-39)	
T. Wright-35	405
Masters (45-49)	
H. Elsasser-48	325
198 lbs.	
H. Thomas-30	365
220 lbs.	
R. Eckhart-27	360
M. Anderson-49	340
Master (45-49)	
M. Anderson-49	340
242 lbs.	
B. Moody-20	340
Juniors: (20-23)	
B. Moody-20	340
319 lbs.	
S. Galbraith-35	435
Submaster (35-39)	
S. Galbraith-35	435

Many bench press champions were in the audience at the A.D.A.U. Inaugural Great Lakes Bench Press Championships just to see how it turned out and they all picked up entry forms for the next contest after they realized that "Raw" is the only way to go. No accidents, no blown out gear and no disruptive behavior. Your mother would be proud. Master lifter, Dolly Roman was impressive with her 150 success and a fourth attempt record of 155 at the age of 49 in the 148 class. Fourty year old Glenn Murphy drove eight hours to win the 114 open division with a record 201.25. At 123 and 15 years old, Caleb Williams will be a force to reckon with. His 201.25 attempt won his class in the Open and Teen divisions. Mike Booth opened with an American record 340 at 148 for the Gold, with teenage Frank Todorich setting the teen record of 285 for the Silver. Mike Kuhns, 14 years old, also set a teen record with 2 10 and a 4th with 215, for the Bronze. At 165, Orne Bey pushed a big 385 for Gold, and was successful with a fourth attempt record of 400. Veteran Tom Wright set American and Sub-masters records with a great, raw 405 at 181. Herman Elsasser also set an American master record in this class with his 325. We will be holding the Anti-Drug Athletes United Squat, Bench and Deadlift Nationals in Erie, next Fall. The competition will be "Raw" and "Drug-Free". (Thanks to Joe's Gym for results)

Hal Thomas *competed in the 198 lb. class at the A.D.A.U. Great Lakes "Raw" Bench Press Championships and made a lift of 365 lbs. to win his division. (photo provided courtesy of meet director - Joe Orengia)*

MEETING THE DEMANDS OF TODAY'S ATHLETES

mac
BARBELL AND FITNESS EQUIPMENT

1617 W. Highway 303
Grand Prairie, TX 75051

Call today for our catalog & for pricing info

800-942-0338

www.mac-barbell.com

Mats • Bars • Racks • Free Weight Machines • Benches • Plates
Dumbbells • Belts • Pin Selected Machines

ORIGINAL TEXAS POWER BAR
The Finest Bar Available With A Lifetime Warranty To Back It Up

Official Supplier to the Texas High School Power Lifting Association

AAU Kansas State Raw/"OZ" Meet
15 APR 00 - Osawatomie, KS

High School	SQ	BP	DL	TOT
123				
M. Johann	220	160	300	680
132				
K. Miller	245	155	290	690
165				
A. Smith	370	305	430	1105
J. Sevy	370	200	400	970
J. Webber	275	205	340	820
181				
J. Renz	335	225	445	1005
B. Blackman	300	230	405	935
198				
C. Abbott	290	185	345	820
A. Rayne		210	360	570
220				
C. Cook	375		500	875
275				
K. Meyer	135	210	375	720
Women				
148				
R. Campbell	115	85	215	415
Men				
148				
T. Druell	165	245	345	755
181				
B. Doster	485	295	525	1305
J. Hetzer	365	295	430	1090
R. Comitz	285	285	355	925
J. Stockman	335		400	735
198				
S. Wade	315	220	410	945
K. Lattin		340		
220				
B. Cass	600	410	700	1710
R. Minardi	415	250	515	1180
S. Griggs	370	320	420	1110
J. Pemberton	315	270	430	1015
275				
B. Holmes		380		
Submasters				
165				
D. Gilley	405	285	535	1225
220				
M. Medina	435	350	500	1285
242				
G. Renz	360	285	470	1115
40-44				
165				
T. Fletcher	400		450	850
R. Fitzgerald	375	280	445	1100
45-49				
198				
C. Wade	395	305	505	1205
50-54				
198				
W. Murphy	380	215	400	995
55 plus				
242				
F. Orotolani		300		

(Thanks to Mike Medina for providing the results)

Norwegian Championships
31 Mar-02 Apr 00 - (kgs.)

56 kgs.	SQ	BP	DL	TOT
R. Brandtzaeg	230	115	220	565
67.5 kgs.				
B. Astad	235	127.5	215	577.5
J. Roland	225	117.5	217.5	560
N. Reiakvam	200	115	210	525
G. Indeberg	190	115	180	485
J. Billit	165	95	185	445
75 kgs.				
T. Skogly	250	152.5	280	682.5
F. Berentsen	265	165	230	660
A. Kirketeig	245	130	247.5	622.5
D. Brovold	255	117.5	240	612.5
O. Ssamdberg	222.5	132.5	230	585
82.5 kgs.				
J. Kjos	272.5	150	302.5	725
S. Valentinsen	285	157.5	280	722.5
G. Bedin	295	130	272.5	697.5
B. Andersen	250	145	277.5	672.5
G. Gregersen	260	160	240	660
G. Johannesen	250	160	240	650
P. Vilnes	240	152.5	250	642.5
R. Olsen	215	152.5	252.5	620
K. Olsen	235	122.5	230	587.5
90 kgs.				
M. Arnesen	295	180	305	780
O. Bjornsen	300	210	250	760
R. Hagen	270	155	280	705
G. Hove	250	172.5	265	687.5
F. Fjogstad	265	152.5	255	672.5
G. Korvald	255	150	262.5	667.5
P. Nilsen	245	145	230	620
R. Kaashagen	230	122.5	—	—
100 kgs.				
E. Stiklestad	345	190	345	880
H. Larsen	315	170	290	775
G. Gasland	280	167.5	300	747.5
O. Kompelien	280	167.5	282.5	730
T. Omland	275	150	275	700
S. Simonsen	250	150	270	670
R. Johansen	230	150	230	610
R. Hanseen	—	—	—	—
110 kgs.				
C. Christoffersen	360	217.5	325	902.5
S. Davidsen	345	200	330	875
T. Taksdal	312.5	205	295	812.5
J. Hoyset	310	170	320	800
A. Randen	315	170	310	795
P. Sjol	315	155	305	775
I. Merli	280	170	315	765
S. Hove	290	170	280	740
T. Kristensen	270	165	265	700
G. Oksendal	—	—	—	—
125 kgs.				
T. Rydheim	340	175	320	835
R. Morterad	332.5	175	310	817.5
G. Evensen	292.5	180	300	772.5
V. Helgesen	285	165	285	735
A. Berntsen	300	152.5	270	722. 5
125+ lbs.				
G. Sommerseth	350	205	345	900
O. Dahl	300	190	310	800
E. Lillebo	280	130	320	730
WOMEN 52 kgs.				
A. Mathiesen	145	62.5	145	352.5
56 kgs.				
M. Skaksrud	130	75	130	335
60 kgs.				
S. Lund	170	82.5	165	417.5
N. Bjornstrom	142.5	60	150	352.5
T. Brovold	92.5	47.5	105	245
67.5 kgs.				
I. Blikra	195	95	205	495
H. Hille	180	65	182	425
T. Fostervold	135	77.5	142.5	355
A. Saeba	150	55	140	345
L. Engnes	100	50	120	270
75 kgs.				
I. Hakonsen	190	90	195	475
R. Engeland	147.5	92.5	162.5	402.5
E. Jensen	155	72.5	150	377.5
B. Arntsen	50	82.5	100	232.5
82.5 kgs.				
A. Stikestad	227.5	97.5	200	525
H. Hugdal	172.5	75	155	402.5

Best lifters by points were Inger Blikra and Carl Olav Christoffersen. They received the Norwegian Royal cups. (results courtesy of Arnulf Wahlstrom)

Dungeon Gym "Raw" Bench Press
27 FEB 00 - Galt, CA

RAW BENCH			
Men		S. Gonzales	300
Youth (8)		242	
M. Knight (60)	55	M. Peterson	405
Youth (11)		C. Daniels	385
T. Knight (114)	95	B. Allen	345
Cpen		275	
181		M. Knight	530
B. Taylor	315	Men (Master 40-44)	
J. Smith	275	242	
198		C. Daniels (238)	385
D. Thompson	350	275	
		M. Knight (260)	530

(Thanks to Craig Daniels for providing the results)

Pro-Fitness SQ & Farmer's Walk
15 Jan 00 - Pikeville, KY

WOMEN	SQ	Fwalk	DB
Master			
S. Conley	155	504	50
Open			
S. Hyden	145	340	50
MEN Open 181 lbs.			
R. Woofter	180	187	125
242 lbs.			
L. Stapelton	295	527	140
Master			
R. Burruss	455	450	140
Guest			
D. Fields	455	110	125
J. Allen	600	Spotter/Official	

DB=Weight of dumbbells used. This event is part of the Pro-Fitness Challenge Points Series which consists of 17 different MultiSport events held throughout the year. These events include powerlifting, strongman, running, biking, kayaking, climbing or any combination thereof. MultiSports on the web: www.multisports.net. (courtesy of Pro-Fitness)

ASSOCIATION OFFICE COPY

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

ANNUAL MEMBERSHIP DUES

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

SPORT CODE ____ ____ ASSOCIATION CODE ____ ____

MEMBERSHIP CATEGORY — CHECK ONE: ___ Athlete ___ Coach ___ Official ___ Volunteer

CHECK ONE: ___ Youth Program ___ Adult Program — Added Benefit ___ Yes ___ No

Club No.: Club Name: E-Mail

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? ☐ Yes ☐ No

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

First | Middle | Last

Address

City | State | Zip Code

County | Phone (With Area Code)

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

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

Member's Signature

Parent/Guardian Signature

*Best Lifter at the WNPF South Carolina Natural was **Anthony Davis**, seen above in a Robert Burchett photo, deadlifting 625.*

WNPF South Carolina
25 Mar 00 - Greenville, SC

BENCH	
WOMEN	
114 lbs.	
(20-23) Raw	
Highbaugh	135*
Open Raw	
Highbaugh	135*
SHW	
(14-16) Raw	
Pole- Summers	245*
Lifetime Raw	
Pole-Summers	245*
MEN 132 lbs.	
(20-23)	
Nelson	250
148 lbs.	
(20-23) Raw	
Greer	270
165 lbs.	
(20-23) Raw	
Elrod	310
(20-23)	
Elrod	350
Barfield	315
(17-19) Raw	
Wright	270
Open Raw	
Wright	270
181 lbs. (20-23)	
McClain	325
Lifetime Raw	
Martinez	365
Lifetime	
Davis	385
198 lbs. Lifetime	
Greene	315
(20-23)	
Coffman	
(20-23) Raw	
Pagan	425
Open Raw	
Pagan	425
(40-49) Raw	
Caterisano	265
(50-59) Raw	
Graves	225
DEADLIFT	
WOMEN	
(14-16) Raw	
Pole-Summers	355*
Lifetime Raw	
Pole-Summers	355*
MEN	
165 lbs. (60-69)	
Blondin	400*
Lifetime Raw	
Rijos-Soto	585
181 lbs.	
Davis-BL	625
220 lbs. (14-16) Raw	
Stanley	455*

WOMEN	SQ	BP	DL	T
80 lbs. Youth (9-11)				
Curry	90*	45*	135*	270*
SHW (14-16) Raw				
Pole-Summers	355*	245*	355*	955*
Open Raw				
Pole-Summers	355*	245*	355*	955*
MEN 100 lbs. Youth (12-13)				
East	95	75	155	325
114 lbs. Youth (12-13)				
Curry	185*	90*	225*	500*
132 lbs. Youth (12-13)				
Wade	185*	105*	185*	475*
165 lbs. Open Raw				
Yeargin	490*	290	560*	1340*
(20-23)				
Tillman	400	325	475	1200
181 lbs. Lifetime				
Davis-BL	500	385	625	1510
198 lbs. Lifetime				
Greene	470	315	535	1320
(33-39)				
Greene	470	315	535	1320
220 lbs. Youth (12-13)				
Caraway	255*	160*	335*	750*
(14-16) Raw				
Stanley	380*	290*	455*	1125*
Lifetime				
Anderson	500	300	470	1270
Graydon	400	275	440	1115
Open				
McSwain	570	420	620	1610
Brown	550	390	550	1490
(33-39)				
Wade	615	450	600	1665
242 lbs. (40-49)				
Davis	500	375	605*	1480
SHW (14-16) Raw				
Yates	360*	320*	420*	1100*

BL–Best Lifters. *–WNPF American Record. Teams: Powerlifting - God Squad, Bench Press - Furman Power Team, 2nd - God Squad. First thanks to Tony Caterisano and Furman University for letting the WNPF use their fine facility and we will be back on October 21 for the Palmetto Bench and Pull Championships. As usual the youth lifters showed out, they all did a fine job. Shannon Pole-Summers from SC (the strongest teenage woman drug free in the USA) put on a show with a 955 total. Don Blondin 69 yrs. young set a new American record with a 400 lb. deadlift. Anthony Davis posted his highest total ever with a 1510 lb. total in the 181s. Matthew Elrod new comer to the WNPF benched 310 raw and 345 equipped for first place in the 165 juniors. Steve Yeargin the little big man from SC, Totaled 1340 raw in the 165s. Jason Pagan Had the biggest cheering section at the meet with at least 50 guys cheering him on every time he hit the platform. You couldn't hear anything when he came onto the platform, Jason hit 425 raw with a near miss at 435. He was hoping for more but he got sick a few days before the meet. Chris Coffman from NC bombed in the bench, but stated that this was the best meet he ever came to, thanks CHRIS. Brian MacDaddy McSwain from Greenville and our WNPF state chairman totaled 1610 with close misses at 625 in the squat. Mark Wade returned to the platform after a two year absence and totaled 1665 in the subs. Carl Stanley, outstanding performance. Chip Davis the youngster from SC totaled 1480 at 48 yrs. Young and made a 605 deadlift for a new record. Brad Kelley one half of the twin powers is the new Joel Toranzo. He broke Joel's open record and is only five pounds away from the Lifetime record. This man is for real, no Doubt. Bob Fultz from Charlotl deadlifted for the first time and was very happy with his 405 lb. deadlift Tim Lee, 23 years old and strong, 500 lb. Bench and a close, close miss with 510. Big Shane Yates, 309 pounds, 14 years old has a bright future ahead of him. (from WNPF)

***Matt Sartain** with a 295 BP in the Teens at the WNPF Alabama Open*

WNPF Alabama Open
18 Mar 00 - Northport, AL

SQUAT	
Novice Raw	
Lewis, G.	315
40-49 Raw	
Lewis, G.	315
BENCH	
MEN	
114 lbs. Open	
Atchley, T.	140
220 lbs. Novice	
Conner, R.	405
242 lbs. Open	
Sanders, M.	470
Submasters	
Molay, R.	450
Police/Fire/Military	
Sanders, M.	470
Molay, R.	450
272 lbs. Open	
Vaughn, M.	475
DEADLIFT	
242 lbs. Open	
Davidson, D.	760

MALE	SQ	BP	DL	TOT
181 lbs. Teen (17-19)				
Caprari, T.	*600	360	*650	1610
Open				
Caprari, T.	*600	360	*650	1610
198 lbs. Junior				
Mellown, A.	450	320	400	1170
Submasters				
Berry, C.	520	305	475	1300
Young, J.	405	305	500	1210
Police/Fire/Military				
Berry, C.	520	305	475	1300
Military				
Cox, T.	360	*285	360	1005
Novice Raw				
Lewis, G.	315	225	340	880
(40-49) Raw				
Lewis, G.	315	225	340	880
220 lbs. Teen (15-16) Raw				
Sartain, M.	*400	*290	*350	1040
Teen (17-19) Raw				
Keating, J.	*425	*320	475	1220
(50-59)				
Darr, T.	335	345	410	1090
242 lbs. Junior				
Dennis, C.	450	295	510	1255
Open				
Noland, L.	580	360	600	1540
(40-49)				
Davidson, D.	650	375	*760	1785
SHW Teen Raw				
Miller, C.	*525	*350	*525	1400
(40-49)				
Endress, R.	395	240	370	1005
WOMEN				
123 lbs. Submasters Raw				
Wright, A.	*245	150	285	680
148 lbs. Police/Fire/Military				
Rowe, P.	*225	165	265	655
181 lbs. (40-49)				
Endress, S.	245	150	280	675

*–WNPF American Record. A special thanks to all of the lifters that supported this competition, including those from Georgia and Mississippi. A special prayer was also sent out to the family and friends of Ms. Jody Avery, a high school powerlifter that was involved in a fatal car accident the night before the competition. One of the newcomers to the WNPF, Tony Caprari, entered the competition at a body weight of 167 pounds and stormed his way to the best lifter award with a total of 1610 pounds, setting a new American record in the Squat and Deadlift. Congratulations are also sent out to Ms. Annette "Tweety" Wright, Patsy Rowe, Craig Miller, James Keating, Thomas Cox, Dan Davidson and Matt Sartain for establishing new American records. This meet was the first for Craig Miller after setting a new state high school powerlifting total about three weeks ago. Best Lifter Awards went to Tony Caprari and Annette Wright. A special note of thanks goes out to Ralph Peace, Barry LaFoy and Rita Hollingsworth for officiating this competition. A WNPF meet would not be the same without the "Mouth-of-the-South" Lester Fields. Thanks to Keith Hyche of the Northport Fire Department for helping with the preparation before the competition and the work involved afterwards. (Thanks to Pedro Hollingsworth, WNPF Alabama State Meet Director, for these results).

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
$15.00 HIGH SCHOOL
$30.00 ADULTS

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

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

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

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

2nd APF Alabama Spring Classic
18 Mar 00 - Tuscaloosa, AL

	SQ	BP	DL	TOT
D. Pixley-105	237	95	240	572
C. Swift-159	187	115	255	557
A. Pullen-160	452	290	480	1222
C. Raney-161	362	225	450	1037
D. Hagan-165	477	320	470	1267
A. Machristie-177	512	310	510	1332
J. Wright-179	507	275	510	1292
J. Sullivan-181	277	340	325	942
R. Howell-188	477	287	540	1300
C. Elliot-192	581	300	450	1332
C. Woosley-195	137	135	500	772
L. McCormick-195	227	275	300	802
R. Heath-196	407	385	—	—
P. Tracy-198	602	315	580	1497
T. Butler-206	527	350	600	1477
J. Fulmer-214	592	350	550	1492
J. Dunn-215	—	380	—	—
L. Wright-216	602	345	550	1497
D. Dover-219	622	410	670	1442
S. Lee-219	407	305	455	1167
H. Davis-219	432	—	—	—
P. Watson-220	547	365	525	1437
G. Barber-220	135	485	135	752
B. Thornton-226	552	340	560	1452
J. Sanders-228	732	410	525	1667
McCormack-232	427	275	480	1182
R. Harrison-236	537	335	575	1445
Gudmndsson-237	632	380	550	1562
J. Green-239	622	340	675	1637
D. Montz-240	—	320	—	—
D. Tracy-240	602	300	540	1442
B. Putnam-264	422	300	480	1202
P. Savage-265	502	320	450	1272
R. Flournoy-273	—	405	—	—
B. Phillips-275	702	—	—	—
T. Babcock-275	672	425	540	1637
D. Lee-289	552	385	510	1447
C. Savage-292	622	385	535	1442

The second APF Alabama Spring Classic, held and directed by Shelby Robbins at Robbins Fitness Advantage, was a great success! Thirty-eight lifters in two flights made for a pretty long day of lifting, and there were a number of first-time competitors. Twenty-seven lifters were new to the American Powerlifting Federation - we hope they are glad to be new members! Donna Pixley, a teacher from Baton Rouge, LA, competed at 105 lbs. bodyweight, and finished her first meet with a 572 lb. total. Donna won her weight class, and also took home Women's Best Lifter! Charity Swift, at 20 years old and 165 lb. bodyweight, won her weight class with a 557 lb. total. In the amateur men's division, Daniel Hagan took first place in the 165s with a total of 1267. Andrew Machristie won the 181s with a total of 1332. With a 1497 total, Paul Tracy, of Dynabody gym in Muscle Shoals, AL, won the 198s. Also a Dynabody lifter, Danny Dover took the 220s with a big 1702 total, and took the Amateur Best Lifter. Brett Thornton from Reform, AL, won the 242s with a total of 1452. Ty Babcock, a first time lifter training under Coach Robbins won the 275s with a 1637 total. Shane Lee, a doctor from Marion, AL, won the Police/Military/Fire division and was also named PMF best lifter, with a total of 1167. In the Open Masters class, Jeff Sullivan won first place and best lifter, with a total of 942. For the Amateur Masters, Leonard McCormick won the 198s with a total of 802. Leonard was most proud, however, of being the only post-bypass surgery lifter competing! Ted Butler, at the age of 53, won the 220s with a total of 1477, and a big 600 deadlift. Ted was also named Masters best lifter. Rex Hanison took the 242s by storm with a 1445 total, and is headed to Texas for the AAPF Nationals. In the Amateur bench only division, Jimmy Dunn won first place in the 220s with a 380 press. Robert Flournoy took first in the 275s with 405. Gene Barber won the Amateur Masters Bench division in the 220s and was also the best lifter in the bench division, with a big 485 lbs. press. Gene also took a fourth attempt with 500 and barely missed it! Jason Sanders won the open 242s with a total of 1667, including a big 732 squat. Darrell Lee took the open 308s with 1447. Head judge Shelby Robbins, currently ranked second in the world in the 275s, really "gets into the lifts". A coach at heart, Robbins seemed to enjoy judging the meet as much as the lifters enjoyed competing! Commentator Sandy Ellis did a terrific job as always, and a very special THANKS to the spotter/loader team for an injury-free meet, and for a mis-load free competition! Last but not least, we would like to thank all of the lifters and the spectators. A meet is truly great when yon have the perfect combination of lifters who really fire up a crowd, and spectators who really participate, cheering on the competitors! We were thrilled to see lots of familiar faces, and equally excited to make new friends in the sport! A final thanks to the staff of *PL USA*, without whom we would not have such a great opportunity to advertise meets and share the sport with such a wide variety of lifters! Robbins Fitness Advantage will host three more meets during the year 2000: August 19th, The Alabama APF/AAPF Push/Pull Competition, October 14th, The Alabama APF/AAPF Powerlifting Championship December 9th, RFA Bench Press Competition. Call Shelby or Tracy Robbins toll free for information: 1-877-313-4946! (Thanks to Tracy for results)

***Richard "Spanky" White** goes 540 319 540 1399 to win the Masters 40-49 division at the Maine State Open (photo courtesy Russ Barlow)*

Maine State Open
01 Apr 00 - Bath, ME

MEN	SQ	BP	DL	TOT
AAPF				
B. Boyle 252	705	440	578	1724
T. Goode 172	518	336	496	1350
C. Wiers 292	529	512	600	1642
J. Wagner 157	468	220	391	1079
J. Guay 232	479.5	319	534	1333
J. Beyer 229	462	281	540	1283
J. Scholl 216	451	308	479	1239
J. Yates 183	407	236	462	1106
J. Keith 164	330.5	253	402	986
JR				
S. Blanchard 198	534	402	578	1515
Master (40-49)				
R. White 170	540	319	540	1399
D. Magoon 220	666	440	573	1680
C. Burgess 196	600	380	600	1581
M. Toderico 226	529	330	523	1383
J. Demille 172	325	231	369	925
Master (50+)				
D. Austin 226	551	341	462	1355
R. DelGallo 128	380	214	380	975
A. Carr 179	407	314	418	1139
Open 132 lbs.				
R. DelGallo	380	214	380	975
D. Osgood	319.5	225	385	931
C. Nassar	143	303	721	721
Open 165 lbs.				
T. Hockridge	440	253	468	1162
R. Pushard	402	303	473	1179
J. Wagner	468	220	391	1079
J. Keith	330.5	253	402	986
Open 181 lbs.				
R. White	540	319	540	1399
T. Goode	518	336	496	1350
C. Kanavas	440	314	479	1234
Open 198 lbs.				
G. Sotirakos	529	418	567	1515
P. Leighton	534	374	534	1443
J. Connors	578	253	529	1361
J. Pelletier	451	264	485	1201
J. Yates	407	236	462	1106
A. Dunn	402	253	451	1107
Open 220 lbs.				
D. Magoon	666	440	573	1680
B. Howard	617	352	710	1680
J. Gotlied	600	440	617	1658
J. Scholl	451	308	479	1239
D. Herbert	363	264	391	1019
Open 242 lbs.				
S. Smith	672	462	644	1779
S. Burke	578	374	606	1559
D. Harrington	551	391	600	1543
J. Guay	479	319	534	1333
J. Bever	462	281	540	1283
Open 275 lbs.				
B. Boyle	705	440	578	1724
P. Orino	661	451	611	1724
Open 308 lbs.				
T. Frost	551	385	573	1509
Open SHW				
J. Mimnaugl	804	518	705	2027
Teen				
D. Osgood 131	319	225	385	931
J. Higgins 168	424	319	473	1217
T. Hockridge 163	440	253	468	1162
C. Nassar 128	275	143	303	721
D. Geis 219	369	198	347	914
C. Morin 236	374	236	380	991
WOMEN				
Open 132 lbs.				
A. Farrell	314	165	303	782
Open 165 lbs.				
L. Jacunski	242.5	121	253.5	617

Team: Ultimate Fitness. Best Lifter Female: Amy Farrell. Best Lifter Male: Billy Mimwaugh. I would like to thank everyone who supported this years' APF Maine Millennium Powerlifting Championships. Again the contest was a great success attracting 49 quality lifters from throughout New England. A special thanks to my partner Shane McKenna, the people of Hyde School, Andy Connors, Beau Boyle, Richard Austin, Wes Littlefield, Scott Worthing, John Gorneivicz, Richard Barlow, Russ Barlow Sr., Claudia, "Iron" Mike Scott, the spotters and loaders from Universe Gym, my table Norm Guay, Erica Guay, Lynne Barlow, Michelle Curtis, Chad Curtis, Nick "the Stick" Dulac, Scott DePanfilis for his video and Web site services & Dan Levasseur for the great sound. Remember to stay hard core. (Thanks to Russ Barlow for results)

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

AMERICAN POWERLIFTING FEDERATION
AMERICAN AMATEUR POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | DATE OF APPL

CITY | STATE | ZIP CODE

ZIP CODE MUST BE PRESENT

AREA CODE | TELEPHONE NO | DATE OF BIRTH MO DAY YR | AGE | SEX | U.S. CITIZEN YES NO

REGISTRATION FEE $25.00 | MASTERS YES NO | CLUB MEMBER | NAME OF CLUB YOU REPRESENT

ATHLETES, fill out card completely and mail with fee to:

ARE YOU A PREVIOUS A.P.F. MEMBER ☐ YES ☐ NO

MAKE CHECK PAYABLE TO: **A.P.F.**
62 S. BROADWAY
AURORA, IL 60505

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 A.P.F.

