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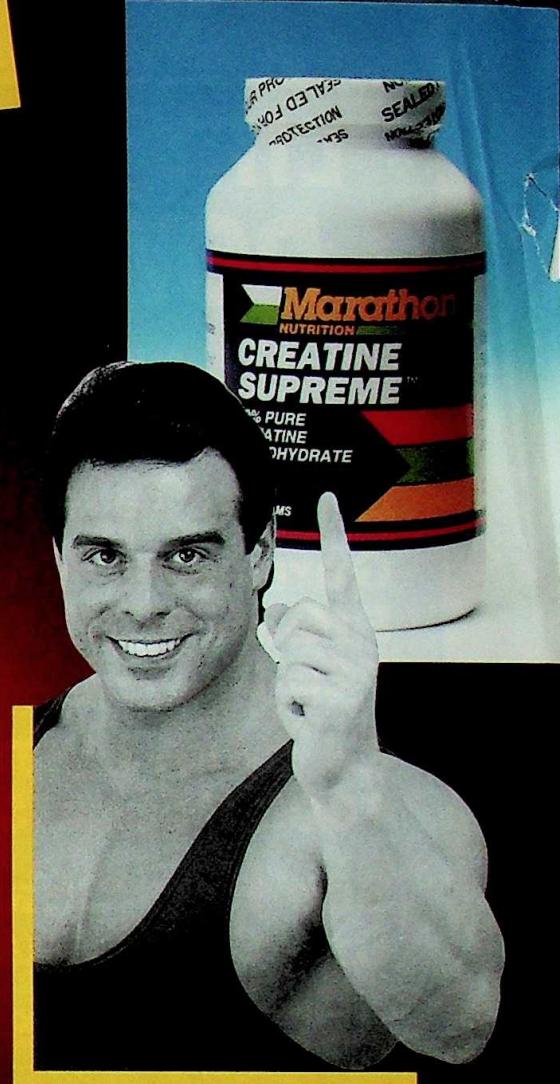
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ON THE COVER.... Gary Frank visited Muscle Beach with Jackie Hatten before his victory at the WPC Worlds. (N. Low)

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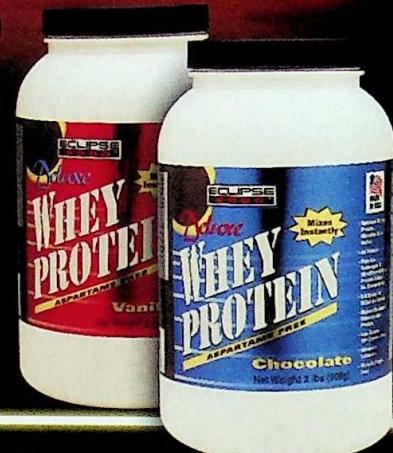
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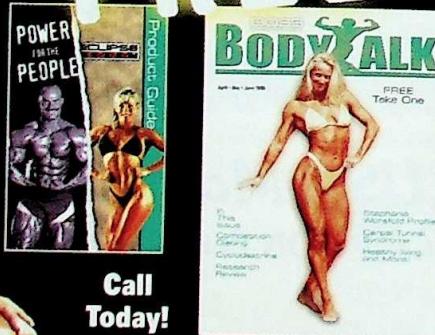
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Contrasting last year's troubling events in Graz, Austria, WPC founder and President Ernie Frantz, USA was once again his cheerful self, remaining stalwart in his convictions for the WPC's continued growth and development, with more countries than ever coming aboard this year.

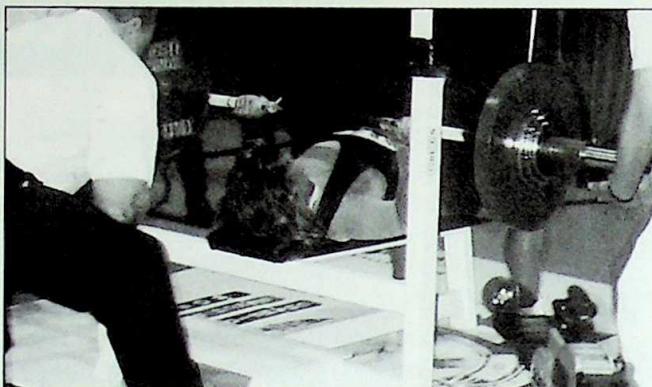
This year's big event returned to the North American continent. Calgary, a thriving city (850,000) in Southern Alberta, Canada, was an ideal setting. Bruce Greig, along with wife Wendy, spent the entire year preparing for this year's championships, on their own home turf. The Archie Boyce Pavilion, located in famous Stampede Park, was the competition site. It's an indoor amphitheater, with a circular array of raised level seating extending upwards. The lifting was held on a big stage, and several hundred patrons who watched each session all had a good view, even from the very top.

The warmup area behind the stage was narrow and became crowded with the huge entry turnout. A multitude of sessions took place over the week with numerous flights to accommodate each. The visitors were divided between two meet hotels, the Best Western Village Park Inn (where I stayed) and the Hospitality Inn on the other side of the city. For about US \$2.00 you could take the Calgary City Light Rail (LRT) transit round trip and be dropped off right at Stampede Park. The train station was about one half mile from the Village Park Inn, but a longer walk (about 1 1/2 miles I'm told) from the Hospitality Inn. Transit buses were also available close to the hotel which you could take for the same fare.

The "Greig-lift" was used for squatting. It's a larger version of the Monolift, but had automatic hydraulics to adjust the bar height rather than manual. The arms that hold the bar couldn't be adjusted very wide. Consequently, everyone thought the "OUT" setting was "IN". With a few modifications, this device will be better than the Monolift.

It was the same problem as last year, with no scales available at meet hotels for monitoring weight. There was a scale provided in warmup area, but the official meet scale was "off limits". The lifting platform was lacquered wood. Sand had been painted into it serve for traction. This didn't work too well for the ultra wide stance squatters and sumo style deadlifters. Foot slippage became a problem. Carpeting would have been much better. In the BP many lifters had trouble keeping their footing. Many used 45s under the feet for stability. The bench uprights were non adjustable. These with shorter arms had to have the

The WPC World Championships as told to Powerlifting USA by Herb Glossbrenner



Tina Rinehart with a fantastic 319 bench press at 130 bodyweight.

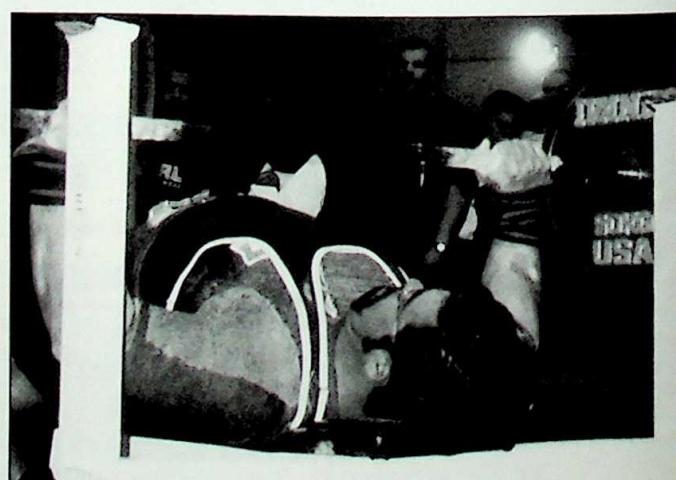
weight handed down to them. This didn't seem to present a problem. The extra thick bar used for benching worked well (for most) stability-wise. The British loader-spotters crew were super efficient. The weights were changed so quickly that no one had time to dilly-dally. The awards were truly splendid: gold, silver, and bronze medals each approximately six inches in diameter with a ribbon for draping around the neck. Those who earned one of these will cherish it forever. There were beautiful multi-colored T-shirts for sale and very nice programs with all the contestant's names, records, etc. Contact the Greig's @ (403) 938-3067 and you may still be able to get the memento of these excellent championships. The hotels gave a free buffet style breakfast every morning, and everyone fueled up for the long day at hand. Hot sandwiches and drinks were also available in the lobby. Brady Photographers of Alberta took photos of every lift, and had these photos on display in the lobby available for purchase. If you missed yours contact them @ (403) 627-3911. Mr. Brady used a thousand rolls of film to capture these moments.

For the benefit of the lifters, massage therapists and chiropractors were available and moderately priced (in a room backstage). William S. Tupkal, who is known as "Tup", worked wonders on the lifters with his trigger-point release techniques. You can contact him @ (403) 701-3933, Four stars to Bruce Greig for providing this beneficial service. Now, on with the show:

The WPC WORLD BENCH PRESS CHAMPIONSHIPS preceded the 3 lift competition on Nov. 15-16 and featured 92 lifters from 11 nations. Here's the breakdown: USA - 23, RSA - 17, AUT - 14, GBR & FIN - 8 each, CAN & GER both had 5, AUS & RUS - 2 apiece,

up the biggest lift in the group, hitting a 551 3rd @ 263 for the 275 honors. America's Del Olson pressed 248 for the 132 title in submasters (33-39). He won the AWPC Worlds in BP earlier on. Two World titles in one year! Also in the submasters, Jean Marc Chenin popped a huge 523 @ 238 for the best in the 242s. Another outstanding gold medal performance was turned in by Roy Berndt, GER, with 485 @ 180.

40-44 Masters: Pekka Rantanen added a gold medal @ 275 raising 485. This will look great alongside his wife's earlier gold in the family trophy case back home. Noble "Cozy" Cozine, 43, from Winfield, IA added the World BP title to his list of great accomplishments with a 2nd attempt 429 effort! For big Mike Cain (323) it was no problem to push 573, his best of 3. 45-49 Masters: This group was treated to a WR by Risto Leskenmaa, 48. The Finlander made a tremendous lift of 518 @ only 181 bwt! Orville Moorehouse, 45, captured CAN's first gold medal @ 220. Phil Niemandt, alive and well, toyed with 396 @ SHW for RSA. Ed Freeman, 51, USA, made a nice 341 for a 50-54 gold @ 165 for the USA. Jon Wolbers, 51, came in a light 206, and pushed 358 for a 220 win for Canada. In the 55-59 age group, GBR's Budgie Mullen stroked 248 @ 145 bwt. He's your lightweight winner. Two more Canadian gold claim stakers were Bob Powell @ 181 & Dorsey Asplund at 220. 60-64: This group had some strong oldsters. Ian Morris, 60, the President of the RSA Federation saved his bum shoulder for later in the week, and aced 220 for a win @ 198. Frenchman Marc Le Bolay, 61, cranked off an amazing 418 @ 216 bwt. Teammate Jean Marie Cavalier lifted the same 418, weighing 270. Those FRENCH can BENCH!



J. M. Blakley won a very competitive 242 lb. bench division class.



The Meet Director - Bruce Greig
(photographs by Glossbrenner)

Open Men: Most impressive was Stephen Webb from Illinois. He dismissed two Austrians, a FIN and a German from the gold hunt, hitting 479 for the 198 win and he gave a hearty try to 496 also. Harri Laukka, FIN, gained fame by posting a big 507 @ 216. Columbus OH's J.M. Blakley, the USA's undisputed "Prince of the Bench" fought it out with Janne Kymalainen, FIN, and USA's John Zemmin. Zemmin settled for 3rd @ 242, with his 600 lift. He tried 628, hoping for silver, but didn't get it. Kymalainen got the runner-up honors with his 606 opener. Blakley had a slight flaw, opening with 622, but repeated for a good lift! Next he went for a biggie, all the way up to 672, a lift he fought to the very top. It looked good but they said he "twisted a foot". In a big surprise Jari Sjoman, another fabulous FINN, eclipsed the WR which had belonged to none other than J.M. himself. Last year in AUT Blakley had popped a heroic 661 to become the first person to do 300 kg. on European soil. Here, Jari pressed one half kilogram more than that (662.4) @ 280 bwt. This earned him 256.92 formula points. However the American's 274.59 tally prevailed. This made J.M. the outstanding lifter once again at this event. Note that Blakley has an outstanding BP video available now. If you want an exceptionally well produced instructional video, call & order today @ (614) 840-0159. I highly recommend it. Now on to the full meet action:

Women's Submasters: Norma Garcia, coached by hubby Al from Sacramento, CA, battled Canada's Wanda Korthius. Norma, a former marathon runner, jumped ahead with a 325 SQ. Korthius drew even and ahead as lighter lifter, with a 198 to Norma's 148 BP. Wanda forged ahead with 330. Garcia had the winning DL in hand, but rested it on her thighs before completing

it. Next time the outcome might be different. Another California girl, happy-go-lucky Kim Pfeffer, 163, was red hot. Kim romped through a PR blitz and 9 perfect lifts for the 165 title. Would you believe her 352 SQ! Laura Kodjamkoulova steamrolled her way to a SHW title. She hit huge lifts of 468 SQ, 264 BP, 490 DL, 1223 TOT. After this onslaught, Eva Vit, AUT (no slouch herself) got runner up with 914. Under Ernie Frantz's cautious surveillance, Monica Johnson sandwiched token SQ & DL bookends for her 248 press, and nabbed gold to make up for her bombing in the BP competition. The girl's 13-15 division saw two small CAN gals both finish 1-2 @ 97 lbs. Jessica McRae, only 89 lbs., took the gold 418 to 407 TOT. In the 16-17s, Christina Phillips, CAN, lost all her BPs and was OUT! USA's Priscilla Giddings TOT'd 837 @ 181 for the win. In an RSA/CAN finish @ 123 in the 18-19 bracket, Lucy Rensburg, of South Africa, came out on top. A strong trio of female Juniors performed well: Darcy Dubaylo took the 148s impressively: 435 DL for 925 a TOT. GBR's Sandra Bentham, 178.5, copped the 181s with a powerful result - 1047, built after a huge 441 SQ. Yolundi Strydom, 238, matched Bentham's big dunk (441) in the UNL division and had a big result (1019)!

TUES, NOV 16.. I'll highlight the Men's Submasters (33-39): Canada's Roy Harper owned the 148 division with a 1218 TOT. Vince Tanabe from San Gabriel, CA, wished he'd qualified @ 148; as he came in @ 149. His 1223 result might have won the lighter division. Instead, he got silver to Vince

Graham's overwhelming 1477 aggregate @ 165. James Kegrice, 34, from El Cajon, CA had a DL weapon, but it wasn't enough to overcome CAN's Terry Kays huge 441 BP @ 198. John Hall, RSA, had it his way in the 220 division. Los Angeles lifting club teammates claimed silver and bronze. George Rada and Joe Avigliano both DARED TO FIGHT BUT JOE (OH NO) HAD A PARASITE. This gastro-intestinal upset drained strength from the L.A. team leader, and he yielded silver to teammate George. Rada, who with his 21" arms and Herculean physique intimidated everyone in the back area, totaled 1466. Avigliano hit PRs despite his malady, cruising to a 1399 TOT performance. Joe not only lifted, but coached, encouraged, called SQ depth, and wrapped knees for his teammates. Wife Nance, the APF Srs. winner @ 123, was on hand to check attempts and help everyone on the LA team despite the fact her arm was in a sling while she recuperated from surgery on a torn pec which kept her out of the competition. Talk about dedication. What a wonderful group, that LA bunch. Also, GEORGE AND SCOTT DID MORE THAN A LOT!

Frank Schutze, GER, was an overwhelming powerhouse @ 242 hitting a huge 551 BP, 44 lbs. more than he made in the BP competition. Jean Marc Chenin, who had defeated Frank in the BP competition, found the tables turned, and was 2nd to his rival here - 1857. Schutze prevailed here with 1918. Schutze had been saving his supreme effort for the later competition. Agnar Adalsteinsson, USA, dominated 4 others @ 275, and

made a sum of 1884 for the win! Hubert Doerner, AUT, was powerful with well balanced lifts and a 1934 TOT result, following a big 738 best pull. Gary Baum, USA, earned the honor of being the biggest and heaviest man in the whole contest; 6'6" and 403.8 lbs. Brodsky watch out! Gary looked strong as a bull and sharp as a tack. He hit a deep 837 SQ for and 1862 TOT - good for silver. The star of the submaster group was SHW Brent Mikesell of Tacoma, WA. Brent SQ'ed like a man possessed. He took all three attempts low and deep: 843 was followed by a PR 925, then capped off with a huge 947 - picture perfect. Completely drained by the maximum output, and gasping air like a fish out of water, he was assisted backstage and sucked oxygen from a portable cylinder until his heart rate returned to normal. The high altitude really affected the Big Boys. In the BP, Mikesell forged onward with a PR 540, to go along with a nice 755 DL. The latter lift is especially impressive if you consider the fact that Brent has only 3 fingers on his left hand, the result of an accident and age 5. TOT - 2243. Look for Brent to smash the 2300 barrier next year, and don't be surprised if he is also inducted into the Thousand Pound Squat Club. He's a polite, soft spoken gentleman with tremendous ability and promise for tomorrow.

WED. NOV 17: The USA claimed two MALE TEEN championship gold medals. Kulraj Dhah, 13, from Fresno, CA took a solo flight and landed with a 123 age bracket win. Phillip Davi, of Seaside, CA, hit a bunch of PRs for a 1477 TOT .topping AUT's Oberschlick @ 198. Home team Canada collected 3 gold medals: Kyle Manske @ 275 (13-15 group); Chris Brown, 181. and Horace Karnes, 17, @ 198. Horace redeemed himself, after getting a zero last year in AUT, and by pulling a big PR 507 DL. In the 18-19 division, Canada's Mike Walters came through with flying colors @ 165. Rob Brown earned a silver for CAN yielding to the tremendous strength of Akbar Faradjov of AZE. Martin Dopper gained a gold medal for AUT @ 220 besting Wales' Carl Rogers (1278 to 1234).

MASTER WOMEN The older gals took center stage Thurs. Nov. 18th. They lifted with the vitality of the youngsters, and prove that aging is just a myth. At 40-44, Nadine Baker of Bogart, GA, came in with a hurt shoulder. She was forced to do a token BP, but made up for that with strong performances in the SQ (226) and DL (297), which gave her

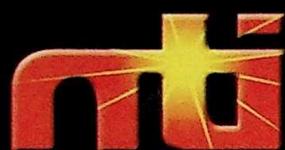


Brent Mikesell with a good, deep 947 lb. squat at Submaster Super.

(article continued on page 10)

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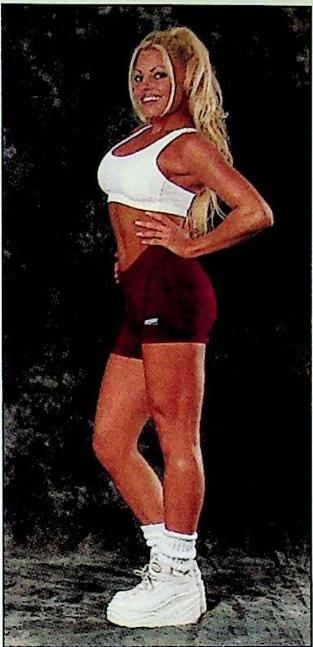
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FOR IMMEDIATE RELEASE: It's that time of year once again, with the help of Powerlifting USA, when Physique Bodyware starts their Spring / Summer model search 2000 for their upcoming catalogs and ads. This year's shoot is sure to be the best ever! It will feature today's hottest fitness models, bodybuilders and athletes from around the world wearing all the latest fashion trends for on the street, in the gym, and around town, made here in the USA exclusively for Physique Bodyware. This is your chance to grace the pages of the fastest growing sportswear catalog company in the country along with many of today's standouts from the IFBB, NPC as well as athletes from other great sports arenas. One standout from this past shoot was MuscleMag cover girl & fitness model, the beautiful Trish Stratus. Since the, Trish recently signed a multi-year deal with the WWF. Trish is hard a work, bodyslamming the big boys in the ring during practice and should be worked into the mix sometime in January 2000. Trish believes in drug free healthy living and is well spoken, humble, with a great sense of drive and focus, serving as a positive role model for all. Physique Bodyware wishes her all the best ... You deserve it! Judging by this shot of Trish, we all know that the "millions and millions of the Rock's fans" will be tuning in to see Trish. Stratusfaction Guaranteed!

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(article continued from page 7)

the 97 World title. Team Canada was looking strong, and had a whole host of gold medal performers: Loreen Brooks @ 114 prevailed. At 132 Wendy Greig looked great (319 SQ, 154 BP, 347 DL, 821 TOT). Barb Cameron was on top @ 148, and Sharon Brown was victorious @ 198. 45-49: the Maple Leafs had a 2-2 split decision. They took golds thanks to Rose Marie McRae @ 114 and Billie Yrjola at 198. The USA claimed the other two top positions. Redwood Valley, CA's Barbara Fruzyna was best @ 32. Patricia Damon of ME was your 165 champion. Leslie Miller (50-54) UNL and Pat Thomas in the 65-69 division, 148s, made it 8, then 9, gold medals overall for Canada. Arline Ramsrud, USA, set a WR with a 205 SQ @ 178 bwt. in her 65-69 age division and cruised home champ again! The outstanding Woman Master overall was unquestionably Patricia "Pinky" Dyer - the BESTEST from TEXAS. She upped her, 50-54, 132 WRs to 350.5 SQ, and 940 TOT. Add her 214 BP and 374 DL and that spells sensational. I can't forget little Karin Heindl, Austria, who won the 40-44 123 division and Coral Quinell, Australia's record setter with a 161 BP and 756 TOT in the 40-44 114s Next year HEINDL IS LIABLE TO DO A DANCE WITH NANCE.

JUNIOR MEN (20-23) - The Junior men marched onstage - 22 strong! Three of them fell by the wayside in the SQ. Ray Miskell, that rascal from Visalia, CA, upped his 123 TOT almost a hundred lbs. in half a year. In the process he established new APF CA records of 98 SQ, 193 BP, 341 DL, 733 TOT. Mushfig Haglyev, AZE, scored a very impressive result @ 132 - a 1256 TOT. This included a superlative 496 SQ. He could have had a silver in the Men's Open had he entered there. CAN's Ernie Mil Homens was the best @ 198 with 1614! RSA had 3 gold medalists: Randall @ 165 with 1410; Tony Correa with 1873 @ 242. This included a big 716 SQ, besting 3 others overall. Mark Heylen @ 275 outlifted 5 competitors to win out with a good result of 1763. Austrian Bernhard Schwab proved to be too much for Terre Haute, IN's Eric Patterson @ 220. Patterson gave up 8 lbs. of bodyweight to Schwab, but it was close until the DL, where Schwab pulled away for good with a big 705 lift for and 1884 TOT. SHW: Canada's gigantic Mag Shultz (6' 6" - 363 lbs.) didn't intimidate the USA's fast rising JUNIOR BRUISER. Mag got 2nd place with 1829. National City,

CA's Aaron "The Baron" Ross showed who's boss! Ross improved dramatically from 1912 last year to 2055 this past May. Here he dipped deep into the well, and grinded up with a gut busting 859 2nd attempt. He was so gassed after that he passed his 3rd attempt. He popped up a 551 BP opener like a Jack in the Box. With the vision of a 1000 KG TOT dancing before his delirious eyes, he cast caution to the 4 winds. Straight up to 600 lbs. he went, but he failed twice. This "reality check" cleared his head. He settled down and hoisted 744 for a good 2155 result - another hundred lb. increase in the past 6 months. Keep your eye on Aaron. He aims to shake up the SHW ranks as he continues his meteoric rise.

MASTER'S MEN (FRI & SAT NOV 19-20) 40-44: USA's Roland Lopez captured the 165 division with a 402 DL for a 959 TOT. George Peshell was the best of 5 finishing with a 1741 TOT @ 220. John Mazmanian of Fresno, CA, had enough double cappuccinos to awaken a dead man. He chased CAN's Duane Fuss @ 242. Fuss won out after all (1780), but the MAZ MAN fired off a 650 DL to gain lost ground. On a last ditch effort he stormed a big 699 and had it moving partway. GBR's Lee Marshall grunted up a WR 860.8 SQ, added 441 BP, and a huge 771 DL for a runaway victory @ 275. The ever popular Peter Pacas, AUT, came in 2nd place at 1813. Tom Brooks of Lethbridge, Canada pulled up 661 to deny Pekka Rantanen, FIN, the bronze (1741 - 1730). Pat Mallough, CAN, @ 292 bwt., captured the 308 class top honors. He defeated the USA's duo of Jan VanDeWeghe from Sheboygan, WI and Matt Israelson. In the warmup area Jan was inadvertently sabotaged when a lifter warming up fell backwards while squatting and pushed his spotter into Jan's "burn" leg. Jan hung in there tough, but couldn't recover from the SQ defect this caused him - 2nd place. MATT ATTACKED with the biggest dunk of the three with a hearty 705. Israelson actually led going into the DL, but fired some blanks in the final lift. 45-49: Rick Posey, USA, had a tough day and finished runner-up to the long bearded, turban topped Avtar Jawanda from GBR. Robin Brown, a British record setter, established a WR @ 181, hoisting 585.3 for his 1505 TOT and the title. Doug Williams ruled the roost @ 242, and Ian Visser had no peers @ 275. Rex Thomas from England pulled up 622 which denied Delmer Brown (the Clovis, CA American) from getting silver. George Brink, the powerful puller



George Pessell finishes a world champion's day with a 672 pull.

from Santa Paula, CA, smashed his DL best with a California record 782 for 1884 and the 308 class win. Phil Niemandt gave the Grim Reaper another raincheck, barreling through a 749 SQ and he iced his victory cake with a 661 DL and 1774 TOT. Back in the days when his shoulder was healthy he smoked a 600 BP, the only man in South Africa to lift such a weight (that even includes Gerrit Badenhorst)! 50-54: At 148 Robert Charles, USA, put up the best TOT - 1201. He was all smiles with his huge shiny gold medal. GBR's Budgie Mullen hit some British & European marks: 398 SQ; 431 DL for a 1077 TOT. Including his BP title, Budge takes home not one but two gold medals! Polite Surinder Dhah, the pride and joy of Fresno, CA, doesn't know his own strength. He hit a slew of personal bests taking 3rd. Wally Brown, South Africa, was the champ again @ 165. Fabian Wambang hobbed his way to a 181 World Title. Grizzled & chiseled, for Fabian it was no "bombs away" on this day. Spurred on by his LALC teammates, Scott Velliquette got charged up and forged ahead of CAN's McKenzie to claim the silver medal @ 198. McKenzie chased with a 463 DL, but got 3rd with 1091 to Scott's 1129. Barring of GBR won the class with 1438, but had entered @ 220. The British living legend Bill West again graced the platform with his presence. His plumbing is in good order and he SQ'd a big 837, and later pulled

716 for 1984, and another 242 win for Bodacious Bill. Brian Meek had his way @ 275 and found the Greig Lift accommodated his width under the bar. Brian says he really been working his flexibility. He took advantage of the situation with a 733 SQ, a good 512 BP and hoisted 677 for a fine 1923 TOT. Bruce Greig took time out from his meet directing duties to don his lifting paraphernalia. He wanted a WR SQ (owned by Meek), but got reds on a 815 try. Bruce put the juice to a 808 DL and got it. Now that's a record and so's his 2026 TOT (I think)! Lee Pestka as usual had indigestion beforehand, but his butterfly settled down and he put his 326 lbs. to work. Lee made all his lifts too easily to win an unopposed SHW World Championship gold.

55-59: A USA sweep. Winners were James "I am not a troll" Capehart @ 165; Leonard "Make's Sense" Lense @ 198, Dan Hamblet @ 220, and Charles "Santa" Clonce @ 308. Larry Sandberg @ 242 was a popular winner, with a whole rooting session cheering him on. 60-64: RSA scored a one-two finish @ 198 with Ian Morris & Jimmy Kearns, in that order. The U.S.A.'s L. B. Baker duplicated wife Nadine's winning ways, capturing a gold medal himself. Bob Bassman procured yet another World Title @ 220. He dominates in the Amateur division as well. At 220 was big Bob Spaulding, a Michigan Marauder, who mauled his way to 242 gold overpowering the barbell. Jeff Telljohn, 63 and 318.7. from Wapakoneta, OH, holds the SHW WR BP @ 415, but had the misfortune to bite the dust here. Don't worry, he'll be back, stronger than ever. 65-69: Ernie "The Godfather" Frantz backed up the victories of Ben Rodriguez (165) and Ross Phillips (181) with a win also at 198. Californian Ernie Anderson had his sights set on a WR 435 BP. The officials made him do it twice just to make sure. Ernie tokened in the other lifts to capture the fourth gold medal an age bracket sweep for USA. 70-74: Bill Ramsrud of Oregon didn't want to further complicate troublesome injuries. He lifted birdweight in both the SQ and BP, but got fired up for a DL record attack. He hauled up a heavy one - 501. This lift had the crowd buzzing with excitement. 75-79:

Two men were no bluff and showed their stuff. This is an age when most would be whiling away the hours in a rocking chair. Pierre Pothee, France, DLed 347 to win the 181 division. Darwin Miller from Canada sprinted home @ 198. Gold for both, by golly!

Next Month - WPC Worlds Part 2 - Women and Men's Open

WPC World Championships 15-21 NOV 99 - Calgary, Canada																		
Bench Press Division	198	407	Plester CAN	143	55	209	407	Grieg CAN	319	154	347	821	Jawanda GBR	485	264	496	1245	
Nov. 15-16th	Buhl AUT	407	Teen 16-17	114				148					Posey USA	429	286	485	1201	
Women	Frein USA	374	Phillips CAN	181				Cameron CAN	176	104	242	523	Brown GBR	573	347	585	1505	
18-19	Zeller AUT	358	Giddings USA	292	171	374	837	Overstreet USA	391	237	413	1041	Nov. 20th					
Teen	220	181	Teen 18-19	123				Brown CAN	319	132	297	749	220					
123	Sterkl AUT	435	Rensburg RSA	264	110	286	661	McRae CAN	176	88	286	551	Irvine CAN	441	325	485	1251	
Rensburg RSA	121	Kessaev RUS	429	Harrison CAN	204	104	237	545	132				Williams GBR	639	429	683	1752	
20-23	v.Leeuwen RSA	363	Juniors 20-23	148				Fruzyana USA	248	110	270	628	Pollendorfer AUT	639	363	617	1620	
SHW	242	Cozln USA	429	Dybaylo CAN	308	182	435	925	Damon USA	253	148	259	661	Cracknell USA	589	363	589	1543
Strydom RSA	198	Rantanen FIN	485	Submasters 33-39	181			198	Yrjola CAN	264	187	319	771	Turner CAN	617	308	529	1455
33-39	275			181				50-54					Visser RSA	672	441	551	1664	
181				181				132					Thomas GBR	551	319	622	1493	
Phan Dinh RSA	270	SHW	148	Men	441	198	380	1019	Dyer USA	350	214	374	940	Brown USA	601	358	529	1488
Stems	231	Cain USA	473	Submasters 33-39	181			198	Miller CAN	441	248	395	1085	308				
SHW	45-49			181				123	Junior Men 20-23 Nov. 18th					Brink USA	694	407	782	1884
Kodjamkoulova	259	165	Bentham GBR	441	198	407	1047	Miskell USA	198	193	341	733	Niemandt RSA	760	352	661	1774	
Vlt AUT	203	Jawander GBR	220	SHW	181			132					50-54 Nov. 19th					
Johnson USA				Leskenmaa FIN	441	198			Haglyev AZE	495	319	441	1256	148				
Masters	181			198				148	Dishman USA					Charles USA	474	253	474	1201
40-44				Topf AUT	407			165					Muller GBR	298	248	431	1077	
114								165					Dah USA	308	193	380	881	
Heindl AUT	88	220	Moorehouse CAN	303	181			181					Wambsgans USA	644	264	556	1466	
50-54	242							181					Mikysek AUT	452	226	512	1190	
148								181					Birring CBR	562	391	485	1438	
Wayne USA	115	Schlessge GER	485					181					Velliquette USA	429	308	391	1129	
Open	275	Kusiolek USA	429					181					McKenzie USA	396	231	463	1091	
105								181					Nov. 20th					
Watson GBR	132	Dooley USA	501					181					Leeuwen RSA	617	369	595	1581	
132		Schroder GER	485					181					Wolbers CAN	446	363	556	1366	
Rinehart USA	319	Vest USA	253					181					Evans USA	497	352	490	1322	
165								181					West GBR	837	429	716	1984	
Suzuki USA	374	Niemandt RSA	396					181					Schumaker USA	490	418	551	1460	
Fick RSA	214	50-54						181					Meek USA	733	512	677	1923	
198								181					O'Conner CAN	562	308	507	1377	
Rantanen FIN	319	Freeman USA	341					181					308					
SHW	198	Etsell CAN	529					181					Greig CAN	793	424	808	2026	
VanDyk RSA	220	Birning GBR	385					181					Bentley USA	711	446	601	1758	
Men	220	Wolbers CAN	358					181					Lense USA	551	303	518	1372	
Teen	55-59	Rada USA	523					181					Nov. 20th					
14-15	148	Avigliano USA	529					181					Meek USA	733	512	677	1923	
132			275					181					O'Conner CAN	562	308	507	1377	
Cronje RSA	132	Mullen GBR	248					181					308					
220								181					Greig CAN	793	424	808	2026	
Duplessis RSA	264	Glossbrenner US	225					181					Bentley USA	711	446	601	1758	
18-19			242					181					Lense USA	551	303	518	1372	
181								181					Nov. 20th					
Hecre FRA	374	Powell CAN	220					181					Meek USA	733	512	677	1923	
198		Asplund CAN	341					181					O'Conner CAN	562	308	507	1377	
Orwoll USA	330	60-64	275					181					308					
Juniors 20-23	132	Adalsteinsson US	744					181					Greig CAN	793	424	808	2026	
181		Knuanek AUT	100					181					Bentley USA	711	446	601	1758	
Buhl AUT	297	198						181					Lense USA	551	303	518	1372	
Randall RSA	275	Morris RSA	220					181					Nov. 20th					
198		Hyrycha CAN	661					181					Meek USA	733	512	677	1923	
Mangum USA	429	220						181					O'Conner CAN	562	308	507	1377	
Thorpe GBR	347	Krivanek AUT	308					181					308					
220			275					181					Greig CAN	793	424	808	2026	
Roberts USA	242	Caveller FRA	418					181					Bentley USA	711	446	601	1758	
242		SHW	181					181					Lense USA	551	303	518	1372	
Correia RSA	485	Telljohn USA	365					181					Nov. 20th					
275		Open	181					181					Meek USA	733	512	677	1923	
Hamalainen FIN	551	123	Mikesell USA	948				181					O'Conner CAN	562	308	507	1377	
Basson ISR	479	123	Baum USA	837				181					308					
33-39 Submasters	132	Mitchell GBR	187					181					Greig CAN	793	424	808	2026	
132		Gray GBR	209					181					Bentley USA	711	446	601	1758	
Olson USA	248	165	Desjardais CAN	639				181					Lense USA	551	303	518	1372	
148		Favre FRA	336					181					Nov. 20th					
Beaudoin FRA	330	181	Teen 13-15 Nov. 17th	407				181					Meek USA	733	512	677	1923	
181			181					181					O'Conner CAN	562	308	507	1377	
Berndt GER	485	Aver AUT	395					181					308					
220		198						181					Greig CAN	793	424	808	2026	
Gregory USA	496	Webb USA	479					181					Bentley USA	711	446	601	1758	
Brasseur FRA	485	Speilbacher AUT	451					181					Lense USA	551	303	518	1372	
Hall RSA	440	Holappa FIN	440					181					Nov. 20th					
242		Kostinger AUT	429					181					Meek USA	733	512	677	1923	
Chenin FRA	523	Jager GER	374					181					O'Conner CAN	562	308	507	1377	
275			181					181					308					
Cheolte RSA	396	Laukka FIN	507					181					Greig CAN	793	424	808	2026	
Peterse RSA	374	Carpenter USA	181					181					Bentley USA	711	446	601	1758	
308			181					181					Lense USA	551	303	518	1372	
Smith RSA	374	Brown CAN	314					181					Nov. 20th					
40-44		181	181					181					Meek USA	733	512	677	1923	
148		Kymäläinen FIN	606					181					O'Conner CAN	562	308	507	1377	
Heindl AUT	292	Zeminni USA	600					181					308					
165		275						181					Greig CAN	793	424	808	2026	
Lopez USA	253	Gausvik CAN	457					181					Bentley USA	711	446	601	1758	
165			181					181					Lense USA	551	303	518	1372	
165		Dorer AUT	490					181					Nov. 20th					
165		SHW	97					181					Meek USA	733	512	677	1923	
Wegscheider AUT	529							181					O'Conner CAN	562	308	507	1377	
World Powerlifting Championships								181					308					
Nov. 16	SQ	BP	DL	Total				181					Greig CAN	793	424	808	2026	
Women 33-39 Submasters								181					Bentley USA	711	446	601	1758	
148								181					Lense USA	551	303	518	1372	
Korthius CAN	286	198	330	815				181					Nov. 20th					
Garcia USA	325	148	297	771				181					Meek USA	733	512	677	1923	
165</td																		



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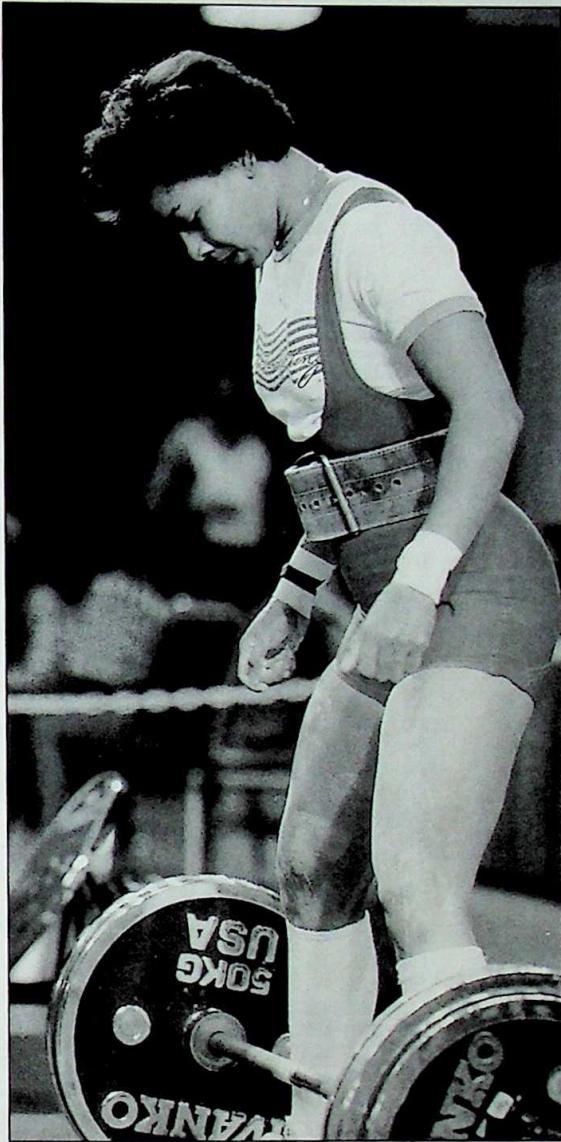
220 lbs.	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
Sticklestad NOR	705	738	749	407	429	440	1179	705	733	744	1912
242											
Gankov RUS	771	793	845	496	512	529	1322	760	788	804	2127
Ivanenko UKR	815	859	859	451	468	479	1295	694	727	755	2022
Christoffer NOR	749	774	774	485	507	546	1256	683	716	747	1973
Holmberg SWE	738	771	799	496	518	529	1289	661	689	700	1951
275											
Ljungberg SWE	815	848	865	496	512	523	1372	749	782	799	2154
Jonsson ICE	799	793	824	485	507	546	1300	727	749	774	2050
SHW											
Gillingham USA	760	804	832	573	595	600	1427	782	810	826	2254
Podtynni RUS	749	843	881	440	462	479	1344	716	810	854	2199
Culnan USA	738	793	---	529	551	579	1344	738	793	840	2138
Naleikin UKR	837	859	859	484	504	504	1322	771	799	799	2094



Team USAPL in Sweden ... (left to right) Coach Steve Johnson (Minnesota USAPL State Chairman), Brad Gillingham, Sean Culnan, and Coach E.C. Stumpf. Photograph was taken at the host Orebro Powerlifting Club, site of the 1991 IPF Men's World Championships.

The Battle of the Giants ... was an IPF style (drug tested 1st-4th) invitational meet held in Orebro, Sweden on Dec. 4th. Brought over for the event were David Holmberg of Sweden, Audunn Jonsson of Iceland, Sean Cuban of the USA, Viktor Naleikin of the Ukraine, Carl-Olov Christofferson of Norway, Vladimir Ivanenko of the Ukraine, Erik Sticklestad of Norway, Maxim Podtynni of Russia, Brad Gillingham of the USA, Jorgen Ljungberg of Sweden, and Alexi Gankov of Russia. This was a three lift event, scored according to Wilkes Formula, which Brad Gillingham declared the best meet he's ever been to, and he's been to a number of world championships now. 2000 people packed the venue, and national television was there to record the event. They even had a fireworks display, inside the building! Brad felt goosebumps from his toes to the top of his head during the flag ceremony, which was spotlit on a raised platform. In between lifts there were male and female bodybuilding exhibitions, as well as a presentation by World's Strongest Man Jouko Ahola. Eleiko was a major sponsor of the competition. Even though it was shortly after the IPF Men's Worlds, some great performances were posted, and Brad himself went 832 595 (missing a 600 BP) and 826 for a PR 2254. Sean Culnan posted 2138. He was impressed by Maxim Podtynni pulling an 854 deadlift with a double overhand grip. Brad had the biggest total and finished 3rd in the formula race, behind Gankov 2126 weighing under 242, and Ljungberg's 2154 weighing 249. There were translators on hand, and interviews with television and newspapers. The lifters were treated like kings and one of the highlights of the event was the big, friendly banquet held afterwards. Brad re-confirmed the amazing ability of former Soviet Bloc athletes to start speaking English quite well after they have had a few beers. To put matters into realistic perspective, Gillingham learned that Podtynny, in order to get home from the event, faced a 36 hour train ride, topped off by a five mile walk up a dirt road!! Reportedly, the promoters are attempting to get the event shown on EuroSport or Swedish ESPN. (from the Dec. 16th edition of POWER HOTLINE)

In Dedication



The Passing of Jackie Pierce Austin ... one of the USA's greatest powerlifting champions, having achieved the incomparable distinction of having won the national and corresponding world titles of three different major powerlifting organizations (USPF/IPF, APF/WPC, ADFPA/WDFPF) in one year's time, she later became the wife of many time National and World Powerlifting Champion Dan Austin. During her powerlifting career, she exhibited a unique kind of dignity and grace that superseded even her abundant physical talents. As Dan recalled, she was a "super individual" who could make anyone laugh. Jackie had recently been undergoing treatments for a cancerous condition, and initially the procedures produced positive results and tentative hope of a complete recovery. Abruptly, however, serious physical problems began to appear and her condition quickly declined, to the point that her doctor gave her only one week more to live. Dan took Jackie to a hospice, where she passed away even more quickly than was anticipated, only two days before Christmas 1999. Her immediate family included Dan and daughters Whitney (13) and Briana (5). Her life was much, much too short. At the time of her death, she was less than a month away from her 36th birthday.

Top 10 - The 60's

123 lbs.

1160	Moyer, David	460	250	450	06Feb65
1073	McKinney, Milt	360	265	450	69
1065	Cross, Mike	345	220	300	29Aug69

1060	Hernandez, E	390	245	425	Mar66
1050	Jones, Don	380	270	400	20May67
1048	Wesby, James	330	215	503	26Feb67
1025	Trujillo, Phil	325	275	425	29Aug69
1005	Bojazi, John	315	230	460	16Sep65
1000	Melie, Roman	330	255	415	05Aug67
985	Perkins, Gary	330	250	405	69

132 lbs.

1219	Lord, A	450	245	524	13Sep68
1180	Riley, F	400	290	490	69
1170	Moyer, D	475	255	440	04Sep63

1165	Bojazi, J	375	260	530	Feb68
1133	Wesby, J (P)	350	250	533	16Jul67
1130	Welch, J	385	290	455	23Sep67

1115	Hernandez, E	405	290	450	15Oct66
1115	Cross, M	360	235	520	69

1100	Garrow, R	360	300	440	67
1100	Burgess, I	365	250	485	69

1325	Blue, D	435	310	580	69
1305	Welch, J	445	330	530	69

1291	Thurber, B	457	355	480	02Dec67
1290	Spangler, B	460	300	530	69

1280	Wamsley, B	430	310	540	69
1260	Nuzzela, J	425	325	510	05Aug67

1260	Hunter, G	470	290	500	69
1255	Keammerer, J	69			

1250	Lord, A	460	245	545	69
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1250	Lafontaine, T	460	280	510	69
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165 lbs.

1353	Burnett, R	500	376	677	21Apr68
1456	Ingro, L	526	330	600	02Dec67

1440	Hale, R	510	375	555	69
1435	Kindred, W	510	365	360	27Jul68

1420	Rhodes, J	495	325	600	69
1405	Smith, G	470	320	615	69

1400	Greco, F	485	365	550	69
1395	Devers, G	465	325	605	02Sep67

1365	Harris, N	450	285	630	06Feb65
1355	Thurber, B	490	365	500	22Jun68

181 lbs.

1605	Barnes, J	670	370	565	03Nov68
1601	Overholtzer, T	666	410	325	14Sep68

1566	Jones, J	590	330	646	14Sep68
1550	Ray, R	510	450	300	01Apr67

1520	Crawford, G	625	340	555	13Sep66
1518	Gomes, F	300	360	658	25May68

1500	Hurst, J	485	373	640	28Oct67
1480	Greco, F	540	380	560	69

1475	Looper, C	490	370	615	69
1455	Andrews, W	520	385	550	64

198 lbs.

1745	Barnes, J	720	390	635	69
1700	Pacifico, L	610	460	630	69

1680	Weinstein, J	580	450	650	69
1676	Ray, R	560	486	630	14Sep68

1675	Overholtzer, T	675	420	580	69
1669	Dzurenko, J	621	360	688	17Feb68

1660	Kanter, J	600	435	625	02Sep67
1625	West, B	600	425	620	Apr67

1625	Miller, S	570	425	630	69
1605	Repucci, J	570	410	625	68

242 lbs.

2005	Cole, J	745	495	765	69
2004	Kanter, J	760	539	705	14Jun69

1920	Frenn, G	765	455	700	69
1905	Young, G	720	435	750	69

1820	Hennessey, M	635	555	630	22Jun68
1765	Cassidy, H	615	475	675	69

1745	Yazolina, P	630	485	630	02Sep67
1735	Scott, T	655	435	645	69

1725	Snitkin, C	635	430	660	69
1715	McClain, G	600	440	675	18May68

SHWT

2040	Weaver, R	800	540	7100	29Apr67
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BEST USA POWERLIFTERS OF THE CENTURY

as compiled by Powerlifting USA Statistician Herb Glossbrenner

2030	Casey, P	800	580	650	15Oct66
2026	Cundy, D	735	490	801	30Aug69
2005	Williams, J	730	600	675	30Aug69
1975	Roberson, G	730	505	735	13Aug66
1955	Veller, T	705	550	700	22Feb69
1935	Fletcher, T	740	435	760	69
1888	Todd, T	675	475	738	09Sep65
1875	Ramsey, D	650	515	710	15Aug68
1870	Durow, H	710	440	720	69

Top 10 - The 70's

114 lbs.					
1151	Dunbar, C	485	303	363	18Aug79
1124	Redding, J	433	209	479	28Jan79
1050	Kusick, T	360	250	440	16Jun79
1020	Heath, D	380	220	420	11Mar79
1019	Milian, E	374	220	424	26Aug78
1000	McDowell, K	360	200	440	26Mar77
1000	Castro, M	305	225	470	15Feb78
997	Kucipak, G	352	270	374	30Aug75
970	Steinfeld, J	352	248	369	18Aug79
930	Ramsey, R	430	240	280	22Aug70

122 lbs.					
1344	Gant, L	418	308	617	02Nov79
1295	Bradley, J	455	315	525	13May78
1245	Lech, R	463	270	512	18Aug79
1234	Milian, E	446	264	523	18Aug79
1203	Clark, Allen	420	235	548	19Feb72
1180	Bermazzani, J	415	280	485	09Oct71
1180	Nunez, J	410	275	495	03Mar79
1167	Moyer, D	477	240	450	09May70
1150	Benoit, B	405	265	480	27May72

132 lbs.					
1141	Kucipak, G	425	316	400	09Jun79
1213	Cole, J	525	335	600	07Apr79
1213	Gant, L	479	308	622	02Nov78
1319	Milian, E	514	270	535	16Dec79
1317	Hummel, G	452	325	540	18Aug79
1311	Mabie, L	435	314	562	17Feb79
1300	Hernandez, E	450	340	510	29May77
1275	Riley, F	430	310	535	Dec72

1273	Verdonck, R	507	301	463	08Dec79
1265	McKinney, M	423	305	535	Apr72
1260	Biasiotto, J	470	285	505	17Mar79
148 lbs.					
1609	Bridges, M	622	402	584	02Nov78
1585	Crain, R	630	310	645	10Nov79
1521	Gaugler, R	540	374	606	20Aug77
1500	Facteau, M	550	320	610	16Feb79
1482	Sulphin, P	545	341	595	14Jul79
1480	Wright, C	570	330	580	22Apr79
1475	Welch, J	505	370	600	10Jun79
1466	Rush, J	552	319	595	26Aug79
1460	Jones, D	360	290	610	11Aug79
1455	Hicks, T	500	305	650	21Apr79

165 lbs.					
1480	Bridges, M	716	452	661	04NovV79
1747	Crain, R	699	374	672	18Aug79
1714	Gaugler, R	600	418	694	10Feb79
1658	Rhodes, J	567	402	688	26Aug79
1630	Thomas, W	625	383	640	Apr75
1630	Wilson, J	610	380	640	21Apr79
1592	Aston, P	567	424	600	13Jul19
1587	Zielinski, M	622	324	639	26Aug78
1581	Crawford, G	639	374	573	09Nov74
1581	Ellis, B	606	374	600	13Jul79

181 lbs.					
1829	Hatfield, F	722	407	699	26May79
1824	Thomas, W	672	429	722	30Sep78
1824	Wright, D	711	452	630	30Sep78
1790	Wadie, B	715	390	685	09Dec79
1745	Barnes, J	710	410	625	17Sep72
1725	Rhodes, J	600	418	705	17Feb79

Top 10 - The 80's					
114 lbs.					
1245	Dunbar, C	507	325	413	07Jul84
1223	Cunha, J	523	303	396	02Apr93
1223	Hile, P	441	270	452	15Jul89
1162	Kile, P	441	270	441	17Feb88
1146	Adams, R	425	270	441	17Feb88
1146	Nelson, M	501	270	374	28May88
1146	Escobedo, H	391	319	407	05Jun82
1118	Snyder, G	424	220	468	01Jun85
1113	Redding, J	441	209	452	19Apr80
1102	Sanders, R	424	237	441	28Jun86
1100	Paterno, N	405	235	460	27Mar82

123 lbs.									242 lbs.									165 lbs.											
1383	Gant, L	441	303	639	10Jul82	2254	Goggins, S	920	512	821	08Apr88	1865	Berardinelli, A	755	470	640	08Feb98	1865	Berardinelli, A	755	470	640	08Feb98	1865	Berardinelli, A	755	470	640	
1317	Adams, R	474	314	529	11Mar89	2248	Hechter, G	865	556	8261	23Mar87	1829	Crain, R	749	418	661	27Oct95	1829	Crain, R	749	418	661	27Oct95	1829	Crain, R	749	418	661	
1295	Blake, H	500	243	520	09Dec84	2210	Wilson, S	835	385	190	23Feb85	1796	Rosciglione, J	766	352	677	31May96	1796	Rosciglione, J	766	352	677	31May96	1796	Rosciglione, J	766	352	677	
1265	Milian, E	470	265	336	15Nov86	2210	Nichols, B	950	530	130	18Apr87	1783	Toins, F	694	407	683	27Jul90	1783	Toins, F	694	407	683	27Jul90	1783	Toins, F	694	407	683	
1262	Lech, R	483	273	501	12Jul80	2204	Kuc, J	812	501	870	19Nov80	1770	Ricks, D	672	418	688	18Nov94	1770	Ricks, D	672	418	688	18Nov94	1770	Ricks, D	672	418	688	
1251	Long, M	463	275	312	13Feb88	2204	Bell, W	865	512	826	22Nov87	1769	Perez, J	703	437	606	28Jul90	1769	Perez, J	703	437	606	28Jul90	1769	Perez, J	703	437	606	
1230	Dunbar, C	520	315	415	26Mar83	2177	Kritsky, T	887	512	777	29Jun86	1765	Beavers, M	663	425	675	16Dec95	1765	Beavers, M	663	425	675	16Dec95	1765	Beavers, M	663	425	675	
1240	Pattaway, D	490	226	323	17Feb88	2166	Snitkin, C	837	307	821	12Feb82	1750	Trice, A	670	360720	700	27Mar93	1750	Trice, A	670	360720	700	27Mar93	1750	Trice, A	670	360720	700	
1234	Morgan, J	479	281	474	06Jul85	2166	Jacoby, D	865	501	799	08Jul84	1741	Austin, D	628	369	744	30Jul94	1741	Austin, D	628	369	744	30Jul94	1741	Austin, D	628	369	744	
132 lbs.									275 lbs.									181 lbs.											
1587	Gant, L	595	319	672	08Apr88	2458	Pasanella, D	1030	573	854	28May89	1962	Coleman, A	782	523	677	10Aug96	1962	Coleman, A	782	523	677	10Aug96	1962	Coleman, A	782	523	677	
1559	Bradley, J	606	374	578	27Mar82	2403	Furnas, D	981	600	821	28Jun97	1907	Benemerito, R	722	440	744	16Jul95	1907	Benemerito, R	722	440	744	16Jul95	1907	Benemerito, R	722	440	744	
1440	Carr, JD	520	330	620	15Nov86	2276	Nichols, B	959	556	760	22Nov87	1907	Rosales, R	171	463	666	08Feb98	1907	Rosales, R	171	463	666	08Feb98	1907	Rosales, R	171	463	666	
1438	Hansor, C	534	336	567	06Jul85	2274	Wohleber, D	960	410	904	12Dec82	1889	Ricks, D	694	462	733	20Nov99	1889	Ricks, D	694	462	733	20Nov99	1889	Ricks, D	694	462	733	
1438	Cabico, R	589	330	518	08Apr88	2270	Gamble, J	892	573	804	24Jul83	1884	Kamand, T	744	446	694	16Jul99	1884	Kamand, T	744	446	694	16Jul99	1884	Kamand, T	744	446	694	
1416	Lawson, C	531	292	573	21Feb86	2230	Henderson, T	870	525	835	04May85	1851	Rutigliano, T	727	501	622	21Jun97	1851	Rutigliano, T	727	501	622	21Jun97	1851	Rutigliano, T	727	501	622	
1405	Kea, R	501	363	540	30Mar85	2226	Chaillet, M	865	512	848	29Jun86	1846	Cartinian, M	766	468	611	10Jul99	1846	Cartinian, M	766	468	611	10Jul99	1846	Cartinian, M	766	468	611	
1400	Williams, V	500	573	09Dec81	2221	Waddington, D	909	534	777	07Feb82	1840	Bell, G	716	418	705	16Feb90	1840	Bell, G	716	418	705	16Feb90	1840	Bell, G	716	418	705		
1383	Vedro, F	512	264	606	09Jan82	2215	Hackett, E	903	507	804	01Feb81	1824	Wagner, R	766	407	650	10Jul93	1824	Wagner, R	766	407	650	10Jul93	1824	Wagner, R	766	407	650	
1380	Steinhouser, R	525	305	550	15Nov86	2210	Moran, L	903	600	705	24Jul83	1818	Thomas, W	614	407	716	30Jul94	1818	Thomas, W	614	407	716	30Jul94	1818	Thomas, W	614	407	716	
148 lbs.									SHWT									198 lbs.											
1714	Austin, D	655	363	694	08Apr88	2430	Wilson, OD	1002	552	876	16Feb89	2138	Kellum, J	859	593	683	20Nov99	2138	Kellum, J	859	593	683	20Nov99	2138	Kellum, J	859	593	683	
1703	Alexander, A	644	380	677	23Mar87	2427	Ware, J	187	600	840	29Jan89	2105	Bell, G	870	307	733	07Apr91	2105	Bell, G	870	307	733	07Apr91	2105	Bell, G	870	307	733	
1665	Luckett, L	665	400	600	17Apr88	2425	Kazmaier, W	926	661	837	31Jan81	2070	Herring, G	840	300	730	10Aug91	2070	Herring, G	840	300	730	10Aug91	2070	Herring, G	840	300	730	
1625	Bradley, J	650	374	600	02Oct82	2370	Hechter, G	964	584	821	03Mar85	2000	Zweng, M	804	334	661	05Jul98	2000	Zweng, M	804	334	661	05Jul98	2000	Zweng, M	804	334	661	
1620	Conyers, A	600	01Apr89			2342	Wrenn, P	975	540	826	12Jul81	2000	Payne, M	810	430	760	27Jul93	2000	Payne, M	810	430	760	27Jul93	2000	Payne, M	810	430	760	
1609	Crain, R	628	319	661	08Nov80	2336	Hall, M	931	633	771	26Feb99	1980	McGlynn, J	730	520	730	28Jun98	1980	McGlynn, J	730	520	730	28Jun98	1980	McGlynn, J	730	520	730	
1600	Bridges, B	605	330	665	11Nov84	2313	Waddington, D	1003	550	760	18Jun81	1975	Brookins, J (P)	730	435	770	15Nov97	1975	Brookins, J (P)	730	435	770	15Nov97	1975	Brookins, J (P)	730	435	770	
1598	McCarty, J	606	341	644	25Apr82	2309	Young, C	926	534	848	14Dec86	1973	Anderson, S	760	446	766	18Jun93	1973	Anderson, S	760	446	766	18Jun93	1973	Anderson, S	760	446	766	
1592	Wahl, R	661	363	628	23JulSS	2300	Dimel, M	1010	530	760	03May86	1970	Kamand, T	850	423	700	28Jun98	1970	Kamand, T	850	423	700	28Jun98	1970	Kamand, T	850	423	700	
1592	Finch, J	617	347	628	23Jul83	2298	Kenady, D	848	545	901	06Apr86	1962	Confessore, C	738	351	672	29Jul90	1962	Confessore, C	738	351	672	29Jul90	1962	Confessore, C	738	351	672	
165 lbs.									Top 10 The 90's									220 lbs.											
1884	Alexander, A	749	413	722	02Apr89	114 lbs.							2408	Coan, E	962	545	901	28Jul91	2408	Coan, E	962	545	901	28Jul91	2408	Coan, E	962	545	901
1879	Gaugler, R	711	452	716	13Mar87								2182	Urchik, P	936	501	744	18May97	2182	Urchik, P	936	501	744	18May97	2182	Urchik, P	936	501	744
1835	Bridges, M	722	463	630	19Apr80	1201	Hile, P	452	286	463	08Apr94	2166	Goggins, S	848	501	813	17Feb90	2166	Goggins, S	848	501	813	17Feb90	2166	Goggins, S	848	501	813	
1818	Crain, R	723	20Mar88			1200	Tran, V	455	260	485	28Mar92	2166	Wessels, W	835	600	749	04Jun95	2166	Wessels, W	835	600	749	04Jun95	2166	Wessels, W	835	600	749	
1802	Bell, G	688	441	672	07Jul84	1173	Dunbar, C	501	314	358	18Jun93	2138	Vogelpohl, C	863	529	744	23Nov96	2138	Vogelpohl, C	863	529	744	23Nov96	2138	Vogelpohl, C	863	529	744	
1802	Inzer, J	744	347	711	16Jul88	1151	Nguyen, D	435	264	452	16Jul94	2138	Kellum, J	945	384	655	26Jul92	2138	Kellum, J	945	384	655	26Jul92	2138	Kellum, J	945	384	655	
1780	Topsoglou, J	688	407	683	07Jul84	1146	Clay, J	429	242	474	16Apr93	2083	Dunagan, H	837	463	760	01Jun96	2083	Dunagan, H	837	463	760	01Jun96	2083	Dunagan, H	837	463	760	
1760	McCarty, J	675	395	690	15Sep83	1135	Fielder, C	494	281	453	17Feb90	2061	Phillips, B	870	460	720	10Dec94	2061	Phillips, B	870	460	720	10Dec94	2061	Phillips, B	870	460	720	
1758	Gay, D	688	396	672	23Jul83	1135	Gainer, E	391	281	463	16Jul99	2030	Phillips, B	870	460	720	10Dec94	2030	Phillips, B	870	460	720	10Dec94	2030	Phillips, B	870	460	720	
1752	Herring, G	683	418	650	31Jul82	1120	Garcia, H	450	230	440	22Sep90	2044	Confessore, C	804	600	639	21Mar93	2044	Confessore, C	804	600	639	21Mar93	2044	Confessore, C	804	600	639	
181 lbs.									123 lbs.									242 lbs.											
2204	Coan, E	848	501	854	03Mar85	132 lbs.							2408	Coan, E	1003	573	887	12Dec98	2408	Coan, E	1003	573	887	12Dec98	2408	Coan, E	1003	573	887
2132</td																													

The day was Thursday, November 04 and all seemed normal and well at Syntrax's corporate headquarters. I was busily researching several new compounds for fat loss as well as completing the work on our new holographic labels. Around 4:00 P.M. and without any prior notice, three individuals from the Missouri Department of Health barged into our front office and immediately demanded to see all of our supplies of Triac-containing products. They informed us that Triac was an "unapproved drug" and that it was "life threatening" and was of imminent harm to the public. With an arrogant attitude they described how they were sent to destroy the product. Fortunately, the law does not allow for such Gestapo activity. I called my brilliant FDA attorney and with only a few phone calls he prevented their intended action to destroy our Triac. They did, however, place an embargo on the product in our warehouse which prevented me from selling or moving it. I asked one of the officials where they obtained their information on Triac and he said from the FDA. In fact, he said that the Missouri Department of Health did not want anything to do with the situation but that they were only doing a favor for the FDA.