SIGNATURE X

APF Bike Week BP/DL
4 Mar 00 - Orlando Beach, FL

BENCH		D. Eldridge	190
Junior/Teen		D. Blue	187.5
R. Kelly	187.5	E. Martin	142.5
C. Charron	135	DEADLIFT	
M. Hollingsworth	142.5	Junior/Teen	
R. Koch	102.5	R. Koch	177.5
WOMEN		C. Charron	195
Open		M. Hollingsworth	205
D. Lynes	92.5	WOMEN Open	
B. Birdwell	85	D. Lynes	162.5
P. Noble	67.5	P. Noble	125
Masters (46-49)		Masters (50-54)	
J. Callahan	182.5	L. Russell	255
MEN		(45-49)	
Open 181+ lbs.		J. CALLAHAN	240
C. Curt	187.5	MEN Open	
S. Esquenaldo	115	C. Curt	287.5
198+ lbs.		D. Blue	272.5
A. Vellake	237.5	D. Eldridge	272.5
E. Rectenwald	217.5	E. Martin	247.5
J. Keene	207.5	J. Callahan	240
D. Eddy	212.5	S. Esquinaldo	170

BENCH: Best Female Lifter: Debbie Lynes. Best Male Lifter: Anthony Vellake. DEADLIFT: Best Female Lifter: Debbie Lynes. Best Male Lifter: Capt Curt. (Thanks to Huge Iron Productions for results)

USPF National HS/Jr./Collegiate
8 Apr 00 - Ft. Hood, TX (kg)

High School Men	SQ	BP	DL	TOT
114 lbs.				
J. Ledden	87.5	37.5	102.5	227.5
123 lbs.				
J. Garcia	162.5	102.5	162.5	427.5
M. Gillette	157.5	77.5	170	405
J. White	102.5	42.5	130	275
132 lbs.				
J. Ortega	192.5	107.5	215	515
C. Stalter	90	42.5	107.5	240
148 lbs.				
M. Gauna	217.5	135	222.5	575
J. Munoz	202.5	117.5	235	555
B. Dews	200	85	237.5	522.5
J. Hanger	152.5	72.5	170	395
K. Sharikas	117.5	67.5	165	350
165 lbs.				
J. Guerrero	235	147.5	255	637.5
T. Charles	190	100	227.5	517.5
P. Chancy	185	107.5	185	477.5
K. Clabon	182.5	117.5	175	475
M. Krivensky	160	112.5	195	467.5
J. Niles	152.5	115	192.5	460
M. Applegate	150	97.5	177.5	425
181 lbs.				
R. Alaniz	237.5	155	232.5	625
J. Smith	220	137.5	192.5	550
C. Lund	205	130	205	540
C. Runnels	197.5	125	172.5	495
198 lbs.				
R. Krumm	212.5	145	227.5	585
G. Ramos	137.5	80	155	372.5
220 lbs.				
J. Campbell	272.5	147.5	282.5	702.5
R. Berman	137.5	112	157.5	407
242 lbs.				
M. Huddleston	247.5	190	240	677.5
K. Doss	267.5	115	277.5	660
C. Morse	272.5	142.5	242.5	657.5
E. Canales	230	127.5	222.5	590
C. Brooks	202.5	122.5	222.5	.547.5
275 lbs.				
K. Hunt	310	192.5	272.5	775
308 lbs.				
R. Jones	320	170	245	735
SHW				
F. Achtsam	352.5	185	275	812.5
M. Benitez	240	137.5	197.5	575
High School Men				
114 lbs.				
J. Ledden	87.5	37.5	102.5	227.5
123 lbs.				
B. Edgar	112.5	60	130	302.5
J. White	102.5	42.5	130	275
132 lbs.				
C. Stalter	90	42.5	107.5	240
165 lbs.				
J. Niles	152.5	115	192.5	460
B. Holstein	135	67.5	152.5	355
220 lbs.				
R. Berman	137.5	112	157.5	407
Junior (16-17)				
114 lbs.				
R. Grimes	95	62.5	125	282.5
132 lbs.				
P. Pham	152.5	95	182.5	430
J. Rivera	155	90	167.5	412.5
148 lbs.				
C. Ramos	227.5	117.5	207.5	552.5
D. Lopez	165	82.5	190	437.5
J. Hanger	152.5	72.5	170	395
K. Sharikas	117.5	67.5	165	350
165 lbs.				
B. Nash	207.5	110	212.5	530
M. Krivensky	160	112.5	195	467.5
M. Applegate	150	97.5	177.5	425
C. Mowroy	112.5	92.5	170	375
H. Hinojosa	—	—	—	—
181 lbs.				
J. Milam	272.5	150	215	637.5
M. Palmer	205	102.5	222.5	530
J. Smith	220	137.5	192.5	550
C. Runnels	197.5	125	172.5	495
198 lbs.				
B. Peters	182.5	112.5	182.5	477.5
G. Ramos	137.5	80	155	372.5
220 lbs.				
J. Chovanec	217.5	145	227.5	590
242 lbs.				
C. Morse	272.5	142.5	242.5	657.5
M. Huddleston	247.5	190	240	677.5
C. Brooks	202.5	122.5	222.5	547.5
M. Etheredge	25	—	—	25
SHW				
E. Greenlee	272.5	147.5	272.5	692.5
(18-19)				
275 lbs.				
S. Etheredge	225	147.5	237.5	610
High School Women				
97 lbs.				
T. Shumaker	72.5	45	100	217.5
S. Stancliff	65	30	72.5	167.5
T. Timm	55	30	70	155
105 lbs.				
K. Smith	100	42.5	112.5	255
L. Woodsmall	75	42.5	90	207.5
114 lbs.				
J. Cook	92.5	40	105	227.5
M. Hare	77.5	37.5	97.5	212.5
S. Sale	70	27.5	82.5	180
123 lbs.				
A. Wilmot	97.5	47.5	110	255
C. Boutte	—	—	—	—
132 lbs.				
S. Perez,	130	60	152.5	342.5
J. Irvine	122.5	57.5	127.5	307.5
T. Pelleran,	102.5	55	120	277.5
C. Early	77.5	45	97.5	220
E. Outland	90	32.5	95	217.5
148 lbs.				
D. Coleman	147.5	85.5	160	393
165 lbs.				
M. Pollock	157.5	77.5	160	395
K. Everett	132.51	155	170	367.5
J. Ozan	130	67.51	157.51	355
181 lbs.				
K. McCoy	37.5	82.5	147.5	367.5
S. Edwards	142.5	65	145	352.5
S. Greenwood	92.5	45	100	237.5
198 lbs.				
C. Reeves	115	500	135	300
UNL				
J. Rogue	210	77.5	160	447.5
A. Bryan	135	67.5	130	332.5
Junior (13-15)				
97 lbs.				
T. Timm	55	30	70	155
S. Stancliff	65	30	72.5	167.5
114 lbs.				
M. Hare	77.5	37.5	97.5	212.5
S. Sale	70	27.5	82.5	180
198 lbs.				
C. Reeves	115	50	135	300
UNL				
A. Bryan	135	67.5	130	332.5
JUNIOR (16-17)				
97 lbs.				
A. Ramirez	107.5	55	110	272.5
T. Shumaker	72.5	45	100	217.5
A. Davis	70	40	90	200
105 lbs.				
K. Egleston	105	55	102.5	262.5
L. Woodsmall	75	42.5	90	207.5
114 lbs.				
J. Rivera	102.5	57.5	117.5	277.5
L. Penrod	102.5	50	115	267.5
J. Cook	82.5	40	105	227.5
123 lbs.				
J. Canales	105	60	120	285
A. Wilmot	97.5	47.5	110	255
C. Boutte	—	—	—	—
132 lbs.				
J. Irvine	122.5	57.5	127.5	307.5
T. Pefferan	102.5	55	120	277.5
C. Chase	97.5	47.5	100	245
C. Early	77.5	45	97.5	220
F. Oudand	90	32.5	95	217.5
N. Jaloway	—	—	—	—
148 lbs.				
A. Johnson	130	60	137.5	327.5
165 lbs.				
M. Pollock	157.5	77.5	160	395
181 lbs.				
K. McCoy	137.5	82.5	147.5	367.5
N. Greenwood	92.5	45	100	237.5
198 lbs.				
K. Baker	145	72.5	162.5	380
B. Fine	112.5	57.5	122.5	292.5
UNL				
J. Oller	182.5	82.5	152.5	417.5
M. Smith	157.5	62.5	152.5	172.5
Junior (18-19)				
105 lbs.				
K. Smith	100	42.5	112.5	255
114 lbs.				
K. Bullard	105	50	120	275
S. Crowder	115	45	102.5	262.5
165 lbs.				
J. Ozan	130	67.5	157.5	355
Collegiate MEN				
148 lbs.				
T. Hoerner, Jr.	295	152.5	272.5	720
275 lbs.				
H. Thomason	382.5	182.5	282.5	847.5
Junior MEN (20-23)				
148 lbs.				
T. Hoerner, Jr	295	152.5	272.5	720
198 lbs.				
J. Jimenez	237.5	165	242.5	645
220 lbs.				
R. Feluz	207.5	132.5	210	550
242 lbs.				
J. Blackwell	255	167.5	282.5	705
275 lbs.				
H. Thomason	382.5	182.5	282.5	847.5

Best Lifters: Best Lifter Junior Men - T.J. Hoerner Junior (20-23) 148 lbs.; Best Lifter High School Men - Kenneth Hunt 275 lbs.; Best Bench Press Men - T.J. Hoerner 148 lbs.; Best Squat Men - T.J. Hoerner 148 lbs.; Best Deadlift Men - T.J. Hoerner 148 lbs.; Best Lifter Junior Women - Alma Ramirez 97 lbs.; Best Lifter High School Women - Demetria Coleman 148 lbs.; Best Bench Press Women - Demetria Coleman 148 lbs.; Best Squat Women - Alma Ramirez 97 lbs.; Best Deadlift Women - Samantha Perez 132 lbs.; TEAM Competition: 1st Rio Grande Valley, 2nd Sherman & Sadler High School, 3rd Liberty High School Virginia. (Thanks to Seguin Fitness for providing these meet results)

APPLICATION FOR REGISTRATION
American Powerlifting Association

Last Name _____ First Name _____ Initial _____ Date of App. _____

Street Address _____ City _____ State or Province _____

Country _____ Zip Code _____ Telephone Number _____

Date of Birth _____ Age _____ Sex _____

Social Security Number _____

Mail and make checks payable to
APA
P.O. BOX 27204
EL JOBEAN, FL 33927

Registration Fee: $20 High School Athlete: $10

Parents Initial _____
If Under 18 yrs.

I Certify that the above answers are correct
X_____

Photos in PL USA ... you are welcome to submit them - of yourself, a PL friend, or an interesting person you've come across. Black & white or color, print or slide, is fine as long as it is sharply focused and properly exposed, and we need identification of both the subject and the photographer. Send to Box 467, Camarillo, CA 93011. (we pay for those shots we publish)

SHOW EM YOU'RE SERIOUS

PRINTED LOGOS	LOGO TANK TOP	$13	(black, white, ash)	M-2X, thin strap
	LOGO PRINT T	$13	(black, white, ash, burgundy)	M-4X
EMBROIDERED LOGOS	LOGO CAP	$11	(black, red, khaki, charcoal)	free w/4 item order!
	CLASSIC LOGO T	$13	(black, red, navy, ash, etc.)	M-4X
	CLASSIC LOGO SPORTSHIRT	$20	(black, white, navy, ash)	M-4X, pique knit
	LOGO SWEATSHIRT	$18	(black, ash)	M-4X
	HENLEY SWEATSHIRT	$20	(black, navy, wine, graphite)	M-2X, buttons, collar

Add $1 for each 3X or 4X item. All items are cut big. All tanks & T's are 100% preshrunk cotton.
Yes, we have jackets, baggies, shorts, ragtops and many other items – including radical design shirts!
Free product list and sticker with order.
Shipping and Handling = $4/order. Order 3 or more items and pay zero shipping and handling!
Order 4 or more items and get free Logo Cap!

24 HRS / TOLL FREE
1·888·463·7246
1·888·H·OF·PAIN

HOUSE OF PAIN IRONWEAR

VISA

HOUSE OF PAIN 212 TANYA ROCKWALL, TX 75087

25th USPF West Virginia
25 Mar 00 - Institute, WV

SQUAT
181 lbs. Collegiate
A. Kwitakowski 451*
220 lbs. Master (50-54)
D. Hall 512*
Law/Fire
Master (45-49)
J. Rubenstein 518*
Law/Fire Senior
J. Rubenstein 518*
Senior
D. Haught 501
M. Hartzell 407
275 lbs.
Master (45-49)
J. Messinger 705*
308 lbs. Collegiate
B. Siders 683*
Seniors
B. Siders 683*
DEADLIFT
165 lbs. Senior
J. Haught 325
181 lbs. Collegiate
A. Kwitakowski 468*
198 lbs.
Master (55-59)
D. Blosser 468*
220 lbs. Law/Fire
Master (40-44)
B. Reynolds 451*
Master (50-54)
D. Hall 501*
Law/Fire Senior
J. Rubenstein 501*
Law/Fire
Master (45-49)
J. Rubenstein 501*
Senior
D. Haught 545
275 lbs.
Master (45-49)
J. Messinger 600
Law/Fire Senior
T. Pratt 628*
308 lbs. Senior
B. Siders 672*
Collegiate
B. Siders 672*
DEADLIFT
148 lbs.
Master (40-44)
D. Horton 407
BENCH

Open 148 lbs.
WOMEN
Master (45-49)
J. Robinson 137
181 lbs.
Submaster
C. Gardner 143
MEN 148 lbs.
Teen (16-17)
A. McDiffitt 148
165 lbs.
Master (55-59)
K. Samples 248
Teen (16-17)
S. Halford 176
181 lbs.
Master (40-44)
J. O'Laughlin 363
Law/Fire
Master (40-44)
D. Searls 297
Master (60+)
D. Robbins 242
Teen (18-19)
B. Zuccolotto 281
198 lbs.
Master (50-54)
B. Samples 319
Master (45-49)
C. Rappold 336
Master (60+)
T. Rapp 253
Seniors
D. Lewellyn 402
I. Lambert 303
220 lbs. Senior
M. Hartzell 336
242 lbs. Senior
R. Harbert 518
J. Workman 473
Submaster
R. Perkins 369
Law/Fire
Submaster
J. Bailes 341
Teen (18-19)
M. Woody 330
275 lbs.
Master (40-44)
G. Potkovick 462
Law/Fire
Master (45-49)
C. Robertson 402
308 lbs. Senior
J. Pruitt 573

WOMEN	SQ	BP	DL	TOT
148 lbs. Master (45-49)				
J. Franck	248	99	242	589
181 lbs. Senior/Master (55-59)				
S. Pack	270*	214*	319*	803*
MEN 123 lbs. Teen (14-15)				
C. Gillispie	132	110	242	484
132 lbs. Teen (14-15)				
J. Vaught	303	181	358	869
Teen (16-17)				
J. Poling	209	220	325	754
148 lbs. Teen (14-15)				
A. Houser	209	170	292	671
165 lbs. Junior				
C. Hinchee	363	297	418	1078
Teen (16-17)				
M. Frankovitch	380	236	462	1078
Teen (17-18)				
E. Antolini	396	242	440	1078
181 lbs. Collegiate				
A. Kwitatkowski	451	308	468	1227
Master (45-49)				
R. Fortson	440	253	551	1244
Master (50-54)				
H. Franck	363	242	363*	968*
Teen (14-15)				
R. Turpin	319	181	451	951
Teen (16-17)				
H. Moye	369	319	424	1112
198 lbs. Junior				
A. Haga	529	275	479	1283
Senior				
J. Kerwin	501	336	512	1349
Law/Fire Senior				
T. Pauley	462*	363*	424*	1249*
Submaster				
J. Kerwin	501	336	512	1349
Law/Fire Submaster				
M. Weiss	402*	259*	413*	1074*
Teen (14-15)				
B. Crawford	225	187	308	720
Teen (16-17)				
C. McKenzie	473	2442	479	1194
A. Houser	303	319	446	1068
T. Slowikowski	292	275	347	914
220 lbs. Junior				
D. Haught	501	352	545	1398
W. Carnell	424	407	490	1321
Master (45-49)				
J. Rubenstein	518	319	501	1338
Master (50-54)				
D. Hall	512	330	501	1343
Law/Fire Master (45-49)				
J. Rubenstein	518	319	501	1338
Law/Fire Seniors				
J. Rubenstein	518	319	501	1343
Seniors				
S. Criser	551	402	529	1482
Teen (16-17)				
J. Taylor	319	242	374	935
J. Bennett	242	203	236	681
242 lbs. Junior				
A. Baria	650*	584*	639*	1873*
C. Phillips	440	385	457	1282
Master (50-54)				
M. Highfield	418	308*	451	1177
Seniors				
R. Harbert	220	518*	270	1008
Teen (16-17)				
J. Blankenship	325	220	424	969
Teen (18-19)				
J. Frye	496	281	490	1267
275 lbs. Senior				
A. Spencer	440	314	468	1222
Junior				
T. Burns	518	396	512	1436
Master (40-44)				
H. Scott	352	336	435	1123
Master (45-49)				
J. Messinger	705	468*	600	1773
Law/Fire Senior				
T. Pratt	578	369	628	1575
T. Burns	518	396	512	1426
Submaster				
M. Macklin	584	308	551	1443
308 lbs. Senior				
B. Siders	683*	562	672*	1917*

		4th-BP-600*		
J. Orr	518	407	562	1487
SHW Teen (14-15)				
G. Davis	231	181	281	693
Z. Blouir	198	181	248	627
Teen (16-17)				
N. Billiter	214	231	314	759

*–State record. Upon starting to pen the summary of this year's contest I felt a sense of privilege and honor in being able to write an article that I would not be ashamed to sign my name to. Because of the pride and integrity that the USPF here in W.Va. has exhibited over the past 25 years it makes me proud to know that high quality lifts done by top notch competitors and judged by officials with unquestionable integrity were again done in the best of facilities. Thanks to all our fine competitors, judges, and help at our contest, it is all for you and about you that the USPF remains so successful. Before this year's contest was to begin we here in W.Va. felt it was time to recognize some of the outstanding individuals who through their efforts over the years have made the USPF and powerlifting in general here in our state the great success it has been. To honor these most deserving individuals we started the USPF Powerlifting Hall of Fame and bad our first class of inductees present to be acknowledged and honored. Among the legends here in our state was Vince White, Frank White, Herb Fitzsimmons, Mr. Bill Kyle, Luke Iams, Kenney Wooddell, John Bayliss, Jack Pack, Don Hall, Don Hundley, and Ernie Nagy who is now deceased. These individuals are our history, our heroes, and our mentors. We acknowledge them as our greatest powerlifting asset here in W.Va. and thank them for all they have given us. Our Women's Division was light on competitors, but heavy in quality. Jan Franck returned this year to produce another solid performance. Sue Ann Pack is unquestionably amazing, as her lifts get better with age and she proved it with four new State and American Records. Our Teenage Division was packed with high quality performances by our future stars. Maybe some of these young men are already stars as the results reflected some great lifting. It is great to see these young competitors compete under strict meet conditions and perform at a high level. Congratulations to each and everyone of them, we look to each of you as our future and our insured survival as a sport. Curt Hinchee was solid at 165 Junior and showed a lot of power and potential. At 181 Adam Kwitakowski worked hard to post good lifts his squat and deadlift are new state collegiate single lift records. Our Master 45-49 winner, Richard Fortson, is always strong and his total reflects it. Harold Franck proved his record breaking potential as a Master lifter is no fluke, he improves each time he hits the platform. At 198 Alan Haga put in a good performance in the Junior Division and is capable of more and his upcoming performance at the USPF Senior Nationals will prove it. Our 198 Senior and Submaster champion was Jerry Kerwin. Jerry is a class act and it is great to have him back. Toney Pauley was our Law/Fire Champion at 198 Senior and has the smoothest lifting style I have ever seen, there is no question about the quality of his lifts and his four new state records prove it. Mike Weiss was back to improve on his Law/Fire Sub-Master records and like his training partners Tige Pratt and Jon Orr show great improvement and unlimited potential. Dave Haught and William Carnell battled it out for the 220 Junior title Dave came out on top with William pushing him hard. Scott Criser came out in the Senior Division and cruised to his second USPF state title with some fine lifts. Jim Rubenstein has taken up residency at the Holley Strength System and he is off and running at his new 220 class. Jim rewrote the Law/Fire record books in the Senior and Master 45-49 Divisions and looks strong for the future. To say Don Hall is a survivor would not be fair to this fine gentleman. He is the only individual in our state to have competed in all 25 of our State Championships and he gets better each time out. Don had limited training for this contest yet was still outstanding. If certain pretenders want to label themself the best Master lifter ever in W.Va. they should not base it purely on poorly executed lifts done under less than acceptable judging and conditions at poor quality meets. Come take a look at Don Hall - he gets my vote as the class act that every lifter should aspire to be. Wouldn't you agree Paul? In the 242 Juniors we welcomed a new outstanding young competitor and star in John Baria. John demolished the records in borrowed equipment for the most part and should be a bright spot for us for years to come. Chris Phillips lifts were also great and he too shows great potential and we hope to see him back next year to claim a title. Ron Harbert was back this year to assault the bench records and assault he did. His 518 will replace Randy Scott as the top 242 bench presser. Mike Highfield claimed a new bench record in the Master 50-54 age group on the way to another state title. In the 275 Junior Division Tim Burns was outstanding. Tim chooses to lift RAW and still is outstanding and strong. Anthony Spencer took the Senior title with some fine lifts. Tige Pratt gained some revenge with his victory in the Law/Fire Seniors over last year's winner Tim Burns. Theirs is becoming one of those yearly rivalries that makes powerlifting interesting. Tige improves each time out and looks to be off and running, his new deadlift record will be hard to ever touch. Harold Scott will no doubt improve with experience and his Master 40-44 title will inspire him to work hard. John Messinger had what he considers a bad day at Master 45-49. The one bright spot was a new Master 45-49 bench record. At 290 plus pounds Brian Siders has given notice that the sky is the limit. Brian's ability to squat huge weights was hampered by technical problems that will be solved immediately. His 600 pound 4th attempt bench was actually his third because he missed taking his first attempt due to a blown shirt on his last warm-up. His deadlifts were strong and a better choice of attempts would have produced an even better total. Look for Brian to assault the 2000 pound total barrier at the USPF Senior Nationals to be held by Nick Busic this June in Chester, W.Va. Thanks to all of our competitors in our single lift contests for your great performances. Your efforts don't go unnoticed and we certainly appreciate you coming and putting on a great show. Thanks to the Kyles - Mr. Bill Kyle, Butch and Dave, Frank White, Vince White, John Bayliss, Greg VanHoose, Ken and Threasa Wooddell, Rick Yates, Jon McClure, Aaron Hill, Joe Daugherty, Jason Winters, Andy Johnson, John Witt, Rick Harper, Jay Monic, Kenney Bolar, Dave Selby, Dan Hall, John and Rhonda Hall, Jill, Jordan and Morgan, Dave Jeffrey, our sponsors, W.Va. Rehab Center. Special thanks to Don Brotherton and Press 2.1 for your excellent work in running the contest. You all make it happen. (Results submitted by John Messinger)

West Virginia's USPF Powerlifting Hall of Fame Inductees *(seated, left to right) Mr. Bill Kyle, Vince White, John Bayliss, Don Hall, Don Hundley, Herb Fitzsimmons, Jack Pack, Mike Highfield - accepting on behalf of Mr. Ernie Nagy, Kenney Wooddell, Frank White, and (both standing) accepting his award from Dave Jeffrey is Luke Iams. (this photograph was provided to POWERLIFTING USA by courtesy of John Messinger)*

WABDL CA State BP/DL
22 Jan 00 - Monterey, CA

WOMEN
Masters (40-46)
114 lbs.
A. James 148
165 lbs.
M. Jacobsen 242
M. Ivers 225
181 lbs.
L. Fuesl 209*
Class I - 148 lbs.
J. Rodriguez 132
Open 114 lbs.
A. James 148
165 lbs.
M. Jacobsen 242
181 lbs.
L. Fuesl 209*
MEN
Teen (13-15)
165 lbs.
M. Minahan 170
198 lbs.
B. Leier 248
275 lbs.
Jordan Cam *369
Teen (16-19)
181 lbs.
N. Balestrieri 225
198 lbs.
P. Davi *407
M. Roberts 369
K. Vorsatz 225
308 lbs.
Z. Peterson 275
Junior 165 lbs.
T. Tom 341
198 lbs.
B. Ryan 479
220 lbs.
C. Randazzo —
275 lbs.
C. Erhardt 462
Law/Fire
Masters (38-47)
275 lbs.
A. Clayton 3 52
Masters (48+)
308 lbs.
D. Lamar 336
J. Krachunis 308
Open Law/Fire
165 lbs.
J. Sermeno 303
181 lbs.
A. Agamao 385
E. Kuskie —
242 lbs.
T. Bums 451
308 lbs.
M. Ahlo 507
F. Nelson 479
SHW
T. Lualemala 551
R. Russell 451
Submaster (34-39)
165 lbs.
S. Ward 413
K. Peelman 297
M. Arguelles 275
181 lbs.
A. Agamao 385
198 lbs.
A. Planchon 374
S. Ughe 369
242 lbs.
R. Kitani 545
275 lbs.
V. Shaw 473
308 lbs.
G. Haynes 512
M. Ahlo 507
SHW
G. Niualiku —
Masters (40-46)
198 lbs.
K. Kenemoto 451
220 lbs.
C. Warrick
242 lbs.
M. Lutz 391
M. Moore 330
G. Stevens 292
275 lbs.
P. Andrews 503
R. Sanchez 435
308 lbs.
S. Brown 440
L. Contreras 429
R. Goodman 418
Masters (47-53)
198 lbs.
R. Tsutsui 374
308 lbs.
D. Lamar 336
Masters (54-60)
165 lbs.
M. Timbal 297
K. Gardner 220
181 lbs.
M. Sperling 308
220 lbs.
J. Muddy 314
Masters (61-67)
148 lbs.
L. Vincent 275
L. Blas 209
198 lbs.
P. Wilson 286
242 lbs.
E. Anderson
Class I - 148 lbs.
M. Montoya 248
N. Erbe
165 lbs.
T. Tom 341
181 lbs.
K. Nakamura 369
E. Kuskie
220 lbs.
S. Garnett
SHW
T. Lualemala 551
Open 132 lbs.
K. Unten 358
148 lbs.
L. Blas 209
J. Yoshimuro 436
4th 446*
S. Ward 413
K. Peelman 297
181 lbs.
J. Jones 374
198 lbs.
M. Saito 429
P. Davi 407
220 lbs.
M. Ludivico 534
J. Shura 446*
P. Hyre 402
S. Pena 380
242 lbs.
R. Kitani 545
S. Ahlo 501
T. Bums 451
M. Lutz 391
275 lbs.
T. Yamanaka 562
B. Clark 512
R. Magni 352
308 lbs.
S. Wong 622
4th 661
Fabrice 578
L. Contreras 429
Guest Lifter 181 lbs.
P. Carnazaro 429
DEADLIFT
WOMEN
Teen (16-19)
132 lbs.
S. Roseby 292
4th 314*
Masters (40-46)
105 lbs.
S. Zadubera 209
123 lbs.
B. Fruzyna 259
165 lbs.
M. Ivers 363
MEN 148 lbs.
Teen (16-19)
C. Woods 341
M. Peabody 314*
165 148 lbs.
J. Crieckio 352
N. Pardo 319
181 lbs.
R. Garabel 440
198 lbs.
P. Davi 600*
308 lbs.
Z. Peterson 473
Juniors
148 lbs.
S. Kabat 424
242 lbs.
T. Hunt 507
Law/Fire
Masters (38-47)
275 lbs.
A. Clayton 440*
Masters (48+)
308 lbs.
D. Lamar 534
Law/Fire
Open 165 lbs.
J. Sermeno 424
181 lbs.
E. Kuskie
308 lbs.
M. Ahlo 551
SHW
R. Russell 661
4th 672
Submaster (34-39)
165 lbs.
E. Albert 451
308 lbs.
M. Ahlo 551
Masters (40-46)
148 lbs.
B. Uyeoka 473
242 lbs.
M. Moore 534
4th 545
G. Stevens 534
308 lbs.
P. Curtis 672
(47-53)
165 lbs.
G. Santee 501
4th 529*
181 lbs.
M. Sperling 385
220 lbs.
C. Desoto 562
D. Imrie 485
308 lbs.
D. Lamar 534
(54-60) 165 lbs.
M. Timbal 369
198 lbs.
C. Lundy 424
(61-67) 148 lbs.
L. Blas 363
198 lbs.
P. Wilson 369
4th 407
242 lbs.
R. Cox 402
(69-74) 220 lbs.
A. DeMello 330
(75+) 165 lbs.
R. Stephan 319
4th 325*
Class I - 242 lbs.
S. Ahlo 600
275 lbs.
L. Harja 518
Open 148 lbs.
S. Kabat 424
L. Blas 363
165 lbs.
Y. Kuroda 479
181 lbs.
K. Nakamuro 501
198 lbs.
P. Davi 600
275 lbs.
P. Andrews 738
R. Magni 556
308 lbs.
P. Curtis 672
D. Askanas 551

* WABDL world record. This was the WABDL's first California meet. We had a great turnout with 97 lifters in attendance from California, Oregon, Wisconsin, Idaho, Hawaii, and Canada. The meet was held at the Casa Munras Garden Hotel in Monterey. We had four teams that competed. The Hawaii Power Team took first place, Palace Gym took second, Iron Society took third, and Iron Island Gym took fourth. We had four full flights of bench with some great competition among them. In the women's division Mary Jacobsen of the Iron Island Gym in Alameda took 1st in the 181 lbs., open and in the Masters 40-44 yrs. 181 lb. class, as well as the Champion of Champions award for the Women's Bench. Bryan Ryan of the Iron Society took 1st place in the Junior 198 lbs. class with a 479 lbs. bench and won best lifter for the Teen/Junior Bench divisions. In the Law/Fire category A.J. Agamao took first in the 181 lbs. class with a 385 lbs. bench press and won best lifter for that division. Phil Andrews took 1st place in the Masters 40-46 yrs. 275 lbs. division with a World Record of 503 lbs. and won Best Lifter honors for the Masters Division. In the Open division Kerwin Unten from Hawaii won the 132 lbs. class with a 358 lbs. bench and took Best Lifter for the Open light weight division. Steve Wong took the Best Lifter for the Open Heavyweight division and won the 308 lbs. class with a new World Record of the 661 lbs.! Steve also won the Champion of Champions and the Biggest Bencher Awards. There were seven world records broken in the bench. Laura Fuesl of Idaho broke the Women's Masters (40-46) 181 lbs. class record with a 209 lbs. bench. Phil Davi from the Iron Society broke the Teenage (16-19) 198 lbs. record with a 407 lbs. press. Jordan Cam of Oregon did a 369 lbs. press for the Teen (13- 15) Super Heavyweight world record. Larry Vincent broke the Masters (61-67) 148 lbs. class with a 275 lbs. bench. In the Masters (40-46) 275 lbs. class Phil Andrews broke the World Record with a 503 lbs. bench. Jason Yoshimuro of the Hawaii team broke the Open 165 lbs. record with a 446 lbs. bench. Steve Wong of the Iron Society broke the Open 308 lbs. world record with a 661 lb. bench. In the deadlift Michelle Ivers took the 1st place in the Women's Masters division (40-46) 165 lb. weight class with a 363 lbs. deadlift. Michelle won Champion of Champions honors for the women in the deadlift. Phil Davi took 1st place in the teen (16-19) 198 lbs. class with a world record pull of 600 lbs. which beat his old record of 589 lbs. That 600 gave him best lifter for the Teen/Juniors divisions. Phil Andrews took 1st in the Masters (40-46) 275 lbs. class with a 738 lbs. deadlift. He took an attempt at the record with 806 lbs. but couldn't quite get it up. Phil won Best Lifter recognition for the Open division. He also won the Biggest Deadlift Award and the Champion of Champions Award. Phil went home with a lot of hardware. Gordon Santee won the Masters (47-53) 165 lbs. class with a world record of 529 lbs. Gordon took Best Lifter honors for the Masters. There were seven world records broken in the deadlift. Sam Roseby broke the world record for the Women's Teenage (16-19) 132 lbs. division with a 314 lbs. lift. Michele Ivers broke the world record for the Women's Masters (40-46) 165 lbs. class with a 363 lbs. lift. In the Men's Teenage (16-19) 198 lbs. class Phil Davi broke his own record with 600 lbs. lift. In the Law/Fire Masters (38-47) 275 lbs. class Arthur Clayton broke the record with a 440 lbs. lift. In the Law/Fire Open SHW division Rick Russell set the record with a big 672 lbs. lift. In the Masters (47-53) 165 lbs. class Gordon Santee broke the record with a 529 lbs. lift. Anyone who knows Gordon, knows he is a class act. Robert Stephan broke the world record in Masters (75+) 165 lbs. class with a deadlift of 325 lbs. The last award of the night was the Iron Swoldier Award. A five foot four column wood trophy with a sculpture on the top. This award goes to the most impressive lifter of the meet. Myself, Gordon Santee, along with Steve and Lisa Dennison jointly decided on the winner for this award. We decided on Phil Davi, he broke the Teenage (16-19) 198 lbs. world record in the bench and in the deadlift. I would like to thank Gus Rethwisch for allowing me to do this meet and for all the help he gave me. I would also like to thank my judges who all traveled quite a distance to make the meet and they did a great job, Steve and Lisa Dennison, Gordon Santee, and Chris Erhardt. Big thanks to our spotters Aron, Guy, and Chucky Smalls. Thanks to Cartnela Wong and my wife DeDe for handling my scoretable. I also want to thank Jonathon, Gehanne, Leslie, Natalie and Bobby for handling a multitude of tasks. I would also like to thank all of my sponsors for their support and all of the lifters that catnip from out of state especially the large number of guys from Hawaii. Thank you Mike Saito. Finally, Steve Wong once again helped me tremendously. The meet would not have gone as well as it did if it were not for him, thank you Stew. Stay SWOLL! (results courtesy of Matt LaMarque)

*Matt LaMarque (left) presents **Phil Davi** with one of several awards at the WABDL California BP/DL.*

WABDL

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

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

Street Address	Club Name

City	State	Zip	Area Code/Telephone

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

Registration Fee $15.00
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 5292
Bend, Oregon 97708

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_____

ProFitness IronMan (kg)
18 Mar 00 - Rockaway, NJ

BENCH		C. Neal	197.5
MEN		Masters	
Open 132 lbs.		B. Phillips	182.5
C. Ly	102.5	C. Rizzo	195
148 lbs.		D. Chevalier	215
A. DellaRovere	132.5	J. Jacobs	137.5
165 lbs.		M. Anderson	145
B. Lykes	167.5	B. Hargenrater	182.5
181 lbs.		DEADLIFT	
R. Leonard	142.5	MEN	
J. Montero	132.5	Open 148 lbs.	
S. Adjibade	—	A. DellaRovere	187.5
198 lbs.		181 lbs.	
B. Burritt Sr.	160	S. Adjibade	260
C. Noriega	137.5	198 lbs.	
T. Jones	130	D. Picard	240
220 lbs.		T. Jones	222.5
T. Jackson	182.5	B. Purritt Sr.	197.5
242 lbs.		C. Mahan	195
D. Robinson	225	220 lbs.	
L. Saviano	210	C. Slaybaugh	288.5
D. Newmow	205	J. Rosinski	280
J. Rosinski	167.5	D. Nemow	280
275 lbs.		SHW	
F. Vogel	127.5	J. Weiss	305
SHW		WOMEN	
J. Weiss	152.5	Open	
WOMEN		B. Grater	105
Open		L. Hirshberg	102.5
L. Hirshberg	65	Master	
B. Grater	56	E. Stein	180
Master		Special O	
E. Stein	85	V. Yarnall	140
MEN Junior		Junior	
J. Montero	132.5	A. Cassiere	227.5
Teen		MEN	
R. Eisenring	227.5	Submasters	
Special O		D. Picard	240
V. Yarnall	100	Masters	
Submasters		J. Weiss	175
D. Robinson	225	R. Leonard	227.5

Record Breaker	SQ	BP	DL	TOT
B. Grater-96	65	65	105	225
E. Stein-131	25	85!	180	290
M. Anderson-147	25	145!	25	195
J. Jacob-162	25	137.5	25	187.5
B. Lykes-163	25	167.5*	25	217
J. Weiss-184	25	25	175	225
B. Phillips-212	25	182.5!	25	232.5
D. Chevalier-218	25	216!	25	265
C. Rizzo-225	25	195!	25	245
R. Eisenring-226	25	228.5!	25	277.5
C. Neal-235	25	197.5	—	—
L. Saviano-242	25	210*	25	260
J. Weiss-286	25	182.5*	305	512.5

*=State Record. !=American Record. Best Bench: Richard Eisenring. Best Deadlift: Ellen Stein. 30 some lifter took to the lifting platform and put on quite a show. The record breaker divisions was awesome and every time one turned around they called for the national/international official to sit for an American Record. In all, 7 American and 5 State Records fell. Ellen Stein, Mike Anderson, Bill Phillips, David Chevalier, Charles Rizzo, and Richard Eisenring went home with American records. Bob Lykes, Jack and Jim Weiss set New Jersey Records and Lou Saviano set a New York State record, as I understand it Dane Robinson was strong with a 496-lb. bench in the 242 lbs. weight class. Nineteen year old Richard Eisenring added emphasis to the record breakers division by throwing over 500+ lbs. in the bench press and taking home the best bencher award. In the deadlift division, Shane Adjibade, Dave Picard and Charles Slaybaugh all lifted exceptionally well. Shane's bench and deadlift are strong, but he needs to manage his time a little better in the future. The women's division was excellent. Ellen Stein continues too improve and impress. Beth Grater, on the comeback trail, qualified for lifetimes, and Lauren Hirshburg lifted well and was psyched and fun to watch. The usual large group of coordinators deserves thanks for making the meet a success. Rather then listing them individually and missing someone, I just want to thank them all, they know who they are. One exception would be Charles Schroeder, NYS chairman, who continues to travel down to NJ and gives his time generously and deserves our thanks. Written by Bill Clayton. (Thanks to USAPL for providing these competition results)

***Ellen Stein** accepts her Best Overall Lifter trophy from former World Champion Ray Benemerito and Meet Director Joe Morreale. Ellen is the 2000 National Women's Open and Masters Champion and she won 1st place trophies for both the bench press and deadlift at this meet, and her 85 kg. bench and 180 kg. deadlift were also USAPL Masters American records. Ellen would like to thank her sponsors: Powerbar, Inzer Advance Designns, and Titan Support Systems.*

USAPL Virginia Open
29 Feb 00 - Charlottesville, VA

FEMALE	SQ	BP	DL	TOT
105 lbs. Open				
K. Ryman	220	110	280	610
123 lbs. Open & (55-59)				
S. Abrams	195	105	250	540
165 lbs. Open				
M. Winslade	235	135	280	650
MEN 148 lbs. Open				
K. Grow	390	285	395	1070
165 lbs. (16-17)				
C. Osborne	350	205	325	880
(40-44)				
S. Lutz	340	240	350	930
181 lbs. Open				
B. Thompson	375	290	480	1145
S. DeBendittis	390	265	415	1070
Firefighter				
C. Riggleman	265	205	275	745
(18-19)				
M. Hargrove	390	290	405	1085
(35-39)				
D. Silveus	400	240	400	1040
(45-49)				
R. Lovelace	145	310	145	600
(50-54)				
H. Gutnick	350	275	450	1075
C. Jackson	320	220	465	1005
198 lbs. Open				
G. Leaks	485	290	530	1345
G. Shoemaker	410	290	510	1210
J. Piner	405	295	500	1200
(20-23)				
C. Vandevander	405	290	480	1175
(40-44)				
D. Dodson	470	315	465	1250
220 lbs. Open				
F. McInture	640	320	650	1610
J. Fravel	545	350	525	1420
(16-17)				
Z. Hawkins	325	210	370	905
(20-23) & College				
J. Fravel	545	350	525	1420
(35-39)				
J. Foster	425	255	485	1165
242 lbs. Open				
J. Demchak	580	345	605	1530
D. Johnston	485	360	525	1370
J. Heltzel	405	270	455	1130
(18-19)				
D. Lowe	455	290	455	1200
(55-59)				
J. Gourley	505	260	550	1315

(Thanks to Meet Director John Shifflett for providing thsee contest results to *POWERLIFTING USA*)

USAPL Gator Invitational
18 Dec 99 - Baton Rouge, LA

WOMEN	SQ	BP	DL	TOT
105 lbs.				
S. Campanile-20	200	105	220	525
132 lbs.				
B. Freeman-20	165	95	205	465
148 lbs.				
A. Ratcliff-19	220	100	260	580
165 lbs.				
J. Valence-22	260	155	285	700
181 lbs.				
N. Griffin-18	275	125	250	650
MEN 165 lbs.				
J. Comardelle-19	395	315	420	1130
181 lbs.				
B. Schexnaydre-19	560	320	550	1430
D. Brewer-19	450	265	510	1225
198 lbs.				
B. Luminals-21	400	265	450	1115
S. Arnold-18	405	265	445	1115

Meet Director: Paul Fletcher, pfletch@bellsouth.net
(Thanks to USAPL for providing these meet results)

USAPL Great Duck III Qualifier
5 Mar 00 - Beltsville, MD

MEN	SQ	BP	DL	TOT
Open 242 lbs.				
B. Foster	460	295	560	1315
M. Gary	475	290	555	1320
Masters (45-49) 275 lbs.				
B. Phillips	525	370	655	1550
Juniors (20-23) 181 lbs.				
G. Benton	425	240	480	1145
WOMEN Open 132 lbs.				
A. Sadeghzadeh	195	90	180	465
Juniors (20-23) 123 lbs.				
A. Styles	155	75	150	380
148 lbs. (18-19)				
M. Tan	240	95	175	510
(20-23)				
C. Kautson	235	95	180	510

Thanks to the Maryland Athletic Club, Beltsville, Maryland for hosting this qualifying meet. Also, I want to thank Dennis Reamy, Maryland State Chairman, Marsha Serre, Michael Sichelman, James Bufkin, Jim Roberts, Tom Wiley, and Joe Souther for which without their effort this meet would not have been possible. (Thank you to John Mogavero, Meet Director, for providing these meet results)

U.S.A. POWERLIFTING™

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725
(219) 248-4889 • (219) 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, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

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

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

(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

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: _____

Competing Divisions:
Open
Teen (14-19 yrs.)
Junior (20-23 yrs.)
Master (40 yrs. & up)
Collegiate
Military
Police & Fire
High School
Special Olympian

Membership Prices:
Adult - $40.00
High School - $30.00
Special Olympian - $10.00
Tax Deductible Donation
$_____

USAPL Merchandise:
•Logo T-Shirt = $15.00 (Size _____ Qty. ____)
•Rulebook = $25.00 •Logo Patch = $5.00
•Polo Shirt w/Logo - (s-xl) = $35.00 (xxl & up) = $37.00
(navy - white) (Size_____ Qty. ____)
•Sweatshirts w/Logo - (s-xl) = $30.00 (xxl & up) = $32.00
(navy) (Size _____ Qty. ____)
•Logo Hats (denim – black – white) = $15.00
•Referee Designation Polo w/Logo- (s-xl)=$30.00 (xxl & up)=$32.50
Ref. Status _____(Size _____ Qty. ____)

Method Of Payment:
Credit Card: Visa - Master Card - Discover Exp. Date _____
#_____-_____-_____-_____
Credit Cardholder Signature_____
Check / Money Order # _____
Total Purchased: _____

You've tried the rest now
Take the Best,
Heat up your Musles with

GORILLA® JUNGLE HEAT™

A culmination of all known natural substances that help to raise your natural strength and perfomance levels.

These muscle activating agents have been formulated with energy enhancers, electroytes, amino acids and 100% freeze dried glandular tissue for total potentiation.

Available in 2.2 lb. container of Banana flavor, $40.95 each or 2 for $72.00 plus $5.00 for S/H. Dealers Inquiries Welcome.

For more information or to place an order call:

1-800-852-0425

or check our Web Site @
www.gorilla-nutrition-gym.com

Beyond a Century, Inc.

Performance Powders...

How much have you been paying?

5-Methyl-7-methoxy Isoflavone 20gm	$29.90
Diindole Methane, (10x13C!) 20 grams	11.75
Androstenedione 50mg 60 caps	7.50
5-Androstenediol 20gm pwd (200 dose)	16.00
4 Androstenediol, 20 grams (200 dose)	27.75
Norandrostenedione pwdr, 200 days	39.50
Creatine Monohydrate 99+% 1000gm	22.50
Ribose 100 gm	22.50
Chrysin, pure powder, 50gm	29.75
Tribulus Extract 40%, 4 months, 100gm	11.50
Yohimbe 2% Std. Extract! 50gm	8.50
Glutamine 250gm/1kg	14.50/45.00
Ephedra, 25mg ephedrine 100 caps	4.95
"Low Heat" Whey Protein 80% 2 lbs	13.50
Whey Protein Optimum Choc/Van/Straw 5lbs	32.50
ZMA, 808 mg, 100 capsules	12.75
Sublingual hGH 90 dose	69.00

We will Match Advertised Prices!!

Shipping only $4.50 any size order!
Visa/MC/Dscvr/Amex orders call:
800-777-1324
Or send money order to:
Beyond a Century, Inc. ~since 1983~
HC76 Box 200P Greenville ME 04441
*Hundreds of Products - Ask for **FREE** catalog!*
Order On-Line with our Secure Server:
www.beyond-a-century.com
Authenticity of Products Guaranteed!

$Save Money$

Get James DiNaso's new book:

Make Your Own Whole Food Supplements

Secrets on ingredients you need and how to buy them for pennies.

- supplement drink recipes
- whole food supplement profiles
- whole food choices for lifters
- whole food glycemic index
- whole food nutrient chart
- nutrition for size, strength, power

Written specifically for people who lift weights.

www.wholefoodsupplements.net

Only $9.95 for book (includes S&H)

Order toll free: 1-888-878-5204
or
Send Check, Money Order, or Credit Card
Information To: Fit For Life, Inc.
P.O. Box 882
Charleston, IL 61920

Name _____
Shipping Address _____
City _____
State _____ Zip _____
Visa or **Mastercard** ONLY (Circle one)
Name of Cardholder _____
Credit Card # _____
Expiration Date _____
Signature _____

Put some
Attitude!
in your lifting

Glen Chabot
2000 Arnold Classic Bench Press Winner with 722# BP (@277# body-weight)

Glen is wearing LONG-SLEEVE BIGTOP over BAGGY PANTS, with plenty of Attitude.

PRINTED HOP LOGOS

LOGO PRINT T	$13	(black, white, ash, burgundy) M-4X
LOGO RAG TOP	$13	(black, white, grey) one size fits L-2X
LOGO TANK TOP (THIN STRAP)	$13	(ash, white, black) M-2X
PRINTED LOGO CAP NEW	$8	(black, white, royal, hot pink, neon yellow)
LYCRA BIKE SHORTS	$15	(ash, black) M-2X
LYCRA SHORT-SHORTS	$15	(black, ash) M-2X
FULL-LEG TIGHTS	$16	(ash, black) M-2X
LOGO PRINT SWEATSHIRT	$18	(black, ash, white) M-4X
PULL-HOOD FLEECE SWEATSHIRT	$29	(ash, red, black) M-4X

EMBROIDERED HOP LOGOS

BAGGY PANTS	$23	(black, grey, navy, prints) S-XL
CLASSIC LOGO T	$13	(black, red, ash, navy, royal, green) M-4X
LONG-SLEEVE BIGTOP	$25	(red, black, ash, blue, green) L-XL or 2X-4X
SHORT-SLEEVE BIGTOP	$23	(red, black, grey, blue) L-XL or 2X-4X
EMBROIDERED LOGO CAP	$11	(red, black, charcoal, khaki, black/tan, denim)
PLAIN EMB. SWEATSHIRT	$18	(black, ash, navy) M-4X

(also JACKETS, GYM BAGS, etc.)

Add $1 for each 3X or 4X item. All tanks and T's are 100% preshrunk cotton for greater comfort. Yes, we have INZER powerlifting gear, and anything else you can wear in a gym. You've seen our wild design shirts – info in catalog. Free catalog and sticker with every order. Shipping and Handling = $4/order anywhere in U.S. **Order 4 or more items and get free Logo Cap!**

HOUSE OF PAIN
IRONWEAR

24 HRS / TOLL FREE
1·888·463·7246
1·888·H·OF·PAIN
FAX **1·972·772·5644**

www.houseofpainironwear.com

HOUSE OF PAIN P.O. BOX 333 FATE, TX 75132

NASA PA State PL/BP/PS
18 Mar 00 - Pittsburgh, PA (kgs.)

BENCH	
154.3 lbs. Int.	
J. Thomas	152.5
227 lbs.	
T. Backman	-182.5
205 lbs. Jr.	
M. Aldridge	170
138.8 lbs. M1	
S. Zerbe	133.5
187 lbs.	
J. Alcoff	110
280 lbs.	
B. Krasinski	202.5
250.2 lbs. M2	
J. Descutner	175
154.3 lbs. Novice	
J. Thomas	152.5
187 lbs. Novice	
G. Ferrell	170
SHW	
D. Carmack	195
187 lbs. PN	
I. Martini	145
250.2 lbs.	
R. Moore	182.5
187 lbs. Pure	
M. Taylor	190
187 lbs. SM1	
G. Ferrell	170
SM2	
M. Taylor	190
280 lbs. Teen	
L. Ryan	172.5
PS BENCH	
138.8 lbs. BPHS	
J. Samol	95
154.3 lbs.	
S. Dorazio	80
280 lbs. HS	

	SQ	BP	D	TOT
L. Ryan	147.5	172.5	255	575
205 lbs. Int.				
D. Lawrence	217.5	127.5	215	560
227 lbs.				
T. Parsons 205	182.5	200	587.5	
154.3 lbs. Jr.				
J. Lawrence	205	112.5	182.5	500
187 lbs. M1				
J. Alcoff	145	110	195	450
280 lbs.				
B. Krasinski	262.5	202.5	290	755
250.2 lbs. M2				
R. Harper	250	167.5	322.5	740
187 lbs. MPure				
D. Junkins	137.5	105	172.5	415
205 lbs. Novice				
D. Lawrence	217.5	127.5	215	560
R. Helfst	177.5	142.5	205	525
227 lbs.				
J. Jones	210	145	210	565
SHW				
D. Carmack	250	195	215	660
205 lbs. PN				
D. Smiley	207.5	135	215	557.5
250.2 lbs.				
R. Moore 240	182.5	252.5	675	
205 lbs. SM1				
J. Alessandro	300	172.5	272.5	745
E. Wise	167.5	145	237.5	550
227 lbs.				
T. Stocks	165	1002.5	165	432.5
170.8 lbs. SM2				
T. Sherbondi	210	142.5	205	557.5
205 lbs.				
R. Helfst	177.5	142.5	205	525
280 lbs.				
P. Vargo	250	172.5	290	712.5
138.8 lbs. WM3				
D. Mikloski	45	40	92.5	177.5
PS Full Meet				
187 lbs.	CR	BP	DL	TOT
Novice				
B. Kimble	132.5	137.5	207.5	477.5

(Thansk to NASA for providing these meet results)

Pine Tree State BP
18 Mar 00 - Bath, ME

WOMEN/Open 165 lbs.	
A. Gillis	110
Master (40-44)	
132 lbs.	
P. Gelinas	171
MEN 198 lbs.	
Teen (18-19)	
R. Roy	369
Submaster (33-39)	
198 lbs.	
R. Depencier	352
308 lbs.	
T. Conquest	364
SHW	
D. Taylor	364
Master (45-49)	
220 lbs.	
R. Compton	391
B. Daddio	275
AAPF 198 lbs.	
R. Roy	369
220 lbs.	
R. Compton	391
Open 181 lbs.	
D. Bellmore	457
S. Durosher	435
220 lbs.	
R. Compton	391
SHW	
K. Schofield	424
181 lbs.	
M. Johns	330
242 lbs.	
R. Bois	364
148 lbs.	
L. Gomez	226
308 lbs.	
T. Conquest	364
SHW	
D. Taylor	364

(Thanks to L. Barlow for providing these results)

1st Sarasota Bench Press
1 Apr 00 - Sarasota, FL

WOMEN	
N. LeGrand	115
P. Fortenberry	155
Teen	
C. Otto	205
J. Carlson	220
(40+) Master	
R. Hoyt	355
S. Van DeBoe	310
T. Ware	295
T. Cochran	280
G. Larrabee	240
(50+) Master	
J. Otto	410
P. Heller	300
C. Scalzo	250
(60+) Master	
J. Yong	400
Special Olympics	
N. Cafaro	220
MEN Open	
165 lbs.	
H. Rule	380
D. Simpson	270
198 lbs.	
J. Brandau	420
N. Vavoulis	410
M. Lykam	355
J. Pouso	305
220 lbs.	
R. Lawrence	545
J. Jackson	485
A. Anscoe	405
242 lbs.	
D. Daubert	510
D. Dillingham	420
E. Falcone	360
275 lbs.	
M. Allocco	500
J. Zimmy	490
F. Moe	480
B. Fortenberry	375

Best Lifter: Rick Lawrence. Our meet was held April 1st, 2000 at the Sarasota H. S. weight room. This was our first of what we hope will be many competitions in sunny Sarasota. We had 34 lifters entered and all showed great sportsmanship. This event was primarily a fund raiser for Blaze Michael Moore. Blaze was born with liver cancer in 1999. We wish him a speedy recovery. We want to thank everyone who made this meet possible. Thanks go out to Paul Yoder, owner of The Gym in Sarasota, Ellen Dean, Burt Rosenfield, our platform manager and head judge, Judges Troy King and Paul Yoder, spotters and loaders Randy Rydzinski and Dan Hogan who did a terrific job! All the lifters who entered, Budweiser, Hoveround, Siesta Key Chiropractic, B&B Pest Control, Randy Sliwa owner of Athletix Fitness of Bradenton, and last but not least my wife Jan. (Meet results submitted to *POWERLIFTING USA* by meet director Steve Binkowski)

USAPL Maine Holiday Classic
11 Dec 99

BENCH	
WOMEN	
165 lbs.	
K. Grant	135
MEN 148 lbs.	
L. Irza	260*
165 lbs.	
G. Morgan	350*
D. Sqroy	305
P. Gamache	295
181 lbs.	
M. Roy	355
D. Babcock	295
E. Parent	280
242 lbs.	
J. Guay	350
275 lbs.	
B. Bruno	430
S. Reardon	180
Master	
G. Morgan	350*

MEN	SQ	BP	DL	TOT
Open 181 lbs.				
R. Pushard	405	250	455	1110
D. Bragdon	405	225	425	1055
T. Morton	340	235	390	965
198 lbs.				
J. Kyrousis	480	340	510	1330
M. Lloyd	485	350	480	1315
J. Pettigraw	435	310	490	1235
220 lbs.				
M. Kalter	640	370	705	1715
M. Laliberte	580	385	530	1495
J. Moses	500	340	550	1390
242 lbs.				
L. Reardon	615	350	550	1515
275 lbs.				
D. Chasse	565	400	600	1565
Teen				
M. Lane	185	200	405	790
Master				
A. Cayer	550*	355*	625*	1530*
A. Christo	500	320	580	1400
D. Chasse	565	400	600	1565
L. Levesque	440	270	450	1160
W. McGrath	285	315	430	1030
WOMEN Teen				
A. Sullivan	105	65	140	310
L. Willette	155	120	225	500
Master				
B. White	255	115	280	650
R. Morgan	175	140	300	615

* designates a new State Record. Women's Best Lifter BP: Kerish Grant. Best Lifter Men: Allan Cayer, Women: Betty White. (Thanks to USAPL for providing these meet results to *Powerlifting USA*)

BOOKS•••VIDEOS•••BOOKS•••VIDEOS•••BOOKS•••VIDEOS•••BOOKS

CRAIN'S MUSCLE WORLD, LIMITED Collection

If we don't have it and we can't get it then you don't need it!