The next day I called the FDA and inquired of the situation regard-

Will the Real Triac Please Stand Up?

as told to PL USA by Derek W. Cornelius, Syntrax

ing Triac. The rude man on the other line explained that I was selling an "extremely dangerous drug". I asked him what he meant and he explained that Triac was a thyroid hormone listed in the Physician's Desk Reference (PDR). I couldn't believe my ears! The FDA had mistaken Triac for an actual thyroid hormone, no wonder they were upset. I tried explaining the actual situation to him but he acted like he didn't care. He told me that I would hear from him in the next several days.

Indeed, several days passed, but I never heard from the FDA. One morning I walked into the office and to my surprise I was besieged by telephone calls from reporters wanting to know everything about Triac. Upon doing a little research, I found out that the FDA placed a press release describing the dangers of Triac. They mentioned that Triac had caused people to have diarrhea and that it could cause problems such as nervousness, sweating, and heart attack or stroke. Believe it or not, they even said that Triac could cause profound weight loss (at least they got one thing right!) They mentioned that it was a thyroid hormone and that anybody taking it should

immediately stop and see their physician. I later found that they received ONLY ONE Medwatch report of a woman taking Triax that had diarrhea. I was told by the FDA that she was taking 6mg of Triac a day (50% more than the highest recommended dosage). Furthermore, since diarrhea has never been reported as a symptom of Triac, she very well might have eaten some bad pizza the night before!

When I read the press release I was outraged. Indeed, the whole thing was a blatant lie, based solely on misinformation. My lawyer and I decided to keep the moral high-ground and cooperate with the FDA. We thought that maybe, just maybe, we could all sit down like adults and respectfully look at the research and come to a solution. We made an appointment with the FDA and presented about fifteen research papers which conclusively showed the safety of Triac. At the meeting, I told the FDA official that I was a good businessman and citizen and that I wanted to do the right thing; if they could demonstrate that Triac was harmful then I would cooperate and totally remove Triac from the market. He said that he didn't have anything but that the PDR showed that it was dangerous. Again, I told him that he was confused and that Triac was not in the PDR and that it was different than T3 and T4; the thyroid hormones. I showed him all of our studies and he said that he would have them reviewed. He assured me that he would give me proof that it was dangerous within a few days.

A week later, my attorney called the FDA official and asked him if their position had changed and if he had the research which demonstrated Triac's dangers. He said that they could find nothing negative on Triac but that their position was still that it was dangerous. When my lawyer mentioned the studies we gave them, he only replied that they were "bad science"! My attorney quickly replied that they were practicing "bad science" and that if they didn't have proof of Triac's dangers within one week then we would begin selling it again.

So here we are and I am asking - NO, I AM SCREAMING - "Will the real Triac please stand up!" On the one hand, the FDA is saying that Triac is a thyroid hormone that is very dangerous and which may cause fatalities from such things as heart attacks and strokes. On the other hand, we have myself and Syntrax Innovations, Inc. which is convinced that Triac is not only not a hormone but is also safe. Who is right? Which Triac is the real Triac?

The first thing I want to discuss is

whether Triac is a thyroid hormone. The reason why this is so vitally important is that thyroid hormones like T3 can induce negative side effects especially on the heart. Overdosages of T3 and T4 cause thyrotoxicosis which manifests in symptoms such as enlarged heart, tachycardia (increased heart rate), increased blood pressure, nervousness, lethargy, and increased sweating. The textbook definition of a hormone is any substance which is produced in an organ, tissue, or group of cells and which freely circulates via the cardiovascular system to affect another organ, tissue, or group of cells. Indeed, the definition fits perfectly for T4 and T3. Both of these compounds are produced by the thyroid gland, released into the bloodstream, and affect a wide variety of other tissues and cells. Now let's apply the definition to Triac. Triac is not produced by the thyroid gland nor any other group of cells, but is a degradative product or metabolite of T3.(5),(6) Thus, already Triac does not fit the definition of a hormone! Furthermore, Triac does not get transported in the bloodstream in the same way as the thyroid hormones. Triac fixes only on plasma prealbumins and not on plasma globulins that transport hormones.(5),(6) It thus does not interfere on blood transport of hormones by displacing them from their vector. To be honest, it does affect many tissues throughout the body but, as we will see, it does so differently than the thyroid hormones previously mentioned.

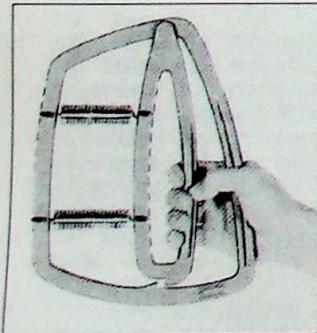
Of course, I have my opinion about Triac but I don't want anyone thinking Triac is safe just based upon my opinion. I want to provide overwhelming evidence as to the safety of this amazing compound. The first issue I want to tackle is whether Triac causes thyrotoxicosis, especially to the cardiovascular system. As previously mentioned, the thyroid hormones, T3 and T4, cause thyrotoxicosis and can be responsible for both short-term and long-term problems, this is well documented in the literature. Let's look at some studies to see what they conclude about the thyrotoxicosis potential of Triac:

In an Austrian study, 3mg of Triac was given to 23 patients for 8 days to observe its effects on various tissues. According to the results, there was no significant increase in heart frequency, nor were there any side effects such as nervousness, tremor or palpitations of the heart. Furthermore, there was a 25% drop in serum cholesterol levels which translates into a 20%-30% reduction in cardiovascular risk. (1)

This same effect on cholesterol was seen in an Argentinian study

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(article continued on page 73)

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POW!ERLIFTER

V I D E O M A G A Z I N E



Garry Frank deadlifting at Gold's during his POW!ERLIFTER Video Star Workout. (Ned Low photos)

Joe's new venture, with his wife Helle, is Rio Tan and Hair in Venice. Joe and Helle were customers and liked the place so much they bought it - just like the Remington shaver commercial. A lot of top bodybuilders, wrestlers, and female fitness competitors are regular customers, and Rio usually has a special promotion for new customers, so check

Plaza Fitness in Billings, Montana, but she visited L.A. for a few days and we shot her squat training. Kristi has competed in Fitness America contests, and is going for powerlifting in 2000. She's hitting 315 in the squat in the gym, with-

Kristi Oakley loading up for squat training.

out a suit, and she weighs only 114. Kristi mentioned her sponsors, Thomas Shanks and All-American Pharmaceuticals, and we want to mention them because we appreciate all people and companies that sponsor powerlifters.



Chuck LaMantia with Vicky Hembree

Finally, it looks like Chuck LaMantia may be returning to the lifting platform after many years of meet announcing and video hosting. Chuck has dropped over 40 lbs. and is still dropping, and he's looking to start competing later this year. Let's hear it for all the former lifters who get back into it. Good luck, Chuck, and good lifting. And good lifting to all you powerlifters out there, and we'll see you on video or right back here next month. Ned Low

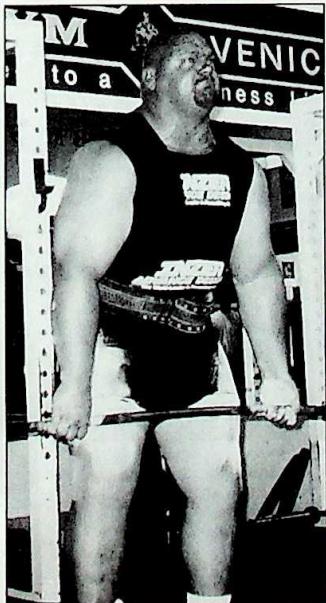


Well, powerlifting fans, it's almost time once again for that annual Big Bench Extravaganza, the meeting of so many of the world's top benchers in one place at one time; yes, the Arnold Classic Weekend and Fitness Expo is taking place February 25-27 in Columbus, OH. Last year over 40,000 people attended the three-day event, and it sure seemed like a lot of them were cheering loudly for the bench pressers.

This year's contest, "Bench Press Challenge 2000", will occur on Saturday the 26th in the Columbus Convention Center. It's been moved to accommodate more spectators than last year, and the cash prizes have been increased. Scheduled to open the event is Bob Thomas, "The World's Strongest Cop" with an exhibition of 30-40 reps at 405 lbs. in the bench press.

Then comes the competition, and as always many of the best benchers will be pushing that iron. Columbus' Kenny Patterson is scheduled to compete, as are big Garry Frank of Louisiana and West Virginia's Willie Williams. All these men are members of the 700 lb. bench club. From Europe, Marcus Schick and Frank Pfraumer are traveling to compete, and there should be many other top competitors, so if you're in the area, check it out, and if you're not in the area, well, that's what POW!ER SCENE and POW!ERLIFTER VIDEO are for. We'll be there to cover the action and hear what these mighty lifters have in store for the rest of the year.

We do know what this month's cover lifter Garry Frank is aiming at in 2000 – he'll be going for the all-time record in the three lift total.

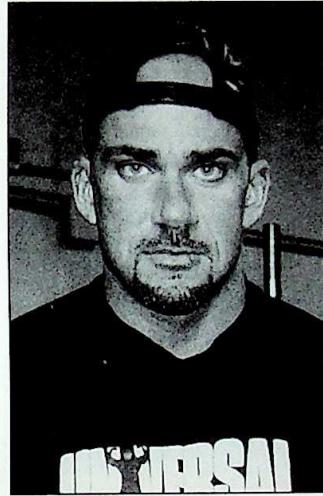


Garry Frank deadlifting at Gold's during his POW!ERLIFTER Video Star Workout. (Ned Low photos)

POWER SCENE

Garry's looking to lift at the West-side Invitational in Columbus the week before the Arnold Class, and then see what other meets to aim for during the year. Garry recently hooked up with Champion Nutrition as a spokesman and endorser, so he'll be doing double duty at the Arnold; when he's not lifting he'll be signing autographs and giving lifting advice from the Champion Nutrition booth. Let's hear it for powerlifters getting contracts from large, national supplement companies!

Former Mr. Universe Joe DeAngelis is better known as a bodybuilder than as a powerlifter,



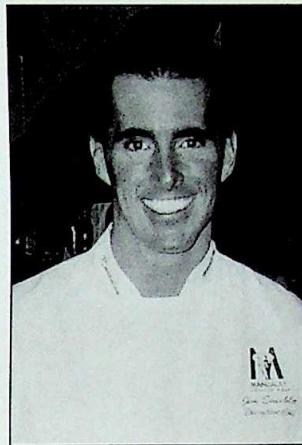
Mr. Joe DeAngelis at Gold's Gym

but with a 750 squat and a 735 deadlift in competition, he's certainly a serious powerlifter, and he's got a contract with Universal Nutrition that just got renewed for its fourth year. We videotaped Joe giving some lifting tips for POW!ERLIFTER Video at Gold's Gym, and he told us he'll be at the Arnold, but only in the Universal booth. As for powerlifting competition, Joe's looking at an April meet in Fresno, CA, and as for a powerlifting exhibition, Joe is planning on squatting 20 plus reps with over 500 lbs. for our video, and that's going "rock bottom" on the squats. Wow! (That'll work your legs!)

Joe's new venture, with his wife Helle, is Rio Tan and Hair in Venice. Joe and Helle were customers and liked the place so much they bought it - just like the Remington shaver commercial. A lot of top bodybuilders, wrestlers, and female fitness competitors are regular customers, and Rio usually has a special promotion for new customers, so check

them out if you're nearby. You can reach them at 310-396-9628.

Two other lifters we came across in making our upcoming Issue 27 are Jim Shiebler and Kristine Oakley. Jim is a gourmet chef who specialized in healthy,



Jim Shiebler at the MANDALAY

nutritious, and good-tasting food, and he's known nationally as the Body Gourmet. Jim hosts a show on Fox's The Health Network called Fit Cuisine, and he's got a lot of terrific ideas on how to eat healthy to increase your power and strength without giving up good taste. We got some tips specifically for powerlifters when we shot with him at his restaurant in Los Angeles, Mandalay, and he cooked me a delicious lunch, with lots of beef, fish, and vegetables. Eat right, and you can lift more weight, and do it in a lower weight class! You can check out his website, www.thebodygourmet.com, or you can visit the Mandalay restaurant on La Brea Ave. in Los Angeles (323-933-0717).

Kristi Oakley does most of her lifting at Plaza Fitness in Billings, Montana, but she visited L.A. for a few days and we shot her squat training. Kristi has competed in Fitness America contests, and is going for powerlifting in 2000. She's hitting 315 in the squat in the gym, with-

out a suit, and she weighs only 114. Kristi mentioned her sponsors, Thomas Shanks and All-American Pharmaceuticals, and we want to mention them because we appreciate all people and companies that sponsor powerlifters.



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Kristi Oakley loading up for squat training.

This year's IPF Bench Press Worlds were held in the town of Vaasa, Finland. I'm not sure why they can't find a nice warm city closer to home in which to hold this championship, but that would be nice. With new IPF leadership in place hopefully the Frantz lawsuit judgement, now held by John Inzer, can be resolved and we can bring a world championship back home to the U.S.

Luckily for one of our California lifters who came under-dressed, there were some excellent sales on winter jackets in Vaasa and lifter Hung Pham bought himself a warm yellow parka. I now refer to him as "Big Bird".

It is always fun to compete as a team, which many of our lifters are unaccustomed to. You develop a special friendship and unity on trips of this sort and these feelings appear to last forever. The meet was held at the Radisson, which was a huge hotel with tunnels leading across the street to different sections of the city. The auditorium in which the event was held was on the small side, as was the warm up area and the platform. Regardless, it was more than adequate. Unfortunately, many of the European countries are still using wood or treated wood for their platforms instead of carpet which most lifters prefer.

I came away from this contest, just as last year, very impressed with the Japanese lifters. The Japanese have tremendous arches and perfectly tailored shirts to give them unbelievable benching strength. I think that most of our men were disappointed with our fifth place finish. I would like to see us finish first for a change, but we can only do this if we enlist the best benchers to compete at our Nationals and earn the chance to perform on a true World platform featuring the best.

The disabled division had over 40 lifters competing. The men's best lifter went to Tagy Pamian from the Netherlands who benched 374 lbs. in the 148 lb. Class. Tagy is a very likeable lifter who has been competing for a number of years. The Netherlands is one of many countries that subsidize the sport of powerlifting and pay their athletes way and lodging.

The women's team did well considering we only brought six women to compete. There were some new members of the team some of who showed a great deal of potential.

The women's 44

IPF World Bench Press as told to PL USA by Dr. Larry Miller



Claudia Wernig of Austria shows new IPF President and countryman Norbert Wallauch her new IPF Gold Medal. (Stephan Korte photo).

kg. class was won by Russia's Svetlana Tesleva with a lift of 95 kg. In the 48 kg. class Denmark's Hanna Svahn took first with a bench of 90 kg. The 52 kg. class was a heated battle between 2 Russian lifters. Tamara Podpalnaya was the eventual winner over Irina Krylova with a lift of 112.5. Tamara Althaus of Germany won the 56 kg. class with an impressive lift of 120 kgs. The Germans are a

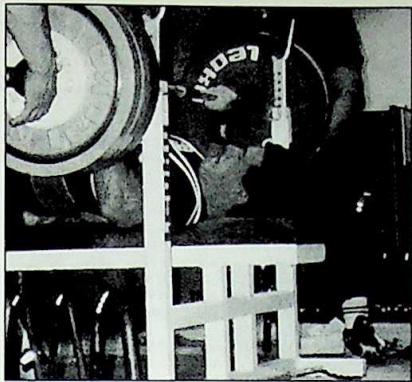
vocal group and love to party. Last year's meet director, Arthur Hirmer protested the fact that the athletes were to be charged admission on the days that they were not lifting and when Arthur speaks, people listen. It was quickly decided that the athletes would not be charged. The 60 kg. class saw our first American competitors Jennifer Thompson and Angie Overdeer. Jennifer was accompanied by her ER Physician husband, Donovan, who ended up getting ill the final day. Don also served as our designated team photographer. Jennifer finished third behind first place finisher Julia Schilskeja's lift of 122.5 kg with a fine lift of 115 kg. Jennifer does not look like your typical bencher, but she has a great deal of natural strength. With a few changes in her technique, I predict she will win the gold in the next few years. Angie finished in 8th with a 90 kg lift.



Jennifer Thompson warms up backstage. (Larry Miller)

Angie has perfect technique and she brought husband Mike along to help out. Mike Overdeer ended up judging, which freed coaches Hartle and Maile to do their thing. When not refereeing, Mike helped out wherever he could. Mike must have started lifting again cause when I got my final lift, I was excited and jumped right at him. He caught me without a problem. The 148 lb. class/67.5 kg. had the women's best lifter. Clara Kasbarian, a very attractive and strong lady from France, hit all three of her attempts ending with a fine 150 kg bench. That's 330 lbs. guys. U.S.A. lifter Helen Sauer was disappointed with her 90 kg. lift and 10th place finish. I went over a number of things with Helen and I'm sure that next year she'll be better prepared. Helen was accompanied by her daughter Chris who helped me with my video and picture taking. Thanks, Chris. Austrian lifter Claudia Wernig won the 75 kg class by benching 132.5 kg. A very funny thing happened on the way to the 82.5 kg. Class. It appeared as if 8 ladies moved up from the more competitive 75 kg class to compete in the less competitive 82.5 kg class. They all had the same idea, but it ended up backfiring on most of them. The class was won by Hungarian lifter Timea Zavodszky with a 160 kg. bench. Sandra Perron made all three attempts, and finished with 115 kgs. Janna Maile finished in 12th with a lift of 95 kg. Janna is quite tall for a bencher and this a distinct disadvantage when it comes to benching. Janna's husband, Dr. Larry Maile, who works in a Psychiatric facility, worked as co-coach with Dr. Mike Hartle. Larry worked the scorer's table and helped us out strategy on our attempts. Bob DeCourt tried to get a reaction out of Larry (not easy to do) by telling him that he frequently had dreams about killing people, but Larry didn't budge. Maybe Bob should go visit Larry in Alaska and get help. Ganna Ganenko from the Ukraine won the 90 kg. class with a lift of 145 kg. The 90+ kg class had world champion Chen-Yeh Chao repeat as the gold medal winner with a record lift of 179 kg. Deborah Ferrel from the U.S. finished second, as she had last year, with a bench of 155 kg. Debbie had some sinus problems on Sunday and I gave her a Benadryl. She ended up sleeping through most of Sunday's competition as she laid semi-conscious in her seat. I have a great picture of Debbie in 'La La' land if anyone needs a copy. Russia won the team competition followed by Germany and Chinese Taipei.

The men's division began with Andrzej Stanaszek of Poland repeating in the number one position with a bench of 165 kg. Stanaszek was

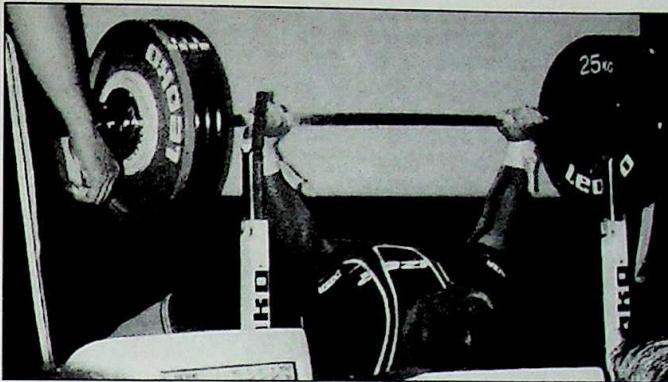


Dennis Cieri went for the gold at 181 lbs.

challenged by Latvian lifter Andris Rudulis who missed 165 kg. on his third attempt. US lifter Hung Pham hit all three lifts and finished fourth with a solid bench of 137.5 kg. Hung is at a disadvantage with his height, competing against some of the dwarfs. Stanaszek ended up with the best lifter award in the men's division. The 56 kg class also had a repeat winner from last year's competition and Japanese lifter Makoto Otsubo also finished second in the best lifter category with a big world record bench of 181.5 kg. The Japanese team finished second behind the Hungarians and it was quite apparent to many of our lifters that the Japanese are probably the best technicians in the world when it comes to benching. Russian lifter Fanil Mukhamatov won the 60 kg. class with a lift of 180 kg. U.S. lifter Robert Allen had to repeat his opening attempt of 142.5 kg and missed his third lift moving him down to a 7th place finish. The 67.5 kg class was an intense battle between

Kazakhstan's Powerlifting/BP Champion, Alexey Sivokon, who beat Japanese lifter Kimisha Itoh on bodyweight with both men lifting 205 kg. Both lifters took world record 4th attempts with the Japanese lifter getting the record with a lift of 207.5 kg. The U.S. had 2 lifters, Mike Hara and Lance Slaughter, both from California and long time competitors. Mike is a powerful bencher who really powered up his first 2 attempts. He set a U.S. bench record of 195 kg on

his second attempt. He got a bad hand-off on his third attempt and the bar ended up half way down his chest. He had to push it back up and restart which was too much of a distraction for Mike. He lost getting a bronze medal on bodyweight. Lance Slaughter came back strong after missing his second attempt to lock out 182.5 kg. and place sixth in a very tough field. I think if Lance can get rid of the blocks and learn to drive with his legs he will give Mike a run. Although this year's lifting platform of treated wood wasn't the best, it was better than last year's platform in Germany. This year I was better prepared and my scuba shoes did the trick. I missed my first attempt of 200 kg. The head judge would not give me the start signal and I finally tried to show him my elbows were locked, but the movement threw me out of my groove and that was it. I repeated 200 kg on my second attempt which went up easily. By now I was in the hole and decided to go for the silver by going



Ralph Young traveled out from Ohio with teammate Dr. Larry Miller

to 210 kg. and tying the Polish lifter and winning on bodyweight. The strategy worked as he was unable to get white lights with 212.5 kg. The repeat winner from Russia was Alexey Vorobjov who ended with a bench of 220 kg. Mike Hartle was so happy for me that he hit me on the side of my head and caused me to have a nice ringing in my ears. Mike Hara, Mike Hartle and myself have a dinner bet to see who gets to 500 lbs. first. I hope either Hara or I win since Hartle would be quite expensive to feed. The U.S. had 2 lifters in the 82.5 kg class. Leonard McCormick was probably the most seasoned world team member, but the judges were not happy with the pauses at his chest. Dennis Cieri probably should have used my scuba shoes on his second attempt since he was red lighted for foot movement. Dennis looked awfully strong and blew up his first 2 attempts without any problem. Dennis went for the gold on his third attempt of 240 kg and came very close. He ended up in

6th place, but could have finished much higher. Dennis is tall for a bencher and he has made some recent changes which should get him a gold next year. The winner was Susumu Otani from Japan who finished with 237.5 kg. This man is my inspiration since he is 47 years old and still the best in the world. It motivates me to keep pushing hard at age 45. The team from Hungary started their domination in the 90 kg class. Most of the Hungarians looked like professional bodybuilders. Onoso Szabolcz won the gold with a lift of 247.5 kg. Robert DeCourt of the U.S. finished third and received the bronze with a lift of 235 kg., losing the silver on bodyweight. Bob is quite a character, but he may be out for a year if he elects to have shoulder surgery. The 100 kg class was won by Hungarian lifter Laszlo Meszaros with a bench of 265 kg. U.S. lifter and roommate Ralph Young, also from Ohio, traveled with me to and from Vaasa. I am not a great traveler, so Ralph made sure we got to where we were going. A little uneven extension cost Ralph a 4th place finish and knocked him down to 9th. Ralph only got his opening attempt of 227.5 kg. Ralph will be telling stories about the trip for quite a while. His favorite occurred in the hotel bar/disco Sunday night when some little guy from Finland wanted to give Beau Moore a kiss on the cheek. Beau tried to explain that this was not customary in the U.S. and warned him to stay away. The little guy was persistent, and he ended up getting swatted about 10 feet through the air. Russian lifter Yuri Khuazhev won the 110 kg class with a lift of 265 kg. Unfortunately, I missed watching U.S. lifter Raoul Donati as I was trying to secure banquet tickets for U.S. lifters before the dead line. Raoul missed his opener of 237.5 and repeated it on his second attempt. After the meet, Raoul was all worked up and very motivated to train hard and return to a world meet and improve on his 7th place finish. The 125 kg class saw another Hun-



TEAM USA at the IPF World Bench Press Championships: bottom row (left to right) Hung Pham, Robert Allen, Leonard McCormick, Helen Sauer, Lance Slaughter; middle row - Larry Maile, Mike Hara, Larry Miller, Ralph Young, Bob Decourt, Deb Ferrel, Jennifer Thompson, Sandra Perron, Mike Overdeer, Angie Overdeer; top row - Raoul Donati, Mike Hartle, Jana Maile, Beau Moore, Dennis Cieri. (photo courtesy Larry Miller)

garian win the gold with Szabolcz Balasz winning with 282.5 kg and beating Japanese lifter Daisuke Midote on bodyweight. I thought that we might hear our national anthem in the Superheavyweight division as U.S. competitor Beau Moore opened up 15 kg. ahead of the Hungarian lifter, Kosicz Czongor. After the second attempts, Beau was ahead by 5 kg. Unfortunately, Beau missed his final attempt of 290 which the big Hungarian locked out for the win. Beau is not a shy individual and provided a great deal of entertainment for the team.

We had a number of sponsors for the U.S. team. I would start by thanking Mike Lambert of *Power-lifting USA* for his donation and also Rickey Crain for doing the same. Rickey also provided some bench shirts through his distributor in Japan, Hisako Yoshida. We got team shirts from John Inzer and from Pete Alaniz (Titan) and Scott Safe (Safe). John Inzer also provided a number of free bench shirts for our lifters. Thanks to all of you.

Although there are a number of different federations in the U.S. with different rules regarding the bench press it would be wonderful if we could entice the cream of the crop to compete at an IPF World meet and see where we stand. You are only permitted single ply shirts in the IPF and denim is not permitted, but there is no doubt that the IPF would be a bencher's greatest challenge. As a side note, I think the IPF would benefit significantly if they did out of meet tests on all their winners at world meets. They charge each lifter from each country a fee for drug testing. The other problem I see is that of random testing. I think they should have mandatory testing of the first place winners and then do the rest of their tests randomly.

Next year's USAPL Bench Nationals are being held in St. Louis and the Worlds in Czechoslovakia. Hopefully we'll do better next year.



Beau Moore (left) earned the silver medal against the massive Hungarian Czongor. (photographs provided courtesy of Dr. Larry Miller)

IPF World Bench Press Championship 9-12 DEC 99 - Vaasa, Finland

Women Disabled	Best	Chen TAI	253	264	264	253	181 lb.
88 lb.		Komi/JPN	214	225	234	225	Olanji JPN
Huang TAI	132	Vilhjalmur GER	220	220	234	220	Kubcsik HUN
97 lb.		Thune NOR	176	187	198	198	Heinonen FIN
Lu TAI	176	Overdeer USA	181	198	209	198	Yang TAI
114 lb.		Green NZ	176	188	188	176	Tchadkov RUS
Grobelaar SA	192	Kasbarian FRA	308	325	330	330	Tuononen FIN
Lin TAI	148	Danilevich RUS	264	275	275	275	Binkevich BLR
148 lb.		Cieslak POL	253	270	270	253	Zubrikov LAT
Sirgenko RUS	121	Stehlikova CZE	242	242	259	242	Bezera NOR
165 lb.		Bliko NOR	231	236	236	231	Singer AUT
Lin TAI	231	Engdahl SWE	209	220	234	220	Graczyk POL
181 lb.		Chou TAI	209	225	225	209	Kleinbergs LAT
Rydanova RUS	99	Laitinen FIN	198	209	209	209	Dyer GB
Teams: Chinese Taipei 48, Russia 24, Republic of South Africa 12. Champion of Champions; Lu/Li-Hua 113.32, Lin/Tzu-Hui 100.24, Grobelaar/Mocke 77.57		Mattsson SWE	203	214	214	203	Kumar IND
Men Disabled		Sauer USA	198	214	214	198	McCormick USA
105 lb.		Morlinska POL	198	209	214	198	Hilmer GER
Chang TAI	275	Koskinen FIN	192	203	203	192	Bertolti ITA
Kurzenov RUS	242	165 lb.					198 lb.
114 lb.		Wernig AUT	248	264	292	292	Szabolcz HUN
Petrov RUS	297	Hsieh TAI	264	286	293	286	Gayek GER
123 lb.		Ketonen FIN	220	225	225	225	DeCourt USA
Ylijoki FIN	281	Hung TAI	220	220	220	220	Lekomets RUS
Bogdanov RUS	231	Furlado IND	148	165	188	165	Ryschov RUS
132 lb.		Quellet CAN	110	124	124	110	Kishimoto JPN
Sitruk FRA	303	Zavodszky HUN	319	330	352	352	Jacob GER
Palonen FIN	292	Paltseva RUS	259	264	275	275	Theuser CZE
Wick GER	264	Bagry UKR	259	270	284	270	Dahilstrom SWE
Huppke GER	220	Jiraskova CZE	253	264	275	264	Luftinger AUT
148 lb.		Pemon USA	242	242	253	253	Melkumians LAT
Parnian HOL	374	Narovnigg AUT	225	236	248	248	Haugland NOR
Povetkin RUS	286	Jarvenpaa FIN	236	248	270	248	Singh IND
165		Wu TAI	220	236	248	236	Williams SA
Yang TAI	341	Halvarsson SWE	225	236	242	225	Stroemland NOR
Leizerzopf AUT	297	Chen TAI	209	220	234	220	Sharma IND
181		Hatanpaa FIN	209	220	220	220	Linden FIN
Joensuu FIN	391	Maille USA	299	299	299	299	Meszaros HUN
Durnev RUS	380	198 lb.					Ponomrenko UKR
Larinov RUS	363	Ganenko UKR	297	319	347	319	Furmanek POL
Ingdal NOR	341	Kistlmacher GER	286	297	303	297	Solovyov UKR
Niemi FIN	286	Tsai TAI	275	299	299	275	Eriksson SWE
Ruilenbeek HOL	198	Lee TAI	264	264	264	264	Immonen FIN
Gyland NOR	424	Formgren SWE	242	259	264	264	Polavinkin RUS
Sumter HOL	363	Bai/IND	110	121	126	126	Nygren SWE
Kupustin RUS	363	198 plus					Young USA
Brosson SWE	336	Chao TAI	374	394	394	394	Inoue JPN
Hietala FIN	292	Ferrel USA	308	336	341	341	Raskin SWE
220		Petrova BLR	270	281	300	281	Johansen NOR
Veselov RUS	418	Lee TAI	259	253	264	253	Madsen DEN
Laine FIN	402	Saksu FIN	242	253	264	253	Silfiana FIJ
Roelofs AUT	396	Gorecka POL	231	246	246	231	Vaciello LAT
Siewert GER	341	114 lb.					Tagira
Strippel GER	473	Slanaszek POL	341	363	374	363	Salhees/IND
Friedl AUT	451	Rudulius LAT	336	347	363	347	242 lb.
Leskinen FIN	418	Yanagida JPN	336	336	363	336	Khuazhev RUS
Szabo HUN	396	Hung USA	281	297	303	303	Kruk POL
Ootjers HOL	358	Klein GER	292	292	292	292	Mattson SWE
Huang TAI	308	123 lb.					Kob CZE
Ylineva FIN	292	Otsubo JPN	374	400	407	400	Kastaneer HOL
Bennet GB		Celin SWE	330	358	358	358	Faber HOL
Teams: Russia 60, Finland 56, Germany 34, Chinese Taipei 29, Holland 27, Austria 26, Norway 19, France 12, Hungary 7, Sweden 7, Great Britain 3, Champion of Champions: Parnian/Tagy 138.07, Chang/Chia-Tung 133.78, Petrov/Yuri 133.55, Women's Open BP1 BP2 BP3 Best		Jancsar HUN	297	314	336	336	Gulbis LAT
97 lb.		Owsiany POL	335	347	347	336	Tagira
Tesleva RUS	187	Hermann POL	308	330	358	330	Salhees/IND
Svajantekova SLO	170	Sledzi POL	297	314	349	314	242 lb.
Janot FRA	176	Allen USA	344	314	336	314	Khuazhev RUS
Iwasaki JPN	154	Alessandro ITA	270	281	286	286	574
Koskinen FIN	165	148 lb.					584
Kitamura JPN	154	Sivokon KAZ	418	440	451	451	551
Friedrich GER	170	Itoh JPN	418	418	451	451	574
105 lb.		Korva FIN	418	429	446	429	504
Svahn DEN	187	Hara USA	413	429	446	429	573
Illeditsch GER	176	Bogdanov RUS	391	402	429	402	551
Hilmer GER	181	Slaughter USA	380	402	402	402	540
Dalling CAN	137	Chernyshov UKR	374	391	396	391	567
Ao IND	99	Roobjov RUS	462	473	485	485	540
Kamiya JPN	154	Siedlecki POL	374	385	399	385	574
114 lb.		Zijdeman NOR	286	303	314	314	576
Podpalnaya RUS	220	Blackley AUS	264	292	314	292	556
Krylova RUS	220	Krishnand IN	264	281	292	292	573
Kobayashi JPN	209	165 lb.					567
Braun AUT	198	Erola FIN	418	435	446	418	551
Sirkia FIN	192	Konje HUN	396	410	424	396	577
Heikkilä FIN	196	Schieler GER	374	391	396	391	567
123 lb.		Schmidtsa IDA	341	358	358	358	573
Althaus GER	253	Jacobsen NOR	330	341	352	341	564
Belova BLR	248	Mann CAN	297	319	344	319	562
Wada/JPN	236	Baroni ITA	319	330	330	319	562
Nikander FIN	242	165 lb.					566
Stoll GER	198	Lehto FIN	532	540	551	551	566
Krebs AUT	181	Lehto FIN	523	540	551	551	566
Locatelli ITA	181	Wadimov RUS	540	562	584	562	562
Uvachan RUS	154	Timofey RUS	540	562	584	562	562
Bargain IND	104	Vilkberg DWE	540	556	564	556	556
132 lb.		Abo FIN	534	551	556	556	556
Schilskaja BLR	248	Lehto FIN	523	540	551	551	551
Hahn GER	253	Wadimov RUS	523	540	551	551	551
Thompson USA	253	165 lb.					551
		Teams: Hungary 65, Japan 59, Russia 57, Poland 56, USA 45, Sweden 41, Finland 38, Germany 28, Latvia 22, Ukraine 20, Kazakhstan 16, France 16, Holland 12, Taipeh 11, Czech 11, Denmark 7, Italy 6, Norway 6, India 6, Canada 5, South Africa 4, GB 6, Belarus 3, NZ 2, Austria 1, Switz 1					

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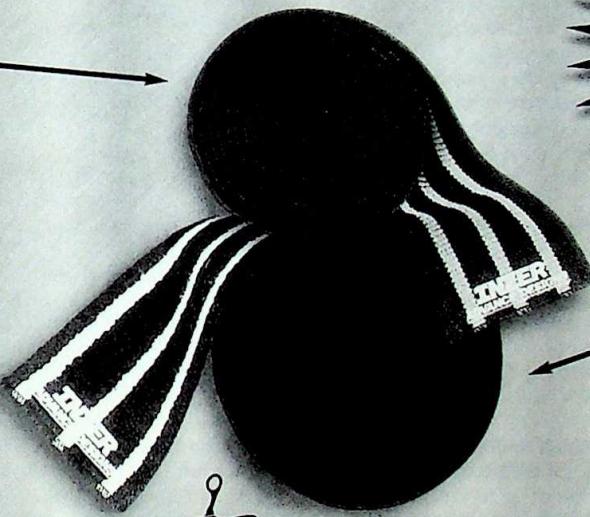
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**A PARADIGM
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Once again, the International Powerlifting Association's (IPA) National Powerlifting Championships brings together the best powerlifting has to offer. The stage is set November 19 - 21 in Muscletown U.S.A. at York Barbell Company; the motherland of weightlifting and weightlifting equipment.

Entering York Barbell's Corporate Offices is awe inspiring with its grand two story foyer featuring a most unusual, yet entirely appropriate centerpiece. About 15 feet above the heads of the guests hangs a 30 foot by 15 foot mobile composed of composite plates which mimic 45, 35, 25 and 10 pound York Barbell Olympic Standard plates. The plates adorn a gracefully designed metal superstructure of cylindrical rod-shaped metal. The mobile subtly depicts York Barbell's history from past to present by featuring an old-time globe barbell meaningfully positioned in the center from which all other elements of the mobile branch out from.

The venue is the Hall of Fame Auditorium located on the fringe of the glass walled foyer. There are no bad seats in York Barbell's auditorium. The room is fitted with stadium-style seating which surrounds a large raised platform. The sounds of the event echo through the halls as speakers are positioned throughout the foyer, the warm-up area and in the auditorium. An eight by ten foot, high tech scoreboard, and closed circuit TV/video monitors and speakers located in the warm-up area keep all lifters and visitors apprised of the event's activities.

York Barbell is happy to boast about its new 5,500 square foot warm-up facility, the Sports Performance Training Facility, which was completely equipped for the weekend with three Monolifts, four of York's own Sports Performance deadlift platforms, and its Sports Performance benches. The Sports

IPA National Championships

as told by Mark Chaillet, York Barbell Company



York Barbell's Ken Sellers (right) coaches Amateur 165 lb. Master Brad Borsa to 3 new IPA records.

Performance Training Facility is complete with full-service locker rooms for men and women. Perfection is all that can be said about the set-up which was complete with specialty bars for all lifts in order to provide a spectacular warm-up area for the 195 lifters registered to compete.

What makes the IPA different? The Association offers a division for all lifters. It includes an Amateur Division in which athletes must not surpass defined totals, and are randomly drug tested. This division has its own set of IPA World/National records. The Professional Division is open to all lifters, however, once a lifter has totaled the defined "Pro" total, he/she must compete only in the Professional, or Elite Amateur Divisions. This division is not drug tested, and has its own set of IPA World/National records. Finally, the Elite Amateur Division is set aside for those lifters who have totaled the defined Pro total and can no longer compete in the Amateur Division. Most importantly, this division is a complete drug tested division. Each lifter must be drug tested each time he/she lifts by means of urinalysis. This division also has its overall set of IPA World/National records. The IPA stands for improving conditions for the athlete by providing excellent equipment, venues, and objective judges who have experienced Powerlifting firsthand.

The 1999 IPA Nationals introduced over 100 new lifters to the Association, and to a lifting experience they will never forget. Members of the IPA Executive Committee were happy to see the New York contingent and Iron Island folks competing again in the IPA. The audi-

ence was treated to show-stopping performances by Louie Simmons and his herculean lifters from Westside Barbell, John Black and the excellent lifters from Black's Health World, Iron Island Gym, and the BIG benchers from New York.

Friday, November 19, 1999

Am/Pro/EliteAm Divisions: Women, Teens, All Weight Classes 114 - 181 - The crowd appeared on the opening day, the music boomed and the excitement began with the Women, Teen and all classes in the 114 lb. through 181 lb. weight classes.

Women's Divisions - Notable

lifting came from Amateur lifter Sue Ann Pack who lifted in the 181 lb. Women's Master (55-59) division. At 59 years young, she squatted 260 lbs., benched a tremendous 215 lbs., and deadlifted a big 310 lbs. for a 785 lb. total-all IPA World records. Congrats! Professional 114-pounder Jacqueline Davis could write a book on dropping 4 pounds in 1 1/2 hours! Jackie set a bench record with a 200 lb. bench press and a total record with a 900 lb. total. She said she was feeling "under the weather." Gee, her performance didn't hint that she felt under the weather. Amateur 114 pound winner Tanya Larson set a squat, bench and total record of 735. Great lifting from a gal who is relatively new to the sport ... keep up the hard work! Tanya took home the Best Lifter Award in the Amateur Women's division. Melanie Diamond took home the gold in the 132 lb. Professional Women's division. What can I say except WOW! Melanie set a deadlift record of 425 lbs. and a total



Jackie Davis totaled 8 times her bodyweight in the Pro Women's

record of 1080. This is exceptional lifting in a class that has tough records to beat. Melanie won the Best Lifter Award in the Professional Women's division. Joyce Tackill, our 165 lb. Professional winner, came into this meet strong and showed great improvement on all of her lifts since we last had an opportunity to see her lift; 380 lbs., 230 lbs., 400 lbs., 1010 lbs.

Men's Divisions - Amateur 132

lb. class winner, John Cooke, pulled a powerful 480 lb. IPA World record deadlift to finish with another record total of 1150 lbs. John is an exceptional lifter and an incredible 500 lb. deadlift is at his fingertips. Amateur 165 pounder Brian Crowe finished with an exceptional 1550 lb. IPA World record total. Doug Heath had a tough time in a new weight class weighing in at 148 lbs. in the Professional division. He broke the existing IPA World record squat record with an awesome 610 lb. squat and went home to Columbus with the Best Lifter Award in the Professional Lightweight Division. It is always energizing to see Doug perform; he is unequivocally one of the best lifters ever.

Dick Giller, IPA's own 165 lb. 72-year-old Master winner set a 350 lb. squat record, a 455 lb. deadlift record, and a record total of 1095 lbs. Dick also won the Best Lifter in the Amateur Master Division. Dick, you are an inspiration, keep up the great work!

Saturday, November 20,

1999 - Am/Pro/Elite Am Divisions: Weight Classes 198, 220 and 308 - Saturday morning greeted spectators with the 198 lb. weight class. This huge weight class earned itself a session all to itself. Initially,

the class totaled 26 lifters but through attrition the weight class totaled 17 full meet powerlifters. Pat Tessaro won the Amateur 198 lb. class with a solid 1750 lb. total. Pat's excellent



Sue Ann Pack, at 59 years young, swept up 4 IPA records at 181.



72 year old Dick Giller was Amateur Best Lifter for the Masters!!!



Teenager Nic Tsourounis rewrote the IPA record books in the 275s.

lifting earned him the Best Lifter Award in the Men's Open Amateur Heavyweight Division.

The 220 lb. and 308 lb. classes followed in the afternoon session. In the 220 lb. weight class, Scott Galen won first place in the Professional Open division with a 1745 lb. total, followed by second place winner Jason Stierhoff with a 1650 lb. total. John Black, Jr., the legend of the 220 lb. Professional Master 45-49 division set an IPA World record with a 765 lb. squat. The winner of the 220 lb. Professional Master 45-49 division was another of John Black's disciples, A.J. Henderson, who took home the gold with a 1720 lb. total.

The Amateur 220 lb. division, was won with a 1750 lb. total by Donnie Thompson. John Rooney won the 242 lb. Amateur division first place award with an IPA World record squat of 740 lbs. followed by a 1765 lb. total. There was a battle for second in the same division. Ted Clausen and Dave McIntosh tied with a 1725 lb. total. Ted managed to edge out Dave on bodyweight and won the second place award. What a close call!

Leading the pack in the 308 lb. Professional war was Billy Mimnaugh and Mark Swatling, both totaled 2085 lbs. Billy edged out Mark on bodyweight. This was a great race, lifters! There were several bombouts; one who left a tremendous squat on the table was Louis Simmons with a solid 900 lbs. Great day, great lifting.

Sunday, November 21, 1999
Am/Pro/EliteAm Divisions:
Weight Classes 242, 275 and SuperHeavyweights - Sunday's crowd grew larger right in stride with the lifters. Hot, sweaty, manly things happened on Sunday in Muscletown, U.S.A.

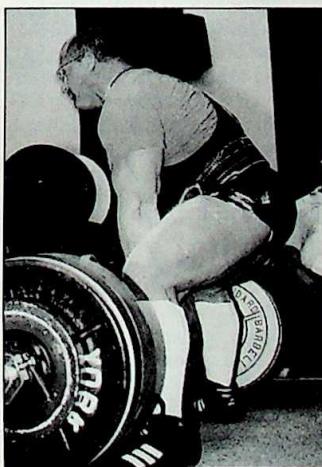
Here is the main man, Professional 242 pounder Nick LaVitola;

he looks like granite and lifts like a crane. His lifting is a sight to behold. Nick won his weight class with an 850 lb. squat, a 525 lb. bench, an 800 lb. deadlift, and a 2175 lb. total. His exceptional lifting won him the Best Lifter Award in the Professional Heavyweight division. Following close behind was Westside's Gabe Reitter III with a 2020 lb. total. Gabe is like the pied piper, never failing to rev the crowd into a frenzy watching him lift. Following in 3rd place was John Green with a 1945 lb. total.

John Stafford led the 275 lb. Professional division with a 2150 lb. total, followed by Sherwin Pagtakhan in a close second place. Sherwin came in injury-free and posted a good total of 2110 lbs. Third place went to Todd Brock with a 2060 lb. total. Coming in fourth place was John Bott with a 2040 lb. total. Don Bailey placed fifth with a 2000 lb. total, and a big 910 lb. squat in the



A.J. Henderson edged out John Black at Pro 220 pound (40-49)



Nick LaVitola pulled 800 and totaled 2175 at 242 to win Best Lifter in the Heavyweight Pro category. (all photos courtesy of Peter Van De Water, courtesy Mark)

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Master 40-44 age division. Legend Mark Dimiduk, 275 lbs., won the Police division with a 1980 lb. total. Mark also competed in and won the 275 lb. Men's Master 45-49 age division. Mark snuck an extra ten pounds on his total winning first place over Ohio's John Florio. Rumor is that John Florio is retiring from competitive Powerlifting. The lifting community will be sorry to see John go, he is a great man with a personality to match. The sport and his many friends will always love him.

Who weighs over 400 lbs.!? This year we had six SHWs to be exact. J.R. Hunt powered into a new division, the Professional Master 40-44 age group. J.R. came to rewrite all of the records! J.R. squatted a big 935 lbs., benched 600 lbs., and deadlifted 700 lbs. earning a massive 2235 lb. total. It is not an easy day's work to win this division.

Starting off the Professional Open division was the SHW gentle giant Mike Ruggiero with a 900 lb. squat, a 500 lb. bench and a huge 800 lb. deadlift winning first place with a 2200 lb. total. Russ Barlow came in second place with a close 2195 lb. total. Tony Hutson squatted a nice 920 lbs., and totaled 2120 lbs. for third place.

BENCH PRESS CHALLENGE
- The bench division was a show in

its own right. There were six bench pressers benching 600 lbs. and up. Where do you see that?! Chris Taylor won the 275 lb. Professional Bench division with a 650 lb. bench followed by Thomas Hickey with a 600 lb. bench, and Sherwin Pagtakhan with a 590 lb. bench earning him third place in a tough division.