SPECIAL! BUY 4 ISSUES OF Powerlifting USA Magazine AND GET 1 FREE
For all your information on meet results, meet schedules, training tips and complete line of powerlifting equipment advertisements.
This is ALL you need!
$ 5.00 each
(Back Issues Are Available) "WE BUY BACK ISSUES"

Powerlifting Magazine Binders $10.95

Laminated Stretching Poster 23" X 35" / Pearl $19.95

BODYBUILDING AND FITNESS

Toning Your Body / Bently & Hatfield $4.98

Anabolic Training / Arndt & Bassotto $16.95

Stretching / Anderson $16.00

Super Abs / Arndt & Bassotto $12.95

Absolutely Abs / Hatfield $10.00

Hardcore Bodybuilding Scientific Approach / Hatfield $18.95

All Sports Training Manual / Everson $8.00

Keys To The Inner Universe / Pearl HB $52.95 SB $32.95

Legendary Abs II / Robinson $16.95

Mass / Kennedy & Weiss $14.95

Sandow The Mighty Monarch / Webster $12.00

MORE SPECIALTY VIDEOS

Goerner "The Mighty" / Mueller $20.00

Heavy Iron Video / Hatfield $29.95

Might, Muscle, & Miracles Video / Hepburn $29.95

Anatomy Of Strength Video / Hepburn $29.95

History Of Weightlifting - Film Drechsler $100.00

Stretching Video / Anderson $29.95

The Serge Redding Story - Video $29.95

Rick Weil Bench Press Video / Weil $29.95

Speed Hurdle For All Sports Video / Kress $29.95

#1 - Add 50-75 lbs To Your Bench Press Video / Lain $29.95

#2 - Ken Lain's Over Workout Video / Lain $29.95

#3 - The Man And His Motivation Video / Lain $29.95

Dennis Wess Interviews Kenny Lain - Cassette $9.95

Strongest Man In Record History Video / Anderson $39.95

$9.95 each

NEW POWIERLIFTER VIDEO presents "THE BENCH PRESS" The Greatest Bench Pressers ALL IN ONE VIDEO $29.95

$19.95 POWIERLIFTER Video Magazine Choose from Issue #1 to Present

1997
1997 WPC Men/Women Worlds - Blackpool, ENGLAND - 4 tapes
1997 IPF World Powerlifting Champs/ Prague, CZECH - 1 tape
1997 APF Reverchone Southwest Regionals - Dallas, TX - 2 tapes
1997 APF Men/Women Senior Nationals - Atlanta, GA - 2 tapes
1997 APF Okie State Powerlifting / Open - Tulsa, OK - 2 tapes
1997 APF Masters / Teenage / Junior Nationals - Saint LOuis - 2 tapes
1997 ADFPA Women Nationals - Lincoln, NE - 2 tapes
1997 USAPL Teenage/JUnior Nationals - Saint Louis, MO - 2 tapes
1997 ADFPA National Masters - Lincoln, NE - 2 tapes
1997 ADFPA National High School Championships - Alexandria, LA - 3 tapes
1997 ADFPA Midwest Bench Press - Rapid City, SD - 1 tapes

1998
1998 WPC Bench Press / Powerlifting Worlds - Graz, AUSTRIA - 7 tapes
1998 WABDL National Bench Press - Irving, TX - 1 tape
1998 USAPL National High School Championships - Lincoln, NE - 3 tapes
1998 USAPL Lifetime Nationals - Saint LOuis, MO - 2 tapes
1998 USAPL Saint Louis High School Championships - Chicago, IL -
1998 USAPL Saint Louis High School Championships - Chicago, IL -
1998 APF Senior Nationals - Chicago, IL - 2 tapes
1998 APF Southwest USA Powerlifting - Dallas, TX -
1998 APF/AAPF Okie State - Stillwater, OK - 1 tape
1998 APF Teenage/Junior/Submaster/Master Nationals - Daytona, FL - 2 tapes
1998 AAU Men/Women Senior Nationals - Arvada, CO - 2 tapes

1999
1999 WDFPF World Powerlifting - Omaha, NE - 2 tapes
1999 WABDL National Championships - Irving, TX - 2 tapes
1999 USAPL Women Nationals - Lincoln, NE - 2 tapes
1999 USAPL Teenage/Junior Nationals - Lincoln, NE - 2 tapes
1999 USPF Men/Women Senior Nationals - Dallas, TX - 2 tapes
1999 USAPL Men National Championships - Saint Louis, MO - 3 tapes
1999 WABDL Bench Press / Deadlift World Championships - Portland, OR - 3 tapes

2000
2000 Texas State High School Championships - Fort Hood, TX - 2 tapes
2000 USPF Oklahoma Open / Bench Press / Deadlift - Oklahoma City, OK - 1 tape
2000 USAPL Teenage / Junior Nationals - Fort Hood, TX - 2 tapes
2000 USAPL Women National Powerlifting Championships - Fort Hood, TX - 2 tapes

$29.95 each tape
•Buy 4 Get 1 FREE•

Call for a complete line of videos available

TAPE MATERIAL VARIES IN QUALITY • ALL SALES FINAL
We buy videos of powerlifting and bodybuilding meets.
(also 8mm and Super 8)

CALL TOLL FREE 1-800-272-0051

USAPL Michiana Championships
12 Feb 00 - Niles, MI

	SQ	BP	DL	TOT
114 lbs.				
E. Behn	110	80	185	375
123 lbs.				
A. Hall	215	160	235	610
S. Kazmi	175	125	240	540
R. Ditman	155	115	200	470
J. Bourne	225	105	275	605
T. Carroll	180	165	235	580
M. Travis	135	115	250	500
K. Irwin	135	115	200	450
C. Wieand	100	135	200	435
E. Schuelke	110	70	145	325
148 lbs.				
B. Canarecci	235	225	300	760
J. Kujawa	235	175	340	750
T. Ashley	225	200	250	685
A. Retana	205	180	295	680
J. Elliot	195	150	250	595
C. Palmer	185	165	225	575
M. Myrick	175	110	275	560
A. Naughton	100	135	225	460
165 lbs.				
R. Locey	260	225	365	850
S. Beckman	275	205	355	835
J. Janewski	275	175	320	770
Z. Pegura	220	185	300	705
T. Pritchard	200	150	300	650
181 lbs.				
P. Hess	275	245	350	870
D. Teter	280	205	360	845
D. Davis	205	185	320	710
J. Lambrecht	225	100	245	570
198 lbs.				
A. Johnson	280	250	360	890
B. Albright	230	135	275	640
220 lbs.				
C. Hancock	305	265	430	1000
B. Geike	225	200	425	850
T. Harris	235	225	320	780
J. Anderson	300	180	280	760
B. Stephens	200	180	250	630
242 lbs.				
M. Berkley	380	300	475	1155
L. Farley	365	225	400	990
J. Alexander	175	165	300	640
R. Schildhouse	365	245	450	1060
J. Pletcher	300	210	360	870
319 lbs.				
C. Hauser	235	145	300	680
319+ lbs.				
N. Burger	200	215	3115	730
Master 181 lbs.				
R. Wahl	415	135	505	1055
Open 275 lbs.				
N. Moody	135	370	400	905
319 lbs.				
J. Martinez	135	410	135	680

Best Lifter Heavy 181+ lbs.: Mike Berkley. Best Lifter Light -165 lbs. Male: Ben Canarecci, Female: Erica Schudke. Best Lifter Overall - total weight Male: Mike Berkley, Female: Erica Schuelke. Best Squat (net) Male: Mike Berkley, Female: Erica Schuelke. Best Bench Press (net) Male: Ben Canarecci, Female: Erica Schuelke. Best Deadlift (net) Male: Mike Berkley, Female: Erica Schuelke. Best Teenages (14-15) Male: Mike Berkley, Female: Erica Schuelke. Best Master Lifter (40+) Male: Robert Wahl. 1st place team: Edwardsburg. 2nd place team: Niles High. 3rd place team: Watervliet. 4th place team: Eau Claire. 5th place team: Colona. Outstanding Male Lifter: Mike Berkley. Outstanding Female Lifter: Erica Schuelke. (courtesy USAPL)

One KILOGRAM equals 2.2046 Pounds

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

USAPL Minnesota State
19 Feb 00 - Hermantown, MN

WOMEN	SQ	BP	DL	TOT
Junior (20-23) 114 lbs.				
M. Shuttleworth	185	150	230	565
Teen (16-17) 132 lbs.				
J. Campbell	185	95	285	565
148 lbs.				
P. Sharp	200	120	255	575
165 lbs.				
B. Peterson	200	105	230	535
198 lbs.				
L. Strohschein	185	95	205	485
MEN Junior (14-15)				
J. Youngren	235	135	300	660
165 lbs.				
M. Marispini	225	215	305	745
198 lbs.				
D. Seeley	360	240	470	1070
220 lbs.				
J. Stevenson	370	230	370	970
242 lbs.				
J. Shaw	375	260	405	1040
Junior (16-17) 132 lbs.				
J. Miller	245	140	310	695
T. Cooper	55	180	145	380
148 lbs.				
M. Lohman	295	215	380	890
S. Knapp	280	200	385	865
M. Paavola	210	185	300	695
165 lbs.				
K. McDonald	325	205	405	935
M. Paavola	250	185	365	800
181 lbs.				
E. Walberg	280	205	385	870
198 lbs.				
B. Wedel	325	250	420	995
E. Oehler	315	245	405	965
242 lbs.				
J. Anderson	310	235	450	995
275 lbs.				
L. Harju	405	215	450	1070
Junior (18-19) 132 lbs.				
T. Gardner	320	205	375	900
165 lbs.				
S. Tanski	295	175	415	895
198 lbs.				
Q. Eastridge	315	215	515	1045
Junior (20-23) 220 lbs.				
D. Tully	480	340	585	1405
275 lbs.				
M. Browers	500	315	550	1365
Master (40-49) 148 lbs.				
C. Wong	335	190	400	925
165 lbs.				
P. Baer	405	285	455	1145
198 lbs.				
M. Crozier	400	255	500	1155
220 lbs.				
J. Todd	510	325	485	1320
242 lbs.				
B. Hudyma	635	430	580	1675
R. Kolbeck	615	400	585	1600
275 lbs.				
D. Rgnoti	565	380	600	1545
SHW				
D. Patrow	705	405	590	1700
Master (50-59) 181 lbs.				
S. Reid	440	280	530	1250
198 lbs.				
D. Hawkinson	380	300	450	1130
220 lbs.				
T. Hagenmiller	465	320	545	1330
242 lbs.				
B. Mozis	325	240	475	1040
Novice 148 lbs.				
C. Wong	335	190	400	925
165 lbs.				
T. Cina	300	225	370	895
198 lbs.				
M. Crozier	400	255	500	1155
D. Hawkinson	380	300	450	1130
275 lbs.				
R. Day	525	385	500	1410
Guest Lifter 275 lbs.				
S. Johnson	500	385	560	1445

(Thanks to USAPL for providing these meet results)

AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED

HYDRAULICS

7/16 inch holes for safety pins at each inch. 20x20x3/8 inch steel base. Hydraulics rated 6,000 lbs. per pair. Absolutely safe, noiseless, effortless way to get your own perfect height for the bar. Ruggedly, but beautifully made. Once you've tried their smooth, effortless operation you'll never go back to the old pin adjusted or jack rack operated squat stand or bench press. Don't waste another minute lifting heavy bars to change the height on your bench or squat or that of a training partner. Jack racks can and do slip... they are dangerous. See how your garage or service station lifts heavy weights, then buy

CRAIN'S MUSCLE WORLD, LIMITED HYDRAULICS!

Now with chrome and numbered heights stamped in uprights

The Official Para-Olympic Bench Press — CALL FOR PICTURE
Designed For And Used At The 1996 Atlanta Para-Olympics 2000 Australia Para-Olympics
Without Hydraulics ..... $ 800.00
With Hydralics $1100.00

EACH ARE A GREAT VALUE AT ONLY $699.00
WITHOUT HYDRAULICS $599.00

Not a conversion
THE ONLY TRUE DEADLIFT BAR ON THE MARKET!
Adds 20 to 50 lbs. IMMEDIATELY!

Supplier of bars for the WPC • APF • WPF • USPF • IPA • IPF • USAPL • WABDL

TEXAS POWER BAR $199.00
OKIE SQUAT BAR 25 kg $449.00
OKIE DEADLIFT BAR $269.00

Olympic Power Bar - 4 ft ..... $ 70.00
Olympic Power Bar - 5 ft ..... $ 70.00
Olympic Power Bar - chrome or black ..... $ 70.00
Olympic Power Bar - Imported $152.00
Olympic Power Bar - American Made $152.00
Olympic E-Z Curl Bar ..... $ 44.00
Super Duty Cambered Olympic Bench Press Bar ... 45 lb .. $161.70
Olympic Tricep Bar ..... $ 69.95
Double Wide Deadlift Jack - Regular or Adjustable $150.00

Safty Squat Bar ..... 500 lb $345.00
700 lb $395.00
1500 lb $445.00
Olympic Gerard Trap Bar $165.00

Olympic Dumbbell Handles $72.00/pair

Rubber Gym Floor Mats 4'x6' - 5/8" thick $70.00

Dumbbell Racks
5 pair: Pro Style Dumbbell or Hex Dumbbell Rack $288.75
10 pair: Pro Style Dumbbell or Hex Dumbbell Rack $437.50

Quik-Lok Olympic Tube Collars $60.00
Spin-Lok Olympic Collars $28.00
Okie-Grip Collars $60.00
Olympic E-Z on Spring Collars $9.00
E-Z Curl Olympic Collars $18.00

OLYMPIC SOLID HEX DUMBBELLS $.56 /lb.
PRO STYLE DUMBBELLS (with Chromed & Knurled Handles) 5lb - 25lb $.60 /lb.
OLYMPIC PLATES ..... $.54 /lb.

AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED

CRAIN'S Muscle World, Ltd.
3803 North Bryan Road
Shawnee, OK. 74804-2714 USA
e-mail crain@ionet.net
catalog www.crainsmuscleworld.com
power forum http://members.boardhost.com/powerforum/

Freight FOB Shawnee
HANDLING $6.00
Outside U.S. Handling $6.00+ 30% Surface or 40% Airmail Minimum $6.00
Oklahoma Residents Add 8.5% Sales Tax

ALL PRICES SUBJECT TO CHANGE
PLEASE CALL FOR UPDATED PRICES
CHECK / CASH / CREDIT CARD / C.O.D. ($25.00 min.)
Outside USA and Customer Service Call
1-405-275-3689 1-405-275-3739 Fax
Call TOLL FREE - Orders Only
1-800-272-0051

(this article continued from p. 13)

R. McCalister	120	97.5	155	372.5
A. Miller	0	0	0	0
B. Meyers	0	0	0	0
E. Oehlers	0	0	0	0
Junior Varsity				
N. Maccoux	180	122.5	192.5	495
R. Dean	147.5	60	190	397.5
B. Woolston	0	0	0	0
J. Earns	0	0	0	0
T. Lowery	0	0	0	0
220 lbs. Varsity				
T. Bacon	280	142.5	285	707.5
J. Swanson	260	155	280	695
J. Procell	240	137.5	250	627.5
R. Joynes	215	130	252.5	597.5
K. Green	245	120	232.5	597.5
M. Peterson	237.5	117.5	237.5	592.5
M. Minor	227.5	135	227.5	590
M. Pio	222.5	130	222	572.5
J. Stewart	202.5	140	227.5	570
M. Altoft	207.5	125	220	552.5
B. Todd	192.5	112.5	205	510
C. Grubb	195	110	170	475
G. Hodgson	0	0	0	0
J. Brown	0	0	0	0
J. Emnott	0	0	0	0
Junior Varsity				
G. Therlot	210	105	235	550
N. Martin	197.5	92.5	227.5	517.5
J. Cardoza	200	100	197.5	497.5
B. Biggs	137.5	105	227.5	470
E. Stormzand	185	100	185	470
D. Grubb	180	87.5	145	412.5
J. Craig	155	87.5	137.5	380
M. Terry	100	72.5	125	297.5
J. Lance	0	0	0	0
242 lbs. Varsity				
J. Divincenti	295	140	267.5	702.5
J. Sylve	255	160	272.5	687.5
S. Gray	255	152.5	247.5	655
J. Stainbrook	240	142.5	265	647.5
G. Parpart	242.5	160	237.5	640
S. Francis	250	115	272.5	637.5
C. Walters	232.5	135	247.5	615
S. Scharff	245	137.5	225	607.5
D. Richardson	217.5	147.5	237.5	602.5
M. Fisaga	250	142.5	210	602.5
B. Beverly	172.5	107.5	202.5	482.5
B. Triplett	147.5	80	137.5	365
C. Autz	0	0	0	0
M. Passo	0	0	0	0
Junior Varsity				
G. Kiriaki	195	125	220	540
P. Osborn	220	110	185	515
M. Devries	137.5	140	197.5	475
K. Sitzer	175	95	202.5	472.5
M. Downey	150	142.5	167.5	460
J. Groner	0	0	0	0
275 lbs. Varsity				
M. Duncan	260	150	287.5	697.5
J. Jarred	252.5	157.5	250	660
S. Goldberg	265	155	237.5	657.5
T. Clark	247.5	132.5	275	655
C. Stoddard	215	177.5	227.5	620
G. Stoddard	195	152.5	227.5	575
R. McKone	197.5	115	190	502.5
S. Gudgeon	185	125	190	500
J. Everts	155	132.5	185	472.5
D. Kuiper	150	120	170	440
J. Willis	0	0	0	0
Junior Varsity				
A. Metternick	195	110	150	455
D. Hefferan	100	85	215	400
SHW Varsity				
N. Patrick	272.5	167.5	250	690
D. Nguyen	267.5	150	252.5	670
P. Carroll	212.5	157.5	262.5	632.5
N. Tofferi	205	190	235	630
B. Estes	227.5	132.5	255	615
O. Gullette	262.5	117.5	227.5	607.5
J. Doolittle	197.5	122.5	272.5	692.5
J. Keene	215	160	215	590
T. VanZile	0	0	0	0
Junior Varsity				
J. Hill	175	65	182.5	422.5
P. Mochmer	125	90	150	365
B. Plant	0	0	0	0

REPORT: 374 of the Best Young High School Powerlifters from Across the nation came to compete for individual and team titles in the Varsity and Junior Varsity Divisions. Additionally, this national meet was deemed an IPF qualifier for the 2000 Junior National Team, and it brought out some heavyweight junior lifters in hopes of making the world team. Neenah, part of the "Fox River Cities" of Neenah, Oshkosh, Menasha, and Appleton, was a beautiful area and Mayor Ken Harwood along with Governor Tommy Thompson sent letters of welcome to all competitors and visitors. Meet Promoter, Joe Lewis, had prepared for nearly two years to bring this meet together, and his attention to detail was incredible. The Neenah HS Armstrong Fieldhouse was site of the competition, and it was large and well staffed with teachers, students, and booster club members. They spared no expense to put together this fine event. A 2 platform meet was provided due to the number of lifters. Also, a first for powerlifting, there was a "live" internet feed that brought the 3 day competition out to folks who couldn't make the trip up to Wisconsin. First reports are that reception was a bit rough on the video and audio "on line" viewing, but as USAPL President Mike Overdeer was heard to say of this first time broadcast of a national meet "it's another example of how far we've progressed as an organization and restates the growing popularity of our sport." This meet was a showdown between perennial rivals for team championship titles between Alexandria Senior HS, La. (Ash) and Glenn Mills of Pennsylvania. Throw into the mix, strong local teams from Wisconsin; Plainwell HS, Neenah HS and Wisconsin Rapids HS. Also on hand, looking huge was *PL USA* coverman Gary Frank, who was coaching a very impressive small team of 10 lifters from Bishop Sullivan HS, La. Gary says his next meet is the WPO Meet in Daytona Beach, FL on May 20th. I must say, I found Gary to be a nice man with a sincere desire to give his help and experience to these young lifters. His JV Girls team took the bronze medal. Day 1 Coverage Women: I will give only the varsity coverage, as the stats will also give JV results. In the 97 Lb. Class Lisa Luc of Slidell Sr. HS La. Came away with the victory with a 245 kgs. total beating 2nd place finisher Stephanie Hoffman of Wisc. Rapids by 5 kgs. Who finished with 240 kgs. Tara Martin and Erin Dickey tied for third with 217.5 and the bronze went to Martin on bodyweight. In the 105s, it was no contest as Jennifer Maile of Atheneum HS Alaska, came away with an astonishing 367.5 kgs. total. Jennifer, Daughter of USAPL VP Larry Maile, brought strength and perfection in form to the platform; via a 82.5 (181 lbs.) Bench press and an elite class total, all at age 15. Jillian Long of Ash was 2nd with 287.5 kgs. The bronze went to Alyssa Hitchcock of Neenah with 262.5 total. At 114 Jessica Marsh of GET HS copped the gold with a 285 kg total. Second with 275 kgs. was Ashley Kyle of Ash HS. Andrea Anderson of Wisconsin Rapids took third with 270 kgs. In the 123 lbs. class, Tricia Rude of Wis. Rapids sid some fine lifting and was the clear winner with a 337 lbs. total via a 72.5 bench press. Ashley Matt of Ash was second with 325 kgs. and third went to Jessica Neuville of Wisc. Rapids HS with 300 kgs. The 132, Robyn Niederkorn, easily won this division with a 370 kgs. total, although weighting in just barely over the 123 lbs. class at just 124.3 lbs. It was not Robyn's best meet, as she missed a couple of big attempts. We know this talented young lady will come back and put it all together in her next competition. In 2nd place, Monica Ann Armond of Ash with 332.5 and the bronze went to Becky Prince of Ponderosa HS with 325 kgs. The 148s went to Gretchen Nosbisch of East HS, Alaska with a 380 kgs. total. Gretchen was part of a group of Alaskan HS lifters who journeyed all the way down from Anchorage to compete. Gretchen showed much improvement over her women's nationals total. Second place went to a very muscled up Jona Anderson of Wis. Rapids HS with 367.5 kgs. total. A tie for third went to Nichole Hartman of Horlick HS over Ashley Sanders of Slidell HS with a 355 kgs. total and the bronze went to Hartman on bodyweight. Nicole Sperbeck of Dimond HS, Alaska took 5th with 350 kgs. Nichole didn't have her best day, but she will be one to watch in the future. In the 165s, Tanya Rosencrantz of Yutan HS (Nebraska, I believe) cruised to a clear victory with 377.5 kgs. total and a 155 kgs. squat. The path was cleared here as Katie Ford went up to 181 to get a IPF qualifying total in the next division. In second was Krystal Kelly of Ash with a 150 kgs. deadlift and a 350 kgs. total. The bronze went to Jaime Albright of Bellvue East with 340 kgs. The 181s the were dominated by a light Katie Ford (@ 171 lbs.) who brought in a 415 kgs. total via an easy 97.5 kgs. (214 lbs.) bench press. The silver went to Jessica Haynes of Ash who tried a valiant effort on her last attempt deadlift, but came away with a 382.5 kgs. total. The bronze went to Maggen Millen of Plainwell HS with 350 kgs. Total and a 87.5 bench press. Special notice should be given to Krissy Holloway of Madison HS who failed on her squat attempts, but was obvious to all that she has real talent and we're looking forward to seeing her on the lifting platform again. In the 198s Lauren Meynard of Ash edged out Renee Hintz of Clintonville HS with a 365 kgs. total to 360 kgs. for Hintz. Coach Eric Cook of Ash feels that they have just begun to see the talent of Meynard on the platform. In third with 327.5 kgs. is Jessica Gooden of Ash. Her and her sister L. Gooden both competed at Women's Nationals in Killeen, Texas in January. The 198+s had a couple of big girls that could really throw the weight around. Sara Greenup of Skutt Catholic HS, Nebraska won with 510 kgs. over Takeima Dials of Ash with 462.5. both girls completed record attempt BPs with 105 kgs., with Greenup taking the record on a lighter bodyweight. Greenup edged ever closer to a 500 lbs. squat when she completed an easy 215 kgs. (473.3 lbs.) third attempt. The bronze went to Nyla Gibson of Ash with 395 kgs. total. Day one finished with the awards ceremonies for the individual women and team titles. In the lightweight women's division the best lifter award went to Jennifer Maile of Alaska, with a Wilkes total of 487.488. This "Mighty Midget" is a '98 and '99 member of the Junior World Team and looks to be a shoe-in for the spot this year. In the heavyweight category, best lifter went to Sara Greenup of Nebraska with a Wilks formula total of 421.566. Sara was also a '99 Junior National Team Member and her numbers here all but guarantee a repeat for 2000 team honors. In the 181 division, Katie Ford Has posted a junior division total that is highest in the nation to date and in January at Women's Nationals she posted the highest total nationwide for the junior division in the 165s. She is a '98 and '99 Junior National Team Member and with these numbers she'll have a good chance to repeat in 2000. Tricia Rude @ 123 and Lauren Maynard @ 198 have also posted the highest totals to date in their respective divisions, giving them an opportunity to qualify for national team honors should they not be surpassed by totals at Collegiate Nationals in April. Girls JV Team Championships went to Neenah, HS. Wisconsin. Girls Varsity Team Championships went to Alexandria Senior HS, LA. Girls Team Coach of the Year Honors went to Alexandria Senior HS, LA., Coach Eric Cook. At the end of day one, the Neenah HS Booster Club provided us with a "fish fry" banquet at the meet hotel, the Park Plaza, in downtown Neenah. It was superb and a perfect way to end a long day of lifting. NFL Player Blaise Winter was scheduled to give his inspirational talk to the teens, but it was re-scheduled for Sunday after the finish of lifting. Many master category lifters were seen throwing some iron around in the Neenah Gym after the days sessions concluded. Must be a Master Nationals coming up! Day 2: Men's 114-181: the 114 lbs. class was a close battle between Jason Schommer of J.J. Case and Clifton McLean of Glen Mills. Schommer's 342.5 total edged out McLean's 340 kgs. and the difference was Schommer's 80 Kgs. Bench press. Steven Carr of Ash also with 340 kgs. was third due to bodyweight difference of 51.4 to 51.5. - now that's close! In the 123s Abdul Shakur of Glen Mills walked away with a 417.5 total and easy win with a big 157.5 squat and 192.5 deadlift. In second place, teammate Lonnie Evans had a big bench and finished with 407.5 kgs. The bronze went to Billy McDermott of Zion Benton HS. with 395 kgs. The 132s - Justin Maile of Atheneum HS, Alaska, put on a show that was unequalled by any lifter in the meet. On his second attempt squat he easily handled a Teenage American record, and then on his third a new open American squat record with 245 kgs.! That combined with a 132.5 bench and 227.5 deadlift gave Justin a whopping 605 kgs. total! Mach Beasley of Neenah and Lionel Smith of Ash finished in a tie, with both totaling 480 kgs. The silver went to Beasley on lighter bodyweight; 59.2 to 59.6. the top three in the 148s finished very close with top honors going to Slidell SR. HS's Daniel Galavan with 520 kgs. total. David Kibler of Plainwell HS took second with 517.5 kgs. Third, and very close was Dustin Kreft of Marathon HS who posted a 515 kgs. total. 165s found a close race between Ash's Steven Brooks with 587.5 to Bishop Sullivan's Micheal Luckett with 585 kgs. Luckett took it with the bench but Brooks Pulled it out with a big 240 kg. deadlift. In third was Killraine Dean of Glen Mills with 547.5 kgs. The 181s showcased another fine lifter from Glen Mills, William Rice. He totaled a respectable 650 kgs. total by way of a big squat and deadlift in second, with a 637.5 total, was Jason Suter of Ash HS. Third was Joe Bainbridge of Plainwell HS with 592.5. Day 3: Men's 198 - Supers: In the 198 lb. class, Glen Mills showed another fine young lifter in Terrance Robinson. Robinson's 277.5 deadlift was the difference and gave him a total of 672.5 kgs. In second, with 667.5 kgs. was Kenneth Reynolds of Slidell SR HS. Jake Johnson of Skuh HS was third with 647.5 kgs. In 220s, Titus Bacon of Glen Mills had a big squat this day and came away with the victory. His 707.5 total bested that of Justin Swanson of Ash with 695 kgs. Joel Procell of Regis HS was third with 627.5 kgs. The 242s saw Bishop Sullivan's Joseph Divincenti hoist a big 295 kgs., squat to get the victory with a total of 702.5 kgs. Joey Sylve, Slidell SR HS, was second with 687.5 kgs. The bronze went to Sean Grey of Glen Mills with 655 kgs. In the 275s, Myrtus Duncan of Glen Mills dominated the pack with a big 697.5 total. Justin Jared of Ash HS was second with 660 kgs. and Scott Goldberg Wis. Rapids was third with 657.5 kgs. SHWT class saw Nathan Patrick of Ash HS take the victory with a 272.5 kg. squat and 690 kgs. total. Second was Danny Nguyen of J.I. Case HS with 670 kgs. The bronze went to Pete Carroll of Glen Mills with 632.5 kgs. At the conclusion of the men's competition was the awards ceremonies. Justin Maile of Alaska took the "best lifter" award - lightweight division. William Rice of Glen Mills was middleweight "best lifter", and Titus Bacon of Glen Mills was heavyweight "best lifter." Lowell HS, Mich., took the "JV Boy's Team Championships." Glen Mills HS, Penn. took the "Varsity Boy's Team Championships". Varsity Boy's "Coach of the Year" honors we"" honors went to Alexandria Senior High School, LA. There were 39 individuals drug tested during the competition. As of this writing, none were found to be positive. Enough can't be said about Joe Lewis and his great group of staff, booster club and volunteers. Neenah HS and the state of Wisconsin should be proud of this flawlessly run meet. Shawn Cain and Bob Morton worked tirelessly to keep organization on the busy platforms. Also special thanks to all the USA Powerlifting personnel who traveled to Wisconsin to lend a hand judging and officiating; Mike Overdeer, Larry Maile, Dennis and Sandy Brady, Joanne Reif, Monte Lofing, State Chair Bruce Sullivan, Rick Fowler, Freddie Higgins, and - of course - Gerry and Pat from Louisianna. Walter Thomas refereed all weekend, and looked like he could still win a world title. James Hart, on crutches, was busy all weekend refereeing and helping young people. Special thanks to the Neenah HS Audio/video Department for assisting Jim Ford with videoing and their Internet feed. Todd Miller and his video team worked like professionals. Sandy Perron, of Minnesota, just off of knee surgery, was there to help the Alaskan Team and was quick in getting stats to Brad and Tony for Internet readers. We know Sandy will be ready by bench nationals as she is a premiere bencher! Ex Packer and NFL Star Blaise Winter set the hall on fire with his inspirational talk to teens about commitment. For those names I've left out, forgive me. your efforts are greatly appreciated! I might add that these high schoolers showed the finest qualities of sportsmanship and respect for all during the competition. These coaches are doing a fantastic job of guiding our youth through the lessons of leadership and "fair play" that can only be learned at this level of sport. In a touching moment, Joe Lewis presented his wife with flowers, a dozen roses, for the patience she showed over the last two years, as she shared Joe with "powerlifting" as he organized this meet. With the possibility of a IPF World Championships coming to the USA in the future, perhaps meet promoters should look at Joe Lewis and the city of Neenah as the way it should be organized. Thanks again Neenah, and good lifting to you all! (report courtesy of Jim Ford)

Bishop Sullivan High School Senior Joseph DiVincenti *won the 242s (Varsity Division). His coach is WPC World Superheavyweight Champion Garry Frank, who states: "This program is only two years old at Sullilvan and operates in a shared weight facility. Yet, due to a strong work ethic, these kids have performed very well over such a short period of time. I know the young kids would do well and the older boys were ready to win, but overall the trip exceeded my expectations. Each sport builds strength, confidence and the knowledge it takes to win. The Sullivan powerlifting successes this year at the regional, state and national level should feed into our upcoming football season. Approximately 70% of our lifters are on the football team. I want to build on today and continue to grow for tomorrow so that one day we become the dominant program in the state."*

NASA Ohio State High School
26-27 FEB 00 - Springfield, OH (kg)

Boys 9-10th Grade				
119				
J Authur	62.5			
154				
A. Authur	107.5			
L. Dodson	85			
227				
M. Bailey	130			
Boys 11-12 Grade				
154				
A. Conley	112.5			
187				
M. Siefert	135			
Girls 9-10th Grade				
Girls State Meet	SQ	BP	DL	Total
9th-10th Grades				
101				
Demmien	62.5	32.5	75	170
Henry	65	30	70	165
110				
Kautz	72.5	40	97.5	210
Seabrook	70	40	85	195
Oberly	65	37.5	80	182.5
Paul	62.5	27.5	72.5	162.5
119				
Isaacs	87.5	45	90	222.5
Scholl	80	37.5	90	207.5
Lawson	65	27.5	72.5	165
127				
Barber	82.5	40	100	222.5
Cline	82.5	45	90	217.5
138				
Miller	90	47.5	115	252.5
Schutte	95	42.5	110	247.5
Ark	82.5	47.5	100	230
Rea	80	45	95	220
Van Dyke	57.5	32.5	70	160
154				
Brandin	125	52.5	122.5	300
Greer	92.5	50	105	257.5
Mullins	85	50	100	235
Book	80	42.5	102.5	225
Kendig	72.5	42.5	110	225
170				
Wasserman	120	67.5	115	302.5
187				
Barber	125	62.5	120	307.5
4th	130			
Ridder	97.5	45	80	222.5
Worley	80	37.5	95	212.5
Hwt.				
Jenkins	115	60	137.5	312.5
Fanes	125	52.5	120	297.5
Glaspell	117.5	50	110	287.5
McNier	95	50	110	255
Hale	70	52.5	105	227.5
Girls 11-12th grades				
110				
Mowell	75	37.5	95	307.5
Richards	70	42.5	80	192.5
119				
Wagner	115	62.5	135	312.5
Ebersole	95	50	112.5	257.5
Willison	100	45	102.5	247.5
Delk	82.5	52.5	105	240
Harvis	77.5	40	110	227.5
Westendorf	72.5	37.5	92.5	202.5
127				
Mosier	127.5	82.5	138.5	348.5
Lennox	90	55	127.5	272.5
Taylor	82.5	47.5	100	230
Horstman	82.5	42.5	105	230
C ook	80	40	87.5	207.5
Schutte	65	42.5	90	197.5
Lovelace	70	35	87.5	192.5
Dickerson	55	35	82.5	172.5
Kemplin	55	30	85	170
138				
Davis	110	57.5	137.5	305
Haerr	117.5	50	112.5	280
Weimer	105	47.5	122.5	275
D'Aoiso	105	52.5	105	262.5
Allshouse	975.	42.5	97.5	237.5
Young	70	30	65	165
154				
Reed	130	82.5	120	332.5
4th		85		
Matthews	120	62.5	132.5	315
Montgomery	100	65	120	285
Garner	102.5	45	137.5	285
Kripas	82.5	42.5	110	235
Benz	67.5	37.5	102.5	207.5
Cusimano	65	42.5	80	187.5
170				
Delaney	105	52.5	122.5	280
Pittenger	70	50	95	215
187				
Eichelberger	120	55	110	285
Boys 9-10th grades				
119				
Snyder	115	70	160	345
Buggs	100	52.5	115	267.5
Bernarndo	82.5	52.5	107.5	242.5
127				
Horvath	100	50	115	275
138				
110				
G. Seabrook				40
170				
J. Wasserman				67.5
Hwt				
H. Glaspell				60
Girls 11-12th Grade				
119				
K. Wagner				62.5
127				
B. Mosler				82.5
138				
A. Haerr				50
154				
N. Reed				85

LOUIE SIMMONS PRESENTS

Training Secrets of Westside Barbell Club

NOW ON VIDEO!

Squat Workout $54.95
Bench Press Workout $49.95
Bench Press Secrets $35.95
Squat Secrets $29.95
Dead Lift Secrets $29.95
T-Shirts (M, L, XL, 2XL, 3XL) $14.95
Shipping/handling $5.00

Send check or money order to:
Westside Barbell Club
1417 Demorest Road
Columbus, OH 43228

back view of dog appears on back of t-shirt

Briner	122.5	52.5	135	320
Haddix	112.5	70	132.5	315
Lock	107.5	85	117.5	310
Cantrell	115	65	115	295
Boomershine	77.5	52.5	92.5	222.5
154				
Hess	152.5	102.5	190	445
Dodson	127.5	85	155	367.5
Leaver	137.5	75	142.5	355
Logan	120	77.5	135	332.5
Brooks	110	60	125	295
170				
Ferre	155	100	180	435
Mellott	160	172.5	185	417.5
Bollinger	145	102.5	165	412.5
Anon	172.5	87.5	150	410
Flora	117.5	90	185	392.5
Timmons	130	82.5	170	382.5
White	137.5	775.	157.5	372.5
Burton	135	82.5	150	367.5
Baine	90	67.5	120	277.5
187				
Taylor	187.5	115	177.5	480
Flax	132.5	75	162.5	370
Earles	112.5	65	122.5	300
Flannery	82.5	70	122.5	275
205				
Hassel	170	92.5	192.5	455
Minna	150	105	197.5	452.5
227				
McIntire	152.5	95	147.5	395
Timmons	137.5	92.5	142.5	372.5
Cochran	67.5	45	110	222.5
250				
Lehman	165	90	170	425
Allen	145	105	162.5	412.5
Crawford	112.5	105	155	372.5
Kushmaul	125	75	140	340
315				
Miller	162.5	107.5	162.5	432.5
Thompson	147.5	85	172.5	405
Hwt.				
Van Dyke	150	122.5	177.5	450
Boys 11-12th grades				
127				
Schneider	140	90	165	395
138				
Street	137.5	110	165	412.5
Maclaren	125	82.5	165	372.5
Willars	137.5	72.5	160	370
Rutschilling	117.5	87.5	147.5	352.5
Weller	75	67.5	82.5	225
154				
Wilson	190	115	200	505
Burge	165	95	165	425
Carter	147.5	102.5	157.5	407.5
Hively	140	979.5	162.5	400
Hines	125	107.5	155	387.5
Locke	120	90	160	370
Houser	120	87.5	127.5	335
Bergdorf	120	70	142.5	332.5
Mattern	107.5	85	112.5	305
170				
Pavelka	227.5	105	215	547.5
Fisher	167.5	110	185	462.5
Waddle	142.5	125	187.5	455
Leonard	152.5	110	175	437.5
Buchanan	127.5	72.5	152.5	352.5
Akers	130	85	127.5	342.5
Pitstick	77.5	775.	157.5	312.5
187				
Hogue	215	147.5	215	577.5
4th		150		
Siefert	192.5	135	202.5	530
Evan	192.5	130	202.5	525
Dudones	197.5	95	205	497.5
Bisdorf	162.5	95	192.5	450
205				
Adams	190	137.5	210	537.5
Phillips	205	115	207.5	527.5
Henderson	192.5	112.5	182.5	487.5
2275				
Fitz	262.5	142.5	262.5	667.5
		4th	277.5	
Schadle	187.5	137.5	225	550
Metz	205	142.5	182.5	530
Troxell	185	120	217.5	522.5
Steward	185	92.5	197.5	475
250				
Stokes	237.5	165	250	652.5
Mann	200	125	217.5	542.5
280				
Lannon	235	125	205	565
Makridis	220	115	200	525
National Team Championship				
Girls National Freshman Divisions I-VI				
110				
Seabrook	70	40	85	195
119				
Scholl	80	37.5	90	207.5
170				
Wasserman	120	67.5	115	307.5
Girls Sophomore				
138				
Miller	90	47.5	115	252.5
Hwt.				
Glaspell	117.5	60	110	287.5
Girls Junior				
154				
Benz	67.5	37.5	102.5	207.5
187				
Eichelberger	120	55	110	285
Girls Senior				
119				
Wagner	115	62.5	135	312.5
127				
Mosier	127.5	82.5	138.5	348.5
138				
Haerr	117.5	50	112.5	280
Weimer	105	47.5	122.5	275
154				
Reed	130	82.5	120	332.5
	4th	85		
Garner	102.5	45	137.5	285
National Team Boys Division I-III				
Freshmen				
170				
Ferre	155	100	180	435
Bollinger	145	102.5	165	412.5
250				
Allen	145	105	162.5	412.5
Junior				
138				
Maclaren	125	82.5	165	372.5
154				
Burge	165	95	165	425
Houser	120	87.5	127.5	335
Bergdorf	120	70	142.5	332.5
170				
Akers	130	85	127.5	342.5
187				
Evan	192.5	130	202.5	525
Dudones	197.5	95	205	497.5
205				
Phillips	205	115	207.5	527.5
2275				
Schadle	187.5	137.5	225	550
Senior				
227				
Metz	205	142.5	182.5	530
Boys Divisions 4-6				
Freshman				
119				
Snyder	115	70	160	345
Sobek	70	52.5	100	222.5
154				
Logan	120	77.5	135	382.5
315				
Miller	162.5	107.5	162.5	432.5
Sophomore				
1`38				
Samol	112.5	87.5	150	350
154				
Dorazio	75	77.5	140	292.5
170				
Flora	117.5	90	185	392.5
Wilson	130	110	150	390
187				
Ozanick	147.5	115	185	447.5
250				
Lehman	165	90	170	425
280				
Rohaley	117.5	67.5	135	320
Hwt.				
Van Dyke	150	122.5	117.5	450
Juniors				
127				
Schneider	147.5	95	165	395
154				
Locke	120	90	160	370
Balabon	105	95	137.5	337.56
170				
Cramer	160	120	202.5	482.5
205				
Petko	182.5	115	227.5	525
Senior				
127				
Georgi	112.5	70	90	272.5
138				
Willars	137.5	72.5	160	370
154				
Wilson	190	115	200	505
187				
Hogue	215	147.5	215	577.5
	4th	150		
205				
Adams	190	137.5	210	537.5
280				
Lannon	235	125	205	565

Outstanding Lifters: Girls - Freshman-Sophomore - 101-Hwt. Laren Brandin; Junior- Senior 101-Hwt. Bobbi Joe Mosier. Boys - Freshman - Sophomore 119-187 Jeff Hess, 205-Hwt. Phil Van Dyke. Boys Junior - Senior 119-187 Lee Hogue, 205-Hwt Justin Fitz. Team Results: State Meet Boys 9th-10th grade (Northeastern, Southeaster, Shawnee), 11-12 Boys (Northeastern, Springfield Akron, Shawnee), Boys Overall State Champion (Northeaster, Shawnee, Springfield Akron), Boys Overall National Team Division I-VI (Northeastern, Springfield High School, Brownsville) Girls State Meet (Northeastern, Shawnee, Southeastern), Boys National Meet Div I-III (Springfield), Boys National MEet Div. IV-VI (Northeastern, Brownsville), Girls Overal National Team I-VI (Northeastern, Springfield) (thanks to Gary Sholl for providing these competition results)

HeavyWear

Go Heavy? Wear this! Performance apparel for the street, meet, gym and platform. Tees, Tanks, Sweatshirts, Shorts and Baggies!!

LIMITED TIME OFFER

3 for $45

any design - any size tee with FREE Priority shipping!

Call TOLL FREE to order!

1(877)841-7356

Anthony Clark, World's Strongest Man!

Check us out online: www.heavywear.com

T-SHIRTS: M-XL ONLY $15.95, 2X-3X $17.95

T-BACK TANKTOPS: L-2X ONLY $14.95

NEW!

POWERLIFTING! BLOOD, GUTS, SWEAT & CHALK

Or send your check or money order payable to HEAVYWEAR to: 6353 Wedgewood Drive, Sylvania, OH 43560-3344 • Email: jake@heavywear.com

Finnish Championships (kg)
26,27 Feb 00 - Laukaa, FIN

WOMEN	SQ	BP	DL	TOT
44 kgs.				
V. Viitasaari*	135	75	162.5	372.5
A. Prinkkala	137.5	65	152.5	355
48 kgs.				
R. Koskinen*	178	84	157.5	417.5
I. Vaulakorpl	125	62.5	130	424.4
V. Arpala	85	75	120	280
52 kgs.				
L. Jokitalo	160	75	165	400
M. Sirkia	140	90	160	390
M. Vartiainen	75	37.5	75	187.5
56 kgs.				
E. Nikander	162.5	110	170	442.5
R. Hassinen	140	70	165	375
60 kgs.				
P. Savola	170	87.5	190	447.5
S. Malmberg	130	75	140	345
67.5 kgs.				
P. Haapoja	177.5	90	185	452.5
M. Koskinen	160	90	150	400
K. Karvonen	150	87.5	150	387.5
R. Pihlaja	—	—	—	—
P. Kumpulainen	—	—	—	—
75 kgs.				
J. Koski	115	70	135	320
82.5 kgs.				
K. Blinnikka	155	90	165	410
L. Rosback	130	75	150	355
K. Koskelo	105	82.5	120	307.5
90 kgs.				
K. Nokua*	220	95	180	495
90+ kgs.				
M. Suominen	—	—	—	—
MEN 56 kgs.				
T. Haaparanta	170	92.5	137.5	400
60 kgs.				
M. Kytola*	220.5	115	220	555
A. Kurjenkallio	190	130	180	500
T. Bjorkgren	170	117.5	185	472.5
82.5 kgs.				
S. Sohlman	267.5	167.5	310	745
K. Kehanen	257.5	157.5	295	710
K. Huttunen	270	172.5	265	707.5
M. Parviainen	250	162.5	280	692.5
T. Sairanen	235	160	260	655
J. Narhi	210	180	237.5	627.5
J. Kyntaja	250	162.5	—	412.5
H. Nystrom	245	160	—	405
90 kgs.				
H. Malinen	295	197.5	315	807.5
J. Sohlman	297.5	195	300	792.5
T. Avola	270	195	297.5	762.5
H. Hagfors	270	182.5	295	747.5
P. Heikkinen	267.5	187.5	285	740
T. Kohtamaki	260	170	260	690
T. Landstrom	265	160	250	675
60 kgs.				
M. Kytola*	220.5	—	—	—
67.5 kgs.				
J. Airio	235	170	245	650
S. Nieminen	210	140	265	615
A. Sirvio	230	157.5	227.5	615
T. Heiskanen	205	115	240	560
K. Lundsten	197.5	130	200	527.5
A. Oksanen	210	135	—	345
M. Lindholm	215	—	—	215
75 kgs.				
P. Antilla	270	157.5	272.5	700
P. Nyyssonen	255	170	272.5	697.5
M. Parvlainen	260	170	265	695
A. Saastamoinen*	235	157.5	260	652.5
M. Turpeinen	—	—	—	—
H. Hakala	—	—	—	—
100 kgs.				
P. Rantanen	310	210	330	850
P. Aalkainen	300	202.5	310	812.5
H. Winter	285	195	302.5	
A. Rajala	300	190	290	780
T. Jalonen	280	210	285	775
T. Blomberg	280	170	290	740
R. Kannisto	260	185	270	715
J. Niskanen	—	—	—	—
110 kgs.				
J. Ranta	330	197.5	330	857.5
T. Paavilainen	300	205	325	830
J. Martikainen	325	185	320	830
J. Ihalainen	310	187.5	310	807.5
J. Kuuseva	300	240	—	540
M. Smura	285	—	—	285
125 kgs.				
O. Lehto	337.5	247.5	337.5	922.5
T. Nummisto	325	210	307.5	842.5
E. Jantunen	290	210	280	780
P. Salonen	280	190	290	760
T. Koistinen	300	180	270	750
H. Heinila	325	217.5	—	542.5
J. Laitinen	325	175	—	500
K. Vilppola	305	—	—	305
M. Helen	—	—	—	—
125+ kgs.				
K. Aho	322.5	240	325	887.5
K. Kallinki	352.5	565	290	855
J. Alastalo	270	170	290	730

*=Record made. This was Anna-Liisa Prinkkala last competition! (results provided by Heiiki Orasmaa)

USAPL Zumbro Valley Open
29 APR 00 - Kasson, MN

WOMEN	SQ	BP	DL	TOT
97				
C.Anderson	70	105	150	325
114				
M. Shuttleworth	175	155	215	545
132				
A. Simons	270	200	290	760
181				
H. Harn	300	170	280	750
MEN				
148				
E. Alter	145	275	255	675
40-49				
C.Wong	340	195	410	945
Novice				
J. Youngren	225	140	315	680
T. Cooper	55	195	225	475
165				
J.Reinardy	500	280	660	1440
40-49				
P.Baer	424	320	450	1195
D. Higgins	350	295	425	1070
181				
T. Reid	450	350	560	1360
B. Hanson	500	300	510	1310
J. Chiodo	440	315	450	1204
40-49				
G. Grahn	380	270	475	1125
50 plus				
S. Reid	445	290	500	1235
Novice				
J. Cooper	405	235	405	1045
198				
N. Tylutki	575	320	620	1515
M. Rodacker	620	275	610	1505
S. Lindquist	555	340	575	1470
B. Reibeling	510	295	520	1325
S.Friday	135	385	540	1060
40-49				
J. Backstrom	435	315	440	1190
50 plus				
D.Hawkinson	350	350	440	1140
220				
T.Engeldinger	500	275	465	1240
40-49				
D. Moore	570	370	475	1415
J. Todd	525	275	490	1290
C. Dobblegere	430	205	480	1115
50Plus				
P.Markert	325	215	370	910
Novice				
B. Getchell	450	385	540	1375
R.Leiberg	465	330	555	1350
J. Adamski	455	350	500	1305
E.McGowan	415	275	450	1140
N. Armstrong	375	250	420	1045
B.Kennedy	110	180	240	530
242				
J. Cahill	655	420	790	1865
M. Edelstein	600	425	675	1700
T. Vaudrin	475	365	545	1384
40-49				
B.Hudyma	655	435	615	1705
G. Steele	550	370	630	1550
C.Horkey	505	315	600	1420
R.Waldorf	475	335	535	1345
50 plus				
J. Miller	600	405	580	1585
B.Omundson	405	255	510	1170
Novice				
D.Horn	550	325	535	1410
C. Cardenas	500	350	530	1380
J. Stevenson Jr.	325	245	360	930
275				
B.Madvig	700	450	715	1865
A. Holley	620	425	540	1585
S. Born	550	370	615	1535
J. Murphy	560	350	590	1500
40-49				
D. Rgnonti	600	390	650	1640
M. Gordon	145	500	600	1245
Novice				
A. Beaudet	475	425	450	1350
M. Becker	490	225	605	1320

The 2000 USAPL Zumbro Valley Open was again held at K-M High School in Kasson, Minnesota. There were fifty five lifters and all did a fine job. Some outstanding lifters for the day were: Brad Madvig, James Cahill, Dan RGnonti, Brian Hudyma, Hailey Harn, and Nick Tylutki. I wold like to thank my refs: Rick Stanius, Keith Hare, Shawn Cain, Angela Simons, Brad and Karl Gillingham, Mike and Charlie Bradford, Eric Alter and Scott Safe; Spotters and Loaders - Archie Langdon, Dean Tlougna, Mike Tully, Scott and Jeff Renderl, Jan Monson, Jerry Unger, Sid Reid and Ari Silkey. Thaks to Dennis Green for your hard work. Thanks to Scott Safe of SAFE USA for all of your work and great announcing. Thanks to Karl and Wade Gillingham for their extra help. Jim and Marlene Couglon and Curt and Tess Johnson worked hard all day; my wife Dawn adn daughter Halee for your great efforts. Without all these great people, a meet just cannot be run. Again, thank you lifters and a giant thanks for all who helped. (thanks to Steve Johnson for providing these results to *PL USA*)

Strength & Speed New! 2000 edition by Dale Harder. Like the *Guinness Book* and *Believe It Or Not* combined, this beefy encyclopedia is crammed with strength, speed, and endurance records for every age from 4 to 100. Plus anecdotes, and ratings in weightlifting, powerlifting, track & field, Highland Games, stone lifting, martial arts, wrestling, Basque lifting, back lifting, grip strength, pullups, and much more. See how you compare! Think a 700 dead lift is pretty good? Then, read about the Basque lifter who lifts 700 lb stones to his shoulders! Do you know which 320 lb man can do chinups with 200 lb? 340 huge pages.

Order from:

- Education Plus
18584 Carlwyn Dr.,
Dept. P
Castro Valley, CA
94546-2032,
Only $29.95 +
$4.00 shipping
& handling.
Calif. add $2.45
sales tax.