Bob Hickey couldn't squeeze into his bench shirt, so he lifted "RAW". Bob benched a cool 650 lbs. with no shirt at as a light 308 pounder. David Barnes rammed up a strong 700 lb. bench as a SHW to ace his Professional division and take home the Best Lifter Award in the Bench Only



Mike Ruggiero took the Pro Superheavyweight class gold medal

IPA National Championships
19-21 NOV 99 - York, PA

Bench Press	181	R. Miller	375	250	400	1025	D. Thompson	675	425	650	1750	B. Duvall	510	370	440	1320				
Men's Junior	181	S. Whitenight	560	340	575	1475	W. Tomko III	685	425	550	1660	198	590	350	520	1460				
Pro	242	B. Collins	525	330	535	1390	G. Simmers	705	365	570	1640	D. Fields	460	350	550	1460				
220	V. Dilzenzo	465	165				M. Burrows	650	410	575	1635	R. Munn	460	350	550	1460				
C. Kalbach	470*	G. Tripode	445	285	410	1140	D. Lunsford	515	315	550	1380	G. Simmers	705*	365	570	1640				
SHW	275	J. Jackson	505	198			M. Peters	460	400	500	1360	J. Pedigo	600	330	560	1490				
P. Nickless	515*	J. Walk	330	G. Benford	650	415	530	1595	J. Rooney	740*	425	500	1765	W. Jones	535	380	505	1420		
Men's Master 40-44	308	220					T. Clausen	725	375	625	1725	S. Hopkins	460	250	480	1190				
Amateur	F. Adler	315	R. Moody	700	400	540	D. McIntosh	725	400	600	1725	242								
198	Pro	242					D. Moore	620	435	600	1655	D. Moore	620	435	600	1655				
M. Cross	390	L. Feltzin	350	E. Ruquet	740	450	610	E. Collaku	630	385	600	1615	J. Dibble	620	445	520	1585			
275		275		D. Bailey	910	430	660	J. Walk	600	385	575	1580	K. Phillips	550	400	550	1500			
J. Jackson	505*	181	SHW				R. Tonini	600	425	540	1565	275								
J. Walk	330	C. Morris	375	J.R. Hunt	935*	600*	700*	C. Warthan	560	405	560	1525	A. Goodman	675	410	650*	1735			
Pro	242	B. Fields	550	Men's Master 45-49			K. Phillips	550	400	550	1500	SHW								
SHW		K. Pighini	465	Amateur			D. Scott	530	345	570	1445	M. French	630	285	620	1535				
J.R. Hunt	600		198				S. Nelson	550	300	500	1350	Pro								
Men's Master 45-49	275						W. Disney	550	275	475	1300	220								
Amateur	C. Taylor	650	J. Sylvia	600	380	540*	J. Bernier	610	310	500	1420	J. Pedigo	600	330	560	1490				
198	T. Hickey	600	242	D. Wilcox	575	400*	Pro					K. Troubleshoot	550	350	540	1440				
K. Parks	325	S. Paghkhan	590	P. Simpson	605	410*	148	M. Olmo	640	390	530	1560	275							
220	K. Harrington	570	275	P. Patton	630*	380	D. Heath	610*	390	505	1505	J. Solomine	800	450	550	1800				
S. Morris	395*	308	B. Hickey	650	500	1560	J. Sefik	705	455	625	1785	308								
242	M. Morgan	550	D. Duesberry	570	325	630*	J. Bernier	610	310	500	1420	B. Mimnaugh	850*	510	725	2085*				
J. Moyer	350	SHW		Pro			S. Cuevas	660	450	550	1660	H. Sargent	740	475	740	1955				
308	B. Morgan	395	D. Barnes	700	220		T. Lavelle	700	435	500	1635	SHW								
F. Adler	315	Men's Police		A.J. Henderson	750	365	605	J. Milazzo	540	320	555	1415	T. Huston	920	550	650	2120			
Men's Master 50-54	308	Amateur		J. Black	765*	325	510	Men's Master 50-54					Men's Teen							
Amateur	B. Morgan	395		275			N. LaVila	850	525	800	2175	Amateur								
181	Men's Submaster			M. Dimiduk	845	430	705*	J. Jimenez	325*	160*	370*	855*	123							
J. Kiser	290			J. Florio	880*	420	570	1980	J. Reitter III	820	550	650	2020	165						
308				Men's Master 50-54			J. Green	820	450	575	1945	R. Marlucci	515*	305	4708	1290*				
L. Schoekopf	320	181		Amateur			E. Clark	780	510	585	1875	181								
Pro	242	B. Duvall	370	L. Minutis	570*	350	500*	1420*	E. Ruquet	740	450	610	1800	M. Furman	420	270	450	1140		
D. Kyser	340	J. Dibble	445	Men's Master 55-59			J. Rooney	740	425	500	1765	N. Tsourounis	6508	355	600*	1605*				
Men's Master 65-69		F. Rosengren	425	Amateur			J. Stafford	820	585	745	2150	Women's Master 45-49								
Amateur	K. Naslund	480	308	M. Blake	605*	470*	S. Paglakhan	780	590	740	2110	Amateur								
242	Women's Master 50-54		Pro	275			T. Brock	825	535	700	2060	123								
D. Joy	335	Amateur		198			J. Bott	860	515	665	2040	D. Picciotti	300*	300						
4th	340*	148	B. McPeak	135*	Men's Master 55-59		D. Bailey	910	430	660	2000	Women's Master 50-54								
Men's Open		Women's Open		Amateur			K. Sellers	700	490	640	1830	Pro								
165				165			J. Sefik	705	455	625	1785	165								
A. Rubin	425	181	H. Dudley	300	45	300	M. Stuchiner	700	450	610	1760	K. Donato	385	385						
Men's Junior	SQ	N. Johnson	225	220			308					Women's Master 55-59								
Amateur	BP	DL	TOTAL	R. Rood	570	365	525	D. Mimnaugh	850	510	725	2085	Amateur							
181				Men's Master 60-64			M. Swalling	800	525	760	2085	181								
H. Scholnick	550*	360*	530*	1440*	D. Lindsley	475*	250	405	1130	M. Morgan	740	550	710	2000	S. Pack	260*	215*	310*	785*	
N. Spinazzola	465	285	450	1200	198		P. Childress	830	510	650	1990	Women's Master 60-64								
198				R. Furman	415*	295	515*	1225*	P. Leonard	775	470	710	1955	Pro						
S. Blanchard	580*	410	575*	1565*	J. Logan	400	265	405	1070	H. Sargent	740	475	740	9155	148					
J. Augenstein	530	350	575	1455	Men's Master 70-74		B. Youngs	820	55	650	1525	J. Burchett	265	135	300	700				
J. Allessandro	480	350	565	1395	165		SHW					Women's Open								
220				D. Giller	350*	290	455*	1095*	M. Ruggiera	900	500	800	2200	Amateur						
W. Tomko III	685	425	550	1660	Men's Open		R. Barlow	860	545	780	2195	114								
242		Amateur		Amateur			T. Hutson	920	550	650	2120	T. Larson	275*	155*	305	735*				
S. Fair	570	350	520	1440	132		S. Brodsky	825	535	675	2035	123								
C. Morris	480*	375	560*	1415*	J. Cooke	400	270	480*	1150*	C. Knowles	8705	455	740	2000	J. Novik	250	155	250	655	
242				165	C. Weiwora	400	285	430	1115	Men's Police					K. Phillips	225	155	345	725	
K. Smith	725	480	560	1765	B. Crowe	585	430	535	1550*	Amateur					165					
275				P. Statzer	650	400	500	1550	J. Alessandro	650*	385	570	1605	Pro						
D. Wilcox	600*	310	630*	1540*	B. Duvall	510	370	440	1320	R. Munn	560	350	550	1460	114					
Men's Master 40-44				F. Rosengren	425	230	430	1085	220	J. Davis	320	200*	400	920*	114					
Amateur	148			198	P. Tessaro	675	415	660	1750	M. Diamond	415	240	425*	1080*	132					
G. Campbell	420*	235*	455*	1110*	J. Alessandro	650	385	570	1605	J. Tackill	380	230	400	1010	S. Mason	265	170	285	720	
165				J. McDowell	625	360	610	1595	A. Goodman	675	410	650	1735	K. Sizemore	475	330	380	1185		
B. Borsa	470*	317*	440	1227*	D. Wagner	575	430	560	1565	K. Lightner	480	450	530	1460	Women's Submaster					
181				R. Romberger	550	430	575	1555	132	J. Mattis	425*	270*	430*	1125*	Amateur					
F. Piermattei	540	330	550	1420	D. Fields	590	350	520	1460	148	J. Gengo	425	305	500*	1230*	132				
R. Rolle	515	265	505	1285	G. Schrader	515	300	500	1315	181	Keister.					S. Mason	265	170	285	720
198				H. Reece Jr.	400	240	440	1080					K. Phillips	225	155*	345*	725			
J. McDowell	625	360	610	1595	220															

Professional Division. Adam Reuben, 165 lb. class, benched a tremendous 425 lbs. earning him the Best Lifter Award in the Amateur Bench Only Division. The Best Lifter Award in the Bench Only Amateur Master Division was Don Joy in the 242 lb. weight class. Don benched an IPA World record 340 lbs. in the Men's Master 65-69 age group. David Kyser earned the honor as Best Lifter in the Bench Only Professional Master Division. David benched 340 lbs. in the 181 lb. class in the 50-54 age group. Congrats to all!

Special thanks are extended to all those friends who made this memorable event possible, for without your help, many memories of a

lifetime would never exist. Your continued support of the IPA ensures its growth. With your help, the Association will continue to flourish due to the love, support and camaraderie that you and all of the lifters bring to the IPA.

Thank you Michelle and Glen Bahn, Damian Corridini, Brian Hall, Justin Gilbert, and Jim Yates. These six folks represent the heart and soul of friendship and loyalty. They are all of equal importance, so much so that I didn't know whose name to write first, so I opted to mention them in alphabetical order. These are the folk who rose with Ellen and I every morning at 5:00 am to ensure that every need was fulfilled.

What would we have done without our silver tongued announcers William Powell and Lysa Borden. Many thanks! Thank you to our fine panel of judges, to our hard working spotters and loaders who kept everyone safe to Todd and Trish Boehm (Marlboro Spine and Rehab, Maryland) for their excellent and voluntary chiropractic services, to Mike Walters for his fine therapeutic and sports massage services, to Louis Simmons and Doug Borden for hauling their Monoliths and specialty bars from Ohio and Alabama. To all of our friends at York Barbell who volunteered their time; President Paul Stormbaugh, Wally Meyers, Dave Fortney, Jan Dellinger and Claudia

Keister.

Thanks from all of us in the IPA goes to Ellen Chaillet who gives and gives and still keeps on giving when no one else can. When the tough quit, Ellen is still going strong. She is the heartbeat and blood of the IPA... and do we know it. Need a number, need a list, need a name, need help ... hey buddy, I'll help - naw, where's Ellen.

Another year gone, 2000 is here, let's band together. If anyone wants to lend a hand and help, please call and leave a message at (717) 246-4141. Let's be the best we can be. Join the IPA!

Yours in strength,
Mark Chaillet.

One of the most essential qualities an athlete has to have, in order to reach an elite level, is courage. An athlete has to be able to face his fears. Now some of you are going to sit up and say, "Biasotto, what do you mean by that?" Well, I'm not talking about an athlete who isn't afraid of anybody or anything. That's not courage; that's stupidity. A courageous individual is not someone who is never afraid. All brave people experience fear. Being afraid is a perfectly appropriate response when one is threatened or confronted by a fearful thing. Leo Rosten says, "Those who do not know fear are not really brave, for courage is the capacity to confront what can be imagined." That's the type of courage I'm talking about -- acting bravely when we don't really feel brave.

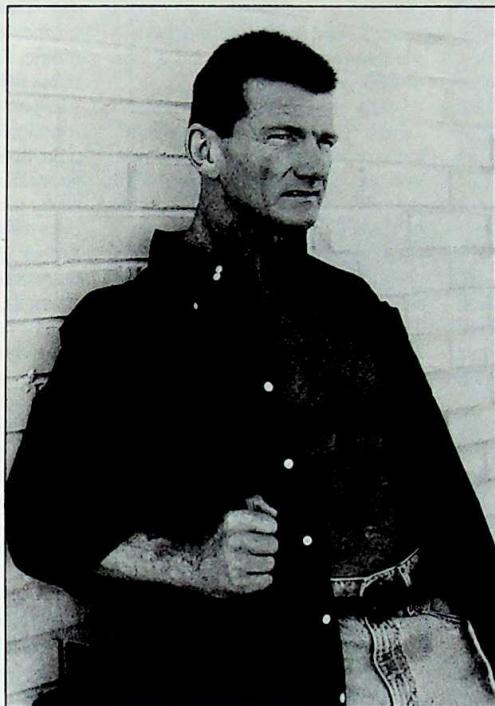
One of my greatest heroes is my Uncle Virgil Biasotto. In all honesty, I've never met a man who is more courageous. I could be biased, but I don't think so. During World War II, he was one of the highest decorated G.I.s in the nation. I can't remember all of the medals that he was awarded, but I do know that he received two Silver Stars and was nominated for the Congressional Medal of Honor. I remember he received one of his Silver Stars for gallantry in action during the engagement at Haginiaw Forest, France. In that particular encounter he held off an entire enemy patrol by himself while his men retreated to safety. He was wounded twice during the exchange.

Actually, he did stuff like that all the time during his military career. He was a real life Rambo type. Believe it or not, he was so famous during the war that a comic book company actually wrote a number of comic books about him. Even with all of that I never really understood how courageous he was until one day I asked him point blank about his war experiences. I asked him if he ever got scared when he was in the war. Do you know what he told me? He said that there were times when he was so scared that he actually cried and there were times when he wanted to run away and hide. He told me that he was frightened every day. He was afraid that he would be seriously wounded or killed. He was afraid that he would never get back home to see

Dr. JUDD

In Pursuit of Success, Pt. 8

COURAGE as told to PL USA by Judd Biasotto Ph.D.



Dr. Judd Biasotto has faced his fears and succeeded

the people he loved, that he would never have the opportunity to marry, to have children, to become all that he could become. He said he wasn't just scared, he was terrified.

I asked him if he was so terrified, how did he do all the brave things he did. "It was extremely difficult," he told me. At first he tried to focus on the purpose of his being there - the love of his country, his family and his friends. Later on he attempted to clear his mind of everything except the task that was at hand. He would totally focus on the moment and what he had to do to survive. Then he told me something fascinating; he said that the more he faced his fears, the easier it got. Believe it or not, he told me that he actually got used to facing death. It got to a point where he wasn't afraid anymore.

What my uncle told me may sound absurd, but believe me, it's not. Aristotle observed, "We become brave by doing brave deeds." Brave men and women as well as cowardly men and women are not born that way; they become that

way through their acts and deeds.

Many times when I think of my uncle I recall the legend of Horatius, where Horatius with only two men at his side kept the Etruscan army from crossing the bridge that led into Rome. Do you remember his words when he took his stand in front of the Etruscans, facing what appeared to be certain death? He said:

"To every man upon this earth, death cometh soon or late and how can man die better than facing fearful odds, for the ashes of his fathers for the temple of his gods."

I love that quote and I love how the story ended. As you may recall, Horatius didn't die, nor did he falter. Even when a Porsena soldier put out his left eye

with a spear, Horatius did not retreat; he fought on. He kept the bridge until the Romans cut it down from the other side. Then, when Horatius was sure that the Etruscans couldn't cross the bridge, he jumped into the river and swam to the other side. When he reached the farther side of the river he was greeted by cheers from his countrymen. Do you remember what happened then? The Etruscans began to cheer Horatius, for they had never seen a man so brave. Wasn't that great? Horatius had kept the Etruscans out of Rome, but he had done a heroic deed, which they could not help but praise. Like I said, I love that story because it's a prime example of what courage and will power can accomplish.

As inspiring as my uncle and Horatius have been to me, there is one individual who has had an even greater impact on my psyche. He was a five year old boy named Timothy. It's been said that there is nothing more influential, more determinant in a man's life than the power of quiet example. By looking

at how other people handle adversity you can gain inspiration and courage to deal with your own fears. I know that has been true for me. Throughout my life, I've had some inspiring teachers, but none of them have inspired me more than Timothy. Amazingly, I've never met Timothy in person. My only contact with him was through an article by Dan Millman. His story is magnificent, one that encompasses intense human courage and love. Let me tell it to you. It's magical.

A number of years ago, Timothy's sister, Liza, was diagnosed as having a rare and serious blood disorder. Her only chance of recovery appeared to be a blood transfusion from Timothy, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to Timothy and asked him if he would be willing to give his blood to his sister. After Timothy thought about it for a while, he said that he would do it if it would save Liza.

When the transfusion started, Timothy lay in a bed next to his sister with a big smile on his face. As the transfusion progressed, the color started returning to Liza's face. It was as if life was literally being pumped back into Liza. Then all of a sudden, Timothy's face grew pale and a small tear rolled gently from the corner of his eye. The doctor, noticing that Timothy was under some kind of stress, asked him if he was all right. Timothy looked up at the doctor and in a trembling voice said, "Will I start to die right away?" Being young, Timothy thought that by giving his blood to his sister he would die. In other words, Timothy was willing to give his own life to save the life of his sister. Now, that's courage. Isn't that an incredible story? Every time I think about it I get a chill all over my body.

Of course, to be a great athlete you don't have to face death day after day or take on an Etruscan army - isn't that great news - but you have to face your fears. You have to have the courage to be all that you can be. The courage to create your own destiny.

If you look at the really successful people in life, they are people who are willing to face their fears, willing to risk, willing to live on the edge now and then. These are the people to whom the world belongs. Herbert Otto says, "Change and growth take place only when a person has risked himself and dares to become involved with experimenting with his own life." If you don't have the courage to face your fears, to experiment with your life, you'll never reach your ultimate capacity.

I was proud to write the article "Three of a Kind", which reported that Westside had three 600-pound benchers. Only a few years later we have eight 600-pound benchers, six of which bench 650 or more, with four others ready to join the club.

How did three become eight? It's evolution of training methods. We are constantly searching for better ways. In the early 1990s, we had seven men who could bench 500, including Matt Dimel's 575. Jesse Kellum suggested that we do floor presses, board presses, and rack lock-outs. This enabled three of our lifters, all Juniors, to increase to 600.

Let's look at the training of Jimmy Ritchie, who recently benched 650. Years ago, Jimmy had benched 500, after about 2 years of training. But, with the lure of fast bikes and women, he left the gym for 6 years. When he left we were training our bench on speed day at 72%. I had just made 530 while training with 365 for 8 sets of 3 reps. When Jimmy returned, we had him use 50% of a contest bench or 60% of a shirtless bench max. Within a year, Jimmy benched 600, and that was in a full meet, where he became our 46th Elite lifter. He recently benched 650, as did Rob Fusner. How did they do it?

TRAINING

MORE BIG BENCHES

as told to Powerlifting USA by Louie Simmons

Let's start with the dynamic (speed) day. The weight at chest level is 300 pounds (46%), consisting of 255 pounds on the bar and 45 pounds of tension from Flex bands. The bands contribute an extra 110 pounds at the top to equal 365 (56%). This weight is used for several weeks leading up to a contest. Seven weeks outside a meet, Jimmy adds a second band to the bar. It supplies extra tension only for the last 8 inches at the top. The total weight at the chest must remain 50% of a shirt-assisted bench press.

Jimmy will lower the bar very fast, almost dropping it, and he catches it 1-3 inches off his chest. This is ballistic bench pressing. He will press it up as fast as possible, keeping the motionless period as short as possible. The time to com-

plete 3 reps is roughly 3 seconds, the same amount of time as his max of 650 pounds.

The second band is used for 5 weeks. Then a 2-week download period must occur: this develops more bar speed. Here, 295 pounds is on the bar with 40 pounds of chains, instead of bands.

He will add a small amount of weight to the bar for some of the sets, 20*-30 pounds at the most. This addition of weight is done for 10% of all sets throughout the cycle. This is to check bar speed. If a small jump causes you to slow down, use less weight.

After benching, Jimmy hits the triceps. Some of his favorite exercises are the following. Two-arm dumbbell extensions can be done on the floor or on a decline, incline, or flat bench. When done on the

floor, the muscle tension can be released by resting the dumbbells on the floor; this really helps starting strength. Do 8*-12 reps. J.M. presses are done for a max triple. Straight bar extensions can be done for a 5-rep max. Five-board presses can be done for a 3- or 5-rep max with 150 pounds of tension added to the bar. Jimmy also does a lot of lat work and finally delt raises and hammer curls.

Let's look back at the dynamic day. The ballistic benching is a supermaximal method and is not plyometric. Do not pause. The stretch reflex will last up to 2 seconds. The triceps are the most important muscle; do extensions. The lats are next in importance. They are responsible for placing the bar correctly on the chest. Overdeveloped pecs take over the role of stabilizing the bar, thus resulting in more muscle tears. There is a need for some pec strength, but the lats and triceps must be the strongest. If your elbows turn out when you bench, placing most of the stress on the pecs, your lats are being removed from the lift and a minimax, or sticking point, occurs. This is where you miss the lift or a pec injury occurs. Also work the delts, with raises to the front, side, and rear, and do hammer curls for the forearms.

LOUIE SIMMONS PRESENTS

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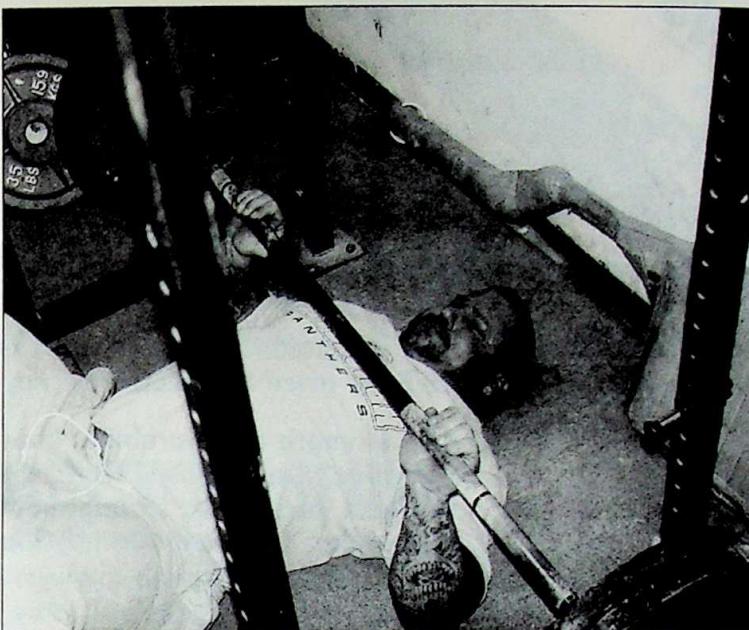
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On speed day, use chains for the most part. When the bar is on the chest, all the chain should be on the floor. At lockout, half the chain is off the floor. Do 8-10 triples with your hands inside the power rings on all sets, including touching the smooth part of the bar. Do 20 lifts out of 200 with slightly heavier weight to test the bar speed. Occasionally use bands instead of the chains; bands cannot be used year-round because they are so hard on your body.

Three days later is the max effort day. Max effort means maxing out (but not in the regular bench press) with 1-3 reps in various exercises. One of Jimmy's favorite exercises is the floor press with 200 pounds of chain over the bar. He also does regular benches with a set weight of 335 or 365; he will do singles with one chain, then two, and so forth, until he misses. Jimmy will board press with two, three, or four boards with regular weight or with different amounts of band resistance, ranging from 100 to 300 pounds. Dumbbell presses on the stability ball are also done, for 3 sets to failure with heavy weights, 125-175 pounds. Incline, decline, and



Jimmy does floor presses, one of his favorite exercises. (photo by D. Black)

seated press are other core exercises Jimmy rotates. Each week he rotates to a new exercise that suits his purposes. Everyone in the gym may use a different core lift as meet time approaches.

After the core lift, it's straight to triceps, lats, delts, and hammer curls. The amount of triceps work (vol-

ume and intensity) that you will be able to do on this day is always less because of the nature of maxing out: it's very hard on the triceps.

We now have 25 men benching 550 or more who have used this method. Think about this: Jimmy made a 500 bench 7 years ago doing 8 sets of 3 reps with 365. He

now benches 650 using 300 pounds for 8 sets of 3 reps. The two keys are this: be explosive on dynamic day and max out on max effort day, which should be three days later. The ones who fail train too heavy or slow on speed day and not heavy enough on max effort day.

Jimmy goes straight to the meet off of this training. He does not work heavier as the meet approaches. This would be a mistake. You will be maxing out each week on this program. There is a process known as time under tension, which means that if you push or pull or squat concentrically and eccentrically in the same amount of time it takes to do the classical lift, you have accomplished the same thing as the actual lifts, but by using a core exercise such as floor press, rack press, and benching with bands or chains.

I must congratulate Bob Hickey and Dave Barns, members of the same club, for both making a 700 pound bench press. It was my dream for Westside to do it first, but a dream is sometimes just a dream.

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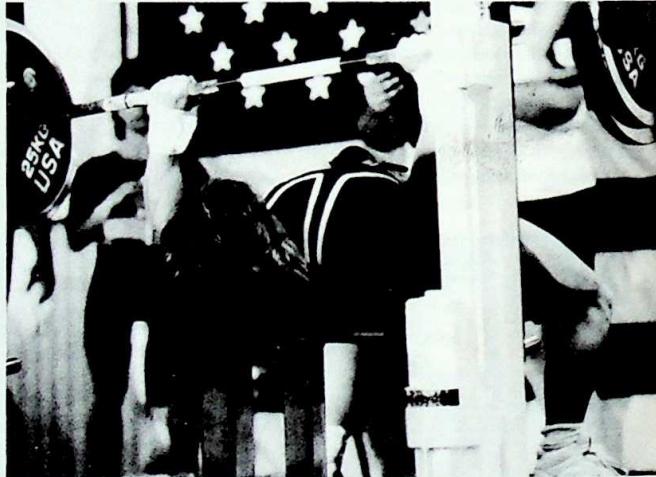
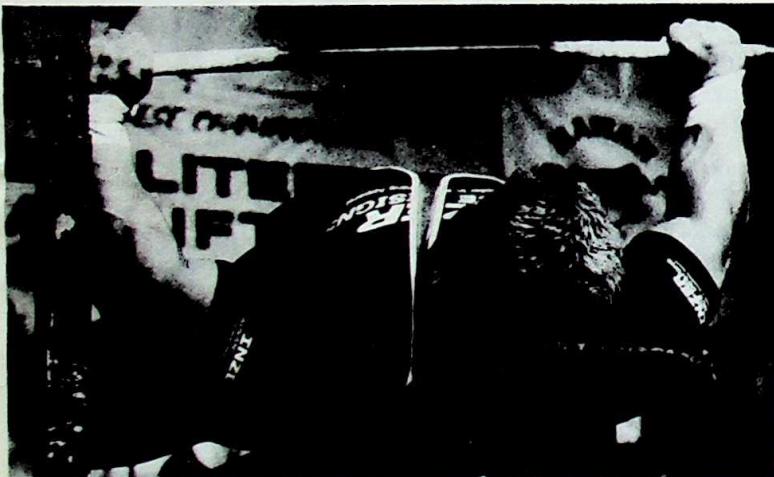
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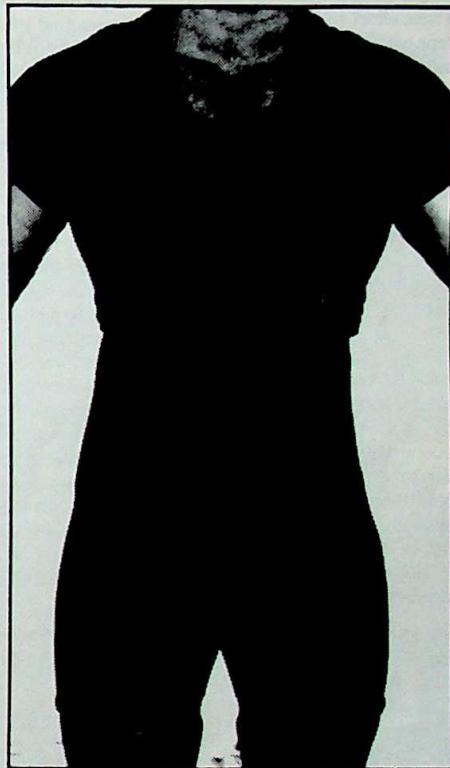
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Two of my favorite training methods to add a super high level of intensity to workouts are drop or descending sets and the rest pause method. First, drop sets involve doing a set of an exercise with a weight to failure, then quickly decreasing the weight and resuming the set. This can involve dropping the weight multiple times and doing more drop sets as desired or as capable. This enables the lifter to continue the set past failure, boosting intensity to higher and higher levels. Next, rest pause revolves around performing a very heavy, usually low rep set, then taking a very short break resuming the sets. The premise of rest pause is most of the strength and size improvement comes from the last rep of two from a max effort set. By making all of the reps of your set the equivalent of the last one or two reps, a lifter can again boost intensity. Because the time between each rest pause set is so short, (say under 30 seconds) the whole combination of interim sets is considered by the body as one set. Intensity is definitely a key to best results. The drop/pause method combines the best of each of these two methods.

Let's describe a drop/pause set of machine overhead presses as an example. After the lifter has warmed-up, he takes his top set with 200 pounds which can be done for 3 reps max. Upon reaching failure, the lifter sets the stack 20% lower to 160 pounds and resumes the set. This decrease in weight allows the lifter to get 3 more reps after failure with the original 200 for 3. The lifter then can reduce the weight another 20% or so to 120 and get still more reps. The time between these sets during a drop/

STARTIN' OUT

A special section dedicated to the beginning lifter

DROP / PAUSE SETS

as told to Powerlifting USA by DOUG DANIELS

pause set should be only the time required to change the weight. The lifter could still proceed with further weight reductions if desired or do an additional set, but I think you get the idea. After a set like this, you may not want to do another or may be unable to due to extreme muscle fatigue. Of course if you do a second drop/pause set, lower the starting weight by 30% due to muscle fatigue from the first set.

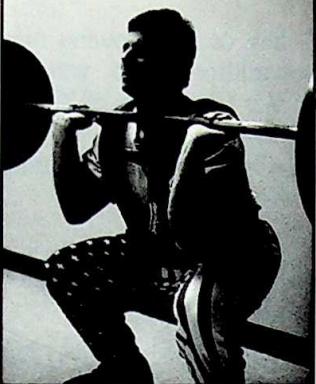
Machines with selectorized weight stacks allow the most efficient use of drop/pause sets because the weight used can be quickly adjusted. Many machines also do not require the aid of a spotter. If you use dumbbells, set them up in front of you so they can be accessed readily when you drop weight each set. If you use a barbell or a non-selectorized machine, I would suggest pre-loading the bar so that the weight used can be stripped down by removing plates off each end. For example, if you're starting with 300 pounds and

will go 260, 220, and finish with 200, load the bar so that 20 pounds can be taken off quickly from each side per drop. You will need alert spotters who have to keep in mind that you may fail on any rep at any time during your drop/pause set. They must also keep the bar loaded so the weights stay in place and don't slide around or fall off. Drop/pause sets are best suited for assistance type work and not the 3 powerlifts. It is simply not practical or safe to try this with the squat or deadlift, but with planning and good spotter/loaders, you could bench using this method.

Overtraining is definitely a possibility when using such a high intensity training method. I suggest using drop/pause sets for no more than 4-6 weeks, once a week, and then go back to your more normal training method. Start the first week by doing only one drop/pause set progression to get used to the feel and complexity of doing them. Going too hard too fast may result in an injury. The 20% weight reduction I gave you is only an example. You may want to use a higher percentage reduction to insure you get more reps on subsequent sets or visa-versa if you desire to keep the reps lower. Experimentation and personal preference will be your guide here. Another advantage of reducing weight is that it will allow using better exercise form as you tire. Form can definitely suffer as the sets go on. Not only will you reduce the chance of injury due to poor form, but also you will exercise the targeted muscle groups more efficiently.

The reps you try to get on each drop/pause set is up to you. You may wish to start with a weight that allows you to get more than 2-3 reps. The drop/pause method will work with any variety of rep schemes and they may

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even be varied after each weight drop. This can easily be accomplished by varying the percentage of weight dropped after each interim set. The key is have a plan for each workout and have your weight drops and spotters/loaders set up in advance.

The use of the drop/pause method is best suited for the off-season or up until the last 4 weeks prior a meet. Two drop/pause sets are all that's needed or desirable. If you have energy or desire to do more, you took it easy on the previous sets. This may also be a good way to break into them. If you see your strength level start to drop off, you have probably over trained. As I wrote earlier, limit your use of them to 4-6 weeks and only once weekly per exercise. Remember to warm-up properly and have all your weight drops figured out ahead of time. Take only enough time to regain your breath make the weight change. If you are using free weights, have alert spotters on hand, which are on the same page as you are. Drop/pause sets can be challenging and even fun. There are not too many instances where dropping the weight you use or pausing to rest can actually mean better results.

Doug's Web address:
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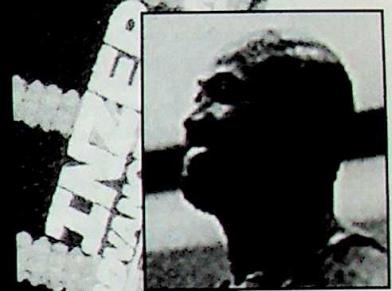
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In many columns I have humorously and seriously lauded the benefits and niceties of ice cream. In the number of "Powerlifting Myths" articles I have written through the past two plus decades, ice cream is one of the things that is mentioned most frequently. I have been asked to set the record straight and it will be my pleasure to do so.

First things first: I am fairly careful about my diet and, yes, I eat ice cream. This is the one question that I have been asked at major meets, at the Iron Island Gym, via the internet, and in letters addressed through PL USA. And why not? Here's a reminder about weight control and one's body fat percentage; if you ingest more calories than you burn in any period of time, you will gain bodyweight. If you ingest fewer calories than you burn, you will lose bodyweight. Unless you've come up with a fad diet book designed to sell millions while ignoring the basic laws of thermodynamics, this is a scientific, irrefutable fact that no one in powerlifting can ignore. I am amused, still, by those who claim, "I don't eat anything" and yet walk around forty pounds overweight or who overshoot their bodyweight classification by six pounds going into each contest. Well, you don't gain weight/fat on air and water. The calories come from some place! No food in and of itself is 'fattening'. Some certainly

More From Ken Leistner

are more "calorie dense" than others, containing a lot of calories relative to their bulk, serving size, or usual way in which the foodstuff is eaten. Peanut butter and dried fruits come to mind. This is not to say that any of these calorie dense foods are not nutritious, and the ones aforementioned certainly have a lot of offer. However, for those watching their bodyweight and body fat, they may not be good choices. Still, any calorie dense food, and any food that is not so high in overall nutritional value, can be included in one's dietary plan, if they also make sure that they cut back on something else to allow room for those high calorie or calorie dense foods. Thus, one has to figure out how many calories, an approximate amount in all cases, one needs to maintain their existing bodyweight, and then eat less if they wish to lose weight.

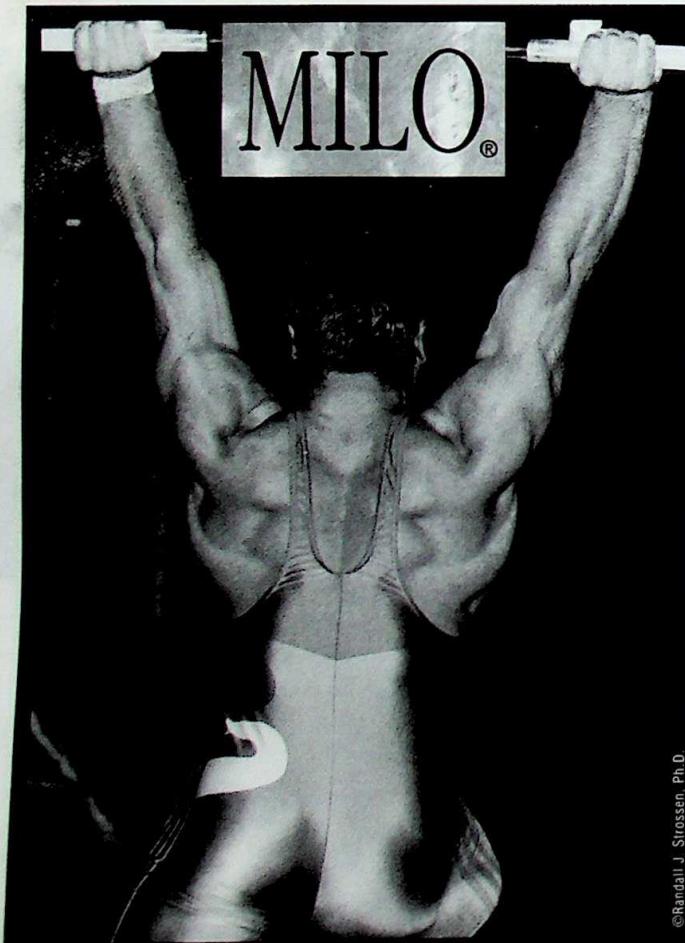
There have been studies that indicate that it is more efficient to eat smaller, more frequent meals

throughout the day relative to one large meal. Consuming the same number of calories in a time period, but doing so in one large sitting, produced a slight increase in fat gain relative to the groups who ate the same quantity of foods and calories, but did so in smaller, more frequent feedings. Most readers of PL USA are aware of this and understand that the body may perceive the 'large feeding only' as a starvation situation and that it responds accordingly. Thus, one can eat whatever foods they feel constitutes a "good" diet and do so via small, frequent feedings for best assimilation.

One's intake should attempt to provide all of the necessary macro and micronutrients that are needed to maintain good health. Eating a variety of foods, from all of the various food groups, just as we were all instructed to in school, goes a long way in providing all of the vitamins, minerals, protein, fats,

and carbohydrates that are needed. Most lifters consume many types of vitamin and mineral containing supplements and sat plenty of calories so usually, they do get all of the micronutrients necessary for function. However, if and when they deviate and remain on a limited diet, trouble can ensue. Lifters are notorious for eating 'protein only', or 'almost exclusively carbs', or in some cases, 'just protein and fat' for extended periods. None of these "diets", including "all protein" which induces rapid fluid loss (with a commensurate strength loss to accompany it) is as effective in the long run, in order to induce weight or fat loss, as a calorie controlled dietary intake. Don't take my word for it, just read any legitimate papers and research done in the area of nutrition NOT written by someone trying to sell supplements.

All that being said, what about ice cream? In the May 1985 issue of *The Steel Tip* newsletter, I noted a number of things about ice cream. Now, before actually reading the article, the late Peary Rader, founder and editor of the original *Iron Man Magazine* wrote to me to congratulate me on 'speaking out against the dangers of ice cream'. Of course, that's not what I wrote about but Peary's perspective was laudable. He came from the old fashioned value system of strength training, one that I support to this day, one hundred percent: one lifts weights



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and eats in order to enhance muscular strength and size AND HEALTH. The latter, of course, is long gone in today's culture and in today's lifting culture. Health is almost never a consideration with anyone who lifts weights. For most, it's not even a passing thought. What is a thought is 'will the girls like me if I develop a six pack?', 'Will I be cool or what if I can bench 400?' and similar inane musings. Peary was from the school that ice cream, containing some fat and white sugar, did not have a place in the diet of the weight trained athlete. While I disagreed with that stance, certainly, health is and should always be a consideration for diet and training decisions. As I noted in 1985, ice cream; having complete milk protein containing all the amino acids, is a good source of protein; as an energy source, is very assimilable and easy for children and other picky eaters to accept; has homogenized fat that is not difficult for most to digest; is calorie dense and, thus,

excellent for those seeking to gain weight; it is psychologically satisfying; it is high in carbohydrates from a number of sugar sources; it is a good source of minerals and lactose (milk sugar) which enhances the assimilation of calcium; it contains a variety of vitamins. The high fat and cholesterol content may make it an unsuitable food for some, but in small amounts, ice cream can make any dietary regime enjoyable and if the calories are budgeted properly, one can eat ice cream without 'going over' their daily or weekly caloric allotment. For those who are very conscious of their food intake from different food groups, ice cream can count against the dairy/calcium bearing group.

In my opinion, eating ice cream is like eating meat; you can eat it but perhaps not every day and it should be of good quality. There is nothing more ridiculous than squandering your "meat allotment" at a fast food restaurant when you could be at home eating the best steak or lean chopped meat that your budget will allow. It is the same with ice cream. If you choose to eat it in limited amounts or a certain number of times per week, don't consume a chemical laden, ice cream novelty that doesn't allow you to savor all of the rich, creamy taste that brings you to ice cream to begin with! Get a quality brand and enjoy it as long as you're eating it anyway. I have referred to what I consider to be the best ice cream in the United States in this column on a number of occasions. The Graeter family in Cincinnati (who gives me nothing, absolutely nothing, unfortunately, for always mentioning them) makes the best tasting ice cream with a texture that is perfect for me. Some of the fellows that read my column last time that mentioned them have made it a post workout ritual twice a week, to head over to Graeter's and have a shake. This is reminiscent of John Kuc, Jim Williams, and the rest of their crew, going out for pints and quarts of ice cream following their Saturday workouts in the 1970s. The "losee", that is, the one who did not make their squats or deadlifts for that day, bought for everyone else. This really motivated them in their training and, of course, made for an enjoyable "decompression period" right after the workout. I often put Graeter's out in front of me as a reward. "If I make fifteen reps instead of the twelve that almost killed me last workout with this weight, I treat myself to a pint of Black Raspberry Chip. If I don't, then I suffer without it". Hey, this works well for me when intrinsic motivation leaves me a little bit short of my expected performance.

Different parts of the country have their own local dairies and brands, and some schools like Purdue and Penn State make their own great ice creams. Some people like the major commercial brands, which, of course, don't compare to the 'made close by' local brands like Graeters. Many a workout was taken when I lived in Cincinnati, with a trip to the Clifton store (332 Ludlow Ave.) in mind. Most of my long time readers know that I often avoid lecturing or giving seminars around the country because I don't like to leave the confines of my house or lose time with my family after a week of work, but when the opportunity for travel to Cincinnati arises, I never refuse. In part, this is influenced by my love of Graeter's ice cream which cannot be purchased (except via mail order, 1-800-721-3323) out of the immediate Cincinnati area. Be it Graeter's or your own favorite brand, ice cream can be a psychologically satisfying and physically acceptable part of every lifter's diet.

(For those on the internet, Graeter's web site is www.graeters.com or call them for further location information).



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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 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 have read your book "AMINO ACIDS AND PROTEINS FOR THE ATHLETE". I have been re-reading it recently, as I adjust my protein intake. In it, you write "Glutamine, a neutral amino acid, is the most abundant amino acid in human muscle and plasma..." Later you write, "Unlike glutamine, taurine is not incorporated into muscle proteins... Taurine is the second most abundant free amino acid in muscle..." I am particularly interested in this priority of amino acids. But, I am a bit confused about the difference between structural proteins, those that - for example - make up the walls and organelles of the muscle cells, and those that are suspended in plasma intra-muscularly. I have no idea of the amino acid profile of either, beyond what I have learned in your book. To simply things for me, if one were to do an amino acid assay of live human muscle, what would the percentages be of the 22 amino acids? The milligrams of each per gram of muscle tissue? Thank You, **Peter J.**

DEAR PETER: I'm glad you found my book useful. As far as your confusion about the amino acid makeup of structural as against cytoplasmic protein, and for that matter, the various proteins inside and outside the nucleus and nucleoli, all I can say is that we don't have all the pieces of the puzzle. In fact, you'd be hard pressed to find any valid information on the exact amino acid makeup of any of the cellular components. The problem is that the AA content varies so much between parts of the cell and between fiber types. So, depending on the state of the muscle and the organism you would get different results. Also, it's technically hard to separate out and measure the various amino acids in a tissue sample. For example, hydrolysis often decreases levels of the sulfur containing amino acids.

The amino acid requirements are based on several parameters including the composition of the organic protein sources, including red meat, as well as the appearance of deficiencies when certain combinations of amino acids are used clinically. They are not based on the amino acid makeup of muscle since so many other proteins (enzymes, hormones, etc.) have to be taken into consideration.

In summary, we can state that one amino acid is most

PUBLICATIONS BY MAURO G. DIPASQUALE, B.Sc., M.D., M.R.C.P. 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.

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abundant and that certain amino acids are or are not used to synthesize protein, but we can't say because we don't have the data, exactly what the amino acid composition is of the various muscle fibers and perhaps of whole muscle under various conditions. If I come across this information in the near future, I'll send it your way. I hope that this information helps, **Mauro Di Pasquale M.D.**

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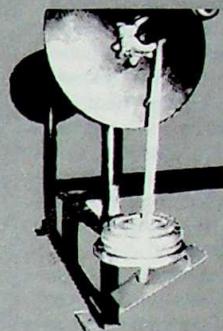
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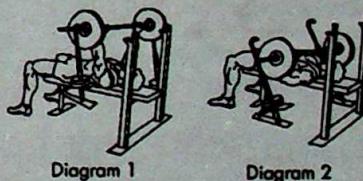


Diagram 1



Diagram 2

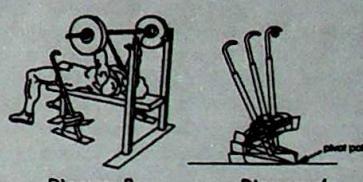


Diagram 3

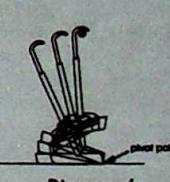


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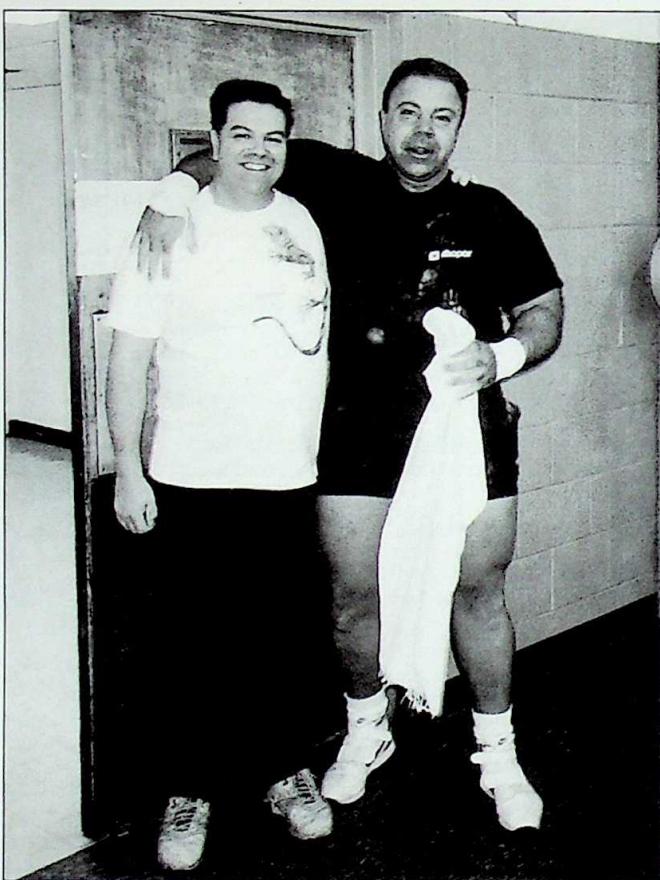
Has anyone - besides of our gallant handicapped athletes and the amazing Special Olympians - overcome more adversity in pursuit of powerlifting success than Bostonian, Mark Pasillo? Had Hollywood concocted a movie using Pasillo's life as a story line we powerlifters would have dismissed it as preposterous and unbelievable and yet Mark's tale is harrowing and dramatic and very real and his eventual triumph an inspiration. His journey has been long and hard, an exercise in patience and perseverance: his powerlifting odyssey took a full twenty years to reach fruition. Often, when confronted by obstacles strewn in life's path, we go around them, or avoid them altogether. Reading about someone who has turned life's insurmountable obstacles into stepping stones inspires us to persevere a little longer and try a little harder when confronting the pebbles we perceive as boulders strewn in our own path.

As a teenager Mark Pasillo was a star high school football player with a bright athletic future. In 1979 halfway through the football season the then 18 year old 210 pound lineman began to experience shortness of breath. His respiration difficulties increased daily and an ominous and weird protrusion appeared on the side of his neck. "I couldn't catch my wind between plays. It was as if a heavy rock had been placed on my chest. It got progressively worse until finally my parents took me to a specialist." The doctor became increasing concerned as he examined Mark. "The Doctor was real interested in the lump on my neck." Mark recalled. Test results diagnosed the youngster with Hodgkin's disease, a cancer that attacks the lymph nodes. "It was life-threatening. It was serious business. It was a bolt from the blue." Pasillo recalled. The world around him collapsed and Mark metamorphosed from star athlete to a confused kid on the critical list. He became real sick, real quick. "Death was a distinct possibility." He said with a cool detachment that comes with deep reflection and a lot of intervening years.

The treatment was as bad as the malady and things went from bad to worse. For an evil finale' (within six weeks of his initial diagnosis) Mark Pasillo had his spleen - swollen and cancerous - surgically removed in a four-hour operation. "If only that had been the end of it," Pasillo said, "but in addition to removing my spleen, I had to undergo chemotherapy and radiation treatments, both designed to knock out the remaining cancer." It was not feasible to cut out all of the cancer that had infected the glandular system of

Mark Pasillo Defies the Odds to Squat 1000 lbs.

as told to PowerliftingUSA by Marty Gallagher



A Successful Mark Pasillo and Coach Joe Onorati. (courtesy Mark)

tis upper body. Chemotherapy poisoned the cancer internally and radiation fried the cancerous cells externally. Some cure. The chemo made Pasillo violently ill and the concentrated radiation (equivalent to the fallout from a nuclear explosion confined to a four square-inch area of his body) destroyed muscle tissue. "The cure was nasty," Pasillo relates matter-of-factly. "I wouldn't wish that experience on my worst enemy. Twice a month for a year I underwent chemo and radiation treatments and to top it all off my hair fell out." The Radiologists bombarded his upper body with massive, concentrated doses of radiation and while it succeeded in killing the cancer the treatment (irreparably) fried a lot of muscle in the process. Luckily his hair eventually grew back.

Mark survived the cancer but his body had been ravaged, poisoned and radiated until he was barely alive. Most men would have thrown in the towel and from that day forward avoided any and all physical pursuits as participation of any

type in any sport seemed impossible, given that the cells of key muscle groups had been slaughtered in a shower of radioactive rays. Who could blame an afflicted person from refraining from strenuous physical activity? *What chance would any athlete have at competing evenly with a third of his muscle cells stunted? Certain people, however, have an unusual psychological makeup and take adversity in stride. These folks forge ahead without a second thought. Mark Pasillo possesses this rare characteristic: an indomitable spirit. He was an athlete in his heart and soul and could no more quit competing than he could quit breathing. Pasillo (and his psychological soul mates) needed athletic participation of some type or another regardless of the circumstance.

He embraced the therapy process with arms wide open. "It seemed natural for me to use weight training as a means by which to recover as much physical function as possible." There you go, clean and concise. No time for moaning, groaning or

whining about the unfairness of it all. Mark Pasillo was too busy pumping iron to reflect on fate or fairness. He bottomed-out at an emaciated 165 pounds bodyweight before he was given the go-ahead from his doctors to commence the therapeutic process. He began his recovery using teeny-tiny dumbbells but his strength moved steady upward right from day one. Through conscientious eating, resting and powerlifting, he gained strength and traction in his recuperative battle. His rate of recovery burned rubber all over the parking lot and Mark Pasillo seemed as if he'd been shot from a cannon. Medical people, family and friends rubbed their eyes in disbelief.

Mark was smart enough to know that despite all the happy-talk about how great he was doing he would never recover full capacity in his chest, shoulders and upper back. But to Pasillo's way of thinking his glass was half-full, not half-empty. He mulled it over and came to a careful decision: he would become a squat specialist. This idea excited and motivated him. "Hey, there was nothing wrong with my legs!" This became his motto and mantra as he wisely decided to play to his strengths and began to squat like a madman. About this same time Mark fell in with Boston powerlifting guru Joe Onorati, proprietor of the famous Olympia Gym in Woburn, Massachusetts. Onorati is a retro-man throwback, a gruff expert in powerlifting tactics and strategies; a man that made his bones back in the stone-age era. Onorati has worked with serious lifters for thirty years, including power immortal Ernie Hackett. 'The Hack' ruled the world at 275 pounds with balanced lifting and an ability to come through under pressure. Hack battled Kidney, Henderson, Gamble, Moran, Furnas, McCormick and Wohleber back in the age of Immortal Giants. Onorati had men like Hack training at his facility and Joe ran a hardcore, no-frill, anti-spa. No chrome, no glitz and no confusion over methods.

Mark remembers why he gravitated towards Joe Onorati and his approach. "I wandered into Joe's joint one day and Joe was working with the thickest most muscular guy I'd ever seen - Ernie Hackett. Hack was deadlifting 800 or thereabouts, and his look and strength clarified in my mind what I wanted physically for myself. I now had a physical role model to pattern myself after." Mark asked Joe to train him. "I sought Joe out and he graciously gave me expert advice and guidance right from day one. He always told me 'I could' at a critical time in my life when I needed a lot of positive

reinforcement." Mark described the structure of their relationship: "I would ask Joe to devise me a routine, a tough one, and I would tee it up and then follow it exactly. Pretty soon Joe, who was watching me out of the corner of his eye, saw that I was serious and he began to personally oversee my training sessions. That's when my progress really took off."

Mark would run a routine to successful conclusion then Joe would whip up another, each successive one a little harder, more involved and taxing than the previous one. Though neither man knew it, they were commencing a twenty-year journey that would segue from power partnership into a lifelong friendship.

"I owe Joe Onorati more than words can express," Mark said.