Christina Williams *benched 300 at the West Virginia Open and was close to locking out 315. The wife of Willie Williams, one of the first men to bench 700, she hopes to make 350 at 165, before moving up to 181, where she hopes to bench 400. In her first meet, back in 1995, she benched 125. (photograph provided courtesy of Willie Williams)*

4th WV Open
29 Jan 00 - New Martinsville, WV

Bench Press				
114				
Junior H.S.				
M. Sisler	135*			
132				
Soph. H.S.				
J. Poling	205*			
50-54				
K. Wooddell	265*			
148				
Frosh H.S.				
C. Shaffer	155*			
Soph H.S.				
A. McDiffit	150*			
Open				
C. Boram	275			
Submaster				
B. Marsell	300*			
165				
Soph. H.S.				
M. Anderson	270*			
Sr. H.S.				
S.Wamsley	240*			
20-23 Novice				
M. Snider	265			
55-59				
K. Samples	210*			
181				
40-44/ Open				
J. O'Loughlin	380*			
198				
A. Robinson	420*			
D. Lewellyn	410			
J. Fanell	390			
Jr. 18-19				
D. Dent	300*			
Jr. 20-23				
C. Swihart	350			
Novice				
R. Rush	340			
Submaster				
J. Falo	380			
K. Crites	275			
40-44 Law Enf.				
G. Combs	400			
40-44				
M. Modesitt	375			
M. Wamsley	315			
45-49				
C. Rappold	325			
WV OPEN	SQ			
148				
Jr. 14-15				
A. Houser	200*			
165				
F. Williams	340			
Jr. 16-17				
M. Frankovitch	365*			
1050*				
Novice				
C. Hinchee	395*			
1110*				
40-44				
S. Phillips	370*			
181				
50-54				
R. Simpson	350*			
1060*				
198				

50-54				
B. Samples	320			
220				
Submaster				
B. Krupinski	450*			
Open				
M. Bryan	405			
40-44				
M. Bryan	405			
M. Savola	315			
FF Open				
D. Wamsley	310			
242				
R. Harbert	515*			
T. Shaw	510			
Submaster				
R. Perkins	380			
45-49				
K. Heller	375			
D. Peluchette	360			
55-59				
J. Jahns	255			
LE				
P. Mirandy	370			
275				
K. Burgess	475			
J. Simone	450			
40-44				
K.Burgess	475			
S. Ward				
Novice				
F. Kolski	385			
50-54				
T.Hogan	430			
Women				
165				
C. Williams	300*			
Deadlift				
148				
Jr. 14-15				
C. Shaffer	320*			
198				
Jr. 20-23				
C. Swihart	470			
220				
D.Haught				
555				
Submaster				
M. DeRiggi				
405				
275				
J. Simone				
575				

Jr. 16-17				
A.Houser	250*	285*	400*	935*
LE				
J.Carpenter	420*	325*	460*	1195*
220				
D. Haught				
D.Howell				
Novice				
K. Wade	275*	235	375*	885*
J. Henthorn	205	250*	335	785
242				
W. McComas	700*	470*	680*	1850*
Jr. 14-15				
M. Fijalkowski	225*	230*	315*	770*
45-49				
J. Rubenstein	510*	330*	515*	1355*
275				
J. Simone	575*	460*	575*	1610*
LE/FF				
A. Spencer	405*	310*	435*	1150*

* WV Open Powerlifting Record. "The 4th annual Powerlifting Super Bowl Saturday WV Open State Powerlifting Championships were a huge success. The event was held in New Martinsville, WVa and were promoted by W.Va Powerlifting Hall of Famer Luke Iams. The field of 60 lifters had several notable lifts. Kenny Woodell won a state championshipos in a fourth decade with a double bodyweight lift of 265 lbs. in the 132 lb. class. Sub-Master Bob Marsell had his 1st double bodyweight lift with a 300 lbs. at 148. 43 year old Doctor Jerry O'Loughlin took time off from delivering babies to bench 380 lbs. in the 181 lb. class. Gary Combs, who is recovering from rotator cuff surgery, benched 400 lbs. in the 198 Masters 40-44 division. Christina Williams, coached by W.Va's Strongest Man Willie Williams benched 300 lbs. inthe 165 lb. class. Other impressive lifts were Andy Robinson's bench of 420 lbs. in the 198 lb. class, Bob Krupinski's bench of 450 in the 220 submaster class, Ron Harbert's bench of 515 lbs. in the 242 lb. class, and Warren McComas' total of 1850 in the 242 lb. class. As always, nobody's lift is more important than the next, and each participant did their best. Many thanks to the judges, loaders, and other support people. (results courtesy Kenny Woodell)

More on the Passing of Dawn and Tamara ...

(from APF/WPC President Ernie Frantz) - "As President of the APF/WPC I am writing this letter on behalf of Powerlifting's two strongest women that have just passed away: Tamara Grimwood and Dawn Reshel. This is a big shock to us because our team knew them both. Most of my team was very close with Dawn Reshel as I have coached her from the beginning and have watched her grow to become the strongest woman in the world. We traveled all over the world with her and her husband Greg Reshel, who designed the Reshel formula for the APF & WPC. We will all miss them both and their records will probably stay in the books for generations to come. In the 46 years of my lifting weights, coaching and bringing more men and women lifters together and competing together and seeing some of them come and go hurts me deeply, especially so soon for both of them. My wife Diane and I pray that they both have a great comfort in heaven above and we will go on honoring them and remembering them." (From Maris Anne Sternberg) - "I lost two old friends in the last few weeks, so has the sport of Powerlifting. Tamara Rainwater Grimwood and Dawn Reshel were two of the finest lifters in our sport's history. I am pleased and honored to have been able to join them on several world teams. These were two very impressive lifters who handled big weights at a time when other women were only dreaming about them. I never saw them be unkind to a fan. They truly loved their sports. When the final books are written, their names will be at the top of the list. My life is emptier for their loss." (From Mariah Liggett and Laura Dodd) - "How would you describe Tamara Rainwater-Grimwood? A great athlete and a caring friend who was loved and admired by many. She was a generous, fun-loving, warmhearted, high-spirited person with a positive attitude and an infectious laugh. Mariah and I were at Nationals in Pittsburgh, 1992, preparing to warm up when we heard a great commotion coming from the warm-up area. After further inspection, we observed a group of huge, red-faced muscular men surrounding an equally muscular woman. Everyone seemed angry and all were stomping about, yelling, slapping each other, and generally raising a ruckus. Weights were being tossed about, salts waved around, and chalk dust and wraps were flying. In short, Tamara was preparing to take a squat warmup! This intense and entertaining scenario was to be repeated many times over during Tamara's auspicious career in powerlifting. Her intensity was certainly contagious and not to be reckoned with, and those fortunate enough to be a part of her "inner circle" became infused with her energy and desire to win. It was hard not to cheer for Tamara. We became fast friends after that contest, and though miles separated us, our friendship endured. Each competition brought us closer together and Tamara proved to be a loyal and trustworthy friend. We always congregated after the meets to eat, drink, act silly and laugh... Tamara could start a whole room laughing. We would critique the meet, meet director, lifters, their lifts, the judges ... no one was safe! There were impromptu lifting feats conducted, such as the double deadlift with Mariah. There were trips to Grimwood's Power Plant and Tamara's home where she lived with husband Terry and stepson, Vegas. They sponsored local meets where they provided trophies, awards and recognition for everyone. The parties afterwards were fun, especially after hammering back "Hairy Buffalo" drinks, which were homemade by Tamara and Laura. There were the trips to Ken Leistner's home and his Iron Island gym in New York where beer and food were consumed in enormous quantities! Wherever Tamara went, she was supported by friends who loved her - Ashley, Ross, Chris, Bob, Elaine, Grant, "Buff", Ken and Kathy, to name a few. The rewards from powerlifting are few and hard-fought, but the fiends and relationships made along the way more than make it all worthwhile. Thank you, Tamara, for touching our lives with your love, intensity, strength, energy and laughter. Now, as you join the elite ranks of the likes of Jeff Wright; Matt Dimel, and Dawn Reshel, you will always be remembered as our dear and special friend, and for making powerlifting fun and worthwhile for Mariah and Laura."

Tamara Grimwood, Laura Dodd, Mariah Liggett *(in the photo at left, they appear l-r)*

USAPL 4th Frank Kostyo Memorial
1,2 Apr 00 - Lakeland, FL

WOMEN	SQ	BP	DL	TOT
132 lbs. Teen (14-15)				
L. Folsom	215*	85*	250*	550*
J. Doyle	185	100	200	485
148 lbs. Teen (16-17)				
D. Joyner	240	105	270	615
Master (40-44) 123 lbs.				
C. Barnes	145*	60*	210*	415*
165 lbs.				
D. allen	155*	105*	245*	505
Master (45-49) 97 lbs.				
D. Aliminosa	190*	95*	225*	510*
Open 97 lbs.				
G. Ufret	195*	135*	290*	620*
123 lbs.				
K. Stoker	205*	90*	250*	545*
198 lbs.				
A. Leason	295*	125*	280*	700*
198+ lbs.				
K. Sabin	415*	250*	415*	1080*
MEN Teen (14-15) 114 lbs.				
A. Jameson-Lee	225*	100*	285*	610*
A. Holmes	210	150	250	610
148 lbs.				
S. English	275*	190*	280	745*
C. Trevor	240	165	315*	720
M. Garcia	230	150	300	680
165 lbs.				
R. Donahay	275	200	380	855
Teen (16-17) 148 lbs.				
R. Elias	355	220	370	945
M. Jameson-Lee	320	155	405*	880
181 lbs.				
G. Folsom	325	175	370	870
B. Howard	450*	315*	455*	1220*
UN				
J. Spitz	550*	335*	600*	1485*
Teen (18-19) 220 lbs.				
S. Lakey	480	345*	500	1325
Junior (20-23) 198 lbs.				
J. Howe	405*	350*	460*	1215*
220 lbs.				
D. Hicks	580*	355*	525*	1460*
Open 114 lbs.				
K. Snell	380*	230	465*	1075*
123 lbs.				
S. Beasley	145	110	205	460
148 lbs.				
R. Grayes	515	320	570	1405
T. Constantine	405	250	415	1070
165 lbs.				
S. Snell	530	320	560	1410
181 lbs.				
M. Brandon	600	415	545	1560
B. Strickland	600	360	560	1520
D. Nelson	500	315	510	1325
198 lbs.				
D. Kouf	575	355	620	1550
J. Wisenbaker	535	360	570	1465
J. Lynch	560	300	540	1400
T. Edwards	505	330	500	1335
T. Schembri	400	400	425	1225
J. McManis	410	310	450	1170
220 lbs.				
J. Bell	625	480	685	1790
J. Vinang	665	425	580	1670
N. Callahan	575	430	625	1630
B. Kelly	585	340	575	1500
M. Nichols	530	330	540	1400
242 lbs.				
J. Jacobs	725	510	700	1935
D. Ingemi	600	375	600	1575
C. Sarvis	6585	415	550	1550
J. Montgomery	550	405	525	1480
M. Bunn	475	270	500	1215
275 lbs.				
G. Jurkowski	625	430	700	1755
B. Haimes	580	405	530	1515
UN				
T. Mahoney	795	460	660	1915
C. Callahan	715	525	635	1875
Master (40-44) 114 lbs.				
K. Snell	380!	230	465!	1075!
165 lbs.				
S. Snell	530*	3200*	560*	1410*
220 lbs.				
B. Beekley	600	355	625	1580
G. Larkins	515	325	535	1375
P. Ryan	530	290	510	1330
242 lbs.				
D. Jonas	515	325	450	1290
UN				
M. Wetzel	620	455	640	1715
Master (45-49) 198 lbs.				
V. Donofrio	515	375	525	1415*
Master (50-54) 148 lbs.				
S. Johnson	480*	305*	550*	1335*
181 lbs.				
D. Hunt	425	250	515*	1190
198 lbs.				
B. Tinsley	350	300	405	1055
Master (55-59) 148 lbs.				
D. Whitney	435*	250*	530!	1215*
165 lbs.				
J. Brogan	470*	280*	485*	1235*
J. Wilson	310	180	340	830
Master (60-64) 165 lbs.				
B. Player	365	305	395	1060
198 lbs. (65-69)				
B. Remley	425	285	425	1135
(60-64)				
L. Hatcher	405	260	425	1090
Master (65-69) 220 lbs.				
T. Trevor	430	230	500	1160
Master (70-74) 165 lbs.				
D. Thompson	185	140	250	575
181 lbs.				
C. Everett	315*	235*	405*	955*
E. Foran	200	200	300	700
Qualifiers 198 lbs. Open				
J. McGlynn	625	410	645*	1680*
UN Master (50-54)				
M. Battles	225	225	225	675

* - Florida State record. ! - USAPL American record. Best Lightweight Lifter: Rick Grayes. Best Heavyweight Lifter: James Jacobs. Best Female Lifter: Griselle Ufret. 1st Place Team: All American Gym. 2nd Place Team: Jacksonville Bolles High School. Special thanks to Marcobay construction, City of Lakeland Parks & Recreation Dept., Junk Yard Dogg, Pat Rhoton, Roy Richardson, Amp Stevens, Griselle Ufret, Tom & Ellen Trevor, Bart Quinn, Tom O'Donnell, Johnny Best, BJ Stigall, Tina Beasley, Randy Dey, Jerry Williams, Justin Allen, Louis Baltz and the All American Gym. This meet had over 70 lifters from Georgia, Louisiana, and Florida. Several FL State records were established in the Women's competition with Griselle Ufret setting four of them and taking Best Female Lifter honors. Lori Folsom took 1st place with competition from Louisiana's Jennifer Doyle. Kim Stokes did some nice lifting in her very 1st meet. Diane Allen set some personal best lifts which were all state records. Kari Sabin had her best lifts ever setting 4 FL state records. In the men's teenage division, Alex Jameson-Lee won on bodyweight with a state record deadlift. Stephen English did some fine lifting in the (14-15) division with a state record total despite Corey Trevor pulling a state record 315. Robby Donahay, living in the huge (and getting larger) shadow of his dad, pulled a nice 420 deadlift, but was turned down because his knees were not locked. In the (16-17) year old division, Ross Elias from Louisiana did some impressive lifting to win the 148s and best Max Jameson-Lee who pulled a nice 405 sate record deadlift. Glenn Folsom did some nice lifting in his 1st meet. Jason Spitz deadlifted a super 600 lbs. state record deadlift and Scott Lakey benched a state record 345 lbs. in the 220 (18-19) division. In the junior division Jason Howe and David Hicks each established state records in their classes respectively. In the open division, Ken Snell pulled an over 4 times bodyweight 465 deadlift in the 114 lbs. class. Scott Beasley lifted some personal bests to win the 123 lbs. class. Rick Grnyes did some fine lifting to win the 148s and the best lightweight lifter award. Steve Snell went 8 for 9 and had some personal best lifts to win the 165s. In the 181s Georgia's Marcos Brandon, who was overweight for the 165s, won the 181s with some fine lifts. Brian "opener" Strickland tried a new meet training tactic after his bench press, but it didn't work to pull the 605 he needed to win. Dwayne Kouf won the 198s with a nice 620 deadlift in the highly contested class. Joe Bell had some outstanding lifts to win the 220s. Joe almost pulled a 700 deadlift. Julian Ulvang did an impressive 665 lbs. squat to take 2nd. Nelson Callahan, one of the crazy Callahan brothers, took 3rd place with some fine lifts. Mark Nichols was impressive lifting in his very first meet.

In the 242s James Jacobs lifting was just too much, especially for his competitors. James is one of the best and he proved it by out totaling his nearest competitor by over 300 lbs. and winning the best heavyweight lifter award. It was a close second with Dave Ingemi beating Craig Sarvis by 25 lbs. Greg Jurkowski deadlifted 700 lbs. to win the 275s and Big Tom Mahoney was 5 lbs. shy of squatting 800 lbs. to win the superheavyweight class. Cary Callahan had an impressive 1875 total to take 2nd. In the masters division Ken Snell set 3 American records. His 465 lbs. deadlift was the USA highest of all time. Dean Whitney set an impressive 530 lbs. deadlift American record for his age group in the 148s. Sherman Johnson set 4 state records to win his age group in the 148s. Joe Brogan had his best day ever in the 165 (55-59) division setting 4 state records in the process. Jerre Wilson did a personal best squat to take 2nd. Steve Snell set 4 state records to win his age group in the 165s. Bill Player managed to win the (60-64) 165s despite some trouble on the platform. Duffy Thompson had some nice personal best lifts to win the 165s (70-74) division once Earl Foran who lifted raw. Vince Donofrio set a new state total record to win the 198 (45-49) division. Lifting in his first meet on short notice and an illness, Bill Tinsley was just 10 lbs. shy of setting a new state bench record in the 198 (50-54) division, to take first place. Lamar Hotcher won the 198 (60-64) division and World Champion Bill Remley won the (65-69) division. The 220 (40-44) division had 3 entries. Bill Beekley had some impressive lifting with a 600 lbs. squat and 625 lbs. deadlift to win first place. Greg Larkin and Patrick Ryan took 2nd and 3rd respectively. Despite having health and injury problems, Tom Trevorah took first in the 220 lbs. (65-69) division. Dan Jonas had some of his personal best lifts to win the 242 lbs. (40-44) division. Myles Wetzel, who came from Alabama, did some nice lifting to win the superheavyweight class in the (40-44) age group. James McGlynn just did his opener to qualify for the Open Nationals as did Moses Battles to qualify for the Masters Nationals. Thanks to all the lifters and volunteers for making this meet a success year after year. (thanks to Ken Snell for results and report)

Power People

Above ... *Ron Muskat and his daughter Taline Muskat both competed at last year's AAPF Michigan State Championships. It was Ron's first competition, and he placed 2nd in the 50-54 age group. Taline competed as a junior lifter and won her class along with the Best Women's Lifter award. Wife Patty Muskat doesn't lift, as she had a kidney transplant several years ago, but she cheers her family on and takes photos (incl. this one) and videos of their competition. Ron says "Our family has really enjoyed powerlifting and especially the people we've met who have been so friendly and supportive."*

W. P. O.™
World Powerlifting Organization™
YEAR 2000
Membership Application

PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

Last Name	First Name		Initial
Street Address/P. O. Box			
City	State	ZIP	
Telephone Number	Date of Birth	Age	Sex
Social Security Number	Occupation	Date of Application	
IF UNDER 18 PARENT MUST INITIAL	BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™ SIGNATURE x_____		

YEAR 2000 Membership Registration Fee: $ 25.00

Mail Application & Check To: Huge Iron Production, Inc.
910 S. Atlantic Avenue
Ormond Beach, FL 32176

MASS AND MUSCLE

Pump up With

Get defined.

Streamlined.

Ultra firm.

Build muscles.

Get lean.

Develop stamina.

Increase energy.

Get motivated.

Be inspired.

SAVE up to 58%

FLEX, the Voice of Champions, shows hardcore bodybuilders how to add size and symmetry for awesome results.

One Year (12 issues)
$29.97 ***Save 58%***

MUSCLE & FITNESS is the fitness trainer for goal-oriented men and women who want to reach peak physical condition.

One Year (12 issues)
$34.97 ***Save 42%***

Subscribe online and SAVE OFF the newsstand price!

OR CALL TOLL FREE
1-800-493-4337*
***Refer to code WPLA**

FIND US ON THE NET

www.flexonline.com
www.muscle-fitness.com

Rates good in the U.S. only. Outside the U.S., please write to:
WEIDER PUBLICATIONS, INC., P.O. Box 37230, Boone, IA 50037-0230

USPF New York State
26,27 Feb 00 - Corning, NY

BENCH				
WOMEN				
123 lbs.				
M. Woodard	140			
148 lbs.				
L. Heywood	200			
220 lbs.				
M. O'Donnell	205			
M. Carlson	170			
D. Hadley	145			
Teen 148 lbs.				
T. Benda	190			
165 lbs.				
R. Babbitt	210			
181 lbs.				
J. Clabaugh	250			
220 lbs.				
J. Edwards	370			
Open 165 lbs.				
R. Parrington	320			
181 lbs.				
J. Chervas	350			
R. Hillyard	—			
220 lbs.				
E. Conway	445			
J. Carr	410			
D. Kuhn	405			
T. Liberatore	400			
D. Eddy	380			
A. Wilmot	—			
242 lbs.				
R. Bord	425			
E. Dibari	420			
WOMEN	SQ	BP	DL	TOT
123 lbs.				
S. Cunningham	105	90	185	380
132 lbs.				
K. Vangalder	160	120	220	500
148 lbs.				
A. Gardner*	275	140	290	705
A. Day	220	0	255	0
220 lbs.				
J. Krebs	150	160	270	580
C. Regan	—	—	—	—
Teen 114 lbs.				
D. Gentry	185	95	225	505
132 lbs.				
J. Miller	290	215	350	855
148 lbs.				
R. Nosek	385	285	410	1080
S. Abbott	—	—	—	—
165 lbs.				
T. Madison	390	335	450	1175
J. Wisneski	350	275	425	1050
M. Gervais	425	215	380	1020
R. Babbitt	385	210	400	995
B. Danna	335	215	380	930
198 lbs.				
M. Furman	480	315	530	1325
J. Bocko	180	120	300	600
220 lbs.				
C. Dziouch	480	330	530	1340
Submasters				
165 lbs.				
K. McNiel	370			
181 lbs.				
W. Cruz	375			
J. Vasile	370			
220 lbs.				
C. Graham	405			
275 lbs.				
M. Wolcott	505			
Masters (40-44)				
165 lbs.				
R. Parrington	320			
J. Gianrione	280			
181 lbs.				
S. Cramer	375			
220 lbs.				
W. Carroll	380			
242 lbs.				
B. Townsend	410			
D. Harding	340			
275 lbs.				
D. Depew	360			
Masters (45-49)				
275 lbs.				
K. Johnson	506			
Master (50-54)				
220 lbs.				
S. Shales	370			
Masters (55-59)				
275 lbs.				
O. Henneman	355			
Masters (60-64)				
165 lbs.				
R. Cseh	225			
SHW				
J. Busco	245	205	315	765
Open 132 lbs.				
N. Costanzo	225	165	315	705
165 lbs.				
M. Macri!	580	325	605	1510
D. Kirschen	430	330	475	1235
S. Stechyshyn	430	285	465	1180
W. Fosmire	500	245	410	1155
T. Cowulich	380	275	365	1020
B. Engstrom	350	230	420	1000
181 lbs.				
D. Newkirk	500	350	575	1425
S. Rowe	525	335	505	1365
198 lbs.				
B. Benyaminovich	600	375	700	1675
P. Dick	515	400	515	1430
R. Pearo	525	285	525	1335
B. Binns	485	320	435	1240
J. Smith	375	275	500	1150
S. Bigger	—	—	—	—
E. Wilkison	—	—	—	—
M. VanAlstyne	—	—	—	—
220 lbs.				
S. Mann	700	440	610	1750
A. Funaro	605	455	640	1700
L. Hurlbut	645	380	625	1650
E. Conway	635	445	570	1650
D. Bellomo	600	450	550	1600
G. Hopkins	605	355	595	1555
J. Cuyler	500	415	525	1440
C. Doolittle	525	345	505	1375
F. Harris	455	290	550	1295
T. Hallenbeck	450	290	530	1270
L. Humphrey	—	—	—	—
D. Teets	—	—	—	—
S. Henry	—	—	—	—
M. Ferlito	—	—	—	—
242 lbs.				
T. Powers	610	400	550	1560
J. Dempsey	530	375	600	1505
J. Regan	540	340	600	1480
M. Rydelex	470	375	510	1355
J. Hackett	350	375	500	1225
T. Cillo	400	325	450	1175
275 lbs.				
W. Aman	585	585	700	1870
D. Depew	530	360	535	1425
D. Fargnoli	520	330	490	1340
M. Torrie	—	—	—	—
SHW				
J. Nickless	940	540	675	2155
J. McKenney!	750	550	650	1950
H. Sargent	755	470	670	1895
R. Kiser	550	405	630	1585
Submasters 148 lbs.				
P. Dirancicso	450	300	435	1185
165 lbs.				
K. McNiel	450	370	450	1270
181 lbs.				
A. Yvars	540	305	580	1425
198 lbs.				
J. Castello	440	310	495	1245
220 lbs.				
D. Mandell	450	340	500	1290
M. Harrison	440	345	490	1275
J. Howell	—	—	—	—
242 lbs.				
P. Kropp	500	360	515	1375
M. Kodya	450	350	385	1185
Masters (40-44) 181 lbs.				
S. Cramer	480	375	480	1335
198 lbs.				
D. Herbst	370	340	550	1260
220 lbs.				
A. Funaro	605	455	640	1700
R. Harvey	505	260	540	1305
M. Acarisi	330	270	400	1000
275 lbs.				
D. Depew	530	360	535	1425
Masters (45-49) 148 lbs.				
D. Brochey	310	235	335	880
165 lbs.				
M. Kohberger	—	—	—	—
181 lbs.				
G. Beck	560	350	600	1510
T. Pirozzolo	490	280	575	1345
D. Jackson	400	300	440	1140
198 lbs.				
W. Sedorus	410	265	465	1140
J. Marshall	—	—	—	—
220 lbs.				
M. McDonaild	300	335	325	960
242 lbs.				
K. Otis	580	385	570	1535
275 lbs.				
D. Crans	410	240	430	1080
P. Bocko	275	230	365	870
Masters (50-54)				
148 lbs.				
B. Wittman	280	230	260	770
181 lbs.				
J. Hopkins	400	265	475	1140
K. Turi	350	260	395	1005
L. Indelicato	350	200	415	965
198 M.Sheehan	505	340	600	1445
T. Schoneman	285	240	420	945
242 lbs.				
O. Thomas	520	390	470	1380
C. Buzzetti	425	340	450	1215
Masters (55-59) 181 lbs.				
G. Fosmire	500	300	485	1285
198 lbs.				
R. Doll	205	165	330	700
Masters (60-64) 181 lbs.				
J. Collazo	385	285	400	1070
198 lbs.				
R. Furman	375	290	530	1195
220 lbs.				
S. Chatis	440	315	510	1266
Masters (70-74) 123 lbs.				
J. Libertore	275	165	380	820

*-Best Female Lifters. !-Best Male Lifters. The Year 2000 USPF New York State Championships were a huge success with nearly 140 lifters. While 15 lifters bombed out, 29 NY State records were broken including the squat record set by Don Reinhoudt almost 30 years ago. John Nickless missed 940 on his first attempt but came back on his third to get three white lights. Shirley Cunningham was in fine form to set all 4 state records. Bencher Mark Wolcott proved himself with a record 505 in the 275 class. Kevin Johnson, Olin Henneman, Robert Cseh, Anthony Funaro, Gary Beck, George Fosmire, Juan Collazo, Richard Furman, Stan Chatis and the amazing Joe Liberatore all set new state records. The judging was questionably strict, especially on day 1, angering a number of lifters. However, most lifters proved themselves with deep squats and obvious pauses in the bench. A very special thanks goes out to all of those who helped make this meet do-able regardless of the number of lifters and only 24 hours in a day. A big thanks to Pam Shuart, Doug and Wendi Canfield, Lanora Conklin, Tow Cowulich, Scott Cramer, Terry Decker, Linda Finch, Mike Giardina, Mary Johnson, Mike and Kara Maloney, Earl Mensch, Mike Moser, Marty Hayes, Jim "Big Arms!' Palmer, Kim Patten, Nick and Dan Santarone, Tim Sweeney, The Big Gary Taylor, Karen Vaughn, Mark and Betty Sheehan, Dawn Walrath, Joe Wilkins, and Tim "Big Back", Mary Beth and Tim "Big Back", Mary Beth, and Stephanie Williams. To all of you - THANKS A TON! - Ed Patten/John Comereski. This event was sponsored by: Club Nautilus, El Monte Inn, Tops Friendly Markets, Advantage Sports & Fitness, DeClement's Restaurant, World Kitchen, Coming Community College Recreation, Dan Yager Trophies. State Championship Team: Club Nautilus. (Thanks to Ed Patten for providing these results)