Pasillo pounded the iron week after week, month after month, year after year, forcing his body to grow and respond. He was unwilling to give up, settle-in, or buy into the notion that his bout with cancer would permanently prevent him from achieving his squat goals. "From the beginning my determination to push forward was never in doubt at least not in my own mind." Over the years he grew larger and concurrently stronger until he eventually developed a Hack-like phy-

sique. At six-foot even, Pasillo built himself up to 305 pounds of rock-hard beef-on-the-hoof. His arms, forearms, thighs, hamstrings and calves are shapely and gargantuan. He possesses amazing bodyparts with size, shape and functional power visible and apparent. Powerlifters with decades of training under their belt develop a thickness and fullness of muscle development that leaves serious bodybuilders green with envy. Pasillo's massiveness bears mute testament to the effectiveness of pure powerlifting. His leg and hip structure leave no doubt that this guy has the physical equipment to squat a grand. Mark actualized his goal on October 30th, 1999 when he made a 1002 squat officially and with one mighty effort turned youthful fantasy into adult reality.

He had battled a 1000 on many occasions over the last few years. "I had handled 1000 in training a bunch of times. In competition I tried and missed 1000+ three times at three different contests before I finally made the weight on my 4th official try." The circumstances at the Troy, New Hampshire contest were less than optimal but Pasillo was not to be denied. "I opened with a very easy 850 and then missed 950 on my second attempt when it got out of position and

rolled me forward." Despite the failed 950, Mark and Joe opted to ignore it and go straight for 1000. "On my third attempt with 1002, I maintained my upright torso position and made the weight after a long, hard push. It was tough and slow but I finally locked the bar out." He received white lights and was understandably elated. After all, this was the culmination of a twenty-year quest.

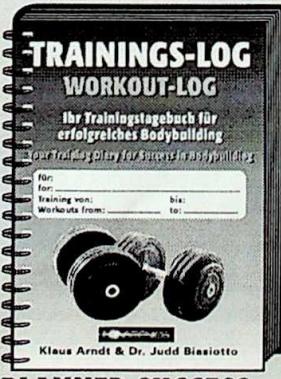
Coach Onorati seemed relieved as much as elated, "The 1002 was maybe the toughest, hardest fought squat I have ever seen. Mark was strong but his technique was off a bit. The second attempt squat with 950 got forward on him and rolled him. We talked after the missed 950 and he said the strength was there and he attributed the miss to a technical glitch. We decided, what the hell, why not go for the big squat on the last attempt - and so they did. "Mark walked the weight out and set it up, no problem whatsoever. The descent looked real heavy and when he started up I thought the bar was gonna stall on two or three different occasions. But Mark pushed it through even though it seemed like it took forever!" Joe said, "Mark is a very determined and ferocious individual." Onorati recalled the amount of work Pasillo put in to achieve his goal. "Mark has

attacked every routine I have ever laid out for him and is tremendously centered and focused in his training. He is a consistent trainer who always hits the scheduled numbers and never babies himself. He is an amazing individual both in and out of the gym."

Over the years Mark Pasillo built a life and career outside the gym in property management. He attacked his occupation with the same patient ferocity that he displayed in his powerlifting. Today he is a highly successful businessman owning a property management firm that oversees 1200 apartments, condominiums and single family rental properties. Iron-willed determination, it seems, has business as well as athletic applications. As for the future, both Mark and Joe are non-committal, Mark said, "I might look for a contest this summer, but it's really too early to tell. I will get into the gym after the holidays and start to get serious. We'll see how my body responds."

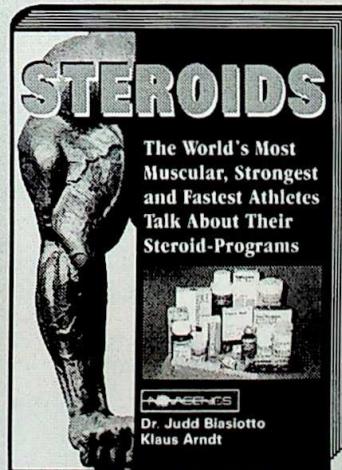
Here's hoping that Mark Pasillo finds some new goals to motivate him. He has journeyed light-years from those long ago days as a sickly 18 year old with Hodgkin's Disease way back in 1979 and he serves as an inspiration to powerlifters looking to overcome adversity everywhere.

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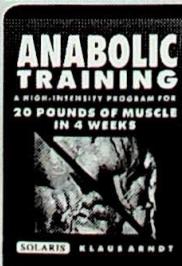
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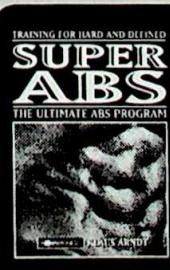


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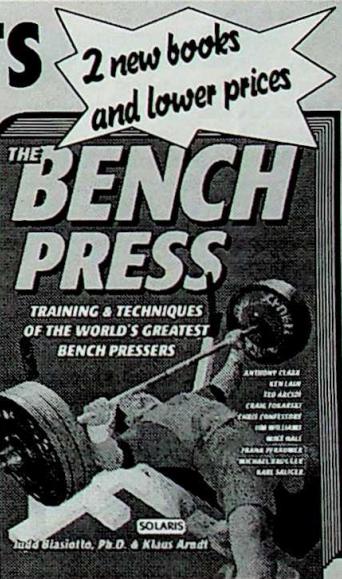
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WORKOUT of the Month

The following is a 16 week program for the intermediate lifter. It is based on a 500 lb. squat in your last competition. The goal of this program is to squat 530 to 540 at the end of the 16 weeks. An improvement of 30 to 40 lbs. would be the maximum you would expect. A 20 lb. improvement would be considered good.

When Mike asked me to do this article he wanted me to include my drug free lifting experiences. I have found drug free lifting to be a completely different ball game. When I trained with drugs I could plan my training well in advance and pretty much follow that plan. Without drugs the daily and weekly fluctuations in strength are much greater, and it is difficult to follow an exact plan. Drug free you must be able to adjust your workouts to compensate for these fluctuations. When your strength level is up you should go heavy, and when it is down you will have to back off.

Let's get back to planning our squat workout for the next 15 weeks. Since I am not taking drugs into consideration, you must be able to adjust when necessary.

The bench or box squat will be the key exercise for the first 8 weeks. The bench or box squat is a favorite exercise of some of the all-time great squatters. I used this exercise early in my career and had great success with it.

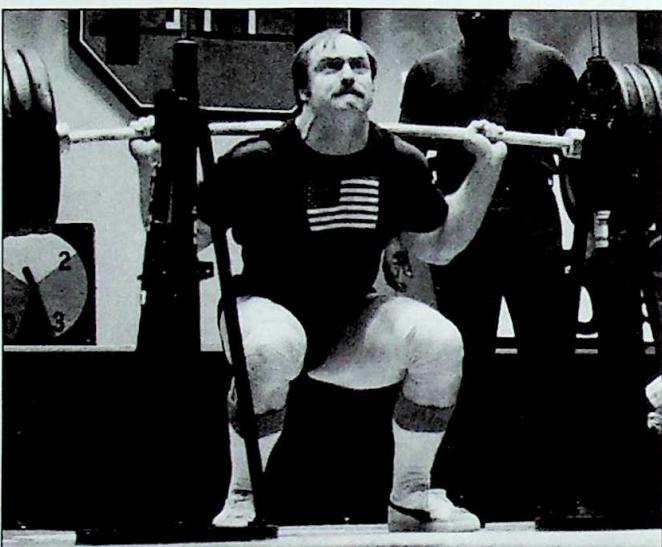
Box squats can be done with boxes or benches of different heights. Touch and go or dead stop can be used. I recommend touch and go. Box squats isolate the thighs because they are done with a close stance. Use a close stance regardless of what your normal squat stance is. High repetitions with very heavy weights are the best way to do box squats. The advantage of box squats over other thigh isolating exercises is a poundage equal to or greater than a lifter's maximum single can be used for high repetitions.

My use of the box squat is a little different than others. I recommend a rep scheme as follows: warmup, 10, 8, 6, 5, workset 1x20, bench should be slightly higher than parallel.

The box squats will be done on your heavy day and all squatting equipment will be worn. The final

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John Kuc's Drug Free Squat Routine



John Kuc put some great squat marks on the board. (Pope photo)

set of 20 must really tax you. When you finish that set you will be unable to do another.

This squat program is a two day per week program, using Monday and Thursday.

FIRST 8 WEEKS

Every Day: Calf Raises - 3x15.

Week #1 - Day #1 - Squat - 135x10, 225x8, 325x6, 375x6. Box squat - 375x10, 425x8, 450x6, 475x5, 500x20.

Week #1 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 420x4, 430x4x2. Leg Ext. 3x10. Leg Curl 3x10.

Week #2 - Day #1 - Squat - 135x10, 225x8, 325x6, 375x6. Box squat - 375x10, 425x8, 455x6, 480x5, 505x20.

Week #2 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 420x4, 430x4x2. Leg Ext. 3x10. Leg Curl 3x10.

Week #3 - Day #1 - Squat - 135x10, 225x8, 325x6, 375x6. Box squat - 375x10, 425x8, 460x6, 485x5, 510x20.

Week #3 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 420x4, 430x4x2. Leg Ext. 3x10. Leg Curl 3x10.

Week #4 - Day #1 - Squat - 135x10, 225x8, 325x6, 375x6. Box squat - 375x10, 425x8, 460x6, 490x5, 515x20.

Week #4 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 425x4, 435x4x2. Leg Ext. 3x10. Leg Curl 3x10.

Week #5 - Day #1 - Squat - 135x10, 225x8, 325x6, 375x6. Box squat - 375x10, 425x8, 470x6, 495x5, 520x20.

Week #5 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 425x4, 435x4x2. Leg Ext. 3x10. Leg Curl 3x10.

Week #6 - Day #1 - Squat - 135x10, 225x8, 325x6, 375x6. Box squat - 375x10, 425x8, 475x8, 475x6, 500x5, 525x20.

Week #6 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 425x4, 435x4x2. Leg Ext. 3x10. Leg Curl 3x10.

Week #7 - Day #1 - Squat - 135x10, 225x8, 325x6, 375x6. Box squat - 375x10, 425x8, 475x6, 505x5, 530x20.

Week #7 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 430x4, 440x4x2. Leg Ext. 3x10. Leg Curl 3x10.

Week #8 - Day #1 - Squat - 135x10, 225x8, 325x6, 375x6. Box squat - 375x10, 425x8, 475x6, 510x5, 535x20.

Week #8 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 430x4, 440x4x2. Leg Ext. 3x10. Leg Curl 3x10.

NOTE: You have now done 20 reps with the same weight you will single with at the end of the next 8 weeks.

SECOND EIGHT WEEKS

Week #9 - Day #1 - Squat - 135x10, 225x8, 325x6, 400x4, 425x3, 450x3x3. Calf Raises 3x15.

Week #9 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 440x2, 455x2. Calf Raises 3x15.

Week #10 - Day #1 - Squat - 135x10, 225x8, 325x6, 400x4, 440x2, 460x2. Calf Raises 3x15.

Week #10 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 425x3, 450x3, 460x3x2. Calf Raises 3x15.

Week #11 - Day #1 - Squat - 135x10, 225x8, 325x6, 400x4, 440x3, 460x3, 470x3x2. Calf Raises 3x15.

Week #11 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 440x2, 470x2. Calf Raises 3x15.

Week #12 - Day #1 (single week) - Squat - 135x10, 225x8, 325x6, 400x4, 435x3, 470x1, 495x1, 515x1.

Week #12 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 440x2.

Week #13 - Day #1 - Squat - 135x10, 225x8, 325x6, 400x4, 435x3, 470x2, 480x2x2.

Week #13 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 440x2, 460x2, 470x2.

Week #14 - Day #1 - Squat - 135x10, 225x8, 325x6, 400x4, 435x3, 470x2, 480x2, 490x2.

Week #14 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 440x2, 460x2, 480x2.

Week #15 - Day #1 - Squat - 135x10, 225x8, 325x6, 400x4, 435x3, 470x2, 485x2, 500x2.

Week #15 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 440x2, 460x2, 480x2.

Week #16 - Day #1 - Squat - 135x10, 225x8, 325x6, 400x4, 435x3, 470x2, 490x2, 510x2.

Week #16 - Day #2 - Squat - 135x10, 225x8, 325x6, 400x4, 440x2.

You are now ready for a 530 to 540 lb. attempt. I would recommend the following: 135x10, 225x8, 325x6, 400x3, 440x1, 480x1, 510x1, 540x1 Good Luck.

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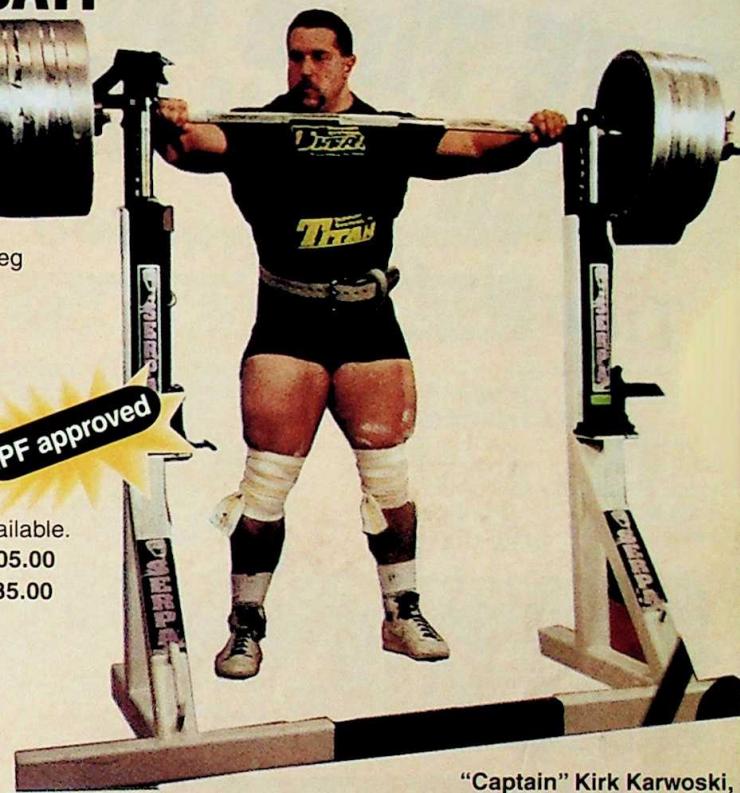


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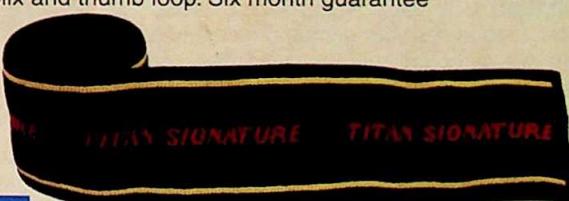
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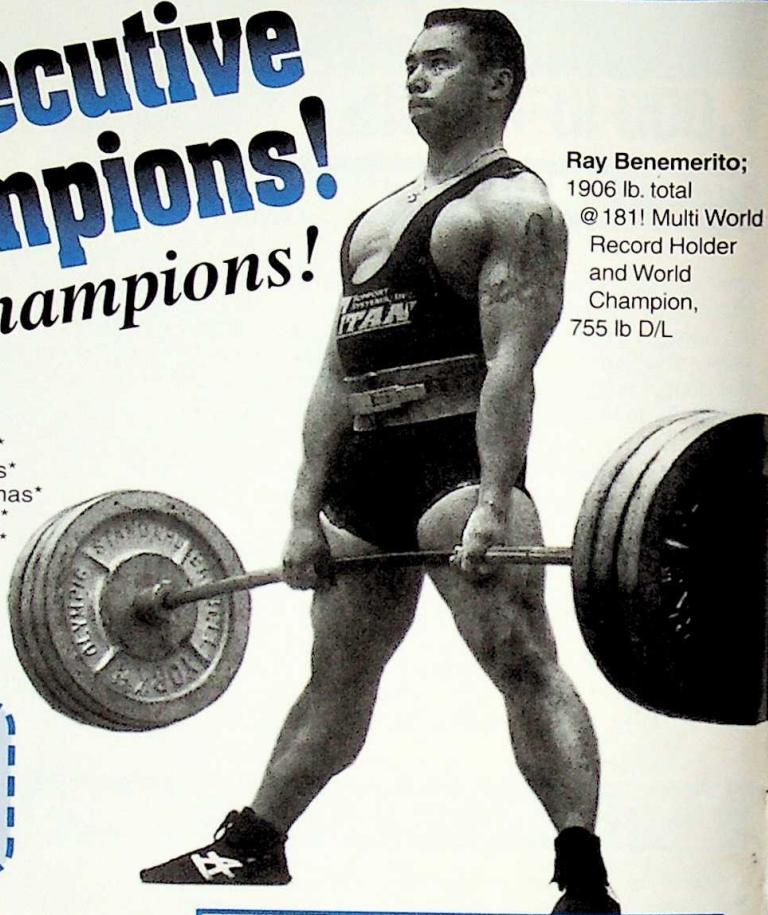
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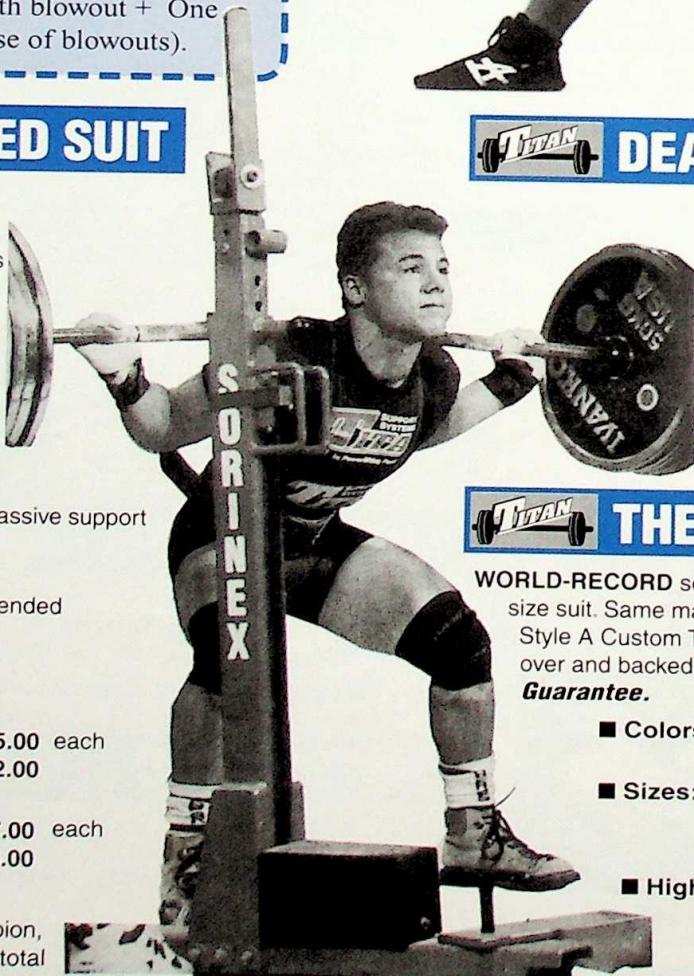
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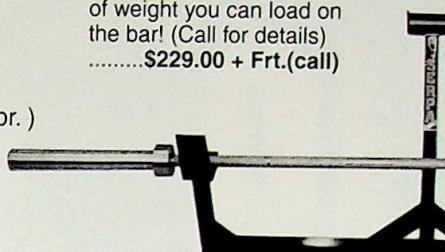
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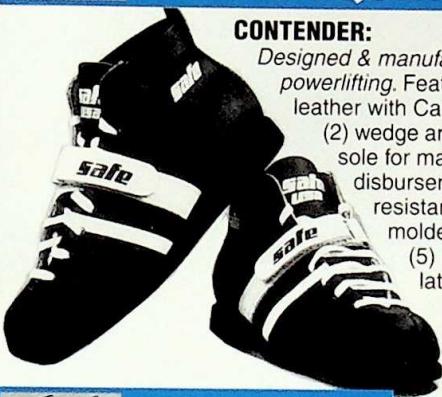
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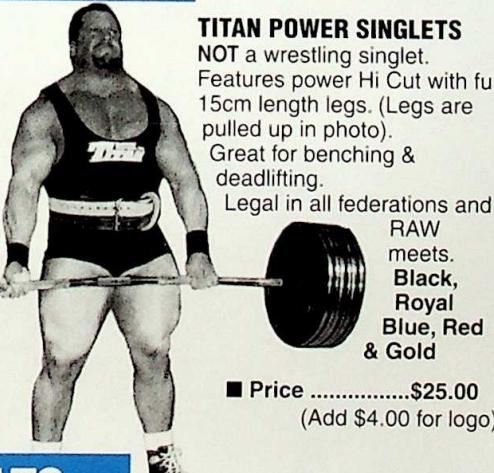
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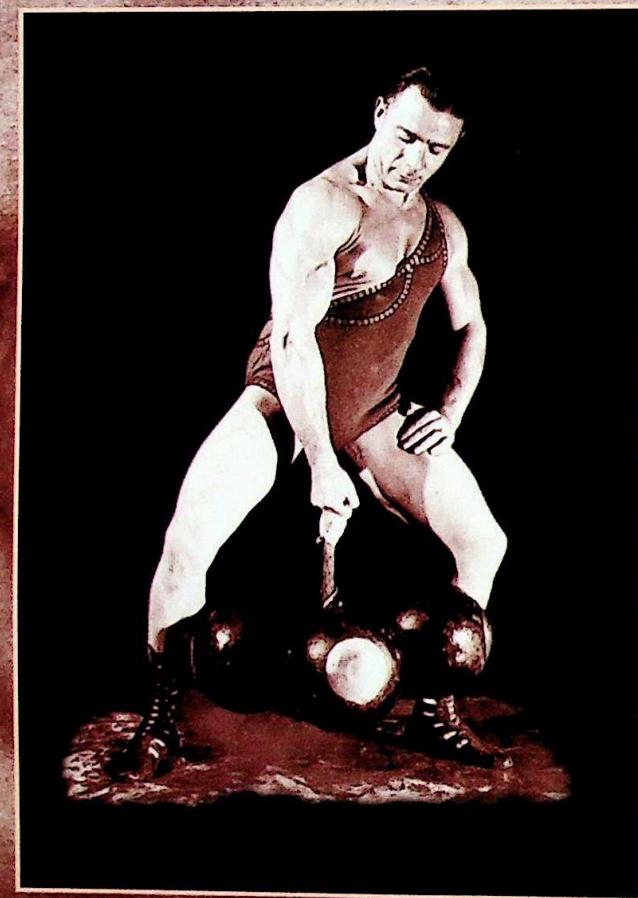
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- 25 g carbohydrates
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- 5 g Glutamine Peptide
- 15 mg Vanadyl Sulfate
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Thermo Speed™ is the ultimate thermogenic formula. It jolts your metabolism with the researched triple fat-burning stack of Ma Huang, Caffeine and White Willow Bark. This powerful punch has zero calories, zero carbs, zero sugar and zero fat.

- 340 mg Ma Huang (8% standardized, equals 27 mg Ephedra)
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- 100 mg L-Carnitine
- 200 mcg Chromate™
- 0 calories



Nitro Glycerol™ is an extreme power activator so jam-packed with bulk building, muscle hydrating, energy cranking dynamite that it makes all other formulas of its kind obsolete. It also has zero carbs, zero fats and no sugar.

- 50 g protein (ion-exchange whey)
- 40 g Glycerol
- 5 g Glutamine Peptide
- 1000 mg SynergyMass™
- 200 mg Ma Huang
- 40 mg Niacin
- 200 mcg Chromate™
- 0 sugar



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- 50 g protein (proprietary blend)
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- 150 g carbohydrates (1 g sugar)
- 4 g Glutamine Peptide
- 500 mg SynergyMass™
- 200 mcg Chromate™
- 0 sugar



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- 35 g protein
- 6 g carbohydrates
- 2 g sugar
- 1.5 g fat or less

The Glycemic Research Institute is a nonprofit organization based in Washington D.C. The senior staff and associate research fellows of the Institute conduct ongoing clinical and analytical studies of individual foods, drinks, packaged foods, nutrients, nutraceuticals and their respective glycemic response. Foods which elicit a low glycemic response are licensed to use the Seal of Approval from The Glycemic Research Institute which may be displayed on the label and appear in collateral materials. It is an FDA violation to state on the label that a product is Low Glycemic if it is not. It is a FTC violation to state Low Glycemic on collateral materials if it is not. The Glycemic Research Institute strictly adheres to FDA and FTC guidelines.



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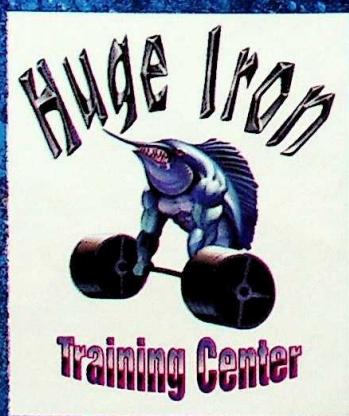
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Competitions Within The Last 5 Years or Qualify On March 18th, 2000 At:

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Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, 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 potential entrants.

5 FEB, USAPL Minnesota State, Steve Johnson, 405 5th St. NW, Kasson, MN 55944, 507-634-4730

5 FEB, USAPL Great West PL, Steve Howard, 2017 Arrow Ct., Rapid City, SD 57701, 605-348-4039

5 FEB, Coastal GA Bench Press (men, women, master, teen) Ann/Earl Leverett, 912-232-4755 (night, weekends)

5 FEB, USAPL Sportsfest 2000, Cheryl Singleton, 10409 Glasco Dr., Yukon, OK 73099, 800-476-0036, usaplokla@aol.com

5 FEB, APA Lonestar PL/BP & E. Texas Collegiate & APA High School & Jr. High School Championships (Waco, TX) APA, Box 27204, El Jobean, FL 33927, w p a 5 0 @ h o t m a i l . c o m , www.angelfire.com/fl/wpaapaca

5 FEB, Midwest Supernatural BP/DL Classic, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

5 FEB, USPF California St BP/DL (Orange County) Victor Elliott, 714-841-3055

or pager 714-268-4665

5 FEB, WNPF Region II (PL, BP, DL, SQ)(Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

5,6 FEB, NASA BP & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

5,6 FEB, AAU National Collegiates, Little Rock AFB Fitness Center, Larry Kye, 501-982-7668

5,6 FEB, APF/AAPF Texas State PL, BP, DL (Dallas) James Capehart, 972-253-8575

6 FEB, Oswego State University BP Championships (all classes & team) Frank Paine, Laker Hall, Johnson Rd., Oswego, NY 13126, 341-2405

6 FEB, WNPF Ohio Championships (national qualifier, open to out of state lifters) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670 after 5pm.

6 FEB, Pump Total Fitness BP (teen, master, women, open) Jeff Davis, 2352 N. US 27, St. Johns, MI 48879, 517-224-2441

12 FEB, Williamsport YMCA Baddest BP, Dave Bellomo, 320 Elmira St., Williamsport, PA 17701, 570-323-7134

12 FEB, USPF 12th Drug Free Raw East Coast Classic PL/BP (raw & assisted, open, teen, jr., submaster, master, law & fire, novice) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

12 FEB, WPA Can Am Int'l. BP & DL (Northampton, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.com/fl/wpaapaca

12 FEB, Mason-Dixon Open BP/DL (Calvert City, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

12 FEB, APF/AAPF Nevada State PL/BP (limited to 1st 50), Anthony, 2640 Westwood Ave., Las Vegas, NV 89109, 702-655-0825

12 FEB, IPA California State PL/BP & National Qualifier, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506 or 878-0100 (gym)

12 FEB, USAPL Michiana PL, Mike Michelakis, 1111 Marshlyn, Niles, MI 49120, 616-687-8186

12 FEB, USAPL Bill Beckwith Memorial BP & DL Qualifier (Wayland, MI) Rich Van Eck, 45451 Peninsula Dr., Grand Junction, MI 49050, 616-521-4031

12,13 FEB, WABDL Oregon State BP/DL (Quality Inn, Salem, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

13 FEB, USAPL Falcon Open, Rich Schoske, 9145 Bellcover Circle, Colorado Springs, CO 80920, 719-282-0586

13 FEB, Apex Gym BP/DL Classic (Rockford, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

13 FEB, USAPL "Top Gun" BP (Taylor, PA) Power Gym, Joe Moceynas, 570-562-3642, or Bob Granko 570-342-0668

19 FEB, WNPF Florida (PL, BP, DL, SQ)(Lake City, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

19 FEB, 10th Winter Bench Press Clas-

sic, Mike Shroen, Box 92, Goshen, IN 46527, 219-537-9329

19 FEB, USAPL California State DL & New Millennium BP (Los Altos Hills, CA) Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464

19 FEB, USAPL Minnesota Masters/Juniors & Novice Open, Bill Ormundson, 4063 Ugstad Rd., Hermantown, MN 55811, 218-729-9532

19 FEB, NASA Iowa State (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513

19 FEB, APA Atlantic Seaboard BP & DL (Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, w p a 5 0 @ h o t m a i l . c o m , www.angelfire.com/fl/wpaapaca

19 FEB, USA "RAW" BENCH PRESS WINTER NATIONALS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

19 FEB, Westfield Shoppingtown USPF Full Power, Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475

20 FEB, APF Illinois State, Frantz Studio, 62 S. Broadway, Aurora, IL 60505, 800-537-5532

20 FEB, 1st W. Lafayette Classic BP (open, raw, teen, women, submaster, master) Musclebound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840

20 FEB, Southeast Iowa Open BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

20 FEB, IPA Westside Invitational (Holiday Inn West, Columbus, OH) Elite Fitness Systems, Box 14037, Columbus, OH 43214, 614-309-6176

25 FEB, USPF Florida State, Bill Beekley,

4215 Carmen St., Tampa, FL 33609,

2000 AAPF NATIONAL POWERLIFTING & BENCH PRESS & DEADLIFT CHAMPIONSHIPS

Meet Director: James (Radar) Capehart, 1700 Coral Rock Court, Irving, TX 75060, (972) 253-8575

Date: April 28 - 30, 2000. 4/28: Junior/Teenage Men & Women Start @ 9am. 4/29: Open/Submaster/Master Men & Women Up Thru 198#. Morning Session - 105# thru 148# Start @ 9am. Afternoon Session - 165# thru 198# Start @ 2pm. 4/30: Open/Submaster/Master Men & Women 220# thru SHW. Morning Session - 220# thru 242# Start @ 9am. Afternoon Session - 275# thru SHW Start @ 2pm.

Entry Fee: \$70 for first division, \$40 each additional division

Meet Site: Plano Convention Center, Plano, TX

Hotel Site: Harvey Hotel, Plano, TX (Shuttles available between hotel & convention center) Room rate is \$59/nite. 972-578-8555

Awards for 1st thru 3rd place will be presented in all weight classes and divisions.

Information packets will be mailed to each lifter upon receipt of paid entry.

Qualifying Totals (required for open division only)

Men:	114	123	132	148	165	181	198	220	242	275	308	SHW
	607	803	1009	1129	1250	1403	1503	1585	1640	1698	1721	1740
Women:	97	105	114	123	132	148	165	181	198	SHW		
	321	367	424	482	546	617	652	694	763	788		

In consideration of my entry, I hereby waive all claims for myself, my administrators, and my heirs against any/all officials, sponsors, or organizations connected with the AAPF National Championship Meet, James R. Capehart, APF, or Plano Recreation Center, which may occur while participating in this competition.

Name _____	Date of Birth _____	Sex _____					
Address _____	Phone _____	APF Card# _____					
City _____	State _____	Zip _____	DL# _____	3) _____			
Divisions Entered 1) _____	2) _____	3) _____					
Wt. Class _____	T-Shirt Size _____	M _____	L _____	XL _____	2XL _____	3XL _____	Enclosed \$ _____
Qualifying Total _____	Where Qualified _____	Date Qualified _____					
Signature (Must be parent or guardian if under 18)							

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March 11:	Columbus, OH	"Westside Seminar"
April 1:	Sacramento, CA	"Westside Seminar"
April 15:	NSCA KY State	"Developing Power"
May 5:	Columbus, OH	"Westside Seminar"
May TBA:	Cartet, NJ	"Westside Seminar"
June 3:	Columbus, OH *	"Mastering the Squat"**
June 24:	Columbus, OH	"Westside Seminar"
July 8:	Tamarah, FL	"Westside Seminar"
July 16:	Napa, CA	"Westside Seminar"
Aug 5:	Columbus, OH *	"Mastering the Bench"**
Aug 19:	Columbus, OH	"Westside Seminar"
Oct 21:	Columbus, OH	"Westside Seminar"

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- Dave Richards
Aspiring power lifter,

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813-289-3063
25-27 FEB, NASA Natural Nationals (OKC, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513
25-27 FEB, Arnold Classic BP, Arnold Fitness Expo, 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600
26 FEB, Tri-Fitness Millennium BP & DL (open, women, teen, master) Mark Cinque, 230W Dares Beach Rd., Prince Frederick, MD 20678, 301-855-1991
26 FEB, WABDL S.E. USA Regional BP/DL (Clarion Hotel, Pensacola) Dan Belanger, Box 173, Century, FL 32535, 850-327-6016
26 FEB, USPF Oklahoma State/Oklahoma Classic PL/BP/DL, James Dehaven, 806 Alameda, Norman, OK 73071, 405-364-9123
26 FEB, Super Bench 2000 (men, women, teen, jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
26 FEB, USPF Kentucky State (Pikeville YMCA), Pro Fitness Multisports c/o Don Fields, 1243 S. Lake Dr., Prestonsburg, KY 41653, 606-886-8604 or profitsns@multisports.net
26 FEB, Southern Illinois BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
26 FEB, Tropical Gym & Fitness S.E. Florida BP/DL (open, teen, master, women) Tropical Gym, 4970 W. Atlantic Blvd, Margate, FL 33063, 954-973-6610
26 FEB, Body Factory Full Power Challenge/BP, Body Factory, 520 Applegate Ave., Pen Argyl, PA 18072, Jim Parrish 610-863-1090
26,27 FEB, NASA Combined Ohio High School State Boys/Girls PL/BP Meet (9-10, 11-12), National High School Team (9, 10, 11, 12) Gary Scholl, 37 Wild-

wood Dr., S. Charleston, OH 45368, 937-568-9116
26,27 FEB, 18th annual USAPL Shenandoah Open PL & BP, Tom Giordani, 54 Phillips Way, Sharon, PA 16146, 724-342-2525
26,27 FEB, USPF New York State PL & BP (Radisson Corning, Corning, NY) John Comereski, 113 Halloran Dr., Breesport, NY 14816, 607-739-7322
FEB, USPF Philadelphia Open BP/DL (drug tested - open, teen, jr., collegiate, pol/fire/mil, submaster, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rk@Bellatlantic.net
FEB/MAR, AAUPC MD/VA/DC State (men & women - all AAUPC age/wt. classes) Dr. Spero Tshontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874
4 MAR, APF Bike Week Bench Bash &

Deadlift, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000
4 MAR, USAPL Dakota BP (men, women, teen, collegiate, masters, sculptured trophies) Rich Edinger, Box 1295, Fargo, ND 58107, 701-799-5316
4 MAR, SLP Missouri State "RAW" PL (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
4 MAR, USPF Central California BP (Bakersfield) Chris Kostas 661-242-8116 or Steve Denison 661-664-7724
4 MAR, WABDL Oklahoma State BP/DL, Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059
4 MAR, All Church Meet (open to all church members and church sponsored teams) Pastor Peter Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410

4 MAR, Police & Firefighters Nationals (Holiday Inn KCI, Kansas City, KS, 816-456-2345) James Duree, 913-596-7326
5 MAR, ANPPC Central USA PL, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

5 MAR, USPF New Jersey High School Drug Free Championships, Paul Sacco, 609-567-0046
11 MAR, WNPF New York Bench & Pull (Armonk - near White Plains) WNPF Box 142347, Fayetteville, GA 30214, 770-996-3418, wnppf@aol.com

11 MAR, WEPOF World Superman (PC, BP, DL) WEPOF, 6278 N. Summer Cir., Douglasville, GA 30135, 770-949-9299
11 MAR, USAPL Nebraska Law Enforcement BP & DL (certified law enforcement, incl. corrections - open, master, submaster, women - Ft. Calhoun) Tim Anderson, 1829 South St. #42, Blair, NE 68008, 402-426-0665, timanderson@huntel.net

11 MAR, USAPL 3rd Judgment Day/Eclipse 2000 Drug Free BP, Joe Luciano, Greater Scranton YMCA, 706 N. Blakely St., Dunmore, PA 18512, 570-342-8115, ext 230
11 MAR, NASA Ohio State (Springfield, OH) NASA, Box 735, Noble, OK 73068, 405-527-8513
11 MAR, WPA World Cup BP (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, w p a 5 0 @ h o t m a i l . c o m , www.angelfire.com/fl/wpacapca

11 MAR, USAPL Military Nationals (San Diego area, CA) Chris Turner, 619-238-7168 (h)
11 MAR, March Madness BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W.



**May 6, 2000
Biggest Bench on
the River III
\$6,000
(cash giveaway)**

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Location: New Roads, LA.
Meet Director: REED BUECHE
225-638-9922**

Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

11 MAR, AAU State Championships (raw/assist., open, submaster, master, youth, teen - natl. judges, world qualifier) Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266
11 MAR, 16th Mike Giardina's Biggest Bench Press (open men, women, teen, submaster, masters) Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-739-4419 (after 6pm)

11 MAR, Hawaii State PL (raw/assist, age 5-95, all divisions, World PL qualifier) Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266
11 MAR, USPF Texas State (Dallas, TX - Men & Women, open, BP, class I, teen, 40-49, 50+, submaster, 20-23) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460

11 MAR, APF Central Calif. Open/Novice, PL/BP (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860
11 MAR, 4th APF Michigan Sr. State PL (men/women: open, teen, jr., submaster, master, novice) Dan DeFelice, 19461 Voiland, Roseville, MI 48055, 810-294-7055 after 6PM please

11,12 MAR, USAPL Massachusetts State Open High School (boys & girls) H. Waldron, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-6164 ext 680

12 MAR, USAPL Washington County Open (PL, BP, DL - open, teen, master, women - Ft. Calhoun) Tim Anderson, 1829 South St. #42, Blair, NE 68008, 4 0 2 - 4 2 6 - 0 6 6 5 , timanderson@hutel.net

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

12 MAR, WNPF Northeastern (PL, BP, DL, SQ - Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

15 MAR, APA New England Collegiate & High School & Regional BP (New Haven, CT) APA, Box 27204, El Jibean, FL 33927, 941-697-7962, w p a 5 0 @ h o t m a i l . c o m , www.angelfire.com/ll/wpaapcpa

18 MAR, APF Maine State Open BP, Russ Barlow, RR #2, Box 126, Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180
18 MAR, ANPPC Drug Free World Cup Int'l. Bench Press (teen, women, men, master) ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5775

18 MAR (new date), WPO Qualifier, Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000
18 MAR (new date), APF Alabama Spring Classic, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200
18 MAR, 11th Cabin Fever DL plus BP, Mike Shroen, Box 92, Goshen, IN 46527, 219-537-9329
18 MAR, Snake River BP/DL (non-sanctioned - Idaho Falls, ID) Michael & Linda Higgins (M-F, 3-6PM, 208-523-0600)
18 MAR, USAPL Illinois State/Great Rivers Open PL/BP (open, women, teen, submaster, master, police & fire, d.o.c.) Mark Motsinger, 201 N. Gun St., Harrisburg, IL 62946, 618-252-0881
18 MAR, AAU Arkansas State (open to all, Eureka Springs) Rusty Stafford, Box 699, Berryville, AR 72616, 870-423-2000

Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000

18 MAR (new date), APF Alabama Spring Classic, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

18 MAR, 11th Cabin Fever DL plus BP, Mike Shroen, Box 92, Goshen, IN 46527, 219-537-9329

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18 MAR, AAU Arkansas State (open to all, Eureka Springs) Rusty Stafford, Box 699, Berryville, AR 72616, 870-423-2000

18 MAR, AAU Iowa Planet Fitness Push Pull Challenge (assisted & raw, teen, novice, open, masters) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gmyrat@willnet.net

18 MAR, WNPF Alabama Open, Pedro Hollingsworth, 3202 Bermuda Dr., Northport, AL 35473, 205-333-9952

18 MAR, NASA Pennsylvania St. (Pittsburgh, PA) NASA, Box 735, Noble, OK 73068, 405-527-8513

18 MAR, Y2K Muscle Power Bash BP/DL Classic (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

18 MAR, Miami County Championships (high school, masters, open men & women) Greg Barnett, 11 S. Pearl, Paola, KS 66071, 913-294-5720/3197

18 MAR, USAPL The Battle of the Great Lakes III PL & BP (Cleveland, OH - H.S. - FR/SO - JR/SR, JRS, Men & Women Open, masters 40-49, grandmasters 50-59, great grandmasters 60+, police/military/fire, raw, collegiate, novice, 1st meet) Gary Kanaga, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884-7608 (h), bench500@msn.com

18 MAR, Old Dominion BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifing@aol.com

18 MAR, CPC Western Canadians, Allan Sprague, Box 150, Mile House, BC, Canada, 250-296-3676 or Jon Wolbers 250-989-1545

18,19 MAR, USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

19 MAR, WPF/EPC PL Team Championships (Aldershot, England) Carl Smith Tel/FAX +43-316-817683 or cmsmith@netway.at

19 MAR, USPF Rhode Island State PL/

Powerlift Meet Manager

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Accurately, Quickly, and Painlessly score your next powerlifting meet. Actually enjoy your next meet by not worrying about scoring it - when was the last time that happened? Up-to-date results available immediately and throughout the entire meet! No manual data manipulation required. No special knowledge of scoring rules necessary - they are all programmed into the software. Simply enter lifters and their attempts, then print reports anytime during the meet for real-time results - **That's all there is to it!**

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Meet Name _____	Federation (Check only one)
Meet Date _____	<input type="checkbox"/> AAU
Name _____	<input type="checkbox"/> APA
Address _____	<input type="checkbox"/> APF
City _____	<input type="checkbox"/> THSPA
Zip _____	<input type="checkbox"/> THSWPA
Phone _____	<input type="checkbox"/> USAPL
Email _____	<input type="checkbox"/> USPF
	<input type="checkbox"/> WPA

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powerliftmeetmanager@austinautomation.com

BP, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@sefortress.com

19 MAR, WNPF Western New York (Niagara falls, NY - national qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670 after 5pm.

24-26 MAR, USAPL High School Nationals, Joe Lewis, 4120 Cty Rd. A, Oshkosh, WI 54901, 920-233-7605

25 MAR, WNPF S. Carolina (PL, BP, DL, SQ) (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

25 MAR, 20th Central Ohio Open BP, Dean Glitt, 351 John St., Circleville, OH 43113, 740-474-9776

25 MAR, AAU N.C. State PL (Elizabeth City) Paul Bossi, 252-333-1454 ext 239

25 MAR, IPA High School Nationals, McDonough High School,

Pomfret, MD, Dave Bradshaw 301-934-2944

25 MAR, 2000 Bench Press Classic, Armoplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434

25 MAR, West Coast Bench Press Championships, 650-757-9506

25 MAR, APF/AAPF Iron Island Tri-State Power Meet (NY, NJ, CT), Ralph Raiola, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014

25 MAR, USPF Closed Georgia PL & Open Deep South BP (Perry, GA) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3989 (n)

25 MAR, NASA Texas State (Dallas, TX) NASA, Box 735, Noble, OK 73068, 405-527-8513

25 MAR, 25th USPF West Virginia State PL, USPF Single Lift SQ & DL, USPF Holley Strength Systems PL, BP, DL (Institute, WV) John Messinger, 398 Forest

Circle, S. Charleston, WV 25303, 304-744-2475

25 MAR, Indiana Open BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

25 MAR, USAPL Capital City Push-Pull Classic III BP and/or DL, L.C.G. 517-483-1227 or after 8:00PM EST Jeff Buchin, 517-669-9368

25-26 MAR, AAU and ADAU Great Lakes & raw BP (national qualifier) Joe Orengeila, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

25-26 MAR (new date) WABDL Budweiser Drug Tested World Record Breakers BP/DL & APF Regional PL (Shiloh Inn, Richland, WA) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

26 MAR, SLP Illinois State BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

26 MAR, 1st Pittsburgh Area Monster BP and/or DL (men & women - cash prizes, Holiday Inn Airport) Mike Baravecchio, 301 Springwater Ct., Moon, PA 15108, 724-457-2708

26 MAR, Bay State Correctional 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.

MAR, 3rd Texas State DL, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324

MAR, AAU USA BP & USA DL (youth, teen, jr., novice, open, submaster, master, law enf., military - open/raw - men/women - Moreno Valley, CA) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

MAR, 6th USPF American Open PL/BP (Philadelphia - drug tested - open, teen, jr.,

collegiate, pol/fire/mil, submaster, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rk@Bellatlantic.net

MAR, IPF Pan-Americans

1 APR, Weightlifting Unltd. BP, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 540-667-6288 6:30pm

1 APR, APF Maine State Open, Russ Barlow, RR #2 Box 126, Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180

1 APR, NASA Tennessee State (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

1 APR, 2nd Wisconsin's Best Bench press, Glen Woychik, N34145 Moga Rd., Independence, WI 54747, 715-985-2608

1,2 APR, Power Palooza II PL & BP & DL, Eugene Rychak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

1,2 APR, WPA World PL & BP (Lancaster, PA) APA, Box 27204, El Jockey, FL 33927, 941-697-7962, wpa50@hotmail.com

1,2 APR, SLP NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

1,2 APR, USAPL Frank Kostyo Memorial Southeastern Championships, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268

2 APR, PPL Spring "Drug Free" Classic BP, DL BP, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

7,8 APR, USAPL N. Carolina State (Kinston, NC) Ed Smith 252-523-0660

8 APR, APA Sunshine State BP/DL (Palm Bay, FL) APA, Box 27204, El Jockey, FL 33927, 941-697-7962, wpa50@hotmail.com

15 APR, APA BP Nationals (Florence, SC) APA, Box 27204, El Jockey, FL 33927, 941-697-7962, wpa50@hotmail.com

15 APR, SLP Tennessee State PL (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

15 APR, Spring BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifing@aol.com

15,16 APR, APF L.A. Lifting Club Invitational Classic & California State Championships PL/BP (Burbank, CA) Joe Avigliano, 818-846-5438

15,16 APR, USPF Master Nationals (incl. submasters - Chincoteague, VA)

James Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963, strength@exis.net

15,16 APR, USAPL Collegiate Nationals, USAFA, Cpts. Andrew Bates & Richard Schoske, CO Springs, CO, 719-282-0586

16 APR, AAU Mass State High School BP, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729

22 APR, WEPOF Open Kentucky State BP/DL (open, teen, women, submaster, master, raw - Glens Gym, Louisville, KY) Stiles Corum, 502-375-1067

22 APR, USAPL Maine Millennium PL & BP (men & womens open, teen, mens submaster, masters, grandmaster, police & fire) Mark Clevette, Box 506, Warren, ME 04864, 207-273-2412

22 APR, AAU N.H. State, Rob Dion, EWHC, 80 S. Main St., Concord, NH 03301, 603-225-0034

22 APR, USPF Washington State, Ted DePoe, 360-426-5973

22 APR, Effingham Open BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

22 APR, Central Wisconsin BP (Adams, WI) John Easterly, 734 Dearborn Dr., Grand Marsh, WI 53936, 608-339-3977

28-30 APR, AAPF National Powerlifting/Bench Press (Plano, TX) James Capehart, 972-253-8575

29 APR, WNPF Virginia PL/BP/DL/SQ (Richmond, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

HUGE IRON Powerlifting Schedule YEAR 2000

February 12, 2000 - AAPF/APF Nevada State Powerlifting & Bench Press Contest ** Huge Iron -- West, Las Vegas, NV

March 4, 2000 - APF Bike Week Bench Bash & Deadlift Contest

March 18, 2000 (new date) - WPO Qualifying Event for May 20th Contest, Sanctioned APF

May 6, 2000 - AAPF Florida State Powerlifting Contest (Drug tested)

May 20, 2000 - First Ever WPO Professional Contest, \$25,000 total cash prizes

June 3, 2000 - APF Florida State Open Powerlifting Contest

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

September 9, 2000 - APF Bench Bash for Cash. \$6,000 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

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

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For Info: James Greene, 2297 Estuary Ct., Va Beach, VA 23451 Or Call (757) 481-6963

E-Mail: strength@exis.net
Website: http://www.powerandstrength.com

PL, Rick Hussey, 8905 Grant, Omaha, NE 68134, 402-392-2496

15 APR, 9th Dungeon Power Works BP/DL, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586

15 APR, WABDL Oregon's Best BP & DL (Timber Inn, Coos Bay, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

15 APR, APA BP Nationals (Florence, SC) APA, Box 27204, El Jockey, FL 33927, 941-697-7962, wpa50@hotmail.com

15 APR, SLP Tennessee State PL (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

15 APR, Spring BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifing@aol.com

15,16 APR, APF L.A. Lifting Club Invitational Classic & California State Championships PL/BP (Burbank, CA) Joe Avigliano, 818-846-5438

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16 APR, AAU Mass State High School BP, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729

22 APR, WEPOF Open Kentucky State BP/DL (open, teen, women, submaster, master, raw - Glens Gym, Louisville, KY) Stiles Corum, 502-375-1067

22 APR, USAPL Maine Millennium PL & BP (men & womens open, teen, mens submaster, masters, grandmaster, police & fire) Mark Clevette, Box 506, Warren, ME 04864, 207-273-2412

22 APR, AAU N.H. State, Rob Dion, EWHC, 80 S. Main St., Concord, NH 03301, 603-225-0034

22 APR, USPF Washington State, Ted DePoe, 360-426-5973

22 APR, Effingham Open BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

22 APR, Central Wisconsin BP (Adams, WI) John Easterly, 734 Dearborn Dr., Grand Marsh, WI 53936, 608-339-3977

28-30 APR, AAPF National Powerlifting/Bench Press (Plano, TX) James Capehart, 972-253-8575

29 APR, WNPF Virginia PL/BP/DL/SQ (Richmond, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com



2000 NASA Pennsylvania State Open Powerlifting Championships

March 18th
Pittsburgh, Pa.

which includes the following events:

Pennsylvania State Powerlifting Championships Pennsylvania State Bench Press Championships Pennsylvania State Power Sports Championships

Great Awards 1st thru 5th place in all divisions

Out of state lifters are welcome.

Contact: Nasa Headquarters,
P.O. Box 735, Noble, OK. 73068
(405) 527-8513
WWW.NASA-SPORTS.COM

273-2283, guhl@wtrfire.com

6,7 MAY (new date), USPF Virginia State Open & H.S. PL & BP (Chincoteague, VA) James Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963, www.exis.net/ physiquetraining

6,7 MAY, USAPL National Masters (World Qualifier - Cleveland, OH) Ed or Frank King, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464 (9-5) or Larry Miller, 216-425-0912 (6:30pm-8:30pm)

7 MAY, 2000 USPF Reg. 4 & West Virginia State Bench Press, Dave Jeffrey, Box 231, Parkersburg, WV 26102, 304-489-2428

7 MAY, Mass States PL/BP, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729

7 MAY, USPF Spring BP (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220
13 MAY, APF/AAPF Great Lakes PL, BP, DL (World Gym Elyria - men, women, pro/am, open, teen, Jr., submaster, master, novice) Dave Hopkin 440-324-4313, Don Rothgery, 165 Alexander Dr., Elyria, OH 44035

13 MAY, APF California Strict Curl, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

13 MAY (tentative), NASA Missouri State, NASA, Box 735, Noble, OK 73068, 405-527-8513

13 MAY, Cross County Pull BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14 MAY, AAU Pennsylvania St. BP (Teen, jr., men, women, submaster, master - raw & assisted) Bob Verner, 514 Loretto Rd., Pgh., PA 15217, 412-521-2620

19,20 MAY, WABDL Southern States BP & DL (Gadsen, AL - in conjunction with Willie Nelson/Beach Boys concert) Rich Hagedom, 256-441-0143, FAX 256-441-7283

20 MAY (tentative) NASA New Mexico State (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

20 MAY, WPO Pro Meet, Huge Iron, 910 S. Atlantic Ave. Ormond Bch, FL 32176, 904-677-4000

20 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429,

sonlight@advancenet.net

20 MAY, Blue Ridge BP/Curl Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifiting@aol.com

20,21 MAY, United States Intercontinental Championships, 650-757-9506

21 MAY, 2nd AAPF Metro Detroit Open PL, BP, DL, John Maddox 248-642-2002 or John Cuciurean 810-598-2417
21 MAY, Hard Core Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

21,22 MAY, WNPF Nationals (Youngstown, OH - all divisions, wt. classes, age divisions - world qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670 after 5pm.

24-28 MAY, IPF Women's Worlds (Buenos Aires, Argentina)

27 MAY (tentative) NASA Teenage Nationals, NASA, Box 735, Noble, OK 73068, 405-527-8513

27 MAY, USPF California State Novice/Juniors (Bakersfield - Class II & below - open guest lifters welcome - 1/2 entry fee) Chris Kostas 661-242-8116, or Steve Denison 661-664-7724

27 MAY, Max Flex BP/DL Classic (all divs. - Pierre, SD) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

28 MAY, Double Masters Invitational PL, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

MAY, USPF/WPF Pan-Am/European Intl. Open PL/BP, Rob Keller, Box 829, Amherst, PA 19002, 215-542-4941, rkh@Bellatlantic.net

3 JUN, USPF New England PL/BP & New Hampshire State Meet, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489

3 JUN, APF Florida State Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

3 JUN, Central States Open BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

3 JUN, 20th APF West Coast Open (all divs. & novice) Rick McClung, 136 SE 1st, Newport, OR 97365, 541-574-4507, dozer2000@hotmail.com

3 JUN, USPF Southern California BP (Bakersfield) Chris Kostas 661-242-8116, Steve Denison 661-664-7724

3 JUN, WNPF Raw Nationals & Drug Free Nationals (Pl, BP, DL, SQ - Panama City Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

3,4 JUN, WABDL Pepsi Northwest Regional BP & DL (Doubletree Hotel, Springfield, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

3,4 JUN, NASA Master & Submaster Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3,4 JUN, (new date) AAU Nationals PL & USA Raw Open & USA American BP (open, masters, submasters, law, military - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

4 JUN, Indiana Open II BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9-11 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779, jtruck52@hotmail.com

10 JUN, APF Muscle Beach Venice Bench Press, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

10 JUN, Superman Celebration BP/DL Classic (Metropolis, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

10 JUN, AAU 5th Suburban North YMCA BP/DL Classic (Catasauqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodorou 610-258-1894

10 JUN, APF Calif. State BP (TBA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

17 JUN, WNPF Teen, Jr. Submaster, Master Nationals (Baltimore, MD) WNPF Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

17 JUN, Summer 2000 Push/Pull, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

17 JUN, WABDL Hawaii Invitational, (Honolulu, HI) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

17 JUN (tentative) NASA West Texas Open (Amarillo) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 JUN, USA "RAW BENCH PRESS SUMMER NATIONALS (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

17 JUN, Max Flex BP & DL Classic (all divs. - Memphis, TN) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

17 JUN, AIDDA France World Cup of Clubs Bench Press for Reps, Joseph Ponnier, 15 rue du chemin de fer, 77340 Pontault-Combault, France

17,18 JUN, 16th Raw Drug Free No Boys Allowed Women, Men Submaster & Master (State/Out of State) and PA Open (no age groups) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

19 JUN, USAPL Sooner State Games, Cheryl Singleton, 10409 Glasgow Dr. Yukon, OK 73099, 800-476-0036, usaplola@aol.com

23-25 JUN, EPC European BP & PL (Waldmischel, Germany) Juergen Weinberger, +49-6204-969502

23-25 JUN, York Barbell Strength Spectacular IPA World Cup & Bob Hoffman's Strength Challenge, York Barbell, 3300 Board Rd., York, PA 17402, Mark Chaillet, 800-358-9675

24 JUN, Ozark Open II BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126

W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

24 JUN, Max Flex BP & DL Classic (all divs. - Denver) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760
24,25 JUN, TWIN LAB WABDL National BP & DL (Holiday Inn Select N., Irving, TX) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, Ken Anderson, 972-392-3132

25 JUN (corrected date), PL West Summer Benchfest, Sortwell Productions, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

25 JUN, World Gym Summer BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

25 JUN, 6th APF Freedom Hill Outdoor BP & DL Classic (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6PM please

JUN, Texas/World Police Games (Austin, TX) TPAF, Box 2040, Abilene, TX 79604, 800-624-9752, 915-676-1545, FAX 915-676-5033

JUN, USAPL New England States Bench Press, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm
JUN, ANPPC Drug Free High School National (Boys: 13-15, 16-18) ANPPC, Box 1484, Mt. Vernon, IL 62684, 618-244-5775, anppc@aol.com

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

1,2 JUL, IPANational Bench Press, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506 or 878-0100 (gym)

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

8 JUL, WNPF American BP/DL Ironman (Charlotte, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnfp@aol.com

8 JUL, WNPF Pennsylvania Natural (Black Hawk High School, Beaver, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

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

8 JUL, Intl. Bavaria Cup DL (women, men, jr., master) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany, (0871-77575

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, USPF East Beach PL (natural, open, master, women) Santa Barbara, A) Kevin Fisher, 805-963-3439

15 JUL, SLP National 'Raw' PL, BP, DL Championships (Fredericktown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

15 JUL (tentative) NASA East Texas Open (Kilgore) NASA, Box 735, Noble,

1 April 2000
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Weightlifting Unlimited
Bench Press
Championships
Top 4 Places -
Sculptured Awards

Randy Brooks
525 Whitacre St.
Winchester, VA 22601
540-667-6288 6-8:30pm

OK 73068, 405-527-8513

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

15-17 JUL, USAPL Men's Nats, Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

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

18 JUL, Independence BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

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

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

25 JUL, Georgia Games BP & DL (Atlanta, GA) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

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

30 JUL, WNPF BP & DL Nationals (Chicago, IL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnfp@aol.com

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

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

5 AUG, Low Country Push/Pull #2, Fit by 4 A's/Max Muscle, 501 Ashley Phosphate Rd., Ste. 149, No. Charleston, SC 29418, 843-767-4628 or Floyd Powe 800-358-9675

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, WABDL World Cup BP & DL (Portland, OR - Holiday Inn Airport) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, FAX 541-330-1465, eanderson@hwy.net

9 SEP, APF Bench Bash for Cash (\$6000 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/DL (Nashville, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

6 AUG, WNPF New Jersey (PL, BP, DL, SQ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnfp@aol.com

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
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

16 SEP, NASA Texas Reg., NASA, Box 735, Noble, OK 73068, 405-527-8513
16 SEP, Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

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 SEP, USPF 18th Drug Free New Jersey PL & BP/DL (raw/assisted, open, teen, jr., sub., master, law & fire, novice, out of state) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
16,17 SEP, Big Daddy's Push Pull, 650-757-9506

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

23 SEP, USPF Fall Bench Press Classic (Bakersfield) Chris Kostas, 661-242-8116, Steve Denison 661-664-7724

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, FAX 541-330-1465, eanderson@hwy.net

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, APFL 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/PL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

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

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

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

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, WNPF Palmetto BP/DL/IronMan (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnfp@aol.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) Gene Estrada, 805-544-0155
7 OCT, 6th APF Wolverine Open (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19461 Voiland, Roseville, MI 48066, 810-294-7055 after 6pm
8 OCT, APA Bay State BP/DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, w p a 5 0 @ h o t m a i l . c o m , www.angelfire.com/ll/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, Flowertown Open Bench Press #2, Armorplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 800-358-9675
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, 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)
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 (tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513
28 OCT, 18th 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
28,29 OCT, ANPPC NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
OCT?, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvh@emwv.com
OCT?, NASA Big River Classic, Daryl & Tobe Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, daryltoebey@aol.com
4 NOV, S.C. State Law Enforcement Big Badge BP #3, Thompson Barbell Co., 9600 Two Notch Rd., Suite 14, Columbia, SC 29223, 843-875-1434 or Floyd Powe 800-358-9675
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
11 NOV, WNPF East Coast BP/DL/IronMan (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
11 NOV, AAPF Southern States (drug tested) Huge Iron Productions, 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 Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
11,12 NOV, USPF American Championships (Burbank, CA) Chris Kostas, 661-242-8116 or Steve Denison 661-664-7724
12 NOV, AAU Mass Open PL/BP, Bruce Lynch, 165 Paul Revere Terreance, 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
18 NOV, 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
18 NOV, USAPL Great Alaska PL Challenge & 9th annual Biggest Bench, Jamie Bursell, 9170 Glacier Wood Dr., Juneau, AK 99801, 907-789-5997
18 NOV, WNPF Georgia Natural (PL, BP, DL, SQ) & ISA BP/DL/IronMan (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
19 NOV, SLP Missouri Regional "RAW" PL (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
NOV, Iowa/Midwest Open BP/DL & Trap DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240
NOV, Thanksgiving BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com
NOV, USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm
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 DEC, APF 47th Iron Man PL / BP / Physique (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

3 DEC, WNPF 3rd Sarge McCray BP/PL/IronMan (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
7-10 DEC, 2000 IPF World Bench Press (Ostrava, Czech Republic)
9 DEC, 3rd AAPF Michigan State PL, BP, DL, John Maddox 248-642-2002 or John Cucurean 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 or 16 DEC, USPF Winter Classic DL (Camarillo, CA) Chris Kostas, 661-242-8116
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
10 DEC, 8th 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
16 DEC, Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@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
 sonlight@advancenet.net
DEC, APF Southwest PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825
23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch, NZ, www.supergames2001.co.nz, info@supergames2001.co.nz
28,29 APR, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464
8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org.
12-15 JUL, USAPL Men's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
OCT 2001, WABDL World BP/DL Championships (Las Vegas, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600
 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.*

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Mike Stone Memorial/S.E. U.S.A.
6 NOV 99 - Carthage, TN

BENCH PRESS		Wayne Stover	300
Submaster men		181	
181		Jack Brown	375
Jack Brown	375	220	
Master men 45-49		Eddie Graves	500
220		Tony Rutkowski	425
Dale Apple	385	Joe Carter	400
Police & Fire		275	
198		Jason Whitten	455*
Doug Sanders	390	Lee Green	450*
Open		308	
165		Shawn Wyatt	640*
William Foster	380*	SHW	
Master/women	SQ	Larry Forsythe	545
105	BP	DL	TOTAL
Sallyann Andes	240*	95*	280*
Open Women			615*
105			
Sallyann Andes	240*	95*	280*
Teenage Men 16-17			615*
148			
Chas Blystone	325*	220	340*
Junior men			885*
148			
Bandy Thompson	225	205	300
Submaster men			730
181			
Tim Locke	450	320	480
242			1250
Jim Gerhardt	715*	445*	590
Master men 40-44			1750*
220			
Tommy Pond	470*	320	500
Master men 55-59			1290
198			
Robert Monahan	525	260	500
Open Men			1285
165			
William Foster	BL 570*	380*	575*
198			1525*
John Davel	550*	365*	450*
220			1365*
Joe Carter	700*	400	605
242			1705*
SHW			
Larry Forsythe	805*	545	700
The Mike Stone Memorial/Southeastern USA Powerlifting Championships were held November 6, 1999 at Spike's Gym in Carthage, Tennessee. Many thanks to owners Spike and Robert for their hospitality in hosting their first competition in the home town of Vice President Al Gore. Also a very special thanks to William Foster and Joe Carter who worked so hard promoting this event and raising almost \$1000.00 in sponsorship. Joe was awarded a large, beautiful plaque thanking him for his efforts. In the powerlifting event, the turnout was smaller than in the past, but provided the spectators with a lot of excitement along with a large number of personal records being broken. By the way, the crowd was very supportive of the lifters, which I'm sure helped a lot when it came to those pr's. Lone women's			2050*



Larry Forsythe locks out a PR 805 squat on his way to a 2050 PR total at the Mike Stone Memorial (photos by Darrell Latch)

competitor Sallyann Andes had a great day with all new personal records, winning both the master 45-49 and open women's 105 class with a perfect 9 for 9 day. Sallyann ended up with a 240 squat, 95 bench, 280 deadlift and a 615 total. Great job! Chas Blystone was the lone teenager, but that didn't seem to matter. Chas got all of his lifts except his first bench for a new pr total of 885. Chas was perfect in the squat (325) and the deadlift (340), both new prs together with his 220 bench press for his win at 148. Bandy Thompson also lifted at 148, but in the junior class, finishing with a 730 total. Bandy finished with a 225 squat, a 205 bench and a personal best 300 deadlift for the win. Sallyann's trainer, Tim Locke also had a perfect day of lifting with picture-perfect form on every lift. Tim squatted a deep 450 along with a 320 bench and a 480 pull for a 1250 total for the win at submaster 181. Also in the submaster class was 242 winner Jim Gerhardt, who also took the open 242's. Jim has such a great attitude about lifting, always willing to help and encourage others, and just talk, talk, talk! The only thing stronger than his jaws is his lifting, which could shut up anyone. Jim had his greatest day of lifting, nailing a big 715 personal record squat. Going 3 for 3 there Jim followed that with



Best Lifters at the Mike Stone Memorial/Southeastern USA Meet: (left) William Foster (PL) with all new PRs at 158 bodyweight (570 380 575 1525), and (right) Shawn Wyatt (BP) with a 640 PR bench at 285

J. Ingram	60	165	245	470
Pure	250			
D. Berkeley	77.5	170	205	452.5
SM	187			
E. Spence	45	112.5	192.5	350
205				
B. Dickens	55	152.5	215	422.5
Powerlifting	SQ	BP	DL	Total
HSP	170			
J. Konty	175	127.5	190	492.5
205				
J. Wakefield	125	100	165	390
Int	154			
M. Bell	170	125	185	480
170				
S. Jackson	147.5	142.5	227.5	517.5
250				
S.Hill Jr.	280	167.5	300	747.5
170				
J. Konty	175	127.5	190	492.5
227				
J.Meuth Mpure	155	127.5	185	447.5
187				
D. Witty	152.5	105	165	422.5
Nat	170			
J. Konty	175	127.5	190	492.5
227				
D. Dover	277.5	170	302.5	750
280				
K.Malchow Novice	312.5	205	287.5	805
154				
B. Merz	120	80	135	335
170				
J. Konty	175	127.5	190	492.5
187				
E. Spence	140	112.5	192.5	445
205				
K.Murdock	210	147.5	265	622.5
227				
D. Franks	230	1501	232.5	612.5
280				
W.Johnson Pure	287.5	187.5	265	740
170				
J. Konty	175	127.5	190	492.5
205				
M. Benningfield	250	200	265	715
P. Tracy	245	137.5	282.5	665
227				
D. Dover	277.5	170	302.5	750
295	170	257.5	722.5	
S. Carmon	280			
W. Johnson SM1	287.5	187.5	265	740
154				
B. Merz	120	80	135	335
187				
P. Nichols Wnovice	97.5	55	117.5	270
110				
P. Nichols Wpure	97.5	55	117.5	270
110				
P. Nichols	97.5	55	117.5	270
Bench Press	250			
Int	M. Petty			147.5
154	Nat			
M. Bell	125	227		
250				
J. Chapman Jr.	165	K. Johnson Novice		227.5
187	250			
J. Beecham	157.5	J. Chapman		165
227	J. Moore			
J. Meuth	127.5	SM1		
M1				
187	M. Medlin			
C. Adams	127.5	SM2		
250				
M. Petty	147.5	S.Landers Teen		165
M2		170		
227	J. Konty			127.5
S. Caldwell	160	Wm1		
187	119			
J. Meuth	127.5	187		
147.5	C. Adams			
192.5	127.5	Wmpure		
397.5		119		
165		D. Adams		50
J. Moore		127.5		
M1		119		
280		D. Adams		50
(thanks to NASA for providing these meet results)				

**NASA Novice Nationals
4,5 DEC 99 - Nashville, TN (kg)**

PowerSports	CL	BP	DL	TOTAL
BPM2				
227				
S. Caldwell	160			
CJR				
227				
J. Meuth				
CPURE				
250				
D. Berkeley	77.5			
Int				
250				
D. Berkeley	77.5	170	205	452.5
Jr.				
227				
R. Rodriguez	57.5	147.5	192.5	397.5
J. Meuth		127.5	165	
250				
J. Moore				
M1				
280				

USPF Texas Cup
6 NOV 99 - Seguin, TX (kg)

BENCH PRESS	242		
WOMEN	Mark Johnson	137.5	
SHW	OPEN		
Sharry Barbee	125.0	148	
MASTERS	Barry Bradford	137.5	
165	165		
Johnny McCallum	115.0	Javier Campos	140.0
181	198		
Dan Bell	127.5	Ed Wilkinson	215.0
198	Dwight Celestine	192.5	
Paul Boutte	147.5	Joe Medina	182.5
220	Johnny Campbell	172.5	
Kobe Kobayashi	210.0	220	
242	Jonathan Clark	197.5	
Elvin Smith	137.5	275	
275	John Stewart	262.5	
Hal Hudson	112.5	308	
Buddy Wright	127.5	Lance Polk	242.5
Thomas Lucas	110.0	SUBMASTER	
308	148		
James Ash	182.5	Joseph Yu	158.0
TEENAGE	165		
123	John Yu	172.5	
Jackie Mendoza	80.0	198	
181	Dwight Celestine	192.5	
Justin Smith	127.5	275	
242	John Stewart	262.5	
Chris Spencer	147.5	OPEN DEADLIFT	
	220		
OPEN WOMEN	SQ	Daniel Flunker	227.5
	BP	DL	TOTAL
114			
Susan Rinn	142.5	97.5	142.5 382.5
132			
Heather Kubicek	112.5	47.5	120.0 280.0
Robbyn Hensley	92.5	42.5	112.5 247.5
148			
Jill Cowan	145.0	80.0	160.0 385.0
MASTERS IVONIEN			
132			
Jill Cowan	145.0	80.0	160.0 385.0
TEENAGE WOMEN			
105			
Kristin Smith	100.0	35	112.5 247.5
123			
Charity Boutte	115.0	50.0	132.5 297.5
Darlene Bartek	115.0	60.0	125.0 300.0
132			
Amanda Pool	111.5	47.5	115.0 275.0
148			
Allison Bush	157.5	62.5	145.0 365.0
Meagan Pollock	137.5	65.0	142.5 345.0
Bonnie McMillion	102.5	60.0	137.5 300.0
BELOW CLASS I MEN			
165			
Rey Guevara	147.5	125.0	192.5 465.0
Brad Gehringer	137.5	107.5	192.5 437.5
181			
Mike Culely	205.0	127.5	205.0 537.5
Thomas Dugan	165.0	115.0	182.5 462.5
Alex Torres	150.0	90.0	157.5 397.5
198			
Bill Hurt	232.5	147.5	232.5 612.5
Mike Dugan	220.0	155.0	227.5 602.5
Ernest Rocha	202.5	157.5	227.5 587.5
Craig Beall	195.0	107.5	222.5 525.0
220			
Mike Davis	275.0	195.0	250.0 720.0
Aaron Whelchel	212.5	122.5	205.0 540.0
Noe Uria	205.0	147.5	182.5 535.0
242			
John Fowler	280.0	165.0	282.5 727.5
Vernon Pereto	292.5	175.0	257.5 725.0
275			
John Williamson	232.5	180.0	252.5 665.0
John Nicholosi	252.5	165.0	217.5 635.0
TEENAGE MEN			
165			
Paul Chaney	182.5	107.5	182.5 472.5
Beau Hanis	127.5	75.0	125.0 327.5
181			
Justin Smith	215.0	127.5	197.5 540.0
220			
Chris Kahanek	260.0	172.5	280.0 712.5
MASTERS MEN 40-49			
198			
Jeff Casey	190.0	137.5	205.0 532.5
G. Efund	152.5	100	175 427.5
220			
Billy Wright	230.0	165.0	232.5 627.5
242			
Larry Mistric	310.0	182.5	280.0 772.5
Chris Garcia	332.5	112.5	265.0 710.0
Mike Breslin	252.5	157.5	250.0 660.0
275			
Mike McDaniel	312.5	185.0	265.0 762.5
SHW			
Terry Knighton	100.0	100.0	295.0 495.0
MASTERS MEN 50+			
181			
Bob Buryanck	120.0	82.5	125.0 327.5
220			
Oscar Guzman	215.0	135.0	217.5 567.5
242			
Elvin Smith	260.0	137.5	227.5 625.0
Elvin Kelley	207.5	115.0	175.0 497.5
275			
Hal Hudson	177.5	112.5	210.0 500.0



T.J. Hoerner squats 646 at 148 at the USPF Texas Cup (photograph provided courtesy Seguin Fitness)

165	John Yu	210.0	172.5	195.0	577.5
181					
Tracy May	220.0	117.5	210.0	547.5	
198 Tracy Glawe	242.5	142.5	235.0	640.0	
Bill Hurt	232.5	147.5	232.5	612.5	
220					
Randy Nesuda	250.0	165.0	272.5	687.5	
242					
S. Hambright	265.0	195.0	260.0	720.0	
275					
Michael Darrah	302.5	217.5	285.0	805.0	
John Williamson	232.5	180.0	252.5	665.0	
Mark Harris	230.0	147.5	215.0	592.5	
SHW					
Charles Bryant	225.0	157.5	237.5	620.0	
BEST LIFTERS: OPEN WOMEN-Susan Rinn; OPEN MEN-T.J. Hoerner; BEST BENCH WOMEN-Susan Rinn; TEEN WOMEN-Allison Bush; BEST BENCH MEN - John Stewart; BELOW CLASS 1 - Mike Davis; SUBMASTER MEN - Michael Darrah; 5 MASTERS MEN-Larry Mistric. (results from Gary Pendergrass)					

Southeastern USA Bench Press
19 JUN 99 - Jacksonville, FL

Womens Competition:	Danny Conner	360
Dana Edge	125	NL
Woman Guest Lifter	181 LB Class:	
Cathy Connors	250	Curtis Warren 400
Men's Teen Age:	Donald Adams	305
Brian Carroll	320	198 LB Class:
Daniel Long	290	Drew Maddox 455
Men's Senior:	Dondell Blue	385
198 LB Class:	DaAd Pamons	325
David Parsons	325	220 LB Ass
220 LB Class:	Kenneth Monroe	510
M. Churchman	350	Kenny Gilbert 405
Ed Weber	325	David Cox 400
Men's Masters:	Jason Blandsford	350
242 LB Class:	242 LB Class:	
Harry Long	435	Tony Vellake 550
181 LB Class:	Richard Meyer	450
Dennis Pitman	315	Bret Harris 440
Men's Open:	Bret Hendrix	NL
148 LB Class:	275 LB Class:	
Gary McCough	275	Monroe Bryant 425
165 LB Class:	Super Heavywt.	
Jake Blanton	370	Doug Lane 450
	Shane More	430

Best Lifter- Lt: Jake Blanton. Best Lifter - Hvy: Tony Vellake. Best Lifter - Bald Headed Director Division: Ed Weber. The fourth annual Ed Weber Southeastern USA Bench Press Championship was held in Jacksonville, Florida on June 19, 1999. National women's champion bodybuilder and powerlifter, Cathy Connors, set a personal best bench press of 250 lb. Meet Director,, Ed Weber, also set a lifetime personal best of 325 lb. at 58 years of age. Tony Vellake was the best lifter in the heavyweight division with a bench of 550 lb., lifting in the 242 lb. class. In the lightweight division, Jake Blanton took the top spot with a 370 lb. bench, lifting in the 165 lb. class. Meet Director, Ed Weber would like to thank all the competitors who participated to make this another enjoyable and successful meet. Ed announced that this was the last time that he plans to be the organizer of this meet and appreciates all the support and assistance that he has received during his four year term as Director. By unanimous vote, all of the lifters, referees, spectators, and cheerleaders named Ed as the Best Lifter in the Bald Headed Director Division. (Respectfully submitted by David Parsons)

Venice Beach Rec. Center Deadlift
12 JUN 99 - Venice, CA

148 Open	14-16
J. Mohammadi	182.5
165 Open	17-19
V. Tabane	227.5
181 Open	275
S.Hoyos	227.5
220 Junior	Open/Master
B.Meek	307.5
Clerk: Kellie LaMantia, Referee-John Planas, Chief Referee - Kevin Meskew, Referee - Dan Wagman, Weigher - Kevin Meskew, Mike Bell - Recreation Coordinator. (results by Dept. of Parks and Rec.)	



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City		State	Zip	Area Code/Telephone
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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
Y N	Y N	/ /	M F	/ /
Signature _____				
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If Under 18 have Parent Initial _____				

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USAPL 10th Central USA Meet (kg)			
6 NOV 99 - Cape Girardeau, MO			
Bench Press	Masters	K. Nance	175 105 192.5 472.5
Women	148 (60-64)	J. White	277.5 192.5 265 735
114 (16-17)	I. Zwick	E. Zimmerman	305 152.5 275 732.5
A. Cullum	75 165 (50-54)	T. Price	240 172.5 220 632.5
148 (40-44)	B. Falconer	275	
M Post	77.5 181 (50-54)	J. McGee	230 157.5 245 632.5
Men	J. Springmeyer	S. McElveen	240 147.5 185 572.5
114	198 (40-44)	SHW	
D. Cohn	95 S. Wood	J. Pledger	300 192.5 272.5 765
123	J. Bell	R. Smith	282.5 167.5 277.5 727.5
J. Payer	100 (50-54)	Masters	
148	A. Kisrow	148 (60-64)	
C. O'Toole	175 242 (45-49)	I. Zwick	25
I. Zwick	G. Chrun	160 165 (40-44)	
165	275 (50-54)	G. Krockenberger	227.5 125 227.5 580
A. Furnas	187.5 B. Levine	T. Fisk	215 125 235 575
181	SHW (65-69)	80 plus	
W. Agnew	165 D. Schaffer	M. Krause	25 30 87.5 142.5
G. Ludwig	150 Teenage	198 (40-44)	
198	123 (16-17)	J. Bell	210 117.5 215 542.5
K. Hazlett	175 J. Payer	220 (40-44)	
M. Metheny	100 E. Zimmerman	C. Trosper	235 140 235 610
S. Wood	172.5 (18-19)	L. Sample	277.5 187.5 277.5 742.5
R. Petzoldt	165 B. Johnson	242	
275	165 (18-19)	E. Zimmerman	305 152.5 275 732.5
B. McDonough	217.5 198 (18-19)	G. Chrun	237.5 205 240 682.5
Women Open	J. Chavez	275 (50-54)	
148	SQ BP DL TOTAL	B. Levine	237.5 155 225 622.5
L. Bartko	137.5 90 147.5 365	SHW (40-44)	
SHW	200 85 165 450	J. Pledger	300 192.5 272.5 765
S. Pledger	Women Masters	R. Smith	282.5 167.5 277.5 727.5
148	102.5 72.5 137.5 317.5	Teenage	
M Post	110 75 122.5 330	132 (16-17)	
Women Teen	130 77.5 150 357.5	R. Accardi	1230 85 160 365
114 (16-17)	165 (14-15)	Novice	
A. Cullum	102.5 40 102.5 245	D. Cohn	155 95 170 420
123 (18-19)	L. Pledger	123	
M. Amsden	200 85 165 450	J. Payer	105 100 125 330
165 (14-15)	C. Dickson	160 95 175 430	
L. Pledger	102.5 72.5 137.5 317.5	M. Harrison	197.5 117.5 240 555
SHW (16-17)	110 75 122.5 330	220	
S. Pledger	130 77.5 150 357.5	J. Ward	167.5 135 202.5 505
Men Open	165 (18-19)	E. Williams	185 112.5 205 502.5
114	165 (14-15)	275	
D. Cohn	155 95 170 420	B. Mitchell	175 125 210 510
132	120 85 160 365	This year marked the 10th year for the Central USA powerlifting meet. What began in 1990 as an experiment to cater to the abundant rich lifting talent of Southeastern Missouri has turned into a decade long event held near the end of every year. Once again, Steve & Dr. Mike Cissell took the show on the road to Doug Friese' well equipped Universal Fitness in Cape Girardeau, Mo. Over the course of the 90's the complexion of the meet has changed quite a bit. In the earlier years we seen quite a few lifters come up from FL Leonard Wood, Mo to give the perennial champion Universal Physique team a run. Along with them, Pat Payne's team from Kentucky, the House of Payne, has also made fine showings in a few meets. Early on the meet was ran over the course of two days, but the last three have been ran all in one day, making it a better meet for all involved. We've also seen the passing of a couple lifters that were special to many. National Referee Leroy Marsh, and Cape Girardeau lifter Jay Piper were each taken much too soon. The meet has also been a family affair. It wasn't enough to have	the cackling personality of the comical Jerry Pledger, but his daughter Sabrina broke into the a few years back and has since won a National Championship and set multiple records. And now, there's even a third Pledger: 14 year old Lindsay Pledger, who is just getting started. We've also been blessed to witness not one, but two brother lifting landmen. In the meet's inaugural year, a quiet man by the name of Mike Bridges came, graced the platform with 9 perfect attempts and vanished from the powerlifting world to the civilian ranks of normalcy shortly after. His brother Bob Bridges was also on hand one year wowing us with his deadlift ability from hell. The other brotherly lifting duo I'm referring to are the more familiar Sample Brothers, Lindsay & Leonard of Cape Girardeau, Mo. Since the dawn of the ADFPA in Missouri, these guys lifted and won like nobody's business. Nowadays Father Time has had his way like he does with everyone. Leonard
R. Accardi	120 85 160 365	has been sidelined for a few years due to health problems, and Lindsay is no longer a 181 bfer, but a venerable 220 lb. master lifter. With a record 9 Missouri titles and 4 Central USA titles, simply put, nobody has been as good for as long as Lindsay. The only person that could've even been capable of matching these feats would've have been a rarity: a person with the same initials, from the same city, from the same parents. Had it not been for his departure from lifting, Leonard would be right there with Lindsay. As it stands we awarded Lindsay as the Missouri USAPL Lifter of the Century by virtue of his many titles and also his staying power. He has carried our state banner as our franchise lifter for as long as this author has been lifting. While other stars rise and fall, quickly burning out, suspiciously never to be heard from again, Lindsay presses on and gets better with age. In honor of the upcoming year 2000, we salute Lindsay Sample. And now, onto the competition!	
148	120 85 160 365	123	
B. Olson	230 155 225 610	J. Payer	105 100 125 330
P. Payne	227.5 117.5 227.5 572.5	K. Dickson	160 95 175 430
J. Dixon	180 110 192.5 482.5	M. Harrison	197.5 117.5 240 555
C. O'Toole	165 G. Krockenberger	220	
165	227.5 125 227.5 580	J. Ward	167.5 135 202.5 505
181	This year marked the 10th year for the Central USA powerlifting meet. What began in 1990 as an experiment to cater to the abundant rich lifting talent of Southeastern Missouri has turned into a decade long event held near the end of every year. Once again, Steve & Dr. Mike Cissell took the show on the road to Doug Friese' well equipped Universal Fitness in Cape Girardeau, Mo. Over the course of the 90's the complexion of the meet has changed quite a bit. In the earlier years we seen quite a few lifters come up from FL Leonard Wood, Mo to give the perennial champion Universal Physique team a run. Along with them, Pat Payne's team from Kentucky, the House of Payne, has also made fine showings in a few meets. Early on the meet was ran over the course of two days, but the last three have been ran all in one day, making it a better meet for all involved. We've also seen the passing of a couple lifters that were special to many. National Referee Leroy Marsh, and Cape Girardeau lifter Jay Piper were each taken much too soon. The meet has also been a family affair. It wasn't enough to have	E. Williams	185 112.5 205 502.5
275	B. Mitchell	275	
B. Mitchell	175 125 210 510		



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In the cackling personality of the comical Jerry Pledger, but his daughter Sabrina broke into the a few years back and has since won a National Championship and set multiple records. And now, there's even a third Pledger: 14 year old Lindsay Pledger, who is just getting started. We've also been blessed to witness not one, but two brother lifting landmen. In the meet's inaugural year, a quiet man by the name of Mike Bridges came, graced the platform with 9 perfect attempts and vanished from the powerlifting world to the civilian ranks of normalcy shortly after. His brother Bob Bridges was also on hand one year wowing us with his deadlift ability from hell. The other brotherly lifting duo I'm referring to are the more familiar Sample Brothers, Lindsay & Leonard of Cape Girardeau, Mo. Since the dawn of the ADFPA in Missouri, these guys lifted and won like nobody's business. Nowadays Father Time has had his way like he does with everyone. Leonard has been sidelined for a few years due to health problems, and Lindsay is no longer a 181 bfer, but a venerable 220 lb. master lifter. With a record 9 Missouri titles and 4 Central USA titles, simply put, nobody has been as good for as long as Lindsay. The only person that could've even been capable of matching these feats would've have been a rarity: a person with the same initials, from the same city, from the same parents. Had it not been for his departure from lifting, Leonard would be right there with Lindsay. As it stands we awarded Lindsay as the Missouri USAPL Lifter of the Century by virtue of his many titles and also his staying power. He has carried our state banner as our franchise lifter for as long as this author has been lifting. While other stars rise and fall, quickly burning out, suspiciously never to be heard from again, Lindsay presses on and gets better with age. In honor of the upcoming year 2000, we salute Lindsay Sample. And now, onto the competition!

In the Womens division, we had a handful of ladies lifting in various classes. Andrea Cullum set three Teenage American records in the 52 kg/16-17 class. Her lifts of 75 kg in the bench press, and 132.5 kg in the deadlift along with her total of 330 kg were all good for new marks. Michelle "Hamstring" Amsden, representing Ball State University, also set a few records. I bet each time this girl goes to the grocery store they probably suspect her of smuggling ham from the meat section in her pant legs! This girl with the little frame had hamstrings that most guys were jealous of. And did she ever put them to good use. Not only did she set a new 170 lb. Teenage American record in the bench press, but she also pulled a record of 330 lbs. at 123. The other record settler in the Womens division was Sabrina Pledger. Sabrina set a new Teenage American record in the 16-17, 90+ kg class with an amazing 440 lb. squat! Keep your eyes on her to continue making progress! In the Men's Open division, D. Cohn totaled 420 kg, and was only one contestant in the 114 lb. class. In the 132 lb. Open division, 17 year old Ross Accardi was also lifting alone. In his first meet Accardi totaled 804 lbs., which included a nice third attempt deadlift of 352 lbs. His performance for the day qualified him for the Teenage Nationals next year in Texas. The 148's were a shootout early on, and when Chris O'Toole failed to register a squat things opened up a bit. However, O'Toole was entered in the Benchpress division and wound up with the best lifter award in the bench press competition. Josh Dixon had much more than his total indicated, but his 4 for 9 day rained on his party. Rev. Brad Olson, a former

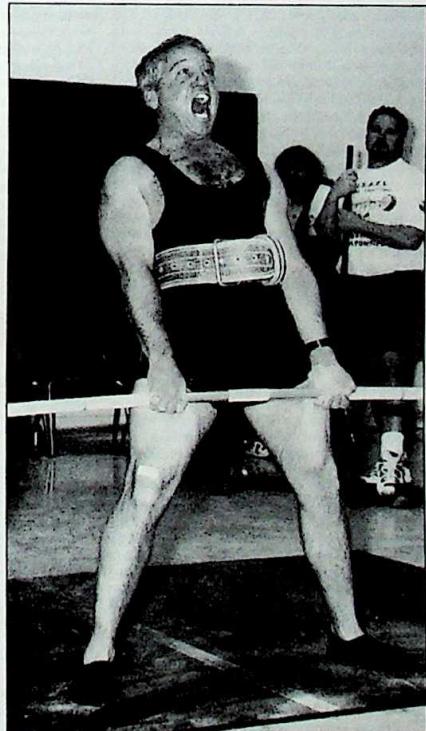
National champion and chaplain for our Olympic team went head to head against Pat Payne from Henderson, Ky in a battle decided by the bench press. No strangers to each other, Olson out-squatted Payne 230 kg. to 227.5 kg. and Payne out-deadlifted Olson, 227.5 to 225 kg. The final margin of 37.5 kg between the two lifters was made possible by Olson's 341 lb. 3rd attempt bench press, giving Brad the victory. The 165s also had only one lifter in the Open, George Krockenberger. George is a 6 time Missouri state champion and hadn't seen action in some time, as his lifts indicated. Even though he only hit a single squat and dead and a pair of benches, he still totaled 580 kgs. In his comeback in the 181s Greg Ludwig bowed out early when he had trouble in the squat with 501 lbs. Tim Fisk had a 6 out of 9 day which included a personal record deadlift and also a third place finish. In the early going Steve Reando was able to squat with Willie Agnew, but couldn't bench with him. Agnew's bench press of 363 lbs. set the tone for the end, giving him top honors in this class. The largest class of the meet was the 198 lb. Open division. Master lifter James "Cool Papa" Bell gave the open class a whirl, but the younger competition proved to be a bit much. This author filled in at 6th place while lifting with only the aid of a power belt, making lifts of a 479 lb. squat and 518 lb. deadlift. Up and coming Matt Bauman could've tied for 4th with one more squat to his credit, but had to settle for 5th place behind 3 time Missouri state champion, Roger Petzoldt. In just his second meet, Mike Metheny cracked the top three taking third place on a great 8 for 9 outing. Even while the deadlifts were going on, Metheny was getting some of the lowdown from meet director Mike Cissell concerning third attempt deadlift changes. Had he known exactly what to take he may have finished higher than runner up Kevin Hazlett, who missed his final deadlift. As it stands, the two tied, and the bodyweight decision went to Hazlett, the lighter man. The runaway winner in the 198s was Kenny Garrett. Garrett's lifts have matured substantially over the past couple of years, and he is now quite a record setter. Although his squats and benches didn't go as well as planned, his deadlift went so well that he broke Chad Holmes record of 705 lbs. with his 711 lb. 3rd attempt. His total of 1,664 lbs. at 198 was also enough to take the best lifter award from 148 lb. Brad Olson. Moving up to the 220 lb. class, Kevin Nance made only a single attempt in each lift and pretty much got baptized in flames by the other 220 lifters. Mitch Mitchell had a nice 7 for 9 day finishing 37.5 kgs. behind Terry Stanley. It was initially thought that these three were the top three finishers, but an accidental omission from the charts kept the winner a secret. Not that it would've mattered though, because the winner was Lindsay Sample. Initially it was entered as a 242 lifer, but came in a tenth of a kilo under the 100 kg. class limit. Sample is so strong that he could've won with his openers. After it was explained what happened to fellow training partner of this mine, Terry Stanley, he really didn't seem to mind taking second to a lifter of Lindsay's stature. His attitude is one that says it's about lifting and making attempts regardless of where you finish, as long as you make progress. In the 242s, Tom Price sailed through the squats perfectly and ended the day with a 632.5 kg total, good enough for third place. Ed Zimmerman's final deadlift of 611 lbs. would've been enough to tie James White, but it just wasn't there. The top spot was claimed by White, who missed 1 attempt in each lift. Had he made all his lifts, Scott "Mongo" McKelvey could've made things different for the 275 lb. outcome. By making only 4 out of 9 it was an uphill battle to catch James McGee, who had spotless lifts in the squat & deadlift. The Superheaves pitted Internet celebrity Robert Smith of Mississippi versus Jerry Pledger from Cape Girardeau, Mo. Smith held his own in the Squat and Deadlift, but Pledger's benching prowess was a bit too much for him. Jerry walked away with his second straight and third overall Central USA title.

Best lifters in the Open divisions were, Open Women: Lilla Bartko; Open Men: Kenny Garrett. Masters Women best lifter was Maureen Post; In the Men's class it was Lindsay Sample. David Cohn was the best lifter in the Novice class, and in the Teenage divisions, Michelle Amsden was the best lifter for the Women, and

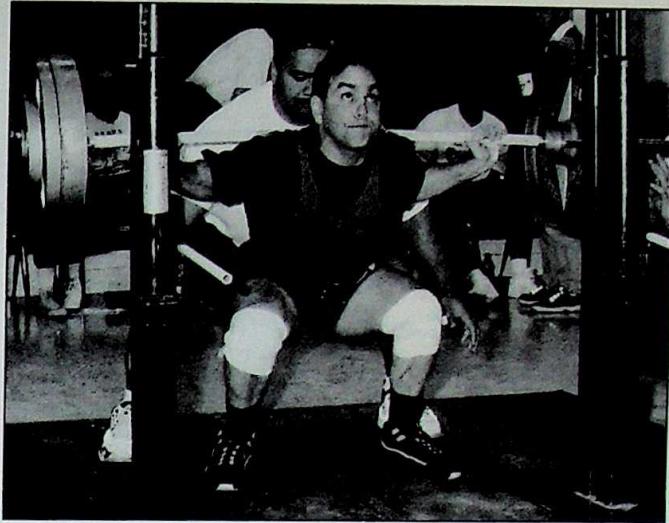
Ross Accardi won the best lifter award for the Teenage Men. (In the bench press division, the best lifters were Open: Chris O'Toole, Teenage Women: Andrea Cullum, Teenage Men: Nick Young, Masters Women: Maureen Post, Masters Men: Donald Schaffer). The second place team award went to Team Strength Online, and the winning team was Universal Fitness. Thanks to all the referee that judged the meet. They were Sam & Judy Greco, James Rouse, & Wally Strosnider. As always, the score table couldn't be run efficiently without Karma & Marlene, who do a great job keeping these meets rolling along. 1999 Leroy Marsh award winner Ted Zagursky was also on hand taking care of our wall charts as the meet progressed. The voice of the Missouri USAPL, George Huber, was also in the house sounding as fresh as ever. Thanks also goes to Josh Anderson for helping to set up, and his twin sisters, Jennifer & Jessica Ray, who ran the music all day. And as always, thanks to Sue, Steve & Mike Cissell for putting together a well organized event. Often times little attention is paid to the small details at a meet, but the Cissells go out of their way to bring great equipment, a huge scoreboard, music, national referees, hand made awards, custom made wall charts, an overhead projector, and a great venue for lifting. If lifters train hard and want to pay to go to a meet held in a 1 room gym with just a single referee and loosely enforced rules, there are plenty of them out there. But if it's a quality meet you're looking for, you'll find it in the Missouri USAPL. We'll be having the Y2K Missouri State & Ozark Open on April the 8th in St. Louis, Mo; and the Bench Press Nationals in September. Entries can be obtained at our website USAPLNATIONALS.COM. (Rick Fowler)

USAPL 9th Idaho State/Open 20 NOV 99 - Pocatello, ID

Women	SQ	BP	DL	TOTAL
123				
Larson, S	195	125	225	545
148				
Compton, E	205	145	280	630
Ward, A	215	105	190	510
165				
Rovnak, C	250	150	330*	730
Carlson, K	240	125	285	650
181				
Cadavona, VV	250	135	300	685
198				
Oxford, H	275	145	340	760
Teenage				
148				
(16-17)				
Ward, A	215	105	190	510



Mike Hudson, 38 years old in the 165 lb. class, pulls in a 515 at the USAPL Idaho Open. (photographs by Wayne Rhodes)



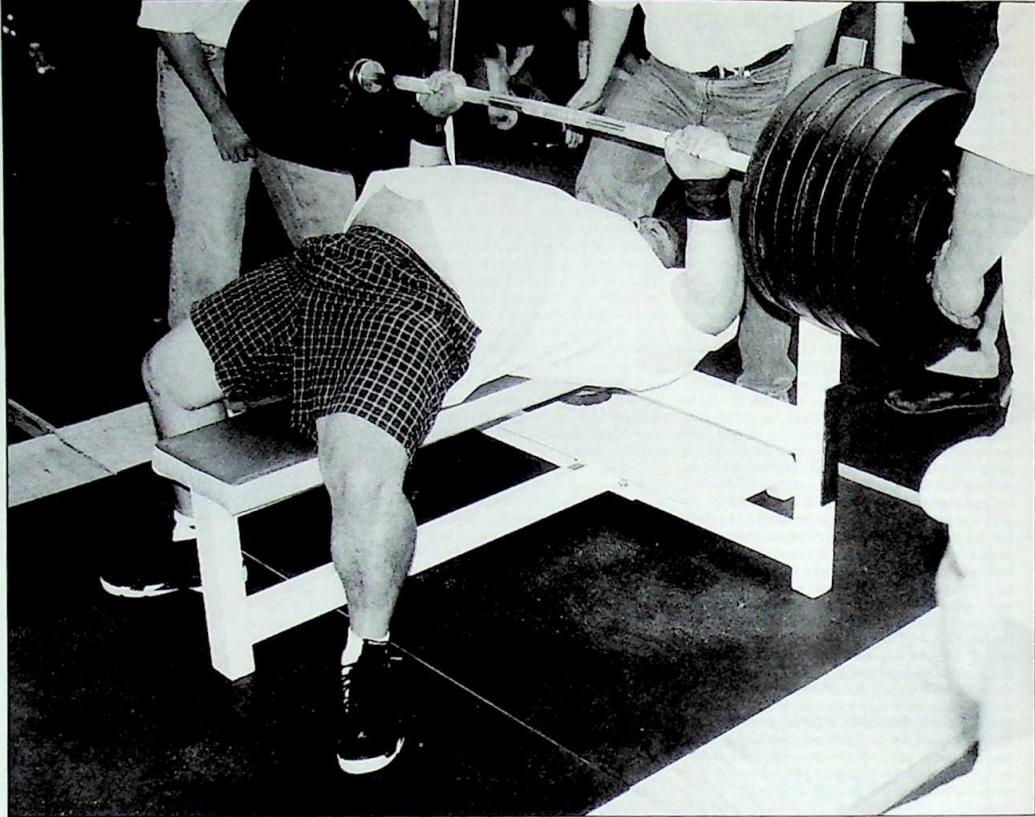
Andy Scardino, age 50, with a 400 lb. squat in the 220 pound class

165 (18-19)	Rovnak, C	250*	150*	330*	730*	242 (40-44)	Hendrix, R	670	390	605	1665	
Master						(45-49)	Anderson, S	540*	300	515*	1355	
148 (55-59)	Compton, E	205	145	280	630	275 (45-49)						
Open						Ward, D	470	325	470	1265		
181 (45-49)	Cadavona, VV	250	135*	300	685*	* State Record. PLACEMENT BY FORMULA:						
198 (40-44)	Oxford, H	275	145	340	760	WOMEN: Rovnak, Oxford, Larson, Compton, Cadavona, Ward. MEN'S TEENAGE: Karonke, Tiko House, Grover. MEN'S MASTER: Hendrix, McCarthy, Hutchins, Lukens, Anderson, Ward, Glover, Scardino. TEAM: Team Fitness, Fitness Inc, or Pocatello, Idaho hosted the 9th Annual Idaho State/Open Powerlifting Championships in which 44 powerlifters participated. Competitors came from Utah, Washington, Wyoming, and as far away as Ohio, with a sizable contingent from Montana, including a team from Bullet Gym in Missoula. The Idaho State/Open Powerlifting meet is held each year in Pocatello, Idaho on the Saturday preceding Thanksgiving. Roger Neff at a body weight of 269 pounds posted the biggest total with 1,805 lbs. Roger, who is also a Greco-Roman wrestler, recently won the heavyweight title in the 1998 World Greco-Roman Championships held in Denver. In this power meet Roger set three state records in the 275 Open with a bench of 500, a deadlift of 705 and a total of 1,805 on his way to capturing the 275 lb State Championship. Roger is currently a coach and athletic instructor at North Idaho Community College in Coeur D'Alene. The most inspirational lifter was Andy Scardino, age 50, a veteran lifter for over 30 years, who has made a comeback to powerlifting following quadruple bypass heart surgery after a major heart attack in January 1999. Andy was born with a condition that prevented adequate circulation around his heart. Undeterred he took up football in high school and lifting as a means to gain weight and strength. He found lifting so challenging and rewarding that he continued with powerlifting after finishing high school. Scardino related that, "the doctor said I should have died ten years ago." However with the bypass surgery and his recovery it looks as if Andy will continue to lift in these Idaho competitions well into the next century. In this Idaho meet Andy achieved his goal of lifting over 70% of his former best total with a squat of 400, a bench of 260, and deadlift of 400 totaling 1,060, and he seems to be well on track to regaining his former lifts. While all the lifters competed for trophies, Idaho residents competed for the highly coveted State Champion jackets. The jackets, provided by Pepsi-Cola, are presented to the highest placing resident in each weight class and/or division. The 1999 Idaho State Powerlifting champions are Mitch Thornton (148), Mike Hudson (165), Pat Young (181), Brad Compton (198), Ryan Nelson (220), Sean Anderson (242), Roger Neff (275), Corey St.Clair (319), Adam Karonke (teen), Jim Lukens (masters), Christine Rovnak (open women), and Wilma Cadavona (master women). Congratulations to all. Many thanks are owed to Bill and Nancy Davis, and to Jim Lukens, outgoing USAPL Idaho State Chair. Special thanks to Brad Smith and Carol Klinger, our announcers, and to Nancy Davis and Janet Wright for running the scoring table, and especially to the Pocatello Police Department and Idaho State Police, whose members showed their commitment to drug-free powerlifting by serving as spotters and loaders. Along with Pepsi-Cola, we also thank Pizza Hut, Taco Bell, Sysco Foods, Swift, and Coors Light for their sponsorship. (write-up by Sean K. Anderson, provided courtesy of St. Chair Brad Compton)						
198 (45-49)	Lukens, J	510	320	500	1330	220 (50-54)	Scardino, A	400	260	400	1060	
220 (55-59)	Glover, S	380	230	400	1010	242 (40-44)						
220 (50-54)						Master						
220 (55-59)						165 (40-44)						
220 (50-54)						McCarthy, D	500	305	505	1310		
220 (55-59)						Hutchins, T	440	320	475	1235		
220 (50-54)						Slaugh, G	360	290	465	1115		
220 (55-59)						Young, P	470	250	470	1190		
220 (50-54)						Hall, J	425	250	460	1135		
220 (55-59)						Fisher, G	385	205	425	1015		
220 (50-54)						198						
220 (55-59)						Compton, B	480	375	560	1415		
220 (50-54)						Martin, B	505	305	555	1365		
220 (55-59)						Casey, M	510	320	520	1350		
220 (50-54)						Newman, B	450	375	520	1345		
220 (55-59)						Mortensen, S	500	315	510	1325		
220 (50-54)						Nelson, R	495	385	520	1400		
220 (55-59)						Regis, J	510	405	475	1390		
220 (50-54)						Wehrle, R	500	410	475	1385		
220 (55-59)						Zolynski, J	475	350	535	1360		
220 (50-54)						Peery, T	365	220	430	1015		
220 (55-59)						Otto, Heath	335	240	425	1000		
220 (50-54)						McDaniel, S	660	460	580	1700		
220 (55-59)						Glover, S	560	365	500	1425		
220 (50-54)						Anderson, S	540	300	515	1355		
220 (55-59)						275 (45-49)						
220 (50-54)						Neff, R	600	500*	705*	1805*		
220 (55-59)						Thomas, G	135	742	145	705		
220 (50-54)						319 (40-44)						
220 (55-59)						Edgett, D	560	390	530	1480		
220 (50-54)						St.Clair, C	510	425	510	1445		
220 (55-59)						Nelson, J	490	390	425	1305		
220 (50-54)						Grover, C	300	300	525	1125		
220 (55-59)						Teen 181 (18-19)						
220 (50-54)						Karonke, A	340	250	450	1040		
220 (55-59)						242 (18-19)						
220 (50-54)						Tiko House, G	410	255	450	1115		
220 (55-59)						319 (16-17)						
220 (50-54)						Grover, C	300	300*	525*	1125*		
220 (55-59)						Master 165 (40-44)						
220 (50-54)						McCarthy, D	500	305	505	1310		
220 (55-59)						Hutchins, T	440	320	475	1235		
220 (50-54)						198 (45-49)						
220 (55-59)						Lukens, J	510	320	500	1330		
220 (50-54)						220 (50-54)						
220 (55-59)						Scardino, A	400	260	400	1060		
220 (50-54)						242 (55-59)						
220 (55-59)						Glover, S	380	230	400	1010		

Summer Swoll BP/DL
14 AUG 99 - Seaside, CA

BENCH	DEADLIFT			
WOMENS	WOMENS			
Teen 16-17	Teen 16-17			
181lb.	181 lb.			
R. Faavesi	95	R. Faavesi	275	
Teen 18-19	Teen 18-19			
165 lb.	165lb.			
C. Rovnak	140	C. Rovnak	300	
OPEN	MENS - OPEN			
1321b.	165lb.			
V. Bustos	175	Y. Koroda	480	
MENS	S. Kabal	475		
Teen 16-17	198lb.			
165 lb.	P. Davi	510		
C. Favoloro	235	J. Shura	505	
OPEN	R. Wagner	455		
148lb.	4th	470		
N. Erbe	275	275 lb.		
165 lb.	R. Neff	675		
M. Arguelles	280	308 lb.		
181 lb.	T. Yamanaka	675		
S. Pearson	340	G. Holland	Sub-Master (35-39)	
J. Snavely	335	340	198lb.	
R. Lopez	330	M. Williams	415	
198 lb.	220 lb.			
A. Harrell	390	R. Reynolds	405	
P. Hyre	325	242lb.		
220 lb.	S. Bazzani	445		
B. Ryan	425	4th	470	
J. Shura	405	Master 1 (40-44)		
R. Wagner	325	220lb.		
242lb.	C. Warrick	365		
D. Farow	515	SHW		
M. Lutz	375	L. Ransom	510	
275lb.	TOTAL - BP/DL			
R. Neff	460	WOMENS		
B. Clark	445	Teen 18-19 /		
3081b.	C. Rovnak	165lb.		
T. Yamanaka	475	440		
Sub-Master (35-39)	Master 1 (40-44)			
165 lb.	1321b.			
K. Peelman	280	B. Fryzna	400	
181 lb.	MENS - OPEN			
R. Lopez	330	165 lb.		
198 lb.	S. Kabal	750		
M. Williams	355	198lb.		
220lb.	P. Davi	850		
G. Ponder	340	J. Shura	910	
R. Reynolds	275	275 lb.		
242 lb.	R. Neff	1135		
M. Lutz	375	B. Clark	830	
308 lb.	Sub-Master (35-39)			
G. Haynes	485	Teen	4th	305n
Master 1 (40-44)	220lb.	123	Open	
220lb.	R. Reynolds	235n	165	
C. Warrick	315	S. Lumpe	320	
242lb.	Master 1 (40-44)	D. Jewell	350n	
M. Lutz	375	4th	D. Short	
SHW	SHW	360n	Master	
L. Ransom	420	M. Bunn	220	
Master V (60 & over)	GUEST LIFTER	275n	W. Green	
242lb.	BENCH PRESS	198	350n	
E. Anderson	405	M. Green	15	
S. Wong	605	D. Short	165	

This was the Iron Society's second meet with another good turnout. The bench was a touch'n go with no bench shirts allowed. The best lifter was Danny Farow, at a bodyweight of 219 he benched 515 and just missed 535. The best lifter in the deadlift was Sam Kabal who lifted 475 weighing only 155. Sam also won best lifter in the total with a 750 lb. total. This meet's Iron Swoldier Award went to Big Roger Neff from Idaho who benched 460 and deadlifted 675. Roger has a lot of power and a great attitude. We gave away great trophies for the great efforts that all the participants put forth. I would like to thank my wife DeeDee, my brother Jonathon, Brent, Gehanne, Leslie, Members of the Iron Society - Yanto, Andre, Jay, and especially Steve Wong who helped me tremendously and who also did a raw touch'n go 605 lb. bench as a guest lifter. Special thanks to Michelle at Bayside Fitness for allowing me to hold the meet there again STAY SWOLL!! (from Matt Lamarque)



Steve Wong hitting a raw 605 lb. bench press as a guest lifter at the Summer Swoll contest. (LaMarque)

**WEPOF Share the Care BP
17 JUL 99 - Louisville, KY**

n - national record. This meet was strictly for charity. We only had seven lifters. For three of them, this was their first meet. Marcus Green went 4 for 4 ending up with a 305 for a National Record at 15 yrs. old. Derek Jewell also went 4 for 4 for a National Record with a BIG 360 with no shirt! Brian Wallace had a huge 235 for a National Record at 19 and 120 lbs. with a shirt. Steve Lumpe went 2 for 3 with a 320 and a near miss at 340 also tie his own National record at 165 lbs. Don Short hit a nice 200 lb. bench at 165 bodyweight. Mike Bunn, in his first meet, made a solid 305 on his second attempt and was close with 325. William Green went 4 for 4 also in his first meet, ending up with a 375 on his 4th for a National Record. William at 49, and weighing 198 had more. Special thanks to Jimmy and Big Joe for their help and to Jason Hewitt. (This meet was sponsored by the Southwest Family Branch YMCA and Meet Director Stiles Corum)

**Ohio Open Winter BP & DL
5 DEC 99 - Cincinnati, OH**

Women LiWI (up to 125) BP	DL	TOTAL
K. Sommers 124	225	375
Women Hyww (over 125)		
J. Meyers 169	220	370
S. Wiengardner 170	225	350
R. Maratori 154	125	125
J. Bunstine 132	120	185
T. Knox 130	225	225
Over 55 Men		
P. Yoby 149	290	290
G. Keesey 200	410	410
H. Chitwood 200	290	290
Over 50 Men		
M. McCordale 187	285	400
B. Bean 201	370	370
Over 40 Men		
T. Boyer 187	360	360
M. Matson 219 BL	400	600
Open Men		
F. Ranelli	285	375
165		
J. Watson	370	485
M. Freeman	300	390
D. Cambell	285	390
K. Mieners	270	375
J. Harder	330	645
181		
M. Wilder	500	500
D. Raines	300	300
198		
D. Meng	380	440
S. Wade	525	525
J. Ferreri	400	400
J. Simpson	380	380
K. Icord	215	215
T. Murray	200	200
220		
M. Yaroparaso	520	570
M. Matson	400	600
R. Thompson	400	425
V. Wells	370	620
J. Tompkins	500	500
M. Young	475	475
C. Taylor	430	430
P. Ross	430	430
242		
K. Bardos	410	580
C. Dykes	360	575
S. Nagle	390	485
S. Snyder	355	455
R. Fraivald	445	445
Over 242		
B. Kyle BL	500	675
C. Meyers	460	625
T. Popplewall	410	575

A. Sheilds 550 550
D. Smith 500 500

PRs: Kim Sommers - 235 BP, Don Smith - 540 1BP, Johnny Ferreri - 425 BP (Messed), Kirk Bardos - 600 DL. Great meet! 44 competitors in all. In the crowd we had J.M. Blakley. The meet went very smoothly thanks to Mike Ferguson (the owner of the Powerstation Gym) and the Ruether Production Staff which includes Steve Hampton, a well known national champion powerlifter, who helps with all of the Ohio Open meets. Best Lifter Woman went easily to Kim Sommers in the lightweight division. Kim beat out the former Best Woman Lifter, Jennifer Meyers, who was a little off at this competition, but still had a great total. Best Lifter in the Meet was won by Bill Kyle. A newcomer to the sport with less than a year invested, he had a couple of very impressive lifts and just missed a 700 lb. attempt in the deadlift. Best Lifter Masters went to Mike Matson. Mike greatly improved since the last Ohio Open, with a very impressive 625 in the deadlift and 400 in the bench press for an even 1000 total in the two lifts. (thanks to Ruether Productions for providing the results of this meet).