Walker's Gym BP Classic
4 Mar 00 - Hopewell, VA

RAW	
MEN 181 lbs.	
A. Tignor	395
H. Vigo	385
198 lbs.	
A. Lyons	425
J. Krauss	410
T. Russell	395
S. Wright	365
D. Curtis	330
T. Holden	275
220 lbs.	
D. Ward	375
M. Vasco	300
L. Mason	260
B. Miller	—
242 lbs.	
A. Roberts	370
275 lbs.	
H. Cross	440
Teen 165 lbs.	
B. Cloninger	225
K. Harris	200
T. Carter	85
Master (40-49)	
165 lbs.	
B. Bayes	175
198 lbs.	
C. Kindervater	210
220 lbs.	
C. Long	325
M. Vasco	300
275 lbs.	
B. Rideout	375
SHW	
G. Englehart	345
(50-59)	
242 lbs.	
R. Brown	350
(60-69)	
J. Miller	120
Police 165 lbs.	
A. Luellen	305
B. Bayes	175
198 lbs.	
C. Kindervater	210
220 lbs.	
J. Harper	320
C. Long	315
SHW	
B. Sandy	400
Military	
198 lbs.	
D. Curtis	330
WOMEN	
0-130 lbs.	
T. Cooper	110
OPEN MEN	
0-148 lbs.	
W. O'Bier	200
165 lbs.	
J. Brandon	260
181 lbs.	
J. Bates	300
198 lbs.	
J. Thompson	315
220 lbs.	
K. Smith	420
P. Gilmore	415
275 lbs.	
P. Battle	4256
SHW	
G. Nimmo	575
Master (40-49)	
181 lbs.	
M. Baker	360
J. Alston	320
220 lbs.	
R. Jones	395
242 lbs.	
K. Phillips	390
275 lbs.	
I. Gilmore	460
(50-59)	
181 lbs.	
L. Cooper	220
WOMEN	
130+ lbs.	
K. Phillips	175
Military 220 lbs.	
J. Augenstein	375
Police 220 lbs.	
R. Jones	395
C. Long	325
275 lbs.	
I. Gilmore	460

We'd like to thank all the gym members that helped set-up, load, spot and judge. (from Barry Walker)

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

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

Street Address	Club Name

City	State	Zip	Area Code/Telephone

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

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

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

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

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

If Under 18 have Parent Initial _____

Signature _____

USPF Texas State
11 Mar 00 - Dallas, TX (kg)

BENCH				
WOMEN				
123 lbs.				
F. Walker	70			
G. Moore	62.5			
198 lbs.				
S. Barbee	132.5			
TEEN 165 lbs.				
J. Niles	105			
242 lbs.				
M. Etheredge	167.5			
M. Johnson	147.5			
275 lbs.				
S. Etheredge	140			
Submaster				
132 lbs.				
P. Nguyen	122.5			
165 lbs.				
B. Veazey	137.5			
220 lbs.				
D. Moritz	187.5			
275 lbs.				
J. Stewart	265			
SHW				
T. McKinney	222.5			
Masters 148 lbs.				
S. Weingust	155			
J. McCallum	102.5			
181 lbs.				
D. Bell	135			
242 lbs.				
M. Breslin	145			
WOMEN	SQ	BP	DL	TOT
Teen 132 lbs.				
J. McMillan	97.5	60	115	272.5
165 lbs.				
B. McMahon	127.5	60	155	342.5
Novice 123 lbs.				
R. Hensley	97.5	42.5	127.5	267.5
132 lbs.				
K. Phillips	107-5	77.5	142.5	322.5
N. Candela	115	62.5	112.5	290
148 lbs.				
M. Gonzales	11510	60	125	300
C. Anderson	—	—	—	—
165 lbs.				
G. Moore	110	62.5	112.5	285
G. Norton	102.5	45	112.5	260
Masters (40+) 114 lbs.				
T. Tight	80	45	117.5	242.5
275 lbs.				
J. Davis				192.5
J. Thomas				137.5
B. Wright				127.5
T. Lucas				122.5
308 lbs.				
J. Ash				177.5
Open 148 lbs.				
S. Weingust				155
181 lbs.				
A. Terry				185
C. Gonzales				175
V. Viola				150
220 lbs.				
C. Nightgale				212.5
T. Derry				200
J. Jones				182.5
P. Kemp				147.5
D. Flunker				—
242 lbs.				
B. Dismukes				202.5
J. McCullough				162.5
275 lbs.				
B. Leadbetter				205
J. Davis				192.5
308 lbs.				
T. Meeker				255
L. Polk				245
H. Gray				215
SHW				
T. McKinney				222.5
198 lbs.				
S. Barbee	165	132.5	182.5	480
OPEN 14 lbs.				
S. Rinn	147.5	102.5	140	390
123 lbs.				
V. Tyree	162.5	97.5	192.5	442.5
L. Livingston	120	60	152.5	332.5
148 lbs.				
M. Luna	137.5	75	132.5	345
165 lbs.				
S. Shurina	125	80	137.5	342.5
198 lbs.				
S. Barbee	165	132.5	182.5	480
Teen MEN 114 lbs.				
S. Tillman	75	37.5	92.5	205
132 lbs.				
T. Justice	102.5	7010	160	332.5
R. Johnson	100	72.5	137.5	310
165 lbs.				
J. Niles	152.5	105	185	442.5
N. Gunnip	140	105	195	440
T. Justice	50	35	97.5	182.5
220 lbs.				
J. Hammon	—	—	—	—
275 lbs.				
S. Etheredge	225	140	240	605
Submaster 148 lbs.				
A. Ellis	160	115	205	480
181 lbs.				
T. May	227.5	125	227.5	580
198 lbs.				
T. Glawe	260	150	260	670
C. Beall	205	127.5	227.5	560
220 lbs.				
B. Shaw	287	167.5	271.5	732.5
J. Vasquez	270	175	282.5	727.5
R. Nesuda	272.5	167.5	280	720
F. Richards	237.5	137.5	260	635
242 lbs.				
B. Moore	240	165	272.5	677.5
275 lbs.				
J. Williamson	252.5	190	260	702.5
S. Smith	—	—	—	—
308 lbs.				
C. Bryant	—	—	—	—
Open 148 lbs.				
M. Duhon	197.5	130	227.5	555
J. Barfield	185	115	227.5	527.5
165 lbs.				
T. Riffe	220	137.5	245	602.5
S. Gallegos	212.5	140	220	572.5
181 lbs.				
R. Morris	300	162.5	257.5	720
W. Smith	205	112.5	250	567.5
S. Smith	102.5	60	182.5	345
198 E. Luna	280	167.5	257.5	705
M. Rigsby	217.5	170	272.5	660
R. Kearby	170	127.5	205	502.5
R. Sanchez	—	—	—	—
220 lbs.				
T. Derry	260	200	277.5	737.5
B. Shaw	287.5	167.5	277.5	732.5
L. Jones	—	—	—	—
242 lbs.				
L. Neef	—	—	—	—
R. Evans	—	—	—	—
275 lbs.				
M. Mills	365	235	267.5	967.5
B. Frazier	300	202.5	295	797.5
T. Haynes	—	—	—	—
308 lbs.				
T. Cobb	350	230	320	900
SHW				
S. Hammonds	320	205	302.5	927.5
Masters (60+) 220 lbs.				
J. Dickson	135	112.5	195	432.5
Masters (50-59) 181 lbs.				
A. Menton	217.5	145	227.5	590
S. Sampson	162.5	110	175	447.5
198 lbs.				
B. Johnson	265	112.5	205	582.5
E. Godfrey	200	130	215	545
275 lbs.				
B. Wright	155	127.5	155	437.5
308 lbs.				
J. Hameter	237.5	167.5	265	670
Masters (40-49) 132 lbs.				
G. Maulding	140	100	140	380
165 lbs.				
J. Tyree	257.5	152.5	272.5	682.5
181 lbs.				
S. Tighe	180	112.5	215	507.5
198 lbs.				
H. Creech	252.5	165	235	652.5
220 lbs.				
B. Wright	232.5	175	235	642.5
242 lbs.				
G. Wagenseller	179	145	210	525
275 lbs.				
M. Hammond	252.5	150	227.5	630
SHW				
T. Knighton	227.5	170	272.5	670
Below Class I 148 lbs.				
A. Ellis	160	115	205	480
G. Garrison	—	—	—	—
165 lbs.				
K. Jones	200	147.5	225	572.5
E. Swarvar	165	122.5	192.5	490
181 lbs.				
J. Thaxton	192.5	155	240	587.5
R. Ohland	212.5	135	222.5	570
W. Smith	205	112.5	250	567.5
M. Pearce	202.5	125	240	567.5
R. Forehand	190	125	222.5	537.5
T. Batting	187.5	127.5	207.5	522.5
L. Cuello	170	127.5	197.5	495
T. Dugan	167.5	115	182.5	465
A. Torres	162.5	97.5	177.5	437.5
198 lbs.				
T. Werner	277.5	160	237.5	670
P. Burch	245	165	260	670
M. Knight	222.5	150	282.5	655
M. Trudo	235	160	240	635
J. Mahan	227.5	170	227.5	625
M. Dugan	222.5	160	230	012.5
J. Wheeler	230	135	237.5	602.5
220 lbs.				
M. Everhart	252.5	170	260	682.5
A. Whelchel	232.5	137.5	220	590
R. Meek	150	110	182.5	442.5
K. Jones	—	—	—	—
242 lbs.				
B. Dismukes	262.5	202.5	250	715
B. Moore	240	165	272.5	677.5
J. McCullough	227.5	162.5	202.5	59215
J. Blackwell	—	—	—	—
275 lbs.				
J. Williamson	252.5	190	260	702.5
J. Duke	250	175	250	675
P. Carley	227.5	175	235	637.5
M. Hammond	252.5	150	227.5	630
J. Nicholosi	277.5	157.5	65	500
D. Embrick	137.5	117.5	185	440
S. Smith	—	—	—	—
309 lbs.				
H. Gray	240	215	230	685

Best Lifters: Open Women - Valerie Tyree; Best Bench Women - Susan Rinn; Best Squat Women - Valerie Tyree; Best Deadlift Women - Valerie Tyree; Best Lifter Teenage Men - Justin Niles; Best Lifter Masters Men - John Tyree; Best Lifter Submasters - Barry Shaw/Jesse Vasquez; Open Men - Milo Mills; Best Bench Men - John Stewart; Best Squat Men - Milo Mills; Best Deadlift Men - John Tyree; Best Bench Masters - Sheldon Weingust; Best Lifter below Class I - Michael Knight. (via Seguin Fitness)

EUROPEAN TRAINING SECRETS

2 new books and lower prices

PLANNED SUCCESS

The new Workout-Log for serious weightlifters: Quickly record important lifting data, saving time each day. Pre-fabricated boxes and input fields for every detail of your workouts and diet, supplements and the rest you get. You can see at a glance what you put in and what you got out, allowing for easy corrections in training and diet. Bi-lingual edition (English • German), with extensive instructions how to use for best results and durable spiral wire binding for daily use in the gym. **$8.95** Paperback, 150 Pages ISBN 3-929002-23-X

PROFESSIONALS TALK STRAIGHT

Revealed: The drugs and dosages professional athletes are using! Bodybuilders and Powerlifters talk straight about the incredible amounts and combinations of Steroids and Growth Hormone which are commonplace among athletes today. International Champions openly tell what drugs they use for mass and power, the drugs and combinations they feel are working best, and how they fight side effects. Anabolic Steroids are known as »breakfast of champions«. But the extent of drug use in sports today is shocking! **$19.95** Paperback, 110 Pages ISBN 0-9648775-3-3

SUPERIOR BENCH PRESS TRAINING

Bench press training with the best athletes in the game from both the U.S and Europe: Clark, Tokarski, Lain, Arcidi, Confessore, Hall, Williams, Pfraumer, Bruegger, Saliger. Their exact training routines, together with tips·tricks on best benching techniques, equipment, contest preparation etc. Ironman Magazine: "Sends your bench press poundages through the roof... why hasn't somebody put together a book like this before?" Powerlifting USA says: "Lots of photos you haven't seen and lots of stories you haven't heard" **$19.95** Paperback, 126 Pages ISBN 0-9648775-0-3

EUROPEAN BULK-UP

Gain 20 pounds and more in only 4 weeks! Professional preparation for the mass-training phase, top mass exercises, proven super-intensity techniques, lots of photos and a detailed 4-week routine with a time-schedule, weights and reps for every single set! Germany's Federal Institute for Sports Science judged: "... a scientifically backed, highly effective program for building muscle mass." Regular price $16.95, now only... **$9.95** Paperback, 100 Pages ISBN 0-9648775-2-X

ROCK-HARD ABS

Brief, hard, convincing results: Special abdominal training for an incredibly lean and ripped midsection. New and improved exercises, the best exercise combinations, increased intensity, how to avoid the most common mistakes, the best way to get rid of fat, a complete program with photos • sets • reps for every workout. Regular price $12.95, now for only... **$6.95** Paperback, 80 Pages ISBN 0-9648775-3-8

BEST OF DR. JUDD

On becoming World Class will stun you, it will make you laugh out loud, and it will help you to make the best of your weightlifting career. Dr. Judd reveals how to get a winning attitude by overcoming defeat and believing in yourself. Joe Weider says: "Dr. Judd is one of the best sports writers in America". Regular price $14.95, now for only... **$12.95** Paperback, 179 Pages ISBN 0-9648775-4-6

SOLARIS CORPORATION
P.O. BOX 52022
ALBANY, GA 31703-2022

912-436-1067
FAX 912-436-7434

VISA MasterCard

To order books send check or money order (U.S. funds only) to Solaris. For S&H please add: U.S. and Canada $4 for 1 book, $6 for 2 or more books (COD $2 extra). Foreign orders: prepaid only, for S&H please add $9 for one book, $14 for 2, $19 for 3 (U.S. funds only). Dealer inquires are welcome!

The Best Deadlifter Award at the Southeast Iowa Open *was presented to Mike Moore, who pulled a 530 pounder weighing 186, and that effort also earned first place in the 18-19 Teenage Men category, in the 198 lb. class (photograph provided courtesy Dr. Darrell Latch)*

SE Iowa Open BP/DL
20 Feb 00 - Burlington, IA

BENCH		198 lbs.	
MEN 132 lbs.		M. Moore	530
Teen (13-15)		Submaster	
B. Millage	200*	E. Mendez	500
(18-19)		J. Estrada	500
T. Holtschlag	225	Master (40-49)	
198 lbs.		K. Haines	405*
M. Brown	350	4th	410*
Junior		R. Dexter	330
J. Mast	300	4th	340*
Submaster Lwt.		Open 165 lbs.	
B. Mixer	330	S. Bryant	275
E. Mendez	340	Open 198 lbs.	
Submaster Hvywt.		E. Mendez	340
T. Hays	455*	B. Mixer	330
4th	475*	Open 220 lbs.	
J. Estrada	385	J. Estrada	385
DEADLIFT		Open 242 lbs.	
MEN 198 lbs.		C. Cozine	420
Teen (16-17)		Master (40-49)	
A. Beauchamp	405*	K. Haines	445*
(18-19) 132 lbs.		Open 198 lbs.	
T. Holtschlag	365	E. Mendez	500
		Open	
		J. Estrada	500

*-Personal record. Best Lifters - Bench Press: Tobey Hays; Deadlift: Mike Moore. Team Champions: Mid West Iron Power Team. The Southeast Iowa Open Bench Press/Deadlift Championships were held at Summer Street Athletic Club. A special thanks to Brent Mixer for his help in organizing this event. In the bench press event, teenager Brandon Millage started the competition. Lifting in the 13-15 age group, Brandon finished with a personal best 200 at a 132 bwt. In the 18-19 age group, 1998 AAPF national champion Tony Holschlag captured the 132 title with 225, just missing a pr 240! Mike Brown took the 198 title finishing with a strong 350 @ 186. Jerry Mast took the junior men's title with 300, missing only his final attempt with a personal best 315. The twenty year old weighed in at 177. With four submasters lifting, I divided them into two divisions. Taking the lighter division was Brent Mixer, weighing in at 190 and pressing 330. Brent actually came really close with a pr 350 on his final attempt. Eddie Mendez was close behind Brent, getting 340, but at a 198 bwt. Tobey Hays, lifting in his first competition ever, literally destroyed the heavy class, and for that manner, everyone else who benched. At a 232 bwt. Tobey got his third attempt of 455, then blew away a fourth attempt with 475, both new personal marks for him. Naturally, Tobey was awarded best lifter for the competition. Jeff Estrada was second with 385, with his only miss at a personal best 405. Kurt Haines, a fairly new competitor to the sport, dominated the master men 40-49 class with a 405 pr, followed by a 410 pr fourth attempt. Kurt weighed in at 211. Second at master was Rick Dexter who had a great day, leaving with a 340 personal record which he got on his fourth attempt. Maintaining a 178 bwt., Rick just keeps getting stronger! In the open class Shawn Bryant took the 165s with a strong 275, weighing in at a light 158. At 198 Eddie Mendez got back at Brent Mixer, outlifting him there 340 to 330. Jeff Estrada took the 220s with his strong 385, and Cozy Cozine won at 242 with 420. Cozy, the current WPC world master's (40-44) bench press champion at 275, went on to try a pr with 450, and even though he certainly has the potential, fell short of the lockout this time. In the deadlift competition first-time competitor Asa Beauchamp looked strong with a 405 pr at a 197 bwt. Asa is being coached by Cozy Cozine, so watch out for this guy in the future. Teenage winner at 132 (18-19) was again Tony Holtschlag with a great pull of 365, all at a bwt. of 124! Mike Moore continued his winning ways at 198 (18-19) along with best lifter trophy for his 530 pull at 186! At submaster the battle rages on! Training partners Eddie Mendez and Jeff Estrada were at it again. Both ended with 500, but Eddie triumphed due to the lighter bodyweight! Kurt Haines pulled for the first time in competition, coming away with the master title and a pr of 445. Eddie took the 198s and Jeff the 220s to round out the field. The team trophy went to Mid West Iron Power Team of Quincy, Illinois, coached by Kevin Moore, with members Mike Moore, Tony Holtschlag, Jerry Mast and Toby Hayes. Thanks also to Kevin Moore, Brent Mixer, Cozy Cozine and my wife Susan for helping with the loading, spotting and judging. You did a good job Susie! (Thanks to Dr. Darrell Latch for results)

USAPL Dakota Open PL
6 Feb 00 - Rapid City, SD

MEN	SQ	BP	DL	TOT
Open 132 lbs.				
S. Hansen	369	220	446	1036
M. James	214	94	319	628
148 lbs.				
S. Stinson	490	3008	529	1328
165 lbs.				
V. Rodriguez	369	297.5	529	1195
M. Herman	407	308.5	451	1168
L. Tucker	314	236	374	925
181 lbs.				
A. Hahl	451	341.5	501.5	1295
B. Reim	479.5	264	457	1201.5
M. James	380	259	451	1091
S. Friday	143	363	562	1069
B. Lane	314	209	446	970
198 lbs.				
E. Wendel	457	314	633	1405
S. Junker	413	385	479.5	1278.5
M. Goreckl	424	270	479.5	1173
D. Brecht	4007	286.5	429	1124
220 lbs.				
T. Weippert	551	391	578.5	1521
242 lbs.				
M. Berg	578.5	358	562	1499
C. Mitzel	501.5	396	512.5	1410
275 lbs.				
R. Edinger	611	385	639	1636

The POWERBELT™ .... worn by Champions

Style A $70.00
3 Color Suede
Double Thickness

Style B $70.00
2 Color Suede
Double Thickness

Style C $70.00
1 Color Suede
Double Thickness

Style E
4" Tapered Suede
Single Thickness

Style F
4" Leather
Single Thickness

Style H $23.00
4" Tapered Leather
Single Thickness

Style I $55.00
Economy
Suede Belt

Style J $24.00
4" Nylon
Adjustable Belt with velcro

Style L $70.00
Lever Action Belt
1,2,3 Color Suede
Lever only $18.00

Style M $35.00
Import Economy
Suede Belt

Style N $99.00
Same as Style C
w/embroidered name

Style O $99.00
Same as Style L
w/embroidered name

- 100% American Prime Hide / Suede
- Aircraft Type Rivets
- Stainless Steel /Seamless Roller Buckle
- Maximum Legal Thickness

Style P $90.00
THE ULTIMATE POWER BELT
1,2,3 Color Suede
MAXIMUM Thickness

Style 1 $30.00
FULL DIP BELT

Style 2 $20.00
DIP BELT WITH
LOOP AND CHAIN

FOR BELT ORDERS GIVE COLOR / WAIST SIZE / SINGLE OR DOUBLE PRONG

CRAIN'S
Muscle World, Ltd.

THE ONLY SQUAT SHOE EVER DESIGNED FOR SQUATTING BY A WORLD CLASS SQUATTER

• Wedge Heel • 2 Velcro Straps For Support
• Cowhide Outer For Stiffness • Pigskin Inner For Comfort
• Sizes 03-15 • Made in U.S.A.

The Genesis Power Shoe™

$109.00
White w/Black
White w/Navy Blue

Power Deadlift Slipper
$12.00
Sizes 01-15
Call for Colors

Power Deadlift Shoe
$50.00
Sizes 03-13
Call for Colors

Otomix
"The Ultimate Trainer" MODEL #6666
$99.00
White
White/Charcoal
Black
Sizes 04-14

B. Collins	600	435	551	1587
G. Williams	501.5	462	540	1504.5
B. Eldredge	451	341.5	451	1245.5
T. Fleihs	303	270	418	992
319 lbs.				
J. Long	622	391	600	1614
R. Lane	529	347	606	1482.5
M. Lambert	507	380	501.5	1388
Teen-1 (14-15) 198 lbs.				
J. Fliehs	286.5	286.5	424	997.5
319 lbs.				
T. Spitzer	385	192	418	997.5
275 lbs.				
J. Anderson	225	181	4007	815.5
198 lbs. M. Burkman		181	187	314
683				
165 lbs.				
F. Lepe	203	148	248	600
148 lbs.				
M. Brobeak	170	121	242.5	496
Teen-2 (16-17) 165 lbs.				
J. Hansen	319.5	198	396	876
181 lbs.				
C. Vandeweerd	303	203	325	832
165 lbs.				
J. Romero	137	115.5	264.5	518
A. McAuley	132	99	187	418
Teen-3 (18-19) 198 lbs.				
E. Wendel	457	314	633	1405
275 lbs.				
T. Fleihs	303	270	418	992
J. Hansen	231	187	303	722
Master-1 (40-44) 275 lbs.				
G. Williams	51.5	462	540	1504.5
Master-2 (45-49) 148 lbs.				
S. Hill	385	225	402	1014
198 lbs.				
M. Forecki	424	270	479.5	1173
242 lbs.				
M. Berg	578.5	358	562	1499
319 lbs.				
R. Lane	529	347	606	1482.5
Master-3 (50-59) 319 lbs.				
M. Lambert	5070	380	501.5	1388
Master-5 (60+) 132 lbs.				
T. Bishop	264.5	170	347	782.5
WOMEN 132 lbs. Teen-3				
M. James	214	94	319.5	628

Best Lifter Heavy: Rich Edinger, Wilks 423.13. Best Lifter Light: Sterling Stinson, Wilks 469.14. Best Lifter Overall Male: Sterling Stinson, Female: Michelle James. Best Master Lifter: Mike Berg. 1st Place Team: The Flex Complex, 2nd Polish Power House, 3rd Team Fargo. Total Contestants: 39, Women: 1, Men: 38. Division Totals: Master Men 40-49 (M40) 5, Master Men 50-59 (M50) 1, Master Men 60+ (M60) 1, Men (MEN) 25, Teenage Men 14-15 (TM1) 7, Teenage Men 16-17 (TM2) 3, Teenage Men 18-19 (TM3) 3, Women (WOMEN) 1, Total: 46. (Thanks to USAPL for providing these results)

D.D. Nichols does 500 in memory of Heath Clifton to begin the meet at the Heath Clifton Memorial Y2K Muscle Power Bash. (photo provided courtesy of Dr. Darrell Latch)

Heath Clifton Memorial
18 Mar 00 - Rector, AK

BENCH		MEN Teen	
WOMEN		D. Henson	270*
Open		Master (50-59)	
M. Robinson	100	L. Kirby	360
T. Morris	95*	165 lbs.	
MEN Teen		G. Thomas	325
E. Bricker	245	T. Dearing	315*
J. Walters	235	181 lbs.	
Junior		C. Sorrentino	310*
B. Adams	265	220 lbs.	
Submaster		M. Whitworth	300
G. Pitts	340*	275 lbs.	
DEADLIFT		D. Nichols	525
WOMEN		Master (40-49)	
Open		H. Wakefoose	305*
T. Morris	155*	4th	325*
4th	170*	165 lbs.	
		T. Dearing	475

Best Lifter BP: D. D. Nichols. The Y2K Muscle Power Bash was held at Pro Fitness. This was a memorial to the life of Heath Clifton who passed away on February 5. He had been training hard for this meet, looking forward to his first five hundred pound bench at a two-twenty pound bodyweight. After a moment of silence, Heath's close friend and training partner D. D. Nichols began the competition by benching the five hundred pounds. Nothing more needed to be said. In the bench competition we had two women competitors. Taking first was Mikka Robinson with 100, making all three of her attempts. Second place went to Terry Morris who finished with 95. This was Terry's first competition and she was really nervous, but she finished well. In the teenage class, Enoch Bricker came out on top with 245 at a 143 bodyweight. Second place went to Jon Walters with 235, weighing in at 165. Brian Adams took the junior class with 265, missing 275 on a fourth attempt. Glenn Pitts finished the day with a personal record 340 in his win of the submaster class. Lonnie Kirby, aka "The Great One", looked strong with a 360 final attempt for his win at master 50-59. At 165 it was Glen Thomas with 325 over second place finisher Todd Dearing who got a pr at 315. Training partner Chris Sorrentino also got a new pr with his 310 at 181. Matt Whitworth only got his opener of 300 in his win at 220. Then D. D. Nichols took a second and final attempt with an easy 525 for the win at 275. D. D. was awarded the best lifter trophy. In the deadlift competition, Terry Morris took her first title with an easy 155, followed by a 170 pr fourth attempt in the open women's class. Derek Henson got all three of his attempts, his last two new pr's, to finish with 270 for the teenage title. Harry Wakefoose finished with a 305 personal record but was persuaded into a fourth with 325, which he got to take the master class. Last up was Todd Dearing who pulled an easy 475 before missing with 500 to capture the title at 165. Thanks to everyone who helped with the competition with a special thanks to Benny Hutchinson. Our prayers are also with Kevin French, owner of Pro Fitness and a first cousin to Heath, who was admitted into the hospital that same day with kidney problems. (Thanks to Dr. Darrell Latch for providing these meet results)

THE NEXT GENERATION IN POWER GEAR
By
CRAIN'S MUSCLE WORLD, LIMITED

The Genesis DEADLIFT SUIT

The Genesis POWER SUIT®

Devastatingly Hi-Tec
And Unbelievably Effective

So Incredibly Superior,
It Should Be Illegal

We find that the support and explosive power generated in the squat and deadlift, by the *Genesis* Power Suit®, and the *Genesis* Deadlift Suit, surpass any other suit manufactured in todays market!