**USAPL Body by Design Meet
26 SEP 99 - Cheyenne, WY**

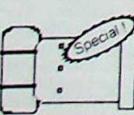
Teen BP	SHW
D. Gebhardt	185
Teenage PL	T. Koenigs 405
C. Burton	1095
B. Cassidy	850
J. Hill	Men PL
180	800 132
Women Open PL	J. Hill 800
W. Hall	460 148
Women BP/Masters	C. Hughes 1275
Open	165
B. Burton	S. Hill 1115
Masters	181
B. Burton	R. Colelio 1180
Men's BP	220
148	G. Huhaman 1200
C. Burton	275
165	K. Linde 1370
J. Steicher	T. Hildeith 1195
198	SHW
B. Shalkowski	D. Gaudreau 2025
220	Master Light PL
R. Lang	R. Erickson 1320
J. Brown	S. Hill 1115
275	B. Dunihue 72 635
D. Maria	Master Heavy
460	R. Grisham 1005
R. Rutledge	K. Rutledge 1150

(thanks to USAPL for providing these meet results)



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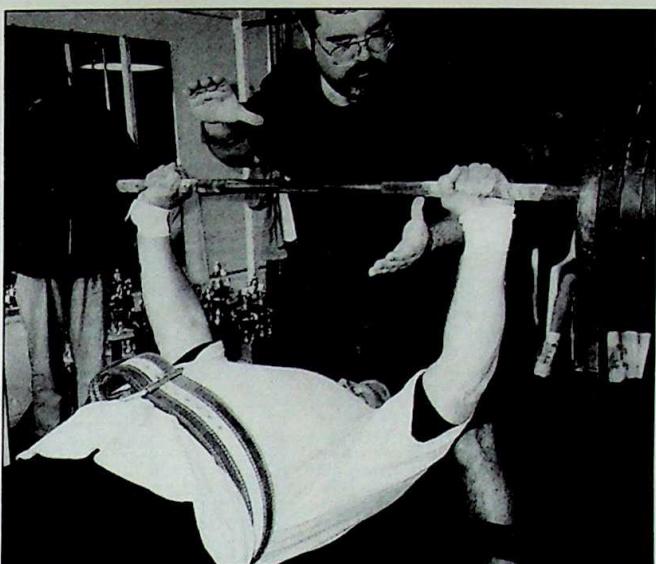
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**Ozark Open III BP/DL Classic
21 NOV 99 - Fredricktown, MO**

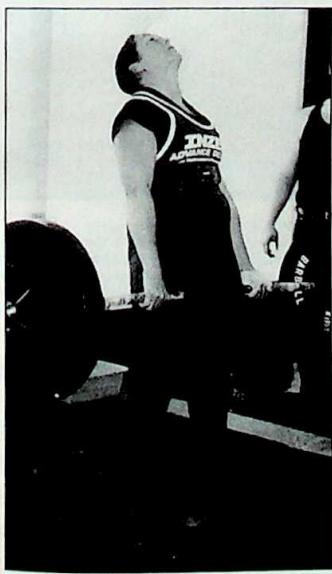
BENCH PRESS	181
youth women - lt. wt.	Nick Young BL 420
Alicia Roberts 80*	Robert Lukitsch 365
youth women - hvy. wt.	198
Hanna James 90*	Brandon Greene 250*
open women	220
D. Withington 130*	John Vacca 445
teenage men	Kevin Hahn 415
Tyler Noland 245	275
T. J. Moore 210*	Edward Finnell 400
Junior men	Jonas Allen 395
Nick Young 420	shw
submaster men	Norm Shields 425
Jim McEwen 440	DEADLIFT
Jeff Withington 350*	youth women
master man 40-49	Alicia Roberts 135*
Charlie Kelly —	open women
master men 50-59	D. Withington 285*
Lonnie Kirby 315	teenage men
master men 60-69	Jason Brown 340*
Don Schaffer 450	165
148	Putt Houston 475*
Ron Wilhelm 290	181
Matt Priesler 210	Robert Lukitsch 555*
165	220
Putt Houston 325*	John Vacca 560*
Robert Wilhelm 315	Rob Kukuljan 450*
275	Jonas Allen 520*

* personal record. The Ozark Open III Bench Press/Deadlift Classic was held November 21, 1999 at Titan Gym in Fredricktown, Missouri. Thanks again to our host John and Tina Vacca for once again providing and enthusiastic setting for this competition. Another special thanks to Joe Edmonds and Scott Miller for loading and spotting throughout the competition and Terri Turner for helping at the table and with the trophies. I want to again thank Joe, because even though he had hurt his back deadlifting (and didn't get a deer) he still loaded and spotted all day! Hey, how about the competition! In the bench press we had two new young ladies who came to lift and did great! Alicia Roberts lifted in the lightweight women's youth division, getting all three of her attempts and ending with 80. Hanna James won the heavyweight youth class with a lift of 90, just missing 100 for her final attempt. Both of these girls are twelve years old, both lifting in their first competition. You both did great! In the open women's class Debbie Withington kind of moped around but woke up in time to post a new personal record of 130 for the win. A fourth with 135 was a little too much, but still great lifting Debbie! In the teenage men's class Tyler Noland took the title over first-time competitor T. J. Moore 245 to 210. Tyler missed his final attempt with 250 while T. J.'s final with 210 was a personal best. Nick Young took the junior division with a great 420 second attempt. Submaster lifter Jim McEwen seemed to have some problems focusing in but still finished with a great 440 for the win there. Second place went to Jeff Withington, who had a great day, getting two new personal records with 340 and his final with 350. Charlie Kelly failed to get his opener on three tries working with a new bench shirt. This competition saw the return of Lonnie Kirby, a past Missouri State champion. Lonnie had had bypass surgery in the past year and a half but you could



66 year old Don Schaffer nails 450 at 280 bodyweight for 1st place in the 60-69 class at the Ozark Open. (Dr. Darrell Latch photographs)

never tell it. He looked great (and great big), handling 315 like it was the bar. Being his first competition back, we realized Lonnie wanted to take it easy, but it was great to have him back! Lonnie took the master 50-59 class. Taking the 60-69 class was one of Missouri's great natural wonders, Don Schaffer. This guy is 66 years old and at a bodyweight of 282 locked out 450 with ease! Wow, is this guy for real! Without a doubt the greatest master bender of all times! In the open class Ron Wilhelm took the 148s with 290, just missing 300. Second place went to Matt Priesler who finished with 210. At 165 it was Putt Houston with a personal best 325. Putt went on to get close with 340 for a fourth attempt. Robert Wilhelm, twin brother to Ron, finished second with 315. Nick Young also took the open 181s along with his win at junior, with that strong 420 @ 178! That easily won best lifter honor for him for the bench competition. Robert Lukitsch finished second with 365, making just his opener. Robert did come close with 400 though. First-time competitor Brandon Greene lifted well, finishing with a personal record 250 for the win at 198. John Vacca hadn't competed since his last strongman competition, but looked plenty strong with his 445 finished to take the 220s. John won the class lifting "raw", just missing a 455 final attempt. Second place went to Kevin Hahn who had to settle with just his opener of 415. New bench shirt problems! Edward Finnell looked strong, finishing with 400 for the win at 275. Second place went to Jonas Allen in a close one. Jonas finished with 395 after missing with a 405 third attempt for the win. Big Norm Shields, lifting in just his second competition, finished with a strong 425 for the win at shw. Norm came close with a pr 440 third attempt. In the deadlift competition twelve year old Alicia Roberts got all three of her attempts to finish with a perfect day of lifting and a personal record 135 pull for the win. Open women's winner Debbie Withington had to be prodded, but came through with her second personal record of the day, a 285 personal record pull. Nephew Jason Brown, also pulled a new pr, finishing with 340 for the win at teenage. This quiet fifteen year old only weighs 130! At 165 it was again Putt Houston for his second win of the day. Weighing at only 165 Putt pulled an amazing 475 personal best. That's only twenty pounds away from triple bwt! Training partner Rober Lukitsch took the 181s with three great pulls, ending with a pr 555. This was a triple bodyweight pull, with 12 pounds to spare! "Raw" John Vacca continued his winning ways with his lift at 220. John ended with a personal best 560 pull. Second place went to Rob Kukuljan, who went 3 for 3 and a 450 pr, lifting in his first deadlift competition. Jonas Allen also got a new pr with his 520 final attempt in his win at 275. Thanks again for all the lifters, helpers and the great crowd that was there to cheer on the lifters. (thanks to Dr. Darrell Latch for providing these results)



Debbie Withington pulls a great PR 285 deadlift to win the open women's class at the Ozark Open.

**USAPL 3rd Big Island Classic
18 SEP 99 - Hilo, HI (kg)**

60 kg.	SQ	BP	DL	TOTAL
Momt Lopez	132.5s	292.5		
Latasia Anzai				
67.5 kg.				
Lanesoa Villegas Jr.		290		

Apollonio Alcidera 487.5*
s - state record. * national open qualifying total.
(thanks to the USAPL for providing these results)

**Arkansas Bench Press Open (Raw)
13 NOV 99 - Malvern, AR**

Women	BP	165
17-19	J. Singleton	235
105	198	
A. Doucet	95	E. Black 275
132	220	
C. Campbell	75	J. Estes 260
148	Open	
B. Turner	125	B. Thomas 260
20-23	165	
148	275	
I. Kennedy	175	R. Stafford 475
Men	275	
13-16	135	L. Walker 440
114	30-39	
L. Mace	100	181
132	181	S. Kennedy 290
V. Lazzarotto	110	40-49
148	198	
R. Harris	220	R. Rasnic 300
J. Hulsey	135	R. Mace 280
165	225	M. Lepire 245
B. Keeton	225	275
M. Davis	135	S. Northcutt 300
181	50-59	
N. Kleffner	220	165
198	198	D. Singleton 255
J. Jackson	160	198
242	242	L. McLean 325
J. Dowell	200	K. Jordan 235
275	242	m. WATTS 205
C. Brown	295	220
G. Staggs	165	b. Hillis 225
17-19	242	
148	290	K. Counts 290
G. Ellis	280	319
S. Mayo	180	M. Hooper 400
82.5 kg.	181	60-69
Ernest Batacan	592.5	198
90 kg	462.5	T. Lewis 230
Ronald Lee Jr.	220	70-79
100 kg.	475	165
Master	285	J. Seewald 340
Richard Ha	165.5s 147.5s	G. Neel 175
60 kg.	467.5s	

(thanks to Dan Singleton providing meet results)

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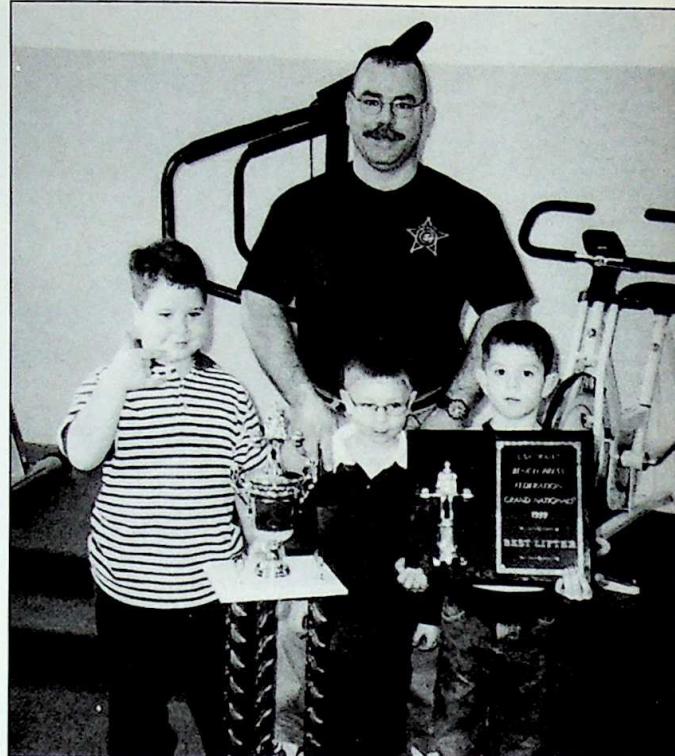
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USA "Raw" BP Fed. Grand Nationals
20 NOV 99 - Tuscola, IL

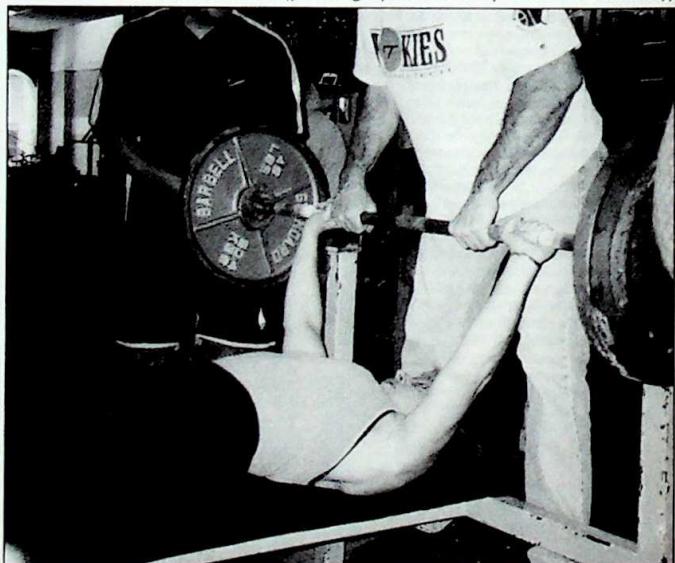
Master women 40-49	242
148	Eddie Wells
Kathy Jackson	200*
open women	435*
148	4th
Kathy Jackson	200
Junior men	275
242	Kurt Hess
M. Novoseletsky	275
350*	master men 60-69
4th	360*
Submaster men	325
165	Jack Twel
Robert Schubert	315
4th	D.Y. Baughmen
198	240
Scott Schulman	181
425*	Dan Akwa
220	300
Greg Foser	198
4th	4th
465	305
master men 40-49	425
181	Scott Schulman
Russ Carney	450
360*	George Lealiifano
4th	470*
Richard Wilson	242
shw	275
Shawn Blizzard	460
	375

*national record. Best Lifter: Greg Foster. The USA 'RAW' Bench Press Federation Grand Nationals was held at Son Light Power Gym in Tuscola, Illinois on November 20, 1999. The number of lifters was somewhat less than in past years but still some great lifting was seen along with several national records being set. A special thanks to Kurt Hess and his wife for their assistance in the competition. Winning once again in the master women's 40-49 class was Kathy Jackson with a strong national record 200 lbs. Kathy, who hails from Wisconsin, had dropped down to the 148s, also getting a personal record at that weight. Kathy also took the open women's 148 lb. class, just missing a national record 210 there. I know it was a special time for Kathy and her husband because their two sons were present for the first time to see their mother lift. Mike Novoseletsky, who holds both teenage records at 220 and 242, moved up to the junior division and took the title at 242. Mike, who is a great young lifter and a genuinely nice guy, has always lifted raw. On this day Mike not only got a new personal record, but also broke the junior national record with a strong 350 third attempt, then followed that with a stronger 360 fourth! Great lifting Mike! Robert Schubert, lifting in his

first national competition, took the submaster 165's, tying Butch Davis' record 315 on his third attempt. Robert then called for and got 325 for his fourth, a new national record at 165! Dr. Scott Schulman, who came all the way from Fisher, Indiana, took the 198s and in the process set a new national mark with 425 on his second attempt. A third with 435 was a little too much on this day. Scott also took the open 198s. Up next was a man who had been away from the sport for eleven years, but who is making a strong comeback. Greg Foster took the 220s in style going 4 for 4, ending with a national record 465 for the win. The existing record had been 460, set by another great raw lifter, Mark Chellino. Greg had pressed 450 successfully for his third attempt before calling for the 465. At a bodyweight of only 206, Greg's lift was best of the competition, giving him the award for best lifter. Great lifting Greg. At master 40-49, Russ Carney returned to competition with his win at 181. Russ, who now lives in Ohio, had dropped down to the 181s, looking great and lifting awesomely. Russ also had a perfect day of lifting, setting two new personal and national records with his last two attempts of 360 and 370! It was great to see big Eddie Wells at the competition. Eddie actually broke his own national record on his second attempt with a strong 435 press. This was also a new personal mark for Eddie. A third attempt with 450 was way out of the groove, but then Eddie came back and simply blew away that weight for his fourth attempt. Another new record for Eddie, 450 at a bodyweight of only 230! Kurt Hess is just now coming back from shoulder surgery, so was using this competition to "test" his shoulder. Kurt actually lifted quite well, ending with 295 and no apparent problems there. Kurt went on to miss with 305, but I have no doubts he will soon be lifting heavier than ever before long. Kurt captured the master 40-49 275s, weighing in at a lean mean 245. Our last master was Wisconsin's own Jack Twel, who again took the 60-69 class at 275. Jack is another great lifter who is quite an inspiration to us all. At age 62 Jack continues to "stay strong", here getting 325 with ease and just missing a 335 for his final attempt. That pr would have also been a new national record eclipsing his own of 330. Open lifter Danny Baughman took the 148s in just his second competition! Danny struggled with a shoulder injury, but toughed it out, coming back to get 240 after missing that weight for his second attempt. Take care of that injury, Danny! Dan Akwa was really quite impressive, getting two new personal records in his win at

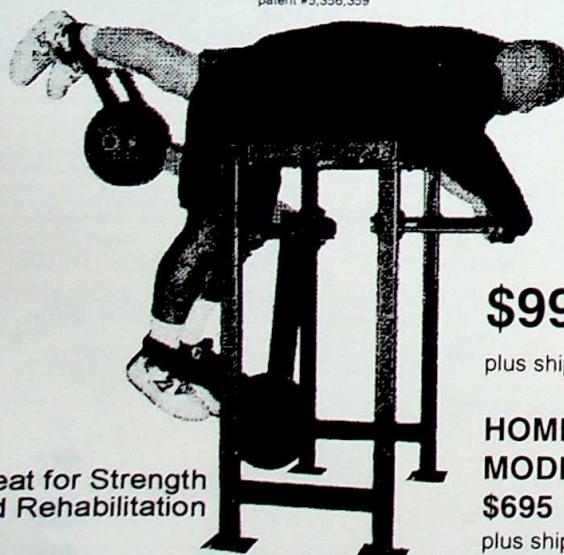


Best Lifter Greg Foster with three future national champions, his sons, at the USA Raw Nationals, and, below, Kathy Jackson goes for a national record at 148 open with 210. She set a national record at Master 40-49, 148, with 200. (photographs courtesy Dr. Darrell Latch)



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181. Dan ended with 305 for his first national title. Next up was Indiana's own George Lealiifano. It's always good to have George in my competitions; a great guy and an even greater lifter! George had an extra reason to lift well, as he was celebrating the recent birth of his first son. Another reason to celebrate was George's new national record of 470, which he got on his third attempt, winning the open 242s. Coming down from Michigan were two great lifters in Richard Wilson and Shawn Blizzard. Richard captured his first national title, taking the open 275s with a strong 460. Richard has a lot of natural strength, but had a little problem with his left side lockouts. Regardless, Richard will be doing 500 raw before long! Newcomer Shawn Blizzard actually did very well, even though I probably made him a little nervous. This young lifter will be another great one in the future, though, as he continues to train. Shawn won the shw class with 375, just missing 400, getting out of the groove. Could have got it! Both Richard and Shawn are a product of the great Rocky Turner, who currently holds the open shw record with 550. Thanks again to all the competitors and everyone who helped

out in any way. Also thanks to Greg Foster's three boys, ages 4, 6 & 8, for helping with the trophies. Can you imagine what those three monsters will be lifting in 10-15 years! Good luck, mom! (thanks to Dr. Darrell Latch for providing these meet results)

Power Photos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well. We pay for all photos we use in the magazine and, of course, we credit the photographer.

Franklin Health & Fitness BP/DL 14 NOV 99 - Franklin, IN

BENCHPRESS		220	J. McKenzie	385*
Open Women		242	P. Linville	355*
Heather Pedigo	155*	242	P. Ketchum	330*
Teenage Men		250	J. Ramey	280
Phil Reid	320	275	C. Lawson	330*
J. Myrick	250	280*	Submaster Men	355*
Master Men 40-49		280*	P. Linville	355*
J. Hunsucker	365*	280*	Guest Lifter	
D. Groves	280*	280*	R. Shrum	198
Master Men 50-59		280*	DEADLIFT	500
J. Rupe	340*	280*	D. Groves	450*
J. Richards	250*	280*	Open	
Master Men 60-69		280*	J. Manchester	420*
D. Mitchell	230*	280*	I. LaFlower	198
Master Men 80-89		280*	B. Galloway	450*
R. Locke	170*	280*	181	220
Open		280*	B. Streib	520
123		280*	R. Snyder	242
D. Prince	235	280*	J. Ramey	475*
148		280*	Guest	
J. Harmon	250*	280*	A. Grosch	198
165		280*	M. Prince BL	580
M. Prince BL	350	280*	I. LaFlower	330
I. LaFlower	330	280*	B. Galloway	450*
181		280*	181	220
B. Streib	295	280*	S. Mendel	520
R. Snyder	270	280*	R. Shrum	198
198		280*	J. Ramey	475*
R. Davis	320*	280*	Guest	

*personal record. The Franklin Health & Fitness Bench Press/Deadlift Classic was held November 14, 1999 at the club in Franklin, Indiana. With the majority of the lifters from Franklin Health & Fitness, all of whom were competing for the first time, the energy was high and everyone had a great time. A very special thanks to Jon Pedigo and Damian Katt, co-owners of Franklin Health & Fitness, for all of their help in making this event a success. In the bench press competition, lone women's competitor Heather Pedigo, Jon's wife, lifted in her first meet, coming away not only with the win but also a personal best 155. Heather wore a bench shirt for the first time, which we all know takes some getting used to, but still did well, and showed a lot of potential. I wouldn't be surprised to see her do 200 within six months. In the teenage men's class Phil Reid matched his previous best with 320 for the win over Joe Myrick who finished with 250, just missing a pr of 260 for his final



Heather Pedigo with husband Jon Pedigo, co-owner of Franklin Health & Fitness with her 1st place trophy in her first competition. (Darrell Latch photographs)

attempt. At master 40-49 it was Jay Hunsucker with the win at 365 over Dave Groves, who finished with a personal best 280. Both were lifting in their first competition. Fifty-nine year old Joe Rupe, who is built like a man half his age, got a strong 340 @ 205 bwt, but had trouble with 350, mostly due to his bench shirt (which he had never worn). This guy could bench close to 400 once he got used to a good shirt! Second at master 50-59 was the local sheriff, J. D. Richards. Also fifty-nine and competing for the first time, J. D. went 4 for 4, finishing with 250. Sixty-three year old Dan Mitchell won at 60-69 with 230 @ 180 bwt, also competing for the first time. Up next was the grand master, eighty-one year old Robert Locke. Robert waited eighty-one years for his first competition and did well, finishing with 170. Robert, who has been struggling with some health problems (though you could never tell it) was awarded a beautiful plaque for the inspiration he has given so many.

Congratulations, Robert! In the open men's division, 123 lb. winner Dan Prince got a great 235 @ 122. This would rank Dan in the top 25 of the current listing! Justin Harmon ended up with a new pr of 250 for his win at 148! At 165 it was Mark Prince with a strong 350 for the win, after a near miss with a personal best 370. Mark also earned best lifter honors for the competition. Second place went to a nervous Ian LaFlower, who had to settle with his opener of 330. Don't feel bad Ian, we've all been there. Next competition will be better, it's all behind you now. (Ian had done 365 in the gym). Bill Streb tried 300 again, but again came up short, settling with 295 for the win at 181. I know Bill has the strength, it's just a matter of everything being right. Rex Snyder was second with 270, getting just his opener. Roy Davis took the 198s with a personal best 320. Roy is from Indianapolis, lifting in his first competition. Jeff McKenzie, who came from Frankfort, Indiana, who was also lifting in his first competition, ended with 385 for the win at 220. Second at 220 was Paul Linville, who also won the submaster class, with a personal best 355, which he got on his final attempt, going 3 for 3 on the day. Pete Ketchum, who is also a local police officer, also had a perfect day of lifting, finishing with 330 for the win at 242. Second at 242 was Jason Ramey who finished with 280, also competing for the first time. Craig Lawson, who is a local judge (boy with all these officers and a judge maybe I should move my truck out of that handicapped spot), won at 275 with 330. This was Craig's first competition also. Also lifting was Rodney Shrum, who had just recently won the WABDL World Bench Press Championship at 198 and today lifted as a guest lifter. Rodney ended with an easy 500 after missing a close one

at 520. The deadlift competition saw most lifters setting new personal records. Andrew Huey took the teenage class with a personal best 430, pulling at a 183 bwt. Dave Harding won the junior class with 400, another personal record, weighing in at 148! Dave Groves, who had gotten a pr in the bench competition, did the same here with a great 450 pull at 180, taking the master 40-49 class. Another pr came from Jon Manchester, who took the 181s with 420. Bill Galloway got his pr by winning the 198s with a 450 @ 185. Steve Mendel won again at 220 with 520, missing a pr of 540. At 242 it was Jason Ramey with a pr of 475 for the win. Our final lifter was guest lifter Adam Gorsch who finished with a strong 580, weighing in at 198. Along with the presentation to Robert Locke, Jon also presented Shawn O'Kelley with a plaque for all the inspiration he has given to the many lifters he has touched over the years. Shawn had missed the Worlds due to some heart problems and we all wish him well and remember him in our prayers for a speedy recovery. Thanks again to Matt and Jon for everything. See you all next year! (thanks to Dr. Darrell Latch for providing these contest results)



81 yr. old Robert Locke with a 170 PR in his 1st meet

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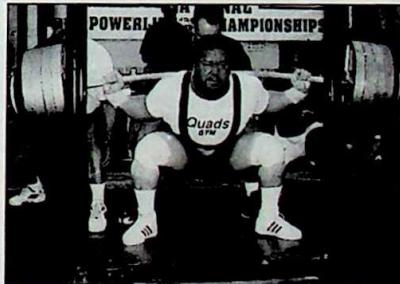
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LSTA Grant A Wish Bench Press
19 JUN 99 - Kenner, LA

Women Open	J. Thomas	385					
104	R. Sampay	380					
C.Jacobs	105*	220					
111	J.Montgomery	430					
S. Campanile	100	405					
K. Habersreitinger	85	300					
122	R. Sanders	242					
A. Monahan	65*	M. Sanders BL	480				
M. Guise	65	R. Bueche	455				
129	E. Swan	450					
A. Falcon	155*	R. Ferr	490*				
K.McDufie	105	D.Kirsch	485				
139	C.Utley BL	175*	P. Fletcher	475			
T.Meyer	105	SHW					
154	A. Landry	475					
J. Rozigas	100*	R. Phillips	460				
176	B. Williams	455					
K. Berry	200*	Masters I					
Special Olympics	148	A. Landry	475				
M. Martinez	114	B. Caston	280*				
M. Tusa	174BL	198					
Teenage I	300*	R. Boudreaux	410*				
132	E. Howard	380					
C. Aucoin BL	190	C. Fremm Jr.	375				
148	220						
S. Konecnl	205*	R.Jackson	355*				
165	242						
J. Dansby	215*	H. Lavin	435B				
181	E. Banks	405					
B. Manuel	180*	A.Arena	430*				
Teenage II	275	Masters II					
148	165						
J. Seymour	270	M. Rhodes	265				
J. Messer	250	M. Maartinez	220				
165	C.DiMaggio Sr.	195					
J. Comardelle	320*	J.Mills	181				
181	J. Cornwell	220*					
J. Dedon	285	75.5KG					
C. Burmaster	280	Del Campbell	200	135	210	545	
A. Palombo	275	Mark Green	185	125	192.5	502.5	
198	L. Numa	260					
C.Miller	320*	Policemen/Firemen	Derrick Powell	175	125	185	485
220	L. Jones BL	335B	Travis Price	160	130	180	470
D.Shankle BL	385*	82.5KG	B. Kennedy	227.5	170	232.5	630
Men Open	181	90KG	J.Jones	305*			
123	J. Perkins	300					
S. Manuel	185	Max Ripple	212.5	147.5	225	585	
132	R. S.Mith	100KG					
A. Clark Jr. BL	365*	R. Wassermann	135	100	180	415	
C. DiMaggio Jr.	185	Dewon Johnson	255	x	x	x	
148	J. Norwood	370					
L.Jones Jr.	335*	110KG	H.Liljeberg	305			
T. Burch	280	Charles Taylor	245	190	312.5	747.5	
165	S.Vinson	Derrick Wilson	200	180	250	630	
D. Cagnolatti	360	125KG	Henry Ellis	245	125	255	625
S. Stuarl	350	D. Dorsey	265				
T.Mitchell	335	Jerry Robertson	265	177.5	37.5	750	
181	M. Sanders	Mawin Broadwater	25	190	62.5	272.5	
J. Baudoin	370*	480*	McCall	227.5	x	x	
J.McGrew	340	Best Squat Female: Kelly Ronyak; Best Squat Male: Jerry Robertson; Best Overall Female: Kelly Ronyak; Best Squat Female: Kelly Ronyak; Best Bench Male: Ballentine Kennedy; Best Deadlift Female: Kelly Ronyak; Best Deadlift Male: Charles Taylor; Best Overall Male: Charles Taylor. (courtesy Zeke Brown)	D. Kirsch	485*			
W. Webber	315	S. Maddox	520*				
198	A. Landry	475					
R. Salcher	410*	R. Phillips	460				

(thanks to Arrid C. Hansell for providing results)



Overall Best Lifter at the Grant A Wish Bench Press Contest - August Clark (left) with the Meet Director Arrid C. Hansell (at right)

Parkkari 85	195	125	215	535
Heikkilä 68	225	122.5	230	577.5
Niskanen 101	275	187.5	265	727.5
Smura 108	295	175	320	780
Malinen 89	300	190	300	790
Valitti				
Avila 116	280	172.5	295	747.5
Avila 80	250	150	270	670
Hamalainen 85	242.5	140	250	632.5
Anttila 74	230	155	217.5	602.5
Koistinen 111	300	180	290	770
Tika				
Hukka 91	232.5	157.5	210	600
Sinkkonen 81	200	120	220	540
Kilpeläinen 66	210	140	225	575
Mustonen 99	265	175	305	745
Laitala 98	280	170	270	720
Aho 154	320	250	330	900
Team points: Lavo - 2690.54, Sotvi - 2659.45, Valitti - 2648.16, Tika - 2584.19. (from Heikki Orasmaa)				

12th Elkhart Bench Press Classic
4 DEC 99 - Elkhart, IN

Novice	R. White
165	165
D. Crowell	250
D.Baughman	230
D.Frank	225
G.Mendez	200
Natural Men	
181	165
S.Grant	340
D. bader	275
198	300
A. Cancel	295
275	181
J. Marsala	230
Masters	
220	220
N. Schoenebeck	450
Masters 45+	
220	242
J. Juerink	320
T.Horvath	265
Masters 50+	
181	275
S. Powell	565
R. Reed	450
J. Smoker	290
198	405
R. Cuny	330
Masters 55+	
181	308
D. martin	225
Masters 60+	
198	220
M. Miller	230
275	242
J. Masala	230
Masters Women	
275	275
M.Siegler	645**
L. Boshoven	320
Masters Women 55+	
165	308
V. Pearce	65
Teen	555
M. Johnson	535
148	181
P. Laborde	220
L. Boshoven	320
Best Lifter: Mike Siegler - \$200. Runner Up: Tom Skiver \$100. * meet record and central BP League record. Team Champion: Cold Steel Gym, Grand Rapids, MI; 2nd place: The Goshen Fitness Center, 1999 League Champion: The Goshen Fitness Center. Special thanks to: Al Reed, George Smith, Ralph Jones, Rocky Turner, Carol Smoker, Steve Wider, Rob Reed, Rich Salvagni, Brendan Yoder, and AJ Robinson. Unseasonably warm weather for this year's Elkhart Bench Press Classic continues to fuel my suspicion that global warming is a reality, but apparently it hasn't affected Minnesota yet, as it seemed like Mike Siegler	

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Eifel Open (kg)
Finnish Team Championships

27 NOV 99 - Solgarno (kg)

WOMEN	SQ	BP	DL	TOTAL
56kg				
Kelly Ronyak	70	42.5	97.5	210
MEN				
67.5KG				
Javon Pharms	172.5	82.5	212.5	467.5
Jerry Harms	155	100	202.5	457.5
Don Lee	125	105	190	420
Lavo	SQ	BP	DL	TOTAL
Hanninen 115	290	177.5	285	752.5
Jalonen 99	285	210	290	785
Alastalo 133	275	170	285	730
Anttila 76	260	155	260	675
Oksanen	225	140	255	620
Kinnunen 99	275	150	272.5	697.5
Sotvi				
Sirvio 67	220	155	215	590

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blew into town on a northern breeze and sailed through his record shattering performance as cool as a cucumber. He went through 3 strong, picture-perfect lifts, finishing with a 645 which was even more mind-boggling because he did it with room to spare! It broke the meet record and was also a new Central BP League record, eclipsing the 605 that bench press avatar J.M. Blakley set a couple of years ago. I'd have to go back over my records, but it may well have been the greatest bench ever done at this meet based on formula and it made the \$200 best lifter prize easily his. A gentleman out and off the platform, I would welcome him back at this meet anytime, if the 8 hour trip isn't too daunting for him. It certainly didn't hurt his performance as it was his best meet ever personally too. And as long as he continues to lift within his limits as he did at this meet, instead of going 100 to 110%, he should have a long and successful career. Runner-up for best lifter was Michigan legend Tom Skiver, who treated the crowd to a 600 bench without a bench shirt. Now that is definitely something that you don't see everyday and it set a new meet record in the 308 class. Donning a shirt, he tried a CBPL record 660, but couldn't quite lock it out. And not to be overshadowed by these 2 guys was Skiver's partner, Steve Powell, who came in bigger and stronger than I've ever seen him and made a big 565 as a light 275er, which tied Ron Neopole's old meet record, which Siegler had already obliterated. Ron Walsh came in at 218 and opened with 570 which would have given him runner-up best lifter, but he had shirt problems (his first lift stalled about an inch above his chest on his descent for at least 2 seconds) and he couldn't register a good lift. Even in defeat, though, he was one of the most impressive lifters at this prestigious event. Also registering quarter ton lifts were Robert Burke with a 515 at 275, Jamie Shell, who needed three tries with a great 555 at 308, George Lealiifano, the strongman from Samoa - who hit 510 at 242, and Siegler's workout partner, Mike Johnson, who got a good 535 at 308. And close to the 500 club were Rob Reed who just needed a lockout with a pr 530 and Derrick Richards, who unfortunately bombed with a 485. On fire in the women's 181 was Lynne Boshoven, with a career best 320, which may hold up for top spot on the nest TOP 20 list. Long time cohort, Jim Juernig, also got a pr in winning the Masters 220, 45 and over. The 220s also produced 2 other great lifts. Neil Schoenebeck got an all-time best lift of 450, even though he's a Master now who has been lifting for quite some time. Very impressive. And Brendan Yoder got his first double body-weight bench of 440, which he really looked bad with on his first attempt. I thought for sure he was going to get bitten by the bombout bug, but was pleasantly surprised when he came back to get it on a hard fought second attempt. At 165, there was a nice battle between teammates Mike Schrein and Todd Shidler with Todd gaining the upper hand 310 to 295. Top teenager was an athlete Paul Laborde who benched a nice 220 raw at 148 in his first meet. And the best novice lifter was Shane Grant who made a very good 340 at 181. The best battle of the day was in the novice 165s, where the top lifters all had a chance to win on their final attempts, but Chris Crowell prevailed with a 250 over Dan Baughman, 230, and Dave Franks, 225. And, for the first time, the CBPL had a repeat for the yearly team championship. The Goshen Power Alliance, which is thriving now that the Goshen Fitness Center is in new hands. This meet couldn't have been more fun and exciting for me, but next year I'll only be meet director for the Winter Bench Press Classic and Cabin Fever Deadlift Contest. Promotion will be handled by the Goshen Fitness Center, so people wanting information on those meets will need to contact co-owner Mike Schrein (see coming events). [results of this competition were provided to PL USA from Jon Smoker.]

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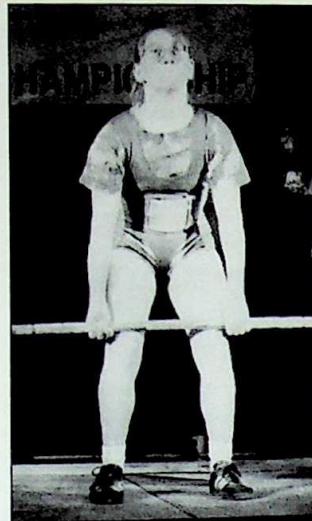
AAU State Bench Press III
13 NOV 99 - Henderson, NC

Overall	A. Armstrong	65	(16-17)	T. Flaherty	210	
114	97	132 RAW	E. Freethy	210	pete with us. I don't remember any complaints, and really had just a lot of positive comments. I don't give out a sportsmanship award, but if I did it would probably belong to Lyle Hogan. I've competed with Lyle three times, and he is just the nicest person to talk and work with. Lyle doesn't have the biggest best (yet), but he competes because he loves competition. I believe that goals should be personal. If I place third and hit my goals, I'm always happier than winning and missing my goals. Well, on to the meet. Once again we offered a lot of divisions to reflect the needs of the lifters. Still, we feel a state championships should determine who the best overall lifter is in each weight class, and to accommodate this we gave gold, silver, and bronze medals to the top three benchers (regardless of division) in each weight class. Since the meet was over 66% RAW we gave RAW lifters 181 and below had 10, and RAW lifters 198 and up had 15 pounds added to their final bench when calculating these awards. At 114 Boyd Honeycutt started the meet out right with an open and meet record of 240 on his way to his second straight gold medal. The real battle came for the other medals, as Brian Duff benched 95 for the silver, and Eptwads Saunders would bench 90 to win the bronze on bodyweight over demetrius Bight. Ikeame Tery was only five pounds short of the medals with an eighty five pound bench. Joseph Chavez followed in Boyd's footsteps benching a meet and open state record 230 for gold at 123. Taking silver was Jason Balduf and bronze was captured by Nigel Costa. At 123 we had one of two teen gold medalists, Jr. Olympic champ Cordette Clay would use a 175 bench to capture gold. Brant Beach would bench 135 for his second silver, and taking the bronze was Joseph Balduf. At 148 class had 11 lifters fighting for medals, but it came down to defending gold medalist Ben Zak benching 280 (290 with the RAW bonus) to take the lead. Eric Knight would take the challenge and benched a meet record 300 to capture gold. Taking the bronze was Sean Chavis, who would bench 185 to outdistance Deangalo Washington's 180 (14-15) state record.	
B. Honeycutt	240m	B. Duff	95	S. Chavis	185	With 13 lifters, the 165 class was the biggest class of the meet for the second straight year. Master lifter James Baggett benched a very impressive RAW 350 to dominate the pack. Taking silver was Jr. lifter Wayne Barfield, and taking the bronze was Albert Crenshaw. Among all the huge classes somehow the 181 class ended up with only three lifters. Teen lifter Kyle Robertson took advantage and used an (18-19) 315 state record to become the second teen to win gold. Ricky Young would use a solid 250 bench to capture silver of Jeffery Wilson, who would take the bronze. At 198 Tommy Holand would become the second master lifter to win gold with 380. Jr. lifter Chris Coffman would bench 365 to lake silver, and benching an (18-19) teen state record 350 was David Floyd taking bronze. In the 220 class Brian Ely hit a big 500 to capture his first gold. Brett Freitag benched a RAW 385 to capture silver, and Clarence Sneed benched 380 for the silver. With the RAW bonus David Young's 365 (44) state record bench was only five pounds short of placing in the medals. Robert Moore benched 375 in the 242 class to take gold. Ed Thayer benched 300 for the silver and teen lifter Jeremy "Budda" Godfrey used a teen (14-15 RAW) 210
B. Duff	95	J. Langley	75	K. Smith	250	state record for bronze. In the 275 class Robbie Tinney finally had some competition. Carl Elliott benched a 535 third attempt for a possible win on bodyweight. Robbie only needed 540 but still tried and completed an unbelievable 550 for the meet and open state record. This was Robbie's second straight gold. If Shelton Harrison had made weight, he would have been the gold medalist at 242. Shelton's 405 bench was still enough to earn bronze at 275. In the 319 class, Dan Allen benched 410 for the gold. Walter Ferguson failed to medal last year, but this year his RAW 360 bench would set a state record (35-39) and earn him silver. Teen lifter Kevin Smith would take the bronze. In the SHW class Michael "Super Man" Neal was all alone in his quest for a second gold. It wouldn't have mattered if he wasn't his 620 was an open, state, and meet record. The scary thing about Michael is he's an equally impressive powerlifter, with a 2000+ total, and if he decides to go to the Nationals, he's going to be a serious contender. In the women's classes, we awarded medals by formula. Taking bronze was Karisma McNeil and last minute entry Galyn Quesberry. Taking silver was relatively new lifter Vannessa Cherry, and Rachel Snyder. Rachel and Vannessa both set state records in their age groups, and Rachel was only five pounds short of a gold medal. Taking gold was Karen Beccerra who finally took the time to travel to the state meet. Taking the other gold, and the only lifter to win three gold medals in three years, was Gloria Knight-McNeil, with a 240 at 165. I want to note that Joey Care, Victor Armstrong and Bob Strauss didn't place in the medals, but all three set state records in their age groups. In the team competition, Fitness Depot of Plymouth won the open title, and Beach Boys Barbell of Grandy won the mixed title for the third time in three years. In the teen challenge, defending champs Hawkins Youth Ministry posted a great score of 60 for second. Taking first with a perfect score and now boasting an instate record of 7-0 was Elizabeth City Athletic Club. Two years ago this team was big with a little talent, now this team is REAL big and REAL talented. In 1999 we have had a total of 5 meets so far, and we still have two more AAU meets before 2000. Most of our meets draw 60+ lifters, so if you want some serious competition, then get on my mailing list at 252-453-6116. Hope to see all of you at the 2000 state championships!!!. (from Ben Zak)
E. Saunders	90	I. Terry	85	J. Ross	245	105
I. Terry	85	S. Mercer	70	R. Snyder	104*	40-44 RAW
J. Langley	75	C. Clay	175*	J. Butler	205	132
S. Mercer	70	A. Raymond	100	K. Robertson	315*	20-23 RAW
A. Armstrong	65		181 Assisted	J. Ross	245	10-11 RAW
D. Floyd	45			R. Snyder	104*	40-44 Assisted
123				K. McNeil	90	K. McNeil
J. Chavez	230m	J. Barnes	170*	G. Knight-McNeil	240	50-54 RAW
J. Balduf	135	J. Roland	130	C. Coffman	365	P-Fire RAW
N. Costa	115	C. Balance	110	J. Kersey	170	T. Brook
C. Thornton III	80	D. Perry	105			Open RAW
132		J. Bowser	80			G. Quesberry
C. Clay	175					100
B. Beach	135	J. Riddick	160			50-54 RAW
J. Balduf	135	M. Bauser	135			Novice
M. Franklin	130	V. Armstrong	100			35-39 RAW
A. Raymond	100	K. Brown	100			V. Cherry
B. Payton	65					140*
148						Women (top 6 Lifters; 1) G. Knight-McNeil, 2) K. Beccerra, 3) R. Snyder, 4) V. Cherry, 5) G. Quesberry, 6) K. McNeil. Best Lifters; Women RAW - K. Beccerra; Women Assisted - C. K-McNeil; Teen RAW - D. Dashields; Teen Assisted - D. Floyd; Master RAW - J. Baggett; Master Assisted - J. Baggett; Open RAW - J. Baggett; Open Assisted - M. Neal. * - breaks an existing state record. m - meet record. 20 assisted lifters, 66 RAW lifters, total 86 lifters. "Once again southern Vance was host to the 3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
J. Ross	245					Women (top 6 Lifters; 1) G. Knight-McNeil, 2) K. Beccerra, 3) R. Snyder, 4) V. Cherry, 5) G. Quesberry, 6) K. McNeil. Best Lifters; Women RAW - K. Beccerra; Women Assisted - C. K-McNeil; Teen RAW - D. Dashields; Teen Assisted - D. Floyd; Master RAW - J. Baggett; Master Assisted - J. Baggett; Open RAW - J. Baggett; Open Assisted - M. Neal. * - breaks an existing state record. m - meet record. 20 assisted lifters, 66 RAW lifters, total 86 lifters. "Once again southern Vance was host to the 3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
W. Cordell Sr.	230	C. Elliott	535	R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
T. Flaherty	210	S. Harrason	405	J. Ross	245	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
J. Butler	205	J. Care	335	R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
N. Delodge	205	W. Ferguson	360	J. Ross	245	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
J. Pierce	195	SHW Assisted		R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
J. Riddick	160	M. Neal	620*	J. Ross	245	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
L. Clark	155			R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
M. Bauser	135			J. Ross	245	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
A. Conner	135	B. Honeycutt	240*	R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
181				R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
K. Robertson	315	J. Chavez	230*	R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
R. Young	250			R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
J. Wilson	175			R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
198				R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
T. Holand	380	V. Armstrong	335*	R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
R. Moore	375			R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
E. Thayer	300	D. Young	365*	R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
J. Godfrey	210			R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
J. Askew	110			R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the largest pure bench meet of any organization in the last five years. In other words, if you like bench competitions and you weren't here, then mark November on your calendar for 2000!!! I want to thank Southern Vance athletic director Ed Wilson, and coach Mike Rotolo for the great facility, attitude, and help they provided us in holding this meet. Also, thanks goes to my far traveled judges: Steve Lundy and Mario Torrez. Thank you Ed Brooks for judging the entire meet, even though I said I only need you for five minutes. Thanks to my tireless spotters: William Richardson, Eddie Moore, George Durham, and table help to Jennifer Zak, Brian Beach, and David Dashields. Thanks to the concession booth run by Bonita and Pam Hawkins, and thank you coach Paul Bossi, for brining your fine team of teen athletes. I also want to thank my partner William Hawkins III, as without him there would be no meet in Henderson. William and I feel that lifting is for the lifter, and it should be 100% drug free. Next year, William, 100 lifters!!!! Finally I want to thank the lifters. In 1998 William and I were frustrated by the lack of sportsmanship by many of the adults. In 1999, the adults had great attitudes, and this is important, because we are role models for the multitude of teen lifters that come
K. Brown	100	J. Baggett	355	R. Tinnen	550*	3rd annual AAU bench press championships. We had 86 lifters competing which made this the largest NC AAU bench meet in the 90s, and I believe the

Pine State Open

6,7 NOV 99 - Turner, ME

Bench Press	N. Clark 241	451
Men AAPF Open	D. Taylor 360	369
C. Wiers 292	501	Men Submaster
J. Wilson 231	424	P. Orine 256
Men Master		440
		Women AAPF Open
S. Robinson 202	363	L. Proulx 103
N. Clark 241	451	126
Men Open		L. Proulx 103
S. Smith 219	507	126
C. Wiers 292	501	Women Open
		M. Reed 167
Men Jr. PL	SQ BP DL Total	176
S. Blanchard 197	534	402 578 1515
C. Hess 226	567	435 540 1542
S. Bell 222	551	330 534 1416
E. Baker 164	314	319 468 1101
J. Franklyn 221	402	275 418 1096
Men Master 40-49		
R. Compton 198	661	396 600 1658
C. Burgess 197	500	380 556 1537
R. White 169	501	303 523 1328
S. Cote 218	672	352 573 1597
S. Worthing 215	551	297 540 1388
Men Master 50 plus		
R. DelGallo 128	374	220 385 980
Men Open		
SHW		
R. Barlow	887	529 804 2220
Men Teenage		
C. Schildroth 257	446	352 501 1300
Women		
165		
B. White	253	137 281 672
Women Jr.		
E. Guay 121	248	121 236 606
Women Master		
L. Lonsdale 131	248	104 281 633
B. White 160	253	137 281 672
Men AAPF Open		
R. Compton 198	661	396 600 1658
A. Connors 216	650	424 600 1675
S. Robyck 252	699	468 600 1768
R. Delgalo 128	374	220 385 980
T. Lane 275	633	391 655 1680
R. Elliot 242	468	303 451 1223
J. Connors 198	523	248 485 1256
T. Edgecomb 231	501	380 462 1344
J. Keith 170	402	264 418 1085
J. Guay 218	457	319 501 1278
J. Wagner 155	336	236 374 947
J. Yates 186	402	248 451 1102
J. Scholl 201	374	292 440 1107
J. Dunn 198	385	248 440 1074
J. Locke 191	352	236 440 1030
Men Open		
123		
D. Osgood	308	209 325 842
132		
R. DelGallo	374	220 385 980
165		
E. Guy	468	308 429 1205
R. Pushard	380	275 451 1107
J. Wagner	336	236 374 947



Pine State Competitors: (left) Scott Worthing with a 551 squat, and (right) Erica Guay with a 236 deadlift. (photos courtesy of Russ Barlow)

I would like to thank everyone who supported this year's Pine Tree State Open. Again this contest was a great success. A special thanks to Shane McKenna, Andy Connors, Beau Boyle, Phil Collings, Steve Cole, Dan Bellmore, Scott Worth, Norm Guay, "Iron" Mike Scott, Monique Cole, Chad & Michelle, Lynne Barlow, Mrs. McKenna, John Pelletier, Universe Gym, Ultimate Fitness Center, and all the spotters and loaders for without your help there would be no meet. (results courtesy Russ Barlow)

AAPF Southern States

6 NOV 99 - Daytona Beach, FL				
MENS TEENAGE	SQ	BP	DL	TOTAL
J. BARBOSA 130	270	154	363	788
F. ASPURU 276	529	380	474	1383
4th	551			
K. Sprague	556	402	606	1565
T. Edgecomb	501	380	462	1344
R. Elliot	468	303	451	1223
275				
S. Robyck	699	468	600	1768
T. Lane	633	391	655	1680
308				
A. Mehan	970	507	650	2127
T. Frost	600	380	551	1532
E. Tyler	633	418	479	1532
Team: Hardcore Barbell, Lewiston, ME. Best Lifter				
Male: Tim Bellmore. Best Lifter Female: Liz Lonsdale.				

4th	308	154	303
S. BUTLER 130	292	159	303
4th			
MONTGOMERY 275	165	330	771
D. ALVAEREZ 203	77	214	496
D. REYNOLDS 143	77	209	429
R. SCHARER 105	132	88	165
J. GRAU 156	132	77	148
MASTERS			
T. O'DONNELL 733	490	688	1912
P. GENET 239	518	485	1603
C. SWEAT 212	451	352	1223
M. MASSROCK 479	347	551	1377
E. FORAN 179	253	226	755
H. BRANDT 238	203	242	815
E. CASEY 354	203	99	358
M. CHIDLEY 211	385	270	1080
E. QUINN 241	132	440	132
MENS OPEN			
123			
J. SUTHERLAND 457	259	440	1157
181			
TONY GIACOBBE 479	314	468	1262
198			
DONDELL BLUE 600	396	579	1577
220			
D. PETERSON 622	374	551	1548
M. FERANTELLI 325	329	666	1521
BRAD TAYLOR 479	380	523	1383
M. MASSROCK 479	347	551	1377
KEVIN KOZEL 650			
242			
PHIL STORY 672	501	672	1846
ALAN HEINLEIN 600	451	628	1681
SAM GISSING 633	385	600	1620
TODD MAXTED 451	314	424	1190
PAUL GENET 518	485	600	1603
DAVID BRYSON 562	402	562	1526
P. DELGADO 551	374	606	1532
FRANK WEBBER 595	413	507	1515
TODD WRIGHT 578	380	562	1521
DOUGLAS HOLLIS 529	385	600	1515
MONTGOMERY 540	407	540	1488
275			
T. O'DONNELL 733	490	688	1912
GREG JUROWSKI 700	451	711	1862
TIM LIE 600	402	611	1614
BRETT ROBINS 551	413	534	1499
308			
MCREYNOLDS 633	418	556	1609
SHW			
BEAU MOORE 672	63e	694	2000
FEMALE BEST LIFTER: MARGARET KIRKLAND.			
MALE BEST LIFTER: JAY SUTHERLAND. (thanks to Huge Iron Productions for providing these results)			

APF Southern States				
13 NOV 99 - Daytona Beach, FL				
MENS TEENAGE	SQ	BP	DL	TOTAL
123				
DAN HOGAN 369	286	402	1058	
WOMENS TEENAGE				
132				
S. BRANDAU	203	148	248	600
MENS JUNIOR				
220				
NICKHAMMER 584	369	611	1565	
S. WATFORD 501	501	523	1526	
WOMEN OPEN				
97				
GRISSELL UFRET 176	132	297	606	
132				
S. BRANDAU	203	148	248	600
148				
DEBBIE LYNES 303	181	314	799	
TIA WENDELL 209	112	248	570	
JULISSA RUIZ 187	126	243	557	
MASTERS 45-49				
275				
J. CALLAHAN	407	391	479	1278
MENS OPEN				
123				
DAN HOGAN 369	286	402	1058	
165				
HAROLD RULE 424	358	429	1212	
ADAM YEZER 319	330	429	1080	
181				
TONY GIACOBBE 479	325	474	1278	
N. HEWITT III 369	286	402	1058	
CLIFF TUNER 11 347	264	330	942	
198				
RICK LAWRENCE 573	545	562	1681	
JOE BRANDAU 622	418	523	1565	
220				
JAMES BELL 727	451	650	1829	
DAVID JONES 672	402	540	1614	
JEFF KRAUSE 600	385	622	1609	
S. WATFORD 501	501	523	1526	
JASON KEENE 501	391	424	1317	
242				
M. THOMPSON 584	451	617	1653	
275				
ERIC MARTIN 451	352	529	1333	
308				
KIERAN KIDDER 903	551	727	2182	
FEMALE BEST LIFTER: GRISSELL UFRET, MALE BEST LIFTER: KIERAN KIDDER. (from Huge Iron)				

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		
CITY		STATE
DATE OF BIRTH		ZIP CODE
MO	DAY	YR
AGE	SEX	U.S. CITIZEN
NAME OF CLUB YOU REPRESENT		YES NO
AREA CODE	TELEPHONE NO	ZIP CODE MUST BE PRESENT
MASTERS		
CLUB MEMBER		
REGISTRATION FEE \$25.00		
ATHLETES, fill out card completely and mail with fee to:		
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		



USAPL Central Nebraska Open
5 NOV 99 - N. Platte, NE

Bench Press	181	Nicholas Waldo	205
148	198		
Joshua Dezort	215	Tim Anderson	BL 43.5
Eric Narango	165	Dary Schwartz	335
165			
Randy Worden	275	Unlimited	
Michael Strong	175	John Bolger	460
Women's Open	SQ	BP	DL Total
132			
Rae Schultz BL	285 s	185	290 760s
148			
T. Rosencrantz	315a	140s	270 725
165			
Shannon Nelson	255s	150	280s 685
198			
Linda Schaefer	335	140	415 890
Michele Carlson	320	180	330 830
Men's Open			
148			
Jered Kempf	345s	185	370s 900
165			
S. Auxier	385	320	495s 1200
181			
Bryon Kelm	480	260	440 1180
Chris Dillenburg	360	285	410 1055
R. Goodenberger	350	250	400 1000
198			
Chad Lair	455	340	540 1335
Tim Anderson	440	435	455s 1330
Dary Schwartz	445	335	485 1265
Mark Gorecki	420	270	470 1160
220			
James Hart	510	300	540 1350
242			
Jeff Himmelrich	585	375	580 1540
275			
John Jared	600	365	600 1565
s-state record. a-american record. Meet Director: John Bolger. Location: Firehouse Gym, North Platte, NE This meet started out as a local contest and fundraiser and grew real quick. I want to thank everyone who helped out. We were able to raise a few hundred dollars for the Special Olympic program in Lincoln County. Rae Schultz dominated the women's class and is a very impressive young lifter who will be making the jump from the junior class into the Open and shows great potential as a world-class bender. Linda Schaefer made the drop to the 198 lb. class and her show on the deadlift platform was great. Michele Carlson, who lifted completely Raw, will be a GREAT heavyweight once they get her in some gear and get her form down, she just has so much power it's unbearable. Tanya Rosencrantz, a teenage lifter, was impressive from the start. She set about a half dozen records at this contest and kept breaking her own previously set records with each lift. The Men's Class was equally blessed with great lifters as Jered Kempf and Steve Auxier both broke their own records at the meet as well. The true battle was in the 198 lb. class as Chad Lair and Tim Anderson, the new Nebraska USAPL State Chairman, were set to go head to head. I had spoke with Tim a couple of days before and he mentioned he might make the jump into the 220's at this contest, but I begged him to stay light so he and Chad could duke it out and I was glad he did. They are both fairly equal on the squat, but Tim's bench is impressive, and this was on a bad day. Tim has the state record at 455 lbs.. However good his bench is it just couldn't compete with Chad's deadlift. Chad is a 600 plus deadlifter just waiting to hit his full potential at a contest. The familiar yellow outfit of James Hart was present and he puts on a good show to boot. The Heavyweights, Jeff Himmelrich and John Jared were impressive and this is their first good sized powerlifting contest. They can both look forward to bigger lifts. John has made the transition from Olympic to Powerlifting and has awe-inspiring depth on his squat because of his flexibility. I would like to thank the Firehouse Gym for the facility, Pat, Tim, Mary, Bunny and Marcia- your support means more than I can put into words; Also Matt and Michelle James, from Alliance, for without their help this meet would not have went so smoothly; Tim and Sandra from The Sports Shoppe supplied the t-shirts and awards, thank you so much; Western Nebraska National Bank donated \$250; Stockman Inn for the rooms; North Platte Recreation Center; Tuf-Wear; Alive Outside; The Bottle Shop; Dominos; Coca-cola and all my spotters, Clint I really appreciate you being there. Thanks to everyone for competing see you next year. Sincerely, John Bolger. (thanks to John for these meet results)			



Mark Pasillo squats with 1002 lbs. at the New England Open.(Lou)

M. Pasillo	1000	135	135	1270	Men Open						
Novice Men					148						
242					M. Wynn						
N. Arvanites	395	325	500	1220	165						
Sub Men 33-39					P. Kabica						
308					K. Dickson						
N. Pasillo	1000	135	135	1270	181						
Master Men 55-59					T. Scagliarini						
P. Solo 55	240	310	340	890	220						
Novice Women					K. Nance						
132					242						
P. Dehotman BL	205	110	235	550	P. Andrich						
Master Women 40-44					J. Alef						
132					275						
P. Dehotman 44	205	110	235	550	R. Haas						
Meet Director: Louie LaPoint. Head Judge: Joe Romano. Side Judges: Jim Supry, Bill Durant. Spotters: Phil Thomsen, Jerry Boucher. The highlight of this meet was the great squatting by Mark Pasillo. Opening with 840, he destroyed that, then went to 950, and came up three quarters of the way before he fell forward. Then he took 1002 lbs., yes 1002 lbs.. It was very slow, but deliberate. Mark has been trying this weight for years and finally got it. Congratulations Mark. By the way, these weights were exactly 1002 lbs., having been certified. Till next time. (Thanks to Louie LaPoint for the results)					Men Master						
					I. Zwick						
					W. Allen						
					P. Wrenn						
					SHW						
					Best Lifters: Men's BP - Ivan Zwick, Women's BP - Sandi Brady, Men's Teen - Kaleb Keenan, Men's Master - Paul Wrenn, Men's Raw - Tim Piper, Women's Raw - Sandi Brady, Women's Open - Cathy Martin. Men's Open - Pete Andrich. (thanks to USAPL for providing these competition results)						

N. Arvanites	395	325	500	1220	Men Open						
Sub Men 33-39					148						
308					M. Wynn						
N. Pasillo	1000	135	135	1270	165						
Master Men 55-59					P. Kabica						
P. Solo 55	240	310	340	890	K. Dickson						
Novice Women					181						
132					T. Scagliarini						
P. Dehotman BL	205	110	235	550	220						
Master Women 40-44					K. Nance						
132					242						
P. Dehotman 44	205	110	235	550	P. Andrich						
Meet Director: Louie LaPoint. Head Judge: Joe Romano. Side Judges: Jim Supry, Bill Durant. Spotters: Phil Thomsen, Jerry Boucher. The highlight of this meet was the great squatting by Mark Pasillo. Opening with 840, he destroyed that, then went to 950, and came up three quarters of the way before he fell forward. Then he took 1002 lbs., yes 1002 lbs.. It was very slow, but deliberate. Mark has been trying this weight for years and finally got it. Congratulations Mark. By the way, these weights were exactly 1002 lbs., having been certified. Till next time. (Thanks to Louie LaPoint for the results)					J. Alef						
					275						
					R. Haas						
					I. Zwick						
					W. Allen						
					P. Wrenn						
					SHW						
					Best Lifters: Men's BP - Ivan Zwick, Women's BP - Sandi Brady, Men's Teen - Kaleb Keenan, Men's Master - Paul Wrenn, Men's Raw - Tim Piper, Women's Raw - Sandi Brady, Women's Open - Cathy Martin. Men's Open - Pete Andrich. (thanks to USAPL for providing these competition results)						

N. Arvanites	395	325	500	1220	Men Open						
Sub Men 33-39					148						
308					M. Wynn						
N. Pasillo	1000	135	135	1270	165						
Master Men 55-59					P. Kabica						
P. Solo 55	240	310	340	890	K. Dickson						
Novice Women					181						
132					T. Scagliarini						
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					275
					R. Haas
					I. Zwick
					W. Allen
					P. Wrenn
					SHW
</td					

**Rothgery Outdoor Summer Bash
7 AUG 99 - Elyria, OH**

BENCH		242 lbs.	Submasters
148 lbs.		Scott, D	435
High School		242 lbs.	Masters
Robinson, A	235	Knisley, K	410
Teen		275 lbs.	Open
Robinson, A	235	Washington, L	435
165 lbs.		308 lbs.	Open
High School		Tressel, K	430
Miller, C	225	SHW Submasters	
165 lbs. Open		Wilson, J	370
Schupbach, C	310	DEADLIFT	
181 lbs. Open		148 lbs. Novice	
Butler, L	350	SL Peter, C	415
198 lbs. Open		165 lbs. Open	
Cheers, D	420	Schupbach, C	500
Hopkins, D	340	181 lbs. Open	
198 lbs. Masters		Anadiotis, J	525
Bartlome, J	225	198 lbs. Masters	
220 lbs. Open		Bartlome, J	440
Rothger, D	405	220 lbs. Open	
242 lbs. Open		Anadiotis, C	540

Thanks to Powerlifting USA, American Fitness and all who helped out. (results from Donald Rothgery)



Maggie Rothgery, age 5, a guest lifter at the Rothgery Outdoor Summer Bash (both photographs are courtesy of Donald Rothgery)

Christmas Bench Press Classic
4 DEC 99 - Stanardsville, VA

148		Mike Hurd	330
Teen		Al Statman	320
Nam Tran	245		
Open		220	
Bill Board	225	Open	
165		Ralph Dibattisa	405
)pen		Travis Mongold	365
Nathan Friedline	265	Dustin Seacrist	335
Tom Comfort	240		
Teen		40-49	
Chris Sullivan	220	Sam Morris	420
181		Ralph Dibattisa	405
Open			
Geroge Farrell	405	242	
Scott Holden	350	Open	
Teen		Kyle Pighini	480
John Trant	235	Calvert Edison	455
35-39		Ralph Peck	370
Julian Anderson	285	Dan Pullen	360
198		35-39	
Open		Ralph Peck	370
A. McGlamery	355	50-59	
Teenage		Dale Taylor	420
Matt Thompson	300		
Joe Haluska	275	275	
40-49		40-49	
Ernest Banks	335	Tommy Gladdens	380

Jim Bartlome, a master competitor at the Rothgery Summer Bash

Christmas Bench Press Classic			
4 DEC 99 - Stanardsville, VA			
148 Teen	Mike Hurd Al Statman	330 320	
Nam Tran	245	220	
Open	Open		
Bill Board	225	Ralph Dibattisa	405
165 Open	Travis Mongold Dustin Seacrist	365 335	
Nathan Friedline	265	40-49	
Tom Comfort	240	Sam Morris Ralph Dibattisa	420 405
Teen			
Chris Sullivan	220	242	
181 Open	Kyle Pighini Calvert Edison	480 455	
George Farrell	405	Ralph Peck	370
Scott Holden	350	Dan Pullen	360
Teen			
John Trant	235	35-39	
35-39	Ralph Peck	370	
Julian Anderson	285	50-59	
198 Open	Dale Taylor	420	
A. McGlamery	355	275	
Teenage	40-49		
Mall Thompson	300	Tommy Gladden	380
Joe Haluska	275	Supers	
40-49	James Crowder Chris Wright	425 375	
Ernest Banks	335		

(thanks to John Shifflett for providing these results)

**SCIP Meet
99 - Pittsburgh, PA**

(thanks to Walker's Gym for providing the results)

**USAPL Southern Regional
28 AUG 99 - San Antonio, TX**

Bench Press		165 Military	
Women		T. Resurreccion	300
165 Master		181	
I. Ciesielski	155	R. Hudson	320
Men		242	
148		P. Montoya	420
R. Morgan	315	Junior	
Women	SQ	E. Gelsone	475
105		BP	
J. O'Campo	200	DL	TOTAL
123			
Master			
L.Lopez	220	100	610
Junior			
K.Conway	270	130	745
132			
L. Smith	240	140	725
H. Kubicek	245	105	625
148			
R. Clark	300	160	890
165			
Master			
I. Ciesielski	255	155	690
181			
P. Calhoun	315	225	855
Men			
148			
J. Gow	425	260	1110
165			
18-19			
J. Sharley	425	265	1165
181			
A. Hambric	520	350	1470
G. Kaiser	440	215	1100
Military			

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"Lifting for Lifters"

Application for Registration

Last Name	First	Initial	IPA # for 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

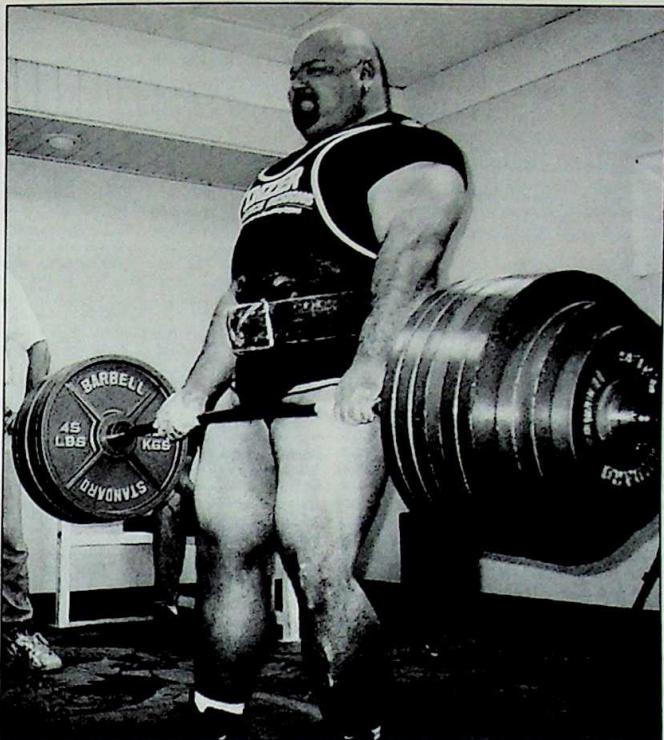
Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.

Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

E. Brown	525	325	550	1400
50-54				
J. Klostergaard	350	410	355	1115
Junior				
C. St. Romain	440	325	480	1245
M. Calely	460	305	450	1215
G. Luna	440	280	470	1190
220				
R. Krause	550	355	500	1405
50-54				
H. Chandler	375	325	450	1150
Military				
J. Harris	600	425	500	1525
18-19				
C. Kahanek	560	365	600	1525
242				
K. Stewart	725	550	725	2000
Junior				
J. Luke	400	250	480	1140
275				
N. Singletton	700	415	685	1800
50-54				
E. Surell	415	435	500	1435
(thanks to USAPL for providing these meet results)				

**AAPF/APF Last Chance Push & Pull
12 Dec 99 - Gulf Breeze, FL**

BENCH	275 lbs.
GIRLS Teen/AM (14-15)	H. Strickland
132 lbs.	470*
4th	480*
S. Brandau	165*
4th	MEN Open/AM
175*	220 lbs.
WOMEN Open/AM	J. Montgomery
165 lbs.	465*
L. Hill-McCoy	C. Holston
198 lbs.	440
N. Sutton	155
Master/AM (45-50)	Submasters/Pro
165 lbs.	220 lbs.
M. Cook	170
BOYS /AM (18-19)	R. Lawrence
123 lbs.	550*
D. Hogan	260
148 lbs.	Open/AM 308 lbs.
D. Weekley	165 lbs.
290	B. Barrow
181 lbs.	525
WOMEN	A. Pokrant, Jr.
Open/AM 165 lbs.	540
L. Hill-McCoy	260
198 lbs.	Masters/AM (55-60)
N. Sutton	170
Masters/AM 165 lbs.	315
M. Cook	485
MEN Master/AM 165 lbs.	T. Nunno
T. Nunno	95
Open/AM 220 lbs.	250
C. Holston	260
Submasters/Pro 220 lbs.	345
R. Lawrence	280
BOYS Teen/AM 275 lbs.	550
H. Strickland	525
MEN Open/AM 308 lbs.	1075
B. Barrow	995
Open/Pro SHW	525
A. Pokrant	560
*-World Record. Outstanding Teenage Lifter: Howard Strickland. Outstanding Amateur Lifter: Chip Holston. Outstanding Female Lifter: Stephanie	775
	1315
	TOT



Awald Pokrant, a 337b lb. Superheavyweight, pulling 775 lbs. at the Last Chance Push & Pull meet. (photographs courtesy of Les Cramer)

Brandau. Outstanding Pro Lifter: Rick Lawrence. Outstanding Masters: Les Cramer. Powerlifters from the state of Florida took their last chance at setting records before the new millennium at the Last Chance Push & Pull contest. At the American Powerlifting Federations last sanctioned competition for 1999 took place on Sunday, December 12, 1999 at the Holiday Inn in Gulf Breeze, Florida. Lifters competed in both men's and women's division in both amateur and professional classes. There were 17 World record attempts and 12 were successful. The only distinction being made is that the amateur athletes are drug tested and the professionals are not. Four ladies competed in the women division bench press with Stephanie Brandau age 14 of Holiday, Florida, paving the way with two amateur world records. Her second attempt bench press of 160# and her fourth attempt of 175# were both world records for the 132#, 14-15 year old age division. Lee Hill-McCoy in the Open Women class at 165# won with a bench of 155#. Nikki Sutton won in the 198# women open class with a bench of 170#. The Women Masters

division was won by Monica Cook with a bench of 95#. In the Women deadlift competition Hill-McCoy hoisted a 260#, Cook pulled 250# and Sutton did 315#, to win their divisions. The men also contributed to the record breaking bonanza starting with

Dan Hogan of Holiday, Florida attempting a world record of 290# at a body weight of 123#. Dan barely missed the lift, but was credited with a win with his 260# lift. The first men's record fell with the lifting of John Montgomery with his first lift of 435#, this was 64 over the listed AAPF record. John weighed 213# and broke the record two more times with a 450 and 465# lift respectively. Chip Holston of Chip's Gym in Gulf Breeze, also broke the record with a lift of 440# at a bodyweight of 203#. Teenager, Howard Strickland, was phenomenal in the 275# category where he upped the world record of 407# on four separate occasions. He benched 425# on his opener then 457#, 470# then followed with a fourth attempt that was good at 480#. This 19 year old weighed in at 264#. The "Viking" was awesome. One of the highlights of the meet was put on by Rick Lawrence of Holiday, Florida when he opened with a Sub-masters professional world record bench of 525#. He went on to break his own record with a lift of 550#, the 35 year old lifter weighed in at 208#. Chip Holston barely missed a 617# world record amateur deadlift, after successfully completing a 590# pull. Meet director, Les Cramer, won the Masters division in the bench press with a lift of 280#. Awald Pokrant, of Pensacola, took the superheavyweight division with a bench press of 540# and a deadlift attempt of 775#. Individual BENCH press winners were: GIRLS Teen/AM: Stephanie Brandau. WOMEN'S: Lee Hill-McCoy, Nikki Sutton, Monica Cook. BOY'S Teen/AM: Dan Hogan, Daniel Weekly, Howard Strickland. MEN'S Open/AM: John Montgomery, Chip Holston. Men's Sub-masters/Pro: Rick Lawrence. Men's Open/AM: Billy Barrow, Men's Open/Pro: Awald Pokrant. Jr Men's Masters/AM: Tom Nunno, Les Cramer. (results courtesy Les Cramer)

**USAPL Utah Championships
18 Dec 99 - Price, UT**

	SQ	BP	DL	TOT
Open 97 lbs.				
S. Heaps	75*	85*	190*	350*
105 lbs.				
K. Johansen-14	70*	55*	140*	265*
114 lbs.				
K. Johansen-14	70	50	140	260
123 lbs.				
D. Christensen	190	150	230	570
198+ lbs.				
S. Haycock-67	205	110	300	615

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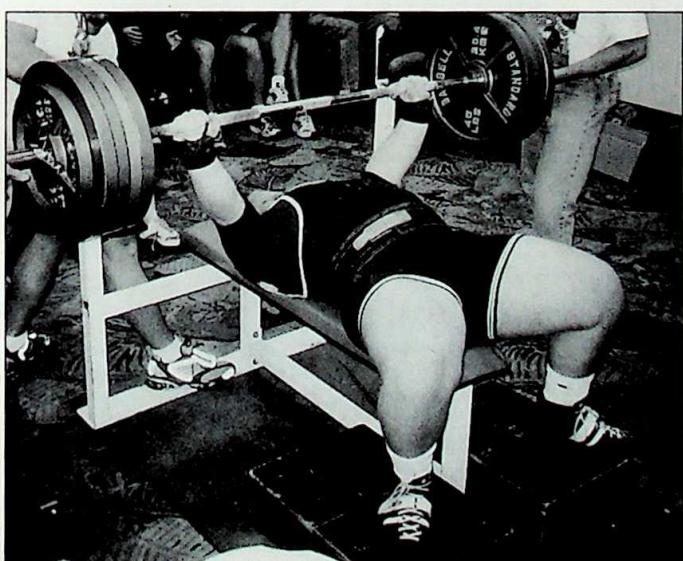
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NEW NEW NEW NEW NEW NEW



Howard Strickland with an 18-19 age group world record bench press of 480 in the 275 lb. class at the APF/AAPF Last Chance Push & Pull

Teen 105 lbs.							
K. Johansen-14	70*	55*	140*	265*	M. Knudsen	500	365
114 lbs.					D. Romero	470	385
K. Johansen-14	70	50	140	260	Submaster	530	1395
148 lbs.					S. Pincock	730*	375*
C. Goodman-14	100*	65*	135*	300*	Master	630*	1735*
Master 198+ lbs.					B. Davis-57	500	340
S. Haycock-67	205*	110	300*	615!	V. Hatfield	770*	530
MEN Open 132 lbs.					L. Dilmars	730*	2030*
M. Harrison-14	200	160	250	610	Master	450	400
Teen					L. Dilmars-52	450	400
M. Harrison-14	200	160*	250	610	BENCH Only	400	1250
165 lbs.					J. Webber	350*	
S. Allred-20	285	255	400	940	J. Webber	350*	
N. Kemple-18	305	170	420	895			
Open							
S. Stanatakes-20	235	390	625*				
P. Goodman-16	160	295	455				
Teen							
P. Goodman	160*	295*	455*				
Junior							
S. Stanatakes	235*	390*	625*				
College							
S. Stanatakes	235*	390	625*				
181 lbs. Open							
M. Romero-14	225	165	305	695			
Teen							
M. Romero	225	165	305	695			
198 lbs. Open							
J. Vea-20		380	350*	470			
1200							
Junior							
J. Vea	380*	350*	470*	1200*			
220 lbs. Open							
E. Long	550	360	510	1420			
S. Salas	425	340	475	1240			
N. Johansen	315	310	455	1080			
A. Gutierrez	305*	280	425	1010			
J. Wilson	220	150	250	620			
Q. Frank	—	—	—	—			
Teen							
J. Wilson	220	150	250	620			
Junior							
A. Gutierrez	305*	280*	425*	1010*			
College							
A. Gutierrez	305*	280*	415*	1010*			
Master							
N. Johansen-42	315*	310	455	1080*			
Police							
S. Salas	425*	340*	475*	1240*			
242 lbs.							
S. Pincock	730*	375	630	1735*			
B. Davis	500	340	640*	1480			

It in front of 3 National referees. Shirley benched a conservative 110 and deadlifted a new American record of 300 lbs. Thus, she tied her own record of 615. Shirley was women's Champion of Champions. 14-year old Matt Harrison of Castle Dale, weighing 132, in his first contest, won the men's 132 class. Matt squatted 200, benched 160, beating the 4 year old teen record of Orangeville's Nathan Kempf of 25 lbs.; he deadlifted 250 and had a total of 610. In the 165 class, Preston Goodman, 16 of Price, weighed in at 158 for his first contest. Preston lifted in the push and pull only. He benched 145 and 160, both teen state records and deadlifted 270, 295, with a miss 315, for a total of 455, also state records. Steve Stamatakis, 20 of Price, lifting as a junior/college lifter, set an open, junior, collegiate bench of 235 and a junior deadlift record of 390 for an open, Jr., collegiate record of 625 in the two lift total. Nate Kempe, 18 of Orangeville, set 8 teenage records in going to a 305 squat, 170 bench, 420 deadlift and an 895 total, weighing 158. Nate was rated 1st place for the overall teen/junior group. The winner, and new state champion of the 165s was 162 lber and 20 years old. Lifting as an open, junior, collegiate was Huntington's Shawn Allred. In setting 8 new jr./collegiate records, Shawn ended with a 940 total, via 285, 255 and 400. The 181 class was won by the lone entry of 14 year old Michael Romero of Spring Creek, Nevada. Weighing 175, Michael squatted 225, benched 165, deadlifted 305 and had a total of 695. The 198 class was won by 187.5 lber junior lifter Josh Vea of Helper. Josh, far stronger than numbers imply, set 9 junior records and broke the open 198 record bench of Clawson's Brandon Justice. He tried, unsuccessfully, to add another 35 lbs. Going 380, 350, 470 and 1200, he was just off the open total record. The 220 class proved to be the most crowded. Quincy Fronk, an Idaho transplant now living in Sandy, bombed with an opener squat of 690. 5th place went to 17 year old Jack Wilson of Colorado Springs, Colorado. Adrian Gutierrez, 21 of Price, in his first contest, lifting as a jr./collegiate, took 4th place with 305, 280, 425 for 1010, not to mention he set 9 new jr./collegiate records in doing so. 3rd place went to Nathan Johansen, 42 of Castle Dale. Lifting injured, Nathan went to a 315 squat, 310 bench, 455 opener deadlift and a 1080 total. Even injured, he managed to set 4 new master state records. 2nd place in the 220 class went to 212.5 lber Steve Salas of Green River. Lifting in the open/police division, Steve went 425, 340, 475 for called for an American record of 205 and smoked

1240. He just missed breaking the open record for the bench, but did set 10 new police category records. 1st place went to Salt Lake City's 210 Eric Long. Eric squatted 550, benched 360, deadlifted 510 for a total of 1420. The 242 class had 4 contestants plus one bench only person, Jeff Weber, at 231, barely missed breaking the open bench by 30 lbs., but he did set the bench only state record and police bench record. He took a 50 lbs. jump in his attempt. In the three lift category of the 242s, Dave Romero of Spring Creek, Nevada garnered 4th with 470, 385, 530 and a total of 1385. Third place went to Provo's Michael Knudson at 500, 365, 530 for 1395. Second place went to the birthday boy, 57 year old Bud Davis of Spanish Fork. Bud, weighing 241.5 squatted 500, benched 340 and broke the state open deadlift record with an American record of 640 lbs., his 1480 total was a great birthday present. Bud was also best master men's lifter. The 242 class was won by 228.5 lber Steve Pincock of Lindon. Steve, the holder of all state 220 records, opened with a state record squat of 660, followed by 700, and then a guibuster of 730. His bench of 375 tied the record, as did his opener deadlift of 630. The new state record total is 1735 lbs. In the 319 class, Larry Dilmars, 310 lbs. and 52, of Spring Creek, Nevada, holder of the master's American bench record, took 2nd with 450, 400, 400 and 1250, has obviously tired, was hundreds of pounds off his usual self. The champion of the class, 299 lbs. Von Hatfield of Orem; former Mr. Utah, opened his squat with 700 followed by 740 and 770. He could have easily gone for 800. His bench of 530 and final deadlift of 730 made his dream come true. He totaled 2030. Van has only powerlifted for 1.5 years. The 2 man deadlifts were won by Bud Dairs and Pleasant Grove's John Dennison. Josh Vea and Steve Stanatakes pulled into 3rd place. In the bodyweight for reps contest Drew Wolfe, 48 of Fort Wingate, New Mexico, won with 33. Brad Montague of Payson went to 30 reps; Shaw Allred managed 26 for third place. National refs were: Drew Wolfe, Champion lifter of Fort Wingate, NM; Larry Dilmars, American record holder of Spring Creek, NV; Jim Kraulich, powerlifter, also of Spring Creek; Steve Sims, State Chairman, multiple record holder of Price. In all, 48 open state, 7 master, 38 teen, 29 junior, 7 Submaster, 12 police, 19 collegiate and 3 American records were established. Price is the home of great powerlifting; Castle Country Powerlifters will continue to proudly promote their sport drug free. (Thanks to Steve Sims for these results)

This Whole Thing About ... Each month, like most active lifters, I scan the 'Coming Events' section of Powerlifting USA to see if there is a contest in my geographic area. Recently, I noticed a new announcement for the state championships in my area. I quickly shot off a letter to the meet director requesting pertinent information regarding his contest. From the literature he sent, it appeared that this may be a viable competition. However, when reading the fine print, I noticed a \$50 entry fee, a \$30 card fee and a \$20 late charge if I did not commit within five weeks of the target date. Although I have never met the director, I'm sure he is a competent individual, but a \$100 charge to enter a contest for which there is no financial reward? Needless to say, I did not enter me competition, but did some serious thinking about the sport I so dearly love and arrived at three points of consideration,

This whole thing about card fees is a bit nebulous ... Where does this money go? Who decides how to spend it? What does this \$30 card fee do for the thousands of average, but dedicated, lifters like myself? What are the accountability requirements in place to justify such charges? It seems a bit misguided when there is only one 'card carrying' contest in a geographical area, yet the card fee is the same for someone who may have 10 or more contests per year in their locale. For pow-

erlifting to be successful, lifters ought not be penalized so heavily for wanting to enter a contest. It is true that card fees generally assure the participant of competing in a sanctioned competition, but what is the significance of such a label if one has neither the potential nor the desire to compete for a watered-down national title? Furthermore, the true benefit (for the average lifter) of choosing a sanctioned competition is not clear and should be clarified by the appropriate federation leadership. As an adjunct to my year-round training regimen, I compete in allcomers track meets during the summer. These meets have no sanctioning body and no card fees, but are led by a knowledgeable and capable group of runners, jumpers and throwers who understand that most athletes enjoy competition for the sake of competition - not to negotiate some political hurdle for some elite athletes they may never encounter. To maintain card fees at their current level is to discourage newcomers to the sport and to encourage competition only for those who are financially affluent. This is not the purpose of powerlifting, but it is becoming a reality.

This whole thing with huge entry fees ... For what? A trophy that will collect dust in the basement? For a plaque that will sit in a drawer? Whatever the reward, it has very limited value over the long haul. What lifters will remember are the attempts, the

judging, their placing in the meet and the friends they make. Spiffy awards do not make a good meet nor are they necessary for a good contest. It is understandable that powerlifting has come to such a crossroads - they are, in general, a group driven by objective measures of physical prowess and the award serves to justify this desire. However, this materialism is very short-lived ... what really matters is the nature of the proceedings. Was the judging strict, consistent and fair? Was the competition well organized? Were the loaders and spotters a competent lot? I urge meet directors to decrease (or eliminate) the magnitude of the awards and focus their energy on the details of the competitive arena, because that is what really matters. Meet registration counts may decrease, but so will the meet director's 'break even' target. In the all-comer track meets I referred to earlier, there are no awards, but the flights are arranged in categories of similar abilities ... all for \$3. Something as simple as a medal or a certificate would not only lower the meet's overhead, it would also encourage those whose main interest is collecting PR attempts, not trophies.

This whole thing about one to two meets per year in a region doesn't make a lot of sense. My father, who doesn't understand my passion for religiously lifting heavy things week after week, doesn't understand why such competitions for such barbaric

activity needs to be so complicated. He has competed in hundreds of golf tournaments over the years and could easily do hundreds more if so motivated. He asks why there aren't similar types of competitions offered on the local level more frequently - every gym has the equipment and there are hundreds of interested individuals in the area. Furthermore, such grass-roots efforts will surely lead to the discovery of talented lifters who may not have the financial resources to enter a sanctioned competition, and the discovery of new friendly competitors. I, personally, have nothing against any of the USPF, IPF, USAPL, APF, WPC, WABDL officials, but I question the sophistication they undertake to put on a competition for a simple demonstration of athletic skill. At the current level, staging a quality competition is a highly draining event - physically, financially and emotionally - but it need not be this way.

It will require a break from traditional thought patterns, but the individuals who choose to re-align the way powerlifting addresses card fees, entry fees and all-comers' competitions stand to spark substantial growth - especially for lifters who do not have generous incomes. Powerlifting should reward those who love to train, who love to push themselves month after month. Powerlifting, after all, is more than a sport, it is a way of life. Kevin Elene

where a dosage of up to 6mg was SAFELY employed. To make matters worse for the FDA, this same study shows a concomitant and significant decrease in triglyceride levels which obviously corresponds to an even greater reduction in cardiovascular risk. (2)

A study completed at the University of Milano observed 10 women who received 2.8mg per day of Triac for 2 months. As expected, none of the patients had increased heart rates, nor did they experience any other cardiac related negative side effects. As in the other studies though, cholesterol and triglycerides significantly fell (over 30%) with a decrease in LDL (bad) cholesterol and an increase in HDL (good) cholesterol. (3)

Another study in Brazil, confirmed the same results on 20 subjects who were given 1.4mg per day of Triac for 6 weeks, no negative side effects on cardiac function. In fact, in this study the authors recommended Triac instead of thyroid hormones for patients who had a history of coronary heart disease. (4)

Several French studies looked at Triac specifically for treating obesity and concluded its utmost safety for this purpose. (5),(6) One studied 60 subjects receiving up to 2.1mg of Triac per day for up to a year. The

patients were strictly examined searching for Triac-related diseases. Blood pressure and pulse were measured as well as the quality of sleep and any potential hyperactivity. ECGs were performed as well as assays of uremia, glycemia, cholesterol, total lipids, and triglycerides. The interesting thing about this study is that they documented a normalization of blood pressure in both hyper- and hypotensive patients! The authors conclude that Triac has always been perfectly tolerated and that it works so well because it not only improves the metabolism but it also improves the psychological state of the patient.(5) This is confirmed in another study on rats where Triac was shown to have potent anti-depressant effects.

A study in the U.S. performed by three prestigious institutions including Johns Hopkins University School of Medicine observed 24 subjects receiving about 4mg of Triac per day for at least two months. During this time, there was no change from baseline in resting pulse, blood pressure, echocardiograms or the frequency of ectopic supraventricular or ventricular premature contractions. This particular study is particularly interesting because it actually identifies Triac as decreasing the thyrotoxicosis score by 46!(7)

Indeed there are many other studies which conclude the same

thing, that Triac is well tolerated without negative side effects. Since there are usually two sides to every argument, I want to be fair and list all of the studies that show Triac to be toxic. Unfortunately, I am not able to this because there are none! After nearly 50 years of research, there is not one study showing Triac to be toxic to the heart or any other organ system!

If Triac is safe as the above studies show, then why has the FDA tried to prevent its distribution? There are two explanations: either the FDA is quite ignorant and is not intelligent enough to look at the studies or they know much about Triac and want to remove it due to ulterior motives. The first explanation is possible since anyone who has ever served in the military knows that the words government and intelligence don't go together. Indeed, the first explanation is possible but the second is probable. As with most things in government, it boils down to politics, economics, and power. Quite simply, Triac works and it works well and the FDA probably knows this. Unfortunately, in many cases the FDA is an arm of the pharmaceutical companies and thus tries to eliminate anything that hurts the pockets of these multi-billion dollar companies. Deemed as a threat, Triac was targeted for extinction. I can't prove either of my explanations, however, sadly they both clearly show that the FDA is not working for the good of the public.

I want to make one last point regarding not only Triac but the actual thyroid hormones T3 and T4. Many years ago a misconception became popular that using thyroid hormones or Triac could cause permanent damage to the thyroid gland. The argument went that once an individual used these compounds their thyroid gland could become permanently impaired and would never function normally. The result: after ceasing usage of one of the above compounds, the person would become obese, unable to control their weight. How this untruth became popular I have no idea but I have traced it back to the fitness community. Unfortunately, many of the so-called experts in the field of sports performance have fallen victim to this ludicrous teaching. In reality, the thyroid gland will downregulate and stop producing thyroid hormones if sufficient negative feedback is supplied to it, i.e. enough exogenous thyroid hormones are administered. There is no need to be concerned though, when the exogenous hormones are discontinued, the thyroid gland will quickly normalize and begin producing its own hormones. What the research actually shows is that after the exogenous hormones are discontinued, there is actually an in-

crease in the amount of endogenous hormones for a few weeks. The situation totally returns to normal within a 3-4 weeks. I believe the rumor started because some people gain considerable weight after coming off of thyroid hormones. It was assumed that their metabolism was slow and thus contributed to them putting on excess fat. Actually, the opposite occurs. The extra thyroid hormones drastically increase their appetite which then causes the person to eat more which causes them to put on weight. That's right! Many people who are hyperthyroid actually gain considerable weight because of appetite stimulation. This is contrary to what is taught in most fitness circles.

I could ask again for the real Triac to stand up but in actuality it appears that was ever only ONE Triac. The highly dangerous Triac that the FDA describes is obviously nothing more than a shadow, a myth. Unless I am partially blind, I only see one Triac, one that is effective and safe and has a plethora of research backing it up. Help me out in this battle: call the FDA and tell them that you want them to stop playing with your rights and allow you to buy Triac once again!

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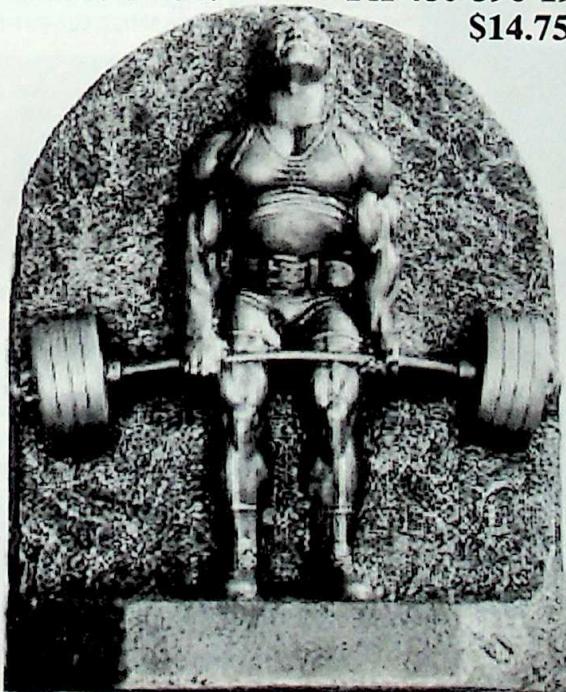
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220	220		
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242	55-59		
S. Kramer	463	198	
275	J. Schwan	275	
G. Evert	452	242	
308	H. Snelder	424	
R. Nieporte	595	60-64	
SHW	275		
J. Griffin	584	J. Marsala	242
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181	275		
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Masters 40-44	Police-Fire	Master (50-54)	
148	181		
Heindl AUT	275	L. Banks Jr.	429
198	220		
T. Frein	352	K. Convey	407
220	Submaster		
N. Dwinell	396	165	
D. Burlingame	352	D. Olson	253
242	165		
T. Matic	429	N. Marinis	358
275	242		
M. Frizzell	512	J. Johnson	
J. Heavy	441	275	
SHW	C. Lajoy	628	
M. Cain	550	Women Open	
45-49	148		
165	K. Jackson	187	
J. Cosentino	325	4th	193
181	198		
J. Marudecki	303	M. Johnson	281
198	SHW		
G. Shoemaker	392	S. Thomas	275
B. Hanson	226	Women 40-44	
242	105		
M. Sweeney	479	C. Krochmal	125
50-54	123	UNL	
165	Heindl AUT	88	
S. Craig	402		

(thanks to Herb Grossbrenner for results. Sorry, we did not have them enclosed with the results of the 3 lift competition due to our oversight at PL USA)

Norwich YMCA Meet

11 Dec 99 - Norwich, NY

BENCH	Open 165 lbs.
Teen 148 lbs.	Master
275	D. Cease Jr.
165 lbs.	205
181 lbs.	W. Claypatch
P. Sheridan	260
198 lbs.	
M. Martinez	290
WOMEN	
154 lbs.	S. Cerasani
K. Matz	135
S. Smith	95
UNL	K. Hales
MEN 165 lbs.	181 lbs.
Master (50-54)	P. Carroll
181 lbs. (55+)	D. Reigel
181 lbs.	198 lbs.
J. Phillips	D. Gertler
181 lbs. (55+)	235
D. Wilcox	
198 lbs.	T. Ryan
D. Ascenzi	Masters (50-54)
(45-49)	B. Jeffords
275 lbs.	Open 220 lbs.
E. George	J. Carr
275 lbs.	A. Wilmott
F. Dini	242 lbs. Master (45-49)
	D. Harding
	275 lbs.
	D. Cease
Teen	400
SQ	BP DL TOT
132 lbs.	
R. Harvey Jr.	160
148 lbs.	100 225 485
S. Turi	205 365 900
J. Loiselle	580 335 600 1515
WOMEN 129 lbs.	
A. Harding	100
D. Kipple	130 120
154 lbs.	— — —
A. Day	200 145 265 610
J. Krebs	140 250
MEN Master (50-54) 181 lbs.	— — —
K. Tud	335 265 380 980

(55+)	G. Coles	420	240	400	1060	242 lbs.	J. Ritzler	410	Junior (20-23)					
198 lbs. (45-49)	198 lbs.	450	260	475	1185	275 lbs.	J. McCollum	450	G. Limberty					
(40-44)	B. Klenk	350	530	—	1495	Master (50-59)	SHW	390	198 lbs.					
D. Herbst	B. Lyons	630	340	525		C. Richardson	475	Master	320					
220 lbs. (40-44)	220 lbs.	315	285	410	1010	J. Wilson	370							
R. Harvey	W. Fosmire	475	300	525	1300	We had many strong competitors coming from OH, PA, and WV to lift. In the teenage divisions the highest lifts were done by Chris Reilson (Best Lifter) and Randy Shields. Female lifter Mary Domitrovich was the only female competitor and she did a super job and fought hard on all of her lifts pushing up a nice lift at 132 lbs. In the submasters 4 of the 7 competitors put up over 400 lbs. Joe Fiumara took best lifter in the lightweight divisions lifting in the 181 lbs. Submaster division. In the open divisions there was some good competition with several of the places being decided by only a few pounds or the individuals actual bodyweight. Chad Smith put up a fine lift in the 165 lbs. Class and Mike Alvete edged out Steve Price in the 181 lbs. Class. Chad Kosterman took the 198 lbs. Class and Scott Lewis put up a huge lift to take the 220 lbs. Class and also best lifter in the heavy weight divisions. Lewis was followed by a strong fight for second place by Barry Pochiba and Dan Swope which was decided by individual bodyweight. Three 242 lbs. Class lifters all put up over 400 lbs. With Paul Vargo taking first and almost putting up 500. Jeff Pesch had the highest bench of the day in the 275 lbs. Class and Jerry Wilson put up a fine lift in the open and submasters class SHW. In the master 40/49 divisions Ray Leone and Jack Lunn took the lighterweight divisions and bodyweight once again decided first place in the 198 lbs. Class between John Phillips and Phil Acciardo. In the 220 lbs. Class Barry Pochiba took first with a super lift and then the race was on for second between three fine lifters which were separated by 30 pounds total. In the 242 lbs. Class three places were decided by 15 pounds in a tight race with Gary Weinstein taking first followed closely by Ron Villani and Mark Lyden. Grand master lifter Bill Kolling returned once again to win his division and junior lifter George Limberty also put up a fine lift. It was great to have many of last years competitors return this year and also to see many new faces. A special thanks to Father Popovich for the use of the school and for also competing in that tight race in the 220 lbs. Masters division. Also thanks to all the individuals who assisted. All proceeds from this meet go to I.H.M. Church. (results from Ron Deamicis)								

Immaculate Heart of Mary Holiday BP
5 DEC 99 - Youngstown, OH

Teen (14-16)	M. Dilisio	250
123 lbs.	198 lbs.	
T. Tiller	C. Reilsono!	450
132 lbs.	242 lbs.	
J. Clark	150	
148 lbs.	J. Dutton	280
M. Lenzi	FEMALE	
160	132 lbs.	
J. Clark	M. Domitrovich	180
198 lbs.	148 lbs.	
A. Bell	195	
Teen (17-19)	M. Domitrovich	180
148 lbs.	Submaster (33-39)	
181 lbs.		
F. Lambert	J. Fiumara!	365
165 lbs.	T. Hall	340
R. Shields	310	
B. Kuti	198 lbs.	
B. Kopszynski	350	

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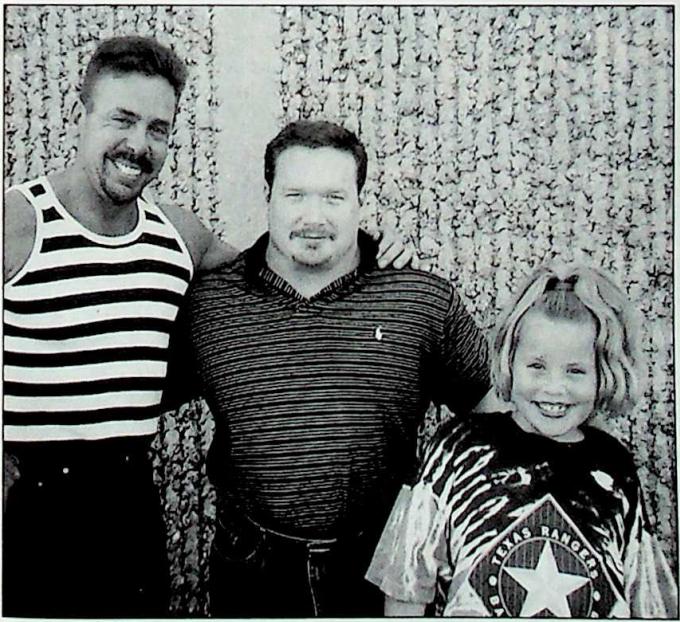
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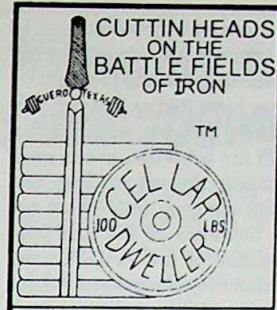
Contact Kathy Roberts via email at robertskv@aol.com

USPF Texas Power Tour BP/DL
9 OCT 99 - Arlington, TX

	1st	2nd	3rd	Best	275 lbs.	W. Brady	102.5	102.5	107.5	102.5
BENCH					SHW	J. Wilson	172.5	182.5	*187.5	182.5
WOMEN 114 lbs.	82.5	90	*95	90	DEADLIFT	MEN Master 220 lbs.	G. Wagenseller	200	212.5	*220
S. Rinn						G. Sturgess	142.5	*165	175	175
148 lbs.	70	80	*95	80		275 lbs.	W. Brady	150	*155	155
N. Green	67.5	72.5	*80	72.5	BENCH MEN					
K. Phillips					Below Class 1 - 181 lbs.	M. Knight	125	142.5	150	150
165 lbs.	60	65	70	70		C. Rimmer	137.5	*145	145	145
L. Lakey						D. Roe	160	182.5	*202.5	192.5
DEADLIFT						M. Everheart	157.5	170	*180	170
WOMEN						J. Blackwell	135	150	160	160
123 lbs.	92.5	100	110	110		D. Turley	175	187.5	197.5	197.5
L. Haggerty						W. McClintock	150	165	*172.5	165
148 lbs.						B. Acker	*160	160	175	175
J. Wheeler	157.5	*165	*165	157.5		G. Hamann	165	*175	182.5	182.5
N. Green	110	125	147.5	147.5	DEADLIFT					
K. Phillips	110	125	130	130	MEN below Class 1 - 198 lbs.	A. Torres	125	137.5	147.5	147.5
165 lbs.						M. Knight	227.5	250	272.5	272.5
L. Lakey	102.5	125	130	130		C. Rimmer	205	222.5	232.5	232.5
BENCH						D. Roe	202.5	232.5	255	255
MEN Teen 165 lbs.						M. Everheart	247.5	265	*272.5	265
N. Gunnip	105	*105	105	105		J. Blackwell	227.5	250	272.5	272.5
275 lbs.						D. Turley	265	*275	*275	265
L. Stone	127.5	140	*150	140		B. Acker	247.5	260	*265	260
DEADLIFT										
MEN Teen 165 lbs.										
N. Gunnip	*162.5	*180	180	180						
198 lbs.										
B. Doskocil	142.5	152.5	160	160						
275 lbs.										
L. Stone	200	*215	*215	200						
BENCH										
MEN Submaster 198 lbs.										
J. Vasquez	170	177.5	182.5	182.5						
242 lbs.										
B. Zaworski	165	175	*185	175						
181 lbs.										
G. Ortega	82.5	92.5	112.5	112.5						
DEADLIFT										
MEN Submaster 198 lbs.										
Susan Rim										
Best Deadlift Women: Jessica Wheeler.										
J. Vasquez	275	*285	*285	275						
242 lbs.										
B. Zaworski	247.5	265	*277.5	265						
181 lbs.										
G. Ortega	137.5	147.5	152.5	152.5						
BENCH										
MEN Open SHW										
T. Cobb	220	235	*245	235						
R. Harris	215	*220	*222.5	215						
220 lbs.										
P. Chovanec	*167.5	167.5	*192.5	167.5						
181 lbs.										
C. Rimmer	137.5	*145	145	145						
DEADLIFT										
MEN Open SHW										
T. Cobb	300	320	*330	320						
R. Harris	292.5	300	*310	300						
220 lbs.										
P. Chovanec	260	285	*300	285						
181 lbs.										
C. Rimmer	205	222.5	232.5	232.5						
242 lbs.										
C. Curry	207.5	232.5	*250	232.5						
BENCH										
MEN Master 220 lbs.										
G. Wagenseller	137.5	*145	145	145						



Brian Dobson, Meet Director of the Texas Power Tour Bench Press and Deadlift Championships on Oct. 9th, with **Special Guest Ed Coan**, and Brian's daughter **Danika**. (photo courtesy MetroFlex Gym



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regular basis throughout different regions of the Lone Star State. One of the goals of the power tour is to introduce new people to the great sport of powerlifting. Over 1/2 of the lifters were first timers, and what better way to reach these new comers than to bring in the great champion Ed Coan as head judge and to give a seminar. All in all it was a great day of lifting with many records being set and a great day of feasting on Texas wild boar and fixings provided by Meet Director/hunter Brian Dobson and Chef Steve Smith. Special thanks to Ed Coan and State Chairman Gary Pendergrass for their help. (Thanks to Brian Dobson of Metro Flex Gym for providing the results to *Powerlifting USA*)

USAPL SE Alaska Powerlifting
20 Nov 99 - Juneau, AK

MEN	SQ	BP	DL	TOT
132 lbs. Master (45-49)				
I. Rosen!	410*	220	430	1060
Open 181 lbs.				
J. Garcia	350	275	415	1040
Master (45-49)				
B. Woods	315	270	400	985
Master (40-44)				
F. Frank	315	235	390	940
Open 198 lbs.				
R. Wolfenberger	375	210	445	1030
Master (40-44) 220 lbs.				
T. Keopple	425	255	450	1130
Master (40-44) 220 lbs.				
C. Pavill	405	315	450	1170
Master (60-64)				
G. Wyman	3550	200	365	915
Open				
M. Smith	385	240	405	1030
Teen				
J. Lisac, Jr.	335	150	315	800
Master (40-44) 242 lbs.				
M. George	475	305	565	1345
Open 275 lbs.				
T. Rado	350	265	425	1040

Fitness Depot Bench Press
4 DEC 99 - Plymouth, NC

Raw 165 lbs.	242 lbs.
K. Respess-27	260
D. Higson	200
W. Williams-43	340
181 lbs.	319 lbs.
D. Slox-26	250
R. Young-38	245
M. Ange-33	350
198 lbs.	245
P. Bossi-28	425
T. Huber-35	340
V. Armstrong-35	325
D. Turner-25	275
R. Moore-38	385
M. Michelli-27	225
T. Bell-41	200
C. Elliott-27	530
220 lbs.	319 lbs.
B. Freitag-30	400
D. Young-41	350
S. Adams-29	375
Wom	
V. Cherry-37	140

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	Mail and make checks payable to APA P.O. BOX 27204 EL JOBEAN, FL 33927
Social Security Number			
Registration Fee: \$20 High School Athlete: \$10			
Parents Initial If Under 18 yrs.		I Certify that the above answers are correct	
X			

To all interested DRUG-FREE athletes: (January 10, 2000) "This letter is being written to you to make you aware of our new organization and why we formed it.