The Genesis Power Wrap™ $19.95
APF Legal 2.5 meters $25.95

The Genesis Power Wrist Wrap™ W/Wrist loop $16.95
IPF Legal 50 CM $16.95

$17.95
REDLINE Power Wrap™

(w/wrist loop) $12.95
REDLINE Power Wrist Wrap™

Power Wrist Wrap.....(Vented Material W/Velcro).....$10.95

The Genesis POWER SUIT® $55.00
US Trademark Reg. #1544517 Size 18-46 Navy Blue, Black, Red, Royal Blue, Light Blue, Forest Green, Gold, Burgandy, White - Two & Three Color Available
The Genesis DEADLIFT SUIT $55.00
Double Thick Genesis POWER SUIT® $109.00
Training Genesis POWER SUIT® ..... No Straps $42.00
Double Thick Training Genesis POWER SUIT® $83.00
Genesis POWER BRIEF™ $29.00
Double Thick Genesis POWER BRIEF™ $57.00
The POWER SUIT® $39.00
US Trademark Reg. #1544517 Size 18-46 Navy Blue, Black, Red, Royal Blue, Light Blue, Forest Green, Gold, Burgandy, White - Two & Three Color Available
Training POWER SUIT® ..... No Straps $29.00
POWER BRIEF™ $19.00
Custom Alterations ..... $10.00 - UP
FOR ALL SUIT ORDERS GIVE HEIGHT/ WEIGHT / THIGH MEASUREMENTS
LYCRA/COTTON LIFTING SINGLET ..... XS - XL $35.00
Navy Blue, Black, Red, Royal Blue, other colors & prints available
XXL ... $37.00 XXXL ... $39.00 XXXXL ... $41.00
INZER ADVANCED DESIGN
Patent #4473908 Navy Blue, Black, Red, Royal Blue Give Chest/Bicep/Shoulder Measurement Size 34 - 64
Blast Shirt ..... $ 42.00
Blast Shirt Double Thick ..... $ 75.00
Heavy Duty Blast Shirt ..... $ 60.00
Heavy Duty Blast Shirt Double Thick $100.00
High Performance Heavy Duty Blast Shirt ..... $ 79.00
High Perf. Heavy Duty Blast Shirt Double Thick $127.00
Extra High Performance Heavy Duty Blast Shirt $104.95
Extra High Perf. Heavy Duty Blast Shirt Double Thick $150.00
Erector Shirt ..... $ 42.00

CRAIN'S MUSCLE WORLD,LTD
3803 North Bryan Road
Shawnee, OK 74804-2314 U.S.A.
e-mail crain@ionet.net
web page www.crainsmuscleworld.com
power forum www.venus.beseen.com/board room/f/26492

Shipping $6.00
Outside U.S.
Handling $6.00+
30% Surface or 40% Airmail
Minimum $6.00
Oklahoma Residents
Add 8.5% Sales Tax

ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / C.O.D. ($25.00 min.)
Outside USA and Customer Service Call 1-405-275-3689
FAX: 1-405-275-3739
Call Toll Free - Orders Only
1-800-272-0051

UNCLASSIFIED ADS

$3.00 per line per insertion
Figure 34 letters & spaces per line

Shrug Bar for parallel grip deadlifts, shrugs & overhead. **Talons** extend your Shrug/Trap bar for rack work. **Farmer** dumbbells in standard and Oly models w/thick or normal grips. 3" grip barbells, log bars. Attach chains w/ the **Chain Gang**. Custom bars. Provided by the same folks who have brought you accurate machined steel fractional plates since 1990. Customer oriented service, quality workmanshiop, made in USA, competitive prices, worldwide delivery, credit cards accepted, most orders ship w/in 24 hrs. Order by phone email, snail mail. For catalog w/free Sandow postcard send $3.35 US, 5.50 elsewhere **PDA** 104 Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com

IRON MAN MAGAZINE, honest coverage of the Iron Game. $29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only $3.00 each shipped, complete catalog $3.00; C. Miller, P.O.Box 1234, Ft. Laud, Florida 33302

National & World Championship Powerlifting Customized Rings by Josten. C.W. Lee, 1755 Shawnee Rd. #507, Lima, Ohio 45805 (419) 229-5346 SASE.

WANTED-POWERLIFTING USA May/79, Scott Frostbaum, PO Box 340484, Brooklyn, NY 11234. Please contact ASAP

Frantz Sports Ctr for all your powerlifting needs. Call 1-800-537-5532

HAVE YOU EVER NOTICED ... How many world and national records have been set on Sorinex brand equipment? Many pro and college teams depend onus for their strength needs! We have it all! 803 781 9471, PO Box 121 Irmo S.C. 29063, www.sorinex.com

Safety Power Racks
Armor Clad & Built to Suit
2x2 2x3 2x4 3x3 tubing
.120 .188 .250 thick
Unique Gussets Quick Assembly
Std or Sumo Base / Q-Fold / Olympic
1/2" incremental adjustment
Quick UPS Delivery included
from Crepinseks's
SAFETY POWER SQUAT BAR
The New **COMBO BAR**
SAFETY POWER HOOKS
831-637-0797 call/fax

Frantz liquid smelling salts - 3X stronger & lasts 3X longer. Call for retail & wholesale prices. 1- 800-537-5532

FITNESS EQUIPMENT, full line for home and commercial use. See our new 45 Degree Leg Press $809. Call for literature 800-553-8904 or use web site http://www.geocities.com/SoHo/Canvas/3765 or write Health Pro P.O. 111605, Houston Texas 77293

USA All Time Bench Press Stat Book (updated) Closeout Sale until they're gone. $19 + $3 S&H, Herb Glossbrenner Box 65692, Los Angeles, CA 90065

Discout Sports Nutrition
www.massmedia-online.

POWER HOTLINE
is the twice a month FLASH bulletin of the Iron Game, produced through the offices of POWERLIFTING USA for over 18 years, and sent out to its subscribers via FIRST CLASS MAIL so you will get the news while it is still NEW. Each edition is packed with a huge variety of IRON GAME-oriented information - almost all of which you will never find in any other composite source. Recent issues have covered such items as the African country where one many time World Champ may be emigrating, why George Halbert's 630 bench at 198 will not count as a world record, the newspaper article that declares one association to be the "only known powerlifting organization that requires its competitors to be tested for drug use", which Major League Ball players signed the drug free pledge, Bull Stewart's comeback, AAPF champ Renata DeFelice's successful challenge to Multiple Sclerosis, how Powerlifting will become part of the Gay Games to be held in Sydney, Australia in 2002, the provocative new book "Picturing the Modern Amazon" and the powerlifters whose photographs appear inside, the negative position that the Blue Cross and Blue Shield Association has taken on the popular supplement creatine, the tragic death of former IPF World Champion and convicted drug dealer Eric Coppin, the distinctive difference between the chromium in the supplement chromium picolinate and the chromium that poisoned people in the ERIN BROCKOVICH movie, and more. It's only $28 for 24 information packed FIRST CLASS issues ($39 for overseas air mail) to POWERLIFTING USA, Post Office Box 3238, Camarillo, CA 93011

REMEMBERING MUSCLE BEACH
... those were the golden days of physcial culture, heading to what would become the most famous beach in Iron Game history - MUSCLE BEACH - hitting poses, working out on the rings, pumping iron, building human pyramids just for the crowds walking by to appreciate. So many great names of Physical Culture used this particular stretch of sand as their touchstone to a collective of ideas and personalities who would go on to influence thousands, if not millions, around the world. The story of how this magical place came about, and what became of those whose paths crossed there will connect you with the roots of your sport. (128 pages, 125 classic black and white photos) available from Powerlifting USA, Box 467, Camarillo, CA 93011 for $26.95 plus $4.00 for postage and handling.

"**The Strongest Shall Survive**"... this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is $20 plus $4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, California 93011, before this book sells out again FOREVER!

The response to our offer of the new book **MUSCLETOWN USA** by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations) Paperback edition is $23.50 plus $4 shipping and handling per book (we have some more of the hardbound books in stock - $65 plus $4 s/h). Send orders payable to Powerlifting USA, Box 467, Camarillo, CA 93011.

TOP 100

For standard 114 lb./52 kg. USA lifters in results received from May 1999 through April 2000.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	407 Gainer, E..11/17/99	319 Booker, M..5/21/99	473 Gainer, E..11/17/99	1168 Gainer, E..11/17/99
2	402 Booker, M..8/28/99	303 Pham, H..12/9/99	465 Snell, K..4/1/00	1096 Snell, K..7/10/99
3	400 Lloyd, M..3/25/00	300 Culp, L..4/15/00	440 Tran, V..4/29/00	1010 White, D..3/25/00
4	391 Snell, K..7/10/99	286 Gainer, E..11/17/99	418 Holloway, D..4/15/00	1000 Lloyd, M..3/25/00
5	380 Milnes, R..3/25/00	260 Tran, V..4/29/00	415 Falcon, J..3/25/00	1000 Fair, T..3/4/00
6	375 White, D..3/25/00	250 Green, D..6/12/99	405 White, D..3/25/00	986 Booker, M..8/28/99
7	370 Fair, T..3/25/00	248 Snell, K..7/10/99	405 Lloyd, M..3/25/00	955 Donnahoe, B..3/25/00
8	365 Hamric, R..3/25/00	242 Saldana, R..7/16/99	400 Davis, J..11/19/99	950 Milnes, R..3/4/00
9	363 Tyree, V..7/24/99	240 Carey, P..5/99	395 Yarborough, J..3/25/00	950 Falcon, J..3/25/00
10	360 Falcon, J. .3/25/0 0	240 Honeycutt, B..11/13/99	390 Fair, T..3/25/00	925 Tyree, V..7/24/99
11	350 Street, B..11/20/99	230 James, L..8/29/99	385 Soto, V..6/12/99	925 Green, D..10/16/99
12	350 Scruggs, J..3/25/00	230 White, D..3/25/00	385 Donnahoe, B..3/25/00	925 Cohn, D..11/6/99
13	345 Donnahoe, B..3/25/00	225 Pitts, L..5/16/99	374 Tyree, V..7/24/99	925 Holloway, D..4/15/00
14	345 Ortiz, R..3/25/00	225 Jeffrey, M..6/12/99	374 Cohn, D..11/6/99	920 Davis, J.11/19/99
15	341 Cohn, D..11/6/99	225 Ostrum, A..10/23/99	370 Ostrum, A..10/23/99	920 Brady, J..3/4/00
16	340 Henderson, C..3/25/00	225 Donnahoe, B..3/25/00	370 Milnes, R..3/25/00	890 Ortiz, R..3/25/00
17	335 Brinkley, J..3/25/00	225 Rinn, S..3/11/00	365 Quintanilla, D..3/25/00	885 Crain, J..3/4/00
18	330 Davis, J..6/25/99	220 Fair, T..3/25/00	363 Lee, B..2/19/00	885 Scruggs, J.3/25/00
19	330 Quintanilla, D..3/25/00	214 Quillan, M..5/22/99	360 Brinkley, J..3/25/00	880 Ostrum, A..10/23/99
20	330 Crain, J..3/25/00	209 Cohn, D..11/6/99	358 Green, D..10/16/99	880 Brinkley, J..3/25/00
21	330 Holloway, D..4/15/00	209 Murphy, G..11/20/99	358 Gedde, J..11/5/99	875 Quintanilla, D..3/25/00
22	325 Green, D..10/16/99	205 Sanchie, E..3/4/00	358 Jackson, H..4/14/00	860 Rodriguez, J..3/25/00
23	325 Marrero, S..3/5/00	205 Ortiz, R..3/25/00	355 Weyman, J..2/12/00	860 Longoria, J..3/25/00
24	325 Rinn, S..3/11/00	200 Davis, J..11/19/99	355 Henderson, C..3/25/00	859 Rinn, S..8/14/99
25	325 Rodriguez, J..3/25/00	200 Bailey, E..4/29/00	350 Rodriguez, J..3/25/00	855 Henderson, C..3/25/00
26	325 Day, M..3/25/00	195 Lloyd, M..3/25/00	350 Hamric, R..3/25/00	850 Street, B..11/20/99
27	320 Longoria, J..3/25/00	195 Milnes, R..3/25/00	350 Day, M..3/25/00	850 Hamric, R..3/4/00
28	320 Alexander, R..3/25/00	195 Scruggs, J..3/25/00	350 Foret, S..3/5/00	850 Yarbrough, J..3/4/00
29	315 Foret, S..3/5/00	195 Longoria, J..3/25/00	350 Montes, G..3/25/00	845 Alexander, R..3/25/00
30	314 Gennaro, J..8/28/99	195 Alexander, R..3/25/00	345 Longoria, J..3/25/00	835 Rodriguez, R..3/4/00
31	308 Menogan, K..4/14/00	190 Montes, G..3/25/00	345 Crain, J..3/25/00	825 Foret, S..3/5/00
32	308 Beckwith, C..4/14/00	187 Tyree, V..7/24/99	341 Hurley, C..4/15/00	825 Day, M..3/25/00
33	297 Hill, J..4/14/00	187 Ramirez, R..11/20/99	340 Hartwig, S..7/10/99	815 Marrero, S..3/5/00
34	292 Culkum, A..1/29/00	185 Brinkley, J..3/25/00	340 Fallone, T..10/9/99	798 Jackson, H..4/14/00
35	292 Jackson, H..4/14/00	185 Rodriguez, J..3/25/00	340 Hilton, T..3/11/00	798 Menogan, K..4/14/00
36	290 Kahanek, J..3/25/00	181 Newman, C..5/15/99	340 Ortiz, R..3/25/00	795 Murphy, G..2/12/00
37	286 Bowers, S..4/28/99	181 Tellez, E..5/21/99	340 Scruggs, J..3/25/00	795 Lavescy, G..3/4/00
38	286 Moses, S..3/24/00	181 Gedde, J..11/5/99	330 Street, B..11/20/99	795 Montes, G..3/4/00
39	286 Vang, K..3/24/00	180 Schommer, J..3/24/00	330 Menogan, K..1/22/00	790 Foster, W..3/4/00
40	285 Ostrum, A..10/23/99	180 Quintanilla, D..3/25/00	330 Murphy, G..2/12/00	785 Kahanek, J..3/25/00
41	285 Foster, W..3/25/00	176 Pearman, S..4/14/00	330 Marrero, S..3/5/00	780 Weyman, J..2/12/00
42	281 Andries, A..1/29/00	176 Holloway, D..4/15/00	330 McLean, C..3/24/00	780 Rogers, R..3/4/00
43	280 Carr, S..1/22/00	176 Valezquez, J..4/15/00	330 Alexander, R..3/25/00	780 Jones, E..3/4/00
44	280 Jones, E..3/25/00	175 Pyeatt, B..6/5/99	325 Parrish, S..10/9/99	777 Gennaro, J..8/28/99
45	280 Moore, M..3/25/00	175 Fzacon, J..3/25/00	325 Schommer, J..3/24/00	765 Hilton, T..3/11/00
46	275 Fallone, T..8/21/99	175 Kahanek, J..3/25/00	325 Hill, J..4/14/00	765 Bailey, D..4/29/00
47	275 Murphy, G..10/23/99	170 Desmond, T..8/28/99	325 Tate, D..4/14/00	755 Schommer, J..3/24/00
48	275 Larson, T..11/19/99	170 Street, B..11/20/99	325 Hawthorne, R..4/15/00	749 Culkum, A..1/29/00
49	275 Torres, E..12/4/99	170 Birchak, N..12/18/99	320 Mzuro, C..3/5/00	749 McLean, C..3/24/00
50	270 Palmer, T..1/22/00	170 Weyman, J..2/12/00	320 Fromorz, B..3/11/00	749 Carr, S..3/24/00
51	270 Hilton, T..3/11/00	170 Crain, J..3/25/00	320 Kahanek, J..3/25/00	745 Palmer, T..1/22/00
52	270 Pickett, T..3/24/00	170 Birchak, S..3/26/00	319 Carr, S..3/24/00	738 Bowers, S..4/28/00
53	270 Rodriguez; R..3/25/00	170 Hilton, T..4/1/00	319 Pickett, T..3/24/00	735 Larson, T..11/19/99
54	270 Marcellis, Ja..4/8/00	165 Bareng, J..5/29/99	319 Bowman, R..3/24/00	735 Moore, M..3/25/00
55	270 Tate, D..4/14/00	165 Hartwig, S..6/12/99	319 Ivy, S. .4/14/00	733 Reeves, A..12/4/99
56	270 Beraldi, N..4/15/00	165 Culkum, A..11/6/99	319 Watts, D..4/15/00	733 Pickett, T..3/24/00
57	265 Pyeatt, B..6/5/99	165 Palmer, T..1/22/00	319 Bowers, S..4/28/99	733 Hill, J..4/14/00
58	265 McCreary, B..3/5/00	165 McLean, C..3/24/00	315 Jackson, G..10/23/99	727 Moses, S..3/24/00
59	265 Lavescy, G..3/25/00	165 Foster, W..3/25/00	315 Foster, W..3/25/00	722 Bowman, R..3/24/00
60	264 Reeves, A..12/4/99	165 Jones, E..3/25/00	314 Bareng, J..5/29/99	722 Tate, D..4/14/00
61	264 Villareal, R..4/8/00	165 Coulombe, T..3/25/00	314 Rinn, S..8/14/99	722 Hurley, C..4/15/00
62	260 Crowder, S..3/15/00	160 Parrish, S..10/9/99	314 Gennaro, J..8/28/99	720 Mauro, C..3/5/00
63	260 Bailey, D..4/29/00	160 Harper, A..12/18/99	314 Torres, E..12/4/99	720 Beckwith, C..4/14/00
64	259 Marcellis, Je..4/8/00	160 Menogan, K..1/22/00	314 Artis, K..3/24/00	716 Bareng, J..5/29/99
65	259 Turner, A..4/14/00	160 Carr, S..1/22/00	314 Lopez, J..4/14/00	716 Andries, A..1/29/00
66	259 Watts, D..4/15/00	160 Foret, S..3/5/00	310 Palmer, T..1/22/00	716 Vang, K..3/24/00
67	255 Weyman, J..2/12/00	160 Marrero, S..3/5/00	310 Jones, E..3/25/00	716 Beraldi, N..4/15/00
68	253 Schommer, J. .3/24/00	160 Henderson, C..3/25/00	308 Reeves, A..12/4/99	715 Pyeatt, B..6/5/99
69	253 McLean, C..3/24/00	160 Lavescy, G..3/25/00	308 Moses, S..3/24/00	715 Hawthorne, R..4/15/00
70	253 Bowman, R..3/24/00	159 Reeves, A..12/4/99	305 Larson, T..11/19/99	715 Watts, D..4/15/00
71	253 Artis, K..3/24/00	159 Lee, B..2/19/00	305 Hanson, B..3/11/00	710 Artis, K..3/24/00
72	253 Gay, J..4/15/00	159 Hawthorne, R..4/15/00	305 Moore, M..3/25/00	705 Valezquez, J..4/15/00
73	250 Martinez, Y..10/23/99	159 James, A..4/15/00	305 Bailey, D..4/29/00	699 Torres, E..12/4/99
74	250 Deville, A..1/8/00	155 Maldonado, J..6/5/99	303 Puccio, B..3/11/00	694 Ivy, S..4/14/00
75	250 Steinmetz, S..3/11/00	155 Larson, T..11/19/99	303 McCreary, B..3/24/00	690 Silva, V..6/5/99
76	250 Yarbrough, J..3/25/00	155 Mauro, C..3/5/00	303 Hafenback, M..3/24/00	690 McCreary, B..3/5/00
77	250 Montes, G..3/25/00	155 Hanson, B..3/11/00	303 Kyle, A..3/24/00	683 Puccio, B..3/11/00
78	248 Bullara, C..3/11/00	155 Yarbrough, J..3/25/00	303 Beraldi, N..4/15/00	677 Hafenback, M..3/24/00
79	248 Hafenback, M..3/24/00	150 Richards, D..5/15/99	300 Silva, V..6/5/99	672 Lopez, J..4/14/00
80	248 Hurley, C..4/15/00	150 Fallone, T..10/9/99	300 Anderson, J..6/5/99	666 Steinmetz, S..3/24/00
81	248 Lubkin, B..4/15/00	150 Lowry, D..3/5/00	300 Martinez, Y..10/23/99	661 Bullara, C..3/11/00
82	245 Silva, V..6/5/99	150 Day, M..3/25/00	297 Valezquez, J..4/15/00	661 Marcellis, Je..4/8/00
83	245 Gary, A..1/22/00	150 Moore, M..3/25/00	292 Culkum, A..1/29/00	660 Liederbach, C..3/11/00
84	245 Mauro, C..3/5/00	150 Holmes, A..4/1/00	292 Andries, A..1/29/00	650 Shear, J..10/23/99
85	242 Chun, K..3/11/00	149 Gennaro, J..8/28/99	292 Marsh, J..3/24/00	650 Hanson, B..3/11/00
86	240 O'Quinn, E..12/4/99	148 Ewing, P..5/21/99	292 Gremillion, B..4/14/00	645 Seibert, K..5/15/99
87	240 Grimme, B..1/22/00	148 Justin, M..6/12/99	290 Tomaskovic, J..8/29/99	644 Dewaters, D..3/24/00
88	240 Liederbach, C..3/11/00	148 Aiello, L..12/12/99	290 Shear, J..10/23/99	644 Gremillion, B..4/14/00
89	236 Bareng, J..5/29/99	148 Bowman, R..3/24/00	286 Vang, K..3/24/00	644 Lubkin. B..4/15/00
90	236 Dopkosky, A..12/11/99	148 Jackson, H..4/14/00	286 Steinmetz, S..3/24/00	644 Gay, J..4/15/00
91	236 Puccio, B..3/11/00	148 Lopez, J..4/14/00	285 Seibert, K..5/15/99	640 Martinez, Y..10/23/99
92	236 Dewaters, D..3/24/00	145 Silva, V..5/8/99	285 Jameson-Lee, A..4/1/00	635 Maldonado, J..6/5/99
93	236 Jacobs, C..3/24/00	145 Dopkosky, A..6/12/99	281 Booker, M..8/28/99	633 Marcellis, Ja..8/28/99
94	236 Ivy, S..4/14/00	145 Atchley, T..10/23/99	281 Bullara, C..3/11/00	630 Anderson, J..6/5/99
95	236 Alexander, J..4/14/00	145 Beraldi, N..12/11/99	281 Chun, K..3/11/00	630 Grimme, B..1/22/00
96	235 Marsh, J..3/11/00	145 Kirkland, M..1/29/00	280 Deville, A..1/22/00	628 Chun, K..3/11/00
97	231 Anderson, A..3/24/00	145 Perkins, N..7/10/99	275 Fish, R..5/22/99	628 Marsh, J..3/24/00
98	231 Bullard, K..4/8/00	145 Liederbach, C..3/11/00	275 Pyeatt, B..6/5/99	622 Grimes, R..4/8/00
99	231 Lopez, J..4/14/00	143 Lafferty, B..6/19/99	275 Burch, C..6/5/99	620 Moses, T..1/22/00
100	231 Hawthorne, R..4/15/00	143 Proctor, Y..7/30/99	275 Shand, J..8/8/99	620 Birchak, S..3/26

PL USA Top 100 Achievement Awards

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is $6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $6 per certificate or $21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

NEXT MONTH... TOP 123s

Corrections... Nori Kawasaki (at age 71!) should have been credited with a 363 squat on the Masters TOP 20 listing for the 132 lb. class, done on a 4th attempt at the AWPC World Championships. Re the Gea Johnson situation, while she is not currently a ranked lifter in USA Weightlifting, due to her concentration on the Heptathlon, she has been in the past. Jeanne Holt reports that the correct names for the Out of State Men Light participants in the USAPL NJ State Meet on 16/17 October were actually B.Holt and R. Panizari (p.65, MAR/00 PL USA). Ron Hood's bench of 545 on 3/6/99 should have been considered for the SHW TOP 100 rathern than the 275 lb. listing. Wil Crossen's 4th attempt 552 Bench Press on 5/23/99 should have been included in the TOP 100 242 class ranking. Anne Margaret Giovino's lifts of 345 200 355 900 on 10/2/99 were not reflected on the Women's TOP 20 ranking for the 198 lb. class. Nick Young, who benched 420 at 181 on 11/21/99, was actually a teenager (19) at the time, rather than a junior lifter, as was reported. We apologize for any mistakes and and we encourage you to please send any corrections that you find to "PL USA ERRORS" Department, Post Office Box 467, Camarillo, California 93011.

To Our Extreme Pure Protein Powder™, Your Muscles Look Exactly Like This.

Extreme Pure Protein Powder™—One of The Quickest and Most Readily Absorbed Forms of Protein.

Extreme Pure Protein Powder™ contains Bi-Pure™ a specially formulated all natural whey protein isolate composed of beta-lactoglobulin and alpha-lactalbumin, *the quickest and most readily absorbed forms of protein.* In fact, the protein source used in **Extreme Pure Protein Powder™** is so superior, it's even prescribed by doctors for the treatment of severe catabolic tissue injury. **Extreme Pure Protein Powder™** is high in lactoferrin for immune system support and has a total of 17 grams of branched chain amino acids. With no fat, no sugar and no aspartame, it's the clear choice for those who wish to build and maintain lean muscle tissue. Available in Swiss Chocolate and French Vanilla.

Both Flavors Now Available in A New 1 lb. Size.

Extreme Pure Protein Powder™—***The Strongest Protein Ever Developed™***

WORLDWIDE™ Sport Nutrition 800.854.5019 • www.sportnutrition.com

Available at GNC Live Well *and other fine gyms and healthfood stores nationwide.*

I.N. ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD

THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.

13mm lever belt $68
13mm buckle belt $70
10mm buckle or lever belt $58
Tapered buckle or lever belt $52

Choice of stiff leather for the strongest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly.

Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style

Smooth sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER

INZER®

POWER SHOE

maximize your leverage • stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.

Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover

3 Buckle and Leather Velcro Strap System Placed Where You Need It

Upper Hook Eyelets for Lacing Speed Save Time and Energy While Providing Superior Control of Fit

All-Direction Traction Bottom

SOLE MOLDED TO PERFECTION

Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

INZER POWER SHOE $119.95

Available in solid white with scarlet red logo. Solid black available soon. Sizes 4 1/2 - 15

INZER® ADVANCE DESIGNS

The World Leader In Powerlifting Apparel

P.O. Box 2981 • Longview, Texas 75606

800-222-6897 • 903-236-4012