Some of us have been working with Drug-Free powerlifting since its beginning in the early 80's and have continued to support it's concept with much dedication. Without some of us, there might not be any organizations like the AAU, ADFPA, WDFPF, WNPF, because we were supporting DRUG-FREE from the beginning and made it work.

Several of us helped bring powerlifting back to the AAU, after a twelve year absence, because we thought that they could help support our program. Five years have passed and the program has grown, but the AAU has decided that we, along with their physique program

were more of a problem, due to drug testing, than it was worthwhile for their overall program.

They have told us that not only can we not drug test anymore, but we can not advertise, in our meet applications that we are drug-free, nor that we drug test. There are some members of the Executive Committee of the AAUPC who think that they can get around this problem, with a new program which will include "third party testing", but they are not facing reality for whatever reasons they may have.

Knowing that it will take some time for all interested parties to face this reality, we formed our new organization, now, and not 6 months in the future, when it will be too late to save an "already dead" program. Several EC members of the AAUPC are already on board

with the ADAU and we are moving ahead to hold our very first sanctioned powerlifting meet in early February. Our schedule, at this early time already shows about a dozen meets in four states, with interest in several other states and sports.

We are approaching you, because of your interest in Drug-Free powerlifting, to join us now and not wait until the AAU program of drug-free and drug testing has completely disappeared. Our program has more to offer the lifter than does the AAU program, because most of the "dues" money collected does not go into the AAU account, but will be spent on our sports, solely.

We will help meet directors and state chairpersons cover some of their expenses, with eventual plans to insure the actual athlete, as does

the AAU, but which is not done by any other powerlifting organization.

The following are just some of the things that we plan on doing:

1. We will sanction events which are "RAW", that is without any supportive gear, other than a 4" wide leather belt with a buckle.

2. All competitors must be drug-free for a period of 48 months in 2000, 54 months in 2001 and 60 months in 2002.

3. Drug testing can be either with a certified polygrapher or through urine testing at our lab (Quest Diagnostics) in San Diego. Our plans are to help meet directors by reimbursing part of their drug testing costs, but not for the first six months, due to high set costs that must be paid first.

4. We will reimburse meet directors for card sales as well as state chairs for card sales in their state, as a way of reducing some of their costs.

5. Sanction (insurance) fees will be reimbursed up to 100%, based on the number of membership cards that are sold at each meet. Our sanction cost will be \$50.00 per meet with liability insurance being available for the meet site, spectators and the meet director.

6. Plans are to sanction Powerlifting, Weightlifting, Strongman, Bodybuilding and Arm Wrestling events that follow the above drug-free and raw criterias.

7. We plan on concentrating on the "grass root" level athlete and have no plans of any kind for having World competitions for at least 2 years. We will only run 2 National meets in the year 2000, with one being for athletes up to 23 years old and the other for senior, sub-master and master lifters.

8. We will acknowledge AAU cards until they expire on August 31, 2000, but will sell ADAU youth cards for \$15.00 and ADAU Adult cards for \$25.00, with the expiration date being one year from date of purchase.

9. Even though we are a "for profit corporation" we are not in it to get rich, but to promote our DRUG-FREE sports.

IF YOU ARE INTERESTED IN COMING TO OUR ORGANIZATION, FEEL FREE TO CALL ME DURING THE DAY AT 814-768-9400 FOR MORE INFORMATION, OR SEND E-MAIL TO Al@pikitup.com and or keep in touch through my website at www.pikitup.com.

WE WANT TO ADD YOUR EVENTS TO OUR SCHEDULE... PLEASE JOIN US. THANKS FOR YOUR TIME, AL" (submitted by Al Siegel)

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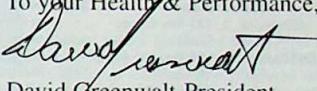


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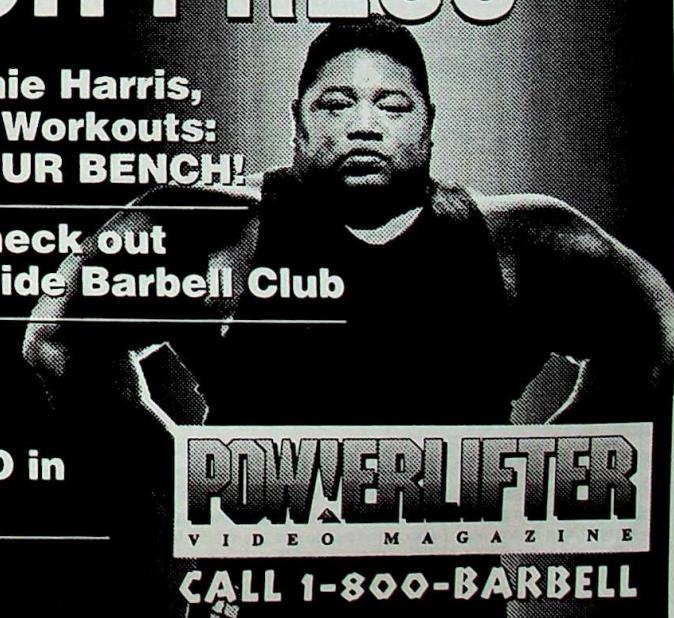
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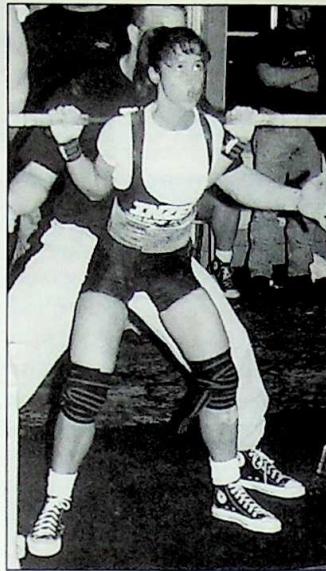
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**WNPF Lifetime Drug Free Nationals
& Palmetto BP/DL**
2 OCT 99 - Greenville, SC

		Open	Wehr	295	140	315	750
BENCH		SHW Open Raw	Pole-Summers!	350	200	350	900
WOMEN		(14-16) Raw	Pole-Summers	350	200	350	900
132 lbs. Open		Summers (55-59) Raw	MEN 114 lbs. Youth	85*	651	155*	305*
Chambers 185		SHW (20-23)	Luster!	610*	East	85*	305*
SHW		Jeffries	123 lbs. Youth	Curry	150*	75*	200*
Open raw		(14-16) Raw	Palmetto-BP	148 lbs. (14-16) Raw	Blount	225	200
Pole-Summers 200		198 lbs. Open	(20-23)	148 lbs. (14-16) Raw	Black	135*	115*
Pole-Summers 200*		Sullivan	Ticknor	165 lbs. Open	Open	205*	455*
MEN		(50-54)	Graves	198 lbs. Youth	Davis	500	370
114 lbs. Open		Novice Raw	Yeargin!	Caraway	135*	110*	306
Atchley 135		181 lbs. (20-23)	WOMEN	220 lbs. Open Raw	Stuart	425	300
148 lbs. (60-64) Raw		Raw	181 lbs. Youth	Brannah	335	275	460
Padgett 160		220 lbs.	181 lbs. Youth	242 lbs. (40-44)	Finley	525	395
181 lbs. (20-23)		Novice Raw	181 lbs. Youth	220 lbs. Open Raw	Davis	485	350
Rutherford 345		Raw	181 lbs. Youth	148 lbs. (14-16) Raw	485	350	590*
Open		275 lbs.	181 lbs. Youth	Blount	325	140	1425
Feinberg! 425		(40-44) Raw	181 lbs. Youth	165 lbs. Am.	—	—	—
Davis 370		DEADLIFT	181 lbs. Youth	165 lbs. Am.	350*	190	240
198 lbs. (20-23) Raw		WOMEN	181 lbs. Youth	Teen 220 lbs.	220 lbs. Am.	—	—
Pagan! 425*		Raw	181 lbs. Youth	A. Zechman	220 lbs. Am.	325	242 lbs. Am.
Open Raw		275 lbs.	181 lbs. Youth	M. Barnhill	275 lbs. Am.	240	242 lbs. Am.
Pagan 425		Open Raw	181 lbs. Youth	L. Ryan	275 lbs. Am.	350	275 lbs. Am.
Cockman 350		275 lbs.	181 lbs. Youth	M. Magher	275 lbs. Am. Sub.	315	275 lbs. Am. Sub.
(33-39)		(14-16) Raw	181 lbs. Youth	E. Habecker	275 lbs. Am. Sub.	380	275 lbs. Am. Sub.
Olstein —		220 lbs.	181 lbs. Youth	WOMEN	97 lbs. Pro	465	465
(45-49)		Novice Raw	181 lbs. Youth	E. Grimwood	SQ	315	125
Cateriano 285		220 lbs.	181 lbs. Youth	165 lbs. Am.	BP	285	725
Police/Fire/Military Raw		Novice Raw	181 lbs. Youth	D. Musser	DL	190	190
Cockman 350*		220 lbs.	181 lbs. Youth	Teen 220 lbs.	TOT	—	—
Graves 210		Novice Raw	181 lbs. Youth	A. Zechman	220 lbs. Am.	325	1080
220 lbs. Open		220 lbs.	181 lbs. Youth	MEN 165 lbs. Am.	220 lbs. Am.	325	1080
Kelley! 510		Novice Raw	181 lbs. Youth	C. Ingram	220 lbs. Am.	420	1175
(66-69)		220 lbs.	181 lbs. Youth	D. Smith	220 lbs. Am.	550	1395
Mitchell 350		Novice Raw	181 lbs. Youth	S. Kohler	220 lbs. Am.	460	1230
(65-69)		220 lbs.	181 lbs. Youth	D. Moore	220 lbs. Am.	570	1430
Brannah 275		Novice Raw	181 lbs. Youth	M. Coulter	220 lbs. Am.	605	1630
Police/Fire/Military		220 lbs.	181 lbs. Youth	W. Luciano	220 lbs. Am.	485	1455
Kelley 510		Novice Raw	181 lbs. Youth	J. Eyster	220 lbs. Am.	510	1220
242 lbs. Open		220 lbs.	181 lbs. Youth	E. Grimwood	220 lbs. Am.	405	1220
Kelley 485		Novice Raw	181 lbs. Youth	Steve	220 lbs. Am.	305	1220
Padgett 390		220 lbs.	181 lbs. Youth	165 lbs. Am.	220 lbs. Am.	510	1220
Monroe —		Novice Raw	181 lbs. Youth	D. Musser	220 lbs. Am.	325	1220
Smith —		Novice Raw	181 lbs. Youth	Teen 220 lbs.	220 lbs. Am.	190	1220
(46-49)		Novice Raw	181 lbs. Youth	A. Zechman	220 lbs. Am.	325	1220
Davis 350		Novice Raw	181 lbs. Youth	MEN 165 lbs. Am.	220 lbs. Am.	325	1220
Police/Fire/Military		Novice Raw	181 lbs. Youth	C. Ingram	220 lbs. Am.	420	1175
Kelley 485		Novice Raw	181 lbs. Youth	D. Smith	220 lbs. Am.	550	1395
275 lbs. Youth		Novice Raw	181 lbs. Youth	S. Kohler	220 lbs. Am.	460	1230
Yales 250*		Novice Raw	181 lbs. Youth	D. Moore	220 lbs. Am.	570	1430
(20-23)		Novice Raw	181 lbs. Youth	M. Coulter	220 lbs. Am.	600	1750
Lee 500		Novice Raw	181 lbs. Youth	W. Luciano	220 lbs. Am.	485	1185
Open		Novice Raw	181 lbs. Youth	J. Jones	220 lbs. Am.	405	1200
Lee 500		Novice Raw	181 lbs. Youth	J. Koch	220 lbs. Am.	405	1185
(40-44) Raw		Novice Raw	181 lbs. Youth	J. Kleinsmith	220 lbs. Am.	540	1395
Fultz 350*		Novice Raw	181 lbs. Youth	Pro	220 lbs. Master Am.	715	1850
(45-49) Raw		Novice Raw	181 lbs. Youth				
Jackson! 460*		Novice Raw	181 lbs. Youth				
WOMEN		SQ	BP	DL	TOT		
Youth 97 lbs.							
Curry 60*		30*	95*	185*			
123 lbs. (33-39)							
Tallion 185		110	inj				
132 lbs. Open raw							
Pedigo 135		75	170	380			
148 lbs. (40-44)							
Wehr 295		140	315	750			

division. Chip Davis won his first best lifter award in the WNPF with a 1425 total. Bad Kelley hit 510 lbs. to take first place and the open best lifter award. Tee "Skinny Man" Meyers is back in the WNPF. He opened very light at 630 lbs., then he took a 70 pound jump to 700 lbs. and smoked it. He went on to try a new American masters record at 740 and made 740 while talking to the crowd. The final highlight of the day had to be BIG Adrian Luster, Adrian weighed in at 322 lbs. He is 23 years old and just STRONG. This junior lifter broke a seven year old record and posted the highest bench press ever in the WNPF at 610 lbs. on his second attempt. He tried 620 lbs. on his third, he got it 3/4 of the way up until it stopped. Mr. James Perry said he would come out of retirement if someone broke his record, well James the WNPF will be waiting for you because the new kid on the block is Adrian Luster from Greenville, SC. Thanks to all my staff, Ralph, Lester, Nancy, Ben, JR, Jeff, Bobby (Jordan), Eddie, Brian McSwain, Carl Summers, Kai, Sarah and Shelia, you all did an excellent job once again. Look for the WNPF In SC in March and Oct. 2000. Until next time, stay strong and stay clean. (Thanks to the WNPF for providing results)



Elaine Grimwood (formerly Elaine Kunkle) now married to Tamara Rainwater. Grimwood's brother-in-law Robert Grimwood, set a U.S.A. sanctioned record with a 315 lb. squat in the 97 lb. class. (photo courtesy R. Grimwood).

**Unified Strength Alliance Champs.
20 Nov 99 - Lancaster, PA**

BENCH	D. Moore	400
WOMEN	E. Hull	dnf
165 lbs. Am.	Master	198 lbs.
D. Musser	H. Everly	240
Teen 220 lbs.	220 lbs. Am.	220 lbs. Am.
A. Zechman	W. Luciano	485
MEN 148 lbs. Am.	242 lbs. Am.	242 lbs. Am.
M. Barnhill	M. Coulter	550
181 lbs. Am.	K. Hampe, Jr.	415
M. Magher	275 lbs. Am. Sub.	275 lbs. Am. Sub.
198 lbs. Am.	E. Habecker	380
97 lbs. Pro		
WOMEN		
97 lbs. Pro		
E. Grimwood	125	285
165 lbs. Am.	315	315
D. Musser	190	315
Teen 220 lbs.	315	830
A. Zechman	325	430
MEN 165 lbs. Am.	325	1080
C. Ingram	315	440
D. Smith	330	480
S. Kohler	330	440
198 lbs. Am.	335	460
M. Coulter	400	460
W. Luciano	485	460
J. Jones	405	460
M. Coulter	550	600
J. Koch	295	485
J. Kleinsmith	430	425
Pro	715	635
	220 lbs. Master Am.	1850

M. Patton 605 435 590 1630
Submaster Am. W. Luciano 510 485 460 1455
242 lbs. J. Eyster 405 305 510 1220
Elaine Grimwood dropped down a class to set some big numbers and she did just that with a 315 squat at 97 lbs. Compare that to any organization, worldwide. It was no gift like other organizations give just to have big numbers. Elaine has won titles in the APF, WPA, IPA and, of course, the USA. It was a privilege to run this meet so she could set one of the biggest squats in the 97 lbs. Women's division. Congrats to her. Nice lifts from Denise Musser, Dale Smith, Mike Patton, Marcus Coulter and John Grosser. It was nice to see new people on the platform and some seasoned veterans training them. I would like to thank Terry and Shannon Grimwood, R-A's Gym, Marlin Coulter and Bob Huff, Leo Ryan and Power Aide for the drinks. Loaders and spotters as well as those who helped with the judging. Thanks and best of luck to all. (results from Carl Seeker and Terry Grimwood)

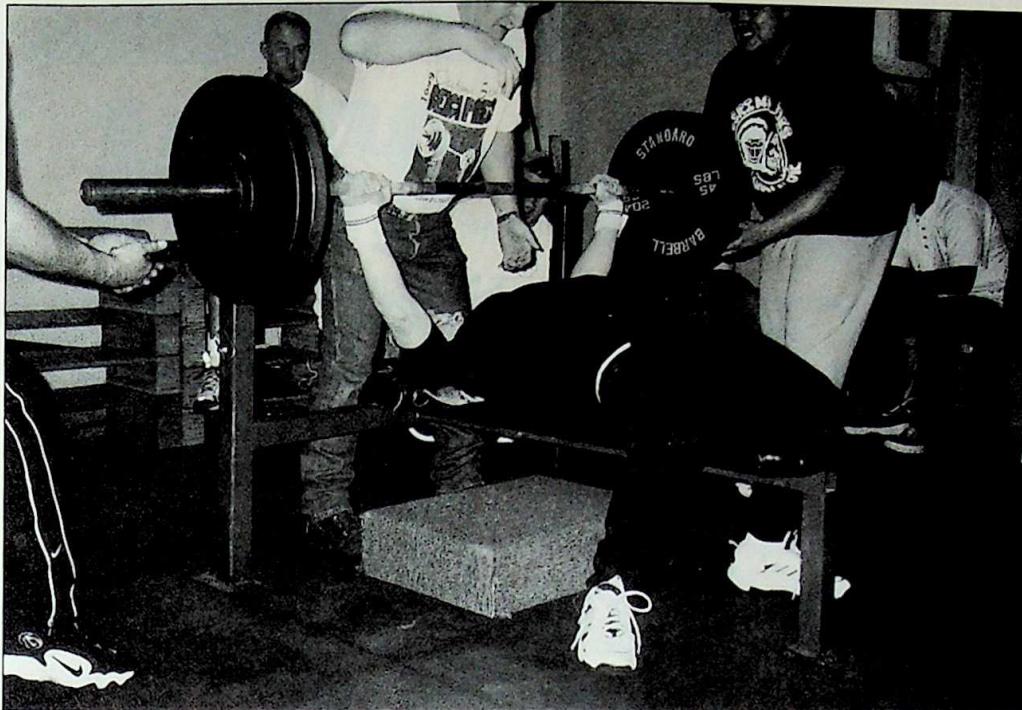
**USAPL Fall BP/DL Classic
13 Nov 99 - Three Rivers, MI**

BENCH	B. Leedy-242	315
Teen (18-19)	M. Stevens-275	420
J. Sainteny-181	260	DEADLIFT
M. Jones-275	375	Youth Exhibition (10-11)
Master	J. Smoker-97	155
Zimmerman-242	325	Novice
Master II	J. Wagner-220	480
Washington-242	320	Submaster
Submaster	M. Stevens-275	510
F. Stokes-181	275	Master
D. Horn-198	285	G. Rorex-132
M. Stevens-275	420	Open
Open	M. Fleisher-165	460
M. Fleisher-165	275	J. Campbell-198
R. Miller-198	330	550
	T. Kollars-220	550
	J. Wagner	480
Iron Man	wt.	BP DL TOT
Submaster		
M. Stevens	275	420 510 930
Master		
M. Simon	181	305 455 760
Best Lifters: BP: Mark Stevens. DL: George Rorex. Special thanks to: Dick Van Eck, Mike Lawrence, Mark Mellinger, Ty Ward, Rocky Turner and Shawn Blizzard. Mark Stevens was the star of the bench press division. His nice 420 at 275 put him comfortably in the lead for best lifter. In the deadlift it was all George Rorex again. Close to his best ever, his 515 with a little room to spare will once again put him in the running for top spot on the Masters rankings, as well as landing him easily in the top 10, if not top 5, in the overall rankings. Rumor had it that John Campbell was primed to do his first 600. His easy 550 opener showed that it was possible, but unfortunately he tore a callous on a 575 that was on its way up and he was done for the day. And		

SIGNATURE / PARENTS SIGNATURE IF UNDER 18

DATE _____ Includes WNPF rulebook and quarterly newsletter

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



At left... Marlene Welch performs a 240 lb. WABDL record bench press at the Rock Hard Fitness BP Meet (courtesy Kim Brownfield)

**1st WABDL Rock Hard Fitness BP
4 DEC 99 - Eufaula, OK**

TEEN 114 lbs.	J. Lane	275
J. Deere	75	SHW
C. Bloxham	65	T. Dodd
148 lbs.		Submasters
K. Hamby	230	198 lbs.
D. Logston	145	J. Jackson
181 lbs.		220 lbs.
M. Bivin	225	K. Brownfield
198 lbs.		242 lbs.
M. McLaughlin	250	M. Hamby
242 lbs.		Masters 220 lbs.
K. Foster	200	M. Jackson
308 lbs.		385
S. McDaniel	330	242 lbs.
Juniors 181 lbs.		F. Shockley
R. McKeever	350	Law 148 lbs.
242 lbs.		B. Lee
R. Colson	385	198 lbs.
WOMEN		J. Jackson
148 lbs.		220 lbs.
M. Welch	240	K. Brownfield
198 lbs.		625
T. Frizzell	165	Open 165 lbs.
Novice 165 lbs.		B. Lee
J. Camren	290	300
198 lbs.		T. Frizzell
T. Orr	390	181 lbs.
		R. McKeever
		350
		J. Jackson
		515
		220 lbs.
		K. Brownfield
		625

The 1st annual Rock Hard Bench Press Competition was one of the most enjoyable small meets in Oklahoma. Everyone really enjoyed themselves and the spectators was extremely supportive of the lifters. Once again masters female lifter awed the crowd by lifting 240 lbs. At 148 lbs. bwt. Marlene Welch is from Tahlequah, OK and is the strongest female lifter I have ever seen over 50 years of age. The lift was a new WABDL Masters Women's world record. Several other lifters such as Richard McKeever, Tiny McDaniel, Tammy Frizzell, along with Booby Lee broke Oklahoma state records. Deputy Sheriff Jason Jackson broke his own law enforcement record by lifting 515 lbs. At 198 lbs. bwt. He just keeps steadily improving. Kim Brownfield looked very strong by opening with 600, then lifting 615 on his second attempt. Brownfield's last lift of 625 lbs., at only 220 lbs. bwt., looked extremely easy for a new 220 lb. Class WABDL world record. There is still no telling what this 35 year old juvenile probation officer from McIntosh Co. is capable of doing. Thanks to Assistant District Attorney Phil Cozzoni (National Judge for the WABDL) for head judging and insuring the meet was very well run. A special thanks to Mrs. McKeever and Mrs. Brownfield for working the scorer's table along with Mitch Parker. (Thanks to Richard McKeever for providing the meet results)

veteran Tom Kollars just needed a better lockout on his pr 580, so it looks like back to the rack for him and it should be there next time. (Jon Smoker)

**USAPL Rockview Powerhouse Meet
25 SEP 99 - Bellefonte, PA**

	SQ	BP	DL	TOTAL
R. Barrick 40-44	230	125	285	650
148				
D. Sumner	475	220	480	1175
W. Gardner	405	255	465	1125
165				
R. Guaba	555	265	600	1420
181				
R. Sams	575	325	575	1475
C. Jones	445	295	470	1210
J. McCode	600			
198				
M. Buckner	600			
220				
M. Evans	680	390	635	1705
T. Johnson	610	380	610	1600
242				
J. Smith	560	320	600	1480
T. McFerren	760			
275				
40-44				
G. Lowe	950	485	750	2185
SHW				
L. Jewell	800	430	715	1945

(thanks to USAPL for providing these meet results)

**Iron Man Championships
4 Dec 99 - Fresno, CA (kg)**

APF BENCH	125 kgs. (50-54)
WOMEN	B. Meek
90 kgs.	227.5
J. Budwig	82.5
52 kgs.	Supers (40-44)
S. Talavera	A. Ramsey
Teenage	Open 75 kgs.
75 kgs.	L. Wilkerson
D. King	K. Peelman
90 kgs.	120
T. Orwoll	82.5 kgs.
Masters (55-59)	J. Boroff
75 kgs.	157.5
G. Boucher	G. Holland
110 kgs. (40-44)	155
M. Lutz	147.5
56 kgs.	100 kgs.
S. Yu	B. Leaven
60 kgs.	230
L. Brown	125 kgs.
Heavyweight	140 kgs.
T. Amador	132.5
Teenage 198 lbs.	B. Meek
T. Orwoll	227.5
220 lbs.	140 kgs.
T. Viera	187.5*
Junior 181 lbs.	D. Fitzgerald
P. Ayala	255
56 kgs.	SQ
56 kgs.	BP
60 kgs.	DL
L. Brown	TOT
Heavyweight	
T. Amador	
Teenage 198 lbs.	
T. Orwoll	
220 lbs.	
T. Viera	
Junior 181 lbs.	
P. Ayala	195
56 kgs.	142.5
60 kgs.	185
L. Brown	522.5



**Application for Registration
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AND DEADLIFTERS (WABDL)**

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City		State		Zip			
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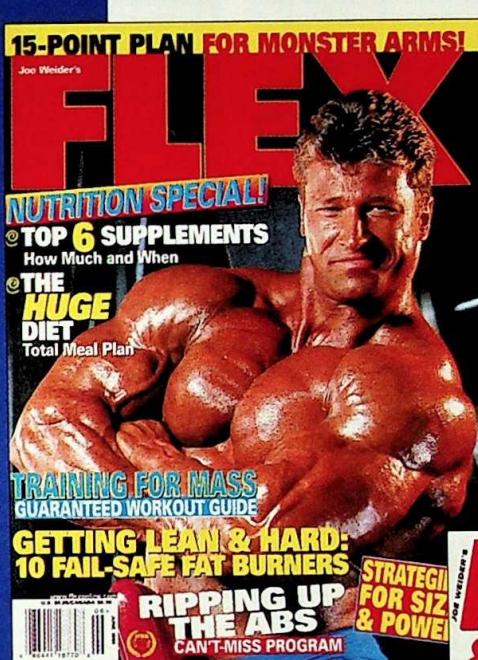
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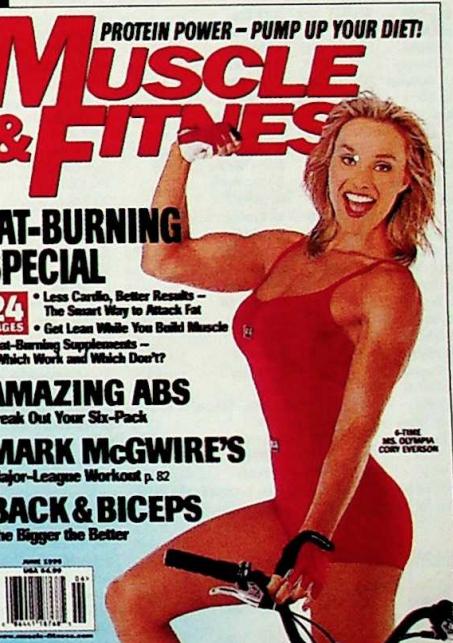


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May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Jul/93... Pro Powerlifting Debuts, Motor Cortex Control, Strategic Deadlift Initiative, ADFPA Women's 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/ADPFA Collegiates, USPF Jr. Nats., 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 Reinhardt, 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 ADPFA/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, Per-

cent 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 Grossbrenner "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 Wren profile, TOP 100 165s

Dec/96... PLer Tony Leitao in the Olympics, IPF World Masters/Jrs., Louie Sim-

3rd Minot Family YMCA Meet 20 Nov 99 - Minot, ND

BENCH	181 lbs.				
MEN	R. Bryant	265			
165 lbs.	T. Nerlin	240			
R. Kenny	235	198 lbs.			
D. Borcan	185	L. Boyles	355		
181 lbs.		220 lbs.			
Rob Bryant	335	C. Umstead	250		
G. Donahue	275	SHW			
T. Nerlin	250	N. Guyler	250		
198 lbs.		Submasters (35-39)			
L. Boyles	450	By Formula			
242 lbs.		R. Bryant			
D. Sheehan	350	R. Kenny			
SHW		WOMEN			
N. Guyler	315	P. Sweny	110		
Submasters (35-39)		STRICT CURL			
By Formula		MEN 165 lbs.			
R. Bryant		D. Borcan	105		
R. Kenny		R. Kenny	100		
WOMEN		181 lbs.			
By Formula		S. Harris	125		
P. Sweny	160	T. Nerlin	125		
INCLINE		198	lbs.		
165 lbs.		B. Strand	135		
D. Borcan	205	SHW			
R. Kenny	180	N. Guyler	125		
		MASTERS (40+)			
		S. Harris	125		

Men's Best Lifter: Lucian Boyles, Grand Forks, AFB. (Thanks to Minot YMCA for providing the results)

LA Lifting Club Silly Santa Squat Party 12 Dec 99 - Burbank, CA

WOMEN	1st	2nd	3rd	TOT
Open 123 lbs.				
C. Nawrocki	235	260	260	260
148 lbs.				
Louise DiTullio	120	130	136X	130
WOMEN APF Open 114 lbs.				
M. Kilikauskas	150	165	176	175
4th-182.5*				
181 lbs.				
D. Miller	250	265	272.5	272.5*
MEN APF Teen (16-17)				
M. Jovanovic	385	400	415	415
4th-422.5*				
MEN Teen - Gym Rat				
D. Rosenfeld	90	pass	pass	90
MEN Gym Rat Open 165 lbs.				
R. Robinson	215	230	246	245
198 lbs.				
M. Herman	270	290	300	300

Michael is getting ready for the qualifier for the WPC Worlds and is getting stronger every day! He also helps me and Nance Irremendously around the Gym Thanks Michael. The Woman's Division had 4 competitors who all lifted impressively. In the APF 114 lbs. Division the winner was Michelle Kilakaukas. Michelle is a very diligent person who follows the programs to the letter and it showed by breaking her own Cal State record with a nice 182.5 lbs. She is making great improvements and win be a force to be reckoned with. P. S. thanks Michelle for the very thoughtful gift. The Gym Rat Division 123 lbs. wt. class winner was newcomer Charis Nawrocki who squatted 260 lbs. Charis is so talented that I'm going to go out on a limb and say that she will have a better than average chance to medal next year in the WPC Worlds Submasters Division. In addition to her great lifting, Charis is a great help to me and Nance and we are very happy to have her at LALC. The 148 lbs. Gym Rat division winner was Louise DiTullio. If you look in the dictionary under the words courage, persistence and stick-to-it-ness, there is probably a picture of Louise. Let me lay this out to you; Louise came to us with curvature of the spine and fusing discs in her lower back. She could not hold a 35 lbs. bar on her back. Well, on this day, as far as I'm concerned, she made the most impressive lift of the day - 130 lbs. (and rock bottom too!) This kind of determination is what makes it possible for her to be the best flutist in the country. If you go to the movies and hear a flute in the sound track, it's Louise. Now that's what it takes to be the best! The APF 181 lbs. Division winner was Deanne Miller. Deanne is a very special person with a big heart! She decided to do this meet with no suit (just a singlet) and has improved so much that she broke her Cal State record with a 272.5 lbs. Squat. We are now getting Deanne ready for the WPC Worlds in Las Vegas and she will post some very nice numbers there. The Men's Open 165 lbs. Gym Rat Division winner was Ricky Robinson with a new PR of 245 lbs. Ricky has improved greatly this past year and will only continue to do so. The APF 165 lbs. Open winner was the one and only Herb Grossbrenner. Herb continues to improve and should post some nice numbers next year! This being his 11th meet this year (6 Bench Meets, 2 Full Meets, 1 Squat Meet, 1 Superman 5 lift meet & a Push-Pull), Herb showed no signs of being tired and set a Cal State Record (in the 55-59 category) with 315 lbs. Congrats Herb! The 181 lbs. APF Open Division runner up was Bryan Delgado. Straight from work, Bryan made quick work of his three lifts finishing with 415 lbs., a new PR. Coming off a hernia, he is rounding back into shape. Bryan is well liked by all and is a great help to me and Nance. The winner was Pedro Ayala.

Fresh off his win as the Best Lifter, Junior Division at the Ironman in Fresno, CA., Pedro improved his Squat to the sum of 440 lbs. Watch out for Pedro. On to the 198s: First the Gym Rat Division. The winner was newcomer Mark Herman. Mark accomplished his goal of 300 lbs. EASY! He has just started strength training and is very determined to do a lot more. I bet he does! The APF 198s were three very impressive lifters. Third place went to one of the nicest guys you'll ever meet, Mike DiPlaza. Mike set a PR with a Squat of 325 lbs. (no suit). We are getting Mike ready for the State Meet in April where he will do real well. The Second Place winner was WPC Worlds Silver Medalist, Scott Velliquette. Scott knocked off all 3 attempts like the pro he is, finishing with the 440 lbs. he missed at The Worlds. Can we say retribution? On to bigger numbers for Scott. The 198 lbs. winner was Justus Owens. Justus was supposed to compete at the Superman of the Century Meet in Indiana, but a ticket mix-up kept him out. He took out that frustration on the Squat and hit a nice 530 lbs. The 220 lbs. Gym Rat Division winner was Burnette Dillon. This guy is super impressive. He just started lifting last February and his max Squat was 110 lbs. Our goal coming in was 315 lbs. He wore no suit, no belt, no wraps and smoked his 315 lb. goal! Burnette is 55 years old and had never lifted a weight in his life till he came to us. To me, Burnette along with Louise (his wife) had the most impressive Squats of the meet. (Burnette, next time a suit?) The 220 lbs. APF Division winner was Dan Jesolva. Dan had the flu for 2 weeks so his training was off a little, but as we say at LALC, "There are no limits," and he proved that with a nice 505 lb. Squat. Dan is also headed for the WPC Worlds Qualifier. The 242 lbs. Gym Rat Division winner was Sean Leonard. Sean came to us looking to get back into shape. He is a determined person and has lost 39 lbs. to date and looks great. He is starting to strength train and on this day set a PR of 280 lbs. Just the tip of the iceberg! In the 242 APF Open Division the winner was Sean McMunn. Sean is a great lifter to have in any gym. He helps and encourages other lifters. At this meet we were doing the encouraging for him to Squat 400 lbs. He did EASY! His lifts are going up and soon look for a nice total at the state meet in April. On to the last Division. The 275s where second place went to John Van Houten with a new PR of 520 lbs. Not bad for a guy who also was sick for 2 weeks. John is a fun guy to have around and as Herb says, "Stop the shoutin' here comes John Van Houten!" The 275 lbs. winner is the strongest guy in our gym, Big John Planas. John is always a great help at meets and in the gym. He decided to do this meet RAW and did 570 lbs. EASY! Look for John to crack PL USA's top

mons on Special Strengths, Yuri Spinov Interview, TOP 100 181s.

Jan/97... IPF & WPC Worlds, Step by Step Training by Louie Simmons, Rejecting Rejection, 20 Greatest Lifters, Early Training Good or Bad, TOP 100 198s

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 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, IPFBP 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 TOP Women, 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 Berardelli, Greg Blout, 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, TOP 100 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 "Muscleton USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

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

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

Nov/99... Muscle Beach Lives, East German Breakthrough, 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

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100 soon! At Los Angeles Lifting Club we take the Squat seriously and it showed. Under strict judging there were only FOUR missed attempts, 16 PR's and 4 State Records. I am very proud of all our members and Nance and I would like to thank them all for their hard work and support. Also thanks to all the loaders, spotters and judges who helped keep the meet running smoothly. And to all who stayed to help clean up. Merry Christmas and to all a good Squat! (courtesy of Joe Avigliano)

USAPL Tri-Service Academy Meet 13 Nov 99 - West Point, NY

WOMEN SQ BP DL TOT

Collegiate/Military 104 lbs.				
Bentzel	170	99	203	473
Ramirez	137	66	220	424
114 lbs.				
Lubkin	209	104	253	567.5
Paul	187	88	209	485
123 lbs.				
Kammmer	231	126	264	622
Immenschuh	159.5	110	220	490.5
Milbrandt	143	104	192	440
Stiles	115	72	110	297.5
132 lbs.				
Protowski	214	121	281	617
Gagne	132	88	198	418
148 lbs.				
Cassady	209	137	264.5	611
Sadegizadej	225	104.5	248	578.5
Aupke	203	110	253.5	567.5
Sviak	176	121	236	534.5
Urso	143	126	242.5	512.5
Fitzgerald	137	94	143	374
Thompson	198	0	0	198
165 lbs.				
Loya	269	187	396	953
Lee	303	148	303	755
Sampson	242.5	132	303	677
Harris	209	115.5	236	562
181 lbs.				
Albert	352.5	143	314	810
Heck	220	121	330.5	672
Serra	236	132	275.5	644
Williams	176	121	242.5	540
198 lbs.				
Mansfield	275.5	165	281	722
MEN Collegiate/Military 114 lbs.				
Valequez	225	148	286.5	661
123 lbs.				
Hernandez	270	220	330.5	821
Balke	176	181	231	589.5
132 lbs.				
Spekman	314	231	396	942

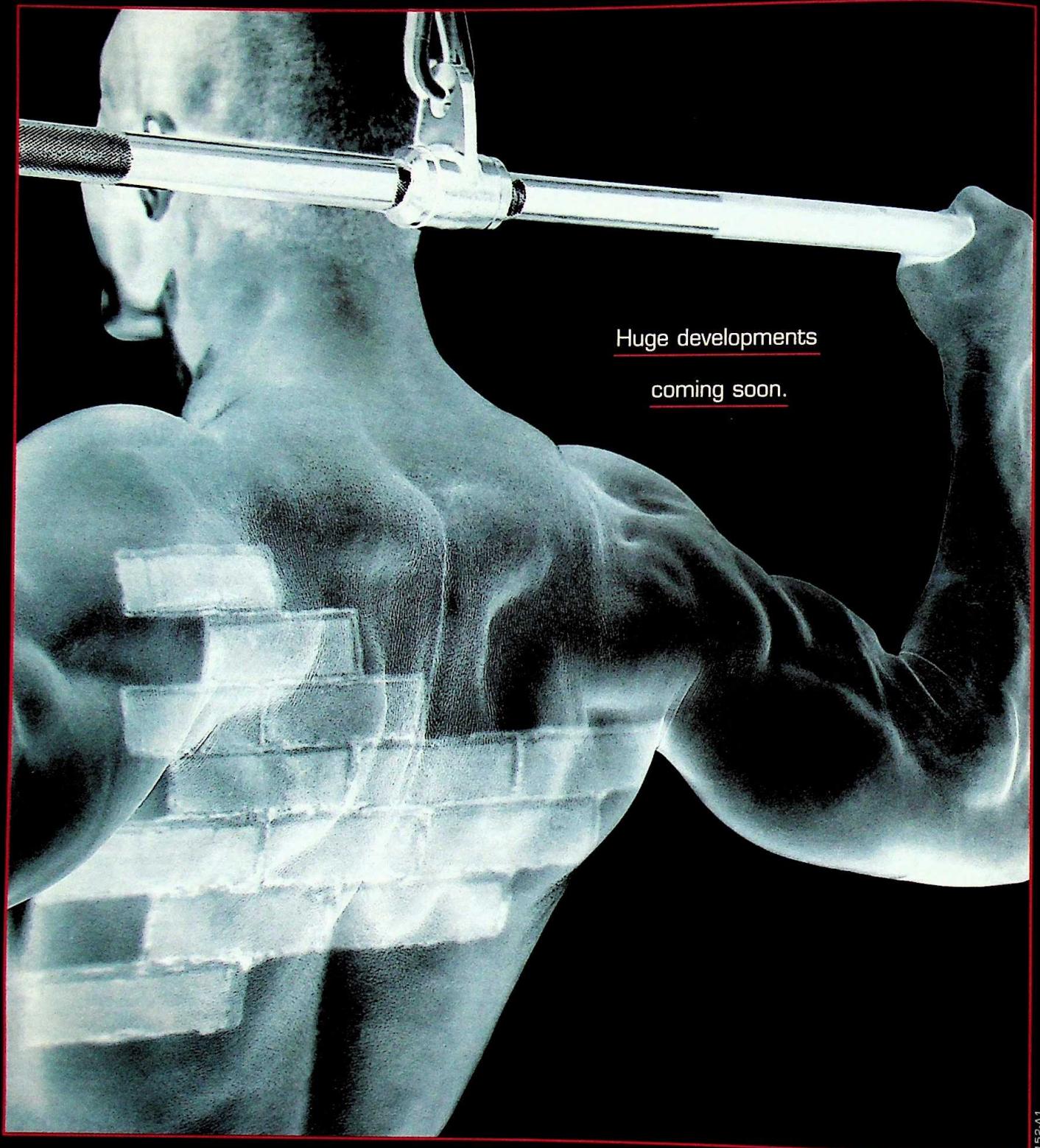
USAPL Police/Fire Nationals 11 Dec 99 - Charlottesville, VA

Bench Press	220 lbs. (55-59)			
148 lbs. Open	220 lbs. (55-59)			
J. Thomas	315			
165 lbs. Open	275 lbs. Open			
N. Mercorelli	370			
(35-39)	(55-59)			
M. Harrington	265			
198 Open & (40-44)	(60-64)			
D. Wilson	425			
(45-49)	319 lbs. (50-54)			
R. O'Dwyer	435			
	T. McCarthy			
	385			
	Supers			
	Open & (40-44)			
	R. Catts			
	560			
FEMALE	SQ BP DL TOT			
123 lbs.				
J. Davis	305	190	405	900
148 lbs. Open				
J. Gengo	410	310	505	1225
165 lbs. (40-44)				
H. Blake	475	320	500	1295
181 lbs. Open				
W. Moulton	480	280	485	1245
J. Harrison	390	350	480	1220
(45-49)				
R. Ruettiger	500	320	500	1320
198 lbs. Open				
C. O'Brien	590	370	620	1580
R. Johnston	590	385	550	1525
(35-39)				
R. Johnston	590	385	550	1525
(40-44)				
C. O'Brien	590	370	620	1580
(45-49)				
J. Hannah	525	250	575	1350
220 lbs. Open				
D. Teets	715	405	610	1730
M. Breen	550	460	600	1610
M. Winter	500	350	530	1430
W. Pfaltz	435	340	500	1275
(45-49)				
R. Jones	525	375	575	1435
(242) Open				
K. Hubbard	500	360	500	1360
C. Swangler	460	400	500	1360
J. Hunter	315	280	365	1050
(35-39)				
K. James	490	280	630	1400
J. Hunter	315	280	365	1050
275 lbs. Open				
M. Geiger	640	470	705	1815
T. Tsourouitis	600	475	570	1645
J. Fletcher	600	370	515	1485

A. Goodman	650	385	655	1690	
Q. Aucoin	490	420	500	1410	
(55-59)					
W. Morris	255	405	255	915	
319 lbs. Open					
P. Bales	750	450	615	1815	
Supers Open					
J. Pope	730	475	755	2000	
D. Hulslander	710	530	680	1935	
(40-44)					
J. Pope	730	475	755	2000	
(Thanks to John Shifflett for providing the results)					

USAPL Greater Minnesota Open 11 SEP 99 - Hermantown, MN

Women	SQ	BP	DL	TOTAL
M. Shuttleworth*	150	135	200	630
Men				
181				
Tony Reid	455	350	525	1330
Doug Miller	450	375	500	1325
Jon Ness	405	290	405	1100
Sid Reid	450	290	525	1265
Dan Hawkinson	380	325	430	1135
S. Speridon	360	225	435	1020
198				
S. Timmerman	500	320	600	1420
Lionel Taylor	480	290	535	1305
Keith Hare	400	400	470	1270
Craig Nelson	375	350	425	1150
Chris Manrodt	350	225	370	945
Master				
Archie Langdon	435	295	530	1260
220				
Keith Bellisle	530	390	530	1450
T. Weippert	525	350	575	1450
Shawn Fitch	365	300	435	1100
Master				
J. Tarmar	570	370	540	1490
Doug Moore	540	350	505	1395
M. Widner	425	290	450	1165
242				
R. Kolbeck	605	390	610	1605
J. Biewer	525	430	595	1550
275				
R. Edinger	605	335	635	1595
A. Holley	510	390	530	1430
Steve Johnson	485	380	550	1415
Master				
Brian Hudyma	600	415	640	1655
Fred King	525	375	550	1450
SHW				
Brad Madvig*	740	455	705	1900
* best lifters. (thanks to USAPL for these results)				



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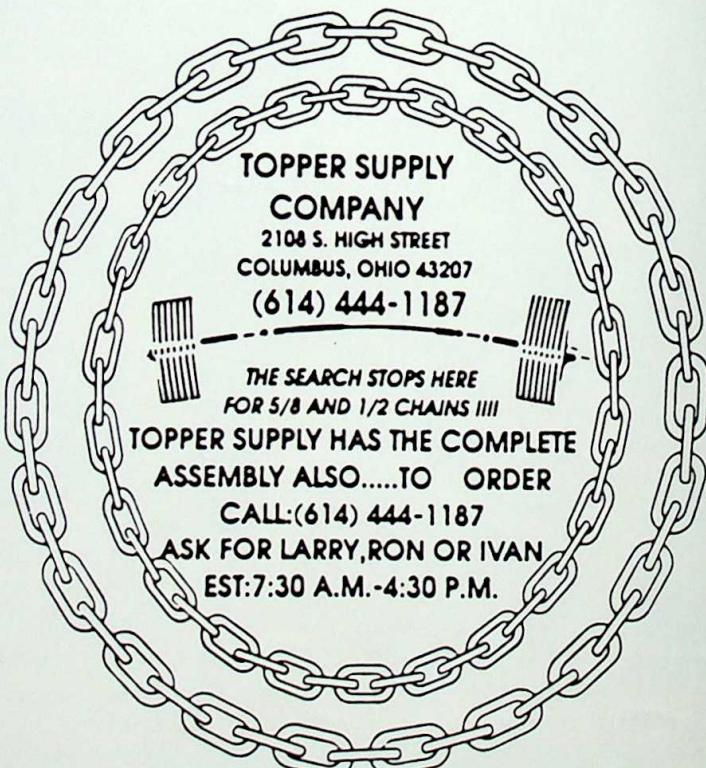
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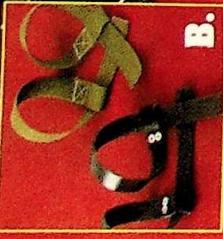
NEXT MONTH... TOP 20 lists

Corrections... We recognize that we do make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the necessary meet results from the meet director, and occasionally the meet results themselves contain errors as well. The K. Rogers referred to on the All Time TOP 50 Women's ranking in the Jan/00 issue of PL USA is actually Kathy Roberts. The errors in spelling and letter spacing in the "More From Ken Leistner" column in the Jan/00 issue was the fault of PL USA - an insufficiently proofed version of the article was sent to the printer. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, regardless of the source of the problem, and we encourage you to please send any corrections that you find to "PL USA ERRORS" Department, Post Office Box 467, Camarillo, California 93011.

P.S. the TOP 20 rankings for the year 1999 in the categories of Teenage, Master, and Women are coming up in the March 2000 issue of POWERLIFTING USA. If you have not seen your results published yet, contact the meet director and urge him or her to provide us with the meet results as soon as possible or let us know the details.

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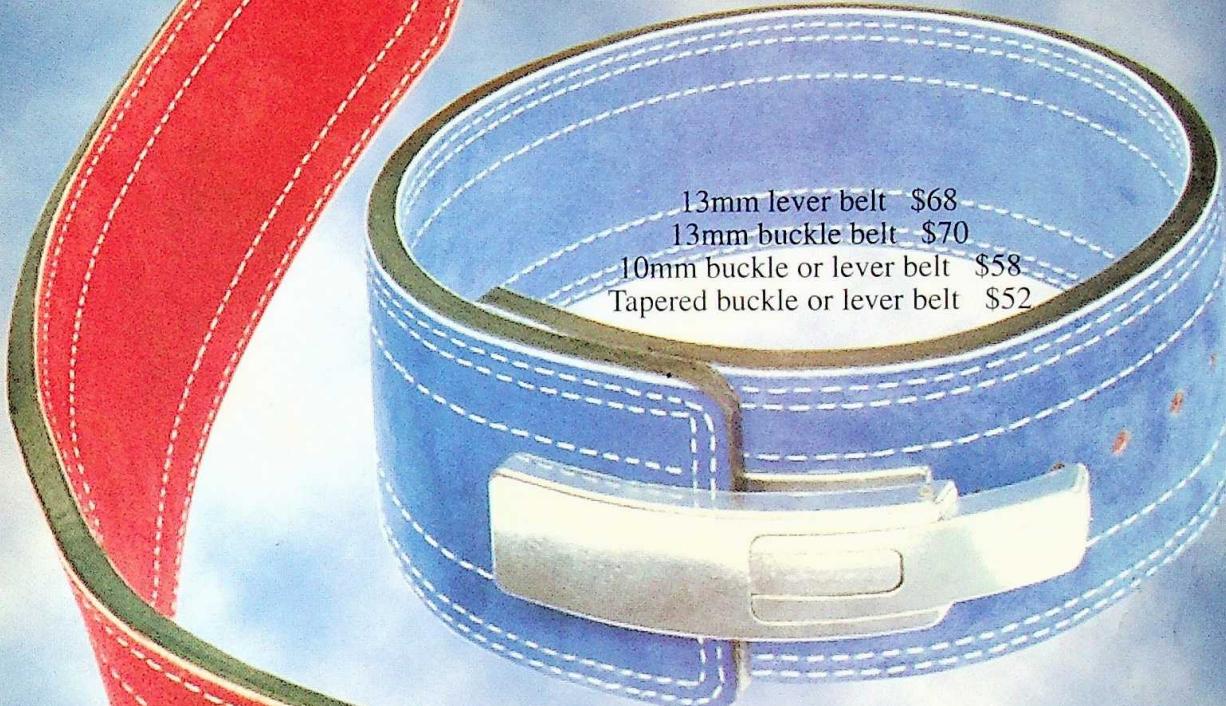
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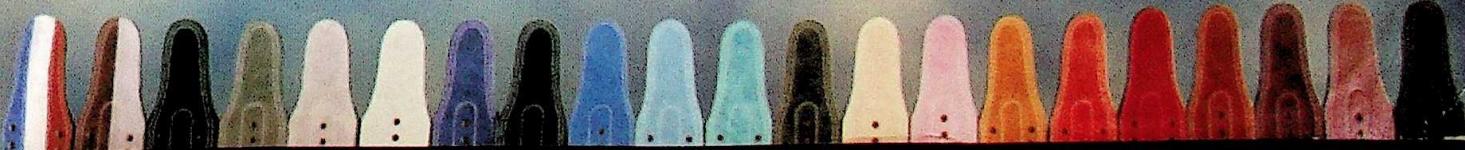


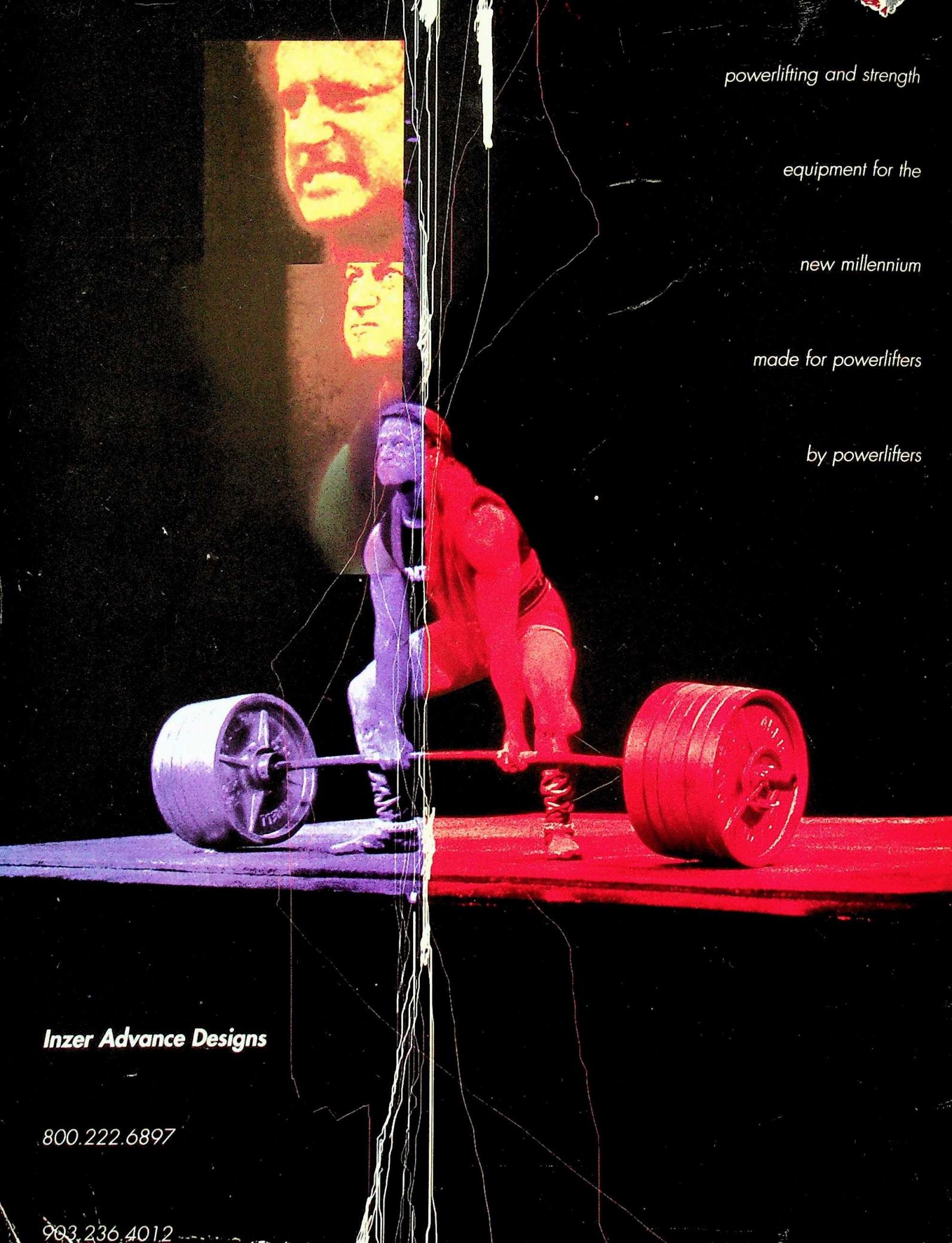
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